

The Lambourne Shield - Awarded for the 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 who is a resident of Guernsey.

The nominees are:

Henry Bolton (Swimming)

Two years ago, then aged 11, Henry Bolton had never swum in a competitive race! He joined the Beau Sejour Barracudas Swim team following in the footsteps of his two sisters who had both joined at aged 8. Henry had 3 years of competitive swimming skills and development to catch up on! Never has a swimmer worked harder.

Competing at the County Championships he placed 5th and 6th in his events, frustrated by a disqualification in the 50m freestyle event but still highly motivated to do better. His standout performance occurred at the Regional Championships when, this unknown swimmer to the region, blasted out an incredibly fast 50m freestyle and 50m backstroke time to win the gold medals and be crowned the Regional Champion in two events!

Henry has continued to improve as the year has gone on and his 50 m freestyle time ranks him 6th nationally. Not surprisingly, he was selected to represent Guernsey at the Malta Invitational Games in November and also represented the SW region in the Independent Schools Regional Championship. His final competition of the year was the Channel Island Championships where he once again took gold in the 50m freestyle and backstroke and also took records in both events. All in all, some amazing achievements from a determined young man who has only been in competitive swimming for 2 years!

Emma Bourgaize (Swimming)

At the age of 15 Emma was part of this year's National Performance Pathway. She competed in the Swim England Summer Nationals as well as the GB Aquatic Championships. She has continued to dedicate her time to her swimming training and has gained a number of personal best times throughout the year.

Chloe Bown (Swimming)

Chloe joined Guernsey swimming at the beginning of the year after moving to the island. She has been part of the island team twice this year. She has broken a number of island records, one of which was 24 years old. She has competed at the GB Aquatics National championships where she got into the finals for her age group. She was also part of the Island team for the Malta Invitational games where she broke further island records and won gold medals in all of her races.

Chloe De La Mare (Padel)

Chloe (aged 14) has had an outstanding year in padel, representing both Guernsey and the Channel Islands in the sport. In April (aged 13) she became the youngest ever winner of a National Grade 2 event (adult level, defeating 2 members of the GB squad). She then became one of the first UK residents to compete in a FIP Promises event, the junior section of the professional circuit. Together with her partner, Rosie Quirk (from the UK) she travelled to Budapest for the European

Junior Championships where they reached the quarter finals. Back at home she and Rosie defeated the LTA ranked no 1 and 2 (adult) players at a National Tournament in Ilford. She ends the year ranked no 1 in Great Britain in all junior categories (U14, U16 and U18) and number 6 in the Open Ladies' Rankings.

Oakley Francart (Fencing)

Oakley has achieved so much at 17. He has won Leon Paul under 17 competitions and has been selected for the GB Fencing Athlete Development Programme for the best young fencers. The programme aims to prepare athletes for future world championship and Olympics. Oakley is now part of the GB under 20 team. He fenced in Tunisia at the Junior World Cup joining the best fencers in the world - all will be hoping to qualify for the Olympics. Oakley now has a world ranking which should continue to improve this season. He is now ranked 12th for GB under 20. Oakley helps coaching the young fencer at Sarnia Sword Club and the fencers look up to him as a role model for what he has achieved.

Emil Friedrich (Athletics)

Emil Friedrich had a breakthrough year across a range of events. The young multi-eventer won gold in all 5 of his events at the Hampshire championships. He went on to excel at the U15 National Championships in Birmingham taking 4th in the 300m with a huge personal best and Guernsey U15 record of 36.61sec despite being the bottom year of the age group. Emil also smashed the 60m, 1500m and pentathlon Guernsey U15 records in 2024.

Alex Hutchinson (Climbing)

Alex Hutchinson achieved the highest round result of any Under 18 climber in Guernsey in the Youth Climbing Series (YCS)-South East (South) region, coming 2nd in the 3rd round (Boulder) of the season. His previous result in the 1st round (boulder) was 5th. In the highwalls, he improved his highwalls result significantly from the 2nd round (high walls) to 7th in the 4th round (high walls). His overall rank at the end of the series was 5th. Alex showed great determination and grit throughout the series but particularly in the 3rd round (boulder) where he came 2nd and achieved a score of 199.6 out of 200, topping all of the routes. Only 3 other climbers topped all the routes during round 3.

Grace King (Athletics/Swimming)

Grace has progressed dramatically in 2024 with her running, becoming Hampshire cross country champion and placing 18th in the Nationals.

In local running she's achieved a place on the fastest ladies of all time for a 5km road race at only 13 years old.

Grace's performance on the track for 800m and 1500m has also put her in the list of all time fastest local ladies.

Grace has also represented Guernsey in the swimming inter insular and recently brought home two golds and 6 silvers in the Channel Island Championships.

Grace's dedication to her training, as well as the support she receives from her coaches has helped her to progress during 2024. Grace is hoping for a successful 2025 in running and swimming.

Conor McKenna (Golf)

17-year-old Conor's golf stock continued to rise in 2024. He was crowned Guernsey Men's Champion and also Guernsey Junior Boy's Champion. He became the youngest Guernsey player to be crowned CI Men's Champion and also added the CI Junior title for good measure. To hold all 4 of these titles is a phenomenal achievement the likes of which we have never seen before.

Conor represented a CI Golf team, Guernsey Men's & Junior Golf teams. In the Men's Inter-insular winning 2 out of 3 of his matches. At club level, he won 12 Royal Guernsey Golf Club scratch prizes in a row. Conor will be heading stateside this year after earning a scholarship to the St Thomas Aquinas College in New York

Sian O'Hanlon (Show Jumping)

Siân and her ponies started the 2024 year competing in Guernsey and then at Easter Siân travelled to Pony of the Year placing 4th and 6th in the Championships. She then travelled to Wales with her ponies to compete for 3 days putting pressure on herself to 3 faultless rounds on each pony to qualify for the National Championships - not only did she achieve this, she came away with top 6 placings in 5/6 classes and the ticket she dreamt of. Chard in Somerset was the next UK competition where Siân came back with placings on all 3 days 2nd x2 and 6th. In the summer holidays Siân returned to the UK to compete at the Welsh Home Pony - the biggest pony show (class sizes usually around 100) she put some great rounds in as well as coming 5th.

National Championships - Siân rode Oh Reilly clear to go into the jump off then faultless under pressure again to be placed 7th - she was thrilled.

Siân was 2nd in the Southwest Silver League from Spring and Summer.

Sian's love of her ponies shines through in her sport where she is dedicated to her care, training and competition. She is an excellent example of a true sportsperson, at National level, in a very competitive sport.

Ed Robinson (Cricket)

Ed Robinson had a breakthrough year within Guernsey Cricket. He performed admirably scoring 1164 runs across both men's and junior cricket. He scored 2 x Junior 100's (163 v Northumberland & 130 v Academy North), but his finest achievement was a maiden Channel Island League Men's 100 scoring 100 not out in the Premier Weekend League Competition. He narrowly missed out on the BA County Festival Player of the Tournament finishing in 2nd place by only a few runs.

Ed not only shone with the bat but also with the ball taking 40 wickets throughout the season with his standout bowling performance of 6.3 overs 4 wickets for 18 runs.

Ed was rewarded for his hard work with a district game for Hampshire and a call up to the Men's Senior 50 Over Inter Insular squad at the age of 14.

Zach Smith (Mountain Biking)

Guernsey Velo club rider Zach Smith has captured the attention of many in 2024. His commitment to the sport, along with his significant accomplishments, has truly distinguished him on both the domestic and UK national scenes.

With 4 wins at southern regional level, 2 third place podiums at National Mountain Bike level, a silver medal in the National Short track championship and 2nd place in the Welsh National Championships has solidified his status as a top contender in the sport ranking 4th nationally.

In addition to his national successes, Zach has also dominated the local scene by competing in the senior ranks, notably, taking many club titles as an U14.

He also achieved victory in the prestigious Hill Climb event held on the Val De Terres, finishing with an outstanding time of 2:08, which not only secured him the win but also showcased his ability to compete against some of Guernsey's best senior riders.

Frankie Veron (Boxing)

Frankie has been competing for The Amalgamated Boxing Club for over a year. He trains 4 times a week and has the ability to absorb and put into practice new drills and techniques. He was selected to compete in the club's first junior entries to the Bristol Box Cup. Frankie boxed extremely well in his category and ended up with a bronze. Frankie was given the opportunity to compete in the lighter category due to another boxer pulling out. Frankie went all the way and displayed control, fantastic attack and defence moves and went on to win gold.

Thomas Vining (Motorsport)

Thomas has competed in Sandracing in Guernsey and Motorcycle Grasstrack events in the UK since he was 8 years old. He has been unbeaten in Sandracing since he started and this year at age 14, he won the British Intermediate Grasstrack Championship and also topped the ACU gradings list. Thomas has worked extremely hard to remain competitive despite having nowhere to train in Guernsey and having to extensively travel for events throughout the UK. He is 100% dedicated to his sport and is the first Channel Islander to win a British Youth Grasstrack title.

Jessica Watson (Sailing)

At the age of 16, sailor, Jess Watson competed at several National events and a European Championship during 2024. Competing at the Open and British National Championships, an event contended by a mixed gender adult multinational fleet from as far away as New Zealand; Jess finished an impressive 3rd British 17-year-old girl.

More impressively Jess went on to compete at the National Inland Championships where she competed in the open adult fleet, finishing 3rd woman overall. She counted a 2nd, 3rd, and 5th in the 4-race series over the weekend long event.

Jess is becoming one of the top youth female sailors in the UK and consequently was awarded the Guernsey Yacht Club Youth Sailor of the year for the third consecutive year. She is an inspiration to younger club members.

The 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.

The shortlisted nominees are:

Guernsey Rugby academy U16s

Last year's Junior Siam delivered another unforgettable day for one Guernsey age-group in particular.

Brothers Logan and Fergus McGall led the way as the Academy U16s produced a dominant performance to beat their rivals 41-10 at Footes Lane as that group of players maintained their perfect record against Jersey.

One of the highlights of a brilliant day of junior rugby in the island.

Melrose Swim Team

Melrose's swim team became National Champions at the 2024 English Schools Swimming Association Primary Schools Team Championships. They won both the mixed stroke and freestyle relays, the latter in a new National Championship Record. Their impressive record-breaking time of 57.47 was the fastest of the day, beating all the boys and some of the largest, most prestigious schools in the UK. The girls were also awarded a trophy for overall Best Small School. The girls showed outstanding focus, maturity and talent, which quite literally, turned heads at The Ponds Forge International Sports Centre.

Northerners U16s

Northerners Under 16s secured a fantastic treble in 2024 starting by winning the Ravenscroft U16 league title by a single point.

They then went on to win the U16 Normandie Cup, beating Vale Rec 2-0 in the final. Against all the odds they then emphatically beat St Pauls 5-0 in the U16 John Leatt Upton, again this was a game that no one thought they would win but they triumphed in a superb performance making them U16 treble winners.

Up Climbing Guernsey Competition Squad

This was the first year that Guernsey was represented by 13 climbers at the Youth Climbing Series-South East (South). This is the same region that Olympic gold medallist, Toby Robert competed in previously. Our climbers competed at up to 4 different rounds (2 boulder and 2 highwalls). Most had never competed at an off-island competition before, and all were fantastic. The team had a number of brilliant results including a podium finish in one round (2nd) and a 4th by another climber, with several others achieving top 15 and top 20 results. All climbers improved on their own results through the season and showed great team support throughout the series. They are now looking forward to competing at the next round.

The Sport Guernsey & Nautical Events Shield - Awarded to the year's 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 2024

The nominees are

Bar Billiards Guernsey Open organising team

In 2024 the island hosted the Guernsey Bar Billiards open weekend at the KGV. This was the largest event in its 14-year history. The Guernsey Masters competition featured 20 players, there was also the first ever ladies open with 17 competing. The pairs competition attracted 64 entrants and the singles had 105 entries. The event also featured 2 full internationals with Guernsey men and ladies playing England. The weekend is made up of around three quarters of visiting players with the remaining quarter coming from Guernsey helping to support sports tourism within the island. The organising team are responsible for arranging for 13 bar billiards tables to be transported and set up at the venue as well as organising around 600 matches in just 3 days.

Guernsey Parkrun

The Guernsey parkrun volunteer team have been nominated twice before in this category and whilst other nominees and winners have come and gone, the local parkrun volunteer group continues to roll out weekly free 5k events on L'Ancrese Common at Pembroke. By the end of 2024 Guernsey parkrun will have notched up 400 events and it is now a fixture of the local scene. Every week as many as 200 parkrunners and 20 volunteers will be involved on the day and it's a core group of volunteers that make this event possible every week. It isn't simply about hosting a free running event, because sport is a gateway to promoting a culture of togetherness and wellbeing and that of volunteering and giving back to the community. This is core of the parkrun philosophy, and the parkrun volunteer group are to be commended for ensuring that an event like this has a long-term presence in Guernsey.

Mark Latter, ICC Men's T20 World Cup Sub Regional Europe Qualifier

As Tournament Director, Mark Latter led Guernsey's hugely successful ICC Men's T20 World Cup Sub Regional Europe Qualifier C 2024 event. As an island Guernsey hosted nine other European national sides playing a total of 12 matches at two venues over six days in August. The feedback from our visitors, from ICC (the governing body) and local spectators has been hugely positive. The event was streamed across the world and the final attracted a crowd of over 1500 to KGV to see Guernsey beat Denmark in the final. This is the fourth time Mark has been involved in organising an ICC event, cementing the islands reputation as a great sports tourism destination.

Laurel Le Tocq, Para Surfing and Bubble Run

Laurel works tirelessly at including everyone in Sport, she caters for all ages and abilities and is loved by the all the generations. The nomination is in two parts firstly the awesome and inspiring Para Surfing event she organises each year and the brilliant fund-raising event for it the Bubble Run.

In September Laurel organised a week of Para Surfing open to all ages bringing across the fantastic Healing Waves team over from Jersey. The smiles on the participants faces and their

personal stories, with some never thinking they would get on a board again are truly inspirational and go to show how important events like this are.

The Bubble run - a fun run for 2–4-year-olds - raises money for the Para Surfing Event and in its own right a worthy nomination. The event sold out in 6 hours and 120 children took part in the run. They were of course accompanied by an adult making it a fantastic family running event. Motivating preschool children to keep running are a team of family and friends volunteers blowing bubble along the course. All participants are met at the end by the lovely Laurel with medals and bubble wands being given out. What a fantastic intro to running for these kids.

Organising these two events in one year, both for groups that are often not catered for is a huge task and one Laurel does with such energy, enthusiasm and grace.

Lee Merrien & Guernsey Athletics Zedra Challenge

The annual Zedra X-Challenge boasted record numbers across an exciting day of cross-country racing. With over 650 students running, including 240 in the open fun run, the event was a huge success. The event was organised by Lee Merrien with the help of Guernsey Athletics and Zedra. The event offered an exciting and engaging take on cross-country with hay bales, tyres, logs and crawling under an army net included in the fun.

Rangers Super 7s

Rangers Super 7s tournament has been popular since 2015. It takes place on the last Saturday and Sunday in May every year.

We welcome up to a thousand players from all local clubs including Alderney and when possible, Jersey

Children from U7s to U14s take part. Older youth players from Rangers help as Referees Which we hope will encourage them to respect refs. Maybe become a referee in years to come. Our Minis also help as runners taking the score sheets to the person keeping the results up to date. Paul Heathcote our Minis coordinator Coaches / helpers work hard to make the weekend a great success, to give the children a great experience, including the spectators, during the tournament the parents/spectators can log in and follow their teams' fixtures and results all set up by Paul. He has already started planning for May 2025.

World Bowls Indoor Championships Organising Committee

After the success of the Island Games, Guernsey won the bid to host the World Bowls Indoor Championships in April 2024. A small committee worked tirelessly from the moment the Island Games finished, handling almost every element of the organisation. The committee were involved in preparing rules, coordinating travel and accommodation, arranging a grant application and sponsorship for the event, creating the playing schedule, live streaming every session of play with commentary, and ensuring the players were taken care of when they arrived. This preparation was alongside the World body based in Australia, meaning meetings were early and held during other island bowls events. Every member of this committee has a number of other responsibilities and most took annual leave from full-time jobs to host the event. The dedication shown by

committees can often be overlooked, and we wanted to ensure recognition for the amount of work that went into making the week a success.

Guernsey Sports Commission's Small Team Trophy - Awarded for the outstanding team performance of the year of a team containing four or less competitors comprising of solely Guernsey residents

The shortlisted nominees are:

Channel Islands Ladies Fours Team (Bowls)

In March 2024, the ladies' fours team of Ali Merrien MBE, Shirley Petit, Catherine Bonsall and Rose Ogier travelled to the British Isles Indoor Bowls Council Championships to compete for the Channel Islands team. In the preliminary round, the team played Ireland, winning that match 26-17. The semi-final was against England, they had a strong start, although England pulled back to within 2 shots, the team from the Channel Islands eventually won 20-16. In the final, their opponent was Wales, a team made up of 4 world-class players. The game was tight the whole way through, point for point. On the last end, Ali Merrien maintained her confidence and drew the shot wood when the team was down, Wales threw their last shot, and the Channel Island team came away victorious 17-15.

Melrose 4x25m Freestyle Swim Team

Four students from Melrose, The Ladies' College, won the 4 x 25m Freestyle Relay at the 2024 English Schools Swimming Association Primary Schools Relay "small schools" Competition with a record-breaking time of 57.64. Alice Miller, Charlotte Miller, Lotte Bolton and Lottie Holland were undefeated throughout all the qualifying rounds. They finished as the fastest team, across all categories, included boys, and some of the largest, most prestigious schools in the UK. They certainly put the Island on the map as the gasps of amazement at the speed of these "Girls from Guernsey" were audible around the Ponds Forge International Sports Centre.

Melrose 4x25m Medley Swim Team

Four students from Melrose, The Ladies' College, won the 4 x 25m Mixed Stroke Relay at the 2024 English Schools Swimming Association Primary Schools Relay "small schools" Competition with an impressive time of 1.05.68. The team were led off with a solid Backstroke leg by youngest team member, Penelope Le Noury. Breaststroke specialist Charlotte Miller then set up the two freestyle swimmers Lotte Bolton and Lottie Holland for a strong finish. They finished 0.99 ahead of their nearest rivals. The girls were undefeated throughout all the qualifying rounds and as drew plenty of attention from the packed stadium at the Ponds Forge International Sports Centre, with their mesmerising performance.

GSC Team Trophy- Awarded for the outstanding team performance of the year containing more than four competitors comprising of solely Guernsey residents.

The shortlisted nominees are:

Guernsey Men's Bar Billiards Team

It's an achievement in itself when a team from Guernsey is able to compete against the might of England at any level in sport, let alone when we are able to compete on level footings. Bar Billiards is primarily a minority sport but despite its previously dwindling numbers, the local game has seen a resurgent in recent years. This has been reflected in an outstanding team performance from Guernsey in their match v England in May. Although they lost the match, there was a vast and visible improvement in the scores. In the past 2 years Guernsey were convincingly beat 56-10. and in 2023 58-8. But in 2024 they closed the gap considerably losing just 34-32. The team is made up of 12 players playing 6 pairs and 12 singles matches. Every single member of the team contributed to the scoreline.

Guernsey Men's Volleyball Team

Guernsey men's volleyball started the season strong, blowing away all other teams in the Hampshire Volleyball League, winning all 8 games across 2 weekend trips. This was unprecedented, and made them unbeaten back-to-back Hampshire League champions, winning all 18 games across 2 seasons. The team then faced Jersey on home soil and easily came out triumphant with a dominant display. Next on the competition list was the British Army who travel to Guernsey in preparation for The Crowns Championship. Guernsey, once again showing their class and beating the Army. Off the back of this extraordinary run, the team had earned its place in the Southeast Volleyball Championships to come up against the best volleyball teams in the region. After a hard-fought day of continuous games, Guernsey came out on top, winning Guernsey's first SEVA Championship.

Guernsey Mobility Let's Go Boccia Team

2024 saw the first ever 'Virtual' inter insular v Jersey, this mobility team represented Guernsey and were part of the squad that won all 3 sections of the games. Andy Lemee, Alex Adamson, Melanie Edwards, Lee Vaudin and Tom Clough... all of this group have various medical conditions. Boccia allows them to play competitive sports at any level, all of the club members at Guernsey Mobility Lets Go are very proud of them and would like to see them rewarded for their commitment to playing every week and achieving their first win.

Guernsey O60s Football Team

A group of 17 players between 59 and 79 years of age that took on and drew with an England over 65s team at KGV in October. Guernsey took a 2-0 lead until the final stages but were pegged back in the last 5 minutes. This England team went on to beat Wales 1-0 two weeks later. Players continuing to enjoy their football at a high level at this age is a tribute to their fitness and is now seeing a pathway for them into England teams. This was unheard of a few years ago and also helps their mental wellbeing. with their regular participation in friendly matches.

Guernsey Rowing Club Monster the Loch Team

Three men's quad teams (15 competitors in total) travelled to Scotland to compete in the Monster the Loch race. Rowing the length of the loch - some 21 miles - with well over 100 boats taking part, the Guernsey crews took the top three spots in the coastal quad category finishing 2nd, 3rd and 4th overall, all completing the challenge inside two and a half hours. A tremendous feat against some tough competition, including Jersey's top men's quad.

Guernsey Senior Men's Cricket Team

Guernsey Senior Men's Cricket Team won the ICC Men's T20 World Cup Sub Regional Europe Qualifier on home soil overcoming nine other European teams and beating Denmark in a thrilling final at KGV in front of an impressive crowd. They now go on to represent the island in the European Qualifiers for the Cricket World Cup in 2025.

The senior team also beat Jersey (ranked 10 places above Guernsey in the ICC rankings) for the first time in a T20 International since 2015.

Guernsey Swim Team for Malta Invitational Games

The Malta Invitational Games Swim team comprised of 14 swimmers who swam in 2 age categories: 15 and under and 18 and under. The competition was for smaller nations and Guernsey found themselves competing against nations like Malta and Cyprus with populations of 500,000 and 1.5 million! The 14 swimmers, many of them a year or two below the top of the age group, rose to the occasion, showing that Guernsey, though small, is a force to be reckoned with! The team returned home with 51 individual medals and 3 relay medals which included 19 gold medals and 3 Island Swimming records. In addition to the medals, the young swimmers gained valuable experience of competing at an international meet. The young swimmers produced an amazing following on Facebook with 37,400 likes for their video of their time in Malta!

Island Men's Golf Team

It was glory in the gloom as Guernsey Men's Golf Team produced a comeback to rival the 'Miracle of Medinah' to win back the Men's Inter- Insular Trophy at L'Ancrese links.

After losing the morning Foursomes matches 5-0, they fought back in the afternoon Fourball matches to trail 3.5 – 6.5 going into the 10 Sunday singles matches. Inspirational words from Team Captain Dave Jefferys meant his players knew there was little margin for error if they stood any chance of winning the trophy. In a wind & rain affected match, his players used their home advantage to secure the points needed. It was young Jayden Tucknott that provided the winning point to secure a sensational 11-9 victory.

Ladies Football Muratti Team

The momentum building behind women's football in the island was underlined back in May when Guernsey's 16-year wait for a Muratti win was ended at Springfield.

Goals from Vicki Rang and Calleigh Hedley saw the Greens lift the trophy with coach Anna Gauvain saying afterwards that 'I don't think the smile's going to go any time soon'.

A milestone moment for Guernsey's women, who continue to go from strength to strength.

Ladies Siam Cup Team

Guernsey's women won a dramatic Siam Cup title as Chelsie Blondel's last-minute penalty secured them a 17-15 win over Jersey.

Kayleigh Oliver's try had put Guernsey 7-3 up midway through the first half, but Taye Boake-Yiandom's try put Jersey 10-7 up at the break.

Seren Coombs' try saw Jersey go 15-7 up seven minutes after the interval.

But Marni De Freitas Alves' try made it 15-14 before Blondel's heroics in the final moments.

Men's Siam Cup Team

The Guernsey Raiders had a 49-33 win in the Men's 2024 Spring Insure Siam Cup fixture.

They were looking to come back from a 42-25 loss in 2023, which they proved early on with Guernsey leading 28-14 at half time.

Ethan Smith and Hugo Culverhouse had scored early tries before Niall McGann also added to Guernsey's points in his debut Siam.

Ciaran McGann followed his brother's try before Jersey's Charlie Hubert added points to the scoreboard for Jersey with two tries.

In the second half, Ciaran McGann added more points for Guernsey to lead 42-14, with Jersey scoring two tries not long after.

A debut Siam try from Jamie Dunn brought Guernsey to a 49-33 victory over Jersey.

Senior Men's Hampshire Cross-Country Team

The men's Hampshire Cross country squad struck gold at the championships in Curdridge. The team claimed an unexpected team win, with Lee Merrien leading the pack in an impressive 7th place individually. Also, part of the winning team was Sam Lesley, Alex Rowe, Issac Bate, Dan Galpin and Jack Le Tissier. The team has previously won the title back in 2016 and their victory in 2024 marks only the second time they have claimed the accolade.

Vale Rec FC

Vale Recreation FC's priaulx team not only achieved a Priaulx title after a gap of over 20 years, but they also completed a rare and unprecedented 4 senior trophies back in May including the Upton vs Jersey. A fantastic season of performances and a rare trophy haul in a single season of local football.

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.

Our nominees are

Angela Goddard (Golf)

Angela is a stalwart of Guernsey Golf. it's fair to say that golf runs in her blood. She took up the game at a young age encouraged by her father, when golf wasn't that popular with young girls. She is a former Royal Guernsey Ladies Captain and has a passion for golf and for growing Ladies golf in Guernsey.

More recently she was the driving force behind getting the Women's Development squad up and running. The idea being to get more ladies playing golf regularly, improving their games as well as having fun. From Small numbers initially, the squad now has over 50 members regularly undertaking coaching, learning about the game, and raising the standards for Ladies golf in the island. Recently she was encouraged by the number of young girls attending these sessions that she has now introduced a girls' squad to encourage their development.

Guernsey Tumbling (Bobby & Lara Montague and team)

Bobby & Lara Montague should be recognised for the development of new premises offering more opportunities for tumbling and gymnastics in Guernsey. They continue to offer classes/lessons to all abilities. They have been leading the development of the sport on Island and working on boosting recognition and links within the UK. They have also been pushing for more competition and helping to revive the sport locally.

Andrea Harris (Rugby)

After a decade of dedication to Guernsey Raiders - with boots on and in the boardroom, Andrea Harris stepped down as the club's chair in 2024.

The first woman to hold that position, Andrea helped steer the Raiders through the challenges of the pandemic while ensuring they continued to progress on and off the field.

A key figure in a club which has come on leaps and bounds in the last decade or so.

Tim Pond (Swimming)

Tim is a coach at the Guernsey Swimming Club and has in the last couple of years helped to transform the club and level of coaching. Tim not only dedicates his own time to train the competitive swimmers of the club, ages 9 up to 18, but fully supports and encourages the children.

Tim travels with the club members to various swim meets during the year, ensuring that the children are able to take part in competitions, and ensuring peace of mind to the parents.

Tim is respected by the children and parents of the club for his dedication.

Mark Romeril (Football)

In less than two years as first team head coach, Mark Romeril has brought the glory days back to Vale Rec.

Under his stewardship, the Priaulx Cup returned to the Corbet Field for the first time in 21 years as they were crowned Guernsey champions in April and they went on to triumph in the Upton, beating St Clement on penalties, to win their first Channel Islands Club Championship title since 1988.

Vale Rec also lifted the Guernsey FA Cup and the Stranger Cup in a silverware-laden season.

Romeril, who appeared for both Vale Rec and Rovers in the Priaulx League during his playing career, returned to the Corbet Field as first team head coach in the summer of 2022 having previously been the driving force behind Manzur. He had guided them from Social League football into the GFA League structure in 2015 and they went on to join the Priaulx League in 2017.

Martin Watts (Squash)

Martin has been involved with squash in Guernsey since 2005 and has coached hundreds of junior and adult players throughout that time. His passion and enthusiasm for the sport motivates players to enjoy this thriving, welcoming and inclusive club. He works relentlessly to organise popular clubs, leagues and competitions for players at all levels. Many players have gone on to represent Guernsey and Hampshire and compete as individuals at national level. Never one to sit back, he runs successful schemes to train new coaches, attract and develop new players (which includes working with local schools and the wider community), and has built valuable relationships with local sponsors. Martin is the driving force behind Guernsey's annual Inter-Insular and European Team Championship teams and goes above and beyond to give juniors opportunities to compete off island. He also leads by example having won the Island Championships and represented Guernsey on many occasions.

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.

The Nominations are:

Leo Carpenter (Squash)

Leo has made excellent progress in squash this year. At the age of just 13 and now playing in the under 15 age group his national ranking has gone from 45 in December 2023 to be inside the top 20 just a year later. He's also moved up from the regional Aspire squad to the England talent squad, travelling to the UK for training camps when he can. As well as winning the Hampshire closed tournament for the second year running, Leo came 23rd in the British Junior Championships, 15th in the Chichester Silver event and 11th in the Hampshire Junior Open. That's tremendous progress within a 12-month period with hopefully more to come in 2025

Oakley Francart (Fencing)

Oakley has achieved so much at 17. He has won Leon Paul under 17 competitions and has been selected for the GB Fencing Athlete Development Programme for the best young fencers. The programme aims to prepare athletes for future world championship and Olympics. Oakley is now part of the GB under 20 team. He fenced in Tunisia at the Junior World Cup joining the best fencers in the world - all will be hoping to qualify for the Olympics. Oakley now has a world ranking which should continue to improve this season. He is now ranked 12th for GB under 20. Oakley helps coaching the young fencer at Sarnia Sword Club and the fencers look up to him as a role model for what he has achieved.

Alex Hutchinson (Climbing)

Alex Hutchinson achieved the highest round result of any Under 18 climber in Guernsey in the Youth Climbing Series (YCS)-South East (South) region, coming 2nd in the 3rd round (Boulder) of the season. His previous result in the 1st round (boulder) was 5th. In the highwalls, he improved his highwalls result significantly from the 2nd round (high walls) to 7th in the 4th round (high walls). His overall rank at the end of the series was 5th. Alex showed great determination and grit throughout the series but particularly in the 3rd round (boulder) where he came 2nd and achieved a score of 199.6 out of 200, topping all of the routes. Only 3 other climbers topped all the routes during round 3.

Grace King (Athletics/Swimming)

Grace has progressed dramatically in 2024, becoming Hampshire cross country champion and placing 18th in the Nationals.

In local running she's achieved a place on the list of the fastest ladies of all time for a 5km road race at only 13 years old.

Grace's performance on the track for 800m and 1500m has also put her on the list of all time fastest local ladies.

Grace has also represented Guernsey in the swimming inter insular and recently brought home two golds and 6 silvers from the Channel Island Championships.

Zach Maiden (Swimming)

Zach Maiden at the age of only 13 years old has had a breakthrough year in swimming and made huge improvements in performance. His year started with a bang when he medalled at the Hampshire County Championships in all but one event! He was crowned the County Champion in the 800 and 1500m freestyle along with the gruelling 400m Individual Medley event which requires skill in all the strokes. In addition to the 3 gold medals, he won 6 silver and 3 bronze.

His performance at the Regional Championships was also impressive where he again excelled in the distance freestyle events where he won 3 silver medals and one bronze.

Following his inclusion in the Swim England Development Pathway Zach was invited to compete in the 3km Open Water National event where he secured an amazing bronze medal in his age group.

His outstanding performances at county and regional level resulted in him being invited to compete, for the first time, at the GoCardless Swim England Summer National Championships, where he competed in no fewer than 6 individual events

Whilst in his home pool, he continues to break club records and was one of 14 swimmers selected to represent Guernsey at the Malta Invitational Games.

Emile Prevel (Boxing)

Emile has been competing for The Amalgamated Boxing Club for two years and is a natural. He trains hard and this is paying off with a 9 bouts 9 wins result. He has competed against some of the best in his category and has demonstrated the ability to think on his feet and adapt to all styles of boxing. A massive talent and has the potential to go far in the sport

Luke Saunders (Motorsport)

Luke participates in all bike racing, (Hills, Sprints, Sand Racing, Motocross) and at the age of 18 he was named 'King of the Beach'. Luke is always helpful to his fellow competitors and often gives up his race to allow another competitor to share / ride his bike. He also often gives up his own time and/or race to marshal and assist with the set-up of events. At the age of 18 Luke has come such a long way, in such a short time and is truly an inspiration to other younger competitors in his chosen sport.

Josh Smith (Softball)

Josh has continued his success within the sport of softball playing for Great Britain and achieve his 4th Gold Medal at the European Championships held in Czech Republic. He also won 5 out of 6 domestic trophies for his club team in Guernsey. Josh is a great ambassador for Softball and has even set up an inter-school softball tournament for juniors for the second successful year held at Beau Sejour and continues to promote the sport in schools across the island through his teaching with Sports Commission.

Finn Walsh (Boxing)

Finn has been training at The Amalgamated Boxing club for nearly 4 years, initially picking up an interest in training and boxing during the covid lock downs which inspired a focus and drive to be the best he can. His hard work and dedication have made him one of the top boxers currently competing at the club with an 80% win ratio. He has come across extremely tough opponents, held his own and is now looking to move on to Elite level at only 12 bouts.

Guernsey Brewery Salver - Awarded for the outstanding individual sporting achievement of the year by a sportswoman resident in Guernsey

The nominees are:

Chloe Bown (Swimming)

Chloe joined Guernsey swimming at the beginning of the year after moving to the island. She has been part of the island team twice this year. She has broken a number of island records, one of which was 24 years old. She has competed at the GB Aquatics National championships where she got into the finals for her age group. She was also part of the Island team for the Malta Invitational games where she broke further island records and won gold medals in all of her races.

Megan Chapple (Triathlon)

Guernsey triathlete Megan Chapple added a World Championship medal to her ever-growing tally in December.

She finished third to take bronze in the 25-29 category and ninth overall within the large field of age-group triathletes tackling the 'half Ironman' distance in New Zealand.

Now based Down Under, Megan had claimed an Australian Age Group Championship title earlier in the year, finishing 12min. Clear of her nearest rival in Wollongong.

In June, she also finished second at the Ironman 70.3 in Cairns.

Maya Le Tissier (Football)

Guernsey professional footballer Maya Le Tissier became the youngest player to make 100 Women's Super League appearances in October when, at 22 years and 184 days, she captained Manchester United in their 1-1 draw at her former club Brighton & Hove Albion.

She beat the record previously set by her England teammate Lauren Hemp.

That remarkable achievement came in the same year that Maya helped Manchester United Women claim their first piece of major silverware as they beat Tottenham Hotspur 4-0 in the Women's FA Cup final at Wembley in May at the end of a campaign in which she shared the club's player-of-the-season accolade with Ella Toone.

Andrea Nightingale (Triathlon)

Having suffered multiple rib fractures, water on the lung and a head trauma whilst racing in the 2023 World Cycling Championships, Andrea also lost the sight in her right eye during the following 3 weeks.

2 operations later and with a new lens, November 2023 saw her return to intense training, determined to compete in the European Aquabike Middle Distance Championship in June 2024 winning the title by 7mins 30secs

However, the gold medal she really wanted was in Townsville, Australia and the Long Distance Aquabike Champs. It was the biggest group she had competed into date with 26 starting in the 60-65 yr old age group and a much higher standard than previously.

Her 3k swim saw her out of the water in 4th in 54mins and with a 3hr21mins ride over 115km she won the World title 2mins 35secs ahead of her rivals in a time of 4hr 19.14 for the 4th consecutive time.

Alison Merrien MBE (Bowls)

In March 2024, Ali Merrien travelled to the British Isles Indoor Bowls Council Championships to compete for the Channel Islands team in the Ladies Singles. Ali played the Welsh competitor in the semi-final, a player who has competed at World level multiple times. Ali had a strong start and won 21-5 to qualify for the final. For the final, Ali met long-time bowls rival Julie Forrest of Scotland. Julie and Ali had faced off on multiple previous occasions, with Julie taking the most previous titles. In this match, which Ali played straight after winning the Ladies Fours final with her team, she was on the back-foot for most of the game. Toward the end, Ali found some room to pull away, and won the match 21-16. This victory totals 7 British Isles Ladies Singles titles for Ali, which is the most won by any lady to date.

Medha Vallapureddy (Badminton)

Medha Vallapureddy joined the ranks of the Island women's badminton champions at just 14-year-old following her success at the Guernsey Senior Closed championships in December. Medha came through in a lengthy three set battle against Grace Edwards going one better than the previous year when she was runner up to Emily Trebert.

Richard Burton Salver – Awarded for the outstanding individual sporting achievement of the year by a sportsman resident in Guernsey

The nominees are:

Alastair Chalmers (Athletics)

Alastair Chalmers was on a mission in 2024 - that mission was the Olympic Games in Paris.

At the Olympic Trials, the Sarnian star inexplicably false started in the final. He claimed that crowd noise was the cause and demanded to run 'under protest' – a practice that is rarely seen but within the rules. Essentially – he would race and worry about pleading his case against disqualification later. Incredibly, he produced his best ever performance! Not only crossing the line first but doing so in 48.54sec despite the stereotypical Manchester weather. A 100-minute wait ensued whilst the appeal processes were followed – and eventually his reinstatement was confirmed along with automatic qualification for Paris. An incredible achievement given the circumstances.

Ala acquitted himself excellently in his heat in Paris, coming third and qualifying for the semi-final. The semi would finish in fairly dramatic fashion as he clattered a hurdle and fell. To his credit, he picked himself up and finished the race. Whilst it was a shame to bow out in such a way, the victory was in being in Paris in the colours of Team GB in the first place.

Oakley Francart (Fencing)

Oakley has achieved so much at 17. He has won Leon Paul under 17 competitions and has been selected for the GB Fencing Athlete Development Programme for the best young fencers. The programme aims to prepare athletes for future world championship and Olympics. Oakley is now part of the GB under 20 team. He fenced in Tunisia at the Junior World Cup joining the best fencers in the world - all will be hoping to qualify for the Olympics. Oakley now has a world ranking which should continue to improve this season. He is now ranked 12th for GB under 20. Oakley helps coaching the young fencer at Sarnia Sword Club and the fencers look up to him as a role model for what he has achieved.

Trevor Gallienne (Bar Billiards)

Trevor has won his 4th World Bar Billiards title in Jersey this November. Trevor had played in the previous 3 finals but was unable to convert any into wins. Trevor is an outstanding performer also winning his 26th island knockout championship and his 14th Channel Island title. He also won the individual Guernsey title, as well as captaining Guernsey to victory over Jersey in the annual inter insular.

Jason Greenslade (Bowls)

In April 2024, the World Bowls Indoor Championships were held in Guernsey, and Jason Greenslade qualified to compete for the Men's Singles title. Jason, originally from Wales, moved to Guernsey a few years ago and took playing for his new home country with pride. Jason is currently ranked 16th in the World on the World Bowls Tour rankings, and 32nd on the World Bowls Series rankings. He has previously won a multitude of titles at International and World level

but had never been able to take this title previously. In the competition Jason topped his singles group and came through a tough quarter-final against Spain and semi-final against New Zealand, which went to a tie-break, to face Malaysia in the final. The final was close, but Jason pulled away in the second set to come out victorious.

Ronny Hallett (Swimming)

Ronny Hallett has shown exceptional commitment and achievement in swimming this year. Competing in numerous meets, he achieved multiple personal best times and won several medals. Notably, he broke an island record at a National event, highlighting his talent on a prestigious stage. Ronny's dedication to his sport is unwavering, with relentless training and a focus on continuous improvement. His determination and hard work exemplify the qualities of an outstanding athlete, making him a worthy candidate for this award.

Conor McKenna (Golf)

17-year-old Conor's golf stock continued to rise in 2024. He was crowned Guernsey Men's Champion and also Guernsey Junior Boy's Champion. He became the youngest Guernsey player to be crowned CI Men's Champion and also added the CI Junior title for good measure. To hold all 4 of these titles is a phenomenal achievement the likes of which we have never seen before.

Conor represented a CI Golf team, Guernsey Men's & Junior Golf teams. In the Men's Inter-insular winning 2 out of 3 of his matches. At club level, he won 12 Royal Guernsey Golf Club scratch prizes in a row. Conor will be heading stateside this year after earning a scholarship to the St Thomas Aquinas College in New York

Conor Osborough (Swimming)

Conor Osborough was a successful swimmer as a youngster but retired from competitive swimming in his early 20s. Two years ago he decided that he would like to get back in the water and joined the Beau Sejour Barracudas Masters who train 3 times a week. In the last 2 years Conor has been seen competing locally, demonstrating his trademark impressive underwater kick in the butterfly and backstroke events to young Guernsey swimmers. Conor's passion for the sport has this year lead him further afield to compete at the Masters National Championship and also the Masters Inter County Championships.

Conor had an extremely successful weekend bringing home a national title after winning the 100m backstroke. Competing against the best master swimmers in the country, Osborough secured the 100m backstroke gold in the 45-49 age group in a lifetime best time of 1:01.45, beating his closest rival by over a second.

Osborough kept his form throughout the weekend, securing a podium finish in all his events. His trademark underwater work on the starts and turns earned him a silver medal in the 50m backstroke in a time of 28.44 and two bronze medals in the 50m butterfly (26.49) and in the 100m butterfly (1:01.61).

Placing his mark back on the swimming scene, Conor was then selected to represent Hampshire at the Masters Inter Counties Championship where he contributed hugely to Hampshire being crowned the champions.

Luke Saunders (Motorsport)

Luke participates in all bike racing, (Hills, Sprints, Sand Racing, Motocross) and at the age of 18 he was named 'King of the Beach'. Luke is always helpful to his fellow competitors and often gives up his race to allow another competitor to share / ride his bike. He also often gives up his own time and/or race to marshal and assist with the set-up of events. At the age of 18 Luke has come such a long way, in such a short time and is truly an inspiration to other younger competitors in his chosen sport.

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Alexander Stewart (Shooting)

Alexander has had an outstanding year which concluded with him coming second in St Georges one of the biggest competitions in Full-bore shooting against world class competitors only being beaten by a commonwealth games gold medallist. This is the best result from a Guernsey rifle shooter for many years at an international meeting. This achievement was the pinnacle of an outstanding season where he dominated and won numerous other competitions.

Thomas Vining (Motorsport)

Thomas has competed in Sandracing in Guernsey and Motorcycle Grasstrack events in the UK since he was 8 years old. He has been unbeaten in Sandracing since he started and this year at age 14, he won the British Intermediate Grasstrack Championship and also topped the ACU gradings list. Thomas has worked extremely hard to remain competitive despite having nowhere to train in Guernsey and having to extensively travel for events throughout the UK. He is 100% dedicated to his sport and is the first Channel Islander to win a British Youth Grasstrack title.

The Guernsey Sports Commission Trophy for the outstanding performer of the year.

The nominees are:

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