	60m	80m	100m
V U14	8,51 Chiara Berga (2026)	8,46 Pleun Grevers (2013)	13,84 Ela Demirel (2026)
M U14		10,63 Ramon Ruiz (2022)	13,65 Aard Schuilenburg (2013)
V U16		10,70 Nynke Slaa (2026)	13,00 Hanneke Oosterwegel (2011)
M U16		10,30 Job Wiegman (2024)	11,78 Levy Hollander (2019)
V U18		11,38 Joëlle Roozenboom (2025)	12,78 Samara Nikkels (2025)
M U18		10,21 Joris Haverkate (2024)	11,28 Mees Kappert (2019)
V U20			12,20 Ruby Jansen (2025)
M U20			11,04 Siem Sikkinga (2015)
V			12,61 Elise Lauret (2023)
M			10,85 Jeffrey Stokkel (2022)
VM (35+)			13,12 Elleke Steenbergen (2017)
MM (35+)			11,54 Rogier Janssen (2023)
M framerun			17,67 Sterre Bolscher V U16 (2025)
V framerun			
2009	1	2022	9
2010	4	2023	13
2011	4	2024	10
2012	2	2025	15
2013	5	2026	20
2014	10		
2015	7		137
2016	12		
2017	10		
2018	5		
2019	10		

	200m	800m	1500m
V U14	27,74 Chiara Berga (2026)	2:25,11 Sophie Willems (2024)	5:13,23 Otje Boode (2026)
M U14	26,78 Jonas Phijffers (2016)	2:18,55 Mica Molenaar (2025)	5:55,71 Tobias ten Hove (2026)
V U16	26,6 Hanneke Oosterwegel (2011)	2:12,40 Sophie Willems (2025)	5:49,29 Jasmijn Torn (2026)
M U16	23,97 Simon Köhler (2017)	2:05,94 Giorgis Kampman (2014)	4:44,47 Maxim Ridderbos (2026)
V U18	25,84 Liv Pennock (2024)	2:19,85 Elke Pronk (2016)	6:05,15 Alma Visser (2026)
M U18	23,0 Nadim van Minnen (2010)	2:00,74 Runar Slinkman (2024)	4:46,81 Jacob Langen Dld (2026)
V U20	25,93 Kris Oosterveld (2025)	2:18,6 Rachel Rozenkamp (2010)	
M U20	22,24 Pierre ten Holder (2019)	1:55,3 Roald Goossen (2010)	
V	26,03 Fabienne Lazarenko (2025)	2:08,15 Fee Eissing (2026)	4:38,55 Marte Hoitink (2026)
M	22,10 Siem Sikkenga (2016)	1:58,79 Erik Leusink (2016)	4:36,06 Henning Jeschke Dld (2026)
VM (35+)	27,99 Elleke Steenbergen (2019)	2:23,27 Linda Ooms (2018)	
MM (35+)	23,40 Rogier Janssen (2023)	2:08,29 Mark Groot Bronsvoort (2024)	
M framerun	31,73 Henk Huizing M Mas (2025)	2:21,12 Hugo Berghuis M U16 (2025)	5:41,84 Hugo Berghuis Mu18 (2026)
V framerun		2:55,83 Laura Wolters Vu20 (2026)	9:31,55 Jogé Berghuis Vmas (2026)
2009			
2010			
2011			
2012			
2013			
2014			
2015			
2016			
2017			
2018			
2019			

	3000m
V U14	11:25,55 Sanne Averesch (2012)
M U14	10:24,56 Pim Knapen (2023)
V U16	11:11,09 Eva Bruil (2014)
M U16	9:39,76 Robin Klamer (2014)
V U18	10:27,73 Elke Pronk (2017)
M U18	8:58,29 Linus Vennemann (2017)
V U20	9:21,07 Inge Lugtenberg (2025)
M U20	8:40,57 Linus Vennemann (2018)
V	9:38,5 Lisanne Gevelaar (2019)
M	8:35,8 Danny Koppelman (2019)
VM (35+)	10:44,53 Arenda Abbink (2013)
MM (35+)	8:49,28 Erik Leusink (2025)
M framerun	
V framerun	
2009	
2010	
2011	
2012	
2013	
2014	
2015	
2016	
2017	
2018	
2019	

	hoog
V U14	1,45 Renske de Vries (2015)
M U14	1,55 Julian Jansen (2014) / Wout Voortman (2019)
V U16	1,65 Nikki Mulder (2022)
M U16	1,70 Simon van den Pol (2023)
V U18	1,55 Anne Kippers (2009) / Lieke Muller (2010) / Wouke van 't Klooster (2015) / Ruby Jansen (2023) / Tess Meulman (2026)
M U18	1,80 Hidde ter Woord (2012) / Finn Garritsen (2016)
V U20	1,65 Renske Drenten (2023)
M U20	2,00 Jermaine Kleine (2022)
V	1,60 Marloes Klumpers (2014) / Michelle van Dorth (2022) / Marjolein Bolten (2024)
M	2,05 Harald Bust (2017)
VM (35+)	1,05 Christel Labee (2018)
MM (35+)	1,60 Lars van der Pluijm (2024)
M framerun	
V framerun	
2009	
2010	
2011	
2012	
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2014	
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2016	
2017	
2018	
2019	

	ver	kogel	speer
V U14	4,58 Hannah Manders (2026)	12,05 Sophie Praas (2015)	33,24 Emma Oosterwegel (2011)
M U14	4,65 Julian van den Belt (2017)	10,62 Daan Schade (2014)	36,90 Julian Jansen (2014)
V U16	4,62 Lichelle Scholing (2014)	12,59 Naomi Wessels (2019)	36,17 Jolyde Wijlens (2023)
M U16	5,64 Maik Bonthuis (2026)	13,59 Ruben Smink (2014)	43,93 Rik Barlo (2015)
V U18	5,10 Kris Oosterveld (2023)	14,17 Marijke Esselink (2016)	45,62 Jolyde Wijlens (2024)
M U18	6,26 Noud van de Mast (2022)	13,80 Wilbert Dennekamp (2016)	57,78 David Kater (2011)
V U20	5,16 Noa Dhore (2016)	10,94 Naomi Wessels (2023)	34,70 Yvet Maathuis (2016)
M U20	6,35 Bjorn Hulsebos (2022)	13,03 Léon Mak (2018)	51,72 Daniël van der Stege (2014)
V	5,46 Anouk Schoop (2024)	12,32 Marjolein Bolten (2026)	35,03 Marije Dangremond (2013)
M	6,71 Harald Bust (2017)	13,35 Marten Prince (2022)	52,71 Andor Engelberts (2025)
VM (35+)	4,87 Elleke Steenbergen (2017)	10,53 Monique Heijns (2023)	33,96 Margreet Takken (2017)
MM (35+)	5,68 Jack Lubberman (2023)	13,31 Marian Meierrieks Dld (2025)	53,55 Jeroen ten Heuvel (2015)
M framerun			
V framerun			
2009			
2010			
2011			
2012			
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2018			
2019			

	discus
V U14	26,67 Léonie Deumers (2019)
M U14	28,75 Floris Smink (2016)
V U16	31,73 Naomi Wessels (2019)
M U16	55,01 Hidde Peter (2023)
V U18	31,85 Lichelle Scholing (2016)
M U18	42,23 Gerwin de Haan (2016)
V U20	47,09 Danara Stoppels (2022)
M U20	41,28 Léon Mak (2018)
V	38,45 Rebecca Leune (2025)
M	53,80 Stephan Dekker (2017)
VM (35+)	34,17 Hanny Ebbekink (2015)
MM (35+)	42,52 Martin Regtop (2013)
M framerun	
V framerun	
2009	
2010	
2011	
2012	
2013	
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2019	