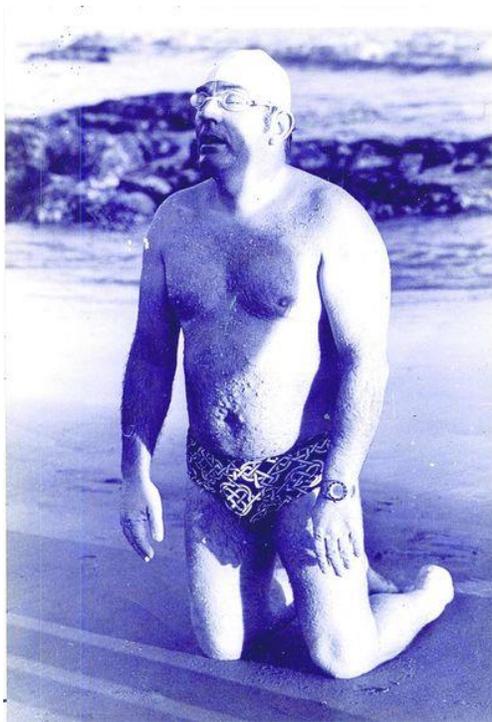




Ted Keenan, Honor Swimmer, Ireland, 1984



Videos: [Interview 1](#)

Ted Keenan was the second to complete what was known as the original triple crown: the English Channel in 1972 in 18 hours and 11 minutes; the North Channel in 1973 in 8.8-11°C; and the 26.8 km Bristol Channel in 1975 from Glenthorne to Porthcawl, Wales in a record time of 14 hours and 26 minutes. His record held to 1976 female and 1977 male.

He swam Lough Erne 4 times. The first in 1967 across the widest point Magho Point to Kesh. He completed the 14.5 km route 3 times: 1968 in 5 hours and 20 minutes; 1970 in 6 hours 15 minutes; and 1971 in 5 hours 42 minutes. 3 times he swam across Donegal Bay: 2 times 14.5 km from Mullaghmore to Bundoran (1968 in 6 hours 15 minutes and 1982 in 6 hours 53 minutes) and in 1976 St. Johns Point to Bundoran in around 8 hours 30 minutes.

Keenan completed several charity swims in the Aid of Cancer Research, and for those with physically and mentally disabilities. He was the first honoree of the IMSHOF from Ireland.

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

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