



## Lynne Cox, Honor Swimmer, United States of America, 1982



[Personal Website](#)

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**Lynne Cox** was the first woman in 1975 to swim across the Cook Strait between the North and South Islands of New Zealand in 12 hours and 2 minutes. She was the first to swim from Morocco to Gibraltar Bay without a shark cage. In 1988, she was the first person to swim across Lake Baikal. In 1992, Cox was the first to swim across Lake Titicaca from Bolivia to Peru. She was the first to swim 12.8 km around the Cape of Good Hope in a time of 3 hours and 3 minutes.

Lynne set several speed records: In 1972 English Channel women's records in 9 hours and 57 minutes which she broke in 1973 in 9 hours and 36 minutes. Both were overall records (male and female) for the direction England to France. These held until 1976. In 1974, she set the overall speed records across the Catalina Channel in 8 hours and 48 minutes – which held until 1976. In 1976, she broke the overall speed records for swimming the Oresund between Denmark and Sweden in 5 hours and 9 minutes and across the Kattegut between Norway to Sweden in a time of 6 hours and 16 minutes.

Lynne started her career swim with a crossing of the Catalina Channel in 12 hours and 36 minutes in 1971 at age 14.

She set marks in first ever cold swims: 1976 5.6 C waters of the Strait of Magellan in 1 hour and 2 minutes; 1977 between 3 of the Aleutian Islands; 1987 across the Bering Strait between the Big Diomedede Island and the Little Diomedede Island in 4.4 C water in 2 hours and 6 minutes; 1990, crossed the Beagle Channel between Argentina and Chile; and 2002 1.9 km in Antarctica from a ship to Neko Harbor in 25 minutes in -0.6 C water.

Lynne also set marks for adventures: 1980 around Joga-shima Island in Japan; 1983, across the 3 Lakes of New Zealand's Southern Alps; 1984 across 12 major USA waterways; 1985 'Around the World in 80 Days' by swimming 12 challenging waterways; 1990 across the Spree River between the newly united German Republics; and 1994 through the Gulf of Aqaba from Egypt to Israel and from Israel to Jordan.

She is an inductee in the International Swimming Hall of Fame (2000) and received the Buck Dawson Authors Award - Honorable Mention for her popular book "Swimming to Antarctica".

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

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