



Chelmsford AC Club Records – Women V45

Event	Athlete(s)	Performance	Date	Venue
100m	Sylvia Sergeant	15.4		
200m	Margaret Jarvis	32.5	14/07/2002	Watford
400m	Joanne Smith	71.0	03/07/2013	Chelmsford
800m	Joanne Smith	2:37.9	07/08/2013	Lee Valley
1500m	Wendy King	5:02.8	17/06/2017	Chelmsford
3000m	Joanne Smith	11:24.2	07/08/2013	Lee Valley
5000m	Wendy King	19:15.4	08/07/2017	Chelmsford
5M	Joanne Smith	35:02	26/12/2015	Witham
10k				
HM				
20M				
Marathon				
80mH	Sue Dodson	14.5	1999	Bedford
100mH	Margaret Jarvis	22.3	14/07/2002	Kings Lynn
400mH	Margaret Jarvis	81.6	12/08/2000	Bromley
Long Jump	Clare St John-Coleman	4.14m	03/09/2006	Bedford
High Jump	Sue Dodson	1.30m	1999	Bedford
Pole Vault	Tina Quinlivan	2.95m	19/05/2019	Chelmsford
Triple Jump	Sue Dodson	9.02m	1999	Bedford
Shot Put	Sue Dodson	7.76m	1999	Bedford
Discus	Shirley Quinn	33.37m	2000	Gt Yarmouth
Javelin	Shirley Quinn	22.52m	11/11/1999	Bedford
Hammer	Shirley Quinn	28.81m	11/11/1999	Bedford
Pentathlon				
Heptathlon				