

Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)

Part of a longer run 2021 PB / Target Betterment

04/01/2021

11/01/2021

18/01/2021

25/01/2021

01/02/2021

08/02/2021

15/02/2021

22/02/2021

01/03/2021

08/03/2021

15/03/2021

22/03/2021

29/03/2021

In order of most improved WAVA

Pos.	Runner	Improved WAVA's	2021 Sub	Time 2021 BEST	WAVA TARGET	Time	WAVA	No. of Runs	Consi- stency	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	
										Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13						
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%	5	96%	31.13	58.79%	29.37	61.69%	29.17	62.67%	29.45	61.68%	29.52	61.44%									
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%	5	97%	29.59	44.53%	31.54	41.85%	31.38	42.21%	32.25	41.19%	32.06	41.59%									
5	Steve Bradley	3.03%	Sub 26	25.34	65.01%	26.49	61.98%	5	98%	26.47	62.72%	26.09	63.56%	25.34	65.01%	25.47	64.47%	25.44	64.59%									
6	Grace Hawker	2.84%	Sub 29	28.49	52.25%	29.52	49.42%	5	96%	30.27	48.60%	29.39	49.92%	29.14	50.63%	30.06	49.17%	28.49	52.25%									
7	Roger Tansley (L2SOTM)	2.81%	Sub 32	31.59	55.29%	34.00	52.48%	2	96%							34.30	51.01%	31.59	55.29%									
8	Marnie Seymour	2.57%	Sub 24	23.20	69.40%	24.14	66.83%	3	96%					24.44	65.48%	23.20	69.40%	23.20	69.40%									
9	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	5	89%	26.06	66.09%	26.24	65.36%	29.19	58.84%	32.48	54.59%	27.54	61.83%									
10	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	5	97%	24.12	75.82%	23.38	77.63%	23.26	78.30%	23.19	78.69%	23.19	78.69%									
11	Jacqui Healey	1.25%	Sub 26	25.34	73.79%	25.33	72.55%	5	84%	25.34	73.79%	25.48	73.13%	26.22	71.55%	32.48	57.52%	27.10	69.45%									
12	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	5	96%	18.04	73.90%	17.59	74.24%	17.40	75.57%	18.05	73.83%	18.36	71.78%									
13	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%													
14	Ann Maylott	0.72%	Sub 40	39.05	39.57%	38.35	38.85%	2	99%					39.05	38.38%			44.00	39.57%									
15	Hayley Coates	0.52%	Sub 24	23.53	62.38%	24.05	61.86%	5	87%	29.56	49.77%	23.55	62.29%	23.59	62.12%	24.01	62.03%	23.53	62.38%									
16	Emma Rogers	0.26%	Sub 28	27.54	53.11%	28.02	52.85%	2	99%					28.32	51.93%	27.54	53.11%											
17	Sarah Fitton	0.17%	Sub 27	26.17	65.38%	26.21	65.22%	5	95%	28.09	61.04%	26.17	65.38%	28.27	60.40%	27.15	63.06%	27.36	62.26%									
18	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%											
19	James Clarke	0.07%	Sub 18	17.39	75.64%	17.40	75.57%	1								17.39	75.64%											
20	Mary Corbett	0.03%	Sub 29	28.22	70.39%	27.26	70.36%	5	97%	28.37	69.77%	29.50	66.93%	28.50	69.25%	28.59	68.89%	28.22	70.39%									
21	Jan Anglim	-0.11%	Sub 36	35.51	65.32%	35.47	65.43%	5	97%	37.24	62.60%	36.44	63.74%	36.07	64.83%	36.24	64.32%	35.51	65.32%									
22	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1						26.15	54.86%													
23	Joanna Avery	-0.26%	Sub 25	24.36	62.16%	24.18	62.43%	2	97%					24.36	62.16%			25.41	59.54%									
24	Terry Earney	-0.30%	Sub 28	27.08	69.84%	26.34	70.14%	5	92%	30.44	61.66%	27.08	69.84%	28.17	67.00%	27.19	69.37%	28.17	67.00%									
25	Mike Fitton	-0.39%	Sub 24	23.17	68.29%	23.09	68.68%	5	89%	27.50	57.13%	23.38	67.28%	23.58	66.30%	23.17	68.29%	26.22	60.30%									
26	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%													
27	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%											
28	Matthew James	-0.64%	Sub 19	18.37	71.66%	18.27	72.30%	4	97%			18.43	71.27%	18.37	71.66%	19.20	69.00%	19.25	68.71%									
29	Ian Ordish	-0.73%	Sub 26	25.15	65.23%	24.45	65.96%	2	100%							25.15	65.23%	25.18	65.10%									
30	Sally Harbut	-0.74%	Sub 33	32.39	47.82%	32.09	48.56%	3	84%					32.39	47.82%	38.33	40.50%	34.35	32.31%									
31	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	2	95%			24.25	60.68%			26.34	55.77%											
32	Vicki Clarke	-0.81%	Sub 27	26.45	55.70%	24.43	56.51%	3	98%			26.56	55.32%			26.45	55.70%	27.47	53.63%									
33	Helen McLuckie	-0.88%	Sub 30	29.27	51.13%	29.05	52.01%	5	97%	29.35	51.13%	31.14	48.43%	30.10	49.79%	29.27	51.00%	31.15	48.07%									
34	Karl Gailer (L2SOTM)	-0.92%	Sub 24	23.19	66.46%	23.00	67.38%	2	92%							23.19	66.46%	26.34	58.33%									
35	Graham Robbins	-0.93%	Sub 20	19.46	67.54%	19.30	68.47%	3	92%			19.46	67.54%			21.05	63.33%	22.21	59.74%									
36	Wojtek Majka (L2SOTM)	-1.01%	Sub 26	25.57	51.83%	25.27	52.84%	1						25.57	51.83%													
37	Lee Maunder	-1.03%	Sub 26	25.45	52.23%	25.15	53.26%	1						25.45	52.23%													
38	Lou Noyce (NCM)	-1.04%	Sub 28	27.34	56.21%	27.04	57.25%	4	93%			27.34	56.21%	28.40	54.05%	31.34	49.46%	29.47	52.42%									
39	Brendon Harbut	-1.12%	Sub 26	25.52	57.02%	25.22	58.14%	1						25.52	57.02%													
40	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%											
41	Phil Pearce	-1.20%	Sub 24	23.42	55.61%	23.12	56.81%	1								23.42	55.61%											
42	Mark Lee	-1.33%	Sub 28	27.40	56.77%	26.27	58.10%	2	97%					28.32	53.85%	27.40	56.77%											
43	Charmaine Bradford	-1.35%	Sub 24	23.49	63.99%	23.24	65.34%	2	99%					23.54	63.99%			23.49	62.98%									
44	Mark Coates	-1.35%	Sub 23	22.46	59.95%	22.16	61.30%	1								22.46	59.95%											
45	Steve Henry	-1.48%	Sub 24	23.50	69.11%	23.20	70.59%	1								23.50	69.11%											
46	Callum Tanner	-1.57%	Sub 19	18.21	70.64%	17.57	72.21%	1		18.21	70.64%																	
47	Aaron Pritchard	-1.68%	Sub 21	20.39	67.61%	20.09	69.29%	1						20.39	67.61%													
48	Karen Denham	-1.70%	Sub 23	22.47	69.79%	22.07	71.49%	5	98%	23.11	68.50%	23.33	68.07%	22.47	69.79%	23.12	68.54%	22.51	69.59%									
49	Martin Loveless	-1.78%	Sub 22	21.52	76.01%	21.22	77.79%	2	86%					21.52	76.01%			26.22	62.10%									
50	Simon Ibbotson	-1.81%	Sub 20	19.28	67.04%	18.57	68.85%	5	95%	19.57	65.41%	20.03	65.09%	20.56	62.34%	19.40	66.36%	19.28	67.04%									
51	Ben Andrew	-2.74%	Sub 20	19.21	68.93%	18.30	71.67%	4	98%	19.21	68.93%			19.49	66.91%	19.28	68.52%	19.37	67.99%									
52	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%													
53	Christina Grindley	-3.59%	Sub 33	32.21	45.76%	30.00	49.35%	3	98%					32.21	45.76%	33.36	44.06%	33.37	44.03%									
54	Jane Hodge	-5.17%	Sub 26	25.04	78.51%	23.11	83.68%	5	87%	25.54	75.99%	25.04	78.51%	30.09	65.28%	28.29	69.10%	28.41	68.62%									
55	Sarah Hood	-7.03%	Sub 37	36.27	42.22%	31.15	49.25%	2	98%					36.27	42.22%													