

Pembroke & District Swimming Club Annual club Championships Champions List

7years & u 25m Backstroke

Girls Morgan Cup

Boys Morgan Cup

Pre 1989 record not available

Record Time pre'89	24.83		23.34
1989		Richard Price	
1990		David Thompson	23.79 NR <i>set in heats 22.95</i>
1991	Lucy Hatton 23.87 NR		
1992	Cheryl Hughes 29.45	Steven Jones	22.36 NR
1993	Alison Hughes 26.77	Richard Hughes	23.00
1994	Alys Phillips 24.99	Matthew Willis	28.09
1995	?	?	
1996	Finola Scale 29.09	Matthew Veale	24.74
1997	Hannah Davey 42.45	Timothy Bowen	25.90
1998			
1999	Catrin Cox 26.90	James Griffin	29.93
2000	Rebecca Randall 26.10	Johnnie Delahunty	26.07
2001	Sadie Griffiths 31.05	Jago Neath	26.53
2002	Bethan Davies 32.68	Samuel Lewis	23.73
2003			
2004	Emily Baker 29.98	Lewys Wilkes	27.13
2005			
2006	Abbie Williams 31.41	Elliot Mainwaring	28.28
2007	Abbie Williams 26.21	Colm Tobin	29.96
2008	Victoria Crawford 25.63	Curtis Palmer	23.86
2009	Nia Williams 27.69	Thomas Randall	26.89
2010	Bethan Palmer 26.86	Lewys Kettle	28.12
2011	Lucy Rogers 31.09	Charlie Shiels	26.67
2012	Caera Lewis 27.22	Morgan Williams	32.23
2013	Jayden Wilson 28.61	Benjamin Hillary	26.61
2014	Jayden Wilson 25.22	Iolo Williams	32.19
2015	No Swimmer	Tyler Harts	29.66
2016	Rosie Oliver 33.31	No Winner	
2017	Cerys Griffiths 26.47	No Winner	
2018	No Winner	No Winner	
2019	Indya Lysight-Jones 25.28	No Winner	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Iola Morgan 26.12	Wolfgang Evans	26.75
2022	No Champion	Logan Hearne	34.81
2023	Bethan Dyde 28.80	Jim Morgan	40.88

Pembroke & District Swimming Club Annual club Championships Champions List

8 & 9 years 25m Backstroke

Girls Robertson McNaught Cup

Boy Britannia Building Society Cup

Pre 1990 record not available

Record Time	Pre'90	21.07		20.95
1990	Sian Pope	21.39 NR	<i>set in heats 20.39</i>	Richard Price 22.92
1991				David Thompson 19.81 NR
1992	Lucy Hatton	22.36		David Thompson 18.59 NR
1993	Lucy Hatton	21.03		Steven Jones 21.77
1994	Cheryl Hughes	25.78		Steven Jones 18.66
1995	?			?
1996	Alys Phillips	22.48		Matthew Willis 20.87
1997	Sian Brayford	22.09		Matthew Veale 21.76
1998				
1999	Alys Silcox	24.86		Timothy Bowen 20.81
2000	Catrin Cox	23.05		Gary Pratt 21.66
2001	Rebecca Randall	22.19		Johnnie Delahunty 23.56
2002	Rebecca Randall	20.83		Johnnie Delahunty 22.82
2003				
2004	Lucy James	23.26		Perry Mainwaring 20.04
2005				
2006	Emily Baker	21.93		Oliver Crawford 20.79
2007	Catherine Peaty	22.53		Oliver Crawford 19.85
2008	Abbie Williams	22.93		Ethan Parsons 23.62
2009	Abbie Williams	20.51		Curtis Palmer 21.92
2010	Victoria Crawford	20.92		Curtis Palmer 21.12
2011	Rosie Llewlyn	22.56		Thomas Randall 21.12
2012	Alice Sloan	20.15 NR		Lewys Kettle 23.77
2013	Lucy Rogers	23.53		Charlie Shiels 20.04
2014	Caera Lewis	21.13		Benjamin Hillary 21.72
2015	Caera Lewis	19.32 NR		Benjamin Hillary 21.19
2016	Lilly Busby	20.35		Fred Morris 31.22
2017	Alice Oliver	23.06		Callum Keane 23.20
2018	Amelie Hounsell	20.83		Callum Keane 21.33
2019	Freya Thompson	22.07		Iori Evans 23.68
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Pheobe Dyde	27.91		Joshua Apsey 30.71
2022	Iolah Morgan	25.13		Wolfgang Evans 23.00
2023	Iolah Morgan	22.63		Wolfgang Evans 20.09

Pembroke & District Swimming Club Annual club Championships Champions List

10 & 11 years 50m Backstroke

Girls Hancocks Shipbuilding Trophy

Pre 1990 record not available

Record Time pre'82 ?

1982 **Teresa Nash** 40.11 NR

1990

1991

1992 Julie Goforth 41.41

1993 Kate Arthur 46.99

1994 Amy Phillips 43.64

1995 ?

1996 Olivia Court 46.93

1997 Elin Cox 45.09

1998

1999 Finola Scale 42.41

2000 Finola Scale 40.58

2001 Bethan Barritt 48.38

2002 Coral Lewis 43.75

2003 **Abby John** 39.28 NR

2004 Rebecca Randall 41.72

2005

2006 Lucy James 46.62

2007 Lucy James 40.62

2008 Cassie Gratton 41.09

2009 **Katherine Peaty** 39.04 NR

2010 Abbie Williams 41.56

2011 Abbie Williams 39.78

2012 **Megan Rogers** 38.54 NR

2013 **Alice Sloan** 38.25 NR

2014 **Alice Sloan** 36.86 NR

2015 Hannah Greenwood 40.60

2016 Caera Lewis 39.48

2017 Caera Lewis 38.96

2018 Saskia Webb 43.18

2019 Abigail Hillary 41.90

2020 Competition not held due to Covid19 Pandemic restrictions

2021 Cerys Griffiths 38.83

2022 Indya Lysight-Jones 46.55

2023 Pheobe Dyde 44.78

Boys Silcox Coaches Trophy

Pre'90 40.77

Darrel Goforth 39.47 NR

Huw Day/Richard Price 43.66

David Thompson 38.88 NR

David Thompson 37.88 NR

?

Steven Jones 39.49

Richard Hughes 41.99

Jamie Wright 43.57

Matthew Veale 41.98

Gary Pratt 42.51

Gary Pratt 40.57

Jago Neath 42.84

Richard Simon 42.40

Jonathan Orchard 43.91

Johnathan Orchard 39.34

Oliver Crawford 38.02

Sion Bevan 35.09 NR

Curtis Palmer 39.64

Curtis Palmer 36.82

Ben Omnet 39.32

Charlie Shiels 39.38

Toby Sturley 37.06

Benjamin Hillary 39.80

Benjamin Hillary 39.09

Jack Morgan 45.20

Mason Montague 38.92

Phillip Twynham 47.65

Kieran George 52.30

Sam Evans 46.71

Pembroke & District Swimming Club Annual club Championships Champions List

12 & 13 years 100m Backstroke

Girls WA Grainger Cup

Pre 1990 record not available

Record Time Pre '86 ?

1986 **Anna Morgan** **1.23.15 NR**

1990

1991

1992 Carli Wheeler 1.29.10

1993 Carli Wheeler 1.31.32

1994 Julie Goforth 1.30.16

1995 Amy Phillips ?

1996 Emily Court 1.23.33

1997 Lucy Hatton 1.26.25

1998

1999 Elin Cox 1.35.38

2000 Emily Palmer 1.29.91

2001 Finola Scale 1.25.20

2002 No Champion

2003

2004 **Abby John** **1.19.44 NR**

2005 Abby John 1.22.83

2006 Rebecca Randall 1.23.86

2007 Elizabeth Collings 1.21.77

2008 Chelsea Woodward 1.57.06

2009 Carys Thomas 1.21.23

2010 **Carys Thomas** **1.10.42 NR**

2011 Katherine Peaty 1.23.93

2012 Ellie Parks 1.17.98

2013 Hazel Fox 1.15.88

2014 Abigayle Williams 1.18.50

2015 Abigayle Williams 1.14.62

2016 Bethan Jones 1.10.62

2017 Hannah Greenwood 1.19.19

2018 Leah Carroll 1.26.60

2019 Leah Carroll 1.24.24

2020 Competition not held due to Covid19 Pandemic restrictions

2021 Skye Bruce 1.21.52

2022 Skye Bruce 1.18.41

2023 Keira Bruce 1.21.10

Boys Keith Edwards Cup

Pre'90 1.26.60

Gary Dennison **1.24.28 NR**

Gary Dennison **1.14.22 NR**

Darrel Goforth 1.19.42

Stuart Day 1.27.44

Huw Day 1.24.71

David Thompson 1.19.32

David Thompson 1.14.88

Steven Jones 1.26.34

Oliver Bowen 1.26.63

Matthew Willis 1.28.27

Matthew Veale 1.23.64

Matthew Veale 1.25.43

Michael Davis 1.29.78

Michael Davis 1.23.73

Jago Neath 1.25.56

Ross Sutton 1.21.43

Daniel Thomas 1.16.45

Daniel Thomas **1.10.28 NR**

Daniel Picton 1.17.73

Nyle Lewis 1.13.19

Curtis Palmer 1.14.38

Curtis Palmer **1.07.81 NR**

Ben Omnet 1.21.25

Toby Sturley 1.14.83

Toby Sturley 1.07.94

Jayden Keane 1.15.05

Benjamin Hillary 1.10.47

Ben Morgan 1.31.93

Ben Morgan 1.29.22

Cory Shelmerdine 1.31.84

Pembroke & District Swimming Club Annual club Championships Champions List

14 & 15 years 100m Backstroke

Girls Pembroke Round Table Jubilee Cup

Boys Lowless Trophy

Pre 1992 record not available

Record Time	Pre '92			
	1.21.31			1.18.61
1992	Clare Lewis	1.29.70	Gary Dennison	1.16.23 NR
1993	Hannah Forsyth	1.29.87	Gary Dennison	1.10.41 NR
1994	Ruth Robinson	1.27.02	Stuart Day	1.23.76
1995	Julie Goforth	?	?	
1996	No Champion		Christopher Payne	1.23.31
1997	Emily Harries	1.24.97	David Thompson	1.12.52
1998	Emily Harries	1.20.46 NR	David Thompson	1.11.42
1999	Emma Caughey	1.25.17	Jason Brazier	1.26.21
2000	Olivia Harries	1.24.44	Oliver Bowen	1.20.74
2001	Elin Cox	1.35.05	Oliver Bowen	1.19.50
2002	Emily Palmer	1.27.16	Matthew Willis	1.25.93
2003				
2004			Matthew Veale	1.17.55
2005	Rachael Jones	1.41.90	Gary Pratt	1.20.56
2006	Rachael Jones	1.41.90	David Dutton	1.34.04
2007	Rebecca Randall	1.22.87	Gary Dutton	1.26.65
2008	No Champion		No Champion	
2009	No Champion		Ross Sutton	1.13.42
2010	Megan Withers	1.17.52 NR	No Champion	
2011	Carys Thomas	1.10.68 NR	Michael Hire	1.04.36 NR
2012	Carys Thomas	1.09.78 NR	Jonathan Orchard	1.02.00 NR
2013	Isabelle M Davies	1.13.53	Daniel Picton	1.13.10
2014	Ellie Parks	1.19.41	Nyle Lewis	1.09.53
2015	Chloe Edwards	1.18.13	Curtis Palmer	1.07.21
2016	Abigayle Williams	1.12.44	Ben Omnet	1.13.56
2017	Bethan Jones	1.10.81	Lewys Kettle	1.21.86
2018	Bethan Jones	1.13.75	Toby Sturley	1.05.57
2019	Georgia Lee	1.21.20	Leon Twynham	1.35.91
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Sophie Moseley	1.26.31	Benjamin Hillary	1.05.00
2022	No Champion		Jack Morgan	1.17.03
2023	Skye Bruce	1.16.12	Ben Morgan	1.24.65

Pembroke & District Swimming Club Annual club Championships Champions List

Open age 100 Backstroke (16+ from 2005)

<u>Girls Myra Lloyd Cup</u>		<u>Boys U&J Lloyd Cup</u>	
Pre 1992 record not available			
Record Time	Pre '92		1.16.93
1992	Christine Chilton	1.38.40	Gary Dennison 1.12.20
1993	Clare Lewis	1.28.50	Gary Dennison 1.13.76
1994	Hannah Forsyth	1.26.57	Gary Dennison 1.11.26 NR
1995	?		David Thompson 1.21.60
1996	Emma Caughey	1.31.27	David Thompson 1.20.27
1997	Lucy Hatton	1.33.47	Daniel Casey 1.16.83
1998			
1999	Emily Harries	1.24.18	David Thompson 1.09.92 NR
2000	Emily Harries	1.20.59 NR	David Thompson 1.09.19 NR
2001	Emma Caughey	1.24.68	Nathan Willis 1.18.84
2002	Emma Caughey	1.26.17	Oliver Bowen 1.14.12
2003			
2004	Emma Caughey	1.23.80	Matthew Willis 1.12.32
2005	No Champion		David Thompson 1.08.25 NR
2006	No Champion		David Thompson 1.07.78 NR
2007	No Champion		David Dutton 1.26.50
2008	No Champion		Gary Dutton 1.28.34
2009	No Champion		David Dutton 1.42.45
2010	No Champion		Gary Dutton 1.24.67
2011	No Champion		Ross Sutton 1.07.87
2012	Chelsey Woodward	1.22.53	No Champion
2013	Carys Thomas	1.07.58 NR	Jonathan Orchard 1.01.00 NR
2014	Leigh White	1.25.78	Jonathan Orchard 1.00.99 NR
2015	Ellie Parks	1.16.15	Jonathan Orchard 1.01.40
2016	Ellie Parks	1.19.95	Rowan Kettle 1.11.66
2017	No Champion		Daniel Thomas 1.04.83
2018	No Champion		Daniel Thomas 1.04.95
2019	No Champion		Arno Turner 1.05.33
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	No Champion		Arron Fitzsimmons 1.07.22
2022	Georgia Lee	1.22.25	Arron Fitzsimmons 1.11.63
2023	Sophie Moseley	1.38.28	No Champion