

## **Pembroke & District ASC long distance championships**

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**Pembroke & District ASC long distance championships page1**

200m Individual Medley (up to 2011 only 10/u received a trophy as from 2012 the format changed to 8/u-9 yrs-10 yrs)

<u>Girls 8/u 200m Trophy</u>	<u>Winning Time</u>	
1995 Gemma Casey	4.20.86	Record Time
2011 Alice Sloan	4.07.9	New Record Time
2012 Not Awarded		
2013 Caera Lewis	4.55.25	
2014 Caera Lewis	3.50.16	New Record Time
2015 Marilla Evans	4.07.06	
2016 Not Awarded		
2017 Not Awarded		
2018 Not Awarded		
2019 Not Awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Iolah Morgan	4.46.91	
2023 Not Awarded		

<u>Girls 9 years 200m Trophy</u>	<u>Winning Time</u>	
2010 Sara Bevan	3.42.80	Record Time
2012 Alice Sloan	3.14.94	New Record Time
2013 Lucy Rogers	3.58.60	
2014 Nell Evans	4.13.75	
2015 Caera Lewis	3.28.96	
2016 Marilla Evans	3.43.43	
2017 Aria Evans	4.35.63	
2018 Amelie Hounsell	4.25.68	
2019 Freya Thompson	4.26.16	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Iolah Morgan	3.59.82	

<u>Girls 10/u 200m Trophy</u>	<u>Winning Time</u>	
1989 Christine Chilton	3.49.08	New Record Time
1991 Julie Goforth	3.33.27	New Record Time
1992 ?		
1993 Emma Caughey	3.57.97	
1994 Emma Caughey	3.32.10	New Record Time
1995 Cheryl Hughes	4.04.25	
1996 Alison Hughes	3.51.45	
1997 Gemma Casey	3.45.10	
1998 Finola Scale	3.46.91	
1999 Finola Scale	3.33.24	
2000 Catrin Cox	4.47.47	
2001 Beaux Griffiths	4.18.29	
2002 Beaux Griffiths		
2003 ?		
2004 Not awarded		
2005 Not awarded		
2006 Lucy James	3.40.14	
2007 Katherine Peaty	4.38.03	
2008 Abbie Williams	4.47.77	
2009 Abbie Williams	3.43.33	

**Pembroke & District ASSC long distance championships** *page 1 continued*

<u>Girls 10/u 200m Trophy</u>		<u>Winning Time</u>	
2010	<b>Abbie Williams</b>	<b>3.24.86</b>	<b>New Record Time</b>
2011	<b>Sara Bevan</b>	<b>3.15.61</b>	<b>New Record Time</b>
<u>Girls 10 yrs 200m Trophy</u>		<u>Winning Time</u>	
2012	Rosie Llwellyn	3.20.28	
<b>2013</b>	<b>Alice Sloan</b>	<b>3.00.42</b>	<b>New Record Time</b>
2014	Lucy Rogers	3.36.69	
2015	Fern Cumine	3.42.68	
2016	Caera Lewis	3.17.34	
2017	Marilla Evans	3.29.91	
2018	Hazel Lister	4.09.15	
2019	Amelie Hounsell	3.39.18	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Pheobe Dyde	4.30.50	
2023	Tilly Prevel	3.50.90	

**Pembroke & District ASC long distance championships page 2**

200m Individual Medley (up to 2011 only 10/u received a trophy as from 2012 the format changed to 8/u-9 yrs-10 yrs)

<u>Boys 8/u 200m Trophy</u>	<u>Winning Time</u>	
1991 <b>David Thompson</b>	<b>3.22.06</b>	<b>Record Time</b>
2012 Charlie Shiels	4.01.19	
2013 Not Awarded		
2014 Freddie Wilson	4.54.27	
2015 Nye Lee	4.23.34	
2016 Not Awarded		
2017 Not Awarded		
2018 Not Awarded		
2019 Not Awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Wolfgang Evans	4.33.15	
2023 Logan Hearne	4.39.65	

<u>Boys 9 years 200m Trophy</u>	<u>Winning Time</u>	
1992 <b>David Thompson</b>	<b>3.06.48</b>	<b>New Record Time</b>
2012 Not Awarded		
2013 Charlie Shiels	3.50.23	
2014 Matty Fox	4.04.91	
2015 Freddie Wilson	3.50.90	
2016 Not Awarded		
2017 Not Awarded		
2018 Dylan Lee	4.10.75	
2019 Not Awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Wolfgang Evans	3.49.51	

<u>Boys 10/u 200m Trophy</u>	<u>Winning Time</u>	
1989 <b>Darrell Goforth</b>	<b>3.32.13</b>	<b>New Record Time</b>
1990 David Thompson	3.55.04	
1991 <b>David Thompson</b>	<b>3.22.06</b>	<b>New Record Time</b>
1992 <b>David Thompson</b>	<b>3.06.48</b>	<b>New Record Time</b>
1993 <b>David Thompson</b>	<b>2.57.41</b>	<b>New Record Time</b>
1994 No Winner		
1995 Richard Hughes	3.41.15	
1996 Richard Hughes	3.38.81	
1997 Matthew Willis	3.52.91	
1998 Owen Davies	4.01.20	
1999 Matthew Veale	3.30.88	
2000 Timothy Bowen	3.28.20	
2001 Gary Pratt	3.33.28	
2002 Jago Neath ?		
2003 ?		
2004 Jago Neath	3.38.79	
2005 Patrick Bunker	3.49.50	
2006 Not awarded		
2007 Jonathan Orchard	3.34.75	
2008 Oliver Crawford	3.18.50	
2009 Ethan Parsons	4.03.4	

**Pembroke & District ASC long distance championships** *page 2 continued*

<u>Boys 10/u 200m Trophy</u>	<u>Winning Time</u>
2010 Curtis Palmer	3.33.07
2011 Curtis Palmer	3.22.92

<u>Boys 10 yrs 200m Trophy</u>	<u>Winning Time</u>
2012 Ben Omnet	3.21.77
2013 Lewys Kettle	3.59.31
2014 Charlie Shiels	3.11.83
2015 Leon Twynham	4.20.18
2016 Benjamin Hilary	3.33.85
2017 Not Awarded	
2018 Ewan Sture	4.31.00
2019 Ben Morgan	3.41.83
2020 Competition not held due to Covid19 Pandemic restrictions	
2021 Competition not held due to Covid19 Pandemic restrictions	
2022 Not Awarded	
2023 Not Awarded	

## Pembroke & District ASC long distance championships page3

400m Individual Medley (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs-15yrs & 11/o)

<u>Girls 11 yrs Trophy</u>	<u>Winning time</u>	
2009 Katherine Peaty	7.01.08	Record Time
2012 Not Awarded		
2013 Abigale Williams	6.46.25	New Record Time
2014 Alice Sloan	5.50.53	New Record Time
2015 Lucy Rogers	7.10.31	
2016 Nell Evans	7.45.25	
2017 Caera Lewis	6.22.46	
2018 Not Awarded		
2019 Not Awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Pheobe Dyde	7.50.18	

<u>Girls 12 yrs Trophy</u>	<u>Winning time</u>	
2010 Isabella Davies	5.34.33	Record Time
2012 Abbie Williams	6.16.66	
2013 Megan Rogers	5.54.41	
2014 Abigale Williams	5.51.13	
2015 Bethan Jones	5.54.44	
2016 Hannah Greenwood	6.51.42	
2017 Megan Cole	7.23.23	
2018 Caera Lewis	5.56.68	
2019 Not Awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Cerys Griffiths	6.33.47	
2023 Not Awarded		

<u>Girls 13 yrs Trophy</u>	<u>Winning time</u>	
2010 Carys Thomas	5.10.29	Record Time
2012 Ellie Parks	6.08.64	
2013 Hazel Fox	5.41.44	
2014 No winner		
2015 Ellie Williams	6.09.86	
2016 Bethan Jones	5.35.59	
2017 Lucy Rogers	6.23.45	
2018 Megan Cole	7.03.34	
2019 Holly-Jane Callen	6.30.66	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Keira Bruce	6.39.25	

**Pembroke & District ASC long distance championships** *page3 continued*

<u>Girls 14 yrs Trophy</u>	<u>Winning time</u>	
2008 Elizabeth Collings	6.14.25	Record Time
2012 Leigh White	6.42.44	
2013 Ellie Parks	5.58.50	New Record Time
2014 Abbie Williams	5.49.06	New Record Time
2015 No winner		
2016 Abigayle Williams	5.19.31	New Record Time
2017 Bethan Jones	5.23.45	
2018 Georgia Lee	6.50.78	
2019 Not Awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Skye Bruce	6.13.12	

<u>Girls 15yrs Trophy</u>	<u>Winning time</u>	
2012 Emma Caughey	6.14.30	Record Time
2012 Kate Sloan	6.33.93	
2013 Isabelle Davies	5.30.38	New Record Time
2014 Elle Parks	6.04.19	
2015 Abbie Williams	5.42.80	
2016 Lucy Omnet	5.58.44	
2017 Not Awarded		
2018 Bethan Jones	5.20.79	New Record Time
2019 Hannah Greenwood	6.03.24	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Not Awarded		

**Pembroke & District ASC long distance championships** *page3 continued*

<u>Girls 11/o 400m Cole Trophy</u>	<u>Winning Time</u>	
1988 <b>Anna Morgan</b>	<b>6.11.81</b>	<b>Record Time</b>
1993 Christine Chilton	7.05.99	
1994 Christine Chilton	7.02.60	
1995 Emma Caughey	7.25.20	
1996 Amy Phillips	6.49.95	
1997 Jessica Brazier	6.27.19	
1998 Emma Caughey	6.17.04	
1999 Emma Caughey	6.14.30	
2000 ?		
2001 Emma Caughey	6.21.28	
2002 Not awarded		
2003 Not awarded		
2004 Emma Caughey	6.11.87	
2005 Elizabeth Collings	6.14.25	
2006 Not awarded		
2007 Emma Caughey	6.17.87	
2008 Carys Thomas	7.47.10	
2009 <b>Carys Thomas</b>	<b>6.01.53</b>	<b>New Record time</b>
2010 <b>Carys Thomas</b>	<b>5.10.29</b>	<b>New Record Time</b>
2011 Isabella Davies	5.25.35	
2012 Ellie Parks	6.08.28	
2013 <b>Carys Thomas</b>	<b>5.03.10</b>	<b>New Record Time</b>
2014 <b>Carys Thomas</b>	<b>5.01.81</b>	<b>New Record Time</b>
2015 Abbie Williams	5.42.80	
2016 Abigayle Williams	5.19.31	
2017 Bethan Jones	5.23.45	
2018 Bethan Jones	5.20.79	
2019 Hannah Greenwood	6.03.24	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Abigail Thomas	6.33.60	
2023 Skye Bruce	6.13.12	



**Pembroke & District ASC long distance championships page 4**

400m Individual Medley (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs-15yrs & 11/o)

<u>Boys 11 yrs Trophy</u>		<u>Winning time</u>	
1994	David Thompson	6.05.93	Record Time
2010	Sion Bevan	5.54.58	New Record Time
2012	Curtis Palmer	6.04.00	
2013	Kyle Cook	7.08.97	
2014	Owyn Griffiths	7.34.55	
2015	Toby Sturley	6.08.97	
2016	Not awarded		
2017	Edward Lister	7.47.29	
2018	Not awarded		
2019	Mason Montague	7.18.80	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Not Awarded		
2023	Not Awarded		

<u>Boys 12 yrs Trophy</u>		<u>Winning time</u>	
1995	David Thompson	5.45.91	Record Time
2012	Colm Tobin	6.20.69	
2013	Curtis Palmer	5.41.28	New Record Time
2014	Ben Lewis	7.13.84	
2015	Owyn Griffiths	6.46.60	
2016	Toby Sturley	5.46.69	
2017	Jayden Keane	6.16.93	
2018	Benjamin Hillary	6.29.66	
2019	Jack Morgan	6.52.00	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Not Awarded		
2023	Not Awarded		

<u>Boys 13 yrs Trophy</u>		<u>Winning time</u>	
1996	David Thompson	5.37.80	Record Time
2010	Daniel Thomas	5.17.52	New Record Time
2012	Nyle Lewis	5.29.60	
2013	Colm Tobin	5.57.60	
2014	Curtis Palmer	5.20.27	
2015	Ben Omnet	6.03.60	
2016	Owyn Griffiths	6.21.33	
2017	Toby Sturley	5.39.02	
2018	Jayden Keane	5.57.79	
2019	Benjamin Hillary	6.00.00	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Ben Morgan	6.58.10	
2023	Not Awarded		

**Pembroke & District ASC long distance championships** *page 4 continued*

<u>Boys 14 yrs Trophy</u>	<u>Winning time</u>	
1997 David Thompson	5.29.07	Record Time
2010 Michael Hire	5.06.09	New Record Time
2011 Daniel Thomas	5.03.00	New Record Time
2012 Daniel Picton	5.44.13	
2013 Nyle Lewis	5.12.14	
2014 Colm Tobin	5.32.84	
2015 Curtis Palmer	5.17.98	
2016 Ben Omnet	5.46.04	
2017 Owyn Griffiths	6.06.31	
2018 Toby Sturley	5.28.00	
2019 Not awarded		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Ben Morgan	6.16.12	

<u>Boys 15yrs Trophy</u>	<u>Winning time</u>	
1998 David Thompson	5.22.88	Record Time
2010 Ross Sutton	4.59.89	New Record Time
2012 Daniel Thomas	5.00.41	
2013 Daniel Picton	5.43.37	
2014 David Radmore	6.24.22	
2015 Rowan Kettle	5.52.16	
2016 Not awarded		
2017 Not awarded		
2018 Daniel Twynham	7.26.87	
2019 Not awarded		
2001 Competition not held due to Covid19 Pandemic restriction		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Jack Morgan	6.05.19	
2023 Not Awarded		

**Pembroke & District ASC long distance championships** *page 4 continued*

<u>Boys 11/o 400m Adams Trophy</u>	<u>Winning Time</u>	
1987 Jonathon Adams	6.04.09	New Record Time
1992 Gary Dennison	5.48.86	New Record Time
1993 Gary Dennison	5.45.09	New Record Time
1994 Gary Dennison	5.59.73	
1995 David Thompson	5.45.19	
1996 David Thompson	5.37.89	New Record Time
1997 David Thompson	5.29.07	New Record Time
1998 David Thompson	5.22.88	New Record Time
1999 David Thompson	5.25.31	
1999 David Thompson	5.29.50	
2000 Oliver Bowen	6.20.16	
2001 ?		
2002 David Thompson	5.25.34	
2003 ?		
2004 David Thompson	5.11.15	New Record Time
2005 David Thompson	5.09.21	New Record Time
2006 Patrick Bunker	7.16.26	
2007 David Thompson	5.11.15	New Record Time
2008 Michael Hire	5.26.27	
2009 Ross Sutton	4.59.89	New Record Time
2010 Ross Sutton	4.51.93	New Record Time
2012 Daniel Thomas	5.00.41	
2013 Nyle Lewis	5.12.14	
2014 Johnathon Orchard	4.58.28	
2015 Daniel Thomas	4.59.57	
2016 Rowan Kettle	5.39.32	
2017 Toby Sturley	5.39.02	
2018 Rhys Davies	4.56.41	
2019 Lewys Kettle	5.48.27	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Arron Fitzsimmons	5.47.31	
2023 Jack Morgan	6.06.44	

## Pembroke & District ASC long distance championships page5

200m Freestyle (up to 2011 only 10/u received a trophy as from 2012 the format changed to 8/u-9 yrs-10 yrs)

<u>Girls 8/u 200m Trophy</u>	<u>Winning Time</u>	
2008 Abby Williams	4.12.07	Record Time
2011 Alice Sloan	3.40.22	New Record Time
2012 Carys Llewellyn	4.43.06	
2013 Caera Lewis	4.22.32	
2014 Caera Lewis	3.34.86	New Record Time
2015 Rebecca Evans	4.05.97	
2016 Abigail Hillary	4.18.77	
2017 Freya Thompson	5.19.05	
2018 Cerys Griffiths	4.01.63	
2019 Indya Lysight-Jones	4.23.83	
2020	Competition not held due to Covid19 Pandemic restrictions	
2021	Competition not held due to Covid19 Pandemic restrictions	
2022 Iolah Morgan	4.16.16	
2023	Not Awarded	

<u>Girls 9 years 200m Trophy</u>	<u>Winning Time</u>	
2009 Abby Williams	3.16.45	Record Time
2012 Alice Sloan	3.00.73	New Record Time
2013 Lucy Rogers	3.42.08	
2014 Nell Evans	3.44.05	
2015 Caera Lewis	3.10.81	
2016 Marilla Evans	3.17.25	
2017 Aria Evans	4.10.30	
2018 Amelie Hounsell	3.55.08	
2019 Keira Bruce	3.34.69	
2020	Competition not held due to Covid19 Pandemic restrictions	
2021	Competition not held due to Covid19 Pandemic restrictions	
2022	Not Awarded	
2023 Iolah Morgan	3.39.80	

<u>Girls 10/u 200m Goforth Trophy</u>	<u>Winning Time</u>	
1991 Julie Goforth	3.15.62	Record Time
1992 ?		
1993 Lucy Hatton	3.42.76	
1994 Emma Caughey	3.15.95	
1995 Cheryl Hughes	4.05.98	
1996 Elin Cox	3.29.54	
1997 Alys Phillips	3.23.92	
1998 Finola Scale	3.32.52	
1999 Finola Scale	3.14.63	New Record Time
2000 Coral Lewis	3.56.58	
2001 Nicola O'Toole	3.34.79	
2002 Beaux Griffiths		
2003 ?		
2004	Not awarded	
2005 Emily Baker	3.54.45	
2006 Lucy James	3.25.50	
2007 Emily Baker	3.23.84	
2008 Katherine Peatey	3.31.30	
2009 Abbie Williams	3.16.45	
2010 Abbie Williams	2.59.54	New Record Time

**Pembroke & District ASC long distance championships** *page 5 continued*

Girls 10/u 200m Goforth Trophy		Winning Time
2011	<b>Sara Bevan</b>	<b>2.56.48</b> <b>New Record Time</b>

**Pembroke & District ASC long distance championships** *page 5 continued*

Girls 10 yrs 200m Goforth Trophy		Winning Time
2012	Rosie Llewellyn	3.00.54
<b>2013</b>	<b>Alice Sloan</b>	<b>2.45.86</b> <b>New Record Time</b>
2014	Lucy Rogers	3.17.25
2015	Fern Cumine	3.27.61
2016	Caera Lewis	2.58.03
2016	Marilla Evans	3.05.76
2018	Abigail Hillary	3.20.61
2019	Amelie Hounsell	3.16.94
2020	Competition not held due to Covid19 Pandemic restrictions	
2021	Competition not held due to Covid19 Pandemic restrictions	
2022	Pheobe Dyde	4.12.41
2023	Tilly Prevel	3.50.90

**Pembroke & District ASC long distance championships** Page 6

200m Freestyle (up to 2011 only 10/u received a trophy as from 2012 the format changed to 8/u-9 yrs-10 yrs)

<u>Boys 8/u 200m Trophy</u>		<u>Winning Time</u>	
1991	David Thompson	2.59.57	Record Time
2012	Charlie Shiels	3.50.28	
2013	Morgan Williams	4.48.03	
2014	Benjamin Hillary	3.53.18	
2015	Nye Lee	3.53.44	
2016	Not Awarded		
2017	Callum Keane	4.28.23	
2018	Cory Shelmerdine	4.46.39	
2019	Not Awarded		
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Wolfgang Evans	4.16.21	
2023	Not Awarded		

<u>Boys 9 years 200m Trophy</u>		<u>Winning Time</u>	
1992	David Thompson	2.48.16	New Record Time
2012	Lewys Kettle	3.49.63	
2013	Jake Edwards	3.32.40	
2014	Matty Fox	3.41.63	
2015	Freddie Wilson	3.18.07*	dead heat
2016	Aneurin Lee	3.35.72	
2017	Fred Morris	4.29.33	
2018	Callum Keane	3.37.12	
2019	Iori Evans	4.08.87	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Oliver Cross	4.34.97	
2023	Wolfgang Evans	3.29.62	

**Pembroke & District ASC long distance championships** *Page 6 continued*

<u>Boys 10/u 200m Hillier Trophy</u>	<u>Winning Time</u>	
1991 David Thompson	2.59.57	Record Time
1992 David Thompson	2.48.16	New Record Time
1993 David Thompson	2.41.40	New Record Time
1994 Dominic Day	3.25.66	
1995 Richard Hughes	3.24.55	
1996 Richard Hughes	3.19.41	
1997 Matthew Willis	3.36.61	
1998 Matthew Veale	3.22.68	
1999 Matthew Veale	3.14.39	
2000 Timothy Bowen	3.11.31	
2001 Gary Pratt	3.17.59	
2002 Johnnie Delahunty		
2003 ?		
2004 Jago Neath	3.16.72	
2005 Patrick Bunker	3.13.50	
2006 Jonathan Orchard	3.24.62	
2007 Jonathan Orchard	3.09.53	
2008 Oliver Crawford	2.54.81	
2009 Ethan Parsons	3.36.98	
2010 Curtis Palmer	3.11.19	
2011 Curtis Palmer	2.53.45	
<u>Boys 10 yrs 200m Hillier Trophy</u>	<u>Winning Time</u>	
2012 Ben Omnet	2.54.30	
2013 Lewys Kettle	3.49.04	
2014 Charlie Shiels	2.56.76	
2015 Morgan Williams	3.18.07*	<i>dead heat</i>
2016 Benjamin Hilary	3.14.70	
2017 Aneurin Lee	3.31.39	
2018 Ewan Sture	3.56.56	
2019 Ben Morgan	3.16.74	
2020	Competition not held due to Covid19 Pandemic restrictions	
2021	Competition not held due to Covid19 Pandemic restrictions	
2022	Not Awarded	
2023	Not Awarded	

## Pembroke & District ASC long distance championships page 7

400m Freestyle (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs-15yrs & 11/o)

<u>Girls 11 yrs Trophy</u>	<u>Winning time</u>	
2009 Katherine Peaty	6.04.35	Record Time
2011 Abbie Williams	5.55.29	New Record Time
2012 Chloe Edwards	8.16.41	
2013 Abigale Williams	6.04.10	
2014 Alice Sloan	5.21.28	New Record Time
2015 Lucy Rogers	6.13.46	
2016 Nell Evans	6.47.50	
2017 Caera Lewis	5.46.28	
2018 Saskia Webb	7.02.94	
2019 Abigail Hillary	6.15.66	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Seren Walker	8.35.31	
2023 Pheobe Dyde	6.36.94	

<u>Girls 12 yrs Trophy</u>	<u>Winning time</u>	
2010 Isabella Davies	4.59.80	Record Time
2012 Abbie Williams	5.28.18	
2013 Megan Rogers	5.13.53	
2014 Abigale Williams	5.14.26	
2015 Bethan Jones	5.13.53	
2016 Lucy Rogers	6.09.13	
2017 Megan Cole	6.42.15	
2018 Caera Lewis	5.36.88	
2019 Saskia Webb	6.02.73	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Cerys Griffiths	5.42.25	
2023 Rebekah John	8.28.59	

<u>Girls 13 yrs Trophy</u>	<u>Winning time</u>	
2010 Carys Thomas	4.41.13	New Record Time
2012 Ellie Parks	5.36.78	
2013 Hazel Fox	4.57.06	
2014 No winner		
2015 Ellie Williams	5.30.71	
2016 Bethan Jones	4.54.84	
2017 Lucy Rogers	5.43.45	
2018 Megan Cole	6.26.30	
2019 Leah Carroll	5.44.75	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Skye Bruce	5.55.18	
2023 Keira Bruce	5.21.87	



**Pembroke & District ASC long distance championships** *Page 7 continued*

<u>Girls 14 yrs Trophy</u>	<u>Winning time</u>	
2008 Elizabeth Collings	5.20.76	Record Time
2012 Isabella Davies	4.49.72	New Record Time
2013 Ellie Parks	5.21.28	
2014 Abbie Williams	5.04.88	
2015 No winner		
2016 Abigayle Williams	4.49.82	
2017 Bethan Jones	4.48.52	New Record Time
2018 Georgia Lee	6.00.41	
2019 No winner		
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Alexa Aspey	8.22.67	
2023 Not Awarded		

<u>Girls 15 yrs Trophy</u>	<u>Winning time</u>	
2012 Kate Sloan	6.33.93	
2013 Isabelle Davies	4.53.35	New Record Time
2014 Lucy Omnet	5.31.43	
2015 Abbie Williams	4.57.21	
2016 Not awarded		
2017 Not awarded		
2018 Bethan Jones	4.50.34	New Record Time
2019 Hannah Greenwood	5.20.88	
2020 Competition not held due to Covid19 Pandemic restrictions		
2021 Competition not held due to Covid19 Pandemic restrictions		
2022 Not Awarded		
2023 Not Awarded		

Girls 11/o 400m Hatton Trophy Winning Time

1991	<b>Anna Morgan</b>	<b>5.56.80</b>	<b>Record Time</b>
1992	?		
1993	Julie Goforth	6.02.40	
1994	Carli Wheeler	6.23.24	
1995	Emma Caughey	6.55.69	
1996	Emma Caughey	6.19.64	
1997	<b>Jessica Brazier</b>	<b>5.40.07</b>	<b>New Record Time</b>
1998	Emma Caughey	5.40.70	
1999	Emma Caughey	5.40.24	
2000	<b>Emma Caughey</b>	<b>5.32.48</b>	<b>New Record Time</b>
2001	Emma Caughey	5.33.98	
2002	Emma Caughey		
2003	?		
2004	Emma Caughey	5.43.45	
2005	Not awarded		
2006	Not awarded		
2007	Elizabeth Collings	5.32.93	
2008	<b>Elizabeth Collings</b>	<b>5.20.79</b>	<b>New Record Time</b>
2009	Carys Thomas	5.25.39	
2010	<b>Carys Thomas</b>	<b>4.41.13</b>	<b>New Record Time</b>
2011	Isabelle Davies	4.50.92	
2012	Isabella Davies	4.49.72	
2013	<b>Carys Thomas</b>	<b>4.28.35</b>	<b>New Record Time</b>
2014	Carys Thomas	4.34.35	
2015	Abbie Williams	5.14.03	
2016	Lucy Omnet	5.20.88	
2017	Bethan Jones	4.48.52	
2018	Bethan Jones	4.50.34	
2019	Hannah Greenwood	5.20.88	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Cerys Griffiths	5.42.25	
2023	Keira Bruce	5.21.87	

**Pembroke & District ASC long distance championships** page 8

400m Freestyle (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs-15yrs & 11/o)

<u>Boys 11 yrs Trophy</u>		<u>Winning time</u>	
1994	David Thompson	5.26.78	Record Time
2010	Sion Bevan	5.11.77	New Record Time
2012	Curtis Palmer	5.35.66	
2013	Ben Omnet	6.18.75	
2014	Owyn Griffiths	6.47.16	
2015	Toby Sturley	5.33.63	
2016	Morgan Williams	6.53.48	
2017	Ioan Mutter	7.04.86	
2018	Jack Morgan	6.44.80	
2019	Mason Montague	6.43.27	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Not Awarded		
2023	Sam Evans	9.08.44	

<u>Boys 12 yrs Trophy</u>		<u>Winning time</u>	
1995	David Thompson	5.14.91	Record Time
2012	Colm Tobin	5.28.18	
2013	Curtis Palmer	5.06.16	New Record Time
2014	Ben Lewis	6.25.93	
2015	Owyn Griffiths	5.37.90	
2016	Toby Sturley	5.17.13	
2017	Jayden Keane	5.22.52	
2018	Benjamin Hillary	5.56.13	
2019	Jack Morgan	6.02.66	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Milan Tihiv	6.12.98	
2023	Ben Weston	7.57.70	

<u>Boys 13 yrs Trophy</u>		<u>Winning time</u>	
1996	David Thompson	5.04.75	Record Time
2010	Daniel Thomas	4.41.26	New Record Time
2012	Nyle Lewis	4.59.92	
2013	Colm Tobin	5.09.03	
2014	Curtis Palmer	4.47.30	
2015	Ben Omnet	5.28.15	
2016	Owyn Griffiths	5.32.59	
2017	Toby Sturley	5.04.34	
2018	Jayden Keane	5.15.18	
2019	Benjamin Hillary	5.31.23	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Ben Morgan	5.57.62	
2023	Phillip Twynam	7.01.37	

**Pembroke & District ASC long distance championships page 8 continued**

<u>Boys 14 yrs Trophy</u>		<u>Winning time</u>	
1997	David Thompson	4.46.16	Record Time
2010	Michael Hire	4.29.93	New Record Time
2011	Daniel Thomas	4.29.45	New Record Time
2012	Daniel Picton	5.16.55	
2013	Nyle Lewis	4.48.40	
2014	Colm Tobin	4.42.16	
2015	Curtis Palmer	4.44.79	
2016	Ben Omnet	5.08.72	
2017	Owyn Griffiths	5.17.58	
2018	Toby Sturley	4.55.20	
2019	Not Awarded		
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Not Awarded		
2023	Ben Morgan	5.28.32	

<u>Boys 15 yrs Trophy</u>		<u>Winning time</u>	
1998	David Thompson	4.33.13	Record Time
2012	Daniel Thomas	4.29.27	New Record Time
2013	Not Awarded		
2014	David Radmore	5.48.86	
2015	Rowan Kettle	4.56.65	
2016	Not Awarded		
2017	Not Awarded		
2018	Daniel Twynham	6.36.34	
2019	Arron Fitzsimmons	5.06.88	
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Competition not held due to Covid19 Pandemic restrictions		
2022	Jack Morgan	5.43.86	
2023	Not Awarded		

**Pembroke & District ASC long distance championships** *page 8 continued*

<u>Boys 11/o 400m Spencer Trophy</u>	<u>Winning Time</u>	
1991	?	
1992	<b>Gary Dennison</b>	<b>5.17.39</b> <b>New Record Time</b>
1993	<b>Gary Dennison</b>	<b>5.00.19</b> <b>New Record Time</b>
1994	Gary Dennison	5.15.28
1995	David Thompson	5.14.91
1996	David Thompson	5.04.75
1997	<b>David Thompson</b>	<b>4.56.16</b> <b>New Record Time</b>
1998	<b>David Thompson</b>	<b>4.49.89</b> <b>New Record Time</b>
1999	<b>David Thompson</b>	<b>4.33.13</b> <b>New Record Time</b>
2000	David Thompson	5.16.43
2001	Oliver Bowen	5.20.32
2002	David Thompson	4.59.53
2003	?	
2004	Francis Bunker	7.06.91
2005	Jago Neath	6.37.06
2006	David Dutton	6.00.99
2007	David Thompson	4.45.53
2008	Patrick Bunker	5.09.84
2009	Michael Hire	4.45.87
2010	<b>Michael Hire</b>	<b>4.29.93</b> <b>New Record Time</b>
2011	<b>Ross Sutton</b>	<b>4.24.18</b> <b>New Record Time</b>
2012	Daniel Thomas	4.29.27
2013	Ryan Beckerleg	4.36.13
2014	<b>Johnathon Orchard</b>	<b>4.14.81</b> <b>New Record Time</b>
2015	<b>Johnathon Orchard</b>	<b>4.13.59</b> <b>New Record Time</b>
2016	Colm Tobin	4.33.01
2017	Toby Sturley	5.04.34
2018	Rhys Davies	4.31.16
2019	Arron Fitzsimmons	5.06.88
2020	Competition not held due to Covid19 Pandemic restrictions	
2021	Competition not held due to Covid19 Pandemic restrictions	
2022	Arron Fitzsimmons	5.13.00
2023	Jack Morgan	5.51.43