



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.

This list refers only to the best-ever 20 to 30 performances in each senior event. However, where an event is not limited by equipment, ie hurdle heights, and distances, implement weights etc, then younger athletes are eligible for inclusion in the All-Time Lists so long as they meet the current minimum performance criteria for their specific event.

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.

Notes: (i) The earliest recorded performance in each event is highlighted.
(ii) Identical performances are listed chronologically, earliest first.
(iii) Italicised entries relate to HCAs (Higher Competition Athletes)

*June Cork, Records Officer
August 2009*

ALL-TIME LIST : Men's 3000m Steeplechase

Michael Mansfield	9,28.1	St Ives	13.08.1994
John Dobson	9,34.4	Hornchurch	22.07.1967
John Blowers	9,42.5	Norwich	01.05.1994
Hendrik Zeitsman (V40)	9,44.64	BAL-3	02.08.2008
Nigel Webber	9,49.2	Ewell	00.00.1978
Mark Waine	9,52.9	Norwich	22.05.1993
John Knibb	9,54.6	Dartford	27.09.1988
Thomas Frith (U20)	9,55.13	Abingdon	06.06.2009
Christopher Lee	9,58.15	Copthall	20.07.2005
Roy Scott	9,58.9	BAL-1	07.06.2008
Steve Kemp	10,00.8		
Leonard West	10,01.6		00.00.1977
Phillip Bearman	10,02.0		
Jonathan Weaver	10,03.3	Abingdon	18.09.2004
Philip Lancaster	10,03.4		00.00.1960
Duncan Kettles	10,05.1	Ilford	21.08.1976
Neil (Roy?) Scott	10,05.4	Croydon	23.06.2001
Graham Rippin	10,06.8		
David Smith	10,07.8	Ilford	21.05.1978
George Hewitt	10,08.0		09.07.1975
Andrew Gunn	10,10.6	Peterborough	04.06.1988
Ronald Dawson	10,15.2		00.00.1968
Francis Treanor	10,15.2	Portsmouth	25.07.1987
Lloyd Peters-Hartman (U20)	10,16.3	BAL-2	05.07.2008
Daniel Quinn	10,18.1		05.08.2006
Graham Carey	10,20.6	Basildon	24.06.1989
Daniel Walker	10,21.6	Basildon	03.06.1995
Anthony McAllister	10,22.0	Southchurch Park	30.05.1991
Adam Conway	10,23.7	Battersea	16.08.1998
David Green	10,24.2	Yeovil	19.09.1987