**VERBETERDE DCLA CLUBRECORDS OUTDOOR SEIZOEN 2025 - 2026**

(van 1 Nov 25 tot 31 Okt 26)

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| M55 | WERNER HESELMANS | MARATHON | 3Hr04'22" | was 3Hr09'06" (2024) | NEW-YORK | 2/11/2025 |
| SCH | MARIE COECKELBERGHS | HAMER (3kg) | 55,23m | was 53,72 (2018) | LEVERKUSEN (GER) | 31/01/2026 |
| SCH | MARIE COECKELBERGHS | HAMER (3kg) | 56,41m | was 55,23m (2026) | OBOURG | 7/02/2026 |
| AC | MATTEO RIZZO | HALVE MARATHON | 1Hr05'36" | was 1Hr08'19" (2025) | GENTBRUGGE | 8/03/2026 |
| M50 | TOM VAN ONGEVAL | HALVE MARATHON | 1Hr09'06" | was 1Hr12'36"(2023) | GENTBRUGGE | 8/03/2026 |
| M55 | WERNER HESELMANS | HALVE MARATHON | 1Hr22'03" | was 1Hr22'37" (2023) | GENTBRUGGE | 8/03/2026 |
| W60 | LIEVE TEUGELS | HALVE MARATHON | 1Hr38'06" | was 1Hr53'23" (2025) | GENTBRUGGE | 8/03/2026 |
| AC | VICTORIA WARPY | MARATHON | 2Hr31'50" | was 2Hr37'51" (2024) | ROTTERDAM (NED) | 12/04/2026 |
| JUN + AC | ELLEN SCHOTTE | SPEER | 44,97m | was 43,61m (2006) | KESSEL-LO | 25/04/2026 |
| W35 | SOFIE RUMMENS | VER | 5,51m | was 4,76m (2025) | KESSEL-LO | 25/04/2026 |
| W60 | HILDE BOTTIN | VER | 4,01m | nieuw record | KESSEL-LO | 25/04/2026 |
| JUN | LOUIS SMEETS | 400m | 47"65 | was 48"03 (2001) | KESSEL-LO | 26/04/1958 |
| SCH | KARSTEN DE WEGHE | 400mH | 55"63 | was 55"77 (2002) | KESSEL-LO | 26/04/2026 |
| M60 | MARC NEEFS | 400m | 60"54 | was 66"17 (2017) | KESSEL-LO | 26/04/2026 |
| JUN + AC | ELLEN SCHOTTE | SPEER | 45,19m | was 44,97m (2026) | HERENTALS | 1/05/2026 |
| SCH | MARIE COECKELBERGHS | HAMER (3kg) | 56,42m | was 56,41m (2026) | HERENTALS | 1/05/2026 |
| SCH | MARIE COECKELBERGHS | HAMER (3kg) | 57,20m | was 56,42m (2026) | TESSENDERLO | 6/05/2026 |
| AC | DAI KEÏTA | VER | 7,54m | was 7,41m (2025) | HERENVEEN (NED) | 9/05/2026 |
| SCH | KATHERINE RUPERT | 400mH | 62"09 | was 62"43 (2008) | HEUSDEN-ZOLDER | 10/05/2026 |
| SCH | J.DEBUCQUOY, K.RUPERT, E.DECLERCQ, L.GILMOUR | 4x100m | 48"37 | was 48"56 (2025) | HEUSDEN-ZOLDER | 10/05/2026 |
| AC | DAI KEÏTA | TIENKAMP | 8011 ptn | was 7762 ptn (2025) | HERENVEEN (NED) | 9-10/05/2026 |
| JUN | PHAEDRA DIRIX | ZEVENKAMP | 5057 ptn | was 4631ptn (2005) | HERENVEEN (NED) | 9-10/05/2026 |
| JUN | LOUIS SMEETS | 400m | 47"09 | was 47"65 (2026) | BRUSSEL | 10/05/2026 |
| M40 | EDWIN NYS | DISCUS | 51,79m | was 48,62m (2002) | BRUGGE | 14/05/2026 |
| AC | KWINTEN COOLS | KOGEL | 18,43m | was 18,29m (2025) | BRUGGE | 14/05/2026 |
| SCH | MARIE COECKELBERGHS | HAMER (3kg) | 57,88m | was 57,20m (2026) | HALLE (GER) | 17/05/2026 |
| W35 | SOFIE RUMMENS | VER | 5,59m | was 4,51m (2025) | KESSEL-LO | 17/05/2026 |
| AC | J. DE ROOZE, C. DE VARé, L. SMEETS, N. HESPEL | 4x400m Mixed | 3'24"63 | was 3'26"24 (2023) | KESSEL-LO | 17/05/2026 |
| W55 | KATLEEN DE WULF | HAMER (4kg) | 32,17m | nieuw record | KESSEL-LO | 17/05/2026 |
| W35 | SOFIE RUMMENS | 400m | 57"69 | was 58,14 (2025) | BRUSSEL | 23/05/2026 |
| JUN | LOUIS SMEETS | 300m | 33"52 | was 34"12 (2001) | SINT-TRUIDEN | 29/05/2026 |
| AC | JURIAN DE ROOZE | 300m | 33"40 | was 34"03 (2012) | SINT-TRUIDEN | 29/05/2026 |
| M60 | MARC NEEFS | 1000m | 2'56"53 | was 3'28"44 (2022) | HEIST-OP-DEN-BERG | 29/05/2026 |
| W60 | AN VAN HELLEMONT | 100m | 16"84 | nieuw record | LOKEREN | 7/06/2026 |
| W35 | SOFIE RUMMENS | 100m | 12"96 | was 13"11 (2025) | LOKEREN | 7/06/2026 |
| W35 | SOFIE RUMMENS | 200m | 26"19 | was 26"31 (2025) | LOKEREN | 7/06/2026 |
| W55 | KATLEEN DE WULF | DISCUS | 24m28 | was 23m39 (2025) | LOKEREN | 7/06/2026 |
| M60 | MARC NEEFS | 1500m | 4'41"27 | was 5'05"30 (1996) | LOKEREN | 7/06/2026 |
| W35 | SOFIE RUMMENS | HOOG | 1,63m | was 1,60m (2024) | LANAKEN | 14/06/2026 |
| W35 | CATHERINE TIMMERMANS | KOGEL | 12m13 | was 12m09 (2025) | LANAKEN | 14/06/2026 |
| M35 | TIM RUMMENS | VER | 5,91m | was 4,73m (2028) | LANAKEN | 14/06/2026 |
| M40 | EDWIN NYS | KOGEL | 12m82 | was 12m37 (1993) | LANAKEN | 14/06/2026 |
| M60 | MARC NEEFS | 400m | 59"47 | was 60"54 (2026) | LANAKEN | 14/06/2026 |

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| JUN | LOUIS SMEETS | 200m | 21"12 | was 21"47 (1983) | CINEY | 20/06/2026 |
| W35 | SOFIE RUMMENS | 300m | 41"19 | was 42"28 (2025) | KESSEL-LO | 4/07/2026 |
| M60 | MARC NEEFS | 800m | 2'12"82 **BR** | was 2'14"88 (2025) | KESSEL-LO | 4/07/2026 |
| SCH | MARIE COECKELBERGHS | HAMER (4kg) | 50m61 | was 45m94 (2018) | KESSEL-LO | 4/07/2026 |
| JUN | STAF DE HAES | 3000m | 8'19"58 | was 8'20"52 (2018) | KESSEL-LO | 4/07/2026 |
| W60 | AN VAN HELLEMONT | 800m | 4'16"36 | nieuw record | DILBEEK | 11/07/2026 |
| W60 | AN VAN HELLEMONT | VIJFKAMP | 2159 ptn | nieuw record | DILBEEK | 11/07/2026 |
| W60 | HILDE BOTTIN | WERPVIJFKAMP | 2450 ptn | was 2127 ptn (2025) | SINT-NIKLAAS | 11/07/2026 |
| M60 | MARC NEEFS | 1000m | 2'53"41 | was 2'56"53 (2026) | HAMME | 15/07/2026 |
| JUN | STAF DE HAES | 5000m | 14'24"14 | was 14'33"03 (2018) | HEUSDEN-ZOLDER | 18/07/2026 |
| W60 | HILDE BOTTIN | 100m | 16"17 | was 16"84 (2026) | MOL | 21/07/2026 |
| W35 | CATHERINE TIMMERMANS | KOGEL (4kg) | 13m17 | was 12m09 (2025) | TIENEN | 25/07/2026 |
| AC | ELIE BACARI | 110mH | 13"25 | was 13"30 (2025) | KESSEL-LO | 26/07/2026 |
| M65 | IVO VANDERMAESEN | 10km op de weg | 42'43"18 | was 43'27" (2025) | SERAING | 8/08/2026 |
| M70 | DANIËL LUTS | 10km op de weg | 45'32"87 | nieuw record | SERAING | 8/08/2026 |
| JUN + AC | PHAEDRA DIRIX | ZEVENKAMP | 5321 ptn | was 5057 ptn (2026) | TURNHOUT | 8-9/08/2026 |
| W60 | HILDE BOTTIN | 100m | 15"62 | was 16"17 (2026) | HAMME | 16/08/2026 |
| M35 | ANGELO MULLALIU | 400m | 55"41 | was 59"21 (2017) | HAMME | 16/08/2026 |
| M70 | DANIËL LUTS | 5000m | 21'23"62 | was 21'37"98 (2007) | HAMME | 16/08/2026 |
| M60 | MARC NEEFS | MIJL | 5'02"52 **BR** | was 5'33"1 (1994) | VALKENSWAARD (NED | 21/08/2026 |
| M65 | THIERRY HUBERLAND | 2000m SC | 8'22"41 | nieuw record | DAUGU (KOR) | 22/08/2026 |
| SCH | KATHERINE RUPERT | 400mH | 61"64 | was 62"09 (2026) | LUIK | 30/08/2026 |
| SCH | STIG GENIN | 2000m SC (84cm) | 6'01"65 | 6'03"92 (1987) (91cm) | LUIK | 30/08/2026 |
| M60 | MARC NEEFS | 800m | 2'12"57 **BR** | was 2'12"82 (2026) | NINOVE | 2/09/2026 |
| M65 | THIERRY HUBERLAND | 1500m | 5'34"84 | was 5'36"92 (2025) | DRONTEN (NED) | 2/09/2026 |
| SCH | J.DEBUCQUOY, K.RUPERT, E.DECLERCQ, L.GILMOUR | 4 x 100m | 47"83 | was 48"37 (2026) | BRUSSEL | 4/09/2026 |
| AC | VICTORIA WARPY | 10km op de weg | 32'47" | was 32'56" (2025) | ROTTERDAM (NED) | 5/09/2026 |
| SCH | MARIE COECKELBERGHS | HAMER | 59,05m | was 57,88m (2026) | MOESKROEN | 6/09/2026 |
| AC | PIETER SISK | 1 MIJL OP DE WEG | 3'58"52 **BR** | nieuw record | DUSSELDORF (GER) | 6/09/2026 |
| JUN | EMMA PIL | 300m | 40"24 | was 40"33 (2016) | DUFFEL | 6/09/2026 |
| M60 | MARC NEEFS | 600m | 1'33"22 | nieuw record | DUFFEL | 6/09/2026 |
| JUN | LOUIS SMEETS | 300m | 33"49 | was 33"52 (2026) | DUFFEL | 6/09/2026 |
| M65 | THIERRY HUBERLAND | 3000m | 11'38"84 | was 11'44"80 | HULST (NED) | 12/09/2026 |
| AC | KOBE HERMANS | 5km op de weg | 13'35 | was 13'50 (2024) | COPENHAGEN (DEN) | 19/09/2026 |
| AC | J.VERMAELEN, J. DE ROOZE, T. HUYBRECHTS, L. SMEETS | 4 x 100m | 41"30 | was 41"34 (2025) | KESSEL-LO | 20/09/2026 |
| AC | C.PORTON, Y.VAN HOOGHTEN, R.VAN LAETHEM, E.PIL | 4 x 200m | 1'42"08 | was 1'42"00 (h) (1997) | KESSEL-LO | 20/09/2026 |
| M65 | THIERRY HUBERLAND | 5000m | 19'47"37 | was 20'04"40 (1998) | OMMEN (NED) | 16/10/2026 |
| M65 | THIERRY HUBERLAND | 300mH (0,76m) | 62"57 | nieuw record | BARENDRECHT (NED) | 18/10/2026 |