

MCT 2019	Senior Women (not born after 1998) 21yrs + : 6mins 30secs							
	Junior Women (1999 - 2008) 11 - 16yrs : 6mins 30secs							
For a Welsh Ranking three times in the 12 month period are required (NB extended due to Covid 19)								
Name of Athlete:	Emily Shawyer	Kate Lynock	Beartrice Morgan	Jasmine Rummington	Abi Smart	Chloe John	Rosaleen Salvatore	
Ranking Average (Fastest 3 times in last 12 months)	5:01.67	6:53	7:49.02	8:31				
JW / SW	JW	SW	JW	JW	JW	JW	SW	
MCT	YES	NO	NO	NO	NO	NO	NO	
Fastest Time in last 12 months	4:59	6:51	7:40.06	15:41	8:00	8:09	8:45	
Ranking	1	2	3	4				
Junior Int Bisley August 2019 Domestic	6:22							
AA Cup Aug 2019 Domestic - club	5:37.89 5:20.51							
Welsh Confined and Open Champs and Super League August 2019 Domestic	5:25.11				9:45.28			
British Champs Super League Final Sept 2019 Domestic	5:38.81 5:44.38							
YOSC Super League March 2020 Domestic	5.42							
ISSF World Tour Dingolfing, Germany 31 July 2021 Minor	5.44.3 5.29.3							
Welsh Championships Llandovery 21 August 2021 Domestic	4:59		8:04	15:41	8:00	8:09	8:45	
British Champs Crai 19 Sept 2021 Domestic		7:30.57	8:39.60 7:40.06			8:17.10		
ISSF Grand Prix Egypt 28.3.22 + 1.3.22	5:03 5:03							
21 st Romsey BS GP 7 May 2022		6:57						
TS Cymru WAA Ranked event 14.5.22	5:44 5:23	6:51 6:51	7:43	10:09 8:31				
ISSF Grand Prix Switzerland 17 + 18.6.22	5:07.27 5:03.87							