



## 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 5,000 metres

Sarah Mullins	16,51.8	Essex AA	15.05.2005
Claire Cornwell née Colmer	17,50.19	Essex AA	12.05.2007
Danielle Hurley	20,07.5	Garon Park	19.07.2008
Sarah Jeffery	20,22.0	Essex AA	11.05.2009

Lisa Gahagan