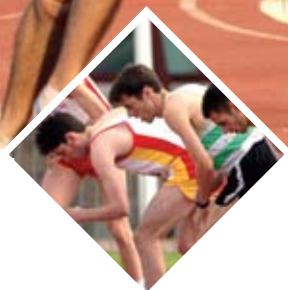




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WELCOME TO ATHLETICS!

On behalf of the Athletics Committee I welcome you all to the Wiklöf Holding Arena (WHA) and the NatWest Island Games XIII 2009.

During the six competition days 41 event winners will be decided. The venue has been renovated and upgraded to fulfil the competition requirements. The running-track has been resurfaced and new equipment has been brought in.

An event of this size requires many officials and volunteers and over 100 people have been recruited to ensure that everything runs smoothly. A speedy results service using a wireless network is a challenge I am sure we will successfully overcome.

Our goal is to offer fair and well organised competitions which will contribute to what we hope will be happy memories of the NatWest Island Games 2009 on Åland.

I hope you realise your personal goals and wish you all the best of luck.

Kenneth Andersson
Athletics Co-ordinator

Competition Officials/Huvudfunktionärer: Competition Manager/Tävlingsledare Kenneth Andersson. Technical Manager/Tekniskledare Vidar Liljeroos. Competition Secretary/Tävlingsssekreterare Christian Jansson. Referee for Track Events/Löpledere Åke Björklund, Tom Söderholm. Referee for Field Events/Fältgrensledare Sune Manselin, Krister, Virtanen Vidar Nordqvist, Stina Michelsson. Call-room Referee /Ledare för Callingen Thor-Björn Wik. Starter/Starter Jocke Roiha, Folke Holmström. Head Timekeeper/Tidtagningens ledare Claes Hellström. Announcer/Speaker Per-Erik Teckenberg. Price Ceremony/Pris utdelning Nina Holmén.

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Cheeses are sold in the local grocery stores. Enjoy!



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Venue: Wiklöf Holding Arena

Transport: Mariehamn shuttle

Catering: sandwiches, hot dogs, pies, salads, light snacks

Co-ordinator: Kenneth Andersson

For possible amendments go to: www.natwestislandgames2009.ax

For results go to: www.alandresults2009.com

Sunday 28.06

18.00	Hammer	M	Final
18.00	100 m	W	Heats
18.00	High Jump	M	Final
18.40	200 m	M	Heats
19.20	Long Jump	W	Q
19.20	10.000 m	M	Final
20.10	Medal Ceremony		
	Hammer	W	
20.20	1500 m	W	Heats
20.35	Medal Ceremony		
	High Jump	M	

Monday 29.06

11.00	400 m Hurdles	M	Heats
11.40	100 m	W	Semis
12.05	200 m	M	Semis
12.30	400 m	W	Heats
13.10	800 m	M	Heats
18.00	Shot Put	M	Final
18.00	400 m Hurdles	M	Final
18.10	Medal Ceremony		
	10.000 m	M	
18.25	100 m	W	Final
18.50	200 m	M	Final
19.10	Long Jump	W	Final
19.10	Medal Ceremony		
	400 m Hurdles	M	
19.20	3.000 m Steeple Chase	M	Final
19.30	Medal Ceremony		
	100 m	W	
19.40	Javelin	W	Final
19.40	10.000 m	W	Final
20.30	Medal Ceremony		
	Shot Put	M	
	200 m	M	
20.45	400 m	W	Semis

Tuesday 30.06

11.00	110 m Hurdles	M	Heats
11.35	100 m Hurdles	W	Heats
12.10	4x100 m	M	Heats
12.40	4x100 m	W	Heats
18.00	Shot Put	W	Final
18.00	110 m Hurdles	M	Final
18.10	Medal Ceremony		
	3.000 m Steeple Chase	M	
	10.000 m	M	
18.35	100 m Hurdles	W	Final
18.40	Medal Ceremony		
	Long Jump	W	
	Javelin	W	
18.50	Long Jump	M	Q
19.00	Medal Ceremony		
	110 m Hurdles	M	
19.10	400 m	W	Final
19.30	Discus Throw	M	Final
	Medal Ceremony		
	100 m Hurdles	W	
19.50	1.500 m	W	Final
20.10	Medal Ceremony		
	400 m	W	
	Shot Put	M	
20.30	800 m	M	Final
20.40	Medal Ceremony		
	1.500 m	W	

Wednesday 01.07

11.00	100 m	M	Heats
11.45	200 m	W	Heats
12.30	400 m	M	Heats
18.00	Hammer	W	Final
18.00	4x400 m	W	Heats
18.00	High Jump	W	Final
18.30	4x400	M	Heats
18.50	Medal Ceremony		
	Discus Throw	M	
19.10	5.000 m	W	Final
19.40	Long Jump	M	Final
	Medal Ceremony		
	800 m	M	
19.50	Javelin	M	Final
20.10	5.000 m	M	Final
20.40	Medal Ceremony		
	Hammer	W	
	High Jump	W	

SUNDAY 28.06.

18.00 Hammer Throw Men Final

3	Rasmus Donner	ÅLA	38.24
27	Jesper Wirtanen	ÅLA	39.29
62	Michael Letterlough	CAY	
83	Heri Ziska	FAR	
109	Gustav Hansson	GOT	36.57
118	Tore Olofsson	GOT	53.30
208	Andrew Frost	IOW	72.62
222	Callum Woon	IOW	40.15
239	Paul Derrien	JER	49.62
304	Stanislav Gkergov	RHO	
313	Ioanni Pezouvanis	RHO	
332	Genro Paas	SAA	47.36

18.00 100m Women Heats

19	Erica Nordqvist	ÅLA	13.03
28	Hanna Wiss	ÅLA	12.33
42	Melissa Clarke	BER	
64	Chantelle Morrison	CAY	11.69
105	Frida Björkegren	GOT	
119	Camilla Olsson	GOT	
147	Kristy Grant	GUE	
157	Kylie Robilliard	GUE	12.18
188	Ciara McDonnell	IOM	13.10
193	Danielle Ross	IOM	12.60
214	Faith Norster	IOW	12.78
223	Emily Young	IOW	12.18
234	Helen Butler	JER	13.40
259	Jenna Murphy	JER	13.00
289	Carolynn Leslie	ORK	13.30
290	Mags MacRae	ORK	12.97
308	Georgia Koumaki	RHO	
312	Katerina Nikolaou	RHO	
350	Allie Elphinstone	SHE	
367	Inga Woods	SHE	13.16
376	Eve Carrington	WIS	
395	Lucy Kate Beesley	YNY	
409	Sophie Roberts	YNY	

18.00 High Jump Men Final

7	Andreas Henriksson	ÅLA	1.86
29	Alexander Woivalin	ÅLA	1.81
57	Perry Anglin	CAY	2.05
69	OmarWright	CAY	2.19
115	Erik Larsson	GOT	1.99
116	Gustav Melen	GOT	1.96
238	Stephen de la Haye	JER	2.00
244	Jason Fox	JER	2.05
274	Agustí Mercadal	MEN	
318	Agelos Volonakis	RHO	
327	Madis Kallas	SAA	2.05

18.40 200m Men Heats

1	Mats Boman	ÅLA	22.12
26	John Wilhelms	ÅLA	23.27
44	Xavier James	BER	21.89
45	Jeneko Lottimore Place	BER	22.30
61	Robert Ibeh	CAY	
67	Joseph Suberan	CAY	
89	Mohammed Ahammad	GIB	
94	Dominic Carrol	GIB	
124	Mattias Sunneborn	GOT	21.04
127	Morgan Unogardt	GOT	25.26
154	Jacques Ogier	GUE	
161	Nathan Stevens	GUE	22.20
177	Ben Brand	IOM	22.90
192	Thomas Riley	IOM	22.14
217	Samuel Ratcliffe	IOW	22.40
260	Stephen Prosser	JER	22.50
262	Ben Silva	JER	23.20
277	Alejandro Sánchez	MEN	
278	Jamie Torres	MEN	
288	James Flett	ORK	23.39
295	Nigel Thomson	ORK	22.74
309	Panayiotis Kourmadias	RHO	
310	Konstantinos Kourounis	RHO	
361	Gareth Robertson	SHE	23.20
365	Lee Williamson	SHE	23.23
379	Andrew Donald Jubb	WIS	
387	Pattanawit Sattaphol	WIS	
397	Barry John Edwards	YNY	
403	Carwyn Milburn	YNY	

19.20 Long Jump Women Qualification

9	Nathalie Jansson	ÅLA	5.40
28	Hanna Wiss	ÅLA	5.70
49	Shianne Smith	BER	5.70
65	Ashleigh Nalty	CAY	
123	Ellinor Sundstrand	GOT	5.46
125	Boel Tetens	GOT	5.21
147	Kristy Grant	GUE	
150	Caroline Kyle	GUE	
176	Hollie Bass	IOM	5.12
223	Emily Young	IOW	5.56
240	Amy Dingle	JER	5.35
259	Jenna Murphy	JER	5.09
305	Georgia Karageorgiou	RHO	
306	Stela Karageorgiou	RHO	
325	Kaili Adamson	SAA	5.41
333	Kadri Pulk	SAA	5.02
349	Victoria Duthie	SHE	4.80
360	Eilidh Peterson	SHE	4.79

19.20 10,000m Men Final

30	Eduardas Volikas	ÅLA	
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110	Daniel Hejdström	GOT	33:27.20
126	Olof Thunegard	GOT	33:29.30
142	Stephen Dawes	GUE	32:38.00
151	Mark Mercier	GUE	
169	Kenneth Stensen	HIT	
185	Ed Gumbley	IOM	34:03.00
187	Kevin Loundes	IOM	31:49.00
245	Daniel Halksworth	JER	
249	David Ibbotson	JER	34:28.00
287	Torquill Clyde	ORK	
317	Nikolaos Tsangarakis	RHO	
326	Tönis Juulik	SAA	34:12.00
331	Ando Öitspuu	SAA	34:44.00
345	Bill Adams	SHE	
363	Karl Simpson	SHE	34:19.00
406	David Owens	YNY	

20.20 1,500m Women Heats

4	Madeleine Ekblom	ÅLA	5:25.80
15	Maria Löfroth	ÅLA	
	Stephane Schoeman	BER	
46	Ashley Robinson	BER	5:34.00
75	Rebekka Fuglø	FAR	
90	Kim Baglietto	GIB	
152	Sarah Mercier	GUE	4:41.60
159	Martine Scholes	GUE	4:38.58
168	Tonje Moen Slenes	HIT	
175	Gemma Astin	IOM	4:42.00
182	Rachael Franklin	IOM	4:49.20
252	Felicity Johnson - Deeley	JER	4:40.28
258	Elizabeth Murfin	JER	4:57.11
276	Antonia Pons	MEN	
347	Katie Bristow	SHE	4:57.00
381	Eilidh C Mackenzie	WIS	
401	Sarah Livett	YNY	
407	Rebecca Riddings	YNY	

MONDAY 29.06

11.00 400m Hurdles Men Heats

59	Junior Hines	CAY	
60	Maxwell Hyman	CAY	
156	Leo Rice	GUE	
186	Michael Haslett	IOM	55.50
207	James Forman	IOW	54.30
218	Jaryd Robinson	IOW	55.25
243	Calum Forrest	JER	59.90
250	Peter Irving	JER	52.86
279	Victor Truyol	MEN	
311	Mihalis Markopoulos	RHO	
314	Mihalis Seitis	RHO	
334	Raigo Saar	SAA	54.94

383	Donald Macleod	WIS	
386	Cameron Ewan Ross	WIS	

12.30 400m Women Heats

28	Hanna Wiss	ÅLA	57.12
47	Stephane Schoeman	BER	
42	Melissa Clarke	BER	
75	Rebekka Fuglø	FAR	
90	Kim Baglietto	GIB	
107	Ida Gillerfors	GOT	58.29
119	Camilla Olsson	GOT	58.58
149	Shannen Higgins	GUE	
168	Tonje Moen Slenes	HIT	
179	Sarah Dowling	IOM	58.90
189	Harriet Pryke	IOM	58.90
215	Brogan Percy	IOW	58.31
223	Emily Young	IOW	61.80
237	Gemma Dawkins	JER	57.35
264	Sophie Twinam	JER	58.20
273	Angela Lopez	MEN	
286	Aly Bain	ORK	58.86
290	Mags MacRae	ORK	58.79
355	Emma Leask	SHE	59.81
364	Megan Smith	SHE	63.19
376	Eve Carrington	WIS	
396	Lisa Campbell	YNY	
399	Amy Hankinson	YNY	

13.10 800m Men Heats

21	Göran Sundblom	ÅLA	
41	Stephen Allen	BER	
48	George Smith	BER	
51	Anton Velleman	BER	
77	Jóan Karl Joensen	FAR	
80	Rúni Seloy	FAR	
98	Lee Taylor	GIB	
92	LiamByrne	GIB	
106	Joakim Daun	GOT	1:50.36
113	Andre Kahlström	GOT	1:53.00
141	Matthew Bailey	GUE	1:59.00
143	Tom Druce	GUE	1:51.95
181	Ryan Fairclough	IOM	1:58.00
191	Tom Richmond	IOM	1:55.80
220	Joseph Wade	IOW	1:57.00
242	Toby Edwards	JER	2:03.21
275	Pedro Palliser	MEN	
280	Rafael Vidal	MEN	
291	David Miller	ORK	1:57.89
294	Thomas Newton	ORK	2:00.50
358	Joshua Morrison	SHE	1:59.00
377	Stewart Vyner Chalmers	WIS	
384	Rory Martin MacLure	WIS	
398	Shon Evans	YNY	

18.00 Shot Put Men Final

14	Ove Lehto	ÅLA	14.30
20	Karl-Johan Sommarstom	ÅLA	12.65
115	Erik Larsson	GOT	15.51
213	Garry Newton	IOW	
241	Zane Duquemin	JER	12.85
303	Anastasios Gimoukis	RHO	
328	Jüri Kuusk	SAA	15.47
332	Genro Paas	SAA	15.62

19.20 3000m SteepleChase Men Final

108	Andreas Grönström	GOT	
110	Daniel Hejdström	GOT	9:43.62
145	Lee Garland	GUE	9:17.00
183	Darren Gray	IOM	10:06.00
242	Toby Edwards	JER	10:59.00
406	David Owens	YNY	

19.40 Javelin Women Final

121	Anete Seina	GOT	
122	Teresia Snäckerström	GOT	30.40
206	Helen Davis	IOW	40.98
337	Pille-Riin Toomsalu	SAA	39.89
194	Marit Zahkna	IOM	

19.40 10,000m Women Final

24	Carita Sodergard	ÅLA	40:42.80
79	Björk Herup Olsen	FAR	
82	Súsanna Skylv Sørensen	FAR	
120	Gabriella Samuelsson	GOT	37:42.77
135	Britt Folkermann	GRE	
136	Katti Frederiksen	GRE	
155	Louise Perrio	GUE	36:37.00
167	Turi Malme	HIT	
184	Gail Griffiths	IOM	39:14.00
230	Victoria Barratt	JER	41:53.00
362	Michelle Sandison	SHE	36:40.00

TUESDAY 30.06

11.00 110m Hurdles Men Heats

7	Andreas Henriksson	ÅLA	19.25
115	Erik Larsson	GOT	15.15
144	Glenn Etherington	GUE	14.80
156	Leo Rice	GUE	
218	Jaryd Robinson	IOW	17.50
244	Jason Fox	JER	17.00
250	Peter Irving	JER	15.17
327	Madis Kallas	SAA	14.52
334	Raigo Saar	SAA	14.64

11.35 100m Hurdles Women Heats

9	Nathalie Jansson	ÅLA	17.03
13	Julia Källgren	ÅLA	
49	Shianne Smith	BER	15.30
105	Frida Björkegren	GOT	
157	Kylie Robilliard	GUE	13.68
236	Lucy Crossman	JER	17.32
264	Sophie Twinam	JER	15.95
273	Angela Lopez	MEN	
305	Georgia Karageorgiou	RHO	
333	Kadri Pulk	SAA	
337	Pille-Riin Toomsalu	SAA	14.97
376	Eve Carrington	WIS	

12.10 4 x 100m Relay Men Heats

BER	BER	BER	BER
CAY	CAY	CAY	CAY
GIB	GIB	GIB	GIB
GOT	GOT	GOT	GOT
GUE	GUE	GUE	GUE
IOM	IOM	IOM	IOM
IOW	IOW	IOW	IOW
JER	JER	JER	JER
ORK	ORK	ORK	ORK
SHE	SHE	SHE	SHE
WES	WIS	WIS	WIS
YNY	YNY	YNY	YNY
ÅLA	ÅLA	ÅLA	ÅLA

12.40 4 x 100m Relay Women Heats

GOT	GOT	GOT	GOT
GUE	GUE	GUE	GUE
IOM	IOM	IOM	IOM
IOW	IOW	IOW	IOW
JER	JER	JER	JER
RHO	RHO	RHO	RHO
SHE	SHE	SHE	SHE
YNY	YNY	YNY	YNY
ÅLA	ÅLA	ÅLA	ÅLA

18.00 Shot Put Women Final

22	Joanna Sundstrom	ÅLA	
111	Annie Henriksson	GOT	9.98
114	Åsa Larsson	GOT	10.53
178	Charlotte Christian	IOM	8.97
194	Marit Zahkna	IOM	
201	Natalie Badham	IOW	11.31
233	Jennifer Browne	JER	
261	Kathryn Rothwell	JER	10.50
296	Claire Wilson	ORK	11.34
315	Despina Skoumbrou	RHO	
337	Pille-Riin Toomsalu	SAA	11.97
404	Kirrie Moore	YNY	

18.50 Long Jump Men Final

16	Jonathan Malmberg	ÅLA	6.03
18	Alex Nordblom	ÅLA	5.31
50	Daniel Tucker	BER	
59	Junior Hines	CAY	
115	Erik Larsson	GOT	7.42
127	Morgan Unogardt	GOT	
148	Jonathan Guille	GUE	6.23
177	Ben Brand	IOM	6.65
190	Peter Richardson	IOM	6.41
202	Matthew Barton	IOW	7.11
216	Leon Phillips	IOW	6.42
238	Stephen de la Haye	JER	6.68
251	Ross Jeffs	JER	6.11
302	Savvas Diakonikolas	RHO	
307	Georgios Kontos	RHO	
327	Madis Kallas	SAA	7.42
334	Raigo Saar	SAA	7.15
357	Sakchai Makao	SHE	6.71
366	Jamie Wilson	SHE	5.90
379	Andrew Donald Jubb	WIS	

19.30 Discus Men Final

14	Ove Lehto	ÅLA	42.52
25	Tom Tommiska	ÅLA	41.30
58	Shane Evans	CAY	
62	Michael Letterlough	CAY	
83	Heri Ziska	FAR	
115	Erik Larsson	GOT	46.75
213	Garry Newton	IOW	
241	Zane Duquemin	JER	40.57
303	Anastasios Gimoukis	RHO	
313	Ioannis Pezouvanis	RHO	
327	Madis Kallas	SAA	48.98
332	Genro Paas	SAA	44.37

WEDNESDAY 01.07

11.00 100m Men Heats

1	Mats Boman	ÅLA	10.91
17	Tom Manselin	ÅLA	11.34
44	Xavier James	BER	10.90
45	Jeneko Lottimore Place	BER	11.10
63	Wallace Little	CAY	10.77
67	Joseph Suberan	CAY	
94	Dominic Carroll	GIB	
95	Andrew Cavilla	GIB	
124	Mattias Sunneborn	GOT	10.66
127	Morgan Unogardt	GOT	11.94
144	Glenn Etherington	GUE	11.20
161	Nathan Stevens	GUE	11.10
177	Ben Brand	IOM	

192	Thomas Riley	IOM	10.80
217	Samuel Ratcliffe	IOW	11.10
260	Stephen Prosser	JER	10.80
262	Ben Silva	JER	11.20
277	Alejandro Sánchez	MEN	
292	Gordon Mowat	ORK	11.37
295	Nigel Thomson	ORK	11.45
348	Stuart Donald	SHE	11.36
365	Lee Williamson	SHE	11.27
378	Stewart Johnson	WIS	
388	Ruaraidh Stewart	WIS	
403	Carwyn Milburn	YNY	
405	Carwyn Lloyd Owen	YNY	

11.45 200m Women Heats

19	Erica Nordqvist	ÅLA	27.63
28	Hanna Wiss	ÅLA	25.03
42	Melissa Clarke	BER	
49	Shianne Smith	BER	24.70
64	Chantelle Morrison	CAY	24.70
105	Frida Björkegren	GOT	
107	Ida Gillerfors	GOT	25.78
147	Kristy Grant	GUE	
150	Caroline Kyle	GUE	
179	Sarah Dowling	IOM	25.70
189	Harriet Pryke	IOM	25.70
214	Faith Norster	IOW	26.30
223	Emily Young	IOW	25.70
234	Helen Butler	JER	27.00
237	Gemma Dawkins	JER	26.00
273	Angela Lopez	MEN	
289	Carolynn Leslie	ORK	28.30
290	Mags MacRae	ORK	26.92
308	Georgia Koumnaki	RHO	
312	Katerina Nikolaou	RHO	
325	Kailli Adamson	SAA	
338	Mari Truumees	SAA	
350	Allie Elphinstone	SHE	
364	Megan Smith	SHE	28.20
376	Eve Carrington	WIS	
395	Lucy Kate Beesley	YNY	
408	Emma Roberts	YNY	

12.30 400m Men Heats

1	Mats Boman	ÅLA	49.21
26	John Wilhelms	ÅLA	51.40
50	Daniel Tucker	BER	
51	Anton Velleman	BER	
80	Rüni Seloy	FAR	
94	Dominic Carrol	GIB	
99	Daryl Vassallo	GIB	
128	Ingemar Ztorm	GOT	
143	Tom Druce	GUE	47.36

ATHLETICS

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378 Stewart Johnson WIS
410 Adam Williams YNY

12.00 Half Marathon Men Final

21	Göran Sundblom	ÅLA	
23	Marcus Svensson	ÅLA	
30	Eduardas Volikas	ÅLA	
81	Guttorm Sørensen	FAR	
108	Andreas Grönström	GOT	
110	Daniel Hejdström	GOT	01.17.50
126	Olof Thunegard	GOT	01.11.25
142	Stephen Dawes	GUE	01.10.08
151	Mark Mercier	GUE	
160	Rowan Shally	GUE	01.14.47
183	Darren Gray	IOM	01.13.58
185	Ed Gumbley	IOM	01.13.46
187	Kevin Loundes	IOM	01.11.16
203	Paul Cameron	IOW	01.12.05
235	Jon Coote	JER	01.18.13
255	Brenton Lee	JER	01.17.07
257	Andrew Murfin	JER	01.16.20
272	Juan J Cerro	MEN	
317	Nikolaos Tsangarakis	RHO	
326	Tõnis Juulik	SAA	01.16.41
330	Kalev Oisnurm	SAA	01.16.57
331	Ando Öitspuu	SAA	
345	Bill Adams	SHE	01.18.43
352	Russell Gair	SHE	01.29.00
363	Karl Simpson	SHE	01.15.34
385	Alasdair Murray	WIS	

12.00 Half Marathon Women Final

2	Karina Danielsson	ÅLA	
12	Åsa Karlsson	ÅLA	
24	Carita Södergård	ÅLA	01.33.26
43	Victoria Fiddick	BER	
82	Súsanna Skylv Sørensen	FAR	
120	Gabriella Samuelsson	GOT	01.24.42
135	Britt Folkermann	GRE	
136	Katti Frederiksen	GRE	
155	Louise Perrio	GUE	01.20.13
159	Martine Scholes	GUE	01.26.59
167	Turi Malme	HIT	
184	Gail Griffiths	IOM	01.28.33
211	Sharon McNally	IOW	01.29.54
231	Amanda Brown	JER	01.27.00
248	Sam Horsfall	JER	01.35.00
253	Carol Knight	JER	01.28.00
351	Karen Fraser	SHE	01.36.47
356	Julie Mackay	SHE	01.34.45
375	Alison Mary Campbell	WIS	
380	Mairi MacCormick	WIS	

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