

SBH Senior Women Field Best Performances For 2023 Up To The 31-12-2023

Event	Athlete	Performance
High Jump	1 Rosalind Zeffertt V60	1.18
Pole Vault	1 Stacey Gonzalez V45	3.00i
	2 Rosalind Zeffertt V60	2.40i
Long Jump	1 Eljone Kruger	5.97i
	2 Selina Henderson	5.33i
	3 Lydia Rogers	4.96
	4 Rosalind Zeffertt V60	3.07
Triple Jump	1 Lydia Rogers	9.19
Shot	1 Philippa Davenall	10.28
Discus	1 Jade Lally V35	61.37
	2 Shadine Duquemin	55.92
	3 Philippa Davenall	36.13
	4 Stacey Gonzalez V45	26.43
	5 Lydia Rogers	20.64
Hammer	1 Philippa Davenall	62.13
	2 Amy Clements	48.47
Javelin	1 Hayley McLean	28.06