

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 26/04/2021

Part of a longer run 2021 PB / Target Betterment

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

week 57

In order of most improved WAVA

| Pos. | Runner | Improved WAVA's | 2021 Sub | Time | WAVA | Time | WAVA | No. of Runs | Consi- 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 | | Week 14 | | Week 15 | | Week 16 | | Week 17 | | | | | |
|------|---------------------------|-----------------|----------|-------|--------|-------|--------|-------------|---------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|------|------|------|------|
| | | | | | | | | | | 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 | Time | WAVA |
| 1 | Caroline Richmond | 10.02% | Sub 28 | 27.34 | 66.57% | 32.27 | 56.55% | 17 | 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% | 28.37 | 64.13% | | | | |
| 2 | Christina Searle (L2SOTM) | 8.33% | Sub 22 | 21.27 | 83.30% | 23.50 | 74.97% | 10 | 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% | 21.59 | 81.28% | | | | |
| 3 | Matt Casey | 7.45% | Sub 21 | 20.32 | 62.98% | 23.15 | 55.53% | 12 | 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% | 21.41 | 59.64% | | | | |
| 4 | Poppy Tanner | 6.49% | Sub 21 | 20.08 | 73.51% | 22.05 | 67.02% | 3 | 86% | | | | | | | | | | | | | | | | | 24.40 | 60.00% | | | | | 20.08 | 73.51% | | | | | | | | | 20.43 | 71.44% | | | | |
| 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% | 17 | 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% | 26.35 | 62.53% | | | | |
| 7 | Grace Hawker | 4.47% | Sub 28 | 27.28 | 53.88% | 29.52 | 49.42% | 10 | 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% | 23.55 | 64.80% | 22.00 | 70.44% | | | 27.13 | 56.94% | 22.18 | 69.49% | | | | | | | | | | | | |
| 8 | Paul Blundell | 4.26% | Sub 22 | 22.00 | 70.44% | 23.25 | 66.18% | 4 | 87% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Chris Kidd | 4.25% | Sub 30 | 29.16 | 45.62% | 32.17 | 41.37% | 17 | 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% | 29.29 | 45.28% | | | | |
| 10 | Graham Robbins | 4.22% | Sub 19 | 18.22 | 72.69% | 19.30 | 68.47% | 8 | 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% | | | | | | | 20.12 | 71.46% | | | | |
| 11 | Vicki 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% | 17 | 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% | | | 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% | 27.50 | 61.74% | | | | |
| 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% | 17 | 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% | 27.16 | 63.96% | | | | |
| 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% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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% | 17 | 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% | 27.30 | 68.91% | | | | |
| 20 | Jacqui Healey | 2.33% | Sub 26 | 25.12 | 74.87% | 25.33 | 72.55% | 17 | 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% | 27.58 | 67.46% | 25.19 | 74.52% | 25.48 | 73.13% | 29.05 | 64.87% | 25.44 | 73.32% | | | | |
| 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 | 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% | 36.07 | 64.83% | 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% | 17 | 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% | 29.00 | 51.53% | | | | |
| 26 | Laura Swancott | 1.33% | Sub 33 | 32.59 | 44.87% | 34.00 | 43.54% | 8 | 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% | 36.11 | | | | | | | | | | 35.50 | 41.30% | | | | |
| 27 | Dan Latham | 1.19% | Sub 18 | 17.40 | 75.57% | 17.57 | 74.38% | 17 | 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. | | | | | | | | | | | | | | |