MCT 2024	**Men 21yrs + : 5mins 30secs**										
	Junior Men 11 – 20yrs : 6mins 0secs										
For a Welsh Ranking three times in the 12 month period are required											
Name of Athlete:	**Jake Lynock**	**Nathaniel Salvatore**	**Zach Chalmers**	**Jodie Miles**	**Nicholas Alexander**						
Ranking Average (Fastest 3 times in last 12 months)	04.58.84	05.26.79	06.14.33	07.06.64	07.04.63						
JM / M	JM	JM	JM	M	M						
MCT	YES	YES	YES	NO	NO						
Fastest Time in last12 months (extended due to Covid 19)	04.54.68	05.16.77	05.49.00	07.01.00	06.53.70						
Ranking	**1**	**2**	**3**	**4**	**5**						
British Champs - Llandovery 16.09.23	04.58.00 05.04.00	06.00.00 06.05.00	06.21.00 05.49.00								
British Shooting Grand Prix - Aldersley 07.04.24	05.05.00 05.28.00	06.26.00 06.01.00		08..52.00 08.54.00							
ISSF Hungarian Grand Prix 20.04.24											
Yate – Grand Prix 28.04.24		05.41.20 05.35.60		07.07.10 07.24.10	06.58.20 06.53.70						
ISSF Italian World Cup 17.05.24											
Cranleigh Grand Prix 09.06.24	05.11.46 04.54.68			08.44.75 07.11.84							
ISSF Swiss World cup 29.06.24		05.16.77									
Welsh Champs - Llandovery 17.08.24		05.28.00 05.45.00	06.33.00 06.44.00	07.01.00 07.31.00	07.22.00 07.41.00						