



Chelmsford AC Club Records – Men V70

Event	Athlete(s)	Performance	Date	Venue
100m	Graham Smith	17.20	1990	Bedford
200m	Graham Smith	34.30	1990	Bedford
400m				
800m				
1500m				
3000m				
3000m SC				
5000m				
100mH				
400mH				
Long Jump	Geoff Tyler	2.09m	25/09/2021	Milton Keynes
High Jump	Graham Smith	1.10m	1990	Bedford
Triple Jump	Geoff Tyler	5.37m	02/09/2021	Chelmsford
Shot Put 4K	Geoff Tyler	13.33m	01/03/2020	Lee Valley
Discus 1K	Geoff Tyler	43.56m	08/03/2020	Lee Valley
Javelin 600g	Geoff Tyler	27.07m	31/07/2019	Colchester
Hammer 4K	Geoff Tyler	28.78m	31/07/2019	Colchester
Hammer 5K	Geoff Tyler	32.89m	06/04/2019	Kingston
Decathlon				