

**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 05/04/2021 12/04/2021 19/04/2021  
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 week 54 week 55 week 56

Pos.	Runner	Improved WAVA's	2021 Sub	Time	WAVA	Time	WAVA	No. of Runs	Consi- stency	Time WAVA																									
										TARGET	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	Week 14	Week 15	Week 16									
										2021 BEST	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	Week 14	Week 15	Week 16									
1	Caroline Richmond	10.02%	Sub 28	27.34	66.57%	32.27	56.55%	12	92%	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%	28.41	63.98%	28.20	64.77%	29.27	62.31%	27.34	66.57%	28.04	65.38%		
2	Christina Searle (L2SOTM)	8.33%	Sub 22	21.27	83.30%	23.50	74.97%	5	96%																22.17	80.19%	21.44	82.15%	21.33	82.91%	22.27	79.59%	21.27	83.30%	
3	Matt Casey	7.45%	Sub 21	20.32	62.98%	23.15	55.53%	8	90%				20.53	62.22%	23.50	53.07%			20.32	62.98%			21.25	60.38%	23.12	55.74%	22.33	57.35%	21.08	61.19%	22.27	57.61%			
4	Poppy Tanner	6.49%	Sub 21	20.08	73.51%	22.05	67.02%	2	86%																24.40	60.00%					20.08	73.51%			
5	Aleks Burlinson	5.20%	Sub 24	23.59	78.64%	25.41	73.44%	2	93%	26.11	72.03%	23.59	78.64%																						
6	Steve Bradley	4.73%	Sub 25	24.55	66.71%	26.49	61.98%	12	90%	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%	24.55	66.71%	25.44	64.59%	29.34	56.22%	25.45	64.55%	29.41	64.80%		
7	Grace Hawker	4.47%	Sub 28	27.28	53.88%	29.52	49.42%	9	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%	29.10	50.62%					28.06	52.67%				
8	Paul Blundell	4.26%	Sub 22	22.00	70.44%	23.25	66.18%	3	87%																23.55	64.80%					27.13	56.94%			
9	Vicki Clarke	4.22%	Sub 25	24.32	60.73%	24.43	56.51%	8	93%			26.56	55.32%			26.45	55.70%	27.47	53.63%	26.17	56.69%					24.32	60.73%	25.53	57.57%	26.00	57.31%	25.33	58.51%		
10	Tracy Hickson	3.35%	Sub 29	28.49	59.65%	30.32	56.30%	1															28.49	59.65%											
11	Chris Kidd	3.31%	Sub 30	29.53	44.68%	32.17	41.37%	12	96%	29.59	44.53%	31.54	41.85%	31.38	42.21%	32.25	41.19%	32.06	41.59%	31.59	41.74%	32.11	41.49%	29.59	44.53%	29.53	44.68%	33.07	40.31%	32.01	41.70%	32.56	40.54%		
12	Graham Robbins	3.18%	Sub 19	18.38	71.65%	19.30	68.47%	6	88%			19.46	67.54%			21.05	63.33%	22.21	59.74%	20.28	65.18%							19.00	70.27%	18.38	71.65%				
13	Sarah Fitton	2.84%	Sub 27	26.01	68.05%	26.21	65.22%	12	87%	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%	27.11	63.21%	31.10	55.13%	26.01	68.05%	27.56	61.52%	26.36	64.60%		
14	Roger Tansley (L2SOTM)	2.81%	Sub 32	31.59	55.29%	34.00	52.48%	9	96%						34.30	51.01%	31.59	55.29%	32.44	54.02%	33.52	52.21%	33.15	53.18%	32.23	54.61%	32.36	54.24%	32.46	53.97%	33.17	53.13%			
15	Al McKinnon (L2SOTM)	2.64%	Sub 18	18.00	76.98%	18.30	74.34%	2	95%											19.06	72.00%	18.00	76.98%												
16	Jeremy Barber	2.59%	Sub 27	26.04	66.68%	26.55	64.09%	12	79%	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%	29.22	58.74%	26.25	65.30%	37.36	45.88%	26.04	66.68%	27.54	61.89%		
17	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%																
18	Terry Earny	2.33%	Sub 27	26.09	72.47%	26.34	70.14%	12	89%	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%	30.38	61.86%	31.02	61.06%	26.23	71.83%	28.30	66.49%	26.09	72.47%		
19	Jacqui Healey	2.33%	Sub 26	25.12	74.87%	25.33	72.55%	12	75%	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%	29.22	64.25%	25.21	74.42%	37.36	50.18%	25.39	73.55%	27.29	68.45%		
20	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	12	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%	23.58	76.55%	23.29	78.13%	23.28	78.18%	24.08	76.02%	23.34	77.85%		
21	Steve Henry	1.65%	Sub 23	22.48	72.24%	23.20	70.59%	2	97%							23.50	69.11%																		
22	Christina Grindley	1.54%	Sub 30	29.05	50.89%	30.00	49.35%	6	93%					32.21	45.76%	33.36	44.06%	33.37	44.03%	29.05	50.89%	32.10	46.01%							32.59	44.87%				
23	Hayley Coates	1.45%	Sub 24	23.32	63.31%	24.05	61.86%	12	86%	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%	23.46	62.69%	23.32	63.31%	27.30	54.18%	23.44	62.77%	24.08	61.78%		
24	Laura Swancott	1.33%	Sub 33	32.59	44.87%	34.00	43.54%	7	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%									35.38	41.53%		
25	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	12	94%	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%	19.13	69.48%	17.56	74.45%	18.51	70.83%	17.52	74.73%	18.04	73.90%		
26	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%																				
27	Charmaine Bradford	1.00%	Sub 24	23.03	66.34%	23.24	65.34%	7	95%					23.54	63.99%			23.49	62.98%			23.03	66.34%	23.27	65.21%	24.39	61.20%	24.24	62.67%			24.50	61.58%		
28	Helen McLuckie	0.94%	Sub 29	28.22	52.95%	29.05	52.01%	10	95%	29.35	51.13%	31.14	48.43%	30.10	49.79%	29.27	51.00%	31.15	48.07%																
29	Jan Anglim	0.80%	Sub 36	35.21	66.23%	35.47	65.43%	12	96%	37.24	62.60%	36.44	63.74%	36.07	64.83%	36.24	64.32%	35.51	65.32%	35.34	65.83%	36.07	64.83%	35.21	66.23%	35.49	65.37%	35.58	65.10%	36.30	64.15%	35.25	66.11%		
30	Karen Denham	0.79%	Sub 23	22.32	72.28%	22.07	71.49%	12	92%	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%	23.26	67.91%	22.32	71.14%	23.08	68.74%	24.59	64.17%	24.22	65.79%		
31	Callum Johnson	0.66%	Sub 19	18.12	71.34%	18.15	70.68%	2	85%	23.40	55.92%												18.12	71.34%											
32	Raymond Searle (L2SOTM)	0.60%	Sub 21	20.54	70.00%	21.05	69.40%	4	98%																		20.54	70.00%	21.40	67.53%	21.00	69.67%			
33	Lee Maunder	0.53%	Sub 25	25.00	53.79%	25.15	53.26%	3	96%					25.45	52.23%																		27.14	49.38%	
34	Kirsty Hope (NCM)	0.49%	Sub 31	30.54	47.94%	31.12	47.45%	8	98%	31.42	46.70%	31.30	47.00%	31.40	46.75%	31.06	47.60%					30.54	47.94%	32.13	45.95%	31.11	47.48%	31.32	46.95%						
35	Emma Rogers	0.26%	Sub 28	27.54	53.11%	28.02	52.85%	3	94%					28.32	51.93%	27.54	53.11%															31.32	46.99%		
36	James Clarke	0.07%	Sub 18	17.39	75.64%	17.40	75.57%	1										17.39	75.64%																
37	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%														
38	Mary Corbett	0.03%	Sub 29	28.22	70.39%	27.26	70.36%	11	85%	28.37	69.77%	29.50	66.93%	28.50	69.25%	28.59	68.89%	28.22	70.39%					34.07	58.52%	28.34	69.91%	29.52	66.86%	28.52	69.18%	36.06	55.32%	28.43	69.54%
39	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1						26.15	54.86%																				
40	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%														
41	Mike Fitton	-0.39%	Sub 24	23.17	68.29%	23.09	68.68%	12	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%	26.45	59.44%	26.28	60.08%	25.18	66.05%	24.04	66.07%	26.17	60.49%		
42	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%														
43	Matthew James	-0.64%	Sub 19	18.37	71.66%	18.27	72.30%	6	96%			18.43	71.27%	18.37	71.66%	19.20	69.00%	19.25	68.71%	19.33	68.24%</														