



Chelmsford AC Club Records – Women V60

Event	Athlete(s)	Performance	Date	Venue
100m	Clare St John Coleman	15.69	19/08/2020	Chelmsford
200m	Sylvia Sergeant	38.0	11/07/2012	Chelmsford
400m				
800m	Sylvia Sergeant	4:26.7	23/09/2012	Milton Keynes
1500m				
3000m				
5000m				
5M				
10k				
HM				
20M				
Marathon				
80mH				
100mH				
400mH				
Long Jump	Clare St John Coleman	3.96m	02/05/2021	Hornchurch
High Jump	Shirley Quinn	1.00m	10/09/2017	Bedford
Triple Jump				
Pole Vault				
Shot Put 3kg	Shirley Quinn	8.37m	11/08/2018	Southend
Shot Put 4kg	Shirley Quinn	7.24m	20/06/2015	Crawley
Discus	Shirley Quinn	31.57m	26/03/2016	Chelmsford
Javelin 600g	Shirley Quinn	17.52m	19/08/2017	Dartford
Javelin 500g	Shirley Quinn	19.59m	22/07/2017	Southend
Hammer 3kg	Shirley Quinn	36.30m	10/09/2017	Bedford
Hammer 4kg	Shirley Quinn	30.21m	15/04/2017	Peterborough
Pentathlon				
Heptathlon				