



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 Hurdles

Anthony Shiret	54.0	Cambridge	28.09.1977
Peter Rabenseifner	54.8	Luton	23.06.1996
Michael Payne	55.9		15.07.1964
Clive Farrow	55.9	Tunbridge	05.08.1995
Neil Scrivener	55.9	Hayes	24.06.2000
Toby Sullivan	56.0	Hillingdon	03.07.1993
Graham Eastty	56.2	Chelmsford	10.07.2004
Owen Sussex	56.04		00.00.1979
Colin Hague	56.5		
Ian Sams	56.8	Garon Park	21.07.1995
Ian Fenn-Tye	56.9	Windsor	06.05.1978
Gregory Goodrem	57.11	Chelmsford	05.05.2007
Keith McGhie	57.5	Portsmouth	25.07.1987
L H Phillips	57.7	National Champion	00.00.1923
Michael Gomez	57.8		00.00.1979
John Brock	58.2		00.00.1975
James Gahagan	58.2	Garon Park	12.05.2001
Mark Oldham	58.38	Bedford	30.07.2005
Peter E Field	58.6	County Champion	00.00.1960
Gareth Evans	58.8	Garon Park	22.06.1996
Andrew Gunn	58.9	Horsham	03.08.1991
Paul Barry	59.4	Thurrock	22.05.1996
David Pyle	59.6		00.00.1978
Andrew Lord	59.9	Basildon	23.06.1997
Philip Raby	60.3	Perivale	05.05.2001
Jonathan Cracknell	60.7	Harlow	29.05.1982
Liam Peoples U17	60.7	Crawley	01.08.2009