

# ADD clubrecords outdoor 2015 / 2016

| <b>Benjamin meisjes</b> |  |            |          |         |      |
|-------------------------|--|------------|----------|---------|------|
| 60 m                    |  | Petry      | Lisa     | 9'14    | 2010 |
| 600 m                   |  | Francart   | Elodie   | 1.58.59 | 2014 |
| 1000 m                  |  | Kippers    | Hilde    | 3.34.41 | 1994 |
| 4 x 60 m                |  | Snellinx   | Jana     | 39'13   | 2008 |
|                         |  | Paduart    | Alana    |         |      |
|                         |  | Driesen    | Caroline |         |      |
|                         |  | Scheldeman | Aude     |         |      |
| 3 x 600 m               |  | Francart   | Elodie   | 6.49.06 | 2014 |
|                         |  | Vandebosch | Zoe      |         |      |
|                         |  | Francart   | Lisse    |         |      |
| hoog                    |  | Snellinx   | Jana     | 1m27    | 2009 |
| ver                     |  | Francart   | Elodie   | 4m02    | 2014 |
| kogel                   |  | Meire      | Katrien  | 9m18    | 1993 |
| hockeybal               |  | Scheldeman | Aude     | 33m55   | 2008 |
| driekamp                |  | Meire      | Katrien  | 1141 pt | 1993 |
| vierkamp                |  | Francart   | Elodie   | 1715 pt | 2014 |

| <b>Pupillen meisjes</b> |  |                 |               |              |                    |
|-------------------------|--|-----------------|---------------|--------------|--------------------|
| <b>60 m</b>             |  | <b>Francart</b> | <b>Elodie</b> | <b>8'60</b>  | <b>2016</b> record |
| 800 m                   |  | Durwael         | Katrien       | 2.35.2       | 1990               |
| 1000 m                  |  | Scheldeman      | Lotte         | 3.12.01      | 2008               |
| 60 m horden             |  | Vanspauwen      | Annick        | 11'3         | 1988               |
| 4 x 60 m                |  | Pellaers        |               | 34'7         | 1980               |
|                         |  | Zablocki        |               |              |                    |
|                         |  | Quets           |               |              |                    |
|                         |  | Steyfkens       |               |              |                    |
| 3 x 600 m               |  | Goossens        | Noa           | 6.06.40      | 2010               |
|                         |  | Scheldeman      | Aude          |              |                    |
|                         |  | Van Gulp        | Yasmine       |              |                    |
| hoog                    |  | Paduart         | Alana         | 1m37         | 2010               |
| ver                     |  | Bammens         | Kristel       | 4m74         | 1982               |
| kogel 2kg               |  | Stas            | Suzy          | 9m74         | 1988               |
| hockeybal               |  | Scheldeman      | Aude          | 44m45        | 2010               |
| <b>discus 0,6kg</b>     |  | <b>Francart</b> | <b>Elodie</b> | <b>25m90</b> | <b>2016</b> record |
| driekamp                |  | Bammens         | Kristel       | 1388 pt      | 1982               |
| vierkamp                |  | Stockmans       | Ine           | 2104 pt      | 2008               |
| 1km snelwandelen        |  | Vanspauwen      | Evi           | 5.39.9       | 1987               |

| <b>Miniemen meisjes</b> |  |            |          |         |      |
|-------------------------|--|------------|----------|---------|------|
| 80 m                    |  | Verstappen | Petra    | 10'2    | 1980 |
| 150 m                   |  | Wagemans   | Sara     | 19'97   | 2013 |
| 200 m                   |  | Vandormael | Brigitte | 27'6    | 1972 |
| 300 m                   |  | Scheldeman | Lotte    | 42'42   | 2010 |
| 800 m                   |  | Vandebosch | Heidi    | 2.25.6  | 1983 |
| 1000 m                  |  | Scheldeman | Lotte    | 3.06.41 | 2010 |
| 60 m horden             |  | Bammens    | Kristel  | 10'2    | 1984 |
|                         |  | Stockmans  | Ine      | 10'43   | 2010 |
| 150 m horden            |  | Croes      | Naomi    | 23'32   | 2006 |
| 4 x 80 m                |  | Claesen    | Evi      | 42'92   | 2010 |
|                         |  | Stockmans  | Ine      |         |      |
|                         |  | Nicolaers  | Lore     |         |      |
|                         |  | Scheldeman | Lotte    |         |      |
| 3 x 600 m               |  | Scheldeman | Lotte    | 5.27.54 | 2010 |
|                         |  | Claesen    | Evi      |         |      |
|                         |  | Stockmans  | Ine      |         |      |
| ver                     |  | Guzik      | Ine      | 5m09    | 2001 |
| kogel 2kg               |  | Stas       | Suzy     | 13m50   | 1990 |

**Miniemen meisjes ( vervolg )**

|                  |            |         |         |      |
|------------------|------------|---------|---------|------|
| hoog             | Zablocki   | Anja    | 1m50    | 1982 |
|                  | Meire      | Katrien | 1m50    | 1997 |
|                  | Paduart    | Alana   | 1m50    | 2012 |
| discus 0,6kg     | Stas       | Suzy    | 34m66   | 1990 |
| speer            | Scheldeman | Aude    | 37m01   | 2012 |
| polstokspringen  | Wagemans   | Esther  | 2m35    | 2012 |
| driekamp         | Swennen    | sandra  | 1398 pt | 1986 |
| vierkamp         | Stas       | Cindy   | 2058 pt | 1992 |
| vijfkamp         | Meire      | Katrien | 3129 pt | 1997 |
| 2km snelwandelen | Buntinx    | Els     | 11.03.2 | 1985 |

**Cadetten meisjes**

|                    |            |          |          |      |
|--------------------|------------|----------|----------|------|
| 100 m              | Vandormael | Brigitte | 12'3     | 1974 |
|                    | Pellaers   | Kirsten  | 12'3     | 1984 |
| 200 m              | Vandormael | Brigitte | 25'0     | 1974 |
|                    | Vanheusden | Marisa   | 25'20    | 2009 |
| 300 m              | Vanheusden | Marisa   | 41'35    | 2009 |
| 400 m              | Vandormael | Brigitte | 57'0     | 1974 |
| 800 m              | Murray     | Kelly    | 2.12.36  | 2004 |
| 1000 m             | Scheldeman | Lotte    | 2,59,74  | 2012 |
| 1500 m             | Murray     | Kelly    | 4.43.05  | 2004 |
| 2000 m             | Goossens   | Noa      | 7,46,58  | 2013 |
| 1 mijl             | Bamps      | Janne    | 6.09.71  | 2007 |
| 1500 m steeple     | Donné      | Ruth     | 5.54.37  | 2001 |
| 80 m horden        | Vanspauwen | Anja     | 12'11    | 1988 |
| 300 m horden       | Swennen    | Sandra   | 49'1     | 1988 |
| 4 x 100 m          | Lieveld    | Charleen | 51'78    | 2014 |
|                    | Scheldeman | Aude     |          |      |
|                    | Van Gulp   | Yasmine  |          |      |
|                    | Wagemans   | sARA     |          |      |
| 4 x 800 m          | Bamps      | Eline    | 10.22.23 | 2006 |
|                    | Bamps      | Janne    |          |      |
|                    | Murray     | Sara     |          |      |
|                    | Aiola      | Carola   |          |      |
| Olymp. Aflossing   | Scheldeman | lotte    | 4.18.13  | 2012 |
|                    | Claesen    | Evi      |          |      |
|                    | Nicolaers  | Lore     |          |      |
|                    | Henri      | Oona     |          |      |
| hoog               | Vanspauwen | Anja     | 1m62     | 1988 |
| ver                | Pellaers   | Kirsten  | 5m57     | 1984 |
| hinkstapspringen   | Croes      | Naomi    | 10m18    | 2008 |
| polstokspringen    | Croes      | Naomi    | 2m80     | 2008 |
| kogel 3kg          | Stas       | Suzy     | 13m87    | 1992 |
| discus 1kg         | Stas       | Suzy     | 33m30    | 1992 |
| speer 0,5kg        | Scheldeman | Aude     | 43m06    | 2013 |
| hamerslingeren 3kg | Raskin     | Kristen  | 52m38    | 2010 |
| driekamp NT        | Zablocki   | Anja     | 1682 pt  | 1983 |
| vijfkamp           | Zablocki   | Anja     | 3010 pt  | 1984 |
| vijfkamp NT        | Croes      | Naomi    | 2725 pt  | 2008 |
| zeskamp NT         | Croes      | Naomi    | 3404 pt  | 2008 |
| 3km snelwandelen   | Buntinx    | Els      | 16.31.3  | 1986 |

**Scholieren meisjes**

|                |                 |          |         |      |
|----------------|-----------------|----------|---------|------|
| 100 m          | Pellaers        | Kirsten  | 12'07   | 1986 |
| 200 m          | Pellaers        | Kirsten  | 24'61   | 1986 |
| 300 m          | Vanheusden      | Marisa   | 41'05   | 2010 |
| 400 m          | Vandormael      | Brigitte | 54'9    | 1976 |
| 800 m          | Scheldeman      | Lotte    | 2.07.56 | 2014 |
| 1000 m         | Scheldeman      | Lotte    | 2.49.77 | 2014 |
| 1500 m         | Morias          | Carine   | 4.20.8  | 1979 |
| 1 mijl         | Bamps           | Eline    | 5.32.85 | 2008 |
| 2000 m         | Van Vinckenroye | Lotte    | 7.25.63 | 2015 |
| 2000 m steeple | Claesen         | Evi      | 8.09.10 | 2013 |

**Scholieren meisjes ( vervolg )**

|                          |  |                   |             |                |             |               |
|--------------------------|--|-------------------|-------------|----------------|-------------|---------------|
| 3000 m                   |  | Donné             | Ruth        | 10.59.99       | 2002        |               |
| 100 m horden (76)        |  | Lenaers           | Inge        | 15'56          | 1992        |               |
| 300 m horden (76)        |  | Pellaers          | Kirsten     | 43'30          | 1986        |               |
| <b>400 m horden (76)</b> |  | <b>Scheldeman</b> | <b>Aude</b> | <b>1.06.24</b> | <b>2016</b> | <b>record</b> |
| polstokspringen          |  | Croes             | Naomi       | 2m50           | 2010        |               |
| ver                      |  | Pellaers          | Kirsten     | 6m12           | 1986        |               |
| 4 x 100 m                |  | Ponnet            |             | 49'6           | 1980        |               |
|                          |  | Peeters           |             |                |             |               |
|                          |  | Gubbelmans        |             |                |             |               |
|                          |  | Morias            |             |                |             |               |
| hoog                     |  | Pellaers          | Kirsten     | 1m63           | 1986        |               |
| hinkstapspringen         |  | Swennen           | Annelies    | 10m26          | 2004        |               |
| kogel 4kg                |  | Stas              | Suzy        | 14m23          | 1993        |               |
| discus 1kg               |  | Stas              | Suzy        | 39m86          | 1994        |               |
| speer 0,6kg              |  | Stas              | Cindy       | 46m10          | 1996        |               |
| <b>speer 0,6kg nieuw</b> |  | <b>Scheldeman</b> | <b>Aude</b> | <b>51m31</b>   | <b>2016</b> | <b>record</b> |
| hamerslingeren 4kg       |  | Raskin            | Kristen     | 42m28          | 2011        |               |
| hamerslingeren 3kg       |  | Raskin            | Kristen     | 42m73          | 2011        |               |
| vijfkamp                 |  | Ponet             | Helga       | 3182 pt        | 1980        |               |
| <b>zevenkamp</b>         |  | <b>Scheldeman</b> | <b>Aude</b> | <b>4738 pt</b> | <b>2016</b> | <b>record</b> |
| 5km snelwandelen         |  | Smeets            | Aline       | 17'13'8        | 1987        |               |
| 1/2 uur snelwandelen     |  | Ceulemans         | Christa     | 5242m          | 1984        |               |

**Juniors dames**

|                      |  |            |          |          |      |  |
|----------------------|--|------------|----------|----------|------|--|
| 100 m                |  | Vandormael | Brigitte | 12'0     | 1977 |  |
| 200 m                |  | Vandormael | Brigitte | 24'6     | 1977 |  |
| 300 m                |  | Swennen    | Sandra   | 43'2     | 1991 |  |
| 400 m                |  | Vandormael | Brigitte | 54'9     | 1977 |  |
| 800 m                |  | Morias     | Carine   | 2.05.85  | 1982 |  |
| 1000 m               |  | Morias     | Carine   | 2.49.30  | 1982 |  |
| 1500 m               |  | Morias     | Carine   | 4.26.3   | 1982 |  |
| 1 mijl               |  | Murray     | Kelly    | 5.22.00  | 2008 |  |
| 2000 m               |  | Nijssen    | Denise   | 6.33.2   | 1983 |  |
| 3000 m               |  | Morias     | Carine   | 9.52.8   | 1982 |  |
| 3000 m steeple       |  | Thysen     | Tine     | 12.50.33 | 2000 |  |
| uurloop              |  | Lambrichts | Katja    | 12267m   | 1995 |  |
| 100 m horden (84)    |  | Peeters    | Mieke    | 15'65    | 1983 |  |
| 400 m horden (76)    |  | Ponet      | Helga    | 1.06.0   | 1982 |  |
| 4 x 100 m            |  | Gubbelmans |          | 49'61    | 1982 |  |
|                      |  | Ponet      | Helga    |          |      |  |
|                      |  | Morias     | Carine   |          |      |  |
|                      |  | Peeters    | Mieke    |          |      |  |
| 4 x 400 m            |  | Gubbelmans |          | 4.11.9   | 1982 |  |
|                      |  | Morias     | Carine   |          |      |  |
|                      |  | Vanstreels |          |          |      |  |
|                      |  | Ponet      | Helga    |          |      |  |
| hoog                 |  | Vandijck   | Michèle  | 1m64     | 1983 |  |
| ver                  |  | Peeters    | Mieke    | 5m60     | 1983 |  |
| hinkstapspringen     |  | Swennen    | Sandra   | 11m83    | 1992 |  |
| kogel 4kg            |  | Stas       | Suzy     | 12m38    | 1996 |  |
| discus 1kg           |  | Stas       | Suzy     | 40m04    | 1995 |  |
| speer 0,6kg          |  | Briers     | Lieve    | 37m72    | 1984 |  |
| speer 0,6kg nieuw    |  | Croes      | Naomi    | 29m73    | 2012 |  |
| hamerslingeren 4kg   |  | Stas       | Suzy     | 26m36    | 1995 |  |
| zevenkamp            |  | Ponet      | Helga    | 4766 pt  | 1982 |  |
| zevenkamp ( nieuw )  |  | Croes      | Naomi    | 3506 pt  | 2011 |  |
| 5km snelwandelen     |  | Ceulemans  | Christa  | 25.44.9  | 1985 |  |
| 10km snelwandelen    |  | Ceulemans  | Christa  | 57.35.25 | 1986 |  |
| 1/2 uur snelwandelen |  | Ceulemans  | Christa  | 5601m    | 1985 |  |

| <b>Seniors dames</b> |  |                 |                |                |                    |
|----------------------|--|-----------------|----------------|----------------|--------------------|
| 100 m                |  | Swennen         | Sandra         | 12'6           | 1996               |
| 200 m                |  | Swennen         | Sandra         | 26'11          | 1993               |
| 300 m                |  | Kenis           | Eva            | 47'06          | 2003               |
| 400 m                |  | Morias          | Carine         | 57'28          | 1983               |
| 800 m                |  | Morias          | Carine         | 2.05.88        | 1983               |
| 1000 m               |  | Van Oosterwijck | Chantal        | 3.19.11        | 2007               |
| 1500 m               |  | Wijnants        | Ria            | 4.49.4         | 1972               |
| 1 mijl               |  | Van Oosterwijck | Chantal        | 5.34.60        | 2007               |
| 2000 m               |  | Van Oosterwijck | Chantal        | 6.59.94        | 2007               |
| 2 mijl               |  | Van Oosterwijck | Chantal        | 11.55.24       | 2010               |
| 3000 m               |  | Jans            | Linda          | 10.18.2        | 1976               |
| 3000 m steeple       |  | Bruninx         | Ilse           | 14.34.22       | 2000               |
| 5000 m               |  | Van Oosterwijck | Chantal        | 18.29.51       | 2013               |
| 10000 m              |  | Van Oosterwijck | Chantal        | 38.43.13       | 2013               |
| uurloop              |  | Van Oosterwijck | Chantal        | 15220m         | 2010               |
| <b>marathon</b>      |  | <b>Soccol</b>   | <b>Manuela</b> | <b>2u37.09</b> | <b>2016 record</b> |
| 100 m horden (84)    |  | Ponet           | Helga          | 15'70          | 1984               |
| 400 m horden (76)    |  | Ponet           | Helga          | 63'68          | 1985               |
| 4 x 400 m            |  | Stockmans       |                | 4.23.12        | 1984               |
|                      |  | Gubbelmans      |                |                |                    |
|                      |  | Vanstreels      |                |                |                    |
|                      |  | Ponet           |                |                |                    |
| 4 x 800 m            |  | Van Oosterwijck | Nathalie       | 11.07.07       | 1999               |
|                      |  | Van Oosterwijck | Chantal        |                |                    |
|                      |  | Jouck           | Nathalie       |                |                    |
|                      |  | Delvaux         | Els            |                |                    |
| hoog                 |  | Vandijck        | Michèle        | 1m62           | 1985               |
| ver                  |  | Swennen         | Sandra         | 5m68           | 1995               |
| hinkstapspringen     |  | Swennen         | Sandra         | 12m76          | 1995               |
| kogel 4kg            |  | Ponet           | Helga          | 11m63          | 1983               |
| discus 1kg           |  | Ponet           | Helga          | 33m44          | 1983               |
| speer 0,6kg          |  | Briers          | Lieve          | 39m20          | 1985               |
| speer 0,6kg nieuw    |  | Wirix           | Chris          | 30m06          | 2009               |
| zevenkamp HT         |  | Ponet           | Helga          | 4847 pt        | 1984               |
| zevenkamp ET         |  | Ponet           | Helga          | 4304 pt        | 1985               |
| 5km snelwandelen     |  | Ceulemans       | Christa        | 24.22.0        | 1989               |
| 10km snelwandelen    |  | Ceulemans       | Christa        | 50.55.0        | 1991               |
| 1/2 uur snelwandelen |  | Ceulemans       | Christa        | 6020,80m       | 1989               |
| 1 uur snelwandelen   |  | Ceulemans       | Christa        | 11021m         | 1990               |

| <b>Masters dames W35</b> |  |              |             |          |      |
|--------------------------|--|--------------|-------------|----------|------|
| 100 m                    |  | Swennen      | Sandra      | 14'05    | 2010 |
| 200 m                    |  | Swennen      | Sandra      | 27'73    | 2009 |
| 300 m                    |  | Van Houcke   | Anita       | 47'37    | 2002 |
| 400 m                    |  | Van Houcke   | Anita       | 1.06.96  | 2002 |
| 800 m                    |  | Ketelslegers | Marie-Paule | 2.24.08  | 1986 |
| 1000 m                   |  | Ketelslegers | Marie-Paule | 3.10.2   | 1984 |
| 1500 m                   |  | Ketelslegers | Marie-Paule | 4.45.08  | 1986 |
| 1 mijl                   |  | Ketelslegers | Marie-Paule | 5.27.93  | 1985 |
| 2000 m                   |  | Ketelslegers | Marie-Paule | 5.52.4   | 1984 |
| 3000 m                   |  | Ketelslegers | Marie-Paule | 10.03.8  | 1986 |
| 5000 m                   |  | Ketelslegers | Marie-Paule | 17.44.54 | 1986 |
| 10000 m                  |  | Ketelslegers | Marie-Paule | 37.04.09 | 1986 |
| uurloop                  |  | Ketelslegers | Marie-Paule | 14666m   | 1984 |
| marathon                 |  | Verboven     | Chris       | 2u59'03' | 1989 |
| 4 x 100 m                |  | Annens       | Dorette     | 1.00.51  | 2002 |
|                          |  | Steyls       | Elly        |          |      |
|                          |  | Van Houcke   | Anita       |          |      |
|                          |  | Genné        | Eliane      |          |      |
| 4 x 400 m                |  | Nassen       | Alice       | 4.55.5   | 1989 |
|                          |  | Verboven     | Chris       |          |      |
|                          |  | Stulens      | Isabelle    |          |      |
|                          |  | Ketelslegers | Marie-Paule |          |      |

**Masters dames W35 ( vervolg )**

|           |            |           |          |      |
|-----------|------------|-----------|----------|------|
| 4 x 800 m | Genné      | Eliane    | 12.12.25 | 2004 |
|           | Schreurs   | Betty     |          |      |
|           | Plevoets   | Henriette |          |      |
|           | Van Houcke | Anita     |          |      |
| ver       | Swennen    | Sandra    | 5m26     | 2009 |
| kogel     | Stas       | Suzy      | 9m82     | 2012 |
| discus    | Stas       | Suzy      | 31m77    | 2012 |
| speer     | Stas       | Suzy      | 19m91    | 2012 |

**Masters dames W 40**

|                      |               |              |          |      |
|----------------------|---------------|--------------|----------|------|
| 100 m                | Van Rosendaal | Edith        | 14'47    | 2014 |
| 200 m                | Van Rosendaal | Edith        | 30'46    | 2014 |
| 300 m                | Van Rosendaal | Edith        | 52'21    | 1991 |
| 400 m                | Thijs         | Malou        | 1.13.6   | 1991 |
| 800 m                | Sluijsmans    | Isabella     | 2.25.84  | 2014 |
| 1000 m               | Genné         | Eliane       | 3.34.36  | 1999 |
| 1500 m               | Ketelslegers  | Marie-Paule  | 4.48.49  | 1990 |
| 1 mijl               | Ketelslegers  | Marie-Paule  | 5.27.1   | 1990 |
| 2000 m               | Genné         | Eliane       | 7.38.52  | 1999 |
| 3000 m               | Ketelslegers  | Marie-Paule  | 10.14.65 | 1988 |
| 5000 m               | Ketelslegers  | Marie-Paule  | 17.40.83 | 1990 |
| 10000 m              | Ketelslegers  | Marie-Paule  | 38.45.5  | 1990 |
| uurloop              | Ketelslegers  | Marie-Paule  | 15445m   | 1990 |
| marathon             | Bienkens      | Marie-Claire | 3u23.53. | 1997 |
| 4 x 100 m            | Steyls        | Elly         | 1.00.49  | 2001 |
|                      | Genné         | Eliane       |          |      |
|                      | Annens        | Dorette      |          |      |
|                      | Simenon       | Marina       |          |      |
| 4 x 200 m            | Steyls        | Elly         | 2.39.82  | 2004 |
|                      | Schreurs      | Betty        |          |      |
|                      | Joris         | C            |          |      |
|                      | Annens        | Dorette      |          |      |
| 4 x 800 m            | Simenon       | Marina       | 12.02.71 | 2001 |
|                      | Corstjens     | C            |          |      |
|                      | Schreurs      | Betty        |          |      |
|                      | Genné         | Eliane       |          |      |
| hoog                 | Genné         | Eliane       | 1m10     | 2000 |
| ver                  | Annens        | Dorette      | 4m18     | 2000 |
| kogel                | Pechler       | Loeki        | 8m89     | 1993 |
| discus               | Pechler       | Loeki        | 22m48    | 1993 |
| speer                | Barée         | Ghislaine    | 17m92    | 1997 |
| 5km snelwandelen     | Dehasque      | Louisa       | 35.03.6  | 1981 |
| 10km snelwandelen    | Dehasque      | Louisa       | 1u22.16. | 1981 |
| 1/2 uur snelwandelen | Dehasque      | Louisa       | 4344m    | 1981 |

**Masters dames W 45**

|           |              |             |          |      |
|-----------|--------------|-------------|----------|------|
| 100 m     | Steyls       | Elly        | 14'83    | 2002 |
| 200 m     | Steyls       | Elly        | 30'79    | 2002 |
| 300 m     | Steyls       | Elly        | 50'09    | 2002 |
| 400 m     | Jansen       | Lut         | 1'17'4   | 1993 |
| 800 m     | Genné        | Eliane      | 2.42.88  | 2001 |
| 1000 m    | Genné        | Eliane      | 3.34.57  | 2000 |
| 1500 m    | Ketelslegers | Marie-Paule | 4.56.82  | 1993 |
| 1 mijl    | Ketelslegers | Marie-Paule | 5.33.95  | 1995 |
| 2000 m    | Genné        | Eliane      | 7.45.22  | 2001 |
| 3000 m    | Ketelslegers | Marie-Paule | 10.28.21 | 1993 |
| 5000 m    | Ketelslegers | Marie-Paule | 17.49.12 | 1994 |
| 10000 m   | Ketelslegers | Marie-Paule | 37.46.45 | 1993 |
| 4 x 100 m | Genné        | Eliane      | 1.07.32  | 2000 |
|           | Corstjens    | C           |          |      |
|           | Schreurs     | Betty       |          |      |
|           | Steyls       | Elly        |          |      |

**Masters dames W 45 ( vervolg )**

|                   |  |   |                                     |          |      |
|-------------------|--|---|-------------------------------------|----------|------|
| 4 x 200 m         |  | Genné<br>Corstjens<br>Schreurs<br>Steys | Eliane<br>C<br>Betty<br>Elly        | 2.25.88  | 2002 |
| kogel             |  | Pechler                                 | Loeki                               | 8m05     | 2002 |
| 4 x 800 m         |  | Genné<br>Houben<br>Houben<br>Plevoets   | Eliane<br>Nora<br>Rina<br>Henriette | 13.10.10 | 2005 |
| ver               |  | Annens                                  | Dorette                             | 4m08     | 2004 |
| discus            |  | Pechler                                 | Loeki                               | 21m25    | 2002 |
| speer 0,6kg nieuw |  | Simenon                                 | Marina                              | 13m93    | 2009 |
| uurloop           |  | Ketelslegers                            | Marie-Paule                         | 15956m   | 1993 |
| marathon          |  | Dewilde                                 | Marijse                             | 3u25.01. | 2009 |

**Masters dames W 50**

|             |  |              |             |          |      |
|-------------|--|--------------|-------------|----------|------|
| 100 m       |  | Steys        | Elly        | 16'14    | 2005 |
| 200 m       |  | Simenon      | Marina      | 33'09    | 2011 |
| 300 m       |  | Schreurs     | Betty       | 1.02.72  | 2002 |
| 800 m       |  | Ketelslegers | Marie-Paule | 2.34.42  | 1998 |
| 1000 m      |  | Ketelslegers | Marie-Paule | 3.17.74  | 1998 |
| 1500 m      |  | Ketelslegers | Marie-Paule | 5.06.63  | 1998 |
| 1 mijl      |  | Ketelslegers | Marie-Paule | 5.31.88  | 1998 |
| 2000 m      |  | Ketelslegers | Marie-Paule | 7.03.8   | 1998 |
| 3000 m      |  | Ketelslegers | Marie-Paule | 10.51.04 | 1998 |
| 5000 m      |  | Ketelslegers | Marie-Paule | 18.47.52 | 1998 |
| 10000 m     |  | Ketelslegers | Marie-Paule | 38.55.17 | 1998 |
| uurloop     |  | Ketelslegers | Marie-Paule | 14986m   | 1998 |
| marathon    |  | Plevoets     | Henriette   | 3u35.48. | 2006 |
| ver         |  | Genné        | Eliane      | 3m35     | 2006 |
| kogel 4kg   |  | Pechler      | Louise      | 7m52     | 2004 |
| speer 0,6kg |  | Schreurs     | Betty       | 19m13    | 2002 |

**Masters dames W 55**

|                   |  |          |        |          |      |
|-------------------|--|----------|--------|----------|------|
| 200 m             |  | Thijs    | Malou  | 44'17    | 2006 |
| 1500 m            |  | Schreurs | Betty  | 5.57.12  | 2004 |
| 5000 m            |  | Asnong   | Jenny  | 25.10.03 | 2009 |
| 10000 m           |  | Schreurs | Betty  | 48.59.66 | 2005 |
| kogelstoten 4kg   |  | Asnong   | Jenny  | 5m18     | 2010 |
| discus 1kg        |  | Pechler  | Louise | 21m74    | 2004 |
| speer 0,6kg nieuw |  | Asnong   | Jenny  | 10m34    | 2009 |
| uurloop           |  | Schreurs | Betty  | 12038m   | 2007 |
| marathon          |  | Schreurs | Betty  | 3u59.47. | 2006 |

**Masters dames W 60**

|                 |  |               |          |          |      |
|-----------------|--|---------------|----------|----------|------|
| 100 m           |  | Van Den Bempt | Florence | 16'60    | 2002 |
| 200 m           |  | Van Den Bempt | Florence | 43'51    | 2002 |
| 300 m           |  | Van Den Bempt | Florence | 1.12.61  | 2002 |
| 800 m           |  | Van Den Bempt | Florence | 3.39.56  | 2003 |
| 1500 m          |  | Schreurs      | Betty    | 6.54.28  | 2008 |
| 5000 m          |  | Schreurs      | Betty    | 24.11.87 | 2008 |
| 10000 m         |  | Schreurs      | Betty    | 50.52.14 | 2008 |
| uurloop         |  | Schreurs      | Betty    | 11729m   | 2008 |
| marathon        |  | Schreurs      | Betty    | 6u23.31. | 2009 |
| speer 0,5kg     |  | Asnong        | Jenny    | 9m44     | 2015 |
| speer 0,6kg     |  | Van Den Bempt | Florence | 6m94     | 2005 |
| kogelstoten 3kg |  | Asnong        | Jenny    | 5m42     | 2013 |
| kogelstoten 4kg |  | Asnong        | Jenny    | 4m83     | 2013 |
| discus 1kg      |  | Asnong        | Jenny    | 11m32    | 2015 |

| <b>Masters dames W 65</b>     |  |               |          |       |      |
|-------------------------------|--|---------------|----------|-------|------|
| uurloop                       |  | Van Den Bempt | Florence | 8190m | 2007 |
| speer                         |  | Van Den Bempt | Florence | 8m66  | 2006 |
| <b>Alle categorieën dames</b> |  |               |          |       |      |
| 100 m                         |  | Pellaers      | Kirsten  | 12'07 | 1986 |
| 200 m                         |  | Pellaers      | Kirsten  | 24'61 | 1986 |
| 300 m                         |  | Vanheusden    | Marissa  | 41"05 | 2010 |
| 400 m                         |  | Van Dormael   | Brigitte | 54'9  | 1977 |

| <b>Alle categorieën dames ( vervolg )</b> |  |                 |             |           |      |
|---|--|-----------------|-------------|-----------|------|
| 1000 m                                    |  | Morias          | Carine      | 2.49.30   | 1982 |
| 1500 m                                    |  | Morias          | Carine      | 4.20.8    | 1979 |
| 1 mijl                                    |  | Murray          | Kelly       | 5.22.00   | 2008 |
| 2000 m                                    |  | Nijsen          | Denise      | 6.33.2    | 1983 |
| 2 mijl                                    |  | Van Oosterwijck | Chantal     | 11.55"24  | 2010 |
| 3000 m                                    |  | Morias          | Carine      | 9.52.8    | 1982 |
| 3000 m steeple                            |  | Thysen          | Tine        | 12.50.33  | 2000 |
| 5000 m                                    |  | Ketelslegers    | Marie-Paule | 17.44.54  | 1986 |
| 10000 m                                   |  | Ketelslegers    | Marie-Paule | 37.04.09  | 1986 |
| uurloop                                   |  | Ketelslegers    | Marie-Paule | 15956m    | 1993 |
| marathon                                  |  | Verboven        | Chris       | 2u59.03.  | 1989 |
| 100 m horden (84)                         |  | Peeters         | Mieke       | 15'65     | 1983 |
| 400 m horden (76)                         |  | Ponet           | Helga       | 1.03.68   | 1985 |
| 4 x 100 m                                 |  | Peeters         | Mieke       | 49'53     | 1985 |
|   |  | Switten         |             |           |      |
|   |  | Verstappen      |             |           |      |
|   |  | Pellaers        | Kirsten     |           |      |
| 4 x 200 m                                 |  | Gubbelmans      |             | 1.43.86   | 1982 |
|   |  | Morias          | Carine      |           |      |
|   |  | Ponet           | Helga       |           |      |
|   |  | Peeters         | Mieke       |           |      |
| 4 x 400 m                                 |  | Coninx          |             | 4.05.8    | 1977 |
|   |  | Vandebosch      |             |           |      |
|   |  | Morias          | Carine      |           |      |
|   |  | Vandormael      |             |           |      |
| 4 x 800 m                                 |  | Van Spauwen     |             | 9.25.09   | 1983 |
|   |  | Morias          | Carine      |           |      |
|   |  | Nijsen          | Denise      |           |      |
|   |  | Vandebosch      |             |           |      |
| Ekiden                                    |  | Stas            | Larissa     | 3u46.20.  | 2007 |
|   |  | Digneffe        | Chantal     |           |      |
|   |  | Croughs         | Sonja       |           |      |
|   |  | Houben          | Nora        |           |      |
|   |  | Roosen          | Caroline    |           |      |
|   |  | Nys             | Katrien     |           |      |
| hoog                                      |  | Vandijck        | Michèle     | 1m64      | 1983 |
| ver                                       |  | Pellaers        | Kirsten     | 6m12      | 1986 |
| hinkstapspringen                          |  | Swennen         | Sandra      | 12m76     | 1995 |
| polsstokspringen                          |  | Croes           | Naomi       | 2m80      | 2008 |
| kogel 4kg                                 |  | Stas            | Suzy        | 12m38     | 1996 |
| discus 1kg                                |  | Stas            | Suzy        | 40m04     | 1995 |
| speer 0,6kg                               |  | Stas            | Cindy       | 46m10     | 1996 |
| speer 0,6kg nieuw                         |  | Voets           | Hanne       | 30m13     | 2001 |
| hamerslingeren 4kg                        |  | Raskin          | Kristen     | 42m28     | 2011 |
| hamerslingeren 3kg                        |  | Raskin          | Kristen     | 42m73     | 2011 |
| vijfkamp                                  |  | Ponet           | Helga       | 3182 pt   | 1980 |
| zevenkamp HT                              |  | Ponet           | Helga       | 4847 pt   | 1984 |
| zevenkamp ET                              |  | Ponet           | Helga       | 4304 pt   | 1985 |
| 5km snelwandelen                          |  | Ceulemans       | Christa     | 24.22.0   | 1989 |
| 10km snelwandelen                         |  | Ceulemans       | Christa     | 50.55.0   | 1991 |
| 1/2 uur snelwandelen                      |  | Ceulemans       | Christa     | 6020,80m  | 1989 |
| 1 uur snelwandelen                        |  | Ceulemans       | Christa     | 11021,00m | 1990 |

| <b>Benjamin heren</b> |  |            |        |         |      |
|-----------------------|--|------------|--------|---------|------|
| 60 m                  |  | Knaepen    | Stijn  | 9'03    | 2009 |
| 600 m                 |  | Scheldeman | Willem | 2.01.00 | 2009 |
| 1000 m                |  | Bruninx    | Brecht | 3.27.54 | 1999 |
| 4 x 60 m              |  | Pappers    | M      | 38'39   | 1993 |
|                       |  | Vrancken   | K      |         |      |
|                       |  | Houben     | T      |         |      |
|                       |  | Marx       | D      |         |      |
| 3 x 600 m             |  | Croes      | Teun   | 6.23'57 | 2011 |
|                       |  | Hermans    | Ruben  |         |      |
|                       |  | Vandebosch | Robbe  |         |      |
| hoog                  |  | Bruninx    | Brecht | 1m18    | 1999 |
| ver                   |  | Peumans    | Niels  | 4m20    | 2005 |
| kogel 1kg             |  | Peumans    | Niels  | 10m82   | 2005 |
| hockeybal             |  | Peumans    | Niels  | 40m40   | 2005 |
| driekamp              |  | Laenen     | Bram   | 1145 pt | 1992 |
| vierkamp              |  | Peumans    | Niels  | 1876 pt | 2005 |

| <b>Pupillen heren</b> |  |               |         |         |      |
|-----------------------|--|---------------|---------|---------|------|
| 60 m                  |  | Lubon         | Camille | 8'56    | 2007 |
| 800 m                 |  | Rijkx         | Gert    | 2.26.8  | 1983 |
| 1000 m                |  | Teuchi        | Arno    | 3.08.65 | 2009 |
| 60 m horden (76)      |  | Rijkx         | Gert    | 11'4    | 1983 |
| 4 x 60 m              |  | Peumans       | Niels   | 34'57   | 2007 |
|                       |  | Vanormelingen | Ewout   |         |      |
|                       |  | Lubon         | Camille |         |      |
|                       |  | Mbachu        | Kevin   |         |      |
| 3 x 600 m             |  | Teuchi        | Arno    | 5.49.04 | 2009 |
|                       |  | Gijsen        | Maarten |         |      |
|                       |  | Verduyckt     | Martijn |         |      |
| hoog                  |  | Gielen        | Stefan  | 1m40    | 1974 |
| ver                   |  | Gaublomme     | Jellert | 4m63    | 1991 |
| kogel 2kg             |  | Jacobs        | Erwin   | 9m85    | 1985 |
| hockeybal             |  | Bruninx       | Brecht  | 49m72   | 2001 |
| discus 0,6kg          |  | Gijsen        | Maarten | 26m93   | 2009 |
| driekamp NT           |  | Gaublomme     | Jellert | 1526 pt | 1991 |
| vierkamp              |  | Gijsen        | Maarten | 2298 pt | 2009 |
| 2km snelwandelen      |  | Smeets        | Sven    | 12.05.2 | 1986 |

| <b>Miniemen heren</b> |  |            |         |         |      |
|-----------------------|--|------------|---------|---------|------|
| 80 m                  |  | Vossen     | Mario   | 10'1    | 1987 |
| 150 m                 |  | Geldof     | Michel  | 19'64   | 2003 |
| 200 m                 |  | Vossen     | Mario   | 26'15   | 1987 |
| 300 m                 |  | Schoefs    | Daan    | 42'41   | 2013 |
| 800 m                 |  | Martens    | Filip   | 2.14.4  | 1980 |
| 1000 m                |  | Reynders   | Greg    | 2.54.94 | 2014 |
| 80 m horden (84)      |  | Stulens    | Kurt    | 13'6    | 1984 |
| 150 m horden (76)     |  | Gijsen     | Maarten | 23'01   | 2011 |
| 4 x 80 m              |  | Peumans    | Niels   | 43'32   | 2008 |
|                       |  | Albert     | Brent   |         |      |
|                       |  | Stockmans  | Jo      |         |      |
|                       |  | Lubon      | Camille |         |      |
| 3 x 600 m             |  | Scheldeman | Willem  | 5.15'43 | 2013 |
|                       |  | Schoefs    | Daan    |         |      |
|                       |  | Knapen     | Stijn   |         |      |
| 4 x 800 m             |  | Vangeloven |         | 9.42.2  | 1976 |
|                       |  | Geuten     |         |         |      |
|                       |  | Speelmans  |         |         |      |
|                       |  | Thonnon    |         |         |      |
| hoog                  |  | Gielen     | Stefan  | 1m62    | 1976 |
| ver                   |  | Vossen     | Mario   | 5m42    | 1987 |
| kogel 3kg             |  | Souvereyns | Kris    | 12m47   | 2001 |
| discus 0,750kg        |  | Volont     | Donald  | 33m13   | 2014 |
| discus 1kg            |  | Jacobs     | Erwin   | 32m50   | 1986 |



**Miniemen heren ( vervolg )**

|                  |  |            |        |         |      |
|------------------|--|------------|--------|---------|------|
| speer 0,500kg    |  | Nijs       | Stefan | 41m84   | 1980 |
| speer 0,400kg    |  | Houben     | Wouter | 40m27   | 2002 |
| driekamp NT      |  | Vossen     | Mario  | 1598 pt | 1987 |
| vierkamp         |  | Delvaux    | Chris  | 2385 pt | 1996 |
| vijfkamp         |  | Stockmans  | Jo     | 3210 pt | 2008 |
| 3km snelwandelen |  | Vanheusden | Benny  | 18.15.0 | 1980 |

**Cadetten heren**

|                     |  |             |         |         |      |
|---------------------|--|-------------|---------|---------|------|
| 100 m               |  | Vossen      | Mario   | 11'58   | 1989 |
| 200 m               |  | Vossen      | Mario   | 23'81   | 1989 |
| 300 m               |  | Meire       | Filip   | 38'16   | 1996 |
| 400 m               |  | Meeuwissen  | Norbert | 52'1    | 1971 |
| 800 m               |  | Geuten      | Ronny   | 2.00.7  | 1978 |
| 1000 m              |  | Vossen      | Younis  | 2.43.81 | 2003 |
| 1500 m              |  | Vandebosch  | Frank   | 4.11.13 | 1984 |
| 1 mijl              |  | Vossen      | Younis  | 4.46.8  | 2003 |
| 2000 m              |  | Vossen      | Younis  | 6.03.49 | 2003 |
| 1500 m steeple      |  | Vrancken    | Koen    | 4.53.48 | 1999 |
| 100 m horden (91)   |  | Peters      | Kim     | 15'63   | 2005 |
| 300 m horden (76)   |  | Peters      | Kim     | 42'75   | 2005 |
| 4 x 100 m           |  | Kempeneers  |         | 47'4    | 1983 |
|                     |  | Beerden     |         |         |      |
|                     |  | Loos        |         |         |      |
|                     |  | Swerts      |         |         |      |
| 4 x 800 m           |  | Vangelooven |         | 8.38.0  | 1976 |
|                     |  | Croes       |         |         |      |
|                     |  | Zimmerman   |         |         |      |
|                     |  | Motart      |         |         |      |
| hoog                |  | Gielen      | Stefan  | 1m81    | 1978 |
| ver                 |  | Vossen      | Mario   | 6m57    | 1989 |
| hinkstapspringen    |  | Collas      | Tom     | 12m02   | 2003 |
| polsstokspringen    |  | Jacobs      | Brett   | 2m83    | 2009 |
| kogel 4kg           |  | Souvereyns  | Kris    | 14m29   | 2003 |
| kogel 5kg           |  | Jacobs      | Erwin   | 14m98   | 1988 |
| discus 1kg          |  | Bruninx     | Brecht  | 43m86   | 2005 |
| discus 1,5kg        |  | Cuyvers     | Luc     | 37m86   | 1987 |
| speer 0,600kg       |  | Nijs        | Stefan  | 53m22   | 1982 |
| speer 0,600kg nieuw |  | Houben      | Wouter  | 45m75   | 2004 |
| hamerslingeren 4kg  |  | Daenen      | Jurgen  | 55m58   | 2009 |
| hamerslingeren 5kg  |  | Panis       | Norbert | 27m36   | 1979 |
| vierkamp nieuw      |  | Bruninx     | Ruben   | 1934 pt | 2001 |
| vijfkamp NT         |  | Gijsen      | Maarten | 2667 pt | 2013 |
| achtkamp            |  | Jacobs      | Brett   | 2854 pt | 2009 |
| 5km snelwandelen    |  | Martens     | Jos     | 25.02.3 | 1979 |

**Scholieren heren**

|                    |  |              |         |         |      |
|--------------------|--|--------------|---------|---------|------|
| 100 m              |  | Vossen       | Mario   | 10'8    | 1991 |
| 200 m              |  | Vossen       | Mario   | 22'3    | 1991 |
| 300 m              |  | Lubon        | Camille | 36'61   | 2013 |
| 400 m              |  | Vanderheyden | Valère  | 50'3    | 1968 |
| 800 m              |  | Kersten      | Dieter  | 1.56.99 | 2013 |
| 1000 m             |  | Kersten      | Dieter  | 2.31.74 | 2013 |
| 1500 m             |  | Kersten      | Dieter  | 3.58.01 | 2013 |
| 1 mijl             |  | Vrancken     | Koen    | 4.34.26 | 2001 |
| 2000 m             |  | D'Or         | Alain   | 5.59.3  | 1974 |
| 3000 m             |  | Kersten      | Dieter  | 8.32.06 | 2013 |
| 2000 m steeple     |  | Vrancken     | Koen    | 6.34.07 | 2000 |
| 110 m horden (100) |  | Deraedt      | Frank   | 15'4    | 1982 |
| 110 m horden (91)  |  | Peters       | Kim     | 15'61   | 2007 |
| 200 m horden (76)  |  | Peters       | Kim     | 27'85   | 2007 |
| 300 m horden (84)  |  | Monten       | L       | 41'9    | 1969 |
| 400 m horden       |  | Lubon        | Camille | 55'82   | 2013 |

**Scholieren heren ( vervolg )**

|                      |            |         |         |      |
|----------------------|------------|---------|---------|------|
| 4 x 100 m            | Beerden    |         | 45'0    | 1984 |
|                      | Swerts     |         |         |      |
|                      | Martens    |         |         |      |
|                      | Kempeneers |         |         |      |
| 4 x 400 m            | D'Or       | Alain   | 3.46.2  | 1974 |
|                      | Horemans   |         |         |      |
|                      | Knaepen    |         |         |      |
|                      | D'Herde    |         |         |      |
| 4 x 800 m            | Dewaele    |         | 8.09.74 | 1981 |
|                      | Dewaele    |         |         |      |
|                      | Schreurs   |         |         |      |
|                      | Vandamme   |         |         |      |
| hoog                 | Gielen     | Stefan  | 2m00    | 1980 |
| ver                  | Vossen     | Mario   | 7m41    | 1991 |
| hinkstapspringen     | Pappers    | Michael | 12m74   | 2002 |
| polsstokspringen     | Gijsen     | Maarten | 3m40    | 2015 |
| kogel 5kg            | Jacobs     | Erwin   | 14m64   | 1989 |
| discus 1,5kg         | Cuyvers    | Luc     | 44m18   | 1989 |
| speer 0,700kg        | Nijs       | Marc    | 60m22   | 1982 |
| speer 0,700kg nieuw  | Bruninx    | Brecht  | 49m34   | 2007 |
| hamerslingeren 6kg   | Vanheusden | Eric    | 53m30   | 1982 |
| hamerslingeren 5kg   | Daenen     | Jurgen  | 61m28   | 2011 |
| vijfkamp             | Gijsen     | Maarten | 2971 pt | 2015 |
| achtkamp             | Willems    | Ivo     | 4113 pt | 1972 |
| negenkamp            | Albert     | Brent   | 4515 pt | 2011 |
| tienkamp             | Gijsen     | Maarten | 5911 pt | 2015 |
| 10km snelwandelen    | Martens    | Jos     | 46.33.4 | 1981 |
| 1/2 uur snelwandelen | Martens    | Jos     | 6261m   | 1981 |

**Juniors heren**

|                    |               |        |          |      |
|--------------------|---------------|--------|----------|------|
| 100 m              | Vanbeckevoort | Guido  | 10'9     | 1979 |
| 200 m              | Diricks       | Kenny  | 22'40    | 1999 |
| 300 m              | Diricks       | Kenny  | 35'67    | 1999 |
| 400 m              | Vanbeckevoort | Guido  | 49'7     | 1979 |
|                    | Diricks       | Kenny  | 49'94    | 1999 |
| 800 m              | Geuten        | Ronny  | 1.50.8   | 1982 |
| 1000 m             | Geuten        | Ronny  | 2.26.23  | 1982 |
| 1500 m             | Heleven       | Gaston | 3.49.7   | 1968 |
| 1 mijl             | Vandebosch    | Frank  | 4.15.6   | 1988 |
| 2000 m             | Reulens       | Rigo   | 5.36.9   | 1978 |
| 3000 m             | Kersten       | Dieter | 8.12.94  | 2015 |
| 5000 m             | Kersten       | Dieter | 14.13.21 | 2015 |
| 10000 m            | Kersten       | Dieter | 29.37.41 | 2015 |
| 3000 m steeple     | Vandersmissen | Geert  | 10.52.0  | 1981 |
| uurloop            | Neven         | Koen   | 16918m   | 1996 |
| 110 m horden (106) | Deraedt       | Frank  | 15'45    | 1984 |
| 110 m horden (100) | Peters        | Kim    | 15'48    | 2009 |
| 200 m horden (76)  | Peters        | Kim    | 26'84    | 2008 |
| 400 m horden (91)  | Vanderheyden  | Valère | 56'4     | 1969 |
| 4 x 100 m          | Pappers       | M      | 44'00    | 2004 |
|                    | Martens       | D      |          |      |
|                    | Tchouradze    | P      |          |      |
|                    | Swinnen       | P      |          |      |
| 4 x 400 m          | Thonnon       |        | 3.33.0   | 1981 |
|                    | Bos           |        |          |      |
|                    | Geuten        |        |          |      |
|                    | Digneffe      |        |          |      |
| 4 x 1500 m         | ???           |        | 17.51.3  | 1981 |
|                    | ???           |        |          |      |
|                    | Willems       |        |          |      |
|                    | Vandersmissen | Geert  |          |      |
| hoog               | Gielen        | Stefan | 2m00     | 1982 |
| ver                | Raymaekers    | Bart   | 6m86     | 1986 |

|                                  |  |               |                |                |                    |
|----------------------------------|--|---------------|----------------|----------------|--------------------|
| hinkstapspringen                 |  | Bos           | Guido          | 13m13          | 1980               |
| <b>Juniors heren ( vervolg )</b> |  |               |                |                |                    |
| <b>polstokspringen</b>           |  | <b>Gijzen</b> | <b>Maarten</b> | <b>3m91</b>    | <b>2016</b> record |
| kogel 7,257kg                    |  | Vanheusden    | Eric           | 12m78          | 1984               |
| kogel 6kg                        |  | Bruninx       | Brecht         | 13m08          | 2009               |
| discus 1,750kg                   |  | Cuyvers       | Luc            | 47m06          | 1990               |
| discus 2kg                       |  | Jacobs        | Brett          | 39m73          | 2013               |
| speer 0,8kg nieuw                |  | Bruninx       | Brecht         | 49m81          | 2009               |
| hamerslingeren 7,257kg           |  | Vanheusden    | Eric           | 55m18          | 1984               |
| hamerslingeren 6,250kg           |  | Daenen        | Jurgen         | 54m81          | 2012               |
| vijfkamp                         |  | Houben        | Wouter         | 2930 pt        | 2008               |
| <b>tienkamp</b>                  |  | <b>Gijzen</b> | <b>Maarten</b> | <b>5983 pt</b> | <b>2016</b> record |
| 10km snelwandelen                |  | Martens       | Jos            | 42'52"8        | 1983               |
| 20km snelwandelen                |  | Martens       | Jos            | 1u29.42.5      | 1983               |
| 1 uur snelwandelen               |  | Martens       | Jos            | 13154m         | 1983               |

### **Seniors heren**

|                    |  |                |               |                 |                    |
|--------------------|--|----------------|---------------|-----------------|--------------------|
| 100 m              |  | Stevens        | Patrick       | 10'29           | 1990               |
| 200 m              |  | Stevens        | Patrick       | 20'73           | 1991               |
| 300 m              |  | Diricks        | Kenny         | 34'73           | 2001               |
| 400 m              |  | Diricks        | Kenny         | 48'81           | 2001               |
| 800 m              |  | Merken         | Marcel        | 1.49.73         | 1983               |
| 1000 m             |  | Merken         | Marcel        | 2.24.3          | 1983               |
| 1500 m             |  | Max            | Willy         | 3.45.9          | 1982               |
| 1 mijl             |  | Max            | Willy         | 4.09.3          | 1980               |
| 2000 m             |  | Heleven        | Gaston        | 5.12.4          | 1975               |
| 2 mijl             |  | Kenis          | Ruben         | 9.48.16         | 2005               |
| 3000 m             |  | Heleven        | Gaston        | 8.04.5          | 1975               |
| 5000 m             |  | Heleven        | Gaston        | 13.48.2         | 1975               |
| <b>10000 m</b>     |  | <b>Kersten</b> | <b>Dieter</b> | <b>28.57.79</b> | <b>2016</b> record |
| 20000 m            |  | Luyckx         | Roger         | 1u03.29.        | 1979               |
| 30000 m            |  | Hendriks       | Norbert       | 1u55.18.        | 1982               |
| uurloop            |  | Heleven        | Gaston        | 19193m          | 1979               |
| marathon           |  | Ceulemans      | Rik           | 2u14.12.        | 2006               |
| 100 km             |  | Luyckx         | Roger         | 6u43.34.        | 1984               |
| 2000 m steeple     |  | Kenis          | Ruben         | 6.17.77         | 2006               |
| 3000 m steeple     |  | Kenis          | Ruben         | 9.46.56         | 2009               |
| 110 m horden (106) |  | Deraedt        | Frank         | 14'98           | 1986               |
| 400 m horden (91)  |  | Swinnen        | Peter         | 57'75           | 2005               |
| 4 x 100 m          |  | Stulens        |               | 43'16           | 1989               |
|                    |  | Baerts         |               |                 |                    |
|                    |  | Peeters        |               |                 |                    |
|                    |  | Stevens        |               |                 |                    |
| 4 x 200 m          |  | Bos            |               | 1'30"6          | 1982               |
|                    |  | Wouters        |               |                 |                    |
|                    |  | Baerts         |               |                 |                    |
|                    |  | Mercken        |               |                 |                    |
| 4 x 400 m          |  | Mercken        |               | 3.26.6          | 1981               |
|                    |  | Merken         |               |                 |                    |
|                    |  | Rome           |               |                 |                    |
|                    |  | Sterck         |               |                 |                    |
| 4 x 800 m          |  | Mottart        |               | 7.48.4          | 1975               |
|                    |  | Heleven        |               |                 |                    |
|                    |  | Ramaekers      |               |                 |                    |
|                    |  | Max            |               |                 |                    |
| 4 x 1500 m         |  | Peree          |               | 15.54.2         | 1976               |
|                    |  | Mottart        |               |                 |                    |
|                    |  | Wauters        |               |                 |                    |
|                    |  | Heleven        |               |                 |                    |
| <b>hoog</b>        |  | <b>Jacobs</b>  | <b>Brett</b>  | <b>2m03</b>     | <b>2016</b> record |
| polstokspringen    |  | Bos            | Guido         | 3m10            | 1982               |
| ver                |  | Libert         | Philippe      | 6m60            | 1983               |
| hinkstapspringen   |  | Baerts         | Johan         | 14m25           | 1980               |
| kogel 7,257kg      |  | Spaepen        | Pieter        | 13m93           | 2012               |

**Seniors heren ( vervolg )**

|                        |  |            |         |          |      |
|------------------------|--|------------|---------|----------|------|
| discus 2kg             |  | Mesotten   | Patrick | 39m94    | 2005 |
| speer 0,8kg nieuw      |  | Spaepen    | Pieter  | 56m95    | 2008 |
| hamerslingeren 7,257kg |  | Vanheusden | Eric    | 59m76    | 1985 |
| vijfkamp               |  | Wouters    | Marc    | 2890 pt  | 1982 |
| tienkamp               |  | Bos        | Guido   | 5737 pt  | 1982 |
| 10km snelwandelen      |  | Martens    | Jos     | 40.04.8  | 1988 |
| 20km snelwandelen      |  | Martens    | Jos     | 1u26.45. | 1984 |
| 30km snelwandelen      |  | Ceulemans  | René    | 2u49.05. | 1980 |
| 50km snelwandelen      |  | Ceulemans  | René    | 4u39.07. | 1978 |
| 1 uur snelwandelen     |  | Martens    | Jos     | 14720m   | 1988 |
| 2 uur snelwandelen     |  | Ceulemans  | René    | 21616m   | 1980 |

**Masters heren M35**

|                        |  |            |         |          |      |
|------------------------|--|------------|---------|----------|------|
| 100 m                  |  | Bleus      | Johan   | 12'66    | 2007 |
| 200 m                  |  | Bleus      | Johan   | 25'84    | 2007 |
| 300 m                  |  | Bleus      | Johan   | 39'11    | 2006 |
| 400 m                  |  | Bleus      | Johan   | 55'29    | 2006 |
| 800 m                  |  | Jacobs     | Kris    | 2.14.05  | 2014 |
| 1000 m                 |  | Jacobs     | Kris    | 2.55.63  | 2015 |
| 1500 m                 |  | Jacobs     | Kris    | 4.24.91  | 2014 |
| 2000 m                 |  | Schrooten  | Tom     | 6.53.69  | 2013 |
| 3000 m                 |  | Ceulemans  | Rik     | 8.39.33  | 2009 |
| 5000 m                 |  | Ceulemans  | Rik     | 14.49.20 | 2008 |
| 10000 m                |  | Michielsen | Carlo   | 33.46.61 | 2008 |
| 3000 m steeple         |  | Bleus      | Johan   | 11.49.77 | 2006 |
| uurloop                |  | Neven      | Koen    | 16831    | 2013 |
| marathon               |  | Ceulemans  | Rik     | 2u17.33. | 2009 |
| 4 x 400 m              |  | Bienens    | Johan   | 3.53.30  | 2006 |
|                        |  | Bleus      | Johan   |          |      |
|                        |  | Thewissen  | Guido   |          |      |
|                        |  | Francart   | Rudi    |          |      |
| 4 x 1500 m             |  | Nassen     | Luc     | 19.10.96 | 2006 |
|                        |  | Lismont    | Marc    |          |      |
|                        |  | Nys        | Patrick |          |      |
|                        |  | Grootaers  | Marc    |          |      |
| hoog                   |  | Bleus      | Johan   | 1m55     | 2007 |
| ver                    |  | Mesotten   | Pascal  | 4m98     | 2008 |
| kogel 7,257kg          |  | Mesotten   | Patrick | 11m33    | 2008 |
| discus 2kg             |  | Mesotten   | Patrick | 42m49    | 2008 |
| speer 0,800kg          |  | Mesotten   | Patrick | 47m53    | 2007 |
| hamerslingeren 7,257kg |  | Mesotten   | Patrick | 25m32    | 2008 |
| gewicht 15kg           |  | Mesotten   | Patrick | 10m01    | 2008 |
| vijfkamp               |  | Schrooten  | Tom     | 1876 pt  | 2013 |

**Masters heren M 40**

|                    |  |               |        |          |      |
|--------------------|--|---------------|--------|----------|------|
| 100 m              |  | Rijkx         | Willy  | 12'14    | 1986 |
| 200 m              |  | Rijkx         | Willy  | 24'33    | 1986 |
| 300 m              |  | Bienens       | Johan  | 41'33    | 2005 |
| 400 m              |  | Bienens       | Johan  | 57'04    | 2005 |
| 800 m              |  | Vandersmissen | Marcel | 2.06.4   | 1981 |
| 1000 m             |  | Wauters       | Guy    | 2.41.98  | 1997 |
| 1500 m             |  | Wauters       | Guy    | 4.11.53  | 1997 |
| 1 mijl             |  | Vandersmissen | Marcel | 4.37.3   | 1981 |
| 2000 m             |  | Vandersmissen | Marcel | 5.59.2   | 1981 |
| 3000 m             |  | Wauters       | Guy    | 8.48.30  | 1997 |
| 5000 m             |  | Wauters       | Guy    | 14.44.17 | 1997 |
| 10000 m            |  | Wauters       | Guy    | 31.26.77 | 1997 |
| 20000 m            |  | Vandersmissen | Marcel | 1u10.51. | 1981 |
| 30000 m            |  | Baar          | Miel   | 2u01.42. | 1982 |
| uurloop            |  | Wauters       | Guy    | 18085m   | 1997 |
| marathon           |  | Henno         | Luc    | 2u31.50. | 1995 |
| 3000 m steeple     |  | Vandersmissen | Marcel | 10.45.0  | 1981 |
| 110 m horden (106) |  | Houbrechts    | Jozef  | 26'0     | 1981 |

| <b>Masters heren M 40 ( vervolg )</b> |  |             |         |           |      |
|---------------------------------------|--|-------------|---------|-----------|------|
| 4 x 100 m                             |  | Beckers     |         | 5'1       | 1983 |
|                                       |  | Schreurs    |         |           |      |
|                                       |  | Fransen     |         |           |      |
|                                       |  | Rijkx       |         |           |      |
| 4 x 200 m                             |  | Rijkx       |         | 1.51.19   | 1985 |
|                                       |  | Debruyne    |         |           |      |
|                                       |  | Franssen    |         |           |      |
|                                       |  | Steyfkens   |         |           |      |
| 4 x 400 m                             |  | Marckelbach |         | 3.56.7    | 1988 |
|                                       |  | Decat       |         |           |      |
|                                       |  | Skoniecki   |         |           |      |
|                                       |  | Heleven     |         |           |      |
| 4 x 1500 m                            |  | Henno       | Luc     | 18.35.40  | 2004 |
|                                       |  | Nassen      | Luc     |           |      |
|                                       |  | Nys         | Patrick |           |      |
|                                       |  | Zielinski   | Michel  |           |      |
| hoog                                  |  | Bas         | Paul    | 1m60      | 1988 |
| ver                                   |  | Pappers     | Huub    | 5m99      | 1988 |
| hinkstapspringen                      |  | Pappers     | Huub    | 11m29     | 1988 |
| polstokspringen                       |  | Houbrechts  | Jozef   | 2m60      | 1981 |
| kogel 7,257kg                         |  | Skoniecki   | Bodgan  | 11m64     | 1989 |
| discus 2kg                            |  | Schoofs     | René    | 37m02     | 1990 |
| speer 0,800kg                         |  | Skoniecki   | Bodgan  | 40m88     | 1990 |
| hamerslingeren 7,257kg                |  | Schoofs     | René    | 25m68     | 1991 |
| vijfkamp                              |  | Skoniecki   | Bodgan  | 1954 pt   | 1989 |
| tienkamp                              |  | Houbrechts  | Jozef   | 3134 pt   | 1981 |
| 10km snelwandelen                     |  | Ceulemans   | René    | 52'01'5   | 1982 |
| 20km snelwandelen                     |  | Ceulemans   | René    | 1u51.48.3 | 1981 |
| 1 uur snelwandelen                    |  | Ceulemans   | René    | 11317m    | 1983 |
| 2 uur snelwandelen                    |  | Ceulemans   | René    | 21515m    | 1981 |

| <b>Masters heren M 45</b> |  |                 |         |           |      |
|---------------------------|--|-----------------|---------|-----------|------|
| 100 m                     |  | Franssen        | Herbert | 12'4      | 1982 |
| 200 m                     |  | Schoels         | Marc    | 27'2      | 2012 |
| 300 m                     |  | Schoels         | Marc    | 41"68     | 2010 |
| 400 m                     |  | Schreurs        | Jean    | 1.00.2    | 1982 |
|                           |  | Bienens         | Johan   | 1.00.25   | 2008 |
| 800 m                     |  | Marckelbach     | Jean    | 2.12.9    | 1986 |
| 1000 m                    |  | Vandersmissen   | Marcel  | 2.46.1    | 1982 |
| 1500 m                    |  | Nassen          | Luc     | 4.15.05   | 2009 |
| 1 mijl                    |  | Vandebosch      | Patrick | 4.40.67   | 2015 |
| 2000 m                    |  | Vandebosch      | Patrick | 5.55.75   | 2015 |
| 2 mijl                    |  | Vandebosch      | Patrick | 9.56.04   | 2015 |
| 3000 m                    |  | Vandebosch      | Patrick | 9.08.18   | 2015 |
| 5000 m                    |  | Vandebosch      | Patrick | 15.53.51  | 2015 |
| 10000 m                   |  | Vandebosch      | Patrick | 33.02.82  | 2015 |
| 20000 m                   |  | Vandersmissen   | Marcel  | 1u11.31.3 | 1986 |
| 3000steeple               |  | Lismont         | Marc    | 12,58,19  | 2011 |
| uurloop                   |  | Henno           | Luc     | 17190m    | 2002 |
| halve marathon            |  | Jorissen        | Marc    | 1u14.47.  | 2013 |
| marathon                  |  | Jorissen        | Marc    | 2u28.03   | 2014 |
| 110 m horden (106)        |  | Houbrechts      | Jozef   | 24'0      | 1982 |
| 4 x 1500 m                |  | Vossen          | Frank   | 24.19.78  | 2003 |
|                           |  | Oosterlinck     | Dirk    |           |      |
|                           |  | Hulsmans        | Pier    |           |      |
|                           |  | Van Oosterwijck | Marc    |           |      |
| hoog                      |  | Houbrechts      | Jozef   | 1m55      | 1982 |
| ver                       |  | Pappers         | Huub    | 5m81      | 1993 |
| hinkstapspringen          |  | Pappers         | Huub    | 11m03     | 1993 |
| polstokspringen           |  | Houbrechts      | Jozef   | 2m90      | 1982 |
| kogel 7,257kg             |  | Quadvlieg       | Tony    | 11m59     | 1985 |
| discus 2kg                |  | Schoofs         | René    | 34m80     | 1995 |

|                                       |  |                |         |          |      |
|---------------------------------------|--|----------------|---------|----------|------|
| speer 0,8kg nieuw                     |  | Steegmans      | Lucien  | 37m04    | 1990 |
| <b>Masters heren M 45 ( vervolg )</b> |  |                |         |          |      |
| hamerslingeren 7,257kg                |  | Schoofs        | René    | 23m52    | 1994 |
| vijfkamp                              |  | Houbrechts     | Jozef   | 1896 pt  | 1982 |
| tienkamp                              |  | Houbrechts     | Jozef   | 3569 pt  | 1982 |
| 10km snelwandelen                     |  | Vanderspickken | Antoine | 1u03.56. | 1976 |
| 20km snelwandelen                     |  | Vanderspickken | Antoine | 2u12.21. | 1976 |
| 1 uur snelwandelen                    |  | Vanderspickken | Antoine | 9236m    | 1976 |

|                           |  |                   |                |                 |                    |
|---------------------------|--|-------------------|----------------|-----------------|--------------------|
| <b>Masters heren M 50</b> |  |                   |                |                 |                    |
| 100 m                     |  | Devos             | Etiene         | 12'66           | 1976               |
| 200 m                     |  | Devos             | Etiene         | 26'3            | 1977               |
| 400 m                     |  | Devos             | Etiene         | 58'1            | 1976               |
| 800 m                     |  | Vandersmissen     | Marcel         | 2.19.45         | 1987               |
| 1000 m                    |  | Vandersmissen     | Marcel         | 2.55.42         | 1987               |
| 1500 m                    |  | Nassen            | Luc            | 4.29.26         | 2013               |
| 1 mijl                    |  | Vandersmissen     | Marcel         | 4.58.2          | 1987               |
| <b>2000 m</b>             |  | <b>Vandebosch</b> | <b>Patrick</b> | <b>6.01.37</b>  | <b>2016</b> record |
| <b>2 mijl</b>             |  | <b>Vandebosch</b> | <b>Patrick</b> | <b>9.49.47</b>  | <b>2016</b> record |
| <b>3000 m</b>             |  | <b>Vandebosch</b> | <b>Patrick</b> | <b>9.11.36</b>  | <b>2016</b> record |
| <b>5000 m</b>             |  | <b>Vandebosch</b> | <b>Patrick</b> | <b>15.52.17</b> | <b>2016</b> record |
| <b>10000 m</b>            |  | <b>Vandebosch</b> | <b>Patrick</b> | <b>33.54.49</b> | <b>2016</b> record |
| uurloop                   |  | Vandersmissen     | Marcel         | 16624m          | 1987               |
| marathon                  |  | Henno             | Luc            | 2u39.59.        | 2006               |
| 4 x 1500 m                |  | Havreluk          | Micha          | 23.47.84        | 2002               |
|                           |  | Van Oosterxijck   | Marc           |                 |                    |
|                           |  | Oosterlinck       | Dirk           |                 |                    |
|                           |  | Hulsmans          | P              |                 |                    |
| hoog                      |  | Jacobs            | Umberto        | 1m54            | 2011               |
| ver                       |  | Jacobs            | Umberto        | 4m92            | 2009               |
| hinkstapspringen          |  | Jacobs            | Umberto        | 9m40            | 2011               |
| kogel 6kg                 |  | Jacobs            | Umberto        | 10m33           | 2010               |
| kogel 7,257kg             |  | Schoofs           | René           | 10m23           | 1999               |
|                           |  | Jacobs            | Umberto        | 10m23           | 2010               |
| discus 2kg                |  | Schoofs           | René           | 32m50           | 1999               |
| discus 1,5kg              |  | Schoofs           | René           | 35m45           | 1998               |
| discus 1kg                |  | Jacobs            | Umberto        | 29m85           | 2011               |
| speer 0,800kg             |  | Jacobs            | Umberto        | 35m15           | 2011               |
| speer 0,700kg             |  | Jacobs            | Umberto        | 38m56           | 2011               |
| hamerslingeren 6kg        |  | Vanbrabant        | Danny          | 35m37           | 2010               |
| hamerslingeren 7,260kg    |  | Vanbrabant        | Danny          | 30m34           | 2010               |
| gewicht 11,34kg           |  | Jacobs            | Umberto        | 9m86            | 2010               |
| werpvijfkamp              |  | Jacobs            | Umberto        | 2412 pt         | 2010               |
| 10km snelwandelen         |  | Devos             | Etiene         | 1u07.25.        | 1980               |

|                           |  |             |          |          |      |
|---------------------------|--|-------------|----------|----------|------|
| <b>Masters heren M 55</b> |  |             |          |          |      |
| 100 m                     |  | Devos       | Etiene   | 13'0     | 1984 |
| 200 m                     |  | Devos       | Etiene   | 26'9     | 1984 |
| 300 m                     |  | Oosterlinck | Dirk     | 51'18    | 2005 |
| 400 m                     |  | Devos       | Etiene   | 1.00.0   | 1983 |
| 800 m                     |  | Devos       | Etiene   | 2.22.4   | 1983 |
| 1000 m                    |  | Cuypers     | Julien   | 3.07.7   | 1984 |
| 1500 m                    |  | Cuypers     | Julien   | 4.44.46  | 1984 |
| 1 mijl                    |  | Devos       | Etiene   | 5.52.9   | 1981 |
| 2000 m                    |  | Devos       | Etiene   | 7.30.2   | 1984 |
| 2 mijl                    |  | Hulsmans    | Pierre   | 14.13.71 | 2004 |
| 3000 m                    |  | Cuypers     | Julien   | 10.02.2  | 1984 |
| 5000 m                    |  | Cuypers     | Julien   | 17.29.2  | 1984 |
| 10000 m                   |  | Nassen      | Luc      | 34.29.97 | 2014 |
| uurloop                   |  | Cuypers     | Julien   | 15722m   | 1984 |
| marathon                  |  | Jackers     | Pierre   | 2u53.04. | 1988 |
| 400 m horden (91)         |  | Devos       | Etiene   | 1.33.3   | 1982 |
| hoog                      |  | Jacobs      | Umberto  | 1,54     | 2014 |
| ver                       |  | Carpentier  | Valentin | 4m79     | 1977 |

|                                       |  |               |                |              |             |               |
|---------------------------------------|--|---------------|----------------|--------------|-------------|---------------|
| kogel 6kg                             |  | Jacobs        | Umberto        | 10m81        | 2014        |               |
| kogel 7,257kg                         |  | Jacobs        | Umberto        | 10m38        | 2013        |               |
| <b>Masters heren M 55 ( vervolg )</b> |  |               |                |              |             |               |
| <b>discus 1,5kg</b>                   |  | <b>Jacobs</b> | <b>Umberto</b> | <b>32m78</b> | <b>2016</b> | <b>record</b> |
| discus 2kg                            |  | Schoofs       | René           | 32m89        | 2006        |               |
| speer 0,8kg                           |  | Jacobs        | Umberto        | 37m70        | 2015        |               |
| <b>speer 0,7kg</b>                    |  | <b>Jacobs</b> | <b>Umberto</b> | <b>43m63</b> | <b>2016</b> | <b>record</b> |
| hinkstapspringen                      |  | Jacobs        | Umberto        | 9m97         | 2014        |               |
| gewichtwerpen                         |  | Jacobs        | Umberto        | 10m88        | 2014        |               |
| <b>hamerslingeren 6kg</b>             |  | <b>Jacobs</b> | <b>Umberto</b> | <b>27m14</b> | <b>2016</b> | <b>record</b> |
| vijfkamp                              |  | Jacobs        | Umberto        | 2197 pt      | 2012        |               |
| werpvijfkamp                          |  | Jacobs        | Umberto        | 2880 pt      | 2015        |               |
| 10km snelwandelen                     |  | Devos         | Etiene         | 1u05.20.     | 1982        |               |
| 20km snelwandelen                     |  | Devos         | Etiene         | 2u21.20.     | 1982        |               |
| 1 uur snelwandelen                    |  | Devos         | Etiene         | 8852m        | 1984        |               |

|                           |  |             |          |          |      |  |
|---------------------------|--|-------------|----------|----------|------|--|
| <b>masters heren M 60</b> |  |             |          |          |      |  |
| 100 m                     |  | Devos       | Etienne  | 13'00    | 1988 |  |
| 200 m                     |  | Devos       | Etienne  | 27'13    | 1985 |  |
| 400 m                     |  | Devos       | Etienne  | 1.00.49  | 1986 |  |
| 800 m                     |  | Devos       | Etienne  | 2.26.26  | 1986 |  |
| 1000 m                    |  | Devos       | Etienne  | 3.14.87  | 1987 |  |
| 1500 m                    |  | V.D.Bossche | Achielle | 5.13.3   | 1984 |  |
| 3000 m                    |  | V.D.Bossche | Achielle | 10.27.4  | 1983 |  |
| 5000 m                    |  | V.D.Bossche | Achielle | 18.23.0  | 1982 |  |
| 10000 m                   |  | V.D.Bossche | Achielle | 38.02.7  | 1983 |  |
| uurloop                   |  | V.D.Bossche | Achielle | 14721    | 1983 |  |
| halve marathon            |  | Dieu        | Edmond   | 1u33.32. | 2014 |  |
| marathon                  |  | V.D.Bossche | Achielle | 3u04.47. | 1982 |  |
| 300 m horden (76)         |  | Devos       | Etienne  | 53'6     | 1988 |  |
| ver                       |  | Carpentier  | Valentin | 4m46     | 1984 |  |
| kogel 5kg                 |  | Schoofs     | René     | 11m16    | 2008 |  |
| kogel 7,257kg             |  | Schoofs     | René     | 9m05     | 2008 |  |
| discus 1kg                |  | Schoofs     | René     | 40m78    | 2009 |  |
| discus 2kg                |  | Schoofs     | René     | 30m90    | 2008 |  |
| speer 0,8kg nieuw         |  | V.D.Bossche | Achielle | 24m24    | 1983 |  |
| hamerslingeren 5kg        |  | Schoofs     | René     | 25m80    | 2008 |  |
| hamerslingeren 7,257kg    |  | Schoofs     | René     | 20m25    | 2008 |  |
| vijfkamp                  |  | Carpentier  | Valentin | 2140 pt  | 1981 |  |
| pentathlon                |  | Carpentier  | Valentin | 2655 pt  | 1984 |  |

|                           |  |             |          |          |      |  |
|---------------------------|--|-------------|----------|----------|------|--|
| <b>Masters heren M 65</b> |  |             |          |          |      |  |
| 100 m                     |  | Devos       | Etienne  | 14'26    | 1990 |  |
| 200 m                     |  | Devos       | Etienne  | 28'87    | 1990 |  |
| 400 m                     |  | Devos       | Etienne  | 1.04.18  | 1990 |  |
| 800 m                     |  | Devos       | Etienne  | 2.38.83  | 1990 |  |
| 1000 m                    |  | Devos       | Etienne  | 3.37.23  | 1990 |  |
| 1500 m                    |  | Devos       | Etienne  | 5.49.59  | 1990 |  |
| 1 mijl                    |  | Devos       | Etienne  | 6.12.1   | 1990 |  |
| 2000 m                    |  | V.D.Bossche | Achielle | 8.18.3   | 1988 |  |
| 3000 m                    |  | V.D.Bossche | Achielle | 12.02.15 | 1988 |  |
| 5000 m                    |  | V.D.Bossche | Achielle | 20.24.5  | 1988 |  |
| 10000 m                   |  | Maes        | August   | 46.36.31 | 2003 |  |
| uurloop                   |  | Maes        | August   | 12163 m  | 2003 |  |
| marathon                  |  | Maes        | August   | 4u04.56. | 2003 |  |
| hoog                      |  | Carpentier  | Valentin | 1m15     | 1986 |  |
| ver                       |  | Carpentier  | Valentin | 4m07     | 1988 |  |
| kogel 5kg                 |  | Schoofs     | René     | 9m51     | 2013 |  |
| discus 1kg                |  | Schoofs     | René     | 39m25    | 2014 |  |
| discus 1,5kg              |  | Schoofs     | René     | 33m94    | 2013 |  |
| discus 2kg                |  | V.D.Bossche | Achielle | 31m30    | 1987 |  |
| speer 0,8kg nieuw         |  | V.D.Bossche | Achielle | 29m08    | 1988 |  |
| hamerslingeren 5kg        |  | Schoofs     | René     | 21m00    | 2013 |  |
| vijfkamp                  |  | Carpentier  | Valentin | 1019 pt  | 1987 |  |

|                           |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
| <b>Masters heren M 70</b> |  |  |  |  |  |
|---------------------------|--|--|--|--|--|

|          |  |      |        |          |      |
|----------|--|------|--------|----------|------|
| 10000 m  |  | Maes | August | 55.48.75 | 2008 |
| marathon |  | Maes | August | 4u37.44. | 2008 |

|                               |  |  |  |  |  |
|-------------------------------|--|--|--|--|--|
| <b>Alle categorieen heren</b> |  |  |  |  |  |
|-------------------------------|--|--|--|--|--|

|                    |        |            |            |          |      |
|--------------------|--------|------------|------------|----------|------|
| 100 m              |        | Stevens    | Patrick    | 10'29    | 1990 |
| 200 m              |        | Stevens    | Patrick    | 20'73    | 1991 |
| 300 m              |        | Diricks    | Kenny      | 34'73    | 2001 |
| 400 m              |        | Diricks    | Kenny      | 48'81    | 2001 |
| 800 m              |        | Merken     | Marcel     | 1.49.73  | 1983 |
| 1000 m             |        | Merken     | Marcel     | 2.24.3   | 1983 |
| 1500 m             |        | Max        | Willy      | 3.45.9   | 1982 |
| 1 mijl             |        | Max        | Willy      | 4.09.3   | 1980 |
| 2000 m             |        | Heleven    | Gaston     | 5.12.4   | 1975 |
| 2 mijl             |        | Kenis      | Ruben      | 9.48.16  | 2005 |
| 3000 m             |        | Heleven    | Gaston     | 8.04.5   | 1975 |
| 5000 m             |        | Heleven    | Gaston     | 13.48.2  | 1975 |
| 10000 m            |        | Heleven    | Gaston     | 29.29.2  | 1979 |
| 20000 m            |        | Luyckx     | Roger      | 1u03.29. | 1979 |
| 30000 m            |        | Hendriks   | Norbert    | 1u55.18. | 1982 |
| uurloop            |        | Heleven    | Gaston     | 19193m   | 1979 |
| marathon           |        | Ceulemans  | Rik        | 2u14.12. | 2006 |
| 100km              |        | Luyckx     | Roger      | 6u43.34. | 1984 |
| 2000 m steeple     |        | Kenis      | Ruben      | 6.17.77  | 2006 |
| 3000 m steeple     |        | Kenis      | Ruben      | 9.46.56  | 2009 |
| 110 m horden (106) |        | Deraedt    | Frank      | 14'98    | 1986 |
| 200 m horden (76)  |        | Peters     | Kim        | 26'84    | 2008 |
| 400 m horden (91)  |        | V.D.Heyden | Valère     | 56'4     | 1969 |
| 4 x 100 m          |        | Stulens    |            | 43'16    | 1989 |
|                    |        | Baerts     |            |          |      |
|                    |        | Peeters    |            |          |      |
|                    |        | Stevens    |            |          |      |
| 4 x 200 m          |        | Bos        |            | 1.30.6   | 1982 |
|                    |        | Wouters    |            |          |      |
|                    |        | Baerts     |            |          |      |
|                    |        | Mercken    |            |          |      |
| 4 x 400 m          |        | Digneffe   |            | 3.22.1   | 1982 |
|                    |        | Geuten     |            |          |      |
|                    |        | Max        |            |          |      |
|                    |        | Mercken    |            |          |      |
| 4 x 800 m          |        | Mottart    |            | 7.48.4   | 1975 |
|                    |        | Heleven    |            |          |      |
|                    |        | Ramaekers  |            |          |      |
|                    |        | Max        |            |          |      |
| 4 x 1500 m         |        | Peree      |            | 15.54.2  | 1976 |
|                    |        | Mottart    |            |          |      |
|                    |        | Wauters    |            |          |      |
|                    |        | Heleven    |            |          |      |
| Ekiden             |        | Roosen     | Christophe | 2u26.04. | 2005 |
|                    |        | Neven      | Koen       |          |      |
|                    |        | Vrancken   | Koen       |          |      |
|                    |        | Nys        | Patrick    |          |      |
|                    |        | Kenis      | Ruben      |          |      |
|                    | Nassen | Luc        |            |          |      |
| hoog               |        | Gielen     | Stefan     | 2m00     | 1980 |
| ver                |        | Vossen     | Mario      | 7m41     | 1991 |
| hinkstapspringen   |        | Baerts     | Johan      | 14m25    | 1980 |
| polstokspringen    |        | Evers      | Guido      | 3m40     | 1974 |
| kogel 7,257kg      |        | Oliva      | Fernando   | 13m44    | 2003 |
| discus 2kg         |        | Cuyvers    | Luc        | 42m04    | 1990 |
| speer 0,8kg        |        | Nijs       | Marc       | 53m54    | 1983 |
| speer 0,8kg nieuw  |        | Spaepen    | pieter     | 56m95    | 2008 |



|   |  |            |       |          |      |
|---|--|------------|-------|----------|------|
| hamerslingeren 7,257kg                    |  | Vanheusden | Eric  | 59m76    | 1985 |
| vijfkamp                                  |  | Wouters    | Marc  | 2890 pt  | 1982 |
| <b>Alle categorieën heren ( vervolg )</b> |  |            |       |          |      |
| tienkamp                                  |  | Bos        | Guido | 5737 pt  | 1982 |
| 10km snelwandelen                         |  | Martens    | Jos   | 40.04.8  | 1988 |
| 20km snelwandelen                         |  | Martens    | Jos   | 1u26.45. | 1984 |
| 30km snelwandelen                         |  | Ceulemans  | René  | 2u49.05. | 1980 |
| 50km snelwandelen                         |  | Ceulemans  | René  | 4u39.07. | 1978 |
| 1 uur snelwandelen                        |  | Martens    | Jos   | 14720m   | 1988 |
| 2 uur snelwandelen                        |  | Ceulemans  | René  | 21616m   | 1980 |