

## SBH Veteran Women's Track And Field, Road Best Performances Up To September 2024

### Veteran 35

Event	Athlete	Performance
100m	1 Shereen Charles V35	12.57/12.30w
Shot 4kg	1 Cheuk-Wing Chan V35	6.97
Discus 1kg	1 Cheuk-Wing Chan V35	16.31
Javelin 600g	1 Cheuk-Wing Chan V35	14.19
10K Road		

### Veteran 45

Event	Athlete	Performance
400m	1 Claire Spurway V45	64.50i

### Veteran 50

Event	Athlete	Performance
Shot 4kg	1 Stacey Gonzalez V50	7.82
Discus 1kg	1 Stacey Gonzalez V50	27.30
Hammer 4kg	1 Stacey Gonzalez V50	29.35
Hammer 3kg	1 Stacey Gonzalez V50	33.19

### Veteran 60

Event	Athlete	Performance
60m	1 Rosalind Zeffertt V60	9.95i
100m	1 Rosalind Zeffertt V60	15.99/15.72w
200m	1 Rosalind Zeffertt V60	35.20i/35.2
High Jump	1 Rosalind Zeffertt V60	1.14
Pole Vault	1 Rosalind Zeffertt V60	2.40i/2.40
Long Jump	1 Rosalind Zeffertt V60	3.91
Triple Jump	1 Rosalind Zeffertt V60	7.51i/7.73w/7.40
Shot 3kg	1 Rosalind Zeffertt V60	5.58i