



Diana Nyad, Honor Swimmer, United States of America, 1978



[Personal Website](#)

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Diana Nyad won 2 Majors: 1974 Capri to Naples and 1974 World Professional Marathon Swimming Federation. She was the first swimmer to cross 51.4 km Lake Ontario from north to south in 18 hours and 20 minutes and in 1979 she swam 96.5 km from North Bimini Island in the Bahamas to Juno Beach Florida in 27 hours and 38 minutes on her second attempt. Diana was the first female ever to complete the 57 km Santa Fe-Coronda in Argentina in 1974 and her time of 8 hours and 22 minutes was the female speed record until 1990.

In the 36 km Capri to Naples race in 1974 her 8 hours and 11 minutes swim broke the female speed record of 8 hours and 54 minutes set by Honoree Judith de Nijs in 1970. The record held until 1987. Diana's swim around Manhattan Island in 1975 in 7 hours and 57 minutes received considerable media attention as it was the first such swim for nearly 20 years and broke the overall speed record by 42 minutes set in 1930 by Honoree William "Bill" Goll. The record held until 1982.

Nyad received the Buck Dawson Authors Award - Honorable Mention in 1978 for her book, *Distant Shore* from the International Swimming Hall of Fame. She received the Al Schoenfield Media Award 2002 from the International Swimming Hall of Fame. She also received the Greta Andersen Trophy in 1970 given by the World Professional Marathon Swimming Federation.

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

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