

Sporting Achievement Awards 2023 – All Citations

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 is a British Fencing GBR Cadet Women's Foil fencer. She represents Guernsey at Commonwealth Fencing Competitions and has been selected to represent GBR at four European Fencing Competitions so far this season at both Individual and Team level. Her talent and dedication have earned her a place on British Fencing's Athlete Development Programme and the True Athlete Project this year. Amice continues to impress on the UK and International stage, where she represents both Guernsey and GBR. Amice trains hard with her local coaches, British Fencing coaches and European Olympic coaches, resulting in consistently improving rankings at these domestic and international events. She remains Junior Foil Island Champion, is a dedicated athlete who takes pride in promoting her sport and encouraging other young girls to try fencing. Amice helps coach the Musketeers at Sarnia Sword Club, where she imparts her expertise and experience. Amice is an outstanding role model.

Chloe De La Mare (Tennis)

Chloe is 13. In the past year, she represented Guernsey in the U18 Inter-Insular tennis team. She won the regional Play Your Way to Wimbledon tournament and progressed to the National Finals at Wimbledon. She won every category (U18, U16, U14 singles and doubles) in the Guernsey Junior Open and six categories at the Junior Closed. In the Senior Island Championships, she beat Island Games players to reach the final. She won the senior Ladies' Doubles title. She is in the Channel Islands Senior County Cup team.

In Padel, Chloe was in the Island's Senior Inter Insular team, where she was undefeated. She is ranked as the no 1 British Girl in the LTA rankings (U14, U16 and U18) and in is the top 50 of the LTA's British Open Ladies Rankings. Chloe is in the Senior Channel Islands County Padel team.

Helena Duguid (Cycling)

2023 was a big year for Helena as she was one of two Guernsey cyclists selected to compete in the Youth Commonwealth Games in Trinidad and Tobago. In the Road Race, Helena battled hard for 12th over the 55km course. She had led the peloton through the first time check at 5km and was still in medal contention with 5km to go in the chasing pack behind a leading pair of Keira Will and Lauren Bates from Australia. Those two crossed the line hand in hand, with Will taking the gold after Bates took top spot in the Time Trial. Duguid finished with five other riders chasing eighth spot. She claimed eighth in the Time Trial.

Helena also made her Island Games debut helping Guernsey to team gold in the Women's Time Trial and Road Race.

Luke Elliott (Sailing)

At age 14 Luke was awarded a sailing scholarship at the renowned Milford School. He was one of only 4 sailors selected to represent Great Britain at the prestigious international team racing event at the Yacht Club de Monaco against 15 other nations.

At Easter he achieved an impressive goal of qualifying for the gold fleet at the Optimist Easter Lake Garda event. He finished 144th out of 1048 competitors and second British Boy.

Charlie Forshaw (Cricket)

Along with teammate and fellow seam bowler Harry Johnson, Charlie represented Guernsey in the U19 World Cup Qualifier, performing with distinction and helping Guernsey finish second in the tournament behind Scotland. Having impressed during Hampshire Academy's visit to Guernsey last April both were selected to play for Hampshire U18's (two years young) and performed admirably in the games they played against Somerset, Surrey and Wales. Both have now been included in the winter training programme for Hampshire's leading young cricketers and will be training with the county academy when in the UK. In Guernsey they are continuing their weekly schedules under the supervision of Guernsey Cricket where both are working incredibly hard.

Oakley Francart (Fencing)

Oakley has had another fantastic year fencing for team GB in the cadets under 17 but is only 16. He is regularly fencing on the European circuit and has produced two top 8 finishes at GB competitions. He helps out at Sarnia Sword Club with the younger fencers to give his knowledge and experience for training camp from Hungary and the UK.

Darcey Hodgson (Athletics)

15-year-old Darcey Hodgson had another outstanding year in the 800m. The young Sarnian placed an impressive 6th at the English Schools Athletics Championships in a time of 2m09.72sec. This stellar performance broke the U17, U20 and U23 Guernsey records whilst placing her second on the senior all-time list. Darcey also went on to take an incredible silver in the Island Games 800m on her debut against a strong field.

Harry Johnson (Cricket)

Along with teammate and fellow seam bowler Charlie Forshaw, Harry represented Guernsey in the U19 World Cup Qualifier, performing with distinction and helping Guernsey finish second in the tournament behind Scotland. Having impressed during Hampshire Academy's visit to Guernsey last April both were selected to play for Hampshire U18's (two years young) and performed admirably in the games they played against Somerset, Surrey and Wales. Both have now been included in the winter training programme for Hampshire's leading young cricketers and will be training with the county academy when in the UK. In

Guernsey they are continuing their weekly schedules under the supervision of Guernsey Cricket where both are working incredibly hard.

Thierry Le Cheminant (Triathlon)

Thierry has had another standout year, as he continues to improve as well as being part of the Island Games squad, winning two team silvers he also became World Age Group U20 Champion in the standard distance event in Pontevedra, Spain in September this year. Thierry also helps support the next generation of triathletes by regularly helping out at the juniors' club training.

Isabelle Lowe (Athletics)

Isabelle Lowe started her season in stunning form, taking the Hampshire County gold medal in the 300m in 40.20sec and the bronze in the 100m on the same day. However, it was the 200m where she excelled later in the season with a time of 24.97sec, which broke both the U17 and U20 Guernsey records for the event and elevated the 16-year-old to third on the all-time list. The athlete also became an Island Games finalist on her debut in the 200m.

Jayden Tucknott (Golf)

Jayden had some strong performances which has led to a fantastic 2023, he represented both Guernsey & Hampshire Juniors and made his Guernsey Men's debut in the Inter-insular.

He is Guernsey Junior Champion and finalist in the Guernsey Men's Championship. Jayden played some truly inspiring golf in the CI Junior final winning 15 & 14!

Jayden committed to playing Junior competitions in the UK, winning 7 out of 9 Junior Open competitions.

Jayden qualified for the 31st European Junior Open, held in Spain, finishing in the Top 30.

Leo Ware (Squash)

Leo has a real passion for squash and dedicates most of his spare time to playing, training or coaching others.

He plays in the senior leagues and was the Senior Grade B RU in squash and Grade B winner in Racketball. He has qualified as a Level 1 and Level 2 Coach, and coaches at the junior clubs and provides one to one coaching sessions, for adults and juniors. He competed in the Hampshire closed and went on to represent Hampshire in the County Championships, in which he won all his matches.

He was the U19 RU in the Guernsey Squash championships and Guernsey Junior open.

He competed in the British Open, placing 52nd and the British Junior championships, placing 41st.

All his hard work paid off when he was the winner of the GSRA Senior Player of the Year, despite still being a junior.

Oriana Wheeler (Swimming)

Oriana Wheeler found herself having a busy summer in 2023, juggling International Baccalaureate exams with heavy training in preparation for representing Guernsey at the Island Games then 3 weeks later at the Youth Commonwealth Games in Trinidad. The eighteen-year-old, who specialises in 400m Individual Medley and butterfly, had an amazing start to the Island Games when she won the first gold medal of the swimming events in the 400 IM. She continued her success in the 200m IM with a bronze medal and another gold swimming the butterfly leg in the 4 x 100 Medley team.

At the Youth Commonwealth Games in Trinidad, with 55 out of 72 commonwealth nations competing in the swimming, Oriana was not deterred and flew the flag in the finals for Guernsey, achieving 5th place in the 400m Individual Medley and 6th place in the 200m butterfly, an amazing achievement for a swimmer from such a small nation.

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 Junior Golf Team

The Guernsey Junior Golf Team successfully defended this year's Inter-Insular match held at L'Ancrese Links. The team comprising of 10 juniors produced a dominant performance to win 13.5 matches to 1.5.

A clinical opening Fourball matches on Saturday saw Guernsey take a 5-0 lead into the Sunday Singles matches, which they won 8.5 to 1.5 to be crowned Winners.

Guernsey U18s Football Team

The U18s were the only Muratti winning team in the 2022/23 season, coming back from 2 nil down to win on penalties to avoid another Jersey Muratti whitewash.

U13s Boys XC (Athletics)

The U13 boys cross country team claimed the silver medal in a competitive event in Hampshire in January last year. The team was led by James Stafford-Bell's excellent individual bronze, with Thomas Holt, Emil Friedrich and Max Roger completing the quartet.

Vale Rec U14s (Football)

The Vale Recreation u14s are nominated for winning every knockout cup in 2023 as well as winning the mini tournament at the beginning of the season. Their dominant performance in the league with only one game lost was a feat never achieved before, and followed on from league and cup victories the year before and the Corbet cup the year before that. Vale Recs golden generation keep marching on.

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 2023.

Nominations

Alison Frankland (Island Games Swimming)

Alison Frankland is a figure well-known in Guernsey sport for her commitment to swimming for over 40 years. Her knowledge and experience made her an ideal choice to be the swimming coordinator for Guernsey 2021 Games. The work that Alison did in preparation was so impressive that it was used by GIGA as an example to other sports. Following the postponement of the 2021 Games, Alison was quick to get going again for the rescheduled 2023 Games.

From the beginning of the planning process Alison showed great efficiency and leadership, especially in communicating with the other islands, keeping them up to date and answering their queries. There was much positive feedback received from the other islands on Alison's professional approach and the fact that nothing was ever too much trouble. Alison would argue that there were so many people that contributed to the success of the Guernsey Island Games International Swimming Meet but ultimately it was her leadership that leaves a legacy of the Games to the sport of swimming to young and up and coming swimmers and the people of Guernsey.

Josh Allaway & Simon Murphy (Island Games Athletics)

Josh and Simon organised the incredible Island Games athletics events. The memorable sessions gripped massive audiences and the imagination of school children, as the organisers focused on spectator experience. Dubbed by many as the best athletics event at the Games ever, the new addition of live screens and replays proved popular with viewers. Despite the bar being set high in 2003, the event attracted spectators in their thousands, creating an unprecedented atmosphere at Footes Lane. With meticulously planned logistics, Josh and Simon went above and beyond to ensure an unforgettable Games for both athletes and sports fans.

Rangers' Super 7s (Football)

Since 2015 Rangers Super 7s has been a very popular end of season tournament. Entered by all clubs from Guernsey, Jersey, Alderney and at times the UK as well. It is for all children age U7 to U14s. There can be up to 1000 children taking part. If they are not playing, they act as runners with the score sheets to keep results up to date. It's a huge event on the Rangers Calendar. Every February planning starts for the next one which takes place on the last Saturday and Sunday in May. Paul Heathcote is the main organiser with his team of helpers. Rangers youth players act as referees, which gives them a great insight to see what it's like managing the games and they then learn to respect referees when they play.

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

Alison Merrien MBE & Ian Merrien (Indoor Bowls)

Ali & Ian qualified to represent Guernsey at World Bowls Indoor Singles and Mixed Pairs Championships which were held in Warilla, Australia in May this year. In the Mixed Pairs they were a grouped with Macau, New Zealand and the Cook Islands, Ali & Ian topped their group with some great game play from both of them which got them to the knockout stages.

In the quarter final they beat experienced Welsh pair Amy Williams and Daniel Salmon.

Semi-Final was against Scotland's Julie Forrest and Mike Stepney. The game was close all the way through, Ali & Ian just losing out in the first set, but they came back strong to take the second set. In the tie break of one end, they were holding game when Mike drew the shot with his last bowl. They came away with a bronze medal, just missing out on getting to the final.

Guernsey Island Games Men's 4 x 400m Relay Squad (Athletics)

The men's team comprising of Alastair Chalmers, Josh Duke, Peter Curtis and Cam Chalmers put on a classy display of 400m running. The quartet clocked an incredible time of 3m 11.95sec to win the event by over 6 seconds from the Faroe Islands. This performance smashed the highly regarded 14-year-old Guernsey record, which was also the Island Games record. Nationally, their time ranked them behind only Great Britain teams, England, Loughborough Uni and two club outfits.

Guernsey Island Games Women's 4 x 400m Relay Squad (Athletics)

This women's 4x4 squad not only stormed to victory in the last athletics event of the Games, but also took the Guernsey record, the All-Comers record and the Island Games record in one stunning performance. The quartet of Rebecca Toll, Hannah Lesbirel, Sophie Porter and Abi Galpin clocked a time of 3m 49.66sec, which saw a sizeable victory over the Jersey and Faroe Teams who were also within the previous Games record.

Guernsey Island Games Men's Golf Team

Men's team consisting of Danny Blondel, Jamie Blondel, Jeremy Nicolle & Tom Pattimore won Golf Team Gold at the 2023 Guernsey Island Games. After 4 competitive days in challenging conditions with each team member contributing to the overall winning score.

Guernsey Island Games Women's 4 x 50m medley relay team (Swimming)

The Beau Sejour swimming pool provided an electrifying atmosphere for the Island Games but none more so than the relay events which came at the end of the evening sessions. The

quartet of Tatiana Tostevin on the backstroke leg, Laura Le Cras on the breaststroke, Orla Rabey on the butterfly and Hannah Jones on the final freestyle leg proved to be a golden combination recording a time of 1:54.11 which was more than 4 seconds quicker than the second place Faroes team and 5 seconds than our fiercest rivals Jersey! Not only did these four girls win gold but their time was a new Island Record, an All-Comers Pool record and an Island Games record. The girls also went on to rewrite the record books breaking all 3 of these records in a further 2 relay events.

Guernsey Island Games Women's Triathlon Team (Triathlon)

Guernsey Triathlon had another outstanding Island Games, with the women's team winning individual gold & bronze medals. Then adding team gold to the mix as well as silver in the mixed team relay. An outstanding achievement by the whole team.

Guernsey HOYS Team in Guernsey (Show Jumping)

This team competed in Guernsey at the Guernsey Horse of the Year Show with their mounts and successfully won over the two round show jumping competition against a UK team. Each team consisted of 4 riders and 4 horses. It was a fantastic finale to the Guernsey horse show in which several UK and Jersey competitors travel over to attend, and the Guernsey silverware stayed in Guernsey. The team consisted of Sian Staples (C) on Billy Mont Blanc, Sarah Jackson on Follyfoot Arkadia, Justin Ogier on Zandokan, and Amy Parnwell on Company Business.

Guernsey Show Jumping Team in Jersey

The Guernsey team travelled with their horses to Jersey to compete against a BS Jersey team. Competing over two rounds of show jumping heights they won the overall event with clear rounds and brought the Jersey silverware back to Guernsey. Team consisted of Sarah Jackson on Follyfoot Arkadia (C), Amy Parnwell on Company Business, Lani Wall on Chester XII, and Ellie Saunders on Loopy Lou. Hard training and a partnership bond are everything in the equestrian sport.

Michael Ogier & Ali Guillou (Bowls)

Nominated for winning a silver medal in the European Mixed airs competition in Tenerife in September.

The Baroness Tanni-Grey Thompson Trophy

The Para-Sport Athlete with a Physical Impairment.

Nominations

Winner to be announced on the night.

The Ferbrache & Farrell LLP Trophy

The Para-Sport Athlete with a Learning Disability.

Nominations

Winner to be announced on the night.

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 Island Games Cycling Men's & Women's Teams

Guernsey's cyclists impressed across the board at the home Island Games, claiming an unrivalled eight golds as part of an 18-medal haul.

Individually, Guernsey elite Sam Culverwell won both the road race and town centre criterium (alongside a time-trial silver). Jamie-Lee Wright and Hannah Brehaut were golden girls in the road race and time-trial respectively.

But the island's strength in depth helped them secure team gold in four events (women's cross-country, road race and time-trial, plus men's mountain bike criterium) together with an assortment of other medals.

Guernsey Island Games Indoor Bowls Team

At the Island Games this year, the sport of Indoor Bowls (which hadn't been in the Island Games for 18 years) had a Guernsey team of 10 people over the 3 events in their programme. All 10 competitors came away with medals which was a fantastic achievement.

The teams and medals were as follows:

Open Singles: Ali Merrien MBE – Gold, Ian Merrien – Silver

Open Pairs: Brad Le Noury & Josh Bonsall – Gold, Shirley Petit & Rose Ogier – Silver

Open Triples: Ali Merrien MBE, Shirley Petit & Catherine Bonsall – Gold, Steve Le Noury, Michael Le Noury & Dave King – Bronze

We would like to nominate the whole team as the support and camaraderie between everyone before and during the Games was amazing and for everyone to come away with a medal was exceptional.

Guernsey Island Games Triathlon Men's & Women's Teams

The Men's and Women's Triathlon squad had an outstanding Island Games, with the women's team winning individual gold & bronze medals plus team gold. The men's team picked up individual Gold and team silver. The team then picked up a silver in the mixed team relay! An outstanding achievement by the whole team.

Guernsey Island Games Women's Basketball Team

The 2023 Island Games was the culmination of 4 years of preparation for the Guernsey Women's Basketball Team coached by Pat Ogier and co-captained by Emma Webb and Emma Hicks, and it was worth it as they achieved a bronze medal beating the Isle of Man 73-55.

The Team is the most successful women's team (team sport) for Guernsey in the Island Games, with the Guernsey 2023 games being the team's 6th medal in total throughout a 22-year period of being a part of the Island Games Basketball Tournament, and competing in 9 Island Games in total. They won Bronze in 2001 IOM, 2011 IOW, and 2017 in Gotland, Silver in Aland in 2009, and Gold in Guernsey in 2003.

The team in Guernsey consisted of both experienced players with numerous Island Games caps and those who the Guernsey 2023 games was their first cap. The team was strong in depth which meant that all players contributed to the team's success. They secured a win against the Isle of Man in their first group match, which was an important win especially as the Isle of Man had beaten them in Gibraltar. They then went on to secure a play in the semi-final following a win over the Faroe Islands. They came up against a strong Cayman team in the semi-final and were beaten by a talented and fast team. But they had secured their spot in the bronze medal match where they again faced the Isle of Man.

A tough first half meant the team grouped together and showed their resilience as they pushed ahead in the second half where they secured the Bronze beating the Isle of Man 73-55. The last points of the game were scored by Emma Webb, a fitting tribute as she announced her retirement from all basketball after the games. She is the only player to have been at all the Island Games the team have competed in and has the full set of 6 medals, the most decorated basketballer in Guernsey.

Guernsey Island Games Women's 4 x 100M (Athletics)

The women's team took gold in a tense race, just pipping rivals Jersey to the finish. Perhaps more impressive, was the 12-year-old Guernsey record broken in the heat by teenagers Emily Pike, Tilly Beddow, Edie Dorrian and 23-year-old Rebecca Toll in a time of 48.12sec. The team brought in multiple sprint record-holder Abi Galpin for Edie Dorrian in the final and went on to take the gold medal for Guernsey for the first time in 12 years. The team showed impressive nerve, as they completed successful changeovers under intense pressure after the men's team had just before suffered disqualification.

St Jacques Vikings (Rugby Union)

After several years playing in 2nd team merit table competitions, St Jacques Vikings were awarded a place back in the main RFU league structure from the 22/23 season. They went on to secure an unbeaten league season at Counties Three Hampshire, winning all 22 games in the division. They scored the most tries in all of English rugby, before being awarded the RFU team of year for their level. They did this whilst still developing young rugby players and have been promoted to Counties Two this season (their highest ever level) and they currently remain unbeaten after 4 matches, with aims of making this another very successful season.

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

Garry Collins (Bowls)

Garry was a qualified coach, umpire and Island official for over twenty-five years for bowls, having just recently stepped down for personal health reasons. Locally he was the president, secretary, treasurer and team manager of the Island at different times, with also internationally being President of the British Isles, Administration Director for Europe and the World Bowls Regional Director for Europe, to name a few roles. Garry was the driving force in forming Bowls Guernsey twenty years ago, creating one combined body for international bowls on the Island, since then over a hundred Islanders have travelled away to compete on the international stage, winning over 150 international medals, including British, European, Commonwealth and World Gold medals, with two Islanders receiving MBEs for their achievements. Garry has made an outstanding contribution to the sport from coaching to administration to development to hosting international events locally for the benefit for hundreds of Islanders.

Holly Drake (Athletics)

Holly Drake joined the athletics club in 2021 when she started her role as a teacher on the island. Since then, her coaching has had a profound impact on the athletics club. Holly coaches the U13s on Tuesdays and Thursdays, specifically increasing participation in the jumps and throws events. Her enthusiasm and patience for coaching has had an invaluable impact on the club's younger athletes. Despite training for triple jump herself, Holly selflessly coaches a senior jumps group. Vicky Hancock, the recently crowned gold medallist in the Island Games long jump, is a testament to Holly's coaching skill and dedication. Alongside this she still finds time to officiate in the Track & Field Series as one of the club's most highly qualified UK Athletics technical officials.

Josh Lewis (Triathlon)

Josh is not only a champion IN triathlon, but he is also a champion FOR triathlon. He lives and breathes the sport and is a tremendous role model for local athletes and global athletes alike. This nomination wouldn't be complete without the mention of his star performances this year including placing 5th IN THE WORLD in the Ironman 70.3 World Championships and defending his title in the Island Games with a convincing win - one of Guernsey's first golds of Games. His performances speak for themselves which is why this nomination focuses on his sportsmanship, dedication and influence in the sport. Aside from competing and training, Josh co-founded Entire, a triathlon performance coaching business which, over just a few years, has grown to accommodate around 60 athletes – many of which are from Guernsey. He celebrates their performances and successes through Entire's channels, raising their profiles and the sports in general. He also runs a YouTube channel dedicated to knowledge sharing and giving people a glimpse into the life of a professional triathlete; his

channel has over 5k subscribers. He is humble in his sharings, always open to others' perspectives and advice, and talking through the highs and the lows. Josh not only cares about his sporting career, he's shared his passion with so many others and lives for their successes too.

Barry Robilliard (Basketball)

2024 marks 50 years since Barry Robilliard has been involved in Guernsey Basketball. Throughout this time Barry has been a player, referee, Committee member and a table official, although most people will now know him as 'Bazza Statz' as he has been providing Guernsey Basketball with his statistics for an overwhelming 31 years.

Barry has dedicated many hours to collating his stats which involves analysing every scoresheet from every league game to total up a variety of stats including player points, fouls given and free throw percentage. He records the stats each year and produces annual stats for each player in the league. He then uses the information to create his career stats including the top 30 scorers, most 3 pointers and highest average fouls. Barry also records the stats for the Inter-insulars against Jersey including player caps.

Barry not only compiles the stats but posts them on his Facebook page which has a huge following from the Basketball community. All this information supports Guernsey Basketball in recognising the achievements of players, and also gives players a record of their playing career. If anyone ever needs any basketball stats then Barry is your man, and he is continuing to support basketball not only with his stats but by continuing being a table official. There are not many Wednesday or Friday nights that you don't see Barry at Beau Sejour during the Basketball season.

Ray Smart (Rugby)

Ray Smart has lead St Jacques Vikings as head coach since 2016, and through this time the club has been transformed into the side that it is now. Ray has been essential to this progress.

In the last year Ray has guided the Vikings to their 2nd league title under his watch, winning Counties Three Hampshire unbeaten, and seeing his side be named as the RFU team of the year for their level.

Through all of this Ray has prioritised the development of the entire squad, putting in countless hours along with his coaching team to ensure they continued to progress as rugby players. He ensured that younger players were given exposure and opportunities, and the strength of the club which now has over 40 players capable of playing at Counties Two Hampshire is largely down to him and his vision.

Ray plays an essential part in the development of young rugby players, and it is not surprising to see more young players who have developed under him are now playing Guernsey Raiders this season.

Phil Sykes (Golf)

Phil Sykes is an Advanced PGA (Professional Golf Association) coach with over 30 years' experience. He and his team are involved in providing coaching for young and old, new and experienced golfers. 4 years ago, Phil collaborated with Guernsey Alzheimer's to provide weekly golf lessons for Alzheimer's sufferers where participants play games, interact together with their carers and have a fun afternoon. In addition, Phil organises a Golf Charity Day for Guernsey Alzheimer's which has raised £1000s of much needed funds for the charity.

Phil is also instrumental in providing coaching for the Guernsey Ladies Development Squad which encourages ladies of all abilities to improve their golf game. With over 50 squad members it is trying to encourage more ladies to take up golf.

Phil and his team also provide coaching to the Guernsey Junior Squad which have a number of talented juniors coming through the ranks.

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 have won an individual Commission Trophy for the year.

Nominations

Amice Anderson (Fencing)

Amice is a British Fencing GBR Cadet Women's Foil fencer. She represents Guernsey at Commonwealth Fencing Competitions and has been selected to represent GBR at four European Fencing Competitions so far this season at both Individual and Team level. Her talent and dedication have earned her a place on British Fencing's Athlete Development Programme and the True Athlete Project this year. Amice continues to impress on the UK and International stage, where she represents both Guernsey and GBR. Amice trains hard with her local coaches, British Fencing coaches and European Olympic coaches, resulting in consistently improving rankings at these domestic and international events. She remains Junior Foil Island Champion, is a dedicated athlete who takes pride in promoting her sport and encouraging other young girls to try fencing. Amice helps coach the Musketeers at Sarnia Sword Club, where she imparts her expertise and experience. Amice is an outstanding role model.

Emma Bourgaize (Swimming)

14-year-old Emma Bourgaize has had an exceptional year competing at County, Regional and National level both in her age group and most recently qualifying to swim at the Open age group Winter Regionals against competitors of all ages across the South East. Swimming at the Summer Nationals in her age group she competed against top UK athletes and achieved finals in both the 100m Butterfly and 100m Freestyle. Consistently improving her times throughout the year and having been spotted at these events, Emma received an invitation in the Summer to join the National Age Group Development Programme over the course of 2023/24. Swimmers are selected by the Swim England Talent Team from across the country to participate in the programme which aims to guide and deliver quality swimmers onto British Swimming's World Class Programmes.

Megan Chapple (Triathlon)

Megan has had an outstanding season, both at home and abroad and across multiple distance triathlons, athletics and cycling races.

Highlights include being crowned overall female winner and age group winner in the European championships' standard triathlon and the same at the British championships.

She was second in her age group and 5th overall in the 70.3 World Champion and second overall in the Portugal 70.3

She secured the second all time Guernsey time in the marathon and won both the Eastbourne and New Forest standard tris.

On the bike Megan was 5th female in the Mallorca 312k and 9th in her age group in the Gran Fondo Cycling world championships.

The home crowd saw her absolute class as she took gold in the Island Games individual and team triathlons and silver in the mixed relay.

Wow what a year for Megan.

Yvie Coyde (Rugby)

Yvie is a product of the Guernsey Rugby Academy and the Guernsey Rugby Association Player Development Pathway. Yvie was the first of a group U18 female players of which 7 have since followed her footsteps and have been signed off at 17 to play adult rugby.

Starting her career as a scrum half, a position she has held for the last 2 seasons, this season has seen Yvie increased her knowledge and start for the Raiders Ladies at Stand Off and Centre.

Yvie was the only U18 from Guernsey to be selected to play for Hampshire U18s and has started both pre- Christmas County games.

Yvie has started her coaching progress and at present she is halfway through her England Rugby Coaching Award. To enhance her knowledge and give something back to the Rugby Academy, Yvie is supporting the Academy Girls Rugby training U12-U16 on a Sunday morning.

Yvie has also supported the Guernsey Rugby Association Easter and Summer Camps as part of the Guernsey Rugby Development Team, which continues this term when she will be delivering Tag Rugby in Island schools.

Yvie was also one of a number of Academy Players who completed the Tag Rugby refereeing Award in support of the Annual Junior Schools rugby festival.

Yvie is a committed Rugby Player and continues to develop with additional training and gym sessions in her own time. This shows how dedicated she is.

Oakley Francart (Fencing)

Oakley has been placed on the Athlete Development Programme for GB fencing that is for elite athletes to prepare them for future Olympics. He is ranked 14th for GB cadets in the under 17 despite being only 16. He has finished in the top 8 in GB comps twice this year and is Guernsey island champion and is fencing on the European circuit for GB. He also helps out coaching at Sarnia Sword Club.

Jack Griffin (Football)

Sixteen-year-old Jack Griffin became the fourth Guernsey footballer in five years to sign for Bristol City when he joined the Championship club on a two-year scholarship, pursuing his dream of becoming a professional footballer.

Earlier this season the Sylvans striker had become Guernsey FC's youngest ever goal-scorer when he scored on his debut against Westfield on the opening day of the Isthmian League season. He added further goals against Chertsey Town and Binfield before securing his move.

Jack was also in the starting XI for Guernsey Under-21s as they regained the Ambassadeur Bowl by beating their Jersey counterparts in November at Footes Lane.

Vicky Hancock (Athletics)

Vicky Hancock had a memorable Island Games debut, taking gold in the women's long jump. The young athlete demonstrated a remarkable mindset as she took the lead in the last round of the competition. Her impressive leap of 5.39m moved her from 4th to 1st by 1cm, whilst setting a huge PB of 23cm in the process. This was an incredible achievement for the 18-year-old, showing an enviable mental strength and perseverance. She then topped off her debut Island Games with a bronze medal in the 100m Hurdles.

Bradley Le Noury (Indoor Bowls)

Brad has had an amazing year. He beat Jersey's Tyler Le Moine in Men's Under 25 Singles, in Jersey. As Brad beat Jersey in the Under 25 Men's Singles, he got to represent the CI at the British Championships in Dunfermline. He had a great game but just lost out in the quarter-final to Scotland's Bradley Buchan.

He played in the Channel Islands (CI) Team at the Mixed Under 18 British Championships in Solihull, where Brad played in Pairs and Fours. The CI Team came third in the overall standings beating Wales and Ireland.

Brad was selected to represent Guernsey in the Island Games Indoor Bowls Team as skip in the Open Pairs with Joshua Bonsall. After several games and the final, they came away with the gold medal.

Brad has also recently qualified to represent Guernsey at the 2024 World Indoor Junior Championships.

Josh Lewis (Triathlon)

Joshua Lewis has had a storming 2023. He placed 5th in the 2023 Ironman 70.3 Vinfast World Championships, making him the first Brit across the line and captivating a live stream audience of 240,000 viewers for 3 and a half hours under the Guernsey flag. Josh is the first triathlete from the Channel Islands to place in the top 10 professional athletes in an Ironman World Championship - and the highest placing British male since Alistair Brownlee in 2019 - inspiring other islanders to try a tri and dream big! Having previously represented Guernsey in the Commonwealth games, Josh has secured multiple podium positions and top 10 finishes across Europe in 2023 - his most treasured accolade being a home win in the Guernsey Island Games. Not only is Josh a professional Triathlete, he also coaches many of the Guernsey tri club members and acts as a pillar of the triathlon community.

Conor McKenna (Golf)

16-year-old Conor finished 2023 as Guernsey's best player on handicap (+3.2). A reduction of 4 shots off his handicap for the season, which is a big improvement considering the level he is playing at. A significant number of rounds shot in the 60s, the likes of which haven't been seen since Bobby Eggo in his heyday. Conor represented the Guernsey Mens & Juniors Golf Teams in 2023 with impressive performances (2/3 Men's pts, 2/2 Junior pts). He also won the prestigious Le Riche Trophy with a second round 66.

Dane Mullen (Cricket)

Having not represented Guernsey at senior level before but having been ever present in representative teams since U11's, many within local cricket were delighted to see Dane Mullen emerge as one of the Island's leading bowlers in 2023. Attending almost every training session through the winter and making himself available for almost every game, despite plenty of personal commitments away from cricket, Dane took wickets consistently from Guernsey's first game against Hampshire through to the last against Jersey where he again took three wickets. His two bowling spells over consecutive days of 10 overs, 1 wicket for 40 against the Netherlands A which featured a number of their World Cup players was testament to the progress he's made over not just this year but previous seasons as well. The former St Sampson's High pupil and Griffins cricketer is now an established member of the senior men's team.

Nix Petit (Athletics)

Nix Petit has made huge strides across a range of distances both on the track and road this year. This includes setting new PBs in over 6 disciplines from the half marathon all the way down to the 800m. Her PB of over 6sec in the 1500m this year moved her up 3 places to 6th on the all-time list. Most notably, Nix pulled out a tremendous performance in the Island Games 5000m to take a bronze on her debut. Despite a tactical race, Nix clung on for third place which came with a 5sec PB. Only a few weeks later, Nix went on to knock a further 20sec off this time with another outstanding performance placing her 5th on the Guernsey all-time list.

Josh Smith (Softball)

Josh has had another great year in his softball career going on to win another gold medal at the Coed European Supercup (club), meaning he has now won gold in all WBSC sanctioned tournaments in European slowpitch.

He was also selected to play for GB in the Coed World Cup in Mexico in December but unfortunately this has recently been cancelled.

He has also competed in the National Softball League for his club Pioneers, where in the 2023 season they finished runners up.

Josh also played for Guernsey in the 2023 Muratti A squad against Jersey, beating them 33-14.

Jessica Watson (Sailing)

Jess at age 15 was inducted into the ILCA4 Southern Regional Training Group (a replacement for the National Squad) in January. She competed at the ILCA4 European Championships in Cadiz and was 3rd British girl. She stepped up into the larger ILCA6 class rig and competed at 6 UK Open Qualifier Events not finishing worse than 4th under 17 girl. At two of the events first under 17 girl and 2nd under 19!

On the local stage she won the Jersey Spring Regatta racing against youths and adults.

She was the only youth and female in the Guernsey Island Games sailing team and one of the youngest in the competition.

Guernsey Brewery Salver

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

Nominations

Lucy Beere MBE (Bowls)

Lucy Beere won the Silver Medal at the 2023 World Champion of Champions held in Australia (September 2023) losing to USA in the final 2 sets to 1, she beat Malaysia in the semi-final 2 sets to 1, in the quarter-finals she beat Switzerland 2 sets to 0, with also group wins against, Singapore, Falkland Islands, Hong Kong China, South Africa, Wales, Japan. Lucy also played at the World Championships, also held in Australia in August 2023, finishing fourth in her group, she didn't qualify for the knockout stages, but had wins in her group over South Africa, Jersey, Malta, India, Namibia and the Norfolk Island.

Catherine Bonsall (Indoor Bowls)

Catherine Bonsall represented Guernsey at the IIBC World Indoor Bowls Junior Singles Championships which were in East Kilbride, Scotland. There were 18 nations at this event.

Catherine was drawn in a group with Scotland, Malta and England. Against Scotland she lost the first set but came back strong in the second, making 4 shots to take the set. She won the tie break.

Against Malta, Catherine won 2 straight sets and against England she lost the first set by 1, came strong again in the second and won the tie break. Catherine topped her group.

Quarter-final against Canada, a similar case when she lost the first set, took the second and then won the tie break.

In the Semi-Final against Ireland, the first set was a close, just losing out by 2 and the second set she fought hard but wasn't to be.

Catherine came away with a Bronze Medal.

Veronica Bougourd (Golf)

Veronica is a stalwart of Guernsey Ladies Golf. In 2023, she was crowned Guernsey Ladies Champion for the 20th time (she first won it in 1979, spanning 6 decades!) She went on to lift the CI Ladies Championship in 2023, 20 years after her previous triumph in the same final, proving she can still compete with the youngsters of today.

Megan Chapple (Triathlon)

Megan has had an outstanding season, both at home and abroad and across multiple distance triathlons, athletics and cycling races.

Highlights include being crowned overall female winner and age group winner in the European championships' standard triathlon and the same at the British championships.

She was second in her age group and 5th overall in the 70.3 World Champion and second overall in the Portugal 70.3

She secured the second all-time Guernsey time in the marathon and won both the Eastbourne and New Forest standard tris.

On the bike Megan was 5th female in the Mallorca 312k and 9th in her age group in the Gran Fondo Cycling world championships.

The home crowd saw her absolute class as she took gold in the Island Games individual and team triathlons and silver in the mixed relay.

Wow what a year for Megan.

Megan Dowinton (Cycling)

Mountain biker Megan did not have a great start to the year but worked hard to come back from a nasty injury and make selection for the Island Games team. She pulled out two outstanding performances during Games week taking team gold in the mountain bike cross country and silver in the team mountain bike criterium. Megan then went on to win the overall women's sports Category in the Southern Region MTB XC Championships to cap off her return to the sport.

Andrea Nightingale (Cycling)

Andrea thought her chances of a podium finish in the UCI World Championships in Glasgow were over when she suffered an horrific crash which left her hospitalised with a head injury and cracked ribs. By rights she should have come home but just three days later she was back on the bike and competing in the Time Trial. Despite her injuries she pulled out a spectacular ride to take a bronze medal in her age group, a truly amazing feat.

Orla Rabey (Swimming)

Orla Rabey started 2023 with a worrying injury to her ACL, however, the organised and highly motivated swimmer got to work on her rehabilitation, so she was fit to race for the Island Games in July. Despite still carry this injury, which she would have operated on in August, Orla became the most decorated Island Games competitor with 6 gold, 1 silver and 2 bronze. A butterfly specialist, Orla had 3 outstanding swims in the 50m, 100m and 200m butterfly events taking gold and producing Island records and All-Comers pool records. She was also part of the ladies' relay teams that took gold and produced 3 stunning Island Games Records.

Sarah Roe (Athletics)

Sarah took the first gold medal for a Guernsey athlete in a gutsy performance in the Island Games 10,000m. She demonstrated incredible perseverance and mental strength after suffering an injury with a few laps to go. There was an audible gasp from the capacity crowd when Sarah was temporarily forced to a standstill. The next few laps were a mix of painful limping and running, with the crowd on the edge of their seats as her competitors closed the gap. As Sarah came onto the home straight, the atmosphere at Footes Lane was simply

astonishing, as the passionate crowd roared the Commonwealth Games athlete home. Sarah's performance was nothing short of inspiring, with her display of pure grit and determination.

Lauren Watson-Steele (Tennis)

Lauren Watson-Steele was the mainstay of the Guernsey Tennis Team during this year's Island Games. Overall, she won three medals for Guernsey (one in each event she entered). She defeated Jersey's Tash Forrester in straight sets to win the gold in the Women's Singles before returning to court with partner Lauren Barker to also claim the Ladies' Doubles gold against the Isle of Man. Earlier in the week she had been a key part of the Guernsey Ladies' Team who won the bronze medal in the team event.

Lauren was a key member of Guernsey Tennis team competing at the Inter-Insular against Jersey where she won both her matches.

Emma Webb (Basketball)

Emma, or Webbley as she is more well know, has played basketball for Guernsey since she was 15 years old, has taken part in 17 Inter-insulars and 9 Island Games. She was also part of the National League squad that travelled away for 3 seasons from 2007.

Emma has competed in all Island Games that Basketball has been represented at since 2001 and has a full set of medals, winning her first Bronze with the team in 2001 in the Isle of Man. A gold medal followed in the 2003 Guernsey games, and then a Silver in Aland in 2009. Three further bronze medals followed in the Isle of Wight 2011, Gotland 2017 and Guernsey 2023. In total she has competed in 9 Island Games for Basketball and has achieved 6 medals.

Winning that Bronze medal at home this summer was a fitting end to her Basketball career, as she announced her retirement from all Basketball after the Island Games, both Island and League.

Richard Burton Salver

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

Nominations

Alastair Chalmers (Athletics)

Alastair Chalmers had another year of impressive performances on the track. The Commonwealth medallist retained his British 400m hurdles title for the fourth consecutive year. This was a memorable victory against a strong field. Although, perhaps more memorable is his stunning performance at the Island Games. The hurdles star obliterated the field, taking the gold in 49.83sec which was an Island Games record. Alastair's charisma shone through which created an electric atmosphere, with young fans queuing for photos and signatures after his victory.

Sam Culverwell (Cycling)

It was a year of highs and lows for Sam in 2023. The upsetting news that his pro cycling team folded at the beginning of the year made for a difficult start. But Sam showed his class with two fantastic performances in front of the home crowd at the Island Games.

Taking gold in the Road Race, Sam then showed his absolute class in appalling conditions at the Town Criterium on the Friday blowing away the competition to take his second gold medal. He also won silver in the men's individual time trial, the team road race and team time trial.

After signing a new contract with pro-team Saint Piran in September, Sam went on to take third place in the British Gravel Championships which led to a place in the World Gravel Championships where he finished a creditable 40th.

Charlie-Joe Hallett (Swimming)

Charlie-Joe Hallett ended 2023 by shattering his own Guernsey records in the short-course breaststroke events. He claimed bronze over 50m at the Winter Nationals in a big personal best (27.17sec.), then lowered his own 100m mark to 1-00.31 and 200m to 2-13.76.

This excellence on the English stage capped off another promising season for the UK-based Guernsey Swimming Club protege, who had won the 50m breaststroke gold at the Island Games on top of four silvers and three bronzes.

He has also won titles in both long and short course at the South West Regionals.

Ronny Hallett (Swimming)

The younger of two promising swim brothers, Ronny Hallett completed a golden double over the 100m and 200m breaststroke at the home Island Games. He also had three each of silver and bronze in his medal haul.

The 19-year-old more recently won the South West Regional crown over short-course 50m breaststroke and finish just behind his brother, Charlie-Joe, for silver in the 100m. His other successes in 2023 include a bronze at the Reykjavik International Meet in Iceland.

Josh Lewis (Triathlon)

Joshua Lewis has had a storming 2023. He placed 5th in the 2023 Ironman 70.3 Vinfast World Championships, making him the first Brit across the line and captivating a live stream audience of 240,000 viewers for 3 and a half hours under the Guernsey flag. Josh is the first triathlete from the Channel Islands to place in the top 10 professional athletes in an Ironman World Championship - and the highest placing British male since Alistair Brownlee in 2019 - inspiring other islanders to try a tri and dream big! Having previously represented Guernsey in the Commonwealth games, Josh has secured multiple podium positions and top 10 finishes across Europe in 2023 - his most treasured accolade being a home win in the Guernsey Island Games. Not only is Josh a professional Triathlete, but he also coaches many of the Guernsey tri club members and acts as a pillar of the triathlon community.

Josh Smith (Softball)

Josh has had another great year in his softball career going on to win another gold medal at the Coed European Supercup (club), meaning he has now won gold in all WBSC sanctioned tournaments in European slowpitch.

He was also selected to play for GB in the Coed World Cup in Mexico in December but unfortunately this has recently been cancelled.

He has also competed in the National Softball League for his club Pioneers, where in the 2023 season they finished runners up.

Josh also played for Guernsey in the 2023 Muratti A squad against Jersey, beating them 33-14.

Guernsey Sports Commission Trophy

The final award of the evening is the highest accolade that the Sports Commission can give to a Guernsey sportsperson, awarded to the Outstanding Performer of the Year

Nominations

Lucy Beere MBE (Bowls)

Lucy Beere won the Silver Medal at the 2023 World Champion of Champions held in Australia (September 2023) losing to USA in the final 2 sets to 1, she beat Malaysia in the semi-final 2 sets to 1, in the quarter-finals she beat Switzerland 2 sets to 0, with also group wins against, Singapore, Falkland Islands, Hong Kong China, South Africa, Wales, Japan. Lucy also played at the World Championships, also held in Australia in August 2023, finishing fourth in her group, she didn't qualify for the knockout stages, but had wins in her group over South Africa, Jersey, Malta, India, Namibia and the Norfolk Island.

Alastair Chalmers (Athletics)

Alastair Chalmers had another year of impressive performances on the track. The Commonwealth medallist retained his British 400m hurdles title for the fourth consecutive year. This was a memorable victory against a strong field. Although, perhaps more memorable is his stunning performance at the Island Games. The hurdles star obliterated the field, taking the gold in 49.83sec which was an Island Games record. Alastair's charisma shone through which created an electric atmosphere, with young fans queuing for photos and signatures after his victory.

Megan Chapple (Triathlon)

Megan has had an outstanding season, both at home and abroad and across multiple distance triathlons, athletics and cycling races.

Highlights include being crowned overall female winner and age group winner in the European championships' standard triathlon and the same at the British championships.

She was second in her age group and 5th overall in the 70.3 World Champion and second overall in the Portugal 70.3

She secured the second all-time Guernsey time in the marathon and won both the Eastbourne and New Forest standard tris.

On the bike Megan was 5th female in the Mallorca 312k and 9th in her age group in the Gran Fondo Cycling world championships.

The home crowd saw her absolute class as she took gold in the Island Games individual and team triathlons and silver in the team relay.

Sam Culverwell (Cycling)

It was a year of highs and lows for Sam in 2023. The upsetting news that his pro cycling team folded at the beginning of the year made for a difficult start. But Sam showed his class with two fantastic performances in front of the home crowd at the Island Games.

Taking gold in the Road Race, Sam then showed his absolute class in appalling conditions at the Town Criterium on the Friday blowing away the competition to take his second gold medal. He also won silver in the men's individual time trial, the team road race and team time trial.

After signing a new contract with pro-team Saint Piran in September, Sam went on to take third place in the British Gravel Championships which led to a place in the World Gravel Championships where he finished a creditable 40th.

Maya Le Tissier (Football)

The Guernsey defender was the only player to feature in every one of Manchester United Women's first team matches throughout 2023.

She played a key role in United posting their best ever finish of second in the Women's Super League, securing Champions League qualification in the process. They also reached their first major cup final, losing narrowly 1-0 to Chelsea in the Women's FA Cup showpiece at Wembley Stadium.

On the international stage, Maya won her second full England cap when she played right-back against Italy in the Lionesses' successful Arnold Clark Cup campaign. She was also first reserve for the FIFA Women's World Cup in Australia & New Zealand, travelling with the England and staying with them until after their opening fixture.

Josh Lewis (Triathlon)

Joshua Lewis has had a storming 2023. He placed 5th in the 2023 Ironman 70.3 Vinfast World Championships, making him the first Brit across the line and captivating a live stream audience of 240,000 viewers for 3 and a half hours under the Guernsey flag. Josh is the first triathlete from the Channel Islands to place in the top 10 professional athletes in an Ironman World Championship - and the highest placing British male since Alistair Brownlee in 2019 - inspiring other islanders to try a tri and dream big! Having previously represented Guernsey in the Commonwealth games, Josh has secured multiple podium positions and top 10 finishes across Europe in 2023 - his most treasured accolade being a home win in the Guernsey Island Games. Not only is Josh a professional Triathlete, but he also coaches many of the Guernsey tri club members and acts as a pillar of the triathlon community.

Orla Rabey (Swimming)

Orla Rabey started 2023 with a worrying injury to her ACL, however, the organised and highly motivated swimmer got to work on her rehabilitation, so she was fit to race for the Island Games in July. Despite still carry this injury, which she would have operated on in August, Orla became the most decorated Island Games competitor with 6 gold, 1 silver and

2 bronze. A butterfly specialist, Orla had 3 outstanding swims in the 50m, 100m and 200m butterfly events taking gold and producing Island records and All-Comers pool records. She was also part of the ladies' relay teams that took gold and produced 3 stunning Island Games Records.

Alex Scott (Football)

Having already made himself a regular in the Bristol City first team, Alex played a starring role for the Robins in the second half of last season as they rose up the table.

He won the EFL Young Player of the Month Award for February – the same month in which he played against Premier League champions Manchester City at Ashton Gate in the FA Cup, coming up against his idol Jack Grealish live on terrestrial television.

At the end of the season, he was the EFL Championship Young Player of the Season and earned a place in the EFL Championship Team of the Season. He also received the Bristol City Player of the Year and Young Player of the Year Awards.

In the summer, Alex became Guernsey's first Premier League football since 2001 when he signed for AFC Bournemouth in a deal worth up to £25million.

He made his debut against Wolverhampton Wanderers in October and scored his first top-flight goal on New Year's Eve against Tottenham Hotspur.