

## CYPRUS AMATEUR ATHLETIC ASSOCIATION

**NATIONAL RECORDS SENIOR MEN**

100m	10.11	1.5	Yiannakis	ZISIMIDES	17.08.1967	GSO	Rethymno	25.05.1996	Int.meeting Vardinoyiannia
200m	20.37	1.9	Prodrimos	KATSANTONIS	20.10.1975	GSE	Athina	19.07.1998	Greek National Senior Championships
400m	46.16		Evrripides	DEMOSTHENOUS	14.10.1972	GSO	Palma de Mallorca	10.07.1999	World Universiade
800m	1.47.17		Spyros	SPYROU	06.06.1958	GSP	Casablanca	15.09.1983	Mediterranean Games
1000m	2.20.37		Amine	KHADIRI	20.11.1988	GSZ	Cheb/CZE	12.08.2015	Cheb
1500m	3.39.50		Amine	KHADIRI	20.11.1988	GSZ	Huelva/ESP	03.06.2016	International Meeting
1 Mile(1609)	3.59.33		Amine	KHADIRI	20.11.1988	GSZ	Ireland/IRL	18.07.2019	Cork City Sports
3000m	7.54.16(i)		Christos	PAPAPETROU	21.12.1973	GSO	Budapest	06.02.1998	International Meeting
5000m	13.34.29		Phlippos	PHILIPPOU	25.09.1956	GSE	Riccione	27.08.1983	International Meeting
10000m	28.26.87		Marios	KASIANIDES	16.09.1954	GSP	Praha	19.06.1981	International Meeting
Marathon	2.19.51		Marios	KASIANIDES	16.09.1954	GSP	Brisbane	08.10.1982	Commonwealth Games
110m H	13.25	0.0	Milan	TRAJKOVIC	17.03.1992	GSO	London	09.07.2017	Diamond League
400m H	49.5		Stavros	TZIORTZIS	15.09.1948	GSE	N.Phaliron	28.06.1972	International Match
	49.66		Stavros	TZIORTZIS	15.09.1948	GSE	Munich	02.09.1972	Olympic Games
3000m st.	8.24.01		Philippos	PHILIPPOU	25.09.1956	GSE	Casablanca	15.09.1983	Mediterranean Games
Long Jump	7.86		Demetris	ARAOUZOS	19.02.1961	GSP	Nicosia	25.03.1982	Local Games "DIAGORIA"
	7.86		Demetris	ARAOUZOS	19.02.1961	GSP	Idaho	14.04.1984	Student Games
	7.86		Michael	RODOSTHENOUS	15.06.1959	GSO	Chania	24.05.1986	International Meeting "VENIZELEIA"
High Jump	2.35		Kyriakos	IOANNOU	26.07.1984	GSO	Osaka	29.08.2007	11th World Championships
Triple Jump	17.13	0.7	Marios	HADJIANDREOU	19.09.1962	GSP	Athens	11.07.1991	Mediterranean Games
Pole Vault	5.61(i)		Nikandros	STYLIANOU	22.08.1989	GSPR	Belgrade/SRB	25.02.2017	Balkan Indoor Championships
Shot Put	19.84		Loucas	LOUCA	15.05.1945	GSE	Athens	09.04.1975	Olympic Day

Discus Throw	66.32		Apostolos	PARELLIS	24.07.1985	GSP	Doha/QAT	30.09.2019	World Championships
Javelin Throw	77.65		Paraskevas	BATZAVALIS	25.11.1994	GSP	Nicosia	19.05.2019	Spring National Championships "Matsia"
Hammer Throw	75.32		Konstantinos	STATHELAKOS	30.12.1987	GSZ	Tripoli/GRE	16.05.2015	Throwing Festival
Decathlon	7802		Georgios	ANDREOU	26.07.1974	GSZ	Volos	11-12.08.00	Greek National Combined events Champ. (10.83-7.16-15.16-1.96-51.21/15.37(+0.7)-45.13-4.90-59.31-5.03.03)
4x100m Relay	39.12		National Team				Bari	18.06.1997	Mediterranean Games (Marcoullides Anninos/08.02.1971-Katsantonis Prodomos/20.10.1975-Skender Georgios/09.05.1978-Zisimides Yiannakis/17.08.1967)
4x400m Relay	3.11.16		National Team				Beograd	07.06.1998	European Cup (Bruno Zauli) 2nd League (Afamis Georgios/03.09.1973-Pochanis Costas/29.07.1973-Ayiomamitis Antonis/01.08.1979-Demosthenous Evripides/14.10.,1972)
20.000m W	1.57.48		Yiannis	DEMETRIOU		GSE	Pireaus	07.10.1978	Greek National Championships

## NATIONAL RECORDS U23 MEN

100m	10.26	-0.4	Prodomos	KATSANTONIS	20.10.1975	GSE	Athens	18.07.1997	Greek National Championships
200m	20.55	1.3	Prodomos	KATSANTONIS	20.10.1975	GSE	Bari	17.06.1997	Mediterranean Games
400m	46.6		Kyriakos	ONISIFOROU	10.04.1951	GSP	Izmir	03.08.1972	Balkan Games
	46.83		Georgios	AVRAAM	27.11.1992	GSE	Athens	20.07.2013	Greek National Senior Championships
800m	1.47.88		Demetris	THEOFYLACTOU	11.05.1958	GSP	Tempe(Ariz)	21.05.1979	Pacific Ten-Student Games
1500m	3.44.94(i)		Alexandros	KALOGEROYIANNIS	16.05.1985	GSO	Athina	11.02.2006	Invitation
5000m	14.18.2		Marios	KASIANIDES	16.09.1954	GSP	N.Phairon	01.07.1976	International Meeting "Tsiklitiria"
10000m	29.15.7		Philippos	PHILIPPOU	25.09.1956	GSE	N.Phairon	08.10.1978	Greek National Championships
Marathon	2.31.50		Petros	NIKODEMOU	11.01.1961	GSP	Thives	07.11.1982	Greek National Marathon Championships
110m.H.(1.067m)	13.65	1.2	Milan	TRAJKOVIC	17.03.1992	GSO	Lefkosia	07.06.2014	National Senior Championships
400m.H.(0.914m)	50.50		Costas	POCHANIS	29.07.1973	GSO	Lefkosia	27.05.1994	National Senior Championships
3000m st.(0.914m)	8.31.04		Philippos	PHILIPPOU	25.09.1956	GSE	N.Phairon	15.07.1978	International Match

Long Jump	7.86		Demetrios	ARAOUZOS	19.02.1961	GSP	Lefkosia	25.03.1982	Local Games "Diagoria'
High Jump	2.30(i)		Kyriakos	IOANNOU	26.07.1984	GSO	Banska Bystrica	14.02.2006	International Meeting
Triple Jump	16.37		Marios	HADJIANDREOU	19.09.1962	GSP	Lefkosia	01.10.1983	International Meeting "Makaria"
Pole Vault	5.40		Nikandros	STYLIANOU	22.08.1989	GSPR	Lefkosia	16.07.2010	Invitation
Shot Put(7.26kg)	19.54		Elias	LOUCA	23.07.1974	GSE	Lemosos	22.06.1996	National Championships
Discus Throw(2kg)	59.31		Giorgos	KONIARAKIS	02.02.1999	GSO	Split/CRO	08.05.2021	European Throwing Cup U23
Javelin Throw(800gr)	72.68		Spyros	SAVVA	24.01.2000	GSK	Nicosia	29.07.2020	National Junior Championships
Hammer Throw(7.26kg)	70.08		Alexandros	POURSANIDIS	23.01.1993	GSK	Jacksonville, FL	03.04.2015	Students Games
Decathlon	7.334 p.		Andreas	CHRISTODOULOU	26.10.1995	GSK	Tallahassee, FL	13-14.05.201	Students Games (10.94(0.9)-7.19(0.8)-12.20-1.80-50.45-14.68(0.1)-38.03-4.30-59.25-4.50.04)
4 X 400m. Relay	3.17.60		National Team				Tel-Aviv	23.05.2012	International Meeting (Kyriakos Antoniou/13.05.1990-Stefanos Anastasiou/11.08.1990-Riginos Menelaou/29.09.1992-Georgios Avraam/27.11.1992)

## **NATIONAL RECORDS JUNIOR MEN**

100m	10.41	0.4	Georgios	SKENDER	09.05.1978	GSPR	Bari	16.06.1997	Mediterranean Games
200m	21.09		Nicos	HADJINICOLAOU	10.07.1960	GSO	N.Phaliron	17.07.1977	Bruno Zauli
400m	47.06		Petros	TSIAKKIROS	15.07.1956	GSE	Roma	19.09.1975	World Universiade
800m	1.49.39		Christos	DIMITRIOU	22.09.1993	GSP	Kalamata	02.06.2012	International Meeting "Papaflessia"
1500m	3.45.84		Georgios	LOUCAIDES	05.03.1972	GSZ	Larnaca	22.08.1991	Invitation
3000m	8.22.44		Georgios	LOUCAIDES	05.03.1972	GSZ	Lemosos	04.05.1991	National Junior Championships
5000m	14.31.99		Georgios	LOUCAIDES	05.03.1972	GSZ	Lefkosia	28.04.1991	Spring National Championships "Matsia"
	14.31.99		Georgios	LOUCAIDES	05.03.1972	GSZ	Larnaca	09.06.1991	National Senior Men Championships
10000m	30.44.6		Georgios	LOUCAIDES	05.03.1972	GSZ	Larnaca	30.08.1991	Invitation
110m.H.(1.067)	13.99	-0.6	Prodrimos	KATSANTONIS	20.10.1975	GSE	Lefkosia	15.05.1993	National Senior Championships
110m.H.(0.99)	13.80		Prodrimos	KATSANTONIS	20.10.1975	GSE	Lefkosia	29.04.1993	Greek National School Championships

400m.H.(0.914)	50.79		Costas	POCHANIS	29.07.1973	GSO	Drama	22.08.1992	International Junior Match(GRE-BUL-CYP)
2000m.st(0.914)	5.38.88		Georgios	LOUCAIDES	05.03.1972	GSZ	Larnaca	26.08.1991	Invitation
3000m st (0.914)	8.45.04		Georgios	LOUCAIDES	05.03.1972	GSZ	N.Phaliron	23.06.1991	Bruno Zauli
Long Jump	7.73		Demetris	ARAOUZOS	19.02.1961	GSP	Sofia	14.06.1980	Balkan Games
High Jump	2.18		Anastasios	TZIONIS	18.01.1962	GSO	N.Phaliron	07.06.1980	Invitation
Triple Jump	16.31	1.2	Marios	HADJIANDREOU	19.09.1962	GSP	N.Phaliron	28.06.1981	Greek National Championships
Pole Vault	5.05		Nikadros	STYLIANOU	22.08.1989	GSPR	Larnaca	11.05.2008	National Junior Men Championships
	5.05		Nikadros	STYLIANOU	22.08.1989	GSPR	Banska Bystrica	22.06.2008	European Cup 2nd League
Shot Put(7.26kg)	18.75		Elias	LOUCA	23.07.1974	GSE	Lemesos	14.07.1993	Invitation
Shot Put(6Kg)	18.72		Apostolos	TSAKKISTOS	24.12.1992	GSP	Tallinn	21.07.2011	European Junior Championships
Discus Throw(2Kg)	58.56		Giorgos	KONIARAKIS	02.02.1999	GSO	Jesolo/ITA	10.06.2018	Mediterranean Games U23
Discus Throw(1.750gr)	65.90		Giorgos	KONIARAKIS	02.02.1999	GSO	Tel-Aviv	13.05.2018	International Junior Match
Javelin(800gr)	71.00		Spyros	SAVVA	24.01.2000	GSK	Lemesos	03.05.2019	National Junior Championships
Hammer Throw(7.26kg)	67.04		Alexandros	POURSANIDIS	23.01.1993	GSK	Lemesos	10.06.2012	National Senior Championships
Hammer Throw(6kg)	77.86		Alexandros	POURSANIDIS	23.01.1993	GSK	Lefkosia	22.06.2012	National Invitation
Decathlon	6.720p.		Georgios	ANDREOU	26.07.1974	GSZ	Tours France	29-30.08.93	Military World Championships
(7.26kg-1.067m-2kg)			(11.40(+0.9)-6.78(+0.6)-12.63-1.98-52.91/17.17(-0.6)-39.28-3.90-60.56-5.15.17)						
Decathlon	6.867p.		Andreas	CHRISTODOULOU	26.10.1995	GSK	Serres	5-6.07.2014	Balkan Junior Championships
(6kg-0.99m-1.750gr)			(11.36(-2.4)-6.81(1.1)-11.83-1.75-51.56/15.31(-1.0)-35.91-4.40-52.47-4.46.32)						
4x100m.Relay	40.44		NATIONAL TEAM JUNIOR MEN				Grossetto	16.07.2004	World Junior Championships
			(Lavithis George/30.09.1986-Georgiou Georgios/17.05.1985-Kyriakides Georgios/-Athanasiou Valentinos/27.07.1986)						
4x400m.Relay	3.18.46		G.S. PANCYPRIAN CLUB LEFKOSIA				Thessaloniki	20.06.1982	Greek National Junior Championships
			(Constantinou Athos/1965-Kokkinos Emiliios/1964-Kyriakides Themis/20.02.1965-Savva Savvas/03.06.1964)						

## NATIONAL RECORDS U18/BOYS

100m	10.4		Nicos	HADJINIKOLAOU	10.07.1960	GSO	Limerik	01.06.1977	International Games
	10.64		Nicos	HADJINIKOLAOU	10.07.1960	GSO	N. Phaliron	16.07.1977	Bruno Zauli
200m	21.09		Nicos	HADJINIKOLAOU	10.07.1960	GSO	N. Phaliron	17.07.1977	Bruno Zauli
400m	47.96		Stefanos	ANASTASIOU	11.08.1990	GSPR	Thessaloniki	01.07.2006	Gymnasiade
600m	1.21.13		Stavros	SPYROU	19.11.2000	GSP	Lefkosia	26.03.2017	National Games
800m	1.51.7		Philippos	STYLIANOUDIS	28.06.1962	GSE	Lefkosia	06.10.1979	International Meeting "Makaria"
1000m	2.28.52		Christos	DIMITRIOU	22.09.1993	GSP	Moscow	23.05.2010	European Youth Olympic Festival
1500m	3.49.2		Georgios	LOUCAIDES	05.03.1972	GSZ	Lefkosia	26.04.1989	Invitation
3000m	8.25.29		Georgios	LOUCAIDES	05.03.1972	GSZ	Cannes/FRA	24.06.1989	International Games
5000m	14.39.74		Georgios	LOUCAIDES	05.03.1972	GSZ	Belfast	01.07.1989	International Games
10000m	31.52.65		Georgios	LOUCAIDES	05.03.1972	GSZ	Vararstin/CRO	26.08.1989	European Junior Championships
110m.H.(1.067m)	14.40		Prodrimos	KATSANTONIS	20.10.1975	GSE	Lemesos	13.06.1992	National Senior Championships
110m.H.(0.914m)	13.57	-0.4	Haris	KOUTRAS	08.06.1992	GSE	Tampere	23.07.2009	European Youth Olympic Festival
400m.H.(0.914m)	52.39		Costas	POCHANIS	29.07.1973	GSO	Lemesos	28.06.1990	National Senior Championships
400m.H.(0.84cm)	52.99		Costas	POCHANIS	29.07.1973	GSO	Bruss/BEL	26.06.1990	Gymnasiade
2000m st.(0.91cm)	5.48.58		Georgios	LOUCAIDES	05.03.1972	GSZ	Lemesos	07.07.1989	National Youth Championships
2000m st.(0.84cm)	6.20.87		Giorgos	CONSTANTINO	03.04.2003	GSO	Nicosia	03.08.2020	National Youth Championships
3000m st.	9.08.66		Stathis	STASIS	19.04.1973	GSO	Lemesos	27.06.1990	Invitation
Long Jump	7.44		Michalis	RODOSTHENOUS	15.06.1959	GSO	Orlean/FRA	26.06.1976	Gymnasiade
High Jump	2.16		Anastasios	TZIONIS	18.01.1962	GSO	Lylle/FRA	23.06.1979	Gymnasiade
Triple Jump	15.74		Stelios	PETROU	17.03.1983	GSP	Patra/GRE	10.05.2000	Greek National School Championships
Pole Vault	4.90		Christos	TAMANIS	22.12.2000	GSO	Lemesos	07.07.2017	National Youth Championships
Shot Put(7.26kg)	17.39		Elias	LOUCA	23.07.1974	GSE	Lemesos	30.06.1991	Invitation
Shot Put(5kg)	20.03		Elias	LOUCA	23.07.1974	GSE	Larnaca	17.04.1991	National School Championships
Discus Throw(2kg)	52.93		Georgios	KONIARAKIS	07.02.1999	GSO	Lefkosia	18.06.2016	National Senior Championships

Discus Throw(1.5kg)	63.96		Georgios	KONIARAKIS	07.02.1999	GSO	Lemosos	11.03.2016	Local School Games
Javelin Throw(800gr)	64.53		Spyros	SAVVA	24.01.2000	GSK	Lemosos	18.06.2017	National Senior Championships
Javelin Throw(700gr)	71.85		Spyros	SAVVA	24.01.2000	GSK	Sparti/GRE	03.08.2017	International Match GRE-CYP
Hammer Throw(7.26kg)	58.38		Stylianios	KAZAKEOS	03.03.1994	GSP	Lefkosia	15.05.2011	National Spring Championships "Matsia"
Hammer Throw (6kg)	66.07		Nikolaos	KESSIDIS	11.01.2001	GSK	Lemosos	29.04.2018	National Junior Championships
Hammer Throw (5kg)	72.41		Michael	KOLOKOTRONIS	09.12.1990	GSP	Lemosos	16.06.2007	National Youth Championships
Decathlon	6.559p.		Georgios	KANARIS	04.10.2000	GSK	Lefkosia	04-05.04.201	National School Champ. Combined Events
U18 Implements	(11.63(0.7)-6.32(1.0)-16.50-1.90-55.02/15.75-43.42-3.40-48.53-5.17.25)								
	5.992p.		Georgios	KANARIS	04.10.2000	GSK	Lemosos	20-21.04.201	National Championships Combined Events
Men Implements	(11.84(-1.7)-6.15(1.3)-12.50-1.85-54.89/17.50(-1.2)-38.26-3.90-40.86-5.04.68)								
4x100m.	42.76		National Team U18				Lemosos	21.07.1990	International Match GRE-CYP
			(Prodromos Katsantonis-Pericles Markaris-Antonis Kassera-Nearchos Hadjiloizou)						
4x400m.	3.21.46		National Team U18				Giannitsa/GRE	21.07.2011	International Match GRE-CYP
			(Frixos Demetriades-Emanouel Modestou-Onisiforos Anastasiou-Adrea Gacumi Michara)						

Lefkosia 13.05.2021