



# **SOUTHEND-on-SEA ATHLETIC CLUB**

**STADIUM RECORDS, GARON PARK @ 31.08.2016 : MEN**

## **Sprints - Distance**

100m	Mark Brown	NEB	10.5w	12/13.05.2001
200m	Jason Fergus	SBH	21.2	12/13.05.2001
400m	P Green	Bedford/Australia	47.8	22.07.1995
800m	S Frost (JM)	Thurrock	1,53.90	08/09.05.1999
1500m	P Fisher	Milton Keynes	3,49.60	15.08.1998
5000m	Keith Cullen	Highgate	14,08.03	22.05.2004
10,000m	Tom Gardner	Ilford	32,57.10	30.08.2014

## **Barriers**

110mH	D Cooper	Bedford/Australia	14.6	22.07.1995
400mH	P Carpenter	Bedford/Australia	51.6	22.07.1995
3k S/C	R Malseed	Chelmsford	9,34.8	08/09.05.99

## **Race Walking**

1 Mile Walk	Philip Barnard	u/a	7,47.42	26.08.2013
2k Walk	Roger Mills (V)	Ilford	9,25.60	06.05.1998
3k Walk	Jamie O'Rawe	Southend-on-Sea	12,48.00	27.08.1995
5,000mW	Daniel King	Colchester H	21:54.6	29.08.2015
10,000mW	Dominic King	Colchester H	44,29.00	30.08.2014
20,000W	Richard Gerrard	Isle of Man	2hr14.08	02.08.2014
50,000mW	Richard Gerrard	Isle of Man	5hr36.17	02.08.2014
100kW	Richard Gerrard	Isle of Man	11hr36.24	02.08.2014
100 Miles	Richard Gerrard	Isle of Man	19hr36.32	03.08.2014

### **Jumps - Vertical**

High Jump	D Crant	Woodford Green	2.20m	12/13.05.2001
Pole Vault	Kevin Hughes	Thurrock	5.61m	09.07.2000

### **Jumps - Horizontal**

Long Jump	Steve Phillips	Rugby	8.07m	11.07.1999
Triple Jump	K Newton	WG & EL	14.79m	12/13.05.2001

### **Throws**

Shot Put	David Condon	Southend-on-Sea	16.63m	12/13.05.2001
Discus	D McDonald	NEB	50.25	08/09.05.1999
Javelin	Gary Jensen	Southend-on-Sea	68.91m	03.06.2000
Hammer	Paul Head	NEB	66.30	12/13.05.2001

### **Relays**

4x100m Relay		Bedford/Australia	42.80	22.07.1995
4x400m Relay		Milton Keynes	3,22.1	15.08.1998



# **SOUTHEND-on-SEA ATHLETIC CLUB**

**STADIUM RECORDS, GARON PARK @ 31.08.2016 : WOMEN**

## **Sprints - Distance**

100m	Modupe Shokunbi	Havering	12.12	26.08.2013
200m	V Day	WG & EL	24.2	08/09.05.1999
400m	S Semper	Ilford	55.3	04.09.1999
800m	Lucy Chaffe	WG & EL	2,12.90	08/09.05.1999
1500m	Lydia Hallam	Havering	4,34.90	31.08.2015
3000m	S Williams	Ilford	10,36.8	04.09.1999
5000m	Sophie Sheldrake	Highgate	18,08.50	31.08.2015
10000m	Natasha Lagden	Southend	46:13.1	29.08.2015

## **Barriers**

100mH	Julie Pratt	WG & EL	13.4	08/09.05.2001
400mH	Gowri Retchekan-Hodge	Highgate H	58.9	12.08.2000
2k S/ch	Emily Bullis	Basildon	7,24.70	30.08.2014

## **Race Walking**

2k Walk	Valerie Mountford	Southend-on-Sea	13,53.60	06.05.1998
1 Mile Walk	Linda Mountford	Southend-on-Sea	10,31.36	27.08.2012
3k Walk	Irene Bateman	Havering Mayesbrook	17,35.40	08/09.05.1999
10k	Sandra Brown	Surrey Walking Club	1hr14.45	02.08.2014
20k	Sandra Brown	Surrey Walking Club	2hr29.56	02.08.2014
50k	Sandra Brown	Surrey Walking Club	6hr12.35	02.08.2014
100k	Sandra Brown	Surrey Walking Club	12hr35.30	03.08.2014
100 Miles	Sandra Brown	Surrey Walking Club	20hr40.32	03.08.2014

### Jumps - Vertical

High Jump	Denise Gayle	Barnet	1.85m	2003
Pole Vault	Liz Hughes	Bromley	3.70m	29.07.2000
	Kate Cowley	Havering Mayes.	3.70m	27.08.2012

### Jumps - Horizontal

Long Jump	J Hollman	Peterborough	6.27m	08/09.05.1999
Triple Jump	Judy Kotey	St Albans	11.86m	25.04.1998

### Throws

Shot Put	J Duncan	WG & EL	16.46m	12/13.05.2001
Discus	D Calloway	Aldershot F&D	46.84m	08/09.05.1999
Javelin	K Amos	Thurrock	46.00	12/13.05.2001
Hammer	L Pigeon	WG & EL	58.58	12/13.05.2001

### Relays

4x100m Relay				
4x400m Relay		Havering AC	3,45.1	30.08.2014