

Jongens A

100 m

| | | | | | |
|----------|-------------|-------------------------|-------------|-------|------|
| | | Huib ter Haar | | 11.1 | 1976 |
| 03-06-04 | Haaksbergen | Sebastiaan Steenberg | | 11.2 | 2004 |
| 10-06-18 | Zwolle | Tom Klein Poelhuis | J.B. | 11.48 | 2018 |
| | | Nils Grutterink | J.B. | 11.4 | 1986 |
| 27-08-03 | Hengelo | Roel Verwer | | 11.77 | 2003 |
| 17-05-06 | Haaksbergen | Rolf Heukels | | 11.7 | 2006 |
| 31-05-86 | Zwolle | Ronnie van de Bulk | | 11.80 | 1986 |
| 21-06-13 | Kampen | Tom Wouda | | 11.88 | 2013 |
| 06-10-02 | Enschede | Chris Kalter | J.B. | 11.8 | 2002 |
| 17-05-06 | Haaksbergen | Bart Bemthuis | J.B. | 11.8 | 2006 |
| 18-06-09 | Hengelo | Kevin Simmelink | | 11.8 | 2009 |
| 08-10-17 | Haaksbergen | Rens Stegink | J.B. | 11.8 | 2017 |
| 18-05-05 | Haaksbergen | Jurre Verwer | | 11.9 | 2005 |
| 14-06-09 | Emmen | Kevin Simmelink | | 12.02 | 2009 |
| 17-04-85 | Eibergen | Ben van Sark | | 12.0 | 1985 |
| 08-06-86 | Hengelo | Robin van de Stichel | | 12.0 | 1986 |
| 19-06-88 | Zwolle | Frits Hilderink | J.B. | 12.0 | 1988 |
| 11-07-08 | Apeldoorn | Frank Wouda | | 12.14 | 2008 |
| 13-07-75 | Bocholt | Did Paul Tankink | | 12.1 | 1975 |
| 31-05-96 | Zwolle | Roel van de Berg | | 12.1 | 1996 |
| 08-10-17 | Haaksbergen | Bram Brummelhuis | J.B. | 12.1 | 2017 |
| 27-08-03 | Hengelo | Erik Teunissen | | 12.20 | 2003 |
| 04-07-82 | Zevenaar | Edwin Lenderink | J.B. | 12.2 | 1982 |
| 20-06-90 | Haaksbergen | Ivo Oosting | | 12.2 | 1990 |
| 08-10-06 | Haaksbergen | Stefan Hummelink | J.B. | 12.2 | 2006 |
| | | Gezinus Siepel | J.C. | 12.3 | 1974 |
| 09-06-82 | Eibergen | Dave Braun | | 12.3 | 1982 |
| 19-09-82 | Hengelo | Erwin van de Kuil | | 12.3 | 1982 |
| 02-07-88 | Haaksbergen | Stefan Leferink | J.C. | 12.3 | 1988 |
| 18-05-05 | Haaksbergen | Jasper Schutte | J.C. | 12.3 | 2005 |
| 19-05-10 | Haaksbergen | Nick de Waart | | 12.3 | 2010 |

100 m E.T.

| | | | | | |
|----------|-----------|----------------------|-------------|-------|------|
| 10-06-18 | Zwolle | Tom Klein Poelhuis | J.B. | 11.48 | 2018 |
| 27-08-03 | Hengelo | Roel Verwer | | 11.77 | 2003 |
| 31-05-86 | Zwolle | Ronnie van de Bulk | | 11.80 | 1986 |
| 21-06-13 | Kampen | Tom Wouda | | 11.88 | 2013 |
| 12-05-04 | Hengelo | Chris Kalter | | 11.93 | 2004 |
| 14-06-09 | Emmen | Kevin Simmelink | | 12.02 | 2009 |
| 27-08-03 | Hengelo | Sebastiaan Steenberg | | 12.07 | 2003 |
| 05-06-05 | Nijmegen | Jurre Verwer | | 12.07 | 2005 |
| 11-07-08 | Apeldoorn | Frank Wouda | | 12.14 | 2008 |
| 14-05-05 | Almelo | Bart Bemthuis | J.C. | 12.39 | 2005 |
| 12-05-04 | Hengelo | Rolf Heukels | | 12.40 | 2004 |
| 13-06-97 | Enschede | Roel van de Berg | | 12.42 | 1997 |
| 31-05-15 | Zwolle | Stefan Hoogland | | 12.44 | 2015 |
| 13-06-97 | Enschede | Jetse van de Kamp | J.B. | 12.48 | 1997 |
| 10-06-07 | Zwolle | Tijmen Steenberg | J.B. | 12.50 | 2007 |
| 30-09-06 | Emmeloord | Frank Rikhof | J.B. | 12.60 | 2006 |
| 10-06-07 | Zwolle | Tijmen Steenberg | J.B. | 12.50 | 2007 |
| 15-05-15 | Rijssen | Boris Bintanja | | 12.57 | 2015 |
| 06-05-09 | Hengelo | Nick de Waart | | 12.60 | 2009 |

110 mh

| | | | | | |
|----------|-------------|-------------------|-------------|-------|------|
| | | Ben Van Sark | | 15.7 | 1985 |
| 04-09-76 | Enschede | Huub ter Haar | | 17.2 | 1976 |
| 23-05-87 | Hengelo | Marc Oosting | | 17.3 | 1987 |
| 31-05-87 | Hengelo | Chris Kuit | | 18.3 | 1987 |
| 08-06-08 | Zevenaar | Jasper Schutte | | 18.61 | 2008 |
| 19-04-09 | Assen | Bart Bemthuis | | 20.05 | 2009 |
| 14-06-09 | Emmen | Tom Baumeister | J.B. | 20.25 | 2009 |
| 07-04-18 | Haaksbergen | Bram Brummelhuis | | 20.3 | 2018 |
| 21-06-15 | Gemert | Thijs Brummelhuis | J.B. | 21.72 | 2015 |
| 14-06-09 | Emmen | Peter Wouda | J.B. | 22.35 | 2009 |

150 m

| | | | | | |
|----------|-------------|--------------------|-------------|-------|------|
| 21-05-16 | Almelo | Tom Klein Poelhuis | J.C. | 19.02 | 2016 |
| 27-05-17 | Haaksbergen | Leon ten Elshof | J.C. | 20.03 | 2017 |
| 21-05-16 | Almelo | Jens Willems | J.C. | 20.38 | 2016 |
| 03-09-17 | Amsterdam | Jory Davids | J.D. | 21.00 | 2017 |
| 27-05-17 | Haaksbergen | Ruben van Sark | J.C. | 21.87 | 2017 |
| 21-05-16 | Almelo | Thomas Siemerink | J.C. | 22.05 | 2016 |

200 m

| | | | | | |
|----------|-------------|----------------------|-------------|-------|------|
| | | Huub ter Haar | | 22.6 | 1976 |
| 17-06-18 | Emmeloord | Tom Klein Poelhuis | J.B. | 22.70 | 2018 |
| 12-05-04 | Hengelo | Sebastiaan Steenberg | | 23.27 | 2004 |
| 06-10-02 | Haaksbergen | Roel Verwer | | 23.7 | 2002 |
| 21-06-09 | Nijmegen | Kevin Simmelink | | 24.08 | 2009 |
| 06-10-02 | Enschede | Chris Kalter | J.B. | 24.0 | 2002 |
| 17-05-06 | Haaksbergen | Rolf Heukels | J.A. | 24.0 | 2006 |
| 18-05-05 | Haaksbergen | Jurre Verwer | | 24.2 | 2005 |
| 30-09-07 | Haaksbergen | Frank Wouda | J.B. | 24.3 | 2007 |
| 15-05-13 | Haaksbergen | Tom Wouda | | 24.3 | 2013 |
| | | Dave Braun | | 24.5 | 1980 |
| 17-05-06 | Haaksbergen | Bart Bemthuis | J.B. | 24.5 | 2006 |
| 19-05-10 | Haaksbergen | Nick de Waart | | 24.8 | 2010 |
| | | Gezinus Siepel | | 24.9 | 1977 |
| 30-09-84 | Hengelo | Han Slotman | | 25.0 | 1984 |
| 08-05-02 | Haaksbergen | Erik Teunissen | | 25.0 | 2002 |

200 m ET

| | | | | | |
|----------|-----------|----------------------|-------------|-------|------|
| 17-06-18 | Emmeloord | Tom Klein Poelhuis | J.B. | 22.70 | 2018 |
| 12-05-04 | Hengelo | Sebastiaan Steenberg | | 23.27 | 2004 |
| 01-06-08 | Groningen | Frank Wouda | | 23.92 | 2008 |
| 21-06-09 | Nijmegen | Kevin Simmelink | | 24.08 | 2009 |
| 12-05-04 | Hengelo | Chris Kalter | | 24.42 | 2004 |
| 21-04-13 | Hengelo | Tom Wouda | | 24.62 | 2013 |
| 06-05-10 | Hengelo | Nick de Waart | | 25.03 | 2010 |
| 12-05-04 | Hengelo | Jurre Verwer | J.B. | 25.40 | 2004 |
| 07-06-15 | Ede | Bas Reith | | 27.10 | 2015 |
| 21-05-17 | Wijchen | Leon ten Elshof | J.C. | 27.83 | 2017 |
| 21-04-12 | Hengelo | Cas van der Kuil | J.C. | 27.93 | 2012 |
| 07-06-02 | Enschede | Koen Laarhuis | | 29.04 | 2002 |

300 m

| | | | | | |
|----------|---------|---------------|--|-------|------|
| | | Huib ter Haar | | 37.7 | 1975 |
| 09-08-13 | Utrecht | Tom Wouda | | 39.79 | 2013 |

400 m

| | | | | | |
|----------|-----------|----------------------|-------------|-------|------|
| | | Huib ter Haar | | 49.9 | 1976 |
| 10-06-18 | Zwolle | Tom Klein Poelhuis | J.B. | 50.49 | 2018 |
| 26-06-03 | Hengelo | Roel Verwer | | 51.58 | 2003 |
| 06-06-04 | Almelo | Sebastiaan Steenberg | | 51.87 | 2004 |
| 08-06-08 | Zevenaar | Frank Wouda | | 52.78 | 2008 |
| 20-05-90 | Arnhem | Ivo Oosting | | 53.5 | 1990 |
| | | Rik Ottink | J.B. | 53.9 | 1979 |
| 23-06-05 | Hengelo | Jurre Verwer | | 54.0 | 2005 |
| 08-06-86 | Hengelo | Ronny van de Bulk | | 54.1 | 1986 |
| 27-05-84 | Zevenaar | Han Slotman | | 54.5 | 1984 |
| 28-08-02 | Hengelo | Chris Kalter | J.B. | 54.92 | 2002 |
| 20-05-12 | Emmen | Tom Wouda | J.B. | 55.45 | 2012 |
| 09-05-10 | Almelo | Nick de Waart | | 55.63 | 2010 |
| 20-04-97 | Emmeloord | Jetse van de Kamp | J.B. | 55.80 | 1997 |
| | | Wim Campschreur | | 56.4 | 1975 |

400 m ET

| | | | | | |
|----------|------------|----------------------|-------------|---------|------|
| 10-06-18 | Zwolle | Tom Klein Poelhuis | J.B. | 50.49 | 2018 |
| 26-06-03 | Hengelo | Roel Verwer | | 51.58 | 2003 |
| 06-06-04 | Almelo | Sebastiaan Steenberg | | 51.87 | 2004 |
| 08-06-08 | Zevenaar | Frank Wouda | | 52.78 | 2008 |
| 21-05-13 | Hengelo | Tom Wouda | | 53.85 | 2013 |
| 28-08-02 | Hengelo | Chris Kalter | J.B. | 54.92 | 2002 |
| 09-05-10 | Almelo | Nick de Waart | | 55.63 | 2010 |
| 20-04-97 | Emmeloord | Jetse van de Kamp | J.B. | 55.80 | 1997 |
| 14-06-09 | Emmen | Kevin Simmelink | | 56.87 | 2009 |
| 11-06-06 | Gendringen | Frank Rikhof | J.B. | 57.51 | 2006 |
| 26-05-13 | Assen | Koen Belshof | J.B. | 1.00.60 | 2013 |
| 11-06-17 | Assen | Jelle Knoef | J.B. | 1.00.70 | 2017 |
| 31-05-15 | Zwolle | Tim Bieleveld | J.B. | 1.01.07 | 2015 |
| 27-04-08 | Almelo | Corneel van der Pol | | 1.01.27 | 2008 |
| 07-06-15 | Ede | Bas Slotman | | 1.01.59 | 2015 |

400 mh

| | | | | | |
|----------|-------------|-------------------------|-------------|-------|------|
| | | Chris Kuit | J.B. | 58.3 | 1985 |
| 10-09-89 | Enschede | Ivo Oosting | | 60.8 | 1989 |
| | | Jan Paul Klein Poelhuis | | 62.7 | 1985 |
| 17-05-09 | Almelo | Bart Bemthuis | | 64.43 | 2009 |
| 30-08-15 | Haaksbergen | Boris Bintanja | J.B. | 67.5 | 2015 |
| 30-08-15 | Haaksbergen | Freek Bieleveld | | 72.7 | 2015 |
| 30-08-15 | Haaksbergen | Stefan Hoogland | | 76.3 | 2015 |

800 m

| | | | | | |
|----------|-------------|-------------------------|-------------|---------|------|
| | | Rik Ottink | J.B. | 2.01.7 | 1980 |
| 01-06-86 | Zwolle | Jan Paul Klein Poelhuis | | 2.03.1 | 1986 |
| | | Gezines Siepel | J.B. | 2.03.4 | 1976 |
| 22-08-90 | Hengelo | Bert ten Thije Boomkamp | | 2.03.9 | 1990 |
| 31-08-86 | Hengelo | Benno Scharenborg | | 2.05.9 | 1986 |
| 21-05-89 | Hengelo | Martijn Heideman | J.B. | 2.08.1 | 1989 |
| 09-06-95 | Hengelo | Bram Tankink | J.B. | 2.08.8 | 1995 |
| | | Kjel Mönnink | J.C. | 2.09.05 | 1986 |
| 05-06-03 | Haaksbergen | Roel Verwer | | 2.09.13 | 2003 |
| 28-08-05 | Amsterdam | Jasper Schutte | J.C. | 2.09.35 | 2005 |
| 08-05-83 | Zevenaar | Stefan Sogtoen | | 2.09.6 | 1983 |
| 09-04-10 | Enschede | Frank Wouda | | 2.10.7 | 2010 |
| 20-04-11 | Hengelo | Boy Foks | | 2.10.93 | 2011 |
| 22-05-96 | Haaksbergen | Huub Tankink | | 2.11.0 | 1996 |
| 30-05-14 | Rijssen | Tom Wouda | | 2.11.90 | 2014 |
| 29-06-14 | Almelo | Freek Bieleveld | | 2.12.38 | 2014 |
| 08-06-86 | Hengelo | Marco Klein Poelhuis | J.B. | 2.13.2 | 1986 |
| 31-05-87 | Hengelo | Hans van Heyningen | | 2.14.0 | 1987 |
| 19-04-09 | Assen | Nick de Waart | | 2.14.46 | 2009 |
| 25-04-04 | Drachten | Chris Kalter | | 2.14.69 | 2004 |
| 14-05-06 | Nijmegen | Frank Rikhof | J.B. | 2.15.52 | 2006 |
| | | Huub ter Haar | J.B. | 2.16.1 | 1974 |
| 02-09-17 | Nijverdal | Tom Klein Poelhuis | J.B. | 2.17.40 | 2017 |
| 25-05-97 | Ede | Tom Tuchter | | 2.17.42 | 1997 |

800 m E.T.

| | | | | | |
|----------|-----------|--------------------|-------------|---------|------|
| | | Kjel Mönnink | J.C. | 2.09.05 | 1986 |
| 28-08-05 | Amsterdam | Jasper Schutte | J.C. | 2.09.35 | 2005 |
| 20-04-11 | Hengelo | Boy Foks | | 2.10.93 | 2011 |
| 30-05-14 | Rijssen | Tom Wouda | | 2.11.90 | 2014 |
| 29-06-14 | Almelo | Freek Bieleveld | | 2.12.38 | 2014 |
| 06-06-10 | Nijmegen | Nick de Waart | | 2.13.16 | 2009 |
| 25-04-04 | Drachten | Chris Kalter | | 2.14.69 | 2004 |
| 14-05-06 | Nijmegen | Frank Rikhof | J.B. | 2.15.52 | 2006 |
| 02-09-17 | Nijverdal | Tom Klein Poelhuis | J.B. | 2.17.40 | 2017 |
| 25-05-97 | Ede | Tom Tuchter | | 2.17.42 | 1997 |
| 03-06-07 | Arnhem | Vincent Slotman | | 2.20.91 | 2007 |
| 26-04-17 | Hengelo | Rens Stegink | J.B. | 2.22.28 | 2017 |
| 20-04-97 | Emmeloord | Emiel ten Brincke | | 2.23.04 | 1997 |

1000 m

| | | | | | |
|----------|-------------|---------------------------|-------------|---------|------|
| | | Bert Ten thije | | 2.45.0 | 1991 |
| | | Rik Ottink | J.B. | 2.50.4 | 1979 |
| 26-06-05 | Hengelo | Jasper Schutte | J.C. | 2.50.79 | 2005 |
| 10-06-10 | Hengelo | Boy Foks | J.B. | 2.50.9 | 2010 |
| 15-10-93 | Haaksbergen | Bram Tankink | J.C. | 2.56.7 | 1993 |
| | | Marco Klein Poelhuis | J.C. | 3.00.7 | 1985 |
| 21-06-07 | Hengelo | Nick de Waart | | 3.01.0 | 2007 |
| 13-07-75 | Bocholt | Did Gezinus Siepel | J.B. | 3.02.5 | 1975 |
| | | Kjell Monnink | J.D. | 3.04.1 | 1984 |
| 21-06-07 | Hengelo | Vincent Slotman | | 3.04.7 | 2007 |

1000 m E.T.

| | | | | | |
|----------|-------------|--------------------|-------------|---------|------|
| 07-07-18 | Lisse | Jory Davids | J.D. | 3.11.30 | 2018 |
| 15-06-14 | Dronten | Boris Bintanja | J.C. | 3.06.75 | 2014 |
| 23-06-05 | Hengelo | Vincent Slotman | J.B. | 3.06.90 | 2005 |
| 14-06-15 | Deventer | Rens Stegink | J.C. | 3.13.20 | 2015 |
| 03-06-07 | Almelo | Boy Foks | J.C. | 3.14.16 | 2007 |
| 07-04-18 | Haaksbergen | Yannick ter Huurne | J.D. | 3.18.21 | 2018 |
| 24-09-05 | Apeldoorn | Bart Bemthuis | J.C. | 3.18.96 | 2005 |
| 09-07-06 | Almelo | Tijmen Steenberg | J.C. | 3.21.32 | 2006 |
| 02-06-07 | Almelo | Tom Baumeister | J.C. | 3.24.04 | 2007 |
| 09-07-06 | Almelo | Bram van Haeringen | J.D. | 3.26.75 | 2006 |

1500 m

| | | | | | |
|----------|-------------|-------------------------|-------------|---------|------|
| 09-09-90 | Emmen | Kees Hudig | | 4.14.8 | 1980 |
| | | Bert Ten Thije Boomkamp | | 4.16.2 | 1990 |
| | | Gezines Siepel | J.B. | 4.16.5 | 1976 |
| 15-06-96 | Ede | Rik Ottink | J.B. | 4.18.2 | 1980 |
| | | Huib Tankink | | 4.20.36 | 1996 |
| | | Richard Luttkholt | | 4.21.8 | 1975 |
| 25-05-86 | Zevenaar | Benno Scharenborg | | 4.22.1 | 1986 |
| 20-05-12 | Emmen | Boy Foks | J.A. | 4.27.60 | 2012 |
| 08-10-17 | Haaksbergen | Tom Klein Poelhuis | J.B. | 4.29.0 | 2017 |
| | | Kjel Monnink | J.C. | 4.37.5 | 1986 |
| | | Dennis Sleenbos | | 4.38.73 | 2009 |
| 17-05-09 | Almelo | Dennis Sleenbos | | 4.38.73 | 2009 |
| 25-05-14 | Dronten | Freek Bieleveld | | 4.39.80 | 2014 |
| 12-07-87 | Hengelo | Erik Reints | J.B. | 4.41.3 | 1987 |
| 16-07-06 | Assen | Frank Rikhof | J.B. | 4.43.94 | 2006 |
| 25-05-86 | Zevenaar | Marcel Mok | | 4.46.7 | 1986 |
| 08-10-17 | Haaksbergen | Bram Brummelhuis | J.B. | 4.48.0 | 2017 |
| 01-06-94 | Haaksbergen | Bram Tankink | | 4.50.4 | 1994 |
| 08-10-17 | Haaksbergen | Martin van den Brink | | 4.53.0 | 2017 |
| 18-04-84 | Eibergen | Marco Mulderij | J.A. | 4.54.0 | 1984 |

1500 m E.T.

| | | | | | |
|----------|-------------|---------------------|-------------|---------|------|
| 15-06-96 | Ede | Huib Tankink | | 4.20.36 | 1996 |
| 20-05-12 | Emmen | Boy Foks | J.A. | 4.27.60 | 2012 |
| 03-05-15 | Emmen | Freek Bieleveld | J.A. | 4.30.62 | 2015 |
| 17-05-09 | Almelo | Dennis Sleenbos | | 4.38.73 | 2009 |
| 16-07-06 | Assen | Frank Rikhof | J.B. | 4.43.94 | 2006 |
| 11-06-06 | Gendringen | Björn Ordelmans | J.C. | 4.55.22 | 2006 |
| 13-05-07 | Wageningen | Vincent Slotman | | 4.55.96 | 2007 |
| 08-07-18 | Stadskanaal | Tom Klein Poelhuis | J.B. | 4.56.66 | 2018 |
| 13-05-07 | Wageningen | Corneel van der Pol | J.B. | 5.24.26 | 2007 |
| 10-06-18 | Zwolle | Ruben van Sark | J.C. | 5.32.58 | 2018 |
| 13-07-07 | Apeldoorn | Tom Wouda | J.D. | 5.33.26 | 2007 |
| 31-05-15 | Zwolle | Stefan Hoogland | J.B. | 5.40.03 | 2015 |
| 14-05-05 | Almelo | Nick de Waart | J.C. | 5.45.34 | 2005 |

2000 m Steeple

| | | | | | |
|----------|---------|-------------------------|-------------|---------|------|
| | | Kees Hudig | | 6.43.8 | 1980 |
| 29-06-94 | Hengelo | Bram Tankink | J.B. | 7.05.0 | 1994 |
| 29-06-94 | Hengelo | Huub Tankink | J.B. | 7.07.6 | 1994 |
| | | Jan Paul Klein Poelhuis | | 7.08.1 | 1985 |
| 26-06-14 | Hengelo | Tom Wouda | | 7.23.92 | 2014 |
| | | Marcel Mok | | 7.49.4 | 1985 |
| 22-06-06 | Hengelo | Vincent Slotman | J.B. | 8.11.9 | 2006 |

3000 m

| | | | | | |
|----------|-------------|-------------------------|-------------|----------|------|
| | | Benno Scharenborg | | 9.22.6 | 1985 |
| | | Kees Hudig | | 9.27.5 | 1980 |
| 16-06-96 | Ede | Huub Tankink | | 9.29.02 | 1996 |
| | | Richard Lutikholt | | 9.36.0 | 1975 |
| | | Bram Tankink | J.B. | 9.41.68 | 1994 |
| 18-06-89 | Arnhem | Bert ten Thije Boomkamp | J.B. | 9.49.8 | 1989 |
| 08-05-88 | Lelystad | Erik Reints | | 10.06.1 | 1988 |
| 31-08-14 | Haaksbergen | Tim Loohuis | J.B. | 10.11.5 | 2014 |
| 30-08-15 | Haaksbergen | Freek Bieleveld | | 10.12.27 | 2015 |
| 14-06-09 | Emmen | Dennis Sleebos | | 10.13.12 | 2009 |
| 11-05-86 | Zwolle | Marcel Mok | | 10.22.7 | 1986 |
| 04-07-82 | Zevenaar | Peter Bemthuis | J.B. | 10.29.6 | 1982 |
| 17-10-76 | Eibergen | Gezinus Siepel | J.B. | 10.29.9 | 1976 |

3000 m E.T.

| | | | | | |
|----------|-------------|-------------------|-------------|----------|------|
| 16-06-96 | Ede | Huub Tankink | | 9.29.02 | 1996 |
| | | Bram Tankink | J.B. | 9.41.68 | 1994 |
| 30-08-15 | Haaksbergen | Freek Bieleveld | | 10.12.27 | 2015 |
| 14-06-09 | Emmen | Dennis Sleebos | | 10.13.12 | 2009 |
| 20-04-97 | Emmeloord | Tom Tucher | | 10.57.21 | 1997 |
| 25-05-97 | Ede | Daniel Klein Rot | | 11.07.11 | 1997 |
| 30-08-15 | Haaksbergen | Joep Schmitz | J.D. | 11.56.06 | 2015 |
| 21-06-15 | Gemert | Thijs Brummelhuis | J.B. | 12.00.81 | 2015 |

3000 m Steeple

| | | | | | |
|----------|---------|--------------|--|---------|------|
| 28-06-95 | Hengelo | Huub Tankink | | 10.55.7 | 1995 |
|----------|---------|--------------|--|---------|------|

2 EM

| | | | | | |
|----------|----------|--------------------|-------------|-------|------|
| 21-05-15 | Hengelo | Freek Bieleveld | | 10.50 | 2015 |
| 05-06-14 | Hengelo | Tom Wouda | | 11.44 | 2014 |
| 28-05-09 | Hengelo | Jorn Groothuis | J.D. | 12.36 | 2009 |
| 29-05-16 | Eibergen | Tom Klein Poelhuis | J.C. | 13.35 | 2016 |

5000 m

| | | | | | |
|----------|-------------|-------------------------|-------------|----------|------|
| 01-06-86 | Zwolle | Benno scharenborg | | 16.19.6 | 1986 |
| 21-06-96 | Hoorn | Huub Tankink | J.A. | 16.20.19 | 1996 |
| | | Kees Hudig | | 16.49.4 | 1980 |
| 20-05-90 | Arnhem | Bert ten Thije Boomkamp | | 17.07.7 | 1990 |
| 07-06-15 | Ede | Freek Bielevelt | J.A. | 17.10.52 | 2015 |
| | | Rik Ottink | J.B. | 17.14.1 | 1979 |
| 25-05-86 | Zevenaar | Jan Paul Klein Poelhuis | | 17.23.2 | 1986 |
| 01-06-94 | Haaksbergen | Bram Tankink | J.B. | 17.24.5 | 1994 |
| | | Richard Lutikholt | | 17.35.0 | 1975 |
| | | Paul Schaap | | 17.35.0 | 1978 |
| 19-04-09 | Assen | Dennis Sleenbos | | 17.45.47 | 2009 |
| 06-06-10 | Nijmegen | Boy Foks | J.B. | 17.46.45 | 2010 |
| 22-06-06 | Hengelo | Bjorn Ordelmans | J.C. | 19.49.9 | 2006 |

5000 m E.T.

| | | | | | |
|----------|----------|---------------------|-------------|----------|------|
| 21-06-96 | Hoorn | Huub Tankink | | 16.20.19 | 1996 |
| 07-06-15 | Ede | Freek Bielevelt | J.A. | 17.10.52 | 2015 |
| 19-04-09 | Assen | Dennis Sleenbos | | 17.45.47 | 2009 |
| 06-06-10 | Nijmegen | Boy Foks | J.B. | 17.46.45 | 2010 |
| 26-06-03 | Hengelo | Niels te Brake | | 20.11.42 | 2003 |
| 08-06-08 | Zevenaar | Corneel van der Pol | | 20.40.72 | 2008 |

4 EM

| | | | | | |
|----------|----------|-----------------|-------------|-------|------|
| 01-04-15 | Enschede | Freek Bielevelt | J.A. | 23.11 | 2015 |
|----------|----------|-----------------|-------------|-------|------|

5 EM

| | | | | | |
|----------|-------------|-------------------------|-------------|-------|------|
| 04-03-00 | Winterswijk | Joney Wielens | J.B. | 28.42 | 2000 |
| 22-03-15 | Haaksbergen | Freek Bieleveld | | 28.56 | 2015 |
| 22-03-09 | Haaksbergen | Dennis Sleenbos | | 29.47 | 2009 |
| 25-03-12 | Haaksbergen | Boy Foks | | 30.29 | 2012 |
| 25-03-07 | Haaksbergen | Bjorn Ordelmans | J.C. | 31.01 | 2007 |
| 22-03-98 | Haaksbergen | Bert ten Thije Boomkamp | | 31.26 | 1998 |
| 23-03-97 | Haaksbergen | Tom Tuchter | J.B. | 31.38 | 1997 |
| 17-09-06 | Enschede | Vincent Slotman | J.B. | 33.53 | 2006 |
| 25-03-07 | Haaksbergen | Nick de Waart | J.B. | 34.12 | 2007 |
| 25-03-12 | Haaksbergen | Cas van der Kuil | J.C. | 34.26 | 2012 |
| 22-03-09 | Haaksbergen | Tim Loohuis | J.D. | 34.28 | 2009 |
| 20-03-16 | Haaksbergen | Tom Klein Poelhuis | J.C. | 35.09 | 2016 |
| 21-03-04 | Haaksbergen | Sebastiaan Steenberg | | 35.20 | 2004 |
| 24-03-02 | Haaksbergen | Daan Weegerink | J.C. | 35.40 | 2002 |
| 25-03-07 | Haaksbergen | Corneel van de Pol | J.B. | 35.40 | 2007 |
| 26-03-06 | Haaksbergen | Chris Doornweerd | | 35.47 | 2006 |
| 23-03-03 | Haaksbergen | Niels te Brake | | 36.49 | 2003 |

10 km

| | | | | | |
|----------|-------------|---------------------|-------------|---------|------|
| 27-06-96 | Hengelo | Huub Tankink | | 35.00.0 | 1996 |
| | | Kees Hudig | | 36.17.0 | 1980 |
| | | Paul Schaap | | 37.00.0 | 1978 |
| 14-09-97 | Haaksbergen | Daniel Klein Rot | J.B. | 39.53.5 | 1997 |
| 23-04-06 | Enschede | Chris Doornweerd | | 43.19.0 | 2006 |
| 14-09-97 | Haaksbergen | Tom Tuchter | | 43.57.3 | 1997 |
| 26-04-09 | Enschede | Nick de Waart | | 45.39.0 | 2009 |
| 14-09-97 | Haaksbergen | Jasper ten Berge | J.B. | 46.39.8 | 1997 |
| 09-04-07 | Hengelo | Corneel van der Pol | J.B. | 47.14.0 | 2007 |
| 17-04-16 | Enschede | Tom Klein Poelhuis | J.C. | 47.58.0 | 2016 |

15 km

| | | | | | |
|--|--|----------------|--|---------|------|
| | | Bert Ten thije | | 57.15.0 | 1991 |
|--|--|----------------|--|---------|------|

10 EM

| | | | | | |
|----------|-------------|---------------------|-------------|---------|------|
| | | Huub Tankink | | 1.01.32 | 1996 |
| 16-09-07 | Enschede | Corneel van der Pol | J.B. | 1.15.49 | 2007 |
| 26-03-95 | Haaksbergen | Peter Dobos | J.B. | 1.16.43 | 1995 |
| 20-03-16 | Haaksbergen | Daan Olde Engberink | J.B. | 1.25.38 | 2016 |

20 km

| | | | | | |
|--|--|-------------|--|---------|------|
| | | Erik Reints | | 1.20.56 | 1988 |
|--|--|-------------|--|---------|------|

halve Marathon

| | | | | | |
|----------|----------|----------------|--|---------|------|
| | | Erik Reints | | 1.25.21 | 1988 |
| | | Marcel Mok | | 1.36.10 | 1986 |
| 26-05-02 | Enschede | Erik Teunissen | | 2.02.23 | 2002 |

Ver

| | | | | | |
|----------|-------------|----------------------|-------------|--------|------|
| 04-09-76 | Enschede | Huub ter Haar | | 6.74 m | 1976 |
| 01-06-86 | Zwolle | Nils Grutterink | J.B. | 6.63 m | 1986 |
| 03-06-07 | Arnhem | Bart Bemthuis | J.B. | 6.30 m | 2007 |
| 21-05-89 | Hengelo | Ivo Oosting | | 6.23 m | 1989 |
| 27-06-12 | Hengelo | Tom Wouda | J.B. | 6.17 m | 2012 |
| 09-06-82 | Eibergen | Dave Braun | | 6.08 m | 1982 |
| 17-04-85 | Eibergen | Ben van Sark | | 6.00 m | 1985 |
| 03-06-04 | Haaksbergen | Chris Kalter | | 5.91 m | 2004 |
| 17-04-83 | Enschede | Stefan Sogtoen | | 5.80 m | 1983 |
| 26-06-03 | Hengelo | Roel Verwer | | 5.79 m | 2003 |
| 29-08-87 | Hengelo | Marc Oosting | | 5.76 m | 1987 |
| 10-05-87 | Zevenaar | Chris Kuit | | 5.75 m | 1987 |
| 13-05-07 | Wageningen | Jasper Schutte | J.B. | 5.71 m | 2007 |
| 22-06-86 | Hengelo | Ronny van de Bulk | | 5.65 m | 1986 |
| 05-06-03 | Haaksbergen | Sebastiaan Steenberg | | 5.63 m | 2003 |
| 09-06-82 | Eibergen | Edwin Lenderink | J.B. | 5.59 m | 1982 |
| 22-05-96 | Haaksbergen | Emiel ten Brincke | J.C. | 5.59 m | 1996 |
| 08-10-06 | Haaksbergen | Stefan Hummelink | J.B. | 5.56 m | 2006 |
| 21-06-15 | Gemert | Boris Bintanja | J.B. | 5.50 m | 2015 |
| 07-07-18 | Stadskanaal | Tom Klein Poelhuis | J.B. | 5.47 m | 2018 |
| 25-06-95 | Haaksbergen | Carsten Krooshof | | 5.39 m | 1995 |

Hoog

| | | | | | |
|----------|-------------|-------------------------|-------------|--------|------|
| 21-06-87 | Hengelo | Peter Antvelink | | 1.95 m | 1987 |
| 27-08-17 | Amsterdam | Jelle Golbach | J.C. | 1.89 m | 2017 |
| | | Ben van Sark | | 1.85 m | 1985 |
| 27-05-89 | Zwolle | Martijn Heideman | J.B. | 1.82 m | 1989 |
| | | Huub ter Haar | | 1.81 m | 1975 |
| | | Wim Bats | | 1.80 m | 1978 |
| 08-05-83 | Zevenaar | Han Slotman | | 1.80 m | 1983 |
| 25-05-86 | Zevenaar | Jan Paul Klein Poelhuis | | 1.80 m | 1986 |
| | | Nils Grutterink | J.B. | 1.75 m | 1985 |
| 30-09-07 | Haaksbergen | Frank wouda | J.B. | 1.75 m | 2007 |
| 06-09-08 | Almelo | Peter Wouda | J.C. | 1.75 m | 2008 |
| 06-06-82 | Hengelo | Erwin van de Kuil | | 1.70 m | 1982 |
| | | Henk Westendorp | J.C. | 1.70 m | 1985 |
| 07-05-93 | Hengelo | Mark Bruil | | 1.70 m | 1993 |
| 31-05-96 | Zwolle | Peter Haasnoot | J.B. | 1.70 m | 1996 |
| 08-06-08 | Zevenaar | Bart Bemthuis | | 1.70 m | 2008 |
| 25-06-95 | Haaksbergen | Renzo Haasnoot | J.B. | 1.68 m | 1995 |
| 16-07-06 | Assen | Frank Rikhof | J.B. | 1.66 m | 2006 |
| 18-05-83 | Eibergen | Stefan Sogtoen | | 1.65 m | 1983 |
| 08-10-89 | Haaksbergen | Ivo Oosting | | 1.65 m | 1989 |
| 22-08-90 | Hengelo | Bert ten Thije Boomkamp | | 1.65 m | 1990 |
| 17-05-95 | Haaksbergen | Wouter Noordink | J.B. | 1.65 m | 1995 |
| 28-08-02 | Hengelo | Chris Kalter | | 1.65 m | 2002 |
| 04-05-14 | Assen | Tom Wouda | | 1.65 m | 2014 |
| 17-05-14 | Almelo | Boris Bintanja | J.C. | 1.65 m | 2014 |
| 11-06-17 | Assen | Jens Willems | J.B. | 1.65 m | 2017 |
| 08-07-18 | Stadskanaal | Tom Klein Poelhuis | J.B. | 1.65 m | 2018 |
| 08-06-86 | Hengelo | Roel Ossewold | | 1.60 m | 1986 |
| 22-08-90 | Hengelo | Dimitri van Eekelen | J.B. | 1.60 m | 1990 |
| 14-05-06 | Nijmegen | Tiemen Kleinsmann | J.B. | 1.60 m | 2006 |
| 08-07-06 | Almelo | Tijmen Steenberg | J.C. | 1.60 m | 2006 |

Polshoog

| | | | | | |
|----------|------------|-----------------|-------------|--------|------|
| 15-07-06 | Assen | Frank Rikhof | J.B. | 3.60 m | 2006 |
| | | Nils Grutterink | J.B. | 3.00 m | 1985 |
| 10-05-87 | Zevenaar | Marc Oosting | | 3.00 m | 1987 |
| 03-09-88 | Hengelo | Ivo Oosting | J.B. | 3.00 m | 1988 |
| 27-05-84 | Zevenaar | Stefan Sogtoen | | 2.90 m | 1984 |
| | | Huib ter Haar | | 2.80 m | 1975 |
| 04-07-82 | Zevenaar | Jeffrey Braun | J.B. | 2.80 m | 1982 |
| 25-06-15 | Hengelo | Boris Bintanja | J.B. | 2.80 m | 2015 |
| 11-07-08 | Apeldoorn | Peter Wouda | J.C. | 2.70 m | 2008 |
| 31-05-15 | Zwolle | Koen Belshof | | 2.70 m | 2015 |
| 17-06-84 | Zwolle | Wim Steenberg | | 2.60 m | 1984 |
| 13-05-07 | Wageningen | Bart Bemthuis | J.B. | 2.60 m | 2007 |

Hink Stap Springen

| | | | | | |
|----------|----------|-------------------------|-------------|---------|------|
| | | Jan Paul Klein Poelhuis | | 13.26 m | 1987 |
| | | Huib ter Haar | | 13.04 m | 1976 |
| | | Ben van Sark | | 11.87 m | 1985 |
| 27-04-08 | Almelo | Jasper Schutte | | 11.79 m | 2008 |
| 29-06-88 | Hengelo | Ivo Oosting | J.B. | 11.76 m | 1988 |
| 31-05-87 | Hengelo | Chris Kuit | | 11.45 m | 1987 |
| 17-06-84 | Zwolle | Henny Wijlens | | 11.21 m | 1984 |
| 19-10-14 | Enschede | Boris Bintanja | J.C. | 11.10 m | 2014 |
| 26-06-14 | Hengelo | Tom Wouda | | 11.08 m | 2014 |
| 21-05-17 | Wijchen | Jelle Golbach | J.C. | 10.97 m | 2017 |
| | | Han Wientjes | J.B. | 10.95 m | 1978 |
| 11-05-86 | Zwolle | Roel Ossewold | | 10.89 m | 1986 |

Kogel 6 kg

| | | | | | |
|----------|-------------|----------------------|--|---------|------|
| 17-06-84 | Zwolle | Stefan Sogtoen | | 11.76 m | 1984 |
| 14-05-08 | Haaksbergen | Jasper Schutte | | 11.64 m | 2008 |
| 19-06-08 | Hengelo | Stefan Hummelink | | 11.40 m | 2008 |
| 11-04-76 | Enschede | Huib ter Haar | | 11.23 m | 1976 |
| 09-06-82 | Eibergen | Erwin van de Kuil | | 11.17 m | 1982 |
| 19-06-88 | Zwolle | Sandor Roelink | | 11.06 m | 1988 |
| 03-04-03 | Haaksbergen | Roel Verwer | | 10.78 m | 2003 |
| 17-05-06 | Haaksbergen | Chris Doornweerd | | 10.31 m | 2006 |
| 20-04-97 | Emmeloord | Bart Dijkman | | 10.22 m | 1997 |
| 03-06-04 | Haaksbergen | Sebastiaan Steenberg | | 9.93 m | 2004 |
| 10-05-87 | Zevenaar | Ben Brefeld | | 9.92 m | 1987 |
| 08-10-89 | Haaksbergen | Ivo Oosting | | 9.78 m | 1989 |
| 25-06-95 | Haaksbergen | Carsten Krooshof | | 9.78 m | 1995 |
| 13-05-09 | Haaksbergen | Bart Bemthuis | | 9.66 m | 2009 |
| 08-06-88 | | Marc Oosting | | 9.50 m | 1988 |
| 09-05-01 | Haaksbergen | Erik Teunissen | | 9.43 m | 2001 |

Kogel 6 kg vervolg

| | | | | | |
|----------|-------------|-------------------------|-------------|--------|------|
| 08-06-86 | Hengelo | Roel Ossewold | | 9.37 m | 1986 |
| 08-10-89 | Haaksbergen | Hans van Heyningen | | 9.36 m | 1989 |
| 11-09-91 | Eibergen | Bert ten Thije Boomkamp | | 9.34 m | 1991 |
| 27-05-84 | Zevenaar | Stephen Bleumink | | 9.33 m | 1984 |
| 03-06-04 | Haaksbergen | Chris Kalter | | 9.01 m | 2004 |
| 21-05-89 | Hengelo | Frits Hilderink | | 8.92 m | 1989 |
| 21-06-15 | Gemert | Cas van der Kuil | J.B. | 8.78 m | 2015 |
| 05-09-08 | Goor | Frank Wouda | | 8.73 m | 2008 |
| 25-06-86 | Hengelo | Marcel Mok | | 8.71 m | 1986 |
| 31-05-87 | Hengelo | Robert van Leeuwen | | 8.47 m | 1987 |
| 14-05-08 | Haaksbergen | Vincent Slotman | | 8.45 m | 2008 |
| 30-06-13 | Haaksbergen | Tom Wouda | | 8.41 m | 2013 |
| 04-07-82 | Zevenaar | Wilfried Vogelzang | J.B. | 8.32 m | 1982 |
| 31-05-15 | Zwolle | Koen Belshof | | 7.46 m | 2015 |
| 30-08-15 | Haaksbergen | Stefan Hoogland | | 6.97 m | 2015 |
| 30-08-15 | Haaksbergen | Freek Bieleveld | | 6.89 m | 2015 |
| 03-04-03 | Haaksbergen | Niels te Brake | | 6.73 m | 2003 |
| 03-04-03 | Haaksbergen | Koen Laarhuis | | 5.63 m | 2003 |

Discus 1.75 kg

| | | | | | |
|----------|-------------|-------------------------|-------------|---------|------|
| 19-06-08 | Hengelo | Stefan Hummelink | | 41.20 m | 2008 |
| | | Jan Paul Klein Poelhuis | | 37.12 m | 1986 |
| 17-04-83 | Enschede | Erwin van de Kuil | | 32.32 m | 1983 |
| 20-04-97 | Emmeloord | Bart Dijkman | | 31.48 m | 1997 |
| 11-09-91 | Eibergen | Bert ten Thije Boomkamp | | 30.70 m | 1991 |
| 31-05-87 | Hengelo | Ben Brefeld | | 28.92 m | 1987 |
| 18-04-84 | Eibergen | Stefan Sogtoen | | 28.76 m | 1984 |
| 04-07-82 | Zevenaar | Jeffrey Braun | J.B. | 28.68 m | 1982 |
| | | Huib ter Haar | | 27.96 m | 1975 |
| 10-05-87 | Zevenaar | Marco Klein Poelhuis | | 27.60 m | 1987 |
| 06-06-82 | Hengelo | Peter Bemthuis | J.B. | 27.54 m | 1982 |
| 13-05-09 | Haaksbergen | Bart Bemthuis | | 26.87 m | 2009 |

Speer 800 gr

| | | | | | |
|----------|----------|-------------------------|--|---------|------|
| 16-09-87 | Hengelo | Peter Antvelink | | 51.32 m | 1987 |
| | | Wim Steenberg | | 46.30 m | 1984 |
| | | Ben van Sark | | 46.24 m | 1985 |
| 17-08-86 | Hengelo | Marcel Mok | | 46.24 m | 1986 |
| 30-09-84 | Hengelo | Stefan Sogtoen | | 45.48 m | 1984 |
| 01-06-86 | Zwolle | Jan Paul Klein Poelhuis | | 41.64 m | 1986 |
| 11-09-91 | Eibergen | Bert ten Thije Boomkamp | | 41.50 m | 1991 |
| 18-06-89 | Arnhem | Ivo Oosting | | 40.40 m | 1989 |
| 08-06-88 | | Marc Oosting | | 39.64 m | 1988 |
| | | Huib ter Haar | | 38.98 m | 1975 |

Speer 800 gr Nieuw 2001

| | | | | |
|----------|-------------|----------------------|---------------------|------|
| 10-05-09 | Assen | Stefan Hummelink | 44.97 m | 2009 |
| 17-05-06 | Haaksbergen | Chris Doornweerd | 43.40 m | 2006 |
| 14-05-08 | Haaksbergen | Jasper Schutte | 41.30 m | 2008 |
| 31-05-15 | Zwolle | Cas van der Kuil | J.B. 37.76 m | 2015 |
| 08-05-02 | Haaksbergen | Roel Verwer | 37.13 m | 2003 |
| 13-05-09 | Haaksbergen | Bart Bemthuis | 35.36 m | 2009 |
| 08-05-03 | Haaksbergen | Sebastiaan Steenberg | 33.61 m | 2003 |
| 08-05-02 | Haaksbergen | Erik Teunissen | 32.83 m | 2002 |
| 08-05-03 | Haaksbergen | Chris Kalter | 31.22 m | 2003 |
| 05-09-08 | Goor | Frank Wouda | 28.52 m | 2008 |
| 07-04-18 | Haaksbergen | Thijs Brummelhuis | 25.95 m | 2018 |
| 18-09-16 | Haaksbergen | Koen Belshof | 24.93 m | 2016 |
| 08-05-03 | Haaksbergen | Niels te Brake | 24.08 m | 2003 |
| 08-05-03 | Haaksbergen | Koen Laarhuis | 15.68 m | 2003 |

Kogelslingeren

| | | | | |
|----------|----------|----------------|---------|------|
| 23-09-87 | Enschede | Sandor Roelink | 20.22 m | 1987 |
|----------|----------|----------------|---------|------|

4x100 m

| | | | | |
|----------|------------|----------------------|-------|------|
| 20-09-03 | Amstelveen | Chris Kalter | 45.16 | 2003 |
| 20-09-03 | Amstelveen | Sebastiaan Steenberg | 45.16 | 2003 |
| 20-09-03 | Amstelveen | Erik Teunissen | 45.16 | 2003 |
| 20-09-03 | Amstelveen | Roel Verwer | 45.16 | 2003 |

4x400 m

| | | | | |
|----------|----------|----------------------|--------|------|
| 17-04-83 | Enschede | Stefan Sogtoen | 3.52.3 | 1983 |
| 17-04-83 | Enschede | Henny Wijlens | 3.52.3 | 1983 |
| 17-04-83 | Enschede | Han Slotman | 3.52.3 | 1983 |
| 17-04-83 | Enschede | Jan Paul KL.Poelhuis | 3.52.3 | 1983 |

Olympische estafette 800-400-200-200

| | | | | |
|----------|--------|----------------|--------------------|------|
| 19-06-08 | Hegelo | Frank Wouda | 4.01.3 | 2008 |
| 19-06-08 | Hegelo | Bart Bemthuis | 4.01.3 | 2008 |
| 19-06-08 | Hegelo | Jasper Schutte | 4.01.3 | 2008 |
| 19-06-08 | Hegelo | Nick de Waart | J.B. 4.01.3 | 2008 |

Tienkamp

| | | | | |
|--|--|---------------|----------|------|
| | | Huib ter Haar | 5830 pnt | 1976 |
|--|--|---------------|----------|------|

| Competitie | 1e Klas | | | |
|--------------|---------|-------------------------|------|----------------|
| 08-06-86 | Hengelo | | | 11810 pnt 1986 |
| 4x100 | 46.2 | Robin van de Stichel | | |
| 4x100 | 46.2 | Ronny van de Bulk | | |
| 4x100 | 46.2 | | | |
| 4x100 | 46.2 | | | |
| 100 m | 12.0 | Robin van de Stichel | | |
| 100 m | 11.9 | Ronny van de Bulk | | |
| 110 m Horden | 18.2 | Marc Oosting | J.B. | |
| 400 m | 54.1 | Ronny van de Bulk | | |
| 400 m | 57.0 | Chris Kuit | | |
| 800 m | 2.18.5 | Marcel mok | | |
| 800 m | 2.13.2 | Marco Klein Poelhuis | | |
| 3000 m | 10.52.0 | Michel Wentink | | |
| Ver | 6.07 m | Nils Grutterink | J.B. | |
| Ver | 5.20 m | Marc Oosting | J.B. | |
| Hoog | 1.75 m | Peter Antvelink | | |
| Hoog | 1.60 m | Roel Ossewold | | |
| H.s.s | 12.18 m | Jan Paul Klein Poelhuis | | |
| Polshoog | 2.90 m | Nils Grutterink | J.B. | |
| Kogel | 9.37 m | Roel Ossewold | | |
| Kogel | 9.83 m | Sandor Roelink | J.B. | |
| Discus | 31.74 m | Jan Paul Klein Poelhuis | | |
| Discus | x | x | | |
| Speer | 45.55 m | Peter Antvelink | | |
| Speer | 45.74 m | Marcel mok | | |

| Competitie | 1e Klas | | | |
|--------------|---------|-------------------------|------|----------------|
| 17-06-84 | Zwolle | | | 10926 pnt 1984 |
| 4x100 | 47.0 | Han Slotman | | |
| 4x100 | 47.0 | Edwin Lenderink | | |
| 4x100 | 47.0 | Stephen Bleumink | | |
| 4x100 | 47.0 | Stefan Sogtoen | | |
| 100 m | 12.5 | Stephen Bleumink | | |
| 100 m | 12.4 | Edwin Lenderink | | |
| 110 m Horden | 18.8 | Ben van Sark | | |
| 400 m | 64.4 | Peter Antvelink | J.B. | |
| 400 m | 54.9 | Han Slotman | | |
| 800 m | 2.13.0 | Jan Paul Klein Poelhuis | | |
| 800 m | 2.24.5 | Benno Scharenborg | | |
| 3000 m | 9.43.3 | Benno Scharenborg | | |
| Ver | 5.70 m | Stefan Sogtoen | | |
| Ver | 5.18 m | Edwin Lenderink | | |
| Hoog | 1.70 m | Han Slotman | | |
| Hoog | 1.75 m | Ben van Sark | | |
| H.s.s | 11.21 m | Hennie Wijlens | | |
| Polshoog | 2.60 m | Wim Steenberg | | |
| Kogel | 11.76 m | Stefan Sogtoen | | |
| Kogel | 8.99 m | Stephen Bleumink | | |
| Discus | 27.16 m | Jan Paul Klein Poelhuis | | |
| Discus | 24.24 m | Hennie Wijlens | | |
| Speer | 46.30 m | Wim Steenberg | | |
| Speer | 30.60 m | Peter Antvelink | J.B. | |

| Competitie | 2e Klas | | | |
|-------------------|----------------|-------------------------|-------------|---------------|
| 21-05-89 | Hengelo | | | 5945 pnt 1989 |
| 4x100 | 47.3 | Stefan Leverink | J.B. | |
| 4x100 | 47.3 | Ivo Oosting | | |
| 4x100 | 47.3 | Frits Hilderink | | |
| 4x100 | 47.3 | Martijn Heideman | J.B. | |
| 100 m | 12.3 | Frits Hilderink | | |
| 400 m | 58.0 | Stefan Leferink | J.B. | |
| 800 m | 2.08.1 | Martijn Heideman | J.B. | |
| 3000 m | 9.58.3 | Bert ten Thije Boomkamp | J.B. | |
| Ver | 6.23 m | Ivo Oosting | | |
| Hoog | 1.75 m | Martijn Heideman | J.B. | |
| Kogel | 8.92 m | Frits Hilderink | | |
| Discus | 28.28 m | Bert ten Thije Boomkamp | J.B. | |
| Speer | 38.86 m | Ivo Oosting | | |

| Competitie | 2e klas | | | |
|---------------------------|-----------------|------------------|-------------|---------------|
| 14-06-09 | Emmen | | | 7423 pnt 2009 |
| 100 m | 12.02 | Kevin Simmelink | | |
| 100 m | 13.16 | Tom Baumeister | J.B. | |
| 110 mh | 20.25 | Tom Baumeister | J.B. | |
| 110 mh | 22.35 | Peter Wouda | J.B. | |
| 400 m | 56.87 | Kevin Simmelink | | |
| 800 m | 2.21.37 | Nick de Waart | | |
| 1500 m | 4.46.80 | Boy Foks | J.B. | |
| 3000 m | 10.13.12 | Dennis Sleenbos | J.B. | |
| 4x100 m | 47.08 | Kevin Simmelink | | |
| 4x100 m | 47.08 | Bart Bemthuis | J.B. | |
| 4x100 m | 47.08 | Jasper Schutte | | |
| 4x100 m | 47.08 | Stefan Hummelink | | |
| Ver | 5.92 m | Bart Bemthuis | | |
| Hoog | 1.60 m | Bart Bemthuis | | |
| Polshoog | 2.70 m | Peter Wouda | J.B. | |
| Hink Stap Springen | 11.63 m | Jasper Schutte | | |
| Kogel | 11.25 m | Jasper Schutte | | |
| Discus | 38.44 m | Stefan Hummelink | | |
| Speer | 44.92 m | Stefan Hummelink | | |