

SBH Under 15 Women Track And Road Best Performances For 2023 Up To The 31-12-2023

Event	Athlete	Performance
60m	1 Angel Mcleod	7.73i
	2 Grace Nyaongo	8.56i
	3 Shenel Okrah	8.66i
	4 Faith Lamptey	8.70i
	5 Christina Lapo	8.97i
100m	1 Angel Mcleod	12.08
	2 Moiesha Savage	12.61/12.54w
	3 Aara Kamara	12.79/12.76w
	4 Grace Nyaongo	13.3/13.35w
	5 Ulani McCabe-Huggins	13.60
	6 Shenel Okrah	13.60
	7 Faith Lamptey	13.65
	8 Destiny Ngige	14.32
	9 Morayo Idris	14.46/13.79w
200m	1 Angel Mcleod	26.19i
	2 Aara Kamara	26.82
	3 Moiesha Savage	27.0
	4 Ella Buckley	27.77
	5 Grace Nyaongo	28.00
	6 Tayla Robinson	28.82
	7 Marayo Idris	29.44/28.70w
	8 Destiny Ngige	29.5
	9 Shenel Okrah	29.55/28.95w
	10 Faith Lamptey	30.1
	11 Christina Lapo	31.42i
300m	1 Holly Ryan	42.33i
	2 Ella Buckley	42.86
	3 Posie Shaw	43.8
	4 Shammah St John	44.22
	5 Tayla Robinson	45.3
	6 Shenel Okrah	46.2
	7 Jassica Adams	47.55i
	8 Megan Hammond	49.28
	9 Eliza Leibowitz	52.0
800m	1 Posie Shaw	2.16.19
	2 Elizabeth Othulo	2.30.28
	3 Erin Giblin	2.33.52
	4 Megan Hammond	2.36.88
	5 Amber Jackson	2.38.52
	6 Mei Hayakawa	2.55.06
	7 Eliza Leibowitz	3.00.1
1500m	1 Posie Shaw	4.46.86
	2 Amber Jackson	5.21.37
	3 Erin Giblin	5.35.75
	4 Mei Hayakawa	5.36.02

75m Hurdles

1	Angel Mcleod	11.79
2	Sienna Corbyn	13.27
3	Destiny Ngige	13.7
4	Elizabeth Othulo	13.89
5	Eva Copeland	14.00
6	Tayla Robinson	16.81