Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)

Part of a longer run 2021 PB / Target Betterment

In order of most improved WAVA

Pos.	Runner	Improved WAVA's	2021 Sub	2021 BEST Time	2021 BEST WAVA	TARGET Time	TARGET WAVA	No. of Runs	Consi-stency	04/01/2021 week 41 Time	04/01/2021 week 41 WAVA	11/01/2021 week 42 Time	11/01/2021 week 42 WAVA	18/01/2021 week 43 Time	18/01/2021 week 43 WAVA	25/01/2021 week 44 Time	25/01/2021 week 44 WAVA	01/02/2021 week 45 Time	01/02/2021 week 45 WAVA	08/02/2021 week 46 Time	08/02/2021 week 46 WAVA	15/02/2021 week 47 Time	15/02/2021 week 47 WAVA	22/02/2021 week 48 Time	22/02/2021 week 48 WAVA	01/03/2021 week 49 Time	01/03/2021 week 49 WAVA	08/03/2021 week 50 Time	08/03/2021 week 50 WAVA
										Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8		Week 9		Week 10	
1	Matt Casey	6.69%	Sub 21	20.53	62.22%	23.15	55.53%	1						**20.53**	62.22%														
2	Caroline Richmond	6.12%	Sub 30	29.17	62.67%	32.27	56.55%	3	96%	**31.13**	58.79%	**29.37**	61.69%	**29.17**	62.67%														
3	Aleks Burlinson	5.20%	Sub 24	23.59	78.64%	25.41	73.44%	2	93%	26.11	72.03%	**23.59**	78.64%																
4	Chris Kidd	3.16%	Sub 30	29.59	44.53%	32.17	41.37%	3	97%	**29.59**	44.53%	31.54	41.85%	31.38	42.21%														
5	Steve Bradley	3.03%	Sub 26	25.34	65.01%	26.49	61.98%	3	98%	**26.47**	62.72%	**26.09**	63.56%	**25.34**	65.01%														
6	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	3	93%	**26.06**	66.09%	26.24	65.36%	29.19	58.84%														
7	Mick Anglim	1.91%	Sub 24	23.26	78.84%	23.51	76.93%	3	97%	24.12	75.82%	**23.38**	78.84%	**23.26**	78.30%														
8	Jacqui Healey	1.25%	Sub 26	25.34	73.79%	25.33	72.55%	3	98%	**25.34**	73.79%	25.48	73.13%	26.22	71.55%														
9	Grace Hawker	1.22%	Sub 30	29.14	50.63%	29.52	49.42%	3	98%	30.27	48.60%	**29.39**	49.92%	**29.14**	50.63%														
10	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	3	98%	18.04	73.90%	17.59	74.24%	**17.40**	75.57%														
11	Kim Latham (NCM)	1.11%	Sub 45	44.48	37.42%	46.10	36.31%	3	96%	50.49	32.99%	**45.40**	36.71%	**44.48**	37.42%														
12	Hayley Coates	0.43%	Sub 24	23.55	62.29%	24.05	61.86%	3	87%	29.56	49.77%	**23.55**	62.29%	23.59	62.12%														
13	Sarah Fitton	0.17%	Sub 27	26.17	65.38%	26.21	65.22%	3	95%	28.09	61.04%	**26.17**	65.38%	28.27	60.40%														
14	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1						26.15	54.86%														
15	Joanna Avery	-0.26%	Sub 25	24.36	62.16%	24.18	62.43%	1						24.36	62.16%														
16	Terry Earney	-0.30%	Sub 28	27.08	69.84%	26.34	70.14%	3	92%	30.44	61.66%	27.08	69.84%	28.17	67.00%														
17	Kirsty Hope (NCM)	-0.45%	Sub 32	31.30	47.00%	31.12	47.45%	3	100%	31.42	46.70%	31.30	47.00%	31.40	46.75%														
18	Laura Swancott	-0.46%	Sub 35	34.22	43.08%	34.00	43.54%	3	96%	34.30	42.90%	37.28	39.50%	34.22	43.08%														
19	Ann Maylott	-0.47%	Sub 40	39.05	38.38%	38.35	38.85%	1						39.05	38.38%														
20	Mary Corbett	-0.59%	Sub 29	28.37	69.77%	27.26	70.36%	3	97%	28.37	69.77%	29.50	66.93%	28.50	69.25%														
21	Jan Anglim	-0.60%	Sub 37	36.07	64.83%	35.47	65.43%	3	98%	37.24	62.60%	36.44	63.74%	36.07	64.83%														
22	Matt James	-0.64%	Sub 19	18.37	71.66%	18.27	72.30%	2	100%			18.43	71.27%	18.37	71.66%														
23	Sally Harbut	-0.74%	Sub 33	32.39	47.82%	32.09	48.56%	1						32.39	47.82%														
24	Sally Kirk	-0.75%	Sub 39	38.18	56.28%	37.48	57.03%	3	99%	38.18	56.28%	39.17	54.87%	38.36	55.84%														
25	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	1				24.25	60.68%																
26	Helen McLuckie	-0.88%	Sub 30	29.35	51.13%	29.05	52.01%	3	97%	29.35	51.13%	31.14	48.43%	30.10	49.79%														
27	Emma Rogers	-0.92%	Sub 29	28.32	51.93%	28.02	52.85%	1						28.32	51.93%														
28	Graham Robbins	-0.93%	Sub 20	19.46	67.54%	19.30	68.47%	1				19.46	67.54%																
29	Wojtek Majka (L2SOTM)	-1.01%	Sub 26	25.57	51.83%	25.27	52.84%	1						25.57	51.83%														
30	Lee Maunder	-1.03%	Sub 26	25.45	52.23%	25.15	53.26%	1						25.45	52.23%														
31	Lou Noyce (NCM)	-1.04%	Sub 28	27.34	56.21%	27.04	57.25%	2	98%			27.34	56.21%	28.40	54.05%														
32	Brendon Harbut	-1.12%	Sub 26	25.52	57.02%	25.22	58.14%	1						25.52	57.02%														
33	Steve Avery	-1.14%	Sub 26	25.41	57.42%	25.11	58.56%	2	96%	25.41	57.42%	31.39	52.97%																
34	Vicki Clarke	-1.19%	Sub 27	26.56	55.32%	24.43	56.51%	1				26.56	55.32%																
35	Charmaine Bradford	-1.35%	Sub 24	23.54	63.99%	23.24	65.34%	1						23.54	63.99%														
36	Marnie Seymour	-1.35%	Sub 25	24.44	65.48%	24.14	66.83%	1						24.44	65.48%														
37	Mike Fitton	-1.40%	Sub 24	23.38	67.28%	23.09	68.68%	3	90%	27.50	57.13%	23.38	67.28%	23.58	66.30%														
38	Callum Tanner	-1.57%	Sub 19	18.21	70.64%	17.57	72.21%	1		18.21	70.64%																		
39	Aaron Pritchard	-1.68%	Sub 21	20.39	67.61%	20.09	69.29%	1						20.39	67.61%														
40	Karen Denham	-1.70%	Sub 23	22.47	69.79%	22.07	71.49%	3	98%	23.11	68.50%	23.33	68.07%	22.47	69.79%														
41	Martin Loveless	-1.78%	Sub 22	21.52	76.01%	21.22	77.79%	1						21.52	76.01%														
42	Ben Andrew	-2.74%	Sub 20	19.21	68.93%	18.30	71.67%	2	98%	19.21	68.93%			19.49	66.91%														
43	David Gould	-3.07%	Sub 35	34.15	46.42%	31.00	49.49%	3	94%	34.15	46.42%	39.11	40.58%	34.27	46.16%														
44	Simon Ibbotson	-3.44%	Sub 20	19.57	65.41%	18.57	68.85%	3	97%	19.57	65.41%	20.03	65.09%	20.56	62.34%														
45	Christina Grindley	-3.59%	Sub 33	32.21	45.76%	30.00	49.35%	1						32.21	45.76%														
46	Mark Lee	-4.25%	Sub 29	28.32	53.85%	26.27	58.10%	1						28.32	53.85%														
47	Jane Hodge	-5.17%	Sub 26	25.04	78.51%	23.11	83.68%	3	87%	25.54	75.99%	25.04	78.51%	30.09	65.28%														
48	Sarah Hood	-7.03%	Sub 37	36.27	42.22%	31.15	49.25%	1						36.27	42.22%														
49	Alice Rudd	-7.11%	Sub 22	21.12	70.11%	19.15	77.22%	2	99%			21.25	69.18%	21.12	70.11%														
50	Callum Johnson	-14.76%	Sub 24	23.40	55.92%	18.15	70.68%	1		23.40	55.92%																		
	GARDEN RUNS																												
1	Jeremy Barber	3.40%	Sub 30	29.49	57.85%	31.26	54.45%	3	85%	33.57	52.09%	**29.49**	57.85%	36.10	42.70%														
	ncm = non club member					Total 5K's in 2021:		**105**		**29**		**32**		**44**															
						Total 5K's in 2020:		**669**																					
						Isolation 5K's Total:		**774**																					