

## Weekend 5K Isolation Run Results

In order of improved WAVA											
Pos.	Runner	Improved WAVA %	Sub 2020	Time Isolation Best	WAVA	Time Prev. 2020 Best	WAVA	No. of Runs	Time Wk 18	WAVA	
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%	14			
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			
6	Tim Anetts	5.93%	Sub 18	17.03	75.67%	18.30	69.74%	2			
7	Ann BruceLOW	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	17			
8	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	14			
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%	18	28.22	65.69%	
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%	10			
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%	14			
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%	18	26.26	65.01%	
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%	18	18.45	70.72%	
19	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	4			
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%	17	19.16	67.73%	
23	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	17	23.56	81.06%	
24	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	3			
25	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	6			
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%	2	29.24	64.17%	
27	Mark Lee		Sub 25	24.18	63.24%	24.18	63.24%	3	26.40	57.62%	
28	Andy Mansfield		Sub 26	25.52	58.42%	25.52	58.42%	1	25.52	58.42%	
29	Chris Kidd	-0.19%	Sub 33	32.51	40.84%	32.32	41.03%	4	32.51	40.84%	
30	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1			
31	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	4			
32	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2			
33	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1			
34	Jeremy Barber	-2.79%	Sub 29	28.43	59.14%	27.35	61.93%	13	30.44	56.13%	
35	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5			
36	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	1			
37	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	4			
	<b>GARDEN RUNS</b>										
1	Jeremy Barber (Garden Run)	9.09%	Sub 32	31.07	54.70%	37.47	45.61%	18	38.38	44.65%	
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			
				<b>No. of lock down 5K's as a group:</b>				<b>297</b>	11.00		