

Owen Trophy 2016 : targets												
			10K base times			Richmond 10K	Richmond	target			Richmond bonus target	
			minutes	seconds		1.0150	minutes	seconds		1.0049	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	n/a	n/a
Imtiaz	Ali	no 10K	n/a	n/a	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	n/a	n/a
Mark	Armstrong	no 10K	n/a	n/a	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	n/a	n/a
James	Bennett	1952	32	32		1981	33	1		1961	32	41
Sunjay	Bhogal	2883	48	3		2926	48	46		2897	48	17
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	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	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	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	n/a	n/a
Killian	Carr	no 10K	n/a	n/a	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	n/a	n/a
Belinda	Carroll	no 10K	n/a	n/a	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	n/a	n/a
Matt	Chapman	no 10K	n/a	n/a	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	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	n/a	n/a
Phil	Coales	2109	35	9		2141	35	41		2119	35	19
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	n/a	n/a
Nigel	Collins	no 10K	n/a	n/a	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	n/a	n/a
Vicki	Collins.	no 10K	n/a	n/a	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	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	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	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	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	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	n/a	n/a
Nick	Fiander	no 10K	n/a	n/a	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	n/a	n/a
Paul	Finch.	no 10K	n/a	n/a	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	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	2188	36	28		2221	37	1		2199	36	39
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	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	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	n/a	n/a
Ozgur	Gulec	no 10K	n/a	n/a	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	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	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	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	n/a	n/a
Taylor	Huggins	no 10K	n/a	n/a	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	n/a	n/a
John	Humphries	no 10K	n/a	n/a	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	n/a	n/a
Lisa	Jackson	no 10K	n/a	n/a	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	n/a	n/a
Dan	Jewell	no 10K	n/a	n/a	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.	2759	45	59		2800	46	40		2772	46	12
Patsi	Johnston	3033	50	33		3078	51	18		3048	50	48
Julie	Jordan	4026	67	6		4086	68	6		4046	67	26
Nick	Karelis	no 10K	n/a	n/a	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
Isabelle	Kita	3385	56	25	3436	57	16	3401	56	41
Krzysztof	Klidzia	2141	35	41	2173	36	13	2151	35	51
Adam	Kos	2291	38	11	2325	38	45	2302	38	22
Nick	Kyritsis	no 10K	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
Robbie	Lashley	no 10K	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
Peter	Laurence	2596	43	16	2635	43	55	2609	43	29
Richard	Lee-Smith	2415	40	15	2451	40	51	2427	40	27
Victoria	Legge	4238	70	38	4302	71	42	4259	70	59
Charlotte	Letchford	2958	49	18	3002	50	2	2972	49	32
Elanor	Lim	no 10K	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
Morena	Lironi	2621	43	41	2660	44	20	2634	43	54
Tom	Littlewood	3068	51	8	3114	51	54	3083	51	23
Simone	Luciani	2056	34	16	2087	34	47	2066	34	26
Damian	Macenhill	2254	37	34	2288	38	8	2265	37	45
Karen	Macenhill.	no 10K	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
Bill	Makuwa	2122	35	22	2154	35	54	2132	35	32
Dev	Malhotra	no 10K	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
Andy	Marlow	no 10K	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
Taric	Matticks	2419	40	19	2455	40	55	2431	40	31
Phil	Mazur	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Myles	McCarthy	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Neil	McDonough	3082	51	22	3128	52	8	3097	51	37
Katie	McInnes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	Memagh	3106	51	46	3153	52	33	3121	52	1
Peter	Mills	no 10K	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
Chris	Morton	2455	40	55	2492	41	32	2467	41	7
Steph	Moss	no 10K	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
Tyler	O'Callaghan	no 10K	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
John	O'Dowd	3414	56	54	3465	57	45	3431	57	11
Liz	Offor	3197	53	17	3245	54	5	3213	53	33
John	O'Mahony	2658	44	18	2698	44	58	2671	44	31
Natalie	Osher	no 10K	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
Gemma	Page	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Simon	Parnell	2420	40	20	2456	40	56	2432	40	32
Karen	Peake	3128	52	8	3175	52	55	3143	52	23
Geoff	Pennells	no 10K	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
William	Pennells.	no 10K	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
Allan	Phillips	no 10K	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
John	Punt	2513	41	53	2551	42	31	2525	42	5
Alan	Purchase	2645	44	5	2685	44	45	2658	44	18
Phil	Richards	no 10K	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
Beatrice	Schaer	no 10K	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
Dennis	Seymour	3070	51	10	3116	51	56	3085	51	25
Lynn	Seymour	3455	57	35	3507	58	27	3472	57	52
Natalie	Seymour.	3758	62	38	3814	63	34	3776	62	56
Stacey	Seymour...	5714	95	14	5800	96	40	5742	95	42
Dave	Shaw	no 10K	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
Peter	Shew	3570	59	30	3624	60	24	3587	59	47
Clive	Simmonds	no 10K	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
Michael	Smaldon	2909	48	29	2953	49	13	2923	48	43
Steve	Smith.	2633	43	53	2672	44	32	2646	44	6
Rod	Smith.....	no 10K	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
Alistair	Smith.....	2560	42	40	2598	43	18	2572	42	52
Matt (jr)	Smith.....	3195	53	15	3243	54	3	3210	53	30
Paul	Stanford	2482	41	22	2519	41	59	2494	41	34
Juliet	Stevenson	no 10K	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	20
Matt	Stone	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Carolyn	Storey	2829	47	9	2871	47	51	2843	47	23
Serena	stracey	2626	43	46	2665	44	25	2639	43	59
Karen	stretch	2454	40	54	2491	41	31	2466	41	6
Jo	Sutton	2978	49	38	3023	50	23	2992	49	52
Ganesh	Swaminathan	3072	51	12	3118	51	58	3087	51	27
Rachel	Tanner	3209	53	29	3257	54	17	3225	53	45
Richard	Tanner	2793	46	33	2835	47	15	2807	46	47
Emily	Tanner.	3526	58	46	3579	59	39	3543	59	3
Jessica	Thomas-Cole	no 10K	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
Abhi	Toraskar	2930	48	50	2974	49	34	2944	49	4
Mick	Turner	2742	45	42	2783	46	23	2755	45	55
steve	Tyler	4001	66	41	4061	67	41	4020	67	0
Steph	Upton	no 10K	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
simon	webster	2447	40	47	2484	41	24	2459	40	59
Lucy	Wharton	3399	56	39	3450	57	30	3415	56	55
Barry	White	no 10K	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
Greg	Williams.	2362	39	22	2397	39	57	2373	39	33
Selena	Wong.	3141	52	21	3188	53	8	3156	52	36
Nicole	Woods	3008	50	8	3053	50	53	3023	50	23
Darren	Woods.	2435	40	35	2472	41	12	2447	40	47
Kevin	Worrall	no 10K	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
Diana	Phillips	no 10K	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
Jennifer	Hart.	no 10K	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
Laura	Walters	no 10K	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
William	Donald	no 10K	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
Ruth	Pearson	3715	61	55	3771	62	51	3733	62	13