



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 High Jump

Simon Thomas	2.10m	Garon Park	05.06.1999
Timothy Garlick	2.03m	Enfield	09.08.1987
Matthew South	2.00m	Canvey Island	26.07.1992
Gregory Goodrem	2.00m	Garon Park	12.05.2001
Simon Hemmings	2.00m		00.00.2006
Stewart McGrath	1.98m	Harrow Weald	16.06.1984
Richard Foulser	1.95m		22.09.1980
Anthony Shiret	1.90m	Crystal Palace	16.06.1974
Colin Hague	1.90m		00.00.1974
Ryan Smith	1.90m	Hillingdon	23.07.1993
Neil Scrivenor	1.90m	Derby	20.09.1997
Richard Abrahams	1.90m	Luton	14.08.2004
Patrick Halcrow (HCA)	1.90m	BAL-3	02.08.2008
Christopher Hulburd	1.85m	Hornchurch	04.07.1962
Toby Sullivan	1.85m	Canvey Island	08.09.1991
Owen Sussex	1.85m	Hanover	17.06.1978
J Lavern	1.85m	Havering	02.05.1993
David Palmer	1.85m	Basildon	08.05.1993
Steven Brown	1.85m	Bournemouth	08.06.2002
Gregory Clark	1.85m	Exeter	25.06.1977
Kevin Brown	1.85m	BAL-2	04.07.2009
Daniel Cassidy	1.83m		25.06.2006
John Pyman	1.80m		00.00.1978
Paul Carpenter	1.80m	Southchurch Park	02.05.1983
Mark Smith	1.80m	Enfield	22.07.1989
Matthew Jackson	1.80m	Canvey Island	22.07.1992
Richard Maskell	1.80m	Garon Park	07.05.1995
Benjamin Weller	1.80m	Garon Park	28.05.1995
Clive Farrow	1.80m	Luton	22.06.1996
Jonathan Bernstein	1.80m	Basildon	11.05.2002
Freddie Hendry	1.80m	County U17 Champion	10.05.2008
Gregory Goodrem	1.80m	Bournemouth	04.07.2009
{E E Brewster	?	AAA Junior Champion	00.00.1934}