



Chelmsford AC Club Records – Senior Men

Event	Athlete(s)	Performance	Date	Venue
60m	Adeseye Ogunlewe	6.68	27/01/2013	Lee Valley
100m	Adeseye Ogunlewe	10.23	26/04/2014	Clermont FL, USA
200m	Adeseye Ogunlewe	21.11	30/07/2014	Hampden Park
400m	Terry Whitehead	45.81	14/06/1980	Crystal Palace
800m	Bill Cornell	1:47.4	16/06/1962	St Louis MO, USA
1500m	Bill Cornell	3:42.5	13/07/1963	Illinois
3000m	Keith Cullen	7:53.31	31/05/1997	Hengelo, NED
5000m	Dale Laughlin	13:43	02/06/1991	Birmingham
10000m	Dale Laughlin	29:02.38	27/07/1989	
3000m SC	Keith Cullen	8:26.05	21/08/1995	Gateshead
20M	Leonard Edelen	1:45.31.8	22/04/1961	Finchley
HM	Keith Cullen	62.11	20/08/2000	Glasgow
Marathon	Keith Cullen	2:13.37	16/04/2000	London
3k Walk	Don Cox	12:48.02	29/05/1972	Leicester
5k Walk	Don Cox	22:04	16/04/1979	London
10k Walk	Don Cox	46:02.08	12/04/1972	Newham
20k Walk	Don Cox	93:51	15/03/1975	GB v France
20M Walk	Don Cox	2:39.08	24/04/1971	Chelmsford-Southend
100m Walk	Don Cox	21.10.5	14/09/2000	Newmarket
24hr Walk	Don Cox	110 miles	14/09/2000	Newmarket
28hr Walk	Don Cox	214.785km	16/09/2000	Roubaix France
1hr Walk	Don Cox	8m 48yds	04/08/1971	Ilford
110mH	Rupert Legge	14.4	06/07/1967	Sennelager
400mH	Onyeka Okoh	51.63	07/06/2022	Loughborough
High Jump	Stuart Orhland	2.17m	28/08/1994	Copthall
Long Jump	Jordan Lau	7.21m	08/07/2000	Sheffield
Triple Jump	David Davey	13.99	09/08/1970	Harlow
Pole Vault	Liam Yarwood	4.80m	14/05/2014	Loughborough
Shot Put	Andrew Vince	17.33m	1982	Essex Champs
Discus	Joe Bloomfield	51.23m	07/07/2018	Bedford
Javelin	Ralph Hume	62.1m	16/07/1972	Harlow
Hammer	Joe Bloomfield	63.35m	23/06/2018	Chelmsford
4*100m	Steve Marlow Richard Smith David Stonebank Alistair Ross	42.3	16/06/1974	Crystal Palace
4*200m	Steve Marlow Richard Smith Alistair Ross	1:28.6	09/08/1975	Bracknell



	Terry Whitehead			
4*400m	Ken Hills David Robinson Roland Weedon Terry Whitehead	3:16.1	14/06/1981	Luton
3*800m	David Tullett Martin Gibbs John Bolton	5:50.2	1988	Havering
Medley	Martin Gibbs Stephen Toogood David Tullett Jonathan Stark	3:29.6	1986	Thurrock
Pentathlon	Alex Gibson	3475	16/01/2005	Bedford
Decathlon	Alex Gibson	7028	10/08/2002	Copthall