



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 Triple Jump

Michael Menday	14.55m	Barking	29.06.1965
Kevin Brown	14.19m/w	BAL-3	02.08.2008
Robert Sussex	14.01m	Southchurch Park	31.05.1958
Kevin Brown	14.01m	London	00.00.2008
Mitchell Wilkin	13.96m	Garon Park	18.08.2002
Andrew Lord	13.92m	Worthing	05.06.1987
Owen Sussex	13.72m		26.06.1976
Raymond Peate	13.71m	Ekco Sports Ground	17.05.1961
John Pyman	13.54m	Sutcliffe Park	02.07.1977
Bernard Smith	13.46m		00.00.1953
Gregory Clark	13.45m		00.00.1976
Christopher Vale	13.42m	Woodford	00.05.1976
Gareth Evans	13.40m	Garon Park	16.06.1996
Roger Johnson	13.38m		00.00.1959
Derek Woods	13.37m	Hornchurch	19.05.1961
Derek Wyatt	13.33m		00.00.1969
Gianni Frankis	13.31m		06.06.2006
Peter Johnson	13.28m	Braintree	27.05.1961
Dean Cox	13.27m	Braintree	09.09.1990
A Jacobs	13.16m	Basildon	23.06.1989
Ronald Martin	13.12m	Helmsheim, WGermany	04.08.1972
<i>Patrick Halcrow</i>	<i>13.10m</i>	<i>BAL-2</i>	<i>05.07.2008</i>
J Dennis	13.08m	Hornchurch	04.07.1965
Colin Gilbert	13.08m		00.00.1976
Michael Brown	13.06m	Bournemouth	02.08.2003
U Ulrich	13.00m	Welwyn	09.08.1992
Anthony Shiret	12.96m		00.00.1973
Neil Scrivener	12.95m	Hayes	24.06.2000
D Heath	12.93m	Southchurch Park	06.06.1964