

Category	Trophy	Recipient 2020	Recipient 2021	Recipient 2022
Best 8 and under girl	Rosemary Brown Trophy	No awards Given Out Due to Covid Restrictions	Iolah Morgan	Olivia Harvey
Best 8 and under boy	Zilla Jackson Trophy		Wolfie Evans	Logan Hearne
Most promising girl	Thea Bigland Trophy		Freya Thompson	Iolah Morgan
Most promising boy	PPP Trophy		Joshua Aspey	Beau Crotty
Most Improved Girl Water Dragon	*P&DASC CUP		Grace Donnachie	Chloe Dennison
Most Improved Boy Water Dragon	*P&DASC CUP		Phillip Twynham	Ben Weston
Best 9 year old girl	Bunker Perpetual Shield		Indya Lysight-Jones	Matilda Prevel
Best 9 year old Boy	Ben Thomas cup		No Boys	Lucian Treinis
Best 10 year old girl	Amy Phillips Plate		Rebekah John	Isla Hounsell
Best 10 year old boy	David Thompson Cup		Keira Montague	Wolfgang Evans
Most promising Junior I/Medley swimmer	*Carys Thomas Trophey		Keira Bruce	Pheobe Dyde
Best 11 and under girl	Simmonds Cup		Cerys Griffiths	Indya Lyseight Jones
Best 11 and under boy	NatWest Trophy		Cory Shelmedine	Keiran George
Best 12 year old boy	Robert Shapcott Trophy		Ben Morgan	Cory Shelmerdine
Best 12 year old girl	Newton Scale Trophy		Julia Ostrowsky	Keira Bruce
Best 13 year old boy	P&DASC CUP		Mason Montague	Ben Morgan
Best 13 year old girl	P&DASC CUP		Abby Hillary	Skye Bruce
Most outstanding 14 year old	Trustee Savings Bank Trophy		Jack Morgan	Julia Ostrowski
Best 16/u boy	Simon Perpetual Trophy		Ben Hillary	Ben Hillary
Best 16/u Girl	Julie Goforth Trophy		Abi Thomas & Holly- Jane Callen	Sophie Moseley

Most outstanding senior	Govan Davies Trophy		Arron Fitzsimmons & Georgia Lee	Sion, Jack, Arron & Ben (County Champs Relay)
Most improved	Gillian Gowing Trophy		Sky Bruce	Hannah Clifford
Application	*Paul Casey Trophy		Annabel John	Toby Harries
Service to club	Peter Lamplarne Trophy		Phil Thomas	Keith Thompson
Top performing junior swimmer at West Wales Championships	The late Anne Day Trophy		No Competition	Keira Bruce 17 pts
Top performing senior swimmer at West Wales Championships	The late Joan Chiltern Trophy		No Competition	Jack Morgan 39 pts
Top performing swimmer at the County Championships	Pembroke Town Council		Mason Montague 86 pts	Ben Morgan 116pts
Technique Award Most improved Water Dragon Swimmer	*P&DASC CUP		Emily Moseley	Holly Shelmerdine
Technique Award Most improved Bronze, Silver, Gold Swimmer	*P&DASC CUP		Toby Harris	Annabel John
Water Dragon Skills Cup at club champs	*The Late David Dutton Cup		Caitlyn Aspey	Wolfgang Evans
Swimmer of the Year	John Trophy		Sion Bevan	Jack Morgan
Coach Of the year	P&DASC CUP		Fitz & Keith Thompson	Fran & Julian
Swimmers swimmer of year	P&DASC CUP		Freya Thompson & Iolah Morgan	Iolah Morgan
Special Achievement	N/A			Lily Rice