

Mills seals medal haul



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TOP Scarborough swimming prospect Gareth Mills has continued his sparkling form after returning from the British Youth Championships in Sheffield with a silver and two bronze medals.

Mills, who now swims for the City of Leeds team, smashed a massive 15 seconds off his personal best when claiming a silver medal in the 1500m freestyle, recording a time of 15.41.

The former Pindar School pupil also collected bronze medals from the 200m freestyle, swimming a time of 1.51, knocking 1.5 seconds off his personal best in the process.

The 2014 Commonwealth Games prospect was also part of the relay team that secured bronze in the 4x100m relay with a time of 51.2.

Although he didn't claim a spot on the podiums, Mills also put in good performances in the 400m freestyle, where he finished fifth with a time of 3.57, and also came seventh in the 200m fly, where he ended up knocking a second off his personal best with a swim of 2.04, a better performance than he had expected to put in.

Mills said: "It was one of my best meets yet. It was quite nerve-racking as it was quite a big meet, but I did well in the end to get on the podium and knock off some of my personal bests.

"Although I really wanted to get in the medals, I was pleased with how I swam.

"It was great to see my family there too. My brothers Alistair, Gregg and Laurence all came down at some point during the week.

"My mum and dad also came along and Sam Greetham came to watch for a bit as well.

"It was great to get such great support from everyone and it helped me a lot too."

Mills now takes a well-earned three-week rest before training for the Youth Commonwealth Games that take place in the Isle of Man in September.

Mills added: "I'm looking forward to the Commonwealths, and to be swimming for Scotland again will be great."