



Stephen Redmond, Honor Swimmer, Ireland, 2017



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

Stephen Redmond was the first swimmer to complete the Oceans Seven challenge, in his 40s, between August 2009 and July 2012: English Channel in 20 hours and 1 minute; North Channel in 17 hours and 17 minutes; Strait of Gibraltar; Catalina Channel; Cook Strait; Molokai Channel in 22 hours and 29 minutes; and Tsugaru Channel. His journey included 4 serious setbacks. Conditions won on his first attempt of the Molokai Channel and his first 3 attempts of the Tsugaru Channel.

Stephen completed 5 first ever Fastnet Rock swims: 2009 19.1 km Fastnet to Baltimore and 16.2 km Fastnet to Schull; 2011 35.7 Baltimore around Fastnet to Schull; and 2020 38.2 km 2-way Baltimore - Fastnet.

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

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

Irish Translation

Ba é **Stephen Redmond** an chéad snámhaí riamh chun an dúshlán Oceans Seven a chríochnú. Idir Mí Lúnasa de 2009 agus Mí Iúil de 2012, agus é in aois a dhá scór is cuid eile de bhlianta, shnámh sé an Mhuir nIocht (20 huair 1 nóiméad), Sruth na Maoile (17 n-uair 17 nóiméid), Caolas Ghiobrálta, Sruth Catalina, Caolas Cook, Sruth Molokai (22 uair 29 nóiméid) agus Caolas Tsugaru. Bhuaigh an fharraige air nuair a bhain sé triall as Sruth Molokai den chéad uair agus tharla an rud céanna dó i gCaolas Tsugaru go dtí an ceathrú iarracht a bhí aige, cathain a sháraigh sé faoi dheoidh.

Chríochnaigh Stephen cúig dhúshlán snámha ar Loch Trasna nach raibh déanta ag aon duine roimhe, ba iad siúd: 19.1 km ó Charraig Aonair go Dún na Séad in 2009; 16.2 km ó Charraig Aonair go dtí an Scoil in 2009; 35.7 km ó Dhún na Séad go dtí an Scoil, bealach Charraig Aonair, in 2011; agus 38.2 km ó Dhún na Séad go Charraig Aonair agus thar n-ais, in 2020.