

Category	Trophy	Recipient 2016	Recipient 2017	Recipient 2018
Best 8 and under girl	Rosemary Brown Trophy	Abigail Hillary	Amelie Hounsell	Cerys Griffiths
Best 8 and under boy	Zilla Jackson Trophy	Tyler Harts	Callum Keane	Cory Shelmerdine
Most promising girl	Thea Bigland Trophy	Megan Cole	Cerys Griffiths	Skye Bruce
Most promising boy	PPP Trophy	Ioan Mutter	Jack Morgan	Dylan Lee
Most Improved Girl Water Dragon	*P&DASC CUP	New 2017	Freya Thompson	Alice Oliver
Most Improved Boy Water Dragon	*P&DASC CUP	New 2017	Ben Morgan	Cai Johnson
Best 9 year old girl	Bunker Perpetual Shield	Marilla Evans	Abigail Hillary	Amelie Hounsell
Best 9 year old Boy	Ben Thomas cup	Aneurin Lee	Fred Morris	Callum Keane
Best 10 year old girl	Amy Phillips Plate	Gracie Rogers	Marilla Evans	Abigail Hillary
Best 10 year old boy	David Thompson Cup	Benjamin Hillary	Aneurin Lee	Mason Montague
Most promising Junior I/Medley swimmer	*Carys Thomas Trophey	Freddie Wilson	Lilly Busby	Charlie Shiels
Best 11 and under girl	Simmonds Cup	Caera Lewis	Caera Lewis	Abigail Thomas*
Best 11 and under boy	NatWest Trophy	Harry Llwellyn	Benjamin Hillary	Jack Morgan
Best 12 year old boy	Robert Shapcott Trophy	Toby Sturley	Jayden Keane	Benjamin Hillary
Best 12 year old girl	Newton Scale Trophy	Lucy Rogers	Megan Cole	Caera Lewis
Best 13 year old boy	P&DASC CUP	New 2017	Arron Fitzimmons	Jayden Keane
Best 13 year old girl	P&DASC CUP	New 2017	Hannah Greenwood	Megan Cole
Most outstanding 14 year old	Trustee Savings Bank Trophy	Abigayle Williams	Bethan Jones	Arron Fitzimmons
Best 16/u	Simon Perpetual Trophy	Bethan Jones	Toby Sturley	Toby Sturley
Most outstanding senior	Govan Davies Trophy	Abbie Williams	Charlotte Whalley	Daniel Thomas
Most improved	Gillian Gowing Trophy	Hannah Greenwood	Jessica Morris	Holly-Jane Callen
Application	*Paul Casey Trophy	Jessica Morris	Saskia Webb	Carys Thompson
Service to club	Peter Lamplarne Trophy	Alanna Sturley	Tracy John	Julian Orchard
Top performing junior swimmer at West Wales Championships	The late Anne Day Trophy	Charlie Shiels 110 pts	Caera Lewis 113pts	Nye Lee 18 pts
Top performing senior swimmer at West Wales Championships	The late Joan Chiltern Trophy	Abigayle Williams 163pts*	Bethan Jones 118pts	Arron Fitzimmons 156 pts
Top performing swimmer at the County Championships	Pembroke Town Council	Toby Sturley 83 pts	Arron Fitzimmons 105 pts	Toby Sturley 80 pts
Technique Award Most improved Water Dragon Swimmer	*P&DASC CUP	New 2018	New 2018	Butterfly Freya Thompson
Technique Award Most improved Bronze, Silver, Gold Swimmer	*P&DASC CUP	New 2018	New 2018	Freestyle Saskia Webb
Water Dragon Skills Cup at club champs	*The Late David Dutton Cup	New 2018	New 2018	Malachi Lysight-Jones
Swimmer of the Year	John Trophy	Arron Fitzsimmons	Rowan Kettle	Hannah Greenwood
* Carys Thomas trophy awarded to the best potential junior medley not in County squad	* Paul Casey Trophey awarded to a swimmer who gives their best but may not receive many rewards for their hard work	*p&dasc water dragon cups	Swimmer must be in water dragons on receiving cup	

2018 special award goes to Rowan Kettle for performance award *11/u given as best 11 year throughout the year