



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 110 metres Hurdles

Gianni Frankis	14.3	Kingston	01.07.2006
John Pyman	15.1w	Ilford	21.08.1976
Anthony Shiret	15.3	Woodford	15.05.1976
Simon Hemmings	15.67	Edinburgh	08.07.2007
David Turner	15.7	Southchurch Park	15.06.1971
Ian Fenn-Tye	15.7	Windsor	30.07.1977
Neil Scrivener	15.8	Garon Park	11.07.1999
Gareth Evans	15.9	Garon Park	03.08.1996
Ian Samms	15.9	Garon Park	03.05.1997
Dean Carter	16.0	Harringham	21.05.1988
Peter Rabenseifner	16.1	Bexley	22.06.1996
Greg Goodrem	16.1		29.04.2006
C F Bloomfield	16.2	Essex Champion	00.00.1930**
Toby Sullivan	16.2	Portsmouth	19.06.1993
Andrew Lord	16.3	Peterborough	21.07.1990
Trevor Woods	16.4	Southchurch Park	06.09.1962
Owen Sussex	16.5		00.00.1977
Clive Farrow	16.5	Garon Park	27.08.1995
Simon Thomas	16.6	Copthall	28.06.2003
J Vincent	16.7	Southchurch Park	06.06.1964
J P Nevill	16.8	Essex Champion	00.00.1937
Paul Dean	16.8	Harrow Weald	20.06.1993
Jeremy Davenport	17.2		00.00.1965
Colin Hague	17.6		
George Pace	17.6	Hornchurch	22.05.1982
James Gahagan	17.6	Sutcliffe Park	27.07.2001