



## 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 : Women's 1500 metres

Sarah Mullins	4,32.5	Watford	29.06.2005
Tessa Pike	4,34.6	Harlow	19.05.1985
<b>Valerie Day</b>	<b>4,35.8</b>	<b>Crystal Palace</b>	<b>03.06.1972</b>
Charlotte Cutler	4,38.05	Watford	06.08.2000
Caroline Hall	4,39.9	Havering	17.05.1981
Dianne Beer	4,41.0	Aldershot	11.07.1982
Camilla Smees U17	4,43.97	Southern Counties U17	24.05.2009
Claire Cornwell née Colmer	4,44.6	Bexley	09.06.2007
Karen West	4,45.5	Harlow	19.05.1985
Sarah Raven	4,48.5	Crystal Palace	25.05.1997
Sarah Keenlyside	4,48.8	Basildon	14.06.1997
Aimee Garnett U15	4,45.16	Southern Counties U15	24.05.2009
Natasha Bailey	4,49.5	Watford	30.05.2004
Karen Little	4,49.7	Kingston	05.08.1990
Pauline Mullins	4,52.0		00.00.1977
Belinda Clement	4,52.0		00.00.1974
Barbara Lock née Watts	4,52.3		00.00.1979
Joanne Bradford	4,53.2	Crawley	25.07.2009
M Laughton	4,54.6	Hornchurch	06.05.1990
Serena Fenn	4,55.0		00.00.1990
Emily Burgess U17	4,55.4	Essex Schools	07.06.2008
Danielle Hurley U20	4,57.32	Essex AA	10.05.2008
Paula Hope	4,58.9	Basildon	18.07.1992
Lisa Gahagan	4,59.3	Essex Schools	12.06.1993
Jane Scobie	5,00.7	Colchester	02.09.1989
Louise Edwards	5,01.2	Colchester	02.09.1989
Jessica Mead U15	5,01.52	Essex AA	05.05.2008
Samantha Owles	5,04.8	Essex Schools	13.06.1992
Jacqueline Dartnell	5,05.6	Southchurch Park	00.00.1976
Julie Mayne	5,06.0	Basildon	25.06.1990
Kristina Marshall	5,07.3	Garon Park	14.07.2001