

SWIMMING RESULTS





NatWest Island Games XIII - Åland 2009

Swimming - Men's 1500m Freestyle

Heat: Final

Position	Competitor	Island	Result	Medal
1st	Pál Joensen	Faroe Islands	15:44.68	🥇 Gold
2nd	John Gallichan	Jersey	15:46.50	🥈 Silver
3rd	Jonathon Le Noury	Guernsey	15:56.07	🥉 Bronze
4th	Joel Rombough	Cayman Islands	16:23.73	
5th	Tom Bielich	Isle of Man	16:29.85	
6th	Ross Yeates	Guernsey	16:47.09	
7th	Seiji Groome	Cayman Islands	16:49.30	
8th	Llorens Torres	Menorca	17:31.68	

Last Result: 29/06/2009 18:02:02 Status: Confirmed 29/06/2009 18:03:07

Heat: Final Heat

Position	Lane	Competitor	Island	Result
1st	4	Pál Joensen	Faroe Islands	15:44.68
2nd	5	John Gallichan	Jersey	15:46.50
3rd	2	Jonathon Le Noury	Guernsey	15:56.07
4th	3	Joel Rombough	Cayman Islands	16:23.73
5th	6	Tom Bielich	Isle of Man	16:29.85
6th	1	Ross Yeates	Guernsey	16:47.09
7th	7	Seiji Groome	Cayman Islands	16:49.30
8th	8	Llorens Torres	Menorca	17:31.68

Last Result: 29/06/2009 17:57:50 Status: Confirmed 03/07/2009 16:20:06

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	5	Mark Alchin	Isle of Wight	17:58.21
2nd	4	Karl Pardo	Gibraltar	19:41.21
3rd	3	Frans Manelius	Åland	20:24.89

Last Result: 29/06/2009 10:36:57 Status: Confirmed 29/06/2009 10:41:07

Record/s for Men's 1500m Freestyle:

Event	Record	Holder	Island	Year
Men's 1500m Freestyle	15.44.68	Pal Joensen	Faroe Islands	2009

Swimming - Women's 400m Individual Medley

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	5	Katie Speller	Jersey	4:52.29	🥇 Gold
2nd	4	Olivia Rawlinson	Isle of Man	5:00.11	🥈 Silver
3rd	3	Lotte Parfit	Guernsey	5:03.86	🥉 Bronze
4th	6	Rebecca Le Maistre	Jersey	5:05.00	
5th	1	Lara Butler	Cayman Islands	5:11.59	
6th	7	Victoria Parfit	Guernsey	5:11.75	
7th	8	Katie Blaker	Isle of Man	5:11.81	
8th	2	Rosemary Gard	Isle of Wight	5:15.41	

Last Result: 29/06/2009 18:10:20 Status: Confirmed 29/06/2009 18:10:42

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Olivia Rawlinson	Isle of Man	4:59.16
2nd	1	Katie Speller	Jersey	4:59.48
3rd	1	Lotte Parfit	Guernsey	5:08.55
4th	1	Rebecca Le Maistre	Jersey	5:10.78
5th	1	Rosemary Gard	Isle of Wight	5:13.84
6th	1	Victoria Parfit	Guernsey	5:13.95
7th	1	Lara Butler	Cayman Islands	5:15.54
8th	1	Katie Blaker	Isle of Man	5:16.38
9th	1	Morgan Hopkins	Bermuda	5:35.79
10th	1	Summer Flowers	Cayman Islands	5:40.29
11th	1	Stephanie Gard	Isle of Wight	5:47.95
DQ	1	Jennie Hagman	Åland	DQ

Last Result: 29/06/2009 10:55:40 Status: Confirmed 29/06/2009 10:56:56

Record/s for Women's 400m Individual Medley:

Event	Record	Holder	Island	Year
Women's 400m Individual Medley	4.52.29	Katie Speller	Jersey	2009

Swimming - Men's 200m Butterfly

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Ben Lowndes	Guernsey	2:02.20	🥇 Gold
2nd	6	Ian Hubert	Guernsey	2:05.65	🥈 Silver
3rd	5	Pál Joensen	Faroe Islands	2:05.81	🥉 Bronze
4th	2	Colin Bensadon	Gibraltar	2:08.96	
5th	7	Josep Mercadal Mascaró	Menorca	2:11.79	
6th	3	Dane Harrop	Isle of Man	2:12.35	
7th	1	Oliver Quick	Gibraltar	2:17.17	
8th	0	Tom Raikes	Shetland Islands	2:23.14	

Last Result: 29/06/2009 18:14:25 Status: Confirmed 03/07/2009 16:20:39

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Ben Lowndes	Guernsey	2:11.55
2nd	1	Pál Joensen	Faroe Islands	2:11.93
3rd	1	Dane Harrop	Isle of Man	2:12.88
4th	1	Ian Hubert	Guernsey	2:13.65
5th	1	Colin Bensadon	Gibraltar	2:14.48
6th	1	Josep Mercadal Mascaró	Menorca	2:15.63
7th	1	Oliver Quick	Gibraltar	2:17.23
8th	1	Felix Gifford	Shetland Islands	2:19.88
9th	1	Tom Raikes	Shetland Islands	2:25.40
10th	1	Robin Cederqvist	Gotland	2:30.44
11th	1	Rhys Hunt	Isle of Wight	2:38.58
12th	1	Alexandros Tsavalos	Rhodes	2:44.85
13th	1	Björn Karlsson	Åland	3:16.43
DNS	1	Joel Rombough	Cayman Islands	DNS

Last Result: 29/06/2009 11:06:24 Status: Confirmed 29/06/2009 11:08:58

Record/s for Men's 200m Butterfly:

Event	Record	Holder	Island	Year
Men's 200m Butterfly	2:00.07	Simon Le Couillard	Jersey	2005

Swimming - Women's 100m Butterfly

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Robyn Le Fric	Guernsey	1:04.31	🥇 Gold
2nd	2	Björg Selay	Faroe Islands	1:04.88	🥈 Silver
3rd	5	Shaila millum Garðarnar	Faroe Islands	1:05.54	🥉 Bronze
4th	6	Erica Granesäter	Åland	1:06.05	
5th	3	Rebecca Le Maistre	Jersey	1:07.74	
6th	8	Nicole Yearwood	Bermuda	1:07.84	
7th	7	Heather Millar	Isle of Man	1:08.34	
8th	1	Claire Wilson	Ynys Môn	1:08.89	

Last Result: 29/06/2009 18:23:22 Status: Confirmed 29/06/2009 18:24:15

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Robyn Le Fric	Guernsey	1:05.56
2nd	1	Shaila millum Garðarnar	Faroe Islands	1:07.57
3rd	1	Rebecca Le Maistre	Jersey	1:07.68
4th	1	Erica Granesäter	Åland	1:07.69
5th	1	Björg Selay	Faroe Islands	1:07.74
6th	1	Heather Millar	Isle of Man	1:08.27
7th	1	Claire Wilson	Ynys Môn	1:09.05
8th	1	Nicole Yearwood	Bermuda	1:09.87
9th	1	Stina Juhlin	Gotland	1:10.41
10th	1	Shannen Morris	Isle of Wight	1:10.60
11th	1	Rachel Ganly	Isle of Man	1:12.00
12th	1	Louisa Jurkiewicz	Guernsey	1:12.28
13th	1	Grace Le Couillard	Jersey	1:12.72
14th	1	Nicole Petursdottir	Shetland Islands	1:14.34
15th	1	Moro Ivana	Rhodes	1:15.26
16th	1	Sara Helling	Åland	1:18.56
17th	1	Stephanie Gard	Isle of Wight	1:19.43
18th	1	Jessika Swanson	Shetland Islands	1:19.72
19th	1	Eirini Diasinou	Rhodes	1:22.11
DNS	1	Ashley Yearwood	Bermuda	DNS

Last Result: 29/06/2009 11:16:23 Status: Confirmed 29/06/2009 11:19:05

Record/s for Women's 100m Butterfly:

Event	Record	Holder	Island	Year
Women's 100m Butterfly	1.04.31	Heather Roffey	Cayman Islands	2005
Women's 100m Butterfly	1:04.31	Robyn le Fric	Guernsey	2009

Swimming - Men's 100m Breaststroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Ian Black	Jersey	1:03.29	🥇 Gold
2nd	5	Mikael Popov	Isle of Wight	1:04.83	🥈 Silver
3rd	2	Pál Joensen	Faroe Islands	1:05.50	🥉 Bronze
4th	3	Daniel Cederqvist	Gotland	1:05.68	
5th	7	Juan José García Mesa	Menorca	1:06.26	
6th	6	Jonathan Price	Isle of Man	1:06.76	
7th	1	Francois Hmida	Isle of Wight	1:08.88	
8th	8	Joshua Lewis	Guernsey	1:09.12	

Last Result: 29/06/2009 18:27:14 Status: Confirmed 29/06/2009 18:28:28

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Ian Black	Jersey	1:05.11
2nd	1	Mikael Popov	Isle of Wight	1:05.73
3rd	1	Daniel Cederqvist	Gotland	1:06.13
4th	1	Jonathan Price	Isle of Man	1:06.74
5th	1	Pál Joensen	Faroe Islands	1:07.07
6th	1	Juan José García Mesa	Menorca	1:07.29
7th	1	Francois Hmida	Isle of Wight	1:08.20
8th	1	Joshua Lewis	Guernsey	1:09.30
9th	1	Matthew Butt	Guernsey	1:10.51
10th	1	Ricardo García	Menorca	1:10.74
11th	1	Seiji Groome	Cayman Islands	1:11.16
12th	1	Gavin Santos	Gibraltar	1:11.31
13th	1	Matthew Sivers	Gibraltar	1:12.98
14th	1	Craig Nicolson	Shetland Islands	1:13.84
15th	1	Callum MacGregor	Shetland Islands	1:14.86
16th	1	Pontus Cederqvist	Gotland	1:15.33
17th	1	Björn Karlsson	Åland	1:24.96
18th	1	Måns Lundberg	Åland	1:26.11
DNS	1	Andy Yon	St Helena	DNS

Last Result: 29/06/2009 11:24:52 Status: Confirmed 03/07/2009 16:21:04

Record/s for Men's 100m Breaststroke:

Event	Record	Holder	Island	Year
Men's 100m Breaststroke	1.02.99	Darren Mew	Isle of Wight	1997

Swimming - Women's 50m Breaststroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	6	Katarina S. Lamhauge	Faroe Islands	34.49	🥇 Gold
2nd	5	Sara Oksman	Åland	34.82	🥈 Silver
3rd	4	Andrea Strachan	Shetland Islands	34.90	🥉 Bronze
4th	3	Malan Vitalis Bærendsen	Faroe Islands	34.94	
5th	2	Charlotte Manning	Jersey	35.17	
6th	1	Sandra Aspholm	Åland	35.33	
7th	8	Morgan Hopkins	Bermuda	35.85	
8th	7	Iona Richardson	Jersey	35.98	

Last Result: 29/06/2009 18:37:42 Status: Confirmed 29/06/2009 18:38:37

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Andrea Strachan	Shetland Islands	35.16
2nd	1	Sara Oksman	Åland	35.57
3rd	1	Malan Vitalis Bærendsen	Faroe Islands	35.59
4th	1	Katarina S. Lamhauge	Faroe Islands	35.68
5th	1	Charlotte Manning	Jersey	35.78
6th	1	Iona Richardson	Jersey	35.82
7th	1	Sandra Aspholm	Åland	35.85
8th	1	Morgan Hopkins	Bermuda	36.13
9th	1	Nicole Hewlett	Guernsey	36.41
10th	1	Victoria Parfit	Guernsey	36.59
11th	1	Poppy Evans	Isle of Man	36.92
12th	1	Claire Wilson	Ynys Môn	37.35
13th	1	Katie Blaker	Isle of Man	38.17
14th	1	Emily Orchard	Isle of Wight	38.53
15th	1	Nicole Petursdottir	Shetland Islands	38.80
16th	1	Ashakylie Andrew	Gibraltar	38.84
17th	1	Kathryn Adriane Offer	Western Isles	39.26
18th	1	Shannen Morris	Isle of Wight	40.00
19th	1	Rebecca Heyliger	Bermuda	40.02
20th	1	Ceitlin Russell Smith	Western Isles	41.53
21st	1	Tori Flowers	Cayman Islands	42.45
21st	1	Anna Gomila	Menorca	42.45
23rd	1	Synne Hammervik	Froya	43.16
24th	1	Sara Gaasø	Froya	48.81
DNS	1	Helerin Koppel	Saaremaa	DNS
DNS	1	Kadi Maripuu	Saaremaa	DNS

Last Result: 29/06/2009 11:52:56 Status: Confirmed 29/06/2009 11:55:32

Record/s for Women's 50m Breaststroke:

Event	Record	Holder	Island	Year
Women's 50m Breaststroke	33.18	Helen Watts	Guernsey	1999

Swimming - Men's 50m Backstroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Grant Halsall	Isle of Man	25.87	🥇 Gold
2nd	5	Kári J. á Høvdanum	Faroe Islands	26.25	🥈 Silver
3rd	6	Ben Lowndes	Guernsey	27.23	🥉 Bronze
4th	3	Jonathon Le Noury	Guernsey	27.50	
5th	2	Tom Gallichan	Jersey	28.40	
6th	7	Michael Le Couillard	Jersey	28.43	
7th	1	Andrew Teague	Isle of Wight	29.08	
8th	8	Martin Hougberg	Åland	29.46	

Last Result: 29/06/2009 18:46:59 Status: Confirmed 29/06/2009 18:47:43

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Grant Halsall	Isle of Man	26.28
2nd	1	Kári J. á Høvdanum	Faroe Islands	26.91
3rd	1	Jonathon Le Noury	Guernsey	27.31
4th	1	Ben Lowndes	Guernsey	27.68
5th	1	Tom Gallichan	Jersey	28.45
6th	1	Michael Le Couillard	Jersey	28.53
7th	1	Andrew Teague	Isle of Wight	29.20
8th	1	Phillip Harrison	Isle of Man	29.47
9th	1	Niclas Högberg	Gotland	29.95
10th	1	Mart Mandel	Saaremaa	30.04
11th	1	Gustav Carlsson	Åland	30.18
12th	1	Priit Aavik	Saaremaa	30.22
13th	1	Daniel Victory	Gibraltar	30.33
14th	1	Felix Gifford	Shetland Islands	30.78
15th	1	Mark Alchin	Isle of Wight	30.79
16th	1	Jakob Andersson	Gotland	31.16
17th	1	Patric Potsakis	Rhodes	31.39
18th	1	Craig Nicolson	Shetland Islands	31.61
19th	1	Karl Pardo	Gibraltar	36.58
DNS	1	Martin Hougberg	Åland	DNS
DNS	1	Mihalis Papantoniou	Rhodes	DNS
DNS	1	Grant Macleod	Western Isles	DNS

Last Result: 29/06/2009 18:42:26 Status: Confirmed 29/06/2009 12:08:49

Record/s for Men's 50m Backstroke:

Event	Record	Holder	Island	Year
Men's 50m Backstroke	25.87	Grant Halsall	Isle of Man	2009

Swimming - Women's 200m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Olivia Rawlinson	Isle of Man	2:05.44	🥇 Gold
2nd	3	Katie Speller	Jersey	2:05.75	🥈 Silver
3rd	5	Mona Simonsen	Faroe Islands	2:05.91	🥉 Bronze
4th	2	Heather Millar	Isle of Man	2:06.06	
5th	6	Robyn Le Fric	Guernsey	2:06.35	
6th	7	Rosemary Gard	Isle of Wight	2:10.75	
7th	8	Amy Harper	Shetland Islands	2:11.82	
8th	1	Emma Glendening	Jersey	2:13.62	

Last Result: 29/06/2009 18:50:14 Status: Confirmed 29/06/2009 18:51:25

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Olivia Rawlinson	Isle of Man	2:07.26
2nd	1	Mona Simonsen	Faroe Islands	2:07.89
3rd	1	Katie Speller	Jersey	2:08.54
4th	1	Robyn Le Fric	Guernsey	2:09.47
5th	1	Heather Millar	Isle of Man	2:09.80
6th	1	Rosemary Gard	Isle of Wight	2:10.43
7th	1	Emma Glendening	Jersey	2:11.01
8th	1	Amy Harper	Shetland Islands	2:13.27
9th	1	Sara De Pablo	Menorca	2:13.59
10th	1	Naomi Toomey	Menorca	2:13.65
11th	1	Nicole Yearwood	Bermuda	2:15.54
12th	1	Andrea Strachan	Shetland Islands	2:17.01
13th	1	Ashley Yearwood	Bermuda	2:17.58
14th	1	Lotte Parfit	Guernsey	2:18.38
15th	1	Katie Webb	Isle of Wight	2:20.14
16th	1	Summer Flowers	Cayman Islands	2:21.42
17th	1	Tori Flowers	Cayman Islands	2:21.54
18th	1	Morna Brown	Orkney	2:24.55
19th	1	Jennie Hagman	Åland	2:27.53
20th	1	Christina Papantoniou	Rhodes	2:30.13
21st	1	Sofia Jonsson	Åland	2:35.17
22nd	1	Trude Nilsson	Froya	3:08.31
DNS	1	Dina Emelie Westad	Froya	DNS

Last Result: 29/06/2009 12:15:58 Status: Confirmed 29/06/2009 12:18:30

Record/s for Women's 200m Freestyle:

Event	Record	Holder	Island	Year
Women's 200m Freestyle	2.03.97	Natalie Bree	Jersey	2001

Swimming - Men's 200m Individual Medley

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Ian Black	Jersey	2:03.90	🥇 Gold
2nd	5	Pál Joensen	Faroe Islands	2:04.41	🥈 Silver
3rd	6	Jeremy Osborne	Guernsey	2:08.69	🥉 Bronze
4th	2	Juan José García Mesa	Menorca	2:09.61	
5th	7	Jonathan Price	Isle of Man	2:11.36	
6th	8	Joshua Lewis	Guernsey	2:13.61	
7th	1	Michael Le Couillard	Jersey	2:13.85	
8th	3	Joel Rombough	Cayman Islands	2:14.71	

Last Result: 29/06/2009 18:56:46 Status: Confirmed 29/06/2009 18:57:29

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Ian Black	Jersey	2:09.72
2nd	1	Pál Joensen	Faroe Islands	2:11.57
3rd	1	Joel Rombough	Cayman Islands	2:11.59
4th	1	Jeremy Osborne	Guernsey	2:11.73
5th	1	Juan José García Mesa	Menorca	2:11.97
6th	1	Jonathan Price	Isle of Man	2:12.74
7th	1	Michael Le Couillard	Jersey	2:12.80
8th	1	Joshua Lewis	Guernsey	2:13.08
9th	1	Colin Bensadon	Gibraltar	2:13.82
10th	1	Seiji Groome	Cayman Islands	2:16.43
11th	1	Tom Bielich	Isle of Man	2:16.46
12th	1	Gavin Santos	Gibraltar	2:18.87
13th	1	Callum MacGregor	Shetland Islands	2:21.16
14th	1	Francois Hmida	Isle of Wight	2:21.32
15th	1	Tom Raikes	Shetland Islands	2:24.89
16th	1	Martin Hougberg	Åland	2:33.76
17th	1	Anton Holmberg	Åland	2:40.73
DNS	1	Mihalis Papantoniou	Rhodes	DNS
DQ	1	Alexandros Tsavalos	Rhodes	DQ

Last Result: 29/06/2009 12:28:06 Status: Confirmed 29/06/2009 12:29:37

Record/s for Men's 200m Individual Medley:

Event	Record	Holder	Island	Year
Men's 200m Individual Medley	2:03.90	Ian Black	Jersey	2009

Swimming - Women's 4 x 50m Freestyle Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	4	Faroe Islands	Shaila millum Garðarnar Guðrun Holm Jacobsen Poula Øssursdóttir Mohr Mona Simonsen	1:47.19	🥇 Gold
2nd	3	Jersey	Emma Glendening Rebecca Le Maistre Iona Richardson Katie Speller	1:48.32	🥈 Silver
3rd	5	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	1:49.10	🥉 Bronze
4th	6	Isle of Man	Katie Blaker Poppy Evans Heather Millar Olivia Rawlinson	1:52.75	
5th	7	Guernsey	Heather Chapman Lauren Judge Robyn Le Fricc Victoria Parfit	1:52.88	
6th	2	Åland	Erica Granesäter Jennie Hagman Sara Helling Linda Myllykoski	1:54.99	
7th	1	Isle of Wight	Sophie Alchin Rosemary Gard Stephanie Gard Shannen Morris	1:55.99	
8th	8	Shetland Islands	Amy Harper Nicole Petursdottir Andrea Strachan Jessika Swanson	1:56.80	

Last Result: 29/06/2009 19:11:47 Status: Confirmed 29/06/2009 20:53:21

Heat: Prelims

Position	Lane	Team	Members	Result
1st	2	Faroe Islands	Shaila millum Garðarnar Guðrun Holm Jacobsen Poula Øssursdóttir Mohr Mona Simonsen	1:50.08
2nd	1	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	1:51.49
3rd	2	Jersey	Emma Glendening Rebecca Le Maistre Iona Richardson Katie Speller	1:51.52
4th	1	Isle of Man	Katie Blaker Poppy Evans Heather Millar Olivia Rawlinson	1:53.52
5th	2	Åland	Erica Granesäter Jennie Hagman Sara Helling Linda Myllykoski	1:56.29
6th	1	Guernsey	Heather Chapman Lauren Judge Robyn Le Fricc	1:56.94

Victoria Parfit				
7th	2	Isle of Wight	Sophie Alchin Rosemary Gard Stephanie Gard Shannen Morris	1:57.22
8th	1	Shetland Islands	Amy Harper Nicole Petursdottir Andrea Strachan Jessika Swanson	1:57.54
9th	2	Menorca	Monica De Pablo Sara De Pablo Anna Gomila Naomi Toomey	1:58.33
10th	1	Gibraltar	Ashakylie Andrew Rebecca Fortunato Rachael Jackson Maxine Pardo Maxine Porro	1:59.13
11th	0	Rhodes	Eirini Diasinou Moro Ivana Christina Papantoniou Eirini Tsagari	2:05.30
12th	2	Froya	Maria Gaasø Synne Hammervik Trude Nilsson Aneta Marta Trzaska	2:23.66

Last Result: 29/06/2009 12:41:08 Status: Confirmed 29/06/2009 12:44:38

Record/s for Women's 4 x 50m Freestyle Relay:

Event	Record	Holder	Island	Year
Women's 4 x 50m Freestyle Relay	1.47.19	P Mohr G Jacobsen M Simonsen S Garoarnar	Faroe Islands	2009

Swimming - Men's 4 x 50m Medley Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	5	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	1:44.77	🥇 Gold
2nd	3	Jersey	Ian Black Tom Gallichan Ben Le Clercq Antoin Le Fevre	1:47.29	🥈 Silver
3rd	6	Isle of Man	Grant Halsall Phillip Harrison Dane Harrop Jonathan Price	1:48.28	🥉 Bronze
4th	4	Guernsey	Paul Adkins Joshua Lewis Ben Lowndes Jeremy Osborne	1:48.72	
5th	7	Gotland	Daniel Cederqvist Robin Cederqvist Niclas Högberg Adam Jakobsson	1:50.80	
6th	2	Isle of Wight	Francois Hmida Mikael Popov Andrew Teague Sam Tinson-Wood	1:51.69	
7th	8	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró Llorens Torres	1:54.58	
8th	1	Gibraltar	Colin Bensadon Oliver Quick Matthew Sivers Daniel Victory	1:55.14	

Last Result: 29/06/2009 19:14:26 Status: Confirmed 29/06/2009 19:15:29

Heat: Prelims

Position	Lane	Team	Members	Result
1st	2	Guernsey	Paul Adkins Joshua Lewis Ben Lowndes Jeremy Osborne	1:48.32
2nd	1	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	1:48.43
3rd	2	Jersey	Ian Black Tom Gallichan Ben Le Clercq Antoin Le Fevre	1:50.03
4th	2	Isle of Man	Grant Halsall Phillip Harrison Dane Harrop Jonathan Price	1:50.63
5th	1	Isle of Wight	Francois Hmida Mikael Popov Andrew Teague Sam Tinson-Wood	1:52.39
6th	1	Gotland	Daniel Cederqvist Robin Cederqvist Niclas Högberg	1:53.62

			Adam Jakobsson	
7th	2	Gibraltar	Colin Bensadon Oliver Quick Matthew Sivers Daniel Victory	1:55.29
8th	1	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró Llorens Torres	1:57.92
9th	2	Åland	Gustav Carlsson Martin Hougberg Måns Lundberg Christopher Oksman	1:58.10
10th	1	Shetland Islands	Felix Gifford Callum MacGregor Craig Nicolson Tom Raikes	1:58.83

Last Result: 29/06/2009 12:48:28 Status: Confirmed 29/06/2009 12:50:12

Record/s for Men's 4 x 50m Medley Relay:

Event	Record	Holder	Island	Year
Men's 4 x 50m Medley Relay	1:44.77	K Hovdanum P Joensen A Thomsen P Mohr	Faroe Islands	2009

Swimming - Women's 800m Freestyle

Heat: Prelim Heats

Position	Lane	Competitor	Island	Result
1st	4	Katie Webb	Isle of Wight	9:59.12
2nd	3	Nicole Hewlett	Guernsey	10:10.93
3rd	5	Anna Gomila	Menorca	10:12.95
4th	2	Sofia Jonsson	Åland	11:21.54
DNS	6	Jennie Hagman	Åland	DNS

Last Result: 30/06/2009 09:47:25 Status: Confirmed 30/06/2009 09:48:11

Heat: Final Heat

Position	Lane	Competitor	Island	Result
1st	4	Mona Simonsen	Faroe Islands	8:58.61
2nd	5	Katy Glendening	Jersey	9:15.68
3rd	3	Emma Glendening	Jersey	9:16.50
4th	6	Rosemary Gard	Isle of Wight	9:20.18
5th	2	Hannah Howitt	Isle of Man	9:24.62
6th	7	Tori Flowers	Cayman Islands	9:36.08
7th	8	Lauren Judge	Guernsey	9:46.06
8th	1	Summer Flowers	Cayman Islands	9:49.69

Last Result: 30/06/2009 17:24:57 Status: Confirmed 30/06/2009 17:26:05

Heat: Final

Position	Competitor	Island	Result	Medal
1st	Mona Simonsen	Faroe Islands	8:58.61	🥇 Gold
2nd	Katy Glendening	Jersey	9:15.68	🥈 Silver
3rd	Emma Glendening	Jersey	9:16.50	🥉 Bronze
4th	Rosemary Gard	Isle of Wight	9:20.18	
5th	Hannah Howitt	Isle of Man	9:24.62	
6th	Tori Flowers	Cayman Islands	9:36.08	
7th	Lauren Judge	Guernsey	9:46.06	
8th	Summer Flowers	Cayman Islands	9:46.69	

Last Result: 30/06/2009 17:33:48 Status: Confirmed 30/06/2009 17:34:12

Record/s for Women's 800m Freestyle :

Event	Record	Holder	Island	Year
Women's 800m Freestyle	8.58.16	Kaitlyn Elphinstone	Cayman Islands	2003

Swimming - Men's 400m Individual Medley

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	3	Ian Black	Jersey	4:23.19	🥇 Gold
2nd	4	Pál Joensen	Faroe Islands	4:26.18	🥈 Silver
3rd	7	Colin Bensadon	Gibraltar	4:31.89	🥉 Bronze
4th	2	Joel Rombough	Cayman Islands	4:34.72	
5th	5	Jonathan Price	Isle of Man	4:38.59	
6th	1	Joshua Lewis	Guernsey	4:43.68	
7th	8	Peter Druckes	Guernsey	4:46.27	
8th	6	Seiji Groome	Cayman Islands	4:50.97	

Last Result: 01/07/2009 14:07:51 Status: Confirmed 01/07/2009 14:08:08

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Pál Joensen	Faroe Islands	4:40.43
2nd	1	Jonathan Price	Isle of Man	4:40.59
3rd	1	Ian Black	Jersey	4:41.13
4th	1	Seiji Groome	Cayman Islands	4:46.24
5th	1	Joel Rombough	Cayman Islands	4:46.37
6th	1	Colin Bensadon	Gibraltar	4:46.95
7th	1	Joshua Lewis	Guernsey	4:48.68
8th	1	Peter Druckes	Guernsey	4:49.20
9th	1	Tom Bielich	Isle of Man	4:51.56
10th	1	Callum MacGregor	Shetland Islands	5:01.51
11th	1	Francois Hmida	Isle of Wight	5:02.34
12th	1	Craig Nicolson	Shetland Islands	5:04.36
13th	1	Niclas Högberg	Gotland	5:11.13
14th	1	Mark Alchin	Isle of Wight	5:16.62
15th	1	Anton Holmberg	Åland	5:44.43

Last Result: 30/06/2009 10:06:16 Status: Confirmed 03/07/2009 16:21:24

Record/s for Men's 400m Individual Medley:

Event	Record	Holder	Island	Year
Men's 400m Individual Medley	4:23.19	Ian Black	Jersey	2009

Swimming - Women's 200m Breaststroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	7	Malan Vitalis Bærendsen	Faroe Islands	2:38.93	🥇 Gold
2nd	2	Charlotte Manning	Jersey	2:39.72	🥈 Silver
3rd	5	Katarina S. Lamhauge	Faroe Islands	2:40.26	🥉 Bronze
4th	3	Victoria Parfit	Guernsey	2:44.72	
5th	4	Sandra Aspholm	Åland	2:48.01	
6th	1	Rachael Le Page	Guernsey	2:48.75	
7th	6	Poppy Evans	Isle of Man	2:49.87	
8th	8	Katie Blaker	Isle of Man	2:55.32	

Last Result: 30/06/2009 17:42:48 Status: Confirmed 30/06/2009 17:44:10

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Sandra Aspholm	Åland	2:44.76
2nd	1	Katarina S. Lamhauge	Faroe Islands	2:45.69
3rd	1	Victoria Parfit	Guernsey	2:45.87
4th	1	Poppy Evans	Isle of Man	2:46.22
5th	1	Charlotte Manning	Jersey	2:46.33
6th	1	Malan Vitalis Bærendsen	Faroe Islands	2:47.09
7th	1	Katie Speller	Jersey	2:48.29
8th	1	Rachael Le Page	Guernsey	2:50.04
9th	1	Katie Blaker	Isle of Man	2:50.66
10th	1	Rosemary Gard	Isle of Wight	2:52.53
11th	1	Andrea Strachan	Shetland Islands	2:53.42
12th	1	Morgan Hopkins	Bermuda	2:55.78
13th	1	Sara Helling	Åland	3:01.19
14th	1	Nicole Petursdottir	Shetland Islands	3:06.11
15th	1	Emily Orchard	Isle of Wight	3:06.71
16th	1	Ceitlin Russell Smith	Western Isles	3:18.37
17th	1	Synne Hammervik	Froya	3:22.75
DNS	1	Tori Flowers	Cayman Islands	DNS

Last Result: 30/06/2009 10:26:07 Status: Confirmed 30/06/2009 10:26:59

Record/s for Women's 200m Breaststroke:

Event	Record	Holder	Island	Year
Women's 200m Breaststroke	2.34.68	Natalie Bree	Jersey	2001

Swimming - Men's 100m Butterfly

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	6	Ben Lowndes	Guernsey	55.49	🥇 Gold
2nd	5	Grant Halsall	Isle of Man	55.81	🥈 Silver
3rd	4	Ian Hubert	Guernsey	57.00	🥉 Bronze
4th	3	Josep Mercadal Mascaró	Menorca	59.09	
5th	7	Ben Le Clercq	Jersey	59.85	
6th	1	Dane Harrop	Isle of Man	59.86	
7th	8	Michael Le Couillard	Jersey	1:00.07	
8th	2	Nathan Frick	Bermuda	5:93.08	

Last Result: 30/06/2009 17:50:47 Status: Confirmed 30/06/2009 17:51:46

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Ian Hubert	Guernsey	58.00
2nd	1	Grant Halsall	Isle of Man	59.07
3rd	1	Josep Mercadal Mascaró	Menorca	59.16
4th	1	Ben Lowndes	Guernsey	59.58
5th	1	Nathan Frick	Bermuda	1:00.14
6th	1	Ben Le Clercq	Jersey	1:00.21
7th	1	Dane Harrop	Isle of Man	1:00.23
8th	1	Michael Le Couillard	Jersey	1:00.39
9th	1	Pál Joensen	Faroe Islands	1:00.51
10th	1	Kári J. á Høvdanum	Faroe Islands	1:01.06
11th	1	Felix Gifford	Shetland Islands	1:02.01
12th	1	Tom Raikes	Shetland Islands	1:02.19
13th	1	Mart Mandel	Saaremaa	1:03.01
14th	1	Sam Tinson-Wood	Isle of Wight	1:03.06
15th	1	Robin Cederqvist	Gotland	1:04.02
16th	1	Rhys Hunt	Isle of Wight	1:05.68
17th	1	Nathan Payas	Gibraltar	1:05.95
18th	1	Martin Hougberg	Åland	1:07.21
19th	1	Pontus Cederqvist	Gotland	1:09.72
20th	1	Alexandros Tsavalos	Rhodes	1:11.49
21st	1	Björn Karlsson	Åland	1:22.89

Last Result: 30/06/2009 10:34:17 Status: Confirmed 03/07/2009 21:06:37

Record/s for Men's 100m Butterfly:

Event	Record	Holder	Island	Year
Men's 100m Butterfly	54.93	Simon Le Couillard	Jersey	2005

Swimming - Women's 100m Backstroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Olivia Rawlinson	Isle of Man	1:04.97	🥇 Gold
1st	6	Björg Selay	Faroe Islands	1:04.97	🥇 Gold
3rd	3	Birita Debes	Faroe Islands	1:05.34	🥉 Bronze
4th	5	Kerrie Smith	Jersey	1:07.45	
5th	7	Lotte Parfit	Guernsey	1:08.14	
6th	2	Nicole Yearwood	Bermuda	1:08.19	
7th	7	Naomi Toomey	Menorca	1:10.32	
8th	7	Monica De Pablo	Menorca	1:10.75	

Last Result: 30/06/2009 17:56:47 Status: Confirmed 30/06/2009 17:57:15

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Olivia Rawlinson	Isle of Man	1:05.51
2nd	1	Kerrie Smith	Jersey	1:06.50
3rd	1	Birita Debes	Faroe Islands	1:07.15
4th	1	Björg Selay	Faroe Islands	1:08.53
5th	1	Nicole Yearwood	Bermuda	1:09.06
6th	1	Lotte Parfit	Guernsey	1:09.50
6th	1	Monica De Pablo	Menorca	1:09.50
6th	1	Naomi Toomey	Menorca	1:09.50
9th	1	Lara Butler	Cayman Islands	1:09.72
10th	1	Hannah Howitt	Isle of Man	1:10.11
11th	1	Grace Le Couillard	Jersey	1:10.20
12th	1	Amy Harper	Shetland Islands	1:10.21
13th	1	Kathryn Adriane Offer	Western Isles	1:10.24
14th	1	Casey Lee	Guernsey	1:10.36
15th	1	Eirini Tsagari	Rhodes	1:11.67
16th	1	Morna Brown	Orkney	1:12.16
17th	1	Claire Wilson	Ynys Môn	1:12.39
18th	1	Stina Juhlin	Gotland	1:12.43
19th	1	Sophie Alchin	Isle of Wight	1:13.80
20th	1	Rebecca Heyliger	Bermuda	1:15.05
21st	1	Rebecca Fortunato	Gibraltar	1:15.16
22nd	1	Janina Myllykoski	Åland	1:15.17
23rd	1	Emily Orchard	Isle of Wight	1:16.22
24th	1	Kadi Maripuu	Saaremaa	1:16.44
25th	1	Maxine Pardo	Gibraltar	1:16.89
26th	1	Summer Flowers	Cayman Islands	1:17.15
27th	1	Jennie Hagman	Åland	1:18.69
DNS	1	Aneta Marta Trzaska	Froya	DNS
DQ	1	Sara Gaasø	Froya	DQ

Last Result: 30/06/2009 12:42:19 Status: Confirmed 30/06/2009 12:42:27

Record/s for Women's 100m Backstroke:

Event	Record	Holder	Island	Year
Women's 100m Backstroke	1:03.97	Elspa Morkore	Faroe Islands	2007

Swimming - Men's 50m Breaststroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	6	Ian Black	Jersey	29.31	🥇 Gold
2nd	3	Pál Joensen	Faroe Islands	29.72	🥈 Silver
3rd	4	Mikael Popov	Isle of Wight	29.80	🥉 Bronze
4th	5	Daniel Cederqvist	Gotland	30.09	
5th	2	Juan José García Mesa	Menorca	31.15	
6th	7	Paul Adkins	Guernsey	31.60	
7th	8	Francois Hmida	Isle of Wight	31.66	
8th	1	Ricardo García	Menorca	31.80	

Last Result: 30/06/2009 18:03:09 Status: Confirmed 30/06/2009 18:03:29

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Mikael Popov	Isle of Wight	30.21
2nd	1	Daniel Cederqvist	Gotland	30.35
3rd	1	Pál Joensen	Faroe Islands	30.61
4th	1	Ian Black	Jersey	30.77
5th	1	Juan José García Mesa	Menorca	31.07
6th	1	Paul Adkins	Guernsey	31.32
7th	1	Ricardo García	Menorca	31.68
8th	1	Francois Hmida	Isle of Wight	31.73
9th	1	Antoin Le Fevre	Jersey	32.60
10th	1	Joshua Lewis	Guernsey	32.64
11th	1	Seiji Groome	Cayman Islands	33.09
12th	1	Jonathan Price	Isle of Man	33.28
13th	1	John Paul Llanelo	Gibraltar	33.41
14th	1	Callum MacGregor	Shetland Islands	34.63
15th	1	Craig Nicolson	Shetland Islands	34.86
16th	1	Priit Aavik	Saaremaa	35.02
17th	1	Lukas Karlsson	Åland	36.67
18th	1	Andy Yon	St Helena	36.87
19th	1	Björn Karlsson	Åland	37.44
20th	1	Grant Macleod	Western Isles	39.36
DNS	1	Jonas Persson	Gotland	DNS

Last Result: 30/06/2009 11:03:17 Status: Confirmed 30/06/2009 11:03:56

Record/s for Men's 50m Breaststroke:

Event	Record	Holder	Island	Year
Men's 50m Breaststroke	28.25	Darren Mew	Isle of Wight	1997

Swimming - Women's 50m Butterfly

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Shaila millum Garðarnar	Faroe Islands	29.11	🥇 Gold
1st	5	Ebony Jacklin	Jersey	29.11	🥇 Gold
3rd	3	Guðrun Holm Jacobsen	Faroe Islands	29.57	🥉 Bronze
4th	6	Robyn Le Fric	Guernsey	29.64	
5th	1	Heather Millar	Isle of Man	30.42	
6th	2	Claire Wilson	Ynys Môn	30.48	
7th	8	Erica Granesäter	Åland	30.77	
8th	7	Shannen Morris	Isle of Wight	31.07	

Last Result: 30/06/2009 18:08:14 Status: Confirmed 30/06/2009 18:08:47

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Shaila millum Garðarnar	Faroe Islands	29.29
2nd	1	Ebony Jacklin	Jersey	29.45
3rd	1	Guðrun Holm Jacobsen	Faroe Islands	29.48
4th	1	Robyn Le Fric	Guernsey	29.80
5th	1	Claire Wilson	Ynys Môn	30.38
6th	1	Shannen Morris	Isle of Wight	30.61
7th	1	Heather Millar	Isle of Man	30.75
8th	1	Erica Granesäter	Åland	30.98
9th	1	Ashley Yearwood	Bermuda	31.29
10th	1	Rebecca Heyliger	Bermuda	31.48
11th	1	Rachael Jackson	Gibraltar	31.60
12th	1	Linda Myllykoski	Åland	31.68
13th	1	Louisa Jurkiewicz	Guernsey	31.89
14th	1	Stina Juhlin	Gotland	32.44
15th	1	Rachel Ganly	Isle of Man	32.52
16th	1	Stephanie Gard	Isle of Wight	33.33
17th	1	Moro Ivana	Rhodes	33.46
18th	1	Nicole Petursdottir	Shetland Islands	33.53
19th	1	Helerin Koppel	Saaremaa	33.95
20th	1	Eirini Diasinou	Rhodes	34.67
21st	1	Morna Brown	Orkney	34.82
22nd	1	Jessika Swanson	Shetland Islands	36.09
23rd	1	Maxine Porro	Gibraltar	38.09
24th	1	Maria Gaasø	Froya	40.38
DNS	1	Dina Emelie Westad	Froya	DNS
DNS	1	Katie Speller	Jersey	DNS

Last Result: 30/06/2009 11:11:29 Status: Confirmed 30/06/2009 11:12:33

Record/s for Women's 50m Butterfly:

Event	Record	Holder	Island	Year
Women's 50m Butterfly	28.98	Natalie Bree	Jersey	2003

Swimming - Men's 200m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	5	Pál Joensen	Faroe Islands	1:47.76	🥇 Gold
2nd	3	Jeremy Osborne	Guernsey	1:50.45	🥈 Silver
3rd	4	Jonathon Le Noury	Guernsey	1:51.78	🥉 Bronze
4th	6	John Gallichan	Jersey	1:52.11	
5th	1	Adam Jakobsson	Gotland	1:57.74	
6th	8	Colin Bensadon	Gibraltar	1:58.14	
7th	7	Sam Tinson-Wood	Isle of Wight	1:59.52	
8th	2	Tom Gallichan	Jersey	2:05.32	

Last Result: 30/06/2009 18:22:26 Status: Confirmed 30/06/2009 18:23:30

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Jonathon Le Noury	Guernsey	1:52.92
2nd	1	Pál Joensen	Faroe Islands	1:53.39
3rd	1	Jeremy Osborne	Guernsey	1:54.93
4th	1	John Gallichan	Jersey	1:55.09
5th	1	Tom Gallichan	Jersey	1:56.97
6th	1	Sam Tinson-Wood	Isle of Wight	1:57.02
7th	1	Adam Jakobsson	Gotland	1:57.10
8th	1	Colin Bensadon	Gibraltar	1:57.20
9th	1	Andrass Thomsen	Faroe Islands	1:59.16
10th	1	Phillip Harrison	Isle of Man	1:59.18
11th	1	Oliver Quick	Gibraltar	1:59.28
12th	1	Tom Bielich	Isle of Man	1:59.69
13th	1	Felix Gifford	Shetland Islands	1:59.70
14th	1	Tom Raikes	Shetland Islands	2:02.59
15th	1	Llorens Torres	Menorca	2:03.00
16th	1	Nathan Frick	Bermuda	2:05.45
17th	1	Mark Alchin	Isle of Wight	2:06.21
18th	1	Jakob Andersson	Gotland	2:10.74
19th	1	Martin Hougberg	Åland	2:14.79
DNF	1	Gustav Carlsson	Åland	DNF

Last Result: 30/06/2009 11:16:45 Status: Confirmed 30/06/2009 11:17:16

Record/s for Men's 200m Freestyle:

Event	Record	Holder	Island	Year
Men's 200m Freestyle	1:47.76	Pal Joensen	Faroe Islands	2009

Swimming - Women's 200m Individual Medley

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Katie Speller	Jersey	2:19.10	🥇 Gold
2nd	5	Olivia Rawlinson	Isle of Man	2:22.36	🥈 Silver
3rd	7	Lotte Parfit	Guernsey	2:25.11	🥉 Bronze
4th	3	Rebecca Le Maistre	Jersey	2:26.16	
5th	1	Lara Butler	Cayman Islands	2:29.41	
6th	2	Sara De Pablo	Menorca	2:31.05	
7th	8	Katie Blaker	Isle of Man	2:31.43	
8th	6	Victoria Parfit	Guernsey	2:32.60	

Last Result: 30/06/2009 18:30:01 Status: Confirmed 30/06/2009 18:31:05

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Katie Speller	Jersey	2:24.00
2nd	1	Olivia Rawlinson	Isle of Man	2:24.95
3rd	1	Rebecca Le Maistre	Jersey	2:27.27
4th	1	Victoria Parfit	Guernsey	2:30.24
5th	1	Sara De Pablo	Menorca	2:30.31
6th	1	Lotte Parfit	Guernsey	2:30.82
7th	1	Lara Butler	Cayman Islands	2:31.21
8th	1	Katie Blaker	Isle of Man	2:33.60
9th	1	Andrea Strachan	Shetland Islands	2:33.95
10th	1	Nicole Yearwood	Bermuda	2:34.28
11th	1	Amy Harper	Shetland Islands	2:34.81
12th	1	Morgan Hopkins	Bermuda	2:39.15
13th	1	Tori Flowers	Cayman Islands	2:39.98
14th	1	Stephanie Gard	Isle of Wight	2:43.90
15th	1	Shannen Morris	Isle of Wight	2:44.32
16th	0	Sara Helling	Åland	2:49.35
17th	1	Moro Ivana	Rhodes	2:53.55
DNS	1	Jennie Hagman	Åland	DNS
DQ	1	Monica De Pablo	Menorca	DQ
DQ	1	Eirini Tsagari	Rhodes	DQ

Last Result: 17/08/2009 15:39:28 Status: Confirmed 30/06/2009 12:01:09

Record/s for Women's 200m Individual Medley:

Event	Record	Holder	Island	Year
Women's 200m Individual Medley	2:16.61	Ida Sandin	Gotland	2007

Swimming - Men's 4 x 50m Freestyle Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	4	Guernsey	Matthew Girard Ian Hubert Ben Lowndes Jeremy Osborne	1:33.28	🥇 Gold
2nd	5	Jersey	Ian Black John Gallichan Tom Gallichan Antoin Le Fevre	1:35.37	🥈 Silver
3rd	3	Isle of Man	Tom Bielich Grant Halsall Phillip Harrison Dane Harrop	1:38.48	🥉 Bronze
4th	6	Isle of Wight	Mark Alchin Mikael Popov Andrew Teague Sam Tinson-Wood	1:39.78	
5th	8	Gotland	Daniel Cederqvist Pontus Cederqvist Robin Cederqvist Adam Jakobsson	1:40.32	
6th	2	Shetland Islands	Felix Gifford Callum MacGregor Craig Nicolson Tom Raikes	1:40.92	
7th	7	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró Llorens Torres	1:42.39	
8th	1	Gibraltar	Colin Bensadon Oliver Quick Gavin Santos Matthew Sivers	1:43.11	

Last Result: 30/06/2009 18:54:59 Status: Confirmed 30/06/2009 18:55:22

Heat: Prelims

Position	Lane	Team	Members	Result
1st	1	Guernsey	Matthew Girard Ian Hubert Ben Lowndes Jeremy Osborne	1:35.95
2nd	1	Jersey	Ian Black John Gallichan Tom Gallichan Antoin Le Fevre	1:38.34
3rd	1	Isle of Man	Tom Bielich Grant Halsall Phillip Harrison Dane Harrop	1:40.80
4th	2	Isle of Wight	Mark Alchin Mikael Popov Andrew Teague Sam Tinson-Wood	1:40.95
5th	2	Shetland Islands	Felix Gifford Callum MacGregor Craig Nicolson Tom Raikes	1:42.53
6th	1	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró	1:43.14

Llorens Torres				
7th	2	Gibraltar	Colin Bensadon Oliver Quick Gavin Santos Matthew Sivers	1:43.53
8th	2	Gotland	Daniel Cederqvist Pontus Cederqvist Robin Cederqvist Adam Jakobsson	1:44.23
9th	2	Åland	Gustav Carlsson Martin Hougberg Frans Manelius Christopher Oksman	1:44.65
DQ	1	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	00.00

Last Result: 30/06/2009 18:49:34 Status: Confirmed 30/06/2009 18:50:07

Record/s for Men's 4 x 50m Freestyle Relay:

Event	Record	Holder	Island	Year
Men's 4 x 50m Freestyle Relay	01:33.28	Ian Hubert Matthew Girard Ben Lowndes Jeremy Osborne	Guernsey	2009

Swimming - Women's 4 x 50m Medley Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	5	Faroe Islands	Birita Debes Shaila millum Garðarnar Guðrun Holm Jacobsen Katarina S. Lamhauge	1:58.86	🥇 Gold
2nd	4	Jersey	Ebony Jacklin Charlotte Manning Iona Richardson Kerrie Smith	2:00.81	🥈 Silver
3rd	6	Guernsey	Robyn Le Fric Casey Lee Lotte Parfit Victoria Parfit	2:03.71	🥉 Bronze
4th	3	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	2:03.85	
5th	2	Isle of Man	Katie Blaker Poppy Evans Heather Millar Olivia Rawlinson	2:05.63	
6th	1	Åland	Erica Granesäter Janina Myllykoski Linda Myllykoski Sara Oksman	2:09.31	
7th	7	Shetland Islands	Amy Harper Nicole Petursdottir Andrea Strachan Jessika Swanson	2:09.41	
8th	8	Isle of Wight	Sophie Alchin Rosemary Gard Stephanie Gard Shannen Morris	2:10.97	

Last Result: 30/06/2009 18:57:05 Status: Confirmed 30/06/2009 18:58:02

Heat: Prelims

Position	Lane	Team	Members	Result
1st	1	Jersey	Ebony Jacklin Charlotte Manning Iona Richardson Kerrie Smith	2:02.89
2nd	2	Faroe Islands	Birita Debes Shaila millum Garðarnar Guðrun Holm Jacobsen Katarina S. Lamhauge	2:05.62
3rd	2	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	2:07.36
4th	1	Guernsey	Robyn Le Fric Casey Lee Lotte Parfit Victoria Parfit	2:07.96
5th	1	Isle of Man	Katie Blaker Poppy Evans Heather Millar Olivia Rawlinson	2:08.17
6th	2	Shetland Islands	Amy Harper Nicole Petursdottir Andrea Strachan	2:10.71

Jessika Swanson				
7th	2	Åland	Erica Granesäter Janina Myllykoski Linda Myllykoski Sara Oksman	2:10.84
8th	1	Isle of Wight	Sophie Alchin Rosemary Gard Stephanie Gard Shannen Morris	2:12.67
9th	2	Gibraltar	Ashakylie Andrew Rebecca Fortunato Rachael Jackson Maxine Pardo	2:14.27
10th	2	Menorca	Monica De Pablo Sara De Pablo Anna Gomila Naomi Toomey	2:14.84
11th	0	Rhodes	Eirini Diasinou Moro Ivana Christina Papantoniou Eirini Tsagari	2:23.47
12th	1	Froya	Maria Gaasø Synne Hammervik Trude Nilsson Aneta Marta Trzaska	2:38.83

Last Result: 30/06/2009 12:40:14 Status: Confirmed 30/06/2009 12:40:58

Record/s for Women's 4 x 50m Medley Relay:

Event	Record	Holder	Island	Year
Women's 4 x 50m Medley Relay	01:58.56	Birita Debes Katarina Lamhauge Guorun Jacobsen Shaila m Garoarnar	Faroe Islands	2009

Swimming - Men's 100m Individual Medley

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	5	Ben Lowndes	Guernsey	57.54	🥇 Gold
2nd	4	Pál Joensen	Faroe Islands	57.66	🥈 Silver
3rd	3	Ian Black	Jersey	58.24	🥉 Bronze
4th	6	Juan José García Mesa	Menorca	1:00.99	
5th	2	Jonathan Price	Isle of Man	1:01.24	
6th	7	Jeremy Osborne	Guernsey	1:01.50	
7th	1	Joel Rombough	Cayman Islands	1:02.06	
8th	8	Josep Mercadal Mascaró	Menorca	1:04.11	

Last Result: 01/07/2009 17:20:44 Status: Confirmed 01/07/2009 17:21:31

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Pál Joensen	Faroe Islands	1:01.06
2nd	1	Ben Lowndes	Guernsey	1:01.42
3rd	1	Ian Black	Jersey	1:01.55
4th	1	Juan José García Mesa	Menorca	1:01.80
5th	1	Jonathan Price	Isle of Man	1:02.02
6th	1	Jeremy Osborne	Guernsey	1:02.15
7th	1	Joel Rombough	Cayman Islands	1:02.20
8th	1	Josep Mercadal Mascaró	Menorca	1:02.30
9th	1	Seiji Groome	Cayman Islands	1:02.73
10th	1	Michael Le Couillard	Jersey	1:02.99
11th	1	Gustav Carlsson	Åland	1:05.50
12th	1	Callum MacGregor	Shetland Islands	1:06.10
13th	1	Pontus Cederqvist	Gotland	1:06.41
14th	1	Felix Gifford	Shetland Islands	1:06.53
15th	1	Nathan Frick	Bermuda	1:07.39
16th	1	Martin Hougberg	Åland	1:08.30
17th	1	Keiron Hermida	Gibraltar	1:09.29
18th	1	Alexandros Tsavalos	Rhodes	1:15.73
19th	1	Francois Hmida	Isle of Wight	1:40.70
DNS	1	Mikael Popov	Isle of Wight	DNS
DNS	1	Mihalis Papantoniou	Rhodes	DNS

Last Result: 01/07/2009 10:10:51 Status: Confirmed 01/07/2009 10:11:10

Record/s for Men's 100m Individual Medley:

Event	Record	Holder	Island	Year
Men's 100m Individual Medley	57.54	Ben Lowndes	Guernsey	2009

Swimming - Women's 400m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	3	Mona Simonsen	Faroe Islands	4:19.54	🥇 Gold
2nd	4	Katie Speller	Jersey	4:23.46	🥈 Silver
3rd	5	Robyn Le Fric	Guernsey	4:24.90	🥉 Bronze
4th	2	Rosemary Gard	Isle of Wight	4:29.24	
5th	6	Katy Glendening	Jersey	4:36.10	
6th	7	Hannah Howitt	Isle of Man	4:36.42	
7th	1	Nicole Yearwood	Bermuda	4:37.16	
8th	8	Tori Flowers	Cayman Islands	4:43.74	

Last Result: 01/07/2009 17:25:55 Status: Confirmed 03/07/2009 16:21:51

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Katie Speller	Jersey	4:29.80
2nd	1	Robyn Le Fric	Guernsey	4:31.46
3rd	1	Mona Simonsen	Faroe Islands	4:31.54
4th	1	Olivia Rawlinson	Isle of Man	4:34.77
5th	1	Katy Glendening	Jersey	4:35.96
6th	1	Rosemary Gard	Isle of Wight	4:38.50
7th	1	Hannah Howitt	Isle of Man	4:41.20
8th	1	Nicole Yearwood	Bermuda	4:42.34
9th	1	Amy Harper	Shetland Islands	4:42.89
10th	1	Tori Flowers	Cayman Islands	4:46.61
11th	1	Heather Chapman	Guernsey	4:48.66
12th	1	Ashley Yearwood	Bermuda	4:54.53
13th	1	Katie Webb	Isle of Wight	4:54.83
14th	1	Summer Flowers	Cayman Islands	4:57.81
15th	1	Anna Gomila	Menorca	4:58.79
16th	1	Jessika Swanson	Shetland Islands	5:04.08
17th	1	Jennie Hagman	Åland	5:15.40
DNS	1	Erica Granesäter	Åland	DNS
DNS	1	Trude Nilsson	Froya	DNS

Last Result: 01/07/2009 10:09:37 Status: Confirmed 01/07/2009 10:10:20

Record/s for Women's 400m Freestyle:

Event	Record	Holder	Island	Year
Women's 400m Freestyle	4:19.54	Mona Simonsen	Faroe Islands	2009

Swimming - Men's 200m Backstroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Grant Halsall	Isle of Man	2:00.91	🥇 Gold
2nd	5	Jonathon Le Noury	Guernsey	2:02.40	🥈 Silver
3rd	2	Tom Gallichan	Jersey	2:03.40	🥉 Bronze
4th	3	Kári J. á Høvdanum	Faroe Islands	2:08.08	
5th	6	James Jurkiewicz	Guernsey	2:09.40	
6th	7	Niclas Högberg	Gotland	2:13.74	
7th	1	Martin Hougberg	Åland	2:19.21	
8th	8	Mark Alchin	Isle of Wight	2:24.20	

Last Result: 01/07/2009 17:38:46 Status: Confirmed 01/07/2009 17:39:29

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Grant Halsall	Isle of Man	2:05.17
2nd	1	Jonathon Le Noury	Guernsey	2:08.58
3rd	1	Kári J. á Høvdanum	Faroe Islands	2:08.80
4th	1	James Jurkiewicz	Guernsey	2:09.66
5th	1	Tom Gallichan	Jersey	2:11.41
6th	1	Colin Bensadon	Gibraltar	2:14.54
7th	1	Niclas Högberg	Gotland	2:14.85
8th	1	Martin Hougberg	Åland	2:18.94
9th	1	Mark Alchin	Isle of Wight	2:25.73
10th	1	Craig Nicolson	Shetland Islands	2:26.60
11th	1	Anton Holmberg	Åland	2:33.87
12th	1	Keiron Hermida	Gibraltar	2:34.54
13th	1	Priit Aavik	Saaremaa	2:36.01
DNS	1	Mikael Popov	Isle of Wight	DNS
DNS	1	Mihalis Papantoniou	Rhodes	DNS

Last Result: 01/07/2009 10:19:02 Status: Confirmed 01/07/2009 10:19:37

Record/s for Men's 200m Backstroke:

Event	Record	Holder	Island	Year
Men's 200m Backstroke	02:00.91	Grant Halsall	Isle of Man	2009

Swimming - Women's 100m Breaststroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Malan Vitalis Bærendsen	Faroe Islands	1:13.13	🥇 Gold
2nd	3	Charlotte Manning	Jersey	1:15.04	🥈 Silver
3rd	6	Katarina S. Lamhauge	Faroe Islands	1:15.23	🥉 Bronze
4th	5	Victoria Parfit	Guernsey	1:17.39	
5th	2	Sandra Aspholm	Åland	1:18.08	
6th	1	Sara Oksman	Åland	1:18.31	
7th	7	Poppy Evans	Isle of Man	1:18.53	
8th	8	Morgan Hopkins	Bermuda	1:19.72	

Last Result: 01/07/2009 17:47:39 Status: Confirmed 01/07/2009 17:48:41

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Malan Vitalis Bærendsen	Faroe Islands	1:17.06
2nd	1	Victoria Parfit	Guernsey	1:17.72
3rd	1	Charlotte Manning	Jersey	1:17.89
4th	1	Katarina S. Lamhauge	Faroe Islands	1:17.92
5th	1	Sandra Aspholm	Åland	1:18.38
6th	1	Poppy Evans	Isle of Man	1:18.62
7th	1	Sara Oksman	Åland	1:18.70
8th	1	Katie Speller	Jersey	1:19.17
9th	1	Morgan Hopkins	Bermuda	1:20.03
10th	1	Rosemary Gard	Isle of Wight	1:20.25
11th	1	Casey Lee	Guernsey	1:20.51
12th	1	Katie Blaker	Isle of Man	1:21.28
13th	1	Ashakylie Andrew	Gibraltar	1:23.62
14th	1	Emily Orchard	Isle of Wight	1:24.16
15th	1	Ceitlin Russell Smith	Western Isles	1:29.50
16th	1	Synne Hammervik	Froya	1:34.26
17th	1	Maria Gaasø	Froya	1:43.76
DNS	1	Lara Butler	Cayman Islands	DNS
DNS	1	Nicole Petursdottir	Shetland Islands	DNS
DNS	1	Andrea Strachan	Shetland Islands	DNS

Last Result: 01/07/2009 10:35:18 Status: Confirmed 01/07/2009 10:37:12

Record/s for Women's 100m Breaststroke:

Event	Record	Holder	Island	Year
Women's 100m Breaststroke	1.12.51	Helen Watts	Guernsey	1999

Swimming - Men's 100m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	3	Pál Joensen	Faroe Islands	50.04	🥇 Gold
2nd	4	Jeremy Osborne	Guernsey	50.41	🥈 Silver
3rd	5	Adam Jakobsson	Gotland	51.49	🥉 Bronze
4th	6	Ian Hubert	Guernsey	52.04	
5th	7	Sam Tinson-Wood	Isle of Wight	52.91	
6th	2	Pauli Øssursson Mohr	Faroe Islands	52.94	
7th	1	Phillip Harrison	Isle of Man	54.79	
8th	8	Nathan Frick	Bermuda	54.96	

Last Result: 01/07/2009 17:55:09 Status: Confirmed 01/07/2009 17:55:50

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Jeremy Osborne	Guernsey	52.02
2nd	1	Adam Jakobsson	Gotland	52.38
3rd	1	Pál Joensen	Faroe Islands	52.59
4th	1	John Gallichan	Jersey	52.88
5th	1	Ian Hubert	Guernsey	52.93
6th	1	Pauli Øssursson Mohr	Faroe Islands	53.04
7th	1	Sam Tinson-Wood	Isle of Wight	53.68
8th	1	Phillip Harrison	Isle of Man	54.25
9th	1	Nathan Frick	Bermuda	54.66
10th	1	Antoin Le Fevre	Jersey	55.02
10th	1	Tom Raikes	Shetland Islands	55.02
12th	1	Felix Gifford	Shetland Islands	55.06
13th	1	Tom Bielich	Isle of Man	55.14
14th	1	Oliver Quick	Gibraltar	55.45
15th	1	Gustav Carlsson	Åland	55.60
16th	1	Andrew Teague	Isle of Wight	55.88
17th	1	Seiji Groome	Cayman Islands	56.23
18th	1	Ricardo García	Menorca	56.80
19th	1	Llorens Torres	Menorca	57.53
20th	1	Jakob Andersson	Gotland	58.15
21st	1	Martin Hougberg	Åland	58.60
22nd	1	Mart Mandel	Saaremaa	58.79
23rd	1	Matthew Sivers	Gibraltar	59.71
24th	1	Patric Potsakis	Rhodes	1:00.11
25th	1	Ben Dillon	St Helena	1:01.45
26th	1	Charalampous Charalampos	Rhodes	1:02.45

Last Result: 01/07/2009 10:54:41 Status: Confirmed 01/07/2009 10:58:30

Record/s for Men's 100m Freestyle:

Event	Record	Holder	Island	Year
Men's 100m Freestyle	00:50.04	Pal Joensen	Faroe Islands	2009

Swimming - Women's 50m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Shaila millum Garðarnar	Faroe Islands	26.63	🥇 Gold
2nd	5	Iona Richardson	Jersey	26.91	🥈 Silver
3rd	6	Ebony Jacklin	Jersey	27.24	🥉 Bronze
4th	3	Guðrun Holm Jacobsen	Faroe Islands	27.27	
5th	7	Ashley Yearwood	Bermuda	27.57	
6th	8	Amy Harper	Shetland Islands	27.67	
7th	1	Heather Millar	Isle of Man	27.70	
8th	2	Rebecca Heyliger	Bermuda	27.81	

Last Result: 01/07/2009 17:57:55 Status: Confirmed 01/07/2009 17:58:22

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Shaila millum Garðarnar	Faroe Islands	26.69
2nd	1	Iona Richardson	Jersey	26.93
3rd	1	Guðrun Holm Jacobsen	Faroe Islands	27.50
4th	1	Ebony Jacklin	Jersey	27.59
5th	1	Rebecca Heyliger	Bermuda	27.66
6th	1	Ashley Yearwood	Bermuda	27.71
7th	1	Heather Millar	Isle of Man	27.81
8th	1	Amy Harper	Shetland Islands	28.02
9th	1	Robyn Le Fric	Guernsey	28.25
10th	1	Linda Myllykoski	Åland	28.30
11th	1	Claire Wilson	Ynys Môn	28.57
12th	1	Naomi Toomey	Menorca	28.60
13th	1	Kathryn Adriane Offer	Western Isles	28.62
14th	1	Rachael Jackson	Gibraltar	28.70
15th	1	Morna Brown	Orkney	28.91
16th	1	Lara Butler	Cayman Islands	29.00
17th	1	Rachel Ganly	Isle of Man	29.23
18th	1	Stephanie Gard	Isle of Wight	29.32
19th	1	Sandra Aspholm	Åland	29.38
20th	1	Helerin Koppel	Saaremaa	29.46
21st	1	Shannen Morris	Isle of Wight	29.49
22nd	1	Casey Lee	Guernsey	29.59
23rd	1	Rebecca Fortunato	Gibraltar	29.66
24th	1	Anna Gomila	Menorca	30.68
25th	1	Christina Papantoniou	Rhodes	30.90
26th	1	Eirini Diasinou	Rhodes	31.15
27th	1	Synne Hammervik	Froya	34.44
28th	1	Aneta Marta Trzaska	Froya	36.07
DNS	1	Andrea Strachan	Shetland Islands	DNS

Last Result: 01/07/2009 11:07:06 Status: Confirmed 01/07/2009 11:08:04

Record/s for Women's 50m Freestyle:

Event	Record	Holder	Island	Year
Women's 50m Freestyle	26.63	Shaila millum Garoarnar	Faroe Islands	2009

Swimming - Men's 50m Butterfly

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Pál Joensen	Faroe Islands	25.62	🥇 Gold
2nd	5	Grant Halsall	Isle of Man	25.70	🥈 Silver
3rd	7	Kári J. á Høvdanum	Faroe Islands	25.86	🥉 Bronze
4th	3	Ben Lowndes	Guernsey	25.94	
5th	6	Paul Adkins	Guernsey	26.23	
6th	2	Josep Mercadal Mascaró	Menorca	26.83	
7th	1	Nathan Frick	Bermuda	27.45	
8th	8	Dane Harrop	Isle of Man	27.92	

Last Result: 01/07/2009 18:05:43 Status: Confirmed 01/07/2009 18:06:05

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Pál Joensen	Faroe Islands	26.36
2nd	1	Grant Halsall	Isle of Man	26.44
3rd	1	Ben Lowndes	Guernsey	26.50
4th	1	Paul Adkins	Guernsey	26.57
5th	1	Josep Mercadal Mascaró	Menorca	26.71
6th	1	Kári J. á Høvdanum	Faroe Islands	27.25
7th	1	Nathan Frick	Bermuda	27.43
8th	1	Dane Harrop	Isle of Man	27.73
9th	1	Joel Rombough	Cayman Islands	27.85
10th	1	Ben Le Clercq	Jersey	27.87
10th	1	Michael Le Couillard	Jersey	27.87
12th	1	Tom Raikes	Shetland Islands	28.01
13th	1	Sam Tinson-Wood	Isle of Wight	28.16
14th	1	Callum MacGregor	Shetland Islands	28.34
15th	1	Gustav Carlsson	Åland	28.45
16th	1	Seiji Groome	Cayman Islands	29.08
17th	1	Robin Cederqvist	Gotland	29.32
18th	1	Rhys Hunt	Isle of Wight	29.41
19th	1	Martin Hougberg	Åland	29.90
20th	1	Nathan Payas	Gibraltar	30.01
21st	1	Ben Dillon	St Helena	31.82
22nd	1	Alexandros Tsavalos	Rhodes	31.86
23rd	1	Charalampous Charalampos	Rhodes	32.50
DNS	1	Jonas Persson	Gotland	DNS

Last Result: 01/07/2009 11:14:47 Status: Confirmed 01/07/2009 11:16:26

Record/s for Men's 50m Butterfly:

Event	Record	Holder	Island	Year
Men's 50m Butterfly	25.30	Josh Ballum	Prince Edward Island	2007

Swimming - Women's 200m Backstroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	5	Olivia Rawlinson	Isle of Man	2:15.30	🥇 Gold
2nd	4	Kerrie Smith	Jersey	2:21.30	🥈 Silver
3rd	7	Björg Selay	Faroe Islands	2:21.59	🥉 Bronze
4th	1	Lotte Parfit	Guernsey	2:23.42	
5th	3	Grace Le Couillard	Jersey	2:23.78	
6th	6	Katie Blaker	Isle of Man	2:25.26	
7th	2	Birita Debes	Faroe Islands	2:26.27	
8th	8	Monica De Pablo	Menorca	2:32.15	

Last Result: 01/07/2009 18:12:04 Status: Confirmed 01/07/2009 18:12:35

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Kerrie Smith	Jersey	2:23.86
2nd	1	Olivia Rawlinson	Isle of Man	2:24.08
3rd	1	Grace Le Couillard	Jersey	2:25.53
4th	1	Katie Blaker	Isle of Man	2:27.40
5th	1	Birita Debes	Faroe Islands	2:27.60
6th	1	Björg Selay	Faroe Islands	2:28.33
7th	1	Lotte Parfit	Guernsey	2:28.71
8th	1	Monica De Pablo	Menorca	2:29.58
9th	1	Sara De Pablo	Menorca	2:32.14
10th	1	Lara Butler	Cayman Islands	2:32.38
11th	1	Cody Butcher	Guernsey	2:33.51
12th	1	Amy Harper	Shetland Islands	2:34.07
13th	1	Eirini Tsagari	Rhodes	2:34.45
14th	1	Kathryn Adriane Offer	Western Isles	2:36.00
15th	1	Sophie Alchin	Isle of Wight	2:37.21
16th	1	Stina Juhlin	Gotland	2:38.10
17th	1	Shannen Morris	Isle of Wight	2:44.35
18th	1	Summer Flowers	Cayman Islands	2:45.41
19th	1	Bodine Redman	Gibraltar	2:47.04
20th	1	Linda Myllykoski	Åland	2:51.05
21st	1	Sara Helling	Åland	2:57.21
DNS	1	Nicole Petursdottir	Shetland Islands	DNS

Last Result: 01/07/2009 11:20:39 Status: Confirmed 01/07/2009 11:21:21

Record/s for Women's 200m Backstroke:

Event	Record	Holder	Island	Year
Women's 200m Backstroke	02:15.30	Olivia Rawlinson	Isle of Man	2009

Swimming - Men's 4 x 100m Medley Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	4	Guernsey	Ian Hubert Jonathon Le Noury Ben Lowndes Jeremy Osborne	3:49.32	🥇 Gold
2nd	3	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	3:49.65	🥈 Silver
3rd	5	Isle of Man	Grant Halsall Phillip Harrison Dane Harrop Jonathan Price	3:57.92	🥉 Bronze
4th	2	Gotland	Daniel Cederqvist Robin Cederqvist Niclas Högberg Adam Jakobsson	4:04.63	
5th	7	Gibraltar	Colin Bensadon Oliver Quick Gavin Santos Daniel Victory	4:09.78	
6th	1	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró Llorens Torres	4:11.50	
7th	8	Isle of Wight	Francois Hmida Rhys Hunt Andrew Teague Sam Tinson-Wood	4:11.69	
DQ	6	Jersey	Ian Black John Gallichan Tom Gallichan Ben Le Clercq	00.00	

Last Result: 01/07/2009 18:34:29 Status: Confirmed 03/07/2009 16:22:32

Heat: Prelims

Position	Lane	Team	Members	Result
1st	1	Guernsey	Ian Hubert Jonathon Le Noury Ben Lowndes Jeremy Osborne	4:01.42
2nd	2	Isle of Man	Grant Halsall Phillip Harrison Dane Harrop Jonathan Price	4:04.58
3rd	2	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	4:07.32
4th	2	Jersey	Ian Black John Gallichan Tom Gallichan Ben Le Clercq	4:08.64
5th	1	Gotland	Daniel Cederqvist Robin Cederqvist Niclas Högberg Adam Jakobsson	4:09.02
6th	1	Gibraltar	Colin Bensadon Oliver Quick Gavin Santos	4:10.43

Daniel Victory				
7th	1	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró Llorens Torres	4:10.49
8th	2	Isle of Wight	Francois Hmida Rhys Hunt Andrew Teague Sam Tinson-Wood	4:14.31
DNF	2	Shetland Islands	Felix Gifford Callum MacGregor Craig Nicolson Tom Raikes	00.00
DQ	1	Åland	Gustav Carlsson Martin Hougberg Måns Lundberg Christopher Oksman	00.00

Last Result: 01/07/2009 11:31:07 Status: Confirmed 01/07/2009 11:32:00

Record/s for Men's 4 x 100m Medley Relay:

Event	Record	Holder	Island	Year
Men's 4 x 100m Medley Relay	03:49.32	Jonathon le Noury Ben Lowndes Ian Hubert Jeremy Osborne	Guernsey	2009

Swimming - Women's 4 x 100m Freestyle Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	4	Jersey	Emma Glendening Ebony Jacklin Iona Richardson Katie Speller	3:55.76	🥇 Gold
2nd	3	Isle of Man	Katie Blaker Rachel Ganly Heather Millar Olivia Rawlinson	4:00.34	🥈 Silver
3rd	2	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	4:01.39	🥉 Bronze
4th	6	Guernsey	Cody Butcher Robyn Le Fric Lotte Parfit Victoria Parfit	4:06.97	
5th	1	Isle of Wight	Rosemary Gard Stephanie Gard Shannen Morris Katie Webb	4:14.27	
6th	7	Menorca	Monica De Pablo Sara De Pablo Anna Gomila Naomi Toomey	4:15.74	
7th	8	Åland	Sandra Aspholm Jennie Hagman Linda Myllykoski Sara Oksman	4:18.97	
DQ	5	Faroe Islands	Poula Øssursdóttir Mohr	00.00	

Last Result: 01/07/2009 18:44:34 Status: Confirmed 01/07/2009 18:46:04

Heat: Prelims

Position	Lane	Team	Members	Result
1st	1	Jersey	Emma Glendening Ebony Jacklin Iona Richardson Katie Speller	4:01.00
2nd	2	Faroe Islands	Poula Øssursdóttir Mohr	4:07.36
3rd	1	Isle of Man	Katie Blaker Rachel Ganly Heather Millar Olivia Rawlinson	4:07.39
4th	1	Guernsey	Cody Butcher Robyn Le Fric Lotte Parfit Victoria Parfit	4:07.47
5th	2	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	4:08.51
6th	2	Menorca	Monica De Pablo Sara De Pablo Anna Gomila Naomi Toomey	4:17.10
7th	1	Isle of Wight	Rosemary Gard Stephanie Gard Shannen Morris Katie Webb	4:19.93

8th	2	Åland	Sandra Aspholm Jennie Hagman Linda Myllykoski Sara Oksman	4:24.02
9th	10	Rhodes	Eirini Diasinou Moro Ivana Christina Papantoniou Eirini Tsagari	4:36.50
10th	2	Froya	Trude Nilsson Aneta Marta Trzaska Dina Emelie Westad	5:28.16

Last Result: 01/07/2009 13:26:28 Status: Confirmed 01/07/2009 13:27:36

Record/s for Women's 4 x 100m Freestyle Relay:

Event	Record	Holder	Island	Year
Women's 4 x 100m Freestyle Relay	03:55.76	Emma Glendenning Katie Speller Ebony Jacklin Iona Richardson	Jersey	2009

Swimming - Women's 100m Individual Medley

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Katie Speller	Jersey	1:05.81	🥇 Gold
2nd	5	Poula Øssursdóttir Mohr	Faroe Islands	1:08.15	🥈 Silver
3rd	6	Rosemary Gard	Isle of Wight	1:08.83	🥉 Bronze
4th	7	Lotte Parfit	Guernsey	1:09.04	
5th	1	Lara Butler	Cayman Islands	1:09.06	
6th	8	Andrea Strachan	Shetland Islands	1:09.45	
7th	3	Victoria Parfit	Guernsey	1:09.61	
8th	2	Morgan Hopkins	Bermuda	1:09.79	

Last Result: 02/07/2009 17:20:29 Status: Confirmed 02/07/2009 17:20:53

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Katie Speller	Jersey	1:08.67
2nd	1	Poula Øssursdóttir Mohr	Faroe Islands	1:09.93
3rd	1	Victoria Parfit	Guernsey	1:10.07
4th	1	Rosemary Gard	Isle of Wight	1:10.38
5th	1	Morgan Hopkins	Bermuda	1:10.51
6th	1	Lotte Parfit	Guernsey	1:10.55
7th	1	Lara Butler	Cayman Islands	1:10.59
8th	1	Andrea Strachan	Shetland Islands	1:11.24
9th	1	Iona Richardson	Jersey	1:11.34
10th	1	Nicole Yearwood	Bermuda	1:11.44
11th	1	Rachel Ganly	Isle of Man	1:11.85
12th	1	Sara De Pablo	Menorca	1:12.52
13th	1	Poppy Evans	Isle of Man	1:13.46
14th	1	Shannen Morris	Isle of Wight	1:13.80
15th	1	Morna Brown	Orkney	1:16.77
16th	1	Eirini Tsagari	Rhodes	1:18.71
17th	1	Tori Flowers	Cayman Islands	1:19.39
18th	1	Anna Gomila	Menorca	1:19.45
19th	1	Linda Myllykoski	Åland	1:19.94
20th	1	Moro Ivana	Rhodes	1:22.51
21st	1	Maria Gaasø	Froya	1:34.15
DNS	1	Sandra Aspholm	Åland	DNS
DNS	1	Dina Emelie Westad	Froya	DNS
DNS	1	Amy Harper	Shetland Islands	DNS
DQ	1	Helerin Koppel	Saaremaa	DQ

Last Result: 02/07/2009 10:05:17 Status: Confirmed 02/07/2009 10:07:30

Record/s for Women's 100m Individual Medley:

Event	Record	Holder	Island	Year
Women's 100m Individual Medley	1:04.91	Ida Sandin	Gotland	2007

Swimming - Men's 400m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Pál Joensen	Faroe Islands	3:52.22	🥇 Gold
2nd	6	John Gallichan	Jersey	3:52.56	🥈 Silver
3rd	5	Jonathon Le Noury	Guernsey	3:55.88	🥉 Bronze
4th	3	Andrass Thomsen	Faroe Islands	4:04.59	
5th	2	Colin Bensadon	Gibraltar	4:04.78	
6th	1	Tom Bielich	Isle of Man	4:09.68	
7th	7	Ross Yeates	Guernsey	4:10.86	
8th	8	Joel Rombough	Cayman Islands	4:12.63	

Last Result: 02/07/2009 17:24:29 Status: Confirmed 02/07/2009 17:26:44

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Pál Joensen	Faroe Islands	3:45.87
2nd	1	Jonathon Le Noury	Guernsey	4:04.64
3rd	1	Andrass Thomsen	Faroe Islands	4:07.15
4th	1	John Gallichan	Jersey	4:07.74
5th	1	Colin Bensadon	Gibraltar	4:10.21
6th	1	Ross Yeates	Guernsey	4:10.76
7th	1	Tom Bielich	Isle of Man	4:11.25
8th	1	Joel Rombough	Cayman Islands	4:12.47
9th	1	Oliver Quick	Gibraltar	4:12.68
10th	1	Phillip Harrison	Isle of Man	4:19.00
11th	1	Felix Gifford	Shetland Islands	4:20.68
12th	1	Llorens Torres	Menorca	4:22.03
13th	1	Tom Raikes	Shetland Islands	4:23.32
14th	1	Mark Alchin	Isle of Wight	4:34.22
15th	1	Robin Cederqvist	Gotland	4:38.91
16th	1	Jakob Andersson	Gotland	4:39.39
17th	1	Rhys Hunt	Isle of Wight	4:39.68
18th	1	Frans Manelius	Åland	5:06.26
19th	1	Anton Holmberg	Åland	5:08.60

Last Result: 02/07/2009 10:19:16 Status: Confirmed 02/07/2009 10:19:59

Record/s for Men's 400m Freestyle:

Event	Record	Holder	Island	Year
Men's 400m Freestyle	03:45.87	Pal Joensen	Faroe Islands	2009

Swimming - Women's 200m Butterfly

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	3	Olivia Rawlinson	Isle of Man	2:20.89	🥇 Gold
2nd	4	Rebecca Le Maistre	Jersey	2:22.58	🥈 Silver
3rd	5	Robyn Le Friec	Guernsey	2:22.90	🥉 Bronze
4th	6	Erica Granesäter	Åland	2:25.35	
5th	2	Lara Butler	Cayman Islands	2:30.58	
6th	1	Stina Juhlin	Gotland	2:36.49	
7th	7	Louisa Jurkiewicz	Guernsey	2:37.71	
8th	8	Moro Ivana	Rhodes	2:49.79	

Last Result: 02/07/2009 17:36:26 Status: Confirmed 02/07/2009 17:36:50

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Rebecca Le Maistre	Jersey	2:23.47
2nd	1	Robyn Le Friec	Guernsey	2:26.07
3rd	1	Olivia Rawlinson	Isle of Man	2:26.38
4th	1	Erica Granesäter	Åland	2:26.88
5th	1	Lara Butler	Cayman Islands	2:33.59
6th	1	Louisa Jurkiewicz	Guernsey	2:37.60
7th	1	Stina Juhlin	Gotland	2:38.05
8th	1	Katy Glendening	Jersey	2:40.10
9th	1	Moro Ivana	Rhodes	2:48.00
10th	1	Stephanie Gard	Isle of Wight	2:56.37
11th	1	Linda Virta	Åland	3:15.16
DNS	1	Ashley Yearwood	Bermuda	DNS
DNS	1	Nicole Petursdottir	Shetland Islands	DNS
DQ	1	Jessika Swanson	Shetland Islands	DQ

Last Result: 02/07/2009 10:22:18 Status: Confirmed 02/07/2009 10:22:57

Record/s for Women's 200m Butterfly:

Event	Record	Holder	Island	Year
Women's 200m Butterfly	2.18.61	Heather Roffey	Cayman Islands	2003

Swimming - Men's 100m Backstroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Grant Halsall	Isle of Man	55.39	🥇 Gold
2nd	3	Kári J. á Høvdanum	Faroe Islands	55.66	🥈 Silver
3rd	8	Ben Lowndes	Guernsey	57.90	🥉 Bronze
4th	1	Tom Gallichan	Jersey	59.03	
5th	5	James Jurkiewicz	Guernsey	59.22	
6th	2	Dane Harrop	Isle of Man	1:00.85	
7th	6	Michael Le Couillard	Jersey	1:01.01	
8th	7	Josep Mercadal Mascaró	Menorca	1:03.10	

Last Result: 02/07/2009 17:39:23 Status: Confirmed 02/07/2009 17:39:48

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Grant Halsall	Isle of Man	58.03
2nd	1	James Jurkiewicz	Guernsey	59.03
3rd	1	Kári J. á Høvdanum	Faroe Islands	59.59
4th	1	Michael Le Couillard	Jersey	1:01.45
5th	1	Dane Harrop	Isle of Man	1:01.49
6th	1	Josep Mercadal Mascaró	Menorca	1:02.39
7th	1	Tom Gallichan	Jersey	1:02.47
8th	1	Ben Lowndes	Guernsey	1:02.56
9th	1	Andrew Teague	Isle of Wight	1:02.64
10th	1	Niclas Högberg	Gotland	1:03.24
11th	1	Martin Hougberg	Åland	1:04.35
12th	1	Felix Gifford	Shetland Islands	1:06.96
13th	1	Craig Nicolson	Shetland Islands	1:07.96
14th	1	Mark Alchin	Isle of Wight	1:08.69
15th	1	Priit Aavik	Saaremaa	1:08.75
16th	1	Keiron Hermida	Gibraltar	1:12.24
17th	1	Anton Holmberg	Åland	1:13.70
18th	1	Karl Pardo	Gibraltar	1:17.27
DNS	1	Mihalis Papantoniou	Rhodes	DNS

Last Result: 02/07/2009 10:38:32 Status: Confirmed 02/07/2009 10:39:14

Record/s for Men's 100m Backstroke:

Event	Record	Holder	Island	Year
Men's 100m Backstroke	55.39	Grant Halsall	Isle of Man	2009

Swimming - Women's 100m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	3	Shaila millum Garðarnar	Faroe Islands	58.12	🥇 Gold
2nd	4	Heather Millar	Isle of Man	58.97	🥈 Silver
3rd	6	Amy Harper	Shetland Islands	59.40	🥉 Bronze
4th	2	Emma Glendening	Jersey	1:00.48	
5th	8	Rosemary Gard	Isle of Wight	1:00.77	
6th	1	Nicole Yearwood	Bermuda	1:00.84	
7th	5	Olivia Rawlinson	Isle of Man	1:01.00	
8th	7	Guðrun Holm Jacobsen	Faroe Islands	1:01.09	

Last Result: 02/07/2009 17:44:48 Status: Confirmed 02/07/2009 17:45:03

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Heather Millar	Isle of Man	59.71
2nd	1	Olivia Rawlinson	Isle of Man	59.83
3rd	1	Shaila millum Garðarnar	Faroe Islands	59.93
4th	1	Amy Harper	Shetland Islands	1:00.43
5th	1	Emma Glendening	Jersey	1:00.62
6th	1	Guðrun Holm Jacobsen	Faroe Islands	1:01.29
7th	1	Nicole Yearwood	Bermuda	1:01.44
8th	1	Rosemary Gard	Isle of Wight	1:01.68
9th	1	Ebony Jacklin	Jersey	1:01.90
10th	1	Rebecca Heyliger	Bermuda	1:02.03
11th	1	Naomi Toomey	Menorca	1:02.18
12th	1	Claire Wilson	Ynys Môn	1:02.35
13th	1	Linda Myllykoski	Åland	1:03.29
14th	1	Sara De Pablo	Menorca	1:03.46
15th	1	Kathryn Adriane Offer	Western Isles	1:03.85
16th	1	Cody Butcher	Guernsey	1:03.93
17th	1	Andrea Strachan	Shetland Islands	1:04.11
18th	1	Heather Chapman	Guernsey	1:04.35
19th	1	Rachael Jackson	Gibraltar	1:04.58
20th	1	Shannen Morris	Isle of Wight	1:05.11
21st	1	Sandra Aspholm	Åland	1:06.01
22nd	1	Christina Papantoniou	Rhodes	1:06.76
23rd	1	Summer Flowers	Cayman Islands	1:07.76
24th	1	Eirini Diasinou	Rhodes	1:09.59
25th	1	Maxine Porro	Gibraltar	1:10.26
26th	1	Trude Nilsson	Froya	1:20.93
DNS	1	Lara Butler	Cayman Islands	DNS
DNS	1	Dina Emelie Westad	Froya	DNS

Last Result: 02/07/2009 10:45:01 Status: Confirmed 02/07/2009 10:46:31

Record/s for Women's 100m Freestyle:

Event	Record	Holder	Island	Year
Women's 100m Freestyle	58.12	Shaila millum Garoarnar	Faroe Islands	2009

Swimming - Men's 50m Freestyle

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	2	Pál Joensen	Faroe Islands	23.19	🥇 Gold
1st	5	Adam Jakobsson	Gotland	23.19	🥇 Gold
3rd	6	Pauli Øssursson Mohr	Faroe Islands	23.33	🥉 Bronze
4th	4	Jeremy Osborne	Guernsey	23.37	
5th	3	Matthew Girard	Guernsey	24.00	
6th	7	Antoin Le Fevre	Jersey	24.54	
7th	1	Sam Tinson-Wood	Isle of Wight	24.56	
8th	8	Nathan Frick	Bermuda	24.61	

Last Result: 02/07/2009 17:57:19 Status: Confirmed 02/07/2009 17:57:40

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Jeremy Osborne	Guernsey	23.53
2nd	1	Adam Jakobsson	Gotland	23.92
3rd	1	Matthew Girard	Guernsey	24.00
4th	1	Pauli Øssursson Mohr	Faroe Islands	24.03
5th	1	Pál Joensen	Faroe Islands	24.05
6th	1	Antoin Le Fevre	Jersey	24.70
7th	1	Sam Tinson-Wood	Isle of Wight	24.86
8th	1	Nathan Frick	Bermuda	25.20
9th	1	Gustav Carlsson	Åland	25.28
9th	1	Phillip Harrison	Isle of Man	25.28
11th	1	Ben Le Clercq	Jersey	25.48
12th	1	Tom Raikes	Shetland Islands	25.54
13th	1	Ricardo Garcia	Menorca	25.61
14th	1	Andrew Teague	Isle of Wight	25.82
15th	1	Callum MacGregor	Shetland Islands	25.89
16th	1	Pontus Cederqvist	Gotland	26.20
17th	1	Patric Potsakis	Rhodes	26.21
18th	1	Mart Mandel	Saaremaa	26.27
19th	1	Martin Hougberg	Åland	26.43
20th	1	Daniel Victory	Gibraltar	26.66
21st	1	John Paul Llanelo	Gibraltar	26.69
22nd	1	Ben Dillon	St Helena	26.92
23rd	1	Charalampous Charalampos	Rhodes	27.61
24th	1	Grant Macleod	Western Isles	28.54
25th	1	Andy Yon	St Helena	28.61

Last Result: 02/07/2009 10:56:21 Status: Confirmed 02/07/2009 10:57:05

Record/s for Men's 50m Freestyle:

Event	Record	Holder	Island	Year
Men's 50m Freestyle	23.19	Pal Joensen (Tie)	Faroe Islands	2009
Men's 50m Freestyle	23.19	Adam Jakobssen (Tie)	Gotland	2009

Swimming - Women's 50m Backstroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	4	Birita Debes	Faroe Islands	29.97	🥇 Gold
2nd	5	Poula Øssursdóttir Mohr	Faroe Islands	31.24	🥈 Silver
3rd	3	Ashley Yearwood	Bermuda	31.33	🥉 Bronze
4th	1	Kathryn Adriane Offer	Western Isles	31.38	
5th	6	Amy Harper	Shetland Islands	31.47	
6th	6	Iona Richardson	Jersey	31.71	
7th	7	Kerrie Smith	Jersey	31.82	
8th	8	Naomi Toomey	Menorca	33.07	

Last Result: 02/07/2009 18:03:44 Status: Confirmed 02/07/2009 18:05:19

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Birita Debes	Faroe Islands	30.75
2nd	1	Poula Øssursdóttir Mohr	Faroe Islands	31.12
3rd	1	Ashley Yearwood	Bermuda	31.62
4th	1	Iona Richardson	Jersey	31.75
4th	1	Amy Harper	Shetland Islands	31.75
6th	1	Kerrie Smith	Jersey	32.00
7th	1	Kathryn Adriane Offer	Western Isles	32.27
8th	1	Naomi Toomey	Menorca	32.58
9th	1	Lotte Parfit	Guernsey	32.91
10th	1	Morna Brown	Orkney	32.93
11th	1	Rebecca Heyliger	Bermuda	33.00
12th	1	Monica De Pablo	Menorca	33.12
13th	1	Lara Butler	Cayman Islands	33.13
14th	1	Claire Wilson	Ynys Môn	33.48
15th	1	Casey Lee	Guernsey	33.51
16th	1	Hannah Howitt	Isle of Man	33.74
17th	1	Katie Blaker	Isle of Man	33.95
18th	1	Stina Juhlin	Gotland	34.22
19th	1	Sophie Alchin	Isle of Wight	34.77
20th	1	Eirini Tsagari	Rhodes	34.81
21st	1	Rebecca Fortunato	Gibraltar	34.85
22nd	1	Kadi Maripuu	Saaremaa	34.97
23rd	1	Maxine Pardo	Gibraltar	35.26
24th	1	Summer Flowers	Cayman Islands	35.46
25th	1	Katie Webb	Isle of Wight	35.50
26th	1	Janina Myllykoski	Åland	35.61
27th	1	Nicole Petursdottir	Shetland Islands	36.32
28th	1	Sara Helling	Åland	37.87
29th	1	Aneta Marta Trzaska	Froya	41.61
DQ	1	Sara Gaasø	Froya	DQ

Last Result: 02/07/2009 11:04:05 Status: Confirmed 02/07/2009 11:06:54

Record/s for Women's 50m Backstroke:

Event	Record	Holder	Island	Year

Swimming - Men's 200m Breaststroke

Heat: Final

Position	Lane	Competitor	Island	Result	Medal
1st	7	Pál Joensen	Faroe Islands	2:16.06	🥇 Gold
2nd	4	Ian Black	Jersey	2:17.59	🥈 Silver
3rd	3	Daniel Cederqvist	Gotland	2:22.12	🥉 Bronze
4th	5	Juan José García Mesa	Menorca	2:23.08	
5th	6	Jonathan Price	Isle of Man	2:24.23	
6th	2	Joshua Lewis	Guernsey	2:25.50	
7th	1	Gavin Santos	Gibraltar	2:32.74	
8th	8	Francois Hmida	Isle of Wight	2:34.27	

Last Result: 02/07/2009 18:14:19 Status: Confirmed 02/07/2009 18:17:49

Heat: Prelims

Position	Lane	Competitor	Island	Result
1st	1	Ian Black	Jersey	2:25.85
2nd	1	Juan José García Mesa	Menorca	2:26.50
3rd	1	Daniel Cederqvist	Gotland	2:27.08
4th	1	Jonathan Price	Isle of Man	2:27.42
5th	1	Joshua Lewis	Guernsey	2:27.81
6th	1	Pál Joensen	Faroe Islands	2:29.33
7th	1	Gavin Santos	Gibraltar	2:32.58
8th	1	Francois Hmida	Isle of Wight	2:33.92
9th	1	Matthew Butt	Guernsey	2:37.39
10th	1	Ricardo García	Menorca	2:38.08
11th	1	Matthew Sivers	Gibraltar	2:39.74
12th	1	Craig Nicolson	Shetland Islands	2:40.77
13th	1	Björn Karlsson	Åland	3:04.88
DNS	1	Joel Rombough	Cayman Islands	DNS
DNS	1	Mikael Popov	Isle of Wight	DNS
DNS	1	Callum MacGregor	Shetland Islands	DNS
DQ	1	Måns Lundberg	Åland	DQ
DQ	1	Seiji Groome	Cayman Islands	DQ

Last Result: 02/07/2009 11:11:38 Status: Confirmed 02/07/2009 11:14:14

Record/s for Men's 200m Breaststroke:

Event	Record	Holder	Island	Year
Men's 200m Breaststroke	02:16.06	Pal Joensen	Faroe Islands	2009

Swimming - Women's 4 x 100m Medley Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	6	Faroe Islands	Malan Vitalis Bærendsen Birita Debes Shaila millum Garðarnar Björg Seloy	4:22.92	🥇 Gold
2nd	4	Jersey	Charlotte Manning Iona Richardson Kerrie Smith Katie Speller	4:24.37	🥈 Silver
3rd	5	Guernsey	Lauren Judge Robyn Le Fric Lotte Parfit Victoria Parfit	4:32.23	🥉 Bronze
4th	3	Isle of Man	Katie Blaker Poppy Evans Heather Millar Olivia Rawlinson	4:32.31	
5th	2	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	4:37.09	
6th	7	Isle of Wight	Sophie Alchin Rosemary Gard Stephanie Gard Shannen Morris	4:46.83	
7th	8	Shetland Islands	Amy Harper Nicole Petursdottir Andrea Strachan Jessika Swanson	4:55.95	
8th	1	Menorca	Monica De Pablo Sara De Pablo Anna Gomila Naomi Toomey	4:58.93	

Last Result: 02/07/2009 18:28:25 Status: Confirmed 02/07/2009 18:31:36

Heat: Prelims

Position	Lane	Team	Members	Result
1st	1	Jersey	Charlotte Manning Iona Richardson Kerrie Smith Katie Speller	4:35.26
2nd	1	Guernsey	Lauren Judge Robyn Le Fric Lotte Parfit Victoria Parfit	4:37.54
3rd	2	Isle of Man	Katie Blaker Poppy Evans Heather Millar Olivia Rawlinson	4:38.41
4th	2	Faroe Islands	Malan Vitalis Bærendsen Birita Debes Shaila millum Garðarnar Björg Seloy	4:38.53
5th	1	Bermuda	Rebecca Heyliger Morgan Hopkins Ashley Yearwood Nicole Yearwood	4:44.13
6th	2	Isle of Wight	Sophie Alchin Rosemary Gard Stephanie Gard	4:51.13

Shannen Morris				
7th	1	Menorca	Monica De Pablo Sara De Pablo Anna Gomila Naomi Toomey	4:56.81
8th	2	Shetland Islands	Amy Harper Nicole Petursdottir Andrea Strachan Jessika Swanson	4:58.45
9th	1	Åland	Jennie Hagman Sara Helling Janina Myllykoski Linda Myllykoski	5:06.98
10th	2	Froya	Synne Hammervik	5:15.76

Last Result: 02/07/2009 15:00:23 Status: Confirmed 02/07/2009 15:00:56

Record/s for Women's 4 x 100m Medley Relay:

Event	Record	Holder	Island	Year
Women's 4 x 100m Medley Relay	04:22.92	Birita Debes Malan Vitalis Barendsen Bjorg Selay Shaila millum Garoarnar	Faroe Islands	2009

Swimming - Men's 4 x 100m Freestyle Relay

Heat: Final

Position	Lane	Team	Members	Result	Medal
1st	4	Guernsey	Ian Hubert Jonathon Le Noury Ben Lowndes Jeremy Osborne	3:24.87	🥇 Gold
2nd	2	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	3:27.14	🥈 Silver
3rd	5	Jersey	Tom Gallichan Ben Le Clercq Michael Le Couillard Antoin Le Fevre	3:31.20	🥉 Bronze
4th	3	Isle of Man	Tom Bielich Phillip Harrison Dane Harrop Jonathan Price	3:39.60	
5th	6	Shetland Islands	Felix Gifford Callum MacGregor Craig Nicolson Tom Raikes	3:40.85	
6th	7	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró Llorens Torres	3:44.71	
7th	1	Isle of Wight	Mark Alchin Rhys Hunt Andrew Teague Sam Tinson-Wood	3:44.98	
8th	8	Gotland	Jakob Andersson Pontus Cederqvist Robin Cederqvist Adam Jakobsson	3:45.55	

Last Result: 02/07/2009 18:51:54 Status: Confirmed 02/07/2009 18:51:58

Heat: Prelims

Position	Lane	Team	Members	Result
1st	2	Guernsey	Ian Hubert Jonathon Le Noury Ben Lowndes Jeremy Osborne	3:35.26
2nd	2	Jersey	Tom Gallichan Ben Le Clercq Michael Le Couillard Antoin Le Fevre	3:41.20
3rd	2	Isle of Man	Tom Bielich Phillip Harrison Dane Harrop Jonathan Price	3:42.91
4th	2	Shetland Islands	Felix Gifford Callum MacGregor Craig Nicolson Tom Raikes	3:43.31
5th	1	Faroe Islands	Kári J. á Høvdanum Pál Joensen Pauli Øssursson Mohr Andrass Thomsen	3:45.93
6th	1	Menorca	Ricardo García Juan José García Mesa Josep Mercadal Mascaró	3:46.63

Llorens Torres				
7th	1	Isle of Wight	Mark Alchin Rhys Hunt Andrew Teague Sam Tinson-Wood	3:46.72
8th	1	Gotland	Jakob Andersson Pontus Cederqvist Robin Cederqvist Adam Jakobsson	3:47.44
9th	1	Gibraltar	Colin Bensadon Oliver Quick Gavin Santos Matthew Sivers	3:47.54
10th	2	Åland	Gustav Carlsson Martin Hougberg Måns Lundberg Christopher Oksman	3:55.11

Last Result: 02/07/2009 15:19:26 Status: Confirmed 02/07/2009 15:20:36

Record/s for Men's 4 x 100m Freestyle Relay:

Event	Record	Holder	Island	Year
Men's 4 x 100m Freestyle Relay	03:24.87	Ian Hubert Jonathon le Noury Ben Lowndes Jeremy Osborne	Guernsey	2009

Swimming - Mixed 8 x 50m Freestyle Relay

Heat: Prelims

Position	Lane	Team	Members	Result
1st	1	Faroe Islands	Shaila millum Garðarnar Kári J. á Høvdanum Guðrun Holm Jacobsen Pál Joensen Pauli Øssursson Mohr Poula Øssursdóttir Mohr Mona Simonsen Andrass Thomsen	3:36.72
2nd	2	Jersey	Tom Gallichan Emma Glendening Katy Glendening Ben Le Clercq Grace Le Couillard Antoin Le Fevre Charlotte Manning	3:37.93
3rd	2	Isle of Man	Tom Bielich Katie Blaker Rachel Ganly Phillip Harrison Dane Harrop Hannah Howitt Heather Millar Jonathan Price	3:39.90
4th	2	Isle of Wight	Mark Alchin Rosemary Gard Stephanie Gard Rhys Hunt Shannen Morris Emily Orchard Andrew Teague Sam Tinson-Wood	3:40.10
5th	1	Shetland Islands	Felix Gifford Amy Harper Callum MacGregor Craig Nicolson Nicole Petursdottir Tom Raikes Andrea Strachan Jessika Swanson	3:40.22
6th	2	Guernsey	Paul Adkins Cody Butcher Matthew Butt Heather Chapman Louisa Jurkiewicz Jonathon Le Noury Rachael Le Page	3:42.69
6th	2	Menorca	Monica De Pablo Sara De Pablo Ricardo García Juan José García Mesa Anna Gomila Josep Mercadal Mascaró Naomi Toomey Llorens Torres	3:42.69
8th	1	Gibraltar	Ashakylie Andrew Keiron Hermida John Paul Llanelo Karl Pardo Maxine Pardo Nathan Payas Maxine Porro Bodine Redman	3:58.71
9th	2	Åland	Jennie Hagman	4:11.18

Sara Helling
 Anton Holmberg
 Sofia Jonsson
 Björn Karlsson
 Lukas Karlsson
 Frans Manelius
 Linda Virta

Last Result: 02/07/2009 15:51:30 Status: Confirmed 02/07/2009 15:53:27

Heat: Final

Position	Lane	Team	Members	Result
1st	1	Faroe Islands	Shaila millum Garðarnar Kári J. á Høvdanum Guðrun Holm Jacobsen Pál Joensen Pauli Øssursson Mohr Poula Øssursdóttir Mohr Mona Simonsen Andrass Thomsen	3:22.32
2nd	1	Jersey	Tom Gallichan Emma Glendening Katy Glendening Ben Le Clercq Grace Le Couillard Antoin Le Fevre Charlotte Manning	3:26.01
3rd	1	Guernsey	Paul Adkins Cody Butcher Matthew Butt Heather Chapman Louisa Jurkiewicz Jonathon Le Noury Rachael Le Page	3:28.81
4th	1	Isle of Man	Tom Bielich Katie Blaker Rachel Ganly Phillip Harrison Dane Harrop Hannah Howitt Heather Millar Jonathan Price	3:32.61
5th	1	Isle of Wight	Mark Alchin Rosemary Gard Stephanie Gard Rhys Hunt Shannen Morris Emily Orchard Andrew Teague Sam Tinson-Wood	3:37.84
6th	1	Shetland Islands	Felix Gifford Amy Harper Callum MacGregor Craig Nicolson Nicole Petursdottir Tom Raikes Andrea Strachan Jessika Swanson	3:40.68
7th	1	Menorca	Monica De Pablo Sara De Pablo Ricardo García Juan José García Mesa Anna Gomila Josep Mercadal Mascaró Naomi Toomey Llorens Torres	3:40.85
8th	1	Gibraltar	Ashakylie Andrew Keiron Hermida	4:02.69

John Paul Llanelo
Karl Pardo
Maxine Pardo
Nathan Payas
Maxine Porro
Bodine Redman

Last Result: 02/07/2009 19:14:27 Status: Confirmed 02/07/2009 19:15:02

Record/s for Mixed 8 x 50m Freestyle Relay:

Event	Record	Holder	Island	Year
Mixed 8 x 50m Freestyle Relay	03:22.32	P Mohr Pa Mohr G Jacobsen K Hovdanum M Simonsen A Thomsen S Garoarnar P Joensen	Faroe Islands	2009