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	Week 6 (08/02/2021, week 46) Time	WAVA	Week 7 (15/02/2021, week 47) Time	WAVA	Week 8 (22/02/2021, week 48) Time	WAVA	Week 9 (01/03/2021, week 49) Time	WAVA	Week 10 (08/03/2021, week 50) Time	WAVA	Week 11 (15/03/2021, week 51) Time	WAVA	Week 12 (22/03/2021, week 52) Time	WAVA	Week 13 (29/03/2021, week 53) Time	WAVA	Week 14 (05/04/2021, week 54) Time	WAVA	Week 15 (12/04/2021, week 55) Time	WAVA	Week 16 (19/04/2021, week 56) Time	WAVA	Week 17 (26/04/2021, week 57) Time	WAVA	Week 18 (03/05/2021, week 58) Time	WAVA	Week 19 (10/05/2021, week 59) Time	WAVA	Week 20 (17/05/2021, week 60) Time	WAVA	Week 21 (24/05/2021, week 61) Time	WAVA	Week 22 (31/05/2021, week 62) Time	WAVA	Week 23 (07/06/2021, week 63) Time	WAVA	Week 24 (14/06/2021, week 64) Time	WAVA	Week 25 (21/06/2021, week 65) Time	WAVA	Week 26 (28/06/2021, week 66) Time	WAVA	Week 27 (05/07/2021, week 67) Time	WAVA	Week 28 (12/07/2021, week 68) Time	WAVA
1	Caroline Richmond	10.02%	Sub 28	27.34	66.57%	32.27	56.55%	28	28.49	63.68%	28.58	63.35%	28.41	63.98%	28.20	64.77%	29.27	62.31%	27.34	66.57%	28.04	65.38%	27.53	65.81%	28.58	63.35%	30.20	60.50%	29.49	61.55%	28.37	64.13%	27.37	66.45%	27.39	66.37%	30.57	59.29%	29.07	63.03%	31.42	57.89%	28.28	64.46%	32.39	56.20%	30.55	59.36%	30.37	59.94%	29.15	62.74%	28.59	64.18%
2	Christina Searle (L2SOTM)	9.11%	Sub 22	21.15	84.08%	23.50	74.97%	16					22.17	80.19%	21.44	82.15%	21.33	82.91%	22.27	79.59%	21.27	83.30%	22.21	79.95%	22.21	79.95%	21.38	82.59%	23.13	76.96%	21.59	81.28%	22.23	79.83%	22.18	80.13%			21.23	83.56%	25.18		23.33		23.34		23.12		22.15	80.31%	21.42	82.34%	21.15	84.08%
3	Chris Kidd	8.07%	Sub 28	27.12	49.44%	32.17	41.37%	28	31.59	41.74%	32.11	41.49%	29.59	44.53%	29.53	44.68%	33.07	40.31%	32.01	41.70%	32.56	40.54%	29.59	44.53%	32.23	41.23%	29.16	45.62%	31.59	41.74%	29.29	45.28%	31.13	42.77%	29.26	45.36%	29.42	44.95%	39.08	34.37%	35.19	38.08%	27.24	49.09%	32.48	41.00%	27.12	49.44%	29.47	45.16%	56.37	23.75%	37.40	35.70%
4	Matt Casey	7.45%	Sub 21	20.32	62.98%	23.15	55.53%	22	20.32	62.98%			21.25	60.38%	23.12	55.74%	22.33	57.35%	21.08	61.19%	22.27	57.61%	23.34	54.88%			24.11	53.39%	21.53	59.10%	21.41	59.64%	21.29	60.20%	23.43	54.53%	22.40	57.05%	21.45	59.46%	20.46	62.27%			20.56	61.78%	21.03	61.44%	23.43	54.53%	22.13	58.21%	23.32	54.95%
5	Poppy Tanner	6.49%	Sub 21	20.08	73.51%	22.05	67.02%	5							24.40	60.00%					20.08	73.51%									20.43	71.44%			23.58	61.75%					23.10	63.88%												
6	Aleks Burlinson	5.20%	Sub 24	23.59	78.64%	25.41	73.44%	2																																														
7	Carl Hall	4.90%	Sub 20	19.55	74.65%	21.19	69.75%	9																									21.49	68.15%	20.06	73.97%	20.46	71.60%	21.30	69.16%	19.55	74.65%	21.48	68.20%	20.26	72.77%	22.09	67.13%			21.59	67.64%		
8	Steve Bradley	4.73%	Sub 25	24.55	66.71%	26.49	61.98%	28	25.27	65.31%	25.48	64.42%	24.55	66.71%	25.44	64.59%	29.34	56.22%	25.45	64.55%	25.39	64.80%	26.23	63.00%	26.32	62.64%	26.23	63.00%	25.58	64.01%	26.35	62.53%	26.04	63.77%	26.51	61.91%	26.52	61.87%	25.15	65.83%	25.55	64.72%	26.20	63.69%	27.19	61.40%	29.33	56.76%	26.46	62.66%	28.57	57.94%	26.56	62.28%
9	Grace Hawker	4.47%	Sub 28	27.28	53.88%	29.52	49.42%	16			27.28	53.88%	29.10	50.62%			28.27	52.02%			28.06	52.67%									28.53	51.24%	28.26	52.05%							35.27	41.75%	32.18	45.82%	29.37	49.97%					29.10	50.74%	29.49	49.64%
10	Paul Blundell	4.26%	Sub 22	22.00	70.44%	23.25	66.18%	4					23.55	64.80%	22.00	70.44%					27.13	56.94%	22.18	69.49%																														
11	Graham Robbins	4.22%	Sub 19	18.22	72.69%	19.30	68.47%	9	20.28	65.18%									19.00	70.27%	18.38	71.65%	18.22	72.69%							20.12	71.46%			19.45	67.60%																		
12	Vicki Clarke	4.22%	Sub 25	24.32	60.73%	24.43	56.51%	12	26.17	56.69%					24.32	60.73%	25.53	57.57%	26.00	57.31%	25.33	58.51%	27.02	55.30%	25.23	58.90%	25.32	58.35%									26.59	55.21%																
13	Laura Porter	3.95%	Sub 23	22.09	69.48%	23.29	65.53%	3																									23.59	64.17%							22.49	67.45%											22.09	69.48%
14	Roger Tansley (L2SOTM)	3.69%	Sub 32	31.29	56.17%	34.00	52.48%	24	32.44	54.02%	33.52	52.21%	33.15	53.18%	32.23	54.61%	32.36	54.24%	32.46	53.97%	33.17	53.13%	32.33	54.33%	31.35	55.99%	33.34	52.68%	34.20	51.50%	33.32	52.73%	32.49	53.89%	31.29	56.17%	31.59	55.29%	32.54	53.75%	33.37	52.60%	37.56	46.62%	38.51	45.52%								
15	Tracy Hickson	3.35%	Sub 29	28.49	59.65%	30.32	56.30%	2			28.49	59.65%																															34.47	49.42%										
16	James Clarke	3.15%	Sub 18	17.05	78.72%	17.40	75.57%	2																																									17.05	78.72%				
17	Laura Swancott	2.87%	Sub 32	31.51	46.41%	34.00	43.54%	10	32.59	44.87%	36.35	40.46%									35.38	41.53%	36.11								35.50	41.30%	35.05	42.19%																			31.51	46.41%
18	Sarah Fitton	2.84%	Sub 26	25.47	68.05%	26.21	65.22%	28	26.52	63.96%	26.21	65.17%	27.11	63.21%	31.10	55.13%	26.01	68.05%	27.56	61.52%	26.36	64.60%	25.47	66.65%	27.27	62.60%	28.22	60.58%	30.11	56.93%	27.50	61.74%	27.17	62.60%	29.10	59.22%	29.32	51.17%	29.11	58.88%	29.37	58.02%	33.25	51.42%	28.08	61.91%	28.25	61.29%	28.39	60.79%	29.03	59.95%	33.58	51.28%
19	Al McKinnon (L2SOTM)	2.64%	Sub 18	18.00	76.98%	18.30	74.34%	2			19.06	72.00%	18.00	76.98%																																								
20	Jeremy Barber	2.59%	Sub 27	26.04	66.68%	26.55	64.09%	28	27.27	62.84%	26.38	64.77%	29.22	58.74%	26.25	65.30%	37.36	45.88%	26.04	66.68%	27.54	61.89%	28.45	60.64%	26.10	66.62%	26.12	66.54%	31.15	55.79%	27.16	63.96%	30.49	56.57%	37.27	46.55%	26.47	65.09%	34.05	51.12%	31.03	56.15%	37.20	46.70%	27.12	64.09%	28.19	61.57%	34.38	50.34%	28.09	61.93%	27.10	64.17%
21	Marnie Seymour	2.57%	Sub 24	23.20	69.40%	24.14	66.83%	3																																													
22	Dave Wilson	2.51%	Sub 25	24.34	67.21%	25.42	64.70%	9					28.02	58.90%	28.18	58.35%			28.29	57.97%	26.21	62.66%					25.35	64.54%	24.34	67.21%									27.34	59.90%							25.24	65.01%	26.05	63.30%				
23	Raymond Searle (L2SOTM)	2.50%	Sub 21	20.21	71.90%	21.05	69.40%	15					21.17	68.74%			20.54	70.00%	21.40	67.53%	21.00	69.67%	21.18	68.69%	21.13	68.96%	20.59	69.73%	22.35	64.79%	21.20	68.58%	21.54	66.81%	21.02	69.56%			20.58	69.78%	23.12		21.39		20.58		22.53		23.28	62.35%	20.21	71.90%	20.35	71.08%
24	Lou Noyce (NCM)	2.46%	Sub 26	25.57	59.71%	27.04	57.25%	26	30.19	51.50%	32.17	48.36%	31.27	49.65%	30.13	51.67%	31.54	48.58%	32.04	48.32%	31.12	49.67%	32.08	48.22%	31.16	49.56%	31.35	49.06%	31.44	48.83%	29.56	51.77%	29.07	53.22%	30.10	51.37%	31.03	49.91%	25.57	59.71%	30.29	50.83%	35.31	43.63%	26.50	57.75%	31.55	48.92%	28.04	55.63%			31.24	49.72%
25	Terry Earney	2.33%	Sub 27	26.09	72.47%	26.34	70.14%	28	26.53	70.49%	26.31	71.46%	30.38	61.86%	31.02	61.06%	26.23	71.83%	28.30	66.49%	26.09	72.47%	26.09	72.47%	28.29	66.53%	27.25	69.12%	30.11	62.78%	27.30	68.91%	27.46	68.25%	27.32	68.83%	29.22	64.53%	29.03	66.23%	29.26	64.38%	29.08	65.04%	28.08	67.31%	27.07	69.88%	28.42	66.02%	28.52	65.64%	27.08	69.83%
26	Jacqui Healey	2.33%	Sub 26	25.12	74.87%	25.33	72.55%	25	26.06	72.29%	25.12	74.87%	29.22	64.25%	25.21	74.42%	37.36	50.18%	25.39	73.55%	27.29	68.45%	27.58	67.46%	25.19	74.52%	25.48	73.13%	29.05	64.87%	25.44	73.32%	30.30	61.56%	25.15	74.72%	26.15	65.09%			31.03	60.76%					27.13	70.30%	34.38	55.28%	26.13	72.98%	25.51	74.02%
27	Helen McLuckie	2.24%	Sub 28	27.49	54.25%	29.05	52.01%	26			30.10	49.79%	29.13	51.41%	28.22	52.95%	29.28	50.97%			28.58	51.85%	28.53	52.25%	32.15	46.79%	28.40	52.64%	31.05	48.55%	29.25	51.30%	29.15	51.59%	29.00	52.04%	29.31	51.13%	29.38	50.93%	28.46	52.43%	27.49	54.25%	28.52	52.28%	28.46	52.46%	28.06	53.71%	28.28	53.01%	30.47	49.02%
28	Phil Rudd	1.80%	Sub 21	20.40	63.85%	21.16	62.05%	1																																													20.40	63.85%
29	Mick Anglim	1.76%	Sub 24	23.19	78.69%	23.51	76.93%	18	23.43	77.36%	24.35	74.63%	23.58	76.55%	23.29	78.13%	23.28	78.18%	24.08	76.02%	23.34	77.85%	23.35	77.80%	24.21	75.35%	23.28	78.18%	23.42	77.41%																	24.28	74.99%	23.53	76.82%				
30	Steve Henry	1.65%	Sub 23	22.48	72.24%	23.20	70.59%	2	22.48	72.24%																																												
31	Jan Anglim	1.59%	Sub 35	34.56	67.02%	35.47	65.43%	19	35.34	65.83%	36.07	64.83%	35.21	66.23%	35.49	65.37%	35.58	65.10%	36.30	64.15%	35.25	66.11%	35.50	65.34%	35.15	66.42%	34.56	67.02%	35.33	65.86%									37.18	61.81%							37.47	61.97%	35.36	65.77%				
32	Christina Grindley	1.54%	Sub 30	29.05	50.89%	30.00	49.35%	6	29.05	50.89%	32.10	46.01%							32.59	44.87%																																		
33	Joanna Avery	1.48%	Sub 25	24.05	63.90%	24.18	62.43%	6	28.30	53.66%																			24.29	62.86%			24.05	63.90%									25.54	59.04%										
34	Hayley Coates	1.45%	Sub 24	23.32	63.31%	24.05	61.86%	28	23.35	63.17%	23.44	62.77%	23.46	62.69%	23.32	63.31%	27.30	54.18%	23.44	62.77%	24.08	61.78%	26.15	56.76%	25.06	57.85%	34.32	42.05%	28.21	52.71%	29.00	51.53%	27.54	53.56%	27.39	54.05%	28.45	50.51%	27.34	54.21%	29.05	51.38%	26.18	55.21%	29.44	50.00%	28.06	53.16%	28.06	53.18%	26.40	56.04%	26.26	56.53%
35	Dan Latham	1.19%	Sub 18	17.40	75.57%	17.57	74.38%	27	17.49	75.01%	18.12	73.36%	19.13	69.48%	17.56	74.45%	18.51	70.83%	17.52	74.73%	18.04	73.90%	22.00	60.69%	21.11	63.03%	19.16	69.30%	18.30	72.17%	20.45	64.34%	34.40	39.19%	51.52	25.74%	32.26	41.17%	37.10	35.92%	23.52	55.94%	21.20	52.58%	19.07	69.84%	19.03	70.09%	21.22	62.49%	29.43	44.93%		
36	Kim Latham (NCM)	1.11%	Sub 45	44.48	37.42%	46.10	36.31%	3																																													
37	Mike Fitton	1.06%	Sub 23	22.48	69.74%	23.09	68.68%	24	26.46	59.40%	25.31	62.31%	26.45	59.44%	26.28	60.08%	25.18	66.05%	24.04	66.07%	26.17	60.49%	26.02	61.08%	24.51	63.98%	22.48	69.74%	25.30	62.35%	26.30	57.82%	27.13	58.42%	27.23	58.06%	23.11	68.30%			22.48	69.74%			28.08	56.52%	28.04	56.65%	23.08	68.73%				
38	Graeme Johnson	1.01%	Sub 23	22.31	61.07%	22.44	60.06%	1																																													22.31	61.07%
39	Charmaine Bradford	1.00%	Sub 24	23.03	66.34%	23.24	65.34%	13			23.03	66.34%	23.27	65.21%	24.39	61.20%	24.24	62.67%			24.50	61.58%	25.23	60.25%	23.43	64.48%	25.00	61.17%			24.46	61.75%									26.50	52.33%	24.43	61.87%										
40	Karen Denham	0.79%	Sub 23	22.32	72.28%	22.07	71.49%	25	22.48	72.28%	23.39	67.79%	23.26	67.91%	22.32	71.14%	23.08	68.74%	24.59	64.17%	24.22	65.79%	22.55	69.39%	22.57	69.85%			22.44	69.95%	23.36	67.93%	24.11	65.85%			23.32	67.57%	23.44	67.00%	25.29	62.91%	23.54	67.08%	26.90	61.30%	23.44	67.00%			23.24	68.51%	24.30	64.30%
41	Callum Johnson	0.66%	Sub 19	18.12	71.34%	18.15	70.68%	5					18.12	71.34%											19.54	65.24%											19.57	64.66%					24.41	52.26%										
42	Lee Maunder	0.53%	Sub 25	25.00	53.79%	25.15	53.26%	3									25.00	53.79%			27.14	49.38%																																
43	Kirsty Hope (NCM)	0.49%	Sub 31	30.54	47.94%	31.12	47.45%	10			30.54	47.94%	32.13	45.95%	31.11	47.48%	31.32	46.95%							32.44	45.23%					31.52	46.46%																						
44	Emma Rogers	0.41%	Sub 28	27.49	53.26%	28.02	52.85%	5													31.32	46.99%									28.48	51.45%																					27.49	53.26%
45	Mary Corbett	0.12%	Sub 29	28.20	70.48%	27.26	70.36%	18			34.07	58.52%	28.34	69.91%	29.52	66.86%	28.52	69.18%	36.06	55.32%	28.43	69.54%					31.39	63.10%			28.26	70.24%	33.20	59.58%					30.58	64.49%	28.20	70.48%					28.51	69.22%	29.04	68.71%				
46	Sally Harbut	0.05%	Sub 33	32.07	48.61%	32.09	48.56%	5	32.07	48.61%																																	37.48	41.31%										
47	Ann Maylott	-0.04%	Sub 39	38.37	44.51%	38.35	44.55%	9											39.15	43.79%	39.36	43.41%			38.37	44.51%					39.07	43.94%					40.21	42.60%													43.58	39.10%	41.13	42.24%
48	Andy Farrow-Thomas	-0.14%	Sub 27	26.15	54.86%	25.45	55.00%	1																																														
49	Callum Tanner	-0.36%	Sub 19	18.21	71.85%	17.57	72.21%	5	18.38	69.65%			18.36	69.69%			18.41	69.53%									18.35	71.85%																										
50	Sally Kirk	-0.50%	Sub 39	38.08	56.53%	37.48	57.03%	6	40.44	52.92%																																												
51	Matt Tanner	-0.64%	Sub 21	20.21	76.02%	20.13	76.66%	2					20.43	74.67%																			20.21	76.02%																				
52	Matthew James	-0.64%	Sub 19	18.37	71.66%	18.27	72.30%	8	19.33	68.24%			19.40	67.83%													19.51	65.43%													19.05	67.34%												
53	Ian Ordish	-0.73%	Sub 26	25.15	65.23%	24.45	65.96%	5	25.37	64.30%											27.17	60.37%																					27.52	59.11%										
54	Tamsin Roberts	-0.81%	Sub 25	24.25	60.68%	24.08	61.49%	5																																	25.35	57.91%			27.06	54.67%							25.53	57.43%
55	Ann Brucelow	-0.87%	Sub 53	52.54	49.37%	50.56	50.24%	19							58.11	44.89%	58.20	43.93%	53.07	49.17%	54.33	47.88%	56.39	46.10%	53.18	49.00%	53.58	48.39%	54.50	47.63%	53.19	48.98%	58.47	44.43%	56.03	46.59%	54.16	48.13%	55.51	46.76%	56.43	46.05%	56.17	46.40%	54.37	47.82%			52.54	49.37%	53.19	48.98%	57.00	45.82%
56	Jane Hodge	-0.87%	Sub 24	23.46	82.81%	23.11	83.68%	28	27.30	71.58%	25.50	76.19%	23.46	82.81%	26.17	74.88%	28.12	69.79%	26.28	74.36%	25.29	77.23%	23.46	82.81%	29.44	66.20%	25.09	78.26%	28.34	68.89%	24.17	81.04%	28.08	69.96%	27.12	72.37%	27.12	72.37%	29.00	67.87%	23.47	82.75%	28.11	69.84%	25.20	77.69%	28.49	63.81%	29.41	66.01%	26.10	75.21%	27.09	72.50%
57	Danii Bundy	-0.90%	Sub 29	28.55	51.18%	28.25	52.08%	3											28.55	51.18%																							31.20	47.23%	29.15	50.48%								
58	Karl Gailer (L2SOTM)	-0.92%	Sub 24	23.19	66.46%	23.00	67.38%	4	25.55	59.80%	25.42	60.30%																																										
59	Mark Coates	-0.99%	Sub 23	22.38	60.31%	22.16	61.30%	8	22.38	60.31%											25.42	53.11%							25.42	53.51%	27.12	50.56%	26.28	51.96%							27.37	49.42%	29.38	46.06%										
60	Wojtek Majka (L2SOTM)	-1.01%	Sub 26	25.57	51.83%	25.27	52.84%	1																																														
61	Brendon Harbut	-1.12%	Sub 26	25.52	57.02%	25.22	58.14%	2																																			28.45	51.30%										
62	Steve Avery	-1.14%	Sub 26	25.41	57.42%	25.11	58.56%	3																																														
63	Rebekah Searle (L2SOTM)	-1.16%	Sub 26	25.44	58.75%	25.14	59.91%	8							25.44	58.75%	25.56	58.29%			25.50	58.52%	26.18	57.48%	28.14	47.84%	26.01	58.11%			27.56	54.12%	27.58	54.06%																				
64	Phil Pearce	-1.20%	Sub 24	23.42	55.61%	23.12	56.81%	2																					23.53	54.80%																								
65	Mark Lee	-1.33%	Sub 28	27.32	56.77%	26.27	58.10%	4							27.52	55.14%					27.32	56.29%																																
66	Richard Kneller	-1.44%	Sub 22	21.50	61.60%	21.20	63.04%	1			21.50	61.60%																																										
67	Aaron Pritchard	-1.68%	Sub 21	20.39	67.61%	20.09	69.29%	1																																														
68	Simon Ibbotson	-1.74%	Sub 20	19.28	67.11%	18.57	68.85%	22	19.47	65.97%	19.49	65.85%	20.05	64.98%	21.30	60.70%	20.48	62.74%	20.19	64.23%	20.17	64.63%	19.32	67.11%	20.32	63.85%	19.35	66.94%	21.04	62.23%	21.37	60.65%											23.40	55.39%	21.21	61.40%	20.41	63.38%	20.37	63.59%			19.48	66.21%
69	Martin Loveless	-1.78%	Sub 22	21.52	76.01%	21.22	77.79%	4									25.50	64.34%																									22.56	72.48%										
70	Alice Rudd	-2.14%	Sub 20	19.45	75.08%	19.15	77.22%	8	20.37	72.10%									21.12	69.81%					20.18	72.91%			22.31	66.01%																					19.45	75.08%		
71	Ben Andrew	-2.74%	Sub 20	19.21	68.93%	18.30	71.67%	4																																														
72	David Gould	-3.07%	Sub 35	34.15	46.42%	31.00	49.49%	4																																	41.25	39.09%												
73	Sarah Hood	-6.93%	Sub 37	36.22	42.32%	31.15	49.25%	4									36.22	42.32%																									36.33	42.11%										
74	Rob Wells	-9.09%	Sub 35	34.04	41.94%	28.00	51.03%	4													35.11	40.61%											34.04	41.94%									34.22	41.58%										
75	Julie Swainston	-10.99%	Sub 29	28.40	56.49%	24.00	67.48%	1																																			28.40	56.49%										
76	David Sweeting	-14.02%	Sub 31	30.36	43.63%	23.00	57.65%	1																																														
	GARDEN RUNS																																																					
1	Jane Hodge	13.31%	Sub 28	27.08	75.31%	30.16	62.00%	1																					27.08	75.31%																								
2	Jeremy Barber	3.40%	Sub 30	29.49	57.85%	31.26	54.45%	28	32.20	48.77%	39.43	43.43%	36.44	46.96%	34.25	50.10%	32.06	53.74%	32.11	53.60%	34.43	49.69%	33.36	51.88%	33.12	52.51%	31.12	55.88%	34.02	51.22%	34.02	51.22%	68.59	25.27%	37.19	47.72%	37.33	46.43%	31.28	55.40%	34.46	50.14%	34.13	50.95%	38.45	44.99%	32.58	52.88%	34.28	50.34%	37.13	46.84%	36.22	47.94%
3	Mary Corbett	2.97%	Sub 33	32.41	61.10%	34.21	58.13%	1																					32.41	61.10%																								
4	Graeme Johnson	-0.59%	Sub 26	25.22	54.60%	24.55	55.19%	4																															25.25	54.10%	27.16	50.79%	25.22	54.60%									35.17	38.97%
5	Jacqui Healey	-1.09%	Sub 30	29.20	64.32%	28.50	65.41%	1																															29.20	64.32%														
	ncm = non club member				Total 5K's in 2021:			850	33		29		33		31		33		30		40		29		29		29		30		32		30		22		22		24		31		34		24		24		24		21		27	
					Total 5K's in 2020:			669																																															
					Isolation 5K's Total:			1519																																															