



## 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 200 metres

Mark Smith	20.87	Horsham	20.07.1990
Keith Palmer	21.5	Basildon	13.07.1991
Derek Young	21.6	Cambridge	05.05.1962
Jonathan Browne	21.94	Bedford	27.06.2004
Clive Farrow	22.09	Barking	14.05.1995
Denis Evans	22.1	Southchurch Park	14.09.1968
James McLean	22.13	Chelmsford	10.05.2009
David Jones	22.2	Enfield	26.07.1958
John Tyler	22.2	Harlow	27.05.1961
Derek Woods	22.2	Hornchurch	24.07.1965
David Daniels	22.2		00.00.1968
Phillip Barrett	22.2	Woodford	00.05.1976
Jeff Salmon	22.3	ECAA Champs	12.05.1979
Nicholas Hewitt	22.3	West London	31.08.1991
Paul Silvester	22.3	Garon Park	30.07.1995
Charlie Knight	22.3	Abingdon	07.05.2005
Daniel Adams	22.3	Abingdon	07.05.2005
Gianni Frankis	22.35	Kingston	01.07.2006
<i>Anthony Noel</i>	22.38	<i>Chelmsford</i>	<i>05.05.2007</i>
Jake King U17	22.38	Ashford	24.05.2009
Jack Dorrell	22.4	Southchurch Park	04.06.1932
Owen Sussex	22.4	Hornchurch	17.05.1980
Mark Eldridge	22.4	Yeovil	10.07.1981
<b>William Hill</b>	<b>22.5</b>	<b>National Champ</b>	<b>00.00.1919</b>
Richard Abrahams	22.5	Parliament Hill Fields	02.06.2002
Daniel Adams	22.5	Southampton	25.06.2005
<i>Matthew Russell</i>	22.58	<i>Swansea</i>	<i>02.06.2007</i>
Bernard Persighetti	22.6		00.00.1960
Paul Knight	22.7	Newham	26.06.2004
Francis Holland	22.8		00.00.1966
David Turner	22.8		00.00.1971
John Rowlands	22.8	Loughborough	13.05.1987
John Brown	22.8	Garon Park	00.00.2000
<i>Marcus Hunt</i>	22.8	<i>Bournemouth</i>	<i>04.07.2009</i>
Adam Shaw	22.83	Battersea	00.00.2003