



Zhang Jian, Honor Swimmer, China, 2018



Personal Website (None known)

Zhang Jian was the first and only swimmer resident in China to swim the English Channel (34 km/21 miles) – in 11 hours and 56 minutes. He also pioneered (first ever) some of the longest swims ever recorded in China under traditional English Channel rules: 1988 Qiongzhou Strait (29.5 km/18.3 miles) – in 9 hours and 20 minutes; 2001 Fuxianhu Lake (China's deepest fresh water lake 35 km/21.8 miles) – in 12 and hours and 1 minute 2005 from Hong Kong to Macau (35 km/21.8 miles) - in 10 hours and 43 minutes.

Zhang also pioneered (first ever) two marathon swims in wetsuits. These were widely covered by China Central Television and other media and helped fuel local interest in open water swimming: 2000 Bohai Bay from (123 km/76.4 miles) - in 50 hours and 22 minutes and 2010 Xingkai Lake (69 km/42.8 miles) - in 36 hours and 30 minutes. In 2011 Zhang Jian was named as one of the top ten male athletes in China – bringing further honor and public attention to the sport.

Zhang Jian is also an inspirational sport leader and coach: Outdoor Branch Collegiate Athletic Association Vice-Chairman of Beijing and Deputy Leader 13th and 14th National People's Congress on behalf of sports.

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

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

Mandarin Translation

张健是中国首位也是至今唯一一位成功横渡英吉利海峡的游泳运动员，长度34公里/21英里，用时11小时56分钟。他也是首位率先采取传统英吉利海峡横渡规则在国内创下一系列超长距离游泳纪录的运动员：1988年横渡琼州海峡，长度29.5公里/18.3英里，用时9小时20分钟；2001年云南抚仙湖 - 中国最深的淡水湖，长度35公里/ 21.8英里，用时12小时1分；以及2005年从香港到澳门，长度35公里/ 21.8英里，用时10小时43分钟。

张健也是国内穿防寒胶衣完成两次游泳超马横渡的第一人：2000年渤海湾，长度123公里/76.4英里，用时 50小时22分钟；2010年兴凯湖，长度69公里/ 42.8英里，用时36小时30分钟。这些横渡创举被中央电视台等各大媒体广泛报道，大大激发了中国各地对开放水域游泳的兴趣。2011年，张健被评为中国十大男运动员之一，为马拉松游泳带来更多的荣誉和公众关注。

张健也是一位出色的游泳教练和领导，历年来任北京体育大学户外活动中心主任，第十三、十四届全国人民代表大会体育界代表。