



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 400 metres Hurdles

Tessa Pike	62.2		00.00.1978
Deborah Cook	63.3	Bournemouth	21.07.1985
Charlotte Cutler	64.3	Horsham	22.05.1993
Ann Simmons nee Wilson	66.2	Crystal Palace	21.03.1973
Barbara Lock née Watts	66.8	Rochester	22.04.1978
Debra Adley	67.8		04.06.1980
Karen Darvell	68.4	Guildford	04.07.1981
Michelle Stone	68.9	Southchurch Park	31.05.1983
Jill Candler	69.8	Gateshead	01.08.1999
Linda Bolton née Avis	70.7		00.00.1978
Deborah Haves	71.0	Brighton	03.05.1986
Susan Reeves	71.3	Bedford	01.08.2004
Lisa Gahagan	71.5	Welwyn	25.08.1996
Debra Emery	72.0	Medway	03.08.1981
Lisa Hayes	72.3	Bracknell	02.06.1988
Clare Hodgson	73.1	Southchurch Park	12.05.1987