



Chelmsford AC Club Records – Men V45

Event	Athlete(s)	Performance	Date	Venue
100m	Prince Duwai	12.1	05/10/2010	Chelmsford
200m				
400m	Steve Toogood	54.41		Lee Valley
800m	Steve Toogood	2:04.2	2008	Clermont, FR
1500m	David Griffin	4:18.9	24/06/2000	Chelmsford
3000m	David Griffin	9:05.7	01/07/2001	Chelmsford
3000m SC	David Griffin	10:07.0	24/06/2000	Chelmsford
5000m	David Griffin	15:54.66	29/07/2000	Chelmsford
10000m	Michael Bridgeland	35:19.58	25/05/2008	Horspath
100mH				
400mH				
Long Jump	Prince Duwai	4.94m	29/06/2011	Chelmsford
High Jump				
Triple Jump				
Shot Put				
Discus				
Javelin	Martin Branfoot	40.52m	04/09/2005	Bedford
Hammer				
HM	Michael Bridgeland	75.54	04/02/2007	Gt Bentley
Marathon	Michael Bridgeland	2:47.19	13/04/2008	London