

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

Table with columns: Pos, Runner, Improved, WAVA's, 2021 Sub, Time, WAVA, 2021 BEST, Time, WAVA, No. of Runs, Consistency, Week 1-16 (Time, WAVA), and Week 15-16 (Time, WAVA). Rows list individual runners and a summary row for 'GARDEN RUNS'.

Total 5K's in 2021: 473
Total 5K's in 2020: 669
Isolation 5K's Total: 1142