



Chelmsford AC Club Records – Men V50

Event	Athlete(s)	Performance	Date	Venue
100m	Phil Harris	12.80	04/07/2001	Chelmsford
200m	Phil Harris	26.10	1999	Chelmsford
400m	Phil Harris	59.90		Warrington
800m	Tony Roberts	2:13.28	22/06/2016	St Ives
1500m	Michael Bridgeland	4:33.6	02/04/2011	Hornchurch
3000m	Michael Bridgeland	9:31.3	27/02/2011	Lee Valley
3000m SC				
5000m	Michael Bridgeland	16.23	20/06/2010	Horwich
10000m	Michael Bridgeland	34:42.18	05/06/2011	Horspath
100mH	Phil Harris	18.60	1998	
400mH	Phil Harris	65.20	1998	Braintree
Long Jump	Phil Harris	5.01m	27/07/2001	Stevenage
High Jump	Phil Harris	1.45m	2000	
Triple Jump	Phil Harris	9.74m	1998	Braintree
Pole Vault	Martin Branfoot	1.80m	03/08/2011	Southend
Shot Put	Brian Hatch	12.42m	15/09/2002	Ashford
Discus	Brian Hatch	39.52m	08/09/2001	Bedford
Javelin	Brian Hatch	42.98	07/07/2002	Stevenage
Hammer				
HM	Michael Bridgeland	76.26	07/02/2010	Gt Bentley
Marathon	Michael Bridgeland	2:46.13	26/04/2009	London
Mile	Tony Roberts	5:06.3	20/07/2016	St Ives