Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)
Part of a longer run — 2021 PB / Target Betterment

In order of most improved WAVA

| Pos. | Runner | Improved WAVA's | 2021 Sub | 2021 BEST Time | 2021 BEST WAVA | TARGET Time | TARGET WAVA | No. of Runs | 08/02/2021 week 46 Time | 08/02/2021 week 46 WAVA | 15/02/2021 week 47 Time | 15/02/2021 week 47 WAVA | 22/02/2021 week 48 Time | 22/02/2021 week 48 WAVA | 01/03/2021 week 49 Time | 01/03/2021 week 49 WAVA | 08/03/2021 week 50 Time | 08/03/2021 week 50 WAVA | 15/03/2021 week 51 Time | 15/03/2021 week 51 WAVA | 22/03/2021 week 52 Time | 22/03/2021 week 52 WAVA | 29/03/2021 week 53 Time | 29/03/2021 week 53 WAVA | 05/04/2021 week 54 Time | 05/04/2021 week 54 WAVA | 12/04/2021 week 55 Time | 12/04/2021 week 55 WAVA | 19/04/2021 week 56 Time | 19/04/2021 week 56 WAVA | 26/04/2021 week 57 Time | 26/04/2021 week 57 WAVA | 03/05/2021 week 58 Time | 03/05/2021 week 58 WAVA | 10/05/2021 week 59 Time | 10/05/2021 week 59 WAVA | 17/05/2021 week 60 Time | 17/05/2021 week 60 WAVA | 24/05/2021 week 61 Time | 24/05/2021 week 61 WAVA | 31/05/2021 week 62 Time | 31/05/2021 week 62 WAVA | 07/06/2021 week 63 Time | 07/06/2021 week 63 WAVA | 14/06/2021 week 64 Time | 14/06/2021 week 64 WAVA | 21/06/2021 week 65 Time | 21/06/2021 week 65 WAVA | 28/06/2021 week 66 Time | 28/06/2021 week 66 WAVA | 05/07/2021 week 67 Time | 05/07/2021 week 67 WAVA | 12/07/2021 week 68 Time | 12/07/2021 week 68 WAVA | 19/07/2021 week 69 Time | 19/07/2021 week 69 WAVA | 26/07/2021 week 70 Time | 26/07/2021 week 70 WAVA |
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