



3RD CYPRUS INDOOR ROWING CHAMPIONSHIPS
TIMETABLE- 11/11/2023

PARAROWING PR2

RACE 100-2 MINUTES				15:00
LANE	NAME	CLUB	DATE OF BIRTH	
1	ANDREAS POTAMITIS	ΥΠΑΡΧΩ	1960	
2	ANDREAS ARAVIS	ΥΠΑΡΧΩ	1/4/1997	
3	ANDREAS PANAGIOTOU	ΥΠΑΡΧΩ	1998	
4	MARIOS ANTONIOU MARSHAL	ΥΠΑΡΧΩ	17/1/2007	
5	CHRISTOS XATZIDIMITRIOU	ΥΠΑΡΧΩ	14/2/1989	
6	BOBAN STANKOVOC	ΥΠΑΡΧΩ	6/4/1980	
7	EVANGELIA ARAOUZOU	ΥΠΑΡΧΩ	12/7/1997	
8	PANAGIOTIS TIRIMOU	KERYNIA NAUTICAL CLUB	18/12/2010	
9	PAMBOS HADJIKOSTI	ΥΠΑΡΧΩ	30/04/1992	

ADAPTIVE INDOOR ROWING

RACE 101-2 MINUTES				15:10
LANE	NAME	CLUB	DATE OF BIRTH	
1	CHRISTOFOROS KOSMA	KERYNIA NAUTICAL CLUB	23/12/2004	
2	PAVLINA PAVLOU	KERYNIA NAUTICAL CLUB	2010	
3	MELETIOS MARMARIS	KERYNIA NAUTICAL CLUB	2013	
4	VARVARA PAPAPOPOULOU	LIMASSOL ROWING CENTRE		
5	ANDREAS PRADVENKO	LIMASSOL ROWING CENTRE		
6	GEORGE CHRISTODOULIDES	LIMASSOL ROWING CENTRE		
7	LYDA PAVLOU	KERYNIA NAUTICAL CLUB		
8	ANASTASIA PAVLOU	KERYNIA NAUTICAL CLUB		

JUNIOR E BOYS & JUNIOR E GIRLS(≤10 YEARS)

RACE 102-1 MINUTE				15:20
LANE	NAME	CLUB	DATE OF BIRTH	
1	PATRICK ZHARIKOV	LIMASSOL ROWING CENTRE	29/12/2015	
2	DANIEL SANDU TAHER	LIMASSOL ROWING CENTRE	12/12/2016	
3	ALEXANDROS SHACOLAS	LIMASSOL ROWING CENTRE	22/5/2014	
4	KYRIAKOS CHRISTODOULOU	NIREAS	25/07/2014	
5	MICHALIS KYRIAKOU	PALODIA PRIMARY SCHOOL	2015	
6	STEPHANIE IOANNOU	LIMASSOL ROWING CENTRE	2017	
7	MARIAM PAPASOLOMONIDES	PALODIA PRIMARY SCHOOL	2017	
8	LITO	PALODIA PRIMARY SCHOOL	2016	
9	ANTHOUSA IVANONA	LIMASSOL ROWING CENTRE	2016	
10	ANGELINA KONSTANTINIDIS	NIREAS	9/03/2015	

JUNIOR D BOYS (10YRS-12 YRS)

RACE 103 - 500 M				15:40
LANE	NAME	CLUB	DATE OF BIRTH	
1	LOUKAS PAPAVALIIOU	LIMASSOL ROWING CENTRE	13/03/2011	
2	MICHAEL MITLETTON	LIMASSOL ROWING CENTRE	15/03/2012	
3	CHRISTOFOROS CHRISTOFOROU	LIMASSOL ROWING CENTRE	3/10/2011	
4	ALEXANDER BROVKO	LIMASSOL ROWING CENTRE	12/01/2012	
5	MARINOS KYRIAKOU	LIMASSOL ROWING CENTRE	25/01/2012	
6	ALEXANDROS PANAGI	LIMASSOL ROWING CENTRE	14/04/2012	
7	NIKOLAS SHACOLAS	LIMASSOL ROWING CENTRE	2011	
8	ARTEMIS LOIZIDIS	NIREAS	24/9/2012	
9	ANDREAS MIKKELIS	NIREAS	29/12/2012	
10	STEPHANOS NIKOLAOU	LIMASSOL LIZARDS	2011	
11	NIKOLAS CHRISTOFOROU	AKSML	2011	
12	ALEXANDER MATARUGA	LIMASSOL ROWING CENTRE	2012	

JUNIOR D GIRLS (10YRS-12 YRS)

RACE 104 - 500 M				15:45
LANE	NAME	CLUB	DATE OF BIRTH	
1	ANDREA PAPAONISIFOROU	LIMASSOL ROWING CENTRE	2/01/2012	
2	ALEXANDRA CHRISTIDOU	LIMASSOL ROWING CENTRE	23/04/2012	
3	SALOMI NIKOLAOU	NIREAS	22/01/2011	

JUNIOR C MEN (13YRS-14YRS)

RACE 105 - 1000 M				16:00
LANE	NAME	CLUB	DATE OF BIRTH	
1	NEKTARIOS DEMETRIOU	LIMASSOL ROWING CENTRE	21/01/2010	
2	MICHALIS COUDOUNARIS	LIMASSOL ROWING CENTRE	06/05/2010	
3	NIKOLAY VERSHININ	LIMASSOL ROWING CENTRE	26/01/2010	
4	MAXIMILIAN ROZANOV	LIMASSOL ROWING CENTRE	21/02/2009	
5	IASONAS PROKOPIOU	KERYNIA NAUTICAL CLUB	23/5/2009	
6	STELIOS KLEANTHOUS	KERYNIA NAUTICAL CLUB	25/4/2009	
7	STRATOS ALIATIDIS	KERKINITIS	2009	
8	CHRISTOPHER GEORGE NEOPHYTOU	CYPRUS	22/09/2009	
9	YEVHENI STSSENKO	NIREAS	11/04/2009	
10	IOANNIS TOOULAS	LIMASSOL LIZARDS	2010	

JUNIOR C WOMEN (13YRS-14YRS)

RACE 106 - 1000 M				16:07
LANE	NAME	CLUB	DATE OF BIRTH	
1	ELENI MALEKKIDOU	LIMASSOL ROWING CENTRE	20/04/2010	
2	KATERINA MALEKKIDOU	LIMASSOL ROWING CENTRE	20/04/2010	
3	LIUBA REMSHA	LIMASSOL ROWING CENTRE	24/08/2009	
4	OURANIA TSITSIMPIKOU	KERKINITIS	2010	
5	ANASTASIA KOTSIDOU	KERKINITIS	2009	
6	ANNA MARIA TSILIKOPOULOU	NIREAS	09/09/2009	
7	BERNA SKORDI	LIMASSOL LIZARDS	23/02/2010	
8	CRISTINA PIEROU COOKE	LIMASSOL LIZARDS	15/04/2009	

JUNIOR B MEN (15YRS-16YRS)- HEAT 1

RACE 107 - 1000 M				16:25
LANE	NAME	CLUB	DATE OF BIRTH	
1	DAVID TREMSIN	LIMASSOL ROWING CENTRE	18/06/2008	
2	PLATON BYKOV	LIMASSOL ROWING CENTRE	2008	
3	MYKYTA IGNATIUK	LIMASSOL ROWING CENTRE	17/04/2008	
4	ARTEM DYRDIN	LIMASSOL ROWING CENTRE	19/06/2008	
5	NIKOS MALLIAROS	KERKINITIS	2008	
6	MARINOS THEODOROU	NIREAS	6/04/2008	
7	PAVLOS NIKOLAOU	NIREAS	15/9/2008	
8	SAVVAS LOIZIDES	NIREAS	4/7/2008	
9	SEIF EL KASHEF	LIMASSOL LIZARDS	4/11/2007	

JUNIOR B MEN (15YRS-16YRS) & JUNIOR A MEN (17YRS-18YRS) - HEAT 2

RACE 108 - 1000 M				16:32
LANE	NAME	CLUB	DATE OF BIRTH	
1	NIKOLAS CHARALAMBOUS (JA)	LIMASSOL ROWING CENTRE	13/06/2006	
2	SAVVAS GEORGIU (JA)	LIMASSOL ROWING CENTRE	25/09/2006	
3	MICHALIS TANOS (JA)	NIREAS	24/05/2006	
4	EMILIOS STYLIANOU	NIREAS	10/12/2008	
5	ALEX RHODES	LIMASSOL LIZARDS	6/06/2007	
6	TRISTAN MICHAELIDES	LIMASSOL ROWING CENTRE	18/03/2008	
7	ANASTASIOS PAPASTATATOPOULOS	ΝΑΣ	13/08/2007	
8	GIANNIS MBONAS	KERKINITIS	2008	

JUNIOR B WOMEN (15YRS-16YRS)

RACE 109 - 1000 M				16:39
LANE	NAME	CLUB	DATE OF BIRTH	
1	ELENA PANAGI	LIMASSOL ROWING CENTRE	18/06/2008	
2	MYRTO TENEKETZI	KERKINITIS	2007	
3	DANAE KOSMA	KERYNIA NAUTICAL CLUB	18/04/2008	
4	VASILIKI CHARALAMBOUS	NIREAS	29/09/2007	
5	MIKAELLA METTOURI	NIREAS	4/03/2008	
6	SOFIA POLEMITI	NIREAS	22/12/2008	
7	KYRIAKI CONSTANTINOU	LIMASSOL LIZARDS	8/10/2008	
8	MAYA BERENSHEIN	LIMASSOL LIZARDS	15/05/2008	
9	PAM SCHAAPMAN	LIMASSOL LIZARDS	7/04/2008	
10	NAYIA PAPAGEORGIU	LIMASSOL LIZARDS	4/09/2007	

SENIOR OPEN MEN (19-26) & MASTERS A (27-39)

RACE 110 - 1000 M 16:55			
LANE	NAME	CLUB	DATE OF BIRTH
1	ROMAN GREBENIN	LIMASSOL ROWING CENTRE	12/09/2004
2	CHRISTOFOROS CONSTANTINIDES	KYRENIA NAUTICAL CLUB	17/8/2004
3	NIKOLAS ARISTIDOU	NIREAS	27/06/2003
4	PANAGIOTIS MOULASHIS	AKSML	1998
5	ORESTIS PAPANETROU	AKSML	
6	IVAN DYSHLIUK	LIMASSOL ROWING CENTRE	
7	ARISTOTELIS IOANNOU	LIMASSOL ROWING CENTRE	24/11/1985
8	ANDREAS DIAMANTIS	KYRENIA NAUTICAL CLUB	29/1/1990
9	KYRIAKOS GIOKKAS	CYPRUS	8/07/1985
10	KONSTANTINOS KARAIKOS	COAST ROWING TEAM	20/5/1987
11	GENNADY KRAMOV	LIMASSOL ROWING CENTRE	

JUNIOR A WOMEN (17YRS-18YRS), SENIOR OPEN WOMEN (19-26), SENIOR WOMEN (27-39)

RACE 111 - 1000 M 17:02			
LANE	NAME	CLUB	DATE OF BIRTH
1	EKATERINA LOSKUTOVA	LIMASSOL ROWING CENTRE	3/11/2005
2	NATALIE INGOE	LIMASSOL ROWING CENTRE	14/12/2005
3	KATERINA KANTOUNA	NIREAS	29/08/2006
4	ALICIA FINNIS	LIMASSOL LIZARDS	14/03/2005
5	ESME FINNIS	LIMASSOL LIZARDS	14/3/2005
6	MARIATINA CHRISTOU	LIMASSOL ROWING CENTRE	
7	ILIANA ANASTASIOU	LIMASSOL ROWING CENTRE	
8	MARGARITA VASILEIOU	COAST ROWING TEAM GREECE	27/09/2001
9	ANELIYA MITEVA	KYRENIA NAUTICAL CLUB	1/10/1987
10	ANTHOULLA NESTOROS	LIMASSOL ROWING CENTRE	6/05/1987
11	NASTIA DYSHLIUK	LIMASSOL ROWING CENTRE	15/07/1994

MASTERS B MEN (40-49) & MASTERS C MEN (50-59)

RACE 112 - 500 M 17:25			
LANE	NAME	CLUB	DATE OF BIRTH
1	GEORGE GIOUPIS	COAST ROWING TEAM	18/01/1981
2	PAUL MORRIS	NO COX CYPRUS	15/01/1979
3	JAMES MACKAY	NO COX CYPRUS	17/03/1975
4	CHRIS PAPADOPOULOS	NO COX CYPRUS	1/04/1977
5	PETE VOUIROS	COAST ROWING TEAM GREECE	8/08/1977
6	ALEXEY ERSHOV	LIMASSOL CYCLING CLUB	17/11/1978
7	NIKOS DANIIL	NIREAS	23/07/1964
8	NIKOLAOS MOSCHONAS	JNC SPORTSWEAR	1983
9	DIMITRIS KOTROTSOS	LIMASSOL ROWING CENTRE	
10	NIKOS CHRISTODOULOU	LIMASSOL ROWING CENTRE	1967
11	CHRISTAKIS MANOLI	LIMASSOL ROWING CENTRE	1967



MASTERS D MEN 60+ MASTERS B WOMEN 40-49 MASTERS C WOMEN 50-59 MASTERS D WOMEN 60+

RACE 113 - 500 M				17:30
LANE	NAME	CLUB	DATE OF BIRTH	
1	LAMBROS LAMBROU	LIMASSOL ROWING CENTRE	1969	
2	GIANNAKIS IOANNOU	LIMASSOL ROWING CENTRE	19/01/1958	
3	ELIAS KARAISKOS	PERICLES DEMETRIOU CYPRUS	16/08/1959	
4	ANTONIA KALATHA	PERICLES DEMETRIOU CYPRUS	26/08/1974	
5	ELENA LOSKUTOVA	LIMASSOL ROWING CENTRE		
6	YULIA GREBENINA	LIMASSOL ROWING CENTRE		
7	ANDRIANA KOUMPARI	LIMASSOL LIZARDS	21/04/1979	
8	IRINI CHRISTOFI	PERICLES DEMETRIOU CYPRUS	5/12/1966	
9	LIZA KARAISKOU	PERICLES DEMETRIOU CYPRUS	16/11/1965	
10	KATHERINE FINNIS	LIMASSOL LIZARDS	29/09/1973	
11	IVANA IOANNOU	LIMASSOL ROWING CENTRE	24/02/1960	

DOUBLES TEAM EVENTS (2X)

MEN JUNIOR D (U13) & JUNIOR C (U15)

RACE 200 - 1000 M		17:50
LANE	NAME	CLUB/TEAM
1	LOUKAS PAPAVASILIOU	LIMASSOL ROWING CENTRE
	CHRISTOFOROS CHRISTOFOROU	
2	MICHAEL MITLETTON	LIMASSOL ROWING CENTRE
	ALEXANDROS PANAGI	
3	NIKOLAS SHACOLAS	LIMASSOL ROWING CENTRE
	ALEXANDER BROVKO	
4	ARTEMIS LOIZIDIS	NIREAS
	ANDREAS MIKKELIS	
5	NEKTARIOS DEMETRIOU	LIMASSOL ROWING CENTRE
	MAXIMILIAN ROZANOV	
6	ANDREAS CHRISTODOULOU	NIREAS
	YEVHENII STETSENKO	
7	MICHALIS COUDOUNARIS	LIMASSOL ROWING CENTRE
	NIKOLAY VERESHIN	

WOMEN JUNIOR D (U13) & JUNIOR C (U15)

RACE 201 - 1000 M		17:57
LANE	NAME	CLUB/TEAM
1	ANDREA PAPAONISIFOROU	LIMASSOL ROWING CENTRE
	ALEXANDRA CHRISTIDOU	
2	SALOMI NIKOLAOU	NIREAS
	MARIETTA MICHAELIDOU	
3	ELENI MALEKKIDOU	LIMASSOL ROWING CENTRE
	KATERINA MALEKKIDOU	
4	OURANIA TSITSIMPIKOU	KERKINITIS
	ANASTASIA KOSTIDOU	
5	ARETI KAZAKI	KERKINITIS
	DEMETRA MPELLIOU	

JUNIOR A/B MEN (U19YRS) & JUNIOR A/B WOMEN (U19YRS)

RACE 202 - 1000 M			18:05
LANE	NAME	CLUB/TEAM	
1	DAVID TREMSIN	LIMASSOL ROWING CENTRE	
	MYKYTA IGNATIUK		
2	SAVVAS GEORGIU	LIMASSOL ROWING CENTRE	
	TRISTAN MICHAELIDES		
3	NIKOLAS CHARALAMBOUS	LIMASSOL ROWING CENTRE	
	PLATON BYKOV		
4	NIKOS MALLIAROS	KERKINITIS	
	GIANNIS BONAS		
5	MICHALIS TANOS	NIREAS	
	EMILIOS STYLIANOU		
6	MARINOS THEODOROU	NIREAS	
	PAVLOS NIKOLAOU		
7	EKATERINA LOSKUTOVA	LIMASSOL ROWING CENTRE	
	NATALIE INGOE		
8	ELENA PANAGI	LIMASSOL ROWING CENTRE	
	LIUBA REMSHKA		
9	MYRTO TENEKETZI	KERKINITIS	
	ANASTASIA KOSTIDOU		
10	KATERINA KANTOUNA	NIREAS	
	VASILIKI CHARALAMBOUS		
11	MIKAELLA METTOURI	NIREAS	
	SOFIA POLEMITI		

OPEN MEN 2X & MASTERS MEN 40 +

RACE 203 - 1000 M			18:12
LANE	NAME	CLUB/TEAM	
1	ROMAN GREBENIN	LIMASSOL ROWING CENTRE	
	ARISTOTELIS IOANNOU		
2	GIANNIS ARISTIADIS	NIREAS	
	NIKOLAS ARISTIDOU		
3	CHRISTOS SERRANO	LIMASSOL ROWING CENTRE/KARAGYM	
	CHRISTOS KARAISKOS		
4	ANDREAS DIAMANTIS	KERYNIA NAUTICAL CLUB	
	MARIOS STROUTHOS		
5	BIOFITNESS	BIOFITNESS	
	BIOFITNESS		
6	NIKOLAOS MOSCHONAS	AS DIMITRIAS/ JNC	
	DIMITRIS KOTROTSOS		
7	JAMES MACKAY	NO COX CYPRUS	
	PAUL MORRIS		
8	CHRISTAKIS MANOLIS	LIMASSOL ROWING CENTRE	
	NIKO CHRISTODOULOU		
9	MARIOS TSINGIS	PERICLES DEMETRIOU CYPRUS	
	ELIAS KARAISKOS		



OPEN WOMEN 2X & MASTERS WOMEN 40 +

RACE 204 - 1000 M			18:20
LANE	NAME	CLUB/TEAM	
1	ANNA IOANNOU	LIMASSOL ROWING CENTRE	
	CRISTINA PIERIDOU		
2	PANAGIOTA PATSIAOUROU	LIMASSOL ROWING CENTRE	
	LOUKIA IOANNIDOU		
3	BIOFITNESS	BIOFITNESS	
	BIOFITNESS		
4	ANTONIA KALATHA	PERICLES DEMETRIOU CYPRUS	
	IRINI CHRISTOFI		
5	STALO KYRIAKOU	LIMASSOL ROWING CENTRE	
	MARIA MICHAELIDOU		
6	ELENA LOKUTOVA	LIMASSOL ROWING CENTRE	
	YULIA GREBENINA		

QUAD CHALLENGES (4X)

U19 WOMEN & WOMEN GYM CHALLENGE

RACE 400 - 2000 M		19:00
LANE	NAME	CLUB/TEAM
1	EKATERINA LOSKUTOVA	LIMASSOL ROWING CENTRE/NIREAS
	NATALIE INGOE	
	KATERINA KANTOUNA	
	VASILIKI CHARALAMBOUS	
2	ELENI MALEKKIDOU	LIMASSOL ROWING CENTRE
	KATERINA MALEKKIDOU	
	ELENA PANAGI	
	LIUBA REMSHKA	
3	OURANIA TSITSIMPIKOU	KERKINITIS
	KOSTIDOU ANASTASIA	
	ARETI KAZAKI	
	DEMETRA MPELLIOU	
4	ANTHOULLA NESTOROS	LIMASSOL ROWING CENTRE
	ANNA IOANNOU	
	ILIANA ANASTASIOU	
	MARINA CONSTANTINOY	
5	KYRIAKI MARINOY	LIMASSOL ROWING CENTRE
	CRISTIAN PIERIDOU	
	LOUKIA IOANNIDOU	
	MARIATINA CHRISTOU	
6	ANGELA LEONIDOU	AKSML
	SOFIA SIDORKEVIC	
	THETIS TCHAKOS	
	MAYA MINASYAN	

U19 MEN & MEN GYM CHALLENGE

RACE 401 - 2000 M		19:10
LANE	NAME	CLUB/TEAM
1	CHRISTOS SERRANO	LIMASSOL ROWING CENTRE
	ROMAN GREBENIN	
	ANDREAS DIAMANTIS	
	CHRISTOS KARAISKOS	
2	STRATOS ALIATIDIS	KERKINITIS
	NIKOS MALLIAROS	
	GIANNIS BONAS	
	VASILIS TSANTARLIOTIS	
3	ANASTASIOS LAMARIS	LIMASSOL ROWING CENTRE
	DIMITRIS ZENIOS	
	GIANNIS CONSTANTINO	
	CHRISTOS FAHOURI	
4	BIOFITNESS	BIOFITNESS
	BIOFITNESS	
	BIOFITNESS	
	BIOFITNESS	
5	GEORGE GIOUPIS	COAST ROWING TEAM GREECE/ LIMASSOL ROWING CENTRE
	KONSTANTINOS KARAISKOS	
	PETE VOUIROS	
	ARISTOTELIS IOANNOU	
6	ANDREI GURBANON	AKSML
	CHRISTOS TAMPAKOS	
	ORESTIS PAPAPETROU	
	KONSTANTINOS CHARALAMBOUS	
7	MICHALIS S MALEKKIDES	MALEKKIDES CREW
	MICHALIS G MALEKKIDES	
	MICHALIS K MALEKKIDES	
	NEKTARIOS MALEKKIDES	
8	DIMITRIS KOTROTSOS	LIMASSOL ROWING CENTRE
	NIKOLAOS MOSCHONAS	
	GENNADY GRAMOV	
	IGOR LOSKUTOV	
9	NEKTARIOS DEMETRIOU	LIMASSOL ROWING CENTRE
	DAVID TREMSIN	
	MYKYTA IGNATIUK	
	MAXIMILIAN ROZANOV	
10	NIKOLAY VERESHIN	LIMASSOL ROWING CENTRE
	LOUKAS PAPAVALIOU	
	ARTEM DYRDIN	
	MICHALIS COUDOUNARIS	
11	PLATON BYKOV	LIMASSOL ROWING CENTRE
	TRISTAN MICHAELIDES	
	SAVVAS GEORGIU	
	NIKOLAS CHARALAMBOUS	
12	SAVVAS LOIZIDIS	NIREAS
	EMILIOS STYLIANOU	
	MARINOS THEODOROU	
	PAVLOS NIKOLAOU	