

# Thurso Amateur Swimming Club

## Club Records (at 3rd October 2009)

10 Years and Under						
Stroke	Girls	Time	Year	Boys	Time	Year
50 Fly	Gemma Scott	00.37.84	1999	Neil Jackson	00.39.10	1983
100 Fly	Gemma Scott	01.30.95	1999	Neil Jackson	01.27.63	1983
200 Fly	Morag Reid	03.21.00	1977	Eann Munro	03.47.80	1988
50 Back	Janice Adam	00.37.50	1974	Brian Adam	00.37.80	1976
100 Back	Emma Budge	01.21.38	2008	Matthew Coates	01.25.07	1986
200 Back	Janice Adam	03.05.00	1974	Brian Adam	03.16.50	1976
200 Back	Morag Reid	03.05.00	1977			
50 Breast	Morag Reid	00.44.00	1977	Matthew Coates	00.41.50	1986
100 Breast	Kirsteen Smith	01.38.41	1987	Matthew Coates	01.28.50	1986
200 Breast	Kirsteen Smith	03.37.10	1987	Matthew Coates	03.22.30	1986
50 Free	Morag Reid	00.32.90	1977	Eann Munro	00.33.76	1988
100 Free	Emma Budge	01.13.87	2008	Matthew Coates	01.14.80	1986
200 Free	Morag Reid	02.45.20	1977	Kevin Lowcock	02.43.20	1983
400 Free	Morag Reid	05.45.90	1977	Kevin Lowcock	05.42.70	1983
800 Free	Morag Reid	12.21.30	1977	Matthew Coates	12.00.80	1986
1500 Free	Morag Reid	23.34.00	1977	Matthew Coates	22.56.80	1986
100 IM	Morag Reid	01.27.10	1977	Matthew Coates	01.22.00	1986
200 IM	Morag Reid	02.56.80	1977	Matthew Coates	03.01.00	1986
400 IM	Morag Reid	06.37.20	1977			

11 Years						
Stroke	Girls	Time	Year	Boys	Time	Year
50 Fly	Beverley Allan	00.36.20	1995	John Brock	00.33.90	1974
100 Fly	Gemma Scott	01.24.26	2000	John Brock	01.17.20	1974
200 Fly	Gemma Scott	03.02.31	2000	Eann Munro	03.05.86	1989
50 Back	Emma Budge	00.36.53	2009	Matthew Coates	00.35.90	1987
100 Back	Emma Budge	01.17.83	2009	Brian Adam	01.17.90	1977
200 Back	Emma Budge	02.50.05	2009	Matthew Coates	02.53.20	1987
50 Breast	Rhona Cartwright	00.41.59	2004	Robert Mackay	00.39.01	1989
100 Breast	Elaine Sutherland	01.27.63	1974	Matthew Coates	01.23.72	1987
200 Breast	Gemma Scott	03.17.58	2000	Matthew Coates	03.10.67	1987
50 Free	Emma Budge	00.31.15	2009	Eann Munro	00.31.81	1989
100 Free	Emma Budge	01.08.97	2009	Matthew Coates	01.09.42	1987
200 Free	Morven Shuttleworth	02.33.16	2002	Matthew Coates	02.31.83	1987
400 Free	Gemma Scott	05.26.88	2000	Matthew Coates	05.31.32	1987
800 Free	Nicola Kemp	13.45.34	1989	Matthew Coates	11.37.10	1987
1500 Free	Nicola Kemp	25.49.01	1989	Eann Munro	22.22.29	1989
100 IM	Emma Budge	01.22.77	2009	Matthew Coates	01.18.00	1987
200 IM	Morag Reid	02.53.20	1978	John Brock	02.51.70	1974
400 IM	Gemma Scott	06.12.05	2000	Matthew Coates	06.08.20	1987

12/13 Years						
Stroke	Girls	Time	Year	Boys	Time	Year
50 Fly	Beverley Allan	00.32.40	1997	Ruairidh Mackay	00.31.62	1994
100 Fly	Beverley Allan	01.12.96	1997	Craig Spargo	01.10.65	2005
200 Fly	Beverley Allan	02.41.45	1997	Craig Spargo	02.33.88	2005
50 Back	Beverley Allan	00.33.79	1997	Steven Mackenzie	00.34.31	2002
100 Back	Beverley Allan	01.11.50	1997	Matthew Coates	01.12.24	1988
200 Back	Beverley Allan	02.33.60	1997	Craig Spargo	02.28.87	2005
50 Breast	Lynn Hardie	00.38.06	1998	William Durrand	00.36.33	1991
100 Breast	Lynn Hardie	01.20.26	1998	Matthew Coates	01.19.04	1988
200 Breast	Gemma Scott	02.57.14	2002	Matthew Coates	02.47.56	1988
50 Free	Barbara McKellar	00.29.74	1995	Ruairidh Mackay	00.28.32	1994
100 Free	Lynn Hardie	01.04.00	1998	Craig Spargo	01.02.40	2005
200 Free	Lynn Hardie	02.17.00	1998	Robert Malcolm	02.12.20	1977
400 Free	Gemma Scott	04.49.96	2002	Craig Spargo	04.41.85	2005
800 Free	Gemma Scott	09.51.47	2002	Craig Spargo	09.58.68	2005
1500 Free	Eilidh Mowat	20.09.48	1993	Craig Spargo	19.23.85	2005
100 IM	Beverley Allan	01.14.45	1997	Alan Sutherland	01.12.55	1992
200 IM	Lynn Hardie	02.36.51	1998	Robert Malcolm	02.35.10	1977
400 IM	Gemma Scott	05.30.58	2002	Craig Spargo	05.25.51	2005

14/15 Years						
Stroke	Girls	Time	Year	Boys	Time	Year
50 Fly	Rona Plowman	00.29.59	2009	Ruairidh Mackay	00.27.70	1996
100 Fly	Rona Plowman	01.06.74	2009	Craig Spargo	01.01.57	2007
200 Fly	Rona Plowman	02.32.01	2008	Craig Spargo	02.17.20	2007
50 Back	Rona Plowman	00.30.52	2009	Ryan Sutherland	00.29.60	2006
100 Back	Rona Plowman	01.06.29	2009	Ryan Sutherland	01.03.46	2006
200 Back	Rona Plowman	02.27.40	2008	Craig Spargo	02.17.82	2007
50 Breast	Ellie Spencer	00.35.07	2009	Martin Cowie	00.34.01	2006
100 Breast	Rona Plowman	01.16.65	2009	Robert Mackay	01.12.25	1993
200 Breast	Rona Plowman	02.52.56	2009	Robert Mackay	02.38.18	1993
50 Free	Rona Plowman	00.27.89	2009	Craig Spargo	00.25.69	2007
100 Free	Rona Plowman	00.59.54	2009	Craig Spargo	00.56.54	2007
200 Free	Rona Plowman	02.11.26	2009	Craig Spargo	02.04.30	2007
400 Free	Rona Plowman	04.35.30	2009	Craig Spargo	04.25.67	2007
800 Free	Rona Plowman	09.21.44	2009	Craig Spargo	09.10.71	2007
1500 Free	Rona Plowman	17.57.11	2009	Craig Spargo	17.48.02	2006
100 IM	Rona Plowman	01.08.10	2009	Craig Spargo	01.06.79	2007
200 IM	Rona Plowman	02.28.94	2009	Craig Spargo	02.20.19	2007
400 IM	Lynn Hardie	05.22.67	2000	Craig Spargo	05.03.81	2007

16/17 Years						
Stroke	Girls	Time	Year	Boys	Time	Year
50 Fly	Gemma Scott	00.32.35	2006	Craig Spargo	00.26.51	2009
100 Fly	Lynsey Gordon	01.11.42	1990	Craig Spargo	00.59.08	2009
200 Fly	Elizabeth Walker	02.39.09	1993	Craig Spargo	02.17.45	2009
50 Back	Lynn Hardie	00.33.44	2001	Ryan Sutherland	00.29.48	2007
100 Back	Gemma Scott	01.10.26	2006	Ryan Sutherland	01.02.97	2007
200 Back	Beverley Allan	02.31.31	2000	Ryan Sutherland	02.17.38	2007
50 Breast	Lynn Hardie	00.37.60	2002	Martin Cowie	00.32.78	2007
100 Breast	Karen Edmunds	01.18.60	1976	Martin Cowie	01.12.74	2007
200 Breast	Karen Edmunds	02.50.90	1976	Robert Mackay	02.35.63	1994
50 Free	Catriona Quirie	00.28.92	2006	Craig Spargo	00.25.17	2009
100 Free	Catriona Quirie	01.01.75	2005	Ruairidh Mackay	00.54.99	1998
200 Free	Catriona Quirie	02.10.94	2006	Craig Spargo	02.02.80	2009
400 Free	Catriona Quirie	04.35.71	2005	Craig Spargo	04.20.01	2009
800 Free	Catriona Quirie	09.27.24	2006	Gavin Munro	09.04.72	1986
1500 Free	Catriona Quirie	18.26.60	2006	Gavin Munro	17.15.71	1986
100 IM	Lynn Hardie	01.11.65	2001	Craig Spargo	01.02.18	2009
200 IM	Lynn Hardie	02.32.48	2001	Craig Spargo	02.17.06	2009
400 IM	Gemma Scott	05.32.46	2005	Craig Spargo	05.01.73	2009

All Ages						
Stroke	Girls	Time	Year	Boys	Time	Year
50 Fly	Rona Plowman	00.29.59	2009	Craig Spargo	00.26.51	2009
100 Fly	Rona Plowman	01.06.74	2009	Craig Spargo	00.59.08	2009
200 Fly	Rona Plowman	02.32.01	2008	Craig Spargo	02.17.20	2007
50 Back	Rona Plowman	00.30.52	2009	Ryan Sutherland	00.29.48	2007
100 Back	Rona Plowman	01.06.29	2009	Ryan Sutherland	01.02.97	2007
200 Back	Rona Plowman	02.27.40	2008	Ryan Sutherland	02.17.38	2007
50 Breast	Ellie Spencer	00.35.07	2009	Jonothan Robb	00.32.70	1986
100 Breast	Rona Plowman	01.16.65	2009	Jonothan Robb	01.11.20	1986
200 Breast	Karen Edmunds	02.50.90	1976	Robert Mackay	02.34.73	1996
50 Free	Rona Plowman	00.27.89	2009	David Sutherland	00.25.15	2007
100 Free	Rona Plowman	00.59.54	2009	David Sutherland	00.54.45	2007
200 Free	Catriona Quirie	02.10.94	2006	David Sutherland	01.58.80	2009
400 Free	Rona Plowman	04.35.30	2009	David Sutherland	04.16.58	2007
800 Free	Rona Plowman	09.21.44	2009	David Sutherland	09.03.28	2007
1500 Free	Rona Plowman	17.57.11	2009	Gavin Munro	17.15.71	1986
100 IM	Rona Plowman	01.08.10	2009	Craig Spargo	01.02.18	2009
200 IM	Rona Plowman	02.28.94	2009	Craig Spargo	02.17.06	2009
400 IM	Lynn Hardie	05.22.67	2000	David Sutherland	04.57.93	2009

New Record