



Wimbledon Windmilers

Running, Triathlon, Racing, Social, Marathon, Off Road, Fitness

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Anne Davies

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Recent Updates

- ★ **Coaching Rota**
Updated: Tue, 20/07/2021 - 20:55
- ★ **Three Mile Handicap**
Updated: Tue, 20/07/2021 - 20:44
- ★ **Committee meeting minutes 19th January 2021**
Updated: Tue, 20/07/2021 - 20:20
- ★ **Committee Minutes**
Updated: Tue, 20/07/2021 - 20:19

Latest Results

- 🏆 **Surrey Country Championships 1500m**
Sun, 18/07/2021
- 🏆 **RunThrough Lake Dorney 5k**
Sun, 18/07/2021
- 🏆 **Argenttrail (27km, 1700m D+)**
Sun, 18/07/2021
- 🏆 **Surrey Masters County Championships 5000m**
Sun, 18/07/2021
- 🏆 **RunThrough Olympic Park 5K**
Sat, 17/07/2021
- 🏆 **Richmond Riverside Summer 10k**
Sat, 17/07/2021
- 🏆 **Chase The Sun - Olympic Park 5K**
Wed, 14/07/2021
- 🏆 **VAC 5K**
Tue, 13/07/2021
- 🏆 **Sri Chinmoy 5k**
Mon, 12/07/2021
- 🏆 **Henley Swim Festival - Four Mile Challenge**
Sun, 11/07/2021

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Active Forum Topics

- 🔗 **Sportshoes.com Discount Code**
- 🔗 **2 bed flat to rent in sunny Tooting**
- 🔗 **Windmiler OneLifeID ICE product discount code is WINDMILER20**
- 🔗 **Amsterdam Marathon**

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3 Mile handicap June 2021

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Submitted by Ralph Gilbert on Wed, 30/06/2021 - 19:03

Race Date: Tuesday, 29/06/2021

Race Distance: WW Handicap (2.96 Miles)

Click the 'Edit' button to add a race report



Quick add/update results. Click 'Edit' to add/remove multiple results.

Name	Time	Pace	Position	Grade
1 Dylan Boyd	18:01	6:05 / mile		PB
2 Gareth Tomlinson	18:13	6:09 / mile	71.8%	PB
3 Nick Mckay	18:23	6:13 / mile	70.1%	
4 Simon Wright	18:33	6:16 / mile	65.2%	
5 Richard Cohen	18:34	6:16 / mile	66%	
6 Norman Urquia	19:13	6:30 / mile	74.4%	SB
7 James Constable	19:38	6:38 / mile	68.8%	
8 Prajesh Nirmalan	19:40	6:39 / mile		PB
9 Lowendo Stevens	19:55	6:44 / mile	62.8%	
10 Clare Mullenger	20:09	6:48 / mile	72%	
11 Simon Adams	20:18	6:51 / mile	71.6%	
12 Naval Khanna	20:37	6:58 / mile	62.5%	SB
13 Andy Allan	21:11	7:09 / mile	59.5%	SB
14 Christopher Fitzpatrick	21:33	7:17 / mile		PB
15 Mike Forder	21:35	7:18 / mile	74.3%	
16 Neil Guthrie	21:40	7:19 / mile	62.8%	
17 Johnny Bell	21:41	7:20 / mile	65.9%	
18 Clare Geoghegan	22:00	7:26 / mile		PB
19 Bernadette Maher Allan	22:13	7:30 / mile	63.8%	SB
20 Peter Collins	22:22	7:33 / mile	65.6%	
21 Ellie Morton	22:31	7:36 / mile		PB
22 Max Chandler	22:39	7:39 / mile	53%	PB
23 Jasper Lloyd	23:36	7:58 / mile	58.1%	
24 Isabel Gwyther	23:48	8:02 / mile	72.4%	
25 James Hamilton	23:51	8:03 / mile	56.2%	SB
26 Jeremy Copp	24:38	8:19 / mile	58.5%	
27 Amelia Ashton-Jones	24:56	8:25 / mile	60%	
28 David Wood	25:00	8:27 / mile	52.4%	
29 Heidi Dugdell	25:19	8:33 / mile	54.1%	PB
30 Chiara Samele	25:30	8:37 / mile	69.5%	
31 Sally Bovill	25:31	8:37 / mile	53.7%	
32 Martin Jimack	25:31	8:37 / mile	57%	
33 Alyson Young	25:44	8:42 / mile	71.9%	
34 Hazel Lote Silber	25:57	8:46 / mile	53.9%	SB
35 Claire Morgan	25:58	8:46 / mile	69.2%	
36 Lisa Wood	27:35	9:19 / mile	52.6%	
37 Julian Mellors	27:56	9:26 / mile	51.2%	SB

Training Sessions

- 🏃 **Fartlek - Richmond Park**
Wed, 21/07/2021 - 19:00
<https://www.eventbrite.co.uk/e/162904711377>
- 🏃 **Hill Session - Common**
Thu, 22/07/2021 - 19:00
<https://www.eventbrite.co.uk/e/162904578981>
- 🏃 **Track Sessions (Pre Registration)**
Sat, 24/07/2021 - 09:00
<https://www.eventbrite.co.uk/e/162904538861>

Upcoming Club Races

- 🏃 **Surrey Slog**
Sun, 25/07/2021 - 08:00
- 🏃 **3 Mile Handicap**
Tue, 27/07/2021 - 19:00
- 🏃 **3 Mile Handicap**
Tue, 31/08/2021 - 19:00
- 🏃 **Surrey County Road Relays**
Sat, 04/09/2021 - 11:00
- 🏃 **Surrey Masters County Cross-Country Championships - tbc**
Sat, 09/10/2021 - 10:00

Windmilers On...



Triathlon England



🔗 Performance Correlation and Cascaded Training

	Name	Time	Pace	Position	Grade
38	Anne Davies	28:01	9:28 / mile		64.1%
39	Stephanie Langton	28:10	9:31 / mile		48.6% PB
40	Lauren Kayton	28:19	9:34 / mile		PB
41	Emma Braithwaite	28:21	9:35 / mile		PB
42	Phil Tosh	28:31	9:38 / mile		49.7% SB
43	Andy Tan	28:54	9:46 / mile		PB
44	Lorna Young	29:12	9:52 / mile		58.2% SB
45	Caroline Ferrari	29:38	10:01 / mile		63.4% SB
46	Tessa Kelly	30:14	10:13 / mile		67.2%
47	Mila De Clercq	30:16	10:14 / mile		
48	David Ford	30:38	10:21 / mile		52.9%
49	Colin Edwards	30:51	10:25 / mile		44.1%
50	Sung Kim	32:00	10:49 / mile		41.9% PB
51	John Sabourin	32:52	11:06 / mile		51.2% SB
52	Michaela Williams-Black	32:58	11:08 / mile		50.2% SB
53	Sally Jones	35:19	11:56 / mile		50.2%
54	Colin Harris	37:20	12:37 / mile		42.2% SB
55	Francesca Carter	38:30	13:00 / mile		58.5% SB

PB = Indicates a Personal Best time at a given race distance

SB = Indicates a Seasons Best time at a given race distance in a given calendar year

Membership Status:

Full Member

Pending Renewal

Expired Member

non-member

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