

Owen Trophy 2023 : Richmond Half Marathon targets & results																				
		10K base time		Factor	HM target time			Factor	HM bonus target time			Actual	Actual	Actual	20 points	Beating	Beating	Beating 2022	Total	
		minutes	seconds	2.2500	hours	minutes	seconds	2.2275	hours	minutes	seconds	hours	minutes	seconds	for race	target	bonus target	Road Ranking	points	
Steve	Corfield	38	48	5238	1	27	18	5186	1	26	26	1	26	13	20	1	1	1	23	
Cindy	Sui	51	25	6941	1	55	41	6872	1	54	32	1	46	54	20	1	1	1	23	
Paul	Ayers	51	41	6977	1	56	17	6907	1	55	7	1	49	30	20	1	1	0	22	
Tad	Okamoto	35	23	4777	1	19	37	4729	1	18	49	1	18	52	20	1	0	1	22	
Niamh	Vincent	43	15	5839	1	37	19	5780	1	36	20	1	33	36	20	1	1	0	22	
Andrew	Aitken	34	34	4667	1	17	47	4620	1	17	0	1	17	52	20	0	0	0	20	
Ellyw	Evans	43	7	5821	1	37	1	5763	1	36	3	1	41	11	20	0	0	0	20	
Lyes	Fridi	No 10ks since 1st September 2021										1	49	30	20	0	0	0	0	20
Tim	Lawlor	43	32	5877	1	37	57	5818	1	36	58	1	40	45	20	0	0	0	20	
John F	O'Mahony	42	54	5792	1	36	32	5734	1	35	34	1	41	53	20	0	0	0	20	
Stanka	Petrova	82	0	11070	3	4	30	10959	3	2	39	3	15	28	20	0	0	0	20	
Erik	Schrijnemaekers	38	9	5150	1	25	50	5099	1	24	59	1	26	12	20	0	0	0	20	
Stephen	Tyler	74	23	10042	2	27	22	9941	2	25	41	3	4	59	20	0	0	0	20	
Vanessa	Wheeler	56	2	7565	2	6	5	7489	2	4	49	2	7	49	20	0	0	0	20	