

**J.A. U 20****100 m**

|          |             |                      |             |       |      |
|----------|-------------|----------------------|-------------|-------|------|
| 11-06-86 | Hengelo     | Erik Weiss           | <b>J.B.</b> | 11.0  | 1986 |
| 28-05-83 | Zevenaar    | Marcel Ribbink       | <b>J.B.</b> | 11.4  | 1983 |
| 20-04-69 | Deventer    | Wouter Broekhof      |             | 11.6  | 1969 |
| 21-04-85 | Enschede    | Jan Plat             |             | 11.6  | 1985 |
| 22-09-63 | Enschede    | Rudi Wedel           | <b>J.B.</b> | 11.7  | 1963 |
| 15-05-76 | Papendal    | Rob van den Heuvel   | <b>J.B.</b> | 11.7  | 1976 |
| 23-09-23 | Haaksbergen | Henrik Boomkamp      | <b>J.B.</b> | 11.91 | 2023 |
| 20-06-19 | Hengelo     | Rick Harmsen         |             | 11.99 | 2019 |
| 28-05-83 | Zevenaar    | Robert Leussenkamp   |             | 11.9  | 1983 |
| 09-09-95 | Hengelo     | Micha Lutje Spelberg | <b>J.C.</b> | 11.9  | 1995 |
| 07-07-82 | Hengelo     | Peter Kamps          |             | 12.0  | 1982 |
| 19-06-83 | Groningen   | Hennie Ribbink       |             | 12.0  | 1983 |
| 06-09-90 | Eibergen    | Ben Harbers          | <b>J.C.</b> | 12.0  | 1990 |
| 07-10-01 | Eibergen    | Niek Blekkink        |             | 12.0  | 2001 |

**100 m E.T.**

|          |             |                      |             |       |      |
|----------|-------------|----------------------|-------------|-------|------|
| 20-06-19 | Hengelo     | Rick Harmsen         |             | 11.99 | 2019 |
| 23-09-23 | Haaksbergen | Henrik Boomkamp      | <b>J.B.</b> | 11.91 | 2023 |
| 26-05-01 | Emmeloord   | Thijs Hesselink      | <b>J.B.</b> | 12.11 | 2001 |
| 06-06-15 | Almelo      | Jonathan Monpelier   | <b>J.C.</b> | 12.11 | 2015 |
| 01-06-13 | Hengelo     | Mohammed Jeilani     | <b>J.C.</b> | 12.19 | 2013 |
| 26-05-01 | Emmeloord   | Niek Blekkink        |             | 12.22 | 2001 |
| 29-06-14 | Almelo      | Bendix Beckers       | <b>J.B.</b> | 12.39 | 2014 |
| 26-06-14 | Hengelo     | Giovanni ten Bruggen | <b>J.B.</b> | 12.49 | 2014 |
| 08-05-82 | Nijmegen    | Robert Leusenkamp    | <b>J.B.</b> | 12.59 | 1982 |
| 26-04-17 | Hengelo     | Jochem Nieuwenhuis   | <b>J.C.</b> | 12.67 | 2017 |
| 03-06-00 | Hengelo     | Frank van Rooijen    | <b>J.B.</b> | 12.78 | 2000 |
| 19-06-99 | Enschede    | Robert Holth         | <b>J.C.</b> | 12.84 | 1999 |
| 01-07-23 | Eibergen    | Rien Boomkamp        | <b>J.C.</b> | 13.13 | 2023 |
| 18-04-26 | Haaksbergen | Rense Boonstra       | <b>J.C.</b> | 13.19 | 2026 |
| 24-04-94 | Apeldoorn   | Michael Douglas      |             | 13.21 | 1994 |
| 06-05-23 | Enschede    | Casper Laninga       | <b>J.C.</b> | 13.34 | 2023 |
| 26-05-12 | Apeldoorn   | Tiemen Onstein       | <b>J.C.</b> | 13.41 | 2012 |
| 01-07-23 | Eibergen    | Linus Konniger       | <b>J.D.</b> | 13.42 | 2023 |
| 11-05-97 | Nijmegen    | Nick Maatman         |             | 13.48 | 1997 |
| 18-04-26 | Haaksbergen | Fenne Boonstra       | <b>J.C.</b> | 13.54 | 2026 |
| 23-06-12 | Zutphen     | Thijs Onstein        | <b>J.C.</b> | 13.57 | 2012 |
| 19-06-99 | Enschede    | Kjell Vogel          | <b>J.C.</b> | 13.76 | 1999 |
| 01-07-23 | Eibergen    | Julian Kiffen        | <b>J.D.</b> | 13.76 | 2023 |

**4x100 m**

|          |           |                   |             |      |      |
|----------|-----------|-------------------|-------------|------|------|
| 18-06-00 | Apeldoorn | Niek Blekkink     | <b>J.B.</b> | 48.5 | 2000 |
| 18-06-00 | Apeldoorn | Robert Holth      | <b>J.B.</b> | 48.5 | 2000 |
| 18-06-00 | Apeldoorn | Kjell Vogel       | <b>J.B.</b> | 48.5 | 2000 |
| 18-06-00 | Apeldoorn | Frank van Rooijen | <b>J.B.</b> | 48.5 | 2000 |

**4x100 m E.T.**

|          |         |                      |             |       |      |
|----------|---------|----------------------|-------------|-------|------|
| 26-06-14 | Hengelo | Jonathan Monpelier   | <b>J.C.</b> | 47.86 | 2014 |
| 26-06-14 | Hengelo | Mohammed Jeilani     | <b>J.B.</b> | 47.86 | 2014 |
| 26-06-14 | Hengelo | Bendix Beckers       | <b>J.B.</b> | 47.86 | 2014 |
| 26-06-14 | Hengelo | Giovanni ten Bruggen | <b>J.B.</b> | 47.86 | 2014 |

**4x100 m E.T.**

|          |            |                    |             |       |      |
|----------|------------|--------------------|-------------|-------|------|
| 28-09-14 | Amstelveen | Bendix Beckers     | <b>J.B.</b> | 48.80 | 2014 |
| 28-09-14 | Amstelveen | Jonathan Monpelier | <b>J.C.</b> | 48.80 | 2014 |
| 28-09-14 | Amstelveen | Joost Somsen       | <b>J.C.</b> | 48.80 | 2014 |
| 28-09-14 | Amstelveen | Mohammed Jeilani   | <b>J.B.</b> | 48.80 | 2014 |

**110 m Horden**

|          |             |                    |  |       |      |
|----------|-------------|--------------------|--|-------|------|
| 08-06-01 | Enschede    | Niek Blekkink      |  | 16.09 | 2001 |
| 09-09-78 | Nijmegen    | Rob van den Heuvel |  | 18.5  | 1978 |
| 25-05-86 | Zevenaar    | Hans Wildenbeest   |  | 18.6  | 1986 |
| 13-04-19 | Haaksbergen | Rick Harmsen       |  | 20.17 | 2019 |
| 16-05-93 | Gendringen  | Gerton Berkemeijer |  | 22.1  | 1993 |

**110 m Horden E.T.**

|          |             |               |  |       |      |
|----------|-------------|---------------|--|-------|------|
| 08-06-01 | Enschede    | Niek Blekkink |  | 16.09 | 2001 |
| 13-04-19 | Haaksbergen | Rick Harmsen  |  | 20.17 | 2019 |

**200 m**

|          |             |                               |             |       |      |
|----------|-------------|-------------------------------|-------------|-------|------|
| 12-05-85 | Nijmegen    | Marcel Ribbink                |             | 23.6  | 1985 |
| 12-05-85 | Nijmegen    | Jan Plat                      |             | 23.8  | 1985 |
| 26-08-23 | Papendrecht | Henrik Boomkamp               | <b>J.B.</b> | 24.03 | 2023 |
| 05-09-86 | Nijmegen    | Erik Weiss                    | <b>J.B.</b> | 24.1  | 1986 |
| 22-06-66 | Hengelo     | Jan Snippe                    |             | 24.2  | 1966 |
| 07-07-82 | Hengelo     | Peter Kamps                   |             | 24.4  | 1982 |
| 10-05-81 | Hengelo     | Hennie Ribbink                | <b>J.B.</b> | 24.5  | 1981 |
| 19-09-82 | Lingen      | <b>Dld</b> Robert Leussenkamp | <b>J.B.</b> | 24.5  | 1982 |
| 15-05-78 | Papendal    | Rob van den Heuvel            |             | 24.8  | 1978 |
| 13-06-97 | Enschede    | Micha Lutje Spelberg          | <b>J.B.</b> | 25.0  | 1997 |
| 31-05-19 | Rijssen     | Rick Harmsen                  |             | 25.11 | 2019 |
| 04-06-64 | Enschede    | Harrie Ribbers                |             | 25.3  | 1964 |

**200 m E.T.**

|          |             |                    |             |       |      |
|----------|-------------|--------------------|-------------|-------|------|
| 26-08-23 | Papendrecht | Henrik Boomkamp    | <b>J.B.</b> | 24.03 | 2023 |
| 31-05-19 | Rijssen     | Rick Harmsen       |             | 25.11 | 2019 |
| 01-05-16 | Nijmegen    | Mohammed Jeilani   |             | 25.45 | 2016 |
| 04-05-14 | Assen       | Bendix Beckers     | <b>J.B.</b> | 25.57 | 2014 |
| 12-05-04 | Hengelo     | Chris Doornweerd   | <b>J.B.</b> | 26.36 | 2004 |
| 26-04-17 | Hengelo     | Jochem Nieuwenhuis | <b>J.C.</b> | 27.17 | 2017 |

### 300 m

|          |            |                   |             |       |      |
|----------|------------|-------------------|-------------|-------|------|
| 11-09-66 | Drienerloo | Jan Snippe        |             | 37.7  | 1966 |
| 15-07-64 | Enschede   | Rudi Wedel        | <b>J.B.</b> | 38.0  | 1964 |
| 09-06-00 | Hengelo    | Frank van Rooijen | <b>J.B.</b> | 41.50 | 2000 |
| 26-09-56 | Enschede   | Joop Bartelink    |             | 41.5  | 1956 |
| 10-06-54 | Enschede   | Henk ten Hoopen   |             | 41.6  | 1954 |
| 27-08-60 | Hengelo    | Gerrit te Weeme   |             | 41.6  | 1960 |
| 25-08-57 | Enschede   | Henk ter Weeme    |             | 42.3  | 1957 |
| 27-08-60 | Hengelo    | Henk Wessels      |             | 42.9  | 1960 |
| 16-06-68 | Drienerloo | Ben Grijsen       | <b>J.B.</b> | 43.7  |      |
| 08-05-65 | Enschede   | Wim Meijer        |             | 44.6  | 1965 |
| 05-07-65 | Hengelo    | Herman Tankink    |             | 44.7  | 1965 |

### 400 m

|          |             |                            |             |      |      |
|----------|-------------|----------------------------|-------------|------|------|
| 08-05-85 | Hengelo     | Jan Plat                   |             | 51.9 | 1985 |
| 21-06-69 | Ibbenburen  | <b>Dld</b> Wouter Broekhof |             | 52.5 | 1969 |
| 19-05-84 | Zwolle      | Robert Leussenkamp         |             | 53.2 | 1984 |
| 19-05-84 | Zwolle      | Marcel Ribbink             |             | 53.4 | 1984 |
| 08-10-66 | Lüdenscheid | <b>Dld</b> Jan Snippe      |             | 53.8 | 1966 |
| 10-10-65 | Lüdenscheid | <b>Dld</b> Rudi Wedel      |             | 54.0 | 1965 |
| 28-04-91 | Eibergen    | Ben Harbers                | <b>J.B.</b> | 54.9 | 1991 |
| 24-08-86 | Hengelo     | Erwin Leussenkamp          | <b>J.B.</b> | 55.0 | 1986 |
| 03-09-88 | Hengelo     | Erik Weiss                 |             | 55.0 | 1988 |
| 09-05-81 | Hengelo     | Hennie Ribbink             | <b>J.B.</b> | 55.4 | 1981 |

### 400 m E.T.

|          |            |                      |             |         |      |
|----------|------------|----------------------|-------------|---------|------|
| 08-05-82 | Nijmegen   | Marcel Ribbink       | <b>J.B.</b> | 55.25   | 1982 |
| 08-05-82 | Nijmegen   | Robert Leussenkamp   | <b>J.B.</b> | 55.73   | 1982 |
| 05-07-01 | Hengelo    | Thijs Hesselink      | <b>J.B.</b> | 55.74   | 2001 |
| 10-05-15 | Assen      | Jonathan Monpelier   | <b>J.C.</b> | 56.66   | 2015 |
| 15-06-14 | Emmen      | Thijs Onstein        | <b>J.B.</b> | 57.00   | 2014 |
| 05-07-01 | Hengelo    | Kjell Vogel          | <b>J.B.</b> | 57.56   | 2001 |
| 14-06-15 | Emmeloord  | Tiemen Onstein       | <b>J.B.</b> | 58.00   | 2015 |
| 24-04-94 | Apeldoorn  | Michael Douglas      |             | 60.38   | 1994 |
| 26-06-14 | Hengelo    | Mohammed Jeilani     | <b>J.B.</b> | 1.00.09 | 2014 |
| 29-06-14 | Almelo     | Bendix Beckers       | <b>J.B.</b> | 1.00.43 | 2014 |
| 11-05-14 | Emmeloord  | Giovanni ten Bruggen | <b>J.B.</b> | 1.03.17 | 2014 |
| 11-05-14 | Emmeloord  | Diemer Harbers       | <b>J.B.</b> | 1.03.34 | 2014 |
| 11-05-97 | Nijmegen   | Ronald Boomkamp      |             | 1.05.02 | 1997 |
| 15-06-14 | Emmen      | Rick Harmsen         | <b>J.C.</b> | 1.05.98 | 2014 |
| 09-06-96 | Gendringen | Stefan Mol           |             | 1.08.98 | 1996 |

### 400 m Horden

|          |          |                    |  |       |      |
|----------|----------|--------------------|--|-------|------|
| 01-05-16 | Nijmegen | Mohammed Jeilani   |  | 62.94 | 2016 |
| 20-06-84 | Zevenaar | Robert Leussenkamp |  | 63.7  | 1984 |

**400 m Horden E.T.**

|          |          |                  |         |      |
|----------|----------|------------------|---------|------|
| 01-05-16 | Nijmegen | Mohammed Jeilani | 1.02.94 | 2016 |
|----------|----------|------------------|---------|------|

**800 m**

|          |            |                       |             |         |      |
|----------|------------|-----------------------|-------------|---------|------|
| 07-06-76 | Papendal   | Harrie Mol            |             | 2.00.7  | 1976 |
| 27-04-88 | Hengelo    | Erwin Leussenkamp     |             | 2.01.8  | 1988 |
| 28-06-64 | Coesfeld   | <b>Dld</b> Rudi Wedel | <b>J.B.</b> | 2.02.2  | 1964 |
| 04-05-86 | Hengelo    | Frank Reith           | <b>J.B.</b> | 2.02.3  | 1986 |
| 27-04-83 | Hengelo    | Eric Arendshorst      |             | 2.02.4  | 1983 |
| 20-05-84 | Zwolle     | Robert Leussenkamp    |             | 2.02.9  | 1984 |
| 02-10-65 | Enschede   | Jos Kiens             |             | 2.04.2  | 1965 |
| 24-06-98 | Hengelo    | Ronald Boomkamp       |             | 2.04.54 | 1998 |
| 20-06-93 | Zevenaar   | Ben Harbers           |             | 2.04.9  | 1993 |
| 09-09-73 | Drienerloo | Tonnie Luttkihold     |             | 2.05.2  | 1973 |

**800 m E.T.**

|          |           |                      |             |         |      |
|----------|-----------|----------------------|-------------|---------|------|
| 24-06-98 | Hengelo   | Ronald Boomkamp      |             | 2.04.54 | 1998 |
| 22-05-93 | Zevenaar  | Ben Harbers          |             | 2.10.55 | 1993 |
| 14-08-88 | Hengelo   | Remco van Veldhuizen | <b>J.C.</b> | 2.11.04 | 1988 |
| 14-06-15 | Emmeloord | Thijs Onstein        | <b>J.B.</b> | 2.13.77 | 2015 |
| 11-09-99 | Uden      | Maikel Nijhuis       | <b>J.C.</b> | 2.15.72 | 1999 |
| 11-06-99 | Zevenaar  | Arno Daleman         | <b>J.B.</b> | 2.16.10 | 1999 |
| 25-08-13 | Amsterdam | Tiemen Onstein       | <b>J.C.</b> | 2.16.36 | 2013 |
| 14-09-19 | Almelo    | Rick Harmsen         |             | 2.16.57 | 2019 |
| 26-04-00 | Hengelo   | Joep Brinkers        | <b>J.B.</b> | 2.17.86 | 2000 |
| 19-05-90 | Zevenaar  | Ralph Smeenk         | <b>J.C.</b> | 2.21.40 | 1990 |
| 24-04-94 | Apeldoorn | Nick Maatman         |             | 2.24.63 | 1994 |

**1000 m**

|          |             |                             |             |         |      |
|----------|-------------|-----------------------------|-------------|---------|------|
| 10-06-10 | Hengelo     | Wouter Doesburg             |             | 2.43.6  | 2010 |
| 11-07-76 | Bocholt     | <b>Dld</b> Harrie Mol       |             | 2.44.2  | 1976 |
| 06-10-68 | Lüdenscheid | <b>Dld</b> Raymond Somhorst |             | 2.45.4  | 1968 |
| 10-08-57 | Herten      | <b>Dld</b> Henk ter Weeme   |             | 2.47.5  | 1957 |
| 12-06-88 | Zwolle      | Remco van Veldhuizen        | <b>J.C.</b> | 2.55.0  | 1988 |
| 21-06-01 | Hengelo     | Kjell Vogel                 | <b>J.B.</b> | 2.58.0  | 2001 |
| 25-06-00 | Zwolle      | Thijs Hesselink             | <b>J.C.</b> | 2.58.42 | 2000 |
| 25-08-90 | Enschede    | Ralph Smeenk                | <b>J.C.</b> | 2.59.3  | 1990 |
| 04-07-99 | Zwolle      | Maikel Nijhuis              | <b>J.C.</b> | 2.59.33 | 1999 |
| 23-06-11 | Hengelo     | Thomas Doesburg             |             | 2.59.3  | 2011 |

**1000 m E.T.**

|          |             |                  |             |         |      |
|----------|-------------|------------------|-------------|---------|------|
| 25-06-15 | Hengelo     | Joost Somsen     | <b>J.B.</b> | 2.47.70 | 2015 |
| 25-06-15 | Hengelo     | Thijs Onstein    | <b>J.B.</b> | 2.48.71 | 2015 |
| 25-06-00 | Zwolle      | Thijs Hesselink  | <b>J.C.</b> | 2.58.42 | 2000 |
| 04-07-99 | Zwolle      | Maikel Nijhuis   | <b>J.C.</b> | 2.59.33 | 1999 |
| 11-10-97 | Papendal    | Joep Brinkers    | <b>J.D.</b> | 3.03.11 | 1997 |
| 19-09-98 | Enschede    | Niek Blekkink    | <b>J.C.</b> | 3.09.12 | 1998 |
| 16-06-13 | Dronten     | Mohammed Jeilani | <b>J.C.</b> | 3.09.58 | 2013 |
| 02-07-22 | Eibergen    | Henrik Boomkamp  | <b>J.C.</b> | 3.10.81 | 2022 |
| 14-08-88 | Hengelo     | Ben Harbers      | <b>J.D.</b> | 3.11.45 | 1988 |
| 25-06-15 | Hengelo     | Jelle Leusink    |             | 3.15.88 | 2015 |
| 23-04-16 | Haaksbergen | Jasper Eggink    | <b>J.D.</b> | 3.17.82 | 2016 |

**1500 m**

|          |            |                  |             |         |      |
|----------|------------|------------------|-------------|---------|------|
| 31-08-76 | Deventer   | Harrie Mol       |             | 4.08.5  | 1976 |
| 28-05-83 | Zevenaar   | Eric Arendshorst |             | 4.10.8  | 1983 |
| 07-08-65 | Enschede   | Harrie Ribbers   |             | 4.11.2  | 1965 |
| 07-08-65 | Enschede   | Jos Kiens        |             | 4.11.9  | 1965 |
| 22-05-93 | Zevenaar   | Thijs Abbink     | <b>J.B.</b> | 4.13.09 | 1993 |
| 21-06-98 | Ede        | Ronald Boomkamp  |             | 4.13.3  | 1998 |
| 19-05-86 | Papendal   | Frank Reith      | <b>J.B.</b> | 4.13.7  | 1986 |
| 28-06-66 | Drienerloo | Rudi Wedel       |             | 4.14.0  | 1966 |
| 09-07-68 | Enschede   | Raymond Somhorst |             | 4.14.0  | 1968 |
| 30-09-73 | Drienerloo | Tonnie Luttkhold |             | 4.14.3  | 1973 |

**1500 m E.T.**

|          |             |                    |             |         |      |
|----------|-------------|--------------------|-------------|---------|------|
| 22-05-93 | Zevenaar    | Thijs Abbink       | <b>J.B.</b> | 4.13.09 | 1993 |
| 15-06-97 | Amsterdam   | Ronald Boomkamp    |             | 4.17.64 | 1997 |
| 22-05-09 | Utrecht     | Wouter Doesburg    | <b>J.B.</b> | 4.26.03 | 2009 |
| 21-08-99 | Amsterdam   | Joep Brinkers      | <b>J.C.</b> | 4.33.44 | 1999 |
| 14-04-22 | Winterswijk | Jelmer Otten       |             | 4.41.58 | 2022 |
| 11-05-14 | Emmeloord   | Joost Somsen       | <b>J.C.</b> | 4.46.94 | 2014 |
| 11-05-97 | Nijmegen    | Nick Maatman       |             | 4.52.76 | 1997 |
| 26-05-01 | Emmeloord   | Thijs Hesselink    | <b>J.B.</b> | 4.57.68 | 2001 |
| 08-06-01 | Enschede    | Remco Nijkamp      | <b>J.B.</b> | 5.05.71 | 2001 |
| 15-06-14 | Emmen       | Jonathan Monpelier | <b>J.C.</b> | 5.09.82 | 2014 |
| 26-05-01 | Emmeloord   | Niek Blekkink      |             | 5.22.56 | 2001 |
| 23-04-94 | Enschede    | Joost Ottink       | <b>J.C.</b> | 5.39.10 | 1994 |

**1500 m Steeple**

|          |          |           |  |        |      |
|----------|----------|-----------|--|--------|------|
| 08-10-65 | Enschede | Jos Kiens |  | 4.45.2 | 1965 |
|----------|----------|-----------|--|--------|------|

**2000 meter Steeple**

|          |          |                    |  |        |      |
|----------|----------|--------------------|--|--------|------|
| 21-08-83 | Zevenaar | Robert Leussenkamp |  | 7.00.0 | 1983 |
|----------|----------|--------------------|--|--------|------|

**1 EM**

|          |          |                 |               |        |      |
|----------|----------|-----------------|---------------|--------|------|
| 12-09-74 | Enschede | Harrie Mol      | <b>J.B.</b>   | 4.43.2 | 1974 |
| 17-05-09 | Eibergen | Tiemen Onstein  | <b>J.P.A.</b> | 4.48   | 2009 |
| 17-05-09 | Eibergen | Thijs Onstein   | <b>J.P.A.</b> | 4.48   | 2009 |
| 17-05-04 | Eibergen | Djoss Smalen    | <b>J.P.A.</b> | 4.57   | 2004 |
| 17-04-04 | Eibergen | Lars wonnink    | <b>J.D.</b>   | 5.05   | 2004 |
| 17-05-09 | Eibergen | Diemer Harbers  | <b>J.D.</b>   | 5.19   | 2009 |
| 17-05-09 | Eibergen | Peter te Brake  | <b>J.P.A.</b> | 5.31   | 2009 |
| 20-05-12 | Eibergen | Thomas Jager    | <b>J.P.A.</b> | 5.39   | 2012 |
| 25-05-14 | Eibergen | Connor Kluivers | <b>J.D.</b>   | 5.56   | 2014 |
| 15-04-06 | Eibergen | Lucas Pol       | <b>J.D.</b>   | 6.01   | 2006 |

**3000 m**

|          |           |                        |             |         |      |
|----------|-----------|------------------------|-------------|---------|------|
| 21-05-78 | Nijmegen  | Wolter Kluivers        | <b>J.B.</b> | 8.54.2  | 1978 |
| 20-05-82 | Veldhoven | Eric Arendshorst       | <b>J.B.</b> | 8.59.4  | 1982 |
| 25-06-93 | Groningen | Thijs Abbink           | <b>J.B.</b> | 9.05.55 | 1993 |
| 29-09-85 | Rheine    | <b>Dld</b> Frank Reith | <b>J.B.</b> | 9.09.0  | 1985 |
| 30-06-76 | Rheine    | <b>Dld</b> Harrie Mol  |             | 9.09.6  | 1976 |
| 07-10-73 | Enschede  | Tonnie Luttkhold       |             | 9.10.0  | 1973 |
| 24-06-11 | Utrecht   | Wouter Doesburg        |             | 9.11.26 | 2011 |
| 18-07-65 | Apeldoorn | Jos Kiens              |             | 9.12.6  | 1965 |
| 25-04-71 | Deventer  | Andre Geelink          |             | 9.15.3  | 1971 |
| 20-06-65 | Hengelo   | Harrie Ribbers         |             | 9.17.6  | 1965 |
| 07-07-68 | Amsterdam | Raymond Somhorst       |             | 9.22.0  | 1968 |

**3000 m E.T.**

|          |           |                  |             |          |      |
|----------|-----------|------------------|-------------|----------|------|
| 20-05-82 | Veldhoven | Eric Arendshorst | <b>J.B.</b> | 8.59.44  | 1982 |
| 25-06-93 | Groningen | Thijs Abbink     | <b>J.B.</b> | 9.05.55  | 1993 |
| 24-06-11 | Utrecht   | Wouter Doesburg  |             | 9.11.26  | 2011 |
| 13-06-09 | Utrecht   | Wouter Doesburg  | <b>J.B.</b> | 9.24.47  | 2009 |
| 29-06-96 | Ede       | Ronald Boomkamp  | <b>J.B.</b> | 9.30.05  | 1996 |
| 15-05-15 | Rijssen   | Joost Somsen     | <b>J.B.</b> | 10.00.85 | 2015 |
| 05-07-01 | Hengelo   | Joep Brinkers    | <b>J.B.</b> | 10.23.64 | 2001 |
| 24-04-94 | Apeldoorn | Peter Nijenhuis  |             | 10.34.15 | 1994 |
| 15-05-15 | Rijssen   | Jelle Leusink    | <b>J.B.</b> | 11.29.74 | 2015 |

**2 EM**

|          |          |                  |             |       |      |
|----------|----------|------------------|-------------|-------|------|
| 27-05-10 | Hengelo  | Wouter Doesburg  |             | 9.57  | 2010 |
| 13-09-15 | Enschede | Thijs Onstein    | <b>J.B.</b> | 10.20 | 2015 |
| 01-06-23 | Hengelo  | Jelmer Otten     |             | 10.39 | 2023 |
| 30-05-02 | Hengelo  | Kjell Vogel      |             | 10.52 | 2002 |
| 25-05-00 | Hengelo  | Joep Brinkers    | <b>J.B.</b> | 11.08 | 2000 |
| 26-05-11 | Hengelo  | Thomas Doesburg  |             | 11.12 | 2011 |
| 29-05-16 | Eibergen | Mohammed Jeilani |             | 12.02 | 2016 |
| 29-05-16 | Eibergen | Jelle Leusink    | <b>J.B.</b> | 12.04 | 2016 |
| 20-05-12 | Eibergen | Tiemen Onstein   | <b>J.C.</b> | 12.15 | 2012 |
| 31-05-15 | Eibergen | Connor Kluivers  | <b>J.D.</b> | 12.31 | 2015 |
| 17-05-09 | Eibergen | Mirco Wiercx     | <b>J.C.</b> | 12.56 | 2009 |
| 20-05-12 | Eibergen | Diemer Harbers   | <b>J.C.</b> | 13.45 | 2012 |

### 3 EM

|          |          |                  |             |       |      |
|----------|----------|------------------|-------------|-------|------|
| 08-12-12 | Eibergen | Mohammed Jeilani | <b>J.C.</b> | 19.40 | 2012 |
| 08-12-12 | Eibergen | Tiemen Onstein   | <b>J.C.</b> | 19.45 | 2012 |
| 17-04-11 | Enschede | Thijs Somsen     | <b>J.C.</b> | 20.13 | 2011 |
| 08-12-12 | Eibergen | Thijs Onstein    | <b>J.C.</b> | 20.20 | 2012 |
| 08-12-12 | Eibergen | Diemer Harbers   | <b>J.B.</b> | 20.43 | 2012 |
| 08-12-12 | Eibergen | Thomas Jager     | <b>J.D.</b> | 22.31 | 2012 |

### 5000 m

|          |             |                       |             |          |      |
|----------|-------------|-----------------------|-------------|----------|------|
| 07-05-10 | Utrecht     | Wouter Doesburg       |             | 15.52.22 | 2010 |
| 19-09-76 | Dusseldorf  | <b>Dld</b> Harrie Mol |             | 16.32    | 1976 |
| 11-05-97 | Nijmegen    | Ronald Boomkamp       |             | 16.55.06 | 1997 |
| 21-12-14 | Oldenzaal   | Joost Somsen          | <b>J.B.</b> | 17.14    | 2014 |
| 26-03-22 | Gelselaar   | Jelmer Otten          |             | 17.22    | 2022 |
| 20-05-90 | Arnhem      | Edgar Lanting         |             | 17.42    | 1990 |
| 03-09-78 | Drienerloo  | Rene Hofenk           |             | 17.59.6  | 1978 |
| 09-08-15 | Oldenzaal   | Thijs Onstein         | <b>J.B.</b> | 18.19    | 2015 |
| 18-04-01 | Eibergen    | Joep Brinkers         | <b>J.B.</b> | 18.31    | 2001 |
| 20-03-11 | Losser      | Thomas Doesburg       |             | 18.33    | 2011 |
| 05-04-06 | Eibergen    | Chris Doornweerd      |             | 18.39    | 2006 |
| 07-04-02 | Losser      | Kjell Vogel           |             | 18.41    | 2002 |
| 17-04-16 | Enschede    | Jelle Leusink         | <b>J.B.</b> | 19.09    | 2016 |
| 21-05-15 | Winterswijk | Connor Kluivers       | <b>J.D.</b> | 19.35    | 2015 |
| 18-04-01 | Eibergen    | Remco Nijkamp         | <b>J.B.</b> | 20.14    | 2001 |
| 20-04-11 | Eibergen    | Thijs Somsen          | <b>J.C.</b> | 20.24    | 2011 |
| 26-03-23 | Gelselaar   | Lars Grooters         | <b>J.D.</b> | 20.35    | 2023 |
| 20-04-11 | Eibergen    | Mirco Wiericx         | <b>J.B.</b> | 20.40    | 2011 |
| 04-04-07 | Eibergen    | Jasper Heming         |             | 20.46    | 2007 |
| 09-04-03 | Eibergen    | Ramon Voortman        | <b>J.C.</b> | 21.19    | 2003 |
| 29-08-98 | Aalten      | Roy Nijkamp           | <b>J.C.</b> | 21.25    | 1998 |
| 15-05-94 | Eibergen    | Alfred Meekes         |             | 21.38    | 1994 |

### 5000 m E.T.

|          |          |                 |  |          |      |
|----------|----------|-----------------|--|----------|------|
| 07-05-10 | Utrecht  | Wouter Doesburg |  | 15.52.22 | 2010 |
| 11-05-97 | Nijmegen | Ronald Boomkamp |  | 16.55.06 | 1997 |
| 17-09-22 | Delft    | Jelmer Otten    |  | 18.36.70 | 2022 |

### 5 EM

|          |             |                 |             |       |      |
|----------|-------------|-----------------|-------------|-------|------|
| 30-10-10 | Holten      | Wouter Doesburg |             | 26.19 | 2010 |
| 19-04-03 | Eibergen    | Joep Brinkers   |             | 28.39 | 2003 |
| 25-03-07 | Haaksbergen | Ton Fiselier    |             | 29.13 | 2007 |
| 22-03-15 | Haaksbergen | Joost Somsen    | <b>J.B.</b> | 29.18 | 2015 |
| 20-04-02 | Eibergen    | Kjell Vogel     |             | 29.54 | 2002 |
| 31-05-15 | Eibergen    | Thijs Onstein   | <b>J.B.</b> | 32.17 | 2015 |
| 24-03-02 | Haaksbergen | Nick Kamers     |             | 32.25 | 2002 |
| 17-05-09 | Eibergen    | Gijs Koerts     |             | 32.53 | 2009 |

## 5 EM vervolg

|          |             |                     |             |       |      |
|----------|-------------|---------------------|-------------|-------|------|
| 26-05-13 | Eibergen    | Tiemen Onstein      | <b>J.C.</b> | 33.28 | 2013 |
| 26-05-13 | Eibergen    | Diemer Harbers      | <b>J.B.</b> | 34.12 | 2013 |
| 20-04-02 | Eibergen    | Andre Louis Wassing |             | 34.48 | 2002 |
| 19-04-03 | Eibergen    | Ramon Voortman      | <b>J.C.</b> | 34.54 | 2003 |
| 01-05-99 | Eibergen    | Tom Braakman        | <b>J.C.</b> | 35.09 | 1999 |
| 02-05-98 | Eibergen    | Ruben Pillen        | <b>J.C.</b> | 35.43 | 1998 |
| 26-03-06 | Haaksbergen | Chris Doornweerd    |             | 35.47 | 2006 |
| 25-03-12 | Haaksbergen | Thijs Somsen        | <b>J.B.</b> | 36.19 | 2012 |
| 15-04-06 | Eibergen    | Jasper Heming       |             | 37.07 | 2006 |
| 25-03-12 | Haaksbergen | Mirco Wiericx       |             | 37.45 | 2012 |

## 10 km

|          |          |                          |             |       |      |
|----------|----------|--------------------------|-------------|-------|------|
| 18-09-11 | Hoogland | Wouter Doesburg          |             | 34.17 | 2011 |
| 04-06-23 | Eibergen | Jelmer Otten             |             | 37.13 | 2023 |
| 23-04-06 | Enschede | Chris Doornweerd         |             | 43.19 | 2006 |
| 24-04-22 | Enschede | Jelmer Otten             |             | 45.55 | 2022 |
| 25-03-79 | Vreden   | <b>Dld</b> Jonny Leppink | <b>J.D.</b> | 55.25 | 1979 |

## Halve Marathon

|          |              |             |  |         |      |
|----------|--------------|-------------|--|---------|------|
| 03-11-02 | Terschelling | Nick Kamers |  | 1.31.12 | 2002 |
|----------|--------------|-------------|--|---------|------|

## Ver

|          |           |                             |             |        |      |
|----------|-----------|-----------------------------|-------------|--------|------|
| 14-08-76 | Eibergen  | Rob van den Heuvel          | <b>J.B.</b> | 6.31 m | 1976 |
| 11-07-82 | Eibergen  | Peter Kamps                 |             | 6.20 m | 1982 |
| 27-04-85 | Eibergen  | Jan Plat                    |             | 6.27 m | 1985 |
| 15-06-96 | Ede       | Micha Lutje Spelberg        | <b>J.B.</b> | 6.00 m | 1996 |
| 14-10-01 | Enschede  | Niek Blekkink               |             | 5.98 m | 2001 |
| 02-07-88 | Zevenaar  | Erik Weiss                  |             | 5.97 m | 1988 |
| 23-09-01 | Emmen     | Thijs Hesselink             | <b>J.B.</b> | 5.92 m | 2001 |
| 11-05-05 | Hengelo   | Chris Doornweerd            | <b>J.B.</b> | 5.87 m | 2005 |
| 18-09-66 | Gildehaus | <b>Dld</b> Henri Achterberg |             | 5.85 m | 1966 |
| 18-09-77 | Eibergen  | Berry Maalderink            | <b>J.C.</b> | 5.78 m | 1977 |
| 07-10-84 | Eibergen  | Herbert Garritsen           |             | 5.78 m | 1984 |

## Hoog

|          |           |                    |             |        |      |
|----------|-----------|--------------------|-------------|--------|------|
| 25-05-26 | Tilburg   | Henrik Boomkamp    | <b>J.A.</b> | 2.01 m | 2026 |
| 23-05-87 | Hengelo   | Erik Weiss         |             | 1.86 m | 1987 |
| 24-06-01 | Uden      | Thijs Hesselink    | <b>J.B.</b> | 1.83 m | 2001 |
| 26-04-81 | Eibergen  | Peter Kamps        | <b>J.B.</b> | 1.80 m | 1981 |
| 26-05-01 | Emmeloord | Niek Blekkink      |             | 1.76 m | 2001 |
| 23-08-78 | Eibergen  | Rob van den Heuvel |             | 1.75 m | 1978 |

## Hoog vervolg

|          |           |                       |             |        |      |
|----------|-----------|-----------------------|-------------|--------|------|
| 14-04-85 | Eibergen  | Herbert Garritsen     |             | 1.75 m | 1985 |
| 05-10-03 | Eibergen  | Kjell Vogel           |             | 1.75 m | 2003 |
| 03-10-04 | Eibergen  | Chris Doornweerd      | <b>J.B.</b> | 1.75 m | 2004 |
| 24-08-13 | Amsterdam | Mohammed Jeilani      | <b>J.C.</b> | 1.73 m | 2013 |
| 12-06-76 | Enschede  | Wolter Kluivers       | <b>J.C.</b> | 1.70 m | 1976 |
| 02-07-95 | Eibergen  | Micha Lutje Spelberg  | <b>J.C.</b> | 1.70 m | 1995 |
| 09-05-76 | Emmerich  | <b>Dld</b> Ted Altena |             | 1.70 m | 1976 |
| 23-04-83 | Eibergen  | Eric Arendshorst      |             | 1.70 m | 1983 |
| 06-05-87 | Hengelo   | Hans Wildenbeest      |             | 1.70 m | 1987 |

## Polshoog

|          |           |                    |             |        |      |
|----------|-----------|--------------------|-------------|--------|------|
| 27-05-78 | Enschede  | Rob van den Heuvel |             | 3.70 m | 1978 |
| 09-06-02 | Emmen     | Thijs Hesselink    | <b>J.B.</b> | 3.50 m | 2002 |
| 31-05-88 | Zwolle    | Erik Weiss         |             | 3.30 m | 1988 |
| 26-05-01 | Emmeloord | Niek Blekkink      |             | 3.20 m | 2001 |
| 14-06-15 | Emmeloord | Bendix Beckers     | <b>J.B.</b> | 2.80 m | 2015 |
| 26-04-00 | Hengelo   | Maikel Nijhuis     | <b>J.B.</b> | 2.50 m | 2000 |
| 05-10-75 | Enschede  | Wolter Kluivers    | <b>J.C.</b> | 2.20 m | 1975 |
| 11-06-99 | Enschede  | Roy Nijkamp        | <b>J.B.</b> | 2.20 m | 1999 |

## Hinkstapspringen

|          |           |                      |             |         |      |
|----------|-----------|----------------------|-------------|---------|------|
| 11-05-85 | Nijmegen  | Jan Plat             |             | 12.10 m | 1985 |
| 13-06-97 | Enschede  | Micha Lutje Spelberg | <b>J.B.</b> | 11.94 m | 1997 |
| 08-10-00 | Enschede  | Niek Blekkink        | <b>J.B.</b> | 11.70 m | 2000 |
| 12-08-78 | Apeldoorn | Rob van den Heuvel   |             | 11.56 m | 1978 |
| 13-06-86 | Hengelo   | Erik Weiss           | <b>J.B.</b> | 11.34 m | 1986 |
| 05-07-01 | Hengelo   | Roy Nijkamp          |             | 10.81 m | 2001 |
| 14-06-15 | Emmeloord | Thijs Onstein        | <b>J.B.</b> | 10.81 m | 2015 |
| 04-05-14 | Assen     | Mohammed Jeilani     | <b>J.B.</b> | 10.45 m | 2014 |
| 13-06-86 | Hengelo   | Hans Wildenbeest     |             | 10.43 m | 1986 |
| 06-05-01 | Almelo    | Andre Louis Wassing  | <b>J.B.</b> | 10.39 m | 2001 |
| 04-10-70 | Apeldoorn | Willy Luttkholt      |             | 10.33 m | 1970 |

## Kogel 6 kg

|          |             |                         |             |         |      |
|----------|-------------|-------------------------|-------------|---------|------|
| 07-09-57 | Brussel     | <b>B</b> Frans van Dijk |             | 13.09 m | 1957 |
| 06-05-92 | Drienerloo  | Paul Wormgoor           | <b>J.B.</b> | 12.56 m | 1992 |
| 04-05-97 | Hengelo     | Stefan Mol              |             | 12.55 m | 1997 |
| 14-10-01 | Enschede    | Niek Blekkink           |             | 12.41 m | 2001 |
| 21-05-78 | Nijmegen    | Rob van den Heuvel      |             | 11.74 m | 1978 |
| 11-05-94 | Haaksbergen | Gerton Berkemeijer      |             | 11.39 m | 1994 |
| 03-09-78 | Drienerloo  | Tonnie Stoverink        |             | 11.12 m | 1978 |
| 09-07-54 | Eibergen    | Jan van de Beek         |             | 11.02 m | 1954 |
| 16-10-88 | Eibergen    | Erik Weiss              |             | 10.77 m | 1988 |
| 19-04-01 | Hengelo     | Roy Nijkamp             |             | 10.52 m | 2001 |
| 17-05-06 | Haaksbergen | Chris Doornweerd        |             | 10.31 m | 2006 |

### Discus 1,75 kg

|          |             |                     |                     |      |
|----------|-------------|---------------------|---------------------|------|
| 07-07-57 | Rotterdam   | Frans van Dijk      | 44.75 m             | 1957 |
| 08-05-02 | Haaksbergen | Niek Blekkink       | 34.73 m             | 2002 |
| 15-10-78 | Eibergen    | Tonnie Stoverink    | 34.10 m             | 1978 |
| 11-09-91 | Eibergen    | Paul Wormgoor       | 32.60 m             | 1991 |
| 08-05-77 | Papendal    | Rob van den Heuvel  | 31.34 m             | 1977 |
| 20-06-93 | Zevenaar    | Dennis te Nijenhuis | 30.54 m             | 1993 |
| 17-06-94 | Enschede    | Gerton Berkemeijer  | 29.58 m             | 1994 |
| 02-07-88 | Zevenaar    | Erik Weiss          | 27.27 m             | 1988 |
| 13-06-01 | Nijverdal   | Roy Nijkamp         | 26.80 m             | 2001 |
| 24-04-94 | Apeldoorn   | Stefan Mol          | <b>J.B.</b> 26.14 m | 1994 |

### Speer 800 gr

|          |             |                     |         |      |
|----------|-------------|---------------------|---------|------|
| 25-04-93 | Zwolle      | Gerton Berkemeijer  | 46.76 m | 1993 |
| 06-09-91 | Eibergen    | Paul Wormgoor       | 45.88 m | 1991 |
| 27-05-78 | Enschede    | Tonnie Stoverink    | 45.73 m | 1978 |
| 23-06-57 | Enschede    | Frans van Dijk      | 43.11 m | 1957 |
| 27-05-78 | Enschede    | Rob van den Heuvel  | 41.36 m | 1978 |
| 19-06-83 | Groningen   | Hennie Ribbink      | 37.35 m | 1983 |
| 26-04-87 | Haaksbergen | Erik Weiss          | 35.28 m | 1987 |
| 23-05-84 | Hengelo     | Jan Plat            | 33.90 m | 1984 |
| 06-05-92 | Drienerloo  | Dennis te Nijenhuis | 30.26 m | 1992 |

### Speer Nieuw 2001

|          |             |                  |         |      |
|----------|-------------|------------------|---------|------|
| 07-10-01 | Eibergen    | Niek Blekkink    | 51.38 m | 2001 |
| 17-05-06 | Haaksbergen | Chris Doornweerd | 43.40 m | 2006 |
| 26-04-17 | Hengelo     | Bendix Beckers   | 37.40 m | 2017 |
| 03-10-04 | Eibergen    | Thijs Hesselink  | 35.35 m | 2004 |
| 09-05-01 | Haaksbergen | Roy Nijkamp      | 32.00 m | 2001 |
| 02-10-05 | Eibergen    | Ard Nijkamp      | 26.19 m | 2005 |
| 13-04-19 | Haaksbergen | Rick Harmsen     | 19.83 m | 2019 |

### Tienkamp

|             |          |                    |          |      |
|-------------|----------|--------------------|----------|------|
| 09-10-09-78 | Nijmegen | Rob van den Heuvel | 5425 pnt | 1978 |
| 100 m       | 12.1     |                    |          |      |
| ver         | 5.89 m   |                    |          |      |
| Kogel       | 11.70 m  |                    |          |      |
| Hoog        | 1.70 m   |                    |          |      |
| 400 m       | 58.8     |                    |          |      |
| 110mh       | 18.5     |                    |          |      |
| Discus      | 30.42 m  |                    |          |      |
| Polshoog    | 3.70 m   |                    |          |      |
| Speer       | 41.06 m  |                    |          |      |
| 1500 m      | 5.07.4   |                    |          |      |

### Tienkamp vervolg

|             |          |           |          |      |
|-------------|----------|-----------|----------|------|
| 02-03-07-88 | Zevenaar | Erik Weis | 5124 pnt | 1988 |
| 100 m       | 12.1     |           |          |      |
| ver         | 5.79 m   |           |          |      |
| Kogel       | 10.20 m  |           |          |      |
| Hoog        | 1.85 m   |           |          |      |
| 400 m       | 55.2     |           |          |      |
| 110mh       | 17.9     |           |          |      |
| Discus      | 27.27 m  |           |          |      |
| Polshoog    | 3.30 m   |           |          |      |
| Speer       | 32.34 m  |           |          |      |
| 1500 m      | 5.07.0   |           |          |      |

### Tienkamp nieuwe Speer

|             |           |               |          |      |
|-------------|-----------|---------------|----------|------|
| 26-27-05-01 | Emmeloord | Niek Blekkink | 5330 pnt | 2001 |
| 100 m       | 12.22     |               |          |      |
| 110 mh      | 16.79     |               |          |      |
| 400 m       | 57.14     |               |          |      |
| 1500 m      | 5.22.56   |               |          |      |
| Ver         | 5.91 m    |               |          |      |
| Hoog        | 1.76 m    |               |          |      |
| Kogel       | 11.95 m   |               |          |      |
| Speer       | 46.34 m   |               |          |      |
| Discus      | 27.68 m   |               |          |      |
| Polshoog    | 3.20 m    |               |          |      |