



## Chelmsford AC Club Records – Junior Men

Event	Athlete(s)	Performance	Date	Venue
<b>100m</b>	Marcus Hunt	10.7	22/03/2008	Chelmsford
<b>200m</b>	Terry Whitehead Marcus Hunt	21.70	07/08/1976 02/08/2008	Aldersley Eton
<b>400m</b>	Onyeka Okoh	47.73	04/06/2022	SportCity
<b>800m</b>	Roland Weedon	1:50.2	16/09/1979	Crystal Palace
<b>1500m</b>	Robert Chapman	3:52.4	17/07/1965	Watford
<b>3000m</b>	Dale Laughlin	8:22.5	1985	Crystal Palace
<b>5000m</b>	Keith Cullen	13:54.52	08/06/1991	Cardiff
<b>2000m SC</b>	Charles Marr	5:49.3	1976	West London
<b>3000m SC</b>	Richard Charleston	9:26.2	1974	Newham
<b>20M</b>	David Norman	1:50.44		
<b>Marathon</b>	Clive Holden	2:41.37		
<b>110mH</b>	Bradley Reed	15.03	14/05/2011	Chelmsford
<b>400mH</b>	Onyeka Okoh	51.63	07/06/2022	Loughborough
<b>High Jump</b>	Stuart Orhland	2.17m	28/08/1994	Copthall
<b>Long Jump i</b>	Terry Lucas	6.98m	01/03/2014	Sheffield
<b>Long Jump</b>	Calvin Barnes	6.99m	02/09/2007	Bury St Edmunds
<b>Triple Jump</b>	David Davey	13.99	09/05/1970	Harlow
<b>Pole Vault</b>	Graham Eggleton Michael Read	4.75m	10/09/1978 19/07/2008	Woodford Southend
<b>Shot Put</b>	Andrew Vince	17.32m	15/05/1977	Thurrock
<b>Discus</b>	Andrew Vince	48.94m	24/06/1978	Chelmsford
<b>Javelin</b>	Paul Bushnell (u17)	64.80m	01/09/1985	Braintree
<b>Hammer</b>	Levi Causton	61.18m	08/07/2016	Gateshead
<b>4*100m</b>	Nick Torry Robert Jarvis Ralph Burrows Colin Craig	43.20	04/07/1959	Enfield
<b>4*200m</b>				
<b>4*400m</b>	Nick Fellows Malcolm Wrench Colin Ridley Roland Weedon	3:31.0	13/09/1979	Hornchurch
<b>3*800m</b>				
<b>Medley</b>	Chris Watson Matthew Hamilton Rhys Collings Darren Blackwell	3:42.9	29/08/2015	Southend
<b>Decathlon</b>	Liam Yarwood	5592	15/09/2012	Bedford