

CYPRUS AMATEUR ATHLETIC ASSOCIATION

**NATIONAL RECORDS SENIOR WOMEN**

100m	11.25	1.3	Anna-Ramona	PAPAIOANNOU	15-Jun-89	GSK	Lefkosia	18-Jun-16	National Senior Championships
200m	22.61	0.1	Eleni	ARTYMATA	16-May-86	GSE	Barcelona	31-Jul-10	European Athletic Championships
400m	51.14		Eleni	ARTYMATA	16-May-86	GSE	Bellinzona/SUI	18-Jul-18	International Meeting
800m	2.01.77		Natalia	EVANGELIDOU	10-Mar-91	GSP	Gold Coast/AUS	12-Apr-18	Commonwealth Games
1500m	4.10.98		Natalia	EVANGELIDOU	10-Mar-91	GSP	Gold Coast/AUS	9-Apr-18	Commonwealth Games
3000m	9.02.18		Andri	AVRAAM	20-Jan-63	GSE	Seoul	23-Sep-88	Olympic Games
5000m	16.13.25		Andri	AVRAAM	20-Jan-63	GSE	Hengelo	14-Aug-88	International Meeting
10000m	32.59.30		Andri	AVRAAM	20-Jan-63	GSE	Seoul	26-Sep-88	Olympic Games
Half Marathon	1.14.40		Thalia	CHARALAMBOUS	26-Aug-89	GSO	Gdynia	17-Oct-20	World Championships Haif Marathon
Marathon	2.34.17		Dagmara Anna	HANDZLIK	20-Feb-86	GSO	Gold Coast/AUS	7-Jul-19	Gold Coast Marathon
100m H	13.25	-0.9	Morfo	BAOURDA	13-Jan-82	GSZ	Lefkosia	6-Jun-09	Games of Small States of Europe
400m H	54.76		Androula	SHIALOU	27-Jan-73	GSE	Heraklio	4-Jul-04	International Meeting "Tsiklitiria"
3000m st.	10.40.79		Stella	CHRISTOFOROU	2-Mar-92	GSP	Athens USA	23-Apr-11	Georgia University Vs Missouri University
Long Jump	6.80	1.9	Maria	LAMBROU-TELONI	23-Feb-53	GSO	Lemesos	25-Mar-85	Local Games
High Jump	1.93(i)		Leontia	KALLENOU	5-Oct-94	GSP	Fayetteville,Ark/USA	13-Mar-15	Students Games
	1.93		Leontia	KALLENOU	5-Oct-94	GSP	Starkville USA	15-May-15	Students Games
Triple Jump	13.94		Nina-Mitkova	SERBEZOVA	6-May-81	GSO	Lemesos	5-Jul-12	Invitation
Pole Vault	4.45		Marianna	ZACHARIADI	25-Feb-90	GSP	Pescara	30-Jun-09	Mediterranean Games
Shot Put	16.71		Olympia	MENELAOU	29-Apr-66	GSO	Lemesos	25-Mar-01	Local Games
Discus Throw	59.18		Androniki	LADA	19-Apr-91	GSO	Potchefstroom	25-Feb-20	ACNW League Meeting 4
Javelin Throw	57.20		Alexandra	TSISIOU	2-Jul-81	GSP	Patra	17-May-06	Student Games
Hammer Throw	69.29		Paraskevi	THEODOROU	15-Mar-86	GSZ	Tripoli	17-May-09	Throwing Festival
Heptathlon	5319		Maria	LAMBROU-TELONI	23-Feb-53	GSO	Lefkosia	4-Sep-84	Invitation
(14.2-1.63-11.33-24.7-6.48-33.76-2.40.0)									

4X100m Relay	43.87	National Team				Amsterdam	9-Jul-16	European Athletics Championships
(Olivia Fotopoulou/20.12.96-Anna-Ramona Papaioannou/15.06.1989-Filippa Fotopoulou/20.12.1996-Eleni Artymata/16.05.86)								
4X400m Relay	3.42.60	National Team				Lefkosia	24-Jun-01	European Cup (Bruno Zauli)
(Kyriacou Dora/03.07.1967-Papaioannou Vaso/26.11.1978-Shialou Androula/27.01.1973-Kallinikou Alissa/24.05.85)								
1000m	2.50.89(i)	Natalia	EVANGELIDOU	10-Mar-91	GSP	Maggingen/SUI	26-Jan-20	SM all around hall Active & U20
1 Mile(1609)	4.53.80	Meropi	PANAYIOTOU	1-Dec-94	GSP	Starkville USA	3-May-14	Starkville Jace Lacoste Invitational

## NATIONAL RECORDS U23 WOMEN

100m	11.49	0.0	Olivia	FOTOPOULOU	20-Dec-96	GSP	Liechtenstein/LIE	9-Jun-18	Championships of the Small States of Europe
200m	23.18	1.2	Eleni	ARTYMATA	16-May-86	GSE	Lefkosia	5-Jul-07	National Championships
400m	52.91		Alissa	KALLINIKOU	24-May-85	GSK	Milano	23-Jun-07	European Cup 1st League
800m	2.03.45		Annie	CHRISTOFIDOU	7-Jan-81	GSP	Daewoo	29-Aug-03	World Universiade
1500m	4.20.35		Meropi	PANAGIOTOU	1-Dec-94	GSP	Jackosville USA	28-May-15	Student Games
3000m	9.40.52(i)		Meropi	PANAGIOTOU	1-Dec-94	GSP	Birmingham USA	18-Jan-14	Student Games
5000m	16.29.13		Meropi	PANAGIOTOU	1-Dec-94	GSP	Walnut USA	17-Apr-15	Student Games
10000m	36.37.14		Rodama	LAGONIDOU	2-Apr-95	GSPR	Megara	27-May-17	Greek National Championships
Half Marathon	1.27.57		Rodama	LAGONIDOU	2-Apr-95	GSPR	Lefkada/GRE	30-Apr-17	Green Half Marathon
Marathon	3.41.10		Panayiota	ANDREOU	28-Jul-89	GSO	Lemesos	20-Feb-11	National Marathon Championships
100m.H.(0.84m)	13.36	-0.6	Natalia	CHRISTOFI	10-Feb-97	GSE	Stara Zagora/BUL	21-Jul-18	Balkan Senior Championships
400m.H.(0.762m)	60.08		Androula	SHIALOU	27-Jan-73	GSE	Larnaca	20-May-95	National Championships
3000m st(0.762m)	10.52.97		Chrystalla	HADJIPOLYDOROU	21-Apr-93	GSP	Lemesos	27-Jun-15	National Senior Championships
Long Jump	6.62		Maria	LAMBROU-TELONI	23-Feb-53	GSO	Sofia	2-Aug-74	Balkan Games
High Jump	1.93(i)		Leontia	KALLENOU	5-Oct-94	GSP	Fayetteville,Ark/USA	13-Mar-15	Students Games
	1.93		Leontia	KALLENOU	5-Oct-94	GSP	Starkville USA	15-May-15	Students Games
Triple Jump	13.20	-0.5	Maria	DIEKITI	6-Nov-82	GSE	Larnaca	6-Jun-04	National Senior Championships
Pole Vault	4.40		Marianna	ZACHARIADI	25-Feb-90	GSP	Delhi	12-Oct-10	Commonwealth Games
Shot Put(4kg)	14.74		Florentia	KAPPA	29-May-88	GSP	Marsa	20-Jun-10	European Team Championships
Discus Throw(1kg)	54.86		Androniki	LADA	19-Apr-91	GSO	Chania	4-Jul-12	International Meeting "Venizelia"
Javelin Throw(600gr)	47.51		Anastasia	MOURATIDOU	8-Apr-90	GSZ	Tuscaloosa	28-Mar-10	Students Games
Hammer Throw(4kg)	68.05		Paraskevi	THEODOROU	15-Mar-86	GSZ	Larnaca	16-Jul-08	(out of compet.)National Championships U17
Heptathlon	4438p.		Rafailia	IOANNOU	12-Sep-92	GSO	Athina	21-Jul-13	Greek National Combined Events Championships (15.19-1.55-10.08-27.45-/5.28-41.55-2.56.48)
1 Mile	4.53.80		Meropi	PANAYIOTOU	1-Dec-94	GSP	Starkville USA	3-May-14	Starkville Jace Lacoste Invitational

## NATIONAL RECORDS JUNIOR WOMEN

100m	11.65	0.0	Paraskevi	ANDREOU	15-Jan-97	GSE	Nanjing	21-Aug-14	2nd Olympic Youth Games
200m	23.71	1.6	Eleni	ARTYMATA	16-May-86	GSE	Istanbul	19-Jun-05	European Cup 2nd League
400m	54.43		Alissa	KALLINIKOU	24-May-85	GSK	Caen/FRA	1-Jun-02	World Gymnasiade
800m	2.07.84		Stella	CHRISTOFOROU	2-Mar-92	GSP	Banska Bystrica	20-Jun-09	European Cup 2nd League
1500m	4.22.73		Meropi	PANAGIOTOU	1-Dec-94	GSP	Larnaca	30-Jun-12	Invitation
3000m	9.46.82		Meropi	PANAGIOTOU	1-Dec-94	GSP	Kaunas	22-Jun-13	European Team Championships
5000m	17.20.63		Marilena	SOFOCLEOUS	30-Oct-86	GSP	Izmir	19-Aug-05	World Universiade
10000m	39.33.37		Stavroula	POYIATZI	26-Feb-76	GSP	Istanbul	11-Jun-94	European Cup Bruno Zauli
100m.H.(0.84m.)	13.63	0.8	Dafni	GEORGIOU	18-Aug-99	GSZ	Istanbul/TUR	22-Jun-18	Balkan Junior Championships
400m.H.(0.762m)	59.14		Stella	THEOCHAROUS	3-Nov-71	GSO	Bruxelles	5-Aug-89	European Cup Bruno Zauli
2000m.st.(0.762m)	7.18.67		Evgenia	KORKOKIOU	6-May-88	GSPR	Paphos	13-May-06	National Junior Championships
3000m.st.(0.762m)	10.40.79		Stella	CHRISTOFOROU	2-Mar-92	GSP	Athens USA	23-Apr-11	Student Games
Long Jump	6.21	2.0	Filippa	FOTOPOULOU	20-Dec-96	GSP	Argos Orestiko	9-Jul-14	Greek Grand- Prix
High Jump	1.87		Leontia	KALLENOU	5-Oct-94	GSP	Mersin	29-Jun-13	Mediterranean Games
Triple Jump	12.78	-0.1	Thomaida	POLYDOROU	7-Nov-86	GSPR	Lemesos	22-May-04	International Junior Match(Syria-Lebanon-CYP)
Pole Vault	4.45		Marianna	ZACHARIADI	25-Feb-90	GSP	Pescara	30-Jun-09	Mediterranean Games
Shot Put(4kg)	16.26		Gavriella	FELLA	21-Jan-98	GSE	Lefkosia	19-Jun-16	National Senior Championships
	16.26		Gavriella	FELLA	21-Jan-98	GSE	Lefkosia	29-Apr-17	National Junior Championships
Discus Throw(1kg)	49.36		Elena	SOFRONIOU	22-Feb-62	GSE	Lemesos	16-Aug-80	Senior Women Match Cyprus Vs Greece
Javelin Throw(600gr)	49.16		Mariele	ROUSI	30-Aug-98	GSE	San Marino	30-May-17	Games of the Small States of Europe
Hammer Throw(4kg)	57.77		Chrystalla	KYRIAKOU	4-Oct-96	GSP	Larnaca	10-May-15	National Junior Championships
	58.30		Emilia	KOLOKOTRONI	30-Sep-05	GSP	Lefkosia	14-Apr-21	Local Games
	64.40		Valentina	SAVVA	17-May-05	GSZ	Lefkosia	28-Apr-21	Local Games
Heptathlon	4.795p.		Maro	THOMA	21-Nov-67	GSO	Lefkosia	18-Apr-85	National Combined Events Championships
									(15.74(0.0)-1.55-11.07-25.56(-1.1)/5.70-28.80-2.27.72)

4x100m. Relay	45.77	NATIONAL TEAM	Eskilstuna	19-Jul-15 European Junior Championships
(Paraskevi Andreou/15.01.1997-Dimitra Kyriakidou/27.04.1996-Marianna Pisiara/10.05.1997-Olivia Fotopoulou/20.12.1996)				
4x400m. Relay	3.52.54	OLYMPIA CLUB	Thessaloniki	10-Jul-83 Greek National Junior Championships
(Demetriou Mary/30.01.1969-Georgiou Maria/03.04.1965-Napoleonos Soteroula/10.04.1965-Ioannou Vasiliki/19.10.1966)				

## NATIONAL RECORDS U18/GIRLS

100m	11.65	0.0	Paraskevi	ANDREOU	15-Jan-97	GSE	Nanjing	21-Aug-14	2nd Youth Olympic Games
200m	24.29	1.9	Vaso	PAPAIOANNOU	26-Nov-78	GSP	N. Phaliron	6-May-95	Greek National School Games
400m	54.43		Alissa	KALLINIKOU	24-May-85	GSK	Caen	1-Jun-02	Gymnasiade
800m	2.07.84		Stella	CHRISTOFOROU	2-Mar-92	GSP	Banska Bystrica	20-Jun-09	European Team Championships
1000m	2.55.97		Stella	CHRISTOFOROU	2-Mar-92	GSP	Doha	12-Dec-09	Gymnasiade
1500m	4.27.82		Stella	CHRISTOFOROU	2-Mar-92	GSP	Banska Bystrica	21-Jun-09	European Team Championships
3000m	9.50.02		Elena	AGAMEMNONOS	6-Sep-75	GSP	Athina	18-Jul-92	International Match GRE-CYP
5000m	17.52.93		Stephanie	SOPHOCLEOUS	25-Aug-86	GSP	Istanbul	22-Jun-03	Bruno Zaouli
10000m	40.08.10		Louiza	TSIANAKA	2-Sep-74	GSP	N. Phaliron	23-Jun-91	Bruno Zaouli
100m.H.	13.89		Marilia	GREGORIOU	13-Feb-80	GSO	Paphos	24-May-97	National Senior Championships
100m.H.(76cm)	13.52	2.0	Marilia	GREGORIOU	13-Feb-80	GSO	Lisboa	21-Jul-97	European Youth Olympic Festival
400m.H.	59.95		Stella	THEOCHAROUS	3-Nov-71	GSO	Barcelona	8-Jul-88	Gymnasiade
2000m st.	7.20.98		Evgenia	KORKOKIOU	6-May-88	GSPR	Lemosos	14-May-05	National Junior Championships
3000m st.	11.20.34		Evgenia	KORKOKIOU	6-May-88	GSPR	Istanbul	18-Jun-05	Bruno Zaouli
Long Jump	6.08		Christiana	FILIPPOU	25-Dec-67	GSP	Lefkosia	24-Mar-84	Local Games
High Jump	1.84		Ioannidou	STYLIANA	17-Dec-03	GSO	Lefkosia	7-Aug-20	National Senior Championships
Triple Jump	12.48	-0.5	Thomaida	POLYDOROU	7-Nov-86	GSPR	Lefkosia	10-May-03	Greek National School Championships
Pole Vault	3.70		Andrea	VASOU	25-Jun-03	GSO	Marakes/MAR	6-May-18	Gymnasiade
	3.70=		Andrea	VASOU	25-Jun-03	GSO	Pitesti/ROU	11-May-19	Junior Match
	3.70=		Andrea	VASOU	25-Jun-03	GSO	Lefkosia	16-Jun-19	National Senior Championships
Shot Put(4kg)	14.39		Florentia	KAPPA	29-May-88	GSP	Lefkosia	25-Mar-05	Local Games
Shot Put(3kg)	15.57		Stylia	KYRIAKIDOU	14-Aug-00	GSP	Bahamas	20-Jul-17	Commonwealth Youth Games
Discus Throw	46.39		Alexandra	KLATSIA	19-Sep-85	GSP	Lefkosia	12-Mar-02	Local School Games
Javelin Throw(600gr)	47.44		Christiana	ELLINA	18-Dec-04	GSK	Lefkosia	6-Aug-20	National Senior Championships
Javelin Throw(500gr)	51.02		Christiana	ELLINA	18-Dec-04	GSK	Paralimni	29-Jun-19	National Championships U16
Hammer Throw(4kg)	55.41		Emilia	KOLOKOTRONI	30-Sep-05	GSP	Lefkosia	6-Aug-20	National Senior Championships

	58.30		Emilia	KOLOKOTRONI	30-Sep-05	GSP	Lefkosia	14-Apr-21	Local Games
	64.40		Valentina	SAVVA	17-May-05	GSZ	Lefkosia	28-Apr-21	Local Games
Hammer Throw (3kg)	65.82		Valentina	SAVVA	17-May-05	GSZ	Lefkosia	3-Aug-20	National Championships U18
1st att	67.48		Valentina	SAVVA	17-May-05	GSZ	Lefkosia	14-Apr-21	Local Games
2nd att	68.75		Valentina	SAVVA	17-May-05	GSZ	Lefkosia	14-Apr-21	Local Games
3rd att	69.75		Valentina	SAVVA	17-May-05	GSZ	Lefkosia	14-Apr-21	Local Games
Heptathlon (Senior Impl.)	4427p.		Charithea	HERACLEOUS	5-May-02	GSO	Nicosia	24-Apr-19	National Combined Events Championships
				(14.64(1.2)-1.48-9.04-25.81(0.9)/4.96(0.4)-29.17-2.33.65)					
Heptathlon (Youth Impl.)	4567p.		Charithea	HERACLEOUS	5-May-02	GSO	Volos/GRE	8-Aug-19	International Match GRE-CYP
				(14.61(-0.8)-1.54-9.70-26.47(-1.6)/5.35(1.0)-28.30-2.34.41)					
4x100m.	47.20		National Team U18				Riети	21-Jul-13	European Junior Championships
				(Natalia Christofi-Dimitra Kyriakidou-Filippa Fotopoulou-Olivia Fotopoulou)					
4x400m.	3.53.52		National Team U18				Athina	30-Jul-09	International Match GRE-CYP
				(Rafaella Demetriou-Eirini Tsiarta-Meropi Panagiotou-Stella Christoforou)					

Lefkosia 13.05.2021