

## Weekend 5K Isolation Run Results

<i>In order of improved WAVA</i>		Improved	Sub	Time	WAVA	Time	WAVA	No. of	Time	WAVA
Pos.	Runner	WAVA %	2020	Isolation Best		Prev. 2020 Best		Runs	Wk 14	
1	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	3		
2	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	3		
3	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	12	21.26	74.10%
4	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2		
5	Mary Corbett	6.44%	Sub 28	27.22	71.92%	29.01	65.48%	6	33.42	58.41%
6	Ann Bruelow	4.46%	Sub 51	50.14	51.01%	55.30	46.55%	14	50.14	51.01%
7	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	11	23.53	64.06%
8	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3		
9	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	11		
10	Terry Earney	3.57%	Sub 27	26.26	70.40%	27.53	66.83%	14	26.28	70.40%
11	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	8		
12	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	5		
13	Tamsin Roberts	3.00%	Sub 24	23.45	62.19%	25.02	59.19%	12	24.17	61.01%
14	Kelly Anetts	2.46%	Sub 24	23.15	63.51%	24.15	61.05%	4		
15	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	11		
16	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	14	19.52	66.74%
17	Sarah Fitton	1.30%	Sub 27	26.44	64.28%	26.57	62.98%	14	27.07	63.37%
18	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	3	21.03	70.31%
19	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3		
20	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1		
21	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	18.46	69.54%	13	18.35	70.22%
22	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	13	36.39	52.93%
23	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	4		
24	Callum Johnson		Sub 18	17.49	72.94%	17.49	72.94%	2		
25	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1		
24	Jacqui Healey		Sub 29	28.44	65.72%	28.44	65.72%	1		
26	Tim Anetts	-0.20%	Sub 20	19.10	69.54%	18.30	69.74%	1		
27	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1		
28	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	3		
29	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2		
30	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1		
31	Jeremy Barber	-2.79%	Sub 29	28.43	59.14%	27.35	61.93%	10	28.43	58.73%
32	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5	31.58	47.67%
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		
	<b>GARDEN RUNS</b>									
1	Jeremy Barber (Garden Run)	9.09%	Sub 32	31.07	54.70%	37.47	45.61%	14	39.59	42.18%
2	Jane Hodge (Garden Run)	8.21%	Sub 31	30.16	62.00%	36.04	53.79%	2		
3	David Gould (Garden Run)	4.24%	Sub 37	36.55	43.07%	40.57	38.83%	3		
= 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	Andy Barber		Sub 41	40.20	30.47%	40.20	30.47%	1	40.20	30.47%
= 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>240</b>	15.00	