Guernsey All-Time Performance listings Track and Field

These are intended to be (Guernsey Bailiwick) National record lists.
Qualification for inclusion will be by birth or meeting a qualification period of 2 years residency.
Athletes maintaining or asserting eligibility status for opposing competing nations/islands other than umbrella GB "Home Nations" will not be included.
Every effort will be made to log performances by newly resident athletes but any such 'pending' performances (normally denoted by italics) will only be fully ratified once a two year period of residency is met.
Non-birthright athletes who cease to become resident will not be able to record valid performances once their period of residency is finished but performances achieved during their qualifying two year residency period will remain in lists.

These are senior all-time lists. Performances at U20 age groups and younger are included if using senior specification weights/heights where applicable) are include included but they are not necessarily age group record

wa = Wind Assisted performan included for interest only
i = Performance achieved within indoor competition.
y or fi converted imperial performance – courtesy Ray Hollis

Hand timed Sprints up to and inc. 400m/400mH) & Non Wind recorded(to 200m & Horizontal Jumps) only included prior to 2018
For historical reasons performances prior to that date are included providing status of competition provided sufficently qualified officiating.

Original 22nd Feb 2016 - latest update 6 Sept 2026

These listings will be routinely updated

Paul Ingrouille

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

Guernsey All Time 100 METRES

Joe Chadwick	10.60	Guernsey	Birmingham	2.08.22
Tom Druce	10.66	GIAAC	Portsmouth	13.05.12
Josh Allaway	10.71	Gsy AC	Footes Lane	23.06.18
Cameron Chalmers U20	10.77	Guernsey	Footes Lane	31.07.16
Ryan de Haaff U20	10.8	GIAAC	Footes Lane	31.08.03
Josh Duke	10.85	Gsy AC	Cardiff	10.05.23
Dale Garland	10.92	Guernsey	Shetland Isles	2005
Glenn Etherington	10.94	CIAC	Bedford	03.08.13
Theo Le Tissier U18	10.94	Gsy AC	Footes Lane	19.07.26
John Brehaut U20	11.0 y	GIAAC	College Field	22.04.54
John Allen U20	11.0 y	Elizabeth College	Southampton	10.06.67
Brian Robert	11.0	GIAAC	Memorial Field	19.08.71
David Legg	11.0	GIAAC	Memorial Field	11.06.81
Lucas Rive	11.04	Gsy AC	Footes Lane	10.07.22
Alastair Chalmers U20	11.06	Gsy AC	Footes Lane	17.08.18
Daniel Pike U20	11.27	Gsy AC	Footes Lane	22.06.25
Darren Le Tissier	11.3	GIAAC	Windsor	05.05.91
Teddy Gordon-Le Clerc U20	11.40	Gsy AC	Footes Lane	23.06.18
Sam Wallbridge U20	11.45	GIAAC	Footes Lane	15.05.14
Jake Taylor	11.47	Gsy AC	Footes Lane	31.05.26
Chris Bain U20	11.49	Gsy AC	Footes Lane	25.08.22

School performances, Officiating standard Unknown.

Brian Taylor U17	11.0	Elizabeth College	College Field, Jersey	02.05.77
Dale Chadwick U17	11.0	Elizabeth College	Memorial Field	30.05.87
Sean Duquemin U20	11.0	Elizabeth College	Memorial Field	30.05.87
Simon Bradshaw U17	11.0	Elizabeth College	FB Fields, Jersey	12.06.93

Guernsey All Time 200 METRES

Tom Druce	21.32	GIAAC	Lee Valley	14.08.13
Joe Chadwick	21.53	Guernsey	Birmingham	4.8.22
Dale Garland	21.6	GIAAC	Footes Lane	19.06.10
Cameron Chalmers	21.61i+s	Gsy AC	Birmingham (Split of 400i)	10.02.19
Josh Allaway	21.65	Guernsey	FB Fields, Jersey	29.06.15
Theo Le Tissier U18	21.76	Gsy AC	Basingstoke	09.05.26
Dale Garland	21.77	GIAAC	Watford	21.06.09
Glenn Etherington	21.95	CIAC	Exeter	11.08.13
Josh Duke U20	21.95	Gsy AC	Cardiff	10.06.23
Hywel Robinson	22.1	GIAAC	Footes Lane	19.06.10
Nic Ackermann	22.16	Gsy AC	Footes Lane	19.07.26
Brian Taylor U20	22.2	Haringey AC	Footes Lane	15.07.81
Ryan de Haaff U20	22.34	Guernsey	Footes Lane	30.06.03
Nathan Stevens U20	22.4	GIAAC	Footes Lane	17.04.03
John Allen	22.4	GIAAC	Footes Lane	06.08.78
Peter Curtis	22.45	Gsy AC	Footes Lane	23.08.20
Stuart Tolcher U20	22.5	GIAAC	Footes Lane	07.09.96
Emil Friedrich U15	22.51		Footes Lane	13.06.26
Lucas Rive	22.55	Gsy AC	Footes Lane	11.10.23
Jason Woodhard	22.6	GIAAC	Footes Lane	15.07.81
Robbie Titterington	22.6	CIAC	Perivale	30.07.05
Harry Burns U20	22.64	Gsy AC	Footes Lane	25.05.17
Chris Bain U20	22.79	Gsy AC	Footes Lane	21.08.22
Daniel Pike U20	22.81	Gsy AC	Footes Lane	22.06.25
Teddy Gordon-Le Clerc U20	22.92i	Gsy AC	Birmingham	19.02.17

Guernsey All Time 400 METRES

Cameron Chalmers	45.64	Gsy AC	Bedford	18.06.17
Tom Druce	46.37	GIAAC	Pergine, IT	23.07.11
Dale Garland	46.5	GIAAC	Footes Lane	30.05.07
**Dale Garland*	*46.68*	*Guernsey*	*Melbourne, AUS*	*09.03.06*
Alastair Chalmers	46.84 i	Gsy AC	Birmingham (i)	01.02.25
Peter Curtis	47.73	Gsy AC	Footes Lane	25.06.23
Stuart Tolcher	48.78	GIAAC	Portsmouth	10.05.98
Keith Falla	49.4	Croydon Harriers	Crystal Palace	25.05.69
Nathan Stevens	49.4	GIAAC	Footes Lane	09.09.06
Nic Ackermann	49.41	Gsy AC	Bedford	06.06.26
David Battle	49.8	St Pauls College	Cheltenham	May-75
Hywel Robinson	49.86	CIAC	Ashford	05.06.10
Chris Bain U20	50.12	Gsy AC	Footes Lane	10.09.20
Sam Wallbridge	50.18	GIAAC	Footes Lane	07.06.15
Jason Woodhard	50.2	GIAAC	Eastleigh	14.08.80
Joe Chadwick U20	50.30i	Gsy AC	Cardiff indoors	20.01.20
Gian-Luca Robilliard U20	50.37	Gsy AC	Footes Lane	09.06.22
Teddy Gordon-Le Clerc U20	50.5	Guernsey	Gotland, SWE	29.06.17
Nick Marley	50.5	GIAAC	Brighton	04.08.95
Leo Rice U20	50.6	GIAAC	Footes Lane	11.09.10
Josh Duke U20	50.65	Gsy AC	Footes Lane	27.06.20
Josh Allaway	50.74	GIAAC	Footes Lane	07.06.15
Nigel Le Page U20	50.9	Elizabeth College	Southampton	May-70
Eben Marsh U17	51.0	GIAAC	Footes Lane	11.06.11
Mark Haskins U20	51.0	GIAAC	FB Fields, Jersey	25.08.90
Lucas Rive	51.18	Gsy AC	Footes Lane	04.09.22

Guernsey All Time 600 METRES

Cameron Chalmers	77.26	Gsy AC	Footes Lane	28.04.19
Alastair Chalmers	78.21 i	Gsy AC	Cardiff (i)	12.01.25
Tom Druce	78.27	GIAAC	Footes Lane	25.06.08
Keith Falla	79.6	GIAAC	Crystal Palace	05.07.70
& Keith Falla	79.6	GIAAC	Crystal Palace	26.04.72
Ray Hollis	83.2s y	GIAAC	Cambridge Park	05.06.63
Dale Garland	83.59	GIAAC	Footes Lane	
Matt Bailey	83.94	GIAAC	Footes Lane	25.06.08
Chris Bain U20	84.27 i	Gsy AC	Cardiff (i)	18.12.22
Jack Le Tissier U20	84.52	Gsy AC	Footes Lane	21.08.22
Matt Loveridge U20	84.58	GIAAC	Footes Lane	25.06.08
Michael Batiste U20	86.92	GIAAC	Footes Lane	25.06.08
Iain Bailey	88.52	GIAAC	Footes Lane	25.06.08
Sam Lesley	88.87	Gsy AC	Footes Lane	28.04.19

Guernsey All Time 800 METRES

Keith Falla	1m49.02	Croydon Harriers	Crystal Palace	13.07.73
Lee Merrien	1m49.97	GIAAC	Watford	15.06.05
Gian-Luca Robilliard	1m51.15	Gsy AC	Trafford	16.05.26
Chris Bain	1m51.55	Gsy AC	Brussels	24.05.24
Tom Druce	1m51.78	CIAC	Eltham	19.08.09
Nick Hand	1m53.45	GIAAC	Edinburgh	28.07.86
Ray Hollis	1m53.6s y	AAA	Portsmouth	20.07.63
Alex Rowe	1m54.23	Gsy AC	Watford	03.09.25
Richard Bartram	1m54.28	Gsy AC	Gillingham	1.09.24
Nick Marley U20	1m54.36	Guernsey	Aland	25.06.91
Dale Garland	1m54.5	GIAAC	Footes Lane	18.08.05
Jack Le Tissier	1m54.55	Gsy AC	Footes Lane	16.08.26
Matt Loveridge	1m55.05	GIAAC	Watford	13.07.16
Michael Batiste	1m55.14	GIAAC	Stretford	23.07.11
Emil Friedrich U16	1m55.24	Gsy AC	Footes Lane	03.05.25
Tim Coates	1m55.6	GIAAC	Footes Lane	18.08.05
Joseph Yeaman	1m56.23	Gsy AC	Footes Lane	28.06.20
Simon Murphy	1m56.24	Gsy AC	Solihull	13.05.17
Lee Garland	1m56.3	GIAAC	Footes Lane	18.05.05
Alan Rowe	1m56.80	Guernsey	Gibraltar	1995
Sam Lesley	1m56.80	Shettleston	Livingston	4.08.23
Henry Lister U20	1m57.66	Gsy AC	Footes Lane	13.06.21
Danny Ray U17	1m57.85	GIAAC	Crystal Palace	16.08.14
Isaac Powers U20	1m58.40	Gsy AC	Footes Lane	23.08.20
Percy Hodge	1m58.5	Surrey AC		1921

Guernsey All Time 1500 METRES

Lee Merrien	3m40.79	GIAAC	Watford	11.06.05
Chris Bain	3m45.18	Gsy AC	Tooting Bec	20.08.25
Keith Falla	3m48.4	England	Grangemouth	13.06.71
Richard Bartram	3m48.89	Victoria Park Harr	Wimbledon	28.05.25
Nick Hand	3m50.75	GIAAC	Edinburgh	29.07.86
Alan Rowe	3m52.83	GIAAC	Crystal Palace	22.06.97
Alex Rowe	3m53.81	Thames Valley Harr	Loughborough	13.06.26
Danny Ray U17	3m56.90	GIAAC	Watford	10.09.14
Jack Le Tissier	3m57.67	Gsy AC	Winchester	21.05.25
Michael Batiste	3m58.25	GIAAC	Watford	04.09.13
Will Bodkin	3m58.57	GIAAC	Crystal Palace	14.06.14
Lee Garland	3m59.0	GIAAC	Footes Lane	10.08.05
Gian-Luca Robilliard	4m00.80	Gsy AC	Winchester	20.05.26
Tim Coates	4m02.2	GIAAC	Footes Lane	10.08.05
Sam Lesley	4m02.44	Gsy AC	Footes Lane	26.07.20
Francis Kehoe	4m02.6	GIAAC	Footes Lane	14.09.96
Daniel Galpin	4m03.16	Gsy AC	Exeter	25.05.21
Luke Williams	4m03.84	San Domenico	Swansea	20.09.20
Ed Mason U17	4m04.05	GIAAC	Ashford	14.08.15
Matt Loveridge	4m04.19	CIAC	Footes Lane	05.06.10
Gary Broster	4m04.2	GIAAC	Footes Lane	27.07.91
Geoff King	4m04.3	GIAAC	Footes Lane	27.07.91
James Priest	4m06.25	Gsy AC	Footes Lane	30.06.22
David Battle U17	4m06.5	Gsy Grammar Sch	Southampton	06.06.71
Mark Mercier U20	4m06.9	GIAAC	Footes Lane	Jul-05

Guernsey All Time 3000 METRES

Lee Merrien	8m00.51	GIAAC	Leverkusen Germany	28.07.06
Keith Falla	8m22.0(i)	GIAAC	Cosford	20.03.71
Richard Bartram	8m25.05	Victoria Park	Wimbledon	11.06.25
Chris Bain	8m31.53	Gsy AC	Birmingham (Uni)	27.04.24
Will Bodkin	8m34.69	Gsy AC	Footes Lane	29.07.21
Alex Rowe	8m35.08	TVH	Watford	16.04.25
Alan Rowe	8m38.90	GIAAC	Enfield	29.04.95
Steve Dawes	8m41.77	GIAAC	Footes Lane	01.08.12
Dan Galpin	8m42.10	Gsy AC	Milton Keynes	22.05.21
Francis Kehoe	8m45.3	GIAAC	Footes Lane	05.05.95
Frank Allen	8m47.0	Royal Navy	Southampton	03.06.70
Luke Williams	8m47.37	San Domenico	Swansea	31.07.19
Ed Mason U17	8m48.78	GIAAC	Bedford	30.08.15
Lee Garland	8m50.5	GIAAC	Footes Lane	02.06.05
James Priest	8m51.62	Gsy AC	Footes Lane	10.07.22
Richard Kowenicki	8m52.6	Thames H&H	Wimbledon	11.06.14
Jamie Marsh	8m55.0	GIAAC	Footes Lane	14.06.84
Danny Ray U17	8m59.60	GIAAC	Footes Lane	01.05.14
Jack Christian	9m11.06	GIAAC	FB Fields, Jersey	1985?
Ian Carre U17	9m11.5	GIAAC	Portsmouth	22.08.93
Mark Mercier U20	9m12.31	GIAAC	Portsmouth	13.05.06
Marcel Le Clerc	9m12.4	GIAAC	Footes Lane	28.05.92
Sammy Galpin	9m14.62	Gsy AC	Footes Lane	10.07.22

Guernsey All Time 5000 METRES

Lee Merrien	13m57.66	CIAC	Manchester	29.07.07
Peter Bourgaize	14m35.0	Royal Aust Air Force	Adelaide, AUS	20.08.87
Richard Bartram	14m37.31	Victoria Park	Battersea	23.05.25
Keith Falla	14m38.8	Croydon Harriers	Crystal Palace	14.10.70
Ryan Burling	14m45.43	Gsy AC	Watford	26.05.18
Steve Dawes	14m45.83	GIAAC	Watford	11.06.11
David Kreckeler	14m49.0	GIAAC	Walton	10.09.69
Will Bodkin	14m49.48s	Gsy AC	Footes Lane	18.06.21
Alan Rowe	14m51.1s	GIAAC	Footes Lane	21.09.95
Daniel Galpin	15m07.98	Gsy AC	Birmingham	07.05.23
Francis Kehoe	15m09.4	GIAAC	Portsmouth	11.05.96
Alex Rowe	15m12.66	TVH	Battersea	25.05.25
Chris Bain	15m13.55	Guernsey	Orkney	17.07.25
Richard Friedrich	15m14.98	Gsy AC	Footes Lane	18.06.21
Marcel Le Clerc	15m20.15	Guernsey	Isle of Wight	08.07.93
Mike Wilesmith	15m23.92	GIAAC	Eltham	19.08.15
Rick Weston	15m24.22	Gsy AC	Tooting Bec	4.07.24
Danny Ray U17	15m24.56	GIAAC	Footes Lane	16.05.14
Geoff King	15m24.57	Guernsey	Aland, FIN	27.06.91
Jamie Marsh	15m26.22	Guernsey	Edinburgh	28.07.86
George Mason	15m26.32	Gsy AC	Finsbury Park	17.07.26
James Priest	15m26.76	Gsy AC	Footes Lane	17.06.22
Jack Rees	15m26.92	Gsy AC	Tonypandy	13.06.26
Ed Mason U20	15m36.89	Gsy AC	Footes Lane	02.08.18
Sammy Galpin	15m40.5	Derby	Nottingham	07.06.25

Guernsey All Time 10000 METRES

Lee Merrien	29m23.05	GIAAC	Watford	14.06.08
David Kreckeler	30m25.2	GIAAC	Crystal Palace	19.04.69
Peter Bourgaize	30m31.0	Royal Aust Air Force	Adelaide, AUS	18.09.86
Will Bodkin	31m08.2	Gsy AC	Footes Lane	12.08.21
Ryan Burling	31m23.95	Gsy AC	Parliament Hill	19.05.18
Dan Galpin	31m31.78	Gsy AC	Parliament Hill	14.05.22
Steve Dawes	31m39.04	GIAAC	Footes Lane	03.05.12
James Priest	31m45.63	Gsy AC	Footes Lanes	25.08.22
Francis Kehoe	31m48.0	GIAAC	Footes Lane	24.09.96
Frank Allen	31m52.4	Royal Marines	Southampton	01.06.70
Mike Wilesmith	32m16.17	GIAAC	Stretford	06.09.14
Marcel Le Clerc	32m28.0	GIAAC	Footes Lane	02.08.90
Sammy Galpin	32m29.67	Gsy AC	Footes Lane	17.08.25
Alex Rowe	32m38.0	Gsy AC	Footes Lane	12.08.21
Richard Kowenicki	32m39.38	Thames H&H	Parliament Hill	10.05.14
Rick Weston	32m49.33	Gsy AC	Footes Lane	4.08.24
Jack Christian	33m07.0	GIAAC	Footes Lane	30.08.84
Geoff King	33m18.4	GIAAC	Footes Lane	11.06.91
Jamie Marsh	33m18.6	GIAAC	Footes Lane	03.07.86
Dave Emery	33m19.38	GIAAC	Stretford	06.09.14
Nick Despres	33m35.6	Guernsey	Isle of Man	13.07.01
Lee Garland	33m44.0	GIAAC	Footes Lane	20.07.04
Peter Amy	33m45.89	Gsy AC	Footes Lane	03.09.17
Carl Holden	33m49.90	Gsy AC	Footes Lane	03.09.17
Pete Wickins	33m51.21	Guernsey	Aland	28.06.91

Guernsey All Time 3000 METRES STEEPLECHASE

Lee Garland	9m17.54	GIAAC	Ashford	18.06.05
Frank Allen	9m19.0	Royal Navy AC	Exeter	27.06.70
Keith Falla	9m23.8	Croydon	Crystal Palace	19.08.72
Alex Rowe	9m25.32	Thames Valley Harr	Birmingham	03.08.24
Jack Rees	9m32.66	Cardiff Uni	Cardiff	04.05.26
Steve Dawes	9m36.8	CIAC	Abingdon	15.09.07
Ed Mason U20	9m43.10	Hampshire	Bedford	30.07.16
Daniel Galpin	9m44.81	Bath Uni	Bedford	05.05.18
Geoff King	9m50.65	Guernsey	Aland, FIN	23.06.91
Francis Kehoe	9m57.2	GIAAC	Footes Lane	07.09.96
Percy Hodge†	10m00.4	Great Britain	Antwerp, BEL	20.08.20
George Mason	10m05.00	Gsy AC	Footes Lane	03.05.26
Jack Le Tissier	10m06.60	Gsy AC	Footes Lane	30.04.23
Marcel Le Clerc	10m07.6	GIAAC	Footes Lane	07.10.91
Mark Mercier U20	10m12.2	GIAAC	Footes Lane	09.09.06
Ben Wilen	10m26.20	Guernsey	Isle of Wight	29.06.11
Steve Bennett	10m28.8	GIAAC	Footes Lane	07.10.91
Mike Yarnall	10m34.7	GIAAC	Portsmouth	08.05.99
James Watts	10m39.5	GIAAC	Footes Lane	24.09.94
Alan Chivers	10m42.1	GIAAC	Footes Lane	07.10.91
Andy Carre	10m42.3	GIAAC	Walthamstow	04.06.94
Joe Yeaman	10m42.70	Gsy AC	Bury St Edmunds	29.04.23
Mikey Ingrouille	10m43.50	Gsy AC	Footes Lane	03.05.26
Jack Christian	10m51.1	GIAAC	High Wycombe	25.07.87

Guernsey All Time 110 METRES HURDLES

Dale Garland	14.50i	CIAC	Bath	08.01.06
Dale Garland	14.65	GIAAC	Shetland Isles	14.07.05
Glenn Etherington	14.76	Guernsey	Bermuda	18.07.13
Mike Rayson	15.2s y ‡	GIAAC	FB Fields, Jersey	30.08.52
Peter Curtis	15.40	Guernsey	Footes Lane	13.07.23
John Marley	15.4s y	GIAAC	Footes Lane	09.06.66
Leo Rice	15.46	Guernsey	Isle of Wight	28.06.11
Jim Le Poidevin	15.5s y	GIAAC	Cambridge Park	04.06.59
Roger Brehaut	15.8	GIAAC	FB Fields, Jersey	21.08.93
Toby Glass U20	15.96	Gsy AC	Footes Lane	28.04.19
Rob Langlois	16.0s y	GIAAC	Cambridge Park	03.08.59
Stuart Falla	16.5s y ‡	GIAAC	Cambridge Park	09.06.66
Phil Diamond U20	16.54s wa	Guernsey	Isle of Wight	07.07.93
Lee Garland	16.6	GIAAC	Footes Lane	02.06.01

Guernsey All Time 400 METRES HURDLES

Alastair Chalmers	48.30	Gsy AC	Rehlinger, GER	08.06.25
Dale Garland	49.54	CIAC	Cardiff	15.08.09
Peter Curtis	51.35	Gsy AC	Bedford	16.07.22
Sam Wallbridge	52.58	Guernsey	Gotland, SWE	26.06.17
Leo Rice U20	54.9	GIAAC	Footes Lane	11.09.10
Lee Garland	55.23	Guernsey	Gotland	29.06.99
Nic Ackermann	55.79	GAC	Basingstoke	09.05.26
Michael Batiste U20	56.4	GIAAC	Footes Lane	06.06.07
Toby Glass U20	57.66	Gsy AC	FB Fields, Jersey	06.05.17
Glenn Etherington	58.07	CIAC	Bedford	03.07.10
Phil Diamond	58.3	GIAAC	Andover	01.07.95
David Rowson	58.76	Guernsey	Aland	25.06.91

Simon Jones U20	59.6	GIAAC	Portsmouth	20.05.90
Sean Duquemin	60.1	GIAAC	Portsmouth	19.05.91
Nathan Stevens	60.5	CIAC	Harrow	05.08.06
Jack Rees U20	60.77	GAC	Footes Lane	13.04.25

Guernsey All Time LONG JUMP

Dale Garland	7.42m i	GIAAC	Aubiere, FRA	05.02.05
** Dale Garland*	*7.65wa*	*CIAC*	*Perivale*	*26.06.04*
Jordan Kelly	7.09m i	Gsy AC	Glasgow (i)	26.02.20
Robin Cowling U20	7.04m	Guernsey	Rhodes, GRE	03.07.07
Vernon Collenette	6.88m fi	GIAAC	Cambridge Park	01.08.55
Adam Page	6.75m	Guernsey	Footes Lane	01.07.03
Rob Langlois U20	6.74m fi	GIAAC	FB Fields, Jersey	07.08.58
Rex Body	6.73m fi	GIAAC	Cambridge Park	07.08.56
John Brehaut U20	6.72m fi	GIAAC	FB Fields, Jersey	25.08.56
Simon Sebire U17	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	30.08.84
Phil Diamond	6.63m	Guernsey	Gibraltar	20.07.95
Theo Le Tissier U18	6.60m	Gsy AC	Footes Lane	06.09.26
Roger Brehaut	6.52m	GIAAC	Andover	24.06.89
Gary Tapp U17	6.51m	Gsy Grammar School	Footes Lane	May-80
Sean Duquemin	6.51m	GIAAC	Footes Lane	24.09.94
Andy Mason U20	6.50m	Elizabeth College	College Memorial Field	05.05.79
Mike Rayson U20	6.46m fi	GIAAC	College Memorial Field	02.05.49
John Marley	6.46m fi	GIAAC	Cambridge Park	09.06.66
Brian Robert	6.44m	GIAAC	College Memorial Field	26.08.71
Lee Garland	6.44m	GIAAC	FB Fields, Jersey	23.05.99
Jonathon Guille	6.42m	GIAAC	Footes Lane	05.06.16
Ben Solway U20	6.42m	Gsy AC	Footes Lane	01.08.21
Martins Vabulis	6.41m	GIAAC	Footes Lane	11.06.11

Guernsey All Time HIGH JUMP

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, AUS	12.03.06
James Kelley U20	1.97m	GIAAC	FB Fields, Jersey	01.07.97
Josh Cowdrey U17	1.97m	GIAAC	Footes Lane	11.06.11
Lucas Rive U20	1.90m	Gsy AC	Footes Lane	23.06.18
Paul Lickley U20	1.90m	GIAAC	Footes Lane	11.08.85
David Bown U18	1.88m fi	Gsy AC	Footes Lane	31.05.26
Gordon Miller	1.88m fi	GIAAC	College Memorial Field Gsy	11.04.70
Martin Campbell	1.85m	GIAAC	Footes Lane	15.06.95
Andrew Hunt U17	1.85m	GIAAC	FB Fields, Jersey	05.05.96
Michael Ashman U17	1.85m	GIAAC	FB Fields, Jersey	05.05.96
Adam Page U20	1.85m	Gsy Grammar School	Footes Lane	31.05.97
Vernon Collenette	1.84m fi	GIAAC	KGV Playing Fields	01.08.49
Robin Clark	1.81m fi	GIAAC	Cambridge Park	18.05.59
Oliver de la Fosse U20	1.81m	Gsy Grammar School	Footes Lane	29.05.97
David Bown U18	1.82m	Gsy AC	Footes Lane	03.05.26
Joe Chadwick U15	1.80m	GIAAC	Bedford	28.08.16
Colin Fallaize	1.80m	GIAAC	Footes Lane	19.08.79
A Gibson U20	1.80m	Gsy Schools AA	Footes Lane	May-85
Lee Savident U20	1.80m	Gsy Grammar School	Footes Lane	May-94
C Marquand U20	1.80m	Gsy Grammar School	Footes Lane	23.05.97

Guernsey All Time TRIPLE JUMP

Dale Garland	14.50m	CIAC	Coventry	22.08.09
Adam Page U20	14.12m	Guernsey	FB Fields, Jersey	04.07.97
Jonathon Guille	13.93m	Guernsey	FB Fields, Jersey	02.07.15
Ross Hanley U17	13.57m	CIAC	Ashford	05.06.10
John Brehaut	13.48m fi	GIAAC	Southampton	15.06.57
Adam Heaume	13.24m	GIAAC	Footes Lane	16.07.00
Robin Herron U20	13.18m fi	GIAAC	Cambridge Park	23.07.55
Vernon Collenette	13.12m fi	GIAAC	College Memorial Field	22.04.54
Andy Mason U20	13.12m	Elizabeth College	Footes Lane	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 U20	13.04m	GIAAC	Footes Lane	30.06.02
Dale Chadwick U17	12.97m	Elizabeth College	College Memorial Field	1987
Robbie Titterington U17	12.95m	Guernsey	Shetland Isles	15.07.05
Peter Atkinson	12.90m	GIAAC	College Field Jersey	27.06.82
Jordan Kelly	12.65m	Gsy AC	Footes Lane	9.09.18

Guernsey All Time POLE VAULT

Dale Garland	4.30m i	Great Britain	Prague Czech Rep	12.02.06
Dale Garland	*4.10m*	*Guernsey*	*Melbourne, AUS*	*21.03.06*
Mike Ashman U20	3.50m	GIAAC	Footes Lane	21.06.98
Paul Wallbridge U20	2.90m	GIAAC	Footes Lane	22.05.96
Leo Rice U20	2.60m	CIAC	Glasgow	31.07.10
Stuart Tolcher	2.50m	GIAAC	Footes Lane	21.09.95

Guernsey All Time DISCUS

Simon Burdett	44.76m	Team Solent	Southampton	07.04.91
James Menhenitt	42.38m	GIAAC	Footes Lane	19.04.97
Graham Le Page	38.73m fi	GIAAC	Cambridge Park	07.08.69
James Bougourd	36.41m	Gsy AC	Footes Lane	21.05.23
Tom Brierly	35.41m	Gsy AC	Footes Lane	30.08.20
Kevin Lajoie	34.96m	GIAAC	Footes Lane	13.06.95
Perrin Carey	34.80m	Guernsey	Aland, FIN	25.06.91
Dale Garland	34.50m	GIAAC	FB Fields, Jersey	10.09.05
John Pedlar	33.22m fi	GIAAC	Cambridge Park	06.08.66
Joe Wilson	32.94m fi	GIAAC	Cambridge Park	29.08.63
Shaun Lacey	32.54m	Guernsey	Isle of Man	21.07.85

Guernsey All Time SHOT

Barry Tristram	15.33m fi	Loughborough Uni	Sutton	16.10.66
Len Le Huray	13.23m fi	GIAAC	Cambridge Park	03.09.59
James Menhenitt	12.69m	GIAAC	Isle of Wight	05.07.93
Joe Wilson	12.44m fi	GIAAC	Cambridge Park	22.08.63
J Rogers	12.14m fi	GIAAC	Cambridge Park	22.08.59
Steven Marley	12.09m	Gsy AC	Footes Lane	01.06.25
Jon Ewart	11.97m	Guernsey	Faroe Isles	08.07.89
Andre de Carteret	11.68m	GIAAC	Footes Lane	28.08.99
Steve Paice	11.67m fi	GIAAC	Cambridge Park	18.06.66
Dale Garland	11.39m	Gsy AC	Melbourne, AUS	20.03.06
Hugo Culverhouse	11.31m	Gsy AC	Footes Lane	20.04.23
Len Torode	11.21m fi	GIAAC	FB Fields, Jersey	28.08.54
S Robert	11.21m	GIAAC	Footes Lane	21.06.98
Kevin Lajoie	11.05m	GIAAC	Footes Lane	13.06.95
Layton Batiste	11.03m	Guernsey Rugby Club	Footes Lane	24.05.07

Mike Rayson	11.02m fi	GIAAC	College Field Jersey	30.08.52
Ivan Taylor	10.97m fi	GIAAC	College Field	24.04.58

Guernsey All Time JAVELIN

James Menhenitt	60.92m	GIAAC	FB Fields, Jersey	09.09.95
James Geering U20	59.16m	GIAAC	Footes Lane	12.09.87
James Bougourd	58.90m	Gsy AC	Footes Lane	27.06.21
James Brehaut U20	58.72m	Gsy Grammar School	Footes Lane	13.06.10
Richard Paige	58.58m	GIAAC	Footes Lane	10.09.94
Perrin Carey U20	57.96m	Gsy Schools AA	Yeovil	08.07.88
David Williams	57.50m fi	GIAAC	Cambridge Park	01.09.69
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	Guernsey	Rhodes, GRE	06.07.07
Kevin Lajoie	53.81m	GIAAC	Footes Lane	21.06.98
Josh Avery	51.90m	Gsy AC	Footes Lane	20.04.23
Robin Herron U20	51.84m fi	GIAAC	Cambridge Park	13.08.55
John Buchanan	51.60m	GIAAC	Footes Lane	May-83
John Henry	50.61m	GIAAC	Footes Lane	11.08.85
Jonathon Guille	43.32m	Gsy AC	Footes Lane	14.06.20

A new specification was introduced in April 1986

Guernsey All Time HAMMER

James Menhenitt	45.80m	GIAAC	Footes Lane	14.09.96
Kevin Lajoie	41.94m	GIAAC	Portsmouth	14.05.95
James Bougourd	40.31m	Gsy AC	Footes Lane	04.08.24
Tom Brierly	35.31m	Gsy AC	Footes Lane	06.09.26
Jonathon Guille	34.94m	Gsy AC	Footes Lane	05.09.21
Paul Wallbridge	31.26m	Gsy AC	Footes Lane	05.05.19

Guernsey All Time 100 METRES WMN

Abi Galpin	11.77	Gsy AC	Footes Lane	25.06.23
Kylie Robilliard	11.94	Guernsey	Isle of Wight	27.06.11
Jay Peet	12.1	GIAAC	Loughborough	19.05.93
Isabelle Lowe U17	12.26	Gsy AC	Footes Lane	28.05.23
Amelie Van Heerden U15	12.26	Gsy AC	Footes Lane	31.05.26
Kimberley Gleeson U17	12.36	GIAAC	Portsmouth	12.05.07
Teresa Roberts U17	12.36	GIAAC	Isle of Wight	27.06.11
Rebecca Toll	12.43	Gsy AC	Footes Lane	28.05.23
Indi Gallagher U20	12.44	Gsy AC	Footes Lane	19.07.18
Hannah Lesbirel	12.46	Gsy AC	Footes Lane	16.08.18
Amelia Hart	12.48	Gsy AC	Footes Lane	27.04.25
Jasmine Norman U20	12.49	Gsy AC	Footes Lane	29.04.18
Joy Phelan	12.5	GIAAC	Footes Lane	13.09.87
Rhiannon Dowinton	12.51	Gsy Ac	Footes Lane	22.06.25
Emily Pike U20	12.52	Gsy AC	Footes Lane	28.05.23
Tilly Beddow U20	12.55	Gsy Ac	Footes Lane	28.05.23
Amelia Lees U17	12.63	Gsy AC	Footes Lane	23.06.18
Edie Dorrian U17	12.66	Gsy AC	Footes Lane	28.05.23
Vicky Mann U20	12.70	Gsy AC	Footes Lane	23.06.18
Laura Arblaster U17	12.7	GIAAC	Eton	05.06.04
Sophie Porter U20	12.74	Gsy AC	Footes Lane	10.09.20
Danielle Troke U20	12.76	GIAAC	Portsmouth	15.05.04
Joselyn Ford U18	12.79	Gsy AC	Footes Lane	03.05.26
Carrie Dowding U20	12.90	Gsy AC	Footes Lane	27.04.25
Sarah Stonebridge U17	12.9	GIAAC	Southampton	15.05.87

Guernsey All Time 200 METRES WMN

Abi Galpin	23.82	Gsy AC	Footes Lane	26.05.22
Amelie Van Heerden U16	24.48	Gsy AC	Footes Lane	13.06.26
Hannah Lesbirel	24.95	Gsy AC	Footes Lane	25.05.17
Isabelle Lowe U17	24.97	Gsy AC	Footes Lane	10.06.23
Sophie Porter U17	25.09	Gsy AC	Bedford	27.08.17
Indi Gallagher U20	25.09	Gsy AC	Footes Lane	25.05.17
Jay Peet	25.3	GIAAC	FB Fields, Jersey	21.08.93
Kylie Robilliard U17	25.5	GIAAC	Footes Lane	12.04.04
Kimberley Goodall U20	25.54	GIAAC	Manchester	26.07.02
Rebecca Toll	25.59	Gsy AC	Footes Lane	11.06.23
Jasmine Norman U20	25.64	Gsy AC	Portsmouth	14.05.18
Teresa Roberts U20	25.69	GIAAC	Isle of Wight	29.06.11
Amelia Hart	25.74	Gsy AC	Yate	13.04.25
Laura Arblaster U20	25.8	CIAC	Eton	24.06.06
Kimberley Gleeson U17	25.8	GIAAC	Birmingham	06.08.06
Amelia Lees U17	25.98	Gsy AC	Bedford UK	27.08.17
Emily Pike U20	26.15	Gsy AC	Footes Lane	20.04.23
Rhiannon Dowinton U20	26.16	Gsy AC	Footes Lane	23.05.20
Joselyn Ford U18	26.24	Gsy AC	Footes Lane	03.05.26
Edie Dorrian U17	26.35	Gsy AC	Footes Lane	10.06.23
Tilly Beddow U20	26.38	Gsy AC	Portsmouth	10.09.24
Sarah Stonebridge U20	26.43	Guernsey	Aland, FIN	27.06.91
Emma Leask	26.45	GIAAC	Footes Lane	26.05.13
Sally Carpenter U20	26.5	Gsy Schools AC	Avon	1980
Joy Phelan	26.5	GIAAC	Footes Lane	22.08.87

Guernsey All Time 400 METRES WMN

Abi Galpin	54.74	Gsy AC	Olso, NOR	18.06.24
Sophie Porter U20	56.32s i	Gsy AC	Sheffield (i)	24.02.18
Indi Gallagher U20	56.34	Guernsey	Bahamas	20.07.17
Darcey Hodgson U20	56.70	Gsy AC	Footes Lane	13.04.25
Kimberley Goodall	56.81	Gateshead Harriers	Jarrow	22.06.05
Amelia Hart	57.08	Gsy AC	Footes Lane	17.08.25
Rebecca Toll	57.19	Guernsey	Footes Lane	10.07.23
Jay Peet	57.2	Guernsey	Footes Lane	21.06.98
Kate Bain U20	57.84	Gsy AC	Footes Lane	30.04.23
Laura Arblaster U20	58.4	GIAAC	Footes Lane	09.09.06
Hannah Lesbirel	58.66	Gsy AC	Footes Lane	25.06.23
Emily Pike U20	58.93	Gsy AC	Footes Lane	01.06.25
Isabelle Lowe U17	58.95	Gsy AC	Chelmsford	14.08.22
Emma Le Conte U20	59.13	GIAAC	Portsmouth	12.05.12
Jasmine Norman U20	59.5	Gsy AC	Footes Lane	21.05.17
Natalie Whitty	59.94	GIAAC	Footes Lane	08.07.14
Amelia Lees U17	60.11	Guernsey	Gotland, SWE	26.06.17
Eliza Mason U17	60.22	Gsy AC	Footes Lane	21.05.17
Regina Williams	60.38	GIAAC	FB Fields, Jersey	01.07.97
Sadie Addlesee	60.68	GIAAC	Crawley	29.08.11
Katie Rowe	60.99	Gsy AC	Footes Lane	19.07.18
Louise Kent U17	61.4	GIAAC	Southampton	15.05.88
Susan Potter	61.8	GIAAC	FB Fields, Jersey	10.09.05
Kimberley Gleeson U17	61.8	GIAAC	Footes Lane	20.06.07
Rowena Mackay U17	61.82	Guernsey	FB Fields, Jersey	01.07.97
Sarah Hume	61.99	GIAAC	Portsmouth	14.05.05

Guernsey All Time 800 METRES WMN

Natalie Whitty	2m08.37	GIAAC	Oxford	19.07.14
Darcey Hodgson U17	2m09.72	CI Schools	Birmingham	30.06.23
Helen Hadjam	2m09.98	Herne Hill Harriers	Watford	02.07.08
Eloise Scholes	2m10.45	Gsy AC	Loughborough	13.06.26
Kate Bain U20	2m10.66	Gsy AC	Sport City Manchester	27.05.23
Helen Watts	2m15.21	Guernsey	Rhodes, GRE	05.07.07
Kimberley Goodall	2m15.30	GIAAC	Crystal Palace	14.06.08
Katie Rowe	2m15.31	Guernsey	Gibraltar	12.07.19
Sarah Mercier	2m15.78	GIAAC	Footes Lane	02.06.13
Sarah Hume U20	2m17.75	GIAAC	Portsmouth	11.05.03
Eliza Mason U17	2m18.36	Gsy AC	Footes Lane	30.05.17
Emma Etheredge	2m18.61	St. Marys & Richmond	Walton	03.06.23
Rebecca Toll U20	2m18.90	Guernsey	Gotland, SWE	28.06.17
Grace King U16	2m18.98	Gsy AC	Footes Lane	03.05.26
Martine Scholes	2m19.2	GIAAC	Footes Lane	30.05.07
Tilly Beddow U15	2m19.76	Gsy AC	Footes Lane	05.05.19
Caroline Wickham	2m20.0	Guernsey	Gibraltar	18.07.95
Nicole Petit	2m20.53	Gsy AC	Footes Lane	10.06.23
Alexandra Shamlol(Rusman)	2m21.4	Herne Hill	Kingston	17.08.05
Eleanor Jamieson	2m21.97	Gsy AC	Footes Lane	16.08.26
Debbie Brehaut(Doherty)	2m22.0	Guernsey	Footes Lane	1987
Sadie Addlesee U20	2m22.5	CIAC	Reading	02.06.07
Louise Perrio	2m22.97	GIAAC	Footes Lane	16.08.12
Erica Bodman U20	2m23.0	GIAAC	Yeovil	26.06.05

Kelly Loveridge U17	2m23.7	GIAAC	Footes Lane	30.05.07

Guernsey All Time 1500 METRES WMN

Sarah Mercier	4m24.05	Guernsey	Glasgow	28.07.14
Natalie Whitty	4m25.48	GIAAC	Footes Lane	24.07.14
Eloise Scholes	4m26.64	Gsy AC	Winchester	20.05.26
Katie Rowe U17	4m34.92	GIAAC	Footes Lane	16.04.13
Louise Perrio	4m38.2	Gsy AC	Footes Lane	20.06.17
Martine Scholes	4m38.58	GIAAC	Solihull	28.06.08
Kate Bain U20	4m39.86i	Gsy AC	Cardiff indoor	27.01.24
Nicole Petit	4m41.57	Gsy AC	Footes Lane	25.06.23
Jenny James	4m41.72	Gsy AC	Footes Lane	10.09.20
Emma Etheredge	4m42.13	St. Marys & Richmond	Walton	04.06.23
Caroline Wickham	4m47.64	Guernsey	Gibraltar	20.07.95
Grace King U15	4m47.72	Gsy AC	Footes Lane	17.08.25
Darcey Hodgson U17	4m47.92	Gsy AC	Footes Lane	21.05.23
Laura McCarthy	4m49.53	Gsy AC	Footes Lane	27.07.18
Eleanor Jamieson	4m49.94	Gsy AC	Footes Lane	06.09.26
Helen Hadjam	4m50.0	Herne Hill Harriers	Battersea Park	05.06.04
Sarah Hume U20	4m50.86	GIAAC	Footes Lane	01.07.03
Helen Watts	4m51.1	CIAC	Hoo	28.04.07
Summer Woodhead U15	4m55.17	Gsy AC	Footes Lane	16.05.19
Debbie Doherty	4m55.7	GIAAC	Footes Lane	21.04.03
Eliza Mason U17	4m57.6	Gsy AC	Footes Lane	20.06.17
Kylie Vaudin	5m00.51	Gsy AC	Footes Lane	17.08.25
Orla Montgomery U15	5m00.71	Gsy AC	Footes Lane	18.04.24
Rebecca Le Maitre	5m01.75	GIAAC	Footes Lane	14.05.15
Fran Bown U17	5m05.26	GIAAC	Footes Lane	07.06.16

Guernsey All Time 3000 METRES WMN

Sarah Mercier	9m27.94	Gsy AC	Footes Lane	05.05.19
Louise Perrio	9m43.8	GIAAC	Footes Lane	02.06.13
Natalie Whitty	9m52.21	GIAAC	Footes Lane	04.08.16
Martine Scholes	10m01.6	CIAC	Footes Lane	14.08.08
Jenny James	10m17.77	Gsy AC	Footes Lane	9.07.18
Eloise Scholes	10m27.49	Gsy AC	Portsmouth	11.05.25
Nicole Petit	10m30.15	Gsy AC	Footes Lane	22.06.25
Caroline Wickham	10m37.66	Guernsey	Aland, FIN	1991
Penny Buckingham	10m40.0	Guernsey	Gibraltar	1995
Summer Woodhead U17	10m41.21	Gsy AC	Footes Lane	23.08.20
Emma Etheredge	10m53.68	Gsy AC	Portsmouth	07.04.24
Laura McCarthy	10m58.28+	Gsy AC	Milton Keynes(5000m split)	11.08.18
Janette Shepherd	11m02.45	Guernsey	Aland, FIN	1991
Indi Gallagher U15	11m05.83	GIAAC	Footes Lane	13.09.13
Rosie Williams	11m07.49	Gsy AC	Footes Lane	29.07.21
Chantal Green	11m09.38	GIAAC	Footes Lane	4.08.16
Lottie Smith U17	11m12.84	Gsy AC	Footes Lane	12.07.20
Mel Nicolle	11m17.59	GIAAC	Footes Lane	01.05.14
Eleanor Jamieson U20	11m20.86	Gsy AC	Footes Lane	22.06.25
Eliza Mason U15	11m21.02	GIAAC	Footes Lane	04.08.16
Vanessa Rodrigues	11m26.64	Gsy AC	Footes Lane	23.06.24
Francesca Bown U17	11m27.71	GIAAC	Portsmouth	02.06.15
Theodora Murray U17	11m46.74	Gsy AC	Portsmouth	11.05.25
Talia Godet U15	11m53.46	Gsy AC	Footes Lane	29.07.21

Guernsey All Time 5000 METRES WMN

Sarah Mercier	16m29.58	Gsy AC	Footes Lane	12.07.20
Louise Perrio	16m34.68	GIAAC	Footes Lane	06.09.12
Martine Scholes	17m37.1	GIAAC	Footes Lane	17.07.08
Jenny James	17m42.63	Gsy AC	Milton Keynes	27.07.19
Eloise Scholes	17m50.02	Guernsery	Orkney	16.07.25
Nicole Petit	17m51.99	Gsy AC	Footes Lane	25.08.23
Natalie Whitty	17m59.22	Gsy AC	Footes Lane	20.04.23
Nikki Neal	18m00.24	Gsy AC	Footes Lane	13.09.13
Laura McCarthy	18m08.27	Gsy AC	Milton Keynes	11.08.18
Megan Chapple	18m11.75	Guernsey	Footes Lane	12.07.23
Rebecca Le Maitre	18m18.62	GIAAC	Footes Lane	23.04.15
Rosie Williams	18m40.37	Gsy AC	Footes Lane	12.07.20
Emma Etheredge	18m43.18	Richmond St. Mary	Battersea	26.04.24
Sam Herridge	18m48.0	GIAAC	Footes Lane	11.07.06
Susie Armstrong	18m53.64	Roundhay Rnrs	Footes Lane	21.08.22
Penny Buckingham	18m54.3	GIAAC	Footes Lane	02.06.01
Chantal Green	19m01.44	GIAAC	Footes Lane	03.05.16
Abbie Swain	19m16.72	Gsy AC	Footes Lane	06.06.24
Mel Nicolle	19m20.02	GIAAC	Footes Lane	23.08.15
Chloe Truffitt	19m27.87	Gsy Tri Club	Footes Lane	17.06.22
Kate Wilesmith	19m29.93	GIAAC	Footes Lane	22.05.16
Vanessa King	19m30.39	Gsy AC	Footes Lane	6.07.24
Vicky Carre	19m34.18	Gsy AC	Footes Lane	8.06.21

Guernsey All Time 10000 METRES WMN

Sarah Mercier	35m02.5	Gsy AC	Ladywell Kent	02.09.18
Louise Perrio	35m12.68	Gsy AC	Trafford	20.07.17
Martine Scholes	36m55.0	GIAAC	Footes Lane	10.06.10
Jenny James	37m18.3	Gsy AC	Ladywell Kent	02.09.18
Penny Buckingham	37m37.2	Guernsey	Footes Lane	30.06.03
Megan Chapple	37m41.54	Gsy AC	Parliament Hill	20.05.23
Nix Dobson	38m11.23	Gsy AC	Footes Lane	06.08.26
Janette Shepherd	38m12.0	GIAAC	Footes Lane	24.09.94
Nikki Neal	38m27.80	Alderney	Shetland Isles	11.07.05
Val Phillips	39m35.11	Guernsey	FB Fields, Jersey	1997
Laura McCarthy	39m46.7	Gsy AC	Ladywell UK	02.09.18
Vanessa King	39m56.93	Gsy AC	Footes Lane	04.08.24
Ulrike Maisch	39m58.98	Guernsey	Footes Lane	09.07.23
Rosie Williams	40m01.7	Gsy AC	Footes Lane	24.09.20
Mel Nicolle	40m53.1	Gsy AC	Footes Lane	12.08.21
Sarah Eagles	42m47.1		Footes Lane	12.08.21
Laura Quayle	42m57.1	Gsy AC	Footes Lane	24.09.20

Guernsey All Time 100 METRES HURDLES WMN

Kylie Robilliard	13.54	Shaftsbury	Loughbourgh	19.07.14
Rhiannon Dowinton	14.53	Guernsey	Orkney	17.07.25
Jay Peet	14.59	GIAAC	Isle of Wight	1993
Danielle Troke U20	15.1	CIAC	Bromley	22.05.04
Vicky Hancock U20	15.56	Guernsey	Orkney	17.07.25
Kimberley Goodall	16.1	GIAAC	Footes Lane	31.09.03

Guernsey All Time 400 METRES HURDLES WMN

Jay Peet	61.00	Bristol AC	Birmingham	23.07.99
Darcey Hodgson U20	63.27	Guernsey	Orkney	15.07.25
Kimberley Goodall U20	66.2	CIAC	Woking	08.06.02
Eliza Mason U17	67.34	Guernsey	Gotland, SWE	29.06.17
Susan Potter	67.7	CIAC	Eton	24.06.06
Seonaid McPhie U17	67.93	GIAAC	Gibraltar	17.07.95
Olivia Whitmore U18	67.97	Gsy AC	Chelmsford	27.06.26
Debbie Doherty	68.07	Great Britain Vets AC	Tournai, BEL	23.06.07
Erica Bodman U20	69.4	CIAC	Crawley	30.04.05
Rhiannon Dowinton U17	71.72	Guernsey	Gibraltar	11.07.19

Guernsey All Time 3000m Steeplechase WMN

Eleanor Jamieson	10m57.93	Gsy AC	Bedford	04.07.26
Louise Perrio	11m05.44	GIAAC	Bormingham	27.06.10
Sarah Mercier	11:58.2	GIAAC	Footes Lane	24.09.09

Guernsey All Time LONG JUMP WMN

Abi Galpin	6.18m	Gsy AC	Footes Lane	19.07.26
Kimberley Goodall	5.77m	Gateshead Harriers	Manchester	18.06.05
Jay Peet	5.68m	GIAAC	Portsmouth	1990
Sophie Porter U20	5.62m i	Gsy AC	Sheffield	28.01.18
Kimberley Gleeson U17	5.60m	Guernsey	Rhodes	05.07.07
Vicky Hancock U20	5.39m	Gsy AC	Footes Lane	12.07.23
Sofia Mella	5.30m	Gsy AC	Norwich	19.04.26
Kylie Robilliard	5.24m i	Loughborough Uni	Sheffield	18.02.09
Helen Todd U20	5.20m	Gsy Grammar School	Footes Lane	03.06.99
Sarah Waters U20	5.06m	GIAAC	Portsmouth	25.5.14
Rhiannon Dowinton U17	5.01m	Gsy AC	Footes Lane	03.05.18
Amelie Carpentier	5.01m	Gsy AC	Footes Lane	27.04.25

Guernsey All Time HIGH JUMP WMN

Erica Bodman U17	1.68m	GIAAC	FB Fields, Jersey	14.09.03
Laurel Garfield U17	1.64m	Gsy Grammar School	Footes Lane	23.05.97
Ellen Spruce U17	1.63m	GIAAC	Croydon	25.04.92
Alice Hunt U20	1.61mi	Gsy AC	Sheffield	24.02.19
Jay Peet U20	1.60m	GIAAC	Footes Lane	30.07.89
Helen Todd U20	1.60m	GIAAC	Portsmouth	13.05.00
Alice Hunt U17	1.60m	Gsy AC	Footes Lane	23.06.18
Rebecca Toll U15	1.59m	Ladies College	Footes Lane	10.06.14
Kimberley Goodall U20	1.56m	Ladies College	Bournemouth	29.06.02
Nikola Vagule U15	1.56m	Gsy Ac	Footes Lane	19.05.24
Ceit Todd U17	1.55m	Gsy Schools AA	Footes Lane	1995
Frances Brennand-Roper U17	1.55m	GIAAC	Portsmouth	13.05.00
Lauren Gilchrist U17	1.54m	Gsy AC	Footes Lane	01.09.24

Guernsey All Time TRIPLE JUMP WMN

Sofia Mella	11.55m	Norwich	Finsbury Park	21.06.26
Vicky Hancock	11.47m	Guernsey	Orkney	15.07.25
Kimberley Goodall	11.42m	Gateshead Harriers	Blackpool	07.08.05
Laura Arblaster U20	11.19m	GIAAC	Milton Keynes	23.07.05
Kimberley Gleeson U17	10.99m	CIAC	Bedford	30.07.06
Helen Todd U17	10.93m	GIAAC	FB Fields, Jersey	23.05.99
Regina Williams	10.85m	Guernsey	FB Fields, Jersey	03.07.97
Holly Drake	10.76m	Gsy AC	Footes Lane	28.05.23
Ceit Todd U17	10.71m	GIAAC	Footes Lane	30.04.94
Alice Hunt U17	10.57m	Gsy AC	Footes Lane	27.05.18
Judy Todd U20	10.54m	GIAAC	Footes Lane	13.06.00
Sarah Waters U20	10.49m	Guernsey	FB Fields, Jersey	27.06.15
Seonaid McPhie U17	10.37m	GIAAC	Footes Lane	14.09.95
Jay Peet	10.29m	GIAAC	Footes Lane	25.09.93
Caroline Kyle U20	10.29m i	GIAAC	Lee Valley	17.01.09
Abigail Galpin U15	10.25m	GIAAC	FB Fields, Jersey	12.09.15
Sara Marley U20	10.20m	Gsy AC	Footes Lane	02.09.17
Fiona Ferbrache U17	10.15m	GIAAC	Portsmouth	09.05.98
Kelly Magee U17	10.14m	GIAAC	Ashdown	17.07.05
Robyn Wild U17	10.12m	GIAAC	Footes Lane	09.05.10
Sarah Waters U17	10.12m	GIAAC	Footes Lane	14.09.14

Guernsey All Time POLE VAULT WMN

Gemma Tingay	2.50m	Bristol & West AC	Gloucester	06.6.15
Fiona Ferbrache U17	2.25m	GIAAC	Footes Lane	01.08.98
Erica Bodman U20	1.90m	CIAC	Tooting	22.04.06

Guernsey All Time DISCUS WMN

Emma King U20	36.41m	GIAAC	Portsmouth	09.05.98
Gemma Tingay	34.97m	Bristol & West AC	Lee Valley	03.07.16
Jane Allcoat	30.28m	GIAAC	Exeter	24.05.92
Zoe Fitch U17	25.53m	GIAAC	Portsmouth	25.05.14
Jen Lindfield	24.64m	Gsy AC	Footes Lane	20.04.23
Daisy Whiteman U15	21.39m	GIAAC	Jersey	12.09.15
Kira Avery U15	21.04m	GIAAC	Footes Lane	14.09.14
Beth Powell U17	20.55m	Gsy AC	Footes Lane	05.09.21

Guernsey All Time SHOT WMN

Gemma Tingay	12.07m(i)	Bristol & West	Bath	21.12.14
Emma King U20	11.12m	GIAAC	Footes Lane	14.05.98
Vicky Pratt	9.60m	GIAAC	Footes Lane	28.06.94
Kimberley Goodall U20	9.39m	Ladies College	Bournemouth	29.06.02
Jen Lindfield	8.51m	Gsy AC	Footes Lane	20.04.23
Kira Avery	8.29m	Gsy AC	Footes Lane	30.07.20

Guernsey All Time JAVELIN WMN

Gemma Tingay	43.03m	Bristol & West	Stoke Gifford	07.06.15
Zoe Fitch	41.38m	Nevada Uni	Berkeley California, USA	04.03.17
Debbie Allen	38.46m ¥	GIAAC	Footes Lane	1987
Ali Higgins	36.25m	Gsy AC	Footes Lane	21.05.23
Fiona Martel	35.00m ¥	GIAAC	Footes Lane	27.07.91
Debbie Doherty	35.00m	GIAAC	Footes Lane	19.06.10
Rebecca Le Tissier	34.46m	Gsy AC	Footes Lane	21.05.23
Kate Le Gallez	32.50m	GIAAC	Footes Lane	12.09.99
Ulrike Maisch	30.74m	Gsy AC	Footes Lane	08.05.22
	¥= Prior to Specification change			

Guernsey All Time HAMMER WMN

Sia Banbury U20	44.97m	Gsy AC	Footes Lane	19.05.19
Emma King U20	42.02m	GIAAC	Footes Lane	02.07.00
Gemma Tingay U20	29.00m	Bristol&West	Lee Valley	03.07.16
Ali Higgins U20	19.50m	GIAAC	FB Fields, Jersey	05.04.13