Guernsey All Time Performances

Conventions used throughout listings

Only performances whilst athlete is “Guernsey Selectable” are included.

These are senior all-time lists but include younger age group performances where suitable.

*=Performance at Under 20 age (senior specification if applicable)
**=Performance at Under 17 age (senior specification if applicable)
***=Performance at Under 15 age (senior specification if applicable)

wa = Wind Assisted performance where of note, included for interest only
i = Performance achieved within indoor competition.

y or fi converted imperial performance – courtesy Ray Hollis

original 22nd Feb 2016 - updated Nov 1st 2016

These listings will be routinely updated

Errors & Omissions – e-mail ingrouille1@me.com
With full details of performance

100 METRES

Name	Time	Representing	Venue	Date
Tom Druce	10.66s	GIAAC	Portsmouth	13.05.12
Josh Allaway	10.66s wa	GIAAC	Footes Lane, Gsy	09.03.14
Dale Garland	10.7s wa	GIAAC	FB Fields, Jersey	12.09.09
Cameron Chalmers*	10.77s	Guernsey	Footes Lane, Guernsey	31.07.16
Josh Allaway	10.78s	Guernsey	FB Fields, Jersey	01.07.15
Ryan de Haaff	10.8s	GIAAC	Footes Lane, Guernsey	31.08.03
Dale Garland	10.92s	Guernsey	Shetland Isles	2005
Glenn Etherington	10.94s	CIAC	Bedford	03.08.13
John Brehaut*	11.0s y	GIAAC	College Field, Guernsey	22.04.54
John Allen*	11.0s y	Elizabeth College	Southampton	10.06.67
Brian Robert	11.0s	GIAAC	Memorial Field, Guernsey	19.08.71
David Legg	11.0s	GIAAC	Memorial Field, Guernsey	11.06.81
Mark Haskins*	11.0s wa	GIAAC	Faroe Isles	09.07.89

School performances			Officiating standard Unknown.	
Brian Taylor**	11.0s	Elizabeth College	College Field, Jersey	02.05.77
Dale Chadwick**	11.0s	Elizabeth College	Memorial Field, Guernsey	30.05.87
Sean Duquemin*	11.0s	Elizabeth College	Memorial Field, Guernsey	30.05.87
Simon Bradshaw**	11.0s	Elizabeth College	FB Fields, Jersey	12.06.93

200 METRES

Name	Time	Representing	Venue	Date
Tom Druce	21.32s	GIAAC	Lee Valley	14.08.13
Dale Garland	21.3s wa	GIAAC	FB Fields, Jersey	12.09.09
Dale Garland	21.6s	GIAAC	Footes Lane, Guernsey	19.06.10
Josh Allaway	21.65	Guernsey	FB Fields, Jersey	29.06.15
Dale Garland	21.77s	GIAAC	Watford	21.06.09
Glenn Etherington	21.95	CIAC	Exeter	11.08.13
Hywel Robinson	22.1s	GIAAC	Footes Lane, Guernsey	19.06.10
Brian Taylor*	22.2s	Haringey AC	Footes Lane, Guernsey	15.07.81
Ryan de Haaff*	22.34s	GIAAC	Footes Lane, Guernsey	30.06.03
Nathan Stevens*	22.4s	GIAAC	Footes Lane, Guernsey	17.04.03
John Allen	22.4s	GIAAC	Footes Lane, Guernsey	06.08.78
Stuart Tolcher*	22.5s	GIAAC	Footes Lane, Guernsey	07.09.96
Jason Woodhard	22.6s	GIAAC	Footes Lane, Guernsey	15.07.81
Robbie Titterington	22.6s	CIAC	Perivale	30.07.05

400 METRES

Name	Time	Representing	Venue	Date
Tom Druce	46.37s	GIAAC	Pergine, Italy	23.07.11
Dale Garland	46.5s	GIAAC	Footes Lane, Guernsey	30.05.07
Cameron Chalmers*	46.51	GB Juniors	Bydgoszcz, Poland	21.07.16
Dale Garland	46.68s	Guernsey	Melbourne, Australia	09.03.06
Stuart Tolcher	48.78s	GIAAC	Portsmouth	10.05.98
Keith Falla	49.4s	Croydon Harriers	Crystal Palace	25.05.69
Nathan Stevens	49.4s	GIAAC	Footes Lane, Guernsey	09.09.06
Alastair Chalmers**	49.59	GIAAC	Portsmouth	15.05.16
David Battle	49.8s	St Pauls College	Cheltenham	May 75
Hywel Robinson	49.86s	CIAC	Ashford	05.06.10
Sam Wallbridge	50.18s	GIAAC	Footes Lane, Guernsey	07.06.15
Jason Woodhard	50.2s	GIAAC	Eastleigh	14.08.80
Nick Marley	50.5s	GIAAC	Brighton	04.08.95
Leo Rice*	50.6s	GIAAC	Footes Lane, Guernsey	11.09.10
Josh Allaway	50.74	GIAAC	Footes Lane, Guernsey	07.06.15
Teddy Gordon-Le Clerc**	50.79	GIAAC	Footes Lane, Guernsey	08.08.15
Nigel Le Page*	50.9s	Elizabeth College	Southampton	May 70
Eben Marsh**	51.00s	GIAAC	Footes Lane, Guernsey	11.06.11
Mark Haskins*	51.0s	GIAAC	FB Fields, Jersey	25.08.90
Ray Hollis	51.3s y	GIAAC	Cambridge Park, Guernsey	03.08.59

600 METRES

Name	Time	Representing	Venue	Date
Tom Druce	78.27s	GIAAC	Footes Lane, Guernsey	25.06.08
Keith Falla	79.6s	GIAAC	Footes Lane, Guernsey	05.07.70
Keith Falla	79.6s	GIAAC	Footes Lane, Guernsey	26.04.72
Tom Druce	81.5s	GIAAC	Footes Lane, Guernsey	03.08.04
Ray Hollis	83.2s y	GIAAC	Cambridge Park, Guernsey	05.06.63
Dale Garland	83.59s	GIAAC	Footes Lane, Guernsey	
Matt Bailey	83.94s	GIAAC	Footes Lane, Guernsey	25.06.08
Matt Loveridge*	84.58s	GIAAC	Footes Lane, Guernsey	25.06.08
Michael Batiste*	86.92s	GIAAC	Footes Lane, Guernsey	25.06.08
Iain Bailey	88.52s	GIAAC	Footes Lane, Guernsey	25.06.08

800 METRES

Name	Time	Representing	Venue	Date
Keith Falla	1m49.02s	Croydon Harriers	Crystal Palace	13.07.73
Lee Merrien	1m49.97s	GIAAC	Watford	15.06.05
Tom Druce	1m51.78s	CIAC	Eltham	19.08.09
Nick Hand	1m53.45s	GIAAC	Edinburgh	28.07.86
Ray Hollis	1m53.6s y	AAA	Portsmouth	20.07.63
Nick Marley*	1m54.36s	GIAAC	Aland	25.06.91
Dale Garland	1m54.5s	GIAAC	Footes Lane, Guernsey	18.08.05
Matt Loveridge	1m55.05s	GIAAC	Watford	13.07.16
Michael Batiste	1m55.14s	GIAAC	Stretford	23.07.11
Tim Coates	1m55.6s	GIAAC	Footes Lane, Guernsey	18.08.05
Lee Garland	1m56.3s	GIAAC	Footes Lane, Guernsey	18.05.05
Alan Rowe	1m56.80s	GIAAC	Gibraltar	1995
Danny Ray**	1m57.85s	GIAAC	Crystal Palace	16.08.14
David Williams*	1m58.6s	Gsy Grammar Sch	Motspur Park	24.04.65
Matt Bailey	1m59.18s	GIAAC	Aland	29.06.09
Ed Mason*	1m59.41s	GIAAC	Footes Lane	1.05.16
David Battle**	1m59.7s	Gsy Grammar Sch	Southampton	06.06.71
Jason Woodhard	1m59.7s	GIAAC	Footes Lane, Guernsey	11.07.82
Will Bodkin	1m59.89s	GIAAC	Footes Lane, Guernsey	20.05.14
Richard Bartram*	2m00.0	GIAAC	Footes Lane, Guernsey	23.08.16

1500 METRES

Name	Time	Representing	Venue	Date
Lee Merrien	3m40.79s	GIAAC	Watford	11.06.05
Keith Falla	3m48.4s	England	Grangemouth	13.06.71
Nick Hand	3m50.75s	GIAAC	Edinburgh	29.07.86
Alan Rowe	3m52.83s	GIAAC	Crystal Palace	22.06.97
Danny Ray**	3m56.90s	GIAAC	Watford	10.09.14
Michael Batiste	3m58.25s	GIAAC	Watford	04.09.13
Will Bodkin	3m58.57s	GIAAC	Crystal Palace	14.06.14
Lee Garland	3m59.0s	GIAAC	Footes Lane, Guernsey	10.08.05
Tim Coates	4m02.2s	GIAAC	Footes Lane, Guernsey	10.08.05
Francis Kehoe	4m02.6s	GIAAC	Footes Lane, Guernsey	14.09.96
Ed Mason**	4m04.05	GIAAC	Ashford	14.08.15
Matt Loveridge	4m04.19s	CIAC	Footes Lane, Guernsey	05.06.10
Gary Broster	4m04.2s	GIAAC	Footes Lane, Guernsey	27.07.91
Geoff King	4m04.3s	GIAAC	Footes Lane, Guernsey	27.07.91
David Battle**	4m06.5s	Gsy Grammar Sch	Southampton	06.06.71
Mark Mercier*	4m06.9s	GIAAC	Footes Lane, Guernsey	July 05
Michael Wilesmith	4m07.58	GIAAC	Footes Lane, Guernsey	08.08.15
Steve Dawes	4m07.9s	GIAAC	Footes Lane, Guernsey	30.08.07
Marcel Le Clerc	4m08.9s	GIAAC	Footes Lane, Guernsey	11.08.87
Tom Druce*	4m09.3s	GIAAC	Footes Lane, Guernsey	23.05.05

3000 METRES

Name	Time	Representing	Venue	Date
Lee Merrien	8m00.51s	GIAAC	Leverkusen, Germany	28.07.06
Alan Rowe	8m38.90s	GIAAC	Enfield	29.04.95
Steve Dawes	8m41.77s	GIAAC	Footes Lane, Guernsey	01.08.12
Francis Kehoe	8m45.3s	GIAAC	Footes Lane, Guernsey	05.05.95
Frank Allen	8m47.0	Royal Navy	Southampton	03.06.70
Ed Mason**	8m48.78	GIAAC	Bedford	30.08.15
Lee Garland	8m50.5s	GIAAC	Footes Lane, Guernsey	02.06.05
Richard Kowenicki	8m52.6s	Thames H&H	Wimbledon	11.06.14
Jamie Marsh	8m55.0s	GIAAC	Footes Lane, Guernsey	14.06.84
Will Bodkin	8m56.06s	GIAAC	Footes Lane, Guernsey	01.05.14
Danny Ray**	8m59.60s	GIAAC	Footes Lane, Guernsey	01.05.14
Ian Carre**	9m11.5s	GIAAC	Portsmouth	22.08.93
Dan Galpin	9m07.11	GIAAC	Portsmouth	14.05.16
Mark Mercier*	9m12.31s	GIAAC	Portsmouth	13.05.06
Marcel Le Clerc	9m12.4s	GIAAC	Footes Lane, Guernsey	28.05.92

5000 METRES

Name	Time	Representing	Venue	Date
Lee Merrien	13m57.66s	CIAC	Manchester	29.07.07
Peter Bourgaize	14m35.0s	Royal Aust Air Force	Adelaide, Australia	20.08.87
Keith Falla	14m38.8s	Croydon Harriers	Crystal Palace	14.10.70
Steve Dawes	14m45.83s	GIAAC	Watford	11.06.11
David Kreckeler	14m49.0s	GIAAC	Walton	10.09.69
Alan Rowe	14m51.1s	GIAAC	Footes Lane, Guernsey	21.09.95
Francis Kehoe	15m09.4s	GIAAC	Portsmouth	11.05.96
Marcel Le Clerc	15m20.15s	GIAAC	Isle of Wight	08.07.93
Mike Wilesmith	15m23.92s	GIAAC	Eltham	19.08.15
Danny Ray**	15m24.56s	GIAAC	Footes Lane, Guernsey	16.05.14
Geoff King	15m24.57s	GIAAC	Aland	27.06.91
Jamie Marsh	15m26.22s	GIAAC	Edinburgh	28.07.86
Will Bodkin	15m32.14s	GIAAC	Footes Lane, Guernsey	16.05.14
Lee Garland	15m41.1s	GIAAC	Footes Lane, Guernsey	11.07.06
Joe Patton	15m44.6s	GIAAC	College Memorial Field, Gsy	26.08.71
Gary Broster	15m45.0s	GIAAC	Footes Lane, Guernsey	21.07.91
Jack Christian	15m46.0s	GIAAC	High Wycombe	25.07.87
Paul Ingrouille	15m46.40s	GIAAC	Aland	27.06.91
Ronan Shally	15m46.7s	GIAAC	Footes Lane, Guernsey	19.08.08
Ed Mason*	15m48.39s	GIAAC	Footes Lane, Guernsey	03.05.16

10000 METRES

Name	Time	Representing	Venue	Date
Lee Merrien	29m23.05s	GIAAC	Watford	14.06.08
David Kreckeler	30m25.2s	GIAAC	Crystal Palace	19.04.69
Peter Bourgaize	30m31.0s	Royal Aust Air Force	Adelaide, Australia	18.09.86
Steve Dawes	31m39.04s	GIAAC	Footes Lane, Guernsey	03.05.12
Francis Kehoe	31m48.0s	GIAAC	Footes Lane, Guernsey	24.09.96
Frank Allen	31m52.4s	Royal Marines	Southampton	01.06.70
Mike Wilesmith	32m16.17s	GIAAC	Stretford	06.09.14
Marcel Le Clerc	32m28.0s	GIAAC	Footes Lane, Guernsey	02.08.90
Richard Kowenicki	32m39.38s	Thames H&H	Parliament Hill	10.05.14
Will Bodkin	32m58.43s	GIAAC	Footes Lane, Guernsey	08.08.14
Geoff King	33m18.4s	GIAAC	Footes Lane, Guernsey	11.06.91
Jamie Marsh	33m18.6s	GIAAC	Footes Lane, Guernsey	03.07.86
Dave Emery	33m19.38s	GIAAC	Stretford	06.09.14
Nick Despres	33m35.6s	GIAAC	Isle of Man	13.07.01
Lee Garland	33m44.0s	GIAAC	Footes Lane, Guernsey	20.07.04
Pete Wickins	33m51.21s	GIAAC	Aland	28.06.91
Paul lngrouille	33m52.5s	GIAAC	Footes Lane, Guernsey	19.09.95
Alan Chivers	33m57.7s	GIAAC	Footes Lane, Guernsey	24.09.94

3000 METRES STEEPLECHASE

Name	Time	Representing	Venue	Date
Lee Garland	9m17.54s	GIAAC	Ashford	18.06.05
Frank Allen	9m19.0s	Royal Navy AC	Exeter	27.06.70
Andy Fooks	9m24.5s	GIAAC	FB Fields, Jersey	15.09.01
Keith Falla*	9m32.0s	Bournemouth AC	Weymouth	17.06.67
Steve Dawes	9m36.8s	CIAC	Abingdon	15.09.07
Ed Mason*	9m43.10s	Hampshire	Bedford	30.07.16
Geoff King	9m50.65s	GIAAC	Aland	23.06.91
Francis Kehoe	9m57.2s	GIAAC	Footes Lane, Guernsey	07.09.96
Percy Hodge†	10m00.4s	England	Antwerp, Belgium	20.08.20
Marcel Le Clerc	10m07.6s	GIAAC	Footes Lane, Guernsey	07.10.91
Mark Mercier*	10m12.2s	GIAAC	Footes Lane, Guernsey	09.09.06
George Mason*	10m20.14	GIAAC	Footes Lane, Guernsey	26.04.15
Ben Wilen	10m26.20s	GIAAC	Sandown	29.06.11
Daniel Galpin*	10m26.46	GIAAC	Footes Lane, Guernsey	03.05.15
Steve Bennett	10m28.8s	GIAAC	Footes Lane, Guernsey	07.10.91
Mike Yarnall	10m34.7s	GIAAC	Portsmouth	08.05.99
James Watts	10m39.5s	GIAAC	Footes Lane, Guernsey	24.09.94
Alan Chivers	10m42.1s	GIAAC	Footes Lane, Guernsey	07.10.91
Andy Carre	10m42.3s	GIAAC	Walthamstow	04.06.94
Ronan Shally	10m55.0s	GIAAC	Footes Lane, Guernsey	12.08.10

110 METRES HURDLES

Name	Time	Representing	Venue	Date
Dale Garland	14.50s i	CIAC	Bath	08.01.06
Dale Garland	14.65s	GIAAC	Shetland Isles	14.07.05
Glenn Etherington	14.76s	Guernsey	Bermuda	18.07.13
Mike Rayson	15.2s y ‡	GIAAC	FB Fields, Jersey	30.08.52
John Marley	15.4s y	GIAAC	Footes Lane, Guernsey	09.06.66
Leo Rice	15.46s	GIAAC	Sandown	28.06.11
Jim Le Poidevin	15.5s y	GIAAC	Cambridge Park, Guernsey	04.06.59
Roger Brehaut	15.8s	GIAAC	FB Fields, Jersey	21.08.93
Rob Langlois	16.0s y	GIAAC	Cambridge Park, Guernsey	03.08.59
Stuart Falla	16.5s y ‡	GIAAC	Cambridge Park, Guernsey	09.06.66
Phil Diamond*	16.54s wa	GIAAC	Isle of Wight	07.07.93
Lee Garland	16.6s	GIAAC	Footes Lane, Guernsey	02.06.01

‡ Suspect only 110 yards

400 METRES HURDLES

Name	Time	Representing	Venue	Date
Dale Garland	49.54s	CIAC	Cardiff	15.08.09
Sam Wallbridge*	53.51	Guernsey	FB Fields, Jersey	28.06.15
Alastair Chalmers**	54.85	Guernsey	FB Fields, Jersey	28.06.15
Leo Rice*	54.9s	GIAAC	Footes Lane, Guernsey	11.09.10
Lee Garland	55.23s	GIAAC	Gotland	29.06.99
Michael Batiste*	56.4s	GIAAC	Footes Lane, Guernsey	06.06.07
Glenn Etherington	58.07s	CIAC	Bedford	03.07.10
Phil Diamond	58.3s	GIAAC	Andover	01.07.95
David Rowson	58.76s	GIAAC	Aland	25.06.91
Simon Jones*	59.6s	GIAAC	Portsmouth	20.05.90
Sean Duquemin	60.1s	GIAAC	Portsmouth	19.05.91
Nathan Stevens	60.5s	CIAC	Harrow	05.08.06

LONG JUMP

Name	Distance	Representing	Venue	Date
Dale Garland	7.65m wa	CIAC	Perivale	26.06.04
Dale Garland	7.36m	GIAAC	Melbourne, Australia	20.03.06
Robin Cowling*	7.04m	GIAAC	Rhodes	03.07.07
Vernon Collenette	6.88m fi	GIAAC	Cambridge Park, Guernsey	01.08.55
Adam Page	6.75m	GIAAC	Footes Lane, Guernsey	01.07.03
Rob Langlois*	6.74m fi	GIAAC	FB Fields, Jersey	07.08.58
Rex Body	6.73m fi	GIAAC	Cambridge Park, Guernsey	07.08.56
John Brehaut*	6.72m fi	GIAAC	FB Fields, Jersey	25.08.56
Simon Sebire**	6.67m wa	GIAAC	Exeter	11.07.98
Nick Carpentier	6.67m	GIAAC	FB Fields, Jersey	20.08.88
John Allen	6.64m	GIAAC	Footes Lane, Guernsey	30.08.84
Phil Diamond*	6.63m	GIAAC	Gibraltar	20.07.95
Roger Brehaut	6.52m	GIAAC	Andover	24.06.89
Gary Tapp**	6.51m	Gsy Grammar School	Footes Lane, Guernsey	May 80
Sean Duquemin	6.51m	GIAAC	Footes Lane, Guernsey	24.09.94
Andy Mason*	6.50m	Elizabeth College	College Memorial Field, Gsy	05.05.79
Mike Rayson*	6.46m fi	GIAAC	College Memorial Field, Gsy	02.05.49
John Marley	6.46m fi	GIAAC	Cambridge Park, Guernsey	09.06.66
Brian Robert	6.44m	GIAAC	College Memorial Field, Gsy	26.08.71
Lee Garland	6.44m	GIAAC	FB Fields, Jersey	23.05.99
Martins Vabulis	6.41m	GIAAC	Footes Lane, Guernsey	11.06.11
Phil Le Roy*	6.40m fi	Gsy Grammar School	Cambridge Park, Guernsey	01.09.69

HIGH JUMP

Name	Height	Representing	Venue	Date
Phil Diamond	2.06m	GIAAC	FB Fields, Jersey	09.09.95
Roger Brehaut	2.05m	GIAAC	Portsmouth	21.05.89
Dale Garland	2.00m	GIAAC	Bendigo, Australia	12.03.06
James Kelley*	1.97m	GIAAC	FB Fields, Jersey	01.07.97
Josh Cowdrey**	1.97m	GIAAC	Footes Lane, Guernsey	11.06.11
Paul Lickley*	1.90m	GIAAC	Footes Lane, Guernsey	11.08.85
Gordon Miller	1.88m fi	GIAAC	College Memorial Field, Gsy	11.04.70
Martin Campbell	1.85m	GIAAC	Footes Lane, Guernsey	15.06.95
Andrew Hunt**	1.85m	GIAAC	FB Fields, Jersey	05.05.96
Michael Ashman**	1.85m	GIAAC	FB Fields, Jersey	05.05.96
Adam Page*	1.85m	Gsy Grammar School	Footes Lane, Guernsey	31.05.97
Vernon Collenette	1.84m fi	GIAAC	KGV Playing Fields, Guernsey	01.08.49
Robin Clark	1.81m fi	GIAAC	Cambridge Park, Guernsey	18.05.59
Oliver de la Fosse*	1.81m	Gsy Grammar School	Footes Lane, Guernsey	29.05.97
Joe Chadwick***	1.80m	GIAAC	Bedford	28.08.16
Colin Fallaize	1.80m	GIAAC	Footes Lane, Guernsey	19.08.79
A Gibson*	1.80m	Gsy Schools AA	Footes Lane, Guernsey	May 85
Lee Savident*	1.80m	Gsy Grammar School	Footes Lane, Guernsey	May 94
C Marquand*	1.80m	Gsy Grammar School	Footes Lane, Guernsey	23.05.97

TRIPLE JUMP

Name	Distance	Representing	Venue	Date
Dale Garland	14.51m wa	CIAC	Abingdon	23.06.02
Dale Garland	14.50m	CIAC	Coventry	22.08.09
Adam Page*	14.12m	GIAAC	FB Fields, Jersey	04.07.97
Jonathon Guille	13.93m	Guernsey	FB Fields, Jersey	02.07.15
Ross Hanley**	13.57m	CIAC	Ashford	05.06.10
John Brehaut	13.48m fi	GIAAC	Southampton	15.06.57
Adam Heaume	13.24m	GIAAC	Footes Lane, Guernsey	16.07.00
Robin Herron*	13.18m fi	GIAAC	Cambridge Park, Guernsey	23.07.55
Vernon Collenette	13.12m fi	GIAAC	College Memorial Field, Gsy	22.04.54
Andy Mason*	13.12m	Elizabeth College	Footes Lane, Guernsey	03.07.78
James Kelley	13.07m	Elizabeth College	FB Fields, Jersey	07.06.97
Lee Garland	13.06m	GIAAC	Isle of Wight	07.07.95
Sam Dowding*	13.04m	GIAAC	Footes Lane, Guernsey	30.06.02
Dale Chadwick**	12.97m	Elizabeth College	College Memorial Field, Gsy	1987
Robbie Titterington**	12.95m	GIAAC	Shetland Isles	15.07.05
Peter Atkinson	12.90m	GIAAC	College Field,Jersey	27.06.82

POLE VAULT

Name	Height	Representing	Venue	Date
Dale Garland	4.30m i	Great Britain	Prague, Czech Rep	12.02.06
Dale Garland	4.10m	GIAAC	Melbourne, Australia	21.03.06
Mike Ashman*	3.50m	GIAAC	Footes Lane, Guernsey	21.06.98
Paul Wallbridge*	2.90m	GIAAC	Footes Lane, Guernsey	22.05.96
Leo Rice*	2.60m	CIAC	Glasgow	31.07.10
Stuart Tolcher	2.50m	GIAAC	Footes Lane, Guernsey	21.09.95

DISCUS

Name	Distance	Representing	Venue	Date
Simon Burdett	44.76m	Team Solent	Southampton	07.04.91
James Menhenitt	42.38m	GIAAC	Footes Lane, Guernsey	19.04.97
Graham Le Page	38.73m fi	GIAAC	Cambridge Park, Guernsey	07.08.69
Kevin Lajoie	34.96m	GIAAC	Footes Lane, Guernsey	13.06.95
Perrin Carey	34.80m	GIAAC	Aland	25.06.91
Dale Garland	34.50m	GIAAC	FB Fields, Jersey	10.09.05
John Pedlar	33.22m fi	GIAAC	Cambridge Park, Guernsey	06.08.66
Joe Wilson	32.94m fi	GIAAC	Cambridge Park, Guernsey	29.08.63
Shaun Lacey	32.54m	GIAAC	Isle of Man	21.07.85

SHOT

Name	Distance	Representing	Venue	Date
Barry Tristram	15.33m fi	Loughborough Uni	Sutton	16.10.66
Len Le Huray	13.23m fi	GIAAC	Cambridge Park, Guernsey	03.09.59
James Menhenitt	12.69m	GIAAC	Isle of Man	05.07.93
Joe Wilson	12.44m fi	GIAAC	Cambridge Park, Guernsey	22.08.63
J Rogers	12.14m fi	GIAAC	Cambridge Park, Guernsey	22.08.59
Jon Ewart	11.97m	GIAAC	Faroe Isles	08.07.89
Andre de Carteret	11.68m	GIAAC	Footes Lane, Guernsey	28.08.99
Steve Paice	11.67m fi	GIAAC	Cambridge Park, Guernsey	18.06.66
Dale Garland	11.39m i	Great Britain	Prague, Czech Rep	11.02.06
Dale Garland	11.35m	GIAAC	Melbourne, Australia	20.03.06
Len Torode	11.21m fi	GIAAC	FB Fields, Jersey	28.08.54
S Robert	11.21m	GIAAC	Footes Lane, Guernsey	21.06.98
Kevin Lajoie	11.05m	GIAAC	Footes Lane, Guernsey	13.06.95
Layton Batiste	11.03m	Guernsey Rugby Club	Footes Lane, Guernsey	24.05.07
Mike Rayson	11.02m fi	GIAAC	College Field, Jersey	30.08.52
Ivan Taylor	10.97m fi	GIAAC	College Field, Guernsey	24.04.58

JAVELIN

Name	Distance	Representing	Venue	Date
James Menhenitt	60.92m	GIAAC	FB Fields, Jersey	09.09.95
James Geering*	59.16m	GIAAC	Footes Lane, Guernsey	12.09.87
James Brehaut*	58.72m	Gsy Grammar School	Footes Lane, Guernsey	13.06.10
Richard Paige	58.58m	GIAAC	Footes Lane, Guernsey	10.09.94
Perrin Carey*	57.96m	Gsy Schools AA	Yeovil	08.07.88
David Williams	57.50m fi	GIAAC	Cambridge Park, Guernsey	01.09.69
James Bougourd	57.33	GIAAC	Lee Valley	14.06.16
Roland Ogier	55.42m fi	GIAAC	FB Fields, Jersey	20.08.64
Dale Garland	55.18m	GIAAC	Bath	29.06.05
Alan Rowberry	53.83m	GIAAC	Rhodes	06.07.07
Kevin Lajoie	53.81m	GIAAC	Footes Lane, Guernsey	21.06.98
Robin Herron*	51.84m fi	GIAAC	Cambridge Park, Guernsey	13.08.55
John Buchanan	51.60m	GIAAC	Footes Lane, Guernsey	May 83
John Henry	50.61m	GIAAC	Footes Lane, Guernsey	11.08.85

HAMMER

Name	Distance	Representing	Venue	Date
James Menhenitt	45.80m	GIAAC	Footes Lane, Guernsey	14.09.96
Kevin Lajoie	41.94m	GIAAC	Portsmouth	14.05.95

MARATHON

Name	Time	Representing	Venue	Date
Lee Merrien	2h13m41s	GIAAC	London	22.04.12
Peter Bourgaize	2h23m54s	Royal Aust Air Force	Gold Coast, Australia	21.07.85
David Kreckeler	2h29m44s	GIAAC	Port Talbot	21.08.65
Mike Wilesmith	2h31m36s	GIAAC	Barcelona, ESP	16.03.14
Richard Kowenicki	2h31m39s	Thames Hare & Hounds	London	13.04.14
Steve Dawes	2h32m22s	GIAAC	Amsterdam	15.10.06
Brian Holden	2h33m30s	GIAAC	London	21.04.85
John Phillips	2h35m20s	Tamworth AC	Sausmarez Pk, Guernsey	26.08.85
Denis Midgley	2h38m21s	GIAAC	Jersey	06.05.84
Paul Ingrouille	2h38m28s	GIAAC	London	22.04.01
Don Grant	2h38m39s	GIAAC	London	21.04.85
Chris Carre	2h41m29s	Herne Bay	Footes Lane, Guernsey	29.08.10
Graham Le Page	2h42m28s	GIAAC	London	10.05.87
Tony Clarkson	2h42m35s	Guernsey	Dubai	23.1.15
Michael Perrio	2h42m47	GIAAC	Jersey	1981
Jack Christian	2h43m09	GIAAC	Jersey	01.05.83
Peter Smart	2h43m32	GIAAC	Sausmarez Pk, Guernsey	29.08.88
Peter de Bertrand	2h45m39	GIAAC	Norfolk	1988
Tristan Robilliard	2h47m02	GIAAC	Frankfurt	30.10.16
Leon Mabire	2h49m33	Univ Central Lancashire	London	13.04.08
Mike Gathercole	2h50m59	GIAAC	Rocquaine-Vazon, Guernsey	16.05.93
Danny Blatchford	2h52m00	GIAAC	Lincolnshire	1984
Jason James	2h52:20	GIAAC	Berlin	29.09.13

HALF MARATHON

Name	Time	Representing	Venue	Date
Lee Merrien	64m07	GIAAC	New York	20.03.16
Steve Dawes	67m50	GIAAC	Gosport	21.11.10
Peter Bourgaize	67m58	GIAAC	Adelade, Australia	14.06.86
Alan Rowe	69m58	GIAAC	GIAAC Easterruns Festival	13.04.98
Paul Sheard	70m02	GIAAC	GIAAC Easterruns Festival	13.04.98
Richard Kowenicki	70m05	Thames Hare & Hounds	Reading	02.03.14
Jamie Marsh	70m18	GIAAC	GIAAC Easterruns Festival	04.04.83
Paul Ingrouille	70m19	GIAAC	Portsmouth	14.03.93
Marcel Le Clerc	70m42	GIAAC	GIAAC Easterruns Festival	16.04.90
Francis Kehoe	70m53	GIAAC	GIAAC Easterruns Festival	31.03.97
Frank Allen	71m06	GIAAC	Gosport	06.11.83
Mick Perrio	71m19	GIAAC	Hash House Harriers	17.06.84
Mike Wilesmith	71m40	GIAAC	Brighton	16.02.14
Nick Despres	72m15	GIAAC	Jersey	20.05.01
Peter Smart	72m34	GIAAC	Hash House Harriers	21.06.87
Gary Broster	72m35	GIAAC	GIAAC Easterruns Festival	20.04.92
Christian Fournier	73m04	GIAAC	Hash House Harriers	19.06.88
Peter Wickins	73m04	GIAAC	Hash House Harriers	16.06.91
Chris Giles	73m33	GIAAC	GIAAC Easterruns Festival	13.04.98
Colin Jeffreys	73m37	GIAAC	Fathers Day Half	19.06.11
Quentin Willard	73m41	GIAAC	Hash House Harriers	21.06.87

LIBERATION DAY 7M

Name	Time	Representing	Date
Dave Kreckler	34m39	GIAAC	1966
Lee Merrien	35m27	GIAAC	2014
Jamie Marsh	35m43	GIAAC	1984
Marcel Le Clerc	36m21	GIAAC	1989
Francis Kehoe	36m44	GIAAC	1995
Gary Broster	36m53	GIAAC	1989
Geoff King	37m03	GIAAC	1981
Mick Perrio	37m13	GIAAC	1984
Pete Smart	37m16	GIAAC	1989
Barry Marley	37m18	GIAAC	1988
Alan Rowe	37m22	GIAAC	1994
Paul Ingrouille	37m29	GIAAC	1991
Michael Wilesmith	37m29	GIAAC	2016
Steve Dawes	37m47	GIAAC	2010
Alan Chivers	37m56	GIAAC	1989
Quentin Willard	38m03		1987
Ian Curle	38m05	GIAAC	1955
Dave Dyke	38m05	GIAAC	1993
Jack Christian	38m06	GIAAC	1984
Charlie Cottam	38m19	GIAAC	1984
Mark Elliott	38m19	GIAAC	1985
Mike Gathercole	38m23	GIAAC	1988
Alan Ellis	38m29	GIAAC	1989
Keith Gallienne	38m29	GIAAC	1991
David Emery	38m31	GIAAC	2016

Guernsey Women
All Time Performances

100 METRES WMN

Name	Time	Representing	Venue	Date
Kylie Robilliard	11.94s	GIAAC	Sandown	27.06.11
Jay Peet	12.10s	GIAAC	Loughborough	19.05.93
Kimberley Gleeson**	12.36s	GIAAC	Portsmouth	12.05.07
Teresa Roberts**	12.36s	GIAAC	Sandown	27.06.11
Joy Phelan*	12.5s	GIAAC	Footes Lane, Guernsey	13.09.87
Indi Gallagher**	12.67s	GIAAC	Footes Lane, Guernsey	16.07.16
Hannah Lesbirel	12.70s	GIAAC	Footes Lane, Guernsey	31.07.16
Laura Arblaster**	12.7s	GIAAC	Eton	05.06.04
Danielle Troke*	12.76s	GIAAC	Portsmouth	15.05.04
Abigail Galpin**	12.78s	GIAAC	Gateshead	8.07.16
Jasmine Norman**	12.79s	GIAAC	Footes Lane, Guernsey	16.07.16
Sarah Stonebridge**	12.9s	GIAAC	Southampton	15.05.87
Emma Batiste*	12.9s	GIAAC	Footes Lane, Guernsey	14.04.02
Hannah Barrett**	13.02s	GIAAC	Footes Lane, Guernsey	5.06.16
Vicky Mann**	13.07s	GIAAC	Footes Lane, Guernsey	16.07.16

200 METRES WMN

Name	Time	Representing	Venue	Date
Jay Peet	25.3s	GIAAC	FB Fields, Jersey	21.08.93
Hannah Lesbirel	25.43wa	GIAAC	Lee Valley	03.08.16
Kylie Robilliard**	25.5s	GIAAC	Footes Lane, Guernsey	12.04.04
Kimberley Goodall*	25.54s	GIAAC	Manchester	26.07.02
Teresa Roberts*	25.69s	GIAAC	Sandown	29.06.11
=Sophie Porter**	25.78s i	Gsy AC	Birmingham	19.02.17
=Indi Gallagher*	25.78s i	Gsy AC	Sheffield	26.02.17
Laura Arblaster*	25.8s	CIAC	Eton	24.06.06
Kimberley Gleeson**	25.8s	GIAAC	Birmingham	06.08.06
Hannah Lesbirel	25.85	GIAAC	Footes Lane, Guernsey	5.06.16
Abigail Galpin**	26.14s	Gsy AC	Sheffield	26.02.17
Sarah Stonebridge*	26.43s	GIAAC	Aland	27.06.91
Emma Leask	26.45s	GIAAC	Footes Lane, Guernsey	26.05.13
Jasmine Norman**	26.48s	GIAAC	Footes Lane, Guernsey	5.06.16
Sally Carpenter*	26.5s	Gsy Schools AC	Avon	1980
Joy Phelan	26.5s	GIAAC	Footes Lane, Guernsey	22.08.87
Emma Batiste**	26.5s	GIAAC	Footes Lane, Guernsey	10.09.00
Rowena Mackay**	26.56s	GIAAC	FB Fields, Jersey	01.07.95
Emma Le Conte*	26.57s	GIAAC	Portsmouth	15.05.11
Stephanie Ozanne**	26.6s	GIAAC	Footes Lane, Guernsey	17.04.03
Amelia Lees***	26.76	GIAAC	Dartford	24.8.16

400 METRES WMN

Name	Time	Representing	Venue	Date
Kimberley Goodall	56.81s	Gateshead Harriers	Jarrow	22.06.05
Jay Peet	57.2s	Guernsey	Footes Lane, Guernsey	21.06.98
Indi Gallagher*	58.18s(i)	Gsy AC	Sheffield	25.02.17
Emma Leask	58.21s	GIAAC	Portsmouth	25.05.13
Laura Arblaster*	58.4s	GIAAC	Footes Lane, Guernsey	09.09.06
Sophie Porter**	58.50s(i)	Gsy AC	Sheffield	29.01.17
Emma Le Conte*	59.13s	GIAAC	Portsmouth	12.05.12
Jasmine Norman**	59.85s	GIAAC	Ashford	15.08.16
Natalie Whitty	59.94s	GIAAC	Footes Lane, Guernsey	08.07.14
Amelia Lees**	60.26s(i)	Gsy AC	Sheffield	29.01.17
Rebecca Toll**	60.30s	GIAAC	FB Fields, Jersey	28.06.15
Regina Williams	60.38s	GIAAC	FB Fields, Jersey	01.07.97
Sadie Addlesee	60.68s	GIAAC	Crawley	29.08.11
Louise Kent**	61.4s	GIAAC	Southampton	15.05.88
Katie Rowe*	61.61	GIAAC	Footes Lane, Guernsey	23.04.15
Susan Potter	61.8s	GIAAC	FB Fields, Jersey	10.09.05
Kimberley Gleeson**	61.8s	GIAAC	Footes Lane, Guernsey	20.06.07
Rowena Mackay**	61.82s	GIAAC	FB Fields, Jersey	01.07.97
Sarah Hume	61.99s	GIAAC	Portsmouth	14.05.05
Stephanie Ozanne**	62.0s	GIAAC	Footes Lane, Guernsey	12.04.04
Amy Dallamore**	62.42	GIAAC	Footes Lane, Guernsey	19.07.16
Debbie Doherty	62.95(i)	GIAAC	Cardiff	04.03.06
Sarah Stonebridge*	63.1s	Gsy Grammar School	Footes Lane, Guernsey	1991
Shannen Higgins**	63.19s	GIAAC	Footes Lane, Guernsey	29.06.09
Eliza Mason***	63.33s	GIAAC	Footes Lane, Guernsey	19.07.16
Hannah Lesbirel**	63.4s	GIAAC	Footes Lane, Guernsey	07.06.12

800 METRES WMN

Name	Time	Representing	Venue	Date
Natalie Whitty	2m08.37s	GIAAC	Oxford	19.07.14
Emma Leask	2m08.55s	Scotland	Cardiff	31.07.13
Helen Hadjam	2m09.98s	Herne Hill Harriers	Watford	02.07.08
Helen Watts	2m15.21s	GIAAC	Rhodes	05.07.07
Kimberley Goodall	2m15.30s	GIAAC	Crystal Palace	14.06.08
Katie Rowe*	2m15.75s	Guernsey	FB Fields, Jersey	30.06.15
Sarah Mercier	2m15.78s	GIAAC	Footes Lane, Guernsey	02.06.13
Sarah Hume*	2m17.75s	GIAAC	Portsmouth	11.05.03
Martine Scholes	2m19.2s	GIAAC	Footes Lane, Guernsey	30.05.07
Caroline Wickham	2m20.0s	GIAAC	Gibraltar	18.07.95
Rebecca Toll**	2m20.1	GIAAC	Footes Lane, Guernsey	23.08.16
Sadie Addlesee*	2m22.5s	CIAC	Reading	02.06.07
Eliza Mason***	2m22.9	GIAAC	Footes Lane, Guernsey	23.08.16
Louise Perrio	2m22.97s	GIAAC	Footes Lane, Guernsey	16.08.12
Erica Bodman*	2m23.0s	GIAAC	Yeovil	26.06.05
Debbie Doherty	2m23.6s	GIAAC	Footes Lane, Guernsey	08.06.06
Kelly Loveridge**	2m23.7s	GIAAC	Footes Lane, Guernsey	30.05.07
Amy Dallamore**	2m24.22s	GIAAC	Portsmouth	15.05.16
Louise Martin**	2m24.4s	GIAAC	Southampton	15.05.88

1500 METRES WMN

Name	Time	Representing	Venue	Date
Sarah Mercier	4m24.05s	Guernsey	Glasgow	28.07.14
Natalie Whitty	4m25.48s	GIAAC	Footes Lane, Guernsey	24.07.14
Katie Rowe	4m34.92s	GIAAC	Footes Lane, Guernsey	16.04.13
Martine Scholes	4m38.58s	GIAAC	Solihull	28.06.08
Louise Perrio	4m39.29s	GIAAC	Footes Lane, Guernsey	28.06.12
Caroline Wickham	4m47.64s	GIAAC	Gibraltar	20.07.95
Helen Hadjam	4m50.0s	Herne Hill Harriers	Battersea Park, London	05.06.04
Sarah Hume*	4m50.86s	GIAAC	Footes Lane, Guernsey	01.07.03
Helen Watts	4m51.1s	CIAC	Hoo	28.04.07
Debbie Doherty	4m55.7s	GIAAC	Footes Lane, Guernsey	21.04.03
Jenny James	4m59.01s	GIAAC	Footes Lane, Guernsey	07.06.16
Rebecca Le Maitre	5m01.75s	GIAAC	Footes Lane, Guernsey	14.05.15
Fran Bown**	5m05.26s	GIAAC	Footes Lane, Guernsey	07.06.16
Nikki Neal	5m07.5s	GIAAC	Footes Lane, Guernsey	16.09.10
Eliza Mason***	5m10.82s	GIAAC	Footes Lane, Guernsey	26.06.16

3000 METRES WMN

Name	Time	Representing	Venue	Date
Sarah Mercier	9m33.41s(i)	GIAAC	Manchester	29.01.17
Louise Perrio	9m43.8s	GIAAC	Footes Lane, Guernsey	02.06.13
Natalie Whitty	9m52.21	GIAAC	Footes Lane, Guernsey	04.08.16
Martine Scholes	10m01.6s	CIAC	Footes Lane, Guernsey	14.08.08
Caroline Wickham	10m37.66s	Guernsey	Aland	1991
Penny Buckingham	10m40.0s	Guernsey	Gibraltar	1995
Jenny James	10m42.01	GIAAC	Footes Lane, Guernsey	4.08.16
Janette Shepherd	11m02.45s	Guernsey	Aland	1991
Eleanor Gallagher***	11m05.83s	GIAAC	Footes Lane, Guernsey	13.09.13
Chantal Green	11m09.38	GIAAC	Footes Lane, Guernsey	4.08.16
Mel Nicolle	11m17.59	GIAAC	Footes Lane, Guernsey	01.05.14
Eliza Mason***	11m21.02	GIAAC	Footes Lane, Guernsey	04.08.16
Francesca Bown**	11m27.71	GIAAC	Portsmouth	02.06.15

5000 METRES WMN

Name	Time	Representing	Venue	Date
Sarah Mercier	16m31.05s	Guernsey	Glasgow	02.08.14
Louise Perrio	16m34.68s mx	GIAAC	Footes Lane, Guernsey	06.09.12
Louise Perrio	16m39.5s	GIAAC	Solihull	21.07.12
Martine Scholes	17m37.1s mx	GIAAC	Footes Lane, Guernsey	17.07.08
Nikki Neal	18m00.24s mx	GIAAC	Footes Lane, Guernsey	13.09.13
Rebecca Le Maitre	18m18.62s	GIAAC	Footes Lane, Guernsey	23.04.15
Laura McCarthy	18m44.2	GIAAC	Footes Lane, Guernsey	30.06.16
Sam Herridge	18m48.0s	GIAAC	Footes Lane, Guernsey	11.07.06
Jenny James	18m52.0	GIAAC	Footes Lane, Guernsey	30.06.16
Penny Buckingham	18m54.3s	GIAAC	Footes Lane, Guernsey	02.06.01
Chantal Green	19m01.44	GIAAC	Footes Lane, Guernsey	03.05.16
Mel Nicolle	19m20.02s	GIAAC	Footes Lane, Guernsey	23.08.15
Kate Wilesmith	19m29.93	GIAAC	Footes Lane, Guernsey	22.05.16

10000 METRES WMN

Name	Time	Representing	Venue	Date
Louise Perrio	36m11.55s mx	GIAAC	Parliament Hill	06.06.13

Martine Scholes	36m55.0s	GIAAC	Footes Lane, Guernsey	10.06.10
Penny Buckingham	37m37.2s	GIAAC	Footes Lane, Guernsey	30.06.03
Janette Shepherd	38m12.0s	GIAAC	Footes Lane, Guernsey	24.09.94
Nikki Neal	38m27.80s	Alderney	Shetland Isles	11.07.05
Val Phillips	39m35.11s	GIAAC	Jersey	1997

100 METRES HURDLES WMN

Name	Time	Representing	Venue	Date
Kylie Robilliard	13.54s	Shaftsbury	Loughbourgh	19.07.14
Jay Peet	14.59s	GIAAC	Isle of Wight	1993
Danielle Troke*	15.1s	CIAC	Bromley	22.05.04
Kimberley Goodall	16.1s	GIAAC	Footes Lane, Guernsey	31.09.03

400 METRES HURDLES WMN

Name	Time	Representing	Venue	Date
Jay Peet	61.0s	Bristol AC	Birmingham	23.07.99
Kimberley Goodall*	66.2s	CIAC	Woking	08.06.02
Susan Potter	67.7s	CIAC	Eton	24.06.06
Seonaid McPhie**	67.93s	GIAAC	Gibraltar	17.07.95
Debbie Doherty	68.07s	Great Britain Vets AC	Tournai, Belgium	23.06.07
Erica Bodman*	69.4s	CIAC	Crawley	30.04.05

LONG JUMP WMN

Name	Distance	Representing	Venue	Date
Kimberley Goodall**	5.85m wa	CIAC	Woodford Green	28.04.02
Kimberley Goodall	5.77m	Gateshead Harriers	Manchester	18.06.05
Jay Peet	5.68m	GIAAC	Portsmouth	1990
Kimberley Gleeson**	5.60m	GIAAC	Rhodes	05.07.07
Sophie Porter**	5.33m	GIAAC	Footes Lane, Guernsey	03.07.16
Kylie Robilliard	5.24m i	Loughborough Uni	Sheffield	18.02.09
Helen Todd*	5.20m	Gsy Grammar School	Footes Lane, Guernsey	03.06.99
Sarah Waters*	5.06m	GIAAC	Portsmouth	25.5.14

HIGH JUMP WMN

Name	Height	Representing	Venue	Date
Erica Bodman**	1.68m	GIAAC	FB Fields, Jersey	14.09.03
Laurel Garfield**	1.64m	Gsy Grammar School	Footes Lane, Guernsey	23.05.97
Ellen Spruce**	1.63m	GIAAC	Croydon	25.04.92
Jay Peet*	1.60m	GIAAC	Footes Lane, Guernsey	30.07.89
Helen Todd*	1.60m	GIAAC	Portsmouth	13.05.00
Rebecca Toll***	1.59m	Ladies College	Footes Lane, Guernsey	10.06.14
Alice Hunt***	1.56m	GIAAC	Footes Lane, Guernsey	25.06.16
Kimberley Goodall*	1.56m	Ladies College	Bournemouth	29.06.02
Ceit Todd**	1.55m	Gsy Schools AA	Footes Lane, Guernsey	1995
Frances Brennand-Roper**	1.55m	GIAAC	Portsmouth	13.05.00

TRIPLE JUMP WMN

Name	Distance	Representing	Venue	Date
Kimberley Goodall	11.42m	Gateshead Harriers	Blackpool	07.08.05
Laura Arblaster*	11.19m	GIAAC	Milton Keynes	23.07.05
Kimberley Gleeson**	10.99m	CIAC	Bedford	30.07.06
Helen Todd**	10.93m	GIAAC	FB Fields, Jersey	23.05.99
Regina Williams	10.85m	GIAAC	FB Fields, Jersey	03.07.97
Ceit Todd**	10.71m	GIAAC	Footes Lane, Guernsey	30.04.94
Judy Todd*	10.54m	GIAAC	Footes Lane, Guernsey	13.06.00
Sarah Waters*	10.49m	Guernsey	FB Fields, Jersey	27.06.15
Alice Hunt***	10.42m	GIAAC	Footes Lane, Guernsey	25.06.16
Seonaid McPhie**	10.37m	GIAAC	Footes Lane, Guernsey	14.09.95
Jay Peet	10.29m	GIAAC	Footes Lane, Guernsey	25.09.93
Caroline Kyle*	10.29m i	GIAAC	Lee Valley	17.01.09
Abigail Galpin***	10.25m	GIAAC	FB Fields, Jersey	12.09.15
Sara Marley**	10.18m	GIAAC	FB Fields, Jersey	12.09.15
Fiona Ferbrache**	10.15m	GIAAC	Portsmouth	09.05.98
Kelly Magee**	10.14m	GIAAC	Ashdown	17.07.05
Robyn Wild**	10.12m	GIAAC	Footes Lane, Guernsey	09.05.10
Sarah Waters**	10.12m	GIAAC	Footes Lane, Guernsey	14.09.14

POLE VAULT WMN

Name	Height	Representing	Venue	Date
Fiona Ferbrache**	2.25m	GIAAC	Footes Lane, Guernsey	01.08.98
Erica Bodman*	1.90m	CIAC	Tooting	22.04.06

DISCUS WMN

Name	Distance	Representing	Venue	Da
Emma King*	36.41m	GIAAC	Portsmouth	09
Gemma Tingay	34.97m	Bristol & West AC	Lee Valley	03
Jane Allcoat	30.28m	GIAAC	Exeter	24
Zoe Fitch**	25.53	GIAAC	Portsmouth	25

SHOT WMN

Name	Distance	Representing	Venue	Date
Gemma Tingay	12.07m(i)	Bristol & West	Bath	21.12.14
Emma King*	11.12m	GIAAC	Footes Lane, Guernsey	14.05.98
Vicky Pratt	9.60m	GIAAC	Footes Lane, Guernsey	28.06.94
Kimberley Goodall*	9.39m	Ladies College	Bournemouth	29.06.02

JAVELIN WMN

Name	Distance	Representing	Venue	Date
Gemma Tingay	43.03m	Bristol & West	Stoke Gofford	07.06.15
Zoe Fitch*	39.23m	GIAAC	Footes Lane, Guernsey	05.06.16
Debbie Allen	38.46m ¥	GIAAC	Footes Lane, Guernsey	1987
Ali Higgins*	35.16m	Guernsey	FB Fields, Jersey	28.06.15
Fiona Martel	35.00m ¥	GIAAC	Footes Lane, Guernsey	27.07.91
Debbie Doherty	35.00m	GIAAC	Footes Lane, Guernsey	19.06.10
Kate Le Gallez	32.50m	GIAAC	Footes Lane, Guernsey	12.09.99

HAMMER WMN

Name	Distance	Representing	Venue	Date
Emma King*	42.02m	GIAAC	Footes Lane, Guernsey	02.07.00
Gemma Tingay*	29.00m	Bristol&West	Lee Valley	03.07.16
Ali Higgins*	19.50m	GIAAC	FB Fields, Jersey	05.04.13

MARATHON WMN

Name	Time	Representing	Venue	Date
Nikki Neal	2h54m19s	Belgrave Harriers	London	22.04.06
Ulrike Maisch	2h56m49	GIAAC	St Peter Port, Guernsey	28.08.16
Penny Buckingham	2h58m40s	GIAAC	Manchester	28.07.02
Janette Shepherd	3h00m49s	GIAAC	London	12.04.92
Bronwyn McNeil-Rogers	3h01m46s	GIAAC/Sark	London	25.04.10
Caroline Moorat	3h03m14s	Fife AC	Dundee	28.04.85
Kerry Robin	3h08m19s	GIAAC	London	21.04.13
Susan Fish	3h25m30s	GIAAC	San Francisco	19.07.87
Mel Bichard	3h25m35s	Unattached	Manchester	19.04.15
Rebecca Le Maitre	3h27m52s	GIAAC	London	13.04.14
Rachel Eeles	3h29m16s	GIAAC	Los Angeles, USA	09.03.14
Louise Smith	3h30m01s		Jersey	04.10.15
June Legg	3h30m32s	GIAAC	London	10.05.87
Anna Phillips	3h31m10s	GIAAC	London	24.04.16
Jenny Elliott	3h37m31s	GIAAC	London	13.04.03
Michaela Hockey	3h39m59s	Guernsey	Footes Lane, Guernsey	29.08.10
Michele Grainger	3h40m11s	Unattached	Footes Lane, Guernsey	29.08.10
Emma Beardsell	3h40m38	GIAAC	Manchester	10.04.16
Katrina Thomson	3h41m33s	Gsy Triathlon Club	Jersey	08.10.06
Helen Tucker	3h41m41s	GIAAC	Jersey	27.09.09

HALF MARATHON WMN

Name	Time	Representing	Venue	Date
Louise Perrio	79m03	GIAAC	Jersey	17.11.13
Janette Shepherd	80m52	GIAAC	Portsmouth	12.03.95
Martine Scholes	82m10	GIAAC	GIAAC Easterruns Festival	05.04.10
Bronwyn McNeil-Rogers	82m18	GIAAC (Sark)	Spearpoint Half Marathon	20.06.10
Nikki Neal	83m40	GIAAC	GIAAC Easterruns Festival	25.04.11
Penny Buckingham	83m53	GIAAC	Hash House Harriers	18.06.95
Caroline Wickham	83m58	GIAAC	Island Games, Aland	12.04.04
Val Phillips	85m08	GIAAC	Hash House Harriers	19.06.88
Ulrike Maisch	85m24	GIAAC	L'Eree-St Peter Port	19.06.16
Rebecca Le Maitre	85m40	GIAAC	Gosport	16.11.14
Laura McCarthy	86m52	GIAAC	L'Eree-St Peter Port	21.06.15
Gail King	88m25	GIAAC	Hash House Harriers	19.06.11
Kerry Robin	88m31	GIAAC	Hash House Harriers	19.06.11
June Legg	89m17	GIAAC	Hash House Harriers	19.06.88
Jo Watts	89m19	GIAAC	Hash House Harriers	18.06.89

LIBERATION DAY 7M

Name	Time	Representing	Date
Louise Perrio	41m20	GIAAC	2012
Martine Scholes	41m45	GIAAC	2010
Penny Buckingham	42m17	GIAAC	1995
Caroline Wickham	43m29	GIAAC	1991
Janette Shepherd	43m35	GIAAC	1994
Nikki Neal	43m57	GIAAC	2011
Rebecca Le Maitre	44m03	GIAAC	2015
Gail Merrien	45m11	GIAAC	2005
June Legg	45m13	GIAAC	1988
Val Phillips	45m51	GIAAC	2000
Jo Watts	46m03	GIAAC	1990
Sarah Mercier	46m22	GIAAC	2010
Tracey Dowinton	46m36	GIAAC	2004
Ann Bowditch	46m52	GIAAC	1995
Jenny James	46m56		2016
Lorna Sutherland	47m01	GIAAC	1982
Millie Blanchard	47m15	GIAAC	1989
Julie Lawlor	47m25	GIAAC	1984
Charlie Cottam	42m17	GIAAC	1984
Mark Elliott	42m17	GIAAC	1985
Mike Gathercole	42m17	GIAAC	1988
Alan Ellis	42m17	GIAAC	1989
Keith Gallienne	38m29	GIAAC	1991
Martyn Tolcher	38m35	GIAAC	1984
Brian Holden	38m35	GIAAC	1985