

[illegible]

Owen Trophy 2019 : Elmburidge 10k targets										
			10K base time		Factor	10k target time		Factor	10k bonus	target time
			minutes	seconds	1.015	minutes	seconds	1.00485	minutes	seconds
Grace	Drewell	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Graeme	Drysdale	2299	38	19	2333	38	53	2310	38	30
Keith	Dube	3485	58	5	3537	58	57	3502	58	22
Rosemary	Egbe	4034	67	14	4095	68	15	4054	67	34
Anne	Eldridge	4195	69	55	4258	70	58	4215	70	15
Andy	Elliott	3399	56	39	3450	57	30	3415	56	55
Lydia	Ellis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alastair	Falconer	2114	35	14	2146	35	46	2124	35	24
Katie	Falconer	2738	45	38	2779	46	19	2751	45	51
Laura	Fell	2774	46	14	2816	46	56	2787	46	27
John	Fenton	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
Joanne	Fidock	3354	55	54	3404	56	44	3370	56	10
Martin	Fidock	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Martin	Filer	2254	37	34	2288	38	8	2265	37	45
Barry	Finch	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Nigel	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
Lee	Flanagan	2216	36	56	2249	37	29	2227	37	7
Tony	Flowers	3742	62	22	3798	63	18	3760	62	40
Phil	Foley	3087	51	27	3133	52	13	3102	51	42
Sandra	Francis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Lyes	Fridi	2526	42	6	2564	42	44	2538	42	18
Maria	Gabriel	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sean	Gallagher	3226	53	46	3274	54	34	3242	54	2
John	Gannon	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mick	George	3558	59	18	3611	60	11	3575	59	35
Amir	Ghomshei	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tom	Gillespie	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jamie	Gillson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Colin	Golding	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Martin	Gourlay	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Louise	Grech	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chris	Green	2633	43	53	2672	44	32	2646	44	6
David	Gunaratnam	3016	50	16	3061	51	1	3031	50	31
Rachel	Gwynn	3478	57	58	3530	58	50	3495	58	15
Gemma	Halliday	2884	48	4	2927	48	47	2898	48	18
Sheena	Hammond	3272	54	32	3321	55	21	3288	54	48
Graham	Hansen	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jenny	Hansen	3563	59	23	3616	60	16	3580	59	40
Sam	Hansen	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Stephen	Harris	2438	40	38	2475	41	15	2450	40	50
Iain	Harrison	2217	36	57	2250	37	30	2228	37	8
Michael	Haviland	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Molly	Haviland	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Susan	Haynes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Brenham	Heath	3070	51	10	3116	51	56	3085	51	25
Amanda	Hewett	2934	48	54	2978	49	38	2948	49	8
Stuart	Hills	3121	52	1	3168	52	48	3136	52	16
Mike	Hinchcliffe	3600	60	0	3654	60	54	3617	60	17
David	Hoben	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Daniel	Holmes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jamie	Hopps	2386	39	46	2422	40	22	2398	39	58
Chloe	Howell	3977	66	17	4037	67	17	3996	66	36
Jane	Hughes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tracey	Hunt	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Laura	Hurst	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mark	Hutchings	2909	48	29	2953	49	13	2923	48	43
Daniel	Hyde	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jospeh	Ibe	2453	40	53	2490	41	30	2465	41	5
Darren	Jackson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Owen Trophy 2019 : Elmbridge 10k targets										
			10K base time		Factor	10k target time		Factor	10k bonus	target time
			minutes	seconds	1.015	minutes	seconds	1.00485	minutes	seconds
Robin	Jamieson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Nikki	Javan	2595	43	15	2634	43	54	2608	43	28
Andrea	Jeffries	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Ian	Johnson	2987	49	47	3032	50	32	3001	50	1
Peter	Johnson	2528	42	8	2566	42	46	2540	42	20
Zsafia	Jones	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michael	Joseph	3016	50	16	3061	51	1	3031	50	31
Vanessa	Kahr	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Kerry	Kane	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Nicholas	Karelis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mark	Kelly	2741	45	41	2782	46	22	2754	45	54
Stephen	Kelly	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Samantha	Kenyon	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Damian	Kerr	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Marta	Kiermacz-Abramek	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Isabelle	Kita	3648	60	48	3703	61	43	3666	61	6
Michelle	Klein	3477	57	57	3529	58	49	3494	58	14
Krzysztof	Klidzia	2246	37	26	2280	37	60	2257	37	37
Nick	Kyritsis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Becky	Laurence	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Laurence	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Ginny	Lavagna	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michele	Lawrence	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tom	Lawson	2283	38	3	2317	38	37	2294	38	14
Richard	Lee-Smith	2549	42	29	2587	43	7	2561	42	41
Alex	Legge	3096	51	36	3142	52	22	3111	51	51
Victoria	Legge	3709	61	49	3765	62	45	3727	62	7
Rachel	Lindley	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Rob	Lines	2303	38	23	2338	38	58	2314	38	34
Carl	Linkson	2914	48	34	2958	49	18	2928	48	48
Tom	Littlewood	3147	52	27	3194	53	14	3162	52	42
Ian	Locke	3299	54	59	3348	55	48	3315	55	15
Stephen	Lowe	2743	45	43	2784	46	24	2756	45	56
Adam	Lucas	3029	50	29	3074	51	14	3044	50	44
Simone	Luciani	2156	35	56	2188	36	28	2166	36	6
Hannah	Luffman	2564	42	44	2602	43	22	2576	42	56
Susanna	Lutman	2814	46	54	2856	47	36	2828	47	8
Damian	Macenhill	2460	41	0	2497	41	37	2472	41	12
Justin	Macenhill	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Bill	Makuwa	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steve	Massey	2344	39	4	2379	39	39	2355	39	15
Helene	McCann	3726	62	6	3782	63	2	3744	62	24
Myles	McCarthy	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
James	McDonald	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Robert	McDonald	2729	45	29	2770	46	10	2742	45	42
Terry	McDonald	3025	50	24	3070	51	10	3040	50	40
Karen	McDonnell	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Neil	McDonough	3188	53	8	3236	53	56	3203	53	23
John	McGilvray	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Richard	Mernagh	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Christopher	Metcalf	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
James	Milligan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Mills	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jake	Moir	2261	37	41	2295	38	15	2272	37	52
Emma	Moncrieff	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Andy	Morcombe	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Alex	Morrall	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mark	Morris	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Chris	Morton	2550	42	30	2588	43	8	2562	42	42
Aliya	Mowl	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
Richard	Myers	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Owen Trophy 2019 : Elmbridge 10k targets										
			10K base time		Factor	10k target time		Factor	10k bonus target time	
			minutes	seconds	1.015	minutes	seconds	1.00485	minutes	seconds
Bernie	Nelligan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Lottie	Nusca	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sue	Nuttall	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Sam	O'Dongo	2594	43	14	2633	43	53	2607	43	27
John	O'Dowd	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tatsuya	Okamoto	2166	36	6	2198	36	38	2177	36	17
Amatare	Oki	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
John	O'Mahony	2532	42	12	2570	42	50	2544	42	24
Michelle	O'Mahony	2754	45	54	2795	46	35	2767	46	7
Aisling	O'Reilly	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Noel	O'Reilly	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Darren	Over	2556	42	36	2594	43	14	2568	42	48
Rotimi	Oyegunle	2836	47	16	2879	47	59	2850	47	30
Simon	Pannell	2486	41	26	2523	42	3	2498	41	38
Karen	Peake	3372	56	12	3423	57	3	3388	56	28
Ruth	Pearson	3284	54	44	3333	55	33	3300	54	60
Geoff	Pennells	3321	55	21	3371	56	11	3337	55	37
Laura	Pennells	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
William	Pennells	2843	47	23	2886	48	6	2857	47	37
Andy	Perks	2344	39	4	2379	39	39	2355	39	15
Andrew	Pickering	2456	40	56	2493	41	33	2468	41	8
Jessica	Polya	3084	51	24	3130	52	10	3099	51	39
Alistair	Price	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michael	Procter	3015	50	15	3060	51	0	3030	50	30
Nadine	Pryce	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
John	Punt	2519	41	59	2557	42	37	2531	42	11
Alan	Purchase	2712	45	12	2753	45	53	2725	45	25
Samantha	Purser	4374	72	54	4440	73	60	4395	73	15
Liam	Redmond	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Adam	Reid	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
James	Rhodes	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Phil	Richards	2769	46	9	2811	46	51	2782	46	22
Jo	Riches	3256	54	16	3305	55	5	3272	54	32
Sarah	Roles	3096	51	36	3142	52	22	3111	51	51
Jamie	Roseby	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jenny	Rowe	2661	44	21	2701	45	1	2674	44	34
Sophie	Sachedina	3028	50	28	3073	51	13	3043	50	43
Elsa	Santana	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Joanna	Scanlan	6412	106	42	6508	108	28	6443	107	23
Beatrice	Schaer	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Kath	Selby	3116	51	56	3163	52	43	3131	52	11
Richard	Sena	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Dennis	Seymour	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Lynn	Seymour	4176	69	36	4239	70	39	4196	69	56
Natalie	Seymour	5011	83	31	5086	84	46	5035	83	55
Stacey	Seymour	5013	83	33	5088	84	48	5037	83	57
Dave	Shaw	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Shew	3433	57	13	3484	58	4	3450	57	30
Tina	Shortland	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
Gemma	Sion	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Phyl	Sion	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Michael	Smaldon	2750	45	50	2791	46	31	2763	46	3
Alistair	Smith	2565	42	45	2603	43	23	2577	42	57
Matthew	Smith	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Steve	Smith	2786	46	26	2828	47	8	2800	46	40
Camilla	Smythe	3243	54	3	3292	54	52	3259	54	19
Jane	Sparks	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Karen	Speed	3285	54	45	3334	55	34	3301	55	1
Julian	Spencer-Wood	2541	42	21	2579	42	59	2553	42	33

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			10K base time		Factor	10k target time		Factor	10k bonus target time	
			minutes	seconds	1.015	minutes	seconds	1.00485	minutes	seconds
Paul	Stanford	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Stephen	Starvis	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Theresa	Staunton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Juliet	Stevenson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mike	Stewart	2257	37	37	2291	38	11	2268	37	48
Matt	Stone	2245	37	25	2279	37	59	2256	37	36
Serena	Stracey	2664	44	24	2704	45	4	2677	44	37
Karen	Stretch	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
James	Sullivan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
John	Summers	2375	39	35	2411	40	11	2387	39	47
Ganesh	Swaminathan	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Taylor	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Josephine	Thompson	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mick	Turner	2444	40	44	2481	41	21	2456	40	56
Steve	Tyler	4235	70	35	4299	71	39	4256	70	56
Steph	Upton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Christina	Uwins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Niamh	Vincent	2659	44	19	2699	44	59	2672	44	32
David	Vinton	2390	39	50	2426	40	26	2402	40	2
Rachel	Vinton	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Peter	Wackenier	2757	45	57	2798	46	38	2770	46	10
Philip	Walkington	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jess	Watkins	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Simon	Webster	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Micky	Wheeler	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Vanessa	Wheeler	3562	59	22	3615	60	15	3579	59	39
Paul	Whelham	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
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
Caroline	Whittaker	3211	53	31	3259	54	19	3227	53	47
Lesley	Willard	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Zoe	Williams	2999	49	59	3044	50	44	3014	50	14
Greg	Williams.	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Des	Wollaston	3232	53	52	3280	54	40	3248	54	8
Selena	Wong	2961	49	21	3005	50	5	2975	49	35
Grace	Wood	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Gemma	Woodrow	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Darren	Woods	2367	39	27	2403	40	3	2378	39	38
Nicole	Woods	3307	55	7	3357	55	57	3323	55	23
Terry	Woods	2414	40	14	2450	40	50	2426	40	26
Andy	Wright	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Jemma	Zakariyyau	2439	40	39	2476	41	16	2451	40	51
Robert	Zietz	no 10K	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a