

## **Lambourne Shield**

Awarded for an outstanding individual sporting achievement of the year by a boy or girl aged not less than eleven years and not more than eighteen years of age and is a resident of Guernsey.

## **Nominations**

### **Amice Anderson (Fencing)**

Amice has had an amazing year. Currently the Junior Island Foil Champion, she has represented Guernsey at the British Youth Championships and the Commonwealth Fencing Championships in both the Cadet and Junior categories. Amice fenced at the UK National Tournament and was selected to join the Great Britain Women's Cadet Foil Team. At 14 years old, Amice is the youngest fencer from Guernsey to ever be selected for the GB Team. Subsequently she represented Great Britain at the European Cadet Fencing Competition in October. Amice is dedicated to her training and her coaches who include UK and Hungarian Olympians. Amice helps coach younger children weekly at Sarnia Sword Club and assists with Disability Fencing. She is a wonderful role model and is absolutely passionate about getting more young girls involved in Fencing. She is a credit to her sport and an amazing ambassador for Guernsey.

### **Poppy Bowen (Shooting)**

Poppy started Air Rifle shooting at 12 years old in 2021 at the St Pierre du Bois, Air Rifle Club and in her first season won nine trophies:

Now 13 years old, she has qualified for the 2023 Island Games trials in the 10m – Women's competition where 2 ladies will be selected from the 4 entrants to represent Guernsey.

Whilst it's unlikely she will make the final team (even on her current trajectory), this is an incredibly good experience for such a young shooter.

Clearly, at only 13, she is already making her mark on the sport in Guernsey and it is hoped this might encourage more juniors to get involved in this highly technical sport.

### **Ollie Chedhomme (Golf)**

Ollie Chedhomme became the first Guernsey player to win the Hampshire Junior Boys Championship since Peter Wilcox in 1978 with a brilliant victory at Lee on Solent in September. It was over two rounds and in the morning Ollie shot a level par 69 followed up by a 3-over 72 in the afternoon. Ollie joins massive names such as Justin Rose & Richard Bland to have won this event.

### **Luke Elliott (Sailing)**

Luke Elliott, age 14, competes in the Optimist dinghy class for the under 16s.

2022 has been a continuation of great achievements in sailing for Luke, who has progressed considerably further than any other sailor in Guernsey in this largest and most competitive of dinghy fleets.

In Spring 2022, Luke was invited to the Team GB Optimist Team Selection Trials for the second year running. Having been selected for the GB Development Team last year, Luke was aiming for a confirmed Team place this year, which he achieved – being invited to join the Great Britain European Championships Team. He is the first Guernsey boy to achieve this.

Later in the year, the governing sport's body, IOCA (UK) made the team selections for the GB Team Racing events. As a result of his national ranking in Spring, Luke was invited to join the Great Britain European Team Racing Team. The four selected sailors (two boys

and two girls) competed in the Optimist European Team Racing Championship at Lake Ledro, Italy in August this year. Luke is the First Guernsey sailor to achieve this. To top the year off, Luke was very recently invited to represent GBR at the Monaco Optimist Team race, which is to be held in January 2023. He was offered this place based upon his most recent position in the UK national rolling rankings. Only 16 teams from 16 nations can compete and as such the competition to even attain an invite to the event is highly sought-after by nations. This prestigious event has an average of 120 races over four days, with the team racing events relying on technique, tactics, and teamwork. Again, Luke is the first Guernsey sailor to receive an invite to this event.

### **Oakley Francart (Fencing)**

Oakley is currently ranked 25th in the UK. He is the Guernsey Under 16 and Under 18 Sabre Champion. Oakley represented Guernsey at the British Youth Championships in Sheffield in April and the Commonwealth Fencing Championships in London in August in the Junior and Cadet categories. He also ranked well at the National Competition in Nottingham in September. Oakley is a committed fencer and a great role model and ambassador for his sport and for fencing in Guernsey.

### **Darcey Hodgson (Athletics)**

Darcey Hodgson has long showed promise in a number of athletics events but secured her first major honour with a bronze medal at national level over 800m. The youngster is blessed with good tactical skills in the middle-distance event and put these to good use at the England Athletics Indoor Championships in Sheffield. The U15 athlete looked calm and astute throughout the 2min18sec run and came close to taking the silver, missing out by a third of a second.

The achievement remained her 2022 highlight, although Darcey did close her summer out in style with an U15 Island Record-breaking performance in taking third place at the Southern Inter-Counties with an excellent 2:15.85.

### **Alexander Stewart (Shooting)**

Competing at the UK national championships at Bisley shooting consistently with some excellent individual scores resulted in Alexander winning the cadet grand aggregate for best U18 at the championships against the best shots in the UK

### **Oriana Wheeler (Swimming)**

Oriana Wheeler is a 17-year-old Beau Sejour Barracuda swimmer who shows complete dedication to the sport, training for 9 hours per week in the water and additional dryland sessions in the gym whilst studying for the International Baccalaureate at the Grammar School Sixth Form Centre. Her dedication to the sport from a very young age has resulted in her being selected to represent Guernsey at the Island Games in Gibraltar at only 14 years of age and she was also a reserve swimmer for the Commonwealth Games, Birmingham 2022. She has recently been awarded a scholarship by the Commonwealth Games Association for the World Academy of Sport Athlete Certificate Course. Her greatest achievement this year was winning a silver medal in the gruelling 400m Individual Medley at the Summer Long Course National Championships in Sheffield. This achievement is made more amazing by the fact that Guernsey has no long course 50m pool where she can train!

## **Beau Sejour Trophy**

Awarded for the outstanding team performance of the year by a team comprised solely of Guernsey residents aged less than eighteen years of age.

## **Nominations**

### **Guernsey Basketball Under 17s**

There not having been a basketball inter-insular since 2019, the only inter-island game played in 2022 was at U17 level. Only one member of the Guernsey squad had previously been involved in the fixture, but the island team produced a stunning performance to destroy their hosts and retain the trophy 86-38. Members of the squad continue to develop their game in the local leagues.

### **Guernsey Under 17 Cricket Team**

The home side got the promotion they craved at the ICC Under-19 Cricket World Cup European Division Two Qualifier by winning their first four games in front of supportive home crowds.

Convincing victories against France, Germany and Italy saw the Sarnians top group A to set up a semi-final against Norway with the winner guaranteed promotion. Having restricted the Norwegians to 168, Guernsey slipped to 57 for 6 in their run chase, but the lower order batters saw them through to a thrilling two-wicket victory. Although Italy gained their revenge on their tired hosts to win the final, Guernsey had already completed the vital task of progressing to European Division One.

### **The Guernsey Junior Golf Team**

Guernsey Junior Golf currently has some of the best juniors it has ever produced. Ten juniors currently play for Hampshire in their age groups. The 12 strong team of Rory McKenna, Connor McKenna, Lewis Marley, Jayden Tucknott, Tanner Austin, Jamie Trebert, Chloe Domaille, James Troop, Lewis O'Brien, Dan Troop, Shay Goddard and Noah Davy also won the junior inter-insular at La Moye for the first time since 1991

### **Northerners Under 18 team**

North's juniors enjoyed a stellar end to their season in 2022 - finishing the Ravenscroft U18 league with a perfect record of 15 wins from 15 before going on to be crowned CI champions. The first Guernsey side to win the Portsmouth Trophy since 2014, they lifted the trophy after a thrilling 4-3 extra-time victory over Jersey Wanderers at Springfield.

## **Sport Guernsey and Nautical Events Shield**

Awarded to the years outstanding event organiser. This can be an individual, an event team leader, club or association who organised a sporting or nautical event in Guernsey in 2022.

## **Nominations**

### **Guernsey Cricket ICC Cricket World Cup European Division 2**

August saw Guernsey Cricket host the ICC European U19 Men's World Cup qualifier – Division 2 welcoming teams from Italy, Denmark, Germany, Norway, France, Sweden, and Isle of Man. As an eight-team tournament, four venues were in use every match day, a first for Guernsey Cricket. In addition to the players 20 ICC officials were also on island along with supporters of each team. A closely fought tournament played out on the sun-baked pitches with Italy beating Guernsey in the Final but both progressing to Division 1 in 2023, along with Norway. Guernsey Cricket's volunteer community stood up under the guidance of Host Director, Carl Brooks and ensured all had a great time on and off the field. Over £250k was rung through the island's tills whilst one video streamed on the ICC website picked up 1M views. Guernsey were assured that all couldn't wait to come back again.

### **Guernsey Parkrun**

This year Guernsey parkrun celebrated its 6th birthday and as at the end of 2022 they have successfully run 300 events. Organised by a core group of volunteers, this weekly free 5km event at Pembroke Bay has now attracted over 5,500 people who have run, jogged and walked the course since first starting. Despite the challenges of the last couple years Guernsey parkrun continues to be there for the community. As a weekly outing for family and friends, for the promotion of physical and mental wellbeing and being outdoors and putting our beautiful island on the map as participants from parkruns around the world have 'discovered' Guernsey. There is seldom a week where there isn't a parkrun tourist! To have run a free event continuously over such a period is a fantastic achievement. When parkrunners get to 250 events they are rewarded with a t-shirt so it's a big milestone.

### **Spirit Yachts Sailing Regatta**

The inaugural Guernsey Spirit Yachts Regatta was held in June/July in partnership with Locate Guernsey and the Guernsey Yacht Club and was a fantastic success.

Spirit yachts ranging from 37 to 65 feet competed in a six-race series, which was won by Spirit 52 Flight of Ufford.

Spirit Yachts were featured in the latest James Bond blockbuster No Time to Die.

Based in Suffolk, the company produces customised wooden sail and power yachts. There are just 76 Spirit Yachts in the world, most valued between £1.5m. to £3m., and 10 – drawn from as far afield as Scandinavia and the Mediterranean – made the trip over to Guernsey to compete in the regatta with 100 crew members. All stayed in local hotels or accommodation.

The first Spirit Yachts Regatta received top reviews from owners, crew, guests and sponsors.

### **Guernsey Sports Commission Small Team Trophy (4 competitors and under)**

Awarded for the outstanding team performance of the year to a team containing four or less competitors comprised solely of Guernsey residents.

#### **Nominations**

##### **Guernsey Seniors Horse of Year Team (Show Jumping)**

A fantastic team of the best performers throughout the year who showed brilliant team spirit and delivered a great competition for the spectators.

The team comprised of

Eleni Falla & Mistro I

Alicia Falla & Lightning W

Paullette King & Cobrino Cruise

Sarah Jackson & Follyfoot Arcadia

##### **Ladies Commonwealth Games Relay Team (Swimming)**

The team comprising of Orla Rabey, Tatiana Tostevin, Laura Le Cras and Molly Staples fought hard in the morning heats to qualify for the final of both the 4 x 100m Freestyle and 4 x 100m Medley relays which would be part of the evening finals sessions.

The atmosphere at the Sandwell Aquatics Centre was electrifying each night as the British crowd roared for all the home nations! The freestyle relay saw the girls competing against the big guns of Australia, England and Canada who went on to take the medals with the Guernsey team placing 7th. In the Medley Relay they were, once again, competing with the big nations and produced an outstanding 6th place. Their efforts culminated in setting new Island Records in both the 4 x 100 Freestyle and the 4 x 100 Medley Relay.

##### **Matt Solway & Todd Priaulx (Bowls)**

Lawn bowls duo Matt Solway and Todd Priaulx returned from the European Championships in Scotland with a silver medal in the men's pairs.

The Sarnians finished second in their group in Ayr behind England, having registered wins over Spain, Cyprus, Switzerland, Czech Republic and the Isle of Man.

Solway and Priaulx then held their nerve to edge out Ireland 13-12 in their semi-final before falling just short in their final against England, going down 19-17.

##### **TPA Men's Quad (Rowing)**

TPA are a men's coxed quads made up of some of the most accomplished male rowers in the Guernsey Rowing Club, including Simon Johns who was recently nominated for the ITV Pride of Britain award. They formed at the start of the 2022 season and their dominance was evident from the first race. Not only did they win every race in their class, but they also broke several local race records and more importantly were the first boat home in the Sark to Jersey 2022 race. In this race, they beat the best Jersey men's quads by 4 minutes and 28 seconds which was a phenomenal achievement.

## **The Baroness Tanni-Grey Thompson Trophy**

The Para-Sport Athlete with a Physical Impairment.

### **Nominations**

#### **Michael Ellis (Climbing)**

Sight impaired climber Michael Ellis placed second at his debut climbing competition after he headed to Wales in September for the third round of the national paraclimbing series. Michael competed in two qualifying rounds before reaching the final with his guide, Chris Harvey from Climb.

Classified as B1, the most severe sight impairment, Michael first started climbing only a year ago, after a social prescribing referral from his GP.

#### **Sophie Veron (Cycling)**

The Guernsey Velo Club were delighted that Sophie Veron was successful following her initial selection after attending a Talent ID Day with British Cycling. Sophie is now onto the first step of the ladder for the British Cycling Para Talent Academy having been identified as someone with potential talent to develop as a rider. Exciting times for Sophie heading into 2023.

## **The Ferbrache & Farrell LLP Trophy**

The Para-Sport Athlete with a Learning Disability.

### **Nominations**

#### **Clint Gardner (Badminton)**

Clint was the winner of the Badminton men's singles competition in the Special Olympics GB Summer Series of Sport and then teamed up with fellow Guernsey player Jay Webber to win the mixed doubles. He also won a silver medal in the men's' doubles to top off a fantastic competition.

#### **Jay Webber (Badminton)**

Jay was the winner of the women's singles at the Special Olympics GB Summer Series of Sport and then went on to win the mixed doubles event with her teammate Clint Gardner. Jay also played for the Guernsey second Team in the Senior Inter-County Championships.

## **Guernsey Sports Commission Team Trophy (Over 4 competitors)**

Awarded for the outstanding team performance of the year containing more than four competitors comprised solely of Guernsey residents.

### **Nominations**

#### **Guernsey Siam Cup Team**

The pandemic meant that there were an unprecedented three Siam Cup matches played during in the 2021-22 season and after losing the first of those clashes by the narrowest one-point margin in November 2021, Guernsey Raiders turned the tide on their Jersey rivals by beating them twice in the space of a week in May 2022.

Guernsey regained the trophy with their first win at St Peter in Jersey for 15 years as Anthony Armstrong scored a hat-trick in a 62-26 success and they returned home to Footes Lane a week later to retain the second oldest trophy in rugby with a comprehensive 52-0 victory.

#### **Ravenscroft Independents Cricket Team**

For the first time in the club's long history, "Indies" lifted the prestigious Rozel Shield as Guernsey's Evening League champions. They won their first title in style, too, going through the season unbeaten and, in doing so, securing their place at the 2023 European Cricket League tournament.

To put the icing on the cake, they completed an Evening League double by winning the "100" competition at the end of the season.

#### **Fixt Panthers Hockey Team**

Having not been Guernsey women's hockey champions for 14 years, Panthers completed a memorable league-and-cup double in the 2021-22 season.

They came out on top of a very competitive league campaign by a single point, winning six and drawing one of their 10 games, before edging a hard-fought knockout final victory against rivals Puffins 2-1 thanks to two goals from Becky McAllister.

#### **Praxis Pumas (Basketball)**

Having never been crowned champions before and with a coach in Robin Smith who took on the role 14 years earlier just so his daughter still had a team to play for, Pumas came out on top of a terrific three-way title race with just one defeat to their name, edging out Ravens and Comets to lift the trophy for the very first time.

#### **Southern Road Relay Team (Athletics)**

September's Southern Six/Four Stage Road Relays at Crystal Palace was Guernsey's first outing at this prestigious event since 2019. Against diminished fields of 14 teams apiece, due to an unprecedented clash with the Aldershot Road Relays, the men recorded their highest finish yet and a completely new-look women's quartet also showed potential.

Firstly, Richard Bartram passed over in seventh. That hot start faded slightly, with the baton hanging in eighth after Sam Lesley and Sammy Galpin had run. James Priest then clocked 18-38 in what would remain the fastest Guernsey time – yet, surprisingly, he did not gain any positions. Steve Dawes' similarly strong run brought the team up to sixth, allowing anchorman Alex Rowe to overtake South London Harriers with the team finishing in fifth overall.

The women's team got progressively faster and higher up the field with each 4.8km leg. Caroline Barby handed off 11th, after which Nix Petit elevated them to ninth. Emma Etheredge made up three places, setting up triathlon star Megan Chapple to fly home in 17-10. Only

Cambridge's Holly Dixon and Sabrina Sinha topped that time, with the Guernsey quartet finishing in 5<sup>th</sup>.

### **St. Martins AC**

Saints will never forget the 21/22 season. They became the first team since Vale Rec in the early 80s to finish a Priaux League campaign undefeated as they mounted a successful defence of the island's top-flight title. And it got even better at the Track in May when they were crowned CI champions with victory over St Clement - the first Guernsey team to lift the Upton Park Trophy in a decade.

### **Yobbos Hockey Team**

After several years at the bottom of the pile, Yobbos finally became Guernsey men's hockey champions with an excellent record of 12 wins and two draws from their 16 games in a highly competitive league.

The pink-and-whites then went on to win the Upton at the first attempt, beating Jersey champions Crusaders 2-0 to become the Channel Islands Club champions.



## **Dave Dorey Memorial Trophy**

Awarded to the sport or the individual from that sport who has been involved in coaching and/or development and made an outstanding contribution to that sport.

### **Nominations**

#### **Lydia Banbury (Athletics)**

Lydia Banbury came to the island 5 years ago and immediately made a positive impact in the throws section of Guernsey Athletics. Whilst her daughter Sia swiftly became the Island Record holder for hammer – Lydia's inclination to help all-comers led to her becoming the go-to woman for both fellow coaches and athletes of various ages not only for hammer but for any of the throws. She is the designated coach for the island's two most prominent male throwers James Bougourd and Tom Brierley – as well as offering regular input to all other aspiring 2023 Island Games throwers. Lydia's commitment to ongoing learning is constant and a shining example to all aspiring coaches. The club has been extremely lucky to inherit such a knowledgeable, committed, and resourceful volunteer.

#### **Ryan De Jersey (Softball)**

Along with coaching his club side Tomahawks, Ryan has taken charge of the Guernsey Slow pitch softball team for a number of years leading 2 Guernsey sides to victory over Jersey in 2022 along with competing at Windsor and the World Series. Ryan also helps various teams with coaching to try to improve the sport along with assisting with umpiring duties and has made a massive contribution in leading the ground works to improve the facilities for Guernsey Softball and making it one of the better pitches in the UK

#### **Ben Foote (Table Tennis)**

Ben is amongst the world's best in his specific discipline. He is Guernsey's only blue badge Table Tennis umpire - currently the highest level of international qualification, enjoyed by only around 280 people worldwide.

Ben has had a busy couple of years travelling the world to officiate at some of the top events including the ITTF World Championships in Houston, the European Youth Top 10 in Tours, France, and the Dusseldorf Open last month but the highlight of Ben's year was umpiring the men's gold medal match between England's Liam Pitchford and India's Sharath Kamal Achanta at the Commonwealth Games in Birmingham in July.

#### **Sam Richardson (Softball)**

Sam has spent many years on the Guernsey Softball committee leading the way in creating a minis section which has seen numerous youngsters take up the sport. Sam has also worked hard in earning the Sport Commission's SportsMark accreditation for the sport for the second year running. Sam has also worked hard in developing 2 mixed teams which has seen her A team Misfits A win the second division after 3/4 of the side were out together 5 years ago.

## **Sir John Loveridge Trophy**

Awarded for the sportsperson making the greatest progress in the year. There is no age limit but the person will normally be resident in Guernsey and not having won an individual Commission Trophy for the year.

### **Nominations**

#### **Joe Adams (Football)**

Joe Adams has earned his place among the current crop of talented young footballers plying their trade in the pro game. After trialling at Chelsea, the former St Martin's junior signed a contract with then League One high-flyers Wigan Athletic - scoring in a youth game just hours after the move was announced - as his determination to succeed in mainland football was well rewarded.

#### **Amice Anderson (Fencing)**

Amice is one of the most promising young fencers Guernsey has produced in recent years. Coming back from injury, in the last year she has, despite at age 14 being in the lower part of the Cadet age group (under 17), she fought her way into the top 30 ranked female Cadet fencers in the UK. Not only is she competing at a national level, but she was also recently selected for the England Squad. Amice is dedicated to the sport and in addition to forwarding her own fencing career she makes time to train with and mentor some of the Sarnia Sword club younger fencers, sharing her enthusiasm and experience to help them develop. Amice is talented and will go further in the sport and she is a great Ambassador for fencing and Guernsey when she competes in the UK and abroad.

#### **Joe Chadwick (Athletics)**

Joe Chadwick has long been on the island scene – including a memorable 100m victory at the Gibraltar Island Games in 2019. But in winter 2022 the Loughborough-based man began to show his true colours after a quiet couple of years.

He grew slowly into his indoor 60m campaign – though he still broke the Guernsey Island record at the first time of asking with 6.84sec, which was in itself a different class from the 7.06 he clocked in 2020. Two 6.76's in one day followed before he headed to the British Universities' Indoor Championships. There he claimed an unexpected victory in an incredible time of 6.68sec. The following weekend, Joe finished an excellent winter with 5th place at the UK Indoor Championships in 6.69sec.

He unfortunately suffered injury for the rest of the year but was still able to claim a second Island Record, this time in the blue riband 100m – when he sped to 10.60sec in the heats of the Commonwealth Games.

#### **Oakley Francart (Fencing)**

Oakley competed in the Commonwealth fencing championship Whitehall is the same as the commonwealth games. He fenced in the junior under 20 and the cadet under 17 he is the youngest ever male fencer to do it. He is ranked 24th for GB cadets out of 80. He won the guernsey under 18/16 island championship.

#### **Nick Kerins (Shooting)**

Having reached his first final for the HM Queens prize at the National Championships at Bisley Nick excelled in the testing conditions, and at one point after the first 900 yard distance looked like he was in contention for a win. After another excellent shoot at 1000 yards, he ended up in 7th place against some of the best shooters in the world.

### **Josh Smith (Softball)**

2022 was a fantastic year for softball star Josh Smith. He was selected & played for the Great Britain Softball team in the Under 23 European fastpitch championships in Prague, the Co-ed European championships in Slovenia where they won gold, and the Men's European championships in Italy where they also won gold & Josh was voted MVP by team GB. He was also a member of the Guernsey A side which won their 10th consecutive inter-insular this year. Guernsey softball have previously entered the European championships but haven't for a number of years. His gold with team GB makes him the first gold winner from Guernsey.

### **Tom Teers (Boxing)**

Up-and-coming boxer Tommy Teers further underlined his potential this year, most notably making the final of the prestigious Haringey Box Cup after defeating national ABA elite finalist Thom Marley in his semi.

That made up for the bitterness of missing his own ABA elite debut due to an eye infection, and he topped off a busy domestic season with a spectacular knockout victory over Chu Ting NG at the latest Dinner Boxing show.

### **Jayden Tucknott (Golf)**

Jayden (just 16) started the golf season with an 8 handicap, in August he became a scratch golfer after shooting a 65 gross. He also made the Junior Island Championships final. He was crowned Hampshire Blacknest Open winner for the second year running and was undefeated in his debut at the Junior Inter-Insular winning 1.5 of the 2 points available to him. Jayden also won his first ever scratch prize, chalked up one junior win, was second in the junior order of merit and generally had an incredible season.

### **Jessica Watson (Sailing)**

In 2022 Jess moved to a bigger class of boat, the ILCA 4. She travelled to Lanzarote for some winter training to get used to the new boat and this was quickly followed by her first national competition in March. Jess finished 33rd overall.

In April Jess joined a training group in Jersey to make the most of being coached by current members of the British Sailing Team and worked hard to continue improving in the new class of boat. She competed in the ILCA 6, Olympic class boat, for the Jersey Easter Regatta which she won racing against an adult fleet.

Jess then competed in 5 national events in the ILCA 4, with her results steadily improving picking up two bronze medals for under 16 girls, a best overall finishes of 14th & 16th and a best individual race result of 5th. All events competing at Under 18 level.

With all National competitions now complete for the year, her end of year UK National Ranking is 6th Girl, and 26th overall (Under 18 Boys and Girls) despite only being 14.

From her results this year Jess has been invited to join the RYA regional training group and the UK National training group. (top 30 on the rankings) these are the highest training groups she can qualify for. For the first year in this class this is a fantastic achievement.

She now has her sights set on the ILCA 4 European Championships in Cadiz and the ILCA 6 UK Youth Nationals which are both in April 2023.

## **Guernsey Brewery Salver**

Awarded for the outstanding individual sporting achievement of the year by a sportswoman resident in Guernsey.

### **Nominations**

#### **Lucy Beere MBE (Bowls)**

What a year 2022 was for Lucy. Her stunning performance at the Commonwealth Games resulted in a hard-fought silver medal – the first Guernsey athlete for nearly three decades to stand on a Commonwealth podium.

She topped off the year being awarded the MBE in the New Year's Honours list.

#### **Megan Chapple (Triathlon)**

Megan's win in Ironman 70.3 Barcelona was an outstanding achievement. She was the overall winner of the women's race which was impressive in itself but even more impressive was that she finished 8th overall out of the men and women. Topping the bike and run times for the women, she was 11th fastest overall on the bike and 8th fastest overall on the run! A brilliant performance!

#### **Abi Galpin (Athletics)**

For the third year in a row, Abi Galpin was in non-stop island record-breaking form during 2022. But having previously claimed the 100m and 200m marks and secured her status as a Guernsey Athletics all-time great, Abi not only lowered those times further but also broke records in three other disciplines.

The first brought a Southern Indoor Championships silver medal in the 60m with 7.47seconds. The next was a solo run in the 400m at Footes Lane, a distance that previously looked well outside of her range, where she held on after a fast start to clock 55.22sec. If the 400m was a surprise, Abi's brief return to the Long Jump after a 3-year absence seemed even more out of left field. Nevertheless, she leapt an impressive 5.92m.

Ahead of the Commonwealth Games, she won the Welsh Championships 200m title and came agonisingly close to British Universities' podiums over both 60m indoors (5th) and 100m (4th). Her performance in Birmingham was mature beyond her experience as she qualified through to the semi-finals of the 200m, eventually placing 20th across the semi-finalists.

#### **Maya Le Tissier (Football)**

One of the rising stars of English football, Maya Le Tissier's reputation has grown and grown over the last 12 months. Having set a new record for the most Women's Super League appearances by a teenager, the young defender made the move from Brighton to the ambitious-Manchester United, scoring twice on her debut, before enjoying the crowning moment of an unforgettable year as she earned her first senior England cap just months after the Lionesses' European Championship victory.

#### **Alison Merrien MBE (Bowls)**

For indoor bowls, Alison Merrien MBE has had another phenomenal year, becoming double World Champion. She won the World Bowls Tour Mixed Pairs with Paul Foster and the International Indoor Bowls Council World Indoor Championships Mixed Pairs with Stuart Anderson.

On top of these, Ali also won Silver at the World Bowls Tour Ladies Singles as well as two more Silvers at the British Isles Indoor Championships in the Ladies Singles and Ladies Fours.

All in all, Ali has won two Golds and one silver medal at World level, and 2 Silver medals at British level in 2022.

### **Orla Rabey (Swimming)**

Orla Rabey is a 20-year-old swimmer with the Beau Sejour Barracudas Swimming Club. Having been a committed swimmer since the age of nine she remains dedicated to the sport and manages to combine a heavy training schedule with her busy job as a trainee accountant. This year has been a remarkable year for Orla given that whilst at university during Covid she was unable to train as all the pools were shut! This meant that she had a lot of catching up to do to ensure she qualified to represent Guernsey at the Birmingham Commonwealth Games. Having qualified, Orla worked tirelessly in the pool whilst also embracing all aspects of the Commonwealth experience by being fully involved in the Queen's Baton Relay events and talking and inspiring younger athletes.

At the Games, Orla showed great leadership with the younger swimmers, despite being her first Commonwealth Games, and she was, without doubt, the star of the Guernsey Swim Team. Competing in 5 individual events she produced five personal best times and three individual Island records. She also played a pivotal role in the two ladies relay events, and two mixed relay events, all of which produced new Island Records.

## **Richard Burton Salver**

Awarded for the outstanding individual sporting achievement of the year by a sportsman resident in Guernsey.

### **Nominations**

#### **Alastair Chalmers (Athletics)**

After producing his fastest season opener ever in April, he ran an exceptional 48.88sec. Island record at the World Athletics Challenger meet in Belgium in May, won a third straight British title in June and represented GB at the World Championships in Oregon in June.

But the best was yet to come...The Commonwealth Games is the pinnacle of Guernsey representation for any athlete. 22-year old Alastair Chalmers made history by becoming the first Sarnian to win a medal in the sport of athletics – he came storming back from Covid to snatch bronze in the 400m hurdles. Athletics Weekly chose to list Ala's performance among their top 10 moments from the Games.

#### **Peter Curtis (Athletics)**

Peter Curtis is unfortunate in some ways to compete in the same event as current 'great' Alastair Chalmers and historic all-time great Dale Garland. Guernsey has certainly been blessed with 400m hurdlers in the past couple of decades or so - but Peter certainly confirmed that he is deserving of recognition this year with his first victory on the national stage.

After a difficult year in 2021 and inconsistency at the start of this summer, he roared into form at exactly the right time. After a classy win in his heat on day 1 of the England Athletics U23 Championships in Bedford - he returned the following day and executed a near-perfect race to edge out Sam Clarke by 0.02sec. His calmness in the home straight earned him the victory, and also a chunky personal best of 51.35sec - a 0.65sec improvement.

Peter then headed to the Commonwealth Games where he performed well and spoke maturely about how the experience will benefit him in Australia in 3-and-a-half years' time - his victory at Bedford will certainly fuel his confidence in the interim.

#### **Sebastian Priaux (Motor Sport)**

Racing driver Seb Priaux took another big stride in his young career in 2022, driving in a World Championship for the first time. His debut season in the World Endurance Championship brought two podium-topping performances as well as a first appearance in the world-famous 24 Hours of Le Mans, where only an agonising technical issue got between him and a dream result.

#### **Alex Scott (Football)**

One of the most talked-about teenagers in the Championship, Alex Scott's star status at Bristol City belies his years. Still just 19, his is often the first name on the Robins' teamsheet, but it was with his peers that he experienced the biggest high of his year. Playing alongside young stars from some of the most celebrated clubs in the country, the former Saints and Guernsey FC man shone at last summer's European U19 Championship, scoring in the semi-final and starting the final as England won the tournament with a 3-1 win over Israel.

#### **Josh Smith (Softball)**

2022 was a fantastic year for softball star Josh Smith. He was selected & played for the Great Britain Softball team in the Under 23 European fastpitch championships in Prague, the Co-ed

European championships in Slovenia where they won gold, and the Men's European championships in Italy where they also won gold & Josh was voted MVP by team GB. He was also a member of the Guernsey A side which won their 10th consecutive inter-insular this year. Guernsey softball have previously entered the European championships but haven't for a number of years. His gold with team GB makes him the first gold winner from Guernsey.

## **Guernsey Sports Commission Trophy**

This is the highest accolade that the Sports Commission can give to a Guernsey sports person, awarded to the Outstanding Performer of the Year

### **Nominations**

#### **Lucy Beere MBE (Bowls)**

See citation above for Guernsey Brewery Salver

#### **Alastair Chalmers (Athletics)**

See citation above for Richard Burton Salver

#### **Maya Le Tissier (Football)**

See citation above for Guernsey Brewery Salver

#### **Alison Merrien MBE (Bowls)**

See citation above for Guernsey Brewery Salver

#### **Alex Scott (Football)**

See citation above for Richard Burton Salver

#### **Josh Smith (Softball)**

See citation above for Richard Burton Salver