



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 5000 metres

Graham Payne	13,48.45	Leicester	28.05.1983
David Balthasar	14,33.0		
Philip Morgan	14,33.8	White City	00.06.1952
Michael Reeve	14,44.2		20.04.1957
Michael R Schofield	14,45.4	Chiswick	13.05.1953
Adam Hickey	14,43.14	UK Inter-Counties	24.05.2009
Paul Whittaker	14,55.58	Abingdon	06.06.2009
Peter Dainty	14,57.8	Brighton	26.06.1937
Richard Edwards	15,01.1	Plymouth	01.08.1992
<i>Jonathan Hamblen</i>	<i>15,03.06</i>	<i>Swansea</i>	<i>02.06.2007</i>
Duncan Clark	15,03.8	Cardiff	00.05.1992
Derek Hawkins	15,06.5		00.00.1953
Roy McCalla	15,14.0		00.00.1953
Michael Mansfield	15,15.2	Hillingdon	07.05.1994
Noel Thatcher	15,17.0	Assen (Holland)	10.07.1990
Keith Purvis	15,20.0	Gateshead	00.05.1993
Michael Whittaker	15,21.1	Basildon	06.05.1989
<i>Matthew Bristow</i>	<i>15,22.6</i>	<i>Bedford</i>	<i>30.07.2005</i>
David Smith	15,22.8	Southchurch Park	00.00.1975
James Lowen	15,23.0		00.00.1953
Geoffrey Linge	15,24.2	Southchurch Park	00.00.1965
T Rogerson	15,24.6		00.00.1962
Michael Bowler	15,28.2	Wimbledon	01.07.1978
Alan Bradfield	15,29.5	Woodford	00.00.1955
J Hatton	15,32.0	County Champion	00.00.1922
John Dobson	15,33.6	Southchurch Park	00.00.1967
Leonard Jones	15,33.7	Southchurch Park	00.00.1954
Benjamin Hunter	15,34.26	BAL	02.08.2008
Stephen Kemp	15,35.0	Southchurch Park	08.09.1987
Mark Bailey	15,36.0	Southampton	25.05.2005
Nigel Webber	15,40.9	Ipswich	05.06.1982