

## 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 28				
1	Mike Fitton	11.61%	Sub 24	23.09	68.09%	27.55	56.48%	4			
2	Jacqui Healey	8.32%	Sub 26	25.28	74.04%	28.44	65.72%	10	35.32	53.10%	
3	Mary Corbett	7.88%	Sub 28	27.13	73.36%	29.01	65.48%	16	44.41	44.68%	
4	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	3			
5	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	3			
6	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	21	24.22	65.18%	
7	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2			
8	Tim Anetts	5.93%	Sub 18	17.03	75.67%	18.30	69.74%	2			
9	Ann BruceLOW	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	28	52.07	48.15%	
10	Kelly Anetts	5.57%	Sub 23	22.13	66.62%	24.15	61.05%	5			
11	Vicki Clarke	4.92%	Sub 27	26.28	56.29%	29.00	51.37%	16	27.16	54.40%	
12	Terry Earney	4.47%	Sub 27	26.08	71.30%	27.53	66.83%	28	27.19	68.21%	
13	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	22	25.59	58.85%	
14	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3			
15	Sarah Fitton	3.95%	Sub 26	25.41	66.93%	26.57	62.98%	28	27.23	62.75%	
16	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	11			
17	Chris Kidd	3.27%	Sub 31	30.08	44.30%	32.32	41.03%	10			
18	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	7			
19	Tamsin Roberts	3.19%	Sub 24	23.45	62.38%	25.02	59.19%	17	27.37	46.94%	
20	Andy Mansfield	3.04%	Sub 26	25.43	58.77%	27.07	55.73%	3			
21	James Clarke	2.77%	Sub 18	17.57	74.38%	18.31	71.61%	1			
22	Jeremy Barber	2.76%	Sub 27	26.40	64.69%	27.35	61.93%	28	35.32	48.55%	
23	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	13			
24	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	28	22.76	56.99%	
25	Matt Casey	1.44%	Sub 22	21.45	59.39%	22.38	57.95%	1	21.45	59.39%	
26	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	8	25.40	51.47%	
27	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3			
28	Jack Fairbrother	1.13%	Sub 20	19.25	66.76%	19.45	65.63%	1			
29	Jane Hodge	1.03%	Sub 23	22.57	84.53%	23.14	83.50%	28	27.27	70.67%	
30	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1			
31	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	18.46	69.54%	24	19.25	67.21%	
32	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	5			
33	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	8	29.56	43.10%	
34	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1			
35	Mark Lee		Sub 25	24.18	63.24%	24.18	63.24%	4			
36	Sara Harvey		Sub 36	35.59	46.94%	35.59	46.94%	1			
37	Graeme Johnson		Sub 23	22.44	60.06%	22.44	60.06%	1			
38	Jan Anglim		Sub 36	35.47	64.32%	35.47	64.32%	1			
39	Oscar Anglim		Sub 0		57.95%	22.30	57.95%	1			
40	Sarah Hood		Sub 32	31.15	49.25%	31.15	49.25%	1			
41	Sally Harbut		Sub 33	32.37	48.69%	32.37	48.69%	2			
42	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1			
43	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	5			
44	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2			
45	Mick Anglim	-2.32%	Sub 24	23.10	78.05%	22.30	80.37%	3			
46	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1			
47	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5			
48	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	2			
49	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	5			
	<b>GARDEN RUNS</b>										
1	Andy Barber	26.19%	Sub 30	29.53	56.66%	40.20	30.47%	4			
2	Jeremy Barber (Garden Run)	12.11%	Sub 30	29.53	57.72%	37.47	45.61%	28	48.21	35.68%	
3	Jane Hodge (Garden Run)	11.42%	Sub 30	29.45	65.21%	36.04	53.79%	3			
4	David Gould (Garden Run)	4.24%	Sub 37	36.55	43.07%	40.57	38.83%	3			
= 5	Dan Latham (Garden Run)		Sub 24	23.29	56.46%	23.29	56.46%	1			
= 5	Charmaine Bradford (Garden)		Sub 31	30.37	49.66%	30.37	49.66%	1			
= 5	Poppy Tanner (Garden Run)		Sub 32	31.09	47.51%	31.09	47.51%	1			
= 5	Mary Corbett (Garden Run)		Sub 35	34.21	58.13%	34.21	58.13%	1			
= 5	Graham Robbins (Garden Run)		Sub 41	40.25	32.81%	40.25	32.81%	1			
= 5	Simon Ibbotsons (Garden Run)		Sub 42	41.30	31.45%	41.30	31.45%	1			
				No. of lock down 5K's as a group:				464	17.00		