

Pembroke & District Swimming Club Annual club Championships Champions List

**7years & u 25m Backstroke**

Girls Morgan Cup

Pre 1989 record not available

Record Time pre'89 24.83

1989		
1990		
1991	Lucy Hatton	23.87 NR
1992	Cheryl Hughes	29.45
1993	Alison Hughes	26.77
1994	Alys Phillips	24.99
1995	?	
1996	Finola Scale	29.09
1997	Hannah Davey	42.45
1998		
1999	Catrin Cox	26.90
2000	Rebecca Randall	26.10
2001	Sadie Griffiths	31.05
2002	Bethan Davies	32.68
2003		
2004	Emily Baker	29.98
2005		
2006	Abbie Williams	31.41
2007	Abbie Williams	26.21
2008	Victoria Crawford	25.63
2009	Nia Williams	27.69
2010	Bethan Palmer	26.86
2011	Lucy Rogers	31.09
2012	Caera Lewis	27.22
2013	Jayden Wilson	28.61
2014	Jayden Wilson	25.22
2015	No Swimmer	
2016	Rosie Oliver	33.31
2017	Cerys Griffiths	26.47

Boys Morgan Cup

23.34

Richard Price	
David Thompson	23.79 NR set in heats 22.95
Steven Jones	22.36 NR
Richard Hughes	23.00
Matthew Willis	28.09
?	
Matthew Veale	24.74
Timothy Bowen	25.90
James Griffin	29.93
Johnnie Delahunty	26.07
Jago Neath	26.53
Samuel Lewis	23.73
Lewys Wilkes	27.13
Elliot Mainwaring	28.28
Colm Tobin	29.96
Curtis Palmer	23.86
Thomas Randall	26.89
Lewys Kettle	28.12
Charlie Shiels	26.67
Morgan Williams	32.23
Benjamin Hillary	26.61
Iolo Williams	32.19
Tyler Harts	29.66
No Winner	
No Winner	

Pembroke & District Swimming Club Annual club Championships Champions List

**8 & 9 years 25m Backstroke**

Girls Robertson McNaught Cup

Boy Britannia Building Society Cup

Pre 1990 record not available

Record Time	Pre'90	21.07		20.95
1990	<b>Sian Pope</b>	<b>21.39 NR</b>	<i>set in heats 20.39</i>	Richard Price 22.92
1991				<b>David Thompson 19.81 NR</b>
1992	Lucy Hatton	22.36		<b>David Thompson 18.59 NR</b>
1993	Lucy Hatton	21.03		Steven Jones 21.77
1994	Cheryl Hughes	25.78		Steven Jones 18.66
1995	?			?
1996	Alys Phillips	22.48		Matthew Willis 20.87
1997	Sian Brayford	22.09		Matthew Veale 21.76
1998				
1999	Alys Silcox	24.86		Timothy Bowen 20.81
2000	Catrin Cox	23.05		Gary Pratt 21.66
2001	Rebecca Randall	22.19		Johnnie Delahunty 23.56
2002	Rebecca Randall	20.83		Johnnie Delahunty 22.82
2003				
2004	Lucy James	23.26		Perry Mainwaring 20.04
2005				
2006	Emily Baker	21.93		Oliver Crawford 20.79
2007	Catherine Peaty	22.53		Oliver Crawford 19.85
2008	Abbie Williams	22.93		Ethan Parsons 23.62
2009	Abbie Williams	20.51		Curtis Palmer 21.92
2010	Victoria Crawford	20.92		Curtis Palmer 21.12
2011	Rosie Llewlyn	22.56		Thomas Randall 21.12
2012	<b>Alice Sloan</b>	<b>20.15 NR</b>		Lewys Kettle 23.77
2013	Lucy Rogers	23.53		Charlie Shiels 20.04
2014	Caera Lewis	21.13		Benjamin Hillary 21.72
2015	<b>Caera Lewis</b>	<b>19.32 NR</b>		Benjamin Hillary 21.19
2016	Lilly Busby	20.35		Fred Morris 31.22
2017	Alice Oliver	23.06		Callum Keane 23.20

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**10 & 11 years 50m Backstroke**

Girls Hancocks Shipbuilding Trophy

Boys Silcox Coaches Trophy

Pre 1990 record not available

Record Time pre'82 ?

Pre'90 40.77

1982 **Teresa Nash** 40.11 NR

1990 **Darrel Goforth** 39.47 NR

1991  
1992 Julie Goforth 41.41 Huw Day/Richard Price 43.66

1993 Kate Arthur 46.99 **David Thompson** 38.88 NR

1994 Amy Phillips 43.64 **David Thompson** 37.88 NR

1995 ? ?

1996 Olivia Court 46.93 Steven Jones 39.49

1997 Elin Cox 45.09 Richard Hughes 41.99

1998  
1999 Finola Scale 42.41 Jamie Wright 43.57

2000 Finola Scale 40.58 Matthew Veale 41.98

2001 Bethan Barritt 48.38 Gary Pratt 42.51

2002 Coral Lewis 43.75 Gary Pratt 40.57

2003 **Abby John** 39.28 NR

2004 Rebecca Randall 41.72  
2005 Jago Neath 42.84

2006 Lucy James 46.62 Richard Simon 42.40

2007 Lucy James 40.62 Jonathan Orchard 43.91

2008 Cassie Gratton 41.09 Johnathan Orchard 39.34

2009 **Katherine Peaty** 39.04 NR Oliver Crawford 38.02

2010 Abbie Williams 41.56 **Sion Bevan** 35.09 NR

2011 Abbie Williams 39.78 Curtis Palmer 39.64

2012 **Megan Rogers** 38.54 NR Curtis Palmer 36.82

2013 **Alice Sloan** 38.25 NR Ben Omnet 39.32

2014 **Alice Sloan** 36.86 NR Charlie Shiels 39.38

2015 Hannah Greenwood 40.60 Toby Sturley 37.06

2016 Caera Lewis 39.48 Benjamin Hillary 39.80

2017 Caera Lewis 38.96 Benjamin Hillary 39.09

Pembroke & District Swimming Club Annual club Championships Champions List

**12 & 13 years 100m Backstroke**

Girls WA Grainger Cup

Boys Keith Edwards Cup

Pre 1990 record not available

Record Time	Pre '86	?	Pre'90	1.26.60
1986	<b>Anna Morgan</b>	<b>1.23.15 NR</b>		
1990			<b>Gary Dennison</b>	<b>1.24.28 NR</b>
1991			<b>Gary Dennison</b>	<b>1.14.22 NR</b>
1992	Carli Wheeler	1.29.10	Darrel Goforth	1.19.42
1993	Carli Wheeler	1.31.32	Stuart Day	1.27.44
1994	Julie Goforth	1.30.16	Huw Day	1.24.71
1995	Amy Phillips	?	David Thompson	1.19.32
1996	Emily Court	1.23.33	David Thompson	1.14.88
1997	Lucy Hatton	1.26.25	Steven Jones	1.26.34
1998				
1999	Elin Cox	1.35.38	Oliver Bowen	1.26.63
2000	Emily Palmer	1.29.91	Matthew Willis	1.28.27
2001	Finola Scale	1.25.20	Matthew Veale	1.23.64
2002	No Champion		Matthew Veale	1.25.43
2003				
2004	<b>Abby John</b>	<b>1.19.44 NR</b>		
2005	Abby John	1.22.83	Michael Davis	1.29.78
2006	Rebecca Randall	1.23.86	Michael Davis	1.23.73
2007	Elizabeth Collings	1.21.77	Jago Neath	1.25.56
2008	Chelsea Woodward	1.57.06	Ross Sutton	1.21.43
2009	Carys Thomas	1.21.23	Daniel Thomas	1.16.45
2010	<b>Carys Thomas</b>	<b>1.10.42 NR</b>	<b>Daniel Thomas</b>	<b>1.10.28 NR</b>
2011	Katherine Peaty	1.23.93	Daniel Picton	1.17.73
2012	Ellie Parks	1.17.98	Nyle Lewis	1.13.19
2013	Hazel Fox	1.15.88	Curtis Palmer	1.14.38
2014	Abigayle Williams	1.18.50	<b>Curtis Palmer</b>	<b>1.07.81 NR</b>
2015	Abigayle Williams	1.14.62	Ben Omnet	1.21.25
2016	Bethan Jones	1.10.62	Toby Sturley	1.14.83
2017	Hannah Greenwood	1.19.19	Toby Sturley	1.07.94

Pembroke & District Swimming Club Annual club Championships Champions List

**14 & 15 years 100m Backstroke**

Girls Pembroke Round Table Jubilee Cup

Boys Lowless Trophey

Pre 1992 record not available

Record Time Pre '92	1.21.31		1.18.61
1992	Clare Lewis	1.29.70	<b>Gary Dennison</b> 1.16.23 NR
1993	Hannah Forsyth	1.29.87	<b>Gary Dennison</b> 1.10.41 NR
1994	Ruth Robinson	1.27.02	Stuart Day 1.23.76
1995	Julie Goforth	?	?
1996	No Champion		Christopher Payne 1.23.31
1997	Emily Harries	1.24.97	David Thompson 1.12.52
1998	<b>Emily Harries</b>	<b>1.20.46 NR</b>	David Thompson 1.11.42
1999	Emma Caughey	1.25.17	Jason Brazier 1.26.21
2000	Olivia Harries	1.24.44	Oliver Bowen 1.20.74
2001	Elin Cox	1.35.05	Oliver Bowen 1.19.50
2002	Emily Palmer	1.27.16	Matthew Willis 1.25.93
2003			
2004			Matthew Veale 1.17.55
2005	Rachael Jones	1.41.90	Gary Pratt 1.20.56
2006	Rachael Jones	1.41.90	David Dutton 1.34.04
2007	Rebecca Randall	1.22.87	Gary Dutton 1.26.65
2008	No Champion		No Champion
2009	No Champion		Ross Sutton 1.13.42
2010	<b>Megan Withers</b>	<b>1.17.52 NR</b>	No Champion
2011	<b>Carys Thomas</b>	<b>1.10.68 NR</b>	<b>Michael Hire</b> 1.04.36 NR
2012	<b>Carys Thomas</b>	<b>1.09.78 NR</b>	<b>Jonathan Orchard</b> 1.02.00 NR
2013	Isabelle M Davies	1.13.53	Daniel Picton 1.13.10
2014	Ellie Parks	1.19.41	Nyle Lewis 1.09.53
2015	Chloe Edwards	1.18.13	Curtis Palmer 1.07.21
2016	Abigayle Williams	1.12.44	Ben Omnet 1.13.56
2017	Bethan Jones	1.10.81	Lewys Kettle 1.21.86

Pembroke & District Swimming Club Annual club Championships Champions List

**Open age 100 Backstroke (16+ from 2005)**

<u>Girls Myra Lloyd Cup</u>			<u>Boys U&amp;J Lloyd Cup</u>	
Pre 1992 record not available				
Record Time	Pre '92	1.22.85		1.16.93
1992	Christine Chilton	1.38.40	Gary Dennison	1.12.20
1993	Clare Lewis	1.28.50	Gary Dennison	1.13.76
1994	Hannah Forsyth	1.26.57	<b>Gary Dennison</b>	<b>1.11.26 NR</b>
1995	?		David Thompson	1.21.60
1996	Emma Caughey	1.31.27	David Thompson	1.20.27
1997	Lucy Hatton	1.33.47	Daniel Casey	1.16.83
1998				
1999	Emily Harries	1.24.18	<b>David Thompson</b>	<b>1.09.92 NR</b>
2000	<b>Emily Harries</b>	<b>1.20.59 NR</b>	<b>David Thompson</b>	<b>1.09.19 NR</b>
2001	Emma Caughey	1.24.68	Nathan Willis	1.18.84
2002	Emma Caughey	1.26.17	Oliver Bowen	1.14.12
2003				
2004	Emma Caughey	1.23.80	Matthew Willis	1.12.32
2005	No Champion		<b>David Thompson</b>	<b>1.08.25 NR</b>
2006	No Champion		<b>David Thompson</b>	<b>1.07.78 NR</b>
2007	No Champion		David Dutton	1.26.50
2008	No Champion		Gary Dutton	1.28.34
2009	No Champion		David Dutton	1.42.45
2010	No Champion		Gary Dutton	1.24.67
2011	No Champion		Ross Sutton	1.07.87
2012	Chelsey woodward	1.22.53	No Champion	
2013	<b>Carys Thomas</b>	<b>1.07.58 NR</b>	<b>Jonathan Orchard</b>	<b>1.01.00 NR</b>
2014	Leigh White	1.25.78	<b>Jonathan Orchard</b>	<b>1.00.99 NR</b>
2015	Ellie Parks	1.16.15	Jonathan Orchard	1.01.40
2016	Ellie Parks	1.19.95	Rowan Kettle	1.11.66
2017	No Champion		Daniel Thomas	1.04.83