

# BELGIAN TEAM MAP

IAAF World Relays  
YOKOHAMA 2019  
エニソレ-ヨコハマ

TORNADOS - CHEETAHS - MIXED TEAM  
4x400M



Ligue Royale Belge d'Athlétisme - Koninklijke Belgische Atletiekbond – Royal Belgian Athletics Federation

# DELEGATION

## TEAM LEADER ATHLETE

Max De Vylder  
Cynthia Bolingo Mbongo (CABW)  
Dylan Borlée (RCB)  
Jonathan Borlée (RCB)  
Kévin Borlée (RCB)  
Hanne Claes (RESC)  
Paulien Couckuyt (AVKA)  
Lucie Ferauge (CABW)  
Camille Laus (RCB)  
Jonathan Sacoor (OEH)  
Liefde Schoemaker (MOHA)  
Robin Vanderbemden (SER)  
Julien Watrin (DAMP)

## TEAM COACH

Jacques Borlée  
Carole Kaboud Me Bam

## TEAM MEDICAL TEAM OFFICIAL

Didier Verhasselt  
Philippe Prémat (COIB/BOIC)

# FLIGHTS

**A**  
**01/05/2019**

Brussels (Zaventem) – Narita (JAP) NH232  
21.10 – 15.40 (+1)

Cynthia Bolingo Mbongo  
Paulien Couckuyt  
Lucie Ferauge  
Liefde Schoemaker  
Robin Vanderbemden  
Julien Watrin  
Carole Kaboud Me Bam  
Max De Vylder  
Didier Verhasselt

**B**  
**01/05/2019**

Los Angeles (USA) - Narita (JAP) NH175  
11.45 – 15.25 (+1)

Hanne Claes  
Camille Laus  
Kévin Borlée  
Dylan Borlée  
Jonathan Borlée  
Jacques Borlée

**C**  
**03/05/2019**

Knoxville (USA) – Washington (USA) UA5487  
10.00 – 11.33  
Washington (USA) - Narita (JAP) UA803  
12.30 – 15.25 (+1)  
Jonathan Sacoor

**A**  
**13/05/2019**

Narita (JAP) – Brussels (Zaventem) NH231 10.50 – 15.50

Cynthia Bolingo Mbongo  
Kévin Borlée  
Dylan Borlée  
Jonathan Borlée  
Hanne Claes  
Paulien Couckuyt  
Lucie Ferauge  
Camille Laus

Liefde Schoemaker  
Robin Vanderbemden  
Julien Watrin  
Carole Kaboud Me Bam  
Jacques Borlée  
Max De Vylder  
Philippe Prémat  
Didier Verhasselt

**B**  
**13/05/2019**

Narita (JAP) – Washington (USA) UA804 16.50 – 15.50  
Washington (USA) - Knoxville (USA) UA4845 17.15 – 18.58  
Jonathan Sacoor



# ATHLETES



BELGA

## CYNTHIA BOLINGO MBONGO

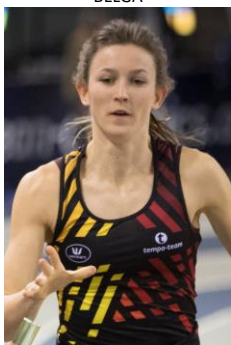
Date of birth: 12/01/1993  
Club: CABW  
Coach: Carole Kaboud Me Bam



BELGA

## HANNE CLAES

Date of birth: 04/08/1991  
Club: RESC  
Coach: Jacques Borlée



BELGA

## PAULIEN COUCKUYT

Date of birth: 19/05/1997  
Club: AVKA  
Coach: Rudi Diels



BELGA

## LUCIE FERAUGE

Date of birth: 21/04/2000  
Club: CABW  
Coach: Françoise Dethier



BELGA

## CAMILLE LAUS

Date of birth: 23/05/1993  
Club: RCB  
Coach: Jacques Borlée



SCHOEMAKER

## LIEFDE SCHOEMAKER

Date of birth: 06/12/2002  
Club: MOHA  
Coach: Arnaud Ghislain



BELGA

## BORLÉE DYLAN

Date of birth: 20/09/1992  
Club: RCB  
Coach: Jacques Borlée



BELGA

## BORLÉE JONATHAN

Date of birth: 22/02/1988  
Club: RCB  
Coach: Jacques Borlée





BELGA

### BORLÉE KÉVIN

Date of birth: 22/02/1988  
Club: RCB  
Coach: Jacques Borlée



BELGA

### JONATHAN SACOOR

Date of birth: 01/09/1999  
Club: OEH  
Coach: Jacques Borlée



BELGA

### ROBIN VANDERBENDEN

Date of birth: 10/02/1994  
Club: SER  
Coach: François Gourmet



BELGA

### JULIEN WATRIN

Date of birth: 27/03/1992  
Club: DAMP  
Coach: François Gourmet

## NATIONAL RECORDS

<b>4X400M MEN</b>	2.58.52	Julien Watrin, Dylan Borlée, Jonathan Borlée, Kévin Borlée	Rio De Janeiro (BRA)	20/08/2016
<b>4X400M WOMEN</b>	3.27.69	Cynthia Bolingo Mbongo, Hanne Claes, Justien Grillet, Camille Laus	Berne (SUI)	16/06/2018
<b>4X400M MIXED</b>	-			

## PALMARES 4X400M, NATIONAL WOMEN TEAM

1980	OG	Moscow/USRR	3.30.7 MT, 7 <sup>th</sup>
		<i>L. Alearts, R. Berg, A. Michel, R. Wallez</i>	
2010	EC	Barcelona/ESP	3.37.56, 7 <sup>th</sup> heats
		<i>A. Dauwens, E. Bogemans, W. Den Haeze, L. Cozijns</i>	
2014	EC	Zurich/SUI	3.31.82, 8 <sup>th</sup>
		<i>L. Libert, O. Borlée, K. Efonye, J. Grillet</i>	
2018	EC	Berlin/GER	3.30.62, 3.27.69 NR, 4 <sup>th</sup>
		<i>C. Laus, C. Bolingo Mbongo, J. Grillet, H. Claes</i> <i>C. Bolingo Mbongo, H. Claes, J. Grillet, C. Laus</i>	
2019	EC Ind	Glasgow/GBR	3.32.46 NR, 5 <sup>th</sup>
		<i>C. Bolingo Mbongo, H. Claes, M. Van Puyvelde, C. Laus</i>	

## PALMARES 4X400M, NATIONAL MEN TEAM

2005	Eur. Team Champ.	Leira/POR	3.08.89, 7 <sup>th</sup>
		<i>N. Duerinck – J. Borlée – K. Borlée – C. Van Branteghem</i>	
2006	Eur. Team Champ.	Prague/CZE	3.03.94, 1 <sup>st</sup>
		<i>N. Duerinck – J. Borlée – K. Borlée – C. Van Branteghem</i>	
	WC U20	Pekin/CHN	3.05.74 – 3.07.03, 5 <sup>th</sup>





- J. Panneel – K. Borlée – A. Ghislain – J. Borlée Reservist : A. Destatte  
J. Borlée - J. Panneel – A. Ghislain – K. Borlée Reservist : A. Destatte*
- 2007** **Eur. Team Champ. Munich/GER** **3.05.15, 7<sup>th</sup>**  
*K. Borlée – K. Beyens – M. Schoeps – N. Duerinck*  
**EC U20** **Hengelo/NED** **3.07.94–3.09.53, 4<sup>th</sup>**  
*A. Gillet – A. Froidmont – A. Ghislain – J. Haeck Reservist : K - J Borlée  
A. Gillet – A. Froidmont – A. Ghislain – J. Haeck Reservist : K - J Borlée*
- 2008** **Eur. Team Champ. Leira/POR** **3.03.11, 1<sup>st</sup>**  
*C. Van Branteghem – J. Borlée – K. Beyens – K. Borlée*  
**OG** **Pekin/CHN** **3.00.67–2.59.37 NR, 4<sup>th</sup>**  
*C. Van Branteghem – J. Borlée – A. Ghislain – K. Borlée Reservist: N. Duerinck  
K. Borlée – J. Borlée – C. Van Branteghem – A. Ghislain Reservist: N. Duerinck*
- 2009** **Eur. Team Champ. Bergen/NOR** **3.07.30, 1<sup>st</sup>**  
*A. Ghislain – V. Vanryckeghem – N. Duerinck – A. Gillet*  
**Universiade** **Belgrade/SER** **3.07.31–3.06.61, 4<sup>th</sup>**  
*N. Duerinck – A. Destatte – A. Froidmont – A. Gillet  
N. Duerinck – A. Destatte – A. Ghislain – A. Gillet*  
**EC U23** **Kaunas/LIT** **3.07.98–3.04.51, 4<sup>th</sup>**  
*A. Destatte – J. Haeck – V. Vanryckeghem – A. Ghislain  
A. Ghislain – J. Haeck – A. Destatte – A. Gillet*  
**WC** **Berlin/GER** **3.02.13–3.01.88, 4<sup>th</sup>**  
*A. Gillet – C. Van Branteghem – N. Duerinck – K. Borlée  
A. Gillet – K. Borlée – N. Duerinck - C. Van Branteghem*
- 2010** **WC ind** **Doha/QAT** **3.08.84–3.06.94, 2<sup>d</sup>**  
*J. Borlée – A. Gillet – N. Duerinck – K. Borlée  
C. Van Branteghem – K. Borlée – A. Gillet – J. Borlée*  
**Eur. Team Champ. Budapest/HON** **3.05.28, 1<sup>st</sup>**  
*A. Gillet – A. Ghislain – N. Duerinck – J. Borlée Reservist : A. Destatte*  
**EC** **Barcelona/ESP** **3.03.49–3.02.60, 3<sup>d</sup>**  
*A. Gillet – C. Van Branteghem – N. Duerinck – K. Borlée  
A. Destatte – K. Borlée – C. Van Branteghem – J. Borlée*
- 2011** **EC ind** **Paris/FRA** **3.06.57, 3<sup>d</sup>**  
*J. Borlée – A. Gillet – N. Duerinck – K. Borlée Reservists : A. Destatte et A. Ghislain*  
**Eur. Team Champ. Izmir/TUR** **3.01.59, 1<sup>st</sup>**  
*A. Destatte - A. Gillet - J. Borlée - K. Borlée Reservist : S. Vanhaeren*  
**EC U20** **Tallinn/EST** **3.11.39–3.10.59, 6<sup>th</sup>**  
*S. Thijs – D. Borlée – N. Invernizzi – S. Lins Reservist : S. Vanhaeren  
S. Thijs – S. Vanhaeren – S. Lins – D. Borlée Reservist : N. Invernizzi*  
**WC** **Daegu/KOR** **3.00.71–3.00.41, 5<sup>th</sup>**  
*A. Gillet – J. Borlée – N. Duerinck – K. Borlée Reservist : A. Destatte  
J. Borlée – A. Gillet – N. Duerinck – K. Borlée Reservist : A. Destatte*
- 2012** **EC** **Helsinki/FIN** **3.05.29–3.01.09, 1<sup>st</sup>**  
*N. Duerinck – A. Gillet – J. Bouckaert – K. Borlée Reservist : A. Ghislain  
A. Gillet – J. Borlée – J. Bouckaert – K. Borlée Reservist : A. Ghislain*  
**OG** **Londres/GBR** **3.01.70–3.01.83, 6<sup>th</sup>**  
*N. Duerinck – J. Borlée – A. Gillet – K. Borlée Reservist : /  
K. Borlée – A. Gillet – J. Borlée – M. Bultheel Reservist : N. Duerinck*
- 2013** **EC ind** **Goteborg/SWE** **3.07.98, 4<sup>th</sup>**  
*A. Gillet – K. Borlée – A. Ghislain – T. Rummens Reservist : /*  
**Eur. Team Champ. Dublin/IRL** **3.10.25, 2<sup>d</sup>**  
*J. Borlée – S. Thijs – A. Gillet – A. Mathijs*  
**EC U23** **Tampere/FIN** **3.07.09–3.04.90, 2<sup>d</sup>**  
*S. Thijs – S. Lins – S. Vanhaeren – D. Borlée  
S. Thijs – D. Borlée – S. Vanhaeren – J. Watrin*



	<b>EC U20</b>	<b>Rieti/ITA</b>	<b>3.12.96, heats</b>
	<i>G. Pieters — A. Scrève — B. Luycx — S. De Lange</i>		
	<b>WC</b>	<b>Moscow/RUS</b>	<b>3.00.81—3.01.02, 5<sup>th</sup></b>
	<i>A. Gillet — J. Borlée — D. Borlée — K. Borlée Réservist : A. Destatte</i>		
	<i>J. Borlée — K. Borlée — D. Borlée — W. Oyowé Réservist : A. Destatte</i>		
	<b>Franco. Games</b>	<b>Nice/FRA</b>	<b>3.06.24, 2<sup>d</sup></b>
	<i>R. Vanderbemden—A. Gillet—D. Borlée—W. Oyowé</i>		
<b>2014</b>	<b>World Relays</b>	<b>Nassau/BAH</b>	<b>3.02.79—3.02.97, 7<sup>th</sup></b>
	<i>D. Borlée — J. Borlée — J. Watrin — K. Borlée Réservist : T.Rummens</i>		
	<b>Eur. Team Champ.</b>	<b>Tallin/EST</b>	<b>3.04.93, 1<sup>st</sup></b>
	<i>K. Borlée — J. Borlée — J. Watrin — D. Borlée Réservist : D.Pecceu</i>		
	<b>WC U20</b>	<b>Eugene/USA</b>	<b>3.12.57, 17<sup>th</sup></b>
	<i>M. Rossaert — A. Scrève — A. Badji — S. De Lange Réservist : F. Laurens</i>		
	<b>EC</b>	<b>Zurich/SUI</b>	<b>3.03.83—3.02.60, 7<sup>th</sup></b>
	<i>J.Watrin — A. Gillet — M. Bultheel — K. Borlée</i>		
	<i>J.Watrin — S. Vanhaeren — M. Bultheel — K. Borlée</i>		
<b>2015</b>	<b>EC ind</b>	<b>Praha/CZE</b>	<b>3.01.96 NR-ER, 1<sup>st</sup></b>
	<i>J. Watrin — D. Borlée — J. Borlée — K. Borlée Réservist : A. Gillet</i>		
	<b>Eur. Team Champ.</b>	<b>Tallin/EST</b>	<b>3.04.93, 1<sup>st</sup></b>
	<i>K. Borlée — J. Borlée — J. Watrin — D. Borlée Réservist : D.Pecceu</i>		
	<b>World Relays</b>	<b>Nassau (BAH)</b>	<b>3.02.41—2.59.33 NR, 3<sup>d</sup></b>
	<i>D. Borlée — J. Borlée — J. Watrin — K. Borlée Réservist : S. Vanhaeren</i>		
	<b>Eur. Team Champ.</b>	<b>Tallin (EST)</b>	<b>3.04.93, 1<sup>st</sup></b>
	<i>K. Borlée — J. Borlée — J. Watrin — D. Borlée Réservist : D.Pecceu</i>		
	<b>EC U20</b>	<b>Eskilstuna (SWE)</b>	<b>3.14.71—3.14.12, 5<sup>th</sup></b>
	<i>A. Doom — C. Iguacel — D. Owusu — E. Doraene Réservist : C. Lubon</i>		
	<b>WC</b>	<b>Pékin (CHN)</b>	<b>2.59.28 NR —3.00.24, 5<sup>th</sup></b>
	<i>D. Borlée — J. Borlée — A. Gillet— K. Borlée Réservists : R. Vanderbemden — J. Watrin</i>		
	<i>J. Borlée —R.Vanderbemden — K. Borlée — A. Gillet Réservist: J. Watrin</i>		
<b>2016</b>	<b>WC ind</b>	<b>Portland (USA)</b>	<b>3.07.39 — 3.09.71, 6<sup>th</sup></b>
	<i>D. Borlée — J. Borlée — R. Vanderbemden — K. Borlée Réservist : T. Rummens</i>		
	<b>EC</b>	<b>Amsterdam (NED)</b>	<b>3.03.15 — 3.01.10, 1<sup>st</sup></b>
	<i>D. Borlée — R. Vanderbemden — J. Borlée — J. Watrin Réservist: K/ Borlée — A. Gillet</i>		
	<i>J. Watrin — J. Borlée — D. Borlée — K. Borlée Réservist: R. Vanderbemden — A. Gillet</i>		
	<b>WC U20</b>	<b>Bydgoszcz (POL)</b>	<b>3.10.78, Heats 11<sup>th</sup></b>
	<i>A. Doom — J. Cobbaert — D. Owusu — G. Huts Réservist: A. Van De Sande</i>		
	<b>OG</b>	<b>Rio de Janeiro (BRA)</b>	<b>2.59.25 NR — 2.58.52 NR, 4<sup>th</sup></b>
	<i>J. Watrin — J. Borlée — D. Borlée — K. Borlée Réservist: R. Vanderbemden — A. Gillet</i>		
	<i>J. Watrin — J. Borlée — D. Borlée — K. Borlée Réservist: R. Vanderbemden — A. Gillet</i>		
<b>2017</b>	<b>EC ind</b>	<b>Belgrade (SRB)</b>	<b>3.07.80, 2<sup>d</sup></b>
	<i>R. Vanderbemden — J. Watrin — K. Borlée — D. Borlée Réservist : J. Borlée</i>		
	<b>World Relays</b>	<b>Nassau (BAH)</b>	<b>3.05.45—3.07.14, 2<sup>d</sup> B-Final</b>
	<i>D. Borlée — J. Watrin — K. Borlée — M. Rossaert</i>		
	<b>Eur. Team Champ.</b>	<b>Vaasa (FIN)</b>	<b>3.04.87, 1<sup>st</sup></b>
	<i>A. Doom — R. Vanderbemden — J. Sacoor — M. Rossaert</i>		
	<b>EC U23</b>	<b>Bydgoszcz (POL)</b>	<b>3.08.59 — 3.06.45, 5<sup>th</sup></b>
	<i>A. Doom — C. Iguacel — A. Badji — M. Rossaert Réservist: C. Lubon</i>		
	<b>EC U20</b>	<b>Grosseto (ITA)</b>	<b>3.12.94, 9<sup>th</sup> heats</b>
	<i>S. Van Den Bergh — J. Cobbaert — G. Huts — D. Van Nieuwenhove Réservist: J. Sacoor</i>		
	<b>WC</b>	<b>Londres (GBR)</b>	<b>2.59.47 — 3.00.04, 4<sup>th</sup></b>
	<i>D. Borlée — J. Borlée — R. Vanderbemden — K. Borlée Réservist : J. Sacoor - J. Watrin</i>		
	<i>R. Vanderbemden — J. Borlée — D. Borlée — K. Borlée Réservist : J. Sacoor - J. Watrin</i>		
<b>2018</b>	<b>WC Ind</b>	<b>Birmingham (GBR)</b>	<b>3.05.22 — 3.02.51 NR, 3<sup>d</sup></b>
	<i>D. Borlée — J. Borlée — J. Sacoor — K. Borlée</i>		



	<b>WC U20</b>	<b>Tampere (FIN)</b>	<b>3.09.39 – 3.07.05, 5<sup>th</sup></b>
	<i>S. Mazebo – S. Van Den Bergh – R. Borlée – J. Sacoor</i>		<i>Reservist: T. Bras – J. Verstraete</i>
	<i>S. Van Den Bergh – J. Sacoor – S. Mazebo – R. Borlée</i>		<i>Reservist: T. Bras – J. Verstraete</i>
	<b>EC</b>	<b>Berlin (GER)</b>	<b>3.02.55 – 2.59.47 1<sup>st</sup></b>
	<i>J. Watrin - R. Vanderbemden - J. Sacoor - D. Borlée</i>		<i>Reservist: J. &amp; K. Borlée</i>
	<i>D. Borlée – J. Borlée – J. Sacoor – K. Borlée</i>		<i>Reservist: R. Vanderbemden – J. Watrin</i>
<b>2019</b>	<b>EC Ind</b>	<b>Glasgow (GBR)</b>	<b>3.06.27, 1<sup>st</sup></b>
	<i>J. Watrin - D. Borlée – J. Borlée – K. Borlée</i> <i>Reservist : A. Badji</i>		

## SCHEDULE

SATURDAY 11 MAY			SUNDAY 12 MAY		
18:38	Mixed shuttle hurdles relay	heats	18:10	Women's 4x200m	heats
19:10	Women's 4x400m	heats	18:31	Men's 4x200m	heats
19:35	Men's 4x400m	heats	<b>18:52</b>	<b>Women's 4x400m</b>	<b>FINAL (B)</b>
20:13	Women's 4x100m	heats	<b>19:05</b>	<b>Men's 4x400m</b>	<b>FINAL (B)</b>
<b>20:40</b>	<b>Mixed 2x2x400m</b>	<b>FINAL</b>	<b>19:21</b>	<b>Women's 4x400m</b>	<b>FINAL</b>
21:05	Men's 4x100m	heats	<b>19:37</b>	<b>Men's 4x400m</b>	<b>FINAL</b>
21:30	Mixed 4x400m	heats	<b>19:53</b>	<b>Mixed 4x400m</b>	<b>FINAL</b>
<b>21:55</b>	<b>Mixed shuttle hurdles relay</b>	<b>FINAL</b>	<b>20:09</b>	<b>Women's 4x200m</b>	<b>FINAL</b>
			<b>20:23</b>	<b>Men's 4x200m</b>	<b>FINAL</b>
			<b>20:37</b>	<b>Women's 4x100m</b>	<b>FINAL</b>
			<b>20:52</b>	<b>Men's 4x100m</b>	<b>FINAL</b>

## PALMARES

			Belgian selection
1	24-25/05/2014	Nassau (BAH)	1 team : men
2	02-03/05/2015	Nassau (BAH)	1 team : men
3	22-23/04/2017	Nassau (BAH)	1 team : men
4	11-12/05/2019	Yokohama (JAP)	3 teams : women, men, mixed

## BELGIAN PALMARES

	Total	Gold	Silver	Bronze	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	B-Final 1 <sup>st</sup>	B-Final 2 <sup>d</sup>
2014 Nassau	0									1	
2015 Nassau	1			1							
2017 Nassau	0										1
<b>Total</b>	<b>1</b>			<b>1</b>							

## BELGIAN TOP 8

Gold Medal

-

Silver Medal

-



### Bronze Medal

1.	2015	Dylan Borlée, Julien Watrin, Jonathan Borlée, Kévin Borlée	4x400m	2.59.33 NR
4 <sup>th</sup> place	-	-	-	-
5 <sup>th</sup> place	-	-	-	-
6 <sup>th</sup> place	-	-	-	-
7 <sup>th</sup> place	-	-	-	-
8 <sup>th</sup> place	-	-	-	-

### B-FINAL

1 <sup>st</sup>				
1	2014	Dylan Borlée, Jonathan Borlée, Julien Watrin, Kévin Borlée	4x400m	3.02.97
2 <sup>d</sup>				
1	2017	Dylan Borlée, Julien Watrin, Michaël Rossaert, Kévin Borlée	4x400m	3.07.14

### ALL BELGIAN RESULTS

#### MEN

4x400m	2015	Final	3 <sup>d</sup> : 2.59.33 NR (D.Borlée, J.Watrin, J.Borlée, K.Borlée)
	2014	B-Final	1 <sup>st</sup> : 3.02.97 (D.Borlée, J.Borlée, J.Watrin, K.Borlée)
	2017	B-Final	2 <sup>st</sup> : 3.07.14 (D.Borlée, J.Watrin, M.Rossaert, K.Borlée)

#### WOMEN

-

## ROYAL BELGIAN ATHLETICS FEDERATION



Avenue de Marathonlaan 119B – 1020 Brussel – Bruxelles  
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[belgian.athletics@skynet.be](mailto:belgian.athletics@skynet.be)

