



Elizabeth Fry, Honor Swimmer, United States of America, 2014



Silver Patron



Videos: [Interview 1](#) [Interview 2](#) [Swim 1](#) [IMSHOF 2020 43:09](#) [IMSHOF 2022](#) [IMSHOF 2023 at 46:35](#) [IMSHOF 2024 at 36:53](#)

Elizabeth Fry completed the Oceans Seven Challenge and Triple Crown. Her combined Triple Crown time (based on the first swim of each) set the female record in 2009 and hold in 2026 (and beyond). She accomplished several first ever swims: 2-way S.C.A.R; first woman clockwise around Manhattan Island; 2-way Ederle Swim, a 56.2 km swim from Manhattan Island in New York to Sandy Hook, New Jersey; Triple Crown in both directions and from 2017 to 2022 all five of the North American Great Lakes (Erie, Huron, Michigan, Ontario, and Superior) ranging from 19.2 km in 6 hours and 44 minutes to 56 km in 21 hours and 45 minutes.

Fry set several records: oldest 2-way English Channel crossing 2011 in 24 hours and 39 minutes as a

52.8-year-old (held the record until 2016) and in 2009 swimming clockwise around Manhattan in 11 hours, 41 minutes, breaking the old mark by over 6 hours (which stood in 2024 and beyond).

She crossed the English Channel five times since 2003 when she won the Eurotunnel Award for the fastest crossing of the year; the Catalina Channel from Catalina Island to the California mainland in 8 hours and 56 minutes; and the Strait of Gibraltar in 3 hours and 35 minutes. Fry swam the 40.2 km In Search of Memphre, the length of Lake Tahoe as well as the Round Jersey solo swim of 51 km in 9 hours and 33 minutes.

She ran 10 running marathons and is the long-standing race director of the 25 km St. Vincent's Foundation Swim Across the Sound which raised more than \$26 million for charity as of 2021.

In 2022 Fry received The Irving Davids/Captain Roger W. Wheeler Memorial Award for her contribution to the administration of open water swimming.

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

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