

Weekend 5K Isolation Run Results

In order of improved WAVA		Improved	Sub	Time	WAVA	Time	WAVA	No. of	Time	WAVA	
Pos.	Runner	WAVA %	2020	Isolation Best		Prev. 2020 Best		Runs		Wk 16	
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%	13	23.50	68.80%	
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%	8	34.27	57.16%	
6	Tim Anetts	5.93%	Sub 18	17.03	75.67%	18.30	69.74%	2	17.03	75.67%	
7	Ann Brucelow	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	16	49.02	52.24%	
8	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	13	24.79	60.40%	
9	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3			
10	Terry Earney	3.97%	Sub 27	26.19	70.80%	27.53	66.83%	16	26.19	70.80%	
11	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	11			
12	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	9	28.25	52.08%	
13	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	5			
14	Tamsin Roberts	3.19%	Sub 24	23.45	62.38%	25.02	59.19%	13	25.61	62.38%	
15	Kelly Anetts	2.46%	Sub 24	23.15	63.51%	24.15	61.05%	4			
16	Sarah Fitton	2.44%	Sub 27	26.16	65.42%	26.57	62.98%	16	26.16	65.42%	
17	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	11			
18	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	16	22.51	58.02%	
19	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	4	19.55	74.31%	
20	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3			
21	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1			
22	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	18.46	69.54%	15	19.81	64.13%	
23	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	15	24.16	79.94%	
24	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	3	17.38	73.16%	
25	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	6	30.40	48.26%	
24	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1			
26	Jacqui Healey		Sub 29	28.44	65.72%	28.44	65.72%	1			
27	Mark Lee		Sub 25	24.18	63.24%	24.18	63.24%	2	26.14	58.58%	
28	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1			
29	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	4			
30	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2			
31	Chris Kidd	-2.28%	Sub 35	34.30	37.83%	32.32	40.11%	2	36.55	35.35%	
32	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1			
33	Jeremy Barber	-2.79%	Sub 29	28.43	59.14%	27.35	61.93%	11	35.32	47.31%	
34	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5			
35	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	1			
36	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	4	22.93	62.85%	
	GARDEN RUNS										
1	Jeremy Barber (Garden Run)	9.09%	Sub 32	31.07	54.70%	37.47	45.61%	16	37.31	44.96%	
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			
= 4	Simon Ibbotsons (Garden Run)		Sub 42	41.30	31.45%	41.30	31.45%	1			
				No. of lock down 5K's as a group:				273	20.00		