



Lynton Mortensen, Honor Swimmer, Australia, 2024



Videos: [Interview 1](#) [Interview 2](#) [Documentary 1](#) [Panel 1](#) [Swim 1](#) [Swim 2](#)

Lynton Mortensen was the first Australian and 12th person in the world to complete the Oceans Seven and also achieved the Triple Crown within three months. He is the first person to circumnavigate Lord Howe Island (30 km) and to complete both the Australian Triple Crown and the Australian Grand Slam.

He set two records: Oceans Seven quickest completion within two years and two months, set in 2019 and held until 2023, plus the shortest time (17 days) between the English and North Channels, set in 2017 and still holds (end 2023 and beyond).

Lynton's Oceans Seven times were: English Channel in 12 hours and 35 minutes; North Channel in 13 hours and 49 minutes; Strait of Gibraltar in 5 hours and 12 minutes; Catalina Channel in 13 hours and 59 minutes; Cook Strait in 14 hours and 14 minutes; Molokai Channel in 14 hours and 49 minutes; and Tsugaru Channel 9 hours and 34 minutes.

He also completed many other marathon swims around the world including: Jersey Island circumnavigation, 20 Bridges, Derwent River, La Bocaina Strait, Kaulakahi Channel, Au'au Channel,

Bonifacio Strait, Port to Pub, Palm Beach to Shelly Beach, Rottnest Channel and Around Keppel Island.

During his swims Lynton raised nearly \$USA 60,000 for the Children's Hospital and \$USA 10,000 for scientific research into the ocean plastic crisis.

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

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