

Overall Trophy 2024 Elmore 7 Targets and results										Race Base Time			Target			Race Target Time			Target			Race Bonus Time			Actual		Actual		Actual		20 points		Beating		Beating bonus target time		Better than		Beating 2023		Total							
First name		Last name		Base Distance (K)			Hours			Minutes			Seconds			1.20000			Hours			Minutes			Seconds			1.18000			Hours			Minutes			Seconds			hours	minutes	seconds	for race	target time	target time	last year	road ranking	points
O'Mahony		F		42			54			3088			0			53			29			36			3058			0			50			56													0	
Tatsuya		Okamoto		1.0K			35			42			2570			0			42			50			2545			0			42			25					0	0	0	0	0	0	0	0	0	0
Conor		O'Hara-Barrett		1.0K			39			0			2808			0			46			48			2780			0			46			20					43	6	20	1	1	1	1	0	23	0
Erik		Schrjnenmaekers		1.0K			38			23			2764			0			46			4			2736			0			45			36					43	58	20	1	1	1	1	0	23	0
Andy		Perks		1.0K			40			46			2935			0			48			55			2906			0			48			26					45	23	20	1	1	0	0	22	0	
Tim		Lawlor		1.0K			41			42			3002			0			50			2			2972			0			49			32					47	49	20	1	1	1	1	0	23	0
Craig		Smith		1.0K			44			11			3181			0			53			1			3149			0			52			29					50	24	20	1	1	1	0	0	22	0
Note: 7 mile races are not included in the Striders annual Road Rankings , so this field is zero for all runners																																																