



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 Pole Vault

Leasa Williams	3.00m	Ipswich	28.04.2001
Kate Williams	2.80m	Barking	16.07.2000
A Hughes	2.30m	Garon Park	02.08.1997
Sarah Raven	2.25m	Garon Park	12.08.2000
Anna Biscoe	2.00m	Garon Park	25.04.1998