



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

Pauline Mullins	53.39	Cwymbran	11.08.1982
Ruth Richards	54.9	Hornchurch	17.05.1980
Dawn Churchill	55.1		
Debra Cook	56.4	Harlow	17.05.1985
Janet Barnett	57.5	Chelmsford	23.07.1972
June Crump	57.8	White City	01.09.1955
Sarah Wilhelmy	58.0	Woodford	05.09.1998
Debra Judge	58.4	Havering	27.08.1973
Michelle Stone	58.3	Harlow	16.09.1984
Ann Doubrowsky	58.5	Chelmsford	14.07.1962
Barbara Lock	58.7		00.00.1978
Serena Fenn	58.8	Southchurch Park	28.06.1983
Sarah Keenlyside	58.9	Bracknell	19.07.1997
Jacci French	59.0	Crystal Palace	11.07.1971
Jane Hobbs	59.0	Crystal Palace	06.06.1981
Belinda Clement	59.0	Woodford	23.05.1976
Tessa Pike	59.0	Woodford	17.07.1982
June Cork	59.9	Ilford	26.04.1972
Charlotte Cutler	60.1	Salisbury	15.07.2000
Margaret Clouter	60.3	Ilford	24.06.1961
Nichola Drake	60.4		14.07.1979
Amy McDonald	60.83	Lee Valley	04.04.2009