

SBH Under 20 Women Track And Road Best Performances For 2023 Up To The 31-12-2023

Event	Athlete	Performance
60m	1 Nina Akintokun	7.81i
	2 Paris King	7.90i
	3 Anna Rose	8.16i
	4 Lola McCann-Ezekiel	8.27i
	5 Elyse Duncan-Brown	8.75i
100m	1 Nina Akintokun	12.23
	2 Anna Rose	12.65/12.45w
	3 Lola McCann-Ezekiel	13.36
200m	1 Emily Newnham	23.27
	2 Nina Akintokun	25.33
	3 Anna Rose	25.80/25.60w
	4 Lola McCann-Ezekiel	26.76
	5 Azaria Nwankwo	27.37
	6 Evelyne Fonteyne	28.23
400m	1 Emily Newnham	52.15
	2 Sophie Forbes-Laird	57.90
	3 Lola McCann-Ezekiel	60.98
	4 Sydney Allen	61.65
800m	1 Evelyne Fonteyne	2.28.59
	2 Evie Winston	3.01.42
3000m	1 Aimi Weightman	9.55.97
100m Hurdles	1 Paris King	14.59
	2 Alina Cofie	14.62/14.59w
	3 Azaria Nwankwo	14.76
	4 Evelyne Fonteyne	16.14
400m Hurdles	1 Emily Newnham	57.02
	2 Azaria Nwankwo	68.02
Heptathlon	1 Evelyne Fonteyne	4327 points
10K Road	1 Amy Goddard	41.46