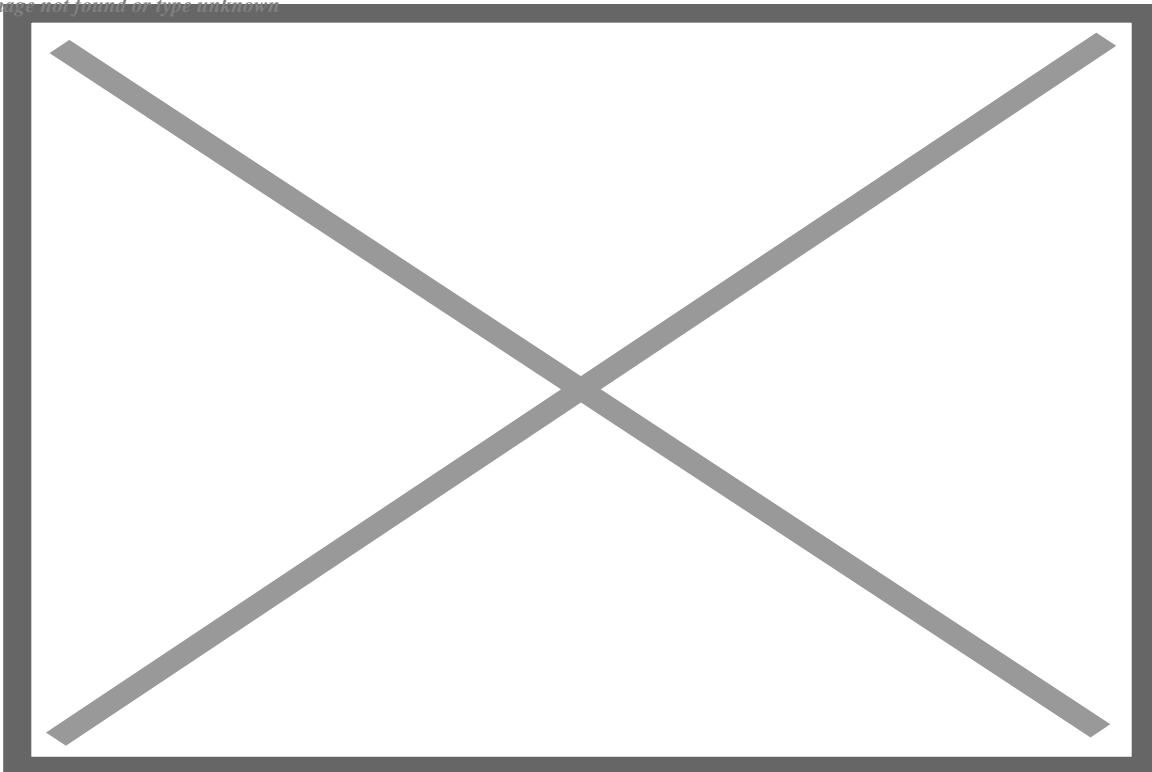


# *Silver for Denia in National Athletics Championships in Spain*

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**Cuba celebrated Friday the silver medal won by Denia Caballero in the women's discus throw at the 4th North, Central America and Caribbean (Nacac) Senior Track and Field Championships in Freeport 2022, Grand Bahamas.**

Havana, August 20 (RHC)-- Cuba celebrated Friday the silver medal won by Denia Caballero in the women's discus throw at the 4th North, Central America and Caribbean (Nacac) Senior Track and Field Championships in Freeport 2022, Grand Bahamas.

The Olympic bronze medalist in Rio de Janeiro 2016 lived in the Caribbean island her return to competitions, after almost a year away from the throwing circle. She achieved a record of 61.86 meters that surprised her: "I did not expect to throw this," she said shortly after the last sent.

"One breathes athletics and I think my comeback has been super good, I needed this. The sports mastery helps a lot and I think that's why I achieved a mark that I had not thought of," expressed excited Denia, who touched the world glory in Beijing 2015 and now goes through a stage of general preparation.

"I'm trying out alternatives because I'm an "older" 32-year-old," she jokingly told Javier Clavelo, Nacac press officer at the competition that has the Grand Bahamas Sports Complex as its venue.

"I see these kids around me with a lot of future and I just advise them to focus and set goals," recommended who also excelled in the Toronto 2015 Pan American Games and has as personal best a shot of 70.65 meters.

Her event was won by Laulauga Tuasaga-Collins (63.18 meters) and the bronze medal was won by Rachel Dincoff (61.56 meters), both from the United States.

Cuba's Silinda Morales, an attendee at the recent Oregon 2022 World Championships in Athletics, finished fourth with 60.73 meters.

According to data provided to JIT by statistician Alfredo Sanchez, hammer thrower Yaristza de la Caridad Martinez also finished in fourth place, after sending the implement to 62.89 meters. The gold medal went to Janee Kassanavoid of the United States, the only one to surpass 70 meters (71.51 meters).

Anisleidy Ochoa clocked 16:55.66 minutes and finished sixth in the 5,000-meter race, dominated by Natosha Rodgers (15:11.68 minutes).

Juan Carley Vázquez, world youth champion in Nairobi 2021, finished in seventh place after setting his best time of the night at 17.99 meters.

Vazquez arrived at the event with an entry mark of 18.84 meters. Getting closer to that mark would have put him closer to the podium, which this time was occupied by Americans Roger Steen (20.78 meters) and Adrian Piperi (20.76 meters), and Jamaican O'Dayne Richards (20.05 meters).

International debutant Dacsy Brison could not show her quality in the high jump and left without valid records, after giving up 1.60 and 1.65 meters, and failing all three attempts over 1.70 meters.

The gold medal went to the United States through Vashti Cunningham, whose dominance included a competition record of 1.92 meters.

Other performances by Cubans made progress in the medal discussions, such as that of Roxana Gómez with a time of 51.57 seconds in the 400 meters, an event in which the local Shaunae Miller-Uibo is the favorite.

Greisy Robles qualified in the 100 meter hurdles with a time of 13.43 seconds, and Lázaro Taylor Rodríguez achieved the same performance in the 400 meter hurdles with a time of 50.37 seconds.

This Saturday, Yuniabel Contreras will be the first to compete for the Greater Antilles, when she takes the start of the 20 kilometers race walk, the only race with a direct finish scheduled for the morning session.

In addition to Roxana and Greisy, Dayli Cooper will compete in the 800 meters, Yasmani Fernández in the hammer and the Pan American high jump champion in Lima 2019, Luis Enrique Zayas.

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