



Chelmsford AC Club Records – Women V50

Event	Athlete(s)	Performance	Date	Venue
100m	Sylvia Sergeant	15.4	07/09/2002	Bedford
200m				
400m				
800m				
1500m				
3000m				
5000m				
5M				
10k				
HM				
20M				
Marathon				
80mH				
100mH				
400mH				
Long Jump	Clare St John-Coleman	4.15m		
High Jump	Clare St John-Coleman	1.10m	08/09/2013	Bedford
Triple Jump	Clare St John-Coleman	8.64m	04/07/2015	Chelmsford
Pole Vault	Clare St John-Coleman	2.00m		
Shot Put	Shirley Quinn	9.06m		
Discus	Shirley Quinn	32.59m	16/08/2009	Solihull
Javelin				
Hammer 3kg	Shirley Quinn	37.57m	19/07/2009	Chelmsford
Hammer 4kg	Shirley Quinn	31.48m	10/05/2009	Chelmsford
Pentathlon				
Heptathlon				