

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
week 41 week 42 week 43 week 44 week 45 week 46 week 47 week 48 week 49 week 50 week 51 week 52 week 53

In order of most improved WAVA		Improved	2021	Time	WAVA	Time	WAVA	No. of	Consti-	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA		
Pos.	Runner	WAVA's	Sub	2021 BEST	TARGET	Runs	stency			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	7.45%	Sub 21	20.32	62.98%	23.15	55.53%	3	90%																														
2	Caroline Richmond	7.13%	Sub 29	28.49	63.68%	32.27	56.55%	7	95%	31.13	58.79%	29.37	61.69%	29.17	62.67%	29.45	61.68%	29.52	61.44%	28.49	63.68%	28.58	63.35%																
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	Grace Hawker	4.47%	Sub 28	27.28	53.88%	29.52	49.42%	6	95%	30.27	48.60%	29.39	49.92%	29.14	50.63%	30.06	49.17%	28.49	52.25%			27.28	53.88%																
5	Tracy Hickson	3.35%	Sub 29	28.49	59.65%	30.32	56.30%	1													28.49	59.65%																	
6	Steve Bradley	3.33%	Sub 26	25.27	65.31%	26.49	61.98%	7	97%	26.47	62.72%	26.09	63.56%	25.34	65.01%	25.47	64.47%	25.44	64.59%	25.27	65.31%	25.48	64.42%																
7	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%																				
8	Roger Tansley (L2SOTM)	2.81%	Sub 32	31.59	55.29%	34.00	52.48%	4	96%							34.30	51.01%	31.59	55.29%	32.44	54.02%	33.52	52.21%																
9	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%																				
10	Jacqui Healey	2.33%	Sub 26	25.12	74.87%	25.33	72.55%	7	83%	25.34	73.79%	25.48	73.13%	26.22	71.55%	32.48	57.52%	27.10	69.45%	26.06	72.29%	25.12	74.87%																
11	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	7	89%	26.06	66.09%	26.24	65.36%	29.19	58.84%	32.48	54.59%	27.54	61.83%	27.27	62.84%	26.38	64.77%																
12	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	7	96%	24.12	75.82%	23.38	77.63%	23.26	78.30%	23.19	78.69%	23.19	78.69%	23.43	77.36%	24.35	74.63%																
13	Steve Henry	1.65%	Sub 23	22.48	72.24%	23.20	70.59%	2	97%							23.50	69.11%			22.48	72.24%																		
14	Christina Grindley	1.54%	Sub 30	29.05	50.89%	30.00	49.35%	5	93%					32.21	45.76%	33.36	44.06%	33.37	44.03%	29.05	50.89%	32.10	46.01%																
15	Laura Swancott	1.33%	Sub 33	32.59	44.87%	34.00	43.54%	6	95%	34.30	42.90%	37.28	39.50%	34.22	43.08%			37.00	40.00%	32.59	44.87%	36.35	40.46%																
16	Terry Earney	1.32%	Sub 27	26.31	71.46%	26.34	70.14%	7	90%	30.44	61.66%	27.08	69.84%	28.17	67.00%	27.19	69.37%	28.17	67.00%	26.53	70.49%	26.31	71.46%																
17	Hayley Coates	1.31%	Sub 24	23.35	63.17%	24.05	61.86%	7	87%	29.56	49.77%	23.55	62.29%	23.59	62.12%	24.01	62.03%	23.53	62.38%	23.35	63.17%	23.44	62.77%																
18	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	7	96%	18.04	73.90%	17.59	74.24%	17.40	75.57%	18.05	73.83%	18.36	71.78%	17.49	75.01%	18.12	73.36%																
19	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%																								
20	Charmaine Bradford	1.00%	Sub 24	23.03	66.34%	23.24	65.34%	3	97%					23.54	63.99%			23.49	62.98%			23.03	66.34%																
21	Karen Denham	0.79%	Sub 23	22.47	72.28%	22.07	71.49%	7	96%	23.11	68.50%	23.33	68.07%	22.47	69.79%	23.12	68.54%	22.51	69.59%	22.48	72.28%	23.39	67.79%																
22	Ann Maylott	0.72%	Sub 40	39.05	39.57%	38.35	38.85%	2	99%					39.05	38.38%			44.00	39.57%																				
23	Kirsty Hope (NCM)	0.49%	Sub 31	30.54	47.94%	31.12	47.45%	5	99%	31.42	46.70%	31.30	47.00%	31.40	46.75%	31.06	47.60%					30.54	47.94%																
24	Jan Anglim	0.40%	Sub 36	35.34	65.83%	35.47	65.43%	6	97%	37.24	62.60%	36.44	63.74%	36.07	64.83%	36.24	64.32%	35.51	65.32%	35.34	65.83%																		
25	Emma Rogers	0.26%	Sub 28	27.54	53.11%	28.02	52.85%	2	99%					28.32	51.93%	27.54	53.11%																						
26	Vicki Clarke	0.18%	Sub 27	26.17	56.69%	24.43	56.51%	4	97%			26.56	55.32%			26.45	55.70%	27.47	53.63%	26.17	56.69%																		
27	Sarah Fitton	0.17%	Sub 27	26.17	65.38%	26.21	65.22%	7	95%	28.09	61.04%	26.17	65.38%	28.27	60.40%	27.15	63.06%	27.36	62.26%	26.52	63.96%	26.21	65.17%																
28	James Clarke	0.07%	Sub 18	17.39	75.64%	17.40	75.57%	1										17.39	75.64%																				
29	Sally Harbut	0.05%	Sub 33	32.07	48.61%	32.09	48.56%	4	84%					32.39	47.82%	38.33	40.50%	34.35	32.31%	32.07	48.61%																		
30	Mary Corbett	0.03%	Sub 29	28.22	70.39%	27.26	70.36%	6	88%	28.37	69.77%	29.50	66.93%	28.50	69.25%	28.59	68.89%	28.22	70.39%			34.07	58.52%																
31	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1						26.15	54.86%																								
32	Joanna Avery	-0.26%	Sub 25	24.36	62.16%	24.18	62.43%	3	92%					24.36	62.16%			25.41	59.54%	28.30	53.66%																		
33	Mike Fitton	-0.39%	Sub 24	23.17	68.29%	23.09	68.68%	7	89%	27.50	57.13%	23.38	67.28%	23.58	66.30%	23.17	68.29%	26.22	60.30%	26.46	59.40%	25.31	62.31%																
34	Sally Kirk	-0.50%	Sub 39	38.08	56.53%	37.48	57.03%	6	93%	38.18	56.28%	39.17	54.87%	38.36	55.84%	38.08	56.53%	43.38	49.40%	40.44	52.92%																		
35	Matthew James	-0.64%	Sub 19	18.37	71.66%	18.27	72.30%	5	97%			18.43	71.27%	18.37	71.66%	19.20	69.00%	19.25	68.71%	19.33	68.24%																		
36	Ian Ordish	-0.73%	Sub 26	25.15	65.23%	24.45	65.96%	3	99%							25.15	65.23%	25.18	65.10%	25.37	64.30%																		
37	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	2	95%			24.25	60.68%			26.34	55.77%																						
38	Helen McLuckie	-0.88%	Sub 30	29.27	51.13%	29.05	52.01%	6	97%	29.35	51.13%	31.14	48.43%	30.10	49.79%	29.27	51.00%	31.15	48.07%			30.10	49.79%																
39	Karl Gailer (L2SOTM)	-0.92%	Sub 24	23.19	66.46%	23.00	67.38%	4	92%							23.19	66.46%	26.34	58.33%	25.55	59.80%	25.42	60.30%																
40	Graham Robbins	-0.93%	Sub 20	19.46	67.54%	19.30	68.47%	4	92%			19.46	67.54%			21.05	63.33%	22.21	59.74%	20.28	65.18%																		
41	Mark Coates	-0.99%	Sub 23	22.38	60.31%	22.16	61.30%	2	100%							22.46	59.95%			22.38	60.31%																		
42	Wojtek Majka (L2SOTM)	-1.01%	Sub 26	25.57	51.83%	25.27	52.84%	1						25.57	51.83%																								
43	Lee Maunder	-1.03%	Sub 26	25.45	52.23%	25.15	53.26%	1						25.45	52.23%																								
44	Lou Noyce (NCM)	-1.04%	Sub 28	27.34	56.21%	27.04	57.25%	6	92%			27.34	56.21%	28.40	54.05%	31.34	49.46%	29.47	52.42%	30.19																			