

Owen Trophy 2009 : targets - half marathon		start of season10K base times			Half Marathon target			Half Marathon bonus target				half marathon		Beating		Beating		better than		better than		total
		minutes	seconds	2.25	hours	minutes	seconds	2.2275	hours	minutes	seconds	actual	20pt for race	target	Bonus target	last year	2007/8 road ranking			points		
Karen	Connor	3884	64	44	8739	2	25	39	8652	2	24	12	2,22.44	20	1			1		1	24	
Sarah	Hansbury	3194	53	14	7187	1	59	47	7115	1	58	35	1,53.10	20	1	1		1		1	24	
Tom	Stevens	3165	52	45	7121	1	58	41	7050	1	57	30	1,56.21	20	1	1		1		1	24	
JP	Lamarque	3595	59	55	8089	2	14	49	8008	2	13	28	2,14.23	20	1			1		1	23	
Tina	Macenhill	2835	47	15	6379	1	46	19	6315	1	45	15	1,45.13	20	1	1		1		1	23	
Steve	Massey	2320	38	40	5220	1	27	0	5168	1	26	8	1,26.38	20	1			1		1	23	
Peter	Shew	3114	51	54	7007	1	56	47	6936	1	55	36	1,52.53	20	1	1			1		23	
Ian	Yates	2406	40	6	5414	1	30	14	5359	1	29	19	1,29.23	20	1			1		1	23	
Suzy	Yates	2522	42	2	5675	1	34	35	5618	1	33	38	1,33.50	20	1			1		1	23	
Tammy	Anderson	3125	52	5	7031	1	57	11	6961	1	56	1	1,50.17	20	1	1					22	
Louise	Andrews	3431	57	11	7720	2	8	40	7643	2	7	23	2,10.01	20	1						22	
Kerry	Backshell	2585	43	5	5816	1	36	56	5758	1	35	58	1,34.37	20	1	1					22	
Ian	Campbell	2279	37	59	5128	1	25	28	5076	1	24	36	1,23.15	20	1	1					22	
steve	Harrison	no 10K	n/a	n/a	5679	1	34	39	5622	1	33	42	1,38.2	20	1	1					22	
Damian	Macenhill	2204	36	44	4959	1	22	39	4909	1	21	49	1,20.46	20	1	1					22	
Justin	Macenhill.	2214	36	54	4982	1	23	2	4932	1	22	12	1,20.01	20	1	1					22	
Karen	Macenhill.	3354	55	54	7547	2	5	47	7471	2	4	31	1,57.34	20	1	1					22	
Alan	Purchase	2553	42	33	5744	1	35	44	5687	1	34	47	1,35.51	20				1		1	22	
Mick	Turner	2323	38	43	5227	1	27	7	5174	1	26	14	1,27.11	20				1		1	22	
Steve	Tyler	3781	63	1	8507	2	21	47	8422	2	20	22	2,14.25	20							22	
Kim	Ford	3172	52	52	7137	1	58	57	7066	1	57	46	2,0.29	20				1			21	
Yasmin	Anderson	2807	46	47	6316	1	45	16	6253	1	44	13	1,57.23	20							20	
Matt	Chapman				0	0	0	0	0	0	0	0	1,30.56	20							20	
Linda	Daniel	no 10K	n/a	n/a	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	1,54.56	20							20	
Nick	Eaves	2473	41	13	5564	1	32	44	5509	1	31	49	1,34.13	20							20	
Alice	Ewen..	2818	46	58	6341	1	45	41	6277	1	44	37	1,48.20	20							20	
Ben	Fancourt				5086	1	24	46	5045	1	24	5	1,28.53	20							20	
Martin	Gourlay	3089	51	29	6950	1	55	50	6881	1	54	41	2,22.13	20							20	
Susan	Haynes	3516	58	36	7911	2	11	51	7832	2	10	32	2,12.42	20							20	
Stuart	Hills	2808	46	48	6318	1	45	18	6255	1	44	15	1,46.58	20							20	
Don	Kayum	no 10K	n/a	n/a	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	1,38.42	20							20	
Isabelle	Kita	3223	53	43	7252	2	0	52	7179	1	59	39	2,6.28	20							20	
Duncan	Lancashire	2018	33	38	4541	1	15	41	4495	1	14	55	1,16.25	20							20	
Victoria	Legg	4138	68	58	9311	2	35	11	9217	2	33	37	2,37.53	20							20	
Tom	Littlewood	2690	44	50	6053	1	40	53	5992	1	39	52	1,44.38	20							20	
James	Mason	no 10K	n/a	n/a	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	1,52.53	20							20	
Michele	Meech	3500	58	20	7875	2	11	15	7796	2	9	56	2,12.44	20							20	
Chris	Morton	2357	39	17	5303	1	28	23	5250	1	27	30	1,29.29	20							20	
Hannah	Musk	no 10K	n/a	n/a	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	1,51.44	20							20	
Karen	Peake	3336	55	36	7506	2	5	6	7431	2	3	51	2,25.4	20							20	
Darren	Piper	2390	39	50	5378	1	29	38	5324	1	28	44	1,42.01	20							20	
Steve	Smith.	2563	42	43	5767	1	36	7	5709	1	35	9	1,36.23	20							20	
Serena	Stracey	2545	42	25	5726	1	35	26	5669	1	34	29	1,36.05	20							20	
Andy	Thatcher	3861	64	21	8687	2	24	47	8600	2	23	20	2,32.58	20							20	
Josephine	Thompson	2611	43	31	5875	1	37	55	5816	1	36	56	1,40.08	20							20	
Will	Ward	no 10K	n/a	n/a	5765	1	36	5	5707	1	35	7	1,41.53	20							20	
Paul	Weir	2661	44	21	5987	1	39	47	5927	1	38	47	1,50.37	20							20	