

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	Beartrice Morgan	Abi Smart	Chloe John	Rosaleen Salvatore	Jasmine Rimming		
Ranking Average (Fastest 3 times in last 12 months)	5:01.67	8:06.22						
JW / SW	JW	JW	JW	JW	SW	JW		
MCT	YES	NO	NO	NO	NO	NO		
Fastest Time in last 12 months	4:59	7:40.06	8:00	8:09	8:45	15:41		
Ranking	1	2						
North West Super League May 2019 Domestic	5:25							
South West Super League May 2019 Domestic	6:48							
Hants League May 2019 Domestic	5:42							
Walther Trophy Ora, Italy June 2019 Minor	5:31.56 5:19.78							
World Tour Suhl Ger June 2019 Minor (h)	6:01.01 5:24.26							
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	8:00	8:09	8:45	15:41		

British Champs Crai 19 Sept 2021 Domestic		8:39.60 7:40.06		8:17.10				
ISSF Grand Prix Egypt 28.3.22 + 1.3.22	5:03 5:03							