World Athletics (IAAF) Points Analysis of Guernsey Performances 2024

Kindly provided by **Jamie Ingrouille** and **The Guernsey Press**, who we have to thank for providing quality coverage of athletics year-round.

ALASTAIR CHALMERS has become the first Sarnian ever to clear World Athletics' 1,200-point barrier.

The 400m hurdles Olympian's 48.54sec. run for a fifth successive UK Championships gold has boosted his case to be considered the island's greatest of all time according to the internationally-recognised World Athletics points tables, which can be used to compare results across different disciplines.

Any performance above 1,000 points is often deemed Commonwealth Games level. Guernsey Athletics statistician Paul Ingrouille admits that 1,200 is not attached to any particular milestone, but it seemingly equates to rather impressive runs over other distances.

'Ala's performance, it is deemed to be equivalent to a 10.02 100m or a 2-07 marathon,' he said.

Ingrouille, who compiles the tables for Guernsey Athletics annually, has also highlighted the strength in depth over the endurance events in 2024. This was not guaranteed coming off last year's home Island Games.

'We were expecting a bit of a post-Games dip, with several athletes taking a break, but others stepped up their game, particularly over the longer distances, where for the first time five athletes posted 800-plus-point performances for the marathon,' he added.

This is despite, as Ingrouille highlights, the tables appearing to be harsher on certain events like the marathon.

'Field events and longer endurance always seem to be strictly measured, but one has to go with the international tables.'

Additionally, in the introductory statement for the tables, World Athletics clarify that they do not intend to compare men's and women's performances 'due to obvious biological differences'.

Here is a breakdown of the leading athletics performers in 2024 according to the tables – with men and women kept separate.

Top men

There is no disputing that Chalmers is the top Guernsey track- and-field athlete of 2024.

The 24-year-old qualified for Paris 2024 with a significant personal best at Manchester's Sportcity in June, scoring a colossal 1,204 points.

His other strong results this season – including three other sub-49sec. runs – have led to him being ranked in the global top 30 in the 400m hurdles by World Athletics. He is quite simply head and shoulders above the other Guernsey athletes.

However, Chris Bain finally entered that celebrated 1,000-point zone typically considered the domain of Commonwealth Games athletes with his breakthrough over 1,500m.

The U23 athlete made great use of his promotion to BMC A race invites to run 3-46.20 in June's Loughborough Grand Prix.

It completed a remarkable 9sec. improvement this season and made him Guernsey's second-highest ranked male athlete of 2024.

Fellow middle-distance man Richard Bartram has also run faster than ever for the 'metric mile', culminating in a 3-50.65 at the Hercules Wimbledon 1,500m Festival Night in May. He takes third spot.

Fourth in the men's standings is sprint powerhouse Joe Chadwick.

While unable to match a personal best that led to him becoming Guernsey's fastest man of all time, he still ran a very respectable 10.85 over 100m at July's aptly named Stratford Speed.

Alex Rowe contributed further depth to the middle-distance scene with a 1,500m PB of his own, having run 3-55.43 at the Watford Harriers Open meet in August.

That overshadowed his transition to quality 3,000m steeplechasing – for which he ranks 31st nationally – earlier in the summer.

Gian-Luca Robilliard narrowly missed out on the top five with his 1-54.47 over 800m, but that was in fact run at the Southern Indoor Championships in February. His fine run for fourth regionally would score much higher on indoor tables.

Three of the remaining men's 800-plus-point scores have come over the marathon distance.

Rick Weston's 2-28-18 clocking in April's Manchester Marathon headed a resurgence of Guernsey interest in serious 26.2-mile racing, for which debutants James Priest (2-29-45) and Michael Batiste (2-32-50) also rank highly among the men for their recent runs in Valencia.

Top women

Abi Galpin has continued her reign as Guernsey's sprint queen – while also treading new ground.

She has cracked the daunting 1,000-point barrier for 100m, 200m and her newer pursuit of 400m this year.

Despite her 'Southerns' medal success over the longer distance, where she has significantly improved her Guernsey record, her 200m performances have still taken the throne.

While not a personal best, her 23.95 at an Aztec Track and Field Series event in May elevates her significantly above any other Guernsey female athlete this year.

Having also put down her top performance on the domestic stage, Island Games silver-medallist Darcey Hodgson takes second spot with her 2-11.67 run over 800m in June. Not bad at all for an under-17 athlete.

The current women's 800m record holder, Nat Whitty, has instead impressed most over the half marathon.

She ran a massive PB of 79-16 at October's Manchester Half Marathon in the pick of this season's long-distance women's performances, which also puts her second on the all-time list for 13.1 miles.

Another threat to that Guernsey 800m record, Exeter University student Kate Bain also ranks highly with her 2-13.19 for that distance at the Loughborough Grand Prix.

Bain, who has also run notably well over 1,500m indoors this season, has bounced back well from a significant injury that ruled her out of last year's home Games.

Rounding out the top five is the now Australia-based Megan Chapple.

The Island Games champion triathlete once again underlined her running strength with an 81-34 clocking at May's Sydney Half Marathon.

Behind Galpin, the Guernsey women's depth in the short sprints also shines, with five young athletes all featuring for their runs over 100m – with hurdles in Rhiannon Dowinton's case.

Again, there have been good strides made in the full marathon rankings this season, with Sophie Cowley's 3-02-29 in Chicago and Vanessa King's 3-03-50 in London also settling among the other 800-plus-point performances recorded.