

# Pembroke & District Swimming Club Annual club Championships Champions List

## 7years & u 25m Backstroke

### Girls Morgan Cup

Pre 1989 record not available

Record Time pre'89      24.83

|      |                     |          |
|------|---------------------|----------|
| 1989 |                     |          |
| 1990 |                     |          |
| 1991 | Lucy Hatton         | 23.87 NR |
| 1992 | Cheryl Hughes       | 29.45    |
| 1993 | Alison Hughes       | 26.77    |
| 1994 | Alys Phillips       | 24.99    |
| 1995 | ?                   |          |
| 1996 | Finola Scale        | 29.09    |
| 1997 | Hannah Davey        | 42.45    |
| 1998 |                     |          |
| 1999 | Catrin Cox          | 26.90    |
| 2000 | Rebecca Randall     | 26.10    |
| 2001 | Sadie Griffiths     | 31.05    |
| 2002 | Bethan Davies       | 32.68    |
| 2003 |                     |          |
| 2004 | Emily Baker         | 29.98    |
| 2005 |                     |          |
| 2006 | Abbie Williams      | 31.41    |
| 2007 | Abbie Williams      | 26.21    |
| 2008 | Victoria Crawford   | 25.63    |
| 2009 | Nia Williams        | 27.69    |
| 2010 | Bethan Palmer       | 26.86    |
| 2011 | Lucy Rogers         | 31.09    |
| 2012 | Caera Lewis         | 27.22    |
| 2013 | Jayden Wilson       | 28.61    |
| 2014 | Jayden Wilson       | 25.22    |
| 2015 | No Swimmer          |          |
| 2016 | Rosie Oliver        | 33.31    |
| 2017 | Cerys Griffiths     | 26.47    |
| 2018 | No Winner           |          |
| 2019 | Indya Lysight-Jones | 25.28    |

### Boys Morgan Cup

|  |                   |                             |
|--|-------------------|-----------------------------|
|  |                   | 23.34                       |
|  | Richard Price     |                             |
|  | David Thompson    | 23.79 NR set in heats 22.95 |
|  | Steven Jones      | 22.36 NR                    |
|  | Richard Hughes    | 23.00                       |
|  | Matthew Willis    | 28.09                       |
|  | ?                 |                             |
|  | Matthew Veale     | 24.74                       |
|  | Timothy Bowen     | 25.90                       |
|  |                   |                             |
|  | James Griffin     | 29.93                       |
|  | Johnnie Delahunty | 26.07                       |
|  | Jago Neath        | 26.53                       |
|  | Samuel Lewis      | 23.73                       |
|  |                   |                             |
|  | Lewys Wilkes      | 27.13                       |
|  |                   |                             |
|  | Elliot Mainwaring | 28.28                       |
|  | Colm Tobin        | 29.96                       |
|  | Curtis Palmer     | 23.86                       |
|  | Thomas Randall    | 26.89                       |
|  | Lewys Kettle      | 28.12                       |
|  | Charlie Shiels    | 26.67                       |
|  | Morgan Williams   | 32.23                       |
|  | Benjamin Hillary  | 26.61                       |
|  | Iolo Williams     | 32.19                       |
|  | Tyler Harts       | 29.66                       |
|  | No Winner         |                             |
|  | No Winner         |                             |
|  | No Winner         |                             |
|  | No Winner         |                             |

# Pembroke & District Swimming Club Annual club Championships Champions List

## 8 & 9 years 25m Backstroke

### Girls Robertson McNaught Cup

Pre 1990 record not available

Record Time Pre'90 21.07

1990 **Sian Pope** 21.39 NR *set in heats 20.39*

1991

1992 Lucy Hatton 22.36

1993 Lucy Hatton 21.03

1994 Cheryl Hughes 25.78

1995 ?

1996 Alys Phillips 22.48

1997 Sian Brayford 22.09

1998

1999 Alys Silcox 24.86

2000 Catrin Cox 23.05

2001 Rebecca Randall 22.19

2002 Rebecca Randall 20.83

2003

2004 Lucy James 23.26

2005

2006 Emily Baker 21.93

2007 Catherine Peaty 22.53

2008 Abbie Williams 22.93

2009 Abbie Williams 20.51

2010 Victoria Crawford 20.92

2011 Rosie Llewlyn 22.56

2012 **Alice Sloan** 20.15 NR

2013 Lucy Rogers 23.53

2014 Caera Lewis 21.13

2015 **Caera Lewis** 19.32 NR

2016 Lilly Busby 20.35

2017 Alice Oliver 23.06

2018 Amelie Hounsell 20.83

2019 Freya Thompson 22.07

### Boy Britannia Building Society Cup

20.95

Richard Price 22.92

**David Thompson** 19.81 NR

**David Thompson** 18.59 NR

Steven Jones 21.77

Steven Jones 18.66

?

Matthew Willis 20.87

Matthew Veale 21.76

Timothy Bowen 20.81

Gary Pratt 21.66

Johnnie Delahunty 23.56

Johnnie Delahunty 22.82

Perry Mainwaring 20.04

Oliver Crawford 20.79

Oliver Crawford 19.85

Ethan Parsons 23.62

Curtis Palmer 21.92

Curtis Palmer 21.12

Thomas Randall 21.12

Lewys Kettle 23.77

Charlie Shiels 20.04

Benjamin Hillary 21.72

Benjamin Hillary 21.19

Fred Morris 31.22

Callum Keane 23.20

Callum Keane 21.33

Iori Evans 23.68

# Pembroke & District Swimming Club Annual club Championships Champions List

## 10 & 11 years 50m Backstroke

### Girls Hancocks Shipbuilding Trophey

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

### Boys Silcox Coaches Trophey

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

# 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    |

### 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    |

# Pembroke & District Swimming Club Annual club Championships Champions List

## 14 & 15 years 100m Backstroke

### Girls Pembroke Round Table Jubilee Cup

Pre 1992 record not available

Record Time Pre '92 1.21.31

1992 Clare Lewis 1.29.70

1993 Hannah Forsyth 1.29.87

1994 Ruth Robinson 1.27.02

1995 Julie Goforth ?

1996 No Champion

1997 Emily Harries 1.24.97

1998 **Emily Harries 1.20.46 NR**

1999 Emma Caughey 1.25.17

2000 Olivia Harries 1.24.44

2001 Elin Cox 1.35.05

2002 Emily Palmer 1.27.16

2003

2004

2005 Rachael Jones 1.41.90

2006 Rachael Jones 1.41.90

2007 Rebecca Randall 1.22.87

2008 No Champion

2009 No Champion

2010 **Megan Withers 1.17.52 NR**

2011 **Carys Thomas 1.10.68 NR**

2012 **Carys Thomas 1.09.78 NR**

2013 Isabelle M Davies 1.13.53

2014 Ellie Parks 1.19.41

2015 Chloe Edwards 1.18.13

2016 Abigayle Williams 1.12.44

2017 Bethan Jones 1.10.81

2018 Bethan Jones 1.13.75

2019 Georgia Lee 1.21.20

### Boys Lowless Trophy

1.18.61

**Gary Dennison 1.16.23 NR**

**Gary Dennison 1.10.41 NR**

Stuart Day 1.23.76

?

Christopher Payne 1.23.31

David Thompson 1.12.52

David Thompson 1.11.42

Jason Brazier 1.26.21

Oliver Bowen 1.20.74

Oliver Bowen 1.19.50

Matthew Willis 1.25.93

Matthew Veale 1.17.55

Gary Pratt 1.20.56

David Dutton 1.34.04

Gary Dutton 1.26.65

No Champion

Ross Sutton 1.13.42

No Champion

**Michael Hire 1.04.36 NR**

**Jonathan Orchard 1.02.00 NR**

Daniel Picton 1.13.10

Nyle Lewis 1.09.53

Curtis Palmer 1.07.21

Ben Omnet 1.13.56

Lewys Kettle 1.21.86

Toby Sturley 1.05.57

Leon Twynham 1.35.91

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&amp;J Lloyd Cup</u> |            |
|--------------------------------------|-------------------|------------|-------------------------------|------------|
| <u>Pre 1992 record not available</u> |                   |            |                               |            |
| Record Time                          | Pre '92           | 1.22.85    |                               | 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    |