Weekend 5K Isolation Run Results

In order of improved WAVA		Improved	Sub	Time	WAVA	Time	WAVA	No. of	Time	WAVA
Pos.	Runner	*WAVA %*	2020	Isolation Best		Prev. 2020 Best		Runs	Wk 38	
1	Mike Fitton	15.47%	Sub 23	**22.06**	71.95%	27.55	56.48%	13	27.14	58.38%
2	Vicki Clarke	12.81%	Sub 24	**23.13**	64.18%	29.00	51.37%	26	26.16	56.73%
3	Jacqui Healey	8.85%	Sub 26	**25.18**	74.57%	28.44	65.72%	17		
4	Mary Corbett	7.88%	Sub 28	**27.13**	73.36%	29.01	65.48%	23	29.07	68.67%
5	Maxine Robbins	7.36%	Sub 50	**49.06**	37.75%	61.00	30.39%	3		
6	Julie Swainston	7.24%	Sub 24	**23.19**	68.65%	26.20	61.41%	4		
7	Karen Denham	6.99%	Sub 22	**21.26**	74.10%	23.40	67.11%	29		
8	Katherine Stocks	6.96%	Sub 31	**30.55**	48.19%	36.08	41.23%	2		
9	Dave Wilson	6.92%	Sub 25	**24.49**	66.98%	25.58	60.06%	4	25.52	64.26%
10	Tim Anetts	5.93%	Sub 18	**17.03**	75.67%	18.30	69.74%	2		
11	Ann Brucelow	5.69%	Sub 50	**49.02**	52.24%	55.30	46.55%	34		
12	James Clarke	5.57%	Sub 18	**17.23**	77.18%	18.31	71.61%	5	22.20	59.78%
13	Kelly Anetts	5.57%	Sub 23	**22.13**	66.62%	24.15	61.05%	5		
14	Sarah Fitton	5.07%	Sub 26	**25.15**	68.05%	26.57	62.98%	38	28.37	60.05%
15	Tamsin Roberts	4.90%	Sub 24	**23.45**	64.09%	25.02	59.19%	21		
16	Terry Earney	4.47%	Sub 27	**26.08**	71.30%	27.53	66.83%	38	27.59	67.72%
17	Jo Avery	4.41%	Sub 24	**23.26**	65.26%	25.08	60.85%	24		
18	Jane Hodge	4.28%	Sub 23	**22.06**	87.78%	23.14	83.50%	38	24.11	80.22%
19	Andy Mansfield	4.12%	Sub 26	**25.15**	59.85%	27.07	55.73%	5		
20	Emma Rogers	4.09%	Sub 32	31.12	45.64%	**31.12**	41.55%	2	32.28	45.64%
21	Phil Pearce	4.04%	Sub 25	**24.16**	54.31%	26.13	50.27%	3		
22	Jeremy Barber	3.66%	Sub 27	**26.18**	65.59%	27.35	61.93%	38	26.37	64.81%
23	Danii Bundy	3.34%	Sub 27	**26.41**	55.34%	28.24	52.00%	12		
24	Chris Kidd	3.27%	Sub 31	**30.08**	44.30%	32.32	41.03%	15	31.51	41.92%
25	Graham Robbins	3.20%	Sub 19	**18.38**	71.20%	19.26	68.00%	8		
26	Dan Latham	2.20%	Sub 18	**17.38**	75.19%	18.10	72.99%	38	21.16	62.35%
27	Ben Andrew	1.95%	Sub 19	**18.29**	71.74%	19.00	69.79%	13		
28	Matt Casey	1.44%	Sub 22	**21.45**	59.39%	22.38	57.95%	5	24.29	52.74%
29	Alice Rudd	1.29%	Sub 19	**18.53**	78.38%	19.12	77.09%	10	25.01	59.42%
30	Matt Cafferky	1.28%	Sub 21	**20.50**	64.55%	21.06	63.27%	3		
31	Jack Fairbrother	1.13%	Sub 20	**19.25**	66.76%	19.45	65.63%	1		
32	David Sweeting	0.99%	Sub 23	**23.00**	57.65%	23.24	56.66%	1		
33	Simon Ibbotson	0.68%	Sub 19	**18.35**	70.22%	18.46	69.54%	30	21.13	61.51%
34	Callum Johnson	0.22%	Sub 18	**17.38**	73.16%	17.49	72.94%	6		
35	Grace Hawker	0.18%	Sub 29	**28.44**	51.51%	28.50	51.33%	11	30.59	47.77%
36	Steve Avery		Sub 28	27.45	53.15%	**27.45**	53.15%	2	28.09	52.39%
37	Giuliana Franzese-Henry		Sub 27	26.21	66.07%	**26.21**	66.07%	2	32.28	51.64%
38	Mark Lee		Sub 25	24.18	63.24%	**24.18**	63.24%	4		
39	Sara Harvey		Sub 36	35.59	46.94%	**35.59**	46.94%	3	40.42	41.19%
40	Graeme Johnson		Sub 23	22.44	60.06%	**22.44**	60.06%	1		
40	Jan Anglim		Sub 36	35.47	64.32%	**35.47**	64.32%	1		
40	Dan Chown		Sub 25	24.53	54.85%	**24.53**	54.85%	2	25.01	54.56%
40	Martin Loveless		Sub 25	24.47	65.29%	**24.47**	65.29%	1		
40	Ann Maylott		Sub 37	36.05	47.64%	**36.05**	47.64%	2	36.06	47.62%
41	Oscar Anglim		Sub 23	22.30	57.95%	**22.30**	57.95%	1		
42	Sarah Hood		Sub 32	31.15	49.25%	**31.15**	49.25%	1		
43	Sally Harbut		Sub 33	32.37	48.69%	**32.37**	48.69%	3		
44	Matt Tanner		Sub 22	21.49	71.03%	**21.49**	71.03%	1		
45	Tracy Hickson	-0.12%	Sub 31	30.32	56.30%	**30.28**	56.42%	1		
46	Clare Branker	-0.79%	Sub 42	41.12	35.92%	**40.19**	36.71%	1		
47	David Gould	-1.28%	Sub 31	30.27	53.30%	**29.58**	54.58%	7	34.33	46.11%
48	Poppy Tanner	-1.48%	Sub 22	21.30	70.31%	**20.37**	71.79%	9		
49	Sam East	-1.53%	Sub 22	21.26	65.14%	**20.57**	66.67%	2		
50	Mick Anglim	-2.32%	Sub 24	23.10	78.05%	**22.30**	80.37%	8	23.40	76.40%
51	Steve Bradley	-2.50%	Sub 27	26.31	62.68%	**25.30**	65.18%	3	26.38	62.41%
52	Charmaine Bradford	-2.68%	Sub 25	24.31	62.02%	**23.30**	64.70%	2		
53	Steve Blight	-2.88%	Sub 24	23.41	64.35%	**22.40**	67.23%	5		
54	Chloe Riggs	-3.22%	Sub 28	27.47	53.27%	**26.12**	56.49%	2		
	GARDEN RUNS									
1	Andy Barber	26.19%	Sub 30	**29.53**	56.66%	40.20	30.47%	4		
2	Jeremy Barber (Garden Run)	12.11%	Sub 30	**29.36**	57.72%	37.47	45.61%	38	35.42	48.32%
3	Jane Hodge (Garden Run)	11.42%	Sub 30	**29.45**	65.21%	36.04	53.79%	3		
4	David Gould (Garden Run)	4.24%	Sub 37	**36.55**	43.07%	40.57	38.83%	3		
= 5	Dan Latham (Garden Run)		Sub 24	23.29	56.46%	**23.29**	56.46%	1		
= 5	Charmaine Bradford (Garden)		Sub 31	30.37	49.66%	**30.37**	49.66%	1		
= 5	Poppy Tanner (Garden Run)		Sub 32	31.09	47.51%	**31.09**	47.51%	1		
= 5	Mary Corbett (Garden Run)		Sub 35	34.21	58.13%	**34.21**	58.13%	1		
= 5	Graham Robbins (Garden Run)		Sub 41	40.25	32.81%	**40.25**	32.81%	1		
= 5	Simon Ibbotsons (Garden Run)		Sub 42	41.30	31.45%	**41.30**	31.45%	1		
				No. of lock down 5K's as a group:				**632**	24.00	