



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				
High Jump	Graham Smith	1.10m	1990	Bedford
Triple Jump				
Shot Put				
Discus				
Javelin				
Hammer				
Decathlon				