

Pembroke & District Swimming Club Annual club Championships Champions List

**7years & u 25m Freestyle**

Girls Jean Roberts Trophy

Boys Sport & Leisure Trophy

Pre 1989 record not available

Record Time Pre'88

?

Pre'90

21.50

1988 Julie Goforth 20.37 NR

1990 David Thompson 19.03 NR *set in heats 18.92*

1991 Steven Jones 20.34

1992 Victoria Wainright 25.17 Richard Hughes 20.80

1993 Alison Hughes 27.90 Luc Barford 29.09

1994 Alys Phillips 21.13 ?

1995 ?

1996 Finola Scale 23.80 Matthew Veale 23.23

1997 Hannah Davey 28.18 Timothy Bowen 21.24

1998

1999 Catrin Cox 22.78 Joshua Wright 25.08

2000 Llawella Scale 21.30 Johnnie Delahunty 22.81

2001 Cethin Ravenhill 26.15 Jago Neath 21.05

2002 Bethan Davies 29.03 Samuel Lewis 21.07

2003

2004 Emily Baker ? Lewys Gibby ?

2005 Bethan Machin 25.06 Oliver Crawford 22.40

2006 Suna Goodman 39.30 Elliot Mainwaring 21.80

2007 Abbie Williams 22.93 Daniel Heddon 25.81

2008 Victoria Crawford 21.40 Curtis Palmer 21.38

2009 Rosie Llewellyn 21.69 Ben Omnet 23.67

2010 Lauren Omnet 22.15 Lewys Kettle 25.68

2011 Lucy Rogers 25.78 Charlie Shiels 26.15

2012 Caera Lewis 22.74 Morgan Williams 25.66

2013 Ffion Llwellyn 30.20 Benjamin Hillary 22.65

2014 Marilla Evans 21.53 Iolo Williams 35.56

2015 Abigail Hillary 24.62 Tyler Harts 29.45

2016 Cerys Griffiths 28.38 No Champion

2017 Cerys Griffiths 22.56 No Champion

2018 No Champion No Champion

2019 Indya Lighthight-Jones 20.81 No Champion

2020 Competition not held due to Covid19 Pandemic restrictions

2021 Iolah Morgan 20.19<sub>comp held out of age</sub> Wolfgang Evans 22.47

2022 No Champion Logan Hearne 30.81

2023 Bethan Dyde 28.44 Jim Morgan 36.34

Pembroke & District Swimming Club Annual club Championships Champions List

**8 & 9 years 25m Freestyle**

Girls Cambell Fisherwood Shield

Boys Barnlake Cup

Pre 1989 record not available

Record Time Pre'90	18.01		17.95
1990	<b>Sian Pope</b>	<b>17.69 NR</b>	
1991			<b>David Thompson</b> 16.75 NR
1992	Amy Phillips	18.22	<b>David Thompson</b> 16.24 NR
1993	Emma Caughey	18.05	Dominic Day 17.26
1994	Victoria Wainwright	20.07	Dominic Day 16.69
1995	?		?
1996	Alys Phillips	17.72	Matthew Willis 17.85
1997	Finola Scale	19.50	Owen Davies 17.87
1998			
1999	Samantha Pendleton	21.61	Timothy Bowen 16.96
2000	Coral Lewis	18.77	Gary Pratt 16.28
2001	Beaux Griffiths	18.31	Johnnie Delahunty 18.39
2002	Rebecca Randall	18.31	Johnnie Delahunty 17.59
2003			
2004	Bethan Davies	23.37	Samuel Lewis ?
2005	Lucy James	19.24	Lewis Gibby 19.62
2006	Emily Baker	17.77	Johnathan Orchard 18.31
2007	Katherine Peatey	18.53	Oliver Crawford 17.50
2008	Abbie Williams	19.62	Ethan Parsons 19.12
2009	<b>Abbie Williams</b>	<b>17.10 NR</b>	Curtis Palmer 17.67
2010	Sara Bevan	17.19	Curtis Palmer 17.15
2011	Rosie Llewellyn	18.21	Thomas Randall 17.19
2012	Alice Sloan	17.43	Charlie Shiels 19.36
2013	Lucy Rogers	20.28	Charlie Shiels 17.47
2014	Caera Lewis	18.19	Matty Fox 18.40
2015	<b>Caera Lewis</b>	<b>16.91 NR</b>	Benjamin Hillary 18.25
2016	Marilla Evans	17.63	Iolo Williams 24.26
2017	Abigail Hillary	18.72	Dylan Lee 21.06
2018	Amelie Hounsell	19.88	Callum Keane 18.46
2019	Cerys Griffiths	18.23	Iori Evans 18.83
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Pheobe Dyde	26.42	Joshua Apsey 30.58
2022	Iolah Morgan	21.83	Wolfgang Evans 20.73
2023	Iolah Morgan	18.90	Wolfgang Evans 17.35

Pembroke & District Swimming Club Annual club Championships Champions List

**10 & 11 years 50m Freestyle**

Girls Walter Jones Cup

Boys Texaco Cup

Pre 1989 record not available

Record Time	Pre'92	34.38	35.07	1989 heats
1992	<b>Julie Goforth</b>	<b>33.94 NR</b>	Richard Price	37.63
1993	Gemma Wickland	38.79	<b>David Thompson</b>	<b>34.02 NR</b> <i>set in heats 33.74</i>
1994	Amy Phillips	36.54	<b>David Thompson</b>	<b>32.70 NR</b> <i>set in heats 32.18</i>
1995	?		?	
1996	Olivia Court	38.81	Dominic Day	34.63
1997	Elin Cox	36.46	Richard Hughes	34.72
1998				
1999	Sian Brayford	37.04	Jamie Wright	37.13
2000	Finola Scale	36.48	Matthew Veale	34.55
2001	Rachel Jones	40.63	Timothy Bowen	34.18
2002	Coral Lewis	35.57	Gary Pratt	33.21
2003	<b>Abby John</b>	<b>33.74 NR</b>		
2004			Jago Neath	?
2005	Elizabeth Collings	36.81	Jago Neath	35.12
2006	Lucy James	37.47	George James	33.64
2007	Lucy James	35.18	Johnathan Orchard	36.82
2008	Cassie Gratton	34.40	Johnathan Orchard	32.75
2009	<b>Katherine Peaty</b>	<b>33.07 NR</b>	Oliver Crawford	32.77
2010	Abbie Williams	34.99	<b>Sion Bevan</b>	<b>30.74 NR</b>
2011	Abbie Williams	33.86	Curtis Palmer	34.54
2012	Megan Rogers	34.04	<b>Curtis Palmer</b>	<b>30.45 NR</b>
2013	Alice Sloan	34.03	Ben Omnet	33.27
2014	<b>Alice Sloan</b>	<b>32.31 NR</b>	Owyn Griffiths	34.46
2015	Lucy Rogers	37.02	Charlie Shiels	32.96
2016	Caera Lewis	35.74	Benjamin Hillary	35.13
2017	Caera Lewis	34.89	Benjamin Hillary	34.60
2018	Abigail Hillary	38.21	Jack Morgan	37.53
2019	Abigail Hillary	33.69	Mason Montague	34.04
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Cerys Griffiths	35.25	Cory Shelmerdine	40.37
2022	Indya Lysight-Jones	38.36	Kieran George	49.30
2023	Phoebe Dyde	37.44	Sam Evans	39.89

Pembroke & District Swimming Club Annual club Championships Champions List

**12 & 13 years 100m Freestyle**

Girls Jane Lloyd Cup

Boys Parfitt Cup

Pre 1989 record not available

Record Time	Pre'86	?	Pre'92	1.12.50
1986	<b>Amanda Evans</b>	<b>1.11.45 NR</b>		
1992	Carli Wheeler	1.18.45	<b>Darrel Goforth</b>	<b>1.10.99 NR</b> <i>set in heats 1.10.31</i>
1993	Carli Wheeler	1.24.27	Stuart Day	1.18.48
1994	Julie Goforth	1.18.10	Huw Day	1.14.89
1995	Amy Phillips	?	<b>Martin McNally</b>	<b>1.06.84 NR</b>
1996	Emily Court	1.12.81	<b>David Thompson</b>	<b>1.06.62 NR</b>
1997	Emma Caughey	1.16.87	David Gledhill	1.15.31
1998				
1999	Elin Cox	1.17.79	Oliver Bowen	1.12.24
2000	Emily Palmer	1.15.92	Matthew Willis	1.16.46
2001	Finola Scale	1.15.18	Matthew Veale	1.11.22
2002	Cara O'Toole	1.26.48	<b>Matthew Veale</b>	<b>1.06.61 NR</b>
2003				
2004	<b>Coral Lewis</b>	<b>1.08.55 NR</b>	<b>Gary Pratt</b>	<b>1.05.53 NR</b>
2005	<b>Abby John</b>	<b>1.08.71 NR</b> (Set in	Michael Davis	1.17.62
2006	Elizabeth Collings	1.14.53 <i>heats1.08.32)</i>	Michael Davis	1.14.28
2007	Elizabeth Collings	1.12.78	Patrick Bunker	1.10.54
2008	Lucy Dilworth	1.50.40	Ross Sutton	1.09.33
2009	<b>Carys Thomas</b>	<b>1.08.29 NR</b>	Daniel Thomas	1.07.10
2010	<b>Carys Thomas</b>	<b>1.03.00 NR</b>	<b>Daniel Thomas</b>	<b>1.01.90 NR</b>
2011	Katherine Peaty	1.13.03	Sion Bevan	1.06.19
2012	Ellie Parks	1.10.80	Nyle Lewis	1.01.94
2013	Hazel Fox	1.07.56	Curtis Palmer	1.03.75
2014	Abigayle Williams	1.07.34	<b>Curtis Palmer</b>	<b>1.00.53 NR</b>
2015	Abigayle Williams	1.06.37	Ben Omnet	1.07.25
2016	Bethan Jones	1.07.47	Toby Sturley	1.08.52
2017	Hannah Greenwood	1.14.82	Toby Sturley	1.02.43
2018	Holly-Jane Callen	1.14.71	Jayden Keane	1.06.59
2019	Abigail Thomas	1.12.09	Benjamin Hillary	1.04.37
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Abigail Hillary	1.11.35	Ben Morgan	1.19.53
2022	Julia Ostrowsky	1.11.79	Ben Morgan	1.17.09
2023	Keira Bruce	1.14.97	Cory Shelmerdine	1.21.22

Pembroke & District Swimming Club Annual club Championships Champions List

**14 & 15 years 100m Freestyle**

Girls Spurr Shield

Pre 1989 record not available

Record Time Pre'88 ?

1988 **Anna Morgan** **1.10.32 NR**

1989

1990

1991

1992 Clare Lewis 1.19.64

1993 Sian Davies 1.17.60

1994 Carli Wheeler 1.14.84

1995 Julie Goforth ?

1996 No Champion

1997 Jessica Brazier 1.12.55

1998

1999 Emma Caughey 1.12.62

2000 Elin Cox 1.13.76

2001 Elin Cox 1.15.27

2002 Emily Palmer 1.23.47

2003

2004

2005 Rachael Jones 1.24.43

2006 Rachael Jones 1.22.19

2007 Rebecca Randall 1.16.75

2008 No Champion

2009 No Champion

2010 **Megan Withers** **1.07.24 NR**

2011 **Carys Thomas** **1.02.40 NR**

2012 Carys Thomas 1.02.84

2013 Isabelle M Davies 1.06.65

2014 Ellie Parks 1.12.28

2015 Ellie Rogers 1.13.13

2016 Abigayle Williams 1.05.31

2017 Bethan Jones 1.05.76

2018 Bethan Jones 1.09.50

2019 Georgia Lee 1.10.52

2020 Competition not held due to Covid19 Pandemic restrictions

2021 Marilla Evans 1.13.68

2022 Grace Donnachie 1.31.69

2023 Julia Ostrowski 1.10.16

Boys Woolworth Shield

Pre'90 1.07.70

**Neil Spencer** **1.05.99 NR**

**Gary Dennison** **1.02.71 NR**

**Gary Dennison** **1.00.82 NR**

Stuart Day 1.19.44

Christopher Payne ?

Martin McNally 1.06.59

David Thompson 1.02.84

David Thompson 1.01.96

Jason Brazier 1.10.53

Oliver Bowen 1.07.73

Oliver Bowen 1.03.26

Matthew Willis 1.18.03

Matthew Veale ?

Timothy Bowen 1.04.32

Gary Dutton 1.15.56

Gary Dutton 1.12.36

No Champion

Ross Sutton 1.03.54

No Champion

**Michael Hire** **59.36 NR**

**Jonathan Orchard** **57.65 NR**

Daniel Picton 1.06.06

Nyle Lewis 1.00.15

Curtis Palmer 1.00.70

Ben Omnet 1.02.32

Lewys Kettle 1.12.95

Toby Sturley 58.88

Charlie Shiels 1.00.43

Benjamin Hillary 58.72

Jack Morgan 1.06.62

Ben Morgan 1.11.25

Pembroke & District Swimming Club Annual club Championships Champions List

**Open age 100m Freestyle (16+ from 2005)**

Girls Haven Insulation Salver

Pre 1989 record not available

Record Time Pre'90 1.13.36

1990 **Anna Morgan** 1.12.28 NR

1991 Anna Morgan

1992 Julie Goforth 1.15.41

1993 Claire Lewis 1.20.47

1994 Hannah Forsyth 1.16.33

1995 ?

1996 Jessica Brazier 1.16.93

1997 Jessica Brazier 1.16.81

1998

1999 **Emily Harries** 1.11.29 NR

2000 **Emma Caughey** 1.08.35 NR

2001 Emma Caughey 1.09.73

2002 Emma Caughey 1.12.72

2003

2004 Emma Caughey ?

2005 No Champion

2006 Penny Simon 1.13.60

2007 No Champion

2008 No Champion

2009 Rachel Jones 1.15.41

2010 No Champion

2011 No Champion

2012 Chelsey Woodward 1.13.78

2013 **Carys Thomas** 1.02.32 NR

2014 Leigh White 1.15.27

2015 Ellie Parks 1.11.53

2016 Ellie Parks 1.14.35

2017 No Champion

2018 No Champion

2019 No Champion

2020 Competition not held due to Covid19 Pandemic restrictions

2021 No Champion

2022 Georgia Lee 1.12.07

2023 Sophie Moseley 1.35.06

Boys Bill Griffiths Cup

Pre'92 1.04.38

Phillip Price 1.04.43

Richard Bowen 1.05.31

**Alex Robinson** 1.02.73 NR

David Thompson 1.11.32

David Thompson 1.09.87

David Casey 1.05.22

David Thompson 1.00.50 NR

David Thompson 59.34 NR

Nathan Willis 1.08.17

Oliver Bowen 1.02.36

Matthew Willis ?

**Matthew Veale** 58.56 NR

**David Thompson** 58.28 NR

David Thompson 58.96

David Thompson 1.03.18

David Thompson 59.77

Gary Dutton 1.08.88

Ross Sutton 57.97 NR

No Champion

**Jonathan Orchard** 55.63 NR

**Jonathan Orchard** 54.83 NR

Jonathan Orchard 56.26

Rowan Kettle 1.02.00

Daniel Thomas 58.15

Rowan Kettle 57.32

Arno Turner 57.44

Arron Fitzsimmons 1.00.95

Benjamin Hillary 58.56

No Champion

Pembroke & District Swimming Club Annual club Championships Champions List

**Open age 200m Freestyle**

	<u>Girls</u>		<u>Boys</u>	
2005	Abby John	2.31.28 NR	Matthew Veale	2.09.63 NR
2006	Elizabeth Collings	2.50.29	David Thompson	2.09.90
2007	Elizabeth Collings	2.37.84	David Thompson	2.09.50 NR
2008	Elizabeth Collings	2.37.27	Ross Sutton	2.25.27
2009	Carys Thomas	2.24.45 NR	Michael Hire	2.14.45
2010	Megan Withers	2.26.61	Michael Hire	2.09.90
2011	Carys Thomas	2.09.10 NR	Ross Sutton	2.03.75 NR
2012	Ellie Parks	2.29.59	Ryan Beckerleg	2.11.90
2013	Carys Thomas	2.11.18	Jonathan Orchard	2.05.00
2014	Abbie Williams	2.22.15	Jonathan Orchard	2.02.31 NR
2015	Abbie Williams	2.18.59	Jonathan Orchard	2.04.44
2016	Abigayle Williams	2.17.32	Ben Omnet	2.14.65
2017	Charlotte Whalley	2.15.22	Rowan Kettle	2.15.06
2018	Bethan Jones	2.26.87	Toby Sturley	2.07.47
2019	Georgia Lee	2.31.99	Arno Turner	2.12.13
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Georgia Lee	2.35.88	Benjamin Hillary	2.13.69
2022	Skye Bruce	2.43.07	Jack Morgan	2.29.64
2023	Keira Bruce	2.44.90	Ben Morgan	2.24.35