

**VERBETERDE CLUBRECORDS SEIZOEN 2023 - 2024 indoor & outdoor**

**INDOOR**

|    |     |                              |              |           |  |   |                                  |             |
|----|-----|------------------------------|--------------|-----------|--|---|----------------------------------|-------------|
| 1  | Pup | 2013                         | Kogel        | 07m65     | VAN RANSBEECK  | Ferre   | Gent (RCG-jeugdmeeting)          | 24 feb 2024 |
| 2  | Pup | 2013                         | Kogel        | 07m64     | VAN RANSBEECK  | Ferre   | Gent (Aalsterse indoormeet.)     | 16 dec 2023 |
| 3  | Min | 2011                         | 60H (68cm)   | 10"74     | CAMPO  | Roxanne   | Gent (RCG-jeugdmeeting)          | 24 feb 2024 |
| 4  | Min | 2011                         | Polstok      | 1m80      | VAN NIEUWENBORGH   | Bram  | Mol (kamp indoormeeting)         | 02 dec 2023 |
| 5  | Sch | 2008                         | Polstok      | 2m70      | CLAEYS   | Lore  | Gent (KvV Cad/Schol)             | 21 jan 2024 |
| 6  | Sch | 2008                         | Polstok      | 2m50      | CLAEYS   | Lore  | Gent (PK indoor)                 | 06 jan 2024 |
| 7  | Sch | 2007                         | 60H (76cm)   | 08"90     | LOOVERIE   | Zina  | Gent (BK Cad/Sch)                | 02 mrt 2024 |
| 8  | Sch | 2007                         | 60H (76cm)   | 08"96     | LOOVERIE   | Zina  | Gent (RCG-2de Kerstmeeting)      | 26 dec 2023 |
| 9  | Sch | 2007                         | 60H (76cm)   | 08"96     | LOOVERIE   | Zina  | Gent (KvV Cad/Schol)             | 21 jan 2024 |
| 10 | Sch | 2007                         | 60H (76cm)   | 08"97     | LOOVERIE   | Zina  | Gent (Aalsterse indoormeet.)     | 16 dec 2023 |
| 11 | Sch | 2007                         | Hoog         | 1m75      | CLAEYS   | Jonas   | Gent (STAX-Eindejaarsmeeting)    | 30 dec 2023 |
| 12 | Sch | 2007                         | Hoog         | 1m70      | VERECKEN   | Nora  | Gent (PK indoor)                 | 06 jan 2024 |
| 13 | Sch | 2007                         | Ver          | 6m29      | CLAEYS   | Jonas   | Gent (RCG-2de Kerstmeeting)      | 26 dec 2023 |
| 14 | Sch | 2007                         | Kogel (3kg)  | 12m34     | VERECKEN   | Nora  | Gent (BK meerkamp)               | 11 feb 2024 |
| 15 | Sch | 2007                         | Kogel (3kg)  | 11m73     | VERECKEN   | Nora  | Louvain-la-Neuve (chal.Brab.Wal) | 28 jan 2024 |
| 16 | Sch | 2007                         | 5-kamp (3kg) | 3.394 ptn | VERECKEN   | Nora  | Gent (BK meerkamp)               | 11 feb 2024 |
| 17 | Jun | 2006                         | 60H (84cm)   | 09"32     | MUYSHONDT  | Emma  | Gent (RCG-2de Kerstmeeting)      | 26 dec 2023 |
| 18 | Jun | 2006                         | 60H (84cm)   | 09"60     | MUYSHONDT  | Emma  | Gent (VITA-Eindejaarsmeeting)    | 23 dec 2023 |
| 19 | Jun | 2005                         | 60m          | 07"04     | TEMMERMAN  | Tibe  | Louvain-la-Neuve (BK Jun/Bel)    | 03 mrt 2024 |
| 20 | Jun | 2005                         | 60m          | 07"07     | TEMMERMAN  | Tibe  | Gent (PK indoor)                 | 06 jan 2024 |
| 21 | Sen | 2004                         | 200m         | 21"70     | CAUDRON  | Meindert  | Gent (KvV Alle categorieën)      | 28 jan 2024 |
| 22 | Sen | 2004                         | 200m         | 21"75     | CAUDRON  | Meindert  | Gent (KvV Alle categorieën)      | 28 jan 2024 |
| 23 | Sen | 2004                         | 200m         | 21"84     | CAUDRON  | Meindert  | Gent (VS-indoormeeting 2024)     | 13 jan 2024 |
| 24 | Sen | 2004                         | 200m         | 21"90     | CAUDRON  | Meindert  | Gent (STAX-Eindejaarsmeeting)    | 30 dec 2023 |
| 25 | Sen | 2004                         | 200m         | 22"32     | CAUDRON  | Meindert  | Gent (RCG-2de Kerstmeeting)      | 26 dec 2023 |
| 26 | Sen | 2004                         | 400m         | 49"59     | CAUDRON  | Meindert  | Gent (PK indoor)                 | 06 jan 2024 |
| 27 | Sen | 2003                         | 60m          | 08"32     | DE COSTER  | Yenzo -21   | Gent (STAX-Eindejaarsmeeting)    | 30 dec 2023 |
| 28 | Sen | 2003                         | 200m         | 26"03     | DE COSTER  | Yenzo -21   | Gent (BK AMH)                    | 17 dec 2023 |
| 29 | Sen | 2003                         | 200m         | 43"50     | VAN DEN ABBEELE  | Lotte -21   | Gent (BK AMH)                    | 17 dec 2023 |
| 30 | Sen | 1998                         | 800m -21     | 3:27"47   | VAN DEN BERGH  | Svea -21  | Gent (BK AMH)                    | 17 dec 2023 |
| 31 | Sen | 1998                         | 800m -81     | 2:51"00   | BOSTEELS   | Claire -81  | Gent (BK AMH)                    | 17 dec 2023 |
| 32 | Sen | 1992                         | 10km weg     | 36:15"    | TJEERDSMA  | Mariska *   | Schoorl (NED - NK 10km weg)      | 11 feb 2024 |
| 33 | W35 | 1989                         | Kogel (4kg)  | 8m26      | MEERT  | Cynthia   | Louvain-la-Neuve (BK masters)    | 24 feb 2024 |
| 34 | M35 | 1984                         | 60m          | 07"03     | VAN INGELGEM   | Thomas  | Louvain-la-Neuve (BK masters)    | 24 feb 2024 |
| 35 | M35 | 1984                         | 60m          | 07"06     | VAN INGELGEM   | Thomas  | Gent (IFAM + BK 4x 200m)         | 03 feb 2024 |
| 36 | M35 | 1984                         | 60m          | 07"07     | VAN INGELGEM   | Thomas  | Gent (KvV Alle categorieën)      | 28 jan 2024 |
| 37 | M35 | 1984                         | 200m         | 22"19     | VAN INGELGEM   | Thomas  | Louvain-la-Neuve (BK masters)    | 24 feb 2024 |
| 38 | W40 | 1983                         | 60m          | 09"01     | VANBUGGENHOUT  | Marijke   | Gent (RCG - Open meeting)        | 04 feb 2024 |
| 39 | W40 | 1983                         | 200m         | 30"01     | VANBUGGENHOUT  | Marijke   | Gent (Aalsterse indoormeet.)     | 16 dec 2023 |
| 40 | W40 | 1983                         | 400m         | 65"16     | VANBUGGENHOUT  | Marijke   | Louvain-la-Neuve (BK masters)    | 24 feb 2024 |
| 41 | W40 | 1983                         | 400m         | 67"15     | VANBUGGENHOUT  | Marijke   | Gent (RCG - Open meeting)        | 04 feb 2024 |
| 42 | W40 | 1983                         | Ver          | 3m77      | VANBUGGENHOUT  | Marijke   | Louvain-la-Neuve (BK masters)    | 24 feb 2024 |
| 43 | M45 | 1977                         | 800m         | 2:11"15   | VANDEN BERGHE  | Pieter  | Louvain-la-Neuve (BK masters)    | 24 feb 2024 |
| 44 | M45 | 1977                         | 800m         | 2:14"40   | VANDEN BERGHE  | Pieter  | Gent (STAX-Eindejaarsmeeting)    | 30 dec 2023 |
| 45 | M70 | 1951                         | 60m          | 10"24     | VERMEIR  | Norbert   | Gent (PK indoor)                 | 06 jan 2024 |
| 46 | M70 | 1951                         | 60m          | 10"30     | VERMEIR  | Norbert   | Gent (Aalsterse indoormeet.)     | 16 dec 2023 |
| 47 | M70 | 1951                         | 200m         | 34"41     | VERMEIR  | Norbert   | Gent (PK indoor)                 | 06 jan 2024 |
| 48 | AC  | 2002<br>2008<br>2007<br>1999 | 4x200m       | 1:42"37   | HEYVAERT<br>VAN INGELGEM<br>LOOVERIE<br>DE KINDER        | Luca<br>Bente<br>Zina<br>Kiana                      | Gent (IFAM + BK 4x 200m)         | 03 feb 2024 |
| 49 | AC  | 2003<br>1999<br>1997<br>1988 | 4x200m       | 2:04"85   | DE COSTER<br>ROELANTS<br>VANDEPERRE<br>VERMEIREN         | Yenzo -21<br>Michiel -21<br>Niels -21<br>Philip -21 | Gent (BK AMH)                    | 17 dec 2023 |
| 50 | AC  | 1998<br>2003<br>2003<br>1990 | 4x200m       | 2:49"61   | BOSTEELS<br>VAN DEN ABBEELE<br>VAN DEN BERGH<br>FOLLAETS | Claire -81<br>Lotte -21<br>Svea -21<br>Nathalie -21 | Gent (BK AMH)                    | 17 dec 2023 |
| 51 |     |                              |              |           |  |   |                                  |             |

## OUTDOOR

|    |       |      |                |             |                 |          |                                 |                |
|----|-------|------|----------------|-------------|-----------------|----------|---------------------------------|----------------|
| 1  | Pup   | 2013 | Vortex         | 33m49       | STOCKBROECKX    | Lisa     | Lebbeke (Toffe Peren meeting)   | 09 mei 2024    |
| 2  | Pup   | 2013 | Vortex         | 30m85       | STOCKBROECKX    | Lisa     | St.Niklaas (Paaseierenmeeting)  | 01 apr 2024    |
| 3  | Min   | 2011 | 60H (68cm)     | 10"19       | CAMPO           | Roxanne  | Ninove (PK Pup/Min)             | 26 mei 2024    |
| 4  | Min   | 2011 | 60H (68cm)     | 10"47       | CAMPO           | Roxanne  | Ninove (BvV Pup/Min)            | 27 apr 2024    |
| 5  | Min   | 2011 | 60H (68cm)     | 10"52       | CAMPO           | Roxanne  | St.Niklaas (Paaseierenmeeting)  | 01 apr 2024    |
| 6  | Min   | 2011 | 150H (68cm)    | 22"41       | CAMPO           | Roxanne  | Nijvel (Nat. Criterium jeugd)   | 28 sep 2024    |
| 7  | Min   | 2011 | 150H (68cm)    | 22"67       | CAMPO           | Roxanne  | Edegem (A'pers jeugd criterium) | 08 jun 2024    |
| 8  | Min   | 2011 | Polsstok       | 2m80        | VERBRAEKEL      | Bran     | St.Niklaas (32 Belsi meeting)   | 29 sep 2024    |
| 9  | Min   | 2011 | Polsstok       | 2m60        | VERBRAEKEL      | Bran     | Nijvel (Nat. Criterium jeugd)   | 28 sep 2024    |
| 10 | Min   | 2011 | Polsstok       | 2m45        | VERBRAEKEL      | Bran     | Lebbeke (Terug naar school)     | 31 aug 2024    |
| 11 | Min   | 2011 | Polsstok       | 2m40        | VERBRAEKEL      | Bran     | Lokeren (WDK meeting)           | 02 jun 2024    |
| 12 | Min   | 2011 | Polsstok       | 2m05        | CAMPO           | Roxanne  | Pelt (Daniela Hotels OMJ)       | 14 sep 2024    |
| 13 | Min   | 2011 | Polsstok       | 1m80        | CAMPO           | Roxanne  | Lebbeke (Terug naar school)     | 31 aug 2024    |
| 14 | Min   | 2011 | Ver            | 5m23        | VERECKEN        | Arno     | Geraardsbergen (Jeugdmeeting)   | 19 mei 2024    |
| 15 | Min   | 2011 | Speer 400g     | 40m40       | DE COSTER       | Fien     | Nijvel (Nat. Criterium jeugd)   | 28 sep 2024    |
| 16 | Min   | 2011 | Speer 400g     | 38m83       | DE COSTER       | Fien     | Hamme (WDK 1)                   | 30 jun 2024    |
| 17 | Min   | 2011 | Speer 400g     | 37m66       | DE COSTER       | Fien     | Lebbeke (Toffe Peren meeting)   | 09 mei 2024    |
| 18 | Min   | 2011 | Speer 400g     | 35m25       | DE COSTER       | Fien     | De Pinte (Pup/Min meeting)      | 01 mei 2024    |
| 19 | Cadet | 2010 | 3.000m         | 12:18"83    | BERLANGER       | Niels    | Oudenaarde (Vakantiemeeting)    | 30 jul 2024    |
| 20 | Cadet | 2009 | 600m           | 1:41"74     | VERMEIR         | Lize     | Aalst (Gouden 600m)             | 03 mei 2024    |
| 21 | Schol | 2008 | 1 mijl         | 4:44"62     | VAN CAUWENBERGH | Seth     | Tessenderlo (Golazo meeting)    | 21 aug 2024    |
| 22 | Schol | 2008 | Polsstok       | 2m40        | CLAEYS          | Lore     | Lebbeke (PK dag 2)              | 21 apr 2024    |
| 23 | Schol | 2008 | Polsstok       | 2m40        | CLAEYS          | Lore     | St.Niklaas (BvV ere afd. VAL)   | 12 mei 2024    |
| 24 | Schol | 2007 | 100H (76cm)    | 14"61       | LOOVERIE        | Zina     | Brussel (IFAM dag 2)            | 26 mei 2024    |
| 25 | Schol | 2007 | 400H (76cm)    | 62"05       | LOOVERIE        | Zina     | Nijvel (BK cad/sch Dag 2)       | 01 sep 2024    |
| 26 | Schol | 2007 | 400H (76cm)    | 62"97       | LOOVERIE        | Zina     | St.Niklaas (BvV ere afd. VAL)   | 12 mei 2024    |
| 27 | Schol | 2007 | 400H (76cm)    | 64"30       | LOOVERIE        | Zina     | Betekom (BvV Cad/Schol)         | 28 apr 2024    |
| 28 | Schol | 2007 | Hoog           | 1m71        | VERECKEN        | Nora     | Tessenderlo (KvV Cad/Schol)     | 15 aug 2024    |
| 29 | Schol | 2007 | Hoog           | 1m70        | VERECKEN        | Nora     | Merksem (BK meerkamp-Dag 1)     | 10 aug 2024    |
| 30 | Schol | 2007 | Hoog           | 1m68        | VERECKEN        | Nora     | Betekom (BvV Cad/Schol)         | 28 apr 2024    |
| 31 | Schol | 2007 | Hoog           | 1m66        | VERECKEN        | Nora     | Lebbeke (PK dag 2)              | 21 apr 2024    |
| 32 | Schol | 2007 | 7-kamp         | 4.894 ptn   | VERECKEN        | Nora     | Merksem (BK meerkampen)         | 10+11 aug 2024 |
| 33 | Schol | 2007 | 7-kamp         | 4.685 ptn   | VERECKEN        | Nora     | Aalst (KvV meerkamp)            | 4+5 mei 2024   |
| 34 | Schol | 2007 | 10-kamp        | 6.016 ptn   | CLAEYS          | Jonas    | Oordegem (PK meerkamp)          | 28+29 sep 2024 |
| 35 | Jun   | 2006 | 110H (84cm)    | 15"42       | MUYSHONDT       | Emma     | Lier (Mem. Dirk De Busser)      | 05 mei 2024    |
| 36 | Jun   | 2006 | Polsstok       | 2m20        | VAN LIMBERGHEN  | Kato     | Lebbeke (PK dag 2)              | 21 apr 2024    |
| 37 | Jun   | 2005 | 100m           | 10"90       | TEMMERMAN       | Tibe     | Ninove (BK Jun/Bel)             | 08 sep 2024    |
| 38 | Jun   | 2005 | 200m           | 24"83       | HEYVAERT        | Nona     | Brussel (BK alle categ. D1)     | 29 jun 2024    |
| 39 | Jun   | 2005 | 200m           | 24"91       | HEYVAERT        | Nona     | Brussel (IFAM dag 2)            | 26 mei 2024    |
| 40 | Sen   | 1994 | Kogel (7,26kg) | 15m15       | NYS             | Glenn    | St.Niklaas (BvV ere afd. VAL)   | 12 mei 2024    |
| 41 | W35   | 1989 | Hoog           | 1m33        | MEERT           | Cynthia  | Beveren (BK masters D2)         | 23 jun 2024    |
| 42 | W35   | 1989 | Speer 600g     | 23m98       | MEERT           | Cynthia  | Oudenaarde (Mem.R.Hanssens)     | 25 aug 2024    |
| 43 | W35   | 1989 | Speer 600g     | 23m25       | MEERT           | Cynthia  | Lebbeke (BvV masters Afd. 1)    | 02 jun 2024    |
| 44 | M40   | 1984 | 100m           | 10"86 BR !! | VAN INGELGEM    | Thomas   | Duffel (ACM meeting)            | 09 mei 2024    |
| 45 | M40   | 1984 | 100m           | 11"06       | VAN INGELGEM    | Thomas   | Humbeek (Avondmeeting)          | 03 mei 2024    |
| 46 | M40   | 1984 | 200m           | 21"89 BR !! | VAN INGELGEM    | Thomas   | Duffel (ACM meeting)            | 09 mei 2024    |
| 47 | M40   | 1984 | 200m           | 22"46       | VAN INGELGEM    | Thomas   | Humbeek (Avondmeeting)          | 03 mei 2024    |
| 48 | M40   | 1984 | 300m           | 35"36 BR !! | VAN INGELGEM    | Thomas   | St.Niklaas (avondmeeting)       | 05 sep 2024    |
| 49 | M40   | 1984 | 400m           | 49"59 BR !! | VAN INGELGEM    | Thomas   | Mechelen (KvV masters)          | 07 sep 2024    |
| 50 | M40   | 1984 | 400m           | 50"67       | VAN INGELGEM    | Thomas   | Beveren (BK masters D2)         | 23 jun 2024    |
| 51 | W40   | 1983 | 200m           | 29"09       | VANBUGGENHOUT   | Marijke  | Lebbeke (BvV masters Afd. 1)    | 02 jun 2024    |
| 52 | W40   | 1983 | 400m           | 66"38       | VANBUGGENHOUT   | Marijke  | Beveren (BK masters D1)         | 22 jun 2024    |
| 53 | W40   | 1983 | 400m           | 67"86       | VANBUGGENHOUT   | Marijke  | Humbeek (Avondmeeting)          | 03 mei 2024    |
| 54 | W40   | 1983 | 600m           | 1:54"76     | PLAS            | Liesbeth | Aalter (Botha ruimte.meeting)   | 11 aug 2024    |
| 55 | M40   | 1983 | 1/2 Marathon   | 1u14:31"    | DE WOLF         | Pieter   | Gentbrugge (BK 1/2 marathon)    | 10 mrt 2024    |
| 56 | M45   | 1977 | Marathon       | 2u48:17"    | VANDEN BERGHE   | Pieter   | Valencia (ESP)                  | 03 dec 2023    |
| 57 | M70   | 1951 | 100m           | 16"51       | VERMEIR         | Norbert  | Beveren (BK masters D1)         | 22 jun 2024    |
| 58 | M70   | 1951 | 200m           | 34"26       | VERMEIR         | Norbert  | Beveren (BK masters D1)         | 22 jun 2024    |
| 59 | M70   | 1951 | 200m           | 34"44       | VERMEIR         | Norbert  | Aalst (KvV meerkamp)            | 03 mei 2024    |
| 60 | M70   | 1951 | 1.500m         | 7:32"28     | VERMEIR         | Norbert  | Aalst (KvV meerkamp)            | 03 mei 2024    |
| 61 | M70   | 1951 | 5-kamp         | 1.654 ptn   | VERMEIR         | Norbert  | Aalst (KvV meerkamp)            | 03 mei 2024    |

|    |       |                              |        |         |   |   |                                |             |
|----|-------|------------------------------|--------|---------|---|---|--------------------------------|-------------|
| 62 | Pup   | 2013<br>2014<br>2013<br>2013 | 4x60m  | 34"05   | VAN ROMPAEY<br>VANKELST<br>VANNIEUWENBORGH<br>VAN RANSBEECK | Bavo<br>Senne<br>Rien<br>Ferre                                  | Lier (BvV - Finale A)          | 21 sep 2024 |
| 63 | Cadet | 2010<br>2009<br>2009<br>2009 | 4x800m | 9:35"45 | DE SMET<br>VERMEIR<br>MAETENS<br>VERMEIR                    | Delfine<br>Lore<br>Lien<br>Lize                                 | Oordegem (BK estafetten)       | 15 sep 2024 |
| 64 | Schol | 2008<br>2007<br>2008<br>2007 | 4x100m | 49"22   | HIEL<br>LOOVERIE<br>VAN INGELGEM<br>VEREecken               | Ruth<br>Zina<br>Bente<br>Nora                                   | Oordegem (BK estafetten)       | 15 sep 2024 |
| 65 | Schol | 2008<br>2007<br>2008<br>2007 | 4x100m | 49"46   | HIEL<br>LOOVERIE<br>VAN INGELGEM<br>VEREecken               | Ruth<br>Zina<br>Bente<br>Nora                                   | Brussel (Mem. Van Damme - D1)  | 13 sep 2024 |
| 66 | Schol | 2008<br>2007<br>2008<br>2007 | 4x100m | 49"49   | HIEL<br>LOOVERIE<br>VAN INGELGEM<br>VEREecken               | Ruth<br>Zina<br>Bente<br>Nora                                   | Hamme (PK estafetten)          | 24 aug 2024 |
| 67 | AC    | 2005<br>2002<br>2005<br>1999 | 4x100m | 47"47   | HEYVAERT<br>HEYVAERT<br>HEYVAERT<br>DE KINDER               | Nona (jun)<br>Luca (sen)<br>Ella (jun)<br>Kiana (sen)           | St.Niklaas (BvV ere afd. VAL)  | 12 mei 2024 |
| 68 | AC    | 1984<br>2005<br>2003<br>2004 | 4x100m | 41"31   | VAN INGELGEM<br>TEMMERMAN<br>VAN DEN BULCKE<br>CAUDRON      | Thomas (mas)<br>Tibe (jun)<br>Jasper (sen)<br>Meindert (sen)    | Oordegem (BK estafetten)       | 15 sep 2024 |
| 69 | AC    | 1984<br>2005<br>2003<br>2004 | 4x100m | 41"34   | VAN INGELGEM<br>TEMMERMAN<br>VAN DEN BULCKE<br>CAUDRON      | Thomas (mas)<br>Tibe (jun)<br>Jasper (sen)<br>Meindert (sen)    | Hamme (PK estafetten)          | 24 aug 2024 |
| 70 | AC    | 1984<br>2005<br>2003<br>2004 | 4x200m | 1:26"11 | VAN INGELGEM<br>TEMMERMAN<br>VAN DEN BULCKE<br>CAUDRON      | Thomas (mas)<br>Tibe (jun)<br>Jasper (sen)<br>Meindert (sen)    | Oordegem (BK estafetten)       | 15 sep 2024 |
| 71 | AC    | 1984<br>2005<br>2003<br>2004 | 4x200m | 1:26"16 | VAN INGELGEM<br>TEMMERMAN<br>VAN DEN BULCKE<br>CAUDRON      | Thomas (mas)<br>Tibe (jun)<br>Jasper (sen)<br>Meindert (sen)    | Oordegem (BK estafetten)       | 15 sep 2024 |
| 72 | AC    | 1984<br>2005<br>2003<br>2004 | 4x200m | 1:27"57 | VAN INGELGEM<br>TEMMERMAN<br>VAN DEN BULCKE<br>CAUDRON      | Thomas (mas)<br>Tibe (jun)<br>Jasper (sen)<br>Meindert (sen)    | Hamme (PK estafetten)          | 24 aug 2024 |
| 73 | AC    | 1984<br>2003<br>1999<br>2004 | 4x400m | 3:16"26 | VAN INGELGEM<br>VAN DEN BULCKE<br>LOCKFEER<br>CAUDRON       | Thomas (mas)<br>Jasper (sen)<br>Quinten (sen)<br>Meindert (sen) | Brussel (Mvd-BK estafetten-D2) | 14 sep 2024 |