

Island Games Personal best

Women

100 m

11,94	0,0		Kylie	Robilliard	Guernsey	2011	Isle of Wight	1 Final	
12,00	2,6	w	Kelly	Southerton	Isle of Wight	1997	Jersey	1 Preliminary	Heat 1
12,08	-1,0		Danaa	Myhill/Callow	Isle of Man	1991	Åland	1 Final	
12,16	-2,0		Hanna	Wiss	Åland	2017	Gotland	1 Final	
12,21	1,4		Erica	Nordqvist	Åland	2007	Rhodes	1 Final	
12,24	1,2		Taahira	Butterfield	Bermuda	2015	Jersey	1 Final	
12,28	1,4		Ameilia	Gillispie	Cayman Islands	2013	Bermuda	1 Final	
12,29	1,4		Lucy	Beesley	Ynys Môn	2007	Rhodes	2 Final	
12,30	1,4		Melissa	Clarke	Bermuda	2007	Rhodes	3 Final	
12,32	1,2		Natasha	Trott	Bermuda	2015	Jersey	2 Final	
12,35	2,7	w	Jay	Peet	Guernsey	1997	Jersey	2 Final	
12,36	0,0		Teresa	Roberts	Guernsey	2011	Isle of Wight	4 Final	
12,37		w	Jessica	Kann	Gotland	1993	Isle of Wight	1 Semi Final	Heat 2
12,37	0,0		Emily	Young/Newton	Isle of Wight	2011	Isle of Wight	5 Final	
12,39	0,0		Victoria	Clarke	Bermuda	2011	Isle of Wight	6 Final	
12,39	-0,2		Chantelle	Morrison	Cayman Islands	2009	Åland	1 Semi Final	Heat 1
12,39	1,2		Faye	Cox	Shetland Islands	2015	Jersey	3 Final	
12,39	1,4		Faye	Richardson/Cox	Shetland Islands	2007	Rhodes	4 Final	
12,42	1,4		Kim	Murray	Isle of Wight	2007	Rhodes	5 Final	
12,44	0,1		Kelly	Southerton	Isle of Wight	1999	Gotland	1 Preliminary	Heat 3
12,50	3,0	w	Jenny	Holden	Isle of Wight	1993	Isle of Wight	2 Semi Final	Heat 1
12,50	1,2		Taylah	Spence	Orkney	2015	Jersey	4 Final	
12,50		w	Sharon	Mifsud/Celecia	Gibraltar	1993	Isle of Wight	2 Semi Final	Heat 2
12,51	-3,5		Sara	Wiss	Åland	2019	Gibraltar	1 Semi Final	Heat 1
12,51	-3,5		Katie	Dinwoodie	Shetland Islands	2019	Gibraltar	1 Semi Final	Heat 1
12,53	1,4		Kimberley	Gleeson	Guernsey	2007	Rhodes	7 Final	
12,54	-1,8		Jessica	Kann	Gotland	1991	Åland	2 Preliminary	Heat 3
12,54	-1,0		Jessica	Kann	Gotland	1991	Åland	2 Final	
12,54		w	Llinos	Hughes	Ynys Môn	2001	Isle of Man	1 Final	
12,55	1,2		Rochel	Gardener	Cayman Islands	2015	Jersey	5 Final	
12,55	-1,8		Sharon	Mifsud/Celecia	Gibraltar	1991	Åland	3 Preliminary	Heat 3
12,59	0,5		Sophie	Lewis	Ynys Môn	2011	Isle of Wight	4 Semi Final	Heat 1
12,60	2,6	w	Ellen	Richings	Jersey	1997	Jersey	2 Preliminary	Heat 1
12,62	-2,2		Jenna	Gaio	Cayman Islands	2005	Shetland Islands	1 Final	
12,63	-0,2		Crystal	Robinson	Cayman Islands	1999	Gotland	3 Final	
12,64	3,0	w	Julie	Moore/Harrison	Isle of Man	1997	Jersey	2 Preliminary	Heat 3
12,65	-2,9		Danika	Lyn	Cayman Islands	2019	Gibraltar	2 Semi Final	Heat 2
12,65	1,3		Linn	Gustafsson	Åland	2013	Bermuda	2 Preliminary	Heat 2
12,66		w	Tara	Murphy	Jersey	2001	Isle of Man	3 Final	
12,69	2,3	w	Faith	Norster	Isle of Wight	2009	Åland	2 Preliminary	Heat 2
12,70	-1,7		Jay	Peet	Guernsey	1991	Åland	1 Preliminary	Heat 2
12,70		w	Nicola	Ellis	Ynys Môn	1993	Isle of Wight	3 Semi Final	Heat 2
12,71	1,2		Katrina	Lindsay	Jersey	2015	Jersey	6 Final	
12,73	0,6		Sheyla	Torres	Cayman Islands	2011	Isle of Wight	5 Semi Final	Heat 2
12,74	1		Faith	Norster	Isle of Wight	2009	Åland	2 Semi Final	Heat 2
12,5		m	w	Joy	Phelan	Guernsey	1987	Guernsey	2 Final
12,75	-3,5		Danielle	Bailey	Cayman Islands	2019	Gibraltar	3 Semi Final	Heat 1
12,76	-0,1		Ellen	Richings	Jersey	1999	Gotland	1 Preliminary	Heat 1
12,80	-2,0		Ida	Gillerfors	Gotland	2005	Shetland Islands	2 Preliminary	Heat 2
12,80	0,1		Calicia	Burke	Cayman Islands	1999	Gotland	2 Preliminary	Heat 3
12,81	1,4		Charlotte	Bawden	Isle of Man	2013	Bermuda	3 Preliminary	Heat 1
12,82		w	Eva	Holmberg	Åland	1993	Isle of Wight	4 Semi Final	Heat 2
12,82	0,6		Sarah	Halligan	Isle of Man	2011	Isle of Wight	6 Semi Final	Heat 2
12,82	3,0	w	Gabriella	Falero	Gibraltar	1993	Isle of Wight	4 Semi Final	Heat 1
12,82	-2,9		Bethan	Pilley	Isle of Man	2019	Gibraltar	3 Semi Final	Heat 2
12,82	2,7	w	Danielle	Ross	Isle of Man	2009	Åland	3 Preliminary	Heat 3
12,82	2,7	w	Denise	Russo	Gibraltar	1997	Jersey	6 Final	
12,83	1,2		Sophie	Moar	Shetland Islands	2015	Jersey	7 Final	
12,83	-0,1		Maja	Almgren	Gotland	2015	Jersey	2 Preliminary	Heat 2
12,83	2,3	w	Ciara	McDonnell	Isle of Man	2009	Åland	3 Preliminary	Heat 2

12,6	m	w	Annette	Holmberg	Åland	1987	Guernsey	3 Final	
12,85		3,0	w	Sofia	Sjölund	Åland	1993	Isle of Wight	5 Semi Final Heat 1
12,85			w	Hilary	Arthur	Isle of Man	1993	Isle of Wight	5 Semi Final Heat 2
12,90		1		Danielle	Ross	Isle of Man	2009	Åland	3 Semi Final Heat 2
12,92		-0,5		Ángela	López Martí	Menorca	2007	Rhodes	2 Preliminary Heat 2
12,93		2,3	w	Regina	Williams	Guernsey	1997	Jersey	1 Preliminary Heat 2
12,94		-1,7		Sarah	Dowling/Halligan	Isle of Man	2005	Shetland Islands	3 Preliminary Heat 3
12,95		-0,2		Maria	Koza	Rhodes	2007	Rhodes	4 Preliminary Heat 1
12,95		-1,7		Julie	Moore/Harrison	Isle of Man	1991	Åland	2 Preliminary Heat 2
12,96			w	Danielle	Troke	Guernsey	2003	Guernsey	1 Preliminary Heat 2
12,96		1		Katerina	Nikolaou	Rhodes	2009	Åland	4 Semi Final Heat 2
12,96		1,4		Hannah	Lesbirel	Guernsey	2013	Bermuda	4 Preliminary Heat 1
12,97			w	Rozda	Karatzopol	Rhodes	2001	Isle of Man	4 Final
12,98		-1,7		Sofia	Sjölund	Åland	1991	Åland	3 Preliminary Heat 2
12,98		0,5		Molly	Jehan	Jersey	2011	Isle of Wight	6 Semi Final Heat 1
12,98		-1,4		Emma	Batiste	Guernsey	2003	Guernsey	3 Preliminary Heat 1
12,99		-0,2		Gemma	Dawkins	Jersey	2007	Rhodes	5 Preliminary Heat 1
12,99		-0,1		Bryony	Cain	Isle of Man	1999	Gotland	2 Preliminary Heat 1
13,00		2,6	w	Alwena	Griffiths	Ynys Môn	1997	Jersey	4 Preliminary Heat 1
13,00		2,6	w	Jane	Ryder	Isle of Man	1997	Jersey	3 Preliminary Heat 1
13,04		-0,1		Emily	Tait	Shetland Islands	1999	Gotland	3 Preliminary Heat 1
13,05		-0,1		Sofia	Södergårdh	Åland	2015	Jersey	4 Preliminary Heat 1
13,05		-1,1		Sarah	Stonebridge	Guernsey	1991	Åland	1 Preliminary Heat 1
13,05		2,7	w	Jenna	Murphy	Jersey	2009	Åland	4 Preliminary Heat 3
13,05		-0,2		Ciara	McDonnell	Isle of Man	2009	Åland	5 Semi Final Heat 1
13,06		-2,8		Meghan	Pilley	Isle of Man	2017	Gotland	3 Semi Final Heat 1
13,07		2,3	w	Frida	Björkegren	Gotland	2009	Åland	5 Preliminary Heat 2
13,07		-1,5		Harriet	Pryke	Isle of Man	2005	Shetland Islands	3 Preliminary Heat 1
13,09		-2,1		Abigail	Galpin	Guernsey	2017	Gotland	3 Preliminary Heat 1
13,10		-0,1		Hannah	Barrett	Guernsey	2015	Jersey	4 Preliminary Heat 2
13,10			w	Maria	Löfroth	Åland	1995	Gibraltar	4 Final
13,11		-3,5		Shianne	Smith	Bermuda	2019	Gibraltar	4 Semi Final Heat 1
13,12			w	Catrin	Kennedy	Ynys Môn	2001	Isle of Man	6 Final
13,13		-2,0		Laura	Arblaster	Guernsey	2005	Shetland Islands	3 Preliminary Heat 2
13,14		0,1		Rosie	Brown	Isle of Man	1999	Gotland	3 Preliminary Heat 3
13,14		-1,5		Bryony	Muir	Orkney	2005	Shetland Islands	4 Preliminary Heat 1
13,15			w	Rachel	Cursiter	Orkney	2001	Isle of Man	8 Final
13,15		0,2		Victoria	Mann	Guernsey	2015	Jersey	4 Preliminary Heat 3
13,15		-0,1		Helen	Powell	Shetland Islands	1999	Gotland	4 Preliminary Heat 1
13,16		-2,0		Eve	Carrington	Western Isles	2005	Shetland Islands	4 Preliminary Heat 2
13,18		0,1		Rebecca	Orpin	Jersey	1999	Gotland	4 Preliminary Heat 3
13,20		-0,1		Jenny	Mactaggart	Western Isles	2015	Jersey	5 Preliminary Heat 2
13,20		0,6		Mared	Baker	Ynys Môn	2011	Isle of Wight	7 Semi Final Heat 2
13,20		2,7	w	Helen Victoria	Butler	Jersey	2009	Åland	5 Preliminary Heat 3
13,20			w	Kate	Cadigan	Jersey	1995	Gibraltar	5 Final
13,20		2,3	w	Sarah	Williams	Jersey	1997	Jersey	3 Preliminary Heat 2
13,20			w	Lyzanne	Zammit	Gibraltar	1995	Gibraltar	5 Final
13,20		1		Helen Victoria	Butler	Jersey	2009	Åland	5 Semi Final Heat 2
13,20		1,4		Jenny	Mactaggart	Western Isles	2013	Bermuda	5 Preliminary Heat 1
13,21		1		Jenna	Murphy	Jersey	2009	Åland	6 Semi Final Heat 2
13,21			w	Zoe	Kennish	Isle of Man	2003	Guernsey	3 Preliminary Heat 2
13,22		-0,5		Amy	Dingle	Jersey	2007	Rhodes	3 Preliminary Heat 2
13,23		-0,1		Zyanne	Hook	Gibraltar	2015	Jersey	6 Preliminary Heat 2
13,23		-1,1		Denise	Montgomery	Jersey	1991	Åland	2 Preliminary Heat 1
13,24		2,5	w	Megan	Smith	Shetland Islands	2009	Åland	3 Preliminary Heat 1
13,0	m		w	Hilary	Donaldson/Renda	Orkney	1987	Guernsey	6 Final
13,0	m		w	S	Maynard	Jersey	1987	Guernsey	3 Preliminary Heat 1
13,0	m		w	Hilary	Lissenden	Jersey	1987	Guernsey	5 Final
13,0	m		w	Hilary	Donaldson/Renda	Orkney	1987	Guernsey	2 Preliminary Heat 3
13,26		-0,5		Alexandra	Blake	Ynys Môn	2007	Rhodes	4 Preliminary Heat 2
13,29		-0,1		Abbie	Mackay	Western Isles	2015	Jersey	5 Preliminary Heat 1
13,30		-0,5		Anissa	Owen	Cayman Islands	2007	Rhodes	4 Preliminary Heat 3
13,31		-1,8		Sharon	Thomson	Orkney	1991	Åland	4 Preliminary Heat 3
13,32		-0,1		Joelle	Gilbert	Gibraltar	2015	Jersey	6 Preliminary Heat 1
13,33		-0,1		Sophie	Jones	Ynys Môn	2015	Jersey	7 Preliminary Heat 1
13,34		-3,5		Sian	Smith	Orkney	2019	Gibraltar	5 Semi Final Heat 1
13,34		1,3		Jodie	Drever	Orkney	2013	Bermuda	3 Preliminary Heat 2
13,1	m		w	Donna	McHill	Isle of Man	1985	Isle Of Man	5 Final

13,36	-1,1		Charity	Becker	Prince Edward Island	1991	Åland	3 Preliminary	Heat 1
13,36	-3,5		Sian Louise	Macdonald	Western Isles	2019	Gibraltar	6 Semi Final	Heat 1
13,36	-0,5		Stephanie	Sheriff	Gibraltar	2007	Rhodes	5 Preliminary	Heat 3
13,40	0,1		Alwena	Griffiths	Ynys Môn	1999	Gotland	5 Preliminary	Heat 3
13,41	0,2		Bube	Popo	Jersey	2015	Jersey	6 Preliminary	Heat 3
13,41	0,5		Paige	Baldwin	Isle of Wight	2011	Isle of Wight	8 Semi Final	Heat 1
13,41	0,2		Amy	Davis	Orkney	2015	Jersey	5 Preliminary	Heat 3
13,41	2,7	w	Sophie	Roberts	Ynys Môn	2009	Åland	6 Preliminary	Heat 3
13,43	-1,4		Claire	Jones	Isle of Wight	2003	Guernsey	4 Preliminary	Heat 1
13,44	-1,7		Kayti	Jeromson	Shetland Islands	2005	Shetland Islands	5 Preliminary	Heat 3
13,2	m	w	Barbara	Thomas	St. Helena	1987	Guernsey	4 Preliminary	Heat 1
13,45	2,5	w	Kristy	Grant	Guernsey	2009	Åland	5 Preliminary	Heat 1
13,46	-1,4		Ciara	Ahern	Jersey	2003	Guernsey	5 Preliminary	Heat 1
13,48	-2,9		Sharon	Henry	St. Helena	1999	Gotland	4 Preliminary	Heat 2
13,48	2,3	w	Linda	Andersson	Åland	1997	Jersey	4 Preliminary	Heat 2
13,49	0,6		Megan	Smith	Shetland Islands	2011	Isle of Wight	8 Semi Final	Heat 2
13,51	-2,9		Alda	Sigurdsdóttir Lam	Faroe Islands	2019	Gibraltar	7 Semi Final	Heat 2
13,51	-0,5		Suzanne	Clifton	Isle of Wight	2007	Rhodes	5 Preliminary	Heat 2
13,53	3,0	w	Joanna	Holbrook	Isle of Wight	1997	Jersey	4 Preliminary	Heat 3
13,3	m	w	Janette	Duncan	Isle of Man	1987	Guernsey	3 Preliminary	Heat 2
13,58	-2,8		Mhia	Mouat	Shetland Islands	2017	Gotland	6 Semi Final	Heat 1
13,61	3,0	w	Katarina	Fagerström	Åland	1997	Jersey	6 Preliminary	Heat 3
13,63	1,4		Ida	Boedeker	Åland	2013	Bermuda	6 Preliminary	Heat 1
13,4	m	w	Hilary	Donaldson	Orkney	1985	Isle Of Man	1 Final	
13,4	m	w	Lynn	Butcher	Isle of Wight	1987	Guernsey	3 Preliminary	Heat 3
13,4	m	w	Sharon	Corlett	Isle of Man	1985	Isle Of Man	2 Final	
13,65	-3,5		Elisabet	Holm Simonsen	Faroe Islands	2019	Gibraltar	8 Semi Final	Heat 1
13,70	2,3	w	Carolynn	Leslie	Orkney	2009	Åland	6 Preliminary	Heat 2
13,70	w		Minna	Roiha	Åland	1995	Gibraltar	3 Preliminary	Heat 2
13,73	-1,5		Camilla	Olsson	Gotland	2005	Shetland Islands	5 Preliminary	Heat 1
13,74	-4,8		Jasmine	Norman	Guernsey	2019	Gibraltar	5 Preliminary	Heat 3
13,74	-2,9		Catrin	Kennedy	Ynys Môn	1999	Gotland	5 Preliminary	Heat 2
13,74		w	Kristan	Robertson	Shetland Islands	2003	Guernsey	4 Preliminary	Heat 3
13,5	m	w	Naidelys	Eden	Cayman Islands	2001	Isle of Man	5 Preliminary	Heat 2
13,5	m	w	Dawn	Hodge	Isle of Wight	1989	Faroe Islands	3 Semi Final	Heat 1
13,77	-2,9		Kaie	Kand	Saaremaa	1999	Gotland	6 Preliminary	Heat 2
13,80	-4,3		Amelia	Hucks	Ynys Môn	2019	Gibraltar	7 Preliminary	Heat 2
13,80		w	Rebecca	Carter	Jersey	1995	Gibraltar	4 Preliminary	Heat 2
13,80	2,6	w	Marie	Peterson/Stemp	Shetland Islands	1997	Jersey	5 Preliminary	Heat 1
13,80	1,3		Tiffany	Brannan	Ynys Môn	2013	Bermuda	5 Preliminary	Heat 2
13,81	-2,0		Natalie	Warner	Jersey	2005	Shetland Islands	6 Preliminary	Heat 2
13,81	2,3	w	Kathryn	Dray	Shetland Islands	1997	Jersey	5 Preliminary	Heat 2
13,82	2,5	w	Allie	Elphinstone	Shetland Islands	2009	Åland	6 Preliminary	Heat 1
13,83	-4,8		Mia	Maclver	Orkney	2017	Gotland	4 Preliminary	Heat 4
13,84	2,3	w	Rachel	Stockan	Orkney	1997	Jersey	6 Preliminary	Heat 2
13,6	m	w	Vanessa	Neal	Isle of Man	1985	Isle Of Man	6 Final	
13,85	0,2		Alexia	Reynolds	St. Helena	2015	Jersey	7 Preliminary	Heat 3
13,87	-2,1		Mya	Zarb	Gibraltar	2017	Gotland	5 Preliminary	Heat 1
13,87	-1,1		Merike	Salu	Saaremaa	1991	Åland	4 Preliminary	Heat 1
13,88	-0,5		May	Williamson	Shetland Islands	2007	Rhodes	6 Preliminary	Heat 3
13,88	-1,1		Ann-Katrin	Jansson	Åland	1991	Åland	5 Preliminary	Heat 1
13,95	-2,3		Ulrika	Evjen	Gotland	2017	Gotland	4 Preliminary	Heat 3
13,99	-0,1		Emily Grace	Ridges	Ynys Môn	2015	Jersey	7 Preliminary	Heat 2
14,02		w	Tessa	Roberts	St. Helena	2003	Guernsey	5 Preliminary	Heat 3
14,02	-1,4		Emma	Jones	Ynys Môn	2003	Guernsey	6 Preliminary	Heat 1
13,8	m	w	Tove	Andersson	Åland	2001	Isle of Man	4 Preliminary	Heat 1
14,07	-3,0		Sophie	Roberts	Ynys Môn	2017	Gotland	4 Preliminary	Heat 2
14,10	-4,9		Trinity	Johnson	Western Isles	2019	Gibraltar	5 Preliminary	Heat 1
14,10	-4,3		Mollie	Butler	Isle of Wight	2019	Gibraltar	8 Preliminary	Heat 2
14,12	-2,3		Greete	Vapper	Saaremaa	2011	Isle of Wight	7 Preliminary	Heat 1
14,13	-2,2		Kai	Kreos	Saaremaa	2011	Isle of Wight	6 Preliminary	Heat 3
14,14		w	Angela	Le Plongeon	Jersey	1993	Isle of Wight	6 Semi Final	Heat 2
13,9	m	w	Aline	Cross	Orkney	1989	Faroe Islands	6 Final	
13,9	m	w	Sonja	Kidron	Åland	2001	Isle of Man	3 Preliminary	Heat 3
14,22	-4,8		Angelique	Sheppard Capurro	Gibraltar	2019	Gibraltar	7 Preliminary	Heat 3
14,24		w	Gemma	Stapleton	Isle of Wight	1995	Gibraltar	4 Preliminary	Heat 1
14,27	-1,7		Helen	Cromarty	Orkney	1991	Åland	5 Preliminary	Heat 2
14,29		w	Claire	Martin	Isle of Wight	1995	Gibraltar	3 Preliminary	Heat 3

14,1	m		w	Janine	Priaulx	Guernsey	1985	Isle Of Man	3	Final	
14,40		-4,8		Erin	Maloney	Ynys Môn	2019	Gibraltar	8	Preliminary	Heat 3
14,42		-4,9		Holly	Whitter	Isle of Wight	2019	Gibraltar	7	Preliminary	Heat 1
14,3	m	6,5	w	Andrea	Nielsen	Faroe Islands	1989	Faroe Islands	4	Semi Final	Heat 1
14,3	m		w	Terrah	Elliott	Orkney	1987	Guernsey	5	Preliminary	Heat 1
14,56		-0,2		Alba	Febrer Comendad	Menorca	2007	Rhodes	6	Preliminary	Heat 1
14,72			w	Stephanie	Harper	Shetland Islands	2003	Guernsey	4	Preliminary	Heat 2
14,5	m		w	Lorraine	Gilmore	Orkney	1985	Isle Of Man	7	Final	
14,5	m		w	Valmai	Roberts	Anglesey	1987	Guernsey	4	Preliminary	Heat 2
14,6	m		w	N	Martin	Anglesey	1987	Guernsey	4	Preliminary	Heat 3
14,7	m	9,3	w	Simona	Nielsen	Faroe Islands	1989	Faroe Islands	4	Semi Final	Heat 2
14,99		-2,3		Sunna-Jan	Thomas	St. Helena	2017	Gotland	5	Preliminary	Heat 3
15,03		1,3		Hazel	Fowmes	Falkland Islands	2013	Bermuda	6	Preliminary	Heat 2
14,8	m		w	Caroline	Budge	Orkney	1985	Isle Of Man	8	Final	
15,5	m		w	Jackie	Black	Shetland Islands	1985	Isle Of Man	4	Final	
15,5	m		w	Susan	Amorgie	Sark	1987	Guernsey	5	Preliminary	Heat 2

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23,27		0,9	w	Cydonie	Mothersill	Cayman Islands	2007	Rhodes	1	Final	
23,73		-1,5		Cydonie	Mothersill	Cayman Islands	1999	Gotland	1	Preliminary	Heat 1
24,47		1,9		Bryony	Cain	Isle of Man	2001	Isle of Man	4	Preliminary	Heat 3
24,64		0,4		Katie	Dinwoodie	Shetland Islands	2019	Gibraltar	1	Final	
24,65		0,4		Taylah	Spence	Orkney	2019	Gibraltar	2	Final	
24,69		4,5	w	Hannah	Lesbirel	Guernsey	2017	Gotland	1	Final	
24,76		0,5		Harriet	Pryke	Isle of Man	2011	Isle of Wight	1	Final	
24,87		0,7		Shianne	Smith	Bermuda	2013	Bermuda	1	Final	
24,92		4,5	w	Taahira	Butterfield	Bermuda	2017	Gotland	2	Final	
24,99		0,4		Abigail	Galpin	Guernsey	2019	Gibraltar	3	Final	
25,01		-0,7		Danaa	Myhill/Callow	Isle of Man	1991	Åland	1	Final	
25,08		1,7		Gemma	Dawkins	Jersey	2009	Åland	1	Final	
25,11			w	Julie	Moore/Harrison	Isle of Man	1995	Gibraltar	1	Final	
25,12		0,5		Hanna	Wiss	Åland	2011	Isle of Wight	2	Final	
25,15		0,4		Danika	Lyn	Cayman Islands	2019	Gibraltar	4	Final	
25,16		0,6		Jenny	Holden	Isle of Wight	1997	Jersey	1	Final	
25,17		4,5	w	Faye	Cox	Shetland Islands	2017	Gotland	3	Final	
25,26		0,7		Ameilia	Gillispie	Cayman Islands	2013	Bermuda	2	Final	
25,26		4,5	w	Shalysa	Wray	Cayman Islands	2017	Gotland	1	Semi Final	Heat 1
25,31		-1,7		Georgia	Koumnaki	Rhodes	2001	Isle of Man	1	Final	
25,32		0,9	w	Melissa	Clarke	Bermuda	2007	Rhodes	2	Final	
25,39		0,9	w	Erica	Nordqvist	Åland	2007	Rhodes	4	Final	
25,40		-1,9		Hannah	Lesbirel	Guernsey	2017	Gotland	1	Preliminary	Heat 3
25,40		0,5		Erica	Nordqvist	Åland	2011	Isle of Wight	3	Final	
25,43		0,4		Ashleigh	Lachenicht	Isle of Man	2019	Gibraltar	5	Final	
25,46		1,7		Mags	MacRae	Orkney	2009	Åland	3	Final	
25,48		0,4		Faye	Cox	Shetland Islands	2019	Gibraltar	6	Final	
25,51		1,1		Taahira	Butterfield	Bermuda	2015	Jersey	1	Final	
25,55		0,5		Kim	Murray	Isle of Wight	2011	Isle of Wight	4	Final	
25,55		-0,7		Sharon	Mifsud/Celecia	Gibraltar	1991	Åland	2	Final	
25,55		1,7		Kylie	Robilliard	Guernsey	2009	Åland	4	Final	
25,56		3,3	w	Molly	Morgan	Shetland Islands	2017	Gotland	4	Semi Final	Heat 2
25,59		0,5		Emily	Young/Newton	Isle of Wight	2011	Isle of Wight	5	Final	
25,60		0,6		Julie	Moore/Harrison	Isle of Man	1997	Jersey	2	Final	
25,62		0,4		Sarah	Dowling/Halligan	Isle of Man	2009	Åland	1	Semi Final	Heat 1
25,62		1,1		Natasha	Trott	Bermuda	2015	Jersey	2	Final	
25,65		-1,0		Faye	Richardson/Cox	Shetland Islands	2005	Shetland Islands	1	Semi Final	Heat 2
25,66		-1,5		Melissa	Clarke	Bermuda	2011	Isle of Wight	2	Preliminary	Heat 1
25,69		-1,5		Teresa	Roberts	Guernsey	2011	Isle of Wight	3	Preliminary	Heat 1
25,69		-1,2		Jenna	Gaio	Cayman Islands	2005	Shetland Islands	1	Semi Final	Heat 1
25,78		-1,0		Ida	Gillerfors	Gotland	2005	Shetland Islands	2	Semi Final	Heat 2
25,81		4,5	w	Jasmine	Norman	Guernsey	2017	Gotland	3	Semi Final	Heat 1
25,90		-0,7		Jay	Peet	Guernsey	1991	Åland	3	Final	
25,90		-1,8		Crystal	Robinson	Cayman Islands	1999	Gotland	1	Preliminary	Heat 2
25,94		0,4		Danielle	Bailey	Cayman Islands	2019	Gibraltar	7	Final	
25,98		0,6		Ellen	Richings	Jersey	1997	Jersey	3	Final	
25,99			w	Katrina	Lindsay	Jersey	2015	Jersey	2	Semi Final	Heat 1
26,02		0,2		Sarah	Halligan	Isle of Man	2011	Isle of Wight	3	Preliminary	Heat 2
26,03		3,3	w	Ffion	Roberts	Ynys Môn	2019	Gibraltar	3	Semi Final	Heat 1
26,04		-0,1		Shalysa	Wray	Cayman Islands	2017	Gotland	1	Preliminary	Heat 1

26,06	1,7	Faith	Norster	Isle of Wight	2009	Åland	6 Final	
26,06	1,9	Llinos	Hughes	Ynys Môn	2001	Isle of Man	1 Preliminary	Heat 3
26,07	-3,4	Kelly	Southerton	Isle of Wight	1999	Gotland	2 Final	
26,07	-1,2	Helen	Davis	Isle of Wight	2005	Shetland Islands	4 Preliminary	Heat 3
26,08	4,5	w Cleo	Leather	Jersey	2017	Gotland	4 Semi Final	Heat 1
26,11		w Lucy	Beesley	Ynys Môn	2007	Rhodes	2 Preliminary	Heat 3
26,12	-1,0	Laura	Arblaster	Guernsey	2005	Shetland Islands	4 Semi Final	Heat 2
26,13	0,2	Victoria	Clarke	Bermuda	2011	Isle of Wight	4 Preliminary	Heat 2
26,13	0,4	Ffion	Roberts	Ynys Môn	2019	Gibraltar	8 Final	
26,22	-1,9	Molly	Morgan	Shetland Islands	2017	Gotland	2 Preliminary	Heat 3
26,24	-1,5	Sophie	Lewis	Ynys Môn	2011	Isle of Wight	5 Preliminary	Heat 1
26,26		w Rochel	Gardener	Cayman Islands	2015	Jersey	3 Semi Final	Heat 1
26,26	3,3	w Zyanne	Hook	Gibraltar	2017	Gotland	5 Semi Final	Heat 2
26,28	4,5	w Laura	Bevington	Gibraltar	2017	Gotland	5 Semi Final	Heat 1
26,28	3,3	w Bella	Lindgren de Flon	Gotland	2019	Gibraltar	4 Semi Final	Heat 1
26,29	3,3	w Eilidh Mairi	Macleod	Western Isles	2017	Gotland	6 Semi Final	Heat 2
26,29	0,1	Jasmine	Norman	Guernsey	2017	Gotland	3 Preliminary	Heat 4
26,31	1,1	Katrina	Lindsay	Jersey	2015	Jersey	5 Final	
26,33	1,1	Rochel	Gardener	Cayman Islands	2015	Jersey	6 Final	
26,35	1,0	Bella	Lindgren de Flon	Gotland	2019	Gibraltar	4 Preliminary	Heat 2
26,36	-0,7	Sofia	Sjölund	Åland	1991	Åland	4 Final	
26,37		w Camilla	Olsson	Gotland	2011	Isle of Wight	6 Semi Final	Heat 1
26,39	0,2	Bethany	Carridge	Isle of Man	2019	Gibraltar	3 Preliminary	Heat 3
26,40	1,6	Margit	Weihe Fríðmunds	Faroe Islands	2019	Gibraltar	4 Preliminary	Heat 1
26,43	-1,5	Sheyla	Torres	Cayman Islands	2011	Isle of Wight	6 Preliminary	Heat 1
26,43	-1,6	Sarah	Stonebridge	Guernsey	1991	Åland	1 Preliminary	Heat 1
26,48	0,4	Gabriella	Falero	Gibraltar	1993	Isle of Wight	1 Semi Final	Heat 2
26,48	0,1	Zyanne	Hook	Gibraltar	2017	Gotland	4 Preliminary	Heat 4
26,50	-1,2	Eve	Carrington	Western Isles	2005	Shetland Islands	4 Semi Final	Heat 1
26,50	1,0	Lucy	Woodward	Jersey	2019	Gibraltar	5 Preliminary	Heat 2
26,51	4,2	w Nicola	Ellis	Ynys Môn	1993	Isle of Wight	4 Semi Final	Heat 1
26,54	0,4	Katerina	Nikolaou	Rhodes	2009	Åland	4 Semi Final	Heat 1
26,3	m	w Denise	Montgomery	Jersey	1987	Guernsey	1 Final	
26,55	-0,7	Catrin	Kennedy	Ynys Môn	2001	Isle of Man	2 Preliminary	Heat 1
26,57	-1,6	Dawn	Jospeh	Jersey	1991	Åland	3 Preliminary	Heat 1
26,60	-1,2	Nicola Kate	Stretton	Ynys Môn	2005	Shetland Islands	5 Semi Final	Heat 1
26,60		w Denise	Russo	Gibraltar	1995	Gibraltar	2 Preliminary	Heat 3
26,62	1,3	Naidelys	Eden	Cayman Islands	2001	Isle of Man	1 Preliminary	Heat 2
26,63	1,0	w Tove	Andersson	Åland	2003	Guernsey	1 Preliminary	Heat 3
26,64	-1,5	Julie	Ramsay	Shetland Islands	1999	Gotland	2 Preliminary	Heat 1
26,67		w Kristi	Grant	Shetland Islands	2015	Jersey	4 Semi Final	Heat 1
26,67	1,3	Elicia	Bravo	Gibraltar	2001	Isle of Man	2 Preliminary	Heat 2
26,67	1,6	Camilla	Olsson	Gotland	2011	Isle of Wight	4 Preliminary	Heat 3
26,68	0,2	Eilidh Mairi	Macleod	Western Isles	2019	Gibraltar	4 Preliminary	Heat 3
26,68	0,2	Emma	Le Conte	Guernsey	2011	Isle of Wight	5 Preliminary	Heat 2
26,70	-0,8	Cleo	Leather	Jersey	2017	Gotland	2 Preliminary	Heat 2
26,71		w Linn	Gustafsson	Åland	2015	Jersey	5 Semi Final	Heat 1
26,72	0,6	Denise	Russo	Gibraltar	1997	Jersey	5 Final	
26,72	-1,0	Bryony	Muir	Orkney	2005	Shetland Islands	6 Semi Final	Heat 2
26,75		w Stephanie	Ozanne	Guernsey	2003	Guernsey	2 Preliminary	Heat 1
26,78		w Kimberley	Gleeson	Guernsey	2007	Rhodes	2 Preliminary	Heat 2
26,81	-1,2	Emily	Tait	Shetland Islands	1999	Gotland	4 Preliminary	Heat 3
26,81	3,3	w Adina	Renlund	Åland	2019	Gibraltar	6 Semi Final	Heat 1
26,83	0,2	Adina	Renlund	Åland	2019	Gibraltar	5 Preliminary	Heat 3
26,90	0,7	Hannah	Riley	Isle of Man	2013	Bermuda	5 Final	
26,91	-0,9	Charlotte	Bawden	Isle of Man	2013	Bermuda	2 Preliminary	Heat 2
26,93	-1,4	w Zoe	Kennish	Isle of Man	2003	Guernsey	4 Final	
26,94	4,2	w Maria	Löfroth	Åland	1993	Isle of Wight	6 Semi Final	Heat 1
26,7	m	1,9 Cheryl	Done	Isle of Man	1989	Faroe Islands	2 Final	
26,96	0,2	Elisabet	Holm Simonsen	Faroe Islands	2019	Gibraltar	7 Preliminary	Heat 3
27,00	1,9	Rachel	Cursiter	Orkney	2001	Isle of Man	3 Preliminary	Heat 3
27,01	-0,1	Laura	Bevington	Gibraltar	2017	Gotland	3 Preliminary	Heat 1
27,04	-1,9	Ebba	Koskinen	Åland	2017	Gotland	3 Preliminary	Heat 3
27,05	1,0	Ellen	Hay	Orkney	2019	Gibraltar	6 Preliminary	Heat 2
27,06	0,4	Louise	Smith	Jersey	1993	Isle of Wight	2 Semi Final	Heat 2
27,06	1,3	Tove	Andersson	Åland	2001	Isle of Man	3 Preliminary	Heat 2
27,07	1,6	Amelia Elizabeth	Lees	Guernsey	2019	Gibraltar	5 Preliminary	Heat 1
27,10	-1,0	Kristi	Grant	Shetland Islands	2015	Jersey	3 Preliminary	Heat 1

27,11	-1,6	Sharon	Thomson	Orkney	1991	Åland	4 Preliminary	Heat 1
27,11	-1,8	Nicola	Ellis	Ynys Môn	1993	Isle of Wight	5 Final	
27,11	-0,9	Jenny	Mactaggart	Western Isles	2013	Bermuda	3 Preliminary	Heat 2
27,14	1,0	Sian Louise	Macdonald	Western Isles	2019	Gibraltar	7 Preliminary	Heat 2
27,14		w Amy	Davis	Orkney	2015	Jersey	6 Semi Final	Heat 1
26,9	m	w Annette	Holmberg	Åland	1987	Guernsey	3 Final	
27,15	1,6	Lucy	Drover	Isle of Wight	2019	Gibraltar	6 Preliminary	Heat 1
27,18	-1,9	Mia	Maclver	Orkney	2017	Gotland	4 Preliminary	Heat 3
27,22	-0,7	Rosie	Cursiter	Orkney	2001	Isle of Man	4 Preliminary	Heat 1
27,23		w Alwena	Griffiths	Ynys Môn	1995	Gibraltar	2 Preliminary	Heat 1
27,24	1,0	w Emma	Batiste	Guernsey	2003	Guernsey	3 Preliminary	Heat 3
27,26	-0,8	Megan	Smith	Shetland Islands	2009	Åland	3 Preliminary	Heat 2
27,28	-0,1	Meghan	Pilley	Isle of Man	2017	Gotland	4 Preliminary	Heat 1
27,32	0,6	Maria	Löfroth	Åland	1997	Jersey	6 Final	
27,37	-1,2	Sharon	Henry	St. Helena	1999	Gotland	6 Preliminary	Heat 3
27,37	-0,5	Helen Victoria	Butler	Jersey	2009	Åland	3 Preliminary	Heat 4
27,39	1,3	Emma	Batiste	Guernsey	2001	Isle of Man	4 Preliminary	Heat 2
27,40	-1,5	Deirdre	McLoughlin	Isle of Man	1999	Gotland	3 Preliminary	Heat 1
27,41	-1,0	Linn	Gustafsson	Åland	2015	Jersey	3 Preliminary	Heat 2
27,42	-5,6	Stephanie	Sheriff	Gibraltar	2005	Shetland Islands	4 Preliminary	Heat 4
27,42		w Kate	Cadigan	Jersey	1995	Gibraltar	3 Preliminary	Heat 1
27,43		w Stephanie	Le Cornu	Jersey	2007	Rhodes	5 Preliminary	Heat 3
27,46	1,3	Christina	Petra	Rhodes	2001	Isle of Man	5 Preliminary	Heat 2
27,51	-0,7	Katie	Taylor	Isle of Wight	2001	Isle of Man	5 Preliminary	Heat 1
27,51	4,2	w Helén	Löfquist	Gotland	1993	Isle of Wight	7 Semi Final	Heat 1
27,54	0,4	Ulrika	Lundgren	Gotland	1993	Isle of Wight	3 Semi Final	Heat 2
27,57	-1,0	Katie	Silva	Jersey	2015	Jersey	4 Preliminary	Heat 2
27,57		w Katie	Silva	Jersey	2015	Jersey	6 Semi Final	Heat 2
27,58	-1,8	Rebecca	Orpin	Jersey	1999	Gotland	3 Preliminary	Heat 2
27,58	1,3	Hollie	Bass	Isle of Man	2001	Isle of Man	6 Preliminary	Heat 2
27,59	-1,0	Amy	Davis	Orkney	2015	Jersey	4 Preliminary	Heat 1
27,59		w Marie	Peterson/Stemp	Shetland Islands	1995	Gibraltar	2 Preliminary	Heat 2
27,59	-2,6	Opel	Bodden	Cayman Islands	2005	Shetland Islands	3 Preliminary	Heat 1
27,59	-1,8	Denise	Montgomery	Jersey	1993	Isle of Wight	6 Final	
27,61	-0,5	Kaili	Adamson	Saaremaa	2009	Åland	4 Preliminary	Heat 4
27,62	-1,2	Julia	Källgren	Åland	2005	Shetland Islands	5 Preliminary	Heat 3
27,63	-1,5	Alwena	Griffiths	Ynys Môn	1999	Gotland	4 Preliminary	Heat 1
27,68		w Gayle	Henry	Shetland Islands	2003	Guernsey	3 Preliminary	Heat 1
27,68	-3,2	Stephanie	Le Cornu	Jersey	2005	Shetland Islands	4 Preliminary	Heat 2
27,70	0,2	Catrin	Jones	Ynys Môn	2019	Gibraltar	8 Preliminary	Heat 3
27,72	-3,2	Rowena	Mackay	Guernsey	1997	Jersey	4 Preliminary	Heat 1
27,82	-1,5	Lucy	Beesley	Ynys Môn	2009	Åland	4 Preliminary	Heat 1
27,88	-3,2	Gayle	Henry	Shetland Islands	2005	Shetland Islands	5 Preliminary	Heat 2
27,88	0,4	Hilary	Arthur	Isle of Man	1993	Isle of Wight	5 Semi Final	Heat 2
27,97		w Tessa	Roberts	St. Helena	2003	Guernsey	4 Preliminary	Heat 1
27,98	-3,2	Kate	Cadigan	Jersey	1997	Jersey	5 Preliminary	Heat 1
27,99	-2,9	Ann-Katrin	Jansson	Åland	1991	Åland	3 Preliminary	Heat 3
28,01		w Joanna	Holbrook	Isle of Wight	1995	Gibraltar	3 Preliminary	Heat 2
28,04	-3,7	Charity	Becker	Prince Edward Island	1991	Åland	3 Preliminary	Heat 2
28,06	-0,5	Frida	Björkegren	Gotland	2009	Åland	5 Preliminary	Heat 4
28,11		w Suzanne	Clifton	Isle of Wight	2007	Rhodes	8 Preliminary	Heat 1
28,11		w Maja	Lundqvist	Åland	1995	Gibraltar	3 Preliminary	Heat 3
28,13	-1,5	Carolynn	Leslie	Orkney	2009	Åland	5 Preliminary	Heat 1
27,9	m	w Hilary	Donaldson/Renda	Orkney	1987	Guernsey	5 Final	
28,15	1,9	w Jenny	Eriksson	Åland	2003	Guernsey	3 Preliminary	Heat 2
28,20	-0,5	Kristy	Grant	Guernsey	2009	Åland	4 Preliminary	Heat 3
28,21	-1,5	Mari	Truumees	Saaremaa	2009	Åland	6 Preliminary	Heat 1
28,23	-0,1	Anna	Björkstедt	Gotland	2017	Gotland	5 Preliminary	Heat 1
28,0	m	w Hilary	Donaldson	Orkney	1985	Isle Of Man	1 Final	
28,25	-2,9	Merike	Salu	Saaremaa	1991	Åland	4 Preliminary	Heat 3
28,28		w Emma	Roberts	Ynys Môn	2007	Rhodes	5 Preliminary	Heat 2
28,29	-1,5	Louise	Jones	Isle of Wight	1999	Gotland	5 Preliminary	Heat 1
28,43	1,1	Jodie	Drever	Orkney	2013	Bermuda	5 Preliminary	Heat 1
28,2	m	w Barbara	Thomas	St. Helena	1987	Guernsey	6 Final	
28,48	1,6	Ida-Maria	Sjölund	Åland	2019	Gibraltar	7 Preliminary	Heat 1
28,50	-1,5	Kai	Kreos	Saaremaa	2011	Isle of Wight	7 Preliminary	Heat 1
28,52	-0,8	Emma	Roberts	Ynys Môn	2009	Åland	4 Preliminary	Heat 2
28,3	m	w Hilary	Lissenden	Jersey	1987	Guernsey	7 Final	

28,61	1,0	w	Marie	Stemp	Shetland Islands	2003	Guernsey	4 Preliminary	Heat 3
28,65	-2,1		Lyzanne	Zammitt	Gibraltar	1997	Jersey	3 Preliminary	Heat 3
28,80	-0,5		Rebekka	Fuglø	Faroe Islands	2009	Åland	5 Preliminary	Heat 3
28,80	-0,9		Tiffany	Brannan	Ynys Môn	2013	Bermuda	6 Preliminary	Heat 2
28,97	-0,8		Inga	Woods	Shetland Islands	2009	Åland	5 Preliminary	Heat 2
29,05	-3,7		Angela	Le Plongeon	Jersey	1991	Åland	4 Preliminary	Heat 2
29,12	0,4		Glesni	Tegid	Ynys Môn	2015	Jersey	5 Preliminary	Heat 3
29,20	-1,4		Josefin	Pero	Åland	1997	Jersey	3 Preliminary	Heat 2
29,23	-2,1		Rachel	Stockan	Orkney	1997	Jersey	4 Preliminary	Heat 3
29,26		w	Emma	Jones	Ynys Môn	2003	Guernsey	5 Preliminary	Heat 1
29,33		w	Johanna	Eriksson	Åland	2007	Rhodes	6 Preliminary	Heat 2
29,35	-3,7		Aivi	Auga	Saaremaa	1991	Åland	5 Preliminary	Heat 2
29,3	m		Dawn	Hodge	Isle of Wight	1989	Faroe Islands	5 Final	
29,61	-2,9		Helen	Cromarty	Orkney	1991	Åland	5 Preliminary	Heat 3
29,67	-1,6		Margreth	Augustinussen	Faroe Islands	1991	Åland	6 Preliminary	Heat 1
29,85		w	May	Williamson	Shetland Islands	2007	Rhodes	7 Preliminary	Heat 2
29,7	m	w	Sharon	Corlett	Isle of Man	1985	Isle Of Man	2 Final	
29,97	-1,8		Zandra	Karlsson	Gotland	1999	Gotland	4 Preliminary	Heat 2
30,0	m	w	Janine	Priaulx	Guernsey	1985	Isle Of Man	4 Final	
30,0	m	w	Vanessa	Neal	Isle of Man	1985	Isle Of Man	3 Final	
30,5	m	w	Heidi	Dodd	Isle of Wight	1985	Isle Of Man	5 Final	
31,21	-0,8		Sunna-Jan	Thomas	St. Helena	2017	Gotland	5 Preliminary	Heat 2
31,92	0,2		Hazel	Fowmes	Falkland Islands	2013	Bermuda	6 Preliminary	Heat 3
31,9	m	w	Caroline	Budge	Orkney	1985	Isle Of Man	6 Final	

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53,39			Catherine	Reid	Isle of Man	2015	Jersey	1 Final	
55,10			Julie	Moore/Harrison	Isle of Man	1995	Gibraltar	1 Final	
55,60			Harriet	Pryke	Isle of Man	2011	Isle of Wight	1 Final	
55,72			Gemma	Dawkins	Jersey	2009	Åland	1 Final	
56,02			Ashleigh	Lachenicht	Isle of Man	2019	Gibraltar	1 Final	
56,14			Jenny	Holden	Isle of Wight	1997	Jersey	1 Final	
56,33			Shalysa	Wray	Cayman Islands	2017	Gotland	2 Final	
56,48			Indi	Gallagher	Guernsey	2017	Gotland	3 Final	
57,28			Georgia	Koumnaki	Rhodes	2001	Isle of Man	1 Final	
57,34			Sarah	Dowling/Halligan	Isle of Man	2009	Åland	3 Final	
57,35			Ellen	Richings	Jersey	1997	Jersey	3 Final	
57,39			Mags	MacRae	Orkney	2009	Åland	4 Final	
57,40			Sharon	Mifsud/Celecia	Gibraltar	1995	Gibraltar	2 Final	
57,55			Anni	Nylund	Åland	2017	Gotland	3 Semi Final	Heat 1
57,67			Emma	Leask	Shetland Islands	2015	Jersey	2 Final	
57,71			Kimberley	Goodall	Guernsey	2003	Guernsey	1 Final	
57,94			Melissa	Clarke	Bermuda	2011	Isle of Wight	2 Final	
57,95			Johanna	Hallberg	Gotland	1999	Gotland	1 Final	
58,16			Hazel	Le Cornu	Jersey	2013	Bermuda	1 Final	
58,29			Stephane	Schoeman	Bermuda	2009	Åland	5 Final	
58,33			Mikaela	Harrison	Ynys Môn	2015	Jersey	3 Final	
58,34			Sophie	Twinam	Jersey	2009	Åland	2 Preliminary	Heat 2
58,50			Pearl	Morgan	Cayman Islands	2017	Gotland	1 Preliminary	Heat 4
58,53			Ffion	Roberts	Ynys Môn	2019	Gibraltar	3 Final	
58,69			Camilla	Olsson	Gotland	2011	Isle of Wight	2 Preliminary	Heat 1
58,72			Eilidh Mairi	Macleod	Western Isles	2019	Gibraltar	2 Preliminary	Heat 1
58,72			Shianne	Smith	Bermuda	2007	Rhodes	1 Preliminary	Heat 3
58,73			Calicia	Burke	Cayman Islands	2001	Isle of Man	3 Final	
58,75			Tove	Andersson	Åland	2003	Guernsey	2 Preliminary	Heat 1
58,78			Sofia	Sjölund	Åland	1991	Åland	2 Final	
59,01			Tegan	Spence	Orkney	2019	Gibraltar	5 Final	
59,02			Eve	Carrington	Western Isles	2015	Jersey	4 Final	
59,03			Olivia	Allbut	Jersey	2017	Gotland	6 Final	
59,16			Molly	Morgan	Shetland Islands	2017	Gotland	3 Preliminary	Heat 2
59,19			Benita	Gustafsson	Åland	1991	Åland	3 Final	
59,30			Laura	Arblaster	Guernsey	2007	Rhodes	1 Preliminary	Heat 1
59,36			Bella	Lindgren de Flon	Gotland	2019	Gibraltar	3 Preliminary	Heat 3
59,36			Brogan	Percy	Isle of Wight	2009	Åland	3 Preliminary	Heat 2
59,40			Ángela	López Martí	Menorca	2007	Rhodes	2 Preliminary	Heat 2
59,41			Helen	Davis	Isle of Wight	2003	Guernsey	3 Final	
59,42			Yasmin	Lookess	Jersey	2015	Jersey	3 Semi Final	Heat 2
59,2	m		Denise	Montgomery	Jersey	1987	Guernsey	1 Final	

59,50		Hanna	Wiss	Åland	2007	Rhodes	4 Final	
59,59		Ida	Gillerfors	Gotland	2003	Guernsey	4 Final	
59,61		Rachel	Fox	Bermuda	2013	Bermuda	3 Final	
59,63		Geraldine	Moore	Isle of Man	1991	Åland	2 Preliminary	Heat 1
59,70		Gemma	Gothard	Jersey	2015	Jersey	3 Semi Final	Heat 1
59,70		Gemma	Gothard	Jersey	2015	Jersey	5 Final	
59,70		Zandra	Karlsson	Gotland	1995	Gibraltar	4 Final	
59,72		Alice	Tait	Orkney	2019	Gibraltar	3 Preliminary	Heat 1
59,74		Louise	Smith	Jersey	1993	Isle of Wight	3 Final	
59,5	m	Mandy	Radcliffe	Isle of Man	1987	Guernsey	2 Final	
59,79		Cleo	Leather	Jersey	2017	Gotland	2 Preliminary	Heat 3
59,93		Llinos	Hughes	Ynys Môn	1999	Gotland	3 Final	
59,97		Nicola Kate	Stretton	Ynys Môn	2005	Shetland Islands	2 Final	
60,00		Emma	Le Conte	Guernsey	2011	Isle of Wight	4 Preliminary	Heat 2
60,00		Emma	Le Conte	Guernsey	2013	Bermuda	4 Final	
60,00		Elicia	Bravo	Gibraltar	2003	Guernsey	3 Preliminary	Heat 1
60,10		Stephanie	Le Cornu	Jersey	2007	Rhodes	4 Preliminary	Heat 2
60,11		Amelia Elizabeth	Lees	Guernsey	2017	Gotland	5 Semi Final	Heat 2
60,18		Maria	Ouranidou	Rhodes	1999	Gotland	4 Final	
60,23		Laura	Bevington	Gibraltar	2017	Gotland	6 Semi Final	Heat 1
60,30		Rebecca	Toll	Guernsey	2015	Jersey	3 Preliminary	Heat 1
60,32		Maria	Biskopstø	Faroe Islands	2019	Gibraltar	4 Preliminary	Heat 1
60,36		Vera	Papadopoulou	Rhodes	1999	Gotland	3 Preliminary	Heat 1
60,38		Regina	Williams	Guernsey	1997	Jersey	3 Preliminary	Heat 2
60,55		Lydia	Morris	Isle of Man	2019	Gibraltar	5 Preliminary	Heat 3
60,58		Aimee	Smith	Shetland Islands	2019	Gibraltar	6 Preliminary	Heat 3
60,71		Deirdre	McLoughlin	Isle of Man	1997	Jersey	4 Preliminary	Heat 2
60,74		Megan	Smith	Shetland Islands	2011	Isle of Wight	6 Preliminary	Heat 2
61,08		Mia	Maclver	Orkney	2017	Gotland	3 Preliminary	Heat 3
61,08		Oddvør	Josephsen	Faroe Islands	2019	Gibraltar	4 Preliminary	Heat 2
61,15		Hollie	Bass	Isle of Man	2001	Isle of Man	2 Preliminary	Heat 1
61,17		Sarah	Macphail	Orkney	2015	Jersey	5 Semi Final	Heat 2
61,30		Marie	Peterson/Stemp	Shetland Islands	1995	Gibraltar	5 Final	
61,36		Kate	Cadigan	Jersey	1995	Gibraltar	3 Preliminary	Heat 2
61,45		Zyanne	Hook	Gibraltar	2017	Gotland	4 Preliminary	Heat 4
61,53		Natalie	Warner	Jersey	2005	Shetland Islands	5 Final	
61,53		Verity	Beck	Jersey	2003	Guernsey	3 Preliminary	Heat 2
61,64		Leslie Ann	Daley	Cayman Islands	1999	Gotland	4 Preliminary	Heat 1
61,73		Hannah	Helin	Åland	2015	Jersey	6 Semi Final	Heat 2
61,81		Natalie	Whitty	Guernsey	2013	Bermuda	6 Final	
61,82		Rowena	Mackay	Guernsey	1997	Jersey	3 Preliminary	Heat 1
61,86		Ruth	Pottinger	Orkney	2001	Isle of Man	5 Preliminary	Heat 1
61,87		Rosie	Cursiter	Orkney	2001	Isle of Man	3 Preliminary	Heat 2
61,88		Aly	Bain	Orkney	2007	Rhodes	4 Preliminary	Heat 1
61,93		Lynn	Saunders	Isle of Wight	1993	Isle of Wight	6 Final	
62,32		Cara	Steven	Shetland Islands	2017	Gotland	4 Preliminary	Heat 3
62,3	m	Janette	Duncan	Isle of Man	1989	Faroe Islands	2 Final	
62,58		Marie	Stemp	Shetland Islands	2005	Shetland Islands	6 Final	
62,58		Luan	White	Gibraltar	1991	Åland	4 Preliminary	Heat 1
62,73		Elisa	Gustafsson	Åland	2011	Isle of Wight	7 Preliminary	Heat 2
62,74		Danielle	McCarrick	Isle of Man	1999	Gotland	6 Preliminary	Heat 1
62,6	m	Christina	Birchall	Isle of Man	1989	Faroe Islands	3 Final	
62,89		Sadie	Addlesee	Guernsey	2003	Guernsey	4 Preliminary	Heat 2
63,07		Gemma	Macritchie	Western Isles	2019	Gibraltar	5 Preliminary	Heat 2
63,19		Shannen	Higgins	Guernsey	2009	Åland	4 Preliminary	Heat 1
63,25		Maria	Söderlund	Åland	2015	Jersey	5 Preliminary	Heat 1
63,35		Emily	Garrick	Shetland Islands	2003	Guernsey	5 Preliminary	Heat 2
63,48		Irene	Pardalou	Rhodes	2001	Isle of Man	6 Preliminary	Heat 1
63,4	m	Tamara	Biddick	Isle of Wight	1989	Faroe Islands	4 Final	
63,65		Johanna	Eriksson	Åland	2007	Rhodes	5 Preliminary	Heat 1
63,5	m	Louise	Kent	Guernsey	1987	Guernsey	5 Final	
63,82		Seonaid	McPhie	Guernsey	1995	Gibraltar	3 Preliminary	Heat 1
63,94		Maisie	Witty	Isle of Wight	2019	Gibraltar	7 Preliminary	Heat 2
63,7	m	Alison	Cano	Gibraltar	1989	Faroe Islands	2 Preliminary	Heat 2
64,02		Gayle	Henry	Shetland Islands	2003	Guernsey	5 Preliminary	Heat 1
64,05		Katarina	Fagerström	Åland	1997	Jersey	5 Preliminary	Heat 2
64,05		Jenny	Richardson	Shetland Islands	2007	Rhodes	3 Preliminary	Heat 3
64,16		Rosie	McLean	Shetland Islands	2005	Shetland Islands	4 Preliminary	Heat 1

64,24		Rebekka	Fuglø	Faroe Islands	2009	Åland	3 Preliminary	Heat 3
64,66		Isabella	Dowie	Gibraltar	2019	Gibraltar	6 Preliminary	Heat 1
64,77		Jordan	Fogarty	Orkney	2005	Shetland Islands	4 Preliminary	Heat 3
65,18		Vanessa	Roberts	Isle of Man	1993	Isle of Wight	5 Semi Final	Heat 2
65,0	m	Karin	Nahlbom	Gotland	1985	Isle Of Man	2 Final	
65,31		Lilly	Wizen	Gotland	2003	Guernsey	6 Preliminary	Heat 1
65,48		Helén	Löfquist	Gotland	1993	Isle of Wight	5 Semi Final	Heat 1
65,49		Eva	Truyol Allés	Menorca	2007	Rhodes	4 Preliminary	Heat 3
65,71		Tonje	Moen Slenes	Hitra	2007	Rhodes	5 Preliminary	Heat 3
65,78		Donna	Dunwoodie	Ynys Môn	1993	Isle of Wight	6 Semi Final	Heat 2
65,6	m	Jenny	Helin	Gotland	1989	Faroe Islands	3 Preliminary	Heat 1
65,89		Amy	Hankinson	Ynys Môn	2009	Åland	5 Preliminary	Heat 1
66,19		Krissy	Owen	Ynys Môn	1993	Isle of Wight	6 Semi Final	Heat 1
66,31		Nadine	Thomson	Ynys Môn	2011	Isle of Wight	6 Preliminary	Heat 1
66,3	m	Heidi	Dodd	Isle of Wight	1985	Isle Of Man	3 Final	
66,59		Jenny	Eriksson	Åland	2003	Guernsey	6 Preliminary	Heat 2
66,67		Julia	Källgren	Åland	2005	Shetland Islands	4 Preliminary	Heat 2
67,05		Anne	Currie	Jersey	1999	Gotland	5 Preliminary	Heat 2
66,9	m	Deborah	Brehaut/Doherty	Guernsey	1987	Guernsey	1 Preliminary	Heat 1
67,4	m	Louise	Benjamin	St. Helena	1987	Guernsey	6 Final	
67,94		Lucy	Beesley	Ynys Môn	2015	Jersey	6 Preliminary	Heat 1
67,99		Carrie	Langley	Isle of Wight	1997	Jersey	6 Preliminary	Heat 1
68,07		Angela	Griffiths	Ynys Môn	1995	Gibraltar	5 Preliminary	Heat 2
68,17		Margreth	Augustinussen	Faroe Islands	1991	Åland	5 Preliminary	Heat 1
68,0	m	Amanda	Birchall	Isle of Man	1987	Guernsey	7 Final	
68,38		Morina	Macdougall	Western Isles	2007	Rhodes	6 Preliminary	Heat 3
68,45		Claire	Beaton	Orkney	1993	Isle of Wight	7 Semi Final	Heat 1
68,83		Kate	Stenning	Falkland Islands	2013	Bermuda	8 Final	
68,94		Roisin	Gauson	Guernsey	1993	Isle of Wight	7 Semi Final	Heat 2
69,0	m	Charlotte	Fisher	Isle of Man	1985	Isle Of Man	4 Final	
69,6	m	Doris	Leonard	Orkney	1987	Guernsey	5 Preliminary	Heat 2
70,5	m	Karen	Hogley	Orkney	1985	Isle Of Man	5 Final	
71,4	m	Aline	Cross	Orkney	1989	Faroe Islands	4 Preliminary	Heat 1
71,92		Lisa	Campbell	Ynys Môn	2009	Åland	4 Preliminary	Heat 3
71,93		Maria	Karaitasaki	Rhodes	2007	Rhodes	7 Preliminary	Heat 3
72,87	m	Fiona	Mackie	Orkney	1987	Guernsey	4 Preliminary	Heat 1
73,8	m	Lynn	Bannister	Guernsey	1985	Isle Of Man	6 Final	
75,22		Emma	Jones	Ynys Môn	2007	Rhodes	6 Preliminary	Heat 1
75,35		Vivien	Smith	Shetland Islands	1995	Gibraltar	5 Preliminary	Heat 1
91,80		Ciara	McDonnell	Isle of Man	2011	Isle of Wight	4 Preliminary	Heat 1

800 m

2:09,87		Rachael	Franklin	Isle of Man	2019	Gibraltar	1 Final	
2:11,37		Emma	Leask	Shetland Islands	2013	Bermuda	1 Final	
2:11,55		Tamika	Williams	Bermuda	2013	Bermuda	2 Final	
2:11,91		Eilidh C	Mackenzie	Western Isles	2007	Rhodes	1 Final	
2:12,77		Rebekka	Fuglø	Faroe Islands	2015	Jersey	2 Final	
2:13,13		Natalie	Whitty	Guernsey	2015	Jersey	3 Final	
2:13,55		Claire	Wilson	Shetland Islands	2007	Rhodes	2 Final	
2:13,73		Gemma	Dawkins	Jersey	2015	Jersey	4 Final	
2:15,21		Helen	Watts	Guernsey	2007	Rhodes	3 Final	
2:15,31		Katie	Rowe	Guernsey	2019	Gibraltar	3 Final	
2:15,41		Claire	Wilson	Jersey	2011	Isle of Wight	2 Final	
2:15,56		Kim	Baglietto	Gibraltar	2009	Åland	3 Final	
2:16,06		Stephane	Schoeman	Bermuda	2009	Åland	4 Final	
2:16,33		Claire	Forbes	Jersey	1993	Isle of Wight	1 Final	
2:16,37		Yasmin	Lookess	Jersey	2019	Gibraltar	4 Final	
2:16,46		Claire	Kiely	Isle of Wight	2011	Isle of Wight	3 Final	
2:16,61		Sarah	Mercier	Guernsey	2011	Isle of Wight	4 Final	
2:16,67		Bryony	Frost	Isle of Wight	1999	Gotland	1 Final	
2:16,93		Maria	Söderlund	Åland	2017	Gotland	4 Final	
2:16,94		Maria	Biskopstø	Faroe Islands	2019	Gibraltar	5 Final	
2:17,15		Shauna	Mann	Gibraltar	2019	Gibraltar	2 Preliminary	Heat 2
2:17,21		Kimberley	Goodall	Guernsey	2003	Guernsey	1 Final	
2:17,75		Lisa	O'Connor	Jersey	1991	Åland	1 Final	
2:17,78		Maria	Tsikouri	Rhodes	1999	Gotland	2 Final	
2:17,84		Helen	Tolcher	Guernsey	2003	Guernsey	2 Final	
2:17,87		Tegan	Spence	Orkney	2017	Gotland	3 Preliminary	Heat 1

2:17,97		Oddvør	Josephsen	Faroe Islands	2017	Gotland	2 Preliminary	Heat 3
2:17,97		Gayle	Lindsay	Bermuda	2017	Gotland	5 Final	
2:18,30		Ann-Catrin	Nordman	Åland	1991	Åland	2 Final	
2:18,46		Sarah	Livett	Ynys Môn	2011	Isle of Wight	5 Preliminary	Heat 2
2:18,49		Julie	Moore/Harrison	Isle of Man	2001	Isle of Man	1 Final	
2:18,53		Jackie	Ashman	Isle of Man	1999	Gotland	3 Final	
2:18,78		Danielle	McCarrick	Isle of Man	1999	Gotland	4 Final	
2:18,81		Benita	Gustafsson	Åland	1993	Isle of Wight	2 Final	
2:18,90		Rebecca	Toll	Guernsey	2017	Gotland	4 Preliminary	Heat 1
2:19,15		Aimee	Smith	Shetland Islands	2019	Gibraltar	4 Preliminary	Heat 2
2:19,31		Aly	Bain	Orkney	2009	Åland	3 Preliminary	Heat 2
2:19,37		Erika	Marwick	Orkney	2019	Gibraltar	5 Preliminary	Heat 2
2:19,42		Tiffany	Cole	Cayman Islands	2019	Gibraltar	6 Preliminary	Heat 2
2:19,44		Eliza	Mason	Guernsey	2017	Gotland	3 Preliminary	Heat 3
2:19,61		Johanna	Hallberg	Gotland	1999	Gotland	5 Final	
2:19,67		Katie	Silva	Jersey	2009	Åland	6 Final	
2:19,73		Sarah	Hume	Guernsey	2005	Shetland Islands	2 Final	
2:19,78		Karen	Rushton	Isle of Man	1991	Åland	3 Final	
2:19,80		Siobhan	Svensden	Isle of Wight	2007	Rhodes	5 Final	
2:20,00		Caroline	Wickham	Guernsey	1995	Gibraltar	2 Final	
2:20,3	m	Mandy	Radcliffe	Isle of Man	1987	Guernsey	1 Final	
2:20,69		Sharon	Soussi	Gibraltar	2003	Guernsey	4 Final	
2:20,87		Hannah	Helin	Åland	2017	Gotland	4 Preliminary	Heat 3
2:21,10		Emily	Garrick	Shetland Islands	2005	Shetland Islands	4 Final	
2:21,13		Nicola	Milner	Jersey	2009	Åland	3 Preliminary	Heat 1
2:21,15		Martine	Scholes	Guernsey	2007	Rhodes	3 Preliminary	Heat 3
2:21,40		Alison	Cano	Gibraltar	1995	Gibraltar	3 Final	
2:21,40		Sarah	Astin	Isle of Man	2011	Isle of Wight	6 Preliminary	Heat 2
2:21,51		Verity	Beck	Jersey	2001	Isle of Man	4 Final	
2:21,75		Suzanne	Romero	Gibraltar	1993	Isle of Wight	3 Final	
2:23,28		Carla	Plowden-Roberts	Isle of Wight	2011	Isle of Wight	5 Preliminary	Heat 1
2:23,48		Peigi	McKellar	Western Isles	2015	Jersey	6 Preliminary	Heat 2
2:23,82		Leslie Ann	Daley	Cayman Islands	1999	Gotland	6 Final	
2:24,23		Stephanie	Quirk	Isle of Man	1991	Åland	5 Final	
2:24,25		Maria	Daska	Rhodes	2007	Rhodes	4 Preliminary	Heat 1
2:25,23		Nicola	Cooil	Isle of Man	2007	Rhodes	2 Preliminary	Heat 2
2:25,31		Madeleine	Eklblom	Åland	2009	Åland	5 Preliminary	Heat 2
2:25,33		Maria	Pardalou	Rhodes	2001	Isle of Man	6 Final	
2:25,72		Jennifer	Alen	Bermuda	2007	Rhodes	5 Preliminary	Heat 1
2:25,6	m	Christine	Prescott	Isle of Man	1989	Faroe Islands	4 Final	
2:25,89		Louise	Higgin	Isle of Wight	1997	Jersey	4 Final	
2:26,19		Mabel	Lewis	Isle of Wight	2019	Gibraltar	5 Preliminary	Heat 1
2:26,46		Caroline	Edis	Jersey	1997	Jersey	5 Final	
2:26,69		Luan	White	Gibraltar	1991	Åland	6 Final	
2:26,79		Rachael	Kelly	Isle of Man	2005	Shetland Islands	5 Final	
2:26,80		Tonje	Moen Slenes	Hitra	2007	Rhodes	6 Preliminary	Heat 1
2:26,86		Deborah	Doherty	Guernsey	2001	Isle of Man	7 Final	
2:27,03		Aimee	Holloway	Ynys Môn	2003	Guernsey	5 Final	
2:27,0	m	Deborah	Brehaut/Doherty	Guernsey	1987	Guernsey	3 Final	
2:27,65		Jarita	Dill	Bermuda	2007	Rhodes	5 Preliminary	Heat 3
2:27,67		Louise	Smith	Jersey	1991	Åland	7 Final	
2:27,90		Susanna	Grant	Jersey	1995	Gibraltar	4 Final	
2:28,40		Annabel	Russell	Shetland Islands	1995	Gibraltar	5 Final	
2:28,58		Mari	Moen Slenes	Hitra	2007	Rhodes	3 Preliminary	Heat 2
2:28,5	m	Helen	Chappory	Gibraltar	1987	Guernsey	4 Final	
2:28,91		Ffion	Jones	Ynys Môn	2019	Gibraltar	6 Preliminary	Heat 1
2:29,20		Gabrielle	Hawson	Jersey	1995	Gibraltar	6 Final	
2:29,45		Claire	Beaton	Orkney	1991	Åland	8 Final	
2:29,65		Katie	Bristow	Shetland Islands	2009	Åland	4 Preliminary	Heat 3
2:29,69		Hazel	Le Cornu	Jersey	2007	Rhodes	4 Preliminary	Heat 2
2:29,71		Sarah	Mcrobie	Ynys Môn	2003	Guernsey	8 Final	
2:30,20		Lilly	Wizen	Gotland	2003	Guernsey	9 Final	
2:30,23		Cara	Steven	Shetland Islands	2015	Jersey	5 Preliminary	Heat 1
2:30,27		Pippa	Dudley	Guernsey	1999	Gotland	9 Final	
2:30,37		Helen	Batty	Orkney	1993	Isle of Wight	4 Final	
2:30,58		Anna	Daska	Rhodes	2007	Rhodes	6 Preliminary	Heat 3
2:30,67		Morina	Macdougall	Western Isles	2007	Rhodes	5 Preliminary	Heat 2
2:30,69		Hayley	Le Lerre	Guernsey	1991	Åland	9 Final	

2:31,11		Hayley	Bennett	Isle of Wight	1997	Jersey	7 Final	
2:31,14		Phoebe	Coates	Isle of Man	2019	Gibraltar	7 Preliminary	Heat 2
2:31,60		Alex	Rushman	Guernsey	2001	Isle of Man	9 Final	
2:31,79		Rebecca	Riddings	Ynys Môn	2009	Åland	5 Preliminary	Heat 1
2:31,6	m	Karin	Nahlbom	Gotland	1985	Isle Of Man	2 Final	
2:32,06		Ashley	Robinson	Bermuda	2009	Åland	6 Preliminary	Heat 1
2:31,9	m	Tordis	Debes	Faroe Islands	1989	Faroe Islands	5 Final	
2:32,0	m	Liz	Conoops	Jersey	1987	Guernsey	5 Final	
2:32,30		Jennifer	Bichan	Orkney	2015	Jersey	6 Preliminary	Heat 1
2:32,56		Jenny	Richardson	Shetland Islands	2007	Rhodes	6 Preliminary	Heat 2
2:32,83		Joanne	Davies	Ynys Môn	2007	Rhodes	7 Preliminary	Heat 1
2:33,4	m	Christina	Birchall	Isle of Man	1989	Faroe Islands	6 Final	
2:34,27		Marina	Macdougall	Western Isles	2005	Shetland Islands	7 Final	
2:34,40		Joanne	Kay	Shetland Islands	1995	Gibraltar	7 Final	
2:34,2	m	Lynn	Moar	Orkney	1985	Isle Of Man	3 Final	
2:36,2	m	Cathy	Le Roi	Isle of Wight	1987	Guernsey	7 Final	
2:36,57		Angela	Griffiths	Ynys Môn	1993	Isle of Wight	6 Final	
2:37,09		Roisin	Gauson	Guernsey	1993	Isle of Wight	7 Final	
2:37,3	m	Solvor	Moen	Hitra	1987	Guernsey	8 Final	
2:38,8	m	Morma	Mackay	Orkney	1987	Guernsey	9 Final	
2:40,0	m	Joanna	Watts	Guernsey	1987	Guernsey	10 Final	
2:40,26		Louise	Martin	Guernsey	1991	Åland	10 Final	
2:43,6	m	Catherine	Laister	Isle of Wight	1989	Faroe Islands	8 Final	
2:43,97		Jennifer	Laveryd	Gotland	2017	Gotland	5 Preliminary	Heat 2
2:44,17		Elaine	Scott	Ynys Môn	1993	Isle of Wight	8 Final	
2:46,1	m	Stella	Stove	Shetland Islands	1987	Guernsey	11 Final	
2:46,59		Lydia	Holloway	Ynys Môn	2007	Rhodes	7 Preliminary	Heat 2
2:49,1	m	Charlotte	Fisher	Isle of Man	1985	Isle Of Man	4 Final	
2:53,2	m	Pauline	Walker	Orkney	1985	Isle Of Man	5 Final	
3:02,03		Kate	Stenning	Falkland Islands	2013	Bermuda	5 Preliminary	Heat 2

1500 m

4:24,15		Anna	Tait	Orkney	2017	Gotland	1 Final	
4:24,93		Rachael	Franklin	Isle of Man	2015	Jersey	1 Final	
4:25,00		Eilidh C	Mackenzie	Western Isles	2015	Jersey	2 Final	
4:27,17		Sarah	Mercier	Guernsey	2015	Jersey	3 Final	
4:28,17		Ann-Catrin	Nordman	Åland	1991	Åland	1 Final	
4:28,69		Natalie	Whitty	Guernsey	2015	Jersey	4 Final	
4:29,56		Brenda	Walker	Isle of Man	1991	Åland	2 Final	
4:30,20		Rebekka	Fuglø	Faroe Islands	2017	Gotland	3 Final	
4:31,37		Gemma	Dawkins	Jersey	2017	Gotland	4 Final	
4:33,57		Tamika	Williams	Bermuda	2013	Bermuda	3 Final	
4:35,06		Ashley	Berry	Bermuda	2013	Bermuda	4 Final	
4:36,59		Claire	Wilson	Shetland Islands	2007	Rhodes	1 Final	
4:37,28		Claire	Forbes	Jersey	1993	Isle of Wight	1 Final	
4:37,42		Jo	Smith/McGarry/G	Jersey	2007	Rhodes	2 Final	
4:39,17		Felicity	Johnson-Deeley	Jersey	2009	Åland	3 Final	
4:40,18		Bryony	Frost	Isle of Wight	1999	Gotland	1 Final	
4:40,55		Claire	Wilson	Jersey	2011	Isle of Wight	2 Final	
4:40,76		Martine	Scholes	Guernsey	2007	Rhodes	4 Final	
4:40,81		Katie	Rowe	Guernsey	2013	Bermuda	7 Final	
4:41,22		Claire	Kiely	Isle of Wight	2011	Isle of Wight	3 Final	
4:41,38		Sarah	Livett	Ynys Môn	2011	Isle of Wight	4 Final	
4:42,28		Jessica	Andrews	Isle of Wight	2011	Isle of Wight	7 Final	
4:42,63		Lisa	O'Connor	Jersey	1991	Åland	3 Final	
4:42,72		Gemma	Astin	Isle of Man	2011	Isle of Wight	8 Final	
4:44,43		Maria	Söderlund	Åland	2017	Gotland	6 Final	
4:44,51		Jackie	Ashman	Isle of Man	1999	Gotland	2 Final	
4:45,62		Katrin	Kuusk	Saaremaa	2007	Rhodes	5 Final	
4:46,68		Danielle	McCarrick	Isle of Man	1995	Gibraltar	1 Final	
4:46,8	m	Cathy	Le Roi	Isle of Wight	1987	Guernsey	1 Final	
4:47,05		Gayle	Lindsay	Bermuda	2017	Gotland	7 Final	
4:47,64		Caroline	Wickham	Guernsey	1995	Gibraltar	2 Final	
4:47,69		Karen	Rushton	Isle of Man	1991	Åland	4 Final	
4:47,77		Maria	Tsikouri	Rhodes	1999	Gotland	3 Final	
4:49,35		Katie	Bristow	Shetland Islands	2011	Isle of Wight	10 Final	
4:49,2	m	Sian	Pilling	Isle of Man	1987	Guernsey	3 Final	
4:49,65		Gabrielle	Hawson	Jersey	1995	Gibraltar	3 Final	

4:50,86		Sarah	Hume	Guernsey	2003	Guernsey	3 Final	
4:51,32		Chloe Grace	Turmel	Jersey	2015	Jersey	4 Preliminary	Heat 1
4:51,89		Siobhan	Svensden	Isle of Wight	2007	Rhodes	8 Final	
4:52,17		Ida	Kellström	Gotland	2015	Jersey	6 Final	
4:52,56		Mabel	Lewis	Isle of Wight	2019	Gibraltar	3 Final	
4:52,59		Alison	Cano	Gibraltar	1995	Gibraltar	4 Final	
4:52,94		Sarah	Webster	Isle of Man	2015	Jersey	7 Final	
4:53,46		Sharon	Soussi	Gibraltar	2001	Isle of Man	3 Final	
4:54,85		Kim	Baglietto	Gibraltar	2009	Åland	7 Final	
4:56,93		Ane	Fleischer	Greenland	1991	Åland	6 Final	
4:57,34		Louise	Perrio	Guernsey	2005	Shetland Islands	3 Final	
4:57,82		Elizabeth	Murfin	Jersey	2009	Åland	10 Final	
4:58,41		Tiffany	Cole	Cayman Islands	2019	Gibraltar	4 Final	
4:58,59		Suzanne	Romero	Gibraltar	1991	Åland	7 Final	
4:58,89		Caroline	Edis	Jersey	1997	Jersey	5 Final	
4:59,42		Lydia	Sharpe	Ynys Môn	2013	Bermuda	8 Final	
4:59,55		Brianna	Mendes	Bermuda	2019	Gibraltar	5 Final	
4:59,4	m	Christine	Kissack/Prescott	Isle of Man	1985	Isle Of Man	2 Final	
5:00,3	m	Christine	Prescott	Isle of Man	1989	Faroe Islands	4 Final	
5:00,60		Peigi	McKellar	Western Isles	2015	Jersey	6 Preliminary	Heat 1
5:01,84		Maria	Pardalou	Rhodes	2001	Isle of Man	5 Final	
5:02,55		Hannah	Helin	Åland	2017	Gotland	8 Final	
5:03,51		Gina	Morello	Gibraltar	1991	Åland	8 Final	
5:03,59		Madeleine	Ekblom	Åland	2009	Åland	11 Final	
5:03,70		Aimee	Holloway	Ynys Môn	2003	Guernsey	5 Final	
5:04,74		Emily	Garrick	Shetland Islands	2003	Guernsey	6 Final	
5:05,85		Sarah	Mcrobie	Ynys Môn	2003	Guernsey	7 Final	
5:06,37		Jessica	Troy	Jersey	2015	Jersey	4 Preliminary	Heat 2
5:06,39		Maria	Löfroth	Åland	2009	Åland	5 Preliminary	Heat 1
5:06,62		Phoebe	Coates	Isle of Man	2019	Gibraltar	6 Final	
5:06,76		Helen	Simpson	Isle of Man	2001	Isle of Man	7 Final	
5:07,77		Marianne	Lyberth	Greenland	1997	Jersey	6 Final	
5:08,39		Barbara	Parker	Jersey	1999	Gotland	5 Final	
5:08,79		Rachael	Kelly	Isle of Man	2005	Shetland Islands	8 Final	
5:09,3	m	Joanna	Watts	Guernsey	1989	Faroe Islands	6 Final	
5:09,58		Eabha	Roberts	Ynys Môn	2017	Gotland	9 Final	
5:10,28		Louise	Higgin	Isle of Wight	1997	Jersey	7 Final	
5:10,61		Jennifer	Bichan	Orkney	2015	Jersey	7 Preliminary	Heat 1
5:10,94		Tonje	Moen Slenes	Hitra	2009	Åland	7 Preliminary	Heat 1
5:12,70		Deborah	Doherty	Guernsey	2001	Isle of Man	8 Final	
5:13,80		Annabel	Russell	Shetland Islands	1995	Gibraltar	5 Final	
5:14,21		Claire	Beaton	Orkney	1991	Åland	9 Final	
5:14,67		Rachel	Jones	Ynys Môn	1999	Gotland	6 Final	
5:16,1	m	Doris	Leonard	Orkney	1987	Guernsey	5 Final	
5:16,7	m	Tordis	Debes	Faroe Islands	1989	Faroe Islands	7 Final	
5:17,1	m	Tracey	Jones	Anglesey	1987	Guernsey	7 Final	
5:17,43		Helen	Batty	Orkney	1993	Isle of Wight	4 Final	
5:18,88		Susanna	Grant	Jersey	1993	Isle of Wight	5 Final	
5:19,29		Lilly	Wizen	Gotland	2003	Guernsey	9 Final	
5:19,37		Aimee	Leask	Orkney	2015	Jersey	5 Preliminary	Heat 2
5:20,50		Lucy	Lawrence	Ynys Môn	2019	Gibraltar	7 Final	
5:20,72		Milly	Bacon	Isle of Wight	2019	Gibraltar	8 Final	
5:21,24		Viktoria	Sporre	Gotland	1995	Gibraltar	6 Final	
5:21,94		Joanne	Kay	Shetland Islands	1995	Gibraltar	7 Final	
5:22,0	m	Kathy	Tostevin	Guernsey	1987	Guernsey	8 Final	
5:23,1	m	Solvor	Moen	Hitra	1987	Guernsey	9 Final	
5:28,25		Rebecca	Riddings	Ynys Môn	2009	Åland	7 Preliminary	Heat 2
5:28,29		Kieranne	Sheehy	Jersey	1999	Gotland	7 Final	
5:28,36		Uiloq	Heilmann/Slette	Greenland	1997	Jersey	8 Final	
5:29,1	m	Pauline	Walker	Orkney	1987	Guernsey	10 Final	
5:31,83		Johanne	Møller	Greenland	2019	Gibraltar	10 Final	
5:32,11		Isabel	Charyzhak	Gotland	1995	Gibraltar	8 Final	
5:32,74		Pippa	Dudley	Guernsey	1999	Gotland	8 Final	
5:32,5	m	Fiona	Mackie	Orkney	1985	Isle Of Man	3 Final	
5:35,72		Antonia	Pons	Menorca	2009	Åland	8 Preliminary	Heat 2
5:37,26		Grace	Crumplin	Isle of Wight	2015	Jersey	6 Preliminary	Heat 2
5:37,77		Taimi	Kangur	Saaremaa	2003	Guernsey	10 Final	
5:41,56		Anna	Jakobsson	Gotland	1999	Gotland	9 Final	

5:43,72		Nina	Wallin	Gotland	1993	Isle of Wight	7 Final
5:44,3	m	Georgina	Dunn	Guernsey	1987	Guernsey	12 Final
5:54,1	m	Catherine	Laister	Isle of Wight	1989	Faroe Islands	8 Final
5:59,1	m	Anne	Mauger	Guernsey	1985	Isle Of Man	4 Final
6:03,48		Elaine	Scott	Ynys Môn	1993	Isle of Wight	8 Final
6:03,55		Roxanne	Morrison	Falkland Islands	2003	Guernsey	11 Final
6:04,7	m	Margaret	Robertson	Shetland Islands	1985	Isle Of Man	5 Final

3000 m

9:34,77		Brenda	Walker	Isle of Man	1991	Åland	1 Final
9:58,47		Claire	Forbes	Jersey	1993	Isle of Wight	1 Final
10:00,98		Ann-Catrin	Nordman	Åland	1997	Jersey	1 Final
10:09,80		Karen	Rushton	Isle of Man	1993	Isle of Wight	2 Final
10:14,4	m	Cathy	Le Roi	Isle of Wight	1989	Faroe Islands	2 Final
10:35,40		Gabrielle	Hawson	Jersey	1995	Gibraltar	2 Final
10:36,05		Ane	Fleischer	Greenland	1991	Åland	3 Final
10:37,66		Caroline	Wickham	Guernsey	1991	Åland	4 Final
10:37,5	m	Sian	Pilling	Isle of Man	1987	Guernsey	3 Final
10:37,77		Barbara	Parker	Jersey	1991	Åland	5 Final
10:38,9	m	Tracey	Jones	Anglesey	1987	Guernsey	7 Final
10:40,90		Penny	Buckingham	Guernsey	1995	Gibraltar	3 Final
10:47,60		Julia	King	Isle of Wight	1993	Isle of Wight	4 Final
10:52,9	m	Stephanie	Quirk	Isle of Man	1989	Faroe Islands	3 Final
10:55,41		Pauline	Kennaugh	Isle of Man	1991	Åland	6 Final
10:57,0	m	Christine	Kissack/Prescott	Isle of Man	1985	Isle Of Man	1 Final
10:57,29		Barbara	Finn/Parker	Jersey	1995	Gibraltar	4 Final
11:01,45		Jane	Mooney	Isle of Man	1997	Jersey	3 Final
11:02,45		Janette	Shepherd	Guernsey	1991	Åland	7 Final
11:03,17		Uiloq	Heilmann/Slette	Greenland	1997	Jersey	4 Final
11:06,52		Michelle	Sandison	Shetland Islands	1997	Jersey	6 Final
11:12,81		Gina	Morello	Gibraltar	1991	Åland	8 Final
11:16,1	m	Doris	Leonard	Orkney	1987	Guernsey	4 Final
11:18,3	m	Jo	Smith/McGarry/G	Jersey	1987	Guernsey	5 Final
11:21,12		Helen	Batty	Orkney	1993	Isle of Wight	5 Final
11:23,38		Myra	Frazer	Orkney	1991	Åland	9 Final
11:24,60		Anna	Stockhammar	Gotland	1995	Gibraltar	6 Final
11:30,24		Helen	White	Jersey	1991	Åland	10 Final
11:35,5	m	Sarah	Peacock/Corcora	Jersey	1987	Guernsey	6 Final
11:40,5	m	Joanna	Watts	Guernsey	1989	Faroe Islands	5 Final
11:43,84		Marianne	Lyberth	Greenland	1997	Jersey	7 Final
11:46,39		Mandy	Collette	Jersey	1993	Isle of Wight	6 Final
11:53,70		Anna	Cleminson	Shetland Islands	1995	Gibraltar	7 Final
11:56,5	m	Kathy	Tostevin	Guernsey	1987	Guernsey	8 Final
11:59,2	m	Hege	Ostmark	Hitra	1987	Guernsey	9 Final
11:59,6	m	Anita	Vaudin	Guernsey	1987	Guernsey	10 Final
12:03,40		Isabel	Charyzhak	Gotland	1995	Gibraltar	8 Final
12:09,4	m	Fiona	Mackie	Orkney	1985	Isle Of Man	2 Final
12:13,50		Annabel	Russell	Shetland Islands	1995	Gibraltar	9 Final
12:20,5	m	Fía	í Horni	Faroe Islands	1989	Faroe Islands	6 Final
12:23,1	m	Margaret	Robertson	Shetland Islands	1985	Isle Of Man	3 Final
12:26,7	m	Fiona	Mackie	Isle of Man	1987	Guernsey	12 Final
12:29,4	m	Lynn	Massey	Isle of Man	1985	Isle Of Man	4 Final
12:43,1	m	Jóhanna	í Horni	Faroe Islands	1989	Faroe Islands	7 Final

5000 m

16:45,06		Anna	Tait	Orkney	2017	Gotland	1 Final
16:58,93		Sarah	Mercier	Guernsey	2017	Gotland	2 Final
17:01,0	m	Maria	Pardalou	Rhodes	2007	Rhodes	1 Final
17:06,12		Louise	Perrio	Guernsey	2017	Gotland	3 Final
17:17,56		Katie	Bristow	Shetland Islands	2015	Jersey	2 Final
17:21,75		Marina	Bagur Olives	Menorca	2019	Gibraltar	2 Final
17:25,29		Eilidh C	Mackenzie	Western Isles	2017	Gotland	4 Final
17:37,81		Martine	Scholes	Guernsey	2009	Åland	2 Final
17:40,34		Bjørk	Herup Olsen	Faroe Islands	2011	Isle of Wight	2 Final
17:41,4	m	Jo	Smith/McGarry/G	Jersey	2007	Rhodes	2 Final
17:44,45		Marna Leila	Vandsdal Egholm	Faroe Islands	2015	Jersey	3 Final
17:46,36		Rachael	Franklin	Isle of Man	2017	Gotland	5 Final

17:46,82	Jackie	Ashman	Isle of Man	2001	Isle of Man	1 Final
17:51,23	Gemma	Astin	Isle of Man	2009	Åland	3 Final
17:52,21	Michelle	Sandison	Shetland Islands	2017	Gotland	6 Final
17:54,5	m Katrin	Kuusik	Saaremaa	2007	Rhodes	3 Final
18:03,98	Kim	Baglietto	Gibraltar	2015	Jersey	5 Final
18:04,18	Felicity	Johnson-Deeley	Jersey	2009	Åland	4 Final
18:04,82	Aiya	Abe	Isle of Wight	2011	Isle of Wight	4 Final
18:05,49	Karen	Shimmin	Isle of Man	2017	Gotland	7 Final
18:14,36	Sarah	Webster	Isle of Man	2015	Jersey	6 Final
18:18,14	Johanna	Kahlroth	Åland	2011	Isle of Wight	5 Final
18:28,37	Ida	Kellström	Gotland	2015	Jersey	8 Final
18:30,17	Sarah	Livett	Ynys Môn	2013	Bermuda	2 Final
18:30,49	Melissa	Messervy	Jersey	2003	Guernsey	2 Final
18:30,97	Rebekka	Fuglø	Faroe Islands	2019	Gibraltar	3 Final
18:36,20	Emma Jane	Montiel	Gibraltar	2013	Bermuda	3 Final
18:40,96	Claire	Kiely	Isle of Wight	2003	Guernsey	3 Final
18:41,91	Carly	Noon	Isle of Man	2001	Isle of Man	2 Final
18:43,06	Viktoria	Sporre	Gotland	2001	Isle of Man	3 Final
18:43,19	Norma	Illing	Jersey	2003	Guernsey	4 Final
18:44,0	Kathryn	Frost	Isle of Wight	1999	Gotland	1 Final
18:44,2	m Joanna	Walker	Orkney	2007	Rhodes	7 Final
18:45,28	Anna-Maria	Touvra	Rhodes	2001	Isle of Man	4 Final
18:45,51	Nikki	Neal	Alderney	2003	Guernsey	5 Final
18:50,59	Kista	Hammeken Lenne	Greenland	2017	Gotland	9 Final
18:54,66	Brianna	Mendes	Bermuda	2019	Gibraltar	4 Final
19:00,41	Rebecca	Wallace	Isle of Man	2013	Bermuda	4 Final
19:01,1	Sunnvá	Bjarnastein	Faroe Islands	1999	Gotland	3 Final
19:01,1	Uiloq	Slettemark	Greenland	1999	Gotland	2 Final
19:02,97	Carita	Södergård	Åland	2005	Shetland Islands	4 Final
19:03,4	Nicola	Jordan	Cayman Islands	1999	Gotland	4 Final
19:05,98	Liza	Tuperna Itzchaky	Greenland	2011	Isle of Wight	8 Final
19:08,50	Laura	Brackley	Isle of Wight	2011	Isle of Wight	9 Final
19:13,19	Barbara	Parker	Jersey	2001	Isle of Man	5 Final
19:21,88	Ukaleq	Slettemark	Greenland	2017	Gotland	10 Final
19:25,9	m Amanda	Brown	Jersey	2007	Rhodes	9 Final
19:29,41	Deon	Breary	Bermuda	2015	Jersey	9 Final
19:32,94	Claire	Wilson	Shetland Islands	2001	Isle of Man	6 Final
19:33,32	Lydia	Sharpe	Ynys Môn	2013	Bermuda	5 Final
19:36,38	Chirsty	Macleod	Western Isles	2005	Shetland Islands	5 Final
19:37,67	Alanna	Goddard	Western Isles	2015	Jersey	10 Final
19:37,9	m Mari	Moen Slenes	Hitra	2007	Rhodes	11 Final
19:38,92	Sofie	Kindberg	Gotland	2019	Gibraltar	5 Final
19:40,14	Sharon	Soussi	Gibraltar	2001	Isle of Man	7 Final
19:43,73	Aimee	Leask	Orkney	2015	Jersey	11 Final
19:56,5	Madeleine	Allmungs	Gotland	1999	Gotland	6 Final
20:05,00	Sarah	Mcrobie	Ynys Môn	2009	Åland	8 Final
20:08,04	Elizabeth	Murfin	Jersey	2009	Åland	9 Final
20:10,21	Joyce	Clinton	Jersey	2001	Isle of Man	9 Final
20:23,39	Katti	Frederichsen	Greenland	2009	Åland	10 Final
20:25,1	m Susan	Ball	Isle of Wight	2007	Rhodes	12 Final
20:36,03	Antonia	Pons	Menorca	2009	Åland	11 Final
20:43,39	Synnøve	Ingulfsvand	Hitra	2013	Bermuda	6 Final
21:01,18	Maria	Löfroth	Åland	2009	Åland	12 Final
21:14,17	Johanne	Møller	Greenland	2019	Gibraltar	7 Final
21:29,0	Kieranne	Sheehy	Jersey	1999	Gotland	7 Final
22:27,33	Jenny	Richardson	Shetland Islands	2005	Shetland Islands	6 Final

10000 m

36:11,68	Ann-Catrin	Nordman	Åland	1997	Jersey	1 Final
36:23,35	Kim	Baglietto	Gibraltar	2015	Jersey	1 Final
36:26,66	Louise	Perrio	Guernsey	2017	Gotland	1 Final
36:30,99	Marna Leila	Vandsdal Egholm	Faroe Islands	2017	Gotland	2 Final
36:52,79	Hannah	Howard	Isle of Man	2017	Gotland	3 Final
37:11,8	m Brenda	Walker	Isle of Man	1989	Faroe Islands	1 Final
37:22,43	Michelle	Sandison	Shetland Islands	2015	Jersey	4 Final
37:23,68	Jo	Smith/McGarry/G	Jersey	2007	Rhodes	1 Final
37:28,85	Bjørk	Herup Olsen	Faroe Islands	2011	Isle of Wight	2 Final
37:30,72	Turi	Malme	Hitra	2011	Isle of Wight	3 Final

37:37,2	m	Penny	Buckingham	Guernsey	2003	Guernsey	2	Final
37:47,48		Sarah	Mercier	Guernsey	2019	Gibraltar	1	Final
37:48,2	m	Jackie	Ashman	Isle of Man	2003	Guernsey	3	Final
37:54,41		Johanna	Kahlroth	Åland	2011	Isle of Wight	4	Final
37:59,33		Súsanna	Skylv Sørensen	Faroe Islands	2009	Åland	2	Final
38:01,20		Valborg	Heinesen	Faroe Islands	2013	Bermuda	1	Final
38:02,30		Alison	Campbell	Western Isles	2009	Åland	3	Final
38:06,28		Gail	Griffiths	Isle of Man	2011	Isle of Wight	5	Final
38:16,21		Karen	Shimmin	Isle of Man	2017	Gotland	5	Final
38:20,85		Jenny	James	Guernsey	2019	Gibraltar	2	Final
38:27,80		Nikki	Neal	Alderney	2005	Shetland Islands	2	Final
38:37,23		Katrin	Kuusk	Saaremaa	2007	Rhodes	3	Final
38:38,21		Jessica	Draskau	Isle of Man	2001	Isle of Man	1	Final
38:38,58		Sarah	Livett	Ynys Môn	2017	Gotland	6	Final
38:43,35		Joanna	Walker	Orkney	2007	Rhodes	4	Final
38:47,61		Ashley	Estwanik	Bermuda	2013	Bermuda	3	Final
38:48,67		Nikki	Neal	Guernsey	2015	Jersey	6	Final
38:58,34		Jacqueline	Perrin	Isle of Wight	2011	Isle of Wight	7	Final
39:01,6	m	Borgarhjört	Holm	Faroe Islands	2003	Guernsey	5	Final
39:04,49		Ida	Kellström	Gotland	2015	Jersey	7	Final
39:05,63		Carita	Södergård	Åland	2005	Shetland Islands	3	Final
39:21,60		Maria	De Jesus	Jersey	2001	Isle of Man	3	Final
39:35,11		Val	Phillips/Sexton	Guernsey	1997	Jersey	2	Final
39:39,25		Arlene	Lewis	Jersey	2011	Isle of Wight	9	Final
39:42,96		Jane	Mooney	Isle of Man	1997	Jersey	3	Final
39:45,59		Viktoria	Sporre	Gotland	2005	Shetland Islands	4	Final
39:45,80		Dawn	Richardson	Bermuda	2007	Rhodes	5	Final
39:48,51		Rachael	Tewkesbury	Isle of Man	2015	Jersey	8	Final
39:54,27		Sue	Le Ruez	Jersey	1997	Jersey	4	Final
39:55,17		Carol	Knight	Jersey	2005	Shetland Islands	5	Final
39:58,6	m	Stephanie	Quirk	Isle of Man	1989	Faroe Islands	2	Final
39:59,97		Uiloq	Heilmann/Slette	Greenland	1997	Jersey	5	Final
40:00,13		Liza	Tuperna Itzchaky	Greenland	2011	Isle of Wight	10	Final
40:01,08		Sarah	Peacock/Corcora	Jersey	1997	Jersey	6	Final
40:27,77		Uiloq	Slettemark	Greenland	1999	Gotland	1	Final
40:28,77		Sunnvá	Bjarnastein	Faroe Islands	1999	Gotland	2	Final
40:35,00		Kista	Hammeken Lenne	Greenland	2017	Gotland	8	Final
40:43,30		Nicola	Jordan	Cayman Islands	1999	Gotland	4	Final
40:57,87		Sarah	Vallin	Faroe Islands	2019	Gibraltar	3	Final
40:59,07		Ukaleq	Slettemark	Greenland	2017	Gotland	9	Final
41:13,8	m	Liia	Toom	Saaremaa	2003	Guernsey	6	Final
41:16,3	m	Taimi	Kangur	Saaremaa	2003	Guernsey	7	Final
41:21,93		Anna-Maria	Touvra	Rhodes	2001	Isle of Man	6	Final
41:25,32		Sofie	Kindberg	Gotland	2019	Gibraltar	4	Final
41:26,60		Danielle	Mason	Jersey	1995	Gibraltar	2	Final
41:27,08		Joyce	Clinton	Jersey	2001	Isle of Man	7	Final
41:29,09		Rigmor	Napoleonsdóttir J	Faroe Islands	1999	Gotland	6	Final
41:33,67		Doleen	Galbraith	Western Isles	2007	Rhodes	9	Final
42:03,08		Kerry	Petulla	Jersey	2005	Shetland Islands	6	Final
42:06,90		Alanna	Goddard	Western Isles	2015	Jersey	9	Final
42:24,57		Victoria	Barratt	Jersey	2009	Åland	8	Final
42:25,90		Ester	Edvinsson	Gotland	1995	Gibraltar	3	Final
43:04,32		Samantha	Cowen	Isle of Man	2007	Rhodes	10	Final
43:22,30		Karina	Danielsson	Åland	1997	Jersey	7	Final
43:34,15		Ida	Söderdahl	Gotland	2019	Gibraltar	6	Final
43:38,41		Muriel	Thomson/Shearer	Orkney	2001	Isle of Man	8	Final
43:51,27		Elisa-Laura	Agtagkát	Greenland	1999	Gotland	9	Final
44:02,74		Christine	Jackson	Isle of Wight	2001	Isle of Man	9	Final
44:10,02		Britt	Folkermann	Greenland	2009	Åland	9	Final
44:36,59		Chloe	Kempe	Bermuda	2007	Rhodes	12	Final
44:55,7	m	Val	Sexton	Guernsey	2003	Guernsey	8	Final
45:09,36		Megan	Eggeling	Falkland Islands	2001	Isle of Man	10	Final
45:26,29		Sarah	Allan	Falkland Islands	2001	Isle of Man	11	Final
45:41,00		Isobel	Mowat	Shetland Islands	1995	Gibraltar	4	Final
45:50,52		May	Rea	Jersey	1999	Gotland	10	Final
47:06,62		Katherine	Manson	Shetland Islands	1999	Gotland	12	Final
47:17,13		Emma	Horne	Orkney	2019	Gibraltar	7	Final

3000 m Steeplechase

10:58,28	Marina	Bagur Olives	Menorca	2019	Gibraltar	1 Final
11:16,74	Claire	Wilson	Shetland Islands	2015	Jersey	1 Final
11:20,77	Bjørk	Herup Olsen	Faroe Islands	2015	Jersey	2 Final
12:56,71	Ffion	Jones	Ynys Môn	2019	Gibraltar	2 Final
13:16,44	Milly	Bacon	Isle of Wight	2019	Gibraltar	3 Final
13:30,32	Lucy	Lawrence	Ynys Môn	2019	Gibraltar	4 Final
13:41,22	Grace	Crumplin	Isle of Wight	2015	Jersey	3 Final

Half Marathon

1:13,35	Brenda	Walker	Isle of Man	1991	Åland	1 Final
1:19,06	Louise	Perrio	Guernsey	2017	Gotland	1 Final
1:19,18	Marna Leila	Vandsdal Egholm	Faroe Islands	2017	Gotland	2 Final
1:19,30	Ann-Catrin	Nordman	Åland	1991	Åland	2 Final
1:19,53	Hannah	Howard	Isle of Man	2017	Gotland	3 Final
1:20,58	Charlotte	Metcalfe	Isle of Wight	2017	Gotland	4 Final
1:21,35	Kim	Baglietto	Gibraltar	2015	Jersey	1 Final
1:21,50	Sarah	Webster	Isle of Man	2017	Gotland	5 Final
1:22,09	Johanna	Kahlroth	Åland	2011	Isle of Wight	1 Final
1:22,14	Barbara	Parker	Jersey	1993	Isle of Wight	1 Final
1:22,42	Karen	Rushton	Isle of Man	1995	Gibraltar	1 Final
1:22,43	Maria Jesús	Pallicer Rotger	Menorca	2017	Gotland	6 Final
1:22,52	Turi	Malme	Hitra	2011	Isle of Wight	2 Final
1:23,29	Martine	Scholes	Guernsey	2009	Åland	1 Final
1:23,41	Laura	Brackley	Isle of Wight	2015	Jersey	4 Final
1:23,58	Caroline	Wickham	Guernsey	1991	Åland	4 Final
1:24,24	Janette	Shepherd	Guernsey	1991	Åland	5 Final
1:24,35	Bjørk	Herup Olsen	Faroe Islands	2011	Isle of Wight	3 Final
1:24,38	Rebecca	Thompson	Jersey	2019	Gibraltar	2 Final
1:24,46	Barbara	Finn/Parker	Jersey	1987	Guernsey	2 Final
1:24,47	Elissa	Morris	Isle of Man	2017	Gotland	7 Final
1:25,00	Jessica	Troy	Jersey	2019	Gibraltar	3 Final
1:25,12	Jo	Smith/McGarry/G	Jersey	2011	Isle of Wight	4 Final
1:25,31	Joanna	Walker	Orkney	2005	Shetland Islands	1 Final
1:25,33	Marie	Noon	Isle of Man	2001	Isle of Man	1 Final
1:25,36	Ane	Fleischer	Greenland	1991	Åland	6 Final
1:25,37	Penny	Buckingham	Guernsey	1995	Gibraltar	2 Final
1:25,37	Valborg	Heinesen	Faroe Islands	2013	Bermuda	1 Final
1:25,57	Myra	Frazer	Prince Edward Island	1991	Åland	7 Final
1:26,10	Andrea	Banks	Jersey	2015	Jersey	6 Final
1:26,14	Nikki	Boyde	Isle of Man	2015	Jersey	7 Final
1:26,20	Stephanie	Quirk	Isle of Man	1991	Åland	8 Final
1:26,31	Gail	Griffiths	Isle of Man	2011	Isle of Wight	6 Final
1:26,32	Rachael	Tewkesbury	Isle of Man	2015	Jersey	8 Final
1:26,33	Maria	De Jesus	Jersey	2001	Isle of Man	2 Final
1:26,41	Jackie	Ashman	Isle of Man	2003	Guernsey	3 Final
1:26,44	Nikki	Neal	Guernsey	2011	Isle of Wight	7 Final
1:26,46	Borgarhjørt	Holm	Faroe Islands	2003	Guernsey	4 Final
1:26,46	Alison	Campbell	Western Isles	2009	Åland	4 Final
1:26,54	Julia	King	Isle of Wight	1993	Isle of Wight	3 Final
1:27,08	Sarah	Vallin	Faroe Islands	2019	Gibraltar	5 Final
1:27,15	Súsanna	Skylv Sørensen	Faroe Islands	2009	Åland	5 Final
1:27,29	Emma Jane	Montiel	Gibraltar	2019	Gibraltar	7 Final
1:27,38	Jenny	James	Guernsey	2017	Gotland	10 Final
1:27,43	Amanda	Brown	Jersey	2007	Rhodes	2 Final
1:27,47	Lisa	Fox	Jersey	2005	Shetland Islands	2 Final
1:27,58	Nikki	Neal	Alderney	2005	Shetland Islands	3 Final
1:28,09	Kista	Hammeken Lenne	Greenland	2017	Gotland	11 Final
1:28,15	Alison	Edwards	Gibraltar	2017	Gotland	12 Final
1:28,19	Victoria	Fiddick	Bermuda	2009	Åland	6 Final
1:28,46	Dawn	Richardson	Bermuda	2007	Rhodes	3 Final
1:28,46	Deon	Breary	Bermuda	2015	Jersey	10 Final
1:28,52	Jane	Grace	Jersey	2015	Jersey	11 Final
1:28,59	Anna	Stockhammar	Gotland	1995	Gibraltar	4 Final
1:29,01	Rigmor	Napoleonsdóttir J	Faroe Islands	2003	Guernsey	5 Final
1:29,22	Jessica	Draskau	Isle of Man	2001	Isle of Man	5 Final

1:29,30	Gail	Merrien	Guernsey	2003	Guernsey	6 Final
1:29,35	Leslie	Mansell	Jersey	1997	Jersey	4 Final
1:29,41	Laura	McCarthy	Guernsey	2017	Gotland	13 Final
1:30,03	Mhairi	Hall	Western Isles	2019	Gibraltar	12 Final
1:30,09	Carita	Södergård	Åland	2005	Shetland Islands	5 Final
1:30,15	Val	Phillips/Sexton	Guernsey	1997	Jersey	5 Final
1:30,19	Sue	Le Ruez	Jersey	1991	Åland	9 Final
1:30,19	Kara	Shepherd	Isle of Man	2003	Guernsey	7 Final
1:30,21	Allison	Edwards	Gibraltar	2015	Jersey	12 Final
1:30,23	Jane	Mooney	Isle of Man	1995	Gibraltar	5 Final
1:30,25	Anita	Vaudin	Guernsey	1987	Guernsey	4 Final
1:30,30	Doleen	Galbraith	Western Isles	2005	Shetland Islands	6 Final
1:30,35	Ukaleq	Slettemark	Greenland	2017	Gotland	14 Final
1:30,41	Pauline	Kennaugh	Isle of Man	1991	Åland	10 Final
1:30,55	Rose-Anna	McShane-Hoey	Bermuda	2015	Jersey	13 Final
1:31,03	Sarah	Bruce	Jersey	2003	Guernsey	8 Final
1:31,04	Rosanna	Sexton	Isle of Wight	2019	Gibraltar	13 Final
1:31,06	Ashley	Berry	Bermuda	2017	Gotland	15 Final
1:31,08	Joyce	Clinton	Jersey	1995	Gibraltar	6 Final
1:31,10	Norma	Illing	Jersey	2001	Isle of Man	6 Final
1:31,17	Uiloq	Heilmann/Slette	Greenland	1997	Jersey	6 Final
1:31,26	Muriel	Thomson/Shearer	Orkney	1997	Jersey	7 Final
1:31,34	Sylvia	Thompson	Jersey	2015	Jersey	14 Final
1:31,34	Carol	Knight	Jersey	2005	Shetland Islands	7 Final
1:31,57	Lucy	Rashley	Isle of Wight	1993	Isle of Wight	5 Final
1:32,22	Janine	Tolcher	Guernsey	1987	Guernsey	6 Final
1:32,22	Rebecca	Wallace	Isle of Man	2013	Bermuda	5 Final
1:32,37	Ann	Gomer	Isle of Man	1987	Guernsey	7 Final
1:32,38	Arlene	Lewis	Jersey	2011	Isle of Wight	11 Final
1:32,47	Sarah	Kavanagh	Isle of Wight	2015	Jersey	16 Final
1:32,50	Sarah	Livett	Ynys Môn	2015	Jersey	17 Final
1:32,50	Sunnvá	Bjarnastein	Faroe Islands	1999	Gotland	5 Final
1:32,52	Alanna	Goddard	Western Isles	2015	Jersey	18 Final
1:32,56	Taimi	Kangur	Saaremaa	2003	Guernsey	9 Final
1:33,17	Åsa	Karlsson	Åland	2009	Åland	8 Final
1:33,24	Charlotte	Black	Shetland Islands	2011	Isle of Wight	12 Final
1:33,25	Doris	Leonard	Orkney	1987	Guernsey	8 Final
1:33,41	Christine	Jackson	Isle of Wight	2003	Guernsey	10 Final
1:33,44	Kirsty	Haxby	Western Isles	2011	Isle of Wight	13 Final
1:33,58	Kerry	Petulla	Jersey	2005	Shetland Islands	8 Final
1:34,15	Danielle	Daniels	Jersey	1997	Jersey	8 Final
1:34,47	Chris	De La Mare	Guernsey	1999	Gotland	7 Final
1:34,59	Julie	Mackay	Shetland Islands	2009	Åland	10 Final
1:35,21	Tracy	Porter	Falkland islands	1997	Jersey	9 Final
1:35,49	Caroline	Drew	Falkland Islands	2015	Jersey	19 Final
1:36,05	Karen	Fraser	Shetland Islands	2011	Isle of Wight	14 Final
1:36,07	Ester	Edvinsson	Gotland	1995	Gibraltar	8 Final
1:36,07	Kathryn	Hough	Shetland Islands	2005	Shetland Islands	9 Final
1:36,13	Elisa-Laura	Agtagkát	Greenland	1999	Gotland	8 Final
1:36,47	Katie	Mackinnon	Western Isles	2019	Gibraltar	14 Final
1:37,03	Sharon	McNally	Isle of Wight	2009	Åland	12 Final
1:37,03	Sue	Mawson	Jersey	1991	Åland	11 Final
1:37,07	Britt	Folkermann	Greenland	2009	Åland	13 Final
1:37,16	Sarah	Allan	Faroe Islands	2003	Guernsey	11 Final
1:37,28	Chantal	Green	Guernsey	2015	Jersey	20 Final
1:37,30	Julie	King	Isle of Wight	2015	Jersey	21 Final
1:38,05	Sam	Horsfall	Jersey	2009	Åland	15 Final
1:38,22	Trish	Train	Isle of Wight	2017	Gotland	18 Final
1:38,26	Katti	Frederichsen	Greenland	2009	Åland	16 Final
1:38,28	Samantha	Cowen	Isle of Man	2007	Rhodes	10 Final
1:38,33	Åsa	Edman	Gotland	2017	Gotland	19 Final
1:38,33	Ida	Kellström	Gotland	2017	Gotland	19 Final
1:38,41	Isabel	Charyzhak	Gotland	1995	Gibraltar	9 Final
1:39,01	Nicola	Dominey	Jersey	1995	Gibraltar	10 Final
1:39,13	Mary	Norman	Isle of Wight	2011	Isle of Wight	15 Final
1:39,15	Siobhan	Svendsen	Isle of Wight	2009	Åland	17 Final
1:39,20	Christina	Mackenzie	Western Isles	2013	Bermuda	8 Final
1:40,14	Linda	Österdahl	Gotland	1999	Gotland	9 Final

1:40,16	Carole	Smith	Isle of Wight	1993	Isle of Wight	7 Final
1:40,44	Catherine	Williamson	Shetland Islands	2017	Gotland	21 Final
1:41,08	Shona	Morrison	Western Isles	2007	Rhodes	12 Final
1:41,26	Maggie	Watkins	Isle of Man	2003	Guernsey	14 Final
1:41,51	Karina	Danielsson	Åland	1997	Jersey	10 Final
1:42,29	Morina	Macdougall	Western Isles	2015	Jersey	22 Final
1:42,58	Isobel	Mowat	Shetland Islands	1995	Gibraltar	11 Final
1:43,15	Sarah	Allan	Falkland Islands	2001	Isle of Man	8 Final
1:43,59	Teslyn	Barkman	Falkland Islands	2015	Jersey	23 Final
1:44,08	Janet	Taylor	Jersey	1993	Isle of Wight	9 Final
1:44,53	Liia	Toom	Saaremaa	2003	Guernsey	15 Final
1:44,54	Liisi	Saar	Saaremaa	2011	Isle of Wight	17 Final
1:45,55	Katherine	Manson	Shetland Islands	1999	Gotland	10 Final
1:46,12	Megan	Eggeling	Falkland Islands	2001	Isle of Man	10 Final
1:47,01	Annabel	Russell	Shetland Islands	1995	Gibraltar	12 Final
1:47,01	May	Rea	Jersey	1999	Gotland	12 Final
1:47,50	Diane	Garrick	Shetland Islands	2003	Guernsey	16 Final
1:51,14	Birgitta	Johansson	Gotland	1987	Guernsey	11 Final
1:51,34	Sarah Louise	MacIsaac	Western Isles	2015	Jersey	24 Final
1:54,20	Sara	Eline Gaasø	Frøya	2015	Jersey	25 Final
1:57,22	Anna	Cleminson	Shetland Islands	1995	Gibraltar	13 Final
1:57,51	Mairi	MacCormick	Western Isles	2009	Åland	18 Final
1:58,12	Louise	Robertson	Shetland Islands	2003	Guernsey	17 Final
2:03,07	Donna	Williams	Falkland Islands	1993	Isle of Wight	10 Final
2:06,26	Malin	Persson	Gotland	1999	Gotland	14 Final
2:09,27	Antoinette	Bendyshe	Falkland Islands	1995	Gibraltar	14 Final
2:11,00	Trudi	Clarke	Falkland Islands	1997	Jersey	11 Final

Marathon

3:23,42	m	Ann	Gomer	Isle of Man	1989	Faroe Islands	1 Final
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3000 m Walk

15:23,0	m	Joanne	Clarke	Isle of Man	1987	Guernsey	1 Final
16:22,0	m	Helen	Kermode	Isle of Man	1987	Guernsey	2 Final
17:29,3	m	Rita	McGuinness	Isle of Man	1985	Isle Of Man	2 Final
18:29,1	m	Jenny	Elliott	Guernsey	1987	Guernsey	3 Final
18:56,0	m	Michelle	Gallagher	Isle of Man	1987	Guernsey	4 Final
19:12,5	m	Sandra	Martel	Guernsey	1987	Guernsey	5 Final
19:23,4	m	Kathy	Marley	Guernsey	1987	Guernsey	6 Final

100 m hurdles

14,39	-0,3	Kelly	Southerton	Isle of Wight	1997	Jersey	1 Final
14,48	-0,9	Kylie	Robilliard	Guernsey	2009	Åland	1 Final
14,56	-1,1	Diana	Lindqvist	Åland	1991	Åland	1 Preliminary Heat 2
14,59	1,1	Jay	Peet	Guernsey	1993	Isle of Wight	1 Final
14,68	1,5	Hannah	Riley	Isle of Man	2011	Isle of Wight	1 Final
14,69	0,1	Ameilia	Gillispie	Cayman Islands	2013	Bermuda	1 Final
14,71	1,9	Maria	Pinni	Rhodes	2007	Rhodes	1 Final
14,93	-2,1	Schwannah	McCarthy	Cayman Islands	1999	Gotland	1 Final
14,95	1,9	Pille-Riin	Toomalu	Saaremaa	2007	Rhodes	2 Final
15,02	1,9	Claire	Lidster	Jersey	2007	Rhodes	3 Final
15,14	1,5	Shianne	Smith	Bermuda	2011	Isle of Wight	2 Final
15,17	1,9	Eve	Carrington	Western Isles	2007	Rhodes	4 Final
15,20	2,9	w Maria	Löfroth	Åland	2001	Isle of Man	2 Final
15,26	-1,2	Maria	Löfroth	Åland	1999	Gotland	2 Preliminary Heat 2
15,31	1,1	Eva	Holmberg	Åland	1993	Isle of Wight	2 Final
15,31	1,9	Ángela	López Martí	Menorca	2007	Rhodes	5 Final
15,37	2,2	w Emily	Cassidy	Jersey	2015	Jersey	4 Final
15,38	2,9	w Kaie	Kand	Saaremaa	2001	Isle of Man	3 Final
15,41	-2,3	Cheryl	Done	Isle of Man	1991	Åland	3 Final
15,44	w	Amber	Sibbald	Isle of Man	2017	Gotland	2 Final
15,46	-2,3	Alison	Le Saux	Jersey	1991	Åland	4 Final
15,69	-2,3	Frida	Björkegren	Gotland	2009	Åland	1 Preliminary Heat 1
15,72	1,9	Rachael	Kelly	Isle of Man	2007	Rhodes	6 Final
15,78	-2,3	Georgia	Karageorgiou	Rhodes	2009	Åland	2 Preliminary Heat 1
15,95	1,5	Ellinor	Sundstrand	Gotland	2011	Isle of Wight	4 Final
15,95	1,9	Sophie	Twinam	Jersey	2007	Rhodes	7 Final

16,03		w	Danielle	Troke	Guernsey	2003	Guernsey	3 Final		
16,07	-0,9		Julia	Källgren	Åland	2009	Åland	2 Final		
16,07	-1,1		Jenny	Helin	Gotland	1991	Åland	3 Preliminary	Heat 2	
16,24	-3,0		Emily	Young/Newton	Isle of Wight	2005	Shetland Islands	3 Final		
16,0	m	4,4	w	Jessica	Stegrud	Gotland	1989	Faroe Islands	2 Final	
16,34		-3,6		Rhiannon	Dowinton	Guernsey	2019	Gibraltar	1 Final	
16,1	m		w	Lynn	Butcher	Isle of Wight	1987	Guernsey	2 Final	
16,1	m	4,4	w	Janette	Duncan	Isle of Man	1989	Faroe Islands	3 Final	
16,41		-1,6		Janette	Duncan	Isle of Man	1991	Åland	3 Preliminary	Heat 1
16,49		-1,1		Kaia	Paat	Saaremaa	1991	Åland	4 Preliminary	Heat 2
16,53		0,1		Linn	Gustafsson	Åland	2013	Bermuda	4 Final	
16,59			w	Kamela	Monks	Jersey	2003	Guernsey	4 Final	
16,60		-1,2		Nathalie	Jansson	Åland	2009	Åland	4 Preliminary	Heat 2
16,63		1,5		Molly	Jehan	Jersey	2011	Isle of Wight	6 Final	
16,77		-2,1		Caron	Leckie	Shetland Islands	1999	Gotland	4 Final	
17,04		-2,1		Heather	Dobson	Isle of Wight	1999	Gotland	6 Final	
17,15			w	Minna	Roiha	Åland	1995	Gibraltar	2 Preliminary	Heat 1
17,25			w	Emma	Batiste	Guernsey	2003	Guernsey	5 Final	
17,34		-1,6		Viire	Viss	Saaremaa	1991	Åland	4 Preliminary	Heat 1
17,44		1,1		Llinos	Jones	Ynys Môn	1993	Isle of Wight	6 Final	
17,48		-3,6		Angela	Martí	Menorca	2019	Gibraltar	3 Final	
17,54			w	Keida	Abram	Isle of Wight	1995	Gibraltar	3 Preliminary	Heat 2
17,5	m		w	Nicky	Pettitt	Guernsey	1987	Guernsey	4 Final	
17,75		-1,2		Jenny	Mullin	Jersey	1999	Gotland	5 Preliminary	Heat 2
17,77		1,5		Taylor	Canning	Isle of Wight	2011	Isle of Wight	7 Final	
17,80		-1,2		Marie	Liljegren	Gotland	1999	Gotland	6 Preliminary	Heat 2
17,90		-2,3		Kadri	Pulk	Saaremaa	2009	Åland	4 Preliminary	Heat 1
17,95		2,2	w	Caitlin	Ward	Shetland Islands	2015	Jersey	6 Final	
18,03		-1,1		Anne	Simpson	Jersey	1991	Åland	5 Preliminary	Heat 2
18,12		1,1		Alison	Christie	Jersey	1993	Isle of Wight	7 Final	
18,16		-0,3		Kelly	Jones	Ynys Môn	1997	Jersey	5 Final	
18,18		2,9	w	Ida	Gillerfors	Gotland	2001	Isle of Man	6 Final	
18,19		2,9	w	Bethan	Saxon	Isle of Man	2001	Isle of Man	7 Final	
18,34		0,0		Marita	Kukk	Saaremaa	1999	Gotland	3 Preliminary	Heat 1
18,35		-1,6		Therese	Jansson	Gotland	1991	Åland	5 Preliminary	Heat 1
18,51		-1,6		Maria	Åkerblom	Åland	1991	Åland	6 Preliminary	Heat 1
18,53		-3,6		Trinity	Johnson	Western Isles	2019	Gibraltar	4 Final	
18,55			w	Josie	Jamieson	Shetland Islands	2003	Guernsey	6 Final	
18,57		-0,3		Minna	Roiha	Åland	1997	Jersey	6 Final	
18,65		-3,6		Eden	Canning	Isle of Wight	2019	Gibraltar	5 Final	
18,5	m	4,4	w	Tamara	Biddick	Isle of Wight	1989	Faroe Islands	4 Final	
18,6	m		w	Heidi	Dodd	Isle of Wight	1985	Isle Of Man	1 Final	
18,94		0,0		Anna	Jakobsson	Gotland	1999	Gotland	4 Preliminary	Heat 1
19,10			w	Bernise	Tighe	Gibraltar	1995	Gibraltar	3 Preliminary	Heat 1
19,11		2,2	w	Cara	Steven	Shetland Islands	2015	Jersey	7 Final	
18,9	m		w	Sue	Munns	Jersey	1987	Guernsey	3 Preliminary	Heat 2
19,23		-2,3		Lucy	Crossman	Jersey	2009	Åland	5 Preliminary	Heat 1
19,0	m		w	Michelle	Gallagher	Isle of Man	1987	Guernsey	4 Preliminary	Heat 2
19,30		1,2		Alba	Febrer Comendad	Menorca	2007	Rhodes	4 Preliminary	Heat 1
19,1	m		w	Helen	White	Jersey	1987	Guernsey	3 Preliminary	Heat 1
19,49			w	Rebecca	Carter	Jersey	1995	Gibraltar	4 Preliminary	Heat 2
19,72		1,1		Karen	Guibout	Jersey	1993	Isle of Wight	8 Final	
19,94		-0,3		Zoe	Butcher	Ynys Môn	1997	Jersey	8 Final	
19,7	m		w	Nicola	Dixon	Isle of Man	1985	Isle Of Man	2 Final	
21,8	m		w	Lorraine	Gilmore	Orkney	1985	Isle Of Man	3 Final	
22,07			w	Joanna	Harris	Isle of Wight	1995	Gibraltar	4 Preliminary	Heat 1

400 m hurdles

60,72			Diana	Lindqvist	Åland	1991	Åland	1 Final	
61,56			Shianne	Smith	Bermuda	2013	Bermuda	1 Final	
62,76			Ángela	López Martí	Menorca	2011	Isle of Wight	1 Final	
63,20			Claire	Lidster	Jersey	2001	Isle of Man	1 Final	
63,29			Sophie	Twinam	Jersey	2009	Åland	1 Final	
63,58			Aimee	Cringle	Isle of Man	2019	Gibraltar	1 Final	
63,85			Tove	Andersson	Åland	2003	Guernsey	2 Final	
64,01			Jay	Peet	Guernsey	1993	Isle of Wight	1 Final	
64,10			Hannah	Riley	Isle of Man	2005	Shetland Islands	1 Final	
64,28			Katerina	Katri	Rhodes	2007	Rhodes	3 Final	

64,30		Mikaela	Harrison	Ynys Môn	2015	Jersey	1	Final	
64,57		Ellen	Richings	Jersey	1993	Isle of Wight	2	Final	
64,69		Eva	Holmberg	Åland	1993	Isle of Wight	3	Final	
64,72		Eve	Carrington	Western Isles	2015	Jersey	3	Final	
64,77		Ida	Gillerfors	Gotland	2003	Guernsey	3	Final	
65,02		Hazel	Le Cornu	Jersey	2009	Åland	3	Final	
65,42		Olivia	Allbut	Jersey	2017	Gotland	2	Final	
65,70		Cheryl	Done	Isle of Man	1995	Gibraltar	2	Final	
65,80		Zandra	Karlsson	Gotland	1995	Gibraltar	2	Preliminary	Heat 1
66,12		Benita	Gustafsson	Åland	1991	Åland	3	Final	
66,39		Josefine	Havdelin	Gotland	2017	Gotland	3	Final	
66,41		Pille-Riin	Toomsalu	Saaremaa	2015	Jersey	4	Final	
66,50		Clare	Roberts	Ynys Môn	2001	Isle of Man	3	Final	
66,50		Rachael	Kelly	Isle of Man	2005	Shetland Islands	3	Final	
66,78		Lynn	Saunders	Isle of Wight	1993	Isle of Wight	3	Semi Final	Heat 1
66,80		Brogan	Percy	Isle of Wight	2011	Isle of Wight	5	Final	
67,34		Eliza	Mason	Guernsey	2017	Gotland	4	Final	
67,56		Caron	Leckie	Shetland Islands	1999	Gotland	3	Final	
67,67		Geraldine	Moore	Isle of Man	1991	Åland	2	Preliminary	Heat 1
67,70		Jenny	Holden	Isle of Wight	1993	Isle of Wight	5	Final	
67,70		Anne	Simpson	Jersey	1991	Åland	3	Preliminary	Heat 1
67,74		Angela	Martí	Menorca	2019	Gibraltar	3	Final	
67,79		Sara	Watterson	Isle of Man	2015	Jersey	3	Preliminary	Heat 2
67,82		Maria	Löfroth	Åland	1999	Gotland	4	Final	
67,93		Seonaid	McPhie	Guernsey	1995	Gibraltar	3	Preliminary	Heat 2
68,39		Kaie	Kand	Saaremaa	2001	Isle of Man	2	Preliminary	Heat 2
68,48		Cara	Steven	Shetland Islands	2017	Gotland	6	Final	
68,82		Maria	Modiadi	Rhodes	1999	Gotland	6	Final	
69,30		Alwena	Griffiths	Ynys Môn	1995	Gibraltar	3	Preliminary	Heat 1
69,41		Johanna	Nyman	Gotland	1991	Åland	6	Final	
69,46		Eva	Truyol Allés	Menorca	2007	Rhodes	7	Final	
71,14		Julia	Källgren	Åland	2007	Rhodes	4	Preliminary	Heat 1
71,25		Stephanie	Ozanne	Guernsey	2003	Guernsey	6	Final	
71,35		Ulrika	Gillerfors	Gotland	1999	Gotland	4	Preliminary	Heat 2
71,72		Rhiannon	Dowinton	Guernsey	2019	Gibraltar	4	Final	
71,90		Heidi	Baker	Jersey	1995	Gibraltar	4	Preliminary	Heat 1
71,92		Emma	Batiste	Guernsey	2001	Isle of Man	4	Preliminary	Heat 2
71,98		Anne	Currie	Jersey	1999	Gotland	5	Preliminary	Heat 2
71,99		Janette	Duncan	Isle of Man	1991	Åland	3	Preliminary	Heat 2
72,2	m	Alison	Hale	Guernsey	1987	Guernsey	3	Final	
72,69		Amelia	Hucks	Ynys Môn	2019	Gibraltar	5	Final	
73,14		Alix	Morrey	Isle of Man	1997	Jersey	5	Final	
73,29		Mari	Truumees	Saaremaa	2009	Åland	5	Final	
73,4		Katie	Silva	Jersey	2013	Bermuda	4	Final	
74,07		Llinos	Jones	Ynys Môn	1993	Isle of Wight	7	Semi Final	Heat 1
74,13		Helen	Todd	Guernsey	1999	Gotland	4	Preliminary	Heat 1
75,93		Anastasia	Ganotaki	Rhodes	2007	Rhodes	5	Preliminary	Heat 1
76,8	m	Petra	Corkhill	Isle of Man	1987	Guernsey	5	Final	
77,72		Stela	Karageorgiou	Rhodes	2009	Åland	6	Final	
79,1	m	Annette	Holmberg	Åland	1987	Guernsey	6	Final	
83,80		Jane	Allcoat	Guernsey	1991	Åland	4	Preliminary	Heat 2

Long Jump

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

559		w	Virge	Treiel	Saaremaa	1993	Isle of Wight	1 Final
557	0,3		Kerri	Furbert	Bermuda	2013	Bermuda	2 Final
557		w	Shianne	Smith	Bermuda	2007	Rhodes	5 Final
555		w	Ulrika	Lundgren	Gotland	1993	Isle of Wight	2 Final
553	6,8	w	Lucy	Woodward	Jersey	2019	Gibraltar	6 Final
553		w	Danaa	Myhill/Callow	Isle of Man	1995	Gibraltar	2 Final
551	0,6		Linn	Gustafsson	Åland	2013	Bermuda	3 Final
551	1,1		Danaa	Myhill/Callow	Isle of Man	1991	Åland	2 Final
549	1,0		Bethan	Pilley	Isle of Man	2015	Jersey	2 Final
546	0,5		Ameilia	Gillispie	Cayman Islands	2013	Bermuda	4 Final
543	0,0		Shianne	Smith	Bermuda	2011	Isle of Wight	3 Final
540	0,5		Sara	Wiss	Åland	2005	Shetland Islands	2 Final
539		w	Ellinor	Sundstrand	Gotland	2009	Åland	2 Final
539	1,6		Alison	Le Saux	Jersey	1991	Åland	3 Final
538		w	Eva	Holmberg	Åland	1993	Isle of Wight	3 Final
537	0,7		Sophie	Moar	Shetland Islands	2015	Jersey	3 Final
535		w	Jessica	Kann	Gotland	1993	Isle of Wight	4 Final
534	6,1	w	Elisabet	Holm Simonsen	Faroe Islands	2019	Gibraltar	8 Final
534		w	Boel	Tetens	Gotland	2007	Rhodes	6 Final
534	3,8	w	Aijah	Lewis	Cayman Islands	2019	Gibraltar	8 Final
534	4,1	w	Abigail	Galpin	Guernsey	2019	Gibraltar	8 Final
533	-0,5		Kaire	Paat/Nurja	Saaremaa	2013	Bermuda	5 Final
531	0,4		Jay	Peet	Guernsey	1991	Åland	4 Final
529		w	Frida	Yttergren	Gotland	2005	Shetland Islands	3 Final
528		w	Amy	Dingle	Jersey	2007	Rhodes	7 Final
526		w	Kalliopi	Neski	Rhodes	1999	Gotland	5 Final
526	0,8		Ellinor	Sundstrand	Gotland	2011	Isle of Wight	4 Final
524	4,4	w	Angela	Horne	Western Isles	2019	Gibraltar	11 Final
523	-1,4		Cheryl	Done	Isle of Man	1991	Åland	5 Final
523		w	Vanessa	Neal	Isle of Man	1985	Isle Of Man	Final
523	0,7		Nathalie	Jansson	Åland	2009	Åland	3 Preliminary
522		w	Anne	Costain	Isle of Man	1985	Isle Of Man	1 Final
521	0,2		Boel	Tetens	Gotland	2005	Shetland Islands	4 Final
521		w	Emily	Young/Newton	Isle of Wight	2009	Åland	3 Final
520	1,9	w	Jessica	Stegrud	Gotland	1989	Faroe Islands	2 Final
519		w	Tara	Murphy	Jersey	2001	Isle of Man	2 Final
518	1,3		Ulrika	Lundgren	Gotland	1991	Åland	6 Final
518		w	Christina	Petra	Rhodes	2001	Isle of Man	3 Final
518	0,8		Maja	Almgren	Gotland	2015	Jersey	4 Final
517	3,4	w	Heather Marie	MacKinnon	Western Isles	2019	Gibraltar	12 Final
515	0,0		Sharon	Thomson	Orkney	1991	Åland	7 Final
513		w	Lynn	Butcher	Isle of Wight	1987	Guernsey	2 Final
513		w	Maria	Stavridou	Rhodes	2003	Guernsey	3 Final
512		w	Kathryn	Blackwood	Jersey	1999	Gotland	6 Final
512		w	Annette	Holmberg	Åland	1987	Guernsey	3 Final
512	0,8		Hollie	Bass	Isle of Man	2005	Shetland Islands	5 Final
512		w	Ashleigh	Nalty	Cayman Islands	2009	Åland	4 Final
512		w	Kaili	Adamson	Saaremaa	2009	Åland	5 Final
512	1,0		Amber	Sibbald	Isle of Man	2015	Jersey	5 Final
511	1,9	w	Jenny	Helin	Gotland	1989	Faroe Islands	4 Final
510		w	Georgia	Karageorgiou	Rhodes	2009	Åland	6 Final
509		w	Julie	Ramsay	Shetland Islands	1999	Gotland	7 Final
507		w	Llinos	Hughes	Ynys Môn	1999	Gotland	8 Final
506		w	Kaia	Paat	Saaremaa	1995	Gibraltar	5 Final
503		w	Nicola	Ellis	Ynys Môn	1993	Isle of Wight	6 Final
503	0,6		Mared	Baker	Ynys Môn	2011	Isle of Wight	6 Final
502		w	Helena	Cooper	Jersey	1987	Guernsey	4 Final
502		w	Rowena	Mackay	Guernsey	1997	Jersey	4 Final
502		w	Maria	Koza	Rhodes	2003	Guernsey	4 Final
502		w	Vanessa	Roberts	Isle of Man	1993	Isle of Wight	7 Final
501	4,4	w	Judit	Bagur Olives	Menorca	2019	Gibraltar	13 Final
499		w	Janine	Priaulx/Lewis	Guernsey	1987	Guernsey	5 Final
499		w	Maria-Meli	Stavridi	Rhodes	1999	Gotland	9 Final
498	5,2	w	Edna Maria	Debes	Faroe Islands	2019	Gibraltar	14 Final
497		w	Jenna	Gaio	Cayman Islands	2005	Shetland Islands	6 Final
496		w	Vera	Papadopoulou	Rhodes	2001	Isle of Man	6 Final
496		w	Sarah	Waters	Guernsey	2013	Bermuda	7 Final
495		w	Janine	Priaulx	Guernsey	1985	Isle Of Man	2 Final

494		w	Caroline	Kyle	Guernsey	2009	Åland	8	Preliminary	
494		w	Eilidh	Peterson	Shetland Islands	2009	Åland	7	Final	
494		w	Margit	Weihe Fríðmunds	Faroe Islands	2017	Gotland	7	Final	
493		w	Calicia	Burke	Cayman Islands	2001	Isle of Man	7	Final	
493		w	Jenna	Murphy	Jersey	2007	Rhodes	9	Final	
493	0,5		Greete	Vapper	Saaremaa	2011	Isle of Wight	7	Final	
492	0,7		Roseanna	Hill	Jersey	2015	Jersey	6	Final	
492		w	Claire	Jones	Isle of Wight	2003	Guernsey	6	Final	
490	1,2		Ellen	Spruce	Guernsey	1991	Åland	8	Final	
490	0,7		Mari-Helen	Saarna	Saaremaa	2015	Jersey	7	Final	
488		w	Keida	Abram	Isle of Wight	1995	Gibraltar	6	Final	
488	-0,3		Jenny	Mactaggart	Western Isles	2015	Jersey	3	Preliminary	Heat 1
487	-0,8		Abbie	Mackay	Western Isles	2015	Jersey	5	Preliminary	Heat 1
487		w	Helen	Todd	Guernsey	1999	Gotland	11	Final	
486		w	Catrin	Wain-Hobson	Ynys Môn	2003	Guernsey	8	Final	
486	-0,5		Ida	Boedeker	Åland	2013	Bermuda	8	Final	
486	4,9	w	Sofia	Mella	Guernsey	2019	Gibraltar	15	Final	
485	1,1		Eilidh	Peterson	Shetland Islands	2011	Isle of Wight	8	Final	
484	1,4		Jessica	Kann	Gotland	1991	Åland	9	Final	
484		w	Heidi	Dodd	Isle of Wight	1985	Isle Of Man	3	Final	
483	0,5		Dawn	Jospeh	Jersey	1991	Åland	10	Final	
481	0,6		Helen	Cromarty	Orkney	1991	Åland	11	Final	
481		w	Minna	Roiha	Åland	1995	Gibraltar	7	Final	
481	-0,3		Sarah	Waters	Guernsey	2015	Jersey	4	Preliminary	Heat 2
478		w	Bryony	Cain	Isle of Man	1999	Gotland	12	Final	
477		w	Debbie	Priest	Guernsey	1985	Isle Of Man		Final	
477		w	Victoria	Duthie	Shetland Islands	2007	Rhodes	10	Final	
476	0,6		Charity	Becker	Prince Edward Island	1991	Åland	12	Final	
474		w	Caron	Leckie	Shetland Islands	1999	Gotland	13	Final	
473		w	Rachel	Croft	Isle of Man	2003	Guernsey	10	Final	
473	1,0		Caroline	Kyle	Guernsey	2011	Isle of Wight	9	Final	
472		w	Sarah	Heaton	Jersey	1987	Guernsey	6	Final	
471		w	Linda	Andersson	Åland	1997	Jersey	6	Final	
471		w	Sheena	Brookwell	Ynys Môn	2003	Guernsey	11	Final	
471	0,0		Merike	Salu	Saaremaa	1991	Åland	13	Final	
468		w	Jenny	Mullin	Jersey	1997	Jersey	7	Final	
465	-0,3		Sara	Marley	Guernsey	2015	Jersey	5	Preliminary	Heat 2
465		w	Krissy	Owen	Ynys Môn	1993	Isle of Wight	9	Final	
465		w	Hilary	Donaldson	Orkney	1985	Isle Of Man	4	Final	
464		w	Anne	Öberg	Gotland	1999	Gotland	14	Final	
464		w	Kadri	Pulk	Saaremaa	2009	Åland	14	Preliminary	
463		w	Stephanie	Ozanne	Guernsey	2003	Guernsey	12	Final	
463		w	Rosie	Brown	Isle of Man	1999	Gotland	15	Final	
463		w	Tamar	Moncrieff	Shetland Islands	2017	Gotland	9	Final	
462		w	Malin	Roiha	Åland	1997	Jersey	8	Final	
461	0,3		Sinead	Kaneen	Isle of Man	2011	Isle of Wight	10	Final	
460		w	Rebecca	Cartier	Jersey	1997	Jersey	9	Final	
459		w	Andrea	Johansson	Åland	2007	Rhodes	12	Final	
457	1,9	w	Aline	Cross	Orkney	1989	Faroe Islands	5	Final	
457	4,2	w	Kaia	Kaemmerlen	Gibraltar	2019	Gibraltar	16	Final	
456		w	Ulrika	Evjen	Gotland	2017	Gotland	13	Final	
456		w	Maria	Åkerblom	Åland	1993	Isle of Wight	11	Final	
456	-2,3		Sonja	Kidron	Åland	2001	Isle of Man	11	Final	
455		w	Lucy	Holden	Shetland Islands	2017	Gotland	14	Final	
454	-0,9		Helen	Hanstock	Ynys Môn	2015	Jersey	6	Preliminary	Heat 2
451	0,7		Stephanie	Le Cornu	Jersey	2005	Shetland Islands	8	Final	
450		w	Sally-Ann	Kearsley	Isle of Man	1987	Guernsey	7	Final	
447	1,9	w	Tamara	Biddick	Isle of Wight	1989	Faroe Islands	6	Final	
446		w	Janice	Henry	Shetland Islands	1985	Isle Of Man	5	Final	
446		w	Pauline	Walker	Guernsey	1985	Isle Of Man		Final	
445	-2,4		Linda	Granberg	Åland	2001	Isle of Man	12	Final	
444		w	Ffion	Hughes	Ynys Môn	2001	Isle of Man	13	Final	
443	1,8		Kayti	Jeromson	Shetland Islands	2005	Shetland Islands	9	Final	
442		w	Kristan	Robertson	Shetland Islands	2003	Guernsey	13	Final	
441		w	Joanna	Harris	Isle of Wight	1995	Gibraltar	8	Final	
438	1,0		Kai	Kreos	Saaremaa	2011	Isle of Wight	11	Final	
438		w	Kelly	Jones	Ynys Môn	1997	Jersey	10	Final	
437	-1,2		Elli	Heyes	Jersey	2015	Jersey	8	Preliminary	Heat 1

435	0,4	Flinty	Bane	Guernsey	2011	Isle of Wight	12	Final	
434		w Piret	Rumm	Saaremaa	1997	Jersey	11	Final	
434	6,2	w Kally	Milne	Orkney	2019	Gibraltar	17	Final	
433	0,0	Tamar	Moncrieff	Shetland Islands	2015	Jersey	9	Preliminary	Heat 1
433	0,6	Stephanie	Harper	Shetland Islands	2005	Shetland Islands	10	Final	
428	-0,4	Correen	Davies	Orkney	2015	Jersey	7	Preliminary	Heat 2
427	-0,5	Kirstin	Flett	Orkney	2015	Jersey	8	Preliminary	Heat 2
423	0,3	Allie	Elphinstone	Shetland Islands	2011	Isle of Wight	13	Final	
422		w Gayle	Henry	Shetland Islands	2003	Guernsey	14	Final	
422		w Ellen	Richings	Isle of Man	1987	Guernsey	8	Final	
419		w Stela	Karageorgiou	Rhodes	2009	Åland	16	Preliminary	
415	4,9	w Eden	Canning	Isle of Wight	2019	Gibraltar	18	Final	
414	1,9	Andrea	Nielsen	Faroe Islands	1989	Faroe Islands	7	Final	
412		w Hege	Myhren	Hitra	1985	Isle Of Man	6	Final	
405	1,9	Jenny	Holden	Isle of Wight	1989	Faroe Islands	8	Final	
392	-0,1	Alexia	Reynolds	St. Helena	2015	Jersey	9	Preliminary	Heat 2
388	4,4	w Charmaine	Johnson	Alderney	2019	Gibraltar	19	Final	

Triple Jump

12,64	0,6	Jasmine	Brunson	Bermuda	2013	Bermuda	1	Final	
12,15	-0,5	Kaire	Paat/Nurja	Saaremaa	2013	Bermuda	2	Final	
12,11		w Kalliopi	Neski	Rhodes	1999	Gotland	1	Final	
11,91	1,2	Hanna	Wiss	Åland	2011	Isle of Wight	1	Final	
11,82		w Virge	Treiel	Saaremaa	1995	Gibraltar	1	Final	
11,79		w Kaia	Paat	Saaremaa	2003	Guernsey	1	Final	
11,62		w Maria-Meli	Stavridi	Rhodes	1999	Gotland	2	Final	
11,60	1,8	Ellinor	Sundstrand	Gotland	2011	Isle of Wight	2	Final	
11,55	1,2	Christina	Petra	Rhodes	2005	Shetland Islands	1	Final	
11,47		w Mari-Helen	Saarna	Saaremaa	2015	Jersey	1	Final	
11,46		w Maria	Stavridou	Rhodes	2003	Guernsey	2	Final	
11,44		w Eve	Carrington	Western Isles	2007	Rhodes	2	Final	
11,44	4,0	w Moa	Örevik	Gotland	2019	Gibraltar	1	Final	
11,35		w Kimberley	Goodall	Guernsey	1999	Gotland	4	Final	
11,32		w Kaie	Kand	Saaremaa	2001	Isle of Man	2	Final	
11,24		w Kamela	Monks	Jersey	2015	Jersey	2	Final	
11,21	2,9	w Laura	Arblaster	Guernsey	2005	Shetland Islands	2	Final	
11,17		w Ulrika	Lundgren	Gotland	1999	Gotland	5	Final	
11,14		w Vera	Papadopoulou	Rhodes	2001	Isle of Man	3	Final	
11,14	3,6	w Mary	Macleod	Western Isles	2019	Gibraltar	2	Final	
11,13		w Kaire	Prat	Saaremaa	1995	Gibraltar	3	Final	
11,10	5,5	w Heather Marie	MacKinnon	Western Isles	2019	Gibraltar	3	Final	
11,07		w Julie	Ramsay	Shetland Islands	1999	Gotland	6	Final	
11,02		w Roseanna	Hill	Jersey	2015	Jersey	3	Final	
10,98		w Sophie	Moar	Shetland Islands	2015	Jersey	4	Final	
10,97	1,0	Nathalie	Jansson	Åland	2009	Åland	3	Final	
10,96		w Kaili	Adamson	Saaremaa	2009	Åland	4	Final	
10,95	1,1	Erica	Nordqvist	Åland	2011	Isle of Wight	3	Final	
10,90		w Helen	Todd	Guernsey	1999	Gotland	7	Final	
10,90	4,3	w Judit	Bagur Olives	Menorca	2019	Gibraltar	4	Final	
10,89		w Cheryl	Done	Isle of Man	1995	Gibraltar	4	Final	
10,87		w Llinos	Hughes	Ynys Môn	1999	Gotland	8	Final	
10,86	3,2	w Margit	Weihe Fríðmunds	Faroe Islands	2019	Gibraltar	5	Final	
10,85		w Regina	Williams	Guernsey	1997	Jersey	3	Final	
10,83	1,0	Margit	Weihe Fríðmunds	Faroe Islands	2017	Gotland	3	Final	
10,78	1,1	Eve	Carrington	Western Isles	2011	Isle of Wight	4	Final	
10,74		w Carita	Hansson	Gotland	2007	Rhodes	4	Final	
10,70	-0,2	Bára J.	Glerfoss	Faroe Islands	2019	Gibraltar	6	Final	
10,64	1,0	Mared	Baker	Ynys Môn	2011	Isle of Wight	5	Final	
10,63	1,7	Eilidh	Peterson	Shetland Islands	2011	Isle of Wight	6	Final	
10,56		w Akelia	Richardson	Bermuda	2013	Bermuda	3	Final	
10,55		w Caron	Leckie	Shetland Islands	1999	Gotland	9	Final	
10,55	4,4	w Anna	Björkstедt	Gotland	2017	Gotland	5	Final	
10,49		w Sarah	Waters	Guernsey	2015	Jersey	5	Final	
10,45	3,9	w Kaia	Kaemmerlen	Gibraltar	2019	Gibraltar	8	Final	
10,45	4,3	w Loni	Wiseman	Shetland Islands	2019	Gibraltar	7	Final	
10,44		w Opel	Bodden	Cayman Islands	2005	Shetland Islands	4	Final	
10,44	3,2	w Abbie	Mackay	Western Isles	2017	Gotland	6	Final	
10,33		w Minna	Roiha	Åland	1997	Jersey	5	Final	

10,32	-0,9	Sara	Wiss	Åland	2003	Guernsey	5 Final
10,26		w Kathryn	Blackwood	Jersey	1999	Gotland	11 Final
10,15		w Seonaid	McPhie	Guernsey	1997	Jersey	6 Final
10,14		w Susanna	Grant	Jersey	1995	Gibraltar	6 Final
10,11		w Malin	Roiha	Åland	1997	Jersey	7 Final
10,11		w Caroline	Kyle	Guernsey	2009	Åland	7 Final
10,06	1,4	Sophie	Twinam	Jersey	2005	Shetland Islands	5 Final
10,06	3,5	w Sofia	Mella	Guernsey	2019	Gibraltar	9 Final
10,05		w Amy	Dingle	Jersey	2009	Åland	8 Final
10,04		w Jenny	Mullin	Jersey	1999	Gotland	12 Final
10,01		w Maja	Lundqvist	Åland	1995	Gibraltar	7 Final
9,97		w Gemma	Poignand	Jersey	2003	Guernsey	6 Final
9,92		w Helén	Löfqvist	Gotland	1999	Gotland	13 Final
9,90		w Kristy	Grant	Guernsey	2009	Åland	9 Final
9,90	0,8	Lucy	Holden	Shetland Islands	2017	Gotland	7 Final
9,83		w Victoria	Duthie	Shetland Islands	2009	Åland	10 Final
9,81	1,6	Linda	Granberg	Åland	2001	Isle of Man	5 Final
9,76	0,3	Paulina	Pellas	Åland	2013	Bermuda	4 Final
9,67		w Kelly	Jones	Ynys Môn	1997	Jersey	9 Final
9,54		w Zoe	Butcher	Ynys Môn	1997	Jersey	10 Final
9,52		w Kristan	Robertson	Shetland Islands	2003	Guernsey	7 Final
9,47	3,1	w Ulrika	Evjen	Gotland	2017	Gotland	8 Final
9,35	2,0	Zaida	Wiss	Åland	2001	Isle of Man	6 Final
9,27	3,4	w Kadri	Pulk	Saaremaa	2019	Gibraltar	10 Final
8,92		w Josie	Jamieson	Shetland Islands	2003	Guernsey	8 Final

High Jump

1,78		Linda	Treiel	Saaremaa	2013	Bermuda	1 Final
1,75		Ashleigh	Nalty	Cayman Islands	2013	Bermuda	2 Final
1,75		Diana	Lindqvist	Åland	1991	Åland	1 Final
1,74		Teele	Treiel	Saaremaa	2019	Gibraltar	1 Final
1,72		Carly	Prangnell	Isle of Wight	2001	Isle of Man	1 Final
1,70		Amelia-Jayne	Jennings-McLaug	Ynys Môn	2017	Gotland	1 Final
1,70		Kelly	Southerton	Isle of Wight	1997	Jersey	1 Final
1,70		Kaia	Paat	Saaremaa	2001	Isle of Man	2 Final
1,70		Jenny	Helin	Gotland	1993	Isle of Wight	1 Final
1,69		Kaie	Kand	Saaremaa	2013	Bermuda	3 Final
1,67		Erica	Bodman	Guernsey	2003	Guernsey	1 Final
1,66		Reagan	Dee	Isle of Man	2011	Isle of Wight	1 Final
1,66		Aijah	Lewis	Cayman Islands	2017	Gotland	3 Final
1,65		Mari-Helen	Saarna	Saaremaa	2015	Jersey	2 Final
1,65		Heidi	Dodd	Isle of Wight	1985	Isle Of Man	1 Final
1,65		Krissy	Owen	Ynys Môn	1993	Isle of Wight	2 Final
1,65		Jenna	Murphy	Jersey	2009	Åland	2 Final
1,63		Khianda	Pearman-Watson	Bermuda	2013	Bermuda	4 Final
1,61		Laurel	Garfield	Guernsey	1997	Jersey	2 Final
1,61		Piret	Rumm	Saaremaa	1997	Jersey	3 Final
1,61		Sara	Watterson	Isle of Man	2017	Gotland	4 Final
1,60		Marita	Kukk	Saaremaa	2001	Isle of Man	3 Final
1,60		Helén	Löfqvist	Gotland	1993	Isle of Wight	4 Final
1,60		Suzanne	Clifton	Isle of Wight	2011	Isle of Wight	3 Final
1,60		Anna	Kleoniki Theodor	Rhodes	2011	Isle of Wight	2 Final
1,60		Holly Elizabeth	Widdowson	Jersey	2015	Jersey	4 Final
1,60		Hollie	Bass	Isle of Man	2005	Shetland Islands	3 Final
1,60		Eve	Carrington	Western Isles	2007	Rhodes	3 Final
1,60		Sarah	Macphail	Orkney	2013	Bermuda	5 Final
1,60		Eve	Carrington	Western Isles	2005	Shetland Islands	2 Final
1,59		Ellinor	Sundstrand	Gotland	2009	Åland	3 Final
1,59		Lucy	Holden	Shetland Islands	2019	Gibraltar	2 Final
1,58		Susanna	Grant	Jersey	1995	Gibraltar	2 Final
1,58		Claire	Lidster	Jersey	1999	Gotland	2 Final
1,58		Claire	Lidster	Jersey	1997	Jersey	5 Final
1,58		Susanna	Grant	Jersey	1997	Jersey	4 Final
1,58		Sonja	Kidron	Åland	2003	Guernsey	2 Final
1,56		Teresa	Fríðriksdóttir Bláh	Faroe Islands	2019	Gibraltar	3 Final
1,56		Johanna	Eriksson	Åland	2009	Åland	7 Final
1,56		Kadri	Pulk	Saaremaa	2009	Åland	5 Final
1,56		Lucy	Crossman	Jersey	2009	Åland	5 Final

1,56	Amy	Davis	Orkney	2019	Gibraltar	3 Final
1,55	Charlotte	Skeggs	Isle of Wight	2011	Isle of Wight	4 Final
1,55	Tina	Thörnhammar	Gotland	2003	Guernsey	3 Final
1,55	Rebecca	Toll	Guernsey	2015	Jersey	9 Final
1,55	Elli	Heyes	Jersey	2015	Jersey	7 Final
1,55	Frida	Yttergren	Gotland	2005	Shetland Islands	5 Final
1,55	Gayle	Henry	Shetland Islands	2005	Shetland Islands	6 Final
1,55	Amber	Sibbald	Isle of Man	2015	Jersey	5 Final
1,55	Sabrina	Rankine	Cayman Islands	2001	Isle of Man	4 Final
1,55	Sara	Wiss	Åland	2005	Shetland Islands	4 Final
1,55	Andrea	Johansson	Åland	2007	Rhodes	5 Final
1,55	Ellen	Spruce	Guernsey	1993	Isle of Wight	5 Final
1,55	m Jessica	Stegrud	Gotland	1989	Faroe Islands	2 Final
1,55	m Cheryl	Done	Isle of Man	1989	Faroe Islands	1 Final
1,53	Lucy	Woodward	Jersey	2019	Gibraltar	5 Final
1,53	Helén	Löfqvist	Gotland	1991	Åland	3 Final
1,51	Karin	Prismall	Isle of Wight	1987	Guernsey	1 Final
1,50	Helen	Todd	Guernsey	1999	Gotland	6 Final
1,50	Sophie	Twinam	Jersey	2007	Rhodes	6 Final
1,50	Sinead	Kaneen	Isle of Man	2011	Isle of Wight	6 Final
1,50	Janette	Duncan	Isle of Man	1991	Åland	4 Final
1,50	Frances	Brennand Roper	Guernsey	2003	Guernsey	6 Final
1,50	Zoe	Butcher	Ynys Môn	1997	Jersey	7 Final
1,50	Sophie	Twinam	Jersey	2005	Shetland Islands	7 Final
1,50	Gemma	Green	Isle of Man	1997	Jersey	6 Final
1,48	Jay	Peet	Guernsey	1987	Guernsey	2 Final
1,45	Diane	Mawson	Shetland Islands	1995	Gibraltar	4 Final
1,45	Anna	Liljeroos	Åland	1993	Isle of Wight	8 Final
1,45	Nadia	Falla	Guernsey	1995	Gibraltar	4 Final
1,45	Aggeliki	Aptoglou	Rhodes	2007	Rhodes	9 Final
1,45	Sophie	Leyland	Shetland Islands	2011	Isle of Wight	7 Final
1,45	Hilary	Donaldson	Orkney	1985	Isle Of Man	2 Final
1,45	Sarah	Dowling/Halligan	Isle of Man	2001	Isle of Man	9 Final
1,45	Linda	Andersson	Åland	1997	Jersey	8 Final
1,45	Megan	Lockwood	Isle of Man	2019	Gibraltar	6 Final
1,45	Anna	Carruthers	Shetland Islands	1997	Jersey	8 Final
1,43	Shannen	Higgins	Guernsey	2009	Åland	11 Final
1,43	Karen	Bannister	Shetland Islands	2009	Åland	9 Final
1,40	Ffion	Hughes	Ynys Môn	2001	Isle of Man	12 Final
1,40	Hilary	Lissenden	Jersey	1987	Guernsey	3 Final
1,40	Sian	Hewitson	Ynys Môn	1999	Gotland	9 Final
1,40	Marie	Liljegren	Gotland	1999	Gotland	8 Final
1,40	Helen	White	Jersey	1987	Guernsey	4 Final
1,40	Tonje	Moen Slenes	Hitra	2007	Rhodes	11 Final
1,40	Pauline	Walker	Orkney	1987	Guernsey	5 Final
1,40	Louise	Benjamin	St. Helena	1987	Guernsey	6 Final
1,40	Elisa	Gustafsson	Åland	2011	Isle of Wight	8 Final
1,40	Hazel	Le Cornu	Jersey	2011	Isle of Wight	8 Final
1,40	Josefin	Pero	Åland	1997	Jersey	11 Final
1,40	Maria	Åkerblom	Åland	1993	Isle of Wight	9 Final
1,40	Faye	Richardson/Cox	Shetland Islands	2005	Shetland Islands	8 Final
1,35	Michelle	Gallagher	Isle of Man	1987	Guernsey	7 Final
1,35	Benita	Gustafsson	Åland	1991	Åland	7 Final
1,35	Karen	Guibout	Jersey	1993	Isle of Wight	10 Final
1,35	Sian	Roberts	Ynys Môn	2003	Guernsey	7 Final
1,35	Michelle	Gallagher	Isle of Man	1985	Isle Of Man	3 Final
1,30	Doris	Leonard	Orkney	1987	Guernsey	8 Final
1,25	Sally-Ann	Kearsley	Isle of Man	1987	Guernsey	9 Final
1,25	Charmaine	Johnson	Alderney	2019	Gibraltar	9 Final
1,25	Alison	Le Saux	Jersey	1991	Åland	9 Final
1,15	Louise	Kneen	Isle of Man	1991	Åland	10 Final
1,15	Angela	Le Plongeon	Jersey	1991	Åland	10 Final

Shot Put

14,16	Linda	Treiel	Saaremaa	2013	Bermuda	1 Final
13,84	Linda	Treiel/Kivistik	Saaremaa	2019	Gibraltar	1 Final
12,86	Virge	Treiel	Saaremaa	1997	Jersey	1 Final
12,82	Lauryn	Therin	Jersey	2007	Rhodes	1 Final

12,79	Christina	Larsson	Gotland	2001	Isle of Man	1 Final
12,67	Linda	Liljeroos	Åland	1993	Isle of Wight	1 Final
12,46	Leana	Vahter	Saaremaa	2007	Rhodes	2 Final
12,41	Kaie	Kand	Saaremaa	2013	Bermuda	2 Final
12,33	Linda	Lindqvist	Åland	1997	Jersey	2 Final
12,21	Shadine	Duquemin	Jersey	2011	Isle of Wight	1 Final
12,19	Lacee	Barnes	Cayman Islands	2015	Jersey	1 Final
12,18	Helen	Cromarty	Orkney	2007	Rhodes	3 Final
11,98	Gemma	Tingay	Guernsey	2007	Rhodes	4 Final
11,92	Airike	Kapp	Saaremaa	2019	Gibraltar	2 Final
11,68	Louise	Kneen	Isle of Man	2001	Isle of Man	3 Final
11,58	Lucy	Rann	Isle of Wight	2011	Isle of Wight	2 Final
11,42	Despina	Skoumbrou	Rhodes	2007	Rhodes	5 Final
11,33	Krissy	Owen	Ynys Môn	1993	Isle of Wight	4 Final
11,31	Natalie	Badham/Mumber	Isle of Wight	2007	Rhodes	6 Final
11,18	Lydia	Poula Simonsen	Faroe Islands	2019	Gibraltar	3 Final
11,15	Kathryn	Rothwell	Jersey	2009	Åland	1 Final
11,15	Viire	Viss	Saaremaa	1991	Åland	2 Final
11,10	Linda	Low	Orkney	1997	Jersey	3 Final
11,04	Claire	Wilson	Orkney	2009	Åland	2 Final
11,00	Shianne	Smith	Bermuda	2011	Isle of Wight	3 Final
10,99	Eve	Carrington	Western Isles	2017	Gotland	2 Final
10,97	Cheryl	Done	Isle of Man	1995	Gibraltar	1 Final
10,96	Linn	Gustafsson	Åland	2017	Gotland	3 Final
10,94	Teele	Treiel	Saaremaa	2015	Jersey	2 Final
10,89	Pille-Riin	Toomsalu	Saaremaa	2009	Åland	3 Final
10,85	Siisike	Lade	Saaremaa	1995	Gibraltar	2 Final
10,83	Anna	Liljeroos	Åland	1993	Isle of Wight	7 Final
10,72	Ingibjörg	Poulsen	Faroe Islands	2001	Isle of Man	4 Final
10,71	Rebecka	Renfors	Åland	2001	Isle of Man	5 Final
10,6	Marion	MacCorquodale	Western Isles	2019	Gibraltar	5 Final
10,52	Gwenan	Williams	Ynys Môn	2017	Gotland	5 Final
10,43	Åsa	Larsson	Gotland	2009	Åland	4 Final
10,26	Graham	Wylie	Orkney	1987	Guernsey	1 Final
10,26	Emma	King	Guernsey	2001	Isle of Man	6 Final
10,18	Marie	Wylie	Orkney	1991	Åland	5 Final
10,14	Georgia	Laurenson	Shetland Islands	1997	Jersey	5 Final
10,09	Leigh	Nicolson	Shetland Islands	2019	Gibraltar	6 Final
10,06	Shannon	Pasotti	Orkney	2019	Gibraltar	7 Final
10,01	Emma	Sundström	Åland	2005	Shetland Islands	6 Final
9,97	Kaia	Paat	Saaremaa	1991	Åland	6 Final
9,89	Ellinor	Sundstrand	Gotland	2013	Bermuda	3 Final
9,89	Kai	Vahter	Saaremaa	2003	Guernsey	7 Final
9,84	Kristina	Jacobsson	Gotland	2013	Bermuda	4 Final
9,83	Jenny	Lorentsson	Gotland	1991	Åland	7 Final
9,81	Alison	Horsfall	Jersey	1991	Åland	8 Final
9,79	Alison	Christie	Jersey	1993	Isle of Wight	8 Final
9,67	Siisike	Laide	Saaremaa	2001	Isle of Man	9 Final
9,63	Erin	Montgomery	Orkney	2017	Gotland	8 Final
9,61	Maria	Wylie	Orkney	1989	Faroe Islands	2 Final
9,60	Vicky	Pratt	Guernsey	1991	Åland	9 Final
9,55	Jessica	Stegrud	Gotland	1989	Faroe Islands	3 Final
9,54	Kristi	Väli	Saaremaa	2007	Rhodes	10 Final
9,50	Janet	Corlett	Isle of Man	1985	Isle Of Man	1 Final
9,44	Elaine	Park	Shetland Islands	2005	Shetland Islands	7 Final
9,36	Jessica	Björkvall	Åland	1995	Gibraltar	5 Final
9,22	Ulrika	Lundgren	Gotland	1995	Gibraltar	6 Final
9,20	Jenny	Clemes	Åland	2007	Rhodes	11 Final
9,19	Mandy	Stocking	Isle of Wight	1985	Isle Of Man	2 Final
9,16	Lisa	Kelly	Isle of Man	2001	Isle of Man	11 Final
9,09	Henrika	Österlund	Åland	2017	Gotland	9 Final
9,03	Helen	Hanstock	Ynys Môn	2015	Jersey	5 Final
9,01	Annie	Henriksson/Hanss	Gotland	2005	Shetland Islands	8 Final
9,00	Kirsty	Laurenson	Shetland Islands	2017	Gotland	10 Final
8,94	Therese	Jansson	Gotland	1991	Åland	11 Final
8,92	Maria	Ackrén	Åland	1991	Åland	12 Final
8,88	Claire	Johnston	Shetland Islands	2015	Jersey	7 Final
8,83	Karen	Wood	Orkney	2005	Shetland Islands	9 Final

8,82	Jennifer	Browne	Jersey	2009	Åland	7 Final
8,82	Marit	Zahkna	Isle of Man	2009	Åland	6 Final
8,81	Helen	Sheen	Isle of Man	2005	Shetland Islands	10 Final
8,68	Charmaine	Johnson	Alderney	2017	Gotland	11 Final
8,68	Joy	Phelan	Guernsey	1987	Guernsey	3 Final
8,67	Sharon	Robinson	Isle of Man	1987	Guernsey	4 Final
8,63	Nicola	Thompson	Jersey	1991	Åland	13 Final
8,63	Belinda	Ogier	Guernsey	1987	Guernsey	5 Final
8,60	Maria	Prevel	Sark	1987	Guernsey	6 Final
8,55	Joanna	Sundström	Åland	2009	Åland	8 Final
8,49	Molly	Cant	Orkney	2017	Gotland	12 Final
8,48	Marga	LeMarquand	Jersey	1997	Jersey	11 Final
8,45	Andrea	De Bruin	Isle of Man	2013	Bermuda	5 Final
8,45	Charlotte	Christian	Isle of Man	2007	Rhodes	12 Final
8,44	Bridget	Fryer	Isle of Wight	2019	Gibraltar	10 Final
8,42	Christina	Widen	Gotland	2017	Gotland	13 Final
8,42	Mari-Louise	Sandberg	Åland	1989	Faroe Islands	5 Final
8,42	Lisa	Toms	Guernsey	1985	Isle Of Man	4 Final
8,31	Dawn	Hodge	Isle of Wight	1989	Faroe Islands	6 Final
8,28	W	Fewings	Anglesey	1987	Guernsey	7 Final
8,23	Vanessa	Neal	Isle of Man	1985	Isle Of Man	Final
8,22	Catarina	Hallden	Jersey	2001	Isle of Man	12 Final
8,18	Alice	Bell	Isle of Man	2017	Gotland	14 Final
8,17	Jenny	Helin	Gotland	1989	Faroe Islands	7 Final
8,14	Carol	Morris	Anglesey	1987	Guernsey	8 Final
8,12	Tracy	Pitcher	Jersey	1997	Jersey	12 Final
8,05	Tazmin	Fayle	Isle of Man	2019	Gibraltar	11 Final
8,02	Lynn	Moar	Orkney	1985	Isle Of Man	Final
7,99	Kirrie	Moore	Ynys Môn	2009	Åland	10 Final
7,97	Jo-Ann	Callin	Isle of Man	1987	Guernsey	9 Final
7,93	Mary	Collins	Sark	1987	Guernsey	10 Final
7,92	Louise	Wagstaffe	Jersey	1987	Guernsey	11 Final
7,90	Fiona	Martel	Guernsey	1991	Åland	14 Final
7,86	Wallis	Canning	Isle of Wight	2015	Jersey	9 Final
7,86	Karen G	Shimell	Isle of Man	1999	Gotland	12 Final
7,84	Kelly	Rowlands	Ynys Môn	2001	Isle of Man	13 Final
7,82	Hanna	Jakobsson	Gotland	2019	Gibraltar	13 Final
7,79	Kirree	Kermode	Isle of Man	2003	Guernsey	12 Final
7,76	Megan	Lockwood	Isle of Man	2019	Gibraltar	14 Final
7,52	Janette	Duncan	Isle of Man	1989	Faroe Islands	8 Final
7,50	Lyn	Minchington	Jersey	1987	Guernsey	12 Final
7,34	Rebecca	Bichard	Jersey	1999	Gotland	14 Final
7,16	Jesma	Johnson	Shetland Islands	1985	Isle Of Man	5 Final
7,04	Rachel	Clough	Ynys Môn	1997	Jersey	13 Final
6,78	Nicky	Wilson	Isle of Wight	1987	Guernsey	13 Final
6,76	Anna	Östergren	Gotland	2019	Gibraltar	15 Final
6,51	Zoe	Butcher	Ynys Môn	1997	Jersey	14 Final
6,07	Rachel	Jackson	Ynys Môn	2001	Isle of Man	14 Final
4,49	Joseph	Wheeler	Alderney	2001	Isle of Man	15 Final

Discus

48,58	Shadine	Duquemin	Jersey	2015	Jersey	1 Final
44,91	Lauryn	Therin	Jersey	2007	Rhodes	1 Final
43,40	Linda	Liljeroos	Åland	1993	Isle of Wight	1 Final
41,89	Linda	Treiel/Kivistik	Saaremaa	2019	Gibraltar	1 Final
41,54	Anu	Vares	Saaremaa	2003	Guernsey	1 Final
41,52	Lacee	Barnes	Cayman Islands	2015	Jersey	2 Final
40,82	Airike	Kapp	Saaremaa	2019	Gibraltar	2 Final
40,58	Bridget	Fryer	Isle of Wight	2019	Gibraltar	3 Final
40,17	Christina	Larsson	Gotland	2001	Isle of Man	1 Final
39,64	Linda	Treiel	Saaremaa	2013	Bermuda	1 Final
39,53	Kathryn	Rothwell	Jersey	2009	Åland	1 Final
39,36	Virge	Treiel	Saaremaa	1993	Isle of Wight	2 Final
39,33	Alexandra	Terry	Cayman Islands	2009	Åland	2 Final
37,77	Leana	Vahter	Saaremaa	2007	Rhodes	3 Final
36,56	Linda	Lindqvist	Åland	1997	Jersey	2 Final
36,25	Andrea	De Bruin	Isle of Man	2013	Bermuda	2 Final
35,76	Emma	King	Guernsey	1997	Jersey	3 Final

35,68	Anna	Liljeroos	Åland	1993	Isle of Wight	3 Final
35,43	Natalie	Badham/Mumber	Isle of Wight	2007	Rhodes	4 Final
35,14	Emma	Sundström	Åland	2005	Shetland Islands	2 Final
34,85	Brea	Leung	Ynys Môn	2009	Åland	4 Final
34,80	Louise	Kneen	Isle of Man	1997	Jersey	4 Final
34,54	Krissy	Owen	Ynys Môn	1993	Isle of Wight	4 Final
34,32	Kristina	Jacobsson	Gotland	2013	Bermuda	3 Final
34,18	Marit	Zahkna	Isle of Man	2009	Åland	5 Final
33,78	Siisike	Laide	Saaremaa	1999	Gotland	2 Final
33,40	Megan	Lockwood	Isle of Man	2019	Gibraltar	4 Final
32,64	Bernadette	Welds	Cayman Islands	1999	Gotland	3 Final
32,06	Mandy	Stocking	Isle of Wight	1993	Isle of Wight	7 Final
32,04	Aline	Cross	Orkney	1989	Faroe Islands	1 Final
31,92	Jennifer	Browne	Jersey	2009	Åland	7 Final
31,67	Elizabeth	Lovegrove	Isle of Wight	2009	Åland	8 Final
31,33	Laura	Pritchard	Ynys Môn	2003	Guernsey	5 Final
31,12	Alison	Horsfall	Jersey	1991	Åland	2 Final
31,04	Eleanor	Mitchell	Isle of Wight	2011	Isle of Wight	6 Final
31,03	Ellie	Lovett	Isle of Wight	2019	Gibraltar	5 Final
30,93	Sharon	Robinson	Isle of Man	1985	Isle Of Man	4 Final
30,59	Grete	Pokk	Saaremaa	2011	Isle of Wight	7 Final
30,51	Leigh	Nicolson	Shetland Islands	2019	Gibraltar	6 Final
30,15	Åsa	Larsson	Gotland	2011	Isle of Wight	8 Final
30,13	Kirree	Kermode	Isle of Man	2003	Guernsey	6 Final
29,90	Lowelle	Bryan	Isle of Wight	1997	Jersey	7 Final
29,78	Maria	Wylie	Orkney	1989	Faroe Islands	2 Final
29,72	Ingibjörg	Poulsen	Faroe Islands	2003	Guernsey	7 Final
29,65	Janet	Corlett	Isle of Man	1985	Isle Of Man	3 Final
29,64	Jessica	Björkvall	Åland	1995	Gibraltar	3 Final
29,40	Lynn	Moar	Orkney	1985	Isle Of Man	2 Final
29,12	Jane	Allcoat	Guernsey	1991	Åland	4 Final
29,08	Natalie	Jones	Isle of Wight	1997	Jersey	8 Final
28,83	Annie	Henriksson/Hanss	Gotland	2007	Rhodes	7 Final
28,78	Jenny	Lorentsson	Gotland	1991	Åland	5 Final
28,75	Ellinor	Sundstrand	Gotland	2013	Bermuda	5 Final
28,62	Louise	Wagstaffe	Jersey	1987	Guernsey	1 Final
27,38	Isabel	Holden	Anglesey	1987	Guernsey	3 Final
27,28	Janette	Duncan	Isle of Man	1991	Åland	6 Final
27,23	Henrika	Österlund	Åland	2019	Gibraltar	7 Final
27,14	Graham	Wylie	Orkney	1987	Guernsey	4 Final
26,84	Magna	Thomassen	Faroe Islands	1989	Faroe Islands	3 Final
26,72	Marie	Wylie	Orkney	1991	Åland	7 Final
26,66	Helen	Foley	Guernsey	1987	Guernsey	5 Final
26,64	Caitlin	Watt	Shetland Islands	2015	Jersey	5 Final
26,60	B	Robert	Anglesey	1987	Guernsey	6 Final
26,27	Gemma	Tingay	Guernsey	2005	Shetland Islands	7 Final
26,22	Christina	Widen	Gotland	2017	Gotland	4 Final
26,18	Georgia	Laurenson	Shetland Islands	1997	Jersey	9 Final
26,14	Mari-Louise	Sandberg	Åland	1989	Faroe Islands	4 Final
25,94	Justine	Curgenven	Jersey	1999	Gotland	8 Final
25,79	Karen	Hogley	Orkney	1985	Isle Of Man	6 Final
25,70	Nicola	Thompson	Jersey	1991	Åland	8 Final
25,55	Rachel	Jackson	Ynys Môn	2003	Guernsey	10 Final
25,40	Cheryl	Done	Isle of Man	1991	Åland	9 Final
25,35	Karen G	Shimell	Isle of Man	1999	Gotland	9 Final
25,31	Jenny	Clemes	Åland	2007	Rhodes	9 Final
25,18	Maria	Koumnaki	Rhodes	2001	Isle of Man	11 Final
24,96	Carole	Derrien	Jersey	1997	Jersey	11 Final
24,68	Josie	Jamieson	Shetland Islands	2003	Guernsey	12 Final
24,52	Charity	Becker	Prince Edward Island	1991	Åland	10 Final
24,00	Sanna	Akselsen	Faroe Islands	1989	Faroe Islands	5 Final
24,00	Elin	Manselin	Åland	2001	Isle of Man	12 Final
23,92	Karen	Jehan	Guernsey	2011	Isle of Wight	9 Final
23,84	Becky	Slater	Jersey	2005	Shetland Islands	8 Final
23,76	Dawn	Hodge	Isle of Wight	1989	Faroe Islands	7 Final
23,70	Tazmin	Fayle	Isle of Man	2019	Gibraltar	8 Final
23,66	Maria	Ackrén	Åland	1991	Åland	11 Final
23,36	Kirsty	Laurenson	Shetland Islands	2017	Gotland	8 Final

23,28	Jo-Ann	Callin	Isle of Man	1987	Guernsey	8 Final
23,18	Belinda	Ogier	Guernsey	1987	Guernsey	9 Final
22,58	Rachael	Ingram	Jersey	1997	Jersey	13 Final
22,36	Debbie	Allen	Guernsey	1991	Åland	12 Final
22,23	Charmaine	Johnson	Alderney	2019	Gibraltar	9 Final
21,32	Despina	Skoumbrou	Rhodes	2007	Rhodes	11 Final
20,65	Catherine	Marvin	Isle of Wight	2003	Guernsey	13 Final
20,00	Rebecca	Bichard	Jersey	1999	Gotland	13 Final
19,41	Catarina	Hallden	Jersey	2001	Isle of Man	14 Final
19,12	Lyn	Minchington	Jersey	1987	Guernsey	10 Final
19,07	Anna	Östergren	Gotland	2019	Gibraltar	10 Final
18,43	Gwenan	Williams	Ynys Môn	2017	Gotland	9 Final
18,36	Elaine	Park	Shetland Islands	1997	Jersey	14 Final
16,72	Shannon	Pasotti	Orkney	2019	Gibraltar	11 Final
16,54	Rachel	Clough	Ynys Môn	1997	Jersey	15 Final
12,37	Josepha	Wheeler	Alderney	2003	Guernsey	14 Final

Javelin -1999

50,84	Linda	Lindqvist	Åland	1997	Jersey	1 Final
42,68	Aivi	Auga	Saaremaa	1991	Åland	1 Final
42,38	Linda	Liljeroos	Åland	1993	Isle of Wight	1 Final
42,20	Siisike	Laide	Saaremaa	1995	Gibraltar	1 Final
41,86	Monica	Malmberg	Åland	1991	Åland	2 Final
40,66	Viire	Viss	Saaremaa	1997	Jersey	2 Final
39,94	Linda	Low	Orkney	1993	Isle of Wight	2 Final
39,34	Debbie	Allen	Guernsey	1991	Åland	3 Final
38,18	Krissy	Owen	Ynys Môn	1993	Isle of Wight	4 Final
38,06	Cheryl	Done	Isle of Man	1993	Isle of Wight	5 Final
37,16	Lucy	Rann	Isle of Wight	1997	Jersey	4 Final
35,28	Fiona	Martel	Guernsey	1991	Åland	8 Final
33,88	Jenny	Lorentsson	Gotland	1993	Isle of Wight	8 Final
33,66	Carol	Morris	Anglesey	1987	Guernsey	2 Final
31,46	Louise	Kneen	Isle of Man	1995	Gibraltar	5 Final
30,42	Christina	Birchall	Isle of Man	1989	Faroe Islands	4 Final
29,34	Vanessa	Neal	Isle of Man	1985	Isle Of Man	5 Final
28,64	Jessica	Stegrud	Gotland	1989	Faroe Islands	5 Final
28,60	Belinda	Ogier	Guernsey	1987	Guernsey	5 Final
28,52	Helen	Cromarty	Orkney	1991	Åland	10 Final
27,12	Michelle	Gallagher	Isle of Man	1985	Isle Of Man	1 Final
27,00	Jenny	Helin	Gotland	1989	Faroe Islands	6 Final
26,44	Jessica	Björkvall	Åland	1995	Gibraltar	6 Final
26,20	Heidi	Baker	Jersey	1997	Jersey	7 Final
25,22	Charlotte	Vandenborn	Jersey	1987	Guernsey	7 Final
24,82	Lynn	Moar	Orkney	1985	Isle Of Man	2 Final
24,42	Mandy	Stocking	Isle of Wight	1985	Isle Of Man	3 Final
22,96	Lisa	Toms	Guernsey	1985	Isle Of Man	6 Final
22,02	Frances	Watling	Isle of Wight	1989	Faroe Islands	7 Final
21,58	Lyn	Minchington	Jersey	1987	Guernsey	9 Final
15,34	Marie	Wylie	Orkney	1989	Faroe Islands	8 Final

Javelin 1999-

50,54	Lauryn	Therin	Jersey	2007	Rhodes	1 Final
47,52	Leana	Vahter	Saaremaa	2007	Rhodes	2 Final
42,6	Siisike	Laide	Saaremaa	1999	Gotland	1 Final
42,42	Emma	Gray	Shetland Islands	2005	Shetland Islands	1 Final
42,40	Lucy	Rann	Isle of Wight	2011	Isle of Wight	1 Final
41,96	Kristi	Väli	Saaremaa	2007	Rhodes	3 Final
41,70	Airike	Kapp	Saaremaa	2017	Gotland	1 Final
41,14	Denaliz	Thomas	Cayman Islands	2017	Gotland	2 Final
41,04	Becky	Slater	Jersey	2007	Rhodes	4 Final
40,84	Viire	Viss	Saaremaa	1999	Gotland	2 Final
40,01	Helen	Davis	Isle of Wight	2005	Shetland Islands	2 Final
39,09	Shianne	Smith	Bermuda	2013	Bermuda	1 Final
38,71	Gemma	Tingay	Guernsey	2007	Rhodes	6 Final
38,70	Helen	Sheen	Isle of Man	2007	Rhodes	7 Final
38,54	Daneliz	Thomas	Cayman Islands	2015	Jersey	1 Final
38,32	Thora	Cant	Orkney	2015	Jersey	2 Final

37,04	Nomiki	Trikili	Rhodes	2007	Rhodes	8 Final
36,35	Josie	Jamieson	Shetland Islands	2005	Shetland Islands	4 Final
35,56	Justine	Curgenven	Jersey	1999	Gotland	4 Final
35,43	Anete	Seina	Gotland	2017	Gotland	3 Final
35,16	Alexandra	Higgins	Guernsey	2015	Jersey	3 Final
35,10	Zoe	Fitch	Guernsey	2017	Gotland	4 Final
34,84	Randi	Kúrberg	Faroe Islands	2007	Rhodes	9 Final
34,40	Leigh	Nicolson	Shetland Islands	2017	Gotland	5 Final
33,69	Christina	Larsson	Gotland	2001	Isle of Man	3 Final
33,42	Bernadette	Welds	Cayman Islands	1999	Gotland	5 Final
33,39	Claire	Johnston	Shetland Islands	2015	Jersey	6 Final
33,20	Kai	Vahter	Saaremaa	2003	Guernsey	5 Final
32,59	Kadri	Pulk	Saaremaa	2017	Gotland	6 Final
32,50	Kate	Le Gallez	Guernsey	2001	Isle of Man	4 Final
31,89	Dianne	Norquay	Orkney	2001	Isle of Man	5 Final
31,42	Francesca	Pallot	Jersey	1999	Gotland	6 Final
31,30	Inga	Woods	Shetland Islands	2011	Isle of Wight	3 Final
30,71	Laura	Bellwood	Isle of Man	2001	Isle of Man	6 Final
30,55	Pitte-Riin	Toomsalu	Saaremaa	2009	Åland	2 Final
30,54	Jessica	Björkvall	Åland	1999	Gotland	7 Final
30,26	Teresia	Snäckerström	Gotland	2011	Isle of Wight	4 Final
29,72	Ellinor	Sundstrand	Gotland	2013	Bermuda	5 Final
29,38	Molly	Cant	Orkney	2017	Gotland	7 Final
29,16	Lena	Rylander	Gotland	1999	Gotland	8 Final
28,58	Jenny	Lorentsson	Gotland	1999	Gotland	9 Final
28,45	Gwenan	Williams	Ynys Môn	2017	Gotland	8 Final
28,34	Karen	Jehan	Guernsey	2011	Isle of Wight	6 Final
28,33	Erin	Montgomery	Orkney	2017	Gotland	9 Final
28,01	Marit	Zahkna	Isle of Man	2009	Åland	5 Final
27,94	Helen	Hanstock	Ynys Môn	2015	Jersey	7 Final
25,24	Georgia	Laurenson	Shetland Islands	1997	Jersey	8 Final
24,66	Elin	Marseln	Åland	2001	Isle of Man	9 Final
24,18	Linda	Low	Orkney	2001	Isle of Man	10 Final
24,04	Deborah	Doherty	Guernsey	2003	Guernsey	9 Final
23,94	Caitlin	Ward	Shetland Islands	2015	Jersey	9 Final
22,03	Charmaine	Johnson	Alderney	2017	Gotland	10 Final
21,23	Emma	Sundström	Åland	2001	Isle of Man	11 Final
20,49	Åsa	Larsson	Gotland	2003	Guernsey	10 Final
6,65	Joseph	Wheeler	Alderney	2001	Isle of Man	12 Final

Hammer

48,89	Marit	Zahkna	Isle of Man	2009	Åland	1 Final
48,76	Amy	Clarke	Isle of Wight	2017	Gotland	1 Final
48,55	Amy	Church/Clarke	Isle of Wight	2011	Isle of Wight	1 Final
44,02	Rachel	Clough	Ynys Môn	1999	Gotland	1 Final
43,63	Janet	Corlett	Isle of Man	1999	Gotland	2 Final
43,22	Annie	Henriksson/Hanss	Gotland	2007	Rhodes	2 Final
42,03	Cornelia	Hansson	Gotland	2011	Isle of Wight	3 Final
40,47	Wallis	Canning	Isle of Wight	2017	Gotland	3 Final
40,32	Michelle	Ryan	Jersey	2005	Shetland Islands	2 Final
40,30	Alice	Bell	Isle of Man	2017	Gotland	4 Final
40,24	Catherine	Marvin	Isle of Wight	2011	Isle of Wight	4 Final
39,38	Linda	Low	Orkney	1997	Jersey	2 Final
38,90	Elaine	Park	Shetland Islands	2017	Gotland	5 Final
38,69	Emma	King	Guernsey	2003	Guernsey	3 Final
37,44	Charlotte	Christian	Isle of Man	2009	Åland	4 Final
37,23	Christina	Larsson	Gotland	2003	Guernsey	4 Final
36,91	Randi	Kúrberg	Faroe Islands	2009	Åland	5 Final
36,58	Aline	Cross	Orkney	1997	Jersey	3 Final
36,33	Jennifer	Browne	Jersey	2007	Rhodes	5 Final
36,27	Louise	Kneen	Isle of Man	2005	Shetland Islands	4 Final
35,64	Eleni	Kanata	Rhodes	2007	Rhodes	6 Final
35,01	Sophie	Kelman	Shetland Islands	2011	Isle of Wight	7 Final
34,64	Ingibjörg	Poulsen	Faroe Islands	2003	Guernsey	6 Final
33,53	Kadri	Pulk	Saaremaa	2017	Gotland	6 Final
33,33	Maria	Koumnaki	Rhodes	2001	Isle of Man	5 Final
32,84	Leigh	Nicolson	Shetland Islands	2017	Gotland	7 Final
32,55	Kirrie	Moore	Ynys Môn	2009	Åland	7 Final

31,99	Helen	Sheen	Isle of Man	2005	Shetland Islands	7 Final
31,98	Natalie	Badham/Mumber	Isle of Wight	2005	Shetland Islands	8 Final
30,69	Rachel	Jackson	Ynys Môn	2003	Guernsey	7 Final
29,75	Carly	Kirkpatrick	Orkney	2011	Isle of Wight	8 Final
29,75	Lauryn	Therin	Jersey	2003	Guernsey	8 Final
29,43	Jessica	Kann	Gotland	1999	Gotland	6 Final
27,34	Carole	Derrien	Jersey	1997	Jersey	8 Final
27,14	Catarina	Hallden	Jersey	2009	Åland	9 Final
27,09	Claire	Johnston	Shetland Islands	2015	Jersey	5 Final
26,91	Jenny	Clemes	Åland	2007	Rhodes	10 Final
26,64	Georgia	Laurenson	Shetland Islands	1997	Jersey	9 Final
26,54	Rebecka	Renfors	Åland	2001	Isle of Man	10 Final
25,52	Gemma	Tingay	Guernsey	2005	Shetland Islands	9 Final
24,87	Teresia	Snäckerström	Gotland	2009	Åland	11 Final
24,78	Darcy	Brooks	Rhodes	2007	Rhodes	11 Final
24,55	Emma	Sundström	Åland	2005	Shetland Islands	10 Final
24,35	Åsa	Larsson	Gotland	2005	Shetland Islands	11 Final
23,97	Henrika	Österlund	Åland	2017	Gotland	8 Final
21,22	Rebecca	Bichard	Jersey	1999	Gotland	9 Final
19,84	Kaia	Paat	Saaremaa	1997	Jersey	11 Final
18,22	Stephanie	Harper	Shetland Islands	2003	Guernsey	11 Final

4 x 100 m

47,60	Team	CAY 1999	Cayman Islands	1999	Gotland	1 Final
	Calicia Burke, Leslie Ann Daley, Schwannah McCarthy, Cydonie Mothersill, Crystal Robinson					
47,94	Team	ALA 2019	Åland	2019	Gibraltar	1 Final
	Linn Gustafsson, Anni Nylund, Adina Renlund, Ida-Maria Sjölund, Sara Wiss					
47,99	Team	CAY 2019	Cayman Islands	2019	Gibraltar	2 Final
	Danielle Bailey, Tiffany Cole, Aijah Lewis, Danika Lyn, Pearl Morgan, Anissa Owen					
48,25	Team	GUE 2011	Guernsey	2011	Isle of Wight	1 Final
	Emma Le Conte, Teresa Roberts, Kylie Robilliard, Caroline Kyle					
48,33	Team	BER 2013	Bermuda	2013	Bermuda	1 Final
	Jasmine Brunson, Kerri Furbert, Shianne Smith, Natasha Trott					
48,37	Team	IOM 2019	Isle of Man	2019	Gibraltar	3 Final
	Bethany Carridge, Ashleigh Lachenicht, Lydia Morris, Bethan Pilley, Meghan Pilley, Hannah Riley					
48,49	Team	ORK 2019	Orkney	2019	Gibraltar	4 Final
	Ellen Hay, Erika Marwick, Sian Smith, Taylah Spence, Tegan Spence, Alice Tait					
48,56	Team	IOM 2009	isle of Man	2009	Åland	1 Final
	Sarah Dowling, Ciara McDonnell, Harriet Pryke, Danielle Ross					
48,72	Team	IOM 2017	Isle of Man	2017	Gotland	1 Final
	Ashleigh Lachen, Bethan Pilley, Meghan Pilley, Hannah Riley, Amber Sibbald, Sara Watterson					
48,82	Team	IOM 2011	Isle of Man	2011	Isle of Wight	2 Final
	Sarah Halligan, Ciara McDonnell, Harriet Pryke, Hannah Riley					
48,82	Team	SHE 2019	Shetland Islands	2019	Gibraltar	5 Final
	Faye Cox, Katie Dinwoodie, Kara Sharp, Aimee Smith, Loni Wiseman					
49,03	Team	IOM 1995	Isle of Man	1995	Gibraltar	1 Final
49,05	Team	SHE 2015	Shetland Islands	2015	Jersey	1 Final
	Faye Cox, Kristi Grant, Sophie Moar, Tamar Moncrieff					
49,08	Team	IOM 1991	Isle of Man	1991	Åland	1 Final
	Cheryl Done, Julie Moore, Janette Duncan, Danaa Myhill					
49,21	Team	GIB 1995	Gibraltar	1995	Gibraltar	2 Final
49,24	Team	IOW 1997	Isle of Wight	1997	Jersey	1 Final
	Joanna Holbrook, Keida Abram, Jenny Holden, Kelly Southerton					

49,34	Team	ALA 2017	Åland	2017	Gotland	2 Final	
							Linn Gustafsson, Ebba Koskinen, Anni Nylund, Adina Renlund, Sofia Södergårdh, Hanna Wiss
49,40	Team	JER 2015	Jersey	2015	Jersey	2 Final	
							Helen Butler-Day, Claire Lidster, Katrina Lindsay, Ogubemi Popo
49,41	Team	ALA 1993	Åland	1993	Isle of Wight	1 Final	
49,52	Team	SHE 2017	Shetland Islands	2017	Gotland	3 Final	
							Faye Cox, Tamar Moncrieff, Molly Morgan, Mhia Mouat, Laura Newbold, Cara Steven
49,54	Team	JER 2009	Jersey	2009	Åland	2 Final	
							Gemma Dawkins, Hazel Le Cornu, Jenna Murphy, Sophie Twinam
49,64	Team	IOW 2001	Isle of Wight	2001	Isle of Man	1 Final	
49,68	Team	GUE 2015	Guernsey	2015	Jersey	3 Final	
							Hannah Barrett, Eleanor Gallagher, Victoria Mann, Sara Marley
49,73	Team	ALA 1991	Åland	1991	Åland	2 Final	
							Benita Gustafsson, Sofia Sjölund, Ann-Katrin Jansson, Diana Lindqvist
49,74	Team	JER 2011	Jersey	2011	Isle of Wight	3 Final	
							Helen Butler, Gemma Dawkins, Molly Jehan, Sophie Twinam
49,77	Team	GUE 2007	Guernsey	2007	Rhodes	1 Final	
							Laura Arblaster, Erica Bodman, Kimberley Gleeson, Kimberley Goodall, Helen Watts
49,77	Team	GOT 1999	Gotland	1999	Gotland	2 Final	
							Ida Gillerfors, Johanna Hallberg Jessica Kann Ulrika Lundgren
49,78	Team	RHO 2001	Rhodes	2001	Isle of Man	1 Preliminary	Heat 2
49,83	Team	JER 2001	Jersey	2001	Isle of Man	2 Final	
49,86	Team	IOW 1999	Isle of Wight	1999	Gotland	2 Preliminary	Heat 1
							Heather Dobson, Louise Jones, Kelly Sotherton, Emily Young
49,87	Team	GUE 2005	Guernsey	2005	Shetland Islands	1 Final	
							Laura Arblaster, Erica Bodman, Kimberly Goodall, Kylie Robilliard
49,95	Team	ORK 2015	Orkney	2015	Jersey	4 Final	
							Amy Davis, Kirstin Flett, Sarah Macphail, Taylan Spence
49,95	Team	GOT 1993	Gotland	1993	Isle of Wight	2 Final	
49,99	Team	GOT 1991	Gotland	1991	Åland	3 Final	
							Helen Löfqvist, Johanna Nyman, Jessica Kann, Ulrika Lundgren
50,00	Team	SHE 1999	Shetland Islands	1999	Gotland	3 Preliminary	Heat 1
							Caron Leckie, Helen Powell, Julie Ramsay, Emily Tait
50,05	Team	ORK 2017	Orkney	2017	Gotland	2 Preliminary	Heat 2
							Amy Davis, Mia MacIver, Taylah Spence, Tegan Allana Spence
50,05	Team	FAR 2019	Faroe Islands	2019	Gibraltar	6 Final	
							Maria Biskopstø, Margit Weihe, Bárá J. Glerfoss, Oddvør Josephsen, Alda Sigursdóttir Lamhauge, Elisabet Holm simonsen
50,08	Team	IOM 2003	Isle of Man	2003	Guernsey	1 Final	
50,08	Team	IOW 2009	isle of Wight	2009	Åland	3 Final	
							Helen Davis, Faith Norster, Brogan Percy, Emily Young
50,13	Team	ALA 2011	Åland	2011	Isle of Wight	4 Final	
							Elisa Gustafsson, Erica Nordqvist, Hanna Wiss, Victoria Eriksson
50,27	Team	WES 2019	Western Isles	2019	Gibraltar	7 Final	
							Eve Carrington, Angela Horne, Trinity Johnson, Sian Louise Macdonald, Eilidh Mairi Macleod, Mary Macleod
50,33	Team	ALA 2007	Åland	2007	Rhodes	2 Final	
							Johanna Eriksson, Julia Källgren, Erica Nordqvist, Hanna Wiss
50,39	Team	IOM 1997	Isle of Man	1997	Jersey	1 Preliminary	Heat 1
							Jane Ryder, Deirdre McLoughlin, Danielle McCarrick, Julie Moore
50,39	Team	GUE 2003	Guernsey	2003	Guernsey	2 Final	
50,40	Team	IOM 2005	Isle of Man	2005	Shetland Islands	2 Final	

50,42	Team	IOM 2001	Isle of Man	2001	Isle of Man	4 Final	
50,43	Team	IOM 1999	Isle of Man	1999	Gotland	2 Preliminary	Heat 2
50,47	Team	WES 2017	Western Isles	2017	Gotland	3 Preliminary	Heat 1
50,54	Team	JER 2003	Jersey	2003	Guernsey	3 Final	
50,54	Team	IOM 2007	Isle of Man	2007	Rhodes	2 Preliminary	Heat 1
50,59	Team	IOW 1995	Isle of Wight	1995	Gibraltar	3 Final	
50,76	Team	GOT 2005	Gotland	2005	Shetland Islands	3 Final	
50,76	Team	JER 1995	Jersey	1995	Gibraltar	4 Final	
50,85	Team	SHE 2011	Shetland Islands	2011	Isle of Wight	5 Final	
50,92	Team	YSM 2001	Ynys Môn	2001	Isle of Man	5 Final	
50,92	Team	ALA 2005	Åland	2005	Shetland Islands	4 Final	
50,93	Team	JER 1997	Jersey	1997	Jersey	2 Preliminary	Heat 1
50,93	Team	WES 2015	Western Isles	2015	Jersey	5 Final	
50,98	Team	FAR 2017	Faroe Islands	2017	Gotland	4 Preliminary	Heat 1
51,03	Team	ALA 2001	Åland	2001	Isle of Man	4 Preliminary	Heat 2
51,04	Team	GOT 2009	Gotland	2009	Åland	4 Preliminary	Heat 1
51,06	Team	JER 1999	Jersey	1999	Gotland	3 Preliminary	Heat 2
51,06	Team	RHO 2007	Rhodes	2007	Rhodes	4 Final	
51,16	Team	YSM 2011	Ynys Môn	2011	Isle of Wight	6 Final	
51,21	Team	ALA 2009	Åland	2009	Åland	5 Final	
51,21	Team	ALA 2009	Åland	2009	Åland	1 Preliminary	Heat 2
51,30	Team	GUE 2019	Guernsey	2019	Gibraltar	5 Preliminary	Heat 1
51,35	Team	IOM 2013	Isle of Man	2013	Bermuda	2 Final	
51,38	Team	IOW 2007	Isle of Wight	2007	Rhodes	4 Preliminary	Heat 1
51,48	Team	YSM 2019	Ynys Môn	2019	Gibraltar	4 Preliminary	Heat 2
51,55	Team	JER 2013	Jersey	2013	Bermuda	3 Final	
51,55	Team	YSM 1999	Ynys Môn	1999	Gotland	4 Preliminary	Heat 2
51,56	Team	YSM 2015	Ynys Môn	2015	Jersey	3 Preliminary	Heat 1
51,60	Team	GIB 2015	Gibraltar	2015	Jersey	4 Preliminary	Heat 2
51,67	Team	YSM 2007	Ynys Môn	2007	Rhodes	6 Final	
51,69	Team	GIB 2019	Gibraltar	2019	Gibraltar	5 Preliminary	Heat 2

51,73		Team	GIB 2017	Gibraltar	2017	Gotland	3 Preliminary	Heat 2	
			Laura Bevington, Sharon Celecia, Joelle Marie Gilbert, Zyanne Hook, Mya Zarb,						
51,76		Team	GUE 1991	Guernsey	1991	Åland	2 Preliminary	Heat 2	
			Sarah Stonebridge, Louise Martin, Debbie Allen, Jay Peet						
51,79		Team	YSM 2009	Ynys Môn	2009	Åland	6 Final		
			Lucy Kate Beesley, Amy Hankinson, Emma Roberts, Sophie Roberts						
51,80		Team	YSM 2013	Ynys Môn	2013	Bermuda	4 Final		
			Mared Baker, Lucy Beesly, Tiffany Brannan, Sophie Lewis-Canyers						
51,81		Team	ALA 1997	Åland	1997	Jersey	3 Preliminary	Heat 1	
			Andersson Linda, Löfroth Maria, Pero Josefin, Fagerström Katarina						
51,81		Team	IOW 2019	Isle of Wight	2019	Gibraltar	6 Preliminary	Heat 1	
			Mollie Butler, Eden Canning, Lucy Drover, Holly Whitter, Maisie Witty,						
51,85		Team	YSM 1997	Ynys Môn	1997	Jersey	4 Final		
			Zoe Butcher, Kelly Jones, Llinos Hughes, Alwena Griffith						
51,85		Team	RHO 1999	Rhodes	1999	Gotland	4 Preliminary	Heat 1	
			Maria Modiadi, Kalliopi Neski, Maria Ouranidou, Maria-Meli Stavridi						
51,88		Team	IOM 1993	Isle of Man	1993	Isle of Wight	3 Final		
51,94		Team	IOM 2015	Isle of Man	2015	Jersey	4 Preliminary	Heat 1	
			Andrea De Bruin, Bethan Pilley, Amber Sibbald, Sara Watterson						
52,00		Team	ALA 1995	Åland	1995	Gibraltar	5 Final		
52,12		Team	YSM 1993	Ynys Môn	1993	Isle of Wight	4 Final		
52,13		Team	GOT 2007	Gotland	2007	Rhodes	5 Preliminary	Heat 1	
			Ida Gillerfors, Carita Hansson, Camilla Olsson, Boel Tetens, Frida Yttergren						
52,16		Team	SHE 2007	Shetland Islands	2007	Rhodes	2 Preliminary	Heat 2	
			Victoria Duthie, Faye Richardson, Jenny Richardson, May Williamson						
52,17		Team	JER 2005	Jersey	2005	Shetland Islands	5 Final		
52,27		Team	SHE 2003	Shetland Islands	2003	Guernsey	4 Final		
52,28		Team	GOT 1995	Gotland	1995	Gibraltar	6 Final		
52,40		Team	JER 1991	Jersey	1991	Åland	3 Preliminary	Heat 1	
			Angela Le Plongeon, Lisa O'Connor, Dawn Jospen, Denice Montgomery						
52,40		Team	GUE 2013	Guernsey	2013	Bermuda	5 Final		
			Emma Le Conte, Hannah Lesbirel, Sarah Waters, Natalie Whitty						
52,2	m	Team	IOM 1989	Isle of Man	1989	Faroe Islands	1 Final		
52,48		Team	ORK 2007	Orkney	2007	Rhodes	4 Preliminary	Heat 2	
52,49		Team	SHE 2009	Shetland islands	2009	Åland	3 Preliminary	Heat 2	
			Allie Elphinstone, Emma Leask, Megan Smith, Inga Woods						
52,54		Team	IOW 2003	Isle of Wight	2003	Guernsey	5 Final		
52,65		Team	GUE 1993	Guernsey	1993	Isle of Wight	5 Final		
52,70		Team	SAA 1991	Saaremaa	1991	Åland	3 Preliminary	Heat 2	
			Aivi Auga, Viire Viss, Kaire Paat, Merike Salu						
52,70		Team	SAA 1991	Saaremaa	1991	Åland	5 Final		
			Aivi Auga, Viire Viss Kaire Paat, Merike Salu						
52,75		Team	GOT 2017	Gotland	2017	Gotland	4 Preliminary	Heat 2	
			Maja Almgren, Anna Björkstedt, Ulrika Evjen, Josefine Havelin						
52,90		Team	IOW 2011	Isle of Wight	2011	Isle of Wight	7 Final		
			Paige Baldwin, Kim Murray, Helen Davis, Emily Newton						
53,4	m	Team	GUE 1987	Guernsey	1987	Guernsey	1 Final		
53,77		Team	SHE 1997	Shetland Islands	1997	Jersey	6 Final		
			Kathryn Dray, Anna Carruthers, Marie Peterson, Elaine Park						
53,77		Team	SHE 2005	Shetland Islands	2005	Shetland Islands	6 Final		
			Gayle Henry, Kayti Jeromson, Rosie McLean, Faye Richardson, Jenny Richardson, Marie Stemp						
53,7	m	Team	IOM 1987	Isle of Man	1987	Guernsey	2 Final		

53,99		Team	ORK 1991	Orkney	1991	Åland	4 Preliminary	Heat 1
		Aline Cross, Helen Cromarthy, Sharon Thomson, Claire Beaton						
54,1		Team	GUE 2001	Guernsey	2001	Isle of Man	3 Preliminary	Heat 1
53,9	m	Team	IOW 1989	Isle of Wight	1989	Faroe Islands	2 Final	
54,7	m	Team	IOM 1985	Isle of Man	1985	Isle Of Man	1 Final	
54,8	m	Team	ORK 1985	Orkney	1985	Isle Of Man	2 Final	
55,45		Team	SAA 1993	Saaremaa	1993	Isle of Wight	6 Final	
55,60		Team	SHE 1995	Shetland Islands	1995	Gibraltar	5 Preliminary	Heat 1
		Vivien Smith, Marie Peterson, Anna Carruthers, Diane Mawson						
56,15		Team	ALA 2003	Åland	2003	Guernsey	6 Final	
57,01		Team	GIB 1997	Gibraltar	1997	Jersey	4 Preliminary	Heat 2
		Lyzanne Zammitt, Denise Russo, Suzanne Romero, Joanna Carreras						
57,5	m	Team	ORK 1987	Orkney	1987	Guernsey	3 Final	
58,3	m	Team	GUE 1989	Guernsey	1989	Faroe Islands	3 Final	
60,2	m	Team	IOW 1985	Isle of Wight	1985	Isle Of Man	3 Final	
60,5	m	Team	FAR 1989	Faroe Islands	1989	Faroe Islands	4 Final	
61,6	m	Team	ALA 1987	Åland	1987	Guernsey	4 Final	
65,2	m	Team	SHE 1985	Shetland Islands	1985	Isle Of Man	5 Final	

4 x 400 m

3:53,79		Team	JER 2011	Jersey	2011	Isle of Wight	1 Final	
		Gemma Dawkins, Hazel Le, Sophie Twinam, Claire Wilson						
3:54,01		Team	IOM 2019	Isle of Man	2019	Gibraltar	1 Final	
		Phoebe Coates, Aimee Cringle, Rachael Franklin, Ashleigh Lachenicht, Lydia Morris, Hannah Riley						
3:54,51		Team	IOM 2017	Isle of Man	2017	Gotland	1 Final	
		Rachael Franklin, Ashleigh Lachenicht, Meghan Pilley, Catherine Reid, Hannah Riley, Sara Watterson						
3:54,60		Team	CAY 1999	Cayman Islands	1999	Gotland	1 Final	
		Calicia Burke, Leslie Ann Daley, Schwannah McCarthy, Cydonie Mothersill, Crystal Robinson						
3:54,79		Team	IOM 2011	Isle of Man	2011	Isle of Wight	2 Final	
		Sarah Halligan, Ciara McDonnell, Harriet Pryke, Hannah Riley						
3:54,97		Team	JER 2009	Jersey	2009	Åland	1 Final	
		Gemma Dawkins, Hazel Le Cornu, Katie Silva, Sophie Twinam						
3:55,81		Team	JER 2007	Jersey	2007	Rhodes	1 Final	
3:55,85		Team	SHE 2017	Shetland Islands	2017	Gotland	2 Final	
		Faye Cox, Emma Leask, Tamar Moncrieff, Molly Morgan, Mhia Mouat, Cara Steven						
3:56,17		Team	IOM 2015	Isle of Man	2015	Jersey	1 Final	
		Harriet Pryke, Catherine Reid, Hannah Riley, Sara Watterson						
3:56,41		Team	ALA 1991	Åland	1991	Åland	1 Final	
		Sofia Sjölund, Ann-Catrin Nordman, Benita Gustafsson, Diana Lindqvist						
3:56,54		Team	GUE 2017	Guernsey	2017	Gotland	3 Final	
		Eleanor Gallagher, Amelia Elizabeth Lees, Hannah Lesbirel, Eliza Mason, Jasmine Norman, Rebecca Toll						
3:56,69		Team	IOM 2009	Isle of Man	2009	Åland	2 Final	
		Sarah Dowling, Rachael Franklin, Ciara McDonnell, Harriet Pryke						
3:57,78		Team	BER 2013	Bermuda	2013	Bermuda	1 Final	
		Ashley Berry, Shianne Smith, Natasha Trott, Tamika Williams						
3:57,93		Team	IOM 1995	Isle of Man	1995	Gibraltar	1 Final	
3:58,34		Team	ORK 2019	Orkney	2019	Gibraltar	2 Final	
		Erika Marwick, Sian Smith, Taylah Spence, Tegan Spence, Alice Tait						
3:58,50		Team	GUE 2005	Guernsey	2005	Shetland Islands	1 Final	
		Laura Arblaster, Erica Bodman, Kimberly Goodall, Sarah Hume						

3:58,74	Team	IOM 1991	Isle of Man	1991	Åland	2 Final
		Janette Duncan, Cheryl Done, Danaa Myhill, Geraldine Moore				
3:59,12	Team	JER 2015	Jersey	2015	Jersey	2 Final
		Gemma Dawkins, Hazel Le, Gemma Gothard, Yasmin Lookess				
3:59,64	Team	GUE 2003	Guernsey	2003	Guernsey	1 Final
3:59,78	Team	JER 2001	Jersey	2001	Isle of Man	1 Final
3:59,87	Team	GUE 2007	Guernsey	2007	Rhodes	2 Final
		Laura Arblaster, Erica Bodman, Kimberley Gleeson, Kimberley Goodall, Helena Watts				
4:00,05	Team	GUE 2015	Guernsey	2015	Jersey	3 Final
		Eleanor Gallagher, Katie Rowe, Natalie Whitty, Rebecca Toll				
4:01,50	Team	JER 2017	Jersey	2017	Gotland	4 Final
		Olivia Allbut, Gemma Dawkins, Cleo Leather, Yasmin Lookess, Katie Silva,				
4:01,75	Team	JER 2013	Jersey	2013	Bermuda	2 Final
		Helen Victoria Butler, Gemma Dawkins, Hazel Le Cornu, Katie Silva				
4:02,60	Team	FAR 2019	Faroe Islands	2019	Gibraltar	3 Final
		Maria Biskopstø, Margit Weihe Fríðmundsdóttir, Rebekka Fuglø, Oddvør Josephsen, Alda Sigursdóttir Lamhauge, Elisabet Holm Simonsen				
4:02,63	Team	RHO 1999	Rhodes	1999	Gotland	2 Final
		Maria Modiadi, Maria Ouranidou, Vera Papadopoulou, Maria Tsikouri				
4:02,92	Team	BER 2007	Bermuda	2007	Rhodes	3 Final
		Jennifer Alen, Melissa Clarke, Jarita Dill, Shianne Smith				
4:02,93	Team	IOW 2011	Isle of Wight	2011	Isle of Wight	3 Final
		Kim Murray, Holly Newton, Brogan Percy, Carla Plowden-Roberts				
4:03,12	Team	JER 2005	Jersey	2005	Shetland Islands	2 Final
4:03,33	Team	SHE 2015	Shetland Islands	2015	Jersey	4 Final
		Faye Cox, Molly Morgan, Claire Wilson, Cara Steven				
4:03,46	Team	IOW 1997	Isle of Wight	1997	Jersey	1 Final
		Hayley Bennett, Carrie Langley, Jenny Holden, Kelly Southerton				
4:03,59	Team	WES 2019	Western Isles	2019	Gibraltar	4 Final
		Eve Carrington, Angela Horne, Sian Louise Macdonald, Eilidh Mairi Macleod, Mary Macleod, Gemma Macritchie				
4:03,79	Team	WES 2015	Western Isles	2015	Jersey	5 Final
		Eve Carrington, Eilidh Mackenzie, Eilidh Mairi Macleod, Jenny Mactaggart				
4:03,98	Team	ORK 2005	Orkney	2005	Shetland Islands	3 Final
		Aly Bain, Jordan Fogarty, Linsey Miller, Bryony Muir				
4:04,08	Team	SHE 2005	Shetland Islands	2005	Shetland Islands	4 Final
		Emily Garrick, Gayle Henry, Rosie McLean, Faye Richardson, Marie Stemp, Claire Wilson				
4:04,09	Team	JER 1993	Jersey	1993	Isle of Wight	1 Final
4:04,55	Team	IOM 2001	Isle of Man	2001	Isle of Man	2 Final
4:04,81	Team	GUE 2011	Guernsey	2011	Isle of Wight	4 Final
		Sadie Addlesee, Emma Le, Natalie Whitty, Caroline Kyle				
4:05,20	Team	IOM 1997	Isle of Man	1997	Jersey	2 Final
		Deirdre McLoughlin, Jane Ryder, Danielle McCarrick, Julie Moore				
4:05,26	Team	JER 1991	Jersey	1991	Åland	3 Final
		Ellen Richings, Lisa O'Connors, Denise Montgomery, Anne Simpson				
4:06,18	Team	IOM 2007	Isle of Man	2007	Rhodes	4 Final
4:06,21	Team	GUE 2019	Guernsey	2019	Gibraltar	5 Final
		Rhiannon Dowinton, Eleanor Gallagher, Abigail Galpin, Amelia Lees, Katie Rowe				
4:06,44	Team	IOW 1999	Isle of Wight	1999	Gotland	3 Final
		Kathryn Frost, Bryony Frost, Louise Jones, Lucy Rann, Kelly Sotherton, Emily Young				

4:06,56	Team	FAR 2017	Faroe Islands	2017	Gotland	1 Preliminary	Heat 2
			Margit Weihe Fríðmundsdóttir, Rebekka Fuglø, Oddvør Josephsen, Elisabet Holm Simonsen				
4:06,58	Team	JER 1995	Jersey	1995	Gibraltar	2 Final	
4:06,82	Team	GUE 1995	Guernsey	1995	Gibraltar	3 Final	
4:06,83	Team	ORK 2007	Orkney	2007	Rhodes	5 Final	
4:06,97	Team	IOM 2003	Isle of Man	2003	Guernsey	2 Final	
4:07,48	Team	SHE 2009	Shetland Islands	2009	Åland	3 Final	
			Al lie Elphinstone, Emma Leask, Megan Smith, Inga Woods				
4:07,53	Team	YSM 2019	Ynys Môn	2019	Gibraltar	6 Final	
			Amelia Hucks, Catrin Jones, Ffion Jones, Lucy Lawrence, Erin Maloney, Ffion Roberts				
4:07,66	Team	SHE 2003	Shetland Islands	2003	Guernsey	3 Final	
4:08,86	Team	WES 2013	Western Isles	2013	Bermuda	3 Final	
			Eve Carrington, Eilidh Mackenzie, Jenny Mactaggart, Kathryn Offer				
4:09,38	Team	IOM 1999	Isle of Man	1999	Gotland	2 Preliminary	Heat 2
			Jackie Ashman, Danielle McCarrick, Deirdre McLoughlin, Hannah Riley				
4:09,70	Team	GUE 2013	Guernsey	2013	Bermuda	4 Final	
			Emma Le Conte, Hannah Lesbirel, Sarah Mercier, Natalie Witty				
4:09,90	Team	GIB 2019	Gibraltar	2019	Gibraltar	7 Final	
			Laura Bevington, Isabella Dowie, Zyanne Hook, Shauna Mann, Mya Zarb				
4:10,10	Team	GUE 1997	Guernsey	1997	Jersey	3 Final	
			Seonaid McPhie, Caroline Wickham, Rowena Mackay, Regina Williams				
4:10,27	Team	GUE 2009	Guernsey	2009	Åland	4 Final	
			Shannen Higgins, Caroline Kyle, Sarah Mercier, Kylie Robilliard				
4:11,18	Team	JER 1997	Jersey	1997	Jersey	4 Final	
			Kate Cadigan, Denise Montgomery, Anna McDonald, Ellen Richings				
4:11,97	Team	JER 2003	Jersey	2003	Guernsey	4 Final	
4:12,89	Team	JER 1999	Jersey	1999	Gotland	2 Preliminary	Heat 1
			Verity Beck, Anne Currie, Rebecca Orpin, Ellen Richings				
4:12,7	m	IOW 1989	Isle of Wight	1989	Faroe Islands	1 Final	
4:13,43	Team	IOW 2007	Isle of Wight	2007	Rhodes	6 Final	
4:14,24	Team	WES 2017	Western Isles	2017	Gotland	3 Preliminary	Heat 1
			Eve Carrington, Eilidh Mairi Macleod, Jenny Mactaggart				
4:14,55	Team	GIB 1991	Gibraltar	1991	Åland	4 Final	
			Sharon Mifsud, Suzanne Romero, Luan White, Gina Morello				
4:14,5	m	IOM 1989	Isle of Man	1989	Faroe Islands	2 Final	
4:14,79	Team	ALA 2007	Åland	2007	Rhodes	7 Final	
			Johanna Eriksson, Julia Kallgren, Erica Nordqvist, Hanna Wiss				
4:15,29	Team	SHE 1999	Shetland Islands	1999	Gotland	3 Preliminary	Heat 2
			Caron Leckie, Helen Powell, Julie Ramsay, Emily Tait				
4:15,64	Team	ALA 1993	Åland	1993	Isle of Wight	2 Final	
4:16,48	Team	ALA 2009	Åland	2009	Åland	5 Final	
			Madeleine Ekblom, Johanna Eriksson, Julia Källgren, Maria Löfroth				
4:16,56	Team	GUE 1991	Guernsey	1991	Åland	5 Final	
			Josepine Peet, Ellen Spruce, Louise Martin, Sarah Stonebridge				
4:16,61	Team	GOT 1999	Gotland	1999	Gotland	4 Preliminary	Heat 2
			Ulrika Gillerfors, Johanna Hallberg, Zandra Karlsson, Marie Liljegren				
4:17,79	Team	YSM 1999	Ynys Môn	1999	Gotland	4 Preliminary	Heat 1
			Alwena Griffiths, Llinos Hughes, Rachel Jones, Clare Roberts				
4:18,31	Team	GIB 2017	Gibraltar	2017	Gotland	4 Preliminary	Heat 2
			Laura Bevington, Sharon Celecia, Joelle Marie Gilbert, Zyanne Hook, Mya Zarb				

4:18,84		Team	YSM 2015	Ynys Môn	2015	Jersey	6 Final
			Mared Baker, Lucy Beesley, Mikaela Harrison, Emily Grace Ridges				
4:19,0	m	Team	JER 1987	Jersey	1987	Guernsey	1 Final
4:20,45		Team	GOT 1991	Gotland	1991	Åland	6 Final
			Helen Löfqvist, Jenny Lorentzon, Ulrika Lundgren, Johanna Nyman				
4:21,71		Team	IOM 1993	Isle of Man	1993	Isle of Wight	3 Final
4:21,95		Team	SHE 1995	Shetland Islands	1995	Gibraltar	4 Final
4:23,66		Team	RHO 2007	Rhodes	2007	Rhodes	8 Final
4:23,74		Team	YSM 1997	Ynys Môn	1997	Jersey	5 Final
			Alwena Griffith, Kelly Jones, Donna Dunwoodie, Clare Roberts				
4:25,7	m	Team	IOM 1987	Isle of Man	1987	Guernsey	2 Final
4:26,33		Team	GUE 2001	Guernsey	2001	Isle of Man	3 Final
4:26,73		Team	YSM 2003	Ynys Môn	2003	Guernsey	5 Final
4:27,77		Team	YSM 1993	Ynys Môn	1993	Isle of Wight	4 Final
4:31,56		Team	GOT 1993	Gotland	1993	Isle of Wight	5 Final
4:33,52		Team	ORK 1991	Orkney	1991	Åland	7 Final
			Sharon Thomson, Aline Cross, Helen Cromarty, Claire Beaton				
4:34,67		Team	SHE 1997	Shetland Islands	1997	Jersey	6 Final
			Kathryn Dray, Anna Carruthers, Marie Peterson, Michelle Sandison				
4:41,44		Team	IOM 2013	Isle of Man	2013	Bermuda	5 Final
			Charlotte Bawden, Rachael Franklin, Bethan Pilley, Hannah Riley				
4:53,3	m	Team	ORK 1987	Orkney	1987	Guernsey	3 Final
5:10,7	m	Team	FAR 1989	Faroe Islands	1989	Faroe Islands	3 Final