



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 200 metres

Sarah Wilhelmy	23.23	Mannheim, Germany	13.06.1998
Pauline Mullins	24.0	Dublin	18.07.1981
Ruth Richards	24.1	Hendon	09.07.1977
Ann Simmons née Wilson	24.4	Belgium	31.07.1972
Debra Judge	24.7	Crystal Palace	24.06.1973
Janet Barnett	24.8	Southchurch Park	25.09.1971
Michelle Stone	24.8	Copthall	01.06.1985
Dawn Churchill	24.8		
Jane Hobbs	25.0	Crystal Palace	02.06.1979
Deborah Cook	25.2	Ilford	21.06.1986
Christine Theaker	25.3	Ilford	23.05.1969
Janet Cable	25.4	Essex Schools?	11.06.1962
Joanne Butler	25.5	Newham	29.06.1975
Donna Byfield	25.65		00.00.1975
Emma Collard	25.99	Essex AA	11.05.2008
Serena Fenn	26.0	Southchurch Park	21.06.1983
Jacci French	26.1	Southchurch Park	07.08.1971
Amy McDonald	26.12	Essex AA	05.05.2008
Ann Doubrowsky	26.3	Southchurch Park	00.00.1957
Elizabeth Butler	26.3	Chelmsford	30.06.1968
Carly Tyler	26.3	Garon Park	09.08.1998
Esther Tele	26.3	St Albans	20.06.2005
B Herit?	26.5	Welwyn	24.08.1968
Donna Hooper	26.5		00.00.1981
Jolyn Rush	26.5	Colchester	27.04.1986
Corinne Fox	26.6	Garon Park	11.07.1999
Sian McCrory	26.64	Eastern Champs	05.07.2009
June Crump	26.8	Southchurch Park	29.07.1955
Margaret Parks	26.8	Thurrock	26.08.1960
Felicity Clarke	26.88	Essex AA	05.05.2008