

## 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	Prev. 2020 Best	Prev. 2020 Best	Runs	Wk 30	Wk 30
1	Mike Fitton	11.61%	Sub 24	23.09	68.09%	27.55	56.48%	6	27.07	58.58%
2	Jacqui Healey	8.85%	Sub 26	25.18	74.57%	28.44	65.72%	11		
3	Mary Corbett	7.88%	Sub 28	27.13	73.36%	29.01	65.48%	17	32.40	61.12%
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%	4		
6	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	23	24.17	64.50%
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%	30	52.59	48.35%
10	Kelly Anetts	5.57%	Sub 23	22.13	66.62%	24.15	61.05%	5		
11	Vicki Clarke	4.92%	Sub 27	26.23	56.29%	29.00	51.37%	18	27.07	54.70%
12	Tamsin Roberts	4.90%	Sub 24	23.45	64.09%	25.02	59.19%	19	23.70	64.09%
13	Terry Earney	4.47%	Sub 27	26.08	71.30%	27.53	66.83%	30	28.46	64.77%
14	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	24	25.74	58.29%
15	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3		
16	Sarah Fitton	3.95%	Sub 26	25.41	66.93%	26.57	62.98%	30	27.37	62.22%
17	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	12		
18	Chris Kidd	3.27%	Sub 31	30.08	44.30%	32.32	41.03%	11	37.02	36.05%
19	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	7		
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%	30	27.42	62.27%
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%	30	24.17	54.60%
25	Matt Casey	1.44%	Sub 22	21.45	59.39%	22.38	57.95%	1		
26	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	9	24.74	58.91%
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%	30	23.10	83.74%
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		
32	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	6	21.59	58.68%
33	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	9		
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%	2	40.41	43.92%
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 23	22.30	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	Poppy Tanner	-1.48%	Sub 22	21.30	70.31%	20.37	71.79%	7	21.38	68.41%
45	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2		
46	Mick Anglim	-2.32%	Sub 24	23.10	78.05%	22.30	80.37%	4		
47	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	2	25.74	58.29%
48	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5		
49	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	2		
50	Matt Tanner		Sub 22	21.49	71.03%	21.49	71.03%	1	21.49	71.03%
	<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%	30	33.40	51.24%
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:				500	19.00	