



## Chelmsford AC Club Records – U13 Girls

Event	Athlete(s)	Performance	Date	Venue
<b>75m</b>	Phoebe Smithdale	10.14	10/05/2009	Chelmsford
<b>100m</b>	Hannah Smithdale	13.00	26/08/2007	Newham
<b>150m</b>	Lauren Janecce	20.40	07/05/2001	Colchester
<b>200m</b>	Rachel Dunthorne	27.30	13/07/1986	Bedford
<b>600m</b>	Rosa Prideaux	1:43.15	12/06/2010	Chelmsford
<b>800m</b>	Khahisa Mhlanga	2:15.74	22/08/2012	Watford
<b>1200m</b>	Khahisa Mhlanga	3:47.36	28/04/2012	Southend
<b>1500m</b>	Khahisa Mhlanga	4:40.63	25/07/2012	Watford
<b>70mH</b>	Jessica Down	11.20	23/06/2012	Hemel Hempstead
<b>Long Jump</b>	Connie Forman	4.95m	23/06/2013	Chelmsford
<b>High Jump</b>	Hannah Bardo	1.48m	06/09/2015	Grays
<b>Shot Put</b>	Maegan Hopkins	10.84m	05/08/2018	Peterborough
<b>Discus</b>	Sarah McIlwain-Bates	30.46m	14/09/2003	Bedford
<b>Javelin</b>	Maegan Hopkins	28.26m	12/05/2018	Chelmsford
<b>Pole Vault</b>	Ellie Besford	2.10m	28/08/2005	Abingdon
<b>Pentathlon</b>	Jessica Down	2243	23/06/2012	Hemel Hempstead
<b>4*100m</b>		53.3	14/07/2009	Braintree
<b>3*800m</b>	Nneka Okoh Holly Watson Erin Little	7:25.85	29/06/2018	Basildon