



## 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 Discus Throw

James South	49.02m	Tooting	04.05.2002
Martyn Lucking	46.00m		00.00.1962
<i>Robert Earle</i>	<i>43.40m</i>	<i>BAL-2</i>	<i>05.07.2008</i>
Noel Dixon	42.58m	Basildon	30.07.1994
Thomas Day	42.10m	Southchurch Park	10.09.1966
John Ward	41.48m	Atlanta, Georgia	15.08.1976
David Turner	40.59m	Southchurch Park	03.07.1976
Terry Clegg	40.54m		
Trevor Woods	40.00m	Southchurch Park	03.07.1967
<i>Patrick Halcrow</i>	<i>39.74m</i>	<i>Abingdon</i>	<i>06.06.2009</i>
Neil Quinn	39.38m	Crystal Palace	02.06.1970
Frederick Smith	37.54m	Harlow	27.05.1961
Neil Hyde	37.46m	??Weell	00.00.1978
David Shead	37.32m	Thurrock	26.08.1961
David Condon	36.90m	Hayes	24.06.2000
Neil Scrivener	35.94m	Enfield	22.07.2000
Barry James	35.18m	Southchurch Park	17.07.1956
Gary Jenson	35.08m	Harlow	05.08.1989
Gerald Ratcliff	35.04m	Southchurch Park	00.00.1953
William Garrard	34.60m	Basildon	15.08.1992
Roger Wilson	34.60m	Southchurch Park	00.00.1965
H I Howard	34.48m		00.00.1946
Guy Kingston	34.44m		00.00.1968
David Sperring	34.34m	Swansea	02.06.2007
Ian Claxton	34.27m	Garon Park	05.06.1999
<b>L J Mays</b>	<b>33.98m</b>	<b>County Champion</b>	<b>00.00.1938</b>
Keith Waterman	32.60m	Southchurch Park	10.05.1969
Stuart Durham	31.17m	Haslemere	04.07.1987