



## Chelmsford AC Club Records – Senior Women

Event	Athlete(s)	Performance	Date	Venue
<b>60m</b>	Aleasha Kiddle	7.46	28/01/2018	Bratislava
<b>100m</b>	Aleasha Kiddle	11.81	29/07/2017	Bedford
<b>200m</b>	Louise Wood	24.43	10/05/2009	Chelmsford
<b>400m</b>	Lauren Bouchard	54.40	02/02/2014	Sheffield
<b>800m</b>	Jessica Judd	2:02.14	15/08/2017	Stretford
<b>1500m</b>	Jessica Judd	4:03.73	04/08/2017	London
<b>3000m</b>	Jessica Judd	8:43.24	06/09/2017	Watford
<b>5000m</b>	Jessica Judd	15:34.82	27/05/2017	Sportcity
<b>10000m</b>	Wendy King	39:27.47	05/08/2012	Horspath
<b>60mH</b>	Hayley Mclean	8.64	27/02/2011	Birmingham
<b>100mH</b>	Louise Wood	13.70	13/06/2009	Stoke
<b>400mH</b>	Hayley McLean	56.43	29/06/2014	Birmingham
<b>Long Jump</b>	Louise Wood	5.75m	09/07/2016	Chelmsford
<b>High Jump</b>	Louise Miller	1.94m	25/05/1980	Naples
<b>Triple Jump i</b>	Louise Wood	11.46m	27/01/2008	Lee Valley
<b>Triple Jump</b>	Louise Wood	12.30m	28/06/2008	Chelmsford
<b>Shot Put</b>	Helen Hounsell	14.91m	22/05/1988	Nottingham
<b>Discus</b>	Deborah Bushnell	53.58m	20/07/1991	Enfield
<b>Javelin</b>	Deborah Bushnell	42.14m	28/04/1982	Ipswich
<b>Hammer</b>	Georgina Howe	50.05m	28/04/2018	Lee Valley
<b>Pole Vault</b>	Kate Alexander Ellie Besford	3.10m	20/05/2006 20/08/2016	Havant Datford
<b>Pentathlon</b>	Jackie Philp	3612	31/05/1970	Edinburgh
<b>Pentathlon I (60m)</b>	Siobhan Dennehy	3082	17/01/2005	Bedford
<b>Pentathlon i</b>	Jessica Tappin	3902	29/01/2012	Prague, CZ
<b>Heptathlon</b>	Louise Wood	5484	03/07/2011	Torun, Poland
<b>4*100m</b>	Lily Parris Leah Duncan Kissiwaa Mensah Aleasha Kiddle	48.20	06/06/2021	Peterborough
<b>3*800m</b>	Sarah Anstee Emma Chellew Tracy Minton	7:14.4	27/06/1985	Hornchurch
<b>4*400m</b>	Hayley McLean Joceline Monteiro Rosa Prideaux Claire Netley	3:49.20	15/07/2018	Bracknell
<b>Medley</b>	Angela Rothwell Tracey Minton Sarah Anstee Carolina Weatherill	4:08.0	1988	Havering



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