

Weekend 5K Isolation Run Results - 2021

(WAVA = age grade % score)

04/01/2021

In order of most improved WAVA

Pos.	Runner	Improved WAVA's	2021 Sub	Time 2021 BEST	WAVA	Time TARGET	WAVA	No. of Runs	Time Week 1	WAVA
1	Chris Kidd	3.16%	Sub 30	29.59	44.53%	32.17	41.37%	1	29.59	44.53%
2	Caroline Richmond	2.24%	Sub 32	31.13	58.79%	32.27	56.55%	1	31.13	58.79%
3	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	1	26.06	66.09%
4	Jacqui Healey	1.25%	Sub 26	25.34	73.79%	25.33	72.55%	1	25.34	73.79%
5	Steve Bradley	0.74%	Sub 27	26.47	62.72%	26.49	61.98%	1	26.47	62.72%
6	Dan Latham	-0.48%	Sub 19	18.04	73.90%	17.57	74.38%	1	18.04	73.90%
7	Mary Corbett	-0.59%	Sub 29	28.37	69.77%	27.26	70.36%	1	28.37	69.77%
8	Kirsty Hope (ncm)	-0.75%	Sub 32	31.42	46.70%	31.12	47.45%	1	31.42	46.70%
9	Sally Kirk	-0.75%	Sub 39	38.18	56.28%	37.48	57.03%	1	38.18	56.28%
10	Grace Hawker	-0.81%	Sub 31	30.27	48.60%	29.52	49.42%	1	30.27	48.60%
11	Helen McLuckie	-0.88%	Sub 30	29.35	51.13%	29.05	52.01%	1	29.35	51.13%
12	Mick Anglim	-1.11%	Sub 25	24.12	75.82%	23.51	76.93%	1	24.12	75.82%
13	Steve Avery	-1.14%	Sub 26	25.41	57.42%	25.11	58.56%	1	25.41	57.42%
14	Aleks Burlinson	-1.41%	Sub 27	26.11	72.03%	25.41	73.44%	1	26.11	72.03%
15	Callum Tanner	-1.57%	Sub 19	18.21	70.64%	17.57	72.21%	1	18.21	70.64%
16	Laura Swancott	-1.95%	Sub 35	34.30	42.90%	33.00	44.85%	1	34.30	42.90%
17	Ben Andrew	-2.74%	Sub 20	19.21	68.93%	18.30	71.67%	1	19.21	68.93%
18	Jan Anglim	-2.83%	Sub 38	37.24	62.60%	35.47	65.43%	1	37.24	62.60%
19	Karen Denham	-2.99%	Sub 24	23.11	68.50%	22.07	71.49%	1	23.11	68.50%
20	David Gould	-3.07%	Sub 35	34.15	46.42%	31.00	49.49%	1	34.15	46.42%
21	Kim Latham (ncm)	-3.32%	Sub 51	50.49	32.99%	46.10	36.31%	1	50.49	32.99%
22	Simon Ibbotson	-3.44%	Sub 20	19.57	65.41%	18.57	68.85%	1	19.57	65.41%
23	Sarah Fitton	-4.18%	Sub 29	28.09	61.04%	26.21	65.22%	1	28.09	61.04%
24	Jane Hodge	-7.69%	Sub 26	25.54	75.99%	23.11	83.68%	1	25.54	75.99%
25	Mike Fitton	-7.81%	Sub 28	27.50	57.13%	23.09	64.94%	1	27.50	57.13%
26	Terry Earney	-8.03%	Sub 31	30.44	61.66%	26.34	69.69%	1	30.44	61.66%
27	Hayley Coates	-12.09%	Sub 30	29.56	49.77%	24.05	61.86%	1	29.56	49.77%
28	Callum Johnson	-14.76%	Sub 24	23.40	55.92%	18.15	70.68%	1	23.40	55.92%
	GARDEN RUNS									
1	Jeremy Barber	-2.36%	Sub 34	33.57	52.09%	31.26	54.45%	1	33.57	52.09%
	<i>ncm = non club member</i>									
						Total 5K's in 2021:		29	29	
						Total 5K's in 2020:		669		
						Isolation 5K's Total:		698		