

## Benjamins

60m	Segers Robin	9.16	31/05/2008
80m	Bossers Inez	9.81	15/04/1989
100m	Simons Melanie	15.73	25/08/2001
150m	Bellefroid Kim	24.85	07/05/1997
200m	Van Stappen Kiara	33.18	05/04/2004
300m	Segers Robin	1.02.25	28/07/2007
400m	Segers Robin	1.14.94	25/06/2008
600m	Segers Robin	2.05.62	12/07/2008
800m	Segers Robin	2.47.27	30/08/2008
1000m	Segers Robin	3.57.24	05/07/2008
4x400m	NH	6.28.19	22/06/1988
4x800m	NH	13.55"50	29/05/1991
Hoogspringen	Simons Melanie	1.05m	12/05/2001
Verspringen	Simons Melanie	3.85m	25/08/2001
Kogelstoten	Vanhoutte Sarah	7.81m	04/06/2008
Hockeybal	Vanhoutte Sarah	19.76m	12/07/2008

## Pupillen

60m	Bellefroid Kim	8.68	28/08/1999
100m	Bellefroid Kim	14.34	03/07/1999
150m	Glazemaekers Leen	22.13	12/05/1999
200m	Glazemaekers Leen	33.90	23/06/1999
300m	Van Griesbergen Anja	56.89	04/07/1984
400m	Glazemaekers Leen	1.10.82	19/05/1999
600m	Bellefroid Kim	1.59.57	14/08/1999
800m	Simons Melanie	2.45.41	12/06/2002
1000m	Bellefroid Kate	3.42.76	18/05/1996
Hoogspringen	Segers Robin	1.22m	08/05/2010
Verspringen	Glazemaekers Leen	4.18m	02/07/1999
Kogelstoten	Börer Marjan	6.88m	14/05/1999
Discuswerpen	Simons Larissa	12.00m	15/07/2006
Hockeybal	Segers Nicky	14.79m	24/04/2010

## Miniemen

60m	Segers Robin	9.30	05/05/2012
80m	Glazemaekers Leen	10.76	30/06/2001
100m	Glazemaekers Leen	13.70	25/08/2001
150m	Segers Robin	21.10	28/07/2012
200m	Hoppenbrouwers Maja	28.70	25/08/2002
300m	Leysen Vicky	50.21	24/07/2004
400m	Hoppenbrouwers Maja	1.04.99	
600m	Glazemaekers Leen	1.51.15	11/08/2001
800m	Simons Larissa	2.39.74	01/08/2009
1000m	Staes Veronique	3.26.51	15/05/2002
4x80m	NH	53.80	27/08/1988
4x400m	NH	5.16.39	18/05/1989
Hoogspringen	Glazemaekers Leen	1.35m	28/07/2001
Verspringen	Glazemaekers Leen	4.35m	30/06/2001
Speerwerpen	Foubert Annick	24.98m	22/08/1998
Kogelstoten	Glazemaekers Leen	10.48m	21/07/2001
Discuswerpen	Bastenie Ilse	18.88m	03/08/1996

## Kadetten

60m	Hoppebrouwer Maja	8.29	19/05/2004
100m	Hoppebrouwers Maja	13.09	31/07/2004
150m	Glazemaekers Leen	21.01	26/07/2003
200m	Hoppebrouwers Maja	27.75	17/07/2004
300m	Glazemaekers Leen	44.07	28/06/2003
400m	Hoppebrouwers Maja	1.03.09	30/06/2004
600m	Simons Larissa	1.52.30	17/07/2010
800m	Hoppebrouwers Maja	2.28.12	03/07/2004
1000m	Hoppebrouwers Maja	3.16.83	27/06/2004
1500m	Hoes Fenja	5.25.54	25/08/1996
1Mijl	Hoppebrouwers Maja	5.58.48	23/06/2004
2000m	Hoes Fenja	7.35.29	08/06/1996
3000m	Hoes Fenja	11.48.54	14/06/1996
300m H	Simons Larissa	55.68	19/06/2010
4x400m	NH	4.37.09	25/06/2003
Hoogspringen	Glazemaekers Leen	1.42m	06/08/2003
Verspringen	De Maeyer Nadia	4.67m	04/07/1984
Speerwerpen	Simons Larissa	22.88m	20/04/2011
Kogelstoten	Glazemaekers Leen	10.67m	19/07/2003
Discuswerpen	Bastenie Ilse	18.31m	23/08/1998
HSS	Hoes Fenja	8.98m	24/05/1995

## Scholieren

60m	Glazemaekers Leen	8.10	19/05/2004
100m	Hoppenbrouwers Maja	13.23	28/06/2006
150m	Hoppenbrouwers Maja	20.67	22/07/2006
200m	Van Der Kooij Nathalie	27.27	19/07/1997
300m	Hoppenbrouwers Maja	44.73	24/05/2006
400m	Van Der Kooij Nathalie	1.01.06	09/08/1997
600m	Leysen Vicky	1.45.25	05/07/2008
800m	Hoppebrouwers Maja	2.24.15	02/06/2006
1000m	Leysen vicky	3.09.82	02/08/2008
1500m	Hoppenbrouwers Maja	5.18.25	12/06/2005
1 Mijl	Leysen Vicky	5.38.50	09/08/2008
2000m	Steurs Karen	7.09.87	13/07/1996
3000m	Hoes Fenja	11.55.75	12/09/1998
Hoogspringen	De Bie Nancy	1.35m	29/08/1985
Verspringen	De Meyner	4.76m	29/08/1985
Speerwerpen	Foubert Annick	21.95m	29/08/2001
Kogelstoten	Claes hanne	8.71m	20/08/2006
Discuswerpen	Bastenie Ilse	20.36m	10/07/1999
HSS	Hoes Fenja	9.01m	07/05/1997

## Juniors

60m	Antheunis Ann	8.24	07/05/1997
100m	Antheunis Ann	13.37	06/09/1997
150m	Leysen Vicky	21.29	25/07/2009
200m	Antheunis Ann	28.14	25/06/1997
300m	Antheunis Ann	45.55	18/07/1997
400m	Hoppenbrouwers Maja	1.02.02	30/06/2007
600m	Leysen Vicky	1.44.38	04/07/2009
800m	Leysen Vicky	2.27.00	30/08/2009
1000m	Leysen Vicky	3.13.06	27/06/2009
1500m	Leysen Vicky	5.08.12	14/08/2010
1 Mijl	Leysen Vicky	5.34.84	18/07/2009
2 Mijl	Leysen Vicky	13.07.68	17/07/2010
2000m	Leysen Vicky	7.17.16	01/08/2009
3000m	Leysen Vicky	11.36	09/05/2009
5000m	Leysen Vicky	20.44.84	28/08/20010
4x400m	NH	4.48.88	12/09/1998
Hoogspringen	Peeters Sara	1.37m	26/08/2007
Verspringen	Anthuenis Ann	4.81m	28/06/1997
Speerwerpen	Foubert Annick	23.28m	14/05/2004
Kogelstoten	Bastenie Ilse	8.70m	01/09/2001
Discuswerpen	Bastenie Ilse	19.19m	14/08/2002
HSS			

## Seniors

60m	Antheunis Ann	8.30	08/05/2002
100m	Faes Indra	12.99	12/08/1995
150m	Antheunis Ann	21.24	21/07/2001
200m	Antheunis Ann	28.13	24/08/2003
300m	Antheunis Ann	44.88	08/05/2002
400m	Heynderickx M	1.03.29	31/08/1977
600m	Leysen Vicky	1.53.81	05/07/2014
800m	Vanspauwen Katrien	2.24.64	21/05/2004
1000m	Vanspauwen Katrien	3.08.50	07/08/2004
1500m	Vanspauwen Katrien	4.58.60	12/05/2004
1 Mijl	Vanspauwen Katrien	5.20.12	17/07/2004
2 Mijl	Vanspauwen Katrien	11.51.32	30/07/2004
2000m	Vanspauwen Katrien	6.50.15	31/07/2004
3000m	Vanspauwen Katrien	10.26.18	13/06/2004
5000m	VanSpauwen Katrien	18.09.62	28/08/2004
uurloop	Anthuenis Ann	12.729m	15/09/2001
Hoogspringen	Govaerts Liesbeth	1.30m	06/07/2013
Verspringen	Anthuenis Ann	4.59m	02/07/1999
Speerwerpen	Vissers Tinne	33.66m	07/05/1996
Kogelstoten	Bastenie Ilse	9.01m	30/06/2004
Discuswerpen	Eeckman Martine	33.80m	19/05/1985
HSS	Vissers Tinne	8.82m	12/07/1996
200m h	Govaerts Liesbeth	40.14	30/6/2013

## Masters +35

60m	Dedroog Sylvie	9.39	20/05/2009
100m	Wijnants Inge	14.56	02/07/2005
150m	Dedroog Sylvie	24.16	23/07/2011
200m	Wijnants Inge	30.65	22/06/2005
300m	Dedroog Sylvie	51.37	20/05/2009
400m	Wijnants Inge	1.11.79	01/07/2006
600m	Dedroog Sylvie	1.59.03	04/07/2009
800m	Scheirs Jeanne	2.46.21	28/08/2005
1000m	Scheirs Jeanne	3.37.15	06/08/2005
1500m	Scheirs Jeanne	5.42.91	21/06/2006
1 Mijl	Scheirs Jeanne	6.08.66	15/07/2006
2 Mijl	Dedroog Sylvie	13.45.38	07/07/2012
2000m	Scheirs Jeanne	7.51.95	03/06/2006
3000m	Scheirs Jeanne	12.14.10	07/05/2005
5000m	Dedroog Sylvie	22.22.03	27/08/2011
1uur	Luyckx Lieveke	13694m	10/9/2016
4x100m	NH	1.03.79	25/08/1984
4x400m	NH	4.50.91	09/09/1989
4x800m	NH	11.37.09	27/07/1988
4x1500m	NH	24.29.79	30/07/1988
4-3-2-1	NH	2.48.10	12/09/1991
Hoogspringen			
Verspringen	Meulemans Ann	3.10	01/07/2011
Speerwerpen	Mertens Linda	15.79m	16/08/2014

Kogelstoten	Scheirs Nancy	6.77m	16/07/2005
Discuswerpen	Mertens Linda	18.51m	06/07/2013

## Masters +45

60m			
100m	Van Dijck Mart	16.70	24/04/2010
150m	Van Dijck Mart	21.37	28/07/2007
200m	Van Dijck Mart	35.58	30/08/2009
300m	Scheirs Jeanne	53.37	25/07/2009
400m			
600m	Scheirs Jeanne	1.58.44	04/07/2009
800m	Scheirs Jeanne	2.45.93	23/05/2009
1000m	Scheirs Jeanne	3.37.38	27/06/2009
1500m	Scheirs Jeanne	5.33.86	14/08/2010
1 Mijl	Scheirs Jeanne	6.05.42	17/07/2009
2 Mijl	Scheirs Jeanne	13.45.24	7/07/2012
2000m	Van Dijck Mart	6.06.09	18/08/2007
3000m	Scheirs Jeanne	12.17.13	21/08/2010
5000m	Scheirs Jeanne	21.51.00	27/08/2011
4x100m	NH	1.00.20	28/08/1982
8-4-2-1	NH	5.25.60	
Verspringen	Stoop Danny	3.08m	20/08/2006
Speerwerpen	Van Dijck Mart	17.03m	28/07/2006
Kogelstoten	Van Dijck Mart	7.81m	26/08/2008
Discuswerpen	Stoop Danny	17.34m	18/08/2007