

Island Games

All-Time Statistics

Women

100 m		(12,60)						
11,94	0,0		Kylie	Robilliard		Guernsey	2011	Isle of Wight
12,00	2,6	w	Kelly	Southerton	1976	Isle of Wight	1997	Jersey
12,08	-1,0		Danaa	Myhill/Callow		Isle of Man	1991	Åland
12,16	-2,0		Hanna	Wiss		Åland	2017	Gotland
12,21	1,4		Erica	Nordqvist		Åland	2007	Rhodes
12,24	1,2		Taahira	Butterfield		Bermuda	2015	Jersey
12,28	1,4		Ameilia	Gillispie		Cayman Islands	2013	Bermuda
12,29	1,4		Lucy	Beesley		Ynys Môn	2007	Rhodes
12,30	1,4		Melissa	Clarke		Bermuda	2007	Rhodes
12,32	1,2		Natasha	Trott		Bermuda	2015	Jersey
12,35	2,7	w	Jay	Peet		Guernsey	1997	Jersey
12,36	0,0		Teresa	Roberts		Guernsey	2011	Isle of Wight
12,37	0,0		Emily	Young/Newton		Isle of Wight	2011	Isle of Wight
12,37		w	Jessica	Kann		Gotland	1993	Isle of Wight
12,38	-2,3		Kylie	Robilliard		Guernsey	2011	Isle of Wight
12,39	-0,2		Chantelle	Morrison		Cayman Islands	2009	Åland
12,39	1,2		Faye	Cox		Shetland Islands	2015	Jersey
12,39	1,4		Faye	Richardson/Cox		Shetland Islands	2007	Rhodes
12,39	0,0		Victoria	Clarke		Bermuda	2011	Isle of Wight
12,42	1,4		Kim	Murray		Isle of Wight	2007	Rhodes
12,44	0,1		Kelly	Southerton	1976	Isle of Wight	1999	Gotland
12,50	3,0	w	Jenny	Holden		Isle of Wight	1993	Isle of Wight
12,50		w	Sharon	Mifsud/Celecia		Gibraltar	1993	Isle of Wight
12,50	1,2		Taylah	Spence		Orkney	2015	Jersey
12,51	-3,5		Sara	Wiss		Åland	2019	Gibraltar
12,51	-3,5		Katie	Dinwoodie		Shetland Islands	2019	Gibraltar
12,53	1,4		Kimberley	Gleeson		Guernsey	2007	Rhodes
12,54	-1,8		Jessica	Kann		Gotland	1991	Åland
12,54		w	Llinos	Hughes		Ynys Môn	2001	Isle of Man
12,54	-1,0		Jessica	Kann		Gotland	1991	Åland
12,55	1,2		Rochel	Gardener		Cayman Islands	2015	Jersey
12,55	-1,8		Sharon	Mifsud/Celecia		Gibraltar	1991	Åland
12,59	0,5		Sophie	Lewis		Ynys Môn	2011	Isle of Wight
200 m			(25,40)					
23,27	0,9		Cydonie	Mothersill	1978	Cayman Islands	2007	Rhodes
24,47	1,9		Bryony	Cain	1983	Isle of Man	2001	Isle of Man
24,64	0,4		Katie	Dinwoodie		Shetland Islands	2019	Gibraltar
24,65	0,4		Taylah	Spence		Orkney	2019	Gibraltar
24,69	4,5	w	Hannah	Lesbirel		Guernsey	2017	Gotland
24,76	0,5		Harriet	Pryke		Isle of Man	2011	Isle of Wight
24,87	0,7		Shianne	Smith		Bermuda	2013	Bermuda
24,92	4,5	w	Taahira	Butterfield		Bermuda	2017	Gotland
24,99	0,4		Abigail	Galpin		Guernsey	2019	Gibraltar
25,01	-0,7		Danaa	Myhill/Callow		Isle of Man	1991	Åland
25,08	1,7		Gemma	Dawkins		Jersey	2009	Åland

25,11	w	Julie	Moore/Harrison	Isle of Man	1995	Gibraltar
25,12	0,5	Hanna	Wiss	Åland	2011	Isle of Wight
25,15	0,4	Danika	Lyn	Cayman Islands	2019	Gibraltar
25,16	0,6	Jenny	Holden	Isle of Wight	1997	Jersey
25,17	4,5	w Faye	Cox	Shetland Islands	2017	Gotland
25,26	0,7	Ameilia	Gillispie	Cayman Islands	2013	Bermuda
25,26	4,5	w Shalysa	Wray	Cayman Islands	2017	Gotland
25,31	-1,7	Georgia	Koumnaqi	Rhodes	2001	Isle of Man
25,32	0,9	Melissa	Clarke	Bermuda	2007	Rhodes
25,39	0,9	Erica	Nordqvist	Åland	2007	Rhodes
400 m (58,00)						
53,39		Catherine	Reid	Isle of Man	2015	Jersey
55,10		Julie	Moore/Harrison	Isle of Man	1995	Gibraltar
55,60		Harriet	Pryke	Isle of Man	2011	Isle of Wight
55,72		Gemma	Dawkins	Jersey	2009	Åland
56,02		Ashleigh	Lachenicht	Isle of Man	2019	Gibraltar
56,14		Jenny	Holden	Isle of Wight	1997	Jersey
56,33		Shalysa	Wray	Cayman Islands	2017	Gotland
56,48		Indi	Gallagher	Guernsey	2017	Gotland
57,28		Georgia	Koumnaqi	Rhodes	2001	Isle of Man
57,34		Sarah	Dowling/Halligan	Isle of Man	2009	Åland
57,35		Ellen	Richings	1965 Jersey	1997	Jersey
57,39		Mags	MacRae	Orkney	2009	Åland
57,40		Sharon	Mifsud/Celecia	Gibraltar	1995	Gibraltar
57,55		Anni	Nylund	Åland	2017	Gotland
57,67		Emma	Leask	Shetland Islands	2015	Jersey
57,71		Kimberley	Goodall	1983 Guernsey	2003	Guernsey
57,94		Melissa	Clarke	Bermuda	2011	Isle of Wight
57,95		Johanna	Hallberg	1979 Gotland	1999	Gotland
800 m (2:16,00)						
2:09,87		Rachael	Franklin	Isle of Man	2019	Gibraltar
2:11,37		Emma	Leask	Shetland Islands	2013	Bermuda
2:11,55		Tamika	Williams	Bermuda	2013	Bermuda
2:11,91		Eilidh C	Mackenzie	Western Isles	2007	Rhodes
2:12,77		Rebekka	Fuglø	Faroe Islands	2015	Jersey
2:13,13		Natalie	Whitty	Guernsey	2015	Jersey
2:13,55		Claire	Wilson	Shetland Islands	2007	Rhodes
2:13,73		Gemma	Dawkins	Jersey	2015	Jersey
2:15,21		Helen	Watts	Guernsey	2007	Rhodes
2:15,31		Katie	Rowe	Guernsey	2019	Gibraltar
2:15,41		Claire	Wilson	Jersey	2011	Isle of Wight
2:15,56		Kim	Baglietto	Gibraltar	2009	Åland
1500 m (4:40,00)						
4:24,15		Anna	Tait	Orkney	2017	Gotland
4:24,93		Rachael	Franklin	Isle of Man	2015	Jersey
4:25,00		Eilidh C	Mackenzie	Western Isles	2015	Jersey
4:27,17		Sarah	Mercier	Guernsey	2015	Jersey
4:28,17		Ann-Catrin	Nordman	Åland	1991	Åland
4:28,69		Natalie	Whitty	Guernsey	2015	Jersey
4:29,56		Brenda	Walker	Isle of Man	1991	Åland
4:30,20		Rebekka	Fuglø	Faroe Islands	2017	Gotland

4:31,37	Gemma	Dawkins	Jersey	2017	Gotland
4:33,57	Tamika	Williams	Bermuda	2013	Bermuda
4:35,06	Ashley	Berry	Bermuda	2013	Bermuda
4:36,59	Claire	Wilson	Shetland Islands	2007	Rhodes
4:37,28	Claire	Forbes	Jersey	1993	Isle of Wight
4:37,42	Jo	Smith/McGarry/	Jersey	2007	Rhodes
4:39,17	Felicity	Johnson-Deeley	Jersey	2009	Åland

3000 m (11:00,0)

9:34,77	Brenda	Walker	Isle of Man	1991	Åland
9:58,47	Claire	Forbes	Jersey	1993	Isle of Wight
10:00,98	Ann-Catrin	Nordman	Åland	1997	Jersey
10:09,80	Karen	Rushton	Isle of Man	1993	Isle of Wight
10:14,4 m	Cathy	Le Roi	Isle of Wight	1989	Faroe Islands
10:35,40	Gabrielle	Hawson	Jersey	1995	Gibraltar
10:36,05	Ane	Fleischer	Greenland	1991	Åland
10:37,66	Caroline	Wickham	1960 Guernsey	1991	Åland
10:37,5 m	Sian	Pilling	Isle of Man	1987	Guernsey
10:37,77	Barbara	Parker	1958 Jersey	1991	Åland
10:38,9 m	Tracey	Jones	Anglesey	1987	Guernsey
10:40,90	Penny	Buckingham	Guernsey	1995	Gibraltar
10:47,60	Julia	King	Isle of Wight	1993	Isle of Wight
10:52,9 m	Stephanie	Quirk	Isle of Man	1989	Faroe Islands
10:55,41	Pauline	Kennaugh	Isle of Man	1991	Åland
10:57,0 m	Christine	Kissack/Prescott	Isle of Man	1985	Isle Of Man
10:57,29	Barbara	Finn/Parker	Jersey	1995	Gibraltar

5000 m (18:00,0)

16:45,06	Anna	Tait	Orkney	2017	Gotland
16:58,93	Sarah	Mercier	Guernsey	2017	Gotland
17:01,0 m	Maria	Pardalou	Rhodes	2007	Rhodes
17:06,12	Louise	Perrio	Guernsey	2017	Gotland
17:17,56	Katie	Bristow	Shetland Islands	2015	Jersey
17:21,75	Marina	Bagur Olives	Menorca	2019	Gibraltar
17:25,29	Eilidh C	Mackenzie	Western Isles	2017	Gotland
17:37,81	Martine	Scholes	Guernsey	2009	Åland
17:40,34	Bjørk	Herup Olsen	Faroe Islands	2011	Isle of Wight
17:41,4 m	Jo	Smith/McGarry/	Jersey	2007	Rhodes
17:44,45	Marna Leila	Vandsdal Egholm	Faroe Islands	2015	Jersey
17:46,36	Rachael	Franklin	Isle of Man	2017	Gotland
17:46,82	Jackie	Ashman	Isle of Man	2001	Isle of Man
17:51,23	Gemma	Astin	Isle of Man	2009	Åland
17:52,21	Michelle	Sandison	Shetland Islands	2017	Gotland
17:54,5 m	Katrin	Kuusk	Saaremaa	2007	Rhodes

10000 m (38:30,00)

36:11,68	Ann-Catrin	Nordman	Åland	1997	Jersey
36:23,35	Kim	Baglietto	Gibraltar	2015	Jersey
36:26,66	Louise	Perrio	Guernsey	2017	Gotland
36:30,99	Marna Leila	Vandsdal Egholm	Faroe Islands	2017	Gotland
36:52,79	Hannah	Howard	Isle of Man	2017	Gotland
37:11,8 m	Brenda	Walker	Isle of Man	1989	Faroe Islands
37:22,43	Michelle	Sandison	Shetland Islands	2015	Jersey
37:23,68	Jo	Smith/McGarry/	Jersey	2007	Rhodes

37:28,85		Bjørk	Herup Olsen	Faroe Islands	2011	Isle of Wight
37:30,72		Turi	Malme	Hitra	2011	Isle of Wight
37:37,2	m	Penny	Buckingham	Guernsey	2003	Guernsey
37:47,48		Sarah	Mercier	Guernsey	2019	Gibraltar
37:48,2	m	Jackie	Ashman	Isle of Man	2003	Guernsey
37:54,41		Johanna	Kahlroth	Åland	2011	Isle of Wight
37:59,33		Súsanna	Skylv Sørensen	Faroe Islands	2009	Åland
38:01,20		Valborg	Heinesen	Faroe Islands	2013	Bermuda
38:02,30		Alison	Campbell	Western Isles	2009	Åland
38:06,28		Gail	Griffiths	Isle of Man	2011	Isle of Wight
38:16,21		Karen	Shimmin	Isle of Man	2017	Gotland
38:20,85		Jenny	James	Guernsey	2019	Gibraltar
38:27,80		Nikki	Neal	Alderney	2005	Shetland Islands

3000 m Steeplechase (13:45,0)

10:58,28		Marina	Bagur Olives	Menorca	2019	Gibraltar
11:16,74		Claire	Wilson	Shetland Islands	2015	Jersey
11:20,77		Bjørk	Herup Olsen	Faroe Islands	2015	Jersey
12:56,71		Ffion	Jones	Ynys Môn	2019	Gibraltar
13:16,44		Milly	Bacon	Isle of Wight	2019	Gibraltar
13:30,32		Lucy	Lawrence	Ynys Môn	2019	Gibraltar
13:41,22		Grace	Crumplin	Isle of Wight	2015	Jersey

Half Marathon (1:25,00)

1:13,35		Brenda	Walker	Isle of Man	1991	Åland
1:19,06		Louise	Perrio	Guernsey	2017	Gotland
1:19,18		Marna Leila	Vandsdal Egholm	Faroe Islands	2017	Gotland
1:19,30		Ann-Catrin	Nordman	Åland	1991	Åland
1:19,53		Hannah	Howard	Isle of Man	2017	Gotland
1:20,58		Charlotte	Metcalfe	Isle of Wight	2017	Gotland
1:21,35		Kim	Baglietto	Gibraltar	2015	Jersey
1:21,50		Sarah	Webster	Isle of Man	2017	Gotland
1:22,09		Johanna	Kahlroth	Åland	2011	Isle of Wight
1:22,14		Barbara	Parker 1958	Jersey	1993	Isle of Wight
1:22,42		Karen	Rushton	Isle of Man	1995	Gibraltar
1:22,43		Maria Jesús	Pallicer Rotger	Menorca	2017	Gotland
1:22,52		Turi	Malme	Hitra	2011	Isle of Wight
1:23,29		Martine	Scholes	Guernsey	2009	Åland
1:23,41		Laura	Brackley	Isle of Wight	2015	Jersey
1:23,58		Caroline	Wickham 1960	Guernsey	1991	Åland
1:24,24		Janette	Shepherd	Guernsey	1991	Åland
1:24,35		Bjørk	Herup Olsen	Faroe Islands	2011	Isle of Wight
1:24,38		Rebecca	Thompson	Jersey	2019	Gibraltar
1:24,46		Barbara	Finn/Parker	Jersey	1987	Guernsey
1:24,47		Elissa	Morris	Isle of Man	2017	Gotland

Marathon (4:30,00)

3:23,42	m	Ann	Gomer	Isle of Man	1989	Faroe Islands
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100 m hurdles (15,50)

14,39	-0,3	Kelly	Southerton 1976	Isle of Wight	1997	Jersey
14,48	-0,9	Kylie	Robilliard	Guernsey	2009	Åland
14,56	-1,1	Diana	Lindqvist	Åland	1991	Åland
14,59	1,1	Jay	Peet	Guernsey	1993	Isle of Wight
14,68	1,5	Hannah	Riley	Isle of Man	2011	Isle of Wight

14,69	0,1	Ameilia	Gillispie		Cayman Islands	2013	Bermuda
14,71	1,9	Maria	Pinni		Rhodes	2007	Rhodes
14,93	-2,1	Schwannah	McCarthy	1984	Cayman Islands	1999	Gotland
14,95	1,9	Pille-Riin	Toomsalu		Saaremaa	2007	Rhodes
15,02	1,9	Claire	Lidster	1981	Jersey	2007	Rhodes
15,14	1,5	Shianne	Smith		Bermuda	2011	Isle of Wight
15,17	1,9	Eve	Carrington		Western Isles	2007	Rhodes
15,20	2,9	w Maria	Löfroth	1977	Åland	2001	Isle of Man
15,26	-1,2	Maria	Löfroth	1977	Åland	1999	Gotland
15,31	1,9	Ángela	López Martí		Menorca	2007	Rhodes
15,31	1,1	Eva	Holmberg		Åland	1993	Isle of Wight
15,37	2,2	w Emily	Cassidy		Jersey	2015	Jersey
15,38	2,9	w Kaie	Kand		Saaremaa	2001	Isle of Man
15,41	-2,3	Cheryl	Done		Isle of Man	1991	Åland
15,44		w Amber	Sibbald		Isle of Man	2017	Gotland
15,46	-2,3	Alison	Le Saux		Jersey	1991	Åland

400 m hurdles (66,0)

60,72		Diana	Lindqvist		Åland	1991	Åland
61,56		Shianne	Smith		Bermuda	2013	Bermuda
62,76		Ángela	López Martí		Menorca	2011	Isle of Wight
63,20		Claire	Lidster	1981	Jersey	2001	Isle of Man
63,29		Sophie	Twinam		Jersey	2009	Åland
63,58		Aimee	Cringle		Isle of Man	2019	Gibraltar
63,85		Tove	Andersson		Åland	2003	Guernsey
64,01		Jay	Peet		Guernsey	1993	Isle of Wight
64,10		Hannah	Riley		Isle of Man	2005	Shetland Islands
64,28		Katerina	Katri		Rhodes	2007	Rhodes
64,30		Mikaela	Harrison		Ynys Môn	2015	Jersey
64,57		Ellen	Richings	1965	Jersey	1993	Isle of Wight
64,69		Eva	Holmberg		Åland	1993	Isle of Wight
64,72		Eve	Carrington		Western Isles	2015	Jersey
64,77		Ida	Gillerfors		Gotland	2003	Guernsey
65,02		Hazel	Le Cornu		Jersey	2009	Åland
65,42		Olivia	Allbut		Jersey	2017	Gotland
65,70		Cheryl	Done		Isle of Man	1995	Gibraltar
65,80		Zandra	Karlsson		Gotland	1995	Gibraltar

High Jump (1,65)

1,78		Linda	Treiel		Saaremaa	2013	Bermuda
1,75		Diana	Lindqvist		Åland	1991	Åland
1,75		Ashleigh	Naltv		Cayman Islands	2013	Bermuda
1,74		Teele	Treiel		Saaremaa	2019	Gibraltar
1,72		Carly	Prangnell		Isle of Wight	2001	Isle of Man
1,70		Amelia-Jayne	Jennings-McLaug		Ynys Môn	2017	Gotland
1,70		Jenny	Helin		Gotland	1993	Isle of Wight
1,70		Kelly	Southerton	1976	Isle of Wight	1997	Jersey
1,70		Kaia	Paat	1974	Saaremaa	2001	Isle of Man
1,69		Kaie	Kand		Saaremaa	2013	Bermuda
1,67		Erica	Bodman		Guernsey	2003	Guernsey
1,66		Reagan	Dee		Isle of Man	2011	Isle of Wight
1,66		Aijah	Lewis		Cayman Islands	2017	Gotland

Long Jump (560)

619	3,7	w	Kärt	Õunapuu		Saaremaa	2019	Gibraltar
595			w Kim	Murray		Isle of Wight	2007	Rhodes
593	0,0		Hanna	Wiss		Åland	2011	Isle of Wight
590	6,5	w	Moa	Örevik		Gotland	2019	Gibraltar
587		w	Jay	Peet		Guernsey	1995	Gibraltar
584		w	Kelly	Southerton	1976	Isle of Wight	1997	Jersey
584	-0,2		Kim	Murray		Isle of Wight	2011	Isle of Wight
579	3,3	w	Bethan	Pilley		Isle of Man	2019	Gibraltar
572	4,1	w	Aimee	Cringle		Isle of Man	2019	Gibraltar
571	0,3		Kaie	Kand		Saaremaa	2013	Bermuda
571	0,5		Kimberley	Goodall	1983	Guernsey	2005	Shetland Islands
569	4,3	w	Anissa	Owen		Cayman Islands	2019	Gibraltar
565	-0,4		Diana	Lindqvist		Åland	1991	Åland

Triple Jump (11,00)

12,64	0,6		Jasmine	Brunson		Bermuda	2013	Bermuda
12,15	-0,5		Kaire	Paat/Nurja		Saaremaa	2013	Bermuda
12,11		w	Kalliopi	Neski	1975	Rhodes	1999	Gotland
11,91	1,2		Hanna	Wiss		Åland	2011	Isle of Wight
11,82		w	Virge	Treiel	1968	Saaremaa	1995	Gibraltar
11,79		w	Kaia	Paat	1974	Saaremaa	2003	Guernsey
11,62		w	Maria-Meli	Stavridi	1975	Rhodes	1999	Gotland
11,60	1,8		Ellinor	Sundstrand		Gotland	2011	Isle of Wight
11,55	1,2		Christina	Petra		Rhodes	2005	Shetland Islands
11,47		w	Mari-Helen	Saarna		Saaremaa	2015	Jersey
11,46		w	Maria	Stavridou		Rhodes	2003	Guernsey
11,44		w	Eve	Carrington		Western Isles	2007	Rhodes
11,44	4,0	w	Moa	Örevik		Gotland	2019	Gibraltar
11,35		w	Kimberley	Goodall	1983	Guernsey	1999	Gotland
11,32		w	Kaie	Kand		Saaremaa	2001	Isle of Man
11,24		w	Kamela	Monks		Jersey	2015	Jersey
11,21	2,9	w	Laura	Arblaster		Guernsey	2005	Shetland Islands
11,17		w	Ulrika	Lundgren	1974	Gotland	1999	Gotland
11,14	3,6	w	Mary	Macleod		Western Isles	2019	Gibraltar
11,14		w	Vera	Papadopoulou		Rhodes	2001	Isle of Man
11,13		w	Kaire	Prat		Saaremaa	1995	Gibraltar
11,10	5,5	w	Heather Marie	MacKinnon		Western Isles	2019	Gibraltar
11,07		w	Julie	Ramsay	1982	Shetland Islands	1999	Gotland
11,02		w	Roseanna	Hill		Jersey	2015	Jersey

Shot Put (11,00)

14,16			Linda	Treiel		Saaremaa	2013	Bermuda
13,84			Linda	Treiel/Kivistik		Saaremaa	2019	Gibraltar
12,86			Virge	Treiel	1968	Saaremaa	1997	Jersey
12,82			Lauryn	Therin		Jersey	2007	Rhodes
12,79			Christina	Larsson	1975	Gotland	2001	Isle of Man
12,67			Linda	Liljeroos		Åland	1993	Isle of Wight
12,46			Leana	Vahter		Saaremaa	2007	Rhodes
12,41			Kaie	Kand		Saaremaa	2013	Bermuda
12,33			Linda	Lindqvist		Åland	1997	Jersey
12,21			Shadine	Duquemin		Jersey	2011	Isle of Wight
12,19			Lacee	Barnes		Cayman Islands	2015	Jersey
12,18			Helen	Cromarty		Orkney	2007	Rhodes
11,98			Gemma	Tingav		Guernsey	2007	Rhodes

11,92	Airike	Kapp		Saaremaa	2019	Gibraltar
11,68	Louise	Kneen	1974	Isle of Man	2001	Isle of Man
11,58	Lucy	Rann		Isle of Wight	2011	Isle of Wight
11,42	Despina	Skoumbrou		Rhodes	2007	Rhodes
11,33	Krissy	Owen		Ynys Môn	1993	Isle of Wight
11,31	Natalie	Badham/Mumbe		Isle of Wight	2007	Rhodes
11,18	Lydia	Poula Simonsen		Faroe Islands	2019	Gibraltar
11,15	Kathryn	Rothwell		Jersey	2009	Åland
11,15	Viire	Viss		Saaremaa	1991	Åland
11,10	Linda	Low	1971	Orkney	1997	Jersey
11,04	Claire	Wilson		Orkney	2009	Åland

Discus (35,00)

48,58	Shadine	Duquemin		Jersey	2015	Jersey
44,91	Lauryn	Therin		Jersey	2007	Rhodes
43,40	Linda	Liljeroos		Åland	1993	Isle of Wight
41,89	Linda	Treiel/Kivistik		Saaremaa	2019	Gibraltar
41,54	Anu	Vares		Saaremaa	2003	Guernsey
41,52	Lacee	Barnes		Cayman Islands	2015	Jersey
40,82	Airike	Kapp		Saaremaa	2019	Gibraltar
40,58	Bridget	Fryer		Isle of Wight	2019	Gibraltar
40,17	Christina	Larsson	1975	Gotland	2001	Isle of Man
39,64	Linda	Treiel		Saaremaa	2013	Bermuda
39,53	Kathryn	Rothwell		Jersey	2009	Åland
39,36	Virge	Treiel	1968	Saaremaa	1993	Isle of Wight
39,33	Alexandra	Terry		Cayman Islands	2009	Åland
37,77	Leana	Vahter		Saaremaa	2007	Rhodes
36,56	Linda	Lindqvist		Åland	1997	Jersey
36,25	Andrea	De Bruin		Isle of Man	2013	Bermuda
35,76	Emma	King		Guernsey	1997	Jersey
35,68	Anna	Liljeroos		Åland	1993	Isle of Wight
35,43	Natalie	Badham/Mumbe		Isle of Wight	2007	Rhodes
35,14	Emma	Sundström		Åland	2005	Shetland Islands

Hammer (35,00)

48,89	Marit	Zahkna		Isle of Man	2009	Åland
48,76	Amy	Clarke		Isle of Wight	2017	Gotland
48,55	Amy	Church/Clarke		Isle of Wight	2011	Isle of Wight
44,02	Rachel	Clough	1982	Ynys Môn	1999	Gotland
43,63	Janet	Corlett	1963	Isle of Man	1999	Gotland
43,22	Annie	Henriksson/Hans		Gotland	2007	Rhodes
42,03	Cornelia	Hansson		Gotland	2011	Isle of Wight
40,47	Wallis	Canning		Isle of Wight	2017	Gotland
40,32	Michelle	Ryan		Jersey	2005	Shetland Islands
40,30	Alice	Bell		Isle of Man	2017	Gotland
40,24	Catherine	Marvin		Isle of Wight	2011	Isle of Wight
39,38	Linda	Low	1971	Orkney	1997	Jersey
38,90	Elaine	Park		Shetland Islands	2017	Gotland
38,69	Emma	King		Guernsey	2003	Guernsey
37,44	Charlotte	Christian		Isle of Man	2009	Åland
37,23	Christina	Larsson	1975	Gotland	2003	Guernsey
36,91	Randi	Kúrberg		Faroe Islands	2009	Åland
36,58	Aline	Cross		Orkney	1997	Jersey
36,33	Jennifer	Browne		Jersey	2007	Rhodes

36,27	Louise	Kneen	1974	Isle of Man	2005	Shetland Islands
35,64	Eleni	Kanata		Rhodes	2007	Rhodes
35,01	Sophie	Kelman		Shetland Islands	2011	Isle of Wight
Javelin -1999 (35,00)						
50,84	Linda	Lindqvist		Åland	1997	Jersey
42,68	Aivi	Auga		Saaremaa	1991	Åland
42,38	Linda	Liljeroos		Åland	1993	Isle of Wight
42,20	Siisike	Laide	1970	Saaremaa	1995	Gibraltar
41,86	Monica	Malmberg		Åland	1991	Åland
40,66	Viire	Viss		Saaremaa	1997	Jersey
39,94	Linda	Low	1971	Orkney	1993	Isle of Wight
39,34	Debbie	Allen		Guernsey	1991	Åland
38,18	Krissy	Owen		Ynys Môn	1993	Isle of Wight
38,06	Cheryl	Done		Isle of Man	1993	Isle of Wight
37,16	Lucy	Rann		Isle of Wight	1997	Jersey
35,28	Fiona	Martel		Guernsey	1991	Åland
Javelin 1999- (35,00)						
50,54	Lauryn	Therin		Jersey	2007	Rhodes
47,52	Leana	Vahter		Saaremaa	2007	Rhodes
42,6	Siisike	Laide	1970	Saaremaa	1999	Gotland
42,42	Emma	Gray		Shetland Islands	2005	Shetland Islands
42,40	Lucy	Rann		Isle of Wight	2011	Isle of Wight
41,96	Kristi	Väli		Saaremaa	2007	Rhodes
41,70	Airike	Kapp		Saaremaa	2017	Gotland
41,14	Denaliz	Thomas		Cayman Islands	2017	Gotland
41,04	Becky	Slater		Jersey	2007	Rhodes
40,84	Viire	Viss	1974	Saaremaa	1999	Gotland
40,01	Helen	Davis		Isle of Wight	2005	Shetland Islands
39,09	Shianne	Smith		Bermuda	2013	Bermuda
38,71	Gemma	Tingay		Guernsey	2007	Rhodes
38,70	Helen	Sheen		Isle of Man	2007	Rhodes
38,54	Daneliz	Thomas		Cayman Islands	2015	Jersey
38,32	Thora	Cant		Orkney	2015	Jersey
37,04	Nomiki	Trikili		Rhodes	2007	Rhodes
36,35	Josie	Jamieson		Shetland Islands	2005	Shetland Islands
35,56	Justine	Curgenven	1973	Jersey	1999	Gotland
35,43	Anete	Seina		Gotland	2017	Gotland
35,16	Alexandra	Higgins		Guernsey	2015	Jersey
35,10	Zoe	Fitch		Guernsey	2017	Gotland
4 x 100 m Relay (49,00)						
47,60	Team	CAY 1999		Cayman Islands	1999	Gotland
47,94	Team	ALA 2019		Åland	2019	Gibraltar
47,99	Team	CAY 2019		Cayman Islands	2019	Gibraltar
48,25	Team	GUE 2011		Guernsey	2011	Isle of Wight
48,33	Team	BER 2013		Bermuda	2013	Bermuda
48,37	Team	IOM 2019		Isle of Man	2019	Gibraltar
48,49	Team	ORK 2019		Orkney	2019	Gibraltar
48,56	Team	IOM 2009		isle of Man	2009	Åland
48,72	Team	IOM 2017		Isle of Man	2017	Gotland
48,82	Team	IOM 2011		Isle of Man	2011	Isle of Wight
48,82	Team	SHE 2019		Shetland Islands	2019	Gibraltar

4 x 400 m Relay		(3:59,00)			
3:53,79	Team	JER 2011	Jersey	2011	Isle of Wight
3:54,01	Team	IOM 2019	Isle of Man	2019	Gibraltar
3:54,51	Team	IOM 2017	Isle of Man	2017	Gotland
3:54,60	Team	CAY 1999	Cayman Islands	1999	Gotland
3:54,79	Team	IOM 2011	Isle of Man	2011	Isle of Wight
3:54,97	Team	JER 2009	Jersey	2009	Åland
3:55,81	Team	JER 2007	Jersey	2007	Rhodes
3:55,85	Team	SHE 2017	Shetland Islands	2017	Gotland
3:56,17	Team	IOM 2015	Isle of Man	2015	Jersey
3:56,41	Team	ALA 1991	Åland	1991	Åland
3:56,54	Team	GUE 2017	Guernsey	2017	Gotland
3:56,69	Team	IOM 2009	Isle of Man	2009	Åland
3:57,78	Team	BER 2013	Bermuda	2013	Bermuda
3:57,93	Team	IOM 1995	Isle of Man	1995	Gibraltar
3:58,34	Team	ORK 2019	Orkney	2019	Gibraltar
3:58,50	Team	GUE 2005	Guernsey	2005	Shetland Islands
3:58,74	Team	IOM 1991	Isle of Man	1991	Åland