



## 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 Triple Jump

Primrose Wasarireva	11.17m	Garon Park	06.09.2003
Trudi McQuibban	10.80m	Chelmsford	10.05.2003
Hannah Wilhelmy	10.67m	Basildon	12.06.1999
Charlotte Cutler	10.25m	Peterborough	28.04.1994
Natasha Stephenson	10.14m	Garon Park	03.09.2005
Charlie Atkins	10.09m	Garon Park	29.06.2007
Eloise Williamson	10.01m		16.07.2006
Olivia Jones	9.99m	Essex CAA	12.05.2007
Sarah Keenlyside	9.90m	Cambridge	07.06.1997
Lisa Williams	9.79m	Basingstoke	02.09.2000
Precious Oladugba	9.78m		10.09.2006
Helen Wallbank	9.50m	Basingstoke	18.07.1998
Jenna Longhurst	9.45m	SWL	26.04.2008
Coleen Barry	9.42m	Garon Park	20.07.1996
Sorrel Kiamil	9.40m	Garon Park	26.06.2005
Samantha Daly	9.38m	Garon Park	04.07.2001
<b>Catherine Mooney</b>	<b>9.35m</b>	<b>Watford</b>	<b>24.07.1993</b>
Lauren Bouchard	9.35m		07.05.2006
R Bateman	9.32m	Garon Park	24.04.2002
Sarah Johns	9.31m	Deangate Hoo	09.08.1996
Amanda Lee	9.18m	Watford	24.07.1994
Emma Bushette	9.05m	Garon Park	25.05.1996
Nikita Aspinal	9.02m	Woodford	08.06.2002