



Susie Maroney, OAM, Honor Swimmer, Australia, 2005



Videos: [Interview 1](#) [Show 1 at 2:55](#) [Show 2 at 1:46](#) [Swim 1](#)

Susie Maroney completed 2 first ever swims: 197 km México to Cuba in 38 hours and 33 minutes in 1998 and 190 km Jamaica to Cuba in 34 hours and 50 minutes – both with a shark cage and wearing a stinger suit. She established the female speed record for a 2-way English Channel in 17 hours 15 minutes in 1991 - which stood in 2022 (and beyond).

Susie set the female speed record for the 26.4 km Lake Zurich in 6 hours and 0 minutes - which stood until 2001. She set the female speed record for around Manhattan in 7 hours and 0 minutes in 1990 - which stood until 1992. Susie completed the race a total of 4 times – the overall winner in 1990 and 1994. She completed a solo English Channel in 1990; Sydney Opera House at Circular Quay to Manly Wharf and Cuba to Florida 24 hours and 31 minutes in 1997 in a shark cage. The swim was reported as 180 km (swim path) – but more current straight-line distances would be 150 km Cuba to Florida, 154 km Havana to Florida and 164 km Havana to Key West, Florida.

As a professional racer she completed these races between 1990 and 1994: 3 times 36 km Capri-Naples; 2 times 56.7 km Rio Coronda; 40.2 km lac Memphremagog; and 30 km lac Sylvan.

Susie was an ambassador for the Asthma Foundation, ambassador for Special Olympics Australia and spokesperson for the Leukemia Foundation.

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

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