



## Chelmsford AC Club Records – Junior Women

Event	Athlete(s)	Performance	Date	Venue
<b>100m</b>	Lily Parris	11.99	31/07/2021	Chelmsford
<b>200m</b>	Leah Duncan	24.88	12/09/2020	Dagenham
<b>400m</b>	Hayley McLean	55.19	23/02/2013	Birmingham
<b>800m</b>	Jessica Judd	1:59.77	11/06/2014	Oslo, Norway
<b>1500m</b>	Jessica Judd	4:09.93	15/07/2012	Barcelona
<b>3000m i</b>	Jessica Judd	9:00.06	16/02/2013	Birmingham
<b>3000m</b>	Jessica Judd	9:11.80	17/04/2013	Watford
<b>2000m SC</b>	Anna Ferguson	7:43.77	01/09/2002	Watford
<b>100mH</b>	Lily Parris	13.61	31/05/2021	Lee Valley
<b>200mH</b>	Jackie Philp	28.80	16/08/1969	Crystal Palace
<b>400mH</b>	Hayley McLean	56.50	28/05/2014	Namur, Belgium
<b>Long Jump</b>	Georgia Atkins	5.65m	17/07/2010	Cambridge
<b>High Jump</b>	Poppy Lake	1.81m	08/02/2014	Sheffield
<b>Triple Jump i</b>	Precious Oladagbu	10.56m	20/01/2008	Lee Valley
<b>Triple Jump</b>	Rebecca Quinlan	11.01m	28/04/2007	Sutton
<b>Shot Put</b>	Lola Kuponiyi	14.13m	19/06/2021	Bedford
<b>Discus</b>	Denise Sturman	48.24m	09/09/1978	Oxford
<b>Javelin</b>	Louise Pollen	45.58m	03/06/1987	Basildon
<b>Hammer</b>	Chelsea Coker	50.57m	08/09/2011	Colchester
<b>Pole Vault i</b>	Charlotte Howarth Nancy Epsly	3.60m	13/12/2008 28/01/2012	Bath Lee Valley
<b>Pole Vault</b>	Ellie Besford	3.81m	09/07/2010	Birmingham
<b>Pentathlon</b>	Jackie Phillip	4057	21/06/1969	Harlow
<b>Heptathlon</b>	Jessica Hopkins	4789	22/09/2019	Exeter
<b>4*100m</b>	Lauren Longhurst Rebecca French Rebecca Quinlan Celia Brown	51.40	06/06/2005	Haringey
<b>3*800m</b>				
<b>4*400m</b>				
<b>Marathon</b>	Michelle Wilcox	3:19.16	23/10/1976	Harlow