



# SOUTHEND-ON-SEA ATHLETIC CLUB

Founded 1905

## CLUB RECORDS

@ 31<sup>st</sup> December 2016

### MEN

100m	Derek Young	10.50	1962
200m	Mark Smith	20.87	1990
400m	Jake King	47.80	2014
800m	Thomas Frith	1:52.13	2014
1500m	Adam Hickey	3:45.97	2015
One Mile	Adam Hickey	4:06.97	2014
3000m	Graham Payne	8:00.98	1983
5000m	Adam Hickey	13:41.66	2013
10000m	Graham Payne	28:27.01	1986
110m Hurdles	Jonathan Pyman	15.10	1976
400m Hurdles	Anthony Shiret	54.00	1977
3000m Steeplechase	Adam Hickey	9:16.47	2015
5000m Walk	Chris Cattano V40	24:28.20	2007
10000m Walk	Mick Holmes	43:34.55	1980
High Jump	Simon Thomas	2.10m	1999
Pole Vault	Aaron Kaye	5.00m	2011
Long Jump	Dean Cocks	7.50m	1990
Triple Jump	Kevin Brown	14.55m	2011
Shot Putt	Martyn Lucking	18.62m	1962
Discus Throw	James South	49.02m	2002
Javelin Throw	Gary Jenson	78.54m	1989
Hammer Throw	Billy Prais-Singh	53.66m	2016

### WOMEN

100m	Sarah Wilhelmy	11.41/11.24w	2001
200m	Sarah Wilhelmy	23.23	1998
400m	Pauline Mullins	53.39	1982
800m	Charlotte Cutler	2:11.05	2000
1500m	Sarah Mullins	4:32.05	2005
3000m	Sarah Mullins	9:49.54	2005
5000m	Sarah Mullins	16:51.08	2005
10000m	Sarah Pennington	45:06.10	2016
100m Hurdles	Ann Wilson	13.30	1972
400m Hurdles	Tessa Pike	62.20	1978
3000m Walk	June Cork V35	16:33	1981
5000m Walk	June Cork V35	29:01	1981
10000m Walk	June Cork	60:22	1981
High Jump	Lesley Chilton	1.78m	1982
Pole Vault	Leasa Williams	3.00m	2001
Long Jump	Ann Wilson	6.57m	1970
Triple Jump	Primrose Wasarerivhu	11.17m	2003
Shot Putt	Yvonne Fountain	12.29m	1975
Discus Throw	Yvonne Fountain	40.22m	1973
Javelin Throw	Yvonne Fountain	51.32m	1974
Hammer Throw	Louisa Taylor	37.43m	2005