



Wimbledon Windmilers

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

 Search

- Membership ▾
- Calendar
- Club Races ▾
- Training ▾
- Multisport ▾
- Club Info ▾
- Social
- Club Kit
- Member ▾
- Results ▾

Anne Davies

- [My account](#)
- [Create content](#)
- [Administer](#)
- [Log out](#)

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 Masters County Championships 5000m](#)
Sun, 18/07/2021
- 🏆 [Surrey Country Championships 1500m](#)
Sun, 18/07/2021
- 🏆 [RunThrough Lake Dorney 5k](#)
Sun, 18/07/2021
- 🏆 [Argenttrail \(27km, 1700m D+\)](#)
Sun, 18/07/2021
- 🏆 [Richmond Riverside Summer 10k](#)
Sat, 17/07/2021
- 🏆 [RunThrough Olympic Park 5K](#)
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](#)

Home

WW 3 mile handicap May 2021

[View](#) [Edit](#)

Submitted by Colin Harris on Tue, 25/05/2021 - 21:50

Race Date: Tuesday, 25/05/2021

Race Distance: WW Handicap (2.96 Miles)

Heavy rain over the last week made the course very slippery in places, resulting in many slower times being reported compared with April. If you ran, but didn't let Colin know your time, send me an email at events@windmilers.org.uk. Also let me know if you run a virtual 3 miles before Friday 28th May. Many thanks to today's volunteers - Jenny Bell, Ralph Gilbert, Matthew Houghton, Jeff Hoadley, David Turner and Colin Harris. To date 100 members have run in April and/or May.

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

Name	Time	Pace	Position	Grade
1 Daniel Reynolds	17:23	5:52 / mile		PB
2 James Hughes	17:24	5:53 / mile	70.5%	PB
3 David Sharman	17:31	5:55 / mile	70.4%	
4 Richard Cohen	18:00	6:05 / mile	68.1%	SB
5 Nick Mckay	18:22	6:12 / mile	70.2%	SB
6 James Constable	18:30	6:15 / mile	73%	SB
7 Sam Walker	18:41	6:19 / mile	64.2%	SB
8 Gareth Tomlinson	19:11	6:29 / mile	67.7%	
9 Simon Wright	19:13	6:30 / mile	62.9%	
10 Dylan Boyd	19:17	6:31 / mile		
11 Norman Urquia	19:26	6:34 / mile	72.9%	
12 Amir Safavi	19:45	6:40 / mile	61.7%	
13 Tim Naughton	19:48	6:41 / mile	66.1%	
14 Clare Mullenger	20:01	6:46 / mile	72.4%	SB
15 Simon Adams	20:09	6:48 / mile	71.5%	
16 Naval Khanna	20:51	7:03 / mile	61.4%	
17 Charles Hampden-Smith	20:53	7:03 / mile	71.4%	SB
18 Kate Carter	21:30	7:16 / mile	68.8%	SB
19 Neil Guthrie	21:35	7:18 / mile	63.1%	SB
20 John Gorst	21:37	7:18 / mile	60.5%	SB
21 Johnny Bell	21:46	7:21 / mile	65.1%	
22 Mike Forder	21:55	7:24 / mile	73.2%	
23 Claire Boynton	21:56	7:25 / mile	62.6%	
24 Richard Herring	22:05	7:28 / mile	59.7%	
25 Peter Collins	22:28	7:35 / mile	65.3%	
26 Louisa Parker	22:53	7:44 / mile	59.9%	PB
27 Jeremy Copp	23:24	7:54 / mile	61.6%	SB
28 Amelia Ashton-Jones	23:35	7:58 / mile	63.4%	
29 Jasper Lloyd	23:39	7:59 / mile	58%	
30 Isabel Gwyther	23:40	8:00 / mile	72.8%	
31 Lisa Wood	23:49	8:03 / mile	60.9%	
32 Emma Lonnen	23:52	8:04 / mile	57.4%	
33 Sally Bovill	24:07	8:09 / mile	56.8%	PB

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
34 David Wood	24:15	8:12 / mile		54% SB
35 Simon Fisher	24:16	8:12 / mile		62% SB
36 Brian Mcdermott	24:16	8:12 / mile		62%
37 Doug Carse	24:19	8:13 / mile		65.4%
38 Simon Cheetham	24:25	8:15 / mile		63.3% SB
39 Martin Jimack	24:57	8:26 / mile		58.3% SB
40 Noelle Simmons	25:08	8:29 / mile		72.5% SB
41 Radhika Lingham	25:10	8:30 / mile		58.2%
42 Alyson Young	25:30	8:37 / mile		72.6%
43 Jo Dawes	25:30	8:37 / mile		58.6%
44 Caroline Helder	25:33	8:38 / mile		70.3% SB
45 David Epstein	25:45	8:42 / mile		52% SB
46 Claire Morgan	25:52	8:44 / mile		69.5% SB
47 Heidi Dugdell	26:00	8:47 / mile		52.7%
48 Katharine Dancer	26:01	8:47 / mile		54.8% PB
49 Edward Nelson	26:05	8:49 / mile		58.7% SB
50 Ella Waddingham	26:17	8:53 / mile		54.7% SB
51 Chiara Samele	26:18	8:53 / mile		67.3%
52 Suzanne Gendall	26:22	8:54 / mile		69.1% PB
53 Aisling Renton	26:41	9:01 / mile		PB
54 Anne Davies	26:59	9:07 / mile		66.6% SB
55 Andrew Alcock	27:15	9:12 / mile		57.8% SB
56 Mila De Clercq	27:23	9:15 / mile		PB
57 Katherine Reed	27:30	9:17 / mile		56.4% PB
58 Caroline Threadgold	27:46	9:23 / mile		61.2%
59 Lauren Kayton	28:28	9:37 / mile		
60 Andrew Jones	29:00	9:48 / mile		49.7% SB
61 Robert Beeby	29:11	9:52 / mile		53.5% SB
62 Phil Tosh	29:19	9:54 / mile		48%
63 David Ford	29:53	10:06 / mile		54.3%
64 Tessa Kelly	30:05	10:10 / mile		67.5% SB
65 Stephanie Langton	30:22	10:16 / mile		45.1%
66 Natalia Charco Gomez	31:00	10:28 / mile		PB
67 Diane Carter	31:08	10:31 / mile		63.2% SB
68 Caroline Ferrari	31:42	10:43 / mile		59.2%
69 Matthew Lee	31:58	10:48 / mile		42.2% SB
70 Sally Jones	33:04	11:10 / mile		53.6% PB
71 James Gurden	33:22	11:16 / mile		38.6%
72 Michaela Williams-Black	33:36	11:21 / mile		49.2%
73 patricia turner	33:51	11:26 / mile		
74 James Spinks	34:06	11:31 / mile		40.2%
75 Beverley Docherty	34:17	11:35 / mile		57.4% SB
76 John Sabourin	34:19	11:36 / mile		49%
77 John Carter	36:48	12:26 / mile		49.7% SB
78 Adele Hammond	37:00	12:30 / mile		43.5% PB
79 Francesca Carter	39:40	13:24 / mile		56.8%
80 Colin Harris	45:04	15:14 / mile		34.6%

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

Wimbledon Windmilers © 2021

[About](#) | [Sitemap](#) | [Contact Us](#) | [Finding Us](#)