



Sarah Thomas

Marathon Swimmer. Coach. Speaker.

Sarah Thomas



Meet Sarah Thomas

Sarah Thomas, 39, is an ultra-marathon swimmer who holds the current world record for the longest continuous (unassisted, non-wetsuit) swim done in current-neutral conditions. That record-breaking swim covered 104.6 miles over 67 hours and was completed in Lake Champlain (USA) in August of 2017. Shortly after completing this swim, Sarah was diagnosed with an aggressive form of breast cancer. She was just 35 years old. While undergoing aggressive cancer treatment, including chemotherapy, surgery, and radiation therapy, Sarah never gave up on her dream of doing a swim that most people thought was impossible. One year after completing her cancer treatments, Sarah did just that—becoming the first person to complete a four-way crossing of the English Channel in 54 hours and 10 minutes.



Record Holder & 1st Individual to Swim:

Lake Powell – 80 miles, 56 hours

Lake Champlain – 104 miles,
67 hours

English Channel Four Way –
84 miles, 54 hours



For partnerships, events, and media inquiries, please visit sarahthomasswims.com/contact

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