

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	Prodromos	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
600m	1.18.22		Stavros	SPYROU	19.11.2000	GSP	1	Lefkosia	25.03.2023	Open Meeting 25th March
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		Philippos	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
Half Marathon	1.05.37		Amine	KHADIRI	20.11.1988	GSZ		Nicosia	06.02.2022	National Half Marathon Championships
	1.02.02		Amine	KHADIRI	20.11.1988	GSZ	2	Marrakech	29.01.2023	Marathon International de Marrakech
Marathon	2.19.51		Marios	KASIANIDES	16.09.1954	GSP		Brisbane	08.10.1982	Commonwealth Games
	2:10:18		Amine	KHADIRI	20.11.1988	GSZ	25	Sevilla	19.02.2023	Marathon International de Sevilla
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.Phaliaron	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 Prodromos/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)									
4X400m Mixed Relay	3.26.00		National Team					Silesia	06/22/23	European Team Championships
	(Paisios Dimitriadis/16.07.1997-Rafaela Demetriou-Stavros Spyrou/19.11.2000-Kalliopi Kountouri/07.07.1997)									
20.000m W	1.57.48		Yiannis	DEMETRIOU		GSE		Pireaus	07.10.1978	Greek National Championships

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NATIONAL RECORDS U18/BOYS										
100m	10.40		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	STYLIANOUDES	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		Prodromos	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	RODOSTHENOU	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		Lemesos	11.03.2016	Local School Games
Javelin Throw(800gr)	64.53		Spyros	SAVVA	24.01.2000	GSK		Lemesos	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)	68.55		Iosif	KESIDIS	19.08.2005	GSK	2	Lemesos	26.06.2022	National Senior Championships
Hammer Throw (5kg)	84.05	5th at	Joseph	KESSIDIS	19.08.2005	GSK	1	Lemesos	29.03.2022	National Youth Championships
Decathlon	6.559p.		Georgios	KANARIS	04.10.2000	GSK		Lefkosia	04-05.04.2017	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		Lemesos	20-21.04.2017	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					Lemesos	21.07.1990	International Match GRE-CYP
			(Prodromos Katsantonis-Pericles Markaris-Antonis Kassera-Nearchos Hadjiloizou)							
4x400m.	3:21.44		National Team U18				1	Athens	21.07.2022	International Match GRE-CYP
			Evangelos	POYIAZIS	30.01.2006	GSP				
			Constantinos	ROUSOS	29.07.2005	GSO				
			Giorgos	CHRISTOFI	24.02.2006	GSO				
			Ioannis	ANDREOU	02.02.2005	GSE				
Lefkosia 14.09.2023										