



Chelmsford AC Club Records – Junior Men

Event	Athlete(s)	Performance	Date	Venue
100m	Marcus Hunt	10.7	22/03/2008	Chelmsford
200m	Terry Whitehead Marcus Hunt	21.70	07/08/1976 02/08/2008	Aldersley Eton
400m	Onyeka Okoh	47.73	04/06/2022	SportCity
800m	Roland Weedon	1:50.2	16/09/1979	Crystal Palace
1500m	Robert Chapman	3:52.4	17/07/1965	Watford
3000m	Dale Laughlin	8:22.5	1985	Crystal Palace
5000m	Keith Cullen	13:54.52	08/06/1991	Cardiff
2000m SC	Charles Marr	5:49.3	1976	West London
3000m SC	Richard Charleston	9:26.2	1974	Newham
20M	David Norman	1:50.44		
Marathon	Clive Holden	2:41.37		
110mH	Bradley Reed	15.03	14/05/2011	Chelmsford
400mH	Onyeka Okoh	50.95	04/08/2022	Columbia
High Jump	Stuart Orhland	2.17m	28/08/1994	Copthall
Long Jump i	Terry Lucas	6.98m	01/03/2014	Sheffield
Long Jump	Calvin Barnes	6.99m	02/09/2007	Bury St Edmunds
Triple Jump	David Davey	13.99	09/05/1970	Harlow
Pole Vault	Graham Eggleton Michael Read	4.75m	10/09/1978 19/07/2008	Woodford Southend
Shot Put	Andrew Vince	17.32m	15/05/1977	Thurrock
Discus	Andrew Vince	48.94m	24/06/1978	Chelmsford
Javelin	Paul Bushnell (u17)	64.80m	01/09/1985	Braintree
Hammer	Levi Causton	61.18m	08/07/2016	Gateshead
4*100m	Nick Torry Robert Jarvis Ralph Burrows Colin Craig	43.20	04/07/1959	Enfield
4*200m				
4*400m	Jack Gilbert Darcy Sullivan Will Steadman Onyeka Okoh	3:22.99	21/08/2022	Bedford
3*800m				
Medley	Chris Watson Matthew Hamilton Rhys Collings Darren Blackwell	3:42.9	29/08/2015	Southend
Decathlon	Liam Yarwood	5592	15/09/2012	Bedford