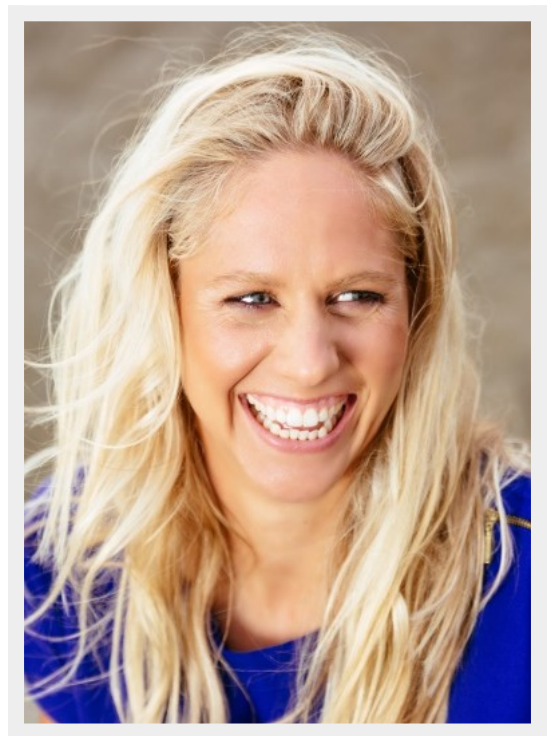


# Chloë McCardel

## ***Endurance Athlete, Marathon Swimmer, Coach & Keynote Speaker***

Chloë McCardel has been described as “the greatest endurance athlete on the planet” and “the greatest ultra-marathon swimmer in history”. The youngest person to be inducted into the International Marathon Swimming Hall of Fame, she is absolutely committed to pushing the boundaries of what the human body and mind is capable of achieving.

A purposeful, powerful and inspiring keynote speaker, Chloë is committed to helping others do the same... and helping them to become more effective, efficient and think more creatively. She instructs her audience, to not let the fear of failure stand in their way of achieving greatness.



### ***More about Chloë McCardel:***

In 2017, Chloë attempted what is widely considered the greatest endurance challenge – the 136km quadruple non-stop crossing of the English Channel. This had never been attempted previously, let alone completed. While unsuccessful on her first attempt, Chloë completed her third double crossing of the English Channel. Chloë does not see this attempt as a ‘failure’ but rather a step closer to achieving this incredible feat. It has provided her with an opportunity to learn more and find ways to improve. Chloë still believes a quadruple crossing of the English Channel is possible and is inspired to dramatically alter the perception of what the human mind and body can achieve in such harsh, inhospitable conditions.

In 2016, Chloë crossed the English Channel eight times, breaking the World Record for completed crossings in one season. This also gave her the Australian Record of 21 crossings of the English Channel, breaking the legendary Des Renford’s long-standing Australian record.

In 2015, Chloë was the first Australian to complete a triple non-stop crossing of the English Channel. Only three other ultra-marathon swimmers have completed a triple non-stop crossing of the English Channel, which were completed over 27 years ago. In 2014, Chloë set the World Record for the longest ratified unassisted ocean swim of 124.4km in 41.5 hours. This was completed in the Bahamas between South Eleuthera Island to Nassau.

Chloë trains in water temperatures as low as 11°C for up to six hours; completes overnight

training swims of up to 20 hours in 15°C, with 3°C air temperature; and distances of 110-140km in a week. Training also includes pool training equivalent to a male 1,500m Olympic-level swimmer.

In 2016, Chloë was inducted into the International Marathon Swimming Hall of Fame as its youngest member, and awarded the International Marathon Swimmer of the Year 'Poseidon Award'. Chloë was awarded these for her 2015 triple non-stop crossing of the English Channel (36hrs 12min) and an unprecedented three crossings in one week, only one month prior to the triple crossing. In 2015, Chloë was also awarded the 2015 Marathon Swimmers Federation 'Solo Swim of the Year (Female)' for the triple crossing. In addition, Chloë was awarded the 2014 MSF 'Solo Swim of the Year (Female)' for her 124.4km World Record swim in the Bahamas. The Channel Swimming Association has awarded Chloë 19 awards and plates for her English Channel achievements.

## Client testimonials

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“ As one of the greatest ultra-marathon swimmers, Chloë McCardel tells a powerful story of endurance and perseverance. Having defied the odds of what people are capable of achieving, Chloë's story is brilliantly motivational and encourages us all to be more disciplined in whatever we choose to pursue. She delivers her speeches with a refreshingly positive attitude, despite the hardship faced on her path to success. Chloë will inspire and relate to anyone with a goal to achieve.

- *Westpac Group*

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