



Chelmsford AC Club Records – Men V40

Event	Athlete(s)	Performance	Date	Venue
100m				
200m	Mike Williams	27.50	11/08/1999	
400m	Steve Toogood	51.81	11/05/2003	Chelmsford
800m	Steve Toogood	1:58.8		
1500m	Jim Sayers	4:09.1	1991	Woodford Green
3000m	Jim Sayers	9:09.7	1990	Harrow
3000m SC	Jim Sayers	10:15.1	17/05/1990	Harrow
5000m	Jim Sayers	16:09.7	1990	Colchester
100mH	Gerry Daniel	20.0		
400mH	Gerry Daniel	68.6		
Long Jump	Mike Williams	4.89m	08/09/2001	Bedford
High Jump	Gerry Daniel	1.45m		
Triple Jump	Mike Williams	9.30m	09/09/2001	Bedford
Pole Vault	M. Freestone	3.50m	09/09/1999	Bedford
Shot Put	Willem Botha	12.33m	28/06/2003	Guildford
Discus	Willem Botha	40.96m	12/07/2003	Chelmsford
Javelin	Martin Branfoot	43.10m	09/09/1999	Bedford
Hammer	Malcolm Fenton	60.34m	May 1998	Southend