



Courtney Moates Paulk, Honor Swimmer, United States of America, 2024



[Personal Website](#)

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Courtney Moates Paulk was the first to complete 2-way swims of each of the Triple Crown swims (combined total time of 81 hours and 5 minutes). In addition, she was the first to complete the Triple Crown a total of four times (the English Channel 6 times, Catalina Channel and Manhattan each 4 times). Courtney set the record in 2017 as the oldest female to have completed a 2-way Catalina Channel which stood in 2023 (and beyond).

Courtney has completed many other solo marathon swims in addition to the Triple Crown. She has swum the length of Lake Geneva, the DC Marathon Swim, Cape Cod Bay, the Boston Light swim several times, Ederle Burke, Infinityman, and many SCAR swims. Courtney has completed three swims over 24 hours, including two swims over 30 hours. She also pioneered two new swim routes near her home in Virginia, USA (i) across the Chesapeake Bay and (ii) the length of Lake Gaston.

Courtney received the Gertrude Ederle award from the CS&PF for the most meritorious swim by a woman in 2021 for her two-way English Channel swim.

She previously served as president of Swim Free, Inc. the preferred charity of NYC Swim. Raised over US \$75,000 between 2011 and 2017 in connection with her swims.

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

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