



CYPRUS ATHLETICS ANNUAL 2018



CYPRUS 2019



TELLA & KAVIARDO

Εδώ και 50 ολόκληρα χρόνια είμαστε δίπλα σας,
εμπνέοντας, δημιουργώντας και στηρίζοντας
την κυπριακή κοινωνία. Με ευθύνη και όραμα.

ΟΠΑΠ Κύπρου. 50 πολύχρωμα χρόνια.

[ΠΕΡΙΒΑΛΛΟΝ] [ΠΑΙΔΕΙΑ] [ΠΟΛΙΤΙΣΜΟΣ] **[ΑΘΛΗΤΙΣΜΟΣ]** [ΥΓΕΙΑ]

ΣΤΗΡΙΖΟΥΜΕ ΚΑΘΕ ΑΓΩΝΑ



50
ΧΡΟΝΙΑ

CYPRUS ATHLETICS ANNUAL 2018



Incorporating the «Ten Best»
Performers of All-Time
and National Records

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Front cover: Eleni Artymata winning the 400m. event in the Mediterreanean Games in Tarragona, Spain. Grenot of Italy was a close second.

Back cover: Apostolos Parellis - Nektaria Panagi

Executive Council

President:	Antonios	G. DRACOS
Vice President:	Georgios	MITSIDES
Gen. Secretary:	Pericles	MARKARIS
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	Fivos	CONSTANTINIDES
	Criton	GEORGIADES
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	Marios	HADJIMITSIS
	Kalli	HADJIOSIF (Mrs)
	Demos	KALLINICOU
	Kyriakos	MICHAEL
	Giannakis	POTSOS
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Founded in 1892

President: AKIS LAMBROU

Gen. Secretary: KYRIAKOS TSOLAKIS



G.S. PANCYPRIA – NICOSIA

Founded in 1894

President: THEODOROS IOANNIDES

Gen Secretary: GEORGIOS MITSIDES



G.S. ZENON – LARNACA

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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 GEORGIOU (Mrs)



G.S. PRAXANDROS – KYRENIA

Founded in 1919

President: SOTERES ADAMOU

Gen. Secretary: CRITON GEORGIADES



EDITOR'S NOTE

Antonios G. Dracos



Having been able to come up to the challenges of the year which is the subject of this annual edition at hand could be described as the most excellent achievement of the athletics world of our country.

When observing the obligations as were set out in the World and European calendar of events one would reach the conclusion that it would be almost impossible for a country of the size of our island to be able to meet the challenge.

At the end of the year everyone involved in the preparation, the composition and the performance of the representative teams was feeling satisfied and proud but mostly reassured that athletics in Cyprus were well established in every respect and could participate in every competition.

Starting with the World Indoor Championships and the passing of Trajkovic to the final of the 60m hurdles we continued with a number of placings in the finals of events in the Commonwealth Games in Gold Coast in Australia where Parellis won the bronze medal in the Discus.

The medal tally continued in the Mediterranean Games in Tarragona in Spain where Parellis in the Discus and Artymata in the 400m finished with Gold Medals in their events while

N. Panagi, O. Fotopoulou and the 4X 100m. Women Relay Team just missed the podium position with their fourth placings.

Parellis most successful season ended with the 8th position in the European Championships that took place in Berlin.

As regards the National Team the 1st place in the Games of the Small States of Europe that were staged in Liechtenstein and included the eighteen smaller countries of our continent was the most obvious and safe proof of our position and standard.

At the same time we are in the happy position to announce that the clubs that are composing the Athletic Association of Cyprus have unanimously resolved to amend the constitution in order to include terms that were introducing guidelines for the modernization of the sport with the new era directions and novel ideas of the World and European Athletics in all aspects of the administration and competition.

We are ready and willing to participate and cooperate in every proposed reform for the glory of Athletics both in its classical form as well as in every form that aims at making it more attractive and having appeal to new audiences.

100M

10.62	-0.2	Andreas	CHATZITHEORI	03/09/1995	1	Patra/GRE	07/07/2018
10.63	1.2	Paisios	DIMITRIADES	16/07/1997	6	Ninove/BEL	28/07/2018
10.65	-0.2		DIMITRIADES		1h3	Liechtenstein/LIE	09/06/2018
10.65	-0.5		CHATZITHEORI		3h3	Stara Zagora/BUL	20/07/2018
10.66	-1.5		CHATZITHEORI		6	Stara Zagora/BUL	20/07/2018
10.77	-1.8		DIMITRIADES		3sf3	Tarragona/ESP	27/06/2018
10.79	2.0	Alexander	BEECHEY	08/06/1991	2h3	Lee Valley/GBR	01/08/2018
10.81	-2.6		DIMITRIADES		1h2	Ninove/BEL	28/07/2018
10.83	0.5		BEECHEY		3h2	Lee Valley/GBR	19/08/2018
10.87	-0.2	Stavros	AVGOUSTINOU	11/08/1998	4h3 oc	Liechtenstein/LIE	09/06/2018
10.94	-2.2		CHATZITHEORI		6sf2	Tarragona/ESP	27/06/2018
10.95	-0.2	Andreas	CHRISTOFOROU	22/05/1998	5	Patra/GRE	07/07/2018
10.96	1.4	Kriton	KYRIAKIDES	17/04/1992	1 oc	Lefkosia	27/04/2018
10.97	-0.2		CHATZITHEORI		1h1	Chalkida/GRE	02/06/2018
11.00	-2.0	Fotis	IOANNOU	10/11/1998	1	Paralimni	16/06/2018
11.02	0.0		BEECHEY		4	Celle Ligure/ITA	03/07/2018
11.02	-0.5		IOANNOU		6h3	Stara Zagora/BUL	20/07/2018
11.03	-0.2	Andreas	ANDREOU	20/08/1996	6	Patra/GRE	07/07/2018
11.04	0.5		CHRISTOFOROU		5h2	Chania/GRE	19/05/2018
11.05	-2.0		DIMITRIADES		2	Paralimni	16/06/2018

Wind Assisted

10.37	5.3	Paisios	DIMITRIADES	16/07/1997	4h4	Vari-Athina/GRE	26/05/2018
10.54	2.1		DIMITRIADES		1h1	Chania/GRE	02/06/2018
10.61	2.8	Andreas	CHATZITHEORI	03/09/1995	1h3	Vari-Athina/GRE	26/05/2018
10.65	3.6	Stavros	AVGOUSTINOU	11/08/1998	1	Lefkosia	19/05/2018
10.67	2.7	Alexander	BEECHEY	08/06/1991	2h2	Lee Valley/GBR	15/08/2018
10.74	2.8	Kriton	KYRIAKIDES	17/04/1992	3h3	Vari-Athina/GRE	26/05/2018
10.79	3.1		BEECHEY		2h3	Lee Valley/GBR	15/08/2018
10.80	2.8	Andreas	CHRISTOFOROU	22/05/1998	4h3	Vari-Athina/GRE	26/05/2018
10.83	3.6	Fotis	IOANNOU	10/11/1998	3	Lefkosia	19/05/2018
10.86	2.1		IOANNOU		6h1	Chania/GRE	02/06/2018
10.89	3.6		KYRIAKIDES		4	Lefkosia	19/05/2018

Hand Time

10.6		Fotis	IOANNOU	10/11/1998	1	Lefkosia	25/03/2018
10.9		Sofronis	HARPAS	03/01/1991	2	Lefkosia	25/03/2018
11.0		Michalis	IOANNOU	20/10/1999	3	Lefkosia	25/03/2018
11.0		Georgios	MOUSCOS	16/03/2001	4	Lefkosia	25/03/2018



The winners of the 200m. in the Championships P. Demetriadis (1st) A. Beechey (2nd) and A. Chatzitheori (3rd)



Fotis Ioannou was the winner of the 100m. in the Championships having worked with his new coach Kyriakos Antoniou (on the left)

YEAR LISTS 2018 / MEN

200M

20.98	1.3	Paisios	DIMITRIADES	16/07/1997	4sf2	Tarragona/ESP	28/06/2018
21.23	1.5		DIMITRIADES		5	Stara Zagora/BUL	21/07/2018
21.31	-0.3		DIMITRIADES		4h1	Ninove/BEL	28/07/2018
21.31	0.2		DIMITRIADES		8h4	Berlin(GER)	08/08/2018
21.44	-2.3		DIMITRIADES		2h3	Stara Zagora/BUL	21/07/2018
21.45	1.5	Andreas	CHATZITHEORI	03/09/1995	8	Stara Zagora/BUL	21/07/2018
21.53	0.1		DIMITRIADES		7	Tarragona/ESP	29/06/2018
21.56	-0.4	Alexander	BEECHEY	08/06/1991	1	Celle Ligure/ITA	03/07/2018
21.69			BEECHEY		4h1	Portsmouth/GBR	02/06/2018
21.70	0.9		BEECHEY		7h1	Newham/GBR	24/06/2018
21.70	-2.3		CHATZITHEORI		4h3	Stara Zagora/BUL	21/07/2018
21.81	-0.2	Andreas	CHRISTOFOROU	22/05/1998	1h4	Patra/GRE	15/07/2018
21.87	1.3		CHRISTOFOROU		1h1	Vari-Athina/GRE	26/05/2018
21.93	0.6		CHATZITHEORI		1	Lefkosia	20/05/2018
21.94		Onisiforos	ANASTASIOU	27/05/1995	1h2	Babson Park,FL/USA	10/03/2018
21.98	-0.5		CHRISTOFOROU		5	Patra/GRE	15/07/2018
22.12(i)			BEECHEY		5h4	Birmingham/GBR	18/02/2018
22.12	-0.7		CHRISTOFOROU		h	Larisa/GRE	29/07/2018
22.14			CHRISTOFOROU		5h2	Athina	12/05/2018
22.16(i)		Sofronis	HARPAS	03/01/1991	3h1	Piraeus/GRE	26/01/2018
22.19	0.6		HARPAS		2	Lefkosia	20/05/2018
22.23	0.6		CHRISTOFOROU		6	Larisa/GRE	29/07/2018
22.29	0.6	Kriton	KYRIAKIDES	17/04/1992	4	Lefkosia	20/05/2018
22.33(i)			CHRISTOFOROU		2h2	Piraeus/GRE	11/02/2018
22.38(i)			CHRISTOFOROU		3h1	Piraeus/GRE	11/02/2018
22.38			CHRISTOFOROU		2h2	Athina	12/05/2018
22.42	-0.7	Spyros	PANTELI	24/09/2000	1	Lefkosia	29/03/2018
22.43	0.0		HARPAS		5h1	Chania/GRE	02/06/2018
22.54	0.9		PANTELI		3h2	Shimatari/GRE	18/04/2018

Expatriate

22.29	0.6	Andrey	PUGACH(UKR)	05/05/2000	3	Lefkosia	20/05/2018
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Wind Assisted

21.00	2.5	Alexander	BEECHEY	08/06/1991	1h1	Lee Valley/GBR	19/08/2018
21.95	3.4	Kriton	KYRIAKIDES	17/04/1992	4h2	Vari-Athina/GRE	26/05/2018
22.49	2.5	Alexandros	IOANNOU	27/09/2002	3	Lefkosia	25/07/2018

Hand Time

22.3	-4.7	Alexander	BEECHEY	08/06/1991	2	Paralimni	17/06/2018
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400M

48.42	Stavros	SPYROU	19/11/2000	3	Tel-Aviv/ISR	13/05/2018
49.00	Andreas	CHRISTOFOROU	22/05/1998	6h1	Chania/GRE	02/06/2018
49.14		SPYROU		1	Paralimni	16/06/2018
49.16		CHRISTOFOROU		5	Patra/GRE	14/07/2018
49.18		CHRISTOFOROU		3	Larisa/GRE	28/07/2018
49.30		CHRISTOFOROU		1h1	Liechtenstein/LIE	09/06/2018
49.36		SPYROU		1	Lemesos	28/04/2018
49.45		CHRISTOFOROU		2	Paralimni	16/06/2018
49.60		CHRISTOFOROU		2h3	Patra/GRE	14/07/2018
49.66	Constantinos	CHRISTOU	03/02/1991	1h1	Kalamata/GRE	09/06/2018
49.68(i)		CHRISTOU		2h2	Piraeus/GRE	26/01/2018
49.69	Adrea Gaccumi	MICHARA	07/07/1994	3	Paralimni	16/06/2018
49.69		CHRISTOFOROU		h	Larisa/GRE	28/07/2018
49.72		CHRISTOU		1	Lefkosia	19/05/2018
49.73		CHRISTOFOROU		4	Ag. Kosmas/GRE	28/04/2018
49.75(i)		CHRISTOFOROU		2h1	Piraeus/GRE	10/02/2018
49.86		CHRISTOU		4	Paralimni	16/06/2018
50.11	Andreas	DIMITRIADES	08/11/2001	2	Lefkosia	24/07/2018
50.30	Sofronis	HARPAS	03/01/1991	2	Lefkosia	19/05/2018
50.31		MICHARA		3	Lefkosia	19/05/2018
50.36(i)		CHRISTOU		1h2	Sofia/BUL	20/01/2018
50.58	Onisiforos	ANASTASIOU	27/05/1995	3h2	Clermont,FL/USA	28/04/2018
50.62(i)		CHRISTOFOROU		1h5	Piraeus/GRE	10/02/2018
50.65(i)		CHRISTOFOROU		1h3	Piraeus/GRE	26/01/2018
50.98	Antonis	ARESTI	15/02/1983	2	Berlin/GER	24/08/2018

Expatriate

49.60	Andrey	PUGACH(UKR)	05/05/2000	2	Lemesos	28/04/2018
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800M

1.47.19	Christos	DIMITRIOU	22/09/1993	3h2	Oordegem/BEL	26/05/2018
1.47.82		DIMITRIOU		4h2	Gold Coast/AUS	10/04/2018
1.48.23(i)		DIMITRIOU		3	Vienna/AUT	27/01/2018
1.48.28		DIMITRIOU		7h2	Putbos/BEL	02/06/2018
1.48.52		DIMITRIOU		2	Karlsruhe/GER	19/05/2018
1.49.16(i)		DIMITRIOU		6	Athlone/IRL	21/02/2018
1.50.02(i)		DIMITRIOU		2h1	Istanbul/TUR	17/02/2018
1.50.62		DIMITRIOU		7h1	Berlin/GER	09/08/2018
1.50.79		DIMITRIOU		6sf2	Tarragona/ESP	28/06/2018
1.50.83(i)		DIMITRIOU		2h2	Ghent/BEL	10/02/2018
1.52.12	Christos	ZACHARIOU	17/09/1996	3h1	San Antonio,TX/USA	05/05/2018
1.52.89	Stavros	SPYROU	19/11/2000	1h7	Oordegem/BEL	26/05/2018
1.53.01		SPYROU		1h2	Liechtenstein/LIE	09/06/2018
1.54.41(i)		ZACHARIOU		5h2	Birmingham,AL/USA	21/02/2018
1.54.75	Stelios	PAPAIOANNOU	17/06/1999	6	Kalamata/GRE	09/06/2018
1.54.91		ZACHARIOU		5h2	Houston,TX/USA	07/04/2018
1.55.14		PAPAIOANNOU		1	Lemesos	29/04/2018
1.55.19		SPYROU		1	Shimatari/GRE	18/04/2018
1.55.22		SPYROU		1	Lefkosia	20/05/2018
1.55.3		PAPAIOANNOU		1	Lemesos	01/04/2018
1.55.70	Panagiotis	MICHAELIDES	04/10/2000	2	Lemesos	29/04/2018
1.55.75(i)		SPYROU		4h2	Piraeus/GRE	11/02/2018
1.55.80		SPYROU		1	Lefkosia	29/03/2018
1.55.94		MICHAELIDES		4	Chania/GRE	19/05/2018
1.56.65(i)		ZACHARIOU		5	College Station,TX/USA	12/01/2018
1.57.09		SPYROU		7h1	Istanbul/TUR	22/06/2018
1.57.61(i)		SPYROU		30	Vienna/AUS	27/01/2018
1.57.61	Amine	KHADIRI	20/11/1988	1	Paralimni	17/06/2018
1.57.72(i)		ZACHARIOU		9	Houston,TX/USA	27/01/2018
1.57.75		ZACHARIOU		5h1	Hammond,LA/USA	14/04/2018
1.57.93		DIMITRIOU		2	Paralimni	17/06/2018
1.59.05		SPYROU		3	Paralimni	17/06/2018
1.59.35	Emmanouil	LIMANTZAKIS	11/09/2000	2	Lefkosia	20/05/2018
1.59.52(i)		SPYROU		1h5	Piraeus/GRE	11/02/2018
1.59.75	Adrea Gaccumi	MICHARA	07/07/1994	4	Paralimni	17/06/2018



Stavros Spyrou winning the 800m. at Paralimni with Christoforou on his right and Pugach on his left



Christos Dimitriou had his best season ever in the 800m. and with a time of 1.47.19 has just missed the national record which is held by his coach Sp. Spyrou (with 1.47.17 since 1983).

YEAR LISTS 2018 / MEN

1500M

3.39.56	Amine	KHADIRI	20/11/1988	3	Nijmegen/NED	08/06/2018
3.40.76		KHADIRI		10	Gold Coast/AUS	14/04/2018
3.44.29		KHADIRI		4h1	Gold Coast/AUS	13/04/2018
3.45.97		KHADIRI		9h2	Berlin/GER	08/08/2018
3.49.84	Christos	DIMITRIOU	22/09/1993	7h2	Gold Coast/AUS	13/04/2018
3.52.91		KHADIRI		1	Paralimni	16/06/2018
3.53.01(i)		KHADIRI		1	Istanbul/TUR	17/02/2018
3.54.06(i)	Nikolas	FRAGKOU	12/04/1994	3h1	Piraeus/GRE	10/02/2018
3.55.36		FRAGKOU		1h2	Shimatari/GRE	27/05/2018
3.55.66(i)		FRAGKOU		1	Piraeus/GRE	26/01/2018
4.00.27	Panagiotis	MICHAELIDES	04/10/2000	1	Shimatari/GRE	18/04/2018
4.01.80	Stelios	PAPAIIOANNOU	17/06/1999	3 oc	Tel-Aviv/ISR	13/05/2018
4.02.41		MICHAELIDES		5	Tel-Aviv/ISR	13/05/2018
4.02.46		MICHAELIDES		8	Istanbul/TUR	21/06/2018
4.02.63		PAPAIIOANNOU		3	Paralimni	16/06/2018
4.04.00		MICHAELIDES		4	Paralimni	16/06/2018
4.04.15	Petros	KOUSIS	08/03/2001	5	Paralimni	16/06/2018
4.05.05		KOUSIS		3	Lefkosia	24/07/2018
4.05.88		MICHAELIDES		1	Lemesos	28/04/2018
4.06.42		PAPAIIOANNOU		2	Lemesos	28/04/2018



ποιοτική υπεροχή



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YEAR LISTS 2018 / MEN

5000M

14.16.53	Amine	KHADIRI	20/11/1988	10	Gold Coast/AUS	08/04/2018
14.57.45	Nikolas	FRAGKOU	12/04/1994	1	Athina/GRE	13/05/2018
14.59.45		FRAGKOU		1	Paralimni	17/06/2018
15.36.37		FRAGKOU		16	Patra/GRE	15/07/2018
15.46.45	Constantinos	TIMINIS	25/09/1991	18h4	Oordegem/BEL	26/05/2018
16.04.20	Fanis	PITTALIS	16/05/2000	1	Lemesos	29/04/2018
16.17.79	Stavros	SAVVA	28/04/1999	2	Lemesos	29/04/2018
16.22.86	Avraamakis	AVRAAM	07/04/1981	1	Lefkosia	20/05/2018
16.24.10	Christos	GEORGIU	09/10/1993	2	Lefkosia	20/05/2018
16.27.38		PITTALIS		3	Lefkosia	20/05/2018
16.27.49	Andreas	NIKOLAOU	18/05/2002	3	Lemesos	29/04/2018
16.29.34		PITTALIS		3	Paralimni	17/06/2018

Expatriate

15.04.93	Marius Marian	BUSCA(ROU)	27/08/1979	2	Paralimni	17/06/2018
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10.000M

33.57.27	Marios	APOSTOLIDIS	03/07/1990	1	Lefkosia	13/04/2018
34.58.79	Stelios	PAPAIIOANNOU	17/06/1999	2	Lefkosia	13/04/2018
35.12.36	Avraamakis	AVRAAM	07/04/1981	3	Lefkosia	13/04/2018
35.25.50	Constantinos	TIMINIS	25/09/1991	4	Lefkosia	13/04/2018
35.42.61	Christos	GEORGIU	09/10/1993	5	Lefkosia	13/04/2018
37.39.36	Charalambos	KANIOS	06/07/1989	6	Lefkosia	13/04/2018
38.02.96	Michael	KEENAN	05/03/1974	7	Lefkosia	13/04/2018
39.23.30	Stylianios	TSIARTAS	14/08/1990	8	Lefkosia	13/04/2018
40.06.80	Christos	VASILIOU	03/10/1987	9	Lefkosia	13/04/2018
40.23.23	Giorgos	PANAGI	13/11/1972	10	Lefkosia	13/04/2018
42.03.35	Michalis	KIKAS	13/03/1984	11	Lefkosia	13/04/2018

HALF MARATHON

1.13.23	Fivos	CONSTANTINO	27/05/1981	13	San Francisco/USA	04/02/2018
1.13.23	Marios	APOSTOLIDIS	03/07/1990	11	Thessaloniki/GRE	13/10/2018
1.15.49+		CONSTANTINO		202	Sacramento,CA/USA	02/12/2018
1.17.38	Avraamakis	AVRAAM	07/04/1981	38	Budapest/HUN	09/09/2018
1.18.43		AVRAAM		3	Lefkosia	11/02/2018
1.18.57	Christoforos	PROTOPAPAS	07/06/1988	24	Thessaloniki/GRE	13/10/2018
1.19.29	Georgios	TOFI	27/10/1991	4	Lefkosia	11/02/2018
1.19.42		PROTOPAPAS		4	Larnaka	18/11/2018
1.21.49	Michael	KEENAN	05/03/1974	5	Lefkosia	11/02/2018
1.22.28	Constantinos	TIMINIS	25/09/1991	6	Lefkosia	11/02/2018
1.22.55	Pavlos	SIMEONIDIS	30/09/1979	ΕΣ	Lefkosia	11/02/2018
1.23.04	Charalambos	KANIOS	06/07/1989	7	Lefkosia	11/02/2018

Expatriate

1.13.22	Pavel	BORODIN(RUS)	03/06/1993	1	Lefkosia	11/02/2018
1.13.43	Marius Marian	BUSCA(ROU)	27/08/1979	2	Lefkosia	11/02/2018



Amine Khadin run well in both the 1599m. and 5000m.

YEAR LISTS 2018 / MEN

MARATHON

2.39.51	Andreas	ANDREOU-YIAFAS	27/02/1983	69	Dusseldorf/GER	29/04/2018
2.40.20	Fivos	CONSTANTINO	27/05/1981	298	Sacramento,CA/USA	02/12/2018
2.52.24		ANDREOU-YIAFAS		886	Valencia/ESP	02/12/2018
2.54.48	Georgios	TOFI	27/10/1991	2	Lemesos	18/03/2018
2.56.08	Panagiotis	STYLIANO	31/10/1966	5	Larnaka	18/11/2018
2.56.14	Andreas	EFSTATHIO	07/02/1978	3	Lemesos	18/03/2018
2.58.31	Michalis	NEARCHOU	12/09/1974	624	Amsterdam/NED	21/10/2018
2.59.46	Tryfonas	TOFAS	15/12/1977	195	Warsaw/POL	30/09/2018
3.03.11	Dimitris	KAFOURIS	19/08/1980	9	Larnaka	18/11/2018
2.41.24	Pavel	BORODIN(RUS)	03/06/1993	1	Lemesos	18/03/2018

110M H.

13.36	2.0	Milan	TRAJKOVIC	17/03/1992	3h1	Gold Coast/AUS	09/04/2018
13.37	0.5		TRAJKOVIC		4h1	Lucerne/SUI	09/07/2018
13.42	-0.3		TRAJKOVIC		4	Gold Coast/AUS	10/04/2018
13.50	0.9		TRAJKOVIC		4	Bellinzona/SUI	18/07/2018
13.54	0.7		TRAJKOVIC		3	Rovereto/ITA	23/08/2018
13.56	0.7		TRAJKOVIC		7h1	Paris/FRA	30/06/2018
13.57	0.8		TRAJKOVIC		4sf2	Berlin/GER	10/08/2018
13.57	-1.2		TRAJKOVIC		5h1	Birmingham/GBR	18/08/2018
13.58	-0.5		TRAJKOVIC		6	Hengelo/NED	03/06/2018
13.62	0.1		TRAJKOVIC		5	Ostrava/CZE	13/06/2018
13.78	-2.4		TRAJKOVIC		1	Paralimni	16/06/2018
14.70	0.1	Andreas	CHRISTODOULOU	26/10/1995	6	Coral Gables,FLA/USA	17/03/2018
14.74	0.8	Constantinos	TZIAKOURIS	01/06/1999	4	Liechtenstein/LIE	09/06/2018
14.84	0.0		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	11/05/2018
14.89	0.3		CHRISTODOULOU		46	Gainesville,FL/USA	30/03/2018
14.90	0.8		CHRISTODOULOU		Dec.	Azusa,CALIF/USA	19/04/2018
14.98	-2.4		TZIAKOURIS		2	Paralimni	16/06/2018
15.06	-2.4		CHRISTODOULOU		3	Paralimni	16/06/2018
15.08	1.1		CHRISTODOULOU		6	Coral Gables,FLA/USA	14/04/2018
16.48	-2.4	Mamas	DIMOSTHENOUS	14/07/2000	4	Paralimni	16/06/2018
16.55	-2.4	Odysseas	KONTONIKOLAS	09/01/2001	5	Paralimni	16/06/2018
17.12	1.6	Charalambos	PAVLOU	21/03/2001	Dec.	Lefkosia	20/05/2018
17.42	1.6	Dimitris	CONSTANTINO	27/02/1996	Dec.	Lefkosia	20/05/2018
17.47	-2.4	Andreas	EVRIPIDOU	23/04/2001	6	Paralimni	16/06/2018



Milan Trajkovic hurdling in Gold Coast, Australia, on the occasion of the Commonwealth Games

YEAR LISTS 2018 / MEN

400M H.

53.63	Anastasios	VASILIOU	26/04/1997	2h1	Chalkida/GRE	02/06/2018
53.89		VASILIOU		2	Patra/GRE	07/07/2018
54.06		VASILIOU		5h1	Jesolo/ITA	09/06/2018
54.38		VASILIOU		2	Vari Athina/GRE	26/05/2018
54.39	Michalis	ANDREOU	21/06/1996	4h1	San Antonio,TX/USA	04/05/2018
54.70		VASILIOU		1	Lefkosia	20/05/2018
55.39		ANDREOU		3h2	Baton Rouge,LA/USA	21/04/2018
55.82		ANDREOU		6h1	Hammond,LA/USA	13/04/2018
56.03		VASILIOU		1	Paralimni	17/06/2018
56.18	Neophytos	GEORGIOU	25/05/1992	2	Lefkosia	20/05/2018
56.28		ANDREOU		6h1	Lafayette,LA/USA	17/03/2018
56.61		ANDREOU		7	San Antonio,TX/USA	04/05/2018
56.63		GEORGIOU		4	Kalamata/GRE	09/06/2018
57.09	Marios	EVAGGELOU	27/09/2000	1	Lemesos	29/04/2018
57.22	Andreas	PANAGI	03/05/2001	2	Lemesos	29/04/2018
57.28	Stylianios	SIANTONAS	07/06/2000	3	Lemesos	29/04/2018
58.34		GEORGIOU		3	Paralimni	17/06/2018
58.79		PANAGI		3	Lefkosia	20/05/2018
58.91		EVAGGELOU		4	Paralimni	17/06/2018
59.31		PANAGI		5	Paralimni	17/06/2018
59.76		SIANTONAS		6	Paralimni	17/06/2018
59.97	Renos	CHRISTOFOROU	19/02/2002	4	Lefkosia	20/05/2018
60.28	Constantinos	ACHILLIDIS	13/12/2001	6	Lemesos	29/04/2018
60.65		CHRISTOFOROU		7	Paralimni	17/06/2018
60.73		ANDREOU		4	Hammond,LA/USA	23/03/2018
61.48	Panagiotis	KOUTSOFTAS	23/01/2002	7	Lemesos	29/04/2018
62.30		CHRISTOFOROU		8	Lemesos	29/04/2018
64.61		EVAGGELOU		5	Tel-Aviv/ISR	13/05/2018
Expatriate						
57.17	Efthymios	KARAGIORGOS(GRE)	11/08/1998	2	Paralimni	17/06/2018
58.94	Jack Eduard	HOUGHTON(GBR)	28/01/2000	4	Lemesos	29/04/2018
59.57	Falcon	TAKOUDJOU(ALG)	15/01/2002	5	Lemesos	29/04/2018

3.000M STEEPLE

8.58.31	Nikolas	FRAGKOU	12/04/1994	9h2	Oordegem/BEL	26/05/2018
9.01.71		FRAGKOU		1	Athina	29/04/2018
9.03.12		FRAGKOU		10	Gold Coast/AUS	13/04/2018
9.05.89		FRAGKOU		1	Patra/GRE	14/07/2018
9.09.14		FRAGKOU		11	Tarragona/ESP	27/06/2018
9.10.94		FRAGKOU		1	Paralimni	16/06/2018
9.57.29	Constantinos	TIMINIS	25/09/1991	1	Lefkosia	19/05/2018
9.58.08		TIMINIS		1	Geneva/SUI	09/06/2018
10.04.28		TIMINIS		2	Chelmsford/GBR	02/06/2018
10.07.70	Christoforos	PROTOPAPAS	07/06/1988	2	Paralimni	16/06/2018



Anastasios Vasiliou was the best over the low hurdles



Nikolas Fragkou dominated the steeplechase and the long distance races for another year

YEAR LISTS 2018 / MEN

10.08.17		PROTOPAPAS		2	Lefkosia	19/05/2018
10.11.18		TIMINIS		3	Paralimni	16/06/2018
10.32.33	Irineos	ELIA	31/10/2000	3	Lefkosia	19/05/2018
10.34.38	Emmanouil	LIMANTZAKIS	11/09/2000	4	Paralimni	16/06/2018
10.42.91	Grigoris	ARISTODEMOU	03/05/2000	5	Paralimni	16/06/2018
10.45.30		LIMANTZAKIS		1	Lemesos	28/04/2018
10.46.38		ELIA		2	Lemesos	28/04/2018
10.50.26		ELIA		6	Paralimni	16/06/2018
10.50.97	Andreas	CHRISTOFI	20/02/2000	3	Lemesos	28/04/2018
10.55.27		ARISTODEMOU		4	Lefkosia	19/05/2018

LONG JUMP

7.26	1.3	Andreas	CHRISTODOULOU	26/10/1995	5	Coral Gables,FL/USA	14/04/2018
7.21	2.0	Giorgos	KYRIAKOU	06/04/2000	1	Lefkosia	19/05/2018
7.20	-0.1		KYRIAKOU		1	Lefkosia	29/03/2018
7.14	0.5		KYRIAKOU		1	Lemesos	28/04/2018
7.03	0.3		KYRIAKOU		2	Shimatari/GRE	18/04/2018
6.99	1.0	Panagiotis	ANDREOU	30/06/1996	3fl3	Bedford/GBR	06/05/2018
6.99	1.9		ANDREOU		6	Bedford/GBR	07/05/2018
6.83	0.2		CHRISTODOULOU		1	Los Angeles,CALIF/USA	24/03/2018
6.83	1.9		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	10//05/2018
6.82	-0.3		KYRIAKOU		2	Tel-Aviv/ISR	13/05/2018
6.82	1.0	Christos	PANTELIDES	24/04/1997	11	Chania/GRE	19/05/2018
6.78	0.8	Giorgos	MICHAEL	06/03/1999	2	Lemesos	28/04/2018
6.72	0.3	Grigoris	NIKOLAOU	22/01/2003	1	Lemesos	23/06/2018
6.69(i)			PANTELIDES		5	Piraeus/GRE	26/01/2018
6.65	0.2	Panagiotis	MYLONAS	28/01/2002	3	Lemesos	28/04/2018
6.62	1.3	Kyriakos	EFSTATHIOU	28/06/1999	4	Lemesos	28/04/2018
6.60	0.0		PANTELIDES		1	Lefkosia	27/04/2018
6.56			NIKOLAOU		1	Lemesos	01/04/2018
6.55	-0.5		NIKOLAOU		6	Marrakech/MAR	05/05/2018
6.52	0.1		EFSTATHIOU		Dec.	Lefkosia	19/05/2018
6.51	0.5		MICHAEL		1	Lefkosia	25/03/2018
6.49	1.7		NIKOLAOU		3	Lefkosia	19/05/2018

Wind Assisted

7.45	4.8	Giorgos	KYRIAKOU	06/04/2000	1	Paralimni	17/06/2018
7.39	4.0	Christos	PANTELIDES	24/04/1997	2	Paralimni	17/06/2018
7.17	5.3	Panagiotis	IOANNOU	07/09/1984	4	Paralimni	17/06/2018
6.99	2.6	Giorgos	MICHAEL	06/03/1999	2	Lefkosia	19/05/2018
6.87	5.3	Giorgos	POULLLOS	05/04/1995	6	Paralimni	17/06/2018

YEAR LISTS 2018 / MEN

HIGH JUMP

2.20(i)	Vasilis	CONSTANTINOU	13/09/1992	1	Val de Reuil/FRA	27/01/2018
2.20		CONSTANTINOU		4	Tarragona/ESP	29/06/2018
2.18(i)		CONSTANTINOU		2	Istanbul/TUR	17/02/2018
2.15(i)		CONSTANTINOU		2	Piraeus/GRE	10/02/2018
2.15		CONSTANTINOU		2	Patra/GRE	15/07/2018
2.15		CONSTANTINOU		4	Stara Zagora/BUL	20/07/2018
2.11		CONSTANTINOU		14GrB	Berlin/GER	09/08/2018
2.10		CONSTANTINOU		9	Gold Coast/AUS	09/04/2018
2.10		CONSTANTINOU		11	Ostrava/CZE	13/06/2018
2.05	Ioannis	ANANIADES	12/06/1996	1	Lemesos	01/04/2018
2.05	Michalis	PASCHALI	19/04/1998	2	Kefallonia/GRE	05/05/2018
2.05	Kyriakos	PAMPAKA	14/07/2001	4	Marrakech/MAR	05/05/2018
2.05		PAMPAKA		1	Lemesos	20/07/2018
2.04		PASCHALI		4	Liechtenstein/LIE	09/06/2018
2.04		KONSTANTINOU		1	Paralimni	16/06/2018
2.03		PASCHALI		4	Patra/GRE	15/07/2018
2.02		ANANIADES		1	Lefkosia	10/05/2018
2.01		PAMPAKA		5	Istanbul/TUR	09/06/2018
2.00	Panagiotis	IOANNIDES	02/10/2001	1	Pafos	13/03/2018
2.00		PAMPAKA		1	Lefkosia	29/03/2018
2.00		PASCHALI		1	Lefkosia	20/05/2018
2.00		ANANIADES		2	Lefkosia	20/05/2018
2.00		PASCHALI		6	Kallithea/GRE	26/05/2018
2.00		ANANIADES		9	Oordegem/BEL	26/05/2018
2.00	Georgios	CONSTANTINOU		2	Paralimni	16/06/2018
2.00		PASCHALI		3	Paralimni	16/06/2018
1.99		PASCHALI		1	Larisa/GRE	28/07/2018
1.98		IOANNIDES		1	Lemesos	28/04/2018
1.98		PAMPAKAS		2	Lemesos	28/04/2018
1.98		PAMPAKAS		1	Lefkosia	24/07/2018
1.96		PAMPAKAS		9GrA	Gyor/HUN	05/07/2018
1.95		PAMPAKAS		1	Lemesos	09/03/2018
1.95		PASCHALI		2	Lemesos	01/04/2018
1.95		PAMPAKAS		1	Shimatari/GRE	18/04/2018
1.95	Socratis	LAMBROU	20/02/1999	3	Lefkosia	20/05/2018
1.95		PAMPAKAS		3	Lefkosia	20/05/2018
1.95		IOANNIDES		5	Lefkosia	20/05/2018
1.95		ANANIADES		4	Paralimni	16/06/2018
1.95		PAMPAKAS		5	Paralimni	16/06/2018
1.95		IOANNIDES		2	Lemesos	20/07/2018
1.94	Andreas	CHRISTODOULOU	26/10/1995	Dec.	Coral Gables,FL/USA	10/05/2018
1.94		IOANNIDES		8	Istanbul/TUR	09/06/2018
1.91		CHRISTODOULOU		7	Coral Gables,FL/USA	06/04/2018
1.90(i)		LAMBROU		3	Piraeus/GRE	26/01/2018
1.90		PAMPAKAS		3	Lemesos	01/04/2018
1.90		LAMBROU		3	Lemesos	28/04/2018
1.90		PASCHALI		3	Athina/GRE	29/04/2018
1.90		LAMBROU		2	Lefkosia	10/05/2018
1.90		LAMBROU		6	Paralimni	16/06/2018
1.90		IOANNIDES		7	Paralimni	16/06/2018
1.88(i)		PASCHALI		5	Piraeus/GRE	10/02/2018
1.85(i)		LAMBROU		2	Ag. Kosmas/GRE	20/01/2018
1.85		LAMBROU		4	Lemesos	01/04/2018
1.85		IOANNIDES		4	Tel-Aviv/ISR	13/05/2018

YEAR LISTS 2018 / MEN

TRIPLE JUMP

15.90(i)		Longinos	ACHILLEOS	10/06/1996	3oc	Piraeus/GRE	10/02/2018
15.62	1.9		ACHILLEOS		1	Lefkosia	27/04/2018
15.55	1.2		ACHILLEOS		7	Kallithea/GRE	26/05/2018
15.48(i)			ACHILLEOS		1	Piraeus/GRE	26/01/2018
15.27(i)			ACHILLEOS		1	Piraeus/GRE	03/02/2018
15.17	1.5		ACHILLEOS		1	Lefkosia	20/05/2018
15.09	0.5	Grigoris	NIKOLAOU	22/01/2003	2	Marrakech/MAR	07/05/2018
15.05	-0.2		ACHILLEOS		9	Jesolo/ITA	10/06/2018
14.85	2.0		NIKOLAOU		3	Paralimni	16/06/2018
14.80	0.1		NIKOLAOU		1	Lemesos	19/07/2018
14.75	1.0	Andreas	CHRYSANTHOU	11/08/1997	2	Lefkosia	20/05/2018
14.72	0.3		NIKOLAOU		1	Lemesos	29/04/2018
14.58	0.0		NIKOLAOU		1	Lemesos	19/04/2018
14.52	-0.6	Christos	ZAFIRIS	07/06/2001	1	Lefkosia	25/07/2018
14.38	1.9		CHRYSANTHOU		2	Lefkosia	27/04/2018
14.21	0.0	Georgios	ZAFIRIS	15/01/1999	2	Lemesos	29/04/2018
14.10	1.4	G.	ZAFIRIS		6	Paralimni	16/06/2018
14.09	2.0	G.	ZAFIRIS		3	Lefkosia	20/05/2018
14.05	0.7	Panagiotis	MYLONAS	28/01/2002	4	Shimatari/GRE	18/04/2018
14.03	0.0		ZAFIRIS		2	Lemesos	19/07/2018
14.02	0.9	Georgios	KYRIAKOU	06/04/2000	3	Lemesos	29/04/2018

Wind Assisted

15.35	2.6	Andreas	CHRYSANTHOU	11/08/1997	1	Paralimni	16/06/2018
14.18	2.6	Panagiotis	MYLONAS	28/01/2002	5	Paralimni	16/06/2018

POLE VAULT MEN

5.40		Nikandros	STYLIANOU	22/08/1989	1	Lefkosia	20/05/2018
5.40			STYLIANOU		3	Oordegem/BEL	26/05/2018
5.40			STYLIANOU		1	Paralimni	16/06/2018
5.36			STYLIANOU		11GrB	Berlin/GER	10/08/2018
5.35(i)			STYLIANOU		2	Piraeus/GRE	26/01/2018
5.35			STYLIANOU		7	Gold Coast/AUS	12/04/2018
5.35			STYLIANOU		1	Tel-Aviv/ISR	05/07/2018
5.30(i)			STYLIANOU		2	Ghent/BEL	10/02/2018
5.30			STYLIANOU		5	Sotteville les Rouen/FRA	17/07/2018
5.25(i)			STYLIANOU		4	Riga/LAT	20/01/2018
5.25(i)			STYLIANOU		2	Istanbul/TUR	17/02/2018
5.20			STYLIANOU		1	Thessaloniki/GRE	03/06/2018
5.20			STYLIANOU		1	Thessaloniki/GRE	09/06/2018
4.80		Christos	TAMANIS	22/12/2000	1	Lemesos	29/04/2018
4.70		Andreas	CHRISTODOULOU	26/10/1995	Dec.	Azusa,CALIF/USA	19/04/2018
4.65		C.	TAMANIS		3	Thessaloniki/GRE	09/06/2018
4.60(i)		C.	TAMANIS		5	Ag.Kosmas/GRE	03/02/2018
4.60			CHRISTODOULOU		3	Coral Gables,FLA/USA	16/03/2018
4.60		Prodromos	GIAKOUMI	16/07/2001	1	Lefkosia	29/03/2018
4.60		C.	TAMANIS		Dec.	Lefkosia	20/05/2018
4.60		Andreas	KAZAMIAS	27/08/2001	1	Lefkosia	25/07/2018
4.55			KAZAMIAS		1	Lemesos	19/07/2018
4.50		Menelaos	STIGGAS	20/03/1999	1	Lemesos	01/04/2018
4.50		Daniel	IOANNOU	12/05/1999	2	Lemesos	29/04/2018
4.50			STIGGAS		3	Lemesos	29/04/2018
4.50			KAZAMIAS		3	Marrakech/MAR	07/05/2018
4.40			GIAKOUMI		1	Lemesos	09/03/2018
4.40			KAZAMIAS		1	Lefkosia	25/03/2018
4.40			STIGGAS		2	Lefkosia	25/03/2018
4.40			IOANNOU		2	Lemesos	01/04/2018
4.40		C.	TAMANIS		3	Tel-Aviv/ISR	13/05/2018
4.40			CHRISTODOULOU		Dec.	Coral Gables,FL/USA	11/05/2018
4.40			KAZAMIAS		2	Lefkosia	20/05/2018
4.40			IOANNOU		Dec.	Lefkosia	20/05/2018
4.40		C.	TAMANIS		2	Paralimni	16/06/2018
4.40			KAZAMIAS		3	Paralimni	16/06/2018
4.40			STIGGAS		4	Paralimni	16/06/2018
4.40		C.	TAMANIS		4	Istanbul/TUR	22/06/2018



Nikandros Stylianos, by far the best vaulter in Cyprus, placed 7th in the Commonwealth Games



Apostolos Parellis was 8th in Berlin, 3rd in Gold Coast and 1st in Tarragona



Andreas Christou was one of the talented discus throwers that made the event probably the most esteemed

YEAR LISTS 2018 / MEN

SHOT PUT

15.98	Petros	MITSIDES	12/12/1977	1	Lefkosia	20/05/2018
15.92	Vasilis	MOUAIMIS	10/06/1996	1	Lefkosia	27/04/2018
15.90(i)	Giorgos	KONIARAKIS	07/02/1999	1	Ag. Kosmas/GRE	13/01/2018
15.84		KONIARAKIS		1	Paralimni	17/06/2018
15.75		MITSIDES		1	Lefkosia	25/03/2018
15.62(i)		KONIARAKIS		1	Ag. Kosmas/GRE	20/01/2018
15.61		MITSIDES		2	Paralimni	17/06/2018
15.60		MOUAIMIS		1	Lefkosia	28/06/2018
15.53		MOUAIMIS		3	Paralimni	17/06/2018
15.33		MOUAIMIS		2	Lefkosia	25/03/2018
14.95		MITSIDES		2 oc	Lefkosia	27/04/2018
14.65		MITSIDES		2	Malaga/ESP	06/09/2018
14.40		MOUAIMIS		2	Lefkosia	20/05/2018
14.25	Ttoupias	GEORGIU	16/02/1998	3	Lefkosia	20/05/2018
14.24		GEORGIU		3	Lefkosia	25/03/2018
14.02		GEORGIU		4	Paralimni	17/06/2018
14.00(i)		MOUAIMIS		2	Athina/GRE	26/01/2018
13.99	Rafail	ANTONIOU	04/08/1995	5	Paralimni	17/06/2018
13.95		MITSIDES		Pen.	Malaga/ESP	14/09/2018
13.89		ANTONIOU		3	Liechtenstein/LIE	09/06/2018
13.05(i)	Giorgos	KANARIS	04/10/2000	Hep.	Athina/GRE	10/02/2018

DISCUS THROW

63.62	Apostolos	PARELLIS	24/07/1985	8	Berlin/GER	08/08/2018
63.61		PARELLIS		3	Gold Coast/AUS	12/04/2018
62.98		PARELLIS		1	Tarragona/ESP	29/06/2018
62.94		PARELLIS		1	Braganca Paulista/BRA	08/07/2018
62.87		PARELLIS		2	Stara Zagora/BUL	20/07/2018
62.32		PARELLIS		5GrA	Berlin/GER	07/08/2018
61.45		PARELLIS		3GrB	Gold Coast/AUS	12/04/2018
60.50		PARELLIS		1	Paralimni	16/06/2018
59.65		PARELLIS		1	Chania/GRE	19/05/2018
58.99	Rafail	ANTONIOU	04/08/1995	2	Liechtenstein/LIE	09/06/2018
58.56	Giorgos	KONIARAKIS	02/02/1999	1	Jesolo/ITA	10/06/2018
58.30		KONIARAKIS		3	Paralimni	16/06/2018
57.50	Christoforos	GENETHLI	19/02/1998	4	Paralimni	16/06/2018
57.37		ANTONIOU		5	Paralimni	16/06/2018
57.14		PARELLIS		2GrA	Tarragona/ESP	27/06/2018
57.12		GENETHLI		2	Lefkosia	19/05/2018
56.90		KONIARAKIS		1	Lefkosia	25/03/2018
56.30		GENETHLI		1	Lefkosia	28/06/2018
56.25		ANTONIOU		2	Lefkosia	28/06/2018
56.22		ANTONIOU		2 oc	Lefkosia	27/04/2018
55.91		PARELLIS		4	Montgeron/FRA	13/05/2018
55.78		ANTONIOU		8	Stara Zagora/BUL	20/07/2018
55.35		GENETHLI		4	Jesolo/ITA	10/06/2018
55.30		ANTONIOU		3	Lefkosia	19/05/2018
55.12	Andreas	CHRISTOU	14/04/1993	4	Lefkosia	19/05/2018
55.63		ANTONIOU		2	Lefkosia	10/05/2018
55.60		GENETHLI		2	Lefkosia	27/04/2018
55.40		GENETHLI		3	Lefkosia	10/05/2018
55.13		ANTONIOU		8GrB	Leiria/POR	10/03/2018
51.30	Petros	MITSIDES	12/12/1977	2	Lefkosia	25/03/2018
50.62		GENETHLI		6GrB	Leiria/POR	10/03/2018

Expatriate

59.0	Georgios	Tremos (Greese)	21/3/1982	2	Paralimni	16/06/2018
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ΠΝΕΥΜΑΤΙΚΗ ΑΠΟΔΟΣΗ

Αρ. Γνωστοποίησης ΕΟΦ: 51853/13.07.2012



ΣΩΜΑΤΙΚΗ ΑΝΤΟΧΗ

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YEAR LISTS 2018 / MEN

JAVELIN THROW

82.37	Paraskevas	BATZAVALIS	25/11/1994	1oc	Lefkosia	20/05/2018
62.22	Spyros	SAVVA	24/01/2000	6	Istanbul/TUR	22/06/2018
60.67		SAVVA		1	Paralimni	17/06/2018
60.41	Andreas	CHRISTODOULOU	26/10/1995	6	Fayetteville,AR/USA	27/04/2018
59.79		CHRISTODOULOU		1	Coral Gables,FL/USA	17/03/2018
58.33	Lorentzo Theodoro	ENGLISH	10/08/1998	2	Paralimni	17/06/2018
58.20		CHRISTODOULOU		16	Gainesville,FL/USA	29/03/2018
58.16		CHRISTODOULOU		Dec.	Coral Gables,FL/USA	11/05/2018
57.36	Giorgos	ANTONIOU	21/06/2000	1	Lefkosia	20/05/2018
56.77		CHRISTODOULOU		13	Coral Gables,FL/USA	12/05/2018
56.46		CHRISTODOULOU		Dec.	Azusa,CALIF/USA	19/04/2018
55.26		ANTONIOU		4	Tel-Aviv/ISR	13/05/2018
55.10	Stelios	SOFOKLEOUS	14/06/2001	2	Lefkosia	20/05/2018

HAMMER THROW

69.46	Alexandros	POURSANIDIS	23/01/1993	1	Athens/USA	05/05/2018
69.00		POURSANIDIS		2	Atlanta,GA/USA	16/03/2018
66.11		POURSANIDIS		1	Paralimni	17/06/2018
64.87	Konstantinos	STATHELAKOS	30/12/1987	12	Gold Coast/AUS	08/04/2018
63.86		POURSANIDIS		15	Gold Coast/AUS	08/04/2018
59.70		STATHELAKOS		2	Paralimni	17/06/2018
56.48	Nikolas	KESIDIS	11/01/2001	3	Paralimni	17/06/2018
56.26		KESIDIS		1	Lefkosia	20/05/2018
55.10	Petros	SOFIANOS	15/03/1982	4	Paralimni	17/06/2018
54.26	Chrysostomos	PSIOGENIS	31/01/1998	2	Lefkosia	20/05/2018
52.20	Christoforos	GENETHLI	19/02/1998	5	Paralimni	17/06/2018
50.73	Panagiotis	KONTAXIS	28/01/2002	3	Lefkosia	20/05/2018

DECATHLON

7271 p.	Andreas	CHRISTODOULOU	26/10/1995	2	Coral Gables,FL/USA	11/05/2018
	(11.35(0.3)-7.19(2.5)-12.19-1.94-51.47/14.84(0.0)-37.10-4.40-58.16-4.53.58)					
5847 p.	Dimitrios	KONSTANTINOU	27/02/1996	1	Lefkosia	20/05/2018
	(11.66(0.0)-6.24(-0.2)-12.75-1.80-57.57/17.42(1.6)-37.61-3.60-54.37-5.40.21)					
4945 p.	Christos	TAMANIS	22/12/2000	2	Lefkosia	20/05/2018
	(11.36(0.0)-6.11(-0.9)-9.40-1.60-54.55/18.99(1.6)-17.58-4.60-25.32-5.42.83)					
4787 p.	Kyriakos	EFSTATHIOU	28/06/1999	3	Lefkosia	20/05/2018
	(11.17(0.0)-6.52(0.1)-9.12-1.60-54.79/18.00(1.6)-21.15-2.70-31.70-5.44.54)					
4678 p.	Charalambos	PAVLOU	21/03/2001	4	Lefkosia	20/05/2018
	(12.16(0.0)-6.06(0.0)-8.34-1.60-56.71/17.12(1.6)-25.00-3.00-33.57-5.31.90)					
4667 p.	Daniel	IOANNOU	12/05/1999	5	Lefkosia	20/05/2018
	(12.04(0.0)-5.48(-0.5)-8.64-1.60-57.97/18.35(2.3)-22.57-4.40-31.87-5.45.82)					

RELAY 4X100M.

42.06	G.S.Olympia Club Team			1	Paralimni	16/06/2018
	(Beechey A.-Dimitriadis P.-Tziakouris K.-Efsthathiou K.)					
42.27	National Team			5	Vari-Athina/GRE	26/05/2018
	(Chatzitheori A.-Christoforu A.-Kyriakidis K.-Dimitriadis P.)					
43.02	National Junior Team			5	Tel-Aviv/ISR	13/05/2018
	(Mylona P.-Efsthathiou K.-Panteli S.-Tziakouris C.)					
43.14	G.S.Evagoras Club Team			2	Paralimni	16/06/2018
	(Avgoustinou S.-Zisimos A.-Andreou A.-Chatzitheori A.)					
43.18	G.S.Pancyria Club Team			3	Paralimni	16/06/2018
	(Michael G.-Evangelou G.-Ioannou M.-Ioannou F.)					

RELAY 4X400M.

3.19.72	G.S.Pancyria Club Team			1	Paralimni	17/06/2018
	(Christoforu A.-Michara A.-Spyrou S.-Dimitriou C.)					
3.24.17	G.S.Olympia Club Team			2	Paralimni	17/06/2018
	(Christou C.-Pugach A.-Papaioannou S.-Georgiou N.)					
3.25.46	G.S.Pancyria Club Junior Team			1	Lemesos	29/04/2018
	(Christoforu R.-Horattas G.-Chatziantonis C.-Spyrou S.)					
3.28.12	G.S.Zenon Club Team			3	Paralimni	17/06/2018
	(Vasiliou A.-Panteli S.-Loizou G.-Panteli C.)					
3.28.22	National Youth Team			2	Lefkosia	25/07/2018
	(Christoforu R.-Ioannou A.-Sylvestros V.-Dimitriadis A.)					
3.28.26	G.S.Olympia Club Junior Team			2	Lemesos	29/04/2018
	(Ioannou A.-Papaioannou S.-Ntampouzov E.-Pugach A.)					

YEAR LISTS 2018 / WOMEN

100M.

11.49	0.0	Olivia	FOTOPOULOU	20/12/1996	1h3	Liechtenstein/LIE	09/06/2018
11.53	1.1	O.	FOTOPOULOU		3h1	Chania/GRE	02/06/2018
11.55	-1.9		FOTOPOULOU		3	Stara Zagora/BUL	20/07/2018
11.56	1.8	O.	FOTOPOULOU		2h4	Vari-Athina/GRE	26/05/2018
11.59	-0.5	O.	FOTOPOULOU		4	Tarragona/ESP	28/06/2018
11.65	1.4	Anna Ramona	PAPAIOANNOU	15/06/1989	4h3	Gold Coast/AUS	08/04/2018
11.67	0.4		PAPAIOANNOU		6sf3	Gold Coast/AUS	08/04/2018
11.76	-1.5	O.	FOTOPOULOU		4sf2	Tarragona/ESP	27/06/2018
11.82	2.0	O.	FOTOPOULOU		4h2	Birmingham,AL/USA	23/03/2018
11.89	1.0	O.	FOTOPOULOU		4h1	Tuscaloosa,AL/USA	07/04/2018
11.90	-1.9	O.	FOTOPOULOU		1	Paralimni	16/06/2018
12.01	-1.9	O.	FOTOPOULOU		5h2	Auburn,AL/USA	21/04/2018
12.05	-0.3	Maria	ANTONIOU	27/11/2000	1	Lemesos	28/04/2018
12.08	0.3	Paraskevi	ANDREOU	15/01/1997	1	Patra/GRE	07/07/2018
12.09	0.3		ANDREOU		2h4 oc	Patra/GRE	14/07/2018
12.12	0.6	Dimitra	KYRIAKIDOU	27/04/1996	3h2 oc	Liechtenstein/LIE	09/06/2018
12.13	0.0		ANDREOU		6 oc	Patra/GRE	14/07/2018
12.14	0.8		ANTONIOU		1	Lefkosia	25/03/2018
12.14	1.8		ANDREOU		8h4	Vari-Athina/GRE	26/05/2018
12.16	0.8	Sanda	KOLOMEITEVA	13.06.2000	2	Lefkosia	25/03/2018
12.17	-1.7	Filippa	FOTOPOULOU	20/12/1996	2h4	Auburn,AL/USA	21/04/2018
12.17	-0.3		KOLOMEITEVA		2	Lemesos	28/04/2018
12.23	-1.7		ANTONIOU		3h1	Shimatari/GRE	18/04/2018
12.24	0.4		KYRIAKIDOU		5h2	Chania/GRE	19/05/2018
12.24	1.6	Alexandra	SKENDER	16/04/1996	2	Argos Orestiko/GRE	04/07/2018
12.25	-1.9	F.	FOTOPOULOU		2	Paralimni	16/06/2018
12.25	-1.3		KOLOMEITEVA		4	Istanbul/TUR	21/06/2018
12.28	1.1		KOLOMEITEVA		4	Tel-Aviv/ISR	13/05/2018
12.31	-1.1		KYRIAKIDOU		5sf1	Tarragona/ESP	27/06/2018
12.32	1.1		SKENDER		7h1	Chania/GRE	02/06/2018
12.36	0.4		SKENDER		3	Kavala/GRE	18/07/2018
12.40	-1.9		KYRIAKIDOU		3	Paralimni	16/06/2018

Wind Assisted

11.97	3.3	Dimitra	KYRIAKIDOU	27/04/1996	2h3	Vari-Athina/GRE	26/05/2018
12.01	2.3	Sanda	KOLOMEITEVA	13.06.2000	2	Lefkosia	19/05/2018
12.06	2.3	Marianna	PISIARA	10/05/1997	3	Lefkosia	19/05/2018
12.07	2.3	Alexandra	SKENDER	16/04/1996	4	Lefkosia	19/05/2018



Olivia Fotopoulou winning the 100m. during the Championships with Andreou on her right (406) and Kyriakidou on her left (720)



On the winners' podium Olivia Fotopoulou, Filippa Fotopoulou, her twin sister and Dimitra Kyriakidou 3rd

YEAR LISTS 2018 / WOMEN

200M.

23.57	-1.0	Olivia	FOTOPOULOU	20/12/1996	2	Stara Zagora/BUL	21/07/2018
23.62	1.5		FOTOPOULOU		2h2	Stara Zagora/BUL	21/07/2018
23.95	0.4		FOTOPOULOU		2h3	Auburn,AL/USA	21/04/2018
23.96	1.7	Sanda	KOLOMEITEVA	13/06/2000	2h1	Istanbul/TUR	22/06/2018
23.97	0.7		FOTOPOULOU		2h2	Tuscaloosa,AL/USA	07/04/2018
24.06	0.7		KOLOMEITEVA		1h1	Shimatari/GRE	18/04/2018
24.25	0.7		KOLOMEITEVA		5h5	Tampere/FIN	13/07/2018
24.32	1.9		KOLOMEITEVA		1	Shimatari/GRE	18/04/2018
24.36	0.5		FOTOPOULOU		1	Lefkosia	20/05/2018
24.37	0.5		KOLOMEITEVA		2	Lefkosia	20/05/2018
24.47	-0.4		KOLOMEITEVA		1	Lefkosia	29/03/2018
24.63	0.3		KOLOMEITEVA		1	Lemesos	29/04/2018
24.80	1.8	Kalliopi	KOUNTOURI	07/07/1997	3h1	Oxford,OH/USA	28/04/2018
24.96(i)			KOLOMEITEVA		2h1	Piraeus/GRE	26/01/2018
24.97	-5.1	Eleni	ARTYMATA	16/05/1986	1	Paralimni	17/06/2018
24.99	0.9		FOTOPOULOU		5h3	Birmingham,AL/USA	23/03/2018
25.00			KOUNTOURI		6	Bloomington,IN/USA	04/05/2018
25.31	0.5		KOUNTOURI		6h4	Tuscaloosa,AL/USA	07/04/2018
25.71	0.5	Hychisom Jeniffer	AGWOILE	09/03/2004	3	Lefkosia	20/05/2018
25.73	0.3		KOUNTOURI		2h1	Oxford,OH/USA	14/04/2018
25.74	-5.1		KOLOMEITEVA		2	Paralimni	17/06/2018
25.74	0.0		AGWOILE		1	Lemesos	20/07/2018
25.79	0.3		AGWOILE		2	Lemesos	29/04/2018
25.85	1.7		AGWOILE		2	Lefkosia	25/07/2018
25.97(i)			KOUNTOURI		48	Notre Damme,IN/USA	03/02/2018
26.05	0.5	Alexandra	EVANGELOU	02/03/2001	4	Lefkosia	20/05/2018
26.08	0.3	Xenia	MICHAEL	30/10/2001	3	Lemesos	29/04/2018
26.20	0.3	Anastasia	POLYCARPOU	06/06/2003	4	Lemesos	29/04/2018

YEAR LISTS 2018 / WOMEN

400M.

51.14	Eleni	ARTYMATA	16/05/1986	2	Bellinzona/SUI	18/07/2018
51.19		ARTYMATA		1	Tarragona/ESP	28/06/2018
51.29		ARTYMATA		1h3	Stara Zagora/BUL	20/07/2018
51.69		ARTYMATA		1h1	Aarhus/DEN	05/06/2018
51.76		ARTYMATA		1sf1	Tarragona/ESP	27/06/2018
51.91		ARTYMATA		1	Paralimni	16/06/2018
51.95		ARTYMATA		1	Kalamata/GRE	09/06/2018
52.38		ARTYMATA		5sf1	Gold Coast/AUS	10/04/2018
52.81		ARTYMATA		6h2	Bydgoszcz/POL	29/05/2018
52.90		ARTYMATA		3h3	Gold Coast/AUS	09/04/2018
54.64	Kalliopi	KOUNTOURI	07/07/1997	1h2	Liechtenstein/LIE	09/06/2018
54.82		KOUNTOURI		1h2	Columbus,OH/USA	21/04/2018
55.02		KOUNTOURI		7sf2	Tarragona/ESP	27/06/2018
55.38		KOUNTOURI		2h1	Oxford,OH/USA	28/04/2018
55.71		KOUNTOURI		1h1	Oxford,OH/USA	14/04/2018
55.74		KOUNTOURI		2	Paralimni	16/06/2018
56.01		KOUNTOURI		10	Buffalo,NY/USA	11/05/2018
56.12		KOUNTOURI		1h3	Tuscaloosa,AL/USA	07/04/2018
56.13(i)		KOUNTOURI		5	South Bend,IN/USA	17/02/2018
56.35	Christiana	KATSARI	14/05/1987	2h1 oc	Patra/GRE	14/07/2018
56.58		KATSARI		4h2 oc	Liechtenstein/LIE	09/06/2018
56.89(i)		KOUNTOURI		10	Bloomington,IN/USA	27/01/2018
57.18		KATSARI		3	Paralimni	16/06/2018
57.40(i)		KOUNTOURI		3h3	Lexington,KY/USA	13/01/2018
57.45(i)		KOUNTOURI		2h2	Bloomington,IN/USA	19/01/2018
57.49(i)		KOUNTOURI		4h1	Bowling Green,OH/USA	23/02/2018
57.58(i)		KOUNTOURI		2h1(2)	Bowling Green,OH/USA	01/12/2018
57.67		KOUNTOURI		3h1	Cincinnati,OH/USA	31/03/2018
57.86	Alexandra	EVANGELOU	02/03/2001	5	Tel-Aviv/ISR	13/05/2018
58.03		KATSARI		1	Lefkosia	19/05/2018
58.14	Eleana	CHRISTOFI	30/07/2002	1	Lemesos	28/04/2018
58.15	Chryso	GEORGIOU	04/12/2003	4	Paralimni	16/06/2018
58.44		EVANGELOU		2	Shimatari/GRE	18/04/2018
58.53		EVANGELOU		1	Lefkosia	29/03/2018
58.80		GEORGIOU		1	Lemesos	19/07/2018
58.81		GEORGIOU		2	Lefkosia	19/05/2018
58.91		EVANGELOU		3sf3	Marrakech/MAR	04/05/2018
58.97		EVANGELOU		2h2	Shimatari/GRE	18/04/2018
59.04	Dimitriana	CHARALAMBOUS	09/03/2002	2	Lemesos	19/07/2018
59.15		GEORGIOU		2	Lemesos	28/04/2018
59.35		EVANGELOU		3	Lemesos	28/04/2018
59.39		GEORGIOU		3	Lefkosia	24/07/2018
59.47		CHARALAMBOUS		4	Lemesos	28/04/2018
59.93	Constantina	THEODOSIOU	13/05/2003	3	Lemesos	19/07/2018



Natalia Evangelidou leading Panagiotou and Mala in a 1500m. race



Natalia Evangelidou had a lot to celebrate having broken her national records in 800m. and 1500m. in Gold Coast during the Commonwealth Games

800M.

2.01.77	Natalia	EVANGELIDOU	10/03/1991	7h1	Gold Coast/AUS	12/04/2018
2.03.38		EVANGELIDOU		7h1	Berlin/GER	07/08/2018
2.04.63		EVANGELIDOU		7h2	Ninove/BEL	28/07/2018
2.06.16		EVANGELIDOU		4sf1	Tarragona/ESP	27/06/2018
2.06.28		EVANGELIDOU		7	Tarragona/ESP	29/06/2018
2.07.63		EVANGELIDOU		1	Liechtenstein/LIE	09/06/2018
2.09.82(i)	Emily	PHILIPPIDES	19/05/2000	6h3	New York/USA	11/03/2018
2.11.71		EVANGELIDOU		1	Paralimni	17/06/2018
2.13.28		PHILIPPIDES		2h4	White Plains,NY/USA	11/05/2018
2.15.58	Christina	PETRI	06/07/2000	3	Shimatari/GRE	18/04/2018
2.16.54		PHILIPPIDES		10h2	Greensboro/USA	15/06/2018
2.18.72	Anna	MAKKOUTIDE	25/02/2003	8	Marrakech/MAR	05/05/2018
2.18.98		PETRI		1	Lefkosia	20/05/2018
2.19.12	Maria	PAPANASTASIOU	30/10/1994	2	Lefkosia	20/05/2018
2.19.22		MAKKOUTIDE		2	Paralimni	17/06/2018
2.19.58		PAPANASTASIOU		3	Paralimni	17/06/2018
2.19.97		PETRI		4	Paralimni	17/06/2018
2.20.34		PETRI		1	Lefkosia	29/03/2018
2.20.52		PETRI		1	Lemesos	29/04/2018
2.20.80		MAKKOUTIDE		2	Lemesos	29/04/2018
2.21.24	Chryso	GEORGIOU	04/12/2003	1	Lemesos	20/07/2018
2.21.90		GEORGIOU		5	Paralimni	17/06/2018
2.22.16	Dimitra	SERGIDI	16/11/2004	3	Lemesos	29/04/2018
2.22.27		SERGIDI		2	Lemesos	20/07/2018
2.22.28	Phoebe	MALA	24/09/2000	4	Lemesos	29/04/2018
2.22.60		MALA		2	Lefkosia	29/03/2018

1500M.

4.10.98	Natalia	EVANGELIDOU	10/03/1991	7h2	Gold Coast/AUS	09/04/2018
4.13.99		EVANGELIDOU		9h1	Madrid/ESP	22/06/2018
4.14.62(i)		EVANGELIDOU		5	Athlone/IRL	21/02/2018
4.21.23		EVANGELIDOU		9	Tarragona/ESP	30/06/2018
4.22.53		EVANGELIDOU		1	Paralimni	16/06/2018
4.24.22	Meropi	PANAGIOTOU	01/12/1994	1h2	Oordegem/BEL	26/05/2018
4.25.80(i)		EVANGELIDOU		3	Istanbul/TUR	17/02/2018
4.25.91		EVANGELIDOU		12h2	Berlin/GER	10/08/2018
4.27.59		PANAGIOTOU		5	Stara Zagora/BUL	21/07/2018
4.32.91		PANAGIOTOU		2	Paralimni	16/06/2018
4.33.59		PANAGIOTOU		1	Lefkosia	19/05/2018
4.47.70	Maria	PAPANASTASIOU	30/10/1994	3	Paralimni	16/06/2018
4.49.80		PAPANASTASIOU		2	Lefkosia	19/05/2018
4.49.23	Phoebe	MALA	24/09/2000	4	Paralimni	16/06/2018
4.49.82		MALA		4	Tel-Aviv/ISR	13/05/2018
4.58.6	Mikela Maggy	AINENTZIAN	04/03/2002	1	Lemesos	19/07/2018
4.59.55	Andrea	LOIZIDOU	30/01/2002	5	Paralimni	16/06/2018

YEAR LISTS 2018 / WOMEN

5000M.						
17.05.56	Meropi	PANAGIOTOU	01/12/1994	8	Tarragona/ESP	29/06/2018
17.23.06		PANAGIOTOU		1	Paralimni	17/06/2018
17.54.36	Chrystalla	HADJIPOLYDOROU	21/04/1993	2	Paralimni	17/06/2018
18.06.23		HADJIPOLYDOROU		1	Lefkosia	20/05/2018
19.23.97	Eleni	IOANNOU	20/01/1984	2	Lefkosia	20/05/2018
19.36.08	Christina	IOANNOU	06/06/2000	4	Paralimni	17/06/2018
19.42.34	Julia	ANDREOU	04/01/1977	5	Paralimni	17/06/2018
19.53.13	Nafsika	LEONIDOU	15/03/2004	2	Lemesos	29/04/2018
19.56.96		ANDREOU		3	Lefkosia	20/05/2018
20.01.65	Eleni	MARKIDOU	24/01/2001	7	Paralimni	17/06/2018
20.04.11		MARKIDOU		3	Lemesos	29/04/2018
20.09.13		LEONIDOU		8	Paralimni	17/06/2018
20.23.26	Maria	SOTIRIOU	14/02/1981	4	Lefkosia	20/05/2018
20.24.56		LEONIDOU		5	Lefkosia	20/05/2018
Expatriate						
19.19.32	Alicia	FINIS(GBR)	14/03/2005	3	Paralimni	17/06/2018
19.59.71	Ventsislava	DIMITROVA(BUL)	13/12/1998	6	Paralimni	17/06/2018
10000M.						
39.43.77	Chrystalla	HADJIPOLYDOROU	21/04/1993	1	Lefkosia	13/04/2018
40.44.20	Elpida	CHRISTODOULIDOU	20/11/1986	2	Lefkosia	13/04/2018
41.26.58	Eleni	IOANNOU	20/01/1984	3	Lefkosia	13/04/2018
43.13.52	Maria	SOTIRIOU	14/02/1981	4	Lefkosia	13/04/2018
43.48.69	Natalia	LEVASHOVA CHARALAMBOUS	19/04/1979	5	Lefkosia	13/04/2018
43.48.86	Christina	CHIOTI	15/05/1990	6	Lefkosia	13/04/2018
45.21.12	Stavroulla	THRASYVOULOU	06/04/1991	7	Lefkosia	13/04/2018
45.40.88	Georgia	THEODOSIOU	26/07/1988	8	Lefkosia	13/04/2018
HALF MARATHON						
1.19.46	Stella	CHRISTOFOROU	02/03/1992	3	Nashville, TN/USA	03/03/2018
1.21.47		CHRISTOFOROU		5	Larnaca	18/11/2018
1.22.46		CHRISTOFOROU		4	Clarksville, TN/USA	15/09/2018
1.23.07+		CHRISTOFOROU		525+	Sacramento, CA/USA	02/12/2018
1.23.31		CHRISTOFOROU			Chicago/USA	07/10/2018
1.27.21	Julia	ANDREOU	04/01/1977	96	Salonica	13/10/2018
1.27.56		ANDREOU		1	Lefkosia	11/02/2018
1.31.59	Eleni	IOANNOU	20/01/1984	2	Lefkosia	11/02/2018
1.32.45	Maria	SOTIRIOU	14/02/1981	oc	Lefkosia	11/02/2018
1.33.01+	Maria	IOANNOU		383+	Athens/GRE	11/11/2018
1.36.36	Natalia	LEVASHOVA CHARALAMBOUS	19/04/1979	oc	Lefkosia	11/02/2018
1.37.13	Stavroulla	THRASYVOULOU	06/04/1991	3	Lefkosia	11/02/2018
1.38.16	Maria	PAPANASTASIOU	03/10/1994	4	Lefkosia	11/02/2018
MARATHON						
2.53.44	Stella	CHRISTOFOROU	02/03/1992	9	Nashville, TN/USA	28/04/2018
2.59.52		CHRISTOFOROU		921	Sacramento, CA/USA	02/12/2018
3.07.13	Julia	ANDREOU	04/01/1977	1	Lemesos	18/03/2018
3.09.11		ANDREOU		11	Tallinn/EST	09/09/2018
3.14.26	Maria	IOANNOU		383	Athina/GRE	11/11/2018
3.25.45	Eleni	IOANNOU	20/01/1984	2	Lemesos	18/03/2018
3.33.07	Gianna	FYSENTZOU	04/01/1981	37	Larnaka	18/11/2018
3.33.37	Christina	CHIOTI	15/05/1990	2600	Dublin/IRL	28/10/2018
3.45.33	Pola	CHATZIPAPA	16/08/1963	4	Lemesos	18/03/2018
3.49.08	Olga	KYPRI	26/01/1984	5	Lemesos	18/03/2018



Meropi Panagiotou leading the 5000m. race in the Championships at Paralimni



Chrystalla Hadjipolydorou was at the top of both 10.000m. and 3.000m. steeplechase events



Natalia Christofi run 13.36 to make an U23 national record while Dafni Georgiou (on the right) run 13.63 for an U20 record

YEAR LISTS 2018 / WOMEN

100M. H.

13.36	-0.6	Natalia	CHRISTOFI	10/02/1997	4h2	Stara Zagora/BUL	21/07/2018
13.52	-1.1		CHRISTOFI		1h2 oc	Patra/GRE	14/07/2018
13.53	-0.1		CHRISTOFI		7h2	Berlin/GER	08/08/2018
13.57	-2.3		CHRISTOFI		4sf1	Tarragona/ESP	27/06/2018
13.58	1.6		CHRISTOFI		1	Lefkosia	19/05/2018
13.62	-1.0		CHRISTOFI		3h2	Oordegem/BEL	26/05/2018
13.63	0.8	Dafni	GEORGIOU	18/08/1999	1	Istanbul/TUR	22/06/2018
13.63	-0.9		CHRISTOFI		7	Tarragona/ESP	29/06/2018
13.66	0.4		CHRISTOFI		5h1	Gold Coast/AUS	12/04/2018
13.69	-1.8		CHRISTOFI		1	Paralimni	16/06/2018
13.77	1.2		GEORGIOU		1	Liechtenstein/LIE	09/06/2018
13.82	1.2	Dimitra	ARACHOVITI	18/07/1987	2 oc	Liechtenstein/LIE	09/06/2018
13.85	-0.3		GEORGIOU		1	Tel-Aviv/ISR	13/05/2018
13.86	1.6		GEORGIOU		2	Lefkosia	19/05/2018
14.04	1.3		ARACHOVITI		5h1	Chania/GRE	19/05/2018
14.06	-1.1		GEORGIOU		5n2	Tampere/FIN	13/07/2018
14.09	0.3		ARACHOVITI		3h2	Filothei/GRE	13/06/2018
14.09	-2.9		ARACHOVITI		5sf2	Tarragona/ESP	27/06/2018
14.14	0.2		GEORGIOU		1	Lemesos	28/04/2018
14.16	1.5	Angeliki	ATHANASOPOULOU	01/03/1993	2	Chania/GRE	02/06/2018
14.16	-1.8		ARACHOVITI		2	Paralimni	16/06/2018
14.30	-1.8		GEORGIOU		3	Paralimni	16/06/2018
14.49	1.6		ATHANASOPOULOU		3	Lefkosia	19/05/2018
14.96	-1.8		ATHANASOPOULOU		4	Paralimni	16/06/2018
15.59	1.6	Nikoletta	VASILIOU	30/04/2002	4	Lefkosia	19/05/2018
15.61	1.6	Christina	PAPANIKA	11/03/2002	5	Lefkosia	19/05/2018
15.68	-1.8	Elena	SHIPILLI	09/03/2002	5	Paralimni	16/06/2018
15.81	0.2		PAPANIKA		2	Lemesos	28/04/2018
15.92	0.1		SHIPILLI		4	Lemesos	28/04/2018

Expatriate

15.85	0.1	Maria	LEECH(RSA)	18/08/2003	3	Lemesos	28/04/2018
15.92	0.0	Madeleine Janet	MUDD(GBR)	20/01/1999	Hep.	Lefkosia	19/05/2018

Wind Assisted

13.34	2.2	Natalia	CHRISTOFI	10/02/1997	4	Jesolo/ITA	09/06/2018
13.60	2.7	Dimitra	ARACHOVITI	18/07/1987	2h2	Vari-Athina/GRE	26/05/2018

400M. H.

1.04.81		Eleana	CHRISTOFI	30/07/2002	3	Tel-Aviv/ISR	13/05/2018
1.05.01		Christiana	KATSARI	14/05/1987	1	Paralimni	17/06/2018
1.05.25			KATSARI		5sf1	Tarragona/ESP	27/06/2018
1.05.41			CHRISTOFI		1	Lemesos	29/04/2018
1.06.03			CHRISTOFI		5sf1	Marrakech/MAR	05/05/2018
1.06.16			CHRISTOFI		4	Shimatari/GRE	18/04/2018
1.06.37			KATSARI		1	Lefkosia	20/05/2018
1.06.82		Marianna	PISIARA	10/05/1997	2	Paralimni	17/06/2018
1.07.33		Georgia	MATOLI	13/06/2003	2	Lemesos	29/04/2018
1.07.33			CHRISTOFI		3	Paralimni	17/06/2018
1.07.44			CHRISTOFI		2	Lefkosia	20/05/2018
1.07.66			CHRISTOFI		1	Lefkosia	29/03/2018
1.07.85		Charithea	HERACLEOUS	05/05/2002	2	Lefkosia	29/03/2018
1.08.00			PISIARA		3	Lefkosia	20/05/2018
1.08.62			CHRISTOFI		5h1	Shimatari/GRE	18/04/2018
1.08.63			MATOLI		3	Lefkosia	24/07/2018
1.09.04			CHRISTOFI		4	Lefkosia	24/07/2018
1.09.45		Andreana	XENOFONTOS	30/09/2002	3	Lefkosia	29/03/2018
1.09.49		Stefani	KAREKLA	21/05/2002	4	Paralimni	17/06/2018
1.09.56			HERACLEOUS		3	Lemesos	29/04/2018
1.09.90		Michaelina	RETISKI	19/06/2002	4	Lemesos	29/04/2018
1.09.95			XENOFONTOS		5	Lemesos	29/04/2018

Hand Time

1.06.6		Georgia	MATOLI	13/06/2003	2	Lemesos	20/07/2018
1.08.1		Stefani	KAREKLA	21/05/2002	3	Lemesos	20/07/2018
1.08.5		Michaelina	RETISKI	19/08/2002	4	Lemesos	20/07/2018
1.08.9		Andreana	XENOFONTOS	30/09/2002	5	Lemesos	20/07/2018



Nektaria Panagi consistent with performances over 6.60 placed 11th in the European Championships and 4th and 6th in the Mediterranean and Commonwealth Games respectively. A jump of 6.72 was her longest in the season and her personal best not counting 6.77 under windy conditions

YEAR LISTS 2018 / WOMEN

3000M. STEEPLE

10.43.08	Chrystalla	HADJIPOLYDOROU	21/04/1993	1	Paralimni	16/06/2018
10.58.37	HADJIPOLYDOROU		2 oc	Larisa/GRE	28/07/2018	
10.59.14	HADJIPOLYDOROU		1	Lefkosia	19/05/2018	
11.00.62	HADJIPOLYDOROU		3 oc	Patra/GRE	14/07/2018	
11.54.86	Dimitra	SERGIDE	16/11/2004	2	Paralimni	16/06/2018
12.02.16	SERGIDE		1	Lemesos	28/04/2018	
12.06.49	Ioanna	PETROU	07/01/1999	2	Lemesos	28/04/2018
12.13.61	Stavroulla	THRASYVOULOU	06/04/1991	3	Paralimni	16/06/2018
12.49.13	Vasilisa	PETROU	05/04/2002	5	Paralimni	16/06/2018

Expatriate

12.30.34	Zozan	TIMOURTOURKAN(TUR)	27/05/1999	4	Paralimni	16/06/2018
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LONG JUMP

6.72	1.7	Nektaria	PANAGI	20/03/1990	1	Argos Orestiko/GRE	04/07/2018
6.63	0.5		PANAGI		3GrA	Gold Coast/AUS	11/04/2018
6.62	-0.5		PANAGI		5GrA	Berlin/GER	09/08/2018
6.61	0.8		PANAGI		4	Tarragona/ESP	27/06/2018
6.59	0.1		PANAGI		1	Kavala/GRE	18/07/2018
6.44	-0.2		PANAGI		6	Gold Coast/AUS	12/04/2018
6.43	0.3		PANAGI		4	Dessau/GER	08/06/2018
6.41	1.1		PANAGI		2	Praha/CZE	04/06/2018
6.29	-0.8		PANAGI		11	Berlin/GER	11/08/2018
6.27	1.6	Filippa	FOTOPOULOU	20/12/1996	4	Gainsville/USA	13/04/2018
6.25(i)			FOTOPOULOU		7ft2	College Station,TX/USA	24/02/2018
6.20	0.0		FOTOPOULOU		8	Knoxville,TN/USA	12/05/2018
6.20	1.6		FOTOPOULOU		1	Liechtenstein/LIE	09/06/2018
6.18(i)			FOTOPOULOU		3ft3	Nashville,TN/USA	20/01/2018
6.18	0.5		FOTOPOULOU		6	Stara Zagora/BUL	21/07/2018
6.16(i)			FOTOPOULOU		1	Clemson,SC/USA	25/01/2018
6.15(i)			FOTOPOULOU		2	Albuquerque,NM/USA	02/02/2018
6.13	1.8		FOTOPOULOU		2	Baton Rouge,LA/USA	28/04/2018
6.05	0.4		FOTOPOULOU		1	Tuscaloosa,AL/USA	07/04/2018
5.94	-0.7		FOTOPOULOU		4	Auburn,AL/USA	21/04/2018
5.94	0.1		FOTOPOULOU		5ft3	Tampa,FL/USA	24/05/2018
5.67	0.0	Christonymfi	PAIDIOU	21/03/2002	3	Lefkosia	24/07/2018
5.63	0.7	Pantelitsa	CHARALAMBOUS	12/11/1998	4	Patra/GRE	07/07/2018
5.58	-2.1	Stavriana	KOLIA	14/02/2000	6	Shimatari/GRE	18/04/2018
5.53	0.8		KOLIA		1	Lefkosia	19/05/2018
5.52	0.0		PAIDIOU		1	Lemesos	28/04/2018
5.45	0.0	Natalia	CHRISTOFI	10/02/1997	2	Lefkosia	19/05/2018
5.45	0.0		PAIDIOU		1	Lemesos	20/07/2018
5.33	0.0		KOLIA		2	Lemesos	28/04/2018
5.32	-0.6		KOLIA		1	Lefkosia	29/03/2018
5.31	0.4		CHARALAMBOUS		3	Lefkosia	19/05/2018
5.30	0.6		PAIDIOU		4q	Marrakech/MAR	04/05/2018
5.30	0.1		PAIDIOU		4	Tel-Aviv/ISR	13/05/2018
5.26	1.9		PAIDIOU		1	Lefkosia	25/03/2018
5.26	-0.3	Ioanna	KYPRIANOU	23/05/2002	2	Lefkosia	29/03/2018
5.24(i)			PAIDIOU		6	Piraeus/GRE	26/01/2018
5.21	0.0		KYPRIANOU		4	Lefkosia	24/07/2018
5.20	0.0		KYPRIANOU		3	Lemesos	28/04/2018
5.20	0.0	Rodiana	ZINONOS	23/04/2002	4	Lefkosia	19/05/2018

Wind Assisted

6.77	5.7	Nektaria	PANAGI	20/03/1990	1	Paralimni	17/06/2018
6.28	5.5	Filippa	FOTOPOULOU	20/12/1996	2	Paralimni	17/06/2018
5.70	6.0	Christonymfi	PAIDIOU	21/03/2002	3	Paralimni	17/06/2018
5.67	5.8	Pantelitsa	CHARALAMBOUS	12/11/1998	4	Paralimni	17/06/2018
5.61	4.2	Stavriana	KOLIA	14/02/2000	5	Paralimni	17/06/2018
5.57	4.8	Electra	PAPACONSTANTINOU	23/12/1990	6	Paralimni	17/06/2018



Junior girl athlete Despina Charalampous was the best in the High Jump with a jump of 1.78

YEAR LISTS 2018 / WOMEN

HIGH JUMP

1.78	Despina	CHARALAMBOUS	22/05/2000	2	Istanbul/TUR	22/06/2018
1.76		CHARALAMBOUS		1	Lefkosia	19/05/2018
1.76	Stylia	IOANNIDOU	17/12/2003	1	Lefkosia	25/07/2018
1.74		CHARALAMBOUS		2	Tel-Aviv/ISR	13/05/2018
1.73		CHARALAMBOUS		2	Liechtenstein/LIE	09/06/2018
1.70(i)		CHARALAMBOUS		1	Ag. Kosmas/GRE	03/02/2018
1.70		CHARALAMBOUS		1	Lefkosia	29/03/2018
1.70		CHARALAMBOUS		1	Lemesos	29/04/2018
1.70		CHARALAMBOUS		1	Paralimni	17/06/2018
1.70		IOANNIDOU		1	Lemesos	23/06/2018
1.70		IOANNIDOU		1	Lemesos	19/07/2018
1.69		CHARALAMBOUS		oc	Larisa/GRE	28/07/2018
1.68(i)		CHARALAMBOUS		5	Piraeus/GRE	26/01/2018
1.67	Styliani	SARANTI	09/12/2000	2	Lefkosia	29/03/2018
1.67	Maria	CHRISTODOULOU	26/06/1991	1	Lefkosia	01/04/2018
1.67		CHARALAMBOUS		3	Shimatari/GRE	18/04/2018
1.67	Andrea	ARGYROU	18/09/2002	2	Lemesos	19/07/2018
1.65(i)		CHARALAMBOUS		6	Sofia/BUL	10/02/2018
1.65		SARANTI		1	Lefkosia	25/03/2018
1.65		ARGYROU		2	Lefkosia	19/05/2018
1.65		IOANNIDOU		3	Lefkosia	19/05/2018
1.65	M.	CHRISTODOULOU		3	Lefkosia	19/05/2018
1.65		IOANNIDOU		2	Paralimni	17/06/2018
1.65	M.	CHRISTODOULOU		3	Paralimni	17/06/2018
1.64		ARGYROU		2	Lefkosia	25/07/2018
1.61		IOANNIDOU		2	Lemesos	01/04/2018
1.60(i)	M.	CHRISTODOULOU		4	Ag. Kosmas/GRE	20/01/2018
1.60(i)		SARANTI		3	Ag. Kosmas/GRE	03/02/2018
1.60		ARGYROU		2	Lemesos	29/04/2018
1.60	Sergielena	CONSTANTINOU	23/06/1999	3	Lemesos	29/04/2018
1.60		SARANTI		4	Paralimni	17/06/2018
1.60		ARGYROU		5	Paralimni	17/06/2018
1.60		CONSTANTINOU		5	Paralimni	17/06/2018
1.58		ARGYROU		3	Lefkosia	29/03/2018
1.58	Styliani	MICHAEL	22/01/2001	4	Lefkosia	29/03/2018
1.58	Anna	CHRISTODOULOU	29/03/2004	3	Lemesos	19/07/2018

YEAR LISTS 2018 / WOMEN

TRIPLE JUMP

12.08	1.8	Christonymfi	PAIDIOU	21/03/2002	2	Shimatari/GRE	18/04/2018
11.87	0.0		PAIDIOU		1	Lemesos	19/07/2018
11.80	0.7		PAIDIOU		11GrA	Gyor/HUN	07/07/2018
11.77	1.2		PAIDIOU		1	Lefkosia	25/07/2018
11.70	0.0		PAIDIOU		6	Istanbul/TUR	09/06/2018
11.71	1.5	Electra	PAPACONSTANTINO	23/12/1990	1	Lefkosia	20/05/2018
11.68	1.5		PAIDIOU		1	Lefkosia	29/03/2018
11.67	0.0		PAIDIOU		1	Lemesos	29/04/2018
11.46	2.0	Constantina	SAVVIDOU	30/05/2001	4	Lefkosia	25/07/2018
11.45	1.0		SAVVIDOU		2	Lefkosia	29/03/2018
11.44	1.8	Stella	NEOFYTU	09/11/2002	3	Lefkosia	29/03/2018
11.44	0.6		PAIDIOU		6	Marrakech/MAR	06/05/2018
11.30(i)			PAIDIOU		7	Piraeus/GRE	26/01/2018
11.28(i)		Maria	CHRISTODOULOU	26/06/1991	3	Ag. Kosmas/GRE	20/01/2018
11.25	0.0		SAVVIDOU		2	Lemesos	19/07/2018
11.24	0.0	Victoria	KIOURTSIDOU	17/01/2002	2	Lemesos	29/04/2018
11.24	1.2		NEOFYTU		2	Lefkosia	20/05/2018
11.22	0.0	Andriana	VICTOROS	29/12/2003	3	Lemesos	19/07/2018
11.14	0.0		NEOFYTU		3	Lemesos	29/04/2018
11.14	-0.6		SAVVIDOU		7	Marrakech/MAR	06/05/2018
11.13	1.4	Natali	IOANNOU	15/01/2002	6	Lefkosia	29/03/2018
11.10	0.2		KIOURTSIDOU		4	Lemesos	19/07/2018
11.07	0.5		KIOURTSIDOU		4	Lefkosia	20/05/2018
11.00	0.4		NEOFYTU		5	Lemesos	19/07/2018
10.97	-0.9		VICTOROS		1	Lemesos	19/04/2018

Wind Assisted

12.03	2.9	Electra	PAPACONSTANTINO	23/12/1990	1	Lefkosia	20/05/2018
11.75	3.2	Maria	CHRISTODOULOU	26/06/1991	3	Paralimni	16/06/2018
11.26	3.1	Victoria	KIOURTSIDOU	17/01/2002	4	Lefkosia	29/03/2018
11.22	2.7	Salomi	MAVROUDE	18/05/2002	5	Lefkosia	29/03/2018

POLE VAULT

4.10		Maria	ARISTOTELOUS	10/08/1991	1	Athina/GRE	09/06/2018
4.05(i)			ARISTOTELOUS		3	Piraeus/GRE	10/02/2018
4.01			ARISTOTELOUS		11	Tarragona/ESP	27/06/2018
4.00(i)			ARISTOTELOUS		4	Piraeus/GRE	26/01/2018
4.00(i)			ARISTOTELOUS		5	Istanbul/TUR	17/02/2018
4.00			ARISTOTELOUS		8	Filothei/GRE	13/06/2018
3.95			ARISTOTELOUS		3	Kallithea/GRE	26/05/2018
3.92			ARISTOTELOUS		3	Thessaloniki/GRE	03/06/2018
3.90(i)			ARISTOTELOUS		3	Ag.Kosmas/GRE	13/01/2018
3.90(i)			ARISTOTELOUS		2	Ag.Kosmas/GRE	20/01/2018
3.85			ARISTOTELOUS		12	Gold Coast/AUS	13/04/2018
3.85			ARISTOTELOUS		6	Chania/GRE	19/05/2018
3.83		Paraskevi	KRASIA	06/02/1990	5	Oordegem/BEL	26/05/2018
3.82			KRASIA		4	Thessaloniki/GRE	03/06/2018
3.80(i)			ARISTOTELOUS		3	Ag.Kosmas/GRE	03/02/2018
3.70(i)			KRASIA		4	Ag.Kosmas/GRE	20/01/2018
3.70		Panagiota	STAVROU	21/08/2000	1	Lemesos	09/03/2018
3.70			STAVROU		1	Lefkosia	29/03/2018
3.70		Andrea	VASOU	25/06/2003	4	Marrakech/MAR	06/05/2018
3.70			ARISTOTELOUS		1	Paralimni	17/06/2018
3.65(i)			KRASIA		9	Piraeus/GRE	26/01/2018
3.65(i)			KRASIA		8	Ghent/BEL	10/02/2018

YEAR LISTS 2018 / WOMEN

3.80(i)	Christina	KALOGEROPOULOU(GRE)	24.09.1991	3	Ag.Kosmas/GRE	20/01/2018
3.61		VASOU		1	Lemesos	19/04/2018
3.60		STAVROU		1	Lefkosia	19/05/2018
3.60		VASOU		2	Paralimni	17/06/2018
3.50		STAVROU		1	Lemesos	28/04/2018
3.50		VASOU		2	Lemesos	28/04/2018
3.50		STAVROU		3	Paralimni	17/06/2018
3.44		STAVROU		1	Tel-Aviv/ISR	13/05/2018
3.40		STAVROU		1	Lemesos	01/04/2018
3.40		STAVROU		3	Shimatari/GRE	18/04/2018
3.40		KRASIA		2	Lefkosia	19/05/2018
3.40		VASOU		1	Lemesos	24/06/2018
3.30		VASOU		2	Lemesos	01/04/2018
3.30	Paraskevi	NIKOLAOU	22/05/2002	4	Lemesos	28/04/2018
3.30		KRASIA		6	Paralimni	17/06/2018
3.20	Efcharis	SAVVA	19/06/2001	2	Lefkosia	29/03/2018
3.20		SAVVA		3	Lemesos	01/04/2018
3.20		SAVVA		5	Lemesos	28/04/2018
3.20		SAVVA		2	Lefkosia	24/07/2018
3.10		SAVVA		2	Lemesos	09/03/2018
3.10	Erika	SOFOKLEOUS	14/05/2002	6	Lemesos	28/04/2018
3.10		SAVVA		8	Paralimni	17/06/2018
3.10		SAVVA		2	Lemesos	20/07/2018
3.10		NIKOLAOU		3	Lemesos	20/07/2018
3.10		SOFOKLEOUS		4	Lemesos	20/07/2018
3.00		NIKOLAOU		3	Lefkosia	29/03/2018
3.00		NIKOLAOU		4	Lemesos	01/04/2018
3.00		SOFOKLEOUS		3	Lefkosia	19/05/2018
3.00		NIKOLAOU		4	Lefkosia	19/05/2018
3.00		NIKOLAOU		oc	Lefkosia	24/07/2018
2.90		SOFOKLEOUS		9	Paralimni	17/06/2018
2.80		NIKOLAOU		3	Lemesos	09/03/2018
2.80	Maria	ANDREOU	15/12/2002	5	Lefkosia	19/05/2018

Expatriate

3.30	Madeleine Janet	MUDD(GBR)	20/01/1999	3	Lemesos	28/04/2018
3.30	Stefania	SERBAN(ROU)	25/03/2004	2	Lemesos	24/06/2018

SHOT PUT

14.12	Styliana	KYRIAKIDOU	14/08/2000	1	Lefkosia	28/06/2018
13.96		KYRIAKIDOU		4	Istanbul/TUR	22/06/2018
13.92		KYRIAKIDOU		1	Lefkosia	20/05/2018
13.88		KYRIAKIDOU		1	Paralimni	17/06/2018
13.59		KYRIAKIDOU		3	Tel-Aviv/ISR	13/05/2018
13.43	Florentia	KAPPA	29/05/1988	2	Paralimni	17/06/2018
13.35		KYRIAKIDOU		1	Lemesos	28/04/2018
12.42	Anna Maria	PATSALOU	06/03/2001	2	Lemesos	28/04/2018
12.38		PATSALOU		3	Paralimni	17/06/2018
11.80	Sofia	HADJISAVVA	20/04/2001	3	Lemesos	28/04/2018
11.51		PATSALOU		2	Lefkosia	28/06/2018
10.73	Androniki	LADA	19/04/1991	6	Liechtenstein/LIE	09/06/2018
10.33	Christina	PAPADOPOULOU	08/03/2000	4	Lemesos	28/04/2018
10.25	Despina	KARAPASHI	11/05/2003	5	Lemesos	28/04/2018
10.06(i)	Paraskevoulou	THRASYVOULOU	21/02/1994	Pen.	Piraeus/GRE	11/02/2018
10.01		PAPADOPOULOU		4	Paralimni	17/06/2018
9.97		THRASYVOULOU		5	Paralimni	17/06/2018

YEAR LISTS 2018 / WOMEN

DISCUS THROW

53.12	Androniki	LADA	19/04/1991	8	Gold Coast/AUS	12/04/2018
52.33		LADA		1	Paralimni	16/06/2018
51.33		LADA		1	Lefkosia	19/05/2018
51.29		LADA		3	Liechtenstein/LIE	09/06/2018
50.81		LADA		1 oc	Lefkosia	27/04/2018
50.46		LADA		12	Tarragona/ESP	28/06/2018
43.30	Christina	PAPADOPOULOU	08/03/2000	1	Lemesos	09/03/2018
42.36		PAPADOPOULOU		1	Lemesos	28/04/2018
41.28		PAPADOPOULOU		1	Lefkosia	29/03/2018
40.93		PAPADOPOULOU		4	Tel-Aviv/ISR	13/05/2018
40.89		PAPADOPOULOU		3	Shimatari/GRE	18/04/2018
40.38		PAPADOPOULOU		2	Lefkosia	19/05/2018
40.11	Styliana	KYRIAKIDOU	14/08/2000	2	Lemesos	28/04/2018
39.80		PAPADOPOULOU		2	Paralimni	16/06/2018
39.56		PAPADOPOULOU		1	Lemesos	01/04/2018
38.23	S.	KYRIAKIDOU		3	Lefkosia	19/05/2018
37.96	S.	KYRIAKIDOU		3	Paralimni	16/06/2018
37.41	Panagiota	IOANNOU	19/12/2001	3	Lemesos	28/04/2018
36.68		IOANNOU		2	Lemesos	01/04/2018
36.65		IOANNOU		2	Lefkosia	29/03/2018
36.52		IOANNOU		2	Lemesos	09/03/2018
36.23		IOANNOU		4	Lefkosia	19/05/2018
36.16	S.	KYRIAKIDOU		1	Lefkosia	28/06/2018
35.09		IOANNOU		1	Lemesos	19/07/2018
35.36	Paraskevoula	THRASYVOULOU	21/02/1994	4	Paralimni	16/06/2018
34.93		THRASYVOULOU		5	Lefkosia	19/05/2018
34.92		IOANNOU		3	Lefkosia	24/07/2018
34.64		IOANNOU		5	Paralimni	16/06/2018
34.46		THRASYVOULOU		3	Tripoli/GRE	05/05/2018

JAVELIN THROW

42.87	Mariele	ROUSI	30/08/1998	1	Paralimni	17/06/2018
41.68	Rafailia	IOANNOU	12/09/1992	2	Paralimni	17/06/2018
39.93	Pantelitsa	YIANNOUKKOU	22/02/1999	3	Paralimni	17/06/2018
39.25	Loukia	GEORGIOU	28/02/2000	4	Paralimni	17/06/2018
37.77		GEORGIOU		1	Lemesos	29/04/2018
37.38	Georgia	PAPADOPOULOU	22/05/2003	2	Lemesos	29/04/2018
36.89		GEORGIOU		5	Tel-Aviv/ISR	13/05/2018
36.88		YIANNOUKKOU		3	Lemesos	29/04/2018
36.86	Jessica Jeit	CHARALAMBOUS	30/06/2002	4	Lemesos	29/04/2018
36.78		CHARALAMBOUS		1	Lefkosia	20/05/2018
36.45		GEORGIOU		2	Lefkosia	20/05/2018
35.66	Katerina	ADAMOY	04/04/2001	3	Lefkosia	20/05/2018
35.66		PAPADOPOULOU		5	Paralimni	17/06/2018
35.62		CHARALAMBOUS		6	Paralimni	17/06/2018
35.52	Maria Irene	LIODE	27/02/2003	Hep.	Lefkosia	20/05/2018



Androniki Lada unchallenged for another year in the Discus Throw

YEAR LISTS 2018 / WOMEN

HAMMER THROW

62.96	Chrystalla	KYRIAKOU	04/10/1996	1	Lefkosia	19/05/2018
62.27		KYRIAKOU		1	Lemesos	01/04/2018
61.20		KYRIAKOU		1	Lefkosia	25/03/2018
60.94		KYRIAKOU		4	Jesolo/ITA	09/06/2018
58.96		KYRIAKOU		2GrB	Leiria/POR	11/03/2018
58.82		KYRIAKOU		9	Tarragona/ESP	27/06/2018
55.20		KYRIAKOU		1	Paralimni	17/06/2018
53.42	Iliana	EVANGELOU	29/07/1999	2	Lefkosia	19/05/2018
52.35	Sofia	HADJISAVVA	20/04/2001	1	Lemesos	28/04/2018
52.00		EVANGELOU		1	Lefkosia	10/05/2018
51.84	Cathrine	BEATTY	12/07/1993	2	Paralimni	17/06/2018
49.76		EVANGELOU		3	Paralimni	17/06/2018
49.43		EVANGELOU		6	Istanbul/TUR	22/06/2018
49.14		EVANGELOU		2	Lemesos	28/04/2018
48.81	Vladiavlia	CONSTANTINOU	09/05/2001	3	Lemesos	28/04/2018
48.63		CONSTANTINOU		3	Lefkosia	19/05/2018
48.19		HADJISAVVA		3	Tel-Aviv/ISR	13/05/2018
47.83	Polina	NIKOLAOU	13/12/1997	3	Thessaloniki/GRE	17/03/2018
47.25		NIKOLAOU		2	Athina/GRE	13/05/2018
46.78	Georgia	PSIOGENI	14/01/2000	4	Lemesos	28/04/2018

HEPTATHLON

3807 p.	Charithea	HERACLEOUS	05/05/2002	1	Lefkosia	20/05/2018
		(16.06(0.0)-1.45-8.38-27.36(2.0)/4.77(2.2)-24.72-2.41.77)				
3734 p.	Maria Irene	LIODE	27/02/2003	4	Lefkosia	20/05/2018
		(17.50(0.0)-1.45-9.71-29.50(3.7)/4.95(2.2)-35.52-2.49.32)				
3701 p.	Georgia	PAPADOPOULOU	22/05/2003	5	Lefkosia	20/05/2018
		(17.12(0.0)-1.45-9.40-28.09(3.7)/4.98(1.4)-33.99-3.03.61)				
3682 p.	Sofia	RETSIDOU	05/06/2001	6	Lefkosia	20/05/2018
		(16.25(0.0)-1.30-8.38-26.54(2.0)-4.95(3.2)-22.20-2.43.05)				
Expatriate						
3765 p.	Madeleine Janet	MUDD(GBR)	20/01/1999	2	Lefkosia	20/05/2018
		(15.92(0.0)-1.48-8.58-28.24(2.0)/5.05(1.0)-22.41-2.47.84)				
3765 p.	Anastasia	MANI(GRE)	22/08/1999	2	Lefkosia	20/05/2018
		(17.40(0.0)-1.45-8.30-27.78(2.0)/4.96(0.9)-29.68-2.41.08)				

RELAY 4X100M.

44.72	National Team			4	Tarragona/ESP	30/06/2018
	(Kyriakidou D.-Fotopoulou F.-Fotopoulou O.-Artymata E.)					
47.58	National Team			2	Vari-Athina/GRE	26/05/2018
	(Andreou P.-Kyriakidou D.-Skender A.-Fotopoulou F.)					
47.85	National Junior Team			5	Tel-Aviv/ISR	13/05/2018
	(Michael X.-Georgiou D.-Andreou A.-Kolomeiteva S.)					
48.78	G.S.Olympia Club Team			1	Paralimni	16/06/2018
	(Athanasopoulou A.-Pisiara M.-Skender A.-Arachoviti D.)					
49.21	National Youth Team			2	Lefkosia	24/07/2018
	(Alexandrou T.-Panagiotou E.-Polykarpou A.-Agwoile J.)					
49.22	G.S.Evagoras Club Team			2	Paralimni	16/06/2018
	(Michael X.-Agwoile J.-Adamou S.-Christofi N.)					
49.67	G.S.Zenon Club Junior Team			1	Lemesos	28/04/2018
	(Georgiou D.-Vasilou N.-Andreou A.-Kynegirou A.)					
49.74	G.S.Evagoras Club Junior Team			2	Lemesos	28/04/2018
	(Papanika C.-Agwoile J.-Michael X.-Isaak I.)					

RELAY 4X400M

3.53.23	G.S.Pancypria Club Team			1	Paralimni	17/06/2018
	(Mylordi A.-Petri C.-Evangelidou N.-Kountouri K.)					
3.55.09	G.S.Olympia Club Team			2	Paralimni	17/06/2018
	(Georgiou C.-Makkoutide A.-Katsari C.-Kolomeiteva S.)					
4.02.91	G.S.Pancypria Club Jounior Team			1	Lemesos	29/04/2018
	(Mylordi A.-Constantinou S.-Mala P.-Petri C.)					
4.05.65	National Youth Team			2	Lefkosia	25/07/2018
	(Constantinou S.-Theodosiou C.-Georgiou C.-Christofi E.)					
4.06.85	G.S.Koroivos Club Youth Team			1	Lemesos	20/07/2018
	(Alexandrou T.-Sergide D.-Louka S.-Savvidou I.)					
4.08.85	G.S.Olympia Club Youth Team			2	Lemesos	20/07/2018
	(Theodosiou C.-Fotiou V.-Georgiou C.-Fotiou B.)					
4.09.74	G.S.Pancypria Club Team			1	Lefkosia	20/05/2018
	(Sawa M.-Polycarpou D.-Mylordi A.-Constantinou S.)					
4.10.13	G.S.Pancypria Club Youth Team			3	Lemesos	20/07/2018



The G.S.Olympia 4X100m. Relay Team composed of (l. to r.) M. Pisiara, A. Skender, A. Athanasopoulou and D. Arachoviti won the Championships



The G.S.Pancypria 4X400m. Relay Team composed of (l. to r.) A. Mylordi, N. Evangelidou, K. Kountouri, and C. Petri were the winners of the Championships



ΑΙΜΙΛΙΟΣ ΗΛΙΑΔΗΣ



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The President of KOEAS Antonios G. Dracos presenting the report of the Council at the Annual General Meeting on the 15th December 2018



The prominent members of the Council that contested the Presidency of KOEAS were Mr Soteris Adamou, President of the G.S. Praxandros Club of Kyrenia and Mr Pericles Markaris, the General Secretary of KOEAS. Mr Markaris was elected by a majority of three votes through a secret ballot



It is the end of the Cyprus Championships at Paralimni. The Team leaders, coaches and athletes of the G.S.Pancypria Club were celebrating their twin victory in both the Men and Women Competitions



The winners of 400m. in the Mediterranean Games in Tarragona. Artymata (Cyprus) 1st, Grenot (Italy) 2nd and Chigbolou (Italy) 3rd



The winners of Discus Throw at the Mediterranean Games in Tarragona, Spain, Kristjan Ceh (Slovenia) Silver Medal, Apostolos Parellis (Cyprus) Gold Medal and Hammes Kirchler (Italy) Bronze Medal



A citizen of Paralimni Eleni Artymata was presented the awards of her win in the 400m. by a proud Mayor Th. Pirillis accompanied by the organizers of the competition, the President of G.S.Evagoras of Famagusta Mr Sofocles Charalambides and the member of the board Mr Tasos Aresti



Yiannakis Zisimides



Prodromos Katsantonis



Anninos Marcoullides



Evripides Demosthenous

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 MARCOULIDES	(71)	(4)	Kuala Lumpur	19.09.98
20.82	Yiannakis ZISIMIDES	(67)	(1)	Rethymno	26.05.96
28.98	Paisios DEMETRIADES	(97)	(4SF2)	Tarragona	28.06.18
21.09	Nicos HADJINICOLAOU	(60)	(4)	N. Phaliron	17.07.77
21.1	Antonios GEORGALLIDES	(61)	(1)	Thessaloniki	08.05.77
21.1eA	Haris AIVALIOTIS	(36)	(6)	Mexico City	17.10.67
21.18	Yiannis GEORGALLIS	(82)	(1)	Patra	09.07.07
21.21	Angelos ANGELIDES	(63)	(1)	Athina	05.06.83
21.30	Andreas PAFITIS	(87)	(2)	Lefkosia	05.06.08

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 TSIKKIROU	(56)	(h)	Rome	19.09.75
47.20	Marios MARDAS	(80)	(1)	Lemesos	08.06.02
47.21	Nicos ADAMOY	(67)	(2)	Nicosia	01.10.87
47.23	Stefanos HADJINICOLAOU	(85)	(6)	Athina	13.06.08
47.27	Anninos MARCOULLIDES	(71)	(1)	Andora	22.05.91



Spyros Spyrou



Demetrios Theophylactou



Ioannis Konnaris



Stathis Stasis

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

800m

1.47.17	Spyros SPYROU	(58)	(h)	Casablanca	15.09.83
1.47.19	Christos DEMETRIOU	(93)	(3h2)	Oordengem	26.05.18
1.47.22	Amine KHADIRI	(89)	(6)	Kessel-Lo	08.08.15
1.47.9	Demetrios THEOPHYLACTOU	(58)	(3)	Tempe Arizona	20.05.79
1.48.65	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

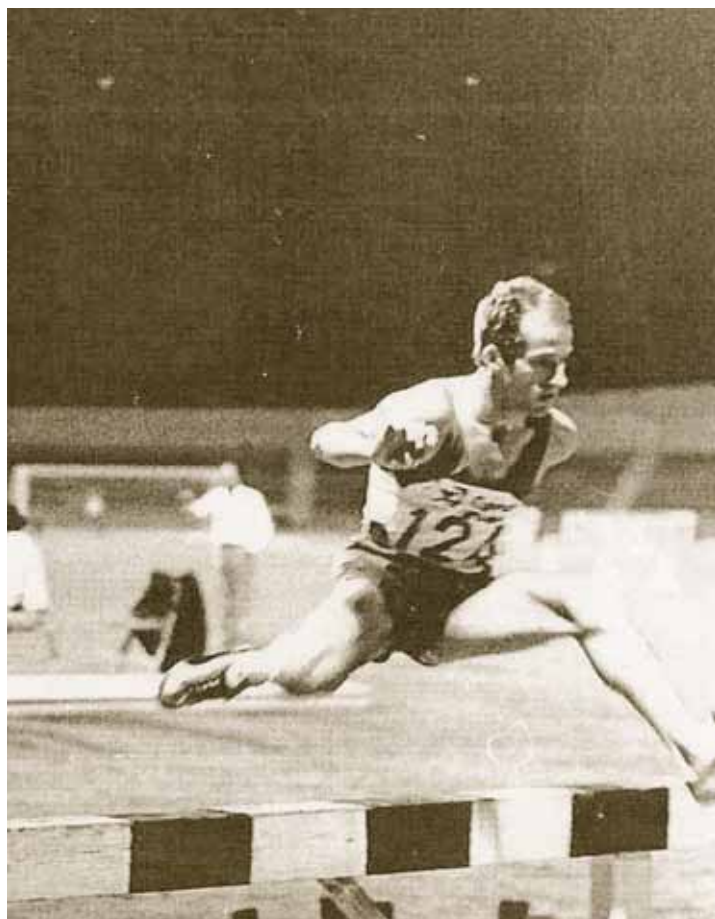
3.39.50	Amine KHADIRI	(88)	(12)	Huelva	03.06.16
3.39.76	Spyros SPYROU	(58)	(3)	Belgrade	22.07.83
3.42.51	Stathis STASIS	(73)	(6)	Budapest	20.06.96
3.42.58(i)	Christos PAPAPETROU	(73)	(2)	Pireaus	01.02.98
3.43.2	Ioannis KONNARIS	(57)	(3)	Lefkosia	28.09.80
3.44.27	Christos DEMETRIOU	(93)	(2)	Lefkosia	18.06.16
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
14.12.89	Amine KHADIRI	(88)	(1)	Lemesos	18.06.17
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



Marios Kasianides



Philippos Philippou



Vasilios Chimonis



Georgios Loucaides

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
30.36.52	Nikolas FRAGKOU	(94)	(3)	Megara	27.05.17
30.38.6	Charalambos PRATSIS	(59)	(9)	Budapest	10.09.86
30.56.81	Vasos VASILIOU	(61)	(1)	Lefkosia	08.07.85

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 PANAGIOTOU	(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	Fivos 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



Petros Evripidou



Stavros Tziortzis



Demetrios Araouzos



Panayiotis Hadjistathis

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

110m Hurdles

13.25	Milan TRAJKOVIC	(92)	(2)	London	09.07.17
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	PANAGIOTIS 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)	(1oc)	Lemesos	22.05.04
51.34	Yiannakis IOANNOU	(61)	(3)	Thessaloniki	12.09.84
51.35	Ioannis IOANNOU	(78)	(sf)	Daewoo	28.08.03
51.35	Minas ALOZIDES	(84)	(1)	Banska Bystrica	20.06.09
51.82	Aris XOUFARIDES	(88)	(1h1)	Lemesos	10.06.12
51.92	PANAGIOTIS RAPTIS	(77)	(6)	Athina	17.06.01
52.61	Antonios ANTONIOU	(72)	(2)	Larnaca	17.08.93
52.68	Constantinos CONSTANTINOU	(83)	(1)	Poros	25.07.07

Long Jump

7.86	Demetrios ARAOYZOS	(61)	(1)	Lefkosia	25.03.82
7.86	Michael RODOSTHENOUS	(59)	(1)	Chania	24.05.86
7.81	PANAGIOTIS 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



Anastasios Tzionis



Marios Hadjiandreou



Fotis Stephani



Demetrios Efthymiou

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 Usa	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	PANAGIOTIS VOLOU	(92)	(3)	Kaunas	23.06.13
16.05	Elias AGAPIOU	(63)	(2)	Tarragona	20.07.88
15.90(i)	Logginos ACHILLEOS	(96)	3oc	Piraeus	10.02.18
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

Pole Vault

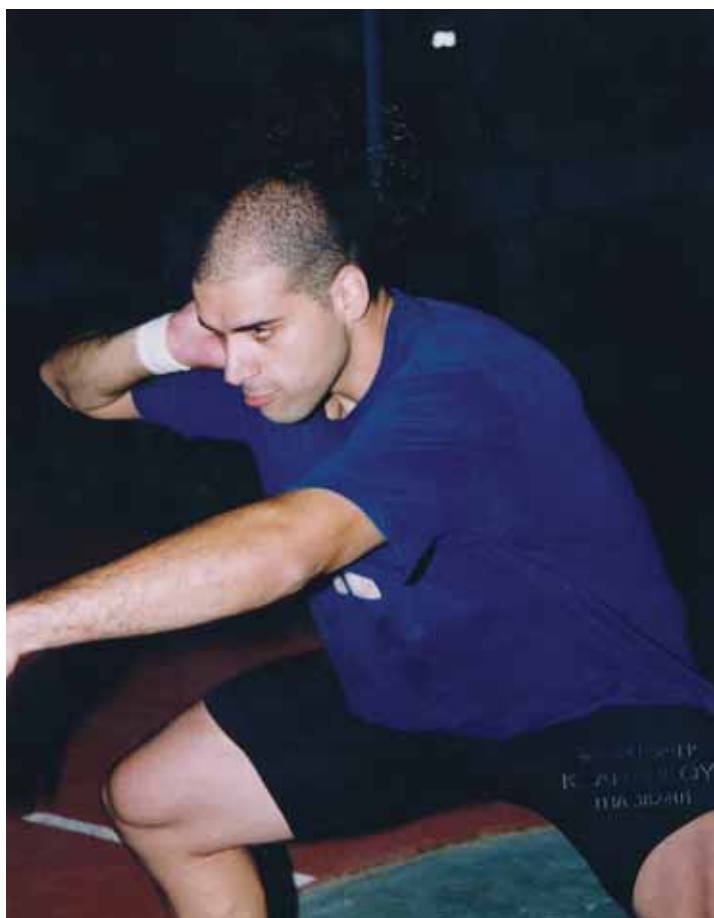
5.61(i)	Nikandros STYLIANOU	(89)	(3)	Belgrade	25.02.17
5.56	Photis STEPHANI	(71)	(2)	Minsk	09.06.00
5.25	Nicos PERICLEOUS	(68)	(1)	Lemesos	19.06.98
5.20	Georgios ANDREOU	(74)	(1)	Athina	25.06.00
5.10	Christos ADAMIDES	(76)	(1)	Philadelphia	23.04.99
5.10	Stephanos DEMOSTHENOUS	(84)	(1oc)	Lemesos	22.05.04
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
4.90	Christos TAMANIS	0	(1)	Lemesos	07.07.17



Loucas Louca



Michalis Louca



Georgios Arestis



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
60.14	Andreas CHRISTOU	(93)	(2)	Novi Bazar	16.07.17
58.99	Rafael ANTONIOU	(95)	(2)	Liechtenstein	09.06.18
58.56	Giorgos KONIARAKIS	(99)	(1)	Jesolo	10.06.18
57.63	Petros MITSIDES	(77)	(2)	Lefkosia	15.05.10
57.50	Christoforos GENETHLI	(98)	(4)	Paralimni	16.06.18
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

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
69.36	Michalis KAKOTAS	(92)	(4)	San Marino	03.06.17
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



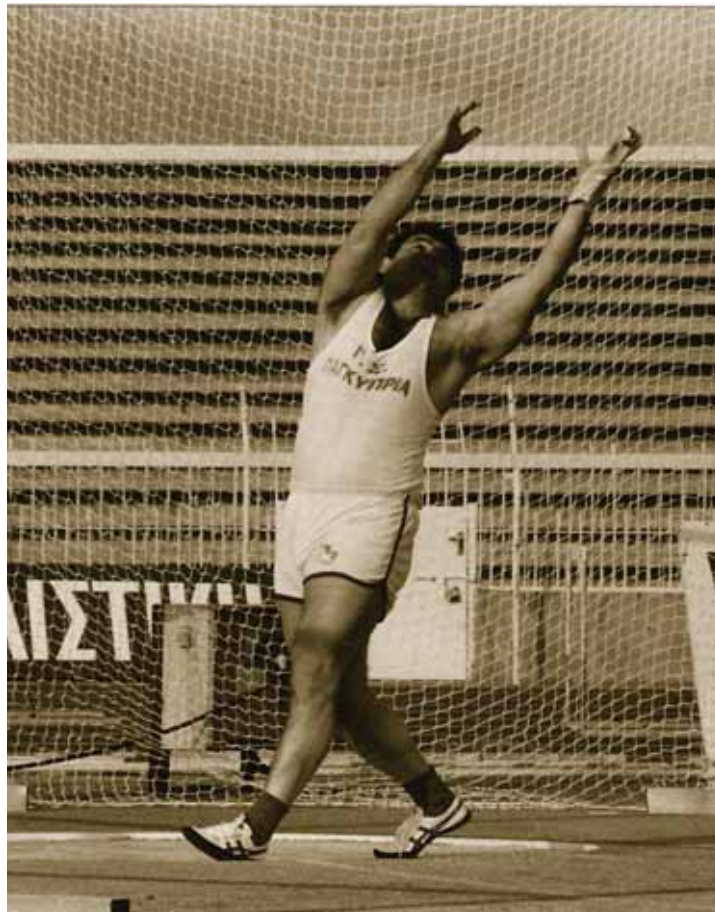
Constantinos Stathelakos



Alexandros Poursanides



Georgios Andreou



Orestis Rossides

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / MEN

Hammer Throw

75.32	Constantinos STATHELAKOS	(87)	(1)	Tripoli	15.05.15
71.88	Alexandros POURSANIDES	(93)	(1)	Charlo Vesville	21.04.17
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	PANAGIotis 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



Efi Mouzourou



Marilia Gregoriou



Dora Kyriacou



Alissa Kallinicou

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
11.49	Olivia FOTOPOULOU	(96)	1h3	Liechtenstein	09.06.18
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
23.57	Olivia FOTOPOULOU	(96)	(2)	Stara Zagora	21.07.18
23.95	Alissa KALLINICOU	(85)	(h)	Athina	14.06.08
23.96(i)	Andri SHIALOU	(73)	(oc)	Piraeus	17.02.02
23.96	Sanda KOLOMEITAVA	(00)	2h1	Istanbul	22.06.18
24.22	Meliz REDIF	(89)	(2)	Lefkosia	05.06.08
24.28	Stalo CONSTANTINOU	(72)	(4)	Indianapolis	26.05.93

400 m

51.14	Eleni ARTYMATA	(86)	(2)	Bellinzona	18.07.18
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
54.64	Kalliopi KOUNTOURI	(97)	(1h2)	Liechtenstein	09.06.18
54.90	Vaso PAPAIOANNOU	(78)	(4)	Lefkosia	23.06.01
55.23	Efi MOUZOUROU	(61)	(1)	N. Phaliron	27.07.81
55.54	Melina MENELAOU	(65)	(1)	Athina	05.06.83
55.67	Toula TRYPHONOS	(64)	(2)	Lefkosia	08.07.85



Annie Christofidou



Stella Christoforou



Dionysia Papasavva



Elena Agamemnonos

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

800 m

2.01.77	Natalia EVANGELLIDOU	(91)	(7h1)	Gold Coast	12.04.18
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
2.09.82i	Emily PHILIPPIDES	0	(6h3)	New York	11.03.18
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

1500 m

4.10.98	Natalia EVANGELLIDOU	(91)	(7h2)	Gold Coast	09.04.18
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)	Mobile USA	09.05.15
4.27.12	Marilena SOPHOCLEOUS	(86)	(15)	Izmir	16.08.05
4.29.72	Eleni HADJIVASIL	(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
9.37.98	Meropi PANAGIOTOU	(94)	(6)	Tel Aviv	24.06.17
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 HADJIVASIL	(75)	(1)	Lemesos	03.08.92



Andri Avraam



Dagmara Anna Handzlik



Marilena Sofocleous



Elpida Christodoulidou

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)		Lexington	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
17.21.86	Dagmara Anna HANDZLIK	(86)	(3)	San Marino	03.06.17
17.43.73	Stephanie SOPHOCLEOUS	(86)	(6)	Reykjavik	20.06.04
17.54.02	Rodama LAGONIDOU	(95)	(2)	Lemesos	18.06.17
17.54.36	Chrystalla HADJIPOLYDOROU	(93)	(2)	Paralimni	17.06.18
17.56.85	Gavriella SOPHOCLEOUS	(86)	(3)	Lemesos	28.06.15
10000 m					
32.59.30	Andri AVRAAM	(63)	(h)	Seoul	26.09.88
36.08.65	Dagmara Anna HANDZLIK	(86)	(1)	Lemesos	20.04.17
36.10.20	Katerina PRATSI	(64)	(6)	Bucharest	19.06.88
36.37.14	Rodama LAGONIDOU	(95)	(1 oc)	Megara	27.05.17
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
38.35.90	Chrystalla HADJIPOLYDOROU	(93)	(1)	Lefkosia	21.05.16
39.24.9	Gavriella SOPHOCLEOUS	(86)	(3)	Lefkosia	17.04.15
39.33.37	Stavroula POYIATZI	(76)	(7)	Istambul	12.06.94
Marathon					
2:38.52	Dagmara Anna HANDZLIK	(86)	(35)	London	06.08.17
2:39.19	Andri AVRAAM	(63)	(6)	Auckland	31.01.90
2:41.02	Katerina PRATSI	(64)	(1)	NagyKoros	17.09.88
2:53.44	Stella CHRISTOFOROU	(92)	(9)	Nashville	28.04.18
3:06.57	Panagiota HAPOUPI	(87)	(28)	Florence	26.11.17
3:07.13	Ioulia ANDREOU	(77)	(1)	Lemesos	18.03.18
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
3:25.45	Eleni IOANNOU	(84)	(2)	Lemessos	18.03.18
3000 m Steeple					
10.40.79	Stella CHRISTOFOROU	(92)	(3)	Athens USA	23.04.11
10.43.08	Chrystalla HADJIPOLYDOROU	(93)	(1)	Paralimni	16.06.18
10.51.00	Elpida CHRISTODOULIDOU	(86)	(1)	Lemesos	27.06.15
11.17.25	Evgenia KORKOKIOU	(88)	(1)	Lefkosia	19.05.07
11.30.47	Evanthia CONSTANTINOU	(98)	(4)	Lemesos	27.06.15
11.43.32	Maria PAPANASTASIOU	(94)	(2)	Lemessos	09.06.12
11.53.30	Victoria TZIAMA	(89)	(3)	Lefkosia	19.05.07
11.54.62	Anna CONSTANTINIDOU	(82)	(1)	Lefkosia	01.05.03
11.54.86	Dimitra SERGIDE	(04)	(2)	Paralimni	16.06.18
11.56.48	Ioanna PETROU	(99)	(1)	Lefkosia	23.04.16



Morfo Baourda



Andri Shialou



Irene Charalambous



Maria Lambrou

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

100m Hurdles

13.25	Morfo BAOURDA	(82)	(1)	Lefkosia	06.06.09
13.36	Natalia CHRISTOFI	(97)	(4h2)	Stara Zagora	21.07.18
13.37	Demetra ARACHOVITI	(87)	(1)	Shaan Lie	30.06.11
13.63	Dafni GEORGIU	(99)	(1)	Istanbul	22.06.18
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)	Anancy	01.08.98
13.92	Xenia HERODOTOU	(82)	(2)	Lefkosia	06.06.09
14.06	Aggeliki ATHANASOPOULOU	(93)	(2)	Lefkosia	18.06.16
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
61.57	Christiana KATSARI	(87)	(1)	Lemesos	18.06.17
61.59	Maria TSANGARIDOU	(79)	(3)	Tel-Aviv	12.06.99
62.09	Evelina GEORGIADOU	(75)	(5)	Larnaca	17.07.91
62.14	Elena STEFANOU	(90)	(6)	Kaunas	22.06.13
62.29	Ramona PAPAIOANNOU	(89)	(4)	Monaco	07.06.07
62.30	Xenia HERODOTOU	(82)	(1)	Lefkosia	20.05.07

Long Jump

6.80	Maria LAMBROU	(53)	(1)	Lemesos	25.03.85
6.72	Nektaria PANAGI	(90)	(1)	Argos Orestiko	04.07.18
6.52	Irene CHARALAMBOUS	(78)	(1oc)	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



Olympia Menelaou



Anna Fitidou



Elli Evangelidou



Nina Serpezova

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
1.78	Despina CHARALAMBOUS	0	(2)	Istanbul	22.06.18
1.77	Pantelitsa PANAGIOTOU	(60)	(1)	Alexandroupolis	21.05.78
1.77	Tatiana KYRIAKIDOU	(79)	(1)	N. Phaliron	15.04.94
1.76	Stylia IOANNIDOU	(3)	(1)	Lefkosia	25.07.18

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
4.10	Maria ARISTOTELOUS	(91)	(2)	San Marino	30.05.17
3.90	Skevi KRASA	(90)	(2)	Athina	09.06.17
3.70	Panagiota STAVROU	0	(1)	Lemesos	09.03.18
3.70	Andrea VASOU	(3)	(4)	Marrakech	06.05.18
3.60	Efi YIANNAKOU	(87)	(1)	Paphos	17.04.03
3.50	PANAGIOTA 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

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 GEORGIADIS	(85)	(2)	Lefkosia	05.07.07
14.17	Andri KASAPI	(78)	(1)	Athina	12.05.98
14.12	Stylia KYRIAKIDOU	0	(1)	Lefkosia	28.06.18
13.90	Evangelia TOURAPI	(63)	(1)	Lefkosia	02.07.81



Alexandra Tsiou



Skevi Theodorou



Elena Teloni



Chrystalla Kyriacou

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
48.52	Gavriella FELLA	(98)	(1)	Lefkosia	29.04.17
46.62	Adri DIMITRIOU	(89)	(3)	Lefkosia	05.06.10
46.13	Theofano KYRIACOU	(82)	(1)	Korinthos	26.05.01
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
49.16	Marielle ROUSI	(98)	(2)	San Marino	30.05.17
47.74	Natasa MOURATIDOU	(90)	(1)	Heraklio	16.04.08
45.35	Pantelitsa GIANNOUKKOU	(99)	(2)	Lemesos	18.06.17
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
44.22	Loukia GEORGIOU	(00)	(3)	Lemesos	18.06.17

Hammer Throw

69.29	Skevi THEODOROU	(86)	(1)	Tripoli	17.05.09
65.04	Elena TELONI	(64)	(1)	Athina	24.07.03
62.96	Chrystalla KYRIAKOU	(96)	(1)	Lefkosia	19.05.18
60.80	Cathrine BEATTY	(93)	(2)	Loughorough	26.02.17
53.52	Sofia HADJISAVVA	(01)	(2)	Lefkosia	20.05.17
53.42	Iliana EVANGELOU	(99)	(2)	Larnaca	19.05.18
52.55	Yianna SOLOMOU	(78)	(2)	Lemesos	25.03.02
52.35	Sofia HADJISAVVA	(1)	(1)	Lemesos	28.04.18
51.54	Polina NIKOLAOU	(97)	(2)	Athens	05.03.16
51.36	Argyro KRASE	(89)	(1)	Lefkosia	14.05.07

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 CONSTANTINO	(62)	(1)	Lefkosia	10-11.04.82
4288	Elena STEPHANOU	(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



Kyriacos Ioannou

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	Evrripides DHMOSTHENOUS	Palma d'Malorga	12.07.99
800m.	1.47.17	Spyros SPYROU	Casablanca	15.09.83
1500m.	3.39.50	Amine KHADIRI	Huelva	03.06.16
5000m.	13.34.29	Philippou 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	49.66	Stavros TZIORTZIS	München	02.09.72
	49.5	Stavros TZIORTZIS	Piraeus	28.06.72
3000m.st.	8.24.01	Philippou 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	5.61 (i)	Nikandros STYLIANOU	Belgrade	25.02.17
Shot Put	19.84	Loucas LOUCA	Athens	09.04.75
Discus Throw	65.69	Apostolos PARELLIS	Iraklio	28.05.16
Javelin Throw	74.58	Panos KALOGEROU	Larnaca	15.04.04
Hammer Throw	75.32	Constantinos STATHELAKOS	Tripoli	15.05.15
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	Belgrade	07.06.98
	(Afamis G-Pochanis C-Ayiomamitis A-Demosthenous E)			
20000m.W	1:57.48	Yiannis DEMETRIOU	Piraeus	07.10.78



Leontia Kallenou

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.	51.14	Eleni ARTYMATA	Belizona	18.07.18
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	2:38.52	Dagmara Anna HANDZLIK	London	06.08.17
100m.H	13.25	Morfo BAOURDA	Lefkosia	06.06.09
400m.H	54.76	Andri SHIALOU	Iraklio	04.07.04
3000m.St.	10.40.79	Stella CHRISTOFOROU	Athens USA	23.04.11
Long Jump	6.80	Maria LAMBROU	Lemesos	25.03.85
High Jump	1.93	Leontia KALLENOU	Starkville	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 Throw	57.20	Alexandra TSISIOU	Patra	17.05.06
Hammer Throw	69.29	Skevi THEODOROU	Tripoli	17.05.09
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
	(Fotopoulou O.-Papaioannou R.- Fotopoulou F.-Artymata E.)			
4X400m. Relay	3.42.60	National Team	Lefkosia	24.06.01
	(Kyriacou D.-Papaioannou V-Shialou A-Kallinicou A)			



Kyriacos Onisiforou

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	Demetrios THEOPHYLACTOU	Tempe	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	03.04.15
Decathlon	7334	Andreas CHRISTODOULOY	Florida	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)			



Flora Kappa

TEN BEST PERFORMERS OF ALL TIME AND NATIONAL RECORDS / WOMEN

NATIONAL RECORDS(under 23 years)

100m.	11.49	Olivia FOTOPOULOU	Lienchtenstain	09.06.18
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	20.07.13
3000m.	9.40.52(i)	Meropi PANAGIOTOU	Birmingham USA	18.01.14
5000m.	16.29.13	Meropi PANAGIOTOU	Lexington	18.05.14
10000m.	36.37.14	Rodama LAGONIDOU	Megara	27.05.17
Half Marathon	1:27.57	Rodama LAGONIDOU	Lefkada	30.04.17
Marathon	3:41.10	Giota ANDREOU	Lemesos	20.02.11
100m.H.	13.36	Natalia CHRISTOFI	Stara Zagora	21.07.18
400m.H.	60.08	Andri SHIALOU	Larnaca	20.05.95
3000m.St.	10.52.97	Chrystalla HADJIPOLYDOROU	Lemesos	27.06.15
Long Jump	6.62	Maria LAMBROU	Sofia	02.08.74
High Jump	1.93	Leontia KALLENOU	Starkville	15.05.15
Triple Jump	13.20	Maria DIEKITI	Larnaca	06.06.04
Pole Vault	4.40	Marianna ZACHARIADE	New Delhi	12.10.10
Shot Put	14.74	Flora KAPPA	Marsa	20.06.10
Discus Throw	54.86	Androniki LADA	Chania	04.07.12
Javelin Throw	47.51	Natasa MOURATIDOU	Tuscalosa	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 National Team in 4X100m. in Grosseto World Junior Champs that placed 5th composed of G. Georgiou, G. Lavithis, G. Kyriakides and V. Athanasiou



Elias Louca

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 TSIKKIROU	Roma	19.09.75
800m.	1.49.39	Christos DEMETRIU	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	58.56	Georgios KONIARAKIS	Venise	10.06.18
Discus Throw(1.750gr.)	65.90	Georgios KONIARAKIS	Tel-Aviv	13.05.18
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	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	Crosetto	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)			



*Kyriacos Andreou
photoreporter*

Marianna Zachariade. She will never be forgotten

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.	13.63	Dafni GEORGIOU	Instanbul	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 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	49.16	Mariele ROUSI	San Marino	30.05.17
Hammer Throw	57.77	Chrystalla KYRIAKOU	Larnaca	10.05.15
Heptathlon	4795 (15.74-1.55-11.07-25.56-5.70-28.80-2.27.72)	Maro THOMA	Lefkosia	17-18.4.85
4X100m.Relay	45.77 (Pisiara M-Kyriakidou D-Andreou Sk-Fotopoulou O)	National Team	Eskilstuna SWE	19.07.15
4X400m.Relay	3.52.54 (Demetriou M-Georgiou M-Napoleonos S-Ioannou V)	Olympia Club	Thessaloniki	10.07.83



Spyros Savva

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
600m.	1.21.13	Stavros Spyrou	(00)	Lefkosia	26.03.17
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
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	4.90	Christos TAMANIS	(00)	Lemesos	07.07.17
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	64.53	Spyros SAVVA	(00)	Lemesos	18.06.17
Javelin Throw(700gr)	71.85	Spyros SAVVA	(00)	Sparti	03.08.17
Hammer Throw(7.26kg)	58.38	Stelios KAZAKEOS	(94)	Lefkosia	15.05.11
Hammer Throw(6k)	66.07	Nikolas KESIDES	(1)	Lemesos	29.04.18
Hammer Throw(5k)	72.41	Michalis KOLOKOTRONIS	(90)	Lemesos	16.06.07
Decathlon	5992	Georgios KANARIS	(00)	Lemesos	20-21.04.17
	(11.84-6.15-12.50-1.85-54.89-17.50-38.26-3.90-40.86-5.04.68)				
Decathlon U18	6599	Georgios KANARIS	(00)	Lefkosia	04-05.04.17
	(11.63-6.32-16.50-1.90-55.02-15.75-43.42-3.40-48.53-5.17.25)				
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)				



Agni Charalambous

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)	Lemesos	14.05.05
3000m.St.	11.20.34	Evgenia KORKOKIOU	(88)	Istanbul	18.06.05
Long Jump	6.08	Christiana FILIPPOU	(67)	Lefkosia	24.03.84
High Jump	1.81	Agni CHARALAMBOUS	(75)	Lemesos	03.05.91
Triple Jump	12.48	Thomaida POLYDOROU	(86)	Lefkosia	10.05.03
Pole Vault	3.70	Andrea VASOU	(03)	Marrakesh	06.05.18
Shot Put	14.39	Florentia KAPPA	(88)	Lefkosia	25.03.05
Shot Put(3kg)	15.57	Styliana KYRIAKIDOU	(00)	Nassau	30.07.17
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	53.52	Sofia HADJISAVVA	(01)	Lefkosia	20.05.17
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)		Rieti	21.07.13
4 X 400m.	3.53.52	National Team U18 (Demetriou R-Tsiarta I-Panagiotou M-Christoforou St)		Athina	30.07.09



Ramona Papaioannou

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

MEN

50m.	5.72	Anninos MARCOULLIDES	Ngiregyhaza	03.03.96
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.	1.48.23	Christos DEMITRIOU	Vienna	2.01.18
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.	7.51	Milan TRAJKOVIC	Birmingham	04.03.18
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	5.61	Nikandros STYLIANOU	Belgrade	25.02.17
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

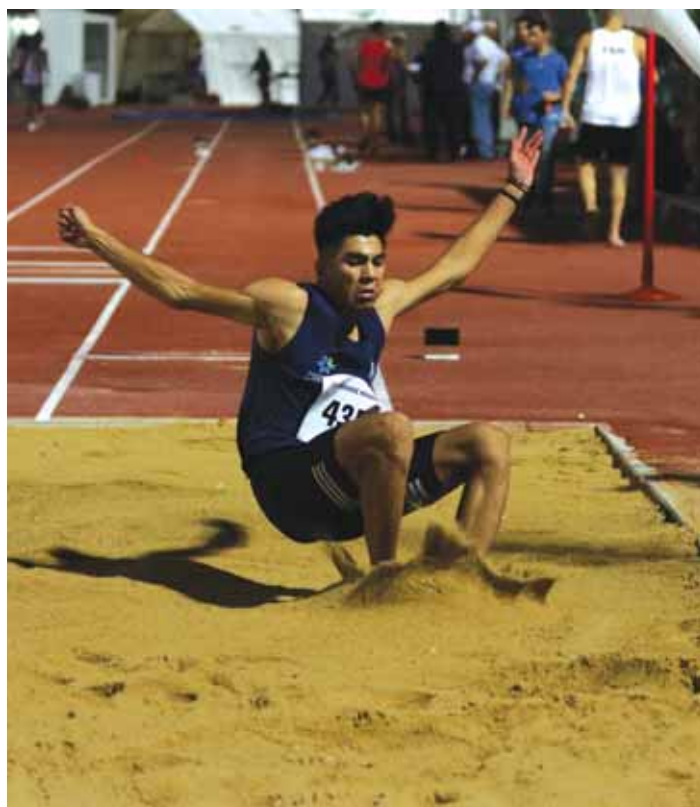
60m.	7.33	Ramona PAPAIOANNOU	Piraeus	08.02.14
200m.	23.96	Andri SHIALOU	Piraeus	17.02.02
400m.	52.91	Andri SHIALOU	Athina	07.02.04
800m.	2.06.52	Natalia EVANGELLIDOU	Belgrade	25.02.17
1500m.	4.14.62	Natalia EVANGELLIDOU	Athlone	21.02.18
1 Mile	4.43.17	Meropi PANAGIOTOU	USA	26.02.16
3000m.	9.40.52	Meropi PANAGIOTOU	Birmingham USA	18.01.14
60m.H.	8.19	Morfo BAOURDA	Athina	11.02.06
Long Jump	6.42	Maria LAMBROU	Bucharest	07.02.76
High Jump	1.93	Leontia KALLENOU	Fayetteville	13.03.15
Triple Jump	13.32	Maria DIOIKITI	Sofia	13.02.05
Pole Vault	4.41	Marianna ZACHARIADE	Piraeus	21.02.09
Shot Put	16.19	Olympia MENELAOU	Piraeus	18.02.01
Pentathlon	3240	Rafaelia IOANNOU	Piraeus	18-19.02.17



Andreas Chrysanthou



Georgios Koniarakis



Georgios Kyriacou



Vasilis Constantinou

MEN

100m.	IOANNOU F. 11.00-DEMETRIADES P 11.05-CHATZITHEORI A. 11.15
200m.	DEMETRIADES P. 22.0-BEECHY AL. 22.3-CHATZITHEORI A. 22.5
400m.	SPYROU ST. 49.14-CHRISTOFOROU A. 49.45-MICHARA A. 49.69
800m.	KHADIRI A. 1.57.61-DIMITRIOU CHR. 1.57.93-SPYROU ST. 1.59.05
1500m.	KHADIRI A. 3.52.91-BUSCA M. 3.59.62-PAPAIIOANNOU ST. 4.02.63
5000m.	FRANGOU N. 14.59.45-BUSCA M. 15.04.93-PITTALIS F. 16.29.34
10000m.	FRANGOU N. 32.57.7-APOSTOLIDIS M. 33.44.2-PAPAIIOANNOU S. 33.54.2
H.Marathon	TIMINIS K. 1:14.30-BUSCAS M. 1:14.46-IOANNOU CHAR. 1:14.59
Marathon	IOANNOU CH. 2:38.04-BORODIV P. 2:42.00-DUDOV V. 2:53.18
110m.H.	TRAJKOVIC M. 13.78 – TZIAKOURIS K. 14.98-CHRISTODOULOU A. 15.06
400m.H.	VALISIOU A. 56.03-KARAGIORGOS E. 57.17-GEORGIOU N. 58.34
3000m.ST.	FRANGOU N. 9.10.94-PROTOPAPAS CHR. 10.07.70-TIMINIS K. 10.11.18
Long Jump	KYRIAKOU G. 7.45-PANTELIDIS CHR. 7.39-CHRISTODOULOU A. 7.25
High Jump	KONSTANTINOU V. 2.04-KONSTANTINOU G. 2.00-PASCHALI M. 2.00
Triple Jump	CHRYSANTHOU A. 15.35-ACHILLEOS L. 15.31-NIKOLAOU GR. 14.85
Pole Vault	STYLIANOU N. 5.40-TAMANIS CHR. 4.40-KAZAMIAS A. 4.40
Shot Put	KONIARAKIS G. 15.84-MITSIDES P. 15.61-MOUAIMIS V. 15.53
Discus Throw	PARELLIS A. 60.50-TREMOS G. 59.80-KONIARAKIS G. 58.30
Javelin Throw	SAVVA SP. 60.67-ENGLISH TH. 58.33-ANTONIOU G. 52.06
Hammer Throw	POURSANIDIS A. 66.11-STATHELAGOS K. 59.70-KESIDES N. 56.48
Decathlon	CONSTANTINOU D. 5847, TAMANIS CHR. 4945, EFSTATHIOU K. 4887
4X100m.Relay	G.S.OLYMPIA 42.06 (Beechy A-Demetriades P-Tziakouris K-Efstathiou K) G.S.EVAGORAS 43.14 (Avgoustinou St-Zisimios A-Andreou A-Chatzitheori A) G.S.PANCYPRIA 43.18 (Michael G-Evangelou G-Ioannou M-Ioannou F)
4X400m.Relay	G.S.PANCYPRIA 3.19.72 (Christoforou A-Michara A-Spyrou St-Dimitriou Chr) G.S.OLYMPIA 3.24.17 (Christou K-Pugach A-Papaioannou St-Georgiou N) G.S.ZENON 3.28.12 (Vasilou A-Panteli Sp-Loizou G-Panteli Char)



Electra Papaconstantinou



Christiana Katsari



Styliana Kyriakidou



Maria Aristotelous

NATIONAL CHAMPIONSHIPS 2018 - PARALIMNI, 16-17 JUNE

WOMEN

100m.	FOTOPOULOU O. 11.90-FOTOPOULOU F. 12.25-KYRIAKIDOU D. 12.40
200m.	ARTYMATA EL. 24.97-KOLOMEITEVA S. 25.74-KOUNTOURI K. 26.89
400m.	ARTYMATA EL. 51.91-KOUNTOURI KAL. 55.74-KATSARI CHR. 57.18
800m.	EVANGELIDOU N. 2.11.71-MAKKOUTIDI A. 2.19.22-PAPANASTASIOU M. 2.19.58
1500m.	EVANGELIDOU N. 4.22.53-PANAGIOTOU M.4.32.91 -PAPANASTASIOU M. 4.47.70
5000m.	PANAGIOTOU M. 17.23.06-CHATZIPOLYDOROU CHR.17.54.36-FINNIS A. 19.19.32
10000m.	HANDZLIK D. 37.23.68-HADJIPOLYDOROU CHR.39.23.30-ANDREOU J. 39.55.80
100m.H.	CHRISTOFI N. 13.69-ARACHOVITI D. 14.16-GEORGIOU D. 14.30
400m.H.	KATSARI CHR. 1.05.01-PISHIARA M. 106.82-CHRISTOFI E. 1.07.33
3000m.ST.	CHATZIPOLYDOROU CHR. 10.43.08-SERGIDI D. 11.54.86-THRASYVOULOU ST. 12.13.61
Long Jump	PANAGI N. 6.77-FOTOPOULOU F. 6.28-PAIDIOU CHR. 5.70
High Jump	CHARALAMBOUS D. 1.70-IOANNIDOU ST. 1.65-CHRISTODOULOU M. 1.65
Triple Jump	PAPACONSTANTINOU EL. 12.00-PAIDIOU CHR. 11.90-CHRISTODOULOU M.11.75
Pole Vault	ARISTOTELOUS M. 3.70-VASOU A. 3.60-STAVROU P. 3.50
Shot Put	KYRIAKIDOU ST. 13.88-KAPPA FL. 13.43-PATSALOU A. 12.38
Discus Throw	LADA ANDR. 52.33-PAPADOPOULOU CHR. 39.80-KYRIAKIDOU ST. 37.96
Javelin Throw	ROUSI M. 42.87-IOANNOU R. 41.68-GIANNOUKOU P. 39.93
Hammer Throw	KYRIAKOU CHR. 55.20-BEATTY C. 51.84-EVANGELOU I. 49.76
Heptathlon	IRAKLEOUS H. 4427-MUDD M. 4150-ATHANASOPOULOU ANG. 4146
4X100m.Relay	G.S.OLYMPIA 48.78 (Athanasopoulou A-Pishiara M-Skender A-Arachoviti D) G.S.EVAGORAS 49.22 (Isaak I-Agwoile J- Adamou St-Christofi N) G.S.ZENON 50.01 (Vasiliou N-Georgiou D-Papaconstantinou L-Andreou A)
4X400m.Relay	G.S.PANCYPRIA 3.53.23 (Milordi A-Petri Chr-Evangelidou N-Kountouri K) G.S.OLYMPIA 3.55.09 (Georgiou Chr-Makkoutidi A-Katsari Chr-Kolomeiteva S) G.S.KORIVOS 4.10.86 (Dimitriou R-Sergidi D-Lazarou L-Savidou I)
H.Marathon	I. ANDREOU 1.27.56, E. IOANNOU 1.31.59, ST THRASYVOULOU 1.37.13
Marathon	I. ANDREOU 3.07.13, E. IOANNOU 3.25.45 K. MAJOR 3.27.35



THE NEW PRESIDENT OF KOEAS PERICLES A. MARKARIS

The new President of KOEAS was elected during the General Assembly of the Association that took place on the 15th December 2018.

It was a close result following a secret ballot for the office that was contested between two prominent and able members of the Council, Mr. Soteris Adamou, President of the Praxandros Club of Kyrenia and Pericles Markaris, that was serving as the General Secretary of the Board since January 2014.

Pericles Markaris is a resident of Limassol, member of Olympia Club. He is the founder and managing director of the Markaris L.L.C., Chartered Surveyors, Valuers and Property Consultants, who are situated at Limassol and operate all over the Republic.

He is married to Angelina Markari, a Chartered Accountant by profession and they have three young daughters.

Pericles having completed his secondary education in Limassol in 1992 was then admitted to the Magdalene College of the University of Cambridge where in 1997 was awarded a BA in Land Economy. He went on and achieved a post graduate education with an MSc in Real Estate from the Reading University.

His period at Cambridge University afforded him with the opportunity to get two half blues in athletics.

That was possible since he enrolled to the university having in the meantime distinguished himself as an excellent sprinter during his schooldays.

He won the 100 meters in two consecutive years in the All Greek Athletic School Games in Greece in 1991 and 1992 at the same time he became a member of the senior Cyprus National Relay Team in 4X100m.

That participation has given him two gold medals in the Games of the Small States of Europe that were staged in 1991 in Andorra and 1993 in Malta.

The relay race in Andorra resulted to a new national record with 40.80 which was bettered in 1993 at the Mediterranean Games with 40.57.

He also won a Gold Medal in 100 meters at the International Student Games in Budapest in 1991 and generally competed successfully in various competitions during the years 1990 to 1993.

He is currently serving as Vice President of the Athletic Association of the Small States of Europe and he is actively involved in the Limassol Chamber of Commerce and Industry.

I have the privilege and the duty to present to the international scene of our sport and to the readers of our annual and the fans of athletics the new leader of track and field in Cyprus.

The two friends and colleagues that expressed their wish and willingness to spend the required time in order to serve, from the top post, the youth of our country, made me grateful to them and reassured me that the future of athletics shall be proved bright "for the honor of our country and the glory of our sport".

«Για την Τιμή της Πατρίδος μας και την Δόξα του Αθλητισμού.»

Antonios G. Dracos
Honorary President



Πυρός και
Υπερασφάλεια
Κατοικίας



Ασφάλιση
Οχημάτων-
Οδική Βοήθεια
Φροντίδα
Ατυχήματος



Ασφάλιση
Προσωπικών
Ατυχημάτων



Ασφάλιση
Επαγγελματικής
Ευθύνης



Θαλάσσης,
Μεταφορών
και Σκαφών
Αναψυχής



Ασφάλιση
Νοσοκομειακής
Περίθαλψης



Ασφάλιση
Αστικής
Ευθύνης



Χρηματο-
ασφάλεια

ΚΕΝΤΡΙΚΑ ΓΡΑΦΕΙΑ

Κλήμεντος 33, 1061 Λευκωσία, Τ.Θ. 25131, 1307 Λευκωσία, Τηλ.: 22 745745, Φαξ: 22 745746/7/8
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ΛΕΜΕΣΟΣ

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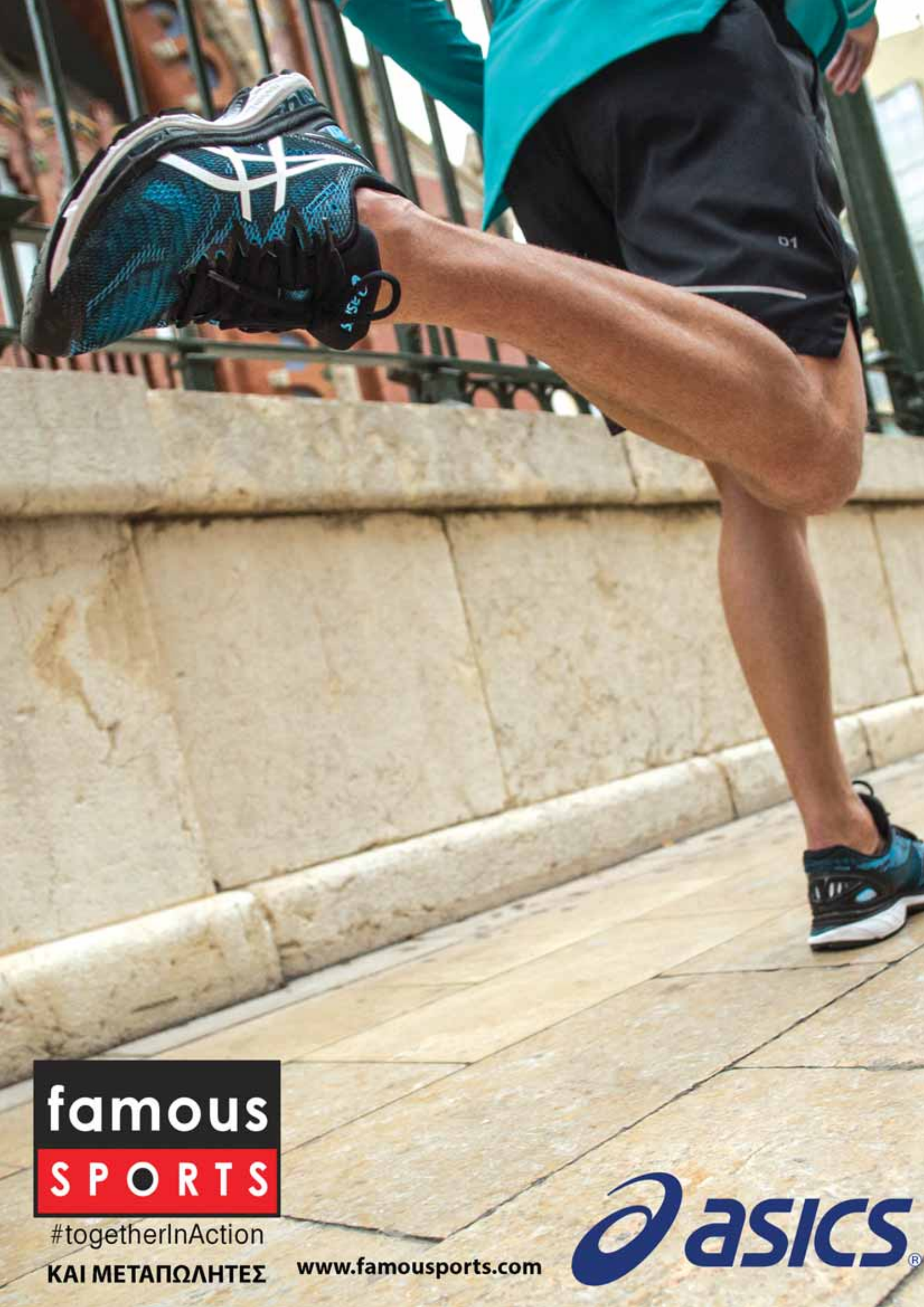
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Κεντρική
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The Medallists in the Discus Throw event in Gold Coast Australia in the Commonwealth Games were Apostolos Parellis (Cyprus) 3rd with 63.61, Fedrick Dacres (Jamaica) 1st with 68.20 and Traves Smikle (Jamaica) with 63.98



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