Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)

Part of a longer run — 2021 PB / Target Betterment

In order of most improved WAVA

Pos.	Runner	Improved WAVA's	2021 Sub	2021 BEST Time	2021 BEST WAVA	TARGET Time	TARGET WAVA	No. of Runs	Consi-stency	04/01/2021 week 41 Time	04/01/2021 Week 1 WAVA	11/01/2021 week 42 Time	11/01/2021 Week 2 WAVA	18/01/2021 week 43 Time	18/01/2021 Week 3 WAVA	25/01/2021 week 44 Time	25/01/2021 Week 4 WAVA	01/02/2021 week 45 Time	01/02/2021 Week 5 WAVA	08/02/2021 week 46 Time	08/02/2021 Week 6 WAVA	15/02/2021 week 47 Time	15/02/2021 Week 7 WAVA	22/02/2021 week 48 Time	22/02/2021 Week 8 WAVA	01/03/2021 week 49 Time	01/03/2021 Week 9 WAVA	08/03/2021 week 50 Time	08/03/2021 Week 10 WAVA	15/03/2021 week 51 Time	15/03/2021 Week 11 WAVA	22/03/2021 week 52 Time	22/03/2021 Week 12 WAVA	29/03/2021 week 53 Time	29/03/2021 Week 13 WAVA
1	Matt Casey	6.69%	**Sub 21**	20.53	62.22%	23.15	55.53%	2	91%					**20.53**	62.22%	23.50	53.07%																		
2	Caroline Richmond	6.12%	**Sub 30**	29.17	62.67%	32.27	56.55%	4	96%	**31.13**	58.79%	**29.37**	61.69%	**29.17**	62.67%	29.45	61.68%																		
3	Aleks Burlinson	5.20%	**Sub 24**	23.59	78.64%	25.41	73.44%	2	93%	26.11	72.03%	**23.59**	78.64%																						
4	Chris Kidd	3.16%	**Sub 30**	29.59	44.53%	32.17	41.37%	4	97%	**29.59**	44.53%	31.54	41.85%	31.38	42.21%	32.25	41.19%																		
5	Steve Bradley	3.03%	**Sub 26**	25.34	65.01%	26.49	61.98%	4	98%	**26.47**	62.72%	**26.09**	63.56%	**25.34**	65.01%	25.47	64.47%																		
6	Marnie Seymour	2.57%	**Sub 24**	23.20	69.40%	24.14	66.83%	2	96%					24.44	65.48%	**23.20**	69.40%																		
7	Jeremy Barber	2.00%	**Sub 27**	26.06	66.09%	26.55	64.09%	4	89%	**26.06**	66.09%	26.24	65.36%	29.19	58.84%	32.48	54.59%																		
8	Mick Anglim	1.76%	**Sub 24**	23.19	78.69%	23.51	76.93%	4	97%	24.12	75.82%	**23.38**	77.63%	**23.26**	78.30%	**23.19**	78.69%																		
9	Jacqui Healey	1.25%	**Sub 26**	25.34	73.79%	25.33	72.55%	4	84%	**25.34**	73.79%	25.48	73.13%	26.22	71.55%	32.48	57.52%																		
10	Grace Hawker	1.22%	**Sub 30**	29.14	50.63%	29.52	49.42%	4	98%	30.27	48.60%	**29.39**	49.92%	**29.14**	50.63%	30.06	49.17%																		
11	Dan Latham	1.19%	**Sub 18**	17.40	75.57%	17.57	74.38%	4	98%	18.04	73.90%	17.59	74.24%	**17.40**	75.57%	18.05	73.83%																		
12	Kim Latham (NCM)	1.11%	**Sub 45**	44.48	37.42%	46.10	36.31%	3	96%	50.49	32.99%	**45.40**	36.71%	**44.48**	37.42%																				
13	Hayley Coates	0.43%	**Sub 24**	23.55	62.29%	24.05	61.86%	4	87%	29.56	49.77%	**23.55**	62.29%	23.59	62.12%	24.01	62.03%																		
14	Emma Rogers	0.26%	**Sub 28**	27.54	53.11%	28.02	52.85%	2	99%					28.32	51.93%	**27.54**	53.11%																		
15	Sarah Fitton	0.17%	**Sub 27**	26.17	65.38%	26.21	65.22%	4	95%	28.09	61.04%	**26.17**	65.38%	28.27	60.40%	27.15	63.06%																		
16	Kirsty Hope (NCM)	0.15%	**Sub 32**	31.06	47.60%	31.12	47.45%	4	99%	31.42	46.70%	31.30	47.00%	31.40	46.75%	**31.06**	47.60%																		
17	Andy Farrow-Thomas	-0.14%	**Sub 27**	26.15	54.86%	25.45	55.00%	1						26.15	54.86%																				
18	Joanna Avery	-0.26%	**Sub 25**	24.36	62.16%	24.18	62.43%	1						24.36	62.16%																				
19	Terry Earney	-0.30%	**Sub 28**	27.08	69.84%	26.34	70.14%	4	92%	30.44	61.66%	27.08	69.84%	28.17	67.00%	27.19	69.37%																		
20	Mike Fitton	-0.39%	**Sub 24**	23.17	68.29%	23.09	68.68%	4	89%	27.50	57.13%	23.38	67.28%	23.58	66.30%	23.17	68.29%																		
21	Laura Swancott	-0.46%	**Sub 35**	34.22	43.08%	34.00	43.54%	3	96%	34.30	42.90%	37.28	39.50%	34.22	43.08%																				
22	Ann Maylott	-0.47%	**Sub 40**	39.05	38.38%	38.35	38.85%	1						39.05	38.38%																				
23	Sally Kirk	-0.50%	**Sub 39**	38.08	56.53%	37.48	57.03%	4	98%	38.18	56.28%	39.17	54.87%	38.36	55.84%	38.08	56.53%																		
24	Mary Corbett	-0.59%	**Sub 29**	28.37	69.77%	27.26	70.36%	4	97%	28.37	69.77%	29.50	66.93%	28.50	69.25%	28.59	68.89%																		
25	Jan Anglim	-0.60%	**Sub 37**	36.07	64.83%	35.47	65.43%	4	98%	37.24	62.60%	36.44	63.74%	36.07	64.83%	36.24	64.32%																		
26	Matthew James	-0.64%	**Sub 19**	18.37	71.66%	18.27	72.30%	3	97%			18.43	71.27%	18.37	71.66%	19.20	69.00%																		
27	Ian Ordish	-0.73%	**Sub 26**	25.15	65.23%	24.45	65.96%	1								25.15	65.23%																		
28	Sally Harbut	-0.74%	**Sub 33**	32.39	47.82%	32.09	48.56%	2	93%					32.39	47.82%	38.33	40.50%																		
29	Tamsin Roberts	-0.81%	**Sub 25**	24.25	60.68%	24.08	61.49%	2	95%			24.25	60.68%			26.34	55.77%																		
30	Vicki Clarke	-0.81%	**Sub 27**	26.45	55.70%	24.43	56.51%	2	100%			26.56	55.32%			26.45	55.70%																		
31	Helen McLuckie	-0.88%	**Sub 30**	29.27	51.13%	29.05	52.01%	4	97%	29.35	51.13%	31.14	48.43%	30.10	49.79%	29.27	51.00%																		
32	Graham Robbins	-0.93%	**Sub 20**	19.46	67.54%	19.30	68.47%	2	96%			19.46	67.54%			21.05	63.33%																		
33	Wojtek Majka (L2SOTM)	-1.01%	**Sub 26**	25.57	51.83%	25.27	52.84%	1						25.57	51.83%																				
34	Lee Maunder	-1.03%	**Sub 26**	25.45	52.23%	25.15	53.26%	1						25.45	52.23%																				
35	Lou Noyce (NCM)	-1.04%	**Sub 28**	27.34	56.21%	27.04	57.25%	3	93%			27.34	56.21%	28.40	54.05%	31.34	49.46%																		
36	Brendon Harbut	-1.12%	**Sub 26**	25.52	57.02%	25.22	58.14%	1						25.52	57.02%																				
37	Steve Avery	-1.14%	**Sub 26**	25.41	57.42%	25.11	58.56%	3	96%	25.41	57.42%	31.39	52.97%			25.55	56.91%																		
38	Phil Pearce	-1.20%	**Sub 24**	23.42	55.61%	23.12	56.81%	1								23.42	55.61%																		
39	Mark Lee	-1.33%	**Sub 28**	27.40	56.77%	26.27	58.10%	2	97%					28.32	53.85%	27.40	56.77%																		
40	Mark Coates	-1.35%	**Sub 23**	22.46	59.95%	22.16	61.30%	1								22.46	59.95%																		
41	Charmaine Bradford	-1.35%	**Sub 24**	23.54	63.99%	23.24	65.34%	1						23.54	63.99%																				
42	Roger Tansley (L2SOTM)	-1.44%	**Sub 35**	34.30	51.01%	34.10	52.45%	1								34.30	51.01%																		
43	Karl Gailer (L2SOTM)	-1.46%	**Sub 24**	23.19	66.46%	22.49	67.92%	1								23.19	66.46%																		
44	Steve Henry	-1.48%	**Sub 24**	23.50	69.11%	23.20	70.59%	1								23.50	69.11%																		
45	Callum Tanner	-1.57%	**Sub 19**	18.21	70.64%	17.57	72.21%	1		18.21	70.64%																								
46	Aaron Pritchard	-1.68%	**Sub 21**	20.39	67.61%	20.09	69.29%	1						20.39	67.61%																				
47	Karen Denham	-1.70%	**Sub 23**	22.47	69.79%	22.07	71.49%	4	98%	23.11	68.50%	23.33	68.07%	22.47	69.79%	23.12	68.54%																		
48	Martin Loveless	-1.78%	**Sub 22**	21.52	76.01%	21.22	77.79%	1						21.52	76.01%																				
49	Simon Ibbotson	-2.49%	**Sub 20**	19.40	66.36%	18.57	68.85%	4	96%	19.57	65.41%	20.03	65.09%	20.56	62.34%	19.40	66.36%																		
50	Ben Andrew	-2.74%	**Sub 20**	19.21	68.93%	18.30	71.67%	3	98%	19.21	68.93%			19.49	66.91%	19.28	68.52%																		
51	David Gould	-3.07%	**Sub 35**	34.15	46.42%	31.00	49.49%	3	94%	34.15	46.42%	39.11	40.58%	34.27	46.16%																				
52	Christina Grindley	-3.59%	**Sub 33**	32.21	45.76%	30.00	49.35%	1						32.21	45.76%																				
53	Jane Hodge	-5.17%	**Sub 26**	25.04	78.51%	23.11	83.68%	4	87%	25.54	75.99%	25.04	78.51%	30.09	65.28%	28.29	69.10%																		
54	Sarah Hood	-7.03%	**Sub 37**	36.27	42.22%	31.15	49.25%	2	98%					36.27	42.22%	38.33	39.92%																		
55	Alice Rudd	-7.11%	**Sub 22**	21.12	70.11%	19.15	77.22%	3	99%			21.25	69.18%	21.12	70.11%	21.29	69.19%																		
56	David Sweeting	-14.02%	**Sub 31**	30.36	43.63%	23.00	57.65%	1								30.36	43.63%																		
57	Callum Johnson	-14.76%	**Sub 24**	23.40	55.92%	18.15	70.68%	1		23.40	55.92%																								
58	Rob Wells	-21.06%	**Sub 48**	47.41	29.97%	28.00	51.03%	1								47.41	29.97%																		
	GARDEN RUNS																																		
1	Jeremy Barber	3.40%	**Sub 30**	29.49	57.85%	31.26	54.45%	4	85%	33.57	52.09%	**29.49**	57.85%	36.10	42.70%	35.08	49.10%																		
	ncm = non club member									**29**		**32**		**44**		**43**																			

Total 5K's in 2021:	**148**
Total 5K's in 2020:	**669**
Isolation 5K's Total:	**817**