

## 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	Consi- stency	Time Wk 24	WAVA
1	Jacqui Healey	8.12%	Sub 26	25.33	73.84%	28.44	65.72%	7	86%	26.45	70.53%
2	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	3	93%		
3	Mary Corbett	7.30%	Sub 28	27.22	72.78%	29.01	65.48%	12	58%		
4	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	3	84%		
5	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	18	86%	21.58	72.30%
6	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2	93%		
7	Tim Anetts	5.93%	Sub 18	17.03	75.67%	18.30	69.74%	2	94%		
8	Ann Brucelow	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	24	79%	51.04	50.16%
9	Kelly Anetts	5.57%	Sub 23	22.13	66.62%	24.15	61.05%	5	93%		
10	Terry Earney	4.47%	Sub 27	26.08	71.30%	27.53	66.83%	24	90%	26.08	71.30%
11	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	18	90%	26.43	57.24%
12	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3	96%		
13	Sarah Fitton	3.95%	Sub 26	25.41	66.93%	26.57	62.98%	24	81%	30.07	57.06%
14	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	13	70%		
15	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	10	87%		
16	Chris Kidd	3.27%	Sub 31	30.08	44.30%	32.32	41.03%	10	83%	30.08	44.30%
17	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	6	94%		
18	Tamsin Roberts	3.19%	Sub 24	23.45	62.38%	25.02	59.19%	15	88%		
19	Andy Mansfield	3.04%	Sub 26	25.43	58.77%	27.07	55.73%	3	100%	25.43	58.77%
20	James Clarke	2.77%	Sub 18	17.57	74.38%	18.31	71.61%	1			
21	Jeremy Barber	2.28%	Sub 27	26.52	64.21%	27.35	61.93%	24	70%	27.04	63.73%
22	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	13	55%		
23	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	24	46%	22.07	59.95%
24	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	6	89%	21.58	67.67%
25	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3	99%		
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	86%		
29	Jane Hodge	0.42%	Sub 24	23.07	83.92%	23.14	83.50%	24	69%	30.15	64.13%
30	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	3	93%		
31	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	6	96%		
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	79%		
34	Sara Harvey		Sub 36	35.59	46.94%	35.59	46.94%	1			
34	Mike Fitton		Sub 26	25.52	57.95%	25.52	57.95%	1		25.52	57.95%
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%	5	95%	32.35	48.61%
37	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2	82%		
38	Mick Anglim	-2.37%	Sub 24	23.11	78.00%	22.30	80.37%	1			
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	83%		
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	89%		
<b>GARDEN RUNS</b>											
1	Jane Hodge (Garden Run)	11.42%	Sub 30	29.45	65.21%	36.04	53.79%	3	89%		
2	Jeremy Barber (Garden Run)	10.22%	Sub 31	30.54	55.83%	37.47	45.61%	24	78%	34.10	50.49%
3	David Gould (Garden Run)	4.24%	Sub 37	36.55	43.07%	40.57	38.83%	3	86%		
= 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>386</b>		14.00	