

Pembroke & District ASC long distance championships

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	New Record Time
2011	Alice Sloan	4.07.9	New Record Time
2012			

Girls 9 years 200m Trophy

Winning Time

2010	Sara Bevan	3.42.80	New Record Time
2012			

Girls 10/u 200m Trophy

Winning Time

1991	Julie Goforth	3.33.27	New 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

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

<u>Boys 8/u 200m Trophy</u>		<u>Winning Time</u>	
1991	David Thompson	3.22.06	New Record Time
2012			

<u>Boys 9 years 200m Trophy</u>		<u>Winning Time</u>	
1992	David Thompson	3.06.48	New Record Time
2012			

<u>Boys 10/u 200m Trophy</u>		<u>Winning Time</u>	
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	
<u>Boys 10 yrs 200m Trophy</u>		<u>Winning Time</u>	
2012			

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Individual Medley (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs & 11/o)

<u>Girls 11 yrs Trophy</u>	<u>Winning time</u>	
2009 Katherine Peaty	7.01.08	New Record Time
2012		

<u>Girls 12 yrs Trophy</u>	<u>Winning time</u>	
2010 Isabella Davies	5.34.33	New Record Time
2012		

<u>Girls 13 yrs Trophy</u>	<u>Winning time</u>	
2010 Carys Thomas	5.10.29	New Record Time
2012		

<u>Girls 14 yrs Trophy</u>	<u>Winning time</u>	
2008 Elizabeth Collings	6.14.25	New Record Time
2012		

<u>Girls 11/o 400m Cole Trophy</u>	<u>Winning Time</u>	
1988 Anna Morgan	6.11.81	New 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 Emma Caughey	6.14.76	
2001 Emma Caughey	6.09.64	New Record Time
2002 Emma Caughey		
2003 ?		
2004 Emma Caughey	6.21.28	
2005 Not awarded		
2006 Not awarded		
2007 Emma Caughey	6.11.87	
2008 Elizabeth Collings	6.14.25	
2009 Carys Thomas	6.01.53	New Record Time
2010 Carys Thomas	5.10.29	New Record Time
2011 Isabelle Davies	5.25.62	

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Individual Medley (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs & 11/o)

<u>Boys 11 yrs Trophy</u>	<u>Winning time</u>	
1994 David Thompson	6.05.93	New Record Time
2010 Sion Bevan	5.54.58	New Record Time
2012		

<u>Boys 12 yrs Trophy</u>	<u>Winning time</u>	
1995 David Thompson	5.45.91	New Record Time
2012		

<u>Boys 13 yrs Trophy</u>	<u>Winning time</u>	
1996 David Thompson	5.37.80	New Record Time
2010 Daniel Thomas	5.17.52	New Record Time
2012		

<u>Boys 14 yrs Trophy</u>	<u>Winning time</u>	
1997 David Thompson	5.29.07	New Record Time
2010 Michael Hire	5.06.09	New Record Time
2011 Daniel Thomas	5.03.00	New Record Time
2012		

<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
1998 David Thompson	5.22.07	New Record Time
1999 David Thompson	5.25.31	
2000 David Thompson	5.29.50	
2001 Oliver Bowen	6.20.16	
2002 David Thompson	5.25.34	
2003 ?		
2004 Not awarded		
2005 David Thompson	5.09.21	New Record Time
2006 Patrick Bunker	7.16.26	
2007 David Thompson	5.11.15	
2008 Ross Sutton	5.56.14	
2009 Michael Hire	5.26.27	
2010 Ross Sutton	4.59.89	New Record Time
2011 Ross Sutton	4.51.93	New Record Time
2012		

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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	New Record Time
2011	Alice Sloan	3.40.22	New Record Time
2012			

<u>Girls 9 years 200m Trophy</u>		<u>Winning Time</u>	
2009	Abby Williams	3.16.45	New Record Time
2012			

<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			

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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

New Record Time

2012

Boys 9 years 200m Trophy

Winning Time

1992 David Thompson

2.48.16

New Record Time

2012

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

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Girls 11 yrs Trophy

		<u>Winning time</u>	
2009	Katherine Peaty	6.04.35	New Record Time
2011	Abbie Williams	5.55.29	New Record Time
2012			

Girls 12 yrs Trophy

		<u>Winning time</u>	
2010	Isabella Davies	4.59.80	New Record Time
2012			

Girls 13 yrs Trophy

		<u>Winning time</u>	
2010	Carys Thomas	4.41.13	New Record Time
2012			

Girls 14 yrs Trophy

		<u>Winning time</u>	
2008	Elizabeth Collings	5.20.76	New Record Time
2012			

Girls 11/o 400m Hatton Trophy

		<u>Winning Time</u>	
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	
1996	Emma Caughey	6.19.64	
1997	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			

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Freestyle (up to 2011 only 11/o received a trophy as from 2012 the format changed to 11yrs-12 yrs-13yrs-14yrs & 11/o)

Boys 11 yrs Trophy

	<u>Winning time</u>	
1994 David Thompson	5.26.78	New Record Time
2010 Sion Bevan	5.11.77	New Record Time
2012		

Boys 12 yrs Trophy

	<u>Winning time</u>	
1995 David Thompson	5.14.91	New Record Time
2012		

Boys 13 yrs Trophy

	<u>Winning time</u>	
1996 David Thompson	5.04.75	New Record Time
2010 Daniel Thomas	4.41.26	New Record Time
2012		

Boys 14 yrs Trophy

	<u>Winning time</u>	
1997 David Thompson	4.46.16	New Record Time
2010 Michael Hire	4.29.93	New Record Time
2011 Daniel Thomas	4.29.45	New Record Time
2012		

Boys 11/o 400m Spencer Trophy

	<u>Winning Time</u>	
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