

Michael Gunning

Michael started swimming at age four and qualified for Team GB at age fifteen.



Michael has dual-nationality and has swum at elite level for both Team GB and Team Jamaica.



Michael was worried about coming out as an LGBT+ elite sportsperson but is now glad he did.



"No matter the colour of your skin, the race you were born or your sexual orientation we must all strive to live in this world as ONE with our hearts beating together."



Michael hopes that he has inspired others, especially other black and mixed-race people to take up swimming, because swimming is really good for you!



Michael identifies as gay.



"If you're just starting to think about your own self-discovery then there are lots of people who can and will support you."