



Suzanne Heim-Bowen, Honor Swimmer, United States of America, 2024



Videos: [Interview 1](#) [Interview 2](#) [Documentary 1](#) [Swim 1](#) [Swim 2](#)

Suzanne Heim-Bowen won 1 Major: 1988 FINA Long Distance Swimming World Cup (amateur, at age 29). She was the first to complete these major swims in the San Francisco Bay area: 1984 Richmond Bridge to San Mateo Bridge 41 km; 1983 Carquinez Bridge to Golden Gate 33 km; 1986 2-way San Francisco Bay Bridge to Golden Gate 19.4 km and 1982 Bay Bridge to Ocean Beach 16 km. Many of these swims are now standard offerings for marathon swimmers.

Suzanne set the female record in 2019 for the longest period to achieve the Triple Crown at 34.1 years, which still holds at end 2023 (and beyond). She set two overall (male/female) marathon speed records in 2021 (her fourth career decade) at age 63: 2021 Fastnet 19.1 km (overall male/female) at 6 hours 9 minutes (male record held until 2022 and female record held until 2023) and Washington, D.C. Marathon 33 km at 7 hours 50 minutes which still holds in 2023 (and beyond).

Suzanne swam the English Channel 3 times (all under 10 hours and 26 minutes) – and held the 4th fastest female time from France to England (for her swim from 1985). She is also an inductee in the Masters International Swimming Hall of Fame (MISHOF 2007) and holds numerous pool World Masters records.

Suzanne worked over 45 years as an educational psychologist and special education teacher supporting individuals with significant physical and special needs.

[Expanded Biography \(Openwaterpedia\)](#)

[Long Swims Database \(Marathon Swimmers Federation\)](#)