

## Pembroke & District ASC long distance championships page 1

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		

<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	

<u>Girls 10/u 200m Trophy</u>		<u>Winning Time</u>	
1991	Julie Goforth	3.33.27	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	
2010	Abbie Williams	3.24.86	New Record Time
2011	Sara Bevan	3.15.61	New Record Time

<u>Girls 10 yrs 200m Trophy</u>		<u>Winning Time</u>	
2012	Rosie Llwellyn	3.20.28	
2013	Alice Sloan	3.00.42	New Record Time
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	

**Pembrok & 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 David Thompson	3.22.06 Record Time
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	

<u>Boys 9 years 200m Trophy</u>	<u>Winning Time</u>
1992 David Thompson	3.06.48 New Record Time
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

<u>Boys 10/u 200m Trophy</u>	<u>Winning Time</u>
1990 David Thompson	3.55.04
1991 David Thompson	3.22.06 New Record Time
1992 David Thompson	3.06.48 New Record Time
1993 David Thompson	2.57.41 New Record Time
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	4.03.49
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

**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		
<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	
<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	
<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	
<u>Girls 15yrs Trophy</u>		<u>Winning time</u>	
1998	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
<u>Girls 11/o 400m Cole Trophy</u>		<u>Winning Time</u>	
1988	Anna Morgan	6.11.81	Record Time
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	<i>page 3 continued</i>
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	

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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		

<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	

<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	

<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	

<u>Boys 15yrs Trophy</u>		<u>Winning time</u>	
1998	David Thompson	5.22.07	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	

Boys 11/o 400m Adams TrophyWinning Time*page 4 continued*

1992	Gary Dennison	5.48.86	
1993	<b>Gary Dennison</b>	<b>5.45.09</b>	<b>New Record Time</b>
1994	Gary Dennison	5.59.73	
1995	David Thompson	5.45.19	
1996	<b>David Thompson</b>	<b>5.37.89</b>	<b>New Record Time</b>
1997	<b>David Thompson</b>	<b>5.29.07</b>	<b>New Record Time</b>
1999	<b>David Thompson</b>	<b>5.22.07</b>	<b>New Record Time</b>
2000	David Thompson	5.25.31	
2001	David Thompson	5.29.50	
2002	Oliver Bowen	6.20.16	
2003	?		
2004	David Thompson	5.25.34	
2005	?		
2006	Not awarded		
2007	<b>David Thompson</b>	<b>5.09.21</b>	<b>New Record Time</b>
2008	Patrick Bunker	7.16.26	
2009	David Thompson	5.11.15	
2010	Ross Sutton	5.56.14	
2011	<b>Ross Sutton</b>	<b>4.59.89</b>	<b>New Record Time</b>
2012	<b>Ross Sutton</b>	<b>4.51.93</b>	<b>New Record Time</b>
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	

**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	

<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	

<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
2011 Sara Bevan	2.56.48	New Record Time

<u>Girls 10 yrs 200m Goforth Trophy</u>	<u>Winning Time</u>	
2012 Rosie Llewellyn	3.00.54	
2013 Alice Sloan	2.45.86	New Record Time
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	

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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	

<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	

<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*	dead heat
2016	Benjamin Hilary	3.14.70	
2017	Aneurin Lee	3.31.39	
2018	Ewan Sture	3.56.56	



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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	
<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	
<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	
<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	
<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
<u>Girls 11/o 400m Hatton Trophy</u>		<u>Winning Time</u>	
1991	Anna Morgan	5.56.80	Record Time
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	Jessica Brazier	5.40.07	New Record Time
1998	Emma Caughey	5.40.70	
1999	Emma Caughey	5.40.24	
2000	Emma Caughey	5.32.48	New Record Time
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	Elizabeth Collings	5.20.79	New Record Time
2009	Carys Thomas	5.25.39	
2010	Carys Thomas	4.41.13	New Record Time
2011	Isabelle Davies	4.50.92	
2012	Isabella Davies	4.49.72	
2013	Carys Thomas	4.28.35	New Record Time
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	

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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	
<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	
<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	
<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	
<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	No t Awarded		
2014	David Radmore	5.48.86	
2015	Rowan Kettle	4.56.65	
2016	No t Awarded		
2017	Not Awarded		
2018	Daniel Twynham	6.36.34	

Boys 11/o 400m Spencer TrophyWinning Time

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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	