

## Weekend 5K Isolation Run Results

<i>In order of improved WAVA</i>		Improved	Sub	Time	WAVA	Time	WAVA	No. of	Consi-	Time	WAVA
Pos.	Runner	WAVA %	2020	Isolation Best		Prev. 2020 Best		Runs	stency	Wk 12	
1	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	2	93%	49.06	37.75%
2	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	2	84%		
3	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2	93%		
4	Karen Denham	5.30%	Sub 22	21.42	72.41%	23.40	67.11%	11	88%	21.42	72.41%
5	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	9	90%		
6	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3	96%		
7	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	10	95%	32.05	46.22%
8	Ann Brucelow	3.52%	Sub 51	50.54	50.07%	55.30	46.55%	12	92%	53.90	43.57%
9	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	7	93%		
10	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	4	95%		
11	Tamsin Roberts	3.00%	Sub 24	23.45	62.19%	25.02	59.19%	10	91%	24.55	59.28%
12	Terry Earney	2.94%	Sub 27	26.26	69.77%	27.53	66.83%	12	94%	26.40	69.16%
13	Kelly Anetts	2.46%	Sub 24	23.15	63.51%	24.15	61.05%	4	96%		
14	Mary Corbett	2.26%	Sub 29	28.03	67.74%	29.01	65.48%	4	87%	28.15	67.26%
15	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	11	55%		
16	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	12	46%	20.00	66.69%
17	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	2	96%	18.53	78.38%
18	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3	99%		
19	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1			
20	Simon Ibbotson	0.22%	Sub 19	18.50	69.76%	18.46	69.54%	12	88%	18.53	66.08%
21	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	4	96%		
22	Callum Johnson		Sub 18	17.49	72.94%	17.49	72.94%	1			
23	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1			
24	Tim Anetts	-0.20%	Sub 20	19.10	69.54%	18.30	69.74%	1			
25	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1			
26	Sarah Fitton	-1.26%	Sub 28	27.04	61.72%	26.57	62.98%	12	86%	27.32	61.34%
27	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	3	97%		
28	Jane Hodge	-1.41%	Sub 24	23.33	82.09%	23.14	83.50%	11	94%	23.33	79.68%
29	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2	82%		
30	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1			
31	Jeremy Barber	-2.79%	Sub 29	28.54	59.14%	27.35	61.93%	7	79%	29.39	57.68%
32	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	4	93%		
33	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	1			
34	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	3	89%		
	<b>GARDEN RUNS</b>										
1	Jeremy Barber (Garden Run)	11.22%	Sub 31	30.21	56.83%	37.47	45.61%	12	83%	34.57	48.93%
2	Jane Hodge (Garden Run)	8.21%	Sub 31	30.16	62.00%	36.04	53.79%	2	92%		
3	David Gould (Garden Run)	4.24%	Sub 37	36.55	43.07%	40.57	38.83%	3	86%		
= 4	Dan Latham (Garden Run)		Sub 24	23.29	56.46%	23.29	56.46%	1			
= 4	Charmaine Bradford (Garden)		Sub 31	30.37	49.66%	30.37	49.66%	1			
= 4	Poppy Tanner (Garden Run)		Sub 32	31.09	47.51%	31.09	47.51%	1			
= 4	Graham Robbins (Garden Run)		Sub 41	40.25	32.81%	40.25	32.81%	1			
= 4	Simon Ibbotsons (Garden Run)		Sub 42	41.30	31.45%	41.30	31.45%	1			
				<b>No. of lock down 5K's as a group:</b>				<b>207</b>		14.00	