

**Palmarès 2003 outdoor**

**Benjamines filles**

60 m		RC : 9.2			
1	Halewyck Marie	94	09.87	26/10	rsca
2	Van Der Perren Jessica	94	10.38	04/10	resc
3	Moors Nathalie	95	10.69	24/05	resc
4	Maidane Yasmine	95	10.81	27/09	rcas
5	Pholien Alexandra	95	10.99	19/04	resc
6	Dolianitis Alexandra	95	11.13	17/05	csf
7	Winderickx Tanne	95	12.04	05/04	resc
8	Vega Ines	96	13.34	13/04	rsca

1000 m		RC : 3.48.40			
1	Van Der Perren Jessica	94	4.01.93	27/09	rcas
2	Halewyck Marie	94	4.03.33	26/10	rsca
3	Dolianitis Alexandra	95	4.24.57	07/06	resc
4	Moors Nathalie	95	4.27.12	24/05	resc
5	Maidane Yasmine	95	4.31.19	07/06	resc
6	Pholien Alexandra	95	4.37.98	19/04	resc

Hauteur		RC : 1m17			
1	Van Der Perren Jessica	94	1m01	19/09	resc
2	Dolianitis Alexandra	95	0m86	17/05	csf
3	Maidane Yasmine	95	0m85	19/09	resc

Longueur		RC : 3m88			
1	Van Der Perren Jessica	94	3m37	04/10	resc
2	Halewyck Marie	94	3m32	26/10	rsca
3	Moors Nathalie	95	3m22	24/05	resc
4	Maidane Yasmine	95	3m13	04/10	resc
5	Pholien Alexandra	95	2m95	19/04	resc
6	Winderickx Tanne	95	2m65	05/04	resc
7	Vega Ines	96	2m17	30/05	resc

Poids (1 kg)		RC : 8m63			
1	Van Der Perren Jessica	94	6m69	18/10	ws
2	Halewyck Marie	94	6m43	26/10	rsca
3	Maidane Yasmine	95	5m86	27/09	rcas
4	Dolianitis Alexandra	95	5m27	17/05	csf
5	Winderickx Tanne	95	4m39	19/09	resc

Balle de hockey		RC : 28m96			
1	Van Der Perren Jessica	94	15m63	16/08	mac
2	Maidane Yasmine	95	12m81	19/09	resc
3	Winderickx Tane	95	12m10	19/09	resc
4	Pholien Alexandra	95	10m98	19/04	resc
5	Vega Ines	96	6m99	30/05	resc

Tetrathlon		RC : 1245 p			
1	Halewyck Marie	94	1332 p	26/10	rsca
2	Van Der Perren Jessica	94	1175 p	26/10	rsca
3	Maidane Yasmine	95	734 p	26/10	rsca
4	Dolianitis Alexandra	95	714 p	17/05	csf
5	Pholien Alexandra	95	574 p	19/04	resc

**Pupilles filles**

60 m		RC : 8.5			
1	Fomenko Lisa	92	9.45	18/10	ws
2	Robert Laura	93	9.49	17/05	csf
3	Tong Aline	93	9.83	09/06	rsca
4	Legasse Alison	92	10.08	04/10	resc
5	Kebdani Nora	92	10.40	04/10	resc
6	De Groote Estelle	93	10.48	09/06	rsca
7	Ringoot Florence	93	10.60	24/05	resc
8	Waegemans Ariane	93	10.64	17/05	csf
9	Chefneux Laetitia	93	11.10	07/06	resc
10	Boigelot Muriel	92	11.31	04/10	resc

1000 m		RC : 3.34.9			
1	De Groote Estelle	93	3.34.85	07/06	resc
2	Robert Laura	93	3.52.05	09/06	rsca
3	Fomenko Lisa	92	3.53.22	27/09	rcas
4	Tong Aline	93	4.09.49	09/06	rsca
5	Waegemans Ariane	93	4.12.64	24/05	resc
6	Legasse Alison	92	4.15.69	04/10	resc
7	Kebdani Nora	92	4.29.93	07/06	resc
8	Chefneux Laetitia	93	4.43.63	07/06	resc
9	Boigelot Muriel	92	4.44.82	04/10	resc

60 m haies (76 cm)		RC : 10.8			
1	Fomenko Lisa	92	13.8	05/04	resc
2	Boigelot Muriel	92	22.9	05/04	resc

Hauteur		RC : 1m33			
1	Fomenko Lisa	92	1m15	30/05	resc
	Tong Aline	93	1m15	21/06	dacm
3	De Groote Estelle	93	1m10	19/09	resc
	Legasse Alison	92	1m10	19/09	resc
5	Robert Laura	93	1m02	19/04	resc
	Waegemans Ariane	93	1m02	17/05	csf
7	Kebdani Nora	92	0m95	30/05	resc

Longueur		RC : 4m48			
1	Waegemans Ariane	93	3m53	09/05	resc
2	Tong Aline	93	3m49	21/06	dacm
3	Fomenko Lisa	92	3m43	30/05	resc
4	De Groote Estelle	93	3m32	07/05	cabw
5	Robert Laura	93	3m25	09/05	resc
6	Legasse Alison	92	3m21	09/05	resc
7	Kebdani Nora	92	2m97	30/05	resc
8	Boigelot Muriel	92	2m61	09/05	resc

Poids (2 kg)		RC : 9m41			
1	Robert Laura	93	6m68	17/05	csf
2	Tong Aline	93	6m39	09/06	rsca
3	Fomenko Lisa	92	6m14	18/10	ws
4	Waegemans Ariane	93	5m94	17/05	csf
5	Legasse Alison	92	5m68	05/04	resc
6	Lenaerts Manon	92	4m79	19/09	resc
7	Kebdani Nora	92	4m75	30/05	resc
8	De Groote Estelle	93	4m54	09/05	resc
9	Boigelot Muriel	92	4m48	19/09	resc

Disque (600 gr)		RC : 23m00			
1	Fomenko Lisa	92	11m76	05/04	resc
2	Tong Aline	93	11m27	24/05	resc
3	Legasse Alison	92	10m98	19/09	resc
4	Waegemans Ariane	93	9m39	24/05	resc
5	De Groote Estelle	93	9m12	24/05	resc
6	Lenaerts Manon	92	8m82	19/09	resc

Balle de hockey		RC : 35m15			
1	Tong Aline	93	28m77	07/06	resc
2	Waegemans Ariane	93	25m97	09/05	resc
3	De Groote Estelle	93	19m60	07/06	resc
4	Robert Laura	93	19m10	09/05	resc
5	Legasse Alison	92	16m83	24/08	rsca
6	Fomenko Lisa	92	13m92	24/05	resc
7	Kebdani Nora	92	13m42	24/05	resc

Tetrathlon		RC : 1935 p			
1	Fomenko Lisa	92	1458 p	17/05	csf
2	Tong Aline	93	1409 p	09/06	rsca
3	Robert Laura	93	1404 p	09/06	rsca
4	De Groote Estelle	93	1211 p	27/09	rcas
5	Waegemans Ariane	93	980 p	17/05	csf

**Minimes filles**

80 m		RC : 10.4			
1	Hostyn Priscilla	90	11.03	21/07	vs
2	Carlot Sarah	91	11.15	09/06	rsca
3	Cincinatis Lucie	90	11.20	29/05	rfcl
4	Dolianitis Dina	91	11.56	07/06	resc
5	Mouzon Emmanuelle	91	11.61	14/06	ws
6	Meys Jessica	91	11.64	13/04	rsca
7	Waegemans Aurore	90	12.05	07/06	resc
8	Archambeau Aline	90	12.06	24/05	resc
9	Verlaine Maureen	90	12.32	24/05	resc
10	Pena Loreto Rayen	91	12.33	07/06	resc
11	Goutte Alexandra	91	12.61	07/06	resc
12	Bonsir Audrey	91	12.76	07/06	resc
13	Mjoti Chaïmâa	90	13.04	05/04	resc
14	Pereira Vanina	91	13.14	13/04	rsca
15	Verlaine Sarah	91	13.15	07/06	resc
16	Vanden Broeck Nolwen	91	13.64	18/10	ws

150 m		RC : 20.2			
1	Hostyn Priscilla	90	20.72	21/06	dacm
2	Cincinatis Lucie	90	21.12	13/09	avr
3	Carlot Sarah	91	21.13	21/06	dacm
4	Mouzon Emmanuelle	91	21.67	14/06	ws
5	Archambeau Aline	90	23.06	13/09	avr
6	Meys Jessica	91	23.54	19/04	resc
7	Verlaine Sarah	91	24.25	21/06	dacm

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8	Verlaine Maureen	90	24.69	19/04	resc
<b>300 m</b>		<b>RC : 46.2</b>			
1	Hostyn Priscilla	90	<b>44.97</b>	28/06	wrc
2	Carlot Sarah	91	45.61	19/10	csf
3	Cincinatis Lucie	90	46.21	28/06	wrc
4	Mouzon Emmanuelle	91	49.41	21/06	dacm
5	Verlaine Maureen	90	52.1	05/04	resc
6	Verlaine Sarah	91	56.9	05/04	resc
7	Vanden Broeck Nolwen	91	57.8	05/04	resc
8	Mjoti Chaimãa	90	59.0	05/04	resc
<b>1000 m</b>		<b>RC : 3.22.48</b>			
1	Mouzon Emmanuelle	91	3.27.46	04/10	resc
2	Hostyn Priscilla	90	3.32.72	21/07	vs
3	Verlaine Maureen	90	3.33.03	21/06	dacm
4	Carlot Sarah	91	3.43.22	17/05	csf
5	Archambeau Aline	91	3.46.25	04/10	resc
6	Vanden Broeck Nolwen	91	3.50.36	07/06	resc
7	Waegemans Aurore	90	3.50.72	24/05	resc
8	Meys Jessica	91	3.55.56	07/06	resc
9	Verlaine Sarah	91	4.01.30	07/06	resc
10	Dolianitis Dina	91	4.01.43	17/05	csf
11	Bonsir Audrey	91	4.10.22	07/06	resc
12	Pena Loreto Rayen	91	4.12.20	07/06	resc
13	Goutte Alexandra	91	4.51.23	07/06	resc
<b>60 m haies (76 cm)</b>		<b>RC : 10.05</b>			
1	Cincinatis Lucie	90	10.24	06/07	rfl
2	Hostyn Priscilla	90	11.01	14/06	ws
3	Mouzon Emmanuelle	91	11.57	14/06	ws
4	Archambeau Aline	90	11.94	13/04	rsca
5	Carlot Sarah	91	12.06	05/09	spvi
6	Waegemans Aurore	90	12.13	23/08	rcas
7	Meys Jessica	91	12.44	13/04	rsca
8	Verlaine Maureen	90	13.14	13/04	rsca
9	Vanden Broeck Nolwen	91	15.24	27/09	rcas
<b>Hauteur</b>		<b>RC : 1m57</b>			
1	Hostyn Priscilla	90	1m45	28/06	wrc
2	Archambeau Aline	90	1m42	04/10	resc
3	Mouzon Emmanuelle	91	1m35	27/09	rcas
4	Dolianitis Dina	91	1m32	17/05	csf
5	Carlot Sarah	91	1m30	19/04	resc
6	Waegemans Aurore	90	1m29	23/08	rcas
7	Meys Jessica	91	1m27	07/06	resc
	Pena Loreto Rayen	91	1m27	07/06	resc
9	Verlaine Maureen	90	1m21	07/06	resc
10	Goutte Alexandra	91	1m18	07/06	resc
11	Bonsir Audrey	91	1m15	19/04	resc
12	Vanden Broeck Nolwen	91	1m11	27/09	rcas
13	Verlaine Sarah	91	1m10	19/04	resc
<b>Longueur</b>		<b>RC : 5m00</b>			
1	Cincinatis Lucie	90	4m87	15/08	avt
	Hostyn Priscilla	90	4m87	27/09	cabw
3	Carlot Sarah	91	4m30	30/05	resc
4	Mouzon Emmanuelle	91	4m25	07/06	resc
5	Meys Jessica	91	4m15	07/06	resc
6	Verlaine Maureen	90	4m03	07/06	resc
7	Archambeau Aline	90	3m91	05/09	spvi
	Dolianitis Dina	91	3m91	07/06	resc
9	Waegemans Aurore	90	3m82	30/05	resc
10	Pena Loreto Rayen	91	3m78	07/06	resc
11	Bonsir Audrey	91	3m77	30/05	resc
12	Verlaine Sarah	91	3m67	30/05	resc
13	Mjoti Chaimãa	90	3m47	30/05	resc
14	Goutte Alexandra	91	3m28	07/06	resc
15	Bodart Alice	90	3m20	30/05	resc
16	Vanden Broeck Nolwen	91	3m07	18/10	ws
<b>Perche</b>		<b>RC : 2m10</b>			
1	Hostyn Priscilla	90	<b>2m25</b>	26/07	vac
2	Archambeau Aline	90	2m20	27/09	cabw
3	Verlaine Maureen	90	1m60	09/05	resc
4	Bonsir Audrey	91	1m40	09/05	resc
	Meys Jessica	91	1m40	09/05	resc
	Waegemans Aurore	90	1m40	09/05	resc
<b>Poids (2 kg)</b>		<b>RC : 11m79</b>			
1	Waegemans Aurore	90	<b>13m12</b>	12/10	paris
2	Goutte Alexandra	91	10m38	12/10	paris
3	Mouzon Emmanuelle	91	9m95	19/09	resc

4	Hostyn Priscilla	90	9m72	26/10	rsca
5	Cincinatis Lucie	90	9m52	16/08	add
6	Archambeau Aline	90	9m14	14/09	rsca
7	Dolianitis Dina	91	8m50	07/06	resc
8	Carlot Sarah	91	8m00	13/09	avr
9	Pena Loreto Rayen	91	7m75	07/06	resc
10	Meys Jessica	91	7m74	19/09	resc
11	Verlaine Maureen	90	7m27	07/06	resc
12	Bonsir Audrey	91	6m23	07/06	resc
13	Verlaine Sarah	91	5m49	07/06	resc
14	Vanden Broeck Nolwen	91	5m23	19/09	resc
<b>Disque (600 gr)</b>		<b>RC : 31m80</b>			
1	Waegemans Aurore	90	<b>32m53</b>	30/05	resc
2	Hostyn Priscilla	90	24m76	25/05	rcas
3	Mouzon Emmanuelle	91	22m82	19/09	resc
4	Carlot Sarah	91	20m02	13/09	avr
5	Archambeau Aline	90	18m71	19/09	resc
6	Verlaine Maureen	90	17m89	30/05	resc
7	Meys Jessica	91	17m49	19/09	resc
8	Verlaine Sarah	91	15m21	30/05	resc
9	Bonsir Audrey	91	13m44	09/05	resc
10	Dolianitis Dina	91	12m77	17/05	csf
11	Bodart Alice	90	11m30	30/05	resc
12	Mjoti Chaimãa	90	11m20	09/05	resc
13	Vanden Broeck Nolwen	91	11m00	19/09	resc
<b>Javelot (400 gr)</b>		<b>RC : 31m01</b>			
1	Mouzon Emmanuelle	91	23m79	12/10	paris
2	Waegemans Aurore	90	21m34	12/10	paris
3	Archambeau Aline	90	18m86	21/06	dacm
4	Carlot Sarah	91	17m21	13/09	avr
5	Goutte Alexandra	91	15m46	12/10	paris
6	Hostyn Priscilla	90	15m26	09/06	rsca
7	Verlaine Sarah	91	14m12	30/05	resc
8	Dolianitis Dina	91	13m97	17/05	csf
9	Bonsir Audrey	91	11m67	30/05	resc
10	Verlaine Maureen	90	10m61	09/05	resc
11	Vanden Broeck Nolwen	91	9m74	30/05	resc
12	Bodart Alice	90	7m54	30/05	resc
<b>Pentathlon</b>		<b>RC : 2898 p</b>			
1	Hostyn Priscilla	90	<b>2904 p</b>	21/07	vs
2	Mouzon Emmanuelle	91	2580 p	07/06	resc
3	Waegemans Aurore	90	2347 p	23/08	rcas
4	Carlot Sarah	91	2264 p	09/06	rsca
5	Meys Jessica	91	2237 p	07/06	resc
6	Dolianitis Dina	91	2140 p	07/06	resc
7	Verlaine Maureen	90	2102 p	07/06	resc
8	Archambeau Aline	91	2028 p	23/08	rcas
9	Pena Loreto Rayen	91	1922 p	07/06	resc
10	Goutte Alexandra	91	1590 p	07/06	resc
11	Bonsir Audrey	91	1578 p	07/06	resc
12	Verlaine Sarah	91	1459 p	07/06	resc
13	Vanden Broeck Nolwen	91	1273 p	07/06	resc
<b>4 x 80 m</b>		<b>RC : 42.87</b>			
	Carlot, Cincinatis, Hostyn, Archambeau		<b>42.79</b>	27/09	cabw
<b>Cadettes femmes</b>					
<b>100 m</b>		<b>RC : 12.64</b>			
1	Ciulla Debora	88	13.24	13/04	rsca
2	Kabuya Andrea	88	13.32	29/05	hf
3	De Groote Florence	88	14.54	13/04	rsca
<b>200 m</b>		<b>RC : 26.14</b>			
1	Boswell Audrey	88	27.41	17/05	cabw
2	Ciulla Debora	88	27.92	06/04	rcas
3	Kabuya Andrea	88	28.22	29/05	hf
4	Dikoume Jaelle	89	28.67	18/05	csf
<b>300 m</b>		<b>RC : 42.65</b>			
1	Kabuya Andrea	88	46.07	19/10	csf
<b>400 m</b>		<b>RC : 57.61</b>			
1	Dikoume Jaelle	89	66.25	06/09	lebb
	Kabuya Andrea	88	66.25	17/05	cabw
<b>800 m</b>		<b>RC : 2.22.8</b>			
1	De Groote Florence	88	2.52.75	28/09	rcas
2	Ciulla Debora	88	2.55.12	19/10	csf

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<b>1000 m</b>						<b>RC : 3.12.93</b>					
1	Dikoume Jaelle	89	3.25.76	13/09	ea						
<b>1500 m</b>						<b>RC : 5.02.54</b>					
1	Dikoume Jaelle	89	5.37.45	06/09	lebb						
2	Duchatel Coralie	88	7.12.35	17/05	cabw						
<b>80 m haies</b>						<b>RC : 11.95</b>					
1	De Grootte Florence	88	13.53	26/04	ws						
<b>300 m haies (76 cm)</b>						<b>RC : 45.51</b>					
1	De Grootte Florence	88	53.20	17/05	cabw						
<b>Hauteur</b>						<b>RC : 1m68</b>					
1	De Grootte Florence	88	1m25	05/04	cabw						
	Mbugi Maylor	88	1m25	17/05	cabw						
<b>Longueur</b>						<b>RC : 5m74</b>					
1	Ciulla Debora	88	4m43	17/05	cabw						
2	De Grootte Florence	88	4m23	12/04	spvi						
<b>Triple saut</b>						<b>RC : 11m71</b>					
1	Boswell Audrey	88	10m03	17/05	cabw						
<b>Poids (3 kg)</b>						<b>RC : 12m10</b>					
1	De Meyer Laurence	88	10m82	29/05	hf						
2	De Grootte Florence	88	9m39	12/10	paris						
<b>Disque (1 kg)</b>						<b>RC : 37m60</b>					
1	De Meyer Laurence	88	24m00	23/08	spvi						
2	De Grootte Florence	88	22m41	05/04	cabw						
3	Kebdani Nadia	89	17m53	17/05	cabw						
<b>Javelot (500 gr)</b>						<b>RC : 36m86</b>					
1	De Meyer Laurence	88	25m93	17/05	cabw						
2	De Grootte Florence	88	19m87	12/10	paris						
<b>Hexathlon</b>						<b>RC : 3625 p</b>					
1	De Grootte Florence	88	2432 p	28/09	rcas						
<b>4 x 100 m</b>						<b>RC : 50.59</b>					
De Grootte, Kabuya, Ciulla, Dikoume			54.03	20/09	vs						
<b>Scolaires femmes</b>											
<b>100 m</b>						<b>RC : 12.41</b>					
1	Urbain Fanny	87	13.84	24/05	resc						
2	Bruyere Julie	86	14.06	17/05	cabw						
3	Levy Daphne	87	14.19	24/05	resc						
<b>200 m</b>						<b>RC : 25.1</b>					
1	Bruyere Julie	86	28.70	17/05	cabw						
2	Urbain Fanny	87	28.72	24/08	rsca						
<b>300 m</b>						<b>RC : 39.65</b>					
1	Velma Maria	86	51.98	19/10	csf						
<b>400 m</b>						<b>RC : 56.03</b>					
1	Boussar Hanan	87	64.37	24/05	resc						
2	Silberfeld Sophie	87	64.90	24/05	resc						
3	Urbain Fanny	87	65.78	16/08	vs						
4	Toufik Ilhame	86	68.57	03/05	resc						
5	Tikent Hajar	86	73.34	24/05	resc						
<b>800 m</b>						<b>RC : 2.15.6</b>					
1	Boussar Hanan	87	2.38.27	12/09	abes						
2	Silberfeld Sophie	87	2.41.95	17/05	cabw						
<b>1500 m</b>						<b>RC : 4.50.73</b>					
1	Boussar Hanan	87	5.12.24	17/05	cabw						
<b>3000 m</b>						<b>RC : 10.43.2</b>					
1	Boussar Hanan	87	11.55.64	17/05	cabw						
<b>100 m haies (76 cm)</b>						<b>RC : 13.92</b>					
1	Urbain Fanny	87	20.87	17/05	cabw						
<b>400 m haies (76 cm)</b>						<b>RC : 70.78</b>					
1	Urbain Fanny	87	76.18	17/05	cabw						
<b>Longueur</b>						<b>RC : 6m06</b>					

1	Klein Françoise	87	4m37	17/05	cabw						
<b>Triple saut</b>						<b>RC : 12m15</b>					
1	Velma Maria	86	8m89	17/05	cabw						
<b>Poids (4 kg)</b>						<b>RC : 12m19</b>					
1	Levy Daphne	87	6m26	17/05	cabw						
<b>Disque (1 kg)</b>						<b>RC : 47m99</b>					
1	Velma Maria	86	12m00	17/05	cabw						
<b>Javelot (600 gr)</b>						<b>RC : 36m78</b>					
1	Tikent Hajar	86	14m12	17/05	cabw						
<b>4 x 100 m</b>						<b>RC : 48.97</b>					
Toufik, Urbain, Klein, Levy			54.08	20/09	vs						

**Juniors femmes**

<b>100 m</b>						<b>RC : 12.11</b>					
1	Brion Sophie	85	12.96	21/06	cabw						
2	Sende Patricia	85	13.15	04/05	damp						
<b>200 m</b>						<b>RC : 24.65</b>					
1	Brion Sophie	85	26.93	06/06	csf						
2	Sende Patricia	85	27.29	24/05	resc						
<b>100 m haies (84 cm)</b>						<b>RC : 13.99</b>					
1	Brion Sophie	85	16.16	15/08	cabw						
<b>Hauteur</b>						<b>RC : 1m81</b>					
1	Brion Sophie	85	1m35	04/05	damp						
<b>Longueur</b>						<b>RC : 6m06</b>					
1	Brion Sophie	85	4m40	16/08	vs						
<b>Disque (1 kg)</b>						<b>RC : 47m99</b>					
1	Hallems Julie	85	30m51	04/05	damp						
<b>Javelot (600 gr)</b>						<b>RC : 38m45</b>					
1	Hallems Julie	85	31m70	04/05	damp						

**Seniors & masters femmes**

<b>100 m</b>						<b>RC : 11.84</b>					
1	Guillet Laurence	80	12.63	13/09	ea						
2	Vanhove Karolien	78	13.09	24/08	azw						
3	Dewitte Valerie	80	13.11	14/06	ws						
4	Adam Benedicte	78	13.13	14/06	ws						
	Bonvin-Draps Nathalie	80	13.13	14/06	ws						
6	Sustelo Irina	85	14.18	24/06	spvi						
7	Giuliani Alexandra	82	14.22	14/06	ws						
<b>200 m</b>						<b>RC : 24.03</b>					
1	Guillet Laurence	80	26.19	27/09	cas						
2	Adam Benedicte	78	26.23	13/08	acbr						
3	Dewitte Valerie	80	26.75	29/05	resc						
4	Bonvin-Draps Nathalie	80	27.14	29/05	acw						
5	Vanhove Karolien	78	28.63	13/07	avka						
6	Cawet Daphne	80	29.91	27/09	rcas						
7	De Buyst Nadia	80	32.31	27/09	rcas						
8	Reynaerts Stephanie	80	32.61	27/09	rcas						
<b>300 m</b>						<b>RC : 39.65</b>					
1	Dewitte Valerie	80	41.56	14/06	ws						
2	Adam Benedicte	78	41.76	01/05	duff						
3	Guillet Laurence	80	42.54	17/09	cabw						
<b>400 m</b>						<b>RC : 56.03</b>					
1	Adam Benedicte	78	57.49	09/08	smac						
2	Dewitte Valerie	80	59.09	09/06	rflcl						
3	Guillet Laurence	80	64.87	12/07	vac						
<b>800 m</b>						<b>RC : 2.05.9</b>					
1	Cawet Daphne	80	2.26.86	04/05	damp						
2	Guillet Laurence	80	2.35.68	28/09	rcas						
3	Dewitte Caroline	82	2.43.86	04/05	damp						
4	De Buyst Nadia	73	2.51.10	28/09	rcas						
5	Castellana Corine	68	2.57.44	30/07	ws						
6	Reynaerts Stephanie	80	3.13.96	28/09	rcas						

**Palmarès 2003 outdoor**

<b>1500 m</b>					<b>RC : 4.12.85</b>				
1	De Buyst Nadia	73	5.44.56	04/05	damp				
<b>Mile</b>					<b>RC : 4.44.36</b>				
1	Cawet Daphne	80	5.30.35	24/05	resc				
<b>2000 m</b>					<b>RC : 5.55.66</b>				
1	Castellana Corine	68	8.23.70	24/06	spvi				
<b>3000 m</b>					<b>RC : 8.49.85</b>				
1	Cawet Daphne	80	11.22.59	29/06	herv				
2	De Buyst Nadia	73	12.22.80	06/04	rcas				
3	Castellana Corine	68	13.05.0	12/09	csf				
<b>10000 m</b>					<b>RC : 32.23.39</b>				
1	De Buyst Nadia	73	49.20.24	18/10	ws				
<b>1 heure</b>					<b>RC : -</b>				
1	De Buyst Nadia	73	11.700 m	18/10	ws				
<b>100 m haies (84 cm)</b>					<b>RC : 13.82</b>				
1	Guillet Laurence	80	14.56	14/06	ws				
2	Reynaerts Stephanie	80	18.20	27/09	rcas				
3	Cawet Daphne	80	19.69	27/09	rcas				
4	De Buyst Nadia	73	21.15	27/09	rcas				
<b>Hauteur</b>					<b>RC : 1m95</b>				
1	Reynaerts Stephanie	80	1m45	04/10	jsmc				
2	Guillet Laurence	80	1m38	27/09	rcas				
3	De Buyst Nadia	73	1m30	04/05	damp				
4	Cawet Daphne	80	1m23	27/09	rcas				
<b>Longueur</b>					<b>RC : 6m28</b>				
1	Bonvin-Draps Nathalie	80	5m47	29/06	herv				
2	Guillet Laurence	80	5m29	24/08	rsca				
3	Adam Benedicte	78	4m80	04/05	damp				
4	Vanhove Karolien	78	4m50	31/08	vs				
5	Reynaerts Stephanie	80	4m36	24/08	rsca				
6	Cawet Daphne	80	4m34	28/09	rcas				
7	Giuliani Alexandra	82	4m21	04/05	damp				
8	De Buyst Nadia	73	3m76	28/09	rcas				
<b>Perche</b>					<b>RC : 3m54</b>				
1	Reynaerts Stephanie	80	1m83	19/10	csf				
<b>Poids (4 kg)</b>					<b>RC : 13m12</b>				
1	Sustelo Irina	83	12m82	21/05	sacn				
2	Reynaerts Stephanie	80	10m70	25/05	rcas				
3	De Buyst Nadia	73	7m80	12/10	rsca				
4	Guillet Laurence	80	7m43	27/09	rcas				
5	Cawet Daphne	80	6m14	27/09	rcas				
<b>Disque (1 kg)</b>					<b>RC : 47m99</b>				
1	Sustelo Irina	83	46m85	21/06	cabw				
2	De Buyst Nadia	73	29m51	12/10	rsca				
3	Reynaerts Stephanie	80	28m86	05/04	cabw				
<b>Javelot (600 gr)</b>					<b>RC : 38m45</b>				
1	Sustelo Irina	83	35m94	20/09	hale				
2	Adam Benedicte	78	34m35	11/10	rcg				
3	Reynaerts Stephanie	80	33m14	06/04	rcas				
4	De Buyst Nadia	73	21m89	28/09	rcas				
5	Guillet Laurence	80	19m29	28/09	rcas				
6	Cawet Daphne	80	11m94	28/09	rcas				
<b>Marteau (4 kg)</b>					<b>RC : 56m30</b>				
1	Sustelo Irina	83	52m56	09/06	rfcl				
2	Reynaerts Stephanie	80	31m29	05/04	cabw				
3	De Buyst Nadia	73	22m39	05/04	cabw				
<b>Heptathlon</b>					<b>RC : 4822 p</b>				
1	Guillet Laurence	80	3974 p	28/09	rcas				
2	Reynaerts Stephanie	80	2937 p	28/09	rcas				
3	Cawet Daphne	80	2666 p	28/09	rcas				
4	De Buyst Nadia	73	2347 p	28/09	rcas				
<b>4 x 100 m</b>					<b>RC : 46.95</b>				
Sende, Adam, Brion, Guillet			49.03	20/09	vs				
<b>4 x 200 m</b>					<b>RC : 1.38.53</b>				
Kabuya, Brion, Adam, Guillet			1.44.92	20/09	vs				

<b>4 x 400 m</b>					<b>RC : 3.54.68</b>				
Guillet, Dewitte, Boussar, Adam			4.08.64	04/05	damp				
<b>Benjamins garçons</b>									
<b>60 m</b>					<b>RC : 9.20</b>				
1	Elsen Daan	94	9.43	04/10	resc				
2	Gorski Anthony	94	10.15	24/05	resc				
3	Lozet Joshua	95	10.31	18/10	ws				
4	Van De Sype Arnaud	94	10.54	18/10	ws				
5	Valastro Alexandre	95	11.01	07/06	resc				
6	Dubois Kevin	94	11.06	18/10	ws				
7	Lebailly Killian	95	11.08	28/09	rcas				
	Nicodeme Romain	95	11.08	19/07	rcas				
9	Struckmeyer Lucas	94	11.16	24/05	resc				
10	Decoster Alexis	96	11.35	07/06	resc				
11	Watson Ian	94	11.49	19/04	resc				
12	Laruelle Thomas	95	12.30	07/06	resc				
13	Bensch Peter	95	12.31	19/04	resc				
14	Van Rechem Adrien	96	12.82	04/10	resc				
15	Arnauts Robin	96	13.02	19/04	resc				
<b>1000 m</b>					<b>RC : 3.32.4</b>				
1	Elsen Daan	94	3.34.14	20/09	rfcl				
2	Lozet Joshua	95	3.51.35	18/10	ws				
3	Nicodeme Romain	95	3.54.03	19/07	rcas				
4	Decoster Alexis	96	3.59.39	04/10	resc				
5	Gorski Anthony	94	4.02.79	14/06	ws				
6	Lebailly Killian	95	4.10.79	28/09	rcas				
7	Struckmeyer Lucas	94	4.14.19	07/06	resc				
8	Dubois Kevin	94	4.14.52	18/10	ws				
9	Watson Ian	94	4.18.20	24/05	resc				
10	Valastro Alexandre	95	4.23.54	07/06	resc				
11	Van De Sype Arnaud	94	4.36.67	04/10	resc				
12	Van Rechem Adrien	96	5.15.75	04/10	resc				
13	Bensch Peter	95	5.56.20	19/04	resc				
<b>Hauteur</b>					<b>RC : 1m23</b>				
1	Elsen Daan	94	1m15	07/06	resc				
2	Gorski Anthony	94	1m10	24/05	resc				
	Van De Sype Arnaud	94	1m10	26/10	rsca				
4	Lozet Joshua	95	0m95	07/06	resc				
5	Valastro Alexandre	95	0m90	07/06	resc				
6	Dubois Kevin	94	0m85	19/09	resc				
7	Laruelle Thomas	95	0m80	07/06	resc				
<b>Longueur</b>					<b>RC : 3m94</b>				
1	Elsen Daan	94	3m95	30/05	resc				
2	Gorski Anthony	94	3m51	17/05	csf				
3	Nicodeme Romain	95	3m44	05/09	spvi				
4	Watson Ian	94	3m37	30/05	resc				
5	Van De Sype Arnaud	94	3m26	04/10	resc				
6	Lozet Joshua	95	3m21	12/07	vs				
7	Valastro Alexandre	95	3m12	30/05	resc				
8	Decoster Alexis	96	2m87	30/05	esc				
9	Struyckmeyer Lucas	94	2m86	24/05	resc				
10	Dubois Kevin	94	2m70	19/07	rcas				
11	Van Rechem Adrien	96	2m17	04/10	resc				
12	Bensch Peter	95	2m12	19/04	resc				
<b>Poids (1 kg)</b>					<b>RC : 10m42</b>				
1	Elsen Daan	94	11m68	19/09	resc				
2	Lozet Joshua	95	8m24	18/10	ws				
3	Van De Sype Arnaud	94	7m97	18/10	ws				
4	Nicodeme Romain	95	6m48	19/07	rcas				
5	Dubois Kevin	94	6m30	19/09	resc				
6	Gorski Anthony	94	6m27	30/05	resc				
7	Valastro Alexandre	95	6m11	30/05	resc				
8	Watson Ian	94	5m23	09/05	resc				
9	Van Rechem Adrien	96	3m84	19/07	rcas				
<b>Balle de hockey</b>					<b>RC : 36m22</b>				
1	Elsen Daan	94	38m73	20/09	rfcl				
2	Lozet Joshua	95	31m85	28/09	rcas				
3	Gorski Anthony	94	25m73	17/05	csf				
4	Nicodeme Romain	95	24m03	14/09	rsca				
5	Dubois Kevin	94	21m55	23/08	rcas				
6	Van De Sype Arnaud	94	20m65	19/07	lier				
7	Valastro Alexandre	95	17m78	30/05	resc				
8	Decoster Alexis	96	16m06	16/08	mac				
9	Lebailly Killian	95	15m46	28/09	rcas				
10	Bensch Peter	95	12m75	19/04	resc				
11	Watson Ian	94	12m20	30/05	resc				

**Palmarès 2003 outdoor**

Tetrathlon				
RC : 1697 p				
1	Elsen Daan	94	1826 p	20/09 rfdl
2	Lozet Joshua	95	1383 p	18/10 ws
3	Nicodeme Romain	95	1105 p	19/07 rcas
	Gorski Anthony	94	1105 p	17/05 csf
5	Van De Sype Arnaud	94	1050 p	26/10 rsca
6	Dubois Kevin	94	849 p	18/10 ws
7	Watson Ian	94	649 p	19/04 resc
8	Lebailly Killian	95	632 p	28/09 rcas
9	Decoster Alexis	96	541 p	16/08 mac
10	Van Rechem Adrien	96	171 p	19/07 rcas
11	Bensch Peter	95	136 p	19/04 resc

**Pupilles garçons**

60 m				
RC : 8.44				
1	Paulus Gary	92	8.67	07/06 resc
2	Lebailly Kevin	92	8.94	05/07 grim
3	Schils Martin	92	9.43	04/10 resc
4	Crouze Ronald	93	9.56	17/05 csf
5	Lins Sebastien	92	9.57	07/06 resc
6	Lozet Nathan	92	9.65	18/10 ws
7	Castellana Bryan	92	9.74	13/04 rsca
	Giot Thomas	92	9.74	13/04 rsca
	Omombo Jean-David	92	9.74	05/04 resc
10	Denys Gregory	93	9.88	18/10 ws
11	Nicodeme Thibault	92	9.94	05/07 grim
12	Van Droogenbroeck Sven	93	10.00	24/05 resc
13	Clouwaert Maxime	92	10.14	04/10 resc
14	El Khettabi Mehdi	93	10.18	17/05 csf
15	Laruelle Martin	93	10.26	07/06 resc
16	Dupont Tim	93	10.27	17/05 csf
17	Caluwe Morgan	93	10.44	17/05 csf
18	De Lombaert Quentin	93	10.49	04/10 resc
19	Van De Sype Vincent	93	10.62	28/09 rcas
20	Vega Javier	93	10.64	05/04 resc
21	Nicaise Jeremie	92	10.70	04/10 resc
22	Vanden Broeck Maxance	93	10.73	18/10 ws
23	Kesmarki Thomas	93	10.74	07/06 resc
24	Soto Moral Fabian	93	10.75	24/05 resc
25	Moncourrier Alexandre	93	11.19	07/06 resc
26	Goies Jeremie	92	11.23	19/04 resc

1000 m				
RC : 3.19.32				
1	Lebailly Kevin	92	3.17.22	28/09 rcas
2	Nicodeme Thibault	92	3.27.95	09/06 rsca
3	Paulus Gary	92	3.33.92	07/06 resc
4	Denys Gregory	93	3.38.76	09/06 rsca
5	Omombo Jean-David	92	3.45.27	24/05 resc
6	El Khettabi Mehdi	93	3.45.86	17/05 csf
7	Lins Sebastien	92	3.46.32	07/06 resc
8	Castellana Bryan	92	3.46.51	14/06 ws
9	De Lombaert Quentin	93	3.52.77	04/10 resc
10	Vanden Broeck Maxance	93	3.53.89	24/05 resc
11	Schils Martin	92	3.58.09	24/05 resc
12	Crouze Ronald	93	3.59.28	26/10 rsca
13	Lozet Nathan	92	4.03.57	28/09 rcas
14	Caluwe Morgan	93	4.06.41	24/05 resc
15	Soto Moral Fabian	93	4.08.09	04/10 resc
16	Van De Sype Vincent	93	4.08.29	28/09 rcas
17	Goies Jeremie	92	4.09.4	19/04 resc
18	Giot Thomas	92	4.11.20	19/04 resc
19	Clouwaert Maxime	92	4.15.44	05/07 grim
20	Van Droogenbroeck Sven	93	4.15.90	07/06 resc
21	Laruelle Martin	93	4.17.50	07/06 resc
22	Moncourrier Alexandre	93	4.19.67	07/06 resc
23	Dupont Tim	93	4.27.86	17/05 csf
24	Nicaise Jeremie	92	4.28.81	04/10 resc
25	Kesmarki Thomas	93	4.50.40	24/05 resc

60 m haies (76 cm)				
RC : 10.0				
1	Nicodeme Thibault	92	12.89	14/09 rsca
2	Van De Sype Vincent	93	14.24	05/04 resc
3	Clouwaert Maxime	92	14.63	21/06 dacm
4	Lozet Nathan	92	14.64	05/04 resc
5	Castellana Bryan	92	15.64	14/06 ws
6	Soto Moral Fabian	93	16.44	05/04 resc
7	Vanden Broeck Maxance	93	25.94	05/04 resc

Hauteur				
RC : 1m48				
1	Castellana Bryan	92	1m34	04/10 resc
2	Paulus Gary	92	1m29	04/10 resc
3	Nicodeme Thibault	92	1m27	26/10 rsca

4	Van De Sype Vincent	92	1m26	04/10 resc
5	Lebailly Kevin	92	1m25	28/09 rcas
	Omombo Jean-David	92	1m25	30/05 resc
7	Lins Sebastien	92	1m23	19/09 resc
8	Clouwaert Maxime	92	1m15	04/10 resc
9	Crouze Ronald	93	1m15	05/07 grim
	Schils Martin	92	1m15	04/10 resc
11	Giot Thomas	92	1m12	19/04 resc
12	Lozet Nathan	92	1m10	19/09 resc
	De Lombaert Quentin	93	1m05	19/09 resc
	Denys Gregory	93	1m05	13/04 rrsca
	Soto Moral Fabian	93	1m05	30/05 resc
16	El Khettabi Mehdi	93	1m00	19/09 resc
17	Caluwe Morgan	93	0m98	28/09 rcas
18	Nicaise Jeremie	92	0m95	04/10 resc

Longueur				
RC : 4m66				
1	Paulus Gary	92	4m24	21/06 dacm
2	Nicodeme Thibault	92	3m86	09/05 resc
3	Omombo Jean-David	92	3m85	19/09 resc
4	Van De Sype Vincent	93	3m58	19/09 resc
5	Lozet Nathan	92	3m57	12/07 vs
6	Crouze Ronald	93	3m51	19/09 resc
7	Denys Gregory	93	3m46	19/10 csf
8	Schils Martin	92	3m45	09/05 resc
9	Castellana Bryan	92	3m38	05/09 spvi
10	El Khettabi Mehdi	93	3m36	17/05 csf
11	Clouwaert Maxime	92	3m32	19/09 resc
12	Lins Sebastien	92	3m22	19/09 resc
13	Vega Javier	93	3m12	30/05 resc
14	Caluwe Morgan	93	3m05	30/05 resc
	Dupont Tim	93	3m05	09/05 resc
16	De Lombaert Quentin	93	2m95	19/09 resc
17	Soto Moral Fabian	93	2m87	09/06 rsca
18	Vanden Broeck Maxance	93	2m76	18/10 ws
19	Moncourrier Alexandre	93	2m69	30/05 resc

Poids (2 kg)				
RC : 10m58				
1	Lozet Nathan	92	9m72	12/10 rsca
2	Omombo Jean-David	92	9m45	30/05 resc
3	Lebailly Kevin	92	9m41	16/08 mac
4	Van De Sype Vincent	93	8m22	18/10 ws
5	Nicodeme Thibault	92	8m10	19/07 rcas
6	Schils Martin	92	7m99	09/05 resc
7	Clouwaert Maxime	92	7m98	16/08 mac
8	Soto Moral Fabian	93	7m97	18/10 ws
9	Denys Gregory	93	6m99	19/07 rcas
10	Castellana Bryan	92	6m62	16/08 mac
11	Paulus Gary	92	6m20	05/04 resc
12	Crouze Ronald	93	6m08	26/10 rsca
13	Giot Thomas	92	5m53	19/04 resc
14	Goies Jeremie	92	5m37	19/04 resc
15	El Khettabi Mehdi	93	5m26	26/10 rsca
16	Dupont Tim	93	5m17	09/05 resc
17	Vega Javier	93	5m10	30/05 resc
18	Van Droogenbroeck Sven	93	5m01	05/04 resc
19	Vanden Broeck Maxance	93	4m64	09/05 resc
20	Caluwe Morgan	93	4m36	28/06 wrc
21	De Lombaert Quentin	93	4m03	09/05 resc
22	Moncourrier Alexandre	93	3m85	30/05 resc

Disque (600 gr)				
RC : 29m21				
1	Nicodeme Thibault	92	20m04	19/09 resc
2	Lozet Nathan	92	20m01	05/04 resc
3	Clouwaert Maxime	92	19m20	19/09 resc
4	Van De Sype Vincent	93	18m30	19/09 resc
5	Denys Gregory	93	17m64	12/10 rsca
6	Schils Martin	92	17m11	24/05 resc
7	Crouze Ronald	93	16m00	19/09 resc
8	Lins Sebastien	92	15m49	07/06 resc
9	Omombo Jean-David	92	14m39	24/05 resc
10	Soto Moral Fabian	93	13m98	24/05 resc
11	El Khettabi Mehdi	93	13m07	19/09 resc
12	Vanden Broeck Maxance	93	12m31	19/09 resc
13	Castellana Bryan	92	11m14	07/06 resc
14	Moncourrier Alexandre	93	10m82	07/06 resc
15	Van Droogenbroeck Sven	93	9m89	07/06 resc
16	Caluwe Morgan	93	9m65	19/09 resc

Balle de hockey				
RC : 46m12				
1	Lozet Nathan	92	45m45	12/10 rsca
2	Schils Martin	92	41m45	09/05 resc
3	Clouwaert Maxime	92	38m94	14/09 rsca

**Palmarès 2003 outdoor**

4	Nicodeme Thibault	92	36m65	14/09	rsc
5	Lebailly Kevin	92	33m12	28/09	rcas
6	Van De Sype Vincent	93	31m69	28/09	rcas
7	Denys Gregory	93	31m58	12/10	rsc
8	Dupont Tim	93	31m34	09/05	resc
9	El Khettabi Mehdi	93	29m52	17/05	csf
10	Paulus Gary	92	27m08	24/05	resc
11	Crouze Ronald	93	26m68	17/05	csf
12	Omombo Jean-David	92	23m65	24/05	resc
13	Soto Moral Fabian	93	23m59	24/05	resc
14	De Lombaert Quentin	93	23m48	17/05	csf
15	Castellana Bryan	92	22m65	26/07	vac
16	Vanden Broeck Maxance	93	18m10	09/05	resc
17	Caluwe Morgan	93	15m01	28/09	rcas

**Tetrathlon** RC : 2222 p

1	Lebailly Kevin	92	2134 p	28/09	rcas
2	Nicodeme Thibault	92	1736 p	26/10	rsc
3	Lozet Nathan	92	1561 p	18/10	ws
4	Castellana Bryan	92	1515 p	16/08	mac
5	Crouze Ronald	93	1470 p	26/10	rsc
6	Denys Gregory	93	1374 p	18/10	ws
7	El Khettabi Mehdi	93	1365 p	17/05	csf
8	Van De Sype Vincent	93	1299 p	26/10	rsc
9	Giot Thomas	92	1237 p	19/04	resc
10	Clouwaert Maxime	92	1193 p	23/08	rcas
11	Soto Moral Fabian	93	1063 p	18/10	ws
12	Dupont Tim	93	973 p	17/05	csf
13	De Lombaert Quentin	93	946 p	17/05	csf
14	Caluwe Morgan	93	917 p	28/09	rcas
15	Vanden Broeck Maxance	93	897 p	18/10	ws
16	Goies Jeremie	92	762 p	19/04	resc
17	Moncourrier Alexandre	93	406 p	19/04	resc

**4 x 60 m** RC : 33.25

Soto Moral, Clouwaert, Nicodeme, Denys	41.05	21/06	dacm
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**Minimes garçons**

**80 m** RC : 9.96

1	Dogan Mervan	90	10.50	04/10	resc
2	Winderickx Ingmar	91	11.45	07/06	resc
3	Caluwe Arnaud	91	11.56	28/06	wrc
4	Barberoux Valentin	90	11.76	18/10	ws
5	Wavreil Cedric	91	11.84	13/04	rsc
6	Fransen Laurent	91	11.94	13/04	rsc
7	Pholien Lionel	91	11.96	13/04	resc
8	Gabriel Laurent	90	12.01	24/05	resc
9	Hinck Matthieu	91	12.34	07/06	resc
10	Abou-Messaoud Marwane	90	12.44	05/04	resc
11	Willockx Mats	90	12.63	04/10	resc
12	Dagry Julien	90	12.80	24/05	resc
13	Duchatel Florian	91	13.23	09/06	rsc
14	Denys Jonathan	90	13.34	18/10	ws
15	Vega Miguel	91	13.34	13/04	rsc
16	Boigelot Vincent	90	13.62	04/10	resc

**150 m** RC : 18.3

1	Hinck Matthieu	91	22.96	19/04	resc
2	Wavreil Cedric	91	23.17	19/04	resc
3	Pholien Lionel	91	23.19	19/04	resc
4	Fransen Laurent	91	23.25	19/04	resc
5	Willockx Mats	90	23.95	19/04	resc
6	Denys Jonathan	90	26.58	24/08	vmol

**300 m** RC : 42.19

1	Dogan Mervan	91	41.91	19/10	csf
2	Wavreil Cedric	91	48.09	28/06	wrc
3	Winderickx Ingmar	91	48.14	05/04	resc
4	Pholien Lionel	91	48.29	19/10	csf
5	Barberoux Valentin	90	49.14	05/04	resc
6	Caluwe Arnaud	91	50.09	19/10	csf
7	Hinck Matthieu	91	52.64	05/04	resc
8	Duchatel Florian	91	53.74	05/04	resc
9	Denys Jonathan	90	61.41	28/06	wrc
10	Boigelot Vincent	90	62.74	05/04	resc

**1000 m** RC : 3.02.25

1	Barberoux Valentin	90	3.09.92	18/10	ws
2	Louf Valentin	91	3.18.87	24/05	resc
3	Winderickx Ingmar	91	3.19.44	21/06	dacm
4	Dogan Mervan	90	3.20.88	18/10	ws
5	Pholien Lionel	91	3.27.44	04/10	resc
6	Wavreil Cedric	91	3.29.73	07/06	resc

7	Gabriel Laurent	90	3.29.88	04/10	resc
8	Caluwe Arnaud	91	3.34.08	24/05	resc
9	Hinck Matthieu	91	3.35.34	19/07	rcas
10	Dagry Julien	90	3.38.82	24/05	resc
11	Duchatel Florian	91	3.48.84	09/06	rsc
12	Denys Jonathan	90	3.50.89	17/05	csf
13	Fransen Laurent	91	3.51.53	07/06	resc
14	Boigelot Vincent	90	4.04.73	04/10	esc
15	Willockx Mats	90	4.10.75	21/07	vs

**80 m haies (84 cm)** RC : 12.00

1	Dogan Mervan	90	14.72	28/09	rcas
2	Wavreil Cedric	91	15.77	28/06	wrc
3	Caluwe Arnaud	91	16.26	28/09	rcas
4	Winderickx Ingmar	91	17.04	05/04	resc
5	Pholien Lionel	91	17.14	28/06	wrc
6	Fransen Laurent	91	17.54	13/04	rsc
7	Hinck Matthieu	91	17.93	19/07	rcas
8	Denys Jonathan	90	18.89	14/09	rsc
9	Boigelot Vincent	90	22.64	05/04	resc

**Hauteur** RC : 1m70

1	Dogan Mervan	90	1m51	04/10	resc
2	Wavreil Cedric	91	1m35	13/04	rsc
3	Caluwe Arnaud	91	1m30	28/06	wrc
4	Barberoux Valentin	90	1m25	04/10	resc
5	Fransen Laurent	91	1m25	13/04	rsc
6	Pholien Lionel	91	1m25	28/06	wrc
7	Willockx Mats	90	1m25	04/10	resc
8	Winderickx Ingmar	91	1m25	24/05	resc
9	Hinck Matthieu	91	1m23	19/07	rcas
10	Dagry Julien	90	1m20	24/05	resc
11	Duchatel Florian	91	1m20	16/08	mac
12	Gabriel Laurent	90	1m20	04/10	resc
13	Denys Jonathan	90	1m15	18/10	ws

**Longueur** RC : 5m73

1	Dogan Mervan	90	4m89	19/10	csf
2	Winderickx Ingmar	91	4m61	19/09	resc
3	Caluwe Arnaud	91	4m58	19/07	rcas
4	Barberoux Valentin	90	4m47	18/10	ws
5	Pholien Lionel	91	4m34	19/09	resc
6	Wavreil Cedric	91	4m32	19/09	resc
7	Hinck Matthieu	91	4m20	19/04	resc
8	Gabriel Laurent	90	3m94	19/09	resc
9	Fransen Laurent	91	3m75	19/04	resc
10	Willockx Mats	90	3m70	30/05	resc
11	Duchatel Florian	91	3m64	19/09	resc
12	Dagry Julien	90	3m61	24/05	resc
13	Denys Jonathan	90	3m21	25/05	rcas
14	Boigelot Vincent	90	3m16	19/09	resc
15	Vega Miguel	91	3m07	30/05	resc

**Perche** RC : 2m75

1	Wavreil Cedric	91	2m10	28/06	wrc
2	Gabriel Laurent	90	1m90	09/05	resc
3	Winderickx Ingmar	91	1m90	09/05	resc
4	Pholien Lionel	91	1m63	9/10	csf
5	Denys Jonathan	90	1m60	09/05	resc

**Poids (3 kg)** RC : 13m97

1	Dogan Mervan	90	10m59	28/09	rcas
2	Duchatel Florian	91	9m65	19/09	resc
3	Barberoux Valentin	90	9m12	12/10	paris
4	Fransen Laurent	91	8m41	07/06	resc
5	Wavreil Cedric	91	7m96	19/09	resc
6	Winderickx Ingmar	91	7m68	19/09	resc
7	Willockx Mats	90	7m45	21/07	vs
8	Denys Jonathan	90	7m35	12/10	rsc
9	Gabriel Laurent	90	6m81	19/09	resc
10	Hinck Matthieu	91	6m40	19/07	rcas
11	Caluwe Arnaud	91	6m15	19/07	rcas
12	Boigelot Vincent	90	5m73	19/09	resc
13	Pholien Lionel	91	5m42	16/08	mac

**Disque (1 kg)** RC : 31m60

1	Winderickx Ingmar	91	22m56	04/10	resc
2	Barberoux Valentin	90	21m28	04/10	resc
3	Duchatel Florian	91	20m82	16/08	mac
4	Denys Jonathan	90	20m55	19/10	csf
5	Abou-Messaoud Marwane	90	16m39	05/04	resc
6	Wavreil Cedric	91	15m42	30/05	resc
7	Willockx Mats	90	15m06	30/05	resc
8	Boigelot Vincent	90	14m08	09/05	resc

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9	Hinck Matthieu	91	13m80	05/04	resc
10	Fransen Laurent	91	13m10	05/04	resc
11	Caluwe Arnaud	91	12m47	19/10	csf
12	Gabriel Laurent	90	11m97	04/10	resc
13	Pholien Lionel	91	11m31	16/08	mac

<b>Javelot (400 gr)</b>		<b>RC : 36m27</b>			
1	Willockx Mats	90	29m82	30/05	resc
2	Duchatel Florian	91	25m68	19/09	resc
3	Winderickx Ingmar	91	25m40	19/09	resc
4	Dogan Mervan	90	24m52	19/09	resc
5	Wavreil Cedric	91	23m81	19/09	resc
6	Gabriel Laurent	90	22m86	30/05	resc
7	Fransen Laurent	91	21m88	19/09	resc
8	Pholien Lionel	91	21m15	24/08	rsca
9	Caluwe Arnaud	91	20m95	19/09	resc
10	Denys Jonathan	90	18m71	12/10	rsca
11	Hinck Matthieu	91	14m84	07/06	resc
12	Barberoux Valentin	90	13m35	17/05	csf
13	Vega Miguel	91	9m54	09/05	resc
14	Boigelot Vincent	90	9m33	19/09	resc

<b>Pentathlon</b>		<b>RC : 3238 p</b>			
1	Dogan Mervan	90	3262 p	18/10	ws
2	Barberoux Valentin	90	2715 p	18/10	ws
3	Winderickx Ingmar	91	2392 p	07/06	resc
4	Wavreil Cedric	91	2270 p	07/06	resc
5	Caluwe Arnaud	91	2172 p	19/07	rcas
6	Fransen Laurent	91	2037 p	07/06	resc
7	Pholien Lionel	91	2019 p	07/06	resc
8	Hinck Matthieu	91	1929 p	19/07	rcas
9	Willockx Mats	90	1778 p	21/07	vs
10	Duchatel Florian	91	1772 p	16/08	mac
11	Denys Jonathan	90	1528 p	18/10	ws

<b>4 x 80 m</b>		<b>RC : 41.24</b>		
Wavreil, Caluwe, Hinck, Winderickx		46.11	21/06	dacm

**Cadets hommes**

<b>100 m</b>		<b>RC : 11.39</b>			
1	Diallo Mamadou	88	12.00	24/06	spvi
2	Hermann Gilles	88	12.05	29/05	hf
3	Preumont Maurice	88	12.44	14/06	ws
4	Sustelo Antonio	88	13.09	09/07	oeh
5	Detournay Jean-Marc	88	13.2	13/04	rsca
	Karrouch Mohamed	89	13.2	13/04	rsca
7	Kiekens Jonathan	88	13.47	31/08	vs
8	Naga Djihed	88	13.71	21/04	vita
9	Najjari Faouzi	89	15.00	21/04	vita

<b>200 m</b>		<b>RC : 23.14</b>			
1	Diallo Mamadou	88	24.57	24/05	resc
2	Preumont Maurice	88	25.29	29/05	hf
3	Naga Djihed	88	26.58	26/10	rsca
4	Kiekens Jonathan	88	26.66	31/08	vs
5	Sustelo Antonio	88	26.8	22/06	fac
6	Karrouch Mohamed	89	27.99	21/04	vita

<b>300 m</b>		<b>RC : 36.86</b>			
1	Sustelo Antonio	88	43.67	21/07	dac

<b>400 m</b>		<b>RC : 52.24</b>			
1	Azaoum Najib	89	57.66	17/05	cabw
2	Kebdani Samir	88	57.67	24/05	resc
3	Huppez Jonathan	88	59.19	24/05	resc
4	Naga Djihed	88	60.53	29/05	hf
5	Maingain François	89	63.28	24/05	resc
6	Karrouch Mohamed	89	65.86	03/05	resc

<b>800 m</b>		<b>RC : 1.59.30</b>			
1	Huppez Jonathan	88	2.09.78	14/06	ws
2	Azaoum Najib	89	2.09.86	19/10	csf
3	Kebdani Samir	88	2.10.14	14/06	ws
4	Demeester Thijs	89	2.17.14	12/09	abes
5	Maingain François	89	2.30.76	30/07	ws
6	Naga Djihed	88	2.34.12	21/04	vita

<b>1000 m</b>		<b>RC : 2.43.18</b>			
1	Kebdani Samir	88	2.47.95	03/05	resc
2	Azaoum Najib	89	2.48.73	03/05	resc
3	Huppez Jonathan	88	2.54.93	03/05	resc
4	Diallo Mamadou	88	3.11.26	28/09	rcas

5	Sustelo Antonio	88	3.25.58	28/09	rcas
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<b>1500 m</b>		<b>RC : 4.10.9</b>			
1	Kebdani Samir	88	4.26.08	07/09	cabw
2	Huppez Jonathan	88	4.49.1	13/04	rsca

<b>100 m haies (91 cm)</b>		<b>RC : 14.04</b>			
1	Diallo Mamadou	88	14.91	07/09	cabw
2	Sustelo Antonio	88	17.72	28/09	rcas

<b>300 m haies (76 cm)</b>		<b>RC : 40.07</b>			
1	Diallo Mamadou	88	43.33	06/04	rcas
2	Sustelo Antonio	88	47.42	09/07	grim
3	Naga Djihed	88	48.04	17/05	cabw

<b>Hauteur</b>		<b>RC : 1m91</b>			
1	Diallo Mamadou	88	1m62	27/09	rcas
2	Sustelo Antonio	88	1m50	27/09	rcas
3	Kiekens Jonathan	88	1m45	24/08	rsca
4	Olivier Raphaël	89	1m40	06/04	rcas
5	Karrouch Mohamed	89	1m35	17/05	cabw

<b>Longueur</b>		<b>RC : 6m70</b>			
1	Preumont Maurice	88	5m57	21/04	vita
2	Diallo Mamadou	88	5m30	21/04	vita
3	Sustelo Antonio	88	4m88	27/09	rcas
4	Naga Djihed	88	4m75	26/10	rsca

<b>Triple saut</b>		<b>RC : 13m52</b>			
1	Kiekens Jonathan	88	9m69	17/05	cabw

<b>Perche</b>		<b>RC : 3m71</b>			
1	Kebdani Samir	88	2m30	17/05	cabw
2	Diallo Mamadou	88	2m24	28/09	rcas
3	Sustelo Antonio	88	1m64	28/09	rcas

<b>Poids (4 kg)</b>		<b>RC : 13m52</b>			
1	Diallo Mamadou	88	13m84	12/10	paris
2	Sustelo Antonio	88	12m62	30/08	hale

<b>Disque (1 kg)</b>		<b>RC : 39m12</b>			
1	Sustelo Antonio	88	44m92	20/09	hale

<b>Javelot (600 gr)</b>		<b>RC : 42m83</b>			
1	Sustelo Antonio	88	40m41	09/07	vita
2	Diallo Mamadou	88	29m92	28/09	rcas
3	Najjari Faouzi	89	21m33	06/04	rcas

<b>Marteau (4 kg)</b>		<b>RC : 40m44</b>			
1	Sustelo Antonio	88	46m37	17/09	cabw

<b>Octathlon</b>		<b>RC : 4312 p</b>			
1	Diallo Mamadou	88	3983 p	28/09	rcas
2	Sustelo Antonio	88	3300 p	28/09	rcas

<b>4 x 100 m</b>		<b>RC : 45.63</b>		
Kiekens, Hermann, Diallo, Preumont		47.41	20/09	vs

<b>4 x 800 m</b>		<b>RC : 8.43.82</b>		
Demeester, Kebdani, Huppez, Azaoum		8.48.94	20/09	vs

**Scolaires hommes**

<b>100 m</b>		<b>RC : 11.08</b>			
1	Ettetuani Adil	86	11.67	24/05	resc
2	Simon Philippe	87	11.79	29/05	hf
3	Weemaels Matthias	86	11.95	03/05	resc
4	Coomans Werner	86	12.18	24/05	resc
5	Theunissen Nicolas	87	12.63	03/05	resc
6	Sonon Lionel	87	12.70	27/04	hf
7	Hostyn Laurent-David	87	12.81	24/06	spvi

<b>200 m</b>		<b>RC : 22.02</b>			
1	Ettetuani Adil	86	23.03	24/05	resc
2	Simon Philippe	87	24.11	29/05	hf
3	De Wilde Julien	86	25.23	06/04	rcas
4	Cooman Werner	86	25.36	31/08	vs
5	Kawsar Amin	86	25.50	06/04	rcas
6	Hostyn Laurent-David	87	26.14	26/10	rsca

<b>300 m</b>		<b>RC : 36.24</b>			
1	Ettetuani Adil	86	36.43	14/06	ws

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2	Hostyn Laurent-David	87	40.55	24/06	spvi
<b>400 m</b> RC : 49.92					
1	Ettetuani Adil	86	50.96	17/05	cabw
2	El Yattouti Younes	86	52.88	24/05	resc
3	Coomans Werner	86	54.36	24/05	resc
4	Miller Benoit	87	54.82	24/05	resc
5	Azaoum Rachid	86	54.97	24/05	resc
6	Vaillant Thibaut	87	56.05	24/05	resc
7	Hostyn Laurent-David	87	58.13	26/04	ws
8	Mjoti Mahmoud	86	60.49	24/05	resc
<b>800 m</b> RC : 1.55.41					
1	El Yattouti Younes	86	1.59.21	05/07	kks
2	Tiaz Younes	86	2.02.08	24/08	rsca
3	Miller Benoit	87	2.03.57	12/09	abes
4	Azaoum Rachid	86	2.04.41	05/07	kks
5	Vaillant Thibaud	87	2.06.95	12/09	abes
6	Leyman Jeremy	87	2.13.34	12/09	abes
7	Jamli Tarek	86	2.13.52	17/05	cabw
8	Aallali Hassan	87	2.22.77	19/10	csf
9	Mjoti Mahmoud	86	2.24.45	17/05	cabw
<b>1000 m</b> RC : 2.32.80					
1	El Yattouti Younes	86	2.35.60	03/05	resc
2	Tiaz Younes	86	2.38.66	03/05	resc
3	Miller Benoit	87	2.39.56	03/05	resc
4	Vaillant Thibaud	87	2.43.38	03/05	resc
5	Azaoum Rachid	86	2.43.40	03/05	resc
6	Leyman Jeremy	87	2.48.45	03/05	resc
7	Jamli Tarek	86	2.51.58	03/05	resc
8	Aallali Hassan	87	3.03.42	03/05	resc
<b>1500 m</b> RC : 4.00.79					
1	Miller Benoit	87	4.18.25	17/05	cabw
2	Vaillant Thibaud	87	4.24.57	25/04	lebb
3	Tiaz Younes	86	4.27.01	29/05	hf
4	Leyman Jeremy	87	4.29.95	12/07	vac
5	Hostyn Laurent-David	87	5.04.36	12/07	vac
6	Jamli Tarek	86	5.06.76	05/04	cabw
<b>Mile</b> RC : 4.54.70					
1	Leyman Jeremy	87	4.52.70	24/05	resc
2	Jamli Tarek	86	5.04.53	24/05	resc
3	Aallali Hassan	87	5.06.64	24/05	resc
<b>3000 m</b> RC : 8.33.14					
1	Vaillant Thibaud	87	9.49.71	17/05	cabw
<b>110 m haies (91 cm)</b> RC : 13.65					
1	Coomans Werner	86	15.40	29/05	hf
2	De Wilde Julien	86	16.43	03/05	resc
<b>400 m haies (84 cm)</b> RC : 56.69					
1	Coomans Werner	86	58.94	06/04	rcas
<b>2000 m steeple</b> RC : 6.10.2					
1	El Yattouti Younes	86	6.51.21	19/10	csf
2	Leyman Jeremy	87	7.15.14	05/10	csf
<b>Hauteur</b> RC : 2m05					
1	Hostyn Laurent-David	87	1m83	17/05	cabw
2	De Wilde Julien	86	1m70	06/04	rcas
<b>Longueur</b> RC : 7m59					
1	De Wilde Julien	86	5m84	03/05	resc
2	Hostyn Laurent-David	87	5m72	12/07	vac
<b>Perche</b> RC : 4m36					
1	De Wilde Julien	86	3m00	17/05	resc
<b>Triple saut</b> RC : 15m64					
1	Hostyn Laurent-David	87	11m88	17/05	cabw
<b>Poids (5 kg)</b> RC : 14m19					
1	Hostyn Laurent-David	87	10m91	19/07	rcas
2	Mjoti Mahmoud	86	6m32	17/05	cabw
<b>Disque (1,5 kg)</b> RC : 43m08					
1	Hostyn Laurent-David	87	29m55	26/10	rsca
2	Jamli Tarik	86	16m85	17/05	cabw

<b>Javelot (700 gr)</b> RC : 52m73					
1	Browaeyts David	86	49m47	12/09	csf
<b>Marteau (5 kg)</b> RC : 51m72					
1	Browaeyts David	86	44m80	17/05	cabw
<b>4 x 100 m</b> RC : 43.01					
Weemaels, Coomans, Simon, Ettetuani			45.17	20/09	vs
<b>4 x 800 m</b> RC : 8.11.01					
Azaoum, Miller, Tiaz, El Yattouti			8.09.11	20/09	vs
<b>Juniors hommes</b>					
<b>100 m</b> RC : 10.71					
1	Diallo Saliou	85	11.45	14/06	ws
<b>200 m</b> RC : 21.0					
1	Diallo Saliou	85	23.05	24/05	resc
<b>300 m</b> RC : 34.67					
1	Diallo Saliou	85	36.58	14/06	ws
<b>400 m</b> RC : 47.8					
1	Haymans Thomas	85	51.16	24/05	resc
2	Diallo Saliou	85	52.08	21/07	at84
3	Gomez Y Montez Mateo	84	52.82	24/05	resc
4	Vandervorst Jonathan	85	55.80	24/05	resc
<b>800 m</b> RC : 1.52.66					
1	Dewitte Sebastien	85	1.55.51	29/05	acw
2	Haymans Thomas	85	1.58.14	12/04	spvi
3	Gomez Y Montes Mateo	84	1.59.34	29/05	acw
4	Vandervorst Jonathan	85	2.10.45	14/06	ws
<b>1000 m</b> RC : 2.26.76					
1	Dewitte Sebastien	85	2.32.00	03/05	resc
2	Vandervorst Jonathan	85	2.47.02	03/05	resc
<b>1500 m</b> RC : 3.48.9					
1	Dewitte Sebastien	85	4.01.36	12/07	vac
2	Gomez Y Montes Mateo	84	4.10.08	25/04	lebb
<b>Mile</b> RC : 4.54.70					
1	Dewitte Sebastien	85	4.22.82	24/05	resc
<b>3000 m</b> RC : 8.14.64					
1	Dewitte Sebastien	85	8.40.07	30/08	looi
<b>Hauteur</b> RC : 2m14					
1	Leyman David	85	1m60	03/05	resc
<b>Longueur</b> RC : 7m86					
1	Leyman David	85	5m58	06/04	rcas
<b>Perche</b> RC : 5m00					
1	Leyman David	85	3m60	24/05	resc
<b>Poids (6 kg)</b> RC : 15m27					
1	Leyman David	85	12m23	05/04	cabw
<b>Javelot (800 gr)</b> RC : 48m41					
1	Droesbeke Sebastien	85	50m88	29/06	herv
2	Leyman David	85	37m88	06/04	rcas
<b>4 x 400 m</b> RC : 3.17.65					
Diallo, Gomez Y Montes, Dewitte, Haymans			3.26.78	07/09	cabw
<b>Seniors hommes</b>					
<b>100 m</b> RC : 10.02					
1	Sekanyambo Olivier	71	10.62	23/07	rcg
2	Broothaerts Damien	83	10.92	22/06	lier
	Moral Miguel	81	10.92	24/05	resc
4	Schepens Cedric	82	11.23	03/05	resc
5	Lissassi Arnaud	76	11.33	14/06	ws
6	Guellet Yassin	74	11.41	24/05	resc
7	Vervloet Gregory	83	11.52	27/09	rcas
8	Xhonneux Frederic	83	12.02	20/09	wien
9	Xhonneux Marc	80	12.04	01/05	dcla
10	Fontenoy Serge	80	12.56	14/06	ws



**Palmarès 2003 outdoor**

200 m				
RC : 20.66				
1	Moral Miguel	81	21.67	24/05 resc
2	Broothaerts Damien	83	21.87	09/08 smac
3	Schepens Cedric	82	22.61	11/05 cabw
4	Lissassi Arnaud	76	22.78	24/05 resc
5	Vervloet Gregory	83	22.92	13/09 flac
6	Xhonneux Marc	80	23.85	16/08 vs

300 m				
RC : 34.01				
1	Moral Miguel	81	<b>34.00</b>	24/06 spvi
2	Vervloet Gregory	83	35.28	14/06 ws
3	Naif Nicolas	80	35.58	24/06 spvi
4	Payen Serge	76	36.25	01/05 duff
5	Lissassi Arnaud	76	36.40	14/06 ws
6	Strypstein Olivier	75	36.84	01/05 duff
7	Xhonneux Marc	80	37.20	14/06 ws
8	Fontenoy Serge	80	41.90	21/07 dac

400 m				
RC : 46.47				
1	Naif Nicolas	80	49.62	09/06 rflc
2	Vervloet Gregory	83	50.04	11/05 cabw
3	Payen Serge	76	50.25	21/06 cabw
4	Strypstein Olivier	75	50.42	21/07 at84
5	Xhonneux Frederic	83	51.14	20/09 wien
6	Xhonneux Marc	80	52.37	24/05 resc
7	Guellet Yassin	74	54.84	27/09 rcas

800 m				
RC : 1.48.3				
1	Levacq Corentin	81	1.54.92	29/05 acw
2	Schroeven Bruno	80	2.00.99	06/04 rcas
3	Payen Serge	76	2.02.00	12/09 abes

1000 m				
RC : 2.23.1				
1	Levacq Corentin	81	2.31.36	03/05 resc
2	Schroeven Bruno	80	2.34.13	03/05 resc
3	Schepens Patrick	75	2.45.98	03/05 resc

1500 m				
RC : 3.36.96				
1	Levacq Corentin	81	3.57.92	11/05 cabw
2	Schroeven Bruno	80	4.12.98	25/04 lebb
3	Vanneste Benny	75	4.14.52	29/08 lebb
4	Xhonneux Frederic	83	4.18.47	21/09 wien
5	Mezouari Oussama	79	4.35.51	12/07 vac
6	Roze Steven	81	4.44.76	12/07 vac
7	Xhonneux Marc	80	4.55.72	28/09 rcas
8	Vervloet Gregory	83	5.21.07	28/09 rcas
9	Guellet Yassin	74	6.21.79	28/09 rcas

Mile				
RC : 4.02.1				
1	Levacq Corentin	81	4.20.19	24/05 esc

3000 m				
RC : 7.47.22				
1	Levacq Corentin	81	9.02.72	30/08 looi

110 m haies (106 cm)				
RC : 13.48				
1	Broothaerts Damien	83	14.13	05/07 kks
2	Asselman Frank	72	15.40	23/08 rcas
3	Xhonneux Frederic	83	15.44	28/09 rcas
4	Guellet Yassin	74	16.29	28/09 rcas
5	Vervloet Gregory	83	16.45	28/09 rcas
6	Xhonneux Marc	80	18.38	06/09 lebb

400 m haies (91 cm)				
RC : 48.91				
1	Naif Nicolas	80	53.86	29/06 herv
2	Broothaerts Damien	83	56.44	13/09 flac
3	Vervloet Gregory	83	56.47	06/04 rcas

3000 m steeple				
RC : 8.24.90				
1	Schroeven Bruno	80	10.17.32	11/05 cabw
2	Xhonneux Frederic	83	10.52.69	01/10 ws
3	Vervloet Gregory	83	13.20.62	01/10 ws

Hauteur				
RC : 2m21				
1	Xhonneux Frederic	83	2m00	20/09 wien
2	Guellet Yassin	74	1m86	27/09 rcas
3	Vervloet Gregory	83	1m70	06/09 lebb
4	Xhonneux Marc	80	1m59	27/09 rcas

Longueur				
RC : 7m94				
1	Van Lancker Rudi	71	6m93	03/05 resc
2	Guellet Yassin	74	6m85	27/09 rcas

3	Xhonneux Frederic	83	6m66	20/09 wien
4	Moral Miguel	81	6m21	06/04 rcas
5	Vervloet Gregory	83	6m00	27/09 rcas
6	Xhonneux Marc	80	5m56	27/09 rcas

Triple saut				
RC : 16m86				
1	Xhonneux Frederic	83	14m79	10/08 smac
2	Guellet Yassin	74	13m38	24/05 resc
3	Vervloet Gregory	83	12m94	01/10 ws

Perche				
RC : 5m25				
1	Xhonneux Frederic	83	4m54	28/09 rcas
2	Biot Olivier	72	4m20	11/05 cabw
3	Guellet Yassin	74	3m60	24/05 resc
4	Vervloet Gregory	83	3m04	28/09 rcas
5	Xhonneux Marc	80	2m34	28/09 rcas

Poids (7,2 kg)				
RC : 15m08				
1	Guellet Yassin	74	12m85	27/09 rcas
2	Xhonneux Frederic	83	11m74	24/08 achl
3	Metens Armand	67	10m56	11/05 cabw
4	Vervloet Gregory	83	9m60	27/09 rcas
5	Xhonneux Marc	80	8m74	27/09 rcas

Disque (2 kg)				
RC : 51m56				
1	Xhonneux Frederic	83	36m63	28/09 rcas
2	Guellet Yassin	74	28m70	28/09 rcas
3	Xhonneux Marc	80	23m87	28/09 rcas
4	Vervloet Gregory	83	23m84	28/09 rcas

Javelot (800 gr)				
RC : 58m15				
1	Xhonneux Frederic	83	50m75	28/09 rcas
2	Guellet Yassin	74	47m05	28/09 rcas
3	Malherbe Didier	82	41m23	06/04 rcas
4	Vervloet Gregory	83	39m50	28/09 rcas
5	Xhonneux Marc	80	32m79	28/09 rcas

Marteau (7,2 kg)				
RC : 61m66				
1	Metens Armand	67	51m46	11/05 cabw
2	Marbais Michael	78	43m19	29/06 herv

Decathlon				
RC : 7384 p				
1	Xhonneux Frederic	83	6992 p	21/09 wien
2	Guellet Yassin	74	5594 p	28/09 rcas
3	Vervloet Gregory	83	5315 p	28/09 rcas
4	Xhonneux Marc	80	4637 p	28/09 rcas

4 x 100 m				
RC : 40.69				
Moral, Schepens, Broothaerts, Sekanyambo	41.39	11/05	cabw	

4 x 200 m				
RC : 1.25.09				
Moral, Sekanyambo, Schepens, Broothaerts	1.26.85	20/09	vs	

4 x 400 m				
RC : 3.10.2				
Naif, Lissassi, Payen, Broothaerts	3.22.51	11/05	cabw	

4 x 800 m				
RC : 7.38.0				
Payen, Dewitte, Gomez Y Montes, Levacq	7.51.08	20/09	vs	

**Masters hommes**

100 m				
RC : 12.59				
1	Hasselmans Thierry	59	<b>12.47</b>	24/06 spvi

200 m				
RC : 25.46				
1	Verheirstraeten Johnny	63	29.86	08/06 aclo

400 m				
RC : 57.21				
1	Hasselmans Thierry	59	<b>56.72</b>	08/06 aclo

800 m				
RC : 2.09.82				
1	Cowlishaw David	67	2.15.48	11/05 cabw
2	Huygens Guy	60	2.20.14	03/08 lebb
3	Verheirstraeten Johnny	63	2.23.77	24/08 rcsa
4	Van Der Perren Marc	65	2.28.79	24/08 rcsa
5	Mage Alain	57	2.36.15	24/08 rcsa

1000 m				
RC : -				
1	Huygens Guy	60	3.05.83	21/07 dac
2	Verheirstraeten Johnny	63	3.11.00	21/07 dac
3	Mage Alain	57	3.23.66	21/07 dac

**Palmarès 2003 outdoor**

1500 m		RC : 4.33.1			
1	Cowlshaw David	67	<b>4.03.93</b>	29/06	herv
2	Hasselmanns Jean-Luc	59	4.29.91	08/06	aclo
3	Huygens Guy	60	4.43.16	17/08	ea
4	Verheirstraeten Johnny	63	4.57.46	17/08	ea
5	Mage Alain	57	5.03.44	31/08	fcha

2000 m		RC : 6.13.44			
1	Hasselmanns Jean-Luc	59	<b>6.13.44</b>	30/07	ws
2	Demol Guy	53	6.24.24	24/06	spvi
3	Huygens Guy	60	6.28.88	30/07	ws

3000 m		RC : 9.44.74			
1	Hasselmanns Jean-Luc	59	10.03.32	26/10	rsca
2	Huygens Guy	60	10.04.5	12/09	csf
3	Bechet Jean-Pierre	56	10.26.74	26/10	rsca
4	Van Der Perren Marc	65	10.33.27	26/10	rsca
5	Hasselmanns Thierry	59	10.39.43	26/10	rsca
6	Verheirstraeten Johnny	63	10.58.3	12/09	csf
7	Mage Alain	57	11.07.2	12/09	csf

5000 m		RC : 16.02.69			
1	Cowlshaw David	67	16.22.62	11/05	cabw
2	Demol Guy	53	16.40.88	08/06	aclo
3	Hasselmanns Jean-Luc	59	16.58.30	17/05	csf
4	Huygens Guy	60	17.55.76	24/06	spvi
5	Verheirstraeten Johnny	63	18.01.51	02/09	rfcl
6	Mage Alain	57	21.19.78	17/05	csf

10000 m		RC : 34.24.98			
1	Demol Guy	53	34.43.54	19/10	csf
2	Hasselmanns Jean-Luc	59	36.45.68	19/10	csf
3	Bechet Jean-Pierre	56	37.05.63	19/10	csf
4	Verheirstraeten Johnny	63	44.09.33	19/10	csf

1 heure		RC : -			
1	Demol Guy	53	17.211 m	18/10	ws
2	Vander Perren Marc	65	15.744 m	18/10	ws

Hauteur		RC : 1m75			
1	Cincinatis Yves	59	1m75	08/06	aclo

Longueur		RC : 5m56			
1	Cincinatis Yves	59	<b>5m65</b>	08/06	aclo

Poids (7,26 kg)		RC : 13m68			
1	Desadeleer Christian	63	9m89	08/06	aclo

Disque (2 kg)		RC : 51m56			
1	Van Schoor Robert	46	45m43	25/06	rcsc
2	Sustelo Antonio	38	22m24	08/06	aclo

Javelot (0,8 kg)		RC : 26m15			
1	Desadeleer Christian	63	<b>50m58</b>	14/09	rfcl
2	Sustelo Antonio	38	24m22	11/10	smac

Marteau (7,26 kg)		RC : 36m16			
1	Sustelo Antonio	38	24m94	04/10	rfcl

4 x 100 m		RC : 55.76			
Verheirstraeten, Huygens, De Grootte, Mage			<b>55.36</b>	07/09	ixel

4 x 200 m		RC : 1.56.02			
Verheirstraeten, Huygens, De Grootte, Mage			<b>1.56.02</b>	07/09	ixel

4 x 400 m		RC : 4.06.10			
Verheirstraeten, Mage, Huygens, De Buyst			4.40.73	08/06	aclo

4 x 1500 m		RC : 19.21.87			
Huygens, De Grootte, Mage, Verheirstraeten			20.58.39	07/09	ixel