

## Men Outdoor

Discipline	Perf	Wind	Athlete	DoB	Team	Venue	Date
Décathlon	6962 pts		Elie SFEIR	7 Feb 48	Maristes Champville	Algérie	29 Aug 75
10000m	30:36.74		Ali AWAD	5 Feb 74	Maristes Champville	Tunisie	2 Jun 95
10000mW	43:39		Ali ISMAIL	20 Dec 84	Inter Lebanon	?	24 Jun 12
1000m	2:27.56		Khaled DENNAOUI	1980	Armée	Jamhour	8 Jun 14
100m	10.59	1.9	Mohamad Siraj TAMIM	2 Jan 85	Inter Lebanon	Jamhour	2 Jun 12
10kmW	52:00.2h		Elie DAKESSIAN		Homenetmen Beyrouth	Stade de Bourj Hamoud	11 May 75
110m H (1.067m)	14.06	+1.5	Ahmad HAZER	4 Sep 89	Ansar	Jamhour	29 Jul 11
1500m	3:49.89		Ali KHAZAAL	7 Jul 74	Ansar	Cité Sportive, Liban	16 Jul 97
1H	18,048		Ali AWAD	5 Feb 74	Armée	Jamhour, Liban	12 Oct 01
20000mW	1:35:20		Ali ISMAIL	20 Dec 84	Inter Lebanon	?	9 Jun 12
200m	21.58	+1.7	Mohamad CHARARA	1 Feb 71	Maristes Champville	Gladbeck, Allemagne	11 Jul 99
20kmW	1:52:58h		Elie DAKESSIAN		Unattached	Sin El-Fil - Jounieh	15 May 74
3000m	8:31.76		Hussein AWADA	1974	Armée	Jamhour, Liban	4 Jun 04
3000m	8:19.8h		Nabil CHOUEIRI	1954	Antonins Baabda	Unknown	1979
3000m SC (0.914m)	9:02.73		Nabil CHOUEIRI	1954	Antonins Baabda	Tunisie	22 Aug 81
3000mW	12:56.01		Ali ISMAIL	20 Dec 84	Inter Lebanon	Kiev	20 May 11
300m	34.26		Noureddine HADID	1993	Armée	Cité Sportive, Beyrouth	21 Jun 13
400m	48.08		Mohamad Siraj TAMIM	2 Jan 85	Inter Lebanon	Université Libanaise, Hadath	5 Apr 13
400m H (0.914m)	52.95		Ali HAZER	17 Aug 83	Champions	Jamhour	8 Aug 14
4x100m	41.78		HARESS, MESSAIKE, CHEAIB, TAMIM		National Team	Stade Municipal de Beyrouth, Liban	15 Jun 03
4x400m	3:15.73		Ali, Thomas, Khaled, Ramzi HAZER, SEMAAN, MANSOUR,		National Team	Cité Sportive, Liban	5 Oct 09
5000m	14:33.68		Ali AWAD	5 Feb 74	Armée	Zagreb	14 Aug 99
5000mW	22:38.41		Ali ISMAIL	20 Dec 84	Inter Lebanon	Irpin	14 May 11
800m	1:50.66		Ali KHAZAAL	7 Jul 74	Ansar	Athènes	4 Aug 97
DT(2 Kg)	54.15		Georges HACHEM	6 Jun 76	Armée	Beyrouth, Liban	24 Sep 04
HJ	2.27		Jean-Claude RABBATH	12 Jul 77	Maristes Champville	Bucarest, Roumanie	12 Jun 04
HJ	2.27		Jean-Claude RABBATH	12 Jul 77	Maristes Champville	Stade Municipal de Beyrouth, Liban	23 Apr 04
HM	1:05:28		Hussein AWADA	1974	Armée	Limassol, Chypre	28 Feb 10
HT(7.260 Kg)	58.41		AB SHAHEEN	15 Jan 90	Inter Lebanon	Aliso Viejo, CA	19 Apr 13
JT(800 g)	62.90		Mohamad AKAIIBI (EL)		Armée	Damas, Syrie	5 Oct 01
LJ	7.43	?	Marc HABIB	17 Nov 79	Vétérans	Jamhour, Liban	22 Jul 04
M	2:20:31		Hussein AWADA	1974	Armée	Beyrouth	7 Nov 10
PV	4.40 m		Mohamad NASSER	1956	Dahyé	Izmir, Turquie	15 Oct 71
SP(7.260 Kg)	17.16		Badri OBEID	1979	Armée	Cité Sportive, Beyrouth	1 May 12
TJ	15.36	+0.3	Patrick HANNA	2 Feb 96	Blue Stars	Los Angeles, California	11 Apr 15

## Men Indoor

Discipline	Perf	Athlete	DoB	Team	Venue	Date
TJ	14.76	Patrick HANNA	2 Feb 96	Blue Stars	Montréal, Québec	14 Mar 15
SP(7.260 Kg)	12.71	Ali HAZER	17 Aug 83	Champions	Prague	22 Jan 13
PV	3.40	Patrick HANNA	2 Feb 96	Blue Stars	Montréal, Québec	4 Feb 12
PV	3.40	Ali HAZER	17 Aug 83	Ansar	Teheran, Iran	25 Feb 10
LJ	7.41	Gaby ISSA EL-KHOURY	27 Sep 60	CAEJ	Paris, France	4 Feb 84
HJ	2.24	Jean-Claude RABBATH	12 Jul 77	Antonins Baabda	Weinheim	7 Feb 07
800m	2:02.34	Mohamad HANNOUF	1992	Inter Lebanon	Bucarest, Roumanie	18 Feb 11
60m H (1.067m)	8.36	Ahmad HAZER	4 Sep 89	Ansar	Mashad, Iran	3 Feb 12
60m H (1.067m)	8.36	Ahmad HAZER	4 Sep 89	Ansar	Doha, Qatar	12 Mar 10
60m	6.95	Mohamad Siraj TAMIM	2 Jan 85	Ansar	Pattaya	10 Feb 06
5000mW	21:22.72	Ali ISMAIL	20 Dec 84	Inter Lebanon	Zaporozhye	27 Jan 12
400m	49.63	Noureddine HADID	1993	Armée	Hangzhou	15 Feb 14
3000m	8:53.0h	Salah FARRAN		Maristes Champville	Ukraine	7 Jan 98
200m	22.50	Ali HAZER	17 Aug 83	Champions	Prague	1 Feb 14
1500m	4:03.0h	Salah FARRAN		Maristes Champville	Ukraine	23 Jan 98
1000m	2:52.32	Ali HAZER	17 Aug 83	Ansar	Teheran, Iran	25 Feb 10
10000mW	46:23.16	Ali ISMAIL	20 Dec 84	Inter Lebanon	Sumy	16 Feb 12
Heptathlon	4813	Ali HAZER	17 Aug 83	Ansar	Teheran, Iran	25 Feb 10

## Women outdoor

Distance	Perf	Wind	Athlete	DoB	Team	Venue	Date
10000m	36:55.42		Maria-Pia NEHMÉ	21 Aug 81	Inter Lebanon	Laval, Québec	31 Jul 15
10000m W	58:15.6		Sandy KARAM	14 Feb 95	Maristes Champville	Universite Libanaise, Hadath	23 May 15
1000m	2:53.59		Saria TRABOULSI	5 Feb 87	Inter Lebanon	Cité Sportive, Beyrouth	10 Aug 13
100m	11.84	+0.8	Gretta TASLAKIAN	16 Aug 85	Inter Lebanon	Guangzhou, Chine	22 Nov 10
100m H (0.838m)	15.44	-0.1	Krystel SANEH	11 Jun 94	Maristes Champville	Jamhour	20 Aug 13
1500m	4:38.74		Saria TRABOULSI	5 Feb 87	Inter Lebanon	Univerité Libanaise, Hadath	17 Sep 13
20000m W	2:09:54		Sandy KARAM	14 Feb 95	Maristes Champville	Gwangju	10 Jul 15
2000m SC (0.762m)	7:36.76		Hoda AWADI (EL)	1977	Ansar	Jamhour	2 Aug 11
200m	23.56	+1.4	Gretta TASLAKIAN	16 Aug 85	Maristes Champville	Le Caire	24 Nov 07
3000m	10:05.42		Maria-Pia NEHMÉ	21 Aug 81	Elite	Ottawa, Ontario	17 Jul 13
3000m SC (0.762m)	11:53.87		Hoda AWADI (EL)	1977	Ansar	Jamhour	15 Jul 11
300m	39.59		Gretta TASLAKIAN	16 Aug 85	Inter Lebanon	Pleizhansen	16 May 10
400m	53.43		Gretta TASLAKIAN	16 Aug 85	Inter Lebanon	Poune	4 Jul 13
400m H (0.762m)	1:00.96		Diala CHAB (EL)	1 Feb 78	Antonins Baabda	Busan, Corée du Sud	8 Oct 02
4x100m	48.48		Rania, Gretta, Reine, Nathalie ESTEPHAN, TASLAKIAN, BEJJANI, SAIKALI		National Team	Cité Sportive, Liban	4 Jul 01
4x400m	3:53.90		Nathalie, Mirvat, Reine, Gretta SAIKALI, HAMZE, BEJJANI, TASLAKIAN		Maristes Champville	Jamhour, Liban	3 Aug 02
5000m	17:07.99		Maria-Pia NEHMÉ	21 Aug 81	Inter Lebanon	Quebec	18 Jul 15
800m	2:11.49		Saria TRABOULSI	5 Feb 87	Inter Lebanon	Université Libanaise, Hadath	25 Jul 13
DT(1 Kg)	41.30		Jeannette AYOUB		Maristes Champville	Jamhour, Liban	1 May 86
Heptathlon	4577		Zeina MINA	1963	Antonins Baabda	Amman, Jordanie	22 Aug 83
HJ	1.72		Carine BOUCHAKJIAN	14 Feb 75	Maristes Champville	Jamhour, Liban	11 Aug 00
HM	1:21:14		Maria-Pia NEHMÉ	21 Aug 81	Inter Lebanon	New York	15 Mar 15
HT(4 Kg)	32.22		Jeannette AYOUB		Maristes Champville	Cité Sportive, Liban	23 Oct 99
JT(600 g)	39.31		Jeannette SAID	13 May 84	Inter Lebanon	Dubai	12 Dec 12
LJ	5.66	-0.5	Krystel SANEH	11 Jun 94	Maristes Champville	Jamhour	27 Aug 13
M	3:00:02		Maria-Pia NEHMÉ	21 Aug 81	Jamhour	Zurich, Suisse	26 Apr 09
PV	2.10		Jana MAJED	23 Dec 91	Ansar	Stade Municipal de Beyrouth, Liban	8 Jul 10
SP(4 Kg)	12.39		Leila KARHANI	1 Jul 77	Maristes Champville	Jamhour, Liban	16 May 02
TJ	11.85	+0.9	Rania ESTEPHAN	17 Oct 80	Antonins Baabda	Cité Sportive, Liban	2 Jul 01

Women Indoor

Discipline	Perf	Athlete	DoB	Team	Venue	Date
Pentathlon	3129	Krystel SANEH	11 Jun 94	Maristes Champville	Hangzhou	16 Feb 14
1500m	4:52.0	Natacha FARRAN		Maristes Champville	Ukraine	23 Jan 98
200m	25.80	Gretta TASLAKIAN	16 Aug 85	Maristes Champville	Budapest, Hongrie	6 Mar 04
3000m	9:52.98	Maria-Pia NEHMÉ	21 Aug 81	Inter Lebanon	Montreal, Quebec	23 Jan 15
400m	1:02.82	Mirvat HAMZEH	5 Apr 77	Inter Lebanon	Bucarest, Roumanie	5 Feb 11
60m	7.63	Gretta TASLAKIAN	16 Aug 85	Inter Lebanon	Bucarest, Roumanie	6 Feb 10
60m H (0.838m)	9.39	Krystel SANEH	11 Jun 94	Maristes Champville	Hangzhou	16 Feb 14
800m	2:18.0	Natacha FARRAN		Maristes Champville	Ukraine	7 Jan 98
HJ	1.51	Krystel SANEH	11 Jun 94	Maristes Champville	Hangzhou	16 Feb 14
LJ	5.33	Krystel SANEH	11 Jun 94	Maristes Champville	Teheran	15 Feb 13
SP(4 Kg)	8.43	Krystel SANEH	11 Jun 94	Maristes Champville	Hangzhou	16 Feb 14