Guernsey records - Senior and All-comers

Last update - 7th Sept 2026

In this document - Women's, Men's, All-Comers Women's and All-Comers Men's Records.

Guernsey Women's Records

60 mtrs	Abi Galpin	7.47i	Lee Valley (i)	05.02.22
100 mtrs	Abi Galpin	11.77	Footes Lane	25.06.23
200 mtrs	Abi Galpin	23.82	Footes Lane	26.05.22
300 mtrs	Abi Galpin	38.50	Footes Lane	1.09.24
400 mtrs	Abi Galpin	54.74	Oslo, NOR	18.06.24
600 mtrs	Darcey Hodgson	1:34.53	Footes Lane	31.08.25
800 mtrs	Natalie Whitty	2:08.37	Oxford	19.07.14
1500 mtrs	Sarah Mercier	4:24.05	Glasgow	28.07.14
1 Mile	Eloise Scholes	4:59.43	Bury	24.08.25
1 Mile Road	Eloise Scholes	04:49	Vazon	20.08.26
3000 mtrs mx	Sarah Mercier	9:27.94	Footes Lane	05.05.19
3000 mtrs	Sarah Mercier	9:33.41i	Sport City (i)	29.01.17
5000 mtrs mx	Sarah Mercier	16:29.85	Footes Lane	12.07.20
5000 mtrs	Sarah Mercier	16:31.05	Glasgow	02.08.14
10000 mtrs mx	Sarah Mercier	35:02.55	Ladywell, Kent	02.09.18
10000 mtrs	Louise Perrio	35:12.68	Stretford	19.08.17
2000 mtrs S/C	Louise Perrio	7:26.48	Gateshead	05.06.10
3000 mtrs S/C	Eleanor Jamieson	10:57.93	Bedford	04.07.26
10k Road	Sarah Mercier	34:47 (34:45 Chip)	Eastleigh	19.03.17
Half Marathon	Louise Perrio	01:18:12	Manchester	14.10.18
Marathon	Megan Chapple	2:49:02	London	
60 mtrs Hurdles	Kylie Robilliard	8.42i	Loughborough (i)	4.2.12
100 mtrs Hurdles	Kylie Robilliard	13.54	Loughborough	19.07.14
400 mtrs Hurdles	Jay Peet	61.0	Birmingham	23.07.99
Long Jump	Abi Galpin	6.18m	Footes Lane	19.07.26
High Jump	Erica Bodman	1.68m	FB Fields, Jersey	14.09.03
Triple Jump	Sofia Mella	11.55m	Finsbury Park	21.06.26
Pole Vault	Gemma Tingay	2.50m	Gloucester	13.07.15
Discus	Emma King	36.41m	Portsmouth	09.05.98
Shot	Gemma Tingay	11.98m	Rhodes, GRE	05.07.07
Shot indoors	Gemma Tingay	12.07m	Bath	21.12.14
Javelin	Gemma Tingay	43.03m	Stoke Gifford	07.06.15
Hammer	Sia Banbury	44.97m	Footes Lane	19.05.19
Heptathlon	Kimberley Goodall	4,784 points	Manchester	26/27.07.02
4 x 100 mtrs Relay	IG Team 2023 (Heat) Emily Pike, Tilly Beddow, Edie Dorrian, Rebecca Toll	48.12	Footes Lane	13.07.23

4 x 400 mtrs Relay	IG Team 2023 Rebecca Toll, Hannah Lesbirel, Sophie Porter, Abi Galpin	3:49.66	Footes Lane	13.07.23

Guernsey Men's Records

60 mtrs	Joe Chadwick	6.68i	Sheffield (i)	18.02.22
100 mtrs	Joe Chadwick	10.60	Birmingham	02.08.22
200 mtrs	Tom Druce	21.32	Lee Valley	14.08.13
300 mtrs	Tom Druce	33.40	Footes Lane	11.06.11
400 mtrs	Cameron Chalmers	45.64	Bedford	18.06.17
600 mtrs	Cameron Chalmers	1:17.26	Footes Lane	28.04.19
800 mtrs	Keith Falla	1:49.02	Crystal Palace	13.07.73
1500 mtrs	Lee Merrien	3:40.79	Watford	11.06.05
1 Mile	Lee Merrien	3:59.18	Crystal Palace	06.08.05
1 Mile Rd	Jack Rees	04:14	Vazon	20.08.26
3000 mtrs	Lee Merrien	8:00.51	Leverkusen, GER	29.07.06
2 Miles	Lee Merrien	8:46.8	Footes Lane	30.05.07
3 Miles	David Kreckeler	13:52.8	Motspur Park	23.6.62
5000 mtrs	Lee Merrien	13:57.66	Manchester	29.07.07
10000 mtrs	Lee Merrien	29:23.05	Watford	14.06.08
Half Marathon	Lee Merrien	64:07	New York,USA	20.03.16
Marathon	Lee Merrien	02:13:41	London	22.04.12
6 Miles	David Kreckeler	28:54.6	Portsmouth	25.5.65
3000 mtrs S/C	Lee Garland	9:17.54	Ashford	18.6.05
60 mtrs Hurdles	Dale Garland	8.17i	Bath (i)	08.01.06
110 mtrs Hurdles	Dale Garland	14.65	Shetland	14.7.05
110 mtrs Hurdles i	Dale Garland	14.50i	Bath (i)	08.01.06
400 mtrs Hurdles	Alastair Chalmers	48.30	Rehlinger, GER	08.06.25
Long Jump	Dale Garland	7.65m (w)	Perivale	26.06.04
	Dale Garland	7.42m i	Aubiere, FRA (i)	5.02.05
High Jump	Phil Diamond	2.06m	FB Fields Jersey	09.09.95
Triple Jump	Dale Garland	14.50m	Coventry	22.08.09
Pole Vault	Dale Garland	4.30m i	Prague, CZE (i)	12.02.06
Discus	Simon Burdett	44.76m	Southampton	07.04.91
Shot	Barry Tristram	15.33m (Converted Imperial)	Sutton	16.10.66
Javelin	James Menhenitt	60.92m	FB Fields Jersey	09.09.95
Hammer	James Menhenitt	45.80m	Footes Lane	14.9.96
2 Mile Walk	Len Duquemin	16:09.1	Cambridge Park	03.8.64
	J Moullin	16:09.1	Cambridge Park	03.8.64
3000 mtrs Walk	Mark Elliott	14:07.0	Footes Lane	22.7.84
Heptathlon	Dale Garland	5609 pts i	Prague, CZE (i)	11/12.02.06
	1K 2:37.11 : 60H 8.20 : PV 4.30 i : 60 7.03 i : HJ 1.93 : LJ 7.31: SP 11.39			

Decathlon	Dale Garland 1500 4:27.54 : 110H 14.75 : PV 4.10 : DT 30.19 : JT 54.38 : 100 10.94Â 400 47.16 : HJ 1.90 : LJ 7.36 : SP 11.35	7413 pts	Melbourne, Aus	20/21.03.06
4 x 100 mtrs Relay	IG Team 2011 G Etherington, D Garland, J Allaway, T Druce	41.80	Sandown, IOW	01.07.11
4 x 400 mtrs Relay	IG Team 2023 Ala Chalmers, Josh Duke, Peter Curtis, Cameron Chalmers	3:11.95	Footes Lane	13.07.23

All Comers Men

	Leon Reid		Birchfield	2016
100m	Reuben Arthur	10.40	Enfield & Haringey	2015
200m	Aaron Rouge-Serret	21.3	Australia	2007
400m	Cameron Chalmers	45.98	Gsy AC	2021
800m	Damien Moss	1:49.92	Woodford Green	2008
1500m	Lee Merrien	3:48.8	GIAAC	2005
One Mile	Adam Bowden	4:07.84	Harrow AC	2006
3000m	Lee Merrien	8:06.6	GIAAC	2010
5000m	Osian Perrin	14:11.85	Ynys Mon	2023
10000m	Will Bodkin	31:08.2	Gsy AC	2021
110mH	Gianni Frankis	14.13	Newham & Essex Beagles	2008
400mH	Alastair Chalmers	49.83	Guernsey	2023
3000mSC	Lee Garland	9:31.6	GIAAC	2005
Long Jump	Jonathan Moore	7.79m	GIAAC	2008
High Jump	Martin Aram	2.13m	Isle of Man	2003
Triple Jump	Derek Boosey	15.37m (converted fi)	Madeley College	1969
Pole Vault	Tom Richards	4.50m	Achilles	1998
Discus	Nicolas Percy	58.33m	Isle of Wight	2023
Shot	Emeka Udechuku	17.33m	Woodford Green	2006
Javelin	Matti Mortimore	73.89m	Ipswich	2016
Hammer	Andy Frost	70.43m	Woodford Green	2006
4x100m	England U20	41.21	England U20	2018
4 x 400 mtrs Relay	Guernsey IG Team 2023 Ala Chalmers, Josh Duke, Peter Curtis, Cameron Chalmers	3:11.95	Guernsey	2023

All Comers Wmn

100m Wmn	Montel Douglas	11.55	Blackheath & Bromley	2015
200m Wmn	Abi Galpin	23.82	Gsy AC	2022
400m Wmn	Abi Galpin	54.96	Gsy AC	2024
800m Wmn	Stephanie Twell	2:9.21	Aldershot F & D	2006
1500m Wmn	Rachael Franklin	4:20.42	Isle of Man	2023
One Mile Wmn	Jessica Sparke	4:43.52	Woodford Green	2008
3000m Wmn	Katherine Sparke	9:30.42	Woodford Green	2008
5000m Wmn	Rachael Franklin	16:05.80	Isle of Man	2023
10000m Wmn	Louise Perrio	36:17.20	GIAAC	2014
100m H Wmn	Georgia Silcox	13.81	Yeovil	2018
400m H Wmn	Nusrat Ceesay	59.30	Woodford Green	2008
3000m Sc Wmn	Louise Perrio	11:12.6	GIAAC	2009
Long Jump	Abi Galpin	6.18m	Footes Lane	19.07.26
High Jump Wmn	Abby Ward	1.81m	England U20	2018
Triple Jump Wmn	Rebecca White	12.45m	Team Bath	2003
Pole Vault wmn	Claire Ridgley	3.20m	Achilles	1998
Discus	Lauren Therin	45.26m	Jersey Spartan	2002
Shot	Joanne Duncan	16.13m	Woodford Green	2006
Javelin	Laura Whittingham	53.01m	Sale Harriers	2017
Hammer	Monique Buchanan	57.08m	Woodford Green	2006
4x100m	England U20	46.13	England U20	2018
4 x 400 mtrs Relay	Guernsey IG Team 2023 Rebecca Toll, Hannah Lesbirel, Sophie Porter, Abi Galpin	3:49.66	Guernsey	2023