

CYPRUS AMATEUR ATHLETIC ASSOCIATION

NATIONAL RECORDS SENIOR WOMEN								
Event	Time	Name	Country	Date	Age	Competition	Location	Date
100m	11.25	Anna-Ramona	PAPAIOANNOU	15.06.1989	1.3	National Senior Championships	Lefkosia	18.06.2016
200m	22.61	Eleni	ARTYMATA	16.05.1986	0.1	European Athletic Championships	Barcelona	31.07.2010
400m	51.14	Eleni	ARTYMATA	16.05.1986		International Meeting	Bellinzona/SUI	18.07.2018
800m	2.01.77	Natalia	EVANGELIDOU	10.03.1991		Commonwealth Games	Gold Coast/AUS	12.04.2018
1500m	4.10.98	Natalia	EVANGELIDOU	10.03.1991		Commonwealth Games	Gold Coast/AUS	30.07.2016
3000m	9.02.18	Andri	AVRAAM	20.01.1963		Olympic Games	Seoul	23.09.1988
5000m	16.13.25	Andri	AVRAAM	20.01.1963		International Meeting	Hengelo	14.08.1988
10000m	32.59.30	Andri	AVRAAM	20.01.1963		Olympic Games	Seoul	26.09.1988
Half Marathon	1.16.44+	Dagmara Anna	HANDZLIK	20.02.1986		IAAF World Championships	London	06.08.2017
Marathon	2.38.52	Dagmara Anna	HANDZLIK	20.02.1986		IAAF World Championships	London	06.08.2017
100m H	13.25	Morfo	BAOURDA	13.01.1982	-0.9	Games of Small States of Europe	Lefkosia	06.06.2009
400m H	54.76	Androula	SHIALOU	27.01.1973		International Meeting	Heraklio	04.07.2004
3000m st.	10.40.79	Stella	CHRISTOFOROU	02.03.1992		Georgia University V Missouri University	Athens USA	23.04.2011
Long Jump	6.80	Maria	LAMBROU-TELONI	23.02.1953		Local Games	Lemesos	25.03.1985
High Jump	1.93	Leontia	KALLENOU	05.10.1994		Students Games	Starkville USA	15.05.2015
Triple Jump	13.94	Nina-Mitkova	SERBEZOVA	06.05.1981		Invitation	Lemesos	05.07.2012
Pole Vault	4.45	Marianna	ZACHARIADI	25.02.1990		Mediterranean Games	Pescara	30.06.2009
Shot Put	16.71	Olympia	MENELAOU	29.04.1966		Local Games	Lemesos	25.03.2001
Discus Throw	56.69	Androniki	LADA	19.04.1991		Local Games	Lemesos	25.03.2014
Javelin Throw	57.20	Alexandra	TSISIOU	02.07.1981		Student Games	Patra	17.05.2006
Hammer Throw	69.29	Paraskevi	THEODOROU	15.03.1986		Throwing Festival	Tripoli	17.05.2009
Heptathlon	5319	Maria	LAMBROU-TELONI	23.02.1953		Invitation	Lefkosia	3-4.09.1984
		(14.2-1.63-11.33-24.7-6.48-33.76-2.40.0)						
4X100m Relay	43.87	National Team				European Athletics Championships	Amsterdam	09.07.2016
		(Olivia Fotopoulou/20.12.1996-Anna-Ramona Papaioannou/15.06.1989-Filippa Fotopoulou/20.12.1996-Eleni Artymata/16.05.1986)						
4X400m Relay	3.42.60	National Team				European Cup (Bruno Zauli)	Lefkosia	24.06.2001
		(Kyriacou Dora/03.07.1967-Papaioannou Vaso/26.11.1978-Shialou Androula/27.01.1973-Kallinikou Alissa/24.05.85)						

NATIONAL RECORDS U18/GIRLS								
100m	11.65	Paraskevi	ANDREOU	15.01.1997	0.0	2nd Youth Olympic Games	Nanjing	21.08.2014
200m	24.29	Vaso	PAPAIOANNOU	26.11.1978	1.9	Greek National School Games	N. Phaliron	06.05.1995
400m	54.43	Alissa	KALLINIKOU	24.05.1985		Gymnasiade	Caen	31.05.2002
800m	2.07.84	Stella	CHRISTOFOROU	02.03.1992		European Team Championships	Banska Bystrica	20.06.2009
1000m	2.55.97	Stella	CHRISTOFOROU	02.03.1992		Gymnasiade	Doha	11.12.2009
1500m	4.27.82	Stella	CHRISTOFOROU	02.03.1992		European Team Championships	Banska Bystrica	21.06.2009
3000m	9.50.02	Elena	AGAMEMNONOS	06.09.1975		International Match GRE-CYP	Athina	18.07.1992
5000m	17.52.93	Stephanie	SOPHOCLEOUS	25.08.1986		Bruno Zaouli	Istanbul	22.06.2003
10000m	40.08.10	Louiza	TSIANAKA	02.09.1974		Bruno Zaouli	N. Phaliron	23.06.1991
100m.H.	13.89	Mariia	GREGORIOU	13.02.1980		National Senior Championships	Paphos	24.05.1997
100m.H.(76cm)	13.52	Mariia	GREGORIOU	13.02.1980	2.0	European Youth Olympic Festival	Lisboa	21.07.1997
400m.H.	59.95	Stella	THEOCHAROUS	03.11.1971		Gymnasiade	Barcelona	08.07.1988
2000m st.	7.20.98	Evgenia	KORKOKIOU	06.05.1988		National Junior Championships	Lemesos	14.05.2005
3000m st.	11.20.34	Evgenia	KORKOKIOU	06.05.1988		Bruno Zaouli	Istanbul	18.06.2005
Long Jump	6.08	Christiana	FILIPPOU	25.12.1967		Local Games	Lefkosia	24.03.1984
High Jump	1.81	Agni	CHARALAMBOUS	02.09.1975		National Junior Championships	Lemesos	03.05.1991
Triple Jump	12.48	Thomaida	POLYDOROU	07.11.1986	-0.5	Greek National School Championships	Lefkosia	10.05.2003
Pole Vault	3.70	Andrea	VASOU	25.06.2003		World Gymnasiade	Marrakech/MAR	06.05.2018
Shot Put(4kg)	14.39	Florentia	KAPPA	29.05.1988		Local Games	Lefkosia	25.03.2005
Shot Put(3kg)	15.57	Styliana	KYRIAKIDOU	14.08.2000		Commonwealth Youth Games	Bahamas	20.07.2017
Discus Throw	46.39	Alexandra	KLATSIA	19.09.1985		Local School Games	Lefkosia	12.03.2002
Javelin Throw(600gr)	45.39	Natasa	MOURATIDOU	08.04.1990		Greek National School Championships	Larisa	06.05.2007
Javelin Throw(500gr)	45.86	Marielle	ROUSI	30.08.1998		International Match GRE-CYP	Larisa	06.08.2015
Hammer Throw(4kg)	53.52	Sofia	HADJISAVVA	20.04.2001		National Spring Championships	Lefkosia	20.05.2017
Hammer Throw (3kg)	60.39	Chrystalla	KYRIAKOU	04.10.1996		IAAF World Youth Championships	Donetsk	12.07.2013
Heptathlon	4128p.	Maria	DRACOU	04.11.1967		Invitation	Lefkosia	3-4.09.1984
		(15.9-1.50-7.44-26.2/5.90-25.04-2.47.9)						
4x100m.	47.20	National Team U18				European Junior Championships	Rietti	21.07.2013
		(Natalia Christofi-Dimitra Kyriakidou-Filippa Fotopoulou-Olivia Fotopoulou)						
4x400m.	3.53.52	National Team U18				International Match GRE-CYP	Athina	30.07.2009
		(Rafaella Demetriou-Eirini Tsiarta-Meropi Panagiotou-Stella Christoforou)						

NATIONAL RECORDS JUNIOR MEN								
100m	10.41	Georgios	SKENDER	09.05.1978	0.4	Mediterranean Games	Bari	16.06.1997
200m	21.09	Nicos	HADJINICOLAOU	10.07.1960		Bruno Zauli	N.Phaliron	17.07.1977
400m	47.06	Petros	TSIAKKIROS	15.07.1956		World Universiade	Roma	19.09.1975
800m	1.49.39	Christos	DIMITRIOU	22.09.1993		International Meeting "Papaflessia"	Kalamata	02.06.2012
1500m	3.45.84	Georgios	LOUCAIDES	05.03.1972		Invitation	Larnaca	22.08.1991
3000m	8.22.44	Georgios	LOUCAIDES	05.03.1972		National Junior Championships	Lemosos	04.05.1991
5000m	14.31.99	Georgios	LOUCAIDES	05.03.1972		Spring National Championships "Matsia"	Lefkosia	28.04.1991
	14.31.99	Georgios	LOUCAIDES	05.03.1972		National Senior Men Championships	Larnaca	09.06.1991
10000m	30.44.6	Georgios	LOUCAIDES	05.03.1972		Invitation	Larnaca	30.08.1991
110m.H.(1.067)	13.99	Prodromos	KATSANTONIS	20.10.1975	-0.6	National Senior Championships	Lefkosia	15.05.1993
110m.H.(0.99)	13.80	Prodromos	KATSANTONIS	20.10.1975		Greek National School Championships	Lefkosia	29.04.1993
400m.H.(0.914)	50.79	Costas	POCHANIS	29.07.1973		International Junior Match(GRE-BUL-CYP)	Drama	22.08.1992
2000m.st(0.914)	5.38.88	Georgios	LOUCAIDES	05.03.1972		Invitation	Larnaca	26.08.1991
3000m st (0.914)	8.45.04	Georgios	LOUCAIDES	05.03.1972		Bruno Zauli	N.Phaliron	23.06.1991
Long Jump	7.73	Demetris	ARAOUZOS	19.02.1961		Balkan Games	Sofia	14.06.1980
High Jump	2.18	Anastasios	TZIONIS	18.01.1962		Invitation	N.Phaliron	07.06.1980
Triple Jump	16.31	Marios	HADJIANDREOU	19.09.1962	1.2	Greek National Championships	N.Phaliron	28.06.1981
Pole Vault	5.05	Nikadros	STYLIANOU	22.08.1989		National Junior Men Championships	Larnaca	11.05.2008
	5.05	Nikadros	STYLIANOU	22.08.1989		European Cup 2nd League	Banska Bystrica	22.06.2008
Shot Put(7.26kg)	18.75	Elias	LOUCA	23.07.1974		Invitation	Lemosos	14.07.1993
Shot Put(6Kg)	18.72	Apostolos	TSAKKISTOS	24.12.1992		European Junior Championships	Tallinn	21.07.2011
Discus Throw(2Kg)	58.56	Giorgos	KONIARAKIS	02.02.1999		Mediterranean Games U23	Jesolo/ITA	10.06.2018
Discus Throw(1.750gr)	65.90	Giorgos	KONIARAKIS	02.02.1999		International Junior Match	Tel-Aviv	13.05.2018
Javelin(800gr)	64.90	Pieros	TSISIOS	08.06.1978		International Junior Match	Tel-Aviv	02.06.1996
Hammer Throw(7.26kg)	67.04	Alexandros	POURSANIDIS	23.01.1993		National Senior Championships	Lemosos	10.06.2012
Hammer Throw(6kg)	77.86	Alexandros	POURSANIDIS	23.01.1993		National Invitation	Lefkosia	22.06.2012
Decathlon	6.720p.	Georgios	ANDREOU	26.07.1974		Military World Championships	Tours France	29-30.08.93
(7.26kg-1.067m-2kg)		(11.40(+0.9)-6.78(+0.6)-12.63-1.98-52.91/17.17(-0.6)-39.28-3.90-60.56-5.15.17)						
Decathlon	6.867p.	Andreas	CHRISTODOULOU	26.10.1995		Balkan Junior Championships	Serres	5-6.07.2014
(6kg-0.99m-1.750gr)		(11.36(-2.4)-6.81(1.1)-11.83-1.75-51.56/15.31(-1.0)-35.91-4.40-52.47-4.46.32)						
4x100m.Relay	40.44	NATIONAL TEAM JUNIOR MEN				World Junior Championships	Grosseto	16.07.2004
		(Lavithis George/30.09.1986-Georgiou Georgios/17.05.1985-Kyriakides Georgios/-Athanasiou Valentinos/27.07.1986)						
4x400m.Relay	3.18.46	G.S. PANCYPRIAN CLUB LEFKOSIA				Greek National Junior Championships	Thessaloniki	20.06.1982
		(Constantinou Athos/1965-Kokkinos Emilios/1964-Kyriakides Themis/20.02.1965-Savva Savvas/03.06.1964)						

NATIONAL RECORDS U18/BOYS								
100m	10.4	Nicos	HADJINIKOLAOU	10.07.1960		International Games	Limerik	01.06.1977
	10.64	Nicos	HADJINIKOLAOU	10.07.1960		Bruno Zauli	N. Phaliron	16.07.1977
200m	21.09	Nicos	HADJINIKOLAOU	10.07.1960		Bruno Zauli	N. Phaliron	17.07.1977
400m	47.96	Stefanos	ANASTASIOU	11.08.1990		Gymnasiade	Thessaloniki	01.07.2006
800m	1.51.7	Philippos	STYLIANOUES	28.06.1962		International Meeting "Makaria"	Lefkosia	06.01.1979
1000m	2.28.52	Christos	DIMITRIOU	22.09.1993		European Youth Olympic Festival	Moscow	23.05.2010
1500m	3.49.2	Georgios	LOUCAIDES	05.03.1972		Invitation	Lefkosia	26.04.1989
3000m	8.25.29	Georgios	LOUCAIDES	05.03.1972		International Games	Cannes FRA	24.06.1989
5000m	14.39.74	Georgios	LOUCAIDES	05.03.1972		International Games	Belfast	01.07.1989
10000m	31.52.65	Georgios	LOUCAIDES	05.03.1972		European Junior Championships	Vararstin CRO	26.08.1989
Marathon								
110m.H.(1.067m)	14.40	Prodromos	KATSANTONIS	20.10.1975		National Senior Championships	Lemesos	13.06.1992
110m.H.(0.914m)	13.57	Haris	KOUTRAS	08.06.1992	-0.4	European Youth Olympic Festival	Tampere	23.07.2009
400m.H.(0.914m)	52.39	Costas	POCHANIS	29.07.1973		National Senior Championships	Lemesos	28.06.1990
400m.H.(0.84cm)	52.99	Costas	POCHANIS	29.07.1973		Gymnasiade	Bruss BEL	26.06.1990
2000m st.	5.48.58	Georgios	LOUCAIDES	05.03.1972		National Youth Championships	Lemesos	07.07.1989
3000m st.	9.08.66	Stathis	STASIS	19.04.1973		Invitation	Lemesos	27.06.1990
Long Jump	7.44	Michalis	RODOSTHENOUS	15.06.1959		Gymnasiade	Orlean FRA	26.06.1976
High Jump	2.16	Anastasios	TZIONIS	18.01.1962		Gymnasiade	Lylle FRA	23.06.1979
Triple Jump	15.74	Stelios	PETROU	17.03.1983		Greek National School Championships	Patra GRE	10.05.2000
Pole Vault	4.9	Christos	TAMANIS	22.12.2000		National Youth Championships	Lemesos	07.07.2017
Shot Put(7.26kg)	17.39	Elias	LOUCA	23.07.1974			Lemesos	30.06.1991
Shot Put(5kg)	20.03	Elias	LOUCA	23.07.1974		National School Championships	Larnaca	17.04.1991
Discus Throw(2kg)	52.93	Georgios	KONIARAKIS	07.02.1999		National Senior Championships	Lefkosia	18.06.2016
Discus Throw(1.5kg)	63.96	Georgios	KONIARAKIS	07.02.1999		Local School Games	Lemesos	11.03.2016
Javelin Throw(800gr)	64.53	Spyros	SAVVA	24.01.2000		National Senior Championships	Lemesos	18.06.2017
Javelin Throw(700gr)	71.85	Spyros	SAVVA	24.01.2000		International Match GRE-CYP	Sparti/GRE	03.08.2017
Hammer Throw(7.26k)	58.38	Stylios	KAZAKEOS	03.03.1994		National Spring Championships "Matsia"	Lefkosia	15.05.2011
Hammer Throw (6kg)	66.07	Nikolaos	KESSIDIS	11.01.2001		National Junior Championships	Lemesos	29.04.2018
Hammer Throw (5kg)	72.41	Michael	KOLOKOTRONIS	09.12.1990		National Youth Championships	Lemesos	16.06.2007
Decathlon	6.559p.	Georgios	KANARIS	04.10.2000		National School Champ. Combined Events	Lefkosia	04-05.04.2017
U18 Implements	(11.63(0.7)-6.32(1.0)-16.50-1.90-55.02/15.75-43.42-3.40-48.53-5.17.25)							
	5.992p.	Georgios	KANARIS	04.10.2000		National Championships Combined Events	Lemesos	20-21.04.2017
Men Implements	(11.84(-1.7)-6.15(1.3)-12.50-1.85-54.89/17.50(-1.2)-38.26-3.90-40.86-5.04.68)							
4x100m.	42.76	National Team U18				International Match GRE-CYP	Lemesos	21.07.1990
		(Prodromos Katsantonis-Pericles Markaris-Antonis Kassera-Nearchos Hadjiloizou)						
4x400m.	3.21.46	National Team U18				International Match GRE-CYP	Giannitsa	21.07.2011
		(Frixos Demetriades-Emanouel Modestou-Onisiforos Anastasiou-Adrea Gacumi Michara)						

NATIONAL INDOOR RECORDS JUNIOR MEN							
60m	6.88	Aris	GEORGIADES	22.07.1967		Piraeus	07.02.1986
	6.88	Stefanos	IOANNOU	12.06.1982	European Indoor Championships	Gent/BEL	26.02.2000
200m	21.59	Ioannis	MARCOULLIDES	08.02.1971	European Indoor Championships	Glasgow	03.03.1990
400m	49.64	Stavros	SPYROU	19.11.2000	International Indoor Meeting	Vienna	26.01.2019
800m	1.51.84	Christos	DIMITRIOU	22.09.1993	Greek National Invitation	Piraeus	04.02.2012
1500m	3.54.12	Alexandros	KALOGEROGIANNIS	14.05.1985	Invitation	Athens	31.01.2004
3000m	8.30.59	Alexandros	KALOGEROGIANNIS	14.05.1985	Greek National Indoor Championships	Athens	08.02.2004
60m H	8.08	Stefanos	IOANNOU	12.06.1982	European Indoor Championships	Belgium	25.02.2000
60m H(0.99cm)	8.18	Constantinos	TZIAKOURIS	01.06.1999	Greek Indoor Invitation	Piraeus	04.02.2017
	8.18	Constantinos	TZIAKOURIS	01.06.1999	Balkan Junior Indoor Championships	Istanbul	12.02.2017
Long Jump	7.20	Kosmas	THEODOROU	1981		Piraeus	29.01.2000
High Jump	2.08	Emilios	XENOFONTOS	27.11.1986		Athens	31.01.2004
Triple Jump	14.40	Panagiotis	VOLOU	1991	Greek National Invitation	Athens	06.02.2010
Pole Vault	4.90	Nikandros	STYLIANOU	1989		Athens	02.02.2008
Shot Put	18.30	Elias	LOUCA	1974	Invitation	Athens	11.12.1993
Heptathlon	4695P	Pericles	KLEOVOULOU	1993	Greek National Indoor Championships	Athens	19-20.02.11
60m H/ 0.99cm	8.22	Alexandros	STAVRIDES	1989	National Invitation	Lefkosia	25.01.2006
4x400m	3.34.73	National Junior Team			International Military Games	Athens	14.03.2009
	(Marios Apostolides-Alexis Ioannides-Stefanos Anastasiou-Kyriakos Antoniou)						