

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)

Girls 8/u 200m Trophy

Winning Time

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		

Girls 9 years 200m Trophy

Winning Time

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	

Girls 10/u 200m Trophy

Winning Time

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

Girls 10 yrs 200m Trophy

Winning Time

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	
2019	Amelie Hounsell	3.39.18	

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)

Boys 8/u 200m Trophy

Winning Time

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		
2019	Not Awarded		

Boys 9 years 200m Trophy

Winning Time

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	
2019	Not Awarded		

Boys 10/u 200m Trophy

Winning Time

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	

Boys 10 yrs 200m Trophy

Winning Time

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	

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		
<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		
<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	
<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		
<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
2019	Hannah Greenwood	6.03.24	

Girls 11/o 400m Cole TrophyWinning Time*page 3 continued*

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	
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	Carys Thomas	6.01.53	New Record time
2010	Carys Thomas	5.10.29	New Record Time
2011	Isabella Davies	5.25.35	
2012	Ellie Parks	6.08.28	
2013	Carys Thomas	5.03.10	New Record Time
2014	Carys Thomas	5.01.81	New Record Time
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	

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	

<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	

<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	

<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		

<u>Boys 15yrs Trophy</u>		<u>Winning time</u>	<i>page 4 continued</i>
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	
2019	Not awarded		
<u>Boys 11/o 400m Adams Trophy</u>		<u>Winning Time</u>	
1992	Gary Dennison	5.48.86	
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
1999	David Thompson	5.22.07	New Record Time
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	David Thompson	5.09.21	New Record Time
2008	Patrick Bunker	7.16.26	
2009	David Thompson	5.11.15	
2010	Ross Sutton	5.56.14	
2011	Ross Sutton	4.59.89	New Record Time
2012	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	

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	

<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	

<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	
2019	Amelie Hounsell	3.16.94	

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

Boys 8/u 200m Trophy

Winning Time

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		

Boys 9 years 200m Trophy

Winning Time

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	

Boys 10/u 200m Hillier Trophy

Winning Time

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	

Boys 10 yrs 200m Hillier Trophy

Winning Time

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	
2019	Ben Morgan	3.16.74	

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	
<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	
<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	
<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		
<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	

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	
1997	Emma Caughey	6.19.64	
1998	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	
2019	Hannah Greenwood	5.20.88	

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	
<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	
<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	
<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	No t Awarded		

Boys 15 yrs TrophyWinning time

Page 8 continued

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	
2019	Arron Fitzsimmons	5.06.88	

Boys 11/o 400m Spencer TrophyWinning Time

1991	?		
1992	Gary Dennison	5.17.39	New Record Time
1993	Gary Dennison	5.00.19	New Record Time
1994	Gary Dennison	5.15.28	
1995	David Thompson	5.14.91	
1996	David Thompson	5.04.75	
1997	David Thompson	4.56.16	New Record Time
1998	David Thompson	4.49.89	New Record Time
1999	David Thompson	4.33.13	New Record Time
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	Michael Hire	4.29.93	New Record Time
2011	Ross Sutton	4.24.18	New Record Time
2012	Daniel Thomas	4.29.27	
2013	Ryan Beckerleg	4.36.13	
2014	Johnathon Orchard	4.14.81	New Record Time
2015	Johnathon Orchard	4.13.59	New Record Time
2016	Colm Tobin	4.33.01	
2017	Toby Sturley	5.04.34	
2018	Rhys Davies	4.31.16	
2019	Arron Fitzsimmons	5.06.88	