

Pembroke & District Swimming Club Annual club Championships Champions List

7years & u 25m Freestyle

Girls Jean Roberts Trophy

Boys Sport & Leisure Trophy

Pre 1989 record not available

Record Time Pre'88

?

Pre'90

21.50

1988 **Julie Goforth** 20.37 NR

1990

David Thompson 19.03 NR *set in heats 18.92*

1991

1992 Victoria Wainright 25.17

Steven Jones 20.34

1993 Alison Hughes 27.90

Richard Hughes 20.80

1994 Alys Phillips 21.13

Luc Barford 29.09

1995 ?

?

1996 Finola Scale 23.80

Matthew Veale 23.23

1997 Hannah Davey 28.18

Timothy Bowen 21.24

1998

1999 Catrin Cox 22.78

Joshua Wright 25.08

2000 Llawella Scale 21.30

Johnnie Delahunty 22.81

2001 Cethin Ravenhill 26.15

Jago Neath 21.05

2002 Bethan Davies 29.03

Samuel Lewis 21.07

2003

2004 Emily Baker ?

Lewys Gibby ?

2005

2006 Suna Goodman 39.30

Elliot Mainwaring 21.80

2007 Abbie Williams 22.93

Daniel Heddon 25.81

2008 Victoria Crawford 21.40

Curtis Palmer 21.38

2009 Rosie Llewellyn 21.69

Ben Omnet 23.67

2010 Lauren Omnet 22.15

Lewys Kettle 25.68

2011 Lucy Rogers 25.78

Charlie Shiels 26.15

2012 Caera Lewis 22.74

Morgan Williams 25.66

2013 Ffion Llwellyn 30.20

Benjamin Hillary 22.65

2014 Marilla Evans 21.53

Iolo Williams 35.56

2015 Abigail Hillary 24.62

Tyler Harts 29.45

2016 Cerys Griffiths 28.38

No Champion

Pembroke & District Swimming Club Annual club Championships Champions List

8 & 9 years 25m Freestyle

Girls Cambell Fisherwood Shield

Boys Barnlake Cup

Pre 1989 record not available

Record Time	Pre'90	18.01		17.95
1990	Sian Pope	17.69 NR		
1991			David Thompson	16.75 NR
1992	Amy Phillips	18.22	David Thompson	16.24 NR
1993	Emma Caughey	18.05	Dominic Day	17.26
1994	Victoria Wainwright	20.07	Dominic Day	16.69
1995	?		?	
1996	Alys Phillips	17.72	Matthew Willis	17.85
1997	Finola Scale	19.50	Owen Davies	17.87
1998				
1999	Samantha Pendleton	21.61	Timothy Bowen	16.96
2000	Coral Lewis	18.77	Gary Pratt	16.28
2001	Beaux Griffiths	18.31	Johnnie Delahunty	18.39
2002	Rebecca Randall	18.31	Johnnie Delahunty	17.59
2003				
2004	Bethan Davies	23.37	Samuel Lewis	?
2005				
2006	Emily Baker	17.77	Johnathan Orchard	18.31
2007	Katherine Peatey	18.53	Oliver Crawford	17.50
2008	Abbie Williams	19.62	Ethan Parsons	19.12
2009	Abbie Williams	17.10 NR	Curtis Palmer	17.67
2010	Sara Bevan	17.19	Curtis Palmer	17.15
2011	Rosie Llewellyn	18.21	Thomas Randall	17.19
2012	Alice Sloan	17.43	Charlie Shiels	19.36
2013	Lucy Rogers	20.28	Charlie Shiels	17.47
2014	Caera Lewis	18.19	Matty Fox	18.40
2015	Caera Lewis	16.91 NR	Benjamin Hillary	18.25
2016	Marilla Evans	17.63	Iolo Williams	24.26

Pembroke & District Swimming Club Annual club Championships Champions List

10 & 11 years 50m Freestyle

Girls Walter Jones Cup

Boys Texaco Cup

Pre 1989 record not available

Record Time	Pre'92	34.38		35.07	1989 heats
1992	Julie Goforth	33.94 NR	Richard Price	37.63	
1993	Gemma Wickland	38.79	David Thompson	34.02 NR	<i>set in heats 33.74</i>
1994	Amy Phillips	36.54	David Thompson	32.70 NR	<i>set in heats 32.18</i>
1995	?		?		
1996	Olivia Court	38.81	Dominic Day	34.63	
1997	Elin Cox	36.46	Richard Hughes	34.72	
1998					
1999	Sian Brayford	37.04	Jamie Wright	37.13	
2000	Finola Scale	36.48	Matthew Veale	34.55	
2001	Rachel Jones	40.63	Timothy Bowen	34.18	
2002	Coral Lewis	35.57	Gary Pratt	33.21	
2003	Abby John	33.74 NR			
2004			Jago Neath	?	
2005					
2006	Lucy James	37.47	George James	33.64	
2007	Lucy James	35.18	Johnathan Orchard	36.82	
2008	Cassie Gratton	34.40	Johnathan Orchard	32.75	
2009	Katherine Peaty	33.07 NR	Oliver Crawford	32.77	
2010	Abbie Williams	34.99	Sion Bevan	30.74 NR	
2011	Abbie Williams	33.86	Curtis Palmer	34.54	
2012	Megan Rogers	34.04	Curtis Palmer	30.45 NR	
2013	Alice Sloan	34.03	Ben Omnet	33.27	
2014	Alice Sloan	32.31 NR	Owyn Griffiths	34.46	
2015	Lucy Rogers	37.02	Charlie Shiels	32.96	
2016	Caera Lewis	35.74	Benjamin Hillary	35.13	

Pembroke & District Swimming Club Annual club Championships Champions List

12 & 13 years 100m Freestyle

Girls Jane Lloyd Cup

Pre 1989 record not available

Record Time	Pre'86	?
1986	Amanda Evans	1.11.45 NR
1992	Carli Wheeler	1.18.45
1993	Carli Wheeler	1.24.27
1994	Julie Goforth	1.18.10
1995	Amy Phillips	?
1996	Emily Court	1.12.81
1997	Emma Caughey	1.16.87
1998		
1999	Elin Cox	1.17.79
2000	Emily Palmer	1.15.92
2001	Finola Scale	1.15.18
2002	Cara O'Toole	1.26.48
2003		
2004	Coral Lewis	1.08.55 NR
2005	Abby John	1.08.32 NR
2006	Elizabeth Collings	1.14.53
2007	Elizabeth Collings	1.12.78
2008	Lucy Dilworth	1.50.40
2009	Carys Thomas	1.08.29 NR
2010	Carys Thomas	1.03.00 NR
2011	Katherine Peaty	1.13.03
2012	Ellie Parks	1.10.80
2013	Hazel Fox	1.07.56
2014	Abigayle Williams	1.07.34
2015	Abigayle Williams	1.06.37
2016	Bethan Jones	1.07.47

Boys Parfitt Cup

Pre'92	1.12.50
Darrel Goforth	1.10.99 NR <i>set in heats 1.10.31</i>
Stuart Day	1.18.48
Huw Day	1.14.89
Martin McNally	1.06.84 NR
David Thompson	1.06.62 NR
David Gledhill	1.15.31
Oliver Bowen	1.12.24
Matthew Willis	1.16.46
Matthew Veale	1.11.22
Matthew Veale	1.06.61 NR
Gary Pratt	1.05.53 NR
Michael Davis	1.14.28
Patrick Bunker	1.10.54
Ross Sutton	1.09.33
Daniel Thomas	1.07.10
Daniel Thomas	1.01.90 NR
Sion Bevan	1.06.19
Nyle Lewis	1.01.94
Curtis Palmer	1.03.75
Curtis Palmer	1.00.53 NR
Ben Omnet	1.07.25
Toby Sturley	1.08.52

Pembroke & District Swimming Club Annual club Championships Champions List

14 & 15 years 100m Freestyle

Girls Spurr Shield

Boys Woolworth Shield

Pre 1989 record not available

Record Time	Pre'88	?	Pre'90	1.07.70
1988	Anna Morgan	1.10.32 NR		
1989				
1990			Neil Spencer	1.05.99 NR
1991				
1992	Clare Lewis	1.19.64	Gary Dennison	1.02.71 NR
1993	Sian Davies	1.17.60	Gary Dennison	1.00.82 NR
1994	Carli Wheeler	1.14.84	Stuart Day	1.19.44
1995	Julie Goforth	?	Christopher Payne	?
1996	No Champion		Martin McNally	1.06.59
1997	Jessica Brazier	1.12.55	David Thompson	1.02.84
1998			David Thompson	1.01.96
1999	Emma Caughey	1.12.62	Jason Brazier	1.10.53
2000	Elin Cox	1.13.76	Oliver Bowen	1.07.73
2001	Elin cox	1.15.27	Oliver Bowen	1.03.26
2002	Emily Palmer	1.23.47	Matthew Willis	1.18.03
2003				
2004			Matthew Veale	?
2005				
2006	Rachael Jones	1.22.19	Gary Dutton	1.15.56
2007	Rebecca Randall	1.16.75	Gary Dutton	1.12.36
2008	No Champion		No Champion	
2009	No Champion		Ross Sutton	1.03.54
2010	Megan Withers	1.07.24 NR	No Champion	
2011	Carys Thomas	1.02.40 NR	Michael Hire	59.36 NR
2012	Carys Thomas	1.02.84	Jonathan Orchard	57.65 NR
2013	Isabelle M Davies	1.06.65	Daniel Picton	1.06.06
2014	Ellie Parks	1.12.28	Nyle Lewis	1.00.15
2015	Ellie Rogers	1.13.13	Curtis Palmer	1.00.70
2016	Abigayle Williams	1.05.31	Ben Omnet	1.02.32

Pembroke & District Swimming Club Annual club Championships Champions List

Open age 100m Freestyle (16+ from 2005)

Girls Haven Insulation Salver

Pre 1989 record not available

Record Time Pre'90 1.13.36

1990 **Anna Morgan** 1.12.28 NR

1991 Anna Morgan

1992 Julie Goforth 1.15.41

1993 Claire Lewis 1.20.47

1994 Hannah Forsyth 1.16.33

1995 ?

1996 Jessica Brazier 1.16.93

1997 Jessica Brazier 1.16.81

1998

1999 **Emily Harries** 1.11.29 NR

2000 **Emma Caughey** 1.08.35 NR

2001 Emma Caughey 1.09.73

2002 Emma Caughey 1.12.72

2003

2004 Emma Caughey ?

2005

2006 Penny Simon 1.13.60

2007 No Champion

2008 No Champion

2009 Rachel Jones 1.15.41

2010 No Champion

2011 No Champion

2012 Chelsey Woodward 1.13.78

2013 **Carys Thomas** 1.02.32 NR

2014 Leigh White 1.15.27

2015 Ellie Parks 1.11.53

2016 Ellie Parks 1.14.35

Boys Bill Griffiths Cup

Pre'92 1.04.38

Phillip Price 1.04.43

Richard Bowen 1.05.31

Alex Robinson 1.02.73 NR

David Thompson 1.11.32

David Thompson 1.09.87

David Casey 1.05.22

David Thompson 1.00.50 NR

David Thompson 59.34 NR

Nathan Willis 1.08.17

Oliver Bowen 1.02.36

Matthew Willis ?

Matthew Veale 58.56 NR

David Thompson 58.28 NR

David Thompson 58.96

David Thompson 1.03.18

David Thompson 59.77

Gary Dutton 1.08.88

Ross Sutton 57.97 NR

No Champion

Jonathan Orchard 55.63 NR

Jonathan Orchard 54.83 NR

Jonathan Orchard 56.26

Rowan Kettle 1.02.00

Pembroke & District Swimming Club Annual club Championships Champions List

Open age 200m Freestyle

<u>Girls</u>			<u>Boys</u>		
2005	Abby John	2.31.28 NR	Matthew Veale	2.09.63 NR	
2006	Elizabeth Collings	2.50.29	David Thompson	2.09.90	
2007	Elizabeth Collings	2.37.84	David Thompson	2.09.50 NR	
2008	Elizabeth Collings	2.37.27	Ross Sutton	2.25.27	
2009	Carys Thomas	2.24.45 NR	Michael Hire	2.14.45	
2010	Megan Withers	2.26.61	Michael Hire	2.09.90	
2011	Carys Thomas	2.09.10 NR	Ross Sutton	2.03.75 NR	
2012	Ellie Parks	2.29.59	Ryan Beckerleg	2.11.90	
2013	Carys Thomas	2.11.18	Jonathan Orchard	2.05.00	
2014	Abbie Williams	2.22.15	Jonathan Orchard	2.02.31 NR	
2015	Abbie Williams	2.18.59	Jonathan Orchard	2.04.44	
2016	Abigayle Williams	2.17.32	Ben Omnet	2.14.65	