

C.A.A.A.

### **NATIONAL RECORDS MEN**

100m.	10.11	Yiannakis	ZISIMIDES	Rethimno	25.05.96
200m.	20.37	Prodromos	KATSANTONIS	Athina	19.07.98
400m.	46.16	Evipides	DHMOSTHENOUS	Palma de Malorga	12.07.99
800m.	1.47.17	Spyros	SPYROU	Casablanca	15.09.83
1500m.	3.39.50	Amine	KHADIRI	Huelva Spain	03.06.16
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	13.25	Milan	TRAJKOVIC	London	09.07.17
400m.h	49.5 49.66	Stavros Stavros	TZIORTZIS TZIORTZIS	N.Phaliron Munich	28.06.72 02.09.72
3000m.st.	8.24.01	Philippos	PHILIPPOU	Casablanca	15.09.83
Long Jump	7.86 7.86 7.86	Demetris Demetris Michael	ARAOUZOS ARAOUZOS RODOSTHENOUS	Lefkosia Idaho Chania	25.03.82 14.04.84 24.05.86
High Jump	2.35	Kyriakos	IOANNOU	Osaka	29.08.07
Triple Jump	17.13	Marios	HADJIANDREOU	Athina	11.07.91
Pole Vault	5.61(i)	Nikandros	STYLIANOU	Belgrade	25.02.17
Shot Put	19.84	Loucas	LOUCA	Athina	09.04.75
Discus Throw	66.32	Apostolos	PARELLIS	Doha	30.09.19
Javelin Throw	77.65	Paraskevas	BATZAVALIS	Lefkosia	19.05.19
Hammer Throw	75.32	Constantinos	STATHELAKOS	Tripoli GRE	16.05.15

## **NATIONAL RECORDS MEN**

Decathlon	7802	Georgios	ANDREOU	Volos	11-12.08.00
	(10.83-7.16-15.16-1.96-51.21/15.37-45.13-4.90-59.31-5.03.03)				
4X100m.Relay	39.12	NATIONAL TEAM		Bari	18.06.97
	(Marcoullides A-Katsantonis Pr-Skender G-Zisimides Y)				
4X400m.Relay	3.11.16	NATIONAL TEAM		Beograd	07.06.98
	(Afamis G-Pochanis C-Ayiomamitis A-Demosthenous E)				
20000m.W	1:57.48	Yiannis	DEMETRIOU	Piraeus	07.10.78

## **NATIONAL RECORDS WOMEN**

100m.	11.33	Marilia	GREGORIOU	Athina	10.06.04
200m.	22.61	Eleni	ARTYMATA	Barcelona	31.07.10
400m.	51.61	Eleni	ARTYMATA	Patra GRE	01.07.17
800m.	2.01.77	Natalia	EVANGELIDOU	GOLD COAST	12.04.18
1500m.	4.10.98	Natalia	EVANGELIDOU	GOLD COAST	09.04.18
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	1.16.44	Dagmara Anna	HANDZLIK	London	06.08.17
Marathon	2.34.17	Dagmara Anna	HANDZLIK	Gold Coast	07.07.19
100m.h	13.25	Morfo	BAOURDA	Lefkosia	06.06.09
400m.h	54.76	Andri	SHIALOU	Heraklio	04.07.04
3000m.St.	10.40.79	Stella	CHRISTOFOROU	Athens USA	23.04.11
Long Jump	6.80	Maria	LAMBROU-TELONI	Limassol	25.03.85
High Jump	1.93(i) 1.93	Leontia Leontia	KALLENOU KALLENOU	Lexington USA Strarkville USA	13.03.15 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	Lemesos	25.03.14
Javelin	57.20	Alexandra	TSISIOU	Patra	17.05.06
Hammer Throw	69.29	Skevi	THEODOROU	Tripoli	17.05.09

C.A.A.A.

**NATIONAL RECORDS WOMEN**

Heptathlon	5319	Maria	LAMBROU	Lefkosia	3-4.09.84
	(14.2-1.63-11.33-24.7-6.48-33.76-2.40.0)				
4X100m. Relay	43.87	NATIONAL TEAM		Amsterdam	09.07.16
	(Olivia Fotopoulou –Anna Ramona Papaioannou-Filippa Fotopoulou-Eleni Artymata)				
4X400m. Relay	3.42.60	NATIONAL TEAM		Lefkosia	24.06.01
	(Dora Kyriacou-Vaso Papaioannou-Andri Shialou-Alissa Kallinicou)				

## **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
6Kg	18.72	Apostolos	TSAKKISTOS	Tallinn	21.07.11
Discus Throw	56.90	Georgios	KONIARAKIS	Lefkosia	25.03.18
1.750gr.	63.08	Georgios	KONIARAKIS	Lemesos	28.04.18
Javelin	71.00	Spyros	SAVVA	Lemesos	03.05.19

Hammer Throw	67.04	Alexandros	POURSANIDES	Lemosos	10.06.12
6kg	77.86	Alexandros	POURSANIDES	Lefkosia	22.06.12
Decathlon	6.720p.	Georgios	ANDREOU	Tour France	29/30.8.93
	(11.40-6.78-12.63-1.98-52.91-17.17-39.28-3.90-60.56-5.15.17)				
Decathlon	6,867p.	Andreas	CHRISTODOULOU	Serres GRE	6-7.07.14
(U20 implements)	(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)				

## **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	Larnaka	30.06.12
3000m.	9.46.82	Meropi	PANAGIOTOU	Kaunas	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.	13.63 +0,8	Dafni	GEORGIU	Istanbul	22.06.18
400m.h.	59.14	Stella	THEOCHAROUS	Bruxelles	05.08.89
2000M ST.	7.18.67	Evgenia	KORKOKIOU	Paphos	13.05.06
3000M ST.	10.40.79	Stella	CHRISTOFOROU	Athens USA	23.04.11
Long Jump	6.21	Filippa	FOTOPOULOU	Argos Orestiko GRE	09.07.14
High Jump	1.87	Leontia	KALLENOU	Mersin	29.06.13
Triple Jump	12.78(-0.1)	Thomaida	POLYDOROU	Lemesos	22.05.04
Pole Vault	4.45	Marianna	ZACHARIADE	Pescara	30.06.09
Shot Put	16.26	Gavriela	FELLA	Lefkosia	19.06.16
	16.26	Gavriela	FELLA	Lefkosia	29.04.17
Discus Throw	49.36	Elena	SOFRONIOU	Lemesos	16.08.80
Javelin	49.16	Mariele	ROUSI	San Marino	30.05.17
Hammer Throw	57.77	Chrystalla	KYRIAKOU	Larnaka	10.05.15
Heptathlon	4.795 (15.74-1.55-11.07-25.56-5.70-28.80-2.27.72)	Maro	THOMA	Lefkosia	17/18.4.85

4X100m.Relay	45.77	NATIONAL TEAM (M.Pisiara-D.Kyriakidou-Sk. Andreou-O.Fotopoulou)	Eskilstuna SWE	19.07.15
4X400m.Relay	3.52.54	OLYMPIA CLUB (Demetriou M-Georgiou M-Napoleonos S-Ioannou V)	Thessaloniki	10.07.83



**NATIONAL RECORDS MEN (under 23 years)**

100m.	10.26	Prodromos	KATSANTONIS	Athina	18.07.97
200m.	20.55	Prodromos	KATSANTONIS	Bari	17.06.97
400m.	46.6 46.83	Kyriacos Georgios	ONISIFOROU AVRAAM	Izmir Athina	03.08.72 20.07.13
800m.	1.47.88	Demetris	THEOFYLACTOU	Tempe (Ariz.)	21.05.79
1500m.	3.44.94 i	Alexandros	KALOGEROYIANNIS	Athina	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	Lefkosia	27.05.94
3000m.st.	8.31.04	Philippos	PHILIPPOU	N.Phaliron	15.07.78
Long Jump	7.86	Demetrios	ARAOUZOS	Lefkosia	25.03.82
High Jump	2.30i	Kyriakos	IOANNOU	Banska Bystrica	14.02.06
Triple Jump	16.37	Marios	HADJIANDREOU	Lefkosia	01.10.83
Pole Vault	5.40	Nikandros	STYLIANOU	Lefkosia	16.07.10
Shot Put	19.54	Elias	LOUCA	Lemosos	22.06.96
Discus Throw	58.77	Giorgos	KONIRAKIS	Patra	28.07.19
Javelin Throw	71.19	Pieros	TSISIOS	Kastoria	05.08.00
Hammer Throw	70.08	Alexandros	POURSANIDIS	Florida USA	03.04.15
Decathlon	7334	Andreas	CHRISTODOULOU	Florida USA	13-14.05.16
Relay 4X400m.	3.17.60	National	Team	Tel-Aviv	23.05.12
		(K.Antoniou-St.Anastasiou-R.Menelaou-G.Avraam)			

### **NATIONAL RECORDS WOMEN (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	28.05.15
3000m.	9.40.52(i)	Meropi	PANAGIOTOU	Birgimgharm USA	18.01.14
5000m.	16.29.13	Meropi	PANAGIOTOU	Walnut CA USA	17.04.15
10000m.	36.37.14	Rodama	LAGONIDOU	Megara GRE	27.06.17
Half Marathon	1:27.57	Rodama	LAGONIDOU	Lefkada GRE	30.04.17
Marathon	3.41.10	Giota	ANDREOU	Lemesos	20.02.11
100m.h.	13.41	Natalia	CHRISTOFI	Tel Aviv	25.06.17
400m.h.	60.08	Androula	SHIALOU	Larnaca	20.05.95
3000m.steeple	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	Larnaka	06.06.04
Pole Vault	4.40	Marianna	ZACHARIADE	Delhi	12.10.10
Shot Put	14.74	Flora	KAPPA	Marsa MLT	20.06.10
Discus Throw	54.86	Androniki	LADA	Chania	04.07.12
Javelin	47.51	Natasa	MOURATIDOU	Touscalosa USA	28.03.10
Hammer Throw	68.05	Skevi	THEODOROU	Larnaka	16.07.08
Heptathlon	4438 (15.19-1.55-10.08-27.45/5.28-41.55-2.56.48)	Rafaela	IOANNOU	Athina	20.07.13

### NATIONAL RECORDS BOYS U18

100M.	10.4(H.T.)	Nicos	HADJINIKOLAOU	(60)	Limerik/IRL	01.06.77
	10.64	"	"	(60)	Piraeus/GRE	16.07.77
200M.	21.09	Nicos	HADJINIKOLAOUU	(60)	Piraeus/GRE	17.07.77
400M.	47.96	Stefanos	ANASTASIOU	(90)	Thessaloniki/GRE	30.06.06
600M.	1.21.13	Stavros	SPYROU	(00)	Lefkosia	26.03.17
800M.	1.51.7	Filippos	STYLIANOUDIS	(62)	Lefkosia	06.10.79
1000M.	2.28.52	Christos	DIMITRIOU	(93)	Moscow/RUS	23.05.10
1500M.	3.49.2	Georgios	LOUCAIDES	(72)	Lefkosia	26.04.89
3000M.	8.25.29	Georgios	LOUCAIDES	(72)	Kannes/FRA	24.06.89
5000M.	14.39.74	Georgios	LOUCAIDES	(72)	Belfast/GBR	01.07.89
10000M.	31.52.65	Georgios	LOUCAIDES	(72)	Varazlin/CRO	26.08.89
110M.H.(1.06cm)	14.40	Prodromos	KATSANTONIS	(75)	Lemesos	13.06.92
110M.H.(91.4cm)	13.57	Haris	KOUTRAS	(92)	Tampere/FIN	23.07.09
400M.H.(91.4cm)	52.39	Kostas	POCHANIS	(73)	Lemesos	28.06.90
400M.H.(84cm)	52.99	Kostas	POCHANIS	(73)	Brous/BEL	26.05.90
1500M. ST.	4.12.40	Georgios	LOUCAIDES	(72)	Barcellona/ESP	07.07.88
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	7.44M.	Michalis	RODOSTHENOUS	(59)	Orlean/FRA	26.06.76
HIGH JUMP	2.16	Anastasios	TZIONIS	(62)	Lille/FRA	23.06.79
TRIPLE JUMP	15.74	Stylianios	PETROU	(83)	Patra/GRE	10.05.00
POLE VAULT	4.90M.	Christos	TAMANIS	(00)	Lemesos	07.07.17
SHOT PUT:						
7.26kg.	17.39	Elias	LOUCA	(74)	Lemesos	30.06.91
5kg.	20.03	Elias	LOUCA	(74)	Larnaka	17.04.91
DISCUS THROW:						
2kg	52.93	Georgios	KONIARAKIS	(99)	Lefkosia	18.06.16
1.5kg	63.96	Georgios	KONIARAKIS	(99)	Lemesos	11.03.16
JAVELIN THROW:						
800gr.	64.53	Spyros	SAVVA	(00)	Lemesos	18.06.17
700gr.	71.85	Spyros	SAVVA	(00)	Sparti/GRE	03.08.17
HAMMER THROW:						
5kg.	72.41	Michalis	KOLOKOTRONIS	(90)	Lemesos	16.06.07
7.26kg.	58.38	Stylianios	KAZAKEOS	(94)	Lefkosia	15.05.11
DECATHLON	6559	Georgios	KANARIS	(00)	Lefkosia	4-5.04.17
U18 Supplements (11.63-6.32-16.50-1.90-55.02-15.75-43.42-3.40-48.53-17.25)						
DECATHLON	5992	Georgios	KANARIS	(00)	Lemesos	20-21.04.17
Men Supplements (11.84-6.15-12.50-1.85-54.89-17.50-38.26-3.90-40.86-5.04.68)						
4 X 100M.	42.76	NATIONAL TEAM BOYS U18			Lemesos	21.07.90
		(Pr.Katsantonis-P.Markaris-N.Hadjinikolaou-Ant.Kasera)				
4 X 400M.	3.21.46	NATIONAL TEAM BOYS U18			Giannitsa/GRE	21.07.11
		(Fr.Dimitriades-Em.Modestou-O.Anastasiou-A.Michara)				

### NATIONAL RECORDS GIRLS U18

100M.	11.65	Paraskevi	ANDREOU	(97)	Nanjng/CHN	21.08.14
200M.	24.29	Vaso	PAPAIOANNOU	(78)	Piraeus/GRE	06.05.95
400M.	54.43	Allyssa	KALLINIKOU	(85)	Caen/FRA	01.06.02
800M.	2.07.84	Stella	CHRISTOFOROU	(92)	Banska Bystrica/SVK	20.06.09
1000M.	2.55.97	Stella	CHRISTOFOROU	(92)	Doha/QAT	12.12.09
1500M.	4.27.82	Stella	CHRISTOFOROU	(92)	Banska Bystrica/SVK	21.06.09
3000M.	9.50.02	Elena	AGAMEMNONOS	(75)	Athina/GRE	18.07.92
5000M.	17.52.93	Stefany	SOFOKLEOUS	(86)	Istanbul/TUR	22.06.03
10000M.	40.08.10	Louiza	TSIANAKKA	(74)	Piraeus/GRE	23.06.91
100M.H.(84cm)	13.89	Marilia	GREGORIOU	(80)	Pafos	24.05.97
76cm	13.52	Marilia	GREGORIOU	(80)	Lisboa/POR	21.07.97
400M.H.	59.95	Stella	THEOCHAROUS	(71)	Barcelona/ESP	08.07.88
2000M.ST.	7.20.98	Evgenia	KORKOKIOU	(88)	Lemosos	14.05.05
3000M.ST.	11.20.34	Evgenia	KORKOKIOU	(88)	Istanbul/TUR	18.06.05
LONG JUMP	6.08M.	Christiana	FILIPPOU	(67)	Lefkosia	24.03.84
HIGH JUMP	1.81M.	Agni	CHARALAMBOUS	(75)	Lemosos	03.05.91
TRIPLE JUMP	12.48	Thomaida	POLYDOROU	(86)	Lefkosia	10.05.03
POLE VAULT	3.60M.	Efthymia	GIANNAKOU	(87)	Paphos	17.04.03
	3.60M.	Efthymia	GIANNAKOU	(87)	Lefkosia	10.05.03
SHOT PUT(4kg)	14.39M.	Florentia	KAPPA	(88)	Lefkosia	25.03.05
SHOT PUT(3kg)	15.57M.	Styliana	KYRIAKIDOU	(00)	Bahamas	20.07.17
DISCUS THROW	46.29M.	Alexandra	KLATSIA	(85)	Lefkosia	12.03.02
JAVELIN THROW:						
(600gr)	45.39M.	Anastasia	MOURATIDOU	(90)	Larisa/GRE	05.05.07
(500gr)	51.02	Christiana	ELLINA	(04)	Paralimni	29.06.19
HAMMER THROW:						
(4kg)	53.52M.	Sofia	HADJISAVVA	(01)	Lefkosia	20.05.17
(3kg)	62.25M.	Valentina	SAVVA	(05)	Lemosos	25.07.19
HEPTATHLON	4427P.	Charithea	IRACLEOUS	(02)	Lefkosia	24.04.19
	( 14.64+1.2 - 1.48 - 9.04 - 25.81+0.9 / 4.96+0.4 - 29.17 - 2.33.65 )					
HEPTATHLON	4567P.	Charithea	IRACLEOUS	(02)	Volos	08.08.19
U18	( 14.61 (-0.8) - 1.54 - 9.70 - 26.47 (-1.6) / 5.35 +1.0 - 28.30 - 2.34.41 )					
4 X 100M.	47.20	National Team Girls U18			Rietti/ITA	21.07.13
	(N.Christofi-D.Kyriakidou-F.Fotopoulou-O.Fotopoulou)					
4 X 400M.	3.53.52	National Team Girls U18			Athina/GRE	30.07.09
	(M.Panagiotou-St.Christoforou-R.Dimitriou-I.Tsiarta)					