

| W60           |                               |         | M60           |                          |            |
|---------------|-------------------------------|---------|---------------|--------------------------|------------|
|               |                               |         | 100 m.        | Bellemans Raymond (1983) | 15.0/15.24 |
|               |                               |         | 200 m.        | Bellemans Raymond (1983) | 30.6/30.84 |
|               |                               |         | 300 m.        | Francois Marc (2014)     | 49.78      |
|               |                               |         | 400 m.        | Bellemans Raymond (1983) | 66.2/66.34 |
|               |                               |         | 600m          | Francois Marc (2016)     | 1.54.25    |
|               |                               |         | 800 m.        | Eraerts Willy (2000)     | 2.29.78    |
|               |                               |         | 1000 m.       | Eraerts Willy (2000)     | 3.14.77    |
|               |                               |         | 1500 m.       | Eraerts Willy (1999)     | 5.06.49    |
|               |                               |         | Mile          | Francois Marc (2014)     | 5.52.62    |
|               |                               |         | 2000 m.       | Eraerts Willy (2000)     | 7.02.64    |
|               |                               |         | 3000 m.       | Eraerts Willy (1999)     | 11.00.3    |
|               |                               |         | 2 Miles       | Francois Marc (2015)     | 12.55.03   |
|               |                               |         | 5000 m        | Eraerts Willy (2000)     | 18.39.11   |
|               |                               |         | 10000 m.      | Francois Marc (2016)     | 43.30.28   |
|               |                               |         | Heure         | Caroubel Lucien (1990)   | 15559      |
|               |                               |         | Longueur      | Francois Marc (2016)     | 3.69       |
|               |                               |         | Hauteur       | Francois Marc (2014)     | 1.30       |
|               |                               |         | Poids 5kg     | Jacques Pascal (2020)    | 10.88      |
|               |                               |         | Poids 7,257kg | Jacques Pascal (2020)    | 8.00       |
|               |                               |         | Disque 2kg    | Stalas Michel (08)       | 32.01      |
|               |                               |         | Disque 1kg    | Stalas Michel (08)       | 44.64      |
|               |                               |         | Javelot 600gr | Jacques Pascal (2020)    | 31.23      |
|               |                               |         | Javelot 700gr | Francois Marc (2014)     | 30.07      |
|               |                               |         | Pentathlon    | Francois Marc (2015)     | 2.671      |
| ROUTE         |                               |         | ROUTE         |                          |            |
|               |                               |         | 10kms         | Eraerts Willy (1999)     | 40.18      |
| Semi-marathon | Mouvet Marie-Christine (2011) | 2.28.33 | Semi-marathon | Caroubel Lucien (1992)   | 1.23.33    |
| Marathon      | Mouvet Marie-Christine (2010) | 6.15.42 | Marathon      | Eraerts Willy (2002)     | 3.12.04    |