

Pembroke & District Swimming Club Annual club Championships Champions List

7years & u 25m Breaststroke

Girls Skinner Trophey

Boys Skinner Shield

Pre 1989 record not available

Record Time Pre'80

?

Pre'89

?

1980 Shirley Cole 25.60 NR

1989 ?

Huw Day ? NR set in heats 29.25

1990 Amy Phillips 30.92

David Thompson 27.03 NR set in heats 25.84

1991

1992 Cheryl Hughes 33.20

Alex Perry 27.20

1993 Alison Hughes 31.42

Richard Hughes 26.22

1994 Alys Phillips 26.95

Huw Cox 41.90

1995 ?

Russell Bowen ?

1996 Finola Scale 33.20

Matthew Veale 26.23

1997 Hannah Davey 52.16

Timothy Bowen 27.35

1998

1999 Rebecca Brayford 30.26

Joshua Wright 32.85

2000 Llawella Scale 29.34

Johnnie Delahunty 33.64

2001 Hannah Jones 38.28

Jago Neath 36.18

2002 Medya Gungor 1.35.00

Samuel Lewis 29.41

2003

2004 Emily Baker 29.93

Lewys Gibby 33.37

2005 Jess Gibby 44.93

Elliot Mainwaring 32.46

2006 Abbie Williams 45.12

Elliot Mainwaring 28.78

2007 Abbie Williams 33.90

Rowan Kettle 38.78

2008 Victoria Crawford 40.30

Curtis Palmer 29.46

2009 Rosie Llewellyn 31.45

Ben Omnet 34.55

2010 Lauren Omnet 32.75

Kyle Jennings 34.65

2011 Lucy Rogers 38.12

Charlie Shiels 32.42

2012 Caera Lewis 34.36

No Champion

2013 No Champion

No Champion

2014 Marilla Evans 30.87

No Champion

2015 Abigail Hillary no time

Tyler Harts No Time

2016 Rosie Oliver 36.33

No Champion

2017 Cerys Griffiths 35.80

No Champion

Pembroke & District Swimming Club Annual club Championships Champions List

8 & 9 years 25m Breaststroke

Girls Collingbourne Cup

Pre 1990 record not available

Record Time	Pre'82	?
1982	Shirley Cole	22.10 NR
1990		
1991		
1992	Amy Phillips	22.26
1993	Joanna Hughes	22.65
1994	Cheryl Hughes	22.96
1995	?	
1996	Alys Phillips	24.45
1997	Carys Jones	25.98
1998		
1999	Samantha Pendleton	29.54
2000	Rachel Jones	26.52
2001	Catrin Cox	25.19
2002	Gemma Neath	23.23
2003		
2004	Danielle McKelvie	28.78
2005	Emily Baker	25.71
2006	Emily Baker	24.90
2007	Catherine Peatey	28.00
2008	Abbie Williams	28.77
2009	Sara Bevan	24.39
2010	Megan Rogers	23.12
2011	Rosie Llewellyn	23.75
2012	Alice Sloan	23.66
2013	Lucy Rogers	27.97
2014	Fern Cumine	24.84
2015	Caera Lewis	22.09 NR
2016	Marilla Evans	23.33
2017	Abigail Hillary	23.51

Boys Celtic Supply Base Trophy

Pre'90	22.87
Huw Day	22.77 NR
Huw Day	20.73 NR
David Thompson	21.41
Dominic Day	23.62
Dominic Day	21.84
?	
Matthew Willis	25.82
Matthew Veale	23.99
Timothy Bowen	24.03
Gary Pratt	23.74
Luke Hamilton	25.67
Alex Wilkes	24.51
Samuel Lewis	22.63
Lewys Gibby	30.12
Lewys Gibby	24.44
Hywel Baker	24.60
Rowan Kettle	30.15
Curtis Palmer	26.41
Curtis Palmer	24.17
Ben Omnet	24.13
Charlie Shiels	25.33
Charlie Shiels	22.81
Matty Fox	25.59
James Townsend	25.03
Fred Morris	34.87
Callum Keane	27.86

Pembroke & District Swimming Club Annual club Championships Champions List

10 & 11 years 50m Breaststroke

Girls Pembroke Machine Services Cup

Boys West Wales Guardian Trophey

Pre 1992 record not available

Record Time	Pre'92	44.86		45.32	1989 heats
1992	Julie Goforth	44.52 NR		Huw Day	45.10 NR
1993	Amy Phillips	45.83		Huw Day	39.67 NR
1994	Amy Phillips	43.29 NR		David Thompson	41.01
1995	?			?	
1996	Olivia Court	50.68		Richard Hughes	44.25
1997	Alys Phillips	49.63		Richard Hughes	42.46
1998					
1999	Finola Scale	48.31		Jamie Wright	47.08
2000	Finola Scale	46.12		Matthew Veale	43.98
2001	Nicola O'Toole	51.81		Timothy Bowen	47.47
2002	Catrin Cox	49.41		Gary Pratt	43.62
2003					
2004	Gemma Neath	46.41		Michael Davis	49.12
2005	Elizabeth Collings	50.65		Jago Neath	50.40
2006	Lucy James	57.23		Patrick Bunker	45.89
2007	Lucy James	49.62		Johnathan Orchard	54.42
2008	Cassie Gratton	47.08		Daniel Thomas	48.03
2009	Katherine Peaty	47.33		Sion Bevan	41.21
2010	Abbie Williams	50.25		Sion Bevan	37.96 NR
2011	Abbie Williams	46.18		Curtis Palmer	45.98
2012	Megan Rogers	43.58		Curtis Palmer	41.21
2013	Rosie Llewellyn	40.78 NR		Ben Omnet	46.55
2014	Alice Sloan	40.66 NR		Arron Fitzsimmons	44.34
2015	Lucy Rogers	51.31		Charlie Shiels	41.25
2016	Caera Lewis	44.82		James Townsend	50.78
2017	Caera Lewis	42.33		Benjamin Hillary	48.38

Pembroke & District Swimming Club Annual club Championships Champions List

12 & 13 years 100m Breaststroke

Girls William Jackson Trophy

Boys Western Telegraph Cup

Pre 1990 record not available

Record Time	Pre'90			
	1.30.45			1.32.60
1990			Gary Dennison	1.28.76 NR
1991				
1992	Carli Wheeler	1.35.00	Darrel Goforth	1.36.73
1993	Carli Wheeler	1.41.21	Stuart Day	1.38.06
1994	Gemma Wickland	1.35.90	Huw Day	1.28.92
1995	Amy Phillips	?	David Thompson	1.29.72
1996	Amy Phillips	1.29.31NR	David Thompson	1.21.99 NR
1997	Emma Caughey	1.32.24	Jason Brazier	1.37.15
1998				
1999	Elin Cox	1.40.75	Oliver Bowen	1.32.43
2000	Alys Phillips	1.38.87	Matthew Willis	1.38.24
2001	Finola Scale	1.30.70	Matthew Veale	1.30.26
2002	Cara O'Toole	1.52.90	Matthew Veale	1.22.28
2003				
2004			Gary Pratt	1.38.19
2005	Abby John	1.40.25	Michael Davis	1.41.46
2006	Gemma Neath	1.37.70	Michael Davis	1.35.40
2007	Elizabeth Collings	1.39.93	Patrick Bunker	1.33.46
2008	Lucy Dillworth	2.13.31	Ross Sutton	1.30.83
2009	Carys Thomas	1.27.48 NR	Daniel Thomas	1.30.89
2010	Carys Thomas	1.19.84 NR	Daniel Thomas	1.19.78 NR
2011	Ellie Parks	1.32.12	Daniel Picton	1.32.45
2012	Ellie Parks	1.27.27	Nyle Lewis	1.22.84
2013	Hazel Fox	1.28.34	Curtis Palmer	1.25.00
2014	Abigayle Williams	1.25.62	Curtis Palmer	1.19.50 NR
2015	Rosie Llewellyn	1.22.45	Ben Omnet	1.25.64
2016	Bethan Jones	1.23.72	Toby Sturley	1.25.22
2017	Lena Hughes	1.35.75	Toby Sturley	1.20.77

Pembroke & District Swimming Club Annual club Championships Champions List

14 & 15 years 100m Breaststroke

Girls Munt Cup

Boys Greens Motors Challenge Cup

Pre 1992 record not available

Record time	Pre'92	1.28.50		1.22.00
1992	Clare Lewis	1.33.31	Gary Dennison	1.21.44 NR
1993	Christine Chilton	1.38.92	Gary Dennison	1.18.78 NR
1994	Ruth Robinson	1.35.35	Stuart Day	1.42.66
1995	Julie Goforth	?	Christopher Payne	?
1996	No Champion		Christopher Payne	1.27.38
1997	Amy Phillips	1.31.90	David Thompson	1.18.28 NR
1998	Emma Caughey	1.28.27 NR	David Thompson	1.15.88 NR
1999	Emma Caughey	1.32.53	Jason Brazier	1.29.99
2000	Olivia Harries	1.35.12	Oliver Bowen	1.28.64
2001	Alys Phillips	1.37.76	Oliver Bowen	1.21.51
2002	Emily Palmer	1.51.40	Matthew Willis	1.30.96
2003				
2004	Megan Rogers	1.46.87	Matthew Veale	1.18.87
2005	Rachael Jones	1.43.03	Gary Pratt	1.29.21
2006	Rachael Jones	1.42.31	Gary Dutton	1.41.09
2007	Rebecca Randall	1.42.59	Gary Dutton	1.35.03
2008	No Champion		No Champion	
2009	No Champion		Patrick Bunker	1.22.07
2010	Megan Withers	1.36.15	No Champion	
2011	Carys Thomas	1.20.39 NR	Michael Hire	1.16.38
2012	Carys Thomas	1.19.46 NR	Daniel Thomas	1.16.81
2013	Ellie Parks	1.27.92	Daniel Picton	1.23.53
2014	Ellie Parks	1.31.61	Nyle Lewis	1.14.22 NR
2015	Chloe Edwards	1.33.17	Curtis Palmer	1.29.69
2016	Rosie Llewellyn	1.21.76	Ben Omnet	1.19.99
2017	Bethan Jones	1.23.44	Lewys Kettle	1.29.56

Pembroke & District Swimming Club Annual club Championships Champions List

Open age 100m Breaststroke (16+ from 2005)

Girls Jones Trophy

Boys Clark Jones Perpetual Trophy

Pre 1992 Record not available

Record Time	Pre'92			
	1.33.45			1.21.00
1992	Claire Lewis	1.34.02	Gary Dennison	1.21.56
1993	Clare Lewis	1.35.52	Gary Dennison	1.21.56
1994	Carli Wheeler	1.40.42	Gary Dennison	1.18.59 NR
1995	?		David Thompson	1.36.71
1996	Amy Phillips	1.34.39	David Thompson	1.33.77
1997	Emma Caughey	1.35.06	Christopher Payne	1.23.22
1998				
1999	Emily Harries	1.37.06	David Thompson	1.14.09 NR
2000	Emma Caughey	1.29.86 NR	David Thompson	1.13.72 NR
2001	Emma Caughey	1.31.21	Matthew Veale	1.28.21
2002	Emma Caughey	1.32.51	Christopher Veale	1.18.23
2003				
2004	Emma Caughey	1.31.06	Matthew Willis	1.32.95
2005	No Champion		David Thompson	1.11.10 NR
2006	No Champion		David Thompson	1.09.95 NR
2007	No Champion		David Thompson	1.11.18
2008	No Champion		David Thompson	1.12.12
2009	Rachel Jones	1.38.59	No Champion	
2010	No Champion		Gary Dutton	1.30.07
2011	No Champion		No Champion	
2012	No Champion		No Champion	
2013	Carys Thomas	1.18.98 NR	Daniel Thomas	1.16.59
2014	No Champion		Daniel Thomas	1.17.87
2015	Ellie Parks	1.23.89	Nyle Lewis	1.12.19
2016	Ellie Parks	1.27.58	Rowan Kettle	1.20.82
2017	No Champion		Rowan Kettle	1.17.53