



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 1500 metres

Graham Payne	3,47.9	Harlow	29.05.1982
Colin Miles	3,49.56	Watford	06.06.2006
Adam Hickey	3,51.81	Barking	15.05.2005
Basil Wright	3,53.1	Motspur Park	00.00.1937
Thomas Frith	3,55.56	St Mary's Richmond	03.06.2009
Philip Morgan	3,56.7	Motspur Park	00.06.1952
Noel Thatcher	3,56.9	Welwyn	27.08.1990
Paul Whittaker	3,57.9	Crawley	01.08.2009
Benjamin Hunter	3,58.24	Chelmsford	07.05.2007
Richard Edwards	3,58.5	Woodford	18.05.1991
William Erickson	3,58.7		00.00.1962
John Blowers	3,59.2	Waltham Forest	10.06.1989
John Knibb	3,59.6	Basildon	15.05.1988
Mark Bailey	3,59.8	Watford	31.05.2004
Michael Reeve	4,00.0		00.00.1980
Francis Treanor	4,00.1	Waltham Forest	20.05.1989
<i>David Gibbon</i>	<i>4,00.52</i>	<i>Abingdon</i>	<i>06.06.2009</i>
David Richards	4,00.7	Southchurch Park	08.05.1971
Duncan Clark	4,00.7	Horsham	00.05.1992
Michael Mansfield	4,00.7	Loughborough	19.05.1993
Graham Rippin	4,01.6		00.00.1978
Alexander Kyriakides	4,02.8		00.00.1982
<i>Matthew Bristow</i>	<i>4,02.9</i>	<i>Southampton</i>	<i>25.06.2005</i>
David Green	4,03.0	Copthall	09.08.1987
David Smale	4,03.09	SEAA	25.05.2008
Paul Watts	4,03.9		00.00.1972
Stephen Kemp	4,04.3	Walthamstow	16.05.1992
Dennis Spashett	4,04.4		00.00.1975
Gareth Riddell	4,04.4	BAL	03.06.2006
Daniel Quinn	4,04.52	Chelmsford	15.05.2004
W E Francis	4,05.0	County Champion	00.00.1939
Brian Thomas	4,05.1	Southchurch Park	11.09.1965