

Owen Trophy 2023 : Sri Chinmoy 5k targets and results																		
			10K base time		Factor	5k target time		Factor	5k bonus target time		Actual	Actual	20 points	Beating	Beating	Better than	Beating 2022	Total
		Total	minutes	seconds	0.49	minutes	seconds	0.48510	minutes	seconds	minutes	seconds	for race	target	bonus target	last year	Road Ranking	points
Stephen	Allport	2681	44	41	1314	21	54	1301	21	41	20	56	20	0	0	0	0	20
Ben	Dowling	2457	40	57	1204	20	4	1192	19	52	18	22	20	1	1	0	0	22
Ellyw	Evans	2587	43	7	1268	21	8	1255	20	55	21	16	20	0	0	0	1	21
Tom	Gillespie	2330	38	50	1142	19	2	1130	18	50	19	12	20	0	0	0	0	20
Jen	Gutteridge	2540	42	20	1245	20	45	1232	20	32	20	34	20	1	0	0	0	21
Tim	Lawlor	2601	43	21	1274	21	14	1262	21	2	20	46	20	1	1	0	0	22
Jay	Lidbetter	2132	35	32	1045	17	25	1034	17	14	16	3	20	1	1	0	0	22
Conor	O'Hara-Barrett	2347	39	7	1150	19	10	1139	18	59	18	6	20	1	1	0	0	22
John F	O'Mahony	2574	42	54	1261	21	1	1249	20	49	21	41	20	0	0	0	0	20
Sara	Rahmani	3461	57	41	1696	28	16	1679	27	59	28	16	20	0	0	0	0	20
Erik	Schrijnemaekers	2289	38	9	1122	18	42	1110	18	30	18	21	20	1	1	0	0	22
Niamh	Vincent	2544	42	24	1247	20	47	1234	20	34	19	50	20	1	1	0	1	23
Simon	Webster	2615	43	35	1281	21	21	1269	21	9	19	50	20	1	1	0	0	22
Darren	Woods	2549	42	29	1249	20	49	1237	20	37	21	18	20	0	0	0	1	21
Rotimi	Oyegunle	No 10k since 1st September 2021										23	37	20	0	0	0	20