

Owen Trophy 2018 : base times and targets																		
		10K in sec.	10K base times			Elmore 7 target			Elmore 7 bonus target			Elmore	20pt	Beating	Beating	better than	better than	Total
			minutes	seconds	1.2	minutes	seconds	1.188	minutes	seconds		actual	for race	target	bonus target	last year	'17 road race	points
Andrew	Pickering	2602	43	22	3122	52	2	3091	51	31		50.41	20	1	1	0	0	22
Niamh	Vincent	2674	44	34	3209	53	29	3177	52	57		52.2	20	1	1	0	0	22
Rotimi	Oyegunle	2898	48	18	3478	57	58	3443	57	23		56.22	20	1	1	0	0	22
Selena	Wong.	2961	49	21	3553	59	13	3518	58	38		57.19	20	1	1	0	0	22
Susanna	Lutman	2948	49	8	3538	58	58	3502	58	22		59.02	20	0	0	1	0	21
Krzysztof	Klidzia	2170	36	10	2604	43	24	2578	42	58		43.34	20	0	0	0	0	20
simon	webster	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		49.47	20	0	0	0	0	20
Lyes	Fridi	2571	42	51	3085	51	25	3054	50	54		51.57	20	0	0	0	0	20
Steph	Upton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		54.03	20	0	0	0	0	20
stephen	Lowe	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a		55.21	20	0	0	0	0	20
Yasmin	Anderson	2998	49	58	3598	59	58	3562	59	22		60.38	20	0	0	0	0	20