



## Chelmsford AC Club Records – Men V55

Event	Athlete(s)	Performance	Date	Venue
<b>100m</b>				
<b>200m</b>				
<b>400m</b>				
<b>800m</b>				
<b>1500m</b>	Michael Bridgeland	4:46.46	19/02/2014	Lee Valley
<b>3000m</b>				
<b>3000m SC</b>				
<b>5000m</b>	Michael Bridgeland	17.54	31/01/2014	Hyde Park
<b>100mH</b>				
<b>400mH</b>				
<b>Long Jump</b>				
<b>High Jump</b>	Martin Branfoot	1.20m	27/07/2016	Lee Valley
<b>Pole Vault</b>	Martin Branfoot	1.80m	11/07/2012	Chelmsford
<b>Triple Jump</b>				
<b>Shot Put</b>	Brian Hatch	12.31m	07/06/2003	Derby
<b>Discus</b>	Brian Hatch	39.81m	07/06/2003	Derby
<b>Javelin</b>	Brian Hatch	40.58m	09/09/2003	Bedford
<b>Hammer</b>	Andy Vince	40.75m	04/09/2018	Malaga, Spain
<b>HM</b>	Michael Bridgeland	82.41	09/02/2014	Gt Bentley