

# Island Games Record

## Men

100 m	10,34	Harold	Houston	Bermuda	2013	Bermuda
100 m	w 10,17	Kemar	Hyman	Cayman Islands	2017	Gotland
200 m	21,05	Harold	Houston	Bermuda	2013	Bermuda
400 m	46,33	Jamal	Walton	Cayman Islands	2017	Gotland
800 m	1:50,37	Mike	Guegan	Jersey	1993	Isle of Wight
1500 m	3:48,45	Keith	Gerrard	Isle of Man	2011	Isle of Wight
5000 m	14:21,35	Lee	Merrien	Guernsey	2009	Åland
10000 m	30:03,64	Janne	Holmén	Åland	2009	Åland
3000 m steeplechase	8:57,46	Mikael	Nordblom	Åland	1993	Isle of Wight
Half Marathon	1:06,34	Janne	Holmén	Åland	2009	Åland
Marathon	2:35,55 m	Absalon	Hansen	Faroe Islands	1989	Faroe Islands
10000 m Walk	45:06,0 m	Steve	Partington	Isle of Man	1985	Isle Of Man
110 m hurdles	14,65	Dale	Garland	Guernsey	2005	Shetland Islands
110 m hurdles	w 13,62	Ronald	Forbes	Cayman Islands	2015	Jersey
400 m hurdles	50,41	James	Forman	Isle of Wight	2011	Isle of Wight
High Jump	2,13	Martin B	Aram	Isle of Man	2003	Guernsey
Pole Vault	462	Bo	Jacobsson	Gotland	1999	Gotland
Long Jump	762	Carl	Morgan	Cayman Islands	2011	Isle of Wight
Long Jump	w 773	Mattias	Sunneborn	Gotland	1993	Isle of Wight
Triple Jump	15,68	Carl	Morgan	Cayman Islands	2011	Isle of Wight
Shot Put	18,10	Zane	Duquemin	Jersey	2015	Jersey
Discus	57,23	Zane	Duquemin	Jersey	2015	Jersey
Hammer	70,61	Andy	Frost	Isle of Wight	2011	Isle of Wight
Javelin	73,39	Alexander	Pascal	Cayman Islands	2017	Gotland
4 x 100 m Relay	41,10	Team	CAY 2013	Cayman Islands	2013	Bermuda
		Rhymiech Adolphus, David Hamil, Carl Morgan, Carlos Morgan				
4 x 400 m Relay	3:12,38	Team	GUE 2009	Guernsey	2009	Åland
		Matthew Bailey, Tom Druce, Dale Garland, Hywel Robinson				

## Women

100 m	11,94	Kylie	Robilliard	Guernsey	2011	Isle of Wight
200 m	23,27	Cydonie	Mothersill	Cayman Islands	2007	Rhodes
400 m	53,39	Catherine	Reid	Isle of Man	2015	Jersey
800 m	2:09,87	Rachael	Franklin	Isle of Man	2019	Gibraltar
1500 m	4:24,15	Anna	Tait	Orkney	2017	Gotland
3000 m	9:34,77	Brenda	Walker	Isle of Man	1991	Åland
5000 m	16:45,06	Anna	Tait	Orkney	2017	Gotland
10000 m	36:11,68	Ann-Catrin	Nordman	Åland	1997	Jersey
3000 m Steeplechase	10:58,28	Marina	Bagur Olives	Menorca	2019	Gibraltar
3000 m Walk	15:23,0 m	Joanne	Clarke	Isle of Man	1987	Guernsey
Half Marathon	1:13,35	Brenda	Walker	Isle of Man	1991	Åland
Marathon	3:23,42 m	Ann	Gomer	Isle of Man	1989	Faroe Islands
100 m hurdles	14,39	Kelly	Southerton	Isle of Wight	1997	Jersey
400 m hurdles	60,72	Diana	Lindqvist	Åland	1991	Åland
High Jump	1,78	Linda	Treiel	Saaremaa	2013	Bermuda
Long Jump	593	Hanna	Wiss	Åland	2011	Isle of Wight
Long Jump	w 619	Kärt	Õunapuu	Saaremaa	2019	Gibraltar
Triple Jump	12,64	Jasmine	Brunson	Bermuda	2013	Bermuda
Shot Put	14,16	Linda	Treiel	Saaremaa	2013	Bermuda
Discus	48,58	Shadine	Duquemin	Jersey	2015	Jersey
Hammer	48,89	Marit	Zahkna	Isle of Man	2009	Åland
Javelin -1999	50,84	Linda	Lindqvist	Åland	1997	Jersey
Javelin 1999-	50,54	Lauryn	Therin	Jersey	2007	Rhodes
4 x 100 m Relay	47,60	Team	CAY 1999	Cayman Islands	1999	Gotland
		Calicia Burke, Leslie Ann Daley, Schwannah McCarthy, Cydonie Mothersill, Crystal Robinson				
4 x 400 m Relay	3:53,79	Team	JER 2011	Jersey	2011	Isle of Wight
		Gemma Dawkins, Hazel Le, Sophie Twinam, Claire Wilson				