

2025											
Records in 2025											
Category	Gender	Event	Performance	W	Athlete	Club	Date	Country	Venue	Meeting	Date of Birth
U14	F	JT (400g)	29.00		Eliana MOUAWAD	Batroun Stars	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	30-Apr-13
U14	F	DT (600g)	33.09		Eliana MOUAWAD	Batroun Stars	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	30-Apr-13
U14	M	50m H (0.65m)	7.76	+1.1	Cedric AOUN	Let's Run	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	01-Feb-12
U16	F	200m H (0.762m)	30.64	-0.3	Haifa AL FARRAN	Let's Run	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	24-Mar-10
U16	M	200m H (0.838m)	28.60	+0.8	Charbel AL HAZOURI	Batroun Stars	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	26-Jul-10
U16	M	300m	36.85		Nazih AWAIDA	Batroun Stars	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	03-Dec-10
U16	M	4x80m (Relay)	37.30		Giovanni SEMAAN	Jamhour	09-May-25	Lebanon	Jamhour	U12-U14-U16 Lebanese National Athletics Championship 2025	26-Jun-10
					Antoine KHAZAAL						02-Mar-11
					Elie OZEIR						05-Jul-10
					Elie RAYES						14-Jan-10
U16	F	80mH (0.762m)	13.35	+1.0	Lynn EL HOUT	Let's Run	27-Jun-25	Lebanon	Sports City, Beirut	Let's Run Meeting	20-Oct-10
U18	M	1500m	3:58.89		Mahmoud ABOU ZEID	Inter-Lebanon	18-Jan-25	Lebanon	Sports City, Beirut	Inter Lebanon Meeting	19-Feb-08
U18	M	3000m	8.17.53		Mahmoud ABOU ZEID	Inter-Lebanon	22-Mar-25	Lebanon	Sports City, Beirut	Inter Lebanon Meeting	19-Feb-08
U18	M	800m	1:54.74		Mahmoud ABOU ZEID	Inter-Lebanon	29-Mar-25	Lebanon	Sports City, Beirut	Inter Lebanon Meeting	19-Feb-08
U18	M	1500m	3:58.76		Mahmoud ABOU ZEID	Inter-Lebanon	16-Apr-25	KSA		6th Asian U18 Athletics Championships	19-Feb-08
U18	F	JT (500 g)	31.58		Nisrine MOUAWAD	Batroun Stars	26-Apr-25	Lebanon	Lebanese University, Hadath	FSUL Athletics League 2025 (Round 2)	14-Sep-09
U18	M	2000m SC (0.838m)	5:53.27		Mahmoud Abou Zeid	Inter-Lebanon	30-May-25	Lebanon	Sports City, Beirut	U18-U20 Lebanese National Athletics Championship 2025	19-Feb-08
U18	F	2000m SC (0.762m)	7:42.77		Sama MOUSTAPHA	CSJ	30-May-25	Lebanon	Sports City, Beirut	U18-U20 Lebanese National Athletics Championship 2025	11-Mar-08
U18	M	1500m	3:57.01		Mahmoud ABOU ZEID	Inter-Lebanon	27-Jun-25	Lebanon	Sports City, Beirut	Let's Run Meeting	19-Feb-08
U18	F	400mh	1:08.61		Sama MOUSTAPHA	CSJ	27-Jun-25	Lebanon	Sports City, Beirut	Let's Run Meeting	11-Mar-08
U18	F	400mh	1:08.12		Haifa AL FARRAN	Let's Run	10-Jul-25	Lebanon	Sports City, Beirut	Lebanese Individuals Athletics Championships 2025 - Men & Women	24-Mar-10
U20	M	3000m	8.17.53		Mahmoud ABOU ZEID	Inter-Lebanon	22-Mar-25	Lebanon	Sports City, Beirut	Inter Lebanon Meeting	19-Feb-08
U20	M	5000m	14.59.10		Mahmoud ABOU ZEID	Inter-Lebanon	29-Mar-25	Lebanon	Sports City, Beirut	Inter Lebanon Meeting	19-Feb-08
Open	F	400m H (0.762m)	57.79		Rasha BADRANI	Jamhour	05-Apr-25	USA	Triton Stadium, San Diego, CA (USA)	2025 Triton Invitational, Collegiate, Club, Unat, CA (USA)	15-Jun-04
Open	F	Half-Marathon	1:15.55		Nesrine LEENE NJEIM	Inter-Lebanon	06-Apr-25	Germany	StraÙe des 17. Juni, Berlin (GER)	Generali Berliner Halbmarathon, Berlin (GER)	09-Jun-83
Open	F	HT (4 Kg)	44.66		Mariam YOUSSEF	Batroun Stars	07-Apr-25	Qatar	Stadium Sahim Bin Hamad, Doha (QAT)	West Asian Athletics Clubs Championship 2025, Doha (Qat)	07-Jan-04
Open	F	400m	52.72		Rasha BADRANI	Jamhour	19-Apr-25	USA	Mt. SAC Relays, Hilmer Lodge Stadium, Walnut, CA (USA)	65th Annual Mt. SAC Relays, Womens 400 Dash Elite, CA (USA)	15-Jun-04
Open	F	10000m	36:00.50		Maria-Pia Nehmé	Let's Run	03-May-25	Portugal	Estadio 1o de Maio, Braga (POR)	Portuguese 10,000m National Champioship, Braga (POR)	21-Aug-81
Open	M	JT (800 g)	65.66		Nabil AKOUMI	Army	05-Jul-25	Lebanon	Jamhour	Grand Prix Mélanie Freiha 2025	31-Oct-96
Open	M	10000m	30:08.20		Ali Alrida KANAAN	Army	10-Jul-25	Lebanon	Sports City, Beirut	Lebanese Individuals Athletics Championships 2025 - Men & Women	03-Jun-03

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U18	M	5000m	14.59.10		Mahmoud ABOU ZEID	Inter-Lebanon	29-Mar-25	Lebanon	Sports City, Beirut	Inter Lebanon Meeting	19-Feb-08
U18	M	3000m SC (0.914m)	9:23.16		Mahmoud ABOU ZEID	Inter-Lebanon	10-Jul-25	Lebanon	Sports City, Beirut	Lebanese Individuals Athletics Championships 2025 - Men & Women	19-Feb-08
U18	F	JT (600 g)	32.99		Zoulal BEZJIAN	Homentmen BH	12-Jul-25	Lebanon	Jamhour	Lebanese Individuials Athletics Championships 2025 - Men & Women	05-May-08

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Indoor Records in 2025											
Category	Gender	Event	Performance	W	Athlete	Club	Date	Country	Venue	Meeting	Date of Birth
U18	M	1500m(i)	3:56.17		Mahmoud Abou Zeid	Inter-Lebanon	27-Jan-25	Türkiye	Ataköy Athletics Arena, Istanbul, (TUR)(i)	Ocak Büyüklér Balkan Salon Milli Takım Seçme Yarışması, IST (TUR)	19-Feb-08
U18	M	3000m(i)	8:28.42		Mahmoud Abou Zeid	Inter-Lebanon	28-Jan-25	Türkiye	Ataköy Athletics Arena, Istanbul, (TUR)(i)	Ocak Büyüklér Balkan Salon Milli Takım Seçme Yarışması, IST (TUR)	19-Feb-08
U18	W	300m(i)	45.63		Angelina-Chris KEHDY	Batroun Stars	30-Jan-25	USA	Prince George's Sports & Learning Complex, Virginia (USA)	Concorde District Winter Track Championship, Virginia (USA)	02-Jul-08
U20	M	1500m(i)	3:56.17		Mahmoud Abou Zeid	Inter-Lebanon	27-Jan-25	Türkiye	Ataköy Athletics Arena, Istanbul, (TUR)(i)	Ocak Büyüklér Balkan Salon Milli Takım Seçme Yarışması, IST (TUR)	19-Feb-08
U20	M	300m(i)	35.06		Karim SLIM	Inter-Lebanon	25-Jan-25	Canada	CGA/UJ Summer Challenger. UJ Stadium, Montréal, (CAN)	28th Annual McGill Team Challenge 2025	29-Nov-06
U20	M	3000m(i)	8:28.42		Mahmoud Abou Zeid	Inter-Lebanon	28-Jan-25	Türkiye	Ataköy Athletics Arena, Istanbul, (TUR)(i)	Ocak Büyüklér Balkan Salon Milli Takım Seçme Yarışması, IST (TUR)	19-Feb-08
U20	W	300m(i)	45.63		Angelina-Chris KEHDY	Batroun Stars	30-Jan-25	USA	Prince George's Sports & Learning Complex, Virginia (USA)	Concorde District Winter Track Championship, Virginia (USA)	02-Jul-08
U20	W	U	6.61		Dimy-Chris KEHDY	Batroun Stars	30-Jan-25	USA	Prince George's Sports & Learning Complex, Virginia (USA)	Concorde District Winter Track Championship, Virginia (USA)	22-Dec-06
Open	W	TJ(i)	11.00		Christel EL SANEH	Blue Stars	18-Jan-25	France	Stadium Miramas Métropole, Miramas, (FRA)	Régionaux individuels CA à SE	11-Jun-94
Open	M	200m(i)	21.18		Tamer SALEH	Let's Run	24-Jan-25	USA	Fall Creek Pavilion , Indianapolis, IN (USA) (i)	Crossroads of America Invitational, IN, (USA)	08-Aug-03
Open	W	1500m(i)	4:43.96		Joan MAKARY	Let's Run	27-Jan-25	Türkiye	Ataköy Athletics Arena, Istanbul, (TUR)(i)	Ocak Büyüklér Balkan Salon Milli Takım Seçme Yarışması, IST (TUR)	10-May-93
Open	W	3000m(i)	9:51.63		Joan MAKARY	Let's Run	28-Jan-25	Türkiye	Ataköy Athletics Arena, Istanbul, (TUR)(i)	Ocak Büyüklér Balkan Salon Milli Takım Seçme Yarışması, IST (TUR)	10-May-93
Open	M	200m(i)	21.07		Tamer SALEH	Let's Run	31-Jan-25	USA	Fall Creek Pavilion , Indianapolis, IN (USA) (i)	Crossroads of America Invitational, IN, (USA)	08-Aug-03
Open	M	200m(i)	21.05		Noureddine HADID	Inter-Lebanon	08-Feb-25	USA	Sparks Convention Center Halls, Reno, NV (USA) (i)	Nevada's Wolf Pack Classic, NV, (USA)	28-Jan-93
Open	W	400m(i)	52.81		Rasha BADRANI	Jamhour	08-Feb-25	USA	Sparks Convention Center Halls, Reno, NV (USA) (i)	Nevada's Wolf Pack Classic, NV, (USA)	15-Jun-04
Open	M	60m	6.73		Tamer SALEH	Let's Run	14-Feb-25	USA	Dr. Conrad Worrill Track and Field Center at Gately Park, IL (USA) (i)	Gately Indoor TF Center, Chicago, IL (USA)(i)	08-Aug-03
Open	M	60m	6.71		Tamer SALEH	Let's Run	14-Feb-25	USA	Dr. Conrad Worrill Track and Field Center at Gately Park, IL (USA) (i)	Gately Indoor TF Center, Chicago, IL (USA)(i)	08-Aug-03
Open	W	200m(i)	24.42		Rasha BADRANI	Jamhour	14-Feb-25	USA	MiyersField House, Minnesota State University, Mankato, MN (USA) (i)	Maverick Premier #1.Myers Filedhouse, Mankato, MN (USA)	15-Jun-04
Open	M	200m(i)	21.00		Noureddine HADID	Inter-Lebanon	21-Feb-25	USA	Arkansas Qualifier Randal Tyson Indoor Center, Fayetteville, AR (USA) (i)	Randal Tyson Indoor Center, Fayetteville, AR (USA) (i)	28-Jan-93
Open	W	PV	2.55		Loua HOUDEIB	Inter-Lebanon	02-Mar-25	UK	David Weir Leisure Center, SMS 1SL Carshalton, (UK) (i)	Surrey & Sussex AA Indoor Track & Field Championships 2025, (UK)	16-Feb-05
Open	W	PV	2.77		Loua HOUDEIB	Inter-Lebanon	23-Mar-25	UK	Lee Valley Athletics Centre, 61 Meridien Way, London, N9 0AR (UK) (i)	Woodford Green Athletic Club With Essex Ladies, Vault London, (UK)	16-Feb-05

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