MCT 2024	Women 21yrs + : 6mins 00secs							
	Junior Women 11 – 20yrs : 6mins 30secs							
For a Welsh Ranking three times in the 12 month period are required								
Name of Athlete:	**Emily Shawyer**	**Mari Pritchard**	**Esme Lynock**	**Kate Lynock**				
Ranking Average (Fastest 3 times in last 12 months)	04.54.86	05.49.93	06.12.50	06.38.55				
JW / W	W	JW	JW	W				
MCT	YES	YES	YES	YES				
Fastest Time in last 12 months	4:50	05.36	06.04	06:32				
Ranking	1	2	3	4				
British Champs - Llandovery 16.09.23	05.02.00	07.34.00 06.19.00	06.24.00 06.29.00	06.49.00 06.32.00				
British Shooting Grand Prix - Aldersley 07.04.24	06.19.00 06.10.00	07.05.00 08.01.00						
ISSF Hungarian Grand Prix 20.04.24	04.52.52							
Yate – Grand Prix 28.04.24		05.36.50 05.50.30						
ISSF Italian World Cup 17.05.24	04.50.08							
Cranleigh Grand Prix 09.06.24			06.22.50 06.35.47	07.28.78 06.35.66				
ISSF Swiss World Cup 29.06.24	05.17.48							
Welsh Champs -Llandovery 17.08.24	05.38.00 05.40.00	07.38.00 06.13.00	06.11.00 06.04.00	07.08.00 06.48.00				