



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 Shot Putt

Yvonne Fountain	12.29m		00.00.1975
Ann Simmons née Wilson	11.73m		00.00.1975
Michelle Stone	11.04m	Denmark	08.06.1985
Margaret Sheppard	10.97m		01.05.1965
Pamela Woodman	10.84m	Southchurch Park	22.09.1962
Jacqueline Philp	10.42m	Ilford	01.06.1975
Simone Smith	10.24m	Peterborough	30.04.1988
Sarah Wilkinson	10.12m	Walthamstow	10.06.1989
Glenda Hillman	10.12m	Barking	13.05.1972
Brenda Hamilton	10.01m		20.09.1958
Donna Loveland	9.75m	Ilford	11.09.1996
Molly Short	9.69m	Essex AA	11.05.2009
M Argent	9.36m	Chelmsford	14.06.1969
Christina Persighetti	9.17m	Ruislip	05.10.1963
Elizabeth Wilhelmy née Butler	9.05m	Crystal Palace	17.05.1997
Julie Bear	9.05m	Harlow	16.05.1982
Joanne Butler	9.02m	Southchurch Park	00.00.1976
Jemma Spellacy	8.85m	Parliament Hill	30.05.1998
Rachel Charman	8.83m	Horsham	03.08.2002
Patricia Denton	8.64m	Thurrock	15.05.1965
J Mansell	8.60m	Ilford	25.05.1963
Deborah Cook	8.56m	Southchurch Park	19.08.1984
Deborah Haves	8.48m	Southchurch Park	25.06.1985
Pauline Quelch	8.42m	Chelmsford	14.07.1962