

LEWIS PUGH'S RECORD SWIMS

No.	Date	Description of Swim	Place	Distance		Water Temp		Type of water	Time	No. of Days	Stroke	Record
				KM	Miles	C	F					
1	17 September 1990	Around Cape Point (E - W)	South Africa	6	3,7	12 to 17	57.2 to 62.6	Salt	01h 30min	-	Crawl	First
2	03 July 1991	Through the Knysna Heads	South Africa	10	6,2	15	59	Salt	03h 30min	-	Crawl	First
3	05 January 1992	Across Lake Malawi	Malawi	25	15,5	30	86	Fresh	09h 52min	-	Crawl	First
4	06 August 1992	Across English Channel	England/France	35	21,7	17	62,6	Salt	14h 50min	-	Crawl	5 Oceans - Atlantic
5	02 October 1992	Around Robben Island	South Africa	10	6,2	16	60,8	Salt	04h 10min	-	Crawl	Fastest
6	21 March 1993	Dassen Island to Yzerfontein	South Africa	10	6,2	10	50	Salt	02h 35min	-	Crawl	Fastest
7	07 May 1994	Around Cape Agulhas	South Africa	11	6,8	17	62,6	Salt	04h 15min	-	Crawl	First
8	20 August 2003	Around North Cape	Norway	5	3,1	8	46,4	Salt	01h 04min	-	Crawl	First and most northern 5 Oceans - Arctic
9	03 April 2004	Across Saldhana Bay	South Africa	8,3	5,2	16	60,8	Salt	02h 50min	-	Crawl	First
10	15 April 2004	Around Cape of Good Hope	South Africa	12	7,5	16	60,8	Salt	03h 15min	-	Crawl	First
11	28 April 2004	Around Cape Peninsula	South Africa	100	62,1	12 to 15	53.6 to 59	Salt	37h 20min	13	Crawl	First
12	10 May 2004	Around Robben Island	South Africa	10	6,2	17	62,6	Salt	03h 42min	-	Crawl	Fastest
13	26 July 2004	Length of Sognefjord	Norway	204	126,8	6 to 21	42.8 to 69.8	Salt	74h 45min	21	Crawl	First
14	15 August 2004	Length of Nærøfjord	Norway	18	11,2	6 to 18	42.8 to 64.4	Salt	05h 09min	2	Crawl	First
15	12 December 2004	Around Cape Hangklip	South Africa	10	6,2	18	64,4	Salt	03h 13min	-	Crawl	First
16	16 January 2005	Across Nelson Mandela Bay	South Africa	12	7,5	20	68	Salt	04h 57min	-	Crawl	5 Oceans - Indian
17	19 August 2005	Across Magdelenefjord, Spitsbergen	Arctic	1	0,6	3	37,4	Salt	21min 30sec	-	Crawl	First and most northern
18	19 August 2005	Around Verlegenuken, Spitsbergen	Arctic	1	0,6	3	37,4	Salt	20min 30sec	-	Crawl	First and most northern
19	14 December 2005	Off Peterman Island	Antarctica	1	0,6	0	32	Salt	18min 00sec	-	Crawl	First and most southern 5 Oceans - Southern
20	16 December 2005	Across Deception Island, S Shetland Is	Antarctica	1,6	1,0	2	35,6	Salt	30min 30sec	-	Crawl	First
21	27 January 2006	Outer Manley to Sydney Opera House	Australia	16	9,9	23	73,4	Salt	06h 01min	-	Crawl	First 5 Oceans - Pacific
22	05 May 2006	Across Nigards Glacier Lake	Norway	1,2	0,7	0	32	Fresh	23min 50sec	-	Crawl	First
23	17 July 2006	Length of the Thames	England	350	217,5	18 to 23	64.4 to 73.4	Both	81h 49min	21	Crawl	First

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24	12 February 2007	Across width of Maldive Islands	Maldives	140	87,0	29	84,2	Salt	41h 11min	10	Crawl	First
25	15 July 2007	Across the North Pole	Arctic	1	0,6	minus 1.7	28,9	Salt	18min 50sec	-	Crawl	First and most northern possible
26	23 May 2010	Across Lake Pumori, Mt Everest	Nepal	1	0,6	2	35,6	Fresh	22min 51sec	-	Breast	First, highest (at 5,200 metres)
27	08 August 2014	Off Monte Carlo	Monaco	10	6,2	25	77	Salt	03h 33min	-	Crawl	7 Ancient Seas (Mediterranean Sea)
28	12 August 2014	Off Zadar	Croatia	10	6,2	26	78,8	Salt	03h 55min	-	Crawl	7 Ancient Seas (Adriatic Sea)
29	15 August 2014	Off Athens	Greece	10	6,2	27	80,6	Salt	03h 12min	-	Crawl	7 Ancient Seas (Aegean Sea)
30	18 August 2014	Off Sijle	Turkey	10	6,2	27	80,6	Salt	02h 48min	-	Crawl	7 Ancient Seas (Black Sea)
31	21 August 2014	Off Aqaba	Jordan	10	6,2	32	89,6	Salt	02h 57min	-	Crawl	7 Ancient Seas (Red Sea)
32	25 August 2014	Off Rass Al Hadd	Oman	10	6,2	16	60,8	Salt	03h 15min	-	Crawl	7 Ancient Seas (Arabian Sea)
33	28 August 2014	Southend up the Thames to the Barrier	England	60	37,3	17	62,6	Both	06h 22min	2	Crawl	7 Ancient Seas (North Sea)
34	19 March 2015	Off Cape Adare, Ross Sea	Antarctica	540 metres	0,3	minus 1.7	28,9	Salt	10min 00sec	-	Crawl	First and most southern
35	25 March 2015	In the Bay of Whales, Ross Sea	Antarctica	330 metres	0,2	minus 1.7	28,9	Salt	05min 00sec	-	Crawl	First and most southern possible
36	10 December 2016	Around Cape Horn (W - E)	Chile	1	0,6	7	44,6	Salt	18min 22sec	-	Crawl	None
37	12 December 2016	Across Half Moon Island, S Shetland Is	Antarctica	1	0,6	0	32	Salt	17min 18sec	-	Crawl	First
38	15 July 2017	Along edge of Arctic sea ice, Spitsbergen	Arctic	1	0,6	minus 0.1 to minus 0.6	31.8 to 30.9	Salt	21min 29sec	-	Crawl	First
39	07 November 2017	Across King Edward Cove, Grytviken	South Georgia	1	0,6	2.7 to 3.6	36.8 to 38.4	Salt	19min 01sec	-	Crawl	First
40	12 July 2018	Length of English Channel	England	528	328,1	14 to 20	57.2 to 68	Salt	103h 45min	49	Crawl	First
41	23 January 2020	Sub Glacial River	East Antarctica	Unknown (as under ice)	Unknown (as under ice)	0.1	32	Fresh	10min 17sec	-	Breast in tunnel Crawl outside	First swim under Antarctic ice-sheet