

Pembroke & District Swimming Club Annual club Championships Champions List

**7years & u 100m Individual Medley**

<u>Girls Wasie Trophy</u>		<u>Boys Wasie Trophy</u>	
Pre 1989 record not available			
Record Time pre'88	2.02.05	Pre'89	2.04.80
1988	Julie Goforth 1.54.45 NR		
1989	No Champion	Richard Price	
1990		David Thompson	1.47.26 NR
1991			
1992	Cheryl Hughes 2.28.49	Alex Perry	2.03.27
1993	Alison Hughes 2.26.33	Richard Hughes	1.55.41
1994	Gemma Casey 2.08.74	No Champion	
1995	?	No Champion	
1996	Finola Scale 2.09.04	Danny Court	2.12.16
1997	No Champion	Timothy Bowen	2.04.53
1998			
1999	Llawella Scale 2.16.12	Joshua Wright	2.24.06
2000	Llawella Scale 2.00.92	Johnnie Delahunty	2.20.88
2001	Hannah Jones 2.56.18	No Champion	
2002	No Champion	No Champion	
2003			
2004	Carys Thomas No Time	Lewys Gibby	No Time
2005	No Champion	No Champion	
2006	Abbie Williams ?	Elliot Mainwaring	?
2007	Abbie Williams 2.20.80	No Champion	
2008	Victoria Crawford 2.22.28	No Champion	
2009	Ellie Williams 2.19.09	Luke Lewis	2.57.39
2010	Lauren Omnet 2.09.75	Lewys Kettle	2.31.75
2011	Lucy Rogers 2.28.58	Charlie Shiels	2.23.56
2012	No Champion	No Champion	
2013	No Champion	No Champion	
2014	Marilla Evans 2.10.40	No Champion	
2015	No Champion	No Champion	
2016	No Champion	No Champion	
2017	Cerys Griffiths 2.15.31	No Champion	
2018	No Champion	No Champion	
2019	No Champion	No Champion	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Iolah Morgan 2.21.37	Wolfgang Evans	2.19.31
2022	No Champion	No Champion	
2023	No Champion	Jim Morgan	3.03.16

Pembroke & District Swimming Club Annual club Championships Champions List

**8 & 9 years 100m Individual Medley**

<u>Girls County Cup</u>			<u>Boys County Cup</u>	
Pre 1989 record not available				
Record Time	Pre'83	?	Pre'89	1.38.96
1983	<b>Anna Morgan</b>	<b>1.38.00 NR</b>		
1989			<b>Darell Goforth</b>	<b>1.38.84 NR</b>
1991			<b>David Thompson</b>	<b>1.32.53 NR</b>
1992	Amy Phillips	1.44.42	<b>David Thompson</b>	<b>1.25.65 NR</b>
1993	Lucy Hatton	1.38.22	Steven Jones	2.03.52
1994	Cheryl Hughes	1.54.62	Dominic Day	1.36.67
1995	?		?	
1996	Gemma Casey	1.46.06	Matthew Willis	1.53.59
1997	Finola Scale	1.48.26	Matthew Veale	1.52.83
1998				
1999	Samantha Pendleton	2.02.93	Timothy Bowen	1.38.07
2000	Cartin Cox	1.56.35	Gary Pratt	1.35.03
2001	Catrin Cox	1.47.75	Joshua Wright	2.00.90
2002	Gemma Neath	1.42.60	Johnnie Delahunty	1.45.55
2003				
2004	Bethan Davies	?	Perry Mainwaring	?
2005	Emily Baker	1.44.87	Lewis Gibby	2.06.26
2006	Emily Baker	?	Jonathan Orchard	1.46.00
2007	Catherine Peaty	1.57.71	Oliver Crawford	1.34.87
2008	No Champion		Ethan Parsons	2.02.23
2009	Abbie Williams	1.40.42	Curtis Palmer	1.42.22
2010	<b>Megan Rogers</b>	<b>1.36.07 NR</b>	Thomas Randall	1.49.45
2011	Rosie Llewellyn	1.40.56	Thomas Randall	1.37.87
2012	Alice Sloan	1.37.68	Lewys Kettle	2.04.78
2013	Lucy Rogers	1.53.43	Charlie Shiels	1.38.08
2014	Caera Lewis	1.46.25	Matty Fox	1.54.15
2015	<b>Caera Lewis</b>	<b>1.30.67 NR</b>	Freddie Wilson	1.47.47
2016	Marilla Evans	1.36.75	Aneurin Lee	1.42.25
2017	Abigail Hillary	1.53.44	No Champion	
2018	Amelie Hounsell	1.52.96	Callum Keane	1.45.97
2019	Cerys Griffiths	1.52.44	Iori Evans	2.06.47
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Pheobe Dyde	2.24.60	No Champion	
2022	Iolah Morgan	2.16.00	No Champion	
2023	Iolah Morgan	1.50.80	Wolfgang Evans	1.41.03

Pembroke & District Swimming Club Annual club Championships Champions List

**10 & 11 years 100m Individual Medley**

<u>Girls R G Lewis Trophy</u>			<u>Boys Dewhurst Cup</u>	
Pre 1989 record not available				
Record Time	Pre 84	?	Pre'89	1.34.00
1984	<b>Shirley Cole</b>	<b>1.25.98 NR</b>		
1989			?	<b>1.32.16 NR</b>
1992	Julie Goforth	1.29.17	Christopher Payne	1.34.93
1993	Amy Phillips	1.37.91	<b>David Thompson</b>	<b>1.24.34 NR</b>
1994	Amy Phillips	1.31.53	<b>David Thompson</b>	<b>1.20.04 NR</b>
1995	?		?	
1996	Olivia Court	1.38.15	Steven Jones	1.33.39
1997	Elin Cox	1.38.62	Richard Hughes	1.31.75
1998				
1999	Finola Scale	1.33.68	Jamie Wright	1.32.90
2000	Finola Scale	1.29.83	Matthew Veale	1.27.65
2001	Coral Lewis	1.41.39	Timothy Bowen	1.27.26
2002	Catrin Cox	1.33.78	Gary Pratt	1.27.21
2003				
2004	Chloe Lloyd	?	Jago Neath	?
2005	Elizabeth Collings	1.32.28	Jago Neath	1.34.76
2006	Lucy James	1.35.63	Patrick Bunker	1.27.03
2007	Lucy James	1.32.81	Johnathan Orchard	1.37.03
2008	Emily Baker	1.31.84	Johnathan Orchard	1.25.98
2009	Katherine Peaty	1.26.98	Sion Bevan	1.21.73
2010	Abbie Williams	1.31.67	<b>Sion Bevan</b>	<b>1.16.22 NR</b>
2011	<b>Abbie Williams</b>	<b>1.24.52 NR</b>	Curtis Palmer	1.26.83
2012	Megan Rogers	1.24.94	Curtis Palmer	1.21.79
2013	<b>Alice Sloan</b>	<b>1.22.73 NR</b>	Ben Omnet	1.29.18
2014	<b>Alice Sloan</b>	<b>1.18.22 NR</b>	Toby Sturley	1.29.44
2015	Lena Hughes	1.37.07	Charlie Shiels	1.22.16
2016	Caera Lewis	1.31.72	Benjamin Hillary	1.36.13
2017	Caera Lewis	1.24.35	Benjamin Hillary	1.27.56
2018	Saskia Webb	1.41.42	Jack Morgan	1.41.00
2019	Abigail Hillary	1.33.01	Mason Montague	1.30.66
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Cerys Griffiths	1.28.91	Cory Shemerline	1.52.32
2022	Indya Lysight-Jones	1.47.53	Beau Crotty	2.27.83
2023	Pheobe Dyde	1.37.50	Sam Evans	1.46.94

Pembroke & District Swimming Club Annual club Championships Champions List

**12 & 13 years 100m Individual Medley**

<u>Girls C A Parsons Challenge Shield</u>			<u>Boys Bryan Cup</u>	
Pre 1989 record not available				
Record Time	Pre'86	?	Pre'92	1.20.97
1986	<b>Amanda Evans</b>	<b>1.21.38 NR</b>		
1992	Carli Wheeler	1.25.09	Darrel Goforth	1.22.76
1993	Carli Wheeler	1.26.66	Stuart Day	1.27.57
1994	Julie Goforth	1.30.16	Huw Day	1.23.59
1995	Amy Phillips	?	<b>David Thompson</b>	<b>1.16.80 NR</b>
1996	Emily Court	1.22.69	<b>David Thompson</b>	<b>1.13.90 NR</b>
1997	Emma Caughey	1.24.78	David Gledhill	1.29.27
1998				
1999	Elin Cox	1.27.42	Oliver Bowen	1.23.32
2000	Emily Palmer	1.27.17	Matthew Willis	1.28.38
2001	Finola Scale	1.26.03	Matthew Veale	1.23.77
2002	No Champion		Matthew Veale	1.17.89
2003				
2004	<b>Abby John</b>	<b>1.20.57 NR</b>	Gary Pratt	1.15.44
2005	<b>Abby John</b>	<b>1.20.03 NR</b>	Michael Davies	1.30.34
2006	Gemma Neath	1.27.52	Michael Davies	1.30.18
2007	Elizabeth Collings	1.25.18	Patrick Bunker	1.23.53
2008	No Champion		Ross Sutton	1.18.09
2009	<b>Carys Thomas</b>	<b>1.18.70 NR</b>	<b>Michael Hire</b>	<b>1.10.82 NR</b>
2010	Katherine Peaty	1.22.89	<b>Daniel Thomas</b>	<b>1.10.30 NR</b>
2011	Ellie Parks	1.22.21	Sion Bevan	1.14.12
2012	Ellie Parks	1.20.03	Nyle Lewis	1.12.70
2013	Hazel Fox	1.19.37	Curtis Palmer	1.15.58
2014	Abigayle Williams	1.18.84	<b>Curtis Palmer</b>	<b>1.09.83 NR</b>
2015	<b>Abigayle Williams</b>	<b>1.14.88 NR</b>	Ben Omnet	1.17.06
2016	<b>Bethan Jones</b>	<b>1.11.62 NR</b>	Toby Sturley	1.17.31
2017	<b>Charlotte Whalley</b>	<b>1.10.75 NR</b>	Toby Sturley	1.10.80
2018	Caera Lewis	1.18.81	Jayden Keane	1.17.66
2019	Holly Jane-Callen	1.25.07	Benjamin Hillary	1.20.15
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Julia Ostrowsky	1.27.63	Ben Morgan	1.34.81
2022	Julia Ostrowsky	1.26.28	Ben Morgan	1.29.69
2023	Keira Bruce	1.24.91	Cory Shelmerdine	1.33.33

Pembroke & District Swimming Club Annual club Championships Champions List

**14 & 15 years 100m Individual Medley**

<u>Girls Margret Mattias Cup</u>			<u>Boys Richard Hays Challenge Cup</u>	
Pre 1989 record not available				
Record Time	Pre'88	1.21.74	Pre'92	1.15.70
1988	<b>Anna Morgan</b>	<b>1.19.50 NR</b>		
1992	Clare Lewis	1.22.41	Gary Dennison	1.19.94
1993	Christine Chilton	1.28.16	<b>Gary Dennison</b>	<b>1.11.51 NR</b>
1994	Carli Wheeler	1.23.71	Stuart Day	1.26.73
1995	Julie Goforth	?	Christopher Payne	?
1996	No Champion		Martin McNally	1.16.96
1997	Jessica Brazier	1.22.95	<b>David Thompson</b>	<b>1.10.99 NR</b>
1998			<b>David Thompson</b>	<b>1.09.96 NR</b>
1999	Emma Caughey	1.21.01	Jason Brazier	1.22.12
2000	Elin Cox	1.23.91	Oliver Bowen	1.17.40
2001	Elin Cox	1.29.70	Oliver Bowen	1.14.17
2002	Emily Palmer	1.32.84	No Champion	
2003				
2004	Megan Rogers	?	Matthew Veale	1.14.40
2005	No Champion		Garry Pratt	1.11.95
2006	Rachael Jones	1.43.27	Gary Dutton	?
2007	Rebecca Randall	1.27.37	Gary Dutton	1.21.84
2008	Elizabeth Collings	1.23.54	No Champion	
2009	No Champion		Ross Sutton	1.11.04
2010	Megan Withers	1.20.00	<b>Michael Hire</b>	<b>1.07.84 NR</b>
2011	<b>Carys Thomas</b>	<b>1.08.55 NR</b>	<b>Michael Hire</b>	<b>1.05.02 NR</b>
2012	Emily Sloan	1.20.55	Ryan Beckerleg	1.12.20
2013	Ellie Parks	1.20.78	David Radmore	1.22.36
2014	Abbie Williams	1.15.47	Nyle Lewis	1.08.28
2015	Abbie Williams	1.14.60	Colm Tobin	1.10.96
2016	Abigayle Williams	1.11.62	Ben Omnet	1.13.65
2017	Bethan Jones	1.11.60	Lewys Kettle	1.24.51
2018	Bethan Jones	1.16.38	Charlie Shiels	1.06.26
2019	Georgia Lee	1.19.62	Charlie Shiels	1.06.00
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Abigail Thomas	1.22.67	Jack Morgan	1.17.94
2022	No Champion		Jack Morgan	1.19.14
2023	Julia Ostrowski	1.24.70	Ben Morgan	1.16.82

Pembroke & District Swimming Club Annual club Championships Champions List

**Open age 100m Individual Medley(16+ from 2005)**

<u>Girls Dewhurst Trophy</u>		<u>Boys Sowray Cup</u>	
Pre 1989 record not available			
Record Time	Pre 91		1.13.50
1991	Anna Morgan		
1992	Clare Lewis	1.25.49	Gary Dennison 1.15.20
1993	Clare Lewis	1.24.70	Gary Dennison 1.14.51
1994	Hannah Forsyth	1.25.72	Alex Robinson 1.10.66 NR
1995	?		David Thompson 1.18.95
1996	Jessica Brazier	1.27.75	David Thompson 1.23.20
1997	Anna Morgan	1.22.27	Christopher Payne 1.16.36
1998			
1999	Emily Harries	1.21.88	David Thompson 1.07.89 NR
2000	Emma Caughey	1.18.39 NR	David Thompson 1.05.94 NR
2001	Emma Caughey	1.21.97	Nathan Willis 1.20.03
2002	Emma Caughey	1.20.61	Oliver Bowen 1.12.40
2003			
2004	Emma Caughey	1.20.29	Oliver Bowen ?
2005	No Champion		David Thompson 1.04.55 NR
2006	No Champion		David Thompson 1.02.45 NR
2007	No Champion		No Champion
2008	No Champion		David Thompson 1.04.87
2009	No Champion		No Champion
2010	No Champion		Gary Dutton 1.17.86
2011	No Champion		Ross Sutton 1.04.58
2012	Chelsey Woodward	1.21.10	No Champion
2013	Carys Thomas	1.10.96 NR	Daniel Thomas 1.05.29
2014	Leigh White	1.29.85	Daniel Thomas 1.06.83
2015	Ellie Parks	1.18.40	Nyle Lewis 1.06.69
2016	Ellie Parks	1.19.28	Daniel Thomas 1.09.25
2017	No Champion		Daniel Thomas 1.05.96
2018	No Champion		Rowan Kettle 1.04.77
2019	No Champion		Arno Turner 1.05.35
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Georgia Lee	1.19.47	Sion Bevan 1.08.47
2022	Sophie Moseley	1.34.60	No Champion
2023	Sophie Moseley	1.42.27	Jack Morgan 1.15.44