



Chelmsford AC Club Records – Women V55

Event	Athlete(s)	Performance	Date	Venue
100m	Clare St John-Coleman	14.88	17/09/2016	Birmingham
200m	Clare St John-Coleman	34.06	14/02/2016	Lee Valley
400m				
800m				
1500m				
3000m				
5000m				
5M				
10k				
HM				
20M				
Marathon				
80mH				
100mH				
400mH				
Long Jump	Clare St John-Coleman	3.99m	26/03/2016	Chelmsford
High Jump	Clare St John-Coleman	1.00m	01/06/2016	Chelmsford
Triple Jump	Clare St John-Coleman	8.31m	27/07/2016	Lee Valley
Pole Vault	Clare St John-Coleman	1.80m	28/02/2016	Lee Valley
Shot Put	Shirley Quinn	9.14m		
Discus	Shirley Quinn	34.42m	30/07/2011	Worthing
Javelin	Shirley Quinn	19.47m	02/06/2010	Lee Valley
Hammer 3kg	Shirley Quinn	38.73m	21/06/2011	Colchester
Hammer 4kg	Shirley Quinn	31.17m	22/05/2010	Horsham
Pentathlon				
Heptathlon				