

Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)

Part of a longer run 2021 PB / Target Betterment

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 26/04/2021 week 57 03/05/2021 week 58 10/05/2021 week 59

In order of most improved WAVA

| Pos. | Runner | Improved WAVA's | 2021 Sub | Time 2021 BEST | WAVA TARGET | No. of Runs | 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 | | Week 18 | | Week 19 | | | | | | | |
|------|---------------------------|-----------------|----------|----------------|-------------|-------------|--------|------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|-------|--------|-------|--------|------|------|
| | | | | | | | 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 | Time | WAVA | Time | WAVA | Time | WAVA |
| 1 | Caroline Richmond | 10.02% | Sub 28 | 27.34 | 66.57% | 32.27 | 56.55% | 19 | 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% | 27.37 | 66.45% | 27.39 | 66.37% | | | | |
| 2 | Christina Searle (L2SOTM) | 8.33% | Sub 22 | 21.27 | 83.30% | 23.50 | 74.97% | 12 | | | | | | | | | | | | | | | | | | | | 22.27 | 79.59% | 21.27 | 83.30% | 22.21 | 79.95% | 21.38 | 82.59% | 23.13 | 76.96% | 21.59 | 81.28% | 22.23 | 79.83% | 22.18 | 80.13% | | | | | | | |
| 3 | Matt Casey | 7.45% | Sub 21 | 20.32 | 62.98% | 23.15 | 55.53% | 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Poggy Tanner | 6.49% | Sub 21 | 20.08 | 73.51% | 22.05 | 67.02% | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Aleks Burlinson | 5.20% | Sub 24 | 23.59 | 78.64% | 25.41 | 73.44% | 2 | 26.11 | 72.03% | 23.59 | 78.64% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Steve Bradley | 4.73% | Sub 25 | 24.55 | 66.71% | 26.49 | 61.98% | 19 | 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% | 26.04 | 63.77% | 26.51 | 61.91% | | | | |
| 7 | Grace Hawker | 4.47% | Sub 28 | 27.28 | 53.88% | 29.52 | 49.42% | 11 | 30.27 | 48.60% | 29.39 | 49.92% | 29.14 | 50.63% | 30.06 | 49.17% | 28.49 | 52.25% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Paul Blundell | 4.26% | Sub 22 | 22.00 | 70.44% | 23.25 | 66.14% | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Chris Kidd | 4.25% | Sub 30 | 29.16 | 45.62% | 32.17 | 41.37% | 19 | 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% | 31.13 | 42.77% | 29.26 | 45.36% | | | | |
| 10 | Graham Robbins | 4.22% | Sub 19 | 18.22 | 72.69% | 19.30 | 68.47% | 9 | | | 19.46 | 67.54% | | | 21.05 | 63.33% | 22.21 | 59.74% | 20.28 | 65.18% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Vicki Clarke | 4.22% | Sub 25 | 24.32 | 60.73% | 24.43 | 56.51% | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Carl Hall | 4.22% | Sub 21 | 20.06 | 73.97% | 21.19 | 69.75% | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Roger Tansley (L2SOTM) | 3.69% | Sub 32 | 31.29 | 56.17% | 34.00 | 52.48% | 16 | | | | | | | 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% | 33.32 | 52.73% | 32.49 | 53.89% | 31.29 | 56.17% | | |
| 14 | Tracy Hickson | 3.35% | Sub 29 | 28.49 | 59.65% | 30.32 | 56.30% | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | Sarah Fitton | 2.84% | Sub 26 | 25.47 | 68.05% | 26.21 | 65.22% | 19 | 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% | 27.50 | 61.74% | 27.17 | 62.60% | 29.10 | 59.22% | | | | |
| 16 | Al McKinnon (L2SOTM) | 2.64% | Sub 18 | 18.00 | 76.98% | 18.30 | 74.34% | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | Jeremy Barber | 2.59% | Sub 27 | 26.04 | 66.68% | 26.55 | 64.09% | 19 | 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% | 30.49 | 56.57% | 37.27 | 46.55% | | | | |
| 18 | Marnie Seymour | 2.57% | Sub 24 | 23.20 | 69.40% | 24.14 | 66.83% | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | Dave Wilson | 2.51% | Sub 25 | 24.34 | 67.21% | 25.42 | 64.70% | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | Terry Earney | 2.33% | Sub 27 | 26.09 | 72.47% | 26.34 | 70.14% | 19 | 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% | 27.46 | 68.25% | 27.32 | 68.83% | | | | |
| 21 | Jacqui Healey | 2.33% | Sub 26 | 25.12 | 74.87% | 25.33 | 72.55% | 19 | 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% | 30.30 | 61.56% | 25.15 | 74.72% | | | | |
| 22 | Mick Anglim | 1.76% | Sub 24 | 23.19 | 78.69% | 23.51 | 76.93% | 16 | 24.12 | 75.82% | 23.38 | 77.63% | 23.26 | 78.30% | 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% | | | | | | | | | | | | |
| 23 | Steve Henry | 1.65% | Sub 23 | 22.48 | 72.24% | 23.20 | 70.59% | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | Jan Anglim | 1.59% | Sub 35 | 34.56 | 67.02% | 35.47 | 65.43% | 16 | 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% | | | | | | | | | | |
| 25 | Christina Grindley | 1.54% | Sub 30 | 29.05 | 50.89% | 30.00 | 49.35% | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | Joanna Avery | 1.48% | Sub 25 | 24.05 | 63.90% | 24.18 | 62.43% | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | Hayley Coates | 1.45% | Sub 24 | 23.32 | 63.31% | 24.05 | 61.86% | 19 | 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% | 27.54 | 53.56% | 27.39 | 54.05% | | | | |
| 28 | Laura Swancott | 1.33% | Sub 33 | 32.59 | 44.87% | 34.00 | 43.54% | 9 | 34.30 | 42.90% | 37.28 | 39.50% | 34.22 | 43.08% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | Dan Latham | 1.19% | Sub 18 | 17.40 | 75.57% | 17.57 | 74.38% | 19 | 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. | | | | | | | | | | | | | | | | | | | | | | | | | | |