

Category	Trophy	Recipient 2017	Recipient 2018	Recipient 2019
Best 8 and under girl	Rosemary Brown Trophy	Amelie Hounsell	Cerys Griffiths	Mati Davies
Best 8 and under boy	Zilla Jackson Trophy	Callum Keane	Cory Shelmerdine	No 9/u BOYS
Most promising girl	Thea Bigland Trophy	Cerys Griffiths	Skye Bruce	Indya Lysight-Jones
Most promising boy	PPP Trophy	Jack Morgan	Dylan Lee	Phillip Twynham
Most Improved Girl Water Dragon	*P&DASC CUP	Freya Thompson	Alice Oliver	Keira Montague
Most Improved Boy Water Dragon	*P&DASC CUP	Ben Morgan	Cai Johnson	Cory Shelmerdine
Best 9 year old girl	Bunker Perpetual Shield	Abigail Hillary	Amelie Hounsell	Cerys Griffiths
Best 9 year old Boy	Ben Thomas cup	Fred Morris	Callum Keane	Iori Evans
Best 10 year old girl	Amy Phillips Plate	Marilla Evans	Abigail Hillary	Amelie Hounsell
Best 10 year old boy	David Thompson Cup	Aneurin Lee	Mason Montague	Ben Morgan
Most promising Junior I/Medley swimmer	*Carys Thomas Trophey	Lilly Busby	Charlie Shiels	Freya Thompson
Best 11 and under girl	Simmonds Cup	Caera Lewis	Abigail Thomas*	Abigail Hillary
Best 11 and under boy	NatWest Trophy	Benjamin Hillary	Jack Morgan	Mason Montague
Best 12 year old boy	Robert Shapcott Trophy	Jayden Keane	Benjamin Hillary	Jack Morgan
Best 12 year old girl	Newton Scale Trophy	Megan Cole	Caera Lewis	Saskia Webb
Best 13 year old boy	P&DASC CUP	Arron Fitzimmons	Jayden Keane	Benjamin Hillary
Best 13 year old girl	P&DASC CUP	Hannah Greenwood	Megan Cole	Leah Carroll
Most outstanding 14 year old	Trustee Savings Bank Trophy	Bethan Jones	Arron Fitzimmons	ffion Mosses
Best 16/u boy	Simon Perpetual Trophy	Toby Sturley	Toby Sturley	Arron Fitzimmons
Best 16/u Girl	Julie Goforth Trophy	xxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxx	Georgia Lee
Most outstanding senior	Govan Davies Trophy	Charlotte Whalley	Daniel Thomas	Charlie Shiels
Most improved Application	Gillian Gowing Trophy	Jessica Morris	Holly-Jane Callen	Daniel Twynham
Service to club	*Paul Casey Trophy	Saskia Webb	Carys Thompson	Ben Evans
Top performing junior swimmer at West Wales Championships	Peter Lamplarne Trophy	Tracy John	Julian Orchard	Fitz & Coral
Top performing senior swimmer at West Wales Championships	The late Anne Day Trophy	Caera Lewis 113pts	Nye Lee 18 pts	Abigail Hillary 9th place
Top performing swimmer at the County Championships	The late Joan Chiltern Trophy	Bethan Jones 118pts	Arron Fitzimmons 156 pts	Benjamin Hillary 66pts
Technique Award Most improved Water Dragon Swimmer	Pembroke Town Council	Arron Fitzimmons 105 pts	Toby Sturley 80 pts	Charlie Shiels 76 pts
Technique Award Most improved Bronze, Silver, Gold	*P&DASC CUP	New 2018	Butterfly Freya Thompson	Freestyle Keira Bruce
Water Dragon Skills Cup at club champs	*P&DASC CUP	New 2018	Freestyle Saskia Webb	All round improvement Carys Thompson
Swimmer of the Year	*The Late David Dutton Cup	New 2018	Malachi Lysight-Jones	Freya Thompson
	John Trophy	Rowan Kettle	Hannah Greenwood	Ben Hillary