



## 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 Discus Throw

Yvonne Fountain	40.22m		00.00.1973
Patricia Quelch	33.36m		00.00.1960
Alison Paveling	32.42m	Basingstoke	14.09.1991
J Mansell	32.26m	Watford	27.07.1963
Simone Smith	32.18m	Southchurch Park	01.07.1989
Patricia Denton	31.94m	Watford	25.07.1964
Karen Curtis	31.16m	Southchurch Park	28.08.1982
M Richman	30.88m		17.09.1960
J Pask	29.26m		18.09.1983
V Tribe	29.15m		26.07.1958
Brenda Hamilton	28.90m	Southchurch Park	00.00.1959
Nicole Foulks	28.88m	Cambridge	16.07.1988
Rebecca Lamb	28.76m	Barking	24.04.1993
Judith Castleton	28.46m	Southchurch Park	00.00.1975
Emma Hart	28.43m	Garon Park	11.06.2005
Chelsea Coker	28.26m	Cambridge	05.08.2007
V Bowman	27.86m	Southchurch Park	00.00.1957
Donna Byfield	27.50m	Southchurch Park	00.00.1975
Linda Mountford	27.40m	Luton	11.05.1991
<b>Maureen Holroyd</b>	<b>27.33m</b>	<b>Ilford</b>	<b>00.00.1955</b>
Sarah Wilhelmy	27.24m	Ilford	07.09.1996
<b>S Hoare</b>	<b>26.90m</b>	<b>Southchurch Park</b>	<b>00.00.1955</b>