



# CYPRUS ATHLETICS ANNUAL 2014

CYPRUS 2015

# Στηρίζουμε τον αθλητισμό με πράξεις



TELIA & PAVLAKIS



μία εταιρία  
μία ιδέα  
**καλό για όλους**

υγεία

παιδεία

αθλητισμός

πολιτισμός

περιβάλλον

## ● ΠΡΟΓΡΑΜΜΑ ΚΟΡΥΦΑΙΩΝ ΑΘΛΗΤΩΝ

Μέσα από το πρόγραμμα Κορυφαίων Αθλητών, η ΟΠΑΠ Κύπρου στηρίζει τον αθλητισμό κορυφής με την επιχορήγηση της ολυμπιακής ομάδας της Κύπρου, αλλά και των μεγάλων αθλητών σε ατομικό επίπεδο, με στόχο να ξεχωρίσουν και να διακριθούν σε παγκόσμιο επίπεδο. Δίνει παράλληλα έμφαση στο ήθος των αθλητών, αφού αυτοί αποτελούν τα πρότυπα των παιδιών και των νέων μας.



## ● ΚΟΑ – ΠΡΟΓΡΑΜΜΑ ΑΓΟ

Η ΟΠΑΠ Κύπρου στήριξε έμπρακτα τον μαζικό και κοινωνικό αθλητισμό με τη χορηγία του μεγαλύτερου και δημοφιλέστερου προγράμματος του Κυπριακού Οργανισμού Αθλητισμού, «Αθλητισμός για Όλους». Στο ΑΓΟ συμμετέχουν μέσα από τα εξειδικευμένα προγράμματα άθλησης 17.000 άτομα ηλικίας 4 έως 90 ετών.



## ● ΟΛΥΜΠΙΑΚΗ ΗΜΕΡΑ

Η ΟΠΑΠ Κύπρου ήταν ο χορηγός της γιορτής της Ολυμπιακής Ημέρας, που πραγματοποιήθηκε από την Κυπριακή Ολυμπιακή Επιτροπή και τον Δήμο Λευκωσίας. Κατά τη διάρκεια της μεγάλης γιορτής διοργανώθηκαν αγώνες δρόμου και επιδείξεις αθλημάτων από 16 αθλητικές ομοσπονδίες.



## ● ΟΜΟΣΠΟΝΔΙΕΣ

Πιστεύοντας στους νέους του τόπου αλλά και στις αρχές και αξίες που διέπουν τον αθλητισμό, η ΟΠΑΠ Κύπρου βρίσκεται στο πλευρό των αθλητικών ομοσπονδιών μελών της Κυπριακής Ολυμπιακής Επιτροπής και τις στηρίζει με κάθε τρόπο.



## ● ΠΡΟΣΦΥΓΙΚΑ ΚΑΙ ΑΓΡΟΤΙΚΑ ΣΩΜΑΤΕΙΑ

Στο επίκεντρο των δράσεων της ΟΠΑΠ Κύπρου στον τομέα του αθλητισμού βρέθηκαν για άλλη μια χρονιά τα προσφυγικά και αγροτικά σωματεία. Η ΟΠΑΠ Κύπρου στηρίζει έμμεσα και άμεσα τα προσφυγικά σωματεία από τη δεκαετία του 1980 στον αγώνα για επιβίωση μακριά από τη φυσική τους έδρα. Στηρίχθηκαν επίσης τα αγροτικά σωματεία - μέλη της ΣΤΟΚ στη βάση της στήριξης της υπαίθρου από την ΟΠΑΠ Κύπρου.



## ● ΣΤΗΡΙΖΟΥΜΕ ΚΑΘΕ ΑΓΩΝΑ



# CYPRUS ATHLETICS ANNUAL 2014

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

### CONTENTS

Executive Council of KOEAS .....	4
The Member Clubs of KOEAS .....	5
Editor's Note .....	6
Year Lists 2013 - Men .....	7
Year Lists 2013 - Women .....	30
All Time Best Ten Lists - Men .....	56
All Time Best Ten Lists - Women .....	70
National Records .....	82
National Championships .....	101
In memoriam .....	106

## Executive Council

<b>President:</b>	Antonios	G. DRACOS
<b>Vice President:</b>	Georgios	MITSIDES
<b>Gen. Secretary:</b>	Pericles	MARKARIS
<b>Treasurer:</b>	Kostakis	MITSIDES
<b>Members:</b>	Soteres	ADAMOU
	Sofocles	CHARALAMBIDES
	Fivos	CONSTANTINIDES
	Takis	EFTHYVOULOU
	Criton	GEORGIADES
	Elenitsa	GEORGIU(Mrs)
	Kalli	HADJIOSIF(Mrs)
	Demos	KALLINICOU
	Georgios	LOUROUTZIATES
	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: ELENITSA GEORGIU

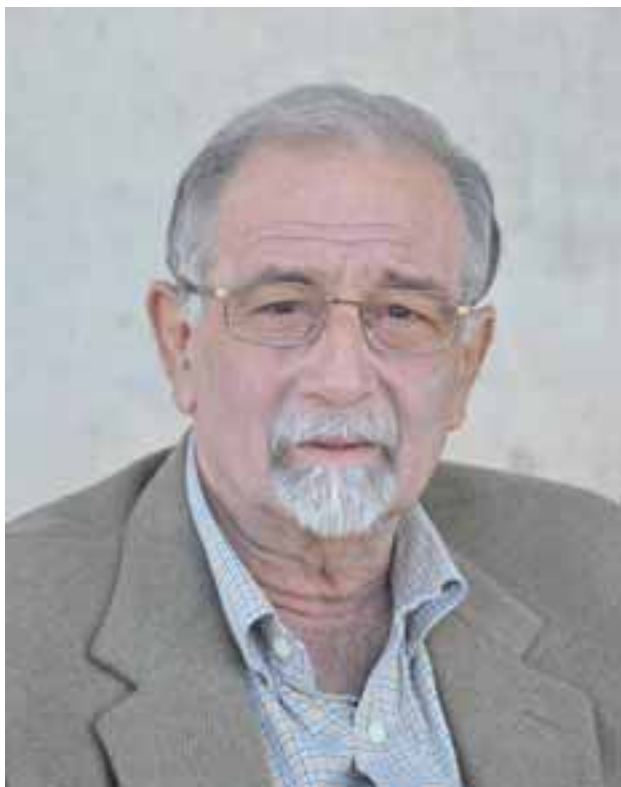


## **G.S. PRAXANDROS – KYRENIA**

Founded – in 1919

President: SOTERES ADAMOU

Gen. Secretary: CRITON GEORGIADES



**Antonios G. Dracos**

Having gone through one of the most difficult and challenging years in the long history of our sport we all look back and try to evaluate the activity, behavior and sustainability of the people of the track and field athletics in our country.

The prevailing and necessary austerity policies of the government and the consequent effect on every aspect of the life of the citizens shall have normally and naturally caused a decline in the standard of performances and the aspirations of the athletes and coaches.

Contrary to the above expected process the reaction of all involved in the practice of athletics either by way of club activities or by way of preparing, coaching and fielding the national team was miraculously successful.

Following our almost full participation in the national championships in all categories the selected National Team of Men and Women placed first in the European Team Championships, 3rd Division, and gained promotion to the 2nd one.

In the Glasgow Commonwealth Games our athletes made the best ever performance since they managed to get two second places one fourth, one fifth and numerous placements in the finals of the events.

Kyriacos Ioannou in the high jump and Apostolos Parelis in the discus throw won silver medals and Leontia Kallenou in the women's high jump (4th) and Nikandros Stylianou in the men's pole vault(5th) they just missed a place on the podium.

Before a full stadium in the famous Hampten Park in Scotland our representatives passed the message that we are here strong and determined to continue our long tradition in what we like to term as "classic athleticism"(κλασικός αθλητισμός).

It is also justifiable to mention that Leontia Kallenou, a student at Georgia University USA, became a champion winner of high jump during the NCAA Championships at Eugene, Oregon, and that girl Skevi Andreou having qualified as European participant won the silver medal in the 100 metres in the Youth Olympic Games.

We hope that the worst in the crisis has gone and we shall soon enter the stage of development of the economy and social recovery and growth.

At that time we trust that the Cypriot world of athletics, its clubs, coaches, officials and athletes will be prepared, ready and willing to respond and progress.

**Antonios G. Dracos**

President KOEAS

# YEAR LISTS 2014 / MEN

## 100M.

10.59/1.4	Vasilis	POLYKARPOU	02.12.88	1h2	Lefkosia	07.06.14
10.59/0.6	Haris	KOUTRAS	08.06.92	1	Lefkosia	07.06.14
10.62/0.6	Panagiotis	IOANNOU	07.09.84	2	Lefkosia	07.06.14
10.65/1.4		KOUTRAS		2h2	Lefkosia	07.06.14
10.68/0.6		POLYKARPOU		3	Lefkosia	07.06.14
10.69/-1.1		IOANNOU		1	Tbilisi	21.06.14
10.73/1.4		POLYKARPOU		9	Pitesti	26.07.14
10.77/-0.3		POLYKARPOU		1	Lemesos	02.07.14
10.80/-0.1		KOUTRAS		9o.c.	Athina	19.07.14
10.84/0.1		KOUTRAS		3h2	Athina	19.07.14
10.85/1.4	Kyriakos	ANTONIOU	13.05.90	3h2	Lefkosia	07.06.14
10.90/0.6		ANTONIOU		4	Lefkosia	07.06.14
10.92/0.5	Michalis	CHARLAMBOUS	04.01.88	1	Lefkosia	30.07.14
10.93/-0.1	Paisios	DIMITRIADES	16.07.97	1	Lemesos	02.07.14
10.98/1.4	Ali	ASAD	18.08.95	4h2	Lefkosia	07.06.14
11.00/0.6	Georgios	ANDREOU	27.04.95	5	Lefkosia	07.06.14

## Hand Timing

10.3/1.6	Vasilis	POLYKARPOU	02.12.88	2	Chania	31.05.14
----------	---------	------------	----------	---	--------	----------

## Wind Assisted

10.59/+2.8	Haris	KOUTRAS	08.06.92	1h1	Trikala	14.06.14
10.67/+2.1		KOUTRAS		1o.c.	Lefkosia	02.05.14
10.72/+3.1	Panagiotis	IOANNOU	07.09.84	1h1	Lefkosia	07.06.14
10.87/+4.0	Kyriakos	ANTONIOU	13.05.90	1	Lefkosia	17.05.14
10.92/+4.0	Georgios	ANDREOU	27.04.95	2	Lefkosia	17.05.14
10.94/+3.1	Michalis	CHARALAMBOUS	04.01.88	2h1	Lefkosia	07.06.14
10.98/+2.1	Ali	ASAD	18.08.95	2o.c.	Lefkosia	02.05.14

## 200M.

21.47/-0.2	Paisios	DIMITRIADES	16.07.97	5h6	Eugene	24.07.14
21.49/1.9		DIMITRIADES		1	Serres	06.07.14
21.52/-1.2		DIMITRIADES		4	Toplisti	22.06.14
21.62/-0.2		DIMITRIADES		1	Lefkosia	08.06.14
21.67/-0.5		DIMITRIADES		1	Lefkosia	28.03.14
21.72/-0.6		DIMITRIADES		1	Larnaca	11.05.14
21.78/-0.4	Kyriakos	ANTONIOU	13.05.90	1	Thives	23.07.14
21.79/0.8	Kriton	KYRIAKIDES	1992	1h2	Lefkosia	08.06.14
21.79/-0.3	Vasilis	POLYKARPOU	02.12.88	1	Lemesos	03.07.14
21.81/1.9		DIMITRIADES		1	Athina	06.05.14

# YEAR LISTS 2014 / MEN

21.87/-0.3		KYRIAKIDES		2	Lemesos	03.07.14
21.90/-0.2		POLYKARPOU		2	Lefkosia	08.06.14
21.90/0.9		DIMITRIADES		1	Lefkosia	31.07.14
21.92/1.6		ANTONIOU		1	Lefkosia	18.05.14
21.92/0.9		POLYKARPOU		1	Chania	31.05.14
21.92/-0.9		ANTONIOU		2h2	Athina	20.07.14
21.93/0.8		ANTONIOU		2h2	Lefkosia	08.06.14
21.95/-0.2		ANTONIOU		3	Lefkosia	08.06.14
21.98(i)		ANTONIOU		3	Piraeus	09.02.14
22.01/-0.2		KYRIAKIDES		4	Lefkosia	08.06.14
22.02/0.1		ANTONIOU		6	Kalamata	31.05.14
22.07(i)		ANTONIOU		1	Piraeus	02.02.14
22.07/-0.2		DIMITRIADES		1	Lemesos	03.07.14
22.11/0.3		DIMITRIADES		1h1	Lefkosia	27.03.14
22.15/-0.2	Michalis	CHRYSOSTOMOU	1996	5	Lefkosia	08.06.14
22.17(i)		ANTONIOU		1h3	Piraeus	09.02.14
22.17/1.6		KYRIAKIDES		2	Lefkosia	18.05.14
22.17/0.8		CHRYSOSTOMOU		3h2	Lefkosia	08.06.14
22.21/-0.3	Georgios	AVRAAM	27.11.92	3	Lemesos	03.07.14
22.22/-0.6		CHRYSOSTOMOU		2	Larnaca	11.05.14
22.40/1.6	Georgios	ANDREOU	27.04.85	3	Lefkosia	18.05.14
22.48/-3.3		POLYKARPOU		14	Pitesti	27.07.14
22.62/-0.6		ANDREOU		3	Larnaca	11.05.14
22.65/-0.6	Christos	TILEMACHOU	1996	4	Larnaca	11.05.14

## wind assisted

21.72/+4.0	Vasilis	POLYKARPOU	02.12.88	1h1	Lefkosia	08.06.14
21.78/+4.0	Aris	XOUFARIDES	11.04.88	2h1	Lefkosia	08.06.14
21.86/+4.0	Paisios	DIMITRIADES	16.07.97	3h1	Lefkosia	08.06.14
22.51/+4.0	Christos	TILEMACHOU	1996	4h1	Lefkosia	08.06.14
22.56/+4.0	Ali	ASAD	18.08.95	5h1	Lefkosia	08.06.14
22.66/+4.0	Andreas	MICHAEL	17.03.90	6h1	Lefkosia	08.06.14

## 400M.

48.06	Paisios	DIMITRIADES	16.07.97	1	Lefkosia	07.06.14
48.12	Kriton	KYRIAKIDES	17.04.92	4	Tiblisti	21.06.14
48.27		KYRIAKIDES		8	Lefkosia	07.06.14
48.45	Georgios	AVRAAM	27.11.92	2h2	Athina	19.07.14
48.47		AVRAAM		1	Lemesos	02.07.14
48.58	Michalis	CHRYSOSTOMOU	1996	3	Lefkosia	07.06.14





Haris Koutras



Vasilis Polycarpou



The younster Paisios Demetriades winning the 200m. race in the men's Cyprus Championships

# YEAR LISTS 2014 / MEN

48.65		DIMITRIADES		1	Larnaca	10.05.14
48.70		CHRYSOSTOMOU		2	Athina	06.05.14
48.77		DIMITRIADES		1	Sliven	15.05.14
48.89		KYRIAKIDES		8	Pitesti	26.07.14
48.98		AVRAAM		1	Lefkosia	02.05.14
49.02		CHRYSOSTOMOU		3	Serres	05.07.14
49.09		CHRYSOSTOMOU		2	Larnaca	10.05.14
49.10		CHRYSOSTOMOU		3	Nevrim/ISR	29.06.14
49.92		CHRYSOSTOMOU		1h1	Lefkosia	27.03.14
49.24		CHRYSOSTOMOU		1	Lefkosia	28.03.14
49.31		AVRAAM		4	Lefkosia	07.06.14
49.37		AVRAAM		8oc	Athina	19.07.14
49.55	Christos	HADJITHEORIS	31.10.92	2	Lemesos	02.07.14
49.58	Andrea	MICHARA	07.07.94	3	Lemesos	02.07.14
49.76		KYRIAKIDES		1	Lefkosia	17.05.14
49.76	Stefanos	ANASTASIOU	11.08.90	5	Lefkosia	07.06.14
49.89		CHRYSOSTOMOU		2	Lefkosia	17.05.14
50.00	Onisiforos	ANASTASIOU	27.05.95	3	Larnaca	10.05.14

## hand timing

48.5	Kriton	KYRIAKIDES	1992	1	Chania	31.05.14
49.2	Michalis	CHRYSOSTOMOU	1996	1	Lemesos	12.03.14

## 800M.

1.48.37	Amine	KHADIRI	20.11.88	2	Leiden	14.06.14
1.48.76	Theofanis	MICHAELAS	26.10.91	3	Kalamata	31.05.14
1.50.09		MICHAELAS		1h3	Athina	20.07.14
1.50.48		MICHAELAS		2	Athina	20.07.14
1.50.52	Christos	DIMITRIOU	22.09.93	2h3 o.c.	Athina	20.07.14
1.50.60		MICHAELAS		3	Tiblisti	22.06.14
1.51.0		KHADIRI		1	Lefkosia	08.06.14
1.51.2		MICHAELAS		2	Lefkosia	08.06.14
1.51.32(i)		MICHAELAS		16	Vienna	28.01.14
1.51.35		DIMITRIOU		17	Ninore/BEL	02.08.14
1.52.2	Andrea	MICHARA	07.07.94	3	Lefkosia	08.06.14
1.52.34		DIMITRIOU		6o.c.	Athina	20.07.14
1.52.63		MICHAELAS		9	Pitesti	27.07.14
1.53.79	Eleftherios	ELIA	17.05.92	8	Serres	06.07.14
1.55.2		ELIA		4	Lefkosia	08.06.14
1.56.81	Christos	ZACHARIOU	1996	1	Lefkosia	28.03.14

# YEAR LISTS 2014 / MEN

1.56.9		ZACHARIOU		1	Lemesos	12.03.14
1.57.22		MICHARA		1	Lefkosia	18.05.14
1.57.23		ELIA		1	Larnaca	11.05.14
1.58.12		ZACHARIOU		1	Athina	06.05.14
1.58.89		ELIA		1	Lemesos	03.07.14
1.59.18	Rafael	NIKODIMOU	01.08.92	2	Lefkosia	18.05.14
1.59.65	Manouel	MODESTOU	03.07.94	3	Lefkosia	18.05.14



**(From left to right) Theophanis Michaelas, Amine Khadiri and Andreas Michara led the middle distance races**

<b>1500M.</b>						
3.39.78	Amine	KHADIRI	20.11.88	4	Oordegem	31.05.14
3.42.82		KHADIRI		1	Sint Migos	29.05.14
3.47.40	Theofanis	MICHAELAS	26.10.91	1	Patra	21.05.14
3.47.6		KHADIRI		1	Lefkosia	07.06.14
3.48.05		KHADIRI		1	Tiblisti	21.06.14
3.49.70		MICHAELAS		2	Athina	19.07.14
3.49.87(i)		MICHAELAS		2	Piraeus	02.02.14
3.50.15		KHADIRI		30	Zurich	15.08.14
3.51.05(i)		MICHAELAS		2	Piraeus	08.02.14
3.51.6		MICHAELAS		2	Lefkosia	07.06.14
3.51.68		MICHAELAS		5	Istanbul	22.02.14
3.57.7	Andrea	MICHARA	07.07.94	3	Lefkosia	07.06.14

## YEAR LISTS 2014 / MEN

3.59.41	Marios	APOSTOLIDIS	03.07.90	9	Athina	19.07.14
4.00.47	Eleftherios	ELIA	17.05.97	3	Nevrim	29.06.14
4.00.52	Rafael	NIKODIMOU	01.08.92	3	Patra	21.05.14
4.02.11		ELIA		1	Athina	06.05.14
4.03.1		ELIA		5	Lefkosia	07.06.14
4.03.3	Nikolas	FRANGOS	12.04.94	6	Lefkosia	07.06.14
4.06.12		APOSTOLIDIS		3	Thessaloniki	31.05.14
4.06.28		ELIA		1	Lefkosia	30.07.14
4.06.37	Christoforos	PROTOPAPAS	07.06.88	3	Athina	02.07.14
2.59.3	Marius-Mariam	BUSCA(ROM)	27.08.79	4	Lefkosia	07.06.14

### 5000M.

15.15.53	Christoforos	PROTOPAPAS	07.06.88	1	Lefkosia	08.06.14
15.17.34		PROTOPAPAS		4	Athina	20.07.14
15.26.48	Marios	APOSTOLIDES	03.07.90	5	Athina	20.07.14
15.31.95	Rafael	NIKODIMOU	01.08.92	3	Lefkosia	08.06.14
15.36.40	Nikolas	FRANGOS	12.04.94	4	Lefkosia	08.06.14
15.43.74		APOSTOLIDES		1	Alexandroupoli	10.05.14
15.46.38		PROTOPAPAS		1	Athina	02.07.14
15.57.96	Marios	TSAPATSOU LIS	09.09.96	1	Larnaca	11.05.14
15.58.52	Panagiotis	PANAGIOTOU	28.03.94	4	Argos	10.05.14
16.00.90	Christos	LAMBROU	02.07.97	2	Larnaca	11.05.14
16.18.91		TSAPATSOU LIS		5	Lefkosia	08.06.14
16.19.25	Konstantinos	TIMINIS	25.09.91	6	Lefkosia	08.06.14
15.20.04	Marius-Mariam	BUSCA(ROM)	27.08.79	2	Lefkosia	06.06.14

### 10000M.

33.15.6	Christoforos	PROTOPAPAS	07.06.88	2	Lefkosia	11.04.14
34.37.7	Georgios	TOFI	26.10.91	4	Lefkosia	11.04.14
35.42.4	Michael	KEENAN	05.03.74	5	Lefkosia	11.04.14
36.11.6	Aristotelis	IOANNOU	1985	6	Lefkosia	11.04.14
36.44.8	Charalambos	GEORGIOU	1987	7	Lefkosia	11.04.14
38.25.1	Andreas	ANDREOU-GIAFAS	1983	8	Lefkosia	11.04.14
38.39.8	Christos	SAVVA	03.09.73	10	Lefkosia	11.04.14
40.40.1	Sokratis	SOKRATOUS	29.03.67	11	Lefkosia	11.04.14
33.05.2	Kassahum	AHMET/ETH	09.02.81	1	Lefkosia	11.04.14
33.31.8	David-Brian	BRANFOOT/GRB	1976	3	Lefkosia	11.04.14
38.37.9	Christoforos	KARAMOLENGOS/GRE	1994	9	Lefkosia	11.04.14

## HALF MARATHON

1.15.37	Leonidas	IOANNOU	08.11.90	11	Trikala	16.03.14
1.18.18	Michael	KEENAN	05.03.74	9	Lemesos	16.03.14
1.18.45		IOANNOU		3	Larnaca	26.01.14
1.20.15	Charalambos	IOANNOU	11.01.79	4	Larnaca	26.01.14
1.20.48	Chrysanthos	ANTONIOU	1964	21	Thessaloniki	18.10.14
1.22.37		KEENAN		56	Athina	09.11.14
1.22.38	Charalambos	GEORGIU	1987	13	Lemesos	16.03.14
1.23.25		ANTONIOU		19	Athina	04.05.14
1.23.51		ANTONIOU		5	Larnaca	26.01.14
1.24.03	Panagiotis	NEOFITOU	21.08.63	6	Larnaca	26.01.14
1.24.23	Konstantinos	KONSTANTINIDES	1977	7	Larnaca	26.01.14
1.25.24	Osman	ATARAN	1972	8	Larnaca	26.01.14
1.25.25		ATARAN		17	Lemesos	16.03.14
1.11.13	Kassahum	AHMED/ETH	09.02.81	1	Larnaca	26.01.14
1.16.36	Marius-Mariam	BUSCA/ROM	28.08.79	2	Larnaca	26.01.14

## MARATHON

2.29.49	Fivos	KONSTANTINOU	27.05.81		San Francisco	07.12.14
2.48.38	Charalambos	IOANNOU	11.01.79	2	Lemesos	16.03.14
2.50.14	Michael	KEENAN	05.03.74	46	Athina	09.11.14
2.55.20	Chrysanthos	ANTONIOU	1964	17	Thessaloniki	06.04.14
2.55.20	Dimokritos	PAPADAVID	1981	18	Thessaloniki	06.04.14
2.57.51		ANTONIOU		56	Athina	09.11.14
2.57.54	Andreas	ANDREOU-GIAFAS	1983	127	Ediburg	24.05.14
2.58.23	Konstantinos	KONSTANTINIDES	1977	16	Lemesos	16.03.14
3.07.14	Pavlos	SYMEONIDES	1979	172	Athina	09.11.14
2.38.27	Kassahum	AHMED	08.02.81	1	Lemesos	16.03.14

## 110M.H.

13.65/1.2	Milan	TRAJKOVIC	17.03.92	1	Lefkosia	07.06.14
13.74/-0.6		TRAJKOVIC		2o.c.	Athina	19.07.14
13.78/0.4		TRAJKOVIC		7h2	Zurich	13.08.14
13.94/1.0		TRAJKOVIC		1	Tbilisi	22.06.14
13.95/0.9		TRAJKOVIC		14	Glaskow	29.07.14
14.53/1.2	Alexandros	STAVRIDES	13.04.89	2	Lefkosia	07.06.14
14.96/1.2	Elvis	KRYOUKOV	01.03.93	3	Lefkosia	07.06.14

# YEAR LISTS 2014 / MEN

14.97/0.4	Andreas	LANITIS	07.03.95	D	Lefkosia	16.04.14
15.01/1.2		LANITIS		4	Lefkosia	07.06.14
15.02/1.2	Anastasios	VASILIOU	26.04.97	5	Lefkosia	07.06.14
15.49/1.9	Andreas	CHRISTODOULOU	26.10.95	D	Pitesti	27.07.14
15.57/0.4		CHRISTODOULOU		D	Lefkosia	16.04.14
15.60/0.3	Dimitris	ALAMBRITIS	26.05.91	D	Athina	20.07.14
15.99/0.5		ALAMBRITIS		D	Athina	24.05.14
16.07/0.4	Christos	CHRISTOFOROU	22.08.88	D	Lefkosia	16.04.14

## wind assisted

15.39/+2.6	Anastasios	VASILIOU	26.04.97	1	Lefkosia	17.05.14
------------	------------	----------	----------	---	----------	----------

## 400M.H.

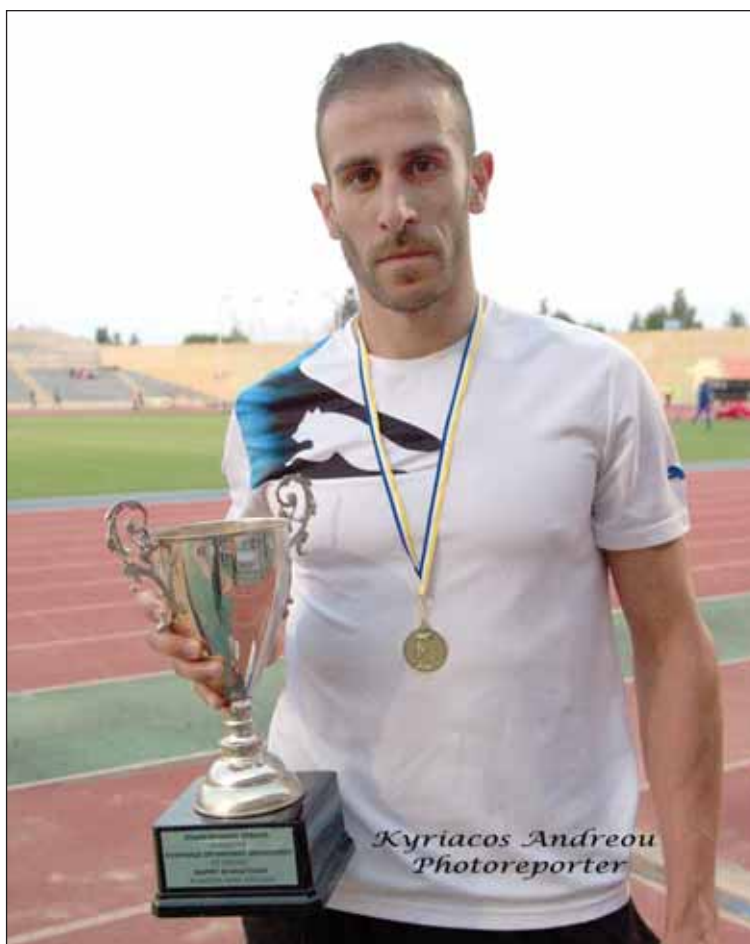
51.57	Minas	ALozIDIS	08.01.84	2	Levren	09.08.14
52.02		ALozIDIS		2	Tbilisi	21.06.14
52.08		ALozIDIS		6	Loughborough	19.07.14
52.14		ALozIDIS		1	Shimatari/GRE	06.06.14
52.29		ALozIDIS		1	Thives	23.07.14
53.71	Neophytos	GEORGIOU	1992	2o.c.	Trikala	15.06.14
53.75		GEORGIOU		4	Thives	23.07.14
54.07		GEORGIOU		4	Kalamata	31.05.14
54.88	Anastasios	VASILIOU	26.04.97	1	Larnaca	11.05.14
55.17		GEORGIOU		1	Argos	10.05.14
55.21	Moesis	EVRIPIDOU	1997	2	Larnaca	11.05.14
55.23		GEORGIOU		1	Lefkosia	18.05.14
55.33		VASILIOU		3	Nevrin	29.06.14
55.93		GEORGIOU		5h1	Athina	20.07.14
56.12	Michalis	ANDREOU	21.06.96	3	Larnaca	11.05.14
56.19		GEORGIOU		6	Argos Orestiko	09.07.14
57.31		ANDREOU		2	Lefkosia	18.05.14
59.58	Lambros	TSAPOUTAS	1999	4	Larnaca	11.05.14
60.36	Christos	PAPADOPOULOS	31.03.97	3	Lefkosia	18.05.14
60.79	Gavriel-Theodoros	POTAMITIS	1996	5	Larnaca	11.05.14

## hand timing

52.2	Minas	ALozIDIS	08.01.84	1	Lefkosia	08.06.14
53.3	Neophytos	GEORGIOU	1992	2	Lefkosia	08.06.14
55.8	Anastasios	VASILIOU	26.04.97	3	Lefkosia	08.06.14
56.1	Michalis	ANDREOU	21.06.96	4	Lefkosia	08.06.14
56.3	Moesis	EVRIPIDOU	1997	5	Lefkosia	08.06.14



*Milan Trajkovic run a new record with 13.65 in the high hurdles*



*Minas Alozides*

# YEAR LISTS 2014 / MEN

## 3000M STEEPLE

9.23.88	Christoforos	PROTOPAPAS	07.06.88	5	Athina	19.07.14
9.25.27		PROTOPAPAS		1	Lefkosia	07.06.14
9.38.98		PROTOPAPAS		5	Tbilisi	21.06.14
9.49.74	Konstantinos	TIMINIS	25.09.91	2	Lefkosia	07.06.14
9.52.58	Georgios	TOFI	26.10.91	3	Lefkosia	07.06.14
9.58.35		TIMINIS		1	Lefkosia	17.05.14
10.03.93	Panagiotis	PANAGIOTOU	28.03.94	4	Lefkosia	07.06.14
10.05.98		PANAGIOTOU		2	Lefkosia	17.05.14
10.07.18	Marios	APOSTOLOU	13.06.94	5	Lefkosia	07.06.14
10.14.11		APOSTOLOU		3	Lefkosia	17.05.14
10.26.66	Christofer	BOAST	16.05.86	6	Lefkosia	07.06.14
10.32.40	Christos	KALLIS	07.04.98	1	Larnaca	10.05.14
11.10.48	Panagiotis	ANTONIOU	19.11.96	2	Larnaca	10.05.14

## LONG JUMP

7.50/-0.9	Panagiotis	IOANNOU	07.09.84	1	Lemosos	03.07.14
7.47/-0.4	Christodoulos	THEOFILOU	02.04.92	2	Lemosos	03.07.14
7.43/0.7		THEOFILOU		8	Pitesti	26.07.14
7.42/0.1	Georgios	POULLOS	05.04.95	1	Serres	05.07.14
7.36/-0.4		THEOFILOU		3	Tbilisi	21.06.14
7.34/0.8		THEOFILOU		1	Lefkosia	08.06.14
7.33/0.7		POULLOS		3	Argos Orestiko	09.07.14
7.31/1.8	Periklis	KLEOVOULOU	01.03.93	3	Lefkosia	08.06.14
7.31/1.0		IOANNOU		4	Lefkosia	08.06.14
7.30(i)		KLEOVOULOU		7	Piraeus	08.02.14
7.23/0.2		KLEOVOULOU		2	Lefkosia	18.05.14
7.20/1.6	Panagiotis	ANDREOU	30.06.96	1	Larnaca	10.05.14
7.17/0.0		POULLOS		2	Larnaca	10.05.14
7.15/1.3	Georgios	CHARALAMBOUS	28.09.92	5	USA	10.05.14
7.15/1.5		POULLOS		1	Nevrin	29.06.14
7.12(i)		CHARALAMBOUS		3	Allendale/USA	13.02.14
7.07(i)		CHARALAMBOUS		4	Joplin/USA	31.01.14
7.07(i)		CHARALAMBOUS		2	USA	08.02.14
7.06		ANDREOU		1	Athina	06.05.14
7.04/-0.8		ANDREOU		1	Lefkosia	28.03.14
7.04/1.7		ANDREOU		5	Lefkosia	08.06.14
7.03(i)		CHARALAMBOUS		2	USA	24.01.14
7.03/0.1		CHARALAMBOUS		9	USA	04.05.14





*Christoforos Protopapas placed top of the lists in 500 m. 10.000m. and 3000 m. steeplechasc*

# YEAR LISTS 2014 / MEN

7.02/+2.0		ANDREOU		3	Lefkosia	18.05.14
7.00/0.2	Nikandros	STYLIANOU	22.08.89	6	Lefkosia	08.06.14
6.99/0.1		ANDREOU		3	Lemosos	03.07.14
6.97	Christos	PANTELIDIS	24.04.97	1	Lefkosia	10.03.14

## wind assisted

7.46/+3.5	Georgios	POULLOS	05.04.95	1	Nevrin	29.06.14
7.43/+3.0		POULLOS		3	Argos Orestiko	09.07.14
7.39/+3.2		POULLOS		1	Lefkosia	16.05.14

## HIGH JUMP

2.28	Kyriakos	IOANNOU	26.07.84	2	Glasgow	30.07.14
2.20		IOANNOU		1	Lefkosia	07.06.14
2.20		IOANNOU		1	Lemosos	03.07.14
2.20		IOANNOU		2	Argos Orestiko	09.07.14
2.20	Vasilis	KONSTANTINO	13.09.92	2	Argos Orestiko	09.07.14
2.20		IOANNOU		Q	Glasgow	28.07.14
2.18		KONSTANTINO		1		14.06.14
2.17(i)		KONSTANTINO		4	Istanbul	22.02.14
2.16		KONSTANTINO		3o.c.	Athina	19.07.14
2.16		IOANNOU		4o.c.	Athina	19.07.14
2.15(i)		KONSTANTINO		1	Athina	26.01.14
2.15		KONSTANTINO		1	Lefkosia	18.05.14
2.15		KONSTANTINO		2	Lefkosia	07.06.14
2.14		IOANNOU		12	Ostrava	17.06.14
2.14		KONSTANTINO		2	Tbilisi	21.06.14
2.13(i)		KONSTANTINO		1	Piraeus	02.02.14
2.13(i)		KONSTANTINO		2o.c.	Piraeus	08.03.14
2.11		KONSTANTINO		18	Glasgow	28.07.14
2.10		KONSTANTINO		2	Lemosos	03.07.14
2.08	Georgios	CHARALAMBOUS	28.09.92	2	Jefferson USA	03.05.14
2.06		CHARALAMBOUS		2	Baldwin USA	28.04.14
2.05	Giannis	ANANIADES	12.06.96	3	Lemosos	03.07.14
2.04(i)		CHARALAMBOUS		3	Allendale USA	14.02.14
2.04		CHARALAMBOUS		1	Warrensburg USA	18.04
2.03(i)		CHARALAMBOUS		3	Joplin USA	02.03.14
2.02		ANANIADES		1	Lefkosia	27.03.14
2.02	Georgios	KONSTANTINO	23.09.95	1	Larnaca	10.05.14
2.02		ANANIADES		2	Larnaca	10.05.14
2.01(i)		CHARALAMBOUS		3	Warrensburg USA	08.02

# YEAR LISTS 2014 / MEN

2.01		CHARALAMBOUS		1	Joplin USA	09.05.14
2.00(i)	G.	KONSTANTINOU		3	Piraeus	02.02.14
2.00(i)	Dimitris	ALAMBRITIS	26.05.91	H	Piraeus	08.02.14
2.00		CHARALAMBOUS		2	Pittsburg USA	29.03.14
2.00		CHARALAMBOUS		2	Emporia USA	05.04.14
2.00	G.	KONSTANTINOU		3	Lefkosia	07.06.14
2.00		ANANIADES		4	Lefkosia	07.06.14
2.00	G.	KONSTANTINOU		4	Lemesos	03.07.14
1.99(i)		CHARALAMBOUS		2	Warrensburg USA	21.02
1.98(i)		CHARALAMBOUS		2	Joplin USA	01.02.14
1.98		CHARALAMBOUS		2	Emporia USA	10.05.14
1.95(i)		ANANIADES		5	Piraeus	02.02.14
1.95	G.	KONSTANTINOU		1	Paphos	01.04.14
1.95	G.	KONSTANTINOU		1o.c.	Lefkosia	02.05.14
1.95		ANANIADES		2	Lefkosia	16.05.14
1.95	G.	KONSTANTINOU		3	Lefkosia	18.05.14
1.95	G.	KONSTANTINOU		3	Neurim ISR	29.06.14
1.94	Agathoklis	ZISIMOS	21.07.98	1	Lemesos	03.07.14
1.93		CHARALAMBOUS		3	Warrensburg USA	24.01
1.92		ANANIADES		1	Lemesos	12.03.14
1.91		ALAMBRITIS		D	Athina	19.07.14
1.90(i)	Paris	MICHAELIDIS	21.01.93	3	Shefild UK	22.02.14
1.90		ALAMBRITIS		D	Lefkosia	15.04.14
1.90		ZISIMOS		3	Lefkosia	30.07.14
1.89		ANANIADES		3	Athina	06.05.14

## TRIPLE JUMP

15.75/0.0	Panagiotis	VOLOU	01.09.91	4	Tbilisi	22.06.14
15.69/1.3		VOLOU		7	Pitesti	27.07.14
15.61/1.2		VOLOU		1	Lefkosia	07.06.14
15.42/1.5		VOLOU		1	Lefkosia	17.05.14
15.35/1.9		VOLOU		7	Kalamata	31.05.14
14.62/0.3	Logginos	ACHILLEOS	10.06.96	1	Larnaca	11.05.14
14.66/-0.2		ACHILLEOS		2	Lefkosia	07.06.14
14.35		ACHILLEOS		5	Athina	06.05.14
14.29/1.4	Mehmet	VIKET	1994	3o.c.	Lefkosia	07.06.14
14.23/1.8	Georgios	POULLLOS	05.04.95	2	Larnaca	11.05.14
14.09	Panagiotis	ANDREOU	30.06.96	3	Lefkosia	07.06.14
13.94/0.0	Andreas	CHARALAMBOUS	05.04.94	4	Lefkosia	07.06.14
13.90		ACHILLEOS		1	Lemesos	12.03.14

# YEAR LISTS 2014 / MEN

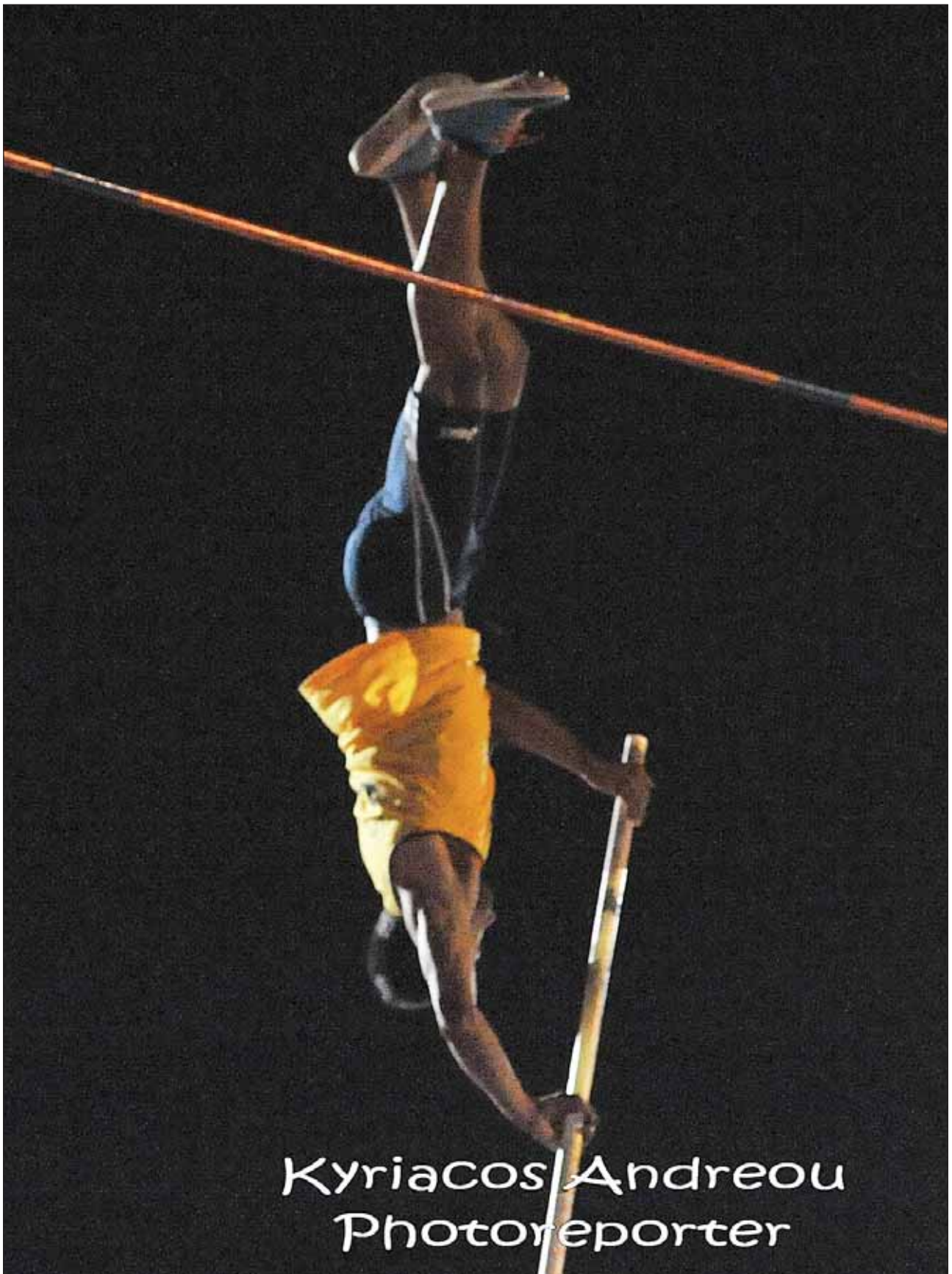
13.86/0.2		CHARALAMBOUS		2	Lefkosia	17.05.14
13.71/0.5		ANDREOU		3	Larnaca	11.05.14
13.68/1.3	Pavlos	ENGOMITIS	1997	5	Lefkosia	07.06.14
13.58/1.2		ENGOMITIS		4	Larnaca	11.05.14
13.57(i)	Georgios	CHARALAMBOUS	28.09.92	12	Joplin USA	31.01.14

## wind assisted

14.43/+2.1	Logginos	ACHILLEOS	10.06.96	1	Lefkosia	27.03.14
13.97/+4.3	Andreas	CHARALAMBOUS	05.04.94	2	Lefkosia	17.05.14

## POLE VAULT

5.52	Nikandros	STYLIANOU	22.08.89	4	Athina	10.05.14
5.45(i)		STYLIANOU		2	Piraeus	08.02.14
5.45		STYLIANOU		1	Tbilisi	22.06.14
5.42		STYLIANOU		2	Athina	19.07.14
5.35		STYLIANOU		1	Lefkosia	07.06.14
5.35		STYLIANOU		5	Glasgow	01.08.14
5.30(i)		STYLIANOU		2	Piraeus	02.02.14
5.28(i)		STYLIANOU		1	Istanbul	22.02.14
5.15(i)		STYLIANOU		1	Thessaloniki	05.02
5.15		STYLIANOU		1	Lefkosia	18.05.14
4.70	Christos	CHRISTOFOROU	22.08.88	2	Lefkosia	07.06.14
4.70		STYLIANOU		2	Athina	13.07.14
4.60		CHRISTOFOROU		2	Chania	31.05.14
4.50		CHRISTOFOROU		1	Lemesos	02.07.14
4.50	Dimitris	HOULOS	24.01.95	2	Lemesos	02.07.14
4.40(i)		CHRISTOFOROU		2	Athina	26.01.14
4.40(i)		CHRISTOFOROU		9	Piraeus	08.02.14
4.40		CHRISTOFOROU		1	Lefkosia	16.04.14
4.40	Antonis	ANDREOU	12.09.91	3	Lefkosia	07.06.14
4.40	Andreas	CHRISTODOULOU	26.10.95	D	Serres	06.07.14
4.40		CHRISTOFOROU		11	Athina	19.07.14
4.30		CHRISTOFOROU		12q	Athina	19.07.14
4.30		CHRISTODOULOU		D	Pitesti	27.07.14
4.20		HOULOS		4	Lefkosia	07.06.14
4.20	Andreas	EFSTATHIOU	28.08.81	5	Lefkosia	07.06.14
4.20		CHRITODOULOU		6	Lefkosia	07.06.14
4.00		HOULOS		1	Paphos	01.04.14
4.00		HOULOS		1	Larnaca	11.05.14
4.00		HOULOS		2	Lefkosia	18.05.14



*Nikandros Stylianoum 5.52 in the pole vault event*

# YEAR LISTS 2014 / MEN

4.00	Vasilis	GIANGOU	10.03.98	3	Lefkosia	31.07.14
3.90(i)	Dimitris	ALAMBRITIS	26.05.91	H	Piraeus	09.02.14

## SHOT PUT

17.91	Georgios	ARESTIS	27.12.81	1	Lefkosia	08.06.14
17.24		ARESTIS		7	Tbilisi	21.06.14
16.97	Apostolos	TSAKKISTOS	23.12.92	1	Lefkosia	18.05.14
16.77	Michalis	LAMBROU	18.10.93	2	Lefkosia	08.06.14
16.72		TSAKKISTOS		3	Lefkosia	08.06.14
16.66	Petros	MITSIDES	12.12.77	4	Lefkosia	08.06.14
16.40		LAMBROU		2	Lefkosia	18.05.14
16.38		LAMBROU		1	Lefkosia	02.05.14
16.37		MITSIDES		3	Lefkosia	18.05.14
16.02		TSAKKISTOS		2	Lefkosia	02.05.14
15.86		MITSIDES		3o.c.	Lefkosia	02.05.14
15.83		MITSIDES		1o.c.	Lemosos	25.03.14
15.75		LAMBROU		1	Lefkosia	05.03.14
15.74		MITSIDES		1	Izmir	25.08.14
15.59		MITSIDES		1	Lefkosia	01.04.14
15.38		MITSIDES		2	Lefkosia	05.03.14
15.34		LAMBROU		1	Lemosos	03.07.14
15.19	Stavros	STAVROU	10.02.93	2	Lemosos	03.07.14
15.11		STAVROU		6	Nikiti GRE	11.09.14
15.01	Dimitris	HADJICHARALAMBOUS	10.08.92	3	Lefkosia	05.03.14
14.79		HADJICHARALAMBOUS		2	Lefkosia	01.04.14
14.77	Konstantinos	STATHELAKOS	30.12.87	4	Athina	18.05.14
14.66		STATHELAKOS		5	Lefkosia	08.06.14
14.47		STAVROU		6	Lefkosia	08.06.14
14.40		STATHELAKOS		4	Lefkosia	05.03.14
14.25		HADJICHARALAMBOUS		7	Lefkosia	08.06.14
14.22	Vasilis	MOUAIMIS	10.07.96	8	Lefkosia	08.06.14
14.09		STATHELAKOS		4	Tripoli GRE	26.05.14
14.04		MOUAIMIS		4	Lefkosia	18.05.14
14.01		HADJICHARALAMBOUS		5	Lefkosia	18.05.14
13.94		HADJICHARALAMBOUS		3	Lefkosia	02.05.14

## DISCUS THROW

63.89	Apostolos	PARELLIS	24.07.85	1	Lefkosia	17.05.14
63.71		PARELLIS		1	Lefkosia	07.06.14
63.46		PARELLIS		1	Heraklio GRE	31.05.14
63.32		PARELLIS		2	Glasgow	31.07.14



*Apostolos Parelis was silver medalist in the Glasgow Commonwealth Games*

# YEAR LISTS 2014 / MEN

62.20		PARELLIS		3	Praque	09.06.14
61.97		PARELLIS		1	Lefkosia	01.04.14
61.91		PARELLIS		2q1	Glasgow	29.07.14
61.80		PARELLIS		2	Tbilisi	22.06.14
61.77	Orestis	ANTONIADES	10.07.85	2	Thessaloniki	24.05.14
61.44		PARELLIS		6	Leiria POR	15.03.14
61.22		PARELLIS		1	Pretoria SA	22.02.14
61.15		PARELLIS		1	Chania	01.06.14
60.39		PARELLIS		1	Lefkosia	05.03.14
60.32		PARELLIS		16	Zurich	12.08.14
57.91		ANTONIADES		q	Glasgow	29.07.14
56.96		ANTONIADES		2	Lefkosia	07.06.14
55.77		ANTONIADES		4	Nikiti GRE	11.07.14
55.16		ANTONIADES		2	Lefkosia	17.05.14
54.47		ANTONIADES		11	Glasgow	31.07.14
54.30	Petros	MITSIDES	12.12.77	2	Lefkosia	01.04.14
53.65		MITSIDES		3	Lefkosia	17.05.14
53.63		MITSIDES		1o.c.	Lefkosia	02.05.14
53.44	Andreas	CHRISTOU	14.04.93	3	Lefkosia	07.06.14
53.23		MITSIDES		4	Lefkosia	07.06.14
52.76		CHRISTOU		4	Lefkosia	17.05.14
52.57		MITSIDES		1o.c.	Lemesos	25.03.14
52.53		ANTONIADES		2	Lemesos	25.03.14
52.32		MITSIDES		3	Lefkosia	05.03.14
52.30		MITSIDES		1	Izmir	24.08.14
52.23		ANTONIADES		3	Lefkosia	01.04.14
51.74		CHRISTOU		1	Lemesos	02.07.14
51.52	Koutrae	KIRMIZI	1987	5o.c.	Lefkosia	07.06.14
50.63		CHRISTOU		1o.c.	Trikala	14.06.14
50.29		CHRISTOU		3	Lemesos	25.03.14
50.12		CHRISTOU		4	Lefkosia	01.04.14
49.74		CHRISTOU		2o.c.	Lefkosia	02.05.14
47.65		CHRISTOU		4	Lefkosia	05.03.14
47.40	Rafael	ANTONIOU	04.08.95	2	Lemesos	02.07.14
46.98		ANTONIOU		5	Lefkosia	07.06.14
46.80		ANTONIOU		5	Lefkosia	05.03.14
46.59		ANTONIOU		3o.c.	Lefkosia	02.05.14
46.52	Frangiskos	FRANGISKOU	22.02.82	6	Lefkosia	07.06.14
46.22		ANTONIOU		5	Lefkosia	17.05.14
44.62		CHRISTOU		10	Pitesti ROM	26.07.14
42.10	Georgios	KONARAKIS	1999	1	Lemesos	12.12.14



# YEAR LISTS 2014 / MEN

## JAVELIN THROW

65.11	Michalis	KAKOTAS	07.05.92	1	Lefkosia	08.06.14
62.30		KAKOTAS		6	Tbilisi	22.06.14
62.25	Panagiotis	KALOGIROU	26.08.76	2	Lefkosia	08.06.14
60.43	Konstantinos	STAVROU	20.05.89	3	Lefkosia	08.06.14
59.33		STAVROU		1	Lefkosia	18.05.14
56.24	Andreas	CHRISTODOULOU	26.10.95	4	Lefkosia	08.06.14
55.88	Ioannis	CHRISTOFI	07.05.90	3	Athina	29.05.14
55.18	Konstantinos	AFXENTIOU	07.06.82	5	Lefkosia	08.06.14
55.09		CHRISTODOULOU		1	Larnaca	11.05.14
54.37		CHRISTOFI		6	Lefkosia	08.06.14
54.27		CHRISTODOULOU		D	Pitesti	27.07.14
54.07	Georgios	SKAYIAS	17.01.95	o.c.	Lefkosia	08.06.14
53.85	Loucas	FILIPPOU	28.07.95	2	Larnaca	11.05.14
53.85	Marios	GEORGIOU	01.03.94	7	Lefkosia	08.06.14
53.65		CHRISTODOULOU		10	Neurim	29.06.14

## HAMMER THROW

72.60	Konstantinos	STATHELAKOS	30.12.87	2	Nikiti Gre	11.07.14
71.74		STATHELAKOS		1	Tripoli	26.05.14
70.71		STATHELAKOS		1	Athina	05.04.14
70.59		STATHELAKOS		1o.c.	Athina	20.07.14
70.55		STATHELAKOS		1	Lefkosia	05.03.14
69.37		STATHELAKOS		2	Athina	31.05.14
69.28	Alexandros	POURSANIDIS	23.01.93	1	Jacksonville Fl.	29.05.14
69.28		POURSANIDIS		6	Eugene Or.	12.06.14
68.42		STATHELAKOS		1	Lefkosia	08.06.14
68.40		STATHELAKOS		13	Leiria	15.03.14
68.22		STATHELAKOS		7	Glasgow	28.07.14
67.71		STATHELAKOS		2	Tbilisi	21.06.14
67.54	Michalis	KOLOKOTRONIS	09.12.90	2	Lefkosia	08.06.14
67.31		KOLOKOTRONIS		3	Athina	31.05.14
67.24		POURSANIDIS		8	Walnut	19.04.14
66.54		POURSANIDIS		1	Lexinhug	16.05.14
66.17		STATHELAKOS		5q2	Glasgow	27.07.14
65.90		KOLOKOTRONIS		6	Nikiti Gre	11.07.14
65.66		POURSANIDIS		10	Glasgow	28.07.14
65.25		POURSANIDIS		7q1	Glasgow	27.07.14
65.02		KOLOKOTRONIS		2	Athina	20.07.14
64.99		POURSANIDIS		2	Athens CA	10.05.14

# YEAR LISTS 2014 / MEN

64.57		POURSANIDIS		4	Athens CA	12.04.14
63.68		KOLOKOTRONIS		8q1	Glasgow	27.07.14
63.49		KOLOKOTRONIS		1q	Athina	20.07.14
62.59	Petros	SOFIANOS	15.03.82	3	Lefkosia	08.06.14
62.58		SOFIANOS		3	Lefkosia	05.103.14
62.38		POURSANIDIS		9	Gainsville	05.04.14
60.28	Stelios	KAZAKEOS	07.03.94	1o.c.	Lemosos	02.07.14
59.38		SOFIANOS		1	Lefkosia	18.05.14
59.16		KAZAKEOS		4	Lefkosia	05.03.14
57.79	Dimitris	ELIA	26.10.91	2	Troig AL	25.04.14
57.04		KAZAKEOS		8	Pitesti ROM	26.07.14
56.54		ELIA		7	S.Marcos TX	09.05.14
56.27		ELIA		10	Atlanta	16.05.14
56.14		ELIA		8	Anburn	18.04.14
55.90		ELIA		1	Tampa FL	13.03.14
55.82		ELIA		8	Anburn	04.04.14
54.91		ELIA		7	Mobile AL	07.03.14
54.68		ELIA		8	Athens CA	11.04.14
50.86	Petros	MITSIDES	12.12.77	1	Lefkosia	01.04.14
50.46	Charalambos	MOESE	1996	2	Lefkosia	18.05.14
50.38		MITSIDES		1	Izmir TUR	26.08.14

## DECATHLON

6614p.	Andreas	CHRISTODOULOU	26.10.95	4	Pitesti	26-27.07.14
			(11.16-6.42-10.62-1.81-52.53-15.49-33.68-4.30-54.27-4.58.70)			
6139p.	Dimitris	ALAMBRITIS	26.05.91	4	Athina	19-20.07.14
			(11.64-6.51-9.69-1.91-51.60-15.60-30.76-3.60-38.08-4.52.48)			
6123p.		CHRISTODOULOU		1	Lefkosia	15-16.04.14
5890p.	Christos	CHRISTOFOROU	22.08.88	2	Lefkosia	15-16.04.14
5874p.		ALAMBRITIS		3	Lefkosia	15-16.04.14
5776p.	Savvas	SAVVA	11.10.87	4	Lefkosia	15-16.04.14
5536p.	Andreas	LANITIS	07.03.95	5	Lefkosia	15-16.04.14
5186p.	Dimitris	KONSTANTINOU	26.02.96	6	Lefkosia	15-16.04.14
4979p.	Giannis	ARCHONTIDIS	27.01.98	8	Lefkosia	15-16.04.14
5109p.	Alexandros	GILUNG(ROM)	28.07.95	7	Lefkosia	15-16.04.14



*Constantinos Sthathelakos, the Leader and record holder in the Hammer Throw*

## RELAY 4 X 100M.

41.89	National Team Men (Andreou G-Antoniou K-Polykarpou V-Ioannou P)	5	Tbilisi	21.06.14
42.53	G.S.Evagoras Club Team Men (Charalambous O-Michael A-Hadjitheoris A-Koutras H)	1	Lefkosia	07.06.14
42.76	G.S.Korivos Club Team Men (Nikolaou N-Pergantis G-Evripidou M-Ioannou P)	2	Lefkosia	07.06.14
42.81	G.S.Pancypria Club Team Junior Men (Petsas St-Andreou M-Gangos M-Asad Al)	3	Lefkosia	07.06.14
42.87	G.S.Pancypria Club Team Junior Men (Christofidis I-Andreou M-Gangos M-Asad Al)	1	Larnaca	10.05.14
42.96	G.S. Olympia Club Team Men (Hamber D-Tilemachou Chr-Elia A-Charalambous M)	4	Lefkosia	07.06.14
42.99	National Team Junior Men (Andreou G-Dimitriou M-Georgiou K-Lanitis A)	3	Neurim	29.06.14
43.06	National Team Boys Under 18 (Nikolaou N-Nikolaidis N-Gangos M-Spastris Al)	1	Lefkosia	30.07.14

## RELAY 4 X 400M.

3.12.19	National Team Men (Chrysostomou M-Avraam G-Dimitriades P-Kyriakides K)	7	Tbilisi	22.06.14
3.19.47	G.S.Olympia Club Team Men (Elia A-Chrysostomou M-Dimitriades P-Georgiou N)	1	Lefkosia	08.06.14
3.19.76	G.S.Evagoras Club Team Men (Hadjitheoris A-Michaelas Th-Hadjitheoris Chr-Avraam G)	2	Lefkosia	08.06.14
3.22.00	G.S.Pancypria Club Team Men (Dimosthenous St-Kanaris K-Andreou M-Michara A)	3	Lefkosia	08.06.14
3.23.09	G.S.Olympia Club Team Junior Men (Pountoukidis K-Chrysostomou M-Elia L-Dimitriades P)	1	Larnaca	11.05.14
3.23.58	G.S.Pancypria Club Team Junior Men (Christoforou A-Kanaris K-Andreou M-Dimosthenous St)	2	Larnaca	11.05.14
3.24.82	National Team Boys Under 18 (Papadopoulos Chr-Alexandrou St-Christoforou A-Dimosthenous St)	2	Lefkosia	31.07.14
3.25.89	G.S.Korivos Club Team Junior Men (Evripidou M-Alexandrou St-Charissis H-Anastasiou O)	3	Larnaca	11.05.14



*The G. S. Olympia Club 4X00m. relay team that won in the Championships L. to R.*



*Kyriacos Andreou Photoreporter*

*Rafafel Nicodemou leading Andreas Michara and Marius Busca*

# YEAR LISTS 2014 / WOMEN

## 100 M.

11.45/1.3	Ramona	PAPAIOANNOU	15.06.89	1	Tbilisi/GEO	21.06.14
11.46/2.0		PAPAIOANNOU		1h1	Lefkosia	07.06.14
11.50/1.3		PAPAIOANNOU		1	Lefkosia	07.06.14
11.61		PAPAIOANNOU		6	Glasgow	28.07.14
11.64/0.3		PAPAIOANNOU		6h3	Zurich	12.08.14
11.65/0.0	Paraskevi	ANDREOU	15.01.97	2h3	Nanjing	21.08.14
11.67		PAPAIOANNOU		3h5	Glasgow	27.07.14
11.71/-0.1		ANDREOU		2	Nanjing	23.08.14
11.73/1.1		ANDREOU		1h2	Lefkosia	07.06.14
11.73/1.3		ANDREOU		2	Lefkosia	07.06.14
11.80/0.7		ANDREOU		1h4	Bakou	30.05.14
11.80/0.1		ANDREOU		2	Bakou	30.05.14
11.80/1.1	Dimitra	KYRIAKIDOU	26.04.96	2h2	Lefkosia	07.06.14
11.82/1.3	Olivia	FOTOPOULOU	20.12.96	3	Lefkosia	07.06.14
11.86/2.0		FOTOPOULOU		2h1	Lefkosia	07.06.14
11.88/1.3		KYRIAKIDOU		4	Lefkosia	07.06.14
11.89/0.9		FOTOPOULOU		1	Lefkosia	28.03.14
11.92/0.3		FOTOPOULOU		6h5	Eugene	22.07.14
11.97/1.3		FOTOPOULOU		1	Neurim	29.06.14
11.97/-0.6		ANDREOU		6h4	Eugene	22.07.14
12.07/2.0	Marianna	PISIARA	10.05.97	3h1	Lefkosia	07.06.14
12.08/1.3		PISIARA		5	Lefkosia	07.06.14
12.22/-3.6		FOTOPOULOU		1	Larnaca	10.05.14
12.22/-2.4		FOTOPOULOU		2	Serres GRE	05.07.14
12.23/1.3	Nikoletta	NIKOLETTOU	31.07.96	6	Lefkosia	07.06.14
12.23/0.2		NIKOLETTOU		7o.c.	Athina	19.07.14
12.25/0.7		NIKOLETTOU		3h1	Athina	19.07.14
12.31/0.7		NIKOLETTOU		5	Athina	28.05.14
12.35/1.1		NIKOLETTOU		3h2	Lefkosia	07.06.14
12.42/0.9	Sofia	TZIONI	30.04.96	2	Lefkosia	28.03.14
12.44/2.0	Georgia	KONTONIKOLA	14.06.98	3o.c.	Lefkosia	30.07.14

## wind assisted

11.72/+4.7	Olivia	FOTOPOULOU	20.12.96	1	Lefkosia	17.05.14
12.01/+4.7	Nikoletta	NIKOLETTOU	31.07.96	2	Lefkosia	17.05.14
12.14/+4.7	Marianna	PISIARA	10.05.97	3	Lefkosia	17.05.14
12.38/+4.7	Sofia	TZIONI	30.04.96	4	Lefkosia	17.05.14



*Skevi Andreou finishing first followed by Demetra Kyriakidou and Nicoletta Nicolettou in the third place*

# YEAR LISTS 2014 / WOMEN

## 200M.

23.44/0.2	Ramona	PAPAIOANNOU	15.06.89	1	Lefkosia	08.06.14
23.61		PAPAIOANNOU		4h4	Glasgow	30.07.14
23.70/0.1		PAPAIOANNOU		24	Zurich	14.08.14
23.77/2.0		PAPAIOANNOU		1h1	Lefkosia	08.06.14
23.87/-0.7		PAPAIOANNOU		1	London	28.06.14
23.87		PAPAIOANNOU		4s3	Glasgow	31.07.14
24.13/-0.9	Eleni	ARTYMATA	16.05.86	1	Tbilisi GEO	22.06.14
24.21/1.3		ARTYMATA		1	Argos Orestiko	09.07.14
24.60/0.2	Dimitra	KYRIAKIDOU	26.04.96	2	Lefkosia	08.06.14
24.68/1.7		KYRIAKIDOU		1h2	Lefkosia	08.06.14
24.84/-1.1		KYRIAKIDOU		1	Larnaca	11.05.14
24.90/1.3		KYRIAKIDOU		1h1	Lefkosia	27.03.14
24.91/1.7		KYRIAKIDOU		1	Athina	06.05.14
24.93/0.3	Marianna	PISIARA	10.05.97	1	Lemosos	03.07.14
24.97/0.2		PISIARA		3	Lefkosia	08.06.14
25.00/1.5		KYRIAKIDOU		1	Lefkosia	28.03.14
25.06/1.7		PISIARA		2h2	Lefkosia	08.06.14
25.07/0.3	Paraskevi	ANDREOU	15.01.97	2	Lemosos	03.07.14
25.08/0.2	Nikoletta	NIKOLETTOU	31.07.86	4	Lefkosia	08.06.14
25.09(i)		KYRIAKIDOU		2o.c.	Piraeus GRE	09.02.14
25.09/0.4		KYRIAKIDOU		7	Serres GRE	06.07.14
25.17(i)		NIKOLETTOU		3o.c.	Piraeus GRE	09.02.14
25.29/-1.4		NIKOLETTOU		2	Thives GRE	23.07.14
25.33/1.2		PISIARA		3	Lefkosia	31.07.14
25.34(i)		KYRIAKIDOU		1h1	Piraeus GRE	09.02.14
25.56(i)		NIKOLETTOU		1h4	Piraeus GRE	09.02.14
25.68		PISIARA		2	Larnaca	11.05.14
25.69/-1.1		ANDREOU		3	Larnaca	11.05.14
25.73/2.0		NIKOLETTOU		2h1	Lefkosia	08.06.14
25.89/0.3	Irida	THEODODIOU	29.07.99	3	Lemosos	03.07.14
25.91/1.2		THEODODIOU		4	Lefkosia	31.07.14
26.07/0.3	Kalliopi	KOUNTOURI	07.07.97	4	Lemosos	03.07.14
26.08/0.0		PISIARA		H	Lefkosia	15.04.14

## wind assisted

24.96/+2.4	Nikoletta	NIKOLETTOU	31.07.86	7	Kalamata GRE	31.05.14
24.97+2.6	Dimitra	KYRIAKIDOU	26.04.96	1	Neurim ISR	29.06.14
25.08/+5.3		NIKOLETTOU		1	Lefkosia	18.05.14





*Ramona Papaioannou was the fastest sprinter of the year with 11.45 and 23.44 in 100m. and 200m. respectively*

# YEAR LISTS 2014 / WOMEN

## 400M.

56.61	Christiana	KATSARI	14.05.87	7	Athina	19.07.14
56.89		KATSARI		2	Thives GRE	23.07.14
57.00		KATSARI		3h3	Athina	19.07.14
57.04		KATSARI		1	Lefkosia	07.06.14
57.56		KATSARI		6	Tbilisi GEO	21.06.14
57.91	Kalliopi	KOUNTOURI	07.07.92	1	Lemesos	02.07.14
57.96		KOUNTOURI		2	Lefkosia	07.06.14
57.99		KOUNTOURI		5	Neurim ISR	29.06.14
58.04		KATSARI		5	Chania	31.05.14
58.17		KATSARI		1h2	Lefkosia	07.06.14
58.47		KATSARI		1	Lefkosia	17.05.14
58.99	Skevi	THRASIVOULOU	21.02.94	5h1	Athina	19.07.14
59.00		THRASIVOULOU		7	Trikala	14.06.14
59.06	Rafaella	DIMITRIOU	12.08.93	2h2	Lefkosia	07.06.14
59.22		THRASIVOULOU		3	Lefkosia	07.06.14
59.47	Eleana	KALOGIROU	03.12.99	2	Lemesos	02.07.14
59.71		KOUNTOURI		1h1	Lefkosia	07.06.14
59.73		DIMITRIOU		2	Lefkosia	17.05.14
59.83	Elisavet	KLITOU	26.07.98	3	Lemesos	02.07.14
59.84	Gavriella	SOFOKLEOUS	30.10.86	3	Lefkosia	17.05.14
59.85		KALOGIROU		3h2	Lefkosia	07.06.14
59.87		THRASIVOULOU		4h2	Lefkosia	07.06.14
59.99		DIMITRIOU		4	Lefkosia	07.06.14
60.28		KLITOU		2h1	Lefkosia	07.06.14
60.30	Sofia	MICHAEL	15.05.96	3h1	Lefkosia	07.06.14

## hand timing

57.60	Natalia	EVANGELIDOU	10.03.91	1	Lefkosia	02.05.14
58.70	Gavriella	SOFOKLEOUS	30.10.86	2o.c.	Lefkosia	02.05.14

## 800M.

2.05.07	Natalia	EVANGELIDOU	10.03.91	2o.c.	Athina	20.07.14
2.05.31		EVANGELIDOU		5	Leiden	14.06.14
2.05.7		EVANGELIDOU		1	Lefkosia	08.06.14
2.05.76		EVANGELIDOU		1	Lefkosia	18.05.14
2.05.95		EVANGELIDOU		5h2	Glasgow	30.07.14



*Natalia Evaggelidou was the best middle distance runner with 2.05.07 (800m.) and 4.16.05 (1500m.)*

## YEAR LISTS 2014 / WOMEN

2.06.45		EVANGELIDOU		4	Tbilisi GEO	21.06.14
2.08.06(i)		EVANGELIDOU		1	Piraeus	02.02.14
2.10.79(i)		EVANGELIDOU		1o.c.	Piraeus	09.02.14
2.11.13		EVANGELIDOU		1h1	Athina	20.07.14
2.12.78	Meropi	PANAGIOTOU	01.12.94	5	Starkville	03.05.14
2.16.97	Skevi	THRASIVOULOU	21.02.94	4h1	Athina	20.07.14
2.18.7	Christina	PETRI	06.07.00	2	Lefkosia	08.06.14
2.18.92		PETRI		2	Lefkosia	31.07.14
2.19.39		PETRI		1	Lemesos	03.07.14
2.19.5		THRASIVOULOU		3	Lefkosia	08.06.14
2.19.53		THRASIVOULOU		9	Trikala	15.06.14
2.20.11		THRASIVOULOU		8	Athina	20.07.14
2.22.61		PETRI		2	Lefkosia	18.05.14
2.23.05		THRASIVOULOU		10	Trikala	15.06.14
2.23.13		THRASIVOULOU		1	Thessaloniki	10.05.14
2.23.95	Chrystalla	HADJIGIANGOU	12.08.96	1	Larnaca	11.05.14
2.24.04		PETRI		2	Larnaca	11.05.14
2.24.1		HADJIGIANGOU		4	Lefkosia	08.06.14
2.24.66	Maria	PAPANASTASIOU	04.10.94	1	Athina	29.05.14
2.24.7	Anastasia	SAVVA	23.09.99	5	Lefkosia	08.06.14
2.24.8		PAPANASTASIOU		6	Lefkosia	08.06.14
2.24.82		SAVVA		2	Lemesos	03.07.14
2.25.41(i)		THRASIVOULOU		3	Piraeus	09.02.14
2.25.96	Miranda	KYRIAKOU	05.03.96	3	Larnaca	11.05.14
<b>1500M.</b>						
4.16.05	Natalia	EVANGELIDOU	10.03.91	15	Glasgow	28.07.14
4.16.43		EVANGELIDOU		2	Kalamata	31.05.14
4.23.85(i)		EVANGELIDOU		6	Istanbul	22.02.14
4.26.12(i)		EVANGELIDOU		1o.c.	Piraeus	08.02.14
4.26.70	Meropi	PANAGIOTOU	01.12.94	3	Tuscalosa	11.04.14
4.27.22		EVANGELIDOU		4	Tbilisi	22.06.14
4.27.45		PANAGIOTOU		2	Tuscalosa	05.04.14
4.27.57		PANAGIOTOU		29	Walnut	18.04.14
4.29.59		PANAGIOTOU		4	Tuscalosa	21.03.14
4.29.98		PANAGIOTOU		16q	Lexington	17.05.14
4.51.86	Elpida	CHRISTODOULIDOU	20.11.86	1o.c.	Lefkosia	02.05.14
4.52.52	Christina	PETRI	06.07.00	1	Lefkosia	30.07.14

# YEAR LISTS 2014 / WOMEN

4.52.6		EVANGELIDOU		1	Lefkosia	07.06.14
4.57.88	Christiana	LOUCA	21.12.96	1	Larnaca	10.05.14
4.59.6		LOUCA		2	Lefkosia	07.06.14
4.59.69	Konstantina	ADAMOU	01.06.99	2	Larnaca	10.05.14
5.00.36		PETRI		1	Lemesos	02.07.14
5.02.15	Eleni	PRIGIPA	31.08.98	3	Larnaca	10.05.14
5.02.3	Maria	PAPANASTASIOU	30.10.94	3	Lefkosia	07.06.14

## 3000M.

9.40.52(i)	Meropi	PANAGIOTOU	01.12.94	4	Birmigham USA	18.01.14
9.58.01(i)	Marilena	SOFOKLEOUS	30.10.86	4o.c.	Piraeus	09.02.14
10.14.65(i)		SOFOKLEOUS		2	Piraeus	02.02.14
10.33.12	Christiana	LOUCA	21.12.96	1	Athina	06.05.14
10.40.34		LOUCA		4	Neurim	29.06.14
10.50.2		LOUCA		1	Lefkosia	27.03.14
10.56.6	Elpida	CHRISTODOULIDOU	20.11.86	6	Tbilisi	21.06.14
11.19.0		LOUCA		1	Lefkosia	11.03.14
11.22.4	Konstantina	ADAMOU	01.06.99	1	Lemesos	03.07.14
11.26.6	Terpsia	DIOMIDOUS	25.06.99	2	Lemesos	03.07.14
11.36.9	Evanthia	KONSTANTINOU	26.06.98	3	Lemesos	03.07.14
11.40.89	Ioanna	PETROU	07.01.99	3	Lefkosia	31.07.14

## 5000M.

16.49.43	Meropi	PANAGIOTOU	01.12.94	11	Lexington USA	18.05.14
17.18.16	Marilena	SOFOKLEOUS	30.10.86	4o.c.	Athina	20.07.14
17.32.5	Elpida	CHRISTODOULIDOU	20.11.86	1o.c.	Larnaca	11.05.14
17.59.86		SOFOKLEOUS		5	Tbilisi	22.06.14
18.44.28		SOFOKLEOUS		1	Lefkosia	08.06.14
18.59.34	Panagiota	HAPOUPI	08.07.87	2	Lefkosia	08.06.14
19.09.9	Christiana	LOUCA	21.12.96	1	Larnaca	11.05.14
19.10.63		LOUCA		3	Lefkosia	08.06.14
19.30.38	Eleni	IOANNOU	20.01.84	4	Lefkosia	08.06.14
19.43.75	Chrystalla	HADJIPOLYDOROU	21.04.93	5	Lefkosia	08.06.14
20.23.2	Nikoletta	HADJIPOLYDOROU	25.09.95	2	Larnaca	11.05.14

# YEAR LISTS 2014 / WOMEN

## 10.000M.

37.10.2	Marilena	SOFOKLEOUS	30.10.86	1	Lefkosia	11.04.14
38.14.0	Elpida	CHRISTODOULIDOU	20.11.86	2	Lefkosia	11.04.14
38.37.1	Panagiota	HAPOUPI	08.07.87	3	Lefkosia	11.04.14
40.20.0	Eleni	IOANNOU	20.01.84	4	Lefkosia	11.04.14
41.11.0	Chrystalla	HADJIPOLYDOROU	21.04.93	5	Lefkosia	11.04.14
42.41.4	Ioulia	ANDREOU	04.01.77	6	Lefkosia	11.04.14
38.25.0	Zarina	MENTAYIEVA(KAZ)	1992	3o.c.	Lefkosia	11.04.14

## HALF MARATHON

1.27.38	Elpida	CHRISTODOULIDOU	20.11.86	21	Lemesos	16.03.14
1.28.48	Panagiota	HAPOUPI	08.07.87	2	Larnaca	26.01.14
1.33.45	Eleni	IOANNOU	20.01.84	3	Larnaca	26.01.14
1.37.43	Ioulia	ANDREOU	01.01.77	4	Larnaca	26.01.14
1.43.39	Ioulia	KANNAVA	28.09.73	5	Larnaca	26.01.14
1.44.59	Maria	LAMBROU-SAVVA	04.07.71	6	Larnaca	26.01.14
1.47.54	Stavroula	THRASIVOULOU	06.04.91	7	Larnaca	26.01.14
1.50.47	Sylvia	KONSTANTINIDOU	11.11.65	9	Larnaca	26.01.14
1.27.47	Zarina	MENTAYIEVA(KAZ)	1992	22	Lemesos	16.03.14

## MARATHON

3.39.30	Pola	HADJIPAPA	1963	34	Lemesos	16.03.14
3.50.16	Maria	LAMBROU-SAVVA	04.07.71	2	Lemesos	16.03.14
3.50.16	Ioulia	KANNAVA	28.09.73	3	Lemesos	16.03.14
3.55.29	Sylvia	KONSTANTINIDOU	11.11.65	4	Lemesos	16.03.14
4.06.13	Marina	STROVOLIDOU	1965	263	Athina	09.11.14
4.06.52	Diana	MISKOURI	1982	275	Athina	09.11.14
4.21.53	Patritsia	MATSOUKA		124	Lemesos	16.03.14
11.38.09	Nikoletta	PSILLIDOU	1986	182	Athina	09.11.14
3.45.09	Liga	APINE	1984	1	Lemesos	16.03.14

## 100M.H.

13.68/0.9	Dimitra	ARACHOVITI	18.07.87	1	Tbilisi	22.06.14
13.71/1.3		ARACHOVITI		4Qo.c.	Athina	19.07.14
13.95/-0.3		ARACHOVITI		1	London	28.06.14
13.97/-0.1		ARACHOVITI		4o.c.	Athina	19.07.14

# YEAR LISTS 2014 / WOMEN

14.19/1.1	Natalia	CHRISTOFI	10.02.97	2o.c.	Trikala	14.06.14
14.22/1.1		CHRISTOFI		1	Lefkosia	07.06.14
14.26/1.1	Angeliki	ATHANASOPOULOU	01.03.93	2	Lefkosia	07.06.14
14.27/1.5		CHRISTOFI		7h4	Eugene OR.	25.07.14
14.75/0.0	Xenia	HERODOTOU	17.05.82	H	Lefkosia	15.04.14
14.76/-1.1		CHRISTOFI		1	Larnaca	10.05.14
15.20/1.1	Pantelitsa	PETROU	23.07.95	3	Lefkosia	07.06.14
15.21/0.8	Rafaella	IOANNOU	12.09.92	H	Athina	19.07.14
15.51/1.3		PETROU		4	Neurim ISR	29.06.14
15.54/1.1	Chara	PAPAPETROU	06.07.91	4	Lefkosia	07.06.14
15.71/1.1	Dafni	GEORGIU	18.08.99	5	Lefkosia	07.06.14
15.77/-1.1		PETROU		2	Larnaca	10.05.14

## wind assisted

13.74/+3.1	Dimitra	ARACHOVITI	18.07.87	1	Lefkosia	17.05.14
14.03/+3.1	Natalia	CHRISTOFI	10.02.97	2	Lefkosia	17.05.14
14.17/+2.7		CHRISTOFI	10.02.97	1h2	Lefkosia	07.06.14
14.37/+3.1	Angeliki	ATHANASOPOULOU	01.03.93	3	Lefkosia	17.05.14
14.52/+2.7		ATHANASOPOULOU	01.03.93	2h2	Lefkosia	07.06.14
15.46/+2.5	Chara	PAPAPETROU	06.07.91	1h1	Lefkosia	07.06.14
15.64/+2.5	Dafni	GEORGIU	18.08.99	2h1	Lefkosia	07.06.14
15.69/+2.7	Pantelitsa	PETROU	23.07.95	2h2	Lefkosia	07.06.14
15.74/+3.1		PAPAPETROU		4	Lefkosia	17.05.14

## 400M.H.

63.43	Chrystalla	LAZAROU	25.05.98	1	Lemosos	03.07.13
63.44	Irida	THEODOSIOU	29.03.99	2	Lemosos	03.07.14
63.7		THEODOSIOU		2	Neurim ISR	29.06.14
64.28	Pantelitsa	PETROU	23.07.95	1	Larnaca	11.05.14
64.96		THEODOSIOU		3	Lefkosia	30.07.14
66.07		LAZAROU		1h2	Lefkosia	08.06.14
66.08		LAZAROU		7	Athina	06.05.14
66.33		LAZAROU		3	Larnaca	11.05.14
66.51		PETROU		8	Tbilisi	21.06.14
66.62	Kalypso	STAVROU	08.07.98	3	Lemosos	03.07.14
66.78		STAVROU		4o.c.	Lefkosia	30.07.14
67.23		LAZAROU		4	Lefkosia	30.07.14
67.24	Elena	STEFANOU	28.04.90	1	Lefkosia	18.05.14
67.29		STEFANOU		2h1	Lefkosia	08.06.14
67.41		PETROU		2h2	Lefkosia	08.06.14

## YEAR LISTS 2014 / WOMEN

67.46		LAZAROU		1	Lefkosia	28.03.14
67.47		STAVROU		3h1	Lefkosia	08.06.14
67.96		THEODOSIOU		4h2	Lefkosia	08.06.14
68.08	Katerina	HALKIDI	01.01.00	5h2	Lefkosia	08.06.14
70.11		HALKIDI		4	Lemosos	03.07.14
70.44	Adamantia	ANAXAGOROU	23.01.98	5	Lemosos	03.07.14
71.19	Thekla	KOSTA	30.01.99	6	Lemosos	03.07.14

### hand timing

63.6	Irida	THEODOSIOU	29.03.99	1	Lefkosia	08.06.14
63.8	Pantelitsa	PETROU	23.07.95	2	Lefkosia	08.06.14
64.9	Elena	STEFANOU	28.04.90	3	Lefkosia	08.06.14
65.8	Chrystalla	LAZAROU	25.05.98	1	Pafos	10.03.14
66.6		LAZAROU		4	Lefkosia	08.06.14
62.78	Kalliopi	POURNARA(GRE)	01.12.95	6q	Athina	20.07.14
67.78	Yana	SIVAK(UKR)	08.01.99	3h3	Lefkosia	08.06.14

### 3000M. STEEPLE

11.14.69	Elpida	CHRISTODOULIDOU	20.11.86	1	Lefkosia	17.05.14
11.21.32		CHRISTODOULIDOU		1	Lefkosia	07.06.14
11.29.25		CHRISTODOULIDOU		6o.c.	Athina	19.07.14
11.29.76	Chrystalla	HADJIPOLYDOROU	21.04.93	7o.c.	Athina	19.07.14
11.43.23		HADJIPOLYDOROU		2	Lefkosia	07.06.14
11.51.02		HADJIPOLYDOROU		2	Lefkosia	17.05.14
11.51.4	Evanthia	KONSTANTINOU	26.06.98	1	Larnaca	10.05.14
11.53.82		KONSTANTINOU		3	Lefkosia	07.06.14
12.07.60		HADJIPOLYDOROU		4	Tbilisi	21.06.14
12.33.4	Nikoletta	HADJIPOLYDOROU	25.09.95	2	Larnaca	10.05.14
12.44.00	N.	HADJIPOLYDOROU		4	Lefkosia	07.06.14
12.48.24	Ioanna	PETROU	07.01.99	5	Lefkosia	07.06.14
12.52.98	N.	HADJIPOLYDOROU		3	Lefkosia	17.05.14
13.05.90	Stavroulla	THRASIVOULOU	06.04.91	6	Lefkosia	07.06.14
13.08.7	Eleni	PSILOGENI	08.01.97	3	Larnaca	10.05.14
13.13.1		PETROU		4	Larnaca	10.05.14
13.34.78		THRASIVOULOU		4	Lefkosia	17.05.1
13.42.40		PSILOGENI		7	Lefkosia	07.06.14
13.44.2	Mikaella	SAVVA	28.09.99	5	Larnaca	10.05.14





*Elpida Christodoulidou competed in all races from 5000m. to Half Marathon and won the 3000 St.*

# YEAR LISTS 2014 / WOMEN

## LONG JUMP

6.36	Nektaria	PANAGI	20.03.90		Glasgow	30.07.14
6.34		PANAGI	20.03.90	1o.c.	Athina	19.07.14
6.33/0.1		PANAGI	20.03.90	7	Glasgow	31.07.14
6.21/2.0	Filippa	FOTOPOULOU	20.12.96	3	Argos Orestiko	09.07.14
6.12/-0.8		PANAGI		24	Zurich	13.08.14
6.09./1.1		FOTOPOULOU		1	Serres GRE	06.07.14
6.08/1.7		FOTOPOULOU		1	Lefkosia	08.06.14
6.07/0.0		FOTOPOULOU		1	Lefkosia	28.03.14
6.00/0.0		FOTOPOULOU		4	Tbilisi	22.06.14
5.93/0.5		FOTOPOULOU		1o.c.	Lefkosia	02.05.14
5.93/-0.2		FOTOPOULOU		1o.c.	Lemesos	03.07.14
5.92/0.6		FOTOPOULOU		2	Lefkosia	17.05.14
5.91/0.6	Eleftheria	CHRISTOFI	29.10.86	2	Lefkosia	08.06.14
5.91/1.9		FOTOPOULOU		1	Neurim ISR	29.06.14
5.87/1.4		CHRISTOFI		22	Glasgow	30.07.14
5.80(i)		FOTOPOULOU		1	Piraeus	02.02.14
5.77/1.7	Zoe	STAVROU	03.02.94	1	Lefkosia	17.05.14
5.76/1.9		STAVROU		3	Lefkosia	03.06.14
5.72/-1.0		FOTOPOULOU		27	Eugene	22.07.14
5.71/1.6		STAVROU		2o.c.	Lefkosia	02.05.14
5.69		FOTOPOULOU		1	Lefkosia	10.03.14
5.67/0.8		FOTOPOULOU		1	Larnaca	10.05.14
5.66/1.8	Maria	ONISIFOROU	10.02.97	1	Lefkosia	28.03.14
5.64(i)		CHRISTOFI		1	Athina	26.01.14
5.63		ONISIFOROU		1	Athina	06.05.14
5.61/1.1		ONISIFOROU		4	Lefkosia	08.06.14
5.58/1.2		ONISIFOROU		2	Lefkosia	30.07.14
5.54		STAVROU		1	Pafos	01.04.14
5.44/-0.7		STAVROU		2o.c.	Larnaca	10.05.14
5.41/1.1	Rafaella	IOANNOU	12.09.92	H	Lefkosia	16.04.14
5.38		ONISIFOROU		1	Larnaca	11.03.14
5.38/0.0		STAVROU		H	Lefkosia	16.04.14
5.38/1.6	Xenia	HERODOTOU	17.05.82	H	Lefkosia	16.04.14
5.36/-0.4		ONISIFOROU		2	Larnaca	10.05.14
5.28/0.3		ONISIFOROU		2	Lemesos	03.07.14
5.25	Kyriaki	MODESTOU	01.04.96	1	Paralimni	06.03.14
5.24/0.2		HERODOTOU		6	Lefkosia	08.06.14



*Injury allowed Nektaria Panagi only three competitions in July and one in August*

# YEAR LISTS 2014 / WOMEN

## wind assisted

5.95/+2.8	Zoe	STAVROU	03.02.94	1	Lefkosia	17.05.14
5.60/+2.6	Xenia	HERODOTOU	17.05.82	1	Argos GRE	10.05.14
5.60/+2.1	Maria	ONISIFOROU	10.02.97	2	Lefkosia	30.09.14
5.46/1.0	Elisavet	IVZENKO	13.04.97	3	Lefkosia	17.05.14

## HIGH JUMP

1.92	Leontia	KALLENOU	05.10.94	1	Lexington	17.05.14
1.91		KALLENOU		1	Athens GA	10.05.14
1.90(i)		KALLENOU		1	College Station	01.03
1.89		KALLENOU		1	Eugene OR	14.06.14
1.89		KALLENOU		4	Glasgow	01.08.14
1.88(i)		KALLENOU		2	Birmingham	18.01.14
1.88		KALLENOU		2	Athens GA	12.04.14
1.87(i)		KALLENOU		1	Albuquerque NM	15.04.14
1.85(i)		KALLENOU		2	Albuquerque NM	24.01.14
1.85		KALLENOU		1Q	Glasgow	29.07.14
1.81		KALLENOU		1q	Jacksonville FL	30.05.14
1.70	Stefani	RAZI	07.05.93	1	Lefkosia	02.05.14
1.65		RAZI		1	Lefkosia	17.05.14
1.64		RAZI		1	Lefkosia	08.06.14
1.62	Styliani	SARANTI	09.12.00	1	Paralimni	10.03.14
1.62	Despina	CHARALAMBOUS	22.05.00	2	Paralimni	10.03.14
1.61	Elena	KYRIAKOU	11.22.97	1	Lemesos	02.07.14
1.61	Afroditi	PANAGI	03.02.98	2	Lemesos	02.07.14
1.61	Eleftheria	MICHAEL	06.08.94	2o.c.	Lemesos	02.07.14
1.60	Andria	NESTOROS	22.11.96	1	Pafos	01.04.14
1.60	Sergielena	KONSTANTINOU	23.06.99	2	Pafos	01.04.14
1.60		MICHAEL		H	Lefkosia	15.04.14
1.60		MICHAEL		2	Lefkosia	02.05.14
1.60		KONSTANTINOU		1	Larnaca	11.05.14
1.60		PANAGI		2	Larnaca	11.05.14
1.60		SARANTI		1	Lemesos	24.05.14
1.60		CHARALAMBOUS		2	Lefkosia	08.06.14
1.60		KONSTANTINOU		3	Lefkosia	08.06.14
1.60		MICHAEL		4	Lefkosia	08.06.14
1.60	Evgenia	LOUCA	23.05.94	4	Lefkosia	08.06.14
1.60		CHARALAMBOUS		2o.c.	Lefkosia	31.07.14



*Leontia Kallenou was the winner of the American NCAA Champs for Georgia University in both indoors and outdoors and only missed the bronze medal in the Commonwealth Games placing 4th*

# YEAR LISTS 2014 / WOMEN

## TRIPLE JUMP

12.84/0.0	Eleftheria	CHRISTOFI	29.10.86	14	Glasgow	28.07.14
12.75/0.0		CHRISTOFI		1	Lefkosia	07.06.14
12.56/0.0		CHRISTOFI		6	Tbilisi	21.06.14
12.47/1.0	Zoe	STAVROU	03.02.94	2	Lefkosia	07.06.14
12.35/1.5	Thomaida	POLYDOROU	07.11.86	2	Lefkosia	18.05.14
12.28(i)		CHRISTOFI		3	Piraeus	02.02.14
12.04/0.0		POLYDOROU		3	Lefkosia	07.06.14
12.03/1.3		STAVROU		1o.c.	Larnaca	11.05.14
12.01/1.1		STAVROU		1	Lefkosia	18.05.14
11.59		STAVROU		1	Pafos	01.04.14
11.28(i)	Electra	PAPAKONSTANTINOY	23.12.90	1	Ierapetra	02.02.14
11.26/1.0	Elenodora	KLEANTHOUS	10.08.96	4	Lefkosia	07.06.14
11.13/1.9	Nataly	GEORGIADOY	14.02.78	3	Lefkosia	18.05.14
11.11/0.2		KLEANTHOUS		1	Lefkosia	27.03.14
11.08/0.2	Irene	HADJIGIANNI	12.04.99	1	Lemesos	25.05.14
11.02	Marina	MICHAEL	04.08.97	1	Lefkosia	11.03.14
10.96/0.0		HADJIGIANNI		3	Lefkosia	31.07.14
10.95		KLEANTHOUS		11	Athina	06.05.14
10.90		HADJIGIANNI		1	Lemesos	08.04.14
10.90/0.1		KLEANTHOUS		1o.c.	Lemesos	02.07.14

## wind assisted

12.46/+3.5	Zoe	STAVROU	03.02.94	1	Lefkosia	18.05.14
------------	-----	---------	----------	---	----------	----------

## POLE VAULT

3.85	Skevi	KRASIA	06.02.90	1o.c.	Lemesos	03.07.14
3.80	Maria	ARISTOTELOUS	10.08.91	2	Chania	31.05.14
3.80		ARISTOTELOUS		6	Athina	20.07.14
3.80		ARISTOTELOUS		4	Thives	23.07.14
3.70		KRASIA		1	Lefkosia	17.05.14
3.70		ARISTOTELOUS		1	Lefkosia	08.06.14
3.60(i)		ARISTOTELOUS		4	Athina	26.01.14
3.60(i)		ARISTOTELOUS		3	Piraeus	02.02.14
3.60(i)		ARISTOTELOUS		4	Piraeus	09.02.14
3.60		ARISTOTELOUS		8	Athina	28.05.14
3.60		KRASIA		2	Lefkosia	08.06.14
3.60		ARISTOTELOUS		2	Tbilisi	21.06.14

# YEAR LISTS 2014 / WOMEN

3.50		KRASIA		1o.c.	Lefkosia	02.05.14
3.50		ARISTOTELOUS		3	Athina	03.05.14
3.50	Dimitra	CHARALAMBOUS	17.09.87	3	Lefkosia	08.06.14
3.50		ARISTOTELOUS		5Q	Athina	20.07.14
3.40(i)		KRASIA		7	Piraeus	12.02.14
3.40(i)		ARISTOTELOUS		5Q	Piraeus	09.02.14
3.40		CHARALAMBOUS		1o.c.	Larnaca	10.05.14
3.30		CHARALAMBOUS		2o.c.	Lefkosia	02.05.14
3.20		KRASIA		2o.c.	Larnaca	10.05.14
3.20		CHARALAMBOUS		2	Lefkosia	17.05.14
3.20		CHARALAMBOUS		2o.c.	Lemesos	03.07.14
3.10	Tatiana	NEOFITOU	09.02.81	3	Lefkosia	17.05.14
3.10	Andriana	ITTALOS	19.04.99	1	Lemesos	25.05.14
3.10	Panagiota	STAVROU	21.08.00	1	Lemesos	25.05.14
3.05		ITTALOS		3	Neurim	29.06.14
3.05		ITTALOS		1	Lemesos	03.07.14
3.00		ITTALOS		1	Lemesos	14.03.14
3.00		STAVROU		4	Lefkosia	17.05.14
3.00	Melina	CHRYSANTHOU	30.08.99	4	Lefkosia	08.06.14
3.00		ITTALOS		4	Lefkosia	08.06.14
3.00		ITTALOS		3	Lefkosia	30.07.14
2.90		ITTALOS		1	Lemesos	08.04.14
2.90		STAVROU		1	Larnaca	10.05.14
2.90		ITTALOS		5	Lefkosia	17.05.14
2.90		CHRYSANTHOU		3	Lemesos	25.05.14
2.90		CHRYSANTHOU		4	Lefkosia	30.07.14
2.85		CHRYSANTHOU		1	Lefkosia	07.07.14
2.80(i)	Athina-Anastasia	MICHAEL	02.10.92	3	Thessaloniki	05.02.14
2.80		CHRYSANTHOU		2	Lemesos	08.04.14
2.80		STAVROU		2	Lemesos	08.04.14
2.80		ITTALOS		2	Larnaca	10.05.14
2.80		CHRYSANTHOU		6	Lefkosia	17.05.14
2.80		CHRYSANTHOU		2	Lemesos	03.07.14
2.80		STAVROU		3	Lemesos	03.07.14

# YEAR LISTS 2014 / WOMEN

## SHOT PUT

16.01	Flora	KAPPA	29.05.88	1	Lefkosia	18.05.14
15.63		KAPPA		1	Lefkosia	08.06.14
15.42		KAPPA		1	Tripoli	26.05.14
15.10		KAPPA		1	Athina	20.07.14
15.07		KAPPA		1	Chania	31.05.14
14.82		KAPPA		1	Tbilisi	22.06.14
14.04		KAPPA		1Q	Athina	20.07.14
12.98	Andri	PAPAKONSTANTINOU	14.03.82	2	Lefkosia	08.06.14
12.89	Gavriella	FELLA	21.01.98	4	Neurim ISR	29.06.14
12.48		FELLA		3	Lefkosia	08.06.14
12.34		FELLA		1	Larnaca	11.05.14
12.18		PAPAKONSTANTINOU		1	Lefkosia	01.04.14
11.78		PAPAKONSTANTINOU		2	Lefkosia	18.05.14
11.45	Rafaella	IOANNOU	12.09.92	6	Thessaloniki	10.05.14
11.33		PAPAKONSTANTINOU		2	Lefkosia	05.03.14
10.95		IOANNOU		4	Thessaloniki	24.05.14
10.93		IOANNOU		4	Lefkosia	08.06.14
10.92	Androniki	LADA	19.04.91	5'	Lefkosia	08.06.14
10.90	Skevi	THEODOROU	15.03.86	6	Lefkosia	08.06.14
10.67	Maria	SIABETTA	01.02.99	7	Lefkosia	08.06.14
10.66	Eleni	ZEBASHI	08.04.96	8	Lefkosia	08.06.14

## DISCUS THROW

56.69	Androniki	LADA	19.04.91	1	Lemosos	25.03.14
56.39		LADA		1	Lefkosia	07.06.14
55.80		LADA		1	Lefkosia	17.05.14
55.66		LADA		10	Leiria	16.03.14
54.62		LADA		2	Thessaloniki	24.05.14
54.49		LADA		1	Nikiti GRE	11.07.14
54.30		LADA		1	Chania	31.05.14
54.28		LADA		1	Lefkosia	02.05.14
54.18		LADA		1	Tbilisi	21.06.14
52.40		LADA		1	Lefkosia	05.03.14
52.18		LADA		17	Zurich	15.08.14
50.17	Zacharoula	GEORGIADÉ	07.04.85	3	Nikiti GRE	11.07.14
49.78		LADA		13	Glasgow	31.07.14
48.56		GEORGIADÉ		2	Lefkosia	05.03.14





*Androniki Lada has thrown a new record in Discus with 56.69m.*

# YEAR LISTS 2014 / WOMEN

47.90		GEORGIADÉ		2	Lefkosia	07.06.14
42.66	Alexandra	KLATSIA	19.09.85	3	Lefkosia	07.06.14
41.83	Kyriaki	PILIA SIKLETTON	02.05.76	4	Lefkosia	07.06.14
41.82	Eleni	ZEBASHI	08.04.96	1	Paralimni	06.03.14
41.31		ZEBASHI		5	Lefkosia	07.06.14
41.16		ZEBASHI		1	Athina	06.05.14
40.53		PILIA SIKLETTON		2	Lefkosia	17.05.14
40.16		PILIA SIKLETTON		1	Lefkosia	01.04.14
29.88		PILIA SIKLETTON		3	Izmir	27.08.14
39.35		ZEBASHI		1	Larnaca	10.05.14
39.14		ZEBASHI		1	Lefkosia	27.02.14
38.75		ZEBASHI		3	Lefkosia	17.05.14
38.32	Konstantina	MICHAEL	20.05.96	6	Lefkosia	07.06.14
38.07	Anna	ANTONIOU	12.07.97	4	Lefkosia	17.05.14
37.97		MICHAEL		4	Lefkosia	05.03.14
37.87		MICHAEL		5	Lefkosia	17.05.14
37.70		ANTONIOU		2	Lefkosia	27.03.14
37.21		MICHAEL		2	Larnaca	10.05.14
37.16		MICHAEL		3	Lefkosia	27.03.14
36.86		MICHAEL		1	Lefkosia	11.03.14
36.58		ZEBASHI		3	Neurim ISR	29.06.14
36.09	Chrystalla	SAVIDI	13.02.98	3	Larnaca	10.05.14

## JAVELIN THROW

51.89	Alexandra	TSISIOU	02.07.81	1	Lefkosia	08.06.14
51.83		TSISIOU		3	Tbilisi	21.06.14
51.06		TSISIOU		4	Kalamata	31.05.14
40.91	Rafaella	IOANNOU	12.09.92	2	Lefkosia	08.06.14
40.74		IOANNOU		2	Thessaloniki	10.05.14
40.18	Mariele	ROUSI	30.06.98	3	Neurim ISR	29.06.14
39.80		ROUSI		1	Larnaca	10.05.14
39.75		IOANNOU		H	Lefkosia	16.04.14
39.68		ROUSI		1	Lefkosia	18.05.14
39.56		ROUSI		3	Lefkosia	08.06.14
39.48		IOANNOU		7	Trikala	15.06.14
39.16	Sofia	ORATIOU	14.07.93	2	Lefkosia	18.05.14
38.14		ORATIOU		1	Lefkosia	01.04.14
37.46	Loukia	GEORGIOU	28.02.00	3	Lefkosia	18.05.14
37.27		GEORGIOU		4	Lefkosia	08.06.14
37.07		ORATIOU		5	Lefkosia	08.06.14
37.05		GEORGIOU		2	Larnaca	10.05.14
36.78	Maria	THEOLOGOU	17.05.97	3	Larnaca	10.05.14
36.28	Pantelitsa	GIANNAKOU	22.02.99	7	Lefkosia	08.06.14
35.02	Zoe	STAVROU	03.02.94	H	Lefkosia	16.04.14
36.30	Victoria	VASILIAOUSKAITE(LUT)		6	Lefkosia	08.06.14

# YEAR LISTS 2014 / WOMEN

## HAMMER THROW

66.29	Skevi	THEODOROU	15.03.86	1	Athina	31.05.14
65.04		THEODOROU		1	Lefkosia	08.06.14
64.97		THEODOROU		1	Tripoli GRE	26.05.14
64.49		THEODOROU		1	Lefkosia	05.03.14
63.30		THEODOROU		19	Leiria	16.03.14
62.45		THEODOROU		1	Athina	05.04.14
61.58		THEODOROU		2	Nikiti GRE	11.07.14
59.60	Cathrine	BEATTY	12.07.93	2	Lefkosia	08.06.14
59.49		THEODOROU		1	Tbilisi	22.06.14
58.70		BEATTY		4	Nikiti GRE	11.07.14
57.00		THEODOROU		14	Glasgow	27.07.14
56.05		BEATTY		1	GRB	06.04.14
55.79		BEATTY		1	Tibaorth GRB	24.05.14
55.42		BEATTY		1	Sheltenham GRB	05.05
53.25		BEATTY		1	GRB	18.05.14
52.46	Chrystalla	KYRIAKOU	04.10.96	3	Lefkosia	08.06.14
52.32		BEATTY		2	Cardiff WL	10.05.14
52.16		KYRIAKOU		3	Serres GRE	06.07.14
50.64		KYRIAKOU		1	Lefkosia	17.05.14
50.49		KYRIAKOU		1	Larnaca	10.05.14
50.25	Alexandra	SPETSIOU	12.08.94	5	Trikala	14.06.14
49.16		KYRIAKOU		1	Lefkosia	15.04.14
49.04		SPETSIOU		4	Lefkosia	08.06.14
49.01		KYRIAKOU		2	Lefkosia	05.03.14
47.17		SPETSIOU		5	Athina	19.07.14
45.61		SPETSIOU		7	Nikiti GRE	11.07.14
44.68		SPETSIOU		2	Athina	05.04.14
44.44	Iliana	EVANGELOU	29.07.99	2	Larnaca	10.05.14
44.18		EVANGELOU		2	Lefkosia	17.05.14
42.80	Polina	NIKOLAOU	13.12.97	5	Lefkosia	08.06.14
42.74		EVANGELOU		3	Lefkosia	05.03.14
42.12		NIKOLAOU		3	Larnaca	10.05.14
42.06		SPETSIOU		3	Tripoli GRE	26.05.14
42.04		NIKOLAOU		1	Lefkosia	01.04.14
42.00		NIKOLAOU		3	Lefkosia	17.05.14
40.67	Eleni	KAZAKEOU	18.08.96	6	Lefkosia	08.06.14
40.11	Daniella	NIKOLAOU	27.06.95	4	Larnaca	10.05.14
40.03		KAZAKEOU		2	Lefkosia	15.04.14
39.01		KAZAKEOU		4	Lefkosia	17.05.14
38.95		KAZAKEOU		5	Larnaca	10.05.14

## HEPTATHLON

4301p.	Xenia	HERODOTOU	17.05.82	1	Lefkosia	15-16.04.14
		(14.75-1.57-10.20-26.84-5.38-24.58-2.54.50)				15-16.04.14
4240p.	Rafaella	IOANNOU	12.09.92	2	Lefkosia	15-16.04.14
		(15.99-1.51-10.61-28.20-5.41-39.75-2.59.21)				15-16.04.14
4124p.	Zoe	STAVROU	03.02.94	3	Lefkosia	15-16.04.14
		(16.10-1.48-9.20-27.79-5.38-35.02-2.50.52)				
3655p.	Marianna	PISIARA	10.05.97	4	Lefkosia	15-16.04.14
3532p.	Elpida	GAVRIEL	06.09.94	5	Lefkosia	15-16.04.14
3400p.	Eleftheria	MICHAEL	06.08.94	6	Lefkosia	15-16.04.14
3119p.	Rimma	LAMBROU	21.12.98	7	Lefkosia	15-16.04.14
3091p.	Louiza	ANTONIOU	14.12.95	8	Lefkosia	15-16.04.14

# YEAR LISTS 2014 / WOMEN

## 4X100M.RELAY

45.11	National Team Women (Andreou Sk-Fotopoulou O-Papaioannou R-Artymata El)	1	Tbilisi	21.06.14
47.54	National Team Junior Women (Pisiara M-Kyriakidou D-Fotopoulou F-Fotopoulou O)	2	Neurim ISR	29.06.14
47.67	G.S.Korivos Club Team Women (Ioannou O-Neofitidou K-Kyriakidou D-Papaioannou R)	1	Lefkosia	07.06.14
48.00	G.S.Evagoras Club Team U18 (Kkolou M-Rousou D-Christofi N-Andreou Sk)	1	Lemesos	02.07.14
48.18	G.S.Evagoras Club Team U18 (Kkolou M-Rousou D-Christofi N-Andreou Sk)	1	Larnaca	10.05.14
48.25	G.S.Evagoras Club Team Women (Zartila K-Christofi N-Rousou D-Andreou Sk)	2	Lefkosia	07.06.14
48.55	G.S.Pancypria Club Team Junior Women (Zanga N-Tzioni S-Fotopoulou F-Fotopoulou O)	2	Larnaca	10.05.14
48.65	G.S.Korivos Club Team Junior Women (Ioannou O-Neofitidou K-Kyriakou O-Kyriakidou D)	3	Larnaca	10.05.14
48.71	National Team I18 (Kkolou M-Rousou D-Neofitidou K-Kontonikola G)	2	Lefkosia	30.07.14

## 4X400M. RELAY

3.48.09	National Team Women (Kountouri K-Thrasivoulou P-Katsari Chr-Evangelidou N)	3	Tbilisi	22.06.14
3.55.01	G.S.Pancypria Club Team Women (Kalogirou El-Kountouri K-Stefanou E-Evangelidou N)	1	Lefkosia	08.06.14
3.57.89	National Team U18 (Kalogirou E-Klitou E-Stavrou K-Theodosiou I)	2	Lefkosia	31.07.14
3.57.92	G.S.Olympia Club Team Women (Stavrou K-Thrasivoulou P-Theodosiou I-Katsari Chr)	2	Lefkosia	08.06.14
4.03.32	G.S.Olympia Club Team U18 (Stavrou K-Pountoukidou A-Konstantinou E-Theodosiou I)	1	Lemesos	03.07.14
4.03.40	G.S.Pancypria Club Team Junior Women (Kalogirou E-Petri Chr-Hadjigiangu Chr-Pournara K)	1	Larnaca	11.05.14
4.04.59	G.S.Pancypria Club Team U18 (Petri Chr-Mala F-Sava A-Kalogirou E)	2	Lemesos	03.07.14
4.05.65	G.S.Korivos Club Team Junior Women (Efthymiou Kl-Klitou E-Lazarou Chr-Kyriakou M)	2	Larnaca	11.05.14
4.05.98	G.S.Pancypria Club Team U18 (Mala F-Sava A-Petri Chr-Kalogirou E)	1	Lefkosia	18.05.14

The ASICS logo, featuring the brand name in a bold, italicized sans-serif font next to a stylized 'a' symbol.

**IT'S A BIG WORLD. GO RUN IT.**

**ASICS.COM/GO RUN IT**

**famous  
SPORTS**

**ΚΑΙ ΜΕΤΑΠΩΛΗΤΕΣ**



*Apostolos Parellis celebrating his silver win in the Commonwealth Games in Glasgow, Scotland together with Skevi Theodorou, Kyriakos Ioannou, Petros Sofianos, Eleftheria Christofi, Christos Mitas (physio), Vasilis Constantinou, Ramona Papaioannou and Alexandros Poursanides*



*Kyriakos Ioannou has just passed 2.28 in the Commonwealth Games competition in the High Jump and puts another silver in his collection of medals in major events*



*The Cyprus Championships have just been completed and Georgios Mitsides and Neocles Thomas received the Trophies for G. S. Pancypria and G. S. Olympia for their club's win in the Match result Women and Men respectively Antonios G. Dracos, President and Pericles Markaris General Secretary of KOEAS presented the awards*



*Skevi Andreou having qualified to represent Cyprus and Europe in the Youth Olympics in China won the second place and the silver medal in the 100m. race*

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



*Anninos Marcoullides*



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

CYPRUS ATHLETICS ANNUAL 2014

Compiled by Antonios G. Dracos

## 100 m

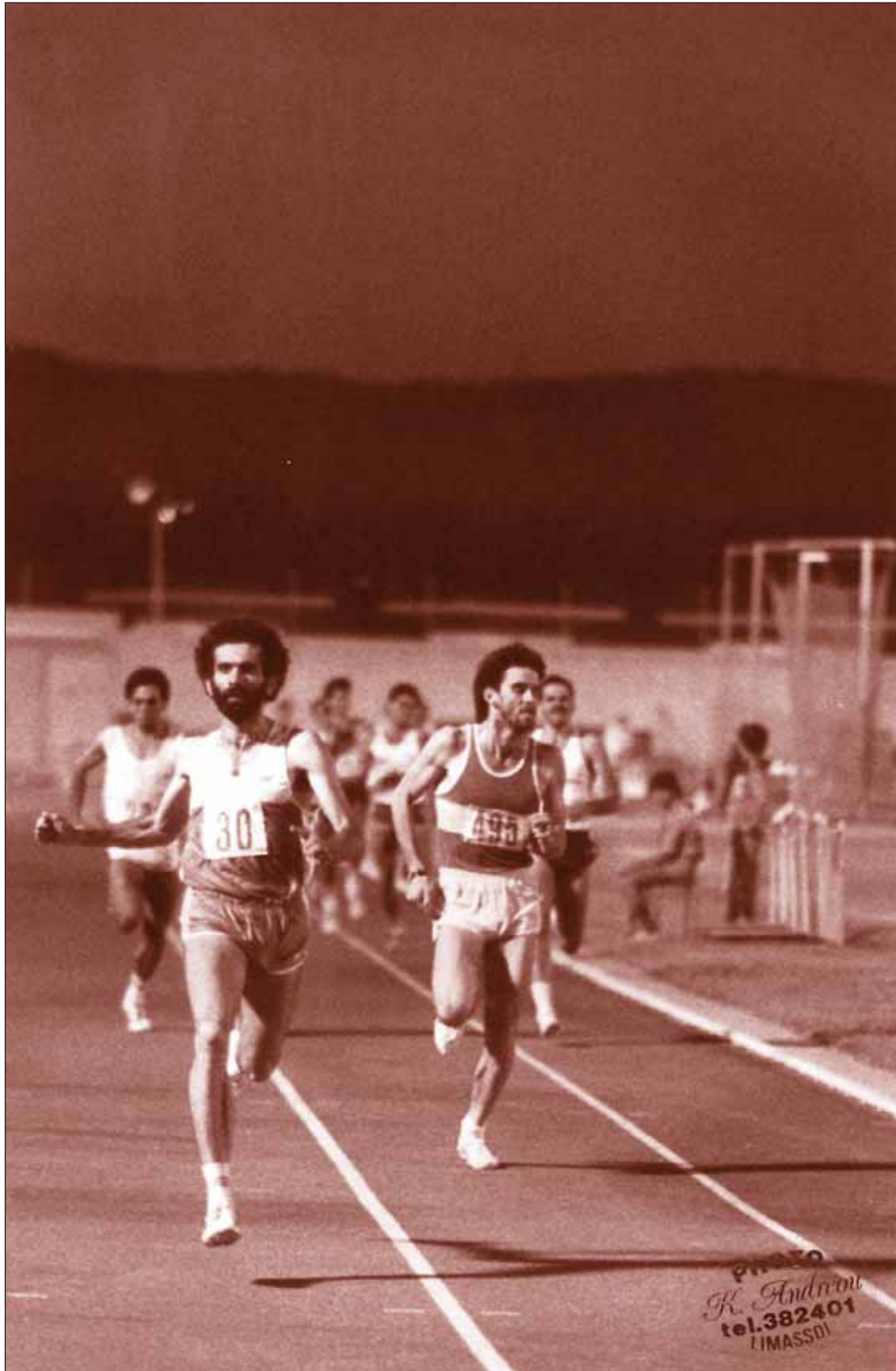
10.11	Yiannakis ZISIMIDES	(67)	(1)	Rethymno	25.05.96
10.12	Anninos MARCOULLIDES	(71)	(1)	Budapest	14.06.98
10.19	Prodromos KATSANTONIS	(75)	(1)	Istanbul	21.06.03
10.34	Georgios SKENDER	(78)	(1)	Chania	27.05.98
10.35	Lambros KEFALAS	(53)	(2)	Sofia	13.06.80
10.36	Panagiotis IOANNOU	(84)	(h)	Lefkosia	04.06.08
10.38	Themis ROTOS	(77)	(h)	Marsa	03.06.03
10.39A	Haris AIVALIOTIS	(36)	(h)	Mexico City	15.10.67
10.4	Neophytos KYRIACOUMICHAEL	(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 MARCOULLIDES	(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 TSIKKIROS	(56)	(h)	Rome	19.09.75
47.2	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



*Spyros Spyrou*

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

## 800m

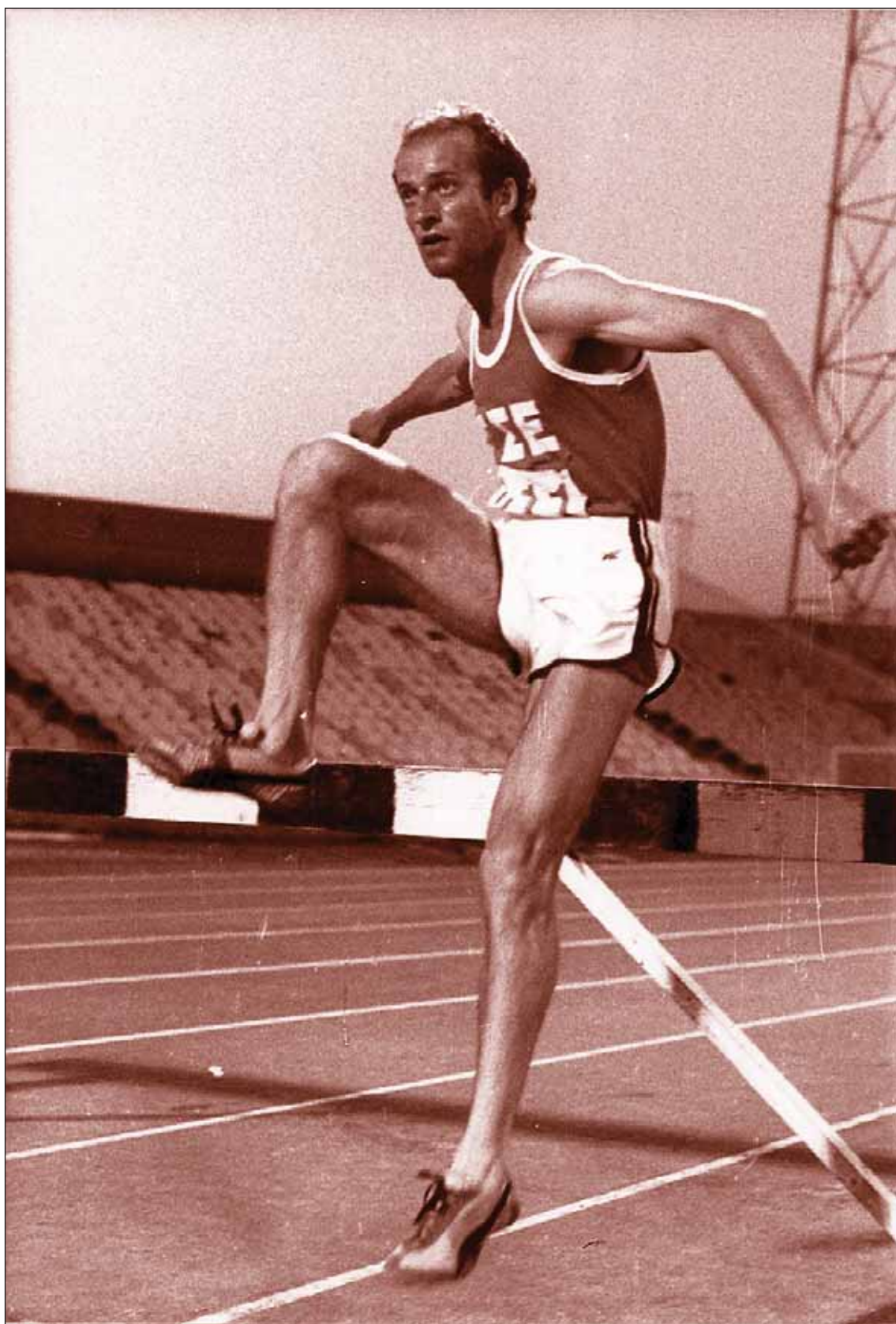
1.47.17	Spyros SPYROU	(58)	(h) C	Casablanca	15.09.83
1.47.56	Amine KHADIRI	(89)	(7)	Oordegem	06.07.13
1.47.9	Demetrios THEOPHYLACTOU	(58)	(3)	Tempe Arizona	20.05.79
1.48.65	Constantinos HADJIMARCOU	(76)	(8)	Kalamata	01.06.02
1.48.76	Theofanis MICHAELAS	(91)	(3)	Kalamata	31.05.14
1.49.28	Philippou STYLIANOUEDES	(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
1.49.92	Christos PAPANETROU	(73)	(4)	Odessen	29.06.97

## 1500m

3.39.76	Spyros SPYROU	(58)	(3)	Belgrade	22.07.83
3.39.78	Amine KHADIRI	(88)	(4)	Oordegem	31.05.14
3.42.51	Stathis STASIS	(73)	(6)	Budapest	20.06.96
3.42.58(i)	Christos PAPANETROU	(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	Philippou PHILIPPOU	(56)	(6)	Athina	23.08.82

## 5000m

13.34.29	Phlippos 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 PAPANETROU	(73)	(5)	Banska Baystrica	09.07.00
14.36.4	Panicos KYPRIANOU	(77)	(2)	Lemesos	09.06.02



*Philippou Philippou*

# 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	Philippou 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)	Larnaca	09.04.10
30.38.6	Charalambos PRATSIS	(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 PRATSIS	(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
2:29.49	Foivos CONSTANTINO	(81)		S.Francisco	07.12.14
2:29.58	Costas CONSTANTINO	(68)	(2)	Lefkosia	02.03.03
2:30.10	Efthymios LOIZI	(51)	(1)	Lefkosia	26.02.89
3000m Steeple	Christodoulos LOIZOU	(58)	(258)	London	21.04.91

## 3000m Steeple

8.24.01	Philippou 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 KYPRIANO	(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



*Stavros Tziortzis*

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

## 110m Hurdles

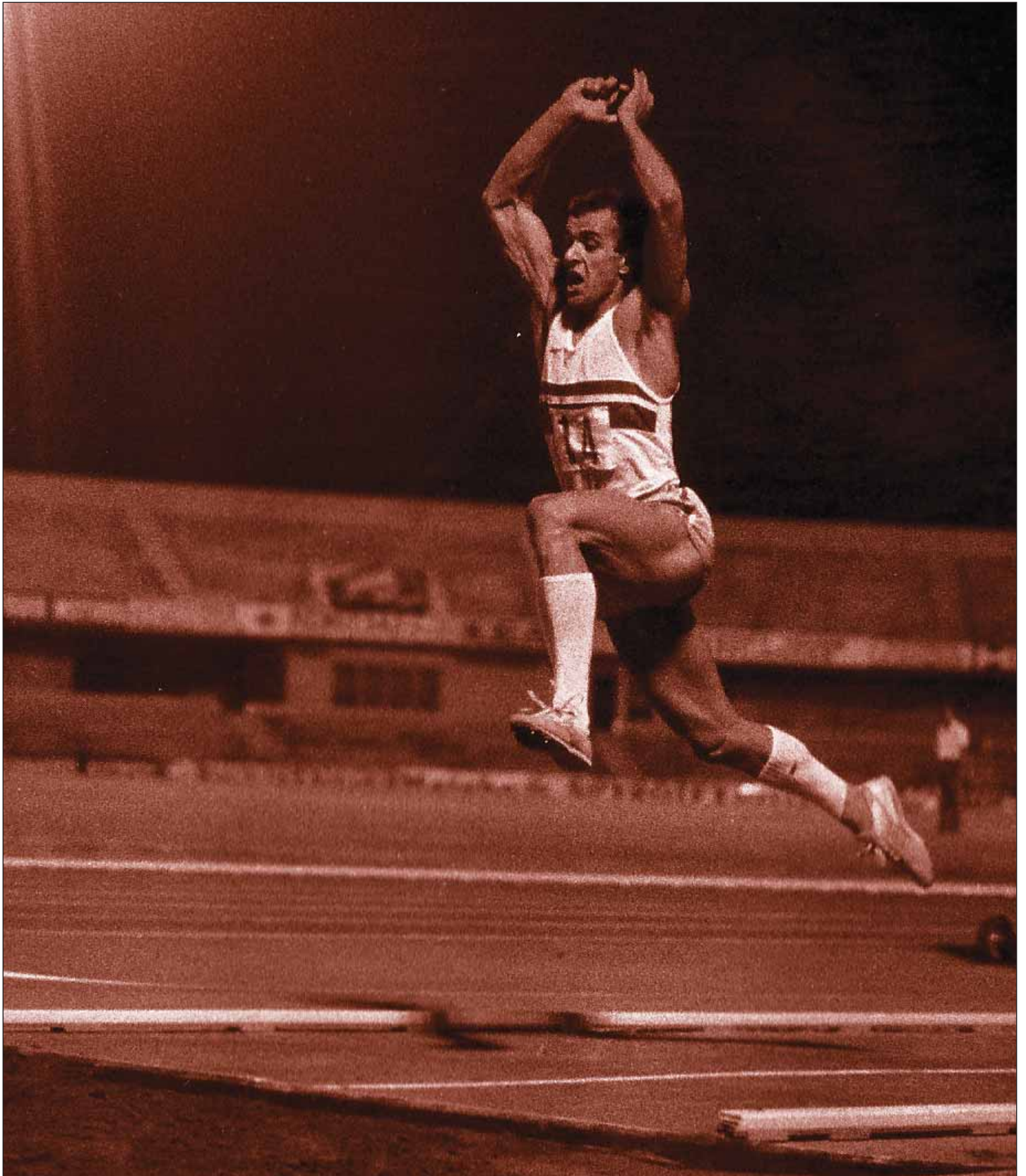
13.67	Milan TRAJKOVIC	(92)	(1)	Kaunas
13.81	Alexandros STAVRIDES	(89)	(3S2)	Kaunas
13.85	Stephanos IOANNOU	(82)	(6h1)	Athina
13.92	Petros EVRIPIDOU	(58)	(2)	N. Phaliron
13.92	Prodromos KATSANTONIS	(75)	(1)	Lefkosia
13.93	Nicos EVRIPIDOU	(60)	(1)	Split
14.00	Panayiotis IOANNOU	(84)	(2)	Monaco
14.19	Kyriacos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

## 400m Hurdles

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

## Long Jump

7.86	Demetrios ARAOUZOS	(61)	(1)	Lefkosia
7.86	Michael RODOSTHENOUS	(59)	(1)	Chania
7.81	Panayiotis HADJISTATHIS	(52)	(1)	N. Phaliron
7.74	Kristis CHRYSOSTOMOU	(60)	(1)	Lefkosia
7.70	Renos KOLOKOTRONIS	(77)	(1)	Lefkosia
7.68	Zacharias ARNOS	(86)	(1)	Ruston
7.61	Paris MELETIOU	(78)	(4)	Oorddegem
7.60	Matheos VOLOU	(89)	(1)	Lefkosia
7.58	Christodoulos THOEFILOU	(92)	(1)	Lefkosia
7.56	Manolis EMMANOUEL	(64)	(2)	Paphos



*Marios Hadjiandreou*



# 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
2.20	Vasilis CONSTANTINO	(92)	(2)	Argos Or.	09.07.14
2.18.5	Alexis NEOPHYTOU	(65)	(2)	Missouri	05.05.90
2.18	Emilios XENOFONTOS	(86)	(1)	Lefkosia	05.06.08
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 PAPAPOPOULOS	(66)	(3)	Budapest	03.07.99
15.60	Matheos VOLOU	(89)	(1)	Lefkosia	05.06.10
15.54	Panayiotis PAPAVERNANAVAS	(85)	(2o.c.)	Lemesos	07.07.04

## Pole Vault

5.56	Photis STEPHANI	(71)	(2)	Minsk	09.06.00
5.52	Nikandros STYLIANO	(89)	(4)	Athina	10.05.14
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	Antonios ANDREOU	(91)	(2)	Lefkosia	19.07.12



*Michalis Louca*

# 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(i)	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
61.77	Orestis ANTONIADES	(85)	(2)	Thessaloniki	24.05.14
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
53.44	Andreas CHRISTOU	(93)	(3)	Lefkosia	07.06.14
53.28	Alexandros ROVERTOU	(51)	(1)	Lemesos	10.05.80

## 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



*Kyriacos Andreou*

*Alexandros Poursanides*

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

## Hammer Throw

73.86	Constantinos STATHELAKOS	(87)	(1)	Nikiti Greece	08.07.12
69.28	Alexandros POURSANIDES	(93)	(1)	Jaksonville	29.05.14
67.53	Michalis KOLOKOTRONIS	(90)	(2)	Lefkosia	08.06.14
66.26	Petros SOFIANOS	(82)	(1)	Lefkosia	08.07.11
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
60.28	Stelios KAZAKAIOS	(94)	(1)	Lemesos	02.07.14

## 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
6614	Andreas CHRISTODOULOU(95)		(4)	Pitesti ROM	26 - 27.07.14
6590	Michael RODOSTHENOUS	(59)	(2)	Lefkosia	05-06.04.86
6565	Phanis GEORGIU	(69)	(8)	Athina	07-08.07.91
6521	Savvas SAVVA	(87)	(1)	Lefkosia	15-16-05.10



*Eleni Artymata*

# 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
11.45	Ramona PAPAIOANNOU	(89)	(1)	Tbilisi	21.06.14
11.65	Skevi ANDREOU	(97)	(2h3)	Nanjing CHN	21.08.14
11.73	Maria LAMBROU	(53)	(1)	Lefkosia	22.08.85
11.80	Stalo CONSTANTINO	(72)	(4)	Missouri	13.05.93
11.80	Demetra KYRIAKIDOU	(96)	(2h2)	Lefkosia	07.06.14
11.82	Olivia FOTOPOULOU	(96)	(3)	Lefkosia	07.06.14
11.85	Dora KYRIACOU	(67)	(8)	Rethimno	30.05.98
11.88	Demetra IOANNOU	(76)	(2)	N. Jersey	22.05.96

## 200 M

22.61	Eleni ARTYMATA	(86)	(6)	Barcelona	31.07.10
23.07	Marilia GREGORIOU	(80)	(2)	Athina	12.06.04
23.44	Ramona PAPAIOANNOU	(89)	(1)	Lefkosia	08.06.14
23.52	Dora KYRIACOU	(67)	(2)	Patra	23.07.95
23.95	Alissa KALLINICOU	(85)	(h)	Athina	14.06.08
23.96(i)	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



*Anny Christofidou*



# 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



*Andri Avraam*

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

<b>5000 m</b>						
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)	Lemesos	10.06.12	
18.33.59	Giota ANDREOU	(89)	(4)	Lemesos	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	
<b>10000 m</b>						
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	
<b>Marathon</b>						
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)	Lemesos	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)	Lemesos	24.03.13	
3:54.08	Maria LAMBROU - SAVVA	(71)	(5)	Lemessos	18.03.12	
<b>3000 m Steeple</b>						
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	



*Andri Sialou*

# 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 KALOPEADI	(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 STEFANO	(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)	Lemesos	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



*Marianna Zachariade*

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

## High Jump

1.92	Leontia KALLENOU	(940)	(1)	Lexigton	17.05.14
1.90	Ioulia FARMAKA	(78)	(2)	Valencia	25.05.03
1.89	Agni CHARALAMBOUS	(75)	(1)	Lefkosia	01.07.00
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)	Sofi a	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
12.47	Zoe STAVROU	94)	(2)	Lefkosia	07.06.14
12.43	Ioanna LAZAROU	(80)	(1)	Athina	17.05.00

## Pole Vault

4.45	Marianna ZACHARIADE	(90)	(2)	Pescara	30.06.09
4.40(i)	Anna FITIDOU	(77)	(1)	Athina	29.01.05
3.85	Skevi KRASA	(90)	(1oc)	Lemessos	03.07.14
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
3.25	Marina MACKINTER	(96)	(1)	Larnaca	04.07.13

## Shot Put

16.71	Olympia MENELAOU	(66)	(1)	Lemesos	25.03.01
16.14(i)	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 GEORGIADÉ	(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	Sofi a THEODOROU	(83)	(3)	Lefkosia	19.04.02



*Maria Lambrou*



# 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 GEORGIADA	(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

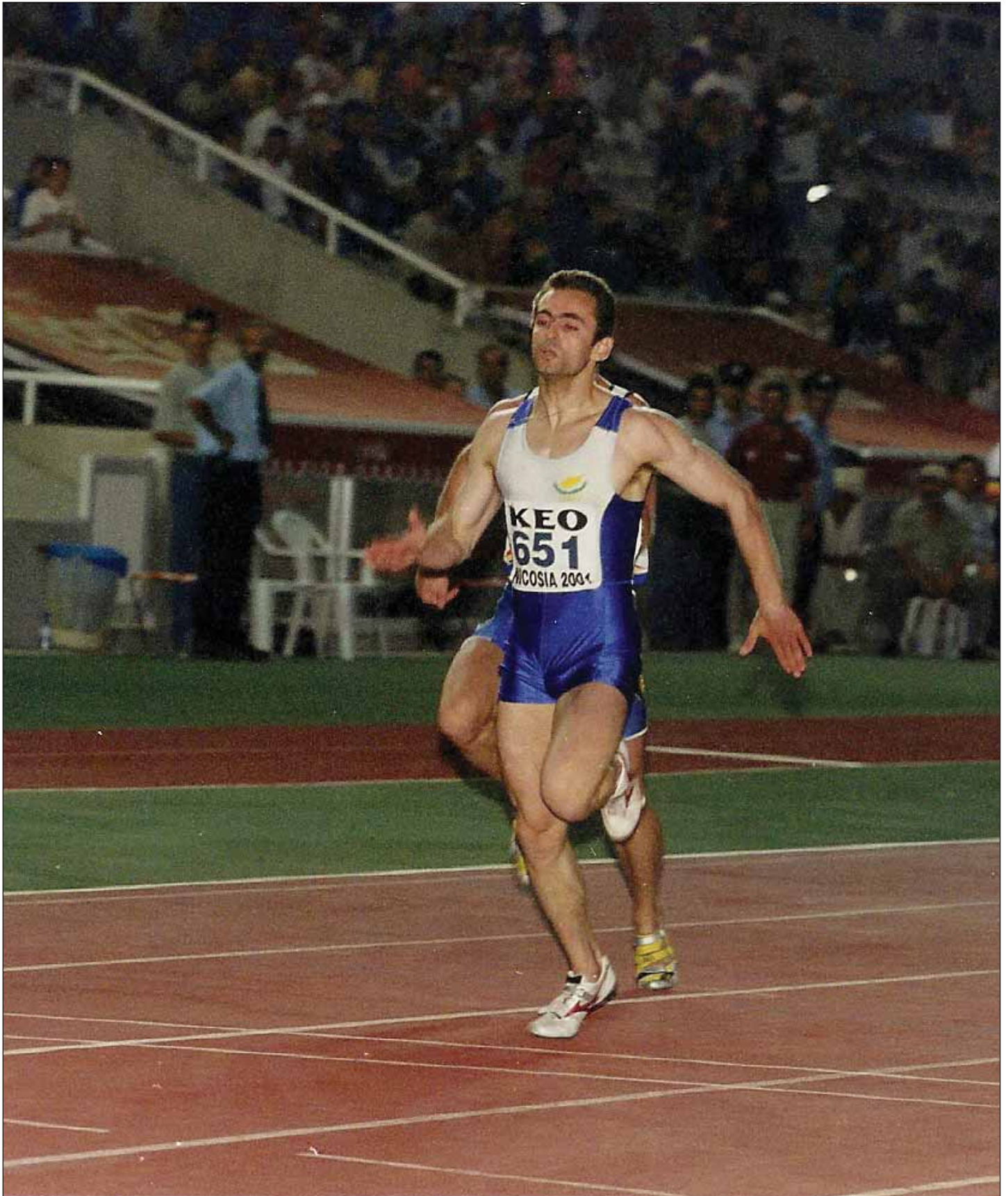
57.20	Alexandra TSISIOU	(81)	(1)	Patra	17.05.06
51.88	Eleni MAVROUDE	(82)	(3)	Kalamata	02.06.12
51.51	Carla LELLA	(67)	(1)	Lefkosia	01.05.03
47.74	Natasa MOURATIDOU	(90)	(1)	Heraklio	16.04.08
44.98	Eleni PATSOU	(86)	(1)	Lefkosia	19.05.02
44.38	Elena TELONI	(64)	(2)	Lefkosia	29.06.01
43.01	Yianna ANTONIOU	(81)	(3)	Lefkosia	30.06.00
42.92	Rafaella IOANNOU	(92)	(4)	Lefkosia	02.06.13
42.38	Avgoustina STYLIANOY	(89)	(2)	Larnaca	13.05.07
41.36	Antri PAPACONSTANTINOY	(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 SOLOMOY	(78)	(2)	Lemesos	25.03.02
51.36	Argyro KRASE	(89)	(1)	Lefkosia	14.05.07
50.71	Chrystalla KYRIAKOU	(96)	(1 o.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 TARTIOY	(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 HERODOTOY	(82)	(1)	Lefkosia	16-17.05.09
4795	Maro THOMA	(70)	(2)	Lefkosia	17-18.04.85
4611	Rafaella IOANNOY	(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 CONSTANTINOY	(62)	(1)	Lefkosia	10-11.04.82
4288	Elena STEPHANOY	(90)	(2)	Lefkosia	17-18.05.08
4128	Maria DRACOY	(67)	(2)	Lefkosia	03-04.09.84
4049	Andri PAPACONSTANTINOY	(82)	(3)	Lefkosia	17-18.05.08



*Prodomos Katsantonis*

# 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	Eviprides 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	13.65	Milan TRAJKOVIC	Kaunas	07.06.14
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

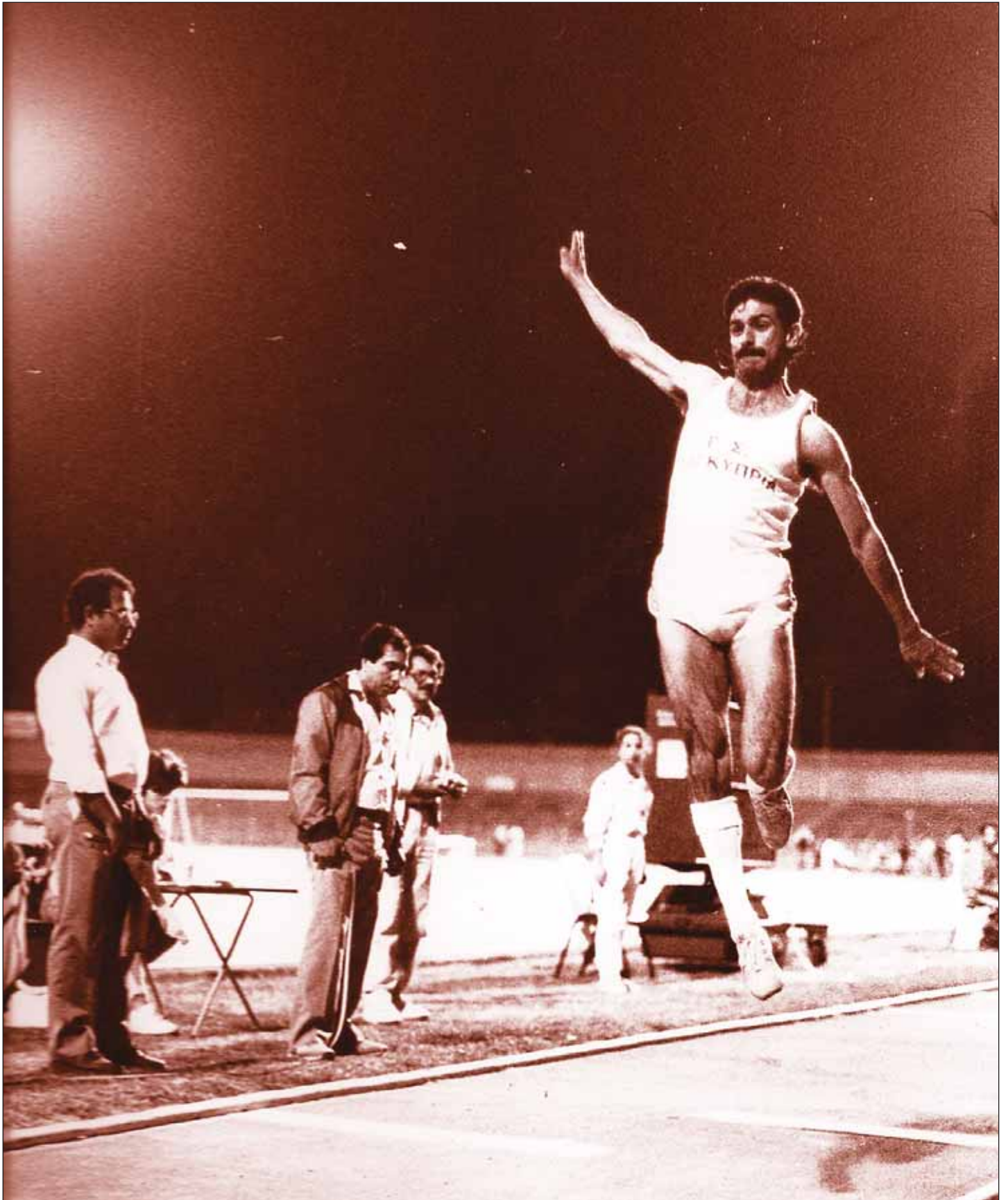


*Dora Kyriacou*

# 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	23.04.11
Long Jump	6.80	Maria LAMBROU-TELONI	Limassol	25.03.85
High Jump	1.92	Leondia KALLENOU	Lexigton	17.05.14
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	56.69	Androniki LADA	Lemessos	25.03.14
Javelin	57.20	Alexandra TSISIOU	Patra	17.05.06
Hammer Throw	69.29	Skevi THEODOROU	Tripoli	17.05.09
Heptathlon	5319 (14.2-1.63-11.33-24.7-6.48-33.76-2.40.0)	Maria LAMBROU-TELONI	Lefkosia	3-4.09.84
4X100m. Relay	44.79 (Andreou S.-Kyriakidou D.-Papaioannou R.-Artymata E.)	NATIONAL TEAM	Mersin	28.06.13
4X400m. Relay	3.42.60 (Kyriacou D.-Papaioannou V-Shialou A-Kallinicou A)	NATIONAL TEAM	Lefkosia	24.06.01

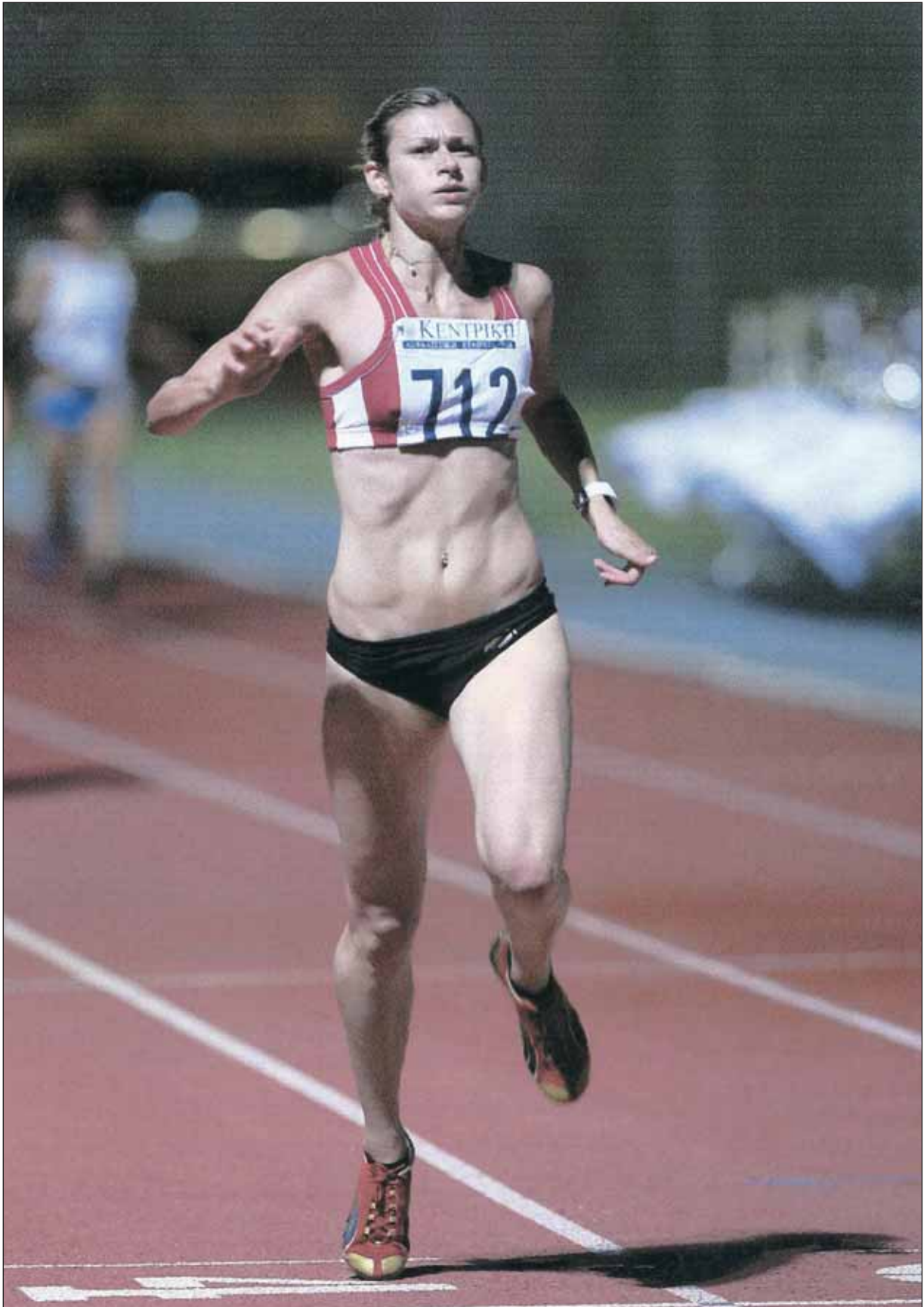


*Demetris Araouzos*

# 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.	13.65	Milan TRAJKOVIC	Lefkosia	07.06.14
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	Kyriakos 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	69.28	Alexandros POURSANIDIS	Jacksonville	29.05.14
Decathlon	7. 097 (11.21-6.95-12.10-1.93-51.46-16.12-40.40-4.50-55.40-5.00.21)	Georgios ANDREOU	Athens	27/28.05.96
Relay 4X400	3.17.60 (Antoniou K-Anastasiou St-Menelaou R-Avraam G)	National Team	Tel-Aviv	23.05.12



*Alissa Kallinikou*



# 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.	9.40.52(i)	Meropi PANAGIOTOU	Bermincham USA	18.01.14
5000m.	16.49.43	Meropi PANAGIOTOU	Lexigton	18.05.14
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	1.92	Leondia Kallenou	Lexigton	17.05.14
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 (16.70-1.57-11.14-27.16/5.60-39.04-2.55.97)	Rafaela IOANNOU	Lefkosia	19-20.05.12

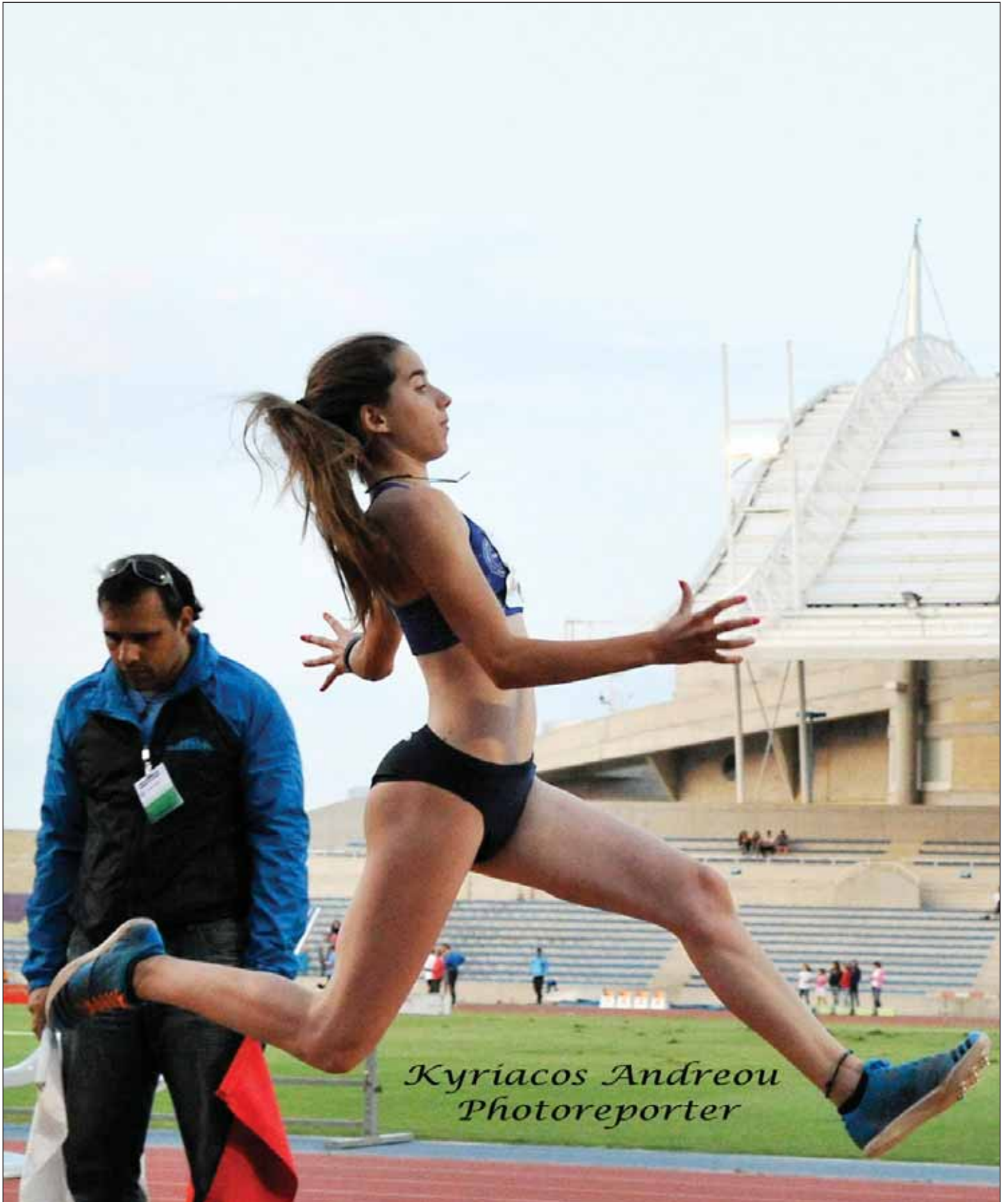


*Christos Demetriou*

# 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 TSIAKKIROU	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	Lefkosia	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	Lefkosia	15.05.93
110m.h.(0.99)	13.80	Prodromos KATSANTONIS	Lefkosia	29.04.93
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	Sofi a	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	Lefkosia	22.06.12
Decathlon	6.720p. (11.40-6.78-12.63-1.98-52.91-17.17-39.28-3.90-60.56-5.15.17)	Georgios ANDREOU	Tour France	29/30.8.93
4X100m.Relay	40.44 (Georgiou G – Lavithis G– Kyriakides G– Athanasiou V)	NATIONAL TEAM	Crossetto	16.07.04
4X400m.Relay	3.18.46 (Constantinou A-Kokkinos E-Kyriakides Th-Savva S)	PANCYPRIAN CLUB	Thessaloniki	20.06.82



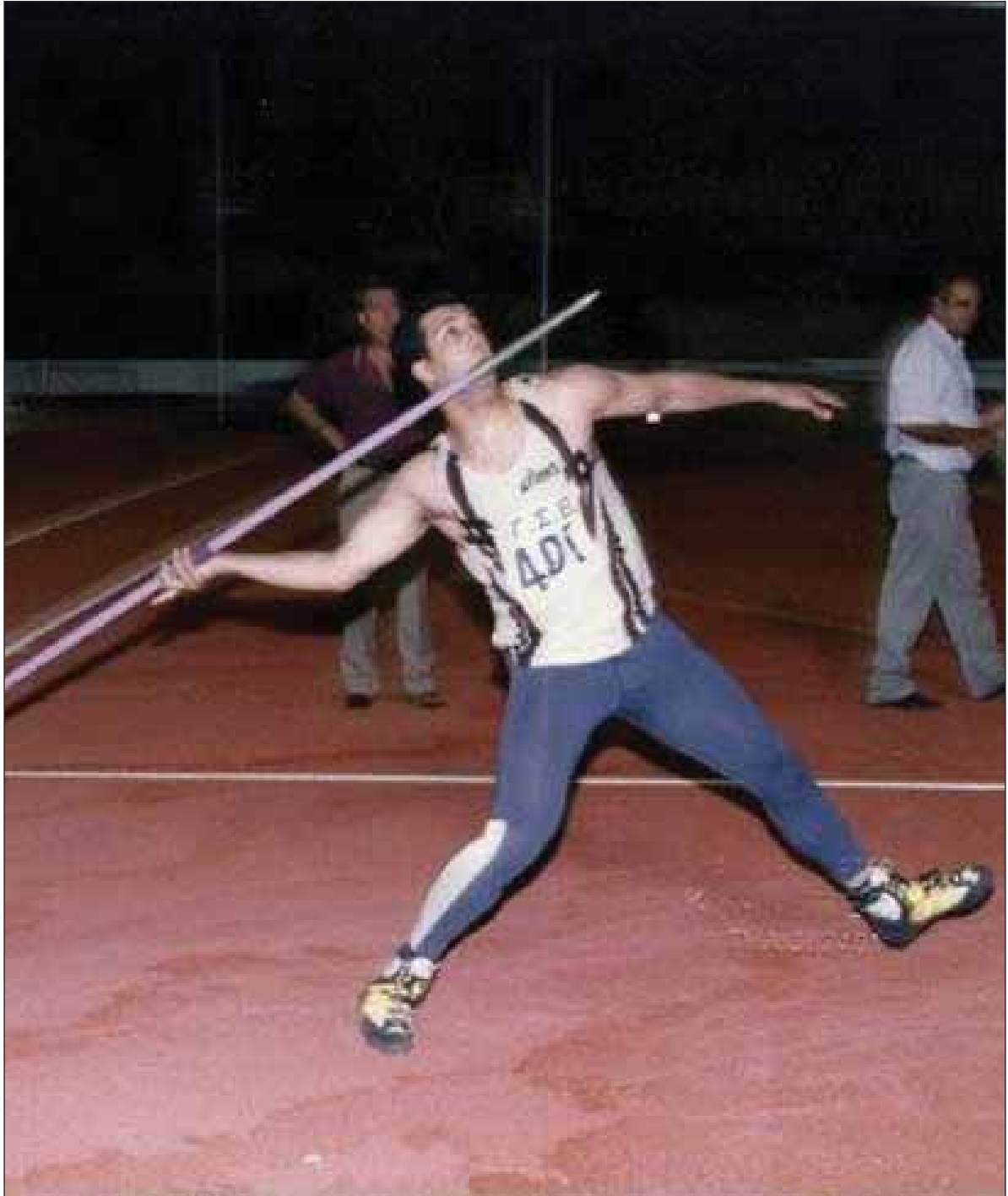
*Kyriacos Andreou  
Photoreporter*

*Filippa Fotopoulou*

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

## NATIONAL RECORDS JUNIOR WOMEN

100m.	11.65	Skevi ANDREOU	Nanjing	21.08.14
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	6.21	Filippa Fotopoulou	Argos Orestiko	09.07.14
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 (15.74-1.55-11.07-25.56-5.70-28.80-2.27.72)	Maro THOMA	Lefkosia	17/18.4.85
4X100m.Relay	47.20 (Christofi N-Kyriakidou D-Fotopoulou F-Fotopoulou O)	NATIONAL TEAM	Rietti	21.07.13
4X400m.Relay	3.52.54 (Demetriou M-Georgiou M-Napoleonos S-Ioannou V)	OLYMPIA CLUB	Thessaloniki	10.07.83



*Pieros Tsisios*

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

## 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.	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 (KATSANTONIS P-MARKARIS P-KASSERA A-HADJILOISOU N)		LEMESOS	21.07.90
4 X 400M.	3.21.46	NATIONAL TEAM U18 (DEMETRIADES FR-MODESTOU E-ANASTASIOU O-MICHARA A)		GIANNITSA	21.07.11



*Chrystalla Kyriacou*



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

100M.	11.65	Skevi ANDREOU	(97)	Nanjing	21.08.14
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)				



*Morfo Baourda*

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

## MEN

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	Evripides DEMOSTHENOUS	Piraeus	14.02.98
800m.	1.50.13	Constantinos HADJIMARCOU	Piraeus	20.02.2000
1500m.	3.42.58	Christos PAPANETROU	Piraeus	01.02.98
1 Mile	4.11.37	Georgios LOUCAIDES	Idaho	17.02.95
3000m.	7.54.16	Christos PAPANETROU	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 HADJIANDEOU	Piraeus	20.02.88
Pole Vault	5.45	Nikandros STYLIANOU	Peiraia	08.02.14
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)			
4X400	3.34.73	National Team Junior Men Apostolides M., Ioannides A., Anastasiou St., Antoniou Kyr.	Athina	14.03.09

## WOMEN

60m.	7.33	Ramona PAPAIOANNOU	Piraeus	08.02.14
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.	4.23.85	Natalia EVANGELLIDOU	Instabul	22.02.14
1 Mile	4.44.46	Stella CHRISTOFOROU	Fayetteville	24.02.13
3000m.	9.40.52	Meropi PANAGIOTOU	Bermincham USA	18.01.14
60m.h.	8.19	Morfo BAOURDA	Athina	11.02.06
Long Jump	6.42	Maria LAMBROU-TELONI	Bucharest	07.02.76
High Jump	1.90	Leondia KALLENOU	College Station	01.03.14
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



*Chr. Theophilou*



*G. Arestis*



*M. Kakotas*



*A. Christodoulou*

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

Lefkosia, 07 - 08 June

## MEN

100m	Koutras H. 10.59-Ioannou P. 10.62-Polykarpou V. 10.68
200m	Dimitriades P. 21.62-Polykarpou V. 21.90-Antoniou K. 21.95
400m	Dimitriades P. 48.06-Kyriakides Kr. 48.27-Chrysostomou M. 48.58
800m	Khadiri A. 1.51.0-Michaelas Th. 1.51.2-Michara A. 1.52.2
1500m	Khadiri A. 3.47.6-Michaelas Th. 3.51.6-Michara A. 3.57.7
5000m	Protopapas Chr. 15.15.53-Busca M. 15.20.04-Nikodimou R. 15.31.95
10000m	Ahmed K. 33.05.2-Protopapas Chr. 33.15.6-Branfoot Br. 33.31.8
H. Marathon	Ahmed K. 1:11.13-Busca M. 1:16.36-Ioannou L. 1:18.45
Marathon	Ahmed K. 2:38.15-Ioannou Ch. 2:47.45-Panagi G. 3:08.34
110m H	Trajkovic M. 13.65-Stavrides A. 14.53-Kryukov E. 14.96
400m H	Alozides M. 52.2-Georgiou N. 53.3-Vasiliou T. 55.8
3000 st	Protopapas Chr. 9.25.27-Timinis K. 9.49.74-Tofis G. 9.52.58
Long Jump	Theofilou Chr. 7.34-Poullou G. 7.31-Kleovoulou P. 7.31
High jump	Ioannou K. 2.20-Constantinou V. 2.15-Constantinou G. 2.00
Triple jump	Volou P. 15.61-Achilleos L. 14.66-Andreou P. 14.09
Pole Vault	Stylianou N. 5.35-Christoforou Chr. 4.70-Andreou A. 4.40
Shot Put	Arestis G. 17.91-Lambrou M. 16.77-Tsakkistos A. 16.72
Discus Throw	Parellis A. 63.71-Antoniades O. 56.96-Christou A. 53.44
Javelin Throw	Kakotas M. 65.11-Kalogirou P. 62.25-Stavrou K. 60.43
Hammer Throw	Stathelakos K. 68.42-Kolokotrinis M. 67.53-Sofianos P. 62.59
Decathlon	Christodoulou A. 6123-Christoforou Chr. 5890-Alambritis D. 5874
Relay 4x100m	G.S.Evagoras 42.53(Charalambous O.-Michael A.-Hadjitheoris A.-Koutras H.) G.S.Korivos 42.76(Nikolaou N.-Pergantis Y.-Evripidou M.-Ioannou P.) G.S.Pancypria 42.81(Petros St.-Andreou M.-Gangos M.-Asad A.)
Relay 4X400m	G.S.Olympia 3.19.46(Georgiou N.-Dimitriades P.-Elia L.-Chrysostomou M.) G.S.Evagoras 3.19.76(Hadjitheoris A.-Michaelas Th.-Hadjitheoris Chr.-Avraam G.) G.S.Pancypria 3.22.00(Dimosthenous St.-Kanaris K.-Andreou M.-Michara A.)

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



*M, Aristotelous*



*Chr. Katsari*



*Natalia Christofi*



*Marilena Sofokleous*

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

## Lefkosia, 07-08 June

### Women

100m	Papaioannou R. 11.50-Andreou St. 11.73-Fotopoulou O. 11.82
200m	Papaioannou R. 23.44-Kyriakidou D. 24.60-Pisiara M. 24.97
400m	Katsari Chr. 57.04-Kountouri K. 57.96-Thrasyvoulou St. 59.22
800m	Evangelidou N. 2.05.7-Petri Chr. 2.18.7-Thrasyvoulou Sk. 2.19.5
1500m	Evangelidou N. 4.52.6-Louca Chr. 4.59.6-Papanastasiou M. 5.02.3
5000m	Sofokleous M. 18.44.28-Hapoupi P. 18.59.34-Louca Chr. 19.10.63
10000m	Sofokleous M. 37.10.2-Christodoulidou E. 38.14.0-Hapoupi P. 38.37.1
H. Marathon	Christodoulidou E. 1:28.36-Hapoupi P. 1:28.48-Ioannou E. 1:33.45
Marathon	Apine L. 3:45.09-Lambrou M. 3:50.16-Kannava I. 3:50.16
100mH	Christofi N. 14.22-Athanasopoulou A. 14.26-Petrou P. 15.20
400mH	Theodosiou I. 63.6-Petrou P. 63.8-Stefanou E. 64.9
3000m st.	Christodoulidou E. 11.21.32-Hadjipolydorou Chr. 11.43.23-Konstantinou E. 11.53.82
Long jump	Fotopoulou F. 6.08-Christofi E. 5.91-Stavrou Z. 5.76
High jump	Razi St. 1.64-Charalambous D. 1.60-Konstantinou S. 1.60
Triple jump	Christofi E. 12.75-Stavrou Z. 12.47-Polydorou Th. 12.04
Pole Vault	Aristotelous M. 3.70-Krasia Sk. 3.60-Charalambous D. 3.50
Shot put	Kappa Fl. 15.63-Papaconstantinou A. 12.98-Fella G. 12.48
Discus Throw	Lada A. 56.39-Georgiadou Z. 47.90-Klatsia A. 42.66
Javelin Throw	Tsisiou A. 51.89-Ioannou R. 40.91-Rousi M. 39.56
Hammer Throw	Theodorou Sk. 65.04-Beatty C. 59.60-Kyriakou Chr. 52.46
Heptathlon	Herodotou X. 4301-Ioannou R. 4240-Stavrou Z. 4124
Relay 4X100	G.S.Korivos 47.67(Ioannou O-Neofitidou K.-Kyriakidou D.-Papaioannou R.) G.S.Evagoras 48.25(Zartila K.-Christofi N.-Rousou D.-Andreou Sk.) G.S.Olympia 48.73(Athanasopoulou A.-Pisiara M.-Kanaki P.-Arachoviti D.)
Relay 4X400	G.S.Pancypria 3.55.01(Kalogirou E.-Stefanou E.-Kountouri K.-Evangelidou N.) G.S.Olympia 3.57.92(Stavrou K.-Thrasyvoulou Sk.-Theodosiou I-Katsari Chr.) G.S.Korivos 4.07.00(Dimitriou R.-Kyriakou M.-Lazarou Chr.-Klitou E.)

ΚΡΑΤΗΣΕΙΣ  
77776222

Ανακαλύψτε υπέροχους προορισμούς με τις μοναδικές προσφορές μας

 **Bookaeolos.com**

ΞΕΝΟΔΟΧΕΙΑ + ΑΕΡΟΠΟΡΙΚΑ ΕΙΣΙΤΗΡΙΑ

**ΑΕΟΛΟΣ**

**ΠΙΟ  
ΚΟΝΤΑ  
ΠΑΡΑ  
ΠΟΤΕ...**

ΑΕΟΛΟΣ TRAVEL ΖΗΝΑΣ ΚΑΝΘΕΡ 12, ΛΕΥΚΩΣΙΑ  
ΠΑΓΚΥΠΡΙΑ ΤΗΛΕΦΩΝΑ: 22888113, 77776222

[bookaeolos.com](http://bookaeolos.com)





# ΚΥΠΡΙΑΚΟΣ ΟΡΓΑΝΙΣΜΟΣ ΑΘΛΗΤΙΣΜΟΥ



# Andreas Pantazis

## 1934-2014



Andreas passed away having left an excellent memory in the world of athletics and education in Cyprus.

He was a citizen of Famagusta and since 1974 was living with his family as refugee in Limassol.

He started his service in athletics as a national champion in 400m. hurdles in 1958 running for G.S. Evagoras the club of his native city.

He continued as a coach in both the Hellenic Gymnasium of Famagusta and the Evagoras Athletics Club with great success.

His greatest achievement was the introduction of Stavros Tziortzis in the one round hurdling which was his event during his time as an athlete. Their cooperation brought as result the birth and progress of a champion in the Balcan Area and a world class athlete who later reached 6th place in the Munich Olympics in 1972 and 4th place in the Rome European Champs in 1974.

He continued as a Secretary of the Technical Committee of KOEAS and was the Coach of the Cyprus Team in the 1984 Olympic Games in Los Angeles.

He retired as Director of Physical Education of the Ministry of Education and Culture of the Republic of Cyprus.



**Achieve your goals**

[www.deloitte.com/cy](http://www.deloitte.com/cy)

**Deloitte.**



GLASGOW 2014