

**Thurso Amateur Swimming Club****Meet Results**

**North District Sprint Championships 2007 06-Oct-07 to 07-Oct-07 [Ageup: 07/10/2Free  
Thurso ASC [NTOX]**

**Event #101 Male 100 IM 8 & Over**

1:05.18S		P	Sutherland, David	11	---	-0.16
	29.73		1:05.18			
1:06.80S		P	Spargo, Craig	18	---	0.01
	30.47		1:06.80			
1:07.69S		P	Cartwright, Ranald	23	---	-1.44
	31.23		1:07.69			
1:07.72S		P	Sutherland, Ryan	24	---	0.78
	31.24		1:07.72			
1:07.84S		P	Mackenzie, Scott	25	---	1.52
	30.32		1:07.84			
1:07.99S		P	Cowie, Martin	26	---	-0.48
	32.79		1:07.99			
1:14.38S		P	Couldon-Smith, Stewart	53	---	-1.87
	34.37		1:14.38			

**Event #104 Female 50 Breast 13-14**

41.30S		P	Cartwright, Rhona	24	---	0.86
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**Event #105 Male 50 Breast 13-14**

38.54S		P	Couldon-Smith, Stewart	18	---	-0.64
40.35S		P	Buchanan, Jack	22	---	-0.81

**Event #107 Male 50 Back 15 & Over**

29.69S		P	Sutherland, Ryan	5	---	0.19
29.84S		F	Sutherland, Ryan	4	---	0.34
30.04S		P	Mackenzie, Steven	7	---	-0.19
30.46S		P	Sutherland, David	10	---	-0.88
31.50S		P	Spargo, Craig	18	---	0.73
32.64S		P	Mackenzie, Scott	27	---	1.05
32.65S		P	Cartwright, Ranald	28	---	0.47

**Event #109E Male 1500 Free 15 & Over**

17:53.70S		F	Sutherland, David	4	---	0.41
	29.20		1:01.56			1:35.37
						2:09.59
	2:44.07		3:18.70			3:53.84
						4:29.28
	5:04.93		5:41.44			6:17.74
						6:54.94
	7:32.56		8:09.23			8:47.20
						9:24.32
	10:00.63		10:38.37			11:14.95
						11:51.74
	12:28.69		13:05.46			13:41.82
						14:18.24
	14:55.70		15:32.82			16:07.24
						16:44.56
	17:21.16		17:53.70			

**Event #201 Female 100 IM 8 & Over**

1:16.08S		P	Mackenzie, Ashley	37	---	-1.86
	36.71		1:16.08			
1:18.64S		P	Cartwright, Rhona	50	---	-0.98
	36.68		1:18.64			

**Event #205 Female 50 Back 13-14**

37.64S		P	Cartwright, Rhona	34	---	-0.74
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**Event #206 Male 50 Breast 15 & Over**

32.78S		P	Cowie, Martin	5	---	-0.19
33.91S		F	Cowie, Martin	5	---	0.94
34.79S		P	Mackenzie, Scott	16	---	0.26
34.83S		P	Sutherland, Ryan	17	---	0.13
35.10S		P	Cartwright, Ranald	22	---	0.23
35.85S		P	Sutherland, David	25	---	0.32
NS		P	Spargo, Craig	---	---	---

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**Event #210 Male 200 Medley Relay14 & Over**

1:54.23 S F

A RelayThurso ASC 2

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Ryan Sutherland (15)

Martin Cowie (15)

Scott Mackenzie (18)

David Sutherland (19)

29.60 1:02.20 1:29.45 1:54.23

**Event #303 Male 50 Free 13-14**

27.94S P Couldon-Smith, Stewart 8 --- -1.64

30.24S P Buchanan, Jack 26 --- -0.60

**Event #304 Female 50 Free 13-14**

30.59S P Cartwright, Rhona 15 --- 0.25

**Event #305 Male 50 Fly 15 & Over**

28.02S F Sutherland, David 5 --- -0.65

28.16S P Sutherland, David 6 --- -0.51

28.22S P Mackenzie, Scott 8 --- 0.10

28.22S P Spargo, Craig 7 --- -0.08

30.07S P Cartwright, Ranald 24 --- 0.85

30.30S P Mackenzie, Steven 27 --- 0.15

30.37S P Cowie, Martin 28 --- 0.28

30.64S P Sutherland, Ryan 32 --- -0.83

**Event #305 Male 50 Fly 15 & Over (SWIM OFF)**

27.73S S Mackenzie, Scott --- --- -0.39

27.73S S Spargo, Craig --- --- -0.57

**Event #306 Female 50 Fly 15 & Over**

NS P Shuttleworth, Morven --- --- ---

**Event #401 Male 50 Free 15 & Over**

25.23S F Sutherland, David 5 --- -0.27

25.30S P Sutherland, David 5 --- -0.20

25.62S P Mackenzie, Steven 6 --- -0.09

25.90S P Mackenzie, Scott 7 --- -0.07

26.34S P Sutherland, Ryan 15 --- 0.17

26.86S P Spargo, Craig 23 --- 0.07

26.92S P Cartwright, Ranald 25 --- -0.16

27.28S P Cowie, Martin 30 --- 0.24

27.67S F Mackenzie, Steven 6 --- 1.96

**Event #403 Male 50 Fly 13-14**

34.21S P Couldon-Smith, Stewart 23 --- -0.58

34.25S P Buchanan, Jack 24 --- -0.43

**Event #404 Female 50 Fly 13-14**

36.25S P Cartwright, Rhona 31 --- -0.39

**Event #502E Male 400 Free 15 & Over**

4:25.67S F Spargo, Craig 3 --- -3.94

28.06 59.99 1:33.54 2:08.06

2:42.50 3:17.40 3:52.18 4:25.67

**Event #517 Male 200 Free Relay14 & Over**

1:40.52 S F

A RelayThurso ASC 1

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Steven Mackenzie (18)

Ryan Sutherland (15)

Scott Mackenzie (18)

David Sutherland (19)

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25.58      50.66      1:15.81      1:40.52