



Zhang Jian, Honor Swimmer, China, 2018



Videos: [Swim 1](#)

Zhang Jian was the first, in 2001, swimmer resident in China to swim the English Channel – in 11 hours and 56 minutes. He completed other first ever, and some of the longest swims ever recorded in China under traditional English Channel rules: 1988 Qiongzhou Strait 29.5 km – in 9 hours and 20 minutes; 2001 Fuxianhu Lake (China's deepest, fresh water lake 35 km – in 12 and hours and 1 minute; and 2005 the Lingdingyang Bay (across the Pearl River Estuary) from Hong Kong to Macau 35 km - in 10 hours and 43 minutes which was broadcast live and is credited with significantly increasing open water swimming participation.

Zhang also complete 2 (first ever) 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 123 km - in 50 hours and 22 minutes and 2010 Xingkai Lake 69 km - 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 acted as an inspirational sport leader and coach: Outdoor Branch Collegiate Athletic Association vice-chairperson 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 是中国第一位也是唯一一位在英吉利海峡游泳的游泳运动员——用时11小时56分钟。他完成了另一个有史以来第一个，也是中国在传统英吉利海峡规则下最长的游泳记录：1988年琼州海峡 29.5 公里 - 9 小时 20 分钟;2001年福仙湖 (中国最深的淡水湖35公里——用时12小时1分钟;2005年从香港到澳门 35公里——用时10小时43分钟。

张还完成了2个第一次) 穿着潜水服游泳。这些被中国中央电视台和其他媒体广泛报道，并帮助激发了当地人对开放水域游泳的兴趣：2000年渤海湾123公里 - 50小时22分钟，2010年星开湖69公里 - 36小时30分钟。

2011年，张健被评为中国十大男运动员之一，为这项运动带来了进一步的荣誉和公众关注。张健担任励志体育领袖和教练员：北京市大学生体育协会户外分会副主席、第十三届、十四届全国人大副会长代表体育。