

FORRES 2 DAY MEET - March 2007

A LARGE and enthusiastic group of Thurso swimmers recently competed at the Forres Two-Day Meet. All TASC training squads were represented in the team, from the eight and nine-year-olds in the development squad right through to the 18 and 19-year-olds from the "A" squad.

The team put in an excellent performance over the weekend to come home with four golds, 13 silvers, 11 bronze medals and 55 personal best times as well as one club record.

There were 11 TASC swimmers in the 8-10 years age group. For Samantha Angus and Kerry Moran, the competition allowed them to gain their first set of PBs.

Emma Budge had an excellent swim in her 100m IM, knocking five seconds off her previous best to finish 11th. Nicole Cowie also had a good IM swim, as well as gaining an impressive 55.32s in her 50m breaststroke.

Lauren Yuille showed great determination by collecting a full set of personal best times. Lawrence Muller swam a good 50m fly to finish in fifth place with a PB of 50.85s.

The 50m freestyle was a strong event for the Thurso youngsters. In the girls' race Laura Stewart dipped below the 40-second mark for the first time with a PB of 39.62s, while Sarah Henderson and Isla Cartwright knocked six and four seconds respectively off their previous bests.

For the boys, Tim Ridgley placed seventh with a PB of 40.68s, while Colin Buchanan shaved an impressive 11 seconds off his PB.

In the 11 years age group Shaun Gray was the stand-out performer for Thurso, collecting three silvers and a bronze. Shaun narrowly missed out on a PB on his way to touching second in his 100m freestyle.

Shaun's other silvers came in the 100m IM and fly, while his time of 1 min 46.41s for 100m breaststroke was enough to clinch the bronze medal.

Mark Budge was also in fine form, swimming a personal best in his 100m IM as well as finishing in the top 10 for all his races.

Shaun Davidson swam a massive 22-second PB in his 100m breaststroke, while Cassandra Henderson finished sixth in the girls' equivalent with a time of 1 min 45.28s.

Maisie Moran claimed eight place in her 100m freestyle in a new personal best time. Stuart Morrell gained valuable experience and times at his first away meet.

For the 12 years age group TASC had three representatives. Joanne Robertson had a very gutsy swim in her 100m freestyle. Despite choking on several mouthfuls of water, Joanne ploughed on to knock a huge 20 seconds off her previous best.

Kelly Tadd collected a full set of personal bests as well as finishing in the top eight for every swim. Connor Petrie swam a new PB in his 100m breaststroke.

The 13 years age group was very strong for TASC with all five swimmers coming home with at least one medal and PB.

Led by Robin Foster, the Thurso boys had a clean sweep of the medals in both the 100m backstroke and freestyle events. Robin swam a PB of 1 min 15.96s to win the backstroke gold, where he was followed by Jason Ridgley (1 min 19.54s) and Jack Buchanan (1.21.72) in second and third places respectively.

This was again the order for the freestyle race, where Robin broke the 1 min 10s barrier for the first time (1.09.91). The race for silver was extremely close, with Jason pipping Jack by 0.05s.

Jason also picked up gold in his 100m breaststroke and silvers in the 100m fly and IM. Jack added a bronze in both the 100m breaststroke and fly to his weekend tally.

Rhona Cartwright had an excellent weekend, picking up silver in all the 100m events, including the IM. Rhona had a strong backstroke race to record a new PB of 1 min 22.75s.

Shannon Noble won the bronze in her 100m freestyle with a new PB of 1.14.93.

Bruce Stewart was Thurso's only swimmer in the 14 years age group. Bruce had a powerful 100m IM, smashing his personal best by over 12 seconds, to claim the bronze medal.

Bruce also swam a PB of 1 min 26.22s in the 100m breaststroke on his way to bronze, as well as adding another third place in his 100m freestyle.

The 15-and-over age group was a very competitive one. Martin Cowie had a super swim in his 100m breaststroke to claim silver in a PB of 1 min 12.74s. This time is also a new age-group club record for Martin.

David Sutherland swam to gold in the 100m freestyle with a time of 56.09s. David also had PBs on his way to collecting bronze in both the 100m fly and IM.

Ranald Cartwright put in a determined effort in the 100m fly to record a new PB of 1 min 07.53s, over four seconds faster than his previous best, while Jason Foster stopped the clock at 1 min 08.78s for his 100m IM, a new PB.

Morven Shuttleworth had five good swims, finishing in fifth or sixth place for all her events.

David Sutherland (19) swam to a new club record in his 200m freestyle at the recent Scottish short course event. His time of 2 min 01.92s was an all-age record. David also broke the all-age club record for the 400m freestyle with a time of 4.22.12.