



PEMBROKE & DISTRICT AMATEUR SWIMMING CLUB HALL OF FAME

The Individuals listed in our Hall of Fame below are current swimming teachers or coaches that have formed a very special place in the history of Pembroke Swimming club and have achieved very high, special achievements to merit inclusion into this Hall of fame (apologies to all those teachers and coaches that have been missed).

Coaches & Teachers

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1	Trina Bowen
2	Larry Jones
3	Dorothy Morgan
4	Bob Adams
5	Gwyn Goforth
6	Keith Thompson
7	Francis Bunker
8	David Thompson
9	Phillip Thomas

Trina Bowen was the start of the club. Trina was Pembroke School swimming teacher and with Leisure Centre manager formed a swimming club that had grown into what our club is today. Trina has been president of the schools swimming and was for some considerable time the Pembroke club President. Trina retired from her post as school teacher after teaching the whole area to swim and the club owes her a great dept of thanks for her sterling work over many years. Trina has sadly passed away and leaves a big legacy within Pembroke club.

Larry Jones was the Leisure Centre manager for many years and first head coach of Pembroke Club. Larry used to open the centre before school so that the swimmers could train before going to school. Larry was himself no mean swimmer. As a young man he swam for Llanelli and was a Welsh International Swimmer. His picture is still up on the wall of the Jubilee pool Llanelli.

Dorothy gave many years to the club and Pembrokeshire swimming. I think it's fair to say Dorothy was a lady of many parts. She helped teach the small pool. She stood in for Trina Bowen during leave of absence to take the school swimming. She coached the main squad. She organised the clubs championships and galas, ordered the bus for galas, helped in picking the team. Along side this entire she also organised the county Championships and one must remember this was long before computers and all the sheets were hand written. Dorothy started helping the club not long after the clubs formation and continued well into the 2000s until ill health forced her to stand down. Her children and grandchildren also swam for the club.

Dorothy was no mean sports woman and often competed in athletics in multi events.

Bob has helped the club for many years and has been Chairman and coach. Bob is a former Welsh Swimming Association President and British international swimming referee.

Bob Helped has on poolside in many roles but is best known for his refereeing at competitions and galas and can be regarded as a real stalwart of the club.

Bob is still active within the club (2023) and officiates at many swimming events plus our club events and attends AGM meetings.

Gwyn started with the club during the 1980s and went on to become head coach and Chairman. Gwyn was coach during a golden period for our club when the club won the South Wales Swimming League in 1993. He had a knack of getting the best out of swimmers and produced some fine talented athletes.

One of Gwyn's most notable accolades was to start a connection with the twin town of Bergen in Germany. He forced this vigorously through committee and with a great deal of hard work the club had many successful trips to Germany and a reciprocal home hosting with their local swimming club.

Gwyn Still follows the fortunes of our swimmers and comments to them on social media.

Keith started helping on poolside in the late 1980s when his son David took an interest in swimming. Keith helped officiate and then went on to coaching. Keith became head coach in the early 1990s when Gwyn Goforth retired. Keith went on to become the founding head coach of the newly formed Pembrokeshire elite swim academy (later renamed Swim Pembrokeshire) in 1997 as well as maintaining the role of Pembroke club head coach. Keith retired from active coaching in December 2022. And still keeps in contact as he runs the Pembroke Amateur Swimming Club website (2023)