

Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score) 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

Part of a longer run 2021 PB / Target Betterment

Pos.	Runner	Improved WAVA's	2021 Sub	Time WAVA	2021 BEST	Time WAVA	WAVA	No. of Runs	Consistency	04/01/2021 week 41		11/01/2021 week 42		18/01/2021 week 43		25/01/2021 week 44		01/02/2021 week 45		08/02/2021 week 46		15/02/2021 week 47		22/02/2021 week 48		01/03/2021 week 49		08/03/2021 week 50		15/03/2021 week 51		22/03/2021 week 52		29/03/2021 week 53		05/04/2021 week 54		12/04/2021 week 55		19/04/2021 week 56					
										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	Time	WAVA	Time	WAVA	Time	WAVA	Time	WAVA
1	Caroline Richmond	10.02%	Sub 28	27.34	66.57%	32.27	56.55%	16	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%	27.53	65.81%	28.58	63.35%	30.20	60.50%	29.49	61.55%				
2	Christina Searle (L2SOTM)	8.33%	Sub 22	21.27	83.30%	23.50	74.97%	9	94%														22.17	80.19%	21.44	82.15%	21.33	82.91%	22.27	79.59%	21.27	83.30%	22.21	79.95%	22.21	79.95%	21.38	82.59%	23.13	76.96%					
3	Matt Casey	7.45%	Sub 21	20.32	62.98%	23.15	55.53%	11	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%	23.34	54.88%			24.11	53.39%	21.53	59.10%				
4	Poppy Tanner	6.49%	Sub 21	20.08	73.51%	22.05	67.02%	2	86%																																				
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%	16	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%	25.39	64.80%	26.23	63.00%	26.32	62.64%	26.23	63.00%	25.58	64.01%				
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%			28.27	52.02%			28.06	52.67%												
8	Paul Blundell	4.26%	Sub 22	22.00	70.44%	23.25	66.18%	4	87%														23.55	64.80%	22.00	70.44%			27.13	56.94%	22.18	69.49%													
9	Chris Kidd	4.25%	Sub 30	29.16	45.62%	32.17	41.37%	16	95%	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%	29.59	44.53%	32.23	41.23%	29.16	45.62%	31.59	41.74%				
10	Graham Robbins	4.22%	Sub 19	18.22	72.69%	19.30	68.47%	7	87%			19.46	67.54%			21.05	63.33%	22.21	59.74%	20.28	65.18%							19.00	70.27%	18.38	71.65%	18.22	72.69%												
11	Wicki Clarke	4.22%	Sub 25	24.32	60.73%	24.43	56.51%	11	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%	27.02	55.30%	25.23	58.90%	25.32	58.35%				
12	Roger Tansley (L2SOTM)	3.51%	Sub 32	31.35	55.99%	34.00	52.48%	13	95%							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%	32.33	54.33%	31.35	55.99%	33.34	52.68%	34.20	51.50%				
13	Tracy Hickson	3.35%	Sub 29	28.49	59.65%	30.32	56.30%	1															28.49	59.65%																					
14	Sarah Fitton	2.84%	Sub 26	25.47	68.05%	26.21	65.22%	16	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%	25.47	66.65%	27.27	62.60%	28.22	60.58%	30.11	56.93%				
15	Al McKinnon (L2SOTM)	2.64%	Sub 18	18.00	76.98%	18.30	74.34%	2	95%																																				
16	Jeremy Barber	2.59%	Sub 27	26.04	66.68%	26.55	64.09%	16	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%	28.45	60.64%	26.10	66.62%	26.12	66.54%	31.15	55.79%				
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	Dave Wilson	2.51%	Sub 25	24.34	67.21%	25.42	64.70%	6	91%																																				
19	Terry Earney	2.33%	Sub 27	26.09	72.47%	26.34	70.14%	16	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%	26.09	72.47%	28.29	66.53%	27.25	69.12%	30.11	62.78%				
20	Jacqui Healey	2.33%	Sub 26	25.12	74.87%	25.33	72.55%	16	75%	25.34	73.79%	25.48	73.13%	26.22	71.55%	27.48	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%	27.58	67.46%	25.19	74.52%	25.48	73.13%	29.05	64.87%				
21	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	16	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%	23.35	77.80%	24.21	75.35%	23.28	78.18%	23.42	77.41%				
22	Steve Henry	1.65%	Sub 23	22.48	72.24%	23.20	70.59%	2	97%							23.50	69.11%							22.48	72.24%																				
23	Jan Anglim	1.59%	Sub 35	34.56	67.02%	35.47	65.43%	16	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%	35.21	66.23%	35.49	65.37%	35.58	65.10%	36.30	64.15%	35.25	66.11%	35.50	65.34%	35.15	66.42%	34.56	67.02%	35.33	65.86%						
24	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%																
25	Hayley Coates	1.45%	Sub 24	23.32	63.31%	24.05	61.86%	16	79%	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%	26.15	56.76%	25.06	57.85%	34.32	42.05%	28.21	52.71%				
26	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%																								
27	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	16	85%	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%	22.00	60.69%	21.11	63.03%	19.16	69.30%	18.30	72.17%				
28	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%																														
29	Mike Fitton	1.06%	Sub 23	22.48	69.74%	23.09	68.68%	16	87%	27.50	57.13%	23.38	67.28%	23.58	66.30%	23.17	68.29%	26.22	60.																										