



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, 31/08/2021 - 13:48
- ★ **Three Mile Handicap**
Updated: Tue, 31/08/2021 - 12:16
- ★ **Session Plans**
Updated: Thu, 26/08/2021 - 17:16

Latest Results

- 🏆 **3 Mile Handicap August 2021**
Tue, 31/08/2021
- 🏆 **RunFestRun Half Marathon**
Sun, 29/08/2021
- 🏆 **Mad Hatter Polkerris Swim Festival 2K**
Sat, 28/08/2021
- 🏆 **Mad Hatter Polkerris Swim Festival 3K**
Sat, 28/08/2021
- 🏆 **Mad Hatter Polkerris Swim Festival 1K**
Sat, 28/08/2021
- 🏆 **Serpentine LFOTM**
Fri, 27/08/2021
- 🏆 **Night of Mad Miles**
Thu, 26/08/2021
- 🏆 **Egham Half marathon**
Sun, 22/08/2021
- 🏆 **Alderly Edge Bypass 10k**
Sun, 22/08/2021
- 🏆 **Gatliff Marathon- 25k**
Sun, 22/08/2021

[Parkruns](#)

Active Forum Topics

- 🗨️ [55min 10km pacer opportunity](#)
- 🗨️ [Sportshoes.com Discount Code](#)
- 🗨️ [Windmiler OneLifeID ICE product discount code is WINDMILER20](#)
- 🗨️ [Amsterdam Marathon](#)
- 🗨️ [Performance Correlation and Cascaded Training](#)

Home

3 Mile Handicap August 2021

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

Submitted by Ralph Gilbert on Tue, 31/08/2021 - 20:40

Race Date: Tuesday, 31/08/2021

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	17:18	5:51 / mile	35	PB
2 David Sharman	17:20	5:51 / mile	51	71.2%
3 Philip Reeves	18:17	6:11 / mile	32	73.3% PB
4 Matilde Lomba	18:26	6:14 / mile	16	75.2% PB
5 Matthew Haughton	18:32	6:16 / mile	26	64.8% PB
6 Amir Safavi	18:48	6:21 / mile	33	64.9% PB
7 Norman Urquia	18:50	6:22 / mile	37	75.9% SB
8 Simon Wright	18:54	6:23 / mile	53	64%
9 Naval Khanna	19:25	6:34 / mile	15	66.4% PB
10 richard hadley	19:31	6:36 / mile	4	
11 Lorna Macdonald	19:35	6:37 / mile	5	78.2% SB
12 Neil Guthrie	20:00	6:45 / mile	10	68.1% SB
13 Christopher Fitzpatrick	20:12	6:49 / mile	43	
14 John Gorst	20:55	7:04 / mile	23	63.1% PB
15 Miriam Oliver	21:01	7:06 / mile	25	65.3% SB
16 Mike Forder	21:23	7:13 / mile	52	75%
17 Stephen Chandler	21:38	7:19 / mile	19	66.1% SB
18 Peter Collins	21:55	7:24 / mile	38	66.9% SB
19 Lisa Wood	22:06	7:28 / mile	28	65.6% SB
20 Almona Mehmeti	22:45	7:41 / mile	6	PB
21 Thomas Barlow	22:49	7:43 / mile	36	52.6% PB
22 Richard Lines	23:10	7:50 / mile	8	PB
23 James Spencer	23:24	7:54 / mile	9	53.1% PB
24 David Wood	23:41	8:00 / mile	30	55.3% SB
25 Brian Mcdermott	24:11	8:10 / mile	42	62.2% SB
26 Sally Bovill	24:21	8:14 / mile	47	56.3%
27 Clon Ulrick	24:29	8:16 / mile	17	64.3% SB
28 Chiara Samele	24:43	8:21 / mile	20	71.7% SB
29 Amelia Ashton-Jones	24:59	8:26 / mile	56	60.6%
30 Ella Waddingham	25:06	8:29 / mile	11	57.3% SB
31 Jeremy Copp	25:12	8:31 / mile	55	57.2%
32 Heidi Dugdell	25:13	8:31 / mile	44	54.3%
33 Suzanne Gendall	25:14	8:31 / mile	31	72.2% PB
34 Alyson Young	25:20	8:34 / mile	46	73%
35 Edward Nelson	25:26	8:36 / mile	49	60.8%
36 Andy Tan	25:34	8:38 / mile	27	PB

Training Sessions

- 📍 **Hill Session - near Wimbledon Park**
Thu, 02/09/2021 - 19:00
<https://www.eventbrite.co.uk/e/167999048677>
- 📍 **Track Sessions (Pre Registration)**
Sat, 04/09/2021 - 09:00
<https://www.eventbrite.co.uk/e/167999411763>
- 📍 **Core/Rehab Session (@Track)**
Sat, 04/09/2021 - 10:15
<https://www.eventbrite.co.uk/e/167999802933>

Upcoming Club Races

- 📍 **Surrey County Road Relays**
Sat, 04/09/2021 - 11:00
- 📍 **Lightwater MABAC (5 or 2.5 miles)**
Sun, 19/09/2021 - 10:00
- 📍 **Surrey Masters County Cross-Country Championships - tbc**
Sat, 09/10/2021 - 10:00
- 📍 **Surrey XC League - Race 1**
Sat, 16/10/2021 - 11:45
- 📍 **Nonsuch Park MABAC (5 or 2.5 miles)**
Sun, 24/10/2021 - 10:00

Windmilers On...



Triathlon England



	Name	Time	Pace	Position	Grade	
37	Lisa Rippon	25:39	8:40 / mile	12		PB
38	Stephanie Langton	25:54	8:45 / mile	7	52.9%	PB
39	Andrew Alcock	26:06	8:49 / mile	18	60.3%	SB
40	Claire Morgan	26:08	8:50 / mile	40	68.8%	
41	Anne Davies	26:21	8:54 / mile	21	68.2%	SB
42	Lauren Kayton	27:13	9:12 / mile	13		PB
43	Lorna Young	27:21	9:14 / mile	14	62.1%	SB
44	Angela Kikugawa	27:25	9:16 / mile	48	65.5%	SB
45	Mila De Clercq	27:40	9:21 / mile	41		
46	Colin Edwards	27:56	9:26 / mile	24	48.7%	SB
47	Olivia Barlow	28:58	9:47 / mile	39	47.3%	
48	David Ford	29:10	9:51 / mile	29	55.6%	SB
49	Louise Ayling	29:18	9:54 / mile	34	52.9%	
50	Caroline Ferrari	29:47	10:04 / mile	45	63.1%	
51	Susie O'Connor	30:21	10:15 / mile	1	64.8%	SB
52	Tessa Kelly	30:35	10:20 / mile	50	66.4%	
53	Robert Beeby	31:23	10:36 / mile	22	49.7%	
54	Michaela Williams-Black	33:16	11:14 / mile	54	49.7%	
55	Francesca Carter	34:16	11:35 / mile	2	65.7%	SB
56	John Carter	34:16	11:35 / mile	3	53.4%	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