
EASTERN SUBURBS



ATHLETIC CLUB

Annual Report

2003 - 2004

EASTERN SUBURBS PRESIDENTS

Eastern Suburbs Harriers Club

Inaugural Meeting 31 October 1955

| | |
|---------|----------|
| 1955-56 | W Muir |
| 1956-58 | H Blake |
| 1958-59 | H Blake |
| 1959-60 | H Blake |
| 1960-61 | H Blake |
| 1961-62 | H Blake |
| 1962-63 | H Blake |
| 1963-64 | H Blake |
| 1964-65 | H Blake |
| 1965-66 | H Blake |
| 1966-67 | L Spears |
| 1967-68 | L Spears |
| 1968-69 | L Spears |
| 1969-70 | L Spears |
| 1970-71 | G Norris |
| 1971-72 | G Norris |
| 1972-73 | G Norris |
| 1973-74 | P Morley |
| 1974-75 | P Morley |
| 1975-76 | P Morley |
| 1976-77 | P Morley |
| 1977-78 | P Morley |
| 1978-79 | G Blake |
| 1979-80 | G Blake |
| 1980-81 | G Blake |

Eastern Suburbs Athletic Club

| | |
|---------|------------|
| 1981-82 | C Beaton |
| 1982-83 | C Beaton |
| 1983-84 | K McNamara |
| 1984-85 | K McNamara |
| 1985-86 | M O'Brien |
| 1986-87 | B Hughes |
| 1987-88 | B Hughes |
| 1988-89 | B Hughes |
| 1989-90 | M Pigden |
| 1990-91 | M Pigden |
| 1991-92 | M Pigden |
| 1992-93 | M Pigden |

Eastern Suburbs Women's Athletic Club

Inaugural Meeting 23 November 1969

| | |
|---------|---------------|
| 1968-69 | C Vernede |
| 1969-70 | E Carmichael |
| 1970-71 | C Steenbergen |
| 1971-72 | C Steenbergen |
| 1972-73 | C Steenbergen |
| 1973-74 | C Steenbergen |
| 1974-75 | C Steenbergen |
| 1975-76 | C Steenbergen |
| 1976-77 | L Williams |
| 1977-78 | L Williams |
| 1978-79 | L Williams |
| 1979-80 | M Edwards |
| 1980-81 | M Edwards |

Eastern Suburbs Life Members

| | | |
|------|-----------------------|--------|
| 1963 | Mr L Spears | (Dec.) |
| 1967 | Mr H Blake | (Dec.) |
| 1969 | Mr J Caulfield | |
| 1974 | Mr G Norris | |
| 1976 | Mr B Halley | |
| 1976 | Mr B Wise | |
| 1977 | Mr B Ginn | (Dec) |
| 1979 | Mr J Tiggelaven | (Dec.) |
| 1981 | Mrs M Chick | |
| 1981 | Mrs L Grieson | |
| 1985 | Mr G Blake | (Dec.) |
| 1993 | Mr K McNamara | |
| 1994 | Mr W Mason | |
| 2001 | Mrs M & Mr P McDonald | |
| 2004 | Mrs J Lennon | |
| 2004 | Mr K Alomes | |

Eastern Suburbs Athletic Club Cont.

| | |
|-----------|------------|
| 1993-94 | B Marshall |
| 1994-95 | B Marshall |
| 1995-96 | B Marshall |
| 1996-97 | E Rae |
| 1997-98 | E Rae |
| 1998-99 | E Rae |
| 1999-2000 | E Rae |
| 2000-01 | M Turnock |
| 2001-02 | M Turnock |
| 2002-03 | M McDonald |
| 2003-04 | M McDonald |

OFFICE BEARERS 2003 - 2004

Patron: Mayor of Clarence, Mrs Cathy Edwards

Vice Patrons: Mr W Halley
Mr K McNamara
Mr G Norris
Mr H Quick MP
Mr C Wilson
Mr B Wise

PRESIDENT: Maureen McDonald

Vice Presidents: Jarrod Gibson
Aaron Humphrey

Secretary: Helen Howlett

Assistant Secretary: Eilis Breen

Treasurer: Elaine Humphrey

Registrar: Jennifer Lennon (Winter)
Wendy Sheppard (Summer)

COMMITTEE: Brian Baker
Jarratt Horton
Roger Howlett
Karen Leavey
Megan McConnon
Peter McDonald
Lauren Morgan
Toni Morgan
Peter Turnock
Nathan Wass

Honorary Auditor: John Caulfield

Public Officer: Elaine Humphrey

Team Manager: Mrs Maureen McDonald

Club Captains

Winter: Aaron Humphrey

Summer: Megan McConnon and Lauren Morgan
Nathan Wass and Aaron Humphrey

CLUB MEMBERS 2003 - 2004

MEN

| | | | |
|------------------|-----------------|-----------------------|--------------------|
| Jason Allie | Jarrold Gibson | Matthew Lennon | Huw Peacock |
| Darren Alomes | Marc Gluskie | Bobby Malcomson | Robert Raus |
| Phillip Bessell | Patrick Green | Gary Malcomson | Stephen Rae |
| Alastair Blaine | Aaron Griggs | Joel Mason | Matthew Schenk |
| Danny Byas | Andrew Harding | Robert Mason | Nathan Sheppard |
| Lindsay Button | Nicholas Hayes | Christopher McConnell | Timothy Sloan |
| Nic Clifford | Jarratt Horton | Stuart Morse | Mark Struwe |
| Robert Cracknell | Aaron Humphrey | Sam Morse | Ben Spry |
| Brad Dyson | Ashley Humphrey | Jake Morton | James Taylor |
| Chris Edwards | Peter Kleywegt | Philip Mussared | Baden Wass |
| Patrick Edwards | Daniel Latham | Gerry Oldfield | Matthew Wass |
| Jason Fyfe | David Le Sage | Ryan O'Leary | Nathan Wass |
| Ashley Garland | Sam Leitch | Evan Peacock | Simon Wass |
| Michael Garland | Marcus Lennon | Hamish Peacock | Justin Wuetschener |

WOMEN

| | |
|----------------------|-------------------|
| Amelia Baker | Linda Hove |
| Lynette Bannister | Kate Howlett |
| Jessica Bigwood | Monica Howlett |
| Andrea Blaauw | Jessica Jarvis |
| Amy Blake | Katie McConnon |
| Charlotte Blake | Megan McConnon |
| Anita Boatwright | Celeste McFarlane |
| Kimberley Boatwright | Lizzy Malcomsom |
| Kimberley Bush | Hanna Manuela |
| Hannah Calvert | Lauren Morgan |
| Hannah Chapman | Amy Maurant |
| Chelsea Coleman | Kate Mudge |
| Samantha Collins | Kiki Mussared |
| Kate Cowen | Fiona Pearce |
| Georgia Cubit | Georgia Richards |
| Meg Dennis | Rebecca Smith |
| Kaitlin Fassina | Melanie Street |
| Eleni Gallagher | Kara Tomes |
| Kylee Gluskie | Olivia Tomes |
| Claire Hawson | |

Officials

| | |
|-----------------|------------------|
| Kevin Alomes | Maureen McDonald |
| Jessamy Austen | Peter McDonald |
| Brian Baker | Jim Morgan |
| Gail Bessell | Toni Morgan |
| Eilis Breen | Gary Sayer |
| Jarrold Gibson | Wendy Sheppard |
| Elaine Humphrey | Peter Turnock |
| Nellie Latham | Stephen Wass |
| Karen Leavey | Kim Wass |
| Helen Lee | Cheryl Wilson |
| Jennifer Lennon | Chris Wilson |
| Paul Leitch | Shaun Wilson |
| Ron Le Sage | |

NATIONAL AND STATE REPRESENTATIVES

2003 - 2004

Australian All Schools Track & Field Championships - Brisbane

**Lynette Bannister
Aaron Humphrey
Alastair Blaine**

**Robert Cracknell
Kaitlin Fassina
Lizzy Malcomson**

Australian Youth Championships - Canberra

Australian Senior & Under 20 Nationals - Sydney

**Alistair Blaine
Aaron Humphrey**

Brad Dyson

National Cross-Country & Racewalks Championships - Canberra

**Lynette Bannister
Peter Kleywegt**

Aaron Humphrey

FORTY-EIGHTH ANNUAL
REPORT

AND

FINANCIAL STATEMENT
FOR SEASON
2003 - 2004

To be presented at the

ANNUAL GENERAL MEETING

Thursday, 16th September 2004

AGENDA

Apologies

Confirmation of minutes of Annual General Meeting
18th September 2003

Annual Reports and Financial Statements

Election of Office Bearers

General Business

PRESIDENT'S REPORT 2003/2004

It gives me great pleasure to present the Forty-Eighth Annual Report of the Eastern Suburbs Athletic Club.

A highlight of the past year was the granting of Life Membership to Jennifer Lennon and Kevin Alomes. It was a fitting reward for two hard-working members who have given the club such valuable service over many years. Thank you both for your contribution to athletics.

Others, in this Annual Report, have nominated our performances in the relays at the State Championships as a highlight of this season and I would have to agree. We entered 16 relay teams and won 8 gold, 3 silver and 4 bronze medals. It was also a bonus having Life Member, George Norris, at the track to cheer on our teams and join in the celebrations.

Another highlight, for me, was the performance of the Eastern Suburbs Team at the State Club Championships at Penguin in January. Our small group, of mainly junior, athletes acquitted themselves well and the team support was a pleasing aspect of the day.

This year saw the introduction of a Club Championship Day. Athletes competed in a variety of events with us using the decathlon/heptathlon points to decide age group winners. This was a very successful innovation with good participation from club members, excellent support from family and friends and the day provided an opportunity for us all to mix socially.

As part of the Clarence Sport and Cultural Expo in April, Eastern Suburbs conducted a Fun Run and assisted with an athletic display. Although the number of entrants was disappointing, the day gave us the opportunity to promote our club and the Round the River Run.

A small number of Eastern Suburbs athletes, with their families, were involved with the Cancer Relay for Life this year. This was a huge commitment from this group and we congratulate you all on raising over \$1000 for the Cancer Council.

During the year, 15 Eastern Suburbs officials were presented with Service Pins from Athletics Australia. Congratulations to all recipients particularly Wayne Mason who earned Gold for thirty years of service to athletics.

Our number of registered athletes this season reached 96, which was up eighteen on the previous season's total. Some of this increase can be attributed to the young and talented group of athletes recruited from the Altius Club who joined us when their club disbanded. Peter Turnock and Wayne Mason have been assisting with coaching at the Clarence Little Athletics Centre and this facilitated the transition of a larger number of little athletes to Eastern Suburbs this year. Unfortunately we are not able to recruit as well during the winter cross-country season despite our efforts to do so.

Peter Turnock has again filled the role of Club Coach and we thank him for his dedication and commitment. We would also like to thank the other coaches who have supported and assisted Peter during the past year. Thank you Stephen Rae, Evan Peacock and Andrew Tomes for your help at training and Kevin Alomes, Sonia Laduzko and Peter McDonald who have always been available to support and encourage coaches and athletes when required. We would also like to recognise the work done by Wayne Mason with his squad of young and enthusiastic athletes. All your efforts are ensuring that the club has a bright future.

Club members, Aaron Humphrey, Lynette Bannister, Alastair Blaine, Lizzy Malcomson, Rob Cracknell and Kaitlyn Fassina, were selected to compete in the Australian All School's in Brisbane last December. These athletes had some unforgettable experiences but also learned much from competing at this level. Congratulations to Rob on winning Bronze in the High Jump at this meet. Alastair Blaine, Brad Dyson and Aaron Humphrey attended the National Championships in Sydney in February and enjoyed the experience. In more recent times Aaron Humphrey, Lynette Bannister and Peter Kleywegt represented Tasmania in Canberra at the National Cross-country and Road Walking Championships. Aaron won silver in the gruelling 20km Walk. As well as congratulating those selected in State teams we would like to praise all athletes who have trained and competed regularly for the Eastern Suburbs Athletic Club. Once again we have had a very successful year and it is always good to see our athletes striving to be the best that they can be.

Club members have given freely of their time to support a number of events to ensure that the club is in a financially secure position. Our major fundraiser, the Round the River Run, was once again very profitable. This year we reduced the cost of the entry fees and actually raised more money. Club members and friends assisted at the Point to Pinnacle in November. After the hot conditions in 2002 we insisted on thousands of extra cups and litres more water. Blizzard conditions on Mount Wellington, though, resulted in a modified course for this year's run so we had more than enough drinking cups this time! A dedicated group worked at Parliament House over Christmas/New Year supervising the parking of cars on Salamanca Market days and collecting the fees. Other members were very busy working nearby at The Taste of Tasmania clearing and cleaning. These ventures raised over \$4000 for club funds. We thank those who contributed to this outstanding effort.

A number of social events during the season have allowed us to unwind away from competition, training, fundraising and meetings. A group of club members enjoyed the production of The Term of His Natural Life. Unfortunately our counter meal beforehand did not arrive early enough for us to enjoy that. Not everybody rushed his or her meal. The Mount Nelson Tavern is one Fisherman's Basket short after our visit! The club's Trophy Night, in May, was not only an opportunity to focus our attention on our member's achievements but it also provided a chance for people to meet and socialise. Barbecues and tenpin bowling have also been part of our social calendar.

During the past year there have been a number of people who have made contributions to our club and we are grateful for this support. Thank you to Nigel Heaven for the sponsorship from PMM for the Round the River Run. Graeme Geard, at McDonald's Rosny, is always willing to assist with the Round the River and this year Kimbra Whiley from Funfit helped us for the first time with prizes and we thank them both. We would also like to acknowledge the generous assistance given to this club by the Clarence City Council over many years. Thank you to Allison Ritchie for her help in having club information photocopied during the season. Thank you, too, to the Rotary Club of Sullivans Cove, and in particular Antil Hanke, for allowing us to do the Parliament House parking.

I would personally like to thank club Captains Lauren Morgan, Megan McConnon, Aaron Humphrey and Nathan Wass. We are fortunate to have such excellent role models for our younger athletes to emulate. Under their leadership the women have won the Athletic South Premiership Trophy for Track and Field and the men have been runners-up. The club also won the Hobart Harriers Cup as the most successful senior men's club at the State Championships. Finally I would like to express my gratitude to this year's committee and thank you all for your support.

Maureen McDonald

Maureen McDonald
PRESIDENT

TREASURERS REPORT 2003/2004

This season has seen the club raise some very healthy dollars through the dedication yet again of a small band of members through fundraising. This financial year we obtained funds through the annual car parking at Parliament House, Taste of Tasmania, Round The River and Point To Pinnacle to the tune of \$4,000.00 Without the crucial fundraising efforts we as a club could not help our athletes out with travel subsidies, awards night and social events to the tune that we do. Once again we urge all parents of members of our Clubs to please put your hand up when asked to help out with these events to lighten the load a little on others. You don't need experience we will certainly show you the ropes. Round the River was certainly an overwhelming success, our best year to date and a sincere thank you to PMM for their \$1000 donation towards this fantastic fun run. Our opening balance from July 03 of \$6984.89 has seen us invest \$5,000 with Tasmanian Perpetual Trustees with interest year to date of \$207.77. This amount has stayed reinvested to date. Our expenses for the financial year \$9742.29 outweighed the earnings of \$9180.23 hence the need to look at other ideas of raising money for the Club. Any ideas anyone?

It is with regret that I choose to leave my position as Treasurer this year due to a change in my personal circumstances, family and work committments and I hope that someone puts their hand up to take on the job of managing the money. You certainly won't be disappointed with the monthly meetings and the support from the committee in doing your job and I sincerely thank everyone for their help when I first came into the job.

Congratulations to all athletes for having a go this past season for those attaining PB'S well done and all the best for the forthcoming season, I hope the Athens olympics have inspired you to chase your athletic dreams.

Elkumphyey

ELAINE HUMPHREY

TREASURER

Eastern Suburbs Athletics Club
Statement of Income and Expenditure 2003/2004

General Account Island State Credit Union A/C 51191969

Opening Balance as at 01/06/2003 \$6984.89

RECEIPTS

| | |
|---|-----------|
| General | \$176 |
| Car Parking | \$1058 |
| Registrations | \$2485 |
| Rugby Tops | \$195 |
| Taste of Tasmania | \$1008.94 |
| Round The River (please note \$420 is carried forward from 2003) | \$3316.7 |
| Donations | \$50 |
| Interest | 2.34 |
| X Country BBQ | \$88.25 |
| Point to Pinnacle | \$800 |

TOTAL
\$9180.23

PAYMENTS

| | |
|-------------------------------|-----------|
| Travel Subsidies | \$1510.00 |
| Affiliation/Registration fees | \$3460.00 |
| Coaching/Insurance | \$95.70 |
| Rugby Tops | \$185.35 |
| Postage | \$425.00 |
| Club Social Expenses | \$1108.57 |
| General Expenses | \$873.52 |
| Round the River | \$1403.75 |
| Donations | \$650.00 |
| Bank Fees | \$30.40 |
| Investment Withdrawal | \$5000.00 |

TOTAL
\$14742.29

Investment Account- Tasmanian Perpetual Trustees

Account: 40498000

| | |
|----------------------------------|-----------|
| OPENING BALANCE: | \$5000 |
| Interest Paid to 30/6/2004 | \$207.77 |
| CLOSING BALANCE AS AT 30/06/2004 | \$5207.77 |

All accounts are provisional, subject to the receipt of the auditors report.



Eastern Suburbs Athletic Club

Incorporated

COACHES REPORT 2003/2004

The 2003/2004 summer athletics season and the 2004 cross-country season was season of mixed results for the coaches involved. The club had good numbers training through the summer, but the winter season continues to be disappointing.

During the summer, the club had a large squad of athletes, comprising of beginners and more experienced athletes who have been in the club squad for several years. All were enthusiastic and eager to learn or improve.

Training is based on athletes enjoying their sport and training to improve their individual performances. Improvement is the road to success. We are lucky to have a very friendly squad, who are "mates" and encourage and acknowledge each other when a "pb" is attained. Athletes had well deserved successes.

This season the summer squad was coached by Peter Turnock, assisted by Stephen Ray, as specialist in hurdles, Evan Peacock assisting in throws, and Andrew Tomes assisting with the younger athletes. The coaches are really encouraged by athletes who believe in their coaches, enjoy training and provide the results in great performances

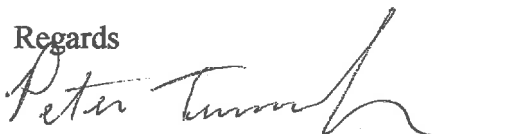
Winter training had started well, but very wet weather at Kangaroo Bay and freezing conditions at the track made attendance difficult. The "hill" presented a challenge and general conditioning exercises had initial benefits, but the flu', winter sport injuries, and exams worked against the squad. The athletes who persevered competed well at cross country races and will be better conditioned for the next summer season.

Many athletes within the squad won club trophies and competed well at the championships. Several athletes gained selection in the State Athletics and Cross Country teams. The team spirit shown in the Relays at the State Championships was the highlight of the year. The club and parents should be proud all athletes and of their achievements.

The club will continue its policy of encouraging previous club athletes or interested parents in a coaching role. The club is also affiliated with several experienced individual coaches who mentor and advise our club coaches when assistance is sought.

Coaching is very rewarding and its great to see athletes set and achieve personal goals. Congratulations to all the athletes on their achievements.

Regards



Peter Turnock

CLUB CAPTAINS' REPORTS

Club Captains' Report – Season 2003/2004.

Congratulations to all the girls on another successful track and field season.

This season the Eastern Suburbs girls won the Athletics South shield for women as the highest point scoring women's club. This achievement was contributed to by all the members and each deserves congratulating. A great effort was done by all the team.

The season saw sales of chocolate frogs soar with many of the girls getting Personal Bests (PB) nearly every week, each effort well deserving of a chocolate frog. At the Tasmanian State Championships, the training paid off and the girls were all greatly rewarded for their efforts, with many receiving medals in their chosen events. Once again a lot of chocolate frogs were given out for plenty of PBs. Well done to everyone who competed in the championships.

A special mention must go to the Under 14 Girls team consisting of Anita Boatwright, Chelsea Coleman, Charlotte Blake and Olivia Tomes who broke the Club 4x100m record in their age group. Olivia and Anita teamed up with Claire Hawson and Kate Howlett also to break the Club 4 x 400m relay record. Congratulations girls.

Congratulations must be given to all our top ten point scorers; the awards show a great commitment to the club and the sport. Our winner for the 2003/04 season was Kylee Gluskie, with Amelia Baker runner-up. These two girls are new to the club this season and it is fantastic to see them doing so well, indicating a strong future ahead for Eastern Suburbs. Well done to all award recipients.

It was a hard choice for the club captain's award this year with so many talented people to choose from. Kate Mudge was chosen for the club captain award for her efforts during the season. This was her first year at the club and during this time her track and field results have improved immensely. At the State Championships she won two gold medals and one silver. One gold medal was in the 200m in a personal best time of 26.56sec. This is an outstanding result for Kate and a major improvement on her first time of 28.39sec. She always competed in the relays and is a great team member. Kate's performance is just one example of the many personal achievements that the Eastern Suburbs girls have achieved this season.

A highlight of the season was the Eastern Suburbs championships. Held in the format of a heptathlon, this was a new event for many of the girls and the competitive nature held by the girls saw skills stretched to participate in events not normally entered into. It was great to see the willingness of the girls to compete in these events and we are looking forward to seeing these new skills put to use in the upcoming season. The day ended with a BBQ and time to talk to everyone. A great day was had by all.

The best thing about Eastern Suburbs this season was the club spirit, exhibited on a number of occasions. Each week it was easy to find girls to do the relays. The girls always showed support and interest in each other. At the State Championship relay events the cheering on the finish line for all the Eastern Suburbs teams was tremendous and contributed to a great atmosphere for the evening. All those who competed were thankful for the support and found it easier to find that extra drive. It should be noted that on that weekend every age group that competed received a medal.

There are many people to thank for their contributions to both the girls and the club this season. On behalf of the girls, we would like to thank the coaches, officials and parents for their guidance and support throughout the season. We would like lastly thank the committee for all their hard work and commitment to the growth of the club with a special mention for our president Mrs McDonald.

Good luck to all our girls in the upcoming 2004/05 track and field season and keep up the excellent effort.

Megan McConnon and Lauren Morgan
Club Captains 2003/04.

We would like to start off by saying a big thankyou to all of the male athletes that competed under the Eastern Suburbs banner last season, without you the club would not have had anywhere near the success that it did.

It was good to see a number of new athletes joining Eastern Suburbs last season, whether they know it or not they will soon be becoming the fighting spirit that keeps Eastern Suburbs as some of the older athletes go onto bigger and better things.

Congratulations to everyone who received an award on the awards and presentation evening. While not everyone won an award on the night, throughout the season points remained tight in the battle to enter the top ten list. It was good to see new athletes entering the top ten this in itself is quite an achievement.

Well done to Nathan Wass who was the winner of the Teams Captain's Award. As most of you probably know, Nathan is in fact one of Eastern Suburbs team captains. It was through his dedication to the club and week in, week out performances that earned him this award. Well Done. Alastair Blaine also deserves congratulations for winning male athlete of the year and the president's award. His persistence in both the 400m hurdles and his 100m hurdles has seen him move up through the rankings in the under 20 men's age group. Well Done Al.

Another congratulations goes to the relay teams at the state championships. The teams performed great with a medal in every age group. Without the hard efforts of many athletes striving for their best, Eastern Suburbs wouldn't have gone as well as we did.

Overall a top season throughout for our Eastern Suburb men, hopefully next season every athlete can strive for their best and receive personal bests and enjoy athletics.

From your team captains of 2003-2004, Nathan Wass and Aaron Humphrey.

| Event | Record Holder | Time/Distance | Date Of Achievement |
|-------------------|---|---------------|---------------------|
| Senior Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Glen McCarthy | 10.66 secs | 25/2/96 |
| 200m | Glen McCarthy | 21.00 secs | 18/2/96 |
| 400m | Glen McCarthy | 47.55 secs | 18/2/96 |
| 800m | David Rae | 1:51.27 mins | 13/3/98 |
| 1500m | Jason Allie | 3:53.24 mins | 22/5/99 |
| 3000m | Jason Allie | 8:15.11 mins | 29/5/99 |
| 5000m | Brad Dyson | 14:12.19 mins | 7/3/02 |
| 10000m | Jason Allie | 32:11.00 mins | 20/2/99 |
| Sprint Hurdles | Ashley Howlett | 16.19 secs | 24/3/01 |
| 400m Hurdles | Stephen Rae | 52.94 secs | 23/3/01 |
| Triple Jump | Phillip Bessell | 14.78 secs | 19/2/00 |
| High Jump | Chris Hogan | 2.13 metres | 15/11/97 |
| Long Jump | Nabil Adamou | 7.81 metres | 1/3/97 |
| Pole Vault | Ashley Howlett | 4.20 metres | 24/3/01 |
| Hammer | Justin McDonald | 66.98 metres | 8/2/00 |
| Discus | Justin McDonald | 44.06 metres | 20/12/97 |
| Javelin | Ashley Howlett | 65.47 metres | 04/3/01 |
| Shotput | Justin McDonald | 13.58 metres | 15/11/97 |
| Decathlon | Ashley Howlett | 7054 points | 23 & 24/3/01 |
| 1500m Walks | Matthew Groves | 6:07 mins | 5/12/98 |
| 3000m Walks | Matthew Groves | 12:34 mins | 2/1/99 |
| 5000m Walks | Matthew Groves | 21:36 mins | 13/2/99 |
| 10000m Walks | Matthew Groves | 45:20 mins | 28/10/98 |
| 20000m Walks | Matthew Groves | 91:56 mins | 19/3/99 |
| 4x100m Relay | Sam Leitch/Phil Bessel/Sam Jeffrey/Damon Page | 43.53 secs | 13/12/98 |
| 4x400m Relay | Scott Marshall/Glen McCarthy/Mark Morffew/David Rae | 3:24.94 mins | 2/4/95 |
| U/20 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Sam Jeffrey | 10.82 secs | 11/12/98 |
| 200m | Sam Jeffrey | 21.60 secs | 13/12/98 |
| 400m | Sam Jeffrey | 47.84 secs | 24/1/99 |
| 800m | Roger McNamara | 1:55.70 mins | 13/3/98 |
| 1500m | Jason Allie | 3:53.24 mins | 22/5/99 |
| 3000m | Jason Allie | 8:15.11 mins | 29/5/99 |
| 5000m | Brad Dyson | 14:12.19 mins | 7/3/02 |
| 10000m | Jason Allie | 32:11.00 mins | 20/2/99 |
| Sprint Hurdles | Ashley Howlett | 16.23 secs | 21/2/98 |
| 400m | Stephen Rae | 53.74 secs | 14/3/99 |

| | | | |
|-----------------------|---|---------------|----------------------|
| Hurdles | | | |
| Triple Jump | Phillip Bessell | 14.78 metres | 19/2/00 |
| High Jump | Robert Cracknell | 2.08 metres | 15/03/03 |
| Long Jump | Phillip Bessell | 6.92 metres | 5/2/00 |
| Pole Vault | Ashley Howlett & Priscus Fogagnolo | 3.50 metres | 22/3/96 & 14/2/98 |
| Hammer | Justin McDonald | 61.34 metres | 13/2/93 |
| Discus | Justin McDonald | 39.16 metres | 31/1/93 |
| Javelin | Damon Page | 64.64 metres | 27/5/00 |
| Shotput | Ashley Howlett | 12.61 metres | 7/3/98 |
| Decathlon | Ashley Howlett | 6885 points | 20 & 21/2/98 |
| 1500m Walks | Matthew Groves | 6:36 mins | 17/1/93 |
| 3000m Walks | Matthew Groves | 13:43 mins | 13/3/93 |
| 5000m Walks | Matthew Groves | 23:52.20 mins | 27/2/93 |
| 10000m Walks | Matthew Groves | 49:39 mins | 23/2/93 |
| 4x100m Relay | Sam Leitch/Phil Bessel/Sam Jeffrey/Damon Page | 43.53 secs | 13/12/98 |
| 4x400m Relay | Dion Byas/Scott Marshall/Mark Morffew/Damian Norman | 3:30.32 mins | 27/2/93 |
| U/19 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Sam Jeffrey | 10.82 secs | 11/12/98 |
| 200m | Sam Jeffrey | 21.60 secs | 13/12/98 |
| 400m | Sam Jeffrey | 47.84 secs | 24/1/99 |
| 800m | David Rae | 1:59.86 mins | 13/3/94 |
| 1500m | Jason Allie | 4:01.11 mins | 1/2/97 |
| 3000m | Jason Allie | 8:35 mins | 14/1/98 |
| 5000m | Jason Allie | 14:51.51 mins | 21/1/98 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | ----- | ----- | ----- |
| 400m Hurdles | Stephen Rae | 54.26 secs | 25/3/97 |
| Triple Jump | Phillip Bessell | 14.23 metres | 29/3/98 |
| High Jump | Robert Cracknell | 2.08 metres | 15/03/03 |
| Long Jump | Phillip Bessell | 6.90 metres | 6/1/98 |
| Pole Vault | Ashley Howlett & Priscus Fogagnolo | 3.50 metres | 22/3/96 & 14/2/98 |
| Hammer | Justin McDonald | 66.92 metres | 15/12/91 |
| Discus | Damon Page | 44.44 metres | 10/12/98 |
| Javelin | Damon Page | 58.76 metres | 19/3/99 |
| Shotput | Justin McDonald | 14.54 metres | 5/10/91 |
| Multi-Event | ----- | ----- | ----- |
| 1500m Walks | Matthew Groves | 6:36 mins | 17/1/93 |
| 3000m Walks | Matthew Groves | 13:43 mins | 13/3/93 |
| 5000m Walks | Matthew Groves | 23:52.20 mins | 27/2/93 |

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| 10000m Walks | Matthew Groves | 49:39 mins | 23/2/93 |
| 4x100m Relay | Sam Leitch/Phil Bessel/Sam Jeffrey/Damon Page | 43.53 secs | 13/12/98 |
| 4x400m Relay | Craig Johnston/Stephen Rae/Matthew Rushton/Rob Stewart | 3:25.94 mins | 16/2/97 |
| U/18 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Sam Jeffrey | 10.98 secs | 21/3/98 |
| 200m | Sam Jeffrey | 22.26 secs | 3/3/98 |
| 400m | Sam Jeffrey | 48.70 secs | 13/3/98 |
| 800m | David Rae | 1:59.97 mins | 21/11/93 |
| 1500m | Jason Allie | 4:01.11 mins | 1/2/97 |
| 3000m | Jason Allie | 8:42 mins | 8/2/97 |
| 5000m | Jason Allie | 15:03 mins | 18/1/97 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Ashley Howlett | 16.32 secs | 3/3/96 |
| 400m Hurdles | Stephen Rae | 54.26 secs | 25/3/97 |
| Triple Jump | Phillip Bessell | 14.23 metres | 29/3/98 |
| High Jump | Robert Cracknell | 2.08 metres | 15/03/03 |
| Long Jump | Phillip Bessell | 6.90 metres | 6/1/98 |
| Pole Vault | Ashley Howlett & Priscus Fogagnolo | 3.50 metres | 22/3/96 & 14/2/98 |
| Hammer | Justin McDonald | 66.36 metres | 7/10/90 |
| Discus | Ashley Howlett | 52.54 metres | 25/11/95 |
| Javelin | Ashley Howlett | 59.80 metres | 28/1/96 |
| Shotput | Justin McDonald | 14.25 metres | 2/3/91 |
| Multi-Event | Ashley Howlett | 6657 points | 21 & 22/3/96 |
| 1500m Walks | Matthew Groves | 6:36 mins | 17/1/93 |
| 3000m Walks | Matthew Groves | 13:43 mins | 13/3/93 |
| 5000m Walks | Matthew Groves | 23:52.20 mins | 27/2/93 |
| 10000m Walks | Matthew Groves | 49:39 mins | 23/2/93 |
| 4x100m Relay | Cameron Lee/Mark Morffew/Jarrold Read/Ricky Roberts | 45.53 secs | 22/2/92 |
| 4x400m Relay | Craig Johnston/Stephen Rae/Matthew Rushton/Rob Stewart | 3:25.94 mins | 16/2/97 |
| U/17 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Scott Miller | 11.28 secs | 17/1/98 |
| 200m | Scott Miller | 22.78 secs | 7/2/98 |
| 400m | Robbie Knott | 49:43 secs | 2/5/00 |
| 800m | Mark Cannell | 2:01.52 mins | 7/3/94 |
| 1500m | Mark Cannell | 4:08.14 mins | 19/2/94 |
| 3000m | Jason Allie | 8:52.27 mins | 17/2/96 |
| 5000m | Jason Allie | 15:32.71 mins | 24/2/96 |
| 10000m | ----- | ----- | ----- |
| Steeple | Owen Cannell | 7:05.00 mins | 4/3/89 |

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| Shotput | Damon Page | 14.59 metres | 24/3/94 |
| Multi-Event | Ashley Howlett | 4942 points | 24 & 25/3/94 |
| 1500m Walks | Matthew Groves | 6:36 mins | 17/1/93 |
| 3000m Walks | Matthew Groves | 13:43 mins | 13/3/93 |
| 5000m Walks | Matthew Groves | 23:52.20 mins | 27/2/93 |
| 10000m Walks | Matthew Groves | 49:39 mins | 23/2/93 |
| 4x100m Relay | Mathew Pullen/Stephen Rae/Matthew Rushton/Rob Stewart | 46.62 secs | 19/2/95 |
| 4x400m Relay | Craig Johnston/Stephen Rae/Matthew Rushton/Rob Stewart | 3:43.30 mins | 11/3/95 |
| U/15 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Scott Miller | 11.64 secs | 23/3/96 |
| 200m | Scott Miller | 23.86 secs | 1/3/97 |
| 400m | Matthew Rushton | 53.37 secs | 6/3/94 |
| 800m | Matthew Rushton | 2:07.46 mins | 5/3/94 |
| 1500m | Matthew Rushton | 4:22.44 mins | 7/3/94 |
| 3000m | Peter Kleywegt | 9:55.92 mins | 22/11/03 |
| 5000m | Peter Kleywegt | 17:48.92 | 20/12/03 |
| 10000m | ----- | ----- | ----- |
| Steeple Chase | ----- | ----- | ----- |
| Sprint Hurdles | ----- | ----- | ----- |
| 200m Hurdles | Stephen Rae | 26.36 secs | 7/3/94 |
| 300m Hurdles | Stephen Rae | 43.43 secs | 18/12/93 |
| Triple Jump | Phillip Bessell | 12.54 metres | 1/4/95 |
| High Jump | Robert Cracknell | 1.84 metres | 25/3/00 |
| Long Jump | Scott Miller | 6.18 metres | 16/2/97 |
| Pole Vault | Priscus Fogagnolo | 3.50 metres | 14/2/98 |
| Hammer | Priscus Fogagnolo | 60.48 metres | 25/10/97 |
| Discus | Priscus Fogagnolo | 57.01 metres | 7/2/98 |
| Javelin | Ashley Howlett | 54.18 metres | 24/11/92 |
| Shotput | Priscus Fogagnolo | 16.94 metres | 6/1/98 |
| Multi-Event | ----- | ----- | ----- |
| 1500m Walks | Matthew Groves | 6:38 mins | 17/1/93 |
| 3000m Walks | Matthew Groves | 14:07.10 mins | 2/11/91 |
| 5000m Walks | Matthew Groves | 24:21.53 mins | 11/10/92 |
| 10000m Walks | Matthew Groves | 51:15.40 mins | 13/2/92 |
| 4x100m Relay | Phillip Bessell/Duncan Jones/Adrian Miller/Bobby Zeid | 49.28 secs | 19/2/95 |
| 4x400m Relay | Stephen Rae/Matthew Rushton/Rob Stewart/Jy Webb | 3:54.43 mins | 26/2/94 |
| U/14 Men | | | |

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| Chase | | | |
| Sprint Hurdles | Stephen Rae | 15.66 secs | 23/3/96 |
| 200m Hurdles | James Davidson | 29.04 secs | 2/3/02 |
| 400m Hurdles | Stephen Rae | 54.79 secs | 22/3/96 |
| Triple Jump | Stephen Rae | 13.43 metres | 28/3/95 |
| High Jump | Robert Cracknell | 1.95 metres | 30/11/02 |
| Long Jump | Stephen Rae | 6.74 metres | 4/3/96 |
| Pole Vault | Priscus Fogagnolo | 3.50 metres | 14/2/98 |
| Hammer | Justin McDonald | 63.16 metres | 17/3/90 |
| Discus | Justin McDonald | 42.84 metres | 21/1/90 |
| Javelin | Ashley Howlett | 59.40 metres | 7/3/94 |
| Shotput | Damon Page | 14.87 metres | 5/4/97 |
| Multi-Event | ----- | ----- | ----- |
| 1500m Walks | Matthew Groves | 6:36 mins | 17/1/93 |
| 3000m Walks | Matthew Groves | 13:43 mins | 13/3/93 |
| 5000m Walks | Matthew Groves | 23:52.20 mins | 27/2/93 |
| 10000m Walks | Matthew Groves | 49:39 mins | 23/2/93 |
| 4x100m Relay | Mathew Pullen/Stephen Rae/Matthew Rushton/Rob Stewart | 46.62 secs | 19/2/95 |
| 4x400m Relay | Craig Johnston/Stephen Rae/Matthew Rushton/Rob Stewart | 3:43.30 mins | 11/3/95 |
| U/16 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Scott Miller | 11.28 secs | 17/1/98 |
| 200m | Scott Miller | 22.78 secs | 7/2/98 |
| 400m | Robbie Knott | 51.52 secs | 30/1/99 |
| 800m | Mark Cannell | 2:03.40 mins | 15/1/94 |
| 1500m | Mark Cannell | 4:08.14 mins | 19/2/94 |
| 3000m | Jason Allie | 9:16.1 mins | 20/11/95 |
| 5000m | Jason Allie | 16:11.41 mins | 25/11/95 |
| 10000m | ----- | ----- | ----- |
| Steeple Chase | ----- | ----- | ----- |
| Sprint Hurdles | Stephen Rae | 14.43 secs | 25/3/95 |
| 200m Hurdles | James Davidson | 29.04 secs | 2/3/02 |
| 300m Hurdles | Stephen Rae | 40.00 secs | 27/3/95 |
| Triple Jump | Stephen Rae | 13.43 metres | 28/3/95 |
| High Jump | Robert Cracknell | 1.84 metres | 25/3/00 |
| Long Jump | Robbie Knott | 6.52 metres | 30/1/99 |
| Pole Vault | Priscus Fogagnolo | 3.50 metres | 14/2/98 |
| Hammer | Justin McDonald | 55.66 metres | 12/3/89 |
| Discus | Justin McDonald | 52.10 metres | 4/3/89 |
| Javelin | Ashley Howlett | 59.40 metres | 7/3/94 |

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| 60m | ----- | ----- | ----- |
| 100m | Scott Miller | 12.32 secs | 9/12/95 |
| 200m | Scott Miller | 25.84 secs | 9/12/95 |
| 400m | Owen Cannell | 60.80 secs | 23/11/86 |
| 800m | Peter Kleywegt | 2:14.78 mins | 30/11/02 |
| 1500m | Peter Kleywegt | 4:37.96 mins | 15/3/03 |
| 3000m | Peter Kleywegt | 10:15.78 mins | 11/1/03 |
| 5000m | ----- | ----- | ----- |
| 10000m | ----- | ----- | ----- |
| Steeple Chase | ----- | ----- | ----- |
| Sprint Hurdles | Stephen Rae & Tim Mitchell | 14.08 secs | 27/2/93 & 27/1/96 |
| 200m Hurdles | Tim Mitchell | 32.02 secs | 21/10/95 |
| 300m Hurdles | Owen Cannell | 48.80 secs | 24/1/86 |
| Triple Jump | Stephen Rae | 11.67 metres | 21/11/92 |
| High Jump | Robert Cracknell | 1.77 metres | 20/11/99 |
| Long Jump | Scott Miller | 5.46 metres | 13/1/96 |
| Pole Vault | Stephen Rae | 2.40 metres | 21/2/93 |
| Hammer | Priscus Fogagnolo | 52.02 metres | 15/2/97 |
| Discus | Priscus Fogagnolo | 50.10 metres | 15/2/97 |
| Javelin | John Glancy | 42.74 metres | 10/2/90 |
| Shotput | Priscus Fogagnolo | 17.13 metres | 14/4/97 |
| Multi-Event | ----- | ----- | ----- |
| 1500m Walks | Matthew Groves | 6:52.10 mins | 13/10/91 |
| 3000m Walks | Matthew Groves | 14:58.50 mins | 13/3/93 |
| 5000m Walks | ----- | ----- | ----- |
| 10000m Walks | ----- | ----- | ----- |
| 4x100m Relay | Ashley Howlett/Patrick Kemp/Andrew Lowe/Ben Woods | 53.73 secs | 22/2/92 |
| 4x400m Relay | Mark Cannell/Matthew Howlett/Cameron Lee/Paul Simic | 4:14.20 mins | 3/3/90 |
| U/13 Men | | | |
| 60m | ----- | ----- | ----- |
| 100m | Ashley Humphrey | 15.36 secs | 20/11/99 |
| 200m | Ashley Humphrey | 30.40 secs | 15/11/99 |
| 400m | Mark Cannell | 70.20 secs | 26/2/89 |
| 800m | Mark Cannell | 2:18.30 mins | 12/1/91 |
| 1500m | Andrew Harding | 4:46.28 mins | 11/3/95 |
| 3000m | ----- | ----- | ----- |
| 5000m | ----- | ----- | ----- |
| 10000m | ----- | ----- | ----- |
| Steeple Chase | ----- | ----- | ----- |
| Sprint Hurdles | Ashley Humphrey | 18.58 | 8/1/00 |
| 200m | ----- | ----- | ----- |

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| Hurdles | | | |
| 300m Hurdles | | | |
| Triple Jump | Ashley Humphrey | 8.67 metres | 8/2/00 |
| High Jump | Mark Cannell | 1.50 metres | 1/12/90 |
| Long Jump | David Kelly | 4.16 metres | 7/2/87 |
| Pole Vault | | | |
| Hammer | Hamish Peacock | 24.19 | 22/3/03 |
| Discus | Hamish Peacock | 29.00 metres | 22/3/03 |
| Javelin | Hamish Peacock | 35.14 metres | 16/3/03 |
| Shotput | Hamish Peacock | 11.48 metres | 15/3/03 |
| Multi-Event | | | |
| 1500m Walks | | | |
| 3000m Walks | Simon Wass | 20:43 mins | 4/12/99 |
| 5000m Walks | | | |
| 10000m Walks | | | |
| 4x100m Relay | Dane Adams/Robbie Knott/Jackson Marsh/Matthew Rae | 55.28 secs | 25/2/96 |
| 4x400m Relay | Andrew Harding/Robbie Knott/Jackson Marsh/Tim Mitchell | 4:29.08 mins | 19/2/95 |
| Senior Women | | | |
| 60m | | | |
| 100m | Susan Andrews | 11.90 secs | 4/3/89 |
| 200m | Susan Andrews | 23.99 secs | 12/3/89 |
| 400m | Susan Andrews | 54.51 secs | 25/3/88 |
| 800m | Anna Thompson | 2:07.02 mins | 3/3/01 |
| 1000m | Anna Thompson | 2:46.82 mins | 6/2/01 |
| 1500m | Anna Thompson | 4:17.44 mins | 24/3/01 |
| 3000m | Anna Thompson | 9:23.94 mins | 31/03/01 |
| 5000m | Anna Thompson | 16:08.36 mins | 11/03/01 |
| 10000m | Anna Thompson | 35:21.35 mins | 17/02/01 |
| Sprint Hurdles | | | |
| Triple Jump | Andrea Hughes | 11.41 secs | 14/10/89 |

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| High Jump | Andrea Hughes | 1.91 metres | 14/2/94 |
| Long Jump | Andrea Hughes | 5.27 metres | 18/11/89 |
| Hammer | Kylie Hughes | 48.00 metres | 22/2/92 |
| Discus | Fiona Gourlay | 39.16 metres | 14/1/95 |
| Javelin | Andrea Hughes | 43.70 metres | 24/11/92 |
| Shotput | Andrea Hughes | 12.03 metres | 28/2/93 |
| Heptathlon | Kylie Hughes | 3140 points | 17 & 18/2/90 |
| 1500m Walks | Kylie Hughes | 7:46.00 mins | 21/1/90 |
| 3000m Walks | Kylie Hughes | 16:18.30 mins | 25/2/89 |
| 5000m Walks | Kylie Hughes | 29:16.10 mins | 24/10/87 |
| 10000m Walks | Kylie Hughes | 60:02.00 mins | 9/12/89 |
| 4x100m Relay | Susan Andrews/Gail Luke/Jo Millar-Cubit/Alison Rogers | 48.20 secs | 3/3/90 |
| 4x400m Relay | Amanda Coombe/Debbie Lance/Vanessa Lee/Kylie Turner | 3:59.90 mins | 7/3/94 |
| U/20 Women | | | |
| 60m | ----- | ----- | ----- |
| 100m | Susan Andrews | 11.90 secs | 4/3/89 |
| 200m | Susan Andrews | 23.99 secs | 12/3/89 |
| 400m | Susan Andrews | 54.51 secs | 25/3/88 |
| 800m | Kylie Turner | 2:12.05 mins | 12/3/94 |
| 1000m | ----- | ----- | ----- |
| 1500m | Susan Beaton | 4:47.00 mins | 3/12/88 |
| 3000m | Susan Beaton | 10:17.90 mins | 19/11/88 |
| 5000m | Emma Hughes | 20:37.35 mins | 14/11/92 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Kylie Hughes | 20.10 secs | 17/2/90 |
| Triple Jump | Andrea Hughes | 11.41 metres | 14/10/89 |
| High Jump | Andrea Hughes | 1.89 metres | 13/3/93 |
| Long Jump | Andrea Hughes | 5.27 metres | 18/11/89 |
| Hammer | Kylie Hughes | 45.24 metres | 2/3/91 |
| Discus | Fiona Gourlay | 39.16 metres | 14/1/95 |
| Javelin | Andrea Hughes | 43.70 metres | 24/11/92 |
| Shotput | Andrea Hughes | 12.03 metres | 28/2/93 |
| Heptathlon | Kylie Hughes | 3140 points | 17 & 18/2/90 |
| 1500m Walks | Kylie Hughes | 7:46.00 mins | 21/1/90 |
| 3000m Walks | Kylie Hughes | 16:18.30 mins | 25/2/89 |
| 5000m Walks | Kylie Hughes | 29:16.10 mins | 24/10/87 |
| 10000m Walks | Kylie Hughes | 60:02.00 mins | 9/12/89 |
| 4x100m Relay | Katie Harrison/Vanessa Lee/Judy Pullen/Kylie Turner | 48.60 secs | 23/2/92 |
| 4x400m Relay | Susan Andrews/Susan Beaton/Andrea Dobson/Louise McNamara | 4:01.90 mins | 5/3/88 |
| U/19 Women | | | |

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| 60m | ----- | ----- | ----- |
| 100m | Susan Andrews | 11.90 secs | 4/3/89 |
| 200m | Susan Andrews | 23.99 secs | 12/3/89 |
| 400m | Susan Andrews | 54.51 secs | 25/3/88 |
| 800m | Kylie Turner | 2:12.05 mins | 12/3/94 |
| 1000m | ----- | ----- | ----- |
| 1500m | Susan Beaton | 4:47.00 mins | 3/12/88 |
| 3000m | Susan Beaton | 10:17.90 mins | 19/11/88 |
| 5000m | Emma Hughes | 20:37.35 mins | 14/11/92 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Kylie Hughes | 20.10 secs | 17/2/90 |
| Triple Jump | Andrea Hughes | 11.41 metres | 14/10/89 |
| High Jump | Andrea Hughes | 1.88 metres | 15/7/91 |
| Long Jump | Andrea Hughes | 5.27 metres | 18/11/89 |
| Hammer | Kylie Hughes | 38.32 metres | 4/11/89 |
| Discus | Fiona Gourlay | 39.16 metres | 14/1/95 |
| Javelin | Andrea Hughes | 43.70 metres | 24/11/92 |
| Shotput | Andrea Hughes | 11.42 metres | 18/1/92 |
| Heptathlon | Kylie Hughes | 3140 points | 17 & 18/2/90 |
| 1500m Walks | Kylie Hughes | 7:46.00 mins | 21/1/90 |
| 3000m Walks | Kylie Hughes | 16:18.30 mins | 25/2/89 |
| 5000m Walks | Kylie Hughes | 29:16.10 mins | 24/10/87 |
| 10000m Walks | ----- | ----- | ----- |
| 4x100m Relay | Katie Harrison/Vanessa Lee/Judy Pullen/Kylie Turner | 48.60 secs | 23/2/92 |
| 4x400m Relay | Susan Andrews/Susan Beaton/Andrea Dobson/Louise McNamara | 4:01.90 mins | 5/3/88 |
| U/18 Women | | | |
| 60m | ----- | ----- | ----- |
| 100m | Susan Andrews | 11.90 secs | 4/3/89 |
| 200m | Susan Andrews | 23.99 secs | 12/3/89 |
| 400m | Susan Andrews | 54.51 secs | 25/3/88 |
| 800m | Kylie Turner | 2:12.05 mins | 12/3/94 |
| 1000m | ----- | ----- | ----- |
| 1500m | Susan Beaton | 4:48.20 mins | 31/1/87 |
| 3000m | Susan Beaton | 10:56.90 mins | 21/2/87 |
| 5000m | Emma Hughes | 20:37.35 mins | 14/11/92 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | ----- | ----- | ----- |
| Triple Jump | Andrea Hughes | 11.41 metres | 14/10/89 |
| High Jump | Andrea Hughes | 1.88 metres | 15/7/91 |
| Long Jump | Andrea Hughes | 5.27 metres | 18/11/89 |
| Hammer | Sonia Laduzko | 34.98 metres | 22/3/91 |
| Discus | Fiona Gourlay | 38.36 metres | 18/12/93 |
| Javelin | Andrea Hughes | 43.70 metres | 24/11/92 |
| Shotput | Fiona Gourlay | 11.37 metres | 27/11/93 |
| Multi Event | ----- | ----- | ----- |

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| 1500m Walks | Kylie Hughes | 7:52.00 mins | 19/11/88 |
| 3000m Walks | Kylie Hughes | 16:18.30 mins | 25/2/89 |
| 5000m Walks | Kylie Hughes | 29:16.10 mins | 24/10/87 |
| 10000m Walks | ----- | ----- | ----- |
| 4x100m Relay | Katie Harrison/Vanessa Lee/Judy Pullen/Kylie Turner | 48.60 secs | 23/2/92 |
| 4x400m Relay | Susan Andrews/Susan Beaton/Andrea Dobson/Louise McNamara | 4:01.90 mins | 5/3/88 |
| U/17 Women | | | |
| 60m | ----- | ----- | ----- |
| 100m | Susan Andrews | 12.20 secs | 9/1/88 |
| 200m | Susan Andrews | 24.40 secs | 5/12/87 |
| 400m | Susan Andrews | 54.51 secs | 25/3/88 |
| 800m | Kylie Turner | 2:10.85 mins | 21/3/93 |
| 1000m | ----- | ----- | ----- |
| 1500m | Natasha Harding | 4:52.82 mins | 1/2/92 |
| 3000m | Sallyanne Hall | 10:58.04 mins | 10/2/90 |
| 5000m | Emma Hughes | 20:37.35 mins | 14/11/92 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Andrea Hughes | 16.60 secs | 17/3/90 |
| 300m Hurdles | Heather Gourlay | 51.80 secs | 25/2/89 |
| Triple Jump | Andrea Hughes | 11.41 metres | 14/10/89 |
| High Jump | Andrea Hughes | 1.88 metres | 15/7/91 |
| Long Jump | Andrea Hughes | 5.27 metres | 18/11/89 |
| Hammer | Michelle Broom | 31.74 metres | 28/10/95 |
| Discus | Fiona Gourlay | 36.18 metres | 21/2/93 |
| Javelin | Andrea Hughes | 38.88 metres | 13/1/90 |
| Shotput | Fiona Gourlay | 11.01 metres | 21/2/93 |
| Multi Event | Andrea Hughes | 4164 | 17/18/2/90 |
| 1500m Walks | Kylie Hughes | 7:58.20 mins | 7/11/87 |
| 3000m Walks | Kylie Hughes | 16:25.00 mins | 23/1/88 |
| 5000m Walks | Kylie Hughes | 29:16.10 mins | 24/10/87 |
| 10000m Walks | ----- | ----- | ----- |
| 4x100m Relay | Katie Harrison/Vanessa Lee/Judy Pullen/Kylie Turner | 48.60 secs | 23/2/92 |
| 4x400m Relay | Susan Andrews/Andrea Dobson/Andrea Hughes/Louise McNamara | 4:10.90 mins | 2/3/87 |
| U/16 Women | | | |
| 60m | ----- | ----- | ----- |
| 100m | Susan Andrews | 12.28 secs | 12/12/86 |
| 200m | Susan Andrews | 26.80 secs | 15/2/97 |
| 400m | Susan Andrews | 58.30 secs | 2/3/87 |
| 800m | Kylie Turner | 2:16.34 mins | 23/2/92 |
| 1000m | ----- | ----- | ----- |

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| 1500m | Natasha Harding | 4:52.82 mins | 1/2/92 |
| 3000m | Sallyanne Hall | 10:58.04 mins | 10/2/90 |
| 5000m | Emma Hughes | 20:37.35 mins | 14/11/92 |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Andrea Hughes | 15.00 secs | 6/3/89 |
| 300m Hurdles | Heather Gourlay | 51.80 secs | 25/2/89 |
| Triple Jump | Andrea Hughes | 11.41 metres | 14/10/89 |
| High Jump | Andrea Hughes | 1.86 metres | 9/12/89 |
| Long Jump | Andrea Hughes | 5.27 metres | 18/11/89 |
| Hammer | Michelle Broom | 32.20 metres | 11/3/95 |
| Discus | Andrea Hughes | 35.80 metres | 7/10/89 |
| Javelin | Andrea Hughes | 39.28 metres | 12/3/89 |
| Shotput | Andrea Hughes | 10.85 metres | 7/10/89 |
| Multi Event | Andrea Hughes | 4544 points | 15/3/89 |
| 1500m Walks | Kylie Hughes | 7:44.00 mins | 2/3/87 |
| 3000m Walks | Kylie Hughes | 16:54.20 mins | 23/11/86 |
| 5000m Walks | Kylie Hughes | 29:12.60 mins | 25/10/86 |
| 10000m Walks | ----- | ----- | ----- |
| 4x100m Relay | Katie Harrison/Vanessa Lee/Judy Pullen/Kylie Turner | 48.60 secs | 23/2/92 |
| 4x400m Relay | Susan Andrews/Andrea Dobson/Andrea Hughes/Louise McNamara | 4:10.90 mins | 2/3/87 |
| U/15 Women | | | |
| 60m | ----- | ----- | ----- |
| 100m | Christine Shanahan | 13.12 secs | 9/11/96 |
| 200m | Allison Turnock | 26.80 secs | 15/2/97 |
| 400m | Christine Shanahan | 61.30 secs | 7/3/98 |
| 800m | Natasha Harding | 2:21.74 mins | 29/2/92 |
| 1000m | ----- | ----- | ----- |
| 1500m | Natasha Harding | 4:52.82 mins | 1/2/92 |
| 3000m | Natasha Harding | 11:13.07 mins | 1/3/92 |
| 5000m | ----- | ----- | ----- |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Allison Turnock | 15.20 secs | 15/2/97 |
| 200m Hurdles | ----- | ----- | ----- |
| 300m Hurdles | Heather Gourlay | 51.80 secs | 25/2/89 |
| Triple Jump | Melanie Street | 11.25 metres | 6/5/00 |
| High Jump | Andrea Hughes | 1.79 metres | 4/12/88 |
| Long Jump | Andrea Hughes | 5.17 metres | 19/11/88 |
| Hammer | Michelle Broom | 32.04 metres | 19/2/94 |
| Discus | Andrea Hughes | 35.58 metres | 22/10/88 |
| Javelin | Andrea Hughes | 39.08 metres | 11/12/88 |
| Shotput | Andrea Hughes | 12.39 metres | 13/11/88 |
| Multi Event | Andrea Hughes | 4142 | 20 & 21/2/88 |

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| 1500m Walks | | | |
| 3000m Walks | | | |
| 5000m Walks | Lynette Bannister | 29:54.72 mins | 17/2/02 |
| 10000m Walks | | | |
| 4x100m Relay | Gemma Banks/Vanessa Lee/Ha Tran/Emma Walsh | 55.66 secs | 22/2/92 |
| 4x400m Relay | Theresa Bouche/Natasha Harding/Emma Hughes/Vanessa Lee | 4:16.28 mins | 7/12/91 |
| U/14 Women | | | |
| 60m | | | |
| 100m | Kimberley Turnock | 13.10 secs | 18/12/99 |
| 200m | Kimberley Turnock | 26.88 secs | 11/3/00 |
| 400m | Christine Shanahan | 61.64 secs | 12/4/97 |
| 800m | Natasha Harding | 2:23.60 mins | 16/2/91 |
| 1000m | | | |
| 1500m | Natasha Harding | 4:59.80 mins | 15/12/90 |
| 3000m | Emma Hughes | 11:18.88 mins | 10/12/90 |
| 5000m | | | |
| 10000m | | | |
| Sprint Hurdles | Kimberley Turnock | 13.72 secs | 11/3/00 |
| 200m Hurdles | Emma Walsh | 32.00 secs | 1/3/92 |
| 300m Hurdles | Andrea Hughes | 52.90 secs | 13/12/86 |
| | | | |
| Triple Jump | Zeana Elari | 10.70 metres | 1/4/95 |
| | | | |
| High Jump | Andrea Hughes | 1.73 metres | 15/11/87 |
| | | | |
| Long Jump | Zeana Elari | 5.28 metres | 2/4/95 |
| Hammer | Jessica Torok | 29.14 metres | 25/2/95 |
| Discus | Andrea Hughes | 32.64 metres | 15/11/87 |
| Javelin | Andrea Hughes | 35.40 metres | 2/3/87 |
| Shotput | Heather Gourlay | 11.65 metres | 28/2/88 |
| Multi Event | | | |
| 1500m Walks | | | |
| 3000m Walks | Karina Giffard | 18:54.50 mins | 25/2/89 |
| 5000m Walks | | | |
| 10000m Walks | | | |
| 4x100m Relay | Anita Boatwright /Chelsea Coleman/Charlotte Blake/Olivia Tomes | 54.62 secs | 13/3/04 |
| 4x400m Relay | Anita Boatwright/ Chelsea Coleman /Claire Hawson/Kate Howlett | 4:46.33 mins | 13/3/04 |
| U/13 Women | | | |
| 60m | | | |

| | | | |
|----------------|--|---------------|----------|
| 100m | Kimberley Turnock | 13.14 secs | 2/2/99 |
| 200m | Kimberley Turnock | 27.34 secs | 6/2/99 |
| 400m | Natasha Harding | 64.00 secs | 13/11/89 |
| 800m | Natasha Harding | 2:29.80 mins | 3/3/90 |
| 1000m | ----- | ----- | ----- |
| 1500m | Kylie Turner | 5:13.90 mins | 5/3/89 |
| 3000m | Emma Hughes | 11:39.80 mins | 5/11/89 |
| 5000m | ----- | ----- | ----- |
| 10000m | ----- | ----- | ----- |
| Sprint Hurdles | Andrea Hughes | 15.90 secs | 29/11/86 |
| 200m Hurdles | ----- | ----- | ----- |
| 300m Hurdles | Andrea Hughes | 54.70 secs | 23/11/86 |
| Triple Jump | Zeana Elari | 10.29 metres | 27/3/94 |
| High Jump | Andrea Hughes | 1.62 metres | 29/11/86 |
| Long Jump | Zeana Elari | 5.09 metres | 26/3/94 |
| Hammer | ----- | ----- | ----- |
| Discus | Andrea Hughes | 24.70 metres | 23/11/86 |
| Javelin | Andrea Hughes | 28.22 metres | 8/11/86 |
| Shotput | Andrea Hughes | 10.30 metres | 29/11/86 |
| Multi Event | ----- | ----- | ----- |
| 1500m Walks | Kylie Turner | 8:18.90 mins | 6/3/89 |
| 3000m Walks | ----- | ----- | ----- |
| 5000m Walks | ----- | ----- | ----- |
| 10000m Walks | ----- | ----- | ----- |
| 4x100m Relay | Sarah Groombridge/Elena Kornaczewski/Christine Shanahan/Kate Tyquin | 60.12 secs | 25/2/96 |
| 4x400m Relay | Kate Chettle/Sarah Groombridge/Elena Kornaczewski/Christine Shanahan | 4:59.50 mins | 19/2/95 |

ACKNOWLEDGEMENTS

The Committee and Members of Eastern Suburbs Athletic Club acknowledge and thank the following generous supporters for the 2003 - 2004 year:-

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