

Heren Senioren outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|------------------------------|--------------|---------------------|------------|-------------|---------------|
| 100 yards | 10,7 | Ben Lesterhuis | 2-6-1944 | Glanerbrug | 29-6-1963 |
| 100m | 10,8 | Ben Lesterhuis | 2-6-1944 | Eindhoven | ??-??-1967 |
| 100m | 10,99 (-4,0) | Quinten Stern | 22-1-1977 | Uden | 30-6-2001 |
| 150m | 16,5 | Quinten Stern | 22-1-1977 | Hengelo?? | 5-7-2000 |
| 200m | 21,5 | Hugo Pont | 20-7-1959 | Mexico City | 4-9-1979 |
| 300m | 34,47 | Vincent Kerssies | 11-7-1980 | Utrecht | 28-7-2006 |
| 400m | 47,11 | Hugo Pont | 20-7-1959 | Kil | 24-6-1981 |
| 800m | 1.46,67 | Arno Kormeling | 25-8-1956 | Oslo | 7-6-1978 |
| 1000m | 2.22,7 | Arno Kormeling | 25-8-1956 | Rhede | 9-6-1982 |
| 1500m | 3.41,41 | Arno Kormeling | 25-8-1956 | Rehlingen | 31-5-1982 |
| 1 mijl | 4.35,4 | Patrick Bruns | 12-5-1968 | | ??-??-1991 |
| 2000m | 5.42,3 | Arno Kormeling | 25-8-1956 | Hengelo | 10-8-1986 |
| 3000m | 8.37,81 | Christiaan Hemstede | 17-4-1979 | Vucht | 13-5-1999 |
| 5000m | 14.56,53 | Christiaan Hemstede | 17-4-1979 | Amersfoort | 16-9-2001 |
| 10.000m | 30.45,60 | Christiaan Hemstede | 17-4-1979 | Gorinchem | ??-??-2000 |
| 15 km | 49.17,0 | Christiaan Hemstede | 17-4-1979 | Nijmegen | ??-??-2000 |
| 10 mijl | 54.36,0 | Henk Holland | 18-7-1952 | | ??-??-1981 |
| 20km | 1.07.15,0 | Bert Schepers | 23-8-1960 | Oldenzaal | 8-11-1986 |
| 25km | 1.27.34,0 | Henk Holland | 18-7-1952 | | ??-??-1981 |
| 30km | 1.45.00,0 | Henk Holland | 18-7-1952 | Aalten | 13-6-1981 |
| ½ marathon | 1.11.39,0 | Ben van Ommen | 9-8-1958 | Hengelo | 28-4-1985 |
| uurloop | 17.642mtr. | Arnold Leus | 8-12-1949 | | ??-??-1980 |
| Marathon | 2.34.37,0 | Arnold Leus | 8-12-1949 | | ??-??-1980 |
| 100km | 7.31.34,0 | Arnold Leus | 8-12-1949 | Winschoten | 9-9-1978 |
| 5000m snelwandelen | 32.56,0 | J.C. Willemse | | Arnhem | 2-5-1965 |
| 110mH (106cm) | 15,11 (+1,6) | Vincent Kerssies | 11-7-1980 | Utrecht | 9-5-2002 |
| 200mH (91,4cm) | 26,6 | Paul Boer | 24-12-1949 | Almelo | 4-9-1972 |
| 400mH (91,4cm) | 49,4 | Hugo Pont | 20-7-1959 | Mexico City | 11-9-1979 |
| 3000m steeple | 9.44.49 | Remi de Olde | 22-7-1981 | Utrecht | 10-5-2002 |
| ver | 6,91 | Ben Lesterhuis | 2-6-1944 | Utrecht | 4-6-1967 |
| hss | 14.14 | Ydo van Oostende | 21-7-1970 | Rotterdam | 30-4-1987 |
| hoog | 2.00 | Vincent Kerssies | 11-7-1980 | Gendringen | 22-5-2005 |
| polshoog | 3.50 | André Hendriks | 7-5-1969 | Hengelo | ??-??-2000 |
| kogel (7.25kg) | 13.73 | Ben Lesterhuis | 2-6-1944 | Enschede | 30-7-1967 |
| Discus (2kg) | 44.44 | Joop Fikkert | 7-1-1930 | Amsterdam | 8-6-1960 |
| Kogelslingeren | 46.38 | Benno Konink | 8-8-1968 | Apeldoorn | 23-8-1997 |
| Speer (800gr) (tot 1-4-99) | 70.45 | Joop Fikkert | 7-1-1930 | Frechen | 12-6-1960 |
| Speer (800gr) (vanaf 1-4-99) | 53.20 | Jeroen Karsten | 24-6-1978 | | ??-??-2003 |
| 10-kamp | 6550 ptn | Ben Lesterhuis | 2-6-1944 | Rotterdam | 24/25-06-1967 |
| Snelheidsmeerkamp | 3539 ptn | Benno Konink | 8-8-1968 | Haaksbergen | 1-6-1994 |

| | | | | | |
|-------------------------------------|-------------|---|---|------------|------------|
| 4 X 100m | 43.5 handt. | Vincent Kerssies Quinten Stern Tom Uitslag Jeroen Karsten | 11-7-1980 22-1-1977 14-7-1986 24-6-1978 | Almelo | 15-6-2003 |
| 4 X 100m | 44.00 | Vincent Kerssies Quinten Stern Freek Snijders Jeroen Karsten | 11-7-1980 22-1-1977 18-4-1985 24-6-1978 | Steenwijk | 4-5-2003 |
| 4 X 200m | 1.33.89 | Nadim van Minnen Guus Franken Merijn Exel Branco van Minnen | 22-11-1994 19-4-1996 2-6-1984 19-1-1992 | Amstelveen | 29-9-2013 |
| 4 X 400m | 3.28.8 | Wim Vis Dirk-Jan Kissing Hugo Pont Ronald Waanders | 5-8-1958 20-7-1959 8-11-1958 | | |
| 4 X 800m | 8.30.83 | Geert Tuinstra Ids Tuinstra Mark Hammink Branco van Minnen | 22-1-1990 9-2-1992 13-2-1985 19-1-1992 | Amstelveen | 30-9-2012 |
| 4 X 1500m | 18.09.2 | Gerrit Hondebrink Henk Entjes Dik Somer Ab Muylerman | 30-7-1932 21-1-1932 4-12-1927 31-5-1929 | Hengelo | 24-8-1952 |
| Zweedse Estafette (400-300-200-100) | 1.59.04 | Vincent Kerssies Elliot Iseliah Karwan Baban Quinten Stern | 11-7-1980 ??-??-1972 22-1-1977 | Almelo | ??-??-1999 |
| 10 X 100m | 1.58.6 | Ab Muylerman Jaap Kers Gerard Middelkamp Jan Jonker Piet Talamini Herman Makaske Karel Krabbenbos Joop Fikkert E. Gaarhuis Henk Smit | 31-5-1929 22-6-1933 17-4-1932 7-7-1933 12-12-1933 5-8-1933 4-6-1932 7-1-1930 14-10-1927 | Hengelo | 14-7-1951 |
| Olymp. Estafette (800-400-200-200) | 3.42.60 | Mark Hammink Branco van Minnen Merijn Exel Nadim van Minnen | 13-2-1985 19-1-1992 6-2-1988 22-11-1994 | Hengelo | 27-6-2012 |

Jongens A outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|------------------------------------|--------------|-----------------------|------------|--------------|---------------|
| 80m | 9.5 | Jan Scherphof | 9-5-1930 | Goor | 29-6-1947 |
| | 9.5 | Wim Harstra | 29-5-1931 | Zwolle | 30-5-1948 |
| 100yards | 10.7 | Ben Lesterhuis | 2-6-1944 | Glanerbrug | 29-6-1963 |
| 100m | 10.9 | Hugo Pont | 20-7-1959 | | |
| 150m | 17.18 | Nadim van Minnen (JB) | 22-11-1994 | Lisse | 15-5-2010 |
| 200m | 22.01 (+1.7) | Tom Uitslag | 14-7-1986 | Uden | 3-7-2004 |
| 300m | 36.0 | Hugo Pont (JC) | 20-7-1959 | | |
| 400m | 47.7 | Hugo Pont | 20-7-1959 | Haarlem | 3-6-1978 |
| 800m | 1.49.3 | Arno Kormeling | 25-8-1956 | Papendal | 16-7-1975 |
| 1000m | 2.35.4 | Arno Kormeling | 25-8-1956 | | |
| 1500m | 3.49.9 | Arno Kormeling | 25-8-1956 | Papendal | 5-8-1974 |
| 3000m | 8.52.0 | Arno Kormeling | 25-8-1956 | | |
| 5000m | 15.11.0 | Arno Kormeling | 25-8-1956 | | |
| 10000m | 31.31.56 | Remi de Olde | 22-7-1981 | Gorinchem | 31-3-2000 |
| 110mh (91,4cm) | 16.7 | Ben Lesterhuis | 2-6-1944 | Enschede | 28-9-1963 |
| 110mh (100cm) | 15.50 (+1.1) | Quinten Stern | 22-1-1977 | Nijmegen | 19-5-1996 |
| 200mh (91,4cm) | 28.38 (+1.9) | Nadim van Minnen | 22-11-1994 | Huizen | 31-5-2013 |
| 400mh (91,4cm) | 52.17 | Hugo Pont | 20-7-1959 | Groningen | 6-8-1978 |
| 1500m steeple | 5.01.9 | Jan Both | | Enschede | 3-6-1964 |
| 2000m steeple | 6.45.1 | Tonnie Veldhuis | 18-8-1961 | Coesfeld | 25-8-1979 |
| 3000m steeple | 10.00.0 | Remi de Olde | 22-7-1981 | Hengelo | 25-6-2000 |
| ver | 6.84 | Hugo Pont | 20-7-1959 | | |
| hss | 14.14 | Ydo van Oostende | 21-7-1970 | Rotterdam | 30-4-1987 |
| hoog | 1.99 | Ydo van Oostende | 21-7-1970 | Roxel (Dld.) | 21-9-1986 |
| polshoog | 3.40 | Otto Scholten | 2-3-1977 | Apeldoorn | 18-6-1993 |
| kogel | 13.44 | Joop Fikkert | 7-1-1930 | Borne | 24-7-1949 |
| Discus (1,5 kg) | 50.25 | Joop Fikkert | 7-1-1930 | Beverwijk | 17-7-1949 |
| (tot ??-??-196?) | | | | | |
| discus (1,75kg) (vanaf ??-??-196?) | 35.16 | Benno Konink | 8-8-1968 | | |
| kogelslingeren (6kg) | 41.70 | Benno Konink | 8-8-1968 | Enschede | 23-9-1987 |
| Speer (700g) (tot ??-??-196?) | 59.40 | Joop Fikkert | 7-1-1930 | Beverwijk | 17-7-1949 |
| Speer (800g) (?-?-196? tot 1-4-99) | 52.84 | Robin Bekhuis | 3-12-1969 | Hilversum | 11-9-1988 |
| Speer (vanaf 1-4-99) | 45.59 | Bjorn Karsten | 15-4-1981 | Emmeloord | 25-4-1999 |
| 10-kamp | 6280ptn. | Hugo Pont | 20-7-1959 | | |
| 4 X 100m | 45.2 | Hugo Pont | 20-7-1959 | | |
| | | Tonnie Veldhuis | 18-8-1961 | Arnhem | 31-5-1978 |
| | | .. v/d Velde | | | |
| | | Wim Vis | 8-11-1958 | | |
| 4 X 400m | 3.28.8 | Hugo Pont | 20-7-1959 | | |
| | | Dirk Jan Kissing | 5-8-1958 | | |
| | | Ronald Waanders | | | |
| | | Wim Vis | 8-11-1958 | | |
| Zweedse Estafette | 2.23.64 | Davy Baardink | 27-2-1996 | | |
| | | Thomas Mijnders | 8-1-1996 | Amstelveen | 29-9-2013 |
| | | Guus Franken | 19-4-1996 | | |
| | | Max van der Kolk | 19-12-1997 | | |

Jongens B outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|------------------------------|-----------------------|------------------|------------|----------------|---------------|
| 100m | 11.24 | Hugo Pont | 20-7-1959 | | |
| | 11.24 | Ydo van Oostende | 21-7-1970 | Coesfeld | 27-9-1986 |
| | 11.24 (+1.1) | Nadim van Minnen | 22-11-1994 | Utrecht | 24-6-2011 |
| 150m | 17.18 (+1.9) | Nadim van Minnen | 22-11-1994 | Lisse | 15-5-2010 |
| 200m | 22.5 | Hugo Pont | 20-7-1959 | Dortmund | 6-6-1976 |
| | 22.76 (+0.9) | Nadim van Minnen | 22-11-1994 | Nieuwegein | 3-6-2011 |
| 300m | 36.0 | Hugo Pont | 20-7-1959 | | |
| 400m | 48.8 | Hugo Pont | 20-7-1959 | | Als JC |
| 1000m | 2.35.4 | Arno Kormeling | 25-8-1956 | | |
| 1500m | 4.08.8 | Fred Jaarsma | 4-2-1969 | Arnhem | 4-10-1986 |
| 3000m | 9.07.0 | Arno Kormeling | 25-8-1956 | | |
| 5000m | 16.18.0 | Rik Hardon | 21-7-1977 | Nijmegen | ??-??-1993 |
| 100mh(??cm) | 13.5 | Hugo Pont | 20-7-1959 | | |
| 110mh (91,4cm) | 14.9 | Ydo van Oostende | 21-7-1970 | Dortmund | 21-9-1986 |
| 300mh (84cm) | 40.1 | Quinten Stern | 22-1-1977 | Apeldoorn | 20-8-1994 |
| 400mh (84cm) | 55.7 | Hugo Pont | 20-7-1959 | | ??-??-197? |
| 1500 steeple | 5.05.0 | Arno Kormeling | 25-8-1956 | Enschede | 19-7-1972 |
| 2000 steeple | 6.08.32 | Remi de Olde | 22-7-1981 | | |
| ver | 6.69 | Hugo Pont | 20-7-1959 | | |
| hss | 14.14 | Ydo van Oostende | 21-7-1970 | Rotterdam | 30-4-1987 |
| hoog | 1.99 | Ydo van Oostende | 21-7-1970 | Roxel (Dld.) | 21-9-1986 |
| polshoog | 3.30 | Otto Scholten | 2-3-1977 | | |
| kogel (5kg) | 14.05 | Ruben Zwiers | 27-1-1990 | Brgen op Zoom | 2-7-2006 |
| discus (1,5kg) | 45.85 | Ruben Zwiers | 27-1-1990 | Hengelo | 22-6-2006 |
| Speer (700gr) (tot 1-4-99) | 50.00 | Robin Bekhuis | 3-12-1969 | Hengelo | 28-4-1986 |
| Speer (700gr) (vanaf 1-4-99) | 39.67 | Stijn Backers | 8-12-1997 | Rijssen | 31-5-2013 |
| Kogelslingeren | 48.15 | Ruben Zwiers | 27-1-1990 | Bergen op Zoom | 2-7-2006 |
| 2-kamp 100+200 | 1443ptn (11.52+22.76) | Nadim van Minnen | 22-11-1994 | Nieuwegein | 3-6-2011 |
| 8-kamp | 5079ptn | Hugo Pont | 20-7-1959 | | |
| 9-kamp | 5294ptn | Ydo van Oostende | 21-7-1970 | Zevenaar | 23/24-08-1986 |
| 100m | 11.2 | | | | |
| Ver | 6.22 | | | | |
| Kogel | 12.55 | | | | |
| polshoog | 2.50 | | | | |
| 110mh (91,4cm) | 15.3 | | | | |
| Hoog | 1.96 | | | | |
| discus (1,5kg) | 32.30 | | | | |
| Speer (700gr) | 40.80 | | | | |
| 1500m | 5.11.3 | | | | |
| 4X100m | 45.6 | Quinten Stern | 22-1-1977 | | |
| | | Rik Hardon | 22-7-1977 | | |
| | | Otto Scholten | 2-3-1977 | | |
| | | Dennis Nijhuis | 4-4-1977 | | |

Jongens C outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. Datum |
|--------------------------------|-----------|-------------------|------------|-------------|---------------|
| 60m | 7.8 | J. Bolk | | Enschede | 15-8-1962 |
| 80m | 10.2 | T. Greving | | Almelo | ??-??-1954 |
| | 10.2 | P. Muskee | | Hengelo | 24-6-1961 |
| | 10.2 | Jan Kamerling | 4-4-1949 | Enschede | 22-8-1964 |
| | 10.2 | J. Meyerink | | Enschede | 30-9-1967 |
| | 10.2 | W. Verkerke | | Hengelo | 5-9-1970 |
| | 10.2 | Thomas Dammers | 17-2-1992 | Eibergen | 28-5-2005 |
| 100m | 11.4 | Ydo van Oostende | 21-7-1970 | Amsterdam | 25-8-1985 |
| | 11.4 | Nadim van Minnen | 22-11-1994 | Eibergen | 7-6-2009 |
| 150m | 17.4 | Maarten Jansen | 2-6-1984 | Enschede | 27-8-1999 |
| 200m | 24.1 | Nadim van Minnen | 22-11-1994 | Rijssen | 28-8-2008 |
| 300m | 36.0 | Hugo Pont | 20-7-1959 | | |
| 600m | 1.33.4 | Jan Kamerling | 4-4-1949 | Enschede | 12-7-1964 |
| 800m | 2.02.4 | Hugo Pont | 20-7-1959 | Arnhem | 18-8-1974 |
| 1000m | 2.56.3 | Fred Jaarsma | 4-2-1969 | | |
| 1500m | 4.30.2 | Fred Jaarsma | 4-2-1969 | Amsterdam | 28-8-1983 |
| 100mH (84cm) | 14.2 | Quinten Stern | 22-1-1977 | Amsterdam | 22/23-08-1992 |
| 300mH (76,2cm) | 41.8 | Quinten Stern | 22-1-1977 | Amsterdam | 22/23-08-1992 |
| 1500 steeple (78cm) | 4.56.4 | Jan Mensink | 1-5-1969 | | |
| 1500 steeple (86cm) | 5.14.1 | Bert Boer | 9-4-1968 | | |
| ver | 6.04 | Maarten Jansen | 2-6-1984 | Haaksbergen | 17-4-1999 |
| hss | 10.56 | Bastiaan Tops | 20-2-1978 | Enschede | 20-6-1992 |
| hoog | 1.84 | Ydo van Oostende | 21-7-1970 | Amsterdam | 25-8-1985 |
| polshoog | 3.20 | Otto Scholten | 3-2-1977 | Deventer | 3-6-1992 |
| kogel (4kg) | 13.55 | Ruben Zwiers | 27-1-1990 | Apeldoorn | 19-8-2005 |
| discus (1kg) | 45.36 | Fred Jaarsma | 4-2-1969 | | |
| speer (600gr) tot 01-04-1999 | 45.78 | Robin Bekhuis | 3-12-1969 | | |
| speer (600gr) vanaf 01-04-1999 | 44.30 | Milan Beuning | 2-1-2004 | Almelo | 13-10-2018 |
| Kogelslingeren 4kg | 47.99 | Ruben Zwiers | 27-1-1990 | Amsterdam | 27-8-2005 |
| Werp driekamp | 1500ptn | Nadim van Minnen | 22-11-1994 | Holen | 27-5-2009 |
| 8-kamp | 5641ptn. | Ydo van Oostende | 21-7-1970 | Zwolle | 22/23-06-1985 |
| 100m | 11.5 | | | | |
| Ver | 5.77 | | | | |
| Kogel | 11.44 | | | | |
| 100mH (84cm) | 15.5 | | | | |
| discus (1kg) | 33.00 | | | | |
| Hoog | 1.82 | | | | |
| Speer | 39.76 | | | | |
| 1000m | 3.04.0 | | | | |
| 4X100m | 47,86 | Milan Beuning | 2-1-2004 | | 30-9-2018 |
| | | Matthijs Beerling | 14-2-2003 | | |
| | | Hidde Nijland | 16-11-2004 | | |
| | | Jermaine Kleine | 31-1-2004 | | |

Jongens D outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------------------|-----------|-------------------|------------|-------------|---------------|
| 80m | 10.2 | Thomas Dammers | 17-2-1992 | Eibergen | 28-5-2005 |
| 600m | 1.45.7 | Bert Damwichers | | Almelo | 23-9-1972 |
| 800m | 2.34.4 | Casper Grondel | 8-12-1975 | Haaksbergen | 2-7-1988 |
| 1000m | 2.56.3 | Fred Jaarsma | 4-2-1969 | | |
| 3000m | 12.41.6 | Ids Tuinstra | 9-2-1992 | Almelo | 30-9-2005 |
| 80mH (76,2cm) | 12.8 | Jermaine Kleine | 31-1-2004 | Almelo | 10-6-2018 |
| 1000m Steeple ver | 3.27.8 | Ydo van Oostende | 21-7-1970 | | |
| Hoog | 5,19 | Jermaine Kleine | 31-1-2004 | Almelo | 14-10-2017 |
| kogel (3kg) | 1.60 | Ydo van Oostende | 21-7-1970 | | |
| Discus (1kg) | 11.14 | Jan Kamerling | 4-4-1949 | Almelo | 13-10-1962 |
| Speer (400gr) | 31.43 | J. Nijkamp | | Hengelo | 21-6-1972 |
| Balwerpen | 36.16 | Dennis Nijhuis | 4-4-1977 | Eibergen | 1990 |
| 3-kamp (60m/hoog/kogel) | 45.64 | Fred Jaarsma | 4-2-1969 | | |
| 7-kamp | 1816ptn. | Hugo Pont | 20-7-1959 | Almelo | 24-10-1971 |
| 80m | 3773ptn. | Thomas Dammers | 17-2-1992 | Hengelo | 25/26-06-2005 |
| Ver | 10.5 | | | | |
| Speer | 4.76 | | | | |
| 80mH (76,2cm) | 18.83 | | | | |
| Hoog | 14.01 | | | | |
| Kogel | 1.40 | | | | |
| 1000m | 9.95 | | | | |
| 4X60m | 3.01.01 | | | | |
| | 36.1 | W. Leydekker | | Hengelo | 2-5-1964 |
| | | E. Tuinman | | | |
| | | J. Schelfhorst | | | |
| | | Van Rijnsoever | | | |
| 4X80m | 43.31 | Thomas Dammers | 17-2-1992 | Ede | 18-6-2005 |
| | | Branco van Minnen | 19-1-1992 | | |
| | | Jaap Walsweer | 4-8-1992 | | |
| | | Max van de Velde | 9-9-1992 | | |

Jongens pupillen A outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------|-----------|-------------------|------------|----------|---------------|
| 60m | 8.5 | Daan Hardon | 27-1-1983 | Eibergen | ??-??-1994 |
| 80m | 12.1 | Fred Jaarsma | 4-2-1969 | | |
| 600m | 1.46.9 | Fred Jaarsma | 4-2-1969 | | |
| 1000m | 3.13.1 | Fred Jaarsma | 4-2-1969 | | |
| ver | 4.65 | Fred Jaarsma | 4-2-1969 | | |
| hoog | 1.45 | Maarten Tuiten | 14-12-1989 | | ??-??-2000 |
| kogel (2kg) | 11.33 | Ruben Zwiers | 27-1-1990 | | ??-??-2002 |
| balwerpen | 45.64 | Fred Jaarsma | 4-2-1969 | | |
| Driekamp | 1190ptn. | Eric de Olde | 23-6-1975 | | |
| 4X60m | 39.3 | Eric de Olde | 23-6-1975 | | |
| | | Taco van Oostende | 16-10-1974 | | |
| | | Jeroen Stegehuis | 7-2-1973 | | |
| | | Martijn Vloedveld | 5-3-1973 | | |

Jongens pupillen B outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------|-----------|------------------|------------|-------------|---------------|
| 40m | 6.4 | Hugo Pont | 20-7-1959 | | ??-??-19?? |
| | 6.4 | Fred Jaarsma | 4-2-1969 | | ??-??-19?? |
| 600m | 2.01.8 | Nadim van Minnen | 22-11-1994 | Haaksbergen | 13-4-2002 |
| 1000m | 3.45.8 | Fred Jaarsma | 4-2-1969 | | ??-??-19?? |
| ver | 3.93 | Fred Jaarsma | 4-2-1969 | | ??-??-19?? |
| hoog | 1.35 | Wouter Berfelo | | | ??-??-19?? |
| kogel (2kg) | 9.54 | Marc Jaarsma | 23-1-1977 | | ??-??-19?? |
| Balwerpen | 39.51 | Fred Jaarsma | 4-2-1969 | | ??-??-19?? |
| Driekamp | 1339ptn. | Nadim van Minnen | 22-11-1994 | Haaksbergen | ??-??-2003 |

Jongens pupillen C outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------|-----------|------------------|------------|-------------|---------------|
| 40m | 6.8 | Marc Jaarsma | 27-1-1977 | | |
| 600m | 2.01.8 | Nadim van Minnen | 22-11-1994 | Haaksbergen | 13-4-2002 |
| 1000m | 3.45.8 | Bastiaan Tops | 20-2-1978 | | |
| kogel (?kg) | 6.33 | Eyob van Dijke | 5-1-1996 | Almelo | 3-10-2004 |
| hoog | 1.00 | Wouter Terpelle | 12-11-1995 | Almelo | 4-10-2003 |
| | 1.00 | Sam ten Broeke | 5-6-1996 | Enschede | 24-4-2003 |
| ver | 3.78 | Bastiaan Tops | 20-2-1978 | | |
| balwerpen | 34.00 | Marc Jaarsma | 27-1-1977 | | ??-??-1985 |
| 3-kamp | 1199ptn. | Marc Jaarsma | 27-1-1977 | | ??-??-1985 |

Heren Masters 35+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-----------------------|-----------|--------------------|------------|-----------|---------------|
| 100m | 12.2 | Glenn Stern | 29-2-1956 | Epe | 4-5-1997 |
| 200m | 26.16 | Erik Endlich | 19-1-1958 | | |
| 400m | 56.6 | Paul ten Hag | ??-??-1952 | | |
| 800m | 2.04.19 | Paul ten Hag | ??-??-1952 | | |
| 1500m | 4.19.0 | Paul ten Hag | ??-??-1952 | | |
| 3000m | 9.20.2 | Paul ten Hag | ??-??-1952 | | |
| 5000m | 16.22.8 | Paul ten Hag | ??-??-1952 | | |
| 10000m | 34.58.0 | Paul ten Hag | ??-??-1952 | | |
| 15km | 54.38.0 | Paul ten Hag | ??-??-1952 | | |
| 10 mijl | 56.33.0 | Paul ten Hag | ??-??-1952 | Nijverdal | ??-??-1996 |
| 20km | 1.19.39.0 | J. Wolterink | | | |
| ½ marathon | 1.14.50.0 | Paul ten Hag | ??-??-1952 | | |
| 25km | 1.39.56.0 | Rob Keitz | | | |
| 30km | 2.16.00.0 | Herman Bonvanie | | | |
| marathon | 2.53.11.0 | Gerrit Jurjens | 28-4-1953 | | |
| ver | 5.78 | Erik Endlich | 19-1-1958 | | ??-??-1999 |
| hss | 11.90 | Erik Endlich | 19-1-1958 | | |
| hoog | 1.85 | Erik Endlich | 19-1-1958 | | |
| polshoog | 2.80 | Benno Konink | 8-8-1968 | Hengelo | 9-5-2007 |
| Kogel | 11.51 | Benno Konink | 8-8-1968 | | ??-??-2004 |
| | 10.45 | Egbert-Jan Karsten | 25-5-1952 | | 25-4-1999 |
| kogelslingeren 7.25kg | 44.38 | Benno Konink | 8-8-1968 | Zwolle | 22-6-2006 |
| Discus (2kg) | 31.46 | Tjerk v/d Zee | 11-9-1937 | | |
| speer (800gr) | 40.45 | Erik Endlich | 19-1-1958 | | |
| werp 3-kamp | 1231ptn. | Erik Endlich | 19-1-1958 | Almelo | ??-??-2000 |

Heren Masters 40+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|--------------------------|-----------|-----------------|------------|-----------|---------------|
| 100m | 12.2 | Glenn Stern | 29-2-1956 | Epe | 4-5-1997 |
| 200m | 26.16 | Erik Endlich | 19-1-1958 | | ??-??-1999 |
| 400m | 56.6 | Paul ten Hag | ??-??-1952 | | |
| 800m | 2.04.19 | Paul ten Hag | ??-??-1952 | | |
| 1500m | 4.19.0 | Paul ten Hag | ??-??-1952 | | |
| 3000m | 9.20.2 | Paul ten Hag | ??-??-1952 | | |
| 5000m | 16.22.8 | Paul ten Hag | ??-??-1952 | | |
| 10000m | 34.58.0 | Paul ten Hag | ??-??-1952 | | |
| 15km | 54.38.0 | Paul ten Hag | ??-??-1952 | | |
| 10 mijl | 56.33.0 | Paul ten Hag | ??-??-1952 | Nijverdal | ??-??-1996 |
| 20km | 1.19.39.0 | J. Wolterink- | | | |
| ½ marathon | 1.14.50.0 | Paul ten Hag | ??-??-1952 | | |
| 25km | 1.39.56.0 | Rob Keitz | | | |
| 30km | 2.16.00.0 | Herman Bonvanie | | | |
| marathon | 2.53.11.0 | Gerrit Jurjens | 28-4-1953 | | |
| ver | 5.78 | Erik Endlich | 19-1-1958 | | ??-??-1999 |
| hss | 11.90 | Erik Endlich | 19-1-1958 | | |
| hoog | 1.85 | Erik Endlich | 19-1-1958 | | |
| kogel | 10.85 | Benno Konink | 8-8-1968 | Zutphen | 31-10-2009 |
| Kogelslingeren 7.26kg | 42.02 | Benno Konink | 8-8-1968 | Zutphen | 31-10-2009 |
| Gewichtslingeren 15.88kg | 13.64 | Benno Konink | 8-8-1968 | Zutphen | 31-10-2009 |
| Discus | 33.72 | Benno Konink | 8-8-1968 | Zutphen | 31-10-2009 |
| speer (800gr) | 40.45 | Erik Endlich | 19-1-1958 | | |
| werp 3-kamp | 1231ptn. | Erik Endlich | 19-1-1958 | Almelo | ??-??-2000 |
| werp 5-kamp | 2782ptn. | Benno Konink | 8-8-1968 | Zutphen | 31-10-2009 |

Heren Masters 45+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|---------------|-----------|-----------------|------------|-----------|---------------|
| 100m | 13.6 | Han Hardon | 4-2-1950 | | |
| 200m | 27.5 | Tjerk v/d Zee | 11-9-1937 | | |
| 400m | 1.02.6 | Tjerk v/d Zee | 11-9-1937 | | |
| 800m | | | | | |
| 1500m | 1.44.66 | Han Hardon | 4-2-1950 | | |
| 3000m | 10.38.6 | Guido Pietersma | 7-3-1949 | | |
| 5000m | 18.20.0 | Frans Oonk | 31-1-1958 | Almelo | ??-??-2003 |
| 10000m (baan) | 37.24.9 | Frans Oonk | 31-1-1958 | Hengelo | ??-??-2003 |
| 10km (weg) | 36.46.0 | Frans Oonk | 31-1-1958 | Balkbrug | ??-??-2003 |
| 15km | 57.03.0 | Frans Oonk | 31-1-1958 | Losser | ??-??-2003 |
| 10 mijl | 59.24.0 | Gerrit Jurjens | 28-4-1953 | Nijverdal | ??-??-2000 |
| 25km | 1.53.43.0 | Arian Wassink | 30-7-1958 | Losser | ??-??-2004 |
| ½ marathon | 1.24.08.0 | Han Hardon | 4-2-1950 | | |
| 30km | 1.39.56.0 | Rob Keitz | | | |
| marathon | 2.59.38.0 | Han Hardon | 4-2-1950 | Enschede | ??-??-1996 |
| ver | 2.98 | Guido Pietersma | 7-3-1949 | Almelo | ??-??-2000 |
| hoog | 1.75 | Erik Endlich | 19-1-1958 | Vught | ??-??-2005 |
| kogel | 9.99 | Tjerk v/d Zee | 11-9-1937 | | |
| discus | 31.46 | Tjerk v/d Zee | 11-9-1937 | | |
| speer | 35.40 | Tjerk v/d Zee | 11-9-1937 | | |

Heren Masters 50+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|---------------|-----------|-----------------|------------|-----------|---------------|
| 100m | | | | | |
| 200m | | | | | |
| 400m | 1.11.5 | Egbert Lagerwey | 25-10-1944 | Almelo | ??-??-2002 |
| 800m | | | | | |
| 1000m | | | | | |
| 1500m | 6.04.1 | Egbert Lagerwey | 25-10-1944 | Almelo | ??-??-2002 |
| 3000m | | | | | |
| 5000m | 20.49.99 | Egbert Lagerwey | 25-10-1944 | Boxtel | ??-??-2000 |
| 15000m | 1.01.28.0 | Han Hardon | 4-2-1950 | Oldenzaal | ??-??-2000 |
| 10 mijl | 1.09.47.0 | Guus Kreuger | | | |
| ½ marathon | 1.37.17.0 | Gerard Smit | 5-12-1931 | Almelo | ??-??-1993 |
| 25km | 1.52.32.0 | Guus Kreuger | | | |
| 30km | 2.30.36.0 | Gerard Smit | 5-12-1931 | Oldenzaal | ??-??-1993 |
| marathon | 3.03.29.0 | Jurjens, Gerrit | 28-4-1953 | Berlijn | 26-9-2004 |
| | 3.15.16.0 | Han Hardon | 4-2-1950 | London | ??-??-2000 |
| kogel (6kg) | 6.81 | Johan Kuilder | 24-7-1945 | Almelo | ??-??-2002 |
| speer (700gr) | 20.45 | Johan Kuilder | 24-7-1945 | Almelo | ??-??-2002 |

Heren Masters 55+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|----------------------|-----------|-------------------|------------|-----------|---------------|
| 100m | 14.5 | Tjerk van der Zee | 11-9-1937 | Epe | ??-??-1994 |
| 200m | | | | | |
| 400m | 1.11.5 | Egbert Lagerwey | 25-10-1944 | Almelo | ??-??-2002 |
| 800m | | | | | |
| 1000m | | | | | |
| 1500m | 6.04.1 | Egbert Lagerwey | 25-10-1944 | Almelo | ??-??-2002 |
| 3000m | 12.18.8 | Johan Kuilder | 24-7-1945 | Almelo | ??-??-2001 |
| 5000m | 20.49.99 | Egbert Lagerwey | 25-10-1944 | Boxtel | ??-??-2000 |
| 10000m | | | | | |
| 15km | 1.09.04.0 | Egbert Lagerwey | 25-10-1944 | Nijmegen | ??-??-2001 |
| ½ marathon | 1.37.17.0 | Gerard Smit | 5-12-1931 | Almelo | ??-??-1993 |
| 30km | 2.30.36.0 | Gerard Smit | 5-12-1931 | Oldenzaal | ??-??-1993 |
| ver | | | | | |
| hss | | | | | |
| Hoog | | | | | |
| kogel (6kg) | 6.81 | Johan Kuilder | 24-7-1945 | Almelo | ??-??-2002 |
| kogelslingeren (6kg) | | | | | |
| speer (700gr) | 20.45 | Johan Kuilder | 24-7-1945 | Almelo | ??-??-2002 |
| discus (??kg) | 26.88 | Tjerk van der Zee | 11-9-1937 | Epe | ??-??-1994 |

Heren Masters 60+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|----------------------|-----------|-------------------|------------|-----------|---------------|
| 100m | 15.4 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2000 |
| 200m | | | | | |
| 400m | 1.22.4 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2001 |
| 800m | 2.52.94 | Egbert Lagerwey | 25-10-1944 | Vught | ??-??-2005 |
| 1000m | 4.19.7 | Nico Leusink | 18-4-1956 | Almelo | 8-10-2016 |
| 1500m | 6.48.0 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2001 |
| 3000m | 13.44.2 | Gerard Smit | 5-12-1931 | Almelo | ??-??-2001 |
| 5000m | 22.41.4 | Ben Peereboom | 27-4-1941 | Almelo | ??-??-2002 |
| 10.000m | | | | | |
| 15km | 1.15.28 | Ben Peereboom | 27-4-1941 | Nijmegen | ??-??-2001 |
| ½ marathon | 1.37.17 | Gerard Smit | 5-12-1931 | Almelo | ??-??-1993 |
| 30km | 2.30.36 | Gerard Smit | 5-12-1931 | Oldenzaal | ??-??-1993 |
| marathon | 4.13.40 | Ben Peereboom | 27-4-1941 | Berlijn | 30-9-2001 |
| discus (2kg) | 26.88 | Tjerk van der Zee | 11-9-1937 | Zwolle | ??-??-1997 |
| discus (1kg) | 34.32 | Tjerk van der Zee | 11-9-1937 | Enschede | ??-??-2000 |
| kogel | 9.04 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2001 |
| kogelslingeren (5kg) | | | | | |
| ver | 3.83 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2000 |
| hss | | | | | |
| hoog | 1.25 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2001 |
| speer | 26.72 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2001 |

Heren Masters 65+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|----------------------------------|-----------|-------------------|------------|----------|---------------|
| 100m | 15.61 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2004 |
| 200m | | | | | |
| 400m | 1.23.6 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2002 |
| 600m | 2.19.0 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2004 |
| 800m | 3.28.3 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2004 |
| 1000m | 4.24.7 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2004 |
| 1500m | 6.54.2 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2002 |
| 1 mijl | 7.32.0 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2004 |
| 3000m | 13.44.2 | Gerard Smit | 5-12-1931 | Almelo | ??-??-2001 |
| 5000m | 25.38.4 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2004 |
| 10000m nog geen gegevens bekend. | | | | | |
| 15km | 1.16.54 | Tjerk van der Zee | 11-9-1937 | Enschede | ??-??-2003 |
| ½ marathon | 1.50.40 | Tjerk van der Zee | 11-9-1937 | Utrecht | ??-??-2004 |
| marathon | 04.26.40 | Ben Peereboom | 27-4-1941 | Berlijn | 24-9-2006 |
| kogel (5kg) | 8.29 | Tjerk van der Zee | 11-9-1937 | Hengelo | ??-??-2003 |
| kogelslingeren (5kg) | | | | | |
| discus (1.7kg) | 31.18 | | 11-9-1937 | Almelo | ??-??-2004 |
| ver | 3.72 | | 11-9-1937 | Almelo | ??-??-2002 |
| Hss | | | | | |
| hoog | 1.20 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2002 |
| speer (600gr) | 23.51 | Tjerk van der Zee | 11-9-1937 | Almelo | ??-??-2003 |

Heren Masters 70+ outdoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|----------------------|-----------|-------------------|------------|----------|---------------|
| 100m | 16.9 | Tjerk van der Zee | 11-9-1937 | Almelo | 7-10-2007 |
| 200m | | | | | |
| 400m | | | | | |
| 600m | 2.19.4 | Gerard Smit | 5-12-1931 | Almelo | 10-5-2004 |
| 800m | 3.28.3 | Gerard Smit | 5-12-1931 | Almelo | ??-??-2004 |
| 1000m | 4.19.4 | Gerard Smit | 5-12-1931 | Almelo | 25-5-2004 |
| 1500m | | | | | |
| 1 mijl | 7.23.0 | Gerard Smit | 5-12-1931 | Almelo | 16-6-2004 |
| 3000m | | | | | |
| 5000m | 25.13.6 | Gerard Smit | 5-12-1931 | Almelo | 1-10-2004 |
| 10000m | 50.54 | Tjerk van der Zee | 11-9-1937 | Borne | 22-12-2007 |
| 15km | 1.24.09 | Tjerk van der Zee | 11-9-1937 | Losser | 6-4-2008 |
| 10 EM | 1.30.13 | Tjerk van der Zee | 11-9-1937 | Eibergen | 25-5-2008 |
| ½ marathon | | | | | |
| marathon | | | | | |
| kogel (4kg) | 8.40 | Tjerk van der Zee | 11-9-1937 | Almelo | 7-10-2007 |
| kogelslingeren (4kg) | | | | | |
| discus (1.kg) | 22.83 | Tjerk van der Zee | 11-9-1937 | Almelo | 7-10-2007 |
| ver | 3.21 | Tjerk van der Zee | 11-9-1937 | Almelo | 7-10-2007 |
| hss | | | | | |
| hoog | 1.10 | Tjerk van der Zee | 11-9-1937 | Almelo | 7-10-2007 |
| speer (500gr) | 21.54 | Tjerk van der Zee | 11-9-1937 | Almelo | 7-10-2007 |

Heren Senioren indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. Datum |
|---|-----------|------------------|------------|-----------|---------------|
| 50m | 6.19 | Quinten Stern | 22-1-1977 | Zuidbroek | 24-1-2004 |
| 60m | 7.08 | Quinten Stern | 22-1-1977 | Dortmund | 10-3-2002 |
| 100m | 11.00 | Ydo van Oostende | 21-7-1970 | Dortmund | 1-3-1987 |
| 200m | 22.53 | Quinten Stern | 22-1-1977 | Dortmund | 18-12-2005 |
| 400m | 48.46 | Vincent Kerssies | 11-7-1980 | Dortmund | 20-1-2008 |
| 600m | 1.24.49 | Rik Hardon | 21-7-1977 | | |
| 800m | 1.47.9 | Arno Kormeling | 25-8-1956 | Dortmund | 31-1-1982 |
| 1000m | | | | | |
| 1500m | 3.53.0 | Arno Kormeling | 25-8-1956 | ?? | ??-??-1981 |
| 3000m | 8.57.43 | Remi de Olde | 22-7-1981 | Gent | 12-2-2000 |
| 50mH (106,7cm) | | | | | |
| 60mH (106,7cm) | 8.79 | Vincent Kerssies | 11-7-1980 | Dortmund | 16-12-2001 |
| | 8.79 | Quinten Stern | 22-1-1977 | Dortmund | 6-1-2002 |
| hoog | 1.93 | Ydo van Oostende | 21-7-1970 | Den Haag | 11-2-1987 |
| polshoog | 3.50 | André Hendriks | 7-5-1969 | Dortmund | 21-12-1986 |
| ver | 6.47 | Ydo van Oostende | 21-7-1970 | Dortmund | 1-3-1987 |
| hss | 13.57 | Ydo van Oostende | 21-7-1970 | Zwolle | 24/25/01-1987 |
| kogel (7.25kg) | 13.13 | Ben Lesterhuis | 2-6-1944 | | ??-??-1967 |
| 7-kamp (60m – ver – kogel – hoog – 60mH – polshoog – 1500m) | | | | | |

Junioren A indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. Datum |
|---|-----------|------------------|------------|------------|---------------|
| 50m | 6.20 | Ydo van Oostende | 21-7-1970 | Zwolle | 24/25-01-1987 |
| 60m | 6.9 | Ydo van Oostende | 21-7-1970 | Dortmund | 21-12-1986 |
| 100m | 11.00 | Ydo van Oostende | 21-7-1970 | Dortmund | 1-3-1987 |
| 200m | 23.01 | Quinten Stern | 22-1-1977 | Den Haag | 17-2-1996 |
| 400m | 50.28 | Tom Uitslag | 14-7-1986 | Dortmund | 1-2-2004 |
| 600m | | | | | |
| 800m | 1.52.0 | Arno Kormeling | 25-8-1956 | Arnhem | 25-1-1975 |
| 1000m | | | | | |
| 1500m | 4.09.7 | Arno Kormeling | 25-8-1956 | Zwolle* | 9-2-1975 |
| 3000m | 8.57.43 | Remi de Olde | 22-7-1981 | Gent | 12-2-2000 |
| 60mH (100cm) | 8.8 | Vincent Kerssies | 11-7-1980 | Enschede | 31-10-1999 |
| hoog | 1.93 | Ydo van Oostende | 21-7-1970 | Den Haag | 8-2-1987 |
| polshoog | 3.50 | André Hendriks | 7-5-1969 | Dortmund | 21-12-1986 |
| ver | 6.47 | Ydo van Oostende | 21-7-1970 | Dortmund | 1-3-1987 |
| hss | 13.57 | Ydo van Oostende | 21-7-1970 | Düsseldorf | 21-2-1987 |
| Kogel (6kg) | 12.26 | Benno Konink | 8-8-1968 | Enschede | 22-3-1987 |
| 7-kamp (60m – ver – kogel – hoog – 60mH – polshoog – 1000m) | | | | | |

Junioren B indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. Datum |
|---|-----------|---------------------|------------|------------|---------------|
| 50m | 6.20 | Ydo van Oostende | 21-7-1970 | Zwolle | 24/25-01-1987 |
| 60m | 6.9 | Ydo van Oostende | 21-7-1970 | Dortmund | 21-12-1986 |
| 100m | 11.00 | Ydo van Oostende | 21-7-1970 | Dortmund | 1-3-1987 |
| 200m | 23.23 | Tom Uitslag | 14-7-1986 | Gent | 15-2-2003 |
| 400m | 53.37 | Tom Uitslag | 14-7-1986 | Münster | 18-1-2003 |
| 600m | 1.34.86 | Rik Hardon | 21-7-1977 | Den Haag | ??-??-1993 |
| 800m | 1.59.67 | Mick van Amelsfoort | 16-10-1985 | Zuidbroek | 19-1-2002 |
| 1000m | 2.36.7 | Fred Jaarsma | 4-2-1969 | | ??-??-198? |
| 1500m | 4.18.27 | Mick van Amelsfoort | 16-10-1985 | Zuidbroek | 20-1-2002 |
| 3000m | 10.22.0 | Rik Hardon | 21-7-1977 | Den Haag | ??-??-1993 |
| 60mH (91.4) | 8.9 | Ydo van Oostende | 21-7-1970 | Enschede | 15-2-1987 |
| Hoog | 1.93 | Ydo van Oostende | 21-7-1970 | Den Haag | 8-2-1987 |
| Polshoog | | | | | |
| Ver | 6.47 | Ydo van Oostende | 21-7-1970 | Dortmund | 1-3-1987 |
| HSS | 13.57 | Ydo van Oostende | 21-7-1970 | Düsseldorf | 21-2-1987 |
| Kogel (5kg) | 13.36 | Ruben Zwiers | 30-1-1990 | Groningen | 29-1-2006 |
| 7-kamp (60m – ver – kogel – hoog – 60mH – polshoog – 1000m) | | | | | |

Junioren C indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. Datum |
|-------------|-----------|-------------------|------------|------------|---------------|
| 50m | | | | | |
| 60m | 7.7 | Ydo van Oostende | 21-7-1970 | | |
| | 7.46 | Milan Beuning | 2-1-2004 | Apeldoorn | 20-2-2019 |
| 200m | 24.28 | Jermaine Kleine | 31-1-2004 | Apeldoorn | 23-12-2018 |
| 800m | 2.34.4 | Maurice Nijhuis | 23-11-1971 | | |
| 1000m | | | | | |
| 1500m | | | | | |
| 50mH(84cm) | | | | | |
| 60mH(84cm) | 8.59 | Jermaine Kleine | 31-1-2004 | Apeldoorn | 23-12-2018 |
| hoog | 1.75 | Richard Ekkelboom | 10-5-1968 | | |
| polshoog | | | | | |
| Ver | 6.06 | Jermaine Kleine | 31-1-2004 | Rhede (DL) | 8-12-2018 |
| Kogel (4kg) | 12.35 | Milan Beuning | 2-1-2004 | Apeldoorn | 20-2-2019 |

Junioren D indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|---------------|-----------|----------------|------------|----------|---------------|
| 50m | | | | | |
| 60m | 8.4 | Ruben Zwierts | 27-1-1990 | Enschede | 26-10-2002 |
| 50mH (76,2cm) | | | | | |
| 60mH (76.2cm) | 10.8 | Ruben Zwierts | 27-1-1990 | Enschede | 26-10-2002 |
| hoog | 1.60 | Rik Hardon | 21-7-1977 | | |
| Kogel (3kg) | 9.72 | Dennis Nijhuis | 4-4-1977 | | |

Pupillen A indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------|-----------|-----------------|------------|----------|---------------|
| 60m | 8.7 | Roberto Sanchez | 1-3-1982 | | |
| 1000m | | | | | |
| Hoog | 1.35 | Wouter Berfelo | | | |
| | 1.35 | Maarten Tuiten | 14-12-1989 | Enschede | 29-10-2000 |
| ver | | | | | |
| Kogel (2kg) | 11.33 | Ruben Zwierts | 27-1-1990 | Enschede | 28-10-2001 |
| meerkamp | 1797ptn. | Maarten Tuiten | 14-12-1989 | Enschede | 28-10-2001 |

Pupillen B indoor:

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------|-----------|-----------------|------------|--------|---------------|
| 40m | 6.7 | Roberto Sanchez | 1-3-1982 | | |
| 50m | | | | | |
| 1000m | | | | | |
| Hoog | 1.15 | Wouter Berfelo | | | |
| ver | | | | | |
| Kogel (2kg) | 11.14 | Fred Jaarsma | 2-4-1969 | | ??-??-1978 |

Pupillen C indoor

| Onderdeel | Prestatie | Naam atleet | geb. datum | Plaats | Wedstr. datum |
|-------------|-----------|----------------|------------|----------|---------------|
| 40m | 7.9 | Jasper Goossen | | | |
| Kogel (1kg) | 5.38 | Dennis Nijhuis | 4-4-1977 | | |
| hoog | 1.10 | Deick Andree | 31-1-1992 | Enschede | 29-10-2000 |