Barry Watson set an English Channel record in 1964 in 9 hours and 35 minutes and also swam the English Channel in 16 hours and 19 minutes in 1968, in 13 hours and 56 minutes in 1969 and in 15 hours and 14 minutes in 1970. He was also the British Long Distance Swimming Association champion in Lake Windermere in 1963 and 1964, the 1967 British Long Distance Swimming Association Loch Lomond champion, the British Long Distance Swimming Association 2-way Lake Windermere champion in 1966, 1967 and 1968, and the British Long Distance Swimming Association champion from Fleetwood to Morecambe in 1963, 1965, 1966 and 1967. He swam across Lake Windermere 39 times. In 1970 he swam Windemere, Ullswater and Coniston in one day. Barry completed the 23 mile Lancaster to Morecambe Championship swim in 7 hours and 2 minutes in 1965.

Expanded Biography (Openwaterpedia)

Long Swims Database (Marathon Swimmers Federation)