

Owen Trophy 2016 : Elmore 7 targets											
		10K base times		Elmore 7 target		Elmore 7 bonus target					
		minutes	seconds	1.20 minutes	seconds	1.188 minutes	seconds	minutes	seconds	minutes	seconds
Karim	Akhtar	2910	48	30	3492	58	12	3457	57	37	
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	2720	45	20	2693	44	53	
Yasmin	Anderson	3108	51	48	3730	62	10	3692	61	32	
Raquel	Andrea	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	4582	76	22	4536	75	36	
Peter	Attewell	3544	59	4	4253	70	53	4210	70	10	
Mark	Bayliss	2800	46	40	3360	56	0	3326	55	26	
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	2342	39	2	2319	38	39	
Sunjay	Bhogal	2603	43	23	3124	52	4	3092	51	32	
Adele	Boesinger	3050	50	50	3660	61	0	3623	60	23	
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	4864	81	4	4815	80	15	
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	3774	62	54	3736	62	16	
James	Burree	2786	46	26	3343	55	43	3310	55	10	
Terry	Buxton	2929	48	49	3515	58	35	3480	57	60	
Allie	Cairnie	2886	48	6	3463	57	43	3429	57	9	
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	3742	62	22	3704	61	44	
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	3352	55	52	3318	55	18	
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	2468	41	8	2444	40	44	
Steve	Collard	2864	47	44	3437	57	17	3402	56	42	
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	4080	68	0	4039	67	19	
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	4549	75	49	4504	75	4	
Nick	Corline	2833	47	13	3400	56	40	3366	56	6	
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	3056	50	56	3026	50	26	
Joanna	Crompton	3155	52	35	3786	63	6	3748	62	28	
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	3971	66	11	3931	65	31	
Dave	Denton	3107	51	47	3728	62	8	3691	61	31	
andrew	Diamantis	3499	58	19	4199	69	59	4157	69	17	
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	3470	57	50	3436	57	16	
Graeme	Drysdale	2347	39	7	2816	46	56	2788	46	28	
Keith	Dube	3128	52	8	3754	62	34	3716	61	56	
James	Duffin	2920	48	40	3504	58	24	3469	57	49	
Pat	Edwards	3982	66	22	4778	79	38	4731	78	51	
Rosemary	Egbe	4039	67	19	4847	80	47	4798	79	58	
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	4544	75	44	4499	74	59	
Andy	Elliott	3380	56	20	4056	67	36	4015	66	55	
Kawall	Etwaroo	3588	59	48	4306	71	46	4263	71	3	
Alice	Ewen	2685	44	45	3222	53	42	3190	53	10	
Edie	Fairservice	3444	57	24	4133	68	53	4091	68	11	
Sandie	Fay	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Nick	Fiander	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Martin	Filer	2362	39	22	2834	47	14	2806	46	46	
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	3110	51	50	3079	51	19	
Sarah	Fisher.	3300	55	0	3960	66	0	3920	65	20	
Lee	Flanagan	2177	36	17	2612	43	32	2586	43	6	
Tony	Flowers	3891	64	51	4669	77	49	4623	77	3	
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	4528	75	28	4482	74	42	
Sean	Gallagher	3053	50	53	3664	61	4	3627	60	27	
John	Gannon	3421	57	1	4105	68	25	4064	67	44	
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	3874	64	34	3835	63	55	
Martin	Gourlay	2984	49	44	3581	59	41	3545	59	5	
Louise	Grech	3093	51	33	3712	61	52	3674	61	14	
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	3523	58	43	3488	58	8	
Colin	Hann..	2426	40	26	2911	48	31	2882	48	2	
Steve	Harris	2461	41	1	2953	49	13	2924	48	44	
Iain	Harrison	2099	34	59	2519	41	59	2494	41	34	
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	3721	62	1	3684	61	24	
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	3593	59	53	3557	59	17	
Mike	Hinchcliffe	3250	54	10	3900	65	0	3861	64	21	
Melanie	Hinds	3498	58	18	4198	69	58	4156	69	16	
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	3623	60	23	3587	59	47	
Paula	Irving	3846	64	6	4615	76	55	4569	76	9	
Jasmin	Islam	3166	52	46	3799	63	19	3761	62	41	
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	4031	67	11	3990	66	30	
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	5584	93	4	5528	92	8	
Ian	Johnson	2794	46	34	3353	55	53	3319	55	19	
Peter	Johnson.	2602	43	22	3122	52	2	3091	51	31	
Patsi	Johnston	3033	50	33	3640	60	40	3603	60	3	
Julie	Jordan	4026	67	6	4831	80	31	4783	79	43	
Nick	Karelis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Cara	Kayum	2491	41	31	2989	49	49	2959	49	19	
Mark	Kelly	2551	42	31	3061	51	1	3031	50	31	

stephen	Kelly.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Isabelle	Kita	3385	56	25	4062	67	42	4021	67	1		
Krzysztof	Klidzia	2141	35	41	2569	42	49	2544	42	24		
Adam	Kos	2291	38	11	2749	45	49	2722	45	22		
Nick	Kyritsis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	
Asisat	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	3175	52	55	3143	52	23		
Peter	Laurence	2596	43	16	3115	51	55	3084	51	24		
Richard	Lee-Smith	2415	40	15	2898	48	18	2869	47	49		
Victoria	Legge	4238	70	38	5086	84	46	5035	83	55		
Charlotte	Letchford	2816	46	56	3379	56	19	3345	55	45		
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	3145	52	25	3114	51	54		
Tom	Littlewood	3068	51	8	3682	61	22	3645	60	45		
Simone	Luciani	2056	34	16	2467	41	7	2443	40	43		
Damian	Macenhill	2254	37	34	2705	45	5	2678	44	38		
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	2752	45	52	2724	45	24		
Bill	Makuwa	2122	35	22	2546	42	26	2521	42	1		
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	2875	47	55	2846	47	26		
Taric	Matticks	2419	40	19	2903	48	23	2874	47	54		
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	3517	58	37	3482	58	2		
Neil	McDonough	3082	51	22	3698	61	38	3661	61	1		
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	3727	62	7	3690	61	30		
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	2946	49	6	2917	48	37		
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	3095	51	35	3064	51	4		
John	O'Dowd	3414	56	54	4097	68	17	4056	67	36		
Liz	Offor	3197	53	17	3836	63	56	3798	63	18		
John	O'Mahony	2658	44	18	3190	53	10	3158	52	38		
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	3296	54	56	3263	54	23		
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	2904	48	24	2875	47	55		
Karen	Peake	3128	52	8	3754	62	34	3716	61	56		
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	2887	48	7	2858	47	38		
Allan	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	3016	50	16	2985	49	45		
Alan	Purchase	2645	44	5	3174	52	54	3142	52	22		
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	3684	61	24	3647	60	47		
Lynn	Seymour	3455	57	35	4146	69	6	4105	68	25		
Natalie	Seymour.	3758	62	38	4510	75	10	4465	74	25		
Stacey	Seymour...	5714	95	14	6857	114	17	6788	113	8		
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	4284	71	24	4241	70	41		
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	3491	58	11	3456	57	36		
Steve	Smith.	2633	43	53	3160	52	40	3128	52	8		
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	2624	43	44	2598	43	18		
Alistair	Smith.....	2560	42	40	3072	51	12	3041	50	41		
Matt (jr)	Smith.....	3195	53	15	3834	63	54	3796	63	16		
Paul	Stanford	2482	41	22	2978	49	38	2949	49	9		
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	2675	44	35	2648	44	8		
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	3334	55	34	3300	55	0		
Serena	stracey	2826	43	46	3151	52	31	3120	51	60		
Karen	stretch	2454	40	54	2945	49	5	2915	48	35		
Jo	Sutton	2978	49	38	3574	59	34	3538	58	58		
Ganesh	Swaminathan	3072	51	12	3686	61	26	3650	60	50		
Rachel	Tanner	3209	53	29	3851	64	11	3812	63	32		
Richard	Tanner	2793	46	33	3352	55	52	3318	55	18		
Emily	Tanner.	3526	58	46	4231	70	31	4189	69	49		
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	3061	51	1	3031	50	31		
Abhi	Toraskar	2930	48	50	3516	58	36	3481	58	1		
Mick	Turner	2742	45	42	3290	54	50	3257	54	17		
steve	Tyler	4001	66	41	4801	80	1	4753	79	13		
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	2936	48	56	2907	48	27		
Lucy	Wharton	3399	56	39	4079	67	59	4038	67	18		
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	2834	47	14	2806	46	46		
Selena	Wong.	2973	49	33	3568	59	28	3532	58	52		
Nicole	Woods	3008	50	8	3610	60	10	3574	59	34		
Darren	Woods.	2435	40	35	2922	48	42	2893	48	13		
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	4565	76	5	4519	75	19		
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	4328	72	8	4285	71	25		
Ruth	Pearson	3715	61	55	4458	74	18	4413	73	33		
Marianna	Chua	3080	51	20	3696	61	36	3659	60	59		