

Track & Field: Senior Club Records: TRACK							
MEN				WOMEN			
100m	Graham Hedman	1998	10.7	100m	Sarah Hancock	?	12.2
150m	Graham Hedman	1997	16.4	150m	Sarah Hancock	1998	19.2
200m	Graham Hedman	1998	21.9	200m	Carly Moody	1997	24.73
300m	Graham Hedman	1997	35.3	300m	Sarah Hancock	1996	42.4
400m	Charlie Shingleton Chelmsford	02Jun 2018	49.66	400m	Alison Flint	1988	58.3
600m	Ben Harper	1995	1:24.0	600m	Jaqueline Maskell	1980	1:42.5
800m	Tom Lerwill	1995	1:50.5	800m	Jaqueline Maskell	1980	2:11.4
1500m	Martin Gormley	1982	4:05.7	1500m	Jaqueline Maskell	1980	4:34.2
1 Mile	Tim Woulfe Woodford Green	05Sept 2017	4:35.74	1 Mile	Jaqueline Maskell	1980	5:15.1
3000m	Martin Gormley	1982	8:37.7	3000m	Jaqueline Maskell	1980	10:50.8
5000m	Martin Gormley	1983	14:45.6				
110mH	Clint Barrett	1997	15.8	100mH	Lisa Teverson	1989	16.6
200mH	Clint Barrett	1997	26.9				
400mH	Clint Barrett	1997	57.2	400mH	Kristi Andrews	1998	66.2
2000mSC	Kevin Jolley	1985	6:34.4				
3000mSC	Kevin Jolley	1986	9:58.1				

Track & Field: Senior Club Records: RELAYS

MEN				WOMEN			
4x100m	Graham Hedman			4x100m	Louise Wood		
	Leighton Green				Sarah Hancock		
	Andrew Rose				Sarah Fleetham		
	John Hossan	1997	44.0		Kristi Andrews	?	49.8
4x400m	Sam Deer			4x400m	Debbie Jacob		
	Graham Hedman				Ellie Hughes		
	Tom Lerwill				Sarah Hancock		
	Ben Harper	1995	3.23.1		Kirsty Morris	1996	4.14. 0

