

## ELGIN SPRING GRADED - February 2007

TWENTY-ONE Thurso swimmers took part in the Elgin Spring Graded Meet recently. All the swimmers put in excellent performances to return home with six gold medals, seven silvers, 10 bronzes, two speeding tickets and some outstanding personal best times.

TASC was well represented in the 10-11 years age group. In the boys' events Shaun Gray collected a full set of medals, knocking an impressive 8.5 seconds off his previous best to claim gold in the 100m breaststroke.

He followed this up with silver in his 200m freestyle and bronze in the 100m equivalent, touching in 1 min 19.65s. Mark Budge swam an eight-second PB in his 200m freestyle to finish in 3 min 04.76s. Aidan Chard and Joe Spencer both swam well in their first outings at the longer events.

For the girls Maisie Moran was the star performer, taking huge chunks of time off her old PBs - the 32-second personal best for her 200m IM being her most remarkable of the weekend.

Cassandra Henderson powered her way to bronze in the 100m breaststroke, stopping the clock at 1 min 44.28s. Ellie Spencer finished in fourth place for her 100m backstroke, after chopping 26 seconds off her previous best.

Rebecca Cummings, Ashlyn Mackay, Sophie Macleod, Laura Stewart and Lauren Yuille proved that all their hard training has been worth it with some excellent swims in the 100m events.

Stewart Coulden-Smith put in a strong performance in the boys' 12-13 age group. Stewart claimed the silver medal in his 100m breaststroke with a time of 1 min 32.7s, while his fine swim of 1 min 11.81s for the 100m freestyle earned him a speeding ticket for exceeding the preset cut-off time.

Stewart added a bronze in his 200m freestyle to his weekend tally.

Jason Ridgley won the gold medal in his 100m breaststroke with a new PB of 1 min 32.43s. Jason also put in a determined effort to collect bronze in the 100m butterfly and 200m IM, as well as knocking five seconds off his PB in the 200m freestyle to earn TASC's second speeding ticket.



Members of the Thurso team who competed successfully in the Elgin Spring Graded Meet.

Jack Buchanan swam an excellent 100m butterfly to touch in gold-medal position with a new PB of 1 min 26.37s. Jack knocked four seconds off his 200m backstroke best to dip under the three-minute mark for the first time (2 min 59.66s). Connor Petrie and Steven Firth both had a successful weekend - both boys took large amounts of time off their old PBs in all their races.

Shannon Noble was the only TASC girl in the 12-13 age group, but she made up for this by collecting two silvers and a bronze as well as swimming six out of six PBs.

Shannon's first silver came in her 100m freestyle where she touched in 1 min 15.39s. For the 200m equivalent, Shannon knocked three seconds off her best to claim second place, before adding a bronze in the 100m backstroke.

Bruce Stewart (14) swam very well in the boys' 14-18 age group where he gathered three golds, two silvers and a bronze. Bruce stormed to gold in his 100m and 200m freestyle events, stopping the clock at 1 min 10s and 2 min 38.76s respectively.

His other top placing came in the 100m breaststroke, but his most impressive swim of the weekend came in the 200m event where he cut 27 seconds off his best to claim the bronze.

Bruce rounded off the competition by collecting silver in the 200m IM and in the 100m backstroke races.

Jodi Foster (15) powered to bronze in her 200m backstroke with a time of 3 min 9.27s, while Gillian Firth (16) swam a two-second PB of 2 min 33.2s in her 200m freestyle to claim the silver medal. Gillian added a bronze in her 100m butterfly to this with a new PB of 1 min 22.16s.