

Achievements

- **2015 – Commonwealth Game Gold Medallist**
- 2011- new GB record 147ex 150
- 2011- 9th place at the world cup Australia
- 2011-Ranked 2nd in Great Britain
- 2011-UK championships Silver place
- 2011-British Championships bronze medal

- **2010- Commonwealth Games Gold Medallist**
- 2010- World championships Bronze medallist
- 2010-European Championships Bronze medallist
- 2010- Highest rank shooter for Britain in the world for Double trap
- 2010-ranked 1st in GB selection for 2011
- 2010- 5th place at world cup in Italy
- 2010- British Gran Prix Bronze medallist
- 2010- Britannia Grand Prix gold medallist
- 2010- UK championship gold medallist

- 2009- Finished year ranked 3rd overall and 17th in the world
- 2009- British Grand Prix gold medallist
- 2009- UK championships Gold medallist + New British record and unofficial World record 195 ex 200
- 2009- European championships 9th place
- 2009- World Cup San Marino GOLD medallist

- **2008- European Champion!**
- 2008- European silver medal in the team event
- 2008- Overall 12th place Beijing Olympic Games 2008
- 2008- Cyprus grand prix 4th place
- 2008- World cup Texas 9th place
- 2008- Ranked 1st and 2nd over the last 4 years rankings in GB
- 2008- Clay shooter of the year (clay shooting magazine)
- 2008- Won 3 of 6 national selection shoots for the GB team
- 2008- South East Double trap champion
- 2008- Sussex Double trap champion
- 2008- Selection shoot at Nuthampstead shooting ground equalled ground Record set by me last year 142 ex 150

- 2007- Equalled British record 146 ex 150

- 2007- South East inter-counties Double trap champion
- 2007- 9th World cup Korea
- 2007- 8th World cup Santo Domingo
- 2007- 7th World cup Maribor
- 2007- European championships bronze medal
- 2007- World championships 4th place + Quota place for Olympics and new personal best 141 + 48 in final.
- 2007- World championships team bronze
- 2007-Ranked 7th in the world
- 2007- Ranked 4th in europe

- 2006- World cup Cairo gold medallist in the team event
- 2006- UK champion
- 2006- English Grand Prix champion (set new GB record)
- 2006- South East regions double trap champion (equalled GB record that I shot at the English GP)
- 2006- South East regions Olympic trap champion
- 2006- Sussex Double Trap champion
- 2006- European Silver medallist in the team event 9th overall
- 2006- British Grand Prix 3rd place

- 2005- European silver medallist in the team event 5th overall
- 2005- English Grand Prix 3rd
- 2005- British Grand Prix 2nd
- 2005- UK championships 2nd
- 2005- Kent Double Trap champion
- 2005- World cup gold medallist in the team event
- 2005- World cup bronze medallist in the team event

- 2004- British Grand Prix (1st junior) 2nd overall
- 2004-European Championships Bronze medallist individual
- 2004- English Grand Prix (1st junior)
- 2004- UK championships (1st junior) 3rd overall
- 2004- South Wales Double Trap champion

- 2003- **Junior world champion** and team gold
- 2003- World cup seniors Team gold
- 2003- **Junior European champion** and Team gold
- 2003-British Grand Prix (1st junior) second overall
- 2003- South Wales (1st junior) 2nd overall
- 2003- English Grand Prix (1st junior) 3rd overall

- 2002- South Wales Double Trap Champion won my 1st selection shoot.
- 2002- British Grand Prix 1st Junior
- 2002- English Grand Prix 2nd Junior
- 2002- UK Championships 1st junior 3rd overall