

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								
Name of Athlete:	Emily Shawyer	Seren Thorne	Kirstin Littlewood	Katie Fear	Nikita Evans	Nicole Newton	Abi Smart	Wendy Newton
Ranking Average (Fastest 3 times in last 12 months)	5:21.79	7:05.37	8:24.20	9:00.93	N/A	N/A	N/A	N/A
JW / SW	JW	JW	SW	JW	JW	SW	JW	SW
MCT	YES	No	No	No	No	No	No	No
Fastest Time in last 12 months	5:19.78	6:33.26	7:54.33	8:05.51	8:47.84	9:01	9:45.28	10:11
Ranking	1	2	3	4				
YOSC Super League March 2020 Domestic (f)	5:42							
North West Super League May 2019 Domestic (f)	5:25							
South West Super League May 2019 Domestic (f)	6:48							
Hants League May 2019 Domestic (f)	5:42							
Walther Trophy Italy June 2019 Minor (h)	5:31.56							
Walther Trophy Ora Italy June 2019 Minor (f)	5:19.78							
World Tour Suhl Ger June 2019 Minor (h)	6:01.01							
World Tour Suhl Ger June 2019 Minor (f)	5:24.26							
Junior Int Bisley August 2019 Domestic (f)	6:22	7:45		10:07				
AA Cup Aug 2019	5:37.89							

Domestic - club (h)									
AA Cup Aug 2019 Domestic - club (f)	5:20.51								
Welsh Confined and Open Champs and Super League August 2019 Domestic (f)	5:25.11	6:33.26	8:14	8:51.46	8:47.84	9:01	9:45.28	10:11	
British Champs Super League Final Sept 2019 Domestic (h)	5:38.81	7:32.20	9:04.26	8:05.51	9:01.42				
British Champs Super League Final Sept 2019 Domestic (f)	5:44.38	7:11.86	7:54.33						