



## Chelmsford AC Club Records – Women V60

Event	Athlete(s)	Performance	Date	Venue
<b>100m</b>	Sylvia Sergeant	17.0	13/06/2012	Chelmsford
<b>200m</b>	Sylvia Sergeant	38.0	11/07/2012	Chelmsford
<b>400m</b>				
<b>800m</b>	Sylvia Sergeant	4:26.7	23/09/2012	Milton Keynes
<b>1500m</b>				
<b>3000m</b>				
<b>5000m</b>				
<b>5M</b>				
<b>10k</b>				
<b>HM</b>				
<b>20M</b>				
<b>Marathon</b>				
<b>80mH</b>				
<b>100mH</b>				
<b>400mH</b>				
<b>Long Jump</b>	Sylvia Sergeant	3.37m	07/07/2010	Chelmsford
<b>High Jump</b>	Shirley Quinn	1.00m	10/09/2017	Bedford
<b>Triple Jump</b>				
<b>Pole Vault</b>				
<b>Shot Put 3kg</b>	Shirley Quinn	8.37m	11/08/2018	Southend
<b>Shot Put 4kg</b>	Shirley Quinn	7.24m	20/06/2015	Crawley
<b>Discus</b>	Shirley Quinn	31.57m	26/03/2016	Chelmsford
<b>Javelin 600g</b>	Shirley Quinn	17.52m	19/08/2017	Dartford
<b>Javelin 500g</b>	Shirley Quinn	19.59m	22/07/2017	Southend
<b>Hammer 3kg</b>	Shirley Quinn	36.30m	10/09/2017	Bedford
<b>Hammer 4kg</b>	Shirley Quinn	30.21m	15/04/2017	Peterborough
<b>Pentathlon</b>				
<b>Heptathlon</b>				