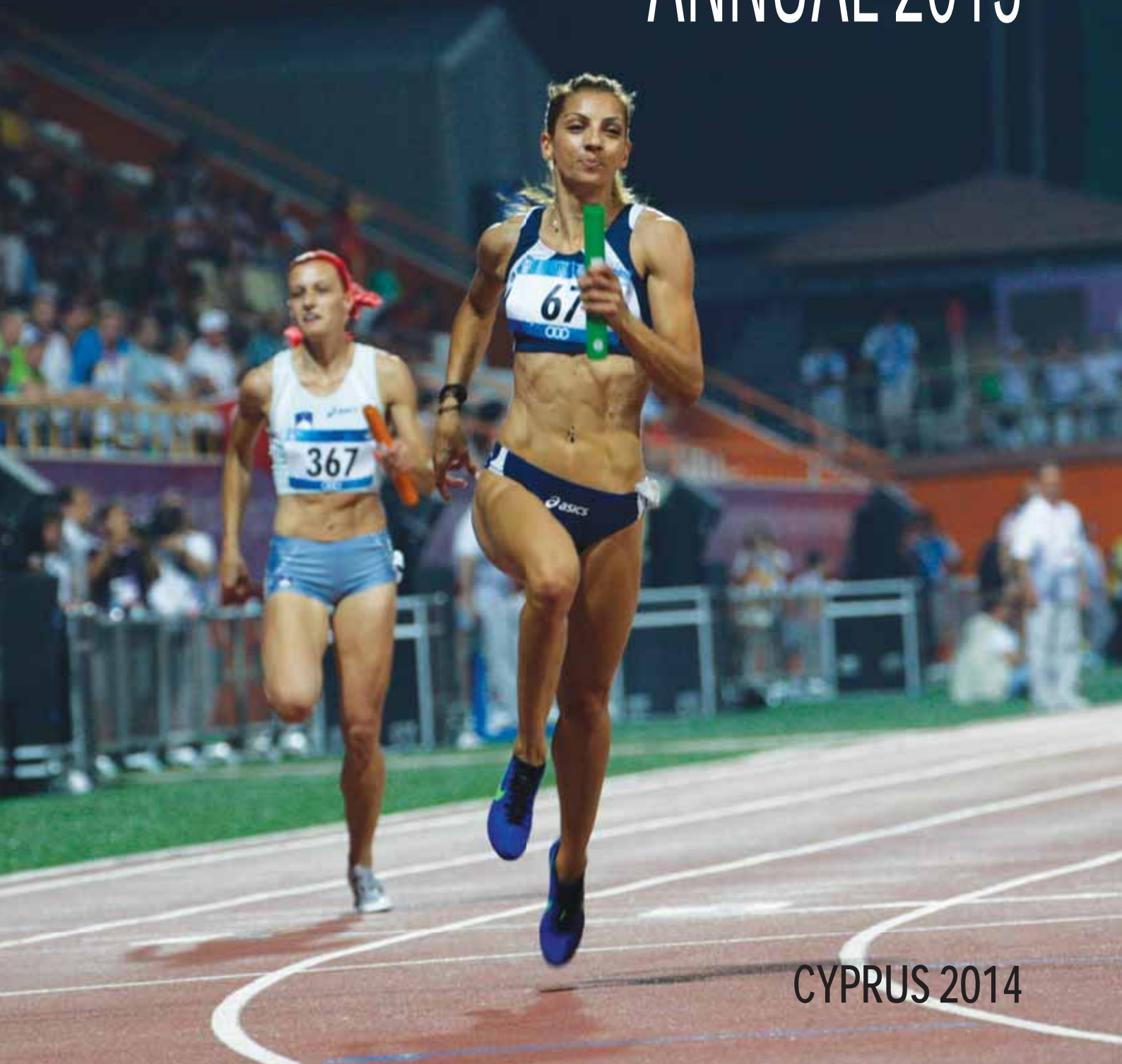




# CYPRUS ATHLETICS ANNUAL 2013



CYPRUS 2014

# Στηρίζουμε κάθε αγώνα για τον Αθλητισμό.

Γιατί ο Αθλητισμός είναι τρόπος ζωής.



μία εταιρία  
μία ιδέα  
**καλό για όλους**

Η δημιουργία αθλητικής υποδομής και η ανάπτυξη του αθλητισμού ήταν πάντα προτεραιότητα για την ΟΠΑΠ Κύπρου. Εδώ και 42 χρόνια στηρίζει πληθώρα σωματείων και ομοσπονδιών με σκοπό την προώθηση του αθλητικού ιδεώδους.



- Η ΟΠΑΠ Κύπρου και η Κυπριακή Ολυμπιακή Επιτροπή βράβευσαν τον Κύπριο Αργυρό Ολυμπιονίκη, Πάυλο Κοντίδη, που γέμισε με περηφάνεια το κυπριακό κοινό



- Διαχρονική στήριξη στην Κυπριακή Ολυμπιακή Επιτροπή και τους αθλητές που εκπροσώπησαν την Κύπρο στους Ολυμπιακούς και Παραολυμπιακούς Αγώνες του 2012



- Χορηγία σε δώδεκα προσφυγικά σωματεία, ποδοσφαίρου και πετόσφαιρας, αναγνωρίζοντας τη σπουδαιότητα και το ρόλο τους στον κυπριακό αθλητισμό και στην κοινωνία



- Η ΟΠΑΠ ΚΥΠΡΟΥ για όγδοη συνεχή χρονιά παρέχει ποδοσφαιρικές στολές στη Συνομοσπονδία Τοπικών Ομοσπονδιών Κύπρου, που αποτελεί σημαντικό παράγοντα για τη διάδοση του ποδοσφαίρου στην Κύπρο



# CYPRUS ATHLETICS ANNUAL 2013

Incorporating the «TEN BEST» PERFORMERS  
OF ALL-TIME AND NATIONAL RECORDS

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**Front cover:** Eleni Artymata

**Back cover:** The 4X100 Relay Team silver medallists in Mersin Mediterranean Games  
and Nektaria Panayi Gold medalist in Long Jump in Mersin

# Executive Council

<b>President:</b>	Antonios	G. DRACOS
<b>Vice President:</b>	Georgios	MITSIDES
<b>Gen. Secretary:</b>	Tonis	KATTIDES
<b>Treasurer:</b>	Kostakis	MITSIDES
<b>Members:</b>	Soteres	ADAMOU
	Sofocles	CHARALAMBIDES
	Takis	EFTHYVOULOU
	Criton	GEORGIADES
	Elenitsa	GEORGIOU (Mrs)
	Kalli	HADJIOSIF (Mrs)
	Demos	KALLINICOU
	Georgios	LOUROUTZIATES
	Dinos	MICHAELIDES
	Elias	PITSILLIDES
	Neocles	THOMA
<b>Director:</b>	Antonis	GEORGALLIDES

# THE MEMBER CLUBS OF THE A.A.A. OF CYPRUS (KOEAS)



## **G.S. OLYMPIA – LIMASSOL**

Founded in 1892

President: NEOCLES THOMA

Gen. Secretary: AKIS LAMBROU



## **G.S. PANCYPRIA – NICOSIA**

Founded in 1894

President: THEODOROS IOANNIDES

Gen Secretary: GEORGIOS MITSIDES



## **G.S. ZENON – LARNACA**

Founded in 1896

President: ANDREAS ZACHARIOU

Gen. Secretary: ELIAS PITSILLIDES



## **G.S. KOROIVOS – PAPHOS**

Founded in 1896

President: DEMOS KALLINICOU

Gen Secretary: LAKIS CHRISTODOULOU



## **G.S. EVAGORAS – FAMAGUSTA**

Founded in 1918

President: SOFOCLES CHARALAMBIDES

Gen Secretary: AKIS HADJIHAMBIS

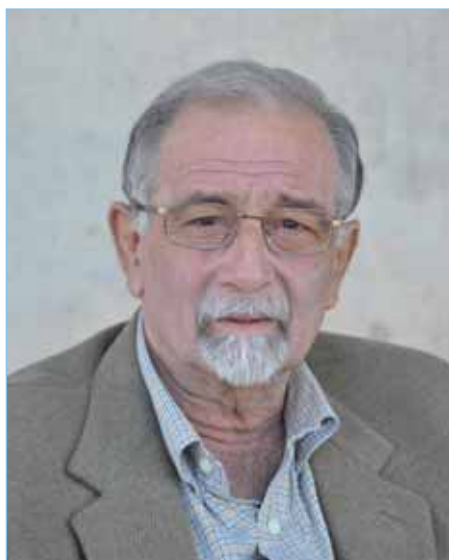


## **G.S. PRAXANDROS – KYRENIA**

Founded – in 1919

President: SOTERES ADAMOU

Gen. Secretary: CRITON GEORGIADES



***Antonios G. Dracos***

The year 2013 proved to have been one of the best in the long history of our sport in Cyprus.

In spite of the relegation to the third league of the European Team Championships the overall performance of the athletes composing the team was more than promising having regard to the complete dominance of the events in the Games of the Small States of Europe which were held in Luxembourg.

As it is widely known Cyprus has been subjected to unprecedented measures in order to tackle the collapse of the country's economy.

Naturally the athletic activity suffered the consequences of those measures both in the financing of the participation in competitions as well as the facilitating the preparation for such participation.

The solidarity shown by the European Olympic Committee as well as the State of Luxembourg will never be forgotten.

Strengthened and encouraged by the said solidarity the athletes of our country showed their quality and ability with great performances which awarded them with two gold, one silver and one bronze medal in the Mediterranean Games in Mersin, Turkey one gold in the U16 European Olympic Days in Utrecht, Belgium and the year ended with the most excellent success of the Schools' Team in the World Gymnasiade held in Brazilia where two golds, one silver and one bronze were added to the Medal Collection of the Year.

Noticeable fact: All medals were won by female athletes of the National Team which shows how the women of Cyprus learned to respond to difficult times.

Antonios G. Dracos  
President KOEAS

## YEAR LISTS 2013 / MEN

<b>100M.</b>						
10.47/1.3	Panagiotis	IOANNOU	07.09.84	1	Lefkosia	12.06.13
10.54/0.6		IOANNOU		1h1	Lefkosia	12.06.13
10.56/2.0	Vasilis	POLYKARPOU	02.12.88	3	Thiva	24.07.13
10.75/0.5		IOANNOU		5	Kaunas	21.06.13
10.76/1.1	Christos	HADJIANGELIDIS	10.02.91	1	Lefkosia	17.05.13
10.76/1.3	Michalis	CHARALAMBOUS	04.01.88	2	Λευκωσία	12.06.13
10.77/0.2		IOANNOU		11	Mersin	27.06.13
10.77/0.3		CHARALAMBOUS		2h1	Tel-Aviv	03.07.13
10.78/0.7		CHARALAMBOUS		4	Tel-Aviv	03.07.13
10.79/1.1		CHARALAMBOUS		2	Lefkosia	17.05.13
10.82/1.1		POLYKARPOU		3	Lefkosia	17.05.13
10.83/0.0		CHARALAMBOUS		1	Luxemburg	28.05.13
10.84		POLYKARPOU		2h2	Kaunas	21.06.13
10.87/1.4		CHARALAMBOUS		1	Lefkosia	19.04.13
10.90/0.6		POLYKARPOU		2h1	Lefkosia	12.06.13
10.90/1.3		POLYKARPOU		4	Lefkosia	12.06.13
10.93/-0.2		CHARALAMBOUS		1h2	Luxemburg	28.05.13
10.96/1.1	Filippos	SPASTRIS	31.07.89	5	Lefkosia	17.05.13
10.96/-1.5		POLYKARPOU		1	Larnaca	04.07.13
10.97		CHARALAMBOUS		6h3	Kaunas	21.06.13
10.99/1.1	Ali	ASAD	18.08.95	6	Lefkosia	17.05.13
11.04/1.1	Georgios	ANDREOU	27.04.95	7	Lefkosia	17.05.13
11.04/1.3		ASAD		5	Lefkosia	12.06.13
11.04/1.3		ANDREOU		6	Lefkosia	12.06.13

### Wind Assisted

10.76/+2.9	Michalis	CHARALAMBOUS	01.01.88	2h2	Lefkosia	12.06.13
10.84/+2.6		CHARALAMBOUS		1	Lefkosia	09.05.13
10.88/+3.2	Georgios	AVRAAM	27.11.92	1	Lefkosia	28.06.13
10.91/+2.7	Andreas	HADJITHEORIS	26.10.95	4	Lefkosia	17.05.13
10.92/+2.6	Christos	HADJIANGELIDIS	10.02.91	2	Lefkosia	09.05.13
10.94/+3.2	Haris	KOUTRAS	08.06.92	2	Lefkosia	28.06.13
10.98/+2.6	Riginos	MENELAOU	28.09.92	3	Lefkosia	09.05.13

## YEAR LISTS 2013 / MEN

### 200M.

21.77/0.0	Panagiotis	IOANNOU	07.09.84	6	Kaunas	23.06.13
21.82/0.2	Georgios	AVRAAM	27.11.92	1	Thiva	24.07.13
22.19/1.5	Kriton	KYRIAKIDES	17.04.92	2h2	Luxemburg	30.05.13
22.23/0.5	Christos	HADJIANGELIDIS	10.02.91	1	Lefkosia	19.05.13
22.26/0.5		KYRIAKIDES		2	Lefkosia	19.05.13
22.28/0.5		AVRAAM		3	Lefkosia	19.05.13
22.29/0.5	Kyriakos	ANTONIOU	13.05.90	4	Lefkosia	19.05.13
22.34/0.5	Riginos	MENELAOU	28.09.92	5	Lefkosia	19.05.13
22.46/-0.1	Ali	ASAD	18.08.95	1	Lefkosia	12.04.13
22.58/1.6		ASAD		1	Lefkosia	10.05.13
22.60/1.3		ADAD		3	Athina	24.04.13
22.62/0.5	Georgios	ANDREOU	27.04.95	6	Lefkosia	19.05.13
22.62/-1.6	Christos	HADJITHEORIS	31.10.92	1	Lefkosia	02.06.13

### Wind Assisted

21.63/+3.9	Georgios	AVRAAM	27.11.92	1	Lefkosia	28.06.13
21.75/+2.9	Panagiotis	IOANNOU	07.09.84	1	Lefkosia	13.06.13
21.87/+2.9		AVRAAM		2	Lefkosia	13.06.13
22.06/+2.9		AVRAAM		1h2	Lefkosia	13.06.13
22.08/+2.9	Michalis	CHARALAMBOUS	04.01.88	3	Lefkosia	13.06.13
22.08/+2.9	Riginos	MENELAOU	28.09.92	4	Lefkosia	13.06.13
22.11/+2.9	Kriton	KYRIAKIDES	17.04.92	3	Luxemburg	01.06.13
22.17/+2.9	Michalis	CHARALAMBOUS		2h2	Lefkosia	13.06.13
22.20/+3.9	Andreas	HADJITHEORIS	26.10.95	2	Lefkosia	28.06.13
22.24/+2.9	Konstantinos	CHRISTOU	03.02.91	5	Lefkosia	13.06.13
22.24/+3.9	Christos	HADJITHEORIS	31.10.92	3	Lefkosia	28.06.13
22.26/+2.4		MENELAOU		1h1	Lefkosia	13.06.13
22.33/+2.9	Georgios	ANDREOU	27.04.95	6	Lefkosia	13.06.13
22.53/+2.9		ANDREOU		3h2	Lefkosia	13.06.13
22.57/+2.9		HADJITHEORIS		7	Lefkosia	13.06.13
22.59/+2.4		IOANNOU		2h1	Lefkosia	13.06.13





*Panayiotis Ioannou (701) winning the 100 m. in the Championships followed by Vasilis Polycarpou (801) and Haris Koutras (401)*



*Panayiotis Ioannou (701) winning the 100 m*

*Panayiotis Ioannou winning the 200 m. also with Georgios Avraam, Michael Charalambous and Riginos Menelaou in the 2nd, 3rd and 4th place following*

## YEAR LISTS 2013 / MEN

### 400M.

46.83	Georgios	AVRAAM	27.11.92	1h4 o.c.	Athina	20.07.13
47.90	Riginos	MENELAOU	28.09.92	6	Kaunas	21.06.13
48.13		AVRAAM		4 o.c.	Athina	20.07.13
48.22		AVRAAM		1	Larnaca	04.07.13
48.30		MENELAOU		1	Lefkosia	12.06.13
48.30		MENELAOU		3	Tel-Aviv	03.07.13
48.51	Kyriakos	ANTONIOU	13.05.90	1	Lefkosia	17.05.13
48.75		AVRAAM		5	Chania	08.06.13
48.76		ANTONIOU		2h3	Athina	20.07.13
48.79		AVRAAM		2	Lefkosia	17.05.13
48.89	Kriton	KYRIAKIDES	17.04.92	3	Lefkosia	17.05.13
49.02		AVRAAM		1	Lefkosia	09.05.13
49.06		KYRIAKIDES		1	Lefkosia	10.05.13
49.07		ANTONIOU		7	Athina	20.07.13
49.08		MENELAOU		4	Lefkosia	17.05.13
49.12		ANTONIOU		4h1	Luxemburg	28.05.13
49.13		ANTONIOU		5	Luxemburg	30.05.13
49.17		AVRAAM		3	Lefkosia	12.06.13
49.26		AVRAAM		3h2	Luxemburg	28.05.13
49.56		ANTONIOU		4	Athina	11.05.13
49.66	Onisiforos	ANASTASIOU	27.05.95	2	Larnaca	04.07.13
49.67	Andreas	MICHARA	07.07.94	3	Larnaca	04.07.13
49.70	Paisios	DIMITRIADES	16.07.97	1	Larnaca	04.07.13
49.77	Christos	HADJITHEORIS	31.10.92	2	Lefkosia	09.05.13

### 800M.

1.47.56	Amine	KHADIRI	20.11.88	7	Oordegem	06.07.13
1.48.31		KHADIRI		3	Thiva	24.07.13
1.50.35		KHADIRI		3	Ljubliana	13.07.13
1.50.68		KHADIRI		1	Lefkosia	19.05.13
1.50.8		KHADIRI		1	Lefkosia	28.06.13
1.51.20		KHADIRI		1	Lefkosia	13.06.13
1.51.73(i)	Christos	DIMITRIOU	22.09.93	2o.c.	Piraeus	17.02.13



*Christos Demetriou (1.51.73i)*



*Theofanis Michaelas (1.53.11)*



*Andreas Michara (1.51.9)*



*Christoforos Protopapas (9.22.74, 3000st.)*

## YEAR LISTS 2013 / MEN

1.51.79		DIMITRIOU		4	Tel-Aviv	04.07.13
1.51.85		DIMITRIOU		22	Tampere	11.07.13
1.51.86(i)		DIMITRIOU		2	Piraeus	10.02.13
1.51.9	Andreas	MICHARA	07.07.94	2	Lefkosia	28.06.13
1.52.20		MICHARA		2	Lefkosia	19.05.13
1.52.45		DIMITRIOU		2	Lefkosia	13.06.13
1.52.65		DIMITRIOU		o.c.	Athina	20.07.13
1.52.93		MICHARA		3	Lefkosia	13.06.13
1.53.11	Theofanis	MICHAELAS	26.11.91	3	Lefkosia	19.05.13
1.53.15		KHADIRI		1	Luxemburg	28.05.13
1.53.60		DIMITRIOU		6	Kaunas	23.06.13
1.53.65		MICHAELAS		1	Athina	12.05.13
1.55.05		DIMITRIOU		5h2	Nikaia	10.09.13
1.55.63	Manouel	MODESTOU	03.07.94	4	Lefkosia	19.05.13
1.56.3		MODESTOU		3	Lefkosia	28.06.13
1.56.33(i)		DIMITRIOU		1h2	Piraeus	17.02.13
1.56.43	Christos	ZACHARIOU	17.09.96	4	Brazilia	02.12.13
1.56.56(i)		MICHAELAS		2h2	Piraeus	17.02.13
1.56.73		ZACHARIOU		1	Lefkosia	12.04.13
1.56.96		MICHARA		1	Lefkosia	10.05.13
1.57.00		MICHAELAS		5	Luxemburg	28.05.13
1.57.00		MODESTOU		4	Lefkosia	13.06.13
1.57.40		MODESTOU		8	Warendorf.	15.09.13
1.57.66	Lefteris	ELIA	17.05.97	5	Lefkosia	19.05.13
1.57.73		ZACHARIOU		5	Lefkosia	13.06.13
1.57.81		ZACHARIOU		2	Athina	24.04.13
1.58.8		ZACHARIOU		1	Lemosos	15.03.13
1.59.11		ZACHARIOU		2	Lefkosia	10.05.13
1.59.31	Christoforos	PROTOPAPAS	07.06.88	6	Lefkosia	19.05.13
1.59.69		MODESTOU		3	Lefkosia	10.05.13
1.59.77		ZACHARIOU		1	Tripoli	26.07.13

## YEAR LISTS 2013 / MEN

### 1500M.

3.51.15	Amine	KHADIRI	20.11.88	5	Kaunas	22.06.13
3.52.74	Theofanis	MICHAELAS	26.11.91	5	Athina	20.07.13
3.54.20		KHADIRI		1	Luxemburg	30.05.13
3.54.78		KHADIRI		1	Lefkosia	12.06.13
3.54.89		MICHAELAS		3	Serres	15.06.13
3.57.22(i)		MICHAELAS		2	Piraeus	16.02.13
3.57.62		MICHAELAS		1	Lefkosia	17.05.13
3.58.05		MICHAELAS		1	Athina	11.05.13
3.58.17		MICHAELAS		4	Luxemburg	30.05.13
4.02.47	Nikolas	FRANGO	12.04.94	3	Lefkosia	12.06.13
4.03.25	Andreas	MICHARA	07.07.94	4	Lefkosia	12.06.13
4.03.60	Christoforos	PROTOPAPAS	07.06.88	2	Lefkosia	17.05.13
4.04.38	Manuel	MODESTOU	03.07.94	6	Lefkosia	12.06.13
4.04.84		FRANGO		1	Lefkosia	02.06.13
4.04.90		FRANGO		1	Larnaca	04.07.13
4.05.01		MICHARA		1	Lefkosia	09.05.13
4.06.18		MODESTOU		3	Nafplio	25.05.13
4.07.59		FRANGO		11	Warendorf	15.09.13
4.07.65		FRANGO		3	Lefkosia	17.05.13
4.09.18		MODESTOU		2	Lefkosia	09.05.13
4.09.82	Christos	ZACHARIOU	17.09.96	1	Tripoli	25.07.13
4.10.14		FRANGO		3	Lefkosia	09.05.13
4.10.29	Lefteris	ELIA	17.05.97	2	Tripoli	25.07.13
4.11.00		ZACHARIOU		1	Larnaca	04.07.13
4.03.54	Marius-Marian	BUSCA (ROM)	27.08.79	5	Nicosia	12.06.13

## YEAR LISTS 2013 / MEN

5000M.						
15.27.68	Nikolas	FRANGO	12.04.94	8	Kaunas	22.06.13
15.28.07		FRANGO		1	Lefkosia	13.06.13
15.40.97	Rafael	NIKODIMOU	01.08.92	1	Thessaloniki	01.06.13
15.42.31		NIKODIMOU		3	Lefkosia	13.06.13
15.45.44	Marios	APOSTOLIDIS	03.07.90	4	Lefkosia	13.06.13
15.46.88		FRANGO		2	Nafplio	28.05.13
15.55.51	Christoforos	PROTOPAPAS	07.06.88	5	Lefkosia	13.06.13
16.01.89	Panagiotis	PANAGIOTOU	26.03.94	14	Warendorf	14.09.13
16.04.21		NIKODIMOU		2	Lefkosia	19.05.13
16.09.43		FRANGO		1	Lefkosia	10.05.13
16.22.10	Fivos	CONSTANTINOU	27.05.81	6	Lefkosia	13.06.13
16.27.40	Georgios	TOFI	26.10.91	3	Lefkosia	19.05.13
16.34.66	Marios	APOSTOLIDIS		3	Thessaloniki	01.06.13
16.42.53	Constantinos	TIMINIS	25.09.91	7	Lefkosia	13.06.13
15.26.50	Kassahum	AHMET (ETHIOPIA)	09.02.81	6	Luxemburg	28.05.13
15.28.62	Marius-Marian	BUSCA(ROMANIA)	27.08.79	2	Lefkosia	13.06.13



*Nicos Frangou leading Marius Busca and Rafael Nikodimou in the 5000m. race*

# YEAR LISTS 2013 / MEN

## 10000M.

33.05.64	Rafael	NIKODIMOU	01.08.92	2	Lefkosia	19.04.13
33.37.06	Charalambos	CHARALAMBOUS	24.11.94	3	Lefkosia	19.04.13
33.48.86	Fivos	CONSTANTINOU	27.05.81	4	Lefkosia	19.04.13
34.11.97	Christoforos	PROTOPAPAS	07.06.88	5	Lefkosia	19.04.13
35.26.46	Constantinos	TIMINIS	25.09.91	6	Lefkosia	19.04.13
35.33.37	Christos	ANASTASIOU	24.09.93	7	Lefkosia	19.04.13
37.14.36	Michael	KEENAN	05.03.74	8	Lefkosia	19.04.13
32.01.80	Kassahum	AHMET (Ethiopia)	08.02.81	6	Luxemburg	01.06.14

## HALF MARATHON

1.14.18	Leonidas	IOANNOU	08.11.90	7	Trikala	07.04.13
1.16.57	Fivos	CONSTANTINOU	27.05.81	45	Sacramento	08.12.13
1.18.19	Michael	KEENAN	05.03.74	3	Larnaca	27.01.13
1.18.43		IOANNOU		18	Athina	31.03.13
1.19.24		IOANNOU		4	Larnaca	27.01.13
1.20.49	Panagiotis	STYLIANOU	31.10.66	5	Larnaca	27.01.13
1.21.38	Chrysanthos	ANTONIOU	11.12.64	22	Thessaloniki	19.10.13
1.22.12	Constantinos	CONSTANTINIDIS	26.03.77	4	Lemesos	24.03.13
1.23.02	Costas	PATINIOS	02.10.71	6	Larnaca	27.01.13
1.24.23	Charalambos	IOANNOU	11.01.79	7	Larnaca	27.01.13
1.12.29	Kassahum	AHMET (ETH)	09.02.81	1	Larnaca	27.01.13
1.17.21	Marius-Marian	BUSCA (ROM)	27.08.79	2	Larnaca	27.01.13

## MARATHON

2.33.14	Fivos	CONSTANTINOU	27.05.83	47	Sacramento	08.12.13
2.42.54	Michael	KEENAN	05.03.74	2	Lemesos	24.03.13
2.50.08	Panagiotis	STYLIANOU	31.10.66	3	Lemesos	24.03.13
2.51.38	Charalambos	IOANNOU	11.01.79	4	Lemesos	24.03.13
3.00.30	Chrysanthos	ANTONIOU	11.12.64	101	Athina	10.11.13
3.09.42		ANTONIOU		5	Lemesos	24.03.13
3.10.42	Andreas	EFSTATHIOU	1978	17	Lemesos	24.03.13
3.13.02	Panagiotis	KOUMIS	08.12.77	6	Lemesos	24.03.13
2.27.51	Kassahum	AHMET (ETH)	08.02.81	1	Lemesos	24.03.13

## YEAR LISTS 2013 / MEN

<b>110M.H.</b>						
13.67/0.8	Milan	TRAJKOVIC	17.03.92	1	Kaunas	23.06.13
13.83/1.8		TRAJKOVIC		1	Lefkosia	12.06.13
13.92/-1.1		TRAJKOVIC		3h2	Tampere	11.07.13
14.03/0.0		TRAJKOVIC		1	Luxemburg	30.05.13
14.22/-0.4		TRAJKOVIC		8	Tampere	13.07.13
14.36/0.2		TRAJKOVIC		1	Lefkosia	19.04.13
14.47/1.8	Alexandros	STAVRIDIS	13.04.89	2	Lefkosia	12.06.13
14.60/1.6		STAVRIDIS		5	Chania	08.06.13
15.06/1.8	Elvis-Elly	KRYOUKOV	01.03.92	3	Lefkosia	12.06.13
15.22/1.8	Andreas	LANITIS	07.03.95	4	Lefkosia	12.06.13
15.79/0.6	Anastasios	VASILIOU	27.04.97	5	Lefkosia	12.06.13
16.02/-1.7	Christos	CHRISTOFOROU	22.08.88	4	Athina	11.05.13
16.08/0.2		LANITIS		3o.c.	Lefkosia	19.04.13
17.03/0.6	Markos	AVRAAM	17.06.96	8	Lefkosia	12.06.13
17.32/0.6	Marios	IAKOVOU	06.05.96	9	Lefkosia	12.06.13

### Wind Assisted

13.94/+2.7	Milan	TRAJKOVIC	17.03.92	1	Lefkosia	17.05.13
15.02/+2.7	Elvis-Elly	KRYOUKOV	01.03.92	2	Lefkosia	17.05.13
15.25/+2.7	Andreas	LANITIS	07.03.95	3	Lefkosia	17.05.13

### Hand Timing

13.5/1.6	Milan	TRAJKOVIC	17.03.92	2	Chania	08.06.13
15.0/-2.3	Elvis-Elly	KRYOUKOV	01.03.92	D	Lefkosia	02.06.13
15.9/-2.3	Christos	CHRISTOFOROU	22.08.88	D	Lefkosia	02.06.13
16.5/-2.0	Andreas	CHRISTODOULOU	26.10.95	D	Lefkosia	02.06.13
16.7/-2.3	Savvas	SAWA	11.10.87	D	Lefkosia	02.06.13
15.95/0.6	Alexandros	GILUNG(Romania)	28.07.95	6	Lefkosia	12.06.13
16.09/0.6	Lucy	ELEMO (NIG)	25.09.83	7	Lefkosia	12.06.13





*Milan Trajkovic with 13.67 became the new recordman*

## YEAR LISTS 2013 / MEN

### 400m.H

52.04	Minas	ALOZIDIS	08.01.84	1	Thiva	24.07.13
53.65	Neofitos	GEORGIOU	25.05.92	7	Kaunas	22.06.13
54.06		GEORGIOU		3	Thiva	24.06.13
54.28	Aris	XOUFARIDIS	11.04.88	2	Luxemburg	30.05.13
54.52		GEORGIOU		1	Lefkosia	13.06.13
54.67		GEORGIOU		1	Athina	02.06.13
54.81		GEORGIOU		1	Lefkosia	19.05.13
55.52	Nikolas	NEOKLEOUS	08.05.89	2	Lefkosia	19.05.13
55.91	Alexandros	STAVRIDIS	13.04.89	2	Lefkosia	13.06.13
56.06	Anastasios	VASILIOU	27.04.97	3	Lefkosia	19.05.13
56.06		STAVRIDIS		1	Larnaca	04.07.13
56.16		VASILIOU		3	Lefkosia	13.06.13
56.56		VASILIOU		1	Lefkosia	10.05.13
56.65	Michalis	ANDREOU	21.06.96	4	Lefkosia	13.06.13
57.34	Nikos	PAPAPETROU	23.10.94	2	Lefkosia	10.05.13
57.57		PAPAPETROU		5	Lefkosia	13.06.13

### 3000M. STEEPLE

9.22.74	Christoforos	PROTOPAPAS	07.06.88	1	Patra	11.05.13
9.33.53		PROTOPAPAS		1	Lefkosia	12.06.13
9.41.44		PROTOPAPAS		8	Kaunas	23.06.13
10.00.26	Constantinos	TIMINIS	25.09.91	3	Thessaloniki	01.06.13
10.03.24	Panagiotis	PANAGIOTOU	28.03.94	2	Lefkosia	12.06.13
10.03.8	Charalambos	CHARALAMBOUS	24.11.94	1	Lefkosia	17.05.13
10.08.36		TIMINIS		3	Lefkosia	12.06.13
10.09.71	Christos	KALLIS	07.04.98	4	Lefkosia	12.06.13
10.10.0		TIMINIS		2	Lefkosia	17.05.13
10.12.18	Christos	ANASTASIOU	24.09.93	5	Lefkosia	12.06.13
10.14.73	Marios	APOSTOLOU	13.06.94	6	Lefkosia	12.06.13
10.18.1		ANASTASIOU		3	Lefkosia	17.05.13
10.35.33	Stylianos	ELIA	04.12.95	7	Lefkosia	12.06.13
10.37.4		ELIA		4	Lefkosia	09.05.13
10.37.55		APOSTOLOU		1	Lefkosia	09.05.13
10.37.56		ELIA		2	Lefkosia	09.05.13

## YEAR LISTS 2013 / MEN

LONG JUMP						
7.45/1.9	Christodoulos	THEOFILOU	03.04.92	1	Lefkosia	19.05.13
7.42/-0.3		THEOFILOU		2	Lefkosia	13.06.13
7.39/0.5	Georgios	POULLOS	05.04.95	1	Lefkosia	12.04.13
7.31/0.0		POULLOS		3	Lefkosia	13.06.13
7.28/0.1		THEOFILOU		1	Luxemburg	30.05.13
7.24/1.2	Zacharias	ARNOS	24.11.86	2	Lefkosia	19.05.13
7.22/1.4	Panagiotis	ANDREOU	30.06.96	1	Larnaca	04.07.13
7.17/1.6		THEOFILOU		2o.c.	Kaunas	21.06.13
7.17/-0.1		POULLOS		1	Lefkosia	28.06.13
7.16/1.7		THEOFILOU		6	Chania	08.06.13
7.15/-0.4		ANDREOU		6	Brasilia	29.11.13
7.12/-0.1		THEOFILOU		3	Lefkosia	28.06.13
7.11/1.4	Grigoris	KYPROU	25.09.94	3	Lefkosia	19.05.13
7.03		POULLOS		2	Athina	24.04.13
7.03	Periklis	KLEOVOULOU	01.03.93	2o.c.	Nafplio	28.05.13
7.03/1.7		ANDREOU		1	Tripoli	26.07.13
7.00/1.8		ANDREOU		4	Lefkosia	13.06.13
6.99/1.7		KYPROU		5	Lefkosia	13.06.13
6.97		KLEOVOULOU		1o.c.	Lefkosia	19.04.13
6.95/-0.8		POULLOS		19	Rietti	19.07.13
6.94/1.3		ANDREOU		2	Lefkosia	09.05.13
6.89/2.0		KYPROU		3	Lefkosia	09.05.13
6.88/0.3	Christos	CHRISTOFOROU	22.08.88	2o.c.	Athina	12.05.13
6.85/0.2	Petros	CHRISTOFOROU	24.10.93	4	Lefkosia	19.05.13
6.85/-0.2		ARNOS		5	Luxemburg	30.05.13

### Wind Assisted

7.56/+2.7	Periklis	KLEOVOULOU	01.03.93	1	Lefkosia	13.06.13
7.44/+2.5	Christodoulos	THEOFILOU	03.04.92	2o.c.	Kaunas	21.06.13
7.32/+3.2	Georgios	POULLOS	07.04.95	1	Lefkosia	28.06.13
7.13/+2.7	Panagiotis	ANDREOU	30.06.96	1	Tripoli	26.07.13
7.12/+2.7		KLEOVOULOU		2	Lefkosia	28.06.13
7.10/+4.4		ANDREOU		4	Lefkosia	13.06.13
7.07/+3.5		POULLOS		1	Lefkosia	09.05.13

## YEAR LISTS 2013 / MEN

HIGH JUMP						
2.18	Vasilis	CONSTANTINOU	13.09.92	1	Lefkosia	19.05.13
2.17		CONSTANTINOU		15Q1	Tampere	11.07.13
2.16(i)		CONSTANTINOU		5o.c.	Piraeus	16.02.13
2.12		CONSTANTINOU		1	Luxemburg	01.06.13
2.10(i)		CONSTANTINOU		3	Piraeus	10.02.13
2.10		CONSTANTINOU		1	Athina	11.05.13
2.05		CONSTANTINOU		6	Kaunas	22.06.13
2.00	Georgios	CONSTANTINOU	23.09.95	1	Paphos	06.03.13
2.00	Giannis	ANANIADIS	12.06.96	1	Lefkosia	12.06.13
2.00	G.	CONSTANTINOU		2	Lefkosia	12.06.13
2.00		ANANIADIS		1	Tripoli	25.07.13
1.95	G.	CONSTANTINOU		1	Lefkosia	11.04.13
1.95		ANANIADIS		2	Lefkosia	19.05.13
1.95	G.	CONSTANTINOU		4	Warendorf	14.09.13
1.94(i)	Christos	CHRISTOFOROU	22.08.88	H	Piraeus	17.02.13
1.93	Elvis-Elly	KRYOUKOV	01.03.92	D	Lefkosia	01.06.13
1.92		ANANIADIS		1	Lemesos	15.03.13
1.90	Paris	MICHAELIDIS	21.01.93	1	Lemesos	01.04.13
1.90		ANANIADIS		2	Lefkosia	11.04.13
1.90		ANANIADIS		1	Lefkosia	09.05.13
1.90		MICHAELIDIS		3	Lefkosia	19.05.13
1.90		KRYOUKOV		4	Lefkosia	19.05.13
1.90		KRYOUKOV		3	Lefkosia	12.06.13
1.90		MICHAELIDIS		4	Lefkosia	12.06.13
1.90	Emilios	XENOFONTOS	27.11.86	4	Lefkosia	12.06.13
1.89	G.	CONSTANTINOU		5	Athina	24.04.13
1.88		ANANIADIS		1	Larnaca	04.07.13
1.85	G.	CONSTANTINOU		2	Lefkosia	09.05.13
1.85	Petros	KIRISAWAS	02.07.97	6	Lefkosia	19.05.13
1.85		CHRISTOFOROU		D	Lefkosia	01.06.13
1.85		KIRISAWAS		6	Lefkosia	12.06.13
1.85		KIRISAWAS		4	Tripoli	25.07.13

## YEAR LISTS 2013 / MEN

### TRIPLE JUMP

16.06/1.5	Panagiotis	VOLOU	01.09.91	3	Kaunas	23.06.13
16.02(j)	Zacharias	ARNOS	24.11.86	2o.c.	Piraeus	17.02.13
15.95/0.0		VOLOU		1	Lefkosia	12.06.13
15.93/0.6		VOLOU		1	Luxemburg	01.06.13
15.80/-0.2		VOLOU		6Q1	Tampere	13.07.13
15.79/0.6		VOLOU		9	Tampere	14.07.13
15.71/0.6		VOLOU		4	Chania	08.06.13
15.65/1.4		VOLOU		1	Lefkosia	17.05.13
15.58/1.8		ARNOS		2	Lefkosia	17.05.13
15.35/0.6		ARNOS		2	Lefkosia	12.06.13
15.30/-0.8		ARNOS		2	Luxemburg	01.06.13
14.59/0.5	Longinos	ACHILLEOS	10.06.96	1	Tripoli	25.07.13
14.49/2.0	Chrysovalantis	THEOULI	13.05.89	3	Lefkosia	17.05.13
14.45/1.9		ACHILLEOS		1	Lefkosia	10.05.13
14.45/0.0	Panagiotis	ANDREOU	30.06.96	1	Larnaca	05.07.13
14.42/0.0		ACHILLEOS		2	Larnaca	05.07.13
14.36/1.2	Georgios	POULLOS	05.04.95	2	Lefkosia	10.05.13
14.30/-0.1		ACHILLEOS		3	Lefkosia	12.06.13
14.19/1.6		ANDREOU		2	Tripoli	25.07.13
14.09		ACHILLEOS		5	Athina	24.04.13
14.04/1.6		ANDREOU		4	Lefkosia	17.05.13
13.92/1.2	Andreas	CHARALAMBOUS	05.04.94	4	Lefkosia	12.06.13
13.91/1.6		ANDREOU		5	Lefkosia	12.06.13
13.90/-0.2		ACHILLEOS		1	Lefkosia	11.04.13
13.65/1.6	Christos	FILAKTIDIS	20.01.93	5	Lefkosia	17.05.13

### Wind Assisted

15.76/+3.2	Zacharias	ARNOS	24.11.86	1	Athina	11.05.13
15.53/+3.2		ARNOS		2	Luxemburg	01.06.13
15.48/+2.2		ARNOS		1	Lefkosia	27.03.13
14.98/+2.3	Longinos	ACHILLEOS	10.06.96	3	Lefkosia	12.06.13
13.77/+2.2	Panagiotis	ANDREOU	30.06.96	3	Lefkosia	18.05.13

## YEAR LISTS 2013 / MEN

POLE VAULT						
5.40(i)	Nikandros	STYLIANOU	22.08.89	1	Thessaloniki	23.02.13
5.40(i)		STYLIANOU		20	Gotenburg	02.03.13
5.40		STYLIANOU		3	Kaunas	23.06.13
5.38(i)		STYLIANOU		1	Thessaloniki	09.02.13
5.35		STYLIANOU		3	Athina	21.07.13
5.30(i)		STYLIANOU		4	Piraeus	17.02.13
5.23		STYLIANOU		7	Athina	18.05.13
5.20(i)		STYLIANOU		1	Thessaloniki	02.02.13
5.15		STYLIANOU		1	Luxemburg	28.05.13
5.10(i)		STYLIANOU		1	Thessaloniki	26.01.13
5.10(i)		STYLIANOU		3	Piraeus	10.02.13
4.90		STYLIANOU		1	Lefkosia	12.06.13
4.70		STYLIANOU		Q	Athina	21.07.13
4.60(i)		STYLIANOU		Q	Piraeus	17.02.13
4.50(i)	Christos	CHRISTOFOROU	22.08.88	H	Piraeus	17.02.13
4.50		STYLIANOU		1	Serres	28.09.13
4.40		CHRISTOFOROU		3o.c.	Athina	11.05.13
4.30	Dimitris	HOULOS	24.01.95	1	Lefkosia	10.05.13
4.20(i)		CHRISTOFOROU		8	Piraeus	02.02.13
4.20	Neofitos	DIMITRIOU	07.11.89	1	Lemosos	01.04.13
4.20	Andreas	EFSTATHIOU	28.08.81	2	Lemosos	01.04.13
4.20		HOULOS		1	Lefkosia	19.05.13
4.20	Argiris	SOCRATOUS	19.07.93	2	Lefkosia	19.05.13
4.20	Savvas	SAWA	11.10.87	3	Athina	25.05.13
4.20		CHRISTOFOROU		2	Lefkosia	12.06.13
4.20		HOULOS		3	Lefkosia	12.06.13
4.10		SAWA		D	Lefkosia	02.06.13
4.00		DIMITRIOU		1o.c.	Lefkosia	27.03.13
4.00		SOCRATOUS		3	Lemosos	01.04.13
4.00		HOULOS		1	Lefkosia	12.04.13
4.00		DIMITRIOU		3	Lefkosia	19.05.13
4.00	Vasilis	NEOFITOU	09.10.14	4	Lefkosia	19.05.13
4.00		DIMITRIOU		4	Lefkosia	12.06.13



*Nikandros Stylianou (5.40)*

## YEAR LISTS 2013 / MEN

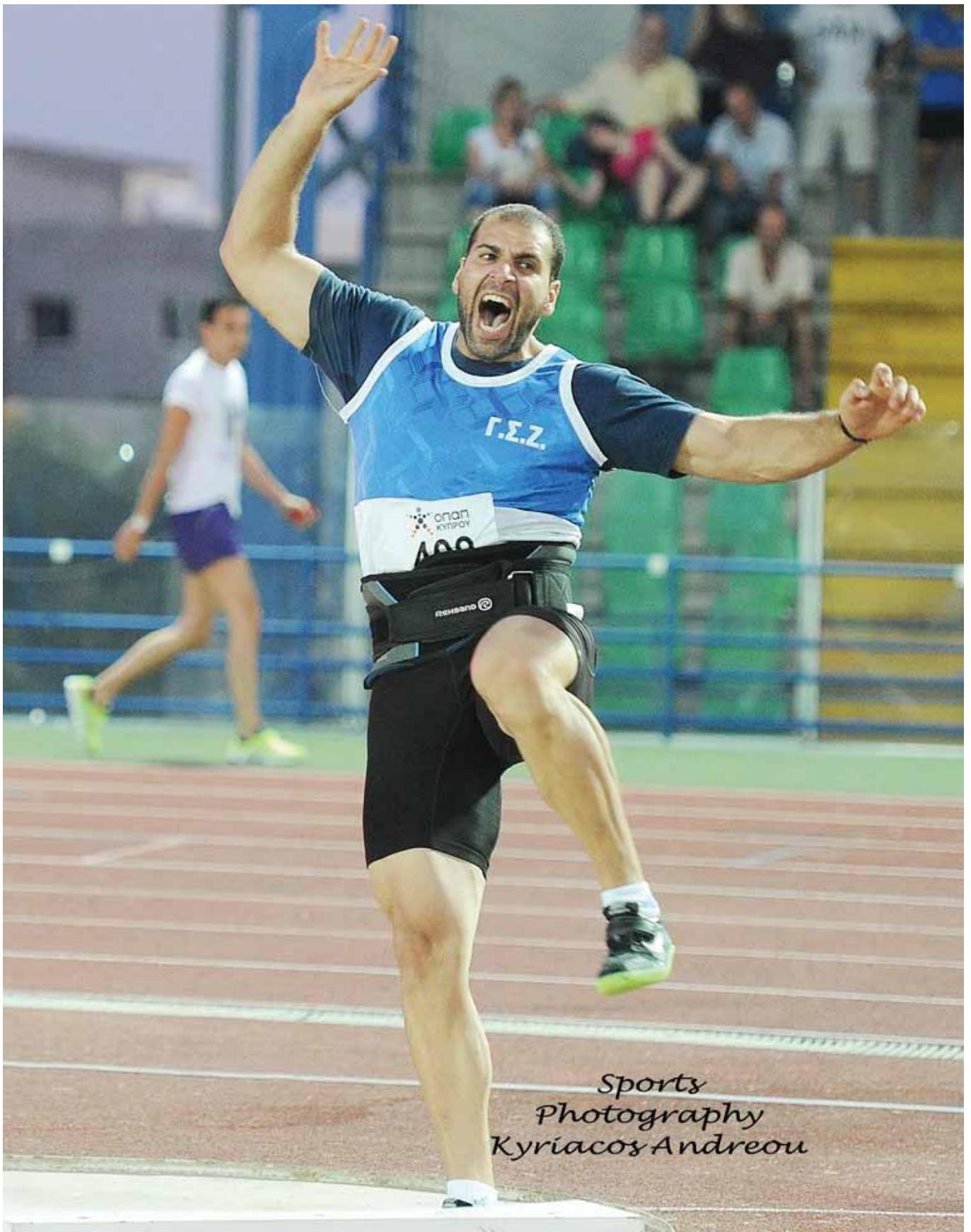
### SHOT PUT

18.88	Georgios	ARESTIS	27.12.81	1	Lefkosia	08.03.13
18.70		ARESTIS		1	Larnaca	25.03.13
18.19		ARESTIS		6	Kaunas	22.06.13
17.81		ARESTIS		1	Nikiti Gr.	14.07.13
17.77		ARESTIS		1	Lefkosia	19.05.13
17.77		ARESTIS		1	Lefkosia	13.06.13
17.04		ARESTIS		4	Luxemburg	28.05.13
16.04	Michalis	LAMBROU	18.10.93	2	Lefkosia	13.06.13
15.79	Petros	MITSIDES	12.12.77	3	Lefkosia	13.06.13
15.47		MITSIDES		1	Lefkosia	10.05.13
15.29		MITSIDES		2	Lefkosia	08.03.13
15.14		MITSIDES		2	Lefkosia	19.05.13
15.05		LAMBROU		2	Lefkosia	10.05.13
15.04	Dimitris	HADJICHARALAMBOUS	10.08.92	4	Lefkosia	13.06.13
15.01		HADJICHARALAMBOUS		1	Lefkosia	27.03.13
15.01		MITSIDES		6	Nikiti Gr.	14.07.13
14.78		HADJICHARALAMBOUS		3	Lefkosia	08.03.13
14.77	Stavros	STAVROU	10.02.93	3	Lefkosia	19.05.13
14.56	Constantinos	STATHELAKOS	30.12.87	5	Lefkosia	13.06.13
14.44		HADJICHARALAMBOUS		4	Lefkosia	19.05.13
14.42		STAVROU		4	Lefkosia	08.03.13
14.36		STAVROU		6	Lefkosia	13.06.13
14.27		STAVROU		4	Nafplio	28.05.13
13.80		LAMBROU		5	Lefkosia	19.05.13
13.40	Ioannis	IOANNOU	08.02.94	1	Lefkosia	01.04.13
13.15	Elvis	KRYOUKOV	01.03.92	D	Lefkosia	01.06.13

### DISCUS THROW

62.48	Apostolos	PARELLIS	24.07.85	1	Lefkosia	08.03.13
60.17		PARELLIS		1	Kaunas	23.06.13
59.91		PARELLIS		1	Lefkosia	12.06.13
59.84		PARELLIS		19	Moscow	11.08.13
59.40		PARELLIS		7	Mersin	27.06.13
59.11		PARELLIS		2	Luxemburg	30.05.13
58.97		PARELLIS		1	Lefkosia	17.05.13
56.57	Michalis	KLATSIAS	12.11.92	2	Lefkosia	12.06.13
54.65	Petros	MITSIDES	12.12.77	2	Lefkosia	08.03.13
54.64	Orestis	ANTONIADES	10.07.85	1	Chania	08.06.13
53.58		MITSIDES		3	Lefkosia	12.06.13
53.38		ANTONIADES		4	Lefkosia	12.06.13
53.28		KLATSIAS		18	Tampere	12.07.13
53.03		ANTONIADES		2	Lefkosia	17.05.13
52.33		MITSIDES		2	Lefkosia	09.05.13
52.06		MITSIDES		1	Lefkosia	27.03.13
51.80	Andreas	CHRISTOU	14.04.93	20.c.	Lefkosia	27.03.13
50.92		MITSIDES		3	Lefkosia	17.05.13
50.87		MITSIDES		7	Nikiti Gr.	14.07.13
50.85		ANTONIADES		2	Tel-Aviv	04.07.13
50.73	Frangiskos	FRANGISKOU	22.02.82	3	Lefkosia	08.03.13
50.63		CHRISTOU		1	Lemosos	01.04.13





*Georgios Arestis lead the shot put list*

## YEAR LISTS 2013 / MEN

50.45		FRANGISKOU		2	Lefkosia	27.03.13
50.37		FRANGISKOU		3	Lefkosia	09.05.13
50.28		CHRISTOU		4	Lefkosia	17.05.13
50.23		FRANGISKOU		5	Lefkosia	17.05.13
49.49		CHRISTOU		4	Lefkosia	09.05.13
49.44	Giutae	KIRMIZAN	1987	5o.c.	Lefkosia	12.06.13
47.95		FRANGISKOU		8	Nikiti Gr.	14.07.13
47.43		FRANGISKOU		5	Lefkosia	12.06.13
46.47		CHRISTOU		4	Lefkosia	08.03.13
40.46	Rafael	ANTONIOU	04.08.95	6	Lefkosia	12.06.13

### JAVELIN THROW

65.55	Michalis	KAKOTAS	07.05.92	1	Lefkosia	19.05.13
62.72		KAKOTAS		1	Lefkosia	10.05.13
62.42	Constantinos	STAVROU	20.05.89	1	Lefkosia	13.06.13
62.00	Panagiotis	KALOGIROU	26.08.76	2	Lefkosia	13.06.13
61.34		KAKOTAS		3	Lefkosia	13.06.13
61.02		STAVROU		1	Lefkosia	12.07.13
59.40		KAKOTAS		1	Lefkosia	27.03.13
58.95		STAVROU		3	Iraklio	01.06.13
57.43		KAKOTAS		5	Luxemburg	01.06.13
56.78	Dimitris	ASSIOTIS	14.10.89	2	Lefkosia	19.05.13
55.62	Andreas	CHRISTODOULOU	26.10.95	3	Lefkosia	19.05.13
55.58	Constantinos	AFXENTIOU	07.06.82	4	Lefkosia	13.06.13
55.57	Marios	GEORGIU	01.03.94	1	Lefkosia	10.05.13
55.53		STAVROU		8	Kaunas	23.06.13
54.63		CHRISTODOULOU		2	Lefkosia	10.05.13
54.43		CHRISTODOULOU		D	Lefkosia	02.06.13
54.25		ASSIOTIS		6	Lefkosia	13.06.13
54.13		ASSIOTIS		2	Lefkosia	27.03.13
54.02	Georgios	SKAYIAS	17.01.95	3	Lefkosia	10.05.13
54.62	Rosen	ANTONOV (BUL)	1986	5	Λευκωσία	13.06.13

## YEAR LISTS 2013 / WOMEN

### HAMMER THROW

68.80	Constantinos	STATHELAKOS	30.12.87	2	Kaunas	22.06.13
68.61		STATHELAKOS		1	Lefkosia	13.06.13
67.92	Alexandros	POURSANIDIS	23.01.93	8	Tampere	13.07.13
67.49		STATHELAKOS		3	Nikiti Gr.	14.07.13
67.26		STATHELAKOS		7	Mersin	28.06.13
67.20		POURSANIDIS		2	Lefkosia	13.06.13
66.44		POURSANIDIS		1	Lefkosia	19.05.13
66.32		POURSANIDIS		12Q	Tampere	11.07.13
66.23		POURSANIDIS		1	Lefkosia	10.05.13
66.18		STATHELAKOS		2	Tripoli Gr.	25.05.13
63.20	Michalis	KOLOKOTRONIS	08.12.90	3	Tripoli Gr.	25.05.13
62.65	Petros	SOFIANOS	15.03.82	5	Nikiti Gr.	14.07.13
62.37		KOLOKOTRONIS		6	Nikiti Gr.	14.07.13
62.30		SOFIANOS		1	Lefkosia	19.04.13
62.20		KOLOKOTRONIS		2	Athina	12.05.13
61.91		KOLOKOTRONIS		3	Athina	20.07.14
61.74		SOFIANOS		2	Lefkosia	10.05.13
61.43		SOFIANOS		1	Lefkosia	27.03.13
61.43		KOLOKOTRONIS		3	Lefkosia	13.06.13
61.03	Dimitris	ELIA	26.10.91	1	El Paso	23.03.13
59.27		ELIA		9	Austin	28.03.13
58.48	Stellos	KAZAKEOS	03.03.94	4	Lefkosia	13.06.13
58.20		KAZAKEOS		2o.c.	Lefkosia	19.04.13
57.81		ELIA		2	Houston	10.05.13
57.65		ELIA		5	Lefkosia	13.06.13
56.72		ELIA		3	El Paso	13.04.13
55.43		KAZAKEOS		2	Lefkosia	27.03.13
55.01		ELIA		38	Austin	25.05.13
53.25		ELIA		24	Des Moines	29.04.13
47.46	Pavlos	KITROMILIDIS	09.09.96	6	Lefkosia	13.06.13
46.61		KITROMILIDIS		3	Lefkosia	19.05.13
46.03	Genethlis	STAVROU	03.08.87	1	Lemesos	01.04.13

## YEAR LISTS 2013 / MEN

### DECATHLON

6561p.	Elvis-Elly	KRYOUKOV	01.03.92	1	Lefkosia	1-2.06.13
	(11.1-6.79-13.15-1.93-52.7/15.0-37.71-3.40-44.44-5.10.0)					
6070p.	Christos	CHRISTOFOROU	22.08.88	2	Lefkosia	1-2.06.13
	(11.3-6.78-10.63-1.85-53.7/15.9-30.56-3.90-39.82-5.10.3)					
6.030p.	Savvas	SAWA	11.10.87	3	Lefkosia	1-2.06.13
	(11.7-6.46-12.07.1.80-55.4/16.7-36.97-4.10-43.05-5.10.9)					
5.838p.	Andreas	CHRISTODOULOU	26.10.95	4	Lefkosia	1-2.06.13
4.543p.	Alexandros	PETSAS	27.07.93	6	Lefkosia	1-2.06.13
4.250p.	Andronikos	HADJICHRISTODOULOU	12.06.95	7	Lefkosia	1-2.06.13
3.814p.	Christos	PAPADOPOULOS	31.01.97	8	Lefkosia	1-2.06.13
5.421p.	Alexandros	GILUNG (ROM)	1995	5	Lefkosia	1-2.06.13
	(11.4-6.36-8.79-1.85-53.6/16.6-23.07-2.70-38.95-4.50.6)					

### RELAY 4 X 100M.

41.36	National Team Men			7	Kaunas	22.06.13
	(Ali Asad-Michalis Charalambous-Vasilis Polykarpou-Panagiotis Ioannou)					
42.22	G.S.Olympia Club Team Men			1	Lefkosia	12.06.13
	(Antonis Elia-Milan Trajkovic-Andreas Chrysanthou-Michalis Charalambous)					
43.10	G.S.Evagoras Club Team Junior Men			1	Lefkosia	10.05.13
	(Orestis Charalambus-Georgios Poullos-Andreas Hadjitheoris-Stefanos Karacostas)					
43.30	G.S.Evagoras Club Team Junior Men			2	Lefkosia	12.06.13
	(Orestis Charalambus-Panagiotis Andreou-Andreas Hadjitheoris-Stefanos Karacostas)					
43.34	G.S.Pancyprian Club Team Junior Men			2	Lefkosia	09.05.13
	(Michalis Gangos-Stefanos Kokonis-Stefanos Petsas-Ali Asad)					
43.53	G.S.Evagoras Club Team Junior Men			1	Lefkosia	17.05.13
	(Orestis Charalambus-Christos Kosta-Andreas Hadjitheoris-Georgios Poullos)					
43.69	G.S.Korivos Club Team Men			3	Lefkosia	12.06.13
	(Yiannis Pergantis-Onisiforos Anastasiou-Kirillos Georgiou-Panagiotis Ioannou)					
43.75	G.S.Pancyprian Club Team U18			1	Larnaka	04.07.13
	(Ioannis Christofides-Michalis Andreou-Michalis Gangos-Stefanos Petsas)					

## YEAR LISTS 2013 / MEN

### RELAY 4 X 400M.

3.13.55	National Team Men (Kriton Kyriakides-Georgios Avraam-Riginos Menelaou-Kyriakos Antoniou)	1	Luxemburg	01.06.13
3.13.73	National Team Men (Kyriakos Antoniou-Stefanos Anastasiou-Georgios Avraam-Riginos Menelaou)	5	Kaunas	23.06.13
3.20.52	G.S.Praxandros Club Team Men (Marios Iacovou-Stefanos Anastasiou-Kyriakos Antoniou-Riginos Menelaou)	1	Lefkosia	13.06.13
3.21.40	G.S.Pancyria Club Team Men (Kyriakos Kanaris-Andreas Michara-Charalambos Tsigaridis-Christos Dimitriou)	1	Lefkosia	19.05.13
3.22.98	G.S.Pancyria Club Team Men (Michalis Andreou-Kyriakos Kanaris-Andreas-Michara-Christos Dimitriou)	2	Lefkosia	13.06.13
3.23.00	National Team Boys U18 (Michalis Chrysostomou-Avgoustinos Ioannou-Paisios Dimitriades-Constantinos Pountoukides)	1	Tripoli Gr.	26.07.13
3.23.84	G.S.Evagora Club Team Men (Manuel Modestou-Theofanis Michaelas-Christos-Hadjitheoris-Georgios Avraam)	2	Lefkosia	19.05.13
3.24.54	G.S.Olympia Club Team Men (Michalis Chrysostomou-Nikos Papapetrou-Neofitos Georgiou-Constantinos Christou)	3	Lefkosia	19.05.13



*The Praxandros of Kyrenia 4X400 relay Champion team composed by R. Menelaou, K. Antoniou, St. Anastasiou and M. Iacovou*

## YEAR LISTS 2013 / WOMEN

<b>100M.</b>						
11.41/0.5	Eleni	ARTYMATA	16.05.86	2	Kaunas	22.06.13
11.55/-0.7		ARTYMATA		3	Mersin	27.06.13
11.57/0.0	Ramona	PAPAIOANNOU	15.06.89	1	Luxemburg	28.05.13
11.62/1.3		PAPAIOANNOU		1	Chania	18.05.13
11.62/1.6		PAPAIOANNOU		1	Lefkosia	12.06.13
11.65/-0.3		PAPAIOANNOU		1h1	Luxemburg	28.05.13
11.66/0.0		PAPAIOANNOU		1	Thiva	24.07.13
11.68/-0.4		ARTYMATA		1h1	Mersin	27.06.13
11.73/-0.4		PAPAIOANNOU		1h1	Lefkosia	12.06.13
11.76/-0.3		PAPAIOANNOU		4h2	Mersin	27.06.13
11.76/0.5	Paraskevi	ANDREOU	15.01.97	1	Utrecht	16.07.13
11.77/1.1		ANDREOU		1h4	Rietti	18.07.13
11.78/1.1		ANDREOU		1s2	Brazilia	29.11.13
11.82/0.7		ANDREOU		1h2	Utrecht	15.07.13
11.88/-1.6		ANDREOU		1	Brazilia	29.11.13
11.89/-0.7		PAPAIOANNOU		7	Mersin	27.06.13
11.90/1.6		ANDREOU		2	Lefkosia	12.06.13
11.92/0.5		ANDREOU		2h2	Luxemburg	28.05.13
11.94/1.4		ANDREOU		1h2	Lefkosia	12.06.13
12.01/0.5		ANDREOU		1	Lefkosia	12.04.13
12.01/0.5	Olivia	FOTOPOULOU	20.12.96	2	Lefkosia	12.04.13
12.02/1.4		ANDREOU		1	Lefkosia	17.05.13
12.02/-1.0		ANDREOU		4s1	Rietti	18.07.13
12.06/-2.1	Dimitra	KYRIAKIDOU	26.04.96	1	Larnaca	04.07.13
12.07/-2.1		ANDREOU		2	Larnaca	04.07.13
12.09/0.7		KYRIAKIDOU		1	Tripoli Gre.	25.07.13
12.13/1.4	Nikoletta	NIKOLETTOU	31.07.86	2h2	Lefkosia	12.06.13
12.15/0.1		FOTOPOULOU		1	Athina	24.04.13
12.15/-1.0		ANDREOU		8	Rietti	19.07.13
12.17/0.8		FOTOPOULOU		2s1	Brazilia	29.11.13
12.19/1.6		NIKOLETTOU		3	Lefkosia	12.06.13
12.22/1.4		NIKOLETTOU		2	Lefkosia	17.05.13
12.23/0.7	Marianna	PISIARA	10.05.97	3o.c.	Tripoli Gre.	25.07.13
12.24/0.0		NIKOLETTOU		4	Thiva	24.07.13
12.26/-1.6		FOTOPOULOU		6	Brazilia	29.11.13
12.32/1.4		NIKOLETTOU		3	Tel-Aviv	03.07.13
12.35/1.4	Theodosia	CHRISTOU	03.09.92	3	Lefkosia	17.05.13

### Wind Assisted

11.73/+2.3	Paraskevi	ANDREOU	15.01.97	1s1	Utrecht	16.07.13
12.01/+3.8	Dimitra	KYRIAKIDOU	27.04.96	1	Lefkosia	09.05.13



*Ramona Papaioannou had her best season ever with 11.57, 23.59 and both finals in the Mediterranean Games and silver medallist in the 4X100 relay team*

## YEAR LISTS 2013 / WOMEN

<b>200M.</b>						
23.15/-0.4	Eleni	ARTYMATA	16.05.86	1	Kaunas	23.06.13
23.18/-1.8		ARTYMATA		1	Mersin	26.06.13
23.20/1.7		ARTYMATA		1	Lefkosia	13.06.13
23.59/-1.3		ARTYMATA		1h2	Mersin	26.06.13
23.59/0.4	Ramona	PAPAIANOANNOU	15.06.89	2	Thiva	24.07.13
23.66/-1.8		PAPAIANOANNOU		5	Mersin	26.06.13
23.77/-1.4		PAPAIANOANNOU		3h1	Mersin	26.06.13
23.85/1.0		PAPAIANOANNOU		1h1	Luxemburg	30.05.13
24.07/-0.1		ARTYMATA		42	Moscow	15.08.13
24.72/1.7	Dimitra	KYRIAKIDOU	26.04.96	2	Lefkosia	13.06.13
24.77/0.5		KYRIAKIDOU		2h2	Luxemburg	30.05.13
24.88/-0.4		KYRIAKIDOU		1	Athina	24.04.13
24.95/0.4	Nikoletta	NIKOLETTOU	31.07.86	3	Thiva	24.07.13
24.97/-1.0		KYRIAKIDOU		1	Lefkosia	12.04.14
24.97/-0.1		KYRIAKIDOU		20	Riети	19.07.13
25.00/-0.5		KYRIAKIDOU		1	Larnaca	05.07.13
25.01/1.5		KYRIAKIDOU		1	Lefkosia	19.05.13
25.01/-1.6		KYRIAKIDOU		1	Tripoli Gre.	26.07.13
25.04/-0.9		KYRIAKIDOU		2s1	Brazilia	02.12.13
25.07		KYRIAKIDOU		1	Lefkosia	10.05.13
25.07/0.6		KYRIAKIDOU		5	Brazilia	03.12.13
25.19/0.6		KYRIAKIDOU		1h1	Lefkosia	11.04.13
25.19/-0.6		NIKOLETTOU		1o.c.	Athina	12.05.13
25.21/1.7	Kalliopi	KOUNTOURI	07.07.97	3	Lefkosia	13.06.13
25.22/1.5		NIKOLETTOU		2	Lefkosia	19.05.13
25.24/1.7		NIKOLETTOU		4	Lefkosia	13.06.13
25.35/0.4		NIKOLETTOU		3	Tel-Aviv	03.07.13
25.50/-0.5		KOUNTOURI		2	Larnaca	05.07.13
25.62/1.5		KOUNTOURI		3	Lefkosia	19.05.13
25.63/-1.6		KOUNTOURI		3	Tripoli Gre.	26.07.13
25.67/0.9	Pinelopi	KOLOKOUNDIA	14.07.95	1h2	Lefkosia	11.04.13
25.81(i)		NIKOLETTOU		2o.c.	Piraeus	17.02.13
25.86		KOUNTOURI		2	Lefkosia	10.05.13
25.93/1.5	Stella	NIKOLAOU	25.06.96	4	Lefkosia	19.05.13
26.00/1.7		NIKOLAOU		5	Lefkosia	13.06.13
26.07(i)		NIKOLETTOU		1h4	Piraeus	17.02.13
26.07/-1.0		KOLOKOUNDIA		2	Lefkosia	12.04.13
26.09/0.9		NIKOLAOU		2h2	Lefkosia	11.04.13
26.40		NIKOLAOU		3	Lefkosia	10.05.13
26.44/-0.5		NIKOLAOU		3	Larnaca	05.07.13
26.54/1.7	Sofia	MICHAEL	15.05.96	6	Lefkosia	13.06.13

### Assisted Wind

23.40/+4.2	Ramona	PAPAIANOANNOU	15.06.89	1	Luxemburg	01.06.13
24.37/+4.2	Dimitra	KYRIAKIDOU	26.04.96	3	Luxemburg	01.06.13



## YEAR LISTS 2013 / WOMEN

400M.						
55.69	Kalliopi	KOUNTOURI	07.07.97	5	Utrecht	17.07.13
55.76		KOUNTOURI		1	Tripoli Gre.	25.07.13
55.78		KOUNTOURI		2	Brazilia	30.11.13
55.95		KOUNTOURI		5	Kaunas	22.06.13
56.24		KOUNTOURI		2h1	Utrecht	15.07.13
56.30		KOUNTOURI		1	Lefkosia	12.06.13
56.36		KOUNTOURI		1	Athina	24.04.13
56.36		KOUNTOURI		1	Larnaca	04.07.13
56.41		KOUNTOURI		1	Lefkosia	12.04.13
56.46		KOUNTOURI		3	Luxemburg	30.05.13
56.97		KOUNTOURI		1	Lefkosia	17.05.13
57.21		KOUNTOURI		2s1	Brazilia	29.11.13
57.50	Natalia	EVANGELIDOU	10.03.91	1	Lefkosia	19.04.13
58.31		KOUNTOURI		1	Lefkosia	09.05.13
58.83	Elena	STEFANOU	28.04.90	2	Lefkosia	17.05.13
58.90		STEFANOU		2	Lefkosia	12.06.13
59.23		STEFANOU		2	Lefkosia	19.04.13
59.66	Paraskevoula	THRASIVOULOU	21.02.94	5h2	Athina	20.07.13
60.67		THRASIVOULOU		8	Thesaloniki	01.06.13
60.71		THRASIVOULOU		6h2	Serres	15.06.13
60.78		THRASIVOULOU		3h3	Larisa	29.06.13
60.93	Stella	NIKOLAOU	25.06.96	2	Larnaca	04.07.13
60.97		NIKOLAOU		3	Lefkosia	12.06.13
61.00	Miranda	KYRIAKOU	05.03.96	3	Lefkosia	17.05.13
61.67		KOUNTOURI		1h1	Lefkosia	11.04.13
61.73(i)		THRASIVOULOU		4h3	Piraeus	16.02.13
61.85		THRASIVOULOU		2	Lefkosia	09.05.13
61.94		KYRIAKOU		5o.c.	Tripoli Gre.	25.07.13
62.09		KYRIAKOU		4	Lefkosia	12.06.13
62.14		KYRIAKOU		3	Larnaca	04.07.13
62.15	Rafaella	DIMITRIOU	11.08.93	4h1	Luxemburg	28.05.13
62.16		KYRIAKOU		3	Lefkosia	09.05.13
62.19		NIKOLAOU		4	Lefkosia	09.05.13
62.55	Evanthia	MOUSIKOU	18.11.97	2	Lefkosia	12.04.13
62.55		NIKOLAOU		4	Tripoli Gre.	25.07.13

## YEAR LISTS 2013 / WOMEN

### Hand Timing

56.4		KOUNTOURI		1	Lefkosia	15.03.13
57.5		KOUNTOURI		2h2	Luxemburg	28.05.13
60.66	Kalliopi	POURNARA (GR)	01.12.95	3	Argos Or.	03.07.13

### 800M.

2.03.83	Natalia	EVANGELIDOU	10.03.91	2	Kaunas	22.06.13
2.04.03		EVANGELIDOU		5h3	Tampere	11.07.13
2.06.62		EVANGELIDOU		4	Luxemburg	28.05.13
2.07.99		EVANGELIDOU		1	Lefkosia	19.05.13
2.08.01		EVANGELIDOU		1	Lefkosia	13.06.13
2.08.78(i)		EVANGELIDOU		2o.c.	Piraeus	10.02.13
2.09.74		EVANGELIDOU		1o.c.	Piraeus	17.02.13
2.10.30(i)	Stella	CHRISTOFOROU	02.03.92	2	Akron OH	02.02.13
2.11.83		EVANGELIDOU		5h3	Nikaia	13.09.13
2.13.82 (i)	Meropi	PANAGIOTOU	01.12.94	10	Bloomington	26.01.13
2.15.90		PANAGIOTOU		2	Lefkosia	13.06.13
2.21.59	Maria	PAPANASTASIOU	30.10.94	3	Lefkosia	13.06.13
2.22.17		PAPANASTASIOU		1	Lefkosia	10.05.13
2.22.93	Paraskevoula	THRASIVOULOU	21.02.94	11	Serres	16.06.13
2.23.33		THRASIVOULOU		7h2	Athina	21.07.13
2.23.79	Christina	PETRI	06.07.00	3	Tripoli	26.07.13
2.24.02		THRASIVOULOU		3	Thesaloniki	25.05.13
2.24.19		THRASIVOULOU		9	Larisa	30.06.13
2.24.68	Chrystalla	HADJIGIANGOU	12.08.96	1	Larnaca	05.07.13
2.24.77		PETRI		2	Larnaca	05.07.13
2.25.65		THRASIVOULOU		2	Lefkosia	10.05.13
2.25.81	Miranda	KYRIAKOU	05.03.96	6	Athina	24.04.13



## Ταξιδεύουμε μαζί στον αθλητισμό

Δίνουμε το παρόν μας στα μεγάλα αθλητικά δρώμενα του τόπου μας.  
Απολαμβάνουμε τις συγκινήσεις που μας προσφέρει κάθε ταξίδι.  
Ανακαλύπτουμε συναρπαστικές διαδρομές και ανεβαίνουμε μαζί ψηλότερα.

## YEAR LISTS 2013 / WOMEN

<b>1500M.</b>						
4.21.17	Natalia	EVANGELIDOU	10.03.91	1o.c.	Athina	20.07.13
4.22.37		EVANGELIDOU		1	Lefkosia	12.06.13
4.23.28	Meropi	PANAGIOTOU	01.12.94	5h1	Columbia	11.05.13
4.23.87		PANAGIOTOU		7h4	Greensburo	23.05.13
4.24.16		PANAGIOTOU		10	Columbia	12.05.13
4.27.27		EVANGELIDOU		2	Luxemburg	30.05.13
4.28.42		PANAGIOTOU		2	Baton Rouge	20.04.13
4.28.51		EVANGELIDOU		1	Lefkosia	17.05.13
4.28.86		EVANGELIDOU		3	Kaunas	23.06.13
4.29.39		PANAGIOTOU		5	Tuscalossa	06.04.13
4.31.53	Stella	CHRISTOFOROU	02.03.92	12	ΗΠΑ	27.04.13
4.31.91		CHRISTOFOROU		2	Auburn	20.04.13
4.33.11	Marilena	SOFOKLEOUS	30.10.86	3	Tel-Aviv	03.07.13
4.33.28		PANAGIOTOU		2	Atlanta	30.03.13
4.34.08		PANAGIOTOU		2	Lefkosia	12.06.13
4.34.82		PANAGIOTOU		4	Alambama	22.03.13
4.35.71		SOFOKLEOUS		2	Lefkosia	17.05.13
4.46.92		SOFOKLEOUS		1	Lefkosia	09.05.13
5.03.29	Chrystalla	HADJIGIANGOU	12.08.96	3	Tripoli	25.07.13
5.03.88	Christiana	LOUCA	21.12.96	4	Tripoli	25.07.13
5.04.60	Maria	PAPANASTASIOU	30.10.94	1	Lefkosia	19.04.13
5.05.73		HADJIGIANGOU		3	Lefkosia	12.06.13
5.05.87		LOUCA		4	Lefkosia	12.06.13
5.07.60	Chrystalla	HADJIPOLYDOROU	21.04.93	2	Lefkosia	19.04.13

<b>3000M.</b>						
9.46.82	Meropi	PANAGIOTOU	01.12.94	7	Kaunas	22.06.13
9.49.70(i)	Stella	CHRISTOFOROU	02.03.92	6	USA	19.01.13
9.52.81(i)	Elpida	CHRISTODOULIDOU	20.11.86	3	Piraeus	17.02.13
10.03.6	Marilena	SOFOKLEOUS	30.10.86	1	Lefkosia	27.03.13
11.01.23	Christiana	LOUCA	21.12.96	2	Tripoli	26.07.13
11.08.6	Chrystalla	HADJIPOLYDOROU	21.04.93	2	Lefkosia	27.03.13
11.21.99	Nikoletta	HADJIPOLYDOROU	25.09.95	6	Athina	24.04.13
11.22.19		LOUCA		1	Larnaca	05.07.13
11.31.26	Nikoletta	HADJIPOLYDOROU		1	Lefkosia	11.04.13



*Natalia Evaggelidou made personal bests in 800m. (2.03.83) and 1500m. (4.21.17)*

## YEAR LISTS 2013 / WOMEN

### 5000M.

16.52.63	Marilena	SOFOKLEOUS	30.10.86	4o.c.	Athina	21.07.13
17.25.46		SOFOKLEOUS		8	Kaunas	23.06.13
17.36.07	Elpida	CHRISTODOULIDOU	20.11.86	2	Luxemburg	01.06.13
17.44.95		SOFOKLEOUS		1	Lefkosia	13.06.13
17.58.88		CHRISTODOULIDOU		2	Lefkosia	13.06.13
17.58.89		CHRISTODOULIDOU		8o.c.	Athina	21.07.13
19.12.89	Chrystalla	HADJIPOLYDOROU	21.04.93	3	Lefkosia	13.06.13
19.19.59	Christiana	LOUCA	21.12.96	4	Lefkosia	13.06.13
19.46.55	Alexandra	PAPAKONSTANTINO	13.12.85	5	Lefkosia	13.06.13
19.50.72	Panagiota	CHAPOUPI	08.07.87	6	Lefkosia	13.06.13
20.01.10		LOUCA		1	Lefkosia	10.05.13
20.22.31	Nikoletta	HADJIPOLYDOROU	25.09.95	2	Lefkosia	10.05.13
20.31.79	Yiolanti	MAOU	27.03.97	3	Lefkosia	10.05.13

### 10000M.

36.57.26	Marilena	SOFOKLEOUS	30.10.86	1	Lefkosia	19.04.13
38.04.19	Elpida	CHRISTODOULIDOU	20.11.86	2	Lefkosia	19.04.13
38.26.58	Panagiota	ANDREOU	28.07.89	3	Lefkosia	19.04.13
41.35.42	Panagiota	CHAPOUPI	08.07.87	4	Lefkosia	19.04.13
44.19.85	Alexandra	PAPAKONSTANTINO	13.12.85	5	Lefkosia	19.04.13
44.50.0	Maria	AVRAAMIDOU	02.11.73	6	Lefkosia	19.04.13
45.10.0	Svetlana	KELEKEVA-XENI	10.12.83	7	Lefkosia	19.04.13
45.30.0	Maria	LABROU-SAWVA	04.07.71	8	Lefkosia	19.04.13

### HALF MARATHON

1.25.16	Panagiota	ANDREOU	28.07.89	1	Larnaca	27.01.13
1.43.26	Ioulia	KANNAVA	28.09.73	2	Larnaca	27.01.13
1.43.48	Alexandra	PAPAKONSTANTINO	13.12.85	3	Larnaca	27.01.13
1.48.47	Stavroulla	THRASIVOULOU	06.04.91	33	Thesaloniki	19.10.13
1.48.49	Maria	LAMBROU-SAWVA	04.07.71	4	Larnaca	27.01.13
1.57.33	Christina	PAPADOPOULOU	1967	159	Lemesos	24.03.13
1.58.02	Elena	GIATROU-CHRYSANTHOU		164	Lemesos	24.03.13
1.59.50	Elena	NIKOLAOU		173	Lemesos	24.03.13

## YEAR LISTS 2013 / WOMEN

### MARATHON

3.20.33	Panagiota	ANDREOU	28.07.89	1	Lemesos	24.03.13
3.45.33	Maria	AVRAAMIDOU	02.11.73	2	Lemesos	24.03.13
3.52.45	Pola	HADJIPAPA	1963	70	Lemesos	24.03.13
4.00.17	Ioulia	KANNAVA	28.09.73	3	Lemesos	24.03.13
4.01.47	Silvia	CONSTANTINIDOU	11.11.65	4	Lemesos	24.03.13
4.12.58		CONSTANTINIDOU		2763	Athina	10.11.13
4.28.59	Anna	CONSTANTINIDOU		3820	Athina	10.11.13
4.41.48	Anthi	DIMITRIOU	1975	517	Athina	10.11.13
4.48.42	Christina	PAPADOPOULOU	1967	612	Athina	10.11.13

### 100M.H.

14.32/0.0	Natalia	CHRISTOFI	10.02.97	1	Luxemburg	30.05.13
14.34/0.4		CHRISTOFI		22	Riети	19.07.13
14.42/1.9		CHRISTOFI		1	Lefkosia	09.05.13
14.53/-0.7	Angeliki	ATHANASOPOULOU	01.03.93	1	Lefkosia	12.06.13
14.62/-0.7		CHRISTOFI		2	Lefkosia	12.06.13
14.81/0.8		ATHANASOPOULOU		7	Kaunas	23.06.13
14.88/0.0	Chara	PAPAPETROU	06.07.91	5	Luxemburg	30.05.13
15.01/1.5	Rafaella	IOANNOU	12.09.92	2	Serres	15.06.13
15.19/1.5		IOANNOU		H	Athina	20.07.13
15.21/0.1		IOANNOU		2	Thesaloniki	10.05.13
15.37/-0.7		PAPAPETROU		3	Lefkosia	12.06.13
15.41/0.6		IOANNOU		1h2	Serres	15.06.13
16.45/1.9	Kyproula	ALEXANDROU	04.08.95	2	Lefkosia	09.05.13
16.49/1.9	Savina	DIMITRIOU	25.03.96	3	Lefkosia	09.05.13
16.78/-0.7		DIMITRIOU		4	Lefkosia	12.06.13
16.82/-0.7		ALEXANDROU		5	Lefkosia	12.06.13
16.93/1.9	Emily	PAPALOIZOU	27.03.96	4	Lefkosia	09.05.13
16.93/-0.7		PAPALOIZOU		6	Lefkosia	12.06.13
17.33/-0.7	Loiza	ANTONIOU	14.12.95	7	Lefkosia	12.06.13

### Wind Assisted

14.32/+2.3	Natalia	CHRISTOFI	10.02.97	1	Lefkosia	17.05.13
14.56/+2.3	Chara	PAPAPETROU	06.07.91	2	Lefkosia	17.05.13
14.98/+2.3	Angeliki	ATHANASOPOULOU	01.03.93	3	Lefkosia	17.05.13
15.90/+2.4		PAPAPETROU		o.c.	Lefkosia	09.05.13
16.36/+2.3	Savina	DIMITRIOU	25.03.96	4	Lefkosia	17.05.13

## YEAR LISTS 2013 / WOMEN

400M.H.						
62.14	Elena	STEFANOU	28.04.90	6	Kaunas	22.06.13
62.31		STEFANOU		1	Lefkosia	13.06.13
62.99		STEFANOU		1	Tel-Aviv	03.07.13
63.41		STEFANOU		1	Lefkosia	19.05.13
63.95		STEFANOU		4	Luxemburg	30.05.13
64.45	Chrystalla	LAZAROU	25.05.98	2	Lefkosia	13.06.13
65.02		STEFANOU		1	Lefkosia	10.05.13
65.20	Angeliki	ATHANASOPOULOU	01.03.93	2	Lefkosia	13.06.13
65.83		LAZAROU		1	Larnaca	05.07.13
65.92		LAZAROU		3	Tripoli Gre.	26.07.13
65.94		LAZAROU		1	Lefkosia	10.05.13
66.47	Xenia	HERODOTOU	17.05.82	4	Lefkosia	13.06.13
66.47	Irida	THEODOSIOU	29.03.99	2	Larnaca	05.07.13
66.67		THEODOSIOU		2	Lefkosia	10.05.13
66.92		THEODOSIOU		4	Tripoli Gre.	26.07.13
68.65		LAZAROU		2	Lefkosia	19.05.13
68.74	Savina	DIMITRIOU	25.03.96	1	Lefkosia	12.04.13
69.25		ATHANASOPOULOU		2	Lefkosia	10.05.13
69.40		DIMITRIOU		6	Athina	24.04.13
69.80		DIMITRIOU		3	Larnaca	05.07.13
71.31		DIMITRIOU		5	Lefkosia	10.05.13
71.69	Natalia	CHRISTOFI	10.02.97	4	Larnaca	05.07.13
72.39	Argiro	MOSFILOTI	20.05.96	3	Lefkosia	19.05.13
64.61	Kalliopi	POURNARA (GRE)	01.12.95	7	Athina	21.07.13
69.03	Yana	SIVAK (UKR)	08.01.99	4	Lefkosia	10.05.13



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## YEAR LISTS 2013 / WOMEN

### 3000M. STEEPLE

11.13.68	Stella	CHRISTOFOROU	02.03.92	15	Columbia	11.05.13
11.22.65	Elpida	CHRISTODOULIDOU	20.11.86	7	Kaunas	22.06.13
11.27.44		CHRISTODOULIDOU		1	Lefkosia	12.06.13
11.43.59		CHRISTODOULIDOU		1	Lefkosia	17.05.13
12.02.87	Chrystalla	HADJIPOLYDOROU	21.04.93	2	Lefkosia	12.06.13
12.05.06	Maria	PAPANASTASIOU	30.10.94	2	Lefkosia	17.05.13
12.14.96		PAPANASTASIOU		3	Lefkosia	12.06.13
12.17.09	Nikoletta	HADJIPOLYDOROU	25.09.95	1	Lefkosia	09.05.13
12.21.42		PAPANASTASIOU		2	Lefkosia	09.05.13
12.27.26	Stavroulla	THRASIVOULOU	06.04.91	9	Athina	20.07.13
12.35.99		HADJIPOLYDOROU		3	Lefkosia	17.05.13
12.38.40	Evanthia	CONSTANTINOU	26.06.98	3	Lefkosia	09.05.13
12.43.78	Ioanna	PETROU	07.01.99	4	Lefkosia	09.05.13
12.45.07		CONSTANTINOU		4	Lefkosia	12.06.13
12.47.82		THRASIVOULOU		8	Serres	15.06.13

### LONG JUMP

6.55/0.6	Nektaria	PANAGI	20.03.90	1	Thiva	24.07.13
6.51/0.4		PANAGI		1	Mersin	28.06.13
6.46/0.5		PANAGI		1	Kaunas	23.06.13
6.45/1.1		PANAGI		2	Athina	20.07.13
6.41/1.7		PANAGI		2	Chania	08.06.13
6.41/1.2		PANAGI		1	Lefkosia	13.06.13
6.36/0.6		PANAGI		1	Lefkosia	12.07.13
6.29/1.6	Eleftheria	CHRISTOFI	29.10.86	1	Megara Gre.	18.05.13
6.28/1.6		CHRISTOFI		2	Lefkosia	13.06.13
6.19 (i)		CHRISTOFI		1	Piraeus	16.02.13
6.09		CHRISTOFI		4	Chania	08.06.13
6.08(i)		CHRISTOFI		1	Lefkosia	02.02.13
6.07/0.1		PANAGI		1	Luxemburg	28.05.13
6.03/1.6		CHRISTOFI		4	Thiva	24.07.13
6.02		CHRISTOFI		1	Athina	25.05.13
6.02/0.6		CHRISTOFI		8	Mersin	28.06.13
6.00/1.1	Filippa	FOTOPOULOU	20.12.96	10q	Donetsk	13.07.13
5.99 (i)		CHRISTOFI		1	Piraeus	10.02.13
5.96/1.6		CHRISTOFI		3	Luxemburg	28.05.13
5.95/1.5		FOTOPOULOU		1	Lefkosia	09.05.13



*Nectaria Panayi, gold medallist in the Mediterranean Games in the Long Jump with 6.51*

## YEAR LISTS 2013 / WOMEN

5.93/1.5		CHRISTOFI		1o.c.	Athina	12.05.13
5.93/1.5		FOTOPOULOU		3	Lefkosia	13.06.13
5.93/-0.4		FOTOPOULOU		11	Donetsk	14.07.13
5.87/-0.5		FOTOPOULOU		1	Lefkosia	12.04.13
5.84/-0.8		FOTOPOULOU		2	Brazilia	02.12.13
5.83/-0.6		FOTOPOULOU		23	Rietti	20.07.13
5.82 (j)		CHRISTOFI		1Q	Piraeus	16.02.13
5.82/1.7		FOTOPOULOU		1	Tripoli Gre.	26.07.13
5.81		FOTOPOULOU		1	Lefkosia	14.03.13
5.80/1.8		FOTOPOULOU		1	Larnaca	05.07.13
5.74/0.2		FOTOPOULOU		2	Athina	24.04.13
5.59/0.0	Magdalini	PENINTAEX	30.10.91	6	Thiva	24.07.13
5.57	Electra	PAPAKONSTANTINO	23.12.90	1	Heraklio Gre.	01.06.13
5.56/1.9		PAPAKONSTANTINO		7	Chania	08.07.13
5.52/0.6	Maria	ONISIFOROU	10.02.97	5	Lefkosia	13.06.13
5.49/1.2		PENINTAEX		4	Lefkosia	13.06.13
5.48/1.6	Zoe	STAVROU	03.02.94	6	Lefkosia	13.06.13
5.46		STAVROU		1	Lefkosia	19.04.13
5.46/1.7		PAPAKONSTANTINO		Q	Athina	20.07.13
5.44		PAPAKONSTANTINO		1	Heraklio Gre.	25.05.13
5.44/0.0		PENINTAEX		2	Lefkosia	12.07.13
5.39/0.0		ONISIFOROU		2	Lefkosia	12.04.13
5.36/1.7		ONISIFOROU		4	Tripoli Gre.	26.07.13
5.34/0.0	Rafaella	IOANNOU	12.09.92	H	Lefkosia	02.06.13

### Wind Assisted

6.30/+2.6	Eleftheria	CHRISTOFI	29.10.86	1o.c.	Athina	12.05.13
6.17/+3.2	Filippa	FOTOPOULOU	20.12.96	3	Lefkosia	13.06.13
5.98/+3.0		FOTOPOULOU		1	Tripoli	26.07.13
5.67/+4.2	Maria	ONISIFOROU	10.02.97	2	Larnaca	05.07.13
5.63/+3.3	Magdalini	PENINTAEX	30.10.91	4	Lefkosia	13.06.13
5.60/+2.8	Electra	PAPACONSTANTINO	23.12.90	7	Chania	08.06.13
5.56/+2.3		ONISIFOROU		5	Lefkosia	13.06.13
5.55/+2.3		PENINTAEX		2	Lefkosia	17.05.13
5.44/+2.1		ONISIFOROU		4	Tripoli Gre.	26.07.13
5.43/+2.3		CHRISTOFI		o.c.	Athina	20.07.13

# YEAR LISTS 2013 / WOMEN

## TRIPLE JUMP

13.35/1.8	Eleftheria	CHRISTOFI	29.10.86	1	Lefkosia	12.06.13
13.20/1.9		CHRISTOFI		1	Luxemburg	01.06.13
13.00(j)		CHRISTOFI		2	Piraeus	17.02.13
12.91/1.4		CHRISTOFI		4	Mersin	28.06.13
12.76/0.0		CHRISTOFI		2	Thiva	24.07.13
12.70/0.2		CHRISTOFI		1	Megara Gre.	18.05.13
12.69(j)		CHRISTOFI		1	Piraeus	10.02.13
12.68/0.7		CHRISTOFI		7	Kaunas	22.06.13
12.32/1.9	Thomaida	POLYDOROU	07.11.86	2	Lefkosia	12.06.13
12.29/0.0		POLYDOROU		1	Lefkosia	19.05.13
11.96	Electra	PAPACONSTANTINO	23.12.90	1	Heraklio Gre.	11.05.13
11.95/0.1	Zoe	STAVROU	03.02.94	3	Lefkosia	12.06.13
11.63/1.0		STAVROU		2	Lefkosia	19.05.13
11.60/1.9		STAVROU		1	Lefkosia	10.05.13
11.49(j)		PAPACONSTANTINO		1	Ierapetra Gr	09.02.13
11.44		PAPACONSTANTINO		1	Heraklio Gre.	25.05.13
11.32/1.0	Nataly	GEORGIADO	14.02.78	4	Lefkosia	12.06.13
11.31/1.2	Georgia	PETINO	24.07.93	5	Lefkosia	12.06.13
11.29/-0.1		PAPACONSTANTINO		18	Athina	21.07.13
11.28/0.8	Nataly	NIKOLAOU	22.03.94	6	Lefkosia	12.06.13
11.24/1.7		NIKOLAOU		2	Lefkosia	10.05.13
11.19(j)		PAPACONSTANTINO		1	Heraklio Gre.	02.02.13
11.08/0.6		GEORGIADO		3	Lefkosia	19.05.13
11.07	Ioanna	POLYDOROU	19.10.88	o.c.	Larnaca	04.07.13

## Wind Assisted

12.48/+2.7	Thomaida	POLYDOROU	07.11.86	1	Lefkosia	19.05.13
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## YEAR LISTS 2013 / WOMEN

HIGH JUMP						
1.87	Leontia	KALLENOU	05.10.94	4	Mersin	29.06.13
1.86		KALLENOU		4	Eugene OR.	07.06.13
1.84		KALLENOU		4	Kaunas	23.06.13
1.83		KALLENOU		5	Athens GA	12.04.13
1.81		KALLENOU		2	Athens GA	20.03.13
1.81		KALLENOU		4	Auburn	20.04.13
1.81		KALLENOU		1	Lefkosia	12.06.13
1.81		KALLENOU		5	Rieti	21.07.13
1.80		KALLENOU		2	Athens GA	16.03.13
1.75		KALLENOU		10	Columbia	11.05.13
1.75	Stefani	RAZI	07.05.93	2	Lefkosia	13.06.13
1.74(i)		RAZI		4o.c.	Piraeus	17.02.13
1.72		RAZI		4	Tel-Aviv	04.07.13
1.71		RAZI		3	Luxemburg	30.05.13
1.70		RAZI		1	Lefkosia	17.05.13
1.67	Evgenia	LOUCA	23.05.94	1o.c.	Larnaca	05.07.13
1.65		RAZI		1	Lefkosia	19.04.13
1.65		LOUCA		2	Lefkosia	17.05.13
1.64		LOUCA		3	Lefkosia	13.06.13
1.63	Andria	NESTOROS	22.11.96	3	Tripoli Gre.	26.07.13
1.61		NESTOROS		1	Larnaca	05.07.13
1.60	Eleftheria	MICHAEL	06.08.94	2	Lefkosia	19.04.13
1.60		LOUCA		1	Lefkosia	10.05.13
1.60		MICHAEL		3	Lefkosia	17.05.13
1.60		MICHAEL		4	Lefkosia	13.06.13
1.60	Afroditi	PANAGI	03.02.98	5	Lefkosia	13.06.13
1.58	Maria	CHRISTODOULOU	26.06.91	1	Lemesos	01.04.13
1.58	Elena	KYRIAKOU	11.11.97	2	Larnaca	05.07.13



*Leontia Kallenou jumped 1.87 in the Mediterranean Games and was 4th the height being a new junior record*

## YEAR LISTS 2013 / WOMEN

### POLE VAULT

3.80(i)	Maria	ARISTOTELOUS	10.08.91	4o.c.	Piraeus	16.02.13
3.70		ARISTOTELOUS		3	Athina	25.05.13
3.60(i)		ARISTOTELOUS		2	Athina	02.02.13
3.60		ARISTOTELOUS		2	Luxemburg	20.05.13
3.60	Anna	FITIDOU	22.04.77	1	Lefkosia	13.06.13
3.60		ARISTOTELOUS		6o.c.	Athina	20.07.13
3.60		ARISTOTELOUS		3	Thiva	24.07.13
3.50		FITIDOU		1	Lemosos	01.04.13
3.50		ARISTOTELOUS		1	Lefkosia	09.05.13
3.50		ARISTOTELOUS		1	Lefkosia	17.05.13
3.50	Dimitra	CHARALAMBOUS	14.09.87	2	Lefkosia	13.06.13
3.40(i)		ARISTOTELOUS		6	Piraeus	02.02.13
3.40	Tatiana	NEOFITOU	09.04.81	2	Lefkosia	17.05.13
3.40		CHARALAMBOUS		3	Lefkosia	17.05.13
3.40		ARISTOTELOUS		3	Lefkosia	13.06.13
3.30		CHARALAMBOUS		3	Lefkosia	09.05.13
3.30	Skevi	KRASIA	06.02.90	4	Lefkosia	13.06.13
3.25		CHARALAMBOUS		2	Tel-Aviv	03.07.13
3.25	Marina	MACKINTER	20.07.96	1	Larnaca	04.07.13
3.20(i)		ARISTOTELOUS		4	Athina	26.01.13
3.20(i)		NEOFITOU		13	Piraeus	16.02.13
3.20		CHARALAMBOUS		2	Lemosos	01.04.13
3.20		MACKINTER		9	Athina	24.04.13
3.20		NEOFITOU		5	Lefkosia	13.06.13
3.10		NEOFITOU		4	Lefkosia	09.05.13
3.10		MACKINTER		6	Lefkosia	13.06.13
3.00 (i)	Athina-Anastasia	MICHAEL	02.10.92	2	Thessaloniki	26.01.13
3.00		CHARALAMBOUS		1o.c.	Lefkosia	27.03.13
3.00		MACKINTER		1	Lefkosia	10.05.13
3.00		MACKINTER		4	Lefkosia	17.05.13
2.90(i)		MICHAEL		2	Thessaloniki	23.02.13
2.90	Andria	PEGIOTI	28.02.96	2	Larnaca	04.07.13
2.90	Melina	CHRYSANTHOU	30.08.99	3	Larnaca	04.07.13
2.90		PEGIOTI		3	Tripoli Gre.	25.07.13



## YEAR LISTS 2013 / WOMEN

SHOT PUT						
16.14(i)	Flora	KAPPA	29.05.88	1	Athina	02.02.13
15.68		KAPPA		1	Lefkosia	13.06.13
15.65(i)		KAPPA		1	Piraeus	10.02.13
15.55		KAPPA		1	Athina	21.07.13
15.44		KAPPA		5	Kaunas	23.06.13
15.39(i)		KAPPA		1	Piraeus	17.02.13
15.36		KAPPA		1	Luxemburg	01.06.13
15.20		KAPPA		13	Castelon	17.03.13
14.47		KAPPA		Q	Athina	21.07.13
12.76	Maria	KARYOU	01.04.95	1	Paralimni	05.03.13
12.57		KARYOU		1	Lefkosia	12.04.13
12.20	Andri	PAPACONSTANTINO	14.03.82	3	Lefkosia	13.06.13
11.83	Olymbia	MENELAOU	29.04.66	4	Lefkosia	13.06.13
11.57	Gavriella	FELLA	21.01.98	5	Lefkosia	13.06.13
11.46		FELLA		2	Lefkosia	19.05.13
11.42		PAPACONSTANTINO		1	Lefkosia	08.03.13
11.42	Skevi	THEODOROU	15.03.86	6	Lefkosia	13.06.13
11.18		KARYOU		7	Lefkosia	13.06.13
11.02		PAPACONSTANTINO		3	Lefkosia	19.05.13
11.00		FELLA	12.09.92	2	Lefkosia	10.05.13
10.79	Rafaella	IOANNOU	22.09.92	H	Lefkosia	01.06.13
10.50	Avgousta	VATTI	30.07.95	4	Lefkosia	19.05.13
12.79	Tamara	TSHAPELIA (GEO)	18.11.94	2	Lefkosia	13.06.13

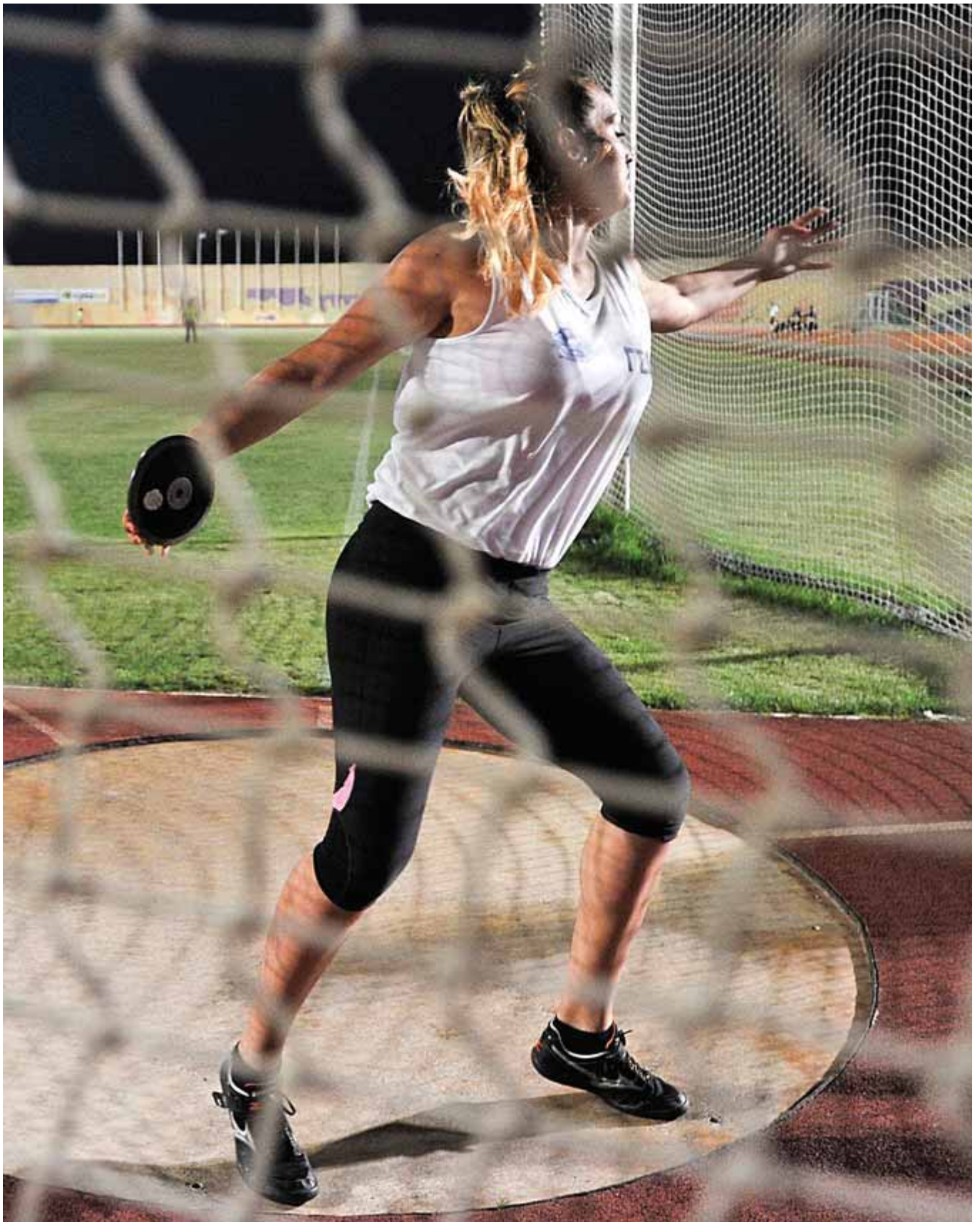
DISCUS THROW						
54.10	Androniki	LADA	19.04.91	1	Lefkosia	19.04.13
53.93		LADA		2	Chania	08.06.13
53.48		LADA		2	Chania	02.06.13
53.34		LADA		1	Thessaloniki	25.05.13
52.57		LADA		8	Tampere	14.07.13
52.55		LADA		4	Kaunas	22.06.13
52.41	Zacharoula	GEORGIADES	07.04.85	1	Lefkosia	12.06.13
52.02		LADA		6	Mersin	29.06.13
52.00		LADA		1	Lefkosia	09.05.13
51.97		GEORGIADES		1	Athina	18.05.13
51.72		LADA		1	Lefkosia	08.03.13
51.54		LADA		2	Lefkosia	12.06.13
51.07		LADA		1	Lefkosia	17.05.13
48.74		GEORGIADES		2	Nikiti Gre.	14.07.13
48.05		GEORGIADES		2	Athina	02.06.13

## YEAR LISTS 2013 / WOMEN

48.00		GEORGIADES		1	Tripoli Gre.	25.05.13
43.76	Alexandra	KLATSIA	19.09.85	3	Lefkosia	12.06.13
39.40	Constantia	MICHAEL	20.05.96	2	Lefkosia	17.05.13
39.01		MICHAEL		1	Lefkosia	09.05.13
38.79	Eleni	ZEMBASI	08.04.96	4	Lefkosia	12.06.13
38.71		ZEMBASI		1	Larnaca	04.07.13
38.35		MICHAEL		5	Lefkosia	12.06.13
37.89		ZEMBASI		3	Lefkosia	17.05.13
37.60		MICHAEL		3	Tripoli Gre.	26.07.13
37.35	Avgousta	VATTI	30.07.95	4	Lefkosia	17.05.13
36.92		ZEMBASI		4	Tripoli Gre.	26.07.13
36.60		MICHAEL		2	Larnaca	04.07.13
36.10		MICHAEL		1	Lefkosia	27.03.13
36.07	Gavriella	FELLA	21.01.98	3	Larnaca	04.07.13
35.74		MICHAEL		2	Lefkosia	08.03.13
35.73		ZEMBASI		2	Lefkosia	09.05.13
35.61		ZEMBASI		1	Paralimni	05.03.13
35.38		ZEMBASI		1	Lefkosia	11.04.13
35.13		FELLA		1	Lefkosia	25.05.13
35.05		FELLA		3	Lefkosia	09.05.13
34.80		MICHAEL		2	Lefkosia	11.04.13
34.77		ZEMBASI		6	Athina	24.04.13
34.70		MICHAEL		1	Lefkosia	15.03.13
34.60	Chrystalla	SAVVIDOU	13.02.98	2	Lefkosia	25.05.13

### JAVELIN THROW

50.04	Alexandra	TSISIOU	02.07.81	1	Lefkosia	13.06.13
47.62	Eleni	MAVROUDI	07.09.82	1	Tripoli Gre.	25.05.13
46.05		MAVROUDI		2	Athina	18.05.13
45.33		TSISIOU		7	Kaunas	22.06.13
43.55		MAVROUDI		1	Thiva	24.07.13
42.92	Rafaella	IOANNOU	12.09.92	H	Lefkosia	02.06.13
42.09		IOANNOU		3	Thessaloniki	11.05.13
42.00		IOANNOU		2	Thessaloniki	18.05.13
41.55		IOANNOU		H	Athina	21.07.13
41.49		MAVROUDI		5	Luxemburg	28.05.13
40.86	Anastasia	MOURATIDOU	08.04.90	8	Hays USA	05.05.13
38.99	Georgia	TRYFONOS	16.05.96	1	Lefkosia	12.04.13
38.93	Sofia	ORATIOU	14.07.93	2	Lefkosia	19.05.13
38.77		TRYFONOS		1	Larnaca	25.03.13
38.50		ORATIOU		1	Lefkosia	27.03.13
36.16	Mariele	ROUSI	30.08.98	3	Lefkosia	13.06.13
35.95		TRYFONOS		1	Larnaca	05.03.13
35.80	Zoe	STAVROU	03.02.94	H	Lefkosia	02.06.13
41.87	Tamara	TSHAPELIA(GEO)	18.11.94	1	Lefkosia	19.05.13



*Androniki Lada the national record holder in discus throw*

## YEAR LISTS 2013 / WOMEN

### HAMMER THROW

61.95	Skevi	THEODOROU	15.03.86	1	Tripoli Gre.	25.05.13
61.24		THEODOROU		1	Lefkosia	13.06.13
60.63		THEODOROU		2	Kaunas	23.06.13
58.78		THEODOROU		3	Nikiti Gre.	14.07.13
57.17	Cathrine	BEATTY	12.07.93	4	Bedford	24.08.13
56.68		BEATTY		5	Nikiti Gre.	14.07.13
56.10		BEATTY		1	Leeds	08.06.13
55.73		BEATTY		1	Cheldenham	24.05.13
53.89		BEATTY		3q2	Bedford	04.05.13
53.84		BEATTY		1	Exeter	11.08.13
53.61		BEATTY		2	Lefkosia	13.06.13
53.28		BEATTY		2	Bedford	05.05.13
51.98		BEATTY		7	Bedford	18.08.13
51.02		BEATTY		1	Bath	14.04.13
50.71	Chrystalla	KYRIAKOU	04.10.96	4oc.	Lefkosia	19.04.13
49.62		KYRIAKOU		3	Lefkosia	13.06.13
48.20		KYRIAKOU		1	Lefkosia	11.04.13
47.96		KYRIAKOU		1	Lefkosia	14.03.13
46.76		KYRIAKOU		1	Lefkosia	09.05.13
43.66	Zografenia	KALLIMANI	21.06.94	4	Lefkosia	13.06.13
42.02		KALLIMANI		1	Lefkosia	19.04.13
40.59		KALLIMANI		1	Lefkosia	17.05.13
40.35		KALLIMANI		2	Lefkosia	09.05.13
40.00	Eleni	KAZAKEOU	18.08.96	5	Lefkosia	13.06.13
39.69		KAZAKEOU		2	Lefkosia	11.04.13
39.42	Daniella	NIKOLAOU	27.06.95	1	Pafos	05.03.13
38.42	Antonia	APOSTRATOU	02.09.95	1	Lemosos	14.03.13
38.15		NIKOLAOU		3	Lefkosia	09.05.13
38.10	Christiana	LIOTATI	1982	1	Lemosos	01.04.13

### HEPTATHLON

4.531p.	Rafaella	IOANNOU	12.09.92	1	Lefkosia	01-02.06.13
	(15.0-1.57-10.79-27.3/5.34-42.92-2.57.0)					
4.438p.		IOANNOU		5	Athina	20-21.07.13
3.752p.	Zoe	STAVROU	03.02.94	2	Lefkosia	01-02.06.13
	(16.6-1.40-8.50-27.5/5.00-35.80-2.56.7)					
3.522p.	Marianna	PISIARA	10.05.97	3	Lefkosia	01-02.06.13
	(16.7-1.30-7.75-26.6/4.79-22.94-2.40.4)					
3.393p.	Kyproula	ALEXANDROU	04.08.95	4	Lefkosia	01-02.06.13
	(16.2-1.45-8.21-27.8/4.64-17.30-2.54.1)					

## YEAR LISTS 2013 / WOMEN

3.342p.	Eleftheria (17.8-1.57-7.10-28.4/4.80-21.46-2.55.0)	MICHAEL	06.08.94	5	Lefkosia	01-02.06.13
3.270p.	Tatiana (19.0-1.48-6.06-28.3/5.04-16.14-2.33.4)	NEOFYTOU	09.04.81	6	Lefkosia	01-02.06.13
3.162p.	Loiza (16.7-1.30-6.79-28.5/4.52-20.60-2.44.6)	ANTONIOU	14.12.95	7	Lefkosia	01-02.06.13

### RELAY 4 X 100M.

44.79	National Team Women (Skevi Andreou-Dimitra Kyriakidou-Ramona Papaioannou-Eleni Artymata)			2	Mersin	28.06.13
46.02	National Team Women (Skevi Andreou-Nikoletta Nikolettou-Dimitra Kyriakidou-Ramona Papaioannou)			2	Luxemburg	01.06.13
47.20	National Team U18 (Natalia Christofi-Dimitra Kyriakidou-Filippa Fotopoulou-Olivia Fotopoulou)			10	Rieti	21.07.13
47.51	National Team U18 (Natalia Christofi-Dimitra Kyriakidou-Filippa Fotopoulou-Olivia Fotopoulou)			2	Tripoli Gre.	25.07.13
48.14	G.S.Korivos Club Team Women (Urania Ioannou-Dimitra Kyriakidou-Katerina Neofytidou-Ramona Papaioannou)			1	Lefkosia	12.06.13
48.53	Team of Kykkos B' School Nicosia (M. Ioannou-S.Tzioni-F.Fotopoulou-O.Fotopoulou)			1	Nicosia	12.04.13
49.42	G.S.Evagoras Club Team Women (M.Kkolou-P.Kolokoudia-C.Constantinidou-Sk.Andreou)			2	Lefkosia	12.06.13
49.55	G.S.Korivos Club Team Junior Women (U.Ioannou-D.Kyriakidou-K.Neofytidou-Z.Stavrou)			1	Lefkosia	09.05.13

### RELAY 4 X 400M.

3.45.98	National Team Women (E. Stefanou-M.Panagiotou-N.Evangelidou-K.Kountouri)			7	Kaunas	23.06.13
3.52.49	G.S.Pancyria Club Team Women (E.Stefanou-M.Panagiotou-N.Evangelidou-K. Kountouri)			1	Lefkosia	13.06.13
4.03.51	National Team U18 (M.Kyriakou-L.Birtsieva-St.Nikolaou-K.Kountouri)			2	Tripoli	26.07.13
4.04.19	G.S.Pancyria Club Team U18 (El.Kalogirou-L.Birtsieva-D.Theocharous-K.Kountouri)			1	Larnaca	05.07.13
4.08.94	G.S.Pancyria Club Team Women (L.Birtsieva-D.Theocharous-K.Pournara-N.Evangelidou)			1	Lefkosia	19.05.13
4.09.57	G.S.Pancyria Club Team Junior Women (L.Birtsieva-El.Kalogirou-D.Theocharous-K.Kountouri)			1	Lefkosia	10.05.13
4.10.44	G.S.Olympia Club Team Junior Women (E. Christoforou-M.Papanastasiou-AI.Stylianou-P.Thrasivoulou)			2	Lefkosia	10.05.13
4.12.70	G.S.Olympia Club Team Women (Chr.Katsari-M.Pisiara-AI.Stylianou-M.Papanastasiou)			2	Lefkosia	13.06.13



*The finish of the 200m. women race in the Mediterranean Games that was won by Eleni Artymata. From left to right Zumer (SLO), Veit (SLO), Greinnot 2nd (ITA), Karakus 3rd (TUR), Artymata 1st (CYP), Keramida (GRE), Papaioannou (CYP), Garsia (ESP)*



*The Cyprus Delegation thanking Luxembourg when entering the Stadium. Their assistance made possible their participation in the Small States of Europe Championships*



*The president of KOEAS presents Mr John Chaplin with a commemorative token of his visit in the presence of D. Theophylactou who was coached at the relevant time by Chaplin in the Washington State University together with the great Henry Rono and Nelson Kimobwa both World Record Holders in long distances at the time*



*The presence of the famous American Coach John Chaplin has given the opportunity to honour the veteran coaches of athletics in Cyprus*



*Paraskevi Andreou had a most succesful season having won the European Olympic Youth Festival in Utrecht with 11.76 in 100m. race, the World Gymnasiade in Brasilia with 11.79 and she was also the first leg in the record breaking, silver medallist 4X100 relay team in the Mediterranean Games*





*The most successful School's Team that performed in the World Gymnasiade proudly holding their Trophy*



# ΚΥΠΡΙΑΚΟΣ ΟΡΓΑΝΙΣΜΟΣ ΑΘΛΗΤΙΣΜΟΥ



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sound mind, sound body

ASICS comes from the Latin phrase  
Anima Sana In Corpore Sano, meaning  
"a sound mind in a sound body"

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN  
Compiled by Antonios G. Dracos



*Antonis Georgallides 21.1*



*Haris Aivaliotis 21.1eA*



*Nicos Hadjinicolaou 21.09*



*Georgios Mikellides 21.2*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

100 m						
10.11	Yiannakis	ZISIMIDES	(67)	(1)	Rethymno	25.05.96
10.12	Anninos	MARCOULLIDES	(71)	(1)	Budapest	14.06.98
10.19	Prodromos	KATSANTONIS	(75)	(1)	Istanbul	21.06.03
10.34	Georgios	SKENDER	(78)	(1)	Chania	27.05.98
10.35	Lambros	KEFALAS	(53)	(2)	Sofia	13.06.80
10.36	Panagiotis	IOANNOU	(84)	(h)	Lefkosia	04.06.08
10.38	Themis	RTOS	(77)	(h)	Marsa	03.06.03
10.39A	Haris	AIVALIOTIS	(36)	(h)	Mexico City	15.10.67
10.40	Neophytos	KYRIACOU-MICHAEL	(81)	(1)	Sparti	24.05.06
10.49	Valentinos	ATHANASIOU	(86)	(2)	Sparti	24.05.06

200m						
20.37	Prodromos	KATSANTONIS	(75)	(1)	Athina	19.07.98
20.43	Anninos	MARCOULIDES	(71)	(4)	Kuala Lumpur	19.09.98
20.82	Yiannakis	ZISIMIDES	(67)	(1)	Rethymno	26.05.96
21.09	Nicos	HADJINICOLAOU	(60)	(4)	N. Phaliron	17.07.77
21.1	Antonios	GEORGALLIDES	(61)	(1)	Thessaloniki	08.05.77
21.1eA	Haris	AIVALIOTIS	(36)	(6)	Mexico City	17.10.67
21.18	Yiannis	GEORGALLIS	(82)	(1)	Patra	09.07.07
21.21	Angelos	ANGELIDES	(63)	(1)	Athina	05.06.83
21.30	Andreas	PAFITIS	(87)	(2)	Lefkosia	05.06.08
21.2	Georgios	MIKELLIDES	(45)	(1)	N. Phaliron	24.09.72
21.2	Stavros	TZIORTZIS	(48)	(4)	N. Phaliron	19.07.73
21.2	Kyriacos	ONISIFOROU	(51)	(2)	N. Phaliron	30.06.74

400 m						
46.16	Evipides	DEMOSTHENOUS	(72)	(SF)	Palma de Mallorca	10.07.99
46.56	Kyriacos	ONISIFOROU	(51)	(2)	N. Phaliron	05.07.75
46.61	Stavros	TZIORTZIS	(48)	(2)	Thessaloniki	13.08.78
46.83	Georgios	AVRAAM	(92)	1h4	Athina	20.07.13
46.93	Nicos	MEGALEMOS	(54)	(4)	Nicosia	18.09.82
47.06	Petros	TSIAKKIROS	(56)	(h)	Rome	19.09.75
47.20	Marios	MARDAS	(80)	(1)	Lemesos	08.06.02
47.21	Nicos	ADAMOU	(67)	(2)	Nicosia	01.10.87
47.23	Stefanos	HADJINICOLAOU	(85)	(6)	Athina	13.06.08
47.27	Anninos	MARCOULLIDES	(71)	(1)	Andora	22.05.91

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



*Constantinos Michaelides 1.50.0*



*Ioannis Konnaris 1.49.42-3.43.2*



*Spyros Spyrou 1.47.17-3.39.76*



*Demetrios Theophylactou 1.47.9*

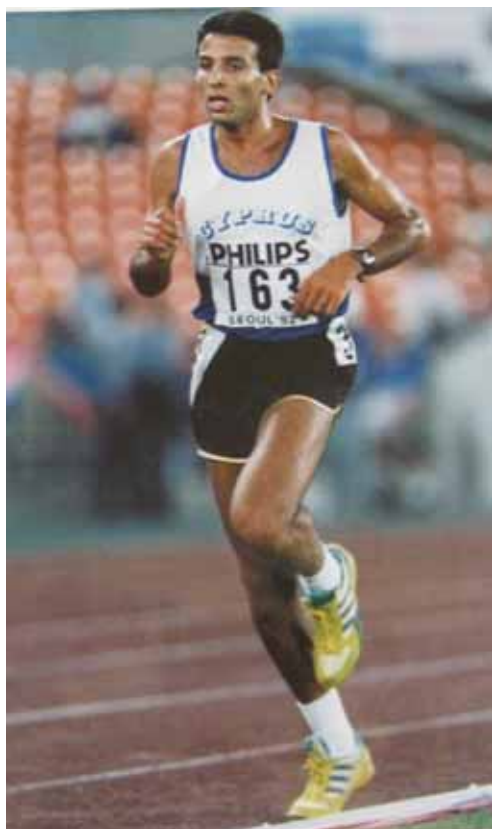
## TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

800m						
1.47.17	Spyros	SPYROU	(58)	(h)	Casablanca	15.09.83
1.47.56	Amine	KHADIRI	(89)	(7)	Oordegem	06.07.13
1.47.9	Demetrios	THEOPHYLACTOU	(58)	(3)	Tempe Arizona	20.05.79
1.48.65	Constantinos	HADJIMARCOU	(76)	(8)	Kalamata	01.06.02
1.49.28	Philippos	STYLIANOUDIS	(62)	(1)	Athina	12.06.87
1.49.39	Christos	DEMETRIOU	(93)	(5)	Kalamata	02.06.12
1.49.42	Ioannis	KONNARIS	(57)	(1)	N. Phaliron	01.07.76
1.49.55	Demetris	PHILIPPOU	(87)	(6)	Kalamata	30.05.09
1.49.83	Theofanis	MICHAELAS	(91)	(6)	Kalamata	04.06.11
1.49.92	Christos	PAPAPETROU	(73)	(4)	Odessen	29.06.97

1500m						
3.39.76	Spyros	SPYROU	(58)	(3)	Belgrade	22.07.83
3.42.51	Stathis	STASIS	(73)	(6)	Budapest	20.06.96
3.42.58 (i)	Christos	PAPAPETROU	(73)	(2)	Pireaus	01.02.98
3.43.2	Ioannis	KONNARIS	(57)	(3)	Lefkosia	28.09.80
3.44.94(i)	Alexandros	KALOGEROYIANNIS	(85)	(1)	Athina	11.02.06
3.45.0	Marios	KASIANIDES	(54)	(5)	Athina	23.08.82
3.45.16	Georgios	LOUCAIDES	(72)	(6)	Chania	28.07.99
3.45.69	Yiannakis	CLEANTHOUS	(72)	(5)	Budapest	03.07.99
3.45.8	Philippos	PHILIPPOU	(56)	(6)	Athina	23.08.82
3.45.83	Nicos	VASILIOU	(63)	(2)	Athina	17.05.86

5000m						
13.34.29	Philippos	PHILIPPOU	(56)	(1)	Riccione	27.08.83
13.37.56	Marios	KASIANIDES	(54)	(2)	Rome	23.05.81
13.59.50	Stathis	STASIS	(73)	(h)	Katania	28.08.97
14.02.84	Nicos	VASILIOU	(63)	(3)	Athina	28.06.87
14.13.32	Georgios	LOUCAIDES	(72)	(1)	Paphos	25.05.97
14.17.0	Vasilios	CHIMONIS	(52)	(3)	N. Phaliron	06.05.75
14.25.45	Andreas	CHRISTODOULOU	(68)	(2)	Lefkosia	16.05.93
14.27.37	Alexandros	KALOGEROYIANNIS	(85)	(18)	Debrecen	12.07.07
14.31.76	Christos	PAPAPETROU	(73)	(5)	Banska Baystrica	09.07.00
14.36.4	Panicos	KYPRIANOU	(77)	(2)	Lemesos	09.06.02

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



*Stelios Marneros 30.18.59*



*Marios Kasianides 28.26.87-13.37.56*



*Philippos Philippou 8.24.01-13.34.29*



*Stathis Stasi 8.26.83-13.59.50*



## TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

10000m						
28.26.87	Marios	KASIANIDES	(54)	(16)	Prague	19.06.81
29.10.75	Philippos	PHILIPPOU	(56)	(1)	Izmir	24.06.83
29.54.0	Vasilios	CHIMONIS	(52)	(1)	N. Phaliron	29.06.75
29.59.03	Nicos	VASILIOU	(63)	(2)	Monaco	16.05.87
30.18.59	Stelios	MARNEROS	(73)	(6)	Istanbul	11.06.94
30.35.06	Georgios	LOUCAIDES	(72)	(1)	Reykjavik	05.06.97
30.35.2	Alexandros	KALOGEROYIANNIS	(85)	(2)	Lamaca	09.04.10
30.38.6	Charalambos	PRATSI	(59)	(9)	Budapest	10.09.86
30.56.81	Vasos	VASILIOU	(61)	(1)	Lefkosia	08.07.85
31.15.86	Petros	NIKODEMOU	(61)	(11)	Athina	10.07.84

Marathon						
2:19.51	Marios	KASIANIDES	(54)	(18)	Brisbane	08.10.82
2:21.07	Vasilios	CHIMONIS	(52)	(10)	Debno	15.06.75
2:24.38	Charalambos	PRATSI	(59)	(32)	Budapest	26.10.86
2:25.33	Renos	THEODOROU	(76)	(1)	Lefkosia	02.03.03
2:27.11	Demetris	PANAYIOTOU	(75)	(1)	Lefkosia	24.02.02
2:29.27	Stelios	KYRIAKIDES	(10)	(1)	Boston	19.04.46
2:29.37	Ioannis	DEMETRIOU	(46)	(1)	Lefkosia	04.02.79
2:29.58	Costas	CONSTANTINOU	(68)	(2)	Lefkosia	02.03.03
2:30.10	Efthymios	LOIZI	(51)	(1)	Lefkosia	26.02.89
2:30.41	Christodoulos	LOIZOU	(58)	(258)	London	21.04.91

3000m Steeple						
8.24.01	Philippos	PHILIPPOU	(56)	(4)	Casablanca	15.09.83
8.26.83	Stathis	STASI	(73)	(4)	Bari	16.06.97
8.45.04	Georgios	LOUCAIDES	(72)	(2)	N. Phaliron	23.06.91
8.49.04	Panicos	KYPRIANOU	(77)	(4)	Istanbul	22.06.03
8.50.3	Ioannis	SOPHOCLEOUS	(52)	(4)	N. Phaliron	21.06.79
8.53.22	Renos	THEODOROU	(76)	(3)	Pireaus	12.06.99
8.56.26	Charalambos	PAVLOU	(69)	(6)	Bucharest	24.06.92
9.11.35	Anastasios	ANASTASIOU	(58)	(5)	N. Phaliron	23.07.77
9.18.01	Andreas	ANASTASIOU	(63)	(11)	Athina	11.07.84
9.22.74	Christoforos	PROTOPAPAS	(88)	(1)	Patra	11.05.13

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



*Panayiotis Hadjistathis 7.81*



*Petros Evripidou 13.92*



*Michael Rodosthenous 7.86*



*Stavros Tziortzis 49.66*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

## 110m Hurdles

13.67	Milan	TRAJKOVIC	(92)	1	Kaunas	23.06.13
13.81	Alexandros	STAVRIDES	(89)	(3S2)	Kaunas	17.07.09
13.85	Stephanos	IOANNOU	(82)	(6h1)	Athina	02.07.07
13.92	Petros	EVRIPIDOU	(58)	(2)	N. Phaliron	12.08.79
13.92	Prodromos	KATSANTONIS	(75)	(1)	Lefkosia	29.04.95
13.93	Nicos	EVRIPIDOU	(60)	(1)	Split	30.04.80
14.00	Panayiotis	IOANNOU	(84)	(2)	Monaco	07.06.07
14.19	Kyriacos	KYRIACOU	(74)	(1)	Tel-Aviv	17.06.00
14.28	Prokopis	GEORGIYOU	(71)	(1)	Luxembourg	02.06.95
14.28	Haris	KOUTRAS	(92)	(2)	Schaan Lie	03.06.11

## 400m Hurdles

49.66	Stavros	TZIORTZIS	(48)	(6)	Munich	02.09.72
49.88	Costas	POHANIS	(73)	(SF)	Palma de Mallorca	11.07.99
51.33	Georgios	AFAMIS	(73)	(1oc)	Lemesos	22.05.04
51.34	Yiannakis	IOANNOU	(61)	(3)	Thessaloniki	12.09.84
51.35	Ioannis	IOANNOU	(78)	(SF)	Daewoo	28.08.03
51.35	Minas	ALOZIDES	(84)	(1)	Banska Bystrica	20.06.09
51.82	Aris	XOUFARIDES	(88)	(1h1)	Lemesos	10.06.12
51.92	Panayiotis	RAPTIS	(77)	(6)	Athina	17.06.01
52.61	Antonis	ANTONIOU	(72)	(2)	Larnaca	17.08.93
52.68	Constantinos	CONSTANTINOU	(83)	(1)	Poros	25.07.07

## Long Jump

7.86	Demetrios	ARAOUZOS	(61)	(1)	Lefkosia	25.03.82
7.86	Michael	RODOSTHENOUS	(59)	(1)	Chania	24.05.86
7.81	Panayiotis	HADJISTATHIS	(52)	(1)	N. Phaliron	14.05.76
7.74	Kristis	CHRYSSOSTOMOU	(60)	(1)	Lefkosia	20.08.82
7.70	Renos	KOLOKOTRONIS	(77)	(1)	Lefkosia	02.07.00
7.68	Zacharias	ARNOS	(86)	(1)	Ruston	15.05.10
7.61	Paris	MELETIOU	(78)	(4)	Oordegem	30.06.96
7.60	Matheos	VOLOU	(89)	(1)	Lefkosia	14.06.09
7.58	Christodoulos	THOEFILOU	(92)	(1)	Lefkosia	06.06.10
7.56	Manolis	EMMANOUEL	(64)	(2)	Paphos	29.05.82



*Marios Hadjiandreou 17.13*



*Kyriacos Ioannou 2.35*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

## High Jump

2.35	Kyriakos	IOANNOU	(84)	(3)	Osaka	29.08.07
2.24	Yiannos	CONSTANTINO	(78)	(1)	Sparti	26.05.04
2.21	Neophytos	KALOGEROU	(73)	(1)	Terre Haut	08.05.96
2.20(i)	Anastasios	TZIONIS	(62)	(1)	Pullman	12.02.83
2.20	Ioannis	STOKKOS	(83)	(2)	Lemesos	02.07.03
2.20	Marios	IACOVOU	(84)	(7)	Sacramento	11.06.05
2.18.5	Alexis	NEOPHYTOU	(65)	(2)	Missouri	05.05.90
2.18	Emilios	XENOFONTOS	(86)	(1)	Lefkosia	05.06.08
2.18	Vasilis	CONSTANTINO	(92)	(1)	Lefkosia	19.05.13
2.16	Antonios	STAVROU	(62)	(1)	Lemesos	02.07.86

## Triple Jump

17.13	Marios	HADJIANDREOU	(62)	(1)	Athina	11.07.91
16.72	Zacharias	ARNOS	(86)	(1)	Chania	04.07.12
16.08	Demetrios	EFTHYMIU	(52)	(4)	N. Phaliron	08.05.76
16.06	Stelios	KAPSALIS	(82)	(6)	Tel Aviv	02.07.08
16.06	Panayiotis	VOLOU	(92)	(3)	Kaunas	23.06.13
16.05	Elias	AGAPIOU	(63)	(2)	Tarragona	20.07.88
15.74	Stelios	PETROU	(83)	(1)	Patra	10.05.00
15.65	Yiannis	PAPADOPOULOS	(66)	(3)	Budapest	03.07.99
15.60	Matheos	VOLOU	(89)	(1)	Lefkosia	05.06.10
15.54	Panayiotis	PAPAVARNAVAS	(85)	(2o.c.)	Lemesos	07.07.04

## Pole Vault

5.56	Photis	STEPHANI	(71)	(2)	Minsk	09.06.00
5.40	Nikandros	STYLIANO	(89)	(1)	Lefkosia	16.07.10
5.25	Nicos	PERICLEOUS	(68)	(1)	Lemesos	19.06.98
5.20	Georgios	ANDREOU	(74)	(1)	Athina	25.06.00
5.10	Christos	ADAMIDES	(76)	(1)	Philadelphia	23.04.99
5.10	Stephanos	DEMOSTHENOUS	(84)	(1o.c.)	Lemesos	22.05.04
5.00	Andreas	IOANNOU	(73)	(o.c.)	N. Phaliron	30.06.96
4.90	Georgios	APOSTOLIDES	(51)	(4)	N. Phaliron	05.09.76
4.90	Andreas	EFSTATHIOU	(81)	(1)	Lefkosia	04.07.07
4.80	Antonis	ANDREOU	(91)	(2)	Lefkosia	19.07.12

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



*Costas Papacostas 53.00-17.97*



*Loucas Louca 19.84*



*Orestis Rossides 53.92-18.31*



*Alexandros Rovertou 53.28*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

## Shot Put

19.84	Loucas	LOUCA	(45)	(1)	Athina	09.04.75
19.70	Michalis	LOUCA	(70)	(1)	Lefkosia	28.04.96
19.54	Elias	LOUCA	(74)	(1)	Lemesos	22.06.96
19.43(j)	Georgios	ARESTIS	(81)	(1)	Athina	31.01.09
18.31	Orestis	ROSSIDES	(53)	(0)	Pullman	16.04.77
17.97	Costas	PAPACOSTAS	(48)	(3)	Athina	29.07.72
17.63	Lambros	IACOVOU	(74)	(1)	Paralimni	09.07.97
17.59	Apostolos	TSAKKISTOS	(92)	(1)	Lefkosia	24.03.12
17.34	Anastasis	ANASTASIOU	(79)	(1)	Lemesos	19.06.98
17.33	Petros	MITSIDES	(77)	(1oc)	Lemesos	17.06.07

## Discus Throw

65.36	Apostolos	PARELLIS	(85)	(1)	Chania	03.06.12
60.20	Orestis	ANTONIADES	(85)	(2)	Argos Orestiko	20.06.12
57.63	Petros	MITSIDES	(77)	(2)	Lefkosia	15.05.10
56.57	Michalis	KLATSIAS	(92)	(2)	Lefkosia	12.06.13
56.47	Savvas	ARESTIS	(88)	(1)	Houston	14.05.11
55.70	Demetris	TOUMBAS	(79)	(1)	Lefkosia	31.03.99
55.65	Georgios	ARESTIS	(81)	(1)	Tripoli	02.06.02
53.92	Orestis	ROSSIDES	(53)	(4)	Pullman	16.04.77
53.28	Alexandros	ROVERTOU	(51)	(1)	Lemesos	10.05.80
53.00	Costas	PAPACOSTAS	(48)	(1)	Lefkosia	10.07.74

## Javelin Throw

74.58	Panos	KALOGEROU	(76)	(1)	Larnaca	15.04.04
71.70	Pieros	TSISIOS	(78)	(4)	Athina	17.06.01
71.48	Christakis	TELONIS	(59)	(1)	Lefkosia	18.06.89
71.26	Yiannis	STYLIANOU	(82)	(2)	Lefkosia	02.06.09
68.41	Andreas	FLOUDIOTIS	(85)	(1)	Pretoria	24.02.07
67.89	Constantinos	AFXENTIOU	(82)	(2)	Kastoria	29.06.03
66.90	Adamos	CHRISTODOULOU	(56)	(3)	Valetta	26.05.93
66.50	Georgios	MENELAOU	(79)	(3)	Sofia	19.05.04
65.55	Michalis	KAKOTAS	(92)	(1)	Lefkosia	19.05.13
64.74	Constantinos	STAVROU	(89)	(2)	Lefkosia	06.06.10

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



*Constantinos Stathelakos 73.86*



*Andreas Kappelos 6.913*



*Georgios Andreou 7.802*



*Alexandros Poursanides 67.92*



# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

## Hammer Throw

73.86	Constantinos	STATHELAKOS	(87)	(1)	Nikiti Greece	08.07.12
67.92	Alexandros	POURSANIDES	(93)	(8)	Tampere	13.07.13
66.26	Petros	SOFIANOS	(82)	(1)	Lefkosia	08.07.11
65.93	Michalis	KOLOKOTRONIS	(90)	(6)	Nikiti Greece	21.07.11
62.76	Yiannos	APOSTOLIDES	(75)	(2)	Lemesos	28.07.00
61.64	Orestis	ROSSIDES	(53)	(1)	Lefkosia	01.07.84
61.60	Nicos	ANASTASIADES	(67)	(2)	Oregon	04.05.91
61.49	Panayiotis	HADJICOSTAS	(86)	(2)	Lefkosia	04.07.07
61.03	Demetris	ELIA	(91)	(1)	El Paso	23.03.13
60.20	Georgios	KARLETTIDES	(76)	(1)	Lemesos	27.06.95

## Decathlon

7802	Georgios	ANDREOU	(74)	(1)	Volos	11-12.08.00
6913	Andreas	KAPPELOS	(60)	(6)	Vilanova	25-26.05.85
6870	Andreas	NICOLAOU	(60)	(6)	Thessaloniki	31.05-01.06.86
6715	Elvis	KRYOUKOV	(92)	(1)	Lefkosia	19-20.05.12
6625	Yiannos	ANASTASIADES	(70)	(7)	USA Lincoln	20-21.05.91
6621	Photis	STEPHANI	(71)	(1)	Lefkosia	09-10.06.90
6590	Michael	RODOSTHENOUS	(59)	(2)	Lefkosia	05-06.04.86
6565	Phanis	GEORGIOU	(69)	(8)	Athina	07-08.07.91
6521	Sawas	SAWA	(87)	(1)	Lefkosia	15-16-05.10
6348	Periklis	KLEOVOULOU	(93)	(2)	Lefkosia	19-20.05.12

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



*Dora Kyriacou 52.02.23.52*



*Efi Mouzourou 55.23*



*Melina Menelaou 55.54*



*Marilia Gregoriou 11.33-23.07*

## TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

100m						
11.33	Marilia	GREGORIOU	(80)	(2)	Athina	10.06.04
11.37	Eleni	ARTYMATA	(86)	(sh2)	Berlin	16.08.09
11.57	Ramona	PAPAIOANNOU	(89)	(1)	Luxemburg	28.05.13
11.73	Maria	LAMBROU	(53)	(1)	Lefkosia	22.08.85
11.76	Skevi	ANDREOU	(97)	(1)	Utrecht	16.07.13
11.80	Stalo	CONSTANTINO	(72)	(4)	Missouri	13.05.93
11.85	Dora	KYRIACOU	(67)	(8)	Rethimno	30.05.98
11.88	Demetra	IOANNOU	(76)	(2)	N. Jersey	22.05.96
11.89	Zoe	MICHAEL	(62)	(1)	Athina	03.06.83
11.95	Maria	GEORGIADOU	(65)	(1)	Athina	20.07.84

200 M						
22.61	Eleni	ARTYMATA	(86)	(6)	Barcelona	31.07.10
23.07	Marilia	GREGORIOU	(80)	(2)	Athina	12.06.04
23.52	Dora	KYRIACOU	(67)	(2)	Patra	23.07.95
23.59	Ramona	PAPAIOANNOU	(89)	(2)	Thiva	24.07.13
23.95	Alissa	KALLINICOU	(85)	(h)	Athina	14.06.08
23.96(j)	Andri	SHIALOU	(73)	(oc)	Piraeus	17.02.02
24.22	Meliz	REDIF	(89)	(2)	Lefkosia	05.06.08
24.28	Stalo	CONSTANTINO	(72)	(4)	Indianapolis	26.05.93
24.29	Vaso	PAPAIOANNOU	(78)	(1)	N. Phaliron	06.05.95
24.39	Maria	LAMBROU	(53)	(1)	Lefkosia	22.08.85

400 m						
52.02	Dora	KYRIACOU	(67)	(2)	Bari	17.06.97
52.05	Alissa	KALLINICOU	(85)	(1)	Athina	13.06.08
52.30	Andri	SHIALOU	(73)	(1)	Kalamata	31.05.03
54.90	Vaso	PAPAIOANNOU	(78)	(4)	Lefkosia	23.06.01
55.23	Efi	MOUZOUROU	(61)	(1)	N. Phaliron	27.07.81
55.54	Melina	MENELAOU	(65)	(1)	Athina	05.06.83
55.67	Toula	TRYPHONOS	(64)	(2)	Lefkosia	08.07.85
55.67	Meliz	REDIF	(89)	(2)	Lefkosia	04.06.08
55.68	Stella	THEOCHAROUS	(71)	(1)	Lefkosia	17.06.89
55.69	Kalliopi	KOUNTOURI	(97)	(5)	Utrecht	17.07.13

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



*Dionysia Papasavva 2.08.0*



*Stella Christoforou 2.07.84*



*Meropi Panayiotou 4.22.73-9.46.82*



*Annie Christofidou 2.03.45-4.15.09*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## 800 m

2.03.45	Annie	CHRISTOFIDOU	(81)	(SF)	Daewoo	29.08.03
2.03.83	Natalia	EVANGELLIDOU	(91)	(2)	Kaunas	22.06.13
2.06.93	Andri	AVRAAM	(63)	(1)	Athina	08.08.86
2.07.84	Stella	CHRISTOFOROU	(92)	(7)	Banska Bystrica	20.06.09
2.08.0	Dionysia	PAPASAVA	(62)	(2)	Skopje	14.06.81
2.09.10	Meropi	PANAGIOTOU	(94)	(5)	Trabzon	29.07.11
2.11.04	Gavriela	SOPHOCLEOUS	(86)	(1)	Lefkosia	11.06.04
2.11.57	Thekla	TAPAKOUDI	(73)	(2)	N. Phaliron	30.07.89
2.11.83	Christiana	MENELAOU	(67)	(2)	Monaco	16.05.87
2.12.02	Eleni	HADJIVASILI	(75)	(h)	Thessaloniki	10.08.91

## 1500 m

4.14.45	Andri	AVRAAM	(63)	(3)	Athina	16.08.86
4.15.09	Annie	CHRISTOFIDOU	(81)	(7)	Thessaloniki	24.07.06
4.21.17	Natalia	EVANGELLIDOU	(91)	(1)	Athina	20.07.13
4.22.73	Meropi	PANAGIOTOU	(94)	(1)	Larnaca	30.06.12
4.27.12	Marilena	SOPHOCLEOUS	(86)	(15)	Izmir	16.08.05
4.27.46	Stella	CHRISTOFOROU	(92)	(1)	Athens USA	18.03.11
4.29.72	Eleni	HADJIVASILI	(75)	(1)	Lemesos	13.06.92
4.30.81	Elena	AGAMEMNONOS	(75)	(2)	Thessaloniki	13.07.96
4.30.84	Elpida	CHRISTODOULIDOU	(86)	(2)	Thives	25.07.12
4.34.32	Pepa	HADJIHANNA	(78)	(4)	Velenje	11.06.95

## 3000 m

9.02.18	Andri	AVRAAM	(63)	(h)	Seoul	23.09.88
9.40.77	Elpida	CHRISTODOULIDOU	(86)	(3)	Patra	07.07.12
9.46.82	Meropi	PANAGIOTOU	(94)	(7)	Kaunas	22.06.13
9.49.70(i)	Stella	CHRISTOFOROU	(92)	(6)	USA	19.01.13
9.50.02	Elena	AGAMEMNONOS	(75)	(8)	Athina	18.07.92
9.50.7	Marilena	SOPHOCLEOUS	(86)	(4)	Istanbul	18.06.05
10.03.59	Stephanie	SOPHOCLEOUS	(86)	(6)	Reykjavik	19.06.04
10.04.27	Christiana	MENELAOU	(67)	(6)	Athina	13.06.87
10.10.2	Katerina	PRATSI	(64)	(1)	Lefkosia	01.04.89
10.10.79	Eleni	HADJIVASILI	(75)	(1)	Lemesos	03.08.92

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



*Andri Avraam 2.39.19.0-32.59.30-9.02.18-4.14.45 2.06.93-16.13.25*



*Katerina Pratsi 2.41.02.0*



*Marilena Sophocleous 16.52.63-36.57.26*



*Elpida Christodoulidou 17.05.94 - 10.59.37 -37.22.65*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## 5000 m

16.13.25	Andri	AVRAAM	(63)	(8)	Hengelo	14.08.88
16.52.63	Marilena	SOPHOCLEOUS	(86)	(4)	Athina	21.07.13
17.05.94	Elpida	CHRISTODOULIDOU	(86)	(7)	Athens	30.07.11
17.18.50	Katerina	PRATSI	(64)	(5)	Luxembourg	02.06.95
17.43.73	Stephanie	SOPHOCLEOUS	(86)	(6)	Reykjavik	20.06.04
18.08.80	Stella	CHRISTOFOROU	(92)	(3)	Lemosos	10.06.12
18.33.59	Giota	ANDREOU	(89)	(4)	Lemosos	10.06.12
18.38.97	Eleni	CHRISTOFOROU	(79)	(2)	Lefkosia	04.05.97
18.39.6	Evgenia	KORKOKIOU	(88)	(2)	Lefkosia	08.06.05
18.47.23	Eleni	IOANNOU	(84)	(2)	Lefkosia	06.06.10

## 10000 m

32.59.30	Andri	AVRAAM	(63)	(h)	Seoul	26.09.88
36.10.20	Katerina	PRATSI	(64)	(6)	Bucharest	19.06.88
36.57.26	Marilena	SOPHOCLEOUS	(86)	(1)	Lefkosia	19.04.13
37.22.65	Elpida	CHRISTODOULIDOU	(86)	(5)	Athina	17.05.08
38.26.58	Giota	ANDREOU	(89)	(3)	Lefkosia	19.04.13
39.33.37	Stavroula	POYIATZI	(76)	(7)	Istabil	12.06.94
39.37.29	Chrystalla	PETROU	(66)	(6)	Vienna	11.08.85
40.08.10	Louiza	TSIANAKA	(74)	(5)	N. Phaliron	23.06.91
41.35.42	Panagiota	HAPOUPI	(87)	(4)	Lefkosia	19.04.13
44.19.85	Alexandra	PAPACONSTANTINO	(85)	(5)	Lefkosia	19.04.13

## Marathon

2:39.19	Andri	AVRAAM	(63)	(6)	Auckland	31.01.90
2:41.02	Katerina	PRATSI	(64)	(1)	NagyKoros	17.09.88
3:09.25	Ioulia	KANNAVA	(73)	(2)	Lefkosia	02.03.03
3:17.45	Militsa	PITSILOU	(56)	(2)	Lefkosia	06.03.88
3:20.13	Giota	ANDREOU	(89)	(1)	Lemosos	24.03.13
3:32.47	Charithea	JOYNES	(47)	(2)	Lefkosia	26.02.89
3:39.56	Agathoklia	CONSTANTINO	(86)	(11)	Lemessos	28.02.10
3:40.07	Maria	AVRAAMIDOU	(73)	(27)	Lefkosia	09.12.12
3:52.45	Pola	HADJIPAPA	(63)	(70)	Lemosos	24.03.13
3:54.08	Maria	LAMBROU - SAWA	(71)	(5)	Lemessos	18.03.12

## 3000 m Steeple

10.40.79	Stella	CHRISTOFOROU	(92)	(3)	Athens USA	23.04.11
10.59.37	Elpida	CHRISTODOULIDOU	(86)	(3)	Patra	30.06.10
11.17.25	Evgenia	KORKOKIOU	(88)	(1)	Lefkosia	19.05.07
11.35.25	Chrystalla	HADJIPOLYDOROU	(93)	(1)	Lemessos	09.06.12
11.43.32	Maria	PAPANASTASIOU	(94)	(2)	Lemessos	09.06.12
11.53.30	Victoria	TZIAMA	(89)	(3)	Lefkosia	19.05.07
11.54.62	Anna	CONSTANTINIDOU	(82)	(1)	Lefkosia	01.05.03
11.57.14	Stephanie	SOPHOCLEOUS	(86)	(2)	Larnaca	05.06.04
11.59.67	Elena	CHRYSOSTOMOU	(92)	(4)	Lefkosia	19.05.07
12.03.33	Georgia	MOURATIDOU	(88)	(3)	Larnaca	05.06.04

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



*Maria Lambrou 6.80-5.319 hept.-13.70 h.-11.73-24.39*



*Irene Charalambous 6.52*



*Andri Shialou 54.76-52.30-23.96i*



*Morfo Baurda 13.25*



# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## 100m Hurdles

13.25	Morfo	BAOURDA	(82)	(1)	Lefkosia	06.06.09
13.37	Demetra	ARACHOVITI	(87)	(1)	Shaan Lie	30.06.11
13.70	Maria	LAMBROU	(53)	(1)	Thessaloniki	14.07.79
13.70	Eleni	NICOLAOU	(91)	(2)	Lefkosia	05.06.10
13.77	Marilia	GREGORIOU	(80)	(SF)	Annecy	01.08.98
13.92	Xenia	HERODOTOU	(82)	(2)	Lefkosia	06.06.09
14.19	Stella	KALOPAEDI	(53)	(3)	N. Phaliron	01.07.76
14.21	Rena	PAGDATI	(55)	(3)	Lefkosia	06.10.79
14.32	Natalia	CHRISTOFI	(97)	(1)	Luxemburg	30.05.13
14.35	Rafaella	MAKRI	(92)	(1)	Lefkosia	05.06.10

## 400 m Hurdles

54.76	Andri	SHIALOU	(73)	(5)	Heraklio	04.07.04
59.14	Stella	THEOCHAROUS	(71)	(2)	Brussels	05.08.89
60.90	Andri	AVRAAM	(63)	(1)	Lefkosia	31.05.81
61.59	Maria	TSANGARIDOU	(79)	(3)	Tel-Aviv	12.06.99
62.09	Evelina	GEORGIADOU	(75)	(5)	Larnaca	17.07.91
62.14	Elena	STEFANOU	(90)	(6)	Kaunas	22.06.13
62.29	Ramona	PAPAIOANNOU	(89)	(4)	Monaco	07.06.07
62.30	Xenia	HERODOTOU	(82)	(1)	Lefkosia	20.05.07
63.07	Panayiota	HADJIYIANNI	(88)	(1)	Lefkosia	14.06.09
63.19	Toula	TRYPHONOS	(64)	(2)	Lefkosia	31.05.87
63.25	Soteroula	NAPOLEONTOS	(65)	(2)	Thessaloniki	08.07.83

## Long Jump

6.80	Maria	LAMBROU	(53)	(1)	Lemosos	25.03.85
6.56	Nektaria	PANAYI	(90)	(1)	Chania	04.07.12
6.52	Irene	CHARALAMBOUS	(78)	(1o.c.)	Lefkosia	24.07.04
6.29	Eleftheria	CHRISTOFI	(86)	(1)	Megara	18.05.13
6.18	Maria	DRACOU	(67)	(1)	Lefkosia	04.04.85
6.15	Christiana	PHILIPPOU	(67)	(7)	Bucharest	25.06.89
6.10	Myroula	KAPITZI	(63)	(1)	Lefkosia	03.05.84
6.06	Eleni	PANTZARI	(63)	(5)	Lefkosia	20.09.80
6.04	Maria	ELEFThERIOU	(64)	(1)	Lefkosia	05.04.82
6.00	Filippa	FOTOPOULOU	(96)	(10Q)	Denetsk	13.07.13

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



*Olympia Menelaou 16.71-13.48 (triple)*



*Elli Evangelidou 16.09*



*Ioulia Farmaka 1.90*



*Agni Charalambous 1.89*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## High Jump

1.90	Ioulia	FARMAKA	(78)	(2)	Valencia	25.05.03
1.89	Agni	CHARALAMBOUS	(75)	(1)	Lefkosia	01.07.00
1.87	Leontia	KALLENOU	(94)	(4)	Mersin	29.06.13
1.81	Margarita	PROESTOU	(76)	(5)	Athina	16.06.01
1.78	Elena	VICTOROS	(62)	(1)	Chania	21.05.83
1.78	Efrosini	DROSOU	(84)	(1)	Lefkosia	04.07.07
1.77	Pantelitsa	PANAYIOTOU	(60)	(1)	Alexandroupolis	21.05.78
1.77	Tatiana	KYRIAKIDOU	(79)	(1)	N. Phaliron	15.04.94
1.75	Savia	PALATE	(83)	(1)	Paphos	19.04.07
1.75	Stephani	RAZI	(93)	(1)	Lefkosia	08.03.10

## Triple Jump

14.03	Nina	SERBEZOVA	(81)	(2)	Athina	30.05.12
13.48	Olympia	MENELAOU	(66)	(1)	Lefkosia	26.07.95
13.35	Eleftheria	CHRISTOFI	(86)	(1)	Lefkosia	12.06.13
13.32(i)	Maria	DIEKITI	(82)	(2)	Sofia	13.02.05
13.12	Thomaida	POLYDOROU	(86)	(4)	Ljubliana	27.07.11
12.67	Maria	KAKOYIANNI	(73)	(2)	Larnaca	20.05.95
12.50	Sofi	KOUKKOULI	(78)	(3)	Lemesos	23.06.96
12.49	Christiana	PHILIPPOU	(67)	(1)	Illinois	13.05.88
12.43	Ioanna	LAZAROU	(80)	(1)	Athina	17.05.00
12.41	Panayiota	RIGA	(88)	(2)	Lefkosia	05.07.07

## Pole Vault

4.45	Marianna	ZACHARIADE	(90)	(2)	Pescara	30.06.09
4.40(i)	Anna	FITIDOU	(77)	(1)	Athina	29.01.05
3.80(i)	Maria	ARISTOTELOUS	(91)	(4)	Piraeus	16.02.13
3.60	Efi	YIANNAKOU	(87)	(1)	Paphos	17.04.03
3.50	Panayiota	THEOPHANOUS	(86)	(2)	Paphos	17.04.03
3.50	Tatiana	NEOFYTOY	(81)	(1)	Lefkosia	16.05.10
3.50	Demetra	CHARALAMBOUS	(87)	(2)	Lefkosia	13.06.13
3.30	Skevi	ANDREOU	(81)	(4)	Thessaloniki	27.04.02
3.30	Skevi	KRASA	(90)	(3)	Lemessos	26.06.11
3.25	Marina	MACKINTER	(96)	(1)	Larnaca	04.07.13

## Shot Put

16.71	Olympia	MENELAOU	(66)	(1)	Lemesos	25.03.01
16.14(j)	Florentia	KAPPA	(88)	(1)	Athina	02.02.13
16.09	Elli	EVANGELIDOU	(68)	(1)	Lemesos	22.04.93
16.03	Christina	STROVOLIDOU	(74)	(ooc)	Larnaca	21.05.00
15.50	Elena	TELONI	(64)	(2)	Lemesos	08.06.02
14.68	Zacharoula	GEORGIADDE	(85)	(2)	Lefkosia	05.07.07
14.17	Andri	KASAPI	(78)	(1)	Athina	12.05.98
13.90	Evangelia	TOURAPI	(63)	(1)	Lefkosia	02.07.81
13.55	Tasoula	KYPRI	(79)	(3)	Lefkosia	26.04.98
13.44	Sofia	THEODOROU	(83)	(3)	Lefkosia	19.04.02

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



*Elena Sofroniyo-Georgiadou 49.36*



*Zacharoulla Georgiadou 53.37*



*Elena Teloni 51.38 old impl. 65.04 H.T.*



*Xenia Herodotou 4827 (hep.)*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

Discus Throw						
54.86	Androniki	LADA	(91)	(1)	Chania	04.07.12
53.37	Zacharoula	GEORGIADE	(85)	(2)	Athina	13.06.09
50.32	Alexandra	KLATSIA	(85)	(1)	Lefkosia	04.06.08
49.36	Elena	SOFRONIOU	(62)	(1)	Lemesos	16.08.80
49.00	Kyriaki	PILIA	(76)	(1)	Lefkosia	02.07.96
46.62	Adri	DIMITRIOU	(89)	(3)	Lefkosia	05.06.10
46.13	Theofano	KYRIACOU	(82)	(1)	Korinthos	26.05.01
44.83	Andri	KASAPI	(78)	(5)	Rethimno	30.05.98
44.64	Elena	FARKONA	(76)	(1)	Lefkosia	24.04.94
44.59	Chariklia	ODYSSEOS	(86)	(4)	Thessaloniki	08.05.05

Javelin Throw						
57.20	Alexandra	TSISIOU	(81)	(1)	Patra	17.05.06
51.88	Eleni	MAVROUDE	(82)	(3)	Kalamata	02.06.12
51.51	Carla	LELLA	(67)	(1)	Lefkosia	01.05.03
47.74	Natasa	MOURATIDOU	(90)	(1)	Heraklio	16.04.08
44.98	Eleni	PATSOU	(86)	(1)	Lefkosia	19.05.02
44.38	Elena	TELONI	(64)	(2)	Lefkosia	29.06.01
43.01	Yianna	ANTONIOU	(81)	(3)	Lefkosia	30.06.00
42.92	Rafaella	IOANNOU	(92)	(4)	Lefkosia	02.06.13
42.38	Avgoustina	STYLIANOU	(89)	(2)	Larnaca	13.05.07
41.36	Antri	PAPACONSTANTINO	(82)	(H)	Lefkosia	06.05.05

Hammer Throw						
69.29	Skevi	THEODOROU	(86)	(1)	Tripoli	17.05.09
65.04	Elena	TELONI	(64)	(1)	Athina	24.07.03
57.17	Cathrine	BEATTY	(93)	(4)	Bedford	24.08.13
52.55	Yianna	SOLOMOU	(78)	(2)	Lemesos	25.03.02
51.36	Argyro	KRASE	(89)	(1)	Lefkosia	14.05.07
50.71	Chrystalla	KYRIAKOU	(96)	(1o.c.)	Lefkosia	19.04.13
47.91	Alexandra	KLATSIA	(85)	(2)	Lemesos	04.06.06
47.49	Irene	YIANNAPI	(81)	(ooc)	Paphos	03.07.99
46.12	Anna	TARTIOU	(81)	(1)	Larnaca	19.05.00
44.70	Marina	MICHAEL	(79)	(ooc)	Lemesos	14.05.99

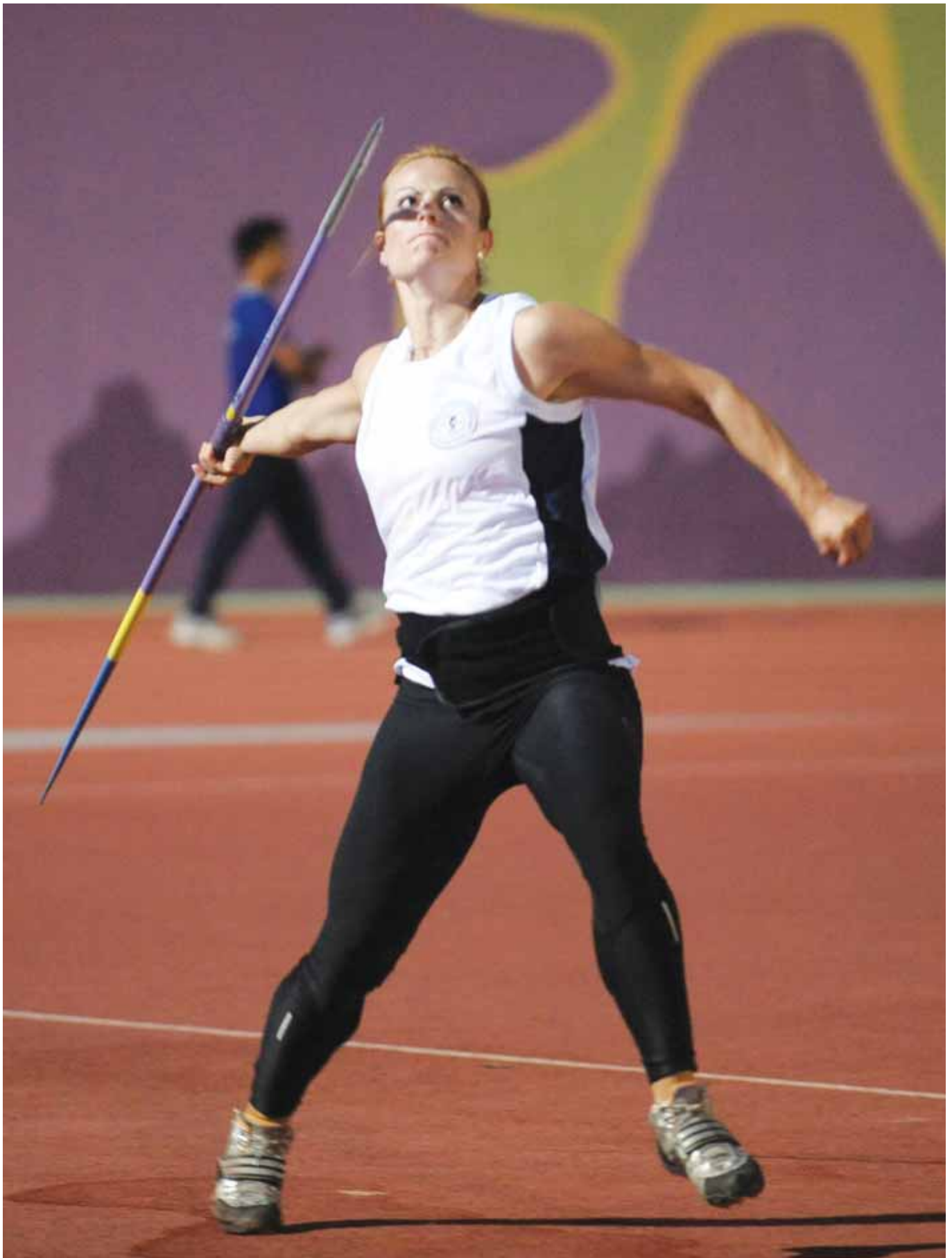
Heptathlon						
5319	Maria	LAMBROU	(53)	(1)	Lefkosia	03-04.09.84
4827	Xenia	HERODOTOU	(82)	(1)	Lefkosia	16-17.05.09
4795	Maro	THOMA	(70)	(2)	Lefkosia	17-18.04.85
4611	Rafaella	IOANNOU	(92)	(2)	Athens	02-03.07.11
4533	Olympia	MENELAOU	(66)	(3)	Lemesos	25-26.04.95
4368	Elena	VICTOROS	(62)	(1)	Lefkosia	12-13.03.83
4342	Evangelia	CONSTANTINO	(62)	(1)	Lefkosia	10-11.04.82
4288	Elena	STEPHANOU	(90)	(2)	Lefkosia	17-18.05.08
4128	Maria	DRACOU	(67)	(2)	Lefkosia	03-04.09.84
4049	Andri	PAPACONSTANTINO	(82)	(3)	Lefkosia	17-18.05.08



*Apostolos Parellis 65.36*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

NATIONAL RECORDS MEN					
100m.	10.11	Yiannakis	ZISIMIDES	Rethimno	25.05.96
200m.	20.37	Prodromos	KATSANTONIS	Athens	19.07.98
400m.	46.16	Evipides	DHMOSTHENOUS	Magiorga	12.07.99
800m.	1.47.17	Spyros	SPYROU	Casablanca	15.09.83
1500m.	3.39.76	Spyros	SPYROU	Belgrade	22.07.83
5000m.	13.34.29	Philippos	PHILIPPOU	Riccione	27.08.83
10000m.	28.26.87	Marios	KASIANIDES	Prague	19.06.81
Marathon	2:19.51	Marios	KASIANIDES	Brisbane	08.10.82
110m.h	13.67	Milan	TRAJKOVIC	Kaunas	23.06.13
400m.h	49.66	Stavros	TZIORTZIS	München	2.09.72
	49.5	Stavros	TZIORTZIS	Piraeus	28.06.72
3000m.st.	8.24.01	Philippos	PHILIPPOU	Casablanca	15.09.83
Long Jump	7.86	Demetris	ARAOUZOS	Nicosia	25.03.82
	7.86	Demetris	ARAOUZOS	Idaho	14.04.84
	7.86	Michael	RODOSTHENOUS	Chania	24.05.86
High Jump	2.35	Kyriakos	IOANNOU	Osaka	29.08.07
Triple Jump	17.13	Marios	HADJIANDREOU	Athens	11.07.91
Pole Vault	5.56	Photis	STEPHANI	Minsk	09.06.00
Shot Put	19.84	Loucas	LOUCA	Athens	09.04.75
Discus Throw	65.36	Apostolos	PARELLIS	Chania	03.06.12
Javelin Throw	74.58	Panos	KALOGEROU	Larnaca	15.04.04
Hammer Throw	73.86	Constantinos	STATHELAKOS	Nikiti Greece	08.07.12
Decathlon	7802	Georgios	ANDREOU	Volos	11-12.08.00
					(10.83-7.16-15.16-1.96-51.21/15.37-45.13-4.90-59.31-5.03.03)
4X100m.Relay	39.12	NATIONAL TEAM		Bari	18.06.97
					(Marcoullides A-Katsantonis Pr-Skender G-Zisimides Y)
4X400m.Relay	3.11.16	NATIONAL TEAM		Beograd	07.06.98
					(Afamis G-Pochanis C-Ayiomamitis A-Demosthenous E)
20000m.W	1:57.48	Yiannis	DEMETRIOU	Piraeus	07.10.78



*Alexandra Tsiou 57.20*



# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## NATIONAL RECORDS WOMEN

100m.	11.33	Marilia	GREGORIOU	Athina	10.06.04
200m.	22.61	Eleni	ARTYMATA	Barcelona	31.07.10
400m.	52.02	Dora	KYRIACOU	Bari	17.06.97
800m.	2.03.45	Annie	CHRISTOFIDOU	Daewoo	29.08.03
1500m.	4.14.45	Andri	AVRAAM	Athens	16.08.86
3000m.	9.02.18	Andri	AVRAAM	Seoul	23.09.88
5000m.	16.13.25	Andri	AVRAAM	Hengelo	14.08.88
10000m.	32.59.30	Andri	AVRAAM	Seoul	26.09.88
Half Marathon	1.17.31	Andri	AVRAAM	Auckland	31.01.90
Marathon	2:39.19	Andri	AVRAAM	Auckland	31.01.90
100m.h	13.25	Morfo	BAOURDA	Lefkosia	06.06.09
400m.h	54.76	Andri	SHIALOU	Heraklio	04.07.04
3000m.St.	10.40.79	Stella	CHRISTOFOROU	Athens USA	23.04.11
Long Jump	6.80	Maria	LAMBROU-TELONI	Limassol	25.03.85
High Jump	1.90	Ioulia	FARMAKA	Valencia	25.05.03
	1.90	Ioulia	FARMAKA	Istanbul	22.06.03
Triple Jump	13.94	Nina	SERBEZOVA	Lemesos	05.07.12
Pole Vault	4.45	Marianna	ZACHARIADE	Pescara	30.06.09
Shot Put	16.71	Olympia	MENELAOU	Lemesos	25.03.01
Discus Throw	54.86	Androniki	LADA	Chania	04.07.12
Javelin	57.20	Alexandra	TSISIOU	Patra	17.05.06
Hammer Throw	69.29	Skevi	THEODOROU	Tripoli	17.05.09
Heptathlon	5319	Maria	LAMBROU-TELONI	Lefkosia	3-4.09.84
	(14.2-1.63-11.33-24.7-6.48-33.76-2.40.0)				
4X100m. Relay	44.79	NATIONAL TEAM		Mersin	28.06.13
	(Andreou S. -Kyriakidou D. -Papaioannou R. -Artymata E.)				
4X400m. Relay	3.42.60	NATIONAL TEAM		Lefkosia	24.06.01
	(Kyriacou D-Papaioannou V-Shialou A-Kallinicou A)				



*Georgios Avraam 46.83*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

NATIONAL RECORDS (under 23 years)					
100m.	10.26	Prodromos	KATSANTONIS	Athens	18.07.97
200m.	20.55	Prodromos	KATSANTONIS	Bari	17.06.97
400m.	46.6	Kyriacos	ONISIFOROU	Izmir	03.08.72
	46.83	Georgios	AVRAAM	Athina	20.07.13
800m.	1.47.9	Demetris	THEOFYLACTOU	Tempe (Ariz.)	21.05.79
1500m.	3.44.94i	Alexandros	KALOGEROYIANNIS	Athens	11.02.06
5000m.	14.18.2	Marios	KASIANIDES	N.Phaliron	01.07.76
10000m.	29.15.7	Philippou	PHILIPPOU	N.Phaliron	08.10.78
Marathon	2:31.50	Petros	NICODEMOU	Thives	07.11.82
110m.h.	13.67	Milan	TRAJKOVIC	Kaunas	23.06.13
400m.h.	50.50	Costas	POCHANIS	Nicosia	27.05.94
3000m.st.	8.31.04	Philippou	PHILIPPOU	N.Phaliron	15.07.78
Long Jump	7.86	Demetrios	ARAOUZOS	Nicosia	25.03.82
High Jump	2.30i	Kyriacos	IOANNOU	Banska Bystrica	14.02.06
Triple Jump	16.37	Marios	HADJIANDREOU	Nicosia	01.10.83
Pole Vault	5.40	Nikandros	STYLIANOU	Lefkosia	16.07.10
Shot Put	19.54	Elias	LOUCA	Limassol	22.06.96
Discus Throw	58.16	Apostolos	PARELLIS	Debrecen	14.07.07
Javelin Throw	71.19	Pieros	TSISIOS	Kastoria	05.08.00
Hammer Throw	67.92	Alexandros	POURSANIDIS	Tampere	13.07.13
Decathlon	7.097	Georgios	ANDREOU	Athens	27/28.05.96
			(11.21-6.95-12.10-1.93-51.46-16.12-40.40-4.50-55.40-5.00.21)		
Relay 4X400	3.17.60	National Team		Tel-Aviv	23.05.12
			(Antoniou K-Anastasiou St-Menelaou R-Avraam G)		



*Flora Kappa*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## NATIONAL RECORDS (under 23 years)

100m.	11.53	Eleni	ARTYMATA	Trikala	26.07.08
200m.	23.18	Eleni	ARTYMATA	Lefkosia	05.07.07
400m.	52.91	Alissa	KALLINIKOU	Milano	23.06.07
800m.	2.03.45	Anny	CHRISTOFIDOU	Daewoo	29.08.03
1500m.	4.21.17	Natalia	EVANGELIDOU	Athina	20.07.13
3000m.	9.49.70(i)	Stella	CHRISTOFOROU	USA	19.01.13
5000m.	17.16.58	Elpida	CHRISTODOULIDOU	Monaco	09.06.07
10000m.	37.22.65	Elpida	CHRISTODOULOU	Athens	17.05.08
Half Marathon	1:31.16	Giota	ANDREOU	Larnaca	30.01.11
Marathon	3.41.10	Giota	ANDREOU	Lemessos	20.02.11
100m.h.	13.64	Morfo	BAOURDA	Athens	12.06.04
400m.h.	60.08	Androula	SHIALOU	Larnaca	20.05.95
3000m.steeple	11.07.13	Stella	CHRISTOFOROU	Athens USA	21.04.12
Long Jump	6.62	Maria	LAMBROU-TELONI	Sofia	02.08.74
High Jump	1.85	Agni	CHARALAMBOUS	Rethimno	18.05.97
Triple Jump	13.20	Maria	DIEKITI	Larnaca	06.06.04
Pole Vault	4.40	Marianna	ZACHARIADE	Delhi	12.10.10
Shot Put	14.74	Flora	KAPPA	Marsa MLT	20.06.10
Discus Throw	54.86	Androniki	LADA	Chania	04.07.12
Javelin	47.51	Natasa	MOURATIDOU	Touscolosa USA	28.03.10
Hammer Throw	68.05	Skevi	THEODOROU	Larnaca	16.07.08
Heptathlon	4417	Rafaela	IOANNOU	Lefkosia	19-20.05.12
			(16.70-1.57-11.14-27.16/5.60-39.04-2.55.97)		



*Georgios Skender*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

NATIONAL RECORDS JUNIOR MEN					
100m.	10.41	Georgios	SKENDER	Bari	17.06.97
200m.	21.09	Nicos	HADJINICOLAOU	N.Phaliron	17.07.77
400m.	47.06	Petros	TSIAKKIROS	Roma	19.09.75
800m.	1.49.39	Christos	DEMETRIOU	Kalamata	02.06.12
1500m.	3.45.84	Georgios	LOUCAIDES	Larnaka	22.08.91
3000m.	8.22.44	Georgios	LOUCAIDES	Lemesos	04.05.91
5000m.	14.31.99	Georgios	LOUCAIDES	Lefkosa	28.04.91
	14.31.99	Georgios	LOUCAIDES	Larnaka	09.06.91
10000m.	30.44.6	Georgios	LOUCAIDES	Larnaka	30.08.91
110m.h.	13.99	Prodromos	KATSANTONIS	Lefkosa	15.05.93
110m.h.(0.99)	13.95	Alexandros	STAVRIDES	Lefkosa	18.07.08
400m.h.	50.79	Costas	POCHANIS	Drama	22.08.92
2000m.st.	5.38.88	Georgios	LOUCAIDES	Larnaka	26.08.91
3000m.st.	8.45.04	Georgios	LOUCAIDES	N.Phaliron	23.06.91
Long Jump	7.73	Demetris	ARAOUZOS	Sofia	14.06.80
High Jump	2.18	Anastasios	TZIONIS	N.Phaliron	07.06.80
Triple Jump	16.31	Marios	HADJIANDREOU	N.Phaliron	28.06.81
Pole Vault	5.05	Nikandros	STYLIANOU	Larnaka	11.05.08
	5.05	Nikandros	STYLIANOU	Banska Bystrica	22.06.08
Shot Put	18.75	Elias	LOUCA	Lemesos	14.07.93
6kg	18.72	Apostolos	TSAKKISTOS	Tallinn	21.07.11
Discus Throw	52.26	Michalis	KLATSIAS	Lemessos	25.06.11
1.750gr.	61.22	Michalis	KLATSIAS	Tallinn	24.07.11
Javelin Throw	64.90	Pieros	TSISIOS	Tel-Aviv	02.06.96
Hammer Throw	67.04	Alexandros	POURSANIDES	Lemessos	10.06.12
6kg	77.86	Alexandros	POURSANIDES	Lefkosa	22.06.12
Decathlon	6.720p.	Georgios	ANDREOU	Tour France	29/30.8.93
					(11.40-6.78-12.63-1.98-52.91-17.17-39.28-3.90-60.56-5.15.17)
4X100m.Relay	40.44	NATIONAL TEAM		Crossetto	16.07.04
					(Georgiou G – Lavithis G– Kyriakides G– Athanasiou V)
4X400m.Relay	3.18.46	PANCYPRIAN CLUB		Thessaloniki	20.06.82
					(Constantinou A-Kokkinos E-Kyriakides Th-Savva S)



*Skevi Theodorou*



# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

## NATIONAL RECORDS JUNIOR WOMEN

100m.	11.67	Eleni	ARTYMATA	Andora	31.05.05
	11.67	Eleni	ARTYMATA	Istanbul	18.06.05
200m.	23.71	Eleni	ARTYMATA	Istanbul	19.06.05
400m.	54.43	Alissa	KALLINICOU	Caen	31.05.02
800m.	2.07.84	Stella	CHRISTOFOROU	Banska Bystrica	20.06.09
1500m.	4.22.73	Meropi	PANAGIOTOU	Larnaca	30.06.12
3000m.	9.50.02	Elena	AGAMEMNONOS	Athens	18.07.92
5000m.	17.20.63	Marilena	SOFOCLEOUS	Izmir	19.08.05
10000m.	39.33.37	Stavroula	POYIATZI	Istanbul	12.06.94
100m.h.	13.70	Eleni	NIKOLAOU	Lefkosia	05.06.10
400m.h.	59.14	Stella	THEOCHAROUS	Bruxelles	05.08.89
2000M ST.	7.18.67	Evgenia	KORKOKIOU	Paphos	13.05.06
3000M ST.	9.46.82	Meropi	PANAGIOTOU	Kaunas	22.06.13
Long Jump	6.18	Maria	DRACOU	Lefkosia	04.04.85
High Jump	1.87	Leontia	KALLENOU	Mersin	29.06.13
Triple Jump	12.78	Thomaida	POLYDOROU	Lemesos	22.05.04
Pole Vault	4.45	Marianna	ZACHARIADE	Pescara	30.06.09
Shot Put	14.93	Florentia	KAPPA	Lefkosia	28.01.06
Discus Throw	49.36	Elena	SOFRONIOU	Lemesos	16.08.80
Javelin	47.74	Natasa	MOURATIDOU	Heraklio	17.04.08
Hammer Throw	57.20	Skevi	THEODOROU	Lefkosia	08.06.05
Heptathlon	4795	Maro	THOMA	Lefkosia	17/18.4.85
			(15.74-1.55-11.07-25.56-5.70-28.80-2.27.72)		
4X100m.Relay	47.20	NATIONAL TEAM		Rieti	21.07.13
			(Christofi N-Kyriakidou D-Fotopoulou F-Fotopoulou O)		
4X400m.Relay	3.52.54	OLYMPIA CLUB		Thessaloniki	10.07.83
			(Demetriou M-Georgiou M-Napoleonos S-Ioannou V)		



*Michalis Kolokotronis*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / BOYS

NATIONAL RECORDS U18						
100M.	10.4	NICOS	HADJINICOLAOU	(60)	LIMERIK	01.06.77
	10.64	NICOS	HADJINICOLAOU	(60)	N.PHALIRON	16.07.77
200M.	21.09	NICOS	HADJINICOLAOU	(60)	N.PHALIRON	17.07.77
400M.	47.96	STEFANOS	ANASTASIOY	(90)	THESSALONIKI	01.07.06
800M.	1.51.7	PHILIPPOS	STYLIANOUDIS	(62)	LEFKOSIA	06.10.79
1000M.	2.28.52	CHRISTOS	DIMITRIOU	(93)	MOSCOW	23.05.10
1500M.	3.49.2	GEORGIOS	LOUCAIDES	(72)	LEFKOSIA	26.04.89
3000M.	8.25.29	GEORGIOS	LOUCAIDES	(72)	CANNES	24.06.89
5000M.	14.39.74	GEORGIOS	LOUCAIDES	(72)	BELFAST	01.07.89
10000M.	31.52.65	GEORGIOS	LOUCAIDES	(72)	VARARSTIN	26.08.89
110M.H.	14.40	PRODROMOS	KATSANTONIS	(75)	LEMESOS	13.06.92
110M.H.(91.4cm)	13.57	HARIS	KOUTRAS	(92)	TAMPERE	23.07.09
400M.H.	52.39	COSTAS	POCHANIS	(73)	LEMESOS	28.06.90
400M.H.(84cm)	52.99	COSTAS	POCHANIS	(73)	BRUSS	26.06.90
2000M.ST.	5.48.58	GEORGIOS	LOUCAIDES	(72)	LEMESOS	07.07.89
3000M.ST.	9.08.66	STATHIS	STASIS	(73)	LEMESOS	27.06.90
LONG JUMP	7.44	MICHALIS	RODOSTHENOUS	(59)	ORLEAN	26.06.76
HIGH JUMP	2.16	ANASTASIOS	TZIONIS	(62)	LYLLE	23.06.79
TRIPLE JUMP	15.74	STELIOS	PETROU	(83)	PATRA	10.05.00
POLE VAULT	4.65	ANTONIS	KAOULLAS	(89)	PAPHOS	13.05.06
SHOT PUT	17.39	ELIAS	LOUCA	(74)	LEMESOS	30.06.91
SHOT PUT(5kg)	20.03	ELIAS	LOUCA	(74)	LARNACA	17.04.91
DISCUS THR.	48.45	SAVVAS	ARESTIS	(88)	LEFKOSIA	29.12.05
DISCUS T.(1.5kg)	61.90	MICHALIS	KLATSIAS	(92)	LARNACA	23.05.09
JAVELIN	62.10	PIEROS	TSISIOS	(78)	N.PHALIRON	06.05.95
JAVELIN(700gr)	64.04	PIEROS	TSISIOS	(78)	LEFKOSIA	17.05.94
	64.04	CONSTANTINOS	STAVROU	(89)	THESSALONIKI	02.07.06
HAMMER THR.(7.26kg)	58.38	STELIOS	KAZAKEOS	(940)	LEFKOSIA	15.05.11
HAMMER THR(5K)	72.41	MICHALIS	KOLOKOTRONIS	(90)	LEMESOS	16.06.07
DECATHLON	5699P.	PHOTIS	STEFANI	(71)	LEMESOS	13/14.04.88
4 X 100M.	42.76	NATIONAL TEAM U18			LEMESOS	21.07.90
		(KATSANTONIS P-MARKARIS P-KASSERA A-HADJILOISOU N)				
4 X 400M.	3.21.46	NATIONAL TEAM U18			GIANNITSA	21.07.11
		(DEMETRIADES FR-MODESTOU E-ANASTASIOU O-MICHARA A)				

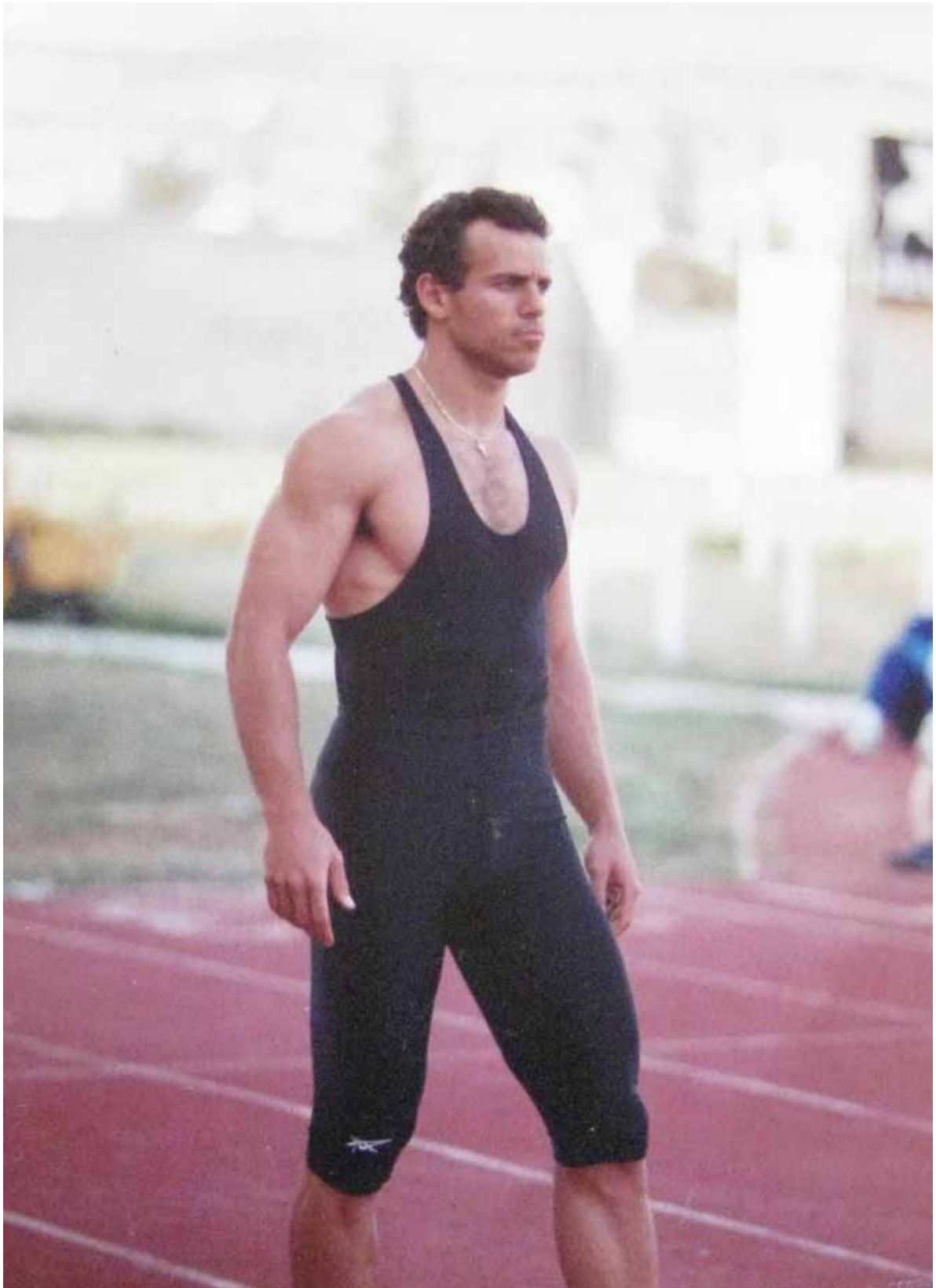


*Stella Theocharous*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / GIRLS

NATIONAL RECORDS U18 GIRLS						
100M.	11.76	SKEVI	THEODOROU	(97)	UTRECH	16.07.13
200M.	24.29	VASO	PAPAIOANNOU	(78)	N.PHALIRON	06.05.95
400M.	54.43	ALISSA	KALLINIKOU	(85)	CAEN	01.06.02
800M.	2.07.84	STELLA	CHRISTOFOROU	(92)	BANSKA BYSTRICA	20.06.09
1000M.	2.55.97	STELLA	CHRISTOFOROU	(92)	DOHA	11.12.11
1500M.	4.27.82	STELLA	CHRISTOFOROU	(92)	BANSKA BYSTRICA	21.06.09
3000M.	9.50.02	ELENA	AGAMEMNONOS	(75)	ATHINA	18.07.92
5000M.	17.52.93	STEHANE	SOPHOCLEOUS	(86)	ISTANBUL	22.06.03
10000M.	40.08.10	LOUIZA	TSIANAKA	(74)	N.PHALIRON	23.06.91
100M.H.	13.89	MARILIA	GREGORIOU	(80)	PAPHOS	24.05.97
100M.H.(76cm)	13.52	MARILIA	GREGORIOU	(80)	LISBOA	21.07.97
400M.H.	59.95	STELLA	THEOCHAROUS	(71)	BARCELONA	08.07.88
2000M.ST.	7.20.98	EVGENIA	KORKOKIOU	(88)	LEMESOS	14.05.05
3000M.ST.	11.20.34	EVGENIA	KORKOKIOU	(88)	ISTANBUL	18.06.05
LONG JUMP	6.08	CHRISTIANA	FILIPPOU	(67)	LEFKOSIA	24.03.84
HIGH JUMP	1.81	AGNI	CHARALAMBOUS	(75)	LEMESOS	03.05.91
TRIPLE JUMP	12.48	THOMAIDA	POLYDOROU	(86)	LEFKOSIA	10.05.03
POLE VAULT	3.60	EFTHYMIA	YIANNAKOU	(87)	PAPHOS	17.04.03
	3.60	EFTHYMIA	YIANNAKOU	(87)	LEFKOSIA	10.05.03
SHOT PUT	14.39	FLORENTIA	KAPPA	(88)	LEFKOSIA	25.03.05
SHOT PUT(3kg)	15.22	FLORENTIA	KAPPA	(88)	PARALIMNI	14.04.03
DISCUS THR.	46.39	ALEXANDRA	KLATSIA	(85)	LEFKOSIA	12.03.02
JAVELIN THR.	45.39	NATASA	MOURATIDOU	(90)	LARISA	06.05.07
HAMMER THR	50.71	CHRYSTALA	KYRIAKOU	(96)	LEFKOSIA	19.04.13
(3KG)	60.39	CHRYSTALA	KYRIAKOU	(96)	DONETSK	12.07.13
HEPTATHLON	4128P.	MARIA	DRACOU		LEFKOSIA	3-4.09.84
						(15.9-7.44-1.50-26.2/5.90-25.04.2.47.9)
4 X 100M.	47.20	NATIONAL TEAM U18			RIETTI	21.07.13
		(CHRISTOFI N-KYRIAKIDOU D-FOTOPOULOU F-FOTOPOULOU O)				
4 X 400M.	3.53.52	NATIONAL TEAM U18			ATHINA	30.07.09
		(DEMETRIOU R-TZIARTA I-PANAYIOTOU M-CHRISTOFOROU ST)				

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS  
/ NATIONAL INDOOR RECORDS



*Giannis Zisimides*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / NATIONAL INDOOR RECORDS

<b>MEN</b>					
60m.	6.58	Yiannis	ZISIMIDES	Piraeus	03.03.96
100m.	10.31	Anninos	MARCOULLIDES	Budapest	28.02.99
200m.	20.65	Anninos	MARCOULLIDES	Valencia	01.03.98
400m.	47.39	Evipides	DEMOSTHENOUS	Piraeus	14.02.98
800m.	1.50.13	Constantinos	HADJIMARCOU	Piraeus	20.02.2000
1500m.	3.42.58	Christos	PAPAPETROU	Piraeus	01.02.98
1 Mile	4.11.37	Georgios	LOUCAIDES	Idaho	17.02.95
3000m.	7.54.16	Christos	PAPAPETROU	Budapest	06.02.98
60m.h.	7.83	Stephanos	IOANNOU	Vienna	01.03.02
	7.83	Alexandros	STAVRIDES	Athina	13.02.10
Long Jump	7.68	Demetris	ARAOUZOS	Moscow USA	12.02.83
High Jump	2.32	Kyriakos	IOANNOU	Novi Sad	17.02.08
Triple Jump	16.88	Marios	HADJIANDREOU	Piraeus	20.02.88
Pole Vault	5.40	Nikandros	STYLIANOU	Thessaloniki	23.02.13
	5.40	Nikandros	STYLIANOU	Gothenburg	23.02.13
Shot Put	19.43	Georgios	ARESTIS	Athina	31.01.09
Heptathlon	5895.00	Georgios	ANDREOU	Piraeus	11-12.02.2000
			(6.95-7.42-2.08-15.16-8.34-4.90-3.04.15)		

<b>WOMEN</b>					
60m.	7.37	Marilia	GREGORIOU	Athina	31.01.04
200m.	23.96	Andri	SHIALOU	Piraeus	17.02.02
400m.	52.91	Andri	SHIALOU	Athina	07.02.04
800m.	2.06.81	Annie	CHRISTOFIDOU	Madrid	04.03.05
1500m.	4.28.64	Meropi	PANAGIOTOU	Piraeus	21.02.12
1 Mile	4.44.46	Stella	CHRISTOFOROU	Fayetteville	24.02.13
3000m.	9.47.22	Elpida	CHRISTODOULIDOU	Piraeus	22.02.12
60m.h.	8.19	Morfo	BAOURDA	Athina	11.02.06
Long Jump	6.42	Maria	LAMBROU-TELONI	Bucharest	07.02.76
High Jump	1.85	Ioulia	FARMAKA	Athina	01.02.03
	1.85	Ioulia	FARMAKA	Athina	08.02.04
Triple Jump	13.32	Maria	DIOIKITI	Sofia	13.02.05
Pole Vault	4.41	Marianna	ZACHARIADE	Piraeus	21.02.09
Shot Put	16.19	Olympia	MENELAOU	Piraeus	18.02.01
Pentathlon	2955p.	Xenia	HERODOTOU	Athina	11.02.06

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS  
/ NATIONAL CHAMPIONSHIPS / MEN



*Ioannis Ananiades*



*Amine Khadiri*



*Pericles Kleovoulou*



*Elvis Kryoukov*



# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / NATIONAL CHAMPIONSHIPS / MEN

## Lefkosia, 12-13 June

100m	Ioannou P. 10.47-Charalambous M. 10.76-Polykarpou V. 10.90
200m	Ioannou P. 21.75-Avraam G. 21.87-Charalambous M. 22.08
400m	Menelaou R. 48.30-Antoniou K. 48.72-Avraam G. 49.17
800m	Khadiri A. 1.51.20-Dimitriou Chr. 1.52.45-Michara A. 1.52.93
1500m	Khadiri A. 3.54.78-Dimitriou Chr. 4.00.52-Frangou N. 4.02.47
5000m	Frangou N. 15.28.07-Busca M. 15.28.62-Nikodimou R. 15.42.31
10000m	Ahmet K. 32.04.74-Nikodimou R. 33.05.64-Charalambous Ch. 33.37.06
H. Marathon	Ahmet K. 1:12.29-Busca M. 1:17.21-Keenan M. 1:18.19
Marathon	Ahmet K. 2:27.57-Keenan M. 2:42.54-Stylianou P. 2:50.08
110m H	Trajkovic M. 13.83-Stavrides A. 14.47-Kryoukov E. 15.06
400m H	Georgiou N. 54.52-Stavrides A. 55.91-Vasiliou T. 56.16
3000 st	Protopapas Chr. 9.33.53-Panagiotou P. 10.03.24-Timinis C. 10.08.36
Long Jump	Kleovoulou P. 7.56-Theofilou Chr. 7.42-Poullou G. 7.31
High jump	Ananiades G. 2.00-Constantinou G. 2.00-Kryoukov E. 1.90
Triple jump	Volou P. 15.97-Arnos Z. 15.35-Achilleos L. 14.98
Pole Vault	Stylianou N. 4.90-Christoforou Chr. 4.20-Houlos D. 4.20
Shot Put	Arestis G. 17.77-Lambrou M. 16.04-Mitsides P. 15.79
Discus Throw	Parellis A. 59.91-Klatsias M. 56.57-Mitsides P. 53.58
Javelin Throw	Stavrou K. 62.42-Kalogirou P. 62.00-Kakotas M. 61.34
Hammer Throw	Stathelakos K. 68.61-Poursanidis A. 67.20-Kolokotronis M. 61.43
Decathlon	Kryoukov E. 6561-Christoforou Chr. 6070-Sawa S. 6030
Relay 4x100m	G.S.Olympia 42.22(Elia A-Trajkovic M-Chrysanthou A-Charalambous M)
	G.S.Evagoras 43.30(Charalambous O-Andreou P-Koutsoftas St-Hadjitheoris A)
	G.S.Korivos 43.69(Pergantis G-Anastas;iou O-Georgiou K-Ioannou P)
Relay 4X400m	G.S.Praxandros 3.20.52(Iacovou M-Anastasiou St-Antoniou K-Menelaou R)
	G.S.Pancypria 3.22.98(Andreou M-Kanaris K-Michara A-Dimitriou Chr)
	G.S.Olympia 3.27.74(Kastanis A-Pountoukidis C-Chrysostomou M-Georgiou N)

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS  
/ NATIONAL CHAMPIONSHIPS / WOMEN



*Elena Stephanou*



*Kalliopi Kountouri*



*Angeliki Athanasopoulou*



*Anna Fitidou*

# TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / NATIONAL CHAMPIONSHIPS / WOMEN

Lefkosia, 12-13 June	
100m	Papaioannou R. 11.62-Andreou Sk. 11.90-Nikolettou N. 12.19
200m	Artymata El. 23.20-Kyriakidou D. 24.72-Kontouri K. 25.21
400m	Kountouri K. 56.30-Stefanou E. 58.90-Nikolaou St. 60.97
800m	Evangelidou N. 2.08.01-Panagiotou M. 2.15.90-Papanastasiou M. 2.21.59
1500m	Evangelidou N. 4.22.37-Panagiotou M. 4.34.08-Hadjigiangu Chr. 5.05.73
5000m	Sofokleous M. 17.44.95-Christodoulidou E. 17.58.88-Hadjipolydorou Chr. 19.12.89
10000m	Sofokleous M. 36.57-26-Christodoulidou E. 38.04.19-Andreou G. 38.26.58
H. Marathon	Andreou G. 1:25.16-Kannava I. 1:43.26-Papaconstantinou A. 1:43.48
Marathon	Andreou G. 3:20.33-Avraamidou M. 3:45.33-Kannava I. 4:00.17
100mH	Athanasopoulou A. 14.53-Christofi N. 14.62-Papapetrou Ch. 15.37
400mH	Stefanou E. 62.31-Lazarou Chr.64.45-Athanasopoulou A. 65.20
3000m st.	Christodoulidou E. 11.27.44-Hadjipolydorou Chr.12.02.87-Papanastasiou M. 12.14.96
Long jump	Panagi N. 6.41-Christofi E. 6.28-Fotopoulou F. 6.17
Hijh jump	Kallenou L. 1.81-Razi St. 1.75-Louca E. 1.64
Triple jump	Christofi E. 13.35-Polydorou Th. 12.32-Stavrou Z. 11.95
Pole Vault	Fitidou A. 3.60-Charalambous D. 3.50-Aristotelous M. 3.40
Shot put	Kappa Fl. 15.68-Tshapelia T. 12.79-Papaconstantinou A. 12.20
Discus Throw	Georgiadou Z. 52.41-Lada A. 51.54-Klatsia A. 43.76
Javelin Throw	Tsiou A. 50.04-Tshapelia T. 39.58-Rousi M. 36.16
Hammer Throw	Theodorou Sk. 61.24-Beatty C. 53.61-Kyriakou Chr. 49.62
Heptathlon	Ioannou R. 4531-Stavrou Z. 3752-Pisiara M. 3522
Relay 4X100	G.S.Korivos 48.14(Ioannou O-Kyriakidou D-Neofitidou K-Papaioannou R)
	G.S.Evagoras 49.42(Kkolou M-Kolokoudia P-Constantinidou C-Andreou Sk)
	G.S.Zenon 49.58(Andreou G-Izvenkou E-Kontonikola G-Nikolettou N)
Relay 4X400	G.S.Pancyria 3.52.49(Evangelidou N-Stefanou E-Kountouri K-Panagiotou M)
	G.S.Olympia 4.12.70(Katsari Chr-Pisiara M-Stylianou A-Papanastasiou M)
	G.S.Praxandros 4.30.30(Lagonidou R-Maou G-Adamou C-Evagorou M)

## VASIL KRUMOV

One of the most distinguished Bulgarian athletics coaches was Vasil Krumov.

He was born in Tran Bulgaria on 14.09.1933 and died in Nicosia Cyprus on 01.01.2013.

He begun his sport career as an athlete in Hammer Throw where he set his first national record in 1956 during the Balkan Games in Istanbul with 58.89m. and following another eight records he ended with the tenth one in 1964 with 64.59m.

Undoubtly his greatest achievements in athletics came with his success as a coach since his athletes made fifty national records in the throwing events during his career in Bulgaria.

His contribution to the world throwing events history shall never be surpassed and is presented through the records of his athletes whom he coached and guided to the top of excellence:

1. Ivanka Khristova 21.89 in shot put in 1976/ World Record  
21.05 Gold Medal in Montreal  
Olympics in 1976 with Olympic Recent

2. Maria Vergova-Petkova 71.80 in discus in 1980.  
World Record  
Olympic silver medalist in 1976 and 1980

3. Vasilka Stoeva 64.34 in discus in 1972 in Munich Olympic Games won bronze medal

4. Verzhinia Veselinova p.b.21.61/European Indoor Champion 1982

5. Ivanka Petrova-Stoycheva p.b. 21.01

6. Elena Stoyaneva p.b. 20.95

7. Victor Stoev p.b. 20.72 National Record

8. Ventsislav Khristov p.b. 20.83 in 1985 National Record

9. Svetla Bozhkova p.b. 67.26. Twice Olympic finalist 1972 and 1980

10. Stefania Simova p.b. 67.60 8th in Barcelona Olympics

11. Toder Manolov First national record over 70m. in Hammer Throw. European Junior Champion in 1970

12. Emanuil Dyulgerov National Record in Hammer 80.64. 6th in Moscow Olympics in 1980

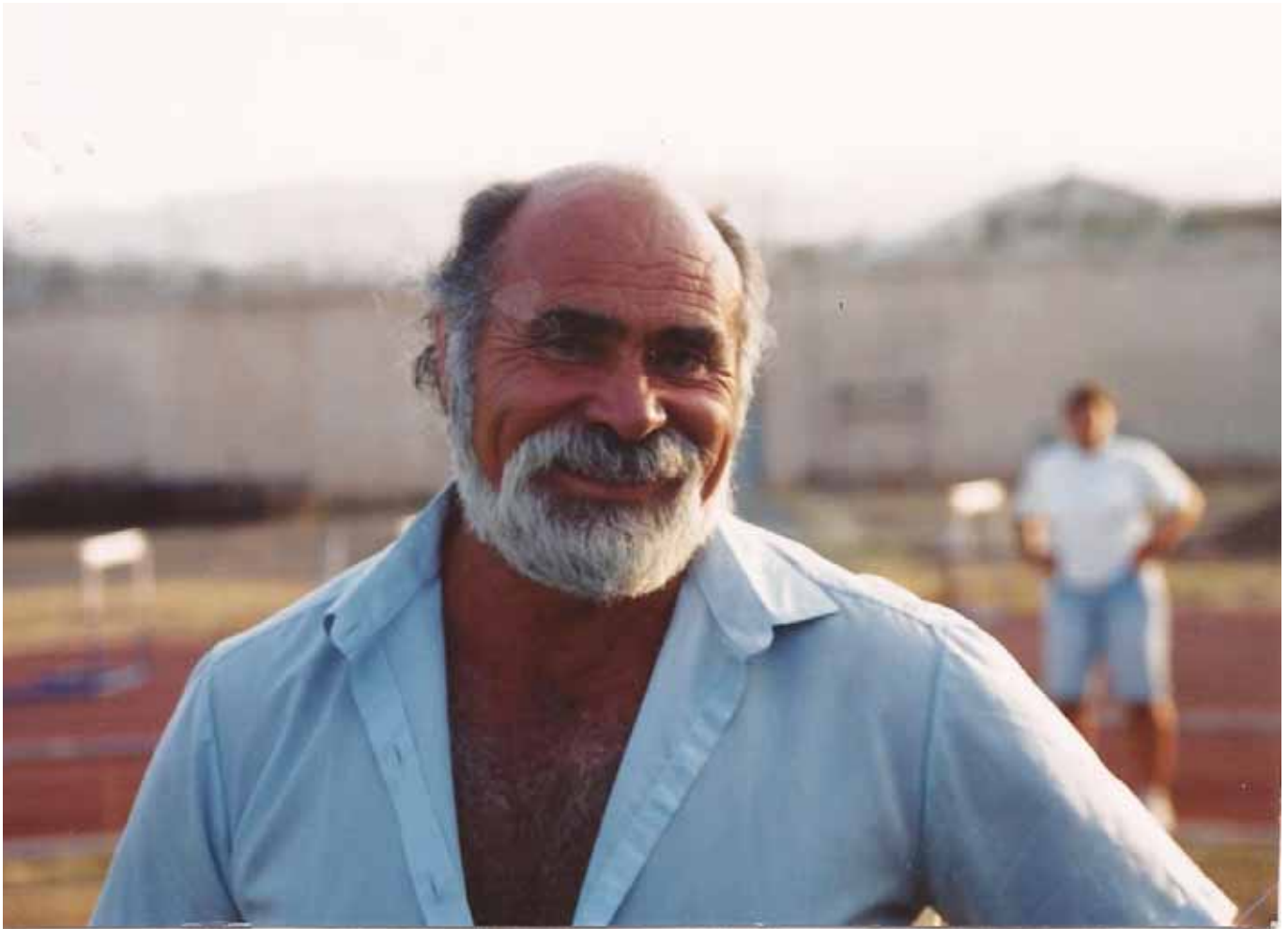
13. Borislav Tashkov p.b. 67.14 in discus in 1982.

14. Prominent hammer throwers like Dimitar Mindov, Rumen Kayrako and Rumen Koprivhchin were also among his pupils.

Vasil Krumov departed for Cyprus in 1990 where he became national coach and guided Cypriot athletes.

**The above were compiled and kindly supplied by Alexander Vangelov, statistician of the Bulgarian Athletic Federation.**

## IN MEMORIAM



Vasil Krumov arrived in Cyprus in 1990 for six months and lived and worked here for the rest of this life.

His contribution to the progress of the throwing events was immense.

Further his method of work and his long and intensive training sessions and the use of weight lifting has changed the whole mentality of athletes' preparation and coaching.

He acquired the Cypriot citizenship but remained always a proud Bulgarian national.

He coached Elli Evangelidou to National Records in shot put and Olympia Menelaou to National Records in shot put and triple jump, Petros Mitsides to the discus record as well as Alexandra

Klatsia to the women's one and Chryso Georgiou in the javelin. He also coached Yiannis Zisimides (100m.), Kyriaki Pilia (discus) and others.

His latest athletes were juniors Michalis Klatsias and Apostolos Tsakistos in discus and shot put respectively. Klatsias in particular has thrown 61.90(1,5kg), 61.22(1.750kg) and 56.57(2kg) and was silver medalist in the World Gymnasiade 2010 and 4th in European Junior Champs in Tallin in 2011.

The athletics world of Cyprus will remember Κύριος Βασίλης (Mister Vasilis) with gratitude and respect.

He should be described without hesitation as one of the World's greatest coaches in the throwing events.



***Marianna Zachariade 25.2.1990 -29.4.2013***

*She won silver medal in the Mediterranean Games in 2009 and silver medal in the Commonwealth Games in New Delhi in 2012. A 4.45 pole vaulter was one of the best U23 in the world. She fought gallantly her illness and lost. She will always be remembered for her beauty, joyful character and courage.*

# Μοναδική γεύση, λατρεμένη απόλαυση

- \* Με τη γεύση που αγαπάμε
- \* Τονωτικό, θρεπτικό, υγιεινό γαλατάκι σοκολάτας
- \* Το μόνο φρέσκο γάλα σοκολάτας
- \* Με την εγγύηση της **ΧΑΡΑΛΑΜΠΙΔΗΣ ΚΡΙΣΤΗΣ**



