

Pembroke & District Swimming Club Annual club Championships Champions List

7years & u 25 Butterfly

<u>Girls Stephanie Jones Cup</u>			<u>Boys Brayford Cup</u>	
Pre 1989 record not available				
Record Time	Pre'88	?	Pre '89	27.25
1988	Julie Goforth	24.57 NR		
1989	No Champion		Richard Price	
1990			David Thompson	24.13 NR
1991				
1992	Cheryl Hughes	30.99	Dominic Day	27.52
1993	Alison Hughes	31.82	Richard Hughes	22.25 NR
1994	Gemma Casey	28.91	Luc Barford	37.67
1995	?		No Champion	
1996	Finola Scale	30.41	Danny Court	30.69
1997	No Champion		Timothy Bowen	30.39
1998				
1999	Catrin Cox	25.20	Joshua Wright	33.86
2000	Llawella Scale	25.40	Johnnie Delahunty	28.86
2001	Hannah Jones	48.34	No Champion	
2002	No Champion		Patrick Bunker	34.53
2003				
2004	Carys Thomas	35.16	Lewys Gibby	32.68
2005	No Champion		Oliver Crawford	30.65
2006	Abbie Williams	?	Elliot Mainwaring	?
2007	Abbie Williams	29.93	No Champion	
2008	Victoria Crawford	38.67	Curtis Palmer	27.29
2009	Ellie Williams	33.01	Luke Lewis	44.45
2010	Bethan Palmer	28.78	Lewys Kettle	37.50
2011	Lucy Rogers	34.41	Charlie Shiels	35.03
2012	Caera Lewis	30.12	No Champion	
2013	No Champion		No Champion	
2014	Marilla Evans	25.78	No Champion	
2015	No Champion		No Champion	
2016	No Champion		No Champion	
2017	Cerys Griffiths	30.28	No Champion	
2018	No Champion		No Champion	
2019	Indy Lyseight-Jones	24.91	No Champion	
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Iolah Morgan	31.13	Wolfgang Evans	24.93
2022	No Champion		No Champion	
2023	Bethan Dyde	30.06	Jim Morgan	40.19

Pembroke & District Swimming Club Annual club Championships Champions List

8 & 9 years 25m Butterfly

<u>Girls John Rees Cup</u>			<u>Boys Generation Cup</u>	
Pre 1990 record not available				
Record Time	Pre'90	20.90		19.41
1990	Julie Goforth	20.91 NR	<i>set in heats 20.67</i>	Richard Price 22.82
1991				David Thompson 19.08 NR
1992	Amy Phillips	21.24		David Thompson 17.67 NR
1993	Emma Caughey	20.27 NR		Dominic Day 23.62
1994	Cheryl Hughes	23.96		Dominic Day 19.16
1995	?			?
1996	Gemma Casey	20.18 NR		Matthew Willis 23.66
1997	Carys Jones	24.41		Russell Bowen 25.88
1998				
1999	Samantha Pendleton	25.93		Timothy Bowen 20.56
2000	Catrin Cox	21.76		Gary Pratt 17.89
2001	Catrin Cox	20.53		Johnnie Delahunty 24.81
2002	Chloe Lloyd	20.55		Johnnie Delahunty 21.12
2003				
2004	Bethan Davies	23.51		Perry Mainwaring 18.63
2005	Lucy James	19.51 NR		Lewis Gibby 25.35
2006	Emily Baker	20.35		Oliver Crawford 19.56
2007	Leigh White	23.37		Oliver Crawford 20.21
2008	Abbie Williams	25.71		Ethan Parsons 24.94
2009	Abbie Williams	20.13		Curtis Palmer 22.16
2010	Megan Rogers	19.28 NR		Matthew Peaty 23.81
2011	Rosie Llewellyn	21.50		Thomas Randall 20.93
2012	Alice Sloan	19.21 NR		Tobyn Foster 25.09
2013	Lucy Rogers	22.84		Charlie Shiels 20.29
2014	Caera Lewis	20.68		Matty Fox 22.75
2015	Caera Lewis	18.00 NR		Freddie Wilson 22.46
2016	Marilla Evans	18.81		Aneurin Lee 21.94
2017	Hazel Lister	23.41		Callum Keane 25.60
2018	Amelie Hounsell	21.25		Callum Keane 20.31
2019	Cerys Griffiths	22.09		Iori Evans 25.34
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Pheobe Dyde	31.18		No Champion
2022	Iolah Morgan	29.78		Wolfgang Evans 23.76
2023	Iolah Morgan	23.43		Wolfgang Evans 19.71

Pembroke & District Swimming Club Annual club Championships Champions List

10 & 11 years 50m Butterfly

<u>Girls Japet Cup</u>			<u>Boys Diamond Cup</u>	
Pre 1990 record not available				
Record Time pre'82	?		Pre'90	41.63
1982	Teresa Nash	39.79 NR		
1990			Darrel Goforth	39.73 NR
1991				
1992	Julie Goforth	39.91	Christopher Payne	42.52
1993	Amy Phillips	45.41	David Thompson	36.74 NR
1994	Amy Phillips	41.94	David Thompson	36.35 NR
1995	?		?	
1996	Elin Cox	45.65	Richard Hughes	41.96
1997	Elin Cox	43.89	Richard Hughes	42.21
1998				
1999	Finola Scale	44.25	Jamie Wright	47.45
2000	Finola Scale	45.38	Timothy Bowen	42.53
2001	Coral Lewis	50.90	Timothy Bowen	40.56
2002	Coral Lewis	40.27	Gary Pratt	38.22
2003	Abby John	38.54 NR		
2004	Elizabeth Collings	41.84	Jago Neath	51.09
2005	Elizabeth Collings	40.06	Jago Neath	46.24
2006	Lucy James	40.50	Goerge James	45.65
2007	Lucy James	40.00	Johnathan Orchard	43.44
2008	Emily Baker	41.31	Johnathan Orchard	36.41
2009	Katherine Peaty	38.95	Oliver Crawford	37.51
2010	Abbie Williams	44.01	Sion Bevan	35.26 NR
2011	Megan Rogers	37.43 NR	Curtis Palmer	39.61
2012	Megan Rogers	38.13	Curtis Palmer	36.57
2013	Alice Sloan	36.84 NR	Luke Lewis	47.59
2014	Alice Sloan	34.69 NR	Charlie Shiels	40.78
2015	Lucy Rogers	42.88	Toby Sturley	36.84
2016	Caera Lewis	40.12	Ioan Mutter	49.08
2017	Caera Lewis	37.71	Ioan Mutter	46.50
2018	Saskia Webb	51.87	Jack Morgan	47.62
2019	Abigail Hillary	43.54	Mason Montague	42.33
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Cerys Griffiths	39.07	No Champion	
2022	Indya Lysight-Jones	51.59	No Champion	
2023	Pheobe Dyde	44.50	Sam Evans	55.88

Pembroke & District Swimming Club Annual club Championships Champions List

12 & 13 years 100m Butterfly

<u>Girls D.D.D. Hart Cup</u>		<u>Boys AC Auto Services Cup</u>	
Pre 1992 record not available			
Record Time pre'92	1.26.91		1.26.33
1992	Christine Chilton 1.40.23	Darrel Goforth	1.24.40 NR
1993	No champion	Christopher Payne	1.54.16
1994	Julie Goforth 1.39.50	Martin McNally	1.28.21
1995	Amy Phillips ?	David Thompson	1.17.65 NR
1996	Amy Phillips 1.23.55 NR	David Thompson	1.16.03 NR
1997	Emma Caughey 1.30.26	David Gledhill	1.39.52
1998			
1999	Elin Cox 1.30.52	Oliver Bowen	1.33.16
2000	Sian Brayford 1.40.46	Matthew Willis	1.35.19
2001	Finola Scale 1.36.24	Daniel Jones	1.46.77
2002	No Champion	Matthew Veale	1.25.01
2003			
2004	Coral Lewis 1.23.03 NR	Gary Pratt	1.15.45 NR
2005	Abby John 1.21.86 NR	Michael Davies	1.56.15
2006	Elizabeth Collings 1.26.29	Michael Davies	1.35.94
2007	Elizabeth Collings 1.25.96	Patrick Bunker	1.34.00
2008	No Champion	Ross Sutton	1.18.71
2009	Carys Thomas 1.19.98 NR	Michael Hire	1.12.26 NR
2010	Katherine Peaty 1.27.56	Daniel Thomas	1.06.95 NR
2011	Laura Webber 1.28.25	Nyle Lewis	1.19.13
2012	Ellie Parks 1.24.69	Nyle Lewis	1.11.41
2013	Megan Rogers 1.16.95 NR	Curtis Palmer	1.19.39
2014	Rosie Llewellyn 1.19.38	Curtis Palmer	1.13.26
2015	Rosie Llewellyn 1.13.75 NR	Ben Omnet	1.19.58
2016	Bethan Jones 1.09.68 NR	Toby Sturley	1.17.51
2017	Charlotte Whalley 1.14.88	Toby Sturley	1.13.29
2018	Megan Cole 1.21.41	Jayden Kean e	1.20.81
2019	Abigail Thomas 1.27.50	Benjamin Hillary	1.18.06
2020	Competition not held due to Covid19 Pandemic restrictions		
2021	Skye Bruce 1.34.00	Ben Morgan	1.44.25
2022	Julia Ostrowsky 1.31.45	Ben Morgan	1.34.88
2023	Keira Bruce 1.36.82	Ben Weston	2.03.44

Pembroke & District Swimming Club Annual club Championships Champions List

14 & 15 years 100m Butterfly

<u>Girls Belmont Cup</u>			<u>Boys Interschalt Cup</u>	
Pre 1992 record not available				
Record Time	Pre'92	1.22.84		1.17.80
1992	Clare Lewis	1.29.65	Gary Dennison	1.19.09
1993	Christine Chilton	1.45.95	Gary Dennison	1.14.91 NR
1994	Ruth Robinson	1.34.61	No Champion	
1995	Julie Goforth	?	Christopher Payne	?
1996	No Champion		Martin McNally	1.34.63
1997	Jessica Brazier	1.25.64	David Thompson	1.12.68 NR
1998			David Thompson	1.10.25 NR
1999	Emma Caughey	1.22.05 NR	Nathan Willis	1.38.13
2000	Elin Cox	1.22.26	Nathan Willis	1.25.89
2001	Elin Cox	1.29.70	Oliver Bowen	1.22.33
2002	Victoria Scourfield	1.42.56	Matthew Willis	1.27.30
2003				
2004	No Champion		Matthew Veale	1.16.37
2005	No Champion		Garry Pratt	1.13.13
2006	No Champion		David Dutton	1.33.54
2007	Alice Simon	1.35.53	Gary Dutton	1.36.96
2008	Elizabeth Collings	1.22.32	No Champion	
2009	No Champion		Ross Sutton	1.10.32
2010	Megan Withers	1.22.18	Michael Hire	1.10.32
2011	Carys Thomas	1.08.37 NR	Daniel Thomas	1.04.77 NR
2012	Emily Sloan	1.28.22	Ryan Beckerleg	1.13.66
2013	Ellie Parks	1.29.50	David Radmore	1.30.29
2014	Abbie Williams	1.18.84	Nyle Lewis	1.06.83
2015	Abbie Williams	1.15.81	Colm Tobin	1.09.35
2016	Abigayle Williams	1.15.63	Ben Omnet	1.12.87
2017	Bethan Jones	1.09.03	Lewys Kettle	1.28.37
2018	Bethan Jones	1.13.94	Toby Sturley	1.10.75
2019	Georgia Lee	1.28.98	Charlie Shiels	1.05.84
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	Abigail Thomas	1.25.00	Benjamin Hillary	1.08.00
2022	No Champion		Jack Morgan	1.23.09
2023	Julia Ostrowski	1.26.54	Ben Morgan	1.19.60

Pembroke & District Swimming Club Annual club Championships Champions List

Open age 100m Butterfly (16+ from 2005)

<u>Girls</u>		<u>Boys Vivian Hay Cup</u>		
Pre 1990 record not available				
Record Time pre'90	?	Pre'92	1.16.40	
1990	Anna Morgan	1.27.27 NR		
1991				
1992	Claire Lewis	1.40.34	Neil Lewis	1.21.90
1993	Claire Lewis	1.30.75	Richard Bowen	1.17.91
1994	Hannah Forsyth	1.34.64	Alex Robinson	1.11.59 NR
1995	?		David Thompson	1.18.95
1996	Amy Phillips	1.30.78	David Thompson	1.23.20
1997	Emma Caughey	1.30.02	Christopher Payne	1.28.81
1998				
1999	Emily Harries	1.30.24	David Thompson	1.09.45 NR
2000	Emma Caughey	1.17.66 NR	David Thompson	1.06.76 NR
2001	Emma Caughey	1.20.34	Nathan Willis	1.19.35
2002	Emma Caughey	1.18.34	No Champion	
2003				
2004	Emma Caughey	1.20.85	Matthew Willis	1.15.15
2005	No Champion		David Thompson	1.04.46 NR
2006	No Champion		David Thompson	1.02.09 NR
2007	No Champion		David Thompson	1.03.71
2008	No Champion		Gary Dutton	1.30.67
2009	No Champion		David Dutton	1.29.13
2010	No Champion		Gary Dutton	1.22.49
2011	No Champion		Ross Sutton	1.06.12
2012	Chelsey Woodward	1.21.27	No Champion	
2013	Carys Thomas	1.08.46 NR	Jonathan Orchard	1.01.56 NR
2014	Leigh White	1.35.40	Jonathan Orchard	1.01.44 NR
2015	Ellie Parks	1.19.22	Jonathan Orchard	59.87 NR
2016	Ellie Parks	1.24.12	Daniel Thomas	1.02.69
2017	No Champion		Daniel Thomas	1.01.31
2018	No Champion		Daniel Thomas	1.01.49
2019	No Champion		Daniel Thomas	1.00.00
2020	Competition not held due to Covid19 Pandemic restrictions			
2021	No Champion		Daniel Thomas	1.04.04
2022	No Champion		No Champion	
2023	No Champion		Jack Morgan	1.16.07