

Clubrecords Masters ASV

Dames 35

100 m	02-10-05	Eibergen	Diana Luyrink	V 46	15.9	2005
400 m	01-10-95	Eibergen	Selma Jurriëns	V 36	1.10.9	1995
600 m	02-10-05	Eibergen	Diana Luyrink	V 46	1.59.2	2005
800 m	03-10-99	Eibergen	Monique Blankvoort	V 36	2.23.8	1999
1000 m	04-10-98	Eibergen	Ineke Visser	V 43	4.35	1998
1500 m	05-10-97	Eibergen	Diana Luyrink	V 38	5.45.9	1997
3000 m	07-09-97	Nijmegen	Diana Luyrink	V 38	11.29.13	1997
2 EM	30-05-02	Hengelo	Diana Luyrink	V 43	12.16	2002
5000 m	19-05-06	Vriezeveen	Brigit Landewe	V 41	18.52	2005
5000 m E.T.	27-06-13	Hengelo	Diana Luyrink	V 54	20.46.91	2013
3 EM	08-12-12	Eibergen	Monique Bijlsma	V 41	23.57	2012
5 EM	02-03-13	Winterswijk	Wilma Luggenhorst	V 49	33.30	2013
10 km	13-11-05	Weerselo	Brigit Landewe	V 40	38.02	2005
15 km	03-04-05	Losser	Diana Luyrink	V 46	1.04.22	2007
10 EM	29-10-05	Holten	Brigit Landewe	V 40	1.05.06	2005
Halve Marathon	02-09-95	Warnsveld	Diana Luyrink	V 36	1.29.05	1995
25 km	05-04-09	Losser	Diana Luyrink	V 50	1.52.19	2009
30 km	03-03-24	Vorden	Barbara Tempert-de Haan	V 49	2.29.08	2024
Marathon	18-06-95	Enschede	Diana Luyrink	V 36	3.24.18	1995
Ver	06-10-96	Eibergen	Ada ter Woerds	V 41	4.12 m	1996
kogel 4 kg	07-09-97	Nijmegen	Doris Willekes	V 37	11.02 m	2000
Discus 1 kg	01-10-00	Sythen	Doris Willekes	V 37	32.76 m	2000
Speer 600 gr	03-10-99	Eibergen	Ineke Visser	V 44	19.72 m	1999

Dld

Dames 40

100 m	02-10-05	Eibergen	Diana Luyrink	V 46	15.9	2005
400 m	01-10-89	Eibergen	Janny te Nijenhuis	V 41	1.40.0	1989
600 m	02-10-05	Eibergen	Diana Luyrink	V 46	1.59.2	2005
800 m	03-10-99	Eibergen	Ineke Visser	V 44	2.30.1	1999
1000 m	04-10-98	Eibergen	Ineke Visser	V 43	4.35	1998
1500 m	05-10-97	Eibergen	Ada ter Woerds	V 42	6.30.7	1997
3000 m	02-10-05	Eibergen	Diana Luyrink	V 46	11.59.2	2005
2 EM	30-05-02	Hengelo	Diana Luyrink	V 43	12.16	2002
5000 m	19-05-06	Vriezeveen	Brigit Landewe	V 41	18.52	2005
5000 m E.T.	27-06-13	Hengelo	Diana Luyrink	V 54	20.46.91	2013
3 EM	08-12-12	Eibergen	Monique Bijlsma	V 41	23.57	2012
5 EM	02-03-13	Winterswijk	Wilma Luggenhorst	V 49	33.30	2013
10 km	13-11-05	Weerselo	Brigit Landewe	V 40	38.02	2005
15 km	03-04-05	Losser	Diana Luyrink	V 46	1.04.22	2007
10 EM	29-10-05	Holten	Brigit Landewe	V 40	1.05.06	2005
Halve Marathon	08-05-05	Enschede	Diana Luyrink	V 46	1.31.16	2005
25 km	05-04-09	Losser	Diana Luyrink	V 50	1.52.19	2009
30 km	03-03-24	Vorden	Barbara Tempert-de Haan	V 49	2.29.08	2024
Marathon	21-04-24	London	Barbara Tempert-de Haan	V 49	3.29.41	2024
Ver	06-10-96	Eibergen	Ada ter Woerds	V 41	4.12 m	1996
kogel 4 kg	05-10-97	Eibergen	Ada ter Woerds	V 42	8.34 m	1997
Discus 1 kg	01-07-16	Rijssen	Doris Willekes	V 53	21.20 m	2016
Speer 600 gr	03-10-99	Eibergen	Ineke Visser	V 44	19.72 m	1999

GBR

Dames 45

100 m	02-10-05	Eibergen	Diana Luyrink	V 46	15.9	2005
600 m	02-10-05	Eibergen	Diana Luyrink	V 46	1.59.2	2005
800 m	03-10-99	Eibergen	Rolin Kluivers	V 46	2.39.2	1999
1500 m	08-10-06	Eibergen	Dini Hogeweg	V 49	6.52.9	2006
3000 m	02-10-05	Eibergen	Diana Luyrink	V 46	11.59.2	2005
2 EM	26-05-11	Hengelo	Diana Luyrink	V 52	12.39	2011
5000 m	07-04-04	Eibergen	Diana Luyrink	V 45	20.21	2004
5000 m E.T.	27-06-13	Hengelo	Diana Luyrink	V 54	20.46.91	2013
3 EM	08-12-12	Eibergen	Jacqueline Dijkstra	V 59	28.34	2012
5 EM	02-03-13	Winterswijk	Wilma Luggenhorst	V 49	33.30	2013
10 km	15-06-02	Nijverdal	Diana Luyrink	V 43	40.27	2002
15 km	03-04-05	Losser	Diana Luyrink	V 46	1.04.22	2007
10 EM	16-04-05	Eibergen	Diana Luyrink	V 46	1.08.40	2005
Halve Marathon	08-05-05	Enschede	Diana Luyrink	V 46	1.31.16	2005
25 km	05-04-09	Losser	Diana Luyrink	V 50	1.52.19	2009
30 km	03-03-24	Vorden	Barbara Tempert-de Haan	V 49	2.29.08	2024
Marathon	21-04-24	London	GBR Barbara Tempert-de Haan	V 49	3.29.41	2024
Ver	17-09-16	Eibergen	Paulien Boverhof	V 52	2.87 m	2016
kogel 4 kg	05-10-03	Eibergen	Ineke Visser	V 48	6.77 m	2003
Discus 1 kg	01-07-16	Rijssen	Doris Willekes	V 53	21.20 m	2016
Speer 600 gr	02-10-05	Eibergen	Diana Luyrink	V 46	16.07 m	2005

Dames 50

80 m	17-09-16	Eibergen	Paulien Boverhof	V 52	14.8	2016
600 m	17-09-16	Eibergen	Dini Hogeweg	V 59	2.42.9	2016
3000 m	08-10-06	Eibergen	Ineke Visser	V 51	12.36.7	2006
2 EM	26-05-11	Hengelo	Diana Luyrink	V 52	12.39	2011
5000 m	11-06-11	Rijssen	Diana Luyrink	V 52	20.18	2011
5000 m E.T.	27-06-13	Hengelo	Diana Luyrink	V 54	20.46.91	2013
3 EM	08-12-12	Eibergen	Jacqueline Dijkstra	V 59	28.34	2012
5 EM	13-09-09	Enschede	Diana Luyrink	V 50	33.56	2009
10 km	29-01-12	Hengelo	Diana Luyrink	V 53	42.28	2012
15 km	01-02-09	Hengelo	Diana Luyrink	V 50	1.06.42	2009
10 EM	31-10-09	Holten	Diana Luyrink	V 50	1.10.21	2009
Halve Marathon	08-11-09	Terschelling	Diana Luyrink	V 50	1.34.11	2009
25 km	05-04-09	Losser	Diana Luyrink	V 50	1.52.19	2009
Marathon	30-05-09	Klazienaveen	Diana Luyrink	V 50	4.02.47	2009
Ver	17-09-16	Eibergen	Paulien Boverhof	V 52	2.87 m	2016
Kogel 3 kg	01-07-16	Rijssen	Doris Willekes	V 53	8.25 m	2016
Discus 1 kg	01-07-16	Rijssen	Doris Willekes	V 53	21.20 m	2016
Speer 500 gr	01-07-16	Rijssen	Doris Willekes	V 53	11.79 m	2016
Kogel 4 kg	17-09-16	Eibergen	Paulien Boverhof	V 52	4.75 m	2016

Dames 55

80 m	17-09-16	Eibergen	Dini Hogeweg	V 59	17.1	2016
600 m	17-09-16	Eibergen	Dini Hogeweg	V 59	2.42.9	2016
2 EM	26-05-11	Hengelo	Ineke Visser	V 56	13.41	2011
5000 m	23-06-11	Aalten	Ineke Visser	V 56	21.56	2011
5000 m E.T.	27-06-13	Hengelo	Ineke Visser	V 58	22.13.72	2013
3 EM	08-12-12	Eibergen	Jacqueline Dijkstra	V 59	28.34	2012
5 EM	08-09-13	Enschede	Ineke Visser	V 58	36.57	2013
10 km	11-03-12	Hengelo	Ineke Visser	V 57	44.35	2012
15 km	13-04-14	Hengelo	Ineke Visser	V 59	1.13.37	2014
10 EM	25-03-12	Haaksbergen	Ineke Visser	V 57	1.14.01	2012
Halve Marathon	06-11-11	Terschelling	Ineke Visser	V 56	1.41.50	2011
25 km	01-02-25	Apeldoorn	Wilma Harderwijk	V 56	2.13.09	2025
Marathon	12-04-26	Enschede	Wilma Harderwijk	V 57	4.25.02	2026
Ver	17-09-16	Eibergen	Dini Hogeweg	V 59	1.96 m	2016
Kogel 4 kg	17-09-16	Eibergen	Dini Hogeweg	V 59	4.08 m	2016

Dames 60

3 EM	08-12-12	Eibergen	Anna Lubberdink	V 63	28.42	2012
5 EM	26-05-13	Eibergen	Rolin Kluivers	V 60	47.06	2013
5000 m	05-05-15	Holten	Ineke Visser	V 60	22.50	2015
10 km	11-01-15	Hengelo	Ineke Visser	V 60	47.32	2015
15 km	01-12-13	S-Heerenberg	Rolin Kluivers	V 60	1.32.55	2013
10 EM	29-06-16	Eibergen	Karin Tankink	V 60	1.33.34	2016
Halve Marathon	21-04-24	Enschede	Lian Acda	V 66	2.17.41	2024
Marathon	13-10-16	Athene	GR Karin Tankink	V 60	4.45.52	2016

Dames 65

5000 m	28-03-26	Gelselaar	Diana Luyrink	V 67	25.39	2026
5 EM	31-05-15	Eibergen	Jannie Hissink	V 66	54.11	2015
10 km	02-06-24	Eibergen	Diana Luyrink	V 65	54.18	2024
10 EM	24-03-24	Haaksbergen	Lian Acda	V 66	1.44.34	2024
Halve Marathon	21-04-24	Enschede	Lian Acda	V 66	2.17.41	2024

Heren 35

100 m	01-10-89	Eibergen	Indra Amarasekara	M 37	13.2	1989
300 m	02-10-94	Eibergen	Henk Daleman	M 41	44.6	1994
400 m	01-10-95	Eibergen	Theo Schootman	M 46	68.3	1995
600 m	17-09-16	Eibergen	Robert Leussenkamp	M 51	1.47.9	2016
800 m	03-10-99	Eibergen	Marcel Liebrand	M 40	2.16.4	1999
1000 m E.T.	09-06-00	Hengelo	Henk Harenberg	M 37	3.14.18	2000
1500 m	06-10-96	Eibergen	Theo Schootman	M 47	4.50.1	1996
3000 m	08-10-06	Eibergen	Guido Sasse	M 41	9.52.9	2006
3000 m E.T.	05-07-01	Hengelo	Theo Schootman	M 52	10.04.76	2001

Herren 35 vervolg

2 EM	30-05-02	Hengelo	Theo Schootman	M 53	10.52	2002
5000 m	09-05-01	Haaksbergen	Guido Sasse	M 36	15.29.7	2001
5000 m E.T.	27-06-12	Hengelo	Guido Sasse	M 47	17.15.51	2012
3 EM	08-12-12	Eibergen	Martijn te Brake	M 36	20.41	2012
5 EM	07-09-03	Enschede	Guido Sasse	M 38	26.14	2003
10 km	30-06-01	De Lutte	Guido Sasse	M 36	32.55	2006
15 km	08-06-85	Goor	Henk Rietberg	M 35	48.23	1985
10 EM	19-04-03	Eibergen	Guido Sasse	M 38	52.47	2003
20 km	12-05-85	Eibergen	Henk Rietberg	M 35	1.10.10	1985
Halve Marathon	05-09-87	Zutphen	Henk Rietberg	M 37	1.11.31	1987
25 km	13-06-81	Deventer	Ad Tierie	M 36	1.32.47	1981
30 km	11-03-07	Vorden	Hilco Doesburg	M 45	1.53.17	2007
Marathon	23-04-82	Middelburg	Ad Tierie	M 37	2.38.38	1982
50 km	01-06-02	Bunschoten	Henk Harenberg	M 39	4.21.42	2002
50 EM	10-04-04	Den Helder	Henk Harenberg	M 41	9.39.45	2004
100 km	16-04-05	Diever	Henk Harenberg	M 42	9.12.34	2005
6 Uurloop	29-06-02	Haarlemmermeer	Henk Harenberg	M 39	63.242 m	2002
24 Uurloop	14-08-10	Lob Viborg	N Henk Harenberg	M 47	177.630 m	2010
Ver	01-10-89	Eibergen	Indra Amarasekara	M 37	5.58 m	1989
Hoog	05-10-03	Eibergen	Herbert Garritsen	M 37	1.60 m	2003
Kogel	05-03-03	Eibergen	Fred van de Holst	M 45	11.21 m	2003
Discus	05-10-03	Eibergen	Herbert Garritsen	M 37	25.20 m	2003
Speer	07-10-01	Eibergen	Herbert Garritsen	M 38	35.63 m	2001

Herren 40

100 m	05-10-80	Drienerloo	Jan Leppink	M 40	13.5	1980
300 m	02-10-94	Eibergen	Henk Daleman	M 41	44.6	1994
400 m	01-10-95	Eibergen	Theo Schootman	M 46	68.3	1995
600 m	17-09-16	Eibergen	Robert Leussenkamp	M 51	1.47.9	2016
800 m	03-10-99	Eibergen	Marcel Liebrand	M 40	2.16.4	1999
1000 m E.T.	22-06-17	Hengelo	Robert Leussenkamp	M 52	3.17.18	2017
1500 m	06-10-96	Eibergen	Theo Schootman	M 47	4.50.1	1996
3000 m	08-10-06	Eibergen	Guido Sasse	M 41	9.52.9	2006
2 EM	30-05-02	Hengelo	Theo Schootman	M 53	10.52	2002
5000 m	13-06-09	Rijssen	Guido Sasse	M 41	16.39	2009
3 EM	08-12-12	Eibergen	Andre Wassink	M 51	21.30	2012
5 EM	26-02-12	Gendringen	Ronnie Leusink	M 42	29.47	2012
10 km	23-06-06	Bergentheim	Guido Sasse	M 41	33.51	2006
15 km	14-04-02	Oldenzaal	Theo Schootman	M 53	54.45	2002
10 EM	05-04-98	Oldenzaal	Theo Schootman	M 49	54.37	1998
20 km	01-07-79	Aalten	Gerrit Kluivers	M 47	1.12.35	1979
Halve Marathon	29-04-84	Hengelo	Sjors Mol	?	1.14.52	1984
25 km	01-04-07	Losser	Hilco Doesburg	M 45	1.34.15	2007
30 km	11-03-07	Vorden	Hilco Doesburg	M 45	1.53.17	2007
Marathon	12-10-08	Eindhoven	Hilco Doesburg	M 46	2.49.01	2008
50 km	01-02-03	Schinnen	Henk Harenberg	M 40	4.41.30	2003
50 EM	10-04-04	Den Helder	Henk Harenberg	M 41	9.39.45	2004
100 km	16-04-05	Diever	Henk Harenberg	M 42	9.12.34	2005
24 Uurloop	14-08-10	Lob Viborg	N Henk Harenberg	M 47	177.630 m	2010
Ver	06-10-96	Eibergen	Dick Drenten	M 43	4.68 m	1996
Hoog	05-10-80	Drienerloo	Jan Leppink	M 40	1.40 m	1980
Kogel	05-03-03	Eibergen	Fred van de Holst	M 45	11.21 m	2003
Speer	07-10-01	Eibergen	Bennie ten Brinke	M 40	25.53 m	2001

Heren 45

100 m	10-10-76	Eibergen	Huub Ras	M 46	14.5	1976
300 m	02-10-94	Eibergen	Theo Schootman	M 45	47.8	1994
400 m	01-10-95	Eibergen	Theo Schootman	M 46	68.3	1995
600 m	17-09-16	Eibergen	Robert Leussenkamp	M 51	1.47.9	2016
800 m	03-10-99	Eibergen	Theo Schootman	M 50	2.26.1	1999
1000 m E.T.	22-06-17	Hengelo	Robert Leussenkamp	M 52	3.17.18	2017
1500 m	06-10-96	Eibergen	Theo Schootman	M 47	4.50.1	1996
3000 m	05-07-01	Hengelo	Theo Schootman	M 52	10.04.76	2001
2 EM	27-05-10	Hengelo	Guido Sasse	M 45	10.40	2010
5000 m	09-06-12	Rijssen	Guido Sasse	M 47	17.09	2012
5000 m E.T.	27-06-12	Hengelo	Guido Sasse	M 47	17.15.51	2012
3 EM	08-12-12	Eibergen	Andre Wassink	M 51	21.30	2012
5 EM	16-04-05	Eibergen	Theo Schootman	M 56	30.00	2005
10 km	27-06-98	Enschede	Theo Schootman	M 49	33.58	1998
15 km	14-04-02	Oldenzaal	Theo Schootman	M 53	54.45	2002
10 EM	05-04-98	Oldenzaal	Theo Schootman	M 49	54.37	1998
20 km	01-07-79	Aalten	Gerrit Kluivers	M 47	1.12.35	1979
Halve Marathon	14-10-00	Loenen	Theo Schootman	M 51	1.16.22	2000
25 km	01-04-07	Losser	Hilco Doesburg	M 45	1.34.15	2007
30 km	11-03-07	Vorden	Hilco Doesburg	M 45	1.53.17	2007
Marathon	12-10-08	Eindhoven	Hilco Doesburg	M 46	2.49.01	2008
24 Uurloop	14-08-10	Lob Viborg	N Henk Harenberg	M 47	177.630 m	2010
Ver	06-10-96	Eibergen	Theo Schootman	M 47	4.03 m	1996
Hoog	10-10-76	Eibergen	Huub Ras	M 46	1.10 m	1976
Kogel	05-03-03	Eibergen	Fred van de Holst	M 45	11.21 m	2003
Speer	03-10-99	Eibergen	Theo Schootman	M 50	21.24 m	1999

Heren 50

100 m	03-10-04	Eibergen	Henri Gesink	M 50	14.8	2004
300 m	02-10-94	Eibergen	Bennie Huirne	M 59	63.5	1994
600 m	17-09-16	Eibergen	Robert Leussenkamp	M 51	1.47.9	2016
800 m	03-10-99	Eibergen	Theo Schootman	M 50	2.26.1	1999
1000 m E.T.	22-06-17	Hengelo	Robert Leussenkamp	M 52	3.17.18	2017
1500 m	11-05-16	Haaksbergen	Robert Leussenkamp	M 51	4.54.5	2016
3000 m	05-07-01	Hengelo	Theo Schootman	M 52	10.04.76	2001
2 EM	30-05-02	Hengelo	Theo Schootman	M 53	10.52	2002
5000 m	13-04-03	Losser	Theo Schootman	M 54	17.42	2003
5000 m E.T.	27-04-16	Hengelo	Robert Leussenkamp	M 51	18.22.83	2016
3 EM	08-12-12	Eibergen	Andre Wassink	M 51	21.30	2012
5 EM	16-04-05	Eibergen	Theo Schootman	M 56	30.00	2005
10 km	14-11-99	Oldenzaal	Theo Schootman	M.50	35.15	1999
15 km	09-04-00	Oldenzaal	Theo Schootman	M 51	54.06	2000
10 EM	28-10-00	Nijverdal	Theo Schootman	M 51	58.29	2000
20 km	23-05-82	Eibergen	Huub Ras	M 52	1.32.08	1982
Halve Marathon	14-10-00	Loenen	Theo Schootman	M 51	1.16.22	2000
25 km	02-04-00	Losser	Theo Schootman	M 51	1.35.42	2000
30 km	04-03-12	Vorden	Hilco Doesburg	M 50	2.19.41	2012
Marathon	29-09-02	Berlijn	Dld Theo Schootman	M 53	2.52.19	2002
Ver	03-10-04	Eibergen	Henri Gesink	M 50	4.10 m	2004
Kogel 6 kg	03-10-04	Eibergen	Henri Gesink	M 50	9.35 m	2004
Speer 700 gr	03-10-99	Eibergen	Theo Schootman	M 50	21.24 m	1999

Heren 55

100m	02-10-05	Eibergen	Hans Schepers	M 62	17.5	2005
300 m	02-10-94	Eibergen	Bennie Huirne	M 59	63.5	1994
600 m	17-09-16	Eibergen	Theo Schootman	M 67	2.07.5	2016
800 m	10-06-16	Winterswijk	Jan te Luggenhorst	M 70	3.06.7	2016
1500 m	02-10-94	Eibergen	Bennie Huirne	M 59	6.42.1	1994
3000 m	08-10-06	Eibergen	Theo Schootman	M 57	11.27.4	2006
2 EM	05-06-14	Hengelo	Gert Jan Tuller	M 55	13.44	2014
5000 m	18-06-04	Bergentheim	Theo Schootman	M 55	17.50	2004
5000 m E.T.	27-06-13	Hengelo	Theo Schootman	M 64	20.09.37	2013
3 EM	08-12-12	Eibergen	Henk Steentjes	M 76	32.04	2012
5 EM	16-04-05	Eibergen	Theo Schootman	M 56	30.00	2005
10 km	24-04-05	Hengelo	Theo Schootman	M 56	36.54	2005
15 km	12-03-06	Nieuw Wehl	Theo Schootman	M 57	55.50	2006
10 EM	06-03-04	Winterswijk	Theo Schootman	M 55	59.54	2004
20 km	29-10-16	Nijverdal	Jan te Luggenhorst	M 70	1.50.51	2016
Halve Marathon	04-11-07	Terschelling	Theo Schootman	M 58	1.23.58	2007
25 km	28-03-99	Losser	Matthy Gerfen	M 56	1.59.04	1999
30 km	26-09-04	Almere	Theo Broekman	M 56	2.36.41	2004
Marathon	06-06-99	Enschede	Matty Gerfen	M 56	3.22.08	1999
Ver	17-09-16	Eibergen	Casper Hummelink	M 55	3.80 m	2016
Kogel 6 kg	02-10-05	Eibergen	Hans Schepers	M 62	8.07 m	2005

Heren 60

100m	02-10-05	Eibergen	Hans Schepers	M 62	17.5	2005
600 m	17-09-16	Eibergen	Theo Schootman	M 67	2.07.5	2016
1500 m	02-10-05	Eibergen	Hans Schepers	M 62	6.50.2	2005
3000 m	24-04-13	Eibergen	Theo Schootman	M 64	11.52	2013
5000 m	18-06-09	Bredevoort	Theo Schootman	M 60	19.45	2009
5000 m E.T.	27-06-13	Hengelo	Theo Schootman	M 64	20.09.37	2013
3 EM	08-12-12	Eibergen	Henk Steentjes	M 76	32.04	2012
5 EM	22-03-09	Haaksbergen	Theo Schootman	M 60	31.03	2009
10 km	22-02-09	Hengelo	Theo Schootman	M 60	38.37	2009
15 km	29-03-09	Oldenzaal	Theo Schootman	M 60	59.21	2009
10 EM	23-03-19	Gelselaar	Marcel Liebrand	M 60	1.18.11	2019
20 km	29-10-16	Nijverdal	Jan te Luggenhorst	M 70	1.50.51	2016
Halve Marathon	13-04-25	Enschede	Wim Nummerdor	M 60	1.39.01	2025
25 km	28-03-99	Losser	Bennie Huirne	M 64	2.15.15	1999
30 km	03-03-13	Vorden	Luco Post	M 64	2.38.45	2013
Marathon	11-10-98	Eindhoven	Bennie Huirne	M 63	3.51.15	1998
Ver	17-09-16	Eibergen	Theo Schootman	M 67	3.10 m	2016
Kogel 6 kg	02-10-05	Eibergen	Hans Schepers	M 62	8.07 m	2005
Discus 1 kg	10-06-16	Winterswijk	Jan te Luggenhorst	M 70	18.67 m	2016

Heren 65

600 m	17-09-16	Eibergen	Theo Schootman	M 67	2.07.5	2016
800 m	10-06-16	Winterswijk	Jan te Luggenhorst	M 70	3.06.7	2016
1500 m	05-10-03	Eibergen	Bennie Huirne	M 68	6.52.4	2003
3000 m E.T.	06-05-16	Rijssen	Theo Schootman	M 67	12.37.33	2016
5000 m	14-10-18	Wehl	Theo Schootman	M 69	20.01	2018
3 EM	08-12-12	Eibergen	Henk Steentjes	M 76	32.04	2012
4 EM	29-05-16	Eibergen	Jan Willem Raaben	M 61	32.24	2016
5 EM	23-03-14	Haaksbergen	Theo Schootman	M 65	33.48	2014
10 km	12-01-14	Hengelo	Theo Schootman	M 65	41.09	2014
15 km	03-12-00	S-Heerenberg	Leo Groot Zevert	M 65	1.15.11	2000
10 EM	17-05-09	Eibergen	Johan Meenink	M 69	1.27.22	2009
20 km	29-10-16	Nijverdal	Jan te Luggenhorst	M 70	1.50.51	2016
Halve Marathon	14-10-00	Loenen	Bennie Huirne	M 65	1.46.40	2000
30 km	01-03-15	Vorden	Jan te Luggenhorst	M 69	2.53.41	2015
Marathon	05-11-00	Terschelling	Bennie Huirne	M 65	3.54.38	2000
Ver	17-09-16	Eibergen	Theo Schootman	M 67	3.10 m	2016
Kogel 5 kg	17-09-16	Eibergen	Theo Schootman	M 67	5.97 m	2016
Discus 1 kg	10-06-16	Winterswijk	Jan te Luggenhorst	M 70	18.67 m	2016

Heren 70

800 m	10-06-16	Winterswijk	Jan te Luggenhorst	M 70	3.06.7	2016
3000 m	17-09-16	Eibergen	Jan te Luggenhorst	M 70	14.08.2	2016
5000 m	06-10-19	Groenlo	Theo Schootman	M 70	22.14	2019
3 EM	08-12-12	Eibergen	Henk Steentjes	M 76	32.04	2012
5 EM	26-03-17	Haaksbergen	Jan te Luggenhorst	M 71	42.40	2017
10 km	17-03-19	Hengelo	Theo Schootman	M 70	46.34	2019
15 km	14-03-10	Hengelo	Johan Meenink	M 70	1.22.39	2010
10 EM	29-05-16	Eibergen	Jan te Luggenhorst	M 70	1.30.58	2016
20 km	29-10-16	Nijverdal	Jan te Luggenhorst	M 70	1.50.51	2016
Halve Marathon	17-04-16	Enschede	Jan te Luggenhorst	M 70	1.57.24	2016
30 km	03-03-19	Vorden	Luco Post	M 70	3.12.05	2019
Marathon	14-04-19	Enschede	Luco Post	M 70	5.00.26	2019
Discus 1 kg	10-06-16	Winterswijk	Jan te Luggenhorst	M 70	18.67 m	2016

Heren 75

800 m	10-06-16	Winterswijk	Henk Steentjes	M 80	4.49.6	2016
5000 m	28-03-26	Gelselaar	Theo Schootman	M 77	27.25	2026
3 EM	08-12-12	Eibergen	Henk Steentjes	M 76	32.04	2012
5 EM	27-03-11	Haaksbergen	Henk Steentjes	M 75	55.39	2011
10 km	07-06-26	Eibergen	Ruud Hakstege	M 76	1.00.44	2026
Halve Marathon	12-04-26	Enschede	Ruud Hakstege	M 76	2.19.34	2026