

Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score)

1.35

04/01/2021

11/01/2021

18/01/2021

25/01/2021

01/02/2021

08/02/2021

15/02/2021

22/02/2021

01/03/2021

08/03/2021

15/03/2021

22/03/2021

29/03/2021

Part of a longer run 2021 PB / Target Betterment

week 41

week 42

week 43

week 44

week 45

week 46

week 47

week 48

week 49

week 50

week 51

week 52

week 53

In order of most improved WAVA

Pos.	Runner	Improved WAVA's	2021 Sub	Time 2021 BEST	WAVA TARGET	Time	WAVA	No. of Runs	Consistency	Time Week 1	WAVA Week 1	Time Week 2	WAVA Week 2	Time Week 3	WAVA Week 3	Time Week 4	WAVA Week 4	Time Week 5	WAVA Week 5	Time Week 6	WAVA Week 6	Time Week 7	WAVA Week 7	Time Week 8	WAVA Week 8	Time Week 9	WAVA Week 9	Time Week 10	WAVA Week 10	Time Week 11	WAVA Week 11	Time Week 12	WAVA Week 12	Time Week 13	WAVA Week 13		
1	Matt Casey	7.45%	Sub 21	20.32	62.98%	23.15	55.53%	4	90%					20.53	62.22%	23.50	53.07%			20.32	62.98%			21.25	60.38%												
2	Caroline Richmond	7.43%	Sub 29	28.41	63.98%	32.27	56.55%	8	95%	31.13	58.79%	29.37	61.69%	29.17	62.67%	29.45	61.68%			28.49	63.68%	28.58	63.35%	28.41	63.98%												
3	Christina Searle (L2SOTM)	5.22%	Sub 23	22.17	80.19%	23.50	74.97%	1															22.17	80.19%													
4	Aleks Burlinson	5.20%	Sub 24	23.59	78.64%	25.41	73.44%	2	93%	26.11	72.03%	23.59	78.64%																								
7	Steve Bradley	4.73%	Sub 25	24.55	66.71%	26.49	61.98%	8	96%	26.47	62.72%	26.09	63.56%	25.34	65.01%	25.47	64.47%	25.44	64.59%	25.27	65.31%	25.48	64.42%	24.55	66.71%												
5	Grace Hawker	4.47%	Sub 28	27.28	53.88%	29.52	49.42%	6	95%	30.27	48.60%	29.39	49.92%	29.14	50.63%	30.06	49.17%	28.49	52.25%			27.28	53.88%														
6	Tracy Hickson	3.35%	Sub 29	28.49	59.65%	30.32	56.30%	1															28.49	59.65%													
8	Chris Kidd	3.16%	Sub 30	29.59	44.53%	32.17	41.37%	5	97%	29.59	44.53%	31.54	41.85%	31.38	42.21%	32.25	41.19%	32.06	41.59%																		
9	Roger Tansley (L2SOTM)	2.81%	Sub 32	31.59	55.29%	34.00	52.48%	5	96%							34.30	51.01%	31.59	55.29%	32.44	54.02%	33.52	52.21%	33.15	53.18%												
10	Marnie Seymour	2.57%	Sub 24	23.20	69.40%	24.14	66.83%	3	96%					24.44	65.48%	23.20	69.40%																				
11	Jacqui Healey	2.33%	Sub 26	25.12	74.87%	25.33	72.55%	8	83%	25.34	73.79%	25.48	73.13%	26.22	71.55%	32.48	57.52%	27.10	69.45%	26.06	72.29%	25.12	74.87%	29.22	64.25%												
12	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	8	89%	26.06	66.09%	26.24	65.36%	29.19	58.84%	32.48	54.59%	27.54	61.83%	27.27	62.84%	26.38	64.77%	29.22	58.74%												
13	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	8	96%	24.12	75.82%	23.38	77.63%	23.26	78.30%	23.19	78.69%	23.19	78.69%	23.43	77.36%	24.35	74.63%	23.58	76.55%												
14	Steve Henry	1.65%	Sub 23	22.48	72.24%	23.20	70.59%	2	97%							23.50	69.11%			22.48	72.24%																
15	Christina Grindley	1.54%	Sub 30	29.05	50.89%	30.00	49.35%	5	93%					32.21	45.76%	33.36	44.06%	33.37	44.03%	29.05	50.89%	32.10	46.01%														
16	Laura Swancott	1.33%	Sub 33	32.59	44.87%	34.00	43.54%	6	95%	34.30	42.90%	37.28	39.50%	34.22	43.08%			37.00	40.00%	32.59	44.87%	36.35	40.46%														
17	Terry Earney	1.32%	Sub 27	26.31	71.46%	26.34	70.14%	8	90%	30.44	61.66%	27.08	69.84%	28.17	67.00%	27.19	69.37%	28.17	67.00%	26.53	70.49%	26.31	71.46%	30.38	61.86%												
18	Hayley Coates	1.31%	Sub 24	23.35	63.17%	24.05	61.86%	8	87%	29.56	49.77%	23.55	62.29%	23.59	62.12%	24.01	62.03%	23.53	62.38%	23.35	63.17%	23.44	62.77%	23.46	62.69%												
19	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	8	94%	18.04	73.90%	17.59	74.24%	17.40	75.57%	18.05	73.83%	18.36	71.78%	17.49	75.01%	18.12	73.36%	19.13	69.48%												
20	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%																						
21	Charmaine Bradford	1.00%	Sub 24	23.03	66.34%	23.24	65.34%	4	97%					23.54	63.99%			23.49	62.98%			23.03	66.34%	23.27	65.21%												
22	Jan Anglim	0.80%	Sub 36	35.21	66.23%	35.47	65.43%	8	96%	37.24	62.60%	36.44	63.74%	36.07	64.83%	36.24	64.32%	35.51	65.32%	35.34	65.83%	36.07	64.83%	35.21	66.23%												
23	Karen Denham	0.79%	Sub 23	22.47	72.28%	22.07	71.49%	8	96%	23.11	68.50%	23.33	68.07%	22.47	69.79%	23.12	68.54%	22.51	69.59%	22.48	72.28%	23.39	67.79%	23.26	67.91%												
24	Ann Maylott	0.72%	Sub 40	39.05	39.57%	38.35	38.85%	2	99%					39.05	38.38%			44.00	39.57%																		
25	Callum Johnson	0.66%	Sub 19	18.12	71.34%	18.15	70.68%	2	85%	23.40	55.92%												18.12	71.34%													
26	Kirsty Hope (NCM)	0.49%	Sub 31	30.54	47.94%	31.12	47.45%	6	98%	31.42	46.70%	31.30	47.00%	31.40	46.75%	31.06	47.60%					30.54	47.94%	32.13	45.95%												
27	Emma Rogers	0.26%	Sub 28	27.54	53.11%	28.02	52.85%	2	99%					28.32	51.93%	27.54	53.11%																				
28	Vicki Clarke	0.18%	Sub 27	26.17	56.69%	24.43	56.51%	4	97%					26.56	55.32%			26.45	55.70%	27.47	53.63%	26.17	56.69%														
29	Sarah Fitton	0.17%	Sub 27	26.17	65.38%	26.21	65.22%	8	95%	28.09	61.04%	26.17	65.38%	28.27	60.40%	27.15	63.06%	27.36	62.26%	26.52	63.96%	26.21	65.17%	27.11	63.21%												
30	James Clarke	0.07%	Sub 18	17.39	75.64%	17.40	75.57%	1										17.39	75.64%																		
31	Sally Harbut	0.05%	Sub 33	32.07	48.61%	32.09	48.56%	4	84%					32.39	47.82%	38.33	40.50%	34.35	32.31%	32.07	48.61%																
32	Mary Corbett	0.03%	Sub 29	28.22	70.39%	27.26	70.36%	7	88%	28.37	69.77%	29.50	66.93%	28.50	69.25%	28.59	68.89%	28.22	70.39%			34.07	58.52%	28.34	69.91%												
33	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1						26.15	54.86%																						
34	Joanna Avery	-0.26%	Sub 25	24.36	62.16%	24.18	62.43%	3	92%					24.36	62.16%			25.41	59.54%	28.30	53.66%																
35	Mike Fitton	-0.39%	Sub 24	23.17	68.29%	23.09	68.68%	8	89%	27.50	57.13%	23.38	67.28%	23.58	66.30%	23.17	68.29%	26.22	60.30%	26.46	59.40%	25.31	62.31%	26.45	59.44%												
36	Sally Kirk	-0.50%	Sub 39	38.08	56.53%	37.48	57.03%	6	93%	38.18	56.28%	39.17	54.87%	38.36	55.84%	38.08	56.53%	43.38	49.40%	40.44	52.92%																
37	Helen McLuckie	-0.60%	Sub 30	29.13	51.41%	29.05	52.01%	7	97%	29.35	51.13%	31.14	48.43%	30.10	49.79%	29.27	51.00%	31.15	48.07%			30.10	49.79%	29.13	51.41%												
38	Matthew James	-0.64%	Sub 19	18.37	71.66%	18.27	72.30%	6	96%			18.43	71.27%	18.37	71.66%	19.20	69.00%	19.25	68.71%	19.33	68.24%			19.40	67.83%												
39	Raymond Searle (L2SOTM)	-0.66%	Sub 22	21.17	68.74%	21.05	69.40%	1																21.17	68.74%												
40	Ian Ordish	-0.73%	Sub 26	25.15	65.23%	24.45	65.96%	3	99%							25.15	65.23%	25.18	65.10%	25.37	64.30%																
41	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	2	95%			24.25	60.68%			26.34	55.77%																				
63	Jane Hodge	-0.87%	Sub 24	23.46	82.81%	23.11	83.68%	8	82%	25.54	75.99%	25.04	78.51%	30.09	65.28%	28.29	69.10%	28.41	68.62%																		