

## Baanrecords A.S.V. sinds 2001

### M.P.C. U 8 - U 9

|            |          |                    |              |          |      |
|------------|----------|--------------------|--------------|----------|------|
| 40 m       | 24-09-11 | Nikita Hammink     | AV Athletics | 6.8      | 2011 |
| 40 m E.T.  | 05-09-26 | Madelief ten Hove  | AV Athletics | 7.13     | 2026 |
| 600 m      | 20-06-04 | Roos Evers         | AV Athletics | 2.17.4   | 2017 |
| 600 m E.T. | 11-05-19 | Sophie Willems     | AV Rijssen   | 2.18.55  | 2019 |
| 1500 m     | 09-04-03 | Bente Lexmond      | ASV          | 8.43     | 2003 |
| ver        | 20-06-04 | Roos Evers         | AV Athletics | 3.09 m   | 2017 |
| Hoog       | 28-05-05 | Annelinde Jongejan | AV Athletics | 1.00 m   | 2005 |
| Hoog       | 28-05-05 | Kim Siteur         | ASV          | 1.00 m   | 2005 |
| Hoog       | 05-09-26 | Madelief ten Hove  | AV Athletics | 1.00 m   | 2026 |
| Kogel 2 kg | 06-10-02 | Ruby Wantia        | ASV          | 3.86 m   | 2002 |
| Balwerpen  | 01-09-18 | Liz te Nahuis      | ASV          | 20.09 m, | 2018 |

### M.P.B. U 10

|             |          |                       |                |         |      |
|-------------|----------|-----------------------|----------------|---------|------|
| 40 m        | 23-06-02 | Naomi Klomp           | Barendrecht    | 6.2     | 2002 |
| 40 m E.T.   | 15-06-24 | Fem Poell             | MPM            | 6.76    | 2024 |
| 400 m       | 23-04-14 | Nina Sonderen         | Atletiek 4 You | 1.42    | 2014 |
| 600 m       | 02-10-05 | Laura Moelard         | Sisu           | 2.12.5  | 2005 |
| 600 m E.T.  | 05-07-25 | Silke Dirckinck       | Sisu           | 2.15.05 | 2025 |
| 1000 m      | 23-06-02 | Iris van Dalen        | Oud Beyerland  | 3.43.8  | 2002 |
| 1000 m E.T. | 11-05-19 | Julia Seppenwoolde    | AV Athletics   | 3.54.13 | 2019 |
| 1500 m      | 23-04-14 | Celine Spinder        | ASV            | 6.41    | 2014 |
| ver         | 07-06-09 | Joina Smit            | AC Tion        | 3.48 m  | 2009 |
| Hoog        | 29-05-04 | Jeanne Klein Koerkamp | AC Tion        | 1.10 m  | 2004 |
| Hoog        | 26-09-09 | Noelle Venneman       | AC Tion        | 1.10 m  | 2009 |
| Hoog        | 05-09-26 | Nova de Jong          | AV Athletics   | 1.10 m  | 2026 |
| Kogel 2 kg  | 01-06-02 | Joske Nolsen          | MPM            | 6.05 m  | 2002 |
| Balwerpen   | 21-04-01 | Ruth Kolthof          | AV Rijssen     | 20.84 m | 2001 |

### M.P.A. U 12

|             |          |                 |                       |         |      |
|-------------|----------|-----------------|-----------------------|---------|------|
| 60 m        | 16-06-18 | Ruby Jansen     | MPM                   | 8.6     | 2018 |
| 60 m E.T.   | 15-06-24 | Kiki Posthuma   | AC Tion               | 9.21    | 2024 |
| 400 m       | 23-04-14 | Nina Sonderen   | M.P.B. Atletiek 4 You | 1.42    | 2014 |
| 600 m       | 01-06-02 | Marit Dopheide  | AC Tion               | 1.50.0  | 2002 |
| 600 m E.T.  | 15-06-24 | Kiki Posthuma   | AC Tion               | 2.02.34 | 2024 |
| 1000 m      | 16-06-18 | Ruby Jansen     | MPM                   | 3.26.4  | 2018 |
| 1000 m E.T. | 05-09-26 | Sala Snuverink  | MPM                   | 3.45.02 | 2026 |
| 1500 m      | 01-04-09 | Marthe Onstein  | ASV                   | 6.00    | 2009 |
| ver         | 24-09-11 | Pleun Grevers   | AV Archeus            | 4.12 m  | 2011 |
| Hoog        | 16-06-18 | Ruby Jansen     | MPM                   | 1.40 m  | 2018 |
| Kogel 2 kg  | 20-06-04 | Denise van Herp | AV Daventria          | 9.20 m  | 2004 |
| Balwerpen   | 28-04-12 | Nanne Bokhorst  | AC Tion               | 27.83 m | 2012 |

**M.D. U 14**

|             |          |                   |                       |         |      |
|-------------|----------|-------------------|-----------------------|---------|------|
| 60 m        | 16-06-12 | Lotte Zwiers      | AC Tion               | 8.1     | 2012 |
| 60 m E.T.   | 11-05-19 | Kris Oosterveld   | AC Tion               | 8.51    | 2018 |
| 400 m       | 23-04-14 | Nina Sonderen     | M.P.B. Atletiek 4 You | 1.42    | 2014 |
| 600 m       | 11-06-06 | Denise van Herp   | AV Daventria          | 1.45.8  | 2006 |
| 600 m E.T.  | 05-09-26 | Suus Notkamp      | AV Iphitos            | 2.01.14 | 2026 |
| 1000 m      | 16-06-18 | Ruby Jansen       | M.P.A. MPM            | 3.26.4  | 2018 |
| 1000 m E.T. | 05-07-25 | Kiki Posthuma     | AC Tion               | 3.35.34 | 2025 |
| 1500 m      | 01-04-09 | Kim Siteur        | ASV                   | 5.40    | 2009 |
| 3000 m      | 14-04-10 | Kim Siteur        | ASV                   | 11.58   | 2010 |
| ver         | 24-09-11 | Iva Klein Baltink | AV Holten             | 4.61 m  | 2011 |
| Hoog        | 11-05-19 | Ruby Jansen       | AC Tion               | 1.50 m  | 2019 |
| Kogel 2 kg  | 11-05-19 | Ruby Jansen       | AC Tion               | 10.47 m | 2019 |
| Discus      | 11-06-06 | Denise van Herp   | AV Daventria          | 32.89 m | 2006 |
| Speer       | 27-05-06 | Joske Nolsen      | MPM                   | 30.28 m | 2006 |

**M.C. U 16**

|                    |          |                    |                       |         |      |
|--------------------|----------|--------------------|-----------------------|---------|------|
| 80 m               | 27-05-06 | Lisan van Stratum  | AC Tion               | 10.2    | 2006 |
| 80 m E.T.          | 05-09-26 | Lotte van Bennekom | AC Tion               | 11.04   | 2026 |
| 100 m E.T.         | 15-06-24 | Lois Goossen       | MPM                   | 13.12   | 2024 |
| 400 m              | 23-04-14 | Nina Sonderen      | M.P.B. Atletiek 4 You | 1.42    | 2014 |
| 600 m              | 18-06-08 | Denise van Herp    | AV Daventria          | 1.39.1  | 2008 |
| 600 m E.T.         | 11-05-19 | Luna Bouwmeester   | MPM                   | 1.49.19 | 2019 |
| 1000 m             | 16-06-18 | Ruby Jansen        | M.P.A. MPM            | 3.26.4  | 2018 |
| 1000 m E.T.        | 15-06-24 | Minke Dost         | AC Tion               | 3.23.01 | 2024 |
| 1500 m             | 24-04-13 | Marijke Esselink   | AV Archeus            | 5.29    | 2013 |
| 3000 m             | 14-04-10 | Kim Siteur         | M.D. ASV              | 11.58   | 2010 |
| ver                | 12-06-05 | Marit Dopheide     | AC Tion               | 5.25 m  | 2005 |
| Hoog               | 16-06-18 | Marleen Baas       | AC Tion               | 1.60 m  | 2018 |
| Kogel 3 kg         | 19-09-01 | Leonie Willekes    | ASV                   | 11.52 m | 2001 |
| Discus             | 19-09-01 | Leonie Willekes    | ASV                   | 30.31 m | 2001 |
| Speer 500 gr nieuw | 16-06-18 | Marleen Baas       | AC Tion               | 38.41 m | 2018 |
| Speer 600 gr       | 12-06-05 | Marije Dangremond  | SV Holten             | 33.65 m | 2005 |

**M.B. U 18**

|                    |          |                       |                       |         |      |
|--------------------|----------|-----------------------|-----------------------|---------|------|
| 100 m              | 07-10-01 | Willeke te Winkel     | ASV                   | 14.4    | 2001 |
| 100 m E.T.         | 15-06-24 | Lois Goossen          | M.C. MPM              | 13.12   | 2024 |
| 400 m              | 23-04-14 | Nina Sonderen         | M.P.B. Atletiek 4 You | 1.42    | 2014 |
| 600 m              | 20-06-04 | Aileen van der Neut   | M.C. ACO Touwen       | 1.44.4  | 2004 |
| 600 m E.T.         | 11-05-19 | Luna Bouwmeester      | M.C. MPM              | 1.49.19 | 2019 |
| 800 m E.T.         | 11-05-19 | Natalja Harwig        | AC Tion               | 2.55.12 | 2019 |
| 1000 m             | 16-06-18 | Ruby Jansen           | M.P.A. MPM            | 3.26.4  | 2018 |
| 1000 m E.T.        | 05-07-25 | Minke Dost            | AC Tion               | 3.21.94 | 2025 |
| 1500 m             | 24-04-13 | Marijke Esselink      | M.C. AV Archeus       | 5.29    | 2013 |
| 3000 m             | 14-04-10 | Kim Siteur            | M.D. ASV              | 11.58   | 2010 |
| ver                | 12-06-05 | Marit Dopheide        | M.C. AC Tion          | 5.25 m  | 2005 |
| Hoog               | 28-05-05 | Marije Dangremond     | M.C. SV Holten        | 1.55 m  | 2005 |
| Hoog               | 27-05-06 | Lisan van Stratum     | M.C. AC Tion          | 1.55 m  | 2006 |
| Hoog               | 17-06-17 | Renske de Vries       | M.C. MPM              | 1.55 m  | 2017 |
| Kogel 3 kg         | 19-09-01 | Leonie Willekes       | ASV                   | 12.75 m | 2001 |
| Discus             | 19-09-01 | Maud Ebbekink         | AC Tion               | 34.62 m | 2001 |
| Speer              | 19-09-01 | Helen Gottemaker      | AV Athletics          | 31.82 m | 2001 |
| Speer 500 gr nieuw | 05-06-10 | Jeanne Klein Koerkamp | M.C. AC Tion          | 30.62 m | 2010 |

## M.A. U 20

|             |          |                       |        |               |         |      |
|-------------|----------|-----------------------|--------|---------------|---------|------|
| 100 m E.T.  | 02-07-22 | Kris Oosterveld       |        | AC Tion       | 12.97   | 2022 |
| 400 m       | 23-04-14 | Floor Klein Goldewijk | G-Atl  | ASV           | 2.18    | 2014 |
| 600 m       | 20-06-04 | Aileen van der Neut   | M.C.   | ACO Touwen    | 1.44.4  | 2004 |
| 600 m E.T.  | 11-05-19 | Luna Bouwmeester      | M.C.   | MPM           | 1.49.19 | 2019 |
| 800 m E.T.  | 11-05-19 | Natalja Harwig        | M.B.   | AC Tion       | 2.55.12 | 2019 |
| 1000 m      | 16-06-18 | Ruby Jansen           | M.P.A. | MPM           | 3.26.4  | 2018 |
| 1000 m E.T. | 05-07-25 | Minke Dost            | M.B.   | AC Tion       | 3.21.94 | 2025 |
| 1500 m      | 01-04-09 | Lisa te Molder        |        | Atletico 73   | 5.12    | 2009 |
| 3000 m      | 02-04-08 | Carolin NordKamp      |        | SUS Stadtlohn | 11.14   | 2008 |
| ver         | 02-07-22 | Kris Oosterveld       |        | AC Tion       | 5.33m   | 2022 |
| Hoog        | 28-05-05 | Marije Dangremond     | M.C.   | SV Holten     | 1.55 m  | 2005 |
| Hoog        | 27-05-06 | Lisan van Stratum     | M.C.   | AC Tion       | 1.55 m  | 2006 |
| Hoog        | 17-06-17 | Renske de Vries       | M.C.   | MPM           | 1.55 m  | 2017 |
| Kogel 4 kg  | 05-09-26 | Iris van Dijk         |        | AV Athletics  | 7.65 m  | 2026 |
| Discus      | 19-09-01 | Maud Ebbekink         | M.B.   | AC Tion       | 34.62 m | 2001 |
| Speer       | 19-09-01 | Helen Gottemaker      | M.B.   | AV Athletics  | 31.82 m | 2001 |
| Hoog        | 17-06-17 | Renske de Vries       |        | MPM           | 1.55 m  | 2017 |

## Dames

|             |          |                     |            |               |         |      |
|-------------|----------|---------------------|------------|---------------|---------|------|
| 100 m E.T.  | 02-07-22 | Marleen Baas        |            | AC Tion       | 12.90   | 2022 |
| 400 m       | 23-04-14 | Marjan Leusink      | G atl V 42 | ASV           | 2.13    | 2014 |
| 600 m       | 20-06-04 | Aileen van der Neut | M.C.       | ACO Touwen    | 1.44.4  | 2004 |
| 600 m E.T.  | 11-05-19 | Luna Bouwmeester    | M.C.       | MPM           | 1.49.19 | 2019 |
| 800 m       | 07-10-01 | Willeke te Winkel   | M.B.       | ASV           | 3.04.5  | 2001 |
| 800 m E.T.  | 11-05-19 | Natalja Harwig      | M.B.       | AC Tion       | 2.55.12 | 2019 |
| 1000 m      | 16-06-18 | Ruby Jansen         | M.P.A.     | MPM           | 3.26.4  | 2018 |
| 1000 m E.T. | 05-07-25 | Minke Dost          | M.B.       | AC Tion       | 3.21.94 | 2025 |
| 1500 m      | 01-04-09 | Lisa te Molder      | M.A.       | Atletico 73   | 5.12    | 2009 |
| 3000 m      | 02-04-08 | Carolin NordKamp    | M.A.       | SUS Stadtlohn | 11.14   | 2008 |
| 5000 m      | 18-04-01 | Brigit Landewee     | V 36       | Boekelo       | 18.54   | 2001 |
| ver         | 02-07-22 | Kris Oosterveld     | M.A.       | AC Tion       | 5.33m   | 2022 |
| Hoog        | 28-05-05 | Marije Dangremond   | M.C.       | AV Holten     | 1.55 m  | 2005 |
| Hoog        | 27-05-06 | Lisan van Stratum   | M.C.       | AC Tion       | 1.55 m  | 2006 |
| Hoog        | 17-06-17 | Renske de Vries     | M.C.       | MPM           | 1.55 m  | 2017 |
| Kogel       | 06-10-02 | Ineke Visser        | V 45       | ASV           | 7.34 m  | 2002 |
| Discus      | 19-09-01 | Maud Ebbekink       | M.B.       | AC Tion       | 34.62 m | 2001 |
| Speer       | 19-09-01 | Helen Gottemaker    | M.B.       | AV Athletics  | 31.82 m | 2001 |

## Masters

### Dames 35

|        |          |                 |            |         |         |      |
|--------|----------|-----------------|------------|---------|---------|------|
| 100 m  | 02-10-05 | Diana Luyrink   | V 46       | ASV     | 15.9    | 2005 |
| 400 m  | 23-04-14 | Marjan Leusink  | G atl V 42 | ASV     | 2.13    | 2014 |
| 600m   | 02-10-05 | Diana Luyrink   | V 46       | ASV     | 1.59.2  | 2005 |
| 800 m  | 07-10-01 | Ineke Visser    | V 45       | ASV     | 3.24.8  | 2001 |
| 1500 m | 08-10-06 | Mieke Meijerink | V 35       | ASV     | 6.36.5  | 2006 |
| 3000 m | 06-10-02 | Diana Luyrink   | V 43       | ASV     | 11.58.7 | 2002 |
| 5000 m | 18-04-01 | Brigit Landewee | V 36       | Boekelo | 18.54   | 2001 |
| Ver    | 03-10-04 | Diana Luyrink   | V 45       | ASV     | 3.72 m  | 2004 |
| Kogel  | 07-10-01 | Ineke Visser    | V 45       | ASV     | 6.46 m  | 2001 |
| Speer  | 02-10-05 | Diana Luyrink   | V 46       | ASV     | 16.07 m | 2005 |

# Dames 40

|        |          |                 |            |         |         |      |
|--------|----------|-----------------|------------|---------|---------|------|
| 100 m  | 02-10-05 | Diana Luyrink   | V 46       | ASV     | 15.9    | 2005 |
| 400 m  | 23-04-14 | Marjan Leusink  | G atl V 42 | ASV     | 2.13    | 2014 |
| 600m   | 02-10-05 | Diana Luyrink   | V 46       | ASV     | 1.59.2  | 2005 |
| 800 m  | 07-10-01 | Ineke Visser    | V 45       | ASV     | 3.24.8  | 2001 |
| 1500 m | 08-10-06 | Dini Hogeweg    | V 49       | ASV     | 6.52.9  | 2006 |
| 3000 m | 06-10-02 | Diana Luyrink   | V 43       | ASV     | 11.58.7 | 2002 |
| 5000 m | 02-04-08 | Brigit Landewee | V 43       | Boekelo | 19.08   | 2008 |
| Ver    | 03-10-04 | Diana Luyrink   | V 45       | ASV     | 3.72 m  | 2004 |
| Kogel  | 07-10-01 | Ineke Visser    | V 45       | ASV     | 6.46 m  | 2001 |
| Speer  | 02-10-05 | Diana Luyrink   | V 46       | ASV     | 16.07 m | 2005 |

# Dames 45

|        |          |               |      |     |         |      |
|--------|----------|---------------|------|-----|---------|------|
| 100 m  | 02-10-05 | Diana Luyrink | V 46 | ASV | 15.9    | 2005 |
| 600m   | 02-10-05 | Diana Luyrink | V 46 | ASV | 1.59.2  | 2005 |
| 800 m  | 07-10-01 | Ineke Visser  | V 45 | ASV | 3.24.8  | 2001 |
| 1500 m | 08-10-06 | Dini Hogeweg  | V 49 | ASV | 6.52.9  | 2006 |
| 3000 m | 02-10-05 | Diana Luyrink | V 46 | ASV | 11.59.2 | 2005 |
| 5000 m | 06-04-05 | Diana Luyrink | V 46 | ASV | 20.22   | 2005 |
| Ver    | 03-10-04 | Diana Luyrink | V 45 | ASV | 3.72 m  | 2004 |
| Kogel  | 07-10-01 | Ineke Visser  | V 45 | ASV | 6.46 m  | 2001 |
| Speer  | 02-10-05 | Diana Luyrink | V 46 | ASV | 16.07 m | 2005 |

# Dames 50

|        |          |              |      |     |         |      |
|--------|----------|--------------|------|-----|---------|------|
| 3000 m | 08-10-06 | Ineke Visser | V 51 | ASV | 12.36.7 | 2006 |
| 5000 m | 04.04.07 | Ineke Visser | V 52 | ASV | 21.05   | 2007 |

## Baanrecords A.S.V. sinds 2001

### J.P.C. U 8 - U 9

|            |          |                |            |         |      |
|------------|----------|----------------|------------|---------|------|
| 40 m       | 14-06-14 | Maikel Potkamp | AV '34     | 6.8     | 2014 |
| 40 m E.T.  | 05-07-25 | Brent Mansour  | MPM        | 7.40    | 2025 |
| 600 m      | 11-06-06 | Thijs Onstein  | ASV        | 2.06.2  | 2006 |
| 600 m E.T. | 05-07-25 | Brent Mansour  | MPM        | 2.19.23 | 2025 |
| 1500 m     | 01-04-09 | Thomas Jager   | J.P.C. ASV | 6.55    | 2009 |
| Ver        | 27-05-06 | Dani Beverdam  | AC Tion    | 3.60 m  | 2006 |
| Hoog       | 19-04-14 | Twan Vossebeld | AV Rijssen | 1.05 m  | 2014 |
| Kogel      | 07-10-01 | Djoss Smalen   | ASV        | 6.62 m  | 2001 |
| Bal        | 11-05-19 | Koen Wijma     | AC Tion    | 28.25 m | 2019 |

### J.P.B. U 10

|             |          |                     |              |         |      |
|-------------|----------|---------------------|--------------|---------|------|
| 40 m        | 28-04-12 | Jonas Phijffers     | AV Athletics | 6.4     | 2012 |
| 40 m E.T.   | 01-09-18 | Ramon Ruiz          | MPM          | 6.75    | 2018 |
| 600 m       | 11-06-06 | Thijs Onstein       | J.P.C. ASV   | 2.06.2  | 2006 |
| 600 m E.T.  | 15-06-24 | Loeka Ligtenberg    | AV Rijssen   | 2.03.84 | 2024 |
| 1000 m      | 16-06-12 | Mats Klein Poelhuis | AC Tion      | 3.35.2  | 2012 |
| 1000 m E.T. | 05-09-26 | Brent Mansour       | MPM          | 3.41.32 | 2026 |
| 1500 m      | 14-04-10 | Thomas Jager        | ASV          | 6.32    | 2010 |
| ver         | 10-06-07 | Dani Beverdam       | AC Tion      | 3.85 m  | 2007 |
| Hoog        | 22-04-17 | Jelle de Groot      | AC Tion      | 1.20 m  | 2017 |
| Kogel       | 03-10-04 | Kjell Smalen        | ASV          | 7.59 m  | 2004 |
| Bal         | 24-09-11 | Niels Dennekamp     | AV Rijssen   | 29.93 m | 2011 |

### J.P.A. U 12

|             |          |                     |              |         |      |
|-------------|----------|---------------------|--------------|---------|------|
| 60 m        | 20-06-04 | Remco Bos           | AV Daventria | 8.7     | 2004 |
| 60 m        | 20-06-04 | Gijs Koerts         | ASV          | 8.7     | 2004 |
| 60 m        | 10-06-07 | Siem Sikkenga       | MPM          | 8.7     | 2007 |
| 60 m        | 16-06-18 | Sven Kusters        | MPM          | 8.7     | 2018 |
| 60 m E.T.   | 05-07-25 | Jasper van der Veen | AV Pec 1910  | 8.81    | 2025 |
| 600 m       | 03-10-04 | Djoss Smalen        | ASV          | 1.49.7  | 2004 |
| 600 m E.T.  | 05-07-25 | Jasper van der Veen | AV Pec 1910  | 1.46.26 | 2025 |
| 1000 m      | 07-06-09 | Thijs Onstein       | ASV          | 3.22.0  | 2009 |
| 1000 m E.T. | 01-09-18 | Runar Slinkman      | AV Rijssen   | 3.34.75 | 2018 |
| 1500 m      | 14-04-10 | Thijs Onstein       | ASV          | 5.33    | 2010 |
| ver         | 05-07-25 | Jasper van der Veen | AV Pec 1910  | 4.45 m  | 2025 |
| Hoog        | 17-06-17 | Julian Wilting      | AC Tion      | 1.45 m  | 2017 |
| Kogel       | 21-04-01 | Ruben Zwiers        | AAV Sisui    | 9.69 m  | 2001 |
| Bal         | 27-05-06 | Sven Rumawatine     | MPM          | 35.54 m | 2006 |

**J.D. U 14**

|             |          |                     |              |         |      |
|-------------|----------|---------------------|--------------|---------|------|
| 80 m        | 24-09-11 | James Keuben        | AC Tion      | 10.1    | 2011 |
| 80 m E.T.   | 05-07-25 | Jasper Wind         | AC Tion      | 10.95   | 2025 |
| 600 m       | 03-10-04 | Djoss Smalen        | ASV          | 1.49.7  | 2004 |
| 600 m E.T.  | 05-07-25 | Jasper van der Veen | AV Pec 1910  | 1.46.26 | 2025 |
| 800 m       | 03-10-04 | Gijs Koerts         | ASV          | 2.42.6  | 2004 |
| 1000 m      | 19-04-14 | Gert Tijhuis        | AV Athletics | 3.08.8  | 2014 |
| 1000 m E.T. | 05-07-25 | Jasper Wind         | AC Tion      | 3.04.43 | 2025 |
| 1500 m      | 20-04-11 | Thijs Onstein       | ASV          | 5.23    | 2011 |
| 1500 m      | 20-04-11 | Tiemen Onstein      | ASV          | 5.23    | 2011 |
| 3000 m      | 06-04-05 | Wouter Doesburg     | ASV          | 11.30   | 2005 |
| ver         | 21-04-01 | Thijs van der Pol   | AV Athletics | 4.95 m  | 2001 |
| Hoog        | 03-10-04 | Lesley Rietman      | ASV          | 1.55 m  | 2004 |
| Kogel       | 21-04-01 | Thijs van der Pol   | AV Athletics | 9.93 m  | 2001 |
| Discus      | 27-05-06 | Thomas Hoogerbrugge | AV Lycurgus  | 27.77 m | 2006 |
| Speer       | 31-05-03 | Frank Rikhof        | MPM          | 33.60 m | 2003 |

**J.C. U 16**

|             |          |                   |                   |         |      |
|-------------|----------|-------------------|-------------------|---------|------|
| 100 m       | 07-06-09 | Nadim van Minnen  | AAV Sisu          | 11.4    | 2009 |
| 100 m E.T.  | 11-05-19 | Jermaine Kleine   | AC Tion           | 12.15   | 2019 |
| 600 m       | 08-10-06 | Wouter Doesburg   | ASV               | 1.51.5  | 2006 |
| 800 m       | 26-09-09 | Lars Rumawatine   | MPM               | 2.09.1  | 2009 |
| 1000 m      | 19-04-14 | Gert Tijhuis      | J.D. AV Athletics | 3.08.8  | 2014 |
| 1000 m E.T. | 02-07-22 | Henrik Boomkamp   | ASV               | 3.10.81 | 2022 |
| 1500 m      | 24-04-13 | Stan Prinsen      | AVA '70           | 4.55    | 2013 |
| 3000 m      | 18-04-12 | Wouter Doesburg   | ASV               | 11.01   | 2006 |
| 5000 m      | 23-04-14 | Joost Somsen      | ASV               | 18.05   | 2014 |
| ver         | 31-05-03 | Thijs van der Pol | AV Athletics      | 6.08 m  | 2003 |
| Hoog        | 11-05-19 | Milan Beuning     | AC Tion           | 1.80 m  | 2019 |
| Kogel       | 28-05-05 | Jasper Schutte    | AVH               | 12.08 m | 2005 |
| Discus      | 26-09-09 | Lars Rumawatine   | MPM               | 41.67 m | 2009 |
| Speer       | 11-05-19 | Milan Beuning     | AC Tion           | 46.64 m | 2019 |

**J.B. U 18**

|             |          |                   |                   |         |      |
|-------------|----------|-------------------|-------------------|---------|------|
| 100 m       | 12-06-05 | Bart Bemthuis     | J.C. AVH          | 12.1    | 2005 |
| 100 m E.T.  | 01-07-23 | Henrik Boomkamp   | ASV               | 11.99   | 2023 |
| 600 m       | 08-10-06 | Wouter Doesburg   | J.C. ASV          | 1.51.5  | 2006 |
| 800 m       | 26-09-09 | Lars Rumawatine   | J.C. MPM          | 2.09.1  | 2009 |
| 1000 m      | 19-04-14 | Gert Tijhuis      | J.D. AV Athletics | 3.08.8  | 2014 |
| 1000 m E.T. | 01-07-23 | Henrik Boomkamp   | ASV               | 3.02.17 | 2023 |
| 1500 m      | 24-04-13 | Stan Prinsen      | J.C. AVA '70      | 4.55    | 2013 |
| 3000 m      | 01-04-09 | Wouter Doesburg   | ASV               | 9.35    | 2009 |
| 5000 m      | 23-04-14 | Joost Somsen      | J.C. ASV          | 18.05   | 2014 |
| ver         | 31-05-03 | Thijs van der Pol | J.C. AV Athletics | 6.08 m  | 2003 |
| Hoog        | 11-05-19 | Milan Beuning     | J.C. AC Tion      | 1.80 m  | 2019 |
| Kogel       | 19-09-01 | Thijs Hesselink   | ASV               | 10.61 m | 2001 |
| Discus      | 19-09-01 | Thijs Hesselink   | ASV               | 31.29 m | 2001 |
| Speer       | 02-10-05 | Chris Doornweerd  | ASV               | 46.17 m | 2005 |

## J.A. U 20

|                  |          |                  |      |              |         |      |
|------------------|----------|------------------|------|--------------|---------|------|
| 100 m            | 07-10-01 | Niek Blekkink    |      | ASV          | 12.0    | 2001 |
| 100 m E.T.       | 01-09-18 | Tim van der Kooi |      | AC Tion      | 11.92   | 2018 |
| 600 m            | 08-10-06 | Jasper Heming    |      | ASV          | 1.36.4  | 2006 |
| 800 m            | 26-09-09 | Lars Rumawatine  | J.C. | MPM          | 2.09.1  | 2009 |
| 800 m E.T.       | 05-09-26 | Adàm Molnàr      |      | MPM          | 2.12.52 | 2026 |
| 1000 m           | 19-04-14 | Gert Tijhuis     | J.D. | AV Athletics | 3.08.8  | 2014 |
| 1000 m E.T.      | 01-07-23 | Henrik Boomkamp  | J.B. | ASV          | 3.02.17 | 2023 |
| 1500 m           | 14-04-10 | Thomas Doesburg  |      | ASV          | 4.53    | 2010 |
| 3000 m           | 23-04-14 | Thomas Doesburg  |      | ASV          | 9.18    | 2014 |
| 5000 m           | 23-04-14 | Joost Somsen     | J.C. | ASV          | 18.05   | 2014 |
| ver              | 05-09-26 | Adàm Molnàr      |      | MPM          | 6.19 m  | 2026 |
| Hoog             | 11-05-19 | Milan Beuning    | J.C. | AC Tion      | 1.80 m  | 2019 |
| Kogel            | 05-09-26 | Adàm Molnàr      |      | MPM          | 11.68 m | 2026 |
| Discus           | 05-09-26 | Adàm Molnàr      |      | MPM          | 29.78 m | 2026 |
| Speer nieuw 2001 | 07-10-01 | Niek Blekkink    |      | ASV          | 51.38 m | 2001 |

## Heren

|                  |          |                  |      |              |         |      |
|------------------|----------|------------------|------|--------------|---------|------|
| 100 m            | 07-10-01 | Niek Blekkink    | J.A. | ASV          | 12.0    | 2001 |
| 100 m E.T.       | 01-07-23 | Rick Harmsen     | M 23 | ASV          | 11.64   | 2023 |
| 400 m            | 05-04-06 | Rudy Reijerink   |      | ASV          | 1.33    | 2006 |
| 600 m            | 08-10-06 | Kjell Vogel      |      | ASV          | 1.35.1  | 2006 |
| 800 m            | 26-09-09 | Lars Rumawatine  | J.C. | MPM          | 2.09.1  | 2009 |
| 800 m E.T.       | 05-09-26 | Adàm Molnàr      | J.A. | MPM          | 2.12.52 | 2026 |
| 1000 m           | 19-04-14 | Gert Tijhuis     | J.D. | AV Athletics | 3.08.8  | 2014 |
| 1000 m E.T.      | 01-07-23 | Henrik Boomkamp  | J.B. | ASV          | 3.02.17 | 2023 |
| 1500 m           | 24-04-13 | Thomas Doesburg  | M 21 | ASV          | 4.27    | 2013 |
| 3000 m           | 23-04-14 | Thomas Doesburg  | M 22 | ASV          | 9.18    | 2014 |
| 5000 m           | 18-04-01 | Guido Sasse      | M 36 | ASV          | 15.47   | 2001 |
| ver              | 05-09-26 | Adàm Molnàr      | J.A. | MPM          | 6.19 m  | 2026 |
| Hoog             | 03-10-04 | Chris Doornweerd | J.B. | ASV          | 1.75 m  | 2004 |
| Hoog             | 03-10-04 | Thijs Hesselink  | J.A. | ASV          | 1.75 m  | 2004 |
| Hoog             | 03-10-04 | Kjell Vogel      |      | ASV          | 1.75 m  | 2004 |
| Kogel            | 03-10-04 | Henri Gesink     |      | ASV          | 9.35 m  | 2004 |
| Discus           | 01-07-23 | Rick Harmsen     | M 23 | ASV          | 13.44 m | 2023 |
| Speer nieuw 2001 | 07-10-01 | Niek Blekkink    | J.A. | ASV          | 51.38 m | 2001 |

## Masters

### Heren 40

|        |          |                   |      |              |         |      |
|--------|----------|-------------------|------|--------------|---------|------|
| 100 m  | 07-10-01 | Bennie ten Brinke | M 40 | ASV          | 14.1    | 2001 |
| 600m   | 02-10-05 | Rob Hofman        | M 40 | ASV          | 1.54.9  | 2005 |
| 800 m  | 07-10-01 | Bennie ten Brinke | M 40 | ASV          | 2.40.5  | 2001 |
| 1500 m | 07-10-07 | Chris van de Neut | M 46 | AV Startbaan | 4.32.8  | 2007 |
| 3000 m | 02-04-08 | Guido Sasse       | M 43 | ASV          | 9.45    | 2008 |
| 5000 m | 05-04-06 | Guido Sasse       | M 41 | ASV          | 16.42.0 | 2006 |
| ver    | 07-10-01 | Bennie ten Brinke | M 40 | ASV          | 4.38 m  | 2001 |
| Speer  | 07-10-01 | Bennie ten Brinke | M 40 | ASV          | 25.53 m | 2001 |

#### **Heren 45**

|               |                 |                          |             |                     |               |             |
|---------------|-----------------|--------------------------|-------------|---------------------|---------------|-------------|
| <b>1500 m</b> | <b>07-10-07</b> | <b>Chris van de Neut</b> | <b>M 46</b> | <b>AV Startbaan</b> | <b>4.32.8</b> | <b>2007</b> |
| <b>3000 m</b> | <b>18-04-01</b> | <b>Theo Schootman</b>    | <b>M 50</b> | <b>ASV</b>          | <b>10.22</b>  | <b>2001</b> |
| <b>5000 m</b> | <b>18-04-01</b> | <b>Geert Wevers</b>      | <b>M 45</b> | <b>AVA '70</b>      | <b>17.58</b>  | <b>2001</b> |

#### **Heren 50**

|               |                 |                       |             |                |              |             |
|---------------|-----------------|-----------------------|-------------|----------------|--------------|-------------|
| <b>3000 m</b> | <b>18-04-01</b> | <b>Theo Schootman</b> | <b>M 50</b> | <b>ASV</b>     | <b>10.22</b> | <b>2001</b> |
| <b>5000 m</b> | <b>06-04-05</b> | <b>Gerrit Ormel</b>   | <b>M 50</b> | <b>AVA '70</b> | <b>18.13</b> | <b>2005</b> |

#### **Heren 55**

|               |                 |                       |             |                    |              |             |
|---------------|-----------------|-----------------------|-------------|--------------------|--------------|-------------|
| <b>3000 m</b> | <b>24-04-13</b> | <b>Theo Schootman</b> | <b>M 64</b> | <b>ASV</b>         | <b>11.52</b> | <b>2013</b> |
| <b>5000 m</b> | <b>23-04-14</b> | <b>Andre Somhorst</b> | <b>M 58</b> | <b>Haaksbergen</b> | <b>20.20</b> | <b>2014</b> |

#### **Heren 60**

|               |                 |                       |             |            |              |             |
|---------------|-----------------|-----------------------|-------------|------------|--------------|-------------|
| <b>3000 m</b> | <b>24-04-13</b> | <b>Theo Schootman</b> | <b>M 64</b> | <b>ASV</b> | <b>11.52</b> | <b>2013</b> |
| <b>5000 m</b> | <b>01-04-09</b> | <b>Johan Meenink</b>  | <b>M 69</b> | <b>ASV</b> | <b>25.47</b> | <b>2009</b> |