



Chelmsford AC Club Records – Women V40

Event	Athlete(s)	Performance	Date	Venue
100m	Heather Wells	14.9	04/09/1997	
200m	Sally Judd	29.7	05/07/2017	Chelmsford
400m	Jill Kent	65.0	05/07/2000	Chelmsford
800m	Sally Judd	2:21.5	15/04/2017	Peterborough
1500m	Sally Judd	4:51.30	23/08/2016	Watford
3000m	Sally Judd	10:21.79	05/04/2017	Watford
2000m SC	Sally Judd	7:37.5	15/04/2017	Peterborough
5000m	Wendy King	19:24.8	22/05/2016	Chelmsford
5M	Wendy King	31:30	18/10/2015	Wix
10k	Wendy King	39:05	04/05/2014	Kings Lynn
HM	Wendy King	86:44	07/04/2013	Paddock Wood
20M				
Marathon				
100mH	Jill Kent	20.0	05/07/2000	Chelmsford
400mH	Jill Kent	74.9	24/06/2000	Chelmsford
Long Jump	Sarah Besford	4.58m	02/09/2007	Bedford
High Jump	Heidi Johnson	1.30m	07/06/2017	Southend
Triple Jump	Margaret Jarvis	7.75m	25/04/1998	Braintree
Shot Put	Shirley Quinn	7.49m		
Discus	Shirley Quinn	33.48m	25/05/1997	Braintree
Javelin	Shirley Quinn	22.52m	11/09/1999	Bedford
Hammer	Sarah Besford	33.36m	28/01/2007	Chelmsford
Pentathlon	Margaret Jarvis	2012 (NAA)	27/09/1998	Basildon
Heptathlon				