

## Clubrecords Outdoor

### Benjamins meisjes

|                   |   |         |              |            |
|-------------------|---|---------|--------------|------------|
| 60m               | Lieselot Spaey  | 9,28    | Izegem       | 18/09/2016 |
| 600m              | Lieselot Spaey  | 1.55,38 | Heusden      | 16/07/2016 |
| 1000m             | Evy Opsomer   | 3.38,58 | Zwevegem     | 3/09/1995  |
| verspringen       | Justine Bulcke  | 4m15    | Tielt        | 30/06/2007 |
| hoogspringen      | Floor Vanbleu   | 1m20    | Sint-Niklaas | 10/08/2017 |
| kogelstoten (1kg) | Lieselot Spaey  | 8m79    | Knokke       | 30/07/2016 |
| hockeybalwerpen   | Jelien Moerman  | 30m34   | Veurne       | 29/05/2004 |
| driekamp          | Els Lingier   | 1004pt  |              |            |
| vierkamp          | Lieselot Spaey  | 1873pt  | Izegem       | 18/09/2016 |
| 4x60m             | Jennifer Hemelsoet – Fien Logier – Lieselot Spaey -Lore Demeester | 38,15   | Nijvel       | 26/09/2015 |
| 3x600m            | Jennifer Hemelsoet - Shanaya Schollaert - Lieselot Spaey          | 6.16,23 | Roeselaere   | 28/08/2016 |

### Benjamins Jongens

|                   |  |         |              |            |
|-------------------|--|---------|--------------|------------|
| 60m               | Arend Titeca   | 8,78    | Nijvel       | 24/09/2011 |
| 600m              | Senne Vannobel   | 1.51,24 | Nijvel       | 28/09/2013 |
| 1000m             | Karl Mahieu  | 3.31,1  | Izegem       | 1/05/1999  |
| verspringen       | Arend Titeca   | 4m31    | Nieuwpoort   | 2/07/2011  |
| hoogspringen      | Arend Titeca   | 1m20    | Roeselare    | 25/06/2011 |
| kogelstoten (1kg) | Rune Vanhoucke   | 10m12   | Sint-Niklaas | 22/09/2013 |
| hockeybalwerpen   | Robrecht Beyens  | 39m12   | Zwevegem     | 9/09/1991  |
| driekamp          | Robrecht Beyens  | 1146pt  |              |            |
| vierkamp          | Arend Titeca   | 2008pt  | Oostende     | 15/08/2011 |
| 4x60m             | Luka Decorte - Arend Titeca - Thomas Luca - Jelle Vermoote | 39,02   | Oostende     | 22/08/2010 |
| 3x600m            | Victor Hoedt - Jarne Vandenbussche - Senne Vannobel        | 6.12,74 | Aalst        | 21/09/2013 |

**Pupillen Meisjes**

|                      |  |         |            |            |
|----------------------|--|---------|------------|------------|
| 60m                  | Saartje Lansen   | 8,69    | Nijvel     | 23/09/2017 |
| 60m horden (0,76)    | Spaey Lieselot   | 10,8    | Nijvel     | 29/09/2018 |
| 1000m                | Marieken Verhaeghe   | 3.22,71 | Zwevegem   | 11/05/1996 |
| verspringen          | Justine Bulcke   | 4m23    | Nijvel     | 26/09/2009 |
| hoogspringen         | Klara Versteede  | 1m42    | Nijvel     | 28/09/2015 |
| kogelstoten (2kg)    | Floor Vanbleu  | 8m78    | Nieuwpoort | 22/09/2019 |
| discuswerpen (600gr) | Marie-Julie Van Der Bauwhede   | 25m18   | Nieuwpoort | 7/08/2016  |
| hockeybalwerpen      | Emelie Thieren   | 32m79   | Brugge     | 12/09/1998 |
| vierkamp             | Liselot Spaey  | 2329pt  | Nieuwpoort | 1/07/2018  |
| 4x60m                | Jennifer Hemelsoet- Floor Vanbleu - Jore Ramakers-<br>Lieselot Spaey | 34,24   | Nijvel     | 29/09/2018 |
| 3x600m               | Fien Logier - Saartje Lansen - Lieselot Spaey                        | 5.47,44 | Tielt      | 27/08/2017 |

**Pupillen Jongens**

|                      |   |         |              |            |
|----------------------|---|---------|--------------|------------|
| 60m                  | Rendel Vermeulen  | 8,30    | Nijvel       | 27/09/2014 |
| 60m horden (0,76)    | Arend Titeca  | 10,17   | Zwevegem     | 29/06/2013 |
| 1000m                | Matisse Vandevelde  | 3.08,96 | Nieuwpoort   | 18/06/2017 |
| verspringen          | Jonathan van Nieuwenhuyze   | 4m70    | Sint-Niklaas | 1/04/2002  |
| hoogspringen         | Rowan Mommerency  | 1m45    | Nijvel       | 29/09/2018 |
| kogelstoten (2kg)    | Sverre Ramakers   | 9m54    | Nijvel       | 24/09/2016 |
| discuswerpen (600gr) | Senne Vannobel  | 25m75   | Nijvel       | 26/09/2015 |
| hockeybalwerpen      | Robrecht Beyens   | 43m84   | Oostende     | 10/08/1993 |
| vierkamp             | Marijn Stragier   | 2295pt  | Dilbeek      | 31/07/1999 |
| 4x60m                | Aaron Debruyne – Kenny Demonie – Bart Delbarre -<br>André Cordenier | 34,9    | Nieuwpoort   | 9/09/2000  |
| 3x600m               | Floris Van Colen - Thibaut Debecker - Rowam<br>Mommorency           | 5.41.33 | Nieuwpoort   | 15/07/2018 |

**Miniemen Meisjes**

|                      |  |         |             |            |
|----------------------|--|---------|-------------|------------|
| 80m                  | Sterre Provost   | 10,64   | Izegem      | 13/09/2020 |
| 150m                 | Sterre Provost   | 19,99   | Helmond(NL) | 22/04/2019 |
| 300m                 | Sterre Provost   | 42,76   | Roeselare   | 22/04/2019 |
| 800m                 | Britt Theunynck  | 2,36.05 | Zwevegem    | 3/05/2017  |
| 1000m                | Sterre Provost   | 3.04,03 | Gentbrugge  | 1/06/2019  |
| 60m horden (0,76)    | Justine Bulcke   | 9,89    | Nijvel      | 24/09/2011 |
| 150m horden (0,76)   | Justine Bulcke   | 22,45   | Ninove      | 10/07/2011 |
| verspringen          | Sterre Provost   | 5m03    | Nijvel      | 28/09/2019 |
| hoogspringen         | Robin Beyens   | 1m57    | Tielt       | 28/06/2003 |
|                      | Klara Versteede  | 1m57    | Nieuwpoort  | 18/08/2017 |
| polstokspringen      | Maya Vanhee  | 2m38    | Nieuwpoort  | 9/07/2017  |
| kogelstoten (2kg)    | Liselot Spaey  | 12m30   | Zelee       | 13/09/2020 |
| discuswerpen (600gr) | Limke Vanblaere  | 26m50   | Maldegem    | 23/09/2000 |
| discuswerpen (750gr) | Fien Logier  | 30,46   | Nijvel      | 28/09/2019 |
| speerwerpen (400gr)  | Els Lingier  | 32m85   | Brugge      | 4/09/1999  |
| vijfkamp             | Jelien Moerman   | 3008pt  | Nieuwpoort  | 21/09/2008 |
| 4x80m                | Saartje Lansen - Fien Logier - Lieselot Spaey - Sterre Provost | 42,36   | Roeselare   | 28/08/2019 |
| 3x600m               | Fien Logier - Saartje Lansen- Sterre Provost                   | 5.10,37 | Roeselare   | 28/08/2019 |

**Miniemen Jongens**

|                   |                  |         |        |            |
|-------------------|------------------|---------|--------|------------|
| 80m               | Danny Dekien     | 10,2    | Veurne | 25/06/1972 |
| 150m              | Rendel Vermeulen | 19,52   | Deinze | 28/05/2016 |
| 300m              | Tristan Glorie   | 41,88   | Nijvel | 28/09/2013 |
| 800m              | Senne Vannobel   | 2.30,86 |        |            |
| 1000m             | Sverre Ramakers  | 2.48,96 | Nijvel | 29/09/2018 |
| 80m horden (0,84) | Arend Titeca     | 13,26   | Brugge | 27/06/2015 |

|                      |   |         |            |            |
|----------------------|---|---------|------------|------------|
| 150m horden (0,76)   | Tristan Glorie  | 21,14   | Ninove     | 8/09/2013  |
| verspringen          | Jonathan van Nieuwenhuyze   | 5m17    | Knokke     | 24/07/2004 |
| hoogspringen         | Rowan Mommerency  | 1m64    | Gentbrugge | 16/08/2020 |
| polsstokspringen     | Tristan Glorie  | 2m52    | Roeselare  | 25/08/2013 |
| kogelstoten (3kg)    | André Cordenier   | 13m04   | Nijvel     | 5/10/2002  |
| discuswerpen (1kg)   | Tom Lingier   | 30m98   | Wervik     | 18/10/1997 |
| discuswerpen (750gr) | Sverre Ramakers   | 34m00   | Nijvel     | 29/09/2018 |
| speerwerpen (400gr)  | André Cordenier   | 47m44   | Nijvel     | 5/10/2002  |
| vijfkamp             | Sverre Ramakers   | 3645    | Izegem     | 16/09/2018 |
| 4x80m                | Aaron Debruyne – André Cordenier – Kenny Demonie –<br>Bart Delbarre   | 43,01   | Izegem     | 1/07/2002  |
| 3x600m               | Jarne Vandenbussche - Sverre Ramakers - Senne<br>Vannobel             | 5.12,25 | Tielt      | 27/08/2017 |
| 4X400 m mix          | Maya Vanhee - Maïté Vanhee - Renzo Vande Vyvere -<br>Rendel Vermeulen | 3.59,01 | Nieuwpoort | 15/07/2018 |

**Cadetten Meisjes**

|                              |  |         |               |            |
|------------------------------|--|---------|---------------|------------|
| 100m                         | Sterre Provost   | 10,52   | Kortrijk      | 24/04/2022 |
| 150m                         | Sterre Provost   | 19,29   | Helmond       | 18/04/2022 |
| 200m                         | Sterre Provost   | 25,19   | Bornem        | 7/05/2022  |
| 300m                         | Sterre Provost   | 41,30   | Oostduinkerke | 1/08/2021  |
| 400m                         | Sterre Provost   | 56,65   | Lier          | 12/09/2021 |
| 600m                         | Tine Vandenbussche   | 1.42,37 | Aalter        | 7/08/2016  |
| 800m                         | Sylvie Ameloot   | 2.16,79 | Hasselt       | 11/09/1994 |
| 1000m                        | Sylvie Ameloot   | 3.01,93 | Deinze        | 13/08/1994 |
| 1500m                        | Heidi Ameloot  | 4.47,10 | Oostende      | 23/09/1995 |
| Mijl                         | Sarah Dekien   | 5.39,27 | Nieuwpoort    | 22/08/2013 |
| 2000m                        | Sarah Dekien   | 7.03,04 | Nieuwpoort    | 23/08/2014 |
| 80m horden (0,76)            | Justine Bulcke   | 12,09   | Ninove        | 14/06/2013 |
| 300m horden (0,76)           | Justine Bulcke   | 45,28   | Moeskroen     | 1/09/2013  |
| 1500m Steeple<br>verspringen | Sarah Dekien   | 5.30,33 | Oordegem      | 31/08/2014 |
| hinkstapspringen             | Justine Bulcke   | 5m34    | Moeskroen     | 31/08/2013 |
| hoogspringen                 | Lore Demeester   | 10m99   | Deinze        | 15/08/2021 |
| polsstokspringen             | Annick Buylaert  | 1m65    | Oostende      | 30/06/1987 |
| kogelstoten (3kg)            | Hege Michiels  | 2m73    | Zwevegem      | 10/07/2011 |
| discuswerpen (1kg)           | Stephanie Vermote  | 12m17   | Wervik        | 6/05/1995  |
| speerwerpen (500gr)          | Fien Logier  | 31m91   | Nieuwpoort    | 2/10/2021  |
| Hamerslingeren (3kg)         | Els Lingier  | 35m50   | Eeklo         | 4/08/2001  |
| vijfkamp                     | Harmke Vanblaere   | 42m02   |               | 1/01/2004  |
| zeskamp                      | Lieselot Spaey   | 2747pt  | Vilvoorde     | 5/09/2021  |
| 4x100m                       | Justine Bulcke   | 3523pt  | leper         | 13/07/2013 |
| 4x800m                       | Jennifer Hemelsoet, Floor Vanbleu, Jore Ramaekers en<br>Sterre Provost | 52,21   | Vilvoorde     | 30/04/2022 |
|                              | Heidi Ameloot – Natalie Ameloot – Lieslotte Wackenier –<br>Eva Dewaele | 9.39,23 | Vilvoorde     | 1/10/1995  |

**Cadetten Jongens**

|                              |  |         |               |            |
|------------------------------|--|---------|---------------|------------|
| 100m                         | Tristan Glorie   | 11,59   | Lier          | 15/08/2015 |
| 150m                         | Rendel Vermeulen   | 18,12   | Kortrijk      | 23/06/2018 |
| 200m                         | Tristan Glorie   | 23,82   | Waregem       | 30/08/2015 |
| 300m                         | Sverre Ramakers  | 38,15   | Oostduinkerke | 2/08/2020  |
| 400m                         | Hannes Decadt  | 53,40   | Nijvel        | 6/09/2009  |
| 600m                         | Senne Vannobel   | 1.39,26 | Aalter        | 5/08/2018  |
| 800m                         | Kevin Vandewoude   | 2.04,44 | Ieper         | 15/08/2014 |
| 1000m                        | Simon Blanckaert   | 2.46,54 | Oudenaarde    | 18/08/2015 |
| 1500m                        | Wannes Naessens  | 4.20,73 | Kortrijk      | 23/05/2004 |
| Mijl                         | Tyson Vercruyce  | 4.55,97 | Oudenaarde    | 2/08/2009  |
| 2000m                        | Lennart van Breusegem  | 6.09,46 | Nieuwpoort    | 25/08/2009 |
| 100m horden (0,91)           | Jorèll Beyens  | 15,27   | Lier          | 28/06/2015 |
| 100m horden (0,84)           | Sverre Ramakers  | 14,71   | Heusden       | 13/09/2020 |
| 300m horden (0,76)           | Sverre Ramakers  | 41,42   | Heusden       | 13/09/2020 |
| 1500m Steeple<br>verspringen | Simon Blanckaert   | 4.39,83 | Oordegem      | 31/08/2014 |
| hinkstapspringen             | Tristan Glorie   | 6m40    | Moeskroen     | 6/09/2015  |
| hoogspringen                 | Gertjan Dieryck  | 11m63   | Aalter        | 26/07/2009 |
| polstokspringen              | Tristan Glorie   | 1m83    | Dilbeek       | 2/08/2015  |
|                              | Jorèll Beyens  | 3m30    | Gent          | 27/09/2003 |
|                              | Tristan Glorie   | 3m30    | Dilbeek       | 2/08/2015  |
| kogelstoten (4kg)            | Tom Lingier  | 14m78   | Zwevegem      | 25/09/1999 |
| discuswerpen (1kg)           | Tom Lingier  | 47m55   | Wervik        | 31/07/1999 |
| speerwerpen (600gr)          | André Cordenier  | 52m50   | Oostende      | 27/07/2004 |
| hamerslingeren (4kg)         | Wim Lingier  | 32m45   | Eeklo         | 4/10/2003  |
| vijfkamp                     | Bart Lippens   | 2523pt  |               | 1/01/1991  |
| achtkamp                     | Tristan Glorie   | 4929pt  | Dilbeek       | 2/08/2015  |
| 4x100m                       | Baptiste Hoorelbeke- Victor Hoedt - Senne Vannobel -<br>Sverre Ramakers          | 47,08   | Tielt         | 8/09/2019  |
| 4x200m                       | Baptist Deconinck – Sebastiaan Vanbecelaere – Gertjan<br>Dieryck – Hannes Decadt | 1.45,1  | Kortrijk      | 27/06/2009 |

|                              |   |          |                     |            |
|------------------------------|---|----------|---------------------|------------|
| 4x800m                       | Senne Vannobel - Victor Hoedt - Wout Logier - Sverre Ramakers | 8.44,27  | Merksem             | 8/09/2019  |
| <b>Scholieren Meisjes</b>    |   |          |                     |            |
| 100m                         | Jelien Moerman  | 12,50    | La Valletta (Malta) | 5/07/2012  |
| 200m                         | Jelien Moerman  | 25,39    | Oudenaarde          | 12/05/2012 |
| 300m                         | Jelien Moerman  | 41,07    | Lokeren             | 28/05/2012 |
| 400m                         | Saartje Lansen  | 58,27    | Bornem              | 7/05/2022  |
| 600m                         | Amber Dawyndt   | 1.38,90  | Aalter              | 9/08/2015  |
| 800m                         | Marieken Verhaeghe  | 2.13,34  | Oordegem            | 10/09/2002 |
| 1000m                        | Marieken Verhaeghe  | 2.54,16  | Brussel             | 29/08/2002 |
| 1500m                        | Marieken Verhaeghe  | 4.38,98  | Waregem             | 11/05/2002 |
| Mijl                         | Eva Beyen   | 5.35,18  | Wervik              | 30/09/2017 |
| 2000m                        | Hanna Vandenbussche   | 6.50,19  | Tielt               | 11/09/2004 |
| 3000m                        | Marieken Verhaeghe  | 10.08,93 | Heverlee            | 29/09/2002 |
| 100m horden (0,76)           | Justine Bulcke  | 14,32    | Ninove              | 23/06/2015 |
| 300m horden (0,76)           | Lieslotte Wackenier   | 45,74    | Brugge              | 1/01/1997  |
| 400m horden (0,76)           | Maya Vanhee   | 65,31    | Lier                | 12/09/2021 |
| 2000m Steeple<br>verspringen | Charlotte Luckx   | 7.20,33  | Oordegem            | 31/08/2014 |
| hinkstapspringen             | Justine Bulcke  | 5m68     | Ieper               | 15/08/2014 |
| hoogspringen                 | Els Lingier   | 11m23    | Nijvel              | 7/09/2003  |
| polstokspringen              | Robinn Beyens   | 1m66     | Gent                | 16/07/2006 |
| kogelstoten (3kg)            | Hege Michiels   | 2m61     | Zwevegem            | 15/07/2012 |
| kogelstoten (4kg)            | Stephanie Vermote   | 13m12    | Brugge              | 1/06/1997  |
| discuswerpen (1kg)           | Stephanie Vermote   | 11m22    |                     | 1/01/1997  |
| speerwerpen (500gr)          | Marie-Julie Van Der Bauwhede                                  | 34m90    | Nieuwpoort          | 2/10/2021  |
| speerwerpen (600gr)          | Fien Logier   | 32m59    | Roeselare           | 23/04/2022 |
| hamerslingeren (3kg)         | Els Lingier   | 33m84    | Dilbeek             | 2/08/2003  |
| hamerslingeren (4kg)         | Nele Lambrecht  | 50m10    | Torhout             | 29/06/2013 |
| vijfkamp                     | Harmke Vanblaere  | 47m15    | Vorst               | 9/09/2006  |
| zevenkamp                    | Nadine Decavele   | 2607pt   |                     | 1/01/1972  |
| 4x100m                       | Els Lingier   | 4295pt   | Herve               | 25/08/2002 |
|                              | Fien Logier, Lore Demeester, Steffi Pylyser en saartje Lansen | 51,29    | Vilvoorde           | 30/04/2022 |

|                                  |  |          |            |            |
|----------------------------------|--|----------|------------|------------|
| 4x800m                           | Heidi Ameloot – Natalie Ameloot – Lieslotte Wackenier –<br>Celine Vanden Broecke | 10.16,03 | Zwevegem   | 27/08/1997 |
| <b><u>Scholieren Jongens</u></b> |  |          |            |            |
| 100m                             | Tristan Glorie   | 11,11    | Moeskroen  | 9/09/2017  |
| 200m                             | Tristan Glorie   | 22,29    | Oordegem   | 3/06/2017  |
| 300m                             | Hannes Decadt  | 36,56    | Lokeren    | 29/05/2011 |
| 400m                             | Senne Vannobel   | 51,16    | Deinze     | 15/08/2021 |
| 600m                             | Senne Vannobel   | 1.24,61  | Aalter     | 8/08/2021  |
| 800m                             | Piet Bouquillon  | 1.57,1   |            | 1/01/1967  |
| 1000m                            | Wout Logier  | 2.36,89  | Heizel     | 3/09/2021  |
| 1500m                            | Piet Bouquillon  | 4.03,0   |            | 1/01/1967  |
| Mijl                             | Wout Logier  | 4.33,39  | Ertvelde   | 27/07/2021 |
| 2000m                            | Wout Logier  | 5.46,50  | Oudenaarde | 9/07/2021  |
| 3000m                            | Lennart van Breusegem  | 9.01,45  | Oudenaarde | 26/07/2011 |
| 110m horden (0,91)               | Tristan Glorie   | 14,88    | Brugge     | 15/08/2017 |
| 300m horden (0,84)               | Gino Vansteeger  | 41,92    |            | 1/01/1993  |
| 400m horden (0,84)               | Karl van Schaeybroeck  | 57,62    | Oostende   | 1/05/2001  |
| 2000m Steeple<br>verspringen     | Simon Blanckaert   | 6.09,36  | Herentals  | 4/09/2016  |
| hinkstapspringen                 | Tristan Glorie   | 7m10     | Herentals  | 4/09/2016  |
| hoogspringen                     | Tom van Schaeybroeck   | 13m38    | Kessel-Lo  | 3/09/2006  |
| hoogspringen                     | Tristan Glorie   | 1m91     | Bertrix    | 20/08/2016 |
| hoogspringen                     | Renzo Van de Vyvere  | 1m91     | Nieuwpoort | 30/06/2019 |
| polsstokspringen                 | Tristan Glorie   | 3m90     | Bertrix    | 21/08/2016 |
| kogelstoten (5kg)                | Tom Lingier  | 15m05    | Izegem     | 9/06/2001  |
| discuswerpen (1,5kg)             | Tom Lingier  | 47m52    | Heusden    | 15/08/2001 |
| speerwerpen (700gr)              | André Cordenier  | 55m80    | Tielt      | 17/09/2005 |
| hamerslingeren (5kg)             | Wim Lingier  | 45m28    | Torhout    | 28/05/2005 |
| vijfkamp                         | Tom van Schaeybroeck   | 2861pt   | Nieuwpoort | 24/09/2006 |
| negenkamp                        | Gertjan Dieryck  | 5017pt   | Oordegem   | 24/09/2011 |
| tienkamp                         | Tristan Glorie   | 6517pt   | Dilbeek    | 31/07/2016 |
| 4x100m                           | Noa Velghe - Sverre Ramakers -Senne Vannobel - Victor<br>Hoedt                   | 44,39    | Heizel     | 3/09/2021  |



|        |   |         |        |           |
|--------|---|---------|--------|-----------|
| 4x800m | Wout Logier - Sverre Ramakers - Victor Hoedt - Senne Vannobel | 8.21,61 | Jambes | 5/09/2021 |
|--------|---|---------|--------|-----------|

**Junioren Vrouwen**

|                      |  |          |             |            |
|----------------------|--|----------|-------------|------------|
| 100m                 | Justine Bulcke   | 12,54    | Oordegem    | 4/06/2016  |
| 200m                 | Nadine Decavele  | 25,6     | Brussel     | 3/08/1974  |
| 300m                 | Hege Michiels  | 42,95    | Zwevegem    | 5/09/2015  |
| 400m                 | Marieken Verhaeghe   | 60,46    | Oudenaarde  | 1/07/2003  |
| 600m                 | Hege Michiels  | 1.44.40  | Aalter      | 9/08/2015  |
| 800m                 | Marieken Verhaeghe   | 2.10,12  | Tessenderlo | 28/08/2004 |
| 1000m                | Marieken Verhaeghe   | 2.48,44  | Brussel     | 3/09/2004  |
| 1500m                | Marieken Verhaeghe   | 4.26,73  | Heusden     | 31/07/2004 |
| 3000m                | Marieken Verhaeghe   | 9.53,92  | Tessenderlo | 15/09/2004 |
| 5000m                | Hanna Vandebussche   | 17.39,37 | Naimette    | 10/09/2006 |
| 10000m               | Hanna Vandebussche   | 37.16,32 | Nieuwpoort  | 13/08/2006 |
| uurloop              | Sylvie Ameloot   | 11903m   | Nieuwpoort  | 23/08/1997 |
| 100m horden (0,84)   | Justine Bulcke   | 14,16    | Lier        | 11/06/2016 |
| 400m horden (0.76)   | Amber Dawyndt  | 67,24    | Heusden     | 20/05/2017 |
| verspringen          | Justine Bulcke   | 5m82     | Oordegem    | 21/05/2016 |
| hinkstapspringen     | Bianca Colautti  | 10m02    | Oostende    | 4/09/1991  |
| hoogspringen         | Annick Buylaert  | 1m63     | Oostende    | 26/05/1990 |
| polsstokspringen     | Jennifer De Ryck   | 2m70     | Vilvoorde   | 11/09/2005 |
| kogelstoten (4kg)    | Stephanie Vermote  | 12m36    | Wervik      | 10/10/1999 |
| discuswerpen (1kg)   | Stephanie Vermote  | 38m36    | Wervik      | 25/09/1999 |
| speerwerpen (600gr)  | Laura Deketelaere  | 30m97    | Izegem      | 29/05/2011 |
| hamerslingeren (4kg) | Harmke Vanblaere   | 48m12    | Waregem     | 30/05/2008 |
| zevenkamp            | Bianca Colautti  | 4226pt   | Bosvoorde   | 14/09/1991 |
| 4x800m               | Karolien Deman – Isabelle Deman – Bianca Colautti – Ellen Rabaey | 11.16,2  | Oostende    | 25/08/1993 |

**Junioren Mannen**

|                       |                       |         |                 |            |
|-----------------------|-----------------------|---------|-----------------|------------|
| 50m                   | Guido Debaenst        | 6,5     | Veurne          | 1/01/1970  |
| 100m                  | Rendel Vermeulen      | 10,68   | Merksem         | 14/05/2022 |
| 150m                  | Yoran Deschepper      | 17,07   | Kortrijk        | 23/06/2018 |
| 200m                  | Rendel Vermeulen      | 21,66   | Herve           | 18/09/2021 |
| 300m                  | Rendel Vermeulen      | 35,68   | Oudenaarde      | 3/08/2021  |
| 400m                  | Senne Vannobel        | 49,80   | Kortrijk        | 24/04/2022 |
| 600m                  | Simon Blanckaert      | 1.24,85 | Oudenaarde      | 21/08/2019 |
| 800m                  | Norbert Claeysens     | 1.56,7  |                 | 1/01/1972  |
| 1000m                 | Piet Bouquillon       | 2.31,5  |                 | 1/01/1968  |
| 1500m                 | Peter Deman           | 4.00,03 | Alken           | 1/10/1988  |
| Mijl                  | Simon Blanckaert      | 4.28,51 | Beernem         | 11/08/2018 |
| 2000m                 | Lennart van Breusegem | 5.54,38 | Nieuwpoort      | 27/08/2013 |
| 3000m                 | Carlo Desaevers       | 8.38,44 | Rijsel (Fra)    | 5/10/1986  |
| 5000m                 | Carlo Desaevers       | 15.12,6 | Duinkerke (Fra) | 1/10/1986  |
| 110m horden (0,99)    | Yoran Deschepper      | 15,40   | Espoir          | 26/08/2018 |
| 110m horden (1,00)    | Tom van Schaeybroeck  | 16,17   | Beveren         | 26/08/2007 |
| 110m horden (1,07)    | Karl van Schaeybroeck | 15,55   | Izegem          | 14/07/2002 |
| 400m horden (0,91)    | Karl van Schaeybroeck | 55,80   | Oostende        | 20/08/2002 |
| 2000m Steeple         | Kris Ghesquire        | 6.24,52 |                 | 1/01/1984  |
| 3000m Steeple         | Wout Logier           | 9.24,79 | Merksem         | 14/05/2022 |
| verspringen           | Karl van Schaeybroeck | 6m62    | Mechelen        | 23/09/2001 |
| hinkstapspringen      | Karl van Schaeybroeck | 13m74   | Heverlee        | 1/09/2001  |
| hoogspringen          | Gertjan Dieryck       | 1m90    | Oudenaarde      | 12/05/2013 |
| polsstokspringen      | Gertjan Dieryck       | 3m71    | Nieuwpoort      | 27/08/2013 |
| kogelstoten (6kg)     | Tom Lingier           | 14m58   | Naimette        | 14/09/2002 |
| kogelstoten (7,257kg) | Tom Lingier           | 12m87   | Aalter          | 11/05/2003 |
| discuswerpen (1,75kg) | Tom Lingier           | 43m86   | Naimette        | 14/09/2002 |
| discuswerpen (2kg)    | Bjorn Verhaeghe       | 36m88   |                 | 1/01/1999  |
| speerpwerpen (800gr)  | Bjorn Verhaeghe       | 46m83   | Eeklo           | 14/10/2000 |

|                         |   |        |              |            |
|-------------------------|---|--------|--------------|------------|
| hamerslingeren (6kg)    | Wim Lingier   | 45m62  | Melle        | 21/04/2007 |
| gewichtwerpen (15,88kg) | Wim Lingier   | 11m00  | Huizen (Ned) | 7/10/2007  |
| vijfkamp                | Marijn Stragier   | 2884pt | Nieuwpoort   | 24/09/2006 |
| werpvijfkamp (sen)      | Wim Lingier   | 1876pt | Huizen (Ned) | 7/10/2007  |
| tienkamp                | Karl van Schaeybroeck   | 6255pt | Izegem       | 14/07/2002 |
| 4x100m                  | Dempsey Weiss – Gertjan Dieryck – Tyson Vercruyce – Hannes Decadt | 47,62  | Nieuwpoort   | 22/08/2013 |

### Alle Categoriën Vrouwen

|                      |                     |          |                         |            |
|----------------------|---------------------|----------|-------------------------|------------|
| 100m                 | Jelien Moerman      | 12,50    | La Valletta (Malta)     | 5/07/2012  |
| 150m                 | Sterre Provost      | 19,29    | Helmond                 | 18/04/2022 |
| 200m                 | Jelien Moerman      | 25,39    | Oudenaarde              | 12/05/2012 |
| 300m                 | Jelien Moerman      | 41,07    | Lokeren                 | 28/05/2012 |
| 400m                 | Sterre Provost      | 56,65    | Lier                    | 12/09/2021 |
| 600m                 | Amber Dawyndt       | 1.38,90  | Aalter                  | 9/08/2015  |
| 800m                 | Marieken Verhaeghe  | 2.09,17  | Oordegem                | 2/07/2005  |
| 1000m                | Marieken Verhaeghe  | 2.48,44  | Brussel                 | 3/09/2004  |
| 1500m                | Marieken Verhaeghe  | 4.23,27  | Heusden                 | 23/07/2005 |
| Mijl                 | Marieken Verhaeghe  | 4.46,62  | Aalst                   | 4/09/2005  |
| 2000m                | Natalie Ameloot     | 6.28,53  | Woluwe                  | 11/06/2005 |
| 3000m                | Natalie Ameloot     | 9.42,13  | Tessengerlo             | 18/08/2007 |
| 2Mijl                | Sybille Vandemaele  | 12.22,01 | Tielt                   | 5/06/2006  |
| 5000m                | Hanna Vandenbussche | 16.48,53 | Oordegem                | 23/05/2015 |
| 10000m               | Hanna Vandenbussche | 34.30,61 | Garmisch-Gladbach (Dui) | 2/09/2016  |
| uurloop              | Hanna Vandenbussche | 14809m   | Diksmuide               | 17/08/2007 |
| halve marathon       | Hanna Vandenbussche | 1u13.57  | Breda (Ned)             | 2/10/2016  |
| marathon             | Hanna Vandenbussche | 2u38.35  | Parijs (Fra)            | 3/04/2016  |
| 100m horden (0,84)   | Justine Bulcke      | 14,16    | Lier                    | 11/06/2016 |
| 400m horden (0.76)   | Hege Michiels       | 65,01    | Deinze                  | 20/08/2016 |
| 2000m Steeple        | Charlotte Luckx     | 7.20,33  | Oordegem                | 31/08/2014 |
| verspringen          | Justine Bulcke      | 5m82     | Oordegem                | 21/05/2016 |
| hinkstapspringen     | Els Lingier         | 11m23    | Nijvel                  | 7/09/2003  |
| hoogspringen         | Robinn Beyens       | 1m66     | Gent                    | 16/07/2006 |
| polsstokspringen     | Jennifer De Ryck    | 2m95     | Kortrijk                | 25/04/2010 |
| kogelstoten (4kg)    | Stephanie Vermote   | 12m54    | Deinze                  | 9/05/2004  |
| discuswerpen (1kg)   | Stephanie Vermote   | 38m36    | Wervik                  | 25/09/1999 |
| speerwerpen (600gr)  | Els Lingier         | 33m84    | Dilbeek                 | 2/08/2003  |
| hamerslingeren (4kg) | Harmke Vanblaere    | 49m96    | Diksmuide               | 30/04/2016 |

|                                       |  |         |                 |            |
|---------------------------------------|--|---------|-----------------|------------|
| gewichtwerpen (9,08kg)                | Harmke Vanblaere   | 12m37   | Eindhoven (Ned) | 12/02/2011 |
| vijfkamp                              | Bianca Colautti  | 2624pt  |                 | 1/01/1989  |
| zevenkamp                             | Bianca Colautti  | 4226pt  | Bosvoorde       | 14/09/1991 |
| <b><u>Alle Categoriën Vrouwen</u></b> |  |         |                 |            |
| 4x100m                                | Fien Logier, Saartje Lansen, Maya Vanhee en Sterre Provost                 | 50,09   | Bornem          | 7/05/2022  |
| 4x200m                                | Maya Vanhee - Lieselot Spaey - Saartje Lansen - Sterre Provost             | 1.47,51 | Waregem         | 28/08/2021 |
| 4x400m                                | Sofie Beyens – Sylvie Ameloot – Annelies Vanhoucke – Lieslotte Wackenier   | 4.10,55 | Zwevegem        | 30/08/1995 |
| 4x800m                                | Marieken Verhaeghe – Natalie Ameloot – Hanna Vandebussche – Emelie Thieren | 9.23,59 | Jambes          | 18/09/2004 |
| Olympische Estafette                  | Eva Beyens – Hege Michiels – Justine Bulcke – Jelien Moerman               | 5.13,30 | Poperinge       | 30/06/2012 |

### Alle Categoriën Mannen

|                    |                       |          |                  |            |
|--------------------|-----------------------|----------|------------------|------------|
| 50m                | Guido Debaenst        | 6,5      | Veurne           | 1/01/1970  |
| 100m               | Yoran Deschepper      | 10,57    | Herve            | 18/09/2021 |
| EL                 | Tristan Glorie        | 11,14    | Aartselaar       | 7/05/2017  |
| 150m               | Gertjan Dieryck       | 17,52    | Kortrijk         | 23/06/2018 |
| 200m               | Yoran Deschepper      | 21,35    | Brussel          | 27/06/2021 |
| 300m               | Yoran Deschepper      | 34,72    | Sint-Niklaas     | 17/08/2021 |
| 400m               | Senne Vannobel        | 49,80    | Kortrijk         | 24/04/2022 |
| 600m               | Hannes Decadt         | 1.21,15  | Aalter           | 6/08/2017  |
| 800m               | Hannes Decadt         | 1.52,71  | Kessel-Lo        | 19/08/2017 |
| 1000m              | Norbert Claeysens     | 2.29,8   | Roeselare        | 4/09/1977  |
| 1500m              | Peter Deman           | 3.49,42  | Waregem          | 5/08/1996  |
| Mijl               | Peter Deman           | 4.13,9   | Waregem          | 1/01/1990  |
| 2000m              | Simon Vandenbon       | 5.32,65  | Ninove           | 8/09/2021  |
| 3000m              | Walter Wackenier      | 8.13,0   | Brussel          | 20/07/1976 |
| 2Mijl              | Pieter Vanroose       | 10.03,97 | Nieuwpoort       | 25/08/2010 |
| 5000m              | Walter Wackenier      | 14.00,04 | Merksem          | 8/09/1977  |
| 10000m             | Walter Wackenier      | 29.38,4  | Brussel          | 8/07/1977  |
| uurloop            | Peter Deman           | 17753m   | Nieuwpoort       | 29/06/1996 |
| marathon           | Carlo Desaeveer       | 2u20,42  | Gent             | 4/10/1998  |
| 50km               | Wouter Decock         | 3u01,14  | Bottrop (Dui)    | 8/11/2015  |
| 6 uur              | Wouter Decock         | 85,867km | Stein (NI)       | 9/03/2014  |
| 100km              | Wouter Decock         | 6u33.52  | Steenwerck (Fra) | 5/05/2016  |
| 24 uur             | Juan Vandeweghe       | 149,38km | Maasmechelen     | 28/06/2014 |
| 110m horden (1,06) | Karl van Schaeybroeck | 15,17    | Herentals        | 30/05/2010 |
| 200m horden (0,76) | Roger Lombré          | 29,8     |                  |            |
| 400m horden (0,91) | Karl van Schaeybroeck | 55,41    | Deinze           | 15/05/2005 |
| 2000m Steeple      | Simon Blanckaert      | 6.09,36  | Herentals        | 4/09/2016  |
| 3000m steeple      | Peter Deman           | 8.59,61  | Oordegem         | 2/07/1993  |

### Alle Categoriën Mannen

|                          |  |          |             |            |
|--------------------------|--|----------|-------------|------------|
| verspringen              | Tristan Glorie   | 7m10     | Herentals   | 4/09/2016  |
| hinkstapspringen         | Karl van Schaeybroeck  | 14m11    | Gentbrugge  | 21/05/2011 |
| hoogspringen             | Gertjan Dieryck  | 1m95     | Oordegem    | 10/05/2015 |
| polsstokspringen         | Gertjan Dieryck  | 4m00     | Tielt       | 22/04/2019 |
| kogelstoten (7,257kg)    | Tom Lingier  | 13m17    | Wervik      | 18/06/2005 |
| discuswerpen (2kg)       | Matthieu Lenoir  | 39m93    | Roeselare   | 13/05/2001 |
| speerwerpen (800gr)      | Jorèll Beyens  | 50m13    | Aalter      | 16/05/2010 |
| hamerslingeren (7,257kg) | Wim Lingier  | 44m14    | Lier        | 22/05/2010 |
| gewichtwerpen (15,88kg)  | Wim Lingier  | 11m00    | Huizen (NI) | 7/10/2007  |
| vijfkamp                 | Marijn Stragier  | 2884pt   | Nieuwpoort  | 24/09/2006 |
| werpvijfkamp             | Tom Lingier  | 2105pt   | Huizen (NI) | 7/10/2007  |
| tienkamp                 | Karl van Schaeybroeck  | 6526pt   | Nieuwpoort  | 8/07/2012  |
| 4x100m                   | Sverre Ramakers - Victor Hoedt - Yoran Deschepper -<br>Rendel Vermeulen                  | 42,97    | Nieuwpoort  | 8/05/2022  |
| 4x200m                   | Rendel Vermeulen - Victor Hoedt- Gertjan Dieryck -<br>Yoran Deschepper                   | 1.30,19  | Moeskroen   | 19/09/2020 |
| 4x400m                   | Mathis Vandenbussche - Arne Dawyndt - Wouter<br>Anckaert - Senne Vannobel                | 3.26,49  | Nieuwpoort  | 8/05/2022  |
| 4x800m                   | Simon Blanckaert - Kevin Vandewoude - Simon<br>Vandenbon - Hannes Decadt                 | 8.00,59  | Lier        | 3/09/2017  |
| 4x1500m                  | Johan Decadt – Kris Degraeve – Peter Roets – Peter<br>Deman                              | 17.20,73 | Izegem      | 30/08/1995 |
| Olympische Estafette     | Hannes Decadt – Gertjan Dieryck – Dempsey Weiss –<br>Simon Thieren                       | 3.48,91  | Poperinge   | 4/07/2015  |
| 4X400m mix               | Tibo Vandenbroecke - Augustine Van Zegbroeck - Imke<br>De Ceuleners - Reinbert Van Acker | 3.58,37  | Nieuwpoort  | 15/07/2018 |

## Masters Vrouwen

### **Aflossingen**

|        |  |          |        |            |
|--------|--|----------|--------|------------|
| 4x100m | Marijke Decaesteker – Mieke De Ceuninck – Hilde Swaenepoel – Inge Adam         | 57,10    | Lier   | 8/06/2008  |
| 4x200m | Fabienne Verdonck – Chantal Decaluwe – Christine De Rycke – Sybille Vandemaele | 2.13,6   | Knokke | 27/08/2003 |
| 4x400m | Sybille Vandemaele – Marijke Decaesteker – Hilde Swaenepoel – Mieke Deceuninck | 4.41,58  | Tielt  | 20/08/2006 |
| 4x800m | Inge Adam – Marijke Decaesteker – Mieke De Ceuninck – Sybille Vandemaele       | 10.19,72 | Ninove | 16/09/2007 |

### **W35**

|                     |                   |          |                 |            |
|---------------------|-------------------|----------|-----------------|------------|
| 100m                | Mieke De Ceuninck | 13,41    | Nijvel          | 24/05/2008 |
| 200m                | Mieke De Ceuninck | 27,35    | Nijvel          | 24/05/2008 |
| 300m                | Mieke De Ceuninck | 44,74    | Tielt           | 12/05/2008 |
| 400m                | Mieke De Ceuninck | 62,93    | Le Touquet (Fr) | 24/06/2006 |
| 600m                | Nancy Van Eenoo   | 2.04,49  | Aalter          | 5/08/2018  |
| 800m                | Inge Adam         | 2.24,36  | Aalst           | 16/05/2005 |
| 1000m               | Inge Adam         | 3.08,40  | Dilbeek         | 18/07/2004 |
| 1500m               | Inge Adam         | 4.58,71  | Aalst           | 20/08/2004 |
| Mijl                | Inge Adam         | 5.27,05  | Gent            | 7/08/2004  |
| 3000m               | Inge Adam         | 10.41,03 | Oostende        | 10/08/2004 |
| 5000m               | Chantal Decaluwe  | 18.46,47 | Aalst           | 29/08/2004 |
| uurloop             | Ann Vergote       | 11690m   | Diksmuide       | 2/07/2010  |
| Marathon            | Kathleen Bulcke   | 3u31.29  | Parijs (Fr)     | 12/04/2015 |
| 100 km              | Rebecca Vanblaere | 10u11.50 | Beernem         | 19/05/2018 |
| 100m horden (0,84)  | Mieke De Ceuninck | 17,19    | Duffel          | 12/05/2007 |
| verspringen         | Mieke De Ceuninck | 4m90     | Tielt           | 5/06/2006  |
| hinkstapspringen    | Mieke De Ceuninck | 10m04    | Nieuwpoort      | 28/05/2006 |
| hoogspringen        | Mieke De Ceuninck | 1m41     | Nieuwpoort      | 24/09/2006 |
| kogelstoten (4kg)   | Stephanie Vermote | 9m56     | Lebbeke         | 10/06/2018 |
| discuswerpen (1kg)  | Fabienne Vanheste | 25m76    | Tielt           | 11/08/1999 |
| speerwerpen (600gr) | Lindsay Wydoodt   | 26m61    | Nieuwpoort      | 8/06/2014  |
| vijfkamp            | Mieke De Ceuninck | 2464pt   | Nieuwpoort      | 15/04/2007 |



**W40**

|                      |                     |          |              |            |
|----------------------|---------------------|----------|--------------|------------|
| 100m                 | Marijke Decaesteker | 14,15    | Nieuwpoort   | 21/04/2014 |
| 200m                 | Marijke Decaesteker | 28,70    | Deinze       | 14/06/2015 |
| 300m                 | Marijke Decaesteker | 45,55    | Nieuwpoort   | 23/08/2014 |
| 400m                 | Marijke Decaesteker | 63,34    | Sint-Niklaas | 15/06/2013 |
| 600m                 | Nancy Van Eenoo     | 1.58,41  | Aalter       | 4/08/2019  |
| 800m                 | Inge Adam           | 2.22,76  | Ninove       | 10/08/2008 |
| 1000m                | Inge Adam           | 3.01,11  | Zele         | 21/08/2010 |
| 1500m                | Inge Adam           | 4.54,28  | Beveren      | 6/09/2008  |
| Mijl                 | Inge Adam           | 5.30,53  | Poperinge    | 28/06/2008 |
| 2000m                | Inge Adam           | 6.58,44  | Tielt        | 12/05/2008 |
| 3000m                | Sybille Vandemaele  | 10.58,54 | Izegem       | 29/05/2004 |
| 2Mijl                | Sybille Vandemaele  | 12.22,01 | Tielt        | 5/06/2006  |
| 5000m                | Sybille Vandemaele  | 20.42,40 | Nieuwpoort   | 28/05/2006 |
| Marathon             | Nancy Van Eenoo     | 3.37,39  | Rotterdam    | 7/04/2019  |
| uurloop              | Lieve Decru         | 10263m   | Diksmuide    | 2/07/2010  |
| 400m horden (0,76)   | Maureen Legein      | 85,78    | Willebroek   | 6/09/1992  |
| verspringen          | Linda Vandaele      | 4m08     | Aalst        | 8/06/2003  |
| hoogspringen         | Linda Vandaele      | 1m28     | Veurne       | 30/05/2004 |
| kogelstoten (4kg)    | Veronique Louwie    | 7m83     | Tielt        | 29/05/2007 |
| discuswerpen (1kg)   | Nancy Van Eenoo     | 20m68    | Beernem      | 11/08/2019 |
| speerwerpen (600gr)  | Linsy Wydoodt       | 24m79    | Lebbeke      | 10/06/2018 |
| hamerslingeren (4kg) | Veronique Louwie    | 12m02    | Diksmuide    | 2/07/2010  |

|                      |                     |          |                  |            |
|----------------------|---------------------|----------|------------------|------------|
| <b>W45</b>           |                     |          |                  |            |
| 100m                 | Marijke Decaesteker | 14,50    | Maldegem         | 5/06/2016  |
| 200m                 | Marijke Decaesteker | 29,20    | Maldegem         | 5/06/2016  |
| 300m                 | Marijke Decaesteker | 47,05    | Nieuwpoort       | 13/08/2016 |
| 400m                 | Marijke Decaesteker | 67,14    |                  | 17/06/2018 |
| 800m                 | Kristien Morlion    | 2.38,50  | Ninove           | 11/06/2011 |
| 1000m                | Sybille Vandemaele  | 3.31,50  | Gentbrugge       | 4/08/2012  |
| 1500m                | Kristien Morlion    | 5.20,00  | Herentals        | 5/06/2011  |
| Mijl                 | Sybille Vandemaele  | 6.00,09  | Oudenaarde       | 27/07/2013 |
| 2000m                | Kristien Morlion    | 7.32,07  | Nieuwpoort       | 24/08/2010 |
| 3000m                | Kristien Morlion    | 11.35,80 | Kessel-Lo        | 6/06/2010  |
| 2Mijl                | Kristien Morlion    | 13.09,60 | Nieuwpoort       | 27/08/2013 |
| 5000m                | Sybille Vandemaele  | 20.52,77 | Sint-Niklaas     | 16/06/2013 |
| uurloop              | Kristien Morlion    | 13035m   | Diksmuide        | 2/07/2010  |
| verspringen          | Heidi Hongenae      | 3m63     | Maldegem         | 5/06/2016  |
| hoogspringen         | Linda Vandaele      | 1m20     | Kessel-Lo        | 6/06/2010  |
| kogelstoten (4kg)    | Veronique Louwie    | 7m18     | Wervik           | 6/06/2011  |
| discuswerpen (1kg)   | Veronique Louwie    | 21m24    | Kortrijk         | 29/04/2012 |
| speerwerpen (600gr)  | Marijke Marquenie   | 18m75    | Aalst            | 8/06/2003  |
| <b>W50</b>           |                     |          |                  |            |
| 200m                 | Marijke Decaesteker | 30,99    | Brugge           | 1/05/2022  |
| 3000m                | Christine De Rycke  | 12.57,20 | Nieuwpoort       | 22/08/2013 |
| 5000m                | Linda De Rycke      | 27,51,0  | Diksmuide        | 30/04/2014 |
| hoogspringen         | Linda Vandaele      | 1m20     | Nieuwpoort       | 9/06/2013  |
| kogelstoten (3kg)    | Linda Vandaele      | 7m51     | Oudenaarde       | 29/07/2012 |
| Discuswerpen (1kg)   | Veronique Lowie     | 16m88    | Aalter           | 5/08/2018  |
| speerwerpen (500gr)  | Christine De Rycke  | 7m74     | Poperinge        | 2/07/2011  |
| speerwerpen (600gr)  | Christine De Rycke  | 8m99     | Herentals        | 5/06/2011  |
| hamerslingeren (3kg) | Fabienne Gheerardyn | 15m68    | Villeneuve d'Asq | 15/09/2018 |
| <b>W50</b>           |                     |          |                  |            |
| 2000m                | Sybille Vandemaele  | 8.22,21  | Tielt            | 11/05/2019 |
| 3000m                | Sybille Vandemaele  | 13.27,08 | Nieuwpoort       | 2/06/2019  |

## Masters Mannen

### **M35**

|                       |                       |          |                 |            |
|-----------------------|-----------------------|----------|-----------------|------------|
| 100m                  | Kjell Provost         | 11,48    | Oostende        | 31/07/2012 |
| 200m                  | Frank Dawyndt         | 23,60    | Compiègne (Fra) | 27/06/2009 |
| 300m                  | Frank Dawyndt         | 37,31    | Tielt           | 24/05/2010 |
| 400m                  | Frank Dawyndt         | 51,21    | Gaurain         | 23/06/2007 |
| 800m                  | Gino Vansteeger       | 2,12.30  | Maldegem        | 13/09/2014 |
| 1000m                 | Eddy Depoorter        | 2.44,97  | Nieuwpoort      | 8/07/2007  |
| 1500m                 | Wim Coussement        | 4.25,99  | Lanaken         | 10/06/2007 |
| Mijl                  | Wim Coussement        | 4.58,02  | Gent            | 5/08/2006  |
| 3000m                 | Carlo Desaeveer       | 9.38,29  | Ninove          | 11/06/2006 |
| 2Mijl                 | Wim Coussement        | 10.13,02 | Nieuwpoort      | 21/08/2008 |
| 5000m                 | Eddy Depoorter        | 16.00,80 | Lanaken         | 10/06/2007 |
| 10000m                | Wim Coussement        | 35.06,01 | Nieuwpoort      | 25/08/2009 |
| uurloop               | Bart Dejaegher        | 14138m   | Diksmuide       | 2/07/2010  |
| marathon              | Björn Pollentier      | 2u40,52  | Malaga          | 9/12/2018  |
| 400m horden           | Gino Vansteeger       | 64,77    | Heusden         | 26/09/2015 |
| verspringen           | Guy Riské             | 6m03     | Maldegem        | 26/09/2009 |
| hinkstapspringen      | Gino Vansteeger       | 11m26    | Beveren         | 9/06/2012  |
| hoogspringen          | Jarich van Zegbroeck  | 1m69     | Nieuwpoort      | 8/06/2014  |
| kogelstoten (7,257kg) | Karl Vanschaeybroeck  | 12m29    | Nieuwpoort      | 2/06/2019  |
| discuswerpen (2kg)    | Karl Van Schaeybroeck | 34m95    | Zwevegem        | 17/08/2019 |
| speerwerpen (800gr)   | Karl Van Schaeybroeck | 45m15    | Ieper           | 7/07/2019  |
| vijfkamp              | Gino Vansteeger       | 2350pt   | Nieuwpoort      | 8/07/2012  |

|                          |                   |          |              |            |
|--------------------------|-------------------|----------|--------------|------------|
| <b>M40</b>               |                   |          |              |            |
| 100m                     | Frank Dawyndt     | 11,96    | Nieuwpoort   | 30/04/2011 |
|                          | Frank Dawyndt     | 11,96    | Nieuwpoort   | 9/06/2013  |
| 200m                     | Frank Dawyndt     | 24,07    | Zwevegem     | 31/05/2013 |
| 300m                     | Frank Dawyndt     | 38,09    | Nieuwpoort   | 25/08/2011 |
| 400m                     | Frank Dawyndt     | 52,98    | Sint-Niklaas | 16/06/2013 |
| 800m                     | Johan Decadt      | 2.10,02  | Kortrijk     | 22/05/2004 |
| 1000m                    | Johan Decadt      | 2.49,50  | Oostende     | 8/07/2003  |
| 1500m                    | Didier Verstraete | 4.17,09  | Ninove       | 11/06/2011 |
| Mijl                     | Johan Decadt      | 4.53,70  | Waregem      | 29/08/2003 |
| 2000m                    | Laurens Outtier   | 6.51,57  | Nieuwpoort   | 25/08/2009 |
| 3000m                    | Carlo Desaeveer   | 9.33,62  | Lanaken      | 10/06/2007 |
| 2Mijl                    | Laurens Outtier   | 11.36,72 | Nieuwpoort   | 25/08/2010 |
| 5000m                    | Freddy Cappon     | 16.18,10 | Alken        | 7/06/1992  |
| 10000m                   | Freddy Cappon     | 33.57,02 | Wespelaar    | 13/05/1994 |
| uurloop                  | Freddy Cappon     | 17170m   | Aartselaar   | 25/09/1992 |
| marathon                 | Bjorn Voet        | 2u38.18  | Antwerpen    | 17/04/2016 |
| 3000m steeple            | Dominique Alleman | 10.41,10 | Deinze       | 11/06/2016 |
| verspringen              | Guy Riské         | 5m95     | Brasschaat   | 28/09/2013 |
| hinkstapspringen         | Denis Lippens     | 10m82    | Oostende     | 10/09/1973 |
| hoogspringen             | Guy Riské         | 1m69     | Nieuwpoort   | 9/06/2013  |
| polsstokspringen         | Denis Lippens     | 2m30     | Kortrijk     | 1/10/1972  |
| kogelstoten (7,257kg)    | Denis Lippens     | 11m70    | Kortrijk     | 1/10/1972  |
| discuswerpen (2kg)       | Denis Lippens     | 33m97    | Oudenaarde   | 6/05/1973  |
| speerwerpen (800gr)      | Denis Lippens     | 38m70    | Brugge       | 25/08/1976 |
| hamerslingeren (7,257kg) | Denis Lippens     | 29m78    | Veurne       | 29/09/1973 |
| vijfkamp                 | Luc Debrouwere    | 2066pt   | Beveren      | 18/09/1999 |

|                          |                   |          |             |            |
|--------------------------|-------------------|----------|-------------|------------|
| <b>M45</b>               |                   |          |             |            |
| 100m                     | Serge Beckers     | 12,29    | Schaarbeek  | 12/09/2009 |
| 200m                     | Frank Dawyndt     | 24,64    | Oordegem    | 3/06/2017  |
| 300m                     | Frank Dawyndt     | 39,29    | Torhout     | 21/05/2018 |
| 400m                     | Frank Dawyndt     | 54,27    | Oordegem    | 27/05/2017 |
| 600m                     | Frank Dawyndt     | 1.35,41  | Aalter      | 5/08/2018  |
| 800m                     | Didier Verstraete | 2.08,02  | Ninove      | 27/09/2014 |
| 1000m                    | Johan Becue       | 2.55,93  | Zele        | 27/08/2006 |
| 1500m                    | Didier Verstraete | 4.25,11  | Beveren     | 10/06/2011 |
| Mijl                     | Johan Becue       | 5,08.98  | Aalter      | 6/08/2005  |
| 2000m                    | Laurens Outtier   | 6.44,63  | Tielt       | 7/05/2017  |
| 3000m                    | Didier Verstraete | 9.47,39  | Tielt       | 7/06/2015  |
| 2Mijl                    | Johan Becue       | 12.20,94 | Nieuwpoort  | 25/08/2010 |
| 5000m                    | Robert Desaeveer  | 16.27,03 | Roeselare   | 12/05/1990 |
| 10000m                   | Didier Verstraete | 33.14,25 | La-Louvière | 5/05/2012  |
| uurloop                  | Roger Titeca      | 15519m   | Nieuwpoort  | 29/09/1996 |
| marathon                 | Didier Verstraete | 2u37.41  | Antwerpen   | 17/04/2016 |
| 110m horden (1,00)       | Serge Beckers     | 15,94    | Maldegem    | 26/09/2009 |
| 3000m Steeple            | Didier Verstraete | 10.28,39 | Beveren     | 10/06/2012 |
| verspringen              | Serge Beckers     | 5m70     | Maldegem    | 26/09/2009 |
| hinkstapspringen         | Louis Goudeseune  | 10m61    | Ninove      | 24/05/1999 |
| hoogspringen             | Guy Riské         | 1m63     | Tielt       | 8/06/2015  |
| kogelstoten (7,257kg)    | Denis Lippens     | 10m52    | Torhout     | 4/05/1978  |
| discuswerpen (2kg)       | Johan Becue       | 30m39    | Nieuwpoort  | 10/07/2007 |
| speerwerpen (800gr)      | Johny Vercruyce   | 40m07    | Tielt       | 13/04/2014 |
| hamerslingeren (7,257kg) | Denis Lippens     | 26m78    | Torhout     | 4/05/1978  |
| vijfkamp                 | Denis Lippens     | 1813pt   | Kortrijk    | 15/07/1979 |

| <b>M50</b>               |                     |          |               |            |
|--------------------------|---------------------|----------|---------------|------------|
| 100m                     | Frank Dawyndt       | 12,84    | Kortrijk      | 19/06/2021 |
| 200m                     | Frank Dawyndt       | 26,13    | Kortrijk      | 19/06/2021 |
| 300m                     | Frank Dawyndt       | 40,86    | Oostduinkerke | 1/08/2021  |
| 400m                     | Frank Dawyndt       | 56,64    | Ieper         | 27/08/2021 |
| 800m                     | Didier Verstraete   | 2.09,27  | Ninove        | 17/06/2018 |
| 1000m                    | Bernard Roussel     | 3.00,94  | Nieuwpoort    | 16/08/2008 |
| 1500m                    | Didier Verstraete   | 4.16,47  | Ninove        | 16/06/2018 |
| Mijl                     | Bernard Roussel     | 5.15,60  | Poperinge     | 28/06/2008 |
| 2000m                    | Lieven Pieters      | 6.47,10  | Tielt         | 11/05/2019 |
| 3000m                    | Bernard Roussel     | 10.17,60 | Aalter        | 12/08/2007 |
| 2Mijl                    | Bernard Roussel     | 11.03,86 | Nieuwpoort    | 21/08/2008 |
| 5000m                    | Dirk Boone          | 17.16,12 | Maldegem      | 5/06/2016  |
| 10000m                   | Didier Verstraete   | 34.26,25 | Ninove        | 6/05/2017  |
| uurloop                  | Dominique Jansseune | 11902m   | Diksmuide     | 2/07/2010  |
| marathon                 | Hein Delobbel       | 2u58.04  | Antwerpen     | 17/04/2016 |
| 3000m Steeple            | Didier Verstraete   | 11,07,33 | Ninove        | 17/06/2017 |
| verspringen              | Denis Lippens       | 4m84     | Roeselare     | 26/04/1984 |
| hinkstapspringen         | Louis Goudeseune    | 9m60     | Herentals     | 26/07/2003 |
| hoogspringen             | Louis Goudeseune    | 1m50     | Leuven        | 23/08/2003 |
|                          | Louis Goudeseune    | 1m50     | Oostende      | 8/07/2003  |
| kogelstoten (7,257kg)    | Geert Carbon        | 10m11    | Zwevegem      | 6/06/2010  |
| kogelstoten (6kg)        | Daniel Lingier      | 10m62    | Eeklo         | 30/06/2002 |
| discuswerpen (2kg)       | Johan Becue         | 31m15    | Nieuwpoort    | 28/08/2012 |
| discuswerpen (1,5kg)     | Johan Becue         | 33m69    | Nieuwpoort    | 1/04/2013  |
| speerwerpen (800gr)      | Johny Vercruyce     | 39m48    | Tielt         | 12/08/2018 |
| speerwerpen (700gr)      | Johan Thieren       | 42m78    | Sint-Truiden  | 25/09/2010 |
| hamerslingeren (7,257kg) | Daniel Lingier      | 29m37    | Lier          | 22/06/2003 |
| hamerslingeren (6kg)     | Daniel Lingier      | 33m46    | Eeklo         | 5/07/2003  |
| vijfkamp                 | Johny Vercruyce     | 2198pt   | Nieuwpoort    | 1/07/2018  |

|                          |                     |          |              |            |
|--------------------------|---------------------|----------|--------------|------------|
| <b>M55</b>               |                     |          |              |            |
| 100m                     | Johan Becue         | 14,18    | Wervik       | 24/09/2016 |
| 200m                     | Johan Becue         | 29,07    | Deinze       | 11/06/2016 |
| 300m                     | Johan Becue         | 45,38    | Nieuwpoort   | 13/08/2016 |
| 400m                     | Johan Becue         | 65,59    | Sint Niklaas | 16/06/2019 |
| 800m                     | Johan Becue         | 2.26,14  | Waregem      | 2/06/2018  |
| 1000m                    | Johan Becue         | 3.11,86  | Oudenaarde   | 7/06/2019  |
| 1500m                    | Johan Becue         | 5.01,81  | Ninove       | 16/06/2018 |
| mijl                     | Johan Becue         | 5.31,24  | Poperinge    | 30/06/2019 |
| 2000m                    | Johan Becue         | 7.02,82  | Tielt        | 11/05/2019 |
| 3000m                    | Johan Becue         | 10.59,84 | Zwevegem     | 18/08/2018 |
| 5000m                    | Jean van Renterghem | 17.01,52 | Zwijndrecht  | 8/06/1997  |
| 10000m                   | Johan Becue         | 40.33,70 | Nieuwpoort   | 15/07/2018 |
| uurloop                  | Benny Cornelis      | 14307m   | Nieuwpoort   | 29/09/1996 |
| marathon                 | Benny Cornelis      | 3u13,37  | Antwerpen    | 10/01/1994 |
| verspringen              | Denis Lippens       | 4m47     | Gentbrugge   | 21/08/1988 |
| kogelstoten (6kg)        | Denis Lippens       | 9m22     | Waregem      | 21/05/1989 |
| discuswerpen (2kg)       | Johan Becue         | 27m77    | Maldegem     | 5/06/2016  |
| discuswerpen (1,5kg)     | Johan Becue         | 32m02    | Dilbeek      | 30/07/2016 |
| speerwerpen (800gr)      | Denis Lippens       | 34m64    | Roeselare    | 10/06/1989 |
| speerwerpen (700gr)      | Johan Thieren       | 42m46    | Deinze       | 14/06/2015 |
| hamerslingeren (7,257kg) | Daniel Lingier      | 30m59    | Lier         | 11/08/2007 |
| hamerslingeren (6kg)     | Daniel Lingier      | 34m91    | Obourg       | 19/09/2009 |
| vijfkamp                 | Johan Becue         | 2475pt   | Dilbeek      | 30/07/2016 |

| <b>M60</b>           |                     |          |            |            |
|----------------------|---------------------|----------|------------|------------|
| 100m                 | Dominique Jansseune | 14,81    | Diepenbeek | 11/09/2016 |
| 200m                 | Dominique Jansseune | 30,2     | Diepenbeek | 11/09/2016 |
| 300m                 | Johan Becue         | 48,67    | Nieuwpoort | 27/06/2021 |
| 400m                 | Dominique Jansseune | 71,62    | Wervik     | 24/09/2016 |
| 800m                 | Norbert Depaepe     | 2.48,36  | Nieuwpoort | 21/08/2009 |
| 1000m                | Norbert Depaepe     | 3.31,99  | Nieuwpoort | 16/08/2008 |
| 1500m                | Norbert Depaepe     | 5.32,65  | Maldegem   | 26/09/2009 |
| 2000m                | Norbert Depaepe     | 8.05,13  | Nieuwpoort | 25/08/2009 |
| 3000m                | Christian Werion    | 10.27,75 | Boom       | 4/09/2021  |
| 2Mijl                | Norbert Depaepe     | 12.48,26 | Nieuwpoort | 24/08/2010 |
| 5000m                | Christian Werion    | 18.17,63 | Roeselare  | 23/08/2021 |
| 10000m               | Christian Werion    | 38.16,08 | Malmedy    | 30/04/2022 |
| uurloop              | Norbert Depaepe     | 13103m   | Diksmuide  | 2/07/2010  |
| marathon             | Jean van Renterghem | 2u58,04  | Hoei       | 20/10/2002 |
| verspringen          | Roger Lombré        | 3m37     | Tielt      | 22/05/2011 |
| kogelstoten (5kg)    | Ronny Wydoodt       | 9m94     | Nijvel     | 22/09/2012 |
| discuswerpen (1kg)   | Johan Becue         | 34m26    | Wervik     | 25/09/2021 |
| speerwerpen (600gr)  | Johan Thieren       | 40m00    | Ninove     | 19/09/2020 |
| hamerslingeren (5kg) | Denis Lippens       | 27m40    | Izegem     | 9/10/1993  |
| vijfkamp             | Roger Lombré        | 444pt    | Nieuwpoort | 20/09/2009 |



|                       |                  |          |               |            |
|-----------------------|------------------|----------|---------------|------------|
| <b>M65</b>            |                  |          |               |            |
| 100m                  | Denis Lippens    | 14,2     | Oostende      | 13/09/1998 |
| 200m                  | Denis Lippens    | 33,1     | Roeselare     | 22/08/1998 |
| 400m                  | Norbert Depaepe  | 83,07    | Nieuwpoort    | 22/08/2013 |
| 800m                  | Norbert Depaepe  | 3.02.58  | Nieuwpoort    | 25/04/2015 |
| 1500m                 | Norbert Depaepe  | 6.08.15  | Brugge        | 26/08/2015 |
| Mijl                  | Norbert Depaepe  | 6.45.04  | Oudenaarde    | 18/07/2015 |
| 3000m                 | Norbert Depaepe  | 14.31,40 | Nieuwpoort    | 22/08/2013 |
| 2Mijl                 | Norbert Depaepe  | 14.10,60 | Nieuwpoort    | 27/08/2013 |
| 5000m                 | Norbert Depaepe  | 21.38,04 | Nieuwpoort    | 21/04/2014 |
| 10000m                | Norbert Depaepe  | 44.23,59 | Roeselare     | 24/08/2014 |
| verspringen           | Denis Lippens    | 3m81     | Nieuwpoort    | 23/08/1997 |
| kogelstoten (5kg)     | Denis Lippens    | 9m02     | Nieuwpoort    | 30/04/2002 |
| discuswerpen (1kg)    | Denis Lippens    | 34m38    | Jambes        | 4/09/1999  |
| speerwerpen (600gr)   | Denis Lippens    | 32m55    | Wervik        | 26/09/1998 |
| hamerslingeren (5kg)  | Denis Lippens    | 23m58    | Eeklo         | 30/07/2002 |
| <b>M70</b>            |                  |          |               |            |
| 100m                  | Denis Lippens    | 16,70    | Izegem        | 27/05/2006 |
| 200m                  | Denis Lippens    | 34,36    | Tielt         | 4/07/2004  |
| 800m                  | Karel Schuermans | 03.38,10 | Nieuwpoort    | 4/10/2021  |
| 1000m                 | Karel Schuermans | 4.26,41  | Oostduinkerke | 4/08/2019  |
| 1500m                 | Denis Lippens    | 8.15,23  | Izegem        | 13/07/2003 |
| Marathon              | Hugo Bruynooghe  | 4:13:19  | Ieper         | 9/09/2018  |
| verspringen           | Denis Lippens    | 3m75     | Nieuwpoort    | 24/09/2006 |
| hinkstapspringen      | Denis Lippens    | 7m93     | Wervik        | 19/06/2004 |
| hoogspringen          | Denis Lippens    | 1m10     | Veurne        | 29/05/2005 |
| kogelstoten (7,257kg) | Denis Lippens    | 7m53     | Aalter        | 20/09/2003 |
| kogelstoten (4kg)     | Denis Lippens    | 10m06    | Wervik        | 27/09/2003 |
| discuswerpen (2kg)    | Denis Lippens    | 23m49    | Gentbrugge    | 11/10/2003 |
| discuswerpen (1kg)    | Denis Lippens    | 33m26    | Vilvoorde     | 31/08/2003 |
| speerwerpen (800gr)   | Denis Lippens    | 28m58    | Ertvelde      | 21/09/2003 |
| speerwerpen (500gr)   | Denis Lippens    | 31m00    | Vilvoorde     | 31/08/2003 |
| hamerslingeren (5kg)  | Denis Lippens    | 24m42    | Torhout       | 3/06/2006  |

|                       |               |        |            |            |
|-----------------------|---------------|--------|------------|------------|
| vijfkamp              | Denis Lippens | 1044pt | Nieuwpoort | 24/09/2006 |
| <b>M75</b>            |               |        |            |            |
| 100m                  | Denis Lippens | 17,23  | Vilvoorde  | 12/08/2007 |
| 200m                  | Denis Lippens | 37,17  | Nieuwpoort | 21/09/2008 |
| verspringen           | Denis Lippens | 3m49   | Nieuwpoort | 21/08/2008 |
| kogelstoten (7,257kg) | Denis Lippens | 6m26   | Oostende   | 26/08/2008 |
| kogelstoten (4kg)     | Denis Lippens | 9m20   | Eeklo      | 8/09/2007  |
| discuswerpen (2kg)    | Denis Lippens | 17m91  | Booischoot | 8/06/2008  |
| discuswerpen (1kg)    | Denis Lippens | 26m41  | Tienen     | 22/09/2007 |
| speerwerpen (800gr)   | Denis Lippens | 20m57  | Nieuwpoort | 21/08/2008 |
| speerwerpen (400gr)   | Denis Lippens | 24m96  | Ertvelde   | 15/09/2007 |
| hamerslingeren (4kg)  | Denis Lippens | 29m31  | Beveren    | 20/09/2008 |
| vijfkamp              | Denis Lippens | 655pt  | Nieuwpoort | 21/09/2008 |

### **M80**

|                        |               |        |            |            |
|------------------------|---------------|--------|------------|------------|
| kogelstoten (4kg)      | Denis Lippens | 8m28   | Brasschaat | 22/09/2012 |
| kogelstoten (3kg)      | Denis Lippens | 8m63   | Poperinge  | 6/07/2013  |
| discuswerpen (1kg)     | Denis Lippens | 19m91  | Wervik     | 1/06/2013  |
| speerwerpen (400gr)    | Denis Lippens | 19m55  | Ertvelde   | 8/09/2012  |
| speerwerpen (500gr)    | Denis Lippens | 21m30  | Vilvoorde  | 22/09/2012 |
| Speerwerpen (800gr)    | Denis Lippens | 13m40  | Nieuwpoort | 26/04/2015 |
| hamerslingeren (3kg)   | Denis Lippens | 26m37  | Diksmuide  | 5/10/2013  |
| gewichtwerpen (5,45kg) | Denis Lippens | 10m20  | Eeklo      | 12/10/2013 |
| werpvijfkamp           | Denis Lippens | 2403pt | Stekene    | 23/08/2014 |

### **Aflossingen**

|         |  |          |            |            |
|---------|--|----------|------------|------------|
| 4x100m  | Ivan Vandecasteele – Dominique Jansseune – Johan Decadt – Guido Debaenst | 55,07    | Izegem     | 29/05/2004 |
| 4x400m  | Frank Dawyndt – Didier Verstraete – Gino Vansteeger – Guy Riské          | 3.49,40  | Booischoot | 3/06/2012  |
| 4x1500m | Peter Verstraete – Bart Dejaegher – Tom Decorte – Peter Rabaey           | 21.47,31 | Oostende   | 22/08/2010 |