

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	Time Wk 34	WAVA
1	Mike Fitton	11.61%	Sub 24	23.09	68.09%	27.55	56.48%	10	26.35	59.65%
2	Vicki Clarke	8.91%	Sub 25	24.43	60.28%	29.00	51.37%	22	26.42	55.81%
3	Jacqui Healey	8.85%	Sub 26	25.18	74.57%	28.44	65.72%	15	26.52	70.22%
4	Mary Corbett	7.88%	Sub 28	27.13	73.36%	29.01	65.48%	19	35.13	56.70%
5	Maxine Robbins	7.36%	Sub 50	49.06	37.75%	61.00	30.39%	3		
6	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	4		
7	Karen Denham	6.99%	Sub 22	21.26	74.10%	23.40	67.11%	26		
8	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2		
9	Dave Wilson	6.92%	Sub 25	24.49	66.98%	25.58	60.06%	1	24.49	66.98%
10	Tim Anetts	5.93%	Sub 18	17.03	75.67%	18.30	69.74%	2		
11	Ann Brucelow	5.69%	Sub 50	49.02	52.24%	55.30	46.55%	34	52.52	48.47%
12	Kelly Anetts	5.57%	Sub 23	22.13	66.62%	24.15	61.05%	5		
13	Tamsin Roberts	4.90%	Sub 24	23.45	64.09%	25.02	59.19%	21	26.96	53.68%
14	Terry Earney	4.47%	Sub 27	26.08	71.30%	27.53	66.83%	34	30.01	62.08%
15	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	24		
16	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3		
17	Sarah Fitton	3.95%	Sub 26	25.41	66.93%	26.57	62.98%	34	29.18	58.65%
18	Jeremy Barber	3.66%	Sub 27	26.18	65.59%	27.35	61.93%	34	27.46	62.12%
19	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	12		
20	Chris Kidd	3.27%	Sub 31	30.08	44.30%	32.32	41.03%	13	36.00	37.09%
21	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	7		
22	Andy Mansfield	3.04%	Sub 26	25.43	58.77%	27.07	55.73%	4		
23	James Clarke	2.77%	Sub 18	17.57	74.38%	18.31	71.61%	2		
24	Jane Hodge	2.09%	Sub 23	22.40	85.59%	23.14	83.50%	34	27.34	70.37%
25	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	13		
26	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	34	18.19	72.39%
27	Matt Casey	1.44%	Sub 22	21.45	59.39%	22.38	57.95%	3	24.53	51.89%
28	Alice Rudd	1.29%	Sub 19	18.53	78.38%	19.12	77.09%	9		
29	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3		
30	Jack Fairbrother	1.13%	Sub 20	19.25	66.76%	19.45	65.63%	1		
31	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1		
32	Simon Ibbotson	0.68%	Sub 19	18.35	70.22%	18.46	69.54%	27	21.27	60.84%
33	Callum Johnson	0.22%	Sub 18	17.38	73.16%	17.49	72.94%	6		
34	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	10	29.19	50.48%
35	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1		
36	Mark Lee		Sub 25	24.18	63.24%	24.18	63.24%	4		
37	Sara Harvey		Sub 36	35.59	46.94%	35.59	46.94%	2		
38	Graeme Johnson		Sub 23	22.44	60.06%	22.44	60.06%	1		
39	Jan Anglim		Sub 36	35.47	64.32%	35.47	64.32%	1		
40	Oscar Anglim		Sub 23	22.30	57.95%	22.30	57.95%	1		
41	Sarah Hood		Sub 32	31.15	49.25%	31.15	49.25%	1		
42	Sally Harbut		Sub 33	32.37	48.69%	32.37	48.69%	3	33.90	47.10%
43	Matt Tanner		Sub 22	21.49	71.03%	21.49	71.03%	1		
44	Tracy Hickson	-0.12%	Sub 31	30.32	56.30%	30.28	56.42%	1	30.32	56.30%
45	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1		
46	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	5		
47	Poppy Tanner	-1.48%	Sub 22	21.30	70.31%	20.37	71.79%	9		
48	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2		
49	Mick Anglim	-2.32%	Sub 24	23.10	78.05%	22.30	80.37%	6	23.50	75.87%
50	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	2		
51	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	5		
52	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	2		
	GARDEN RUNS									
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%	34	34.40	50.00%
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:		560	19.00			