



Chelmsford AC Club Records – Senior Women

Event	Athlete(s)	Performance	Date	Venue
60m	Aleasha Kiddle	7.46	28/01/2018	Bratislava
100m	Aleasha Kiddle	11.81	29/07/2017	Bedford
200m	Louise Wood	24.43	10/05/2009	Chelmsford
400m	Lauren Bouchard	54.40	02/02/2014	Sheffield
800m	Jessica Judd	2:02.14	15/08/2017	Stretford
1500m	Jessica Judd	4:03.73	04/08/2017	London
3000m	Jessica Judd	8:43.24	06/09/2017	Watford
5000m	Jessica Judd	15:34.82	27/05/2017	Sportcity
10000m	Wendy King	39:27.47	05/08/2012	Horspath
60mH	Hayley Mclean	8.64	27/02/2011	Birmingham
100mH	Louise Wood	13.70	13/06/2009	Stoke
400mH	Hayley McLean	56.43	29/06/2014	Birmingham
Long Jump	Louise Wood	5.75m	09/07/2016	Chelmsford
High Jump	Louise Miller	1.94m	25/05/1980	Naples
Triple Jump i	Louise Wood	11.46m	27/01/2008	Lee Valley
Triple Jump	Louise Wood	12.30m	28/06/2008	Chelmsford
Shot Put	Helen Hounsell	14.91m	22/05/1988	Nottingham
Discus	Deborah Bushnell	53.58m	20/07/1991	Enfield
Javelin	Deborah Bushnell	42.14m	28/04/1982	Ipswich
Hammer	Georgina Howe	50.05m	28/04/2018	Lee Valley
Pole Vault	Kate Alexander Ellie Besford	3.10m	20/05/2006 20/08/2016	Havant Datford
Pentathlon	Jackie Philp	3612	31/05/1970	Edinburgh
Pentathlon I (60m)	Siobhan Dennehy	3082	17/01/2005	Bedford
Pentathlon i	Jessica Tappin	3902	29/01/2012	Prague, CZ
Heptathlon	Louise Wood	5484	03/07/2011	Torun, Poland
4*100m	Elizabeth Cauldwell Irene Gould Christine McFarland Jackie Philp	48.40	30/05/1969	Welwyn
3*800m	Sarah Anstee Emma Chellew Tracy Minton	7:14.4	27/06/1985	Hornchurch
4*400m	Hayley McLean Joceline Monteiro Rosa Prideaux Claire Netley	3:49.20	15/07/2018	Bracknell
Medley	Angela Rothwell Tracey Minton Sarah Anstee Carolina Weatherill	4:08.0	1988	Havering



Marathon	Natalie de Villiers	2:55:51	22/04/2012	London
3k Walk	Shirley Wood	16.51	12/05/1973	Newham