

## 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 21			
1	Jacqui Healey	8.12%	Sub 26	25.33	73.84%	<b>28.44</b>	65.72%	4	30.24	60.25%
2	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	3		
3	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	3		
4	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	17	25.16	62.86%
5	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2		
6	Mary Corbett	6.44%	Sub 28	27.22	71.92%	29.01	65.48%	11	64.52	30.78%
7	Tim Anetts	5.93%	Sub 18	17.03	75.67%	<b>18.30</b>	69.74%	2		
8	Ann Brucelow	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	21	53.06	48.25%
9	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	16	25.55	59.01%
10	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3		
11	Terry Earney	3.97%	Sub 27	26.19	70.80%	27.53	66.83%	21	30.25	61.26%
12	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	11		
13	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	10		
14	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	6		
15	Tamsin Roberts	3.19%	Sub 24	23.45	62.38%	25.02	59.19%	15		
16	Sarah Fitton	2.73%	Sub 27	26.09	65.71%	26.57	62.98%	21	35.11	48.84%
17	Andy Mansfield	2.69%	Sub 26	25.52	58.42%	<b>27.07</b>	55.73%	2		
18	Kelly Anetts	2.46%	Sub 24	23.15	63.51%	24.15	61.05%	4		
19	Jeremy Barber	2.20%	Sub 27	26.54	64.13%	<b>27.35</b>	61.93%	16	30.24	56.25%
20	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	13	19.52	67.17%
21	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	21	18.38	71.16%
22	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	4		
23	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3		
24	Chris Kidd	1.22%	Sub 32	31.32	42.25%	<b>32.32</b>	41.03%	7	38.31	34.66%
25	Jack Fairbrother	1.13%	Sub 20	19.25	66.76%	<b>19.45</b>	65.63%	1	<b>19.25</b>	66.76%
26	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1		
27	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	<b>18.46</b>	69.54%	20	19.22	67.38%
28	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	20	23.35	82.26%
29	Callum Johnson	0.22%	Sub 18	17.38	73.16%	<b>17.49</b>	72.94%	3		
30	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	6		
31	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	<b>26.21</b>	66.07%	1		
32	Mark Lee		Sub 25	24.18	63.24%	<b>24.18</b>	63.24%	3		
33	Clare Branker	-0.79%	Sub 42	41.12	35.92%	<b>40.19</b>	36.71%	1		
34	David Gould	-1.28%	Sub 31	30.27	53.30%	<b>29.58</b>	54.58%	4		
35	Sam East	-1.53%	Sub 22	21.26	65.14%	<b>20.57</b>	66.67%	2		
36	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	<b>23.30</b>	64.70%	1		
37	Steve Blight	-2.88%	Sub 24	23.41	64.35%	<b>22.40</b>	67.23%	5		
38	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	<b>26.12</b>	56.49%	1		
39	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	<b>20.37</b>	71.79%	4		
	<b>GARDEN RUNS</b>									
1	Jeremy Barber (Garden Run)	9.09%	Sub 32	31.07	54.70%	37.47	45.61%	21	37.14	46.33%
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%	<b>23.29</b>	56.46%	1		
= 4	Charmaine Bradford (Garden)		Sub 31	30.37	49.66%	<b>30.37</b>	49.66%	1		
= 4	Poppy Tanner (Garden Run)		Sub 32	31.09	47.51%	<b>31.09</b>	47.51%	1		
= 4	Graham Robbins (Garden Run)		Sub 41	40.25	32.81%	<b>40.25</b>	32.81%	1		
= 4	Andy Barber		Sub 41	40.20	30.47%	<b>40.20</b>	30.47%	1		
= 4	Simon Ibbotsons (Garden Run)		Sub 42	41.30	31.45%	<b>41.30</b>	31.45%	1		
				<b>No. of lock down 5K's as a group:</b>				<b>337</b>	14.00	