



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

- 🏅 **Argenttrail (27km, 1700m D+)**
Sun, 18/07/2021
- 🏅 **Surrey Masters County Championships 5000m**
Sun, 18/07/2021
- 🏅 **Surrey Country Championships 1500m**
Sun, 18/07/2021
- 🏅 **RunThrough Lake Dorney 5k**
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
- 🏅 **Mid Kent 5 Miler**
Sun, 11/07/2021

▶ Parkruns

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
- 🔍 Performance Correlation and Cascaded Training

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WW 3 mile handicap April 2021

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Submitted by Colin Harris on Tue, 27/04/2021 - 22:07

Race Date: Tuesday, 27/04/2021

Race Distance: WW Handicap (2.96 Miles)

It was great to see so many of you out there running and seeing friends we hadn't seen for a year. These are the times I recorded on the night; if I missed someone or made a mistake, send me an email at events@windmilers.org.uk. Many thanks to the volunteers: Jenny Bell, Caroline Ferrari, David Turner, Ralph Gilbert, Jeff Hoadley, Hannah Carr, Colin Harris and to Kate Carter who was Tail Runner on the day. Also many thanks to those who helped plan the organisation such as our Covid guru, Anne Davies, Keith MacIntosh (from Chamonix) and Richard Cohen. Any virtual 3 mile runners will also have their times included here - if I know about them - same email as above

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

Name	Time	Pace	Position	Grade
1 David Sharman	16:42	5:39 / mile		73.9% PB
2 James Hughes	17:29	5:54 / mile		70.1%
3 Christopher Fox	17:31	5:55 / mile		71.4% PB
4 Simon Wright	17:59	6:05 / mile		67.1% PB
5 Kevin O'Gallagher	18:13	6:09 / mile		68.2% SB
6 Jack Boynton	18:15	6:10 / mile		66.3% PB
7 Richard Cohen	18:19	6:11 / mile		66.9%
8 Lowendo Stevens	18:38	6:18 / mile		66.7% SB
9 Philip Reeves	18:44	6:20 / mile		71% SB
10 Simon Olney	18:45	6:20 / mile		64.5% SB
11 James Constable	18:46	6:20 / mile		71.9%
12 Nick Mckay	18:55	6:23 / mile		68.1%
13 Matthew Haughton	18:55	6:23 / mile		63.4% PB
14 Gareth Tomlinson	19:02	6:26 / mile		68.2%
15 Duncan Newbury	19:05	6:27 / mile		69.7% SB
16 Norman Urquia	19:19	6:32 / mile		73.4%
17 Amir Safavi	19:21	6:32 / mile		63% PB
18 Tim Naughton	19:28	6:35 / mile		67.2% PB
19 Julia Donovan	19:43	6:40 / mile		72.9% SB
20 Simon Adams	20:02	6:46 / mile		72% SB
21 Brynjar Agnarsson	20:18	6:51 / mile		66% SB
22 Phil Mcelhinney	20:25	6:54 / mile		67.7% SB
23 Claire Boynton	20:26	6:54 / mile		67.2% PB
24 Nick Wright	20:29	6:55 / mile		66.4% SB
25 Johnny Bell	20:36	6:58 / mile		68.8% PB
26 Mike Forder	20:42	7:00 / mile		77.5% SB
27 Richard Herring	21:25	7:14 / mile		61.6% SB
28 Peter Collins	22:09	7:29 / mile		66.2% SB
29 Jasper Lloyd	22:36	7:38 / mile		60.7% SB
30 Lisa Wood	22:38	7:39 / mile		64.1% SB
31 Amelia Ashton-Jones	22:52	7:44 / mile		65.4% 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



Name	Time	Pace	Position	Grade
32 Radhika Lingham	23:09	7:49 / mile		63.2% SB
33 Doug Carse	23:10	7:50 / mile		68% SB
34 Emma Lonnen	23:36	7:58 / mile		58.1% SB
35 Isabel Gwyther	23:36	7:58 / mile		73% SB
36 Mike Banfi	23:37	7:59 / mile		66.1% SB
37 Jeremy Copp	23:47	8:02 / mile		60.6%
38 Brian Mcdermott	24:13	8:11 / mile		62.2% SB
39 Sally Bovill	24:43	8:21 / mile		55.4%
40 Clare Mullenger	24:55	8:25 / mile		58.2%
41 Alyson Young	25:02	8:27 / mile		72.8% SB
42 Jo Dawes	25:18	8:33 / mile		59.1% PB
43 Jessica Rowan	25:18	8:33 / mile		54.2% PB
44 Chiara Samele	25:24	8:35 / mile		69.7% SB
45 Martin Jimack	25:26	8:36 / mile		57.2%
46 Shibli Yamin	25:34	8:38 / mile		55.4% SB
47 Claire Morgan	26:00	8:47 / mile		69.1%
48 Ella Waddingham	26:37	9:00 / mile		54%
49 Peter Tayar-Watson	26:40	9:01 / mile		SB
50 Katharine Dancer	27:04	9:09 / mile		52.7%
51 Caroline Threadgold	27:32	9:18 / mile		61.7% PB
52 Anne Davies	28:05	9:29 / mile		64%
53 Kerry Brown	28:16	9:33 / mile		49.5% SB
54 mila de clercq	28:35	9:39 / mile		
55 Katherine Reed	28:58	9:47 / mile		53.5%
56 Lorna Young	29:14	9:53 / mile		58.1%
57 David Ford	29:23	9:56 / mile		55.2% SB
58 Phil Tosh	29:47	10:04 / mile		47.2%
59 Colin Edwards	30:07	10:10 / mile		45.2% SB
60 Stephanie Langton	30:45	10:23 / mile		44.6%
61 Tessa Kelly	31:15	10:33 / mile		65%
62 Carol Winter	32:03	10:50 / mile		69% SB
63 Simona Melone	32:05	10:50 / mile		PB
64 Deborah Burke	32:17	10:54 / mile		65% SB
65 patricia turner	32:18	10:55 / mile		
66 Annabel Burn	32:20	10:55 / mile		PB
67 James Gurden	32:23	10:56 / mile		39.8% PB
68 Regina Tayar-Watson	32:40	11:02 / mile		57.5% SB
69 James Spinks	33:12	11:13 / mile		41.3% SB
70 Michaela Williams-Black	33:36	11:21 / mile		49.2%
71 John Sabourin	34:24	11:37 / mile		48.9%
72 Wally Winter	35:58	12:09 / mile		46.8% SB
73 Sally Jones	36:22	12:17 / mile		48.7%
74 Francesca Carter	43:23	14:39 / mile		51.9%
75 Colin Harris	47:20	15:59 / mile		33%

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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