

**Guernsey Men's rankings 2017**

compiled 15-Dec-17

2019 Island Games standards indicitive only - window opens Jan 1st 2018

**100 Men Overall 2017 Guernsey AC**

Rank	Perf	Name	Club	Venue	Date
		10.55 WA +5.2 Josh Allaway	Guernsey	Visby, SWE	29-Jun-17
1	10.96	Joshua Allaway	Guernsey	St. Peter Port	18-May-17
		11.20 Island Games A std			
2	11.25	Alastair Chalmers U20	Guernsey	St. Peter Port	18-May-17
3	11.31	Dale Garland V35	Guernsey	St. Peter Port	18-May-17
4	11.49	Teddy Le Clerc U20	Guernsey	St. Peter Port	18-May-17
		11.50 Island Games Development std			
5	11.51	Harry Burns U20	Guernsey	St. Clement	06-May-17
6	11.77	Joe Chadwick U17	Guernsey	St. Peter Port	18-May-17
7	12.18	Peter Curtis U17	Guernsey	St. Peter Port	18-May-17
8	12.18	Toby Glass U20	Guernsey	St. Peter Port	16-Jul-17
9	12.96	Gilles Roussel U15	Guernsey	St. Peter Port	02-Sep-17
10	13.00	Ben Stevens U15	Guernsey	St. Peter Port	02-Sep-17
11	13.19	Josh Avery U15	Guernsey	St. Peter Port	16-Jul-17
12	13.47	Reece Jackson U15	Guernsey	St. Peter Port	30-Apr-17
13	13.49	Paul Wallbridge	Guernsey	St. Peter Port	06-Aug-17
14	13.85	James Goubert U13	Guernsey	St. Peter Port	16-Jul-17
15	13.94	Ben Solway U15	Guernsey	St. Peter Port	02-Sep-17

**200 Men Overall 2017 Guernsey AC**

1	22.05	Joshua Allaway	Guernsey	St. Peter Port	25-May-17
2	22.35	Dale Garland V35	Guernsey	St. Peter Port	25-May-17
3	22.64	Harry Burns U20	Guernsey	St. Peter Port	25-May-17
		22.70 Island Games A std			
4	22.92	Teddy Le Clerc U20	Guernsey	Birmingham(i)	19-Feb-17
5	23.01	Joe Chadwick U17	Guernsey	St. Peter Port	25-May-17
		23.20 Island Games Development std			
5	23.47	Peter Curtis U17	Guernsey	St. Peter Port	02-Sep-17
6	23.96	Lucas Rive U17	Guernsey	Sheffield(i)	29-Jan-17
7	24.18	Toby Glass U20	Guernsey	St. Peter Port	16-Jul-17
8	25.29	Reece Jackson U15	Guernsey	St. Peter Port	02-Sep-17
9	26.46	Ben Stevens U15	Guernsey	St. Peter Port	16-Jul-17
10	26.62	Josh Avery U15	Guernsey	St. Peter Port	16-Jul-17
11	28.55	Chris Chalmers V55	Guernsey	St. Peter Port	30-Apr-17
12	33.11	Samuel Hancock U13	Guernsey	St. Peter Port	30-Apr-17

**400 Men Overall 2017 Guernsey AC**

1	45.64	Cameron Chalmers U23	Guernsey	Bedford	18-Jun-17	Is. Rec
2	47.82	Tom Druce	Guernsey	Hamar, NOR	16-Aug-17	
3	49.46	Dale Garland V35	Guernsey	Portsmouth	14-May-17	
4	50.17	Alastair Chalmers U20	Guernsey	Portsmouth	14-May-17	
5	50.39	Sam Wallbridge U23	Guernsey	Loughborough	24-May-17	
6	50.50	Teddy Le Clerc U20	Guernsey	Visby, SWE	29-Jun-17	
		50.80 Island Games A std				
7	51.12	Joshua Allaway	Guernsey	St. Peter Port	21-May-17	
8	51.39	Peter Curtis U17	Guernsey	Visby, SWE	28-Jun-17	

**51.80 Island Games Development std**

	52.39	Richard Bartram	U20	Guernsey	St. Peter Port	18-Jul-17
9	52.88	James Sermon		Guernsey	Hendon	24-Jun-17
10	53.29	Simon Murphy		Guernsey	Portsmouth	14-May-17
11	53.55	Toby Glass	U20	Guernsey	Birmingham	19-Feb-17
	53.55	Edward Mason	U20	Guernsey	St. Peter Port	18-Jul-17
	54.32	Alex Rowe	U20	Guernsey	St. Peter Port	18-Jul-17
	55.33	Joseph Yeaman	U20	Guernsey	St. Peter Port	18-Jul-17
12	55.63	Alex Rowe	U20	Guernsey	St. Peter Port	21-May-17
	56.23	Sam Lesley		Guernsey	St. Peter Port	18-Jul-17
	56.71	Samuel Galpin	U20	Guernsey	St. Peter Port	18-Jul-17
	57.05	Isaac Powers	U17	Guernsey	St. Peter Port	18-Jul-17
13	58.08	Isaac Powers	U17	Guernsey	St. Peter Port	21-May-17
	58.37	Chris Bain	U15	Guernsey	St. Peter Port	18-Jul-17
14	62.54	Chris Chalmers	V55	Guernsey	St. Peter Port	21-May-17
15	72.32	Michael Way	V45	Guernsey	St. Peter Port	21-May-17

Event on 18-July-17: manually started electronic timing

**800 Men Overall 2017 Guernsey AC**

1	01:56.23	Simon Murphy		Guernsey	Solihull	13-May-17
2	01:57.15	Richard Bartram	U20	Guernsey	Visby, SWE	27-Jun-17
	01:58.00	Island Games A std				
3	01:59.07	Edward Mason	U20	Guernsey	St. Peter Port	30-May-17
4	01:59.29	Alex Rowe	U20	Guernsey	St. Peter Port	02-Sep-17
	02:00.25	Island Games Development std				
5	02:00.47	Joseph Yeaman	U20	Guernsey	Street	01-May-17
6	02:03.55	Daniel Galpin	U20	Guernsey	St. Peter Port	02-Sep-17
7	02:04.50	Sam Lesley		Guernsey	St. Peter Port	02-Sep-17
8	02:07.69	Samuel Galpin	U20	Guernsey	St. Peter Port	02-Sep-17
9	02:07.89	Isaac Powers	U17	Guernsey	St. Peter Port	02-Sep-17
10	02:08.90	Warwick Helps	V40	Guernsey	St. Peter Port	08-Jun-17
11	02:09.42	Chris Way	U23	Guernsey	Portsmouth	13-May-17
12	02:10.30	Chris Bain	U15	Guernsey	St. Peter Port	06-Aug-17
13	02:19.43	James Priest		Guernsey	St. Peter Port	25-May-17
14	02:20.82	Simon Ingrouille	V45	Guernsey	St. Peter Port	25-May-17
15	02:23.76	Mikey Ingrouille	U17	Guernsey	St. Peter Port	02-Sep-17

**1500 Men Overall 2017 Guernsey AC**

1	03:59.60	Richard Bartram	U20	Guernsey	St. Peter Port	16-Jul-17
2	04:04.22	Edward Mason	U20	Guernsey	Street	01-May-17
	04:04.25	Island Games A std				
	04:09.00	Island Games Development std				
3	04:12.60	Joseph Yeaman	U20	Guernsey	St. Peter Port	20-Jun-17
4	04:14.09	Daniel Galpin	U20	Guernsey	Stretford	19-Aug-17
5	04:14.72	Alex Rowe	U20	Guernsey	St. Peter Port	07-Sep-17
6	04:26.96	Chris Way	U23	Guernsey	St. Peter Port	16-Jul-17
7	04:28.05	Samuel Galpin	U20	Guernsey	Street	01-May-17
8	04:29.03	Sam Lesley		Guernsey	St. Peter Port	07-Sep-17
9	04:29.08	Warwick Helps	V40	Guernsey	Birmingham	24-Jun-17
10	04:31.46	Isaac Powers	U17	Guernsey	St. Peter Port	07-Sep-17
11	04:31.83	Peter Amy	V35	Guernsey	St. Peter Port	07-Sep-17
12	04:33.27	James Priest		Guernsey	St. Peter Port	16-Jul-17
13	04:38.11	Louis Le Cheminant	U17	Guernsey	Street	01-May-17
14	04:40.60	Chris Bain	U15	Guernsey	St. Peter Port	20-Jun-17

15 04:45.04 Adrian Lihou V45 Guernsey St. Peter Port 07-Sep-17

### 3000 Men Overall 2017 Guernsey AC

1 08:58.87 Edward Mason U20 Guernsey Portsmouth 13-May-17  
2 09:10.94 Daniel Galpin U20 Guernsey Cardiff (i) 10-Dec-17  
3 10:21.01 Louis Le Cheminant U17 Guernsey Portsmouth 13-May-17  
4 11:10.68 Anton Goovaerts U17 Guernsey St. Peter Port 30-Apr-17

### 5000 Men Overall 2017 Guernsey AC

1 15:39.89 Daniel Galpin U20 Guernsey Visby, SWE 28-Jun-17  
15:40.00 Island Games A std  
2 15:45.80 David Emery Guernsey St. Peter Port 08-Jun-17  
3 15:50.90 Edward Mason U20 Guernsey St. Peter Port 08-Jun-17  
4 16:03.20 Carl Holden Guernsey St. Peter Port 08-Jun-17  
16:15.00 Island Games Development std  
5 16:21.80 Stephen Dawes V35 Newham & Essex St. Peter Port 08-Jun-17  
6 16:34.45 Peter Amy V35 Guernsey St. Peter Port 06-Aug-17  
7 16:51.01 James Priest Guernsey St. Peter Port 06-Aug-17  
8 17:07.40 Ben Wilen Guernsey St. Peter Port 08-Jun-17  
9 17:20.10 George Mason U23 Guernsey St. Peter Port 08-Jun-17  
10 17:27.00 James De Garis V35 Guernsey St. Peter Port 08-Jun-17  
11 17:29.10 Simon Ingrouille V45 Guernsey St. Peter Port 08-Jun-17  
12 17:53.38 Sam Lesley Guernsey St. Peter Port 06-Aug-17  
13 18:25.70 Adrian Lihou V45 Guernsey St. Peter Port 08-Jun-17  
14 18:55.52 Sean Galpin V50 Guernsey St. Peter Port 30-Apr-17  
15 20:56.00 Danny Blake V40 Guernsey St. Peter Port 08-Jun-17

### 10000 Men Overall 2017 Guernsey AC

1 30:09.65 Lee Merrien V35 Newham & Essex Parliament Hill 20-May-17  
33:10.00 Island Games A std  
33:45.00 Island Games Development std  
2 33:45.89 Peter Amy V35 Guernsey St. Peter Port 03-Sep-17  
3 33:49.90 Carl Holden Guernsey St. Peter Port 03-Sep-17  
4 36:30.04 Tom Shaw Guernsey St. Peter Port 03-Sep-17  
5 36:51.36 Richard Hann Guernsey St. Peter Port 03-Sep-17  
6 37:35.14 Chris Gillman Guernsey St. Peter Port 03-Sep-17  
7 42:17.90 Chris Way U23 Guernsey St. Peter Port 03-Sep-17  
8 42:17.98 Michael Way V45 Guernsey St. Peter Port 03-Sep-17

### 3000SC Men Overall 2017 Guernsey AC

1 09:43.53 Edward Mason U20 Guernsey Visby, SWE 26-Jun-17  
10:00.00 Island Games A std  
10:20.00 Island Games Development std  
2 10:12.92 Daniel Galpin U20 Guernsey Bedford 29-Apr-17

### 110H Men Overall 2017 Guernsey AC

15.60 Island Games A std  
16.00 Island Games Development std  
1 17.4 Toby Glass U20 Guernsey St. Clement 06-May-17

### 400H Men Overall 2017 Guernsey AC

1 52.06 Alastair Chalmers U20 Guernsey Bedford 18-Jun-17

2	52.58	Sam Wallbridge	U23	Guernsey	Visby, SWE	26-Jun-17
3	54.89	Dale Garland	V35	Guernsey	St. Peter Port	06-Aug-17
56.40 Island Games A std						
4	57.66	Toby Glass	U20	Guernsey	St. Clement	06-May-17
58.00 Island Games Development std						

### HJ Men Overall 2017 Guernsey AC

1.87 Island Games A std						
1	1.82	Lucas Rive	U17	Guernsey	Visby, SWE	25-Jun-17
1.80 Island Games Development std						
2	1.76	James Bougourd		Southampton	St. Peter Port	02-Sep-17
3	1.70	Joe Chadwick	U17	Guernsey	Sheffield	29-Jan-17
4	1.60	Jordan Kelly	U20	Guernsey	St. Peter Port	16-Jul-17
5	1.55	Ben Solway	U15	Guernsey	St. Peter Port	18-May-17
6	1.10	Samuel Hancock	U13	Guernsey	St. Peter Port	30-Apr-17

### PV Men Overall 2017 Guernsey AC

4.00 Island Games A std (not a confirmed event for Gibraltar 2019)  
3.60 Island Games Development std (not a confirmed event for Gibraltar 2019)

No performances found

### LJ Men Overall 2017 Guernsey AC

6.55 Island Games A std						
1	6.39	Jon Guille		Guernsey	St. Peter Port	30-Apr-17
6.20 Island Games Development std						
2	5.71	Jordan Kelly	U20	Guernsey	St. Peter Port	16-Jul-17
3	5.69	Peter Curtis	U17	Guernsey	Birmingham	19-Feb-17
4	4.80	Ben Solway	U15	Guernsey	St. Peter Port	02-Sep-17
5	4.40	James Goubert	U13	Guernsey	St. Peter Port	21-May-17
6	4.29	George Goubert	U13	Guernsey	Crawley	28-Aug-17
7	3.61	Samuel Reed	U20	Guernsey	Southampton	11-Jul-17
8	3.07	Rupert Wilson	U11	Guernsey	Portsmouth	01-May-17

### TJ Men Overall 2017 Guernsey AC

1	13.52	Jon Guille		Guernsey	Visby, SWE	30-Jun-17
13.55 Island Games A std						
13.00 Island Games Development std						
2	10.58	Ben Solway	U15	Guernsey	St. Peter Port	02-Sep-17

### SP7.26K Men Overall 2017 Guernsey AC

12.50 Island Games A std						
11.60 Island Games Development std						
1	9.63	James Bougourd		Southampton	St. Peter Port	06-Aug-17

### DT2K Men Overall 2017 Guernsey AC

40.00 Island Games A std						
36.50 Island Games Development std						
1	31.00	James Bougourd		Southampton	St. Peter Port	06-Aug-17
2	24.10	Paul Wallbridge		Guernsey	St. Peter Port	06-Aug-17

### HT7.26K Men Overall 2017 Guernsey AC

43.50 Island Games A std (not a confirmed event for Gibraltar 2019)

41.00 Island Games Development std (not a confirmed event for Gibraltar 2019)

No performances found

### JT800 Men Overall 2017 Guernsey AC

1	57.64	James Bougourd		Southampton	Crystal Palace	10-Jun-17
	54.00	Island Games A std (not a confirmed event for Gibraltar 2019)				
	49.50	Island Games Development std (not a confirmed event for Gibraltar 2019)				
2	41.00	Paul Wallbridge	V35	Guernsey	St. Peter Port	02-Sep-17
3	33.18	Elliot Robert	U20	Guernsey	St. Peter Port	16-Jul-17

### Dec Men Overall 2017 Guernsey AC

No performances found

### 5k Men Overall 2017 Guernsey AC

1	16.01	Carl Holden		Guernsey	Footes Lane	14-Apr-17
2	16.15	Ed Mason	U20	Guernsey	Saumarez Park	16-Jan-17
3	16.19	David Emery		Guernsey	Saumarez Park	16-Jan-17
4	16.27	Steve Dawes		Guernsey	Saumarez Park	26-May-17
5	16.28	Richard Bartram	U20	Guernsey	Footes Lane	14-Apr-17
6	16.35	Richard Friedrich		Guernsey	Footes Lane	14-Apr-17
7	16.41	Tristan Robilliard	V35	Guernsey	Footes Lane	14-Apr-17
8	16.44	Peter Amy		Guernsey	Saumarez Park	01-Sep-17
9	16.48	Dan Galpin		Guernsey	Footes Lane	14-Apr-17
10	16.53	Sammy Galpin	U17	Guernsey	Footes Lane	14-Apr-17
11	16.55	James De Garis	V35	Guernsey	Footes Lane	14-Apr-17
12	17.07	Tom Shaw		Guernsey	Saumarez Park	01-Sep-17
13	17.18	Alex Rowe	U17	Guernsey	Saumarez Park	26-May-17
14	17.20	James Priest		Guernsey	Saumarez Park	16-Jan-17
15	17.26	Joe Yeaman	U17	Guernsey	Footes Lane	14-Apr-17
15	17.31	Warwick Helps	V40	Guernsey	Footes Lane	14-Apr-17

### 10K Men Overall 2017 Guernsey AC

1	30:59:00	Lee Merrien	V35	Newham & Essex	Birmingham	30-Apr-17
2	33:20:00	Carl Holden		Guernsey	Grnd Rocques-Bridg	17-Apr-17
3	33:32:00	Richard Kowenicki		Thames H&H	Fairford	04-Jun-17
4	33:45:00	David Emery		Guernsey	Eastleigh	19-Mar-17
4	34:35:00	Richard Bartram	U20	Guernsey	Grnd Rocques-Bridg	17-Apr-17
6	34:35:00	Peter Amy		Guernsey	KGV	10-Sep-17
7	34:40:00	Daniel Galpin	U20	Guernsey	Grnd Rocques-Bridg	17-Apr-17
8	34:42:00	Richard Friedrich	V35	Guernsey	Grnd Rocques-Bridg	17-Apr-17
9	35:01:00	Ben Wilen		Guernsey	Grnd Rocques-Bridg	17-Apr-17
10	35:06:00	Tristan Robilliard	V35	Guernsey	Eastleigh	19-Mar-17
11	35:08:00	James De Garis	V35	Guernsey	Grnd Rocques-Bridg	17-Apr-17
12	36:12:00	Samuel Galpin	U17	Guernsey	Grnd Rocques-Bridg	17-Apr-17
13	36:20:00	Michael Wilesmith		Guernsey	KGV	10-Sep-17
14	36:25:00	James Priest		Guernsey	Grnd Rocques-Bridg	17-Apr-17
15	36:37:00	Jamie Ingrouille	U20	Guernsey	Grnd Rocques-Bridg	17-Apr-17

### HM Men Overall 2017 Guernsey AC

1	66:45:00	Lee Merrien	V35	Newham & Essex	Visby, SWE	30-Jun-17
2	74:07:00	David Emery		Guernsey	Paddock Wood	02-Apr-17
	74:20:00	Island Games A std				
3	74:37:00	Carl Holden		Guernsey	Reading	19-Mar-17
4	75:00:00	Steve Bienvenu	V35	Guernsey	Manchester	15-Oct-17
	76:20:00	Island Games Development std				

5	76:38:00	Richard Friedrich	V35	Guernsey	St. Peter Port	18-Jun-17
6	77:46:00	Tony Clarkson	V40	Guernsey	Ras Al Khaimah, UAE	10-Feb-17
7	78:28:00	Tom Shaw		Guernsey	Worthing	12-Feb-17
8	78:54:00	Warwick Helps	V40	Guernsey	Gosport	19-Nov-17
9	79:19:00	Clint King	V35	Guernsey	Gosport	19-Nov-17
10	80:23:00	Richard Hann		Guernsey	Anglesey	05-Mar-17
11	80:35:00	Tristan Robilliard	V35	Guernsey	St. Peter Port	18-Jun-17
12	81:15:00	Ben Wilen		Guernsey	St. Peter Port	18-Jun-17
13	83:00:00	Adrian Lihou	V45	Guernsey	Manchester	15-Oct-17
14	84:35:00	Sean Galpin	V50	Guernsey	St. Peter Port	18-Jun-17
15	85:55:00	Simon Ingrouille	V45	Guernsey	St. Peter Port	18-Jun-17

### Mar Men Overall 2017 Guernsey AC

1	2:20:25	Lee Merrien	V35	Newham & Essex	Frankfurt, GER	29-Oct-17
2	2:33:35	Tiaan Erwee			Manchester	02-Apr-17
3	2:44:31	Tristan Robilliard	V35	Guernsey	Manchester	02-Apr-17
4	2:45:48	Steve Bienvenu	V35	Guernsey	Manchester	02-Apr-17
5	2:50:24	Tom Shaw		Guernsey	Manchester	02-Apr-17
6	2:51:04	Tony Clarkson	V40	Guernsey	Paris, FRA	09-Apr-17
7	2:51:51	James De Garis	V35	Guernsey	St Helier	01-Oct-17
8	2:54:38	Ben Wilen		Guernsey	St Helier	01-Oct-17
9	2:54:46	Richard Hann		Guernsey	Manchester	02-Apr-17
10	2:57:16	Chris Gillman		Guernsey	Manchester	02-Apr-17
11	3:00:23	Clint King	V35	Guernsey	St Helier	01-Oct-17
12	3:01:43	Steve Mann	V40	Guernsey	St Helier	01-Oct-17
13	3:14:35	Rob Byrne		Guernsey	St Helier	01-Oct-17
14	3:14:36	Adam Grogan		Guernsey	St Helier	01-Oct-17
15	3:14:21	Jerym Brunton		Guernsey	Guernsey	28-Aug-17