



Chelmsford AC Club Records – U15 Girls

Event	Athlete(s)	Performance	Date	Venue
100m	Kissiwaa Mensah	12.0	11/05/2019	Chelmsford
200m	Kissiwaa Mensah	25.2	07/07/2019	Stevenage
300m	Nicole McKechnie	40.56	14/05/2011	Chelmsford
800m	Khahisa Mhlanga	2:08.72	10/09/2014	Watford
1500m	Jessica Judd	4:25.16	12/08/2009	Watford
3000m	Sophie Riches	9:43.34	21/04/2010	Watford
75mH	Moesha Howard	11.00	21/08/2011	Bedford
Long Jump	Angela Rothwell	5.63m	13/09/1975	Hurlingham
High Jump	Poppy Lake	1.69m	09/07/2010	Birmingham
Triple Jump i	Hannah Besford	10.06m	31/01/2005	Sutton
Triple Jump	Amelie Scott	10.12m	15/05/2022	Chelmsford
Shot Put	Jessica Hopkins	12.86m	28/08/2016	Bedford
Discus	Gabrielle Quigley	37.38m	31/08/2014	Bedford
Javelin	Jessica Hopkins	39.30m	07/08/2016	Chelmsford
Hammer	Laura Runciman	48.06m	23/08/2015	Hendon
Pole Vault i	Nancy Epsly	3.20m	15/02/2009	Birmingham
Pole Vault	Èllie Besford	3.40m	05/08/2007	Hendon
Pentathlon i (60m)	Hannah Besford	2627	17/01/2005	Bedford
Pentathlon i (800m)	Jessica Hopkins	3179	13/03/2016	Sheffield
Pentathlon	Jessica Hopkins	3267	18/09/2016	Exeter
4*100m	White Nicki Eves Lisa Simmons Jackie Small	49.75	16/07/1983	Birmingham
4*200m	Karen Thomas Moss Angela Green Julie Dawson	1:49.3	12/09/1979	Hornchurch
4*300m	Erin Little Holly Watson Nneka Okoh Kiera Atkinson	2:58.17	28/06/2019	Chelmsford
3*800m	Erin Little Holly Watson Nneka Okoh Kiera Atkinson	7:15.19	28/06/2019	Chelmsford
4*800m	Julie Dawson Christine Read	9:48.1	15/09/1976	Crystal Palace



	Sarah Collingwood Denise Bell			
Medley		4:13.9	14/07/2009	Braintree