

MCT 2023	Women 21yrs +		: 6mins 30secs					
	Junior Women 11 - 16yrs		: 6mins 30secs					
For a Welsh Ranking three times in the 12 month period are required								
Name of Athlete:	Emily Sawyer	Mari Pritchard	Esme Lynock	Kate Lynock	Rosaleen Salvatore	Nicole Newton		
Ranking Average (Fastest 3 times in last 12 months)	4:44	6:14	6:32	6:35				
JW / W	JW	JW	JW	W	W	W		
MCT	YES	YES	YES	YES	NO	NO		
Fastest Time in last 12 months	4:38	6:10	6:24	6:28	7:59	7:59		
Ranking	1	2	4	3				
TS Cymru WAA Ranked event 22.4.23		10:09			7:59	7:59		
ISSF Grand Prix Italy 6.5.23	05:04.83 04:56.50							
TS Cymru WAA Ranked event 21.5.23		6:55 9:12	06:43 08:53	06:57 06:28				
Burntwood Grand Prix 11.6.23			06:45	07:34				
ISSF Grand Prix Hungary 16.6.23	04:48 04:47							
Swiss International 30.6.23	05:22 05:12							
TS Cymru WAA Ranked event 8.7.23	05:18 05:02	09:28 06:10	06:56					
ISSF Grand Prix Germany 23.7.23	4.55 4.54							
Junior Int Bisley August 2022 Domestic 7.8.23	4:38	6:14	7:22					
Welsh Confined and BS GP 19 August 23 Domestic	5:42	8:37	7:12	6:45		11:34		
British Championships 16.9.23	5.02 4.58	6.19 7.34	6.24 6.29	6.49 6.32				