

**SBH Senior Women Track And Road Best Performances For 2023 Up To The 31-12-2023**

<b>Event</b>	<b>Athlete</b>	<b>Performance</b>
<b>60m</b>	1 Eljone Kruger	7.70i
	2 Shereen Charles V35	7.93i
	3 Selina Henderson	7.97i
	4 Lydia Rogers	8.54i
	5 Neni Harrison V40	8.95i
	6 Rosalind Zeffertt V60	10.12i
<b>100m</b>	1 Selina Henderson	12.53/12.35w
	2 Shereen Charles V35	12.61
	3 Indea Adams-Burnett	13.32
	4 Lydia Rogers	13.50/13.25w
	5 Rosalind Zeffertt V60	16.24
<b>200m</b>	1 Hayley Mclean	24.55
	2 Lily Beckford	25.49
	3 Indea Adams-Burnett	27.12
	4 Claire Spurway V40	27.26i
	5 Lydia Rogers	27.64/27.43w
	6 Rosalind Zeffertt V60	34.99
<b>400m</b>	1 Hayley Mclean	53.87i
	2 Indea Adams-Burnett	63.46
	3 Claire Spurway V40	63.56i
	4 Lisa Webb V55	73.82i
	5 Stacey Gonzalez	82.5
<b>800m</b>	1 Ellie Baker	2.00.86i
	2 Lucy Brookham	2.15.63
	3 Nicola Payne	2.27.7
	4 Emilia Economu	2.28.9
	5 Lisa Webb V55	2.43.31i
<b>1500m</b>	1 Ellie Baker	4.04.11
	2 Georgia Bell	4.06.20
	3 Lizzie Bird	4.15.81
	4 Lucy Brookham	4.35.45
	5 Nicola Payne	5.04.0
	6 Lisa Webb V55	5.34.43i
<b>3000m</b>	1 Georgia Bell	8.49..69i
	2 Nicola Payne	11.06.4
<b>5000m</b>	1 Georgia Bell	15.39.26
<b>10000m</b>	1 Naomi Taschimowitz	33.40.13
<b>3000m Steeplechase</b>	1 Lizzie Bird	9.59.12
<b>100m Hurdles</b>	1 Jessica Hunter	13.48

<b>400m Hurdles</b>	1	Lina Nielsen	54.96
	2	Hayley McLean	56.24
<b>10K Road</b>	1	Naomi Taschimowitz	33.37
	2	Nicola Payne	39.38
	3	Emilia Economu	43.44
<b>Half Marathon</b>	1	Nicola Payne	82.58
	2	Sarah Willams V40	86.31
	3	Elana Dimmer	88.07
<b>Marathon</b>	1	Elana Dimmer	3.10.40