

SOUTHEND-ON-SEA ATHLETIC CLUB

STADIUM RECORDS

WOMEN

100m	L Allen	Colchester H.	12.2	12/13.05.2001
200m	V Day	WG & Essex Ladies	24.2	8/9.05.1999
400m	S Semper	Ilford	55.3	04.09.1999
800m	L Chaffe	WG & Essex Ladies	2,12.9	8/9.05.1999
1500m	B Pricht	WG & EL	4,37.1	12/13.05.2001
3000m	S Williams	Ilford	10,36.8	04.09.1999
5000m	G Greenhaugh	Colchester & Tendring	18,11.1	8/9.05.1999
100mH	J Pratt	WG & Essex Ladies	13.4	12/13.05.2001
400mH	Gowri Retchekan Hodge	Highgate Harriers	58.9	12.08.2000
3k Walk	Irene Bateman	Havering Mayesbrook	17,35.4	8/9.05.1999
HJ	J Hollman	Peterborough	1.70	8/9.05.1999
PV	Liz Hughes	Bromley	3.70	29.07.2000
LJ	J Hollman	Peterborough	6.27	8/9.05.1999
TJ	Judy Kotey	St Albans	11.86	25.04.1998
SP	J Duncan	WG & Essex Ladies	16.46	12/13.05.2001
DT	D Calloway	Aldershot F & D	46.84	8/9.05.1999
JT	K Amos	Thurrock	46.00	12/13.05.2001
HT	L Pigeon	WG & EL	58.58	12/13.05.2001
4x100m		Ipswich	52.1	02.08.1997
4x400m		Ipswich	4,10.3	02.08.1997

MEN

100m	M Brown	NEB	10.5w	12/13.05.2001
200m	Jason Fergus	SBH	21.2	12/13.05.2001
400m	P Green	Bedford/Australia	47.8	22.07.1995
800m	S Frost (JM)	Thurrock	1,53.9	8/9.05.1999
1500m	P Fisher	Milton Keynes	3,49.6	15.08.1998
5000m	C Herrington	Milton Keynes	15,10.5	15.08.1998
10,000m	Craig Sabin	Leicester	33,04.9	06.07.1997
110mH	D Cooper	Bedford/Australia	14.6	22.07.1995
400mH	P Carpenter	Bedford/Australia	51.6	22.07.1995
3k S/ch	R Malseed	Chelmsford	9,34.8	8/9.05.1999
2k Walk	Roger Mills (Vet)	Ilford	9,25.6	06.05.1998
3k Walk	<i>Jamie O'Rawe</i>	<i>Southend-on-Sea</i>	12,48.00	27.08.1995
HJ	D Crant	Woodford Gn	2.20	12/13.05.2001
PV	Kevin Hughes	Thurrock	5.61	09.07.2000
LJ	Steve Phillips	Rugby	8.07	11.07.1999
TJ	K Newton	Woodford Gn & EL	14.79	12/13.05.2001
SP	<i>Dave Condon</i>	<i>Southend-on-Sea AC</i>	16.63	12/13.05.2001
DT	D McDonald	Newham & Essex Bgls	50.25	8/9.05.1999
JT	<i>Gary Jensen</i>	<i>Southend-on-Sea</i>	68.91	08.06.2000
HT	Paul Head	NEB	66.30	12/13.05.2001
4x100m		Bedford/Australia	42.8	22.07.1995
4x400m		Milton Keynes	3,22.1	15.08.1998