

# Cindy Nicholas



**Ontario Aquatic Hall of Fame**

Inducted as Athlete in 1993

# Cindy Nicholas

## Inducted as Athlete in 1993

Cindy Nicholas joined the Scarborough Swim Club at the age of five. From 1962 to 1974, she swam competitively and during this time she held 16 Canadian and Ontario age group records. The account of her subsequent career as a solo and marathon swimmer is just as impressive.

Cindy set her first world record in August 1974 when she crossed Lake Ontario from Youngstown, New York., to the Canadian National Exhibition in 15 hours and 10 minutes. One year later, she set the women's world record for crossing the English Channel in 9 hours and 46 minutes. In 1977, she was the first and youngest woman ever to swim a two-way crossing of the English Channel, setting a new world record for men and women in 19 hours and 55 minutes. That was over 10 hours less than the previous record. In 1978, she was the first woman to complete six successful crossings of the English Channel. For setting this new world record, Cindy was named "Queen of the Channel." By 1982, she had completed 5 two-way crossings of the English Channel, the most by any person.

Other triumphs include a first place finish in a race at Chibougamou in Quebec, and a first place finish in a race across Lake St. John. She was the first woman to cross the Chaleur Bay in 1977, and one year later, she successfully made a double crossing of the Bay and set another world record. In 1980, Cindy participated in an international race in the Nile River, Egypt, completing the 28.8km course in 11 hours and 24 minutes.

Cindy Nicholas retired as the world record holder for 19 successful crossings of the English Channel. She also was one of the first recipients of the Women who made a Difference award.

### SUMMARY

- 1962 - 1974 Competitive C.A.S.A. swimmer with 16 Canadian and Ontario age group records.
- 1974 Lake Ontario crossing in 15 hours and 10 minutes.
- 1975 English Channel crossing in 9 hours and 46 minutes.
- 1976 Women's World Marathon Swimming Champion.  
First place in a race at Chibougamou, Quebec.  
First place in a race across Lake St. John, Quebec.  
Two crossings of the English Channel.
- 1977 Across Chaleur Bay from Grand Anse, NB to Paspebiac, Que.  
First woman Two-way crossing of the English Channel in 19 hours and 55 minutes. World record first and youngest woman to achieve this.
- 1978 First person to cross Chaleur Bay two-way, time 14 hours and 54 minutes.  
First woman to cross the English Channel six times; World record named "Queen of the Channel."
- 1979 Two-way crossing of the English Channel in 19 hours and 12 minutes.
- 1980 International race at the Nile, Egypt, in 11 hours and 24 minutes.  
Two crossings of the English Channel.
- 1981 First person to complete three two-way crossings of the English Channel  
English Channel International Race.  
1st place woman
- 1982 Fourth two-way crossing of the English Channel, 18 hours and 55 minutes.  
Fifth two-way crossing of the English Channel, 20 hours and 9 minutes.

Recipient of 15 awards and recognitions, including "A Member of the Order of Canada."