

# SOUTHEND-ON-SEA ATHLETIC CLUB

## Age Records to 31<sup>st</sup> December 2009

### 75m

11	Ghanelle Edwards	10.6	2006
12	Olivia Law	10.4	2007
	Charleen Kuzvidza	10.4	2009
	Tinashe Mutsure	10.4	2009

### 100m

11	Sarah Wilhelmy	13.1	1991				
12	Sarah Wilhelmy	12.7	1992	12	Elliott Brittain	12.7	1988
					Craig Palmer	12.7	1995
13	Sarah Wilhelmy	12.3	1993	13	James McLean	11.6	2004
14	Sarah Wilhelmy	12.0	1994	14	P Gibbs	11.6	1985
					David Mott	11.6	2001
15	Sarah Wilhelmy	11.83	1995	15	Jake King	11.1	2009
16	<i>inferior to 15</i>			16	Mark Smith	10.9	1988
17	<i>inferior to 15</i>			17	<i>inferior to 16</i>		
18	Sarah Wilhelmy	11.71	1998	18	Mark Smith	10.6	1990
19	<i>inferior to 18</i>			19	Derek Young	10.6	1961

### 150m

12	Tinashe Mutsure	20.7	2009
13*	Georgia Atkins	20.3	2007
	Chloe Longhurst	20.3	2007
14*	Olivia Law	20.3	2009

### 200m

11	Sarah Wilhelmy	27.6	1991				
12	Sarah Wilhelmy	26.2	1992	12	Craig Palmer	25.7	1995
13	Sarah Wilhelmy	25.09	1993	13	Jake King	23.82	2007
14	Sarah Wilhelmy	23.99	1994	14	Nick Hewitt	23.1	1987
15	<i>inferior to 14</i>			15	Jake King	22.38	2009
16	<i>inferior to 14</i>			16	Mark Smith	21.9	1988
17	<i>inferior to 14</i>			17	Mark Smith	21.51	1989
18	Sarah Wilhelmy	23.23	1998	18	Mark Smith	20.87	1990
19	<i>inferior to 18</i>			19	<i>inferior to 18</i>		

### 300m

				13	Tom Watts	40.9	2008
14	Felicity Clarke	42.32	2007				
15	Amy McDonald	41.49	2008				

### 400m

				12	David Tucker	57.4	1978
				13	Elliott Brittain	52.6	1989
14	Belinda Clement	58.9	1975	14	Elliott Brittain	50.4	1990
15	Pauline Mullins	55.8	1978	15	Elliott Brittain	50.3	1991
16	<i>inferior to 15</i>			16	Adam Shaw	50.0	2003
17	<i>inferior to 15</i>			17	Adam Shaw	49.5	2004
18	Ruth Richards	54.9	1980	18	Jon Rowlands	48.31	1986
19	Pauline Mullins	53.39	1982	19	<i>inferior to 18</i>		

### 800m

11	Serena Fenn	2,30.0	1978				
12	Serena Fenn	2,22.0	1979	12	Adam Hickey	2,13.1	2000
13	Serena Fenn	2,19.5	1980	13	Adam Hickey	2,05.9	2002
14	Belinda Clement	2,17.1	1974	14	Jonathan Kerridge	2,00.47	2009
	Dianne Beer	2,17.1	1982				
15	Belinda Clement	2,14.0	1975	15	David Smale	1,56.2	2007
16	<i>inferior to 15</i>			16	<i>inferior to 15</i>		
17				17	Adam Hickey	1,54.57	2006
18				18	Adam Hickey	1,54.22	2006
19				19	<i>inferior to 18</i>		

**1200m**

11	Lucy Kidwell	4,25.1	2009
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**1500m**

11	Serena Fenn	5,00.0	1978
12	Serena Fenn	4,55.0	1979
13	Amy Garnett	4,49.1	2008
14	Dianne Beer	4,41.0	1982
15	<i>inferior to 14</i>		
16	<i>inferior to 14</i>		
17	Valerie Day	4,35.8	1972
18-19	<i>inferior to 17</i>		

12	Adam Hickey	4,22.5	2001
13	Adam Hickey	4,11.9	2002
14	Adam Hickey	4,04.86	2002
15	Adam Hickey	3,57.1	2004
16	Adam Hickey	3,51.81	2005
17	<i>inferior to 16</i>		
18-19	<i>inferior to 16</i>		

**3000m**

12	Jordan Lacey	11,15.9	2008
13	<i>inferior to 12</i>		
14	Dianne Beer	10,40.9	1982
15	Sarah Raven	10,25.2	1998
16	<i>inferior to 15</i>		
17	<i>inferior to 15</i>		
18-19	<i>inferior to 15</i>		

12	Adam Hickey	9,50.0	2000
13	Adam Hickey	9,39.0	2001
14	Ashley Humphreys	9,03.5	2000
15	Adam Hickey	8,38.15	2003
16	Adam Hickey	8,30.39	2004
17	Adam Hickey	8,22.5	2005
18-19	<i>inferior to 17</i>		

**5000m**

17	Danielle Hurley	20,07.5	2008
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15	Geoff Linge	15,42.2	1965
16	<i>inferior to 15</i>		
17	Adam Hickey	15,02.9	2006
18	Adam Hickey	<i>tbc</i> 14,40.?	2006
19	<i>inferior to 18</i>		

**70m Hurdles**

11	Sarah Wilhelmy	11.8	1991
12	Sarah Wilhelmy	11.5	1992

**75m Hurdles**

12	James McLean	12.1	2003
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**75m Hurdles**

11	Hannah West	12.6	1991
12	Michelle Stone	11.9	1981
13	Michelle Stone	11.5	1981
14	Felicity Clarke	11.41	2007

**80m Hurdles**

12	John Vincent	15.3	1994
13	James McLean	11.13	2004
14	James McLean	10.88	2005

**80m Hurdles**

12	Michelle Stone	12.1	1981
13	<i>inferior to 12</i>		
14	Michelle Stone	11.5	1982
15	Ann Wilson	11.5	1965
	Deborah Emery	11.5	1985
16	Ann Wilson	11.2	1962
	Michelle Stone	11.2	1984

**100m Hurdles**

15	Jerelle Mensah	14.0	2007
16	James McLean	12.75	2007

**100m Hurdles**

14	Michelle Stone	14.9	1983
15	Michelle Stone	14.4	1984
16	Michelle Stone	14.0	1985
17	Michelle Stone	13.8	1985
18-19	<i>inferior to 17</i>		

**110m Hurdles (Junior 3'3")**

16	Ian Fenn-Tye	16.5	1976
	Owen Sussex	16.5	1977
17	Ian Fenn-Tye	15.7	1977
18	James McLean	14.22	2009
19	<i>inferior to 18</i>		

**300m Hurdles**

15	Sarah Wilhelmy	44.97	1995
16	Felicity Clarke	44.54	2009

**110m Hurdles (Senior 3'6")**

17	Ian Fenn-Tye	15.7	1977
18	James McLean	15.67	2009

**400m Hurdles**

14	Michelle Stone	68.9	1983
15	Charlotte Cutler	66.6	1988
16	Debra Cook	65.0	1984
17	Debra Cook	63.4	1985
18	Tessa Pike	62.2	1978
19	<i>inferior to 18</i>		

**High Jump**

11	J Benson	1.30	1984
12	Ann Wilson	1.55	1962
13	Keeley Johnson	1.60	1980
14	Keeley Johnson	1.65	1981
15	Anna Biscoe	1.70	1995
16	Lesley Chilton	1.72	1978
17	Lesley Chilton	1.74	1979
18	Lesley Chilton	1.76	1980
19	<i>inferior to 18</i>		

**Long Jump**

11	Sarah Wilhelmy	4.96	1991
12	Sarah Wilhelmy	5.45	1992
13	Sarah Wilhelmy	5.77	1993
14	Michelle Stone	6.02	1982
15	Michelle Stone	6.22	1984
16	Ann Wilson	6.22	1966
17	Ann Wilson	6.26	1967
18	Ann Wilson	6.40	1968
19	<i>inferior to 18</i>		

**Triple Jump**

13	Eloise Williamson	10.01	2006
14	<i>inferior to 13</i>		
15	Hannah Wilhelmy	10.67	1999
16	<i>inferior to 15</i>		
17	<i>inferior to 15</i>		
18	Primrose Wasarievhu	10.92	2003
19	Primrose Wasarievhu	11.17	2003

**Pole Vault**

13	Felicity Clarke	1.95	2006
14	<i>inferior to 13</i>		
15	Leasa Williams	2.80	2000
16	Leasa Williams	3.00	2001
17	<i>inferior to 16</i>		
18	<i>inferior to 16</i>		

**400m Hurdles (2'9")**

15	Adam McCarthy	59.2	2007
16	Neil Scrivener	55.76	1977

**400m Hurdles (3')**

17	Ian Fenn-Tye	57.2	1976
18	Owen Sussex	56.4	1979
19	Tony Shiret	55.4	1975

**1500m Steeplechase**

14	Tom Frith	5,03.6	2006
15	Dan Quinn	4,39.8	2002
16	Dan Quinn	4,25.95	2003

**2000m Steeplechase**

17	John Dobson	6,05.9	1967
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**3000m Steeplechase**

17	John Dobson	9,34.4	1967
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12	M Jackson	1.55	1990
13	B Joiner	1.70	1984
14	Daniel Cassidy	1.83	2006
15	Matthew South	1.97	1992
16	Matthew South	2.00	1992
17	Tim Garlick	2.00	1986
	Simon Thomas	2.00	1998
	Simon Thomas	2.00	2006
18	Simon Thomas	2.10	1999
19	<i>inferior to 18</i>		

12	Gareth Evans	5.37	1989
13	Jake King	5.58	2007
14	Mitchell Wilkin	6.51	2000
15	Owen Sussex	6.75	1976
16	Mitchell Wilkin	6.98	2002
17	Mitchell Wilkin	7.01	2003
18	Greg Clark	7.14	1976
19	Dean Cox	7.20	1986

12	Martin Bear	10.50	1978
13	Nigel Jones	11.80	1977
14	William Aylett	12.55	1973
15	Owen Sussex	13.72	1976
16	Mitchell Wilkin	13.96	2002
17	Mike Menday	14.18	1962
	Kevin Brown	14.19w	2008
18	<i>inferior to 17</i>		
19	Mike Menday	14.34	1964

13	Steven Brown	3.35	1995
14	Steven Brown	3.85	1996
15	Steven Brown	4.10	1997
16	Aaron Kaye	4.40	2009
17	Steven Brown	4.61	1999
18&19	<i>inferior to 17</i>		

**Javelin (600g)**

12	Dominique Chantilly	24.24	1981
13	Helen Metcalf	29.92	1959
14	Michelle Stone	33.45	1983
15	Michelle Stone	40.88	1983
16	<i>inferior to 15</i>		
17	Donna Loveland	43.17	1996
18	<i>inferior to 17</i>		

**Discus (0.75kg)**

12	Leah Darby	24.90	2004
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**Discus (1.00kg)**

12	Emma Hart	21.41	2002
13	Chelsea Coker	28.38	2007
14	Pauline Quelch	33.36	1960
15-19	<i>inferior to 14</i>		

**Shot Putt (2.72kg)**

12	Chelsea Coker	10.26	2005
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**Shot Putt (3.25kg)**

11	Serena Worsdell	7.00	1981
12	Chelsea Coker	10.37	2006
13	Chelsea Coker	10.44	2007
14	Yvonne Fountain	11.47	1963

**Shot Putt (4kg)**

14	Michelle Stone	9.96	1983
15	Yvonne Fountain	10.77	1964
16	Mitchell Stone	11.04	1985
17	Yvonne Fountain	11.99	1966
18&19	<i>inferior to 17</i>		

**Javelin (400g)**

12	Ryan Wennington	34.14	2005
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**Javelin (600g)**

13	Tim Eldridge	52.92	1989
14	Tim Eldridge	56.36	1990

**Javelin (700g)**

14	Tim Eldridge	57.83	1990
15	Tim Eldridge	65.68	1991
16	Gary Jenson	72.48	1983

**Javelin (800g)**

16	Tim Eldridge	57.38	1992
17	Tim Eldridge	62.96	1993
18	<i>inferior to 17</i>		
19	Gary Jenson	74.54	1986

**Discus (1.00kg)**

12	Daniel Chapman	32.42	2001
13	Joshua Prentice	36.46	2009

**Discus (1.25kg)**

13	Tristan Davidson	35.25	2002
14	Mitchell Smith	40.00	1981

**Discus (1.50kg)**

13	Simon Oliphant	32.06	1977
14	Neil Hyde	37.18	1976
15	James South	46.38	1990
16	James South	52.36	1992

**Discus (1.75kg)**

17	James South	44.52	1991
18	James South	48.43	1992

**Discus (2kg)**

15	James South	39.06	1990
16	James South	40.04	1991
17	James South	46.30	1992

**Shot (3.25kg)**

12	James McLean	10.47	2003
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**Shot Putt (4kg)**

13	Mitchell Smith	12.00	1980
14	Alan Husk	15.72	1974

**Shot Putt (5kg)**

14	Douglas Medlock	11.18	1974
15	Alan Husk	16.94	1975
16	<i>inferior to 16</i>		

**Shot Putt (6.25kg)**

17	Mitchell Smith	16.18	1984
18	Mitchell Smith	17.31	1985

**Shot Putt (7.25kg)**

16	Alan Husk	13.67	1976
17	Mitchell Smith	15.13	1984
18	Mitchell Smith	15.94	1985
19	Martyn Lucking	16.84	1957

**Hammer (4kg)**

15	Louisa Taylor	20.17	2003
16	Louisa Taylor	27.98	2004
17	Louisa Taylor	37.34	2005
18	<i>inferior to 17</i>		
19	<i>inferior to 17</i>		

**Hammer (4kg)**

13	P Council	34.70	1978
14	Alan Husk	49.46	1974

**Hammer (5kg)**

14	P Council	30.10	1979
15	Daniel Murphy	46.52	1988
16	Tom Jeffs	47.96	2009

**Hammer (7.26kg)**

15	Alan Husk	28.32	1975
16	James South	33.58	1991
17	Daniel Murphy	41.48	1990

Queries, amendments, updates please to Records Officer at [southendac@hotmail.co.uk](mailto:southendac@hotmail.co.uk)

*tbc - to be confirmed*

\*applies to Open competition only – not an official event for Under 15s