



**Cynthia Nicholas, CM, Honor Swimmer, Canada,  
1978**



Personal Website (None known)

**Cynthia Nicholas, CM** won 2 Majors: 1979 English Channel Race; and 1976 World Professional Marathon Swimming Federation. At age 16, she became the fastest swimmer to cross Lake Ontario with a time of 15 hours and 10 minutes. Cynthia's career includes 19 crossings of the English Channel and the first woman to complete a double-crossing of the English Channel. Of her 19 crossings, 10 involved two-way swims, including a double-crossing record of 18 hours and 51 minutes in 1982 and an England-France record of 8 hours and 21 minutes on the first leg of her in 1981 double-crossing. Cynthia competed in the 32 km (20-mile) Traversée internationale du Lac St-Jean races in 1976, 1977 and 1978. Her other achievements include her appointment to the Order of Canada (CM) in 1979 and the Canadian Women Athlete of the Year. She is also an inductee in the International Swimming Hall of Fame (2005).

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

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