

MCT 2023	Men 21yrs + : 6mins 0secs								
	Junior Men 11 - 16yrs : 6mins 0secs								
For a Welsh Ranking three times in the 12 month period are required									
Name of Athlete:	Jake Lynock	Nathaniel Salvatore	Zach Chalmers	Arno Turner	Damian Ellis	Rhys James			
Ranking Average (Fastest 3 times in last 12 months)	4:44	5:53	6:11						
JM / M	JM	JM	JM	M	M	JM			
MCT	YES	YES	YES	NO	NO	NO			
Fastest Time in last 12 months (extended due to Covid 19)	4:25	5:35	5:49	4:49	8:18	9:09			
Ranking	1	2	3						
TS Cymru WAA Ranked event 22.4.23		6:51	6:47 6:45		8:18				
TS Cymru WAA Ranked event 21.5.23									
ISSF Grand Prix Hungary 18.6.23				04:49 05:26					
TS Cymru WAA Ranked event 8.7.23	4:49	7:25	06:25						
Junior Int Bisley August 2022 Domestic 7.8.23	4:25	5:35	7:01						
Welsh Confined and BS GP 19.8.23 Domestic	4:58	6:25	6:49			9:09			
British Champs 16.9.23	4.58 5.04	6.00 6.05	6.21 5.49						