

Owen Trophy 2023 : Run Reigate 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	1.0175	minutes	seconds	1.00730	minutes	seconds	minutes	seconds	for race	target	bonus target	last year	Road Ranking	points	
Ellyw	Evans	2587	43	7	2632	43	52	2606	43	26	46	11	20	0	0	0	0	20	
Jason	Gallagher	2508	41	48	2552	42	32	2526	42	6	42	7	20	1	0	0	0	21	
Tom	Gillespie	2330	38	50	2371	39	31	2347	39	7	40	53	20	0	0	0	0	20	
Tim	Lawlor	2607	43	27	2653	44	13	2626	43	46	44	24	20	0	0	0	0	20	
Stephen	Harris		No 10k since 1st September 2021									44	23	20	0	0	0	0	20