

Category	Trophy	Recipient 2015	Recipient 2016	Recipient 2017
Best 8 and under girl	Rosemary Brown Trophy	Marilla Evans	Abigail Hillary	Amelie Hounsell
Best 8 and under boy	Zilla Jackson Trophy	Aneurin Lee	Tyler Harts	Callum Keane
Most promising girl	Thea Bigland Trophy	Rebecca Evans	Megan Cole	Cerys Griffiths
Most promising boy	PPP Trophy	Charlie Shiels	Ioan Mutter	Jack Morgan
Most Improved Girl Water Dragon	*P&DASC CUP	New 2017	New 2017	Freya Thompson
Most Improved Boy Water Dragon	*P&DASC CUP	New 2017	New 2017	Ben Morgan
Best 9 year old girl	Bunker Perpetual Shield	Caera Lewis	Marilla Evans	Abigail Hillary
Best 9 year old Boy	Ben Thomas cup	Benjamin Hillary	Aneurin Lee	Fred Morris
Best 10 year old girl	Amy Phillips Plate	Fern Cumine	Gracie Rogers	Marilla Evans
Best 10 year old boy	David Thompson Cup	Morgan Williams	Benjamin Hillary	Aneurin Lee
Most promising Junior I/Medley swimmer	*Carys Thomas Trophey	Arron Fitzsimmons	Freddie Wilson	Lilly Busby
Best 11 and under girl	Simmonds Cup	Lucy Rogers	Caera Lewis	Caera Lewis
Best 11 and under boy	NatWest Trophy	Toby Sturley	Harry Llwellyn	Benjamin Hillary
Best 12 year old boy	Robert Shapcott Trophy	Owyn Griffiths	Toby Sturley	Jayden Keane
Best 12 year old girl	Newton Scale Trophy	Bethan Jones	Lucy Rogers	Megan Cole
Best 13 year old boy	P&DASC CUP	New 2017	New 2017	Arron Fitzimmons
Best 13 year old girl	P&DASC CUP	New 2017	New 2017	Hannah Greenwood
Most outstanding 14 year old	Trustee Savings Bank Trophy	Curtis Palmer	Abigayle Williams	Bethan Jones
Best 16/u	Simon Perpetual Trophy	Nyle Lewis	Bethan Jones	Toby Sturley
Most outstanding senior	Govan Davies Trophy	Jonathan Orchard	Abbie Williams	Charlotte Whalley
Most improved	Gillian Gowing Trophy	Georgia Lee	Hannah Greenwood	Jessica Morris
Application	*Paul Casey Trophy	Freddie Wilson	Jessica Morris	Saskia Webb
Service to club	Peter Lamplarne Trophy	Fay Omnet	Alanna Sturley	Tracy John
Top performing junior swimmer at West Wales Championships	The late Anne Day Trophy	Charlie Shiels 27 pts	Charlie Shiels 110 pts	Caera Lewis 113pts
Top performing senior swimmer at West Wales Championships	The late Joan Chiltern Trophy	Alice Sloan 106 pts	Abigayle Williams 163pts*	Bethan Jones 118pts
Top performing swimmer at the County Championships	Pembroke Town Council	Charlie Shiels 111 pts	Toby Sturley 83 pts	Arron Fitzimmons 105 pts
Swimmer of the Year	John Trophy	Daniel Thomas	Arron Fitzsimmons	Rowan Kettle
* Carys Thomas trophy awarded to the best potential junior medley swimmer below the county standard	* Paul Casey Trophey awarded to a swimmer who gives their best but may not receive any rewards for their hard work	*p&dasc water dragon cup Swimmer must have been in water dragons for whole year and be a water dragon on receiving the cup		