

# Deborah G

Competitive Performance Expert

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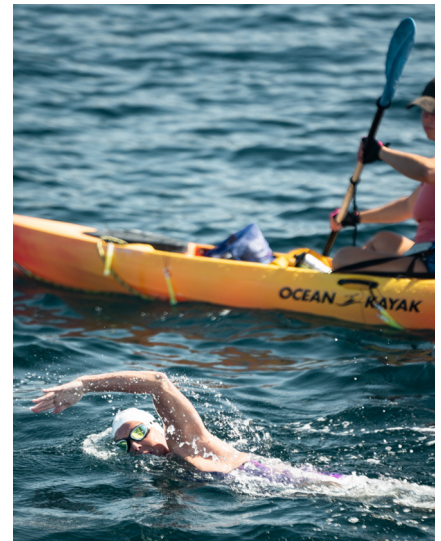
## Ocean Depths to Center Stage

## Long-Distance Swimmer Sets New Guinness World Record

With grit, grace, and a splash of fearless ambition, lifelong swimmer and motivational powerhouse Deborah Gardner has officially made history! **At 66½ years young, she completed the grueling 21-mile Catalina Island Channel swim in 13 hours, 5 minutes**, earning the Guinness World Record as the oldest woman ever to achieve this feat!

Just a few weeks ago, Deborah shattered a nine-year standing record, joining an elite group of fewer than 900 swimmers worldwide who have braved the treacherous, frigid, shark-inhabited 66-degree waters between Catalina Island and the California mainland.

Often called the Mount Everest of open-water swimming, the Catalina Channel is part of the prestigious Oceans Seven, overseen by the World Open Water Swimming Association, a challenge reserved only for the world's most determined endurance athletes.



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## Hear how Deborah conquered her fears, overcame struggles, and swam into history!

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