



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 Long Jump

Ann Simmonds née Wilson	6.55m (6.57w)	Edinburgh	25.07.1970
Michelle Stone	6.22m	Thurrock	28.04.1984
Christina Persighetti	5.95m	Dartford	01.07.1961
Sarah Wilhelmy	5.97m	?	00.00.1995
Jacqueline Philp	5.68m	Woodford	23.05.1976
Elizabeth Butler	5.54m	Newham	13.09.1970
Donna Byfield	5.54m	Southchurch Park	21.06.1975
Eloise Williamson	5.50m	Chelmsford	04.06.2006
Christine Bunkham	5.46m	Chesterfield	07.07.1978
Susan Lockhart	5.40m	Harlow	01.05.1989
Margaret Blatcher	5.39m	Chiswick	03.06.1961
Lauren Frimley	5.39m	Garon Park	06.09.2003
Denise Liston	5.36m	Harlow	01.05.1989
Maira Cooper	5.36m	Shrewsbury	23.07.1960
Karen Bond	5.33m	Southchurch Park	01.08.1981
Lisa Biscoe	5.32m	Bury St Edmunds	23.05.1999
Dorothy Fitch	5.30m	Barking	13.05.1972
Cheryl Clark	5.29m	Southchurch Park	00.00.1975
Christina Wilson	5.27m	Chiswick	04.06.1966
P Studholm	5.26m	Ilford	25.05.1963
Debbie Haes	5.23m	Motspur Park	12.06.1984
Deborah Emery	5.22m		00.00.1982
Joanne Butler	5.21m	Newham	09.08.1975
Ann Rouse	5.21m	Chiswick	01.06.1968
Sylvia Cave	5.17m		24.08.1957
Georgia Atkins	5.16m	Chelmsford?	00.00.2007
Gwynneth Pickering	5.15m	Essex AA	14.05.1966
Mary Dray	5.15m	Newham	25.06.1972

As at 10.08.2009/JMC/ATL:WLJ

10.08.2009/JMC/ATL:WHT