



Bridget Young, Honor Swimmer, Great Britain, 1988



Videos (please help if you can find any)

Bridget Young competed internationally for five years in the late 1980s. She crossed the English Channel in 9 hours and 58 minutes in 1985. She competed in the 16 km Faros Marathon each year between 1986 and 1989 and achieved two times of 4 hours. Bridget achieved podium finishes in 2 Long Distance Swimming World Cups in 1986: Lake Windermere in England and Ismailia in Egypt. She finished second overall and first female in the 26.4 km Lake Zurich Marathon in 1987 with a time of 6 hours and 35 minutes. She relocated to Australia after her marathon career and is still actively swimming in 2024 (and beyond).

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

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