

# BAANRANGLIJST ALLER TIJDEN NEDERLANDSE MASTERS

UITGAVE APRIL 2003



Eric Roeske: 2 Europese titels en fabuleus wereldrecord 400m (47.86)



Annie van Anholt: 2 Europese titels

|                              |      |   |                                     |         |
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## VOORWOORD EN ATTENTIEPUNTEN

### Inleiding

In dit 14e jaarboek (ATL) vinden we de beste Nederlandse masters van alle tijden. De prestaties van 2002 zijn erin verwerkt dankzij de werkgroep statistiek van de K.N.A.U. (Cees Roovers en Antoon de Groot) en Philip Krul voor het snelwandelen.

### Wijzigingen i.v.m. handtijden en windmeter

Ingaande het jaar 2000 worden handtijden voor sprint- en hordenummers tot en met de 400 meter niet meer opgenomen. Het houdt in dat er alleen nog elektronische tijden worden opgenomen, mits de wind in de uitslag acceptabel is (+ 2.0 is nog toelaatbaar). Verspringen en hinkstapspringen worden sinds 1-1-2000 ook alleen nog opgenomen, indien de wind acceptabel is. Er is één uitzondering: de meerkampen tellen wel totaal, maar de aparte onderdelen moeten voor de ranglijst ook aan eisen van elektronische tijd en windmeter voldoen.

### Nederlandse records en Europese records

Voor een Nederlands record moet het K.N.A.U.-recordformulier worden ingevuld. Op de sprintnummers moet de tijd elektronisch zijn en bij windgevoelige nummers moet de windmeter worden gebruikt. Bij handtijden voor records (800 meter en langer) moeten drie handtijden worden opgenomen. Ga je voor een record, regel vooraf alles met de organisatie.

Voor Europese records gebruik je ook het K.N.A.U.-recordformulier en schrijf daar boven "Europees record". De recordcommissie regelt verder de aanvraag van het Europese record.

### Wereldrecords

Het is absoluut nodig om het WMA-recordformulier in te vullen. Zonder dat formulier wordt een prestatie nooit een wereldrecord. Een WMA-recordformulier nodig, bel de K.N.A.U., tel. 030-6087300.

### WAVA-factoren of WMA-factoren

Er schijnen nieuwe factoren te zijn. Op mijn verzoek aan de WMA om duidelijkheid hierover en wanneer ze van toepassing zijn of worden, komt geen antwoord. Wij doen het met de huidige factoren van 1994, die ook op de EK baan in Postdam 2002 en EK indoor in San Sebastián zijn gebruikt.

### Melden records en goede prestaties

De meesten weten dat ik de publicatie hiervan verzorg voor *ATLETIEK ACTUEEL*. Zonder jullie medewerking is er geen publicatie. Bel daarom ieder record en/of goede prestatie meteen naar mij door op **0162-454659**. Het kan ook per mail naar: [t.peters@tuinbouw.nl](mailto:t.peters@tuinbouw.nl).

### Onjuiste of ontbrekende uitslagen

Kom je zoiets tegen, stuur dan meteen een kopie van de uitslag op met vermelding van de reden. In de volgende ATL volgt dan de correctie. Gaat het om de NK, EK, WK of competitie, dan beschik ik zelf over de uitslag.

### Bestellen boekje

Dat kan door € 7,00 over te maken op girorekening 1371248 ten name van A.P.L. Peters, Brahmsstraat 31, 4904 NA Oosterhout.

### De adverteerder

Een woord van dank gaat opnieuw naar Arie van Tol's Tolsteam Interieurverzorging. Vakwerk en goede service in heel Nederland.

Oosterhout, 9 april 2002.

*Ton Peters*

|               |                     |       |          |            |                    |                        |          |           |            |
|---------------|---------------------|-------|----------|------------|--------------------|------------------------|----------|-----------|------------|
| 100 meter M40 |                     |       |          | 12.2       | Tjerk Vellinga     | 87                     | 14-08-36 | Blauw-Wit |            |
| 10.84         | Erik Oostweegel     | 00    | 29-04-60 | Startbaan  | 12.50              | Arend de Boer          | 90       | 04-06-39  | Lycurgus   |
| 10.94         | Eric Roeske         | 02    | 26-09-60 | Hellas     |                    |                        |          |           |            |
| 11.08         | Sammy Monsels       | 94    | 02-08-53 | Bijlmer    | 12.50              | Kees Bakx              | 02       | 10-11-51  | Diomedon   |
| 11.09         | Kay Schaafsma       | 01    | 30-10-60 | Sprint     | 12.53              | Hans Schouten          | 97       | 21-11-46  | Trias      |
| 11.22         | Marino van Campen   | 90    | 19-07-49 | Atos       | 12.3               | Kees Wiezer            | 91       | 24-03-41  | Reeuwijk   |
|               |                     |       |          |            | 12.3               | Hans Rodermond         | 99       | 02-04-47  | PAC        |
|               |                     |       |          |            |                    | Jan Koopman            | 99       | 01-05-49  | GVAV       |
| 11.28         | Gerrit de Man       | 99    | 09-09-58 | Hercules   | 12.55              |                        |          |           |            |
| 11.1          | Fred Lobman         | 88+89 | 31-01-46 | Metro      |                    |                        |          |           |            |
| 11.36         | Jeroen Bronwasser   | 99    | 05-02-59 | Pr.Hendrik | 12.55              | Ko Florusse            | 01+02    | 30-05-50  | Parthenon  |
| 11.41         | Caspari de Geus     | 88    | 21-05-45 | AVR        | 12.57              | Caspari de Geus        | 95       | 21-05-45  | R'dam Atl. |
| 11.42         | Peter Jellema       | 98    | 24-10-57 | Hermes     | 12.4               | Jan Oerlemans          | 82       | 24-05-28  | AVN        |
|               |                     |       |          |            | 12.4               | Jan Luykx              | 83       | 09-09-33  | Sprint     |
|               |                     |       |          |            | 12.4               | Twan Ambaum            | 92       | 30-10-41  | Tegelen    |
| 11.3          | Wim Scholtes        | 89    | 09-06-47 | Sparta     |                    |                        |          |           |            |
| 11.56         | Kees van Pelt       | 99    | 30-05-59 | Pr.Hendrik |                    |                        |          |           |            |
| 11.60         | Marc van der Krogt  | 02    | 17-11-60 | Ilion      | 12.65              | Wim Schreuder Goedheyt | 97       | 19-07-45  | Hellas     |
| 11.63         | Henk Brouwer        | 95    | 14-09-53 | Ciko'66    | 12.68              | Wim Threels            | 02       | 26-02-52  | GAC-H      |
| 11.4          | Kleis Broekhuizen   | 85    | 08-04-42 | Energie    | 12.71              | Anne Lenis             | 99       | 09-03-49  | Hera       |
|               |                     |       |          |            | 12.5               | Kees Drijfhout         | 82       | 14-11-31  | GAC-H.     |
|               |                     |       |          |            | 12.5               | Jan Nijssen            | 82       | 06-01-32  | HAC        |
| 11.64         | Fred van Gasteren   | 91    | 03-03-50 | Cialfo     |                    |                        |          |           |            |
| 11.5          | Aebele Douma        | 82    | 17-11-41 | Spero      |                    |                        |          |           |            |
| 11.5          | Alfred Verhoef      | 86    | 12-05-46 | Holland-L. | 12.5               | Max Bruinsma           | 96       | 26-06-45  | Attila     |
| 11.5          | Hans van Enkhuizen  | 87    | 20-06-46 | Haarlem    | 12.5               | Rob van Mechelen       | 97       | 31-07-46  | Thor       |
| 11.5          | Jan Leunk           | 89    | 01-10-46 | Scorpio    | 12.75              | Henk Nordt             | 01       | 03-07-49  | Zuidwal    |
|               |                     |       |          |            |                    |                        |          |           |            |
| 11.5          | Felix Sedney        | 94    | 12-04-54 | Altis      | 100 meter M55      |                        |          |           |            |
| 11.5          | Ricardo Hill        | 98    | 09-10-55 | Hercules   | 12.57              | Gerard Sengers         | 97       | 23-02-42  | Clytoneus  |
| 11.78         | Kees Bakx           | 95    | 10-11-51 | Diomedon   | 12.78              | Hans Rodermond         | 02       | 02-04-47  | PAC        |
| 11.83         | Ko Florusse         | 92    | 30-05-50 | Parthenon  | 12.85              | Hans Schouten          | 02       | 21-11-46  | Trias      |
| 11.6          | Wil Verhees         | 80    | 10-02-40 | HAC        | 12.92              | Wim Kaandorp           | 02       | 02-01-55  | Castricum  |
|               |                     |       |          |            | 12.7               | Jan Oerlemens          | 83       | 24-05-28  | AVN        |
|               |                     |       |          |            |                    |                        |          |           |            |
| 11.6          | Kees Wiezer         | 82    | 24-03-41 | Reeuwijk   |                    |                        |          |           |            |
| 11.6          | Jacques Janssen     | 86    | 16-02-46 | Tegelen    | 12.7               | Frans Buys             | 84       | 05-09-24  | AAC        |
| 11.6          | Kees Roosen         | 87    | 09-01-47 | Holland-H. | 12.7               | Pieter Schouten        | 89       | 14-06-34  | BAV        |
| 11.6          | Pierre Busnel       | 87    | 04-06-45 | Hermes     | 12.94              | Wim Schreuder Goedheyt | 01       | 19-07-45  | Hellas     |
| 11.6          | Ger Heinsius        | 88    | 01-04-48 | SAV        | 12.98              | Henny van Verseveld    | 01       | 20-02-46  | Statina    |
| 11.6          | Anne Lenis          | 89    | 09-03-49 | Hera       | 13.01              | Peter Blommestijn      | 98       | 23-05-42  | R'dam Atl. |
| 11.6          | Louis Spek          | 90    | 02-12-48 | Fortuna    |                    |                        |          |           |            |
|               |                     |       |          |            | 13.08              | Jelle van der Schaaf   | 01       | 13-10-44  | Hylas      |
| 100 meter M45 |                     |       |          | 13.23      | Eli Vermond        | 97                     | 07-02-41 | ACW'66    |            |
| 11.59         | Kees Bakx           | 98    | 10-11-51 | Diomedon   | 13.0               | Boy van Heemstede      | 89       | 26-07-30  | Fortuna    |
| 11.4          | Wim Scholtes        | 95    | 09-06-47 | Sparta     | 13.0               | Gerard Weisscher       | 90       | 21-06-34  | Vet.Ned.   |
| 11.72         | Fred van Gasteren   | 98    | 03-03-50 | AV'34-A.   | 13.1               | Jan Luykx              | 90       | 09-09-33  | Sprint     |
| 11.74         | Ricardo Hill        | 02    | 09-10-55 | Hercules   |                    |                        |          |           |            |
| 11.75         | Fred Lobman         | 91    | 31-01-46 | Metro      | 13.37              | Cees Roosen            | 02       | 09-01-47  | Holland-H  |
|               |                     |       |          |            | 13.38              | Kees van Loon          | 93       | 11-06-38  | Spirit-L.  |
| 11.75         | Marino van Campen   | 97    | 19-07-49 | Almere'81  | 13.40              | Roelf Akkerman         | 01       | 03-02-45  | DEM        |
| 11.78         | Caspari de Geus     | 90    | 21-05-45 | AVR        | 13.2               | Ad Smit                | 86       | 23-05-29  | AV '23     |
| 11.90         | Pierre Busnel       | 90    | 04-06-45 | Hellas     | 13.2               | Theo Huisman           | 95       | 09-10-35  | Horror     |
| 11.98         | Wim de Ronde        | 98    | 08-11-48 | Zaanland   |                    |                        |          |           |            |
| 12.00         | Ko Florusse         | 96    | 30-05-50 | Parthenon  | 13.47              | Frans van Boven        | 99       | 29-07-43  | Thor       |
|               |                     |       |          |            | 13.48              | Dirk Klanker           | 02       | 16-09-46  | Castricum  |
| 12.02         | Hans Schouten       | 92    | 21-11-46 | Trias      | 13.53              | Ton Peters             | 97       | 14-06-42  | Scorpio    |
| 12.02         | Arie Sluimer        | 98    | 16-08-50 | Ilion      | 13.3               | Jaap Haan              | 88       | 10-08-32  | Atos       |
| 12.03         | Jan Leunk           | 92    | 01-10-46 | Cialfo     | 13.3               | Henk Barends           | 95       | 03-04-40  | Hercules   |
| 11.8          | Max Bruinsma        | 90    | 26-06-45 | Attila     |                    |                        |          |           |            |
| 12.04         | John de Jongh       | 93    | 05-04-46 | Altis      | 100 meter M60      |                        |          |           |            |
|               |                     |       |          |            | 13.12              | Jan van den Burg       | 90       | 04-08-29  | Kieviten   |
| 12.06         | Adrie Dunnebier     | 95    | 24-01-50 | Zuidwal    | 13.0               | Frans Buys             | 85       | 05-09-24  | AAC        |
| 12.06         | Glenn Gentle        | 00    | 05-01-52 | Avon       | 13.0               | Ron Landré             | 99       | 16-05-38  | Spartaan   |
| 12.19         | Gerard Sengers      | 89    | 23-02-42 | Clytoneus  | 13.34              | Jan Oerlemans          | 88       | 24-05-28  | AVN        |
| 12.20         | Anne Lenis          | 94    | 09-03-49 | Hera       | 13.41              | Geert van Dijk         | 98       | 31-03-36  | Vet.Ned.   |
| 12.22         | Felix Sedney        | 99    | 12-04-54 | Altis      |                    |                        |          |           |            |
|               |                     |       |          |            | 13.57              | Pieter Schouten        | 94       | 14-06-34  | GAC-H.     |
| 12.0          | Arend de Boer       | 86    | 04-06-39 | Lycurgus   | 13.4               | Boy van Heemstede      | 92       | 26-07-30  | Fortuna    |
| 12.0          | Rien Mellaard       | 86    | 17-12-37 | AAC        | 13.76              | Joop van den Brink     | 92       | 18-07-32  | Hercules   |
| 12.0          | Peter Blommestijn   | 89    | 23-05-42 | AVR        | 14.05              | Sjef Bemelmans         | 99       | 15-11-37  | Avon       |
| 12.0          | Twan Ambaum         | 90    | 30-10-41 | Tegelen    | 13.8               | Jan Luykx              | 95       | 09-09-33  | Sprint     |
| 12.25         | Berry Hilkes        | 91    | 22-01-45 | AVN        |                    |                        |          |           |            |
|               |                     |       |          |            | 13.8               | Theo Huisman           | 96       | 09-10-35  | Horror     |
| 100 meter M50 |                     |       |          | 13.9       | Carel van Venetiën | 89                     | 19-01-29 | Bataven   |            |
| 11.96         | Wim de Ronde        | 99    | 08-11-48 | Zaanland   | 14.20              | Jaap Haan              | 96       | 10-08-32  | Atos       |
| 12.02         | Wim Scholtes        | 99    | 09-06-47 | Sparta     | 14.20              | Peter Blommestijn      | 02       | 23-05-42  | R'dam Atl. |
| 12.17         | Gerard Sengers      | 95    | 23-02-42 | Clytoneus  | 14.22              | Kees van Giezen        | 96       | 14-02-34  | GAC-H.     |
| 12.19         | Fred van Gasteren   | 02    | 03-03-50 | AV'34      |                    |                        |          |           |            |
| 12.23         | Marino van Campen   | 99    | 19-07-49 | Almere'81  | 14.0               | Piet Baas              | 89       | 28-06-29  | V&L TC     |
|               |                     |       |          |            | 14.0               | Mario Spadon           | 90       | 23-10-29  | Bataven    |
| 12.28         | Henny van Verseveld | 96    | 20-02-46 | Statina    | 14.1               | Ad Smit                | 91       | 25-03-29  | AV'23      |
| 12.28         | Glenn Gentle        | 02    | 05-01-52 | Avon       | 14.2               | Dick Paternotte        | 90       | 14-11-29  | Tion       |
| 12.2          | Ad Smit             | 79    | 25-03-29 | AV '23     | 14.45              | Ton Oude Nijhuis       | 01       | 02-06-39  | Sparta     |

|                                  |                       |    |                      |                      |                       |                        |
|----------------------------------|-----------------------|----|----------------------|----------------------|-----------------------|------------------------|
| 14.4                             | Aad Broekhuizen       | 92 | 29-01-32 Te Werve    | <b>200 meter M45</b> |                       |                        |
| 14.66                            | Henk van de Langerijt | 01 | 18-05-41 Weert       | 23.3                 | Wim Scholtes          | 93 09-06-47 Sparta     |
| 14.5                             | F. Moes               | 82 | 05-04-18 Hellas      | 23.66                | Caspari de Geus       | 90 21-05-45 AVR        |
| 14.5                             | Jan Kempe             | 95 | 15-06-35 Olymp'70    | 23.89                | Fred van Gasteren     | 96 03-03-50 AV'34-A.   |
| 14.85                            | Bram Lindhout         | 92 | 19-06-29 Antilope    | 23.91                | Kees Bakx             | 97 10-11-51 Diomedon   |
|                                  |                       |    |                      | 24.12                | Wim Threels           | 99 26-02-52 GAC-H.     |
| <b>100 meter M65 (tot 17-74)</b> |                       |    |                      |                      |                       |                        |
| 13.73                            | Geert van Dijk        | 01 | 31-03-36 Vet. Ned.   | 24.30                | Pierre Busnel         | 90 04-06-45 Hellas     |
| 14.10                            | Frans Buys            | 90 | 05-09-24 Pijnenburg  | 24.42                | Wim Schreuder Goedhey | 91 19-07-45 Hellas     |
| 14.23                            | Pieter Schouten       | 00 | 14-06-34 GAC-H.      | 24.43                | Anne Lenis            | 94 09-03-49 Hera       |
| 14.24                            | Jan Oerlemans         | 94 | 24-05-28 AVN         | 24.46                | Glen Gentle           | 01 05-01-52 Avon       |
| 14.63                            | Kees van Giezen       | 99 | 14-02-34 GAC-H.      | 24.3                 | Jan Leunk             | 92 01-10-46 Cialfo     |
| 14.70                            | Boy van Heemstede     | 97 | 26-07-30 Fortuna     | 24.4                 | Arend de Boer         | 86 04-06-39 Lycurgus   |
| 14.80                            | Jan Slaatbeek         | 01 | 08-03-36 Tempo       | 24.64                | Fred Lobman           | 91 31-01-46 Metro      |
| 14.6                             | Bram Lindhout         | 95 | 19-06-29 Antilope    | 24.69                | Berry Hilkes          | 92 22-01-45 AVN        |
| 14.8                             | Maria Spadon          | 95 | 23-10-29 Bataven     | 24.71                | Wim de Ronde          | 97 08-11-48 Zaanland   |
| 15.22                            | Jaap Haan             | 99 | 10-08-32 Atos        | 24.79                | Adrie Dunnebie        | 96 24-01-50 Zuidwal    |
| 15.30                            | Theo Evers            | 01 | 09-10-35 AVV         | 24.6                 | John de Jongh         | 93 05-04-46 Altis      |
| 15.55                            | Nico Storre           | 92 | 12-09-26 Kieviten    | 24.6                 | Martin de Pater       | 99 26-03-54 Haag Atl.  |
| 15.60                            | Ben Bos               | 97 | 27-08-30 AAC         | 24.89                | Arie Sluimer          | 95 16-08-50 Ilion      |
| 15.80                            | Jan Smit              | 01 | 22-09-31 PSV         | 24.7                 | Jan Parlevliet        | 81 15-05-32 Vet.Ned.   |
| 15.7                             | Ad Smit               | 95 | 25-03-29 Vet.Ned.    | 25.00                | Gerard Elderson       | 95 25-04-50 R'dam Atl. |
| 16.13                            | Ton van Ingen Schenau | 99 | 02-10-33 Hanzesp.    | 25.01                | Gerard Sengers        | 89 23-02-42 Clytneus   |
| 16.50                            | Cees Vooijs           | 00 | 04-01-34 Gouda       | 25.04                | Kenneth Sweet         | 98 09-06-52 Unitas     |
| 16.4                             | Toon Besseling        | 87 | 26-01-22 Zaanland    | 24.9                 | Piet van der Velden   | 88 10-05-42 AVR        |
| 17.0                             | Anton de Kok          | 92 | 25-01-26 Vet.Ned.    | 24.9                 | Rob Wolder            | 91 08-07-46 SAV        |
| 17.2                             | Frits Panhorst        | 83 | 01-10-16 Vet.Ned.    | 25.16                | Peter Jonker          | 95 29-09-49 Castricum  |
| <b>100 meter M70</b>             |                       |    |                      |                      |                       |                        |
| 14.63                            | Frans Buys            | 94 | 05-09-24 Pijnenburg  | 24.42                | Wim Scholtes          | 97 09-06-47 Sparta     |
| 16.21                            | Piet Baas             | 00 | 28-06-29 Haag Atl.   | 24.61                | Glenn Gentle          | 02 05-01-52 Avon       |
| 16.8                             | Toon Besseling        | 92 | 26-01-22 Zaanland    | 24.84                | Wim de Ronde          | 00 08-11-48 Zaanland   |
| 17.71                            | Joop Dorsman          | 95 | 08-02-25 Spark       | 24.89                | Fred van Gasteren     | 00+02 03-03-50 AV'34   |
| 18.03                            | Anton de Kok          | 96 | 25-01-26 Vet.Ned.    | 25.02                | Wim Threels           | 02 26-02-52 GAC-H      |
| 20.4                             | Gerard Huisman        | 90 | 16-11-19 Haarl'meer  | 25.04                | Arend de Boer         | 89 04-06-39 Lycurgus   |
|                                  |                       |    |                      | 25.05                | Caspari de Geus       | 95 21-05-45 R'dam Atl. |
|                                  |                       |    |                      | 25.0                 | Ad Smit               | 79 25-03-29 AV '23     |
|                                  |                       |    |                      | 25.26                | Wim Schreuder Goedhey | 97 19-07-45 Hellas     |
|                                  |                       |    |                      | 25.32                | Berry Hilkes          | 95 22-01-45 AVN        |
| <b>100 meter M75</b>             |                       |    |                      |                      |                       |                        |
| 16.20                            | Frans Buys            | 02 | 05-09-24 GAC-H       |                      |                       |                        |
| 19.7                             | Jelto Schluter        | 94 | 28-01-19 Vet.Ned.    |                      |                       |                        |
| <b>100 meter M85</b>             |                       |    |                      |                      |                       |                        |
| 24.8                             | Douwe Kleefstra       | 95 | 24-02-07 Friesland   | 25.42                | Henny van Verseveld   | 96 20-02-46 Statina    |
| <b>200 meter M40</b>             |                       |    |                      |                      |                       |                        |
| 22.18                            | Eric Roeske           | 01 | 26-09-60 Hellas      | 25.42                | Kees Bakx             | 02 10-11-51 Diomedon   |
| 22.44                            | Kay Schaafsma         | 01 | 30-10-60 Sprint      | 25.47                | Anne Lenis            | 99 09-03-49 Hera       |
| 22.81                            | Gerrit de Man         | 99 | 09-09-58 Hercules    | 25.51                | Gerard Sengers        | 93 23-02-42 Clytneus   |
| 22.88                            | Erik Oostweegel       | 00 | 29-04-60 Startbaan   | 25.60                | Wim Threels           | 02 26-02-52 GAC-H      |
| 22.8                             | Caspari de Geus       | 86 | 21-05-45 AVR         | 25.90                | Frank Larsen          | 95 02-08-43 Ilion      |
| 23.12                            | Kees van Pelt         | 99 | 30-05-59 Pr. Hendrik | 25.90                | Jacques Janssen       | 96 16-02-46 Scopias    |
| 23.26                            | Marino van Campen     | 90 | 19-07-49 Atos        | 25.93                | Hans Schouten         | 97 21-11-46 Trias      |
| 23.30                            | Henk Brouwer          | 94 | 14-09-53 Ciko'66     | 25.96                | Arie Sluimer          | 01 16-08-50 Ilion      |
| 23.1                             | Sammy Monsels         | 95 | 02-08-53 Bijlmer     | 26.07                | Onno Waalewijn        | 97 20-01-47 AV'23      |
| 23.2                             | Kleis Broekhuizen     | 83 | 08-04-42 Energie     | 26.07                | Hans Rodermond        | 00 02-04-47 PAC        |
| 23.2                             | Fred Lobman           | 89 | 31-01-46 Metro       | 26.26                | Arie Langeveld        | 91 09-12-40 Holland-H. |
| 23.3                             | Wim Scholtes          | 89 | 09-06-47 Sparta      | 26.29                | Piet van Wijngaarden  | 02 02-03-52 Avanti     |
| 23.4                             | Aebele Douma          | 82 | 17-11-41 Spero       | 26.1                 | Pieter Schouten       | 86 14-06-34 BAV        |
| 23.69                            | Fred van Gasteren     | 90 | 03-03-50 Cialfo      | 26.1                 | Ton Peters            | 92 14-06-42 Scorpio    |
| 23.80                            | Kees Bakx             | 95 | 10-11-51 Diomedon    | <b>200 meter M55</b> |                       |                        |
| 23.7                             | Sjouk Tel             | 85 | 06-08-45 Spirit-L.   | 25.44                | Wim Scholtes          | 02 09-06-47 Sparta     |
| 23.7                             | Mike Drenth           | 87 | 26-12-46 Unitas      | 25.75                | Wim Schreuder Goedhey | 01 19-07-45 Hellas     |
| 24.00                            | Peter Jellema         | 98 | 24-10-57 Hermes      | 25.99                | Gerard Sengers        | 97 23-02-42 Clytneus   |
| 23.8                             | Pierre Busnel         | 89 | 04-06-45 Hermes      | 25.9                 | Frans Buys            | 83 05-09-24 AAC        |
| 24.11                            | Martin Overmars       | 93 | 26-12-51 Zuidwal     | 26.2                 | Ad Smit               | 84 23-05-29 AV '23     |
| 24.11                            | Kenneth Sweet         | 95 | 09-06-52 Unitas      | 26.2                 | Pieter Schouten       | 89 14-06-34 BAV        |
| 24.0                             | Ger Heinsius          | 89 | 01-04-48 SAV         | 26.50                | Henny van Verseveld   | 01 20-02-46 Statina    |
| 24.0                             | Louis Spek            | 89 | 02-12-48 Fortuna     | 26.62                | Jelle van der Schaaf  | 01 13-10-44 Hylas      |
| 24.25                            | Alfredo Leenderts     | 02 | 18-08-61 Scorpio     | 26.70                | Hans Rodermond        | 02 02-04-47 PAC        |
| 24.1                             | Wil Verhees           | 81 | 10-02-40 HAC         | 26.92                | Hans Schouten         | 02 21-01-46 Trias      |
| 24.34                            | Pierre Tremus         | 88 | 20-05-47 Sprint      | 26.8                 | Boy van Heemstede     | 89 26-07-30 Fortuna    |
|                                  |                       |    |                      | 26.9                 | Jan Oerlemans         | 84 24-05-28 AVN        |
|                                  |                       |    |                      | 27.0                 | Gerard Weisscher      | 90 21-06-34 Vet.Ned.   |
|                                  |                       |    |                      | 27.42                | Wim Metselaar         | 99 28-03-42 Aalsmeer   |
|                                  |                       |    |                      | 27.2                 | Jan Luykx             | 90 09-09-33 Sprint     |

|                                  |                       |       |          |            |                      |                       |       |          |            |
|----------------------------------|-----------------------|-------|----------|------------|----------------------|-----------------------|-------|----------|------------|
| 27.51                            | Rob Kila              | 99    | 07-02-40 | Vet. Ned.  | 51.86                | Kleis Broekhuizen     | 84    | 08-04-42 | Energie    |
| 27.64                            | Dirk Klanker          | 02    | 16-09-46 | Castricum  | 51.8                 | Pierre Tremus         | 87    | 20-05-47 | Sprint     |
| 27.78                            | Ton Peters            | 97    | 14-06-42 | Scorpio    | 51.96                | Caspari de Geus       | 86    | 21-05-45 | AVR        |
| 27.80                            | Frans van Boven       | 99    | 29-07-43 | Thor       | 51.96                | Henk Brouwer          | 95    | 14-09-53 | Ciko'66    |
| 27.6                             | Peter Blommestijn     | 98    | 23-05-42 | R'dam Atl. | 52.04                | Fred van Gasteren     | 90    | 03-03-50 | Cialfo     |
| <hr/>                            |                       |       |          |            |                      |                       |       |          |            |
| 27.7                             | Theo Huisman          | 92+95 | 09-10-35 | Horror     | 52.1                 | Rien Lunshof          | 87    | 29-08-46 | Startbaan  |
| 28.04                            | Jaap Haan             | 91    | 10-08-32 | Atos       | 52.2                 | Purcy Marte           | 99    | 13-10-56 | Nea-Volh.  |
| 27.8                             | Geert van Dijk        | 93+95 | 31-03-36 | Vet. Ned.  | 52.49                | Peter v.d. Hoek       | 90    | 03-11-49 | Fortuna    |
| 28.09                            | Roelf Akkerman        | 00    | 03-02-45 | DEM        | 52.5                 | Peter Bregman         | 88    | 22-07-46 | AV '40     |
| 28.16                            | Henk Barends          | 95    | 03-04-40 | Hercules   | 52.5                 | Martin Overmars       | 92    | 26-12-51 | Zuidwal    |
| <hr/>                            |                       |       |          |            |                      |                       |       |          |            |
| <b>200 meter M60</b>             |                       |       |          |            | 52.7                 | Mike Drenth           | 87    | 26-12-46 | Unitas     |
| 26.89                            | Jan van den Burg      | 90    | 04-08-29 | Kieviten   | 52.85                | Robert Schuwer        | 96    | 22-11-55 | AVN        |
| 26.9                             | Ron Landré            | 98    | 16-05-38 | Spartaan   | 52.8                 | Theo Beelen           | 82    | 12-01-41 | AV Weert   |
| 27.0                             | Geert van Dijk        | 98    | 31-03-36 | Vet. Ned.  | 52.8                 | Martin de Pater       | 98    | 26-03-54 | Haag Atl.  |
| 27.31                            | Jan Oerlemans         | 88    | 24-05-28 | AVN        | 53.04                | Kees Bakx             | 95    | 10-11-51 | Diomedon   |
| 27.37                            | Boy van Heemstede     | 92    | 26-07-30 | Fortuna    | 53.05                | Rob Mahieu            | 88    | 10-06-47 | V&L TC     |
| 27.51                            | Rob Kila              | 00    | 07-02-40 | Vet. Ned.  | 53.0                 | Anne Lenis            | 89    | 09-03-49 | Hera       |
| 27.64                            | Frans Buys            | 85    | 05-09-24 | AAC        | 53.2                 | Eugene van Kruchten   | 92    | 18-01-52 | Castricum  |
| 28.05                            | Pieter Schouten       | 96    | 14-06-34 | GAC-H.     | 53.3                 | Aebele Douma          | 82    | 17-11-41 | Spero      |
| 28.6                             | Ad Smit               | 89    | 25-03-29 | AV'23      | 53.59                | Ruud Wieles           | 97    | 18-07-55 | Typhoon    |
| 28.6                             | Theo Huisman          | 96    | 09-10-35 | Horror     | <b>400 meter M45</b> |                       |       |          |            |
| 29.08                            | Henk Barends          | 00    | 03-04-40 | Hercules   | 51.79                | Wim Scholtes          | 94    | 09-06-47 | Sparta     |
| 29.18                            | Kees van Giezen       | 95    | 14-02-34 | GAC-H.     | 52.51                | Ronald Mercelina      | 92    | 18-04-46 | AAC        |
| 29.36                            | Ben Swienink          | 01    | 28-07-40 | PEC 1910   | 52.58                | Fred van Gasteren     | 95    | 03-03-50 | AV'34-A.   |
| 29.4                             | Jan Luykx             | 94    | 09-09-33 | Sprint     | 52.7                 | Wim Threels           | 98    | 26-02-52 | GAC-H.     |
| 29.79                            | Carel van Venetiën    | 91    | 19-01-29 | De Bataven | 53.30                | Pierre Busnel         | 90    | 04-06-45 | Hellas     |
| 29.9                             | Jaap Haan             | 96    | 10-08-32 | Atos       | 53.60                | Peter Jonker          | 95    | 29-09-49 | Castricum  |
| 30.0                             | Mario Spadon          | 91    | 23-10-29 | De Bataven | 53.67                | Glenn Gentle          | 00    | 05-01-52 | Avon       |
| 30.0                             | Nico Ridder           | 97    | 30-06-36 | Noordkop   | 53.83                | Kees Bakx             | 98    | 10-11-51 | Diomedon   |
| 30.35                            | Bram Lindhout         | 92    | 19-06-29 | Antilope   | 53.7                 | Ad Smit               | 74    | 25-03-29 | Blauw-Wit  |
| 30.6                             | Cor Braak             | 93    | 21-03-31 | Waterland  | 53.93                | Wim Schreuder Goedhey | 91    | 19-07-45 | Hellas     |
| 30.9                             | Jan Peters            | 94    | 06-04-34 | PEC        | 54.04                | Berry Hilkes          | 91+92 | 22-01-45 | AVN        |
| 31.1                             | Hein Zethof           | 88    | 10-08-28 | AVA'64     | 54.0                 | Jan Parlevliet        | 81    | 15-05-32 | Vet. Ned.  |
| 32.07                            | Jan Kempe             | 96    | 15-06-35 | Olymp'70   | 54.19                | Piet van der Velden   | 88    | 10-05-42 | AVR        |
| 32.1                             | Cor Holshuysen        | 94    | 16-09-32 | DES        | 54.40                | Loek Herber           | 95    | 20-03-49 | Hellas     |
| 32.5                             | Nico Storre           | 91    | 12-09-26 | Kieviten   | 54.63                | Martin de Pater       | 00    | 26-03-54 | Haag Atl.  |
| <b>200 meter M65 (tot 36.24)</b> |                       |       |          |            | 54.5                 | Wil Verhees           | 85    | 10-02-40 | HAC        |
| 27.90                            | Geert van Dijk        | 01    | 31-03-36 | Vet. Ned.  | 54.5                 | Rob Mahieu            | 92    | 10-06-47 | Haag Atl.  |
| 28.99                            | Pieter Schouten       | 00    | 14-06-34 | GAC-H.     | 54.5                 | Paul ten Hag          | 98    | 12-06-52 | Sisu       |
| 29.39                            | Boy van Heemstede     | 97    | 26-07-30 | Fortuna    | 54.6                 | Ron Jensen            | 92    | 31-12-46 | Bataven    |
| 29.91                            | Frans Buys            | 90    | 05-09-24 | Pijnenburg | 54.74                | Anne Lenis            | 94    | 09-03-49 | Hera       |
| 30.77                            | Arend Koet            | 98    | 26-12-30 | Castricum  | 54.9                 | Rien Lunshof          | 91    | 29-08-46 | Holland-L. |
| 30.92                            | Kees van Giezen       | 99    | 14-02-34 | GAC-H.     | 55.22                | Rijk Heemsbergen      | 98    | 09-04-53 | GAC-H      |
| 31.53                            | Jaap Haan             | 99    | 10-08-32 | Atos       | 55.31                | Martin Knoops         | 01    | 10-07-56 | PAC        |
| 31.67                            | Bram Lindhout         | 96    | 19-06-29 | Antilope   | 55.2                 | Arend de Boer         | 86    | 04-06-39 | Lycurgus   |
| 31.9                             | Cor Braak             | 96    | 21-03-31 | Waterland  | 55.2                 | John de Jong          | 94    | 05-04-46 | Altis      |
| 32.35                            | Ton van Ingen Schenau | 99    | 02-10-33 | Hanzesport | <b>400 meter M50</b> |                       |       |          |            |
| 32.57                            | Jan Kempe             | 00    | 15-06-35 | Olympus'70 | 51.82                | Wim Scholtes          | 98    | 09-06-47 | Sparta     |
| 32.6                             | Piet Baas             | 99    | 28-06-29 | Haag Atl.  | 54.3                 | Jan Parlevliet        | 82    | 15-05-32 | Vet. Ned.  |
| 33.1                             | Nico Storre           | 92    | 12-09-26 | Kieviten   | 54.78                | Wim Threels           | 02    | 26-02-52 | GAC-H      |
| 35.8                             | Anton de Kok          | 91    | 25-01-26 | Vet. Ned.  | 54.82                | Fred van Gasteren     | 00    | 03-03-50 | AV'34      |
| <b>200 meter M70</b>             |                       |       |          |            | 55.38                | Ad Smit               | 79    | 25-03-29 | AV '23     |
| 31.34                            | Boy van Heemstede     | 01    | 26-07-30 | Fortuna    | 55.48                | Berry Hilkes          | 95    | 22-01-45 | AVN        |
| 31.60                            | Arend Koet            | 01    | 26-12-30 | Castricum  | 56.32                | Wim Schreuder Goedhey | 96    | 19-07-45 | Hellas     |
| 31.87                            | Frans Buys            | 98    | 05-09-24 | GAC-H.     | 56.4                 | Frank Larsen          | 95    | 02-08-43 | Ilion      |
| 33.47                            | Piet Baas             | 00    | 28-06-29 | Haag Atl.  | 56.94                | Herman van Tongeren   | 99    | 18-03-48 | Almere'81  |
| 37.86                            | Joop Dorsman          | 95    | 08-02-25 | Spark      | 56.95                | Anne Lenis            | 99    | 09-03-49 | Hera       |
| <b>200 meter M75</b>             |                       |       |          |            | 56.96                | Peter Jonker          | 01    | 29-09-49 | Castricum  |
| 34.25                            | Frans Buys            | 00    | 05-09-24 | GAC-H.     | 57.21                | Glenn Gentle          | 02    | 05-01-52 | Avon       |
| <b>200 meter M85</b>             |                       |       |          |            | 57.0                 | Piet Maijoor          | 82    | 30-01-32 | AAC        |
| 56.1                             | Douwe Kleefstra       | 95    | 24-02-07 | Friesland  | 57.53                | Piet van Wijngaarden  | 02    | 02-03-52 | Avantri    |
| <b>400 meter M40</b>             |                       |       |          |            | 57.4                 | Louis Vink            | 86    | 05-04-35 | Edam       |
| 47.86                            | Eric Roeske           | 02    | 26-09-60 | Hellas     | 57.58                | Ton Peters            | 93    | 14-06-42 | Scorpio    |
| 49.41                            | Kees van Pelt         | 99    | 30-05-59 | Attila     | 57.59                | Jan Boon              | 01    | 15-04-51 | Gouda      |
| 50.6                             | Ronald Mercelina      | 87    | 18-04-46 | AAC        | 57.5                 | Cees Berg             | 98    | 22-06-47 | AAV'36     |
| 50.80                            | Gerrit de Man         | 98    | 09-09-58 | Hercules   | 58.02                | Cor Kanbier           | 96    | 30-08-46 | Veendam    |
| 51.6                             | Wim Scholtes          | 89    | 09-06-47 | Sparta     | 57.9                 | Kees Drijfhout        | 82    | 14-11-31 | GAC-H.     |

|       |                 |    |          |            |                      |                        |
|-------|-----------------|----|----------|------------|----------------------|------------------------|
| 58.10 | Rien Lunshof    | 97 | 29-08-46 | Vet. Ned.  | <b>400 meter M70</b> |                        |
| 58.0  | Arend de Boer   | 90 | 04-06-39 | Lycurgus   | 1.10.71              | Boy van Heemstede      |
| 58.16 | Leon Thissen    | 00 | 27-01-48 | Zaanland   | 1.12.97              | Piet Baas              |
| 58.25 | Caspari de Geus | 95 | 21-05-45 | R'dam Atl. | 1.18.13              | Frans Buys             |
| 58.2  | Gert-Jan Moen   | 92 | 22-07-42 | DEM        | 1.22.73              | Joop Dorsman           |
|       |                 |    |          |            | 1.43.1               | Gerard Huisman         |
|       |                 |    |          |            |                      | 00 26-07-30 Fortuna    |
|       |                 |    |          |            |                      | 00 28-06-29 Haag Atl.  |
|       |                 |    |          |            |                      | 99 05-09-24 GAC-H.     |
|       |                 |    |          |            |                      | 95 08-02-25 Spark      |
|       |                 |    |          |            |                      | 90 16-11-19 Haarl'meer |

#### 400 meter M55

|       |                        |    |          |             |
|-------|------------------------|----|----------|-------------|
| 56.23 | Wim Scholtes           | 02 | 09-06-47 | Sparta      |
| 57.9  | Ad Smit                | 84 | 25-03-29 | AV '23      |
| 58.1  | Frans Buys             | 83 | 05-09-24 | AAC         |
| 58.5  | Boy van Heemstede      | 89 | 26-07-30 | Fortuna     |
| 58.70 | Jelle van der Schaaf   | 01 | 13-10-44 | Hylas       |
| 58.92 | Ton Peters             | 97 | 14-06-42 | Scorpio     |
| 59.14 | Felix Florijn          | 91 | 22-02-34 | DEM         |
| 59.15 | Cees Berg              | 02 | 22-06-47 | AAV'36      |
| 59.92 | Piet Baas              | 85 | 28-06-29 | V&L TC      |
| 60.15 | Peter Vos              | 98 | 01-08-42 | Avon        |
| 60.2  | Piet Maijoor           | 89 | 30-01-32 | Pijnenburg  |
| 60.38 | Wim Schreuder Goedheyt | 01 | 19-07-45 | Hellas      |
| 60.3  | Pieter Schouten        | 89 | 14-06-34 | BAV         |
| 60.3  | Theo Beelen            | 96 | 12-01-41 | Weert       |
| 60.4  | Wim Metselaar          | 97 | 28-03-42 | Aalsmeer    |
| 61.02 | Jan v.d. Burg          | 88 | 04-08-29 | De Kieviten |
| 61.28 | Rob Kila               | 97 | 07-02-40 | Vet. Ned.   |
| 61.40 | Kees van Loon          | 93 | 11-06-38 | Spirit-L.   |
| 62.0  | Jan Oerlemans          | 83 | 24-05-28 | AVN         |
| 62.6  | Geert van Dijk         | 94 | 31-03-36 | Vet. Ned.   |
| 62.86 | Rob van Mechelen       | 01 | 31-07-46 | Thor        |
| 62.88 | Dirk Klanker           | 02 | 16-09-46 | Castricum   |
| 62.8  | Kees van Giezen        | 89 | 14-02-34 | GAC-H.      |
| 63.25 | Ben Swienink           | 96 | 28-07-40 | PEC         |
| 63.2  | Frans van Boven        | 99 | 29-07-43 | Thor        |

#### 400 meter M60 (tot 72.14)

|       |                       |    |          |             |
|-------|-----------------------|----|----------|-------------|
| 58.7  | Frans Buys            | 84 | 05-09-24 | AAC         |
| 59.86 | Ron Landré            | 99 | 16-05-38 | Spartaan    |
| 60.17 | Boy van Heemstede     | 92 | 26-07-30 | Fortuna     |
| 60.17 | Felix Florijn         | 94 | 22-02-34 | DEM         |
| 62.24 | Wim Metselaar         | 02 | 28-03-42 | Aalsmeer    |
| 62.48 | Rob Kila              | 00 | 07-02-40 | Vet. Ned.   |
| 62.69 | Geert van Dijk        | 00 | 31-03-36 | Vet. Ned.   |
| 62.82 | Piet Maijoor          | 92 | 30-01-32 | Pijnenburg  |
| 63.0  | Piet Baas             | 90 | 28-06-29 | V&L TC      |
| 63.97 | Jan v.d. Burg         | 92 | 04-08-29 | Kieviten    |
| 66.0  | Ad Smit               | 91 | 25-03-29 | Vet. Ned.   |
| 66.70 | Bram Lindhout         | 91 | 19-06-29 | Antilope    |
| 66.77 | Ton Oude Nijhuis      | 02 | 02-06-39 | Sparta      |
| 67.04 | Kees van Giezen       | 94 | 14-02-34 | GAC-H.      |
| 67.45 | Ton van Ingen Schenau | 95 | 02-10-33 | Hanzesport  |
| 68.09 | Ben Maas              | 01 | 20-03-41 | Tempo       |
| 68.61 | Henk Barends          | 00 | 03-04-40 | Hercules    |
| 70.83 | Joop van den Brink    | 92 | 18-07-32 | Hercules    |
| 71.4  | Gerard Koornneef      | 91 | 02-05-31 | Delta Sport |
| 71.9  | Dick Paternotte       | 90 | 14-11-29 | Tion        |

#### 400 meter M65 (tot 80.00)

|       |                       |    |          |            |
|-------|-----------------------|----|----------|------------|
| 64.10 | Boy van Heemstede     | 96 | 26-07-30 | Fortuna    |
| 64.18 | Geert van Dijk        | 02 | 31-03-36 | Vet. Ned.  |
| 67.4  | Hein Zethof           | 93 | 10-08-28 | Aalsmeer   |
| 68.21 | Pieter Schouten       | 00 | 14-06-34 | GAC-H.     |
| 68.26 | Bram Lindhout         | 94 | 19-06-29 | Antilope   |
| 70.1  | Frans Buys            | 92 | 05-09-24 | Pijnenburg |
| 73.27 | Theo Evers            | 01 | 09-10-35 | AVV        |
| 73.31 | Cees Vooijs           | 01 | 04-01-34 | Gouda      |
| 73.7  | Toon Besseling        | 88 | 26-01-22 | Zaanland   |
| 74.94 | Piet Baas             | 99 | 28-06-29 | Haag Atl.  |
| 75.66 | Ton van Ingen Schenau | 99 | 02-10-33 | Hanzesport |
| 75.67 | Kees van Giezen       | 99 | 14-02-34 | GAC-H.     |
| 76.10 | Jo Eilering           | 97 | 12-08-28 | Sperwers   |
| 76.55 | Joop Dorsman          | 91 | 08-02-25 | Spark      |
| 78.4  | Marinus Trentelman    | 99 | 10-01-30 | Argo       |

#### 800 meter M40

|         |                     |    |          |             |
|---------|---------------------|----|----------|-------------|
| 1.51.5  | Ronald Mercelina    | 86 | 18-04-46 | AAC         |
| 1.57.2  | Sander Rietveld     | 00 | 10-04-59 | Atos        |
| 1.57.62 | Didier Senay        | 99 | 15-11-58 | AAC'61      |
| 1.57.8  | Rien van der Wilt   | 91 | 06-08-49 | Clytoneus   |
| 1.58.2  | Jan Laan            | 93 | 17-04-51 | Spartaan    |
| 1.58.78 | Kees van Pelt       | 00 | 30-05-59 | Pr. Hendrik |
| 1.58.8  | Theo van den Boom   | 88 | 28-06-46 | Unitas      |
| 1.58.89 | Dirk van Beelen     | 96 | 14-07-55 | Leiden      |
| 1.58.9  | Peter Jonker        | 94 | 29-09-49 | Castricum   |
| 1.59.1  | Henk Snepvangers    | 79 | 27-02-39 | Achilles    |
| 1.59.2  | Bram Wassenaar      | 85 | 30-03-44 | De Bataven  |
| 1.59.30 | Henk van Eck        | 97 | 14-10-56 | HAC-H.      |
| 1.59.3  | Peter Bregman       | 88 | 22-07-46 | AV '40      |
| 1.59.4  | Piet Maijoor        | 76 | 30-01-32 | Altis       |
| 1.59.4  | Anton Treffers      | 90 | 09-10-47 | SAV         |
| 1.59.6  | Theo van Grevenhof  | 93 | 02-04-53 | DEM         |
| 1.59.8  | Ron Jensen          | 91 | 31-12-46 | De Bataven  |
| 1.59.82 | Herman Kromhout     | 90 | 05-02-46 | V&L TC      |
| 1.59.88 | Rik Snoep           | 95 | 15-02-55 | Astylos     |
| 1.59.9  | Eugene van Kruchten | 92 | 18-01-52 | Castricum   |
| 2.00.0  | Rob Mahieu          | 91 | 10-06-47 | Haag Atl.   |
| 2.00.06 | Wim Sterrenburg     | 95 | 21-05-55 | Parthenon   |
| 2.00.10 | Alfons van Geel     | 98 | 05-03-58 | Achilles    |
| 2.00.1  | Henk de Ruiter      | 87 | 06-04-47 | DEM         |
| 2.00.25 | Rinie van Dijke     | 93 | 18-01-52 | Delta Sp.   |

#### 800 meter M45

|         |                     |    |          |            |
|---------|---------------------|----|----------|------------|
| 1.56.16 | Ronald Mercelina    | 91 | 18-04-46 | AAC        |
| 1.58.8  | Piet Maijoor        | 77 | 30-01-32 | AAC        |
| 2.00.71 | Peter Jonker        | 95 | 29-09-49 | Castricum  |
| 2.00.8  | Ron Jensen          | 92 | 31-12-46 | Bataven    |
| 2.01.1  | Louis Vink          | 80 | 05-04-35 | Edam       |
| 2.01.4  | Rob Mahieu          | 92 | 10-06-47 | Haag Atl.  |
| 2.01.5  | Theo van den Boom   | 91 | 28-06-46 | Unitas     |
| 2.01.67 | Nico Alberts        | 00 | 24-04-55 | PAC        |
| 2.01.83 | Loek Herber         | 95 | 20-03-49 | Hellas     |
| 2.02.12 | Theo Linssen        | 97 | 18-03-52 | Unitas     |
| 2.02.37 | Henk van Eck        | 02 | 14-10-56 | GAC-G.     |
| 2.02.4  | Piet van der Velden | 89 | 10-05-42 | AVR        |
| 2.02.99 | Theo van Grevenhof  | 98 | 02-04-53 | DEM        |
| 2.03.42 | Wim Threels         | 99 | 26-02-52 | GAC-H.     |
| 2.03.46 | Bert Streumer       | 91 | 07-11-45 | Hellas     |
| 2.03.5  | Gert-Jan Moen       | 87 | 22-07-42 | DEM        |
| 2.03.7  | Anton Treffers      | 93 | 09-10-47 | SAV        |
| 2.03.8  | Henk de Ruiter      | 92 | 06-04-47 | DEM        |
| 2.04.0  | Arie van Tol        | 90 | 31-05-44 | De Bataven |
| 2.04.16 | Wim Scholtes        | 93 | 09-06-47 | Sparta     |

#### 800 meter M50

|         |                     |    |          |           |
|---------|---------------------|----|----------|-----------|
| 2.04.28 | Cedo Paic           | 91 | 28-08-46 | DEM       |
| 2.04.36 | Jan Laan            | 96 | 17-04-51 | Spartaan  |
| 2.04.51 | Cees Meijer         | 98 | 03-09-52 | SAV       |
| 2.04.60 | Herman van Tongeren | 97 | 18-03-48 | Almere'81 |
| 2.04.7  | Herman Kromhout     | 94 | 05-02-46 | Haag Atl. |
| 1.59.45 | Ronald Mercelina    | 96 | 18-04-46 | AAC       |
| 2.04.0  | Piet Maijoor        | 82 | 30-01-32 | AAC       |
| 2.04.8  | Louis Vink          | 85 | 05-04-35 | Edam      |
| 2.06.87 | Eugene van Kruchten | 02 | 18-01-52 | Castricum |
| 2.07.98 | Kees Steijn         | 92 | 08-11-40 | Parthenon |

|                                   |                       |    |          |             |                                   |                      |       |          |             |
|-----------------------------------|-----------------------|----|----------|-------------|-----------------------------------|----------------------|-------|----------|-------------|
| 2.08.13                           | Herman Kromhout       | 97 | 05-02-46 | Haag Atl.   | <b>800 meter M65 (tot 2.55.0)</b> |                      |       |          |             |
| 2.08.5                            | Robert Wijker         | 89 | 02-12-38 | Trias       | 2.19.44                           | Siem Herlaar         | 94    | 28-06-29 | DEM         |
| 2.08.63                           | Ed Rinia              | 99 | 25-05-49 | Hellas      | 2.28.1                            | Hein Zethof          | 93    | 10-08-28 | Aalsmeer    |
| 2.08.7                            | Arie van Tol          | 96 | 31-05-44 | De Bataven  | 2.30.32                           | Boy van Heemstede    | 96    | 26-07-30 | Fortuna     |
| 2.08.85                           | Herman van Tongeren   | 99 | 18-03-48 | Almere'81   | 2.32.3                            | Jan Verloop          | 83    | 10-09-17 | Vet.Ned.    |
|                                   |                       |    |          |             | 2.50.81                           | Evert Cornelisz      | 00    | 10-05-33 | Zuidwal     |
| 2.09.04                           | Ton Peters            | 92 | 14-06-42 | Scorpio     | 2.50.85                           | Piet Baas            | 98    | 28-06-29 | Haag Atl.   |
| 2.10.45                           | Jan-Willem Demmendaal | 98 | 16-08-47 | R'dam Atl.  |                                   |                      |       |          |             |
| 2.10.6                            | Piet van Erp          | 88 | 24-04-38 | AVV         | <b>800 meter M70 (tot 3.20.0)</b> |                      |       |          |             |
| 2.11.1                            | Wim Scholtes          | 01 | 09-06-47 | Sparta      | 2.29.96                           | Siem Herlaar         | 99    | 28-06-29 | DEM         |
| 2.11.8                            | Nico Brakenhoff       | 95 | 14-12-44 | Castricum   | 2.55.63                           | Piet Baas            | 00    | 28-06-29 | Haag Atl.   |
|                                   |                       |    |          |             | 2.59.20                           | Boy van Heemstede    | 01    | 26-07-30 | Fortuna     |
| 2.11.9                            | Sjoerd Sjoerds        | 82 | 12-12-31 | Atos        | 3.15.15                           | Joop Dorsman         | 95    | 08-02-25 | Spark       |
| 2.12.19                           | Piet van Wijngaarden  | 02 | 02-03-52 | Avantri     |                                   |                      |       |          |             |
| 2.12.2                            | Ad Heijdens           | 92 | 17-11-38 | Achilles    | <b>800 meter M75</b>              |                      |       |          |             |
| 2.12.21                           | Geu Siebenga          | 00 | 06-12-47 | FIT         | 3.18.95                           | Wim Schild           | 01    | 04-01-26 | Antilope    |
| 2.12.26                           | Hans Beentjes         | 02 | 23-06-52 | Castricum   |                                   |                      |       |          |             |
| 2.12.3                            | Dick Bollweg          | 97 | 25-08-46 | PEC         | <b>800 meter M80</b>              |                      |       |          |             |
| 2.12.7                            | Wim Metselaar         | 92 | 28-03-42 | Aalsmeer    | 3.24.1                            | Jan Verloop          | 98    | 10-09-17 | Gen.Mich.   |
| 2.12.78                           | Hans Bongaert         | 90 | 21-12-38 | V&L TC      | 4.09.53                           | Douwe Kleefstra      | 91    | 24-02-07 | Vet.Ned.    |
| 2.13.23                           | Tonny Tissen          | 02 | 12-07-51 | Nijmegen    | <b>1000 meter M40</b>             |                      |       |          |             |
| 2.14.1                            | Harm Bakker           | 98 | 28-09-47 | Start'78    | 2.32.61                           | Sander Rietveld      | 99    | 10-04-59 | Atos        |
|                                   |                       |    |          |             | 2.33.36                           | Didier Senay         | 99    | 15-11-58 | AAC'61      |
| <b>800 meter M55</b>              |                       |    |          |             | 2.34.0                            | Henk van Eck         | 97    | 14-10-56 | HAC-H.      |
| 2.06.30                           | Ronald Mercelina      | 01 | 18-04-46 | AAC         | 2.34.2                            | Rien van der Wilt    | 94    | 06-08-49 | Clytoneus   |
| 2.10.08                           | Felix Florijn         | 91 | 22-02-34 | DEM         | 2.34.7                            | Henk van Velzen      | 94    | 16-09-52 | Bataven     |
| 2.11.4                            | Louis Vink            | 90 | 05-04-35 | Atos        |                                   |                      |       |          |             |
| 2.12.79                           | Arie van Tol          | 99 | 31-05-44 | Leiden Atl. | 2.35.0                            | Theo van Grevenhof   | 93    | 02-04-53 | DEM         |
| 2.14.5                            | Piet Maijor           | 89 | 30-01-32 | Pijnenburg  | 2.35.5                            | Dirk van Beelen      | 96    | 14-07-55 | Leiden      |
|                                   |                       |    |          |             | 2.35.8                            | Anton Treffers       | 88    | 09-10-47 | SAV         |
| 2.15.02                           | Ad Heijdens           | 94 | 17-11-38 | Achilles    | 2.35.8                            | Ron Jensen           | 91    | 31-12-46 | Bataven     |
| 2.15.04                           | Theo van Wychen       | 90 | 05-03-35 | Achilles    | 2.36.3                            | Bram Wassenaar       | 86    | 30-03-44 | Bataven     |
| 2.15.2                            | Willem Ravensbergen   | 85 | 26-06-29 | De Bataven  |                                   |                      |       |          |             |
| 2.15.44                           | Ton Peters            | 97 | 14-06-42 | Scorpio     | 2.36.5                            | Henk de Ruiter       | 88    | 06-04-47 | DEM         |
| 2.16.7                            | Wim Metselaar         | 99 | 28-03-42 | Aalsmeer    | 2.37.0                            | Piet van Erp         | 80    | 24-04-38 | AVV         |
|                                   |                       |    |          |             | 2.37.2                            | Dick ten Bruggencate | 93    | 30-04-52 | Trias       |
| 2.17.15                           | Piet Baas             | 85 | 28-06-29 | V&L TC      | 2.37.6                            | Louis Vink           | 79    | 05-04-35 | Vet.Ned.    |
| 2.18.4                            | Harrie Janssen        | 90 | 14-03-35 | AAC         | 2.37.9                            | John den Breejen     | 92    | 17-12-51 | Slidrecht   |
| 2.20.45                           | Robert Wijker         | 94 | 02-12-38 | Trias       |                                   |                      |       |          |             |
| 2.20.9                            | Frans Buys            | 83 | 05-09-24 | AAC         | 2.37.9                            | Cees Meijer          | 93    | 03-09-52 | SAV         |
| 2.21.6                            | Nico Brakenhoff       | 02 | 13-03-45 | Castricum   | 2.38.3                            | Hans van de Mortel   | 02    | 11-07-61 | LGD         |
|                                   |                       |    |          |             | 2.38.72                           | Corné Haast          | 01    | 01-11-59 | Spado       |
| 2.22.2                            | Rien Oele             | 00 | 25-01-45 | Fortuna     | 2.38.9                            | Arie van Tol         | 86    | 31-05-44 | Bataven     |
| 2.22.34                           | Hennie Broeke         | 00 | 09-09-44 | Clytoneus   | 2.39.0                            | Piet Maijor          | 75    | 30-01-32 | Vet.Ned.    |
| 2.22.52                           | Theo Evers            | 91 | 09-10-35 | AVV         |                                   |                      |       |          |             |
| 2.22.7                            | Sjoerd Sjoerds        | 87 | 12-12-31 | Atos        | 2.39.0                            | Anton Hens           | 93    | 23-06-50 | Spartaan    |
| 2.23.63                           | Arno Last             | 97 | 20-04-40 | Ach.-Top    | 2.39.1                            | Ruud Sleper          | 91    | 01-10-50 | AV'34       |
|                                   |                       |    |          |             | 2.39.74                           | Eugene van Kruchten  | 94    | 18-01-52 | Castricum   |
| 2.23.8                            | Bert Kerkvliet        | 96 | 09-07-41 | Leiden      | 2.39.8                            | Peter Vlaarkamp      | 92    | 15-11-48 | Castricum   |
| 2.24.14                           | Kees van den Pol      | 02 | 30-11-46 | AV'56       | 2.39.9                            | Nico Alberts         | 98    | 24-04-55 | PAC         |
| 2.25.2                            | Teun Leeuwerink       | 90 | 23-04-35 | Hera        |                                   |                      |       |          |             |
| 2.26.8                            | Nico Ridder           | 91 | 30-06-36 | Noordkop    | <b>1000 meter M45</b>             |                      |       |          |             |
| 2.27.0                            | Hans Bongaert         | 94 | 21-12-38 | Haag Atl.   | 2.35.08                           | Ronald Mercelina     | 94    | 18-04-46 | AAC         |
| <b>800 meter M60 (tot 2.40.0)</b> |                       |    |          |             | 2.37.5                            | Anton Treffers       | 93    | 09-10-47 | SAV         |
| 2.14.14                           | Siem Herlaar          | 90 | 28-06-29 | DEM         | 2.40.6                            | Nico Alberts         | 00    | 24-04-55 | PAC         |
| 2.15.70                           | Felix Florijn         | 94 | 22-02-34 | DEM         | 2.41.0                            | Louis Vink           | 80    | 05-04-35 | Edam        |
| 2.18.5                            | Willem Ravensbergen   | 89 | 26-06-29 | Bataven     | 2.41.1                            | Cees Meijer          | 97    | 03-09-52 | SAV         |
| 2.19.76                           | Piet Baas             | 89 | 28-06-29 | V&L TC      |                                   |                      |       |          |             |
| 2.21.9                            | Wim Metselaar         | 02 | 28-03-42 | Aalsmeer    | 2.41.7                            | Arie van Tol         | 93    | 31-05-44 | Bataven     |
|                                   |                       |    |          |             | 2.41.97                           | Theo Linssen         | 01    | 18-03-52 | Unitas      |
| 2.22.0                            | Frans Buys            | 84 | 05-09-24 | AAC         | 2.42.3                            | Theo van Grevenhof   | 98    | 02-04-53 | DEM         |
| 2.22.2                            | Piet Maijor           | 92 | 30-01-32 | Pijnenburg  | 2.42.75                           | Rob van Zanten       | 02    | 28-09-56 | Fortuna     |
| 2.25.00                           | Hein Zethof           | 92 | 10-08-28 | Aalsmeer    | 2.43.7                            | Henk van Eck         | 02    | 14-10-56 | GAC-G.      |
| 2.25.1                            | Louis Vink            | 95 | 05-04-35 | Atos        |                                   |                      |       |          |             |
| 2.26.36                           | Ron Landré            | 98 | 16-05-38 | De Spartaan | 2.44.27                           | Loek Herber          | 94    | 20-03-49 | Hellas      |
|                                   |                       |    |          |             | 2.46.47                           | Dirk van Beelen      | 01    | 14-07-55 | Leiden Atl. |
| 2.28.75                           | Bram Lindhout         | 92 | 19-06-29 | Antilope    | 2.47.6                            | Huub van Burik       | 82    | 02-03-37 | Hellas      |
| 2.29.9                            | Sjoerd Sjoerds        | 92 | 12-12-31 | Atos        | 2.48.3                            | René Wessel          | 00    | 22-11-53 | Phanos      |
| 2.31.31                           | Theo Hopman           | 92 | 12-07-29 | Trias       | 2.48.8                            | Wout Spaargaren      | 92+94 | 26-08-46 | Aalsmeer    |
| 2.31.87                           | Evert Cornelisz       | 94 | 10-05-33 | Zuidwal     |                                   |                      |       |          |             |
| 2.32.09                           | Ton Oude Nijhuis      | 01 | 02-06-39 | Sparta      | 2.49.5                            | Ton Peters           | 87    | 14-06-42 | Scorpio     |
|                                   |                       |    |          |             | 2.49.5                            | Martien Hoogenboom   | 95    | 07-03-48 | De Bataven  |
| 2.32.37                           | Boy van Heemstede     | 95 | 26-07-30 | Fortuna     | 2.49.6                            | Peter Vlaarkamp      | 98    | 16-11-48 | Castricum   |
| 2.32.53                           | Bert Kerkvliet        | 01 | 09-07-41 | Leiden Atl. | 2.50.3                            | Klaas Ebbeling       | 81    | 26-11-31 | Suomi       |
| 2.34.2                            | Gert van Gameren      | 87 | 03-05-25 | Vet.Ned.    | 2.51.1                            | Arthur Koreman       | 99    | 01-10-53 | De Sperwers |
| 2.36.8                            | Nico Ridder           | 96 | 30-06-36 | Noordkop    |                                   |                      |       |          |             |
| 2.37.93                           | Hans Boon             | 00 | 16-01-40 | Avantri     | 2.51.3                            | Arie Snoek           | 97    | 29-08-49 | Hera        |
| 2.38.0                            | Rinus Joosse          | 00 | 01-08-39 | AV'56       | 2.51.3                            | Ger Kragten          | 01    | 15-04-55 | Atos        |
| 2.39.28                           | Theo Evers            | 00 | 09-10-35 | AVV         |                                   |                      |       |          |             |

|                                    |                       |    |          |              |                       |                     |    |          |            |
|------------------------------------|-----------------------|----|----------|--------------|-----------------------|---------------------|----|----------|------------|
| 2.51.6                             | Ton van Rooij         | 02 | 16-12-53 | Castricum    | 4.05.43               | Ron Jensen          | 91 | 31-12-46 | De Bataven |
| 2.51.61                            | Wim Westera           | 99 | 20-04-54 | Achilles-Top |                       |                     |    |          |            |
| 2.51.8                             | Kees van Miert        | 02 | 12-10-54 | Sprint       | 4.05.72               | Cees van Dommele    | 91 | 15-09-49 | Haarlem    |
| <b>1000 meter M50</b>              |                       |    |          |              | 4.05.8                | Piet Deelstra       | 80 | 21-08-40 | Lionitas   |
| 2.43.9                             | Louis Vink            | 87 | 05-04-35 | Edam         | 4.05.8                | Theo van den Boom   | 87 | 28-06-46 | Unitas     |
| 2.45.3                             | Piet Maijor           | 82 | 30-01-32 | AAC          | 4.06.2                | Anton Treffers      | 89 | 09-10-47 | SAV        |
| 2.47.3                             | Ton Peters            | 92 | 14-06-42 | Scorpio      | 4.06.3                | Henk Tiebosch       | 86 | 06-06-46 | HAC        |
| 2.48.1                             | Arie van Tol          | 94 | 31-05-44 | Bataven      | 4.06.78               | Sip Stal            | 95 | 17-05-54 | Hellas     |
| 2.48.9                             | Piet van Erp          | 88 | 24-04-38 | AVV          | 4.07.0                | Peter Bregman       | 88 | 22-07-46 | AV '40     |
|                                    |                       |    |          |              | 4.07.12               | Piet v.d.Poel       | 92 | 06-11-50 | Spartaan   |
| 2.50.32                            | Piet van Wijngaarden  | 02 | 02-03-52 | Avantri      | 4.07.17               | Cock van der Hulst  | 00 | 24-01-60 | Hera       |
| 2.51.6                             | Jan-Willem Demmendaal | 98 | 16-08-47 | R'dam Atl.   | 4.07.2                | Dirk van Beelen     | 96 | 14-07-55 | Leiden     |
| 2.52.4                             | Sjoerd Sjoerds        | 83 | 12-12-31 | Atos         | <b>1500 meter M45</b> |                     |    |          |            |
| 2.52.5                             | Nico Brakenhoff       | 95 | 14-12-44 | Castricum    | 4.02.30               | Ronald Mercelina    | 92 | 18-04-46 | AAC        |
| 2.54.6                             | Cees Meijer           | 02 | 03-09-52 | Hollandia    | 4.03.2                | Piet Maijor         | 77 | 30-01-32 | AAC        |
|                                    |                       |    |          |              | 4.04.1                | Louis Vink          | 80 | 05-04-35 | Edam       |
| 2.55.4                             | Tonny Tissen          | 02 | 12-07-51 | Nijmegen     | 4.08.3                | John van der Wansem | 99 | 05-07-50 | LADB       |
| 2.57.0                             | Arie Snoek            | 01 | 29-08-49 | Hera         | 4.09.0                | Rien van der Wilt   | 96 | 06-08-49 | Clytoneus  |
| 2.57.5                             | Nico Warmerdam        | 92 | 16-02-42 | Spartaan     |                       |                     |    |          |            |
| 2.57.7                             | Eddy Smit             | 98 | 05-06-48 | Delta Sp.    | 4.09.7                | Rob Mahieu          | 92 | 10-06-47 | Haag Atl.  |
| 2.58.3                             | Dré de Wit            | 98 | 07-09-47 | Leiden       | 4.10.2                | Piet van Erp        | 84 | 24-04-38 | AVV        |
|                                    |                       |    |          |              | 4.10.4                | Bert Streumer       | 91 | 07-11-45 | Hellas     |
| 2.58.4                             | They Lückers          | 01 | 06-02-48 | Unitas       | 4.10.60               | Jan Zwarthoed       | 92 | 01-07-45 | Edam       |
| 2.59.9                             | Wout Spaargaren       | 96 | 26-08-46 | Aalsmeer     | 4.11.40               | Ron Jensen          | 92 | 31-12-46 | De Bataven |
| 3.00.1                             | Tijbbe Krottje        | 99 | 23-09-48 | AV'40        |                       |                     |    |          |            |
| 3.01.6                             | Mari Pechtold         | 92 | 19-08-38 | DAK          | 4.11.58               | Theo Linssen        | 99 | 18-03-52 | Unitas     |
| 3.01.7                             | Jan Elhorst           | 00 | 27-07-48 | Noordkop     | 4.12.0                | Herman Kromhout     | 92 | 05-02-46 | Haag Atl.  |
|                                    |                       |    |          |              | 4.12.50               | Henk van Eck        | 02 | 14-10-56 | GAC-G.     |
| 3.03.0                             | Dammes Tims           | 94 | 09-11-41 | Parthenon    | 4.13.40               | Johan Kijne         | 92 | 27-03-47 | ROVS       |
| 3.03.4                             | Gerard Huibers        | 00 | 18-08-49 | Hera         | 4.13.44               | Rob van Kempen      | 92 | 26-03-44 | PAC        |
| 3.04.2                             | Anne Lenis            | 01 | 09-03-49 | Hera         |                       |                     |    |          |            |
| 3.04.5                             | Hans Boon             | 92 | 16-01-40 | Avantri      | 4.13.6                | Jaap Vallentgoed    | 96 | 20-10-46 | Altis      |
| 3.04.7                             | Wim Metselaar         | 96 | 28-03-42 | Aalsmeer     | 4.14.7                | Arie van Tol        | 90 | 31-05-44 | De Bataven |
| <b>1000 meter M55 (tot 3.20.0)</b> |                       |    |          |              | 4.15.0                | Ton van Doorn       | 98 | 02-08-51 | Haarlem    |
| 2.45.63                            | Ronald Mercelina      | 01 | 18-04-46 | AAC          | 4.15.62               | Paul Straatman      | 96 | 28-06-51 | AV'23      |
| 2.54.15                            | Arie van Tol          | 99 | 31-05-44 | Leiden       | 4.16.1                | Roland Spierenburg  | 81 | 07-01-34 | Fortis     |
| 2.58.9                             | Ton Peters            | 97 | 14-06-42 | Scorpio      |                       |                     |    |          |            |
| 3.00.7                             | Piet Baas             | 87 | 28-06-29 | Haag Atl.    | 4.16.97               | Theo van der Veer   | 01 | 17-10-54 | Climax     |
| 3.02.7                             | Nico Brakenhoff       | 01 | 13-03-45 | Castricum    | 4.17.9                | Anton Treffers      | 93 | 09-10-47 | SAV        |
|                                    |                       |    |          |              | 4.17.94               | Theo van den Boom   | 92 | 28-06-46 | Unitas     |
| 3.05.4                             | Bert Kerkvliet        | 96 | 09-07-41 | Leiden       | 4.18.12               | Peter Vlaarkamp     | 94 | 16-11-48 | Castricum  |
| 3.06.7                             | Sjoerd Sjoerds        | 87 | 12-12-31 | Atos         | 4.18.3                | Victor Maliy        | 96 | 28-10-50 | Haag Atl.  |
| 3.06.8                             | Steven Koelink        | 95 | 19-01-40 | Koplopers    | 4.18.3                | Nico Alberts        | 00 | 24-04-55 | PAC        |
| 3.08.4                             | Wim Metselaar         | 97 | 28-03-42 | Aalsmeer     | <b>1500 meter M50</b> |                     |    |          |            |
| 3.11.2                             | Nico Ridder           | 92 | 30-06-36 | Noordkop     | 4.09.52               | Ronald Mercelina    | 96 | 18-04-46 | AAC        |
|                                    |                       |    |          |              | 4.11.9                | Louis Vink          | 85 | 05-04-35 | Edam       |
| 3.17.5                             | Joop Scheppink        | 96 | 23-12-40 | Spark        | 4.12.0                | Piet Maijor         | 82 | 30-01-32 | AAC        |
| 3.19.0                             | Anton van Koulik      | 94 | 13-11-37 | DJA          | 4.13.06               | John van der Wansem | 01 | 05-07-50 | LADB       |
| 3.19.2                             | Hugo Tijsmans         | 00 | 16-11-44 | Sparta       | 4.18.2                | Ad Heijdens         | 93 | 17-11-38 | Achilles   |
| <b>1000 meter M60 (tot 3.40.0)</b> |                       |    |          |              |                       |                     |    |          |            |
| 2.53.3                             | Felix Florijn         | 94 | 22-02-34 | DEM          | 4.20.9                | Victor Maliy        | 01 | 28-10-50 | Haag Atl.  |
| 3.07.2                             | Wim Metselaar         | 02 | 28-03-42 | Aalsmeer     | 4.23.1                | Herman Kromhout     | 97 | 05-02-46 | Haag Atl.  |
| 3.16.8                             | Bert Kerkvliet        | 01 | 09-07-41 | Leiden Atl.  | 4.23.2                | Piet van Erp        | 88 | 24-04-38 | AVV        |
| 3.19.0                             | Sjoerd Sjoerds        | 92 | 12-12-31 | Atos         | 4.24.9                | Rob van Kempen      | 94 | 26-03-44 | PAC        |
| 3.30.5                             | Theo Evers            | 00 | 09-10-35 | AVV          | 4.26.2                | Jan Cammeraat       | 02 | 12-05-51 | Vet. Ned.  |
| 3.38.8                             | Rob Keitz             | 99 | 01-12-38 | Hanzesport   |                       |                     |    |          |            |
| <b>1000 meter M65</b>              |                       |    |          |              | 4.26.47               | Peter Vlaarkamp     | 99 | 16-11-48 | Castricum  |
| 2.54.5                             | Siem Herlaar          | 94 | 28-06-29 | DEM          | 4.26.7                | Robert Wijker       | 90 | 02-12-38 | Trias      |
|                                    |                       |    |          |              | 4.27.1                | Arie van Tol        | 96 | 31-05-44 | Leiden     |
| <b>1500 meter M40</b>              |                       |    |          |              | 4.28.4                | Jaap Vallentgoed    | 97 | 20-10-46 | Altis      |
| 3.52.28                            | Ronald Mercelina      | 86 | 18-04-46 | AAC          | 4.28.5                | Kees Steijn         | 92 | 08-11-40 | Parthenon  |
| 3.55.9                             | John van der Wansem   | 90 | 05-07-50 | Phoenix      | 4.29.12               | Bram Klinkenberg    | 92 | 23-05-40 | Parthenon  |
| 3.59.5                             | Bram Wassenaar        | 85 | 30-03-44 | De Bataven   | 4.29.19               | Sjoerd Sjoerds      | 82 | 12-12-31 | Atos       |
| 4.00.0                             | Jan Laan              | 93 | 17-04-51 | Spartaan     | 4.29.5                | Gerrit Kramer       | 88 | 03-07-37 | AVR        |
| 4.00.2                             | Rien van der Wilt     | 93 | 06-08-49 | Clytoneus    | 4.30.1                | Cor van Driel       | 82 | 03-06-32 | Metro      |
|                                    |                       |    |          |              | 4.31.0                | Jan v.d. Bosch      | 92 | 27-07-41 | Weert      |
| 4.02.7                             | Piet van Erp          | 80 | 24-04-38 | AVV          |                       |                     |    |          |            |
| 4.03.0                             | Louis Vink            | 78 | 05-04-35 | Edam         | 4.31.1                | Klaas Ebbeling      | 82 | 26-11-31 | Suomi      |
| 4.03.22                            | Didier Senay          | 99 | 15-11-58 | AAC'61       | 4.31.3                | Felix Florijn       | 85 | 22-02-34 | DEM        |
| 4.04.0                             | Egbert Nijstadt       | 82 | 24-06-42 | Dos-D.       | 4.31.51               | Herman van Tongeren | 99 | 18-03-48 | Almere'81  |
| 4.04.08                            | Alfons van Geel       | 98 | 05-03-58 | Achilles     | 4.32.9                | Willem Ravensbergen | 84 | 26-06-29 | De Bataven |
|                                    |                       |    |          |              | 4.33.06               | Geu Siebenga        | 00 | 06-12-47 | FIT        |
| 4.04.4                             | Rob Kila              | 80 | 07-02-40 | Vet.Ned.     |                       |                     |    |          |            |
| 4.04.66                            | Henk van Eck          | 97 | 14-10-56 | HAC-H.       |                       |                     |    |          |            |
| 4.04.7                             | Herman Kromhout       | 87 | 05-02-46 | V&L TC       |                       |                     |    |          |            |
| 4.05.4                             | Sander Rietveld       | 00 | 10-04-59 | Atos         |                       |                     |    |          |            |

**1500 meter M55**

|         |                     |    |          |            |
|---------|---------------------|----|----------|------------|
| 4.21.7  | Ad Heijdens         | 94 | 17-11-38 | Achilles   |
| 4.27.8  | Felix Florijn       | 91 | 22-02-34 | DEM        |
| 4.29.6  | Willem Ravensbergen | 84 | 26-06-29 | De Bataven |
| 4.29.84 | Ronald Mercelina    | 01 | 18-04-46 | AAC        |
| 4.32.1  | Kees Steijn         | 96 | 08-11-40 | Parthenon  |

**1500 meter M70 (tot 7.00.0)**

|         |               |    |          |           |
|---------|---------------|----|----------|-----------|
| 4.57.65 | Siem Herlaar  | 99 | 28-06-29 | DEM       |
| 5.20.6  | Jan Verloop   | 88 | 10-09-17 | Vet.Ned.  |
| 5.54.34 | Piet Baas     | 00 | 28-06-29 | Haag Atl. |
| 6.25.28 | Wim Schild    | 99 | 04-01-26 | Antilope  |
| 6.46.19 | Cor Hardenbol | 01 | 18-01-30 | Parthenon |

|         |                 |    |          |             |
|---------|-----------------|----|----------|-------------|
| 4.34.8  | Louis Vink      | 90 | 05-04-35 | Atos        |
| 4.35.2  | Siem Herlaar    | 85 | 28-06-29 | DEM         |
| 4.35.68 | Piet Baas       | 85 | 28-06-29 | V&L TC      |
| 4.35.86 | Arie van Tol    | 99 | 31-05-44 | Leiden Atl. |
| 4.36.6  | Theo van Wycken | 90 | 05-03-35 | Achilles    |

|         |             |    |          |            |
|---------|-------------|----|----------|------------|
| 6.07.18 | Jan Verloop | 94 | 10-09-17 | Gen. Mich. |
| 6.54.75 | Wim Schild  | 01 | 04-01-26 | Antilope   |

**1500 meter M80**

|        |             |    |          |            |
|--------|-------------|----|----------|------------|
| 7.11.1 | Jan Verloop | 99 | 10-09-17 | Gen. Mich. |
|--------|-------------|----|----------|------------|

**1 mijl M40**

|         |                    |    |          |            |
|---------|--------------------|----|----------|------------|
| 4.16.3  | Rien van der Wilt  | 90 | 06-08-49 | Clytoneus  |
| 4.26.0  | Louis Vink         | 79 | 05-04-35 | Edam       |
| 4.26.3  | Henk van Velzen    | 94 | 16-09-52 | Bataven    |
| 4.26.5  | Alfons van Geel    | 98 | 05-03-58 | Achilles   |
| 4.27.2  | Piet van Erp       | 82 | 24-04-38 | AVV        |
| 4.28.20 | Martien v.d. Hoorn | 94 | 18-03-53 | Holland-L. |
| 4.28.4  | Cock van der Hulst | 00 | 24-01-60 | Hera       |
| 4.29.9  | René Wessel        | 94 | 22-11-53 | Blauw Wit  |
| 4.30.5  | Dirk van Beelen    | 96 | 14-07-55 | Leiden     |
| 4.31.3  | Ron Jensen         | 90 | 31-12-46 | Bataven    |
| 4.31.4  | Pedro Kneepkens    | 90 | 26-04-47 | Sprint     |
| 4.32.3  | Henk van Eck       | 97 | 14-10-56 | HAC-H.     |
| 4.32.5  | Erik van Tooren    | 96 | 03-06-56 | AAV'36     |
| 4.33.2  | Dick van Zalinge   | 00 | 27-10-59 | Edam       |
| 4.33.51 | Theo van Grevenhof | 93 | 02-04-53 | DEM        |

**1500 meter M60**

|         |                     |    |          |          |
|---------|---------------------|----|----------|----------|
| 4.32.08 | Ad Heijdens         | 99 | 17-11-38 | Achilles |
| 4.32.1  | Siem Herlaar        | 89 | 28-06-29 | DEM      |
| 4.32.5  | Willem Ravensbergen | 90 | 26-06-29 | Bataven  |
| 4.36.90 | Joop Rüter          | 95 | 19-04-33 | PAC      |
| 4.42.1  | Felix Florijn       | 94 | 22-02-34 | DEM      |

|          |                       |    |          |        |
|----------|-----------------------|----|----------|--------|
| 4.33.9   | Bert Streumer         | 90 | 07-11-45 | Hellas |
| 4.34.3   | Didier Senay          | 99 | 15-11-58 | AAC'61 |
| 4.35.1   | Ton van Spronsen      | 94 | 04-02-54 | PAC    |
| 4.35.1   | Gertjan van Voskuilen | 96 | 27-09-55 | AAV'36 |
| 4.35.70i | Cees Meijer           | 94 | 03-09-52 | SAV    |

|         |             |    |          |          |
|---------|-------------|----|----------|----------|
| 4.49.30 | Piet Baas   | 89 | 28-06-29 | V&L TC   |
| 4.50.0  | Jan Verloop | 79 | 10-09-17 | AVV      |
| 4.50.3  | Joop Kloos  | 82 | 19-09-20 | Vet.Ned. |
| 4.50.4  | Louis Vink  | 95 | 05-04-35 | Atos     |
| 4.52.21 | Hein Zethof | 92 | 10-08-28 | Aalsmeer |

|         |                     |    |          |            |
|---------|---------------------|----|----------|------------|
| 4.35.9  | Nico Alberts        | 98 | 24-04-55 | PAC        |
| 4.36.0  | Wim Sterrenburg     | 95 | 21-05-55 | Parthenon  |
| 4.37.4  | Jos van Giersbergen | 96 | 26-04-56 | Sliedr.Sp. |
| 4.37.9  | Joop Keizer         | 82 | 11-06-41 | Edam       |
| 4.38.29 | Jan van Heteren     | 00 | 27-05-58 | Sliedrecht |

**1 mijl M45**

|          |                     |    |          |      |
|----------|---------------------|----|----------|------|
| 4.26.4   | Louis Vink          | 80 | 05-04-35 | Edam |
| 4.31.0   | Piet Maijor         | 78 | 30-01-32 | AAC  |
| 4.31.50  | John van der Wansem | 99 | 05-07-50 | LADB |
| 4.40.41  | Nico Alberts        | 00 | 24-04-55 | PAC  |
| 4.41.74i | Anton Treffers      | 94 | 09-10-47 | SAV  |

|         |                  |    |          |             |
|---------|------------------|----|----------|-------------|
| 5.02.70 | Gerrit Kramer    | 97 | 03-07-37 | R'dam Atl.  |
| 5.03.7  | Gert van Gameren | 86 | 03-05-25 | Vet.Ned.    |
| 5.04.7  | Piet Maijor      | 92 | 30-01-32 | Pijnburg    |
| 5.07.59 | Bert Kerkvliet   | 01 | 09-07-41 | Leiden Atl. |
| 5.08.8  | Sjoerd Sjoerds   | 92 | 12-12-31 | Atos        |

|         |                    |    |          |           |
|---------|--------------------|----|----------|-----------|
| 4.41.91 | Dirk van Beelen    | 00 | 14-07-55 | Leiden    |
| 4.42.3  | Theo van Grevenhof | 98 | 02-04-53 | DEM       |
| 4.44.9  | Peter Vlaarkamp    | 95 | 16-11-48 | Castricum |
| 4.46.7  | Harrie Janssen     | 82 | 14-03-35 | AAC       |
| 4.47.3  | Arie Snoek         | 95 | 29-08-49 | Hera      |

|         |                  |    |          |          |
|---------|------------------|----|----------|----------|
| 5.09.04 | Arno Last        | 00 | 20-04-40 | Ach.-Top |
| 5.10.65 | Theo Evers       | 96 | 09-10-35 | AVV      |
| 5.11.1  | Arie Pepermans   | 89 | 18-06-29 | Edam     |
| 5.11.8  | Henk Groenewegen | 96 | 20-01-35 | Olymp'70 |
| 5.11.93 | Wim van Beek     | 00 | 08-01-40 | Hellas   |

|         |                  |    |          |           |
|---------|------------------|----|----------|-----------|
| 4.48.04 | René Wessel      | 99 | 22-11-53 | Blauw-Wit |
| 4.50.89 | Ton van Spronsen | 00 | 04-02-54 | PAC       |
| 4.53.9  | Rob Mahieu       | 94 | 10-06-47 | Haag Atl. |
| 4.55.1  | Jan Pulles       | 82 | 16-02-36 | AVV       |
| 4.55.8  | Wim van Dijk     | 98 | 31-10-51 | GAC-G.    |

|         |                 |    |          |            |
|---------|-----------------|----|----------|------------|
| 5.13.93 | Bram Lindhout   | 91 | 19-06-29 | Antilope   |
| 5.15.68 | Hans Boon       | 00 | 16-01-40 | Avantri    |
| 5.17.1  | Frans van Veen  | 96 | 31-07-34 | Haag Atl.  |
| 5.17.52 | Ko Elerie       | 99 | 29-01-38 | Hanzesport |
| 5.19.8  | Karel Leeuwangh | 99 | 26-02-35 | Fortuna    |

**1500 meter M65 (tot 5.55.0)**

|         |                     |    |          |            |
|---------|---------------------|----|----------|------------|
| 4.39.87 | Siem Herlaar        | 94 | 28-06-29 | DEM        |
| 4.54.4  | Willem Ravensbergen | 94 | 26-06-29 | De Bataven |
| 4.59.5  | Jan Verloop         | 82 | 10-09-17 | Vet.Ned.   |
| 5.00.15 | Hein Zethof         | 93 | 10-08-28 | Aalsmeer   |
| 5.22.04 | Gert-Jan v.Gameren  | 91 | 03-05-25 | Vet.Ned.   |

|         |                  |    |          |             |
|---------|------------------|----|----------|-------------|
| 4.57.3  | Eddy Smit        | 97 | 05-06-48 | Delta Sp.   |
| 4.58.4  | Jan Ummels       | 82 | 02-11-36 | HAC         |
| 4.59.0  | Theo Jägers      | 82 | 23-03-35 | Vet.Ned.    |
| 4.59.44 | Nico van Schagen | 96 | 27-07-48 | Thor        |
| 4.59.5  | Arthur Koreman   | 99 | 01-10-53 | De Sperwers |

|         |                 |    |          |            |
|---------|-----------------|----|----------|------------|
| 5.36.75 | Bram Lindhout   | 94 | 19-06-29 | Antilope   |
| 5.39.97 | Hans Martens    | 99 | 10-01-34 | Vet. Ned.  |
| 5.42.57 | Louis Vink      | 02 | 05-04-35 | Atos       |
| 5.52.77 | Karel Steendijk | 95 | 08-12-29 | Pr.Hendrik |
| 5.53.0  | Cor Braak       | 96 | 21-03-31 | Waterland  |

|         |                     |    |          |         |
|---------|---------------------|----|----------|---------|
| 5.00.02 | Ed Rinia            | 99 | 25-05-49 | Hellas  |
| 5.00.2  | Antoon van der Made | 98 | 03-05-52 | Scorpio |
| 5.00.3  | Arie van Tol        | 89 | 31-05-44 | Bataven |
| 5.00.5  | Gerard Vermeulen    | 95 | 27-08-48 | Voorne  |
| 5.00.6  | Dick Kroon          | 96 | 18-09-48 | AAV'36  |

|         |                 |    |          |           |
|---------|-----------------|----|----------|-----------|
| 5.53.39 | Pieter Schouten | 02 | 14-06-34 | GAC-H.    |
| 5.54.78 | Piet Baas       | 98 | 28-06-29 | Haag Atl. |

**1 mijl M50**

|         |                     |    |          |      |
|---------|---------------------|----|----------|------|
| 4.35.4  | Louis Vink          | 85 | 05-04-35 | Edam |
| 4.36.45 | John van der Wansem | 01 | 05-07-50 | LADB |
| 4.36.5  | Piet Maijor         | 82 | 30-01-32 | AAC  |

|                                |                     |    |          |             |                                    |                     |                         |
|--------------------------------|---------------------|----|----------|-------------|------------------------------------|---------------------|-------------------------|
| 4.38.7                         | Arie van Tol        | 95 | 31-05-44 | Bataven     | <b>1 mijl M75</b>                  |                     |                         |
| 4.50.1                         | Peter Vlaarkamp     | 00 | 16-11-48 | Castricum   | 6.37.87                            | Jan Verloop         | 93 10-09-17 Gen.Mich.   |
| 4.50.7                         | Klaas Ebbeling      | 82 | 26-11-31 | Suomi       |                                    |                     |                         |
|                                |                     |    |          |             | <b>2000 meter M40</b>              |                     |                         |
| 4.52.7                         | Piet van Erp        | 88 | 24-04-38 | AVV         | 5.32.9                             | John van der Wansem | 93 05-07-50 Phoenix     |
| 4.52.9                         | Kees Steijn         | 94 | 08-11-40 | Parthenon   | 5.41.12                            | Alfons van Geel     | 98 05-03-58 Achilles    |
| 4.54.5                         | Cor van Driel       | 82 | 03-06-32 | Metro       | 5.42.82                            | Henk van Eck        | 98 14-10-56 HAC         |
| 4.56.3                         | Sjoerd Sjoerds      | 82 | 12-12-31 | Atos        | 5.42.5                             | Anton Treffers      | 89 09-10-47 SAV         |
| 4.56.9                         | Nico Brakenhoff     | 95 | 14-12-44 | Castricum   | 5.44.09                            | Sander Rietveld     | 01 10-04-59 Atos        |
| 4.58.39i                       | Ton Peters          | 94 | 14-06-42 | Scorpio     | 5.45.7                             | Piet van Erp        | 80 24-04-38 AVV         |
| 4.59.0                         | Eddy Smit           | 98 | 05-06-48 | Delta Sp.   | 5.46.2                             | Zeger de Ruyter     | 92 17-01-52 Sprint      |
| 5.04.7                         | Cor van Gerven      | 82 | 18-04-31 | Vet.Ned.    | 5.46.6                             | Wim de Weerdt       | 97 19-11-55 Cialfo      |
| 5.08.9                         | Peter Bressers      | 97 | 27-08-46 | Gen. Mich.  | 5.49.8                             | René Wessel         | 96 22-11-53 Blauw Wit   |
| 5.10.8                         | Bert Kerkvliet      | 93 | 09-07-41 | De Bataven  | 5.50.60                            | Cock van der Hulst  | 02 24-01-60 Hera        |
| 5.12.1                         | Arie Verbaan        | 80 | 17-08-26 | Festina     | 5.51.51                            | Erik van Tooren     | 98 03-06-56 AAV'36      |
| 5.12.4                         | Jan Sanders         | 92 | 17-03-41 | HAC         | 5.51.7                             | Ruud Sleper         | 91 01-10-50 AV'34       |
| 5.13.5                         | Piet Baas           | 82 | 28-06-29 | V&L TC      | 5.52.2                             | Henk de Ruiter      | 89 06-04-47 DEM         |
| 5.14.1                         | Jan Elhorst         | 99 | 27-07-48 | Noordkop    | 5.52.3                             | Joop Keizer         | 81 11-06-41 Edam        |
| 5.15.3                         | Gerard Albers       | 00 | 12-11-49 | Aalsmeer    | 5.52.4                             | Frans van den Boom  | 93 26-03-52 GAC-G.      |
| 5.16.50                        | Wout Spaargaren     | 96 | 26-08-46 | Aalsmeer    | 5.52.8                             | Kees van der Put    | 97 02-05-57 PSV         |
| 5.16.6                         | Willy Pulles        | 82 | 28-11-31 | Olympia-E.  | 5.53.0                             | Jos Koniuszek       | 92 14-06-52 Sprint      |
| 5.17.8                         | Cor Holshuysen      | 87 | 16-09-32 | DES         | 5.53.10                            | Theo van Grevenhof  | 94 02-04-53 DEM         |
| 5.18.9                         | Arie Snoek          | 00 | 29-08-49 | Hera        | 5.53.8                             | Louis Vink          | 78 05-04-35 Edam        |
| 5.19.3                         | Dammes Tims         | 95 | 09-11-41 | Achilles    | 5.54.0                             | Piet Maijor         | 75 30-01-32 Vet.Ned.    |
| <b>1 mijl M55 (tot 6.00.0)</b> |                     |    |          |             | 5.56.3                             | Wim van Dijk        | 92 31-10-51 GAC-G.      |
| 4.43.9                         | Ad Heijdens         | 97 | 17-11-38 | Achilles    | 5.56.5                             | Wim Schoots         | 94 12-07-52 Blauw Wit   |
| 4.58.17                        | Rob van Kempen      | 00 | 26-03-44 | PAC         | 5.59.64                            | René van Vliet      | 96 29-10-55 Veluwe      |
| 4.59.5                         | Louis Vink          | 90 | 05-04-35 | Atos        | 6.00.3                             | Theo Haverkamp      | 01 15-10-58 PEC 1910    |
| 5.08.3                         | Arie van Tol        | 00 | 31-05-44 | Leiden      | 6.00.74                            | Nico Alberts        | 98 24-04-55 PAC         |
| 5.26.70                        | Rob Prooi           | 96 | 26-08-40 | Energie     |                                    |                     |                         |
| 5.32.7                         | Nico Ridder         | 93 | 30-06-36 | Noordkop    | <b>2000 meter M45</b>              |                     |                         |
| 5.39.6                         | Bert Kerkvliet      | 97 | 09-07-41 | Leiden      | 5.38.6                             | Louis Vink          | 80 05-04-35 Edam        |
| 5.47.07                        | Rob Keitz           | 97 | 01-12-38 | Hanze Sp.   | 5.44.6                             | John van der Wansem | 96 05-07-50 LADB        |
| 5.47.90                        | Hugo Tijsmans       | 00 | 16-11-44 | Sparta      | 5.54.71                            | Jaap Vallentgoed    | 96 20-10-46 Altis       |
| 5.56.00                        | Hans Martens        | 93 | 10-01-34 | DEM         | 5.56.1                             | Wim de Weerdt       | 01 19-11-55 Cialfo      |
| 5.56.63                        | Chris Mettrop       | 97 | 16-03-42 | Spark       | 5.59.7                             | Wim Hol             | 87 28-10-41 Slidr.Sp.   |
| 5.57.27                        | Bram Bartels        | 97 | 22-07-41 | Typhoon     | 6.00.6                             | Roel Timmers        | 92 25-12-46 Scorpio     |
| <b>1 mijl M60 (tot 6.20.0)</b> |                     |    |          |             | 6.00.8                             | Klaas Ebbeling      | 81 26-11-31 Suomi       |
| 4.54.07                        | Joop Rüter          | 93 | 19-04-33 | PAC         | 6.01.80                            | Cees Kraaijeveld    | 02 15-07-55 Cialfo      |
| 4.55.10                        | Siem Herlaar        | 93 | 28-06-29 | DEM         | 6.04.4                             | Piet Maijor         | 81 30-01-32 AAC         |
| 4.58.7                         | Willem Ravensbergen | 90 | 26-06-29 | Bataven     | 6.04.4                             | Eddy Smit           | 93 05-06-48 Delta Sp.   |
| 5.19.43                        | Wil van der Lee     | 93 | 23-10-29 | DAK         | 6.04.83                            | Gerard Hendriks     | 02 28-05-55 AV'34       |
| 5.23.6                         | Jan Verloop         | 78 | 10-09-17 | AVV         | 6.05.78                            | René Wessel         | 00 22-11-53 Phanos      |
| 5.32.82                        | Hein Zethof         | 93 | 10-08-28 | Aalsmeer    | 6.06.5                             | Peter Vlaarkamp     | 98 16-11-48 Castricum   |
| 5.36.29                        | Theo Hopman         | 93 | 12-07-29 | Trias       | 6.06.6                             | Cees Kraaijeveld    | 01 15-07-55 AV'34-A     |
| 5.41.8                         | Bert Kerkvliet      | 01 | 09-07-41 | Leiden Atl. | 6.09.43                            | Ger Kragten         | 02 15-04-55 Atos        |
| 5.43.9                         | Evert Cornelisz     | 94 | 10-05-33 | Zuidwal     | 6.11.9                             | Rien van Domburgh   | 94 19-10-47 AVN         |
| 5.46.03                        | Wim van Florestein  | 93 | 23-10-32 | PAC         | 6.11.98                            | Herman van Tongeren | 98 18-03-48 Almere      |
| 5.53.03                        | Boy van Heemstede   | 93 | 26-07-30 | Fortuna     | 6.12.6                             | Geu Siebenga        | 97 06-12-47 FIT         |
| 5.53.98                        | Henk Op den Kelder  | 93 | 16-01-32 | Vet.Ned.    | 6.17.5                             | Peter Bressers      | 98 27-08-46 Gen.Mich.   |
| 5.57.0                         | Ko Elerie           | 00 | 29-01-38 | Hanzesport  | 6.18.0                             | Theo van Grevenhof  | 98 02-04-53 DEM         |
| 5.58.70                        | Steeff Vader        | 93 | 11-10-32 | Vet.Ned.    | 6.18.2                             | Anton van Gils      | 92 26-06-47 Scorpio     |
| 6.00.80                        | Jan Stienstra       | 93 | 17-07-30 | Zaanland    | 6.18.8                             | Jan van der Steeg   | 97 26-12-51 GVAC        |
| 6.04.42                        | Rob Keitz           | 99 | 01-12-38 | Hanzesport  | 6.20.0                             | Sjoerd Sjoerds      | 81 12-12-31 Atos        |
| 6.11.24                        | Jan Runnenburg      | 93 | 06-06-32 | Suomi       | 6.20.0                             | Aad Vink            | 93 27-05-47 Energie     |
| 6.12.95                        | Ad den Boer         | 93 | 17-08-32 | PAC         | 6.20.2                             | Ed Rinia            | 97 25-05-49 Hellas      |
| 6.15.1                         | Geert van Dijk      | 97 | 31-03-36 | Vet.Ned.    | <b>2000 meter M50 (tot 6.50.0)</b> |                     |                         |
| 6.18.5                         | Gerard Broeders     | 95 | 16-03-32 | Vet.Ned.    | 5.53.24                            | John van der Wansem | 01 05-07-50 LADB        |
| <b>1 mijl M65 (tot 6.50.0)</b> |                     |    |          |             | 6.10.2                             | Piet van Erp        | 89 24-04-38 AVV         |
| 5.17.2                         | Siem Herlaar        | 95 | 28-06-29 | DEM         | 6.13.12                            | Peter Vlaarkamp     | 00 16-11-48 Castricum   |
| 5.19.5                         | Willem Ravensbergen | 94 | 26-06-29 | De Bataven  | 6.16.5                             | Robert Wijker       | 92 02-12-38 Trias       |
| 5.24.17                        | Hein Zethof         | 93 | 10-08-28 | Aalsmeer    | 6.17.5                             | Jan Baremans        | 92 20-01-41 Achilles    |
| 6.02.70                        | Hans Kamperdijk     | 93 | 10-05-25 | Vet.Ned.    | 6.20.77                            | Eddy Smit           | 02 05-06-48 Delta Sport |
| 6.20.36                        | Jan van Wees        | 93 | 08-05-28 | Vet.Ned.    | 6.21.5                             | Sjoerd Sjoerds      | 84 12-12-31 Atos        |
| <b>1 mijl M70</b>              |                     |    |          |             | 6.24.3                             | Geu Siebenga        | 98 06-12-47 FIT         |
| 5.23.58                        | Siem Herlaar        | 99 | 28-06-29 | DEM         | 6.25.72                            | Kees van der Heul   | 01 12-07-51 Avanti      |
|                                |                     |    |          |             | 6.26.4                             | Dammis Tims         | 93 09-11-41 Parthenon   |

|                                    |                       |    |          |             |                                     |                     |    |          |            |
|------------------------------------|-----------------------|----|----------|-------------|-------------------------------------|---------------------|----|----------|------------|
| 6.30.8                             | Nico Brakenhoff       | 97 | 14-12-44 | Castricum   | 9.08.7                              | Roel Timmers        | 92 | 25-12-46 | Scorpio    |
| 6.37.9                             | Cees Voeten           | 96 | 28-02-44 | Thor        | 9.09.19                             | Rob van Zanten      | 02 | 28-09-56 | Fortuna    |
| 6.44.2                             | Hugo Tijmsmans        | 96 | 16-11-44 | Sparta      | 9.09.6                              | Uulke Bouma         | 84 | 10-08-38 | Vet.Ned.   |
| 6.44.3                             | Gerard Nouwens        | 97 | 15-11-45 | AVV         | 9.10.3                              | Jan van den Bosch   | 87 | 27-07-41 | Weert      |
| 6.47.4                             | Jan Ranzij            | 94 | 17-08-44 | Noordkop    | 9.10.4                              | Wim van Heeswijk    | 91 | 01-12-42 | DAK        |
| 6.48.13                            | Jac Beekers           | 98 | 28-01-46 | Achilles    | 9.11.7                              | Peter Vlaarkamp     | 94 | 16-11-48 | Castricum  |
| 6.49.2                             | Gerard Albers         | 00 | 12-11-49 | Aalsmeer    | 9.12.06                             | Henk van Eck        | 02 | 14-10-56 | GAC-G.     |
| 6.49.90                            | Mustapha Elorche      | 98 | 21-01-46 | Leiden Atl. | 9.12.6                              | Anton Treffers      | 93 | 09-10-47 | SAV        |
|                                    |                       |    |          |             | 9.13.8                              | Jaap Vallentgoed    | 93 | 20-10-46 | Altis      |
|                                    |                       |    |          |             | 9.13.9                              | Dave Gibson         | 88 | 27-08-42 | ASRC       |
| <b>2000 meter M55 (tot 7.15.0)</b> |                       |    |          |             |                                     |                     |    |          |            |
| 6.13.07                            | Ad Heijdens           | 97 | 17-11-38 | Achilles    | <b>3000 meter M50</b>               |                     |    |          |            |
| 6.42.2                             | Louis Vink            | 94 | 05-04-35 | Atos        | 8.57.15                             | John van der Wansem | 01 | 05-07-50 | LADB       |
| 7.06.7                             | Jan Witsenboer        | 99 | 29-01-44 | Cialfo      | 9.00.4                              | Ad Heijdens         | 90 | 17-11-38 | Achilles   |
| 7.07.7                             | Nico Ridder           | 93 | 30-06-36 | Noordkop    | 9.11.8                              | Victor Maliy        | 01 | 28-10-50 | Haag Atl.  |
| 7.13.72                            | Bram Bartels          | 97 | 22-07-41 | Typhoon     | 9.12.3                              | Louis Vink          | 86 | 05-04-35 | Atos       |
|                                    |                       |    |          |             | 9.13.6                              | Piet van Erp        | 88 | 24-04-38 | AVV        |
| <b>2000 meter M60 (tot 7.50.0)</b> |                       |    |          |             |                                     |                     |    |          |            |
| 6.32.4                             | Siem Herlaar          | 94 | 28-06-29 | DEM         | 9.16.9                              | Piet Maijor         | 82 | 30-01-32 | AAC        |
| 6.42.9                             | Felix Florijn         | 94 | 22-02-34 | DEM         | 9.22.93                             | Jaap Vallentgoed    | 98 | 20-10-46 | Altis      |
| 6.49.8                             | Willem Ravensbergen   | 94 | 26-06-29 | De Bataven  | 9.25.1                              | Herman Kromhout     | 98 | 05-02-46 | Haag Atl.  |
| 7.11.2                             | Sjoerd Sjoerds        | 92 | 12-12-31 | Atos        | 9.25.5                              | Kees Steijn         | 94 | 08-11-40 | Parthenon  |
| 7.22.2                             | Bert Kerkvliet        | 01 | 09-07-41 | Leiden Atl. | 9.25.7                              | Roel Timmers        | 99 | 25-12-46 | Scorpio    |
| 7.46.14                            | Rob Keitz             | 00 | 01-12-38 | Hanzesport  |                                     |                     |    |          |            |
| <b>2000 meter M70</b>              |                       |    |          |             |                                     |                     |    |          |            |
| 8.06.1                             | Jan Verloop           | 91 | 10-09-17 | Gen.Mich.   | 9.26.3                              | Willem Ravensbergen | 84 | 26-06-29 | De Bataven |
|                                    |                       |    |          |             | 9.26.6                              | Jan Baremans        | 91 | 20-01-41 | Achilles   |
|                                    |                       |    |          |             | 9.26.9                              | Klaas Ebbeling      | 82 | 26-11-31 | Suomi      |
| <b>3000 meter M40</b>              |                       |    |          |             |                                     |                     |    |          |            |
| 8.14.9                             | Rien van der Wilt     | 91 | 06-08-49 | Clytoneus   | 9.28.54                             | Ton van Doorn       | 01 | 02-08-51 | Phanos     |
| 8.15.5                             | John van der Wansem   | 90 | 05-07-50 | Phoenix     | 9.30.0                              | Rob van Kempen      | 94 | 26-03-44 | PAC        |
| 8.24.1                             | Bram Wassenaar        | 84 | 30-03-44 | De Bataven  | 9.32.1                              | Peter Vlaarkamp     | 99 | 16-11-48 | Castricum  |
| 8.29.04                            | Sip Stal              | 94 | 17-05-54 | Hellas      | 9.34.50                             | Ad Tierie           | 96 | 26-11-45 | Dynamo'70  |
| 8.39.3                             | Piet v.d. Poel        | 91 | 06-11-50 | Spartaan    | 9.34.65                             | Uulke Bouma         | 88 | 10-08-38 | Vet.Ned.   |
|                                    |                       |    |          |             | 9.37.2                              | Jan Cammaraat       | 02 | 12-05-51 | Vet.Ned.   |
| 8.43.2                             | Henk van Velzen       | 94 | 16-09-52 | Bataven     | 9.38.0                              | Teun Leeuwewink     | 85 | 22-04-35 | Hera       |
| 8.43.42                            | Bert Streumer         | 89 | 07-11-45 | Hellas      |                                     |                     |    |          |            |
| 8.44.2                             | Dick ten Bruggencate  | 92 | 30-04-52 | Trias       | 9.38.6                              | Cor van Driel       | 82 | 03-06-32 | Metro      |
| 8.44.49                            | Cees Kraaijeveld      | 96 | 15-07-55 | AV'34-A.    | 9.38.8                              | Martin Smeets       | 91 | 24-07-41 | Kimbria    |
| 8.44.86                            | Cees van Dommele      | 91 | 15-09-49 | Haarlem     | 9.39.2                              | Sjoerd Sjoerds      | 83 | 12-12-31 | Atos       |
|                                    |                       |    |          |             | 9.40.16                             | Joop de Gooyer      | 90 | 14-01-40 | Suomi      |
| 8.46.1                             | Rob ter Poorten       | 82 | 05-02-39 | Hollandia   | 9.41.1                              | Bram Klinkenberg    | 91 | 23-05-40 | Parthenon  |
| 8.46.3                             | Louis Vink            | 79 | 05-04-35 | Edam        | 9.41.16                             | Bert Streumer       | 96 | 07-11-45 | Hellas     |
| 8.47.3                             | Martien v.d. Hoorn    | 94 | 18-03-53 | Holland-L.  |                                     |                     |    |          |            |
| 8.47.6                             | Piet van Erp          | 80 | 24-04-38 | AVV         | <b>3000 meter M55 (tot 10.30.0)</b> |                     |    |          |            |
| 8.47.7                             | Piet Vonck            | 91 | 02-04-47 | RKHAV       | 9.09.1                              | Ad Heijdens         | 94 | 17-11-38 | Achilles   |
|                                    |                       |    |          |             | 9.29.6                              | Willem Ravensbergen | 84 | 26-06-29 | De Bataven |
| 8.49.0                             | Jan Honcoop           | 86 | 26-03-43 | Hellas      | 9.43.3                              | Siem Herlaar        | 89 | 28-06-29 | DEM        |
| 8.49.0                             | Jan Zwarthoed         | 86 | 01-07-45 | Edam        | 9.57.0                              | Louis Vink          | 90 | 05-04-35 | Atos       |
| 8.49.2                             | Nico van Stralen      | 84 | 11-10-42 | Hera        | 9.57.1                              | Sjef Senden         | 87 | 29-01-32 | Ach.-Top   |
| 8.49.3                             | Piet Deelstra         | 82 | 21-08-40 | Lionitas    |                                     |                     |    |          |            |
| 8.49.66                            | Tim Brouwer de Koning | 01 | 12-03-61 | Leiden Atl. | 10.03.1                             | Felix Florijn       | 91 | 22-02-34 | DEM        |
|                                    |                       |    |          |             | 10.05.7                             | Rien Oele           | 00 | 25-01-45 | Fortuna    |
| 8.50.4                             | Jan Zijderlaan        | 82 | 20-11-40 | Avantri     | 10.09.15                            | Giel Koorn          | 96 | 18-04-40 | Blauw Wit  |
| 8.50.6                             | Ton van Doorn         | 96 | 02-08-51 | Haarlem     | 10.11.34                            | Sjef Budzijn        | 99 | 15-06-43 | Unitas     |
| 8.51.9                             | Erik van Tooren       | 96 | 03-06-56 | AAV'36      | 10.12.7                             | Sjoerd Sjoerds      | 87 | 12-12-31 | Atos       |
| 8.52.6                             | Steeff Kijne          | 90 | 31-05-49 | AVR         |                                     |                     |    |          |            |
| 8.52.84                            | Alfons van Geel       | 99 | 05-03-58 | Achilles    | 10.13.3                             | Piet Baas           | 84 | 28-06-29 | V&L TC     |
| <b>3000 meter M45</b>              |                       |    |          |             |                                     |                     |    |          |            |
| 8.42.8                             | John van der Wansem   | 95 | 05-07-50 | LADB        | 10.14.01                            | Teun Leeuwewink     | 90 | 23-04-35 | Hera       |
| 8.45.5                             | Louis Vink            | 80 | 05-04-35 | Edam        | 10.15.0                             | Hans van der Kooij  | 96 | 21-05-39 | Haag Atl.  |
| 8.50.1                             | Bert Streumer         | 91 | 07-11-45 | Hellas      | 10.15.90                            | Tjeerd Doornbos     | 99 | 21-05-41 | GVAV       |
| 8.50.6                             | Piet Maijor           | 77 | 30-01-32 | AAC         | 10.17.6                             | Pim v.d. Lek        | 92 | 20-01-37 | Vet.Ned.   |
| 8.54.6                             | Victor Maliy          | 96 | 28-10-50 | Haag Atl.   |                                     |                     |    |          |            |
|                                    |                       |    |          |             | 10.19.8                             | Mart van Marrewijk  | 96 | 19-02-41 | Olymp'70   |
| 8.56.3                             | Piet van Erp          | 84 | 24-04-38 | AVV         | 10.21.4                             | Leo van Koppen      | 97 | 31-10-41 | Olymp'70   |
| 8.57.3                             | Bram Wassenaar        | 89 | 30-03-44 | Bataven     | 10.24.4                             | Joop de Gooijer     | 95 | 14-01-40 | Suomi      |
| 8.57.4                             | Henk van Velzen       | 98 | 16-09-52 | Leiden      | <b>3000 meter M60</b>               |                     |    |          |            |
| 9.03.8                             | Rob van Kempen        | 90 | 26-03-44 | PAC         | 9.29.47                             | Ad Heijdens         | 00 | 17-11-38 | Achilles   |
| 9.05.84                            | Cees Kraaijeveld      | 02 | 15-07-55 | Cialfo      | 9.36.5                              | Siem Herlaar        | 90 | 28-06-29 | DEM        |
|                                    |                       |    |          |             | 9.39.5                              | Willem Ravensbergen | 90 | 26-06-29 | De Bataven |
| 9.05.94                            | Ton van Doorn         | 96 | 02-08-51 | Haarlem     | 9.58.7                              | Joop Kloos          | 82 | 19-09-20 | Vet.Ned.   |
| 9.06.87                            | Theo van der Veer     | 01 | 17-10-54 | Climax      | 10.36.9                             | Hein Zethof         | 89 | 10-08-28 | AVA'64     |
| 9.07.1                             | Jan Baremans          | 86 | 20-01-41 | Achilles    |                                     |                     |    |          |            |
| 9.07.90                            | Wim de Weerdt         | 02 | 19-11-55 | Cialfo      | 10.39.9                             | Louis Vink          | 95 | 05-04-35 | Atos       |
| 9.08.5                             | Ad Heijdens           | 88 | 17-11-38 | Achilles    | 10.40.4                             | Jan Verloop         | 78 | 10-09-17 | AVV        |
|                                    |                       |    |          |             | 10.59.1                             | Gert van Gameren    | 86 | 03-05-25 | Vet.Ned.   |
|                                    |                       |    |          |             | 11.00.2                             | Karel Leeuwangh     | 99 | 28-01-39 | Fortuna    |
|                                    |                       |    |          |             | 11.00.6                             | Sjoerd Sjoerds      | 92 | 12-12-31 | Atos       |

|                                     |                      |    |          |             |                       |                      |    |          |             |
|-------------------------------------|----------------------|----|----------|-------------|-----------------------|----------------------|----|----------|-------------|
| 11.00.7                             | Rinus Joosse         | 00 | 01-08-39 | AV'56       | 15.30.52              | Wim de Weerd         | 01 | 19-11-55 | Cialfo      |
| 11.02.92                            | Hans Hoogland        | 99 | 18-12-38 | Hera        | 15.32.59              | Theo van der Veer    | 01 | 17-10-54 | Climax      |
| 11.11.71                            | Bram Lindhout        | 92 | 19-06-29 | Antilope    | 15.34.5               | Piet van Erp         | 83 | 24-04-38 | AVV         |
| 11.15.06                            | Sjef Senden          | 94 | 29-01-32 | Ach.-Top    |                       |                      |    |          |             |
| 11.15.3                             | Frans van Veen       | 96 | 31-07-34 | Haag Atl.   | 15.37.1               | Ad Heijdens          | 86 | 17-11-38 | Achilles    |
|                                     |                      |    |          |             | 15.38.0               | Jan Pulles           | 81 | 16-02-36 | AVV         |
| 11.16.70                            | Hans Martens         | 97 | 10-01-34 | Vet. Ned.   | 15.38.99              | Jan Cammeraat        | 99 | 12-05-51 | Ilion       |
| 11.20.9                             | Henk Groenewegen     | 96 | 20-01-35 | Olymp'70    | 15.40.3               | Frits Boudewijn      | 91 | 03-09-44 | Haag Atl.   |
| 11.21.1                             | Cor Holshuysen       | 94 | 16-09-32 | DES         | 15.42.1               | Rob ter Poorten      | 85 | 05-02-39 | Hollandia   |
| 11.24.6                             | Ton Oude Nijhuis     | 00 | 02-06-39 | Sparta      |                       |                      |    |          |             |
| 11.24.9                             | Camiel v.d. Broek    | 97 | 16-01-37 | HAC-H.      | 15.42.1               | Jan Baremans         | 86 | 20-01-41 | Achilles    |
|                                     |                      |    |          |             | 15.42.5               | Wim Roelofs          | 85 | 12-11-38 | Zaanland    |
| 11.26.40                            | Peter Keizer         | 01 | 04-10-40 | Atos        | 15.43.76              | Cees Kraaijeveld     | 01 | 15-07-55 | AV'34-A.    |
| 11.26.61                            | Arno Last            | 00 | 26-04-40 | Ach.-Top    | 15.44.46              | Gerard Hendriks      | 01 | 28-05-55 | AV'34-A.    |
| 11.26.7                             | Joop Snoep           | 85 | 30-06-25 | AVR         | 15.45.46              | Steeff Kijne         | 94 | 31-05-49 | R'dam Atl.  |
| 11.27.7                             | Frits Fischer        | 98 | 17-01-38 | STB         |                       |                      |    |          |             |
| 11.29.1                             | Bram de Jong         | 90 | 22-10-29 | Fortuna     | 15.45.9               | Koos Verhoeven       | 85 | 20-06-40 | De Bataven  |
|                                     |                      |    |          |             | 15.46.0               | Rom Jansen           | 82 | 30-07-36 | Thor        |
|                                     |                      |    |          |             | 15.46.18              | Johan Kijne          | 92 | 27-03-47 | ROVS        |
|                                     |                      |    |          |             | 15.46.49              | Jan de Lange         | 97 | 29-12-51 | Start'78    |
|                                     |                      |    |          |             | 15.47.6               | Roel Timmers         | 92 | 25-12-46 | Scorpio     |
|                                     |                      |    |          |             | 15.47.6               | Peter Vlaarkamp      | 94 | 16-11-48 | Castricum   |
| <b>3000 meter M65 (tot 13.00.0)</b> |                      |    |          |             | <b>5000 meter M50</b> |                      |    |          |             |
| 9.49.5                              | Siem Herlaar         | 94 | 28-06-29 | DEM         | 15.20.35              | John van der Wansem  | 01 | 05-07-50 | LADB        |
| 10.11.6                             | Willem Ravensbergen  | 94 | 26-06-29 | De Bataven  | 15.32.93              | Ad Heijdens          | 90 | 17-11-38 | Achilles    |
| 11.37.7                             | Jan Verloop          | 84 | 10-09-17 | Vet. Ned.   | 15.46.97              | Victor Maliy         | 01 | 28-10-50 | Haag Atl.   |
| 11.54.01                            | Hans Martens         | 99 | 10-01-34 | Vet. Ned.   | 15.48.7               | Louis Vink           | 86 | 05-04-35 | Atos        |
| 12.36.87                            | Cor Hardenbol        | 96 | 18-01-30 | Parthenon   | 15.49.01              | Jaap Vallentgoed     | 97 | 20-10-46 | Altis       |
| 12.50.2                             | Hans Schrok          | 86 | 20-01-21 | V&L TC      |                       |                      |    |          |             |
|                                     |                      |    |          |             | 16.04.2               | Rob ter Poorten      | 89 | 05-02-39 | SAV         |
| <b>3000 meter M70 (tot 15.00.0)</b> |                      |    |          |             | 16.10.4               | Jan Baremans         | 92 | 20-01-41 | Achilles    |
| 10.42.40                            | Siem Herlaar         | 99 | 28-06-29 | DEM         | 16.12.5               | Ton van Doorn        | 01 | 02-08-51 | Phanos      |
| 12.45.91                            | Hein Zethof          | 99 | 10-08-28 | Aalsmeer    | 16.14.2               | Roel Timmers         | 99 | 25-12-46 | Scorpio     |
| 13.40.0                             | Piet Baas            | 00 | 28-06-29 | Haag Atl.   | 16.26.75              | Victor Zonneveld     | 91 | 28-03-41 | De Spartaan |
| 13.43.28                            | Hans Kamperdijk      | 99 | 10-05-25 | Vet. Ned.   |                       |                      |    |          |             |
| 13.59.8                             | Wim Schild           | 97 | 04-01-26 | Antilope    | 16.27.6               | Piet van Erp         | 88 | 24-04-38 | AVV         |
| 14.20.4                             | Douwe Kleefstra      | 80 | 24-02-07 | Lionitas    | 16.28.0               | Klaas Ebbeling       | 82 | 26-11-31 | Suomi       |
|                                     |                      |    |          |             | 16.29.88              | Tjeerd Doornbos      | 92 | 21-05-41 | GVAV        |
| <b>3000 meter M75</b>               |                      |    |          |             | 16.31.6               | Arie Verbaan         | 77 | 17-08-26 | Festina     |
| 15.03.46                            | Wim Schild           | 01 | 04-01-26 | Antilope    | 16.34.4               | Bert Streumer        | 99 | 07-11-45 | Hellas      |
|                                     |                      |    |          |             |                       |                      |    |          |             |
| <b>3000 meter M80</b>               |                      |    |          |             | 16.36.6               | Peter Vlaarkamp      | 99 | 16-11-48 | Castricum   |
| 16.20.01                            | Jan Verloop          | 01 | 10-09-17 | Gen. Mich.  | 16.36.9               | Martin Smeets        | 91 | 24-07-41 | Kimbria     |
|                                     |                      |    |          |             | 16.36.9               | Jan Cammeraat        | 02 | 12-05-51 | Vet. Ned.   |
| <b>5000 meter M40</b>               |                      |    |          |             | 16.38.0               | Theo Hopman          | 81 | 12-07-29 | Trias       |
| 14.20.54                            | Rien van der Wilt    | 90 | 06-08-49 | Clytoneus   | 16.40.0               | Gerrit Kramer        | 88 | 03-07-37 | AVR         |
| 14.21.6                             | John van der Wansem  | 90 | 05-07-50 | Phoenix     |                       |                      |    |          |             |
| 14.47.7                             | Piet Vonck           | 89 | 02-04-47 | RKHAV       | 16.41.27              | Geu Siebenga         | 98 | 06-12-47 | FIT         |
| 14.48.8                             | Sip Stal             | 94 | 17-05-54 | Hellas      | 16.41.86              | Dick ten Bruggencate | 02 | 30-04-52 | Trias       |
| 14.53.6                             | Dick ten Bruggencate | 93 | 30-04-52 | Trias       | 16.42.9               | Sjef Senden          | 82 | 09-01-32 | Ach.-Top    |
|                                     |                      |    |          |             | 16.43.93              | Jan v.d. Bosch       | 93 | 27-07-41 | Weert       |
| 14.54.0                             | Dirk de Bruyn        | 78 | 25-04-36 | AVR         | 16.44.2               | Hans van der Kooij   | 90 | 21-05-39 | V&L TC      |
| 14.55.62                            | Cees Kraaijeveld     | 96 | 15-07-55 | AV'34-A.    |                       |                      |    |          |             |
| 14.56.27                            | Henk van Velzen      | 94 | 16-09-52 | De Bataven  | <b>5000 meter M55</b> |                      |    |          |             |
| 14.57.0                             | Bram Wassenaar       | 86 | 30-03-44 | De Bataven  | 15.56.33              | Ad Heijdens          | 97 | 17-11-38 | Achilles    |
| 14.57.21                            | Cees van Dommele     | 91 | 15-09-49 | Haarlem     | 16.16.2               | Willem Ravensbergen  | 85 | 26-06-29 | De Bataven  |
|                                     |                      |    |          |             | 16.44.20              | Joop Rüter           | 91 | 19-04-33 | PAC         |
| 15.00.1                             | Henk Tiebosch        | 86 | 06-06-46 | HAC         | 16.57.7               | Siem Herlaar         | 89 | 20-06-29 | DEM         |
| 15.02.5                             | Rob ter Poorten      | 83 | 05-02-39 | Hollandia   | 17.08.86              | Cees Steijn          | 97 | 08-11-40 | Parthenon   |
| 15.03.65                            | Hans van Wegen       | 95 | 30-03-54 | Altis       |                       |                      |    |          |             |
| 15.04.8                             | Jan Honcoop          | 83 | 26-03-43 | Hellas      | 17.12.5               | Arie Verbaan         | 81 | 17-08-26 | Festina     |
| 15.06.09                            | Piet Deelstra        | 80 | 21-08-40 | Lionitas    | 17.13.7               | Sjef Senden          | 87 | 29-01-32 | Ach.-Top    |
|                                     |                      |    |          |             | 17.14.95              | Hans van der Kooij   | 94 | 21-05-39 | Haag Atl.   |
| 15.07.01                            | Cees de Munck        | 95 | 10-10-53 | Ilion       | 17.23.0               | Pim v.d. Lek         | 92 | 20-01-37 | Vet. Ned.   |
| 15.08.37                            | Piet v.d. Poel       | 91 | 06-11-50 | De Spartaan | 17.23.46              | Sjef Budzijn         | 99 | 15-06-43 | Unitas      |
| 15.08.4                             | Martien v.d. Hoorn   | 94 | 18-03-53 | Holland-L.  |                       |                      |    |          |             |
| 15.08.6                             | Jan Pulles           | 79 | 16-02-36 | AVV         | 17.35.43              | Frans Goudart        | 98 | 06-10-41 | De Liemers  |
| 15.09.0                             | Mauricio Gonzalez    | 01 | 16-10-60 | Dynamica    | 17.35.7               | Piet Baas            | 84 | 28-06-29 | V&L TC      |
|                                     |                      |    |          |             | 17.35.9               | Tjeerd Doornbos      | 99 | 21-05-41 | GVAV        |
| 15.09.8                             | Louis Vink           | 75 | 05-04-35 | Edam        | 17.35.98              | Rien Oele            | 00 | 25-01-45 | Fortuna     |
| 15.10.23                            | Ruud Onland          | 97 | 17-01-55 | LAAC        | 17.39.05              | Ton Deumens          | 94 | 19-07-39 | Ach.-Top    |
| 15.11.67                            | Bert Streumer        | 90 | 07-11-45 | Hellas      |                       |                      |    |          |             |
| 15.12.0                             | Klaas de Ruiters     | 77 | 09-09-34 | AV'34-A.    | 17.41.1               | Mart van Marrewijk   | 96 | 19-02-41 | Olymp'70    |
| 15.12.7                             | Steeff Kijne         | 89 | 31-05-49 | AVR         | 17.41.3               | Arnold Wisman        | 82 | 06-10-25 | FIT         |
|                                     |                      |    |          |             | 17.42.4               | Jan Stienstra        | 86 | 17-07-30 | Zaanland    |
| <b>5000 meter M45</b>               |                      |    |          |             | 17.46.7               | Louis Vink           | 91 | 05-04-45 | Atos        |
| 14.57.6                             | John van der Wansem  | 95 | 05-07-50 | LADB        | 17.48.3               | Teun Leeuwerink      | 90 | 23-04-35 | Hera        |
| 15.10.93                            | Bert Streumer        | 91 | 07-11-45 | Hellas      |                       |                      |    |          |             |
| 15.12.5                             | Rien van der Wilt    | 95 | 06-08-49 | Clytoneus   |                       |                      |    |          |             |
| 15.17.4                             | Victor Maliy         | 96 | 28-10-50 | Haag Atl.   |                       |                      |    |          |             |
| 15.23.60                            | Ton van Doorn        | 96 | 02-08-51 | Haarlem     |                       |                      |    |          |             |
|                                     |                      |    |          |             |                       |                      |    |          |             |
| 15.26.41                            | Jaap Vallentgoed     | 93 | 20-10-46 | Altis       |                       |                      |    |          |             |
| 15.30.29                            | Henk van Velzen      | 98 | 16-09-52 | Leiden      |                       |                      |    |          |             |

**5000 meter M60**

16.12.57 Ad Heijdens  
 16.31.2 Willem Ravensbergen  
 16.39.7 Siem Herlaar  
 17.17.3 Joop Kloos  
 18.00.16 Hein Zethof

99 17-11-38 Achilles  
 89 26-06-29 Bataven  
 90 28-06-29 DEM  
 82 19-09-20 Vet. Ned.  
 92 10-08-28 Aalsmeer

31.55.8 Dirk de Bruyn  
 31.56.9 Ad Tierie  
 31.57.2 Wim Roelofs  
 32.04.4 Victor Maliy  
 32.05.9 Henk van Velzen  
 32.06.8 Bert Streumer  
 32.09.1 Jan Ooljen

76 25-04-36 AVR  
 86 26-11-45 Dynamo'70  
 80 12-11-38 Zaanland  
 95 28-10-50 Haag Atl.  
 88 21-02-48 Altis  
 89 07-11-45 Hellas  
 88 21-06-47 GAC-H.

18.05.8 Jan Verloop  
 18.09.06 Gerrit Kramer  
 18.22.1 Teun Leeuwerink  
 18.22.3 Gert van Gameren  
 18.28.45 Theo Hopman

78 10-09-17 AVV  
 97 03-07-37 R'dam Atl.  
 96 22-04-35 Hera  
 86 03-05-25 Vet. Ned.  
 92 12-07-29 Trias

32.10.1 Rom Jansen  
 32.13.1 Wil Kortenray  
 32.13.3 Jan Cammeraat  
 32.15.2 Jan van den Bosch  
 32.18.2 Marius de Snayer

76 20-07-36 Thor  
 80 07-11-39 Kimbria  
 95 12-05-51 Ilion  
 82 27-07-41 Weert  
 84 12-09-42 Fortuna

18.31.22 Louis Vink  
 18.34.89 Frans Goudart  
 18.35.8 Felix Florijn  
 18.45.4 Piet Baas  
 18.52.5 Karel Leeuwangh

95 05-04-35 Atos  
 02 06-10-41 De Liemers  
 95 22-02-34 DEM  
 89 28-06-29 V&L TC  
 99 28-01-39 Fortuna

**10.000 meter M45**

31.19.2 John van der Wansem  
 31.33.1 Victor Maliy  
 32.24.29 Bert Streumer  
 32.38.7 Wim van Heeswijk  
 32.45.9 Jan Pulles

96 05-07-50 LADB  
 96 28-10-50 Haag Atl.  
 91 07-11-45 Hellas  
 88 01-12-42 DAK  
 81 16-02-36 AVV

18.56.7 Henk Groenewegen  
 19.01.2 Sjoerd Sjoerds  
 19.02.00 Niek Tromp  
 19.08.0 Arie Pepermans  
 19.08.5 Cees de Neijls

95 20-01-35 Olymp'70  
 92 12-12-31 Atos  
 99 26-03-38 Trias  
 89 18-06-29 Edam  
 97 08-02-37 Vet. Ned.

32.48.0 Louis Vink  
 32.50.0 Rom Jansen  
 32.57.1 Ad Heijdens  
 32.57.23 Jaap Vallentgoed  
 33.11.7 Koos Verhoeven

81 05-04-35 Edam  
 83 20-07-36 Thor  
 86 17-11-38 Achilles  
 93 20-10-46 Altis  
 85 20-06-40 De Bataven

19.13.05 Simon Baay  
 19.13.31 Pim van der Lek  
 19.13.5 Theo Evers  
 19.15.4 Bram Lindhout  
 19.16.88 Peter Keizer

98 06-01-38 Papendr.  
 00 20-01-37 Vet. Ned.  
 96 09-10-35 AVV  
 92 19-06-29 Antilope  
 01 04-10-40 Atos

33.14.0 Wim Hol  
 33.14.8 Wim de Weerdt  
 33.16.0 Henk van Velzen  
 33.16.3 Jan van den Bosch  
 33.32.68 Jeu Gielen

87 28-10-41 Sliedr. Sp.  
 02 19-11-55 Cialfo  
 98 16-09-52 Leiden  
 88 27-07-41 Weert  
 93 02-09-47 Scopias

**5000 meter M65 (tot 22.30.0)**

17.30.22 Siem Herlaar  
 17.52.3 Willem Ravensbergen  
 18.22.9 Hein Zethof  
 18.32.6 Jan Verloop  
 19.24.2 Gert van Gameren

95 28-06-29 DEM  
 94 26-06-29 De Bataven  
 93 10-08-28 Aalsmeer  
 82 10-09-17 Vet. Ned.  
 90 03-05-25 Vet. Ned.

33.35.5 Martin Smeets  
 33.41.4 Klaas Ebbeling  
 33.44.0 Bert Geelmuiden  
 33.50.0 Piet van Erp  
 33.51.8 Piet Maijor

90 24-07-41 Kimbria  
 81 26-11-31 Suomi  
 91 16-02-46 Triathlon  
 85 24-04-38 AVV  
 77 30-01-32 AAC

19.37.38 Hans Kamperdijk  
 21.33.61 Sjef Senden  
 21.49.1 Bram de Jong  
 22.27.3 Bas de Pee  
 22.27.5 Guus Metzmakers

90 10-05-25 Startbaan  
 99 29-01-32 Achilles-Top  
 95 22-10-29 Fortuna  
 87 17-08-22 Hercules  
 92 02-06-27 Slidrecht

33.56.4 Rob ter Poorten  
 34.02.0 Wim Kaljouw  
 34.04.4 Jaap Lambalk  
 34.07.6 Jan Baremans  
 34.09.7 Herman Kromhout

88 05-02-39 SAV  
 88 20-03-39 Dynamo'70  
 88 27-11-39 Atos  
 88 20-01-41 Achilles  
 91 05-02-46 Haag Atl.

**5000 meter M70 (tot 26.00)**

18.57.04 Siem Herlaar  
 20.51.12 Jan Verloop  
 21.55.8 Wim Mastenbroek  
 21.57.91 Hans Kamperdijk  
 23.54.5 Douwe Kleefstra

99 28-06-29 DEM  
 90 10-09-17 Gen. Mich.  
 99 16-06-27 Fortuna  
 95 10-05-25 Vet. Ned.  
 78 24-02-07 Vet. Ned.

**10.000 meter M50**

32.17.58 Victor Maliy  
 32.37.8 John van der Wansem  
 32.43.2 Louis Vink  
 32.54.83 Ad Heijdens  
 34.03.2 Willem Ravensbergen

01 28-10-50 Haag Atl.  
 01 05-07-50 LADB  
 85 05-04-35 Edam  
 91 17-11-38 Achilles  
 84 26-06-29 De Bataven

23.59.65 Wim Schild  
 24.04.3 Cor Hardenbol  
 25.27.40 Tjaart Raatsveld

99 04-01-26 Antilope  
 00 18-01-30 Parthenon  
 99 12-12-28 Horror

34.16.2 Martin Smeets  
 34.24.8 Jo Verlinden  
 34.31.0 Jan Baremans  
 34.38.42 Tjeerd Doornbos  
 34.45.6 Sjef Senden

91 24-07-41 Kimbria  
 82 24-02-32 Venray  
 91 20-01-41 Achilles  
 94 21-05-41 GVAV  
 82 09-01-32 Ach.-Top

**5000 meter M75**

22.18.06 Jan Verloop  
 25.36.9 Douwe Kleefstra  
 28.06.4 Henk Kager

93 10-09-17 Gen. Mich.  
 82 24-02-07 Vet. Ned.  
 99 04-05-23 Veluwe

34.53.7 Tinie de Baat  
 35.02.0 Theo Hopman  
 35.03.9 Cor van Driel  
 35.04.5 Arie Verbaan  
 35.12.2 Joop de Gooyer

85 24-02-35 Thor  
 81 12-07-29 Trias  
 82 03-06-32 Metro  
 79 07-08-26 Festina  
 90 14-01-40 Suomi

**5000 meter M80**

25.51.48 Jan Verloop  
 29.51.3 Douwe Kleefstra

98 10-09-17 Gen. Mich.  
 91 24-02-07 Vet. Ned.

**10.000 meter M40**

29.57.69 Rien van der Wilt  
 30.07.64 John van der Wansem  
 30.17.4 Piet Deelstra  
 30.40.2 Bram Wassenaar  
 30.52.8 Cees van Dommele

90 06-08-49 Clytoneus  
 90 05-07-50 Phoenix  
 80 21-08-40 Lionitas  
 85 30-03-44 De Bataven  
 91 15-09-49 Haarlem

35.19.5 Bertus Pappot  
 35.20.7 Klaas Ebbeling  
 35.22.5 Piet van Erp  
 35.32.4 Rien Oele  
 35.41.2 Freek Boers

80 03-01-30 PEC  
 84 26-11-31 Suomi  
 89 24-04-38 AVV  
 98 25-01-45 Fortuna  
 96 05-02-46 Thor

31.17.34 Cees Kraaijeveld  
 31.21.0 Rob ter Poorten  
 31.32.3 Ruud Onland  
 31.45.4 Louis Vink  
 31.47.6 Jan Pulles

96 15-07-55 AV'34-A.  
 80 05-02-39 SAV  
 95 17-01-55 Ilion  
 76 05-04-35 Edam  
 79 16-02-36 AVV

35.45.20 Rom Jansen  
 35.41.3 Bram Klinkenberg  
 35.45.5 Hans van der Kooij  
 35.51.33 Ton Deumens  
 35.53.0 Mart van Marrewijk

86 20-07-36 Groene Ster  
 90 23-05-40 Parthenon  
 90 21-05-39 V&L TC  
 92 19-07-39 Ach.-Top  
 94 19-02-41 Olympus'70

31.49.7 Cees de Munck  
 31.52.6 Wim Sterrenburg  
 31.53.0 Piet van Alphen

95 10-10-53 Ilion  
 96 21-05-55 Parthenon  
 75 16-08-30 AAC

**10.000 meter M55 (tot 39.00.0)**

34.22.69 Willem Ravensbergen  
 35.47.7 Rien Oele  
 36.01.2 Siem Herlaar  
 36.36.3 Arie Verbaan  
 36.56.0 Sjef Senden

37.15.9 Nico Ridder  
 37.40.0 Sjoerd Sjoerds  
 37.45.0 Arnold Wisman  
 37.47.0 Jeu Kremers  
 37.50.2 George Klomp

38.09.0 Gert van Gameren  
 38.33.87 Arno Last  
 38.50.3 Peter Keizer  
 38.51.0 Camiel v.d. Broek  
 38.53.8 Sjeng Overhof  
 38.54.3 Henk Schaap

**10.000 meter M60 (tot 42.30.0)**

34.33.2 Willem Ravensbergen  
 35.03.93 Siem Herlaar  
 35.31.3 Joop Kloos  
 37.37.0 Jan Verloop  
 37.58.0 Hein Zethof

38.06.8 Louis Vink  
 38.07.0 George Klomp  
 38.16.68 Theo Hopman  
 38.42.0 Gert van Gameren  
 39.11.03 Sjef Senden

39.34.4 Karel Leeuwangh  
 39.50.0 Jan Stienstra  
 40.16.9 Bram Lindhout  
 40.19.5 Joop Snoep  
 40.36.72 Camiel v.d. Broek

40.54.7 Bert Kerkvliet  
 41.24.2 M. v.d. Velden  
 41.39.2 Wim van Beek  
 41.46.00 Arno Last  
 41.50.9 Gerrit Broeders

42.10.3 Hans Abraas  
 42.24.0 Pim de Jong

**10.000 meter M65 (tot 45.00.0)**

36.37.73 Willem Ravensbergen  
 38.48.73 Hein Zethof

**10.000 meter M70**

40.34.75 Siem Herlaar  
 45.30.2 Wim Mastenbroek  
 50.28.1 Douwe Kleefstra  
 56.08.3 Cor Koster

**10.000 meter M75**

54.04.5 Jo Kneepkens  
 60.28.4 Douwe Kleefstra

**20.000 meter M60**

1.29.58.0 Gillis Bosman

**25.000 meter M45**

1.32.53 Louis Vink

**uurloop M40 (vanaf 15.500 meter)**

18.919 John van der Wansem  
 17.939 Wim van Dijk  
 17.497 Louis Vink  
 17.442 René Lambregts  
 17.433 Jaap Oele  
 17.308 Gerrit Kramer

16.930 Matthé Bruijns  
 16.812 Nico van Schagen  
 16.636 Rien Mulders  
 16.589 Aad Vink  
 16.555 Roel Ponjée

16.291 Eddy Smit  
 16.102 Loek Berbee  
 15.887 Jan Mulders  
 15.624 Frie Verstraten  
 15.587 Bouke de Jong  
 15.565 Ad Muys

**uurloop M45 (vanaf 15.250 meter)**

18.247 John van der Wansem  
 16.855 Eddy Smit  
 16.836 Aad Vink  
 16.508 Freek Boers  
 16.438 Kees Voeten

16.416 Harrie Janssen  
 16.397 Nico van Schagen  
 16.038 Ad van Etten  
 15.838 Cor Hartsema  
 15.794 Piet Vroman

15.733 Rien Mulders  
 15.700 Leo v.d. Luytgaarden  
 15.668 Ruud Sleper  
 15.520 Eddy Nieuwlaat

**uurloop M50 (vanaf 14.500 meter)**

17.692 John van der Wansem  
 17.110 Louis Vink  
 16.031 Eddy Smit  
 14.773 Rien Mulders

**uurloop M55 (vanaf 13.500 meter)**

15.400 Cees de Neijls  
 14.617 Rien Heijnen  
 13.815 Rob Keitz

**uurloop M60 (vanaf 12.000 meter)**

13.456 Gillis Bosman

90 05-07-50 Phoenix  
 94 31-10-51 GAC-G.  
 78 05-04-35 Edam  
 00 08-02-60 Thor  
 90 06-07-50 AV '56  
 79 03-07-37 AVR

94 13-05-53 Thor  
 91 27-07-48 Thor  
 90 11-10-48 Thor  
 87 27-05-47 Energie  
 90 07-08-49 Thor

89 05-06-48 Delta Sp.  
 90 02-11-49 Startbaan  
 93 27-11-49 Thor  
 90 08-03-48 Thor  
 90 29-08-46 Avanti  
 91 15-04-48 Thor

95 05-07-50 LADB  
 94 05-06-48 Delta Sp.  
 93 27-05-47 Energie  
 94 05-02-46 Thor  
 90 28-02-44 Thor

86 05-04-41 DES  
 93 27-07-48 Thor  
 93 07-12-45 Thor  
 90 17-02-42 Energie  
 90 26-04-43 Thor

94 11-10-48 Thor  
 94 24-05-48 Thor  
 98 01-10-50 AV'34  
 90 15-08-45 Thor

01 05-07-50 LADB  
 85 05-04-35 Edam  
 00 05-06-48 Delta Sp.  
 00 11-10-48 Thor

93 08-02-37 Thor  
 93 12-02-38 Thor  
 98 01-12-38 Hanzesp.

01 23-06-39 Thor

EINDE LOOPNUMMERS MANNEN

**2000 meter steeple M60**

8.59.87 Ko Elerie

**3000 meter steeple M40**

9.20.20 Dick ten Bruggencate  
 9.21.69 Martien v.d.Hoorn  
 9.30.16 Steef Kijne  
 9.45.14 Peter Vlaarkamp  
 9.45.64 Evert van Ravensberg

9.52.9 Jaap Oele  
 9.57.47 Nico Bijman  
 9.59.49 Kees Fluitman  
 9.55.34 Chris Henet  
 10.06.96 Lucien Baert

10.07.88 Stef Meyer  
 10.09.88 Rob van Zanten  
 10.09.9 Gerrit Kramer  
 10.10.20 Wim Sterrenburg  
 10.10.92 Hans Oosterwijk

10.12.66 Gerad van Lent  
 10.14.10 Pedro Kneepkens  
 10.16.16 Chris Daanen  
 10.18.6 Bert Vos  
 10.18.83 Theo Peeters

10.21.70 Ton Sjerps  
 10.22.0 Jo van Waesberghe  
 10.22.45 Herman Lenferink  
 10.23.3 Piet van Erp  
 10.23.70 Duk Bekema

**3000 meter steeple M45 (tot 11.30.0)**

9.40.00 Steef Kijne  
 10.01.00 Peter Vlaarkamp  
 10.09.8 Roland Spierenburg  
 10.17.6 Gerrit Kramer  
 10.22.0 Jo van Waesberghe

10.30.54 Ger Kragten  
 10.38.13 Arthur Koreman  
 10.45.5 Theo Jägers  
 10.49.29 Gerard van Lent  
 10.50.3 Pedro Kneepkens

10.51.5 Harm Hendriks  
 10.52.1 Cor van Driel  
 10.52.4 Wim Hol  
 11.08.22 Ben Kal  
 11.14.8 Teun Leeuwerink

11.19.1 Aad Vink  
 11.19.43 Wim van Dijk  
 11.22.3 Ad Tierie  
 11.22.45 Arie van Tol  
 11.23.5 Cock Krouwel

**3000 meter steeple M50 (tot 12.30.0)**

10.25.49 Peter Vlaarkamp  
 10.39.0 Piet Maijor  
 10.48.1 Gerrit Kramer  
 11.00.6 Piet van Erp  
 11.02.53 Theo Hopman

11.05.9 Teun Leeuwerink  
 11.30.5 Harm Hendriks  
 11.33.9 Anton Jonkers  
 11.37.9 Rein Swint  
 12.05.9 Cor Muller  
 12.07.39 Dré de Wit

**3000 meter steeple M55**

11.30.98 Gerrit Kramer  
 11.45.54 Arie van Tol  
 11.59.26 Theo van Wycken

**80 meter horden M70 (=76,2 cm)**

14.33 Frans Buys  
 15.83 Mario Spadon

**80 meter horden M75 (=76,2 cm)**

16.62 Frans Buys

**100 meter horden M50 (=91,4 cm)**

14.98 Wim de Ronde  
 15.47 Frank Larsen  
 15.78 Peter Blommestijn  
 16.20 Cees Berg  
 16.3 Frans van Boven

16.55 Ed Molenmaker  
 17.32 Henk de Leeuw den Bouter  
 17.73 Henk Nordt  
 20.13 Onno Waalewijn  
 20.40 Fred van der Steenhoven

20.95 Chris Mettrop  
 21.05 Leslie Martina  
 21.28 Rinus Polderman

**100 meter horden M55 (=91,4 cm)**

15.90 Peter Blommestijn  
 16.74 Frans van Boven  
 19.0 Kees van Giezen  
 19.9 Chris Mettrop  
 20.22 Cees Jägers  
 21.53 Henk v.d.Langerijt

**100 meter horden M60 (=84,0 cm)**

16.02 Frans Buys  
 17.1 Mario Spadon  
 18.17 Kees van Giezen  
 18.77 Pieter Schouten  
 21.16 Joop van den Brink

**100 meter horden M65 (=84,0 cm)**

19.25 Kees van Giezen  
 21.22 Harm Hendriks

**110 meter horden M40 (=99,6 cm - tot 21.0)**

15.65 Rob de Weger  
 15.73 Lucas Prins  
 15.87 Ger Heinsius  
 16.13 Martin de Pater  
 16.41 Frans van der Ham

16.90 Theo Brusche  
 16.99 Ryan Smits  
 17.38 Ton Groenedijk  
 17.2 Wim Prinsen  
 17.6 Ed Molenmaker

18.00 Jan Huijbers  
 18.01 Piet Plukkel  
 18.0 Theo Maat  
 18.27 Anton Gelderblom  
 18.29 Jos Beernink

18.35 Bert Elshof  
 18.38 Arjen Koopstra  
 18.58 Gert Velthuisen  
 18.76 Charles den Uijl  
 18.81 Arno Deckers

19.0 Peter van der Ham  
 19.1 Cees Berg  
 19.50 Teun Vis  
 19.54 Kees Meijer  
 19.94 Henk Heyligers

**110 meter horden M40 (106,7 cm - top 10)**

14.8 Hans van Enkhuizen  
 15.5 Ger Heinsius  
 15.9 Joop Smeets  
 16.1 Rien Alfenaar  
 16.41 Purcy Marte

00 05-09-24 GAC-H.

99+00 08-11-48 Zaanland  
 94 02-08-43 Ilion  
 94 23-05-42 R'dam Atl.  
 98 22-06-47 AAV'36  
 94 29-07-43 Thor

97 21-11-46 Spark  
 94 19-04-43 Avanti  
 01 03-07-49 Zuidwal  
 98 20-01-47 AV'23  
 99 30-01-48 PAC

96 16-03-42 Spark  
 01 05-12-46 Diomedon  
 98 30-01-48 AV'56

98 23-05-42 R'dam Atl.  
 01 29-07-43 Thor  
 92 14-02-34 GAC-H.  
 97 16-03-42 Spark  
 00 26-08-42 GAC-H.  
 98 18-05-41 Weert

85 05-09-24 AAC  
 92 23-10-29 De Bataven  
 96 14-02-34 GAC-H.  
 94 14-06-34 GAC-H.  
 92 18-07-32 Hercules

96 17-02-36 Spirit-L.  
 00 06-09-40 GVAC

99 14-02-34 GAC-H.  
 96 30-06-30 HRR

01 08-05-59 AV'23  
 99 04-03-59 Haag Atl.  
 89 01-04-48 SAV  
 98 26-03-54 Haag Atl.  
 95 26-07-54 Avanti

94 24-04-52 Bataven  
 98 26-12-55 Groene St.  
 95 15-07-54 AV'47  
 91 21-03-50 Sprint  
 91 21-11-46 Spark

95 20-05-51 GAC-G.  
 94 06-03-51 SAV  
 89 10-03-48 Fortuna  
 94 22-11-53 Typhoon  
 97+98 13-07-55 Phoenix

01 28-06-57 Tion  
 94 02-05-54 Aalsmeer  
 99 19-08-58 Voorschoten  
 00 02-04-60 AAV'36  
 90 23-08-49 Ach.-Top

88 14-03-44 V&L TC  
 91 22-06-47 AAV'36  
 96 10-05-56 Spado  
 00 01-12-56 Nea-Volh.  
 99 06-03-58 GVAC

87 20-06-46 Haarlem  
 89 01-04-48 SAV  
 83 27-08-42 HAC  
 79 26-03-38 Unitas  
 98 13-10-56 Nea Volh.

|       |                 |    |          |            |                                        |              |                         |
|-------|-----------------|----|----------|------------|----------------------------------------|--------------|-------------------------|
| 16.45 | Wim Roosen      | 97 | 30-06-56 | Holland-H. | <b>300 meter horden M70 (=76,2 cm)</b> |              |                         |
| 16.4  | Lucas Prins     | 99 | 04-03-59 | Haag Atl.  | 55.08                                  | Arend Koet   | 01 26-12-30 Castricum   |
| 16.6  | Martin de Pater | 97 | 26-03-54 | Haag Atl.  | 57.33                                  | Frans Buys   | 97 05-09-24 Pijnenburg  |
| 16.89 | Theo Brusche    | 92 | 24-04-52 | Bataven    | 61.6h                                  | Mario Spadon | 00 23-10-29 Leiden Atl. |
| 16.7  | Frank Larsen    | 83 | 02-08-43 | Ilion      |                                        |              |                         |

#### 110 meter horden M45 (= 99,6 cm)

|       |                         |    |          |           |
|-------|-------------------------|----|----------|-----------|
| 16.42 | Martin de Pater         | 99 | 26-03-54 | Haag Atl. |
| 16.77 | Wim de Ronde            | 97 | 08-11-48 | Zaanland  |
| 16.85 | Jan Parlevliet          | 81 | 15-05-32 | Vet.Ned.  |
| 16.9  | Joop Smeets             | 92 | 27-08-42 | Unitas    |
| 17.7  | Ed Molenmaker           | 92 | 21-11-46 | Spark     |
| 18.0  | Peter Blommestijn       | 88 | 23-05-42 | AVR       |
| 18.36 | Jan Huijbers            | 98 | 20-05-51 | GAC-G.    |
| 18.2  | Cees Berg               | 92 | 22-06-47 | AAV'36    |
| 18.8  | Peter van der Ham       | 92 | 14-03-44 | Haag Atl. |
| 19.38 | Kees Meijer             | 02 | 01-12-56 | Nea-Volh. |
| 19.5  | Jan van Empel           | 90 | 19-08-44 | GVAC      |
| 19.96 | Frans van Boven         | 91 | 29-07-43 | Thor      |
| 19.98 | Bert Voerman            | 97 | 24-02-48 | Iphitos   |
| 20.18 | Glen Gentle             | 01 | 05-01-52 | Avon      |
| 20.30 | Henk Nordt              | 99 | 03-07-49 | Zuidwal   |
| 20.1  | Frank Larsen            | 88 | 02-08-43 | Ilion     |
| 20.59 | Frans van der Ham       | 01 | 26-07-54 | Avantri   |
| 20.73 | Sjouke Nauta            | 01 | 11-10-55 | Lionitas  |
| 20.7  | Fred van der Steenhoven | 94 | 30-01-48 | PAC       |
| 21.24 | Jan Titulaer            | 95 | 25-05-47 | Orion     |
| 21.2  | Hans Gons               | 89 | 19-08-42 | Zaanland  |
| 21.5  | Rob van Mechelen        | 92 | 31-07-46 | Thor      |
| 21.7  | Klaas v.d.Linde         | 91 | 02-02-45 | Avantri   |
| 22.00 | Jacques Janssen         | 91 | 16-02-46 | AVT       |
| 22.07 | George Valckx           | 01 | 09-01-56 | RKHAV     |
| 22.0  | Herman Bongertman       | 91 | 03-05-45 | AVA'64    |

#### 110 meter horden M45 (106,7 cm - top 10)

|       |                          |    |          |           |
|-------|--------------------------|----|----------|-----------|
| 18.7  | Ed Molenmaker            | 92 | 21-11-46 | Spark     |
| 19.2  | Peter van der Ham        | 89 | 14-03-44 | V&L TC    |
| 19.9  | Peter Blommestijn        | 88 | 23-05-42 | AVR       |
| 20.10 | Frans van Boven          | 90 | 29-07-43 | Thor      |
| 20.54 | Henk Brouwer             | 98 | 14-09-53 | Ciko'66   |
| 20.96 | Bert Voerman             | 96 | 24-02-48 | Iphitos   |
| 21.6  | Thijs Duim               | 89 | 28-05-44 | Climax    |
| 21.8  | Kees van Loon            | 85 | 11-06-38 | Spirit-L. |
| 22.0  | Henk de Leeuw den Bouter | 92 | 19-04-43 | Avantri   |
| 22.2  | Teun Leeuwerink          | 83 | 22-04-35 | Hera      |

#### 110 meter horden M50 (106,7 cm)

|      |                   |    |          |            |
|------|-------------------|----|----------|------------|
| 20.1 | Peter Blommestijn | 96 | 23-05-42 | R'dam Atl. |
|------|-------------------|----|----------|------------|

#### 300 meter horden M50 (=84,0 cm)

|       |                   |    |          |           |
|-------|-------------------|----|----------|-----------|
| 44.69 | Frank Larsen      | 94 | 02-08-43 | Ilion     |
| 49.25 | Peter van der Ham | 94 | 14-03-44 | Haag Atl. |
| 53.40 | Chris Mettrop     | 93 | 16-03-42 | Spark     |
| 55.62 | Joost Veldhuisen  | 89 | 01-06-36 | Zaanland  |

#### 300 meter horden M55 (=84,0 cm)

|       |                 |    |          |          |
|-------|-----------------|----|----------|----------|
| 48.99 | Kees van Giezen | 90 | 14-02-34 | GAC-H.   |
| 50.56 | Pieter Schouten | 93 | 14-06-34 | GAC-H.   |
| 56.17 | Mario Spadon    | 89 | 23-10-29 | Bataven  |
| 58.00 | Jan Kempe       | 90 | 15-06-35 | Olymp'70 |

#### 300 meter horden M60 (=76,2 cm)

|       |                       |    |          |         |
|-------|-----------------------|----|----------|---------|
| 49.0  | Frans Buys            | 87 | 05-09-24 | AAC     |
| 49.95 | Kees van Giezen       | 94 | 14-02-34 | GAC-H.  |
| 51.52 | Pieter Schouten       | 94 | 14-06-34 | GAC-H.  |
| 54.36 | Mario Spadon          | 90 | 23-10-29 | Bataven |
| 55.61 | Henk van de Langerijt | 01 | 18-05-41 | Weert   |

#### 300 meter horden M65 (=76,2 cm)

|       |                 |    |          |            |
|-------|-----------------|----|----------|------------|
| 53.09 | Frans Buys      | 92 | 05-09-24 | Pijnenburg |
| 55.43 | Kees van Giezen | 99 | 14-02-34 | GAC-H.     |
| 56.27 | Arend Koet      | 98 | 26-12-30 | Castricum  |

#### 300 meter horden M75 (=76,2 cm)

|       |            |    |          |        |
|-------|------------|----|----------|--------|
| 59.72 | Frans Buys | 00 | 05-09-24 | GAC-H. |
|-------|------------|----|----------|--------|

#### 400 meter horden M40 (=91,4 cm)

|       |                    |    |          |            |
|-------|--------------------|----|----------|------------|
| 56.3  | Ger Heinsius       | 88 | 01-04-48 | SAV        |
| 56.97 | Martin de Pater    | 97 | 26-03-54 | Haag Atl.  |
| 58.14 | Purcy Marte        | 99 | 13-10-56 | Nea Volh.  |
| 58.45 | Gilles de Rooy     | 00 | 22-03-60 | Fortuna    |
| 58.66 | Aad Kortekaas      | 90 | 03-10-49 | Spartaan   |
| 58.67 | Peter v.d. Hoek    | 90 | 03-11-49 | Fortuna    |
| 59.10 | Martin Knoops      | 99 | 10-07-56 | PAC        |
| 59.68 | John Wellerdieck   | 94 | 17-01-53 | Hellas     |
| 60.48 | Heinz Peters       | 83 | 18-10-42 | AVN        |
| 60.98 | Rob van Tiel       | 88 | 14-11-44 | Fortuna    |
| 61.3  | Sjouk Tel          | 85 | 06-08-45 | Spirit-L.  |
| 61.90 | Gérard Moors       | 89 | 19-12-47 | Sprint     |
| 62.2  | Peter Blommestijn  | 84 | 23-05-42 | AVR        |
| 62.3  | Freek Stam         | 87 | 06-11-42 | Trias      |
| 62.52 | Pierre Busnel      | 89 | 04-06-45 | Hellas     |
| 63.39 | Lucien Baert       | 98 | 06-06-58 | Olympia    |
| 63.4  | Peter ten Seldam   | 83 | 16-01-43 | AAC        |
| 63.56 | Arjen Koopstra     | 95 | 02-05-54 | Aalsmeer   |
| 63.5  | Hans van Enkhuizen | 87 | 20-06-46 | Haarlem    |
| 63.75 | Wim Roosen         | 99 | 03-06-56 | Holland-H. |
| 64.02 | Ton Groenedijk     | 95 | 15-07-54 | AV'47      |
| 64.0  | Kleis Broekhuizen  | 83 | 08-04-42 | Energie    |
| 64.28 | Theo Brusche       | 95 | 24-04-52 | De Bataven |
| 64.64 | Kees Havermans     | 90 | 26-01-48 | Scorpio    |
| 64.89 | Teun Vis           | 96 | 14-05-56 | Spado      |

#### 400 meter horden M45 (=91,4 cm - tot 70.00)

|       |                   |    |          |           |
|-------|-------------------|----|----------|-----------|
| 56.63 | Martin de Pater   | 00 | 26-03-54 | Haag Atl. |
| 59.00 | Jan Parlevliet    | 81 | 15-05-32 | Vet.Ned.  |
| 61.40 | Martin Knoops     | 01 | 10-07-56 | PAC       |
| 63.47 | Pierre Busnel     | 90 | 04-06-45 | Hellas    |
| 64.31 | Aad Kortekaas     | 96 | 03-10-49 | Spartaan  |
| 65.55 | Pedro Kneepkens   | 92 | 26-04-47 | Sprint    |
| 66.04 | Cees Berg         | 96 | 22-06-47 | AAV'36    |
| 66.23 | Ed Molenmaker     | 92 | 21-11-46 | Spark     |
| 66.46 | Guus Boudens      | 00 | 08-09-54 | Hellas    |
| 66.50 | Peter van der Ham | 89 | 14-03-44 | V&L TC    |

#### 400 meter horden M50 (=84,0 cm - tot 74.00)

|       |                         |    |          |          |
|-------|-------------------------|----|----------|----------|
| 67.13 | Kees Havermans          | 94 | 26-01-48 | Scorpio  |
| 67.35 | George Valckx           | 01 | 09-01-56 | RKHAV    |
| 67.81 | Henk Nordt              | 99 | 03-07-49 | Zuidwal  |
| 68.09 | Arjen Koopstra          | 99 | 02-05-54 | Aalsmeer |
| 68.0  | Harm Hendriks           | 77 | 30-06-30 | Vet.Ned. |
| 69.7  | Fred van der Steenhoven | 94 | 30-01-48 | PAC      |

#### 400 meter horden M50 (=84,0 cm - tot 74.00)

|       |                |    |          |          |
|-------|----------------|----|----------|----------|
| 58.87 | Jan Parlevliet | 82 | 15-05-32 | Vet.Ned. |
| 63.29 | Frank Larsen   | 95 | 02-08-43 | Ilion    |
| 64.25 | Cees Berg      | 98 | 22-06-47 | AAV'36   |
| 66.71 | Henk Nordt     | 00 | 03-07-49 | Zuidwal  |
| 68.46 | Kees Havermans | 99 | 26-01-48 | Scorpio  |

#### 400 meter horden M55 (=84,0 cm)

|       |                         |    |          |         |
|-------|-------------------------|----|----------|---------|
| 68.60 | Kees van Giezen         | 85 | 14-02-34 | GAC-H.  |
| 69.37 | Ed Molenmaker           | 97 | 21-11-46 | Spark   |
| 69.47 | Jelle van der Schaaf    | 99 | 13-10-44 | Hylas   |
| 69.65 | Bert Vreeswijk          | 02 | 11-07-50 | Typhoon |
| 72.75 | Fred van der Steenhoven | 99 | 30-01-48 | PAC     |
| 73.25 | Huub Casander           | 02 | 13-09-49 | Zuidwal |

#### 400 meter horden M55 (=84,0 cm)

|           |                      |    |          |         |
|-----------|----------------------|----|----------|---------|
| 63.31     | Jan Parlevliet       | 87 | 15-05-32 | Ciko'66 |
| 64.7 (91) | Frans Buys           | 83 | 05-09-24 | AAC     |
| 68.40     | Jelle van der Schaaf | 00 | 13-10-44 | Hylas   |
| 70.14     | Frans van Boven      | 99 | 29-07-43 | Thor    |

#### 400 meter horden M60 (=76,2 cm tot 75.00)

|       |            |    |          |     |
|-------|------------|----|----------|-----|
| 64.45 | Frans Buys | 85 | 05-09-24 | AAC |
|-------|------------|----|----------|-----|

# SNELWANDELEN (TOP 10)

|                                        |                         |            |          |                         |    |          |            |
|----------------------------------------|-------------------------|------------|----------|-------------------------|----|----------|------------|
| <b>SW 3000 meter M40</b>               |                         |            | 23.09.54 | Dirk Maassen v.d. Brink | 88 | 09-06-48 | Holland-L. |
| 13.25.66                               | Dirk Maassen v.d. Brink | 90         | 09-06-48 | Holland-L.              | 78 | 14-07-34 | Holland-L. |
| 13.46.1                                | Harold van Beek         | 02         | 14-04-62 | RWV                     | 89 | 02-03-49 | Unitas     |
| 13.50.0                                | John van Puyvelde       | 99         | 26-05-59 | Unitas                  | 00 | 21-10-59 | OLAT       |
| 13.54.0                                | Tjabel Ras              | 77         | 02-01-35 | PAC                     | 00 | 09-12-59 | RWV        |
| 13.57.1                                | Theo Koenis             | 96         | 12-10-51 | LAT                     |    |          |            |
|                                        |                         |            | 24.37.90 | Richard Leijenaar       | 01 | 26-05-59 | RWV        |
| 14.03.1                                | Hans van Wakeren        | 89         | 02-03-49 | Unitas                  | 92 | 11-09-50 | Unitas     |
| 14.07.0                                | Nico Schroten           | 78         | 14-07-34 | Holland-L.              | 91 | 24-03-50 | Triathlon  |
| 14.23.4                                | Kees Lambregts          | 00         | 21-10-59 | OLAT                    | 99 | 28-04-59 | RWV        |
| 14.25.1                                | Henk Plasman            | 98         | 15-05-57 | Gen. Mich.              | 74 | 02-07-30 | RWV        |
| 14.25.70                               | Hub Kaenen              | 99         | 28-04-59 | RWV                     |    |          |            |
|                                        |                         |            | 25.53.78 | Ad Leermakers           | 93 | 08-10-51 | Attila     |
| <b>SW 3000 meter M45</b>               |                         |            | 26.13.12 | Imco van der Wal        | 95 | 10-06-55 | Lionitas   |
| 14.12.38                               | Nico Schroten           | 79         | 14-07-34 | Holland-L.              |    |          |            |
| 14.31.0                                | Klaas Bakker            | 84         | 16-05-37 | OLAT                    |    |          |            |
| 14.37.0                                | Jan Cornelis            | 02         | 31-05-56 | Holten                  |    |          |            |
| 14.41.2                                | Philip Krul             | 95         | 26-12-47 | RWV                     |    |          |            |
| 14.51.0                                | Gerrit van Tol          | 76         | 02-07-30 | RWV                     |    |          |            |
|                                        |                         |            | 24.39.0  | Richard Leijenaar       | 01 | 26-05-59 | RWV        |
| 14.52.2                                | Theo Koenis             | 97         | 12-10-51 | LAT                     | 81 | 02-10-35 | PAC        |
| 14.59.0                                | Tjabel Ras              | 85         | 02-01-35 | PAC                     | 97 | 12-10-51 | LAT        |
| 14.59.4                                | Hans van Wakeren        | 94         | 02-03-49 | Unitas                  | 02 | 31-05-56 | Holten     |
| 15.01.0                                | Fred Röhner             | 96         | 11-09-50 | Unitas                  | 84 | 16-05-37 | OLAT       |
| 16.07.4                                | Hub Coenen              | 82         | 17-08-35 | Unitas                  | 85 | 37       | Sprint     |
|                                        |                         |            | 24.54.23 | Alex Jordana (F)        |    |          |            |
| <b>SW 3000 meter M50</b>               |                         |            | 24.55.4  | Piet van Soest          | 76 | 05-06-30 | Vet. Ned.  |
| 14.58.0                                | Tjabel Ras              | 86         | 02-10-35 | PAC                     | 76 | 02-07-30 | RWV        |
| 15.03.0                                | Hein Zethof             | 80         | 03-09-80 | Aalsmeer                | 74 | 10-08-28 | AVA'64     |
| 15.17.4                                | Fred Röhner             | 00         | 11-09-50 | Unitas                  | 94 | 02-03-49 | Unitas     |
| 15.24.1                                | Hub Coenen              | 86         | 17-08-35 | Unitas                  | 95 | 26-12-47 | RWV        |
| 15.32.8                                | Wim Somsen              | 92         | 18-04-40 | Pallas'67               |    |          |            |
|                                        |                         |            | 25.22.3  | Hans van Wakeren        |    |          |            |
| 15.40.5                                | Theo Koenis             | 02         | 12-10-51 | LAT                     |    |          |            |
| 16.06.0                                | Hans van Wakeren        | 99         | 02-03-49 | Unitas                  |    |          |            |
| 16.46.9                                | Jan Ritterbeeks         | 83         | 27-03-31 | Unitas                  | 95 | 11-09-50 | Unitas     |
| 16.47.12                               | Ad van Oijen            | 96         | 31-05-44 | Weert                   | 93 | 09-06-48 | Holland-L. |
| 16.57.0                                | Wim Witvliet            | 75         | 02-06-20 | PAC                     | 79 | 14-07-34 | Holland-L. |
|                                        |                         |            | 25.26.59 | Philip Krul             | 82 | 11-02-37 | PAC        |
| <b>SW 3000 meter M55</b>               |                         |            | 25.47.85 | Fred Röhner             | 90 | 11-06-45 | OLAT       |
| 15.22.4                                | Klaas Bakker            | 94         | 16-05-37 | OLAT                    |    |          |            |
| 15.48.8                                | Tjabel Ras              | 93         | 02-10-35 | RWV                     |    |          |            |
| 15.49.0                                | Hein Zethof             | 88         | 10-08-28 | Aalsmeer                |    |          |            |
| 16.39.7                                | Jan Ritterbeeks         | 86         | 27-03-31 | Unitas                  |    |          |            |
| 16.59.0                                | Wim Somsen              | 95         | 18-04-40 | Pallas                  |    |          |            |
|                                        |                         |            | 26.07.10 | Dirk Maassen v.d. Brink |    |          |            |
| 17.19.0                                | Jan Sekuur              | 86         | 14-05-86 | Vet. Ned.               |    |          |            |
| 17.38.25                               | Ad van Oijen            | 01         | 31-05-44 | Weert                   |    |          |            |
| 17.47.8                                | Jaap Visser             | 96         | 27-07-37 | LAT                     |    |          |            |
| 18.27.8                                | Gerrit Tigchelaar       | 00         | 22-11-44 | Zaanland                |    |          |            |
| 19.44.0                                | Gerrit de Jong          | 01         | 08-06-42 | Avantri                 |    |          |            |
|                                        |                         |            | 26.20.00 | Nico Schroten           |    |          |            |
| <b>SW 3000 meter M60</b>               |                         |            | 27.01.8  | Rob Kemna               |    |          |            |
| 15.58.7                                | Nico Schroten           | 98         | 14-07-34 | RWV                     |    |          |            |
| 16.09.7                                | Hein Zethof             | 89         | 10-08-28 | Aalsmeer                |    |          |            |
| 16.30.0                                | Klaas Bakker            | 99         | 16-05-37 | OLAT                    |    |          |            |
| 16.38.58                               | Tjabel Ras              | 96         | 02-10-35 | RWV                     |    |          |            |
| 17.53.0                                | Jaap Visser             | 97         | 27-07-37 | RWV                     |    |          |            |
| 19.28.00                               | Rinus van Lonkhuysen    | 99         | 30-01-37 | RWV                     |    |          |            |
|                                        |                         |            | 27.22.1  | Wim v.d. Wittenboer     |    |          |            |
| <b>SW 3000 meter M65</b>               |                         |            | 28.30.09 | Ad van Oijen            |    |          |            |
| 16.56.6                                | Hein Zethof             | 95         | 10-08-28 | Aalsmeer                |    |          |            |
| 17.51.6                                | Tjabel Ras              | 02         | 02-10-35 | RWV                     |    |          |            |
| 17.57.8                                | Nico Schroten           | 99         | 14-07-34 | RWV                     |    |          |            |
|                                        |                         |            | 28.56.94 | Ad Martens              |    |          |            |
| <b>SW 3000 meter M70</b>               |                         |            | 28.02.5  | Klaas Bakker            |    |          |            |
| 17.54.0                                | Wim Dalmeyer            | 77         | 30-09-05 | RWV                     |    |          |            |
|                                        |                         |            | 24.17.2  | Tjabel Ras              |    |          |            |
| <b>SW 3000 meter M75</b>               |                         |            | 25.10.0  | Jan Cijis               |    |          |            |
| 25.17.9                                | Joop Wissink            | 01         | 25-09-25 | RWV                     |    |          |            |
|                                        |                         |            | 25.36.43 | Theo Koenis             |    |          |            |
| <b>SW 3000 meter M80</b>               |                         |            | 25.53.0  | Hein Zethof             |    |          |            |
| 23.27.0                                | Henri Gest              | 01         | 04-07-18 | Zaanland                |    |          |            |
|                                        |                         |            | 26.06.3  | Hub Coenen              |    |          |            |
| <b>SW 5000 meter M40(tot 26.30.0)</b>  |                         |            | 26.23.67 | Wim Somsen              |    |          |            |
| 21.42.9                                | Henk Plasman            | 97         | 15-05-57 | Gen. Mich.              |    |          |            |
| 22.46.0                                | Harold van Beek         | 02         | 14-04-62 | RWV                     |    |          |            |
| 22.50.2                                | Tjabel Ras              | 76         | 02-10-35 | PAC                     |    |          |            |
| 23.00.92                               | Theo Koenis             | 92         | 12-10-51 | LAT                     |    |          |            |
| 23.05.92                               | John van Puyvelde       | 99         | 26-05-59 | Unitas                  |    |          |            |
|                                        |                         |            | 27.08.5  | Fred Röhner             |    |          |            |
| <b>SW 5000 meter M45(tot 27.30.00)</b> |                         |            | 27.11.38 | Hans van Wakeren        |    |          |            |
| 23.53.0                                | Tjabel Ras              |            |          |                         |    |          |            |
| 24.29.22                               | Theo Koenis             |            |          |                         |    |          |            |
| 24.34.0                                | Jan Cornelis            |            |          |                         |    |          |            |
| 24.40.0                                | Klaas Bakker            |            |          |                         |    |          |            |
| 24.54.23                               | Alex Jordana (F)        |            |          |                         |    |          |            |
|                                        |                         |            | 28.16.4  | Jan Ritterbeeks         |    |          |            |
| 81                                     | 02-10-35                | PAC        |          |                         |    |          |            |
| 97                                     | 12-10-51                | LAT        |          |                         |    |          |            |
| 02                                     | 31-05-56                | Holten     |          |                         |    |          |            |
| 84                                     | 16-05-37                | OLAT       |          |                         |    |          |            |
| 85                                     | 37                      | Sprint     |          |                         |    |          |            |
| 76                                     | 05-06-30                | Vet. Ned.  |          |                         |    |          |            |
| 76                                     | 02-07-30                | RWV        |          |                         |    |          |            |
| 74                                     | 10-08-28                | AVA'64     |          |                         |    |          |            |
| 94                                     | 02-03-49                | Unitas     |          |                         |    |          |            |
| 95                                     | 26-12-47                | RWV        |          |                         |    |          |            |
| 95                                     | 11-09-50                | Unitas     |          |                         |    |          |            |
| 93                                     | 09-06-48                | Holland-L. |          |                         |    |          |            |
| 79                                     | 14-07-34                | Holland-L. |          |                         |    |          |            |
| 82                                     | 11-02-37                | PAC        |          |                         |    |          |            |
| 90                                     | 11-06-45                | OLAT       |          |                         |    |          |            |
| 88                                     | 16-05-37                | OLAT       |          |                         |    |          |            |
| 87                                     | 02-10-35                | PAC        |          |                         |    |          |            |
| 74                                     | 08-08-23                | LAT        |          |                         |    |          |            |
| 02                                     | 12-10-51                | LAT        |          |                         |    |          |            |
| 80                                     | 10-08-28                | Aalsmeer   |          |                         |    |          |            |
| 88                                     | 17-08-35                | Unitas     |          |                         |    |          |            |
| 93                                     | 18-04-40                | Pallas'67  |          |                         |    |          |            |
| 00                                     | 11-09-50                | Unitas     |          |                         |    |          |            |
| 99                                     | 02-03-49                | Unitas     |          |                         |    |          |            |
| 83                                     | 27-03-31                | Unitas     |          |                         |    |          |            |
| 96                                     | 31-05-44                | Weert      |          |                         |    |          |            |
| 98                                     | 06-06-48                | DJA        |          |                         |    |          |            |
| 93                                     | 02-10-35                | RWV        |          |                         |    |          |            |
| 94                                     | 16-05-37                | OLAT       |          |                         |    |          |            |
| 85                                     | 10-08-28                | AVA'64     |          |                         |    |          |            |
| 86                                     | 27-03-31                | Unitas     |          |                         |    |          |            |
| 95                                     | 18-04-40                | Pallas     |          |                         |    |          |            |
| 79                                     | 02-06-20                | PAC        |          |                         |    |          |            |
| 86                                     | 19-01-30                | Vet. Ned.  |          |                         |    |          |            |
| 97                                     | 27-07-37                | RWV        |          |                         |    |          |            |
| 99                                     | 31-05-44                | Weert      |          |                         |    |          |            |
| 00                                     | 22-11-44                | Zaanland   |          |                         |    |          |            |
| 90                                     | 10-08-28                | AVA'64     |          |                         |    |          |            |
| 98                                     | 14-07-34                | RWV        |          |                         |    |          |            |
| 99                                     | 16-05-37                | OLAT       |          |                         |    |          |            |
| 98                                     | 02-10-35                | RWV        |          |                         |    |          |            |
| 97                                     | 27-07-37                | RWV        |          |                         |    |          |            |
| 92                                     | 02-05-31                | Delta Sp.  |          |                         |    |          |            |
| 99                                     | 30-01-37                | RWV        |          |                         |    |          |            |
| 99                                     | 14-07-34                | RWV        |          |                         |    |          |            |
| 95                                     | 10-08-28                | Aalsmeer   |          |                         |    |          |            |
| 02                                     | 16-05-37                | OLAT       |          |                         |    |          |            |
| 01                                     | 02-10-35                | RWV        |          |                         |    |          |            |
| 75                                     | 30-09-05                | RWV        |          |                         |    |          |            |
| 98                                     | 17-04-33                | RWV        |          |                         |    |          |            |
|                                        |                         |            | 30.49.74 | Gerard Koornneef        |    |          |            |
|                                        |                         |            | 32.46.34 | Rinus van Lonkhuysen    |    |          |            |
| <b>SW 5000 meter M65</b>               |                         |            | 27.59.61 | Nico Schroten           |    |          |            |
| 27.59.61                               | Nico Schroten           |            |          |                         |    |          |            |
| 28.14.2                                | Hein Zethof             |            |          |                         |    |          |            |
| 29.03.43                               | Klaas Bakker            |            |          |                         |    |          |            |
| 29.18.10                               | Tjabel Ras              |            |          |                         |    |          |            |
| 31.47.0                                | Wim Dalmeyer            |            |          |                         |    |          |            |
| 35.46.9                                | Ewout van Wieringen     |            |          |                         |    |          |            |

|                            |                         |                        |                            |                         |                        |
|----------------------------|-------------------------|------------------------|----------------------------|-------------------------|------------------------|
| <b>SW 5000 meter M70</b>   |                         |                        | <b>SW 20.000 meter M40</b> |                         |                        |
| 31.28.2                    | Wim Dalmeyer            | 78 30-09-05 RWV        | 1.31.47.4                  | Henk Plasman            | 98 15-05-57 Gen.Mich.  |
|                            |                         |                        | 1.38.28.60                 | Theo Koenis             | 96 12-10-51 LAT        |
| <b>SW 5000 meter M75</b>   |                         |                        | 1.38.40.0                  | Tjabel Ras              | 76 02-10-35 PAC        |
| 41.00.6                    | Joop Wissink            | 01 25-09-25 RWV        | 1.40.36.3                  | Harold van Beek         | 02 14-04-62 RWV        |
|                            |                         |                        | 1.41.00.4                  | Nico Schroten           | 78 14-07-34 Holland-L. |
| <b>SW 5000 meter M80</b>   |                         |                        | <b>SW 20.000 meter M45</b> |                         |                        |
| 38.54.4                    | Henri Gest              | 01 04-07-18 Zaanland   | 1.43.49.0                  | Hans van Wakeren        | 91 02-03-49 Unitas     |
|                            |                         |                        | 1.45.23.2                  | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. |
| <b>SW 10.000 meter M40</b> |                         |                        | 1.45.42.1                  | Kees Lambregts          | 00 21-10-59 OLAT       |
| 45.36.3                    | Harold van Beek         | 02 14-04-62 RWV        | 1.46.10.0                  | Jan van Dijk            | 66 ... 24 LAT          |
| 45.48.0                    | Henk Plasman            | 98 15-05-57 Gen. Mich. | 1.46.13.0                  | Piet van Soest          | 70 05-06-30 Hellas     |
| 46.21.0                    | Tjabel Ras              | 76 02-10-35 PAC        |                            |                         |                        |
| 48.25.0                    | Nico Schroten           | 78 14-07-34 Holland-L. | <b>SW 20.000 meter M45</b> |                         |                        |
| 48.40.0                    | Theo Koenis             | 96 12-10-51 De Lat     | 1.42.48.1                  | Tjabel Ras              | 81 02-10-35 PAC        |
|                            |                         |                        | 1.43.24.6                  | Theo Koenis             | 97 12-10-51 LAT        |
| 48.55.0                    | Hans van Wakeren        | 89 02-03-49 Unitas     | 1.43.58.4                  | Nico Schroten           | 80 14-07-34 Holland-L. |
| 49.12.3                    | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. | 1.47.54.0                  | Hans van Wakeren        | 94 02-03-49 Unitas     |
| 50.26.7                    | Richard Leijenaar       | 01 26-05-59 RWV        | 1.48.40.0                  | Jan Cijis               | 71 08-08-23 LAT        |
| 51.20.9                    | John van Puyvelde       | 99 26-05-59 RWV        |                            |                         |                        |
| 51.23.3                    | Gerrit van Tol          | 74 02-07-30 RWV        | 1.49.24.4                  | Piet van Soest          | 80 05-06-30 RWV        |
|                            |                         |                        | 1.49.26.1                  | Jan Cornelis            | 02 31-05-56 Holten     |
| <b>SW 10.000 meter M45</b> |                         |                        | 1.49.45.0                  | Philip Krul             | 94 26-12-47 RWV        |
| 48.44.1                    | Tjabel Ras              | 83 02-10-35 PAC        | 1.56.03.7                  | Ad Leermakers           | 97 08-10-51 Attila     |
| 50.00.3                    | Theo Koenis             | 97 12-10-51 LAT        | 1.56.05.0                  | Fred Röhner             | 96 11-09-50 Unitas     |
| 50.30.70                   | Klaas Bakker            | 84 16-05-37 OLAT       |                            |                         |                        |
| 51.51.4                    | Hein Zethof             | 78 10-08-28 Aalsmeer   | <b>SW 20.000 meter M50</b> |                         |                        |
| 51.59.6                    | Philip Krul             | 95 26-12-47 RWV        | 1.46.09.0                  | Tjabel Ras              | 90 02-10-35 RWV        |
|                            |                         |                        | 1.47.14.4                  | Jan Cijis               | 74 08-08-23 LAT        |
| 52.13.89                   | Hans van Wakeren        | 94 02-03-49 Unitas     | 1.50.21.0                  | Theo Koenis             | 02 12-10-51 LAT        |
| 54.44.2                    | Gerrit van Tol          | 78 02-07-30 RWV        | 1.54.42.6                  | Wim Somsen              | 93 18-04-40 Pallas'67  |
| 54.57.6                    | Fred Röhner             | 96 11-09-50 Unitas     | 1.58.15.3                  | Hans van Wakeren        | 99 02-03-49 Unitas     |
| 55.40.6                    | Wim v.d.Wittenboer      | 91 11-06-45 OLAT       |                            |                         |                        |
| 56.47.0                    | Hub Coenen              | 84 17-08-35 Unitas     | 1.59.25.8                  | Gerard Baatsen          | 77 21-10-24 RWV        |
|                            |                         |                        | 1.59.28.0                  | Hub Coenen              | 87 17-08-35 Unitas     |
| <b>SW 10.000 meter M50</b> |                         |                        | 2.00.57.9                  | Fred Röhner             | 01 11-09-50 Unitas     |
| 49.35.0                    | Tjabel Ras              | 89 02-10-35 PAC        | 2.01.53.0                  | Ad Martens              | 98 06-06-48 DJA        |
| 50.20.5                    | Klaas Bakker            | 88 16-05-37 OLAT       | 2.02.57.0                  | Ad Leermakers           | 02 08-10-51 Attila     |
| 50.44.0                    | Jan Cornelis            | 02 31-05-56 Holten     |                            |                         |                        |
| 52.45.6                    | Hein Zethof             | 80 10-08-28 Aalsmeer   | <b>SW 20.000 meter M55</b> |                         |                        |
| 53.06.3                    | Theo Koenis             | 02 12-10-51 LAT        | 2.05.05.0                  | Jan Ritterbeeks         | 86 27-03-31 Unitas     |
|                            |                         |                        | 2.14.21.0                  | Dave Bindervoet         | 98 05-10-40 RWV        |
| 53.15.0                    | Hub Coenen              | 88 17-08-35 Unitas     | 2.19.26.3                  | Gerrit de Jong          | 98 08-06-42 Avantri    |
| 54.56.1                    | Fred Röhner             | 00 11-09-50 Unitas     |                            |                         |                        |
| 54.57.0                    | Wim Somsen              | 93 18-04-40 Pallas'67  | <b>SW 20.000 meter M60</b> |                         |                        |
| 55.45.4                    | Hans van Wakeren        | 99 02-03-49 Unitas     | 1.51.17.4                  | Nico Schroten           | 97 14-07-34 RWV        |
| 57.46.6                    | Ad van Oijen            | 97 31-05-44 Weert      | 2.05.08.0                  | Jos Koolen              | 88 19-06-27 OLAT       |
|                            |                         |                        |                            |                         |                        |
| <b>SW 10.000 meter M55</b> |                         |                        | <b>SW 20.000 meter M65</b> |                         |                        |
| 52.45.6                    | Tjabel Ras              | 93 02-10-35 RWV        | 2.00.46.8                  | Nico Schroten           | 99 14-07-34 RWV        |
| 53.58.8                    | Hein Zethof             | 85 10-08-28 Aalsmeer   | 2.05.56.0                  | Tjabel Ras              | 02 02-10-35 RWV        |
| 56.06.8                    | Klaas Bakker            | 92 16-05-37 OLAT       | 2.30.06.3                  | Ewout van Wieringen     | 98 17-04-33 RWV        |
| 58.33.5                    | Jan Ritterbeeks         | 86 27-03-31 Unitas     |                            |                         |                        |
| 59.02.6                    | Wim Somsen              | 95 18-04-40 Pallas     | <b>SW 20.000 meter M75</b> |                         |                        |
| 59.45.0                    | Jan Sekuur              | 86 19-01-30 Vet.Ned.   | 2.41.54.8                  | Joop Wissink            | 01 25-09-25 RWV        |
| 59.50.4                    | Ad van Oijen            | 99 31-05-44 Weert      |                            |                         |                        |
| 63.55.0                    | Sjef Koolen             | 95 24-09-37 OLAT       | <b>SW 30.000 meter M40</b> |                         |                        |
| 66.49.8                    | Gerrit de Jong          | 01 08-06-42 Avantri    | 2.27.38.1                  | Henk Plasman            | 98 15-05-57 Gen.Mich.  |
| 67.33.0                    | Dave Bindervoet         | 98 05-10-40 RWV        | 2.32.06.4                  | Tjabel Ras              | 76 04-08-76 PAC        |
|                            |                         |                        | 2.37.55.0                  | Nico Schroten           | 78 14-07-34 Holland-L. |
| <b>SW 10.000 meter M60</b> |                         |                        | 2.45.49.0                  | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. |
| 53.50.8                    | Nico Schroten           | 98 14-07-34 RWV        | 2.47.53.9                  | Hans van Wakeren        | 89 02-03-49 Unitas     |
| 55.31.4                    | Hein Zethof             | 89 10-08-28 Aalsmeer   |                            |                         |                        |
| 57.31.1                    | Klaas Bakker            | 99 16-05-37 OLAT       | 2.49.55.4                  | Richard Leijenaar       | 00 26-05-59 RWV        |
| 57.58.9                    | Tjabel Ras              | 98 02-10-35 RWV        | 2.53.56.0                  | Rob Kemna               | 78 11-02-37 PAC        |
| 58.21.0                    | Jos Koolen              | 89 19-06-27 OLAT       | 2.54.07.0                  | Fred Röhner             | 92 11-09-50 Unitas     |
|                            |                         |                        | 3.04.31.0                  | Ewout van Wieringen     | 77 17-04-33 RWV        |
| <b>SW 10.000 meter M65</b> |                         |                        | 3.10.13.0                  | Gerrit de Jong          | 84 08-06-42 Avantri    |
| 59.45.3                    | Nico Schroten           | 99 14-07-34 RWV        |                            |                         |                        |
| 59.58.6                    | Tjabel Ras              | 02 02-10-35 RWV        | <b>SW 30.000 meter M45</b> |                         |                        |
| 73.12.0                    | Ewout van Wieringen     | 98 17-04-33 RWV        | 2.41.29.9                  | Nico Schroten           | 80 14-07-34 Holland-L. |
|                            |                         |                        | 3.06.54.8                  | Jan Ritterbeeks         | 80 27-03-31 Unitas     |
| <b>SW 10.000 meter M70</b> |                         |                        | 3.08.22.0                  | Ewout van Wieringen     | 79 17-04-33 RWV        |
| 63.54.0                    | Wim Dalmeyer            | 78 30-09-05 RWV        | 3.10.25.0                  | Hub Coenen              | 84 17-08-35 Unitas     |
|                            |                         |                        | 3.14.23.0                  | Fred Röhner             | 98 11-09-50 Unitas     |
| <b>SW 10.000 meter M75</b> |                         |                        |                            |                         |                        |
| 80.41.2                    | Joop Wissink            | 01 25-09-25 RWV        | <b>SW 30.000 meter M50</b> |                         |                        |
|                            |                         |                        | 3.03.04.2                  | Hans van Wakeren        | 99 02-03-49 Unitas     |
|                            |                         |                        | 3.04.31.4                  | Ad Martens              | 98 06-06-48 DJA        |
|                            |                         |                        | 3.10.21.0                  | Jan Ritterbeeks         | 84 27-03-31 Unitas     |
|                            |                         |                        | 3.16.42.0                  | Ad Leermakers           | 02 08-10-51 Attila     |

|                               |                         |                        |                                         |                         |                        |
|-------------------------------|-------------------------|------------------------|-----------------------------------------|-------------------------|------------------------|
| <b>SW 30.000 meter M55</b>    |                         |                        | <b>1 uur snelwandelen M50 (vervolg)</b> |                         |                        |
| 3.21.23.0                     | Dave Bindervoet         | 98 05-10-40 RWV        | 10.750                                  | Hans van Wakeren        | 99 02-03-49 Unitas     |
| <b>SW 30.000 meter M60</b>    |                         |                        | 10.660                                  | Fred Röhner             | 02 11-09-50 Unitas     |
| 2.57.14.3                     | Nico Schroten           | 97 14-07-34 RWV        | 10.398                                  | Gerard Baatsen          | 78 21-10-24 RWV        |
| 3.57.29.0                     | Gerrit de Jong          | 02 08-06-42 Avantri    | <b>1 uur snelwandelen M55</b>           |                         |                        |
| <b>SW 30.000 meter M65</b>    |                         |                        | 11.372                                  | Tjabel Ras              | 93 02-10-35 RWV        |
| 3.06.56.1                     | Nico Schroten           | 99 14-07-34 RWV        | 11.114                                  | Hein Zethof             | 85 10-08-28 Aalsmeer   |
| 3.49.02.1                     | Ewout van Wieringen     | 98 17-04-33 RWV        | 10.168                                  | Jan Ritterbeeks         | 86 27-03-31 Unitas     |
| 3.49.50                       | Jaap Visser             | 02 27-07-37 RWV        | 10.161                                  | Wim Somsen              | 95 18-04-40 Pallas'67  |
| <b>SW 50.000 meter M40</b>    |                         |                        | 10.063                                  | Jan Sekuur              | 86 19-01-30 RWV        |
| 4.19.44.4                     | Henk Plasman            | 98 15-05-57 Gen.Mich.  | 10.021                                  | Ad van Oijen            | 99 31-05-44 Weert      |
| 4.36.11.7                     | Nico Schroten           | 78 14-07-34 Holland-L. | 9.990                                   | Wim Witvliet            | 79 02-06-20 PAC        |
| 4.47.52.0                     | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. | 9.743                                   | Jaap Visser             | 96 27-07-37 RWV        |
| 5.05.54.0                     | Hans van Wakeren        | 90 02-03-49 Unitas     | 9.628                                   | Jos Koolen              | 87 19-06-27 OLAT       |
| 5.09.51.0                     | Jan Vos                 | 79 13-01-38 RWV        | 9.001                                   | Gerrit de Jong          | 01 08-06-42 Avantri    |
| <b>SW 50.000 meter M45</b>    |                         |                        | <b>1 uur snelwandelen M60</b>           |                         |                        |
| 5.18.50.0                     | Gerrit de Jong          | 82 08-06-42 Avantri    | 10.951                                  | Nico Schroten           | 97 14-07-34 RWV        |
| 5.28.55.4                     | Wim v.d. Wittenboer     | 85 11-06-45 OLAT       | 10.814                                  | Hein Zethof             | 89 10-08-28 Aalsmeer   |
| <b>SW 50.000 meter M50</b>    |                         |                        | 10.356                                  | Tjabel Ras              | 98 02-10-35 RWV        |
| 4.31.17.0                     | Nico Schroten           | 79 14-07-34 Holland-L. | 10.283                                  | Wim Witvliet            | 82 02-06-20 PAC        |
| 5.09.31.1                     | Jan Vos                 | 85 13-11-38 RWV        | 9.657                                   | Jaap Visser             | 97 27-07-37 RWV        |
| 5.32.54.0                     | Hub Coenen              | 84 17-08-35 Unitas     | 9.017                                   | Bert Quaadgras          | 87 08-03-26 OLAT       |
| 5.43.36.0                     | Jan Ritterbeeks         | 79 27-03-31 Caesar     | 8.929                                   | Rinus van Lonkhuysen    | 99 30-01-37 RWV        |
| <b>SW 50.000 meter M55</b>    |                         |                        | <b>1 uur snelwandelen M65</b>           |                         |                        |
| 5.20.34.5                     | Ad Martens              | 98 06-06-48 DJA        | 10.040                                  | Nico Schroten           | 00 14-07-34 RWV        |
| 5.24.44.0                     | Jan Ritterbeeks         | 82 27-03-31 Unitas     | 10.007                                  | Tjabel Ras              | 02 02-10-35 RWV        |
| 5.30.08.2                     | Hub Coenen              | 85 17-08-35 Unitas     | 9.698                                   | Wim Witvliet            | 85 02-06-20 PAC        |
| 5.32.44.4                     | Gerard Baatsen          | 76 21-10-24 RWV        | <b>1 uur snelwandelen M70</b>           |                         |                        |
| 5.48.52.1                     | Fred Röhner             | 98 11-09-50 Unitas     | 9.490                                   | Wim Dalmeyer            | 77 30-09-05 RWV        |
| <b>SW 50.000 meter M60</b>    |                         |                        | <b>1 uur snelwandelen M75</b>           |                         |                        |
| 5.40.21.7                     | Dave Bindervoet         | 98 05-10-40 RWV        | 7.400                                   | Joop Wissink            | 01 25-09-25 RWV        |
| <b>SW 50.000 meter M65</b>    |                         |                        | <b>2 uur snelwandelen M40</b>           |                         |                        |
| 5.19.12.2                     | Nico Schroten           | 98 14-07-34 RWV        | 24.852                                  | Henk Plasman            | 98 15-05-57 Gen.Mich.  |
| <b>1 uur snelwandelen M40</b> |                         |                        | 24.243                                  | Tjabel Ras              | 76 02-10-35 PAC        |
| 13.129                        | Harold van Beek         | 02 14-04-62 RWV        | 23.214                                  | Theo Koenis             | 92 12-10-51 De Lat     |
| 12.854                        | Tjabel Ras              | 76 02-10-35 PAC        | 22.412                                  | Hans van Wakeren        | 91 02-03-49 Unitas     |
| 12.343                        | Nico Schroten           | 78 14-07-34 Holland-L. | 22.216                                  | Nico Schroten           | 77 14-07-34 Holland-L. |
| 12.280                        | Theo Koenis             | 93 12-10-51 LAT        | 22.166                                  | Dirk Maassen v.d. Brink | 89 09-06-48 Holland-L. |
| 12.127                        | Dirk Maassen v.d. Brink | 90 09-06-48 Holland-L. | 22.105                                  | Richard Leijenaar       | 99 26-05-59 RWV        |
| <b>1 uur snelwandelen M45</b> |                         |                        | 21.896                                  | Piet van Soest          | 74 05-06-30 Hellas     |
| 12.054                        | Hans van Wakeren        | 89 02-03-49 Unitas     | 21.818                                  | Jan Vos                 | 81 13-11-38 RWV        |
| 11.834                        | Richard Leijenaar       | 01 26-05-59 RWV        | 21.281                                  | Fred Röhner             | 91 11-09-50 Unitas     |
| 11.794                        | Hein Zethof             | 72 10-08-28 AVA'64     | <b>2 uur snelwandelen M45</b>           |                         |                        |
| 11.664                        | Piet van Soest          | 74 05-06-30 Hellas     | 23.324                                  | Nico Schroten           | 80 14-07-34 Holland-L. |
| 11.553                        | Hans van der Knaap      | 01 09-12-59 RWV        | 22.649                                  | Tjabel Ras              | 81 02-10-35 PAC        |
| <b>1 uur snelwandelen M50</b> |                         |                        | 22.060                                  | Piet van Soest          | 76 05-06-30 Vet.Ned.   |
| 12.322                        | Tjabel Ras              | 81 02-10-35 PAC        | 21.968                                  | Theo Koenis             | 99 12-10-51 LAT        |
| 11.995                        | Theo Koenis             | 97 12-10-51 LAT        | 21.202                                  | Gerrit van Tol          | 76 02-07-30 RWV        |
| 11.864                        | Alex Jordana (F)        | 85 37 Sprint           | 21.097                                  | Hans van Wakeren        | 96 02-03-49 Unitas     |
| 11.636                        | Klaas Bakker            | 84 16-05-37 OLAT       | 20.630                                  | Philip Krul             | 96 26-12-47 RWV        |
| 11.633                        | Jan Cornelis            | 02 31-05-56 Holten     | 20.548                                  | Klaas Bakker            | 83 16-05-37 OLAT       |
| <b>1 uur snelwandelen M55</b> |                         |                        | 20.360                                  | Jan Vos                 | 85 13-11-38 RWV        |
| 11.554                        | Philip Krul             | 95 26-12-47 RWV        | 20.041                                  | Jan Ritterbeeks         | 80 27-03-31 Unitas     |
| 11.489                        | Gerrit van Tol          | 76 02-07-30 RWV        | <b>2 uur snelwandelen M50</b>           |                         |                        |
| 11.048                        | Hans van Wakeren        | 97 02-03-49 Unitas     | 21.473                                  | Jan Cijis               | 74 08-08-23 De Lat     |
| 10.931                        | Fred Röhner             | 96 11-09-50 Unitas     | 20.291                                  | Hans van Wakeren        | 99 02-03-49 Unitas     |
| 10.915                        | Rob Kemna               | 82 11-02-37 PAC        | 20.043                                  | Hub Coenen              | 86 17-08-35 Unitas     |
| <b>1 uur snelwandelen M60</b> |                         |                        | 19.851                                  | Fred Röhner             | 01 11-09-50 Unitas     |
| 12.118                        | Tjabel Ras              | 89 02-10-35 PAC        | 19.701                                  | Ad Martens              | 98 06-06-48 DJA        |
| 11.856                        | Klaas Bakker            | 88 16-05-37 OLAT       | 19.453                                  | Ad van Oijen            | 96 31-05-44 Weert      |
| 11.419                        | Hein Zethof             | 80 10-08-28 Aalsmeer   | 19.218                                  | Wim Somsen              | 92 18-04-40 Pallas'67  |
| 11.304                        | Theo Koenis             | 02 12-10-51 LAT        | 19.204                                  | Gerrit de Jong          | 96 08-06-42 Avantri    |
| 11.120                        | Anton Toscani           | 55 29-07-01 AAC        | 19.132                                  | Gerard Baatsen          | 76 21-10-24 RWV        |
| <b>1 uur snelwandelen M65</b> |                         |                        | 18.738                                  | Jan Sekuur              | 81 19-01-30 Vet.Ned.   |
| 10.940                        | Wim Somsen              | 93 18-04-40 Pallas'67  | <b>1 uur snelwandelen M70</b>           |                         |                        |
| 10.807                        | Hub Coenen              | 87 17-08-35 Unitas     | <b>1 uur snelwandelen M75</b>           |                         |                        |

**2 uur snelwandelen M55**

|        |                 |    |          |           |
|--------|-----------------|----|----------|-----------|
| 18.706 | Jan Sekuur      | 85 | 19-01-30 | Vet. Ned. |
| 18.450 | Jan Ritterbeeks | 86 | 27-03-31 | Unitas    |
| 17.865 | Dave Bindervoet | 98 | 05-10-40 | RWV       |

**hoogspringen M50**

|      |                   |       |          |            |
|------|-------------------|-------|----------|------------|
| 1.85 | Jan Huijbers      | 02    | 20-05-51 | GAC-G.     |
| 1.76 | Ed Molenmaker     | 97    | 21-11-46 | Spark      |
| 1.70 | Rob Bleyert       | 90+91 | 22-11-39 | Climax     |
| 1.66 | Rob Dekker        | 00    | 18-10-46 | Castricum  |
| 1.65 | Peter Blommestijn | 95    | 23-05-42 | R'dam Atl. |

**2 uur snelwandelen M60**

|        |               |    |          |     |
|--------|---------------|----|----------|-----|
| 20.985 | Nico Schroten | 96 | 14-07-34 | RWV |
|--------|---------------|----|----------|-----|

**2 uur snelwandelen M65**

|        |                     |    |          |     |
|--------|---------------------|----|----------|-----|
| 19.876 | Nico Schroten       | 99 | 14-07-34 | RWV |
| 16.196 | Ewout van Wieringen | 98 | 17-04-33 | RWV |

**2 uur snelwandelen M75**

|        |              |    |          |     |
|--------|--------------|----|----------|-----|
| 14.885 | Joop Wissink | 01 | 25-09-25 | RWV |
|--------|--------------|----|----------|-----|

**hoogspringen M40**

|      |                   |       |          |             |
|------|-------------------|-------|----------|-------------|
| 2.00 | Leo Poirot        | 83    | 24-07-43 | Hercules    |
| 1.95 | Jan Huijbers      | 93    | 20-05-51 | GAC-G.      |
| 1.86 | Henny van Wijk    | 94    | 01-10-49 | Phoenix     |
| 1.85 | Hans Scheffers    | 85+89 | 03-05-45 | Fortuna     |
| 1.85 | Wim Roosen        | 97    | 30-06-56 | Holland-H.  |
| 1.85 | Erik Rollenberg   | 98+99 | 25-08-58 | Haarlem     |
| 1.83 | Erik Endlich      | 98    | 19-01-58 | Sisu        |
| 1.82 | Ger Heinsius      | 89    | 01-04-48 | SAV         |
| 1.82 | Ed Molenmaker     | 90    | 21-11-46 | Spark       |
| 1.82 | Jeroen Bronwasser | 02    | 05-02-59 | Pr. Hendrik |

|      |                |       |          |          |
|------|----------------|-------|----------|----------|
| 1.80 | Aebele Douma   | 82    | 17-11-41 | Spero    |
| 1.80 | Maarten Laan   | 89    | 03-06-48 | Zaanland |
| 1.80 | Ton de Graaff  | 90+91 | 23-04-49 | AVN      |
| 1.80 | Helmut Drabben | 02    | 11-04-59 | AV'23    |
| 1.80 | Rik Wijnants   | 02    | 22-07-61 | Sparta   |

|      |                   |    |          |          |
|------|-------------------|----|----------|----------|
| 1.76 | Cees Jägers       | 84 | 26-08-42 | GAC-H.   |
| 1.76 | Aad Bode          | 83 | 07-08-41 | Hercules |
| 1.75 | Peter Blommestijn | 86 | 23-05-42 | AVR      |
| 1.75 | Rob van Tiel      | 86 | 14-11-44 | Fortuna  |
| 1.75 | Willem v.d. Werff | 89 | 07-04-48 | Hera     |

|      |                    |    |          |            |
|------|--------------------|----|----------|------------|
| 1.75 | Wim Prinsen        | 91 | 21-03-50 | Sprint     |
| 1.75 | Sylvain Ephimenco  | 97 | 24-11-56 | R'dam Atl. |
| 1.75 | Jan van Dijk       | 97 | 04-06-54 | Trias      |
| 1.75 | Purcy Marte        | 98 | 13-10-56 | Nea-Volh.  |
| 1.75 | Marc van der Krogt | 01 | 17-11-60 | Ilion      |
| 1.75 | Charles den Uyl    | 01 | 02-04-60 | AAV'36     |

**hoogspringen M45**

|      |                |       |          |         |
|------|----------------|-------|----------|---------|
| 1.90 | Ruud Wielart   | 02    | 06-08-54 | Haarlem |
| 1.86 | Jan Huijbers   | 98    | 20-05-51 | GAC-G.  |
| 1.82 | Hans Scheffers | 90    | 03-05-45 | Fortuna |
| 1.80 | Ton de Graaff  | 94+96 | 23-04-49 | AVN     |
| 1.77 | Henny van Wijk | 95+97 | 01-10-49 | Phoenix |

|      |                   |       |          |         |
|------|-------------------|-------|----------|---------|
| 1.75 | Ed Molenmaker     | 93+96 | 21-11-46 | Spark   |
| 1.75 | Wim Roosen        | 02    | 30-06-56 | Holland |
| 1.70 | Peter Blommestijn | 87    | 23-05-42 | AVR     |
| 1.70 | Rob Bleyert       | 88    | 22-11-39 | Climax  |
| 1.70 | Peter van der Ham | 89    | 14-03-44 | V&L TC  |

|      |                   |    |          |          |
|------|-------------------|----|----------|----------|
| 1.70 | Mike Drenth       | 92 | 26-12-46 | Unitas   |
| 1.70 | Willem v.d. Werff | 94 | 07-04-48 | Hera     |
| 1.70 | Wim Scholtes      | 94 | 09-06-47 | Sparta   |
| 1.70 | Piet Jacobs       | 96 | 26-01-50 | Ach.-Top |
| 1.69 | Joop Smeets       | 92 | 27-08-42 | Unitas   |

|      |                 |       |          |          |
|------|-----------------|-------|----------|----------|
| 1.68 | Jacques Janssen | 91    | 16-02-46 | AVT      |
| 1.65 | Joop Nennie     | 87    | 20-07-41 | V&L TC   |
| 1.65 | Cees Jägers     | 88    | 26-08-42 | GAC-H.   |
| 1.65 | Frans van Boven | 90/92 | 29-07-43 | Thor     |
| 1.65 | Maarten Laan    | 93    | 03-06-48 | Zaanland |

|      |                   |       |          |            |
|------|-------------------|-------|----------|------------|
| 1.65 | John de Jongh     | 93    | 05-04-46 | Altis      |
| 1.65 | Rob Dekker        | 94+96 | 18-10-46 | Castricum  |
| 1.65 | Koos Reiding      | 96    | 25-08-50 | R'dam Atl. |
| 1.65 | Henk van Bakel    | 98    | 14-02-53 | Orion      |
| 1.65 | Cor Diemers       | 99    | 11-02-54 | PAC        |
| 1.65 | Frans van der Ham | 00    | 26-07-54 | Avantri    |

|      |                 |       |          |        |
|------|-----------------|-------|----------|--------|
| 1.65 | René Hondelink  | 97    | 18-05-47 | Cialfo |
| 1.65 | Ton de Graaff   | 99+00 | 23-04-49 | AVN    |
| 1.62 | Frans van Boven | 95    | 29-07-43 | Thor   |
| 1.60 | Cees Jägers     | 94+96 | 26-08-42 | GAC-H  |
| 1.60 | Frank Larsen    | 96+97 | 02-08-43 | Ilion  |

|      |              |       |          |             |
|------|--------------|-------|----------|-------------|
| 1.60 | Wim de Ronde | 99    | 08-11-48 | Zaanland    |
| 1.60 | Theo Maat    | 00+01 | 10-03-48 | Fortuna     |
| 1.60 | Koos Reiding | 01    | 25-08-50 | R'dam Atl.  |
| 1.60 | Theo Brusche | 02    | 24-04-52 | Leiden Atl. |
| 1.57 | Jan Nijssen  | 82    | 06-01-32 | HAC         |

|      |                   |       |          |            |
|------|-------------------|-------|----------|------------|
| 1.55 | Arie Langeveld    | 91    | 09-12-40 | Holland-H. |
| 1.55 | Joop Nennie       | 92    | 20-07-41 | Haag Atl.  |
| 1.55 | Peter van der Ham | 94+96 | 14-03-44 | Haag Atl.  |
| 1.55 | Herman Bongertman | 95+96 | 03-05-45 | Blauw Wit  |
| 1.55 | John de Jong      | 96    | 05-04-46 | Altis      |

|      |                          |       |          |            |
|------|--------------------------|-------|----------|------------|
| 1.55 | Onno Waalewijn           | 97+98 | 20-01-47 | AV'23      |
| 1.53 | Cor Kanbier              | 98    | 30-08-46 | Veendam    |
| 1.52 | Henk de Leeuw den Bouter | 94    | 19-04-43 | Avantri    |
| 1.50 | Carel van Venetiën       | 80    | 19-01-29 | Holland-L. |
| 1.50 | Cor Braak                | 81    | 21-03-31 | Waterland  |

|      |                    |    |          |            |
|------|--------------------|----|----------|------------|
| 1.50 | Jan Parlevliet     | 82 | 15-05-32 | Vet. Ned.  |
| 1.50 | Kees van Giezen    | 84 | 14-02-34 | GAC-H.     |
| 1.50 | Martin Bettonviel  | 89 | 21-05-37 | Attila     |
| 1.50 | Theo Sybrandy      | 89 | 03-07-38 | Sparta     |
| 1.50 | Huib van Enkhuizen | 99 | 47       | R'dam Atl. |
| 1.50 | Willem v.d. Werff  | 99 | 07-04-48 | Hera       |
| 1.50 | Dick Schermer      | 99 | 14-05-47 | Castricum  |

**hoogspringen M55 (vanaf 1.30)**

|      |                   |       |          |            |
|------|-------------------|-------|----------|------------|
| 1.65 | Rob Bleyert       | 96    | 22-11-39 | Climax     |
| 1.55 | Cees Jägers       | 97/99 | 26-08-42 | GAC-H.     |
| 1.55 | Peter Blommestijn | 98+99 | 23-05-42 | R'dam Atl. |
| 1.55 | Frans van Boven   | 99+00 | 29-07-43 | Thor       |
| 1.55 | Frank Larsen      | 99    | 02-08-43 | Ilion      |

|      |                   |       |          |           |
|------|-------------------|-------|----------|-----------|
| 1.55 | Peter van der Ham | 99+00 | 14-03-44 | Haag Atl. |
| 1.55 | Hans Scheffers    | 01+02 | 03-05-45 | Fortuna   |
| 1.55 | Rob Dekker        | 02    | 18-10-46 | Castricum |
| 1.55 | René Hondelink    | 02    | 18-05-47 | Cialfo    |
| 1.46 | Kees van Giezen   | 91    | 14-02-34 | GAC-H.    |

|      |                   |    |          |           |
|------|-------------------|----|----------|-----------|
| 1.45 | Theo Sybrandy     | 93 | 03-07-38 | Sparta    |
| 1.40 | Frans Buys        | 83 | 05-09-24 | AAC       |
| 1.40 | Jan Luykx         | 90 | 09-09-33 | Sprint    |
| 1.35 | Martin Bettonviel | 94 | 21-05-37 | Attila    |
| 1.35 | Frits Martens     | 00 | 05-06-42 | Hollandai |

|      |                  |       |          |          |
|------|------------------|-------|----------|----------|
| 1.31 | Jacques Janssen  | 01    | 06-02-46 | Scopias  |
| 1.30 | Jan Oerlemans    | 83    | 24-05-28 | AVN      |
| 1.30 | Nol van der Zalm | 96+97 | 20-07-37 | Kieviten |
| 1.30 | Theo de Koning   | 99    | 06-09-40 | GVAC     |

**hoogspringen M60 (vanaf 1.20)**

|      |                 |       |          |           |
|------|-----------------|-------|----------|-----------|
| 1.45 | Rob Bleijert    | 00+01 | 22-11-39 | Climax    |
| 1.42 | Cor Braak       | 92    | 21-03-31 | Waterland |
| 1.38 | Kees van Giezen | 95    | 14-02-34 | GAC-H.    |
| 1.35 | Frans Buys      | 85    | 05-09-24 | AAC       |
| 1.35 | Rob Kila        | 00    | 07-02-40 | Vet. Ned. |

|      |                    |    |          |          |
|------|--------------------|----|----------|----------|
| 1.30 | Bert Berkhoudt     | 88 | 23-01-28 | Scorpio  |
| 1.30 | Dick Paternotte    | 90 | 14-11-29 | Tion     |
| 1.30 | Jan Oerlemans      | 91 | 24-05-28 | AVN      |
| 1.30 | Joop van den Brink | 92 | 18-07-32 | Hercules |
| 1.30 | Jan Luykx          | 94 | 09-09-33 | Sprint   |

|      |                  |    |          |          |
|------|------------------|----|----------|----------|
| 1.30 | Jan Kempe        | 97 | 15-06-35 | Olymp'70 |
| 1.30 | Theo de Koning   | 00 | 06-09-40 | GVAC     |
| 1.25 | Nol van der Zalm | 98 | 20-07-37 | Kieviten |
| 1.25 | Sjef Bemelmans   | 98 | 15-11-37 | Avon     |
| 1.25 | Ben Maas         | 02 | 20-03-41 | Tempo    |

|                                  |                          |           |                 |                  |                                  |                          |                           |
|----------------------------------|--------------------------|-----------|-----------------|------------------|----------------------------------|--------------------------|---------------------------|
| 1.20                             | Henk Barends             | 00        | 03-04-40        | Hercules         | <b>polshoog M50 (vanaf 2.10)</b> |                          |                           |
| 1.20                             | Frits Martens            | 02        | 05-06-42        | Hollandia        | 3.70                             | Marc van Vliet           | 02 24-02-52 Castricum     |
|                                  |                          |           |                 |                  | 3.30                             | Henk de Leeuw den Bouter | 94 19-04-43 Avantri       |
| <b>hoogspringen M65</b>          |                          |           |                 |                  | 3.20                             | Peter van der Ham        | 95 14-03-44 Haag Atl.     |
| 1.40                             | Arend Koet               | 96        | 26-12-30        | Castricum        | 3.20                             | Teo Maat                 | 01 10-03-48 Fortuna       |
| 1.37                             | Kees van Giezen          | 99        | 14-02-34        | GAC-H.           | 3.10                             | Cor Kanbier              | 97 30-08-46 Veendam       |
| <b>1.36</b>                      | <b>Cor Braak</b>         | <b>98</b> | <b>21-03-31</b> | <b>Waterland</b> |                                  |                          |                           |
| 1.30                             | Jan Sloopbeek            | 02        | 08-03-36        | GAC-H.           | 3.10                             | Ko Florusse              | 00 08-01-48 Parthenon     |
| 1.15                             | Frans Buys               | 90        | 05-09-24        | Pijnenburg       | 3.10                             | Bert Vreeswijk           | 02 11-07-50 Typhoon       |
| 1.00                             | Toon Besseling           | 87        | 26-01-22        | Zaanland         | 3.00                             | Theo Brusche             | 02 24-04-52 Leiden Atl.   |
|                                  |                          |           |                 |                  | 2.90                             | Cees Jägers              | 92 26-08-42 GAC-H.        |
|                                  |                          |           |                 |                  | 2.90                             | Fred van der Steenhoven  | 99 30-01-48 PAC           |
| <b>hoogspringen M70</b>          |                          |           |                 |                  |                                  |                          |                           |
| 1.35                             | Arend Koet               | 02        | 26-12-30        | Castricum        |                                  |                          |                           |
| 1.30                             | Cor Braak                | 02        | 21-03-31        | Waterland        | 2.90                             | Jan Huijbers             | 02 20-05-51 GAC-G.        |
| 1.00                             | Toon Besseling           | 92        | 26-01-22        | Zaanland         | 2.60                             | Kees van Giezen          | 85 14-02-34 GAC-H.        |
|                                  |                          |           |                 |                  | 2.60                             | Peter Blommestijn        | 96 23-05-42 R'dam Atl.    |
|                                  |                          |           |                 |                  | 2.60                             | Ed Molenmaker            | 98 21-11-46 Spark         |
| <b>polshoog M40</b>              |                          |           |                 |                  | 2.50                             | Ben Maas                 | 93 20-03-41 Tempo         |
| 4.40                             | Frans van der Ham        | 95        | 26-07-54        | Avantri          |                                  |                          |                           |
| 4.02                             | Jeroen Bronwasser        | 02        | 05-02-59        | Pr. Hendrik      |                                  |                          |                           |
| 4.00                             | Marc van Vliet           | 92        | 24-02-52        | Holland-L.       | 2.50                             | Wim de Ronde             | 00 08-11-48 Zaanland      |
| 4.00                             | Ed van der Kaaij         | 01        | 12-12-60        | AAC              | 2.50                             | Herman Bongertman        | 95 03-05-45 Blauw Wit     |
| 3.90                             | Pim Göbel                | 92        | 28-04-52        | Haarlem          | 2.40                             | Cor Braak                | 82 21-03-31 Waterland     |
|                                  |                          |           |                 |                  | 2.40                             | Jan Nijssen              | 82 06-01-32 HAC           |
|                                  |                          |           |                 |                  | 2.40                             | Ton de Graaff            | 01 23-04-49 AVN           |
| 3.90                             | Siebe van Genesen        | 00        | 09-04-59        | AVN              |                                  |                          |                           |
| 3.80                             | Aebele Douma             | 82        | 17-11-41        | Spero            |                                  |                          |                           |
| 3.80                             | Lex Derksema             | 85        | 27-09-43        | Argo '77         | 2.20                             | Sjef Bemelmans           | 90 15-11-37 Avon          |
| 3.80                             | Hans van Wieringen       | 85        | 31-07-44        | Sparta           | 2.10                             | Jan Zillen               | 91 21-09-41 AVA'64        |
| 3.80                             | Wim Langeland            | 96        | 08-01-55        | Avantri          |                                  |                          |                           |
|                                  |                          |           |                 |                  | <b>polshoog M55</b>              |                          |                           |
| 3.70                             | Harry Dost               | 84        | 22-03-44        | Tion             | 3.30                             | Siegbert Gnoth(D)        | 98 21-07-40 Tion          |
| 3.70                             | Bert Krijnen             | 85        | 19-04-45        | GAC-H.           | 2.90                             | Kees van Giezen          | 91+92 14-02-34 GAC-H.     |
| 3.60                             | Dick Opdien              | 00        | 01-11-59        | Scorpio          | 2.80                             | Henk de Leeuw den Bouter | 99 19-04-43 Avantri       |
| 3.50                             | Ton de Graaff            | 90        | 23-04-49        | AVN              | 2.70                             | Cees Jägers              | 00 26-08-42 GAC-H.        |
| 3.50                             | Ko Florusse              | 92        | 30-05-50        | Parthenon        | 2.60                             | Peter Blommestijn        | 97+01 23-05-42 R'dam Atl. |
|                                  |                          |           |                 |                  |                                  |                          |                           |
| 3.50                             | Adrie Roos               | 94        | 25-01-53        | Spark            | 2.60                             | Peter van der Ham        | 99 14-03-44 Haag Atl.     |
| 3.50                             | August Leckie            | 99        | 28-11-57        | Ilion            | 2.10                             | Theo de Koning           | 99 06-09-40 GVAC          |
| 3.40                             | Servee Wijsen            | 77        | 10-01-35        | Unitas           |                                  |                          |                           |
| 3.40                             | Henk de Leeuw den Bouter | 83        | 19-04-43        | Avantri          | <b>polshoog M60</b>              |                          |                           |
| 3.40                             | Freek Stam               | 84        | 06-11-42        | Trias            | 3.30                             | Siegbert Gnoth (D)       | 01 21-07-40 Tion          |
|                                  |                          |           |                 |                  | 2.90                             | Kees van Giezen          | 95/97 14-02-34 GAC-H.     |
| 3.40                             | Jan de Vries             | 85        | 04-05-44        | AAC              | 2.20                             | Ben Maas                 | 01+02 20-03-41 Tempo      |
| 3.40                             | Gerard den Oudendammer   | 88        | 15-04-46        | Metro            | 2.10                             | Joop van den Brink       | 92 18-07-32 Hercules      |
| 3.40                             | Teo Maat                 | 88        | 10-03-48        | Fortuna          |                                  |                          |                           |
| 3.40                             | Theo Brusche             | 92        | 24-04-52        | De Bataven       | <b>polshoog M65</b>              |                          |                           |
| 3.30                             | Ger Heinsius             | 88+89     | 01-04-48        | SAV              | 2.90                             | Kees van Giezen          | 99 14-02-34 GAC-H.        |
|                                  |                          |           |                 |                  |                                  |                          |                           |
| <b>polshoog M45 (vanaf 2.40)</b> |                          |           |                 |                  | <b>polshoog M70</b>              |                          |                           |
| 4.31                             | Frans van der Ham        | 99        | 26-07-54        | Avantri          | 2.20                             | Arend Koet               | 01 26-12-30 Castricum     |
| 3.80                             | Marc van Vliet           | 97        | 24-02-52        | Castricum        |                                  |                          |                           |
| 3.60                             | Henk de Leeuw den Bouter | 89        | 19-04-43        | Avantri          | <b>polshoog M75</b>              |                          |                           |
| 3.60                             | Hans van Wieringen       | 89        | 31-07-44        | Sparta           | 1.92                             | Kees Gelens              | 86 14-08-07 Attila        |
| 3.50                             | Peter van der Ham        | 92        | 14-03-44        | Haag Atl.        |                                  |                          |                           |
|                                  |                          |           |                 |                  | <b>verspringen M40</b>           |                          |                           |
| 3.20                             | Ton de Graaff            | 94        | 23-04-49        | AVN              | 6.95                             | Alje Kuiper              | 02 30-09-60 Ilion         |
| 3.20                             | Kees Meijer              | 02        | 01-12-56        | Nea-Volh.        | 6.62                             | Jeroen Bronwasser        | 99 05-02-59 Pr. Hendrik   |
| 3.10                             | Gerard den Oudendammer   | 91        | 15-05-46        | Metro            | 6.54                             | Hans Scheffers           | 85 03-05-45 Fortuna       |
| 3.00                             | Ben Maas                 | 88        | 20-03-41        | Tempo            | 6.52                             | Rien Mellaard            | 78 17-12-37 Spark         |
| 3.00                             | Freek Stam               | 89        | 06-11-42        | Trias            | 6.46                             | Ger Heinsius             | 89 01-04-48 SAV           |
|                                  |                          |           |                 |                  |                                  |                          |                           |
| 3.00                             | Teo Maat                 | 93        | 10-03-48        | Parthenon        | 6.43                             | Hans van Enkhuizen       | 86 20-06-46 Haarlem       |
| 3.00                             | Fred van der Steenhoven  | 93+94     | 30-01-48        | PAC              | 6.40                             | Aebele Douma             | 82 17-11-41 Spero         |
| 3.00                             | Ko Florusse              | 95        | 30-05-50        | Parthenon        | 6.34                             | Gérard Moors             | 88 19-12-47 Sprint        |
| 2.90                             | Piet van Heeswijk        | 83        | 22-05-37        | Pr.Hendrik       | 6.33                             | Theo Brusche             | 92 24-04-52 De Bataven    |
| 2.80                             | Cees Jägers              | 91        | 26-08-42        | GAC-H.           | 6.30                             | Louis Spek               | 90 02-12-48 Fortuna       |
|                                  |                          |           |                 |                  |                                  |                          |                           |
| 2.80                             | Henk van Bakel           | 98        | 14-02-53        | Orion            | 6.26                             | Henk Meyer               | 79 15-06-39 AV '55        |
| 2.80                             | Theo Brusche             | 01        | 24-04-52        | Leiden Atl.      | 6.26                             | Wilfried Benjamin        | 82 03-06-42 KNAU-pers.    |
| 2.60                             | Herman Bongertman        | 91+92     | 03-05-45        | AVA'64           | 6.23                             | Wout van Drunen          | 96 12-08-54 GAC-H.        |
| 2.60                             | Jacques Janssen          | 91        | 16-02-46        | AVT              | 6.21                             | Peter van Leeuwen        | 99 20-06-58 Thor          |
| 2.60                             | Cees Berg                | 92        | 28-06-47        | AAV'36           | 6.15                             | Glen Gentle              | 92 05-01-52 Avon          |
|                                  |                          |           |                 |                  |                                  |                          |                           |
| 2.50                             | Kees van Giezen          | 86        | 14-02-34        | GAC-H.           | 6.15                             | Alfredo Leenderts        | 01 18-08-61 Scorpio       |
| 2.50                             | Glenn Gentle             | 99+01     | 05-01-52        | Avon             | 6.12                             | Jacques Janssen          | 86 16-02-46 Tegelen       |
| 2.50                             | Leo de Pee               | 01        | 24-05-56        | Spirit-OB        | 6.12                             | Frans van der Ham        | 95 26-07-54 Avantri       |
| 2.45                             | Chris Roodenburg         | 96        | 12-05-50        | R'dam Atl.       | 6.07                             | Joop Smeets              | 83 27-08-42 HAC           |
| 2.40                             | Kees van Loon            | 83        | 11-06-38        | Spirit-L.        | 6.06                             | Ton de Groot             | 83 22-03-43 V&L TC        |
|                                  |                          |           |                 |                  |                                  |                          |                           |
| 2.40                             | Sjef Bemelmans           | 87        | 15-11-37        | Avon             |                                  |                          |                           |
| 2.40                             | Klaas v.d. Linde         | 91        | 02-02-45        | Avantri          |                                  |                          |                           |
| 2.40                             | May Stokman              | 02        | 09-11-56        | AVV              |                                  |                          |                           |



**verspringen M75**

3.31 Frans Buys

00 05-09-24 GAC-H.

9.89

Henk Nordt

02 03-07-49 Zuidwal

9.81

Theo Maat

98 10-03-48 Fortuna

9.40

Fred van der Steenhoven

01 30-01-48 PAC

9.38

Wout Spaargaren

97 26-08-46 Aalsmeer

9.38

Gerard van Looij

97 25-04-47 Aalsmeer

**hinkstapspringen M40**

13.41 Gérard Moors

89 19-12-47 Sprint

12.42 Ger Heinsius

88 01-04-48 SAV

12.31 Glenn Gentle

94 05-01-52 Avon

12.30 Wout van Drunen

96 12-08-54 GAC-H.

12.27 Rob Klarenbeek

96 05-11-53 Zuidwal

12.22 May Stokman

99 09-11-56 AVV

12.17 Herman Thomas

91 01-03-50 DEM

12.17 Helmut Drabben

02 11-04-59 AV'23

12.13 Theo Brusche

95 24-04-52 De Bataven

11.95 Erik Endlich

99 19-01-58 Sisu

11.91 Jan Huijbers

95 20-05-51 GAC-G.

11.85 Wilfried Benjamin

84 03-06-42 AAC

11.84 Henk de Leeuw den Bouter

86 19-04-43 Avanti

11.74 Ruud Wielart

98 06-08-54 Haarlem

11.60 Albert Houwen

91 21-02-50 Oirschot

11.56 Peter van der Ham

88 14-03-44 V&amp;L TC

11.56 John Bakker

95 11-10-54 De Bataven

11.51 Kees Havermans

88 26-01-48 Scorpio

11.50 Martijn Zijl

85 18-10-44 Trias

11.45 Charles den Uijl

00 02-04-60 AAV'36

11.44 Peter Blommestijn

85 23-05-42 AVR

11.44 May Stokman

00 09-11-56 AVV

11.40 Rien Mellaard

79 27-12-37 Spark

11.27 Ruud Wieles

96 18-07-55 Typhoon

11.23 Klaas v.d. Linde

86 02-02-45 AAA

**hinkstapspringen M45 (tot 10.00)**

12.43 Glenn Gentle

97 05-01-52 Avon

11.85 Peter van der Ham

90 14-03-44 V&amp;L TC

11.78 Theo Brusche

98 24-04-52 Leiden

11.61 Wout van Drunen

01 12-08-54 GAC-H.

11.59 Peter Blommestijn

88 23-05-42 AVR

11.43 Ton Peters

88 14-06-42 Scorpio

11.35 Jan Huijbers

97 20-05-51 GAC-G.

11.26 May Stokman

02 09-11-56 AVV

11.21 Gerard Advocaat

98 24-10-51 PAC

10.94 Bert Elshof

02 28-06-57 Tion

10.86 Koos Reiding

97 25-08-50 R'dam Atl.

10.79 Kees Justus Vogel

02 10-12-54 AAV'36

10.60 John Danyluk

98 17-06-53 Atledo

10.40 Theo Huisman

84 09-10-35 Horror

10.40 Onno Waalewijn

95 20-01-47 AV'23

10.35 Bouke Terpstra

92 28-11-43 Cialfo

10.33 Harry Hagemans

83 27-03-38 AVN

10.32 Fred van der Steenhoven

95 30-01-48 PAC

10.31 Dirk-Jan Giskens

01 21-06-54 Lycurgus

10.15 Han Verschuren

92 25-12-43 Atledo

10.08 Tom Ardewijn

95 06-01-50 Olympus'70

**hinkstapspringen M50 (tot 9.30)**

11.88 Glenn Gentle

02 05-01-52 Avon

11.76 Jan Huijbers

02 20-05-51 GAC-G.

11.23 Koos Reiding

01 25-08-50 R'dam Atl.

11.07 Frank Larsen

96 02-08-43 Ilion

11.06 Peter van der Ham

95 14-03-44 Haag Atl.

10.93 Peter Blommestijn

95 23-05-42 R'dam Atl.

10.76 Arie Langeveld

91 09-12-40 Holland-H.

10.68 Ton Peters

92 14-06-42 Scorpio

10.63 Kees Havermans

98 26-01-48 Scorpio

10.51 Harrie Wijkmans

90 14-07-39 Scorpio

10.42 Wim Hellebrekers

01 19-02-50 Weert

10.39 Herman Bongertman

95 03-05-45 Blauw Wit

10.41 Onno Waalewijn

97 20-01-47 AV'23

10.10 Peter Blakmoor

95 06-01-45 Zuidwal

9.95 Joop van den Brink

85 18-07-32 Hercules

**hinkstapspringen M55**

11.25 Siegbert Gnoth (D)

99 21-07-40 Tion

10.45

Peter Blommestijn

97 23-05-42 R'dam Atl.

9.87

Peter van der Ham

99 14-03-44 Haag Atl.

9.26

Arie Langeveld

97 09-12-40 Holland-H.

9.12

Peter Blakmoor

00 06-01-45 Zuidwal

9.00

Cees Jägers

99 26-08-42 GAC-H.

**hinkstapspringen M60 (tot 8.00)**

9.52

Kees van Giezen

96 14-02-34 GAC-H.

8.47

Jan Kempe

97 15-06-35 Olymp'70

**hinkstapspringen M65**

9.31

Kees van Giezen

99 14-02-34 GAC-H.

9.00

Cees Vooijs

01 04-01-34 Gouda

8.40

Arend Koet

98 26-12-30 Castricum

7.55

Pieter Schouten

01 14-06-34 GAC-H.

**hinkstapspringen**

8.23

Arend Koet

01 26-12-30 Castricum

**hinkstapspringen M80**

5.19

Theo Hoekstra

97 12-05-16 Argo'77

**kogelstoten M40**

15.99

Jan Langeveld

98 28-06-57 AAC

15.13

Jacques Ruhl

93 28-01-51 Sprint

14.90

Hans Schouten

92 08-05-49 Hollandia

14.67

Jeroen van der Meer

00 07-04-59 Haag Atl.

14.28

Martin Regtop

93 10-01-49 Tion

14.07

Jacques Janssen

88 16-02-46 Tegelen

14.04

Joop v.d. Laar

96 29-02-56 Noordkop

13.91

Cees van Wees

80 07-01-36 AAC

13.79

Rob Hermans

95 21-06-53 Ach.-Top

13.75

Aad de Bruyn

51 30-01-10 Vl. &amp; Lenig

13.68

Peter Blommerde

01 31-12-58 Spado

13.53

Nico Hellendoorn

90 30-06-50 RKDOS

13.50

Hans Houtzager

51 26-08-10 EAV

13.48

Piet Klaassen

88 02-04-46 Pr.Hendrik

13.47

Tinus Katoen

90 23-09-49 Sperwers

13.43

Harry Zitzen

86 07-04-44 Ach.-Top

13.40

Albert van der Mee

02 29-01-60 Sprint

13.34

Jan Versluis

90 18-08-47 Typhoon

13.32

Henny van Wijk

92 01-10-49 Phoenix

13.28

Wim de Graaff

86 28-07-45 AVN

13.23

Marc van Vliet

93 24-02-52 Castricum

13.20

Piet Meijdam

99 19-11-57 Hercules

13.04

Harrie van Kuyk

89 16-03-46 Attila

13.00

Frits Wimmers

92 08-01-52 Hollandia

12.99

Carlo Wijnands

98 20-04-56 Argo-G.

**kogelstoten M45**

14.92

Hans Schouten

94 08-05-49 Hollandia

14.38

Martin Regtop

95 10-01-49 Tion

14.33

Jacques Ruhl

97 28-01-51 Thor

13.78

Rob Hermans

01 21-06-53 Ach.-Top

13.66

Jacques Janssen

93 16-02-46 Scopias

13.01

Bert de Jonge

02 20-03-57 AV'56

12.99

Henny van Wijk

95 01-10-49 Phoenix

12.85

Henk van Aarst

83 21-02-35 Clytoneus

12.85

Wim de Graaff

90 28-07-45 AVN

12.85

Harry van Kuyk

92 16-03-46 Attila

12.60

Jack Dekker

96 21-04-49 Castricum

12.60

Nico Hellendoorn

98 30-06-50 Vet.Ned.

12.53

Leo v.d. Veer

97 15-02-48 Haarlem

12.53

Glen Gentle

00 05-01-52 Avon

12.52

Piet Klaassen

92 02-04-46 AVN

|                                    |                    |    |                     |                                     |                    |       |          |             |
|------------------------------------|--------------------|----|---------------------|-------------------------------------|--------------------|-------|----------|-------------|
| 12.49                              | Nico Kriatkow      | 95 | 05-05-50            | 10.35                               | Sjaak de Bruijne   | 89    | 14-04-33 | Atletica    |
| 12.33                              | Ton de Graaf       | 90 | 15-02-45            | 10.18                               | Martijn Zijl       | 02    | 18-10-44 | Trias       |
| 12.23                              | Wim Roosen         | 01 | 30-06-56            | 10.06                               | Rein Evenhuis      | 95    | 28-06-36 | Lionitas    |
| 12.20                              | Hans Mahie         | 94 | 09-01-49            | 9.88                                | Rob Kila           | 95    | 07-02-40 | Vet.Ned.    |
| 12.10                              | Jeltjo Doornbosch  | 82 | 23-04-36            | 9.81                                | Herman Bongertman  | 00    | 03-05-45 | AKU         |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 12.09                              | Joop van de Laar   | 02 | 29-02-56 Noordkop   | kogelstoten M55 (7,26 kg - top 5)   |                    |       |          |             |
| 12.03                              | François Theys (B) | 98 | 17-10-51 Unitas     | 11.24                               | Frits Martens      | 97    | 05-06-42 | Hollandia   |
| 12.00                              | Eef Kamerbeek      | 79 | 17-03-34 PSV        | 11.16                               | Wim Fokker         | 92    | 15-07-36 | Hellas      |
| 12.00                              | Carlo Wijnands     | 01 | 20-04-56 Argo-G.    | 10.64                               | Jan van Heek       | 94    | 24-02-39 | Spartaan    |
| 11.95                              | Jan Versluis       | 96 | 18-08-47 Statina    | 10.61                               | Jan Pronk          | 94    | 18-01-38 | Trias       |
|                                    |                    |    |                     | 10.35                               | Peter Blommestijn  | 99    | 23-05-42 | R'dam Atl.  |
| kogelstoten M50 (= 6 kg)           |                    |    |                     |                                     |                    |       |          |             |
| 15.39                              | Martin Regtop      | 99 | 10-01-49 Tion       | kogelstoten M60 (= 5 kg)            |                    |       |          |             |
| 14.96                              | Hans Schouten      | 99 | 08-05-49 Hollandia  | 13.70                               | Wim Fokker         | 98    | 15-07-36 | Hellas      |
| 14.12                              | Jacques Ruhl       | 01 | 28-01-51 Thor       | 12.81                               | Frits Martens      | 02    | 05-06-42 | Hollandia   |
| 13.90                              | Piet Klaassen      | 96 | 02-04-46 AVN        | 12.12                               | Jeltjo Doornbosch  | 96    | 23-04-36 | Vet.Ned.    |
| 13.73                              | Henny van Wijk     | 01 | 01-10-49 Phoenix    | 11.85                               | Peter Blommestijn  | 02    | 23-05-42 | R'dam Atl.  |
|                                    |                    |    |                     | 11.80                               | Sjef Bemelmans     | 00    | 15-11-37 | Avon        |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 13.70                              | Nico Hellendoorn   | 00 | 30-06-50 Vet. Ned.  |                                     |                    |       |          |             |
| 13.56                              | Jack Dekker        | 02 | 21-04-49 Castricum  | 11.69                               | Jan Pronk          | 98    | 18-01-38 | Trias       |
| 13.46                              | Jacques Janssen    | 96 | 16-02-46 Scopias    | 11.67                               | Jan Smit           | 95    | 22-09-31 | Springbokke |
| 13.40                              | Henk van Aarst     | 86 | 21-02-35 Clytoneus  | 11.31                               | Wim Visser         | 95    | 12-01-32 | Blauw-Wit   |
| 13.17                              | Cees Betlem        | 96 | 26-01-46 Hellas     | 11.13                               | Ben Rebel          | 90    | 12-02-29 | Vet.Ned.    |
|                                    |                    |    |                     | 10.62                               | Sjaak de Bruijne   | 94    | 14-04-33 | Dynamica    |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 13.15                              | Joop Tournier      | 95 | 28-03-45 R'dam Atl. |                                     |                    |       |          |             |
| 13.00                              | Wim de Graaff      | 96 | 28-07-45 AVN        | 10.53                               | Jan Oerlemans      | 89    | 24-05-28 | AVN         |
| 12.98                              | Glenn Gentle       | 02 | 05-01-52 Avon       | 10.52                               | Jan Luykx          | 94    | 09-09-33 | Sprint      |
| 12.80                              | Wim Fokker         | 88 | 15-07-36 Hellas     | 10.51                               | Rob Bleijert       | 00    | 22-11-39 | Climax      |
| 12.62                              | Frits Martens      | 93 | 05-06-42 Hollandia  | 10.42                               | Rein Evenhuis      | 96    | 28-06-36 | Lionitas    |
|                                    |                    |    |                     | 10.38                               | Cor Braak          | 92    | 21-03-31 | Waterland   |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 12.57                              | Herman v.d. Pal    | 89 | 18-05-35 Hellas     |                                     |                    |       |          |             |
| 12.57                              | Rinus Schreuder    | 92 | 15-11-41 Hellas     | 10.20                               | Rob Kila           | 01    | 07-02-40 | Vet.Ned.    |
| 12.34                              | Jan van Empel      | 95 | 19-08-44 GVAC       | 10.06                               | Dick Stiemer       | 96    | 17-02-36 | Spirit-L.   |
| 12.29                              | Teo Maat           | 02 | 10-03-48 Fortuna    | 9.81                                | Piet Sluiter       | 88    | 21-10-26 | Te Werve    |
| 12.28                              | Jan Pronk          | 91 | 18-01-38 Trias      | 9.70                                | Feico Jansma       | 02    | 20-03-42 | AV'55       |
|                                    |                    |    |                     | 9.64                                | Carel van Venetiën | 90    | 19-01-29 | Bataven     |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 12.25                              | Martin Bettonviel  | 89 | 21-05-37 Attila     |                                     |                    |       |          |             |
| 12.07                              | Jeltjo Doornbosch  | 88 | 23-04-36 Vet.Ned.   | 9.64                                | Jan Slootbeek      | 00    | 08-03-36 | Tempo       |
| 12.02                              | Jan Titulaer       | 98 | 25-05-47 Orion      | 9.37                                | Theo Hopman        | 89    | 12-07-29 | Trias       |
| 11.80                              | Martijn Zijl       | 97 | 18-10-44 Trias      | 9.18                                | Ad Pley            | 89    | 17-05-28 | Vet.Ned.    |
| 11.75                              | Wim Hellebrekers   | 02 | 19-02-50 Weert      | 9.17                                | Nico Storre        | 90    | 12-09-26 | Kieviten    |
|                                    |                    |    |                     | 9.03                                | Tjerk van der Zee  | 99    | 11-09-37 | Sisu        |
| kogelstoten M50 (7,26 kg - top 10) |                    |    |                     | kogelstoten M60 (7,26 kg - top 5)   |                    |       |          |             |
| 13.96                              | Martin Regtop      | 99 | 10-01-49 Tion       | kogelstoten M60 (7,26 kg - top 5)   |                    |       |          |             |
| 13.05                              | Hans Schouten      | 99 | 08-05-49 Hollandia  | 10.95                               | Wim Fokker         | 96    | 15-07-36 | Hellas      |
| 12.38                              | Hennie van Wijk    | 01 | 01-10-49 Phoenix    | 10.06                               | Wim Visser         | 95    | 11-01-32 | Blauw Wit   |
| 12.35                              | Leo v.d. Veer      | 98 | 15-02-48 Haarlem    | 9.81                                | Jeltjo Doornbosch  | 96    | 23-04-36 | Vet.Ned.    |
| 12.33                              | Piet Klaassen      | 96 | 02-04-46 AVN        | 9.61                                | Sjef Bemelmans     | 98    | 15-11-37 | Avon        |
|                                    |                    |    |                     | 9.34                                | Ben Rebel          | 91    | 12-02-29 | Ilion       |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 12.12                              | Jack Dekker        | 00 | 21-04-49 Castricum  | kogelstoten M65 (= 5 kg - tot 7.00) |                    |       |          |             |
| 12.07                              | Glenn Gentle       | 02 | 05-01-52 Avon       | kogelstoten M65 (= 5 kg - tot 7.00) |                    |       |          |             |
| 11.98                              | Herman v.d. Pal    | 85 | 18-05-35 Hellas     | 12.53                               | Wim Fokker         | 01    | 15-07-36 | Hellas      |
| 11.96                              | Joop Tournier      | 95 | 28-03-45 R'dam Atl. | 11.28                               | Jan Smit           | 97    | 22-09-31 | PSV         |
| 11.93                              | Jacques Janssen    | 96 | 16-02-46 Scopias    | 10.81                               | Cees Vooijs        | 01    | 04-01-34 | Gouda       |
|                                    |                    |    |                     | 10.12                               | Jan Oerlemans      | 96    | 24-05-28 | AVN         |
|                                    |                    |    |                     | 9.82                                | Sjaak de Bruijne   | 98    | 14-04-33 | Dynamica    |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 12.76                              | Wim Fokker         | 94 | 15-07-36 Hellas     |                                     |                    |       |          |             |
| 12.38                              | Jan Pronk          | 93 | 18-01-38 Trias      | 9.66                                | Piet Olofsen       | 00    | 29-01-35 | Hollandia   |
| 12.30                              | Frits Martens      | 99 | 05-06-42 Hollandia  | 9.55                                | Jan Slootbeek      | 01    | 08-03-36 | Tempo       |
| 11.76                              | Jan van Empel      | 00 | 19-08-44 GVAC       | 9.52                                | Cor Braak          | 96    | 21-03-31 | Waterland   |
| 11.68                              | Jan-Bert Hartog    | 00 | 05-02-45 Climax     | 9.15                                | Piet Sluiter       | 92    | 22-10-26 | Te Werve    |
|                                    |                    |    |                     | 9.12                                | Nico Storre        | 92+94 | 12-09-26 | Kieviten    |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 11.67                              | Jan Titulaer       | 02 | 25-05-47 PSV        |                                     |                    |       |          |             |
| 11.54                              | Peter Blommestijn  | 97 | 23-05-42 R'dam Atl. | 8.86                                | Jan Slootbeek      | 02    | 08-03-36 | Tempo       |
| 11.32                              | Ben Rebel          | 86 | 12-02-29 KNAU-pers. | 8.80                                | Piet Blanken       | 92    | 19-09-26 | Kieviten    |
| 11.28                              | Roland Henriquez   | 02 | 29-10-46 GAC-H.     | 8.63                                | Arend Koet         | 00    | 26-12-30 | Castricum   |
| 11.25                              | Herman v.d.Pal     | 90 | 18-05-35 Hellas     | 8.56                                | Gerard Broeders    | 98    | 16-03-32 | Vet.Ned.    |
|                                    |                    |    |                     | 8.47                                | Aad Pley           | 96    | 17-05-28 | Vet.Ned.    |
|                                    |                    |    |                     |                                     |                    |       |          |             |
| 11.15                              | Jacques Janssen    | 02 | 06-02-46 Scopias    |                                     |                    |       |          |             |
| 11.07                              | Wim de Graaff      | 01 | 28-07-45 AVN        | 8.43                                | Frans Buys         | 92    | 05-09-24 | Pijnenburg  |
| 10.81                              | Donald Segers      | 01 | 03-12-45 RKHAV      | 8.36                                | Klaas Akkerman     | 02    | 16-12-35 | Wier'meer   |
| 10.75                              | Peter van der Ham  | 00 | 14-03-44 Haag Atl.  | 7.77                                | Jaap Haan          | 98    | 10-08-32 | Atos        |
| 10.74                              | Gerard Weisscher   | 90 | 21-06-34 Vet.Ned.   | 7.47                                | Kees van Giezen    | 99    | 14-02-34 | GAC-H.      |
|                                    |                    |    |                     | 7.13                                | Jan v.d. Reyden    | 88    | 30-03-22 | Vet.Ned.    |
|                                    |                    |    |                     | 7.12                                | Jan Kempe          | 00    | 15-06-35 | Olympus'70  |
| 10.60                              | Jan Luykx          | 89 | 09-09-33 Sprint     |                                     |                    |       |          |             |
| 10.54                              | Frits van Buuren   | 01 | 31-01-46 AV'23      | kogelstoten M70 (= 4 kg - tot 6.50) |                    |       |          |             |
| 10.48                              | Hans Prins         | 97 | 05-08-41 Atos       | kogelstoten M70 (= 4 kg - tot 6.50) |                    |       |          |             |
| 10.38                              | Wim Visser         | 88 | 12-01-32 Blauw-Wit  | 11.35                               | Jan Oerlemans      | 98    | 24-05-28 | AVN         |
| 10.36                              | Joop Tournier      | 01 | 28-03-45 R'dam Atl. | 10.72                               | Jan Smit           | 02    | 22-09-31 | PSV         |

|                          |                        |    |                      |                                 |                          |    |                      |
|--------------------------|------------------------|----|----------------------|---------------------------------|--------------------------|----|----------------------|
| 9.66                     | Joop Bakker            | 94 | 16-11-22 Haag Atl.   | discuswerpen M50 (= 1,5 kg)     |                          |    |                      |
| 9.66                     | Nico Storre            | 97 | 12-09-26 Vet.Ned.    | 52.45                           | Hans Schouten            | 02 | 08-05-49 Hollandia   |
| 9.64                     | Cor Braak              | 01 | 21-03-31 Waterland   | 51.18                           | Martin Regtop            | 00 | 10-01-49 Tion        |
|                          |                        |    |                      | 49.82                           | Harry Zitzen             | 95 | 07-04-44 Ach.-Top    |
| 9.04                     | Arend Koet             | 01 | 26-12-30 Castricum   | 49.00                           | Wim de Graaff            | 95 | 28-07-45 AVN         |
| 7.63                     | Frans Buys             | 99 | 05-09-24 GAC-H.      | 47.78                           | Cees Betlem              | 96 | 26-01-46 Hellas      |
| 7.02                     | Jan v.d. Reyden        | 92 | 30-03-22 Vet.Ned.    |                                 |                          |    |                      |
| 6.98                     | Anton de Kok           | 96 | 25-01-26 Vet.Ned.    | 46.37                           | Jack Dekker              | 00 | 21-04-49 Castricum   |
|                          |                        |    |                      | 45.96                           | Piet Klaassen            | 96 | 02-04-46 AVN         |
| kogelstoten M75 (= 4 kg) |                        |    |                      | 44.67                           | Nico Hellendoorn         | 00 | 30-06-50 Vet. Ned.   |
| 8.76                     | Nico Storre            | 02 | 12-09-26 Vet.Ned.    | 44.36                           | Henny van Wijk           | 01 | 01-10-49 Phoenix     |
| 8.12                     | Jelto Schluter         | 94 | 28-01-19 Huizen      | 43.80                           | Jacques Ruhl             | 01 | 28-01-51 Thor        |
| 7.27                     | Frans Buys             | 00 | 05-09-24 GAC-H.      |                                 |                          |    |                      |
| 6.05                     | Jan v.d. Reyden        | 97 | 30-03-22 Vet.Ned.    | 43.72                           | Teo Maat                 | 00 | 10-03-48 Fortuna     |
|                          |                        |    |                      | 42.74                           | Herman v.d. Pal          | 85 | 18-05-35 Hellas      |
| kogelstoten M80 (= 4 kg) |                        |    |                      | 42.22                           | Jan Pronk                | 91 | 18-01-38 Trias       |
| 6.96                     | Theo Hoekstra          | 96 | 12-05-16 Argo'77     | 42.08                           | Frits Martens            | 93 | 05-06-42 Hollandia   |
|                          |                        |    |                      | 42.00                           | Jacques Janssen          | 96 | 16-02-46 Scopias     |
| discuswerpen M40         |                        |    |                      |                                 |                          |    |                      |
| 54.11                    | Piet Meijdam           | 98 | 19-11-57 Hercules    | 40.69                           | Geert Oerlemans          | 99 | 30-09-48 Diomedon    |
| 50.62                    | Harry Zitzen           | 86 | 07-04-44 Ach.-Top    | 39.86                           | Jan-Peter Zillen         | 94 | 21-09-41 Aalsmeer    |
| 47.98                    | Hans Schouten          | 93 | 08-05-49 Hollandia   | 39.76                           | Glenn Gentle             | 02 | 05-01-52 Avon        |
| 47.61                    | Wim de Wolff           | 99 | 29-11-58 AV'55       | 38.46                           | Henk de Leeuw den Bouter | 94 | 19-04-43 Avanti      |
| 47.34                    | Piet Klaassen          | 89 | 02-04-46 Pr.Hendrik  | 37.76                           | Jan van Empel            | 96 | 19-08-44 GVAC        |
|                          |                        |    |                      |                                 |                          |    |                      |
| 46.45                    | Sylvain Ephimenco (FR) | 01 | 24-11-56 R'dam Atl.  | 37.72                           | Martijn Zijl             | 95 | 18-10-44 Trias       |
| 46.10                    | Jacques Ruhl           | 93 | 28-01-51 Sprint      | 37.52                           | Henk Kruit               | 91 | 18-01-40 Zaanland    |
| 46.04                    | Wim de Graaff          | 85 | 28-07-45 AVN         | 37.36                           | Frits van Buuren         | 96 | 31-01-46 Almere      |
| 45.13                    | Ruud Waaijer           | 01 | 13-01-61 Suomi       | 36.96                           | Frans Klep               | 00 | 29-11-48 PSV         |
| 45.08                    | Martin Regtop          | 89 | 10-01-49 Tion        | 36.78                           | Sjoerd Dijkstra          | 96 | 23-10-42 AV'55       |
|                          |                        |    |                      | 36.78                           | Siert Wolters            | 99 | 08-05-48 AV'55       |
|                          |                        |    |                      |                                 |                          |    |                      |
| 44.66                    | Aad de Bruyn           | 51 | 30-01-10 Vl. & Lenig | discuwerpen M50 (2 kg - top 10) |                          |    |                      |
| 44.54                    | Les Brown              | 95 | 08-01-55 Blauw Wit   | 42.96                           | Cees Betlem              | 96 | 26-01-46 Hellas      |
| 44.48                    | Rob Hermans            | 95 | 21-06-53 Ach.-Top    | 42.71                           | Martin Regtop            | 99 | 10-01-49 Tion        |
| 44.32                    | Jacques Janssen        | 88 | 16-02-46 Tegelen     | 42.12                           | Harry Zitzen             | 94 | 07-04-44 Ach.-Top    |
| 44.12                    | Nico van Noort         | 96 | 23-01-55 Spartaan    | 41.78                           | Piet Klaassen            | 96 | 02-04-46 AVN         |
|                          |                        |    |                      | 41.68                           | Hans Schouten            | 99 | 08-05-49 Hollandia   |
|                          |                        |    |                      |                                 |                          |    |                      |
| 44.04                    | Eef Kamerbeek          | 75 | 17-03-34 PSV         |                                 |                          |    |                      |
| 43.98                    | Jan Beunder            | 86 | 11-05-45 Trias       | 41.34                           | Herman v.d. Pal          | 85 | 18-05-35 Hellas      |
| 43.50                    | Theo Goossens          | 99 | 03-10-58 HAC-H.      | 41.00                           | Eef Kamerbeek            | 84 | 17-03-34 PSV         |
| 43.12                    | Herman Timme           | 77 | 21-07-33 Kimbria     | 38.66                           | Wim de Graaff            | 95 | 28-07-45 AVN         |
| 43.11                    | Milco Braak            | 02 | 24-09-61 AAV'36      | 38.21                           | Jack Dekker              | 99 | 21-04-49 Castricum   |
|                          |                        |    |                      | 37.14                           | Teo Maat                 | 98 | 10-03-48 Fortuna     |
|                          |                        |    |                      |                                 |                          |    |                      |
| 42.88                    | Garko Bulstra          | 96 | 12-10-55 Sprint      | discuwerpen M55 (= 1,5 kg)      |                          |    |                      |
| 42.60                    | Jack Dekker            | 91 | 21-04-49 DEM         | 44.68                           | Jan Pronk                | 94 | 18-01-38 Trias       |
| 42.30                    | Ben Lesterhuis         | 84 | 04-06-44 GAC-G.      | 44.31                           | Wim de Graaff            | 00 | 28-07-45 AVN         |
| 42.04                    | Rob de Jong            | 91 | 25-08-51 AVR         | 43.30                           | Ben Rebel                | 86 | 12-02-29 KNAU-pers.  |
| 41.68                    | Hans Mahie             | 92 | 09-01-49 Noordkop    | 42.96                           | Cees Betlem              | 01 | 26-01-46 Hellas      |
|                          |                        |    |                      | 42.12                           | Herman v.d. Pal          | 91 | 18-05-35 Hellas      |
| discuswerpen M45         |                        |    |                      |                                 |                          |    |                      |
| 47.26                    | Martin Regtop          | 95 | 10-01-49 Tion        | 41.24                           | Frits Martens            | 99 | 05-06-42 Hollandia   |
| 47.20                    | Sylvain Ephimenco (FR) | 02 | 24-11-56 R'dam Atl.  | 38.06                           | Wim Fokker               | 95 | 15-07-36 Hellas      |
| 46.28                    | Hans Schouten          | 95 | 08-05-49 Hollandia   | 37.56                           | Jacques Janssen          | 02 | 06-02-46 Scopias     |
| 46.18                    | Piet Klaassen          | 91 | 02-04-46 AVN         | 36.68                           | Jan-Peter Zillen         | 97 | 21-09-41 Aalsmeer    |
| 45.80                    | Harry Zitzen           | 89 | 07-04-44 Ach.-Top    | 36.62                           | Peter Blommestijn        | 97 | 23-05-42 R'dam Atl.  |
|                          |                        |    |                      |                                 |                          |    |                      |
| 44.96                    | Wim de Graaff          | 91 | 28-07-45 AVN         | 36.04                           | Jan van Empel            | 00 | 19-08-44 GVAC        |
| 44.23                    | Rob Hermans            | 98 | 21-06-53 Ach.-Top    | 34.99                           | Frits van Buuren         | 02 | 31-01-46 AV'23       |
| 42.86                    | Bert de Jonge          | 02 | 20-03-57 AV'56       | 34.38                           | Martijn Zijl             | 01 | 18-10-44 Trias       |
| 42.28                    | Jan Beunder            | 90 | 11-05-45 Lycurgus    | 34.11                           | Henk de Leeuw den Bouter | 99 | 19-04-43 Avanti      |
| 41.58                    | Jacques Ruhl           | 97 | 28-01-51 Thor        | 33.99                           | Jan Titulaer             | 02 | 25-05-47 PSV         |
|                          |                        |    |                      |                                 |                          |    |                      |
| 41.54                    | Cees Betlem            | 91 | 26-01-46 Hellas      | 33.66                           | Donald Segers            | 02 | 03-12-45 RKHAV       |
| 40.88                    | Nico Kriatkov          | 95 | 05-05-50 PAC         | 32.78                           | Cor Braak                | 90 | 21-03-31 Waterland   |
| 40.86                    | Henny van Wijk         | 95 | 01-10-49 Phoenix     | 32.70                           | Jan Oerlemans            | 87 | 24-05-28 AVN         |
| 40.78                    | Eef Kamerbeek          | 79 | 17-03-34 PSV         | 32.44                           | Rob Kila                 | 96 | 07-02-40 Vet.Ned.    |
| 40.62                    | Jack Dekker            | 96 | 21-04-49 Castricum   | 32.06                           | Cees Jägers              | 00 | 26-08-42 GAC-H.      |
|                          |                        |    |                      |                                 |                          |    |                      |
| 39.98                    | Walter Suvaal          | 85 | 19-03-39 AVR         | 31.92                           | Jan-Bert Hartog          | 02 | 05-02-45 Climax      |
| 39.98                    | Jacques Janssen        | 92 | 16-02-46 Tegelen     | 31.82                           | Jan Luykx                | 90 | 09-09-33 Sprint      |
| 39.88                    | Garco Bulstra          | 01 | 12-10-55 Sprint      | 31.66                           | Hans Prins               | 97 | 05-08-41 Atos        |
| 39.32                    | Herman Timme           | 79 | 21-07-33 Kimbria     | 31.24                           | Sjaak de Bruijne         | 88 | 14-04-33 Zeeland Sp. |
| 39.08                    | Nico Hellendoorn       | 00 | 30-06-50 Vet.Ned.    | 30.76                           | Rein Evenhuis            | 95 | 28-06-36 Lionitas    |
|                          |                        |    |                      |                                 |                          |    |                      |
| 38.94                    | Rinus Schreuder        | 93 | 15-11-41 Hellas      | discuwerpen M55 (2 kg - top 5)  |                          |    |                      |
| 38.34                    | Jan Titulaer           | 93 | 25-05-47 Orion       | 39.78                           | Ben Rebel                | 84 | 12-02-29 AAC         |
| 38.20                    | Hans Mahie             | 94 | 09-01-49 Noordkop    | 37.08                           | Herman v.d. Pal          | 90 | 18-05-35 Hellas      |
| 38.18                    | Tinus Katoen           | 96 | 23-09-49 Sperwers    | 36.40                           | Jan Pronk                | 95 | 18-01-38 Trias       |
| 38.12                    | Glenn Gentle           | 00 | 05-01-52 Avon        | 33.38                           | Frits Martens            | 97 | 05-06-42 Hollandia   |
|                          |                        |    |                      | 29.80                           | Peter Blommestijn        | 99 | 23-05-42 R'dam Atl.  |

**discuswerpen M60 (= 1 kg)**

48.04 Jan Smit  
 46.88 Ben Rebel  
 46.62 Jan Pronk  
 44.97 Frits Martens  
 41.46 Wim Fokker

**discuswerpen M75 (= 1 kg)**

28.19 Nico Storre  
 19.70 Wim Schild  
 19.44 Jeltto Schluter  
 18.53 Frans Buys  
 16.14 Jan v.d. Reyden

02 12-09-26 Vet.Ned.  
 01 04-01-26 Antilope  
 94 28-01-19 Vet.Ned.  
 00 05-09-24 GAC-H.  
 97 30-03-22 Vet.Ned.

41.18 Cor Braak  
 40.47 Rob Kila  
 39.94 Jan Oerlemans  
 39.69 Peter Blommestijn  
 38.09 Sjef Bemelmans

93 21-03-31 Waterland  
 01 07-02-40 Vet. Ned.  
 90 24-05-28 AVN  
 02 23-05-42 R'dam Atl.  
 00 15-11-37 Avon

**discuswerpen M80 (= 1 kg)**

19.06 Theo Hoekstra

96 12-05-16 Argo'77

**speerwerpen M40**

67.65 Keith Beard (GBR)  
 67.24 Dick Kooreman  
 62.38 Wim Roosen  
 61.33 Jeroen van der Meer  
 55.31 Sylvain Ephimenco (FR)

02 08-11-61 R'dam Atl.  
 96 10-08-52 Zaanland  
 97 30-06-56 Holland-H.  
 99 07-04-59 Haag Atl.  
 00 24-11-56 R'dam Atl.

37.54 Nico Storre  
 37.39 Rein Evenhuis  
 36.84 Feico Jansma  
 35.42 Jeltjo Doornbosch  
 35.08 Carel van Venetiën

91 12-09-26 Kieviten  
 98 28-06-36 Lionitas  
 02 20-03-42 AV'55  
 97 23-04-36 GAC-H.  
 89 19-01-29 Bataven

54.60 Nico Hellendoorn  
 53.32 Teo Maat  
 53.29 Alfredo Leenderts  
 51.90 Glenn Gentle  
 51.54 Paul de Vries

91 30-06-50 RKDOS  
 88 10-03-48 Fortuna  
 02 18-08-61 Scorpio  
 94 05-01-52 Avon  
 02 02-03-62 Haag Atl.

34.48 Harry Hagemans  
 34.32 Tjerk van der Zee  
 34.30 Theo Hopman  
 33.18 Nico Ridder  
 32.78 Jaap Haan

99 27-03-38 AVN  
 00 11-09-37 SISU  
 90 12-07-29 Trias  
 96 30-06-36 Noordkop  
 95 10-08-32 Atos

51.46 Fred Harmens  
 50.62 Leo de Pee  
 50.44 Marcel Giesen  
 49.98 Tiny van Kuyk  
 49.94 Jan Langerak

89 25-02-48 Climax  
 97 24-05-56 Spirit-OB  
 00 15-11-57 Atletico'73  
 96 18-08-53 Pr.Hendrik  
 87 06-10-46 V&L TC

32.18 Minne de Vries  
 31.96 Piet Blanken  
 31.78 Jan Luykx  
 31.60 Kees van Giezen  
 31.46 Aad Pley

89 25-10-28 Te Werve  
 90 19-09-26 Kieviten  
 95 09-09-33 Sprint  
 94 14-02-34 GAC-H.  
 89 17-05-28 Vet.Ned.

49.06 Jan van Bodegom  
 49.04 Gilbert Schellart  
 48.96 Ad Oomen  
 48.68 Frans van der Ham  
 48.36 Siebe van Genesen

91 16-07-50 Fortuna  
 91 16-03-49 Ilion  
 90 14-09-49 GVAC  
 98 26-07-54 Avanti  
 99 09-04-59 AVN

**discuswerpen M60 (2 kg - top 3)**

34.08 Ben Rebel  
 33.39 Jan Pronk  
 30.88 Wim Fokker

89 12-02-29 Vet.Ned.  
 98 18-01-38 Trias  
 97 15-07-36 Hellas

**discuswerpen M65 (= 1kg - tot 24.00)**

42.88 Jan Smit  
 40.86 Nico Storre  
 39.56 Cor Braak  
 39.54 Jan Oerlemans  
 37.98 Wim Fokker

99 22-09-31 PSV  
 94 12-09-26 Kieviten  
 97 21-03-31 Waterland  
 94 24-05-28 AVN  
 01 15-07-36 Hellas

48.10 Johan Nieskens  
 48.08 Bob Oud  
 47.80 Jan Titulaer  
 47.76 Richard Logchies  
 47.70 Gerrit Verdoes

87 25-04-47 Unitas  
 00 01-08-59 PEC 1910  
 88 25-05-47 Orion  
 98 17-06-56 Nea-Volh.  
 96 02-09-54 Leiden

35.08 Rein Evenhuis  
 31.28 Aad Pley  
 30.35 Sjaak de Bruijne  
 30.28 Piet Olofsen  
 29.50 Jaap Haan

01 28-06-36 Lionitas  
 95 17-05-28 Vet.Ned.  
 98 14-04-33 Dynamica  
 00 29-01-35 Hollandia  
 01 10-08-32 Atos

**speerwerpen M40 (oud type - hist. overzicht top 5)**

66.32 Piet Olofson  
 57.24 Jan van Heek  
 56.66 Ab Slaman  
 56.26 Kees v.d. Wiel  
 55.26 Jan de Vries

75 29-01-35 Hollandia  
 79 24-02-39 Spartaan  
 82 05-01-42 AAC  
 81 06-03-41 V&L TC  
 84 04-05-44 AAC

29.16 Piet Blanken  
 27.46 Gerard Broeders  
 27.44 Cees Vooijs  
 27.30 Kees van Giezen  
 27.18 Jan Sloodbeek

92 19-09-26 Kieviten  
 98 16-03-32 Vet.Ned.  
 01 04-01-34 Gouda  
 99 14-02-34 GAC-H.  
 02 08-03-36 GAC-H.

**speerwerpen M45**

63.88 Dick Kooreman  
 55.53 Wim Roosen  
 53.56 Glenn Gentle  
 52.55 Sylvain Ephimenco (FR)  
 51.22 Leo de Pee

98 10-08-52 Zaanland  
 02 30-06-56 Holland  
 00 05-01-52 Avon  
 02 24-11-56 R'dam Atl.  
 02 24-05-56 Spiri-OB

26.92 Piet Sluiter  
 26.88 Cees Vooijs  
 26.02 Frans Buys  
 24.50 Anton de Kok  
 24.32 Jan v.d. Reyden

94 21-10-26 Te Werve  
 02 04-01-34 Gouda  
 90 05-09-24 Pijnenburg  
 92 25-01-26 Vet.Ned.  
 88 30-03-22 Vet.Ned.

50.98 Nico Hellendoorn  
 48.34 Fred Lobman  
 48.34 Ad Oomen  
 47.78 Fred Harmens  
 46.94 Henk van Bakel

97 30-06-50 Vet.Ned.  
 91 31-01-46 Metro  
 95 14-09-49 GVAC  
 93 25-02-48 Climax  
 99 14-02-53 Orion

**discuswerpen M65 (2 kg - top 3)**

30.36 Jan Smit  
 24.96 Jan Oerlemans  
 17.51 Arend Koet

98 22-09-31 PSV  
 98 24-05-28 AVN  
 98 26-12-30 Castricum

46.70 Jan van Empel  
 46.60 Fred vd Steenhoven  
 46.26 Frans van der Ham  
 46.24 Dick Schermer  
 45.74 Jan-Peter Zillen

91 19-08-44 GVAC  
 93 30-01-48 PAC  
 99 26-07-54 Avanti  
 96 14-05-47 Castricum  
 91 21-09-41 AVA'64

**discuswerpen M70 (= 1 kg - tot 18.00)**

37.69 Jan Oerlemans  
 36.57 Nico Storre  
 36.39 Jan Smit  
 35.84 Cor Braak  
 27.96 Arend Koet

98 24-05-28 AVN  
 98 12-09-26 Vet.Ned.  
 02 22-09-31 PSV  
 01 21-03-31 Waterland  
 01 26-12-30 Castricum

45.62 Hans Agterberg  
 45.58 Wim Threels  
 45.54 Wim de Graaff  
 45.36 Henk Kruit  
 45.30 Jan van Bodegom

89 08-03-44 Hermes  
 97 26-02-52 GAC-H.  
 93 28-07-45 AVN  
 87 18-01-40 Zaanland  
 97 16-07-50 Parthenon

25.66 Joop Bakker  
 22.94 Wim Schild  
 22.54 Jeltto Schluter  
 19.34 Jan v.d. Reyden  
 19.18 Anton de Kok

96 16-11-22 Haag Atl.  
 97 04-01-26 Antilope  
 93 28-01-19 Vet.Ned.  
 92 30-03-22 Vet.Ned.  
 96 25-01-26 Vet.Ned.

45.18 Martijn Zijl  
 44.81 Bert de Jonge  
 44.62 Henny van Wijk  
 44.46 Martin Regtop  
 44.26 Teo Maat

90 18-10-44 Trias  
 02 20-03-57 AV'56  
 97 01-10-49 Phoenix  
 96 10-01-49 Tion  
 93 10-03-48 Parthenon

**discuswerpen M70 (2 kg)**

24.15 Jan Oerlemans

99 24-05-28 AVN

|                                                             |                          |    |                                                        |                          |    |          |              |
|-------------------------------------------------------------|--------------------------|----|--------------------------------------------------------|--------------------------|----|----------|--------------|
| <b>speerwerpen M45 (oud type - hist. overzicht top 5)</b>   |                          |    | 34.89                                                  | Sjef Bemelmans           | 98 | 15-11-37 | Avon         |
| 58.74                                                       | Piet Olofson             | 80 | 29-01-35                                               | Hollandia                | 96 | 28-06-36 | Lionitas     |
| 49.74                                                       | Jeltjo Doornbosch        | 82 | 23-04-36                                               | Haarlem                  | 99 | 27-03-38 | AVN          |
| 48.88                                                       | Henk Kruit               | 86 | 18-01-40                                               | Zaanland                 | 02 | 27-10-41 | R'dam Atl.   |
| 48.80                                                       | Piet Versluys            | 86 | 05-11-40                                               | Marathon                 | 00 | 07-02-40 | Vet.Ned.     |
| 47.18                                                       | Wim Fokker               | 85 | 15-07-36                                               | Hellas                   |    |          |              |
| <b>speerwerpen M50 700 gram (nieuw in 2000)</b>             |                          |    | 32.02                                                  | Carel van Venetiën       | 89 | 19-01-29 | De Bataven   |
| 61.17                                                       | Dirk Kooreman            | 02 | 10-08-52                                               | Zaanland                 | 96 | 10-08-32 | Atos         |
| 49.03                                                       | Teo Maat                 | 01 | 10-03-48                                               | Fortuna                  | 90 | 24-05-28 | AVN          |
| 49.02                                                       | Glenn Gentle             | 02 | 05-01-52                                               | Avon                     | 89 | 17-05-28 | Vet.Ned.     |
| 47.76                                                       | Wim Threels              | 02 | 26-02-52                                               | GAC-H.                   | 96 | 14-02-34 | GAC-H.       |
| 47.21                                                       | Fred Harmens             | 01 | 25-02-48                                               | Climax                   |    |          |              |
|                                                             |                          |    | 29.44                                                  | Jan Kempe                | 97 | 15-06-35 | Olymp'70     |
| 46.03                                                       | Ad Oomen                 | 01 | 14-09-49                                               | GVAC                     | 92 | 12-01-32 | Blauw-Wit    |
| 43.96                                                       | Henny van Wijk           | 01 | 01-10-49                                               | Phoenix                  | 96 | 30-06-36 | Noordkop     |
| 43.39                                                       | Jan van Bodegom          | 01 | 16-07-50                                               | Fortuna                  | 94 | 22-09-31 | Springbokken |
| 41.75                                                       | Fred van der Steenhoven  | 01 | 30-01-48                                               | PAC                      | 91 | 12-09-26 | Kieviten     |
| 40.74                                                       | Nico Hellendoorn         | 01 | 30-06-50                                               | Vet.Ned.                 |    |          |              |
|                                                             |                          |    | 31.58                                                  | Jaap Haan                |    |          |              |
| 40.34                                                       | Jan Titulaer             | 02 | 25-05-47                                               | PSV                      | 97 | 29-01-35 | Hollandia    |
| 40.23                                                       | Jack Dekker              | 00 | 21-04-49                                               | Castricum                | 97 | 15-07-36 | Hellas       |
| 39.50                                                       | Frans Pepels             | 01 | 23-05-49                                               | Caesar                   | 96 | 23-04-36 | Vet. Ned.    |
| 39.46                                                       | Frans Klep               | 02 | 29-11-48                                               | PSV                      | 91 | 21-03-31 | Waterland    |
| 39.40                                                       | Martin Regtop            | 02 | 10-01-49                                               | Tion                     | 96 | 28-06-36 | Lionitas     |
|                                                             |                          |    | 30.18                                                  | Aad Pley                 |    |          |              |
|                                                             |                          |    | 30.10                                                  | Kees van Giezen          |    |          |              |
| 39.09                                                       | Dick Schermer            | 01 | 14-05-47                                               | Castricum                |    |          |              |
| 38.63                                                       | Wim Hellebrekers         | 02 | 19-02-50                                               | Weert                    | 97 | 21-03-31 | Waterland    |
| 37.93                                                       | Rob Dekker               | 01 | 18-10-46                                               | Castricum                | 01 | 15-07-36 | Hellas       |
| 36.29                                                       | Leslie Martina           | 01 | 05-12-46                                               | Diomedon                 | 96 | 21-03-31 | Waterland    |
| 35.85                                                       | Bert Vreeswijk           | 02 | 11-07-50                                               | Typhoon                  | 00 | 29-01-35 | Hollandia    |
|                                                             |                          |    | 34.56                                                  | Joop Bakker (800: 31.40) | 91 | 16-11-22 | Haag Atl.    |
| 35.84                                                       | Geert Oerlemans          | 02 | 30-09-48                                               | Diomedon                 |    |          |              |
| 35.60                                                       | René Hondelink           | 02 | 18-05-47                                               | Cialfo                   | 02 | 28-06-36 | Lionitas     |
|                                                             |                          |    | 29.52                                                  | Nico Storre              | 92 | 12-09-26 | Kieviten     |
|                                                             |                          |    | 29.12                                                  | Jan Smit                 | 98 | 22-09-31 | PSV          |
|                                                             |                          |    | 27.90                                                  | Jan Oerlemans            | 93 | 24-05-28 | AVN          |
|                                                             |                          |    | 27.37                                                  | Jaap Haan                | 99 | 10-08-32 | Atos         |
| <b>speerwerpen M50 (oude gewicht 800 gram, hist. top 5)</b> |                          |    | 27.08                                                  | Carel van Venetiën       | 95 | 19-01-29 | Bataven      |
| 48.28                                                       | Nico Hellendoorn         | 00 | 30-06-50                                               | Vet.Ned.                 | 99 | 14-02-34 | GAC-H        |
| 46.66                                                       | Fred Harmens             | 98 | 25-02-48                                               | Climax                   | 92 | 19-09-26 | Kieviten     |
| 46.62                                                       | Piet Olofson (oude type) | 86 | 29-01-35                                               | Hollandia                | 96 | 21-10-26 | Te Werve     |
| 45.74                                                       | Jan van Empel            | 97 | 19-08-44                                               | GVAC                     | 01 | 04-01-34 | Gouda        |
| 45.70                                                       | Jeltjo Doornbosch        | 86 | 23-04-36                                               | Vet.Ned.                 |    |          |              |
|                                                             |                          |    | 26.77                                                  | Kees van Giezen          | 95 | 17-05-28 | Vet.Ned.     |
|                                                             |                          |    | 25.94                                                  | Piet Blanken             | 87 | 20-01-21 | V&L TC       |
|                                                             |                          |    | 25.86                                                  | Piet Sluiter             | 00 | 15-06-35 | Olympus'70   |
|                                                             |                          |    | 25.65                                                  | Cees Vooijs              | 98 | 16-03-32 | Vet.Ned.     |
|                                                             |                          |    |                                                        |                          | 95 | 08-12-29 | Pr.Hendrik   |
| <b>speerwerpen M55 700 gram (nieuw in 2000)</b>             |                          |    | 25.14                                                  | Aad Pley                 | 02 | 22-01-35 | Sprint       |
| 40.41                                                       | Jan Titulaer             | 02 | 25-05-47                                               | PSV                      | 02 | 08-03-36 | GAC-H.       |
| 40.26                                                       | Cees Roosen              | 02 | 09-01-47                                               | Holland                  | 88 | 30-03-22 | Vet.Ned.     |
| 38.89                                                       | Frits van Buuren         | 01 | 31-01-46                                               | AV'23                    | 02 | 10-05-33 | Zuidwal      |
| 38.88                                                       | Peter Blommestijn        | 01 | 23-05-42                                               | R'dam Atl.               |    |          |              |
| 38.62                                                       | Leslie Martina           | 02 | 05-12-46                                               | Diomedon                 |    |          |              |
|                                                             |                          |    | 22.40                                                  | Karel Steendijk          |    |          |              |
| 38.61                                                       | Martijn Zijl             | 02 | 18-10-44                                               | Trias                    |    |          |              |
| 37.60                                                       | Frits Martens            | 01 | 05-06-42                                               | Hollandia                |    |          |              |
| 36.20                                                       | René Hondelink           | 02 | 18-05-47                                               | Cialfo                   |    |          |              |
| 35.19                                                       | Frank Larsen             | 01 | 02-08-43                                               | Ilion                    |    |          |              |
| 35.13                                                       | Rob Dekker               | 02 | 18-10-46                                               | Castricum                |    |          |              |
|                                                             |                          |    | 22.05                                                  | Frans Franken            |    |          |              |
| 34.38                                                       | Dick Schermer            | 02 | 14-05-47                                               | Castricum                |    |          |              |
| 32.89                                                       | Jan van Empel            | 02 | 19-08-44                                               | GVAC                     |    |          |              |
| 32.70                                                       | Roland Henriquez         | 02 | 29-10-46                                               | GAC-H.                   |    |          |              |
| 31.39                                                       | Peter Blakmoor           | 02 | 06-01-45                                               | Zuidwa;                  |    |          |              |
|                                                             |                          |    | 21.94                                                  | Jan Smit                 |    |          |              |
|                                                             |                          |    | 21.84                                                  | Jan v.d. Reyden          |    |          |              |
|                                                             |                          |    | 21.20                                                  | Evert Cornelisz          |    |          |              |
|                                                             |                          |    | 22.54                                                  | Nico Storre              |    |          |              |
| <b>speerwerpen M55 (oude gewicht 800 gram, hist. top 5)</b> |                          |    | <b>speerwerpen M 70 (= 500 gram - tot 15.00 meter)</b> |                          |    |          |              |
| 44.86                                                       | Siegbert Gnoth (D)       | 99 | 21-07-40                                               | Tion                     | 01 | 21-03-31 | Waterland    |
| 44.48                                                       | Jan van Heek             | 94 | 24-02-39                                               | Spartaan                 | 01 | 24-05-28 | AVN          |
| 41.72                                                       | Piet Olofson             | 91 | 29-01-35                                               | Hollandia                | 02 | 22-09-31 | PSV          |
| 41.64                                                       | Jan van Empel            | 00 | 19-08-44                                               | GVAC                     | 01 | 12-09-26 | Vet. Ned.    |
| 40.78                                                       | Wim Fokker               | 93 | 15-07-36                                               | Hellas                   | 01 | 05-09-24 | GAC=H.       |
|                                                             |                          |    |                                                        |                          |    |          |              |
| <b>speerwerpen M 60 (= 600 gram)</b>                        |                          |    | <b>speerwerpen M70 (800 gram)</b>                      |                          |    |          |              |
| 47.56                                                       | Siegbert Gnoth (D)       | 00 | 21-07-40                                               | Tion                     | 96 | 16-11-22 | Haag Atl.    |
| 43.24                                                       | Wim Fokker               | 97 | 15-07-36                                               | Hellas                   |    |          |              |
| 42.44                                                       | Piet Olofson             | 97 | 29-01-35                                               | Hollandia                |    |          |              |
| 40.57                                                       | Peter Blommestijn        | 02 | 23-05-42                                               | R'dam Atl.               |    |          |              |
| 40.02                                                       | Jeltjo Doornbosch        | 97 | 23-04-36                                               | GAC-H.                   |    |          |              |
|                                                             |                          |    |                                                        |                          |    |          |              |
| 37.34                                                       | Dick Stiermer            | 96 | 17-02-36                                               | Spirit-L.                |    |          |              |
| 36.90                                                       | Cor Braak                | 94 | 21-03-31                                               | Waterland                |    |          |              |
| 36.56                                                       | Jan Luykx                | 95 | 09-09-33                                               | Sprint                   |    |          |              |
| 36.28                                                       | Feico Jansma             | 02 | 20-03-42                                               | AV'55                    |    |          |              |
| 35.52                                                       | Frits Martens            | 02 | 05-06-42                                               | Hollandia                |    |          |              |
|                                                             |                          |    |                                                        |                          |    |          |              |
|                                                             |                          |    | <b>speerwerpen M75 (= 500 gram)</b>                    |                          |    |          |              |
|                                                             |                          |    | 23.32                                                  | Nico Storre              | 01 | 12-09-26 | Vet. Ned.    |
|                                                             |                          |    | 15.57                                                  | Frans Buys               | 01 | 05-09-24 | GAC=H.       |
|                                                             |                          |    |                                                        |                          |    |          |              |
|                                                             |                          |    | <b>speerwerpen M75 (800 gram)</b>                      |                          |    |          |              |
|                                                             |                          |    | 27.49                                                  | Joop Bakker              | 98 | 16-11-22 | Haag Atl.    |
|                                                             |                          |    |                                                        |                          |    |          |              |
|                                                             |                          |    | <b>speerwerpen M80 (= 600 gram)</b>                    |                          |    |          |              |
|                                                             |                          |    | 15.46                                                  | Theo Hoekstra            | 97 | 12-05-16 | Argo'77      |
|                                                             |                          |    |                                                        |                          |    |          |              |
|                                                             |                          |    | <b>kogelslingeren M40</b>                              |                          |    |          |              |
|                                                             |                          |    | 60.24                                                  | Peter van Noort          | 97 | 23-01-55 | Spartaan     |
|                                                             |                          |    | 54.68                                                  | Rinus Schreuder          | 83 | 15-11-41 | Ciko '66     |
|                                                             |                          |    | 52.16                                                  | Hans Houtzager           | 51 | 26-08-10 | EAV          |
|                                                             |                          |    | 50.32                                                  | Aad de Bruyn             | 51 | 30-01-10 | VI. & Lenig  |
|                                                             |                          |    | 47.07                                                  | Kees Torensma            | 99 | 05-05-57 | Ciko'66      |

|                                       |                        |    |                      |                                                 |                         |    |                       |
|---------------------------------------|------------------------|----|----------------------|-------------------------------------------------|-------------------------|----|-----------------------|
| 46.78                                 | Eef Kamerbeek          | 74 | 17-03-34 PSV         | 26.88                                           | Sjoerd Dijkstra         | 96 | 23-10-42 AV'55        |
| 46.37                                 | John Stegman           | 01 | 01-03-61 R'dam Atl.  | 26.15                                           | Piet van Ham            | 98 | 22-10-47 Atleto       |
| 45.79                                 | August Leckie          | 02 | 28-11-57 Ilion       | 25.18                                           | Piet Barends            | 94 | 21-10-43 Hercules     |
| 45.64                                 | Frans Frèrejean        | 91 | 17-11-50 Sprint      | 24.99                                           | Fred van der Steenhoven | 02 | 30-01-48 PAC          |
| 44.66                                 | Wil van Uythoven       | 90 | 01-08-49 Sprint      | 23.90                                           | Theo van der Krogt      | 00 | 17-11-49 Voorschoten  |
| 43.34                                 | Frits van Buuren       | 86 | 31-01-46 AV '23      | <b>kogelslingeren M50 (7,26 kg - top 5)</b>     |                         |    |                       |
| 43.26                                 | Carel ter Horst        | 87 | 04-06-47 AV '34-A.   | 54.44                                           | Rinus Schreuder         | 93 | 15-11-41 Hellas       |
| 42.94                                 | Wim Schoemaker         | 85 | 01-07-42 AAV '36     | 42.54                                           | Wim Schoemaker          | 93 | 01-07-42 AAV'36       |
| 42.88                                 | Gosse v.d. Velde       | 86 | 03-05-46 Haarlem     | 41.04                                           | Martin Regtop           | 01 | 10-01-49 Tion         |
| 42.52                                 | Rob Kuiper             | 83 | 24-09-42 V&L TC      | 39.80                                           | Frits van Buuren        | 96 | 31-01-46 Almere'81    |
|                                       |                        |    |                      | 36.98                                           | Gosse v.d. Velde        | 96 | 03-05-46 Hera         |
| 42.13                                 | Theo Goossens          | 02 | 03-10-58 GAC-G.      | <b>kogelslingeren M55 (= 6,25 kg tot 20.00)</b> |                         |    |                       |
| 42.04                                 | Nico van Noort         | 97 | 23-01-55 Spartaan    | 50.85                                           | Rinus Schreuder         | 98 | 15-11-41 Hellas       |
| 41.90                                 | Walter Suvaal          | 79 | 19-03-39 AVR         | 42.45                                           | Frits van Buuren        | 01 | 31-01-46 AV'23        |
| 41.70                                 | Gerard Schoots         | 92 | 05-12-49 AVN         | 40.96                                           | Gosse v.d. Velde        | 01 | 03-05-46 Hylas        |
| 41.24                                 | Hans Mulders           | 00 | 08-07-55 PSV         | 40.26                                           | Wim Schoemaker          | 97 | 01-07-42 AV'47        |
|                                       |                        |    |                      | 40.26                                           | Jan Titulaer            | 02 | 25-05-47 PSV          |
| 40.54                                 | Jack Dekker            | 92 | 21-04-49 DEM         |                                                 |                         |    |                       |
| 39.60                                 | John Spronk            | 94 | 30-06-53 Startbaan   | 39.88                                           | Jan Pronk               | 93 | 18-01-38 Trias        |
| 39.20                                 | Harry Zitzen           | 87 | 07-04-44 Ach.-Top    | 36.82                                           | Ben Rebel               | 86 | 12-02-29 KNAU-pers.   |
| 38.66                                 | Ruud Postma            | 89 | 07-08-48 Pr.Hendrik  | 30.32                                           | Sjaak de Bruijne        | 89 | 14-04-33 Atletica     |
| 38.60                                 | Albert Lammers         | 98 | 27-11-55 Parthenon   | 28.94                                           | Roland Henriquez        | 02 | 29-10-46 GAC-H.       |
|                                       |                        |    |                      | 26.07                                           | Frits Martens           | 00 | 05-06-42 Hollandia    |
|                                       |                        |    |                      | 24.32                                           | Piet Barends            | 00 | 21-10-43 Hercules     |
| <b>kogelslingeren M45</b>             |                        | 01 | 23-01-55 Spartaan    | <b>kogelslingeren M55 (7,26 kg)</b>             |                         |    |                       |
| 57.47                                 | Peter van Noort        | 90 | 15-11-41 Hellas      | 52.46                                           | Rinus Schreuder         | 97 | 15-11-41 Hellas       |
| 54.36                                 | Rinus Schreuder        | 97 | 10-01-49 Tion        | 34.50                                           | Jan Pronk               | 93 | 18-01-38 Trias        |
| 47.16                                 | Martin Regtop          | 89 | 01-07-42 AAV'36      |                                                 |                         |    |                       |
| 44.02                                 | Wim Schoemaker         | 74 | 24-02-26 Tegelen     | <b>kogelslingeren M60 (= 5 kg tot 20.00)</b>    |                         |    |                       |
| 43.38                                 | Piet Gubbels           |    |                      | 41.60                                           | Jan Pronk               | 98 | 18-01-38 Trias        |
|                                       |                        |    |                      | 37.68                                           | Jan Smit                | 95 | 22-09-31 Springbokken |
| 42.86                                 | Gosse v.d. Velde       | 91 | 03-05-46 Haarlem     | 37.06                                           | Ben Rebel               | 89 | 12-02-29 Vet. Ned.    |
| 41.86                                 | Eef Kamerbeek          | 82 | 17-03-34 PSV         | 31.90                                           | Sjaak de Bruijne        | 93 | 14-04-33 Atletica     |
| 40.66                                 | Frits van Buuren       | 94 | 31-01-46 AVA'81      | 31.47                                           | Frits Martens           | 02 | 05-06-42 Hollandia    |
| 39.10                                 | Jack Dekker            | 00 | 08-07-55 PSV         |                                                 |                         |    |                       |
| 39.06                                 | Hans Mulders           | 00 | 01-01-53 Startbaan   | 31.08                                           | Jeltjo Doornbosch       | 97 | 23-04-36 GAC-H.       |
|                                       |                        |    |                      | 27.61                                           | Wim Fokker              | 99 | 15-07-36 Hellas       |
| 38.44                                 | John Spronk            | 98 | 30-06-50 Vet. Ned.   | 25.20                                           | Peter Blommestijn       | 02 | 23-05-42 R'dam Atl.   |
| 37.24                                 | Nico Hellendoorn       | 86 | 18-01-38 Trias       | 23.69                                           | Rens Haanstra           | 02 | 27-10-41 R'dam Atl.   |
| 36.92                                 | Jan Pronk              | 01 | 27-11-55 Parthenon   | 20.56                                           | Jan Oerlemans           | 92 | 24-05-28 AVN          |
| 35.76                                 | Albert Lammers         | 00 | 21-06-53 Ach.-Top    |                                                 |                         |    |                       |
| 35.61                                 | Rob Hermans            |    |                      | <b>kogelslingeren M60 (7,26 kg)</b>             |                         |    |                       |
|                                       |                        |    |                      | 48.04                                           | Rinus Schreuder         | 02 | 15-11-41 Hellas       |
| 35.48                                 | Joop Lodewijk          | 92 | 28-10-46 Delta Sp.   | <b>kogelslingeren M65 (= 5 kg tot 20.00)</b>    |                         |    |                       |
| 34.98                                 | Sylvain Ephimenco (FR) | 02 | 24-11-56 R'dam Atl.  | 36.24                                           | Jan Smit                | 99 | 22-09-31 PSV          |
| 34.40                                 | Hans Schouten          | 95 | 08-05-49 Hollandia   | 24.62                                           | Jan Slootbeek           | 02 | 08-03-36 GAC-H.       |
| 32.56                                 | Piet Olofson           | 83 | 29-01-35 Hollandia   |                                                 |                         |    |                       |
| 32.34                                 | Ruud Postma            | 95 | 07-08-48 Pr.Hendrik  | <b>kogelslingeren M70 (= 4 kg)</b>              |                         |    |                       |
|                                       |                        |    |                      | 39.06                                           | Jan Smit                | 01 | 22-09-31 PSV          |
| 32.02                                 | Sjaak de Bruijne       | 79 | 14-04-33 Zeeland Sp. | 31.27                                           | Jan Oerlemans           | 02 | 24-05-28 AVN          |
| 31.66                                 | Jan Smit               | 79 | 22-09-31 Sparta      |                                                 |                         |    |                       |
| 31.59                                 | Ruud Sleper            | 00 | 01-10-50 AV'34       | <b>gewicht-werpen M40 (= 15,88 kg tot 8.00)</b> |                         |    |                       |
| 30.02                                 | Siert Wolters          | 98 | 08-05-48 AV'55       | 12.00                                           | John Stegman            | 02 | 01-03-61 R'dam Atl.   |
| 29.50                                 | Ton de Graaff          | 97 | 23-04-49 AVN         | 11.68                                           | Hans Mulders            | 01 | 08-07-55 PSV          |
|                                       |                        |    |                      | 11.63                                           | Friedhelm Dreckmeier    | 00 | 24-10-59 Voorschoten  |
| <b>kogelslingeren M50 (= 6,25 kg)</b> |                        |    |                      | 11.05                                           | Keith Beard (GBR)       | 02 | 08-11-61 R'dam Atl.   |
| 54.44                                 | Rinus Schreuder        | 93 | 15-11-41 Hellas      | 10.85                                           | Albert van der Mee      | 02 | 29-01-60 Sprint       |
| 49.26                                 | Martin Regtop          | 99 | 10-01-49 Tion        |                                                 |                         |    |                       |
| 46.06                                 | Wim Schoemaker         | 93 | 01-07-41 AAV'36      | 8.58                                            | Gerard van Broekhoven   | 00 | 15-03-56 Atleto       |
| 46.03                                 | Frits van Buuren       | 98 | 31-01-46 Almere'81   | 8.20                                            | Gert Velthuisen         | 99 | 19-08-58 Voorschoten  |
| 44.09                                 | Gosse v.d. Velde       | 99 | 03-05-46 Hylas       |                                                 |                         |    |                       |
|                                       |                        |    |                      | <b>gewichtwerpen M45 (=15,88 kg tot 7.50)</b>   |                         |    |                       |
| 43.76                                 | Jan Titulaer           | 00 | 25-05-47 Orion       | 12.74                                           | Martin Regtop           | 98 | 10-01-49 Tion         |
| 40.94                                 | Jan Pronk              | 90 | 18-01-38 Trias       | 12.40                                           | Sylvain Ephimenco (FR)  | 02 | 24-11-56 R'dam Atl.   |
| 40.60                                 | Jack Dekker            | 99 | 21-04-49 Castricum   | 12.10                                           | Hans Schouten           | 95 | 08-05-49 Hollandia    |
| 39.93                                 | Nico Hellendoorn       | 00 | 30-06-50 Vet. Ned.   | 11.68                                           | Hans Mulders            | 01 | 08-07-55 PSV          |
| 37.32                                 | Jan-Peter Zillen       | 95 | 21-09-41 Aalsmeer    | 10.91                                           | Nico Hellendoorn        | 97 | 30-06-50 Vet. Ned.    |
|                                       |                        |    |                      |                                                 |                         |    |                       |
| 36.26                                 | Ton de Graaff          | 99 | 23-04-49 AVN         | 10.27                                           | Henny van Wijk          | 97 | 01-10-49 Phoenix      |
| 34.62                                 | Wim Hellebrekers       | 02 | 19-02-50 Weert       | 9.86                                            | Cor Wedema              | 02 | 27-11-54 Almere'81    |
| 34.61                                 | Frans Klep             | 01 | 29-11-48 PSV         | 9.38                                            | Jack Dekker             | 96 | 21-04-49 Castricum    |
| 34.50                                 | Ruud Sleper            | 01 | 01-10-50 AV'34-A.    |                                                 |                         |    |                       |
| 33.80                                 | Sjaak de Bruijne       | 86 | 14-04-33 Zeeland Sp. |                                                 |                         |    |                       |
|                                       |                        |    |                      |                                                 |                         |    |                       |
| 30.74                                 | Roland Henriquez       | 00 | 29-10-46 GAC-H.      |                                                 |                         |    |                       |
| 30.60                                 | Siert Wolters          | 98 | 08-05-48 AV'55       |                                                 |                         |    |                       |
| 29.87                                 | Ad Oomen               | 02 | 14-09-49 GVAC        |                                                 |                         |    |                       |
| 29.21                                 | Geert Oerlemans        | 99 | 30-09-48 Diomedon    |                                                 |                         |    |                       |
| 28.34                                 | Martijn Zijl           | 97 | 18-10-44 Trias       |                                                 |                         |    |                       |

**gewicht-werpen M50 (= 11,34 kg)**

|       |                    |    |          |             |
|-------|--------------------|----|----------|-------------|
| 18.39 | Martin Regtop      | 01 | 10-01-49 | Tion        |
| 15.09 | Frits van Buuren   | 98 | 31-01-46 | Almere      |
| 14.54 | Jan Titulaer       | 02 | 25-05-47 | PSV         |
| 14.18 | Jack Dekker        | 02 | 21-04-49 | Castricum   |
| 13.23 | Wim Hellebrekers   | 02 | 19-02-50 | Weert       |
| 12.19 | Frans Klep         | 02 | 29-11-48 | PSV         |
| 12.16 | Nico Hellendoorn   | 00 | 30-06-50 | Vet. Ned.   |
| 11.90 | Roland Henriquez   | 00 | 29-10-46 | GAC-H.      |
| 11.55 | Ruud Sleper        | 01 | 01-10-50 | AV'34-A.    |
| 10.75 | Ad Oomen           | 01 | 14-09-49 | GVAC        |
| 9.57  | Piet van Ham       | 98 | 22-10-47 | Atledo      |
| 9.23  | Theo van der Krogt | 00 | 17-11-49 | Voorschoten |
| 9.05  | Rob Ferguson       | 98 | 03-02-47 | Voorschoten |
| 9.03  | Henny Tabak        | 97 | 27-10-44 | Zuidwal     |
| 8.68  | Bert Vreeswijk     | 02 | 11-07-50 | Typhoon     |

**gewicht-werpen M55 (=11,34 kg)**

|       |                  |    |          |           |
|-------|------------------|----|----------|-----------|
| 14.42 | Frits van Buuren | 01 | 31-01-46 | AV'23     |
| 14.15 | Jan Titulaer     | 02 | 25-05-47 | PSV       |
| 11.73 | Jan Pronk        | 97 | 18-01-38 | Trias     |
| 9.01  | Frits Martens    | 00 | 05-06-42 | Hollandia |

**gewicht-werpen M60 (= 9,08 kg tot 7.50)**

|       |                   |    |          |            |
|-------|-------------------|----|----------|------------|
| 14.11 | Jan Pronk         | 02 | 18-01-38 | Trias      |
| 12.63 | Frits Martens     | 02 | 05-06-42 | Hollandia  |
| 11.94 | Peter Blommestijn | 02 | 23-05-42 | R'dam Atl. |
| 11.73 | Wim Fokker        | 01 | 15-07-36 | Hellas     |

**gewicht-werpen M65 (= 9,08 kg)**

|       |               |    |          |        |
|-------|---------------|----|----------|--------|
| 12.87 | Jan Smit      | 97 | 22-09-31 | PSV    |
| 10.38 | Jan Sloodbeek | 02 | 08-03-36 | GAC-H. |

**gewicht-werpen M70 (= 7,26 kg)**

|       |               |    |          |     |
|-------|---------------|----|----------|-----|
| 15.11 | Jan Smit      | 02 | 22-09-31 | PSV |
| 13.16 | Jan Oerlemans | 98 | 24-05-28 | AVN |

**ESTAFETTES****4x100 M40 nationaal - top 5**

|       |                                             |    |
|-------|---------------------------------------------|----|
| 42.27 | Roeske-Oostweegel-Van Pelt-Schaafsma        | 01 |
| 43.99 | Bronwasser-Van Pelt-De Man-Oostweegel       | 00 |
| 44.57 | Van Campen-Van Gasteren-De Geus-Lobman      | 90 |
| 44.64 | Schaafsma-Oostweegel-Bronwasser-Van der Mee | 02 |
| 44.74 | Heinsius-Leunk-Spek-Lobman                  | 90 |

**4x100 M40 clubs (tot 51.0)**

|       |                                                 |    |
|-------|-------------------------------------------------|----|
| 47.60 | Zuidwal (Overmars-Klarenbeek-Dunnebie-Nordt)    | 96 |
| 48.46 | GAC-H.                                          | 97 |
| 48.51 | Ilion                                           | 98 |
| 49.14 | AV'23                                           | 02 |
| 49.5  | AVN (Hilkes-Stoep-Nikkelen-De Kok)              | 94 |
| 49.90 | Aalsmeer (Bongertman-Kooy-Buis-Spaargaren)      | 92 |
| 49.8  | Diomedon (Bakx-Hutten-Hanswijk-Martina)         | 00 |
| 50.2  | Scorpio (Opdien-Bossier-v.d.Wijngaard-Dijkstra) | 00 |

**4x100 M45 nationaal**

|       |                                       |    |
|-------|---------------------------------------|----|
| 45.92 | Van Campen-Van Gasteren-De Ronde-Bakx | 97 |
|-------|---------------------------------------|----|

**4x100 M45 clubs**

|       |                                                       |    |
|-------|-------------------------------------------------------|----|
| 49.51 | PAC (Rodermond-vd.Steenhoven-Rietdijk-Advocaat)       | 97 |
| 56.94 | Leiden Atletiek (Dongelmans-Kerkvliet-Hop-v.d.Zijden) | 01 |
| 59.86 | Runners Stadskanaal                                   | 97 |

**4x100 M50 nationaal - top 5**

|       |                                                     |    |
|-------|-----------------------------------------------------|----|
| 47.99 | Van Campen-De Ronde-Kovacevic-Hans Schouten         | 99 |
| 48.25 | Bakx-Gentle-Florusse-Van Gasteren                   | 02 |
| 48.80 | Van Verseveld-Waalewijn-Scholtes-Schreuder Goedheyt | 97 |
| 48.87 | Van Verseveld-Blommestijn-Schreuder Goedh.-Sengers  | 96 |
| 49.06 | Van Verseveld-Schreuder Goedheyt-Schouten-Sengers   | 97 |

**4x100 M50 clubs**

|       |                                            |    |
|-------|--------------------------------------------|----|
| 50.74 | PAC (Rietdijk-Ruigrok-Rodermond-Beindorff) | 98 |
| 61.10 | Runners Stadskanaal                        | 97 |

**4x100 M55 nationaal**

|       |                                   |    |
|-------|-----------------------------------|----|
| 51.25 | Sengers-Blommestijn-Peters-Landré | 98 |
|-------|-----------------------------------|----|

**4x100 M55 clubs**

|       |                                               |    |
|-------|-----------------------------------------------|----|
| 61.85 | Leiden Atletiek (Bouman-Schipper-Hop-Van Tol) | 02 |
|-------|-----------------------------------------------|----|

**4x100 M60 nationaal**

|       |                                        |    |
|-------|----------------------------------------|----|
| 55.99 | Schouten-Buys-Van Giezen-Van Heemstede | 96 |
|-------|----------------------------------------|----|

**4x100 M60 clubs**

|       |                                             |    |
|-------|---------------------------------------------|----|
| 58.44 | GAC-H (Schouten-Buys-Van Giezen-Doornbosch) | 98 |
| 75.06 | Runners Stadskanaal                         | 97 |

**4x100 M65 nationaal**

|       |                               |    |
|-------|-------------------------------|----|
| 58.23 | Schouten-Buys-Van Giezen-Koet | 99 |
|-------|-------------------------------|----|

**4x100 M65 clubs**

|       |                                          |    |
|-------|------------------------------------------|----|
| 58.02 | GAC-Hilversum                            | 02 |
|       | Schouten-Van Giezen-Sloodbeek-Doornbosch |    |

**4x100 M70 nationaal**

|       |                                |    |
|-------|--------------------------------|----|
| 63.92 | Van Heemstede-Koet-Spadon-Buys | 02 |
|-------|--------------------------------|----|

|                                    |                                                       |    |
|------------------------------------|-------------------------------------------------------|----|
| <b>4x200 M40 nationaal</b>         |                                                       |    |
| 1.38.50                            | Bakx-Scholtes-Sluijmer-Van Drunen                     | 96 |
| <b>4x200 M40 clubs - top 5</b>     |                                                       |    |
| 1.38.73                            | Zuidwal (Dunnebie-Klarenbeek-Nordt-Overmars)          | 96 |
| 1.44.05                            | Castricum (Van Kruchten-Beentjes-Brakenhoff-Jonker)   | 92 |
| 1.45.10                            | Aalsmeer (Koopstra-Spaargaren-Buijs-Bongertman)       | 94 |
| 1.47.57                            | Diomedon (Bakx-Hutten-Hanswijk-Martina)               | 01 |
| 1.52.5                             | Scorpio (Peters-Havermans-vd Nouweland-Schrauwen)     | 90 |
| <b>4x200 M45 clubs</b>             |                                                       |    |
| 1.48.59                            | PAC (Rodermond-v.d.Steenhoven-Rietdijk-Advocaat)      | 97 |
| 1.53.34                            | Aalsmeer (Koopstra-K. Buskermolen-Albers-Van Looij)   | 00 |
| 2.05.13                            | Energie                                               | 97 |
| <b>4x200 M50 nationaal</b>         |                                                       |    |
| 1.45.82                            | Waalewijn-Peters-Larsen-Blommestijn                   | 97 |
| <b>4x200 M50 clubs</b>             |                                                       |    |
| 1.48.8                             | PAC (Rodermond-Beindorff-v.d.Steenhoven-Rietdijk)     | 00 |
| 2.01.46                            | Leiden Atletiek (Hop-Van Tol-Kerkvliet-v.d. Zijden)   | 01 |
| <b>4x200 M55 nationaal</b>         |                                                       |    |
| 1.50.6                             | Van Boven-Van Dijk-Peters-Landré                      | 99 |
| <b>4x200 M55 clubs</b>             |                                                       |    |
| 2.05.19                            | Leiden Atl. (Kerkvliet-Schipper-Hop-Van Tol)          | 01 |
| 2.10.6                             | Olympus'70 (Kempe-Zwikkels-Muller-Vonk)               | 98 |
| <b>4x400 M40 nationaal - top 5</b> |                                                       |    |
| 3.28.77                            | Mahieu-Lunshof-De Geus-Mercelina                      | 88 |
| 3.28.95                            | Bronwasser-Rietveld-Van Pelt-Roeske                   | 02 |
| 3.33.38                            | Van Pelt-De Pater-Rietveld-Bakx                       | 00 |
| 3.33.47                            | Van Beelen-Van Gasteren-Schuwer-Scholtes              | 96 |
| 3.33.62                            | Scholtes-Van Gasteren-Schreuder Goedheyt-Mercelina    | 92 |
| <b>4x400 M40 clubs</b>             |                                                       |    |
| 3.40.2                             | Hellas (Busnel-Herber-Schreuder Goedheyt-Hagemeijer)  | 91 |
| 3.52.26                            | Almere'81                                             | 02 |
| 3.54.7                             | Castricum (Beentjes-Brakenhoff-Jonker-Klanker)        | 96 |
| 3.58.80                            | Aalsmeer (Koopstra-Spaargaren-Metselaar-Onos)         | 94 |
| 4.00.6                             | AV'23 (Bosschaart-Waalewijn-Merle-v.d. Meulen)        | 95 |
| <b>4x400 M45 nationaal</b>         |                                                       |    |
| 3.33.76                            | Bakx-Scholtes-Van Gasteren-Threels                    | 98 |
| 3.36.93                            | Busnel-Peters-Schreuder Goedheyt-Mercelina            | 91 |
| <b>4x400 M45 clubs</b>             |                                                       |    |
| 3.55.97                            | PAC (Knoops-Van Spronsen-Snijders-Alberts)            | 02 |
| 4.05.70                            | Aalsmeer                                              | 02 |
| <b>4x400 M50 nationaal</b>         |                                                       |    |
| 3.54.66                            | Scholtes-Van Mechelen-Van Tol-Van Boven               | 98 |
| 3.55.30                            | Larsen-Peters-Schreuder Goedheyt-Van Tol              | 96 |
| 3.56.55                            | Nordt-Van Mechelen-Van Tol-Scholtes                   | 99 |
| 4.07.59                            | Akkerman-Van Boven-Van Mechelen-De Ronde              | 00 |
| 4.09.01                            | Vink-Baas-Van Giezen-Ravensbergen                     | 86 |
| <b>4x400 M50 clubs</b>             |                                                       |    |
| 4.19.66                            | Leiden Atletiek (Kerkvliet-Hop-v.d.Zijden-Van Tol)    | 01 |
| <b>4x400 M55 nationaal</b>         |                                                       |    |
| 4.10.2                             | Van Boven-Peters-Metselaar-Van Tol                    | 99 |
| 4.19.51                            | Peters-Metselaar-Kerkvliet-Landré                     | 98 |
| <b>4x400 M60 nationaal</b>         |                                                       |    |
| 4.18.46                            | Van Heemstede-Zethof-Ravensbergen-Maijor              | 92 |
| <b>4x800 M40 clubs - top 5</b>     |                                                       |    |
| 8.13.5                             | De Spartaan (Van der Poel-Kortekaas-Hens-Laan)        | 93 |
| 8.17.89                            | Castricum (Jonker-Brakenhoff-Vlaarkamp-v. Kruchten)   | 92 |
| 8.37.9                             | Thor (Van Mechelen-v.d. Maas-Lievens-Stikkel)         | 89 |
| 8.38.84                            | Hellas (Schreuder Goedh.-Witkamp-Herber-Huysmans)     | 92 |
| 9.04.6                             | Aalsmeer(Buskermolen-Plasmeijer-Metselaar-Spaargaren) | 97 |
| <b>4x800 M45 clubs</b>             |                                                       |    |
| 9.23.70                            | Lionitas (Jepma-Postma-Van Kaam-Wetting)              | 01 |
| 10.24.72                           | Aalsmeer (Koopstra-Metselaar-Van Looij-Albers)        | 00 |
| 10.27.2                            | Olympus'70 (Gankema-Jansen-Duyvesteyn-Wubben)         | 98 |

|                                                      |                                                      |       |
|------------------------------------------------------|------------------------------------------------------|-------|
| <b>4x800 M50 nationaal</b>                           |                                                      |       |
| 8.47.74                                              | Peters-Heijdens-Metselaar-Steyn                      | 92    |
| 8.57.89                                              | Keizer-Wijker-Metselaar-Florijn                      | 92    |
| <b>4x800 M50 clubs</b>                               |                                                      |       |
| 10.53.3                                              | Olympus'70 (Vonk-v.d. Valk-Wissenburg-v.d. Horst)    | 98    |
| <b>4x800 M 60 nationaal</b>                          |                                                      |       |
| 9.33.95                                              | Maijor-Ravensbergen-Zethof-Herlaar                   | 92    |
| 9.54.65                                              | Herlaar-Zethof-Sjoerds-Lindhout                      | 92    |
| <b>4x1500 M40 clubs - top 5</b>                      |                                                      |       |
| 17.03.81                                             | De Spartaan (P.v.d. Poel-Hens-Laan-Righolt)          | 92    |
| 17.20.00                                             | Castricum (Jonker-Beentjes-Vlaarkamp-Van Kruchten)   | 92    |
| 18.13.36                                             | PAC (Alberts-Van Spronsen-L. Jansen-Van Druten)      | 00    |
| 18.41.5                                              | Weert (v.d. Bosch-Heesakkers-Uneken-Van Zandvoort)   | 87    |
| 19.02.4                                              | Aalsmeer (Onos-Spaargaren-Albers-Koopstra)           | 94    |
| <b>4x1500 M40 clubs</b>                              |                                                      |       |
| 18.43.9                                              | PAC (Van Spronsen-Olsthoorn-Walop-Alberts)           | 00    |
| <b>4x1500 M50 nationaal</b>                          |                                                      |       |
| 19.55.43                                             | Steyn-Terlouw-Blom-Halter                            | 96    |
| <b>4x1500 M55 clubs</b>                              |                                                      |       |
| 21.20.10                                             | Leiden Atletiek (Hop-Kerkvliet-Schipper-Van Tol)     | 02    |
| 22.56.41                                             | Papendrecht (Blom-Halter-Terlouw-Schel)              | 01    |
| <b>Zweedse estafette clubs M40 (400+300+200+100)</b> |                                                      |       |
| 2.06.3                                               | Prins Hendrik                                        | 01    |
| 2.09.2                                               | Cialfo                                               | 90    |
| 2.09.5                                               | Hellas                                               | 91    |
| 2.09.5                                               | Fortuna                                              | 92    |
| 2.09.8                                               | V&L TC                                               | 88+90 |
| 2.09.9                                               | AVR                                                  | 86    |
| 2.10.1                                               | De Spartaan                                          | 96    |
| 2.10.9                                               | Zuidwal                                              | 96    |
| 2.11.0                                               | Castricum                                            | 95    |
| 2.11.0                                               | GAC-H                                                | 98    |
| 2.11.2                                               | Ilion                                                | 01    |
| 2.11.6                                               | Sparta                                               | 88    |
| 2.12.2                                               | Unitas                                               | 87    |
| 2.12.3                                               | AAC                                                  | 86    |
| 2.12.42                                              | Trias                                                | 96    |
| 2.12.6                                               | DEM                                                  | 89    |
| 2.12.7                                               | Almere'81                                            | 97    |
| 2.12.9                                               | SAV                                                  | 91    |
| 2.13.1                                               | PAC                                                  | 99    |
| 2.13.5                                               | AVN                                                  | 98    |
| 2.13.6                                               | Scorpio                                              | 88    |
| 2.13.6                                               | Hera                                                 | 89    |
| 2.13.7                                               | Zuidwal                                              | 95    |
| 2.13.7                                               | Leiden Atletiek                                      | 99    |
| 2.14.1                                               | Hermes                                               | 87    |
| <b>Zweedse estafette clubs M45</b>                   |                                                      |       |
| 2.15.9                                               | GAC-H.<br>(Treels-Heemsbergen-Van Drunen-Schouten)   | 00    |
| 2.16.0                                               | PAC<br>(Knoops-Alberts-Rodermond-Van der Steenhoven) | 01    |
| <b>Zweedse estafette clubs M50</b>                   |                                                      |       |
| 2.27.62                                              | PAC (Ruigrok-Rodermond-Rietdijk-v.d.Steenhoven)      | 01    |
| 2.28.0                                               | Diomedon (Bakx-Hanswijk-Martina-Oerlemans)           | 02    |
| 2.33.0                                               | Start'78 (Bakker-Bertelds-Sloot-Hes)                 | 98    |
| <b>Zweedse estafette clubs M55</b>                   |                                                      |       |
| 2.40.73                                              | Leiden (Van Tol-Hop-Kerkvliet-Schipper)              | 01    |

**VIJFKAMP (of pentathlon) vanaf 1987 + Malmö 1986**

Volgorde: verspringen-speerwerpen-200 meter-discuswerpen-1500 meter

Vermelding: top 25 of tot 2000 punten. Puntentelling: WAVA 1994 met leeftijdscorrecties.

Ingaande 1999 is er een nieuwe speer van 600 gram. De prestaties vóór 1999 blijven vermeld.

**vijfkamp M40**

|          |                         |    |          |             |                                |
|----------|-------------------------|----|----------|-------------|--------------------------------|
| 3.467    | Alfredo Leenderts       | 02 | 18-08-61 | Scorpio     | 6.10-53.29-24.7 -31.46-4.53.8  |
| 3.441 NR | Alfredo Leenderts       | 02 | 18-08-61 | Scorpio     | 5.90-52.64-24.39-27.18-4.42.34 |
| 3.389    | Nico Hellendoorn        | 91 | 30-06-50 | RKDOS       | 5.73-51.86-25.4 -38.52-5.01.1  |
| 3.294    | Frans van der Ham       | 94 | 26-07-54 | Avantri     | 5.93-44.40-24.8 -34.96-4.58.9  |
| 3.291    | Ger Heinsius            | 89 | 01-04-48 | SAV         | 6.20-39.56-24.5 -31.84-4.51.3  |
| 3.286    | Theo Maat               | 88 | 10-03-48 | Fortuna     | 5.66-46.80-26.0 -35.70-4.42.2  |
| 3.262    | Gérard Moors            | 88 | 19-12-47 | Sprint      | 6.30-34.68-24.6 -35.78-4.58.0  |
| 3.185    | Jacques Janssen         | 86 | 16-02-46 | Tegelen     | 6.19-42.04-24.57-39.36-5.50.89 |
| 3.173    | Glen Gentle             | 96 | 05-01-52 | Avon        | 5.58-48.78-25.84-36.54-5.12.83 |
| 3.060    | Hans Scheffers          | 87 | 03-05-45 | Fortuna     | 6.05-40.14-25.7 -31.72-5.08.3  |
| 3.017    | Teun Vis                | 96 | 10-05-56 | Spado       | 5.49-43.88-25.40-28.60-5.00.07 |
| 2.992    | Jan Versluis            | 90 | 18-08-47 | Typhoon     | 5.74-42.32-26.2 -36.40-5.22.2  |
| 2.973    | Wim Threels             | 96 | 26-02-52 | GAC-H       | 5.09-44.36-24.99-25.08-4.46.86 |
| 2.952    | Martin de Pater         | 97 | 26-03-54 | Haag Atl.   | 5.16-32.18-24.7 -30.62-4.36.4  |
| 2.854    | Albert van der Mee      | 02 | 29-01-60 | Sprint      | 5.25-41.83-25.03-38.11-5.55.78 |
| 2.825    | Kees Akkermans          | 97 | 19-07-56 | Ilion       | 5.48-33.80-25.8 -26.00-4.44.7  |
| 2.811    | Helmut Drabben          | 02 | 11-04-59 | AV'23       | 5.69-42.15-25.4 -23.30-5.17.6  |
| 2.780    | Hans Peeters            | 00 | 22-01-58 | AVV         | 5.00-35.78-26.43-24.48-4.29.92 |
| 2.770    | Aart Veldhoen           | 91 | 12-07-49 | Pr. Hendrik | 5.13-40.00-24.9 -28.02-5.16.4  |
| 2.766    | Ruud Postma             | 91 | 07-08-48 | Pr. Hendrik | 5.10-35.24-26.6 -27.70-4.38.0  |
| 2.766    | Hans Mahie              | 92 | 09-01-49 | Noordkop    | 5.42-35.26-26.9 -39.26-5.26.9  |
| 2.737    | Martin Knoops           | 98 | 10-07-56 | PAC         | 4.81-36.75-24.8 -20.74-4.37.8  |
| 2.736    | Cock Verhoef            | 91 | 16-01-50 | BAV         | 4.96-39.00-26.6 -26.82-4.45.0  |
| 2.724    | Klaas v.d.Linde         | 88 | 02-02-45 | AAA         | 5.68-28.62-25.7 -22.18-4.44.4  |
| 2.716    | Piet van der Velden     | 86 | 10-05-42 | AVR         | 4.78-38.58-26.11-24.04-4.42.23 |
| 2.705    | Fred van der Steenhoven | 91 | 30-01-48 | PAC         | 5.10-45.06-26.9 -27.88-5.13.5  |

**vijfkamp M45**

|       |                          |    |          |           |                                |
|-------|--------------------------|----|----------|-----------|--------------------------------|
| 3.693 | Glen Gentle              | 98 | 05-01-52 | Avon      | 5.69-50.37-24.95-33.82-5.04.45 |
| 3.504 | Wim Threels              | 97 | 26-02-52 | GAC-H     | 5.49-43.52-24.6 -26.78-4.39.6  |
| 3.283 | Peter van der Ham        | 89 | 14-03-44 | V&L TC    | 5.64-36.34-25.4 -29.92-5.00.2  |
| 3.274 | Jacques Janssen          | 92 | 16-02-46 | Tegelen   | 5.57-41.14-25.95-38.36-5.46.31 |
| 3.214 | Piet van der Velden      | 88 | 10-05-42 | AVR       | 5.50-37.16-24.9 -21.16-4.42.9  |
| 3.088 | Henk de Leeuw den Bouter | 90 | 19-04-43 | Avantri   | 5.39-36.88-26.9 -33.16-5.14.6  |
| 3.069 | Fred van der Steenhoven  | 93 | 30-01-48 | PAC       | 5.13-46.60-26.9 -28.34-5.20.6  |
| 2.970 | Teo Maat                 | 93 | 10-03-48 | Parthenon | 4.97-42.30-28.3 -35.66-5.25.4  |
| 2.903 | Jan van Rooijen          | 01 | 22-01-55 | Ilion     | 4.62-43.34-26.0 -27.88-5.26.3  |
| 2.892 | Ton Peters               | 87 | 14-06-42 | Scorpio   | 5.39-29.12-26.3 -18.12-4.37.9  |
| 2.886 | Jack van Steen           | 90 | 10-01-45 | Sprint    | 5.37-29.64-26.00-25.86-5.14.85 |
| 2.848 | Kenneth Sweet            | 98 | 09-06-52 | Unitas    | 5.49-30.15-25.06-19.48-5.19.66 |
| 2.821 | Rob Kila                 | 87 | 07-02-40 | Vet. Ned. | 4.57-33.42-26.6 -26.94-4.53.4  |
| 2.790 | Kees Meijer              | 02 | 01-12-56 | Nea-Volh. | 5.32-34.65-26.80-24.01-5.28.28 |
| 2.783 | Rob van Mechelen         | 91 | 31-07-46 | Thor      | 4.96-27.44-26.0 -20.30-4.42.0  |
| 2.782 | Cor Kanbier              | 96 | 30-08-46 | Veendam   | 5.28-30.46-26.7 -24.38-5.11.4  |
| 2.736 | Jan Boere                | 92 | 14-07-45 | Achilles  | 5.40-25.94-26.8 -21.88-4.59.7  |
| 2.734 | Kees Bakx                | 97 | 10-11-51 | Diomedon  | 4.73-27.56-25.1 -21.56-4.58.2  |
| 2.722 | Hans Prins               | 88 | 05-08-41 | Atos      | 4.63-35.60-27.4 -28.04-5.14.03 |
| 2.700 | Theo Sybrandy            | 86 | 03-07-38 | Sparta    | 5.10-33.92-26.55-21.26-5.24.08 |
| 2.682 | Feico Jansma             | 90 | 20-03-42 | AV'55     | 4.57-39.96-28.2 -27.70-5.20.8  |
| 2.670 | Berry Hilkes             | 90 | 22-01-45 | AVN       | 5.17-25.14-25.3 -18.30-5.06.2  |
| 2.662 | Leo de Pee               | 02 | 24-05-56 | Spirit-OB | 5.11-46.25-29.35-27.63-6.05.97 |
| 2.646 | Joop Nennie              | 88 | 20-07-41 | V&L TC    | 4.90-26.92-26.4 -23.40-5.06.8  |
| 2.633 | Klaas v.d.Linde          | 90 | 02-02-45 | Avantri   | 5.30-27.98-27.3 -22.00-5.12.4  |

**vijfkamp M50 (ingaande 2001 speer 700 gram)**

|       |                          |    |          |            |                                |
|-------|--------------------------|----|----------|------------|--------------------------------|
| 4.020 | Glenn Gentle             | 02 | 05-01-52 | Avon       | 5.35-47.74-25.31-39.76-4.57.51 |
| 3.747 | Wim Threels              | 02 | 26-02-52 | GAC-H.     | 5.19-44.27-24.8 -30.09-4.49.6  |
| 3.486 | Jeltjo Doornbosch        | 86 | 23-04-36 | Vet. Ned.  | 5.02-45.70-26.90-32.80-5.15.79 |
| 3.325 | Frank Larsen             | 96 | 02-08-43 | Ilion      | 5.47-34.88-26.34-26.84-5.12.61 |
| 3.249 | Peter Blommestijn        | 97 | 23-05-42 | R'dam Atl. | 5.00-38.22-26.4 -36.66-5.47.9  |
| 3.203 | Henk de Leeuw den Bouter | 93 | 19-04-43 | Avantri    | 4.98-36.48-27.5 -35.56-5.26.3  |
| 3.173 | Rob Kila                 | 91 | 07-02-40 | Vet. Ned.  | 4.50-33.64-26.4 -34.34-5.08.0  |
| 3.154 | Jacques Janssen          | 96 | 16-02-46 | Scopias    | 4.99-37.54-26.92-39.96-6.17.50 |
| 3.112 | Fred van der Steenhoven  | 00 | 30-01-48 | PAC        | 4.75-43.17-28.1 -32.52-5.38.0  |
| 3.099 | Wim Hellebrekers         | 01 | 19-02-50 | Weert      | 5.01-33.79-27.08-34.64-5.45.44 |

**vijfkamp M50 (vervolg)**

|       |                  |    |                  |                                |
|-------|------------------|----|------------------|--------------------------------|
| 3.095 | Gerard Weisscher | 88 | 21-06-34 Trias   | 5.19-33.60-26.8 -30.18-5.36.7  |
| 3.035 | Ed Molenmaker    | 97 | 21-11-46 Spark   | 4.83-36.12-27.2 -32.36-5.40.8  |
| 2.965 | Jan Luykx        | 86 | 09-09-33 Sprint  | 5.10-38.04-26.78-30.46-6.25.88 |
| 2.947 | Harrie Wijkmans  | 91 | 14-07-39 Scorpio | 5.09-36.30-28.2 -30.54-5.50.8  |
| 2.890 | Hans Prins       | 93 | 05-08-41 Atos    | 4.62-33.68-28.16-31.88-5.35.88 |

|       |                   |    |                     |                               |
|-------|-------------------|----|---------------------|-------------------------------|
| 2.874 | Peter van der Ham | 94 | 14-03-44 Haag Atl.  | 4.90-33.16-27.2 -27.90-5.45.3 |
| 2.821 | Arie Sluimer      | 01 | 16-08-50 Ilion      | 5.46-24.71-25.8 -22.36-5.54.5 |
| 2.810 | Steven Koelink    | 90 | 19-01-40 AV'40      | 4.60-24.94-27.7 -25.72-4.55.5 |
| 2.781 | Wim Fokker        | 87 | 15-07-36 Hellas     | 4.74-40.92-29.6 -34.60-6.25.1 |
| 2.731 | Kees van Loon     | 88 | 11-06-38 Spirit (L) | 4.95-25.06-27.0 -23.90-5.29.9 |

|       |                   |    |                  |                                |
|-------|-------------------|----|------------------|--------------------------------|
| 2.685 | Joop Ockers       | 94 | 20-06-42 Weert   | 4.37-31.68-29.53-30.88-5.31.10 |
| 2.654 | Jan van Empel     | 95 | 19-08-44 GVAC    | 4.53-42.40-28.9 -32.46-6.51.6  |
| 2.644 | Kees Havermans    | 98 | 26-01-48 Scorpio | 5.22-24.15-26.8 -23.54-5.30.2  |
| 2.632 | Harry Hagemans    | 89 | 27-03-38 AVN     | 4.55-35.38-30.5 -33.50-6.01.4  |
| 2.630 | Martin Bettonviel | 90 | 21-05-37 Attila  | 4.65-36.32-28.7 -33.80-6.44.1  |

**vijfkamp M55 (ingtaande 2001 speer 700 gram)**

|       |                   |    |                     |                                |
|-------|-------------------|----|---------------------|--------------------------------|
| 3.497 | Peter Blommestijn | 98 | 23-05-42 R'dam Atl. | 5.04-38.17-27.6 -36.28-6.05.6  |
| 3.135 | Peter van der Ham | 00 | 14-03-44 Haag Atl.  | 5.08-34.02-29.1 -28.87-6.02.1  |
| 3.065 | Rob Kila          | 97 | 07-02-40 Vet. Ned.  | 4.08-30.84-27.6 -27.90-5.18.9  |
| 3.054 | Jan Luykx         | 90 | 09-09-33 Sprint     | 4.89-37.36-27.48-29.04-7.02.73 |
| 2.971 | Cees Jägers       | 97 | 26-08-42 GAC-H      | 4.91-22.86-27.4 -21.58-5.25.8  |

|       |                 |    |                   |                                |
|-------|-----------------|----|-------------------|--------------------------------|
| 2.960 | Nico Ridder     | 94 | 30-06-36 Noordkop | 4.18-28.68-29.4 -27.44-5.08.9  |
| 2.882 | Kees van Giezen | 89 | 14-02-34 GAC-H    | 4.56-29.30-28.6 -27.68-6.00.2  |
| 2.798 | Han Ruigrok     | 02 | 01-07-46 PAC      | 4.42-28.90-28.5 -22.39-5.41.5  |
| 2.759 | Cees Jägers     | 00 | 26-08-42 GAC-H    | 5.00-35.78-26.43-24.48-4.29.92 |
| 2.577 | Frank Larsen    | 02 | 02-08-43 Ilion    | 4.06-28.85-29.1 -24.65-6.07.1  |

|       |                          |    |                     |                                |
|-------|--------------------------|----|---------------------|--------------------------------|
| 2.570 | Henk de Leeuw den Bouter | 99 | 19-04-43 Avantri    | 4.28-30.22-32.9 -34.11-6.27.8  |
| 2.503 | Pieter Schouten          | 89 | 14-06-34 GAC-H      | 3.83-17.66-26.2 -20.46-5.43.9  |
| 2.434 | Henk v.d. Langerijt      | 98 | 18-05-41 Weert      | 4.13-27.71-30.28-15.35-5.39.93 |
| 2.382 | Hans Prins               | 97 | 05-08-41 Atos       | 4.25-32.66-29.44-31.66- 0      |
| 2.324 | Jan Kempe                | 92 | 15-06-35 Olympus'70 | 4.36-21.28-31.3 -18.80-5.43.5  |
| 2.299 | Geert van Dijk           | 94 | 31-03-36 Vet. Ned.  | 4.19-19.62-28.2 -18.90-6.16.0  |

**vijfkamp M60**

|       |                   |    |                     |                                |
|-------|-------------------|----|---------------------|--------------------------------|
| 3.446 | Peter Blommestijn | 02 | 23-05-42 R'dam Atl. | 4.51-39.23-28.9 -38.09-6.17.8  |
| 3.429 | Rob Kila          | 00 | 07-02-40 Vet. Ned.  | 4.30-32.37-28.0 -35.84-5.36.2  |
| 3.310 | Cor Braak         | 92 | 21-03-31 Waterland  | 4.00-35.34-31.2 -39.84-5.28.5  |
| 2.813 | Kees van Giezen   | 96 | 14-02-34 GAC-H      | 4.28-29.48-29.24-26.08-6.30.39 |
| 2.808 | Geert van Dijk    | 99 | 01-03-36 Vet. Ned.  | 4.66-21.96-28.11-19.66-6.09.54 |

|       |                     |    |                 |                                |
|-------|---------------------|----|-----------------|--------------------------------|
| 2.760 | Jan Luykx           | 94 | 09-09-33 Sprint | 4.40-35.78-29.4 -32.50-8.13.6  |
| 2.672 | Ben Swienink        | 02 | 28-07-40 PEC    | 4.52-23.56-30.7 -26.22-6.20.8  |
| 2.667 | Cees Jägers         | 02 | 26-08-42 GAC-H  | 4.09-28.54-31.2 -34.03-6.06.0  |
| 2.651 | Henk v.d. Langerijt | 01 | 18-05-41 Weert  | 4.08-26.90-30.91-21.84-5.53.22 |

|       |                 |    |                      |                                |
|-------|-----------------|----|----------------------|--------------------------------|
| 2.553 | Hein Zethof     | 88 | 10-08-28 AVA'64      | 3.55-17.42-31.1 -24.98-5.07.4  |
| 2.513 | Pieter Schouten | 96 | 14-06-34 GAC-H       | 3.71-19.04-28.05-17.78-5.46.24 |
| 2.548 | Jan Kempe       | 97 | 15-06-35 Olympus'70  | 4.30-29.44-31.33-23.98-6.49.20 |
| 2.333 | Nico Storre     | 91 | 12-09-26 De Kieviten | 3.45-25.80-32.5 -34.60-6.50.6  |
| 2.324 | Rob Keitz       | 01 | 01-12-38 Hanzesport  | 3.52-21.48-32.9 -24.91-5.43.4  |

|       |                |    |                    |                               |
|-------|----------------|----|--------------------|-------------------------------|
| 2.264 | Gerard Sengers | 02 | 23-02-42 Clytoneus | 4.05-25.35-28.9 -22.37-7.54.0 |
| 2.137 | Aad Pley       | 88 | 17-05-28 Vet. Ned. | 3.32-27.04-34.4 -25.68-6.23.4 |

**vijfkamp M65**

|       |                 |    |                      |                                |
|-------|-----------------|----|----------------------|--------------------------------|
| 3.620 | Cor Braak       | 96 | 21-03-31 Waterland   | 3.97-37.80-31.9 -38.76-5.53.0  |
| 3.092 | Geert van Dijk  | 01 | 01-03-36 Vet. Ned.   | 4.46-20.80-27.97-20.67-6.17.15 |
| 2.879 | Jan Slootbeek   | 02 | 08-03-36 GAC-H       | 4.25-23.25-30.5 -28.12-6.56.0  |
| 2.643 | Pieter Schouten | 00 | 14-06-34 GAC-H       | 3.70-19.69-29.0 -19.95-6.23.9  |
| 2.594 | Nico Storre     | 92 | 12-09-26 De Kieviten | 3.34-26.88-33.4 -37.54-7.27.5  |

|       |                 |    |                     |                                |
|-------|-----------------|----|---------------------|--------------------------------|
| 2.556 | Joop Ruter      | 98 | 19-04-33 PAC        | 3.06-15.38-29.3 -12.23-5.01.1  |
| 2.437 | Jan Kempe       | 00 | 15-06-35 Olympus'70 | 4.06-23.64-32.57-21.86-7.26.33 |
| 2.392 | Cees Vooijs     | 01 | 04-01-34 Gouda      | 3.41-25.65-33.3 -25.43-6.59.1  |
| 2.261 | Aad Pley        | 93 | 17-05-28 Vet. Ned.  | 3.21-22.70-36.3 -28.10-6.33.9  |
| 2.221 | Kees van Giezen | 00 | 14-02-34 GAC-H      | 3.84-21.78-32.6 -24.45-8.08.2  |
| 2.063 | Anton de Kok    | 91 | 25-01-26 Vet. Ned.  | 3.46-16.04-35.8 -20.50-6.22.2  |

**vijfkamp M70**

|       |            |    |                    |                               |
|-------|------------|----|--------------------|-------------------------------|
| 3.495 | Cor Braak  | 01 | 21-03-31 Waterland | 3.58-36.56-33.8 -34.75-6.38.5 |
| 2.066 | Frans Buys | 98 | 05-09-24 GAC-H     | 3.18-16.92-33.2 -16.32-7.44.8 |

**GEWICHT-VIJFKAMP**

Volgorde: kogelslingeren, kogelstoten, discuswerpen, speerwerpen en gewichtwerpen  
 Vermelding: tot 2000 punten. Puntentelling WAVA 1994 met leeftijdscorrecties.

**gewicht-vijfkamp M40**

|       |                      |    |                      |                               |
|-------|----------------------|----|----------------------|-------------------------------|
| 3.202 | Keith Beard (GBR)    | 02 | 08-11-61 R'dam Atl.  | 35.64-11.97-31.86-63.11-11.05 |
| 2.929 | Albert van der Mee   | 02 | 29-01-60 Sprint      | 35.56-12.68-37.20-43.76- 9.81 |
| 2.664 | John Stegman         | 02 | 01-03-61 R'dam Atl.  | 45.76-10.08-31.72-25.53-12.00 |
| 2.641 | Hans Mulders         | 00 | 08-07-55 PSV         | 37.53-10.48-28.82-36.11-11.67 |
| 2.492 | Friedhelm Dreckmeier | 00 | 24-10-59 Voorschoten | 33.91-10.09-26.74-35.28-11.63 |

**gewicht-vijfkamp M45**

|       |                        |    |                     |                               |
|-------|------------------------|----|---------------------|-------------------------------|
| 3.721 | Martin Regtop          | 95 | 10-01-49 Tion       | 39.46-12.91-45.24-42.46-12.54 |
| 3.637 | Sylvain Ephimenco (FR) | 02 | 24-11-56 R'dam Atl. | 34.98-11.38-43.49-50.51-12.40 |
| 3.500 | Hans Schouten          | 95 | 08-05-49 Hollandia  | 34.40-13.94-42.58-37.10-12.10 |
| 3.270 | Nico Hellendoorn       | 99 | 30-06-50 Vet. Ned.  | 33.53-12.04-37.62-43.70-10.65 |
| 3.078 | Jack Dekker            | 96 | 21-04-49 Castricum  | 34.24-11.47-38.24-39.48- 9.38 |

|       |                       |    |                    |                               |
|-------|-----------------------|----|--------------------|-------------------------------|
| 3.063 | Henny van Wijk        | 97 | 01-10-49 Phoenix   | 27.30-12.63-33.70-43.12-10.27 |
| 3.004 | Hans Mulders          | 01 | 08-07-55 PSV       | 38.99-10.25-30.22-35.72-11.68 |
| 2.347 | Henk van Bakel        | 99 | 14-02-53 Orion     | 17.72- 8.97-31.51-43.10- 7.08 |
| 2.254 | Cor Wedema            | 01 | 27-11-54 Almere'81 | 25.42- 9.79-22.94-28.91- 9.34 |
| 2.211 | Cor Aalberts          | 97 | 21-07-50 PSV       | 18.68-10.36-26.80-33.98- 7.44 |
| 2.039 | Gerard van Broekhoven | 02 | 15-03-56 Atledo    | 27.45- 8.11-22.46-23.60- 8.95 |

**gewicht-vijfkamp M50 (speer 700 gram, tenzij \* = 800 gram)**

|       |                    |    |                    |                               |
|-------|--------------------|----|--------------------|-------------------------------|
| 4.313 | Martin Regtop      | 01 | 10-01-49 Tion      | 46.10-14.55-47.64-37.14-18.39 |
| 3.617 | Jack Dekker        | 00 | 21-04-49 Castricum | 40.20-12.81-43.74-40.23-11.74 |
| 3.600 | Nico Hellendoorn * | 00 | 30-06-50 Vet. Ned. | 38.99-12.83-40.80-42.32-12.16 |
| 3.594 | Frits van Buuren * | 98 | 31-01-46 Almere'81 | 43.09-11.30-36.82-38.69-15.09 |
| 3.335 | Jan Titulaer *     | 01 | 25-05-47 Orion     | 39.21-10.81-33.19-37.51-14.48 |

|       |                         |    |                 |                               |
|-------|-------------------------|----|-----------------|-------------------------------|
| 3.022 | Ad Oomen                | 02 | 14-09-49 GVAC   | 27.73-10.27-34.08-44.57-11.17 |
| 2.990 | Wim Hellebrekers        | 02 | 19-02-50 Weert  | 34.09-10.96-33.27-32.78-12.08 |
| 2.955 | Frans Klep              | 02 | 29-11-48 PSV    | 31.06- 9.24-29.06-35.29-10.64 |
| 2.776 | Roland Henriquez *      | 00 | 29-10-46 GAC-H. | 30.74-10.44-27.13-34.39-11.90 |
| 2.613 | Fred van der Steenhoven | 02 | 30-01-48 PAC    | 24.99- 9.52-33.82-38.58- 8.50 |

|       |                      |    |                      |                                |
|-------|----------------------|----|----------------------|--------------------------------|
| 2.394 | Ruud Sleper          | 01 | 01-10-50 AV'34-A.    | 31.83- 8.91-24.36-24.16-11.55  |
| 2.340 | Piet van Ham *       | 00 | 22-10-47 Atledo      | 21.54-10.87-25.43-29.91- 9.94  |
| 2.286 | Bert Vreeswijk       | 02 | 11-07-50 Typhoon     | 21.92 - 8.96-28.04-33.30- 8.68 |
| 2.060 | Paul Houben          | 02 | 03-06-48 GVAC        | 12.31- 8.95-27.92-31.07- 8.81  |
| 2.022 | Henny Tabak *        | 98 | 27-10-44 Zuidwal     | 19.10 - 9.22-23.65-26.21- 8.85 |
| 2.009 | Theo van der Krogt * | 00 | 17-11-49 Voorschoten | 23.90- 8.22-23.07-23.99- 9.23  |

**gewicht-vijfkamp M55 (speer 700 gram)**

|       |                           |    |                    |                               |
|-------|---------------------------|----|--------------------|-------------------------------|
| 3.737 | Jan Titulaer              | 02 | 25-05-47 PSV       | 40.26-11.30-32.70-39.30-12.93 |
| 3.732 | Frits van Buuren          | 02 | 31-01-46 AV'23     | 40.58-10.00-34.16-37.58-14.37 |
| 3.173 | Jan Pronk (speer 800)     | 97 | 18-01-38 Trias     | 35.70-10.27-38.62-20.22-11.73 |
| 3.066 | Frits Martens (speer 800) | 00 | 05-06-42 Hollandia | 24.34-11.71-36.24-32.24- 9.01 |

**gewicht-vijfkamp M60**

|       |                   |    |                     |                               |
|-------|-------------------|----|---------------------|-------------------------------|
| 3.733 | Frits Martens     | 02 | 05-06-42 Hollandia  | 31.47-12.19-44.97-35.52-12.63 |
| 3.543 | Wim Fokker        | 01 | 15-07-36 Hellas     | 26.06-12.67-36.48-41.71-11.73 |
| 3.499 | Jan Pronk         | 98 | 18-01-38 Trias      | 41.60-11.54-42.96-19.68-12.61 |
| 3.310 | Peter Blommestijn | 02 | 23-05-42 R'dam Atl. | 25.20-11.03-35.43-38.94-11.94 |
| 2.516 | Rens Haanstra     | 02 | 27-10-41 R'dam Atl. | 23.69- 8.81-25.12-33.70- 8.55 |
| 2.278 | Harry Hagemans    | 01 | 27-03-38 AVN        | 18.92- 7.98-31.68-30.13- 6.62 |

**gewicht-vijfkamp M65**

|       |               |    |                 |                               |
|-------|---------------|----|-----------------|-------------------------------|
| 3.836 | Jan Smit      | 97 | 22-09-31 PSV    | 36.04-11.28-39.22-26.96-12.40 |
| 2.721 | Jan Sloodbeek | 02 | 08-03-36 GAC-H. | 24.62- 8.80-26.17-21.94-10.38 |

**gewicht-vijfkamp M70**

|       |                      |    |              |                               |
|-------|----------------------|----|--------------|-------------------------------|
| 3.961 | Jan Smit (speer 500) | 01 | 22-09-31 PSV | 38.16-10.71-34.77-24.71-14.71 |
| 3.649 | Jan Oerlemans        | 98 | 24-05-28 AVN | 26.71-10.46-36.46-26.86-13.16 |

**TIENKAMP(of declathon)**

Volgorde dag 1: 100, ver, kogel, hoog en 400; dag 2: korte horden, discus, polshoog, speer en 1500  
 Alleen opgenomen bij minimaal 4000 punten.

**tienkamp M40 (o=oude 800 gr.speer en h=horden 106,7 cm)**

|       |                            |    |                      |                                                             |
|-------|----------------------------|----|----------------------|-------------------------------------------------------------|
| 6.804 | Jeroen Bronwasser          | 01 | 05-02-59 Pr. Hendrik | 11.72-6.30-10.61-1.80-53.53 /17.59-25.43-4.10-36.10-5.10.97 |
| 6.259 | Frans van der Ham          | 99 | 26-07-54 Avanti      | 12.35-5.95-11.09-1.66-57.12 /18.68-30.95-4.00-40.78-5.32.18 |
| 6116  | h+o Freek Stam             | 84 | 11-06-42 Trias       | 12.2 -5.26-10.24-1.60-56.0 /17.6 -33.04-3.40-43.66-5.01.0   |
| 5781  | h Teo Maat                 | 89 | 10-03-48 Fortuna     | 13.2 -5.59-11.08-1.65-61.1 /19.2 -36.66-3.10-47.86-5.14.3   |
| 5.745 | o Peter Blommestijn        | 84 | 23-05-42 AVR         | 12.2 -5.37-10.12-1.70-56.4 /19.0 -30.76-2.90-39.28-5.13.4   |
| 5.652 | o Henk de Leeuw den Bouter | 83 | 19-04-43 Avanti      | 13.0 -5.49-10.50-1.65-60.7 /20.8 -36.54-3.40-39.96-5.03.1   |
| 5441  | h Arnjan Bakker            | 02 | 24-05-62 Trias       | 12.5 -5.49-10.56-1.65-57.0 /19.2 -22.86-2.50-36.35-4.57.0   |

**tienkamp M40 (vervolg)**

|       |                  |    |          |             |                                                             |
|-------|------------------|----|----------|-------------|-------------------------------------------------------------|
| 4.857 | Kees Meijer      | 01 | 01-12-56 | Nea-Volh.   | 13.54-5.57- 8.16-1.52-63.79 /19.55-24.62-3.10-36.95-5.27.62 |
| 4.855 | Jan Huijbers     | 91 | 02-05-51 | GAC-G.      | 13.7 -5.68- 7.72-1.85-62.9 /19.8 -22.88-2.70-32.08-5.29.0   |
| 4.758 | Leo de Pee       | 00 | 24-05-56 | Spirit-OB   | 13.5 -5.00-11.03-1.60-63.7 /20.9 -30.20-2.70-42.42-5.55.5   |
|       |                  |    |          |             |                                                             |
| 4.744 | Charles den Uijl | 01 | 02-04-60 | AAV'36      | 12.7 -5.31- 7.76-1.72-59.5 /19.0 -22.82-2.20-22.55-5.15.4   |
| 4.665 | Henk Heijligers  | 00 | 06-03-58 | GVAC        | 13.07-4.62- 9.59-1.55-61.47 /20.17-31.84-2.70-40.28-6.30.54 |
| 4.644 | Hans Peeters     | 99 | 22-01-58 | AVV         | 12.6 -5.06- 8.13-1.43-56.1 /22.1 -26.01- 0 -35.41-4.30.4    |
| 4.527 | Jaap Nauta       | 02 | 24-04-60 | Spirit-L.   | 12.9 -4.65- 7.92-1.45-58.7 /20.3 -20.26-2.70-30.57-5.01.1   |
| 4.458 | May Stokman      | 98 | 09-11-56 | GVAC        | 13.0 -5.47- 9.81-1.60-66.0 /21.8 -28.75-2.50-33.87-6.04.6   |
|       |                  |    |          |             |                                                             |
| 4435  | h Ruud Postma    | 92 | 07-08-48 | Pr. Hendrik | 13.3 -4.84- 9.04-1.45-59.2 /24.8 -25.08-2.50-32.86-4.49.0   |
| 4335  | h Wim Hartman    | 90 | 21-03-47 | V&L TC      | 13.3 -4.95- 8.3401.40-58.7 /22.2 -19.10-2.20-27.24-4.36.7   |
| 4.283 | Teun Vis         | 00 | 10-05-56 | Spirit-L.   | 13.6 -4.52-10.12-1.55-66.7 /22.3 -28.60-2.10-39.20-5.18.2   |
| 4.061 | Coen van Stralen | 02 | 07-08-59 | AAV'36      | 13.0 -5.48- 9.48-1.60-70.0 /22.4 -27.52-2.00-37.17-6.38.9   |

**tienkamp M45 (o=oude 800 gr. speer)**

|       |                          |    |          |           |                                                             |
|-------|--------------------------|----|----------|-----------|-------------------------------------------------------------|
| 7.188 | Frans van der Ham        | 99 | 26-07-54 | Avantri   | 12.6 -5.89-11.29-1.69-57.0 /18.3 -32.43-4.00-43.49-5.14.3   |
| 6.694 | Glen Gentle              | 01 | 05-01-52 | Avon      | 12.25-5.36-12.10-1.52-54.07/20.18 -32.75-2.50-48.39-5.01.26 |
| 5.804 | Jacques Janssen          | 91 | 16-02-46 | Tegelen   | 12.67-5.69-13.06-1.68-58.99/22.00-36.52-2.60-38.28- 0       |
| 5.676 | Peter Blommestijn        | 88 | 23-05-42 | AVR       | 12.3 -5.30- 9.69-1.60-59.7 /20.5 -27.42-2.20-38.36-5.29.0   |
| 5.615 | Henk de Leeuw den Bouter | 92 | 21-04-43 | Avantri   | 13.1 -5.26- 9.29-1.55-65.0 /22.0 -32.46-3.40-35.84-5.25.2   |
|       |                          |    |          |           |                                                             |
| 5.587 | Wim de Ronde             | 96 | 08-11-48 | Zaanland  | 12.1 -5.40- 9.38-1.61-60.3 /19.0 -23.70-2.60-26.64-5.41.5   |
| 5.476 | Peter v.d. Ham (H=106,7) | 90 | 14-03-44 | V&L TC    | 12.6 -5.25- 9.21-1.50-62.3 /20.7 -27.76-2.80-34.40-5.26.4   |
| 5.444 | Kees Meijer              | 02 | 01-12-56 | Nea-Volh. | 13.12-5.40- 7.88-1.46-61.49/19.38-23.03-3.20-34.39-5.29.55  |
| 5.039 | Herman Bongertman        | 90 | 03-05-45 | Aalsmeer  | 12.8 -4.72- 9.67-1.50-63.7 /22.4 -28.48-2.50-37.56-5.47.4   |
| 4.666 | Teun Vis                 | 02 | 10-05-56 | Spirit-L. | 13.6 -4.50- 9.61-1.50-66.8 /22.8 -27.80-2.20-38.76-5.43.0   |
|       |                          |    |          |           |                                                             |
| 4.591 | Ben Maas                 | 89 | 20-03-41 | Tempo     | 12.8 -4.89- 7.15-1.30-58.5 /25.0 -20.84-2.60-20.42-4.52.3   |
| 4320  | o Kees van Giezen        | 83 | 14-02-34 | GAC-H.    | 13.1 -4.72- 6.33-1.45-63.9 /22.3 -17.40-2.40-26.56-5.31.9   |
| 4.259 | Paul Houben              | 94 | 03-06-48 | GVAC      | 12.9 -4.52- 8.50-1.25-68.6 /23.0 -25.52-2.00-35.52-5.42.2   |

**tienkamp M50 (o=oude 800 gr. speer)**

|       |                            |    |          |            |                                                            |
|-------|----------------------------|----|----------|------------|------------------------------------------------------------|
| 6.747 | Wim de Ronde               | 99 | 08-11-48 | Zaanland   | 12.10-5.37-10.36-1.54-58.38/15.48-31.88-2.40-34.29-5.50.85 |
| 5.671 | Cor Kanbier (110 H)        | 97 | 30-08-46 | Veendam    | 13.1 -5.04- 9.12-1.48-58.8 /25.9 -27.36-3.10-28.94-5.07.9  |
| 5.635 | Peter v.d. Ham (sen.mat)   | 94 | 14-03-44 | Haag Atl.  | 13.1 -5.25- 9.87-1.55-62.4 /23.2 -26.04-3.00-34.22-5.58.5  |
| 5.396 | Bert Vreeswijk (speer 700) | 02 | 11-07-50 | Typhoon    | 14.0 -4.41- 8.97-1.30-64.3 /19.3 -27.49-3.00-33.00-5.08.1  |
| 5.214 | Cees Berg (speer 700)      | 01 | 22-06-47 | AAV'36     | 13.2 -4.48- 8.70-1.39-60.4 /17.5 -21.18-2.40-28.16-6.00.3  |
|       |                            |    |          |            |                                                            |
| 5.096 | Fred van der Steenhoven    | 99 | 30-01-48 | PAC        | 14.16-4.66-10.27-1.20-69.70/20.40-30.91-2.50-41.13-5.50.49 |
| 5020  | o Kees van Giezen          | 85 | 14-02-34 | GAC-H.     | 13.9 -4.52- 7.09-1.45-61.6 /20.3 -24.64-2.60-24.54-5.20.1  |
| 4.984 | Peter Blommestijn          | 96 | 23-05-42 | R'dam Atl. | 13.3 -4.52- 9.72-1.50-71.8 /20.1 -26.98-2.60-34.92-6.33.7  |

**tienkamp M55**

|       |                 |    |          |        |                                                          |
|-------|-----------------|----|----------|--------|----------------------------------------------------------|
| 6.013 | Cees Berg       | 02 | 22-06-47 | AAV'36 | 13.0 -4.44-10.00-1.42-59.8 /17.6-23.73-2.00-23.77-5.41.7 |
| 5.758 | Kees van Giezen | 89 | 14-02-34 | GACH.  | 13.7 -4.48- 6.88-1.42-62.8 /19.2-26.04-2.60-27.40-5.39.5 |
| 4.600 | Wil van Oort    | 02 | 20-07-46 | FIT    | 13.9 -4.28- 7.88-1.30-68.0 /21.6-19.65-2.00-24.00-6.21.4 |

**tienkamp M60 (nieuwe speer 1999)**

|       |                       |    |          |        |                                                            |
|-------|-----------------------|----|----------|--------|------------------------------------------------------------|
| 5.988 | Kees van Giezen       | 94 | 14-02-34 | GAC-H. | 14.1 -4.41- 8.15-1.35-68.8 /18.6 -28.82-2.70-28.14-6.19.0  |
| 4.457 | Henk van de Langerijt | 01 | 18-05-41 | Weert  | 14.91-4.12- 7.78-1.05-72.20 /21.56-23.40- 0 -27.51-5.54.74 |

**tienkamp M65**

|       |                 |    |          |       |                                                            |
|-------|-----------------|----|----------|-------|------------------------------------------------------------|
| 5.963 | Kees van Giezen | 99 | 14-02-34 | GAC-H | 14.63-4.16- 7.47-1.33-75.67/19.98-27.30-2.60-25.27-7.16.05 |
|-------|-----------------|----|----------|-------|------------------------------------------------------------|

|               |                         |    |          |                   |                          |                         |       |          |             |
|---------------|-------------------------|----|----------|-------------------|--------------------------|-------------------------|-------|----------|-------------|
| 100 meter V35 |                         |    | 13.9     | Margriet Prins    | 96                       | 15-01-51                | Suomi |          |             |
| 11.8          | Ciska Jansen            | 82 | 23-09-44 | Sagitta           | 14.17                    | Janet Janssen           | 99    | 29-05-54 | Attila      |
| 12.40         | Tilly Jacobs            | 95 | 19-06-56 | Sparta            | 14.20                    | Margreet Werkhoven      | 90    | 16-07-45 | Edam        |
| 12.71         | Wilma van Gool          | 84 | 11-08-47 | Ciko'66           | 14.0                     | Rietje Dijkman          | 86    | 21-06-39 | AV '23      |
| 12.77         | Riny Hagenaars          | 90 | 17-07-51 | PAC               | 14.0                     | Toos Dingenouts         | 88    | 27-12-41 | Achilles    |
| 12.6          | Sonja Oost              | 94 | 02-05-57 | De Sperwers       | 14.0                     | Jet van Esch            | 99    | 09-11-52 | Pr. Hendrik |
| 12.93         | Lilianne Fiddelaers (B) | 00 | 12-12-61 | Unitas            | 14.24                    | Weia Reinboud           | 97    | 11-03-50 | Hellas      |
| 12.7          | Helma Volbers           | 84 | 29-12-46 | Tion              | 14.28                    | Ans Honkoop             | 90    | 28-08-44 | Ciko'66     |
| 12.7          | Mariet Thomas           | 88 | 03-03-51 | DEM               | 14.28                    | Marian Vennix           | 00    | 27-10-53 | Attila      |
| 13.00         | Mieke Sterk             | 84 | 05-01-46 | ADA               | 14.1                     | Riet Jonkers            | 89    | 04-10-43 | Energie     |
| 12.8          | Rien van Dam            | 82 | 27-04-47 | Hellas            | 100 meter V50 (tot 16.5) |                         |       |          |             |
| 12.8          | Ingrid v.d.Meer         | 95 | 09-06-60 | Sagitta           | 13.3                     | Corrie Roovers          | 85    | 14-07-35 | Sprint      |
| 12.9          | Coby Körmeling          | 89 | 19-12-52 | AV'34-A.          | 13.4                     | Pat Smith               | 86    | 01-03-36 | Olympia'48  |
| 12.9          | Annemiek Stavenuiter    | 90 | 13-03-54 | ADA               | 14.22                    | Elly Willemsen          | 97    | 21-03-47 | Attila      |
| 13.20         | Joke Torbijn            | 94 | 29-10-57 | Parthenon         | 14.43                    | Marja Broers            | 96    | 30-03-46 | Lycurgus    |
| 13.22         | Alma Hollen             | 98 | 25-12-60 | Holland-H         | 14.46                    | Riet Jonkers            | 97    | 04-10-43 | Energie     |
| 13.0          | Alie van der Worp       | 77 | 20-06-42 | PEC               | 14.3                     | Rietje van Walree       | 91+94 | 25-09-39 | Atos        |
| 13.0          | Maja Boekel             | 87 | 03-03-50 | Trias             | 14.60                    | Lena Jansen             | 02    | 06-03-51 | Energie     |
| 13.0          | Carla Alonso            | 87 | 31-07-51 | AVR               | 14.61                    | Toos Dingenouts         | 92    | 27-12-41 | Achilles    |
| 13.0          | Marianne Langezaal      | 90 | 13-03-54 | De Bataven        | 14.4                     | Rietje Dijkman          | 89    | 21-06-39 | AV '23      |
| 13.0          | Janet Janssen           | 90 | 29-05-54 | Attila            | 14.66                    | Corrie Meijer           | 98    | 16-03-47 | Schelde Sp. |
| 13.0          | Fridy Daniels           | 90 | 19-09-54 | GAC-G.            | 14.73                    | Weia Reinboud           | 02    | 11-03-50 | Hellas      |
| 13.30         | Resi Fransen            | 92 | 13-10-56 | Haag Atl.         | 14.99                    | Corrie Vinke            | 91    | 24-04-41 | Atos        |
| 13.1          | Marian Vennix           | 92 | 27-10-53 | Attila            | 15.11                    | Diny Klomp              | 02    | 18-06-52 | Pr. Hendrik |
| 13.1          | Ria Mistry              | 96 | 30-01-59 | AVV               | 15.30                    | Marja de Wit            | 97    | 16-06-45 | AV'55       |
| 13.35         | Anja Akkerman           | 93 | 01-05-55 | DEM               | 15.1                     | Wies Bosland            | 89    | 26-07-38 | Castricum   |
| 100 meter V40 |                         |    | 15.44    | Margriet Prins    | 01                       | 15-01-51                | Suomi |          |             |
| 12.39         | Ciska Jansen            | 85 | 23-09-44 | Sagitta           | 15.52                    | Laura Blommestijn       | 97    | 02-07-44 | R'dam Atl.  |
| 12.46         | Tilly Jacobs            | 97 | 19-06-56 | Sparta            | 15.63                    | Lisa Plat               | 92    | 09-02-39 | Lycurgus    |
| 12.5          | Riny Hagenaars          | 94 | 17-07-51 | PAC               | 16.02                    | Bep Reidinga            | 90    | 20-11-36 | Edam        |
| 12.96         | Joke Torbijn            | 98 | 29-10-57 | Parthenon         | 15.8                     | Jo Bleeker              | 82    | 20-12-31 | DEM         |
| 12.98         | Corrie Roovers          | 79 | 14-07-35 | Sprint            | 15.9                     | Lenie Zegers            | 86    | 18-06-32 | Sagitta     |
| 12.98         | Hermien Roggeband       | 02 | 24-11-58 | Delta Sport       | 16.40                    | Annie Fischer           | 97    | 02-12-42 | De Sperwers |
| 13.05         | Sonja Oost              | 99 | 02-05-57 | De Sperwers       | 16.49                    | Marion de Bruin         | 99    | 24-06-49 | Haag Atl.   |
| 13.12         | Anja Akkerman           | 95 | 01-05-55 | DEM               | 100 meter V55 (tot 18.0) |                         |       |          |             |
| 12.9          | Mieke Sterk             | 86 | 05-01-46 | ADA               | 14.18                    | Corrie Roovers          | 94    | 14-07-35 | Sprint      |
| 12.9          | Mariet Thomas           | 92 | 03-03-51 | DEM               | 14.42                    | Pat Smith               | 91    | 01-03-36 | Haag Atl.   |
| 13.20         | Maya Boekel             | 90 | 03-03-50 | Trias             | 14.98                    | Riet Jonkers            | 99    | 04-10-43 | Attila      |
| 13.2          | Dinah Heinsbroek        | 94 | 22-12-53 | Fortuna           | 14.8                     | Rietje Dijkman          | 95+96 | 21-06-39 | AV'23       |
| 13.52         | Lena Jansen             | 94 | 06-03-51 | Energie           | 15.33                    | Marja Broers            | 01    | 30-03-46 | Lycurgus    |
| 13.3          | Wemmy Spierenburg       | 79 | 14-02-36 | Fortis            | 15.4                     | Wies Bosland            | 95    | 26-07-38 | Castricum   |
| 13.62         | Maria van den Berg      | 00 | 03-01-60 | DJA               | 15.71                    | Mia Linskens            | 98    | 03-12-42 | Atos        |
| 13.4          | Mia Linskens            | 86 | 30-12-42 | Atos              | 15.5                     | Tinie Bakker            | 91    | 03-03-36 | Trias       |
| 13.64         | Janny Kuper             | 96 | 01-01-55 | PEC               | 15.78                    | Lisa Plat               | 96    | 09-02-39 | Lycurgus    |
| 13.67         | Netty van Hedel         | 93 | 18-03-49 | Pr.Hendrik        | 15.80                    | Laura Blommestijn       | 02    | 02-07-44 | R'dam Atl.  |
| 13.70         | Hieke Bootsma           | 92 | 26-02-51 | Horror            | 17.56                    | Annie Locks             | 96    | 12-03-40 | Wier.meer   |
| 13.70         | Evelien van Hees        | 99 | 22-03-57 | Energie           | 17.5                     | Lenie Zegers            | 87    | 18-06-32 | Sagitta     |
| 13.73         | Janet Janssen           | 97 | 29-05-54 | Attila            | 100 meter V60            |                         |       |          |             |
| 13.5          | Mary Larsen             | 87 | 11-12-43 | Ilion             | 14.12                    | Corrie Roovers          | 96    | 14-07-35 | Sprint      |
| 13.5          | Rien van Dam            | 88 | 27-04-47 | Hellas            | 15.18                    | Pat Smith               | 96    | 01-03-36 | Haag Atl.   |
| 13.5          | Elly Willemsen          | 91 | 21-03-47 | Attila            | 15.29                    | Rietje Dijkman          | 02    | 21-06-39 | AV'23       |
| 13.5          | Marian Vennix           | 95 | 27-10-53 | Attila            | 16.23                    | Lisa Plat               | 99    | 09-02-39 | Lycurgus    |
| 100 meter V45 |                         |    | 18,31    | Fenny Stutterheim | 01                       | 15-12-39                | AV'23 |          |             |
| 12.96         | Tilly Jacobs            | 02 | 19-06-56 | Sparta            | 100 meter V65            |                         |       |          |             |
| 13.05         | Sonja Oost              | 02 | 02-05-57 | De Sperwers       | 15.97                    | Corrie Roovers          | 01    | 14-07-35 | Sprint      |
| 13.23         | Riny Hagenaars          | 97 | 17-07-51 | PAC               | 200 meter V35            |                         |       |          |             |
| 13.30         | Corrie Roovers          | 82 | 14-07-35 | Sprint            | 24.77                    | Ciska Jansen            | 82    | 23-09-44 | Sagitta     |
| 13.33         | Mariet Thomas           | 96 | 03-03-51 | DEM               | 25.0                     | Tilly Jacobs            | 95    | 19-06-56 | Sparta      |
| 13.40         | Anja Akkerman           | 01 | 01-05-55 | DEM               | 25.99                    | Sonja Oost              | 93    | 02-05-57 | De Sperwers |
| 13.3          | Netty van Hedel         | 94 | 18-03-49 | Pr.Hendrik        | 26.39                    | Lilianne Fiddelaers (B) | 00    | 12-12-61 | Unitas      |
| 13.56         | Pat Smith               | 84 | 01-03-36 | Olympia'48        | 26.41                    | Lilianne Mandema        | 96    | 12-02-59 | Haag Atl.   |
| 13.71         | Elly Willemsen          | 92 | 21-03-47 | Attila            | 26.60                    | Riny Hagenaars          | 90    | 17-07-51 | PAC         |
| 13.6          | Rietje van Walree       | 86 | 25-09-39 | Atos              | 26.6                     | Fridy Daniels           | 90    | 19-09-54 | GAC-G.      |
| 13.90         | Hieke Bootsma           | 96 | 26-02-51 | Horror            | 26.7                     | Mary Larsen             | 82    | 11-12-43 | Ilion       |
| 13.7          | Mia Linskens            | 89 | 30-12-42 | Atos              | 26.7                     | Rien van Dam            | 82    | 27-04-47 | Hellas      |
| 13.96         | Lena Jansen             | 99 | 06-03-51 | Energie           | 27.03                    | Coby Körmeling          | 89    | 19-12-52 | AV'34-A.    |
| 13.8          | Mia Dudink              | 92 | 24-12-46 | Sagitta           |                          |                         |       |          |             |
| 14.06         | Corrie Meijer           | 93 | 16-03-47 | Schelde Sp.       |                          |                         |       |          |             |

|                      |                      |    |          |             |                                  |                          |    |          |             |
|----------------------|----------------------|----|----------|-------------|----------------------------------|--------------------------|----|----------|-------------|
| 26.8                 | Wilma Hillen         | 87 | 26-10-51 | Tion        | <b>200 meter V50 (tot 34.50)</b> |                          |    |          |             |
| 27.10                | Joke Torbijn         | 95 | 29-10-57 | Parthenon   | 27.8                             | Pat Smith                | 88 | 01-03-36 | Olympia'48  |
| 26.9                 | Mariet Thomas        | 88 | 03-03-51 | DEM         | 28.4                             | Corrie Roovers           | 89 | 14-07-35 | Sprint      |
| 27.0                 | Wilma van Gool       | 85 | 11-08-47 | Ciko'66     | 28.90                            | Lena Jansen              | 01 | 06-03-51 | Energie     |
| 27.1                 | Ina Blaauw           | 83 | 01-12-47 | Argo'77     | 29.39                            | Weia Reinboud            | 02 | 11-03-50 | Hellas      |
|                      |                      |    |          |             | 29.3                             | Marja Broers             | 96 | 30-03-46 | Lycurgus    |
| 27.39                | Irene Wentzel        | 81 | 23-06-45 | Hellas      |                                  |                          |    |          |             |
| 27.50                | Anja Akkerman        | 94 | 01-05-55 | DEM         | 30.10                            | Afra Kruijer             | 02 | 03-06-49 | Hera        |
| 27.59                | Judith Beentjes      | 99 | 15-03-64 | Unitas      | 30.20                            | Riet Jonkers             | 97 | 04-10-43 | Energie     |
| 27.60                | Annemiek Stavenuiter | 91 | 13-03-54 | ADA         | 30.24                            | Rietje van Walree        | 91 | 25-09-39 | Atos        |
| 27.6                 | Ina Ruijter          | 88 | 30-01-53 | AV '23      | 30.52                            | Rietje Dijkman           | 91 | 21-06-39 | Vet.Ned.    |
|                      |                      |    |          |             | 30.3                             | Toos Dingenouts          | 92 | 27-12-41 | Achilles    |
| 27.6                 | Lena Jansen          | 89 | 06-03-51 | PAC         |                                  |                          |    |          |             |
| 27.6                 | Janet Janssen        | 90 | 29-05-54 | Attila      | 31.97                            | Lisa Plat                | 92 | 09-02-39 | Lycurgus    |
| 27.87                | Alma Hollen          | 97 | 25-12-60 | Holland-H.  | 32.0                             | Greet Warnaar            | 93 | 19-12-41 | Hera        |
| 27.89                | Marian Vennix        | 92 | 27-10-53 | Attila      | 32.71                            | Wies Ratelband           | 85 | 07-07-35 | Vet.Ned.    |
| 27.92                | Marga Otten          | 90 | 11-11-52 | Hellas      | 34.29                            | Margreet Hissink         | 00 | 23-03-50 | PAC         |
|                      |                      |    |          |             |                                  |                          |    |          |             |
| <b>200 meter V40</b> |                      |    |          |             | <b>200 meter V55 (tot 37.00)</b> |                          |    |          |             |
| 25.17                | Tilly Jacobs         | 97 | 19-06-56 | Sparta      | 28.8                             | Pat Smith                | 91 | 01-03-36 | Haag Atl.   |
| 25.55                | Ciska Jansen         | 85 | 23-09-44 | Sagitta     | 29.13                            | Corrie Roovers           | 91 | 14-07-35 | Sprint      |
| 26.27                | Riny Hagenaars       | 93 | 17-07-51 | PAC         | 30.83                            | Riet Jonkers             | 99 | 04-10-43 | Attila      |
| 26.3                 | Mieke Sterk          | 86 | 05-01-46 | ADA         | 30.91                            | Rietje Dijkman           | 96 | 21-06-39 | AV '23      |
| 26.65                | Hermien Roggeband    | 02 | 24-11-58 | Delta Sport | 31.46                            | Marja Broers             | 01 | 30-03-46 | Lycurgus    |
|                      |                      |    |          |             | 32.16                            | Lisa Plat                | 96 | 09-02-39 | Lycurgus    |
| 26.81                | Joke Torbijn         | 98 | 29-10-57 | Parthenon   |                                  |                          |    |          |             |
| 26.84                | Sonja Oost           | 99 | 02-05-57 | De Sperwers | <b>200 meter V60</b>             |                          |    |          |             |
| 26.92                | Anja Akkerman        | 96 | 01-05-55 | DEM         | 29.43                            | Corrie Roovers           | 96 | 14-07-35 | Sprint      |
| 26.9                 | Mariet Thomas        | 93 | 03-03-51 | DEM         | 31.10                            | Rietje Dijkman           | 99 | 21-06-39 | AV'23       |
| 27.5                 | Joke de Zeeuw        | 90 | 09-05-49 | PAC         | 31.42                            | Pat Smith                | 96 | 01-03-36 | Haag Atl.   |
|                      |                      |    |          |             | 33.57                            | Lisa Plat                | 99 | 09-02-39 | Lycurgus    |
| 27.5                 | Netty van Hedel      | 93 | 18-03-49 | Pr.Hendrik  |                                  |                          |    |          |             |
| 27.82                | Lena Jansen          | 94 | 06-03-51 | Energie     | <b>200 meter V65</b>             |                          |    |          |             |
| 27.7                 | Irene Wentzel        | 85 | 23-06-45 | Hellas      | 31.81                            | Corrie Roovers           | 00 | 14-07-35 | Sprint      |
| 28.10                | Evelien van Hees     | 99 | 22-03-57 | Energie     |                                  |                          |    |          |             |
| 27.9                 | Corrie Roovers       | 79 | 14-07-35 | Sprint      | <b>400 meter V35</b>             |                          |    |          |             |
|                      |                      |    |          |             | 54.30                            | Laetitia Vriesde (Sur)   | 00 | 05-10-64 | Ciko'66     |
| 28.15                | Hieke Bootsma        | 91 | 26-02-51 | Horror      | 56.0                             | Ina Blaauw               | 83 | 01-12-47 | Argo'77     |
| 28.17                | Maya Boekel          | 90 | 03-03-50 | Trias       | 57.0                             | Tilly Jacobs             | 92 | 19-06-56 | Sparta      |
| 28.24                | Lilianne Mandema     | 00 | 12-02-59 | Haag Atl.   | 57.66                            | Petra van Limpt          | 92 | 10-01-54 | Pr.Hendrik  |
| 28.32                | Evie Roelands        | 00 | 12-07-58 | DJA         | 57.77                            | Sonja Oost               | 95 | 02-05-57 | De Sperwers |
| 28.37                | Janet Janssen        | 97 | 29-05-54 | Attila      |                                  |                          |    |          |             |
|                      |                      |    |          |             | 59.1                             | Irene Wentzel            | 81 | 23-06-45 | Hellas      |
| 28.2                 | Janny Kuper          | 96 | 01-01-55 | PEC         | 59.28                            | Annelieke van der Sluijs | 01 | 10-02-66 | Haag Atl.   |
| 28.48                | Diny Klomp           | 92 | 18-06-52 | Pr.Hendrik  | 59.29                            | Joke de Zeeuw            | 84 | 09-05-49 | PAC         |
| 28.3                 | Rien van Dam         | 88 | 27-04-47 | Hellas      | 59.4                             | Coby Körmeling           | 90 | 19-12-52 | AV'34-A.    |
| 28.3                 | Ria Mistry           | 99 | 30-01-59 | AVV         | 59.7                             | Diny Klomp               | 87 | 18-06-52 | Pr.Hendrik  |
| 28.56                | Agnes Popkema        | 01 | 28-11-58 | Gouda       |                                  |                          |    |          |             |
|                      |                      |    |          |             | 59.9                             | Mary Larsen              | 82 | 11-12-43 | Ilion       |
| <b>200 meter V45</b> |                      |    |          |             | 59.9                             | Fridy Daniels            | 91 | 19-09-54 | GAC-G.      |
| 26.51                | Sonja Oost           | 02 | 02-05-57 | De Sperwers | 60.04                            | Liliane Mandema          | 96 | 12-02-59 | Haag Atl.   |
| 26.74                | Tilly Jacobs         | 02 | 19-06-56 | Sparta      | 60.5                             | Ciska Jansen             | 81 | 23-09-44 | Sagitta     |
| 27.51                | Anja Akkerman        | 00 | 01-05-55 | DEM         | 60.79                            | Lilianne Fiddelaers (B)  | 99 | 12-12-61 | Unitas      |
| 27.52                | Riny Hagenaars       | 97 | 17-07-51 | PAC         |                                  |                          |    |          |             |
| 27.5                 | Corrie Roovers       | 83 | 14-07-35 | Sprint      | 61.0                             | Riet Kruiswijk           | 85 | 26-12-49 | AV '40      |
|                      |                      |    |          |             | 61.13                            | Anja Matakana            | 96 | 24-06-59 | Astylos     |
| 27.80                | Mariet Thomas        | 96 | 03-03-51 | DEM         | 61.14                            | Janny Kuper              | 94 | 01-01-55 | PEC         |
| 27.6                 | Pat Smith            | 85 | 01-03-36 | Olympia'48  | 61.27                            | Janneke Roona-Bosma      | 01 | 20-09-63 | Impala      |
| 28.0                 | Mia Linskens         | 88 | 30-12-42 | Atos        | 61.1                             | Wilma Hillen             | 88 | 26-10-51 | Tion        |
| 28.34                | Tilly Jacobs         | 01 | 19-06-56 | Sparta      |                                  |                          |    |          |             |
| 28.51                | Netty van Hedel      | 94 | 18-03-49 | Pr. Hendrik | 61.46                            | Lena Jansen              | 89 | 06-03-51 | PAC         |
|                      |                      |    |          |             | 61.5                             | Evelien van Hees         | 92 | 22-03-57 | Energie     |
| 28.66                | Lena Jansen          | 96 | 06-03-51 | Energie     | 61.80                            | Marga Otten              | 91 | 11-11-52 | Hellas      |
| 29.10                | Mia Dudink           | 92 | 24-12-46 | Sagitta     | 61.81                            | Ineke Dieperink          | 00 | 26-03-65 | Holland-H.  |
| 29.41                | Janny Kuper          | 01 | 01-01-55 | PEC         | 62.12                            | Florence van Rijsbergen  | 99 | 09-02-64 | Thor        |
| 29.48                | Jet van Esch         | 00 | 09-11-52 | Pr. Hendrik |                                  |                          |    |          |             |
| 29.56                | Rietje van Walree    | 88 | 25-09-39 | Atos        | <b>400 meter V40</b>             |                          |    |          |             |
|                      |                      |    |          |             | 56.82                            | Tilly Jacobs             | 97 | 19-06-56 | Sparta      |
| 29.89                | Marja Broers         | 91 | 30-03-46 | Lycurgus    | 60.42                            | Sonja Oost               | 99 | 02-05-57 | De Sperwers |
| 29.92                | Margreet Werkhoven   | 91 | 16-07-45 | Edam        | 60.3                             | Joke de Zeeuw            | 90 | 09-05-49 | PAC         |
| 29.7                 | Elly Willemsen       | 94 | 21-03-47 | Attila      | 60.4                             | Irene Wentzel            | 86 | 23-06-45 | Hellas      |
| 30.05                | Weia Reinboud        | 99 | 11-03-50 | Hellas      | 61.20                            | Diny Klomp               | 92 | 18-06-52 | Pr.Hendrik  |
| 30.06                | Janny Kuper          | 00 | 01-01-55 | PEC 1910    |                                  |                          |    |          |             |
|                      |                      |    |          |             | 61.36                            | Lena Jansen              | 94 | 06-03-51 | Energie     |
| 30.08                | Anneke Spaargaren    | 97 | 06-10-51 | Aalsmeer    | 61.8                             | Mia Dudink               | 87 | 24-12-46 | Sagitta     |
| 30.0                 | Toos Dingenouts      | 89 | 27-12-41 | Achilles    | 62.16                            | Greet Papegaaij          | 98 | 14-05-58 | Isala       |
| 30.0                 | Maudy Haumersen      | 96 | 26-01-51 | Fivelstreek | 62.24                            | Anja Akkerman            | 96 | 01-05-55 | DEM         |
| 30.36                | Diny Klomp           | 01 | 18-06-52 | Pr. Hendrik | 62.47                            | Janny Kuper              | 96 | 01-01-55 | PEC 1910    |
| 30.41                | Hieke Bootsma        | 96 | 26-02-51 | Horror      |                                  |                          |    |          |             |

|                                  |                        |    |                      |                      |                         |    |                      |
|----------------------------------|------------------------|----|----------------------|----------------------|-------------------------|----|----------------------|
| 62.5                             | Ina Ruijter            | 94 | 30-01-53 AV'23       | 2.16.3               | Riet Kruiswijk          | 85 | 26-12-49 AV '40      |
| 62.76                            | Anja Matakana          | 00 | 24-06-59 Astylos     | 2.16.70              | Loes Delleman           | 02 | 04-08-66 De Keien    |
| 62.83                            | Lidwien Heslen         | 89 | 12-11-48 Climax      |                      |                         |    |                      |
| 63.06                            | Hieke Bootsma          | 91 | 26-02-51 Horror      | 2.16.9               | Marlies van Geel        | 96 | 18-03-59 DJA         |
| 63.1                             | Corrie Keijsers        | 86 | 15-03-42 Weert       | 2.17.37              | Florence van Rijsbergen | 99 | 09-02-64 Thor        |
|                                  |                        |    |                      | 2.17.8               | Fridy Daniels           | 91 | 19-09-54 GAC-G.      |
| 63.2                             | Riet Jonkers           | 86 | 04-10-43 Energie     | 2.18.06              | Corina Dekker           | 99 | 03-12-61 Hera        |
| 63.2                             | Hermien Roggeband      | 99 | 24-11-58 Delta Sport | 2.18.10              | Anja Matakana           | 95 | 24-06-59 Astylos     |
| 63.69                            | Irene Pos              | 94 | 11-05-53 Delta Sport |                      |                         |    |                      |
| 63.92                            | Resi Fransen           | 00 | 13-10-56 Haag Atl.   | 2.18.3               | Lia Verbeek             | 91 | 26-11-54 Attila      |
| 64.11                            | Riet Kruiswijk         | 91 | 26-12-49 AV'40       | 2.18.43              | Ineke Dieperink         | 00 | 26-03-65 Holland-H.  |
|                                  |                        |    |                      | 2.18.47              | Margret Sandbrink       | 96 | 20-07-60 GAC-G.      |
| 64.12                            | Evelien van Hees       | 99 | 22-03-57 Energie     | 2.18.5               | Jopie Daane             | 86 | 25-03-51 Marathon    |
| 64.17                            | Netty van Hedel        | 93 | 18-03-49 Pr.Hendrik  | 2.18.56              | Helmi Caris             | 94 | 16-12-57 Weert       |
| 64.21                            | Joke Torbijn           | 01 | 29-10-57 Parthenon   |                      |                         |    |                      |
| 64.3                             | Maudi Haumerssen       | 91 | 26-01-51 Fivelstreek | 2.18.9               | Lidwien Heslen          | 88 | 12-11-48 Climax      |
| 64.5                             | Loes Heersping         | 88 | 11-01-48 ADA         | 2.19.2               | Diny Klomp              | 87 | 18-06-52 Pr.Hendrik  |
|                                  |                        |    |                      | 2.19.20              | Janny Kuper             | 94 | 01-01-55 PEC         |
|                                  |                        |    |                      | 2.19.61              | Barbara Kamp            | 98 | 05-07-61 PAC         |
|                                  |                        |    |                      | 2.19.7               | Lia van der Jagt        | 82 | 13-08-45 AAV'36      |
| <b>400 meter V45 (tot 70.00)</b> |                        |    |                      | <b>800 meter V40</b> |                         |    |                      |
| 60.87                            | Sonja Oost             | 02 | 02-05-57 De Sperwers | 2.13.41              | Irene Wentzel           | 86 | 23-06-45 Hellas      |
| 62.51                            | Tilly Jacobs           | 02 | 19-06-56 Sparta      | 2.14.2               | Petra van Limpt         | 94 | 10-01-54 Pr.Hendrik  |
| 62.89                            | Diny Klomp             | 97 | 18-06-52 Pr.Hendrik  | 2.15.55              | Joke de Zeeuw           | 89 | 09-05-49 PAC         |
| 63.1                             | Pat Smith              | 85 | 01-03-36 Olympia'48  | 2.18.9               | Corrie Keijsers         | 86 | 15-03-42 Weert       |
| 63.76                            | Lena Jansen            | 98 | 06-03-51 Energie     | 2.19.5               | Hennie Zantinga         | 94 | 27-11-51 AV '55      |
|                                  |                        |    |                      |                      |                         |    |                      |
| 64.14                            | Netty van Hedel        | 94 | 18-03-49 Pr.Hendrik  | 2.20.0               | Annie Bekkers           | 84 | 29-04-44 Gen.Mich.   |
| 65.29                            | Janny Kuper            | 00 | 01-01-55 PEC 1910    | 2.21.1               | Els Raap                | 89 | 28-04-47 Sagitta     |
| 65.61                            | Gerda van Kooten       | 87 | 01-04-39 Sprint      | 2.21.3               | Ina Ruijter             | 93 | 30-01-53 AV'23       |
| 66.0                             | Mia Dudink             | 92 | 24-12-46 Sagitta     | 2.21.68              | Greet Papegaaij         | 98 | 14-05-58 Isala       |
| 66.7                             | Riet Jonkers           | 90 | 04-10-43 Energie     | 2.21.9               | Diny Klomp              | 93 | 18-06-52 Pr.Hendrik  |
|                                  |                        |    |                      |                      |                         |    |                      |
| 67.05                            | Afra Kruijter          | 95 | 03-06-49 Hera        | 2.22.49              | Tilly Jacobs            | 96 | 19-06-56 Sparta      |
| 67.06                            | Anja Akkerman          | 00 | 01-05-55 DEM         | 2.22.9               | Gerda van Kooten        | 79 | 01-04-39 Parthenon   |
| 67.1                             | Greet Warnaar          | 91 | 19-12-41 Hera        | 2.23.0               | Lisette Kaptijn         | 96 | 03-03-56 Spartaan    |
| 67.1                             | Margriet Prins         | 97 | 15-01-51 Suomi       | 2.23.0               | Corina Dekker           | 02 | 03-12-61 Hera        |
| 67.7                             | Corrie Keijsers        | 90 | 15-03-42 Weert       | 2.23.65              | Margret Sandbrink       | 01 | 20-07-60 GAC-G.      |
|                                  |                        |    |                      |                      |                         |    |                      |
| 68.00                            | Marja Broers           | 93 | 30-03-46 Lycurgus    | 2.23.9               | Jopie Daane             | 91 | 25-03-51 Atletica    |
| 67.9                             | Lidwien Heslen         | 98 | 21-11-48 Climax      | 2.24.26              | Janny Kuper             | 96 | 01-01-55 PEC 1910    |
| 68.1                             | Jet van Esch           | 88 | 09-11-52 Pr.Hendrik  | 2.24.56              | Resi Fransen            | 00 | 13-10-56 Haag Atl.   |
| 68.5                             | Hanny Commandeur       | 99 | 10-08-52 Suomi       | 2.24.6               | Marja Mulder            | 99 | 19-06-57 Noordkop    |
| 69.04                            | Maudy Haumerssen       | 97 | 26-01-51 Fivelstreek | 2.24.8               | Riet Jonkers            | 86 | 04-10-43 Energie     |
|                                  |                        |    |                      |                      |                         |    |                      |
| 69.16                            | Anneke Spaargaren      | 97 | 06-10-51 Aalsmeer    | 2.25.3               | Loes Heersping          | 88 | 11-01-48 ADA         |
| 69.62                            | Marga Otten            | 98 | 11-11-52 Trias       | 2.25.36              | Lidwien Heslen          | 89 | 21-11-48 Climax      |
|                                  |                        |    |                      | 2.25.48              | Irene Pos               | 93 | 11-05-53 Deltasport  |
| <b>400 meter V50 (tot 74.00)</b> |                        | 88 | 01-03-36 Olympia'48  | 2.26.1               | Dina Janssen            | 92 | 09-06-52 Vet.Ned.    |
| 62.7                             | Pat Smith              | 89 | 01-04-39 Sprint      | 2.26.2               | Anja Matakana           | 00 | 24-06-59 Typhoon     |
| 66.31                            | Gerda van Kooten       | 01 | 06-03-51 Energie     |                      |                         |    |                      |
| 66.80                            | Lena Jansen            | 02 | 18-06-52 Pr. Hendrik |                      |                         |    |                      |
| 67.93                            | Diny Klomp             | 02 | 11-03-50 Hellas      |                      |                         |    |                      |
| 67.96                            | Weia Reinboud          |    |                      |                      |                         |    |                      |
|                                  |                        |    |                      | <b>800 meter V45</b> |                         |    |                      |
| 68.68                            | Riet Jonkers           | 97 | 04-10-43 Energie     | 2.20.2               | Irene Wentzel           | 90 | 23-06-45 ADA         |
| 68.89                            | Marja Broers           | 96 | 30-03-46 Lycurgus    | 2.23.2               | Gerda van Kooten        | 85 | 01-04-39 Sprint      |
| 69.0                             | Greet Warnaar          | 93 | 19-12-41 Hera        | 2.23.48              | Corrie Keijsers         | 90 | 15-03-42 Weert       |
| 71.50                            | Noortje van Kempen     | 01 | 29-11-50 Leiden Atl. | 2.24.9               | Greet Warnaar           | 91 | 19-12-41 Hera        |
|                                  |                        |    |                      | 2.25.14              | Diny Klomp              | 97 | 22-07-97 Pr. Hendrik |
|                                  |                        |    |                      |                      |                         |    |                      |
| <b>400 meter V55 (tot 80.00)</b> |                        |    |                      | 2.27.7               | Loes Heersping          | 93 | 11-01-48 ADA         |
| 66.9                             | Pat Smith              | 91 | 01-03-36 Haag Atl.   | 2.28.0               | Els Raap                | 92 | 28-04-47 Blauw-Wit   |
| 68.10                            | Riet Jonkers           | 99 | 04-10-43 Attila      | 2.28.02              | Miriam Brugman          | 92 | 15-05-44 Bataven     |
| 71.6                             | Gerda van Kooten       | 97 | 01-04-39 Sprint      | 2.28.5               | Lidwien Heslen          | 98 | 21-11-48 Climax      |
| 73.73                            | Lisa Plat              | 96 | 09-02-39 Lycurgus    | 2.28.8               | Riet Kruiswijk          | 95 | 26-12-49 AV'40       |
| 75.25                            | Leny Herstel           | 02 | 04-06-47 Spark       |                      |                         |    |                      |
| 78.99                            | Marja Broers           | 02 | 30-03-46 Lycurgus    | 2.31.45              | Janny Kuper             | 01 | 01-01-55 PEC         |
|                                  |                        |    |                      | 2.31.53              | Martha van Hal          | 95 | 09-07-46 Pijnburg    |
| <b>400 meter V60</b>             |                        | 99 | 21-06-39 AV'23       | 2.31.56              | Marja Mulder            | 02 | 19-06-57 Sportlust   |
| 71.62                            | Rietje Dijkman         | 99 | 09-02-39 Lycurgus    | 2.31.8               | Lisette Kaptijn         | 02 | 03-03-56 De Spartaan |
| 76.63                            | Lisa Plat              |    |                      | 2.32.15              | Afra Kruijter           | 95 | 03-06-49 Hera        |
|                                  |                        |    |                      |                      |                         |    |                      |
| <b>800 meter V35</b>             |                        |    |                      | 2.32.90              | Noortje van Kempen      | 99 | 29-11-50 Leiden Atl. |
| 1.57.35                          | Laetitia Vriesde (Sur) | 01 | 05-10-64 Ciko'66     | 2.32.99              | Riet Jonkers            | 90 | 04-10-43 Energie     |
| 2.05.41                          | Ina Blaauw             | 83 | 01-12-47 Argo'77     | 2.33.88              | Lena Jansen             | 97 | 06-03-51 Energie     |
| 2.09.43                          | Petra van Limpt        | 90 | 10-01-54 Pr.Hendrik  | 2.35.09              | Tilly v.d. Laar         | 98 | 05-06-52 Weert       |
| 2.10.92                          | Irene Wentzel          | 84 | 23-06-45 Hellas      | 2.35.95              | Diny Detert Oude Weme   | 99 | 11-05-51 AV'34       |
| 2.13.27                          | Joke de Zeeuw          | 84 | 09-05-49 PAC         |                      |                         |    |                      |
|                                  |                        |    |                      |                      |                         |    |                      |
| 2.13.7                           | Mieke Aanen            | 98 | 02-05-63 Haag Atl.   | 2.36.70              | Johanna Hoekstra        | 91 | 24-03-45 DEM         |
| 2.14.06                          | Anne-Mieke van der Pol | 01 | 10-07-64 Wychen      | 2.37.25              | Bettina Gryglicki       | 96 | 07-01-51 SAV         |
| 2.15.70                          | Maaïke Hornstra        | 02 | 09-02-65 Friesland   | 2.38.0               | Marga Vriendjes         | 96 | 09-12-50 Trias       |

|                                   |                         |    |          |              |                                    |                          |                         |
|-----------------------------------|-------------------------|----|----------|--------------|------------------------------------|--------------------------|-------------------------|
| 2.38.24                           | Bep Reidinga            | 82 | 20-11-36 | Edam         | <b>1000 meter V40 (tot 3.25.0)</b> |                          |                         |
| 2.38.34                           | Alie Sloots             | 94 | 26-07-49 | De Sperwers  | 3.05.4                             | Corina Dekker            | 02 03-12-61 Hera        |
|                                   |                         |    |          |              | 3.07.5                             | Marianne Knapen          | 88 18-10-47 DES         |
| <b>800 meter V50 (tot 2.55.0)</b> |                         |    |          |              | 3.11.5                             | Hetty Everhardus         | 97 23-02-57 Noordkop    |
| 2.24.0                            | Gerda van Kooten        | 89 | 01-04-39 | Sprint       | 3.12.0                             | Marja Mulder             | 01 19-06-57 Noordkop    |
| 2.29.44                           | Corrie Keijsers         | 92 | 15-03-42 | Weert        | 3.13.7                             | Riet Jonkers             | 86 04-10-43 Energie     |
| 2.31.85                           | Noortje van Kempen      | 01 | 29-11-50 | Leiden Atl.  |                                    |                          |                         |
| 2.34.22                           | Mirjam Brugman          | 95 | 15-05-44 | Reeuwijk     | 3.14.59                            | Helmie Caris             | 98 16-12-57 Weert       |
| 2.35.0                            | Greet Warnaar           | 93 | 19-12-41 | Hera         | 3.16.15                            | Tilly v.d. Laar          | 95 05-06-52 Weert       |
|                                   |                         |    |          |              | 3.16.19                            | Ingrid Coster            | 98 05-10-57 Atos        |
| 2.38.52                           | Riet Jonkers            | 94 | 04-10-43 | Vet.Ned.     | 3.16.2                             | Sija Pepping             | 92 24-07-50 Noordkop    |
| 2.39.20                           | Martha van Hal          | 97 | 09-07-46 | Pijnenburg   | 3.17.0                             | Annelies Beijer          | 95 21-11-53 Noordkop    |
| 2.39.30                           | Afra Kruijer            | 01 | 03-06-49 | Hera         |                                    |                          |                         |
| 2.40.34                           | Lisa Plat               | 90 | 09-02-39 | Lycurgus     | 3.17.6                             | Lisette Kaptijn          | 00 03-03-56 Spartaan    |
| 2.41.34                           | Elly Schouten           | 02 | 08-02-52 | HAC-H.       | 3.18.5                             | Bettina Gryglicki        | 95 07-01-51 SAV         |
|                                   |                         |    |          |              | 3.19.2                             | Carla v.d. Hengel        | 94 03-10-53 Lycurgus    |
| 2.41.38                           | Weia Reinboud           | 02 | 11-03-50 | Hellas       | 3.20.1                             | Greet Papegaaij          | 99 14-05-58 Isala'96    |
| 2.43.69                           | Corrie Roovers          | 90 | 14-07-35 | Sprint       | 3.20.58                            | Els Rovers               | 99 01-06-56 Unitas      |
| 2.44.2                            | Rimke Korpershoek       | 87 | 19-09-33 | Olympia'48   |                                    |                          |                         |
| 2.44.9                            | Annie Lockx             | 94 | 12-03-40 | Wier.meer    | 3.20.9                             | Thea Martens             | 89 12-10-45 Sprint      |
| 2.46.7                            | Marja Broers            | 96 | 30-03-46 | Lycurgus     | 3.22.7                             | Greetje Smit             | 91 15-06-50 Delta Sp.   |
|                                   |                         |    |          |              | 3.22.97                            | Marijke Kroon            | 01 21-10-59 Phoenix     |
| 2.48.5                            | Wil Norder              | 87 | 07-02-35 | Lycurgus     |                                    |                          |                         |
| 2.51.4                            | Sophie Wisman           | 80 | 25-04-28 | FIT          | <b>1000 meter V45 (tot 3.30.0)</b> |                          |                         |
| 2.51.98                           | Wies Ratelband          | 86 | 07-07-35 | Vet.Ned.     | 3.13.7                             | Gerda van Kooten         | 84 01-04-39 Sprint      |
| 2.53.15                           | Erna Hopman             | 00 | 07-08-49 | Trias        | 3.18.4                             | Marja Mulder             | 02 19-06-57 Sportlust   |
| 2.53.3                            | Pat Smith               | 86 | 01-03-36 | Olympia'48   | 3.19.3                             | Afra Kruyer              | 93 03-06-49 Hera        |
|                                   |                         |    |          |              | 3.20.24                            | Martha van Hal           | 95 09-07-46 Pijnenburg  |
| 2.54.0                            | Greetje Smit            | 00 | 15-06-50 | Deltasport   | 3.20.3                             | Noortje van Kempen       | 00 29-11-50 Leiden      |
| 2.54.62                           | Lidwien van der Valk    | 00 | 21-11-48 | Climax       |                                    |                          |                         |
| 2.54.88                           | Han Vos                 | 96 | 16-09-44 | Ach.-Top     | 3.22.3                             | Marga Vriendjes          | 96 09-12-50 Trias       |
| 2.55.0                            | Rietje van Walree       | 91 | 25-09-39 | Atos         | 3.23.3                             | Bettina Gryglicki        | 97 07-01-51 SAV         |
|                                   |                         |    |          |              | 3.24.57                            | Marianne Knapen          | 93 18-10-47 DES         |
| <b>800 meter V55 (tot 3.10.0)</b> |                         |    |          |              | 3.25.3                             | Riet Jonkers             | 90 04-10-43 Energie     |
| 2.30.0                            | Corrie Keijsers         | 98 | 15-03-42 | Weert        | 3.30.0                             | Martine Bodemann         | 00 24-11-54 AAC         |
| 2.31.0                            | Gerda van Kooten        | 94 | 01-04-39 | Sprint       |                                    |                          |                         |
| 2.36.39                           | Riet Jonkers            | 99 | 04-10-43 | Attila       | <b>1000 meter V50 (tot 3.45.0)</b> |                          |                         |
| 2.48.60                           | Lisa Plat               | 94 | 09-02-39 | Lycurgus     | 3.11.23                            | Corrie Keijsers          | 95 15-03-42 Weert       |
| 2.50.15                           | Corrie Roovers          | 91 | 14-07-35 | Sprint       | 3.18.6                             | Greet Warnaar            | 93 19-12-41 Hera        |
|                                   |                         |    |          |              | 3.28.15                            | Martha van Hal           | 97 09-07-46 Pijnenburg  |
| 2.51.2                            | Mirjam Brugman          | 99 | 15-05-44 | Reeuwijk     | 3.32.7                             | Lisa Plat                | 89 09-02-39 Lycurgus    |
| 2.55.3                            | Jeanette Weeber         | 99 | 20-11-43 | Haag Atl.    | 3.36.16                            | Riet Jonkers             | 97 04-10-43 Energie     |
| 3.03.8                            | Sophie Wisman           | 85 | 25-04-28 | FIT          | 3.44.39                            | Marianne Knapen          | 02 18-10-47 LPK         |
| 3.09.91                           | Han Vos                 | 99 | 16-09-44 | Achilles-Top |                                    |                          |                         |
| <b>800 meter V60</b>              |                         |    |          |              | <b>1000 meter V55</b>              |                          |                         |
| 2.36.94                           | Gerda van Kooten        | 99 | 01-04-39 | Sprint       | 3.24.79                            | Corrie Keijsers          | 99 15-03-42 Weert       |
| 2.38.73                           | Corrie Keijsers         | 02 | 15-03-42 | Weert        | 3.29.55                            | Riet Jonkers             | 99 04-10-43 Attila      |
| 3.08.44                           | Rietje Dijkman          | 02 | 21-06-39 | AV'23        | 3.46.2                             | Jeanette Weeber          | 00 20-11-43 Haag Atl.   |
| 3.11.93                           | Lisa Plat               | 00 | 09-02-39 | Lycurgus     | 3.50.0                             | Lisa Plat                | 94 09-02-39 Lycurgus    |
|                                   |                         |    |          |              |                                    |                          |                         |
| <b>1000 meter V35</b>             |                         |    |          |              | <b>1500 meter V35</b>              |                          |                         |
| 2.35.89                           | Laetitia Vriesde (Sur)  | 01 | 05-10-64 | Ciko'66      | 4.15.24                            | Laetitia Vriesde (Sur)   | 00 05-10-64 Ciko'66     |
| 2.48.9                            | Petra van Limpt         | 92 | 10-01-54 | Pr.Hendrik   | 4.19.46                            | Petra van Limpt          | 92 10-01-54 Pr.Hendrik  |
| 2.51.78                           | Mieke Aanen             | 98 | 02-05-63 | Haag Atl.    | 4.25.74                            | Mieke Aanen              | 98 02-05-63 Haag Atl.   |
| 2.56.71                           | Anne-Mieke van der Pol  | 02 | 10-07-64 | Wychen       | 4.26.29                            | Elly van Hulst           | 95 09-06-59 Mita TC     |
| 2.56.73                           | Margret Sandbrink       | 95 | 20-07-60 | GAC-G.       | 4.27.82                            | Joke de Zeeuw            | 84 09-05-49 PAC         |
|                                   |                         |    |          |              |                                    |                          |                         |
| 2.59.2                            | Fridy Daniels           | 91 | 19-09-54 | GAC-G.       | 4.29.16                            | Irene Wentzel            | 84 23-06-45 Hellas      |
| 3.02.04                           | Florence van Rijsbergen | 00 | 09-02-64 | Thor         | 4.31.16                            | Anne-Mieke van der Pol   | 01 10-07-64 Wychen      |
| 3.02.78                           | Corina Dekker           | 97 | 03-12-61 | Hera         | 4.34.4                             | Eefje van Wissen         | 83 17-11-47 Hollandia   |
| 3.02.9                            | Marlies van Geel        | 95 | 18-03-59 | DJA          | 4.35.25                            | Annelieke van der Sluijs | 02 10-02-66 Haag Atl.   |
| 3.04.57                           | Marlien van Beek        | 01 | 06-04-65 | LADB         | 4.37.9                             | Jopie Daane              | 86 25-03-51 Marathon    |
|                                   |                         |    |          |              |                                    |                          |                         |
| 3.05.47                           | Janny Kuper             | 94 | 01-01-55 | PEC          | 4.39.27                            | Barbara Kamp             | 99 05-07-61 PAC         |
| 3.06.17                           | Helmi Caris             | 94 | 16-12-57 | Weert        | 4.39.90                            | Marlies van Geel         | 96 18-03-59 DJA         |
| 3.06.53                           | Anja Matakana           | 96 | 24-06-59 | Astylos      | 4.40.3                             | Annie van Stiphout       | 88 30-09-52 LGD         |
| 3.07.4                            | Hetty Everhardus        | 95 | 23-02-57 | Noordkop     | 4.41.45                            | Maaïke Hornstra          | 02 09-02-65 Friesland   |
| 3.07.8                            | Gemma van Nijnanten     | 00 | 21-03-62 | Leiden       | 4.41.8                             | Corrie Konings           | 78 16-10-40 Sprint      |
|                                   |                         |    |          |              |                                    |                          |                         |
| 3.08.0                            | Diny Klomp              | 92 | 18-06-52 | Pr.Hendrik   | 4.41.8                             | Carla Ophorst            | 96 02-12-58 Olymp'70    |
| 3.09.3                            | Dineke Kok              | 92 | 02-02-53 | GAC-H.       | 4.42.10                            | Henny Zantinga           | 91 27-11-51 Impala      |
| 3.10.1                            | Marijke Kroon           | 95 | 21-10-59 | Phoenix      | 4.42.22                            | Corina Dekker            | 99 03-12-61 Hera        |
| 3.10.89                           | Irene Pos               | 92 | 11-05-53 | Delta Sp.    | 4.42.83                            | Geeske Jansen            | 94 05-03-59 AV'34       |
| 3.11.9                            | Thea Martens            | 84 | 12-10-45 | Sprint       | 4.42.9                             | Riet Kruiswijk           | 85 26-12-49 AV'40       |
|                                   |                         |    |          |              |                                    |                          |                         |
| 3.12.61                           | Hennie Dekkers          | 95 | 13-03-58 | GAC-G.       | 4.43.5                             | Monique Bruins           | 99 26-11-63 Leiden Atl. |
| 3.13.1                            | Marianne Knapen         | 86 | 18-10-47 | DES          | 4.44.2                             | Marijke von Bergh        | 99 24-02-64 Phoenix     |
| 3.15.8                            | Lia Verbeek             | 94 | 26-11-54 | Attila       | 4.44.3                             | Lia van der Jagt         | 82 13-08-45 AAV'36      |
| 3.16.95                           | Jannet Vermeulen        | 95 | 25-11-55 | Phoenix      | 4.44.67                            | Margret Sandbrink        | 95 20-07-60 GAC-G.      |
| 3.17.81                           | Jacqueline van Gils     | 99 | 09-02-63 | Achilles     | 4.45.0                             | Hetty Everhardus         | 95 23-02-57 Noordkop    |

**1500 meter V40**

4.32.8 Hennie Zantinga  
 4.34.56 Irene Wentzel  
 4.35.5 Petra van Limpt  
 4.41.08 Joke de Zeeuw  
 4.45.1 Annie Bekkers

4.45.76 Corrie Keijsers  
 4.45.78 Barbara Kamp  
 4.45.82 Els Raap  
 4.46.14 Wilma Rusman  
 4.48.3 Jopie Daane

4.49.19 Corina Dekker  
 4.50.6 Marianne Knapen  
 4.51.3 Carla Ophorst  
 4.55.20 Mieke Pullen  
 4.55.5 Gerda van Kooten

4.56.5 Diny Klomp  
 4.58.24 Anneke Klooststra  
 4.58.61 Lia Verbeek  
 4.58.8 Lidwien Hesen  
 4.58.9 Ria Goet-Deen

4.59.20 Resi Fransen  
 4.59.4 Maria Peters  
 4.59.49 Tilly v.d. Laar  
 5.00.44 Greet Papegaaij  
 5.00.98 Marianne van Velzen

**1500 meter V45**

4.50.6 Els Raap  
 4.54.2 Gerda van Kooten  
 4.54.89 Corrie Keijsers  
 4.57.73 Leny v.d. Plas  
 5.03.57 Joke Pechtold

5.04.7 Irene Wentzel  
 5.05.57 Tilly van de Laar  
 5.06.41 Martha van Hal  
 5.06.82 Noortje van Kempen  
 5.07.63 Tonnie Huijbers

5.07.7 Miriam Brugman  
 5.12.95 Marian Mijwaard  
 5.13.6 Greet Warnaar  
 5.16.3 Maaike Sijtsma  
 5.16.88 Dinie Detert Oude Weme

5.17.3 Marianne Knapen  
 5.17.39 Bettina Gryglicki  
 5.18.49 Lisette Kaptijn  
 5.22.8 Marianne Renckens  
 5.23.9 Lisa Plat

5.24.0 Margriet Klomps  
 5.24.0 Sija Pepping  
 5.25.3 Ria Musters  
 5.25.99 Thiely Keeling  
 5.26.62 Marion Gerits

**1500 meter V50 (tot 5.50.0)**

4.57.8 Gerda van Kooten  
 5.00.47 Corry Keijsers  
 5.04.44 Els Raap  
 5.09.33 Noortje van Kempen  
 5.12.85 Diny Detert Oude Weme

5.15.7 Greet Warnaar  
 5.26.17 Martha van Hal  
 5.31.8 Lisa Plat  
 5.41.19 Marianne Renckens  
 5.43.96 Sylvia Dingemans

5.46.59 Erna Hopman  
 5.47.14 Greetje Smit  
 5.47.0 Sophie Wisman  
 5.49.09 Trees Rutten

92 27-11-51 Impala  
 86 23-06-45 Hellas  
 94 10-01-54 Pr.Hendrik  
 89 09-05-49 PAC  
 86 29-04-44 Gen.Mich.

86 15-03-42 Weert  
 02 05-07-61 PAC  
 89 28-04-47 Sagitta  
 98 14-05-58 Unitas  
 91 25-03-51 Atletica

02 03-12-61 Hera  
 88 18-10-47 DES  
 02 02-02-58 Olympus'70  
 98 14-04-57 PAC  
 79 01-04-39 Parthenon

92 18-06-52 Pr.Hendrik  
 00 12-10-58 Sparta  
 95 26-11-54 Attila  
 89 12-11-48 Climax  
 98 09-05-58 Hera

00 13-10-56 Haag Atl.  
 91 10-07-50 Pr.Hendrik  
 96 05-06-52 Weert  
 98 14-05-58 Isala  
 96 23-02-56 Sprint

93 28-04-47 Blauw-Wit  
 87 01-04-39 Sprint  
 88 15-03-42 Weert  
 95 02-06-50 Bataven  
 92 02-07-43 Pr.Hendrik

90 23-06-45 ADA  
 97 05-06-52 Weert  
 95 09-07-46 Pijnenburg  
 98 29-11-50 Leiden  
 95 02-05-50 GAC-G.

92 15-05-44 Bataven  
 99 14-01-53 GAC-H.  
 91 19-12-41 Hera  
 96 29-03-51 LAAC  
 99 11-05-51 AV'34-A.

94 18-10-47 DES  
 97 07-01-51 SAV  
 01 03-03-56 De Spartaan  
 92 17-05-47 Cifla  
 87 09-02-39 Lycurgus

91 09-06-46 Veluwe  
 96 24-07-50 Noordkop  
 01 08-02-56 DAK  
 95 10-08-47 Cifla  
 00 17-10-53 Weert

89 01-04-39 Sprint  
 95 15-03-42 Weert  
 98 28-04-47 LPK  
 01 29-11-50 Leiden Atl.  
 01 11-05-51 AV'34-A

93 19-12-41 Hera  
 97 09-07-46 Pijnenburg  
 90 09-02-39 Lycurgus  
 98 17-05-47 Cifla  
 02 08-12-51 Haag Atl.

01 07-08-49 Trias  
 00 15-06-50 Deltasport  
 80 25-04-28 FIT  
 98 13-09-47 AVN

**1500 meter V55 (tot 6.10.0)**

5.06.94 Corrie Keijsers  
 5.07.3 Gerda van Kooten  
 5.39.4 Jeanette Weeber  
 5.42.7 Sophie Wisman  
 5.45.9 Mirjam Brugman  
 5.50.43 Lisa Plat

**1500 meter V60 (tot 6.50.0)**

5.18.14 Corrie Keijsers  
 5.24.72 Gerda van Kooten  
 6.09.13 Sophie Wisman  
 6.30.4 Bep Tromp

**1500 meter V65**

6.16.0 Bep Tromp  
 6.33.78 Sophie Wisman

**1 mijl V35 (tot 5.50.0)**

4.54.00 Mieke Aanen  
 5.05.4 Irene Wentzel  
 5.06.8 Corina Dekker  
 5.11.0 Marlies van Geel  
 5.14.18 Marlien van Beek

5.17.4 Hetty Everhardus  
 5.23.77 Marijke von Bergh  
 5.24.3 Marianne Knapen  
 5.27.0 Marijke Kroon  
 5.29.7 Lisette Kaptijn

5.36.9 Fridy Daniels  
 5.36.97 Ingrid Keusters  
 5.37.0 Cia Smulders  
 5.38.6 Jannet Vermeulen  
 5.42.91 Ingrid Coster

5.44.9 Liesbeth Thurlings  
 5.46.5 Marianne van Velzen  
 5.46.8 Annette Bleeker

**1 mijl V40 (tot 6.05.0)**

5.21.7 Marianne van Velzen  
 5.22.3 Corina Dekker  
 5.35.22 Ingrid Coster  
 5.35.8 Bettina Gryglicki  
 5.38.7 Marja Mulder

5.40.8 Sija Pepping  
 5.43.1 Helmie Caris  
 5.44.4 Riet Jonkers  
 5.46.80 Marijke Kroon  
 5.47.7 Lisette Kaptijn

5.48.6 Elly Schouten  
 5.51.5 Martine Bodeman  
 5.52.0 Greetje Smit  
 5.52.4 Ria van den Goor  
 5.55.3 Dineke Kok  
 5.57.1 Cia Smulders

**1 mijl V45 (tot 6.25.0)**

5.19.8 Lenie van der Plas  
 5.23.4 Greet Warnaar  
 5.36.10 Noortje van Kempen  
 5.43.4 Mart van Hal  
 5.43.9 Marja Mulder

5.53.06 Marian Mijwaard  
 5.55.4 Lisa Plat  
 6.02.3 Riet Jonkers  
 6.06.06 Dineke Kok  
 6.10.43 Greetje Smit

**1 mijl V50 (tot 6.40.0)**

5.36.0 Greet Warnaar  
 5.42.50 Els Raap  
 5.55.45 Joke de Zeeuw

98 15-03-42 Weert  
 94 01-04-39 Sprint  
 99 20-11-43 Haag Atl.  
 84 25-04-28 FIT  
 99 15-05-44 Reeuwijk  
 94 09-02-39 Lycurgus

02 15-03-42 Weert  
 99 01-04-39 Sprint  
 91 25-04-28 Vet.Ned.  
 80 17-05-17 Vet.Ned.

82 17-05-17 Vet.Ned.  
 96 25-04-28 Altis

98 02-05-63 Haag Atl.  
 82 23-06-45 Hellas  
 98 03-12-61 Hera  
 96 18-03-59 DJA  
 01 06-04-65 LADB

95 23-02-57 Noordkop  
 00 24-02-64 Phoenix  
 86 18-10-47 DES  
 95 21-10-59 Phoenix  
 95 03-03-56 Spartaan

91 19-09-54 GAC-G.  
 99 04-04-63 Vet. Ned.  
 94 15-11-55 Achilles  
 94 25-11-55 Phoenix  
 96 05-10-57 AAC

00 20-10-64 AVV  
 95 23-02-56 Sprint  
 95 26-01-60 SAV

97 23-02-56 Sprint  
 02 03-12-61 Hera  
 00 05-10-57 Atos  
 94 07-01-51 SAV  
 99 19-06-57 Noordkop

92 24-07-50 Noordkop  
 98 16-12-57 Weert  
 86 04-10-43 Energie  
 01 21-10-59 Phoenix  
 97 03-03-56 Spartaan

96 08-02-52 HAC  
 97 24-11-54 AAC  
 90 15-06-50 Deltasport  
 99 05-05-57 Scopias  
 94 02-02-53 GAC-H.  
 98 14-11-55 Achilles

96 02-06-50 Leiden  
 90 19-12-41 Hera  
 00 29-11-50 Leiden  
 95 09-07-46 Pijnenburg  
 02 19-06-57 Sportlust

00 14-01-53 GAC-H.  
 87 09-02-39 Lycurgus  
 90 04-10-43 Energie  
 00 02-02-53 GAC-H.  
 97 15-06-50 Deltasport

92 19-12-41 Hera  
 99 28-04-47 LPK  
 00 09-05-49 PAC

**1 mijl V55**

5.32.7 Corrie Keijsers  
 5.35.0 Gerda van Kooten  
 6.07.30 Mirjam Brugman

98 15-03-42 Weert  
 94 01-04-39 Sprint  
 99 15-05-44 Reeuwijk

9.57.9 Corrie Konings  
 9.58.0 Carla Ophorst

78 16-10-40 Sprint  
 96 02-12-58 Olymp'70

**1 mijl V60**

5.48.94 Gerda van Kooten

99 01-04-39 Sprint

9.59.02 Monique Bruins  
 10.01.64 Henny Zantinga  
 10.02.04 Philomena Vranken  
 10.02.7 Lammy Bergsma  
 10.03.51 Hennie Pot

00 26-11-63 Leiden Atl.  
 91 27-11-51 Impala  
 93 06-01-57 Suomi  
 91 09-05-55 Friesland  
 92 04-10-54 Pijnenburg

**2000 meter V35 (tot 7.20.0)**

6.26.8 Barbara Kamp  
 6.37.5 Lia Verbeek  
 6.41.8 Marlien van Beek  
 6.42.5 Jolanda Vos  
 6.44.8 Corina Dekker

00 05-07-61 PAC  
 91 26-11-54 Attila  
 00 06-04-65 LADB  
 95 28-05-58 Sprint  
 98 03-12-61 Hera

**3000 meter V40**

9.31.5 Hennie Zantinga  
 9.44.27 Irene Wentzel  
 9.49.48 Petra van Limpt  
 9.53.70 Barbara Kamp  
 10.07.25 Els Raap

92 27-11-51 Impala  
 85 23-06-45 Hellas  
 94 10-01-54 Pr.Hendrik  
 01 05-07-61 PAC  
 89 28-04-47 Sagitta

6.45.23 Florence van Rijsbergen  
 6.50.2 Hetty Everhardus  
 6.57.2 Cia Smulders  
 6.57.8 Marlies van Geel  
 7.00.3 Marijke Kroon

99 09-02-64 Thor  
 94 23-02-57 Noordkop  
 93 14-11-55 Achilles  
 96 18-03-59 DJA  
 95 21-10-59 Phoenix

10.10.4 Jopie Daane  
 10.11.3 Annie v.d.Kerkhof  
 10.12.5 Carla Ophorst  
 10.13.82 Joke de Zeeuw  
 10.17.20 Mieke Pullen

91 25-03-51 Atletica  
 93 30-09-52 LGD  
 02 02-12-58 Olympus'70  
 89 09-05-49 PAC  
 98 14-04-57 PAC

7.01.6 Marianne Knapen  
 7.01.8 Irene Pos  
 7.08.5 Hannie de Jager  
 7.12.5 Marianne van den Brand  
 7.16.40 Gemma van Nijntent

85 18-10-47 DES  
 90 11-05-53 Dynamo'70  
 90 20-06-55 AV'56  
 96 13-01-60 Thor  
 98 21-03-62 Leiden

10.18.6 Jolanda Homminga  
 10.22.3 Marianne Knapen  
 10.22.50 Marion Liefers  
 10.22.66 Tonnie Huijbers  
 10.22.9 Wilma Rusman

00 03-07-59 Phanos  
 88 18-10-47 DES  
 94 21-02-54 AV'34-A.  
 90 02-05-50 GAC-G.  
 98 14-05-58 Unitas

**2000 meter V40 (tot 7.30.0)**

6.42.1 Corina Dekker  
 6.48.9 Marianne Knapen  
 6.52.4 Tonnie Huijbers  
 6.58.4 Joleen Jansen  
 7.00.58 Marianne van Velzen

02 03-12-61 Hera  
 88 18-10-47 DES  
 91 02-05-50 GAC-G.  
 93 10-05-52 Spado  
 98 23-02-56 Sprint

10.24.23 Anne van Schuppen  
 10.26.8 Ginny Stutterheim  
 10.29.9 Annie Bekkers  
 10.31.54 Tilly v.d. Laar  
 10.33.1 Hennie Veldhuis

01 11-10-60 Cialfo  
 88 29-12-46 Sprint  
 88 29-04-44 Gen.Mich.  
 93 05-06-52 Weert  
 92 11-03-50 Sperwers

7.08.34 Marja Mulder  
 7.13.8 Ingrid Coster  
 7.17.97 Cia Smulders  
 7.19.77 Marijke Kroon  
 7.23.6 Sija Pepping

01 19-06-57 Noordkop  
 00 05-10-57 Atos  
 97 14-11-55 Achilles  
 01 21-10-59 Phoenix  
 92 24-07-50 Noordkop

10.33.7 Mieke Kleyn  
 10.34.52 Marianne v.d. Linde  
 10.36.3 Lenie van der Plas  
 10.36.5 Corrie Keijsers  
 10.38.7 Joleen Jansen

86 08-05-45 Lycurgus  
 02 06-07-62 AAC  
 93 02-06-50 De Bataven  
 86 15-03-42 Weert  
 92 10-05-52 Spado

7.28.45 Joeki de Hoog  
 7.29.36 Mieke van Strien

98 26-10-56 Spark  
 99 22-03-58 AVN

**3000 meter V45**

10.04.19 Mieke Pullen  
 10.18.10 Els Raap  
 10.20.31 Hennie Zantinga  
 10.28.21 Lenie van der Plas  
 10.32.21 Greet Warnaar

02 14-04-57 PSV  
 94 28-04-47 Blauw-Wit  
 97 27-11-51 AV'55  
 95 02-06-50 Bataven  
 91 19-12-41 Hera

**2000 meter V45 (tot 7.45.0)**

6.43.17 Els Raap  
 7.07.5 Noortje van Kempen  
 7.25.1 Janny van Oosterhout  
 7.31.3 Riet Jonkers

93 28-04-47 Blauw Wit  
 00 29-11-50 Leiden  
 93 09-07-48 AVO'83  
 90 04-10-43 Energie

10.42.10 Tonnie Huijbers  
 10.45.2 Gerda van Kooten  
 10.47.0 Corrie Keijsers  
 10.50.9 Marian Mijwaard  
 10.54.23 Bep Hauser

95 02-05-50 GAC-G  
 87 01-04-39 Sprint  
 90 15-03-42 Weert  
 98 14-01-53 GAC-H  
 96 16-11-46 Ach.-Top

**2000 meter V50 (tot 8.20.0)**

6.57.8 Gerda van Kooten  
 7.35.9 Greet Warnaar  
 8.02.36 Greetje Smit  
 8.13.06 Trees Rutten

89 01-04-39 Sprint  
 94 19-12-41 Hera  
 02 15-06-50 Delta Sport  
 98 13-09-47 AVN

10.56.8 Martha van Hal  
 11.00.4 Noortje van Kempen  
 11.01.0 Mieke Toorenaar  
 11.01.46 Diny Detert Oude Weme  
 11.02.0 Joke Pechtold

95 09-07-46 Pijnenburg  
 98 29-11-50 Leiden  
 92 22-02-47 Cifla  
 00 11-05-51 AV'34-A  
 92 02-07-43 Pr.Hendrik

**2000 meter V55**

7.23.3 Gerda van Kooten

95 01-04-39 Sprint

**3000 meter V35**

9.06.71 Elly van Hulst  
 9.23.5 Mieke Aanen  
 9.27.6 Carla Beurskens  
 9.29.3 Marianne v.d.Linde  
 9.35.24 Wilma van Onna

94 09-06-59 Mita TC  
 98 02-05-63 Haag Atl.  
 89 10-02-52 Festina  
 98 06-07-62 AAC  
 02 13-06-65 PAC

11.03.42 Manna Lukkien  
 11.09.3 Han Vos  
 11.11.1 Ria Musters  
 11.11.34 Maria Peters  
 11.11.50 Annie Ketelaars

94 14-12-44 Zuidwal  
 93 16-09-44 Ach.-Top  
 01 08-02-56 DAK  
 95 10-07-50 Ciko'66  
 98 17-02-52 De Keien

9.35.46 Nadezha Wijenburg  
 9.36.5 Petra van Limpt  
 9.39.00 Annelieke van der Stuijs  
 9.41.0 Joke de Zeeuw  
 9.42.08 Anne van Schuppen

01 02-04-64 Tilburg RR  
 90 10-01-54 Pr.Hendrik  
 02 10-02-66 Haag Atl.  
 84 09-05-49 PAC  
 97 11-10-60 Haag Atl.

11.12.6 Agnet van 't Woud  
 11.12.8 Miriam Brugman  
 11.14.60 Lisette Kaptijn  
 11.15.4 Hennie Veldhuis  
 11.17.05 Marion Gerits

00 23-06-53 Oss'78  
 92 15-05-44 Bataven  
 02 03-03-56 De Spartaan  
 95 11-03-50 Sperwers  
 02 17-10-53 Weert

9.43.8 Eefje van Wissen  
 9.44.93 Irene Wentzel  
 9.51.90 Anne-Mieke van der Pol  
 9.52.92 Mieke Hombergen  
 9.53.1 Annie van Stiphout

84 17-11-47 Hollandia  
 84 23-06-45 Hellas  
 02 10-07-64 Wycken  
 97 14-07-57 PAC  
 88 30-09-52 LGD

**3000 meter V50**

10.51.7 Gerda van Kooten  
 10.51.7 Greet Warnaar  
 10.52.38 Els Raap  
 10.54.5 Manna Kwak  
 11.03.82 Corrie Keijsers

90 01-04-39 Sprint  
 92 19-12-41 Hera  
 97 28-04-47 LPK  
 99 14-12-44 Zuidwal  
 94 15-03-42 Weert

9.53.7 Corina Dekker  
 9.54.17 Marianne v.d.Linde  
 9.56.29 Barbara Kamp

00 03-12-61 Hera  
 97 06-07-62 AAC  
 00 05-07-61 PAC

11.10.10 Diny Detert Oude Weme  
 11.16.30 Noortje van Kempen

01 11-05-51 AV'34-A  
 01 29-11-50 Leiden Atl.

|                                     |                          |    |          |              |                                     |                      |    |          |             |
|-------------------------------------|--------------------------|----|----------|--------------|-------------------------------------|----------------------|----|----------|-------------|
| 11.18.08                            | Lenie van der Plas       | 01 | 02-06-50 | Leiden Atl.  | 17.52.72                            | Annet v.d. Tholen    | 93 | 22-03-56 | Trias       |
| 11.23.99                            | Joleen Jansen            | 02 | 10-05-52 | Spado        | 17.53.51                            | Tonnie Huijbers      | 91 | 02-05-50 | GAC-G.      |
| 11.25.15                            | Marta van Hal            | 97 | 09-07-46 | Pijnenburg   |                                     |                      |    |          |             |
| 11.28.6                             | Jeanette Weeber          | 98 | 20-11-43 | Haag Atl.    | 17.56.7                             | Annie v.d.Kerkhof    | 94 | 30-09-52 | LGD         |
| 11.37.3                             | Han Vos                  | 96 | 16-09-44 | Ach.-Top     | 17.56.95                            | Tilly v.d.Laar       | 93 | 05-06-52 | Weert       |
| 11.38.6                             | Wil Norder               | 85 | 07-02-35 | Lycurgus     | 18.02.51                            | Lenie van der Plas   | 93 | 02-06-50 | De Bataven  |
| 11.40.66                            | Mirjam Brugman           | 97 | 15-05-44 | Reeuwijk     | 18.07.43                            | Lianne Bouwmeester   | 01 | 30-05-61 | Athlos      |
| 11.45.9                             | Sophie Wisman            | 81 | 25-04-28 | FIT          | 18.14.78                            | Joleen Jansen        | 96 | 10-05-52 | Spado       |
| 11.51.33                            | Lidwien Heslen           | 99 | 21-11-48 | Climax       | 18.20.3                             | Han Vos              | 85 | 16-09-44 | Ach.-Top    |
| 11.55.2                             | Diny Zoetbrood           | 90 | 22-06-38 | Vet.Ned.     | 18.24.48                            | Mary Koenis          | 93 | 16-03-54 | Hollandia   |
| 11.57.30                            | Sylvia Dingemans         | 02 | 08-12-51 | Haag Atl.    | 18.26.6                             | Corrie Keijsers      | 86 | 15-03-42 | Weert       |
| 12.00.73                            | Erna Hopman              | 01 | 07-08-49 | Trias        | 18.27.34                            | Marianne van Velzen  | 99 | 23-02-56 | Sprint      |
| 12.01.2                             | Marianne Renckens        | 99 | 17-05-47 | Cifla        | 18.30.7                             | Hetty Everhardus     | 97 | 23-02-57 | Noordkop    |
| 12.09.0                             | Lisa Plat                | 92 | 09-02-39 | Lycurgus     | 18.35.6                             | Plonie Scheringa     | 85 | 07-09-41 | DEM         |
| 12.10.7                             | Marja Broers             | 96 | 30-03-46 | Lycurgus     | 18.41.1                             | Siri White           | 84 | 23-11-43 | Te Werve    |
| 12.28.2                             | Mieke Toorenaar          | 00 | 22-02-47 | Cifla        | 18.44.4                             | Mieke Kleyn          | 86 | 08-05-45 | Lycurgus    |
| 12.33.0                             | Diny Binsbergen          | 87 | 06-02-36 | Olympia'48   | 18.46.11                            | Hennie Velthuis      | 90 | 11-03-50 | Sperwers    |
| 12.33.06                            | Trees Rutten             | 98 | 13-09-47 | Reeuwijk     | 18.47.6                             | Ingrid Coster        | 98 | 05-10-57 | Atos        |
| <b>3000 meter V55 (tot 13.00.0)</b> |                          |    |          |              | <b>5000 meter V45</b>               |                      |    |          |             |
| 11.06.85                            | Corrie Keijsers          | 97 | 15-03-42 | Weert        | 17.37.9                             | Els Raap             | 94 | 28-04-47 | Blauw-Wit   |
| 11.13.11                            | Gerda van Kooten         | 96 | 01-04-39 | Sprint       | 18.20.68                            | Tilly van de Laar    | 97 | 05-06-52 | Weert       |
| 11.28.3                             | Jeanette Weeber          | 99 | 20-11-43 | Haag Atl.    | 18.21.31                            | Lenie van der Plas   | 96 | 02-06-50 | Leiden      |
| 12.09.8                             | Lia de Groot             | 93 | 24-08-35 | Vet.Ned.     | 18.32.9                             | Gerda van Kooten     | 88 | 01-04-39 | Sprint      |
| 12.10.9                             | Sophie Wisman            | 84 | 25-04-28 | FIT          | 18.37.23                            | Marian Mijwaard      | 99 | 14-01-53 | GAC-H.      |
| 12.18.15                            | Mirjam Brugman           | 00 | 15-05-44 | Reeuwijk     | 18.38.48                            | Tonnie Huijbers      | 95 | 02-05-50 | GAC-G.      |
| 12.38.32                            | Manna Kwak               | 01 | 14-12-44 | Zuidwal      | 18.40.7                             | Greet Warnaar        | 90 | 19-12-41 | Hera        |
| 12.43.19                            | Martha van Hal           | 02 | 09-07-46 | Pijnenburg   | 18.41.0                             | Jopie Daane          | 96 | 25-03-51 | Dynamo'70   |
| 12.52.48                            | Han Vos                  | 99 | 16-09-44 | Achilles-Top | 18.51.55                            | Manna Lukkien        | 94 | 14-12-44 | Zuidwal     |
| 12.55.31                            | Annie de Jong-Joosen     | 02 | 22-01-44 | Scorpio      | 18.53.2                             | Mieke Toorenaar      | 92 | 22-02-47 | Cifla       |
| <b>3000 meter V60 (tot 13.30.0)</b> |                          |    |          |              | 18.57.22                            | Rennie Talsma        | 97 | 14-06-53 | Lionitas    |
| 11.41.91                            | Gerda van Kooten         | 99 | 01-04-39 | Sprint       | 18.58.80                            | Corrie Keijsers      | 90 | 15-03-42 | Weert       |
| 12.53.2                             | Sophie Wisman            | 90 | 25-04-28 | FIT          | 18.59.92                            | Joleen Jansen        | 01 | 10-05-52 | Spado       |
| <b>5000 meter V35</b>               |                          |    |          |              | 19.03.12                            | Noortje van Kempen   | 98 | 29-11-50 | Leiden      |
| 15.35.22                            | Wilma van Onna           | 00 | 13-06-65 | PAC          | 19.05.77                            | Bep Hauser           | 93 | 16-11-46 | Ach.-Top    |
| 15.54.35                            | Elly van Hulst           | 95 | 09-06-59 | Mita TC      | 19.06.5                             | Marianne Knapen      | 94 | 18-10-47 | DES         |
| 16.04.18                            | Nadezha Wijenburg        | 00 | 02-04-64 | Tilburg RR   | 19.09.61                            | Han Vos              | 90 | 16-09-44 | Ach.-Top    |
| 16.27.0                             | Irma Heeren              | 02 | 16-04-67 | Cialfo       | 19.09.87                            | Martha van Hal       | 92 | 09-07-46 | Pijnenburg  |
| 16.27.48                            | Mieke Aanen              | 98 | 02-05-63 | Haag Atl.    | 19.10.63                            | Joke Pechtold        | 92 | 02-07-43 | Pr.Hendrik  |
| 16.27.9                             | Marianne v.d.Linde       | 98 | 06-07-62 | AAC          | 19.29.80                            | Trudy van Winsen     | 90 | 12-01-42 | LAAC        |
| 16.34.0                             | Barbara Kamp             | 99 | 05-07-61 | PAC          | 19.31.7                             | Agnet van 't Woud    | 01 | 26-03-53 | Oss'78      |
| 16.37.5                             | Petra van Limpt          | 99 | 05-07-61 | PAC          | 19.34.0                             | Maike Sijtsema       | 98 | 29-03-51 | LAAC        |
| 16.37.94                            | Annelieke van der Sluijs | 92 | 10-01-54 | Pr.Hendrik   | 19.42.0                             | Nel van Thoor        | 98 | 20-01-52 | De Keien    |
| 16.39.88                            | Anne van Schuppen        | 02 | 10-02-66 | Haag Atl.    | 19.44.79                            | Ria Harmens          | 01 | 10-11-54 | Climax      |
| 16.44.0                             | Mieke Hombergen          | 97 | 11-10-60 | Haag Atl.    | 19.52.53                            | Giny Blees           | 98 | 21-03-53 | Energie     |
| 16.44.0                             | Mieke Hombergen          | 92 | 14-07-57 | DAK          | <b>5000 meter V50 (tot 21.30.0)</b> |                      |    |          |             |
| 16.52.8                             | Annie van Stiphout       | 90 | 30-09-52 | LGD          | 18.34.72                            | Els Raap             | 97 | 28-04-47 | LPK         |
| 17.05.1                             | Irene Wentzel            | 85 | 23-06-45 | Hellas       | 18.45.63                            | Greet Warnaar        | 92 | 19-12-41 | Hera        |
| 17.05.8                             | Erica Souverein          | 99 | 15-12-63 | Hollandia    | 18.47.0                             | Gerda van Kooten     | 89 | 01-04-39 | Sprint      |
| 17.11.31                            | Corina Dekker            | 00 | 03-12-61 | Hera         | 19.15.00                            | Corrie Keijsers      | 95 | 15-03-42 | Weert       |
| 17.16.93                            | Monique Bruins           | 99 | 26-11-63 | Leiden Atl.  | 19.26.46                            | Jeanette Weeber      | 98 | 20-11-43 | Haag Atl.   |
| 17.17.51                            | Geeske Jansen            | 94 | 05-03-59 | AV'34-A.     | 19.29.39                            | Manna Kwak           | 98 | 14-12-44 | Zuidwal     |
| 17.22.0                             | Eefje van Wissen         | 85 | 17-11-47 | Hollandia    | 19.30.66                            | Noortje van Kempen   | 01 | 29-11-50 | Leiden Atl. |
| 17.24.27                            | Henny Zantinga           | 91 | 27-11-51 | Impala       | 19.57.38                            | Han Vos              | 96 | 16-09-44 | Ach.-Top    |
| 17.24.5                             | Carla Ophorst            | 97 | 02-12-58 | Olympus'70   | 20.36.6                             | Sophie Wisman        | 80 | 25-04-28 | FIT         |
| 17.29.08                            | Mieke Kleyn              | 84 | 08-05-45 | Lycurgus     | 21.03.1                             | Mientje Hofmeijer    | 89 | 06-05-37 | De Gemzen   |
| 17.30.44                            | Hennie Pot               | 91 | 04-10-54 | Pijnenburg   | 21.13.56                            | Erna Hopman          | 00 | 07-08-49 | Trias       |
| 17.31.0                             | Lammy Bergsma            | 91 | 09-05-55 | Friesland    | 21.13.72                            | Trees Rutten         | 98 | 13-09-47 | AVN         |
| 17.31.45                            | Corrie Konings           | 78 | 16-10-40 | Sprint       | 21.14.36                            | Ria van Weezep       | 99 | 19-09-47 | Spirit-L.   |
| 17.33.5                             | Hetty Everhardus         | 96 | 23-02-57 | Noordkop     | <b>5000 meter V55 (tot 23.00.0)</b> |                      |    |          |             |
| <b>5000 meter V40</b>               |                          |    |          |              | 19.22.48                            | Corrie Keijsers      | 97 | 15-03-42 | Weert       |
| 16.50.9                             | Anne van Schuppen        | 02 | 11-10-60 | Cialfo       | 19.30.36                            | Jeanette Weeber      | 99 | 20-11-43 | Haag Atl.   |
| 16.55.20                            | Hennie Zantinga          | 94 | 27-11-51 | AV'55        | 19.37.34                            | Gerda van Kooten     | 94 | 01-04-39 | Sprint      |
| 16.57.7                             | Irene Wentzel            | 85 | 23-06-45 | Hellas       | 20.20.68                            | Han Vos              | 00 | 16-09-44 | Ach.-Top    |
| 17.08.37                            | Barbara Kamp             | 01 | 05-07-61 | PAC          | 20.28.57                            | Els Raap             | 02 | 28-04-47 | Kombijsport |
| 17.32.7                             | Els Raap                 | 90 | 28-04-47 | Sagitta      | 20.34.6                             | Wil Norder           | 90 | 07-02-35 | Lycurgus    |
| 17.38.8                             | Carla Ophorst            | 02 | 02-12-58 | Olympus'70   | 21.01.69                            | Ria van Duivenvoorde | 96 | 06-05-40 | NSL         |
| 17.41.71                            | Jopie Daane              | 93 | 25-03-51 | Atletica     | 21.06.0                             | Sophie Wisman        | 84 | 25-04-28 | FIT         |
| 17.44.7                             | Marianne Knapen          | 88 | 18-10-47 | DES          | 21.42.6                             | Miriam Brugman       | 99 | 15-05-44 | Reeuwijk    |

|                                       |                          |    |          |             |                                       |                                       |                       |    |          |             |
|---------------------------------------|--------------------------|----|----------|-------------|---------------------------------------|---------------------------------------|-----------------------|----|----------|-------------|
| 22.33.9                               | Mientje Hofmeijer        | 92 | 06-05-37 | De Gemzen   | <b>10.000 meter V45 (tot 43.30.0)</b> | 36.51.96                              | Els Raap              | 94 | 28-04-47 | Blauw-Wit   |
| 22.58.5                               | Annie de Jong-Joosen     | 01 | 22-01-44 | Scorpio     |                                       | 38.36.4                               | Greet Warnaar         | 90 | 19-12-41 | Hera        |
| <b>5000 meter V60</b>                 |                          |    |          |             |                                       | 39.53.98                              | Martha van Hal        | 94 | 09-07-46 | Pijnenburg  |
| 20.26.46                              | Corrie Keijsers          | 02 | 15-03-42 | Weert       |                                       | 40.21.00                              | Agnet van 't Woud     | 00 | 23-06-53 | Oss'78      |
| 20.49.89                              | Gerda van Kooten         | 99 | 01-04-39 | Sprint      |                                       | 40.11.2                               | Bep Hauser            | 93 | 16-11-46 | Ach.-Top    |
| 21.22.7                               | Sophie Wisman            | 89 | 25-04-28 | FIT         |                                       | 40.37.0                               | Nel Vanthoor          | 97 | 20-01-52 | De Keien    |
| 24.15.4                               | Bep Tromp                | 80 | 17-05-17 | Vet.Ned.    |                                       |                                       |                       |    |          |             |
| <b>5000 meter V65</b>                 |                          |    |          |             |                                       | 40.55.0                               | Han Vos               | 90 | 16-09-44 | Ach.-Top    |
| 22.57.00                              | Sophie Wisman            | 93 | 25-04-28 | Altis       |                                       | 41.25.9                               | Maike Sijtsema        | 97 | 29-03-51 | LAAC        |
| 23.07.2                               | Bep Tromp                | 82 | 17-05-17 | Vet.Ned.    |                                       | 42.08.8                               | Annie Ketelaars       | 98 | 17-02-53 | De Keien    |
| 24.26.4                               | Mientje Hofmeijer        | 99 | 06-05-37 | De Gemzen   |                                       | 43.10.2                               | Bertha van 't Hul     | 99 | 17-01-53 | De Gemzen   |
|                                       |                          |    |          |             |                                       | 43.25.2                               | Corrie Dekker         | 92 | 08-12-43 | Schelde Sp. |
| <b>5000 meter V70</b>                 |                          |    |          |             |                                       | <b>10.000 meter V50 (tot 45.00.0)</b> |                       |    |          |             |
| 26.57.89                              | Sophie Wisman            | 00 | 25-04-28 | Vet.Ned.    |                                       | 38.55.47                              | Greet Warnaar         | 92 | 19-12-41 | Hera        |
| <b>10.000 meter V35</b>               |                          |    |          |             |                                       | 40.04.0                               | Jeanette Weeber       | 98 | 20-11-43 | Haag Atl.   |
| 32.36.76                              | Carla Beurskens          | 87 | 10-02-52 | Festina     |                                       | 40.24.90                              | Els Raap              | 99 | 28-04-47 | LPK         |
| 34.20.22                              | Ely van Hulst            | 94 | 09-06-59 | Mita TC     |                                       | 40.38.86                              | Manna Kwak            | 99 | 14-12-44 | Zuidwal     |
| 34.29.24                              | Barbara Kamp             | 98 | 05-07-61 | PAC         |                                       | 41.13.95                              | Martha van Hal        | 97 | 09-07-46 | Pijnenburg  |
| 34.34.4                               | Annie van Stiphout       | 89 | 30-09-52 | LGD         |                                       |                                       |                       |    |          |             |
| 34.37.21                              | Anne van Schuppen        | 97 | 11-10-60 | Haag Atl.   |                                       | 41.22.6                               | Diny Detert Oude Weme | 02 | 11-05-51 | LAAC        |
|                                       |                          |    |          |             |                                       | 42.26.5                               | Sophie Wisman         | 81 | 25-04-28 | FIT         |
| 35.14.43                              | Annelieke van der Sluijs | 02 | 10-02-66 | Haag Atl.   |                                       | 43.36.2                               | Mirjam Brugman        | 98 | 15-05-44 | Reeuwijk    |
| 35.23.1                               | Gerry Timmermans         | 89 | 09-04-52 | Marvel      |                                       | 44.14.5                               | Nel Vanthoor          | 02 | 20-01-52 | De Keien    |
| 35.28.2                               | Eefje van Wissen         | 85 | 17-11-47 | Hollandia   |                                       | 44.18.2                               | Marja van Gerwen      | 96 | 06-10-43 | LAAC        |
| 36.14.12                              | Anne-Mieke van der Pol   | 01 | 10-07-64 | Wychen      |                                       | 44.27.0                               | Mientje Hofmeijer     | 89 | 06-05-37 | Gemzen      |
| 36.22.72                              | Geeske Jansen            | 94 | 05-03-59 | AV'34-A.    |                                       | <b>10.000 meter V55</b>               |                       |    |          |             |
|                                       |                          |    |          |             |                                       | 46.21.1                               | Mientje Hofmeijer     | 92 | 06-05-37 | De Gemzen   |
| 36.49.10                              | Philomena Vranken        | 93 | 06-01-57 | Suomi       |                                       | 47.51.76                              | Han Vos               | 00 | 16-09-44 | Ach.-Top    |
| 36.51.0                               | Irene Wentzel            | 85 | 23-06-45 | Hellas      |                                       | <b>10.000 meter V60</b>               |                       |    |          |             |
| 37.09.7                               | Carla Ophorst            | 95 | 02-12-58 | Olympus'70  |                                       | 44.11.8                               | Corrie Keijsers       | 02 | 15-03-42 | Weert       |
| 37.12.2.                              | Corrie Konings           | 77 | 16-10-40 | Sprint      |                                       | 46.08.04                              | Sophie Wisman         | 91 | 25-04-28 | Vet.Ned.    |
| 37.16.58                              | Marjan Liefers           | 92 | 21-02-54 | AV'34-A.    |                                       | 52.12.1                               | Bep Tromp             | 79 | 17-05-17 | Vet.Ned.    |
|                                       |                          |    |          |             |                                       | <b>10.000 meter V65</b>               |                       |    |          |             |
| 37.18.7                               | Lammy Bergsma            | 90 | 09-05-55 | Friesland   |                                       | 48.13.21                              | Sophie Wisman         | 96 | 25-04-28 | Vet.Ned.    |
| 37.22.9                               | Marlien van Beek         | 01 | 06-04-65 | LADB        |                                       | <b>uurloop V35 (tot 13.500 meter)</b> |                       |    |          |             |
| 37.26.9                               | Tonnie Huijbers          | 89 | 02-05-50 | GAC-G.      |                                       | 15.529                                | Marlien van Beek      | 00 | 06-04-65 | LADB        |
| 37.34.12                              | Hetty Everhardus         | 95 | 23-02-57 | Noordkop    |                                       | 14.996                                | Hannie de Jager       | 90 | 20-06-55 | AV '56      |
| 37.35.4                               | Els Raap                 | 84 | 28-04-47 | Blauw-Wit   |                                       | 14.508                                | Marlies van Geel      | 95 | 18-03-59 | DJA         |
|                                       |                          |    |          |             |                                       | 14.305                                | Ineke Stofmeel        | 94 | 04-05-55 | Thor        |
| 37.41.4                               | Ingrid Prigge            | 02 | 04-11-63 | LAAC        |                                       | 14.185                                | Ria Verstraten        | 90 | 13-05-53 | Thor        |
| 37.48.8                               | Corina Dekker            | 97 | 03-12-61 | Hera        |                                       |                                       |                       |    |          |             |
| 37.50.2                               | Marianne Knapen          | 87 | 18-10-47 | DES         |                                       | 13.763                                | Anita Philipsen       | 95 | 16-06-58 | GAC-H       |
| 37.51.26                              | Jenny Commandeur         | 95 | 23-03-60 | Haag Atl.   |                                       | 13.675                                | Greetje Smit          | 89 | 15-06-50 | Deltasport  |
| 38.12.19                              | Ciska van Velzen         | 86 | 09-12-50 | Ilion       |                                       | <b>uurloop V40 (tot 13.000 meter)</b> |                       |    |          |             |
| <b>10.000 meter V40 (tot 42.00.0)</b> |                          |    |          |             |                                       | 15.160                                | Marian Mijwaard       | 95 | 14-01-53 | GAC-H       |
| 35.21.07                              | Irene Wentzel            | 86 | 23-06-45 | Hellas      |                                       | 14.488                                | Gerda de Voor         | 93 | 20-10-50 | Spirit-L    |
| 35.24.89                              | Barbara Kamp             | 02 | 05-07-61 | PAC         |                                       | 14.000                                | Janny v.Oosterhout    | 90 | 09-07-48 | Thor        |
| 35.25.72                              | Henny Zantinga           | 92 | 27-11-51 | Impala      |                                       | 13.490                                | Theresia de Vries     | 93 | 13-10-49 | Spirit-L    |
| 35.49.49                              | Anne van Schuppen        | 01 | 11-10-60 | Cialfo      |                                       | 13.337                                | José Haegens          | 93 | 18-08-53 | Thor        |
| 36.17.36                              | Els Raap                 | 89 | 28-04-47 | Sagitta     |                                       | <b>uurloop V45 (tot 12.500 meter)</b> |                       |    |          |             |
|                                       |                          |    |          |             |                                       | 14.167                                | Ineke Stofmeel        | 00 | 04-05-55 | Thor        |
| 37.05.4                               | Marianne Knapen          | 88 | 18-10-47 | DES         |                                       | 13.544                                | Ria van Weezep        | 93 | 19-09-47 | Spirit-L.   |
| 37.11.9                               | Jopie Daane              | 93 | 25-03-51 | Atletica    |                                       | <b>uurloop V50</b>                    |                       |    |          |             |
| 37.24.60                              | Tonnie Huijbers          | 91 | 02-05-50 | GAC-G.      |                                       | 15.052                                | Greet Warnaar         | 93 | 19-12-41 | Hera        |
| 38.19.3                               | Han Vos                  | 85 | 16-09-44 | Ach.-Top    |                                       | 12.327                                | Greetje Smit          | 00 | 15-06-50 | Deltasport  |
| 38.30.0                               | Klara Davina             | 02 | 26-03-61 | LAAC        |                                       | <b>20.000 meter V40</b>               |                       |    |          |             |
|                                       |                          |    |          |             |                                       | 1.42.04.0                             | Ria Buiten            | 96 | 05-11-54 | Vet.Ned.    |
| 38.52.71                              | Plonie Scheringa         | 85 | 07-09-41 | DEM         |                                       | <b>20.000 meter V45</b>               |                       |    |          |             |
| 39.03.9                               | Corrie Keijsers          | 85 | 15-03-42 | Weert       |                                       | 1.25.56.0                             | Ineke Stofmeel        | 00 | 04-05-55 | Thor        |
| 39.21.0                               | Annegret Hoyer           | 90 | 22-09-48 | Olympia-E.  |                                       | <b>30.000 meter V40</b>               |                       |    |          |             |
| 39.25.11                              | Annie Ketelaars          | 93 | 17-02-53 | De Keien    |                                       | 2.32.12.0                             | Ria Buiten            | 96 | 05-11-54 | Vet.Ned.    |
| 39.40.72                              | Ingrid Coster            | 98 | 05-10-57 | Atos        |                                       | <b>2000 meter steeple V35</b>         |                       |    |          |             |
|                                       |                          |    |          |             |                                       | 8.50.64                               | Monique Seerden       | 01 | 07-02-64 | Lionitas    |
| 39.56.5                               | Mart van Hal             | 90 | 09-07-46 | Pijnenburg  |                                       | 10.21.7                               | Jolien Bekkenk        | 91 | 27-11-51 | Delta Sp.   |
| 40.05.4                               | Mieke Toorenaar          | 91 | 22-02-47 | Cifla       |                                       | <b>2000 meter steeple V40</b>         |                       |    |          |             |
| 40.15.2                               | Erna Hopman              | 92 | 07-08-49 | Trias       |                                       | 9.30.6                                | Greetje Smit          | 92 | 15-06-50 | Delta Sp.   |
| 40.55.1                               | Marja Hogenboom          | 01 | 10-07-58 | Leiden Atl. |                                       | 9.38.1                                | Jolien Bekkenk        | 92 | 27-11-51 | Delta Sp.   |
| 41.05.0                               | Bep Hauser               | 90 | 16-11-46 | Ach.-Top    |                                       |                                       |                       |    |          |             |
|                                       |                          |    |          |             |                                       |                                       |                       |    |          |             |
| 41.06.9                               | Diny v.d. Pas            | 90 | 08-03-49 | Fortuna     |                                       |                                       |                       |    |          |             |
| 41.18.0                               | Nel van Thoor            | 95 | 20-01-52 | De Keien    |                                       |                                       |                       |    |          |             |
| 41.27.3                               | Trees Rutten             | 91 | 13-09-47 | AVN         |                                       |                                       |                       |    |          |             |
| 41.40.8                               | Ineke Stofmeel           | 97 | 04-05-55 | Thor        |                                       |                                       |                       |    |          |             |

**80 meter horden V40 (tot 17.0)**

|       |                    |       |          |            |
|-------|--------------------|-------|----------|------------|
| 12.11 | Riny Hagenaars     | 95+96 | 17-07-51 | PAC        |
| 12.86 | Lena Jansen        | 94    | 06-03-51 | Energie    |
| 13.08 | Marianne Langezaal | 94    | 13-03-54 | De Bataven |
| 13.09 | Mariet Thomas      | 91    | 03-03-51 | DEM        |
| 13.19 | Maria Husslage     | 96    | 27-07-55 | Sprint     |

|       |                  |    |          |           |
|-------|------------------|----|----------|-----------|
| 13.27 | Anja Akkerman    | 95 | 01-05-55 | DEM       |
| 13.31 | Hannie Barnhoorn | 01 | 26-09-60 | Trias     |
| 13.1  | Rina ten Braak   | 92 | 05-11-50 | Parthenon |
| 13.3  | Mia Dudink       | 89 | 24-12-46 | Sagitta   |
| 13.66 | Evie Roelands    | 99 | 12-07-58 | DJA       |

|       |                   |    |          |         |
|-------|-------------------|----|----------|---------|
| 13.77 | Evelien van Hees  | 01 | 22-03-57 | Energie |
| 13.9  | Riet Jonkers      | 84 | 04-10-43 | Energie |
| 14.1  | Laura Blommestijn | 84 | 02-07-44 | AVR     |
| 14.39 | Elly Schouten     | 95 | 08-02-52 | HAC     |
| 15.0  | Mia Linskens      | 85 | 30-12-42 | Atos    |

|       |                 |    |          |            |
|-------|-----------------|----|----------|------------|
| 15.29 | Eddy Vennik     | 91 | 05-08-50 | Trias      |
| 15.3  | Netty van Hedel | 92 | 18-03-49 | Pr.Hendrik |
| 15.4  | Willie van Riet | 92 | 15-04-52 | Ilion      |
| 15.5  | Marga Otten     | 95 | 11-11-52 | Trias      |
| 16.6  | Tine Schenkels  | 99 | 26-11-55 | Reeuwijk   |

|       |                |    |          |          |
|-------|----------------|----|----------|----------|
| 16.7  | Wendy Akerboom | 99 | 09-01-55 | Fortuna  |
| 17.09 | Anneke Haan    | 91 | 07-05-49 | SAV      |
| 16.9  | Loes Lasschuit | 91 | 30-10-46 | Achilles |

**80 meter horden V45 (tot 17.0)**

|       |                |    |          |          |
|-------|----------------|----|----------|----------|
| 12.28 | Corrie Roovers | 82 | 14-07-35 | Sprint   |
| 12.34 | Riny Hagenaars | 97 | 17-07-50 | PAC      |
| 12.9  | Elly Willemsen | 92 | 21-03-47 | Attila   |
| 13.2  | Mia Dudink     | 92 | 24-12-46 | Sagitta  |
| 13.5  | Rietje Dijkman | 91 | 21-06-39 | Vet.Ned. |

|       |                   |    |          |          |
|-------|-------------------|----|----------|----------|
| 14.26 | Weia Reinboud     | 98 | 11-03-50 | Hellas   |
| 14.49 | Imke Parlevliet   | 79 | 22-05-34 | Vet.Ned. |
| 14.52 | Rietje van Walree | 91 | 25-09-39 | Atos     |
| 14.9  | Mia Linskens      | 89 | 30-12-42 | Atos     |
| 14.9  | Riet Jonkers      | 90 | 04-10-43 | Energie  |

|       |                 |    |          |          |
|-------|-----------------|----|----------|----------|
| 16.04 | Henny Woering   | 02 | 23-05-56 | AV'23    |
| 15.9  | Toos Dingenouts | 91 | 27-12-41 | Achilles |
| 16.9  | Els Meerhof     | 97 | 22-10-48 | Avantri  |
| 17.0  | Loes Lasschuit  | 92 | 30-10-46 | Achilles |

**80 meter horden V50 (tot 18.0)**

|       |                   |    |          |        |
|-------|-------------------|----|----------|--------|
| 12.54 | Corrie Roovers    | 87 | 14-07-35 | Sprint |
| 13.5  | Rietje Dijkman    | 91 | 21-06-39 | AV '23 |
| 13.91 | Elly Willemsen    | 98 | 21-03-47 | Attila |
| 14.52 | Rietje van Walree | 91 | 25-09-39 | Atos   |
| 14.56 | Weia Reinboud     | 02 | 11-03-50 | Hellas |

|       |                   |    |          |            |
|-------|-------------------|----|----------|------------|
| 14.83 | Laura Blommestijn | 97 | 02-07-44 | R'dam Atl. |
| 15.1  | Imke Parlevliet   | 84 | 22-05-34 | Tartletos  |
| 16.0  | Toos Dingenouts   | 92 | 27-12-41 | Achilles   |

**80 meter horden V55**

|       |                   |    |          |            |
|-------|-------------------|----|----------|------------|
| 13.30 | Corrie Roovers    | 91 | 14-07-35 | Sprint     |
| 14.06 | Rietje Dijkman    | 96 | 21-06-39 | AV '23     |
| 15.23 | Laura Blommestijn | 01 | 02-07-44 | R'dam Atl. |
| 15.78 | Riet Jonkers      | 99 | 04-10-43 | Attila     |

**80 meter horden V60 (68,6 cm ingaande 2000)**

|       |                |    |          |        |
|-------|----------------|----|----------|--------|
| 13.89 | Corrie Roovers | 96 | 14-07-35 | Sprint |
| 14.24 | Rietje Dijkman | 99 | 21-06-39 | AV'23  |

**100 meter horden V35**

|       |                      |    |          |         |
|-------|----------------------|----|----------|---------|
| 15.21 | Mieke Sterk          | 84 | 05-01-46 | ADA     |
| 15.37 | Marianne Langezaal   | 91 | 13-03-54 | Bataven |
| 15.38 | Annemiek Stavenuiter | 90 | 13-03-54 | ADA     |
| 15.3  | Mary Larsen          | 82 | 11-12-43 | Ilion   |
| 15.7  | Marianne Ackermans   | 78 | 05-04-42 | DEM     |

|       |                       |    |          |             |
|-------|-----------------------|----|----------|-------------|
| 16.0  | Hanneke de Noorlander | 92 | 15-11-53 | Pr.Hendrik  |
| 16.2  | Helma Volbers         | 84 | 29-12-46 | Tion        |
| 16.66 | Alma Hollen           | 98 | 25-12-60 | Holland-H.  |
| 16.72 | Tessy Lenting         | 01 | 03-02-65 | De Spartaan |
| 16.6  | Ella Hoogendoorn      | 80 | 01-12-44 | AAV'36      |

|       |                |    |          |          |
|-------|----------------|----|----------|----------|
| 16.7  | Ina Blaauw     | 83 | 01-12-47 | Argo'77  |
| 17.30 | Ingrid Stam    | 01 | 03-07-66 | PSV      |
| 17.56 | Patsy Kolhorn  | 01 | 18-01-63 | Achilles |
| 17.64 | Evie Roelands  | 97 | 12-07-58 | DJA      |
| 17.7  | Maria Husslage | 91 | 27-07-55 | Sprint   |

|       |                   |    |          |             |
|-------|-------------------|----|----------|-------------|
| 17.98 | Anja Akkerman     | 94 | 01-05-55 | DEM         |
| 18.03 | Monique Seerden   | 01 | 07-02-64 | Lionitas    |
| 18.05 | Lia van Wayenburg | 98 | 02-02-62 | Energie     |
| 18.16 | Ria van Steenpaal | 91 | 20-07-54 | De Sperwers |
| 18.26 | Annemiek Bolte    | 96 | 06-06-60 | GAC-H.      |

|       |                  |    |          |           |
|-------|------------------|----|----------|-----------|
| 18.4  | Rina Groenendijk | 91 | 15-11-55 | AV'47     |
| 18.83 | Janet Janssen    | 91 | 29-05-54 | Attila    |
| 18.95 | Joke Torbijn     | 94 | 29-10-57 | Parthenon |
| 18.9  | Jeanne Gobbens   | 80 | 26-07-43 | Thor      |
| 19.3  | Anneke Haan      | 86 | 07-05-49 | SAV       |

**100 meter horden V40 (top 5)**

|       |                    |    |          |            |
|-------|--------------------|----|----------|------------|
| 16.43 | Mieke Sterk        | 86 | 05-01-46 | ADA        |
| 16.3  | Marianne Langezaal | 94 | 13-03-54 | De Bataven |
| 16.4  | Corrie Roovers     | 78 | 14-07-35 | Sprint     |
| 16.5  | Mary Larsen        | 87 | 11-12-43 | Ilion      |
| 17.11 | Lena Jansen        | 94 | 06-03-51 | Energie    |

**100 meter horden V45 (top 3)**

|       |                |    |          |        |
|-------|----------------|----|----------|--------|
| 16.4  | Corrie Roovers | 80 | 14-07-35 | Sprint |
| 18.14 | Weia Reinboud  | 97 | 11-03-50 | Hellas |
| 18.33 | Elly Willemsen | 92 | 21-03-47 | Attila |

**100 meter horden V50**

|      |                   |    |          |            |
|------|-------------------|----|----------|------------|
| 17.3 | Corrie Roovers    | 85 | 14-07-35 | Sprint     |
| 22.0 | Laura Blommestijn | 95 | 02-07-44 | R'dam Atl. |

**300 meter horden V50**

|       |                   |    |          |          |
|-------|-------------------|----|----------|----------|
| 53.20 | Rietje Dijkman    | 91 | 21-06-39 | Vet.Ned. |
| 54.80 | Riet Jonkers      | 97 | 04-10-43 | Energie  |
| 56.70 | Rietje van Walree | 94 | 25-09-39 | Atos     |

**300 meter horden V55**

|       |                |    |          |        |
|-------|----------------|----|----------|--------|
| 52.11 | Corrie Roovers | 91 | 14-07-35 | Sprint |
| 53.21 | Rietje Dijkman | 96 | 21-06-39 | AV '23 |
| 54.67 | Riet Jonkers   | 99 | 04-10-43 | Attila |

**300 meter horden V60 (68,6 cm ingaande 2000)**

|       |                |    |          |        |
|-------|----------------|----|----------|--------|
| 53.05 | Corrie Roovers | 95 | 14-07-35 | Sprint |
| 55.57 | Rietje Dijkman | 99 | 21-06-39 | AV'23  |

**400 meter horden V35 (tot 80.0)**

|       |                |    |          |           |
|-------|----------------|----|----------|-----------|
| 65.33 | Janneke Roona  | 98 | 20-09-63 | Impala    |
| 66.14 | Lena Jansen    | 89 | 06-03-51 | PAC       |
| 66.53 | Gerda Benders  | 96 | 25-01-61 | Haag Atl. |
| 68.9  | Riny Hagenaars | 87 | 17-07-51 | PAC       |
| 69.10 | Loes ter Haar  | 98 | 13-11-62 | PAC       |

|       |                        |    |          |             |
|-------|------------------------|----|----------|-------------|
| 69.18 | Alma Hollen            | 98 | 25-12-60 | Holland-H.  |
| 69.45 | Lilianne Fiddelaers(B) | 97 | 12-12-61 | Unitas      |
| 70.42 | Tessy Lenting          | 01 | 03-02-65 | De Spartaan |
| 71.5  | Marga Otten            | 92 | 11-11-52 | Hellas      |
| 71.7  | Margreet Hissink       | 89 | 23-03-50 | Spark       |

|       |                       |    |          |            |
|-------|-----------------------|----|----------|------------|
| 71.86 | Marianne van Spronsen | 97 | 05-06-62 | AAV'36     |
| 72.95 | Annemiek Bolte        | 98 | 06-06-60 | GAC-H      |
| 73.15 | Rian Peeters          | 02 | 14-03-67 | Atledo     |
| 73.81 | Jannet Vermeulen      | 95 | 25-11-55 | Phoenix    |
| 74.1  | Diny Klomp            | 91 | 18-06-52 | Pr.Hendrik |

|       |                 |    |          |            |
|-------|-----------------|----|----------|------------|
| 74.83 | Petra Das       | 00 | 21-05-64 | Hellas     |
| 76.43 | Lyke Koopstra   | 95 | 12-10-57 | Aalsmeer   |
| 77.27 | Fridy Daniels   | 93 | 19-09-54 | GAC-G      |
| 77.64 | Judith Beentjes | 02 | 15-03-64 | Unitas     |
| 77.9  | Jeanne Gobbens  | 79 | 26-07-43 | Thor       |
| 78.0  | Lenie Marinus   | 83 | 17-05-48 | Pr.Hendrik |

**400 meter horden V40**

|       |                  |    |          |         |
|-------|------------------|----|----------|---------|
| 67.91 | Lena Jansen      | 93 | 06-03-51 | Energie |
| 68.08 | Mia Dudink       | 90 | 24-12-46 | Sagitta |
| 70.07 | Anja Akkerman    | 95 | 01-05-55 | DEM     |
| 71.59 | Evelien van Hees | 00 | 22-03-57 | Energie |
| 72.44 | Marga Otten      | 94 | 11-11-52 | Trias   |

|                               |                            |    |                    |                                           |                         |       |                      |
|-------------------------------|----------------------------|----|--------------------|-------------------------------------------|-------------------------|-------|----------------------|
| 78.9                          | Margreet Hissink           | 90 | 23-03-50 Spark     | 1 uur snelwandelen V35 (vanaf 8000 meter) |                         |       |                      |
| 82.85                         | Lenie Koopman              | 89 | 04-06-47 Spark     | 9.327                                     | Marleen Willems         | 87    | 22-02-51 OLAT        |
| 82.88                         | Lianne Broeders            | 02 | 01-08-60 Sprint    | 8.347                                     | Ria van Dijk            | 87    | 30-07-49 OLAT        |
| 400 meter horden V45          |                            |    |                    | 1 uur snelwandelen V40                    |                         |       |                      |
| 69.30                         | Lena Jansen                | 98 | 06-03-51 Energie   | 10.000                                    | Marica Onos             | 01    | 02-07-56 RWV         |
| 71.11                         | Mia Dudink                 | 92 | 24-12-46 Sagitta   | 9.226                                     | Mien Naus               | 87    | 02-10-44 OLAT        |
| 74.97                         | Riet Jonkers               | 90 | 04-10-43 Energie   | 9.146                                     | Adri van Dirven         | 75    | 11-02-35 Achilles    |
| 77.47                         | Weia Reinboud              | 96 | 11-03-50 Hellas    | 8.479                                     | Co Kemna                | 77    | 06-09-35 PAC         |
| 86.63                         | Leny Herstel               | 96 | 04-06-47 Spark     | 8.024                                     | Sigrid Boonstra         | 87    | 16-09-45 OLAT        |
| SNELWANDELEN                  |                            |    |                    | 1 uur snelwandelen V45                    |                         |       |                      |
| SW 3000 meter V35 (tot 20.30) |                            |    |                    | 10.177                                    | Marleen Radder          | 00    | 22-02-51 RWV         |
| 15.36.58                      | Marica Onos                | 92 | 02-07-56 RWV       | 1 uur snelwandelen V50                    |                         |       |                      |
| 15.40.8                       | Christien Vijver           | 83 | 08-02-48 Spartacus | 10.154                                    | Marleen Radder          | 01    | 22-02-51 RWV         |
| 19.24.49                      | Lyke Koopstra              | 95 | 12-10-57 Aalsmeer  | 7.643                                     | Jans Griethuizen        | 87    | 08-10-36 OLAT        |
| SW 3000 meter V40             |                            |    |                    | 2 uur snelwandelen V50                    |                         |       |                      |
| 16.19.45                      | Marica Onos                | 01 | 02-07-56 RWV       | 19.333                                    | Marleen Radder          | 02    | 22-02-51 RWV         |
| 17.11.86                      | Marleen Radder             | 93 | 22-02-51 OLAT      | hoogspringen V35                          |                         |       |                      |
| 17.12.95                      | Christien Vijver           | 90 | 08-02-48 Horror    | 1.68                                      | Ria Hulsink             | 85    | 11-09-50 ADA         |
| 17.51.0                       | Erna Nooy                  | 91 | 01-01-49 Zaanland  | 1.68                                      | Patsy Kolhorn           | 01    | 18-01-63 Achilles    |
| 18.42.6                       | Adri van Dirven            | 76 | 11-02-35 Achilles  | 1.66                                      | Ria van Steenpaal       | 90    | 20-07-54 Sperwers    |
|                               |                            |    |                    | 1.65                                      | Marianne Ackermans      | 78    | 05-04-42 DEM         |
|                               |                            |    |                    | 1.65                                      | Mary Larsen             | 81    | 11-12-43 Ilion       |
| 19.39.99                      | Truus van Wijnen-v.d.Beent | 02 | 02-06-60 RWV       | 1.65                                      | Anouschka Tinkhof-Daans | 00    | 10-03-65 PAC         |
| 19.56.0                       | Netty Klomp                | 91 | 03-09-49 Zaanland  | 1.62                                      | Jacqueline Bakker       | 95    | 25-11-58 Zaanland    |
| 20.21.6                       | Co Kemna                   | 76 | 06-09-35 PAC       | 1.60                                      | Ciska Jansen            | 81    | 23-09-44 Sagitta     |
| 20.55.62                      | Bertie Eydenberg           | 90 | 29-06-49 Zaanland  | 1.60                                      | Annie van Anholt        | 82    | 22-02-47 Attila      |
| 21.25.0                       | Elly Rozema                | 90 | 08-04-48 Zaanland  | 1.60                                      | Monique Seerden         | 99    | 07-02-64 Lionitas    |
| SW 3000 meter V45             |                            |    |                    | 1.56                                      | Marianne Langezaal      | 91    | 13-03-54 Bataven     |
| 16.08.6                       | Marica Onos                | 01 | 02-07-56 RWV       | 1.56                                      | Marja Visser            | 96    | 11-07-58 Atletica    |
| 16.42.24                      | Marleen Radder             | 00 | 22-02-51 RWV       | 1.55                                      | Janine Kortbeek         | 91    | 03-03-53 Pr.Hendrik  |
| 21.10.4                       | Co Kemna                   | 83 | 06-09-35 PAC       | 1.55                                      | Wilma Warner            | 92    | 24-05-56 ADA         |
| SW 3000 meter V50             |                            |    |                    | 1.55                                      | Jenny Vermond           | 93    | 23-05-58 DAK         |
| 16.55.42                      | Marleen Radder             | 02 | 22-02-51 RWV       | 1.55                                      | Tiny Hellendoorn        | 93    | 25-03-55 RKDOS       |
| 20.22.1                       | Annie Montenegro           | 96 | 28-09-43 RWV       | 1.55                                      | Evie Roelands           | 97    | 12-07-58 DJA         |
| 21.07.9                       | Elisabeth Kuper            | 97 | 44 Zaanland        | 1.55                                      | Saskia Andringa         | 99    | 18-10-63 PAC         |
| 23.24.58                      | Riet Jonkers               | 98 | 04-10-43 Energie   | 1.55                                      | Monique van Dorst       | 02    | 16-10-66 Thor        |
| SW 3000 meter V55             |                            |    |                    | 1.54                                      | Sjan Roest              | 97    | 18-05-59 AVR'69      |
| 20.38.97                      | Riet Jonkers               | 02 | 04-10-43 Attila    | 1.51                                      | Michelle Blommestijn    | 02    | 26-03-66 R'dam Atl.  |
| SW 5000 meter V35             |                            |    |                    | 1.50                                      | Ella Hoogendoorn        | 80    | 01-12-44 AAV'36      |
| 26.30.6                       | Christien Vijver           | 83 | 08-02-48 Spartacus | 1.50                                      | Mariet Thomas           | 87    | 03-03-51 DEM         |
| SW 5000 meter V40             |                            |    |                    | 1.50                                      | Joke Tolenaars          | 87    | 09-11-51 Gr.Ster     |
| 27.47.7                       | Marica Onos                | 01 | 02-07-56 RWV       | 1.50                                      | Evelien van Hees        | 92    | 22-03-57 Energie     |
| 29.30.3                       | Marleen Radder             | 93 | 22-02-51 OLAT      |                                           |                         |       |                      |
| 32.04.0                       | Adri van Dirven            | 76 | 11-02-35 Achilles  | 1.50                                      | Anja Akkerman           | 93    | 01-05-55 DEM         |
| 34.16.6                       | Co Kemna                   | 79 | 06-09-35 PAC       | 1.50                                      | Delia Appelman          | 95    | 28-12-59 DEM         |
| SW 5000 meter V45             |                            |    |                    | 1.50                                      | Greetje van Heel        | 98    | 08-09-60 GVAC        |
| 28.27.1                       | Marleen Radder             | 00 | 22-02-51 RWV       | 1.50                                      | Olga Commandeur         | 98    | 30-10-58 Startbaan   |
| 37.44.0                       | Co Kemna                   | 81 | 06-09-35 PAC       | 1.50                                      | Hannie Barnhoorn        | 00    | 26-09-60 Trias       |
|                               |                            |    |                    | 1.50                                      | Ilse Bruys              | 02    | 06-09-66 Sprint      |
| SW 5000 meter V50             |                            |    |                    | hoogspringen V40                          |                         |       |                      |
| 29.04.1                       | Marleen Radder             | 01 | 22-02-51 RWV       | 1.60                                      | Ciska Janssen           | 84    | 23-09-44 Sagitta     |
| 34.20.9                       | Annie Montenegro           | 96 | 28-09-43 RWV       | 1.60                                      | Mary Larsen             | 86    | 11-12-43 Ilion       |
| SW 10.000 meter V40           |                            |    |                    | 1.55                                      | Mia Dudink              | 90+91 | 24-12-46 Sagitta     |
| 56.33.2                       | Marica Onos                | 01 | 02-07-56 RWV       | 1.55                                      | Janine Kortbeek         | 93    | 03-05-53 Pr.Hendrik  |
| 60.04.0                       | Marleen Radder             | 95 | 22-02-51 RWV       | 1.55                                      | Evie Roelands           | 98+00 | 12-07-58 DJA         |
| 65.51.0                       | Adri van Dirven            | 76 | 11-02-35 Achilles  | 1.50                                      | Annie van Anholt        | 89    | 22-02-47 Attila      |
| SW 10.000 meter V45           |                            |    |                    | 1.50                                      | Elly Schouten           | 92+93 | 08-02-52 HAC         |
| 59.01.6                       | Marleen Radder             | 00 | 22-02-51 RWV       | 1.50                                      | Ria van Steenpaal       | 94    | 20-07-54 De Sperwers |
|                               |                            |    |                    | 1.50                                      | Lia Bruin               | 98+99 | 21-06-56 Sparta      |
|                               |                            |    |                    | 1.50                                      | Sjan Roest              | 01    | 18-05-59 AVR'69      |
| SW 10.000 meter V50           |                            |    |                    | 1.49                                      | Marianne Langezaal      | 94    | 13-03-54 De Bataven  |
| 59.08.6                       | Marleen Radder             | 01 | 22-02-51 RWV       | 1.48                                      | Anja Akkerman           | 95    | 01-05-55 DEM         |
| SW 20.000 meter V40           |                            |    |                    | 1.46                                      | Mariet Thomas           | 91    | 03-03-51 DEM         |
| 2.22.24.0                     | Adri van Dirven            | 76 | 11-02-35 Achilles  | 1.45                                      | Corrie Roovers          | 75    | 14-07-35 Sprint      |
|                               |                            |    |                    | 1.45                                      | Laura Blommestijn       | 85    | 02-07-44 AVR         |
| SW 20.000 meter V50           |                            |    |                    | 1.45                                      | Mientje Klomp           | 92    | 26-08-50 De Keien    |
| 2.04.11.0                     | Marleen Radder             | 02 | 22-02-51 RWV       | 1.45                                      | Jenny Vermond           | 99    | 23-05-58 ACW'66      |

|                             |                      |       |          |             |                 |                         |       |          |             |
|-----------------------------|----------------------|-------|----------|-------------|-----------------|-------------------------|-------|----------|-------------|
| 1.45                        | Henny Woering        | 00    | 23-05-56 | AV'23       | polshoog V45    |                         |       |          |             |
| 1.45                        | Hannie Barnhoorn     | 02    | 26-09-60 | Trias       | 2.20            | Marianne Langezaal      | 02    | 13-03-54 | Leiden Atl. |
| 1.40                        | Ans Honkoop          | 89    | 28-08-44 | Ciko'66     | verspringen V35 |                         |       |          |             |
| 1.40                        | Hennie Hollebrand    | 92    | 10-01-48 | DEM         | 6.41            | Ciska Jansen            | 82    | 23-09-44 | Sagitta     |
| 1.40                        | Evelien van Hees     | 98    | 22-03-57 | Energie     | 5.74            | Delia Appelman          | 95    | 28-12-59 | DEM         |
| 1.40                        | Tine Schenkels       | 99    | 26-11-55 | Reeuwijk    | 5.61            | Els Stolk               | 92    | 07-02-57 | ADA         |
| 1.38                        | Jannet Vermeulen     | 96    | 25-11-55 | Phoenix     | 5.59            | Helma Volbers           | 84    | 29-12-46 | Tion        |
| 1.36                        | Eddy Vennik          | 91    | 05-08-50 | Trias       | 5.37            | Mary Larsen             | 82    | 11-12-43 | Ilion       |
| 1.36                        | Rina ten Braak       | 91    | 05-11-50 | Parthenon   |                 |                         |       |          |             |
| hoogspringen V45            |                      |       |          |             | 5.32            | Jeanne Gobbens          | 80    | 26-07-43 | Thor        |
| 1.56                        | Weia Reinboud        |       |          |             | 5.28            | Patsy Kolhorn           | 01    | 18-01-63 | Achilles    |
| 1.53                        | Janine Kortbeek      | 98    | 11-03-50 | Hellas      | 5.25            | Anja Akkerman           | 93    | 01-05-55 | DEM         |
| 1.50                        | Mary Larsen          | 00    | 03-05-53 | Pr.Hendrik  | 5.24            | Anouschka Tinkhof-Daans | 00    | 10-03-65 | PAC         |
| 1.49                        | Mia Dudink           | 93    | 11-12-43 | Ilion       | 5.20            | Hanneke de Noorlander   | 91    | 15-11-53 | Pr.Hendrik  |
| 1.46                        | Annie van Anholt     | 92    | 24-12-46 | Sagitta     |                 |                         |       |          |             |
|                             |                      | 92    | 22-02-47 | Attila      | 5.18            | Lida Berkhout           | 89    | 21-12-52 | DEM         |
| 1.45                        | Corrie Roovers       | 85    | 14-07-35 | Sprint      | 5.18            | Olga Commandeur         | 98    | 30-10-58 | Startbaan   |
| 1.42                        | Henny Woering        | 02    | 23-05-56 | AV'23       | 5.17            | Ina Blaauw              | 83    | 01-12-47 | Argo'77     |
| 1.40                        | Rietje Dijkman       | 86    | 21-06-39 | AV '23      | 5.15            | Mariet Thomas           | 89    | 03-03-51 | DEM         |
| 1.40                        | Rietje van Walree    | 86    | 25-09-39 | Atos        | 5.14            | Ria Mistry              | 98    | 30-01-59 | AVV         |
| 1.40                        | Lia Bruin            | 01+02 | 21-06-56 | Sparta      | 5.13            | Evie Roelands           | 97    | 12-07-58 | DJA         |
|                             |                      |       |          |             | 5.12            | Yvonne van Dorp         | 02    | 06-01-66 | Leiden Atl. |
| 1.36                        | Imke Parlevliet      | 81    | 22-05-34 | Vet.Ned.    | 5.03            | Ella Hoogendoorn        | 81    | 01-12-44 | AAV'36      |
| 1.35                        | Ans Honkoop          | 89+92 | 28-08-44 | Ciko'66     | 5.04            | Joke Torbijn            | 94    | 29-10-57 | Parthenon   |
| 1.35                        | Hennie Hollebrand    | 95    | 10-11-48 | DEM         | 5.02            | Mieke Sterk             | 84    | 05-01-46 | ADA         |
| 1.30                        | Elly Willemsen       | 92    | 21-03-47 | Attila      |                 |                         |       |          |             |
| 1.30                        | Loes Lasschuit       | 92    | 30-10-46 | Achilles    | 5.02            | Riny Hagenaars          | 88    | 17-07-50 | PAC         |
|                             |                      |       |          |             | 5.00            | Annemiek Stavenuiter    | 90    | 13-03-54 | ADA         |
| 1.30                        | Marianne Langezaal   | 01+02 | 13-03-54 | Leiden Atl. | 4.95            | Marianne Langezaal      | 90    | 13-03-54 | Bataven     |
| 1.28                        | Bep Reidinga         | 84    | 20-11-36 | Edam        | 4.95            | Ria van Steenpaal       | 90    | 20-07-54 | Sperwers    |
| 1.28                        | Tineke Voetberg      | 00    | 09-01-55 | Avantri     | 4.93            | Hannie Barnhoorn        | 00    | 26-09-60 | Trias       |
| 1.25                        | Tineke van Benten    | 84    | 15-10-36 | Sagitta     | verspringen V40 |                         |       |          |             |
| 1.25                        | Corrie Keijsers      | 87    | 15-03-42 | Weert       | 6.21            | Ciska Jansen            | 85    | 23-09-44 | Sagitta     |
| 1.25                        | Riet Jonkers         | 91    | 04-10-43 | Energie     | 5.44            | Helma Volbers           | 87    | 29-12-46 | Tion        |
| 1.25                        | Marga Kortekaas      | 91    | 05-10-45 | Spartaan    | 5.31            | Riny Hagenaars          | 94    | 17-07-51 | PAC         |
| 1.25                        | Anita Boeve          | 95    | 05-10-49 | Hera        | 5.31            | Anja Akkerman           | 96    | 01-05-55 | DEM         |
| 1.25                        | Henny van Kruchten   | 95    | 10-05-50 | Castricum   | 5.22            | Tilly Jacobs            | 99    | 19-06-56 | Sparta      |
| 1.25                        | Liesbeth Everaard    | 01    | 03-07-54 | Almere'81   |                 |                         |       |          |             |
| hoogspringen V50 (tot 1.10) |                      |       |          |             | 5.15            | Corrie Roovers          | 78    | 14-07-35 | Sprint      |
| 1.57                        | Weia Reinboud        | 00    | 11-03-50 | Hellas      | 5.08            | Elly Willemsen          | 91    | 21-03-47 | Attila      |
| 1.45                        | Corrie Roovers       | 85    | 14-07-35 | Sprint      | 5.07            | Mary Larsen             | 87    | 11-12-43 | Ilion       |
| 1.45                        | Mary Larsen          | 94    | 11-12-43 | Ilion       | 5.00            | Evie Roelands           | 98    | 12-07-58 | DJA         |
| 1.40                        | Annie van Anholt     | 98+99 | 22-02-47 | Attila      | 4.97            | Ria Mistry              | 99    | 30-01-59 | AVV         |
| 1.38                        | Imke Parlevliet      | 85    | 22-05-34 | Tartletos   | 4.95            | Mia Dudink              | 89    | 24-12-46 | Sagitta     |
|                             |                      |       |          |             | 4.94            | Hanneke de Bruyn        | 94    | 15-11-53 | Pr.Hendrik  |
| 1.35                        | Rietje Dijkman       | 94    | 21-06-39 | Vet.Ned.    | 4.93            | Elly Schouten           | 96    | 08-02-52 | HAC         |
| 1.35                        | Laura Blommestijn    | 98+99 | 02-07-44 | R'dam Atl.  | 4.88            | Hermien Roggeband       | 99    | 24-11-58 | Delta Sport |
| 1.30                        | Elly Willemsen       | 97    | 21-03-47 | Attila      | 4.84            | Mia Linskens            | 87    | 30-12-42 | Atos        |
| 1.30                        | José Kooij           | 00    | 28-11-48 | PEC 1910    |                 |                         |       |          |             |
| 1.27                        | Rietje van Walree    | 91    | 25-09-39 | Atos        | 4.84            | Marianne Jenningsa      | 94    | 05-01-53 | Sparta      |
|                             |                      |       |          |             | 4.80            | Riet Jonkers            | 85    | 04-10-43 | Energie     |
| 1.20                        | Tineke van Benten    | 87    | 15-10-36 | Sagitta     | 4.78            | Rina ten Braak          | 91    | 05-11-50 | Parthenon   |
| 1.20                        | Coby de Boer         | 97    | 26-02-46 | AV'55       | 4.77            | Hannie Barnhoorn        | 01    | 26-09-60 | Trias       |
| 1.18                        | Truus Sturm          | 01    | 28-11-50 | Reeuwijk    | 4.76            | Jeanne Gobbens          | 83    | 26-07-43 | Thor        |
| 1.15                        | Lisa Plat            | 89    | 09-02-39 | Lycurgus    |                 |                         |       |          |             |
| 1.10                        | Bep Huisman          | 97    | 19-11-43 | Zaanland    | 4.74            | Janine Kortbeek         | 95    | 03-05-53 | Pr.Hendrik  |
| 1.10                        | Mia Linskens         | 97    | 30-12-42 | Atos        | 4.71            | Mariet Thomas           | 91    | 03-03-51 | DEM         |
| hoogspringen V55            |                      |       |          |             | 4.69            | Bep Reidinga            | 79    | 20-11-36 | Edam        |
| 1.33                        | Laura Blommestijn    | 99    | 02-07-44 | R'dam Atl.  | 4.69            | Hieke Bootsma           | 91    | 26-02-51 | Horror      |
| 1.32                        | Rietje Dijkman       | 95+99 | 21-06-39 | AV'23       | 4.67            | Titia Timmerman         | 83    | 07-07-39 | Ciko'66     |
| 1.30                        | Corrie Roovers       | 91    | 14-07-35 | Sprint      | 4.67            | Corrie Meyer            | 90    | 16-03-47 | Schelde Sp. |
| 0.95                        | Lenie Zegers         | 87    | 18-06-32 | Sagitta     | 4.67            | Marianne Langezaal      | 95    | 13-03-54 | De Bataven  |
| hoogspringen V60            |                      |       |          |             | verspringen V45 |                         |       |          |             |
| 1.32                        | Rietje Dijkman       | 00    | 21-06-39 | AV'23       | 5.18            | Corrie Roovers          | 82    | 14-07-35 | Sprint      |
| polshoog V35                |                      |       |          |             | 5.03            | Elly Willemsen          | 94    | 21-03-47 | Attila      |
| 3.60                        | Larissa Lowe         | 01    | 19-08-63 | AAC         | 4.95            | Anja Akkerman           | 00    | 01-05-55 | DEM         |
| 2.90                        | Ingrid Stam          | 02    | 03-07-66 | PSV         | 4.91            | Bep Reidinga            | 82    | 20-11-36 | Edam        |
| 2.80                        | Suzanne van Meerten  | 97    | 25-03-62 | Ilion       | 4.91            | Mia Linskens            | 88    | 30-12-42 | Atos        |
| 2.60                        | Saskia Andringa      | 99    | 18-10-63 | PAC         | 4.86            | Janine Kortbeek         | 99+00 | 03-05-53 | Pr.Hendrik  |
| polshoog V40                |                      |       |          |             | 4.85            | Mia Dudink              | 92    | 24-12-46 | Sagitta     |
| 2.70                        | Brigitte van de Kamp | 02    | 15-06-60 | GAC-H.      | 4.79            | Tilly Jacobs            | 01    | 19-06-56 | Sparta      |
|                             |                      |       |          |             | 4.77            | Riny Hagenaars          | 97    | 17-07-50 | PAC         |
|                             |                      |       |          |             | 4.70            | Wemmy Spierenburg       | 81    | 14-02-36 | Fortis      |

|                                        |                      |       |          |              |                                        |                       |       |          |             |
|----------------------------------------|----------------------|-------|----------|--------------|----------------------------------------|-----------------------|-------|----------|-------------|
| 4.64                                   | Weia Reinboud        | 98+99 | 11-03-50 | Hellas       | 8.74                                   | Agnes Popkema         | 95    | 28-11-58 | Gouda       |
| 4.62                                   | Tiny Bakker          | 85    | 03-03-36 | Trias        | 8.72                                   | Lianne Broeders       | 97    | 01-08-60 | Sprint      |
| 4.58                                   | Rietje Dijkman       | 84    | 21-06-39 | Sagitta      | 8.70                                   | Dorrie Timmermans     | 94    | 01-05-55 | Atletico'73 |
| 4.56                                   | Margreet Werkhoven   | 92    | 16-07-45 | Edam         | 8.60                                   | Henny Woering         | 99    | 23-05-56 | AV'23       |
| 4.55                                   | Corrie Meyer         | 95    | 16-03-47 | Schelde Sp.  | <b>hinkstapspringen V40 (tot 8.00)</b> |                       |       |          |             |
| 4.49                                   | Imke Parlevliet      | 80    | 22-05-34 | Vet. Ned.    | 10.91                                  | Evie Roelands         | 99    | 12-07-58 | DJA         |
| 4.47                                   | Toos Dingenouts      | 91    | 27-12-41 | Achilles     | 10.24                                  | Anja Akkerman         | 96    | 01-05-55 | DEM         |
| 4.46                                   | Ans Honkoop          | 90    | 28-08-44 | Ciko'66      | 10.24                                  | Janine Kortbeek       | 97    | 03-05-53 | Pr.Hendrik  |
| 4.42                                   | Riet Jonkers         | 90    | 04-10-43 | Energie      | 9.37                                   | Tineke Lenstra        | 96    | 22-03-54 | Spark       |
| 4.39                                   | Rietje van Walree    | 85    | 25-09-39 | Atos         | 8.99                                   | Jannet Vermeulen      | 96    | 25-11-55 | Phoenix     |
| 4.38                                   | Netty van Hedel      | 95    | 18-03-49 | Pr.Hendrik   | 8.73                                   | Hieke Bootsma         | 91    | 26-02-51 | Horror      |
| 4.38                                   | Marianne Langezaal   | 00    | 13-03-54 | Leiden       | 8.73                                   | Toos van der Pennen   | 97    | 21-03-56 | Sprint      |
| 4.36                                   | Elly Burgering       | 02    | 16-01-57 | Haag Atl.    | 8.36                                   | Henny Woering         | 96    | 23-05-56 | AV'23       |
| 4.33                                   | Hieke Bootsma        | 96    | 26-02-51 | Horror       | 8.17                                   | Loes Lasschuit        | 91    | 30-10-46 | Achilles    |
| 4.29                                   | Lenie Sörensen       | 82    | 21-08-35 | Gr.Ster      | <b>hinkstapspringen V45</b>            |                       |       |          |             |
| <b>verspringen V50 (tot 3.50)</b>      |                      |       |          |              | 10.89                                  | Janine Kortbeek       | 02    | 03-05-53 | Pr.Hendrik  |
| 4.92                                   | Elly Willemsen       | 97    | 21-03-47 | Attila       | 10.03                                  | Weia Reinboud         | 98    | 11-03-50 | Hellas      |
| 4.75                                   | Corrie Roovers       | 85    | 14-07-35 | Sprint       | 9.67                                   | Anja Akkerman         | 02    | 01-05-55 | DEM         |
| 4.57                                   | Rietje Dijkman       | 91    | 21-06-39 | Vet.Ned.     | 8.68                                   | Toos Dingenouts       | 91    | 27-12-41 | Achilles    |
| 4.57                                   | Mary Larsen          | 94    | 11-12-43 | Ilion        | 8.32                                   | Margriet Prins        | 97    | 15-01-51 | Suomi       |
| 4.56                                   | Weia Reinboud        | 02    | 11-03-50 | Hellas       | 8.02                                   | Rina Bogers           | 92    | 15-05-46 | Spark       |
| 4.45                                   | Laura Blommestijn    | 97    | 02-07-44 | R'dam Atl.   | <b>hinkstapspringen V50</b>            |                       |       |          |             |
| 4.41                                   | Corrie Meijer        | 97    | 16-03-47 | Schelde Sp.  | 10.24                                  | Weia Reinboud         | 02    | 11-03-50 | Hellas      |
| 4.39                                   | Riet Jonkers         | 96    | 04-10-43 | Vet.Ned.     | 8.78                                   | Laura Blommestijn     | 97    | 02-07-44 | R'dam Atl.  |
| 4.30                                   | Imke Parlevliet      | 84    | 22-05-34 | Tartletos    | <b>hinkstapspringen V55</b>            |                       |       |          |             |
| 4.29                                   | Rietje van Walree    | 92    | 25-09-39 | Atos         | 9.21                                   | Rietje Dijkman        | 96    | 21-06-39 | AV'23       |
| 4.20                                   | Mia Linskens         | 97    | 30-12-42 | Atos         | 8.55                                   | Laura Blommestijn     | 01    | 02-07-44 | R'dam Atl.  |
| 4.19                                   | José Kooij           | 99    | 28-11-48 | PEC          | <b>hinkstapspringen V60</b>            |                       |       |          |             |
| 4.15                                   | Bep Reidinga         | 90    | 20-11-36 | Edam         | 9.17                                   | Rietje Dijkman        | 99    | 21-06-39 | AV'23       |
| 4.06                                   | Toos Dingenouts      | 92    | 27-12-41 | Achilles     | <b>kogelstoten V35</b>                 |                       |       |          |             |
| 3.99                                   | Lida van Zwoil       | 97    | 29-03-47 | Parthenon    | 14.04                                  | Els Stolk             | 92    | 07-02-57 | ADA         |
| 3.91                                   | Marion de Bruin      | 99    | 24-06-49 | Haag Atl.    | 13.69                                  | Tine Schenkels        | 95    | 26-11-55 | Reeuwijk    |
| 3.85                                   | Lenie Sörensen       | 85    | 21-08-35 | Gr.Ster      | 13.55                                  | Mirjam van den Bremen | 01+02 | 07-03-66 | R'dam Atl.  |
| 3.84                                   | Wies Bosland         | 89    | 26-07-38 | Castricum    | 13.39                                  | Jannet van Noord      | 98    | 18-10-62 | Lycurgus    |
| 3.71                                   | Coby de Boer         | 97    | 26-02-46 | AV'55        | 13.29                                  | Mariet Thomas         | 89    | 03-03-51 | DEM         |
| 3.65                                   | Pi Dietvors          | 91    | 17-10-39 | Gr.Ster      | 12.55                                  | Lida Berkhout         | 89    | 21-12-52 | DEM         |
| 3.53                                   | Tineke van Bente     | 87    | 15-10-36 | Sagitta      | 12.50                                  | Jeanne van Venrooy    | 88    | 25-12-48 | Sprint      |
| 3.53                                   | Corrie Vinke         | 92    | 24-04-41 | Atos         | 12.31                                  | Jopie Baart           | 90    | 14-04-55 | Edam        |
| <b>verspringen V55 (tot 3.10)</b>      |                      |       |          |              | 12.07                                  | Tiny Hellendoorn      | 92    | 25-03-55 | RKDOS       |
| 4.37                                   | Rietje Dijkman       | 96    | 21-06-39 | AV'23        | 11.97                                  | Ciska Jansen          | 82    | 23-09-44 | Sagitta     |
| 4.13                                   | Laura Blommestijn    | 99    | 02-07-44 | R'dam Atl.   | 11.64                                  | Bernadet Vlaarkamp    | 89    | 20-04-51 | Castricum   |
| 4.08                                   | Mia Linskens         | 98    | 30-12-42 | Atos         | 11.57                                  | Marijke Brugman       | 84    | 18-01-49 | Olympia'48  |
| 3.94                                   | Corrie Roovers       | 91    | 14-07-35 | Sprint       | 11.46                                  | Ingrid Suylen         | 89    | 25-05-53 | Ach.-Top    |
| 3.94                                   | Tinie Bakker         | 92    | 03-03-36 | Trias        | 11.45                                  | Marije Vermeulen      | 78    | 12-06-43 | DEM         |
| 3.44                                   | Lenie Zegers         | 87    | 18-06-32 | Sagitta      | 11.41                                  | Janny Verkaart        | 82    | 08-06-46 | Delta Sp.   |
| <b>verspringen V60</b>                 |                      |       |          |              | 11.33                                  | Toos van Eekelen      | 76    | 04-08-36 | Thor        |
| 4.29                                   | Rietje Dijkman       | 99    | 21-06-39 | AV'23        | 11.29                                  | Marga Kortekaas       | 81    | 06-10-45 | Spartaan    |
| <b>hinkstapspringen V35 (tot 8.50)</b> |                      |       |          |              | 11.28                                  | Esther Goedhart       | 79    | 30-07-41 | Delta Sp.   |
| 11.47                                  | Els Stolk            | 92    | 07-02-57 | ADA          | 11.26                                  | Joke Winkelman        | 89    | 07-12-53 | Spirit-OB.  |
| 11.17                                  | Evie Roelands        | 97    | 12-07-58 | DJA          | 11.24                                  | Gonny Mik             | 02    | 23-03-65 | Argo'77     |
| 10.88                                  | Nicole Curfs (B)     | 97    | 01-09-58 | Unitas       | 11.19                                  | Anneke de Pater       | 91    | 13-05-53 | Haag Atl.   |
| 10.43                                  | Lysbeth Gijsen       | 00    | 16-06-65 | Start'78     | 11.16                                  | Corrie Roovers        | 75    | 14-07-35 | Sprint      |
| 10.33                                  | Therry in 't Groen   | 01    | 25-01-65 | Scorpio      | 11.13                                  | Jacqueline Brugman    | 91    | 21-05-53 | ADA         |
| 9.93                                   | Hilde Bottin         | 01    | 22-07-64 | Achilles-Top | 11.06                                  | Gerda Vetter          | 96    | 11-02-61 | AAC         |
| 9.87                                   | Tiny Hellendoorn     | 91    | 25-03-55 | RKDOS        | 11.00                                  | Mariet Voskamp        | 00    | 23-09-61 | Hanzesport  |
| 9.85                                   | Michelle Blommestijn | 02    | 26-03-66 | R'dam Atl.   | <b>kogelstoten V40</b>                 |                       |       |          |             |
| 9.68                                   | Carmen Vermeulen     | 97    | 14-02-62 | Sprint       | 13.71                                  | Els Stolk             | 97    | 07-02-57 | AAC         |
| 9.62                                   | Rian Peeters         | 02    | 14-03-67 | Atledo       | 13.29                                  | Tine Schenkels        | 96    | 26-11-55 | Reeuwijk    |
| 9.57                                   | Esther Schouten      | 99    | 26-12-63 | Holland-H.   | 12.47                                  | Mariet Thomas         | 92    | 03-03-51 | DEM         |
| 9.54                                   | Monique Seerden      | 01    | 07-02-64 | Lionitas     | 12.26                                  | Anneke de Pater       | 97    | 13-05-53 | Haag Atl.   |
| 9.52                                   | Monique Bassant      | 98    | 05-12-62 | R'dam Atl.   | 12.12                                  | Jeanne van Venrooy    | 90    | 25-12-48 | Sprint      |
| 9.45                                   | Rina Groenendijk     | 92    | 15-11-55 | AV'47        | 12.12                                  | Tiny Hellendoorn      | 99    | 25-03-55 | Isala'96    |
| 9.40                                   | Hannie Barnhoorn     | 97    | 26-09-60 | Trias        | 11.72                                  | Lida Berkhout         | 93    | 21-12-52 | DEM         |
| 9.24                                   | Jannet Vermeulen     | 95    | 25-11-55 | Phoenix      | 11.55                                  | Ciska Jansen          | 84    | 23-09-44 | Sagitta     |
| 8.99                                   | Jolanda Lems         | 98    | 23-11-59 | Tion         | 11.44                                  | Corrie Roovers        | 79    | 14-07-35 | Sprint      |
| 8.94                                   | Helen Boelens        | 01    | 15-01-66 | Pr. Hendrik  | 11.30                                  | Diny de Sain          | 76    | 14-07-32 | Sperwers    |
| 8.79                                   | Ans van der Wal      | 94    | 10-12-56 | Reeuwijk     |                                        |                       |       |          |             |
| 8.79                                   | Marianne Oud         | 96    | 16-04-57 | Trias        |                                        |                       |       |          |             |

|                                     |                      |    |          |             |                                |                       |       |          |             |
|-------------------------------------|----------------------|----|----------|-------------|--------------------------------|-----------------------|-------|----------|-------------|
| 11.28                               | Marga Kortekaas      | 86 | 05-10-45 | Spartaan    | kogelstoten V50 (4 kg - top 3) |                       |       |          |             |
| 11.11                               | Corrie Wissenburg    | 84 | 24-06-41 | DEM         | 10.15                          | Corrie Roovers        | 87    | 14-07-35 | Sprint      |
| 10.97                               | Ingrid van Dijk      | 02 | 19-05-62 | GAC-H.      | 10.00                          | Annie van Anholt      | 97    | 22-02-47 | Attila      |
| 10.88                               | Bernadet Vlaarkamp   | 91 | 20-04-51 | Castricum   | 9.94                           | Mia Linskens          | 93    | 30-12-42 | Atos        |
| 10.80                               | Olga Commandeur      | 99 | 30-10-58 | Startbaan   |                                |                       |       |          |             |
| kogelstoten V55 (= 3 kg - tot 8.00) |                      |    |          |             |                                |                       |       |          |             |
| 10.74                               | Jopie Baart          | 96 | 14-04-55 | Edam        | 11.29                          | Annie van Anholt      | 02    | 22-02-47 | Attila      |
| 10.72                               | Mia Dudink           | 89 | 24-12-46 | Sagitta     | 10.53                          | Marga Kortekaas       | 02    | 05-10-45 | De Spartaan |
| 10.71                               | Toos van Eekelen     | 77 | 04-08-36 | Thor        | 10.51                          | Corrie Roovers        | 91    | 14-07-35 | Sprint      |
| 10.68                               | Esther Goedhart      | 82 | 30-07-41 | Delta Sp.   | 10.17                          | Mia Linskens          | 98+99 | 30-12-42 | Atos        |
| 10.65                               | Enny Lammers         | 88 | 11-06-47 | Hanzesport  | 9.80                           | Laura Blommestijn     | 00    | 02-07-44 | R'dam Atl.  |
|                                     |                      |    |          |             |                                |                       |       |          |             |
| 10.64                               | Rina ten Braak       | 92 | 05-11-50 | Parthenon   | 9.42                           | Henny van Splunteren  | 90    | 05-11-32 | Vet.Ned.    |
| 10.56                               | Henny Winkel         | 91 | 30-06-49 | Hera        | 9.25                           | Jolanda Brasser       | 01    | 06-03-46 | Trias       |
| 10.54                               | Janny Schot          | 87 | 08-06-46 | Delta Sp.   | 9.17                           | Bep Loos              | 97    | 13-03-39 | Achilles    |
| 10.49                               | Orlanda Lynch        | 90 | 29-01-47 | ADA         | 8.32                           | Corrie Bleeker        | 88    | 20-12-31 | DEM         |
| 10.48                               | Mariët Voskamp       | 02 | 23-09-61 | Hanzesport  | 8.29                           | Loes Lasschuit        | 02    | 30-10-46 | Achilles    |
| kogelstoten V45                     |                      |    |          |             | 8.28                           | Jo Bleeker            | 88    | 20-12-31 | DEM         |
| 13.28                               | Els Stolk            | 02 | 07-02-57 | AAC         | 8.28                           | Tinie Bakker          | 91    | 03-03-36 | Trias       |
| 12.43                               | Tine Schenkels       | 01 | 26-11-55 | Reeuwijk    | 8.12                           | Riet Jonkers          | 02    | 04-10-43 | Attila      |
| 11.87                               | Anneke de Pater      | 98 | 13-05-53 | Haag Atl.   |                                |                       |       |          |             |
| 11.82                               | Mariet Thomas        | 96 | 03-03-51 | DEM         | kogelstoten V55 (4 kg - top 3) |                       |       |          |             |
| 11.72                               | Tiny Hellendoorn     | 01 | 25-03-55 | Isala'96    | 9.30                           | Corrie Roovers        | 91    | 14-07-35 | Sprint      |
|                                     |                      |    |          |             | 8.24                           | Henny van Splunteren  | 90    | 05-11-32 | Vet.Ned.    |
| 11.12                               | Jannie Schot         | 92 | 08-06-46 | Delta Sp.   | 8.18                           | Bep Loos              | 95    | 13-03-39 | Achilles    |
| 10.87                               | Corrie Roovers       | 80 | 14-07-35 | Sprint      |                                |                       |       |          |             |
| 10.47                               | Marga Kortekaas      | 94 | 05-10-45 | Spartaan    | kogelstoten V60 (= 3 kg)       |                       |       |          |             |
| 10.35                               | Mia Dudink           | 92 | 24-12-46 | Sagitta     | 10.28                          | Corrie Roovers        | 96    | 14-07-35 | Sprint      |
| 10.34                               | Mia Linskens         | 90 | 30-12-42 | Atos        | 9.22                           | Bep Loos              | 99    | 13-03-39 | Achilles    |
|                                     |                      |    |          |             | 8.88                           | Rietje Dijkman        | 99    | 21-06-39 | AV'23       |
|                                     |                      |    |          |             | kogelstoten V60 (4 kg)         |                       |       |          |             |
| 10.20                               | Annie van Anholt     | 96 | 22-02-47 | Attila      | 8.68                           | Corrie Roovers        | 95    | 14-07-35 | Sprint      |
| 10.13                               | Lenie Sörensen       | 82 | 21-08-35 | Gr.Ster     |                                |                       |       |          |             |
| 10.12                               | Hennie Winkel        | 95 | 30-06-49 | Hera        | kogelstoten V 65 (= 3 kg)      |                       |       |          |             |
| 9.98                                | Rina ten Braak       | 96 | 05-11-50 | Parthenon   | 9.48                           | Corrie Roovers        | 00    | 14-07-35 | Sprint      |
| 9.84                                | Ellen v.d.Bunt       | 92 | 02-03-45 | Reeuwijk    |                                |                       |       |          |             |
|                                     |                      |    |          |             | discuswerpen V35               |                       |       |          |             |
| 9.77                                | Joke Winkelman       | 99 | 07-12-53 | AV'34       | 45.60                          | Els Stolk             | 96    | 07-02-57 | AAC         |
| 9.66                                | Ans Honkoop          | 91 | 28-08-44 | Ciko'66     | 44.68                          | Jopie Baart           | 90    | 14-04-55 | Edam        |
| 9.56                                | Tiny Gerritsen       | 89 | 26-08-44 | ADA         | 44.16                          | Lida Berkhout         | 89    | 21-12-52 | DEM         |
| 9.55                                | Corrie Hamer         | 84 | 17-10-35 | Hollandia   | 43.64                          | Hannie Ebbekink       | 97    | 24-08-58 | Tion        |
| 9.52                                | Femmy de Graaff      | 92 | 20-10-44 | Vet.Ned.    | 43.30                          | Tine Schenkels        | 95    | 26-11-55 | Reeuwijk    |
|                                     |                      |    |          |             |                                |                       |       |          |             |
| 9.39                                | Corrie Vinke         | 89 | 24-04-41 | Atos        | 42.26                          | Ingrid Suylen         | 90    | 25-05-53 | Ach.-Top    |
| 9.39                                | Netty van Hedel      | 94 | 18-03-49 | Pr.Hendrik  | 41.36                          | Jolanda Brasser       | 85    | 06-03-46 | Trias       |
| 9.38                                | Els van Dun          | 02 | 06-08-56 | Attila      | 41.36                          | Jannet van Noord      | 00    | 18-10-62 | Lycurgus    |
| 9.36                                | Jopie Baart          | 00 | 14-04-55 | Edam        | 40.50                          | Ingrid van Dijk       | 01    | 19-05-62 | GAC-H       |
| 9.34                                | Betty van der Plaat  | 99 | 09-08-53 | Ilion       | 40.28                          | Tiny Hellendoorn      | 93    | 25-03-55 | RKDOS       |
| kogelstoten V50 (= 3kg)             |                      |    |          |             |                                |                       |       |          |             |
| 11.88                               | Annie van Anholt     | 97 | 22-02-47 | Attila      | 39.88                          | Corrie Roovers        | 75    | 14-07-35 | Sprint      |
| 11.69                               | Jannie Schot         | 96 | 08-06-46 | Delta Sp.   | 39.62                          | Esther Goedhart       | 80    | 30-07-41 | Delta Sp.   |
| 11.37                               | Corrie Roovers       | 85 | 14-07-35 | Sprint      | 39.40                          | Jet van Wageningen    | 77    | 12-06-42 | Typhoon     |
| 10.85                               | Corrie van Wijk      | 91 | 14-06-41 | DEM         | 38.84                          | Jeanne van Venrooy    | 86    | 25-12-48 | Sprint      |
| 10.71                               | Mia Linskens         | 97 | 30-12-42 | Atos        | 37.73                          | Mirjam van den Bremen | 02    | 07-03-66 | R'dam Atl.  |
|                                     |                      |    |          |             |                                |                       |       |          |             |
| 10.67                               | Femmy de Graaf       | 98 | 20-10-44 | Vet.Ned.    | 36.94                          | Anneke de Pater       | 93    | 13-05-53 | Haag Atl.   |
| 10.37                               | Lenie Sörensen       | 86 | 21-08-35 | Gr.Ster     | 36.90                          | Onneke Doornbos       | 86    | 15-10-48 | Trias       |
| 10.35                               | Henny van Kruchten   | 01 | 10-05-50 | Phanos      | 36.78                          | Carolien Bouwman      | 01    | 02-01-66 | Hellas      |
| 10.27                               | Mary Larsen          | 94 | 11-12-43 | Ilion       | 36.56                          | Annie van Anholt      | 85    | 22-02-47 | Attila      |
| 10.03                               | Marga Kortekaas      | 00 | 05-10-45 | De Spartaan | 36.18                          | Marga Kortekaas       | 81    | 05-10-45 | Spartaan    |
|                                     |                      |    |          |             |                                |                       |       |          |             |
| 10.00                               | Jolanda Brasser      | 96 | 06-03-46 | Trias       | 36.12                          | Toos ter Rele         | 00    | 27-09-64 | De Keien    |
| 9.90                                | Ria Jong             | 92 | 17-12-41 | Lycurgus    | 35.78                          | Monique Peters        | 83    | 21-05-48 | AVN         |
| 9.88                                | Rina ten Braak       | 01 | 05-11-50 | Parthenon   | 35.44                          | Loes Siekman          | 78    | 21-02-41 | Sagitta     |
| 9.86                                | Laura Blommestijn    | 97 | 02-07-44 | R'dam Atl.  | 35.24                          | Lea van der Aart      | 90    | 11-12-52 | Spartaan    |
| 9.83                                | Toos Dingenouts      | 92 | 27-12-41 | Achilles    | 35.11                          | Gonny Mik             | 02    | 23-03-65 | Argo'77     |
|                                     |                      |    |          |             |                                |                       |       |          |             |
| 9.80                                | Corrie Vinke         | 91 | 24-04-41 | Atos        | discuswerpen V40               |                       |       |          |             |
| 9.79                                | Tiny Kessels         | 95 | 10-01-43 | Ach.-Top    | 47.70                          | Els Stolk             | 97    | 07-02-57 | AAC         |
| 9.65                                | Riet Jonkers         | 94 | 04-10-43 | Vet.Ned.    | 43.46                          | Tine Schenkels        | 96    | 26-11-55 | Reeuwijk    |
| 9.64                                | Rietje van Walree    | 90 | 25-09-39 | Atos        | 42.58                          | Lida Berkhout         | 93    | 21-12-52 | DEM         |
| 9.64                                | Weia Reinboud        | 01 | 11-03-50 | Hellas      | 41.18                          | Anneke de Pater       | 97    | 13-05-53 | Haag Atl.   |
|                                     |                      |    |          |             | 41.04                          | Corrie Roovers        | 77    | 14-07-35 | Sprint      |
|                                     |                      |    |          |             |                                |                       |       |          |             |
| 9.50                                | Henny van Splunteren | 84 | 05-11-32 | Sagitta     |                                |                       |       |          |             |
| 9.40                                | Co Adrichem          | 88 | 28-01-34 | DEM         |                                |                       |       |          |             |
| 9.40                                | Louise Zimmermann    | 01 | 01-12-50 | R'dam Atl.  | 40.75                          | Tiny Hellendoorn      | 98    | 25-03-55 | Isala'96    |
| 9.36                                | Jo Bleeker           | 82 | 20-12-31 | DEM         | 40.49                          | Ingrid van Dijk       | 02    | 19-05-62 | GAC-H.      |
| 9.22                                | Bep Reidinga         | 90 | 20-11-36 | Edam        | 40.34                          | Hannie Ebbekink       | 99    | 24-08-58 | Tion        |
|                                     |                      |    |          |             | 39.70                          | Jopie Baart           | 96    | 14-04-55 | Edam        |
|                                     |                      |    |          |             | 39.42                          | Jolanda Brasser       | 87    | 06-03-46 | Trias       |

|                         |                         |    |                      |                                                |                       |    |                      |
|-------------------------|-------------------------|----|----------------------|------------------------------------------------|-----------------------|----|----------------------|
| 39.42                   | Annie van Anholt        | 91 | 22-02-47 Attila      | <b>discuswerpen V55 (tot 17.00)</b>            |                       | 02 | 22-02-47 Attila      |
| 37.96                   | Esther Goedhart         | 82 | 30-07-41 Delta Sp.   | 37.01                                          | Annie van Anholt      | 92 | 14-07-35 Sprint      |
| 36.54                   | Marga Kortekaas         | 87 | 05-10-45 Spartaan    | 33.38                                          | Corrie Roovers        | 02 | 06-03-46 Trias       |
| 35.46                   | Jeanne van Venrooy      | 89 | 25-12-48 Sprint      | 31.76                                          | Jolanda Brasser       | 00 | 30-12-42 AV'23       |
| 34.34                   | Orlanda Lynch           | 89 | 29-01-47 ADA         | 27.04                                          | Mia Linskens          | 02 | 05-10-45 De Spartaan |
|                         |                         |    |                      | 26.78                                          | Marga Kortekaas       |    |                      |
| 34.06                   | Enny Lammers            | 88 | 11-06-47 Hanze Sp.   |                                                |                       |    |                      |
| 34.04                   | Henny Winkel            | 90 | 30-06-49 Hera        | 22.74                                          | Henny van Splunteren  | 90 | 05-11-32 Vet.Ned.    |
| 34.00                   | Onneke Doornbos         | 89 | 15-10-48 Trias       | 22.58                                          | Rietje van Walree     | 95 | 25-09-39 Atos        |
| 33.76                   | Lea van der Aart        | 94 | 11-12-52 Spartaan    | 22.00                                          | Laura Blommestijn     | 01 | 02-07-44 R'dam Atl.  |
| 33.42                   | Rina ten Braak          | 92 | 05-11-50 Parthenon   | 21.05                                          | Loes Lasschuit        | 02 | 30-10-46 Achilles    |
|                         |                         |    |                      | 20.33                                          | Mary Larsen           | 99 | 11-12-43 Ilion       |
| 33.20                   | Tineke v.d. Berg        | 97 | 04-03-57 Fivelstreek |                                                |                       |    |                      |
| 33.16                   | Joy Hoks                | 91 | 26-03-51 Hellas      | 20.02                                          | Corrie Bleeker        | 88 | 20-12-31 DEM         |
| 32.58                   | Ciska Jansen            | 84 | 23-09-44 Sagitta     | 19.80                                          | Cobi de Boer          | 01 | 26-02-46 AV'55       |
| 32.50                   | Lies in 't Hout         | 94 | 22-10-52 Spark       | 19.74                                          | Jo Bleeker            | 90 | 20-12-31 DEM         |
| 32.26                   | Monique Peters          | 91 | 21-05-48 AVN         | 19.58                                          | Ina van Broekhoven    | 96 | 15-03-39 Atledo      |
|                         |                         |    |                      | 18.60                                          | Bep Loos              | 95 | 13-03-39 Achilles    |
| <b>discuswerpen V45</b> |                         |    |                      |                                                |                       |    |                      |
| 43.48                   | Els Stolk               | 02 | 07-02-57 AAC         | 18.46                                          | Ria Jong              | 97 | 17-12-41 Lycurgus    |
| 42.23                   | Anneke de Pater         | 98 | 13-05-53 Haag Atl.   | 17.29                                          | Riet Jonkers          | 02 | 04-10-43 Attila      |
| 41.52                   | Annie van Anholt        | 96 | 22-02-47 Attila      | 17.28                                          | Lida van Gink         | 00 | 26-10-43 Hercules    |
| 40.63                   | Tine Schenkels          | 01 | 26-11-55 Reeuwijk    |                                                |                       |    |                      |
| 40.07                   | Tiny Hellendoorn        | 00 | 25-03-55 Isala'96    | <b>discuswerpen V60</b>                        |                       |    |                      |
|                         |                         |    |                      | 30.30                                          | Corrie Roovers        | 95 | 14-07-35 Sprint      |
| 38.52                   | Corrie Roovers          | 80 | 14-07-35 Sprint      | 20.15                                          | Bep Loos              | 01 | 13-03-39 Achilles    |
| 38.16                   | Jolanda Brasser         | 92 | 06-03-46 Trias       | 17.70                                          | Jo Bleeker            | 92 | 20-12-31 DEM         |
| 36.78                   | Jopie Baart             | 02 | 14-04-55 Edam        |                                                |                       |    |                      |
| 36.30                   | Corrie Hamer            | 84 | 17-10-35 Hollandia   | <b>discuswerpen V65</b>                        |                       |    |                      |
| 32.54                   | Rina ten Braak          | 96 | 05-11-50 Parthenon   | 27.59                                          | Corrie Roovers        | 00 | 14-07-35 Sprint      |
|                         |                         |    |                      |                                                |                       |    |                      |
| 31.87                   | Lea van der Aart        | 98 | 11-12-52 Spartaan    | <b>speerwerpen V35 (per 1999 nieuwe speer)</b> |                       |    |                      |
| 31.56                   | Orlanda Lynch           | 92 | 29-01-47 ADA         | 51.88                                          | Marjo Bus             | 99 | 31-10-63 Ciko'66     |
| 31.40                   | Onneke Doornbos         | 94 | 15-10-48 Trias       | 51.10                                          | Lida Berkhout         | 88 | 21-12-52 DEM         |
| 31.30                   | Hennie Winkel           | 95 | 30-06-49 Hera        | 50.28                                          | Gerda Vetter          | 96 | 11-02-61 AAC         |
| 30.64                   | Jannie Schot            | 92 | 08-06-46 Delta Sp.   | 47.87                                          | Gonny Mik             | 00 | 23-03-65 Argo'77     |
|                         |                         |    |                      | 40.92                                          | Mariet Voskamp        | 99 | 23-09-61 Hanzesport  |
| 30.56                   | Marga Kortekaas         | 91 | 05-10-45 Spartaan    |                                                |                       |    |                      |
| 29.86                   | Lenie Sörensen          | 82 | 21-08-35 Groene Ster | 38.74                                          | Bernadet Vlaarkamp    | 89 | 20-04-51 Castricum   |
| 29.86                   | Joke Winkelman          | 99 | 07-12-53 AV'34       | 37.24                                          | Ingrid Zuydervliet    | 93 | 24-05-57 Zuidwal     |
| 29.71                   | Els van Dun             | 02 | 06-08-56 Attila      | 37.18                                          | Monique Peters        | 83 | 21-05-48 AVN         |
| 28.54                   | Mia Dudink              | 95 | 24-12-46 Sagitta     | 36.72                                          | Olga Commandeur       | 97 | 30-10-58 Startbaan   |
|                         |                         |    |                      | 36.32                                          | Saskia Andringa       | 99 | 18-10-63 PAC         |
| 28.54                   | Elly Schouten           | 00 | 08-02-54 HAC-H.      |                                                |                       |    |                      |
| 27.88                   | Anneke Haan             | 94 | 07-05-49 SAV         | 35.86                                          | Hannie Barnhoorn      | 97 | 26-09-60 Trias       |
| 27.80                   | Louise Zimmerman        | 97 | 01-02-50 R'dam Atl.  | 34.96                                          | Anneke Onrust         | 83 | 02-02-46 Daventria   |
| 27.72                   | Wil Florusse            | 96 | 08-01-48 Parthenon   | 34.79                                          | Hannie Barnhoorn      | 00 | 26-09-60 Trias       |
| 27.34                   | Femmy de Graaf          | 92 | 20-10-44 Vet.Ned.    | 34.54                                          | Alma Hollen           | 96 | 25-12-60 Holland-H.  |
|                         |                         |    |                      | 34.36                                          | Bontje Zwier          | 86 | 26-01-50 AV '55      |
| <b>discuswerpen V50</b> |                         |    |                      |                                                |                       |    |                      |
| 40.85                   | Annie van Anholt        | 98 | 22-02-47 Attila      | 33.98                                          | Rina Bogers           | 83 | 15-05-46 Spark       |
| 36.08                   | Corrie Roovers          | 87 | 14-07-35 Sprint      | 33.72                                          | Ria van Steenpaal     | 89 | 20-07-54 Sperwers    |
| 36.02                   | Jolanda Brasser         | 96 | 06-03-46 Trias       | 33.70                                          | Gré Beunder           | 81 | 28-01-45 Lycurgus    |
| 32.70                   | Jet van Wageningen      | 94 | 12-06-42 Typhoon     | 33.45                                          | Carolien Janssen      | 00 | 26-01-64 Pr. Hendrik |
| 28.80                   | Rietje van Walree       | 94 | 25-09-39 Atos        | 33.22                                          | Mia Dudink            | 86 | 24-12-46 Sagitta     |
|                         |                         |    |                      |                                                |                       |    |                      |
| 28.25                   | Marlies van Doorenmalen | 00 | 05-07-46 AV'23       | 33.08                                          | Tiny Hellendoorn      | 93 | 25-03-55 RKDOS       |
| 28.02                   | Rina ten Braak          | 01 | 05-11-50 Parthenon   | 33.04                                          | Mary Larsen           | 81 | 11-12-43 Ilion       |
| 27.62                   | Marga Kortekaas         | 96 | 05-10-45 Spartaan    | 32.94                                          | Ria van Dijk          | 80 | 07-01-43 Bataven     |
| 27.60                   | Henny van Kruchten      | 01 | 10-05-50 Phanos      | 32.94                                          | Ciska Jansen          | 81 | 23-09-44 Sagitta     |
| 26.84                   | Lenie Sörensen          | 85 | 21-08-35 Gr.Ster     | 32.88                                          | Anja van Gernerden    | 97 | 17-10-61 Climax      |
|                         |                         |    |                      |                                                |                       |    |                      |
| 26.84                   | Truus Wientjes          | 88 | 23-07-33 ADA         | <b>speerwerpen V40 (per 1999 nieuwe speer)</b> |                       |    |                      |
| 26.84                   | Anneke Haan             | 00 | 07-05-49 SAV         | 49.26                                          | Lida Berkhout         | 93 | 21-12-52 DEM         |
| 26.68                   | Jannie Schot            | 96 | 08-06-46 Delta Sp.   | 43.26                                          | Gerda Vetter          | 01 | 11-02-61 AAC         |
| 26.58                   | Onneke Doornbos         | 99 | 15-10-48 Trias       | 39.80                                          | Mariet Voskamp        | 02 | 23-09-61 Hanzesport  |
| 26.21                   | Henny van Kruchten      | 00 | 10-05-50 Castricum   | 38.40                                          | Bernadet Vlaarkamp    | 91 | 20-04-51 Castricum   |
|                         |                         |    |                      | 37.32                                          | Tine Schenkels        | 00 | 26-11-55 Reeuwijk    |
| 26.08                   | Wil Florusse            | 02 | 08-01-48 Parthenon   |                                                |                       |    |                      |
| 26.04                   | Femmy de Graaf          | 95 | 20-10-44 Vet.Ned.    | 36.44                                          | Mia Dudink            | 91 | 24-12-46 Sagitta     |
| 26.04                   | Louise Zimmerman        | 01 | 01-12-50 R'dam Atl.  | 35.27                                          | Olga Commandeur       | 99 | 30-10-58 Startbaan   |
| 25.75                   | Weia Reinboud           | 01 | 11-03-50 Hellas      | 34.68                                          | Mary Larsen           | 85 | 11-12-43 Ilion       |
| 25.49                   | Truus Ongena            | 98 | 11-07-47 Holten      | 34.63                                          | Hannie Barnhoorn      | 01 | 26-09-60 Trias       |
|                         |                         |    |                      | 34.22                                          | Henny van Kruchten    | 95 | 10-05-50 Castricum   |
| 25.45                   | Mary Larsen             | 98 | 11-12-43 Ilion       |                                                |                       |    |                      |
| 24.96                   | Mia Linskens            | 97 | 30-12-42 Atos        | 33.79                                          | Ingrid Zuydervliet    | 99 | 24-05-57 AV'23       |
| 24.49                   | Jenny Marcelis          | 99 | 10-08-48 Scorpio     | 33.68                                          | Jopie Baart           | 96 | 14-04-55 Edam        |
| 24.40                   | Tiny Kessels            | 95 | 10-01-43 Ach.-Top    | 33.10                                          | Anja Akkerman         | 95 | 01-05-55 DEM         |
| 23.08                   | Ciska Fischbuch         | 87 | 06-03-35 PAC         | 32.90                                          | Annie Schmitz         | 80 | 27-08-36 ADA         |
|                         |                         |    |                      | 32.83                                          | Marieke van der Kroft | 99 | 31-05-59 AV'56       |

|                                                                 |                       |    |          |             |                                                    |                       |       |          |             |
|-----------------------------------------------------------------|-----------------------|----|----------|-------------|----------------------------------------------------|-----------------------|-------|----------|-------------|
| 32.22                                                           | Anneke Onrust         | 86 | 12-02-46 | Daventria   | 29.56                                              | Marlies van Woerden   | 02    | 09-04-67 | Pr. Hendrik |
| 32.14                                                           | Jeanne Gobbens        | 83 | 26-07-43 | Thor        | 29.41                                              | Carolien Bouwman      | 01    | 02-01-66 | Hellas      |
| 31.80                                                           | Corrie Roovers        | 78 | 14-07-35 | Sprint      | 28.38                                              | Joyce de Wit          | 02    | 26-04-65 | AAV'36      |
| 31.46                                                           | Rina ten Braak        | 91 | 05-11-50 | Parthenon   | 23.93                                              | Judith Beentjes       | 00    | 15-03-64 | Unitas      |
| 31.23                                                           | Margret Sandbrink     | 01 | 20-07-60 | HAC         | 23.32                                              | Jacqueline Baljet     | 02    | 27-11-66 | Leiden Atl. |
| 30.99                                                           | Ingrid van Dijk       | 02 | 19-05-62 | GAC-H.      | <b>kogelslingeren V40 (= 4 kg - tot 18.50 mtr)</b> |                       |       |          |             |
| 30.90                                                           | Tiny Kessels          | 86 | 02-10-43 | Ach.-Top    | 45.76                                              | Ingrid van Dijk       | 02    | 19-05-62 | GAC-H.      |
| 30.86                                                           | Tiny Hellendoorn      | 99 | 25-03-55 | Isala'96    | 37.66                                              | Tiny Hellendoorn      | 99    | 25-03-55 | Isala'96    |
| 30.44                                                           | Toos van der Pennen   | 98 | 21-03-56 | Sprint      | 28.94                                              | Tineke v.d. Berg      | 97    | 04-03-57 | Fivelstreek |
| 30.05                                                           | Sjan Roest            | 99 | 18-05-59 | AVR'69      | 27.48                                              | Ingrid Zuydervliet    | 99    | 24-05-57 | AV'23       |
| <b>speerwerpen V45 (per 1999 nieuwe speer)</b>                  |                       |    |          |             | 21.87                                              | Tine Schenkels        | 00    | 26-11-55 | Reeuwijk    |
| 34.76                                                           | Henny van Kruchten    | 95 | 10-05-50 | Castricum   | 19.98                                              | Rina ten Braak        | 93    | 05-11-50 | Parthenon   |
| 34.40                                                           | Mia Dudink            | 92 | 24-12-46 | Sagitta     | 18.20                                              | Jannet Vermeulen      | 96    | 25-11-55 | Phoenix     |
| 33.83                                                           | Tiny Hellendoorn      | 00 | 25-03-55 | Isala'96    | <b>kogelslingeren V45 (=4 kg - tot 17.00 mtr)</b>  |                       |       |          |             |
| 31.39                                                           | Toos van der Pennen   | 01 | 21-03-56 | Sprint      | 40.73                                              | Tiny Hellendoorn      | 00    | 25-03-55 | Isala'96    |
| 31.36                                                           | Agnes Meulemans       | 95 | 21-05-50 | Ach.-Top    | 32.82                                              | Annie van Anholt      | 96    | 22-02-47 | Attila      |
| 31.19                                                           | Janneke Vierkant      | 98 | 20-12-50 | Zuidwal     | 32.45                                              | Tine Schenkels        | 01    | 26-11-55 | Reeuwijk    |
| 30.08                                                           | Corrie Roovers        | 81 | 14-07-35 | Sprint      | 32.42                                              | Anneke de Pater       | 00    | 13-05-53 | Haag Atl.   |
| 29.89                                                           | Anja Akkerman         | 02 | 01-05-55 | DEM         | 21.58                                              | Rina ten Braak        | 96    | 05-11-50 | Parthenon   |
| 29.73                                                           | Weia Reinboud         | 98 | 11-03-50 | Hellas      | 20.35                                              | Henny van Kruchten    | 98    | 10-05-50 | Castricum   |
| 29.10                                                           | Bep van Pelt          | 96 | 11-01-51 | Leiden      | 20.03                                              | Louise Zimmermann     | 00    | 01-12-50 | R'dam Atl.  |
| 28.96                                                           | Tiny Kessels          | 90 | 02-10-43 | Ach-Top     | 19.44                                              | Jolanda Brasser       | 91    | 06-03-46 | Trias       |
| 28.64                                                           | Rina ten Braak        | 97 | 05-11-50 | Parthenon   | 18.98                                              | Gina Zwinderman       | 96    | 19-05-46 | TAGV        |
| 28.02                                                           | Riet Bresser          | 01 | 09-11-55 | Gouda       | 17.71                                              | Elly Schouten         | 00    | 08-02-52 | HAC         |
| 27.82                                                           | Henny Woering         | 02 | 23-05-56 | AV'23       | 17.37                                              | Javira Buines         | 99    | 18-12-52 | Voorschoten |
| 27.18                                                           | Elly Schouten         | 99 | 08-02-52 | HAC-H.      | 17.34                                              | Weia Reinboud         | 98    | 11-03-50 | Hellas      |
| 27.04                                                           | Tine Schenkels        | 01 | 26-11-55 | Reeuwijk    | <b>kogelslingeren V50 (= 3 kg - tot 17.50)</b>     |                       |       |          |             |
| 26.26                                                           | Wies Ratelband        | 84 | 07-07-35 | Vet. Ned.   | 43.77                                              | Annie van Anholt      | 01    | 22-02-47 | Attila      |
| 26.06                                                           | Jenny Marcelis        | 97 | 10-08-48 | Scorpio     | 25.17                                              | Louise Zimmerman      | 02    | 01-12-50 | R'dam Atl.  |
| 25.82                                                           | Nel Pot               | 97 | 14-07-48 | Noordkop    | 24.84                                              | Gina Zwinderman       | 97    | 19-05-46 | TAGV        |
| 25.50                                                           | Ans Honskoop          | 91 | 28-08-44 | Ciko'66     | 23.58                                              | Jolanda Brasser       | 97    | 06-03-46 | Trias       |
| 25.24                                                           | Rietje van Walree     | 87 | 25-09-39 | Atos        | 22.45                                              | Coby de Boer          | 00    | 26-02-46 | AV'55       |
| 24.89                                                           | Marianne Langezaal    | 99 | 13-03-54 | Leiden Atl. | 21.67                                              | Rina ten Braak        | 01    | 05-11-50 | Parthenon   |
| 24.68                                                           | Bontje Zwier          | 96 | 26-01-50 | AV'55       | <b>kogelslingeren V50 (4 kg)</b>                   |                       |       |          |             |
| 24.56                                                           | Rina Bogers           | 92 | 15-05-46 | Spark       | 37.78                                              | Annie van Anholt      | 00    | 22-02-47 | Attila      |
| 24.44                                                           | Jolanda Brasser       | 91 | 06-03-46 | Trias       | <b>kogelslingeren V55 (= 3 kg)</b>                 |                       |       |          |             |
| <b>speerwerpen V50 (500 gram, internationaal nieuw in 1999)</b> |                       |    |          |             | 43.13                                              | Annie van Anholt      | 02    | 22-02-47 | Attila      |
| 33.89                                                           | Henny van Kruchten    | 01 | 10-05-50 | Phanos      | <b>kogelslingeren V60 (= 3 kg)</b>                 |                       |       |          |             |
| 28.44                                                           | Rina ten Braak        | 01 | 05-11-50 | Parthenon   | 17.99                                              | Bep Loos              | 99    | 13-03-39 | Achilles    |
| 28.38                                                           | Weia Reinboud         | 01 | 11-03-50 | Hellas      | <b>gewicht-werpen V35 (= 9,08 kg)</b>              |                       |       |          |             |
| 26.09                                                           | Jenny Marcelis        | 01 | 10-08-48 | Scorpio     | 16.25                                              | Gonny Mik             | 01+02 | 23-03-65 | Argo'77     |
| 25.67                                                           | Annie van Anholt      | 01 | 22-02-47 | Attila      | 14.60                                              | Mirjam van den Bremen | 02    | 07-03-66 | R'dam Atl.  |
| <b>speerwerpen V50 (400 gram; historisch overzicht top 3)</b>   |                       |    |          |             | 13.06                                              | Ingrid van Dijk       | 01    | 19-05-62 | GAC-H.      |
| 35.45                                                           | Henny van Kruchten    | 00 | 10-05-50 | Castricum   | 11.55                                              | Mariet Voskamp        | 99    | 23-09-61 | Hanzesport  |
| 34.74                                                           | Weia Reinboud         | 00 | 11-03-50 | Hellas      | 9.26                                               | Marlies van Woerden   | 02    | 09-04-67 | Pr. Hendrik |
| 29.99                                                           | Annie van Anholt      | 99 | 22-02-47 | Attila      | 8.59                                               | Joyce de Wit          | 02    | 26-04-65 | AAV'36      |
| <b>speerwerpen V55 (500 gram, internationaal nieuw in 1999)</b> |                       |    |          |             | 8.14                                               | Ingrid Zuydervliet    | 97    | 24-05-57 | AV'23       |
| 25.54                                                           | Annie van Anholt      | 02 | 22-02-47 | Attila      | <b>gewicht-werpen V40 (= 9,08 kg)</b>              |                       |       |          |             |
| 23.43                                                           | Gerda Honkoop         | 01 | 12-07-44 | PAC         | 13.52                                              | Ingrid van Dijk       | 02    | 19-05-62 | GAC-H.      |
| 21.42                                                           | Laura Blommestijn     | 01 | 02-07-44 | R'dam Atl.  | 11.67                                              | Tiny Hellendoorn      | 99    | 25-03-55 | Isala'96    |
| <b>speerwerpen V55 (400 gram; historisch overzicht top 3)</b>   |                       |    |          |             | 8.84                                               | Ingrid Zuydervliet    | 99    | 24-05-57 | AV'23       |
| 30.34                                                           | Corrie Roovers        | 93 | 14-07-35 | Sprint      | 7.13                                               | Tine Schenkels        | 00    | 26-11-55 | Reeuwijk    |
| 26.50                                                           | Gerda Honkoop         | 00 | 12-07-44 | PAC         | <b>gewicht-werpen V45 (= 9,08 kg)</b>              |                       |       |          |             |
| 23.22                                                           | Jo Bleeker            | 88 | 20-12-31 | DEM         | 12.42                                              | Tiny Hellendoorn      | 01    | 25-03-55 | Isala'96    |
| <b>speerwerpen V60 (=400 gram - tot 18.50)</b>                  |                       |    |          |             | 10.13                                              | Tine Schenkels        | 01    | 26-11-55 | Reeuwijk    |
| 27.72                                                           | Corrie Roovers        | 97 | 14-07-35 | Sprint      | 9.72                                               | Annie van Anholt      | 96    | 22-02-47 | Attila      |
| 22.69                                                           | Bep Loos              | 00 | 13-03-39 | Achilles    | 7.28                                               | Henny van Kruchten    | 97    | 10-05-50 | Castricum   |
| 18.90                                                           | Rietje Dijkman        | 99 | 21-06-39 | AV'23       | 6.46                                               | Rina ten Braak        | 99    | 05-11-50 | Parthenon   |
| <b>speerwerpen V65 (=400 gram)</b>                              |                       |    |          |             | <b>gewicht-werpen V50 (= 7,26 kg)</b>              |                       |       |          |             |
| 26.13                                                           | Corrie Roovers        | 00 | 14-07-35 | Sprint      | 15.23                                              | Annie van Anholt      | 02    | 22-02-47 | Attila      |
| <b>kogelslingeren V35 (= 4 kg - tot 23.00 mtr)</b>              |                       |    |          |             | 8.94                                               | Jolanda Brasser       | 97    | 06-03-46 | Trias       |
| 52.54                                                           | Gonny Mik             | 01 | 23-03-65 | Argo'77     | 7.59                                               | Louise Zimmerman      | 02    | 01-12-50 | R'dam Atl.  |
| 45.25                                                           | Ingrid van Dijk       | 02 | 19-05-62 | GAC-H.      | 6.47                                               | Rina ten Braak        | 01    | 05-11-50 | Parthenon   |
| 44.71                                                           | Mirjam van den Bremen | 02 | 07-03-66 | R'dam Atl.  | <b>gewicht-werpen V55 (= 7,26 kg)</b>              |                       |       |          |             |
| 33.11                                                           | Mariet Voskamp        | 00 | 23-09-61 | Hanzesport  | 13.64                                              | Annie van Anholt      | 02    | 22-02-47 | Attila      |
| 32.38                                                           | Gerda Vetter          | 97 | 11-02-61 | AAC         |                                                    |                       |       |          |             |

## ESTAFETTES

### 4x100 V35 nationaal - top 5

|       |                                      |    |
|-------|--------------------------------------|----|
| 50.05 | Thomas-Stavenuiter-Hagenaars-Verhoef | 93 |
| 50.16 | Kuipers-Akkerman-Torbijn-Verhoef     | 96 |
| 50.9  | Linskens-Thomas-Hagenaars-Boekel     | 88 |
| 51.25 | Vennix-De Noorlander-Janssen-Thomas  | 92 |
| 51.29 | L.Jansen-Roelands-Verhoef-Popkema    | 97 |

### 4x100 V35 clubs

|       |               |    |
|-------|---------------|----|
| 51.79 | DEM           | 95 |
| 53.0  | Attila        | 91 |
| 54.0  | Sparta        | 92 |
| 54.2  | ADA           | 92 |
| 54.2  | Prins Hendrik | 93 |

|       |               |    |
|-------|---------------|----|
| 54.54 | DJA           | 98 |
| 55.20 | Haag Atletiek | 96 |
| 55.72 | Trias         | 99 |
| 55.7  | De Bataven    | 89 |
| 55.9  | Energie       | 97 |

|       |           |    |
|-------|-----------|----|
| 56.3  | Atos      | 89 |
| 56.6  | Ilion     | 96 |
| 57.14 | Parthenon | 90 |
| 57.2  | Sprint    | 98 |
| 57.49 | AV'23     | 01 |

|       |             |    |
|-------|-------------|----|
| 57.4  | De Sperwers | 94 |
| 57.5  | Ciko'66     | 89 |
| 57.7  | Delta Sport | 93 |
| 57.87 | PAC         | 00 |
| 58.0  | Hera        | 92 |

|       |           |    |
|-------|-----------|----|
| 58.30 | Noordkop  | 98 |
| 58.43 | Castricum | 00 |
| 58.5  | Atletica  | 91 |
| 58.66 | AV'55     | 97 |

### 4x100 V40 nationaal - top 5

|       |                                    |    |
|-------|------------------------------------|----|
| 50.72 | Thomas-Akkerman-Kuper-Jacobs       | 96 |
| 51.54 | Willemsen-Akkerman-Kuper-Jacobs    | 96 |
| 52.02 | Oost-Roelands-Kuper-Jacobs         | 99 |
| 52.28 | Hagenaars-Akkerman-Berkhout-Thomas | 95 |
| 52.45 | Roggeband-Roelands-Mistry-Jacobs   | 99 |

### 4x100 V40 clubs

|       |                                           |    |
|-------|-------------------------------------------|----|
| 55.52 | Attila (Willemsen-Vennix-Jonkers-Janssen) | 99 |
|-------|-------------------------------------------|----|

### 4x100 V45 nationaal

|       |                            |    |
|-------|----------------------------|----|
| 53.25 | Akkerman-Jacobs-Klomp-Oost | 02 |
|-------|----------------------------|----|

### 4x100 V45 clubs

|       |                                           |    |
|-------|-------------------------------------------|----|
| 56.73 | Attila (Willemsen-Vennix-Jonkers-Janssen) | 99 |
|-------|-------------------------------------------|----|

## VIJFKAMP (of pentathlon)

Volgorde: horden, kogelstoten, hoogspringen, verspringen en 800 meter.

Vermelding: vanaf 2000 punten. Puntentelling: WAVA 1994 met leeftijdscorrecties.

### vijfkamp V35

|       |                       |    |          |             |                               |
|-------|-----------------------|----|----------|-------------|-------------------------------|
| 3.096 | Evie Roelands         | 97 | 12-07-58 | DJA         | 17.2 - 8.46-1.54-4.91-2.44.0  |
| 2.988 | Monique Seerden       | 00 | 07-02-64 | Lionitas    | 19.10-10.02-1.48-4.38-2.28.07 |
| 2.808 | Anja Akkerman         | 94 | 01-05-55 | DEM         | 18.3 - 9.06-1.45-4.85-2.51.5  |
| 2.686 | Hanneke de Noorlander | 91 | 15-11-53 | Pr. Hendrik | 16.4 - 6.78-1.30-5.10-2.59.7  |
| 2.605 | Annemiek Bolte        | 96 | 06-06-60 | GAC-H.      | 18.4 - 9.27-1.33-4.12-2.38.34 |

|       |                       |    |          |             |                               |
|-------|-----------------------|----|----------|-------------|-------------------------------|
| 2.553 | Janet Janssen         | 91 | 29-05-54 | Attila      | 18.83- 8.04-1.31-4.43-2.40.16 |
| 2.550 | Eddy Vennik           | 90 | 05-08-50 | Trias       | 20.08- 9.57-1.43-4.48-2.53.0  |
| 2.410 | Michelle Blommesteijn | 02 | 26-03-66 | R'dam Atl.  | 19.0 - 9.32-1.50-4.52-3.26.3  |
| 2.261 | Lyke Koopstra         | 94 | 12-10-57 | Aalsmeer    | 20.6 - 7.65-1.30-4.07-2.37.9  |
| 2.222 | Janine Kortbeek       | 91 | 03-03-53 | Pr. Hendrik | 21.9 - 6.29-1.35-4.65-2.43.6  |

|       |                 |    |          |             |                              |
|-------|-----------------|----|----------|-------------|------------------------------|
| 2.034 | Willie van Riet | 91 | 15-04-52 | Ilion       | 22.8 - 6.98-1.35-4.44-2.54.7 |
| 2.022 | Francis Heuts   | 91 | 23-02-54 | Pr. Hendrik | 21.0 - 6.81-1.25-3.70-2.37.4 |
| 2.014 | Ilona Mulder    | 99 | 02-06-61 | GAC-H.      | 20.9 - 7.54-1.30-3.96-2.55.6 |

### vijfkamp V40

|       |               |    |          |         |                                |
|-------|---------------|----|----------|---------|--------------------------------|
| 3.705 | Anja Akkerman | 96 | 01-05-55 | DEM     | 13.47- 9.63 -1.45-5.22-2.41.99 |
| 3.690 | Mariet Thomas | 91 | 03-03-51 | DEM     | 13.09-12.37-1.46-4.70-2.50.53  |
| 3.537 | Mia Dudink    | 90 | 24-12-46 | Sagitta | 14.49- 9.59-1.49-4.83-2.36.21  |

### 4x100 V50 nationaal - top 5

|       |                                    |    |
|-------|------------------------------------|----|
| 55.98 | Roovers-Dijkman-Van Walree-Smith   | 91 |
| 56.65 | Roovers-Dijkman-Van Walree-Jonkers | 94 |
| 56.74 | Meijer-Jonkers-Willemsen-Broers    | 97 |
| 57.20 | Roovers-Van Walree-Dijkman-Smith   | 92 |
| 57.34 | Roovers-Jonkers-Dijkman-Broers     | 96 |

### 4x100 V55 nationaal

|       |                              |    |
|-------|------------------------------|----|
| 61.33 | Roovers-Plat-Dijkman-Jonkers | 99 |
|-------|------------------------------|----|

### 4x200 V35 nationaal

|         |                               |    |
|---------|-------------------------------|----|
| 1.46.16 | Oost-Hagenaars-Torbijn-Jacobs | 96 |
|---------|-------------------------------|----|

### 4x200 V40 nationaal

|         |                               |    |
|---------|-------------------------------|----|
| 1.57.46 | Klomp-Dijkman-Kuper-L. Jansen | 96 |
|---------|-------------------------------|----|

### 4x200 V50 nationaal

|        |                                |    |
|--------|--------------------------------|----|
| 2.03.7 | Dijkman-Roovers-Jonkers-Broers | 99 |
|--------|--------------------------------|----|

### 4x400 V35 nationaal - top 5

|         |                                 |    |
|---------|---------------------------------|----|
| 4.04.2  | Oost-Kuper-Klomp-Jacobs         | 96 |
| 4.05.36 | Klomp-Pos-De Zeeuw-Körmeling    | 90 |
| 4.06.49 | Klomp-Mandema-Van Limpt-Benders | 96 |
| 4.07.41 | Kuper-Pos-Klomp-Oost            | 94 |
| 4.08.78 | Klomp-Verbeek-Pos-Körmeling     | 90 |

### 4x400 V40 nationaal

|         |                             |    |
|---------|-----------------------------|----|
| 4.07.88 | Akkerman-Kuper-Klomp-Jacobs | 96 |
| 4.18.83 | Roelands-Kuper-Klomp-Oost   | 99 |
| 4.22.12 | Akkerman-Kuper-Otten-Klomp  | 95 |
| 4.28.00 | Ruijter-Pos-Willemsen-Klomp | 93 |

### 4x400 V50 nationaal

|         |                                 |    |
|---------|---------------------------------|----|
| 4.43.28 | Plat-Van Kooten-Jonkers-Broers  | 96 |
| 5.00.22 | Plat-Van Kooten-Jonkers-Warnaar | 95 |

### 4x800 V35 nationaal

|          |                                                     |    |
|----------|-----------------------------------------------------|----|
| 9.37.29  | Klomp-Pos-Ruijter-Jacobs                            | 92 |
| 10.02.53 | Ross-Meulmeester-Smulders-Kaptijn                   | 92 |
| 10.10.57 | Van den Brand-Smulders-M. van Velzen-Van Rijsbergen | 99 |

### 4x800 V40 nationaal

|         |                                |    |
|---------|--------------------------------|----|
| 9.55.83 | Kaptijn-Mulder-Caris-Papegaaij | 98 |
|---------|--------------------------------|----|

### 4x800 V45 nationaal

|          |                                 |    |
|----------|---------------------------------|----|
| 10.24.08 | L. Jansen-Raap-Van Kempen-Klomp | 99 |
|----------|---------------------------------|----|

### 4x800 V50 nationaal

|          |                                     |    |
|----------|-------------------------------------|----|
| 10.45.43 | Keijzers-Van Kooten-Brugman-Jonkers | 98 |
|----------|-------------------------------------|----|

### 4x800 V55 nationaal

|          |                                     |    |
|----------|-------------------------------------|----|
| 10.33.26 | Jonkers-Van Kooten-Keijzers-Brugman | 99 |
|----------|-------------------------------------|----|

|       |                        |    |                   |                              |
|-------|------------------------|----|-------------------|------------------------------|
| 3.281 | Corrie Roovers (100 H) | 79 | 14-07-35 Sprint   | 16.74- 9.97-1.42-5.06-2.36.1 |
| 3.256 | Elly Schouten          | 92 | 08-02-52 HAC-H    | 15.3 - 8.33-1.46-4.83-2.38.0 |
| 3.115 | Riet Jonkers           | 95 | 04-10-43 Energie  | 14.0 - 8.70-1.28-4.32-2.32.5 |
| 2.917 | Laura Blommestijn      | 84 | 02-07-44 AVR      | 14.1 - 8.05-1.40-4.54-3.06.3 |
| 2.824 | Annemieke Bolte        | 01 | 06-06-60 AV'23    | 15.2 - 9.85-1.30-4.36-2.54.8 |
| 2.580 | Hennie Woering         | 00 | 23-05-56 AV'23    | 14.6 - 7.45-1.35-4.11-3.08.5 |
| 2.533 | Ilona Mulder           | 01 | 02-06-61 GAC-H    | 15.7 - 8.24-1.25-4.19-2.55.6 |
| 2.448 | Willy van Riet         | 92 | 15-04-52 Ilion    | 15.4 - 6.70-1.35-4.39-3.16.4 |
| 2.442 | Mia Linskens           | 86 | 30-12-42 Atos     | 15.2 - 8.54-1.20-4.52-3.17.7 |
| 2.418 | Tine Schenkels         | 99 | 26-11-55 Reeuwijk | 16.6 -12.43-1.40-4.33- 0     |
| 2.213 | Brigitte van de Kamp   | 02 | 15-06-60 GAC-H.   | 15.7 - 7.15-1.25-3.71-3.06.0 |
| 2.147 | Eddie Groot            | 94 | 05-08-50 Trias    | 17.28- 8.61-1.32-3.89-3.24.8 |
| 2.087 | Wendy Akerboom         | 97 | 09-01-55 Fortuna  | 16.0 - 7.15-1.18-4.04-3.17.2 |

#### **vijfkamp V45**

|       |                 |    |                    |                              |
|-------|-----------------|----|--------------------|------------------------------|
| 4.311 | Corrie Roovers  | 83 | 14-07-35 Sprint    | 12.44- 9.86-1.44-4.90-2.41.0 |
| 3.624 | Mary Larsen     | 91 | 11-12-43 Ilion     | 14.0 - 9.05-1.45-4.23-2.51.7 |
| 3.533 | Elly Willemsen  | 93 | 21-03-47 Attila    | 13.2 - 7.20-1.35-5.02-3.11.3 |
| 3.396 | Imke Parlevliet | 79 | 22-05-34 Vet. Ned. | 14.49- 9.19-1.34-4.23-2.56.1 |
| 3.086 | Bep Reidinga    | 84 | 20-11-36 Edam      | 17.5 - 8.84-1.28-4.39-2.44.3 |

|       |                  |    |                   |                               |
|-------|------------------|----|-------------------|-------------------------------|
| 3.036 | Henny Woering    | 02 | 23-05-56 AV'23    | 16.04- 7.84-1.42-4.05-3.07.14 |
| 3.021 | Mia Linskens     | 88 | 30-12-42 Atos     | 14.9 - 9.76-1.20-4.60-3.25.3  |
| 2.910 | Toos Dingenouts  | 91 | 27-12-41 Achilles | 15.9 - 8.64-1.24-4.47-3.13.6  |
| 2.862 | Rietje Dijkman   | 89 | 21-06-39 AV'23    | 15.1 - 7.59-1.30-4.37-3.26.7  |
| 2.776 | Annie van Anholt | 94 | 22-02-47 Attila   | 16.6 - 9.04-1.41-4.14-3.35.3  |

|       |                   |    |                   |                              |
|-------|-------------------|----|-------------------|------------------------------|
| 2.380 | Margreeth Hissink | 97 | 23-03-50 Spark    | 18.1 - 6.97-1.21-3.54-2.54.7 |
| 2.320 | Tineke Voetberg   | 00 | 09-01-55 Avantri  | 18.1 - 6.97-1.28-3.65-3.14.8 |
| 2.205 | Loes Lasschuit    | 92 | 30-10-46 Achilles | 17.3 - 7.62-1.28-3.78-3.53.8 |

#### **vijfkamp V50**

|       |                   |    |                    |                               |
|-------|-------------------|----|--------------------|-------------------------------|
| 4.484 | Corrie Roovers    | 87 | 14-07-35 Sprint    | 13.08-10.76-1.42-4.62-2.49.10 |
| 4.208 | Weia Reinboud     | 02 | 11-03-50 Hellas    | 14.56- 9.50-1.55-4.31-2.54.43 |
| 3.665 | Rietje Dijkman    | 91 | 21-06-39 Vet. Ned. | 13.5 - 7.45-1.30-4.36-3.02.3  |
| 3.496 | Imke Parlevliet   | 84 | 22-05-34 Tartletos | 15.5 - 9.07-1.38-4.07-3.08.5  |
| 3.402 | Rietje van Walree | 94 | 25-09-39 Atos      | 14.6 - 8.77-1.23-4.25-3.09.49 |

|       |                   |    |                     |                              |
|-------|-------------------|----|---------------------|------------------------------|
| 3.212 | Laura Blommestijn | 95 | 02-07-44 R'dam Atl. | 16.5 - 9.58-1.33-4.17-3.24.9 |
| 2.453 | Mia Linskens      | 97 | 30-12-42 Atos       | 18.2 -10.17-1.10-4.05-3.49.3 |

#### **vijfkamp V55**

|       |                   |    |                     |                              |
|-------|-------------------|----|---------------------|------------------------------|
| 3.950 | Laura Blommestijn | 99 | 02-07-44 R'dam Atl. | 15.0 - 9.23-1.33-4.13-3.22.2 |
| 3.939 | Rietje Dijkman    | 94 | 21-06-39 AV'23      | 14.1 - 7.54-1.25-4.30-3.13.2 |

#### **vijfkamp V60**

|       |                |    |                |                              |
|-------|----------------|----|----------------|------------------------------|
| 4.654 | Rietje Dijkman | 99 | 21-06-39 AV'23 | 14.1 - 7.41-1.33-4.08-3.05.0 |
|-------|----------------|----|----------------|------------------------------|

#### **GEWICHT-VIJFKAMP**

Volgorde: kogelslingeren, kogelstoten, discuswerpen, speerwerpen en gewichtwerpen.  
Vermelding: vanaf 2000 punten. Puntentelling: WAVA 1994 met leeftijdscorrecties.

#### **gewicht-vijfkamp V35**

|       |                       |    |                      |                               |
|-------|-----------------------|----|----------------------|-------------------------------|
| 3.811 | Gonny Mik             | 02 | 23-03-65 Argo'77     | 50.94-10.52-35.11-28.35-16.25 |
| 3.591 | Mirjam van den Bremen | 02 | 07-03-66 R'dam Atl.  | 41.59-13.06-36.46-26.22-14.34 |
| 3.338 | Ingrid van Dijk       | 01 | 19-05-62 GAC-H.      | 40.92-10.38-37.17-27.61-13.06 |
| 3.017 | Mariet Voskamp        | 00 | 23-09-61 Hanzesport  | 29.10-10.39-29.15-37.27-11.55 |
| 2.404 | Ingrid Zuydervliet    | 97 | 24-05-57 AV'23       | 19.68- 9.78-32.12-30.40- 8.14 |
| 2.272 | Joyce de Wit          | 00 | 26-04-65 AAV'36      | 26.92- 9.34-26.72-22.74- 8.29 |
| 2.143 | Marties van Woerden   | 02 | 09-04-67 Pr. Hendrik | 29.29- 7.81-19.85-21.26- 9.26 |

#### **gewicht-vijfkamp V40**

|       |                    |    |                   |                               |
|-------|--------------------|----|-------------------|-------------------------------|
| 3.947 | Ingrid van Dijk    | 02 | 19-05-62 GAC-H.   | 43.97-10.72-39.10-30.99-13.43 |
| 3.617 | Tiny Hellendoorn   | 99 | 25-03-55 Isala'96 | 36.19-11.68-36.83-30.86-11.67 |
| 2.681 | Ingrid Zuydervliet | 98 | 24-05-57 AV'23    | 23.97- 9.37-26.42-29.16- 9.13 |
| 2.623 | Tine Schenkels     | 00 | 26-11-55 Reeuwijk | 21.87-11.19-32.88-25.40- 7.13 |

#### **gewicht-vijfkamp V45**

|       |                    |    |                    |                               |
|-------|--------------------|----|--------------------|-------------------------------|
| 4.024 | Tiny Hellendoorn   | 00 | 25-03-55 Isala'96  | 37.22-11.65-34.15-27.83-11.99 |
| 3.875 | Tine Schenkels     | 01 | 26-11-55 Reeuwijk  | 32.45-12.25-39.68-27.02-10.13 |
| 3.434 | Annie van Anholt   | 96 | 22-02-47 Attila    | 26.52-10.20-41.52-22.96- 9.72 |
| 2.621 | Henny van Kruchten | 97 | 10-05-50 Castricum | 15.96- 8.17-24.70-31.54- 7.28 |
| 2.879 | Rina ten Braak     | 98 | 05-11-50 Parthenon | 19.49- 9.33-29.13-28.21- 8.02 |

#### **gewicht-vijfkamp V50 (met speer 500 gram, nieuw in 2000)**

|       |                  |    |                     |                               |
|-------|------------------|----|---------------------|-------------------------------|
| 3.987 | Annie van Anholt | 01 | 22-02-47 Attila     | 42.86-10.59-33.97-24.73-13.53 |
| 2.603 | Rina ter Braak   | 01 | 05-11-50 Parthenon  | 21.67- 9.88-24.67-25.89- 6.47 |
| 2.269 | Louise Zimmerman | 02 | 01-12-50 R'dam Atl. | 25.17- 8.31-22.60-13.81- 7.59 |

**gewicht-vijfkamp V50 (met speer 400 gram)**

|       |                  |    |                 |                               |
|-------|------------------|----|-----------------|-------------------------------|
| 4.113 | Annie van Anholt | 00 | 22-02-47 Attila | 43.28-10.69-33.49-26.18-14.52 |
| 2.982 | Jolanda Brasser  | 97 | 06-03-46 Trias  | 23.08- 9.88-33.40-22.92- 8.94 |

**gewicht-vijfkamp V55 (met speer 500 gram, nieuw in 2000)**

|       |                  |    |                 |                               |
|-------|------------------|----|-----------------|-------------------------------|
| 4.571 | Annie van Anholt | 02 | 22-02-47 Attila | 41.77-11.05-36.19-24.69-13.10 |
|-------|------------------|----|-----------------|-------------------------------|

**ZEVENKAMP (of heptathlon)**

Volgorde dag 1: korte horden, hoogspringen, kogelstoten en 200; dag 2: verspringen, speerwerpen en 800.  
Alleen bij minimaal 2500 punten opgenomen.

**zevenkamp V35**

|       |                 |    |                      |                                           |
|-------|-----------------|----|----------------------|-------------------------------------------|
| 5.347 | Mary Larsen     | 82 | 11-12-43 Ilion       | 15.3 -1.63-10.60-26.7 /5.37-30.88-2.21.2  |
| 4.431 | Alma Hollen     | 97 | 25-12-60 Holland-H.  | 16.78-1.31-10.44-27.87/4.67-34.14-2.33.32 |
| 4.318 | Anja Akkerman   | 94 | 01-05-55 DEM         | 18.32-1.47- 9.19-27.50/4.92-32.68-2.43.76 |
| 4.039 | Monique Seerden | 01 | 07-02-64 Lionitas    | 18.59-1.54-10.02-29.81/4.25-25.11-2.32.07 |
| 3.613 | Annemiek Bolte  | 95 | 06-06-60 GAC-H.      | 18.6 -1.30- 9.61-28.4 /4.67-15.40-2.38.1  |
| 3.437 | Joke Torbijn    | 94 | 29-10-57 Parthenon   | 19.13-1.40- 6.28-27.84/4.79-12.60-2.46.22 |
| 3.166 | Janine Kortbeek | 92 | 03-05-53 Pr. Hendrik | 21.1 -1.50- 6.29-30.8 /4.87-12.16-2.43.3  |

**zevenkamp V40**

|       |                           |    |                      |                                           |
|-------|---------------------------|----|----------------------|-------------------------------------------|
| 5.039 | Mia Dudink                | 91 | 24-12-46 Sagitta     | 14.10-1.53-10.07-29.24/4.45-36.44-2.38.09 |
| 5.038 | Mariet Thomas             | 91 | 03-03-51 DEM         | 13.23-1.44-11.43-27.12/4.71-24.36-2.42.35 |
| 4.954 | Anja Akkerman             | 95 | 01-05-55 DEM         | 14.26-1.36- 9.72-27.86/4.90-33.10-2.36.86 |
| 3.761 | Marga Otten               | 94 | 11-11-52 Trias       | 15.0 -1.25- 7.09-29.2 /4.44-18.72-2.44.9  |
| 3.565 | Jannet Vermeulen          | 96 | 25-11-55 Phoenix     | 20.9 -1.34- 6.25-30.1 /4.24-17.40-2.31.4  |
| 3.392 | Lisette Kaptijn           | 96 | 03-03-56 Spartaan    | 21.2 -1.25- 6.34-31.0 /4.34-17.96-2.33.0  |
| 3.116 | Netty van Hedel (sen.mat) | 92 | 18-03-49 Pr. Hendrik | 18.2 -1.15- 8.72-29.7 /4.24-16.84-2.58.3  |
| 2.667 | Laura Blommesteijn(100 H) | 88 | 02-07-44 AVR         | 19.6 - 1.40- 6.17-32.5 /4.24-18.24-3.39.5 |

**zevenkamp V45**

|       |                        |    |                      |                                           |
|-------|------------------------|----|----------------------|-------------------------------------------|
| 5.379 | Weia Reinboud          | 98 | 11-03-50 Hellas      | 14.26-1.54- 8.56-30.60/4.62-29.73-2.42.95 |
| 4.889 | Mia Dudink             | 93 | 24-12-46 Sagitta     | 14.45-1.35- 9.00-30.72/4.29-29.60-2.50.22 |
| 4.232 | Sjan Roest             | 00 | 18-05-59 AVR'69      | 17.0 -1.41-8.29-32.5 /3.80-25.13-3.03.1   |
| 3.828 | Janine Kortbeek (100H) | 02 | 03-05-53 Pr. Hendrik | 21.07-1.45- 6.40-30.70/4.40-15.49-2.48.43 |

**zevenkamp V50**

|       |                   |    |                 |                                           |
|-------|-------------------|----|-----------------|-------------------------------------------|
| 5.555 | Corrie Roovers    | 89 | 14-07-35 Sprint | 13.5 -1.36-10.38-28.6 /4.19-27.76-2.57.2  |
| 4.939 | Rietje Dijkman    | 91 | 21-06-39 AV'23  | 14.41-1.33- 7.49-30.52/4.33-21.90-2.57.66 |
| 4.379 | Rietje van Walree | 91 | 25-09-39 Atos   | 17.45-1.27- 8.55-30.53/3.95-20.42-2.59.64 |

**zevenkamp V55**

|       |                |    |                 |                                           |
|-------|----------------|----|-----------------|-------------------------------------------|
| 6.298 | Corrie Roovers | 91 | 14-07-35 Sprint | 13.54-1.30-10.30-29.13/3.94-30.12-2.50.15 |
|-------|----------------|----|-----------------|-------------------------------------------|

**zevenkamp V60**

|       |                |    |                |                                           |
|-------|----------------|----|----------------|-------------------------------------------|
| 6.095 | Rietje Dijkman | 99 | 21-06-39 AV'23 | 14.24-1.30- 8.80-31.57/3.97-18.90-3.12.68 |
|-------|----------------|----|----------------|-------------------------------------------|

**NK BAAN GRONINGEN 9 juni 2002**  
**(geen snelwandelen, kogelslingeren en steeple)**

**MANNEN**

**100m** M40: (0,0) 1. Erik Oostweegel (Phanos) 11,32, 2. Eric Roeske (Hellas) 11,34, 3. Kay Schaafsma (Sprint) 11,48 – M45: (+0,05) 1. Ricardo Hill (Hercules) 12,30 – M50: (-0,3) 1. Fred van Gasteren (AV'34) 12,32, 2. Kees Bakx (Diomedon) 12,58, 3. Ko Florusse (Parthenon) 12,74 – M55: (0,0) 1. Hans Schouten (Trias) 12,85 (ATL 2), 2. Jelle van der Schaaf (Hylas) 13,17, 3. Cees Roosen (Holland) 13,37 – M60: (0,0) 1. Ron Landré (Spartaan) 14,18 – M65: (w ?) 1. Geert van Dijk (Vet.Ned) 14,12, 2. Pieter Schouten (GAC-H) 14,32, 3. Jan Sloodbeek (GAC-H) 15,46.

**200m** M40: (-1,4) 1. Eric Roeske 22,75, 2. Kay Schaafsma 23,03, 3. John van Vliet (Suomi) 25,35 – M45: (w ?) 1. Jos Janssen (Climax) 29,05 – M50: (-0,8) 1. Glenn Gentle (Avon) 24,86 (ATL 3), 2. Kees Bakx 25,42 (ATL 9), 3. Wim Threels (GAC-H) 25,60 – M55: (-0,5) 1. Wim Scholtes (Sparta) 25,44, 2. Hans Rodermond (PAC) 26,70, 3. Jelle van der Schaaf 26,76 – M60: (geen tijden) 1. Rob Kila (Vet.Ned), 2. Ron Landré M65: (-0,3) 1. Geert van Dijk 28,78, 2. Pieter Schouten 29,80 – M70: (-0,3) 1. Arend Koet (Castricum) 32,46, 2. Boy van Heemstede (Fortuna) 32,50.

**400m** M45: 1. Gé van der Kraan (AV'40) 56,49, 2. Bert de Graaff (Almere'81) 58,79, 3. Jan Jepma (Lionitas) 60,29 – M50: 1. Wim Threels 55,17 (ATL 4), 2. Fred van Gasteren 55,33, 3. Kees Bakx 56,97 (ATL 10) – M55: 1. Wim Scholtes 62,66, 2. Rob van Mechelen (Thor) 64,57 – M60: 1. Rob Kila (Vet.Ned.) 65,26, 2. Ben Maas (Tempo) 69,28 – M70: 1. Boy van Heemstede 81,35.

**800m** M40: 1. Hans van de Mortel (LGD) 2.02,54, 2. Corné Haast (Spado) 2.03,15, 3. Jan van Heteren (Slidrecht) 2.04,00 – M45: 1. Henk van Eck (GAC-G) 2.02,85, 2. Nico Alberts (PAC) 2.04,18, 3. Bert de Graaff 2.08,34 – M50: 1. Eugene van Kruchten (Castricum) 2.07,95 (ATL 4), 2. Herman van Tongeren (Almere'81) 2.11,78, 3. Tony Tissen (AVN) 2.15,70 – M55: 1. Ronald Mercelina (AAC) 2.10,43, 2. Nico Brakenhoff (Castricum) 2.24,45 – M60: 1. Wim Metselaar (Aalsmeer) 2.22,31 (ATL 7) – M65: 1. Cees Vooijs (Gouda) 3.20,72.

**1500m** M40: 1. Cock van der Hulst (Hera) 4.17,01, 2. Dick van Zalinge (Edam) 4.17,15, 3. Alfons van Geel (LTES) 4.17,27 – M45: 1. Ruud van der Laan (Almere'81) 4.18,56, 2. Henk van Eck 4.19,68, 3. Jan Poels (Venray) 4.31,11 – M50: 1. Herman van Tongeren 4.45,74, 2. Eddy Smit (DeltaSport) 4.46,66, 3. Arie Snoek (Hera) 4.47,20 – M55: 1. Aad Vink (Energie) 5.43,33 – M60: 1. Peter Keizer (Atos) 5.31,99 – M65: 1. Louis Vink (Atos) 5.42,57 (ATL 8).

**5000m** M40: 1. Willem Boon (Spartaan) 15.42,49, 2. Theo Peeters (AVV) 15.50,96, 3. Harry Tupan (AAC'61) 15.55,92 – M45: 1. Theo van der Veer (Climax) 15.40,77, 2. Cees Kraaijeveld (Cialfo) 15.55,18, 3. Ruud Woord (Thor) 15.57,29 – M50: 1. Ton van Doorn (Phanos) 16.52,93, 2. Eddy Smit 16.58,77 – M55: 1. Ruud Nieuwenhuis (Kombij) 19.59,71 – M60: 1. Frans Goudart (Liemers) 18.34,89.

**400H** M40: 1. Jaap Nauta (Spirit) 64,91, 2. Jaap Liefing (Lionitas) 71,23 – M45: 1. Martin Knoops 63,25 – M50: 1. Henk Nordt (Zuidwal) 69,85 (ATL 9), 2. Bert Vreeswijk (Typhoon) 70,97 (ATL 10) – M55: 1. Jelle van der Schaaf 70,99.

**hoog** M40: 1. Helmut Drabben (AV'23) 1,75 – M45: 1. Wim Roosen (Holland) 1,75 (p.r. was 1,62 ATL 5), 2. Dirk-Jan Giskes (Lycurgus) 1,60 – M50: 1. Jan Huijbers (GAC-G) 1,70, 2. Ton de Graaff (AVN) 1,60 – M55: 1. René Hondelink (Cialfo) 1,55 (ATL 2), 2. Rob Dekker (Castricum) 1,50 (ATL 10), 3. Cees Jägers (GAC-H) 1,45 – M60: 1. Ben Maas (Tempo) 1,25 – M65: 1. Jan Sloodbeek 1,30 (ATL 4), 2. Kees van Giezen (GAC-H) 1,25 – M70: 1. Arend Koet 1,35, 2. Cor Braak (Waterland) 1,25 (ATL 2).

**polshoog** M40: 1. Siebe van Genesen (AVN) 3,40 – M45: 1. Frans van der Ham (Avantri) 3,80 – M50: 1. Bert Vreeswijk (Typhoon) 3,00 (ATL 6) – M55: 1. Cees Jägers 2,40 – M60: 1. Ben Maas 2,20 – M65: 1. Kees van Giezen 2,20 – M70: 1. Arend Koet 2,00.

**ver** M40: 1. Alje Kuiper (Ilion) 6,71 (+1,2), 2. Jeroen Bronwasser (PH) 6,38 (+1,3), 3. André Lassooij (GAC-H) 4,70 (+1,2) – M45: 1. Piet Wietzes (GVAV-Rap.) 5,92 (+1,0/ATL 4), 2. Frans van der Ham 5,63 (+1,2) – M50: 1. Jan Huijbers 5,40 (+0,4), 2. Wim Hellebrekers (Weert) 5,00 (+2,4), 3. Koos Hanswijk (Diomedon) 4,62 (+1,1) – M55: 1. Wim Scholtes 5,28 (+2,5), 2. Frans v.d. Veeren (Vet.Ned.) 4,50 (+2,5), 3. Hans Schouten 4,33 (+1,4) – M65: 1. Geert van Dijk 4,35 (+1,3), 2. Jan Sloodbeek 4,03 (+1,2/ATL 7).

**hinkstap** M40: 1. Helmut Drabben (+0,0) 12,17 – M45: 1. May Stokman (AVV) 11,26 (-0,3), 2. Dirk-Jan Giskes 9,89 (+0,2) – M50: 1. Glenn Gentle 11,77 (+0,0), 2. Jan Huijbers 11,76, 3. Henk Nordt 9,89 (+0,0) – M65: 1. Cees Vooijs 7,87 (-0,1).

**kogel** M40: 1. Milco Braak (AAV'36) 12,71, 2. Theo Goossens (GAC-G) 12,29, 3. Albert van der Mee (Sprint) 12,16 – M45: 1. Rob Hermans (Ach.-Top) 12,91 – M50: 1. Martin Regtop (Tion) 15,04, 2. Hans Schouten (Hollandia) 13,65, 3. Jack Dekker (Castricum) 13,56 (ATL 7) – M55: 1. Jan Titulaer (PSV) 11,67, 2. Roland Henriquez (GAC-H) 11,28 – M60: 1. Frits Martens (Hollandia) 12,81, 2. Peter Blommestijn (R'dam Atl.) 11,85 (ATL 4) – M65: 1. Wim Fokker (Atverni) 12,49, 2. Cees Vooijs 9,25 – M70: 1. Jan Smit (PSV) 10,63, 2. Jan Oerlemans (AVN) 10,50.

**discus** M40: 1. Milco Braak 42,65, 2. Theo Goossens 39,55, 3. Albert van der Mee 39,21 – M45: 1. Sylvain Ephimenco (R'dam Atl.) 45,85, 2. Rob Hermans 38,19 – M50: 1. Hans Schouten 48,47, 2. Martin Regtop 47,98, 3. Jack Dekker 43,08 – M55: 1. Wim de Graaff (AVN) 39,93, 2. Jan Titulaer 33,45 – M60: 1. Frits Martens 42,92, 2. Jan Pronk (Trias) 42,26, 3. Peter Blommestijn 38,69 – M65: 1. Wim Fokker 35,05 – M70: 1. Jan Smit 35,00, 2. Cor Braak 33,86, 3. Jan Oerlemans 33,02.

## NK BAAN Groningen 9 juni 2002 (vervolg)

**speer M40:** 1. Keith Beard (R'dam Atl.) 62,34, 2. Siebe van Genesen 43,03, 3. Albert van der Mee 41,60 – **M45:** 1. Dirk Kooreman (Zaanland) 57,86, 2. Wim Roosen 55,53, 3. Sylvain Ephimenco 52,55 – **M50:** 1. Glenn Gentle 49,02, 2. Wim Threels 47,76, 3. Ad Oomen (GVAC) 44,15 – **M55:** 1. Cees Roosen 40,26, 2. Jan Titulaer 39,43, 3. Leslie Martina (Diomedon) 36,28 – **M60:** 1. Feico Jansma (AV'55) 36,28 – **M65:** 1. Wim Fokker 37,83 – **M70:** 1. Cor Braak 33,42, 2. Jan Oerlemans 26,30.

## VROUWEN

**100m V35:** (-0,4) 1. Angelina Hammond (Phanos) 13,63, 2. Mary van Doorn (Trias) 13,83, 3. Therry in 't Groen (Scorpio) 13,99 – **V40:** (-0,3) 1. Joke Torbijn (Parthenon) 13,29, 2. Hermien Roggeband (DeltaSport) 13,30, 3. Hanny Barnhoorn (Trias) 13,97 – **V55:** (-0,3) 1. Marja Broers (Lycurgus) 15,42, 2. Riet Jonkers (Attila) 15,93 – **V60:** (-0,3) 1. Rietje Dijkman (AV'23) 15,52.  
**200m V35:** (-1,4) 1. Mary van Doorn 29,17, 2. Ellis Koese (Aalsmeer) 29,31, 3. Jacqueline Koenis (Hera) 29,91 – **V40:** (w ?) 1. Joke Torbijn 27,27, 2. Hermien Roggeband 27,39 – **V45:** (-0,6) 1. Anja Akkerman (DEM) 28,62 – **V50:** (-0,6) 1. Lena Jansen (Energie) 29,90, 2. Afra Kruyer (Hera) 30,10 – **V55:** (-0,6) 1. Marja Broers 31,92, 2. Riet Jonkers 32,54.  
**400m V35:** 1. Janneke Roona (Impala) 63,73, 2. Jacqueline Koenis 66,79 – **V40:** 1. Marja Mulder (Sportlust) 66,01 – **V50:** 1. Lena Jansen 67,95, 2. Afra Kruyer 70,05 – **V55:** 1. Marja Broers 80,43.  
**800m V35:** 1. Loes Delleman (Keien) 2.20,14, 2. Maaike Hornstra (Friesland) 2.22,22 – **V40:** 1. Marja Mulder 2.26,24 – **V60:** 1. Corrie Keijsers (Weert) 2.40,68..  
**1500m V40:** 1. Corina Dekker (Hera) 4.49,19.  
**5000m V50:** 1. Trees Rutten (AVN) 24.09,69 – **V60:** 1. Corrie Keijsers 20.26,46  
**100H V35:** (-2,8) 1. Tessy Lenting (Spartaan) 19,03, 2. Ellis Koese 20,17, 3. Mirjam Verwey (AVN) 20,49.  
**400H V35:** 1. Tessy Lenting 73,15, 2. Rian Peeters (Atledo) 73,63.  
**hoog V35:** 1. Patsy Kolhorn (Achilles) 1,65 – **V50:** 1. Weia Reinboud (Hellas) 1,55 – **V55:** 1. Laura Blommestijn (R'dam Atl.) 1,20 – **V60:** 1. Rietje Dijkman 1,30.  
**ver V35:** 1. Therry in 't Groen 4,62 (+0,3) – **V40:** 1. Hanny Barnhoorn 4,47 (+0,0) – **V45:** 1. Anja Akkerman 4,83 (+0,0), 2. Janine Kortbeek (PH) 4,71 (+0,8).  
**hinkstap (w ?) V35:** 1. Therry in 't Groen 9,93, 2. Rian Peeters 9,62 – **V45:** 1. Janine Kortbeek 10,51 – **V45:** 1. Weia Reinboud 9,62 – **V55:** 1. Laura Blommestijn 8,37 – **V60:** Rietje Dijkman 8,93.  
**kogel V35:** 1. Mirjam van den Bremen (R'dam Atl.) 13,22, 2. Jannet van Noord (Lycurgus) 12,73, 3. Joyce de Wit (AAV'36) 9,09 – **V40:** 1. Ingrid van Dijk (GAC-H) 10,16 – **V45:** 1. Tine Schenkels (Reeuwijk) 11,79 – **V50:** 1. Henny van Kruchten (Phanos) 9,54 – **V55:** 1. Annie van Anholt (Attila) 11,29,  
**discus V35:** 1. Jannet van Noord 38,42, 2. Rian Peeters 31,27, 3. Joyce de Wit 27,31 – **V40:** 1. Ingrid van Dijk 40,03, 2. Hanny Ebbekink (Tion) 35,48 – **V45:** 1. Tine Schenkels 40,25 – **V50:** 1. Henny van Kruchten 24,75 – **V55:** 1. Annie van Anholt 33,92, 2. Jolanda Brasser (Trias) 30,09.  
**speer V40:** 1. Hanny Barnhoorn 33,55, 2. Ingrid van Dijk 30,01 – **V45:** 1. Anja Akkerman 29,89, 2. Riet Bresser (Gouda) 25,40 – **V50:** 1. Henny van Kruchten 33,28 – **V55:** 1. Gerda Honkoop (PAC) 21,60.

## NK SNELWANDELEN 5000 meter Barendrecht 18 mei 2002

**Mannen M40:** 1. Richard Leijenaar (RWV) 25.19.35, 2. Hans van der Knaap (RWV) 25.40.00, 3. René Bouwmeester (Zaanland) 30.06.80 – **M45:** 1. Wim van Bremen (RWV) 32.04.14, 2. Paul Maas (RWV) 33.06.63 – **M50:** 1. Theo Koenis (De Lat) 25.36.43, 2. Fred Röhner (Unitas) 27.39.20, 3. Hans van Wakeren (Unitas) 28.19.42 – **M55:** 1. Ad van Oijen (Weert) 29.51.19, 2. Gerrit Tigchelaar (Zaanland) 32.46.32, 3. Klaas Bunschoten (RWV) 35.35.86 – **M65:** 1. Klaas Bakker (RWV) 29.03.43, 2. Tjabel Ras (RWV) 30.04.34 en **M80:** Henri Gest (Zaanland) 39.36.42.  
**Vrouwen V35:** 1. Karin Hopman (RWV) 25.51.91 – **V40:** 1. Truus van Wijnen (RWV) 19.39.99, **V50:** 1. Marleen Radder (RWV) 16.55.42 en **V55:** 1. Riet Jonkers (Attila) 20.38.97.

## NK KOGELSLINGEREN Eindhoven 15 juni 2002

**Mannen M40:** 1. Theo Goossens (GAC-G) 42,13, 2. John Stegman (R'dam Atl.) 39,28, 3. Albert van der Mee (Sprint) 30,08 – **M45:** 1. Hans Mulders (PSV) 38,03, 2. Albert Lammers (Parthenon) 35,13, 3. Hsns de Vries (SAV) 25,58 – **M50:** 1. Martin Regtop (Tion) 44,37, 2. Jack Dekker (Castricum) 39,72, 3. Frans Klep (PSV) 34,30 – **M55:** 1. Jan Titulaer (PSV) 41,44 – **M70:** 1. Jan Smit (PSV) 37,11.  
**Vrouwen V35:** 1. Gonny Mik (Argo'77) 51,51, 2. Marlies van Woerden (PH) 28,76, 3. Joyce de Wit (AAV'36) 27,77 – **V40:** 1. Ingrid van Dijk (GAC-H) 44,67 – **V55:** 1. Annie van Anholt (Attila) 41,52.

## NK STEEPLECHASE 3000 meter Valkenswaard 31 augustus 2002

**M40:** 1. Theo Peeters (AVV) 10.18.83, 2. Chris Henet (Ciko'66) 10.19.68, 3. Evert Groen (Gen. Mich.) 10.38.68 – **M45:** 1. Gerard van Lent (Suomi) 10.49.29.

## EK baan Potsdam 15-25 augustus 2003

### Nederlandse medailles (37)

**Goud (15):** 200m M40 Eric Roeske 22,55 (-0,5), hf 22,37 (-0,7) en V45 Sonja Oost 26,82 (-0,6) – **400m** M40 Eric Roeske 47,86 WR (serie 53,79 en hf 48,97) – **4x100m** V45 53,25 (Anja Akkerman, Tilly Jacobs, Diny Klomp, Sonja Oost) – **marathon** M45 Gerard Hendriks 2.34,45 – **hoogspringen** M50 Jan Huijbers 1,85 en V50 Weia Reinboud 1,50 – **hinkstapspringen** V45 Janine Kortbeek 10,89 (0,0) en V50 Weia Reinboud 10,24 (0,0) – **kogelstoten** V45 Tine Schenkels 12,15 – **kogelslingeren** V55 Annie van Anholt 41,46 – **vijskamp** M50 Glenn Gentle 3938 (ver 5,23, speer 45,25, 200m 24,61, discus 38,09, 1500m 5.00,66) en V50 Weia Reinboud 4208 (80H 14,56, hoog 1,55, kogel 9,50, ver 4,31, 800m 2.54,43) – **gewicht-vijskamp** V35 Gonny Mik 3811 (kogelslingeren 50,94, kogelstoten 10,52, discus 35,11, speer 28,35, gewichtwerpen 16,25) en V55 Annie van Anholt 4384 (kogelslingeren 42,91, kogelstoten 10,50, discus 33,27, speer 25,54, gewichtwerpen 11,91).

**Zilver (11):** 100m M40 Eric Roeske 10,98 (0,0) en V45 Sonja Oost 13,26 (-0,2), hf 13,19 (+0,8) – **80m horden** M75 Frans Buys 17,10 (-0,1) – **110m horden** M40 Rob de Weger 16,02 (-0,9) – **hinkstapspringen** V60 Rietje Dijkman 8,84 (+0,9) – **discuswerpen** V45 Tine Schenkels 39,11 en V55 Annie van Anholt 34,10 – **speerwerpen** M40 Keith Beard (GBR/R'dam Atl.) 65,80, **kogelslingeren** V40 Ingrid van Dijk 44,73 – **vijskamp** M50 Wim Threels 3699 (ver 5,16, speer 45,43, 200m 25,02, discus 29,41, 1500m 5.00,11) – **gewicht-vijskamp** M50 Martin Regtop 4252 (kogelslingeren 47,29, kogelstoten 14,46, discus 46,49, speer 36,98, gewichtwerpen 17,64) en V40 Ingrid van Dijk 3929 (kogelslingeren 44,38, kogelstoten 10,67, discus 39,09, speer 29,76, gewichtwerpen 13,51).

**Brons (11):** 400m M55 Wim Scholtes 56,75, V45 Sonja Oost 61,11 en V50 Diny Klomp 68,22 (serie 67,93) – **800m** M45 Henk van Eck 2.02,96 – **marathon** M55 Ko van der Weijden 2.56.18 – **5000m snelwandelen** M80 Henri Gest 40.08,41 – **hoogspringen** V35 Patsy Kolhorn 1,60, V45 Henny Woering 1,40 en V60 Rietje Dijkman 1,29 – **kogelslingeren** V35 Gonny Mik 50,47 – **gewicht-vijskamp** V35 Mirjam van den Bremen 3591 (kogelslingeren 41,59, kogelstoten 13,06, discus 36,46, speer 26,22, gewichtwerpen 14,34).

### Andere finalisten en goede Nederlandse prestaties

**100m** M40: 6. Kay Schaafsma 11,44 (0,0), hf 11,36 (+0,4), M45: 7. Ricardo Hill 11,74 (+1,8) – **200m** M40: 4. Kay Schaafsma 22,80 (-0,5), M50: Glenn Gentle DNS finale, serie 24,67 (+0,2) – V45: 4. Anja Akkerman 27,70 (-0,6), 6. Tilly Jacobs 27,95 (-0,6), serie 27,72 (-0,3) – **400m** M70: 7. Boy van Heemstede 74,99, V45: 5. Tilly Jacobs 62,51 – **800m** V35: 5. Maaike Hornstra 2.15,70, V45: 4. Marja Mulder 2.31,56 – **1500m** M40: 10. Henri Havinga 4.09,18, M55: 10. Nico Brakenhoff 4.45,72 – **5000m** M40: 4. Henry Tibben 15.23,31 – **10.000m** M45: 9. Gerard Hendriks 34.12,19 – **marathon** M40: 5. Wim Voermans 2.39,34, M50: 6. Piet Hopmans 2.45.08 – **80H** V60: 5. Rietje Dijkman 15,22 (-0,6) – **5000m snelwandelen** M65: 7. Tjabel Ras 29.54,76 – **20km snelwandelen** M65: 6. Tjabel Ras 2.08,55 – **hoogspringen** M55: 4. Rob Dekker 1,55, M70: 5. Arend Koet 1,33 – **polshoog** M65: 4. Kees van Giezen 2,60 – **verspringen** M40: 4. Alje Kuiper 6,53 (+0,5), M45: 4. Bert Elshof 5,99 (-0,5), V45: 4. Anja Akkerman 4,92 (+1,1), 6. Janine Kortbeek 4,60 (+0,3) – **hinkstapspringen** V45: 4. Anja Akkerman 9,67 (0,0) – **kogelstoten** M50: 6. Martin Regtop 14,26 – **discuswerpen** M50: 5. Martin Regtop 44,25, 7. Jack Dekker 44,13, M70: 8. Jan Smit 35,21, V40: 5. Ingrid van Dijk 39,77 – **speerwerpen** V50: 6. Henny van Kruchten 30,09 – **kogelslingeren** M50: 7. Martin Regtop 48,20 – **vijskamp** M40: 4. Alfredo Leenderts 3441, V35: 9. Monique Seerden 2746, V45: 5. Henny Woering 3036, V60: 4. Rietje Dijkman 4104 – **gewicht-vijskamp** M70: 6. Jan Smit 3767.

### Wereldrecord

400m M40: Eric Roeske 47,86 (-0,24).

### Europees record

Gewichtwerpen V35: Gonny Mik 16,25, evenaring.

### 18 Nederlandse records

**100m** M70 Frans Buys 16,20 (-0,01) – **200m** V45: Sonja Oost 26,82 (-0,69) – **400m** M55: Wim Scholtes 56,75 (-1,28), V45: Sonja Oost 61,11 (-1,58) – **4x100m** V45: 53,25 (vacant) Akkerman, Jacobs, Klomp en Oost) – **hoogspringen** M50: Jan Huijbers 1,85 evenaring – **hinkstapspringen** V45 Janine Kortbeek 10,89 (+ 16 cm), V50: Weia Reinboud 10,24 (+ 8 cm) – **discuswerpen** V55: Annie van Anholt 34,10 (+ 72 cm) – **speerwerpen** M55: Jan Titulaer 40,41 (+ 15 cm), V55: Annie van Anholt 25,54 (+ 1,41) – **gewichtwerpen** V40: Ingrid van Dijk 13,51 (+ 8 cm) – **vijskamp** M40: Alfredo Leenderts 3441 (+ 51), ver 5,90 (+1,0), speer 52,64, 200m 24,39 (+0,9), discus 27,18, 1500m 4.42,34, M50: Glenn Gentle 3938 (+ 452), prestaties staan bij Goud, V60: Rietje Dijkman 4104 (vacant) 80H 14,73, hoog 1,20, kogel 6,74, ver 3,73 (+0,4), 800m 3.08,44 – **gewichtvijskamp** V35: Gonny Mik 3811 (+ 97) prestaties staan bij Goud, V40: Ingrid van Dijk 3929 (+ 312) prestaties staan bij Zilver, V55: Annie van Anholt 4384 (vacant) prestaties staan bij Goud.

### Medailleverdeling landen in punten zonder estafettes (goud 3, zilver 2 en brons 1)

1. Duitsland 987 (168-166-151), 2. Verenigd Koninkrijk 208 (35-37-29), 3. Finland 146 (18-26-40), 4. Italië 100 (24-8-12), 5. Frankrijk 84 (10-19-16), 6. Oostenrijk 76 (16-9-10), 7. Nederland 75 (14-11-11) en 8. België 72 (15-10-7).

## Nederlandse baanrecords per 1-4-2003

\* = beste prestatie; geen record

Een Nederlands record kan alleen worden verkregen door het laten invullen van het KNAU-recordformulier.

Prestaties met \* zijn geen records, maar beste prestaties. Om zo'n record te halen mag men op de 400

meter 0,13 langzamer en op de kortere afstanden 0,23 sec. langzamer zijn dan de handtijd. Bij de meer-

kampen is 1 punt meer voldoende, maar er moet ook elektronische tijd en een windmeter worden gebruikt.

### 100 meter

|         |        |                       |            |    |
|---------|--------|-----------------------|------------|----|
| M 40    | 10.84  | Erik Oostweegel       | Starbaan   | 00 |
| M 45    | 11.59  | Kees Bakx             | Diomedon   | 98 |
| M 50    | 11.96  | Wim de Ronde          | Zaanland   | 99 |
| M 55    | 12.57  | Gerard Sengers        | Clytoneus  | 97 |
| M 60    | 13.12  | Jan van den Burg      | Kieviten   | 90 |
| M 65    | 13.82  | Geert van Dijk        | Vet. Ned.  | 01 |
| M 70    | 14.63  | Frans Buys            | Pijnenburg | 94 |
| M 75    | 16.20  | Frans Buys            | GAC-H      | 02 |
| M 80    | vacant | limiet 20.24          |            |    |
| V 35 *  | 11.8   | Ciska Jansen          | Sagitta    | 82 |
| V 40    | 12.39  | Ciska Jansen          | Sagitta    | 85 |
| V 45    | 12.96  | Tilly Jacobs          | Sparta     | 02 |
| V 50 *  | 13.3   | Corrie Roovers        | Sprint     | 85 |
| V 55    | 14.18  | Corrie Roovers        | Sprint     | 94 |
| V 60    | 14.12  | Corrie Roovers        | Sprint     | 96 |
| V 65/70 | vacant | limiet 19.84 en 21.04 |            |    |

### 200 meter

|        |        |                        |           |    |
|--------|--------|------------------------|-----------|----|
| M 40   | 22.18  | Eric Roeske            | Hellas    | 01 |
| M 45 * | 23.3   | Wim Scholtes           | Sparta    | 93 |
| M 50   | 24.42  | Wim Scholtes           | Sparta    | 97 |
| M 55   | 25.75  | Wim Schreuder Goedheyt | Hellas    | 01 |
| M 60   | 26.89  | Jan van den Burg       | Kieviten  | 90 |
| M 65   | 27.90  | Geert van Dijk         | Vet. Ned. | 01 |
| M 70   | 31.34  | Boy van Heemstede      | Fortuna   | 01 |
| M 75   | 34.25  | Frans Buys             | GAC-H     | 00 |
| M 80   | vacant | limiet 42.74           |           |    |
| V 35   | 24.77  | Ciska Jansen           | Sagitta   | 82 |
| V 40   | 25.17  | Tilly Jacobs           | Sparta    | 97 |
| V 45   | 26.51  | Sonja Oost             | Sperwers  | 02 |
| V 50 * | 28.4   | Corrie Roovers         | Sprint    | 85 |
| V 55   | 29.13  | Corrie Roovers         | Sprint    | 93 |
| V 60   | 29.43  | Corrie Roovers         | Sprint    | 96 |
| V 65   | 31.81  | Corrie Roovers         | Sprint    | 00 |
| V 70   | vacant | limiet 43.24           |           |    |

### 400 meter

|         |        |                           |          |    |
|---------|--------|---------------------------|----------|----|
| M 40    | 47.86  | Eric Roeske               | Hellas   | 02 |
| M 45    | 51.79  | Wim Scholtes              | Sparta   | 94 |
| M 50    | 51.82  | Wim Scholtes              | Sparta   | 98 |
| M 55    | 56.75  | Wim Scholtes              | Sparta   | 02 |
| M 60 *  | 58.7   | Frans Buys                | AAC      | 84 |
| M 65    | 64.39  | Boy van Heemstede         | Fortuna  | 96 |
| M 70    | 70.71  | Boy van Heemstede         | Fortuna  | 00 |
| M 75/80 | vacant | limiet 1.28.14/1.48.14    |          |    |
| V 35 *  | 56.0   | Ina Blaauw                | Argo'77  | 83 |
| V 40    | 56.82  | Tilly Jacobs              | Sparta   | 97 |
| V 45    | 60.87  | Sonja Oost                | Sperwers | 02 |
| V 50 *  | 66.31  | Gerda van Kooten          | Sprint   | 89 |
| V 55    | 68.10  | Riet Jonkers              | Attila   | 99 |
| V 60    | 71.62  | Rietje Dijkman            | AV'23    | 99 |
| V 65/70 | vacant | liniet 1.49.14 en 2.00.14 |          |    |

### 800 meter

|         |         |                           |           |    |
|---------|---------|---------------------------|-----------|----|
| M 40    | 1.51.5h | Ronald Mercelina          | AAC       | 86 |
| M 45    | 1.56.16 | Ronald Mercelina          | AAC       | 91 |
| M 50    | 1.59.45 | Ronald Mercelina          | AAC       | 96 |
| M 55    | 2.10.08 | Felix Florijn             | DEM       | 91 |
| M 60    | 2.14.14 | Siem Herlaar              | DEM       | 90 |
| M 65    | 2.19.44 | Siem Herlaar              | DEM       | 94 |
| M 70    | 2.29.96 | Siem Herlaar              | DEM       | 99 |
| M 75    | 3.18.95 | Wim Schild                | Antilope  | 01 |
| M 80    | 3.24.1h | Jan Verloop               | Gen.Mich. | 98 |
| V 35    | 2.05.41 | Ina Blaauw                | Argo'77   | 83 |
| V 40    | 2.13.41 | Irene Wentzel             | Hellas    | 86 |
| V 45    | 2.20.2h | Irene Wentzel             | ADA       | 90 |
| V 50    | 2.24.0h | Gerda van Kooten          | Sprint    | 89 |
| V 55    | 2.31.0h | Gerda van Kooten          | Sprint    | 94 |
| V 60    | 2.36.94 | Gerda van Kooten          | Sprint    | 99 |
| V 65/70 | vacant  | limiet 3.55.00 en 4.20.00 |           |    |

### 1000 meter

|         |         |                                    |             |    |
|---------|---------|------------------------------------|-------------|----|
| M 40    | 2.32.61 | Sander Rietveld                    | Atos        | 99 |
| M 45    | 2.35.08 | Ronald Mercelina                   | AAC         | 94 |
| M 50    | 2.43.9h | Louis Vink                         | Edam        | 87 |
| M 55    | 2.54.15 | Arie van Tol                       | Leiden Atl. | 99 |
| M 60    | 2.53.3h | Felix Florijn                      | DEM         | 94 |
| M 65    | 2.54.5h | Siem Herlaar                       | DEM         | 94 |
| M 70/80 | vacant  | limiet 3.53.00/4.15.00/5.00.00     |             |    |
| V 35    | 2.48.9h | Petra van Limpt                    | Pr.Hendrik  | 92 |
| V 40    | 3.07.5h | Marianne Knapen                    | DES         | 88 |
| V 45    | 3.13.7h | Gerda van Kooten                   | Sprint      | 84 |
| V 50    | 3.11.23 | Corrie Keijsers                    | Weert       | 95 |
| V 55    | 3.24.79 | Corrie Keijsers                    | Weert       | 99 |
| V 60/70 | vacant  | limiet 4.25.00, 4.50.00 en 5.15.00 |             |    |

### 1500 meter

|      |         |                  |            |    |
|------|---------|------------------|------------|----|
| M 40 | 3.52.28 | Ronald Mercelina | AAC        | 86 |
| M 45 | 4.02.30 | Ronald Mercelina | AAC        | 92 |
| M 50 | 4.09.52 | Ronald Mercelina | AAC        | 96 |
| M 55 | 4.21.7h | Ad Heijdens      | Achilles   | 94 |
| M 60 | 4.32.1h | Siem Herlaar     | DEM        | 89 |
| M 65 | 4.39.87 | Siem Herlaar     | DEM        | 94 |
| M 70 | 4.57.65 | Siem Herlaar     | DEM        | 99 |
| M 75 | 6.07.18 | Jan Verloop      | Gen.Mich.  | 94 |
| M 80 | 7.11.1h | Jan Verloop      | Gen.Mich.  | 99 |
| V 35 | 4.19.46 | Petra van Limpt  | Pr.Hendrik | 92 |
| V 40 | 4.32.8h | Hennie Zantinga  | Impala     | 92 |
| V 45 | 4.50.6h | Els Raap         | Blauw Wit  | 93 |
| V 50 | 4.57.8h | Gerda van Kooten | Sprint     | 89 |
| V 55 | 5.06.94 | Corrie Keijsers  | Weert      | 98 |
| V 60 | 5.18.14 | Corrie Keijsers  | Weert      | 02 |
| V 65 | 6.16.0h | Bep Tromp        | Vet.Ned.   | 82 |
| V 70 | vacant  | limiet 8.45.00   |            |    |

### 1 mijl (1609 meter)

|         |         |                           |            |    |
|---------|---------|---------------------------|------------|----|
| M 40    | 4.16.3h | Rien van der Wilt         | Clytoneus  | 90 |
| M 45    | 4.26.4h | Louis Vink                | Edam       | 80 |
| M 50    | 4.35.4h | Louis Vink                | Edam       | 85 |
| M 55    | 4.43.9h | Ad Heijdens               | Achilles   | 97 |
| M 60    | 4.54.07 | Joop Rüter                | PAC        | 93 |
| M 65    | 5.19.5h | Willem Ravensbergen       | De Bataven | 94 |
| M 70    | 5.23.58 | Siem Herlaar              | DEM        | 99 |
| M 75    | 6.37.87 | Jan Verloop               | Gen.Mich.  | 93 |
| M 80    | vacant  | limiet 9.00.00            |            |    |
| V 35    | 5.05.4h | Irene Wentzel             | Hellas     | 82 |
| V 40    | 5.25.2h | Marian van Velzen         | Sprint     | 97 |
| V 45    | 5.23.4h | Greet Warnaar             | Hera       | 90 |
| V 50    | 5.36.0h | Greet Warnaar             | Hera       | 92 |
| V 55    | 5.32.7h | Corrie Keijsers           | Weert      | 98 |
| V 60    | 5.48.94 | Gerda van Kooten          | Sprint     | 99 |
| V 65/70 | vacant  | limiet 7.50.00 en 9.05.00 |            |    |

### 2000 meter

|         |         |                            |           |    |
|---------|---------|----------------------------|-----------|----|
| M 40    | 5.32.9h | John van der Wansem        | Phoenix   | 93 |
| M 45    | 5.38.6h | Louis Vink                 | Edam      | 80 |
| M 50    | 5.53.24 | John van der Wansem        | LADB      | 01 |
| M 55    | 6.42.2h | Louis Vink                 | Atos      | 94 |
| M 60    | 6.32.4h | Siem Herlaar               | DEM       | 94 |
| M 65    | vacant  | limiet 9.30.00             |           |    |
| M 70    | 8.06.1h | Jan Verloop                | Gen.Mich. | 91 |
| M 75/80 | vacant  | limiet 10.20.00/11.00.00   |           |    |
| V 35    | 6.37.5h | Lia Verbeek                | Attila    | 91 |
| V 40    | 6.42.1h | Corina Dekker              | Hera      | 02 |
| V 45    | 6.43.17 | Els Raap                   | Blauw Wit | 93 |
| V 50    | 6.57.8h | Gerda van Kooten           | Sprint    | 89 |
| V 55/60 | vacant  | limiet 8.40.00 en 9.10.00  |           |    |
| V 65/70 | vacant  | limiet 9.50.00 en 10.30.00 |           |    |

# Nederlandse baanrecords per 1-4-2003

## 3000 meter

|        |          |                                   |
|--------|----------|-----------------------------------|
| M 40   | 8.14.9h  | Rien van der Wilt                 |
| M 45   | 8.42.8h  | John van der Wansem               |
| M 50   | 8.57.15  | John van der Wansem               |
| M 55   | 9.09.1h  | Ad Heijdens                       |
| M 60   | 9.29.47  | Ad Heijdens                       |
| M 65   | 9.49.5h  | Siem Herlaar                      |
| M 70   | 10.42.40 | Siem Herlaar                      |
| M 75   | 15.03.46 | Wim Schild                        |
| M 80   | 16.20.01 | Jan Verloop                       |
| V 35   | 9.27.6h  | Carla Beurskens                   |
| V 40   | 9.31.5h  | Hennie Zantinga                   |
| V 45   | 10.18.10 | Els Raap                          |
| V 50   | 10.51.7h | Gerda van Kooten en Greet Warnaar |
| V 55   | 11.06.85 | Corrie Keijsers                   |
| V 60   | 11.41.91 | Gerda van Kooten                  |
| V65/70 | vacant   | limiet 15.30.00 en 16.30.00       |

## 5000 meter

|      |          |                     |
|------|----------|---------------------|
| M 40 | 14.20.54 | Rien van der Wilt   |
| M 45 | 14.57.6h | John van der Wansem |
| M 50 | 15.20.35 | John van der Wansem |
| M 55 | 15.56.33 | Ad Heijdens         |
| M 60 | 16.12.57 | Ad Heijdens         |
| M 65 | 17.30.22 | Siem Herlaar        |
| M 70 | 18.57.04 | Siem Herlaar        |
| M 75 | 22.18.06 | Jan Verloop         |
| M 80 | 25.51.48 | Jan Verloop         |
| V 35 | 16.37.5h | Petra van Limpt     |
| V 40 | 16.55.20 | Hennie Zantinga     |
| V 45 | 17.37.9h | Els Raap            |
| V 50 | 18.34.72 | Els Raap            |
| V 55 | 19.22.48 | Corrie Keijsers     |
| V 60 | 20.26.46 | Corrie Keijsers     |
| V 65 | 22.57.00 | Sophie Wisman       |
| V 70 | 26.57.89 | Sophie Wisman       |

## 10.000 meter

|      |          |                     |
|------|----------|---------------------|
| M 40 | 29.57.69 | Rien van der Wilt   |
| M 45 | 31.19.2h | John van der Wansem |
| M 50 | 32.17.58 | Victor Maliy        |
| M 55 | 34.22.69 | Willem Ravensbergen |
| M 60 | 34.33.2h | Willem Ravensbergen |
| M 65 | 36.37.73 | Willem Ravensbergen |
| M 70 | 40.34.75 | Siem Herlaar        |
| M 75 | 54.04.5h | Jo Kneepkens        |
| M 80 | vacant   | limiet 1.08.00.00   |
| V 35 | 32.36.76 | Carla Beurskens     |
| V 40 | 35.21.07 | Irene Wentzel       |
| V 45 | 36.51.96 | Els Raap            |
| V 50 | 38.55.47 | Greet Warnaar       |
| V 55 | 46.21.1h | Mientje Hofmeijer   |
| V 60 | 44.11.8h | Corrie Keijsers     |
| V 65 | 48.13.21 | Sophie Wisman       |
| V 70 | vacant   | limiet 1.12.00.00   |

## 20.000 meter

|      |           |               |
|------|-----------|---------------|
| V 40 | 1.42.04.0 | Ria Buiten    |
| M 60 | 1.29.58.0 | Gillis Bosman |

## 25.000 meter

alles vacant zonder limiet

## 30.000 meter

|      |           |               |
|------|-----------|---------------|
| V 40 | 2.32.12.0 | Ria Buiten    |
| rest | vacant    | zonder limiet |

## uurloop (meters)

|         |        |                     |
|---------|--------|---------------------|
| M 40    | 18.919 | John van der Wansem |
| M 45    | 18.247 | John van der Wansem |
| M 50    | 17.692 | John van der Wansem |
| M 55    | 15.400 | Cees de Neijls      |
| M 60    | 13.456 | Gillis Bosman       |
| M 65/80 | vacant | zonder limiet       |
| V 35    | vacant | zonder limiet       |
| V 40    | vacant | zonder limiet       |
| V 45    | 14.167 | Ineke Stofmeel      |
| V 50    | 15.052 | Greet Warnaar       |
| V 55/70 | vacant | zonder limiet       |

## korte horden M (t/m M45=110, M50/65=100 en M70+ = 80 mtr)

|            |        |                    |            |    |
|------------|--------|--------------------|------------|----|
| M 40 (99)* | 14.8h  | Hans van Enkhuizen | Haarlem    | 87 |
| M 45 (99)  | 16.42  | Martin de Pater    | Haag Atl.  | 99 |
| M 50 (91)  | 14.98  | Wim de Ronde       | Zaanland   | 00 |
| M 55 (91)  | 15.90  | Peter Blommesteijn | R'dam Atl. | 98 |
| M 60 (84)  | 16.02  | Frans Buys         | AAC        | 85 |
| M 65 (84)  | 19.25  | Kees van Giezen    | GAC-H.     | 99 |
| M 70 (76)  | 14.33  | Frans Buys         | Pijnenburg | 96 |
| M 75 (76)  | 16.62  | Frans Buys         | GAC-H.     | 00 |
| M 80 (68)  | vacant | limiet 26.24       |            |    |

## korte horden vrouwen (V35=100 en de rest is 80 meter)

|           |        |                |        |    |
|-----------|--------|----------------|--------|----|
| V 35 (84) | 15.21  | Mieke Sterk    | ADA    | 84 |
| V 40 (76) | 12.11  | Riny Hagenaars | PAC    | 95 |
| V 45 (76) | 12.28  | Corrie Roovers | Sprint | 82 |
| V 50 (76) | 12.54  | Corrie Roovers | Sprint | 87 |
| V 55 (76) | 13.30  | Corrie Roovers | Sprint | 91 |
| V 60 (68) | vacant | limiet 13.89   |        |    |
| V 65 (68) | vacant | limiet 26.24   |        |    |
| V 70 (68) | vacant | limiet 30.24   |        |    |

## lange horden mannen (t/m M55=400 en M60+ = 300 meter)

|            |        |                 |            |    |
|------------|--------|-----------------|------------|----|
| M 40 (91)* | 56.3h  | Ger Heinsius    | SAV        | 88 |
| M 45 (91)  | 56.63  | Martin de Pater | Haag Atl.  | 00 |
| M 50 (84)  | 58.87  | Jan Parlevliet  | Vet.Ned.   | 82 |
| M 55 (84)  | 63.31  | Jan Parlevliet  | Ciko'66    | 87 |
| M 60 (76)* | 49.0h  | Frans Buys      | AAC        | 87 |
| M 65 (76)  | 53.09  | Frans Buys      | Pijnenburg | 92 |
| M 70 (68)  | 55.08  | Arend Koet      | Castricum  | 01 |
| M 75 (68)  | 59.72  | Frans Buys      | GAC-H      | 00 |
| M 80 (68)  | vacant | limiet 1.14.24  |            |    |

## lange horden vrouwen (t/m V45=400 en V50+ = 300 meter)

|            |        |                         |          |    |
|------------|--------|-------------------------|----------|----|
| V 35 (76)  | 65.33  | Janneke Roona           | Impala   | 98 |
| V 40 (76)  | 67.91  | Lena Jansen             | Energie  | 93 |
| V 45 (76)  | 69.30  | Lena Jansen             | Energie  | 98 |
| V 50 (76)  | 53.20  | Rietje Dijkman          | Vet.Ned. | 91 |
| V 55 (76)  | 52.11  | Corrie Roovers          | Sprint   | 91 |
| V 60 (68)  | vacant | limiet 53.05 nieuw 2000 |          |    |
| V65/70(68) | vacant | limiet 77.24 en 83.24   |          |    |

## steple (t/m M55=3000; alle V en M60+ = 2000 meter)

|         |          |                                   |            |    |
|---------|----------|-----------------------------------|------------|----|
| M 40    | 9.20.20  | Dick ten Bruggencate              | Trias      | 93 |
| M 45    | 9.40.00  | Steeff Kijne                      | R'dam Atl. | 94 |
| M 50    | 10.25.49 | Peter Vlaarkamp                   | Castricum  | 00 |
| M 55    | 11.30.98 | Gerrit Kramer                     | R'dam Atl. | 95 |
| M 60/70 | vacant   | limiet 9.20.00/ 10.30.00/11.40.00 |            |    |
| M 75/80 | vacant   | limiet 13.30.00/15.30.00          |            |    |
| V 35    | 8.50.64  | Monique Seerden                   | Lionitas   | 01 |
| V rest  | vacant   | zonder limiet                     |            |    |

## 3000 meter snelwandelen

|         |          |                |        |    |
|---------|----------|----------------|--------|----|
| V 35    | 15.36.58 | Marica Onos    | RWV    | 92 |
| V 40    | 16.33.3h | Marica Onos    | RWV    | 01 |
| V 45    | 16.08.6h | Marica Onos    | RWV    | 01 |
| V 50    | 16.55.42 | Marleen Radder | RWV    | 02 |
| V 55    | 20.38.97 | Riet Jonkers   | Attila | 02 |
| V 60/70 | vacant   | zonder limiet  |        |    |

## 5000 meter snelwandelen

|         |          |                  |            |    |
|---------|----------|------------------|------------|----|
| M 40    | 21.42.9h | Henk Plasman     | Gen. Mich. | 97 |
| M 45    | 23.53.0h | Tjabel Ras       | PAC        | 81 |
| M 50    | 24.02.5h | Klaas Bakker     | OLAT       | 88 |
| M 55    | 25.57.56 | Tjabel Ras       | RWV        | 93 |
| M 60    | 26.19.18 | Hein Zethof      | Aalsmeer   | 90 |
| M 65    | 27.59.61 | Nico Schroten    | RWV        | 99 |
| M 70    | 31.28.2h | Wim Dalmeyer     | RWV        | 78 |
| M 75    | vacant   | limiet 40.00.00  |            |    |
| M 80    | 38.54.4h | Henri Gest       | Zaanland   | 01 |
| V 35    | 26.30.6h | Christien Vijver | Spartacus  | 83 |
| V 40    | 27.47.7h | Marica Onos      | RWV        | 01 |
| V 45    | 28.27.1h | Marleen Radder   | RWV        | 00 |
| V 50    | 29.04.1h | Marleen Radder   | RWV        | 01 |
| V 55/70 | vacant   | zonder limiet    |            |    |

## 10.000 meter snelwandelen

|         |          |                 |     |    |
|---------|----------|-----------------|-----|----|
| V 35    | vacant   | limiet 59.59.00 |     |    |
| V 40    | 56.33.2h | Marica Onos     | RWV | 01 |
| V 45    | 59.01.6h | Marleen Radder  | RWV | 00 |
| V 50    | 59.08.6h | Marleen Radder  | RWV | 01 |
| V 55/70 | vacant   | zonder limiet   |     |    |

# Nederlandse baanrecords per 1-4-2003

## 20.000 meter snelwandelen

|        |           |                  |
|--------|-----------|------------------|
| M 40   | 1.34.36.8 | Henk Plasman     |
| M 45   | 1.42.48.1 | Tjabel Ras       |
| M 50   | 1.46.09.0 | Tjabel Ras       |
| M 55   | 2.05.05.0 | Jan Ritterbeeks  |
| M 60   | 1.51.17.4 | Nico Schroten    |
| M 65   | 2.00.46.8 | Nico Schroten    |
| M 70   | vacant    | zonder limiet    |
| M 75   | 2.41.54.8 | Joop Wissink     |
| M 80   | vacant    | zonder limiet    |
| V 40   | 2.22.24.0 | Adrie van Dirven |
| V 50   | 2.04.11.0 | Marleen Radder   |
| rest V | vacant    | zonder limiet    |

|            |    |
|------------|----|
| Gen. Mich. | 97 |
| PAC        | 81 |
| PAC        | 90 |
| Unitas     | 86 |
| RWV        | 97 |
| RWV        | 99 |
| RWV        | 01 |
| Acilles    | 76 |
| RWV        | 02 |

|         |        |                     |
|---------|--------|---------------------|
| M 55    | 5.23   | Gerard Weisscher    |
| M 60    | 4.77   | Geert van Dijk      |
| M 65    | 4.58   | Geert van Dijk      |
| M 70    | 3.79   | Arend Koet          |
| M 75    | 3.27   | Frans Buys          |
| M 80    | vacant | limiet 2.60         |
| V 35    | 6.41   | Ciska Jansen        |
| V 40    | 6.21   | Ciska Jansen        |
| V 45    | 5.18   | Corrie Roovers      |
| V 50    | 4.92   | Elly Willemsen      |
| V 55    | 4.37   | Rietje Dijkman      |
| V 60    | 4.29   | Rietje Dijkman      |
| V 65/70 | vacant | limiet 2.50 en 2.20 |

|           |    |
|-----------|----|
| Vet.Ned.  | 99 |
| Vet.Ned.  | 01 |
| Castricum | 01 |
| GAC-H.    | 01 |

|         |    |
|---------|----|
| Sagitta | 82 |
| Sagitta | 85 |
| Sprint  | 82 |
| Attila  | 97 |
| AV '23  | 96 |
| AV'23   | 99 |

## 30.000 meter snelwandelen

|         |           |                  |
|---------|-----------|------------------|
| M 40    | 2.27.38.1 | Henk Plasman     |
| M 45    | 2.41.29.9 | Nico Schroten    |
| M 50    | 3.03.04.2 | Hans van Wakeren |
| M 55    | 3.21.23.0 | Dave Bindervoet  |
| M 60    | 2.57.14.3 | Nico Schroten    |
| M 65    | 3.06.56.1 | Nico Schroten    |
| M 70/80 | vacant    | zonder limiet    |

|            |    |
|------------|----|
| Gen. Mich. | 98 |
| Holland-L. | 80 |
| Unitas     | 99 |
| RWV        | 98 |
| RWV        | 97 |
| RWV        | 99 |

## hinkstapspringen

|         |        |                     |
|---------|--------|---------------------|
| M 40    | 13.41  | Gérard Moors        |
| M 45    | 12.43  | Glenn Gentle        |
| M 50    | 11.88  | Glenn Gentle        |
| M 55    | 9.12   | Peter Blakmoor      |
| M 60    | 9.52   | Kees van Giezen     |
| M 65    | 9.31   | Kees van Giezen     |
| M 70    | 8.23   | Arend Koet          |
| M 75    | vacant | limiet 6.00         |
| M 80    | 5.19   | Theo Hoekstra       |
| V 35    | 11.47  | Els Stolk           |
| V 40    | 10.91  | Evie Roelands       |
| V 45    | 10.89  | Janine Kortbeek     |
| V 50    | 10.24  | Weia Reinboud       |
| V 55    | 9.16   | Rietje Dijkman      |
| V 60    | 8.96   | Rietje Dijkman      |
| V 65/70 | vacant | limiet 5.70 en 5.20 |

|           |    |
|-----------|----|
| Sprint    | 89 |
| Avon      | 97 |
| Avon      | 02 |
| Zuidwal   | 00 |
| GAC-H.    | 96 |
| GAC-H.    | 99 |
| Castricum | 01 |

## 50.000 meter snelwandelen

|         |           |                 |
|---------|-----------|-----------------|
| M 40    | 4.19.44.4 | Henk Plasman    |
| M 45    | 4.31.17.0 | Nico Schroten   |
| M 50    | 5.20.34.5 | Ad Martens      |
| M 55    | 5.40.21.7 | Dave Bindervoet |
| M 60    | 5.19.12.2 | Nico Schroten   |
| M 65    | 6.10.08.0 | Jaap Visser     |
| M 70/80 | vacant    | zonder limiet   |

|            |    |
|------------|----|
| Gen. Mich. | 98 |
| Holland-L. | 79 |
| DJA        | 98 |
| RWV        | 98 |
| RWV        | 98 |
| RWV        | 02 |

## kogelstoten

|             |        |                  |           |    |
|-------------|--------|------------------|-----------|----|
| M 40 (7,26) | 15.13  | Sjaak Ruhl       | Sprint    | 93 |
| M 45 (7,26) | 14.92  | Hans Schouten    | Hollandia | 94 |
| M 50 (6)    | 15.39  | Martin Regtop    | Tion      | 99 |
| M 55 (6)    | 12.76  | Wim Fokker       | Hellas    | 94 |
| M 60 (5)    | 13.49  | Wim Fokker       | Hellas    | 98 |
| M 65 (5)    | 12.49  | Wim Fokker       | Atverni   | 02 |
| M 70 (4)    | 11.35  | Jan Oerlemans    | AVN       | 98 |
| M 75 (4)    | 8.76   | Nico Storre      | Vet.Ned.  | 02 |
| M 80 (4)    | 6.96   | Theo Hoekstra    | Argo'77   | 96 |
| V 35 (4)    | 14.04  | Els Stolk        | ADA       | 92 |
| V 40 (4)    | 13.71  | Els Stolk        | AAC       | 97 |
| V 45 (4)    | 12.93  | Els Stolk        | AAC       | 02 |
| V 50 (3)    | 11.74  | Annie van Anholt | Attila    | 01 |
| V 55 (3)    | 11.29  | Annie van Anholt | Attila    | 02 |
| V 60 (3)    | 9.97   | Corrie Roovers   | Sprint    | 96 |
| V 65 (3)    | 9.48   | Corrie Roovers   | Sprint    | 00 |
| V 70 (3)    | vacant | limiet 6.00      |           |    |

## hoogspringen

|         |        |                     |
|---------|--------|---------------------|
| M 40    | 2.00   | Leo Poirot          |
| M 45    | 1.90   | Ruud Wielart        |
| M 50    | 1.85   | Jan Huijbers        |
| M 55    | 1.65   | Rob Bleyert         |
| M 60    | 1.42   | Cor Braak           |
| M 65    | 1.40   | Arend Koet          |
| M 70    | 1.35   | Arend Koet          |
| M 75/80 | vacant | limiet 0.95/0.90    |
| V 35    | 1.68   | Ria Hulsink         |
| V 40    | 1.60   | Ciska Jansen        |
|         | 1.60   | Mary Larsen         |
| V 45    | 1.56   | Weia Reinboud       |
| V 50    | 1.57   | Weia Reinboud       |
| V 55    | 1.32   | Rietje Dijkman      |
| V 60    | 1.32   | Rietje Dijkman      |
| V 65/70 | vacant | limiet 0.90 en 0.85 |

|           |    |
|-----------|----|
| Hercules  | 83 |
| Haarlem   | 02 |
| GAC-G.    | 02 |
| Climax    | 95 |
| Waterland | 92 |
| Castricum | 96 |
| Castricum | 02 |

## discuswerpen (M40/45=2, M50/55=1,5 en rest is 1 kg)

|      |        |                  |           |    |
|------|--------|------------------|-----------|----|
| M 40 | 54.11  | Piet Meijdam     | Hercules  | 98 |
| M 45 | 47.26  | Martin Regtop    | Tion      | 95 |
| M 50 | 51.34  | Hans Schouten    | Hollandia | 99 |
| M 55 | 44.68  | Jan Pronk        | Trias     | 94 |
| M 60 | 48.04  | Jan Smit         | Springb.  | 95 |
| M 65 | 42.88  | Jan Smit         | PSV       | 99 |
| M 70 | 37.69  | Jan Oerlemans    | AVN       | 98 |
| M 75 | 27.38  | Nico Storre      | Vet.Ned.  | 02 |
| M 80 | 19.06  | Theo Hoekstra    | Argo'77   | 96 |
| V 35 | 45.60  | Els Stolk        | AAC       | 96 |
| V 40 | 47.70  | Els Stolk        | AAC       | 97 |
| V 45 | 43.48  | Els Stolk        | AAC       | 02 |
| V 50 | 40.85  | Annie van Anholt | Attila    | 98 |
| V 55 | 37.01  | Annie van Anholt | Attila    | 02 |
| V 60 | 30.28  | Corrie Roovers   | Sprint    | 97 |
| V 65 | 26.54  | Corrie Roovers   | Sprint    | 00 |
| V 70 | vacant | limiet 13.00     |           |    |

## polshoog

|         |        |                           |
|---------|--------|---------------------------|
| M 40    | 4.40   | Frans van der Ham         |
| M 45    | 4.31   | Frans van der Ham         |
| M 50    | 3.70   | Marc van Vliet            |
| M 55    | 2.90   | Kees van Giezen           |
| M 60    | 2.90   | Kees van Giezen           |
| M 65    | 2.90   | Kees van Giezen           |
| M 70    | 2.20   | Arend Koet                |
| M 75/80 | vacant | limiet 2.10 en 2.00       |
| V 35    | 3.45   | Larissa Lowe              |
| V 40    | 2.70   | Brigitte van de Kamp      |
| V 45    | 2.20   | Marianne Langezaal        |
| V 50/55 | vacant | limiet 1.70 en 1.60       |
| V 60/70 | vacant | limiet 1.50, 1.40 en 1.30 |

|             |    |
|-------------|----|
| Avantri     | 95 |
| Avantri     | 99 |
| Castricum   | 02 |
| GAC-H.      | 91 |
| GAC-H.      | 95 |
| GAC-H.      | 99 |
| Castricum   | 01 |
| AAC         | 01 |
| GAC-H.      | 02 |
| Leiden Atl. | 02 |

## speerwerpen (let op nieuwe gewichten)

|            |        |                       |           |    |
|------------|--------|-----------------------|-----------|----|
| M 40 (800) | 67.24  | Dirk Kooreman         | Zaanland  | 96 |
| M 45 (800) | 63.88  | Dirk Kooreman         | Zaanland  | 98 |
| M 50 (700) | 61.17  | Dirk Kooreman         | Zaanland  | 02 |
| M 55 (700) | 40.41  | Jan Titulaer          | PSV       | 02 |
| M 60 (600) | 41.71  | Wim Fokker            | Hellas    | 01 |
| M 65 (600) | 37.83  | Wim Fokker            | Atverni   | 02 |
| M 70 (500) | 37.16  | Cor Braak             | Waterland | 01 |
| M 75 (500) | vacant | zonder limiet (nieuw) |           |    |
| M 80 (400) | vacant | zonder limiet (nieuw) |           |    |

## verspringen

|      |      |              |
|------|------|--------------|
| M 40 | 6.95 | Alje Kuijper |
| M 45 | 6.02 | Wim Scholtes |
| M 50 | 5.80 | Wim de Ronde |

|          |    |
|----------|----|
| Ilion    | 02 |
| Sparta   | 94 |
| Zaanland | 00 |
| Trias    | 89 |

# Nederlandse baanrecords per 1-4-2003

## speerwerpen (vervolg)

|            |        |                    |
|------------|--------|--------------------|
| V 35 (600) | 51.88  | Marjo Bus          |
| V 40 (600) | 35.27  | Olga Commandeur    |
| V 45 (600) | 33.83  | Tiny Hellendoorn   |
| V 50 (500) | 33.89  | Henry van Kruchten |
| V 55 (500) | 25.54  | Annie van Anholt   |
| V 60 (400) | 27.72  | Corrie Roovers     |
| V 65 (400) | 26.13  | Corrie Roovers     |
| V 70 (400) | vacant | limiet 13.00       |

## kogelslingeren

|             |        |                       |
|-------------|--------|-----------------------|
| M 40 (7,26) | 60.24  | Peter van Noort       |
| M 45 (7,26) | 57.47  | Peter van Noort       |
| M 50 (6)    | 54.44  | Rinus Schreuder       |
| M 55 (6)    | 52.46  | Rinus Schreuder       |
| M 60 (5)    | 40.81  | Jan Pronk             |
| M 65 (5)    | 36.24  | Jan Smit              |
| M 70 (4)    | 39.06  | Jan Smit              |
| M 75/80(4)  | vacant | limiet 19.00/12.00    |
| V 35 (4)    | 52.54  | Gonny Mik             |
| V 40 (4)    | 45.76  | Ingrid van Dijk       |
| V 45 (4)    | 40.73  | Tiny Hellendoorn      |
| V 50 (3)    | 43.57  | Annie van Anholt      |
| V 55 (3)    | 43.13  | Annie van Anholt      |
| V 60 (3)    | vacant | limiet 23.00          |
| V 65/70 (3) | vacant | limiet 22.00 en 19.00 |

## gewichtwerpen (ingaande 1999)

|            |        |                         |          |    |
|------------|--------|-------------------------|----------|----|
| M40(15,88) | 11.67  | Hans Mulders            | PSV      | 00 |
| M45(15,88) | 11.68  | Hans Mulders            | PSV      | 01 |
| M50(11,34) | 18.39  | Martin Regtop           | Tion     | 01 |
| M55(11,34) | 14.42  | Frits van Buuren        | AV'23    | 01 |
| M60(9,08)  | 14.11  | Jan Pronk               | Trias    | 02 |
| M65(9,08)  | 12.77  | Jan Smit                | PSV      | 01 |
| M70(7,26)  | 15.11  | Jan Smit                | PSV      | 02 |
| M75(9,08)  | vacant | zonder limiet           |          |    |
| M80(5,45)  | vacant | zonder limiet           |          |    |
| V35(9,08)  | 16.25  | Gonny Mik               | Argo'77  | 01 |
| V40(9,08)  | 13.52  | Ingrid van Dijk         | GAC-H.   | 02 |
| V45(9,08)  | 12.42  | Tiny Hellendoorn        | Isala'96 | 01 |
| V50(7,26)  | 15.23  | Annie van Anholt        | Attila   | 02 |
| V55(7,26)  | vacant | zonder limiet           |          |    |
| V60/70     | vacant | zonder limiet (5,45 kg) |          |    |

## vijfkamp (pentathlon) in punten (Wava-tabel 1994)

|         |        |                            |           |    |
|---------|--------|----------------------------|-----------|----|
| M 40    | 3.441  | Alfredo Leenderts          | Scorpio   | 02 |
| M 45    | 3.693  | Glenn Gentle               | Avon      | 98 |
| M 50    | 4.020  | Glenn Gentle               | Avon      | 02 |
| M 55    | 3.054  | Jan Luykx                  | Sprint    | 90 |
| M 55    | vacant | zonder limiet/speer 700gr. |           |    |
| M 60    | 3.406  | Robert Kila                | Vet. Ned. | 01 |
| M 65    | 3.092  | Geert van Dijk             | Vet. Ned. | 01 |
| M 70/80 | vacant | zonder limiet              |           |    |
| V 35    | 2.988  | Monique Seerden            | Lionitas  | 00 |
| V 40    | 3.705  | Anja Akkerman              | DEM       | 96 |
| V 45    | 4.311  | Corrie Roovers             | Sprint    | 83 |
| V 50    | 4.484  | Corrie Roovers             | Sprint    | 87 |
| V 55 *  | 3.942  | Rietje Dijkman             | AV'23     | 94 |
| V 60    | 4.104  | Rietje Dijkman             | AV'23     | 02 |
| V 65/70 | vacant | zonder limiet              |           |    |

## gewicht-vijfkamp (ingaande 1999 Wava-tabel 1994)

|         |        |                    |           |    |
|---------|--------|--------------------|-----------|----|
| M 40    | 2.929  | Albert van der Mee | Sprint    | 02 |
| M 45    | 3.270  | Nico Hellendoorn   | Vet. Ned. | 99 |
| M 50    | 4.313  | Martin Regtop      | Tion      | 01 |
| M 55    | 3.737  | Jan Titulaer       | PSV       | 02 |
| M 60    | 3.733  | Frits Martens      | Hollandia | 02 |
| M 65    | 3.578  | Jan Smit           | PSV       | 99 |
| M 70    | 3.961  | Jan Smit           | PSV       | 01 |
| M 75/80 | vacant | zonder limiet      |           |    |
| V 35    | 3.811  | Gonny Mik          | Argo'77   | 02 |
| V 40    | 3.947  | Ingrid van Dijk    | GAC-H.    | 02 |
| V 45    | 4.024  | Tiny Hellendoorn   | Isala'96  | 00 |
| V 50    | 3.987  | Annie van Anholt   | Attila    | 01 |
| V 55    | 4.571  | Annie van Anholt   | Attila    | 02 |
| V 60/70 | vacant | zonder limiet      |           |    |

## zevenkamp (heptathlon) in punten (Wava-tabel 1994)

|         |        |                 |          |    |
|---------|--------|-----------------|----------|----|
| V 35    | 4.039  | Monique Seerden | Lionitas | 01 |
| V 40/55 | vacant | zonder limiet   |          |    |
| V 60    | 6.095  | Rietje Dijkman  | AV'23    | 99 |
| V 65/70 | vacant | zonder limiet   |          |    |

## tienkamp (declathon) in punten (Wava-tabel 1994)

|      |        |                            |         |    |
|------|--------|----------------------------|---------|----|
| M 40 | 6.259  | Frans van der Ham          | Avantri | 99 |
| M 45 | 6.968  | Frans van der Ham          | Avantri | 00 |
| M 50 | vacant | zonder limiet/speer 700gr. |         |    |
| M 55 | vacant | zonder limiet/speer 700gr. |         |    |
| M 60 | vacant | zonder limiet/speer 600gr  |         |    |
| M 65 | 5.275  | Kees van Giezen            | GAC-H.  | 99 |

## 4x100 meter nationale ploegen

|         |        |                                        |    |
|---------|--------|----------------------------------------|----|
| M 40    | 42.27  | Roeske-Oostweegel-Van Pelt-Schaafsma   | 01 |
| M 45    | 45.92  | Van Campen-Van Gasteren-De Ronde-Bakx  | 97 |
| M 50    | 47.99  | Van Campen-De Ronde-Kovacevic-Schouten | 99 |
| M 55    | 51.25  | Sengers-Blommestijn-Peters-Landré      | 98 |
| M 60    | 55.99  | Schouten-Buys-Van Giezen-Van Heemstede | 96 |
| M 65    | 58.23  | Schouten-Buys-Van Giezen-Koet          | 99 |
| M 70    | 63.92  | Van Heemstede-Koet-Spadon-Buys         | 02 |
| M 75/80 | vacant | zonder limiet                          |    |
| V 35    | 50.05  | Thomas-Stavenuiter-Hagenaars-Jacobs    | 93 |
| V 40    | 50.72  | Thomas-Akkerman-Kuper-Jacobs           | 96 |
| V 45    | 53.25  | Akkerman-Jacobs-Klomp-Oost             | 02 |
| V 50    | 56.65  | Roovers-Van Walree-Dijkman-Jonkers     | 94 |
| V 55    | 61.33  | Roovers-Plat-Dijkman-Jonkers           | 99 |
| V 60/70 | vacant | zonder limiet                          |    |

## 4x100 meter clubs

|         |        |                                                      |    |
|---------|--------|------------------------------------------------------|----|
| M 40    | 47.60  | Zuidwal (Klarenbeek-Dunnebie-Nordt-Overmars)         | 96 |
| M 45    | 49.51  | PAC (Rodermond-Advocaat-Van der Steenhoven-Rietdijk) | 97 |
| M 50    | 53.27  | PAC (Rodermond-Beindorff-Van der Steenhoven-Ruigrok) | 02 |
| M 55    | 61.85  | Leiden (Bouman-Schipper-Hop-Van Tol)                 | 02 |
| M 60    | 58.44  | GAC-H (Schouten-Buys-Van Giezen-Doornbosch)          | 98 |
| M 65    | 58.02  | GAC-H (Schouten-Van Giezen-Slootbeek-Doornbosch)     | 02 |
| M 70/80 | vacant | zonder limiet                                        |    |
| V 35    | 51.79  | DEM (Appelman-Akkerman-Berkhout-Thomas)              | 95 |
| V 40    | 55.52  | Attila (Willemsen-Vennix-Jonkers-Janssen)            | 99 |
| V 45    | 56.73  | Attila (Willemsen-Vennix-Jonkers-Janssen)            | 99 |
| rest    | vacant | zonder limiet                                        |    |

## Nederlandse baanrecords per 1-4-2003

### 4x200 meter nationale ploegen

|         |         |                                      |    |
|---------|---------|--------------------------------------|----|
| M 40    | 1.38.50 | Bakx-Scholtes-Sluijmer-Van Drunen    | 96 |
| M 45    | vacant  | zonder limiet                        |    |
| M 50    | 1.45.82 | Waalewijn-Peters-Larsen-Blommesteijn | 97 |
| M 55    | 1.50.6h | Van Boven-Van Dijk-Peters-Landré     | 99 |
| M 60/80 | vacant  | zonder limiet                        |    |
| V 35    | 1.46.16 | Kuipers-Hagenaars-Torbijn-Jacobs     | 96 |
| V 40    | 1.57.46 | Klomp-Dijkman-Kuper-L. Jansen        | 96 |
| V 45    | vacant  | zonder limiet                        |    |
| V 50    | 2.03.7h | Dijkman-Roovers-Jonkers-Broers       | 99 |
| V 55/70 | vacant  | zonder limiet                        |    |

### 4x200 meter clubs

|         |         |                                                       |    |
|---------|---------|-------------------------------------------------------|----|
| M 40    | 1.38.73 | Zuidwal (Klarenbeek-Dunnebie-Nordt-Overmars)          | 96 |
| M 45    | 1.48.59 | PAC (Rodermond-Van der Steenhoven-Advocaat-Rietdijk)  | 97 |
| M 50    | 1.48.8h | PAC (Rodermond-Beindorff-Van der Steenhoven-Rietdijk) | 00 |
| M 55    | 2.05.19 | Leiden Atletiek (Kerkvliet-Schipper-Hop-Van Tol)      | 01 |
| M 60/80 | vacant  | zonder limiet                                         |    |
| V 35/70 | vacant  | zonder limiet                                         |    |

### Zweeeste estafette (400-300-200-100)

|      |         |                                                  |    |
|------|---------|--------------------------------------------------|----|
| M 40 | 2.06.3h | Pr. Hendrik (Van Pelt-Bronwasser-Beekmans-Cadée) | 01 |
| M 45 | 2.15.9h | GAC-H (Treels-Heemsbergen-Van Drunen-Schouten)   | 00 |
| M 50 | 2.27.62 | PAC (Ruigrok-Rodermond-Rietdijk-v.d. Steenhoven) | 01 |
| M 55 | 2.40.73 | Leiden Atl. (Van Tol-Hop-Kerkvliet-Schipper)     | 01 |
| rest | vacant  | zonder limiet                                    |    |

### 4x400 meter nationale ploegen

|         |         |                                          |    |
|---------|---------|------------------------------------------|----|
| M 40    | 3.28.77 | Mahieu-Lunshof-De Geus-Mercelina         | 88 |
| M 45    | 3.33.76 | Bakx-Scholtes-Van Gasteren-Threels       | 98 |
| M 50    | 3.54.66 | Scholtes-Van Mechelen-Van Tol-Van Boven  | 98 |
| M 55    | 4.10.2h | Van Boven-Peters-Metselaar-Van Tol       | 99 |
| M 60    | 4.18.46 | Van Heemstede-Ravensbergen-Zethof-Maijor | 92 |
| M 65/80 | vacant  | zonder limiet                            |    |
| V 35    | 4.04.2h | Kuipers-Kuper-Klomp-Jacobs               | 96 |
| V 40    | 4.07.88 | Akkerman-Kuper-Klomp-Jacobs              | 96 |
| V 45    | vacant  | zonder limiet                            |    |
| V 50    | 4.43.28 | Plat-Van Kooten-Jonkers-Broers           | 96 |
| V 55/70 | vacant  | zonder limiet                            |    |

### 4x400 meter clubs

|          |         |                                                      |    |
|----------|---------|------------------------------------------------------|----|
| M 40     | 3.40.2h | Hellas (Busnel-Herber-Schreuder Goedheyt-Hagemeijer) | 91 |
| M 45     | 3.55.97 | PAC (Knoops-Van Spronsen-Snijders-Alberts)           | 02 |
| M 50     | 4.19.66 | Leiden Atl. (Kerkvliet-Hop-Van der Zijden-Van Tol)   | 01 |
| M overig | vacant  | zonder limiet                                        |    |
| V 35/70  | vacant  | zonder limiet                                        |    |

### 4x800 meter nationale ploegen

|          |          |                                     |    |
|----------|----------|-------------------------------------|----|
| M 50     | 8.47.74  | Peters-Heijdens-Metselaar-Steyn     | 92 |
| M 60     | 9.33.95  | Maijor-Ravensbergen-Zethof-Herlaar  | 92 |
| M overig | vacant   | zonder limiet per 5 jaar            |    |
| V 35     | 9.37.29  | Klomp-Pos-Ruijter-Jacobs            | 92 |
| V 40     | 9.55.83  | Kaptijn-Mulder-Caris-Papegaaij      | 98 |
| V 45     | 10.24.08 | L. Jansen-Raap-Van Kempen-Klomp     | 99 |
| V 50     | 10.45.43 | Keijsers-Van Kooten-Brugman-Jonkers | 98 |
| V 55     | 10.33.26 | Jonkers-Van Kooten-Keijsers-Brugman | 99 |
| V 60/70  | vacant   | zonder limiet                       |    |

### 4x800 meter clubs

|         |          |                                                      |    |
|---------|----------|------------------------------------------------------|----|
| M 40    | 8.13.5h  | De Spartaan (Van der Poel-Kortekaas-Hens-Laan)       | 93 |
| M 45    | 9.23.70  | Lionitas (Jepma-Van Kaam-Postma-Wetting)             | 01 |
| M 50    | 10.53.3h | Olympus'70 (Vonk-v.d. Valk-Wissenburg-Van der Horst) | 98 |
| M 55/80 | vacant   | zonder limiet                                        |    |
| V 35/70 | vacant   | zonder limiet                                        |    |

### 4x1500 meter nationale ploegen

|          |          |                           |    |
|----------|----------|---------------------------|----|
| M 50     | 19.55.43 | Steyn-Terlouw-Blom-Halter | 96 |
| M overig | vacant   | zonder limiet per 5 jaar  |    |

### 4x1500 meter clubs

|          |          |                                                  |    |
|----------|----------|--------------------------------------------------|----|
| M 40     | 17.03.81 | De Spartaan (Righolt-Van der Poel-Hens-Laan)     | 92 |
| M 45     | 18.43.9h | PAC (Van Spronsen-Olsthooft-Walop-Alberts)       | 00 |
| M 55     | 21.20.10 | Leiden Atletiek (Hop-Kerkvliet-Schipper-Van Tol) | 02 |
| M overig | vacant   | zonder limiet                                    |    |

# Europese baanrecords + beste prestaties weg per 15-3-2003

## 100 meter

|      |       |                |     |    |      |         |                  |     |    |
|------|-------|----------------|-----|----|------|---------|------------------|-----|----|
| M 40 | 10.61 | Stefan Burkart | SUI | 00 | V 50 | 2.21.05 | Barbara Lehmann  | GER | 92 |
| M 45 | 11.23 | Stephen Peters | GBR | 99 | V 55 | 2.22.47 | Carolyn Oxtan    | GBR | 98 |
| M 50 | 11.50 | Ronald Taylor  | GBR | 84 | V 60 | 2.36.94 | Gerda van Kooten | NED | 99 |
| M 55 | 11.57 | Ronald Taylor  | GBR | 91 | V 65 | 2.54.5h | Toni Borthwick   | GBR | 96 |
| M 60 | 11.70 | Ronald Taylor  | GBR | 94 | V 70 | 3.10.72 | Nina Naumenko    | RUS | 96 |

|      |       |                        |     |    |                   |         |                    |     |    |
|------|-------|------------------------|-----|----|-------------------|---------|--------------------|-----|----|
| M 65 | 12.65 | Jürgen Radke           | GER | 02 | <b>1500 meter</b> |         |                    |     |    |
| M 70 | 13.27 | Wolfgang Reuter        | GER | 00 | M 40              | 3.46.7h | David Moorcroft    | GBR | 93 |
| M 75 | 13.64 | Fritz Assmy            | GER | 91 | M 45              | 3.58.3h | Peter Molloy       | GBR | 95 |
| M 80 | 14.66 | Fritz Assmy            | GER | 95 | M 50              | 4.09.52 | Ronald Mercelina   | NED | 96 |
| V 35 | 11.11 | Natalya Voronova       | RUS | 00 | M 55              | 4.14.33 | Günther Hesselmann | FRG | 81 |
| V 40 | 11.28 | Marlene Ottey          | SLO | 02 | M 60              | 4.32.1h | Siem Herlaar       | NED | 89 |
| V 45 | 12.25 | Karin von Riewel       | GER | 96 | M 65              | 4.39.87 | Siem Herlaar       | NED | 94 |
| V 50 | 13.10 | Ingrid Meier           | GER | 97 | M 70              | 4.57.65 | Siem Herlaar       | NED | 99 |
| V 55 | 13.43 | Brunhilde Hoffmann     | GER | 95 | M 75              | 5.39.12 | Rune Bergman       | SWE | 00 |
| V 60 | 13.89 | Brunhilde Hoffmann     | GER | 99 | M 80              | 6.16.13 | Fritz Helber       | FRG | 86 |
| V 65 | 14.40 | Christiane Schmalbruch | GER | 02 | M 85              | 7.29.4h | Josef Galia        | FRG | 85 |
| V 70 | 15.33 | Paula Schneiderhan     | GER | 94 | V 35              | 3.57.73 | Maricica Puica     | ROM | 85 |

## 200 meter

|      |       |                  |     |    |      |         |                        |     |    |
|------|-------|------------------|-----|----|------|---------|------------------------|-----|----|
| M 40 | 22.02 | Bruno Dupuy      | FRA | 99 | V 40 | 3.59.78 | Yekaterina Podkopayeva | RUS | 94 |
| M 45 | 22.21 | Stephen Peters   | GBR | 99 | V 45 | 4.05.44 | Yekaterina Podkopayeva | RUS | 98 |
| M 50 | 22.91 | Ronald Taylor    | GBR | 86 | V 50 | 4.43.10 | Jutta Pedersén         | SWE | 97 |
| M 55 | 23.37 | Ronald Taylor    | GBR | 90 | V 55 | 4.57.4h | Carolyn Oxtan          | GBR | 98 |
| M 60 | 24.00 | Ronald Taylor    | GBR | 94 | V 60 | 5.24.72 | Gerda van Kooten       | NED | 99 |
| M 65 | 25.93 | Berthold Neumann | GER | 96 | V 65 | 5.57.74 | Melitta Czerwenka      | GER | 97 |
| M 70 | 27.09 | Wolfgang Reuter  | GER | 00 | V 70 | 6.14.52 | Nina Naumenko          | RUS | 95 |

|      |       |                    |     |    |                   |          |                    |     |    |
|------|-------|--------------------|-----|----|-------------------|----------|--------------------|-----|----|
| M 75 | 28.60 | Fritz Assmy        | FRG | 90 | <b>3000 meter</b> |          |                    |     |    |
| M 80 | 31.08 | Fritz Assmy        | GER | 95 | M 40              | 8.05.08  | Martti Vainio      | FIN | 91 |
| V 35 | 22.81 | Natalya Voronova   | RUS | 00 | M 45              | 8.27.7h  | Nigel Gates        | GBR | 98 |
| V 40 | 24.95 | Zdenka Musinska    | CZE | 97 | M 50              | 8.53.7h  | Josef Kurz         | FRG | 89 |
| V 45 | 25.85 | Dagmar Fuhrman     | GER | 99 | M 55              | 9.01.8h  | Günther Hesselmann | FRG | 81 |
| V 50 | 26.52 | Vivien Bonner      | GBR | 99 | M 60              | 9.29.47  | Ad Heijdens        | NED | 00 |
| V 55 | 27.53 | Ingrid Meijer      | GER | 02 | M 65              | 9.49.5h  | Siem Herlaar       | NED | 94 |
| V 60 | 28.87 | Brunhilde Hoffmann | GER | 00 | M 70              | 10.42.40 | Siem Herlaar       | NED | 99 |
| V 65 | 31.12 | Paula Schneiderhan | GER | 88 | M 75              | 12.30.9h | Heinrich Schultz   | FRG | 88 |
| V 70 | 32.24 | Paula Schneiderhan | GER | 92 | M 80              | 13.17.0h | Fritz Helber       | FRG | 86 |

## 400 meter

|      |       |                  |     |    |      |          |                        |     |    |
|------|-------|------------------|-----|----|------|----------|------------------------|-----|----|
| M 40 | 47.86 | Eric Roeske      | NED | 02 | V 35 | 8.27.83  | Maricica Puica         | ROM | 87 |
| M 45 | 50.23 | David Elderfield | GBR | 01 | V 40 | 9.11.2h  | Joyce Smith            | GBR | 78 |
| M 50 | 51.60 | Guido Müller     | FRG | 89 | V 45 | 9.17.27  | Yekaterina Podkopayeva | RUS | 97 |
| M 55 | 53.04 | Guido Müller     | GER | 95 | V 50 | 10.11.5h | Jutta Pedersén         | SWE | 97 |
| M 60 | 54.65 | Guido Müller     | GER | 99 | V 55 | 10.47.94 | Edeltraud Pohl         | GER | 91 |
| M 65 | 57.52 | Berthold Neumann | GER | 96 | V 60 | 11.41.91 | Gerda van Kooten       | NED | 99 |
| M 70 | 61.29 | Wilhelm Selzer   | GER | 97 | V 65 | 12.32.44 | Melitta Czerwenka      | GER | 96 |
| M 75 | 65.34 | Wilhelm Selzer   | GER | 02 | V 70 | 13.32.38 | Melitta Czerwenka      | GER | 00 |

|      |       |                    |     |    |                   |          |                    |     |    |
|------|-------|--------------------|-----|----|-------------------|----------|--------------------|-----|----|
| M 80 | 78.66 | Herbert Liedtke    | SWE | 96 | <b>5000 meter</b> |          |                    |     |    |
| V 35 | 50.87 | Helena Fuchsová    | CZE | 00 | M 40              | 13.43.15 | Mohammed Ezzher    | FRA | 00 |
| V 40 | 56.93 | Tilly Jacobs       | NED | 97 | M 45              | 14.23.6h | Lucien Rault       | FRA | 92 |
| V 45 | 57.91 | Barbara Blurton    | GBR | 95 | M 50              | 15.06.0h | Jean van Onselen   | BEL | 84 |
| V 50 | 61.82 | Brunhilde Hoffmann | GER | 92 | M 55              | 15.42.35 | Günther Hesselmann | FRG | 81 |
| V 55 | 64.50 | Brunhilde Hoffmann | GER | 95 | M 60              | 16.24.0h | Stephen James      | GBR | 98 |
| V 60 | 69.94 | Åse Nyland         | NOR | 95 | M 65              | 17.13.8h | Rune Bergman       | SWE | 90 |
| V 65 | 73.71 | Anna Mangler       | FRG | 89 | M 70              | 18.34.72 | Luciano Acquarone  | ITA | 01 |
| V 70 | 79.14 | Anna Mangler       | GER | 93 | M 75              | 20.00.13 | James Todd         | GBR | 97 |

## 800 meter

|      |         |                        |     |    |                     |          |                   |     |    |
|------|---------|------------------------|-----|----|---------------------|----------|-------------------|-----|----|
| M 40 | 1.50.69 | Colm Rothery           | IRL | 00 | M 80                | 26.50.2h | Josef Galia       | FRG | 85 |
| M 45 | 1.56.16 | Ronald Mercelina       | NED | 91 | V 35                | 15.12.06 | Teresia Reco      | ESP | 00 |
| M 50 | 1.59.45 | Ronald Mercelina       | NED | 96 | V 40                | 15.20.59 | Elena Fidatov     | ROM | 00 |
| M 55 | 2.04.69 | Reginald Phipps        | GBR | 99 | V 45                | 15.55.71 | Nicole Leveque    | FRA | 96 |
| M 60 | 2.13.81 | Unto Mattsson          | FIN | 90 | V 50                | 17.17.02 | Jutta Pedersén    | SWE | 97 |
| M 65 | 2.18.70 | Berthold Neumann       | GER | 96 | V 55                | 18.32.5h | Edeltraud Pohl    | GER | 92 |
| M 70 | 2.29.96 | Siem Herlaar           | NED | 99 | V 60                | 19.47.91 | Edeltraud Pohl    | GER | 97 |
| M 75 | 2.45.81 | Rune Bergman           | SWE | 01 | V 65                | 21.30.10 | Melitta Czerwenka | GER | 95 |
| M 80 | 3.04.29 | Emiel Pauwels          | BEL | 99 | V 70                | 23.18.5h | Melitta Czerwenka | GER | 00 |
| M 85 | 3.45.5h | Josef Galia            | FRG | 85 | <b>10.000 meter</b> |          |                   |     |    |
| V 35 | 1.56.53 | Lyobov Gurina          | RUS | 94 | M 40                | 28.30.88 | Martti Vianio     | FIN | 91 |
| V 40 | 1.59.25 | Yekaterina Podkopayeva | RUS | 94 | M 45                | 30.16.8h | Alain Mimoun      | FRA | 66 |
| V 45 | 2.02.82 | Yekaterina Podkopayeva | RUS | 98 | M 50                | 31.42.61 | Kjell-Erik Ståhl  | SWE | 96 |

# Europese baanrecords + beste prestaties weg per 15-3-2003

|                                                                 |                 |                        |            |           |                                |                 |                        |               |
|-----------------------------------------------------------------|-----------------|------------------------|------------|-----------|--------------------------------|-----------------|------------------------|---------------|
| M 55                                                            | 32.38.92        | Rolf Conzelmann        | GER        | 88        | <b>5000 meter snelwandelen</b> |                 |                        |               |
| M 60                                                            | 34.14.88        | Luciano Acquarone      | ITA        | 91        | M 40                           | 20.39.09        | Gérard Lelievre        | FRA 92        |
| M 65                                                            | 36.32.64        | Francisco Vincente     | POR        | 98        | M 45                           | 21.16.0h        | Gérard Lelievre        | FRA 95        |
| <b>M 70</b>                                                     | <b>36.31.50</b> | <b>Akhmet Siraziev</b> | <b>RUS</b> | <b>98</b> | <b>M 50</b>                    | <b>21.55.0h</b> | <b>Aaro Nokela</b>     | <b>FIN 85</b> |
| M 75                                                            | 42.03.4h        | David Morrison         | GBR        | 89        | M 55                           | 22.44.5h        | Vladimir Gulubnitschij | URS 91        |
| M 80                                                            | 47.44.60        | Fritz Helber           | FRG        | 86        | M 60                           | 24.06.0h        | Aaro Nokela            | FIN 95        |
| M 85                                                            | 52.50.80        | Max Rascke             | GER        | 93        | M 65                           | 25.05.02        | Gerhard Weidner        | GER 99        |
| V 35                                                            | 31.20.28        | Ingrid Kristiansen     | NOR        | 91        | M 70                           | 26.56.0h        | James Grimwade         | GBR 86        |
| V 40                                                            | 32.12.07        | Nicole Leveque         | FRA        | 94        | M 75                           | 27.40.0h        | James Grimwade         | GBR 87        |
| V 45                                                            | 32.34.05        | Evy Palm               | SWE        | 88        | M 80                           | 29.24.1h        | James Grimwade         | GBR 92        |
| V 50                                                            | 35.37.0h        | Valborg Östberg        | NOR        | 81        | M 85                           | 37.46.90        | Ake Strang             | FIN 93        |
| V 55                                                            | 37.47.95        | Edeltraud Pohl         | GER        | 92        | V 35                           | 21.20.61        | Maya Sazonova          | KAZ 00        |
| V 60                                                            | 41.38.0h        | Edeltraud Pohl         | GER        | 97        | V 40                           | 22.49.06        | Susanne Griesbach      | FRA 87        |
| V 65                                                            | 44.20.9h        | Lieselotte Schultz     | FRG        | 85        | V 45                           | 24.00.1h        | Susanne Griesbach      | FRA 91        |
| V 70                                                            | 47.22.51        | Melitta Czerwenka      | GER        | 00        | V 50                           | 25.01.6h        | Heidi Mäder            | SUI 97        |
| <b>steeplechase (3000 t/m M55 en de rest is 2000 meter)</b>     |                 |                        |            |           | V 55                           | 25.28.0h        | Olga Meyer             | FRG 85        |
| M 40                                                            | 8.41.5h         | Gaston Roelants        | BEL        | 77        | V 60                           | 26.38.0h        | Olga Meyer             | FRG 89        |
| M 45                                                            | 9.16.1h         | Nils Undersåker        | NOR        | 84        | V 65                           | 28.38.1h        | Britta Tibbling        | SWE 84        |
| M 50                                                            | 9.38.8h         | Nils Undersåker        | NOR        | 89        | V 70                           | 30.05.0h        | May Bengtsson          | SWE 90        |
| M 55                                                            | 10.29.73        | Nils Undersåker        | NOR        | 95        | <b>hoogspringen</b>            |                 |                        |               |
| M 60                                                            | 7.01.22         | Nils Undersåker        | NOR        | 00        | M 40                           | 2.07            | Istvan Major           | HUN 90        |
| M 65                                                            | 7.25.10         | Francisco Vincente     | POR        | 98        |                                | 2.07            | Jindrich Kondra        | CZE 97        |
| M 70                                                            | 8.29.14         | Pierre Blanchou        | FRA        | 01        |                                | 2.07            | Christian Klemenczak   | FRA 98        |
| M 75                                                            | 10.11.95        | Adriano Gomez          | POR        | 98        | M 45                           | 2.00            | Asko Pesonen           | FIN 88        |
| M 80                                                            | 11.39.21        | Emiel Pauwels          | BEL        | 01        | M 50                           | 1.98            | Thomas Zacharias       | GER 97        |
| V 35                                                            | 6.31.25         | Marina Pluzhnikova     | RUS        | 98        | M 55                           | 1.83            | Jaroslav Hanus         | CZE 98        |
| V 40                                                            | 7.20.85         | Teena Colebrook        | GBR        | 97        | M 60                           | 1.70            | Horst Mandl            | AUT 96        |
| V 45                                                            | 7.54.67         | Jennifer Chambers      | GBR        | 99        | M 65                           | 1.58            | Nils-Bertil Nevtrup    | SWE 93        |
| V 50                                                            | 8.44.15         | Margaret Auerback      | GBR        | 99        | M 70                           | 1.50            | Nils-Bertil Nevtrup    | SWE 97        |
| V 55                                                            | 9.02.37         | Anerka Janeckova       | CZE        | 02        | M 75                           | 1.44            | Esko Kolhonen          | FIN 89        |
| V 60                                                            | vacant          |                        |            |           | M 80                           | 1.34            | Emmerich Zensch        | AUT 00        |
| V 65                                                            | 11.56.57        | Ulla Seger             | SWE        | 97        | V 35                           | 1.96            | Inga Babakova          | UKR 02        |
| <b>korte horden (rec.V60+ 76,2 blijven tot verb. 68,6 cm)</b>   |                 |                        |            |           | V 40                           | 1.72            | Carmen Karg            | GER 95        |
| M 40 (99,1)                                                     | 14.16           | Carlos Sala Molera     | ESP        | 00        | V 45                           | 1.68            | Carmen Karg            | GER 00        |
| M 45                                                            | 15.43           | Michalis Malatidis     | GRE        | 90        | <b>V 50</b>                    | <b>1.57</b>     | <b>Weia Reinboud</b>   | <b>NED 00</b> |
| M 50 (91,4)                                                     | 14.24           | Rolf Geese             | GER        | 94        | V 55                           | 1.46            | Renate Vogel           | GER 00        |
| M 55                                                            | 14.75           | Rolf Geese             | GER        | 99        | V 60                           | 1.38            | Christiane Schmalbruch | GER 97        |
| M 60 (84,0)                                                     | 14.42           | Guido Müller           | GER        | 02        | V 65                           | 1.28            | Christiane Schmalbruch | GER 02        |
| M 65                                                            | 17.09           | Tony Bowman            | GBR        | 02        | V 70                           | 1.22            | Christel Happ          | GER 00        |
| M 70 (76,2)                                                     | 14.00           | Hannu Suoknuuti        | FIN        | 97        | <b>polshoog</b>                |                 |                        |               |
| M 75                                                            | 14.84           | Reino Taskinen         | FIN        | 94        | M 40                           | 5.21            | Kjell Isaksson         | SWE 89        |
| M 80 (68,6)                                                     | 16.95           | Bruno Sobrero          | ITA        | 02        | M 45                           | 4.80            | Wolfgang Ritte         | GER 98        |
| V 35 (84,0)                                                     | 12.47           | Ludmilla Enqvist       | SWE        | 99        | M 50                           | 4.40            | Hans Lagerqvist        | SWE 90        |
| V 40 (76,2)                                                     | 11.40           | Anke Moritz            | GER        | 01        | M 55                           | 4.26            | Hans Lagerqvist        | SWE 96        |
| <b>V 45</b>                                                     | <b>12.34</b>    | <b>Riny Hagenaars</b>  | <b>NED</b> | <b>97</b> | M 60                           | 3.90            | Herbert Schmidt        | FRG 71        |
| <b>V 50</b>                                                     | <b>13.02</b>    | <b>Corrie Roovers</b>  | <b>NED</b> | <b>87</b> | M 65                           | 3.61            | Robert Brown           | GBR 97        |
| V 55                                                            | 12.31           | Helgi Lamp             | EST        | 99        | M 70                           | 3.31            | Robert Brown           | GBR 02        |
| <b>V 60 (68,6)</b>                                              | <b>13.89</b>    | <b>Corrie Roovers</b>  | <b>NED</b> | <b>96</b> | M 75                           | 2.61            | Aarne Ketonen          | FIN 92        |
| V 65                                                            | 14.91           | Leili Kaas             | EST        | 00        | M 80                           | 2.32            | Ahti Pajunen           | FIN 91        |
| V 70                                                            | 17.32           | Asta Larsson           | SWE        | 02        | V 35                           | 4.22            | Gabriela Mihalcea      | ROM 99        |
| <b>lange horden (rec.V60+/M70+ 76,2 blijft tot verb.68,6cm)</b> |                 |                        |            |           | V 40                           | 3.20            | Marie-Claire Fabardine | FRA 96        |
| M 40 (91,4)                                                     | 53.20           | Howard Moscrop         | GBR        | 99        |                                | 3.20            | Jennifer Cunnane       | GBR 97        |
| M 45                                                            | 55.18           | Guido Müller           | FRG        | 86        |                                | 3.20            | Petra Hermann          | GER 01        |
| M 50 (84,0)                                                     | 58.77           | Walter Bauer           | GER        | 92        | V 45                           | 2.90            | Jenny Wood             | GBR 01        |
| M 55                                                            | 58.92           | Guido Müller           | GER        | 95        | V 50                           | 2.90            | Pat McNab              | GBR 02        |
| M 60 (76,2)                                                     | 42.31           | Guido Müller           | GER        | 99        | V 55                           | 2.80            | Karin Förster          | GER 02        |
| M 65                                                            | 46.97           | Hannu Suoknuuti        | FIN        | 91        | V 60                           | 2.50            | Pirkko Pitkänen        | FIN 02        |
| M 70 (68,6)                                                     | 52.22           | Hannu Suoknuuti        | FIN        | 96        | V 65                           | 1.90            | Dorothy McLennan       | GER 02        |
| M 75                                                            | 57.69           | Gudmund Skrivervik     | NOR        | 97        | <b>verspringen</b>             |                 |                        |               |
| M 80                                                            | 63.09           | Pierre Darrot          | FRA        | 01        | M 40                           | 7.57            | Hans Schicker          | FRG 89        |
| V 35 (76,2)                                                     | 52.94           | Marina Stepanova       | URS        | 86        | M 45                           | 7.27            | Tapani Taavitsainen    | FIN 90        |
| V 40                                                            | 62.08           | Maria Jesus Sanguos    | ESP        | 95        | M 50                           | 6.84            | Tapani Taavitsainen    | FIN 94        |
| V 45                                                            | 66.02           | Marjorie Hocknell      | GBR        | 89        | M 55                           | 6.35            | Stig Bäcklund          | FIN 95        |
|                                                                 | 66.02           | Ingrid Weber-Hack      | GER        | 02        | M 60                           | 5.85            | Stig Bäcklund          | FIN 00        |
| V 50 (76,2)                                                     | 48.43           | Marjorie Hocknell      | GBR        | 94        | M 65                           | 5.47            | Lothar Fisher          | GER 01        |
| <b>V 55</b>                                                     | <b>52.11</b>    | <b>Corrie Roovers</b>  | <b>NED</b> | <b>91</b> | M 70                           | 5.15            | Wolfgang Reuter        | AUT 00        |
| <b>V 60 (68,6)</b>                                              | <b>53.05</b>    | <b>Corrie Roovers</b>  | <b>NED</b> | <b>95</b> | M 75                           | 4.44            | Willi Ramm             | GER 90        |
| V 65                                                            | 65.74           | Gerd Mjelde            | NOR        | 99        | M 80                           | 3.95            | Aate Lehtimäki         | FIN 99        |

Europese baanrecords + beste prestaties weg per 15-3-2003

verspringen (vervolg)

|      |      |                        |        |      |       |                       |        |
|------|------|------------------------|--------|------|-------|-----------------------|--------|
| V 35 | 6.99 | Heike Drechsler        | GER 00 | M 55 | 63.70 | Hans Pötsch           | AUT 90 |
| V 40 | 8.41 | Karin von Riewel       | RUS 00 | M 60 | 61.70 | Eugen Waltercrantz    | SWE 99 |
| V 45 | 5.59 | Karin von Riewel       | GER 97 | M 65 | 53.32 | Karl-Heinz Wendel     | GER 96 |
| V 50 | 5.13 | Anna Wlodarczyk        | POL 01 | M 70 | 50.72 | Pentti Saarikoski     | FIN 96 |
| V 55 | 5.01 | Christiane Schmalbruch | GER 94 | M 75 | 45.92 | Aarne Miettinen       | FIN 88 |
| V 60 | 4.75 | Christiane Schmalbruch | GER 97 | M 80 | 34.58 | Jerzy Krawczyk        | POL 01 |
| V 65 | 4.64 | Christiane Schmalbruch | GER 02 | V 35 | 67.40 | Alla Davydova         | RUS 02 |
| V 70 | 4.15 | Paula Schneiderhan     | GER 94 | V 40 | 51.85 | Margrith Duss-Mueller | SUI 01 |
|      |      |                        |        | V 45 | 45.76 | Annie Bellanger       | FRA 96 |
|      |      |                        |        | V 50 | 51.36 | Inge Faldager         | DEN 98 |
|      |      |                        |        | V 55 | 45.91 | Gudrun Mellman        | GER 98 |
|      |      |                        |        | V 60 | 46.04 | Jutta Schäfer         | GER 95 |
|      |      |                        |        | V 65 | 44.38 | Jutta Schäfer         | GER 97 |
|      |      |                        |        | V 70 | 37.24 | Jutta Schäfer         | GER 02 |

hinkstapspringen

|      |       |                        |        |  |  |  |  |
|------|-------|------------------------|--------|--|--|--|--|
| M 40 | 15.58 | Wolfgang Knabe         | GER 99 |  |  |  |  |
| M 45 | 14.18 | Stig Bäcklund          | FIN 87 |  |  |  |  |
|      | 14.18 | Manfred Wenzke         | GER 00 |  |  |  |  |
| M 50 | 14.07 | Stig Bäcklund          | FIN 90 |  |  |  |  |
| M 55 | 13.85 | Stig Bäcklund          | FIN 95 |  |  |  |  |
| M 60 | 12.68 | Stig Bäcklund          | FIN 00 |  |  |  |  |
| M 65 | 11.94 | Hermann Strauss        | GER 96 |  |  |  |  |
| M 70 | 10.41 | Vaclav Bartl           | SWE 96 |  |  |  |  |
| M 75 | 9.78  | Esko Kolhonen          | FIN 89 |  |  |  |  |
| M 80 | 8.01  | Aate Lehtimäki         | FIN 01 |  |  |  |  |
| V 35 | 14.23 | Natalya Kayukova       | RUS 01 |  |  |  |  |
| V 40 | 12.29 | Petra Hermann          | GER 00 |  |  |  |  |
| V 45 | 11.23 | Danielle Desmier       | FRA 95 |  |  |  |  |
| V 50 | 11.37 | Anna Wlodarczyk        | POL 01 |  |  |  |  |
| V 55 | 9.93  | Christiane Schmalbruch | GER 94 |  |  |  |  |
| V 60 | 10.03 | Christiane Schmalbruch | GER 97 |  |  |  |  |
| V 65 | 9.51  | Christiane Schmalbruch | GER 02 |  |  |  |  |
| V 70 | 7.46  | Asta Larsson           | SWE 02 |  |  |  |  |

kogelstoten

|             |       |                         |        |  |  |  |  |
|-------------|-------|-------------------------|--------|--|--|--|--|
| M 40 (7,26) | 20.44 | Ivan Ivancic            | YUG 80 |  |  |  |  |
| M 45        | 20.77 | Ivan Ivancic            | YUG 83 |  |  |  |  |
| M 50 (6)    | 18.45 | Klaus Liedtke           | GER 91 |  |  |  |  |
| M 55        | 17.50 | Klaus Liedtke           | GER 96 |  |  |  |  |
| M 60 (5)    | 18.20 | Klaus Liedtke           | GER 01 |  |  |  |  |
| M 65        | 14.43 | Torsten von Wachenfeldt | SWE 93 |  |  |  |  |
| M 70 (4)    | 14.80 | Torsten von Wachenfeldt | SWE 00 |  |  |  |  |
| M 75        | 13.11 | Erik Eriksson           | FIN 99 |  |  |  |  |
| M 80        | 11.88 | Franz Meier             | SUI 99 |  |  |  |  |
| V 35        | 21.46 | Larisa Peleshenko       | RUS 00 |  |  |  |  |
| V 40        | 19.05 | Antonia Ivanova         | URS 73 |  |  |  |  |
| V 45        | 16.95 | Zdenka Silhava          | CZE 99 |  |  |  |  |
| V 50 (3)    | 14.82 | Sigrun Kofink           | GER 91 |  |  |  |  |
| V 55        | 14.47 | Sigrun Kofink           | GER 97 |  |  |  |  |
| V 60        | 13.20 | Sigrun Kofink           | GER 00 |  |  |  |  |
| V 65        | 12.21 | Sigrun Kofink           | GER 98 |  |  |  |  |
| V 70        | 9.57  | Marianne Hamm           | GER 98 |  |  |  |  |

discuswerpen (M40/45=2, M50=1,5 en de rest is 1 kg)

|      |       |                       |        |  |  |  |  |
|------|-------|-----------------------|--------|--|--|--|--|
| M 40 | 65.81 | Jürgen Schult         | GER 00 |  |  |  |  |
| M 45 | 62.52 | Knut Hjeltnes         | NOR 97 |  |  |  |  |
| M 50 | 68.40 | Klaus Weiffenbach     | GER 97 |  |  |  |  |
| M 55 | 64.58 | Klaus Liedtke         | GER 00 |  |  |  |  |
| M 60 | 65.52 | Klaus Liedtke         | GER 01 |  |  |  |  |
| M 65 | 55.62 | Konstantin Maksimczyk | GBR 79 |  |  |  |  |
| M 70 | 49.34 | Kauko Joupila         | FIN 91 |  |  |  |  |
| M 75 | 45.68 | Kauko Joupila         | FIN 96 |  |  |  |  |
| M 80 | 37.86 | Osmo Renvall          | FIN 91 |  |  |  |  |
| V 35 | 69.60 | Faina Melnik          | URS 80 |  |  |  |  |
| V 40 | 67.10 | Ellina Zvereva        | BLR 01 |  |  |  |  |
| V 45 | 64.09 | Zdenka Silhava        | CZE 99 |  |  |  |  |
| V 50 | 45.48 | Ingrid Miller         | SWE 92 |  |  |  |  |
| V 55 | 43.36 | Tamara Danilova       | RUS 96 |  |  |  |  |
| V 60 | 39.08 | Anne-Chatrine Rühlow  | GER 97 |  |  |  |  |
| V 65 | 36.11 | Sirkka Kauppinen      | FIN 02 |  |  |  |  |
| V 70 | 27.54 | Marianne Hamm         | GER 98 |  |  |  |  |

kogelslingeren (M40/45=7,26, M50/55=6, V50/70=3, rest 4 kg)

|      |       |                   |        |  |  |  |  |
|------|-------|-------------------|--------|--|--|--|--|
| M 40 | 80.03 | Vasiliy Sidorenko | RUS 01 |  |  |  |  |
|------|-------|-------------------|--------|--|--|--|--|

speerwerpen

|            |       |                     |        |  |  |  |  |
|------------|-------|---------------------|--------|--|--|--|--|
| M 40 (800) | 82.24 | Peter Blank         | GER 02 |  |  |  |  |
| M 45       | 70.96 | Jorma Markus        | FIN 02 |  |  |  |  |
| M 50 (700) | 65.88 | Esa Kiuri           | FIN 00 |  |  |  |  |
| M 55       | 64.17 | Kauko Tuisko        | FIN 01 |  |  |  |  |
| M 60 (600) | 60.07 | Axel Jelten         | GER 02 |  |  |  |  |
| M 65       | 54.70 | Wladyslaw Kowalczyk | GER 02 |  |  |  |  |
| M 70 (500) | 48.34 | Härje Noreborn      | SWE 99 |  |  |  |  |
| M 75       | 42.97 | Veikko Javanainen   | FIN 01 |  |  |  |  |
| M 80 (400) | 35.83 | Viljo Kyrro         | FIN 99 |  |  |  |  |
| V 35 (600) | 64.89 | Yekaterina Ivakina  | RUS 00 |  |  |  |  |
| V 40       | 53.02 | Elisabeth Wahlander | SWE 00 |  |  |  |  |
| V 45       | 37.79 | Jean Lintern        | GBR 99 |  |  |  |  |
| V 50 (500) | 41.50 | Regina Stange       | GER 02 |  |  |  |  |
| V 55       | 44.44 | Natasa Bezjak       | SLO 02 |  |  |  |  |
| V 60 (400) | 41.28 | Gertraud Schönaauer | AUT 97 |  |  |  |  |
| V 65       | 36.79 | Gertraud Schönaauer | AUT 02 |  |  |  |  |
| V 70       | 28.20 | Jo Ogden            | GBR 97 |  |  |  |  |

gewichtwerpen

|                     |              |                   |               |  |  |  |  |
|---------------------|--------------|-------------------|---------------|--|--|--|--|
| M 40 (15,88)        | 18.66        | Vassilios Maganas | GRE 94        |  |  |  |  |
| M 45                | 18.92        | Vassilios Maganas | GRE 01        |  |  |  |  |
| M 50 (11,34)        | 21.57        | Arild Busterud    | NOR 99        |  |  |  |  |
| M 55                | 19.84        | Lutz Caspers      | GER 02        |  |  |  |  |
| M 60 (9,072)        | 21.91        | Arne Lothe        | NOR 99        |  |  |  |  |
| M 65                | 17.95        | Rickard Rzehak    | GER 98        |  |  |  |  |
| M 70 (7,256)        | 18.97        | Seppo Salanto     | FIN 01        |  |  |  |  |
| M 75                | 16.54        | Artur Dreher      | GER 97        |  |  |  |  |
| M 80 (5,449)        | 16.87        | Artur Dreher      | GER 02        |  |  |  |  |
| <b>V 35 (9,072)</b> | <b>16.25</b> | <b>Gonny Mik</b>  | <b>NED 01</b> |  |  |  |  |
| V 40                | 15.78        | Margrith Duss     | SUI 02        |  |  |  |  |
| V 45                | 14.84        | Inge Faldager     | DEN 94        |  |  |  |  |
| V 50 (7,258)        | 15.40        | Inge Faldager     | DEN 98        |  |  |  |  |
| V 55                | 17.02        | Evaun Williams    | GBR 94        |  |  |  |  |
| V 60 (5,449)        | 16.23        | Evaun Williams    | GBR 98        |  |  |  |  |
| V 65                | 16.09        | Jutta Schäfer     | GER 98        |  |  |  |  |
| V 70                | 13.60        | Jutta Schäfer     | GER 02        |  |  |  |  |

10 km weg (beste prestaties, geen records)

|             |              |                            |               |  |  |  |  |
|-------------|--------------|----------------------------|---------------|--|--|--|--|
| M 40        | 29.00        | Pierre Levisse             | FRA 92        |  |  |  |  |
| M 45        | 30.15        | Alexandre Gonzales         | FRA 96        |  |  |  |  |
| <b>M 50</b> | <b>31.49</b> | <b>John van der Wansem</b> | <b>NED 01</b> |  |  |  |  |
| M 55        | 33.05        | Les Presland               | GBR 94        |  |  |  |  |
| M 60        | 34.08        | Anatolyi Prisyaznuk        | UKR 97        |  |  |  |  |
| <b>M 65</b> | <b>35.59</b> | <b>Wil van der Lee</b>     | <b>NED 96</b> |  |  |  |  |
| M 70        | 39.33        | Karel Urbanek              | CZE 97        |  |  |  |  |
| M 75        | 43.17        | Heinrich Gutbier           | GER 99        |  |  |  |  |
| M 80        | 48.20        | Gordon Porteus             | GBR 95        |  |  |  |  |
| M 85        | 68.50        | Otoo Ludzuweit             | GER 02        |  |  |  |  |
| V 35        | 31.54        | Katrin Dörre               | GER 99        |  |  |  |  |
| V 40        | 32.14        | Priscilla Welch            | GBR 85        |  |  |  |  |
| V 45        | 33.52        | Nicole Leveque             | FRA 96        |  |  |  |  |
| V 50        | 36.25        | Janette Stevenson          | GBR 99        |  |  |  |  |
| V 55        | 38.37        | Irene Six                  | FRA 96        |  |  |  |  |
| V 60        | 41.09        | Edeltraud Pohl             | GER 97        |  |  |  |  |

# Europese baanrecords + beste prestaties weg per 15-3-2003

|      |       |                   |        |      |       |                     |        |
|------|-------|-------------------|--------|------|-------|---------------------|--------|
| M 45 | 62.86 | Strecko Stigilic  | YUG 88 | V 65 | 44.20 | Myfanwy Loudon      | GBR 99 |
| M 50 | 66.92 | Christopher Black | GBR 02 | V 70 | 49.35 | Guisseppina Gurtner | SUI 96 |

## 1/2 marathon (beste prestaties, geen records)

|             |                |                        |
|-------------|----------------|------------------------|
| M 40        | 1.03.12        | Mohamed Youkmane       |
| M 45        | 1.04.57        | Alexandre Gonzalez     |
| M 50        | 1.07.09        | Tecwyn Davies          |
| <b>M 55</b> | <b>1.12.33</b> | <b>Piet van Alphen</b> |
| M 60        | 1.15.18        | Lars Strandh           |
| <b>M 65</b> | <b>1.17.13</b> | <b>Wil van der Lee</b> |
| M 70        | 1.25.04        | John Keston            |
| M 75        | 1.34.43        | Georg Gabriel          |
| M 80        | 1.48.42        | Torsten Ståle          |
| V 35        | 1.09.05        | Ingrid Kristiansen     |
| V 40        | 1.11.35        | Nicole Leveque         |
| V 45        | 1.11.18        | Evy Palm               |
| V 50        | 1.18.45        | Jutta Pedersén         |
| V 55        | 1.25.08        | Evy Palm               |
| V 60        | 1.33.29        | Edeltraud Pohl         |
| V 65        | 1.38.57        | Melitta Czerwenka      |
| V 70        | 1.46.18        | Melitta Czerwenka      |

## marathon (beste prestaties, geen records)

|             |                |                        |
|-------------|----------------|------------------------|
| M 40        | 2.10.33        | Mohammed Ezzher        |
| M 45        | 2.15.51        | Kjell-Erik Ståhl       |
| <b>M 50</b> | <b>2.22.14</b> | <b>Piet van Alphen</b> |
| <b>M 55</b> | <b>2.27.54</b> | <b>Piet van Alphen</b> |
| M 60        | 2.38.15        | Luciano Acquarone      |
| <b>M 65</b> | <b>2.44.26</b> | <b>Wil van der Lee</b> |
| M 70        | 3.02.37        | Luciano Acquarone      |
| M 75        | 3.23.12        | Gordon Porteous        |
| M 80        | 4.08.10        | André Osselaer         |
| M 85        | 4.47.50        | Josef Galia            |
| V 35        | 2.24.35        | Katrin Dörre           |
| V 40        | 2.26.51        | Priscilla Welch        |
| V 45        | 2.30.28        | Tatyana Pozdnykavo     |
| V 50        | 2.48.47        | Edeltraud Pohl         |
| V 55        | 3.01.31        | Denise Alfvoet         |
| V 60        | 3.14.56        | Christa Wulf           |
| V 65        | 3.28.10        | Lieselotte Schultz     |
| V 70        | 3.48.14        | Pat Trickett           |

## 10 km snelw. weg (beste prestaties, geen records)

|      |       |                   |        |
|------|-------|-------------------|--------|
| V 35 | 42.42 | Nadesha Ryashkina | RUS 00 |
| V 40 | 47.03 | Susanne Griesbach | FRA 90 |
| V 45 | 48.32 | Susanne Griesbach | FRA 90 |
| V 50 | 51.56 | Heidi Mäder       | SUI 97 |
| V 55 | 54.24 | Waltraud Seiler   | GER 96 |
| V 60 | 55.58 | Olga Meyer        | FRG 89 |
| V 65 | 58.41 | Britta Tibbling   | SWE 86 |
| V 70 | 60.18 | Britta Tibbling   | SWE 88 |

## 20 km snelw. weg (beste prestaties, geen records)

|      |         |                         |        |
|------|---------|-------------------------|--------|
| M 40 | 1.22.56 | Josep Marin             | ESP 90 |
| M 45 | 1.28.34 | Karl Degener            | FRG 89 |
| M 50 | 1.33.35 | Gerhard Weidner         | FRG 83 |
| M 55 | 1.36.20 | Gerhard Weidner         | FRG 89 |
| M 60 | 1.37.46 | Gerhard Weidner         | GER 93 |
| M 65 | 1.43.34 | Gerhard Weidner         | GER 98 |
| M 70 | 1.58.10 | James Grimwade          | GBR 86 |
| M 75 | 1.56.02 | James Grimwade          | GBR 87 |
| M 80 | 2.04.49 | James Grimwade          | GBR 92 |
| M 85 | 2.24.00 | James Grimwade          | GBR 99 |
| V 35 | 1.25.59 | Tamara Kovalenko        | RUS 00 |
| V 40 | 1.47.10 | Lioudmila Nitiagovskaya | RUS 96 |
| V 45 | 1.48.25 | Vieno Heikkilä          | FIN 85 |
| V 50 | 1.49.17 | Heidi Mäder             | SUI 96 |
| V 55 | 1.48.32 | Heidi Mäder             | SUI 99 |
| V 60 | 2.04.34 | Mary Worth              | GBR 89 |
| V 65 | 2.12.02 | Olga Meyer              | GER 93 |
| V 70 | 2.28.50 | Ursula Theune           | GER 96 |

## 30 km snelw. weg (beste prestaties, geen records)

|      |         |                   |        |
|------|---------|-------------------|--------|
| M 40 | 2.10.26 | Josep Marin       | ESP 90 |
| M 45 | 2.29.02 | Gérard Lelievre   | FRA 96 |
| M 50 | 2.31.44 | Bernard Binggeli  | SUI 96 |
| M 55 | 2.37.44 | Dieter Zschiesche | GER 96 |
| M 60 | 2.42.49 | Robert Schouckens | BEL 89 |
| M 65 | 2.52.11 | Gerhard Weidner   | GER 99 |
| M 70 | 3.05.10 | Albert Sturni     | FRA 93 |
| M 75 | 3.20.38 | Charles Colman    | GBR 96 |
| M 80 | 3.24.40 | James Grimwade    | GBR 96 |

WMA wereldrecords per 24-9-2002

100 meter

|      |              |                    |     |           |                   |                |                         |            |           |
|------|--------------|--------------------|-----|-----------|-------------------|----------------|-------------------------|------------|-----------|
| M 40 | 10.61        | Stefan Burkart     | SWI | 00        | V 50              | 2.21.05        | Barbara Lehmann         | GER        | 92        |
| M 45 | 10.96        | Neville Hodge      | USA | 01        | V 55              | 2.22.47        | Carolyn Oxtan           | GBR        | 98        |
| M 50 | <b>10.95</b> | William Collins    | USA | <b>02</b> | <b>V 60</b>       | <b>2.36.94</b> | <b>Gerda van Kooten</b> | <b>NED</b> | <b>99</b> |
| M 55 | 11.57        | Ron Taylor         | GBR | 91        | V 65              | 2.44.43        | Jeanne Daprano          | USA        | 02        |
| M 60 | 11.70        | Ron Taylor         | GBR | 95        | V 70              | 3.10.72        | Nina Naumenko           | RUS        | 96        |
| M 65 | 12.62        | Malcolm Pirie      | AUS | 94        | <b>1500 meter</b> |                |                         |            |           |
| M 70 | 12.91        | Payton Jordan      | USA | 91        | M 40              | 3.47.64        | Steve Scott             | USA        | 96        |
| M 75 | 13.4h        | Payton Jordan      | USA | 92        | M 45              | 3.58.3h        | Peter Molloy            | GBR        | 95        |
| M 80 | 14.35        | Payton Jordan      | USA | 97        | M 50              | 4.05.2h        | Tom Roberts             | AUS        | 84        |
| V 35 | 10.74        | Marlene Ottey      | JAM | 96        | M 55              | 4.12.5h        | Ron Robertson           | NZL        | 97        |
| V 40 | 11.99        | Zdenke Mosika      | CZE | 97        | M 60              | 4.27.65        | Ron Robertson           | NZL        | 01        |
| V 45 | 12.50        | Phil Raschker      | USA | 95        | <b>M 65</b>       | <b>4.39.87</b> | <b>Siem Herlaar</b>     | <b>NED</b> | <b>94</b> |
| V 50 | 12.50        | Phil Raschker      | USA | 97        | <b>M 70</b>       | <b>4.57.65</b> | <b>Siem Herlaar</b>     | <b>NED</b> | <b>99</b> |
| V 55 | 13.30        | Phil Raschker      | USA | 02        | M 75              | 5.22.7h        | Yoshimitsu Miyauchi     | JPN        | 99        |
| V 60 | 13.89        | Brunhilde Hoffmann | GER | 99        | M 80              | 6.04.28        | Ed Benham               | USA        | 87        |
| V 65 | 14.29        | Irene Obera        | USA | 99        | M 85              | 7.03.38        | Longino Perez           | MEX        | 87        |
| V 70 | 15.33        | Paula Schneiderhan | GER | 94        | V 35              | 3.57.73        | Maricica Puica          | ROM        | 85        |

200 meter

|      |       |                    |     |    |               |                |                         |            |           |
|------|-------|--------------------|-----|----|---------------|----------------|-------------------------|------------|-----------|
| M 40 | 21.86 | Bill Collins       | USA | 92 | V 40          | 3.59.78        | Yekaterina Podkopayeva  | RUS        | 94        |
| M 45 | 22.13 | Kevin Morning      | USA | 02 | V 45          | 4.05.44        | Yekaterina Podkopayeva  | RUS        | 98        |
| M 50 | 22.91 | Ron Taylor         | GBR | 86 | V 50          | 4.43.10        | Jutta Pedersén          | SWE        | 97        |
| M 55 | 23.37 | Ron Taylor         | GBR | 91 | V 55          | 4.57.4h        | Carolyn Oxtan           | GBR        | 98        |
| M 60 | 24.00 | Ron Taylor         | GBR | 95 | <b>V 60</b>   | <b>5.24.72</b> | <b>Gerda van Kooten</b> | <b>NED</b> | <b>99</b> |
| M 65 | 25.6h | Bernard Hogan      | AUS | 85 | V 65          | 5.48.48        | Jeanne Daprano          | USA        | 01        |
| M 70 | 26.8h | Payton Jordan      | USA | 87 | V 70          | 6.14.52        | Nina Naumenko           | RUS        | 95        |
| M 75 | 28.14 | Payton Jordan      | USA | 92 | <b>1 mijl</b> |                |                         |            |           |
| M 80 | 30.89 | Payton Jordan      | USA | 97 | M 40          | 4.02.53        | David Moorcroft         | GBR        | 93        |
| V 35 | 21.93 | Marlene Ottey      | JAM | 95 | M 45          | 4.16.75        | David Sirl              | AUS        | 87        |
| V 40 | 24.84 | Phil Raschker      | USA | 89 | M 50          | 4.27.9h        | Nolan Shaheed           | USA        | 00        |
| V 45 | 25.46 | Phil Raschker      | USA | 94 | M 55          | 4.40.4h        | Jack Ryan               | AUS        | 77        |
| V 50 | 25.72 | Phil Raschker      | USA | 97 | <b>M 60</b>   | <b>4.54.07</b> | <b>Joop Rüter</b>       | <b>NED</b> | <b>93</b> |
| V 55 | 27.90 | Avril Douglas      | CAN | 01 | M 65          | 4.56.4h        | Derek Turnbull          | NZL        | 92        |
| V 60 | 28.87 | Brunhilde Hoffmann | GER | 00 | <b>M 70</b>   | <b>5.23.58</b> | <b>Siem Herlaar</b>     | <b>NED</b> | <b>99</b> |
| V 65 | 30.46 | Irene Obera        | USA | 99 | M 75          | 5.57.2h        | Scotty Carter           | USA        | 92        |
| V 70 | 32.24 | Paula Schneiderhan | GER | 97 | M 80          | 7.51.9h        | Henry Sypniewski        | USA        | 00        |

400 meter

|             |              |                    |            |           |                   |                 |                         |            |           |
|-------------|--------------|--------------------|------------|-----------|-------------------|-----------------|-------------------------|------------|-----------|
| <b>M 40</b> | <b>47.86</b> | <b>Eric Roeske</b> | <b>NED</b> | <b>02</b> | V 35              | 4.17.33         | Maricica Puica          | ROM        | 85        |
| M 45        | 50.20        | Fred Sowerby       | USA        | 94        | V 40              | 4.23.78         | Yekaterina Podkopayeva  | URS        | 93        |
| M 50        | 51.39        | Fred Sowerby       | USA        | 99        | V 45              | 4.48.42         | Yekaterina Podkopayeva  | URS        | 97        |
| M 55        | 52.6h        | Ralph Romain       | TRI        | 90        | V 50              | 5.24.6h         | Elaine Statham          | GBR        | 95        |
| M 60        | 53.88        | Ralph Romain       | TRI        | 95        | <b>V 55</b>       | <b>5.32.7h</b>  | <b>Corrie Keijsers</b>  | <b>NED</b> | <b>98</b> |
| M 65        | 57.52        | Berthold Neumann   | GER        | 96        | <b>V 60</b>       | <b>5.48.94</b>  | <b>Gerda van Kooten</b> | <b>NED</b> | <b>99</b> |
| M 70        | 61.29        | Wilhelm Selzer     | GER        | 97        | V 65              | 6.32.47         | Jeanne Daprano          | USA        | 02        |
| M 75        | 66.88        | Lucas Nel          | RSA        | 99        | V 70              | 7.26.0h         | Pat Dixon               | USA        | 89        |
| M 80        | 72.85        | Mike Johnston      | AUS        | 02        | <b>3000 meter</b> |                 |                         |            |           |
| V 35        | 50.56        | Aurelia Penton     | CUB        | 78        | M 40              | 8.05.08         | Martti Vainio           | FIN        | 91        |
| V 40        | 53.68        | Sara Montecinos    | CHL        | 94        | M 45              | 8.27.7h         | Nigel Gates             | GBR        | 98        |
| V 45        | 56.82        | Mary Libal         | USA        | 95        | M 50              | 8.53.7h         | Josef Kurz              | FRG        | 89        |
| V 50        | 58.51        | Marge Allison      | AUS        | 95        | M 55              | 8.57.28         | Ron Robertson           | NZL        | 97        |
| V 55        | 62.40        | Avril Douglas      | CAN        | 01        | <b>M 60</b>       | <b>9.29.47</b>  | <b>Ad Heijdens</b>      | <b>NED</b> | <b>00</b> |
| V 60        | 67.80        | Irene Obera        | USA        | 95        | M 65              | 9.47.4h         | Derek Turnbull          | NZL        | 92        |
| V 65        | 71.45        | Carolyn Cappetta   | USA        | 01        | <b>M 70</b>       | <b>10.42.40</b> | <b>Siem Herlaar</b>     | <b>NED</b> | <b>99</b> |
| V 70        | 78.26        | Veronica Welgemoed | RSA        | 02        | M 75              | 12.00.94        | Yoshimitsu Miyauchi     | JPN        | 00        |

800 meter

|             |                |                         |            |           |                   |                 |                         |            |           |
|-------------|----------------|-------------------------|------------|-----------|-------------------|-----------------|-------------------------|------------|-----------|
| M 40        | 1.51.25        | Peter Browne            | GBR        | 90        | M 80              | 13.12.6h        | Ed Benham               | USA        | 88        |
| <b>M 45</b> | <b>1.56.16</b> | <b>Ronald Mercelina</b> | <b>NED</b> | <b>91</b> | M 85              | 16.32.0         | Paul Spangler           | USA        | 84        |
| M 50        | 1.58.65        | Nolan Shaheed           | USA        | 00        | V 35              | 8.27.83         | Maricica Puica          | ROM        | 85        |
| M 55        | 2.03.7h        | Stan Immelman           | RSA        | 01        | V 40              | 9.11.2h         | Joyce Smith             | GBR        | 78        |
| M 60        | 2.10.42        | Alan Bradford           | AUS        | 99        | V 45              | 9.17.27         | Yekaterina Podkopayeva  | RUS        | 97        |
| M 65        | 2.14.33        | Earl Fee                | CAN        | 95        | V 50              | 10.11.5h        | Jutta Pedersén          | SWE        | 97        |
| M 70        | 2.20.52        | Earl Fee                | CAN        | 99        | V 55              | 10.47.94        | Edeltraud Pohl          | GER        | 91        |
| M 75        | 2.40.0h        | Harold Chapson          | USA        | 78        | <b>V 60</b>       | <b>11.41.91</b> | <b>Gerda van Kooten</b> | <b>NED</b> | <b>99</b> |
| M 80        | 2.53.5h        | Harold Chapson          | USA        | 82        | V 65              | 12.32.44        | Melitta Czarwenka-Nagel | GER        | 96        |
| M 85        | 3.28.15        | Alfred Funk             | USA        | 00        | V 70              | 13.27.53        | Melitta Czarwenka-Nagel | GER        | 01        |
| V 35        | 1.56.53        | Lyubov Gurina           | RUS        | 94        | <b>5000 meter</b> |                 |                         |            |           |
| V 40        | 1.59.25        | Yekaterina Podkopayeva  | RUS        | 94        | M 40              | 13.45.6h        | Lucien Rault            | FRA        | 76        |
| V 45        | 2.02.82        | Yekaterina Podkopayeva  | RUS        | 98        | M 45              | 14.23.6h        | Lucien Rault            | FRA        | 82        |
|             |                |                         |            |           | M 50              | 14.55.60        | Antonio Villanueva      | MEX        | 91        |
|             |                |                         |            |           | M 55              | 15.41.72        | Ron Robertson           | NZL        | 97        |

WMA wereldrecords per 24-9-2002

|      |          |                |     |    |                           |         |                 |     |    |
|------|----------|----------------|-----|----|---------------------------|---------|-----------------|-----|----|
| M 60 | 16.16.51 | Ron Robertson  | NZL | 01 | <b>3000 meter steeple</b> |         |                 |     |    |
| M 65 | 16.38.8h | Derek Turnbull | NZL | 92 | M 40                      | 8.41.5h | Gaston Roelants | BEL | 77 |
| M 70 | 18.33.38 | Ed Whitlock    | CAN | 01 | M 45                      | 9.16.1h | Nils Undersäker | NOR | 84 |
| M 75 | 20.00.13 | James Todd     | GBR | 97 | M 50                      | 9.38.8h | Nils Undersäker | NOR | 89 |
| M 80 | 21.57.88 | Edward Benham  | USA | 88 | M 55                      | 9.55.05 | Ron Robertson   | NZL | 97 |

|      |          |                         |     |    |                                                            |              |                       |            |           |
|------|----------|-------------------------|-----|----|------------------------------------------------------------|--------------|-----------------------|------------|-----------|
| M 85 | 25.47.54 | Alfred Funk             | USA | 00 | <b>korte horden V (V 35 is 100 en de rest is 80 meter)</b> |              |                       |            |           |
| V 35 | 15.11.28 | Lynn Jennings           | USA | 95 | V 35                                                       | 12.47        | Ludmila Engquist      | SWE        | 99        |
| V 40 | 15.51.7h | Nicole Leveque          | FRA | 94 | V 40                                                       | 11.25        | Leslie Estwick        | CAN        | 01        |
| V 45 | 15.55.71 | Nicole Leveque          | FRA | 96 | V 45                                                       | 12.22        | Phil Raschker         | USA        | 94        |
| V 50 | 17.17.02 | Jutta Pedersén          | SWE | 97 | V 50                                                       | 12.68        | Phil Raschker         | USA        | 97        |
| V 55 | 18.32.5h | Edeltraud Pohl          | GER | 92 | V 55                                                       | 13.19        | Phil Raschker         | USA        | 02        |
| V 60 | 19.14.8h | Marion Irvine           | USA | 89 | <b>V 60</b>                                                | <b>13.89</b> | <b>Corrie Roovers</b> | <b>NED</b> | <b>96</b> |
| V 65 | 21.37.8h | Joselyn Ross            | GBR | 93 | V 65                                                       | 15.63        | Asta Larsson          | SWE        | 99        |
| V 70 | 22.55.39 | Melitta Czarwenka-Nagel | GER | 01 | V 70                                                       | 18.91        | Isabella Hofmeyr      | RSA        | 99        |

**10.000 meter**

|      |          |                    |     |    |                                                          |       |                    |     |    |
|------|----------|--------------------|-----|----|----------------------------------------------------------|-------|--------------------|-----|----|
| M 40 | 28.30.88 | Martti Vianio      | FIN | 91 | <b>korte horden M (M40/45=110,M50/65=100,M70plus=80)</b> |       |                    |     |    |
| M 45 | 30.02.56 | Antonio Villanueva | MEX | 87 | M 40                                                     | 13.96 | Karl Smith         | USA | 01 |
| M 50 | 31.01.90 | Ron Robertson      | NZL | 91 | M 45                                                     | 14.7h | Valbj. Thorlaksson | ICE | 79 |
| M 55 | 32.46.5h | Ron Robertson      | NZL | 97 | M 50                                                     | 13.57 | Walt Butler        | USA | 91 |
| M 60 | 34.14.08 | Luciano Acquarone  | ITA | 91 | M 55                                                     | 14.49 | Walt Butler        | USA | 96 |
| M 65 | 34.42.2h | Derek Turnbull     | NZL | 92 | M 60                                                     | 14.74 | Charles Miller     | USA | 98 |
| M 70 | 38.04.13 | Ed Whitlock        | CAN | 01 | M 65                                                     | 16.30 | Jack Greenwood     | USA | 91 |
| M 75 | 42.03.4h | David Morrison     | GBR | 89 | M 70                                                     | 12.99 | James Stookey      | USA | 00 |
| M 80 | 44.29.4h | Edward Benham      | USA | 88 | M 75                                                     | 13.68 | Melvin Larsen      | USA | 99 |
| M 85 | 52.50.80 | Max Raschke        | GER | 93 | M 80                                                     | 16.98 | Mazumi Morits      | JPN | 93 |

|      |          |                    |     |    |                                                         |              |                       |            |           |
|------|----------|--------------------|-----|----|---------------------------------------------------------|--------------|-----------------------|------------|-----------|
| V 35 | 31.20.28 | Ingrid Kristiansen | NOR | 91 | <b>lange horden V (V35/45=400 en V50plus=300 meter)</b> |              |                       |            |           |
| V 40 | 32.12.07 | Nicole Leveque     | FRA | 94 | V 35                                                    | 52.94        | Marina Stepanova      | USSR       | 86        |
| V 45 | 32.34.06 | Evy Palm           | SWE | 88 | V 40                                                    | 62.08        | Maria Sangous Espina  | ESP        | 95        |
| V 50 | 35.37.0h | Valborg Ostberg    | NOR | 81 | V 45                                                    | 64.09        | Jan Hynes             | AUS        | 94        |
| V 55 | 37.47.95 | Edeltraud Pohl     | GER | 92 | V 50                                                    | 47.01        | Jan Hynes             | AUS        | 94        |
| V 60 | 41.38.0h | Edeltraud Pohl     | GER | 97 | V 55                                                    | 49.14        | Phil Raschker         | USA        | 02        |
| V 65 | 44.20.9h | Lieselotte Schultz | GER | 85 | <b>V 60</b>                                             | <b>53.05</b> | <b>Corrie Roovers</b> | <b>NED</b> | <b>95</b> |
| V 70 | 48.10.98 | Jose Waller        | GBR | 93 | V 65                                                    | 63.53        | Barabara Jordan       | USA        | 02        |
|      |          |                    |     |    | V 70                                                    | 68.82        | Isabella Hofmeyr      | RSA        | 99        |

**uurloop (meters)**

|             |               |                       |            |           |                                                         |       |                  |     |    |
|-------------|---------------|-----------------------|------------|-----------|---------------------------------------------------------|-------|------------------|-----|----|
| M 40        | 19.149        | Jozef Eyckmans        | BEL        | 96        | <b>lange horden M (M40/55=400 en M60plus=300 meter)</b> |       |                  |     |    |
| M 45        | 18.862        | Alain Mimoun          | FRA        | 66        | M 40                                                    | 52.7h | Stan Druckrey    | USA | 89 |
| M 50        | 18.576        | Alain Mimoun          | FRA        | 71        | M 45                                                    | 55.18 | Guido Müller     | GER | 86 |
| M 55        | 17.261        | Herman Peeters        | BEL        | 94        | M 50                                                    | 58.1h | Jack Greenwood   | USA | 76 |
| M 60        | 16.854        | John Gilmour          | AUS        | 79        | M 55                                                    | 58.92 | Guido Müller     | GER | 95 |
| M 65        | 15.892        | John Gilmour          | AUS        | 84        | M 60                                                    | 42.31 | Guido Müller     | GER | 99 |
| M 70        | 15.474        | John Gilmour          | AUS        | 89        | M 65                                                    | 45.20 | Jack Greenwood   | USA | 91 |
| M 75        | 13.699        | Edward Benham         | USA        | 83        | M 70                                                    | 49.07 | Earl Fee         | CAN | 99 |
| M 80        | 12.130        | Paul Spangler         | USA        | 80        | M 75                                                    | 55.33 | Dan Bulkley      | USA | 94 |
| M 85        | 10.088        | Paul Spangler         | USA        | 84        | M 80                                                    | 62.61 | Dan Bulkley      | USA | 99 |
| V 35        | 16.521        | Catharina Segers      | BEL        | 99        | <b>hoogspringen</b>                                     |       |                  |     |    |
| V 40        | 15.844        | Gerda Dehaes          | BEL        | 96        | M 40                                                    | 2.11  | Jim Barrineau    | USA | 95 |
| <b>V 45</b> | <b>14.167</b> | <b>Ineke Stofmeel</b> | <b>NED</b> | <b>00</b> | M 45                                                    | 2.00  | Asko Pesonen     | FIN | 88 |
| <b>V 50</b> | <b>15.052</b> | <b>Greet Warnaar</b>  | <b>NED</b> | <b>93</b> | M 50                                                    | 1.98  | Thomas Zacharias | GER | 97 |
| V 55        | 12.427        | Betty Norrish         | GBR        | 88        | M 55                                                    | 1.83  | Jaroslav Hanus   | CZE | 98 |
| V 60        | 13.660        | Denise Alfvoet        | BEL        | 96        | M 60                                                    | 1.72  | Phil Fehlen      | USA | 98 |
| V 65        | 12.467        | Berthilia De Preter   | BEL        | 96        | M 65                                                    | 1.66  | Phil Fehlen      | USA | 00 |
| V 70        | 11.425        | Berthilia De Preter   | BEL        | 99        | M 70                                                    | 1.52  | Bud Held         | USA | 97 |

**2000 meter steeple**

|      |          |                   |     |    |             |             |                        |            |           |
|------|----------|-------------------|-----|----|-------------|-------------|------------------------|------------|-----------|
| M 60 | 6.30.21  | Ron Robertson     | NZL | 01 | M 75        | 1.34        | Emmerich Zensch        | AUT        | 00        |
| M 65 | 7.25.10  | Francisco Vicente | POR | 98 | M 80        | 1.31        | Esko Kolhonen          | FIN        | 94        |
| M 70 | 8.03.47  | John Downey       | NZL | 01 | V 35        | 2.03        | Inga Babakova          | UKR        | 01        |
| M 75 | 9.17.38  | Soichi Tamoi      | JPN | 99 | V 40        | 1.72        | Carmen Karg            | RUS        | 95        |
| M 80 | 10.52.46 | Dan Bulkley       | USA | 99 |             | 1.72        | Debbie Brill           | CAN        | 97        |
| V 35 | 6.30.83  | Leslie Lehane     | USA | 98 | V 45        | 1.76        | Debbie Brill           | CAN        | 99        |
| V 40 | 7.06.6h  | Elaine Cooper     | AUS | 00 | <b>V 50</b> | <b>1.57</b> | <b>Weia Reinboud</b>   | <b>NED</b> | <b>00</b> |
| V 45 | 7.44.53  | Victoria Adams    | NZL | 99 | V 55        | 1.46        | Renate Vogel           | GER        | 00        |
| V 50 | 7.58.78  | Loris Reed        | NZL | 00 | V 60        | 1.38        | Christiane Schmalbruch | GER        | 97        |
| V 55 | 7.58.43  | Margaret Orman    | NZL | 97 | V 65        | 1.27        | Leonore McDaniel       | USA        | 93        |
| V 60 | 8.47.61  | Marie Michelsohn  | USA | 02 | V 70        | 1.22        | Leonore McDaniel       | USA        | 98        |

**polshoog**

|      |      |              |     |    |
|------|------|--------------|-----|----|
| M 40 | 5.50 | Larry Jessee | USA | 96 |
| M 45 | 5.10 | Larry Jessee | USA | 97 |

# WMA wereldrecords per 24-9-2002

|                 |                 |                       |                |               |                                                           |                  |                              |                   |
|-----------------|-----------------|-----------------------|----------------|---------------|-----------------------------------------------------------|------------------|------------------------------|-------------------|
| M 50            | 4.57            | Jerry Cash            | USA            | 00            | <b>discuswerpen (M40/45=2 kg,M50/55=1,5 kg,rest=1 kg)</b> |                  |                              |                   |
| M 55            | 4.26            | Hans Lagerqvist       | SWE            | 96            | M 40                                                      | 69.48            | Al Oerter                    | USA 80            |
| M 60            | 3.90            | Herbert Schmidt       | GER            | 71            | M 45                                                      | 66.12            | Al Oerter                    | USA 82            |
| <del>M 65</del> | <del>3.77</del> | <del>Boo Morcom</del> | <del>USA</del> | <del>86</del> | <del>M 50</del>                                           | <del>68.40</del> | <del>Klaus Weiffenbach</del> | <del>GER 87</del> |
| M 70            | 3.30            | Herbert Schmidt       | GER            | 80            | M 55                                                      | 61.22            | Klaus Liedtke                | GER 97            |
| M 75            | 2.95            | William Bell          | USA            | 97            | M 60                                                      | 65.52            | Klaus Liedtke                | GER 01            |
| M 80            | 2.51            | Carol Johnston        | USA            | 92            | M 65                                                      | 55.62            | Konst. Maksimczyk            | GBR 79            |
| V 35            | 4.22            | Gabriella Mihalcea    | ROM            | 99            | M 70                                                      | 49.34            | Kauko Jouppila               | FIN 91            |
| V 40            | 3.50            | Dawn Hartigan         | AUS            | 01            | M 75                                                      | 45.68            | Kauko Jouppila               | FIN 96            |
| V 45            | 3.38            | Phil Raschker         | USA            | 94            | M 80                                                      | 37.86            | Osmo Renvall                 | FIN 91            |
| V 50            | 3.25            | Phil Raschker         | USA            | 99            | V 35                                                      | 69.60            | Faina Myelnik                | USSR 80           |
| V 55            | 3.00            | Phil Raschker         | USA            | 02            | V 40                                                      | 67.10            | Ellina Zvereva               | BLR 01            |
| V 60            | 2.63            | Nadine O'Connor       | USA            | 02            | V 45                                                      | 59.30            | Helgi Parts                  | USSR 83           |
| V 65            | 2.25            | Midori Yamamoto       | JPN            | 01            | V 50                                                      | 45.48            | Ingrid Miller                | SWE 92            |
| V 70            | 2.16            | Leonore McDaniels     | USA            | 98            | V 55                                                      | 43.36            | Tamara Danilova              | RUS 96            |

## verspringen

|      |      |               |     |    |      |       |             |        |
|------|------|---------------|-----|----|------|-------|-------------|--------|
| M 40 | 7.57 | Hans Schicker | FRG | 89 | V 60 | 39.24 | Karen Ilgen | GER 02 |
|------|------|---------------|-----|----|------|-------|-------------|--------|

|             |             |                        |            |           |                                                        |       |                    |        |
|-------------|-------------|------------------------|------------|-----------|--------------------------------------------------------|-------|--------------------|--------|
| M 45        | 7.27        | Tapani Taavitsainen    | FIN        | 90        | V 65                                                   | 34.95 | Rosemary Chrimes   | GBR 01 |
| M 50        | 6.84        | Tapani Taavitsainen    | FIN        | 94        | V 70                                                   | 27.54 | Marianne Hamm      | GER 98 |
| M 55        | 6.35        | Stig Bäcklund          | FIN        | 95        | <b>kogelslingeren (voor gewichten zie kogelstoten)</b> |       |                    |        |
| M 60        | 6.07        | Tom Patsalis           | USA        | 82        | M 40                                                   | 75.66 | Yurly Syedikh      | URS 95 |
| M 65        | 5.43        | Hans Bitter            | FRG        | 86        | M 45                                                   | 64.70 | Dave McKenzie      | USA 95 |
| M 70        | 5.19        | Melvin Larsen          | USA        | 94        | M 50                                                   | 63.76 | Tom Gage           | USA 93 |
| M 75        | 4.78        | Mazumi Morita          | JAP        | 88        | M 55                                                   | 63.70 | Hans Potsch        | AUT 90 |
| M 80        | 4.19        | Mazumi Morita          | JAP        | 95        | M 60                                                   | 61.70 | Eugen Waltercrantz | SWE 99 |
| V 35        | 6.99        | Heike Drechsler        | GER        | 00        | M 65                                                   | 53.32 | Karl-Heinz Wendel  | GER 96 |
| <b>V 40</b> | <b>6.21</b> | <b>Ciska Janssen</b>   | <b>NED</b> | <b>85</b> | M 70                                                   | 50.78 | Carlos Blumenfeldt | CHL 01 |
| V 45        | 5.59        | Karin von Riewel       | GER        | 97        | M 75                                                   | 40.68 | Osmo Renvall       | FIN 96 |
| V 50        | 5.40        | Phil Raschker          | USA        | 97        | M 80                                                   | 34.72 | John Fraser        | AUS 95 |
| V 55        | 5.01        | Christiane Schmalbruch | GER        | 93        | V 35                                                   | 61.68 | Lyubov Karpova     | RUS 94 |
| V 60        | 4.75        | Christiane Schmalbruch | GER        | 97        | V 40                                                   | 54.07 | Oneithea Lewis     | USA 02 |
| V 65        | 4.47        | Paula Schneiderhan     | GER        | 87        | V 45                                                   | 45.76 | Annie Bellanger    | FRA 96 |
| V 70        | 4.15        | Paula Schneiderhan     | GER        | 94        | V 50                                                   | 51.73 | M-Leena Parviainen | AUS 98 |

## hinkstapspringen

|      |       |                        |     |    |                                                          |       |                    |        |
|------|-------|------------------------|-----|----|----------------------------------------------------------|-------|--------------------|--------|
| M 40 | 16.58 | Ray Kimble             | USA | 93 | V 55                                                     | 50.56 | M-Leena Parviainen | AUS 00 |
| M 45 | 14.55 | Willy Banks            | USA | 01 | V 60                                                     | 46.04 | Jutta Schäfer      | GER 95 |
| M 50 | 13.55 | Hermann Strauss        | GER | 82 | V 65                                                     | 44.38 | Jutta Schäfer      | GER 97 |
| M 55 | 13.85 | Stig Bäcklund          | FIN | 95 | V 70                                                     | 30.60 | Ilse Bellin        | GER 91 |
| M 60 | 12.68 | Stig Bäcklund          | FIN | 00 | <b>speerwerpen (M40/55=800,V50/70=400,rest=600 gram)</b> |       |                    |        |
| M 65 | 11.94 | Hermann Strauss        | GER | 96 | M 40                                                     | 78.84 | Jorma Markus       | FIN 94 |
| M 70 | 10.61 | Shoji Ito              | JPN | 00 | M 45                                                     | 67.92 | Jorma Markus       | FIN 00 |
| M 75 | 10.05 | Mazumi Morita          | JAP | 88 | M 50                                                     | 65.76 | Larry Stuart       | USA 88 |
| M 80 | 8.95  | Mazumi Morita          | JAP | 93 | M 55                                                     | 65.74 | Larry Stuart       | USA 95 |
| V 35 | 14.02 | Galina Christyakova    | SVK | 97 | M 60                                                     | 64.74 | Larry Stuart       | USA 98 |
| V 40 | 12.48 | Conceicao Geremiur     | BRA | 97 | M 65                                                     | 55.02 | Bud Held           | USA 93 |
| V 45 | 11.98 | Akiko Ohinata          | JAP | 95 | M 70                                                     | 49.20 | Harje Noreborn     | SWE 97 |
| V 50 | 11.37 | Anna Wlodarczyk        | POL | 01 | M 75                                                     | 41.24 | Manuel White       | USA 91 |
| V 55 | 9.93  | Christiane Schmalbruch | GER | 94 | M 80                                                     | 33.84 | Manuel White       | USA 96 |
| V 60 | 10.03 | Christiane Schmalbruch | GER | 97 | V 35                                                     | 67.00 | Tuula Laaksala     | FIN 88 |
| V 65 | 9.03  | Shirley Peterson       | NZL | 93 | V 40                                                     | 64.06 | Tessa Sanderson    | GBR 96 |
| V 70 | 7.87  | Shirley Peterson       | NZL | 99 | V 45                                                     | 47.74 | Anneliese Gerhards | GER 81 |

## kogelstoten (M40/45=7,26 kg; rest gew. bij categorie)

|          |       |                    |      |    |                                                  |       |                   |        |
|----------|-------|--------------------|------|----|--------------------------------------------------|-------|-------------------|--------|
| M 40     | 21.41 | Brian Oldfield     | USA  | 85 | V 55                                             | 46.08 | Gertrude Schöner  | AUT 92 |
| M 45     | 20.77 | Ivan Ivancic       | YUG  | 83 | V 60                                             | 41.28 | Gertrude Schöner  | AUT 97 |
| M 50 (6) | 18.45 | Klaus Liedtke      | GER  | 91 | V 65                                             | 34.49 | Birute Kalediene  | URS 98 |
| M 55 (6) | 17.50 | Klaus Liedtke      | GER  | 96 | V 70                                             | 28.20 | Joan Ogden        | GBR 97 |
| M 60 (5) | 18.20 | Klaus Liedtke      | GER  | 01 | <b>vijfkamp (met WAVA-factoren 1994)</b>         |       |                   |        |
| M 65 (5) | 15.12 | Hal Smith          | USA  | 02 | M 40                                             | 4083  | Werner Schallau   | GER 78 |
| M 70 (4) | 14.77 | Arnie Gaynor       | USA  | 98 | M 45                                             | 4038  | Gary Miller       | USA 83 |
| M 75 (4) | 13.84 | Heiner Will        | GER  | 02 | M 50                                             | 4283  | Gary Miller       | USA 88 |
| M 80 (4) | 12.27 | Ross Carter        | USA  | 94 | M 55                                             | 4104  | Richmond Morcom   | USA 77 |
| V 35 (4) | 21.38 | Helena Fibingerova | CZE  | 84 | M 60                                             | 4089  | Rudy Hochreiter   | AUS 87 |
| V 40 (4) | 19.05 | Antonina Ivanova   | USSR | 73 | M 65                                             | 4282  | Gudmund Skriverik | NOR 86 |
| V 45 (4) | 16.95 | Denka Silhava      | CZE  | 99 | M 70                                             | 4286  | Adolf Koch        | GER 87 |
| V 50 (3) | 14.85 | Valerie Young      | NZL  | 87 | M 75                                             | 3917  | Pierre Darrot     | FRA 96 |
| V 55 (3) | 14.47 | Sigrin Kofink      | GER  | 91 | M 80                                             | 3410  | Dan Bulkley       | USA 98 |
| V 60 (3) | 13.20 | Sigrin Kofink      | GER  | 97 | <b>gewicht-vijfkamp (met WAVA-factoren 1994)</b> |       |                   |        |
| V 65 (3) | 12.21 | Sigrin Kofink      | GBR  | 00 | M 40                                             | 3937  | Ken Jansson       | USA 99 |
| V 70 (3) | 9.57  | Marianne Hamm      | GER  | 98 | M 45                                             | 4390  | Vasilis Manganas  | GRE 01 |
|          |       |                    |      |    | M 50                                             | 4701  | Tom Gage          | USA 95 |

WMA wereldrecords per 24-9-2002

gewichtvijfkamp (vervolg-WAVA-factoren 1994)

|                 |                 |                                |                |               |
|-----------------|-----------------|--------------------------------|----------------|---------------|
| M 55            | 5152            | Klaus Liedtke                  | GER            | 98            |
| <del>M 60</del> | <del>5334</del> | <del>Wladyslaw Kowalczyk</del> | <del>GER</del> | <del>98</del> |
| M 65            | 5230            | Karl-Heinz Wendel              | GER            | 95            |
| M 70            | 4666            | Ladislav Filip                 | USA            | 98            |
| M 75            | 4582            | Erik Eriksson                  | FIN            | 99            |
| M 80            | 4787            | Gerhard Schepe                 | USA            | 93            |
| V 35            | 3894            | Christine Schultz              | AUS            | 87            |
| V 40            | 4308            | Oneithea Lewis                 | USA            | 01            |
| V 45            | 4481            | Christine Schultz              | AUS            | 97            |
| V 50            | 4313            | Margareth Tomanek              | BEL            | 99            |
| V 55            | 4826            | Evaun Williams                 | GBR            | 93            |
| V 60            | 5295            | Evaun Williams                 | GBR            | 98            |
| V 65            | 5340            | Jutta Schäfer                  | GER            | 97            |
| V 70            | 4141            | Lena Grobler                   | RSA            | 93            |

zevenkamp

|             |             |                       |            |           |
|-------------|-------------|-----------------------|------------|-----------|
| V 35        | 7241        | Jane Frederick        | USA        | 87        |
| V 40        | 5995        | Marie Kay             | AUS        | 01        |
| V 45        | 5766        | Anne Jensen           | DEN        | 99        |
| V 50        | 6469        | Phil Raschker         | USA        | 99        |
| <b>V 55</b> | <b>6298</b> | <b>Corrie Roovers</b> | <b>NED</b> | <b>91</b> |
| V 60        | 5882        | Betty Vosburgh        | USA        | 91        |
| V 65        | 5469        | Asta Larsson          | SWE        | 97        |
| V 70        | 4683        | Johnnye Valien        | USA        | 97        |

tienkamp (met WAVA-factoren 1994)

|      |      |                   |     |    |
|------|------|-------------------|-----|----|
| M 40 | 7789 | Wolfgang Linkmann | GER | 81 |
| M 45 | 7780 | Rex Harvey        | USA | 91 |
| M 50 | 8114 | Gary Miller       | USA | 89 |
| M 55 | 8726 | Rolf Geese        | GER | 99 |
| M 60 | 8610 | Phil Mulkey       | USA | 93 |
| M 65 | 7668 | Pekka Penttila    | FIN | 89 |
| M 70 | 8450 | Gudmund Skriverik | NOR | 91 |
| M 75 | 7825 | Pekka Penttila    | FIN | 99 |
| M 80 | 4680 | Takuro Miura      | JPN | 99 |

ESTAFETTES (beste prestaties; wel aanvragen)

4x100 meter

|                |              |                                             |           |
|----------------|--------------|---------------------------------------------|-----------|
| <b>M 40-49</b> | <b>42.27</b> | <b>Nederland</b>                            | <b>01</b> |
|                |              | <i>(Roeske-Oostweegel-v.Pelt-Schaafsma)</i> |           |
| M 50-59        | 45.04        | USA                                         | 95        |
| M 60-69        | 48.17        | Duitsland                                   | 99        |
| M 70-79        | 54.69        | USA                                         | 98        |
| V 35-39        | 48.63        | Frankrijk                                   | 89        |
| V 40-49        | 49.27        | Australië                                   | 99        |
| V 50-59        | 53.39        | USA                                         | 97        |
| V 60-69        | 55.77        | Duitsland                                   | 00        |

4x200 meter

|                    |                    |                |               |
|--------------------|--------------------|----------------|---------------|
| M 40-49            | 1.29.85            | USA            | 92            |
| <del>M 50-59</del> | <del>1.40.33</del> | <del>USA</del> | <del>95</del> |
| M 60-69            | 1.45.23            | USA            | 99            |
| M 70-79            | 1.58.44            | USA            | 98            |
| Vrouwen            | vacant             |                |               |

4x400 meter

|         |         |           |    |
|---------|---------|-----------|----|
| M 40-49 | 3.20.83 | USA       | 01 |
| M 50-59 | 3.35.88 | USA       | 89 |
| M 60-69 | 3.53.87 | USA       | 99 |
| M 70-79 | 4.35.07 | USA       | 89 |
| V 35-39 | 3.50.80 | Engeland  | 99 |
| V 40-49 | 3.57.28 | Australië | 01 |
| V 50-59 | 4.24.92 | Australië | 01 |
| V 60-69 | 4.56.74 | USA       | 01 |

sprint-medley (400+200+200+800)

|         |         |     |    |
|---------|---------|-----|----|
| M 40-49 | 3.36.1  | USA | 82 |
| M 50-59 | 3.58.16 | USA | 95 |
| M 60-69 | 4.28.4  | USA | 94 |
| M 70-79 | 4.52.34 | USA | 98 |

4x800 meter

|                |                |                                              |           |
|----------------|----------------|----------------------------------------------|-----------|
| M 40-49        | 8.02.12        | USA                                          | 00        |
| M 50-59        | 8.45.88        | USA                                          | 94        |
| <b>M 60-69</b> | <b>9.33.95</b> | <b>Nederland</b>                             | <b>92</b> |
|                |                | <i>(Maljoor-Ravensbergen-Zethof-Herlaar)</i> |           |
| M 70-79        | 11.09.87       | USA                                          | 98        |
| <b>V 35-39</b> | <b>9.37.29</b> | <b>Nederland</b>                             | <b>92</b> |
|                |                | <i>(Klomp-Pos-Ruijter-Jacobs)</i>            |           |
| V 40-49        | 10.14.2h       | USA                                          | 94        |
| V 50-59        | 11.25.8h       | USA                                          | 94        |
| V 60-69        | vacant         |                                              |           |

distance medley (800+400+1200+1600)

|         |         |     |    |
|---------|---------|-----|----|
| M 40-49 | 10.34.6 | USA | 90 |
| M 50-59 | 11.39.2 | USA | 94 |
| M 60-69 | 13.17.0 | USA | 98 |
| M 70-79 | 16.08.9 | USA | 98 |

4x1500 meter

|         |          |     |    |
|---------|----------|-----|----|
| M 40-49 | 16.59.10 | USA | 99 |
| M 60-69 | 20.32.7h | USA | 01 |

# Nederlandse records indoor per 1-4-2003

h=handtijd \*=beste prestatie; voor record electr. tijd nodig

## 50 meter

|        |        |                    |            |          |        |         |                        |             |          |
|--------|--------|--------------------|------------|----------|--------|---------|------------------------|-------------|----------|
| M40    | 6.20   | Gerrit de Man      | Hercules   | 13-03-99 | M75/80 | vacant  | limiet 3.42.00/4.04.90 |             |          |
| M45    | 6.40   | Ricardo Hill       | Hercules   | 19-01-02 | V35    | 2.20.96 | Maaik Hornstra         | Friesland   | 21-01-01 |
| M50    | 6.55   | Wim Scholtes       | Sparta     | 25-01-98 | V40    | 2.24.13 | Diny Klomp             | Pr. Hendrik | 27-02-93 |
| M55    | 7.14   | Peter Blommestein  | R'dam Atl  | 13-03-99 | V45    | 2.26.30 | Irene Wentzel          | ADA         | 03-02-91 |
| M60    | 7.60   | Mario Spadon       | De Bataven | 15-12-91 | V50    | 2.33.59 | Gerda van Kooten       | Sprint      | 13-02-94 |
| M65    | vacant | limiet 9.40        |            |          | V55    | 2.36.75 | Riet Jonkers           | Energie     | 13-03-99 |
| M70    | vacant | limiet 10.13       |            |          | V60    | 2.45.18 | Gerda van Kooten       | Sprint      | 11-03-01 |
| M75/80 | vacant | limiet 11.24/13.70 |            |          | V65/70 | vacant  | limiet 3.36.00/3.54.00 |             |          |
| V35    | 6.91   | Tilly Jacobs       | Sparta     | 10-12-95 |        |         |                        |             |          |
| V40    | 6.77   | Tilly Jacobs       | Sparta     | 25-01-98 |        |         |                        |             |          |
| V45    | 7.03   | Tilly Jacobs       | Sparta     | 26-01-02 |        |         |                        |             |          |
| V50    | 7.81   | Riet Jonkers       | Energie    | 25-01-98 |        |         |                        |             |          |
| V55    | 7.99   | Riet Jonkers       | Energie    | 24-01-99 |        |         |                        |             |          |
| V60    | 8.23   | Rietje Dijkman     | AV'23      | 26-01-02 |        |         |                        |             |          |
| V65/70 | vacant | limiet 12.79/13.80 |            |          |        |         |                        |             |          |

## 60 meter

|        |        |                     |           |          |        |         |                                |          |          |
|--------|--------|---------------------|-----------|----------|--------|---------|--------------------------------|----------|----------|
| M40    | 7.13   | Erik Oostweegel     | Startbaan | 04-03-01 | M75/80 | vacant  | limiet 4.31.00/5.15.00         |          |          |
| M45    | 7.44   | Ricardo Hill        | Hercules  | 10-03-01 | V35    | 3.07.64 | Hetty Everhardus               | Noordkop | 12-12-93 |
| M50    | 7.63   | Wim Scholtes        | Sparta    | 25-01-98 | V40    | 3.11.55 | Sija Pepping                   | Noordkop | 13-12-92 |
| M55    | 8.19   | Henny van Verseveld | Statina   | 09-03-01 | V45/55 | vacant  | limiet 3.29.00/3.42.00/3.56.00 |          |          |
| M60    | 8.50   | Ron Landré          | Spartaan  | 30-01-99 | V50/70 | vacant  | limiet 4.11.00/4.26.00/4.44.00 |          |          |
| M65    | 8.7h   | Jan Oerlemans       | AVN       | 19-12-93 |        |         |                                |          |          |
| M70    | 9.24   | Frans Buys          | GAC-H.    | 05-03-99 |        |         |                                |          |          |
| M75    | 9.63   | Frans Buys          | GAC-H.    | 19-02-00 |        |         |                                |          |          |
| M80    | vacant | limiet 14.70        |           |          |        |         |                                |          |          |
| V35    | 7.96   | Tilly Jacobs        | Sparta    | 13-02-94 |        |         |                                |          |          |
| V40    | 7.92   | Tilly Jacobs        | Sparta    | 26-01-97 |        |         |                                |          |          |
| V45    | 8.14   | Tilly Jacobs        | Sparta    | 16-02-02 |        |         |                                |          |          |
| V50    | 9.00   | Lena Jansen         | Energie   | 16-02-02 |        |         |                                |          |          |
| V55    | 9.16   | Riet Jonkers        | Energie   | 05-03-99 |        |         |                                |          |          |
| V60    | 9.44   | Rietje Dijkman      | AV'23     | 23-01-00 |        |         |                                |          |          |
| V65/70 | vacant | limiet 13.79/14.80  |           |          |        |         |                                |          |          |

## 200 meter

|        |        |                     |           |          |        |         |                        |        |          |
|--------|--------|---------------------|-----------|----------|--------|---------|------------------------|--------|----------|
| M40    | 22.38  | Kay Schaafsma       | Sprint    | 03-12-00 | V55    | 5.20.29 | Gerda van Kooten       | Sprint | 17-03-96 |
| M45    | 23.89  | Wim Scholtes        | Sparta    | 12-02-95 | V60    | 5.41.91 | Gerda van Kooten       | Sprint | 11-03-01 |
| M50    | 24.42  | Wim Scholtes        | Sparta    | 25-01-98 | V65/70 | vacant  | limiet 7.12.00/7.50.00 |        |          |
| M55    | 26.23  | Henny van Verseveld | Statina   | 09-03-01 |        |         |                        |        |          |
| M60    | 27.42  | Ron Landré          | Spartaan  | 30-01-99 |        |         |                        |        |          |
| M65    | 29.91  | Pieter Schouten     | GAC-H     | 21-01-01 |        |         |                        |        |          |
| M70    | 32.25  | Arend Koet          | Castricum | 21-01-01 |        |         |                        |        |          |
| M75/80 | vacant | limiet 41.80/48.95  |           |          |        |         |                        |        |          |
| V35    | 26.11  | Tilly Jacobs        | Sparta    | 12-02-95 |        |         |                        |        |          |
| V40    | 25.58  | Tilly Jacobs        | Sparta    | 25-01-98 |        |         |                        |        |          |
| V45    | 26.71  | Tilly Jacobs        | Sparta    | 16-02-02 |        |         |                        |        |          |
| V50    | 29.80  | Lena Jansen         | Energie   | 16-02-02 |        |         |                        |        |          |
| V55    | 30.69  | Riet Jonkers        | Energie   | 24-01-99 |        |         |                        |        |          |
| V60    | 32.00  | Rietje Dijkman      | AV'23     | 23-01-00 |        |         |                        |        |          |
| V65/70 | vacant | limiet 45.90/48.90  |           |          |        |         |                        |        |          |

## 400 meter

|        |         |                        |             |          |  |  |  |  |  |
|--------|---------|------------------------|-------------|----------|--|--|--|--|--|
| M40    | 49.22   | Eric Roeske            | Hellas      | 04-02-01 |  |  |  |  |  |
| M45    | 52.97   | Wim Scholtes           | Sparta      | 29-01-95 |  |  |  |  |  |
| M50    | 53.75   | Wim Scholtes           | Sparta      | 07-03-99 |  |  |  |  |  |
| M55    | 1.01.27 | Ton Peters             | Scorpio     | 03-01-98 |  |  |  |  |  |
| M60    | 1.01.94 | Boy van Heemstede      | Fortuna     | 30-01-93 |  |  |  |  |  |
| M65    | 1.06.23 | Boy van Heemstede      | Fortuna     | 02-03-97 |  |  |  |  |  |
| M70    | vacant  | limiet 1.20.56         |             |          |  |  |  |  |  |
| M75/80 | vacant  | limiet 1.28.50/1.43.00 |             |          |  |  |  |  |  |
| V35    | 58.01   | Tilly Jacobs           | Sparta      | 11-02-96 |  |  |  |  |  |
| V40    | 56.82   | Tilly Jacobs           | Sparta      | 02-02-97 |  |  |  |  |  |
| V45    | 1.04.06 | Diny Klomp             | Pr. Hendrik | 03-01-98 |  |  |  |  |  |
| V50    | 1.08.82 | Diny Klomp             | Pr. Hendrik | 09-03-03 |  |  |  |  |  |
| V55    | 1.08.04 | Riet Jonkers           | Energie     | 07-03-99 |  |  |  |  |  |
| V60    | 1.16.44 | Lisa Plat              | Lycurgus    | 07-03-99 |  |  |  |  |  |
| V65/70 | vacant  | limiet 1.38.00/1.43.80 |             |          |  |  |  |  |  |

## 800 meter

|     |         |                |            |          |  |  |  |  |  |
|-----|---------|----------------|------------|----------|--|--|--|--|--|
| M40 | 2.00.59 | Henk van Eck   | HAC-H.     | 01-03-97 |  |  |  |  |  |
| M45 | 2.04.14 | Henk van Eck   | GAC-G.     | 16-02-02 |  |  |  |  |  |
| M50 | 2.06.7h | Piet Maijor    | AAC        | 02-01-83 |  |  |  |  |  |
| M55 | 2.19.88 | Ton Peters     | Scorpio    | 25-01-98 |  |  |  |  |  |
| M60 | 2.19.8h | Piet Maijor    | Pijnenburg | 22-02-92 |  |  |  |  |  |
| M65 | 2.51.97 | Piet Baas      | Haag Atl.  | 30-01-99 |  |  |  |  |  |
| M70 | vacant  | limiet 3.21.90 |            |          |  |  |  |  |  |

## 1000 meter

|        |         |                                |           |          |
|--------|---------|--------------------------------|-----------|----------|
| M40    | 2.37.59 | Henri Havinga                  | Sparta    | 28-12-02 |
| M45    | 2.42.92 | Anton Treffers                 | SAV       | 12-12-93 |
| M50    | 2.43.4h | Piet Maijor                    | AAC       | 23-01-83 |
| M55    | 3.10.11 | Ton Peters                     | Scorpio   | 14-12-97 |
| M60    | vacant  | limiet 3.34.00                 |           |          |
| M65    | 3.44.45 | Guus Metzmakers                | Slidrecht | 13-12-92 |
| M70    | vacant  | limiet 4.11.00                 |           |          |
| M75/80 | vacant  | limiet 4.31.00/5.15.00         |           |          |
| V35    | 3.07.64 | Hetty Everhardus               | Noordkop  | 12-12-93 |
| V40    | 3.11.55 | Sija Pepping                   | Noordkop  | 13-12-92 |
| V45/55 | vacant  | limiet 3.29.00/3.42.00/3.56.00 |           |          |
| V50/70 | vacant  | limiet 4.11.00/4.26.00/4.44.00 |           |          |

## 1500 meter

|        |         |                        |           |          |
|--------|---------|------------------------|-----------|----------|
| M40    | 4.06.66 | Ruud van der Laan      | Almere'81 | 23-01-99 |
| M45    | 4.13.3h | Louis Vink             | Edam      | 14-02-81 |
| M50    | 4.33.54 | Arie van Tol           | Leiden    | 02-03-97 |
| M55    | vacant  | limiet 5.21.00         |           |          |
| M60    | 5.00.7h | Piet Baas              | V&L TC    | 27-01-90 |
| M65/70 | vacant  | limiet 6.16.00/6.46.00 |           |          |
| M75/80 | vacant  | limiet 7.26.00/8.26.00 |           |          |
| V35    | 4.25.29 | Elly van Hulst         | Mita TC   | 24-02-96 |
| V40    | 5.05.2h | Elly Schouten          | HAC-H.    | 22-12-96 |
| V45    | vacant  | limiet 5.42.00         |           |          |
| V50    | vacant  | limiet 5.52.00         |           |          |
| V55    | 5.20.29 | Gerda van Kooten       | Sprint    | 17-03-96 |
| V60    | 5.41.91 | Gerda van Kooten       | Sprint    | 11-03-01 |
| V65/70 | vacant  | limiet 7.12.00/7.50.00 |           |          |

## 1 mijl

|        |         |                        |          |          |
|--------|---------|------------------------|----------|----------|
| M40    | 4.35.70 | Cees Meijer            | SAV      | 30-01-94 |
| M45    | 4.41.74 | Anton Treffers         | SAV      | 30-01-94 |
| M50    | 4.58.39 | Ton Peters             | Scorpio  | 30-01-94 |
| M55    | vacant  | limiet 5.35.00         |          |          |
| M60    | vacant  | limiet 5.45.00         |          |          |
| M65    | vacant  | limiet 6.40.00         |          |          |
| M70    | vacant  | limiet 7.10.00         |          |          |
| M75/80 | vacant  | limiet 7.50.00/8.50.00 |          |          |
| V35    | 5.15.41 | Hetty Everhardus       | Noordkop | 30-01-94 |
| V40    | vacant  | limiet 5.44.00         |          |          |
| V45/50 | vacant  | limiet 5.54.00/6.15.00 |          |          |
| V55/60 | vacant  | limiet 6.48.00/7.10.00 |          |          |
| V65/70 | vacant  | limiet 7.40.00/8.20.00 |          |          |

## 2000 meter

|        |        |              |  |  |
|--------|--------|--------------|--|--|
| M40/80 | vacant | limiettijden |  |  |
| V35/70 | vacant | limiettijden |  |  |

## 3000 meter

|        |          |                          |          |          |
|--------|----------|--------------------------|----------|----------|
| M40    | 8.31.29  | John van der Wansem      | Phoenix  | 03-02-91 |
| M45    | 8.59.26  | Ton van Doorn            | Haarlem  | 02-02-97 |
| M50    | 9.05.62  | Ad Heijdens              | Achilles | 03-02-91 |
| M55    | 10.28.59 | Peter Keizer             | Atos     | 28-01-96 |
| M60    | vacant   | limiet 12.02.00          |          |          |
| M65    | vacant   | limiet 12.46.00          |          |          |
| M70    | vacant   | limiet 13.29.00          |          |          |
| M75/80 | vacant   | limiet 14.29.00/15.40.00 |          |          |
| V35    | 9.13.84  | Elly van Hulst           | Mita TC  | 15-02-95 |
| V40    | 11.05.99 | Hetty Everhardus         | Noordkop | 22-01-00 |
| V45    | 12.33.31 | Dula Brandsma            | Noordkop | 22-01-00 |
| V50    | vacant   | limiet 14.40.00          |          |          |
| V55    | 11.42.90 | Gerda van Kooten         | Sprint   | 28-02-97 |
| V60    | 12.01.59 | Gerda van Kooten         | Sprint   | 08-03-01 |
| V65/70 | vacant   | limiet 18.56.00/20.54.00 |          |          |

# Nederlandse records indoor per 1-4-2003

h=handtijd \*=beste prestatie; voor record electr. tijd nodig

## 5000 meter

|        |        |              |     |       |                   |             |          |
|--------|--------|--------------|-----|-------|-------------------|-------------|----------|
| M40/80 | vacant | limiettijden | V45 | 10.34 | Janine Kortbeek   | Pr. Hendrik | 11-03-01 |
| V35/70 | vacant | limiettijden | V50 | 8.45  | Laura Blommestijn | R'dam Atl.  | 05-02-95 |
|        |        |              | V55 | 8.89  | Rietje Dijkman    | AV'23       | 07-03-99 |
|        |        |              | V60 | 8.51  | Rietje Dijkman    | AV'23       | 09-03-03 |

## 50 meter horden

|        |        |                    |            |          |
|--------|--------|--------------------|------------|----------|
| M40    | *7.5h  | Ger Heinsius       | SAV        | 28-01-90 |
| M45    | *7.9h  | Peter Blommestijn  | AVR        | 09-01-88 |
| M50    | *8.2h  | Peter Blommestijn  | R'dam Atl. | 05-02-95 |
| M55    | vacant | limiet 10.80       |            |          |
| M60    | 10.46  | Mario Spadon       | De Bataven | 03-02-91 |
| M65    | 10.08  | Kees van Giezen    | GAC-H.     | 26-01-02 |
| M70    | vacant | limiet 13.00       |            |          |
| M75/80 | vacant | limiet 15.10/17.50 |            |          |
| V35    | vacant | limiet 11.70       |            |          |
| V40    | vacant | limiet 11.70       |            |          |
| V45    | vacant | limiet 12.00       |            |          |
| V50    | *9.7h  | Laura Blommestijn  | R'dam Atl. | 05-02-95 |
| V55    | vacant | limiet 13.00       |            |          |
| V60    | 9.30   | Rietje Dijkman     | AV'23      | 26-01-02 |
| V65/70 | vacant | limiet 14.40/16.20 |            |          |

## 60 meter horden

|        |        |                       |             |          |
|--------|--------|-----------------------|-------------|----------|
| M40    | 8.71   | Rob de Weger          | AV'23       | 16-02-02 |
| M45    | 9.48   | Theo Brusche          | Leiden Atl. | 07-02-99 |
| M50    | 8.79   | Wim de Ronde          | Zaanland    | 06-03-99 |
| M55    | 10.14  | Frans van Boven       | Thor        | 06-03-99 |
| M60    | 10.40  | Mario Spadon          | De Bataven  | 26-01-92 |
| M65    | 11.98  | Kees van Giezen       | GAC-H       | 26-01-02 |
| M70    | 11.07  | Frans Buys            | GAC-H       | 06-03-99 |
| M75    | 12.19  | Frans Buys            | GAC-H       | 09-03-01 |
| M80    | vacant | limiet 18.50          |             |          |
| V35    | 9.74   | Marian Langezaal      | De Bataven  | 03-02-91 |
| V40    | 10.06  | Hanny Barnhoorn       | Trias       | 16-02-02 |
| V45    | 11.00  | Elly Willemssen       | Attila      | 29-01-95 |
| V50    | vacant | limiet 13.50          |             |          |
| V55    | 10.98  | Rietje Dijkman        | AV'23       | 06-03-99 |
| V60    | 11.02  | Rietje Dijkman        | AV'23       | 08-03-01 |
| V65/70 | vacant | limiet 15.40 en 17.20 |             |          |

## 3000 meter snelwandelen

|        |          |                                   |            |          |
|--------|----------|-----------------------------------|------------|----------|
| M40    | 12.44.61 | Henk Plasman                      | Gen. Mich. | 14-02-98 |
| M45    | 14.28.87 | Theo Koenis                       | De Lat     | 22-02-97 |
| M50    | 14.35.6h | Hein Zethof                       | Aalsmeer   | 03-02-79 |
| M55    | 17.11.39 | Ad van Oyen                       | Weert      | 03-02-01 |
| M60    | 15.44.66 | Nico Schroten                     | RWV        | 24-01-98 |
| M65    | vacant   | limiet 19.05.00                   |            |          |
| M70    | vacant   | limiet 21.15.00                   |            |          |
| M75    | vacant   | limiet 22.45.00/24.25.00          |            |          |
| M80    | 23.15.24 | Henri Gest                        | Zaanland   | 09-12-01 |
| V35    | vacant   | limiet 17.40.00                   |            |          |
| V40    | 17.20.90 | Marleen Radder                    | RWV        | 14-01-95 |
| V45    | 17.15.49 | Marleen Radder                    | RWV        | 03-02-01 |
| V50    | vacant   | limiet 20.40.00                   |            |          |
| V55    | vacant   | limiet 22.00.00                   |            |          |
| V60/70 | vacant   | limiet 23.30.00/25.10.00/27.10.00 |            |          |

## 5000 meter snelwandelen

|        |          |               |            |          |
|--------|----------|---------------|------------|----------|
| M40    | 21.38.24 | Henk Plasman  | Gen. Mich. | 14-02-98 |
| M45    | 24.04.7h | Klaas Bakker  | Olat       | 19-01-85 |
| M50    | 25.17.61 | Klaas Bakker  | Olat       | 05-02-89 |
| M55    | vacant   | zonder limiet |            |          |
| M60    | 26.48.30 | Nico Schroten | RWV        | 24-01-98 |
| M65/80 | vacant   | zonder limiet |            |          |

## hinkstapspringen

|     |        |                 |        |          |
|-----|--------|-----------------|--------|----------|
| M40 | 12.95  | Gérard Moors    | Sprint | 15-03-92 |
| M45 | 12.01  | Glen Gentle     | Avon   | 03-02-01 |
| M50 | 11.36  | Jan Huijbers    | GAC-G. | 16-02-02 |
| M55 | vacant | limiet 8.25     |        |          |
| M60 | 9.18   | Kees van Giezen | GAC-H. | 01-03-97 |
| M65 | 8.60   | Kees van Giezen | GAC-H. | 06-03-99 |
| M70 | 6.85   | Frans Buys      | GAC-H. | 06-03-99 |
| M75 | 6.62   | Frans Buys      | GAC-H. | 08-03-03 |
| M80 | vacant | limiet 4.50     |        |          |
| V35 | 10.54  | Evie Roelands   | DJA    | 02-03-97 |
| V40 | 10.74  | Evie Roelands   | DJA    | 07-03-99 |

## hoogspringen

|        |        |                    |           |          |
|--------|--------|--------------------|-----------|----------|
| M40    | 1.90   | Leo Poirot         | Hercules  | 11-03-84 |
|        | 1.90   | Jan Huijbers       | GAC-G.    | 06-02-94 |
| M45    | 1.82   | Jan Huijbers       | GAC-G.    | 26-01-97 |
| M50    | 1.83   | Jan Huijbers       | GAC-G.    | 16-02-02 |
| M55    | 1.55   | Rob Bleijert       | Climax    | 01-03-97 |
|        | 1.55   | Frans van Boven    | Thor      | 06-03-99 |
| M60    | 1.25   | Jan Oerlemans      | AVN       | 12-01-91 |
| M65    | 1.39   | Arend Koet         | Castricum | 02-03-97 |
| M70    | 1.30   | Arend Koet         | Castricum | 21-01-01 |
| M75    | 1.08   | Frans Buys         | GAC-H.    | 08-03-01 |
| M80    | vacant | limiet 0.90        |           |          |
| V35    | 1.66   | Patsy Kolhorn      | Achilles  | 16-02-02 |
| V40    | 1.60   | Patsy Kolhorn      | Achilles  | 15-02-03 |
| V45    | 1.55   | Weia Reinboud      | Hellas    | 30-01-99 |
| V50    | 1.55   | Weia Reinboud      | Hellas    | 21-01-01 |
| V55    | 1.29   | Rietje Dijkman     | AV'23     | 06-03-99 |
| V60    | 1.27   | Rietje Dijkman     | AV'23     | 08-03-01 |
| V65/70 | vacant | limiet 99 en 93 cm |           |          |

## polshoog

|        |        |                       |           |          |
|--------|--------|-----------------------|-----------|----------|
| M40    | 4.30   | Ed van der Kaaij      | AAC       | 07-01-01 |
| M45    | 3.70   | Marc van Vliet        | Castricum | 24-01-99 |
| M50    | 3.50   | Marc van Vliet        | Castricum | 10-03-02 |
| M55    | 2.80   | Kees van Giezen       | GAC-H.    | 30-01-94 |
| M60    | 2.80   | Kees van Giezen       | GAC-H.    | 14-01-96 |
| M65    | 2.60   | Kees van Giezen       | GAC-H.    | 06-03-99 |
| M70/80 | vacant | limiet 1.70/1.60/1.50 |           |          |
| V35    | 3.59   | Larissa Lowe          | AAC       | 08-02-03 |
| V40/50 | vacant | limiet 1.80/1.60/1.60 |           |          |

## verspringen

|        |        |                     |           |          |
|--------|--------|---------------------|-----------|----------|
| M40    | 6.52   | Alje Kuiper         | Ilion     | 16-02-02 |
| M45    | 5.78   | Wim Scholtes        | Sparta    | 23-01-94 |
| M50    | 5.86   | Wim de Ronde        | Zaanland  | 05-03-99 |
| M55    | 4.87   | Frans van Boven     | Thor      | 05-03-99 |
| M60    | 4.47   | Kees van Giezen     | GAC-H.    | 08-12-96 |
| M65    | 4.20   | Jan Oerlemans       | AVN       | 19-12-93 |
| M70    | 3.81   | Arend Koet          | Castricum | 21-01-01 |
| M75    | 3.33   | Frans Buys          | GAC-H.    | 19-02-00 |
| M80    | vacant | limiet 2.30         |           |          |
| V35    | 5.18   | Tilly Jacobs        | Sparta    | 30-01-94 |
| V40    | 5.06   | Evie Roelands       | DJA       | 30-01-99 |
| V45    | 4.82   | Anja Akkerman       | DEM       | 10-03-01 |
| V50    | 4.44   | Riet Jonkers        | Energie   | 01-03-97 |
| V55    | 4.21   | Riet Jonkers        | Attila    | 23-01-00 |
| V60    | 4.25   | Rietje Dijkman      | AV'23     | 23-01-00 |
| V65/70 | vacant | limiet 2.50 en 2.20 |           |          |

## kogelstoten

|        |        |                  |           |          |
|--------|--------|------------------|-----------|----------|
| M40    | 15.05  | Martin Regtop    | Tion      | 11-03-89 |
| M45    | 14.40  | Martin Regtop    | Tion      | 29-10-95 |
| M50    | 15.24  | Martin Regtop    | Tion      | 06-03-99 |
| M55    | 12.38  | Wim Fokker       | Hellas    | 17-03-96 |
| M60    | 13.41  | Wim Fokker       | Hellas    | 30-01-99 |
| M65    | 10.87  | Cees Vooijs      | Gouda     | 26-01-02 |
| M70    | 11.12  | Jan Oerlemans    | AVN       | 16-01-00 |
| M75    | 7.34   | Frans Buys       | GAC-H.    | 08-03-01 |
| M80    | vacant | limiet 4.50      |           |          |
| V35    | 13.29  | Els Stolk        | ADA       | 15-02-92 |
| V40    | 13.98  | Els Stolk        | AAC       | 14-02-98 |
| V45    | 12.38  | Tine Schenkels   | Reeuwijk  | 21-01-01 |
| V50    | 10.36  | Rina ten Braak   | Parthenon | 21-01-01 |
| V55    | 9.35   | Corrie Vinke     | Atos      | 01-03-97 |
| V60    | 7.09   | Rietje Dijkman   | AV'23     | 08-03-01 |
| V65/70 | vacant | limiet 5.20/4.75 |           |          |

**Nederlandse records indoor per 1-4-2003**

h=handtijd \*=beste prestatie; voor record electr. tijd nodig

**4x200 clubs**

|                 |                    |                                    |                     |
|-----------------|--------------------|------------------------------------|---------------------|
| M 40            | 1.41.06            | Zuidwal                            | 28-01-96            |
|                 |                    | Klarenbeek-Dunnebie-Nordt-Overmars |                     |
| <del>M 45</del> | <del>1.48.83</del> | <del>Ilion</del>                   | <del>28-01-96</del> |
|                 |                    | Stuimer-Buyze-Zwennes-Poels        |                     |
| rest            | vacant             | zonder limiet                      |                     |

**4x200 nationaal**

|        |         |                              |          |
|--------|---------|------------------------------|----------|
| M40/45 | vacant  | zonder limiet                |          |
| M50    | 1.41.63 | Van Verseveld-Van Boven-     | 07-03-99 |
|        |         | De Ronde-Scholtes            |          |
| M55    | vacant  | zonder limiet                |          |
| M60    | 2.02.01 | Schouten-Spadon-             | 02-03-97 |
|        |         | Van Giezen- Van Heemstede    |          |
| M65/80 | vacant  | zonder limiet                |          |
| V35    | 1.52.47 | Oost-Klomp-Kuper-Jacobs      | 21-01-95 |
| V40    | 1.53.02 | Akkerman-Roelands-Klomp-Oost | 07-03-99 |
| V45    | vacant  |                              |          |
| V50    | 2.07.86 | Plat-Dijkman-Jonkers-Broers  | 07-03-99 |
| V55/70 | vacant  | zonder limiet                |          |

**4x400 nationaal en clubs**

alles vacant zonder limiet

**4 x 800 clubs**

|      |          |                                 |          |
|------|----------|---------------------------------|----------|
| V35  | 12.32.87 | PAC                             | 24-03-96 |
|      |          | Verbeek-Blom-Kroon-Van der Hoek |          |
| rest | vacant   | zonder limiet                   |          |

**4 x 800 nationaal**

alles vacant zonder limiet

**vijfkamp (horden-ver-kogel-hoog-1000); Wava-tabel 1994**

|      |        |                              |         |          |
|------|--------|------------------------------|---------|----------|
| M40  | 3562   | Alfredo Leenderts            | Scorpio | 06-03-01 |
|      |        | 9.84*6.08*11.20*1.69*3.00.43 |         |          |
| M50  | 3986   | Glenn Gentle                 | Avon    | 06-03-01 |
|      |        | 9.87*5.59*12.67*1.52*3.11.80 |         |          |
| M55  | 3033   | Frans van Boven              | Thor    | 06-03-01 |
|      |        | 10.59*4.43*7.22*1.46*4.04.85 |         |          |
| M60  | 1770   | Henk van de Langerijt        | Weert   | 06-03-01 |
|      |        | 14.05*3.59*6.48*1.04*4.42.80 |         |          |
| M65  | 2637   | Kees van Giezen              | GAC-H.  | 08-03-01 |
|      |        | 12.22*3.85*6.35*1.26*5.03.68 |         |          |
| M75  | 2647   | Frans Buys                   | GAC-H.  | 08-03-01 |
|      |        | 13.08*2.93*7.34*1.08*5.43.90 |         |          |
| rest | vacant | zonder limiet                |         |          |

**vijfkamp (horden-hoog-kogel-ver-800); Wava-tabel 1994**

|      |        |                               |          |          |
|------|--------|-------------------------------|----------|----------|
| V35  | 3223   | Monique Seerden               | Lionitas | 08-03-01 |
|      |        | 10.94*1.60*10.12*4.36*2.35.02 |          |          |
| V60  | 4053   | Rietje Dijkman                | AV'23    | 08-03-01 |
|      |        | 11.02*1.27*7.09*3.99*3.57.54  |          |          |
| rest | vacant | zonder limiet                 |          |          |

**zevenkamp (60-ver-kogel-hoog-horden-pols-1000)**

M vacant zonder limiet

Europese records indoor per 16-3-2003

60 meter

|            |                          |
|------------|--------------------------|
| <b>M40</b> | <b>6.81 Troy Douglas</b> |
| M45        | 7.18 Keith Burgess       |
| M50        | 7.44 Manfred Koch        |
| <b>M55</b> | <b>7.63 Brian Green</b>  |
| M60        | 7.76 Ron Taylor          |
| M65        | 8.04 Amando Roca         |
| M70        | 8.47 Charles Williams    |
| M75        | 8.71 Fritz Mühle         |
| M80        | 9.62 Bruno Sobrero       |
| V35        | 7.23 Maria Tsoni         |
| V40        | 7.18 Merlene Ottey       |
| V45        | 8.23 Loles Vives Jorba   |
| V50        | 8.42 Maureen Lewington   |
| V55        | 8.64 Valerie Parsons     |
| V60        | 8.98 Esther Linaker      |
| V65        | 9.34 Asta Larsson        |
| V70        | 9.85 Paula Schneiderhan  |

|            |           |
|------------|-----------|
| <b>NED</b> | <b>03</b> |
| GBR        | 02        |
| GER        | 01        |
| GBR        | 97        |
| GBR        | 94        |
| ESP        | 01        |
| GBR        | 03        |
| GER        | 92        |
| ITA        | 01        |
| GRE        | 98        |
| SLO        | 03        |
| ESP        | 03        |
| GBR        | 98        |
| GBR        | 02        |
| GBR        | 03        |
| SWE        | 97        |
| GER        | 92        |

1500 meter

|            |                                 |            |           |
|------------|---------------------------------|------------|-----------|
| M40        | 3.45.3h Eamonn Coghlan          | IRL        | 93        |
| M45        | 4.03.69 John Potts              | GBR        | 90        |
| M50        | 4.14.73 John Potts              | GBR        | 95        |
| <b>M55</b> | <b>4.29.26 Stig Haglund</b>     | <b>FIN</b> | <b>99</b> |
| M60        | 4.37.80 Maurice Morell          | GBR        | 94        |
| M65        | 4.53.03 Harry Tempan            | GBR        | 91        |
| M70        | 5.13.1h James Todd              | GBR        | 92        |
| M75        | 5.37.28 Rune Bergman            | SWE        | 00        |
| M80        | 6.19.34 Ernie Warwick           | GBR        | 96        |
| V35        | 4.03.61 Violetta Szekely        | ROM        | 01        |
| V40        | 4.05.19 Yekaterina Podkopayeva  | RUS        | 97        |
| V45        | 4.40.48 Barbara Lehmann         | GER        | 88        |
| V50        | 4.51.68 Pat Gallagher           | GBR        | 98        |
| V55        | 5.11.36 Pat Gallagher           | GBR        | 01        |
| <b>V60</b> | <b>5.41.91 Gerda van Kooten</b> | <b>NED</b> | <b>01</b> |
| V65        | 6.03.92 Ingrid Sogstad          | NOR        | 91        |
| V70        | 6.50.6h Jose Waller             | GBR        | 93        |

200 meter

|            |                            |
|------------|----------------------------|
| <b>M40</b> | <b>22.38 Kay Schaafsma</b> |
| M45        | 22.76 Viv Oliver           |
| M50        | 24.05 Viv Oliver           |
| M55        | 24.58 Guido Müller         |
| M60        | 25.25 Ronald Taylor        |
| M65        | 26.41 Charles Williams     |
| M70        | 27.40 Allan Meddings       |
| M75        | 29.95 Göte Lindblad        |
| M80        | 33.39 Ugo Sansonetti       |
| V35        | 23.04 Sandra Meyers        |
| <b>V40</b> | <b>25.58 Tilly Jacobs</b>  |
| V45        | 26.68 Renate Megerle       |
| V50        | 28.24 Maureen Lewington    |
| V55        | 29.31 Valerie Parsons      |
| V60        | 29.93 Christel Franzen     |
| V65        | 32.41 Asta Larsson         |
| V70        | 33.11 Jo Ogden             |

|            |           |
|------------|-----------|
| <b>NED</b> | <b>00</b> |
| GBR        | 98        |
| GBR        | 03        |
| GER        | 94        |
| GBR        | 94        |
| GBR        | 97        |
| GBR        | 98        |
| SWE        | 99        |
| ITA        | 99        |
| ESP        | 96        |
| <b>NED</b> | <b>98</b> |
| GER        | 89        |
| GBR        | 01        |
| GBR        | 02        |
| GER        | 89        |
| SWE        | 97        |
| GBR        | 98        |

3000 meter

|     |                           |     |    |
|-----|---------------------------|-----|----|
| M40 | 8.09.13 Marcus O'Sullivan | IRL | 02 |
| M45 | 8.36.64 Klaus Goldammer   | GER | 99 |
| M50 | 8.58.8h Josef Kurz        | GER | 89 |
|     | 8.58.8h Les Pressland     | GBR | 90 |
| M55 | 9.23.43 Stephen James     | GBR | 94 |
| M60 | 9.43.88 Andrew Brown      | GBR | 94 |
| M65 | 10.17.02 Rune Bergman     | SWE | 90 |
| M70 | 10.56.69 Enrique Moreno   | ESP | 03 |
| M75 | 12.12.72 James Todd       | GBR | 97 |
| M80 | 14.10.79 Gordon Porteous  | GBR | 94 |
| V35 | 8.43.49 Maricica Puica    | ROM | 87 |
| V40 | 9.02.83 Lyubov Kremlyova  | RUS | 02 |
| V45 | 9.11.67 Nicole Leveque    | FRA | 96 |
| V50 | 10.17.53 Pat Gallagher    | GBR | 97 |
| V55 | 11.06.13 Pat Gallagher    | GBR | 01 |
| V60 | 11.48.35 Rona Fredericks  | GER | 01 |
| V65 | 13.09.42 Joselyn Ross     | GBR | 94 |
| V70 | 13.27.8h Nina Naumenko    | RUS | 96 |

400 meter

|            |                           |
|------------|---------------------------|
| <b>M40</b> | <b>49.83 Eric Roeske</b>  |
| M45        | 51.86 David Elderfield    |
| M50        | 53.57 Guido Müller        |
| M55        | 54.51 Guido Müller        |
| M60        | 56.39 Guido Müller        |
| M65        | 65.32 Horst Hufnagel      |
| M70        | 64.12 Noestor Zamy        |
| M75        | 69.59 Göte Lindblad       |
| M80        | 80.58 Herbert Liedtke     |
| V35        | 51.99 Helena Fuchsova     |
| <b>V40</b> | <b>56.82 Tilly Jacobs</b> |
| V45        | 59.86 Caroline Marler     |
| V50        | 62.56 Caroline Marler     |
| V55        | 67.90 Ulla Littenheim     |
| V60        | 73.23 Dorothy Fraser      |
| V65        | 80.38 Toni Borthwick      |
| V70        | 98.60 Hélène-Marie Glet   |

|            |           |
|------------|-----------|
| <b>NED</b> | <b>00</b> |
| GBR        | 01        |
| GER        | 89        |
| GER        | 94        |
| GER        | 01        |
| GER        | 01        |
| FRA        | 01        |
| SWE        | 99        |
| SWE        | 97        |
| CZE        | 01        |
| <b>NED</b> | <b>97</b> |
| GBR        | 97        |
| GBR        | 01        |
| SWE        | 03        |
| GBR        | 01        |
| GBR        | 97        |
| FRA        | 01        |

3000 meter snelwandelen

|     |                            |     |    |
|-----|----------------------------|-----|----|
| M40 | 12.40.09 Matti Katila      | FIN | 88 |
| M45 | 12.21.55 Frantisek Parys   | CZE | 99 |
| M50 | 13.06.0h A. Smallwood      | GBR | 93 |
| M55 | 13.53.5h Aaro Nokela       | FIN | 91 |
| M60 | 14.29.4h Ants Palmar       | EST | 02 |
| M65 | 15.39.67 George Chaplin    | GBR | 96 |
| M70 | 15.27.96 Tonetti Franco    | ITA | 91 |
| M75 | 17.41.6h James Grimwade    | GBR | 92 |
| M80 | 17.41.4h James Grimwade    | GBR | 93 |
| M85 | 22.42.03 Ake Strang        | FIN | 93 |
| V35 | 12.28.76 Dana Vavracova    | TCH | 90 |
| V40 | 12.33.1h Olena Veremiyshuk | UKR | 00 |
| V45 | 14.35.7h Jacqueline Bonnet | FRA | 93 |
| V50 | 15.11.2h Vieno Heikkilä    | FIN | 91 |
| V55 | 15.58.47 Waltraud Seiler   | GER | 97 |
| V60 | 17.09.60 Josette Sommer    | FRA | 97 |
| V65 | 17.38.4h Mary Worth        | GBR | 95 |
| V70 | 21.50.34 Anne von Bismarck | GER | 98 |

800 meter

|            |                                 |
|------------|---------------------------------|
| M40        | 1.55.63 Peter Browne            |
| M45        | 1.57.32 Peter Browne            |
| M50        | 2.05.08 Björn-Erik Franzén      |
| M55        | 2.08.15 Reginald Phipps         |
| M60        | 2.18.50 Unto Mattsson           |
| M65        | 2.24.82 Harry Tempan            |
| M70        | 2.34.2h James Todd              |
| M75        | 2.42.35 James Todd              |
| M80        | 3.11.16 Emiel Pauwels           |
| V35        | 1.58.37 Helena Fuchsova         |
| V40        | 2.01.59 Yekaterina Podkopayeva  |
| V45        | 2.19.7h Caroline Marler         |
| V50        | 2.25.28 Caroline Marler         |
| <b>V55</b> | <b>2.36.75 Riet Jonkers</b>     |
| <b>V60</b> | <b>2.45.18 Gerda van Kooten</b> |
| V65        | 3.00.05 Toni Borthwick          |
| V70        | 3.46.56 Hélène-Marie Glet       |

|            |           |
|------------|-----------|
| GBR        | 90        |
| GBR        | 95        |
| SWE        | 97        |
| GBR        | 99        |
| FIN        | 90        |
| GBR        | 91        |
| GBR        | 92        |
| GBR        | 97        |
| BEL        | 01        |
| CZE        | 01        |
| RUS        | 94        |
| GBR        | 97        |
| GBR        | 01        |
| <b>NED</b> | <b>99</b> |
| <b>NED</b> | <b>01</b> |
| GBR        | 97        |
| FRA        | 01        |

60 meter horden

|            |                             |     |    |
|------------|-----------------------------|-----|----|
| M40 (99,1) | 8.30 Herbert Kreiner        | AUT | 99 |
| M45        | 8.57 Herbert Kreiner        | AUT | 01 |
| M50 (91,4) | 8.71 Eduard Longauer        | SVK | 01 |
| M55        | 9.23 Barry Ferguson         | GBR | 97 |
| M60 (84,0) | 9.39 Helmuth Klimmer        | GER | 99 |
| M65        | 10.07 Ioannis Bellos        | GRE | 03 |
| M70 (76,2) | 10.38 Hikmet Kandeoy        | TUR | 03 |
| M75        | 11.43 Reino Taskinen        | FIN | 93 |
| M80 (68,5) | 11.65 Bruno Sobrero         | ITA | 01 |
| V35 (84,0) | 8.04 Yelizateva Chernyshova | RUS | 93 |
| V40 (76,2) | 8.73 Anke Moritz            | GER | 01 |
| V45        | 9.50 Danielle Desmier       | FRA | 97 |
| V50        | 9.83 Helgi Lamp             | EST | 97 |
| V55        | 10.73 Margaritha Dähler     | SUI | 03 |
| V60 (68,5) | 10.86 Asta Larsson          | SWE | 93 |
| V65        | 11.24 Asta Larsson          | SWE | 97 |
| V70        | 11.37 Asta Larsson          | SWE | 02 |

Europese records indoor per 16-3-2003

hoogspringen

|     |                              |       |    |                  |                             |     |    |
|-----|------------------------------|-------|----|------------------|-----------------------------|-----|----|
| M40 | 2.02 Stefan Karlsson         | SWE   | 99 | V35              | 6.86 Heike Drechsler        | GER | 00 |
| M45 | 1.92 Mark Chelnov            | URS   | 90 | V40              | 5.87 Anne Levard            | FRA | 02 |
| M50 | 2.00 Thomas Zacharias        | GER   | 97 | V45              | 5.22 Silke Mattelsson       | GER | 91 |
| M55 | 1.81 Asko Pesonen            | FIN   | 00 | V50              | 4.73 Erika Sauer            | GER | 90 |
| M60 | 1.60 Nils-Bertil Nevrup      | SWE   | 89 | V55              | 4.61 Edith Graff            | BEL | 01 |
|     | 1.60 Anthony Bateman         | GBR   | 99 | V60              | 4.58 Christiane Schmalbruch | GER | 99 |
| M65 | 1.62 Horst Mandl             | AUT   | 01 | V65              | 3.92 Asta Larsson           | SWE | 96 |
| M70 | 1.49 Nils-Bertil Nevrup      | SWE   | 97 | V70              | 3.88 Paula Schneiderhan     | GER | 92 |
| M75 | 1.40 Esko Kolhonen           | FIN   | 89 | hinkstapspringen |                             |     |    |
| M80 | 1.27 Esko Kolhonen           | FIN   | 95 |                  |                             |     |    |
|     | 1.27 Emmerich Zensch         | AUT   | 01 | M40              | 14.94 Wolfgang Knabe        | GER | 01 |
| V35 | 1.94 Ylena Panikarovskikh    | RUS   | 95 | M45              | 13.98 Gennadi Bessonov      | URS | 91 |
| V40 | 1.69 Jenny Brown             | GBR   | 01 | M50              | 13.72 Stig Bäcklund         | FIN | 90 |
| V45 | 1.55 Weia Reinboud           | NED   | 99 | M55              | 13.35 Stig Bäcklund         | FIN | 95 |
| V50 | 1.55 Weia Reinboud           | NED   | 01 | M60              | 12.53 Stig Bäcklund         | FIN | 99 |
| V55 | 1.48 Renate Vogel            | GER   | 99 | M65              | 11.20 Vladimir Roytman      | RUS | 02 |
| V60 | 1.36 Edith Graff             | BEL   | 03 | M70              | 10.54 Vladimir Popov        | RUS | 03 |
| V65 | 1.23 Happ(GER)+Enarsson(SWE) | 95+96 |    | M75              | 9.40 Heikki Simola          | FIN | 87 |
| V70 | 1.20 Christel Happ           | GER   | 00 | M80              | 8.10 Esko Kolhonen          | FIN | 95 |
|     |                              |       |    | V35              | 14.34 Inessa Kravets        | UKR | 03 |
|     |                              |       |    | V40              | 11.14 Janice Pryce          | GBR | 01 |
|     |                              |       |    | V45              | 11.02 Danielle Desmier      | FRA | 97 |
|     |                              |       |    | V50              | 9.90 Danielle Desmier       | FRA | 01 |
|     |                              |       |    | V55              | 8.95 Anja Altonen           | FIN | 01 |
|     |                              |       |    | V60              | 9.45 Christiane Schmalbruch | GER | 99 |
|     |                              |       |    | V65              | 7.87 Elsa Enarsson          | SWE | 96 |
|     |                              |       |    | V70              | 7.99 Asta Larsson           | SWE | 03 |

polshoog

|     |                         |     |    |             |                          |     |    |
|-----|-------------------------|-----|----|-------------|--------------------------|-----|----|
| M40 | 5.05 Kjell Isaksson     | SWE | 89 | kogelstoten |                          |     |    |
| M45 | 4.77 Wolfgang Ritte     | GER | 99 |             |                          |     |    |
| M50 | 4.41 Wolfgang Ritte     | GER | 03 | M40         | 19.48 Ivan Ivancic       | YUG | 80 |
| M55 | 4.05 Hans Lagerqvist    | SWE | 99 | M45         | 20.40 Ivan Ivancic       | YUG | 83 |
| M60 | 3.60 Robert Brown       | GBR | 94 | M50 (6)     | 16.24 Vlastimil Koca     | CZE | 01 |
| M65 | 3.30 Robert Brown       | GBR | 98 | M55         | 15.57 Karl-Heinz Wendel  | GER | 90 |
|     | 3.30 Pentti Alajuuoma   | FIN | 01 | M60 (5)     | 15.83 Reino Laine        | FIN | 95 |
| M70 | 2.90 Bernt Jonsson      | SWE | 99 | M65         | 14.87 Reino Laine        | FIN | 00 |
|     | 2.90 Robert Brown       | GBR | 03 | M70 (4)     | 14.64 Tauno Kivi         | FIN | 99 |
| M75 | 2.63 Olaf Johansson     | SWE | 02 | M75         | 13.02 Erik Eriksson      | FIN | 01 |
| M80 | 2.25 Ahti Pajunen       | FIN | 90 | M80         | 11.58 Franz Meier        | SUI | 99 |
| V35 | 4.25 Gabriela Mihalcea  | ROM | 99 | V35         | 21.47 Helena Fibingerova | TCH | 85 |
| V40 | 3.20 Jennifer Cunnane   | GBR | 98 | V40         | 19.16 Antonina Ivanova   | URS | 74 |
| V45 | 2.75 Heli Kenttämää     | FIN | 02 | V45         | 14.88 Ingrid Miller      | SWE | 87 |
| V50 | 2.80 Hillen Stubendorff | GER | 02 | V50 (3)     | 14.07 Tamara Danilova    | URS | 89 |
| V55 | 2.50 Karin Förster      | GER | 02 | V55         | 12.57 Karin Ilgen        | GER | 97 |
| V60 | 2.50 Pirkko Pitkänen    | FIN | 02 | V60         | 12.54 Karin Ilgen        | GER | 02 |
| V65 | 1.80 Dorothy McLennan   | IRL | 01 | V65         | 11.75 Rosemary Chrimes   | GBR | 02 |
|     |                         |     |    | V70         | 8.58 Rachel Hanssens     | BEL | 01 |

verspringen

|     |                            |     |    |
|-----|----------------------------|-----|----|
| M40 | 7.52 Barrington Williams   | GBR | 96 |
| M45 | 6.90 Tapani Taavitsainen   | FIN | 90 |
| M50 | 6.50 Pertti Ahomäki        | FIN | 97 |
| M55 | 6.34 Stig Bäcklund         | FIN | 95 |
| M60 | 5.80 Stig Bäcklund         | FIN | 99 |
| M65 | 5.13 Angel Joaniquet Ibarz | ESP | 99 |
| M70 | 5.07 Wolfgang Reuter       | GER | 03 |
| M75 | 4.41 Heikki Simola         | FIN | 87 |
| M80 | 3.92 Bruno Sobrero         | ITA | 01 |

Bestand: Europese records indoor voor ATL.  
Bijgewerkt: 5 april 2003; website: www.evaa.nu

FINALE COMPETITIE Enschede 1-9-2002

| mannen 1e divisie |      | mannen 2e divisie |      | vrouwen 1e divisie |      | vrouwen 2e divisie |      |
|-------------------|------|-------------------|------|--------------------|------|--------------------|------|
| 1. Ilion          | 7559 | 1. Tion           | 5864 | 1. Trias           | 4263 | 1. R'dam Atl.      | 3470 |
| 2. Prins Hendrik  | 7518 | 2. R'dam Atl.     | 5514 | 2. De Spartaan     | 3969 | 2. GAC Hilversum   | 3212 |
| 3. GAC Gemert     | 7160 | 3. Trias          | 5476 | 3. Sparta          | 3868 | 3. Sprint          | 3166 |
| 4. AV'23          | 6859 | 4. Avon/Unitas    | 5362 | 4. Attila          | 3745 | 4. Reeuwijk        | 3108 |
| 5. AV Nijmegen    | 6673 | 5. AAV'36         | 5200 | 5. AV'23           | 3586 | 5. Phanos          | 2730 |
| 6. Hollandia      | 6642 | 6. Scorpio        | 5166 | 6. PAC             | 2785 | 6. Scorpio         | 2654 |
| 7. PAC            | 6402 | 7. PEC 1910       | 5128 |                    |      | 7. DeltaSp./AV'56  | 2650 |
| 8. Castricum      | 6198 | 8. Phanos         | 5069 |                    |      |                    |      |
| 9. Leiden Atl.    | 5947 | 9. Parthenon      | 4821 |                    |      |                    |      |
| 10. AV'56         | 4856 | 10. P.S.V.        | 4601 |                    |      |                    |      |
| 11. Fortuna       | 786  | 11. Diomedon      | 4440 |                    |      |                    |      |
|                   |      | 12. Suomi         | 3996 |                    |      |                    |      |

# Wereldrecords indoor per 24-9-2002

## 60 meter

|     |       |                       |     |    |
|-----|-------|-----------------------|-----|----|
| M40 | 6.97  | Eddie Hart            | USA | 90 |
| M45 | 7.02  | Stan Whitley          | USA | 91 |
| M50 | 7.20  | Bill Collins          | USA | 02 |
| M55 | 7.53  | Hugo Hartenstein      | USA | 90 |
| M60 | 7.7h  | Payton Jordan         | USA | 78 |
| M65 | 7.8h  | Cecil Paul            | CAN | 86 |
| M70 | 8.39  | John O'Neil           | CAN | 94 |
| M75 | 8.67  | Melvin Larsen         | USA | 00 |
| M80 | 9.39  | Roderick Parker       | USA | 99 |
| V35 | 7.01  | Marlene Ottey         | JAM | 99 |
| V40 | 8.01  | Denise Foreman        | USA | 97 |
| V45 | 8.02  | Phil Raschker         | USA | 95 |
| V50 | 8.05  | Phil Raschker         | USA | 97 |
| V55 | 8.59  | Phil Raschker         | USA | 02 |
| V60 | 9.00  | Christine Schmalbruch | GER | 99 |
| V65 | 9.34  | Asta Larsson          | SWE | 97 |
| V70 | 10.12 | Joan Ogden            | GBR | 98 |

## 1500 meter

|     |         |                       |     |    |
|-----|---------|-----------------------|-----|----|
| M40 | 3.45.3h | Eamonn Coghlan        | IRL | 93 |
| M45 | 4.03.69 | John Potts            | GBR | 90 |
| M50 | 4.14.73 | John Potts            | GBR | 95 |
| M55 | 4.27.01 | John Potts            | GBR | 00 |
| M60 | 4.37.80 | Maurice Morell        | GBR | 94 |
| M65 | 4.47.11 | Earl Fee              | CAN | 94 |
| M70 | 5.27.4h | Austin Newman         | USA | 86 |
| M75 | 5.37.28 | Rune Bergman          | SWE | 00 |
| M80 | 6.19.34 | Ernie Warwick         | GBR | 96 |
| V35 | 4.03.08 | Mary Slaney           | USA | 97 |
| V40 | 4.05.19 | Yekaterina Podkopyeva | RUS | 97 |
| V45 | 4.44.0h | Pat Gallagher         | GBR | 90 |
| V50 | 4.51.8h | Pat Gallagher         | GBR | 98 |
| V55 | 5.11.36 | Pat Gallagher         | GBR | 01 |
| V60 | 5.41.91 | Gerda van Kooten      | NED | 01 |
| V65 | 6.06.14 | Jeanne Daprano        | USA | 02 |
| V70 | 6.50.6h | Jose Waller           | GBR | 93 |

## 200 meter

|     |       |                 |     |    |
|-----|-------|-----------------|-----|----|
| M40 | 22.19 | Bill Collins    | USA | 95 |
| M45 | 22.57 | Bill Collins    | USA | 99 |
| M50 | 23.26 | Bill Collins    | USA | 02 |
| M55 | 24.09 | Stephen Robbins | USA | 98 |
| M60 | 25.10 | Larry Colbert   | USA | 98 |
| M65 | 26.20 | Larry Colbert   | USA | 02 |
| M70 | 27.40 | Allan Meddings  | GBR | 98 |
| M75 | 29.57 | Melvin Larsen   | USA | 00 |
| M80 | 32.85 | Jim Manno       | USA | 01 |
| V35 | 23.04 | Sandra Meyers   | SPA | 96 |
| V40 | 25.58 | Tilly Jacobs    | NED | 98 |
| V45 | 26.06 | Phil Raschker   | USA | 94 |
| V50 | 26.52 | Phil Raschker   | USA | 97 |
| V55 | 29.31 | Valerie Parsons | GBR | 02 |
| V60 | 30.39 | Irene Obera     | USA | 94 |
| V65 | 32.0h | Joan Ogden      | GBR | 93 |
| V70 | 33.11 | Joan Ogden      | GBR | 98 |

## 1 mijl

|     |         |                       |     |    |
|-----|---------|-----------------------|-----|----|
| M40 | 3.58.13 | Eamonn Coghlan        | IRL | 94 |
| M45 | 4.21.90 | Albin Swenson         | USA | 93 |
| M50 | 4.26.75 | Nolan Shaheed         | USA | 01 |
| M55 | 4.50.22 | Victor Heckler        | USA | 98 |
| M60 | 5.01.76 | Dan Conway            | USA | 98 |
| M65 | 5.13.3h | Earl Fee              | CAN | 96 |
| M70 | 5.32.4h | Scotty Carter         | USA | 87 |
| M75 | 6.27.16 | John Hosner           | USA | 00 |
| M80 | 7.04.2h | Paul Spangler         | USA | 79 |
| V35 | 4.59.28 | Carol Urish-McLatchie | USA | 87 |
| V40 | 4.57.71 | Patty Blanchard       | CAN | 99 |
| V45 | 5.18.10 | Patti Ford            | USA | 01 |
| V50 | 5.22.74 | Athryn Martin         | CAN | 02 |
| V55 | 5.43.96 | Joni Shirley          | USA | 02 |
| V60 | 6.05.7h | Marie Michelsohn      | USA | 02 |
| V65 | 6.28.91 | Jeanne Daprano        | USA | 02 |
| V70 | 7.19.44 | Toshiko d'Elia        | USA | 01 |

## 400 meter

|     |       |                   |     |    |
|-----|-------|-------------------|-----|----|
| M40 | 49.14 | Elvis Forde       | BAR | 00 |
| M45 | 49.89 | Fred Sowerby      | USA | 94 |
| M50 | 52.72 | Harold Morioka    | CAN | 95 |
| M55 | 54.36 | Harold Morioka    | CAN | 99 |
| M60 | 56.32 | Larry Colbert     | USA | 97 |
| M65 | 59.35 | Larry Colbert     | USA | 02 |
| M70 | 61.31 | Earl Fee          | CAN | 99 |
| M75 | 69.59 | Göte Lindblad     | SWE | 99 |
| M80 | 75.58 | Roderick Parker   | USA | 99 |
| V35 | 53.13 | Nadez Olizarenko  | URS | 89 |
| V40 | 56.82 | Tilly Jacobs      | NED | 97 |
| V45 | 59.86 | Caroline Marler   | GBR | 97 |
| V50 | 62.56 | Caroline Marler   | GBR | 01 |
| V55 | 66.99 | Nadine Lowenstein | BEL | 02 |
| V60 | 70.69 | Carolyn Cappetta  | USA | 96 |
| V65 | 71.89 | Carolyn Cappetta  | USA | 01 |
| V70 | 88.79 | Patricia Peterson | USA | 98 |

## 3000 meter

|     |          |                   |     |    |
|-----|----------|-------------------|-----|----|
| M40 | 8.09.13  | Marcus O'Sullivan | IRL | 02 |
| M45 | 8.36.64  | Klaus Goldammer   | GER | 99 |
| M50 | 8.54.73  | Nolan Shaheed     | USA | 01 |
| M55 | 9.23.43  | Stephen James     | GBR | 94 |
| M60 | 9.43.88  | Andrew Brown      | GBR | 94 |
| M65 | 10.11.60 | Ed Whitlock       | CAN | 96 |
| M70 | 11.08.49 | James Todd        | GBR | 94 |
| M75 | 12.12.72 | James Todd        | GBR | 97 |
| M80 | 14.10.79 | Gordon Porteous   | GBR | 94 |
| V35 | 8.39.14  | Regina Jacobs     | USA | 99 |
| V40 | 9.15.91  | Nicole Leveque    | FRA | 95 |
| V45 | 9.11.67  | Nicole Leveque    | FRA | 96 |
| V50 | 10.17.53 | Pat Gallagher     | GBR | 97 |
| V55 | 11.06.13 | Pat Gallagher     | GBR | 01 |
| V60 | 12.06.88 | Marie Michelsohn  | USA | 02 |
| V65 | 13.09.42 | Joselyn Ross      | GBR | 94 |
| V70 | 14.07.09 | Toshiko d'Elia    | USA | 01 |

## 800 meter

|     |         |                   |     |    |
|-----|---------|-------------------|-----|----|
| M40 | 1.48.81 | Johnny Gray       | USA | 01 |
| M45 | 1.57.32 | Peter Browne      | GBR | 95 |
| M50 | 2.02.88 | Nolan Shaheed     | USA | 01 |
| M55 | 2.08.15 | Reg(inald) Phipps | GBR | 99 |
| M60 | 2.14.75 | Sidney Howard     | USA | 99 |
| M65 | 2.16.80 | Earl Fee          | CAN | 92 |
| M70 | 2.20.45 | Earl Fee          | CAN | 99 |
| M75 | 2.42.35 | James Todd        | GBR | 97 |
| M80 | 3.11.16 | Emiel Pauwels     | BEL | 01 |
| V35 | 2.01.49 | Doina Melinte     | ROM | 92 |
| V40 | 1.58.37 | Helena Fuchsova   | CZE | 01 |
| V45 | 2.19.7h | Caroline Marler   | GBR | 97 |
| V50 | 2.25.28 | Caroline Marler   | GBR | 01 |
| V55 | 2.36.75 | Riet Jonkers      | NED | 99 |
| V60 | 2.44.22 | Carolyn Cappetta  | USA | 96 |
| V65 | 2.53.54 | Jeanne Daprano    | USA | 02 |
| V70 | 3.28.1h | Toshiko D'Elia    | USA | 01 |

## 3000 meter snelwandelen

|     |          |                   |     |    |
|-----|----------|-------------------|-----|----|
| M40 | 12.25.9h | Ray Funkhouser    | USA | 93 |
| M45 | 12.38.71 | Donald Denoon     | USA | 93 |
| M50 | 12.34.9h | Donald Denoon     | USA | 94 |
| M55 | 13.19.6h | Aaro Nokela       | FIN | 93 |
| M60 | 14.34.28 | Dave Romansky     | USA | 99 |
| M65 | 15.28.8h | Toivo Tuomela     | FIN | 96 |
| M70 | 17.03.33 | Jack Starr        | USA | 99 |
| M75 | 18.35.8h | Chico Scimone     | ITA | 87 |
| M80 | 17.41.4h | James Grimwade    | GBR | 93 |
| V35 | 12.28.76 | Dana Vavracova    | CZE | 90 |
| V40 | 13.33.1h | Olena Veremiychuk | UKR | 00 |
| V45 | 14.43.70 | Sally Richards    | USA | 00 |
| V50 | 15.11.2h | Vieno Heikkila    | FIN | 91 |
| V55 | 15.58.47 | Waltraud Seiler   | GER | 97 |
| V60 | 17.22.44 | Josette Sommier   | FRA | 97 |
| V65 | 17.38.4h | Mary Worth        | GBR | 95 |
| V70 | 18.26.5h | Beryl Randle      | GBR | 99 |

# Wereldrecords indoor per 24-9-2002

## 60 meter horden

|     |       |                        |     |    |
|-----|-------|------------------------|-----|----|
| M40 | 7.96  | Karl Smith             | USA | 00 |
| M45 | 8.36  | Colin Williams         | USA | 02 |
| M50 | 8.47  | Walt Butler            | USA | 93 |
| M55 | 8.63  | Courtland Gray         | USA | 99 |
| M60 | 9.14  | Phil Mulkey            | USA | 93 |
| M65 | 9.8h  | Buck Bradberry         | USA | 93 |
| M70 | 9.89  | James Stookey          | USA | 00 |
| M75 | 10.09 | Melvin Larsen          | USA | 01 |
| M80 | 12.23 | Edwin Lukens           | USA | 02 |
| V35 | 8.04  | Yelizaveta Chernyshova | URS | 93 |
| V40 | 8.73  | Anke Moritz            | GER | 01 |
| V45 | 9.18  | Phil Raschker          | USA | 95 |
| V50 | 9.38  | Phil Raschker          | USA | 97 |
| V55 | 10.08 | Phil Raschker          | USA | 02 |
| V60 | 10.86 | Asta Larsson           | SWE | 93 |
| V65 | 11.24 | Asta Larsson           | SWE | 97 |
| V70 | 14.98 | Leonore McDaniels      | USA | 98 |

## hoogspringen

|     |      |                        |            |           |
|-----|------|------------------------|------------|-----------|
| M40 | 2.10 | Dwight Stones          | USA        | 94        |
| M45 | 1.92 | Mark Chelnov           | URS        | 90        |
| M50 | 2.00 | Thomas Zacharias       | GER        | 97        |
| M55 | 1.81 | Asko Pesonen           | FIN        | 00        |
| M60 | 1.65 | Jim Gilcrist           | USA        | 90        |
| M65 | 1.62 | Jim Gilcrist           | USA        | 93        |
| M70 | 1.49 | Nils-Bertil Nevtrup    | SWE        | 97        |
| M75 | 1.40 | Esko Kolhonen          | FIN        | 89        |
| M80 | 1.27 | Esko Kolhonen          | FIN        | 95        |
|     | 1.27 | Emmerich Zensch        | AUT        | 01        |
| V35 | 2.00 | Inga Babakova          | UKR        | 01        |
| V40 | 1.72 | Debbie Brill           | CAN        | 95        |
| V45 | 1.58 | Phil Raschker          | USA        | 95        |
| V50 | 1.55 | <b>Weia Reinboud</b>   | <b>NED</b> | <b>01</b> |
| V55 | 1.48 | Renate Vogel           | GER        | 99        |
| V60 | 1.32 | Christiane Schmalbruch | GER        | 99        |
| V65 | 1.23 | Leonore McDaniels      | USA        | 93        |
|     | 1.23 | Christa Happ           | GER        | 95        |
|     | 1.23 | Elsa Enarsson          | SWE        | 96        |
| V70 | 1.19 | Leonore McDaniels      | USA        | 98        |

## polshoog

|     |      |                   |     |    |
|-----|------|-------------------|-----|----|
| M40 | 5.18 | Earl Bell         | USA | 95 |
| M45 | 4.78 | Gary Hunter       | USA | 01 |
| M50 | 4.30 | Wayne Lambert     | USA | 01 |
| M55 | 4.08 | Dennis Phillips   | USA | 02 |
| M60 | 3.91 | Dale Lance        | USA | 98 |
| M65 | 3.42 | Jerry Donley      | USA | 95 |
| M70 | 3.15 | Boo Morcom        | USA | 93 |
| M75 | 2.82 | Carol Johnston    | USA | 88 |
| M80 | 2.75 | William Bell      | USA | 02 |
| V35 | 4.25 | Gabriela Mihalcea | ROM | 99 |
| V40 | 3.20 | Jennifer Cunnane  | GBR | 98 |
| V45 | 3.31 | Phil Raschker     | USA | 96 |
| V50 | 3.06 | Phil Raschker     | USA | 00 |
| V55 | 2.60 | Phil Raschker     | USA | 02 |
| V60 | 2.50 | Barbara Cleveland | USA | 00 |
| V65 | 2.00 | Mary Bradford     | USA | 02 |
| V70 | 2.09 | Leonore McDaniels | USA | 98 |

## verspringen

|     |      |                     |     |    |
|-----|------|---------------------|-----|----|
| M40 | 7.52 | Barrington Williams | GBR | 96 |
| M45 | 6.90 | Tapani Taavitsainen | FIN | 90 |
| M50 | 6.50 | Pertti Ahomaki      | FIN | 97 |
| M55 | 6.34 | Stig Bäcklund       | FIN | 95 |
| M60 | 5.80 | Stig Bäcklund       | FIN | 99 |
| M65 | 5.31 | Melvin Larsen       | USA | 91 |
|     | 5.31 | Dick Richards       | USA | 01 |
| M70 | 5.05 | Melvin Larsen       | USA | 95 |
| M75 | 4.41 | Heikki Simola       | FIN | 87 |
| M80 | 4.01 | Edwin Lukens        | USA | 02 |

## verspringen (vervolg)

|     |      |                        |     |    |
|-----|------|------------------------|-----|----|
| V35 | 6.81 | Lyudmila Ninova        | AUT | 96 |
| V40 | 5.61 | Phil Raschker          | USA | 87 |
| V45 | 5.75 | Phil Raschker          | USA | 94 |
| V50 | 5.00 | Phil Raschker          | USA | 97 |
| V55 | 4.62 | Phil Raschker          | USA | 02 |
| V60 | 4.58 | Christiane Schmalbruch | GER | 99 |
| V65 | 3.92 | Asta Larsson           | SWE | 96 |
| V70 | 3.40 | Leonore McDaniels      | USA | 98 |

## hinkstapspringen

|     |       |                        |     |    |
|-----|-------|------------------------|-----|----|
| M40 | 16.08 | Ray Kimble             | USA | 94 |
| M45 | 14.82 | Milan Tiff             | USA | 95 |
| M50 | 13.72 | Stig Bäcklund          | FIN | 90 |
| M55 | 13.35 | Stig Bäcklund          | FIN | 95 |
| M60 | 12.53 | Stig Bäcklund          | FIN | 99 |
| M65 | 10.92 | Amelio Compri          | ITA | 90 |
| M70 | 9.99  | Vaclav Bartl           | SWE | 96 |
| M75 | 9.40  | Heikki Simola          | FIN | 87 |
| M80 | 8.30  | Edwin Lukens           | USA | 02 |
| V35 | 13.85 | Yolanda Chen           | RUS | 97 |
| V40 | 11.14 | Janice Pryce           | GBR | 01 |
| V45 | 11.02 | Danielle Desmier       | FRA | 97 |
| V50 | 10.49 | Phil Raschker          | USA | 97 |
| V55 | 9.33  | Phil Raschker          | USA | 02 |
| V60 | 9.45  | Christiane Schmalbruch | GER | 99 |
| V65 | 8.12  | Audrey Lary            | USA | 00 |
| V70 | 7.83  | Asta Larsson           | SWE | 01 |

## kogelstoten

|     |       |                         |     |    |
|-----|-------|-------------------------|-----|----|
| M40 | 20.07 | Brian Oldfield          | USA | 86 |
| M45 | 15.78 | Ed Hill                 | USA | 88 |
| M50 | 16.27 | Ladislav Pataki         | USA | 98 |
| M55 | 15.74 | Joe Keshmiri            | USA | 95 |
| M60 | 16.83 | Reino Nokelainen        | FIN | 81 |
| M65 | 15.28 | Voitto Elo              | FIN | 82 |
| M70 | 14.39 | Torsten von Wachenfeldt | SWE | 98 |
| M75 | 13.02 | Erik Eriksson           | FIN | 01 |
| M80 | 11.58 | Franz Meier             | SUI | 99 |
| V35 | 21.47 | Helena Fibingerova      | CZE | 85 |
| V40 | 19.16 | Antonia Ivanova         | URS | 74 |
| V45 | 14.88 | Ingrid Miller           | SWE | 87 |
| V50 | 12.66 | Joanne Grissom          | USA | 90 |
| V55 | 12.57 | Karen Illgen            | GER | 97 |
| V60 | 12.54 | Karen Illgen            | GER | 02 |
| V65 | 11.64 | Sigrin Kofink           | GBR | 02 |
| V70 | 8.58  | Rachel Hanssens         | BEL | 01 |

## ESTAFETTES

### 4x200 meter

|         |         |     |    |
|---------|---------|-----|----|
| M 40-49 | 1.31.4h | USA | 01 |
| M 50-59 | 1.38.88 | USA | 01 |
| M 60-69 | 1.47.57 | GER | 01 |
| M 70-79 | 2.02.45 | GER | 99 |
| V 35-39 | 1.44.92 | GER | 99 |
| V 40-49 | 1.50.86 | GBR | 01 |
| V 50-59 | 1.56.93 | GBR | 01 |
| V 60-69 | 2.21.21 | SWE | 99 |

### 4x400 meter

|         |         |     |    |
|---------|---------|-----|----|
| M 40-49 | 3.31.04 | USA | 00 |
| M 50-59 | 3.43.43 | USA | 01 |
| M 60-69 | 4.29.74 | USA | 89 |
| M 70-79 | vacant  |     |    |
| V 35-39 | 6.21.80 | USA | 00 |
| V 40-49 | 5.48.29 | USA | 01 |
| V 50-59 | 5.13.44 | USA | 01 |
| V 60-69 | 6.28.02 | USA | 00 |

Bestand: Wereldrecords indoor (WMA)  
Website: [www.world-masters-athletics.org](http://www.world-masters-athletics.org)  
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**Columnist Sylvain Ephimenco, Fransman en lid van Rotterdam Atletiek, nam deel aan de Europese kampioenschappen in Postdam en kwam er uit op discus, speer en in de gewichtmeerkamp. Zijn gedachten gaf hij weer in het volgende kranten-artikel.**

Ik kijk naar het bezwete voorhoofd van de Fin Pentti Saavalainen en moet plots aan mijn grootvader denken. Ook hij klom ooit richting hemel met zijn handen om een paal geklemd. Hij was een eenvoudige ambtenaar van het energiebedrijf die een half leven in de lucht heeft doorgebracht om elektriciteitskabels van mast tot mast te spannen. Hiermee verdiende hij zijn brood en hij moest van sport niets hebben. Als hij hier in mijn plaats had gestaan, in het lieflijke stadion van Potsdam, had hij zeker hoofdschuddend naar de verrichtingen van Pentti Saavalainen gekeken en hem vanzelfsprekend voor gek verklaard.

De Fin veegt nu wat druppels van zijn voorhoofd, steekt zijn polsstok in de lucht en begint aarzelend aan zijn korte aanloop. Voor hem, aan het einde van de smalle strook van tartan, hangt een lat op twee meter en veertig centimeter. Daar achter, hoog in de lucht, prikt de zon als een medaille van heet goud. Pentti Saavalainen is in 1926 geboren, het jaar waarin Rudolf Valentino in New York stierf, en hoopt over enkele seconden de nieuwe Europees kampioen polsstok te worden.

Nee, ik had het die lieve opa nooit kunnen uitleggen dat 4.385 mannen en vrouwen op leeftijd uit 39 verschillende landen aan de periferie van Berlijn zijn neergestreken om hun knarsende gewrichten te maltrakteren. Mijn grootvader vond dat je ouderdom met vrees en respect moest betreden. Fluisterend als in een kerk, het hoofd gebogen. Met het klimmen der jaren, poneerde hij, wordt het lichaam een museum waarin oude geuren en beelden worden opgeslagen. Daarmee moet je voorzichtig omgaan. Beweeglijkheid moest daarom volgens hem tot het minimum worden beperkt en lichaamstaal diende zo traag mogelijk te worden uitgesproken. Wie deze gulden regels niet eerbiedigt, maakt van zijn oude dagen een puinhoop en wordt nooit meer serieus genomen.

Opa was een principiële man die ervoor koos in zijn laatste levensjaren nog hooguit tussen tafel en bed loom te schuifelen. Zijn leven eindigde in de vertraagde stand. Hij werd maar 73 en zal nooit geweten hebben tot welk geweld het versleten mensenlijf nog in staat is. Hier, in de vroegere DDR, heb ik tijdens deze dertiende Europese kampioenschappen atletiek voor veteranen het stoffige museum dat mijn opa zo lief was in een kraakpand vol heethoofden zien veranderen. Het lichaam als bolwerk van rebellie en dissidentie. Ik heb een Italiaan van 90 jaar na een sprong van 3,06 meter in een verspringbak zien belanden. Het zand spatte als vuurwerk om zijn kuit en het publiek klapte eerbiedig. Ik zag de gerimpelde handen van een Duitse vrouw van 71 jaar een slingerkogel grijpen als een laatste kans om de eeuwigheid te bemachtigen. Ik zag haar strijden tegen de centrifugale kracht en bewonderde haar explosie van geluk toen haar ijzeren komeet tegen de veertigmeterlijn belandde. En terwijl ik een man van tachtig met geheven armen de finish zag passeren, vroeg ik me af hoeveel mannen in mijn eigen stad in staat zouden zijn de 100 meter net als hij binnen de vijftien seconden te lopen?

Misschien is sport voor veel van die veteranen een middel om het onafwendbare te tarten. Maar de vrolijke kinderlijkheid en de ernstige berusting waarmee overwinningen en nederlagen werden ontvangen hadden iets vertederends. Sport en competitie als remedie tegen de nostalgie. Veteranensport wordt door de dienstdoende Mart Smeetsen uit Hilversum, net als sport voor gehandicapten, vanzelfsprekend niet serieus genomen. En daarom zal niemand van het prachtige wereldrecord (47,86 seconden) gehoord hebben dat de Nederlander Eric Roeske op de 400 meter heeft gelopen. Voor de camera's is het sportende lichaam dat de veertig is gepasseerd maar een voetnoot in de statistieken.

Geeft niet, veteranen weten wel beter.