



Marcia Cleveland, Honor Swimmer, United States of America, 2020



[Personal Website](#)

Videos: [Interview 1](#) [Panel 1](#) [Swim 1](#) [Ted IMSHOF 2020](#) [IMSHOF 2023 at 1:22:30](#) [IMSHOF 2023](#) [IMSHOF 2024 at 1:48:02](#)

Marcia Cleveland has completed the Oceans Seven Challenge and Triple Crown. She was the oldest to complete the Oceans Seven (61 years old) in 2026 – which stood until August 2026 (and beyond). She set the Oceans Seven record for the longest elapsed period (11,253 days) – which stood until June 2026). Marcia also set the speed record (based on the time of the first swim of each) holder for the Triple Crown in 2005 which stood until 2009.

In 2008, she was the first woman to complete the Chicago Skyline Swim 41.8 km and set the speed record of 12 hours and 49 minutes and, which stood in 2026 (and beyond). She set the female speed record in 1999 of Around the Sound – Bermuda 10 km in 2 hours and 32 minutes, which stood until 2010. She won the Boston Light Swim 16 km race in 2002 in 2 hours and 47 minutes.

Her marathons and races include: English Channel 33.7 km in 1994 in 9 hours and 44 minutes; Around Manhattan Island 45.8 km in 1996 in 5 hours and 57 minutes, in 1995 in 8 hours and 3 minutes, and winning female in 1991 in 7 hours and 29 minutes; Tsugaru Strait 30 km in 2019 in 10 hours and 11 minutes; Tampa Bay 38.6 km in 2018 in 11 hours and 19 minutes; North Channel 34.5 km in 2018 in 15 hours and 3 minutes; Lake Tahoe 34.4 km in 2017 in 11 hours and 25 minutes; Swim Across the Long Island Sound 27.4 km in 2017 in 9 hours and 26 minutes (winner); Santa Barbara Channel – Anacapa 19.3 km in 2011 in 6 hours and 0 minutes; Catalina Channel 32.3 km in 2005 in 8 hours and 56 minutes; Around Key West Florida 19.3 km in 1997 in 4 hours and 43 minutes; Ka'iwi/Moloka'i Channel 45 km in 2022 in 17 hours and 45 minutes; Lake Michigan (Northwestern University Main Campus in Evanston to Medical/Law Schools in Chicago) 19.9 km in 7 hours and 36 minutes; Cook Strait 23 km in 2023 in 11 hours and 54 minutes; Strait of Gibraltar 14.4 km in 2025 in 4 hours and 1 minute.

Marcia has been one of the most prolific contributors to the advancement of distance swimming – in the USA and globally. She is the author of "Dover Solo" first published in 1999. This book is – one of the few detailed training accounts/memoirs available before the internet and continues to be the "Bible" for English Channel aspirants. Marcia has been involved with United States Masters Swimming (USMS) -

Open Water and Long Distance Committees Vice Chair (2001-2005) and Chair (2005-2009). She has contributed countless articles, videos, and coaching webinars to USMS and Swimmer Magazine and a TedxTalk in 2015. She also holds several USMS All-Star Honors, All-American Honors and Top Ten Achievements. Marcia was on the organizing committee of the Manhattan Island Marathon Swim from 1996-2001.

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

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