



**Commander Gerald Forsberg, OBE, Master Mariner, FNI, Royal Navy (Retired) Honor Swimmer, Great Britain, 1965**



Videos: [Interview 1](#) [Documentary 1](#) [IMSHOF 2021 at 1:16:45](#)

**Commander Gerald Forsberg, OBE, Master Mariner, FNI, Royal Navy (Retired)**

was the first to swim the length of Loch Lomond in 1959. He set the England to France speed record in 1957 in 13 hours and 33 minutes – which held until 1959. Gerald set several other speed records which still stand in 2024 (and beyond): Bristol Channel 16.1 km route Penarth to Weston-super-Mare in 1964 in 5 hours and 40 minutes; Lough Neagh in 13 hours and 12 minutes in 1959; and 2-way Morecambe Bay in 1959 and lowered in 1960 to 6 hours and 3 minutes. He set the speed record for 2-way Windermere (Waterhead to Lakeside and return) in 1958 in 12 hours and 58 minutes – which stood until 1966.

He won the IMSHOF Honor Organization, the British Long Distance Swimming Association (BLDSA) races in 1958 for both Lake Windermere and Torbay. He swam more than 14,162 km in open water, which included 211 long distance races logging 2,021 km.

Forsberg was a leader in the sport and served as president of the BLDSA between 1982 and 1983; the IMSHOF Honor Organization the Channel Swimming Association between 1963 and 1997; and the International Marathon Swimming Hall of Fame.

He was the author of three books, numerous articles promoting the Royal and Merchant Navy's swimming, live saving interests and long distance swimming. He was a regular columnist for the Nautical Magazine starting in 1957 and Swimming Times promoting long distance swimming for 40 years. His publications include Long Distance Swimming (1957); First Stokes in Swimming (1961); Modern Long Distance Swimming (1963); Salvage from the Sea (1977); and numerous short stories, articles and papers for general periodicals and technical journals. For these works he received the Buck Dawson Authors Award and Davids/Captain Roger W. Wheeler Memorial Award in 1971 for his contribution to the administration of open water swimming from the International Swimming Hall of

Fame. He was the fifth recipient in 2021 of The Dale Petranek Award for Services to the International Marathon Swimming Hall of Fame.

In 1998 he was inducted into the International Swimming Hall of Fame.

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

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