

## 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	12-09-21	Vorden	Barbara Tempert-de Haan	V 46	2.34.27	2021
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	<b>Dld</b> Doris Willekes	V 37	32.76 m	2000
Speer 600 gr	03-10-99	Eibergen	Ineke Visser	V 44	19.72 m	1999

### 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	12-09-21	Vorden	Barbara Tempert-de Haan	V 46	2.34.27	2021
Marathon	16-09-18	Berlijn	<b>Dld</b> Barbara Tempert	V 43	3.57.00	2018
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

**Dames 45**

<b>100 m</b>	02-10-05	Eibergen	Diana Luyrink	<b>V 46</b>	15.9	2005
<b>600 m</b>	02-10-05	Eibergen	Diana Luyrink	<b>V 46</b>	1.59.2	2005
<b>800 m</b>	03-10-99	Eibergen	Rolin Kluiwers	<b>V 46</b>	2.39.2	1999
<b>1500 m</b>	08-10-06	Eibergen	Dini Hogeweg	<b>V 49</b>	6.52.9	2006
<b>3000 m</b>	02-10-05	Eibergen	Diana Luyrink	<b>V 46</b>	11.59.2	2005
<b>2 EM</b>	26-05-11	Hengelo	Diana Luyrink	<b>V 52</b>	12.39	2011
<b>5000 m</b>	07-04-04	Eibergen	Diana Luyrink	<b>V 45</b>	20.21	2004
<b>5000 m E.T.</b>	27-06-13	Hengelo	Diana Luyrink	<b>V 54</b>	20.46.91	2013
<b>3 EM</b>	08-12-12	Eibergen	Jacqueline Dijkstra	<b>V 59</b>	28.34	2012
<b>5 EM</b>	02-03-13	Winterswijk	Wilma Luggenhorst	<b>V 49</b>	33.30	2013
<b>10 km</b>	15-06-02	Nijverdal	Diana Luyrink	<b>V 43</b>	40.27	2002
<b>15 km</b>	03-04-05	Losser	Diana Luyrink	<b>V 46</b>	1.04.22	2007
<b>10 EM</b>	16.04.05	Eibergen	Diana Luyrink	<b>V 46</b>	1.08.40	2005
<b>Halve Marathon</b>	08.05.05	Enschede	Diana Luyrink	<b>V 46</b>	1.31.16	2005
<b>25 km</b>	05-04-09	Losser	Diana Luyrink	<b>V 50</b>	1.52.19	2009
<b>30 km</b>	12-09-21	Vorden	Barbara Tempert-de Haan	<b>V 46</b>	2.34.27	2021
<b>Marathon</b>	30-05-09	Klazienaveen	Diana Luyrink	<b>V 50</b>	4.02.47	2016
<b>Ver</b>	17-09-16	Eibergen	Paulien Boverhof	<b>V 52</b>	2.87 m	2016
<b>kogel 4 kg</b>	05-10-03	Eibergen	Ineke Visser	<b>V 48</b>	6.77 m	2003
<b>Discus 1 kg</b>	01-07-16	Rijssen	Doris Willekes	<b>V 53</b>	21.20 m	2016
<b>Speer 600 gr</b>	02-10-05	Eibergen	Diana Luyrink	<b>V 46</b>	16.07 m	2005

**Dames 50**

<b>80 m</b>	17-09-16	Eibergen	Paulien Boverhof	<b>V 52</b>	14.8	2016
<b>600 m</b>	17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	2.42.9	2016
<b>3000 m</b>	08.10.06	Eibergen	Ineke Visser	<b>V 51</b>	12.36.7	2006
<b>2 EM</b>	26-05-11	Hengelo	Diana Luyrink	<b>V 52</b>	12.39	2011
<b>5000 m</b>	11-06-11	Rijssen	Diana Luyrink	<b>V 52</b>	20.18	2011
<b>5000 m E.T.</b>	27-06-13	Hengelo	Diana Luyrink	<b>V 54</b>	20.46.91	2013
<b>3 EM</b>	08-12-12	Eibergen	Jacqueline Dijkstra	<b>V 59</b>	28.34	2012
<b>5 EM</b>	13-09-09	Enschede	Diana Luyrink	<b>V 50</b>	33.56	2009
<b>10 km</b>	29-01-12	Hengelo	Diana Luyrink	<b>V 53</b>	42.28	2012
<b>15 km</b>	01.02.09	Hengelo	Diana Luyrink	<b>V 50</b>	1.06.42	2009
<b>10 EM</b>	31-10-09	Holten	Diana Luyrink	<b>V 50</b>	1.10.21	2009
<b>Halve Marathon</b>	08-11-09	Terschelling	Diana Luyrink	<b>V 50</b>	1.34.11	2009
<b>25 km</b>	05-04-09	Losser	Diana Luyrink	<b>V 50</b>	1.52.19	2009
<b>Marathon</b>	30-05-09	Klazienaveen	Diana Luyrink	<b>V 50</b>	4.02.47	2009
<b>Ver</b>	17-09-16	Eibergen	Paulien Boverhof	<b>V 52</b>	2.87 m	2016
<b>Kogel 3 kg</b>	01-07-16	Rijssen	Doris Willekes	<b>V 53</b>	8.25 m	2016
<b>Discus 1 kg</b>	01-07-16	Rijssen	Doris Willekes	<b>V 53</b>	21.20 m	2016
<b>Speer 500 gr</b>	01-07-16	Rijssen	Doris Willekes	<b>V 53</b>	11.79 m	2016
<b>Kogel 4 kg</b>	17-09-16	Eibergen	Paulien Boverhof	<b>V 52</b>	4.75 m	2016

## Dames 55

80 m	17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	17.1	2016
600 m	17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	2.42.9	2016
2 EM	26-05-11	Hengelo	Ineke Visser	<b>V 56</b>	13.41	2011
5000 m	23-06-11	Aalten	Ineke Visser	<b>V 56</b>	21.56	2011
5000 m E.T.	27-06-13	Hengelo	Ineke Visser	<b>V 58</b>	22.13.72	2013
3 EM	08-12-12	Eibergen	Jacqueline Dijkstra	<b>V 59</b>	28.34	2012
5 EM	08-09-13	Enschede	Ineke Visser	<b>V 58</b>	36.57	2013
10 km	11-03-12	Hengelo	Ineke Visser	<b>V 57</b>	44.35	2012
15 km	13-04-14	Hengelo	Ineke Visser	<b>V 59</b>	1.13.37	2014
10 EM	25-03-12	Haaksbergen	Ineke Visser	<b>V 57</b>	1.14.01	2012
Halve Marathon	06-11-11	Terschelling	Ineke Visser	<b>V 56</b>	1.41.50	2011
Marathon	13-10-16	Athene	<b>GR</b> Karin Tankink	<b>V 60</b>	4.45.52	2016
Ver	17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	1.96 m	2016
Kogel 4 kg	17-09-16	Eibergen	Dini Hogeweg	<b>V 59</b>	4.08 m	2016

## Dames 60

3 EM	08-12-12	Eibergen	Anna Lubberdink	<b>V 63</b>	28.42	2012
5 EM	26-05-13	Eibergen	Rolin Kluivers	<b>V 60</b>	47.06	2013
5000 m	05-05-15	Holten	Ineke Visser	<b>V 60</b>	22.50	2015
10 km	11-01-15	Hengelo	Ineke Visser	<b>V 60</b>	47.32	2015
15 km	01-12-13	S-Heerenberg	Rolin Kluivers	<b>V 60</b>	1.32.55	2013
10 EM	29-06-16	Eibergen	Karin Tankink	<b>V 60</b>	1.33.34	2016
Halve Marathon	11-12-11	Emmerich	<b>Dld</b> Tilly Brons	<b>V 61</b>	2.19.00	2010
Marathon	13-10-16	Athene	<b>GR</b> Karin Tankink	<b>V 60</b>	4.45.52	2016

## Dames 65

5 EM	31-05-15	Eibergen	Jannie Hissink	<b>V 66</b>	54.11	2015
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## Heren 35

100 m	01-10-89	Eibergen	Indra Amarasekara	<b>M 37</b>	13.2	1989
300 m	02-10-94	Eibergen	Henk Daleman	<b>M 41</b>	44.6	1994
400 m	01-10-95	Eibergen	Theo Schootman	<b>M 46</b>	68.3	1995
600 m	17-09-16	Eibergen	Robert Leussenkamp	<b>M 51</b>	1.47.9	2016
800 m	03-10-99	Eibergen	Marcel Liebrand	<b>M 40</b>	2.16.4	1999
1000 m E.T.	09-06-00	Hengelo	Henk Harenberg	<b>M 37</b>	3.14.18	2000
1500 m	06-10-96	Eibergen	Theo Schootman	<b>M 47</b>	4.50.1	1996
3000 m	08-10-06	Eibergen	Guido Sasse	<b>M 41</b>	9.52.9	2006
3000 m E.T.	05-07-01	Hengelo	Theo Schootman	<b>M 52</b>	10.04.76	2001
2 EM	30-05-02	Hengelo	Theo Schootman	<b>M 53</b>	10.52	2002
5000 m	09-05-01	Haaksbergen	Guido Sasse	<b>M 36</b>	15.29.7	2001
5000 m E.T.	27-06-12	Hengelo	Guido Sasse	<b>M 47</b>	17.15.51	2012
3 EM	08-12-12	Eibergen	Martijn te Brake	<b>M 36</b>	20.41	2012
5 EM	07-09-03	Enschede	Guido Sasse	<b>M 38</b>	26.14	2003
10 km	30-06-01	De Lutte	Guido Sasse	<b>M 36</b>	32.55	2006
15 km	08-06-85	Goor	Henk Rietberg	<b>M 35</b>	48.23	1985

## Heren 35 vervolg

<b>10 EM</b>	19-04-03	Eibergen		Guido Sasse	<b>M 38</b>	52.47	2003
<b>20 km</b>	12-05-85	Eibergen		Henk Rietberg	<b>M 35</b>	1.10.10	1985
<b>Halve Marathon</b>	05-09-87	Zutphen		Henk Rietberg	<b>M 37</b>	1.11.31	1987
<b>25 km</b>	13-06-81	Deventer		Ad Tierie	<b>M 36</b>	1.32.47	1981
<b>30 km</b>	11-03-07	Vorden		Hilco Doesburg	<b>M 45</b>	1.53.17	2007
<b>Marathon</b>	23-04-82	Middelburg		Ad Tierie	<b>M 37</b>	2.38.38	1982
<b>50 km</b>	01-06-02	Bunschoten		Henk Harenberg	<b>M 39</b>	4.21.42	2002
<b>50 EM</b>	10-04-04	Den Helder		Henk Harenberg	<b>M 41</b>	9.39.45	2004
<b>100 km</b>	16-04-05	Diever		Henk Harenberg	<b>M 42</b>	9.12.34	2005
<b>6 Uurloop</b>	29-06-02	Haarlemmermeer		Henk Harenberg	<b>M 39</b>	63.242 m	2002
<b>24 Uurloop</b>	14-08-10	Lob Viborg	<b>N</b>	Henk Harenberg	<b>M 47</b>	177.630 m	2010
<b>Ver</b>	01-10-89	Eibergen		Indra Amarasekara	<b>M 37</b>	5.58 m	1989
<b>Hoog</b>	05-10-03	Eibergen		Herbert Garritsen	<b>M 37</b>	1.60 m	2003
<b>Kogel</b>	05-03-03	Eibergen		Fred van de Holst	<b>M 45</b>	11.21 m	2003
<b>Discus</b>	05-10-03	Eibergen		Herbert Garritsen	<b>M 37</b>	25.20 m	2003
<b>Speer</b>	07-10-01	Eibergen		Herbert Garritsen	<b>M 38</b>	35.63 m	2001

## Heren 40

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

## Heren 45

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

## Heren 50

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

## Heren 55

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

## Heren 60

<b>100m</b>	02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	17.5	2005
<b>600 m</b>	17-09-16	Eibergen	Theo Schootman	<b>M 67</b>	2.07.5	2016
<b>1500 m</b>	02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	6.50.2	2005
<b>3000 m</b>	24-04-13	Eibergen	Theo Schootman	<b>M 64</b>	11.52	2013
<b>5000 m</b>	18-06-09	Bredevoort	Theo Schootman	<b>M 60</b>	19.45	2009
<b>5000 m E.T.</b>	27-06-13	Hengelo	Theo Schootman	<b>M 64</b>	20.09.37	2013
<b>3 EM</b>	08-12-12	Eibergen	Henk Steentjes	<b>M 76</b>	32.04	2012
<b>5 EM</b>	22-03-09	Haaksbergen	Theo Schootman	<b>M 60</b>	31.03	2009
<b>10 km</b>	22-02-09	Hengelo	Theo Schootman	<b>M 60</b>	38.37	2009
<b>15 km</b>	29-03-09	Oldenzaal	Theo Schootman	<b>M 60</b>	59.21	2009
<b>10 EM</b>	23-03-19	Gelselaar	Marcel Liebrand	<b>M 60</b>	1.18.11	2019
<b>20 km</b>	29-10-16	Nijverdal	Jan te Luggenhorst	<b>M 70</b>	1.50.51	2016
<b>Halve Marathon</b>	28-08-98	Nijverdal	Bennie Huirne	<b>M 63</b>	1.43.09	1998
<b>25 km</b>	28-03-99	Losser	Bennie Huirne	<b>M 64</b>	2.15.15	1999
<b>30 km</b>	03-03-13	Vorden	Luco Post	<b>M 64</b>	2.38.45	2013
<b>Marathon</b>	11-10-98	Eindhoven	Bennie Huirne	<b>M 63</b>	3.51.15	1998
<b>Ver</b>	17-09-16	Eibergen	Theo Schootman	<b>M 67</b>	3.10 m	2016
<b>Kogel 6 kg</b>	02-10-05	Eibergen	Hans Schepers	<b>M 62</b>	8.07 m	2005
<b>Discus 1 kg</b>	10-06-16	Winterswijk	Jan te Luggenhorst	<b>M 70</b>	18.67 m	2016

## Heren 65

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

## Heren 70

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

## Heren 75

<b>800 m</b>	10-06-16	Winterswijk	Henk Steentjes	<b>M 80</b>	4.49.6	2016
<b>3 EM</b>	08-12-12	Eibergen	Henk Steentjes	<b>M 76</b>	32.04	2012
<b>5 EM</b>	08-04-17	Haaksbergen	Jan te Luggenhorst	<b>M 71</b>	42.40	2017
<b>10 km</b>	04-03-18	Vorden	Jan te Luggenhorst	<b>M 72</b>	52.34	2018
<b>Halve Marathon</b>	22-04-18	Enschede	Jan te Luggenhorst	<b>M 72</b>	2.18.55	2018