

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 19			
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%	15	22.48	69.66%
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%	9	27.59	71.35%
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%	19	53.12	48.16%
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%	19	28.35	65.19%
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%	6	19.71	65.69%
14	Tamsin Roberts	3.19%	Sub 24	23.45	62.38%	25.02	59.19%	15	29.25	50.37%
15	Sarah Fitton	2.73%	Sub 27	26.09	65.71%	26.57	62.98%	19	26.09	65.71%
16	Andy Mansfield	2.69%	Sub 26	25.52	58.42%	27.07	55.73%	1		
17	Kelly Anetts	2.46%	Sub 24	23.15	63.51%	24.15	61.05%	4		
18	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	12	20.41	64.49%
19	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	19	18.16	72.59%
20	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	4		
21	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3		
22	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1		
23	Chris Kidd	0.86%	Sub 32	31.32	41.89%	32.32	41.03%	5	31.32	41.89%
24	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	18.46	69.54%	18	20.14	64.50%
25	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	18	30.54	62.78%
26	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	3		
27	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	6		
28	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1		
29	Jacqui Healey		Sub 29	28.44	65.72%	28.44	65.72%	2		
30	Mark Lee		Sub 25	24.18	63.24%	24.18	63.24%	3		
31	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1		
32	Jeremy Barber	-1.26%	Sub 29	28.26	60.67%	27.35	61.93%	14	28.26	60.67%
33	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	4		
34	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2		
35	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1		
36	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5		
37	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	1		
38	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	4		
	GARDEN RUNS									
1	Jeremy Barber (Garden Run)	9.09%	Sub 32	31.07	54.70%	37.47	45.61%	19	38.43	44.55%
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:				312	14.00	