

SENIORES			SENIORS		
100 H.(0.840)	Henry Chloé (2015)	15.38	110 H. (1,062)	Gjesdal T. (1992)	16.21
			200 H	Vanwelde Jean-François (2018)	33.90
400 H.(0.762)	Daige Thérèse (1993)	68.29	400 H. (0.914)	Gjesdal T. (1992)	53.60
100 m.	Libert Laetitia (2013)	11.71	100 m.	Mengal Simon (2017)	10.67
200 m.	Libert Laetitia (2012)	23.79	200 m.	Oyowe Will (2013)	21.30
300 m.	Ego Caroline (2007)	41.06	300 m.	Oyowe Will (2010)	33.60
400 m.	Libert Laetitia (2012)	53.59	400 m.	Oyowe Will (2013)	45.88
600 m.	Ernould Marie-Elise (2015)	2.00.03			
800 m.	Roobaert Laurence (1993)	2.07.63	800 m.	Castiaux Raymond (1975)	1.54.6
1000 m.	Roobaert Laurence (1993)	2.47.94	1000 m.	Castiaux Raymond (1974)	2.26.5
1500 m.	Roobaert Laurence (1993)	4.21.33	1500 m.	Godefroid Luc (1986)	3.52.7
Mile (1609m)	De Smet Bernadette (1992)	5.28.02	Mile (1609m)	Mengal Arnaud (2018)	4.28.98
2000 m.	Tanghe Corinne (1996)	6.40.89	2000 m.	Tordeurs Benoit (1989)	5.43.3
3000 m.	Cerckel Marie (2019)	10.13.25	3000 m.	Poncelet Valentin (2019)	8.16.04
2 MILES			2 Miles	Versmissen Fabian (2007)	10.22.48
5000 m	Tanghe Corinne (1996)	17.40.55	5000 m	Poncelet Valentin (2019)	13.55.23
10000 m.	Vandroogenbroeck Virginie (2005)	35.28.94	10000 m.	Poncelet Valentin (2020)	29.35.85
2000m/st	Wynant Stéphanie (2013)	11.02.37	2000 st	Landerwyn Thierry (1991)	7.01.7
			3000 st	Godefroid Luc (1986)	9.08.64
Heure	Vandroogenbroeck Virginie (2005)	16.485	Heure	De Keghel Marc (1995)	17.690
			20000 m	Dethier Gaston (1987)	1.14.26
			30000 m	Dethier Gaston (1988)	1.57.50
10kms Route	Vandroogenbroeck Virginie (2001)	34.54	10 kms	Dely Arnaud (2020)	29.03
Semi-marath.	Vandroogenbroeck Virginie (2001)	1h17.23	Semi-marat	Butera Lorenzo (1993)	1.13.49
30 kms	Vandroogenbroeck Virginie (2001)	1h55.03	30kms	Hanot Serge (2001)	1.54.04
Marathon	Vandroogenbroeck Virginie (2001)	2h48.43	Marathon	Dillembourg Pierre (1987)	2.25.39
Longueur	Scimeca Lina (2011)	5.57	Longueur	Reginster Gaetan (2019)	6.98
Triple saut	Ego Caroline (2017)	11.55	Triple saut	Ego Laurent (2008)	12.91
Hauteur	Scohy Christiane (1982) Boulanger M. (1991)	1.35	Hauteur	Coster Xavier (2011)	2.01
Perche	Henry Chloé (2015)	4.42	Perche	Godts Joscha (2013)	4.25
Poids (4 kg)	Scimeca Anna (2010)	13.39	Poids (7,260kg)	Van Schoor Robert (1982)	16.08
Disque (1 kg)	Scimeca Anna (2011)	43.18	Disque (2kg)	Van Schoor Robert (1982)	56.12
Javelot 600gr	Hojka Anne (1998)	42.49	Javelot 800gr	Jacques Pascal (1983)	64.64
Marteau (4 k)	Lanssiers Brigitte (1994)	21.24	Marteau (7,260kg)	Pierre Guy (1999)	49.36
Heptathlon	Ego Caroline (2007)	3.165	Pentathlon	Deknop David (2000)	2.468
Decathlon	Pieters Sophie (2015)	3.342	Decathlon	Surquin Jean-Luc (1992)	5.634
			Isocathlon	Vanwelde Jean-François (2020)	6.099p
			<b>MARCHE ATHLETIQUE</b>		
			5.000	Hazard Edouard	29.14.52
			10.000	Hazard Edouard	1.01.57.01
			20.000	Chevalier Daniel (1981)	2.03.01.05
			50.000		
			6 heures	Mertens André (1983)	41.733
RELAIS			RELAIS		
4 x 100	Rinchon Morgane - Nicaise Justine Renard Julie - Blommaert Annais (2011)	55.28	4 x 100	Reginster Gaetan - Brunin Clément Dutrieux Gilles - Mengal Simon (2020)	41.78
4 x 200	Ego Caroline – Ernould Marie-Elise Lengele Julie – Nicaise Justine (2009)	1.57.37	4 x 200	Markadiou Fabrice – Coster Denis Fastrez Jérémie – Mussche B. (2005)	1.36.05
4 x 400	Ernould Marie-Elise – Blommaert Annais Nicaise Justine – Renard Julie (2012)	4.41.67	4 x 400	Coster Denis – Ego Laurent Coster Xavier – Fastrez Jérémie (2008)	3.42.06
4 x 800	Rinchon Morgane - Nicaise Justine Renard Julie - Blommaert Annais (2011)	11.53.38	4 x 800	Verbanck Christian – Roobaert Michel Verbeugt Jean-Marie – Van Kerckoven Francis (1981)	9.01.1
			4 x 1500	Roobaert Michel – Spigeleer Pierre Verbanck Christian – Rodts Jean-Charles (1981)	18.10.6
Suédois	Boels Nadège - Heymans Shanna Lembi Bonheur Heurjonie - Deloof Justine (2017)	2.30.06	Suédois	Kohl Geoffrey, - Hinnekens Simon Chiroux Adrien, - Cisse Mohamed (2016)	2.06.24
Olympique	De Smet Bernadette –Tanghe Corinne Deknudt Véronique - Verhoeven Vicky (1995)	4.32.2	Olympique	Deknop David – De Keghel Marc Deknop Eric – Aguilera Francisco (1997)	3.53.0