



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 400 metres

<i>Matthew Harrison</i>	47.74	BAL-3	02.08.2008
John Rowlands	48.31	Birmingham	10.08.1986
Clive Farrow	48.45	Barking	13.05.1995
Phillip Barrett	48.73	Crystal Palace	31.05.1976
Keith Palmer	48.8	Counties Match	25.07.1993
John Tyler	49.0	Motspur Park	23.06.1959
Adam Shaw	49.5	Luton	14.08.2004
Mark Smith	49.7	Horsham	15.08.1999
Derek Woods	49.8	Thurrock	07.08.1965
Jeff Salmon	49.9	Southchurch Park	00.00.1980
Derek Young	50.1	Ilford	00.04.1962
David Tucker	50.13		00.00.1982
Elliott Brittain	50.3	Derby	13.07.1990
Peter Croysdill	50.4	Durham	25.07.1958
David Daniels	50.4	Southchurch Park	05.07.1969
Tony Shiret	50.4		00.00.1977
Charlie Knight	60.45	Bedford	30.07.2005
John Atter	50.6		00.00.1980
<i>Scott Spencer</i>	50.6		06.05.2006
Lionel Reed	50.7	Nat Champ	00.00.1910
Jack Bridge	50.7		00.00.1953
David Richards	50.7		00.00.1967
Noel Thatcher	50.7	Moscow	00.09.1987
Owen Sussex	50.8	Hanover (Decathlon)	17.06.1978
Greg Goodrem	50.89	ECAA	05.05.2007
Peter Simkins	50.9		00.07.1951
Jason Levy	50.9	Woodford	21.04.2001
Graham Eastty	50.9	Abingdon	07.05.2005
J J Gills	51.1	ECAA	00.00.1922
Tom Nugent	51.2		00.00.1967