

MCT 2020	Senior Men (not born after 1998) 21yrs + : 5mins 45secs								
	Junior Men (1999 - 2008) 11 - 16yrs : 5mins 45secs								
For a Welsh Ranking three times in the 12 month period are required (NB extended due to Covid 19)									
Name of Athlete:	Arno Turner	Jake Lynock	Paul O'Callaghan	Joshua Thomas	Rhys Smart	Zach Chalmers	Rhys James	Nathaniel Salvatore	Damian Ellis
Ranking Average (Fastest 3 times in last 12 months)	4:57	5:17	5:36	5:50.01	6:06.41				
JM / SM	JM	JM	M	JM	JM	JM	JM	JM	M
MCT	YES	YES	YES	YES	YES	NO	NO	NO	NO
Fastest Time in last 12 months (extended due to Covid 19)	4:53	4:54	5:14	5:26	5:38	6:46	7:36	7:52	8:32
Ranking	1	2	3	4	5				
World Tour Suhl Ger June 2019 Minor	4:59 4:53		5:14						
Junior Int Bisley August 2019 Domestic									
AA Cup Aug 2019 Domestic - club	5:09 5:08								
Welsh Confined and Open Champs and Super League August 2019 Domestic	5:00		5:50	6:48.66	9:08.93				
British Champs Super League Final Sept 2019 Domestic	5:02 5:09		6:09 5:45	8:04.73					
YOSC Super League 14 March 2020 Domestic			6:49						
ISSF World Tour Dingolfing, Germany 31 July 2021 Minor									
Welsh Champs, Llandovery 21 August 2021 Domestic		5:28	6:14	5:26	5:38			9:40	9:23
British Champs Crai		6:16.46 5:45.42		6:02.01 6:02.02	6:18.11 6:23.91				

19 Sept 2021 Domestic										
ISSF Grand Prix Egypt 28.3.22 + 1.3.22	5:05 5:24									
21 st Romsey BS GP 7 May 2022	5:20	5:30								
TS Cymru WAA Ranked event 14.5.22		5:29 4:54	6:38			7:44	7:36	7:52	8:32	