



## 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 Pole Vault

Steven Brown	4.61m	St Ives	31.07.1999
Paul Harrison	4.60m	Garon Park	28.06.1997
Jason Fry	4.55m	Garon Park	19.07.2008
Jamie Webb	4.40m	Garon Park	11.07.1999
Aaron Kaye (U17)	4.40m	Eng Sch, Sheffield	11.07.2009
Kevin Hughes	4.30m	Chelmsford	07.04.2007
David Turner	4.05m	Loughborough	16.06.1973
Jack Eddie	3.90m	World Bor	22.06.2007
Ryan Smith	3.60m	Plymouth	01.08.1992
Mark Harrison	3.50m	Ashford	26.05.1998
C F Harrison	3.43m		22.05.1959
James Mason	3.40m	Thurrock	19.07.1998
Thomas Frith (U20)	3.40m	ISSF-Estonia	29.06.2009
Trevor Woods	3.35m	Cardiff	00.09.1966
Neil Quinn	3.35m		00.00.1968
R G Reynolds	3.35m	Barking	31.08.1957
Russell Caesar	3.30m		00.00.1978
Phillip Perry	3.30m	Garon Park	01.08.2001
Thomas Sherwin	3.25m		00.00.1975
Owen Sussex	3.20m	Woodford	28.09.1990
Byron Yeo	3.20m	Thurrock	19.07.1998
R Waite	3.20m	Basingstoke	04.05.1996
Andrew Lacey	3.10m	Garon Park	05.06.1997
Toby Sullivan	3.00m		07.05.1994
Donald Castleton	2.95m	Southchurch Park	03.07.1976
Adam McCarthy	2.90m	Battersea	03.06.2007
??Brian Hague	2.90m	Basildon	27.08.1995
Anthony Geary	2.90m	Garon Park	27.08.1995
Paul McCluskey (U15)	2.90m	McCain-4	21.06.2009
<b>T Lane</b>	<b>2.89m</b>		<b>30.05.1953</b>