



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 Javelin Throw

Yvonne Fountain	51.32m	Bristol	22.09.1974
Donna Loveland	43.76m	Ilford	07.09.1996
Michelle Stone	40.88m	Ipswich	18.09.1983
Jemma Spellacy	33.90m	Parliament Hill	30.05.1998
Simone Smith	33.68m	Colchester	02.09.1989
Ann R Wilson	33.40m		28.08.1967
Judy Manning	33.02m	Chelmsford	19.07.1963
Marie Brunger	32.61m	Chelmsford	14.06.1969
J McIntyre	32.46m	Ilford	25.05.1963
K Amos	32.44m	Basildon	19.06.1993
Paula Brunger	32.26m	Gillingham	17.08.1968
Tracy Hunt	30.78m	Basildon	
Helen Metcalf	30.60m	Chiswick	11.06.1960
Helen Sharratt	29.96m	Peterborough	20.08.1989
Zoe Young	29.95m	Watford	25.05.1993
Clare da Silva	29.26m	Watford	11.09.1995
V Tribe	29.15m		26.07.1958
Marjorie Newham	29.14m		22.05.1965
L Ellis	29.04m	Thurrock	15.05.1965
Natalie Clark	28.40m	Colchester	02.05.2005
Paula Thompson	27.56m	Southchurch Park	08.07.1984
Anna Biscoe	27.36m	Basildon	05.09.1992
Jo Hutchings	27.05m	Motspur Park	03.07.1959