

Pembroke & District Swimming Club Annual club Championships Champions List

**7years & u 25m Breaststroke**

Girls Skinner Trophy

Boys Skinner Shield

Pre 1989 record not available

Record Time Pre'80

?

Pre'89

?

1980 **Shirley Cole** 25.60 NR

1989 ?

**Huw Day** ? NR *set in heats 29.25*

1990 Amy Phillips 30.92

**David Thompson** 27.03 NR *set in heats 25.84*

1991

1992 Cheryl Hughes 33.20

Alex Perry 27.20

1993 Alison Hughes 31.42

Richard Hughes 26.22

1994 Alys Phillips 26.95

Huw Cox 41.90

1995 ?

Russell Bowen ?

1996 Finola Scale 33.20

Matthew Veale 26.23

1997 Hannah Davey 52.16

Timothy Bowen 27.35

1998

1999 Rebecca Brayford 30.26

Joshua Wright 32.85

2000 Llawella Scale 29.34

Johnnie Delahunty 33.64

2001 Hannah Jones 38.28

Jago Neath 36.18

2002 Medya Gungor 1.35.00

Samuel Lewis 29.41

2003

2004 Emily Baker 29.93

Lewys Gibby 33.37

2005 Jess Gibby 44.93

Elliot Mainwaring 32.46

2006 Abbie Williams 45.12

Elliot Mainwaring 28.78

2007 Abbie Williams 33.90

Rowan Kettle 38.78

2008 Victoria Crawford 40.30

Curtis Palmer 29.46

2009 Rosie Llewellyn 31.45

Ben Omnet 34.55

2010 Lauren Omnet 32.75

Kyle Jennings 34.65

2011 Lucy Rogers 38.12

Charlie Shiels 32.42

2012 Caera Lewis 34.36

No Champion

2013 No Champion

No Champion

2014 Marilla Evans 30.87

No Champion

2015 Abigail Hillary no time

Tyler Harts No Time

2016 Rosie Oliver 36.33

No Champion

2017 Cerys Griffiths 35.80

No Champion

2018 No Champion

No Champion

2019 Indya Lysight-Jones 33.41

No Champion

2020 Competition not held due to Covid19 Pandemic restrictions

2021 Iolah Morgan 31.57

Wolfgang Evans 33.94

2022 No Champion

Logan Hearne 45.72

2023 Bethan Dyde 36.67

Jim Morgan 48.12

Pembroke & District Swimming Club Annual club Championships Champions List

**8 & 9 years 25m Breaststroke**

Girls Collingbourne Cup

Boys Celtic Supply Base Trophy

Pre 1990 record not available

Record Time	Pre'82	?	Pre'90	22.87
1982	<b>Shirley Cole</b>	<b>22.10 NR</b>		
1990			<b>Huw Day</b>	<b>22.77 NR</b>
1991			<b>Huw Day</b>	<b>20.73 NR</b>
1992	Amy Phillips	22.26	David Thompson	21.41
1993	Joanna Hughes	22.65	Dominic Day	23.62
1994	Cheryl Hughes	22.96	Dominic Day	21.84
1995	?		?	
1996	Alys Phillips	24.45	Matthew Willis	25.82
1997	Carys Jones	25.98	Matthew Veale	23.99
1998				
1999	Samantha Pendleton	29.54	Timothy Bowen	24.03
2000	Rachel Jones	26.52	Gary Pratt	23.74
2001	Catrin Cox	25.19	Luke Hamilton	25.67
2002	Gemma Neath	23.23	Alex Wilkes	24.51
2003				
2004	Danielle McKelvie	28.78	Samuel Lewis	22.63
2005	Emily Baker	25.71	Lewys Gibby	30.12
2006	Emily Baker	24.90	Lewys Gibby	24.44
2007	Catherine Peatey	28.00	Hywel Baker	24.60
2008	Abbie Williams	28.77	Rowan Kettle	30.15
2009	Sara Bevan	24.39	Curtis Palmer	26.41
2010	Megan Rogers	23.12	Curtis Palmer	24.17
2011	Rosie Llewellyn	23.75	Ben Omnet	24.13
2012	Alice Sloan	23.66	Charlie Shiels	25.33
2013	Lucy Rogers	27.97	Charlie Shiels	22.81
2014	Fern Cumine	24.84	Matty Fox	25.59
2015	<b>Caera Lewis</b>	<b>22.09 NR</b>	James Townsend	25.03
2016	Marilla Evans	23.33	Fred Morris	34.87
2017	Abigail Hillary	23.51	Callum Keane	27.86
2018	Rosie Oliver	27.95	Callum Keane	26.09
2019	Cerys Griffiths	27.65	Elijah Adams	26.64
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Isla Hounsell	33.49	Joshua Apsey	No Time
2022	Iolah Morgan	30.40	Wolfgang Evans	32.83
2023	Iolah Morgan	27.75	Wolfgang Evans	24.56

Pembroke & District Swimming Club Annual club Championships Champions List

**10 & 11 years 50m Breaststroke**

<u>Girls Pembroke Machine Services Cup</u>			<u>Boys West Wales Guardian Trophy</u>	
Pre 1992 record not available				
Record Time Pre'92		44.86		45.32 <i>1989 heats</i>
1992	<b>Julie Goforth</b>	<b>44.52 NR</b>	<b>Huw Day</b>	<b>45.10 NR</b>
1993	Amy Phillips	45.83	<b>Huw Day</b>	<b>39.67 NR</b>
1994	<b>Amy Phillips</b>	<b>43.29 NR</b>	David Thompson	41.01
1995	?		?	
1996	Olivia Court	50.68	Richard Hughes	44.25
1997	Alys Phillips	49.63	Richard Hughes	42.46
1998				
1999	Finola Scale	48.31	Jamie Wright	47.08
2000	Finola Scale	46.12	Matthew Veale	43.98
2001	Nicola O'Toole	51.81	Timothy Bowen	47.47
2002	Catrin Cox	49.41	Gary Pratt	43.62
2003				
2004	Gemma Neath	46.41	Michael Davis	49.12
2005	Elizabeth Collings	50.65	Jago Neath	50.40
2006	Lucy James	57.23	Patrick Bunker	45.89
2007	Lucy James	49.62	Johnathan Orchard	54.42
2008	Cassie Gratton	47.08	Daniel Thomas	48.03
2009	Katherine Peaty	47.33	Sion Bevan	41.21
2010	Abbie Williams	50.25	<b>Sion Bevan</b>	<b>37.96 NR</b>
2011	Abbie Williams	46.18	Curtis Palmer	45.98
2012	Megan Rogers	43.58	Curtis Palmer	41.21
2013	<b>Rosie Llewellyn</b>	<b>40.78 NR</b>	Ben Omnet	46.55
2014	<b>Alice Sloan</b>	<b>40.66 NR</b>	Arron Fitzsimmons	44.34
2015	Lucy Rogers	51.31	Charlie Shiels	41.25
2016	Caera Lewis	44.82	James Townsend	50.78
2017	Caera Lewis	42.33	Benjamin Hillary	48.38
2018	Carys Thompson	54.66	Jack Morgan	54.47
2019	Abigail Hillary	46.37	Mason Montague	43.92
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Cerys Griffiths	48.40	Cory Shelmerdine	59.66
2022	Indya Lysight-Jones	56.12	Beau Crotty	1.03.56
2023	Phoebe Dyde	50.97	Sam Evans	58.40

Pembroke & District Swimming Club Annual club Championships Champions List

**12 & 13 years 100m Breaststroke**

Girls William Jackson Trophy

Boys Western Telegraph Cup

Pre 1990 record not available

Record Time	Pre'90			
	1.30.45			1.32.60
1990			<b>Gary Dennison</b>	<b>1.28.76 NR</b>
1991				
1992	Carli Wheeler	1.35.00	Darrel Goforth	1.36.73
1993	Carli Wheeler	1.41.21	Stuart Day	1.38.06
1994	Gemma Wickland	1.35.90	Huw Day	1.28.92
1995	Amy Phillips	?	David Thompson	1.29.72
1996	<b>Amy Phillips</b>	<b>1.29.31NR</b>	<b>David Thompson</b>	<b>1.21.99 NR</b>
1997	Emma Caughey	1.32.24	Jason Brazier	1.37.15
1998				
1999	Elin Cox	1.40.75	Oliver Bowen	1.32.43
2000	Alys Phillips	1.38.87	Matthew Willis	1.38.24
2001	Finola Scale	1.30.70	Matthew Veale	1.30.26
2002	Cara O'Toole	1.52.90	Matthew Veale	1.22.28
2003				
2004			Gary Pratt	1.38.19
2005	Abby John	1.40.25	Michael Davis	1.41.46
2006	Gemma Neath	1.37.70	Michael Davis	1.35.40
2007	Elizabeth Collings	1.39.93	Patrick Bunker	1.33.46
2008	Lucy Dillworth	2.13.31	Ross Sutton	1.30.83
2009	<b>Carys Thomas</b>	<b>1.27.48 NR</b>	Daniel Thomas	1.30.89
2010	<b>Carys Thomas</b>	<b>1.19.84 NR</b>	<b>Daniel Thomas</b>	<b>1.19.78 NR</b>
2011	Ellie Parks	1.32.12	Daniel Picton	1.32.45
2012	Ellie Parks	1.27.27	Nyle Lewis	1.22.84
2013	Hazel Fox	1.28.34	Curtis Palmer	1.25.00
2014	Abigayle Williams	1.25.62	<b>Curtis Palmer</b>	<b>1.19.50 NR</b>
2015	Rosie Llewellyn	1.22.45	Ben Omnet	1.25.64
2016	Bethan Jones	1.23.72	Toby Sturley	1.25.22
2017	Lena Hughes	1.35.75	Toby Sturley	1.20.77
2018	Holly Jane-Callen	1.27.83	Jayden Keane	1.27.88
2019	Holly Jane-Callen	1.33.91	Jack Morgan	1.48.66
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Keira Montague	1.34.72	Ben Morgan	1.46.61
2022	Julia Ostrowsky	1.33.37	Ben Morgan	1.44.05
2023	Keira Bruce	1.44.72	Beau Crotty	1.49.22

Pembroke & District Swimming Club Annual club Championships Champions List

**14 & 15 years 100m Breaststroke**

Girls Munt Cup

Boys Greens Motors Challenge Cup

Pre 1992 record not available

Record time	Pre'92		
	1.28.50		1.22.00
1992	Clare Lewis	1.33.31	Gary Dennison 1.21.44 NR
1993	Christine Chilton	1.38.92	Gary Dennison 1.18.78 NR
1994	Ruth Robinson	1.35.35	Stuart Day 1.42.66
1995	Julie Goforth	?	Christopher Payne ?
1996	No Champion		Christopher Payne 1.27.38
1997	Amy Phillips	1.31.90	David Thompson 1.18.28 NR
1998	Emma Caughey	1.28.27 NR	David Thompson 1.15.88 NR
1999	Emma Caughey	1.32.53	Jason Brazier 1.29.99
2000	Olivia Harries	1.35.12	Oliver Bowen 1.28.64
2001	Alys Phillips	1.37.76	Oliver Bowen 1.21.51
2002	Emily Palmer	1.51.40	Matthew Willis 1.30.96
2003			
2004	Megan Rogers	1.46.87	Matthew Veale 1.18.87
2005	Rachael Jones	1.43.03	Gary Pratt 1.29.21
2006	Rachael Jones	1.42.31	Gary Dutton 1.41.09
2007	Rebecca Randall	1.42.59	Gary Dutton 1.35.03
2008	No Champion		No Champion
2009	No Champion		Patrick Bunker 1.22.07
2010	Megan Withers	1.36.15	No Champion
2011	Carys Thomas	1.20.39 NR	Michael Hire 1.16.38
2012	Carys Thomas	1.19.46 NR	Daniel Thomas 1.16.81
2013	Ellie Parks	1.27.92	Daniel Picton 1.23.53
2014	Ellie Parks	1.31.61	Nyle Lewis 1.14.22 NR
2015	Chloe Edwards	1.33.17	Curtis Palmer 1.29.69
2016	Rosie Llewellyn	1.21.76	Ben Omnet 1.19.99
2017	Bethan Jones	1.23.44	Lewys Kettle 1.29.56
2018	Bethan Jones	1.26.07	Charlie Shiels 1.12.38 NR
2019	Georgia Lee	1.30.28	Charlie Shiels 1.12.44
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Marilla Evans	1.36.66	Jack Morgan 1.32.50
2022	No Champion		Jack Morgan 1.32.79
2023	Skye Bruce	1.40.59	Ben Morgan 1.27.86

Pembroke & District Swimming Club Annual club Championships Champions List

**Open age 100m Breaststroke (16+ from 2005)**

Girls Jones Trophy

Pre 1992 Record not available

Record Time Pre'92 1.33.45

1992 Claire Lewis 1.34.02

1993 Clare Lewis 1.35.52

1994 Carli Wheeler 1.40.42

1995 ?

1996 Amy Phillips 1.34.39

1997 Emma Caughey 1.35.06

1998

1999 Emily Harries 1.37.06

2000 Emma Caughey 1.29.86 NR

2001 Emma Caughey 1.31.21

2002 Emma Caughey 1.32.51

2003

2004 Emma Caughey 1.31.06

2005 No Champion

2006 No Champion

2007 No Champion

2008 No Champion

2009 Rachel Jones 1.38.59

2010 No Champion

2011 No Champion

2012 No Champion

2013 Carys Thomas 1.18.98 NR

2014 No Champion

2015 Ellie Parks 1.23.89

2016 Ellie Parks 1.27.58

2017 No Champion

2018 No Champion

2019 No Champion

2020 Competition not held due to Covid19 Pandemic restrictions

2021 No Champion

2022 Georgia Lee 1.34.70

2023 Sophie Moseley 1.35.06

Boys Clark Jones Perpetual Trophy

1.21.00

Gary Dennison 1.21.56

Gary Dennison 1.21.56

Gary Dennison 1.18.59 NR

David Thompson 1.36.71

David Thompson 1.33.77

Christopher Payne 1.23.22

David Thompson 1.14.09 NR

David Thompson 1.13.72 NR

Matthew Veale 1.28.21

Christopher Veale 1.18.23

Matthew Willis 1.32.95

David Thompson 1.11.10 NR

David Thompson 1.09.95 NR

David Thompson 1.11.18

David Thompson 1.12.12

No Champion

Gary Dutton 1.30.07

No Champion

No Champion

Daniel Thomas 1.16.59

Daniel Thomas 1.17.87

Nyle Lewis 1.12.19

Rowan Kettle 1.20.82

Rowan Kettle 1.17.53

Rowan Kettle 1.18.77

Daniel Twynham 1.36.22

Sion Bevan 1.15.44

No Champion

No Champion