

# ATHLETICS RESULTS





## NatWest Island Games XIII - Åland 2009

### Athletics - 100m Men

#### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	4	Wallace Little	Cayman Islands	10.73	🥇 Gold
2nd	2	Mats Boman	Åland	10.82	🥈 Silver
3rd	1	Steven Reid	Cayman Islands	10.84	🥉 Bronze
4th	3	Xavier James	Bermuda	10.85	
5th	5	Thomas Riley	Isle of Man	10.97	
6th	6	Glenn Etherington	Guernsey	11.00	

Last Result: 02/07/2009 18:46:11 Status: Confirmed 02/07/2009 19:11:05 Wind: +0.8

#### Heat: Semi Final 1

Position	Lane/Order	Competitor	Island	Result
1st	3	Xavier James	Bermuda	10.78
2nd	4	Mats Boman	Åland	10.90
3rd	1	Steven Reid	Cayman Islands	10.91
4th	5	Glenn Etherington	Guernsey	11.08
5th	2	Samuel Ratcliffe	Isle of Wight	11.14
6th	6	Nathan Stevens	Guernsey	11.46

Last Result: 02/07/2009 12:46:07 Status: Confirmed 02/07/2009 12:46:14 Wind: +0.5

#### Heat: Semi Final 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Wallace Little	Cayman Islands	10.88
2nd	4	Thomas Riley	Isle of Man	11.00
3rd	2	Jeneko Lottimore Place	Bermuda	11.12
4th	6	Lee Williamson	Shetland Islands	11.52
5th	1	Stephen Prosser	Jersey	11.68
DQ	5	James Forman	Isle of Wight	0.00

Last Result: 02/07/2009 12:46:35 Status: Confirmed 02/07/2009 12:46:42 Wind: -0.7

#### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	3	Xavier James	Bermuda	11.13
2nd	4	Mats Boman	Åland	11.19
3rd	5	Nathan Stevens	Guernsey	11.63
4th	6	Carwyn Lloyd Owen	Ynys Môn	11.91
5th	2	Ruaraidh Stewart	Western Isles	11.91
6th	1	Carwyn Milburn	Ynys Môn	12.58

Last Result: 01/07/2009 11:58:20 Status: Confirmed 01/07/2009 11:58:28 Wind: -2.2

#### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Jeneko Lottimore Place	Bermuda	11.38
2nd	5	Samuel Ratcliffe	Isle of Wight	11.40
3rd	4	Glenn Etherington	Guernsey	11.40

4th	6	James Forman	Isle of Wight	11.44
5th	2	Gordon Mowat	Orkney	11.76
6th	1	Alejandro Sánchez	Menorca	12.51

Last Result: 01/07/2009 11:58:49 Status: Confirmed 01/07/2009 11:59:16 Wind: -1.5

### Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
1st	3	Wallace Little	Cayman Islands	11.04
2nd	4	Thomas Riley	Isle of Man	11.23
3rd	2	Lee Williamson	Shetland Islands	11.60
4th	6	James Flett	Orkney	11.96
DNF	1	Morgan Unogardt	Gotland	0.00
DNF	5	Ben Silva	Jersey	0.00

Last Result: 01/07/2009 11:59:40 Status: Confirmed 01/07/2009 11:59:49 Wind: -2.3

### Heat: Prelims Heat 4

Position	Lane/Order	Competitor	Island	Result
1st	3	Steven Reid	Cayman Islands	11.64
2nd	4	Stephen Prosser	Jersey	11.83
3rd	5	Gareth Robertson	Shetland Islands	11.88
4th	6	Stewart Johnson	Western Isles	12.04
5th	2	Andrew Cavilla	Gibraltar	12.07
6th	1	Tom Manselin	Åland	12.08

Last Result: 01/07/2009 12:00:11 Status: Confirmed 01/07/2009 12:00:34 Wind: -2.4

### Record/s for 100m Men:

Event	Record	Holder	Island	Year
100m Men	10.60	Gordon Crowe	Isle of Man	1989

# Athletics - 100m Women

## Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	4	Hanna Wiss	Åland	12.38	🥇 Gold
2nd	5	Kylie Robilliard	Guernsey	12.66	🥈 Silver
3rd	1	Faith Norster	Isle of Wight	12.80	🥉 Bronze
4th	1	Erica Nordqvist	Åland	12.94	
5th	6	Danielle Ross	Isle of Man	13.05	
DNS	3	Chantelle Morrison	Cayman Islands	0.00	

Last Result: 29/06/2009 18:31:34 Status: Confirmed 29/06/2009 18:56:14 Wind: +0.9

## Heat: Semi Finals 1

Position	Lane/Order	Competitor	Island	Result
1st	1	Chantelle Morrison	Cayman Islands	12.39
2nd	3	Kylie Robilliard	Guernsey	12.62
3rd	5	Erica Nordqvist	Åland	12.93
4th	4	Emily Young	Isle of Wight	13.00
5th	2	Ciara McDonnell	Isle of Man	13.05
DNS	6	Frida Björkegren	Gotland	0.00

Last Result: 29/06/2009 12:14:05 Status: Confirmed 29/06/2009 12:14:58 Wind: -0.2

## Heat: Semi Finals 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Hanna Wiss	Åland	12.49
2nd	4	Faith Norster	Isle of Wight	12.74
3rd	5	Danielle Ross	Isle of Man	12.90
4th	6	Katerina Nikolaou	Rhodes	12.96
5th	1	Helen Butler	Jersey	13.20
6th	2	Jenna Murphy	Jersey	13.21

Last Result: 29/06/2009 12:15:23 Status: Confirmed 29/06/2009 12:15:30 Wind: +1.0

## Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	0	Erica Nordqvist	Åland	12.71
2nd	0	Chantelle Morrison	Cayman Islands	13.10
3rd	0	Megan Smith	Shetland Islands	13.24
4th	0	Lucy Kate Beesley	Ynys Môn	13.44
5th	0	Kristy Grant	Guernsey	13.45
6th	0	Allie Elphinstone	Shetland Islands	13.82

Last Result: 28/06/2009 19:07:33 Status: Confirmed 28/06/2009 19:08:26 Wind: +2.5

## Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	0	Kylie Robilliard	Guernsey	12.38
2nd	0	Faith Norster	Isle of Wight	12.69
3rd	0	Ciara McDonnell	Isle of Man	12.83
4th	0	Katerina Nikolaou	Rhodes	13.05
5th	0	Frida Björkegren	Gotland	13.07
6th	0	Carolynn Leslie	Orkney	13.70

Last Result: 28/06/2009 19:14:55 Status: Confirmed 28/06/2009 19:15:45 Wind: +2.3

## Heat: Prelims Heat 3

--

Position	Lane/Order	Competitor	Island	Result
1st	0	Hanna Wiss	Åland	12.45
2nd	0	Emily Young	Isle of Wight	12.70
3rd	0	Danielle Ross	Isle of Man	12.82
4th	0	Jenna Murphy	Jersey	13.05
5th	0	Helen Butler	Jersey	13.20
6th	0	Sophie Roberts	Ynys Môn	13.41

Last Result: 28/06/2009 19:18:35 Status: Confirmed 28/06/2009 19:19:01 Wind: +2.7

#### Record/s for 100m Women:

Event	Record	Holder	Island	Year
100m Women	12.02	Kelly Southerton	Isle of Wight	1997

# Athletics - 200m Men

## Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Robert Ibeh	Cayman Islands	21.60	🥇 Gold
2nd	5	Jeneko Lottimore Place	Bermuda	21.65	🥈 Silver
3rd	4	Mats Boman	Åland	21.71	🥉 Bronze
4th	2	Thomas Riley	Isle of Man	22.01	
5th	1	Mattias Sunneborn	Gotland	22.29	
DNF	6	Joseph Suberan	Cayman Islands		

Last Result: 29/06/2009 18:54:15 Status: Confirmed 29/06/2009 19:29:53 Wind: +2.6

## Heat: Semi Final 1

Position	Lane/Order	Competitor	Island	Result
1st	6	Robert Ibeh	Cayman Islands	21.57
2nd	3	Jeneko Lottimore Place	Bermuda	21.88
3rd	4	Thomas Riley	Isle of Man	21.95
4th	5	Mattias Sunneborn	Gotland	22.21
5th	2	Xavier James	Bermuda	22.48
DNF	1	Ben Silva	Jersey	0.00

Last Result: 29/06/2009 12:40:00 Status: Confirmed 29/06/2009 12:40:08 Wind: +0.4

## Heat: Semi Final 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Mats Boman	Åland	21.81
2nd	4	Joseph Suberan	Cayman Islands	22.06
3rd	5	Samuel Ratcliffe	Isle of Wight	22.23
4th	6	Ben Brand	Isle of Man	22.67
5th	2	Nathan Stevens	Guernsey	22.83
6th	1	Carwyn Lloyd Owen	Ynys Môn	23.48

Last Result: 29/06/2009 12:40:34 Status: Confirmed 29/06/2009 12:40:46 Wind: +0.2

## Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	0	Robert Ibeh	Cayman Islands	22.67
2nd	0	Ben Brand	Isle of Man	22.77
3rd	0	Ben Silva	Jersey	23.29
4th	0	Victor Jansson	Åland	23.79
5th	0	Pattanawit Sattaphol	Western Isles	24.73

Last Result: 28/06/2009 19:22:30 Status: Confirmed 28/06/2009 19:22:59 Wind: +2.5

## Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	0	Joseph Suberan	Cayman Islands	22.19
2nd	0	Samuel Ratcliffe	Isle of Wight	22.30
3rd	0	Gareth Robertson	Shetland Islands	23.36
4th	0	Konstantinos Kourounis	Rhodes	23.72
5th	0	Morgan Unogardt	Gotland	24.33
6th	0	Carwyn Milburn	Ynys Môn	25.48

Last Result: 28/06/2009 19:40:25 Status: Confirmed 28/06/2009 19:48:10 Wind: +1.4

## Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
----------	------------	------------	--------	--------

1st	0	Jeneko Lottimore Place	Bermuda	22.07
2nd	0	Nathan Stevens	Guernsey	22.59
3rd	0	Lee Williamson	Shetland Islands	23.48
4th	0	Nigel Thomson	Orkney	23.71
5th	0	Mohammed Ahammad	Gibraltar	24.24
6th	0	Jaime Torres	Menorca	25.54

Last Result: 28/06/2009 19:42:22 Status: Confirmed 28/06/2009 19:47:05 Wind: +2.3

#### Heat: Prelims Heat 4

Position	Lane/Order	Competitor	Island	Result
1st	0	Thomas Riley	Isle of Man	22.11
2nd	0	Xavier James	Bermuda	22.43
3rd	0	Carwyn Lloyd Owen	Ynys Môn	23.32
4th	0	Jacques Ogier	Guernsey	23.76
5th	0	Andrew Donald Jubb	Western Isles	25.79

Last Result: 28/06/2009 19:44:17 Status: Confirmed 28/06/2009 19:46:20 Wind: +1.1

#### Heat: Prelims Heat 5

Position	Lane/Order	Competitor	Island	Result
1st	0	Mats Boman	Åland	22.01
2nd	0	Mattias Sunneborn	Gotland	22.40
3rd	0	James Flett	Orkney	23.33
4th	0	Alejandro Sánchez	Menorca	25.61
5th	0	Panayiotis Kourmadias	Rhodes	26.78

Last Result: 28/06/2009 19:36:42 Status: Confirmed 28/06/2009 19:45:29 Wind: +1.6

#### Record/s for 200m Men:

Event	Record	Holder	Island	Year
200m Men	21.31	Mattias Sunneborn	Gotland	1999

# Athletics - 200m Women

## Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Gemma Dawkins	Jersey	25.08	🥇 Gold
2nd	1	Harriet Pryke	Isle of Man	25.20	🥈 Silver
3rd	5	Mags MacRae	Orkney	25.46	🥉 Bronze
4th	2	Kylie Robilliard	Guernsey	25.55	
5th	4	Sarah Dowling	Isle of Man	25.80	
6th	6	Faith Norster	Isle of Wight	26.06	

Last Result: 02/07/2009 19:29:22 Status: Confirmed 02/07/2009 20:03:44 Wind: +1.7

## Heat: Semi Final 1

Position	Lane/Order	Competitor	Island	Result
1st	5	Sarah Dowling	Isle of Man	25.62
2nd	4	Kylie Robilliard	Guernsey	25.63
3rd	3	Harriet Pryke	Isle of Man	25.64
4th	2	Katerina Nikolaou	Rhodes	26.54
5th	6	Megan Smith	Shetland Islands	27.46
DNF	1	Kaili Adamson	Saaremaa	0.00

Last Result: 02/07/2009 13:37:58 Status: Confirmed 02/07/2009 13:38:07 Wind: +0.4

## Heat: Semi Final 2

Position	Lane/Order	Competitor	Island	Result
1st	2	Gemma Dawkins	Jersey	25.44
2nd	4	Mags MacRae	Orkney	25.73
3rd	5	Faith Norster	Isle of Wight	26.32
4th	6	Helen Butler	Jersey	27.48
5th	1	Ida Gillerfors	Gotland	27.54
DNF	3	Hanna Wiss	Åland	0.00

Last Result: 02/07/2009 13:38:35 Status: Confirmed 02/07/2009 13:38:43 Wind: +0,4

## Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	4	Faith Norster	Isle of Wight	26.50
2nd	3	Gemma Dawkins	Jersey	26.54
3rd	6	Ida Gillerfors	Gotland	27.58
4th	5	Lucy Kate Beesley	Ynys Môn	27.82
5th	2	Carolynn Leslie	Orkney	28.13
6th	1	Mari Truumees	Saaremaa	28.21

Last Result: 01/07/2009 12:40:33 Status: Confirmed 01/07/2009 12:40:40 Wind: -1.5

## Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Hanna Wiss	Åland	26.00
2nd	4	Mags MacRae	Orkney	26.14
3rd	5	Megan Smith	Shetland Islands	27.26
4th	2	Emma Roberts	Ynys Môn	28.52
5th	6	Inga Woods	Shetland Islands	28.97

Last Result: 01/07/2009 12:41:10 Status: Confirmed 01/07/2009 12:41:19 Wind: -0.8

## Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
----------	------------	------------	--------	--------



1st	3	Kylie Robilliard	Guernsey	26.21
2nd	4	Sarah Dowling	Isle of Man	26.30
3rd	2	Julia Källgren	Åland	27.89
4th	5	Kristy Grant	Guernsey	28.20
5th	6	Rebekka Fuglø	Faroe Islands	28.80

Last Result: 01/07/2009 12:41:45 Status: Confirmed 01/07/2009 12:41:54 Wind: -1.8

#### Heat: Prelims Heat 4

Position	Lane/Order	Competitor	Island	Result
1st	3	Harriet Pryke	Isle of Man	25.71
2nd	4	Katerina Nikolaou	Rhodes	26.97
3rd	5	Helen Butler	Jersey	27.37
4th	6	Kaili Adamson	Saaremaa	27.61
5th	2	Frida Björkegren	Gotland	28.06

Last Result: 01/07/2009 12:42:15 Status: Confirmed 01/07/2009 12:42:23 Wind: -0.5

#### Record/s for 200m Women:

Event	Record	Holder	Island	Year
200m Women	23.27	Cydonie Mothersill	Cayman Islands	2007

# Athletics - 400m Men

## Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Tom Druce	Guernsey	47.00	🥇 Gold
2nd	4	Donald Macleod	Western Isles	48.82	🥈 Silver
3rd	2	Mihalis Markopoulos	Rhodes	49.81	🥉 Bronze
4th	5	Ben Brand	Isle of Man	50.17	
5th	1	Hywel Robinson	Guernsey	50.54	
DNF	6	Dominic Carroll	Gibraltar		

Last Result: 02/07/2009 20:06:56 Status: Confirmed 02/07/2009 20:32:28 Wind: N/A

## Heat: Semi Final 1

Position	Lane/Order	Competitor	Island	Result
1st	3	Donald Macleod	Western Isles	48.37
2nd	4	Ben Brand	Isle of Man	49.97
3rd	2	Dominic Carroll	Gibraltar	50.45
4th	1	Steven Carter	Isle of Wight	50.55
5th	5	Scott Lawson	Shetland Islands	55.30
DQ	6	Stewart Vyner Chalmers	Western Isles	0.00

Last Result: 02/07/2009 13:35:29 Status: Confirmed 02/07/2009 13:35:37 Wind: N/A

## Heat: Semi Final 2

Position	Lane/Order	Competitor	Island	Result
1st	4	Tom Druce	Guernsey	46.74
2nd	3	Mihalis Markopoulos	Rhodes	49.81
3rd	2	Hywel Robinson	Guernsey	50.12
4th	5	Peter Richardson	Isle of Man	50.93
5th	6	Thomas Newton	Orkney	52.57
6th	1	Calum Forrest	Jersey	52.64

Last Result: 02/07/2009 13:35:59 Status: Confirmed 02/07/2009 13:36:06 Wind: N/A

## Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	3	Tom Druce	Guernsey	50.36
2nd	4	Peter Richardson	Isle of Man	51.85
3rd	2	Calum Forrest	Jersey	52.56
4th	6	Jonathan Malmberg	Åland	53.28
5th	5	David Miller	Orkney	58.25

Last Result: 01/07/2009 13:02:47 Status: Confirmed 01/07/2009 13:02:55 Wind: N/A

## Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Mihalis Markopoulos	Rhodes	49.73
2nd	4	Dominic Carroll	Gibraltar	51.01
3rd	2	Steven Carter	Isle of Wight	51.38
4th	5	Stewart Vyner Chalmers	Western Isles	53.19
5th	6	Agustí Mercadal	Menorca	53.78

Last Result: 01/07/2009 13:03:44 Status: Confirmed 01/07/2009 13:03:53 Wind: N/A

## Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
1st	3	Donald Macleod	Western Isles	49.55

2nd	4	Hywel Robinson	Guernsey	51.64
3rd	6	Thomas Newton	Orkney	52.81
4th	5	Rúni Seloy	Faroe Islands	54.15
5th	2	Alan Harrison	Jersey	58.41

Last Result: 01/07/2009 13:04:15 Status: Confirmed 01/07/2009 13:04:24 Wind: N/A

#### Heat: Prelims Heat 4

Position	Lane/Order	Competitor	Island	Result
1st	3	Ben Brand	Isle of Man	52.30
2nd	5	Scott Lawson	Shetland Islands	54.04
3rd	6	Jaime Torres	Menorca	55.46
4th	2	Barry John Edwards	Ynys Môn	55.56
DNF	4	Daryl Vassallo	Gibraltar	0.00

Last Result: 01/07/2009 13:04:54 Status: Confirmed 01/07/2009 13:05:03 Wind: N/A

#### Record/s for 400m Men:

Event	Record	Holder	Island	Year
400m Men	46.70	Dale Garland	Guernsey	2007

# Athletics - 400m Women

## Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Gemma Dawkins	Jersey	55.72	🥇 Gold
2nd	4	Harriet Pryke	Isle of Man	56.46	🥈 Silver
3rd	5	Sarah Dowling	Isle of Man	57.34	🥉 Bronze
4th	2	Mags MacRae	Orkney	57.39	
5th	6	Stephane Schoeman	Bermuda	58.29	
6th	1	Sophie Twinam	Jersey	59.05	

Last Result: 30/06/2009 20:02:40 Status: Confirmed 30/06/2009 20:03:00 Wind: N/A

## Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	3	Gemma Dawkins	Jersey	56.63
2nd	2	Sarah Dowling	Isle of Man	58.18
3rd	4	Emma Leask	Shetland Islands	1.01.08
4th	5	Shannen Higgins	Guernsey	1.03.19
5th	6	Amy Hankinson	Ynys Môn	1.05.89

Last Result: 29/06/2009 13:20:10 Status: Confirmed 29/06/2009 13:20:18 Wind: N/A

## Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Harriet Pryke	Isle of Man	57.14
2nd	2	Sophie Twinam	Jersey	58.34
3rd	4	Brogan Percy	Isle of Wight	59.36
DNF	5	Julia Källgren	Åland	0.00

Last Result: 29/06/2009 13:20:33 Status: Confirmed 29/06/2009 13:20:39 Wind: N/A

## Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
1st	3	Mags MacRae	Orkney	58.09
2nd	2	Stephane Schoeman	Bermuda	58.87
3rd	5	Rebekka Fuglø	Faroe Islands	1.04.24
4th	4	Lisa Campbell	Ynys Môn	1.11.92

Last Result: 29/06/2009 13:21:02 Status: Confirmed 29/06/2009 13:21:20 Wind: N/A

## Record/s for 400m Women:

Event	Record	Holder	Island	Year
400m Women	55.10	Julie Moore	Isle of Man	1995

## Athletics - 800m Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Tom Druce	Guernsey	1.52.04	🥇 Gold
2nd	6	Joseph Wade	Isle of Wight	1.52.52	🥈 Silver
3rd	7	Andre Kahlström	Gotland	1.54.84	🥉 Bronze
4th	5	Joshua Morrison	Shetland Islands	1.58.17	
5th	1	Shon Evans	Ynys Môn	1.58.71	
6th	2	Matthew Bailey	Guernsey	1.59.59	
7th	4	Rúni Seloy	Faroe Islands	2.00.61	
8th	8	Toby Edwards	Jersey	2.07.89	

Last Result: 30/06/2009 20:43:44 Status: Confirmed 30/06/2009 20:48:40 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	3	Tom Druce	Guernsey	1.57.57
2nd	1	Rúni Seloy	Faroe Islands	1.57.95
3rd	5	Joshua Morrison	Shetland Islands	1.58.24
4th	6	Matthew Bailey	Guernsey	1.59.18
5th	4	Lee Taylor	Gibraltar	2.00.17
6th	2	Jóan Karl Joensen	Faroe Islands	2.00.44
7th	7	Pedro Palliser	Menorca	2.07.44

Last Result: 29/06/2009 13:42:34 Status: Confirmed 29/06/2009 13:42:42 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Joseph Wade	Isle of Wight	2.00.13
2nd	1	Toby Edwards	Jersey	2.01.43
3rd	5	Ryan Fairclough	Isle of Man	2.02.13
4th	4	Tom Richmond	Isle of Man	2.02.52
5th	6	Liam Byrne	Gibraltar	2.02.99
6th	2	Stephen Allen	Bermuda	2.04.14
7th	7	Rory Martin MacLure	Western Isles	2.04.34

Last Result: 29/06/2009 13:43:01 Status: Confirmed 29/06/2009 13:43:09 Wind: N/A

### Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
1st	5	Shon Evans	Ynys Môn	2.01.07
2nd	3	Andre Kahlström	Gotland	2.01.29
3rd	1	Stewart Vyner Chalmers	Western Isles	2.01.96
4th	4	Anton Velleman	Bermuda	2.03.77
5th	2	Thomas Newton	Orkney	2.06.07
6th	6	Rafael Vidal	Menorca	2.12.86

Last Result: 29/06/2009 13:43:27 Status: Confirmed 29/06/2009 13:43:34 Wind: N/A

### Record/s for 800m Men:

Event	Record	Holder	Island	Year
800m Men	1.50.37	Michael Guegan	Jersey	1993

## Athletics - 800m Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	6	Emma Leask	Shetland Islands	2.15.39	🥇 Gold
2nd	4	Eilidh C Mackenzie	Western Isles	2.15.45	🥈 Silver
3rd	2	Kim Baglietto	Gibraltar	2.15.56	🥉 Bronze
4th	5	Stephane Schoeman	Bermuda	2.16.06	
5th	3	Rachael Franklin	Isle of Man	2.18.00	
6th	8	Katie Silva	Jersey	2.19.67	
7th	7	Aly Bain	Orkney	2.20.24	
8th	1	Siobhan Svendsen	Isle of Wight	2.20.41	

Last Result: 03/07/2009 11:53:41 Status: Confirmed 03/07/2009 11:53:48 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	5	Stephane Schoeman	Bermuda	2.17.77
2nd	2	Kim Baglietto	Gibraltar	2.18.82
3rd	3	Nicola Milner	Jersey	2.21.13
4th	4	Sarah Livett	Ynys Môn	2.22.32
5th	1	Rebecca Riddings	Ynys Môn	2.31.79
6th	6	Ashley Robinson	Bermuda	2.32.06

Last Result: 02/07/2009 12:12:33 Status: Confirmed 02/07/2009 12:12:42 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	1	Eilidh C Mackenzie	Western Isles	2.17.17
2nd	4	Emma Leask	Shetland Islands	2.18.39
3rd	3	Aly Bain	Orkney	2.19.31
4th	2	Katie Silva	Jersey	2.20.71
5th	5	Madeleine Ekblom	Åland	2.25.31
6th	6	Rebekka Fuglø	Faroe Islands	2.25.67

Last Result: 02/07/2009 12:12:57 Status: Confirmed 02/07/2009 12:13:03 Wind: N/A

### Heat: Prelims Heat 3

Position	Lane/Order	Competitor	Island	Result
1st	1	Rachael Franklin	Isle of Man	2.18.98
2nd	2	Siobhan Svendsen	Isle of Wight	2.20.09
3rd	3	Sarah Mercier	Guernsey	2.22.40
4th	5	Katie Bristow	Shetland Islands	2.29.65
5th	4	Tonje Moen Slenes	Hitra	2.30.44

Last Result: 02/07/2009 12:13:17 Status: Confirmed 02/07/2009 12:13:25 Wind: N/A

### Record/s for 800m Women:

Event	Record	Holder	Island	Year
800m Women	2:11.91	Eilidh C Mackenzie	Western Isles	2007

## Athletics - 1,500m Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	2	Lee Merrien	Guernsey	3.49.58	🥇 Gold
2nd	1	Joseph Wade	Isle of Wight	3.53.42	🥈 Silver
3rd	4	Lee Garland	Guernsey	4.02.91	🥉 Bronze
4th	3	Andre Kahlström	Gotland	4.05.61	
5th	5	William Newnham	Isle of Wight	4.07.57	
6th	7	Andrew Duncan	Isle of Man	4.07.64	
7th	6	Richard Blagg	Gibraltar	4.10.05	
8th	10	Joshua Morrison	Shetland Islands	4.12.28	
9th	12	Thomas Brown	Jersey	4.13.89	
10th	9	Jóan Karl Joensen	Faroe Islands	4.17.68	
11th	11	Toby Edwards	Jersey	4.18.69	
12th	8	Pedro Palliser	Menorca	4.23.15	

Last Result: 03/07/2009 13:25:22 Status: Confirmed 03/07/2009 13:25:27 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	1	Lee Merrien	Guernsey	4.14.06
2nd	2	Lee Garland	Guernsey	4.14.65
3rd	3	Richard Blagg	Gibraltar	4.14.96
4th	4	Joshua Morrison	Shetland Islands	4.16.14
5th	9	Toby Edwards	Jersey	4.16.29
6th	5	Thomas Brown	Jersey	4.18.50
7th	6	Stephen Allen	Bermuda	4.22.31
8th	8	Rafael Vidal	Menorca	4.28.99
9th	7	Kelvin Gomez	Gibraltar	4.32.03

Last Result: 02/07/2009 13:13:32 Status: Confirmed 02/07/2009 13:13:39 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	2	Joseph Wade	Isle of Wight	4.13.56
2nd	1	Andre Kahlström	Gotland	4.13.72
3rd	3	William Newnham	Isle of Wight	4.13.80
4th	5	Andrew Duncan	Isle of Man	4.13.98
5th	6	Pedro Palliser	Menorca	4.15.63
6th	4	Jóan Karl Joensen	Faroe Islands	4.15.90
7th	7	Shon Evans	Ynys Môn	4.24.75
8th	8	Tom Richmond	Isle of Man	4.26.62
9th	9	Marcus Svensson	Åland	4.35.17

Last Result: 02/07/2009 13:14:00 Status: Confirmed 02/07/2009 13:14:08 Wind: N/A

### Record/s for 1,500m Men:

Event	Record	Holder	Island	Year
1,500m Men	3.49.58	Lee Merrien	Guernsey	2009

## Athletics - 1,500m Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Eilidh C Mackenzie	Western Isles	4.34.83	🥇 Gold
2nd	0	Rachael Franklin	Isle of Man	4.36.99	🥈 Silver
3rd	0	Felicity Johnson - Deeley	Jersey	4.39.17	🥉 Bronze
4th	0	Martine Scholes	Guernsey	4.42.38	
5th	0	Gemma Astin	Isle of Man	4.42.96	
6th	0	Sarah Mercier	Guernsey	4.51.80	
7th	0	Kim Baglietto	Gibraltar	4.54.85	
8th	0	Katie Bristow	Shetland Islands	4.54.89	
9th	0	Sarah Livett	Ynys Môn	4.55.97	
10th	0	Elizabeth Murfin	Jersey	4.57.82	
11th	0	Madeleine Ekblom	Åland	5.03.59	
12th	0	Maria Löfroth	Åland	5.18.96	

Last Result: 30/06/2009 20:33:42 Status: Confirmed 30/06/2009 20:33:25 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	0	Rachael Franklin	Isle of Man	4.55.54
2nd	0	Gemma Astin	Isle of Man	4.55.58
3rd	0	Martine Scholes	Guernsey	4.58.92
4th	0	Sarah Livett	Ynys Môn	4.59.39
5th	0	Maria Löfroth	Åland	5.06.39
6th	0	Elizabeth Murfin	Jersey	5.09.25
7th	0	Tonje Moen Slenes	Hitra	5.10.94

Last Result: 28/06/2009 21:07:06 Status: Confirmed 28/06/2009 21:08:04 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	0	Eilidh C Mackenzie	Western Isles	4.47.88
2nd	0	Felicity Johnson - Deeley	Jersey	4.53.21
3rd	0	Sarah Mercier	Guernsey	4.58.02
4th	0	Kim Baglietto	Gibraltar	4.58.14
5th	0	Katie Bristow	Shetland Islands	4.58.64
6th	0	Madeleine Ekblom	Åland	5.03.81
7th	0	Rebecca Riddings	Ynys Môn	5.28.25
8th	0	Antonia Pons	Menorca	5.35.72

Last Result: 28/06/2009 21:11:13 Status: Confirmed 28/06/2009 21:12:55 Wind: N/A

### Record/s for 1,500m Women:

Event	Record	Holder	Island	Year
1,500m Women	4.28.17	Ann-Catrin Nordman	Åland	1991



## Athletics - 5,000m Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Lee Merrien	Guernsey	14.21.35	🥇 Gold
2nd	0	Janne Holmén	Åland	14.33.10	🥈 Silver
3rd	0	Thomas Wade	Isle of Wight	15.27.93	🥉 Bronze
4th	0	Thomas Brown	Jersey	15.49.02	
5th	0	Daniel Halksworth	Jersey	16.13.27	
6th	0	Daniel Hejdström	Gotland	16.22.59	
7th	0	Ronan Shally	Guernsey	16.37.79	
8th	0	Richard Blagg	Gibraltar	16.43.61	
9th	0	Innar Sepp	Saaremaa	16.53.99	
10th	0	Stephen Carreras	Gibraltar	17.18.80	
11th	0	Kenneth Stensen	Hitra	18.33.09	
DNS	0	Kalev Õisnurm	Saaremaa		

Last Result: 01/07/2009 20:40:59 Status: Confirmed 01/07/2009 20:58:03 Wind: N/A

### Record/s for 5,000m Men:

Event	Record	Holder	Island	Year
5,000m Men	14.21.35	Lee Merrien	Guernsey	2009

## Athletics - 5,000m Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Louise Perrio	Guernsey	17.37.15	🥇 Gold
2nd	0	Martine Scholes	Guernsey	17.37.81	🥈 Silver
3rd	0	Gemma Astin	Isle of Man	17.51.23	🥉 Bronze
4th	0	Felicity Johnson - Deeley	Jersey	18.04.18	
5th	0	Bjørk Herup Olsen	Faroe Islands	18.12.28	
6th	0	Aiya Abe	Isle of Wight	19.34.38	
7th	0	Chirsty Macleod	Western Isles	19.46.81	
8th	0	Sarah Jane Mcrobie	Ynys Môn	20.05.00	
9th	0	Elizabeth Murfin	Jersey	20.08.04	
10th	0	Katti Frederiksen	Greenland	20.23.39	
11th	0	Antonia Pons	Menorca	20.36.03	
12th	0	Maria Löfroth	Åland	21.01.18	

Last Result: 01/07/2009 19:45:51 Status: Confirmed 01/07/2009 20:29:40 Wind: N/A

### Record/s for 5,000m Women:

Event	Record	Holder	Island	Year
5,000m Women	17.01.0	Maria Pardalou	Rhodes	2007

## Athletics - 10,000m Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Janne Holmén	Åland	30.03.64	🥇 Gold
2nd	0	Stephen Dawes	Guernsey	32.25.12	🥈 Silver
3rd	0	Daniel Halksworth	Jersey	32.57.74	🥉 Bronze
4th	0	Kevin Loundes	Isle of Man	33.48.34	
5th	0	Daniel Hejdström	Gotland	33.49.72	
6th	0	Tõnis Juulik	Saaremaa	33.52.10	
7th	0	Olof Thunegard	Gotland	34.44.56	
8th	0	Ando Õitspuu	Saaremaa	34.51.92	
9th	0	David Ibbotson	Jersey	35.03.09	
10th	0	Ed Gumbley	Isle of Man	35.41.41	
11th	0	Eduardas Volikas	Åland	35.46.35	
12th	0	Karl Simpson	Shetland Islands	36.05.59	
13th	0	Bill Adams	Shetland Islands	39.25.46	
14th	0	Kenneth Stensen	Hitra	39.38.70	
DNF	0	Torquil Clyde	Orkney	00.00	

Last Result: 28/06/2009 20:58:03 Status: Confirmed 28/06/2009 21:01:24 Wind: N/A

### Record/s for 10,000m Men:

Event	Record	Holder	Island	Year
10,000m Men	30.03.64	Janne Holmén	Åland	2009

## Athletics - 10,000m Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Louise Perrio	Guernsey	37.53.45	🥇 Gold
2nd	0	Súsanna Skytlv Sørensen	Faroe Islands	37.59.33	🥈 Silver
3rd	0	Alison Mary Campbell	Western Isles	38.02.30	🥉 Bronze
4th	0	Turi Malme	Hitra	38.45.52	
5th	0	Nikki Neal	Alderney	39.43.93	
6th	0	Gail Griffiths	Isle of Man	39.57.60	
7th	0	Carita Södergård	Åland	41.44.07	
8th	0	Victoria Barratt	Jersey	42.24.57	
9th	0	Britt Folkermann	Greenland	44.10.02	
10th	0	Michelle Sandison	Shetland Islands	44.29.92	
DNF	0	Bjørk Herup Olsen	Faroe Islands		

Last Result: 29/06/2009 20:34:09 Status: Confirmed 29/06/2009 21:03:12 Wind: N/A

### Record/s for 10,000m Women:

Event	Record	Holder	Island	Year
10,000m Women	36.11.68	Ann-Catrin Nordman	Åland	1997

## Athletics - 110m Hurdles Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Glenn Etherington	Guernsey	15.12	🥇 Gold
2nd	0	Peter Irving	Jersey	15.51	🥈 Silver
3rd	0	Madis Kallas	Saaremaa	15.52	🥉 Bronze
4th	0	Raigo Saar	Saaremaa	15.53	
5th	0	Erik Larsson	Gotland	16.51	
6th	0	Leo Rice	Guernsey	16.68	

Last Result: 30/06/2009 18:42:48 Status: Confirmed 30/06/2009 18:43:00 Wind: -1.5

### Record/s for 110m Hurdles Men:

Event	Record	Holder	Island	Year
110m Hurdles Men	14.65	Dale Garland	Guernsey	2005

## Athletics - 100m Hurdles Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Kylie Robilliard	Guernsey	14.48	🥇 Gold
2nd	2	Julia Källgren	Åland	16.07	🥈 Silver
3rd	6	Angela Lopez	Menorca	16.25	🥉 Bronze
4th	4	Frida Björkegren	Gotland	16.34	
5th	5	Georgia Karageorgiou	Rhodes	17.18	
DNF	1	Nathalie Jansson	Åland		

Last Result: 30/06/2009 19:13:58 Status: Confirmed 30/06/2009 19:13:59 Wind: -0.9

### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	5	Frida Björkegren	Gotland	15.69
2nd	4	Georgia Karageorgiou	Rhodes	15.78
3rd	2	Sophie Twinam	Jersey	17.20
4th	1	Kadri Pulk	Saaremaa	17.90
5th	6	Lucy Crossman	Jersey	19.23
DNF	3	Pille-Riin Toomsalu	Saaremaa	0.00

Last Result: 30/06/2009 12:19:04 Status: Confirmed 30/06/2009 12:19:11 Wind: -2.2

### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	3	Kylie Robilliard	Guernsey	14.89
2nd	6	Julia Källgren	Åland	16.24
3rd	4	Angela Lopez	Menorca	16.55
4th	5	Nathalie Jansson	Åland	16.60
5th	2	Eve Carrington	Western Isles	17.30

Last Result: 30/06/2009 12:19:30 Status: Confirmed 30/06/2009 12:19:36 Wind: -1.2

### Record/s for 100m Hurdles Women:

Event	Record	Holder	Island	Year
100m Hurdles Women	14.39	Kelly Southerton	Isle of Wight	1997

## Athletics - 400m Hurdles Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	4	Junior Hines	Cayman Islands	52.67	🥇 Gold
2nd	3	Peter Irving	Jersey	53.81	🥈 Silver
3rd	2	Mihalis Seitis	Rhodes	53.83	🥉 Bronze
4th	5	Michael Haslett	Isle of Man	55.93	
5th	6	Leo Rice	Guernsey	57.68	
DNF	1	Raigo Saar	Saaremaa		

Last Result: 29/06/2009 18:27:22 Status: Confirmed 29/06/2009 18:40:22 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Competitor	Island	Result
1st	0	Junior Hines	Cayman Islands	54.47
2nd	0	Mihalis Seitis	Rhodes	54.58
3rd	0	Raigo Saar	Saaremaa	56.70
4th	0	Leo Rice	Guernsey	57.11
5th	0	Victor Truyol	Menorca	1.01.10

Last Result: 29/06/2009 11:13:42 Status: Confirmed 29/06/2009 11:49:31 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Competitor	Island	Result
1st	0	Peter Irving	Jersey	54.30
2nd	0	Michael Haslett	Isle of Man	57.51
3rd	0	Maxwell Hyman	Cayman Islands	58.83
4th	0	Calum Forrest	Jersey	1.00.00
DNS	0	Mihalis Markopoulos	Rhodes	0.00

Last Result: 29/06/2009 11:16:34 Status: Confirmed 29/06/2009 11:49:47 Wind: N/A

### Record/s for 400m Hurdles Men:

Event	Record	Holder	Island	Year
400m Hurdles Men	51.27	Dale Garland	Guernsey	2003

## Athletics - 400m Hurdles Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	3	Sophie Twinam	Jersey	1.03.29	🥇 Gold
2nd	4	Angela Lopez	Menorca	1.03.43	🥈 Silver
3rd	2	Hazel Le Cornu	Jersey	1.05.02	🥉 Bronze
4th	5	Ida Gillerfors	Gotland	1.09.80	
5th	1	Mari Truumees	Saaremaa	1.13.29	
6th	6	Stela Karageorgiou	Rhodes	1.17.72	

Last Result: 02/07/2009 18:22:09 Status: Confirmed 02/07/2009 19:02:10 Wind: N/A

### Record/s for 400m Hurdles Women:

Event	Record	Holder	Island	Year
400m Hurdles Women	1.00.72	Diana Lindqvist	Åland	1991



## Athletics - 3000m SteepleChase Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Thomas Wade	Isle of Wight	9.35.81	🥇 Gold
2nd	0	Lee Garland	Guernsey	9.44.21	🥈 Silver
3rd	0	Darren Gray	Isle of Man	9.47.07	🥉 Bronze
4th	0	William Newnham	Isle of Wight	9.57.66	
5th	0	Toby Edwards	Jersey	10.48.67	
6th	0	Andreas Grönström	Gotland	10.53.52	
7th	0	Marcus Svensson	Åland	10.59.05	

Last Result: 29/06/2009 19:35:00 Status: Confirmed 29/06/2009 20:14:11 Wind: N/A

### Record/s for 3000m SteepleChase Men:

Event	Record	Holder	Island	Year
3000m SteepleChase Men	8.57.46	Mikael Nordblom	Åland	1991

## Athletics - 4 x 100m Relay Men

### Heat: Final

Position	Lane/Order	Team	Members	Result	Medal
1st	3	Cayman Islands	Maxwell Hyman Wallace Little Steven Reid Joseph Suberan	42.12	🥇 Gold
2nd	2	Isle of Man	Ben Brand Michael Haslett Peter Richardson Thomas Riley	42.77	🥈 Silver
3rd	5	Isle of Wight	Steven Carter James Forman Leon Phillips Samuel Ratcliffe	43.37	🥉 Bronze
4th	1	Rhodes	Georgios Kontos Konstantinos Kourounis Mihalis Markopoulos Mihalis Seitis	43.67	
DNS	6	Jersey	Peter Irving Ross Jeffs Stephen Prosser Ben Silva	0.00	
DQ	4	Guernsey	Tom Druce Glenn Etherington Dale Garland Hywel Robinson	0.00	

Last Result: 03/07/2009 12:17:23 Status: Confirmed 03/07/2009 12:17:30 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Team	Members	Result
1st	2	Guernsey	Tom Druce Glenn Etherington Dale Garland Hywel Robinson	42.64
2nd	4	Isle of Wight	Steven Carter James Forman Leon Phillips Samuel Ratcliffe	43.40
3rd	5	Rhodes	Georgios Kontos Konstantinos Kourounis Mihalis Markopoulos Mihalis Seitis	43.68
4th	3	Shetland Islands	Stuart Donald Scott Lawson Gareth Robertson Lee Williamson	44.98
5th	6	Ynys Môn	Barry John Edwards Carwyn Milburn Carwyn Lloyd Owen Sophie Roberts	45.74

Last Result: 30/06/2009 12:53:59 Status: Confirmed 30/06/2009 12:54:06 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Team	Members	Result
1st	6	Cayman Islands	Maxwell Hyman Wallace Little Steven Reid Joseph Suberan	41.84
2nd	2	Isle of Man	Ben Brand Michael Haslett	42.98

			Peter Richardson Thomas Riley	
3rd	5	Jersey	Peter Irving Ross Jeffs Stephen Prosser Ben Silva	44.46
4th	4	Åland	Mats Boman Victor Jansson Tom Manselin John Wilhelms	44.61
5th	3	Orkney	James Flett Gordon Mowat Iain Nelson Nigel Thomson	44.63
DQ	1	Western Isles	Stewart Johnson Andrew Donald Jubb Donald Macleod Pattanawit Sattaphol Ruaraidh Stewart	0.00

Last Result: 30/06/2009 12:54:19 Status: Confirmed 30/06/2009 12:54:25 Wind: N/A

#### Record/s for 4 x 100m Relay Men:

Event	Record	Holder	Island	Year
4 x 100m Relay Men	42.00	Guernsey Team	Guernsey	2003

## Athletics - 4 x 100m Relay Women

### Heat: Final

Position	Lane/Order	Team	Members	Result	Medal
1st	3	Isle of Man	Sarah Dowling Ciara McDonnell Harriet Pryke Danielle Ross	48.56	🥇 Gold
2nd	4	Jersey	Gemma Dawkins Hazel Le Cornu Jenna Murphy Sophie Twinam	49.54	🥈 Silver
3rd	2	Isle of Wight	Helen Davis Faith Norster Brogan Percy Emily Young	50.08	🥉 Bronze
4th	5	Gotland	Frida Björkegren Ida Gillerfors Camilla Olsson Ellinor Sundstrand	51.10	
5th	1	Åland	Johanna Eriksson Nathalie Jansson Julia Källgren Hanna Wiss	51.21	
6th	6	Ynys Môn	Lucy Kate Beesley Amy Hankinson Emma Roberts Sophie Roberts	51.79	

Last Result: 03/07/2009 12:16:39 Status: Confirmed 03/07/2009 12:16:48 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Team	Members	Result
1st	2	Isle of Man	Sarah Dowling Ciara McDonnell Harriet Pryke Danielle Ross	49.30
2nd	3	Jersey	Gemma Dawkins Hazel Le Cornu Jenna Murphy Sophie Twinam	50.05
3rd	4	Isle of Wight	Helen Davis Faith Norster Brogan Percy Emily Young	50.48
4th	5	Gotland	Frida Björkegren Ida Gillerfors Camilla Olsson Ellinor Sundstrand	51.04

Last Result: 30/06/2009 13:51:16 Status: Confirmed 30/06/2009 18:26:22 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Team	Members	Result
1st	4	Åland	Johanna Eriksson Nathalie Jansson Julia Källgren Hanna Wiss	51.21
2nd	2	Ynys Môn	Lucy Kate Beesley Amy Hankinson Emma Roberts Sophie Roberts	51.87
3rd	3	Shetland Islands	Allie Elphinstone Emma Leask	52.49

			Megan Smith Inga Woods	
DNF	5	Guernsey	Kristy Grant Shannen Higgins Caroline Kyle Kylie Robilliard	0.00

Last Result: 30/06/2009 13:48:07 Status: Confirmed 30/06/2009 18:26:43 Wind: N/A

Record/s for 4 x 100m Relay Women:

Event	Record	Holder	Island	Year
4 x 100m Relay Women	47.60	Cayman Team	Cayman Islands	1999

## Athletics - 4 x 400m Relay Men

### Heat: Final

Position	Lane/Order	Team	Members	Result	Medal
1st	3	Guernsey	Matthew Bailey Tom Druce Dale Garland Hywel Robinson	3.12.38	🥇 Gold
2nd	2	Isle of Man	Darren Gray Michael Haslett Peter Richardson Thomas Riley	3.19.85	🥈 Silver
3rd	1	Gibraltar	Mohammed Ahammad Dominic Carroll Lee Taylor Daryl Vassallo	3.24.03	🥉 Bronze
4th	4	Western Isles	Stewart Vyner Chalmers Donald Macleod Rory Martin MacLure Cameron Ewan Ross	3.26.75	
5th	6	Jersey	Calum Forrest Alan Harrison Ross Jeffs Stephen Prosser	3.36.29	
DNS	5	Cayman Islands	Junior Hines Maxwell Hyman Wallace Little Steven Reid	0.00	

Last Result: 04/07/2009 18:02:34 Status: Confirmed 03/07/2009 13:24:36 Wind: N/A

### Heat: Prelims Heat 1

Position	Lane/Order	Team	Members	Result
1st	0	Western Isles	Stewart Vyner Chalmers Donald Macleod Rory Martin MacLure Cameron Ewan Ross	3.26.38
2nd	0	Isle of Man	Darren Gray Michael Haslett Peter Richardson Thomas Riley	3.27.69
3rd	0	Gibraltar	Mohammed Ahammad Dominic Carroll Lee Taylor Daryl Vassallo	3.28.57
4th	3	Menorca	Agusti Mercadal Pedro Palliser Alejandro Sánchez Jaime Torres Victor Truyol	3.39.40

Last Result: 01/07/2009 18:58:33 Status: Confirmed 01/07/2009 19:46:38 Wind: N/A

### Heat: Prelims Heat 2

Position	Lane/Order	Team	Members	Result
1st	0	Guernsey	Matthew Bailey Dale Garland Ross Hanley Nathan Stevens	3.23.31
2nd	0	Cayman Islands	Junior Hines Maxwell Hyman Wallace Little Steven Reid	3.28.53
3rd	3	Jersey	Calum Forrest	3.29.67

Alan Harrison  
Ross Jeffs  
Stephen Prosser

Last Result: 04/07/2009 18:01:58 Status: Confirmed 01/07/2009 19:46:56 Wind: N/A

Record/s for 4 x 400m Relay Men:

Event	Record	Holder	Island	Year
4 x 400m Relay Men	3.12.38	Guernsey Team	Guernsey	2009

## Athletics - 4 x 400m Relay Women

### Heat: Final

Position	Lane/Order	Team	Members	Result	Medal
1st	3	Jersey	Gemma Dawkins Hazel Le Cornu Katie Silva Sophie Twinam	3.54.97	🥇 Gold
2nd	1	Isle of Man	Sarah Dowling Rachael Franklin Ciara McDonnell Harriet Pryke	3.56.69	🥈 Silver
3rd	4	Shetland Islands	Allie Elphinstone Emma Leask Megan Smith Inga Woods	4.07.48	🥉 Bronze
4th	5	Guernsey	Shannen Higgins Caroline Kyle Sarah Mercier Kylie Robilliard	4.10.27	
5th	2	Åland	Madeleine Ekblom Johanna Eriksson Julia Källgren Maria Löfroth	4.16.48	
DNS	6	Isle of Wight		0.00	

Last Result: 03/07/2009 12:57:28 Status: Confirmed 03/07/2009 13:00:03 Wind: N/A

### Record/s for 4 x 400m Relay Women:

Event	Record	Holder	Island	Year
4 x 400m Relay Women	3.54.60	Cayman Team	Cayman Islands	1999



## Athletics - Half Marathon Men

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Janne Holmén	Åland	1.06.34	🥇 Gold
2nd	0	Stephen Dawes	Guernsey	1.14.03	🥈 Silver
3rd	0	Paul Cameron	Isle of Wight	1.14.39	🥉 Bronze
4th	0	Tõnis Juulik	Saaremaa	1.15.24	
5th	0	Olof Thunegard	Gotland	1.15.29	
6th	0	Juan J Cerro	Menorca	1.15.51	
7th	0	Daniel Hejdström	Gotland	1.17.09	
8th	0	Ando Õitspuu	Saaremaa	1.18.31	
9th	0	Kalev Õisnurm	Saaremaa	1.19.06	
10th	0	Ed Gumbley	Isle of Man	1.19.20	
11th	0	Darren Gray	Isle of Man	1.19.44	
12th	0	Kevin Loundes	Isle of Man	1.20.00	
13th	0	Ronan Shally	Guernsey	1.20.35	
14th	0	Eduardas Volikas	Åland	1.21.21	
15th	0	Karl Simpson	Shetland Islands	1.22.21	
16th	0	Jon Coote	Jersey	1.23.08	
17th	0	Andrew Murfin	Jersey	1.24.54	
18th	0	Bill Adams	Shetland Islands	1.25.01	
19th	0	Göran Sundblom	Åland	1.28.00	
20th	0	Nikolaos Tsangarakis	Rhodes	1.28.52	
21st	0	Alasdair Murray	Western Isles	1.31.25	
22nd	0	Brenton Lee	Jersey	1.33.51	
23rd	0	David Owens	Ynys Môn	1.39.52	
24th	0	Andreas Grönström	Gotland	1.40.37	
DNF	0	Russell Gair	Shetland Islands	0.00	

Last Result: 03/07/2009 14:21:01 Status: Confirmed 03/07/2009 14:21:08 Wind: N/A

### Record/s for Half Marathon Men:

Event	Record	Holder	Island	Year
Half Marathon Men	1.06.34	Janne Holmén	Åland	2009

## Athletics - Half Marathon Women

### Heat: Final

Position	Lane/Order	Competitor	Island	Result	Medal
1st	0	Martine Scholes	Guernsey	1.23.29	🥇 Gold
2nd	0	Turi Malme	Hitra	1.23.52	🥈 Silver
3rd	0	Louise Perrio	Guernsey	1.25.06	🥉 Bronze
4th	0	Alison Mary Campbell	Western Isles	1.26.46	
5th	0	Súsanna Skylv Sørensen	Faroe Islands	1.27.15	
6th	0	Victoria Fiddick	Bermuda	1.28.19	
7th	0	Gail Griffiths	Isle of Man	1.29.25	
8th	0	Åsa Karlsson	Åland	1.33.17	
9th	0	Carol Knight	Jersey	1.34.15	
10th	0	Julie Mackay	Shetland Islands	1.34.59	
11th	0	Carita Södergård	Åland	1.35.14	
12th	0	Sharon McNally	Isle of Wight	1.37.03	
13th	0	Britt Folkermann	Greenland	1.37.07	
14th	0	Karen Fraser	Shetland Islands	1.37.09	
15th	0	Sam Horsfall	Jersey	1.38.05	
16th	0	Katti Frederiksen	Greenland	1.38.26	
17th	0	Siobhan Svendsen	Isle of Wight	1.39.15	
18th	0	Mairi MacCormick	Western Isles	1.57.51	
DNF	0	Karina Danielsson	Åland	0.00	
DNS	0	Amanda Brown	Jersey	0.00	

Last Result: 03/07/2009 14:20:17 Status: Confirmed 03/07/2009 14:20:25 Wind: N/A

### Record/s for Half Marathon Women:

Event	Record	Holder	Island	Year
Half Marathon Women	1hr.13.35	Brenda Walker	Isle of Man	1991

## Athletics - High Jump Men

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Perry Anglin	Cayman Islands		2.07	🥇 Gold
2nd	Omar Wright	Cayman Islands		2.05	🥈 Silver
3rd	Jason Fox	Jersey		2.03	🥉 Bronze
4th	Erik Larsson	Gotland		1.94	
5th	Stephen de la Haye	Jersey		1.94	
6th	Madis Kallas	Saaremaa		1.90	
7th	Andreas Henriksson	Åland		1.90	
8th	Gustav Melen	Gotland		1.90	
9th	Agelos Volonakis	Rhodes		1.77	
10th	Alex Nordblom	Åland		1.67	

Last Result: 28/06/2009 20:12:23 Status: Confirmed 28/06/2009 20:21:50 Wind: N/A

### Record/s for High Jump Men:

Event	Record	Holder	Island	Year
High Jump Men	2.13	Martin Aram	Isle of Man	2003

## Athletics - High Jump Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Ashleigh Nalty	Cayman Islands		1.71	🥇 Gold
2nd	Jenna Murphy	Jersey		1.65	🥈 Silver
3rd	Ellinor Sundstrand	Gotland		1.59	🥉 Bronze
3rd	Hollie Bass	Isle of Man		1.59	🥉 Bronze
5th	Lucy Crossman	Jersey		1.56	
5th	Kadri Pulk	Saaremaa		1.56	
7th	Johanna Eriksson	Åland		1.56	
8th	Eve Carrington	Western Isles		1.52	
9th	Karen Bannister	Shetland Islands		1.43	
10th	Andrea Johansson	Åland		1.43	
11th	Shannen Higgins	Guernsey		1.43	
DNS	Mari Truumees	Saaremaa			

Last Result: 01/07/2009 19:52:25 Status: Confirmed 01/07/2009 20:30:46 Wind: N/A

### Record/s for High Jump Women:

Event	Record	Holder	Island	Year
High Jump Women	1.75	Diana Lindqvist	Åland	2003

# Athletics - Long Jump Men

## Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Madis Kallas	Saaremaa	+0.2	7.05	🥇 Gold
2nd	Erik Larsson	Gotland	-0.1	6.96	🥈 Silver
3rd	Georgios Kontos	Rhodes	+0.1	6.86	🥉 Bronze
4th	Matthew Barton	Isle of Wight	+0.3	6.84	
5th	Raigo Saar	Saaremaa	-0.1	6.84	
6th	Stephen de la Haye	Jersey	+0.2	6.73	
7th	Leon Phillips	Isle of Wight	+1.3	6.53	
8th	Sakchai Makao	Shetland Islands	+0.9	6.39	
9th	Ross Jeffs	Jersey	+0.3	6.06	
10th	Morgan Unogardt	Gotland	-0.3	5.98	
11th	Stewart Johnson	Western Isles	-0.6	5.96	
12th	Junior Hines	Cayman Islands	-0.2	5.92	

Last Result: 01/07/2009 21:11:12 Status: Confirmed 01/07/2009 21:11:36 Wind: N/A

## Heat: Prelims Heat 1

Position	Competitor	Island	Wind	Result
1st	Madis Kallas	Saaremaa	+0.1	6.87
2nd	Erik Larsson	Gotland	+0.5	6.78
2nd	Matthew Barton	Isle of Wight	+0.6	6.78
4th	Raigo Saar	Saaremaa	+0.3	6.69
5th	Morgan Unogardt	Gotland	+1.4	6.65
6th	Stephen de la Haye	Jersey	+0.5	6.61
7th	Leon Phillips	Isle of Wight	+1.2	6.61
7th	Georgios Kontos	Rhodes	+0.2	6.61
9th	Junior Hines	Cayman Islands	+0.3	6.52
10th	Sakchai Makao	Shetland Islands	+0.9	6.37
11th	Ross Jeffs	Jersey	+0.4	6.19
12th	Stewart Johnson	Western Isles	+0.7	6.12
13th	Jonathan Malmberg	Åland	+0.5	6.11
14th	Andreas Henriksson	Åland	-0.3	5.89
15th	Jonathan Guille	Guernsey	+1.0	5.80
16th	Jamie Wilson	Shetland Islands	+0.6	5.73
17th	Andrew Donald Jubb	Western Isles	+1.2	5.22
18th	Daniel Tucker	Bermuda	+0.9	5.21

Last Result: 30/06/2009 20:25:05 Status: Confirmed 03/07/2009 23:50:55 Wind: N/A

## Record/s for Long Jump Men:

Event	Record	Holder	Island	Year
Long Jump Men	7.73	Mattias Sunneborn	Gotland	1993

## Athletics - Long Jump Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Hanna Wiss	Åland	+0.9	5.59	🥇 Gold
2nd	Ellinor Sundstrand	Gotland	+1.0	5.39	🥈 Silver
3rd	Emily Young	Isle of Wight	+0.5	5.21	🥉 Bronze
4th	Ashleigh Nalty	Cayman Islands	+0.5	5.12	
5th	Kaili Adamson	Saaremaa	+0.0	5.12	
6th	Georgia Karageorgiou	Rhodes	+0.8	5.10	
7th	Eilidh Peterson	Shetland Islands	+0.5	4.94	
8th	Hollie Bass	Isle of Man	+1.8	4.86	
9th	Boel Tetens	Gotland	+0.2	4.86	
10th	Jenna Murphy	Jersey	+0.5	4.84	
11th	Caroline Kyle	Guernsey	+1.0	4.81	
12th	Nathalie Jansson	Åland	+0.4	4.74	

Last Result: 29/06/2009 20:40:09 Status: Confirmed 29/06/2009 21:02:50 Wind: N/A

### Heat: Prelims

Position	Competitor	Island	Wind	Result
1st	Hanna Wiss	Åland	-0.3	5.48
2nd	Ellinor Sundstrand	Gotland	+0.7	5.28
3rd	Nathalie Jansson	Åland	+0.7	5.23
4th	Emily Young	Isle of Wight	+0.9	5.13
5th	Georgia Karageorgiou	Rhodes	-0.6	5.08
6th	Boel Tetens	Gotland	+0.8	5.06
7th	Kaili Adamson	Saaremaa	-0.7	5.00
8th	Caroline Kyle	Guernsey	-0.9	4.94
9th	Ashleigh Nalty	Cayman Islands	-0.1	4.91
10th	Hollie Bass	Isle of Man	+0.3	4.84
11th	Eilidh Peterson	Shetland Islands	+0.4	4.84
12th	Jenna Murphy	Jersey	+1.2	4.82
13th	Amy Dingle	Jersey	+0.3	4.65
14th	Kadri Pulk	Saaremaa	-1.6	4.64
15th	Victoria Duthie	Shetland Islands	+1.7	4.62
16th	Stela Karageorgiou	Rhodes	-0.1	4.19
DNS	Shianne Smith	Bermuda		0.00
NR	Kristy Grant	Guernsey		0.00

Last Result: 28/06/2009 21:00:10 Status: Confirmed 28/06/2009 21:01:58 Wind: N/A

### Record/s for Long Jump Women:

Event	Record	Holder	Island	Year
Long Jump Women	5.95	Kim Murray	Isle of Wight	2007

## Athletics - Triple Jump Men

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Matthew Barton	Isle of Wight	+1.5	14.99	🥇 Gold
2nd	Raigo Saar	Saaremaa	+0.2	14.49	🥈 Silver
3rd	Stephen de la Haye	Jersey	+1.8	13.86	🥉 Bronze
4th	Georgios Kontos	Rhodes	+0.5	13.64	
5th	Ross Jeffs	Jersey	+0.3	13.31	
6th	Morgan Unogardt	Gotland	+0.5	13.29	
7th	Andreas Henriksson	Åland	+0.6	13.12	
8th	Sakchai Makao	Shetland Islands	+0.3	12.98	
9th	Joshua Hughes Höglund	Gotland	-0.2	12.76	
10th	Jamie Wilson	Shetland Islands	-0.2	12.64	
11th	Ross Hanley	Guernsey	+1.2	12.62	
12th	Jonathan Guille	Guernsey	-0.3	12.38	
13th	Alex Nordblom	Åland	+0.0	11.66	
DNS	Daniel Tucker	Bermuda		0.00	
DNS	Stewart Johnson	Western Isles		0.00	

Last Result: 03/07/2009 13:05:10 Status: Confirmed 03/07/2009 13:05:19 Wind: N/A

### Record/s for Triple Jump Men:

Event	Record	Holder	Island	Year
Triple Jump Men	15.28	Urmas Treiel	Saaremaa	1993

## Athletics - Triple Jump Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Hanna Wiss	Åland	+1.8	11.33	🥇 Gold
2nd	Ellinor Sundstrand	Gotland	+0.9	11.28	🥈 Silver
3rd	Nathalie Jansson	Åland	+1.0	10.97	🥉 Bronze
4th	Kaili Adamson	Saaremaa	+0.3	10.96	
5th	Eve Carrington	Western Isles	+1.0	10.94	
6th	Eilidh Peterson	Shetland Islands	+0.6	10.32	
7th	Caroline Kyle	Guernsey	+1.3	10.11	
8th	Amy Dingle	Jersey	+1.1	10.05	
9th	Kristy Grant	Guernsey	+1.3	9.90	
10th	Victoria Duthie	Shetland Islands	+0.4	9.83	

Last Result: 02/07/2009 20:10:19 Status: Confirmed 02/07/2009 20:31:55 Wind: N/A

### Record/s for Triple Jump Women:

Event	Record	Holder	Island	Year
Triple Jump Women	12.11	Kalliopi Neski	Rhodes	1999



## Athletics - Shot Putt Men

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Genro Paas	Saaremaa		16.01	🥇 Gold
2nd	Erik Larsson	Gotland		14.86	🥈 Silver
3rd	Zane Duquemin	Jersey		14.60	🥉 Bronze
4th	Ove Lehto	Åland		14.30	
5th	Jüri Kuusk	Saaremaa		14.10	
6th	Shane Evans	Cayman Islands		13.34	
7th	Anastasios Gimoukis	Rhodes		12.96	
8th	Karl-Johan Sommarström	Åland		12.84	
9th	Garry Newton	Isle of Wight		11.01	

Last Result: 29/06/2009 20:20:01 Status: Confirmed 29/06/2009 20:20:26 Wind: N/A

### Record/s for Shot Putt Men:

Event	Record	Holder	Island	Year
Shot Putt Men	16.21	Ove Lehto	Åland	1997

## Athletics - Javelin Men

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Sander Suurhans	Saaremaa		67.65	🥇 Gold
2nd	Georgios Troumbas	Rhodes		61.88	🥈 Silver
3rd	Jako Lindrop	Saaremaa		57.20	🥉 Bronze
4th	Gustav Melen	Gotland		56.25	
5th	Richard Lainson	Isle of Wight		49.58	
6th	Shane Evans	Cayman Islands		49.21	
7th	Rógvi Højgaard	Faroe Islands		48.16	
8th	Tobias Eriksson	Åland		39.45	

Last Result: 01/07/2009 21:10:03 Status: Confirmed 01/07/2009 21:12:02 Wind: N/A

### Record/s for Javelin Men:

Event	Record	Holder	Island	Year
Javelin Men	62.59	Sander Suurhans	Saaremaa	2007
Javelin Men	67.65	Suurhans Sander	Saaremaa	2009

## Athletics - Shot Putt Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Kathryn Rothwell	Jersey		11.15	🥇 Gold
2nd	Claire Wilson	Orkney		11.04	🥈 Silver
3rd	Pille-Riin Toomsalu	Saaremaa		10.89	🥉 Bronze
4th	Åsa Larsson	Gotland		10.43	
5th	Natalie Badham	Isle of Wight		10.01	
6th	Marit Zahkna	Isle of Man		8.82	
7th	Jennifer Browne	Jersey		8.82	
8th	Joanna Sundström	Åland		8.55	
9th	Charlotte Christian	Isle of Man		8.15	
10th	Kirrie Moore	Ynys Môn		7.99	

Last Result: 30/06/2009 19:26:02 Status: Confirmed 30/06/2009 19:26:26 Wind: N/A

### Record/s for Shot Putt Women:

Event	Record	Holder	Island	Year
Shot Putt Women	12.86	Virge Treiel	Saaremaa	1997

## Athletics - Discus Men

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Zane Duquemin	Jersey		50.21	🥇 Gold
2nd	Madis Kallas	Saaremaa		45.66	🥈 Silver
3rd	Erik Larsson	Gotland		43.48	🥉 Bronze
4th	Heri Ziska	Faroe Islands		42.85	
5th	Genro Paas	Saaremaa		42.74	
6th	Anastasios Gimoukis	Rhodes		42.59	
7th	Ove Lehto	Åland		41.84	
8th	Tom Tommiska	Åland		40.78	
9th	Shane Evans	Cayman Islands		37.32	
10th	Garry Newton	Isle of Wight		35.23	
DNS	Ioannis Pezouvanis	Rhodes			

Last Result: 30/06/2009 20:53:39 Status: Confirmed 30/06/2009 20:54:34 Wind: N/A

### Record/s for Discus Men:

Event	Record	Holder	Island	Year
Discus Men	49.22	Goran Eklund	Åland	1993

## Athletics - Discus Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Kathryn Rothwell	Jersey		39.53	🥇 Gold
2nd	Alexandra Terry	Cayman Islands		39.33	🥈 Silver
3rd	Anu Vares	Saaremaa		35.56	🥉 Bronze
4th	Brea Leung	Ynys Môn		34.85	
5th	Marit Zahkna	Isle of Man		34.18	
6th	Natalie Badham	Isle of Wight		33.31	
7th	Jennifer Browne	Jersey		31.92	
8th	Elizabeth Lovegrove	Isle of Wight		31.67	
9th	Åsa Larsson	Gotland		28.77	
10th	Annie Henriksson	Gotland		27.16	

Last Result: 02/07/2009 19:17:07 Status: Confirmed 02/07/2009 19:44:10 Wind: N/A

### Record/s for Discus Women:

Event	Record	Holder	Island	Year
Discus Women	44.91	Lauren Therin	Rhodes	2007

## Athletics - Javelin Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Helen Davis	Isle of Wight		35.67	🥇 Gold
2nd	Pille-Riin Toomsalu	Saaremaa		30.55	🥈 Silver
3rd	Teresia Snäckerström	Gotland		29.86	🥉 Bronze
4th	Inga Woods	Shetland Islands		29.73	
5th	Marit Zahkna	Isle of Man		28.01	

Last Result: 29/06/2009 20:16:31 Status: Confirmed 29/06/2009 20:41:05 Wind: N/A

### Record/s for Javelin Women:

Event	Record	Holder	Island	Year
Javelin Women	50.84	Linda Lindqvist	Åland	1997

## Athletics - Hammer Throw Men

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Andrew Frost	Isle of Wight		68.75	🥇 Gold
2nd	Michael Letterlough	Cayman Islands		57.78	🥈 Silver
3rd	Genro Paas	Saaremaa		53.77	🥉 Bronze
4th	Ioannis Pezouvanis	Rhodes		47.98	
5th	Callum Woon	Isle of Wight		46.23	
6th	Paul Derrien	Jersey		43.54	
7th	Heri Ziska	Faroe Islands		40.41	
8th	Tore Olofsson	Gotland		40.26	
9th	Rasmus Donner	Åland		39.38	
10th	Gustav Hansson	Gotland		37.03	
DNS	Stanislav Gkergov	Rhodes		0.00	
NR	Jesper Wirtanen	Åland		0.00	

Last Result: 28/06/2009 19:59:00 Status: Confirmed 28/06/2009 20:14:17 Wind: N/A

### Record/s for Hammer Throw Men:

Event	Record	Holder	Island	Year
Hammer Throw Men	69.51	Andy Frost	Isle of Wight	2007

## Athletics - Hammer Throw Women

### Heat: Final

Position	Competitor	Island	Wind	Result	Medal
1st	Marit Zahkna	Isle of Man		48.89	🥇 Gold
2nd	Amy Church	Isle of Wight		46.21	🥈 Silver
3rd	Annie Henriksson	Gotland		41.30	🥉 Bronze
4th	Charlotte Christian	Isle of Man		37.44	
5th	Randi Kúrberg	Faroe Islands		36.91	
6th	Jennifer Browne	Jersey		32.93	
7th	Kirrie Moore	Ynys Môn		32.55	
8th	Elaine Park	Shetland Islands		32.11	
9th	Catarina Hallden	Jersey		27.14	
10th	Sophie Kelman	Shetland Islands		26.05	
11th	Teresia Snäckerström	Gotland		24.87	

Last Result: 01/07/2009 19:17:31 Status: Confirmed 01/07/2009 19:47:38 Wind: N/A

### Record/s for Hammer Throw Women:

Event	Record	Holder	Island	Year
Hammer Throw Women	45.04	Amy Church	Isle of Wight	2005



## Athletics - Half Marathon Team Men

### Heat: Final

Position	Lane/Order	Team	Members	Result	Medal
1st	0	Gotland	Andreas Grönström Daniel Hejdström Olof Thunegard	12	🥇 Gold
2nd	0	Saaremaa	Tõnis Juulik Kalev Õisnurm Ando Õitspuu	12	🥈 Silver
3rd	0	Guernsey	Stephen Dawes Mark Mercier Ronan Shally	15	🥉 Bronze
4th	0	Åland	Janne Holmén Göran Sundblom Eduardas Volikas	15	
5th	0	Isle of Man	Darren Gray Ed Gumbley Kevin Loundes	22	
6th	0	Jersey		33	
7th	0	Shetland Islands	Bill Adams Russell Gair Karl Simpson	33	

Last Result: 04/07/2009 12:16:13 Status: Confirmed 04/07/2009 17:04:13 Wind: N/A

## Athletics - Half Marathon Team Women

### Heat: Final

Position	Lane/Order	Team	Members	Result	Medal
1st	0	Guernsey	Louise Perrio Martine Scholes	4	🥇 Gold
2nd	0	Åland	Karina Danielsson Åsa Karlsson Carita Södergård	19	🥈 Silver
3rd	0	Western Isles	Alison Mary Campbell Mairi MacCormick	22	🥉 Bronze
4th	0	Shetland Islands	Karen Fraser Julie Mackay	24	
5th	0	Jersey	Amanda Brown Sam Horsfall Carol Knight	24	
6th	0	Greenland	Britt Folkermann Katti Frederiksen	29	
7th	0	Isle of Wight	Sharon McNally Siobhan Svendsen	29	

Last Result: 04/07/2009 12:21:35 Status: Confirmed 04/07/2009 17:03:53 Wind: N/A