

The Bristol Channel

Date: 17 July 1975

Duration: 14 hours 26 minutes



Ted Keenan runs out of the water, his ultimate goal accomplished – The completion of the Bristol Channel!

‘A lonely figure waded ashore on a quiet beach in Wales, sank to his knees and slipped up a prayer of thanks. Teddy Keenan, Enniskillen’s distinguished long distance swimmer had just made his way into the record books yet again’.

(Impartial Reporter, 24 July 1975)

Ted Keenan became the first man to swim the Bristol Channel at its widest point. He started at 06.04, with his body covered in grease and completed the 33 mile-long Channel at 20.30, crossing from Glen Cove on the English Coast to Coney Beach at Portcrawl in Wales.



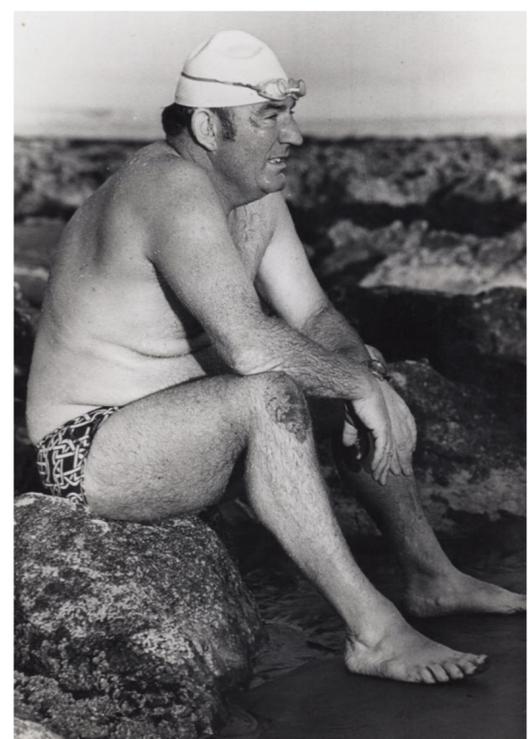
Two crew members in the main pilot boat, keeping a watchful eye on Ted Keenan swimming the Bristol Channel.



Having a break, Ted Keenan vomited many times in the first eight hours of the Bristol Channel journey.

Ted was accompanied by his son Brian, on a 90 foot long pilot boat. Also present were Mr. Peter Tyrell (Welsh representative for the British Long Distance Swimming Association); oarsmen John Perrott and Ivor Roberts and the pilot John Lewis. Ted endured a challenging journey in the Bristol Channel swim, he vomited many times. Throughout the first eight hours of his journey he swallowed raw sewerage. His diet during the swim consisted of raw eggs, glucose and ‘Complan’. Ted maintained his son Brian was his morale booster and he also acted as chief feeder.

After accomplishing the goal in August 1975, Ted Keenan was recorded at that time as the only Irish man to have swam the ‘three channels’, previously conquering The English Channel (1972) and The North Channel (1973).



A quiet moment, Ted Keenan reflects on his achievement on swimming the Bristol Channel. This was the completion of the remarkable treble of the English, North & Bristol Channels, July 1975.