

PEMBROKE & DISTRICT AMATEUR SWIMMING CLUB

CLUB CHAMPIONSHIPS RECORD TIMES

Annual Winter Championships as @ 6th December 2025

1 Girls 200 Free	2.09.10	2011	Carys Thomas
2 Boys 200 Free	2.02.31	2014	Jonathan Orchard
3 Girls 7&U 100 IM	1:54.45	1988	Julie Goforth
4 Boys 7&U 100 IM	1:47.26	1990	David Thompson
5 Girls 8-9 100 IM	1:30.67	2015	Caera Lewis
6 Boys 8-9 100 IM	1:25.65	1992	David Thompson
7 Girls 10-11 100 IM	1.18.22	2014	Alice Sloan
8 Boys 10-11 100 IM	1:16.12	2010	Sion Bevan
9 Girls 12-13 100 IM	1:10.75	2017	Charlotte Whalley
10 Boys 12-13 100 IM	1:09.83	2014	Curtis Palmer
11 Girls 14-15 100 IM	1.08.55	2011	Carys Thomas
12 Boys 14-15 100 IM	1.05.02	2011	Michael Hire
13 Girls 16&O 100 IM	1.10.96	2013	Carys Thomas
14 Boys 16&O 100 IM	1:02.45	2006	David Thompson
15 Girls 7&U 25 Fly	24.57	1988	Julie Goforth
16 Boys 7&U 25 Fly	22.25	1993	Richard Hughes
17 Girls 8-9 25 Fly	18.00	2015	Caera Lewis
18 Boys 8-9 25 Fly	17.67	1992	David Thompson
19 Girls 10-11 50 Fly	34.69	2014	Alice Sloan
20 Boys 10-11 50 Fly	35.26	2010	Sion Bevan
21 Girls 12-13 100 Fly	1.09.68	2016	Bethan Jones
22 Boys 12-13 100 Fly	1:06.95	2010	Daniel Thomas
23 Girls 14-15 100 Fly	1.08.37	2011	Carys Thomas
24 Boys 14-15 100 Fly	1.04.77	2011	Daniel Thomas
25 Girls 16&O 100 Fly	1.08.46	2013	Carys Thomas
26 Boys 16&O 100 Fly	59.87	2015	Jonathan Orchard
27 Girls 7&U 25 Back	23.87	1991	Lucy Hatton
28 Boys 7&U 25 Back	22.36	1992	Steven Jones
29 Girls 8-9 25 Back	19.32	2015	Caera Lewis
30 Boys 8-9 25 Back	18.59	1992	David Thompson
31 Girls 10-11 50 Back	36.86	2014	Alice Sloan
32 Boys 10-11 50 Back	35.09	2010	Sion Bevan
33 Girls 12-13 100 Back	1:10.42	2010	Carys Thomas
34 Boys 12-13 100 Back	1:07.81	2014	Curtis Palmer
35 Girls 14-15 100 Back	1.09.78	2012	Carys Thomas
36 Boys 14-15 100 Back	1.02.00	2012	Jonathan Orchard
37 Girls 16&O 100 Back	1.07.58	2013	Carys Thomas
38 Boys 16&O 100 Back	1.00.99	2014	Jonathan Orchard
39 Girls 7&U 25 Breast	25.60	1980	Shirley Cole
40 Boys 7&U 25 Breast	25.84	1990	David Thompson
41 Girls 8-9 25 Breast	22.09	2015	Caera Lewis
42 Boys 8-9 25 Breast	20.73	1991	Huw Day
43 Girls 10-11 50 Breast	40.66	2014	Alice Sloan
44 Boys 10-11 50 Breast	37.96	2010	Sion Bevan
45 Girls 12-13 100 Breast	1:19.84	2010	Carys Thomas
46 Boys 12-13 100 Breast	1:19.50	2014	Curtis Palmer
47 Girls 14-15 100 Breast	1.19.46	2012	Carys Thomas
48 Boys 14-15 100 Breast	1:12.38	2018	Charlie Shiels
49 Girls 16&O 100 Breast	1.18.98	2013	Carys Thomas
50 Boys 16&O 100 Breast	1.09.95	2006	David Thompson

51 Girls 7&U 25 Free	20.37	1988	Julie Goforth
52 Boys 7&U 25 Free	18.92	1990	David Thomson
53 Girls 8-9 25 Free	16.91	2015	Caera Lewis
54 Boys 8-9 25 Free	16.24	1992	David Thompson
55 Girls 10-11 50 Free	32.31	2014	Alice Sloan
56 Boys 10-11 50 Free	30.45	2012	Curtis Palmer
57 Girls 12-13 100 Free	1:03.00	2010	Carys Thomas
58 Boys 12-13 100 Free	1:00.02	2014	Curtis Palmer
59 Girls 14-15 100 Free	1:02.40	2011	Carys Thomas
60 Boys 14-15 100 Free	57.65	2012	Jonathan Orchard
61 Girls 16&O 100 Free	1:02.32	2013	Carys Thomas
62 Boys 16&O 100 Free	54.83	2014	Jonathan Orchard

Summer Distance Championships as @ 27th July 2026

200m Individual Medley		Girls	Boys
8/under	3.50.16 2014	Caera Lewis	3.22.06 1991 David Thompson
9 years	3.14.94 2012	Alice Sloan	3.06.48 1992 David Thompson
10 years	3.00.42 2013	Alice Sloan	2.57.41 1993 David Thompson
400m Individual Medley			
11years	5.50.53 2014	Alice Sloan	5.54.58 2010 Sion Bevan
12 years	5.34.33 2010	Isabelle Davies	5.41.28 2013 Curtis Palmer
13 years	5.10.29 2010	Carys Thomas	5.17.52 2010 Daniel Thomas
14 years	5.19.31 2016	Abigayle Williams	5.03.00 2011 Daniel Thomas
15 years	5.20.79 2018	Bethan Jones	4.59.89 2010 Ross Sutton
11/Over	5.01.81 2014	Carys Thomas	4.51.93 2011 Ross Sutton
200m Freestyle		Girls	Boys
8/under	3.34.86 2014	Caera Lewis	2.59.57 1991 David Thompson
9 years	3.00.73 2012	Alice Sloan	2.48.16 1992 David Thompson
10 years	2.45.86 2013	Alice Sloan	2.41.40 1993 David Thompson
400m Freestyle			
11years	5.21.28 2014	Alice Soan	5.11.77 2010 Sion Bevan
12 years	4.59.80 2010	Isabelle Davies	5.06.16 2013 Curtis Palmer
13 years	4.41.13 2010	Carys Thomas	4.41.26 2010 Daniel Thomas
14 years	4.48.52 2017	Bethan Jones	4.29.45 2011 Daniel Thomas
15 years	4.50.34 2018	Bethan Jones	4.29.27 2012 Daniel Thomas
11/Over	4.28.35 2013	Carys Thomas	4.13.59 2015 Johnathan Orchard