

Southend-on-Sea Athletic Club

CLUB RECORDS

MEN

100m	Derek Young	10.5	1962
200m	Mark Smith	20.87	1990
400m	Jonathan Rowlands	48.31	1986
800m	David Smale	1,53.07	2011
1500m	Graham Payne	3,47.90	1982
3000m	Graham Payne	8,00.98	1983
5000m	Graham Payne	13,48.45	1983
110m Hurdles	Gianni Frankis	14.21	2006
400m Hurdles	Anthony Shiret	54.0	1977
3000m Steeplechase	Michael Mansfield	9,28.1	1994
High Jump	Simon Thomas	2.10m	1999
Pole Vault	Aaron Kaye	4.90m	2010
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 Jensen	78.54m	1989
Hammer Throw	Trevor Woods	46.06m	1971

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	16,51.86	2005
100m Hurdles	Ann Wilson	13.3	1972
400m Hurdles	Tessa Pike	62.2	1978
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