

## SASA Midland District Roll of Honour

### Stephen Alistair Milne

#### Listed 2017

Stephen Milne was born in Inverness and moved to Perth as a young child. He learned to swim at Perth Leisure Pool and joined Perth City Swim Club when he was 9. His first International appearance was at the European Junior Championships in Antwerp in 2012.

In 2014, he was selected to compete for Team Scotland at the XXth Commonwealth Games in Glasgow. He collected a silver medal in the men's 4x200m freestyle relay in front of the home crowd alongside team mates Dan Wallace, Duncan Scott and Robbie Renwick. The team set a new Scottish Record of 7:09.18 in the final.



Two weeks after the Glasgow Commonwealth Games, he competed for GBR at the European Championships in Berlin. He placed 6<sup>th</sup> in the 400m freestyle, then 4<sup>th</sup> in the 1500m and the 800m, breaking the Scottish record in both events. On the final night, the British men won the 4x100m medley relay, with Stephen receiving gold for his anchor leg heat swim

In 2015 he was crowned British Champion in the 1500m freestyle and was selected for his first FINA World Championships appearance for GBR in Kazan. He reached the finals in his individual events, placing 5<sup>th</sup> in the 1500m freestyle and 7<sup>th</sup> in the 800m freestyle, breaking his 800m Scottish record in the heats

Following the 2016 British Championships, Stephen was selected to represent Team GB at the Summer Olympic Games in Rio de Janeiro. He broke the Scottish record in the 400m freestyle, missing a finals slot by 0.57s, and competed in the 1500m freestyle. He swam leadoff in the heats of the men's 4x200m freestyle and the team of 4 Scots saw GB safely through to the final, breaking the National record they had set in Glasgow with a time of 7:06.31. First man out again in the final, followed by Duncan Scott, Dan Wallace and James Guy, the team claimed the Olympic silver medal and set a new British record of 7:03.13

In December 2016 he was a finalist in the 400m freestyle at the FINA World Championships (25m) in Windsor, Canada, and swam the anchor leg in the heats and final of the men's 4x100m medley, where the team placed 5th.

At the 2017 FINA World Championships in Budapest, his leadoff leg in the men's 4x200m freestyle heats earned him a place in the final, where the British men were crowned World Championships ahead of Russia and the USA, bringing home gold in a new British record of 7:01.70

2014	Commonwealth Games	Glasgow	4x200m freestyle	Silver	Scottish
2014	LEN European Championships	Berlin	4x100m men's medley	Gold	
2015	FINA World Championships	Kazan	800m freestyle/1500m freestyle	Finalist	Scottish (800m)
2016	Olympic Games	Rio de Janeiro	4x200m freestyle	Silver	British
			400m freestyle/1500m		Scottish (400m)
2016	FINA World Championships (25m)	Windsor	400m freestyle/4x100m medley	Finalist	
2017	FINA World Championships	Budapest	4x200m freestyle	Gold	British
			400m freestyle		
2018	Commonwealth Games	Gold Coast	4x100m freestyle	Bronze	Scottish
			4x200m freestyle	Bronze	

#### Addendum

Stephen's second Team Scotland selection came in 2017 following the British Trials, when he was selected to compete at the 2018 Commonwealth Games on Australia's Gold Coast. He swam leadoff in the men's 4x200m freestyle final in Australia, with the team taking bronze, and anchor in the men's 4x100m freestyle final. The Scottish men collected an historic first medal in the 4x100m freestyle, winning bronze with a new Scottish record of 3:15.86