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	25/01/2021 week 44 Week 4 Time	Week 4 WAVA	01/02/2021 week 45 Week 5 Time	Week 5 WAVA	08/02/2021 week 46 Week 6 Time	Week 6 WAVA	15/02/2021 week 47 Week 7 Time	Week 7 WAVA	22/02/2021 week 48 Week 8 Time	Week 8 WAVA	01/03/2021 week 49 Week 9 Time	Week 9 WAVA	08/03/2021 week 50 Week 10 Time	Week 10 WAVA	15/03/2021 week 51 Week 11 Time	Week 11 WAVA	22/03/2021 week 52 Week 12 Time	Week 12 WAVA	29/03/2021 week 53 Week 13 Time	Week 13 WAVA	05/04/2021 week 54 Week 14 Time	Week 14 WAVA	12/04/2021 week 55 Week 15 Time	Week 15 WAVA	19/04/2021 week 56 Week 16 Time	Week 16 WAVA	26/04/2021 week 57 Week 17 Time	Week 17 WAVA	03/05/2021 week 58 Week 18 Time	Week 18 WAVA	10/05/2021 week 59 Week 19 Time	Week 19 WAVA	17/05/2021 week 60 Week 20 Time	Week 20 WAVA	24/05/2021 week 61 Week 21 Time	Week 21 WAVA	31/05/2021 week 62 Week 22 Time	Week 22 WAVA	07/06/2021 week 63 Week 23 Time	Week 23 WAVA
1	Caroline Richmond	10.02%	**Sub 28**	27.34	66.57%	32.27	56.55%	23	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%	**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%
2	Christina Searle (L2SOTM)	8.59%	**Sub 22**	21.23	83.56%	23.50	74.97%	13									**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%				
3	Chris Kidd	7.72%	**Sub 28**	27.24	49.09%	32.17	41.37%	23	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%	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%
4	Matt Casey	7.45%	**Sub 21**	20.32	62.98%	23.15	55.53%	17	23.50	53.07%			**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%		
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%	6																													21.49	68.15%	**20.06**	73.97%	20.46	71.60%	21.30	69.16%	**19.55**	74.65%	21.48	68.20%
8	Steve Bradley	4.73%	**Sub 25**	24.55	66.71%	26.49	61.98%	23	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%	**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%
9	Grace Hawker	4.47%	**Sub 28**	27.28	53.88%	29.52	49.42%	13	30.06	49.17%	**28.49**	52.25%			**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%
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	21.05	63.33%	22.21	59.74%	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	26.45	55.70%	27.47	53.63%	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	Roger Tansley (L2SOTM)	3.69%	**Sub 32**	31.29	56.17%	34.00	52.48%	23	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%	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%
14	Tracy Hickson	3.35%	**Sub 29**	28.49	59.65%	30.32	56.30%	2							**28.49**	59.65%																															34.47	49.42%
15	Sarah Fitton	2.84%	**Sub 26**	25.47	68.05%	26.21	65.22%	23	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%	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%
16	Al McKinnon (L2SOTM)	2.64%	**Sub 18**	18.00	76.98%	18.30	74.34%	2							19.06	72.00%	**18.00**	76.98%																														
17	Jeremy Barber	2.59%	**Sub 27**	26.04	66.68%	26.55	64.09%	23	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%	**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%
18	Marnie Seymour	2.57%	**Sub 24**	23.20	69.40%	24.14	66.83%	3	**23.20**	69.40%	23.20	69.40%																																				
19	Dave Wilson	2.51%	**Sub 25**	24.34	67.21%	25.42	64.70%	7									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%				
20	Lou Noyce (NCM)	2.46%	**Sub 26**	25.57	59.71%	27.04	57.25%	22	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%	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%
21	Terry Earney	2.33%	**Sub 27**	26.09	72.47%	26.34	70.14%	23	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%	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%
22	Jacqui Healey	2.33%	**Sub 26**	25.12	74.87%	25.33	72.55%	21	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%	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%		
23	Helen McLuckie	2.24%	**Sub 28**	27.49	54.25%	29.05	52.01%	21	29.27	51.00%	31.15	48.07%			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%
24	Laura Porter	1.92%	**Sub 23**	22.49	67.45%	23.29	65.53%	2																													23.59	64.17%							22.49	67.45%		
25	Mick Anglim	1.76%	**Sub 24**	23.19	78.69%	23.51	76.93%	16	**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%	24.08	76.02%	23.34	77.85%	23.35	77.80%	24.21	75.35%	23.28	78.18%	23.42	77.41%														
26	Steve Henry	1.65%	**Sub 23**	22.48	72.24%	23.20	70.59%	2	23.50	69.11%			**22.48**	72.24%																																		
27	Jan Anglim	1.59%	**Sub 35**	34.56	67.02%	35.47	65.43%	17	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%	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%				
28	Christina Grindley	1.54%	**Sub 30**	29.05	50.89%	30.00	49.35%	6	33.36	44.06%	33.37	44.03%	**29.05**	50.89%	32.10	46.01%							32.59	44.87%																								
29	Joanna Avery	1.48%	**Sub 25**	24.05	63.90%	24.18	62.43%	6			25.41	59.54%	28.30	53.66%																			**24.29**	62.86%			**24.05**	63.90%							25.54	59.04%
30	Hayley Coates	1.45%	**Sub 24**	23.32	63.31%	24.05	61.86%	23	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%	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%
31	Laura Swancott	1.33%	**Sub 33**	32.59	44.87%	34.00	43.54%	9			37.00	40.00%	**32.59**	44.87%	36.35	40.46%									35.38	41.53%	36.11								35.50	41.30%	35.05	42.19%								
32	Dan Latham	1.19%	**Sub 18**	17.40	75.57%	17.57	74.38%	23	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%	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%
33	Kim Latham (NCM)	1.11%	**Sub 45**	44.48	37.42%	46.10	36.31%	3																																								
34	Mike Fitton	1.06%	**Sub 23**	22.48	69.74%	23.09	68.68%	21	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%	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%		
35	Charmaine Bradford	1.00%	**Sub 24**	23.03	66.34%	23.24	65.34%	13			23.49	62.98%			**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%
36	Karen Denham	0.79%	**Sub 23**	22.32	72.28%	22.07	71.49%	21	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%	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%
37	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%
38	Raymond Searle (L2SOTM)	0.60%	**Sub 21**	20.54	70.00%	21.05	69.40%	12									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%				
39	Lee Maunder	0.53%	**Sub 25**	25.00	53.79%	25.15	53.26%	3													**25.00**	53.79%			27.14	49.38%																						
40	Kirsty Hope (NCM)	0.49%	**Sub 31**	30.54	47.94%	31.12	47.45%	10	**31.06**	47.60%					**30.54**	47.94%	32.13	45.95%	31.11	47.48%	31.32	46.95%									32.44	45.23%					31.52	46.46%										
41	Emma Rogers	0.26%	**Sub 28**	27.54	53.11%	28.02	52.85%	4	**27.54**	53.11%															31.32	46.99%									28.48	51.45%										
42	Mary Corbett	0.12%	**Sub 29**	28.20	70.48%	27.26	70.36%	16	28.59	68.89%	28.22	70.39%			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%		
43	James Clarke	0.07%	**Sub 18**	17.39	75.64%	17.40	75.57%	1			**17.39**	75.64%																																		
44	Sally Harbut	0.05%	**Sub 33**	32.07	48.61%	32.09	48.56%	5	38.33	40.50%	34.35	32.31%	**32.07**	48.61%																															37.48	41.31%
45	Ann Maylott	-0.04%	**Sub 39**	38.37	44.51%	38.35	44.55%	7			44.00	39.57%											39.15	43.79%	39.36	43.41%			38.37	44.51%					39.07	43.94%					40.21	42.60%						
46	Andy Farrow-Thomas	-0.14%	**Sub 27**	26.15	54.86%	25.45	55.00%	1																																								
47	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%																
48	Sally Kirk	-0.50%	**Sub 39**	38.08	56.53%	37.48	57.03%	6	38.08	56.53%	43.38	49.40%	40.44	52.92%																																		
49	Matt Tanner	-0.64%	**Sub 21**	20.21	76.02%	20.13	76.66%	2									20.43	74.67%																			20.21	76.02%										
50	Matthew James	-0.64%	**Sub 19**	18.37	71.66%	18.27	72.30%	8	19.20	69.00%	19.25	68.71%	19.33	68.24%			19.40	67.83%													19.51	65.43%													19.05	67.34%		
51	Ian Ordish	-0.73%	**Sub 26**	25.15	65.23%	24.45	65.96%	5	25.15	65.23%	25.18	65.10%	25.37	64.30%											27.17	60.37%																			27.52	59.11%
52	Tamsin Roberts	-0.81%	**Sub 25**	24.25	60.68%	24.08	61.49%	3	26.34	55.77%																																			25.35	57.91%		
53	Jane Hodge	-0.87%	**Sub 24**	23.46	82.81%	23.11	83.68%	23	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%	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%	29.19	67.13%
54	Danii Bundy	-0.90%	**Sub 29**	28.55	51.18%	28.25	52.08%	2															28.55	51.18%																							31.20	47.23%
55	Karl Gailer (L2SOTM)	-0.92%	**Sub 24**	23.19	66.46%	23.00	67.38%	4	23.19	66.46%	26.34	58.33%	25.55	59.80%	25.42	60.30%																																
56	Mark Coates	-0.99%	**Sub 23**	22.38	60.31%	22.16	61.30%	8	22.46	59.95%			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%
57	Wojtek Majka (L2SOTM)	-1.01%	**Sub 26**	25.57	51.83%	25.27	52.84%	1																																								
58	Ann Brucelow	-1.07%	**Sub 54**	53.07	49.17%	50.56	50.24%	14											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%		
59	Brendon Harbut	-1.12%	**Sub 26**	25.52	57.02%	25.22	58.14%	2																																							28.45	51.30%
60	Steve Avery	-1.14%	**Sub 26**	25.41	57.42%	25.11	58.56%	3	25.55	56.91%																																						
61	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%										
62	Phil Pearce	-1.20%	**Sub 24**	23.42	55.61%	23.12	56.81%	2	23.42	55.61%																							23.53	54.80%														
63	Mark Lee	-1.33%	**Sub 28**	27.32	56.77%	26.27	58.10%	4	27.40	56.77%									27.52	55.14%					27.32	56.29%																						
64	Richard Kneller	-1.44%	**Sub 22**	21.50	61.60%	21.20	63.04%	1							21.50	61.60%																																
65	Aaron Pritchard	-1.68%	**Sub 21**	20.39	67.61%	20.09	69.29%	1																																								
66	Simon Ibbotson	-1.74%	**Sub 20**	19.28	67.11%	18.57	68.85%	18	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%	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%
67	Martin Loveless	-1.78%	**Sub 22**	21.52	76.01%	21.22	77.79%	4			26.22	62.10%									25.50	64.34%																									22.56	72.48%
68	Ben Andrew	-2.74%	**Sub 20**	19.21	68.93%	18.30	71.67%	4	19.28	68.52%	19.37	67.99%																																				
69	David Gould	-3.07%	**Sub 35**	34.15	46.42%	31.00	49.49%	4																																					41.25	39.09%		
70	Alice Rudd	-4.31%	**Sub 21**	20.18	72.91%	19.15	77.22%	7	21.29	69.19%			20.37	72.10%									21.12	69.81%					20.18	72.91%			22.31	66.01%														
71	Sarah Hood	-6.93%	**Sub 37**	36.22	42.32%	31.15	49.25%	4	38.33	39.92%											36.22	42.32%																							36.33	42.11%		
72	Rob Wells	-9.09%	**Sub 35**	34.04	41.94%	28.00	51.03%	4	47.41	29.97%															35.11	40.61%											34.04	41.94%							34.22	41.58%		
73	Julie Swainston	-10.99%	**Sub 29**	28.40	56.49%	24.00	67.48%	1																																							28.40	56.49%		
74	David Sweeting	-14.02%	**Sub 31**	30.36	43.63%	23.00	57.65%	1	30.36	43.63%																																						
	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%	23	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%	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%
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%	3																																					25.25	54.10%	27.16	50.79%	25.22	54.60%
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:		**725**	**44**		**37**		**33**		**29**		**33**		**31**		**33**		**30**		**40**		**29**		**29**		**29**		**30**		**32**		**30**		**22**		**22**		**24**		**29**		**31**	
						Total 5K's in 2020:		**669**																																									
						Isolation 5K's Total:		**1394**																																									