

Owen Trophy 2023 : Richmond 10k targets and results																			
		10K base time			Factor	10k target time			Factor	10k bonus target time		Actual	Actual	20 points	Beating	Beating	Better than	Beating 2022	Total
		Total	minutes	seconds	1.015	minutes	seconds	1.00485	minutes	seconds	minutes	seconds	for race	target	bonus target	last year	Road Ranking	points	
Martin	Filer	2226	37	6	2259	37	39	2237	37	17	36	31	20	1	1	0	1	23	
Steve	Corfield	2328	38	48	2363	39	23	2339	38	59	38	51	20	1	1	0	0	22	
Max	Veglio	2430	40	30	2466	41	6	2442	40	42	40	20	20	1	1	0	0	22	
Stephen	Massey	2422	40	22	2458	40	58	2434	40	34	41	50	20	0	0	1	0	21	
Tatsuya	Okamoto	2123	35	23	2155	35	55	2133	35	33	35	42	20	1	0	0	0	21	
Andrew	Aitken	2074	34	34	2105	35	5	2084	34	44	36	1	20	0	0	0	0	20	
Stephen	Allport	2681	44	41	2721	45	21	2694	44	54	49	0	20	0	0	0	0	20	
Phil	Coales	2047	34	7	2078	34	38	2057	34	17	38	58	20	0	0	0	0	20	
Tony	Flowers	4352	72	32	4417	73	37	4373	72	53	81	6	20	0	0	0	0	20	
Tom	Gillespie	2330	38	50	2365	39	36	2341	39	12	41	18	20	0	0	0	0	20	
Suart	Hills	3228	53	48	3276	54	36	3244	54	4	64	31	20	0	0	0	0	20	
Peter	Johnson	2430	40	30	2466	41	6	2442	40	42	41	55	20	0	0	0	0	20	
Damian	Macenhill	2464	41	4	2501	41	41	2476	41	16	42	31	20	0	0	0	0	20	
Conor	O'Hara-Barrett	2347	39	7	2382	39	42	2358	39	18	39	55	20	0	0	0	0	20	
Stephen	Tyler	4463	74	23	4530	75	30	4485	74	45	84	26	20	0	0	0	0	20	
Niamh	Vincent	2595	43	15	2634	43	54	2608	43	28	45	29	20	0	0	0	0	20	
Darren	Woods	2549	42	29	2587	43	19	2561	42	53	47	21	20	0	0	0	0	20	
Jason	Gallagher		No 10k since 1st September 2021								45	38	20	0	0	0	0	20	