

Pembroke & District Swimming Club Annual club Championships Champions List

7years & u 100m Individual Medley

<u>Girls Wasie Trophy</u>		<u>Boys Wasie Trophy</u>	
Pre 1989 record not available			
Record Time pre'88	2.02.05	Pre'89	2.04.80
1988	Julie Goforth 1.54.45 NR		
1989	No Champion	Richard Price	
1990		David Thompson	1.47.26 NR
1991			
1992	Cheryl Hughes 2.28.49	Alex Perry	2.03.27
1993	Alison Hughes 2.26.33	Richard Hughes	1.55.41
1994	Gemma Casey 2.08.74	No Champion	
1995	?	No Champion	
1996	Finola Scale 2.09.04	Danny Court	2.12.16
1997	No Champion	Timothy Bowen	2.04.53
1998			
1999	Llawella Scale 2.16.12	Joshua Wright	2.24.06
2000	Llawella Scale 2.00.92	Johnnie Delahunty	2.20.88
2001	Hannah Jones 2.56.18	No Champion	
2002	No Champion	No Champion	
2003			
2004		No Champion	
2005	No Champion	No Champion	
2006	Abbie Williams ?	Elliot Mainwaring	?
2007	Abbie Williams 2.20.80	No Champion	
2008	Victoria Crawford 2.22.28	No Champion	
2009	Ellie Williams 2.19.09	Luke Lewis	2.57.39
2010	Lauren Omnet 2.09.75	Lewys Kettle	2.31.75
2011	Lucy Rogers 2.28.58	Charlie Shiels	2.23.56
2012	No Champion	No Champion	
2013	No Champion	No Champion	
2014	Marilla Evans 2.10.40	No Champion	
2015	No Champion	No Champion	
2016	No Champion	No Champion	

Pembroke & District Swimming Club Annual club Championships Champions List

8 & 9 years 100m Individual Medley

<u>Girls County Cup</u>			<u>Boys County Cup</u>	
Pre 1989 record not available				
Record Time	Pre'83	?	Pre'89	1.38.96
1983	Anna Morgan	1.38.00 NR		
1989			Darell Goforth	1.38.84 NR
1991			David Thompson	1.32.53 NR
1992	Amy Phillips	1.44.42	David Thompson	1.25.65 NR
1993	Lucy Hatton	1.38.22	Steven Jones	2.03.52
1994	Cheryl Hughes	1.54.62	Dominic Day	1.36.67
1995	?		?	
1996	Gemma Casey	1.46.06	Matthew Willis	1.53.59
1997	Finola Scale	1.48.26	Matthew Veale	1.52.83
1998				
1999	Samantha Pendleton	2.02.93	Timothy Bowen	1.38.07
2000	Cartin Cox	1.56.35	Gary Pratt	1.35.03
2001	Catrin Cox	1.47.75	Joshua Wright	2.00.90
2002	Gemma Neath	1.42.60	Johnnie Delahunty	1.45.55
2003				
2004			Perry Mainwaring	?
2005	Emily Baker	1.44.87	Lewis Gibby	2.06.26
2006	Emily Baker	?	Jonathan Orchard	1.46.00
2007	Catherine Peaty	1.57.71	Oliver Crawford	1.34.87
2008	No Champion		Ethan Parsons	2.02.23
2009	Abbie Williams	1.40.42	Curtis Palmer	1.42.22
2010	Megan Rogers	1.36.07 NR	Thomas Randall	1.49.45
2011	Rosie Llewellyn	1.40.56	Thomas Randall	1.37.87
2012	Alice Sloan	1.37.68	Lewys Kettle	2.04.78
2013	Lucy Rogers	1.53.43	Charlie Shiels	1.38.08
2014	Caera Lewis	1.46.25	Matty Fox	1.54.15
2015	Caera Lewis	1.30.67 NR	Freddie Wilson	1.47.47
2016	Marilla Evans	1.36.75	Aneurin Lee	1.42.25

Pembroke & District Swimming Club Annual club Championships Champions List

10 & 11 years 100m Individual Medley

<u>Girls R G Lewis Trophy</u>			<u>Boys Dewhurst Cup</u>	
Pre 1989 record not available				
Record Time	Pre 84	?	Pre'89	1.34.00
1984	Shirley Cole	1.25.98 NR		
1989			?	1.32.16 NR
1992	Julie Goforth	1.29.17	Christopher Payne	1.34.93
1993	Amy Phillips	1.37.91	David Thompson	1.24.34 NR
1994	Amy Phillips	1.31.53	David Thompson	1.20.04 NR
1995	?		?	
1996	Olivia Court	1.38.15	Steven Jones	1.33.39
1997	Elin Cox	1.38.62	Richard Hughes	1.31.75
1998				
1999	Finola Scale	1.33.68	Jamie Wright	1.32.90
2000	Finola Scale	1.29.83	Matthew Veale	1.27.65
2001	Coral Lewis	1.41.39	Timothy Bowen	1.27.26
2002	Catrin Cox	1.33.78	Gary Pratt	1.27.21
2003				
2004	Chloe Lloyd	?	Jago Neath	?
2005	Elizabeth Collings	1.32.28	Jago Neath	1.34.76
2006	Lucy James	1.35.63	Patrick Bunker	1.27.03
2007	Lucy James	1.32.81	Johnathan Orchard	1.37.03
2008	Emily Baker	1.31.84	Johnathan Orchard	1.25.98
2009	Katherine Peaty	1.26.98	Sion Bevan	1.21.73
2010	Abbie Williams	1.31.67	Sion Bevan	1.16.22 NR
2011	Abbie Williams	1.24.52 NR	Curtis Palmer	1.26.83
2012	Megan Rogers	1.24.94	Curtis Palmer	1.21.79
2013	Alice Sloan	1.22.73 NR	Ben Omnet	1.29.18
2014	Alice Sloan	1.18.22 NR	Toby Sturley	1.29.44
2015	Lena Hughes	1.37.07	Charlie Shiels	1.22.16
2016	Caera Lewis	1.31.72	Benjamin Hillary	1.36.13

Pembroke & District Swimming Club Annual club Championships Champions List

12 & 13 years 100m Individual Medley

<u>Girls C A Parsons Challenge Shield</u>			<u>Boys Bryan Cup</u>	
Pre 1989 record not available				
Record Time	Pre'86	?	Pre'92	1.20.97
1986	Amanda Evans	1.21.38 NR		
1992	Carli Wheeler	1.25.09	Darrel Goforth	1.22.76
1993	Carli Wheeler	1.26.66	Stuart Day	1.27.57
1994	Julie Goforth	1.30.16	Huw Day	1.23.59
1995	Amy Phillips	?	David Thompson	1.16.80 NR
1996	Emily Court	1.22.69	David Thompson	1.13.90 NR
1997	Emma Caughey	1.24.78	David Gledhill	1.29.27
1998				
1999	Elin Cox	1.27.42	Oliver Bowen	1.23.32
2000	Emily Palmer	1.27.17	Matthew Willis	1.28.38
2001	Finola Scale	1.26.03	Matthew Veale	1.23.77
2002	No Champion		Matthew Veale	1.17.89
2003				
2004	Abby John	1.20.57 NR	Gary Pratt	1.15.44
2005	Abby John	1.20.03 NR	Michael Davies	1.30.34
2006	Gemma Neath	1.27.52	Michael Davies	1.30.18
2007	Elizabeth Collings	1.25.18	Patrick Bunker	1.23.53
2008	No Champion		Ross Sutton	1.18.09
2009	Carys Thomas	1.18.70 NR	Michael Hire	1.10.82 NR
2010	Katherine Peaty	1.22.89	Daniel Thomas	1.10.30 NR
2011	Ellie Parks	1.22.21	Sion Bevan	1.14.12
2012	Ellie Parks	1.20.03	Nyle Lewis	1.12.70
2013	Hazel Fox	1.19.37	Curtis Palmer	1.15.58
2014	Abigayle Williams	1.18.84	Curtis Palmer	1.09.83 NR
2015	Abigayle Williams	1.14.88 NR	Ben Omnet	1.17.06
2016	Bethan Jones	1.11.62 NR	Toby Sturley	1.17.31

Pembroke & District Swimming Club Annual club Championships Champions List

14 & 15 years 100m Individual Medley

<u>Girls Margret Mattias Cup</u>			<u>Boys Richard Hays Challenge Cup</u>	
Pre 1989 record not available			Pre'92	1.15.70
Record Time	Pre'88			
1988	Anna Morgan	1.19.50 NR		
1992	Clare Lewis	1.22.41	Gary Dennison	1.19.94
1993	Christine Chilton	1.28.16	Gary Dennison	1.11.51 NR
1994	Carli Wheeler	1.23.71	Stuart Day	1.26.73
1995	Julie Goforth	?	Christopher Payne	?
1996	No Champion		Martin McNally	1.16.96
1997	Jessica Brazier	1.22.95	David Thompson	1.10.99 NR
1998			David Thompson	1.09.96 NR
1999	Emma Caughey	1.21.01	Jason Brazier	1.22.12
2000	Elin Cox	1.23.91	Oliver Bowen	1.17.40
2001	Elin Cox	1.29.70	Oliver Bowen	1.14.17
2002	Emily Palmer	1.32.84	No Champion	
2003				
2004			Matthew Veale	1.14.40
2005	No Champion		Garry Pratt	1.11.95
2006	Rachael Jones	1.43.27	Gary Dutton	?
2007	Rebecca Randall	1.27.37	Gary Dutton	1.21.84
2008	Elizabeth Collings	1.23.54	No Champion	
2009	No Champion		Ross Sutton	1.11.04
2010	Megan Withers	1.20.00	Michael Hire	1.07.84 NR
2011	Carys Thomas	1.08.55 NR	Michael Hire	1.05.02 NR
2012	Emily Sloan	1.20.55	Ryan Beckerleg	1.12.20
2013	Ellie Parks	1.20.78	David Radmore	1.22.36
2014	Abbie Williams	1.15.47	Nyle Lewis	1.08.28
2015	Abbie Williams	1.14.60	Colm Tobin	1.10.96
2016	Abigayle Williams	1.11.62	Ben Omnet	1.13.65

Pembroke & District Swimming Club Annual club Championships Champions List

Open age 100m Individual Medley(16+ from 2005)

<u>Girls Dewhurst Trophy</u>		<u>Boys Sowray Cup</u>	
Pre 1989 record not available			
Record Time	Pre 91		
	1.21.81		1.13.50
1991	Anna Morgan		
1992	Clare Lewis 1.25.49	Gary Dennison	1.15.20
1993	Clare Lewis 1.24.70	Gary Dennison	1.14.51
1994	Hannah Forsyth 1.25.72	Alex Robinson	1.10.66 NR
1995	?	David Thompson	1.18.95
1996	Jessica Brazier 1.27.75	David Thompson	1.23.20
1997	Anna Morgan 1.22.27	Christopher Payne	1.16.36
1998			
1999	Emily Harries 1.21.88	David Thompson	1.07.89 NR
2000	Emma Caughey 1.18.39 NR	David Thompson	1.05.94 NR
2001	Emma Caughey 1.21.97	Nathan Willis	1.20.03
2002	Emma Caughey 1.20.61	Oliver Bowen	1.12.40
2003			
2004	Emma Caughey 1.20.29	Oliver Bowen	?
2005	No Champion	David Thompson	1.04.55 NR
2006	No Champion	David Thompson	1.02.45 NR
2007	No Champion	No Champion	
2008	No Champion	David Thompson	1.04.87
2009	No Champion	No Champion	
2010	No Champion	Gary Dutton	1.17.86
2011	No Champion	Ross Sutton	1.04.58
2012	Chelsey Woodward 1.21.10	No Champion	
2013	Carys Thomas 1.10.96 NR	Daniel Thomas	1.05.29
2014	Leigh White 1.29.85	Daniel Thomas	1.06.83
2015	Ellie Parks 1.18.40	Nyle Lewis	1.06.69
2016	Ellie Parks 1.19.28	Daniel Thomas	1.09.25