



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 3000 metres

Sarah Mullins	9,49.54	Copthall	16.07.2005
Tessa Pike	10,03.9	Copthall	30.06.1985
Claire Cornwell née Colmer	10,19.4	Bexley	19.05.2007
Sarah Raven	10,25.2	Watford	00.00.1998
Barbara Lock née Watts	10,33.5	Eton	00.00.1979
Karen West	10,38.2	Copthall	01.06.1985
Dianne Beer	10,40.9	Southchurch Park	13.07.1982
Jacqueline Dartnell	10,45.0	Brighton	10.09.1977
Caroline Hall	10,47.4	Southchurch Park	09.06.1981
Lucy Hawkes	10,58.7	Basildon	06.07.1994
Karen Little	11,02.3	Essex AA	17.07.1991
Samantha Owles	11,04.9	Basildon	06.07.1994
Belinda Clement	11,10.8		00.00.1978
Danielle Hurley	10,54.2	SWL	26.04.2008
Amanda Lyons	11,12.8	West London	08.05.1982
Carren LeFever	11,14.7	Garon Park	03.09.2005
Debra Adley	11,14.7		21.06.1980
Jordan Lacey U15	11,15.9	Havering	05.04.2008
Lisa Gahagan	11,16.7	Ilford	07.09.1996
Joe-Ann Warren	11,20.7	Tooting Bec	16.08.1990
Emily Burgess U17	11,23.4	UKA	18.05.2008
Hayley Spackman	11,23.9	Enfield	16.07.1995
Kerry Holland	11,26.9	Bracknell	30.05.2009
Natasha Bailey	11,30.6	?	30.04.2006
Diana Cripps	11,32.6	Milton Keynes	08.09.1990
Clare Halfhide	11,32.8	Southchurch Park	08.09.1987
Amanda Little	11,34.1	Basildon	30.05.1987
June Cork	11,34.8	Southampton	12.08.1978
Sarah Jeffery	11,35.0	Richmond	25.04.2009
Suzanne Wand	11,36.4	Brighton	03.05.1986
Lynne Barrett	11,36.4	Southchurch Park	11.07.1989
Holly Gillard	11,57.0	Garon Park	18.07.2009