



Chelmsford AC Club Records – Women V35

Event	Athlete(s)	Performance	Date	Venue
100m	Sarah Stark	14.5	August 2001	Chelmsford
200m	Sally Judd	29.7	05/06/2013	Southend
400m	Sally Judd	66.07	16/05/2012	Watford
800m	Claire Hayes	2:20.5	02/07/2005	Chelmsford
1500m	Joanne Bulgin	4:49.88	27/07/2003	Watford
3000m	Claire Hayes	10:37.5	04/06/2005	Haringey
5000m	Wendy King	18.56	23/02/2007	London
5M	Wendy King	30:40	16/10/2011	Wix
10k	Wendy King	39:18	23/05/2007	Weymouth
HM	Wendy King	85:29	25/03/2007	Brentwood
20M	Wendy King	2:13.42	18/02/2007	Gt Bentley
Marathon	Wendy King	3:02.26	18/10/2009	Abingdon
100mH				
400mH	Wendy King	85.1	03/08/2011	Southend
Long Jump	Sarah Besford	4.38m	04/09/2005	Bedford
High Jump				
Triple Jump				
Shot Put	Sarah Besford	8.89m	17/04/2005	Colchester
Discus	Sarah Besford	25.91m	31/07/2005	Ipswich
Javelin				
Hammer	Sarah Besford	31.80m		Chelmsford
Heptathlon				