Guernsey records U23 and U20

Last update - 05 July 2026

In this document - U23 Women's, U23 Men's, U20 Women's and U20Men's records

U23W Records

60 mtrs	Abi Galpin	7.47 i	Lee Valley (i)	05.02.22
100 mtrs	Abi Galpin	11.79	Chelmsford	30.04.22
200 mtrs	Abi Galpin	23.82	Footes Lane	26.05.22
400 mtrs	Abi Galpin	55.22	Footes Lane	10.7.22
600 mtrs				
600 mtrs	Darcey Hodgson(U20)	1:34.53	Footes Lane	31.08.25
800 mtrs	Katie Rowe	2:15.31	Gibraltar	12.07.19
800 mtrs	Darcey Hodgson(U17)	2:09.72	Birmingham	30.06.23
1500 mtrs	Sarah Mercier	4:31.74	Solihull	21.07.12
3000 mtrs	Sarah Mercier	10:04.62	Footes lane	12.04.11
3000 mtrs	Sarah Mercier(U20)	10:04.25	Footes lane	23.05.09
5000 mtrs	Sarah Mercier	17:32.95	Footes lane	05.09.12
3000mtrs SC	Eleanor Jamieson(U20)	10:57.93	Bvedford	04.07.26
60 mtrs Hurdles	Kylie Robilliard	8.46 i	Loughborough (i)	13.12.08
100 mtrs Hurdles	Kylie Robilliard	13.68	Birmingham	20.07.08
400 mtrs Hurdles	Jay Peet	64.01	Sandown,IOW	05.07.93
Long Jump	Abi Galpin	5.92m	Footes lane	22.08.22
High Jump	Erica Bodman	1.50m	Oxford	17.05.08
High Jump	Erica Bodman(U20)	1.66m	Gateshead	07.7.06
Triple Jump	Vicky Hancock	11.47m	Orkney	13.07.25
Pole Vault				
Discus	Emma King	32.96m	Portsmouth	13.05.01
Discus	Emma King(U20)	36.41m	Portsmouth	09.05.98
Shot	Emma King	10.66m	Portsmouth	13.05.01
Shot	Gemma Tingay(U20)	11.98m	Rhodes	05.07.07
Javelin	Zoe Fitch	41.38m	Berkeley Calif, USA	04.03.17
Hammer	Sia Banbury	44.69	Footes Lane	25.06.23
Hammer	Sia Banbury(U20)	44.97	Footes Lane	19.05.19
10k Road Walk	Jayne Le Noury	1:11:15	St. S-St.PP	29.04.82

U23M

60 mtrs	Joe Chadwick	6.68sec i	Sheffield (i)	18.02.22
100 mtrs	Joe Chadwick	10.60	Birmingham	02.08.22
200 mtrs	Joe Chadwick	21.54	Birmingham	04.08.02
400 mtrs	Cameron Chalmers	45.64	Bedford	18.06.17
600 mtrs	Cameron Chalmers	77.26	Footes Lane	28.04.19
800 mtrs	Keith Falla	1:50.2	Edinburgh	18.07.70
1500 mtrs	Chris Bain	3:45.18	Tooting Bec	20.08.25
3000 mtrs	Chris Bain	8:31.53	Birmingham	27.04.24
5000 mtrs	Keith Falla	14:38.8	Crystal Palace	14.10.70
10000 mtrs	Alex Rowe	32:38.0	Footes Lane	12.08.21
3000 m S/C	Lee Garland	9:30.00	Loughborough	11.06.95
110 mtrs Hurdles	Leo Rice	15.46	Sandown, IOW	28.06.11
400 mtrs Hurdles	Alastair Chalmers	49.55	Geneva, SWI	14.08.21
Long Jump	Dale Garland	7.25m	Isle of Man	10.07.01
High Jump	Phil Diamond	2.06m	FB Fields, Jersey	09.09.95
Triple Jump	Dale Garland	14.48m	Isle of Man	10.07.01
Pole Vault	Dale Garland	3.55m	Manchester	28.07.02
Discus	Simon Burdett	44.76m	Southampton	07.04.91
Shot	James Menhenitt	12.29m	Gibraltar	17.07.95
Javelin	James Menhenitt	60.92m	FB Fields, Jersey	09.09.95
Hammer	James Menhenitt	45.80m	Footes Lane	14.9.96
Decathlon	Dale Garland	6919pts	Manchester	28.07.02
10,000m Walk Track	Jason Le Noury	49:41.0	Footes Lane	15.03.09
10k Road Walk	Robert Elliott	46:26	St. S-St.PP	08.06.80
20k Road Walk	Robert Elliott	1:36:27	St. Sampsons	30.04.81

U20W

60 mtrs	Kylie Robilliard	7.84 secs i	Bedford (i)	18.01.04
100 mtrs	Kylie Robilliard	12.23 secs	Bedford	30.07.06
200 mtrs	Abi Galpin	24.99 secs	Gibraltar	11.07.19
200 mtrs	Amelie van Heerden (U16)	24.48	Footes Lane	03.05.26
400 mtrs	Sophie Porter	56.32 i	Sheffield (i)	24.02.18
600 mtrs	Darcey Hodgson	1: 34.53	Footes Lane	31.08.25
800 mtrs	Kate Bain	2:10.66	Manchester	27.05.23
800 mtrs	Darcey Hodgson (U17)	2:09.72	Birmingham	30.06.23
1500 mtrs	Kate Bain	4:39.86 i	Cardiff (i)	27.01.24
1500 mtrs	Katie Rowe (U17)	4:34.92	Footes Lane	16.04.13
1 Mile	Sarah Mercier	5:12.3	Footes Lane	20.08.09
1 Mile Road	Sarah Mercier	5:07	Vazon	02.05.10
3000 mtrs	Sarah Mercier	10:04.25	Footes lane	23.05.09
60 mtrs Hurdles	Kylie Robilliard	8.84 i	Birmingham	26.2.06
100 mtrs Hurdles	Kylie Robilliard	13.98	Bedford	23.7.06
400 mtrs Hurdles	Darcey Hodgson	63.27	Orkney	15.07.25
3000 mtrs SC	Eleanor Jamieson	10:57.93	Bvedford	04.07.26
Long Jump	Kimberley Goodall	5.73m	Bedford	17.08.02
High Jump	Erica Bodman	1.66m	Gateshead	07.7.06
Triple Jump	Laura Arblaster	11.09m	Footes Lane	09.9.06
Triple Jump	Laura Arblaster	11.09m	Rhodes	02.07.07
Pole Vault	Fiona Ferbrache	2.25m	FB Fields, Jersey	23.05.99
Discus	Emma King	36.41m	Portsmouth	09.05.98
Shot	Gemma Tingay	11.98m	Rhodes	05.07.07
Javelin 1999 ver	Gemma Tingay	40.92m	Exeter	02.09.06
Hammer	Sia Banbury	44.97m	Footes Lane	19.05.19
Heptathlon	Kimberley Goodall Day 1 100h: 16.33s HJ: 1.56m SP: 9.06m 200m: 25.54s Day 2 LJ: 5.58m JT:32.00m 800m 16.11s	4,784 points	Manchester	26/27.07.02
4 x 100 mtrs Relay	U20 Team Indi Gallagher, Jasmine Norman, Vicky Mann, Amelia Lees	49.40 sec	Footes Lane	23.06.18
4 x 400 mtrs Relay	Gsy IG 2017 Team(U17), Rebecca Toll, Eliza Mason(U17)	4min 06.68 sec	Gotland, SWE	28.06.17

U20M

60 mtrs	Joe Chadwick	7.06 i	Cardiff (i)	2.02.19 & 19.02.20
100 mtrs	Cameron Chalmers	10.77	Footes Lane	31.07.16
200 mtrs	Joe Chadwick	21.73	Exeter	15.06.19
400 mtrs	Cameron Chalmers	46.51	Bydgoszcz, POL	21.7.16
600 mtrs	Alastair Chalmers	80.84	Footes Lane	28.04.19
800 mtrs	Tom Druce	1:51.95	Watford	12.6.05
1500mtrs	Chris Bain	3:57.05	Footes Lane	15.07.21
1,500 mtrs	Danny Ray (U17)	3:56.90	Watford	10.9.14
1 Mile	Danny Ray (U17)	4:19.75	Oxford	19.7.14
1 Mile Road	Richard Bartram	4:25	Vazon	06.07.17
3,000 mtrs	Ed Mason (U17)	8:48.78	Bedford	30.08.15
5,000 mtrs	Danny Ray (U17)	15:24.56 secs	Footes Lane	16.05.14
60 Hurdles	Sam Wallbridge	8.85 i	Birmingham (i)	8.2.15
110m Hurdles	Toby Glass	15.83	Footes Lane	08.07.18
400 mtrs Hurdles	Alastair Chalmers	50.07	Geneva, SWI	15.06.19
2,000 mtrs S/Chase	Keith Falla	5:44.2 (21 Barriers-alternative layout)	Reading	14.6.67
3,000 mtrs S/Chase	Keith Falla	9:32	Weymouth	17.6.67
3,000 mtrs Walk	Mark Renouf	15:41.3	Portsmouth	16.5.92
Long Jump	Dale Garland	6.82m	Footes Lane	22.7.99
Long Jump	Robbie Cowling	7.04m	Rhodes	03.07.07
High Jump	Philip Diamond	2.00m	Portsmouth	16.5.93
			Isle of Wight	08.7.93
			FB Fields, Jersey	21.8.93
			Footes Lane	25.9.93
Triple Jump	Dale Garland	14.32m	Exeter	11.7.98
Pole Vault	Michael Ashman	3.50m	Footes Lane	21.06.98
Javelin	James Geering	59.16m	Footes Lane	12.09.87
Discus	Simon Burdett	47.40m	Derby	14.7.90
Shot Putt	James Menhenitt	14.24m	College M F	11.5.93
Hammer	Kevin Lajoie	43.28m	Footes Lane	23.04.95
Decathlton	Simon Burdett	4,906 points	Yeovil	24.06.89
4 x 100 mtrs Relay	Mark Macleish, Matt Bailey Ben Allen, Simon Sebire	43.89	Gotland	29.06.99
4 x 400 mtrs Relay	Gsy U17 Team Peter Curtis, Alex Rowe, Toby Glass, Alastair Chalmers	3:34.87	Footes Lane	25.6.16