

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

(van 1 Nov 25 tot 31 Okt 26)

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

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