

JUNIORS DAMES**100**

| | | |
|------------------------|-------|------|
| Vermeiren Noor | 11"76 | 2024 |
| Torfs Lien | 12"25 | 2016 |
| Van Hoeck Ine | 12"41 | 2015 |
| Vanbellingen Dadjika | 12"44 | 2019 |
| Tengrootenhuysen Fiebe | 12"50 | 2018 |
| Hooyberghs Fleur | 12"63 | 2019 |
| De Jaegher Evi | 12"64 | 2003 |
| Jansen Greet | 12"67 | 2004 |
| Vermonden Julie | 12"73 | 2018 |
| Poelmans Isabel | 12"79 | 2000 |

300

| | | |
|---------------------|-------|------|
| Bremans Anne-sophie | 40"61 | 2024 |
| Van Hoeck Ine | 41"66 | 2015 |
| Belmans Else | 41"73 | 2001 |
| Torfs Lien | 42"01 | 2016 |
| Jansen Greet | 42"29 | 2004 |
| Heyns Dorien | 42"52 | 2001 |
| Verboven Berbel | 42"98 | 2009 |
| Clymans Gitte | 43"13 | 2004 |
| Jacobien Lenne | 43"22 | 2024 |
| Hanssens Marie | 43"31 | 2016 |

600

| | | |
|---------------------|---------|------|
| Bremans Anne-Sophie | 1'36"41 | 2024 |
| Weyers Lore | 1'43"87 | 2023 |

800

| | | |
|-------------------|---------|------|
| Hannes Ingrid | 2'09"9 | 1976 |
| Verhaert Denise | 2'10"9 | 1978 |
| Van Accom Sofie | 2'12"62 | 2007 |
| Mols Marleen | 2'13"6 | 1974 |
| Vervoort Mia | 2'14"0 | 1977 |
| Vermeulen Kaat | 2'14"51 | 2012 |
| Van Gestel Maria | 2'16"8 | 1980 |
| Van Looy Christel | 2'17"2 | 1978 |
| Schellekens Lieve | 2'17"35 | 1993 |
| Wuyts Greta | 2'17"6 | 1974 |

1500

| | | |
|-------------------|---------|------|
| Mols Marleen | 4'23"1 | 1973 |
| Verhaert Denise | 4'24"0 | 1978 |
| Renders Danny | 4'35"1 | 1982 |
| Vermeulen Kaat | 4'39"99 | 2012 |
| Van Accom Sofie | 4'40"94 | 2007 |
| Paulussen Fien | 4'42"21 | 2024 |
| Van Looy Christel | 4'42"9 | 1978 |
| Renders Annick | 4'43"4 | 1985 |
| Cloots Els | 4'45"6 | 1985 |

150

| | | |
|-----------------|-------|------|
| Sauviller Femke | 20"55 | 2021 |
|-----------------|-------|------|

200

| | | |
|------------------------|-------|------|
| Vermeiren Noor | 23"81 | 2024 |
| Torfs Lien | 24"82 | 2016 |
| Tengrootenhuysen Fiebe | 24"84 | 2018 |
| Van Hoeck Ine | 25"30 | 2015 |
| Bremans Anne-sophie | 25"74 | 2024 |
| Vanbellingen Dadjika | 25"77 | 2019 |
| De Jaegher Evi | 25"91 | 2003 |
| Jansen Greet | 26"00 | 2004 |
| Bogaerts Jasmine | 26"15 | 2008 |
| Belmans Else | 26"31 | 2001 |

400

| | | |
|------------------------|-------|------|
| Tengrootenhuysen Fiebe | 56"02 | 2018 |
| Bremans Anne-sophie | 57"00 | 2024 |
| Hannes Ingrid | 58"3 | 1975 |
| Spieessens Tine | 58"59 | 2010 |
| Sprangers José | 58"8 | 1970 |
| Vervoort Mia | 59"8 | 1977 |
| Vermeulen Kaat | 60"23 | 2012 |
| Verhaert Denise | 60"2 | 1977 |
| Clymans Gitte | 60"52 | 2003 |
| Heyns Dorien | 60"76 | 2001 |

1000

| | | |
|--------------------|---------|------|
| Verhaert Denise | 2'53"2 | 1978 |
| Renders Danny | 2'56"7 | 1983 |
| Van Gestel Maria | 3'01"2 | 1980 |
| Schellekens Lieve | 3'02"29 | 1993 |
| Verbeeck Stefanie | 3'04"32 | 2004 |
| Witvrouwen Lieve | 3'04"4 | 1980 |
| Weyers Lore | 3'07"50 | 2022 |
| Van Doninck Janna | 3'09"31 | 2008 |
| Van Sprengel Wendy | 3'10"75 | 1995 |
| Lieckens Vicky | 3'10"75 | 1998 |

1 Mijl

| | | |
|---------------------|---------|------|
| Renders Annick | 5'09"8 | 1985 |
| Verbeeck Stefanie | 5'22"72 | 2003 |
| Lieckens Vicky | 5'25"07 | 1998 |
| Van De Perre Ine | 5'35"51 | 2000 |
| Claes An | 5'37"65 | 2001 |
| Helsen Louise | 5'40"72 | 2021 |
| Nuyts Carolien | 5'44"01 | 2003 |
| Lievens Liesbeth | 5'44"98 | 1997 |
| Vanderbiesen Francy | 5'48"49 | 2000 |

| | | | | | |
|-------------------|---------|------|--------------------|---------|------|
| Verbeeck Stefanie | 4'45"80 | 2003 | Van Sprengel Wendy | 5'48"52 | 1995 |
|-------------------|---------|------|--------------------|---------|------|

2000

| | | |
|---------------------|---------|------|
| Renders Annick | 6'54"5 | 1985 |
| Lieckens Vicky | 6'58"49 | 1998 |
| Van De Water Annick | 7'00"5 | 1990 |
| Lievens Liesbeth | 7'06"44 | 1997 |
| Vanderbiesen Francy | 7'15"06 | 2001 |
| Auwers Martine | 7'19"4 | 1988 |
| Van Sprengel Wendy | 7'27"83 | 1996 |
| De Bie Wendy | 8'11"5 | 1994 |
| De Backer Ilse | 9'13"7 | 1982 |

3000

| | | |
|-------------------|----------|------|
| Verhaert Denise | 9'22"9 | 1978 |
| Mols Marleen | 9'38"6 | 1974 |
| Renders Danny | 9'50"8 | 1983 |
| Paulussen Fien | 9'58"56 | 2024 |
| Van Looy Christel | 10'15"8 | 1978 |
| Renders Annick | 10'20"7 | 1985 |
| Bluys Micheline | 10'37"4 | 1976 |
| Verbeeck Stefanie | 10'38"13 | 2003 |
| Boonen Jolien | 10'43"02 | 2008 |
| Lieckens Vicky | 10'47"9 | 1999 |

5000

| | | |
|---------------------|----------|------|
| Paulussen Fien | 17'50"29 | 2024 |
| Boonen Jolien | 18'32"89 | 2008 |
| Van Doninck Janna | 19'02"94 | 2009 |
| Verstappen Greet | 19'18"00 | 2001 |
| Lieckens Vicky | 19'19"99 | 1999 |
| Lievens Liesbeth | 19'27"3 | 1997 |
| Van de Perre Ine | 19'40"21 | 2000 |
| Auwers Martine | 19'45"0 | 1988 |
| Van De Water Annick | 19'52"8 | 1990 |
| Vanderbiesen Francy | 20'03"63 | 2001 |

10.000

| | | |
|-------------------|----------|------|
| Verbeeck Stefanie | 41'40"23 | 2004 |
| Verstappen Greet | 42'14"46 | 2001 |
| Lieckens Vicky | 42'33"76 | 1999 |
| Van de Perre Ine | 43'10"65 | 2000 |
| De Bie Suzy | 52'47"34 | 1996 |

2 Mijl

| | | |
|---------------|----------|------|
| Weyers Lore | 11'31"24 | 2023 |
| Helsen Louise | 13'16"12 | 2021 |
| Jacobs Nele | 15'11"7 | 2000 |

100 Horden (84cm/10h)

| | | |
|----------------------|-------|------|
| De Jaegher Evi | 14"71 | 2003 |
| Poelmans Isabel | 14"84 | 2000 |
| Belmans Else | 14"96 | 2001 |
| Vanbellingen Dadjika | 15"04 | 2019 |
| Van Laer Griet | 15"07 | 2009 |
| Verboven Charlotte | 15"16 | 2009 |
| Torfs Lien | 15"21 | 2016 |
| Borstlap Hanne | 15"28 | 2018 |
| De Wachter Sabine | 15"2 | 1982 |
| Van Mechelen Lieve | 15"71 | 1991 |

3000 Steeple

| | | |
|---------------------|----------|------|
| Weyers Lore | 11'24"35 | 2023 |
| Vanderbiesen Francy | 12'29"40 | 2001 |

Uurloop

| | | |
|-------------------|--------|------|
| Verbeeck Stefanie | 14 301 | 2004 |
| Verstappen Greet | 14 030 | 2001 |
| Lieckens Vicky | 13 960 | 1999 |
| Van de Perre Ine | 13 926 | 2000 |
| Lievens Liesbeth | 13 356 | 1997 |
| Tops Sigrid | 12 410 | 1996 |
| De Bie Suzy | 10 467 | 1996 |

400 Horden (76cm/10h)

| | | |
|---------------------|-------|------|
| Belmans Else | 61"79 | 2001 |
| Clymans Gitte | 64"51 | 2004 |
| Heyns Dorien | 64"78 | 2001 |
| Verboven Charlotte | 67"81 | 2010 |
| Van De Water Annick | 68"02 | 1990 |
| Jansen Leen | 68"06 | 2000 |
| Braekmans Chris | 70"0 | 1980 |
| Auwers Martine | 70"2 | 1988 |
| Van Laer Griet | 72"58 | 2008 |
| De Backer Ilse | 73"24 | 1981 |

Ver

| | | |
|--------------------|------|------|
| De Jaegher Evi | 6,02 | 2003 |
| Poelmans Isabel | 5,68 | 2000 |
| Vermonden Julie | 5,49 | 2017 |
| Van Laer Griet | 5,48 | 2009 |
| Van Mechelen Ellen | 5,35 | 1989 |
| Hannes Ingrid | 5,32 | 1976 |
| Braekmans Chris | 5,22 | 1980 |
| Claes Lieve | 5,20 | 1980 |
| Helsen Elise | 5,20 | 2016 |
| Jansen Greet | 5,16 | 2004 |
| Bogaerts Jasmine | 5,16 | 2009 |

Kogel (4 kg)

| | | |
|--------------------|-------|------|
| Wouters Annelies | 13,41 | 2002 |
| Braekmans Chris | 13,09 | 1981 |
| Helsen Elise | 12,60 | 2017 |
| Van Laer Griet | 12,54 | 2009 |
| Jacobien Lenne | 12,12 | 2024 |
| Belmans Else | 11,44 | 2002 |
| De Jaegher Evi | 11,43 | 2004 |
| Van Ballaer Martha | 11,14 | 2024 |
| Vermeiren Isabelle | 10,83 | 1993 |
| Gios Hilde | 10,71 | 1991 |

Speer (600g)

| | | |
|-----------------------|-------|------|
| Van Ballaer Martha | 43,70 | 2024 |
| Van den Broeck Laura | 39,97 | 2012 |
| De Jaegher Evi | 37,77 | 2004 |
| Jacobien Lenne | 35,98 | 2024 |
| Belmans Else | 35,61 | 2001 |
| Van Hooghten Lauranne | 35,00 | 2017 |
| Poelmans Isabel | 34,38 | 2000 |
| Huybrechts Julie | 34,38 | 2019 |
| Peeters Laura | 33,24 | 2009 |
| Wouters Annelies | 32,86 | 2002 |

**Record met oude speer:

| | | |
|--------------------|-------|------|
| Vermeiren Isabelle | 46,54 | 1992 |
|--------------------|-------|------|

Polsstok

| | | |
|-----------------------|------|------|
| Hooyberghs Fleur | 3,91 | 2020 |
| Borstlap Hanne | 3,90 | 2018 |
| Daniëls Zita | 3,02 | 2024 |
| De Meulemeester Floor | 2,87 | 2024 |
| Jansen Greet | 2,80 | 2004 |
| Van Thielen Britt | 2,70 | 2010 |
| Smolders Katrien | 2,40 | 2005 |
| Jansen Leen | 2,26 | 2001 |
| Van Aelten Laura | 2,20 | 2022 |
| Belmans Else | 2,00 | 2002 |
| Glassée Dorien | 2,00 | 2012 |

Hoog

| | | |
|-----------------------|------|------|
| De Wachter Sabine | 1,73 | 1983 |
| Poelmans Isabel | 1,66 | 2000 |
| Van Laer Griet | 1,66 | 2009 |
| Braekmans Chris | 1,65 | 1980 |
| Belmans Else | 1,63 | 2001 |
| Helsen Elise | 1,61 | 2016 |
| Heyns Dorien | 1,59 | 2002 |
| Van Mechelen Ellen | 1,58 | 1988 |
| Van Bellingen Dadjika | 1,58 | 2019 |
| Van Hoeck Leen | 1,55 | 2011 |
| Smeyers Anouk | 1,55 | 2024 |

Discus (1 kg)

| | | |
|-----------------------|-------|------|
| Braekmans Chris | 38,98 | 1981 |
| Van Tichelen Dorien | 38,61 | 2004 |
| Wouters Annelies | 38,48 | 2002 |
| Goris Dorien | 34,44 | 2002 |
| Vercammen Dorien | 33,19 | 2002 |
| Belmans Else | 32,70 | 2001 |
| Van Hooghten Lauranne | 32,58 | 2017 |
| Herremans Britney | 32,31 | 2018 |
| De Meulemeester Floor | 32,22 | 2024 |
| Van Mechelen Lieve | 32,12 | 1991 |

Hinkstap

| | | |
|-------------------|-------|------|
| Van Laer Griet | 11,93 | 2009 |
| Poelmans Isabel | 11,63 | 1999 |
| Verheyen Liesbeth | 11,49 | 2005 |
| Heyns Dorien | 11,22 | 2001 |
| Jansen Greet | 11,01 | 2004 |
| Bogaerts Jasmine | 10,77 | 2008 |
| De Jaegher Evi | 10,63 | 2004 |
| Belmans Else | 10,62 | 2001 |
| Bos Dymphna | 10,37 | 1993 |
| Janssen Lieze | 10,14 | 2010 |

Hamer (4 kg)

| | | |
|----------------------|-------|------|
| Van Rooy Heidi | 39,84 | 2000 |
| Vanuytven Valentien | 37,74 | 2007 |
| Vercammen Dorien | 37,25 | 2003 |
| Wouters Annelies | 36,28 | 2003 |
| Verhoeven Hannelore | 34,07 | 2013 |
| Belmans Else | 26,00 | 2001 |
| Van den Broeck Laura | 23,26 | 2011 |
| Camas Sofie | 20,93 | 2001 |
| Verheyen Sigrid | 18,22 | 1996 |
| Coen Joke | 17,38 | 1999 |

5-Kamp

| | Punten | 100H | Kogel | Hoog | Ver | 800 | |
|---------------------|---------------|-------|-------|------|------|---------|------|
| Helsen Elise | 2989 | 16"01 | 12,09 | 1,54 | 4,78 | 2'52"01 | 2017 |
| Van Laer Griet | 2699 | 15"75 | 11,30 | 1,60 | 5,16 | NA | 2009 |
| Van Hal Shauni | 2027 | 18"43 | 6,56 | 1,48 | 4,52 | 3'14"42 | 2014 |
| Goor Emma | 1923 | 19"33 | 9,05 | 1,38 | 4,29 | 3'16"23 | 2023 |
| Eelen Karlien | 1814 | 18"84 | 7,55 | 1,43 | 4,76 | DNS | 2021 |
| Van Tichelen Dorien | 1042 | 28"43 | 9,05 | 1,10 | 3,82 | 3'39"66 | 2004 |

7-Kamp

| | Punten | 100H | Hoog | Kogel | 200 | Ver | Speer | 800 | |
|----------------------|---------------|-------|------|-------|-------|------|-------|---------|------|
| Poelmans Isabel | 4834 | 15"00 | 1,63 | 10,48 | 26"51 | 5,55 | 34,38 | 2'34"99 | 2000 |
| Belmans Else | 4834 | 15"17 | 1,63 | 11,19 | 26"55 | 4,95 | 33,80 | 2'22"41 | 2001 |
| De Jaegher Evi | 4677 | 14"77 | 1,45 | 10,79 | 25"91 | 5,47 | 33,51 | 2'36"01 | 2003 |
| Van Laer Griet | 4576 | 15"07 | 1,60 | 11,53 | 26"78 | 5,32 | 31,15 | 2'46"40 | 2009 |
| Vanbellingen Dadjika | 4401 | 15"31 | 1,58 | 9,88 | 25"89 | 4,76 | 29,63 | 2'38"20 | 2019 |
| Helsen Elise | 4396 | 16"20 | 1,58 | 12,60 | 27"33 | 5,12 | 29,93 | 2'42"85 | 2017 |
| Jansen Greet | 3843 | 17"51 | 1,35 | 9,07 | 26"37 | 4,96 | 27,30 | 2'40"14 | 2004 |
| Van Gastel Gudrun | 3817 | 15"95 | 1,50 | 8,85 | 27"75 | 4,64 | 25,77 | 2'45"62 | 2000 |
| Van Rooy Heidi | 3473 | 18"21 | 1,37 | 9,97 | 28"25 | 4,67 | 24,60 | 2'42"87 | 1999 |
| Van den Broeck Laura | 3438 | 18"13 | 1,39 | 8,99 | 31"29 | 4,52 | 37,01 | 2'41"30 | 2012 |

4x100

| | | |
|--|-------|------|
| Van Rooy Heidi - Jansen Leen - Van Gastel Gudrun - Poelmans Isabel | 50"49 | 2000 |
| Belmans Else - Jansen Leen - Bleys Evy - Heyns Dorien | 50"68 | 2001 |
| Wouters Paulien - Chody Maren - Hanssens Annelies - Van Hoeck Ine | 51"12 | 2014 |

4x800

| | | |
|--|----------|------|
| Clymans Gitte - Nuyts Carolien - Keepers Tinne - Verbeeck Stefanie | 9'37"70 | 2003 |
| Keepers Tinne - Clymans Gitte - Verheyen Valerie - Verbeeck Stefanie | 9'59"98 | 2003 |
| Heyns Dorien - Claes An - Verstappen Greet - Belmans Else | 10'08"64 | 2001 |