

Owen Trophy 2016 : Elmbridge targets											
			10K base times			Elmbridge target			Elmbridge bonus target		
			minutes	seconds		1.015 minutes	seconds		1.00485 minutes	seconds	
Karim	Akhtar	2910	48	30		2954	49	14	2924	48	44
Hugh	Alexander	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Imtiaz	Ali	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Simon	Ambrosi	2267	37	47	2301	38	21	2278	37	58	
Yasmin	Anderson	3108	51	48	3155	52	35	3123	52	3	
Raquel	Andreia	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Mark	Armstrong	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Sue	atkinson	3818	63	38	3875	64	35	3837	63	57	
Peter	Attewell	3544	59	4	3597	59	57	3561	59	21	
Mark	Bayliss	2800	46	40	2842	47	22	2814	46	54	
Nat	Baynes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
James	Bennett	1952	32	32	1981	33	1	1961	32	41	
Sunjay	Bhogal	2603	43	23	2642	44	2	2616	43	36	
Adele	Boesinger	3050	50	50	3096	51	36	3065	51	5	
Debra	Bourne	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Graham	Bowyer	4053	67	33	4114	68	34	4073	67	53	
Ivanka	Brown	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Jonathan	Burke	3145	52	25	3192	53	12	3160	52	40	
James	Burree	2786	46	26	2828	47	8	2800	46	40	
Terry	Buxton	2929	48	49	2973	49	33	2943	49	3	
Allie	Cairnie	2886	48	6	2929	48	49	2900	48	20	
Ian	Campbell	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Michelle	Campbell	3118	51	58	3165	52	45	3133	52	13	
Tamsin	carelse	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Killian	Carr	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Corinne	Carr	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Belinda	Carroll	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Charlotte	Chapman	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Matt	Chapman	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Patrick	Chung	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Michelle	Clarke	2793	46	33	2835	47	15	2807	46	47	
Natalie	Clerke	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Phil	Coales	2057	34	17	2088	34	48	2067	34	27	
Steve	Collard	2864	47	44	2907	48	27	2878	47	58	
eve	Collins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Nigel	Collins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
John	Collins.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Vicki	Collins.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Gordon	Connor	3400	56	40	3451	57	31	3416	56	56	
Karen	Connor	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Suzi	Connor.	3791	63	11	3848	64	8	3809	63	29	
Nick	Corline	2833	47	13	2875	47	55	2847	47	27	
Paul	Cripps	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Tom	Crofts	2547	42	27	2585	43	5	2559	42	39	
Joanna	Crompton	3155	52	35	3202	53	22	3170	52	50	
Amy	Cutts	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Linda	Daniel	3309	55	9	3359	55	59	3325	55	25	
Dave	Denton	3107	51	47	3154	52	34	3122	52	2	
andrew	Diamiantis	3499	58	19	3551	59	11	3516	58	36	
Helena	Doherty	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Alan	Dolton	2892	48	12	2935	48	55	2906	48	26	
Graeme	Drysdale	2347	39	7	2382	39	42	2358	39	18	
Keith	Dube	3128	52	8	3175	52	55	3143	52	23	
James	Duffin	2920	48	40	2964	49	24	2934	48	54	
Pat	Edwards	3982	66	22	4042	67	22	4001	66	41	
Rosemary	Egbe	4039	67	19	4100	68	20	4059	67	39	
Paul	Eisenhut	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Anne	Eldridge	3787	63	7	3844	64	4	3805	63	25	
Andy	Elliott	3380	56	20	3431	57	11	3396	56	36	
Kawall	Etwaroo	3588	59	48	3642	60	42	3605	60	5	
Alice	Ewen	2685	44	45	2725	45	25	2698	44	58	
Edie	Fairservice	3444	57	24	3496	58	16	3461	57	41	
Sandie	Fay	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Nick	Flander	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Martin	Filer	2362	39	22	2397	39	57	2373	39	33	
Barry	Finch	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Paul	Finch.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Rob	Finch...	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Nigel	Finch...	2592	43	12	2631	43	51	2605	43	25	
Sarah	Fisher.	3300	55	0	3350	55	49	3316	55	16	
Lee	Flanagan	2177	36	17	2210	36	50	2188	36	28	
Tony	Flowers	3891	64	51	3949	65	49	3910	65	10	
John	Foster	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Sandra	Francis	3773	62	53	3830	63	50	3791	63	11	
Sean	Gallagher	3053	50	53	3099	51	39	3068	51	8	
John	Gannon	3421	57	1	3472	57	52	3438	57	18	
Tom	Gillespie	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Simon	Gosney	3228	53	48	3276	54	36	3244	54	4	
Martin	Gourlay	2984	49	44	3029	50	29	2998	49	58	
Louise	Grech	3093	51	33	3139	52	19	3108	51	48	
Chris	Green	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Ozgur	Gulec	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
David	Gunaratnam	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Kevin	Hann.	2936	48	56	2980	49	40	2950	49	10	
Colin	Hann..	2426	40	26	2462	41	2	2438	40	38	
Steve	Harris	2461	41	1	2498	41	38	2473	41	13	
Iain	Harrison	2099	34	59	2130	35	30	2109	35	9	
Steve	Harrison.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Diane	Hart	3101	51	41	3148	52	28	3116	51	56	
Brenham	Heath	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Stuart	Hills	2994	49	54	3039	50	39	3009	50	9	
Mike	Hinchcliffe	3250	54	10	3299	54	59	3266	54	26	
Melanie	Hinds	3498	58	18	3550	59	10	3515	58	35	
Nicky	Hodge	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Taylor	Huggins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Jane	Hughes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
John	Humphries	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Mark	Hutchings	3019	50	19	3064	51	4	3034	50	34	
Paula	Irving	3846	64	6	3904	65	4	3865	64	25	
Jasmin	Islam	3166	52	46	3213	53	33	3181	53	1	
Darren	Jackson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Lisa	Jackson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Robin	Jamieson	3359	55	59	3409	56	49	3375	56	15	
Raquel	Janeiro	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Dan	Jewell	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Alisha	Johnson	4653	77	33	4723	78	43	4676	77	56	
Ian	Johnson	2794	46	34	2836	47	16	2808	46	48	
Peter	Johnson.	2602	43	22	2641	44	1	2615	43	35	
Patsi	Johnston	3033	50	33	3078	51	18	3048	50	48	
Julie	Jordan	4026	67	6	4086	68	6	4046	67	26	
Nick	Karellis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Cara	Kayum	2491	41	31	2528	42	8	2503	41	43	
Mark	Kelly	2551	42	31	2589	43	9	2563	42	43	

stephen	Kelly.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Isabelle	Kita	3385	56	25	3436	57	16	3401	56	41	51
Krzysztof	Kidzia	2141	35	41	2173	36	13	2151	35	51	41
Adam	Kos	2291	38	11	2325	38	45	2302	38	22	22
Nick	Kyrtisis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Asiat	Lamina	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Robbie	Lashley	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Becky	Laurence	2646	44	6	2686	44	46	2659	44	19	19
Peter	Laurence	2596	43	16	2635	43	55	2609	43	29	29
Richard	Lee-Smith	2415	40	15	2451	40	51	2427	40	57	57
Victoria	Legge	4238	70	38	4302	71	42	4259	70	29	29
Charlotte	Letchford	2816	46	56	2858	47	38	2830	47	10	10
Elanor	Lim	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rachel	Lindley	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Morena	Lironi	2621	43	41	2660	44	20	2634	43	54	54
Tom	Littlewood	3068	51	8	3114	51	54	3083	51	23	23
Simone	Luciani	2056	34	16	2087	34	47	2066	34	26	26
Damian	Macenhill	2254	37	34	2288	38	8	2265	37	45	45
Karen	Macenhill.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Justin	Macenhill...	2293	38	13	2327	38	47	2304	38	24	24
Bill	Makuwa	2122	35	22	2154	35	54	2132	35	32	32
Dev	Malhotra	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Holly	Mann	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Andy	Marlow	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steve	Massey	2396	39	56	2432	40	32	2408	40	8	8
Taric	Matthicks	2419	40	19	2455	40	55	2431	40	31	31
Phil	Mazur	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Myles	McCarthy	2931	48	51	2975	49	35	2945	49	5	5
Neil	McDonough	3082	51	22	3128	52	8	3097	51	37	37
Katie	McInnes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	Mernagh	3106	51	46	3153	52	33	3121	52	1	1
Peter	Mills	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Matt	Morgan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chris	Morton	2455	40	55	2492	41	32	2467	41	7	7
Steph	Moss	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Hannah	Musk	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tyler	O'Callaghan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sam	O'Dongo	2579	42	59	2618	43	38	2592	43	12	12
John	O'Dowd	3414	56	54	3465	57	45	3431	57	11	11
Liz	Offor	3197	53	17	3245	54	5	3213	53	33	33
John	O'Mahony	2658	44	18	2698	44	58	2671	44	31	31
Natalie	Osher	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tony	Ostrowski	2747	45	47	2788	46	28	2760	46	0	0
Gemma	Page	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Simon	Pannell	2420	40	20	2456	40	56	2432	40	32	32
Karen	Peake	3128	52	8	3175	52	55	3143	52	23	23
Geoff	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Laura	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
William	Pennells.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Andy	Perks	2406	40	6	2442	40	42	2418	40	18	18
Ailan	Phillips	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alistair	Price	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
John	Punt	2513	41	53	2551	42	31	2525	42	5	5
Alan	Purchase	2645	44	5	2685	44	45	2658	44	18	18
Phil	Richards	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sam	Robinson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Beatrice	Schaer	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Katherine	Selby	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Dennis	Seymour	3070	51	10	3116	51	56	3085	51	25	25
Lynn	Seymour	3455	57	35	3507	58	27	3472	57	52	52
Natalie	Seymour.	3758	62	38	3814	63	34	3776	62	56	56
Stacey	Seymour..	5714	95	14	5800	96	40	5742	95	42	42
Dave	Shaw	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sophie	Shaw	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Shew	3570	59	30	3624	60	24	3587	59	47	47
Clive	Simmonds	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Keith	Simpson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michael	Smaldon	2909	48	29	2953	49	13	2923	48	43	43
Steve	Smith.	2633	43	53	2672	44	32	2646	44	6	6
Rod	Smith....	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Matthew	Smith.....	2187	36	27	2220	36	60	2198	36	38	38
Alistair	Smith.....	2560	42	40	2598	43	18	2572	42	52	52
Matt (jr)	Smith.....	3195	53	15	3243	54	3	3210	53	30	30
Paul	Stanford	2482	41	22	2519	41	59	2424	41	34	34
Juliet	Stevenson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mike	stewart	2229	37	9	2262	37	42	2240	37	21	21
Matt	Stone	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Carolyn	Storey	2778	46	18	2820	46	60	2791	46	46	46
Serena	stracey	2626	43	46	2665	44	25	2639	43	59	59
Karen	stretch	2454	40	54	2491	41	31	2466	41	6	6
Jo	Sutton	2978	49	38	3023	50	23	2992	49	52	52
Ganesh	Swaminathan	3072	51	12	3118	51	58	3087	51	27	27
Rachel	Tanner	3209	53	29	3257	54	17	3225	53	45	45
Richard	Tanner	2793	46	33	2835	47	15	2807	46	47	47
Emily	Tanner.	3526	58	46	3579	59	39	3543	59	3	3
Jessica	Thomas-Cole	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Josephine	Thompson	2551	42	31	2589	43	9	2563	42	43	43
Abhi	Toraskar	2930	48	50	2974	49	34	2944	49	4	4
Mick	Turner	2742	45	42	2783	46	23	2755	45	55	55
steve	Tyler	4001	66	41	4061	67	41	4020	67	0	0
Steph	Upton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Kevin	Waller	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
simon	webster	2447	40	47	2484	41	24	2459	40	59	59
Lucy	Wharton	3399	56	39	3450	57	30	3415	56	55	55
Barry	White	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alison	Whitlock	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Greg	Williams.	2362	39	22	2397	39	57	2373	39	33	33
Selena	Wong.	2973	49	33	3018	50	18	2987	49	47	47
Nicole	Woods	3008	50	8	3053	50	53	3023	50	23	23
Darren	Woods.	2435	40	35	2472	41	12	2447	40	47	47
Kevin	Worrall	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sarah	Sutherland	3804	63	24	3861	64	21	3822	63	42	42
Diana	Phillips	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tracy	Hunt	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jennifer	Hart.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Katie	Chadd	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Laura	Walters	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Avarnia	Hawkins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
William	Donald	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sarah	Botting	3607	60	7	3661	61	1	3624	60	24	24
Ruth	Pearson	3715	61	55	3771	62	51	3733	62	13	13
Marianna	Chua	3080	51	20	3126	52	6	3095	51	35	35
Jo	Penny	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a