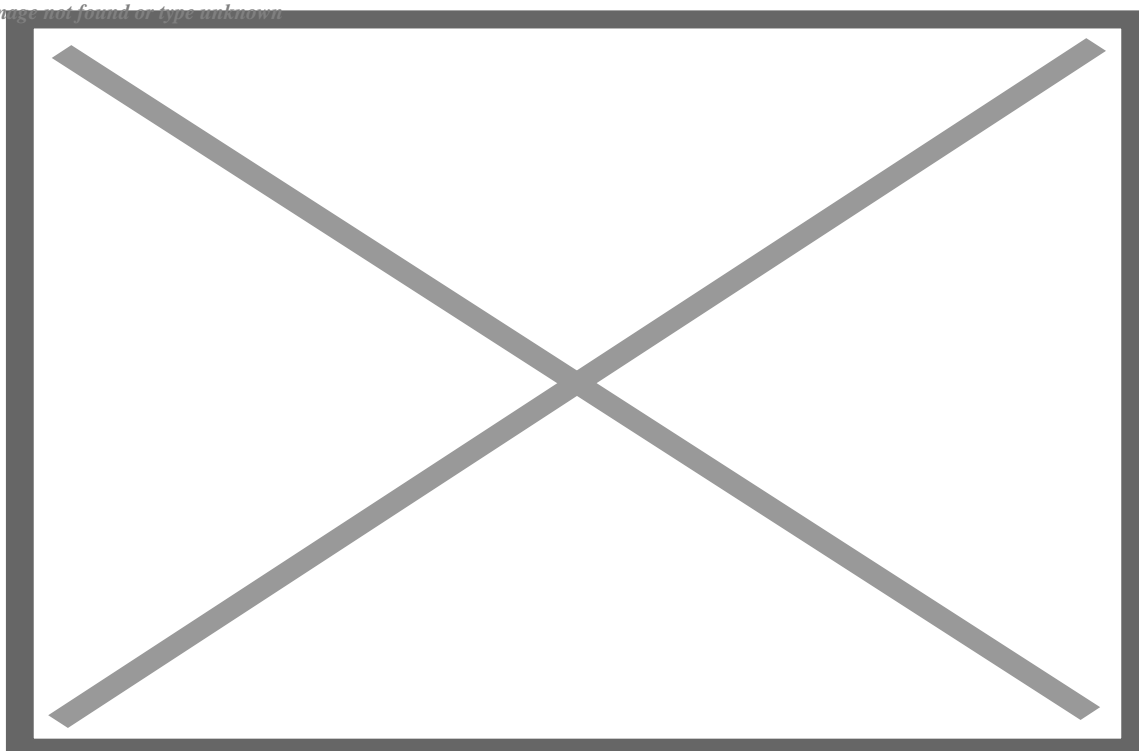


# *Discóbola Silinda Morales astonishes in Castellón by shattering her own records*

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**Silinda-Melany**

Havana, June 14 (RHC) - The young discus thrower Silinda Morales (22 years old) starred the Cuban performance this Wednesday in the Grand Prix Diputación de Castellón, in Spain, winning with 65.06 m, the best record of her career and with which she placed herself in the "top ten" of the season.

With her shot, the U-18 world champion and bronze medalist at the U-20 world championships placed tenth in the world list of the season, which is headed by U.S. Olympic champion Valerie Allman (70.25).

This Thursday in Castellón, Silinda surpassed the reappeared former world champion, the also Cuban Denia Caballero, second with 63.07, her best mark of the season.

Silinda's progress is remarkable, as she smashed her personal best (63.17 in 2021) and improved by almost four meters her best mark of the season (61.73 m), achieved at the last ALBA Games in April in Venezuela, where she was crowned champion.

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<https://www.radiohc.cu/en/noticias/deportes/325525-discobola-silinda-morales-astonishes-in-castellon-by-shattering-her-own-records>



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