

jongens D

80 m

| | | | | |
|----------|-------------|----------------------|-------|------|
| 04-10-80 | Eibergen | Bennie Wiggers | 10.6 | 1980 |
| 19-09-93 | Amsterdam | Micha Lutje Spelberg | 10.6 | 1993 |
| 10-10-76 | Eibergen | Berry Maalderink | 10.7 | 1976 |
| 19-09-15 | Almelo | Jochem Nieuwenhuis | 10.7 | 2015 |
| 24-09-94 | Enschede | Jetze v.d. Kamp | 10.8 | 1994 |
| 07-10-72 | Enschede | Rob van den Heuvel | 10.9 | 1972 |
| 10-09-11 | Haaksbergen | Tiemen Onstein | 10.9 | 2011 |
| 23-06-12 | Zutphen | Teun Koerts | 11.07 | 2012 |
| 22-05-76 | Eibergen | Ronnie Varga | 11.0 | 1976 |
| 10-10-76 | Eibergen | Marchel Emaus | 11.0 | 1976 |
| 25-06-83 | Hengelo | Peter te Koppele | 11.0 | 1983 |
| 18-09-04 | Almelo | Gijs Koerts | 11.0 | 2004 |
| 25-06-88 | Zwolle | Eelco Wedel | 11.1 | 1988 |
| 22-06-13 | Zutphen | Rick Harmsen | 11.27 | 2013 |
| 14-06-83 | Haaksbergen | Ronald Lubbers | 11.2 | 1983 |
| 25-05-85 | Hengelo | Remco van Veldhuizen | 11.2 | 1985 |
| 23-06-02 | Eibergen | Ramon Voortman | 11.2 | 2002 |

80 m E.T.

| | | | | |
|----------|-----------------|--------------------|-------|------|
| 06-06-15 | Almelo | Jochem Nieuwenhuis | 10.98 | 2015 |
| 23-06-12 | Zutphen | Teun Koerts | 11.07 | 2012 |
| 22-06-13 | Zutphen | Rick Harmsen | 11.27 | 2013 |
| 26-09-15 | Hengelo | Thomas Florijn | 11.49 | 2015 |
| 15-05-04 | Almelo | Lesley Rietman | 11.62 | 2004 |
| 13-09-97 | Alphen a/d Rijn | Arend Fekkes | 11.76 | 1997 |
| 13-09-97 | Alphen a/d Rijn | Maikel Nijhuis | 11.80 | 1997 |
| 18-06-04 | Enschede | Rick Kuipers | 11.84 | 2004 |
| 19-06-10 | Hengelo | Tiemen Onstein | 11.85 | 2010 |
| 23-06-01 | Gendringen | Chris Doornweerd | 12.14 | 2001 |
| 16-06-01 | Ede | Jasper Heming | 12.33 | 2001 |
| 15-09-01 | Apeldoorn | Randy Maas | 12.33 | 2001 |
| 27-06-15 | Haaksbergen | Ivar Goedvolk | 12.35 | 2015 |
| 25-06-11 | Deventer | Joost Somsen | 12.41 | 2011 |
| 16-06-01 | Ede | Joris Wansink | 12.42 | 2001 |
| 18-06-04 | Enschede | Lars Wonnink | 12.55 | 2004 |
| 20-06-98 | Zevenaar | Tamo Vogel | 12.59 | 1998 |
| 09-04-16 | Haaksbergen | Jorn Zwiers | 12.65 | 2016 |
| 19-06-10 | Hengelo | Joost Jansen | 12.66 | 2010 |
| 25-06-11 | Deventer | Bendix Beckers | 13.00 | 2011 |
| 20-06-98 | Zevenaar | Ruud Geerdes | 13.07 | 1998 |

4x80 m

| | | | | |
|----------|---------|-----------------|------|------|
| 24-05-97 | Hengelo | Arend Fekkes | 42.8 | 1997 |
| 24-05-97 | Hengelo | Maikel Nijhuis | 42.8 | 1997 |
| 24-05-97 | Hengelo | Kjell Vogel | 42.8 | 1997 |
| 24-05-97 | Hengelo | Thijs Hesselink | 42.8 | 1997 |

4x80 m E.T.

| | | | | |
|----------|----------|----------------|-------|------|
| 18-06-04 | Enschede | Rick Kuipers | 45.10 | 2004 |
| 18-06-04 | Enschede | Gijs Koerts | 45.10 | 2004 |
| 18-06-04 | Enschede | Lesley Rietman | 45.10 | 2004 |
| 18-06-04 | Enschede | Lars Wonnink | 45.10 | 2004 |

80 m Horden

| | | | | |
|----------|-----------------|-----------------------|-------|------|
| 19-09-93 | Amsterdam | Micha Lutje Spelberg | 12.2 | 1993 |
| 22-06-13 | Zutphen | Rick Harmsen | 13.59 | 2013 |
| 25-06-11 | Deventer | Tiemen Onstein | 14.12 | 2011 |
| 17-06-95 | Ulft | Xander Lutje Spelberg | 14.2 | 1995 |
| 20-06-15 | Almelo | Jochem Nieuwenhuis | 14.74 | 2015 |
| 13-04-02 | Haaksbergen | Randy Maas | 14.7 | 2002 |
| 11-05-85 | Zevenaar | Remco van Veldhuizen | 15.0 | 1985 |
| 09-05-92 | Deventer | Tom Hulzink | 15.1 | 1992 |
| 30-06-01 | Gendringen | Chris Doornweerd | 15.31 | 2001 |
| 10-04-04 | Haaksbergen | Gijs Koerts | 15.3 | 2004 |
| 16-05-98 | Apeldoorn | Chris Meis | 15.4 | 1998 |
| 24-06-78 | Eibergen | Eric Arendshorst | 15.5 | 1978 |
| 24-04-10 | Enschede | Diemer Harbers | 15.5 | 2010 |
| 14-06-03 | Apeldoorn | Lesley Rietman | 15.6 | 2003 |
| 13-09-97 | Alphen a/d Rijn | Andre Louis Wassing | 15.71 | 1997 |

80 m Horden E.T.

| | | | | |
|----------|-----------------|-----------------------|-------|------|
| 22-05-93 | Hengelo | Micha Lutje Spelberg | 13.01 | 1993 |
| 22-06-13 | Zutphen | Rick Harmsen | 13.59 | 2013 |
| 25-06-11 | Deventer | Tiemen Onstein | 14.12 | 2011 |
| 17-09-95 | Amsterdam | Xander Lutje Spelberg | 14.55 | 1995 |
| 20-06-15 | Almelo | Jochem Nieuwenhuis | 14.74 | 2015 |
| 16-06-01 | Ede | Randy Maas | 15.26 | 2001 |
| 30-06-01 | Gendringen | Chris Doornweerd | 15.31 | 2001 |
| 20-06-98 | Zevenaar | Chris Meis | 15.48 | 1998 |
| 13-09-97 | Alphen a/d Rijn | Andre Louis Wassing | 15.71 | 1997 |
| 24-05-97 | Hengelo | Thijs Hesselink | 16.25 | 1997 |
| 18-06-04 | Enschede | Lars Wonnink | 16.63 | 2004 |
| 25-06-11 | Deventer | Joost Somsen | 16.77 | 2011 |
| 19-06-10 | Hengelo | Diemer Harbers | 17.02 | 2010 |
| 09-04-16 | Haaksbergen | Ivar Goedvolk | 17.11 | 2016 |
| 15-09-01 | Apeldoorn | Rinse Hammer | 17.28 | 2001 |

200 m

| | | | | |
|----------|---------|--------------------|-------|------|
| 15-05-15 | Rijssen | Jochem Nieuwenhuis | 30.17 | 2015 |
|----------|---------|--------------------|-------|------|

300 mh E.T. J.C.

| | | | | |
|----------|----------|---------------|---------|------|
| 25-06-16 | Enschede | Ivar Goedvolk | 1.01.75 | 2016 |
|----------|----------|---------------|---------|------|

600 m

| | | | | | |
|----------|-------------|------------------|---------------|--------|------|
| 03-10-04 | Eibergen | Djoss Smalen | J.P.A. | 1.49.7 | 2004 |
| 10-10-70 | Drienerloo | Harrie Mol | | 1.51.3 | 1970 |
| 07-10-01 | Eibergen | Chris Doornweerd | | 1.55.7 | 2001 |
| 06-10-02 | Eibergen | Gijs koerts | J.P.A. | 1.57.2 | 2002 |
| 08-07-00 | Haaksbergen | Jasper Heming | | 1.57.4 | 2000 |
| 02-10-94 | Eibergen | Joep Brinkers | J.P.A. | 1.58.3 | 1994 |
| 02-10-94 | Eibergen | Arno Daleman | J.P.A. | 1.58.6 | 1994 |
| 06-10-02 | Eibergen | Lesley Rietman | J.P.A. | 1.59.8 | 2002 |
| 17-09-16 | Eibergen | Jorn Zwiers | | 1.59.9 | 2016 |
| 08-10-06 | Eibergen | Lucas Pol | | 2.00.6 | 2006 |
| 03-10-99 | Eibergen | Rinse Hammer | | 2.02.2 | 1999 |
| 08-10-06 | Eibergen | Hugo Kiens | J.P.A. | 2.04.8 | 2006 |
| 04-10-92 | Eibergen | Dries Lasonder | J.P.A. | 2.04.9 | 1992 |
| 02-10-94 | Eibergen | Nick Kamers | J.P.A. | 2.04.9 | 1994 |
| 07-10-07 | Eibergen | Thijs Onstein | J.P.B. | 2.05.5 | 2007 |
| 07-10-01 | Eibergen | Jochem Odink | J.P.A. | 2.05.8 | 2001 |
| 08-04-00 | Haaksbergen | Ard Nijkamp | | 2.06.1 | 2000 |

600 meter E.T.

| | | | | | |
|----------|-------------|--------------------|---------------|---------|------|
| 24-06-17 | Almelo | Rien Boomkamp | J.P.C. | 2.18.03 | 2017 |
| 13-09-03 | Emmen | Kjell Smalen | J.P.C. | 2.20.82 | 2003 |
| 04-07-15 | Stadskanaal | Norvin Spinder | J.P.A. | 2.21.64 | 2015 |
| 04-06-16 | Nijverdal | Semmuel Verdouw | J.P.C. | 2.29.10 | 2016 |
| 09-04-16 | Haaksbergen | Guus Zuidersma | J.P.C. | 2.43.99 | 2016 |
| 04-06-16 | Nijverdal | Lars Nijland | J.P.C. | 3.09.09 | 2016 |
| 04-06-16 | Nijverdal | Casper Laninga | J.P.C. | 3.11.91 | 2016 |
| 04-06-16 | Nijverdal | Niels Donderwinkel | J.P.C. | 3.50.73 | 2016 |

800 m

| | | | | | |
|----------|-------------|------------------------|--|---------|------|
| 06-10-91 | Eibergen | Marc Groeneveld | | 2.26.2 | 1991 |
| 06-10-96 | Eibergen | Joep Brinkers | | 2.30.0 | 1996 |
| 06-10-02 | Eibergen | Ramon Voortman | | 2.31.2 | 2002 |
| 06-10-96 | Eibergen | Arno Daleman | | 2.34.6 | 1996 |
| 13-07-75 | Bocholt | Jeroen Reith | | 2.34.8 | 1975 |
| 06-10-96 | Eibergen | Nick Kamers | | 2.36.8 | 1996 |
| 04-10-92 | Eibergen | Ronald Boomkamp | | 2.39.6 | 1992 |
| 06-10-96 | Eibergen | Ruben Pillen | | 2.40.0 | 1996 |
| 02-10-94 | Eibergen | Jetze van de Kamp | | 2.40.9 | 1994 |
| 06-10-96 | Eibergen | Kjell Vogel | | 2.41.7 | 1996 |
| 03-10-04 | Eibergen | Gijs Koerts | | 2.42.6 | 2004 |
| 13-07-75 | Bocholt | Marcel Emaus | | 2.43.0 | 1975 |
| 13-07-75 | Bocholt | Berry Maalderink | | 2.43.5 | 1975 |
| 19-05-10 | Haaksbergen | Thijs Onstein | | 2.43.7 | 2010 |
| 19-05-10 | Haaksbergen | Tiemen Onstein | | 2.44.2 | 2010 |
| 05-10-03 | Eibergen | Lesley Rietman | | 2.45.1 | 2003 |
| 26-05-17 | Rijssen | Twan Willems | | 2.46.20 | 2017 |
| 04-10-92 | Eibergen | Bram de Groot | | 2.48.0 | 1992 |
| 01-10-95 | Eibergen | Xander Lutje Spelberg | | 2.49.6 | 1995 |
| 29-05-76 | Rhede | Did Peter Kamps | | 2.51.8 | 1976 |
| 06-10-02 | Eibergen | Jochem Odink | | 2.51.8 | 2002 |

800 m vervolg

| | | | | | | |
|----------|----------|------------|----------------------|---------------|---------|------|
| 04-10-92 | Eibergen | | Gerben Kluivers | | 2.52.3 | 1992 |
| 04-10-92 | Eibergen | | Joris Pardijs | | 2.52.7 | 1992 |
| 06-10-96 | Eibergen | | Andre Louis Wassink | | 2.55.6 | 1996 |
| 06-10-96 | Eibergen | | Erwin Saaltink | | 2.55.8 | 1996 |
| 06-10-96 | Eibergen | | Roy Nijkamp | | 2.56.1 | 1996 |
| 03-10-04 | Eibergen | | Lars Wonink | | 2.56.2 | 2004 |
| 03-10-04 | Eibergen | | Thomas Doesburg | | 2.57.1 | 2004 |
| 06-10-96 | Eibergen | | Niek Blekkink | | 2.57.2 | 1996 |
| 04-10-92 | Eibergen | | Daan de Vries | | 2.58.2 | 1992 |
| 05-10-03 | Eibergen | | Dennis Wonnink | | 2.59.2 | 2003 |
| 04-10-92 | Eibergen | | Joost Ottink | | 2.59.4 | 1992 |
| 21-05-16 | Almelo | | Mauro Hijmans | | 2.59.74 | 2016 |
| 13-07-75 | Bocholt | | Harm Otten | | 2.59.6 | 1975 |
| 29-05-76 | Rhede | Dld | Wilco Timmerije | J.P.A. | 2.59.8 | 1976 |
| 03-10-04 | Eibergen | | Wouter Doesburg | | 2.59.8 | 2004 |
| 03-10-04 | Eibergen | | Bram Gesink | | 3.02.1 | 2004 |
| 06-10-96 | Eibergen | | Tom Braakman | | 3.03.6 | 1996 |
| 29-05-10 | Aalten | | Thomas Jager | J.P.B. | 3.06.0 | 2010 |
| 04-10-92 | Eibergen | | Micha Lutje Spelberg | | 3.09.2 | 1992 |
| 06-10-02 | Eibergen | | Frans Kemna | | 3.09.5 | 2002 |

800 m E.T.

| | | | | | | |
|----------|---------|--|---------------|--|---------|------|
| 26-05-17 | Rijssen | | Twan Willems | | 2.46.20 | 2017 |
| 21-05-16 | Almelo | | Mauro Hijmans | | 2.59.74 | 2016 |
| 21-05-16 | Almelo | | Jasper Eggink | | 3.10.10 | 2016 |

1000 m

| | | | | | | |
|----------|-------------|------------|----------------------|--|---------|------|
| 13-07-75 | Bocholt | Dld | Volter Kluivers | | 3.01.3 | 1975 |
| 11-10-97 | Papendal | | Joep Brinkers | | 3.03.11 | 1997 |
| 30-06-76 | Rhede | Dld | Berry Maalderink | | 3.05.8 | 1976 |
| 13-09-86 | Hengelo | | Remco van Veldhuizen | | 3.07.3 | 1986 |
| 29-05-76 | Rhede | Dld | Jeroen Reith | | 3.07.6 | 1976 |
| 17-08-80 | Papendal | | Bennie Wiggers | | 3.09.0 | 1980 |
| 25-06-88 | Zwolle | | Ben Harbers | | 3.10.8 | 1988 |
| 19-09-15 | Almelo | | Connor Kluivers | | 3.11.1 | 2015 |
| 10-09-11 | Haaksbergen | | Tiemen Onstein | | 3.12.4 | 2011 |
| 23-06-02 | Eibergen | | Ramon Voortman | | 3.13.1 | 2002 |
| 04-06-88 | Hengelo | | Ralph Smeenk | | 3.15.0 | 1988 |
| 21-05-78 | Enschede | | Eric Arendshorst | | 3.16.1 | 1978 |
| 13-04-96 | Hengelo | | Arno Daleman | | 3.16.1 | 1996 |

1000 m E.T.

| | | | | | | |
|----------|-------------|--|------------------|---------------|---------|------|
| 11-10-97 | Papendal | | Joep Brinkers | | 3.03.11 | 1997 |
| 14-08-88 | Hengelo | | Ben Harbers | | 3.11.45 | 1988 |
| 23-04-16 | Haaksbergen | | Jasper Eggink | | 3.17.82 | 2016 |
| 25-06-11 | Deventer | | Tiemen Onstein | | 3.17.96 | 2011 |
| 14-08-88 | Hengelo | | Ralph Smeenk | | 3.20.21 | 1988 |
| 20-06-98 | Zevenaar | | Tamo Vogel | | 3.21.77 | 1998 |
| 19-06-10 | Hengelo | | Thijs Onstein | | 3.22.02 | 2010 |
| 15-09-01 | Apeldoorn | | Ramon Voortman | | 3.22.73 | 2001 |
| 31-05-04 | Hengelo | | Djoss Smalen | J.P.A. | 3.23.50 | 2004 |
| 21-06-97 | Apeldoorn | | Maikel Nijhuis | | 3.26.02 | 1997 |
| 24-06-01 | Gendringen | | Chris Doornweerd | | 3.30.00 | 2001 |

1000 m Steeple

| | | | | |
|----------|---------|------------------|--------|------|
| 01-10-81 | Hengelo | Ronald Lubbers | 3.31.0 | 1981 |
| 25-06-83 | Hengelo | Peter te Koppele | 3.50.8 | 1983 |
| 01-10-83 | Hengelo | Cor Reith | 3.52.0 | 1983 |

1500 m

| | | | | |
|----------|------------|-----------------|--------------------|------|
| 27-06-76 | Drienerloo | Jeroen Reith | 5.05 | 1976 |
| 20-04-11 | Eibergen | Thijs Onstein | 5.23 | 2011 |
| 20-04-11 | Eibergen | Tiemen Onstein | 5.23 | 2011 |
| 17-04-02 | Eibergen | Ramon Voortman | 5.27 | 2002 |
| 13-04-14 | Hengelo | Thomas jager | 5.35 | 2014 |
| 23-04-14 | Eibergen | Connor Kluivers | 5.40 | 2014 |
| 14-04-10 | Eibergen | Diemer Harbers | 5.45 | 2010 |
| 20-04-11 | Eibergen | Joost Somsen | 5.50 | 2011 |
| 14-04-10 | Eibergen | Jaap Hettinga | 5.59 | 2010 |
| 17-04-02 | Eibergen | Gijs Koerts | J.P.A. 6.01 | 2002 |
| 14-04-10 | Eibergen | Peter te Brake | 6.01 | 2010 |
| 09-04-03 | Eibergen | Thomas Doesburg | J.P.A. 6.02 | 2003 |
| 09-04-03 | Eibergen | Djoss Smalen | J.P.A. 6.05 | 2003 |
| 06-04-15 | Hengelo | Norvin Spinder | J.P.A. 6.13 | 2015 |
| 09-04-03 | Eibergen | Iars Wonnink | J.P.A. 6.18 | 2003 |
| 01-04-09 | Eibergen | Koen Fentsam | 6.27 | 2009 |
| 01-04-09 | Eibergen | Jordy Grave | 6.34 | 2009 |
| 01-04-09 | Eibergen | Teun Koerts | 6.34 | 2009 |
| 23-04-14 | Eibergen | Harm Overkamp | J.P.B. 6.35 | 2014 |
| 07-04-04 | Eibergen | Rick Kuipers | 6.36 | 2004 |
| 09-04-03 | Eibergen | Wouter Doesburg | J.P.A. 6.37 | 2003 |
| 08-10-06 | Eibergen | Lucas Pol | 6.44 | 2006 |
| 02-04-08 | Eibergen | Jaap Heitinga | J.P.A. 6.45 | 2008 |
| 02-04-08 | Eibergen | Ruben Doesburg | 6.53 | 2008 |
| 09-04-03 | Eibergen | Niek Baak | J.P.B. 6.54 | 2003 |
| 05-04-06 | Eibergen | Mirco Wiercx | 7.08 | 2006 |

1 EM

| | | | | |
|----------|----------|-----------------|--------------------|------|
| 17-05-09 | Eibergen | Tiemen Onstein | J.P.A. 4.48 | 2009 |
| 17-05-09 | Eibergen | Thijs Onstein | J.P.A. 4.48 | 2009 |
| 17-05-04 | Eibergen | Djoss Smalen | J.P.A. 4.57 | 2003 |
| 17-04-04 | Eibergen | Lars wonnink | 5.05 | 2004 |
| 17-05-09 | Eibergen | Diemer Harbers | 5.19 | 2009 |
| 17-05-09 | Eibergen | Peter te Brake | J.P.A. 5.31 | 2009 |
| 20-05-12 | Eibergen | Thomas Jager | J.P.A. 5.39 | 2012 |
| 25-05-14 | Eibergen | Connor Kluivers | 5.56 | 2014 |
| 29-05-16 | Eibergen | Twan Willems | 6.00 | 2016 |
| 15-04-06 | Eibergen | Lucas Pol | 6.01 | 2006 |
| 29-05-16 | Eibergen | Mauro Hijmans | 6.05 | 2016 |
| 17-05-09 | Eibergen | Ruben Doesburg | 6.14 | 2009 |
| 31-05-15 | Eibergen | Norvin Spinder | J.P.A. 6.26 | 2015 |
| 20-05-12 | Eibergen | Rick Harmsen | 6.28 | 2012 |
| 22-05-11 | Eibergen | Joost Somsen | 6.38 | 2011 |

3000 m

| | | | | | |
|----------|-----------|------------------|---------------|---------|------|
| 06-04-05 | Eibergen | Wouter Doesburg | | 11.30.0 | 2005 |
| 04-10-15 | Oldenzaal | Connor Kluivers | | 11.30.0 | 2015 |
| 06-04-05 | Eibergen | Thomas Doesburg | | 11.47.0 | 2005 |
| 07-04-04 | Eibergen | Gijs Koerts | | 12.11.0 | 2004 |
| 07-04-04 | Eibergen | Lars Wonnink | | 12.41.0 | 2004 |
| 04-10-92 | Eibergen | Arno Daleman | J.P.B. | 12.55.3 | 1992 |
| 07-04-04 | Eibergen | Lesley Rietman | | 13.10.0 | 2004 |
| 07-04-04 | Eibergen | Djoss Smalen | J.P.A. | 13.12.0 | 2004 |
| 18-04-01 | Eibergen | Chris Doornweerd | | 13.17.0 | 2001 |
| 04-10-92 | Eibergen | Laurens Wientjes | J.P.C. | 13.42.0 | 1992 |
| 07-04-04 | Eibergen | Kjell Smalen | J.P.B. | 14.06.0 | 2004 |
| 06-10-91 | Eibergen | Bram de Groot | | 14.12.0 | 1991 |
| 06-10-91 | Eibergen | Anton Wientjes | J.P.B. | 14.33.0 | 1991 |
| 04-10-92 | Eibergen | Ruben Pillen | J.P.B. | 15.14.0 | 1992 |
| 09-06-07 | Rijssen | Mirco Wiercx | | 15.52.0 | 2007 |

2 EM

| | | | | | |
|----------|-------------|-----------------|---------------|-------|------|
| 22-05-11 | Eibergen | Tiemen Onstein | | 12.19 | 2011 |
| 31-05-15 | Eibergen | Connor Kluivers | | 12.31 | 2015 |
| 22-05-11 | Eibergen | Thijs Onstein | | 12.47 | 2011 |
| 29-05-16 | Eibergen | Thijs Grijsen | | 14.26 | 2016 |
| 04-03-00 | Winterswijk | Lesley Rietman | J.P.B. | 16.04 | 2000 |

3 EM

| | | | | | |
|----------|----------|--------------|--|-------|------|
| 08-12-12 | Eibergen | Thomas Jager | | 22.31 | 2012 |
|----------|----------|--------------|--|-------|------|

5000 m

| | | | | | |
|----------|-------------|-----------------|---------------|-------|------|
| 21-05-15 | Winterswijk | Connor Kluivers | | 19.35 | 2015 |
| 30-04-76 | Emmeloord | Johnny Leppink | J.P.A. | 22.18 | 1976 |
| 09-04-12 | Hengelo | Joost Somsen | | 23.48 | 2012 |

5 EM

| | | | | | |
|----------|----------|------------------|--|-------|------|
| 20-04-02 | Eibergen | Ramon Voortman | | 36.50 | 2002 |
| 10-05-01 | Eibergen | Chris Doornweerd | | 47.57 | 2001 |

10 km

| | | | | | |
|----------|--------|--------------------------|--|-------|------|
| 25-03-79 | Vreden | Dld Jonny Leppink | | 55.25 | 1979 |
|----------|--------|--------------------------|--|-------|------|

Ver

| | | | | |
|----------|-------------|-----------------------|--------|------|
| 03-10-76 | Drienerloo | Berry Maalderink | 5.14 m | 1976 |
| 12-09-93 | Eibergen | Micha Lutje Spelberg | 4.99 m | 1993 |
| 19-05-89 | Zevenaar | Eelco Wedel | 4.74 m | 1989 |
| 10-04-04 | Haaksbergen | Lesley Rietman | 4.72 m | 2004 |
| 23-06-12 | Zutphen | Teun Koerts | 4.70 m | 2012 |
| 04-09-04 | Enschede | Gijs Koerts | 4.67 m | 2004 |
| 22-05-76 | Eibergen | Ronnie Varga | 4.65 m | 1976 |
| 08-09-13 | Amsterdam | Rick Harmsen | 4.59 m | 2013 |
| 17-09-95 | Amsterdam | Xander Lutje Spelberg | 4.58 m | 1995 |
| 28-09-74 | Enschede | Wolter Kluivers | 4.56 m | 1974 |
| 17-06-01 | Eibergen | Chris Doornweerd | 4.54 m | 2001 |
| 03-09-11 | Enschede | Tiemen Onstein | 4.54 m | 2011 |
| 10-07-83 | Eibergen | Peter te Koppele | 4.52 m | 1983 |
| 12-06-05 | Eibergen | Lars Wonnink | 4.50 m | 2005 |

Hoog

| | | | | |
|----------|-------------|-----------------------|--------|------|
| 28-09-85 | Hengelo | Remco van Veldhuizen | 1.55 m | 1985 |
| 18-09-04 | Almelo | Lesley Rietman | 1.55 m | 2004 |
| 10-10-76 | Eibergen | Berry Maalderink | 1.53 m | 1976 |
| 18-09-77 | Eibergen | Peter Kamps | 1.50 m | 1977 |
| 28-09-85 | Hengelo | Pim Temmink | 1.50 m | 1985 |
| 17-09-95 | Amsterdam | Xander Lutje Spelberg | 1.50 m | 1995 |
| 28-08-04 | Haaksbergen | Gijs Koerts | 1.50 m | 2004 |
| 24-04-83 | Drienerloo | Ronald Lubbers | 1.45 m | 1983 |
| 13-06-93 | Gendringen | Micha Lutje Spelberg | 1.45 m | 1993 |
| 04-10-98 | Eibergen | Thijs Hesselink | 1.45 m | 1998 |
| 31-08-02 | Haaksbergen | Ramon Voortman | 1.45 m | 2002 |

Kogel 3 kg

| | | | | |
|----------|-------------|----------------------|---------|------|
| 24-08-57 | Almelo | Johan Vrielink | 11.32 m | 1957 |
| 13-09-98 | Amsterdam | Thijs Hesselink | 11.01 m | 1998 |
| 11-09-93 | Hengelo | Micha Lutje Spelberg | 10.57 m | 1993 |
| 06-09-86 | Almelo | Remco van Veldhuizen | 10.54 m | 1986 |
| 07-10-72 | Enschede | Rob van den Heuvel | 10.32 m | 1972 |
| 28-05-94 | Zwolle | Matthijs ten Have | 9.97 m | 1994 |
| 18-09-76 | Deventer | Berry Maalderink | 9.92 m | 1976 |
| 17-09-88 | Haaksbergen | Ralph Smeenk | 9.90 m | 1988 |
| 14-05-77 | Deventer | Harrie Schutten | 9.70 m | 1977 |
| 04-10-80 | Eibergen | Bennie Wiggers | 9.40 m | 1980 |

Discus 1kg

| | | | | |
|----------|-------------|--------------------|---------|------|
| 04-10-98 | Eibergen | Thijs Hesselink | 29.94 m | 1998 |
| 02-07-88 | Haaksbergen | Ralph Smeenk | 27.18 m | 1988 |
| 25-09-76 | Apeldoorn | Berry Maalderink | 27.10 m | 1976 |
| 21-09-80 | Eibergen | Bennie Wiggers | 26.14 m | 1980 |
| 12-06-05 | Eibergen | Lars Wonnink | 24.51 m | 2005 |
| 20-06-15 | Almelo | Jochem Nieuwenhuis | 24.42 m | 2015 |
| 30-05-92 | Zutphen | Tom Hulzink | 24.26 m | 1992 |
| 28-08-04 | Haaksbergen | Gijs Koerts | 23.95 m | 2004 |
| 25-09-77 | Drienerloo | Harrie Schutten | 23.74 m | 1977 |
| 23-04-16 | Haaksbergen | Justin Klein Tank | 23.63 m | 2016 |
| 19-09-01 | Eibergen | Chris Doornweerd | 22.98 m | 2001 |
| 02-10-94 | Eibergen | Matthijs ten Have | 21.18 m | 1994 |

Speer 400 gr

| | | | | |
|----------|-------------|----------------------|---------|------|
| 31-05-86 | Apeldoorn | Remco van Veldhuizen | 42.58 m | 1986 |
| 31-05-86 | Apeldoorn | Pim Temmink | 33.64 m | 1986 |
| 17-09-88 | Haaksbergen | Ralph Smeenk | 32.76 m | 1988 |
| 18-09-04 | Almelo | Gijs Koerts | 32.22 m | 2004 |
| 06-10-01 | Goor | Chris Doornweerd | 31.21 m | 2001 |
| 12-06-93 | Ulft | Micha Lutje Spelberg | 30.78 m | 1993 |
| 30-05-87 | Hengelo | Sander Jan Grijzen | 30.46 m | 1987 |
| 18-06-94 | Eibergen | Matthijs ten Have | 30.34 m | 1994 |
| 28-05-16 | Heerde | Ivar Goedvolk | 29.13 m | 2016 |
| 24-08-97 | Eibergen | Erwin Saaltink | 28.52 m | 1997 |
| 10-09-88 | Hengelo | Eelco Wedel | 28.50 m | 1988 |

Bal 200 gr

| | | | | |
|----------|-------------|----------------------|-----------------------|------|
| 10-10-76 | Eibergen | Berry Maalderink | 60.00 m | 1976 |
| 10-10-76 | Eibergen | Harrie Schutten | 58.00 m | 1976 |
| 13-09-80 | Drienerloo | Peter Klanderman | J.P.A. 46.50 m | 1980 |
| 16-09-84 | Eibergen | Remco van Veldhuizen | J.P.A. 46.00 m | 1984 |
| 10-10-76 | Eibergen | Marcel Emaus | 45.00 m | 1976 |
| 10-10-76 | Eibergen | Jeroen Reith | 44.00 m | 1976 |
| 19-09-87 | Almelo | Eelco Wedel | J.P.A. 41.46 m | 1987 |
| 26-10-75 | Eibergen | Robert ten Barge | J.P.A. 41.00 m | 1975 |
| 26-05-83 | Hengelo | Ronald Lubbers | 41.00 m | 1983 |
| 26-04-87 | Haaksbergen | Stefan Könniger | J.P.A. 39.34 m | 1987 |

5 Kamp

| | | | | |
|----------|----------|------------------|----------|------|
| 08-10-77 | Eibergen | Peter Kamps | 3055 pnt | 1977 |
| 08-10-77 | Eibergen | Harry Schutten | 2642 pnt | 1977 |
| 08-10-77 | Eibergen | Eric Arendshorst | 2549 pnt | 1977 |
| 08-10-77 | Eibergen | Bertus Schutten | 1771 pnt | 1977 |
| 08-10-77 | Eibergen | Bernd Dutmer | 1092 pnt | 1977 |

7 Kamp

| | | | | |
|-------------|------------|----------------------|----------|------|
| 12-13-06-93 | Gendringen | Micha Lutje Spelberg | 3076 pnt | 1993 |
| 80 m | 10.9 | | | |
| 80 m Horden | 12.5 | | | |
| 1000 m | 3.28.6 | | | |
| Ver | 4.35 m | | | |
| Hoog | 1.45 m | | | |
| Kogel | 9.15 m | | | |
| Speer | 30.78 m | | | |
| 23-24-06-01 | Gendringen | Chris Doornweerd | 2917 pnt | 2001 |
| 80 m | 12.14 | | | |
| 80 m Horden | 16.32 | | | |
| 1000 m | 3.30.00 | | | |
| Ver | 4.06 m | | | |
| Hoog | 1.30 m | | | |
| Kogel | 7.78 m | | | |
| Speer | 23.30 m | | | |

| | | | | |
|-------------|-----------|-----------------------|----------|------|
| 20-21-05-95 | Apeldoorn | Xander Lutje Spelberg | 2607 pnt | 1995 |
| 80 m | 11.5 | | | |
| 80 m Horden | 14.3 | | | |
| 1000 m | 3.28.2 | | | |
| Ver | 4.33 m | | | |
| Hoog | 1.40 m | | | |
| Kogel | 9.15 m | | | |
| Speer | 18.26 m | | | |

Competitie 2e klas

| | | | | |
|----------|----------|------------------|--|------|
| 12-06-76 | Enschede | 5688 pnt | | 1976 |
| 4x80 m | 44.1 | Jeroen Reith | | |
| 4x80 m | 44.1 | Ronnie Varga | | |
| 4x80 m | 44.1 | Berry Maalderink | | |
| 4x80 m | 44.1 | Marcel Emaus | | |
| 80 m | 11.5 | Marcel Emaus | | |
| 1000 m | 3.12.3 | Jeroen Reith | | |
| 1000 m | 3.36.5 | Peter Kamps | | |
| Ver | 4.80 m | Berry Maalderink | | |
| Hoog | 1.45 m | Berry Maalderink | | |
| Hoog | 1.35 m | Peter Kamps | | |
| Kogel | 7.64 m | Jeroen Reith | | |
| Discus | 18.32 m | Marcel Emaus | | |

Competitie 2e klas

| | | | | |
|----------|----------|-----------------|------|------|
| 09-05-92 | Deventer | | | 1992 |
| 4x80 m | 47.9 | Daan de Vries | M 13 | |
| 4x80 m | 47.9 | Ronald Boomkamp | M 13 | |
| 4x80 m | 47.9 | Tom Hulzink | M 13 | |
| 4x80 m | 47.9 | Ivo Karel | M 12 | |
| 80 m | 12.7 | Daan de Vries | M 13 | |
| 80 mh | 15.1 | Tom Hulzink | M 13 | |
| 1000 m | 3.22.6 | Ronald Boomkamp | M 13 | |
| Ver | 3.65 m | Daan de Vries | M 13 | |
| Hoog | 1.25 m | Ivo Karel | M 12 | |
| Kogel | 7.94 m | Ronald Boomkamp | M 13 | |
| Discus | 16.52 m | Tom Hulzink | M 13 | |
| Speer | 15.48 m | Ivo Karel | M 12 | |

Competitie 2e klas

| | | | |
|----------|----------|---------------------|------|
| 20-04-96 | Deventer | 4060 pnt | 1996 |
| 4x80 m | 46.8 | Nick Kamers | |
| 4x80 m | 46.8 | Ruben Pillen | |
| 4x80 m | 46.8 | Kjell Vogel | |
| 4x80 m | 46.8 | Andre Louis Wassink | |
| 80 m | 12.1 | Nick Kamers | |
| 80 m | 12.1 | Ruben Pillen | |
| 80 mh | 15.8 | Joep Brinkers | |
| 80 mh | 16.4 | Andre Louis Wassink | |
| 1000 m | 3.23.6 | Ruben Pillen | |
| 1000 m | 3.14.3 | Joep Brinkers | |
| Ver | 3.87 m | Kjell Vogel | |
| Hoog | 1.30 m | Andre Louis Wassink | |
| Kogel | 7.52 m | Roy Nijkamp | |
| Discus | 13.92 m | Nick Kamers | |
| Speer | 21.16 m | Roy Nijkamp | |

Competitie 2e klas

| | | | |
|----------|---------|---------------------|------|
| 24-05-97 | Hengelo | 4203 pnt | 1997 |
| 4x80 m | 42.8 | Arend Fekkes | |
| 4x80 m | 42.8 | Maikel Nijhuis | |
| 4x80 m | 42.8 | Kjell Vogel | |
| 4x80 m | 42.8 | Thijs Hesselink | |
| 80 m | 12.2 | Arend Fekkes | |
| 80 m | 12.6 | Maikel Nijhuis | |
| 80 mh | 16.2 | Thijs Hesselink | |
| 80 mh | 15.8 | Andre Louis Wassink | |
| 1000 m | 3.28.2 | Maikel Nijhuis | |
| 1000 m | 3.10.2 | Joep Brinkers | |
| Ver | 4.20 m | Kjell Vogel | |
| Hoog | 1.35 m | Erwin Saaltink | |
| Kogel | 7.34 m | Thijs Hesselink | |
| Discus | 17.32 m | Andre Louis Wassink | |

Competitie 2e klas E.T.

| | | | |
|----------|-----------|---------------------|------|
| 21-06-97 | Apeldoorn | 4041 pnt | 1997 |
| 4x 80 m | 45.97 | Arend Fekkes | |
| 4x 80 m | 45.97 | Maikel Nijhuis | |
| 4x 80 m | 45.97 | Kjell Vogel | |
| 4x 80 m | 45.97 | Andre Louis Wassink | |
| 80 m | 11.81 | Arend Fekkes | |
| 80 m | 12.18 | Maikel Nijhuis | |
| 80 mh | 15.86 | Andre Louis Wassink | |
| 80 mh | 17.01 | Thijs Hesselink | |
| 1000 m | 3.26.02 | Maikel Nijhuis | |
| 1000 m | 3.09.56 | Joep Brinkers | |
| Ver | 4.09 m | Kjell Vogel | |
| Hoog | 1.35 m | Erwin Saaltink | |
| Kogel | 6.91 m | Thijs Hesselink | |
| Discus | 17.88 m | Andre Louis Wassink | |

Competitie 2e klas E.T.

| | | | |
|----------|---------|------------------|------|
| 16-06-01 | Ede | 3877 pnt | 2001 |
| 4x80m | 45.94 | Jasper Heming | |
| 4x80m | 45.94 | Ramon Voortman | |
| 4x80m | 45.94 | Randy Maas | |
| 4x80m | 45.94 | Chris Doornweerd | |
| 80m | 12.42 | Joris Wansink | |
| 80m | 12.33 | Jasper Heming | |
| 80mh | 15.26 | Randy Maas | |
| 80mh | 17.73 | Rinse Hammer | |
| 1000m | 3.36.22 | Joris Wansink | |
| 1000m | 3.24.07 | Ramon Voortman | |
| Ver | 4.15 m | Chris Doornweerd | |
| Hoog | 1.35 m | Chris Doornweerd | |
| Kogel | 6.64 m | Ramon Voortman | |
| Discus | 16.24 m | Maarten Geerdes | |

Competitie 2e klas

| | | | |
|----------|---------|----------------|------|
| 14-05-11 | Hengelo | 3770 pnt | 2011 |
| 4x80m | 45.0 | Thijs Onstein | |
| 4x80m | 45.0 | Tiemen Onstein | |
| 4x80m | 45.0 | Joost Somsen | |
| 4x80m | 45.0 | Teun Koerts | |
| 80m | 11.6 | Teun Koerts | |
| 80m | 12.0 | Joost Somsen | |
| 80mh | 14.0 | Tiemen Onstein | |
| 80mh | 15.6 | Joost Somsen | |
| 80mh | 16.8 | Teun Koerts | |
| 1000m | 3.15.5 | Tiemen Onstein | |
| Ver | 4.05 m | Thijs Onstein | |
| Hoog | 1.40 m | Thijs Onstein | |
| Kogel | 9.95 m | Bendix Beckers | |
| Kogel | 6.26 m | Peter te Brake | |
| Discus | 20.12 m | Bendix Beckers | |
| Discus | 17.17 m | Peter te Brake | |