

## Thurso Amateur Swimming Club

### Individual Top Times

**Thurso A.S.C. [NTOX]  
Show Short Course Only**

Time	P/F/S	Event			
<b>Jack Andrews (8) M</b>					
28.20 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
29.47 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
<b>Adam Bailey (7) M</b>					
23.86 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
32.19 S	T	25 Back	09/09/2009	Timing Session (Non Accredited)	
<b>Michael Bailey (9) M</b>					
23.60 S	F	25 Free	30/11/2008	Thurso Gala Final	
27.46 S	T	25 Back	09/09/2009	Timing Session (Non Accredited)	
<b>Jordan Bain (9) M</b>					
17.38 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
36.46 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:26.56 S	T	100 Free	22/03/2009	Timing Session(Nonaccredited)	
2:59.90 S	F	200 Free	23/08/2009	Timing Session	
19.75 S	F	25 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
41.54 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:38.60 S	T	100 Back	22/03/2009	Timing Session(Nonaccredited)	
3:24.23 S	F	200 Back	07/06/2009	Timing Session	
41.34 S	P	25 Breast	18/11/2007	Gala Heats (Nonaccredited)	
1:04.47 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
19.05 S	F	25 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
42.78 S	F	50 Fly	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
<b>Shirley Bain (38) F</b>					
34.23 S	F	50 Free	27/11/2005	Thurso Gala (Non Accredited)	
1:20.17 S	F	100 Free	01/01/1999	PB,s Prior to June 05	
39.17 S	F	50 Back	27/11/2005	Thurso Gala (Non Accredited)	
1:31.81 S	F	100 Back	01/01/1999	PB,s Prior to June 05	
45.92 S	F	50 Breast	01/01/1999	PB,s Prior to June 05	
45.92 S	F	50 Breast	27/11/2005	Thurso Gala (Non Accredited)	
38.91 S	F	50 Fly	27/11/2005	Thurso Gala (Non Accredited)	
1:30.55 S	T	100 IM	12/05/2007	Thurso v Orkney - Masters	
<b>Dougie Baird (47) M</b>					
34.03 S	F	50 Free	01/01/1999	PB,s Prior to June 05	
1:22.36 S	F	100 Free	01/01/1999	PB,s Prior to June 05	
43.02 S	T	50 Back	12/05/2007	Thurso v Orkney - Masters	
1:33.31 S	F	100 Back	01/01/1999	PB,s Prior to June 05	
44.53 S	P	50 Breast	09/11/2008	Gala Heats	
42.79 S	P	50 Fly	09/11/2008	Gala Heats	
1:30.45 S	T	100 IM	12/05/2007	Thurso v Orkney - Masters	
<b>Terrie Bates (12) F</b>					
56.94 S	T	50 Free	22/03/2009	Timing Session(Nonaccredited)	
1:00.09 S	T	50 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Karlyn Bernard (10) F</b>					
47.46 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
59.27 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:14.11 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
<b>Robert Bernard (12) M</b>					
49.70 S	T	50 Free	09/09/2009	Timing Session (Non Accredited)	
2:01.98 S	T	100 Free	22/03/2009	Timing Session(Nonaccredited)	
52.48 S	T	50 Back	22/03/2009	Timing Session(Nonaccredited)	
2:02.72 S	T	100 Back	22/03/2009	Timing Session(Nonaccredited)	
1:15.78 S	T	50 Breast	22/03/2009	Timing Session(Nonaccredited)	
<b>Hamish Boyd (31) M</b>					
32.24 S	F	50 Free	14/02/2009	Silver City Blues MASTers	
21.70 S	F	25 Back	14/02/2009	Silver City Blues MASTers	
45.23 S	P	50 Back	09/11/2008	Gala Heats	
20.73 S	F	25 Breast	14/02/2009	Silver City Blues MASTers	
44.43 S	P	50 Breast	09/11/2008	Gala Heats	
15.70 S	F	25 Fly	14/02/2009	Silver City Blues MASTers	
35.94 S	F	50 Fly	14/02/2009	Silver City Blues MASTers	

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Time	P/F/S	Event			
<b>Euan Bremner (12) M</b>					
25.95 S	P	25 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	
37.29 S L	P	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:21.94 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:08.46 S	F	200 Free	23/08/2009	Timing Session	
37.78 S	P	25 Back	12/11/2006	Thurso Gala Heats (Non Accredited)	
45.71 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:39.68 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:25.52 S	F	200 Back	07/06/2009	Timing Session	
56.81 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
2:00.43 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
4:23.51 S	F	200 Breast	07/06/2009	Timing Session	
52.84 S	P	50 Fly	09/11/2008	Gala Heats	
1:45.20 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:37.91 S	F	100 IM	23/08/2009	Timing Session	
3:46.26 S	F	200 IM	07/06/2009	Timing Session	
<b>Ruth Broad (38) F</b>					
39.67 S	T	50 Free	12/05/2007	Thurso v Orkney - Masters	
51.92 S	T	50 Back	12/05/2007	Thurso v Orkney - Masters	
38.59 S	T	50 Fly	12/05/2007	Thurso v Orkney - Masters	
1:44.25 S	T	100 IM	12/05/2007	Thurso v Orkney - Masters	
<b>Jack Buchanan (15) M</b>					
27.74 S	F	50 Free	21/02/2009	Elgin Meet	
59.03 S	P	100 Free	30/05/2009	North District Open Championships	
2:08.84 S	F	200 Free	07/06/2009	Timing Session	
4:34.84 S	P	400 Free	30/05/2009	North District Open Championships	
9:41.25 S	F	800 Free	07/06/2009	Timing Session	
33.12 S L	P	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:10.46 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:29.17 S	F	200 Back	07/03/2009	ND Age Group Championships	
36.54 S S	P	50 Breast	07/03/2009	ND Age Group Championships	
1:17.19 S S	P	100 Breast	30/05/2009	North District Open Championships	
2:47.72 S	P	200 Breast	30/05/2009	North District Open Championships	
30.71 S	F	50 Fly	23/08/2009	Timing Session	
30.71 S S	P	50 Fly	30/05/2009	North District Open Championships	
1:05.61 S	P	100 Fly	30/05/2009	North District Open Championships	
2:35.91 S	F	200 Fly	07/06/2009	Timing Session	
1:09.53 S	F	100 IM	23/08/2009	Timing Session	
2:23.99 S	P	200 IM	30/05/2009	North District Open Championships	
5:17.20 S S	P	400 IM	30/05/2009	North District Open Championships	
<b>Emma Budge (11) F</b>					
15.95 S	P	25 Free	18/11/2007	Gala Heats (Nonaccredited)	
31.28 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:08.97 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:35.33 S	F	200 Free	23/08/2009	Timing Session	
5:34.95 S	F	400 Free	07/06/2009	Timing Session	
20.35 S	P	25 Back	18/11/2007	Gala Heats (Nonaccredited)	
36.53 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:17.83 S	F	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:50.05 S	F	200 Back	07/06/2009	Timing Session	
23.94 S	F	25 Breast	02/12/2007	Thurso Club Gala(Non Accredited)	
44.72 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:36.83 S	F	100 Breast	23/08/2009	Timing Session	
3:38.56 S	F	200 Breast	21/02/2009	Elgin Meet	
19.71 S	F	25 Fly	02/12/2007	Thurso Club Gala(Non Accredited)	
39.59 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
1:36.15 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:22.77 S	F	100 IM	14/03/2009	Forres Two Day Meet	
2:58.12 S	F	200 IM	07/06/2009	Timing Session	
<b>Keith Budge (43) M</b>					
35.13 S	T	50 Free	17/08/2008	Accred Timing Session 17 Aug'08	
47.68 S	T	50 Back	12/05/2007	Thurso v Orkney - Masters	

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Time	P/F/S	Event		
<b>Keith Budge (43) M</b>				
51.63 S	F	50 Breast	20/04/2007	Scottish Master Short Course Championships
43.20 S	T	50 Fly	25/03/2007	Thurso TimeTrial (Accredited)
1:40.54 S	T	100 IM	25/03/2007	Thurso TimeTrial (Accredited)
<b>Mark Budge (14) M</b>				
33.29 S	F	50 Free	21/02/2009	Elgin Meet
1:10.63 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
2:34.47 S	F	200 Free	03/12/2008	Highland Schools Championships
5:12.26 S	F	400 Free	20/06/2009	North District Development Meet
11:33.91 S S	F	800 Free	07/06/2009	Timing Session
21:26.90 S	F	1500 Free	07/06/2009	Timing Session
38.19 S	F	50 Back	21/02/2009	Elgin Meet
1:19.60 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
2:49.62 S	F	200 Back	20/06/2009	North District Development Meet
26.36 S	F	25 Breast	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredited)
42.52 S	F	50 Breast	21/02/2009	Elgin Meet
1:33.97 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
3:22.31 S	F	200 Breast	21/02/2009	Elgin Meet
23.86 S	F	25 Fly	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredited)
37.86 S S	F	50 Fly	20/06/2009	North District Development Meet
1:23.35 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
3:04.50 S	F	200 Fly	07/06/2009	Timing Session
1:21.15 S	F	100 IM	23/08/2009	Timing Session
2:52.05 S	F	200 IM	20/06/2009	North District Development Meet
6:03.18 S	F	400 IM	07/06/2009	Timing Session
<b>Kelly Campbell (11) F</b>				
38.75 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009
1:28.62 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
42.72 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:31.15 S	F	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
53.15 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
2:03.22 S	F	100 Breast	02/05/2009	Inverness Graded Meet 2009
42.87 S	F	50 Fly	23/08/2009	Timing Session
1:37.46 S	F	100 IM	23/08/2009	Timing Session
<b>Ria Campbell (10) F</b>				
18.05 S	F	25 Free	05/09/2009	West Mainland Chamber of Commerce Trophy
41.83 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
22.00 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009
46.94 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
24.19 S	F	25 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy
53.86 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
20.90 S	T	25 Fly	16/05/2009	Thurso Mini Meet 2009
52.51 S	F	50 Fly	14/03/2009	Forres Two Day Meet
1:48.90 S	F	100 IM	14/03/2009	Forres Two Day Meet
<b>Jenna Cardosi (12) F</b>				
41.61 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009
1:38.35 S	F	100 Free	02/05/2009	Inverness Graded Meet 2009
48.70 S	T	50 Back	09/09/2009	Timing Session (Non Accredited)
1:50.95 S	F	100 Back	02/05/2009	Inverness Graded Meet 2009
54.17 S	T	50 Breast	09/09/2009	Timing Session (Non Accredited)
2:16.79 S	F	100 Breast	02/05/2009	Inverness Graded Meet 2009
53.66 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009
2:12.68 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
2:02.78 S	F	100 IM	14/03/2009	Forres Two Day Meet
<b>Lynne Cardosi (39) F</b>				
44.78 S	T	50 Free	17/08/2008	Accred Timing Session 17 Aug'08
55.05 S	T	50 Breast	17/08/2008	Accred Timing Session 17 Aug'08
2:07.04 S S	F	100 Breast	07/06/2009	Timing Session
4:21.37 S	F	200 Breast	07/06/2009	Timing Session
<b>Melissa Cardosi (10) F</b>				
18.14 S	F	25 Free	30/11/2008	Thurso Gala Final
39.66 S	F	50 Free	15/11/2008	Buckie ASC Mini Meet

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Time	P/F/S	Event		
<b>Melissa Cardosi (10) F</b>				
1:26.61 S	F	100 Free	23/08/2009	Timing Session
3:13.80 S	F	200 Free	07/06/2009	Timing Session
24.69 S	T	25 Back	06/04/2008	Timing Session (Accredited)
47.40 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
1:44.41 S	F	100 Back	23/08/2009	Timing Session
23.91 S	F	25 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy
53.27 S	F	50 Breast	14/03/2009	Forres Two Day Meet
1:57.70 S	F	100 Breast	23/08/2009	Timing Session
4:12.44 S	F	200 Breast	07/06/2009	Timing Session
18.94 S	F	25 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy
43.09 S	F	50 Fly	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:51.58 S	F	100 Fly	23/08/2009	Timing Session
1:38.35 S	F	100 IM	23/08/2009	Timing Session
3:48.13 S	F	200 IM	07/06/2009	Timing Session
<b>Natalie Cardosi (10) F</b>				
17.91 S	P	25 Free	09/11/2008	Gala Heats
39.69 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:28.70 S	F	100 Free	23/08/2009	Timing Session
3:20.45 S	F	200 Free	01/02/2009	HST NEW YEAR MEET FEB. '09
22.02 S	F	25 Back	06/09/2008	WMCofC (Accreditation)
46.84 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:45.01 S	T	100 Back	22/03/2009	Timing Session(Nonaccredited)
26.53 S	P	25 Breast	09/11/2008	Gala Heats
55.41 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
2:02.32 S	F	100 Breast	23/08/2009	Timing Session
4:29.80 S	F	200 Breast	07/06/2009	Timing Session
19.81 S	F	25 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy
46.38 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
1:56.89 S	F	100 Fly	23/08/2009	Timing Session
1:42.79 S	F	100 IM	14/03/2009	Forres Two Day Meet
4:02.78 S	F	200 IM	07/06/2009	Timing Session
<b>Isla Cartwright (11) F</b>				
19.20 S	P	25 Free	18/11/2007	Gala Heats (Nonaccredited)
36.67 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009
1:22.67 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
22.55 S	P	25 Back	18/11/2007	Gala Heats (Nonaccredited)
41.65 S L	P	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
1:30.44 S	F	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
22.78 S	F	25 Breast	06/09/2008	WMCofC (Accreditation)
44.41 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:43.17 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
3:44.02 S	F	200 Breast	01/02/2009	HST NEW YEAR MEET FEB. '09
20.21 S	F	25 Fly	04/11/2008	Liam Henderson Trophy(Accredited)
45.40 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009
1:48.77 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
1:31.41 S	F	100 IM	23/08/2009	Timing Session
3:24.34 S	F	200 IM	07/06/2009	Timing Session
<b>Rhona Cartwright (16) F</b>				
30.34 S	F	50 Free	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac
1:06.65 S	F	100 Free	04/03/2006	ND National Age Group Championships (Accredit
2:23.98 S	F	200 Free	20/06/2009	North District Development Meet
5:11.42 S	F	400 Free	20/06/2009	North District Development Meet
10:58.02 S	F	800 Free	07/06/2009	Timing Session
37.64 S	P	50 Back	06/10/2007	North District Sprint Championships 2007 (Acc
1:20.99 S	F	100 Back	22/09/2007	Thurso Meet'07 (Accredited)
2:51.89 S	F	200 Back	23/06/2007	Senior Development Meet 07 (Accredited)
40.44 S	F	50 Breast	29/10/2005	ND Development Meet (Accredited)
1:27.99 S	F	100 Breast	14/03/2009	Forres Two Day Meet
1:27.99 S	F	100 Breast	30/11/2008	Thurso Gala Final
3:10.39 S	F	200 Breast	21/02/2009	Elgin Meet
34.70 S	T	50 Fly	17/08/2008	Accred Timing Session 17 Aug'08
1:20.05 S	F	100 Fly	30/11/2008	Thurso Gala Final

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Time	P/F/S	Event			
<b>Rhona Cartwright (16) F</b>					
3:11.26 S	F	200 Fly	27/01/2008	HST New Year Meet '08 (Accredited)	
1:18.23 S	F	100 IM	27/01/2008	HST New Year Meet '08 (Accredited)	
2:46.67 S	F	200 IM	20/06/2009	North District Development Meet	
6:06.58 S	F	400 IM	27/01/2008	HST New Year Meet '08 (Accredited)	
<b>Kieran Chard (10) M</b>					
1:20.74 S	T	50 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Carolyn Coghill (29) F</b>					
37.52 S	F	50 Free	01/01/1999	PB,s Prior to June 05	
43.31 S	F	50 Breast	01/01/1999	PB,s Prior to June 05	
<b>Ailsa Coulden-Smith (11) F</b>					
18.44 S	F	25 Free	06/09/2008	WMCofC (Accreditation)	
39.90 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:28.26 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:22.50 S	F	200 Free	21/02/2009	Elgin Meet	
23.34 S	F	25 Back	06/09/2008	WMCofC (Accreditation)	
47.22 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:47.70 S	F	100 Back	25/04/2009	BASC Age Group Championships 2009	
3:39.82 S	F	200 Back	07/06/2009	Timing Session	
34.65 S	P	25 Breast	18/11/2007	Gala Heats (Nonaccredited)	
55.09 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:57.21 S	F	100 Breast	23/08/2009	Timing Session	
4:08.08 S	F	200 Breast	07/06/2009	Timing Session	
25.71 S	F	25 Fly	14/06/2008	Elgin Mini Meet (Accredited)	
48.97 S	F	50 Fly	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:47.90 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
4:33.69 S	F	200 Fly	21/02/2009	Elgin Meet	
1:42.59 S	F	100 IM	02/05/2009	Inverness Graded Meet 2009	
<b>Stewart Coulden-Smith (15) M</b>					
27.50 S	F	50 Free	21/02/2009	Elgin Meet	
1:00.49 S	F	100 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
2:14.45 S	F	200 Free	22/11/2008	Upper Deeside Challenge 2008	
4:49.05 S	F	400 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
33.28 S	F	50 Back	21/02/2009	Elgin Meet	
1:12.47 S	F	100 Back	30/11/2008	Thurso Gala Final	
2:35.88 S	P	200 Back	30/05/2009	North District Open Championships	
38.01 S	F	50 Breast	05/07/2008	Summer Splash (Accredited)	
1:20.76 S	F	100 Breast	30/11/2008	Thurso Gala Final	
2:55.14 S	P	200 Breast	30/05/2009	North District Open Championships	
33.85 S S	F	50 Fly	01/02/2009	HST NEW YEAR MEET FEB. '09	
1:18.41 S	F	100 Fly	30/11/2008	Thurso Gala Final	
1:13.91 S	F	100 IM	15/03/2008	Deveron Sprint Gala (Accredited)	
2:36.38 S	F	200 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
<b>Lisa Cowie (12) F</b>					
33.48 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:20.13 S	F	100 Free	14/03/2009	Forres Two Day Meet	
2:54.09 S	F	200 Free	07/06/2009	Timing Session	
39.50 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:28.08 S	F	100 Back	14/03/2009	Forres Two Day Meet	
3:11.94 S	F	200 Back	01/02/2009	HST NEW YEAR MEET FEB. '09	
48.75 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:51.49 S	F	100 Breast	14/03/2009	Forres Two Day Meet	
39.70 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
1:42.34 S	F	100 Fly	14/03/2009	Forres Two Day Meet	
1:27.80 S	F	100 IM	23/08/2009	Timing Session	
3:14.57 S	F	200 IM	07/06/2009	Timing Session	
<b>Nicole Cowie (12) F</b>					
22.35 S	P	25 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	
35.98 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:18.91 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:59.88 S	F	200 Free	23/08/2009	Timing Session	
6:18.55 S	F	400 Free	07/06/2009	Timing Session	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Nicole Cowie (12) F</b>					
23.88 S	F	25 Back	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
42.15 S	F	50 Back	23/08/2009	Timing Session	
1:30.34 S	F	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:36.79 S	T	200 Back	06/04/2008	Timing Session (Accredited)	
23.03 S	F	25 Breast	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
43.85 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:36.36 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:25.06 S	F	200 Breast	23/08/2009	Timing Session	
28.25 S	F	25 Fly	16/12/2006	Thurso Gala (Non Accredited)	
46.76 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
1:48.87 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:32.96 S	F	100 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
3:41.14 S	T	200 IM	06/04/2008	Timing Session (Accredited)	
<b>Shaun Davidson (14) M</b>					
21.31 S	F	25 Free	10/09/2005	West Mainland Trophy (Non Accredited)	
33.65 S	F	50 Free	21/02/2009	Elgin Meet	
1:11.89 S	F	100 Free	14/03/2009	Forres Two Day Meet	
2:34.63 S	F	200 Free	21/02/2009	Elgin Meet	
5:32.85 S	F	400 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
26.38 S	F	25 Back	10/09/2005	West Mainland Trophy (Non Accredited)	
39.97 S	F	50 Back	21/02/2009	Elgin Meet	
1:23.94 S	F	100 Back	01/02/2009	HST NEW YEAR MEET FEB. '09	
2:56.85 S S	F	200 Back	13/12/2008	ND Age Group Meet 2008	
45.08 S	P	50 Breast	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
1:36.81 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:28.55 S	F	200 Breast	21/02/2009	Elgin Meet	
35.16 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:18.19 S	F	100 Fly	14/03/2009	Forres Two Day Meet	
1:22.63 S	F	100 IM	05/09/2009	West Mainland Chamber of Commerce Trophy	
2:53.81 S	F	200 IM	14/03/2009	Forres Two Day Meet	
<b>Taylor Davidson (9) M</b>					
17.91 S	F	25 Free	30/11/2008	Thurso Gala Final	
39.93 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
20.63 S	F	25 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
46.38 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
28.20 S	T	25 Breast	16/05/2009	Thurso Mini Meet 2009	
1:01.22 S	F	50 Breast	14/03/2009	Forres Two Day Meet	
22.18 S	T	25 Fly	16/05/2009	Thurso Mini Meet 2009	
51.22 S	F	50 Fly	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:54.77 S	F	100 IM	02/05/2009	Inverness Graded Meet 2009	
<b>Beth Douglas (9) F</b>					
22.32 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
53.58 S	F	50 Free	02/05/2009	Inverness Graded Meet 2009	
27.58 S	T	25 Back	22/03/2009	Timing Session(Nonaccredited)	
1:02.15 S	F	50 Back	02/05/2009	Inverness Graded Meet 2009	
33.58 S	T	25 Breast	16/05/2009	Thurso Mini Meet 2009	
1:02.23 S	T	50 Breast	09/09/2009	Timing Session (Non Accredited)	
<b>Megan Douglas (10) F</b>					
24.61 S	P	25 Free	30/11/2008	Thurso Gala Final	
44.75 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
29.83 S	P	25 Back	09/11/2008	Gala Heats	
53.82 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
31.36 S	P	25 Breast	09/11/2008	Gala Heats	
55.40 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:08.39 S	T	50 Fly	09/09/2009	Timing Session (Non Accredited)	
<b>Kyra Duffy (12) F</b>					
23.91 S	F	25 Free	20/05/2006	Thurso Mini Meet(Accredited)	
40.65 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:31.25 S	F	100 Free	23/08/2009	Timing Session	
30.26 S	T	25 Back	12/03/2006	ThursoTiming Session (Non Accredited)	
44.42 S	F	50 Back	30/11/2008	Thurso Gala Final	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Kyra Duffy (12) F</b>					
1:40.73 S	F	100 Back	23/08/2009	Timing Session	
48.95 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:52.19 S	F	100 Breast	23/08/2009	Timing Session	
46.41 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
1:35.70 S	F	100 IM	23/08/2009	Timing Session	
<b>Peter Fenwick (29) M</b>					
13.52 S	S	25 Free	16/03/2008	18th Silver City Blue Masters	
28.82 S	F	50 Free	24/04/2009	Scottish Masters Short Course Championships	
1:03.45 S	F	100 Free	24/04/2009	Scottish Masters Short Course Championships	
2:20.90 S	F	200 Free	24/04/2009	Scottish Masters Short Course Championships	
5:09.38 S	F	400 Free	24/04/2009	Scottish Masters Short Course Championships	
10:56.61 S	F	800 Free	24/04/2009	Scottish Masters Short Course Championships	
36.88 S	F	50 Back	30/11/2008	Thurso Gala Final	
37.21 S	F	50 Breast	30/11/2008	Thurso Gala Final	
1:21.10 S	F	100 Breast	25/04/2008	Scottish Masters Short Course	
3:01.47 S	F	200 Breast	24/04/2009	Scottish Masters Short Course Championships	
33.64 S	F	50 Fly	30/11/2008	Thurso Gala Final	
1:13.67 S	F	100 IM	24/04/2009	Scottish Masters Short Course Championships	
2:47.23 S	F	200 IM	25/04/2008	Scottish Masters Short Course	
<b>Caitlin Flavell (11) F</b>					
1:12.02 S	T	50 Free	14/09/2008	Timing Session (Non Accredited)	
1:14.70 S	T	50 Back	14/09/2008	Timing Session (Non Accredited)	
<b>Robin Foster (16) M</b>					
29.32 S	P	50 Free	18/11/2007	Gala Heats (Nonaccredited)	
1:04.54 S	F	100 Free	20/09/2008	Thurso Meet (Accredited)	
2:17.48 S	F	200 Free	07/06/2009	Timing Session	
4:47.36 S	F	400 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
11:19.38 S	F	800 Free	04/02/2007	HST New Year Meet 2007(Accredited)	
19:55.11 S	T	1500 Free	06/04/2008	Timing Session (Accredited)	
33.57 S	F	50 Back	06/09/2008	WMCofC (Accreditation)	
1:12.23 S	F	100 Back	08/12/2007	North District Age Group (Accredited)	
2:33.18 S	F	200 Back	07/06/2009	Timing Session	
43.14 S S	F	50 Breast	20/09/2008	Thurso Meet (Accredited)	
1:30.02 S	P	100 Breast	18/11/2007	Gala Heats (Nonaccredited)	
33.67 S	F	50 Fly	04/11/2008	Liam Henderson Trophy(Accredited)	
1:12.53 S	F	100 Fly	14/03/2009	Forres Two Day Meet	
1:14.67 S	F	100 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
2:35.64 S	F	200 IM	23/08/2009	Timing Session	
<b>Joseph Frame (12) M</b>					
49.97 S	T	50 Free	22/03/2009	Timing Session(Nonaccredited)	
1:00.85 S	T	50 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Eilidh Geddes (12) F</b>					
20.53 S	F	25 Free	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
34.74 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:16.93 S	F	100 Free	23/08/2009	Timing Session	
2:55.46 S	F	200 Free	07/06/2009	Timing Session	
36.19 S	P	25 Back	12/11/2006	Thurso Gala Heats (Non Accredited)	
42.65 S L	F	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:33.68 S	F	100 Back	01/02/2009	HST NEW YEAR MEET FEB. '09	
46.84 S	T	25 Breast	25/06/2006	Thurso Timing Session(Non-Accredited)	
53.37 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
2:05.16 S	T	100 Breast	17/08/2008	Accred Timing Session 17 Aug'08	
21.94 S	F	25 Fly	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
21.94 S	F	25 Fly	16/06/2007	Elgin Mini Meet (Accredited)	
42.12 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:37.68 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:32.36 S	F	100 IM	23/08/2009	Timing Session	
3:26.19 S	F	200 IM	07/06/2009	Timing Session	
<b>Nicola Gray (10) F</b>					
27.72 S	T	25 Free	14/09/2008	Timing Session (Non Accredited)	
58.90 S	T	50 Free	22/03/2009	Timing Session(Nonaccredited)	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Nicola Gray (10) F</b>					
35.73 S	T	25 Back	14/09/2008	Timing Session (Non Accredited)	
1:06.93 S	T	50 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Shaun Gray (14) M</b>					
17.73 S	F	25 Free	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredited)	
29.72 S S	P	50 Free	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
1:03.13 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:20.32 S	F	200 Free	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
5:08.76 S S	F	400 Free	13/12/2008	ND Age Group Meet 2008	
35.35 S	F	50 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:16.17 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:43.36 S	F	200 Back	23/08/2009	Timing Session	
23.27 S	F	25 Breast	10/09/2005	West Mainland Trophy (Non Accredited)	
40.74 S	F	50 Breast	21/02/2009	Elgin Meet	
1:25.27 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:03.74 S	F	200 Breast	23/08/2009	Timing Session	
19.48 S	F	25 Fly	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredited)	
32.94 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:14.29 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:12.02 S	F	100 IM	23/08/2009	Timing Session	
2:40.70 S	F	200 IM	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
<b>Erin Gunn (10) F</b>					
24.98 S	P	25 Free	09/11/2008	Gala Heats	
44.97 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
27.31 S	P	25 Back	09/11/2008	Gala Heats	
53.97 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
53.97 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
<b>James Gunn (10) M</b>					
1:03.04 S	T	50 Free	09/09/2009	Timing Session (Non Accredited)	
1:12.17 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
<b>James Hawes (11) M</b>					
41.13 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
52.56 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
56.84 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
<b>Laura Henderson (10) F</b>					
28.07 S	T	25 Free	22/03/2009	Timing Session(Nonaccredited)	
59.06 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
31.02 S	T	25 Back	22/03/2009	Timing Session(Nonaccredited)	
1:09.03 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
<b>Neil Hunter (9) M</b>					
25.91 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
28.81 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
<b>Michael Langley (50) M</b>					
44.70 S	T	50 Free	17/08/2008	Accred Timing Session 17 Aug'08	
50.45 S	T	50 Back	17/08/2008	Accred Timing Session 17 Aug'08	
<b>Lee Lockhart (10) M</b>					
21.58 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
46.32 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
24.95 S	T	25 Back	09/09/2009	Timing Session (Non Accredited)	
54.31 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
31.05 S	T	25 Breast	22/03/2009	Timing Session(Nonaccredited)	
59.62 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>Ian Luckock (48) M</b>					
38.56 S	P	50 Free	16/11/2008	Gala Heats 2008	
42.29 S	F	50 Breast	30/11/2008	Thurso Gala Final	
<b>Deborah MacDonald (35) F</b>					
35.70 S	F	50 Free	30/11/2008	Thurso Gala Final	
1:20.12 S	F	100 Free	24/04/2009	Scottish Masters Short Course Championships	
42.75 S	F	50 Back	30/11/2008	Thurso Gala Final	
1:31.36 S	F	100 Back	24/04/2009	Scottish Masters Short Course Championships	
45.82 S	P	50 Breast	16/11/2008	Gala Heats 2008	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Deborah MacDonald (35) F</b>					
1:37.40 S	F	100 Breast	24/04/2009	Scottish Masters Short Course Championships	
42.17 S	F	50 Fly	30/11/2008	Thurso Gala Final	
1:30.76 S	F	100 IM	24/04/2009	Scottish Masters Short Course Championships	
3:21.39 S	F	200 IM	24/04/2009	Scottish Masters Short Course Championships	
<b>Euan MacDonald (7) M</b>					
23.62 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
34.75 S	T	25 Back	09/09/2009	Timing Session (Non Accredited)	
<b>Lucy MacDonald (10) F</b>					
18.24 S	F	25 Free	05/09/2009	West Mainland Chamber of Commerce Trophy	
40.80 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:33.38 S S	F	100 Free	07/06/2009	Timing Session	
3:18.91 S	F	200 Free	07/06/2009	Timing Session	
21.59 S	F	25 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
43.70 S L	P	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:38.54 S	F	100 Back	23/08/2009	Timing Session	
3:23.65 S	F	200 Back	07/06/2009	Timing Session	
30.44 S	P	25 Breast	09/11/2008	Gala Heats	
1:01.74 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:10.71 S	F	100 Breast	23/08/2009	Timing Session	
23.54 S	F	25 Fly	30/11/2008	Thurso Gala Final	
51.04 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:51.00 S	F	100 IM	14/03/2009	Forres Two Day Meet	
<b>Gabrielle MacGregor (9) F</b>					
20.55 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
45.66 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
25.07 S	T	25 Back	09/09/2009	Timing Session (Non Accredited)	
52.37 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>Craig Mackay (10) M</b>					
19.84 S	F	25 Free	05/09/2009	West Mainland Chamber of Commerce Trophy	
46.48 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
25.34 S	P	25 Back	16/11/2008	Gala Heats 2008	
52.15 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
25.25 S	F	25 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy	
57.68 S	T	50 Breast	09/09/2009	Timing Session (Non Accredited)	
<b>Emma Mackay (11) F</b>					
45.85 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:50.79 S	F	100 Free	02/05/2009	Inverness Graded Meet 2009	
54.56 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
2:00.26 S	F	100 Back	02/05/2009	Inverness Graded Meet 2009	
1:02.32 S	T	50 Breast	09/09/2009	Timing Session (Non Accredited)	
59.40 S	T	50 Fly	09/09/2009	Timing Session (Non Accredited)	
<b>Katie Mackay (9) F</b>					
19.92 S	F	25 Free	30/11/2008	Thurso Gala Final	
41.73 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
22.06 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
46.70 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:05.06 S	F	50 Breast	02/05/2009	Inverness Graded Meet 2009	
22.21 S	T	25 Fly	22/03/2009	Timing Session(Nonaccredited)	
47.02 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:53.34 S	F	100 IM	02/05/2009	Inverness Graded Meet 2009	
<b>Elizabeth Mackay (50) F</b>					
33.17 S	F	50 Free	01/01/1999	PB,s Prior to June 05	
33.17 S	P	50 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	
1:16.11 S	F	100 Free	01/01/1999	PB,s Prior to June 05	
2:54.12 S	F	200 Free	24/09/2005	Silvercity Masters	
40.71 S	F	50 Back	01/01/1999	PB,s Prior to June 05	
1:30.16 S	F	100 Back	01/01/1999	PB,s Prior to June 05	
3:15.27 S	F	200 Back	01/01/1999	PB,s Prior to June 05	
43.03 S	F	50 Breast	01/01/1999	PB,s Prior to June 05	
1:34.94 S	F	100 Breast	20/04/2007	Scottish Master Short Course Championships	
37.94 S	F	50 Fly	01/01/1999	PB,s Prior to June 05	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Elizabeth Mackay (50) F</b>					
1:23.70 S	F	100 IM	01/01/1999	PB,s Prior to June 05	
3:13.82 S	F	200 IM	01/01/1999	PB,s Prior to June 05	
<b>Scott Mackenzie (19) M</b>					
25.60 S S	P	50 Free	30/05/2009	North District Open Championships	
56.62 S S	P	100 Free	04/03/2006	ND National Age Group Championships (Accredit	
2:08.35 S	F	200 Free	04/02/2007	HST New Year Meet 2007(Accreditted)	
31.59 S	F	50 Back	14/05/2005	Westhill Invitational (Accreditted)	
1:08.46 S	P	100 Back	03/06/2006	ND Open Championships + Youth Distance (Accre	
2:56.54 S	F	200 Back	01/01/1999	PB,s Prior to June 05	
34.53 S	P	50 Breast	07/10/2006	ND Sprint Champs & DTT(Accreditted)	
1:15.08 S	P	100 Breast	03/03/2007	ND Age Group Championships(Accreditted)	
27.73 S	S	50 Fly	06/10/2007	ND Sprint Swim Off (Non Accreditted)	
1:03.63 S	P	100 Fly	03/03/2007	ND Age Group Championships(Accreditted)	
2:39.46 S	F	200 Fly	01/01/1999	PB,s Prior to June 05	
1:06.32 S	F	100 IM	04/02/2007	HST New Year Meet 2007(Accreditted)	
2:26.56 S	F	200 IM	04/02/2007	HST New Year Meet 2007(Accreditted)	
<b>Steven Mackenzie (20) M</b>					
25.58 S S	F	50 Free	06/10/2007	North District Sprint Championships 2007 (Acc	
56.86 S	P	100 Free	03/06/2006	ND Open Championships + Youth Distance (Accre	
2:15.42 S	T	200 Free	19/12/2004	Christmas Cracker Meet (Accreditted)	
2:15.42 S	F	200 Free	01/01/1999	PB,s Prior to June 05	
5:34.60 S	F	400 Free	01/01/1999	PB,s Prior to June 05	
30.04 S	P	50 Back	06/10/2007	North District Sprint Championships 2007 (Acc	
1:05.88 S	P	100 Back	04/03/2006	ND National Age Group Championships (Accredit	
2:27.23 S	F	200 Back	01/01/1999	PB,s Prior to June 05	
40.07 S	T	50 Breast	12/05/2007	Thurso v Orkney - Masters	
1:27.16 S	P	100 Breast	13/11/2005	Thurso Gala Heats (Non Accreditted)	
3:36.41 S	F	200 Breast	01/01/1999	PB,s Prior to June 05	
30.15 S	T	50 Fly	27/08/2006	Thurso Timing Session (Accreditted)	
1:13.68 S	P	100 Fly	12/11/2006	Thurso Gala Heats (Non Accreditted)	
1:13.55 S	F	100 IM	01/01/1999	PB,s Prior to June 05	
3:04.74 S	F	200 IM	01/01/1999	PB,s Prior to June 05	
5:57.19 S	T	400 IM	09/04/2006	Thurso Timing Session (Non Accreditted)	
<b>Chloe Mackinnon (11) F</b>					
49.78 S	T	50 Free	09/09/2009	Timing Session (Non Accreditted)	
51.32 S	T	50 Back	09/09/2009	Timing Session (Non Accreditted)	
1:08.33 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
<b>Jamie Mackinnon (12) M</b>					
37.88 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:18.24 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:16.89 S	F	200 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
42.90 S L	P	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:30.58 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
57.92 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:57.80 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
40.34 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
1:34.63 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:38.26 S	F	100 IM	14/03/2009	Forres Two Day Meet	
<b>Morven Macleod (9) F</b>					
20.13 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
46.32 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
26.06 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
55.16 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:04.64 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>Jess Manson (10) F</b>					
20.90 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
44.53 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
22.21 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
50.22 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
36.75 S	T	25 Breast	22/03/2009	Timing Session(Nonaccreditted)	
59.10 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Grace McCafferty (9) F</b>					
21.47 S	F	25 Free	30/11/2008	Thurso Gala Final	
45.78 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
25.81 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
52.41 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:00.99 S	T	50 Breast	09/09/2009	Timing Session (Non Accredited)	
24.64 S	T	25 Fly	16/05/2009	Thurso Mini Meet 2009	
1:02.63 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>James McCafferty (11) M</b>					
31.96 S	P	25 Free	18/11/2007	Gala Heats (Nonaccredited)	
1:03.92 S	P	50 Free	09/11/2008	Gala Heats	
1:15.31 S	T	50 Back	09/09/2009	Timing Session (Non Accredited)	
<b>Jim McCafferty (42) M</b>					
31.41 S	P	50 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	
31.41 S	F	50 Free	01/01/1999	PB,s Prior to June 05	
1:12.50 S	F	100 Free	20/04/2007	Scottish Master Short Course Championships	
2:45.61 S	F	200 Free	20/04/2007	Scottish Master Short Course Championships	
42.54 S	F	50 Back	13/11/2005	Thurso Gala Heats (Non Accredited)	
42.85 S	F	50 Breast	01/01/1999	PB,s Prior to June 05	
1:36.88 S	F	100 Breast	01/01/1999	PB,s Prior to June 05	
3:33.62 S	F	200 Breast	01/01/1999	PB,s Prior to June 05	
39.68 S	P	50 Fly	09/11/2008	Gala Heats	
1:30.09 S	F	100 IM	24/09/2005	Silvercity Masters	
<b>W McCoustra (10) M</b>					
24.37 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
28.98 S	T	25 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Kerry Moran (12) F</b>					
18.87 S	F	25 Free	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
38.03 S	F	50 Free	14/06/2008	Elgin Mini Meet (Accredited)	
1:25.34 S	F	100 Free	14/03/2009	Forres Two Day Meet	
3:12.83 S	F	200 Free	07/06/2009	Timing Session	
25.82 S	F	25 Back	16/12/2006	Thurso Gala (Non Accredited)	
44.62 S	F	50 Back	14/06/2008	Elgin Mini Meet (Accredited)	
1:34.11 S	F	100 Back	02/05/2009	Inverness Graded Meet 2009	
3:46.52 S	T	200 Back	17/08/2008	Accred Timing Session 17 Aug'08	
29.76 S	F	25 Breast	16/12/2006	Thurso Gala (Non Accredited)	
53.59 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:59.31 S	F	100 Breast	14/03/2009	Forres Two Day Meet	
22.91 S	F	25 Fly	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
46.30 S	F	50 Fly	30/11/2008	Thurso Gala Final	
1:48.43 S	F	100 Fly	14/03/2009	Forres Two Day Meet	
1:40.69 S	F	100 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
3:45.05 S	F	200 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
<b>Maisie Moran (14) F</b>					
19.01 S	F	25 Free	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredit	
34.93 S	F	50 Free	06/09/2008	WMCofC (Accreditation)	
1:15.19 S	F	100 Free	20/09/2008	Thurso Meet (Accredited)	
2:39.72 S	F	200 Free	21/02/2009	Elgin Meet	
5:54.51 S	F	400 Free	07/06/2009	Timing Session	
24.86 S	F	25 Back	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredit	
41.40 S	F	50 Back	06/09/2008	WMCofC (Accreditation)	
1:25.38 S	T	100 Back	17/08/2008	Accred Timing Session 17 Aug'08	
2:56.51 S	F	200 Back	21/02/2009	Elgin Meet	
47.77 S	F	50 Breast	16/02/2008	Elgin Meet (Accredited)	
1:37.99 S	F	100 Breast	14/03/2009	Forres Two Day Meet	
3:30.56 S	F	200 Breast	21/02/2009	Elgin Meet	
42.47 S S	T	50 Fly	06/04/2008	Timing Session (Accredited)	
1:33.48 S	F	100 Fly	20/09/2008	Thurso Meet (Accredited)	
1:27.41 S	F	100 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
3:03.21 S	F	200 IM	23/08/2009	Timing Session	
<b>Jonathan Morgan (50) M</b>					
39.45 S	P	50 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Jonathan Morgan (50) M</b>					
39.45 S	F	50 Free	01/01/1999	PB,s Prior to June 05	
1:33.76 S	F	100 Free	01/01/1999	PB,s Prior to June 05	
3:32.96 S	T	200 Free	25/03/2007	Thurso TimeTrial (Accredited)	
47.26 S	P	50 Back	18/11/2007	Gala Heats (Nonaccredited)	
41.34 S	T	50 Breast	12/05/2007	Thurso v Orkney - Masters	
1:36.84 S	T	100 Breast	25/03/2007	Thurso TimeTrial (Accredited)	
41.47 S	F	50 Fly	01/01/1999	PB,s Prior to June 05	
1:39.77 S	T	100 IM	25/03/2007	Thurso TimeTrial (Accredited)	
<b>Iain Morris (44) M</b>					
33.56 S	P	50 Free	18/11/2007	Gala Heats (Nonaccredited)	
1:21.31 S	T	100 Free	21/08/2005	Timing Session (Non Accredited)	
3:07.11 S	F	200 Free	24/09/2005	Silvercity Masters	
50.28 S	F	50 Back	13/11/2005	Thurso Gala Heats (Non Accredited)	
43.64 S	F	50 Breast	01/01/1999	PB,s Prior to June 05	
1:40.19 S	T	100 Breast	25/03/2007	Thurso TimeTrial (Accredited)	
45.15 S	F	50 Fly	13/11/2005	Thurso Gala Heats (Non Accredited)	
1:35.63 S	T	100 IM	21/08/2005	Timing Session (Non Accredited)	
<b>Catherine Murray (33) F</b>					
14.43 S	P	25 Free	16/03/2008	18th Silver City Blue Masters	
32.25 S	F	50 Free	01/01/1999	PB,s Prior to June 05	
32.25 S	P	50 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	
1:10.33 S	F	100 Free	25/04/2008	Scottish Masters Short Course	
2:36.52 S	F	200 Free	25/04/2008	Scottish Masters Short Course	
5:24.12 S	F	400 Free	25/04/2008	Scottish Masters Short Course	
11:29.50 S	F	800 Free	24/04/2009	Scottish Masters Short Course Championships	
41.73 S	P	50 Back	18/11/2007	Gala Heats (Nonaccredited)	
1:32.13 S	T	100 Back	06/04/2008	Timing Session (Accredited)	
44.38 S	F	50 Breast	30/11/2008	Thurso Gala Final	
1:39.56 S	F	100 Breast	01/01/1999	PB,s Prior to June 05	
36.82 S	F	50 Fly	25/04/2008	Scottish Masters Short Course	
1:26.73 S	T	100 Fly	25/03/2007	Thurso TimeTrial (Accredited)	
1:23.23 S	F	100 IM	01/01/1999	PB,s Prior to June 05	
<b>Lorna Nicoll (11) F</b>					
37.68 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:22.62 S	F	100 Free	25/04/2009	BASC Age Group Championships 2009	
3:05.08 S	F	200 Free	07/06/2009	Timing Session	
6:37.23 S	F	400 Free	07/06/2009	Timing Session	
44.16 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:34.61 S	F	100 Back	23/08/2009	Timing Session	
3:19.63 S	F	200 Back	07/06/2009	Timing Session	
50.56 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:54.52 S	F	100 Breast	25/04/2009	BASC Age Group Championships 2009	
43.50 S	F	50 Fly	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:47.62 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:34.97 S	F	100 IM	23/08/2009	Timing Session	
3:29.38 S	F	200 IM	07/06/2009	Timing Session	
<b>Caitlin Noble (12) F</b>					
53.90 S	T	50 Free	22/03/2009	Timing Session(Nonaccredited)	
1:07.10 S	T	50 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Eilish Noble (10) F</b>					
47.88 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
55.03 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
<b>Shannon Noble (16) F</b>					
29.95 S L	F	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:07.45 S	F	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:30.34 S	F	200 Free	21/06/2008	North District Development Meet (Accredited)	
5:18.69 S	F	400 Free	21/02/2009	Elgin Meet	
11:02.68 S	F	800 Free	07/06/2009	Timing Session	
37.82 S	F	50 Back	23/08/2009	Timing Session	
1:21.18 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:50.97 S	F	200 Back	21/02/2009	Elgin Meet	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Shannon Noble (16) F</b>					
39.81 S	F	50 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:26.54 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:08.47 S	F	200 Breast	20/06/2009	North District Development Meet	
33.62 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:25.04 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:17.90 S	F	100 IM	23/08/2009	Timing Session	
2:50.99 S	F	200 IM	20/06/2009	North District Development Meet	
<b>Cameron Peddie (8) M</b>					
24.79 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)	
30.23 S	T	25 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Rona Plowman (15) F</b>					
27.89 S	P	50 Free	16/01/2009	Scottish National S.C.Open Championships	
59.54 S	P	100 Free	07/03/2009	ND Age Group Championships	
2:11.26 S	P	200 Free	16/01/2009	Scottish National S.C.Open Championships	
4:35.30 S S	F	400 Free	07/03/2009	ND Age Group Championships	
9:21.44 S	F	800 Free	07/03/2009	ND Age Group Championships	
17:57.11 S S	F	1500 Free	07/03/2009	ND Age Group Championships	
30.82 S	F	50 Back	28/03/2009	10th Cromar Trophy Meet	
1:06.29 S S	P	100 Back	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:27.40 S	F	200 Back	22/11/2008	Upper Deeside Challenge 2008	
35.79 S	F	50 Breast	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
1:16.65 S	F	100 Breast	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:48.03 S	F	200 Breast	13/12/2008	ND Age Group Meet 2008	
29.65 S	F	50 Fly	28/03/2009	10th Cromar Trophy Meet	
1:06.74 S	F	100 Fly	07/03/2009	ND Age Group Championships	
2:32.01 S S	F	200 Fly	10/05/2008	Westhill District Fourteenth Invitational Me	
1:09.88 S	P	100 IM	16/01/2009	Scottish National S.C.Open Championships	
2:28.94 S	P	200 IM	16/01/2009	Scottish National S.C.Open Championships	
5:16.79 S	F	400 IM	13/12/2008	ND Age Group Meet 2008	
<b>Jason Ridgley (16) M</b>					
29.19 S	F	50 Free	23/08/2009	Timing Session	
1:04.77 S	F	100 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
2:21.25 S	F	200 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
5:08.66 S	F	400 Free	27/01/2008	HST New Year Meet '08 (Accredited)	
32.97 S	F	50 Back	23/08/2009	Timing Session	
1:12.87 S	F	100 Back	30/11/2008	Thurso Gala Final	
2:36.45 S	F	200 Back	01/02/2009	HST NEW YEAR MEET FEB. '09	
37.26 S	F	50 Breast	23/08/2009	Timing Session	
1:21.75 S	F	100 Breast	30/11/2008	Thurso Gala Final	
2:53.36 S	F	200 Breast	01/02/2009	HST NEW YEAR MEET FEB. '09	
40.67 S S	F	50 Fly	08/12/2007	North District Age Group (Accredited)	
1:24.70 S	P	100 Fly	18/11/2007	Gala Heats (Nonaccredited)	
1:17.85 S	F	100 IM	08/03/2008	Forres Two Day Meet (Accredited)	
2:52.33 S	F	200 IM	12/05/2007	Westhill District 13th Invitational Meet(Accre	
<b>Timothy Ridgley (12) M</b>					
18.61 S	F	25 Free	16/12/2006	Thurso Gala (Non Accredited)	
34.77 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:12.38 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:42.85 S	F	200 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
5:57.29 S S	F	400 Free	07/06/2009	Timing Session	
11:48.57 S	F	800 Free	07/06/2009	Timing Session	
22.23 S	F	25 Back	16/12/2006	Thurso Gala (Non Accredited)	
37.59 S L	P	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:22.96 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:57.36 S	F	200 Back	23/08/2009	Timing Session	
24.12 S	F	25 Breast	01/09/2007	West Mainland Chamber of Commerce Trophy (Ac	
43.07 S	F	50 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:38.01 S	F	100 Breast	25/04/2009	BASC Age Group Championships 2009	
3:23.58 S	F	200 Breast	23/08/2009	Timing Session	
21.44 S	F	25 Fly	27/11/2007	Liam Henderson Trophy	
38.06 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Timothy Ridgley (12) M</b>					
1:29.78 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:25.59 S	F	100 IM	14/03/2009	Forres Two Day Meet	
2:59.78 S	F	200 IM	07/06/2009	Timing Session	
<b>Marti Ross (12) M</b>					
40.82 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:34.56 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
50.86 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:41.88 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>Elaine Sinclair (32) F</b>					
41.24 S	F	50 Free	30/11/2008	Thurso Gala Final	
49.32 S	F	50 Back	30/11/2008	Thurso Gala Final	
53.51 S	F	50 Breast	30/11/2008	Thurso Gala Final	
52.50 S	P	50 Fly	16/11/2008	Gala Heats 2008	
<b>Louise Sinclair (12) F</b>					
28.41 S	P	25 Free	12/11/2006	Thurso Gala Heats (Non Accredited)	
38.24 S	F	50 Free	03/12/2008	Highland Schools Championships	
1:23.57 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:06.93 S	F	200 Free	07/06/2009	Timing Session	
31.35 S	P	25 Back	12/11/2006	Thurso Gala Heats (Non Accredited)	
43.00 S	F	50 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:30.11 S	F	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:40.32 S	T	200 Back	14/09/2008	Timing Session (Non Accredited)	
51.40 S S	F	50 Breast	07/06/2009	Timing Session	
1:43.71 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:47.30 S	F	200 Breast	07/06/2009	Timing Session	
39.28 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:31.43 S	F	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:27.29 S	F	100 IM	23/08/2009	Timing Session	
3:22.38 S	F	200 IM	07/06/2009	Timing Session	
<b>Craig Spargo (17) M</b>					
25.17 S S	F	50 Free	30/05/2009	North District Open Championships	
55.69 S	F	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:02.80 S	F	200 Free	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
4:20.01 S	F	400 Free	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
9:10.71 S	F	800 Free	04/02/2007	HST New Year Meet 2007 (Accredited)	
17:48.02 S	F	1500 Free	09/12/2006	North District Age Group Meet 2006 (Accredited)	
30.22 S	P	50 Back	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
1:03.96 S S	P	100 Back	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:17.82 S S	F	200 Back	03/03/2007	ND Age Group Championships(Accredited)	
35.69 S S	F	50 Breast	30/11/2008	Thurso Gala Final	
1:15.04 S	F	100 Breast	30/11/2008	Thurso Gala Final	
26.51 S	F	50 Fly	16/01/2009	Scottish National S.C.Open Championships	
59.08 S	F	100 Fly	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:17.45 S	P	200 Fly	30/05/2009	North District Open Championships	
1:04.45 S	P	100 IM	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:17.06 S	P	200 IM	30/05/2009	North District Open Championships	
5:01.73 S	P	400 IM	16/01/2009	Scottish National S.C.Open Championships	
<b>David Spencer (43) M</b>					
33.45 S	P	50 Free	18/11/2007	Gala Heats (Nonaccredited)	
1:17.37 S	F	100 Free	09/11/2007	Glasgow International Masters Meet	
2:54.97 S	F	200 Free	09/11/2007	Glasgow International Masters Meet	
6:11.87 S	T	400 Free	26/08/2007	Timing Session(Accredited)	
13:00.78 S	F	800 Free	24/04/2009	Scottish Masters Short Course Championships	
25:20.86 S	F	1500 Free	07/06/2009	Timing Session	
45.39 S	P	50 Back	18/11/2007	Gala Heats (Nonaccredited)	
1:40.32 S	F	100 Back	24/04/2009	Scottish Masters Short Course Championships	
3:34.02 S	F	200 Back	24/04/2009	Scottish Masters Short Course Championships	
45.56 S	P	50 Breast	12/11/2006	Thurso Gala Heats (Non Accredited)	
1:44.29 S	F	100 Breast	23/08/2009	Timing Session	
3:52.57 S	F	200 Breast	09/11/2007	Glasgow International Masters Meet	
43.68 S	P	50 Fly	18/11/2007	Gala Heats (Nonaccredited)	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>David Spencer (43) M</b>					
1:37.34 S	T	100 IM	21/08/2005	Timing Session (Non Accredited)	
<b>Elinor Spencer (14) F</b>					
19.43 S	F	25 Free	17/09/2005	1st Wick/Thurso Inter Team Comp (Non Accredited)	
29.34 S	P	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:03.91 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:22.22 S	F	200 Free	23/08/2009	Timing Session	
5:06.99 S	F	400 Free	21/02/2009	Elgin Meet	
10:32.94 S	F	800 Free	07/06/2009	Timing Session	
21.94 S	F	25 Back	10/09/2005	West Mainland Trophy (Non Accredited)	
34.36 S	F	50 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:16.52 S S	P	100 Back	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:43.07 S	F	200 Back	21/02/2009	Elgin Meet	
26.65 S	F	25 Breast	10/09/2005	West Mainland Trophy (Non Accredited)	
36.56 S	P	50 Breast	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
1:20.55 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:58.43 S S	P	200 Breast	30/05/2009	North District Open Championships	
31.25 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:15.18 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:12.98 S	F	100 IM	23/08/2009	Timing Session	
2:38.70 S	P	200 IM	30/05/2009	North District Open Championships	
<b>Anna Stanger (9) F</b>					
19.62 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
42.10 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
23.16 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	
45.78 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
27.53 S	T	25 Breast	16/05/2009	Thurso Mini Meet 2009	
55.98 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
21.61 S	T	25 Fly	16/05/2009	Thurso Mini Meet 2009	
51.34 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:55.59 S	F	100 IM	02/05/2009	Inverness Graded Meet 2009	
<b>Christopher Stanger (13) M</b>					
32.47 S L	P	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:13.33 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:47.55 S	F	200 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
36.81 S	F	50 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:25.96 S	F	100 Back	25/04/2009	BASC Age Group Championships 2009	
3:29.10 S	T	200 Back	14/09/2008	Timing Session (Non Accredited)	
45.72 S	P	50 Breast	16/11/2008	Gala Heats 2008	
1:41.49 S	F	100 Breast	25/04/2009	BASC Age Group Championships 2009	
3:41.19 S	F	200 Breast	21/02/2009	Elgin Meet	
38.43 S	F	50 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:33.86 S	F	100 Fly	14/03/2009	Forres Two Day Meet	
1:25.07 S	F	100 IM	14/03/2009	Forres Two Day Meet	
3:19.59 S	F	200 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
<b>Mathew Stanger (13) M</b>					
36.19 S	F	50 Free	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:18.72 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:02.97 S	F	200 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
39.87 S	F	50 Back	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:31.45 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:23.96 S	F	200 Back	21/02/2009	Elgin Meet	
53.60 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
1:52.80 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
4:13.39 S	F	200 Breast	21/02/2009	Elgin Meet	
45.97 S	T	50 Fly	22/03/2009	Timing Session(Nonaccredited)	
1:32.14 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:36.68 S	F	100 IM	14/03/2009	Forres Two Day Meet	
<b>Sarah Stanger (9) F</b>					
20.13 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009	
42.97 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
23.65 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Sarah Stanger (9) F</b>					
49.30 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
26.93 S	T	25 Breast	16/05/2009	Thurso Mini Meet 2009	
55.46 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
22.23 S	T	25 Fly	22/03/2009	Timing Session(Nonaccredited)	
46.98 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>Bryan Stevenson (12) M</b>					
36.50 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:27.26 S	F	100 Free	25/04/2009	BASC Age Group Championships 2009	
3:28.00 S	F	200 Free	07/06/2009	Timing Session	
47.55 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:40.53 S	F	100 Back	14/03/2009	Forres Two Day Meet	
56.92 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009	
2:12.10 S	F	100 Breast	14/03/2009	Forres Two Day Meet	
47.59 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
1:54.11 S	F	100 Fly	02/05/2009	Inverness Graded Meet 2009	
1:41.54 S	F	100 IM	02/05/2009	Inverness Graded Meet 2009	
3:53.27 S	F	200 IM	07/06/2009	Timing Session	
<b>Bruce Stewart (17) M</b>					
26.82 S S	P	50 Free	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
59.63 S	F	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:14.25 S	F	200 Free	21/02/2009	Elgin Meet	
4:58.25 S	F	400 Free	21/02/2009	Elgin Meet	
36.06 S	F	50 Back	21/02/2009	Elgin Meet	
1:18.55 S	F	100 Back	14/03/2009	Forres Two Day Meet	
2:56.57 S	F	200 Back	21/02/2009	Elgin Meet	
34.94 S	P	50 Breast	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
1:19.04 S	F	100 Breast	30/11/2008	Thurso Gala Final	
2:58.22 S	F	200 Breast	21/02/2009	Elgin Meet	
32.79 S	F	50 Fly	23/08/2009	Timing Session	
1:21.44 S	F	100 Fly	20/09/2008	Thurso Meet (Accredited)	
1:11.56 S	P	100 IM	09/05/2009	Westhill Dist Fifteenth Invitational Meet	
2:40.45 S	F	200 IM	14/03/2009	Forres Two Day Meet	
<b>Rorie Stewart (13) M</b>					
32.94 S	F	50 Free	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:13.17 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:41.97 S	F	200 Free	21/02/2009	Elgin Meet	
5:38.45 S	F	400 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
42.26 S	F	50 Back	30/11/2008	Thurso Gala Final	
1:28.49 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:09.09 S	F	200 Back	21/02/2009	Elgin Meet	
42.66 S	F	50 Breast	21/02/2009	Elgin Meet	
1:29.68 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:20.22 S	F	200 Breast	21/02/2009	Elgin Meet	
39.96 S	F	50 Fly	30/11/2008	Thurso Gala Final	
1:25.57 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:21.02 S	F	100 IM	23/08/2009	Timing Session	
3:04.01 S	F	200 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
<b>David Sutherland (21) M</b>					
25.15 S	P	50 Free	10/11/2007	Aberdeen Dolphin Mitchell Trophy(Accredited)	
54.45 S	P	100 Free	10/11/2007	Aberdeen Dolphin Mitchell Trophy(Accredited)	
1:58.80 S S	P	200 Free	30/05/2009	North District Open Championships	
4:16.58 S	F	400 Free	10/11/2007	Aberdeen Dolphin Mitchell Trophy(Accredited)	
9:03.28 S	F	800 Free	12/05/2007	Westhill District 13th Invitational Meet(Accre	
17:53.29 S	F	1500 Free	07/10/2006	ND Sprint Champs & DTT(Accredited)	
30.46 S	P	50 Back	06/10/2007	North District Sprint Championships 2007 (Acc	
1:04.91 S	F	100 Back	02/12/2007	Thurso Club Gala(Non Accredited)	
2:27.97 S	F	200 Back	01/02/2009	HST NEW YEAR MEET FEB. '09	
34.37 S	F	50 Breast	01/02/2009	HST NEW YEAR MEET FEB. '09	
1:14.90 S	F	100 Breast	01/02/2009	HST NEW YEAR MEET FEB. '09	
2:40.59 S	F	200 Breast	01/02/2009	HST NEW YEAR MEET FEB. '09	
28.02 S	F	50 Fly	23/08/2009	Timing Session	

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event		
<b>David Sutherland (21) M</b>				
28.02 S	F	50 Fly	06/10/2007	North District Sprint Championships 2007 (Acc
1:02.01 S	F	100 Fly	07/03/2009	ND Age Group Championships
2:19.73 S	F	200 Fly	01/03/2008	ND Age Group Championships(accreditted)
1:05.18 S	P	100 IM	06/10/2007	North District Sprint Championships 2007 (Acc
2:17.78 S	P	200 IM	30/05/2009	North District Open Championships
4:57.93 S	F	400 IM	24/04/2009	Scottish Masters Short Course Championships
<b>Donald Sutherland (31) M</b>				
27.59 S	F	50 Free	14/02/2009	Silver City Blues MASTers
1:07.47 S	T	100 Free	17/08/2008	Accred Timing Session 17 Aug'08
17.47 S	F	25 Back	14/02/2009	Silver City Blues MASTers
35.15 S	F	50 Back	30/11/2008	Thurso Gala Final
16.91 S	F	25 Breast	14/02/2009	Silver City Blues MASTers
37.54 S	F	50 Breast	30/11/2008	Thurso Gala Final
14.27 S	F	25 Fly	14/02/2009	Silver City Blues MASTers
29.82 S	F	50 Fly	14/02/2009	Silver City Blues MASTers
1:13.20 S	F	100 Fly	24/04/2009	Scottish Masters Short Course Championships
1:14.56 S	F	100 IM	24/04/2009	Scottish Masters Short Course Championships
<b>Lewis Sutherland (10) M</b>				
53.23 S	T	50 Free	09/09/2009	Timing Session (Non Accredited)
1:01.32 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009
<b>Carolyn Swanson (45) F</b>				
36.95 S	T	50 Free	17/08/2008	Accred Timing Session 17 Aug'08
1:23.71 S S	F	100 Free	07/06/2009	Timing Session
2:58.25 S S	F	200 Free	07/06/2009	Timing Session
6:05.51 S	F	400 Free	07/06/2009	Timing Session
12:43.50 S	F	800 Free	24/04/2009	Scottish Masters Short Course Championships
44.43 S	F	50 Back	24/04/2009	Scottish Masters Short Course Championships
1:39.07 S	F	100 Back	24/04/2009	Scottish Masters Short Course Championships
3:29.58 S	F	200 Back	24/04/2009	Scottish Masters Short Course Championships
39.79 S S	F	50 Fly	07/06/2009	Timing Session
1:31.45 S	F	100 IM	24/04/2009	Scottish Masters Short Course Championships
3:16.86 S	F	200 IM	07/06/2009	Timing Session
<b>Rachel Swanson (12) F</b>				
41.25 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009
1:29.36 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
3:21.33 S	F	200 Free	07/06/2009	Timing Session
49.08 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009
1:43.16 S	F	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
50.49 S	T	50 Breast	16/05/2009	Thurso Mini Meet 2009
1:51.37 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
4:07.24 S	F	200 Breast	07/06/2009	Timing Session
49.19 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009
1:38.72 S	F	100 IM	23/08/2009	Timing Session
3:48.84 S	F	200 IM	07/06/2009	Timing Session
<b>Rhys Thompson (9) M</b>				
23.32 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)
27.58 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009
<b>Iiona Unger-Russell (10) F</b>				
20.31 S	T	25 Free	16/05/2009	Thurso Mini Meet 2009
44.19 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
22.23 S	T	25 Back	16/05/2009	Thurso Mini Meet 2009
47.08 S	T	50 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
23.90 S	T	25 Fly	16/05/2009	Thurso Mini Meet 2009
51.71 S	F	50 Fly	02/05/2009	Inverness Graded Meet 2009
<b>Rhianna Urquhart (10) F</b>				
25.73 S	T	25 Free	09/09/2009	Timing Session (Non Accredited)
50.19 S	F	50 Free	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
28.12 S	T	25 Back	09/09/2009	Timing Session (Non Accredited)
55.54 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:09.58 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09
<b>Stephanie Webster (13) F</b>				

## Thurso Amateur Swimming Club

### Individual Top Times

#### Show Short Course Only

Time	P/F/S	Event			
<b>Stephanie Webster (13) F</b>					
29.76 S	P	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
29.76 S	S	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:05.04 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
2:27.61 S	F	200 Free	07/06/2009	Timing Session	
5:04.49 S	F	400 Free	07/06/2009	Timing Session	
10:31.40 S	F	800 Free	07/06/2009	Timing Session	
1:13.11 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:30.99 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:16.48 S	T	100 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
<b>Hollie Whitson (10) F</b>					
26.13 S	T	25 Free	22/03/2009	Timing Session(Nonaccredited)	
1:03.27 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
37.09 S	T	25 Back	22/03/2009	Timing Session(Nonaccredited)	
<b>Sophie Young (13) F</b>					
41.97 S	F	50 Free	14/06/2008	Elgin Mini Meet (Accreddited)	
1:34.53 S	F	100 Free	14/03/2009	Forres Two Day Meet	
51.10 S	F	50 Back	14/06/2008	Elgin Mini Meet (Accreddited)	
56.03 S	F	50 Breast	14/06/2008	Elgin Mini Meet (Accreddited)	
2:00.95 S	F	100 Breast	14/03/2009	Forres Two Day Meet	
53.03 S	T	50 Fly	14/09/2008	Timing Session (Non Accredited)	
1:46.47 S	F	100 IM	14/03/2009	Forres Two Day Meet	
<b>Craig Yuille (10) M</b>					
19.50 S	F	25 Free	02/12/2007	Thurso Club Gala(Non Accredited)	
36.57 S	T	50 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:29.59 S	F	100 Free	01/02/2009	HST NEW YEAR MEET FEB. '09	
22.61 S	F	25 Back	02/12/2007	Thurso Club Gala(Non Accredited)	
42.03 S	F	50 Back	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09	
1:34.22 S	F	100 Back	23/08/2009	Timing Session	
23.75 S	F	25 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy	
48.18 S	T	50 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:48.58 S	F	100 Breast	23/08/2009	Timing Session	
3:59.47 S	F	200 Breast	07/06/2009	Timing Session	
19.59 S	F	25 Fly	05/09/2009	West Mainland Chamber of Commerce Trophy	
40.56 S	T	50 Fly	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
1:41.66 S	F	100 IM	01/02/2009	HST NEW YEAR MEET FEB. '09	
3:35.37 S	F	200 IM	07/06/2009	Timing Session	
<b>Lauren Yuille (13) F</b>					
21.94 S	T	25 Free	12/03/2006	ThursoTiming Session (Non Accredited)	
35.09 S	F	50 Free	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:17.23 S	T	100 Free	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:02.46 S	F	200 Free	23/08/2009	Timing Session	
30.52 S	T	25 Back	12/03/2006	ThursoTiming Session (Non Accredited)	
42.98 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:30.29 S	T	100 Back	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:41.90 S	T	200 Back	06/04/2008	Timing Session (Accreddited)	
21.94 S	P	25 Breast	13/11/2005	Thurso Gala Heats (Non Accredited)	
41.37 S	F	50 Breast	05/09/2009	West Mainland Chamber of Commerce Trophy	
1:32.36 S	T	100 Breast	19/09/2009	Thurso Meet'09-ND/LA2/683/SEP09	
3:21.00 S	F	200 Breast	07/06/2009	Timing Session	
46.29 S	T	50 Fly	16/05/2009	Thurso Mini Meet 2009	
2:07.09 S	T	100 Fly	02/02/2008	Timing Session (Non Accredited)	
1:33.62 S	F	100 IM	14/03/2009	Forres Two Day Meet	
3:14.10 S	F	200 IM	23/08/2009	Timing Session	
<b>Scott Yuille (10) M</b>					
18.03 S	P	25 Free	18/11/2007	Gala Heats (Nonaccredited)	
37.08 S	T	50 Free	16/05/2009	Thurso Mini Meet 2009	
1:25.61 S	F	100 Free	23/08/2009	Timing Session	
22.51 S	F	25 Back	24/11/2007	BASC Mini Meet (Accreddited)	
43.96 S	T	50 Back	16/05/2009	Thurso Mini Meet 2009	
1:39.12 S	F	100 Back	25/04/2009	BASC Age Group Championships 2009	
23.88 S	F	25 Breast	06/09/2008	WMCofC (Accreditation)	

**Thurso Amateur Swimming Club**

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**Individual Top Times****Show Short Course Only**

<b>Time</b>	<b>P/F/S</b>	<b>Event</b>		
<b>Scott Yuille (10) M</b>				
49.65 S	F	50 Breast	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:55.13 S	F	100 Breast	25/04/2009	BASC Age Group Championships 2009
19.67 S	F	25 Fly	04/11/2008	Liam Henderson Trophy(Accredited)
44.35 S	F	50 Fly	29/08/2009	Deveron Mini Meet - ND/L2/661/AUG09
1:34.52 S	F	100 IM	23/08/2009	Timing Session