



Chelmsford AC Club Records – Junior Women

Event	Athlete(s)	Performance	Date	Venue
100m	Irene Gould	12.20	10/10/1965	Milan
200m	Rachel Dunthorne	25.10	09/06/1990	Walthamstow
400m	Hayley McLean	55.19	23/02/2013	Birmingham
800m	Jessica Judd	1:59.77	11/06/2014	Oslo, Norway
1500m	Jessica Judd	4:09.93	15/07/2012	Barcelona
3000m i	Jessica Judd	9:00.06	16/02/2013	Birmingham
3000m	Jessica Judd	9:11.80	17/04/2013	Watford
2000m SC	Anna Ferguson	7:43.77	01/09/2002	Watford
100mH	Georgia Atkins Hayley McLean	14.20	04/07/2010 25/08/2012	Ipswich Bedford
200mH	Jackie Philp	28.80	16/08/1969	Crystal Palace
400mH	Hayley McLean	56.50	28/05/2014	Namur, Belgium
Long Jump	Georgia Atkins	5.65m	17/07/2010	Cambridge
High Jump	Poppy Lake	1.81m	08/02/2014	Sheffield
Triple Jump i	Precious Oladagbu	10.56m	20/01/2008	Lee Valley
Triple Jump	Rebecca Quinlan	11.01m	28/04/2007	Sutton
Shot Put	Helen Clarke	13.58m	02/09/1978	Chelmsford
Discus	Denise Sturman	48.24m	09/09/1978	Oxford
Javelin	Louise Pollen	45.58m	03/06/1987	Basildon
Hammer	Chelsea Coker	50.57m	08/09/2011	Colchester
Pole Vault i	Charlotte Howarth Nancy Epsly	3.60m	13/12/2008 28/01/2012	Bath Lee Valley
Pole Vault	Ellie Besford	3.81m	09/07/2010	Birmingham
Pentathlon	Jackie Phillip	4057	21/06/1969	Harlow
Heptathlon	Jessica Hopkins	4789	22/09/2019	Exeter
4*100m	Lauren Longhurst Rebecca French Rebecca Quinlan Celia Brown	51.40	06/06/2005	Haringey
3*800m				
4*400m				
Marathon	Michelle Wilcox	3:19.16	23/10/1976	Harlow