

MCT 2019	Senior Women (not born after 1998) 21yrs +		: 6mins 30secs					
	Junior Women (1999 - 2008)		11 - 16yrs : 6mins 30secs					
<b>For a Welsh Ranking three times in the 12 month period are required (NB extended due to Covid 19)</b>								
Name of Athlete:	Emily Shawyer	Amber Pearn						
Ranking Average (Fastest 3 times in last 12 months)	5:13.10	N/A						
JW / SW	JW	JW						
MCT	YES	YES						
Fastest Time in last 12 months	4.59	5.54						
Ranking	1							
YOSC Super League March 2019 Domestic	5:28							
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 Italy June 2019 Minor	5:31.56							
Walther Trophy Ora Italy June 2019 Minor	5:19.78							
World Tour Suhl Ger June 2019 Minor (h)	6:01.01							
World Tour Suhl Ger June 2019 Minor	5:24.26							
Junior Int Bisley August 2019 Domestic	6:22							
AA Cup Aug 2019 Domestic - club	5:37.89							
AA Cup Aug 2019 Domestic - club	5:20.51							
Welsh Confined and Open Champs and Super League August 2019 Domestic	5:25.11							
British Champs Super League Final Sept 2019	5:38.81							

Domestic								
British Champs Super League Final Sept 2019 Domestic	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	5.54						
British Champs Crai 19 Sept 2021 Domestic		6.41.56						