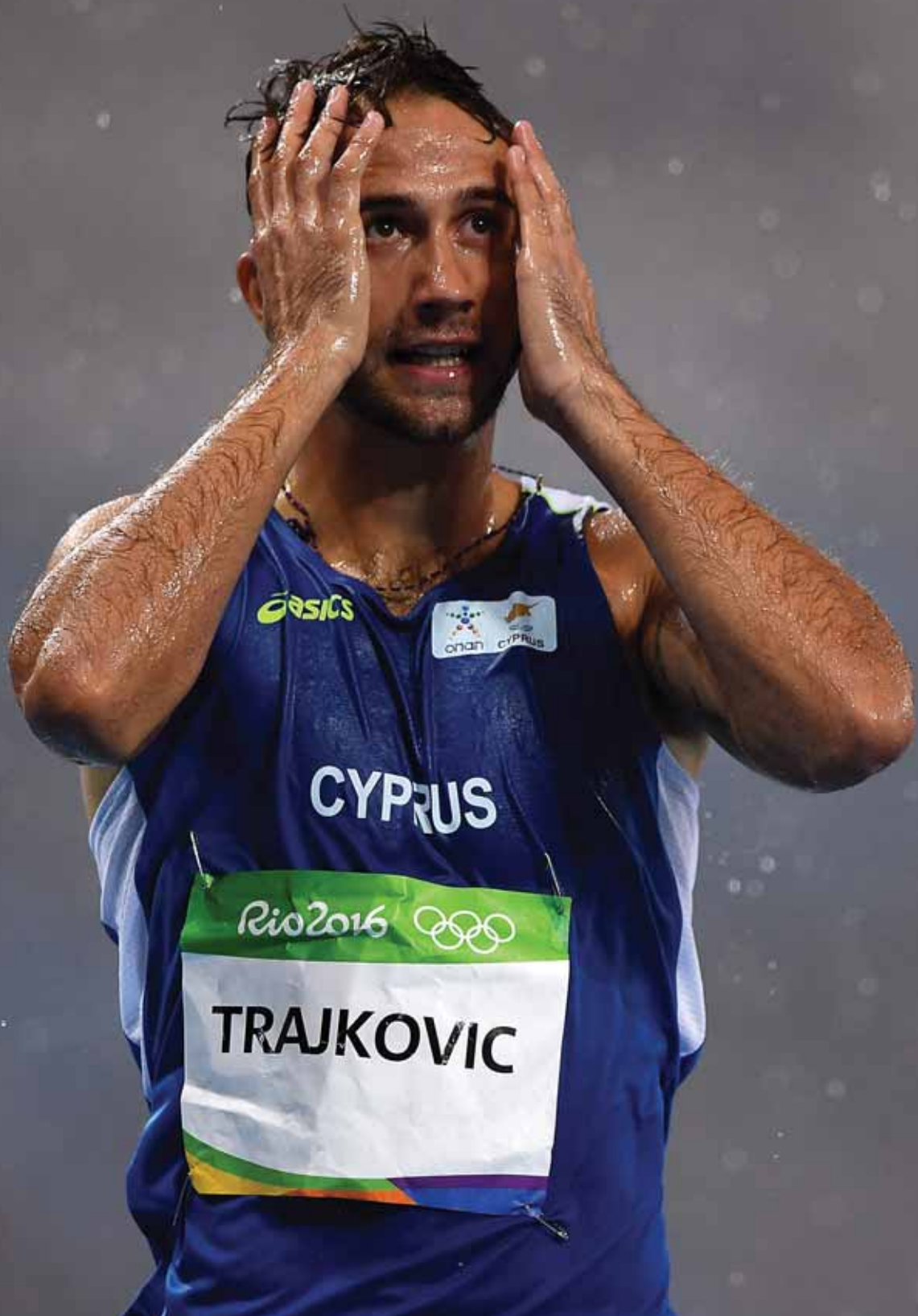




CYPRUS ATHLETICS ANNUAL 2016



Ο δρόμος που διαλέξαμε...

...είναι ο δρόμος της κοινωνικής ευθύνης, της προσφοράς στον άνθρωπο της Κύπρου. Γιατί εμείς, στην ΟΠΑΠ Κύπρου, εδώ και 48 χρόνια, επιλέγουμε καθημερινά να είμαστε ο πιο δυνατός σύμμαχος της κυπριακής κοινωνίας στηρίζοντάς την αληθινά.



TELLIA & PAVLIDOU



CYPRUS ATHLETICS ANNUAL 2016

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 2016 - Men	7
Year Lists 2016 - Women	28
All Time Best Ten Lists - Men	52
All Time Best Ten Lists - Women	66
National Records	78
National Championships	96

Front cover: Milan Trajkovic ecstatic in Rio

Back cover: The Cypriot trio in the final of the High Jump in Amsterdam European Championships, Chondrokoukis, Constantinou and Ioannou

Executive Council

President:	Antonios	G. DRACOS
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	Kalli	HADJIOSIF (Mrs)
	Demos	KALLINICOU
	Georgios	KYRIAKIDES
	Kyriakos	MICHAEL
	Giannakis	POTSOS
Director:	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: MARIOS HADJIMITSIS



G.S. KOROIVOS – PAPHOS

Founded in 1896

President: DEMOS KALLINICOU

Gen Secretary: THEODOROS IOANNIDES



G.S. EVAGORAS – FAMAGUSTA

Founded in 1918

President: SOFOCLES CHARALAMBIDES

Gen Secretary: ELENITSA GEORGIU (Mrs)

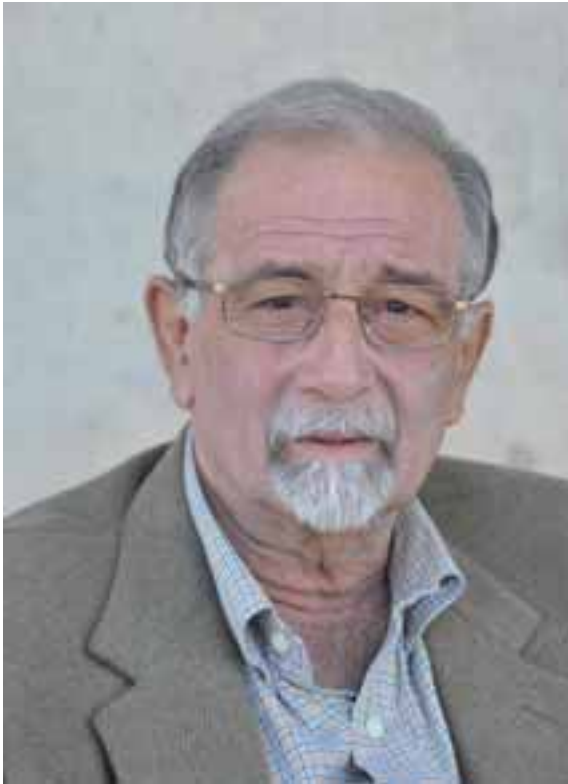


G.S. PRAXANDROS – KYRENIA

Founded – in 1919

President: SOTERES ADAMOU

Gen. Secretary: CRITON GEORGIADES



Antonios G. Dracos

The Olympic Year 2016 has been very generous to the world of athletics in Cyprus. By the end of the year we were left with three placings in the final eight of their events in the Olympic Games of Rio and one finalist who placed twelfth.

Kyriacos Ioannou in the High Jump, Milan Trajikovic in the 110m. hurdles were 7th and Apostolos Parellis has thrown the discus so far that he was placed 8th in the final of the event. Demetris Chondrokoukis qualified in the final of the High Jump and was placed 12th.

Milan Trajikovic was also 5th in the European Championships that were held in Amsterdam.

Georgios Koniarakis was the gold medallist in the Discus Throwing event during the European U18 Championship and in the World Gymnasiade.

Those performances of our athletes in Rio were unprecedented and are opening a new era in the sport in the sense that the objective for the future events is not only to participate but also to challenge with aim to distinction.

At the same time a whole circle in the practice of track and field in our country was completed. It is the end of an exciting period of great effort to establish a model that would fit to the needs of athletes, coaches and clubs and at the same time tackle the many problems that were arising as a result of the limited resources in a country of well under one million population.

An ambitious plan was prepared twenty years ago with the object of working from grassroots towards the top with a view to widening the basis of the sport and exploiting every possible advantage such as the easy access to coaching and facilities due to the short distances to be travelled.

The talent identification system that was introduced was very productive and the recently retired athletes who were qualified physical education teachers were able to guide and introduce to the clubs substantial numbers of boys and girls eager and willing to undergo the challenge of the track and field training. The support of the youngsters' parents was a valuable contribution to the success of the expectations.

It is our belief that we are working on the right track, that our sport is walking on the correct path and that the future looks bright.

Every Olympic year presents the opportunity at the end of it to look back and assess the value of what you have done and realise the omission of what should have been introduced in furtherance of our duty to the youth of our country.

We in the Cypriot Athletics are proud that we have done all possible under the circumstances. We have provided everything possible to our athletes in order to rise beyond the expected and set the bar very high.

The question to be answered is how we move forward.

Rio de Janeiro remains a pleasant memory.

The challenge of the travel towards Tokyo is now the sweet dream.

YEAR LISTS 2016 / MEN

100M.

10.62/1.3	Paisios	DIMITRIADES	16.07.97	1	Lefkosia	18.06.16
10.65/1.2		DIMITRIADES		3	Hania	21.05.16
10.68/0.7		DIMITRIADES		3	Hania	04.06.16
10.68/1.3	Andreas	MICHAEL	17.03.90	2	Lefkosia	18.06.16
10.74/1.4		MICHAEL		4	Argos Orestiko	11.06.16
10.76/-1.6		DIMITRIADES		1 o.c	Serres	09.07.16
10.78/-1.1		DIMITRIADES		10	Pitesti	25.06.16
10.83/0.3		DIMITRIADES		1	Lefkosia	14.05.16
10.83/1.3	Andreas	CHATZITHEORI	03.09.95	3	Lefkosia	18.06.16
10.84/-1.2		DIMITRIADES		1	Larnaca	01.07.16
10.85/1.7		CHATZITHEORI		5	Kalamata	28.05.16
10.86/-0.6		DIMITRIADES		1	Lefkosia	14.05.16
10.86/-1.7		DIMITRIADES		2	Marsa	11.06.16
10.91/0.5		DIMITRIADES		10	Pretoria	06.02.16
10.91/1.2		MICHAEL		7	Hania	21.05.16
10.92/-1.2		MICHAEL		2	Larnaca	01.07.16
10.94/0.9	Andreas	CHRISTODOULOU	26.10.95	Dec.	Tallahassee,FL/USA	13.05.16
10.94/-0.6		CHATZITHEORI		2	Lefkosia	14.05.16
10.95/-0.5		CHATZITHEORI		1	Lemosos	14.04.16
10.96/0.0	Sofronis	HARPAS	03.01.91	3	Lefkosia	14.05.16
10.98/-0.6		MICHAEL		4	Lefkosia	14.05.16
11.03/1.3	Georgios	ANDREOU	27.04.95	4	Lefkosia	18.06.16
11.05/-0.5		ANDREOU		2	Lemosos	14.04.16
11.06/-0.6	Stavros	AVGOUSTINOU	11.08.98	5	Lefkosia	14.05.16
11.07/-1.2		CHATZITHEORI		3	Larnaca	01.07.16
11.09/1.3		HARPAS		5	Lefkosia	18.06.16
11.10/1.4		HARPAS		7	Argos Orestiko	11.06.16
11.13/1.3		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	08.04.16
11.14/-0.6		MICHAEL		3	Lemosos	14.04.16
11.15/0.6		CHRISTODOULOU		43	Gainesville,FL/USA	22.04.16
11.15/0.7	Andreas	SEVASTOU	03.01.99	8	Argos Orestiko	11.06.16

Wind Assisted

10.89/2.6	Paisios	DIMITRIADES	16.07.97	1	Lefkosia	23.04.16
10.99/2.6	Stavros	AVGOUSTINOU	11.08.98	2	Lefkosia	23.04.16
11.03/2.5		AVGOUSTINOU		1	Lefkosia	07.05.16

200M.

21.53/0.4	Paisios	DIMITRIADES	16.07.97	1	Lefkosia	19.06.16
21.81/1.5	Georgios	AVRAAM	27.11.92	2	Kalamata	28.05.16
21.81/0.4	Andreas	MICHAEL	17.03.90	2	Lefkosia	19.06.16
21.88/-2.4		DIMITRIADES		4	Marsa	11.06.16
21.89/1.0		DIMITRIADES		1	Lefkosia	07.05.16
21.91/1.5	Andreas	CHATZITHEORI	03.09.95	3	Kalamata	28.05.16
21.95/-2.7		DIMITRIADES		10	Pitesti	26.06.16
21.98/0.4		AVRAAM		3	Lefkosia	19.06.16
21.99/0.4		CHATZITHEORI		4	Lefkosia	19.06.16
22.03/1.9		DIMITRIADES		1	Lefkosia	24.04.16



Paisios Demetriades (201) beating Andreas Michael (489) for first in the 100m.



Avraam (438) winning the 400m. in the Championships followed by Chrysostomou (207) Christou (208) and Michara (5)

YEAR LISTS 2016 / MEN

22.04/-0.2	Stavros	AVGOUSTINOU	11.08.98	2	Patra	10.05.16
22.04/1.2		DIMITRIADES		2	Chania	21.05.16
22.11/0.5	Kyriakos	ANTONIOU	13.05.90	5	Lefkosia	19.06.16
22.16/1.8		AVGOUSTINOU		1h2	Patra	10.05.16
22.20/0.5	Konstantinos	CHRISTOU	03.02.91	6	Lefkosia	19.06.16
22.22/1.9		AVGOUSTINOU		2	Lefkosia	24.04.16
22.23(i)		ANTONIOU		2	Piraeus	30.01.16
22.23/-2.4		CHATZITHEORI		6	Marsa	11.06.16
22.24/0.4		AVGOUSTINOU		7	Lefkosia	19.06.16
22.25/0.4	Michalis	CHRYSOSTOMOU	10.11.96	8	Lefkosia	19.06.16

Wind assisted

21.64/2.2	Paisios	DIMITRIADES	16.07.97	1 o.c	Serres	10.07.16
21.83/5.3	Georgios	AVRAAM	27.11.92	1	Lefkosia	15.05.16
21.88/5.3	Andreas	CHATZITHEORI	03.09.95	2	Lefkosia	15.05.16
22.00/5.3	Andreas	MICHAEL	17.03.90	3	Lefkosia	15.05.16
22.04/5.3	Michalis	CHRYSOSTOMOU	10.11.96	4	Lefkosia	15.05.16
22.18/5.3	Michalis	ANDREOU	21.06.96	5	Lefkosia	15.05.16

400M.

47.98	Georgios	AVRAAM	27.11.92	3	Marsa	11.06.16
48.13	Christos	DIMITRIOU	22.09.93	1	Patra	13.07.16
48.28	Michalis	CHRYSOSTOMOU	10.11.96	1	Lefkosia	14.05.16
48.30	Konstantinos	CHRISTOU	03.02.91	3	Sofia	29.05.16
48.43		AVRAAM		2	Lefkosia	14.05.16
48.49		AVRAAM		1	Lefkosia	18.06.16
48.49		AVRAAM		1	Larnaca	01.07.16
48.50		CHRYSOSTOMOU		2	Lefkosia	18.06.16
48.59	Onisiforos	ANASTASIOU	27.05.95	2	Larisa	30.07.16
48.66		CHRISTOU		3	Lefkosia	18.06.16
48.67		CHRISTOU		2	Larnaca	01.07.16
48.68		CHRYSOSTOMOU		7	Marsa	11.06.16
48.68	Andrea	MICHARA	07.07.94	4	Lefkosia	18.06.16
48.70		CHRISTOU		3	Lefkosia	14.05.16
48.84		ANASTASIOU		3	Larnaca	01.07.16
48.85	Paisios	DIMITRIADES	16.07.97	4	Larnaca	01.07.16
48.95		CHRYSOSTOMOU		1	Lemesos	14.04.16
48.96		AVRAAM		3	Chania	21.05.16
48.98		AVRAAM		2	Lemesos	14.04.16
49.04		AVRAAM		2	Kalamata	28.05.16
49.07		CHRYSOSTOMOU		5	Larnaca	01.07.16
49.18		ANASTASIOU		5	Patra	13.07.16
49.22		ANASTASIOU		5	Lefkosia	18.06.16
49.23		CHRYSOSTOMOU		4	Chania	21.05.16
49.31		ANASTASIOU		1h3	Larisa	30.07.16
49.37	Christos	ZACHARIOU	17.09.96	6	Lefkosia	17.09.16
49.4		ZACHARIOU		4	Lefkosia	14.05.16

800M.

1.48.00	Christos	DIMITRIOU	22.09.93	1	Larnaca	01.07.16
1.48.05		DIMITRIOU		2		30.07.16
1.48.36		DIMITRIOU		1	Lefkosia	19.06.16
1.48.70	Andrea	MICHARA	07.07.94	2	Lefkosia	19.06.16
1.48.77		DIMITRIOU		2h1	Oordegem/BEL	04.06.16
1.49.03	Theofanis	MICHAELAS	26.10.91	10	Oordegem/BEL	04.06.16

YEAR LISTS 2016 / MEN

1.49.74	Amine	KHADIRI	20.11.88	5	Kortrijk/BEL	11.07.16
1.49.82		MICHAELAS		6h1	Oorderem/BEL	28.05.16
1.49.84		DIMITRIOU		12	Bilbao/ESP	25.06.16
1.50.01		DIMITRIOU		2	Marsa/MLT	11.06.16
1.50.18(i)		MICHAELAS		9	Vienna	30.01.16
1.50.30(i)		MICHAELAS		4	Istanbul	27.02.16
1.50.31		KHADIRI		14	Liege/BEL	13.07.16
1.50.36		KHADIRI		3	Lefkosia	19.06.16
1.50.72		DIMITRIOU		10h1	Oordegem/BEL	28.05.16
1.51.20		MICHAELAS		6	Marsa/MLT	11.06.16
1.51.36(i)		MICHAELAS		4h3	Portland/USA	17.03.16
1.51.55(i)		MICHAELAS		1	Pireaus	14.02.16
1.54.00		MICHARA-GACUMI		1	Lefkosia	15.05.16
1.54.08	Christos	ZACHARIOU	17.09.96	4	Lefkosia	19.06.16
1.54.77		MICHAELAS		1	Athina	07.05.16
1.54.96	Eleftherios	ELIA	17.05.97	10h4	Oordegem/BEL	28.05.16
1.55.69	Stavros	SPYROU	19.11.00	3	Trabzon	14.07.16
1.55.72		SPYROU		5	Lefkosia	19.06.16
1.56.17	Stelios	PAPAIOANNOU	17.06.99	6	Lefkosia	19.06.16
1.58.37		SPYROU		3	Patra	10.05.16
1.58.74(i)		MICHAELAS		1h1	Pireaus	14.02.16
1.59.04		PAPAIOANNOU		6	Krusevac/SRB	02.07.16
1.59.10		PAPAIOANNOU		1	Lefkosia	24.04.16
2.00.43		SPYROU		1	Larnaca	22.07.16
2.00.29		ELIA		2	Lefkosia	24.04.16
2.01.76		PAPAIOANNOU		2	Larnaca	22.07.16
2.01.84		SPYROU		3	Lefkosia	28.07.16
2.02.72		SPYROU		3	Lefkosia	24.04.16
2.03.55		SPYROU		1	Lefkosia	05.04.16

1500M.

3.39.50	Amine	KHADIRI	20.11.88	12	Huelva/ESP	03.06.16
3.42.47		KHADIRI		9	Nijmegen/NED	18.05.16
3.43.84		KHADIRI		1	Lefkosia	18.06.16
3.44.27	Christos	DIMITRIOU	22.09.93	2	Lefkosia	18.06.16
3.44.61		KHADIRI		25	Amsterdam	07.07.16
3.45.66		KHADIRI		11	Lokeren/BEL	03.07.16
3.52.11	Theofanis	MICHAELAS	26.10.91	1	Athina	24.04.16
3.55.40		MICHAELAS		3	Lefkosia	18.06.16
3.55.64	Marios	APOSTOLIDIS	03.07.90	4	Lefkosia	18.06.16
3.57.03		APOSTOLIDIS		11	Belgium	11.07.16
3.59.83		APOSTOLIDIS		1	Lefkosia	14.05.16
4.06.47	Eleftherios	ELIA	17.05.97	2	Lefkosia	14.05.16
4.08.47	Constantinos	TIMINIS	25.09.91	1h5	Oordegem/BEL	28.05.16
4.09.28	Rafael	NIKODIMOU	01.08.92	6	Lefkosia	18.06.16
4.09.38	Stelios	PAPAIOANNOU	17.06.99	3	Patra	10.05.16
4.09.69		ELIA		7	Lefkosia	18.06.16
4.12.08		ELIA		1	Lefkosia	23.04.16
4.14.21		ELIA		4	Lefkosia	07.05.16
4.15.89		PAPAIOANNOU		2	Lefkosia	23.04.16

Hand timing

4.14.0	Stelios	PAPAIOANNOU	17.06.99	1	Lemosos	11.03.16
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Expatriate

3.56.21	Marius-Mariam	BUSCA (ROU)	27.08.79	5	Lefkosia	18.06.16
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Christos Demetriou (7), Andreas Michara (5) and Amine Khadiri (602) in the 800m. race

YEAR LISTS 2016 / MEN

5000M.						
15.06.03	Marios	APOSTOLIDIS	03.07.90	4	Pitesti/ROU	25.06.16
15.10.04	Nikolas	FRANGOU	12.04.94	3	Athina	07.05.16
15.10.05		APOSTOLIDIS		1	Lefkosia	19.06.16
15.12.65		FRANGOU		2	Lefkosia	19.06.16
15.34.78		APOSTOLIDIS		1	Lefkosia	15.05.16
16.30.76	Rafael	NIKODIMOU	01.08.92	5	Lefkosia	19.06.16
16.43.64	Christoforos	PROTOPAPAS	07.06.88	6	Lefkosia	19.06.16
16.54.69	Christos	LAMBROU	02.07.97	1	Lefkosia	24.04.16
17.12.84	Stavros	SAVVA	28.04.99	2	Lefkosia	24.04.16
17.12.87	Andreas	ANDREOU-GIAFAS	04.03.83	7	Lefkosia	19.06.16
17.37.89	Avraam	AVRAAM	07.04.81	8	Lefkosia	19.06.16

Expatriate						
15.47.49	Marius-Mariam	BUSCA (ROU)	27.08.79	3	Lefkosia	19.06.16
16.12.57	Pavel	BORODIN(RUS)	03.06.93	4	Lefkosia	19.06.16

10000M.						
31.47.20	Nikolas	FRANGOU	12.04.94	9	Megara	21.05.16
33.44.91	Rafael	NIKODIMOU	01.08.92	2	Lefkosia	21.05.16
33.58.14	Christoforos	PROTOPAPAS	07.06.88	3	Lefkosia	21.05.16
35.57.31	Avraam	AVRAAM	07.04.81	4	Lefkosia	21.05.16
36.00.12	Charalambos	IOANNOU	11.01.79	5	Lefkosia	21.05.16
36.02.73	Michael	KEENAN	05.03.74	6	Lefkosia	21.05.16
36.41.18	Andreas	ANDREOU-GIAFAS	04.03.83	7	Lefkosia	21.05.16
38.08.67	Charalambos	KANIOS	06.07.89	8	Lefkosia	21.05.16

Expatriate						
33.29.65	Kassahum	AHMET-JEBEL(ETH)	08.02.81	1	Lefkosia	21.05.16

HALF MARATHON						
1.13.27	Rafael	NIKODIMOU	01.08.92	6	Thessaloniki	08.10.16
1.18.19	Michael	KEENAN	05.03.74	2	Pervolia	31.01.16
1.19.05	Georgios	TOFI	27.10.91	3	Lefkosia	06.03.16
1.19.21		KEENAN		4	Lefkosia	06.03.16
1.23.14		KEENAN		35+	Athina	13.11.16
1.23.37	Costas	PATINIOS	04.10.71	5	Lefkosia	06.03.16
1.23.56		PATINIOS		4	Pervolia	31.01.16
1.24.01	Tryfon	DIMITRIOU	17.07.79	6	Lefkosia	06.03.16
1.24.02	Pavlos	SYMEONIDES	1979	7 o.c	Lefkosia	06.03.16
1.24.41		DIMITRIOU		6	Pervolia	31.01.16
1.25.15	Osman	ATAKAN	1972	7	Pervolia	31.01.16
1.25.26	Andreas	ANDREOU-GIAFAS	04.03.83	40	Dubai/UAE	22.01.16

Expatriate						
1.11.15	Marius-Mariam	BUSCA (ROU)	27.08.79	1	Lefkosia	06.03.16
1.14.03	Pavel	BORODIN(RUS)	03.06.93	2	Lefkosia	06.03.16
1.16.12		BORODIN(RUS)		1	Pervolia	31.01.16

MARATHON						
2.44.33	Michael	KEENAN	05.03.74	2	Lemesos	10.04.16
2.48.29		KEENAN		35+	Athina	13.11.16
2.50.36	Andreas	ANDREOU-GIAFAS	04.03.83	40	Dubai/UAE	22.01.16
2.57.13	Tryfon	DIMITRIOU	17.07.79	488	Rotterdam	10.04.16
2.57.14	Pavlos	SYMEONIDES	30.09.79	489	Rotterdam	10.04.16
2.58.47	Makis	KOUNNIDIS	28.06.73	541	Rotterdam	10.04.16
3.04.48	Giorgos	ELIA		106	Lisbon	02.10.16



ΠΟΙΟΤΙΚΗ ΥΠΕΡΟΧΗ



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YEAR LISTS 2016 / MEN

3.05.51	Chrysanthos	ANTONIOU	11.12.64	603	Rotterdam	10.04.16
3.07.52	Chrysostomos	ELIADES	1978	205	Athina	13.11.16

Expatriate

2.43.25	Pavel	BORODIN(RUS)	03.06.93	1	Lemesos	10.04.16
2.52.21	Oscar	SOSA/ARG	02.11.72	338	Rotterdam	10.04.16

110M.H.

13.31/0.3	Milan	TRAJKOVIC	17.03.92	2S3	Rio	16.08.16
13.39/0.3		TRAJKOVIC		1h1	Amsterdam	08.07.16
13.40/-0.6		TRAJKOVIC		3S1	Amsterdam	09.07.16
13.41/0.2		TRAJKOVIC		7	Rio	16.08.16
13.44/0.0		TRAJKOVIC		5	Amsterdam	09.07.16
13.55/0.4		TRAJKOVIC		1	Lefkosia	14.05.16
13.58/0.8		TRAJKOVIC		1	Argos Orestiko	11.06.16
13.59/0.5		TRAJKOVIC		3h2	Rio	15.08.16
13.63/-0.2		TRAJKOVIC		1	Prague	02.06.16
13.73/-1.6		TRAJKOVIC		1	Pitesti/ROU	26.06.16
13.97/0.8	Alexandros	STAVRIDES	13.04.89	2	Argos Orestiko	11.06.16
14.06		TRAJKOVIC		2	Pretoria	06.02.16
14.12/-0.6		STAVRIDES		1	Larnaca	01.07.16
14.37/-1.5		STAVRIDES		3	Pitesti/ROU	26.06.16
14.68/0.1	Andreas	CHRISTODOULOU	26.10.95	Dec.	Tallahassee/USA	14.05.16
14.96/-0.6	Anastasios	VASILIOU	26.04.97	2	Larnaca	01.07.16
15.04/0.3		CHRISTODOULOU		55	Florida/USA	01.04.16
15.06/0.0		CHRISTODOULOU		6	Florida/USA	25.03.16
15.15/0.4	Andreas	CHRISTODOULOU	26.01.99	2	Lefkosia	14.05.16
15.42/0.4	Dimitris	ALAMBRITIS	26.05.91	3	Lefkosia	14.05.16
15.92/0.4	Christos	PITSILLOS	18.02.97	4	Lefkosia	14.05.16
16.70/0.8	Dimitris	CONSTANTINOU	27.02.96	Dec.	Lefkosia	22.05.16

Wind assisted

13.42/2.4	Milan	TRAJKOVIC	17.03.92	1	Lefkosia	18.06.16
13.54/2.9		TRAJKOVIC		1	Lefkosia	18.06.16
13.55/3.1		TRAJKOVIC		1	Chania	21.05.16
14.18/2.9	Alexandros	STAVRIDES	13.04.89	2	Lefkosia	18.06.16
14.31/2.4		STAVRIDES		2	Lefkosia	18.06.16
14.60/2.4	Andreas	CHRISTODOULOU	26.10.95	3	Lefkosia	18.06.16
14.74/2.6		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	09.04.16
14.96/3.8		CHRISTODOULOU		13	Baton Rouge,La/USA	30.04.16
15.23/2.4	Andreas	CHRISTODOULOU	26.01.99	4	Lefkosia	18.06.16
15.24/2.4	Christos	PITSILLOS	18.02.97	5	Lefkosia	18.06.16
16.05/2.4	Christos	PAPADOPOULOS	03.03.97	6	Lefkosia	18.06.16

400M.H.

53.49	Anastasios	VASILIOU	26.04.97	1	Larnaca	01.07.16
53.63	Michalis	ANDREOU	21.06.96	1	Lefkosia	19.06.16
53.78		VASILIOU		2	Argos Orestiko	11.06.16
53.79	Neophytos	GEORGIOU	25.05.92	3	Chania	04.06.16
53.96		GEORGIOU		3	Argos Orestiko	11.06.16
54.05	Georgios	AVRAAM	27.11.92	2	Larnaca	01.07.16
54.06		GEORGIOU		2	Lefkosia	19.06.16
54.36		GEORGIOU		3	Larnaca	01.07.16
54.76		VASILIOU		1 o.c	Serres	10.07.16
54.77		VASILIOU		3	Kalamata	28.05.16
55.18		VASILIOU		2	Lefkosia	07.05.16
55.71		VASILIOU		3	Lefkosia	19.06.16



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**Milan Trajkovic, the Serbian born and Cypriot bred from tender years.
Athlete of the year with his 7th Olympic and 5th European placings**

YEAR LISTS 2016 / MEN

56.66	Alexandros	CHRISTODOULOU	03.10.98	4	Lefkosia	19.06.16
56.78		CHRISTODOULOU		1	Lefkosia	24.04.16
57.02	Christos	CHATZITHEORI	31.10.92	5	Lefkosia	19.06.16
57.38		CHATZITHEORI		1	Lefkosia	15.05.16
57.69		GEORGIOU		2	Lefkosia	15.05.16
58.26		CHATZITHEORI		4	Larnaca	01.07.16
58.37		VASILIOU		2	Lefkosia	24.04.16
58.58	Stylianos	SIANTONAS	07.06.00	6	Lefkosia	19.06.16
58.97	Marios	EVAGGELOU	27.09.00	7	Lefkosia	19.06.16
59.06		SIANTONAS		3	Lefkosia	24.04.16
59.28		EVAGGELOU		4	Lefkosia	24.04.16

3000M STEEPLE

8.54.34	Nikolas	FRANGOU	12.04.94	6h2	Oordegem/BEL	28.05.16
9.19.30		FRANGOU		1	Lefkosia	14.05.16
9.23.02		FRANGOU		1	Larisa	30.07.16
9.23.94		FRANGOU		1	Lefkosia	18.06.16
9.41.90	Konstantinos	TIMINIS	25.09.91	2	Athina	05.06.16
9.47.49		TIMINIS		6	Belgium	02.07.16
9.49.76		TIMINIS		13	Patra	18.06.16
9.59.28		TIMINIS		2	Lefkosia	14.05.16
10.05.35	Christoforos	PROTOPAPAS	07.06.88	2	Lefkosia	18.06.16
10.39.06	Filippos	TSIKKOS	20.06.98	1	Lefkosia	23.04.16
10.56.13	Vasilis	ZISIS	13.07.97	2	Lefkosia	23.04.16
10.57.67	Elenos	KYRIAKOU	24.09.98	3	Lefkosia	14.05.16
10.59.40	Emanouil	LIMANTZAKIS	03.09.00	3	Lefkosia	23.04.16
11.01.33	Stavros	THEODOROU	31.08.99	4	Lefkosia	23.04.16
11.04.82		THEODOROU		3	Lefkosia	18.06.16

LONG JUMP

7.50/1.9	Periklis	KLEOVOULOU	01.03.93	..	Chania	21.05.16
7.41/-0.1	Matheos	VOLOU	16.03.89	1	Lefkosia	19.06.16
7.33/-1.1	M.	VOLOU		1	Lefkosia	14.05.16
7.27/0.7		KLEOVOULOU		7	Chania	04.06.16
7.25/0.0		KLEOVOULOU		2	Lefkosia	14.05.16
7.23/-0.3		KLEOVOULOU		2	Lefkosia	19.06.16
7.22/0.0	Panagiotis	VOLOU	01.09.91	3	Lefkosia	19.06.16
7.20(i)	Georgios	POULLLOS	05.04.95	5 o.c	Piraeus	13.02.16
7.19/0.8	Andreas	CHRISTODOULOU	26.10.95	Dec.	Tallahassee/USA	13.05.16
7.15/2.0		POULLLOS		8	Kalamata	28.05.16
7.15/0.2	M.	VOLOU		7	Lefkosia	25.06.16
7.14/0.0		CHRISTODOULOU		4	Lefkosia	19.06.16
7.13/1.4	M.	VOLOU		7	Chania	21.05.16
7.10/0.0		KLEOVOULOU		1	Lemesos	14.04.16
7.05/0.0		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	08.04.16
7.04/-0.6	Panagiotis	ANDREOU	30.06.96	3	Lemesos	14.04.16
7.02/-0.2		KLEOVOULOU		4	Marsa	11.06.16
6.96/-1.1		POULLLOS		3	Lefkosia	14.05.16
6.95	Kyriakos	EFSTATHIOU	28.06.99	1	Lemesos	01.04.16
6.95/0.0		POULLLOS		5	Lefkosia	19.06.16
6.89/0.4	Christos	PANTELIDES	24.04.97	1	Lefkosia	25.03.16

Wind assisted

7.54/4.5	Periklis	KLEOVOULOU	01.03.93	5	Chania	21.05.16
7.30/3.4	Matheos	VOLOU	16.03.89	7	Chania	21.05.16



Nicos Frangou had his best year so far in 3000 m. st., 5000 and 10000 m.



Matheos Volou winning the long jump in the Championships

YEAR LISTS 2016 / MEN

HIGH JUMP

2.32(i)	Kyriakos	IOANNOU	26.07.84	3	Hustopecce	13.02.16
2.29		IOANNOU		7	Rio	16.08.16
2.28(i)	Vasilis	KONSTANTINOU	13.09.92	8	Hustopecce	13.02.16
2.26	Dimitris	CHONDROKOUKIS	26.01.88	4	Szekesfehervar/HUN	18.07.16
2.26		CHONDROKOUKIS		12q	Rio	14.08.16
2.26		IOANNOU		12q	Rio	14.08.16
2.25		CHONDROKOUKIS		4 Gr.A	Amsterdam	09.07.16
2.25		IOANNOU		6 Gr.B	Amsterdam	09.07.16
2.25		KONSTANTINOU		6 Gr.A	Amsterdam	09.07.16
2.25		CHONDROKOUKIS		12	Rio	16.08.16
2.24(i)		CHONDROKOUKIS		2 o.c	Piraeus	13.02.16
2.24		CHONDROKOUKIS		7	Amsterdam	10.07.16
2.24		KONSTANTINOU		9	Amsterdam	10.07.16
2.23		KONSTANTINOU		2	Praque	06.06.16
2.23		CHONDROKOUKIS		1	Lefkosia	18.06.16
2.23		KONSTANTINOU		2	Lefkosia	18.06.16
2.23		KONSTANTINOU		1	Pitesti	25.06.16
2.22(i)		KONSTANTINOU		7	Ostrava	16.02.16
2.22(i)		IOANNOU		8	Ostrava	16.02.16
2.20(i)		KONSTANTINOU		1	Piraeus	30.01.16
2.20(i)		KONSTANTINOU		2	Istanbul	27.02.16
2.20		KONSTANTINOU		1	Chania	21.05.16
2.20		CHONDROKOUKIS		9	Rome	02.06.16
2.16		KONSTANTINOU		1	Marsa	11.06.16
2.15		KONSTANTINOU		1	Larnaca	01.07.16
2.12	Giannis	ANANIADES	12.06.96	1	Lemesos	01.04.16
2.08		ANANIADES		1	Lefkosia	15.05.16
2.06(i)		ANANIADES		2	Piraeus	30.01.16
2.05(i)		ANANIADES		5 o.c	Piraeus	13.02.16
2.04	Georgios	KONSTANTINOU	23.09.95	2	Lefkosia	15.05.16
2.01	Michalis	PASCHALI	19.04.98	1	Lefkosia	23.04.16
2.00		ANANIADES		3	Lefkosia	18.06.16
2.00		ANANIADES		2	Larnaca	01.07.16
1.97(i)		KONSTANTINOU		8 o.c	Piraeus	13.02.16
1.95		PASCHALI		3	Lefkosia	07.05.16
1.95		PASCHALI		4	Lefkosia	18.06.16
1.95		PASCHALI		3	Larnaca	01.07.16
1.94(i)		KONSTANTINOU		5	Piraeus	30.01.16
1.94	Socratis	LAMBROU	20.02.99	1	Lefkosia	05.04.16
1.94	Agathoklis	ZISIMOS	21.07.98	2	Lefkosia	23.04.16

TRIPLE JUMP

15.98/0.1	Panagiotis	VOLOU	01.09.91	7	Pitesti	26.06.16
15.97/1.7		VOLOU		3	Chania	04.06.16
15.97/1.4	Zacharias	ARNOS	24.11.86	2	Chania	04.06.16
15.97/1.0		VOLOU		1	Lefkosia	18.06.16
15.76/1.2		VOLOU		4	Chania	21.05.16
15.59/0.8		VOLOU		1	Lefkosia	15.05.16
15.35/2.0	Logginos	ACHILLEOS	10.06.96	2	Lefkosia	15.05.16
14.77/-0.3	Andreas	CHRYSANTHOU	11.08.97	1	Lefkosia	24.04.16
14.54/-0.7	Menelaos	SITANARIS	08.02.01	2	Lefkosia	18.06.16
14.48/1.3		SITANARIS		3	Lefkosia	15.05.16
14.35/0.6	Georgios	ZAFIRIS	15.01.99	2	Lefkosia	28.07.16
14.33/1.4		ZAFIRIS		1	Larnaca	21.07.16
14.31/1.2		SITANARIS		1	Lefkosia	28.07.16



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Dimitris Chondrokoukis was 1st in the Cyprus Championships, finalist placing 12th in Rio Olympics and 7th in the Amsterdam European Championships

YEAR LISTS 2016 / MEN

14.24/0.4		ZAFIRIS		2	Lefkosia	24.04.16
14.23/1.9		ZAFIRIS		5	Lefkosia	18.06.16
14.19/0.8		SITANARIS		3	Lefkosia	24.04.16
14.16		ZAFIRIS		1	Lefkosia	11.03.16
14.14		SITANARIS		1	Lemesos	14.04.16
14.12/1.3		ZAFIRIS		4	Lefkosia	15.05.16
14.01		ZAFIRIS		5	Patra	10.05.16
14.01/1.8	Andreas	CHARALAMBOUS	05.04.94	3	Lefkosia	18.06.16
14.00	Georgios	MICHAEL	06.03.99	3	Lefkosia	11.03.16
13.97/0.7		CHARALAMBOUS		7	Thessaloniki	24.04.16
13.92/0.7		SITANARIS		2	Larnaca	21.07.16
13.82/0.5		CHRYSANTHOU		4	Lefkosia	18.06.16
13.80/1.4		MICHAEL		3	Lefkosia	05.04.16
Wind assisted						
15.99/2.9	Panagiotis	VOLOU	01.09.91	1	Lefkosia	15.05.16
14.65/2.1	Menelaos	SITANARIS	08.01.03	2	Lefkosia	18.06.16
14.62//3.8		SITANARIS		1	Lefkosia	28.07.16
14.50/3.6		SITANARIS		1	Paphos	29.05.16
14.47/2.3	Georgios	ZAFIRIS	15.01.99	1	Lefkosia	05.04.16
14.44/2.9		ZAFIRIS		2	Lefkosia	28.07.16
14.37/2.3	Andreas	CHARALAMBOUS	05.04.94	3	Lefkosia	18.06.16
14.29/2.1	Andreas	CHRYSANTHOU	11.08.97	4	Lefkosia	18.06.16
14.04/3.8		SITANARIS		2	Larnaca	21.07.16
Expatriate						
14.43/1.2	Andrian	BARBOU/ROU	09.05.98	2	Lefkosia	24.04.16
POLE VAULT						
5.51	Nikandros	STYLIANOU	22.08.89	1	Oordegem	28.05.16
5.40		STYLIANOU		1	Lemesos	14.04.16
5.35		STYLIANOU		1	Larnaca	01.07.16
5.31		STYLIANOU		7	Praque	06.06.16
5.30		STYLIANOU		1	Argos Orestiko	11.06.16
5.20(i)		STYLIANOU		1	Thessaloniki	30.01.16
5.10(i)		STYLIANOU		1	Thessaloniki	23.01.16
5.00(i)		STYLIANOU		1	Thessaloniki	06.02.16
4.90		STYLIANOU		1	Lefkosia	18.06.16
4.80		STYLIANOU		1	Lemesos	01.04.16
4.50	Daniel	IOANNOU	12.05.99	1	Lefkosia	28.07.16
4.40	Christos	TAMANIS	22.12.00	2	Lemesos	14.04.16
4.40		TAMANIS		3	Lefkosia	07.05.16
4.40		TAMANIS		2	Lefkosia	18.06.16
4.40		TAMANIS		2	Larnaca	01.07.16
4.40		TAMANIS		6	Trabzon	18.07.16
4.40		TAMANIS		1	Larnaca	21.07.16
4.40		IOANNOU		2	Larnaca	21.07.16
4.30	Andreas	CHRISTODOULOU	26.10.95	6	Coral Gables,FL/USA	25.03.16
4.30	Sotos	TAKI	13.11.90	2	Lemesos	01.04.16
4.30		TAMANIS		2	Lefkosia	05.04.16
4.30		TAMANIS		1	Lefkosia	24.04.16
4.30		CHRISTODOULOU		Dec.	Tallahassee	14.05.16
4.30	Vasilis	GIANGOU	10.03.98	3	Lefkosia	18.06.16
4.30		TAMANIS		4	Lefkosia	18.06.16
4.25		CHRISTODOULOU		3	Coral Gables,FL/USA	18.03.16
4.20		TAMANIS		1	Lemesos	11.03.16
4.20		GIANGOU		3	Lefkosia	05.04.16



Nikandros Stylianou jumped 5.51 in Oordegem Belgium

YEAR LISTS 2016 / MEN

4.20		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	09.04.16
4.20		GIANGOU		3	Lemesos	14.04.16
4.20		IOANNOU		3	Lefkosia	24.04.16
4.20		IOANNOU		3	Larnaca	01.07.16
4.20		IOANNOU		4	Larnaca	01.07.16
4.20		TAMANIS		3	Lefkosia	28.07.16
4.10	Menelaos	STIGGAS	20.03.99	2	Lemesos	11.03.16
4.10		TAMANIS		3	Lemesos	01.04.16
4.10		IOANNOU		3	Lemesos	01.04.16
4.10		GIANGOU		6	Lemesos	01.04.16
4.10		GIANGOU		4	Lefkosia	24.04.16
4.05(i)		CHRISTODOULOU		Hep.	Boston/USA	26.02.16
4.00		IOANNOU		3	Lemesos	11.03.16
4.00		GIANGOU		5	Lemesos	11.03.16
4.00		STIGGAS		4	Lemesos	14.04.16
4.00		IOANNOU		5	Lemesos	14.04.16
3.90		STIGGAS		7	Lemesos	01.04.16
3.90	Dimitris	KONSTANTINOU	27.02.96	7	Lemesos	01.04.16

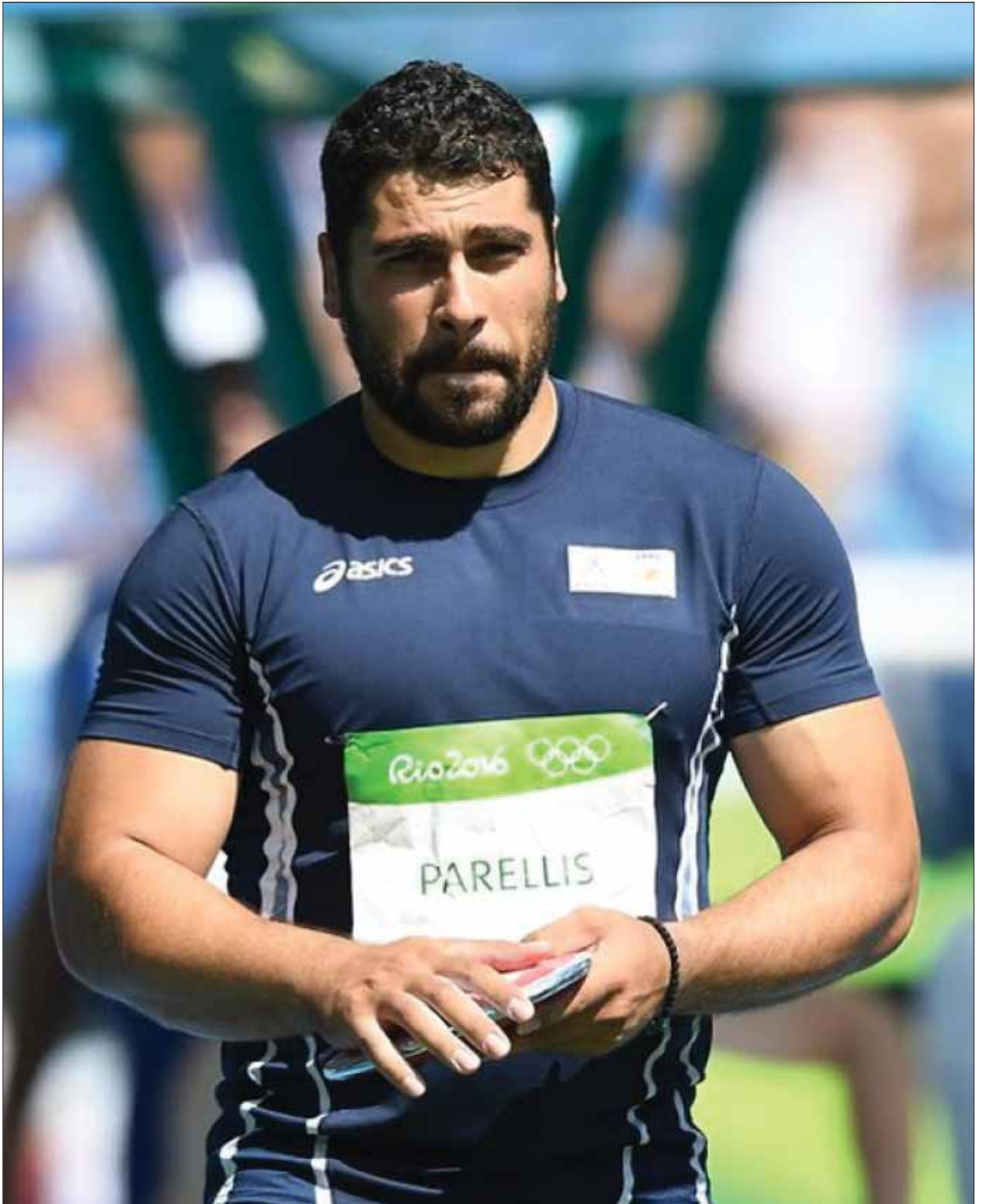
4.30	Iaros	DUMITRU/ROU	19.05.99	1	Lefkosia	05.04.16
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SHOT PUT

18.13	Michalis	LAMBROU	18.10.93	2	Patra	13.07.16
17.96		LAMBROU		1	Larnaca	01.07.16
17.81		LAMBROU		1	Lefkosia	19.06.16
17.40		LAMBROU		2	Lemesos	14.04.16
17.10		LAMBROU		1	Lefkosia	25.03.16
16.54		LAMBROU		1	Lefkosia	15.05.16
16.00	Georgios	ARESTIS	27.12.81	2	Lefkosia	19.06.16
15.54	Petros	MITSIDES	12.12.77	3	Lefkosia	19.06.16
15.54	Georgios	KONIARAKIS	07.02.99	4	Lefkosia	19.06.16
15.46	Stavros	STAVROU	10.02.93	5	Lefkosia	19.06.16
15.00		STAVROU		2	Larnaca	01.07.16
14.91(i)		STAVROU		4	Indianapolis,IN/USA	13.02.16
14.91(i)		STAVROU		4	Kernosha,WI/USA	28.02.16
14.90	Vasilis	MOUAIMIS	10.07.96	2	Lefkosia	25.03.16
14.88(i)		STAVROU		3	Greencastle,IN/USA	20.02.16
14.84		MOUAIMIS		3	Larnaca	01.07.16
14.80		MOUAIMIS		6	Lefkosia	19.06.16
14.77		MITSIDES		2	Lefkosia	15.05.16
14.72		STAVROU		6	Loyisville,KY/USA	23.04.16
14.71		MOUAIMIS		3	Lefkosia	15.05.16
14.63(i)		STAVROU		3	Indianapolis,IN/USA	29.01.16
14.61(i)		STAVROU		5	Marion,IN/USA	06.02.16
14.07		MOUAIMIS		3	Lemesos	14.04.16
13.99	Ioannis	KYRIAKOU	27.02.98	4	Lefkosia	15.05.16
13.78	Dimitris	KONSTANTINOU	27.02.96	Dec.	Lefkosia	21.05.16
13.74		KONSTANTINOU		7	Lefkosia	19.06.16
13.42(i)		KONSTANTINOU		Hep.	Pireaus	13.02.16
13.31		KYRIAKOU		8	Lefkosia	19.06.16

DISCUS THROW

65.69	Apostolos	PARELLIS	24.07.85	1	Heraklio	28.05.16
64.77		PARELLIS		1	Lefkosia	25.03.16
64.29		PARELLIS		2	Rovereto	06.09.16
64.00		PARELLIS		1	Lefkosia	14.05.16



Apostolos Parellis well placed in the elite of the Discus Throwing

YEAR LISTS 2016 / MEN

63.74		PARELLIS		1	Lefkoscia	18.06.16
63.72		PARELLIS		8	Rio	13.08.16
63.46		PARELLIS		5	Rabat	22.05.16
63.35		PARELLIS		4q	Rio	12.08.16
62.95		PARELLIS		1 o.c	Athina	05.03.16
62.28		PARELLIS		6	Brussels	09.09.16
61.89		PARELLIS		18	Amsterdam	06.07.16
60.47		PARELLIS		1	Athina	04.06.16
59.16	Andreas	CHRISTOU	14.04.93	2	Lefkoscia	18.06.16
57.80		CHRISTOU		2	Marsa	11.06.16
57.41		CHRISTOU		3 o.c	Athina	05.03.16
56.31		CHRISTOU		2	Chania	21.05.16
56.30		CHRISTOU		1	Lemesos	01.04.16
56.29		CHRISTOU		5	Pitesti	26.06.16
55.10	Rafael	ANTONIOU	04.08.95	2	Lefkoscia	14.05.16
54.72		ANTONIOU		2	Lemesos	01.04.16
54.41		ANTONIOU		2	Tunis	04.06.16
54.28		CHRISTOU		3	Lefkoscia	14.05.16
53.57		ANTONIOU		4	Chania	21.05.16
53.14	Petros	MITSIDES	12.12.77	1	Perth/AUS	31.10.16
53.00		ANTONIOU		3	Lefkoscia	18.06.16
52.93	Georgios	KONIARAKIS	07.02.99	4	Lefkoscia	18.06.16
52.87		ANTONIOU		1	Lemesos	14.04.16
52.73		MITSIDES	12.12.77	5	Lefkoscia	18.06.16
52.60		ANTONIOU		2	Lefkoscia	25.03.16
52.30		ANTONIOU		4 o.c	Athina	05.03.16
50.73		MITSIDES		4	Lefkoscia	14.05.16
50.02		MITSIDES		3	Lefkoscia	25.03.16
46.79	Ioannis	KYRIAKOU	27.02.98	4	Lefkoscia	25.03.16
46.34		KYRIAKOU		6	Lefkoscia	18.06.16
46.19	Christoforos	GENETHLI	19.02.98	7	Lefkoscia	18.06.16
45.39	Mathew	BEATTY	11.03.98	5	Lefkoscia	14.05.16
44.30		BEATTY		5	Lefkoscia	25.03.16
44.20		BEATTY		8	Lefkoscia	18.06.16

JAVELIN THROW

68.51	Michalis	KAKOTAS	07.05.92	1	Lefkoscia	15.05.16
65.42		KAKOTAS		4	Chania	04.06.16
64.96		KAKOTAS		1	Lefkoscia	19.06.16
63.25		KAKOTAS		6	Kalamata	28.05.16
59.25	Andreas	CHRISTODOULOU	26.10.95	Dec.	Tallahassee,FL/USA	14.05.16
58.14		CHRISTODOULOU		1	Coral Gables,FL/USA	18.03.16
58.03		CHRISTODOULOU		9	Tallahassee,FL/USA	15.05.16
57.21		CHRISTODOULOU		15	Gainesville,FL/USA	31.03.16
57.08	Lorenzo-Theodoro	ENGLISH	10.08.98	2	Lefkoscia	19.06.16
56.99		ENGLISH		2	Lefkoscia	15.05.16
56.28		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	09.04.16
56.27		ENGLISH		4	Lefkoscia	07.05.16
55.91		ENGLISH		1	Lefkoscia	24.04.16
55.49	Spyros	SAVVA	24.01.00	3	Lefkoscia	19.06.16
54.82	Kyprianos	ANDREOU	02.10.98	2	Lefkoscia	24.04.16
53.91		SAVVA		3	Lefkoscia	24.04.16
53.28	Nikolas	SAVVA	20.01.99	4	Lefkoscia	24.04.16
52.61		ANDREOU		4	Lefkoscia	19.06.16
51.33		SAVVA		3	Lefkoscia	15.05.16
51.24	Konstantinos	STAVROU	20.05.89	5	Lefkoscia	19.06.16

YEAR LISTS 2016 / MEN

51.06	Dimitris	KONSTANTINOU	27.02.96	Dec.	Lefkosia	22.05.16
49.99		KONSTANTINOU		4	Lefkosia	15.05.16

HAMMER THROW

73.61	Konstantinos	STATHELAKOS	30.12.87	1	Lefkosia	19.06.16
72.20		STATHELAKOS		2	Tripoli	29.05.16
71.12		STATHELAKOS		1	Lefkosia	25.03.16
70.25		STATHELAKOS		2	Athina	04.06.16
70.20		STATHELAKOS		22	Amsterdam	08.07.16
70.08	Alexandros	POURSANIDIS	23.01.93	2	Gainesville,FL/USA	01.04.16
69.63		STATHELAKOS		7	Nikiti	12.04.16
68.83		POURSANIDIS		9	Eugene,OR/USA	08.06.16
68.81		STATHELAKOS		3	Thessaloniki	14.05.16
68.80		POURSANIDIS		1	Atlanta,GA/USA	25.03.16
68.68		POURSANIDIS		2	Tuscaloosa,AL/USA	12.05.16
68.52		POURSANIDIS		6	Charlottesville,VA/USA	23.04.16
67.78		POURSANIDIS		1	Athens,GA/USA	08.04.16
67.35		POURSANIDIS		7q	Jacksonville,FL/USA	26.05.16
66.97		STATHELAKOS		7	Dakar	25.05.16
66.40		POURSANIDIS		2	Athens,GA/USA	18.03.16
59.50	Stylianos	KAZAKEOS	07.03.94	1	Lefkosia	15.05.16
58.12		KAZAKEOS		2	Lefkosia	25.03.16
57.17	Petros	SOFIANOS	15.03.82	2	Lefkosia	15.05.16
56.62		KAZAKEOS		2	Lefkosia	19.06.16
56.23		SOFIANOS		3	Lefkosia	19.06.16
55.01	Christoforos	GENETHLI	19.02.98	4	Lefkosia	19.06.16
49.24	Kyriakos	KESIDIS	06.03.99	5	Lefkosia	19.06.16
48.81	Chrysostomos	PSILOGENIS	31.01.98	3	Lefkosia	15.05.16
48.56	Petros	MITSIDES	12.12.77	Thr. Pent.	Perth/AUS	06.11.16
48.24		PSILOGENIS		3	Lefkosia	25.03.16
45.92	Pavlos	KITROMILIDIS	09.09.15	4	Lefkosia	15.05.16
45.04		KITROMILIDIS		6	Lefkosia	19.06.16
45.00	Nikolas	KESSIDIS	11.02.01	7	Lefkosia	19.06.16

DECATHLON

7334p.	Andreas	CHRISTODOULOU	26.10.95	1	Tallahassee,FL/USA	13-14.05.16
						(10.94(0.9)-7.19(0.8)-12.20-1.80-50.45-14.68(0.1)-38.03-4.30-59.25-4.50(0.4))
7060p.		CHRISTODOULOU		1	Coral Gables,FL/USA	08-09.04.16
						(11.13(1.3)-7.05(0.0)-11.29-1.86-51.25-14.74(2.6)-34.52-4.20-56.28-4.51(1.9))
6061p.	Dimitris	ALAMBRITIS	26.05.91	1	Athina	26-27.04.16
						(11.35-6.42-10.68-1.93-54.13-15.50-32.35-3.70-38.28)
5686p.		ALAMBRITIS		10	Serres	04-05.06.16
						(11.99-5.97-10.01-1.92-53.54-16.31-31.41-3.40-38.46-5.05(75))
5635p.	Dimitris	CONSTANTINOU	27.02.96	1	Lefkosia	21-22.05.16
						(11.31(-0.4)---13.78-1.80-54.51-16.70(0.8)-39.31-3.70-51.06-5.22(87))
5356p.	Christos	PAPADOPOULOS	31.03.97	2	Lefkosia	21-22.05.16
5093p.	Georgios	KANARI	04.10.00	3	Lefkosia	21-22.05.16
4226p.	Vasilis	YIAGKOU	10.03.98	4	Lefkosia	21-22.05.16
4157p.	Menelaos	STIGGAS	20.03.99	5	Lefkosia	21-22.05.16
3818p.	Daniel	IOANNOU	12.05.99	6	Lefkosia	21-22.05.16

RELAY 4 X 100M.

42.35	G.S.Evagoras Club Team Men			1	Lefkosia	18.06.16
	(Chatzitheori A.-Avgoustinou S.-Harpas S.-Michael A.)					
42.95	G.S.Pancypria Club Team Junior Men			1	Lefkosia	23.04.16
	(Gkagkos M.-Christodoulou Al.-Ioannou M.-Herodotou A.)					

43.14	G.S.Pancypria Club Team Men (Herodotou A.-Andreou M.-Ioannou M.-Christodoulou Al.)	1	Lefkosia	14.05.16
43.35	G.S.Pancypria Club Team Men (Christodoulou Al.-Andreou M.-Gkagkos M.-Ioannou F)	2	Lefkosia	18.06.16
43.38	National Team Junior Men (Sevastou A.-Avgoustinou S.-Ioannou M.-Ioannou F)	5	Lefkosia	07.05.16
43.40	G.S.Praxandros Club Team Men (Anastasiou S.-Antoniou I.-Kyriakides Kr.-Antoniou K.)	2	Lefkosia	14.05.16
43.47	National Team Boys U18 (Ioannou M.-Televantos E.-Efstathiou K.-Sevastou A.)	2	Lefkosia	27.07.16
43.66	G.S.Olympia Club Team Men (Lmbrianou D.-Ehstathiou K.-Papadopoulos C.-Dimitriadis P)	3	Lefkosia	18.06.16

RELAY 4 X 400M.

3.17.16	G.S.Pancypria Club Team Men (Christou C.-Christoforou A.-Michara-Gacumi A.-Dimitriou C.)	1	Lefkosia	19.06.16
3.20.41	G.S.Olympia Club Team Men (Georgiou N.-Adamou E.-Christou K.-Chrysostomou M.)	2	Lefkosia	19.06.16
3.20.78	G.S.Evagoras Club Team Men (Avraam G.-Diop I.-Siantonas S.-Chatzitheori C.)	3	Lefkosia	19.06.16
3.25.08	G.S.Praxandros Club Team Men (Anastasiou S.-Menelaou R.-Kyriakides Kr.-Antoniou K.)	4	Lefkosia	19.06.16
3.27.23	G.S.Olympia Club Team Men (Elia E.-Chrysostomou M.-Zachariou C.-Adamou E.)	1	Lefkosia	15.05.16
3.27.32	G.S.Zenon Club Team Junior Men (Vasiliou A.-Panteli S.-Michael C.-Loizou D.)	1	Lefkosia	24.04.16
3.27.99	G.S.Olympia Club Team Junior Men (Stavrou K.-Zachariou Al.-Zorbas Al.-Dimitriadis P)	2	Lefkosia	24.04.16
3.29.20	Team of Lanitio High School Lemesos	1	Lefkosia	05.04.16



The last event in the Championships was 4X400 Relay. The G.S.Pancypria Team won with G.S. Olympia runners up and G.S. Evagorou in the third place



Προπληρωμένη κάρτα για έφηβους 12-18 χρονών

- Χρήση ανάλογα με το διαθέσιμο υπόλοιπο
- Συμμετοχή στο εκπαιδευτικό σχέδιο «Υολο»
- Χρήση για αγορές από το διαδίκτυο με απόλυτη ασφάλεια
- Εκδίδεται μόνο με τη συγκατάθεση των γονέων/κηδεμόνων οι οποίοι καταθέτουν το ποσό που οι ίδιοι επιθυμούν

Τεχνολογία Contactless

Δυνατότητα σύνδεσης με **coop paysticker** για εύκολες, γρήγορες και ασφαλείς συναλλαγές

Ζητήστε πληροφορίες **σήμερα** σε ένα από τα **250 καταστήματα του Συνεργατισμού.**



YEAR LISTS 2016 / WOMEN

11.25/1.3	Ramona	PAPAIOANNOU	15.06.89	1	Lefkosia	18.06.16
11.36/-0.5		PAPAIOANNOU		2h1	Amsterdam	07.07.16
11.52/-0.4		PAPAIOANNOU		1	Argos Orestiko	11.06.16
11.55/-1.0		PAPAIOANNOU		4S1	Amsterdam	08.07.16
11.58/1.4	Olivia	FOTOPOULOU	20.12.96	8	Baton Rouge,La/USA	09.04.16
11.60/0.7		FOTOPOULOU		5h1	Jacksonville,FL/USA	26.05.16
11.61/-0.3		PAPAIOANNOU		6h4	Rio	12.06.16
11.65/1.3	O.	FOTOPOULOU		2	Lefkosia	18.06.16
11.66/1.8		PAPAIOANNOU		2	Pretoria	06.02.16
11.70/-0.3		PAPAIOANNOU		1	Lefkosia	14.05.16
11.71/-0.4		FOTOPOULOU		2	Argos Orestiko	11.06.16
11.74/1.3	Filippa	FOTOPOULOU	20.12.96	3	Lefkosia	18.06.16
11.76/0.4		FOTOPOULOU		19	Tuscaloosa,AL/USA	13.05.16
11.76/-0.3		FOTOPOULOU		23	Jacksonville,FL/USA	27.05.16
11.79/1.6	O.	FOTOPOULOU		4	Auburn,AL/USA	23.04.16
11.83/0.0	O.	FOTOPOULOU		9q	Auburn,AL/USA	23.04.16
12.04/1.3	Maria	ANTONIOU	27.11.00	4	Lefkosia	18.06.16
12.12/0.8		ANTONIOU		2	Lefkosia	07.05.16
12.13/-0.4	Marianna	PISIARA	10.05.97	1	Lefkosia	23.04.16
12.13/-0.4		ANTONIOU		2	Lefkosia	23.04.16
12.17/1.3	Despoina	ROUSOU	04.02.99	5	Lefkosia	18.06.16
12.08/-0.1		ROUSOU		1h3	Krusevac/SRB	02.07.16
12.18/0.1		ANTONIOU		3	Trabzon	12.07.16
12.19/1.3	Eirini	GEORGIOU	16.12.90	6	Lefkosia	18.06.16
12.20/-0.3	O.	FOTOPOULOU		5	Tallahassee,FL/USA	25.03.16
12.20/1.3		PISIARA		7	Lefkosia	18.06.16
12.22/1.8		ANTONIOU		2h2	Trabzon	12.07.16
12.28/-0.3		ANTONIOU		2	Lefkosia	14.05.16
12.28/1.1		GEORGIOU		8	Chania	04.06.16
12.28/1.3	Georgia	KONTONIKOLA	14.06.98	8	Lefkosia	18.06.16
12.31/0.3		KONTONIKOLA		2	Patra	10.05.16
12.32/-0.4		KONTONIKOLA		3	Lefkosia	23.04.16
12.35		KONTONIKOLA		6	Marsa/MLT	11.06.16
12.37/2.5	Sanda	COLOMEITEVA	13.06.00	0.6	Lefkosia	27.07.16
12.38/0.2		KONTONIKOLA		1h2	Patra	10.05.16
12.39/0.1		KONTONIKOLA		1	Lefkosia	05.04.16
12.39/1.7		KONTONIKOLA		0.6	Lefkosia	07.05.16
Wind assisted						
11.52/3.3	Olivia	FOTOPOULOU	20.12.96	17	Gainesville,FL/USA	01.04.16
11.62/4.9		FOTOPOULOU		15	Baton Rouge,La/USA	30.04.16
12.00/2.9	Filippa	FOTOPOULOU	20.12.96	16	Baton Rouge,La/USA	09.04.16



The woman athlete of the year Ramona Papaioannou winning the 100m. in the Championships

200M.

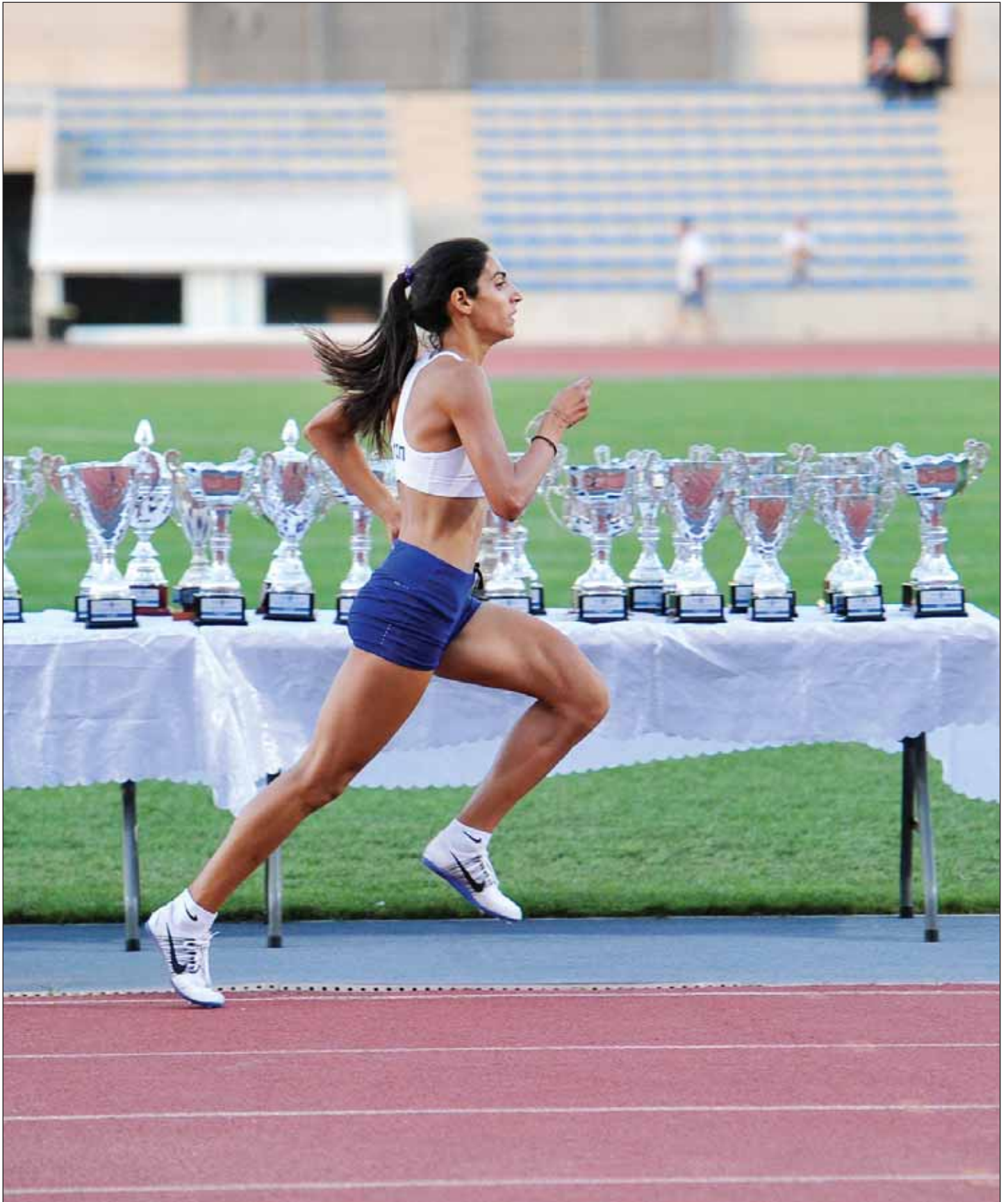
23.10/0.0	Ramona	PAPAIOANNOU	15.06.89	4h6	Rio	15.08.16
23.19/0.0	Eleni	ARTYMATA	16.05.86	1	Prague	02.06.16
23.24/0.8		PAPAIOANNOU		1	Lefkosia	19.06.16
23.27/0.1		ARTYMATA		5h8	Rio	15.08.16
23.28/0.0		ARTYMATA		1	Argos Orestiko	11.06.16
23.46/0.9		ARTYMATA		3h1	Amsterdam	06.07.16
23.50/-1.4		ARTYMATA		1	Lefkosia	14.05.16
23.58/1.3		ARTYMATA		8S3	Amsterdam	07.07.16
23.83/0.1		ARTYMATA		1	Chania	21.05.16
24.26/2.0	Olivia	FOTOPOULOU	20.12.96	19	Baton Rouge,La/USA	09.04.16
24.28(i)		FOTOPOULOU		2h4	Albuquerque,NM/USA	05.02.16
24.40(i)		FOTOPOULOU		4h1	Nashville,TN/USA	15.01.16
24.45(i)		FOTOPOULOU		36	Fayetteville,AR/USA	13.02.16
24.45/1.1		FOTOPOULOU		12	Auburn,AL/USA	23.04.16
24.50/0.8		FOTOPOULOU		2	Lefkosia	19.06.16
24.54(i)		FOTOPOULOU		27	Fayetteville,AR/USA	27.02.16
24.71(i)		FOTOPOULOU		7	Bloomington,IN/USA	29.01.16
24.71/2.0		FOTOPOULOU		32	Baton Rouge,La/USA	30.04.16
24.85/-0.6	Maria	ANTONIOU	27.11.00	1	Lefkosia	05.04.16
24.87(i)		FOTOPOULOU		32	Birmingham,AL/USA	22.01.16
24.87/-0.1		FOTOPOULOU		5	Taahassee,FL/USA	26.03.16
24.89/1.9	Kalliopi	KOUNTOURI	07.07.97	6	Muncie,IN/USA	16.04.16
25.01/0.1		ANTONIOU		1h1	Patra	10.05.16
25.06/0.8	Christiana	KATSARI	14.05.87	3	Lefkosia	19.06.16
25.10/-0.2		ANTONIOU		2	Patra	10.05.16
25.12/1.9		ANTONIOU		1	Lefkosia	24.04.16
25.18/0.9		ANTONIOU		3	Trabzon	17.07.16
25.22/0.0		ANTONIOU		2h1	Trabzon	17.07.16
25.23/1.9	Marianna	PISIARA	10.05.97	2	Lefkosia	24.04.16
25.27/0.8		KOUNTOURI		5	Lefkosia	19.06.16
25.28/0.1		KATSARI		1	Lemosos	14.04.16
25.28/-0.3		KOUNTOURI		4	Bloomigton,IN/USA	06.05.16



Christiana Katsari run under 55.00 in the 400m.

YEAR LISTS 2016 / WOMEN

25.31/0.8		PISIARA		6	Lefkosia	19.06.16
25.37/1.9	Eleana	KALOGEROU		3	Lefkosia	24.04.16
Wind assisted						
25.00/3.0	Sanda	COLOMEITEVA	13.06.00	1	Lefkosia	28.07.16
400M.						
54.99	Christiana	KATSARI	14.05.87	1	Lefkosia	18.06.16
55.14	Kalliopi	KOUNTOURI	07.07.92	1	Bloomington,IN/USA	06.05.16
55.35		KATSARI		1	Patra	13.07.16
55.60		KATSARI		10	Pitesti/ROU	25.06.16
55.79		KATSARI		5	Marsa/MLT	11.06.16
55.92		KOUNTOURI		6	Marsa/MLT	11.06.16
56.00		KOUNTOURI		2	Lefkosia	18.06.16
56.17		KATSARI		4	Chania	21.05.16
56.24(i)		KOUNTOURI		13	Akron,OH/USA	26.02.16
56.27		KOUNTOURI		1	Muncie,IN/USA	16.04.16
56.36(i)		KATSARI		5 o.c	Piraeus	13.02.16
56.43(i)		KOUNTOURI		13	Nashville,TN/USA	13.02.16
56.48		KOUNTOURI		9	Columbus,OH/USA	22.04.16
56.50(i)		KATSARI		2	Piraeus	30.01.16
56.50		KOUNTOURI		10	Nashville,TN/USA	26.03.16
56.51		KOUNTOURI		11q	Toledo,OH/USA	13.05.16
56.54(i)		KATSARI		2h1 o.c	Piraeus	13.02.16
56.61		KOUNTOURI		4	Bowling Green,KY/USA	09.04.16
56.79	Rafaella	DIMITRIOU	12.08.93	3	Patra	13.07.16
56.89		DIMITRIOU		3	Lefkosia	18.06.16
57.19(i)		KOUNTOURI		41	South Bend,IN/USA	06.02.16
57.34	Kalypso	STAVROU	08.07.98	4	Lefkosia	18.06.16
57.43		DIMITRIOU		1	Thiva	20.07.16
57.46		DIMITRIOU		5	Chania	04.06.16
57.55	Sofia	MICHAEL	15.05.96	5	Lefkosia	18.06.16
57.63		MICHAEL		3	Argos Orestiko	11.06.16
57.70(i)		KOUNTOURI		13	Lexington,KY/USA	16.01.16
57.73	Irida	THEODOSIOU	29.03.99	6	Lefkosia	18.06.16
57.80		MICHAEL		1	Lefkosia	14.05.16
57.90		KOUNTOURI		6	Ohio/USA	19.02.16
57.98	Sanda	COLOMEITEVA	13.06.00	7	Lefkosia	18.06.16
58.00		DIMITRIOU		7	Chania	21.05.16
58.31		DIMITRIOU		1	Athina	11.06.16
58.44		THEODOSIOU		2h1	Trabzon	14.07.16
58.58		KOUNTOURI		2	Oxford,OH/USA	02.04.16
58.67	Eleana	KALOGEROU	03.12.99	1	Lefkosia	23.04.16
58.73		THEODOSIOU		5	Trabzon	14.07.16
58.82(i)		DIMITRIOU		1h6	Piraeus	13.02.16
58.83		KALOGEROU		1	Larnaca	21.07.16
58.92		KALOGEROU		1	Lefkosia	27.07.16
59.11		KOUNTOURI		8h1	Bydgoszcz/POL	19.07.16
59.17		THEODOSIOU		2	Larnaca	21.07.16
59.19		THEODOSIOU		1	Lefkosia	05.04.16
59.30		KALOGEROU		4	Lefkosia	07.05.16
59.36		THEODOSIOU		2	Patra	10.05.16
59.41		THEODOSIOU		2	Lefkosia	23.04.16
59.43(i)		DIMITRIOU		8	Piraeus	30.01.16
59.61		KALOGEROU		8	Lefkosia	18.06.16
60.34		THEODOSIOU		3h2	Patra	10.05.16
60.64	Adamantia	ANAXAGOROU	23.01.98	2	Lefkosia	05.04.16



The middle distance champion Natalia Evangelidou run records in 800m. 2.02.10 and 1.500m. 4.11.28

YEAR LISTS 2016 / WOMEN

Hand timing

58.00	Irida	THEODOSIOU	29.03.99	1	Lemesos	11.03.16
59.20	Adamantia	ANAXAGOROU	23.01.98	2	Lemesos	11.03.16

800M.

2.02.10	Natalia	EVANGELIDOU	10.03.91	6	Oordegem/BEL	28.05.16
2.03.33		EVANGELIDOU		6	Soteville	18.07.16
2.03.38		EVANGELIDOU		6	Oordegem/BEL	04.06.16
2.03.44		EVANGELIDOU		1ex.Race	Lefkosia	14.05.16
2.03.64		EVANGELIDOU		1	Larnaca	01.07.16
2.03.99		EVANGELIDOU		8S3	Amsterdam	07.07.16
2.05.73		EVANGELIDOU		3h2	Amsterdam	06.07.16
2.06.18		EVANGELIDOU		2	Schiffenge/LUX	31.07.16
2.07.47		EVANGELIDOU		3	Marsa/MLT	11.06.16
2.10.88	Meropi	PANAGIOTOU	01.12.94	11	Baton Rouge LA/USA	09.04.16
2.11.47		EVANGELIDOU		1	Lefkosia	19.06.16
2.13.15(i)		PANAGIOTOU		6	Nashville TN/USA	16.01.16
2.13.63		PANAGIOTOU		6	Auburn AL/USA	23.04.16
2.14.73(i)		PANAGIOTOU		15	Birmingham AL/USA	23.01.16
2.17.49(i)	Paraskevoula	THRASYVOULOU	21.02.94	7	Piraeus	14.02.16
2.17.50	Christina	PETRI	06.07.00	1	Lefkosia	28.07.16
2.17.81		PETRI		3 ex.Race	Lefkosia	14.05.16
2.17.95		THRASYVOULOU		2	Lefkosia	19.06.16
2.18.00		THRASYVOULOU		4	Larisa	31.07.16
2.18.13		THRASYVOULOU		1	Athina	11.06.16
2.18.51		PETRI		2	Larnaca	01.07.16
2.18.69	Maria	PAPANASTASIOU	30.10.94	3	Lefkosia	19.06.16
2.19.17	Fibi	MALA	24.09.00	3	Larnaca	01.07.16
2.20.14		PETRI		1	Larnaca	22.07.16
2.20.20		THRASYVOULOU		2	Athina	05.06.16
2.20.87		PAPANASTASIOU		7 o.c	Larisa	31.07.16
2.20.95		THRASYVOULOU		6	Thiva	20.07.16
2.21.09		THRASYVOULOU		1	Lefkosia	15.05.16
2.21.26		MALA		3 ex.race	Lefkosia	14.05.16
2.21.76		MALA		4	Lefkosia	19.06.16
2.22.28		MALA		2	Larnaca	22.07.16
2.22.38		PAPANASTASIOU		2	Lefkosia	15.05.16
2.22.41(i)		THRASYVOULOU		4	Piraeus	30.01.16
2.23.16	Konstantina	ADAMOU	01.06.99	1	Lefkosia	24.04.16
2.23.33		MALA		2	Lefkosia	24.04.16
2.23.81	Maria	VLACHOVA	16.12.99	3	Lefkosia	24.04.16
2.24.0	Agni	ALEXANDROU				

Hand timing

2.22.4	Maria	PAPANASTASIOU	30.10.94	1	Lemesos	01.04.16
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1500M.

4.11.28	Natalia	EVANGELIDOU	10.03.91	2	Leuven/BEL	30.07.16
4.21.69	Meropi	PANAGIOTOU	01.12.94	2	Auburn,AL/USA	22.04.16
4.22.62		EVANGELIDOU		1	Lefkosia	18.06.16
4.24.12		PANAGIOTOU		8q	Tuscaloosa AL/USA	13.05.16
4.24.64		PANAGIOTOU		3	Baton Rouge LA/USA	30.04.16

YEAR LISTS 2016 / WOMEN

4.24.75		PANAGIOTOU		4	Tuscaloosa AL/USA	19.03.16
4.27.27		PANAGIOTOU		4	Baton Rouge LA/USA	09.04.16
4.30.21		PANAGIOTOU		4	Tuscaloosa AL/USA	14.05.16
4.34.04		PANAGIOTOU		43	Lawrence,KS/USA	26.05.16
4.38.23		PANAGIOTOU		2	Lefkosia	18.06.16
4.46.00	Christina	PETRI	06.07.00	1	Lefkosia	07.05.16
4.46.87		PETRI		2	Patra	10.05.16
4.49.33	Paraskevoula	THRASYVOULOU	21.02.94	4	Patra	13.07.16
4.51.41		THRASYVOULOU		1	Lefkosia	14.05.16
4.53.22	Konstantina	ADAMOU	01.06.99	2	Lefkosia	14.05.16
4.53.84	Maria	PAPANASTASIOU	30.10.94	3	Lefkosia	14.05.16
4.54.37		PETRI		1	Lefkosia	23.04.16
4.55.06		PAPANASTASIOU		3	Lefkosia	18.06.16
4.57.36		PETRI		1	Larnaca	21.07.16
4.57.76		PETRI		1	Lefkosia	27.07.16
4.58.66		THRASYVOULOU		4	Lefkosia	18.06.16
4.59.31		PETRI		8	Trabzon	17.07.16
4.59.46	Ventsislava	DIMITROVA	13.12.98	5	Lefkosia	18.06.16
4.59.90		ADAMOU		2	Larnaca	21.07.16
5.00.24		ADAMOU		2	Lefkosia	23.04.16
5.04.32		PETRI		1	Lefkosia	05.04.16
5.04.63	Anastasia	SAVVA	23.07.99	2	Lefkosia	27.07.16
5.06.04	Christina	IOANNOU	06.06.00	3	Lefkosia	23.04.16

3000M.						
9.58.32(i)	Elpida	CHRISTODOULIDOU	20.11.86	1 o.c	Piraeus	14.02.16
10.11.90	Meropi	PANAGIOTOU	01.12.94	2	Marsa/MLT	11.06.16
10.51.30(i)	Chrystalla	HADJIPOLYDOROU	21.04.93	10 o.c	Piraeus	14.02.16
10.56.18	Ventsislava	DIMITROVA	13.12.98	3	Patra	10.05.16
11.04.62	Konstantina	ADAMOU	01.06.99	2	Lefkosia	05.04.16
11.17.0		ADAMOU		2	Lefkosia	11.03.16
11.24.85		ADAMOU		1	Larnaca	22.07.16
11.29.15		ADAMOU		3	Lefkosia	28.07.16
11.29.59	Christina	IOANNOU	06.06.00	2	Larnaca	22.07.16
11.35.08	Terpsia	DIOMIDOUS	25.06.99	3	Larnaca	22.07.16
11.39.08		DIOMIDOUS		4	Lefkosia	05.04.16
11.56.07		IOANNOU		4	Lefkosia	28.07.16
12.03.7	Despina	PANAGIOTOU	01.07.00	3	Lefkosia	11.03.16
12.07.9		DIOMIDOUS		1	Larnaca	08.03.16
12.07.2	Angeliki	GREGORIOU	22.12.00	4	Lefkosia	11.03.16

Expatriate						
11.32.40	Natasha	BARKMAN/AUS	27.02.98	3	Lefkosia	05.04.16
12.16.62	Zozan	TIMOURTOURKAN/TUR	27.05.99	4	Larnaca	22.07.16

5000M.						
16.31.06	Meropi	PANAGIOTOU	01.12.94	17h3	Stanford,CA/USA	01.04.16
17.44.31		PANAGIOTOU		1	Lefkosia	19.06.16
18.26.02	Chrystalla	HADJIPOLYDOROU	21.04.93	2	Lefkosia	19.06.16
18.35.60	Panagiota	HAPOUPI	08.07.87	3	Lefkosia	19.06.16
19.07.79	Rodama	LAGONIDOU	02.04.95	5	Lefkosia	19.06.16
20.16.05	Ventsislava	DIMITROVA	13.12.98	1	Lefkosia	24.04.16
20.22.39	Stavroulla	THRASYVOULOU	06.04.91	6	Lefkosia	19.06.16
20.33.40	Terpsia	DIOMIDOUS	25.06.99	2	Lefkosia	24.04.16
21.09.57	Anna	SOFOKLEOUS	19.01.99	3	Lefkosia	24.04.16
21.11.88		SOFOKLEOUS		1	Lefkosia	15.05.16

YEAR LISTS 2016 / WOMEN

21.38.87	Maria	TZIAPOURA	06.11.87	2	Lefkosia	15.05.16
21.43.90	Christina	CHIOTI	15.05.90	3	Lefkosia	15.05.16

Expatriate

18.48.82	Zarina	MENTAYIEVA/KAZ	10.09.92	4	Lefkosia	19.06.16
21.36.35	Zozan	TIMOURTOURKAN/TUR	27.05.99	4	Lefkosia	24.04.16

10000M.

38.35.90	Chrystalla	HADJIPOLYDOROU	21.04.93	1	Lefkosia	21.05.16
38.51.96	Panagiota	HAPOUPI	08.07.87	3	Lefkosia	21.05.16
42.07.93	Ioulia	ANDREOU	04.01.77	5	Lefkosia	21.05.16
45.06.97	Nikoletta	HADJIPOLYDOROU	25.09.95	6	Lefkosia	21.05.16
45.27.61	Maria	PAPANASTASIOU	30.10.94	7	Lefkosia	21.05.16
46.33.97	Christina	CHIOTI	15.05.90	8	Lefkosia	21.05.16
38.40.86	Zarina	MENTAYIEVA/KAZ	10.09.92	2	Lefkosia	21.05.16
40.09.91	Dagmara	HANDZLIK/POL	20.02.86	4	Lefkosia	21.05.16

HALF MARATHON

1.25.53	Panagiota	HAPOUPI	08.07.87	8	Pervolia	31.01.16
1.30.32	Marilena	SOFOKLEOUS	30.10.86	1	Lefkosia	06.03.16
1.30.32	Gavriella	SOFOKLEOUS	30.10.86	1	Lefkosia	06.03.16
1.32.39	Ioulia	ANDREOU	04.01.77	26	Pervolia	31.01.16
1.35.33		ANDREOU		3	Lefkosia	06.03.16
1.36.26	Stavri	PERIKLEOUS	25.06.89	4	Lefkosia	06.03.16
1.37.33	Eirini	LOULLI	02.01.95	20	Athens	20.03.16
1.38.42		PERIKLEOUS		47	Pervolia	31.01.16
1.38.45	Stavroulla	THRASYVOULOU	06.04.91	5	Lefkosia	06.03.16
1.40.10		THRASYVOULOU		52	Pervolia	31.01.16
1.40.31	Pola	HADJIPAPA	16.08.63	54	Pervolia	31.01.16

MARATHON

3.08.38	Panagiota	HAPOUPI	08.07.87	37	Valencia/ESP	20.11.16
3.28.40	Ioulia	ANDREOU	04.01.77	41	Athina	13.11.16
3.41.06	Pola	HADJIPAPA	16.08.63	1	Lemosos	10.04.16
3.57.22	Sylvia	CONSTANTINIDOU	11.11.65	2	Lemosos	10.04.16
4.06.03	Christina	CHIOTI	15.05.90	3	Lemosos	10.04.16
4.06.46		CONSTANTINIDOU		367	Athina	13.11.16
4.11.46	Nagia	MODESTOU	1980	453	Athina	13.11.16
4.12.35	Christiana	ANDREOU-KOUSIERI	1976	469	Athina	13.11.16
4.15.57	Ioanna	FYSENTZOU	1981	516	Athina	13.11.16

100M.H.

13.91/1.3	Natalia	CHRISTOFI	10.02.97	2	Kalamata	28.05.16
13.92/1.7		CHRISTOFI		1	Lefkosia	18.06.16
14.06/1.7	Angeliki	ATHANASOPOULOU	01.03.93	2	Lefkosia	18.06.16
14.07/nw		CHRISTOFI		1	Marsa/MLT	11.06.16
14.08/-0.1		CHRISTOFI		1	Lefkosia	14.05.16
14.09/-0.3		CHRISTOFI		1	Larnaca	01.07.16
14.18/1.3	Dafni	GEORGIU	18.08.99	3	Kalamata	28.05.16
14.20/1.7		GEORGIU		3	Lefkosia	18.06.16
14.27/0.2	Dimitra	ARACHOVITI	18.07.87	4	Athina	08.06.16
14.36/-0.1		GEORGIU		2	Lefkosia	14.05.16
14.39/-0.8		GEORGIU		3	Chania	21.05.16
14.56/-0.1		ATHANASOPOULOU		3	Lefkosia	14.05.16
15.65/-0.1	Zoe	STAVROU	03.02.94	Hep.	Lefkosia	21.05.16
15.84/1.7	Evelina	CHRISTOU	29.02.00	4	Lefkosia	18.06.16
16.07/-0.1		CHRISTOU		4	Lefkosia	14.05.16
16.37/1.7	Evridiki	IOANNIDOU	22.03.00	5	Lefkosia	18.06.16
16.39/-0.1	Rafailia	IOANNOU	12.09.92	Hep.	Lefkosia	21.05.16

Wind assisted

14.31/2.2	Natalia	CHRISTOFI	10.02.97	1	Lefkosia	23.04.16
14.45/2.2	Dafni	GEORGIU	18.08.99	2	Lefkosia	23.04.16



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The promising hurdlers Natalia Christofi (473), Dafni Georgiou (616) and Angeliki Athanasopoulou (253) under starter's orders

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Kalypso Stavrou led the list of 400m. hurdles



Chrystalla Hadjipolydorou in 3000m. steeplechase

YEAR LISTS 2016 / WOMEN

400M.H.

63.14	Kalypso	STAVROU	08.07.98	2	Patra	10.05.16
63.34		STAVROU		1	Lefkosia	19.06.16
63.94		STAVROU		1	Lefkosia	24.04.16
64.00	Irida	THEODOSIOU	29.03.99	1	Lefkosia	27.07.16
64.30		THEODOSIOU		1	Larnaca	22.07.16
64.45		THEODOSIOU		2	Lefkosia	24.04.16
64.60		STAVROU		3	Lefkosia	07.05.16
65.34		STAVROU		1	Lefkosia	05.04.16
65.48	Adamantia	ANAXAGOROU	23.01.98	2	Lefkosia	19.06.16
66.14		STAVROU		1h2	Patra	10.05.16
66.20		THEODOSIOU		1	Lefkosia	15.05.16
68.54		ANAXAGOROU		3	Lefkosia	24.04.16
70.31	Ioanna	PETROU	07.01.99	2	Larnaca	22.07.16
70.76		PETROU		3	Lefkosia	19.06.16
70.83	Lefki	LAZAROU	03.06.00	4	Lefkosia	19.06.16
70.84		PETROU		4	Lefkosia	24.04.16
70.87	Georgia	MATOLI	13.06.03	3	Larnaca	22.07.16
71.07		LAZAROU		4	Larnaca	22.07.16
71.32	Chrystalla	LAZAROU	25.05.98	2	Lefkosia	05.04.16
72.23	L.	LAZAROU		3	Lefkosia	05.04.16
73.39	L.	LAZAROU		2	Lefkosia	15.05.16
73.77		MATOLI		4	Lefkosia	27.07.16
74.45	Evridiki	IOANNIDOU	22.03.00	5	Larnaca	22.07.16

Hand Timing

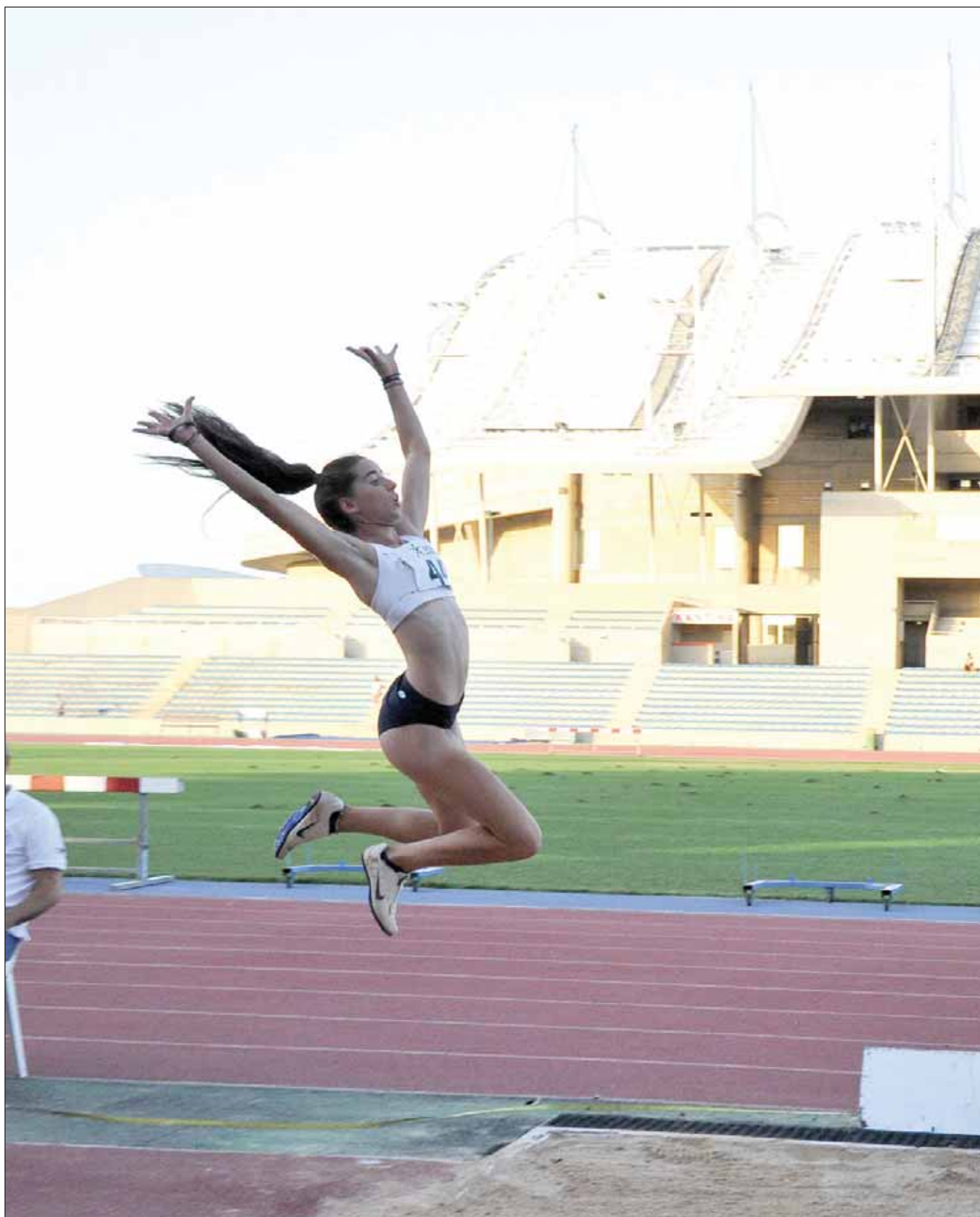
64.8	Kalypso	STAVROU	08.07.98	1	Lemesos	11.03.16
72.6	Chrystalla	LAZAROU	25.05.98	1	Paphos	09.03.16

3000M. STEEPLE

11.04.99	Chrystalla	HADJIPOLYDOROU	21.04.93	2	Lefkosia	18.06.16
11.14.39		HADJIPOLYDOROU		2	Lefkosia	14.05.16
11.56.48	Ioanna	PETROU	07.01.99	1	Lefkosia	23.04.16
12.06.69	Stavroulla	THRASYVOULOU	06.04.91	3	Lefkosia	14.05.16
12.10.39		THRASYVOULOU		3	Lefkosia	14.05.16
12.55.82		PETROU		4	Lefkosia	18.06.16
14.03.48	Dimitra	THEOCHAROUS	07.07.98	4	Lefkosia	23.04.16
14.06.95	Andria	MANTARINI	26.06.99	5	Lefkosia	23.04.16

Expatriate

11.03.74	Zarina	MENTAYEVA/KAZ	10.09.92	1	Lefkosia	18.06.16
12.42.52	Natasha	BARKMAN/AUS	27.02.98	2	Lefkosia	23.04.16
13.27.24	Zozan	TIMOURTOURKAN/TUR	27.05.99	5	Lefkosia	18.06.16



A student of Alabama University, Filipa Fotopoulou, long jumped 6.45

YEAR LISTS 2016 / WOMEN

LONG JUMP

6.59/-0.3	Nektaria	PANAGI	20.03.90	1	Argos Orestiko	11.06.16
6.59/0.0		PANAGI		1	Lefkosia	19.06.16
6.51/0.6		PANAGI		1	Larnaca	01.07.16
6.49/1.8		PANAGI		1	Pitesti/ROU	26.06.16
6.46/1.8		PANAGI		1	Chania	04.06.16
6.45/1.4	Filippa	FOTOPOULOU	20.12.96	2	Pitesti/ROU	26.06.16
6.44/0.6		FOTOPOULOU		2	Lefkosia	19.06.16
6.42/0.4		PANAGI		2	Athina	08.06.16
6.40/0.4		PANAGI		3	Chania	21.05.16
6.38/-0.4		PANAGI		1	Lefkosia	14.05.16
6.33/1.2		PANAGI		9Gr. A	Amsterdam	06.07.16
6.15(i)		FOTOPOULOU		2	Bloomington,IN/USA	29.01.16
6.13/0.9		FOTOPOULOU		2	Larnaca	01.07.16
6.10/1.4		FOTOPOULOU		10	Tuscaloosa,AL/USA	13.05.16
6.02/0.3		FOTOPOULOU		2	Gainesville,FL/USA	01.04.16
5.97(i)		FOTOPOULOU		9	Nashville,TL/USA	15.01.16
5.97(i)		FOTOPOULOU		8	Birmingham,AL/USA	23.01.16
5.94/-0.6		FOTOPOULOU		4	Argos Orestiko	11.06.16
5.93/1.1		FOTOPOULOU		9	Auburn,AL/USA	23.04.16
5.93/0.3		FOTOPOULOU		25q	Jacksonville,FL/USA	26.05.16
5.83/1.6		FOTOPOULOU		9	Baton Rouge,LA/USA	30.04.16
5.83/0.0	Electra	PAPACONSTANTINOU	23.12.90	3	Lefkosia	19.06.16
5.79/0.9	Maria	ONISIFOROU	10.02.97	4	Lefkosia	19.06.16
5.78/0.5	Natalia	CHRISTOFI	10.02.97	5	Lefkosia	19.06.16
5.72/1.3		FOTOPOULOU		10	Baton Rouge,LA/USA	09.04.16
5.70/0.0		ONISIFOROU		2	Lefkosia	14.05.16
5.70/1.7		ONISIFOROU		7	Chania	21.05.16
5.65/0.7		ONISIFOROU		8	Kalamata	28.05.16
5.64/1.7		PAPACONSTANTINOU		3	Lefkosia	14.05.16
5.62/0.5		PAPACONSTANTINOU		8	Chania	24.05.16
5.59/0.0		ONISIFOROU		3	Lefkosia	07.05.16
5.57		ONISIFOROU		1	Lemesos	01.04.16
5.56/1.6		ONISIFOROU		1	Lefkosia	23.04.16
5.52/0.0	Zoe	STAVROU	03.02.94	4	Lefkosia	14.05.16
5.45/-0.9		STAVROU		Hep.	Lefkosia	22.05.16
5.45/0.7		ONISIFOROU		3	Larnaca	01.07.16
5.34		PAPACONSTANTINOU		2	Lemesos	01.04.16
5.32	Alexia	MATSAGKOU	20.03.02	1	Lefkosia	18.03.16
5.30/1.2	Theodora	MANOLI	27.04.98	6	Lefkosia	19.06.16
5.29		STAVROU		3	Lemesos	01.04.16

Wind assisted

6.52/6.0	Nektaria	PANAGI	20.03.90	3	Chania	21.05.16
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HIGH JUMP

1.80(i)	Leontia	KALLENOU	05.10.94	3	Birmingham,AL/USA	16.01.16
1.80		KALLENOU		4	Athens GA/USA	09.04.16
1.80		KALLENOU		4	Tuscaloosa AL/USA	14.05.16
1.80		KALLENOU		32	Rio	18.08.16
1.78(i)		KALLENOU		1	Birmingham, AL/USA	12.02.16
1.78(i)		KALLENOU		8	Fayetteville AR/USA	27.02.16
1.77(i)		KALLENOU		4	Birmingham AL/USA	15.01.16
1.77(i)		KALLENOU		8	Lexington,KY/USA	22.01.16
1.76(i)		KALLENOU		1	Fayetteville AR/USA	29.01.16
1.75		KALLENOU		1	Athens,GA/USA	19.03.16
1.75		KALLENOU		1	Athens,GA/USA	30.04.16
1.75		KALLENOU		1	Lefkosia	19.06.16

YEAR LISTS 2016 / WOMEN

1.72	Despoina	CHARALAMBOUS	22.05.00	1	Lefkosia	28.07.16		
1.71		KALLENOU		7	Charlottesville,VA/USA	23.04.16		
1.71		KALLENOU		25q	Jacksonville,FL/USA	27.05.16		
1.70	Sergielena	CONSTANTINOU	23.06.99	1	Larnaca	01.07.16		
1.70		CHARALAMBOUS		1	Larnaca	01.07.16		
1.70		CHARALAMBOUS		1	Larnaca	21.07.16		
1.69(i)		CHARALAMBOUS		3	Piraeus	30.01.16		
1.68		CHARALAMBOUS		2	Patra	10.05.16		
1.68		CHARALAMBOUS		2	Lefkosia	19.06.16		
1.68	Maria	CHRISTODOULOU	26.06.91	3	Lefkosia	19.06.16		
1.68		CONSTANTINOU		2	Lefkosia	28.07.16		
1.65(i)		CHARALAMBOUS		1	Piraeus	30.01.16		
1.65		CONSTANTINOU		1	Pafos	09.03.16		
1.65		CHARALAMBOUS		1	Paralimni	11.03.16		
1.65		CHARALAMBOUS		1	Lefkosia	05.04.16		
1.65		CHARALAMBOUS		3	Lefkosia	07.05.16		
1.65	Styliani	SARANTI	09.12.00	1	Lefkosia	14.05.16		
1.65		CHARALAMBOUS		2	Lefkosia	14.05.16		
1.65		SARANTI		3	Larnaca	01.07.16		
1.64		CHARALAMBOUS		1	Lefkosia	24.04.16		
1.64		SARANTI		4	Lefkosia	19.06.16		
1.64		CONSTANTINOU		4	Lefkosia	19.06.16		
1.64		CONSTANTINOU		2	Larnaca	21.07.16		
1.64	Andrea	ARGYROU	18.09.02	3	Larnaca	21.07.16		
1.63		CHRISTODOULOU		1	Lemesos	01.04.16		
1.61		SARANTI		2	Lefkosia	05.04.16		
1.61		SARANTI		4	Larnaca	21.07.16		
1.60	Afrodite	PANAYI	03.02.98	1	Lefkosia	10.03.16		
1.60		SARANTI		2	Paralimni	11.03.16		
1.60		CHARALAMBOUS		1	Lefkosia	25.03.16		
1.60		SARANTI		2	Lefkosia	25.03.16		
1.60		SARANTI		2	Lefkosia	24.04.16		
1.60		CONSTANTINOU		2	Lefkosia	24.04.16		
1.60		ARGYROU		4	Lefkosia	24.04.16		
1.60		PANAYI		5	Lefkosia	24.04.16		
1.60		CONSTANTINOU		3	Lefkosia	14.05.16		
1.60		ARGYROU		4	Lefkosia	14.05.16		
1.60		PANAYI		6	Lefkosia	19.06.16		
1.60		Eleftheria		MICHAEL	06.08.94	7	Lefkosia	19.06.16
1.60				SARANTI		5 o.c	Lefkosia	28.07.16

TRIPLE JUMP

12.63/1.1	Eleftheria	CHRISTOFI	29.10.86	1	Lefkosia	18.06.16
12.48/1.0	Thomaida	POLYDOROU	07.11.86	5	Chania	04.06.16
12.31/1.3		POLYDOROU		2	Lefkosia	15.05.16
12.28/0.8		POLYDOROU		3	Lefkosia	18.06.16
12.27/0.3	Zoe	STAVROU	03.02.94	4	Lefkosia	18.06.16
12.25/0.0	Electra	PAPAKONSTANTINOU	23.12.90	2	Lefkosia	18.06.16
12.17/1.5		POLYDOROU		5	Athina	08.06.16
12.04/0.6		STAVROU		1	Lefkosia	15.05.16
12.03		STAVROU		1	Lemesos	14.04.16
11.87/1.2	Irene	HADJIGIANNI	12.04.99	5	Lefkosia	18.06.16
11.80/1.6		HADJIGIANNI		3	Patra	10.05.16
11.75		PAPAKONSTANTINOU		2	Lemesos	14.04.16
11.69/1.0		HADJIGIANNI		1	Lefkosia	05.04.16
11.64		HADJIGIANNI		1	Lemesos	11.03.16



Eleftheria Christofi led the triple jump event competing only once

YEAR LISTS 2016 / WOMEN

11.63		PAPAKONSTANTINOU		1	Lemesos	01.04.16
11.62/1.4		HADJIGIANNI		1	Lefkosia	24.04.16
11.58/0.5		HADJIGIANNI		1	Larnaca	21.07.16
11.41/1.4	Maria	CHRISTODOULOU	26.06.91	6	Lefkosia	18.06.16
11.25	Elenodora	KLEANTHOUS	10.08.96	2	Lemesos	01.04.16
11.11/0.7	Ellada	MITA	25.10.99	2	Larnaca	21.07.16
11.10		MITA		1	Pafos	09.03.16
11.01/1.7		MITA		4	Lefkosia	28.07.16

Wind assisted

12.44/4.6	Zoe	STAVROU	03.02.94	1	Lefkosia	15.05.16
12.41/3.3	Electra	PAPAKONSTANTINOU	23.12.90	2	Lefkosia	18.06.16
12.27/2.9	Eleftheria	CHRISTOFI	29.10.86	3	Lefkosia	15.05.16
11.70/2.5	Irene	HADJIGIANNI	12.04.99	1	Lefkosia	28.07.16
11.44/3.1		HADJIGIANNI		4	Lefkosia	15.05.16

POLE VAULT

3.90	Maria	ARISTOTELOUS	10.08.91	1	Chalkida/GRE	04.06.16
3.80		ARISTOTELOUS		4	Chania	21.05.16
3.80	Paraskevi	KRASIA	06.02.90	3	Chalkida/GRE	04.06.16
3.80		ARISTOTELOUS		4	Athina	08.06.16
3.80		ARISTOTELOUS		3	Athina	11.06.16
3.75		ARISTOTELOUS		1	Lefkosia	14.05.16
3.70		ARISTOTELOUS		1	Lefkosia	19.06.16
3.60		KRASIA		7	Athina	08.06.16
3.60		KRASIA		2	Lefkosia	19.06.16
3.60		ARISTOTELOUS		5	Pitesti/ROU	25.06.16
3.40	Andriana	ITTALOS	19.04.99	1	Lefkosia	23.04.16
3.30		KRASIA		1	Lemesos	01.04.16
3.30		ITTALOS		1	Lefkosia	05.04.16
3.30		KRASIA		2	Lefkosia	14.05.16
3.30		KRASIA		8	Chania	21.05.16
3.30		ITTALOS		3 o.c	Lefkosia	27.07.16
3.20		ITTALOS		2	Lemesos	01.04.16
3.20		ITTALOS		5	Patra	10.05.16
3.20		ITTALOS		3	Lefkosia	14.05.16
3.20		ITTALOS		3	Lefkosia	19.06.16
3.10	Panagiota	STAVROU	21.08.00	2	Lefkosia	05.04.16
3.10	Haritini	SIAMBETTA	11.01.01	4	Lefkosia	19.06.16
3.10		STAVROU		3	Lefkosia	27.07.16
3.00		ITTALOS		1	Lemesos	11.03.16
3.00		STAVROU		2	Lemesos	11.03.16
3.00		STAVROU		3	Lemesos	01.04.16
3.00	Melina	CHRYSANTHOU	30.08.99	3	Lefkosia	05.04.16
3.00	Efcharis	SAVVA	19.06.01	2	Lefkosia	23.04.16
3.00		STAVROU		3	Lefkosia	23.04.16
3.00		STAVROU		4	Lefkosia	14.05.16
3.00		SAVVA		1	Larnaca	22.07.16
2.90		SIAMBETTA		1	Larnaca	17.03.16
2.90	Andrea	VASOU	15.06.03	1	Lemesos	14.04.16
2.90		SAVVA		4	Lemesos	01.04.16
2.90		STAVROU		5	Lefkosia	19.06.16
2.90		CHRYSANTHOU		6	Lefkosia	19.06.16
2.90		SAVVA		6	Lefkosia	19.06.16
2.90		STAVROU		2	Larnaca	22.07.16

YEAR LISTS 2016 / WOMEN

2.90		SIAMBETTA		2	Larnaca	22.07.16
2.80		CHRYSANTHOU		1	Lefkosia	11.03.16
2.80		SAVVA		1	Lemesos	18.03.16
2.80		SAVVA		4	Lemesos	01.04.16
2.80		SAVVA		5	Lefkosia	14.05.16
2.80		VASOU		4	Larnaca	22.07.16

DISCUS THROW

54.02	Androniki	LADA	19.04.91	1	Lefkosia	14.05.16
53.86		LADA		1	Lefkosia	25.03.16
53.77		LADA		1	Lefkosia	18.06.16
53.12		LADA		3	Marsa/MLT	11.06.16
51.86		LADA		4	Pitesti/ROU	25.06.16
51.78		LADA		1	Lemesos	01.04.16
49.38		LADA		15	Arad/ROU	13.03.16
46.34	Zacharoula	GEORGIADOU	07.04.85	2	Lefkosia	18.06.16
46.00	Gavriella	FELLA	21.01.98	3	Lefkosia	18.06.16
42.90		FELLA		1	Lefkosia	23.04.16
42.55	Eleni	ZEMBASHI	08.04.96	1	Swansea/GBR	31.07.16
41.44		ZEMBASHI		3	London	03.07.16
41.09		ZEMBASHI		2	Manchester	07.08.16
40.53		ZEMBASHI		2	Carmarthen	26.05.16
40.19		ZEMBASHI		2	Brecon	18.06.16
40.13		ZEMBASHI		3	Cardiff	11.06.16
39.64		ZEMBASHI		10	Bedford	02.05.16
39.60		ZEMBASHI		2	Newport	24.04.16
39.04		ZEMBASHI		2	Bristol	05.06.16
38.95	Konstantina	MICHAEL	20.05.96	3	Lefkosia	25.03.16
38.01		ZEMBASHI		7q	Carmarthen	23.06.16
37.75	Christina	PAPADOPOULOU	08.03.00	1	Larnaca	21.07.16
37.53		PAPADOPOULOU		2	Lemesos	01.04.16
37.01		PAPADOPOULOU		1	Lefkosia	05.04.16
36.81	Kyriaki	PILIA-SINGLETTON	02.05.76	4	Lefkosia	18.06.16
36.80		PAPADOPOULOU		3	Lefkosia	27.07.16
36.62		ZEMBASHI		12q	Bedford	01.05.16
36.60		PAPADOPOULOU		1	Lemesos	11.03.16
36.58	Chrystalla	SAVIDE	13.02.98	1	Paralimni	11.03.16
36.35		MICHAEL		2	Lefkosia	14.05.16
36.15		FELLA		4	Lefkosia	07.05.16
35.81		PAPADOPOULOU		5	Patra	10.05.16
35.49		PAPADOPOULOU		5	Lefkosia	18.06.16
35.22		SAVIDE		4	Lefkosia	25.03.16

SHOT PUT

16.26	Gavriella	FELLA	21.01.98	1	Lefkosia	19.06.16
15.26		FELLA		5q Gr. A	Bydgoszcz/POL	20.07.16
15.10		FELLA		10	Bydgoszcz/POL	20.07.16
14.97		FELLA		1	Lefkosia	25.03.16
14.71		FELLA		1	Lefkosia	23.04.16
14.65		FELLA		1	Lefkosia	15.05.16
14.05		FELLA		2	Lefkosia	07.05.16
14.02	Florentia	KAPPA	29.05.88	2	Lefkosia	19.06.16
13.84		KAPPA		2	Lefkosia	15.05.16
12.47	Zacharoula	GEORGIADOU	07.04.85	3	Lefkosia	19.06.16
12.07	Stylia	KYRIAKIDOU	14.08.00	2	Lefkosia	25.03.16
11.98		KYRIAKIDOU		2	Lefkosia	23.04.16

YEAR LISTS 2016 / WOMEN

11.76		KYRIAKIDOU		4	Lefkosia	19.06.16
11.26		KYRIAKIDOU		3	Lefkosia	15.05.16
11.11	Ioanna	MANOLI	15.12.98	3	Lefkosia	23.04.16
11.07	Chrystalla	SAVVIDE	13.02.98	4	Lefkosia	23.04.16
11.06	Eleni	ZEMBASHI	08.04.96	9	Bristol/GBR	05.06.16
11.06	Rafailia	IOANNOU	12.09.92	5	Lefkosia	19.06.16
10.82		MANOLI		4	Lefkosia	15.05.16
10.77		ZEMBASHI		10	London	03.07.16

JAVELIN THROW

45.79	Mariele	ROUSI	30.06.98	1	Lefkosia	24.04.16
45.36		ROUSI		1	Lefkosia	19.06.16
45.09		ROUSI		2	Lefkosia	07.05.16
40.99	Rafailia	IOANNOU	12.09.92	2	Lefkosia	19.06.16
40.36	Pantelitsa	GIANNOUKKOU	22.02.99	3	Lefkosia	19.06.16
39.81		IOANNOU		1	Lefkosia	15.05.16
39.17	Loukia	GEORGIOU	28.02.00	2	Lefkosia	24.04.16
39.12		GIANNOUKKOU		Hep.	Lefkosia	22.05.16
37.52		GIANNOUKKOU		3	Lefkosia	24.04.16
37.48		IOANNOU		Hep.	Lefkosia	22.05.16
36.18	Georgia	PAPADOPOULOU	22.05.03	4	Lefkosia	24.04.16
36.09		GEORGIOU		5	Lefkosia	19.06.16
34.39	Katerina	ADAMOU	04.04.01	6	Lefkosia	24.04.16
34.24		ADAMOU		6	Lefkosia	19.06.16
33.28		ADAMOU		3	Lefkosia	15.05.16
31.15	Zoe	STAVROU	03.02.94	Hep.	Lefkosia	22.05.16
30.11	Jessica Jeit	CHARALAMBOUS		7	Lefkosia	24.04.16
36.25	Victoria	VASILIAOUSKAITE/LUT	30.08.98	4	Lefkosia	19.06.16

HAMMER THROW

61.00	Paraskevi	THEODOROU	15.03.86	1 o.c	Athina	05.03.16
59.94	Cathrine	BEATTY	12.07.93	1 o.c	Lefkosia	27.07.16
59.84		BEATTY		6	Loughborough/GBR	22.05.16
58.70		BEATTY		1	Lefkosia	19.06.16
57.68	Chrystalla	KYRIAKOU	04.10.96	1	Lefkosia	14.05.16
57.61		BEATTY		5	Loughborough/GBR	17.04.16
57.30		BEATTY		3	Marsa/MLT	11.06.16
56.29		BEATTY		4	Manchester/GBR	07.08.16
56.05		BEATTY		2	Loughborough/GBR	25.05.16
56.00		KYRIAKOU		1	Lefkosia	25.03.16
55.97		KYRIAKOU		1 o.c	Lefkosia	23.04.16
55.95		KYRIAKOU		2	Lefkosia	19.06.16
55.72		KYRIAKOU		2 o.c	Athina	05.03.16
55.35		BEATTY		6	Bristol	05.06.16
54.28		BEATTY		3	Loughborough/GBR	11.05.16
54.24		BEATTY		4	Bedford/GBR	30.04.16
51.54	Polina	NIKOLAOU	13.12.97	2	Athina	05.03.16
51.50	Sofia	HADJISAVVA	20.04.01	2	Lefkosia	14.05.16
50.30	Iliana	EVANGELOU	29.07.99	3	Lefkosia	19.06.16
50.00		NIKOLAOU		1	Lefkosia	23.04.16
49.34		EVANGELOU		3	Lefkosia	14.05.16
49.32		NIKOLAOU		7	Nikiti/GRE	12.06.16
49.15		NIKOLAOU		3	Tripoli	29.05.16

YEAR LISTS 2016 / WOMEN

48.75		NIKOLAOU		2	Athina	05.06.16
48.54		HADJISAVVA		4	Lefkosia	19.06.16
48.50		EVANGELOU		2	Lefkosia	25.03.16
47.41		HADJISAVVA		3	Lefkosia	25.03.16
47.01		NIKOLAOU		5	Serres	10.07.16
45.36		NIKOLAOU		5	Lefkosia	19.06.16
44.25		EVANGELOU		2	Lefkosia	23.04.16
43.35	Georgia	PSILOGENI	14.01.00	4	Lefkosia	25.03.16
42.55		PSILOGENI		4	Lefkosia	14.05.16
41.94		PSILOGENI		6	Lefkosia	19.06.16
41.74		PSILOGENI		3	Lefkosia	23.04.16
35.16	Vladiavia	KONSTANTINOU	09.05.01	5	Lefkosia	14.05.16

HEPTATHLON

4148p. 22.05.16	Zoe	STAVROU	03.02.94	1	Lefkosia	21-
						(15.65-1.51-8.17-27.44-5.45-31.15-2.47.65)
4067p. 22.05.16	Rafailia	IOANNOU	12.09.92	2	Lefkosia	21-
						(16.39-1.30-10.53-26.86-5.16-37.48-2.48.47)
3329p. 22.05.16	Harithea	HERACLEOUS	05.05.02	3	Lefkosia	21-
						(17.09-1.45-7.40-27.40-4.52-13.16-2.42.80)
3301p. 22.05.16	Andriana	ITTALOS	19.04.15	4	Lefkosia	21-
3261p. 22.05.16	Pantelitsa	GIANNOUKOU	22.02.99	5	Lefkosia	21-
2833p. 22.05.16	Rimma	LAMBROU	21.12.98	6	Lefkosia	21-
2701p. 22.05.16	Eleftheria	MICHAEL	06.08.94	7	Lefkosia	21-
2649p. 22.05.16	Maria Irene	LIODE	27.02.03	8	Lefkosia	21-

4X100M.RELAY

43.87	National Team Women (Fotopoulou O.-Papaioannou R.-Fotopoulou F.-Artymata E.)			9	Amsterdam	09.07.16
46.85	G.S.Pancypria Club Team Women (Adamidou G.-Fotopoulou F.-Fotopoulou O.-Antoniou M.)			1	Lefkosia	18.06.16
47.79	National Team Junior Women (Adamidou G.-Rousou D.-Christofi N.-Kontonikola G.)			3	Lefkosia	07.05.16
47.99	G.S.Zenon Club Team Women (Kontonikola G.-Georgiou D.-Andreou A.-Nikolettou N.)			2	Lefkosia	18.06.16
48.37	G.S.Pancypria Club Team Junior Women (Adamidou G.-Soteriou I.-Zagka N.-Antoniou M.)			1	Lefkosia	23.04.16
48.53	G.S.Zenon Club Team Junior Women (Michael G.-Andreou A.-Georgiou D.-Kontonikola G.)			2	Lefkosia	23.04.16
48.67	G.S.Pancypria Club Team Women (Soteriou I.-Adamidou G.-Zagka N.-Antoniou M.)			1	Lefkosia	14.05.16
49.10	National Team Girls U18 (Adamidou G.-Colomeiteva S.-Avramopoulou D.-Rousou D.)			1	Lefkosia	27.07.16

4X400M. RELAY

3.48.02	G.S.Olympia Club Team Women (Colomeiteva S.-Theodosiou I.-Michael S.-Katsari C.)			1	Lefkosia	19.06.16
3.48.67	G.S.Pancypria Club Team Women (Mala F.-Evangelidou N.-Kalogerou E.-Kountouri K.)			2	Lefkosia	19.06.16
3.54.06	National Team Girls U18 (Kalogerou E.-Mala F.-Theodosiou I.-Colomeiteva S.)			1	Lefkosia	28.07.16
3.59.11	G.S.Olympia Club Team Women (Theodosiou I.-Thrasylvoulou P.-Colomeiteva S.-Katsari C.)			1	Lefkosia	15.05.16
4.01.45	G.S.Pancypria Club Team U18 Girls (Mala F.-Petri C.-Mylordi A.-Kalogerou E.)			1	Larnaca	22.07.16
4.01.62	G.S.Pancypria Club Team Junior Women (Mala F.-Savva A.-Petri C.-Kalogerou E.)			1	Lefkosia	24.04.16



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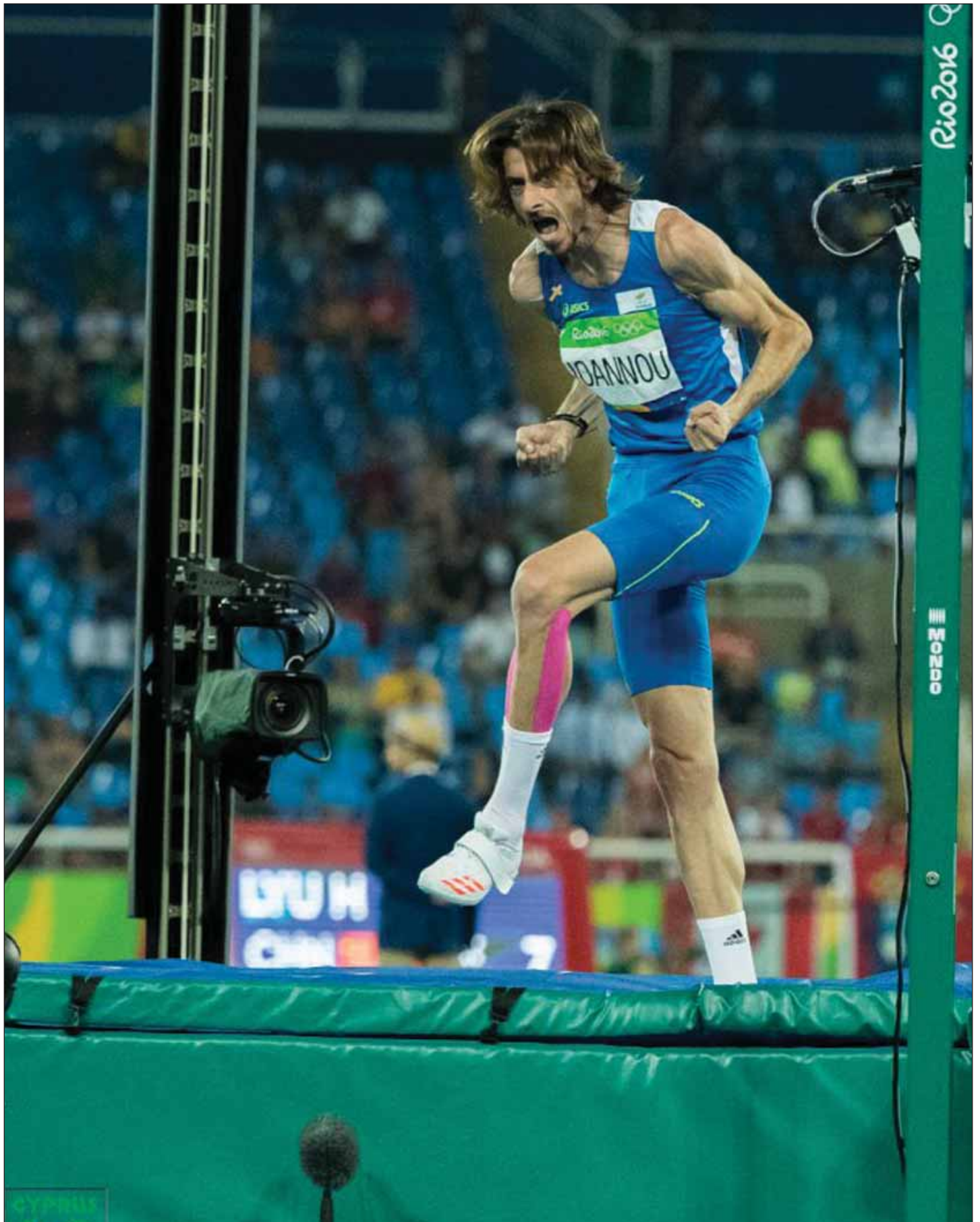
The Sports' Writers Association voted Ramona Papaioannou and Milan Trajkovic as Athletes of the Year 2016 in their Annual Awards Ceremony



Artymata, the Fotopoulou tweens and Papaioannou composed the 4X100 women relay team that just missed the final in the European Championships in Amsterdam placing 9th with a national record of 43.87

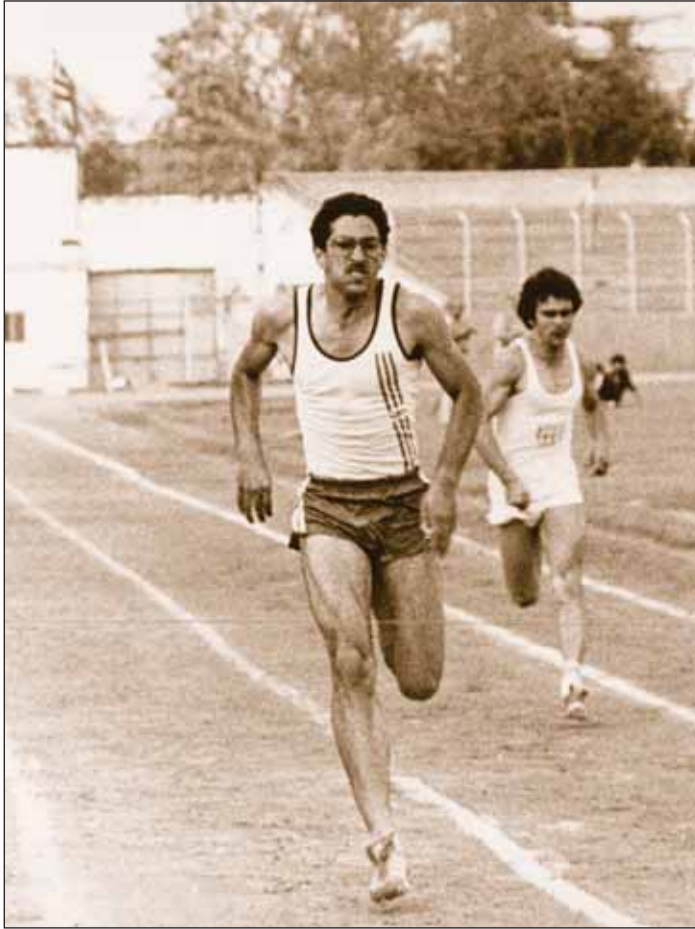


Apostolos Parellis' stentorian shout accompanied the 63.72m. discus travel that awarded him the 8th place in Rio

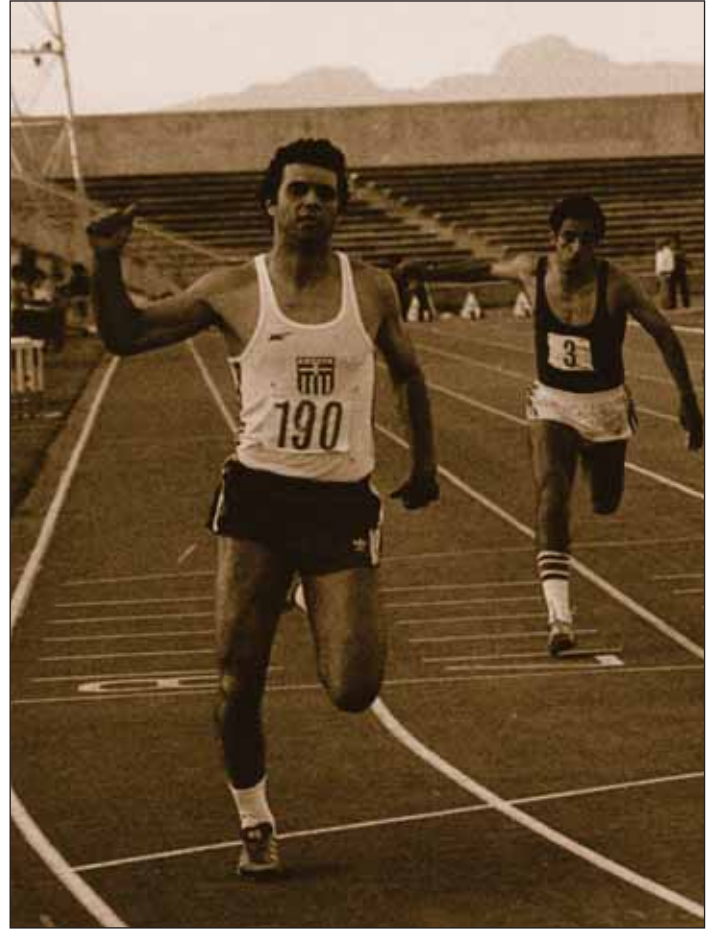


Having won a silver and bronze medals in World Championships the evergreen master of the High Jump event Kyriakos Ioannou was 7th in the Rio Olympiad

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



Antonios Georgallides



Lambros Kefalas



Anninos Marcoullides



Yiannakis Zisimides

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

100 m

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

200m

20.37	Prodromos KATSANTONIS	(75)	(1)	Athina	19.07.98
20.43	Anninos 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
21.10	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 TSIAKKIROU	(56)	(h)	Rome	19.09.75
47.20	Marios MARDAS	(80)	(1)	Lemesos	08.06.02
47.21	Nicos ADAMO	(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



Marios Kasianides



Stathis Stasis



Philippos Philippou



Spyros Spyrou

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

800m

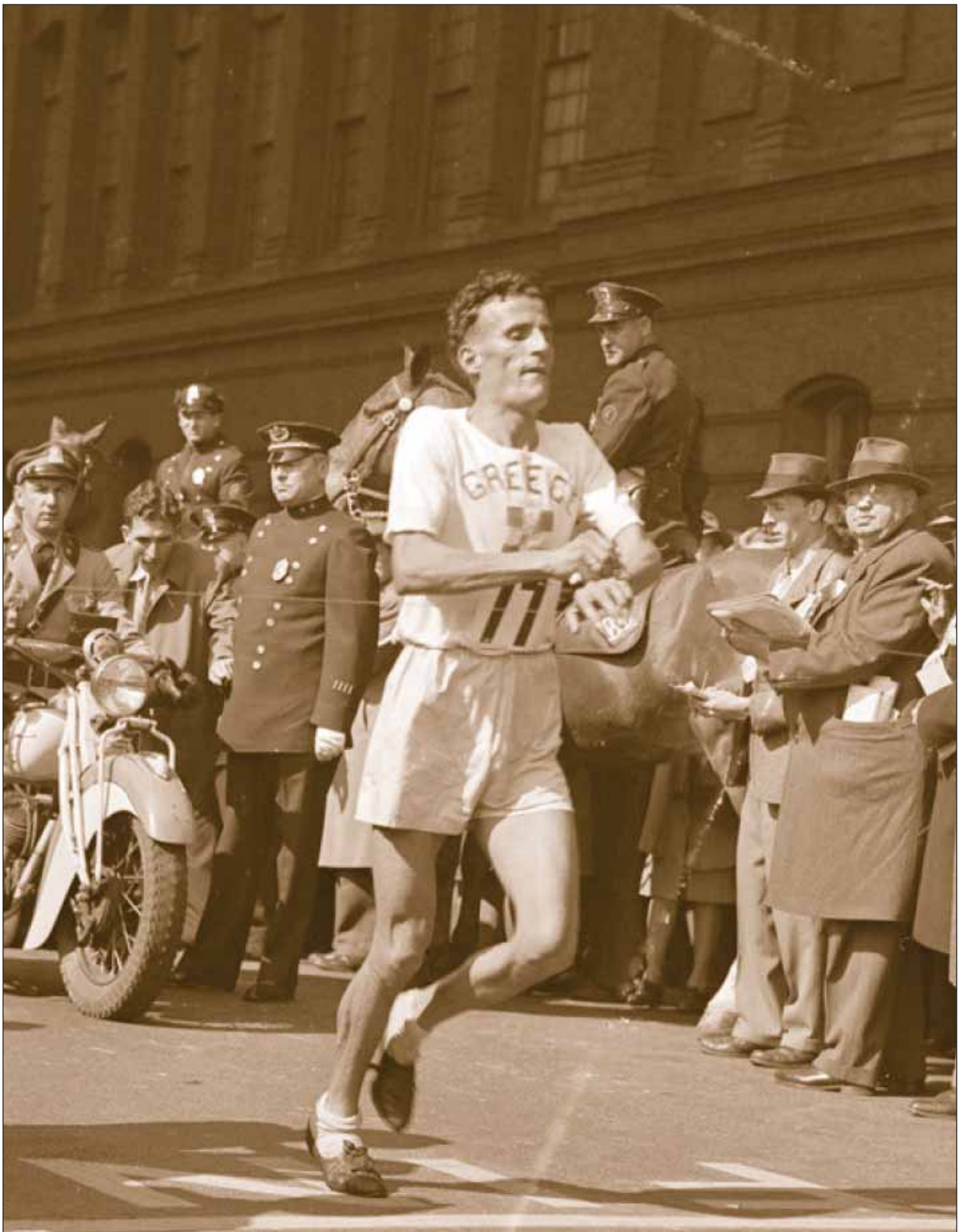
1.47.17	Spyros SPYROU	(58)	(h)	Casablanca	15.09.83
1.47.22	Amine KHADIRI	(89)	(6)	Kessel-Lo	08.08.15
1.47.9	Demetrios THEOPHYLACTOU	(58)	(3)	Tempe Arizona	20.05.79
1.48.00	Christos DEMETRIOU	(93)	(1)	Patra	13.07.16
1.48.65	Constantinos HADJIMARCOU	(76)	(8)	Kalamata	01.06.02
1.48.70	Andreas MICHARA	(94)	(2)	Lefkosia	19.06.16
1.48.76	Theofanis MICHAELAS	(91)	(3)	Kalamata	31.05.14
1.49.28	Philippos STYLIANOUDIS	(62)	(1)	Athina	12.06.87
1.49.42	Ioannis KONNARIS	(57)	(1)	N. Phaliron	01.07.76
1.49.55	Demetris PHILIPPOU	(87)	(6)	Kalamata	30.05.09

1500m

3.39.50	Amine KHADIRI	(88)	(12)	Uelba/Spain	03.06.16
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 PAPAPETROU	(73)	(2)	Pireaus	01.02.98
3.43.2	Ioannis KONNARIS	(57)	(3)	Lefkosia	28.09.80
3.44.27	Christos DEMETRIOU	(93)	(2)	Lefkosia	18.06.16
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

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 PAPAPETROU	(73)	(5)	Banska Baystrica	09.07.00
14.36.4	Panicos KYPRIANOU	(77)	(2)	Lemosos	09.06.02



The Legend of Stelios Kyriakides is here to stay. The winner of the Boston Marathon in 1946 and holder of the European Record with his winning time of 2:29.37 0

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

10000m

28.26.87	Marios KASIANIDES	(54)	(16)	Prague	19.06.81
29.10.75	Philippos PHILIPPOU	(56)	(1)	Izmir	24.06.83
29.54.0	Vasilios CHIMONIS	(52)	(1)	N. Phaliron	29.06.75
29.59.03	Nicos VASILIOU	(63)	(2)	Monaco	16.05.87
30.18.59	Stelios MARNEROS	(73)	(6)	Istanbul	11.06.94
30.35.06	Georgios LOUCAIDES	(72)	(1)	Reykjavik	05.06.97
30.35.2	Alexandros KALOGEROYIANNIS	(85)	(2)	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 CONSTANTINOU	(81)		S.Francisco	07.12.14
2:29.58	Costas CONSTANTINOU	(68)	(2)	Lefkosia	02.03.03
2:30.10	Efthymios LOIZI	(51)	(1)	Lefkosia	26.02.89

3000m Steeple

8.24.01	Philippos PHILIPPOU	(56)	(4)	Casablanca	05.09.83
8.26.83	Stathis STASI	(73)	(4)	Bari	16.06.97
8.45.04	Georgios LOUCAIDES	(72)	(2)	N. Phaliron	23.06.91
8.49.04	Panicos KYPRIANOU	(77)	(4)	Istanbul	22.06.03
8.50.3	Ioannis SOPHOCLEOUS	(52)	(4)	N. Phaliron	21.06.79
8.53.22	Renos THEODOROU	(76)	(3)	Pireaus	12.06.99
8.54.34	Nikolas FRAGKOU	(94)	6h2	Oordegem	28.05.16
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

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



Petros Evripidou



Stavros Tziortzis



Kyriacos Kyriacou



Panayiotis Raptis

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

110m Hurdles

13.31	Milan TRAJKOVIC	(92)	2s2	Rio/Brazil	16.08.16
13.81	Alexandros STAVRIDES	(89)	(3s2)	Kaunas	17.07.09
13.85	Stephanos IOANNOU	(82)	(6h1)	Athina	02.07.07
13.92	Petros EVRIPIDOU	(58)	(2)	N. Phaliron	12.08.79
13.92	Prodromos KATSANTONIS	(75)	(1)	Lefkosia	29.04.95
13.93	Nicos EVRIPIDOU	(60)	(1)	Split	30.04.80
14.00	Panayiotis IOANNOU	(84)	(2)	Monaco	07.06.07
14.19	Kyriacos KYRIACOU	(74)	(1)	Tel-Aviv	17.06.00
14.28	Prokopis GEORGIU	(71)	(1)	Luxembourg	02.06.95
14.28	Haris KOUTRAS	(92)	(2)	Schaan Lie	03.06.11

400m Hurdles

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

Long Jump

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

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



Marios Hadjiandreou



Andreas Efstathiou



Elias Agapiou



Christos Adamides

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

High Jump

2.35	Kyriakos IOANNOU	(84)	(3)	Osaka	29.08.07
2.32(i)	Dimitris CHONDROKOUKIS	(88)	(1)	Piraeus	14.02.15
2.28(i)	Vasilis CONSTANTINOU	(92)	(8)	Hustopecce	13.02.16
2.24	Yiannos CONSTANTINOU	(78)	(1)	Sparti	26.05.04
2.21	Neophytos KALOGEROU	(73)	(1)	Terre Haut	08.05.96
2.20(i)	Anastasios TZIONIS	(62)	(1)	Pullman	12.02.83
2.20	Ioannis STOKKOS	(83)	(2)	Lemesos	02.07.03
2.20	Marios IACOVOU	(84)	(7)	Sacramento	11.06.05
2.18.5	Alexis NEOPHYTOU	(65)	(2)	Missouri	05.05.90
2.18	Emilios XENOFONTOS	(86)	(1)	Lefkosia	05.06.08

Triple Jump

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

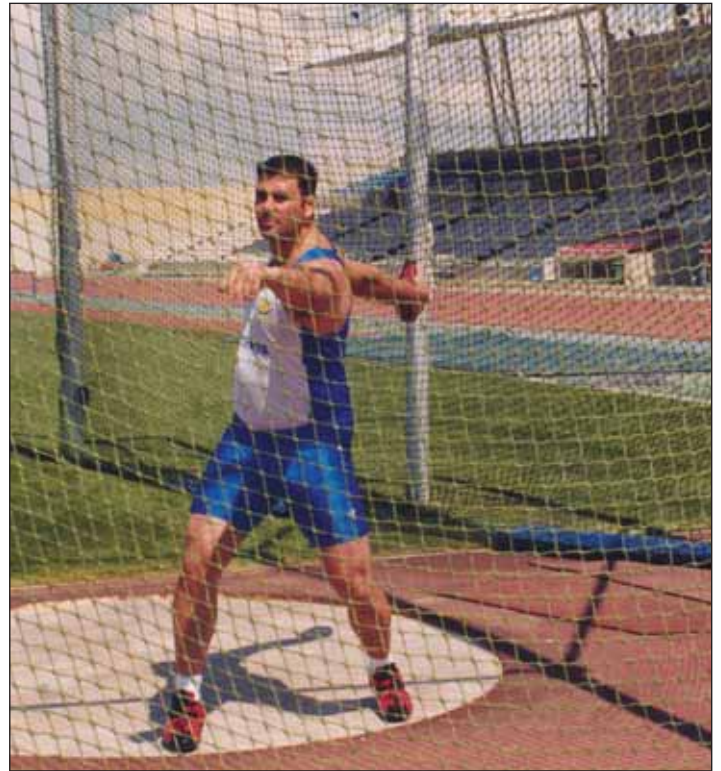
Pole Vault

5.56	Photis STEPHANI	(71)	(2)	Minsk	09.06.00
5.52	Nikandros STYLIANOU	(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)	(1oc)	Lemesos	22.05.04
5.00	Andreas IOANNOU	(73)	(oc)	N. Phaliron	30.06.96
4.90	Georgios APOSTOLIDES	(51)	(4)	N. Phaliron	05.09.76
4.90	Andreas EFSTATHIOU	(81)	(1)	Lefkosia	04.07.07
4.80	Antonis ANDREOU	(91)	(2)	Lefkosia	19.07.12

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



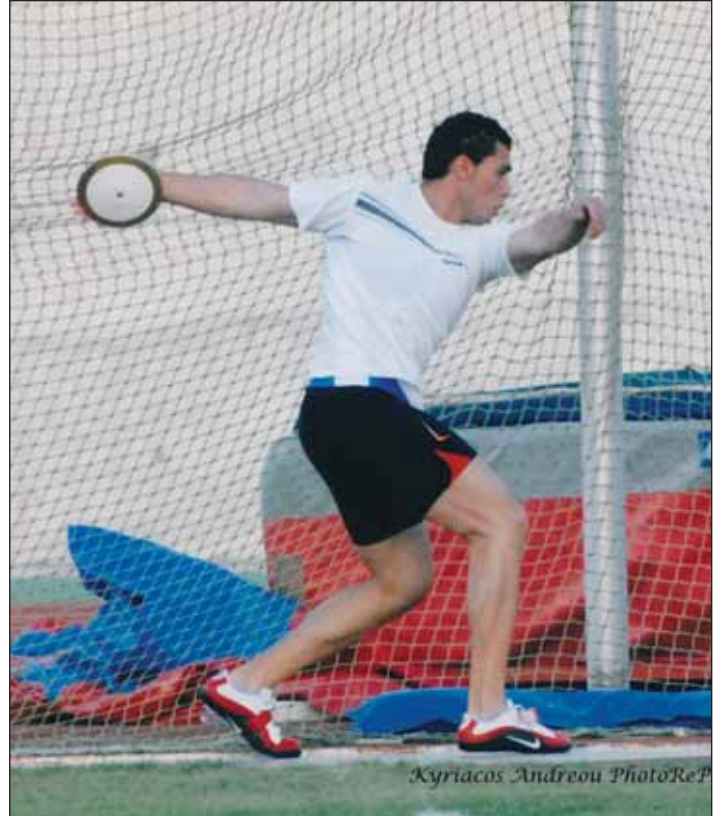
Georgios Arestis



Petros Mitsides



Lambros Iacovou



Orestis Antoniadis

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
18.13	Michalis LAMBROU	(93)	(2)	Patra	13.07.16
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

Discus Throw

65.69	Apostolos PARELLIS	(85)	(1)	Irakleio	28.05.16
61.77	Orestis ANTONIADES	(85)	(2)	Thessaloniki	24.05.14
59.16	Andreas CHRISTOU	(93)	(2)	Lefkosia	18.06.16
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
55.10	Rafael ANTONIOU	(95)	(2)	Lefkosia	14.05.16
53.92	Orestis ROSSIDES	(53)	(4)	Pullman	16.04.77

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
68.51	Michalis KAKOTAS	(92)	(1)	Lafkosia	15.05.16
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
64.74	Constantinos STAVROU	(89)	(2)	Lefkosia	06.06.10



Alexandros Poursanidis



Constantinos Stathelacos

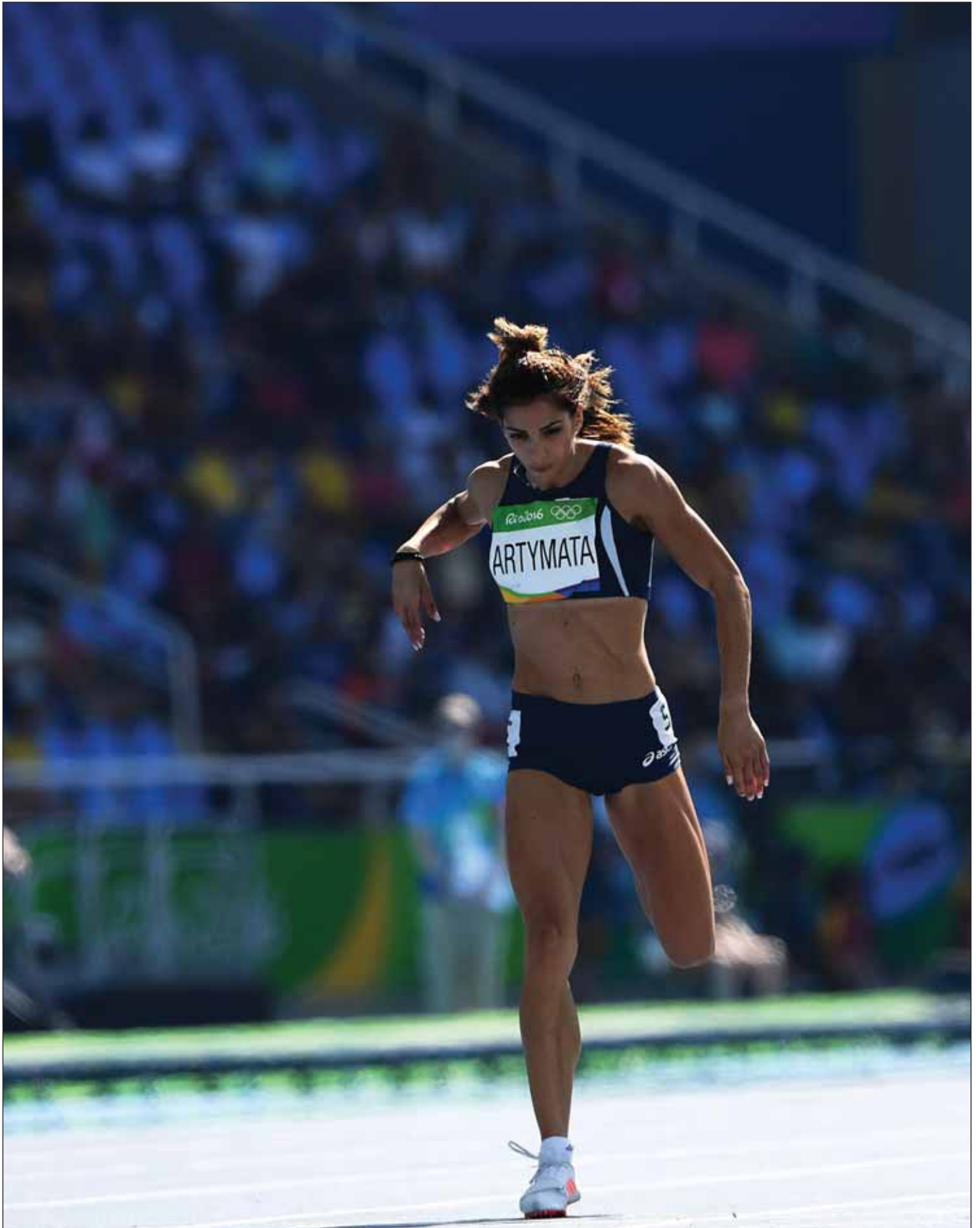
TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

Hammer Throw

75.32	Constantinos STATHELAKOS	(87)	(1)	Tripoli	15.05.15
70.08	Alexandros POURSANIDES	(93)	(1)	Florida USA	03.04.15
67.53	Michalis KOLOKOTRONIS	(90)	(2)	Lefkosia	08.06.14
66.26	Petros SOFIANOS	(82)	(1)	Lefkosia	08.07.11
62.92	Stelios KAZAKAIOS	(94)	(3)	Lemesos	28.06.15
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

Decathlon

7802	Georgios ANDREOU	(74)	(1)	Volos	11-12.08.00
7334	Andreas CHRISTODOULOU	(95)	(1)	Talahassee	13-14.05.16
6913	Andreas KAPPELOS	(60)	(6)	Vilanova	25-26.05.85
6870	Andreas NICOLAOU	(60)	(6)	Thessaloniki	31.05-01.06.86
6715	Elvis KRYOUKOV	(92)	(1)	Lefkosia	19-20.05.12
6625	Yiannos ANASTASIADES	(70)	(7)	USA Lincoln	20-21.05.91
6621	Photis STEPHANI	(71)	(1)	Lefkosia	09-10.06.90
6590	Michael RODOSTHENOUS	(59)	(2)	Lefkosia	05-06.04.86
6565	Phanis 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

100 m

11.25	Ramona PAPAIOANNOU	(89)	(1)	Lefkosia	18.06.16
11.33	Marilia GREGORIOU	(80)	(2)	Athina	10.06.04
11.37	Eleni ARTYMATA	(86)	(sh2)	Berlin	16.08.09
11.58	Olivia FOTOPOULOU	(96)	(8)	Baton USA	09.04.16
11.65	Skevi ANDREOU	(97)	(2h3)	Nanjing CHN	21.08.14
11.73	Maria LAMBROU	(53)	(1)	Lefkosia	22.08.85
11.74	Filippa FOTOPOULOU	(96)	(3)	Lefkosia	18.06.16
11.80	Stalo CONSTANTINOU	(72)	(4)	Missouri	13.05.93
11.80	Demetra KYRIAKIDOU	(96)	(2h2)	Lefkosia	07.06.14
11.85	Dora KYRIACOU	(67)	(8)	Rethimno	30.05.98

200 m

22.61	Eleni ARTYMATA	(86)	(6)	Barcelona	31.07.10
23.07	Marilia GREGORIOU	(80)	(2)	Athina	12.06.04
23.10	Ramona PAPAIOANNOU	(89)	4h6	Rio	15.08.16
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
24.26	Olivia FOTOPOULOU	(96)	(19)	USA	09.04.16
24.28	Stalo CONSTANTINOU	(72)	(4)	Indianapolis	26.05.93
24.29	Vaso PAPAIOANNOU	(78)	(1)	N. Phaliron	06.05.95

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
54.47	Christiana KATSARI	(87)	(1)	Lemesos	27.06.15
54.90	Vaso PAPAIOANNOU	(78)	(4)	Lefkosia	23.06.01
55.14	Kalliopi KOUNTOURI	(97)	(1)	Bloomington	06.05.16
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



Meropi Panayiotou



Stella Christoforou



Marilena Sophocleous



Elpida Christodoulidou

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

800 m

2.02.10	Natalia EVANGELLIDOU	(91)	(6)	Oordegem	28.05.16
2.03.45	Annie CHRISTOFIDOU	(81)	(sf)	Daewoo	29.08.03
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	Gavriella 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

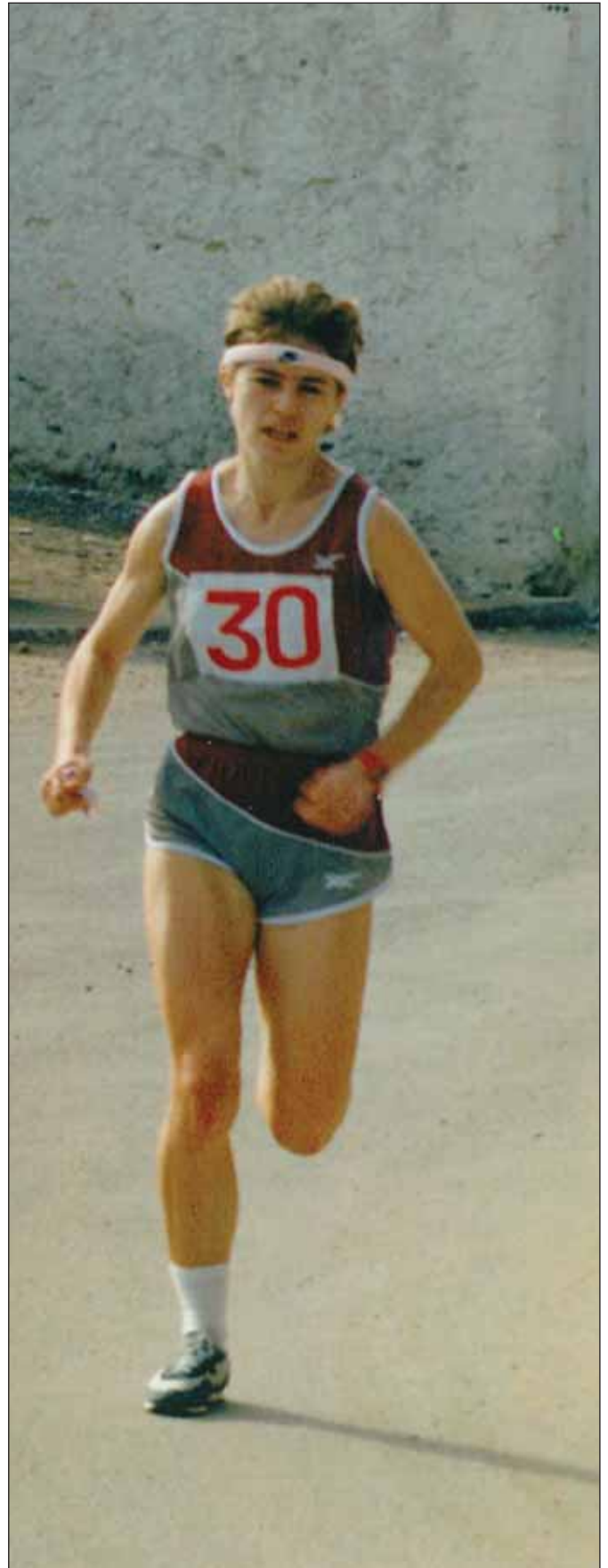
4.11.28	Natalia EVANGELLIDOU	(91)	(2)	BELGIUM	30.07.16
4.14.45	Andri AVRAAM	(63)	(3)	Athina	16.08.86
4.15.09	Annie CHRISTOFIDOU	(81)	(7)	Thessaloniki	24.07.06
4.20.35	Meropi PANAGIOTOU	(94)	(2)	Jacksonville	28.05.15
4.25.55	Stella CHRISTOFOROU	(92)	(1)	Mobite USA	09.05.15
4.27.12	Marilena SOPHOCLEOUS	(86)	(15)	Izmir	16.08.05
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
9.40.52(i)	Meropi PANAGIOTOU	(94)	(4)	Birmingham USA	18.01.14
9.40.77	Elpida CHRISTODOULIDOU	(86)	(3)	Patra	07.07.12
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



Katerina Pratsi

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

5000 m					
16.13.25	Andri AVRAAM	(63)	(8)	Hengelo	14.08.88
16.29.13	Meropi PANAGIOTOU	(94)	(3)	Walnut USA	17.04.15
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
17.56.85	Gavriella SOPHOCLEOUS	(86)	(3)	Lemesos	28.06.15
18.07.68	Stella CHRISTOFOROU	(92)	(1)	Lefkosia	17.05.15
18.15.73	Chrystalla HADJIPOLYDOROU	(93)	(4)	Lemesos	28.06.15
18.33.59	Giota ANDREOU	(89)	(4)	Lemesos	10.06.12
10000 m					
32.59.30	Andri AVRAAM	(63)	(h)	Seoul	26.09.88
36.10.20	Katerina PRATSI	(64)	(6)	Bucharest	19.06.88
36.57.26	Marilena SOPHOCLEOUS	(86)	(1)	Lefkosia	19.04.13
37.22.65	Elpida CHRISTODOULIDOU	(86)	(5)	Athina	17.05.08
38.26.58	Giota ANDREOU	(89)	(3)	Lefkosia	19.04.13
39.24.9	Gavriella SOPHOCLEOUS	(86)	(3)	Lefkosia	17.04.15
39.33.37	Stavroula POYIATZI	(76)	(7)	Istabil	12.06.94
38.35.90	Chrystalla HADJIPOLYDOROU	(93)	(1)	Lefkosia	21.05.16
38.51.96	Panagiota HAPOUPI	(87)	(3)	Lefkosia	21.05.16
39.37.29	Chrystalla PETROU	(66)	(6)	Vienna	11.08.85
Marathon					
2:39.19	Andri AVRAAM	(63)	(6)	Auckland	31.01.90
2:41.02	Katerina PRATSI	(64)	(1)	NagyKoros	17.09.88
3:07.38	Panagiota HAPOUPI	(87)	37	Valencia	20.11.16
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
3:28.40	Ioulia ANDREOU	(77)	41	Athina	13.11.16
3:32.47	Charithea JOYNES	(47)	(2)	Lefkosia	26.02.89
3:39.56	Agathoklia CONSTANTINOY	(86)	(11)	Lemessos	28.02.10
3:40.07	Maria AVRAAMIDOU	(73)	(27)	Lefkosia	09.12.12
3000 m Steeple					
10.40.79	Stella CHRISTOFOROU	(92)	(3)	Athens USA	23.04.11
10.51.00	Elpida CHRISTODOULIDOU	(86)	(1)	Lemesos	27.06.15
10.52.97	Chrystalla HADJIPOLYDOROU	(93)	(3)	Lemesos	27.06.15
11.17.25	Evgenia KORKOKIOY	(88)	(1)	Lefkosia	19.05.07
11.30.47	Evanthia CONSTANTINOY	(98)	(4)	Lemesos	27.06.15
11.43.32	Maria PAPANASTASIOY	(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
11.56.48	Ioanna PETROU	(99)	(1)	Lefkosia	23.04.16
11.57.14	Stephanie SOPHOCLEOUS	(86)	(2)	Larnaca	05.06.04

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



Maria Lambrou



Nectaria Panayi



Morfo Baourda



Demetra Arachoviti

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
13.91	Natalia CHRISTOFI	(97)	(2)	Kalamata	28.05.16
13.92	Xenia HERODOTOU	(82)	(2)	Lefkosia	06.06.09
14.06	Aggeliki ATHANASOPOULOU	(93)	(2)	Lefkosia	18.06.16
14.18	Dafni GEORGIU	(99)	(3)	Kalamata	28.05.16
14.19	Stella KALOPAEDI	(53)	(3)	N. Phaliron	01.07.76

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
61.03	Kalypso STAVROU	(98)	(1)	Larnaca	11.05.15
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
62.63	Chrystalla LAZAROU	(98)	(2)	Larnaca	11.05.15

Long Jump

6.80	Maria LAMBROU	(53)	(1)	Lemesos	25.03.85
6.62	Nektaria PANAYI	(90)	(1)	Larnaca	12.06.15
6.52	Irene CHARALAMBOUS	(78)	(1 oc)	Lefkosia	24.07.04
6.45	Filippa FOTOPOULOU	(96)	(2)	Pitesti	26.06.16
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



Leontia Kallenou



Ioulia Farmaca



Marianna Zachariade

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

High Jump

1.93	Leontia KALLENOU	(94)	(1)	Starkville	15.05.15
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
13.36	Thomaida POLYDOROU	(86)	(2)	Chania	06.06.15
13.35	Eleftheria CHRISTOFI	(86)	(1)	Lefkosia	12.06.13
13.32(i)	Maria DIEKITI	(82)	(2)	Sofia	13.02.05
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

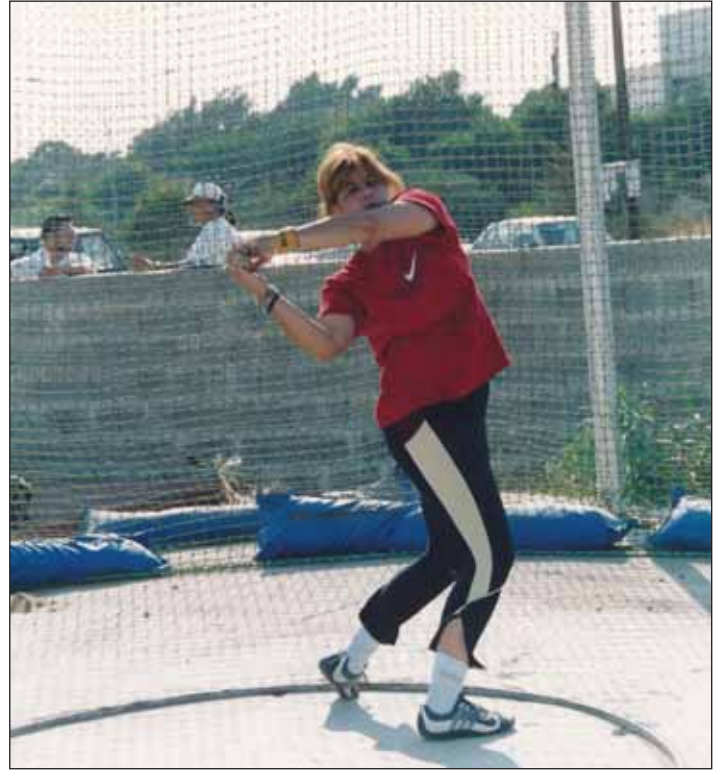
4.45	Marianna ZACHARIADE	(90)	(2)	Pescara	30.06.09
4.40(i)	Anna FITIDOU	(77)	(1)	Athina	29.01.05
3.95	Maria ARISTOTELOUS	(91)	(5)	Athina	26.07.15
3.85	Skevi KRASA	(90)	(1 oc)	Lemessos	03.07.14
3.60	Efi YIANNAKOU	(87)	(1)	Paphos	17.04.03
3.50	Panayiota THEOPHANOUS	(86)	(2)	Paphos	17.04.03
3.50	Tatiana NEOFYTOY	(81)	(1)	Lefkosia	16.05.10
3.50	Demetra CHARALAMBOUS	(87)	(2)	Lefkosia	13.06.13
3.40	Andriana ITTALOS	(99)	(1)	Lefkosia	23.04.16
3.30	Skevi ANDREOU	(81)	(4)	Thessaloniki	27.04.02

Shot Put

16.71	Olympia MENELAOU	(66)	(1)	Lemesos	25.03.01
16.26	Gavriella FELLA	(98)	(1)	Lefkosia	19.06.16
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)	(oc)	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



Alexandra Tsiou



Elena Teloni



Zacharoula Georgiadou



Andri Kasapi

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

Discus Throw

56.69	Androniki LADA	(91)	(1)	Lemesos	15.03.14
53.37	Zacharoula GEORGIADÉ	(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
46.00	Gavriella FELLA	(98)	(3)	Lefkosia	18.06.16
45.22	Eleni ZEMBASI	(96)	(1)	Swansea	31.07.16
44.83	Andri KASAPI	(78)	(5)	Rethimno	30.05.98

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
45.79	Marielle ROUSI	(98)	(1)	Lefkosia	24.04.16
44.98	Eleni PATSOU	(86)	(1)	Lefkosia	19.05.02
44.38	Elena TELONI	(64)	(2)	Lefkosia	29.06.01
44.30	Rafaella IOANNOU	(92)	(1)	Lemesos	28.06.15
43.01	Yianna ANTONIOU	(81)	(3)	Lefkosia	30.06.00
42.38	Avgoustina STYLIANOU	(89)	(2)	Larnaca	13.05.07

Hammer Throw

69.29	Skevi THEODOROU	(86)	(1)	Tripoli	17.05.09
65.04	Elena TELONI	(64)	(1)	Athina	24.07.03
60.50	Cathrine BEATTY	(93)	(8)	Pitesti	01.08.15
57.77	Chrystalla KYRIAKOU	(96)	(1)	Larnaca	10.05.15
52.55	Yianna SOLOMOU	(78)	(2)	Lemesos	25.03.02
51.54	Polina NIKOLAOU	(97)	(2)	Athens	05.03.16
51.50	Sofia HADJISAVVA	(01)	(2)	Lefkosia	14.05.16
51.36	Argyro KRASE	(89)	(1)	Lefkosia	14.05.07
50.50	Iliana EVANGELOU	(99)	(2)	Larnaca	10.05.15
47.91	Alexandra KLATSIA	(85)	(2)	Lemesos	04.06.06

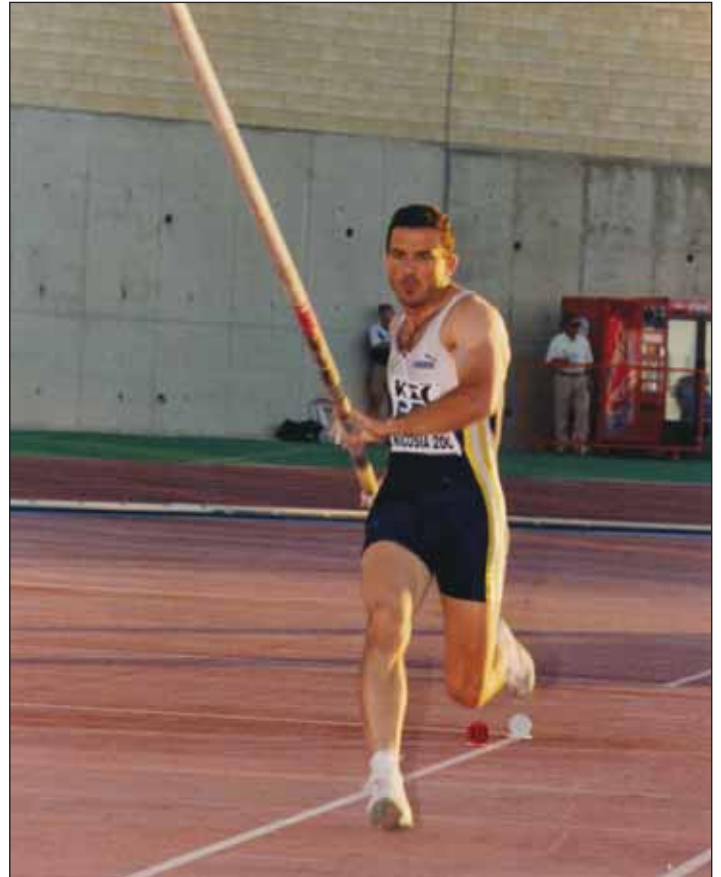
Heptathlon

5319	Maria LAMBROU	(53)	(1)	Lefkosia	03-04.09.84
4851	Rafaella IOANNOU	(92)	(6)	Naxos	06-07.06.15
4827	Xenia HERODOTOU	(82)	(1)	Lefkosia	16-17.05.09
4795	Maro THOMA	(70)	(2)	Lefkosia	17-18.04.85
4533	Olympia MENELAOU	(66)	(3)	Lemesos	25-26.04.95
4368	Elena VICTOROS	(62)	(1)	Lefkosia	12-13.03.83
4342	Evangelia CONSTANTINOU	(62)	(1)	Lefkosia	10-11.04.82
4288	Elena STEPHANO	(90)	(2)	Lefkosia	17-18.05.08
4148	Zoe STAVROU	(94)	(1)	Lefkosia	21-22.05.16
4128	Maria DRACOU	(67)	(2)	Lefkosia	03-04.09.84

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



Prodromos Katsantonis



Photis Stephani



Demetrios Araouzos



Loucas Louca

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

NATIONAL RECORDS MEN

100m.	10.11	Yiannakis ZISIMIDES	Rethimno	25.05.96
200m.	20.37	Prodromos KATSANTONIS	Athens	19.07.98
400m.	46.16	Evipides DHMOSTHENOUS	Palma d' Malorga	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	13.31	Milan TRAJKOVIC	Rio	16.08.16
400m.H	49.66	Stavros TZIORTZIS	München	02.09.72
	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	Lefkosia	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	65.37	Apostolos PARELLIS	Iraklio	28.05.16
Javelin Throw	74.58	Panos KALOGEROU	Larnaca	15.04.04
Hammer Throw	75.32	Constantinos STATHELAKOS	Tripoli GRE	15.05.15
Decathlon	7802	Georgios ANDREOU	Volos GRE	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	Belgrade	07.06.98
	(Afamis G-Pochanis C-Ayiomamitis A-Demosthenous E)			
20000m.W	1:57.48	Yiannis DEMETRIOU	Piraeus	07.10.78

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



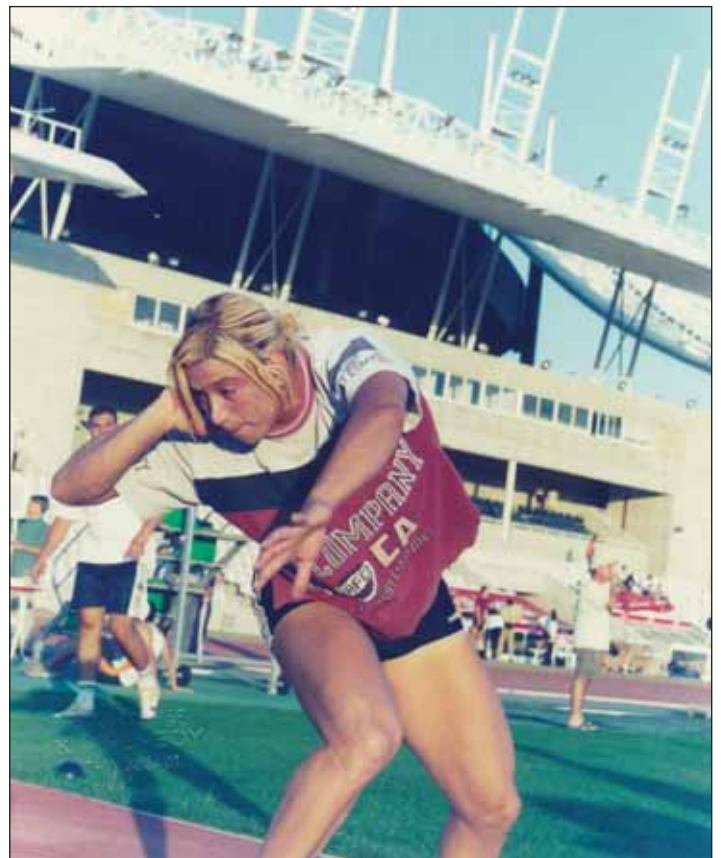
Andri Shialou



Androniki Lada



Dora Kyriacou



Olympia Menelaou

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

NATIONAL RECORDS WOMEN

100m.	11.25	Ramona PAPAIOANNOU	Lefkosia	18.06.16
200m.	22.61	Eleni ARTYMATA	Barcelona	31.07.10
400m.	52.02	Dora KYRIACOU	Bari	17.06.97
800m.	2.02.10	Natalia EVANGELIDOU	Oordegem	28.05.16
1500m.	4.11.28	Natalia EVANGELIDOU	Belgium	30.07.16
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	1.93	Leontia KALLENOU	Starkville USA	15.05.15
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 Throw	57.20	Alexandra TSISIOU	Patra	17.05.06
Hammer Throw	69.29	Skevi THEODOROU	Tripoli	17.05.09
Heptathlon	5319	Maria LAMBROU-TELONI (14.2-1.63-11.33-24.7-6.48-33.76-2.40.0)	Lefkosia	3-4.09.84
4X100m. Relay	43.87	National Team (Fotopoulou O.-Papaioannou R.- Fotopoulou F.-Artymata E.)	Amsterdam	09.07.16
4X400m. Relay	3.42.60	National Team (Kyriacou D.-Papaioannou V-Shialou A-Kallinicou A)	Lefkosia	24.06.01

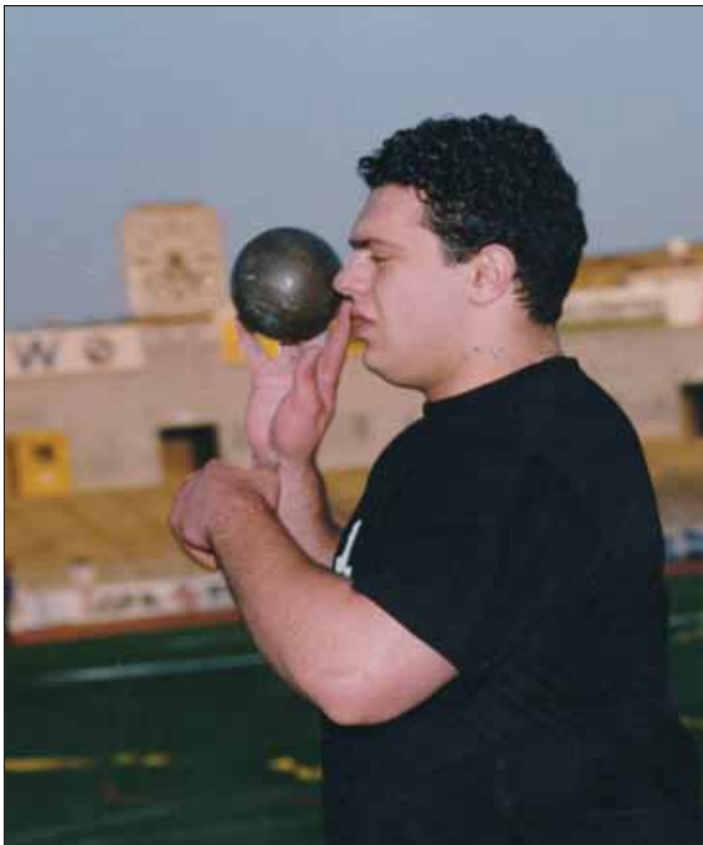
TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN



Kyriacos Onisiphorou



Demetrios Theophylactou



Elias Louca



Georgios Andreou

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.	1.47.88	Demetris THEOFYLACTOU	Tempe(Ariz.)	21.05.79
1500m.	3.44.94(i)	Alexandros KALOGEROYIANNIS	Athens	11.02.06
5000m.	14.18.2	Marios KASIANIDES	N.Phaliron	01.07.76
10000m.	29.15.7	Philippos 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	Philippos PHILIPPOU	N.Phaliron	15.07.78
Long Jump	7.86	Demetrios ARAOUZOS	Nicosia	25.03.82
High Jump	2.30(i)	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	70.08	Alexandros POURSANIDIS	Florida USA	03.04.15
Decathlon	7334	Andreas CHRISTODOULOY	Florida USA	13-14.05.16
	10.94-7.19-12.20-1.80-50.45-14.68-38.03-4.30-59.25-4.50.04)			
Relay 4X400	3.17.60	National Team	Tel-Aviv	23.05.12

(Antoniou K-Anastasiou St-Menelaou R-Avraam G)

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN



Florentia Kappa



Annie Christofidou



Skevi Theodorou

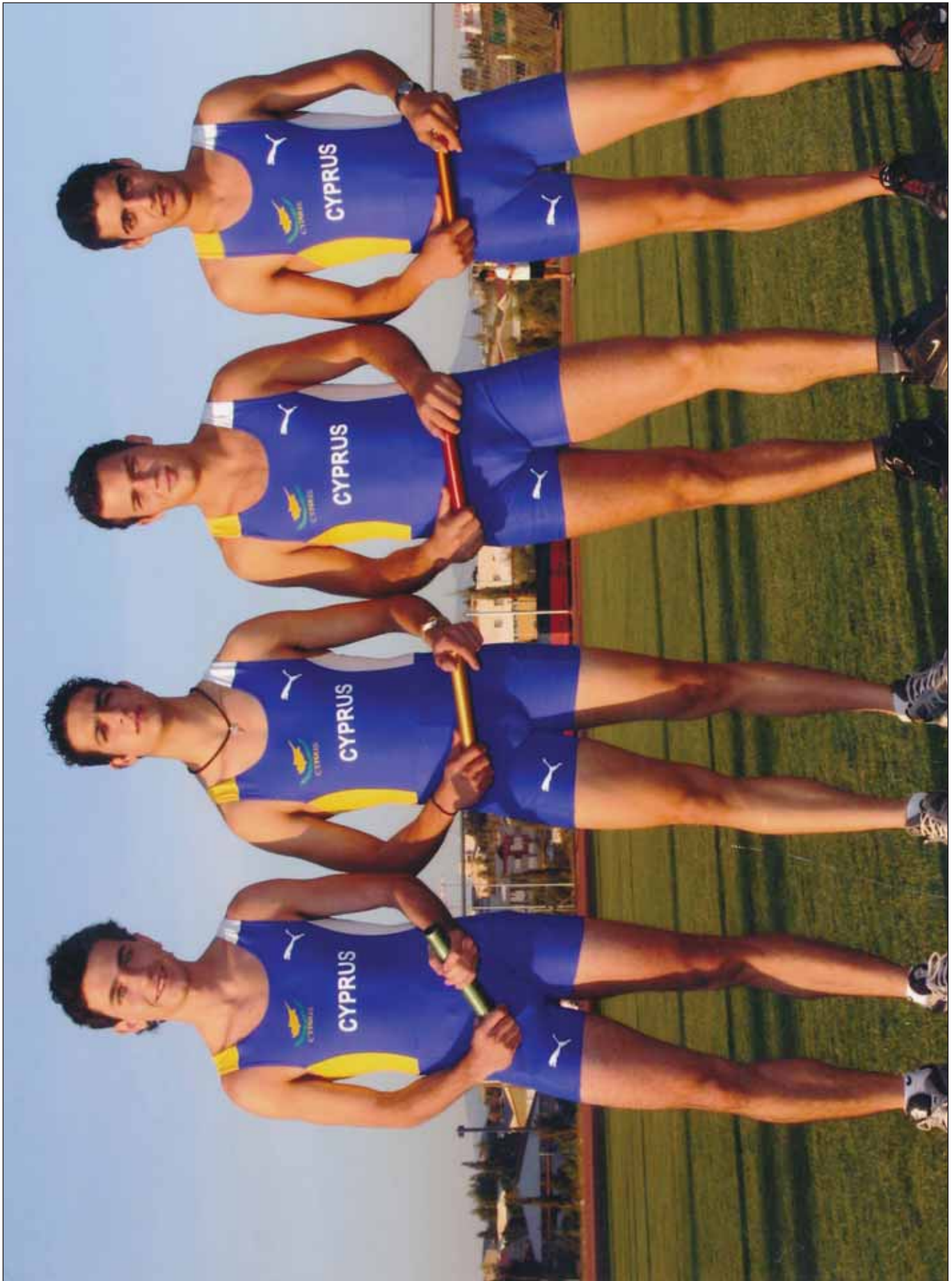


Alissa Kallinicou

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.	4.20.35	Meropi PANAGIOTOU	Jacksonville USA	20.07.13
3000m.	9.40.52(i)	Meropi PANAGIOTOU	Birmingham USA	18.01.14
5000m.	16.29.13	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	Lemesos	20.02.11
100m.H.	13.64	Morfo BAOURDA	Athens	12.06.04
400m.H.	60.08	Androula SHIALOU	Larnaca	20.05.95
3000m.St.	10.52.97	Chrystalla HADJIPOLYDOROU	Lemesos	27.06.15
Long Jump	6.62	Maria LAMBROU-TELONI	Sofia	02.08.74
High Jump	1.93	Leontia KALLENOU	Starkville USA	15.05.15
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 Throw	47.51	Natasa MOURATIDOU	Tuscalosa USA	28.03.10
Hammer Throw	68.05	Skevi THEODOROU	Larnaca	16.07.08
Heptathlon	4438	Rafaela IOANNOU	Athens	19-20.07.13
	(15.19-1.55-10.08-27.45-5.28-41.55-2.56.48)			



The Record breaking National Junior Team (40.44) composed of (L to R) Lavithis, G. Georgiou, Kyriakides and Athanasiou that was placed 5th in the European Junior Championships in Grosseto, Italy

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

NATIONAL RECORDS JUNIOR MEN

100m.	10.41	Georgios SKENDER	Bari	17.06.97
200m.	21.09	Nicos HADJINICOLAOU	N.Phaliron	17.07.77
400m.	47.06	Petros TSIAKKIROS	Roma	19.09.75
800m.	1.49.39	Christos DEMETRIOU	Kalamata	02.06.12
1500m.	3.45.84	Georgios LOUCAIDES	Larnaka	22.08.91
3000m.	8.22.44	Georgios LOUCAIDES	Lemesos	04.05.91
5000m.	14.31.99	Georgios LOUCAIDES	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	Sofia	14.06.80
High Jump	2.18	Anastasios TZIONIS	N.Phaliron	07.06.80
Triple Jump	16.31	Marios HADJIANDREOU	N.Phaliron	28.06.81
Pole Vault	5.05	Nikandros STYLIANOU	Larnaka	11.05.08
	5.05	Nikandros STYLIANOU	Banska Bystrica	22.06.08
Shot Put	18.75	Elias LOUCA	Lemesos	14.07.93
Shot Put (6kg)	18.72	Apostolos TSAKKISTOS	Tallinn	21.07.11
Discus Throw	52.93	George KONIARAKIS	Lefkosia	18.06.16
Discus Throw(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
Hammer Throw (6kg)	77.86	Alexandros POURSANIDES	Lefkosia	22.06.12
Decathlon	6720	Georgios ANDREOU	Tour France	29-30.8.93
	(11.40-6.78-12.63-1.98-52.91-17.17-39.28-3.90-60.56-5.15.17)			
Decathlon Junior	6867.00	Andreas CHRISTODOULOU	Serres	06-07.07.14
	(11.36-6.81-11.83-1.75-51.56-15.31-35.91-4.40-52.47-4.46.32)			
4X100m.Relay	40.44	National Team	Crossetto	16.07.04
	(Georgiou G – Lavithis G– Kyriakides G– Athanasiou V)			
4X400m.Relay	3.18.46	Pancyprian Club	Thessaloniki	20.06.82
	(Constantinou A-Kokkinos E-Kyriakides Th-Savva S)			



Gavriella Fella has thrown 16.26 qualifying for the European Championships

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.	9.46.82	Meropi PANAGIOTOU	Kaounas	22.06.13
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.	10.49.79	Stella CHRISTOFOROU	Athens Georgia USA	23.04.11
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	16.26	Gavriella FELLA	Lefkosia	19.06.16
Discus Throw	49.36	Elena SOFRONIOU	Lemesos	16.08.80
Javelin Throw	47.74	Natasa MOURATIDOU	Heraklio	17.04.08
Hammer Throw	57.77	Chrystalla KYRIAKOU	Larnaca	10.05.15
Heptathlon	4795	Maro THOMA	Lefkosia	17-18.4.85
	(15.74-1.55-11.07-25.56-5.70-28.80-2.27.72)			
4X100m.Relay	45.77	National Team	Eskilstuna	19.07.15
	(Pisiara M-Kyriakidou D-Andreou Sk-Fotopoulou O)			
4X400m.Relay	3.52.54	Olympia Club	Thessaloniki	10.07.83
	(Demetriou M-Georgiou M-Napoleonos S-Ioannou V)			



Georgios Koniarakis, Gold Medallist in both the World Gymnasiade and the European U18 Championships in the Discus Throw

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / BOYS

NATIONAL RECORDS U18

100m.	10.4	Nicos HADJINICOLAOU	(60)	Limerik	01.06.77
	10.64	Nicos HADJINICOLAOU	(60)	N. Phaliron	16.07.77
200m.	21.09	Nicos HADJINICOLAOU	(60)	N. Phaliron	17.07.77
400m.	47.96	Stefanos ANASTASIOY	(90)	Thessaloniki	01.07.06
800m.	1.51.7	Philippou 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	Antonios 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 Throw	52.93	George KONIARAKIS	(99)	Lefkosia	18.06.16
Discus Throw(1.5kg)	63.96	George KONIARAKIS	(99)	Lemesos	11.03.16
Javelin Throw	62.78	Lorentzo Theodoro ENGLISH	(98)	Lemesos	28.06.15
Javelin Throw(700gr)	69.28	Lorentzo Theodoro ENGLISH	(98)	Larisa	06.08.15
Hammer Throw(7.26kg)	58.38	Stelios KAZAKEOS	(94)	Lefkosia	15.05.11
Hammer Throw(5k)	72.41	Michalis KOLOKOTRONIS	(90)	Lemesos	16.06.07
Decathlon	5699	Photis STEFANI	(71)	Lemesos	13-14.04.88
	(12.15-6.25-9.48-1.85-53.55-15.98-29.50-3.80-34.94-5.09.4)				
4 X 100m.	42.76	National Team U18		Lemesos	21.07.90
	(Katsantonis P-Markaris P-Kassera A-Hadjiloizou N)				
4 X 400m.	3.21.46	National Team U18		Giannitsa	21.07.11
	(Demetriades Fr-Modestou E-Anastasiou O-Michara A)				

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / GIRLS



Vasso Papaioannou



Marilia Gregoriou



Stella Theocharous



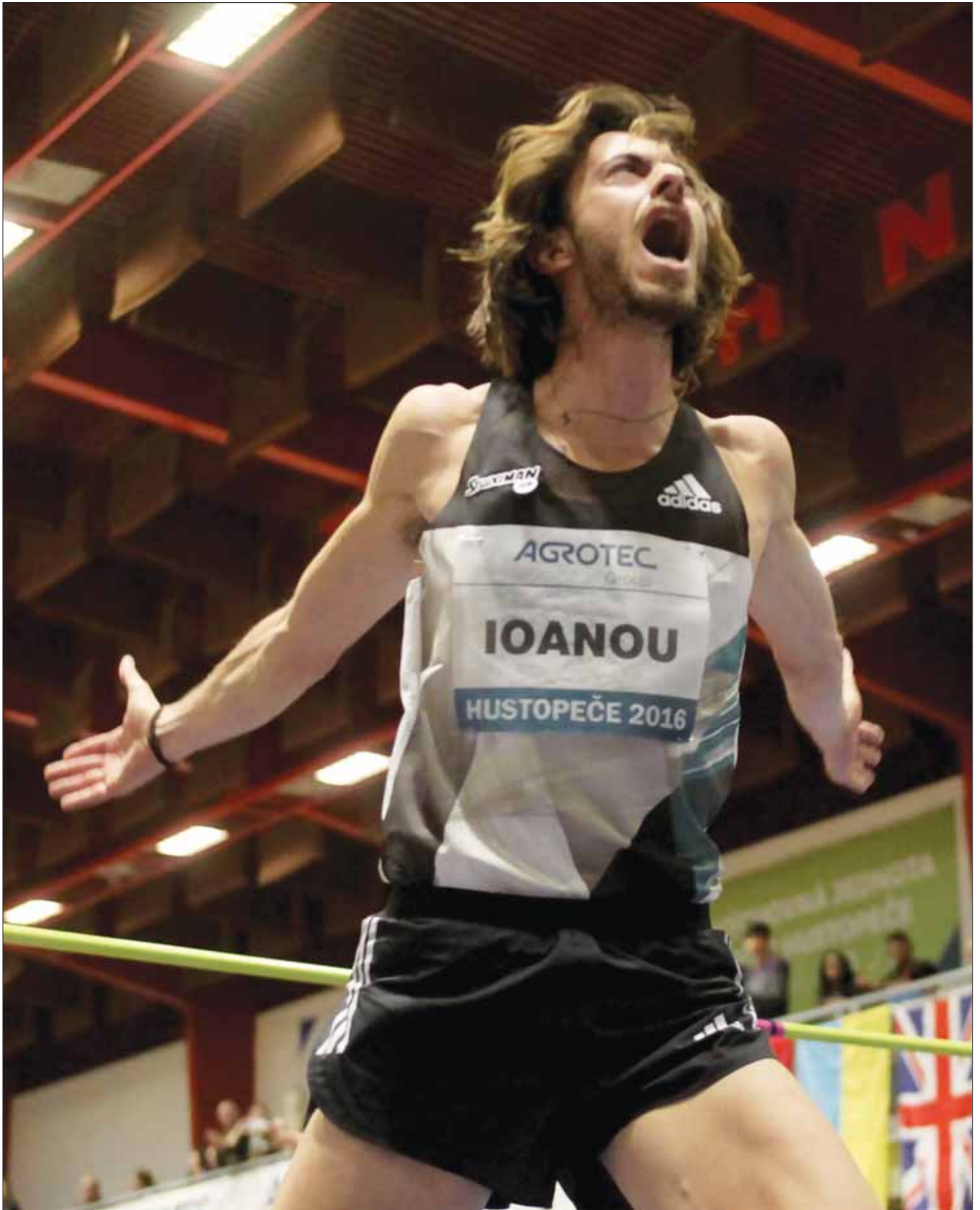
Christiana Filippou

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / GIRLS

NATIONAL RECORDS U18 GIRLS

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	Stephanie 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)	Lemosos	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)	Lemosos	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)	15.28	Gavriella FELLA	(98)	Lemosos	09.07.15
Discus Throw	46.29	Alexandra KLATSIA	(85)	Lefkosia	12.03.02
Javelin Throw	45.39	Natasa MOURATIDOU	(90)	Larisa	06.05.07
Javelin Throw(500gr)	45.86	Marielle ROUSI	(98)	Larisa	06.08.15
Hammer Throw	51.50	Sofia HADJISAVVA	(01)	Lefkosia	14.05.16
Hammer Throw(3kg)	60.39	Chrystalla KYRIAKOU	(96)	Donetsk	12.07.13
Heptathlon	4128P. (15.9-7.44-1.50-26.2/5.90-25.04.2.47.9)	Maria DRACOU		Lefkosia	03-04.09.84
4 X 100m.	47.20	National Team U18 (Christofi N-Kyriakidou D-Fotopoulou F-Fotopoulou O)		Rietti	21.07.13
4 X 400m.	3.53.52	National Team U18 (Demetriou R-Tsiarta I-Panagiotou M-Christoforou St)		Athina	30.07.09

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



Kyriacos Ioannou

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

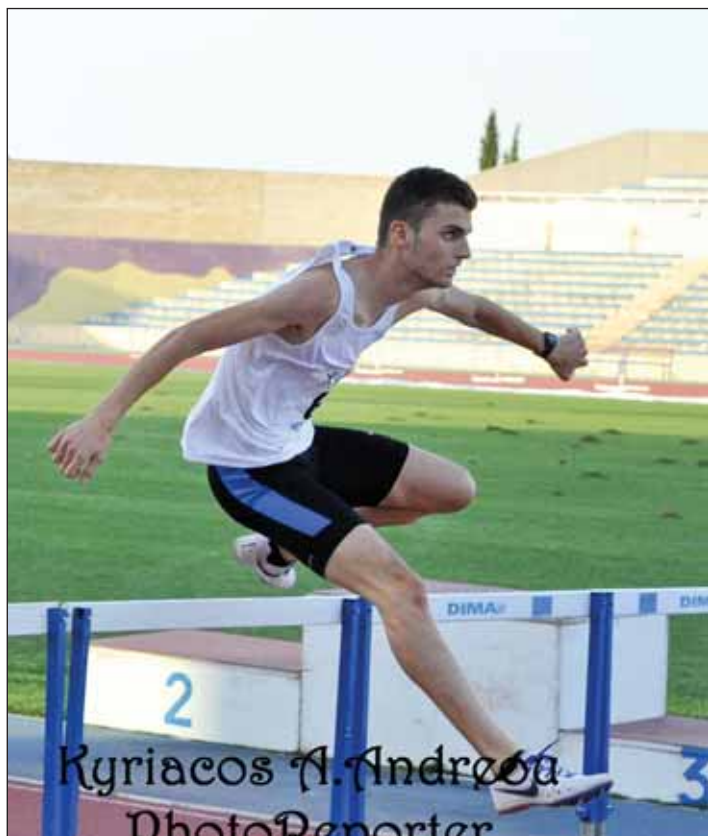
MEN

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.	1.49.30	Christos DEMITRIOU	Istanbul	21.02.15
1500m.	3.42.58	Christos PAPAPETROU	Piraeus	01.02.98
1 Mile	4.11.37	Georgios LOUCAIDES	Idaho	17.02.95
3000m.	7.54.16	Christos PAPAPETROU	Budapest	06.02.98
60m.H.	7.65	Milan TRAJKOVIC	Piraeus	15.02.15
Long Jump	7.68	Demetris ARAOUZOS	Moscow USA	12.02.83
High Jump	2.32	Kyriakos IOANNOU	Novi Sad	17.02.08
	2.32	Dimitrios CHONDROKOUKIS	Piraeus	14.02.15
Triple Jump	16.88	Marios HADJIANDREOU	Piraeus	20.02.88
Pole Vault	5.45	Nikandros STYLIANOU	Peiraias	08.02.14
Shot Put	19.43	Georgios ARESTIS	Athina	31.01.09
Heptathlon	5895	Georgios ANDREOU	Piraeus	11-12.02.2000
	(6.95-7.42-2.08-15.16-8.34-4.90-3.04.15)			
4X400m.	3.34.73	National Team Junior Men	Athina	14.03.09
	(Apostolides M., Ioannides A., Anastasiou St., Antoniou Kyr.)			

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	4.43.17	Meropi PANAGIOTOU	USA	26.02.16
3000m.	9.40.52	Meropi PANAGIOTOU	Birmingham 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	1.93	Leontia KALLENOU	Fayetteville USA	13.03.15
Triple Jump	13.32	Maria DIOIKITI	Sofi a	13.02.05
Pole Vault	4.41	Marianna ZACHARIADE	Piraeus	21.02.09
Shot Put	16.19	Olympia MENELAOU	Piraeus	18.02.01
Pentathlon	3156	Rafaelia IOANNOU	Piraeus	13.02.16

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS
/ NATIONAL CHAMPIONSHIP 2016



Kyriacos A. Andreou
PhotoReporter

Michalis Andreou



Panayiotis Volou



Andreou PhotoReporter

Michalis Kakotas



Kyriacos A. Andreou PhotoReporter

Michalis Lambrou

NATIONAL CHANSPIONSHIPS 2016

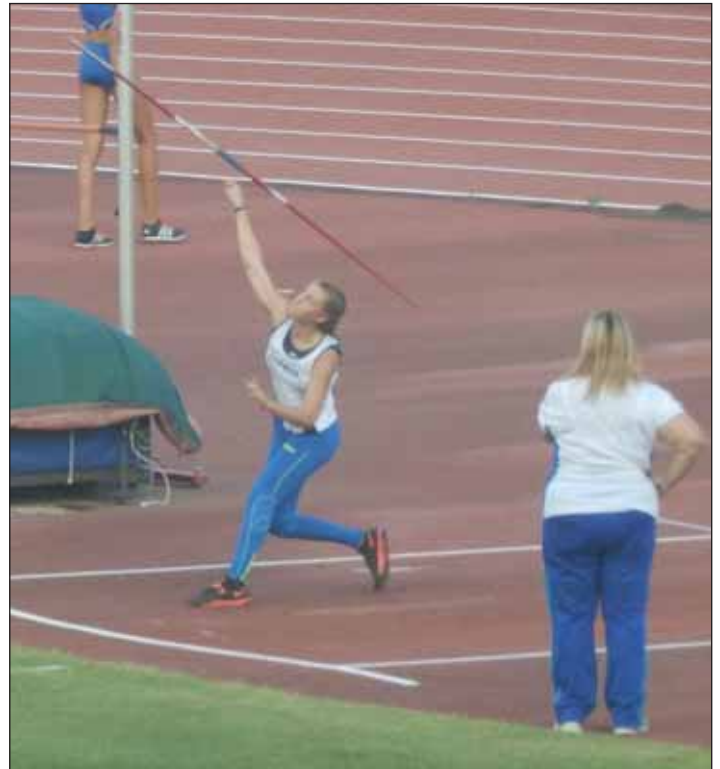
NICOSIA, 18-19 JUNE - MEN

100m.	Demetriades P. 10.62-Michael A. 10.68-Hadjitheoris A. 10.83
200m.	Demetriades P. 21.53-Michael A.. 21.81-Avraam G. 21.98
400m.	Avraam G. 48.49-Chrysostomou M. 48.50-Christou K. 48.66
800m.	Demetriou Chr. 1.48.36-Michara A. 1.48.70-Khadiri A. 1.50.36
1500m.	Khadiri A. 3.43.84-Demetriou Chr. 3.44.27-Michaelas Th. 3.55.40
5000m.	Apostolides M. 15.10.05-Fragkos N. 15.12.65-Busca M. 15.47.49
10000m.	Ahmet Jepel K. 33.29.65-Nikodemou R. 33.44.91-Protopapas Chr. 33.58.14
H.Marathon	Busca M. 1:11.15-Borodin P. 1:14.03-Tofi G. 1:19.05
Marathon	Borodin P. 2:43.25-Keenan M. 2:44.33-Panayi G. 3:09.33
110m.h.	Trajkovic M. 13.42-Stavrides Al. 14.31-Christodoulou A. 14.60
400m.h.	Andreou M. 53.63-Georgiou N. 54.06-Vasiliou A. 55.71
3000m.st.	Fragkos N. 9.23.94-Protopapas Chr. 10.05.35-Theodorou St. 11.04.82
Long Jump	Volou M. 7.41-Kleovoulou P. 7.23-Volou P. 7.22
High Jump	Chondrokoukis D. 2.23-Konstantinou V. 2.23-Ananiades Y. 2.00
Triple Jump	Volou P. 15.97-Sitanaris M. 14.65-Charalambous A. 14.37
Pole Vault	Stylianou N. 4.90-Tamanis Chr. 4.40-Yiangou V. 4.30
Shot Put	Lambrou M. 17.81-Arestis G. 16.00-Mitsides P. 15.54
Discus Throw	Parellis Ap. 63.74-Christou A. 59.16-Antoniou R. 53.00
Javelin Throw	Kakotas M. 64.96-English L.57.08-Savva Sp. 55.49
Hammer Throw	Stathelakos K. 73.61-Kazakeos St. 56.62-Sofianos P. 56.23
Decathlon	Konstantinou D. 5635-Papadopoulos Chr. 5356-Kanaris G. 5093
Relay 4X100m.	G.S.Evagoras 42.35 (Hadjitheoris A-Charpas S-Avgoustinou S-Michael A) G.S.Pancypria 43.35 (Christodoulou Al-Andreou M-Gangos M-Ioannou F) G.S.Olympia 43.66 (Lambrianou D-Efstathiou K-Papadopoulos Chr-Demetriades P)
Relay 4X400m.	G.S.Pancypria 3.17.16 (Christou Chr-Christoforu A-Michara A-Demetriou Chr) G.S.Olympia 3.20.41 (Georgiou N-Adamou Em-Christou K-Chrisostomou M) G.S.Evagoras 3.20.78 (Avraam G-Ibrahim D-Siantonas St-Hadjitheoris Chr)

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS
/ NATIONAL CHAMPIONSHIP 2016



Maria Aristotelous



Mariele Rousi



Cathrine Beatty



Zoe Stavrou

NATIONAL CHAMPIONSHIPS 2016

NICOSIA, 18-19 JUNE – WOMEN

100m.	Papaioannou R. 11.25-Fotopoulou OI. 11.65-Fotopoulou F. 11.74
200m.	Papaioannou R. 23.24-Fotopoulou OI. 24.50-Katsari Chr. 25.06
400m.	Katsari Chr. 54.99-Kountouri Kal. 56.00-Demetriou Raf. 56.89
800m.	Evangelidou N. 2.11.47-Thrasivoulou P. 2.17.95-Papanastasiou M. 2.18.69
1500m.	Evangelidou N. 4.22.62-Panagiotou M. 4.38.23-Papanastasiou M. 4.55.06
5000m.	Panagiotou M. 17.44.31-Hadjipolydorou Chr. 18.26.02-Hapoupi P. 18.35.60
10000m.	Hadjipolydorou Chr. 38.35.90-Menteyeva Z. 38.40.86-Hapoupi P. 38.51.96
H.Marathon	Sofokleous M. 1:30.32-Sofokleous G. 1:30.32-Andreou J. 1:35.33
Marathon	Hadjipapa P. 3:31.06-Konstantinou S. 3:57.22-Chioti Chr. 4:06.03
100m.h.	Christofi N. 13.92-Athanasopoulou A. 14.06-Georgiou D. 14.20
400m.h.	Stavrou K. 1.03.34-Anaxagorou A. 1.05.48-Petrou I. 1.10.76
3000m.st.	Menteyeva Z. 11.03.74-Hadjipolydorou Chr. 11.04.99-Thrasivoulou St. 12.06.59
Long Jump	Panayi N. 6.59-Fotopoulou F. 6.44-Papakonstantinou El. 5.83
High Jump	Kallenou L. 1.75-Charalambous D. 1.68-Christodoulou M. 1.68
Triple Jump	Christofi El. 12.63-Papakonstantinou El. 12.41-Polydorou Th. 12.28
Pole Vault	Aristotelous M. 3.70-Krasia P. 3.60-Ittalos A. 3.20
Shot Put	Fella G. 16.26-Kappa Fl. 14.02-Georgiadou Z. 12.47
Discus Throw	Lada A. 53.77-Georgiadou Z. 46.34-Fella G. 46.00
Javelin Throw	Rousi M. 45.36-Ioannou R. 40.99-Giannoukou P. 40.36
Hammer Throw	Beatty C. 58.70-Kyriakou Chr. 55.95-Evangelou Il. 50.30
Heptathlon	Stavrou Z. 4148-Ioannou R. 4067-Erakleous Ch. 3329
4X100m.	G.S.Pancyria 46.84 (Antoniou M-Adamidou G-Fotopoulou F-Fotopoulou OI) G.S.Zenon 47.99 (Nikolettou N-Kontonikola G-Andreou A-Georgiou D) G.S.Olympia 49.18 (Athanasopoulou A-Erakleous Ch-Martidou Chr-Pisiara M)
4X400m.	G.S.Olympia 3.48.02 (Colomeiteva S-Theodosiou Ir-Michael S-Katsari Chr) G.S.Pancyria 3.48.67 (Mala Ph-Evangelidou N-Kalogerou El-Kountouri Kal) G.S.Korivos 4.08.28 (Lazarou L-Demetriou R-Evangelou S-Hadjimitsi S)

They solemnly declare that they are eager, ready and willing to undergo the challenge of the track and field training





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