

Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)

04/01/2021

11/01/2021

Part of a longer run 2021 PB / Target Betterment

week 41

week 42

In order of most improved WAVA

Pos.	Runner	Improved	2021	Time	WAVA	Time	WAVA	No. of	Consi-	Time	WAVA	Time	WAVA
		WAVA's	Sub	2021 BEST	TARGET	Runs	stency	Week 1	Week 2				
1	Aleks Burlinson	5.20%	Sub 24	23.59	78.64%	25.41	73.44%	2	93%	26.11	72.03%	23.59	78.64%
2	Caroline Richmond	5.14%	Sub 30	29.37	61.69%	32.27	56.55%	2	97%	31.13	58.79%	29.37	61.69%
3	Chris Kidd	3.16%	Sub 30	29.59	44.53%	32.17	41.37%	2	97%	29.59	44.53%	31.54	41.85%
4	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	2	99%	26.06	66.09%	26.24	65.36%
5	Mick Anglim	1.91%	Sub 24	23.38	78.84%	23.51	76.93%	2	97%	24.12	75.82%	23.38	78.84%
6	Steve Bradley	1.58%	Sub 27	26.09	63.56%	26.49	61.98%	2	99%	26.47	62.72%	26.09	63.56%
7	Jacqui Healey	1.25%	Sub 26	25.34	73.79%	25.33	72.55%	2	99%	25.34	73.79%	25.48	73.13%
8	Grace Hawker	0.51%	Sub 30	29.39	49.92%	29.52	49.42%	2	99%	30.27	48.60%	29.39	49.92%
9	Hayley Coates	0.43%	Sub 24	23.55	62.29%	24.05	61.86%	2	87%	29.56	49.77%	23.55	62.29%
10	Kim Latham (ncm)	0.40%	Sub 46	45.40	36.71%	46.10	36.31%	2	96%	50.49	32.99%	45.40	36.71%
11	Sarah Fitton	0.17%	Sub 27	26.17	65.38%	26.21	65.22%	2	96%	28.09	61.04%	26.17	65.38%
12	Dan Latham	-0.14%	Sub 18	17.59	74.24%	17.57	74.38%	2	100%	18.04	73.90%	17.59	74.24%
13	Terry Earney	-0.30%	Sub 28	27.08	69.84%	26.34	70.14%	2	92%	30.44	61.66%	27.08	69.84%
14	Kirsty Hope (ncm)	-0.45%	Sub 32	31.30	47.00%	31.12	47.45%	2	100%	31.42	46.70%	31.30	47.00%
15	Mary Corbett	-0.59%	Sub 29	28.37	69.77%	27.26	70.36%	2	97%	28.37	69.77%	29.50	66.93%
16	Sally Kirk	-0.75%	Sub 39	38.18	56.28%	37.48	57.03%	2	99%	38.18	56.28%	39.17	54.87%
17	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	1				24.25	60.68%
18	Helen McLuckie	-0.88%	Sub 30	29.35	51.13%	29.05	52.01%	2	97%	29.35	51.13%	31.14	48.43%
19	Graham Robbins	-0.93%	Sub 20	19.46	67.54%	19.30	68.47%	1				19.46	67.54%
20	Matt James	-1.03%	Sub 19	18.43	71.27%	18.27	72.30%	1				18.43	71.27%
21	Lou Noyce (ncm)	-1.04%	Sub 28	27.34	56.21%	27.04	57.25%	1				27.34	56.21%
22	Steve Avery	-1.14%	Sub 26	25.41	57.42%	25.11	58.56%	2	96%	25.41	57.42%	31.39	52.97%
23	Vicki Clarke	-1.19%	Sub 27	26.56	55.32%	24.43	56.51%	1				26.56	55.32%
24	Mike Fitton	-1.40%	Sub 24	23.38	67.28%	23.09	68.68%	2	90%	27.50	57.13%	23.38	67.28%
25	Callum Tanner	-1.57%	Sub 19	18.21	70.64%	17.57	72.21%	1		18.21	70.64%		
26	Laura Swancott	-1.95%	Sub 35	34.30	42.90%	33.00	44.85%	2	97%	34.30	42.90%	37.28	39.50%
27	Ben Andrew	-2.74%	Sub 20	19.21	68.93%	18.30	71.67%	1		19.21	68.93%		
28	Jan Anglim	-2.83%	Sub 38	37.24	62.60%	35.47	65.43%	1		37.24	62.60%		
29	Karen Denham	-2.99%	Sub 24	23.11	68.50%	22.07	71.49%	2	100%	23.11	68.50%	23.33	68.07%
30	David Gould	-3.07%	Sub 35	34.15	46.42%	31.00	49.49%	2	94%	34.15	46.42%	39.11	40.58%
31	Simon Ibbotson	-3.44%	Sub 20	19.57	65.41%	18.57	68.85%	2	100%	19.57	65.41%	20.03	65.09%
32	Jane Hodge	-5.17%	Sub 26	25.04	78.51%	23.11	83.68%	2	97%	25.54	75.99%	25.04	78.51%
33	Alice Rudd	-8.04%	Sub 22	21.25	69.18%	19.15	77.22%	1				21.25	69.18%
34	Callum Johnson	-14.76%	Sub 24	23.40	55.92%	18.15	70.68%	1		23.40	55.92%		
	GARDEN RUNS												
1	Jeremy Barber	3.40%	Sub 30	29.49	57.85%	31.26	54.45%	2	94%	33.57	52.09%	29.49	57.85%
	<i>ncm = non club member</i>												
						Total 5K's in 2021:	60			29		31	
						Total 5K's in 2020:	669						
						Isolation 5K's Total:	729						