

## 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 23				
1	Jacqui Healey	8.12%	Sub 26	25.33	73.84%	28.44	65.72%	6	25.55	72.80%	
2	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	3			
3	Mary Corbett	7.30%	Sub 28	27.22	72.78%	29.01	65.48%	12	27.26	72.78%	
4	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	3			
5	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	17			
6	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2			
7	Tim Anetts	5.93%	Sub 18	17.03	75.67%	18.30	69.74%	2			
8	Ann Brucelow	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	23	53.39	47.75%	
9	Kelly Anetts	5.57%	Sub 23	22.13	66.62%	24.15	61.05%	5	22.13	66.62%	
10	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	17	25.84	57.93%	
11	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3			
12	Terry Earney	3.97%	Sub 27	26.19	70.80%	27.53	66.83%	23	27.11	68.55%	
13	Sarah Fitton	3.95%	Sub 26	25.41	66.93%	26.57	62.98%	23	25.41	66.93%	
14	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	13	59.41	25.17%	
15	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	10			
16	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	6			
17	Tamsin Roberts	3.19%	Sub 24	23.45	62.38%	25.02	59.19%	15			
18	James Clarke	2.77%	Sub 18	17.57	74.38%	18.31	71.61%	1			
19	Andy Mansfield	2.69%	Sub 26	25.52	58.42%	27.07	55.73%	2			
20	Jeremy Barber	2.28%	Sub 27	26.52	64.21%	27.35	61.93%	23	26.52	64.21%	
21	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	13			
22	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	23	28.00	47.35%	
23	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	5			
24	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3			
25	Chris Kidd	1.22%	Sub 32	31.32	42.25%	32.32	41.03%	9	47.01	27.76%	
26	Jack Fairbrother	1.13%	Sub 20	19.25	66.76%	19.45	65.63%	1			
27	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1			
28	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	18.46	69.54%	21	23.22	55.85%	
29	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	23	23.12	83.62%	
30	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	3			
31	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	6			
32	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1			
33	Mark Lee		Sub 25	24.18	63.24%	24.18	63.24%	4			
34	Sara Harvey		Sub 36	35.59	46.94%	35.59	46.94%	1			
35	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1			
36	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	4			
37	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2			
38	Mick Anglim	-2.37%	Sub 24	23.11	78.00%	22.30	80.37%	1	23.11	78.00%	
39	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1			
40	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5			
41	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	1			
42	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	4			
<b>GARDEN RUNS</b>											
1	Jane Hodge (Garden Run)	11.42%	Sub 30	29.45	65.21%	36.04	53.79%	3			
2	Jeremy Barber (Garden Run)	10.22%	Sub 31	30.54	55.83%	37.47	45.61%	23	30.54	55.83%	
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	Mary Corbett (Garden Run)		Sub 35	34.21	58.13%	34.21	58.13%	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>372</b>	14.00	