

**dames****benjamins**

| | | | | |
|--------------|---------|--------------------|-----------|------|
| 60 m | 9"54 | Miri Yasmina | Vilvoorde | 2003 |
| 600 m | 2'1"28 | Chovau Mirte | Dilbeek | 2012 |
| 1 000 m | 3'34"11 | Voet Enya | Diest | 2001 |
| 4 x 60 m | 43"15 | Abdelhadji Hajar | Vilvoorde | 2003 |
| | | Miri Yasmina | Vilvoorde | 2003 |
| | | De Muer Laura | Vilvoorde | 2003 |
| | | Abdelhadji Oumaima | Vilvoorde | 2003 |
| 3 x 600 m | 8'31"8 | Denoyelle Elien | Machelen | 2009 |
| | | Derademaeker Jill | Machelen | 2009 |
| | | Verhulst Amber | Machelen | 2009 |
| ver | 3,71 | Voet Enya | Oordegem | 2001 |
| hoog | 1,06 | Voet Enya | Landen | 2001 |
| | | Choveau Mirte | Machelen | 2012 |
| hockeybal | 30,47 | Chovau Mirte | Nijvel | 2012 |
| kogel 1,0 kg | 9,00 | Ghani Souhaila | Vilvoorde | 2008 |

pupillen

| | | | | |
|-------------------|---------|------------------------|-----------|------|
| 60 m | 8"70 | Baramoto Anne-Dominiqu | Tienen | 2013 |
| 60 m hord. 0,76 m | 11"25 | Voet Enya | Nijvel | 2003 |
| 1 000 m | 3'17"44 | Willems Lenny | Oordegem | 2002 |
| 4 x 60 m | 37"6 | Liekens Marijke | Vilvoorde | 1991 |
| | | Liesenborghs Ingrid | Vilvoorde | 1991 |
| | | Vandermeulen Cindy | Vilvoorde | 1991 |
| | | Van Dam Annelies | Vilvoorde | 1991 |
| ver | 4,14 | Baramoto Anne-Dominiqu | Dilbeek | 2013 |
| hoog | 1,40 | Baramoto Anne-Dominiqu | Vilvoorde | 2013 |
| hockeybal | 36,18 | Willems Lenny | Ninove | 2002 |
| kogel 2,0 kg | 10,88 | Putseys Heidi | Vilvoorde | 1985 |
| discus 0,5 kg | 19,44 | Vandenbroucke Tina | Machelen | 1999 |
| discus 0,6 kg | 29,05 | Vanden Eynde Joyce | Nijvel | 2008 |

miniemen

| | | | | |
|--------------------|---------|------------------------|-----------|------|
| 60 m hord. 0,76 m | 11"0 | Putseys Heidi | Dilbeek | 1987 |
| 80 m | 10"81 | Baramoto Anne-Dominiqu | Vilvoorde | 2014 |
| 150 m | 20"6 | Verheyden Margot | Machelen | 2003 |
| 150 m hord. 0,76 m | 25"08 | Van den Eynde Joyce | Aalst | 2010 |
| 300 m | 44"84 | Baramoto Anne-dominiqu | Machelen | 2015 |
| 1 000 m | 3'12"49 | Willems Lenny | Oordegem | 2003 |
| 4 x 80 m | 45"43 | Devloo Dorien | Kessel-lo | 2006 |
| | | Miri Yasmina | Kessel-lo | 2006 |
| | | Dierickx Sarah | Kessel-lo | 2006 |
| | | Dierckx Sanne | Kessel-lo | 2006 |
| 3 x 600 m | 6'18"68 | Dobbelaere Elke | Kessel-lo | 2010 |

miniemen

| | | | | |
|----------------|-------|------------------------|-------------|------|
| | | Janssens Nele | Kessel-lo | 2010 |
| | | Putman Nina | Kessel-lo | 2010 |
| ver | 4,71 | Baramoto Anne-Dominiqu | Vilvoorde | 2014 |
| hoog | 1,52 | Baramoto Anne-Dominiqu | Vilvoorde | 2014 |
| polstok | 2,45 | Van den Eynde Joyce | Aalst | 2010 |
| kogel 2,0 kg | 13,79 | Sterckendries Vanessa | Tienen | 2008 |
| discus 0,6 kg | 41,24 | Sterckendries Vanessa | Tessenderlo | 2008 |
| discus 0,75 kg | 39,47 | Van den Eynde Joyce | Bornem | 2010 |
| speer 0,4 kg | 32,05 | Van den Eynde Joyce | Ninove | 2010 |

kadetten

| | | | | |
|--------------------|---------|------------------------|---------------|------|
| 80 m hord. 0,76 m | 15"1 | Putseys Heidi | Dilbeek | 1988 |
| 100 m | 12"68 | Liesenborghs Tania | Dilbeek | 1991 |
| 200 m | 25"72 | Liesenborghs Tania | Dilbeek | 1991 |
| 300 m | 43"82 | Miri Yasmina | Machelen | 2008 |
| 300 m hord. 0,76 m | 48"85 | Devloo Dorien | Tienen | 2008 |
| 400 m | 58"0 | Baes Myriam | Heizel | 1973 |
| 800 m | 2'18"20 | Miri Yasmina | Ninove | 2009 |
| 1 000 m | 3'1"0 | Schils Marlies | Edegem | 2005 |
| 1 500 m | 4'54"47 | Schils Marlies | Nijvel | 2005 |
| 1.500 m st. 0,76 m | 5'11"46 | Devloo Dorien | Izegem | 2008 |
| 1 mijl | 5'24"68 | Dobbelaere Elke | Vilvoorde | 2013 |
| 2 000 m | 7'1"63 | Dobbelaere Elke | Tessenderlo | 2013 |
| 4 x 100 m | 56"14 | Sterckendries Vanessa | Nieuwpoort | 2009 |
| | | Abdelhadji Oumaima | Nieuwpoort | 2009 |
| | | Van Nederveelde Els | Nieuwpoort | 2009 |
| | | Miri Yasmina | Nieuwpoort | 2009 |
| ver | 5,26 | Baramoto Anne-dominiqu | Brugge | 2017 |
| hinkstap | 9,49 | Janssens Nele | Heusden | 2013 |
| hoog | 1,45 | Baramoto Anne-dominiqu | Vilvoorde | 2017 |
| kogel 3,0 kg | 12,63 | Sterckendries Vanessa | Jambes | 2010 |
| discus 1,0 kg | 38,82 | Sterckendries Vanessa | Gaur.Ramecroi | 2010 |
| hamer 3,0 kg | 51,48 | Sterckendries Vanessa | St.Niklaas | 2010 |
| speer 0,5 kg | 38,05 | Abdelhadji Hajar | Oudenaarde | 2011 |
| vijfkamp | 2456,00 | Putseys Heidi | Dilbeek | 1989 |

scholieren

| | | | | |
|--------------------|---------|------------------|------------|------|
| 100 m | 12"99 | Baramoto Rebecca | Oordegem | 2016 |
| 100 m hord. 0,76 m | 18"96 | Putseys Heidi | Dilbeek | 1991 |
| 200 m | 26"29 | Baramoto Rebecca | Oordegem | 2016 |
| 300 m | 41"59 | Schils Marlies | Machelen | 2007 |
| 300 m hord. 0,76 m | 48"51 | Devloo Dorien | Oordegem | 2009 |
| 400 m | 58"10 | Schils Marlies | Brussel | 2007 |
| 400 m hord. 0,76 m | 70"19 | Devloo Dorien | Nieuwpoort | 2009 |
| 800 m | 2'10"22 | Schils Marlies | Gent | 2007 |



clubrecords outdoor

1973 - 2017

scholieren

| | | | | |
|--------------------|---------|-----------------------|------------|------|
| 1 000 m | 2'50"47 | Schils Marlies | Zelee | 2007 |
| 1 500 m | 4'31"3 | Smolders Ilse | Hechtel | 1986 |
| 1 mijl | 5'27"16 | Dobbelaere Elke | Aalst | 2015 |
| 2 000 m | 7'5"78 | Dobbelaere Elke | Vilvoorde | 2014 |
| 2 000 m st. 0,76 m | 7'30"75 | Dobbelaere Elke | Lier | 2014 |
| 3 000 m | 9'55"0 | Smolders Ilse | Heizel | 1986 |
| 4 x 100 m | 55"97 | Schils Marlies | Nieuwpoort | 2007 |
| | | Verheyden Margot | Nieuwpoort | 2007 |
| | | Miri Yousra | Nieuwpoort | 2007 |
| | | De Win Karolien | Nieuwpoort | 2007 |
| ver | 4,84 | Devloo Dorien | Oordegem | 2009 |
| hinkstap | 9,53 | Abdelhadji Oumaima | Tienen | 2011 |
| hoog | 1,43 | Dewandeleer Sofie | Machelen | 2008 |
| kogel 3,0 kg | 13,59 | Putseys Heidi | Vilvoorde | 1991 |
| discus 1,0 kg | 40,24 | Sterckendries Vanessa | Merksem | 2011 |
| hamer 3,0 kg | 44,40 | Sterckendries Vanessa | Ciney | 2011 |
| speer 0,6 kg | 39,57 | Abdelhadji Oumaima | Booischoot | 2012 |
| zevenkamp | 3302,00 | Putseys Heidi | Dilbeek | 1991 |

juniors

| | | | | |
|--------------------|----------|-------------------------|---------------|------|
| 100 m | 12"8 | Baes Myriam | Leuven | 1976 |
| 100 m hord. 0,84 m | 19"6 | Vanderougstraete Sophie | Machelen | 1996 |
| 200 m | 25"7 | Baes Myriam | Heizel | 1976 |
| 300 m | 43"46 | Schils Marlies | Huizingen | 2009 |
| 400 m | 56"7 | Baes Myriam | St.L. Woluwe | 1977 |
| 400 m hord. 0,76 m | 1'21"5 | Reinartz Myriam | Vilvoorde | 1991 |
| 800 m | 2'9"25 | Smolders Ilse | Bosvoorde | 1988 |
| 1 000 m | 2'49"0 | Smolders Ilse | Kessel-Lo | 1987 |
| 1 500 m | 4'19"26 | Smolders Ilse | Sudbury (Can) | 1988 |
| 1 mijl | 4'52"6 | Smolders Ilse | Willebroek | 1987 |
| 2 000 m | 6'19"7 | Smolders Ilse | Duffel | 1987 |
| 2 000 m st. | 7'54"23 | Dobbelaere Elke | Kortenbergh | 2016 |
| 3 000 m | 9'31"33 | Smolders Ilse | Tessenderlo | 1988 |
| 3 000 m st. | 11'55"52 | Dobbelaere Elke | Wavre ? | 2016 |
| 10 000 m | 41'53"87 | Dobbelaere Elke | Vilvoorde | 2016 |
| ver | 4,90 | Putseys Heidi | Wespelaar | 1992 |
| hoog | 1,50 | Vanderougstraete Sophie | Machelen | 1995 |
| kogel 4,0 kg | 11,79 | Putseys Heidi | Machelen | 1992 |
| discus 1,0 kg | 38,96 | Putseys Heidi | Kessel-Lo | 1993 |
| hamer 4,0 kg | 16,92 | Schalckens Joanne | Kessel-Lo | 2008 |
| speer 0,6 kg | 34,70 | Putseys Heidi | Machelen | 1992 |
| vijfkamp | 1846,00 | Deroover Veronique | Machelen | 1995 |

seniors

| | | | | |
|-------|------|-------------|-----------|------|
| 100 m | 12"5 | Baes Myriam | Vilvoorde | 1980 |
|-------|------|-------------|-----------|------|

seniors

| | | | | |
|--------------------|----------|-------------------------|-------------|------|
| 100 m hord. 0,84 m | 19"8 | Putseys Heidi | Machelen | 1994 |
| 200 m | 25"7 | Baes Myriam | Luik | 1978 |
| 300 m | 43"43 | Vanderougstraete Sophie | Vilvoorde | 1998 |
| 400 m | 56"0 | Baes Myriam | Leuven | 1980 |
| 800 m | 2'7"76 | Schils Marlies | Gentbrugge | 2011 |
| 1 000 m | 2'47"44 | Schils Marlies | Machelen | 2011 |
| 1 500 m | 4'23"17 | Smolders Ilse | Ninove | 1992 |
| 1 mijl | 4'57"15 | Smolders Ilse | Oordegem | 1991 |
| 2 000 m | 6'11"2 | Smolders Ilse | Kessel-lo | 1991 |
| 3 000 m | 9'27"17 | Smolders Ilse | Brussel | 1992 |
| 5 000 m | 24'38"2 | Thomas Marie-Thérèse | Vilvoorde | 1991 |
| uur | 12651,00 | Van Eeckhoudt Mieke | Machelen | 2013 |
| marathon | 3u57'57" | Dierckx Sanne | Eindhoven | 2016 |
| | | Dierckx Sanne | Eindhoven | 2016 |
| 4 x 100 m | 52"59 | Dewandeleer Sofie | Booischoot | 2009 |
| | | Miri Yasmina | Booischoot | 2009 |
| | | Sanhaji Yasmina | Booischoot | 2009 |
| | | Schils Marlies | Booischoot | 2009 |
| 4 x 200 m | 1'54"24 | Dewandeleer Sofie | Machelen | 2009 |
| | | Sanhaji Yasmina | Machelen | 2009 |
| | | Miri Yasmina | Machelen | 2009 |
| | | Schils Marlies | Machelen | 2009 |
| 4 x 400 m | 4'45"36 | Deroover Veronique | Zwijndrecht | 1997 |
| | | Vanderougstraete Sophie | Zwijndrecht | 1997 |
| | | Couder An | Zwijndrecht | 1997 |
| | | Smolders Ilse | Zwijndrecht | 1997 |
| 4 x 800 m | 9'58"90 | Devloo Dorien | Vilvoorde | 2008 |
| | | Miri Yasmina | Vilvoorde | 2008 |
| | | De Win Karolien | Vilvoorde | 2008 |
| | | Schils Marlies | Vilvoorde | 2008 |
| ver | 4,97 | Vanderougstraete Sophie | Vilvoorde | 1997 |
| hoog | 1,45 | Vanderougstraete Sophie | Machelen | 1997 |
| kogel 4,0 kg | 11,08 | Kockaert Pascale | Vilvoorde | 1987 |
| discus 1,0 kg | 37,52 | Putseys Heidi | Kessel | 1994 |
| speer 0,6 kg | 35,98 | Putseys Heidi | Dilbeek | 1994 |
| vijfkamp | 1952,00 | Putseys Heidi | Machelen | 1994 |

masters+35

| | | | | |
|---------|---------|--------------------|------------|------|
| 100 m | 15"5 | Mertens Martine | Ninove | 1990 |
| 200 m | 32"96 | Bogaerts Karine | Brasschaat | 2004 |
| 300 m | 54"79 | Rombauts Karina | Edegem | 2001 |
| 400 m | 1'16"57 | Rombauts Karina | Ninove | 2003 |
| 800 m | 2'41"58 | Bogaerts Karine | Brasschaat | 2004 |
| 1 000 m | 3'45"32 | Thoumire Francoise | Vilvoorde | 2000 |
| 1 500 m | 5'49"49 | Thoumire Francoise | Vilvoorde | 1999 |
| 1 mijl | 7'8"4 | Dewaerheit Elianne | Machelen | 1987 |



clubrecords outdoor

1973 - 2017

masters+35

| | | | | |
|---------------|----------|--------------------|-----------|------|
| 3 000 m | 12'38"13 | Thoumire Françoise | Lebbeke | 2000 |
| uur | 12940,00 | Thoumire Françoise | Wespelaar | 1999 |
| marathon | 3u34'46" | Bogaerts Karine | Berlijn | 2004 |
| 4 x 100 m | 1'6"31 | Thoumire Françoise | Vilvoorde | 2000 |
| | | Rombauts Karina | Vilvoorde | 2000 |
| | | Peeters Monica | Vilvoorde | 2000 |
| | | Mertens Martine | Vilvoorde | 2000 |
| ver | 3,25 | Debrier Daniëlle | Dilbeek | 1984 |
| kogel 4,0 kg | 7,56 | Mertens Martine | Machelen | 1993 |
| discus 1,0 kg | 20,38 | Mertens Martine | Vilvoorde | 1989 |
| speer 0,6 kg | 32,50 | Mertens Martine | Ninove | 1990 |
| vijfkamp | 944,00 | Dewaerheit Elianne | Kessel-Lo | 1986 |

masters+40

| | | | | |
|---------------|----------|----------------------|--------------|------|
| 100 m | 16"23 | Rombauts Karina | Booischoot | 2006 |
| 200 m | 33"32 | Rombauts Karina | Aalst | 2003 |
| 300 m | 56"74 | Thoumire Françoise | Edegem | 2001 |
| 400 m | 1'20"72 | Thoumire Françoise | Ninove | 2003 |
| 800 m | 3'0"2 | Thoumire Françoise | Mechelen | 2003 |
| 1 000 m | 3'55"63 | Thoumire Françoise | Vilvoorde | 2003 |
| 1 500 m | 5'44"29 | Thoumire Françoise | Aalst | 2003 |
| 1 mijl | 7'37"8 | Dewaerheit Elianne | Machelen | 1989 |
| 3 000 m | 13'1"10 | Thoumire Françoise | Brasschaat | 2004 |
| 5 000 m | 24'53"0 | Thomas Marie-Thérèse | Hasselt | 2000 |
| uur | 13124,00 | Thoumire Françoise | Ninove | 2000 |
| marathon | 4u17'44" | Thoumire Françoise | Médoc | 2004 |
| ver | 3,94 | Rombauts Karina | Aalst | 2003 |
| kogel 4,0 kg | 10,68 | Geerts Myriam | St.L.Woluwe | 2009 |
| discus 1,0 kg | 33,58 | Geerts Myriam | Ciney | 2010 |
| hamer 4,0 kg | 25,96 | Geerts Myriam | Naim.Xhovemc | 2010 |
| speer 0,6 kg | 22,90 | Mertens Martine | Lebbeke | 1994 |
| vijfkamp | 1077,00 | Dewaerheit Elianne | Dilbeek | 1989 |

masters+45

| | | | | |
|---------|----------|----------------|------------|------|
| 100 m | 15"90 | Balduck Nadine | Deinze | 2010 |
| 200 m | 32"47 | Balduck Nadine | Mechelen | 2010 |
| 300 m | 54"11 | Balduck Nadine | Nieuwpoort | 2010 |
| 400 m | 72"15 | Balduck Nadine | Mechelen | 2010 |
| 800 m | 2'38"12 | Balduck Nadine | Deinze | 2010 |
| 1 000 m | 3'25"25 | Balduck Nadine | Machelen | 2010 |
| 1 500 m | 5'15"92 | Balduck Nadine | Mechelen | 2010 |
| 2 000 m | 7'31"41 | Balduck Nadine | Nieuwpoort | 2010 |
| 3 000 m | 11'40"15 | Balduck Nadine | Deinze | 2010 |
| 2 mijl | 13'6"98 | Balduck Nadine | Nieuwpoort | 2010 |
| 5 000 m | 19'50"52 | Balduck Nadine | St.Niklaas | 2009 |

masters+45

| | | | | |
|---------------|----------|-----------------|------------|------|
| 10 000 m | 41'35"5 | Balduck Nadine | Machelen | 2010 |
| 1/2 marathon | 1u39'45" | Balduck Nadine | Herve | 2009 |
| uur | 13806,00 | Balduck Nadine | Herentals | 2010 |
| marathon | 3u20'13" | Balduck Nadine | Nieuwpoort | 2009 |
| kogel 4,0 kg | 6,98 | Mertens Martine | Eeklo | 2003 |
| discus 1,0 kg | 23,32 | Mertens Martine | Molenbeek | 2003 |
| speer 0,6 kg | 21,26 | Mertens Martine | Merksem | 2000 |

masters+50

| | | | | |
|---------------|----------|---------------------|------------|------|
| 100 m | 17"43 | Balduck Nadine | Nieuwpoort | 2014 |
| 200 m | 37"43 | Balduck Nadine | Lokeren | 2015 |
| 300 m | 57"05 | Balduck Nadine | Mechelen | 2015 |
| 400 m | 1'17"50 | Balduck Nadine | Nieuwpoort | 2014 |
| 600 m | 2'7"44 | Balduck Nadine | Aalter | 2015 |
| 800 m | 2'50"60 | Balduck Nadine | Huizingen | 2013 |
| 1 000 m | 3'48"52 | Balduck Nadine | Mechelen | 2015 |
| 1 500 m | 5'38"42 | Balduck Nadine | Deinze | 2016 |
| 1 mijl | 6'31"0 | Balduck Nadine | Nieuwpoort | 2014 |
| 2 000 m | 8'28"49 | Balduck Nadine | Lokeren | 2015 |
| 3 000 m | 12'25"94 | Balduck Nadine | Huizingen | 2013 |
| 2 mijl | 14'5"40 | Balduck Nadine | Nieuwpoort | 2014 |
| 5 000 m | 21'24"49 | Balduck Nadine | Deinze | 2016 |
| 10 000 m | 44'6"70 | Balduck Nadine | Vilvoorde | 2016 |
| uur | 13366,00 | Balduck Nadine | Machelen | 2015 |
| marathon | 4u1'25" | Vande Velde Martine | Amsterdam | 2009 |
| ver | 2,03 | Mertens Martine | Vilvoorde | 2004 |
| kogel 3,0 kg | 8,18 | Mertens Martine | Tielt | 2007 |
| discus 1,0 kg | 23,42 | Mertens Martine | Torhout | 2006 |
| hamer 3,0 kg | 22,13 | Mertens Martine | St.Niklaas | 2008 |
| speer 0,5 kg | 19,98 | Mertens Martine | Tienen | 2007 |

masters+55

| | | | | |
|---------------|----------|---------------------|------------|------|
| 1 500 m | 5'50"62 | Balduck Nadine | Brussel | 2017 |
| 2 000 m | 7'49"99 | Balduck Nadine | Mol | 2017 |
| uur | 11118,00 | Vande Velde Martine | Machelen | 2013 |
| kogel 3,0 kg | 8,23 | Mertens Martine | Diepenbeek | 2010 |
| discus 1,0 kg | 22,48 | Mertens Martine | St-Truiden | 2010 |
| hamer 3,0 kg | 25,21 | Mertens Martine | Gent | 2011 |
| speer 0,5 kg | 18,74 | Mertens Martine | Gentbrugge | 2012 |

masters+60

| | | | | |
|---------------|-------|-----------------|--------------|------|
| kogel 3,0 kg | 7,56 | Mertens Martine | ? | 2014 |
| discus 1,0 kg | 20,98 | Mertens Martine | Sint-Niklaas | 2014 |
| hamer 3,0 kg | 22,17 | Mertens Martine | Sint-Niklaas | 2014 |
| speer 0,5 kg | 17,96 | Mertens Martine | Lebbeke | 2014 |



clubrecords outdoor

1973 - 2017

masters+60

| | | | | |
|-----------------|---------|-----------------|--------------|------|
| gewicht 4,45 kg | 9,14 | Mertens Martine | Eeklo | 2016 |
| werp5kamp | 2623,00 | Mertens Martine | Sint-Niklaas | 2014 |

**heren****benjamins**

| | | | | |
|--------------|---------|--------------------|------------|------|
| 60 m | 9"37 | Van Rompaey Jasper | Machelen | 2011 |
| 600 m | 2'4"40 | Peeters James | St-Niklaas | 2012 |
| 1 000 m | 3'29"26 | Letellier Eric | Kessel-Lo | 1993 |
| 4 x 60 m | 40"53 | De Coninck Michael | Vilvoorde | 1995 |
| | | Rollier Sven | Vilvoorde | 1995 |
| | | Janssen Pieter-Jan | Vilvoorde | 1995 |
| | | Deroover Tom | Vilvoorde | 1995 |
| ver | 3,70 | Peeters James | Dilbeek | 2012 |
| hoog | 1,20 | Peeters James | Oordegem | 2012 |
| hockeybal | 36,97 | De Win Jonas | Machelen | 2004 |
| kogel 1,0 kg | 8,32 | Letellier Eric | Turnhout | 1993 |

pupillen

| | | | | |
|-------------------|----------|------------------|-----------|------|
| 60 m | 8"94 | Ahmetaj Adrian | Vilvoorde | 2004 |
| 60 m hord. 0,76 m | 11"22 | Peeters James | Vilvoorde | 2014 |
| 1 000 m | 3'12"54 | Miri Nassim | Machelen | 2009 |
| 2.000 snelw. | 17'22"28 | Deroover Tom | Duffel | 1997 |
| 4 x 60 m | 36"12 | Broeders Tim | Vilvoorde | 1995 |
| | | Letellier Eric | Vilvoorde | 1995 |
| | | Stroobants Stijn | Vilvoorde | 1995 |
| | | Van Dam Kristof | Vilvoorde | 1995 |
| 3 x 600 m | 6'43"58 | Scheltjens Flor | Machelen | 2009 |
| | | Gabriels Wouter | Machelen | 2009 |
| | | De Wilder Ken | Machelen | 2009 |
| ver | 4,36 | Stroobants Stijn | Vilvoorde | 1995 |
| hoog | 1,42 | Stroobants Stijn | Heverlee | 1995 |
| hockeybal | 42,62 | Letellier Eric | Vilvoorde | 1995 |
| kogel 2,0 kg | 9,34 | Ahmetaj Adrian | Machelen | 2004 |
| discus 0,6 kg | 26,63 | Rollier Sven | Dilbeek | 1998 |

miniemen

| | | | | |
|--------------------|----------|--------------------|-----------|------|
| 80 m | 10"52 | Ahmetaj Adrian | Machelen | 2006 |
| 80 m hord. 0,84 m | 13"32 | Stroobants Stijn | Nijvel | 1997 |
| 150 m | 19"48 | Ahmetaj Adrian | Kessel-Lo | 2006 |
| 150 m hord. 0,76 m | 22"05 | Ahmetaj Adrian | Vilvoorde | 2006 |
| 300 m | 42"61 | Ahmetaj Adrian | Huizingen | 2006 |
| 1 000 m | 2'59"65 | Rollier Sven | Dilbeek | 2000 |
| 1.000 snelw. | 6'54"3 | Deroover Tom | Edegem | 1999 |
| 3.000 snelw. | 21'39"12 | Deroover Tom | Edegem | 1998 |
| 4 x 80 m | 46"44 | Rollier Sven | Vilvoorde | 1999 |
| | | De Coninck Michaël | Vilvoorde | 1999 |
| | | Nys Edwin | Vilvoorde | 1999 |
| | | Leduc Jeremy | Vilvoorde | 1999 |

miniemen

| | | | | |
|---------------|-------|------------------|------------|------|
| ver | 4,81 | Ahmetaj Adrian | Tienen | 2006 |
| hoog | 1,68 | Stroobants Stijn | Nijvel | 1997 |
| polstok | 2,20 | Rollier Sven | St-Niklaas | 2000 |
| kogel 3,0 kg | 11,17 | Ahmetaj Adrian | Machelen | 2006 |
| discus 1,0 kg | 30,02 | Van Nerom Gert | Machelen | 1990 |
| speer 0,4 kg | 30,22 | Rollier Sven | Heverlee | 2000 |

kadetten

| | | | | |
|--------------------|---------|---------------------|-------------|------|
| 100 m | 11"80 | Van Der Bijl Thomas | Moeskroen | 2017 |
| 100 m hord. 0,91 m | 18"22 | Dobbelaere Gert-Jan | Schaarbeek | 2009 |
| 200 m | 23"85 | Van Der Bijl Thomas | Moeskroen | 2017 |
| 300 m | 37"89 | Van Der Bijl Thomas | Vilvoorde | 2017 |
| 300 m hord. 0,76 m | 45"59 | Letellier Eric | Tessenderlo | 1998 |
| 400 m | 54"21 | Van Der Bijl Thomas | Vorst | 2017 |
| 800 m | 2'6"55 | Deroover Steve | Wespelaar | 1992 |
| 1 000 m | 2'42"89 | Letellier Eric | Vilvoorde | 1999 |
| 1 500 m | 4'19"69 | Letellier Eric | Vilvoorde | 1999 |
| 1 mijl | 5'10"0 | Gabriels Wouter | Kessel-Lo | 2014 |
| 1.500 m st. 0,76 m | 4'58"12 | Wisse Andries | Vilvoorde | 2016 |
| 2 000 m | 6'35"43 | Gabriels Wouter | Vilvoorde | 2014 |
| 4 x 100 m | 55"42 | Lauwerys Etienne | Anderlecht | 2009 |
| | | Dobbelaere Gert-Jan | Anderlecht | 2009 |
| | | Putman Jonathan | Anderlecht | 2009 |
| | | De Vleeschouwer Br. | Anderlecht | 2009 |
| ver | 5,45 | Schalckens Kenneth | Dilbeek | 1991 |
| hinkstap | 10,68 | Liekens Dirk | Vilvoorde | 1984 |
| hoog | 1,65 | Baruffa Mark | Kessel-Lo | 1979 |
| | | Butaye Kevin | Machelen | 1994 |
| polstok | 2,27 | Dobbelaere Steven | Schaarbeek | 2011 |
| kogel 4,0 kg | 12,52 | Van Nerom Gert | Dilbeek | 1992 |
| discus 1,0 kg | 44,40 | Van Nerom Gert | Wespelaar | 1992 |
| hamer 4,0 kg | 27,30 | Nys Edwin | Eeklo | 2001 |
| speer 0,6 kg | 40,54 | Butaye Kevin | Diest | 1995 |
| vijfkamp | 1986,00 | Gabriels Wouter | Kapellen | 2014 |
| achtkamp | 3125,00 | Dobbelaere Steven | Schaarbeek | 2011 |

scholieren

| | | | | |
|--------------------|--------|---------------------|-------------|------|
| 100 m | 11"19 | Van Grunderbeek Wim | Oordegem | 1995 |
| 110 m hord. 1,00 m | 23"06 | Liekens Dirk | Heverlee | 1986 |
| 200 m | 22"7 | Van Grunderbeek Wim | Lommel | 1995 |
| 300 m | 37"51 | Coenen Sven | Aalst | 2000 |
| 300 m hord. 0,84 m | 49"21 | Liekens Dirk | Heverlee | 1986 |
| 400 m | 51"30 | Coenen Sven | Heverlee | 2000 |
| 400 m hord. 0,84 m | 67"03 | Dobbelaere Gert-Jan | Tessenderlo | 2010 |
| 800 m | 1'58"3 | Letellier Eric | Ninove | 2001 |



clubrecords outdoor

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scholieren

| | | | | |
|---------------|---------|------------------|-------------|------|
| 1 000 m | 2'31"99 | Letellier Eric | Brussel | 2001 |
| 1 500 m | 4'10"1 | Deroover Steve | Tessenderlo | 1994 |
| 1 mijl | 5'15"22 | Putman Jonathan | Vilvoorde | 2011 |
| 2 000 m | 6'5"3 | Eulaerts Patrick | Wespelaar | 1990 |
| 3 000 m | 9'13"9 | Deswarte Luc | Leuven | 1994 |
| 4 x 100 m | 50"91 | Deroover Steve | ? | 1994 |
| | | Van Nerom Gert | ? | 1994 |
| | | Vinken Dieter | ? | 1994 |
| | | Deswarte Luc | ? | 1994 |
| ver | 5,63 | Liekens Dirk | Kontich | 1986 |
| hinkstap | 11,38 | Liekens Dirk | Hechtel | 1986 |
| hoog | 1,80 | Deroover Steve | Machelen | 1993 |
| kogel 5,0 kg | 11,98 | Van Nerom Gert | Vilvoorde | 1994 |
| discus 1,5 kg | 45,24 | Nys Edwin | Lanaken | 2003 |
| hamer 5,0 kg | 28,49 | Nys Edwin | Eeklo | 2002 |
| speer 0,7 kg | 46,96 | Butaye Kevin | Zwijndrecht | 1996 |
| vijfkamp | 2684,00 | Nys Edwin | Vilvoorde | 2003 |
| achtkamp | 1709,00 | Liekens Dirk | Kessel-Lo | 1985 |

juniors

| | | | | |
|--------------------|----------|---------------------|--------------|------|
| 100 m | 11"60 | Zaïdi Nordine | Vilvoorde | 1994 |
| 110 m hord. 1,06 m | 19"81 | Zaïdi Nordine | Dilbeek | 1994 |
| 200 m | 23"2 | Zaïdi Nordine | Mol | 1994 |
| 300 m | 36"94 | Schils Joeri | Aalst | 2011 |
| 400 m | 51"04 | Biesemans Dieter | Naimette | 2000 |
| 400 m hord. 0,91 m | 1'19"4 | Liekens Mark | Dilbeek | 1989 |
| 800 m | 1'55"49 | Deroover Steve | Ninove | 1996 |
| 1 000 m | 2'36"2 | Deroover Steve | Tessenderlo | 1995 |
| 1 500 m | 4'1"71 | Deroover Steve | Heverlee | 1996 |
| 1 mijl | 4'27"4 | Deroover Steve | Edegem | 1995 |
| 2 000 m | 5'55"2 | Deswarte Luc | Machelen | 1997 |
| 2 000 m st. 0,91 m | 7'21"3 | Reinartz Peter | Lebbeke | 1979 |
| 3 000 m | 8'56"7 | Deswarte Luc | Rixensart | 1997 |
| 2 mijl | 11'13"36 | Van Wilderode Robbe | Mechelen | 2015 |
| 5 000 m | 15'37"46 | Deswarte Luc | Duffel | 1997 |
| 10 000 m | 36'7"4 | Reinartz Peter | Machelen | 1979 |
| uur | 17310,00 | Deswarte Luc | Wespelaar | 1997 |
| ver | 5,94 | Putman Jonathan | Kapellen | 2014 |
| hinkstap | 12,31 | Nys Edwin | Beveren | 2005 |
| hoog | 1,75 | Deroover Steve | Lommel | 1995 |
| kogel 6,0 kg | 12,12 | Nys Edwin | Wervik | 2005 |
| discus 1,75 kg | 47,79 | Nys Edwin | Sint Niklaas | 2005 |
| hamer 6,25 kg | 29,89 | Nys Edwin | Tienen | 2005 |
| speer 0,8 kg | 42,27 | Butaye Kevin | Diest | 1998 |
| vijfkamp | 2938,00 | Nys Edwin | Vilvoorde | 2005 |
| tienkamp | 3143,00 | Liekens Dirk | Kessel-Lo | 1987 |

seniors

| | | | | |
|--------------------|----------|---------------------|-------------|------|
| 100 m | 11"49 | Dewaerheid Cedric | Brussel | 2002 |
| 110 m hord. 1,06 m | 19"82 | Liekens Dirk | Aalst | 1994 |
| 200 m | 22"91 | Dewaerheid Cedric | Oordegem | 2002 |
| 300 m | 36"15 | Biesemans Dieter | Ninove | 2002 |
| 400 m | 50"83 | Biesemans Dieter | Ninove | 2002 |
| 400 m hord. 0,91 m | 63"87 | Rollier Sven | Huizingen | 2011 |
| 600 m | 1'31"15 | Decoster Sil | Aalter | 2017 |
| 800 m | 1'54"29 | Deroover Steve | Edegem | 1999 |
| 1 000 m | 2'29"11 | Deroover Steve | Brussel | 1997 |
| 1 500 m | 3'56"41 | Deroover Steve | Vilvoorde | 1997 |
| 1 mijl | 4'25"0 | Deroover Steve | Edegem | 1997 |
| 2 000 m | 5'26"8 | Smolders Joseph | Tienen | 1976 |
| 2 000 m st. 0,91 m | 6'43"38 | Decoster Sil | Kortenberg | 2016 |
| 3 000 m | 8'26"8 | Smolders Joseph | Heizel | 1976 |
| 3 000 m st. 0,91 m | 9'18"8 | Smolders Jos | Brussel | 1975 |
| 2 mijl | 10'21"70 | Decoster Sil | Vilvoorde | 2014 |
| 5 000 m | 14'53"4 | Smolders Joseph | Tienen | 1975 |
| 10 000 m | 32'11"0 | Smolders Joseph | Vilvoorde | 1974 |
| uur | 17952,00 | Smolders Joseph | Tienen | 1976 |
| marathon | 2u47'41" | Heymans Etienne | Peer | 1984 |
| 4 x 100 m | 46"83 | Liekens Dirk | Zwijndrecht | 1996 |
| | | Van Grunderbeek Wim | Zwijndrecht | 1996 |
| | | Pollet Danny | Zwijndrecht | 1996 |
| | | Galoppin Tom | Zwijndrecht | 1996 |
| 4 x 200 m | 1'41"0 | Liekens Dirk | Dilbeek | 1992 |
| | | Liekens Mark | Dilbeek | 1992 |
| | | Zaïdi Nordine | Dilbeek | 1992 |
| | | Schalckens Kenneth | Dilbeek | 1992 |
| 4 x 400 m | 3'28"16 | Biesemans Dieter | Deinze | 2000 |
| | | Coenen Sven | Deinze | 2000 |
| | | Deroover Steve | Deinze | 2000 |
| | | Letellier Eric | Deinze | 2000 |
| 4 x 800 m | 8'5"96 | Letellier Eric | Vilvoorde | 1999 |
| | | Deroover Steve | Vilvoorde | 1999 |
| | | Deswarte Luc | Vilvoorde | 1999 |
| | | Jappens Ludo | Vilvoorde | 1999 |
| 4 * 1.500 m | 17'41"7 | Deswarte Luc | Heverlee | 1998 |
| | | Coenen Sven | Heverlee | 1998 |
| | | Leduc Charly | Heverlee | 1998 |
| | | Jappens Ludo | Heverlee | 1998 |
| ver | 6,42 | De Muer Erwin | Vilvoorde | 1986 |
| hinkstap | 12,81 | Liekens Dirk | Vilvoorde | 1993 |
| hoog | 1,80 | Rollier Sven | Tienen | 2011 |
| polstok | 3,20 | Rollier Sven | Vilvoorde | 2010 |
| kogel 7,25 kg | 13,25 | Nys Edwin | Stekene | 2010 |
| discus 2,0 kg | 51,02 | Nys Edwin | Gentbrugge | 2009 |



clubrecords outdoor

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seniors

| | | | | |
|---------------|---------|----------------|------------|------|
| hamer 7,25 kg | 23,93 | Alenbergh Eric | Wespelaar | 1998 |
| speer 0,8 kg | 42,76 | Nys Edwin | Burcht | 2010 |
| vijfkamp | 2958,00 | Nys Edwin | Nieuwpoort | 2006 |
| tienskamp | 4676,00 | Rollier Sven | Dilbeek | 2010 |

masters+35

| | | | | |
|---------------|----------|-----------------------|------------|------|
| 100 m | 13"59 | Desmet Gerrit | Roeselare | 2012 |
| 200 m | 34"68 | Putman Patrick | Dilbeek | 2009 |
| 400 m | 64"43 | Liekens Marc | Machelen | 2010 |
| 1 500 m | 5'37"78 | Putman Patrick | Dilbeek | 2009 |
| 1 mijl | 5'18"88 | Liekens Marc | Vilvoorde | 2010 |
| 3 000 m | 10'2"1 | Van der Perren Gerrit | Kapellen | 2013 |
| 5 000 m | 18'7"77 | Liekens Marc | St.Niklaas | 2011 |
| 10 000 m | 38'44"55 | Liekens Marc | Machelen | 2010 |
| uur | 15349,00 | Liekens Marc | Machelen | 2011 |
| 4 x 400 m | 4'25"11 | Jappens Ludo | Roeselare | 2012 |
| | | Ockerman Bert | Roeselare | 2012 |
| | | Desmet Gerrit | Roeselare | 2012 |
| | | Liekens Marc | Roeselare | 2012 |
| ver | 5,36 | Vandenbossche Bart | Tienen | 2015 |
| kogel 7,25 kg | 8,66 | Vandenbossche Bart | Tienen | 2015 |
| discus 2,0 kg | 18,74 | Putman Patrick | Edegem | 2009 |
| speer 0,8 kg | 20,64 | Putman Patrick | Ninove | 2009 |
| vijfkamp | 679,00 | Putman Patrick | Dilbeek | 2009 |

masters+40

| | | | | |
|-----------|----------|-------------------|-------------|------|
| 100 m | 13"4 | Moyersoon Richard | Kessel-Lo | 1984 |
| 200 m | 26"75 | Leduc Charles | Lebbeke | 2000 |
| 300 m | 41"25 | Jappens Ludo | Ninove | 1999 |
| 400 m | 55"51 | Jappens Ludo | Roosendaal | 1996 |
| 800 m | 1'58"75 | Jappens Ludo | Bergen/Zoom | 1999 |
| 1 000 m | 2'35"52 | Jappens Ludo | Vorst | 1996 |
| 1 500 m | 4'6"41 | Jappens Ludo | Vilvoorde | 1998 |
| 1 mijl | 4'28"31 | Jappens Ludo | Edegem | 1997 |
| 2 000 m | 5'42"9 | Jappens Ludo | Machelen | 1997 |
| 3 000 m | 9'4"48 | Jappens Ludo | Edegem | 1996 |
| 5 000 m | 16'11"3 | Heymans Etienne | Dilbeek | 1987 |
| 10 000 m | 34'29"9 | Smolders Joseph | Wespelaar | 1983 |
| uur | 17020,00 | Leduc Charles | Wespelaar | 1997 |
| marathon | 2u56'28" | Clerens Willy | Hoei | 1993 |
| 4 x 400 m | 4'3"45 | Eynatten Marc | Deinze | 2000 |
| | | Jappens Ludo | Deinze | 2000 |
| | | Leduc Charles | Deinze | 2000 |
| | | Deswarte Raymond | Deinze | 2000 |
| 4 x 800 m | 11'50"4 | Gabriels Filip | Machelen | 2009 |

masters+40

| | | | | |
|---------------|----------|------------------|-----------|------|
| | | De Wilder Rudy | Machelen | 2009 |
| | | Van Pee Johan | Machelen | 2009 |
| | | De Vadder Rudy | Machelen | 2009 |
| 4 * 1.500 m | 25'30"96 | De Wilder Rudy | Kessel-Lo | 2010 |
| | | Van Pee Johan | Kessel-Lo | 2010 |
| | | Putman Patrick | Kessel-Lo | 2010 |
| | | Dobbelaere Frank | Kessel-Lo | 2010 |
| ver | 4,73 | Chovau Thierry | Kapellen | 2013 |
| hoog | 1,40 | Ockerman Bert | Roeselare | 2012 |
| kogel 7,25 kg | 9,08 | Ahmetaj Luan | Vilvoorde | 2005 |
| discus 2,0 kg | 21,92 | Putman Patrick | Eeklo | 2010 |
| hamer 7,25 kg | 7,60 | Van Pee Johan | Aalter | 2010 |
| speer 0,8 kg | 34,48 | Chovau Thierry | | 2013 |
| vijfkamp | 1794,00 | Smolders Joseph | Kessel-Lo | 1985 |

masters+45

| | | | | |
|---------------|----------|-------------------|------------|------|
| 100 m | 13"3 | Nys Jaak | Wespelaar | 1990 |
| 200 m | 27"3 | Nys Jaak | Machelen | 1990 |
| 300 m | 45"21 | Nys Jaak | Mechelen | 1992 |
| 400 m | 59"72 | Leduc Charles | St.Truiden | 2005 |
| 800 m | 2'0"46 | Jappens Ludo | Brasschaat | 2000 |
| 1 000 m | 2'36"51 | Jappens Ludo | Brasschaat | 2000 |
| 1 500 m | 4'14"79 | Jappens Ludo | Merksem | 2000 |
| 1 mijl | 4'28"17 | Jappens Ludo | Beveren | 2000 |
| 2 000 m | 5'54"88 | Jappens Ludo | Machelen | 2000 |
| 3 000 m | 9'16"85 | Jappens Ludo | Ninove | 2000 |
| 5 000 m | 18'18"66 | Leduc Charles | Vilvoorde | 2006 |
| 10 000 m | 39'28"96 | Crabbé Guy | Vilvoorde | 2011 |
| uur | 15945,00 | Leduc Charles | Wespelaar | 2004 |
| marathon | 3u41'27" | Deswarte Raymond | Médoc | 2004 |
| ver | 4,61 | Ahmetaj Luan | St.Truiden | 2005 |
| hoog | 1,48 | Ockerman Bert | Kapellen | 2013 |
| kogel 7,25 kg | 9,29 | Moyersoon Richard | Wespelaar | 1990 |
| discus 2,0 kg | 29,58 | Moyersoon Richard | Machelen | 1988 |
| hamer 7,25 kg | 20,34 | Nys Jaak | Wespelaar | 1992 |
| speer 0,8 kg | 32,36 | Chovau Thierry | Merksem | 2014 |
| vijfkamp | 2003,00 | Nys Jaak | Dilbeek | 1990 |

masters+50

| | | | | |
|---------|---------|--------------|------------|------|
| 100 m | 13"78 | Nys Jaak | Brussel | 1993 |
| 200 m | 27"8 | Nys Jaak | Machelen | 1993 |
| 300 m | 44"9 | Nys Jaak | Aartselaar | 1993 |
| 400 m | 60"18 | Jappens Ludo | Mechelen | 2006 |
| 800 m | 2'9"10 | Jappens Ludo | Kessel-Lo | 2007 |
| 1 000 m | 2'45"23 | Jappens Ludo | Zelee | 2005 |



clubrecords outdoor

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masters+50

| | | | | |
|---------------|----------|-------------------|------------|------|
| 1 500 m | 4'25"29 | Jappens Ludo | Beveren | 2006 |
| 1 mijl | 4'47"28 | Jappens Ludo | Herentals | 2007 |
| 2 000 m | 8'37"6 | De Cruyce Roger | Wespelaar | 1989 |
| 3 000 m | 11'48"30 | Crabbé Guy | Lommel | 2012 |
| 5 000 m | 20'31"16 | Van De Weghe Dirk | Neerpelt | 2009 |
| 10 000 m | 39'23"32 | Jappens Ludo | Machelen | 2008 |
| uur | 13682,00 | Janssens Chris | Machelen | 2015 |
| marathon | 3u12'39" | Deswarte Raymond | Eindhoven | 2008 |
| ver | 4,73 | Moyersoon Richard | Machelen | 1991 |
| kogel 6,0 kg | 11,07 | Nys Jaak | Anderlecht | 1994 |
| discus 1,5 kg | 36,56 | Moyersoon Richard | Willebroek | 1994 |
| hamer 6,0 kg | 25,28 | Nys Jaak | Wespelaar | 1993 |
| speer 0,8 kg | 32,08 | Nys Jaak | Ninove | 1993 |
| vijfkamp | 1846,00 | Nys Jaak | Machelen | 1993 |

masters+55

| | | | | |
|---------------|----------|-------------------|-----------|------|
| 100 m | 15"12 | Van De Weghe Dirk | Tienen | 2015 |
| 200 m | 35"39 | Putseys Modest | Dilbeek | 2003 |
| 800 m | 2'15"62 | Jappens Ludo | Ninove | 2010 |
| 1 000 m | 3'2"97 | Jappens Ludo | Machelen | 2011 |
| 1 500 m | 4'39"27 | Jappens Ludo | Mechelen | 2010 |
| 5 000 m | 21'4"33 | Van Hecke Eddy | Machelen | 2010 |
| 10 000 m | 41'16"56 | Van Hecke Eddy | Machelen | 2010 |
| uur | 13289,00 | Van Hecke Eddy | Machelen | 2013 |
| marathon | 3u43'57" | Daeninck Etienne | Keulen | 2010 |
| ver | 3,79 | Putseys Modest | Dilbeek | 2003 |
| hoog | 1,26 | Nys Jaak | Wervik | 2002 |
| kogel 6,0 kg | 10,20 | Nys Jaak | Duffel | 1998 |
| discus 1,5 kg | 36,87 | Nys Jaak | Heverlee | 2002 |
| hamer 6,0 kg | 25,15 | Nys Jaak | Wespelaar | 2000 |
| speer 0,7 kg | 31,05 | Nys Jaak | Hasselt | 2000 |
| vijfkamp | 725,00 | Putseys Modest | Vilvoorde | 2003 |

masters+60

| | | | | |
|---------------|----------|-----------------|------------|------|
| 100 m | 15"35 | Nys Jaak | Ninove | 2003 |
| 200 m | 35"86 | Putseys Modest | Dilbeek | 2005 |
| 1 500 m | 5'9"61 | Jappens Ludo | Wervik | 2016 |
| 10 000 m | 56'12"0 | De Cruyce Roger | Malta | 1998 |
| uur | 13464,00 | Van Hecke Eddy | Machelen | 2015 |
| marathon | 3u40'50" | Van Hecke Eddy | Eindhoven | 2015 |
| ver | 3,08 | Putseys Modest | Dilbeek | 2005 |
| kogel 5,0 kg | 10,02 | Nys Jaak | Hasselt | 2003 |
| discus 1,0 kg | 44,14 | Nys Jaak | Zwevegem | 2003 |
| hamer 5,0 kg | 33,64 | Nys Jaak | St.Niklaas | 2007 |
| speer 0,6 kg | 27,85 | Nys Jaak | Oudenaarde | 2003 |

masters+60

| | | | | |
|----------|--------|----------------|---------|------|
| vijfkamp | 643,00 | Putseys Modest | Dilbeek | 2005 |
|----------|--------|----------------|---------|------|

masters+65

| | | | | |
|---------------|---------|-----------------|---------|------|
| 200 m | 43"58 | De Cruyce Roger | Dilbeek | 2003 |
| 1 500 m | 8'37"96 | De Cruyce Roger | Dilbeek | 2003 |
| ver | 1,58 | De Cruyce Roger | Dilbeek | 2003 |
| kogel 5,0 kg | 8,73 | Nys Jaak | Burcht | 2008 |
| discus 1,0 kg | 39,22 | Nys Jaak | Lokeren | 2008 |
| hamer 5,0 kg | 31,05 | Nys Jaak | Tienen | 2011 |
| speer 0,6 kg | 24,39 | Nys Jaak | Tienen | 2010 |

masters+70

| | | | | |
|-----------------|----------|-------------|--------------|------|
| 100 m | 19"08 | Nys Jaak | Deinze | 2015 |
| uur | 12203,00 | Geens Louis | Machelen | 2015 |
| ver | 2,40 | Nys Jaak | ? | 2013 |
| hoog | 1,15 | Nys Jaak | St.Niklaas | 2013 |
| kogel 5,0 kg | 9,41 | Nys Jaak | Tienen | 2013 |
| discus 1,0 kg | 34,97 | Nys Jaak | St.Niklaas | 2013 |
| hamer 5,0 kg | 35,03 | Nys Jaak | St.Niklaas | 2013 |
| speer 0,5 kg | 23,18 | Nys Jaak | Brasschaat | 2013 |
| gewicht 7,26 kg | 12,68 | Nys Jaak | Nieuwpoort | 2014 |
| werp5kamp | 2717,00 | Nys Jaak | Sint-Niklaas | 2014 |