



## 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 Long Jump

Dean Cox	7.50m	Basildon	25.05.1990
Gregory Clark	7.14m	Woodford	15.05.1976
Ronald Martin	7.13m	Cambridge	03.07.1971
David Turner	7.01m	Cambridge	03.07.1971
Mitchell Wilkin	7.01m	Garon Park	17.05.2003
Owen Sussex	7.00m	Kirby	12.06.1980
Michael Upson	6.92m		09.05.1959
Derek Wyatt	6.92m	Portsmouth	06.07.1968
Ronald Neale	6.91m	Shrewsbury	00.00.1960
John Pyman	6.87m	Windsor	06.05.1978
Raymond Peate	6.87m		17.06.1961
James Rawlingson	6.87m	Horsham	20.06.1992
Toby Sullivan	6.70m	Harlow	23.05.2993
S Beaumont	6.70m	Southend	05.07.1951
Bernard Smith	6.68m	Essex Junior Champion	30.05.1953
Clive Farrow	6.65m	Basingstoke	07.05.1995
Gerald Ratcliff	6.65m	Belfairs	19.09.1950
<b>L T Smith</b>	<b>6.63m</b>	<b>Paddington</b>	<b>18.07.1931</b>
<i>Patrick Halcrow</i>	<i>6.62m (w2.2)</i>	<i>BAL-3</i>	<i>02.08.2008</i>
T Pavey	6.60m	Leyton	30.05.1959
Alan Buckley	6.60m		00.00.1962
Richard Abrahams	6.59m	Abingdon	18.09.2004
Andrew Lord	6.57m	Harlow	23.05.1992
Trevor Woods	6.55m	Nijmegen WG	00.00.1961
Colin Hague	6.55		
Nicholas Francis	6.52m	Canvey	20.08.1994
T Tomlinson	6.35m		06.06.1953
Kevin Brown U20	6.28m	Havering Mayesbrook	29.04.2007