



THE ILDSA ORIGINAL TRIPLE CROWN AWARD

The original Triple Crown of Open Water Swimming is a marathon swimming challenge consisting of three historically important swims:

English Channel - England and France

North Channel - Ireland and Scotland

Bristol Channel - starting or finishing in North Devon England / Porthcawl, Wales

1971 KEVIN MURPHY

1968 - English Channel - 15 hours 55 minutes

1970 - North Channel - 11 hours 21 minutes

1971- Bristol Channel - 13 hours 54 minutes

1975 TED KEENAN

13 August 1972 - English Channel - 18 hours 11 minutes

11 August 1973 - North Channel - 18 hours 27 minutes

17 July 1975 - Bristol Channel - 14 hours 26 minutes