Weekly 5K Isolation Run Results - 2021

(WAVA = age grade % score) **1.35**

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	15/03/2021 week 51 Time	15/03/2021 week 51 WAVA	22/03/2021 week 52 Time	22/03/2021 week 52 WAVA	29/03/2021 week 53 Time	29/03/2021 week 53 WAVA
				Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8		Week 9		Week 10		Week 11		Week 12		Week 13	
1	Caroline Richmond	8.22%	Sub 29	28.20	64.77%	32.27	56.55%	10	94%	**31.13**	58.79%	**29.37**	61.69%	**29.17**	62.67%	29.45	61.68%	29.52	61.44%	**28.49**	63.68%	28.58	63.35%	**28.41**	63.98%	**28.20**	64.77%	29.27	62.31%						
2	Christina Searle (L2SOTM)	7.94%	Sub 22	21.33	82.91%	23.50	74.97%	3	97%															**22.17**	80.19%	**21.44**	82.15%	**21.33**	82.91%						
3	Matt Casey	7.45%	Sub 21	20.32	62.98%	23.15	55.53%	6	90%					**20.53**	62.22%	23.50	53.07%			**20.32**	62.98%			21.25	60.38%	23.12	55.74%	22.33	57.35%						
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%																						
5	Steve Bradley	4.73%	Sub 25	24.55	66.71%	26.49	61.98%	10	90%	**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%	25.44	64.59%	29.34	56.22%						
6	Grace Hawker	4.47%	Sub 28	27.28	53.88%	29.52	49.42%	8	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%	29.10	50.62%			28.27	52.02%						
7	Paul Blundell	4.26%	Sub 22	22.00	70.44%	23.25	66.18%	2	94%															23.55	64.80%	**22.00**	70.44%								
8	Vicki Clarke	4.22%	Sub 25	24.32	60.73%	24.43	56.51%	6	93%			26.56	55.32%			26.45	55.70%	27.47	53.63%	26.17	56.69%					**24.32**	60.73%	25.53	57.57%						
9	Tracy Hickson	3.35%	Sub 29	28.49	59.65%	30.32	56.30%	1														**28.49**	59.65%												
10	Chris Kidd	3.31%	Sub 30	29.53	44.68%	32.17	41.37%	10	96%	**29.59**	44.53%	31.54	41.85%	31.38	42.21%	32.25	41.19%	32.06	41.59%	31.59	41.74%	32.11	41.49%	29.59	44.53%	**29.53**	44.68%	33.07	40.31%						
11	Sarah Fitton	2.84%	Sub 27	26.01	68.05%	26.21	65.22%	10	87%	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%	31.10	55.13%	**26.01**	68.05%						
12	Roger Tansley (L2SOTM)	2.81%	Sub 32	31.59	55.29%	34.00	52.48%	7	96%							34.30	51.01%	**31.59**	55.29%	32.44	54.02%	33.52	52.21%	33.15	53.18%	32.23	54.61%	32.36	54.24%						
13	Al McKinnon (L2SOTM)	2.64%	Sub 18	18.00	76.98%	18.30	74.34%	2	95%													19.06	72.00%	**18.00**	76.98%										
14	Marnie Seymour	2.57%	Sub 24	23.20	69.40%	24.14	66.83%	3	96%					24.44	65.48%	**23.20**	69.40%	23.20	69.40%																
15	Jacqui Healey	2.33%	Sub 26	25.12	74.87%	25.33	72.55%	10	75%	**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%	25.21	74.42%	37.36	50.18%						
16	Jeremy Barber	2.00%	Sub 27	26.06	66.09%	26.55	64.09%	10	80%	**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%	26.25	65.30%	37.36	45.88%						
17	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	10	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%	23.29	78.13%	23.28	78.18%						
18	Terry Earney	1.69%	Sub 27	26.23	71.83%	26.34	70.14%	10	89%	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%	31.02	61.06%	**26.23**	71.83%						
19	Steve Henry	1.65%	Sub 23	22.48	72.24%	23.20	70.59%	2	97%							23.50	69.11%			**22.48**	72.24%														
20	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%												
21	Hayley Coates	1.45%	Sub 24	23.32	63.31%	24.05	61.86%	10	86%	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%	**23.32**	63.31%	27.30	54.18%						
22	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%												
23	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	10	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%	17.56	74.45%	18.51	70.83%						
24	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%																				
25	Charmaine Bradford	1.00%	Sub 24	23.03	66.34%	23.24	65.34%	6	95%					23.54	63.99%			23.49	62.98%			**23.03**	66.34%	23.27	65.21%	24.39	61.20%	24.24	62.67%						
26	Helen McLuckie	0.94%	Sub 29	28.22	52.95%	29.05	52.01%	9	95%	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%	**28.22**	52.95%	29.28	50.97%						
27	Jan Anglim	0.80%	Sub 36	35.21	66.23%	35.47	65.43%	10	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%	35.49	65.37%	35.58	65.10%						
28	Karen Denham	0.79%	Sub 23	22.32	72.28%	22.07	71.49%	10	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%	**22.32**	71.14%	23.08	68.74%						
29	Ann Maylott	0.72%	Sub 40	39.05	39.57%	38.35	38.85%	2	99%					39.05	38.38%			44.00	39.57%																
30	Callum Johnson	0.66%	Sub 19	18.12	71.34%	18.15	70.68%	2	85%	23.40	55.92%													**18.12**	71.34%										
31	Raymond Searle (L2SOTM)	0.60%	Sub 21	20.54	70.00%	21.05	69.40%	2	99%															21.17	68.74%			**20.54**	70.00%						
32	Lee Maunder	0.53%	Sub 25	25.00	53.79%	25.15	53.26%	2	98%					25.45	52.23%													**25.00**	53.79%						
33	Kirsty Hope (NCM)	0.49%	Sub 31	30.54	47.94%	31.12	47.45%	8	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%	31.11	47.48%	31.32	46.95%						
34	Emma Rogers	0.26%	Sub 28	27.54	53.11%	28.02	52.85%	2	99%					28.32	51.93%	**27.54**	53.11%																		
35	James Clarke	0.07%	Sub 18	17.39	75.64%	17.40	75.57%	1										**17.39**	75.64%																
36	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%														
37	Mary Corbett	0.03%	Sub 29	28.22	70.39%	27.26	70.36%	9	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%	29.52	66.86%	28.52	69.18%						
38	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1						26.15	54.86%																				
39	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%														
40	Mike Fitton	-0.39%	Sub 24	23.17	68.29%	23.09	68.68%	10	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%	26.28	60.08%	25.18	66.05%						
41	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%														
42	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%										
43	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%														
44	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	2	95%			24.25	60.68%			26.34	55.77%																		
45	Jane Hodge	-0.87%	Sub 24	23.46	82.81%	23.11	83.68%	10	82%	25.54	75.99%	25.04	78.51%	30.09	65.28%	28.29	69.10%	28.41	68.62%	27.30	71.58%	25.50	76.19%	23.46	82.81%	26.17	74.88%	28.12	69.79%						
46	Karl Gailer (L2SOTM)	-0.92%	Sub 24	23.19	66.46%	23.00	67.38%	4	92%							23.19	66.46%	26.34	58.33%	25.55	59.80%	25.42	60.30%												
47	Graham Robbins	-0.93%	Sub 20	19.46	67.54%	19.30	68.47%	4	92%			19.46	67.54%			21.05	63.33%	22.21	59.74%	20.28	65.18%														
48	Mark Coates	-0.99%	Sub 23	22.38	60.31%	22.16	61.30%	2	100%							22.46	59.95%			22.38	60.31%														
49	Wojtek Majka (L2SOTM)	-1.01%	Sub 26	25.57	51.83%	25.27	52.84%	1						25.57	51.83%																				
50	Lou Noyce (NCM)	-1.04%	Sub 28	27.34	56.21%	27.04	57.25%	9	92%			27.34	56.21%	28.40	54.05%	31.34	49.46%	29.47	52.42%	30.19	51.50%	32.17	48.36%	31.27	49.65%	30.13	51.67%	31.54	48.58%						
51	Brendon Harbut	-1.12%	Sub 26	25.52	57.02%	25.22	58.14%	1						25.52	57.02%																				
52	Steve Avery	-1.14%	Sub 26	25.41	57.42%	25.11	58.56%	3	96%	25.41	57.42%	31.39	52.97%			25.55	56.91%																		
53	Rebekah Searle (L2SOTM)	-1.16%	Sub 26	25.44	58.75%	25.14	59.91%	2	100%																	25.44	58.75%	25.56	58.29%						
54	Phil Pearce	-1.20%	Sub 24	23.42	55.61%	23.12	56.81%	1								23.42	55.61%																		
55	Mark Lee	-1.33%	Sub 28	27.40	56.77%	26.27	58.10%	3	97%					28.32	53.85%	27.40	56.77%									27.52	55.14%								
56	Richard Kneller	-1.44%	Sub 22	21.50	61.60%	21.20	63.04%	1														21.50	61.60%												
57	Callum Tanner	-1.57%	Sub 19	18.21	70.64%	17.57	72.21%	4	99%	18.21	70.64%									18.38	69.65%			18.36	69.69%			18.41	69.53%						
58	Aaron Pritchard	-1.68%	Sub 21	20.39	67.61%	20.09	69.29%	1						20.39	67.61%																				
59	Martin Loveless	-1.78%	Sub 22	21.52	76.01%	21.22	77.79%	3	86%					21.52	76.01%			26.22	62.10%									25.50	64.34%						
60	Simon Ibbotson	-1.81%	Sub 20	19.28	67.04%	18.57	68.85%	10	94%	19.57	65.41%	20.03	65.09%	20.56	62.34%	19.40	66.36%	19.28	67.04%	19.47	65.97%	19.49	65.85%	20.05	64.98%	21.30	60.70%	20.48	62.74%						
61	Matt Tanner	-1.99%	Sub 21	20.43	74.67%	20.13	76.66%	1																20.43	74.67%										
62	Ben Andrew	-2.74%	Sub 20	19.21	68.93%	18.30	71.67%	4	98%	19.21	68.93%			19.49	66.91%	19.28	68.52%	19.37	67.99%																
63	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%																				
64	Alice Rudd	-5.12%	Sub 21	20.37	72.10%	19.15	77.22%	4	97%			21.25	69.18%	21.12	70.11%	21.29	69.19%			20.37	72.10%														
65	Ann Brucelow	-5.35%	Sub 59	58.11	44.89%	50.56	50.24%	2	99%																	58.11	44.89%	58.20	43.93%						
66	Dave Wilson	-5.80%	Sub 29	28.02	58.90%	25.42	64.70%	2	99%															28.02	58.90%	28.18	58.35%								
67	Sarah Hood	-6.93%	Sub 37	36.22	42.32%	31.15	49.25%	3	98%					36.27	42.22%	38.33	39.92%											36.22	42.32%						
68	Poppy Tanner	-7.02%	Sub 25	24.40	60.00%	22.05	67.02%	1																		24.40	60.00%								
69	David Sweeting	-14.02%	Sub 31	30.36	43.63%	23.00	57.65%	1								30.36	43.63%																		
70	Rob Wells	-21.06%	Sub 48	47.41	29.97%	28.00	51.03%	1								47.41	29.97%																		
	GARDEN RUNS																																		
1	Jeremy Barber	3.40%	Sub 30	29.49	57.85%	31.26	54.45%	10	85%	33.57	52.09%	**29.49**	57.85%	36.10	42.70%	35.08	49.10%	36.24	47.39%	32.20	48.77%	39.43	43.43%	36.44	46.96%	34.25	50.10%	32.06	53.74%						
	ncm = non club member									29		32		44		44		37		33		29		33		31		33							

Total 5K's in 2021:	345
Total 5K's in 2020:	669
Isolation 5K's Total:	1014