

Owen Trophy 2016 : Croydon 10K results & targets																	
		10K base times			Croydon 10K target			Croydon 10K bonus target			Croydon 10K		Beating	Beating	better than	better than	total
		minutes	seconds	1.0175				1.0073			actual	20pt for race	target	Bonus target	last year	2014/15 road ranking	points
Phil	Coales	2057	34	17	2093	34	53	2072	34	32	34.27	20	1	1	1	1	24
Nick	Corline	2833	47	13	2883	48	3	2854	47	34	45.06	20	1	1	1	1	24
Martin	Filer	2362	39	22	2403	40	3	2379	39	39	39.09	20	1	1	1	1	24
Lee	Flanagan	2177	36	17	2215	36	55	2193	36	33	36.27	20	1	1	1	1	24
Sean	Gallagher	3053	50	53	3106	51	46	3075	51	15	50.10	20	1	1	1	1	24
Sam	O'Dongo	2579	42	59	2624	43	44	2598	43	18	42.08	20	1	1	1	1	24
Stacey	Seymour..	5714	95	14	5814	96	54	5756	95	56	94.25	20	1	1	1	1	24
John	O'Mahony	2658	44	18	2705	45	5	2677	44	37	42.11	20	1	1	1	1	23
Abhi	Toraskar	2930	48	50	2981	49	41	2951	49	11	45.41	20	1	1	1	1	23
Selena	Wong.	2973	49	33	3025	50	25	2995	49	55	49.40	20	1	1	1	1	23
Yasmin	Anderson	3108	51	48	3162	52	42	3131	52	11	49.58	20	1	1	1	1	22
Michelle	Clarke	2787	46	27	2836	47	16	2807	46	47	46.41	20	1	1	1	1	22
John	Punt	2513	41	53	2557	42	37	2531	42	11	42.04	20	1	1	1	1	22
Alan	Dolton	2892	48	12	2943	49	3	2913	48	33	48.43	20	1	1	1	1	21
Peter	Johnson.	2602	43	22	2648	44	8	2621	43	41	44.32	20	1	1	1	1	21
Krzysztof	Klidzia	2141	35	41	2178	36	18	2157	35	57	36.10	20	1	1	1	1	21
Simone	Luciani	2056	34	16	2092	34	52	2071	34	31	35.01	20	1	1	1	1	21
chrissy	Amer				n/a	n/a	n/a	n/a	n/a	n/a	54.17	20					20
Mo	Beardson				n/a	n/a	n/a	n/a	n/a	n/a	72.47	20					20
Debra	Bourne	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	47.06	20					20
Paul	Cripps	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	42.12	20					20
Annie	Cripps				n/a	n/a	n/a	n/a	n/a	n/a	53.14	20					20
Martin	Cross				n/a	n/a	n/a	n/a	n/a	n/a	55.45	20					20
David	Downs				n/a	n/a	n/a	n/a	n/a	n/a	53.06	20					20
Graeme	Drysdale	2346	39	6	2387	39	47	2363	39	23	40.56	20					20
Alastair	Falconer				n/a	n/a	n/a	n/a	n/a	n/a	36.59	20					20
Sam	Hansen				n/a	n/a	n/a	n/a	n/a	n/a	39.15	20					20
Jenny	Hansen				n/a	n/a	n/a	n/a	n/a	n/a	60.28	20					20
Isabelle	Kita	3385	56	25	3444	57	24	3410	56	50	58.19	20					20
Rob	Lines				n/a	n/a	n/a	n/a	n/a	n/a	37.05	20					20
Tom	Littlewood	3068	51	8	3122	52	2	3090	51	30	56.15	20					20
Dave	Lovell				n/a	n/a	n/a	n/a	n/a	n/a	46.32	20					20
Bill	Makuwa	2122	35	22	2159	35	59	2138	35	38	66.45	20					20
Helene	Mccann				n/a	n/a	n/a	n/a	n/a	n/a	60.28	20					20
sarah	Milne				n/a	n/a	n/a	n/a	n/a	n/a	58.22	20					20
Bernie	Nelligan				n/a	n/a	n/a	n/a	n/a	n/a	47.50	20					20
Richard	O'connor				n/a	n/a	n/a	n/a	n/a	n/a	49.33	20					20
rotimi	Oyegunle				n/a	n/a	n/a	n/a	n/a	n/a	48.39	20					20
Geoff	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	50.33	20					20
William	Pennells.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	50.34	20					20
Phil	Richards	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	52.33	20					20
Lynn	Seymour	3455	57	35	3515	58	35	3480	58	0	94.25	20					20
Steve	starvis				n/a	n/a	n/a	n/a	n/a	n/a	36.44	20					20
Vanessa	Wheeler				n/a	n/a	n/a	n/a	n/a	n/a	60.28	20					20
Alison	Whitlock	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	49.00	20					20