Gráinne Mary Moss (née Gunn), Honor Swimmer, Ireland, 2027



Personal Website

Videos: Interview 1 Interview 2 Show 1 Show 2 Swim 1 Swim 2 Swim 3 Swim 4 Swim 5

Gráinne Mary Moss (née Gunn) completed the Triple Crown of Open Water Swimming and the Oceans Seven. She was the first Irish woman to swim the English Channel in 1987, aged 17, and completed the remaining Oceans Seven swims between 2023 and 2026.

She set the female speed record for the Fastnet in 2022 – which held for less than 24 hours. This was the shortest recorded record held by an IMSHOF Honoree as of 2026 (and beyond). A pioneer of Irish open-water swimming, Gráinne was Irish long-distance champion seven times and represented Ireland at the inaugural FINA Long Distance Swimming World Cup in Lake Windermere in 1986, finishing ninth.

Some of her other swims include the Irish Triple Crown of the North Channel, Galway Bay and Fastnet; New Zealand Triple Crown of Cook Strait, Foveaux Strait (28.6 km) and Lake Taupō (40.2 km); and Australia's Derwent River (34 km) and Port to Pub (25 km).

Expanded Biography (Openwaterpedia)

Long Swims Database (Marathon Swimmers Federation)