



The All Time Lists

A Competitive History of
Southend-on-Sea Athletic Club

1905 - 2009

The All Time Lists

were compiled by former Records Officer and Life Member, Derek Woods, after considerable and painstaking research.

No comprehensive records had been kept over the years and it is without doubt that these lists are not complete records of *ALL* the best-ever performances – many will, unfortunately, have been consigned to history via the many missing Club Gazettes, Press Cuttings, Personal Scrapbooks and other assorted records – and the lack of imperative to record such detail in the first place!

These, then, are the definitive lists only insofar as available information permits.

The first-ever recorded performance in each event is highlighted.

Notes: Identical performances are listed chronologically, earliest first.
Italicised entries relate to HCA's (Higher Competition Athletes)

June Cork, Records Officer

ALL-TIME LIST : Men's 100 metres

Derek Young	10.5	Bergen	25.07.1963
Mark Smith {	10.4w	Colchester	12.05.1990}
{	10.6	Hendon	00.00.1990}
David Jones	10.8	Barking	06.09.1958
Bernard Persighetti	10.8		00.00.1958
Phillip Barrett	10.8		00.00.1976
W A Hill	10.9	ECAA Champ CBP	00.00.1919
Denis Evans	10.9	Harlow	03.08.1968
Keith Palmer	10.9	West London	08.08.1991
Jon Brown, Jnr	10.93	Cardiff	27.06.2004
Gianni Frankis	10.98		14.05.2006
P Simkins	11.0	Chelmsford	13.05.1950
N C Small	11.0	Felsted	23.07.1953
Norman Jones	11.0	Harlow	05.08.1967
David Daniels	11.0	Harlow	03.08.1968
David Turner	11.0	France (Decathlon)	03.08.1968
Paul Silvester	11.0	Basildon	10.06.1995
Jon Brown	11.0	Basildon	02.06.2001
Daniel Adams	11.0	Abingdon	07.05.2005
James McLean	11.0	Battersea	03.06.2007
H S Harmer	11.1	ECAA Champ	00.00.1907
Lionel Reed	11.1	ECAA Champ	00.00.1909
Trevor Woods	11.1	Loughborough	10.08.1962
Andrew Lord	11.1		00.00.1990
Nicholas Hewitt	11.1	Hillingdon	13.08.1994
Charlie Knight	11.1	Abingdon	18.09.2004
Jake King (U17)	11.1	Bournemouth	04.07.2009