

Weekend 5K Isolation Run Results

<i>In order of improved WAVA</i>		Improved	Sub	Time	WAVA	Time	WAVA	No. of	Consi-	Time	WAVA
Pos.	Runner	WAVA %	2020	Isolation Best	Prev. 2020 Best	Runs	stency	Wk 11			
1	Julie Swainston	7.24%	Sub 24	23.19	68.65%	26.20	61.41%	2	84%	23.19	68.65%
2	Katherine Stocks	6.96%	Sub 31	30.55	48.19%	36.08	41.23%	2	93%		
3	Jo Avery	4.41%	Sub 24	23.26	65.26%	25.08	60.85%	9	90%	24.23	62.22%
4	Phil Pearce	4.04%	Sub 25	24.16	54.31%	26.13	50.27%	3	96%		
5	Vicki Clarke	3.89%	Sub 27	26.50	55.26%	29.00	51.37%	9	95%	28.50	51.42%
6	Karen Denham	3.88%	Sub 23	22.08	70.99%	23.40	67.11%	10	89%	22.39	69.37%
7	Ann Brucelow	3.52%	Sub 51	50.54	50.07%	55.30	46.55%	11	92%	55.83	42.12%
8	Danii Bundy	3.34%	Sub 27	26.41	55.34%	28.24	52.00%	7	93%	26.50	55.03%
9	Graham Robbins	3.20%	Sub 19	18.38	71.20%	19.26	68.00%	4	95%		
10	Tamsin Roberts	3.00%	Sub 24	23.45	62.19%	25.02	59.19%	9	91%	23.45	62.19%
11	Terry Earney	2.94%	Sub 27	26.26	69.77%	27.53	66.83%	11	94%	27.17	67.60%
12	Kelly Anetts	2.46%	Sub 24	23.15	63.51%	24.15	61.05%	4	96%	23.15	63.51%
13	Mary Corbett	2.26%	Sub 29	28.03	67.74%	29.01	65.48%	3	87%	28.03	67.74%
14	Ben Andrew	1.95%	Sub 19	18.29	71.74%	19.00	69.79%	11	55%	50.45	26.28%
15	Dan Latham	1.73%	Sub 18	17.48	74.72%	18.10	72.99%	11	46%	64.32	20.67%
16	Matt Cafferky	1.28%	Sub 21	20.50	64.55%	21.06	63.27%	3	99%		
17	David Sweeting	0.99%	Sub 23	23.00	57.65%	23.24	56.66%	1			
18	Simon Ibbotson	0.22%	Sub 19	18.50	69.76%	18.46	69.54%	11	88%	18.50	69.76%
20	Grace Hawker	0.18%	Sub 29	28.44	51.51%	28.50	51.33%	4	96%		
19	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	26.21	66.07%	1			
21	Callum Johnson		Sub 18	17.49	72.94%	17.49	72.94%	1			
22	Maxine Robbins		Sub 61	61.00	30.39%	61.00	30.39%	1		61.00	30.39%
23	Tim Anetts	-0.20%	Sub 20	19.10	69.54%	18.30	69.74%	1			
24	Clare Branker	-0.79%	Sub 42	41.12	35.92%	40.19	36.71%	1			
25	Sarah Fitton	-1.26%	Sub 28	27.04	61.72%	26.57	62.98%	11	86%	27.04	61.72%
26	David Gould	-1.28%	Sub 31	30.27	53.30%	29.58	54.58%	3	97%		
27	Jane Hodge	-1.41%	Sub 24	23.38	82.09%	23.14	83.50%	10	94%	23.50	78.74%
28	Sam East	-1.53%	Sub 22	21.26	65.14%	20.57	66.67%	2	82%		
29	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	23.30	64.70%	1			
30	Jeremy Barber	-2.79%	Sub 29	28.54	59.14%	27.35	61.93%	6	79%	29.01	58.94%
31	Steve Blight	-2.88%	Sub 24	23.41	64.35%	22.40	67.23%	4	93%		
32	Alice Rudd	-3.02%	Sub 20	19.59	74.07%	19.12	77.09%	1		19.59	74.07%
33	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	26.12	56.49%	1			
34	Poppy Tanner	-3.79%	Sub 22	21.43	68.00%	20.37	71.79%	3	89%	21.43	68.00%
	GARDEN RUNS										
1	Jeremy Barber (Garden Run)	11.22%	Sub 31	30.21	56.83%	37.47	45.61%	11	83%	34.25	49.69%
2	Jane Hodge (Garden Run)	8.21%	Sub 31	30.16	62.00%	36.04	53.79%	2	92%		
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	Graham Robbins (Garden Run)		Sub 41	40.25	32.81%	40.25	32.81%	1			
= 4	Simon Ibbotsons (Garden Run)		Sub 42	41.30	31.45%	41.30	31.45%	1			
				No. of lock down 5K's as a group:				193		20.00	