



Colleen Blair, MBE, Honor Swimmer, Great Britain, 2023



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

Colleen Blair, MBE is the first from Scotland to complete the Triple Crown. She recorded numerous first ever swims: 1996 Clare Island to Newport 27.8 km; 2018 North Minch 44 km in 18 hours and 37 minutes (9-13C); 1994 Two-way Loch Tummel 22.5 km; and the Pentland Firth (10-12 C). She was the first female to complete Loch Tay 22.5 km,

Colleen was the 9th swimmer to complete in 2008 the North Channel 34.5 km in 11-13 C. She contested 15 times, between 1992 (youngest ever at the time) and 2015, the Irish Long Distance Championships in Lough Erne 17 km. Her swims include all varieties fresh and salt water (warm and cold) including: 1997 Loch Ness 36.2 km (12 C); 2-way Lake Windermere 33.8 km and 6 times 1-way; Around Jersey 51 km; Jersey to France 22.5 km; and all the S.C.A.R. lakes.

Colleen gives back to the sport: organized 3 Loch Lomond championships, member of Scottish Swimming Open Water Swimming Committee, coaching open water swimming, observer on swims and raised money for local charities approximately \$20,000. In 2021, she was awarded an MBE for services to swimming.

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

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