

Island Games Records

Men

| | | | | | | | | | |
|---------------------|----------|------|---|--|------------|----------------|------|------------------|--|
| 100 m | 10,17 | 3,9 | w | Kemar | Hyman | Cayman Islands | 2017 | Gotland | |
| 100 m | 10,34 | 0,6 | | Harold | Houston | Bermuda | 2013 | Bermuda | |
| 200 m | 21,05 | 0,8 | | Harold | Houston | Bermuda | 2013 | Bermuda | |
| 400 m | 46,33 | | | Jamal | Walton | Cayman Islands | 2017 | Gotland | |
| 800 m | 1:50,37 | | | Mike | Guegan | Jersey | 1993 | Isle of Wight | |
| 1500 m | 3:48,45 | | | Keith | Gerrard | Isle of Man | 2011 | Isle of Wight | |
| 5000 m | 14:21,35 | | | Lee | Merrien | Guernsey | 2009 | Åland | |
| 10000 m | 30:03,64 | | | Janne | Holmén | Åland | 2009 | Åland | |
| 3000 m steeplechase | 8:57,46 | | | Mikael | Nordblom | Åland | 1993 | Isle of Wight | |
| Half Marathon | 1:06,34 | | | Janne | Holmén | Åland | 2009 | Åland | |
| Marathon | 2:35,55 | m | | Absalon | Hansen | Faroe Islands | 1989 | Faroe Islands | |
| 10000 m Walk | 45:06,0 | m | | Steve | Partington | Isle of Man | 1985 | Isle Of Man | |
| 110 m hurdles | 13,62 | 2,3 | w | Ronald | Forbes | Cayman Islands | 2015 | Jersey | |
| 110 m hurdles | 14,65 | -1,0 | | Dale | Garland | Guernsey | 2005 | Shetland Islands | |
| 400 m hurdles | 50,41 | | | James | Forman | Isle of Wight | 2011 | Isle of Wight | |
| Long Jump | 762 | 0,1 | | Carl | Morgan | Cayman Islands | 2011 | Isle of Wight | |
| Long Jump | 773 | | w | Mattias | Sunneborn | Gotland | 1993 | Isle of Wight | |
| Triple Jump | 15,68 | 0,0 | | Carl | Morgan | Cayman Islands | 2011 | Isle of Wight | |
| High Jump | 2,13 | | | Martin B | Aram | Isle of Man | 2003 | Guernsey | |
| Pole Vault | 462 | | | Bo | Jacobsson | Gotland | 1999 | Gotland | |
| Shot Put | 18,10 | | | Zane | Duquemin | Jersey | 2015 | Jersey | |
| Discus | 57,23 | | | Zane | Duquemin | Jersey | 2015 | Jersey | |
| Javelin | 73,39 | | | Alexander | Pascal | Cayman Islands | 2017 | Gotland | |
| Hammer | 70,61 | | | Andy | Frost | Isle of Wight | 2011 | Isle of Wight | |
| 4 x 100 m | 41,10 | | | Team | CAY 2013 | Cayman Islands | 2013 | Bermuda | |
| | | | | Rhymiech Adolphus, David Hamil, Carl Morgan, Carlos Morgan | | | | | |
| 4 x 400 m | 3:12,38 | | | Team | GUE 2009 | Guernsey | 2009 | Åland | |
| | | | | Matthew Bailey, Tom Druce, Dale Garland, Hywel Robinson | | | | | |

Women

| | | | | | | | | | |
|---------------------|----------|------|---|---|--------------|----------------|------|---------------|--|
| 100 m | 11,94 | 0,0 | | Kylie | Robilliard | Guernsey | 2011 | Isle of Wight | |
| 200 m | 23,73 | -1,5 | | Cydonie | Mothersill | Cayman Islands | 1999 | Gotland | |
| 200 m | 23,27 | 0,9 | w | Cydonie | Mothersill | Cayman Islands | 2007 | Rhodes | |
| 400 m | 53,39 | | | Catherine | Reid | Isle of Man | 2015 | Jersey | |
| 800 m | 2:09,87 | | | Rachael | Franklin | Isle of Man | 2019 | Gibraltar | |
| 1500 m | 4:24,15 | | | Anna | Tait | Orkney | 2017 | Gotland | |
| 3000 m | 9:34,77 | | | Brenda | Walker | Isle of Man | 1991 | Åland | |
| 5000 m | 16:45,06 | | | Anna | Tait | Orkney | 2017 | Gotland | |
| 10000 m | 36:11,68 | | | Ann-Catrin | Nordman | Åland | 1997 | Jersey | |
| 3000 m Steeplechase | 10:58,28 | | | Marina | Bagur Olives | Menorca | 2019 | Gibraltar | |
| Half Marathon | 1:13,35 | | | Brenda | Walker | Isle of Man | 1991 | Åland | |
| Marathon | 3:23,42 | m | | Ann | Gomer | Isle of Man | 1989 | Faroe Islands | |
| 3000 m Walk | 15:23,0 | m | | Joanne | Clarke | Isle of Man | 1987 | Guernsey | |
| 100 m hurdles | 14,39 | -0,3 | | Kelly | Southerton | Isle of Wight | 1997 | Jersey | |
| 400 m hurdles | 60,72 | | | Diana | Lindqvist | Åland | 1991 | Åland | |
| Long Jump | 593 | 0,0 | | Hanna | Wiss | Åland | 2011 | Isle of Wight | |
| Long Jump | 619 | 3,7 | w | Kärt | Õunapuu | Saaremaa | 2019 | Gibraltar | |
| Triple Jump | 12,64 | 0,6 | | Jasmine | Brunson | Bermuda | 2013 | Bermuda | |
| High Jump | 1,78 | | | Linda | Treiel | Saaremaa | 2013 | Bermuda | |
| Shot Put | 14,16 | | | Linda | Treiel | Saaremaa | 2013 | Bermuda | |
| Discus | 48,58 | | | Shadine | Duquemin | Jersey | 2015 | Jersey | |
| Javelin -1999 | 50,84 | | | Linda | Lindqvist | Åland | 1997 | Jersey | |
| Javelin 1999- | 50,54 | | | Lauryn | Therin | Jersey | 2007 | Rhodes | |
| Hammer | 48,89 | | | Marit | Zahkna | Isle of Man | 2009 | Åland | |
| 4 x 100 m | 47,60 | | | Team | CAY 1999 | Cayman Islands | 1999 | Gotland | |
| | | | | Calicia Burke, Leslie Ann Daley, Schwannah McCarthy, Cydonie Mothersill, Crystal Robinson | | | | | |
| 4 x 400 m | 3:53,79 | | | Team | JER 2011 | Jersey | 2011 | Isle of Wight | |
| | | | | Gemma Dawkins, Hazel Le, Sophie Twinam, Claire Wilson | | | | | |