



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, 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 3K**
Sat, 28/08/2021
 - 🏆 **Mad Hatter Polkerris Swim Festival 1K**
Sat, 28/08/2021
 - 🏆 **Mad Hatter Polkerris Swim Festival 2K**
Sat, 28/08/2021
 - 🏆 **Serpentine LFOTM**
Fri, 27/08/2021
 - 🏆 **Night of Mad Miles**
Thu, 26/08/2021
 - 🏆 **Alderly Edge Bypass 10k**
Sun, 22/08/2021
 - 🏆 **Gatliff Marathon- 25k**
Sun, 22/08/2021
 - 🏆 **Vitality Big Half**
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**

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WW 3 mile handicap July 2021

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Submitted by Colin Harris on Wed, 28/07/2021 - 10:21

Race Date: Tuesday, 27/07/2021

Race Distance: WW Handicap (2.96 Miles)

As one runner said "It's a proper race. I was overtaken". We were lucky with the weather that cleared up nicely for us, but recent heavy rain left large puddles at the top of the path by Parkside. We used the parkrun course to allow for more social distancing at the start than the traditional course. Welcome too the many new members enjoying their first club race. Apologies for the large group that was supposed to set off after 17 minutes, but went at 17.30 instead. It's your own fault for chatting to Jenny and distracting her. I have adjusted your finish times by deducting the extra 30 seconds waiting time. The times recorded here are your actual running times, but the position is as you crossed the line (adjusted for the 17 minute crowd). Many thanks to volunteers Jenny Bell, Jeff Hoadley, Claire Boynton and Charles Leonard.



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

	Name	Time	Pace	Position	Grade
1	Nick Mckay	17:34	5:56 / mile	25	73.4% SB
2	Dylan Boyd	17:36	5:57 / mile	26	
3	James Hughes	18:03	6:06 / mile	49	67.9%
4	Richard Cohen	18:27	6:14 / mile	41	66.4%
5	James Constable	18:46	6:20 / mile	39	71.9%
6	Simon Wright	18:46	6:20 / mile	47	64.4%
7	Gareth Tomlinson	18:48	6:21 / mile	29	69.6%
8	Amir Safavi	18:49	6:21 / mile	30	64.8%
9	Duncan Newbury	18:51	6:22 / mile	32	70.5% SB
10	Yashish Dahiya	18:54	6:23 / mile	9	71.4% PB
11	Adit Dahiya	18:54	6:23 / mile	10	PB
12	Lowendo Stevens	18:54	6:23 / mile	40	66.2%
13	Matilde Lomba	19:22	6:33 / mile	3	71.6%
14	Tim Naughton	19:33	6:36 / mile	35	66.9%
15	James Hamilton	20:11	6:49 / mile	2	66.4% SB
16	Christopher Fitzpatrick	20:11	6:49 / mile	15	PB
17	Jack Boynton	20:19	6:52 / mile	56	59.5%
18	Julia Donovan	20:24	6:54 / mile	48	70.5%
19	Karen Fenner	20:45	7:01 / mile	11	81.9% PB
20	Johnny Bell	21:02	7:06 / mile	43	68%
21	Miriam Oliver	21:17	7:11 / mile	17	64.5%
22	Hannah Carr	21:23	7:13 / mile	22	64.1% SB
23	Max Chandler	21:35	7:18 / mile	19	55.6% PB
24	Richard Herring	21:43	7:20 / mile	45	60.7%
25	Mike Forder	21:43	7:20 / mile	53	73.9%
26	James Leask	22:27	7:35 / mile	13	56.6% PB
27	Stephen Chandler	22:28	7:35 / mile	23	63.6%
28	Jasper Lloyd	22:28	7:35 / mile	33	61.1% SB
29	Gavin Berry	22:44	7:41 / mile	38	SB
30	Sam Walker	23:00	7:46 / mile	58	52.2%

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
31 Thomas Barlow	23:06	7:48 / mile	21	52%
32 Norman Urquia	23:29	7:56 / mile	57	60.9%
33 Matthew Haughton	23:30	7:56 / mile	59	51.1%
34 Lisa Wood	23:38	7:59 / mile	50	61.4%
35 Jeremy Copp	24:09	8:10 / mile	51	59.7%
36 Edward Nelson	24:47	8:22 / mile	16	62.4% SB
37 Heidi Dugdell	25:06	8:29 / mile	36	54.6% PB
38 David Wood	25:23	8:35 / mile	54	51.6%
39 Suzanne Gendall	25:36	8:39 / mile	27	71.2%
40 Lowri Jones	25:44	8:42 / mile	46	66% SB
41 Sally Bovill	26:05	8:49 / mile	55	52.5%
42 Andy Tan	26:07	8:49 / mile	7	
43 Andrew Alcock	26:50	9:04 / mile	31	58.7%
44 lisa rippon	26:53	9:05 / mile	8	
45 Louise Ayling	26:56	9:06 / mile	12	57.6% SB
46 Anne Davies	26:59	9:07 / mile	34	66.6%
47 Emma Braithwaite	27:03	9:08 / mile	18	PB
48 Ralph Windham	27:14	9:12 / mile	4	45% SB
49 Mila De Clercq	27:39	9:20 / mile	44	
50 Stephanie Langton	28:10	9:31 / mile	37	48.6%
51 Lorna Young	28:31	9:38 / mile	24	59.6%
52 Colin Edwards	28:34	9:39 / mile	14	47.6%
53 Olivia Barlow	28:57	9:47 / mile	1	47.3% PB
54 Tessa Kelly	30:32	10:19 / mile	42	66.5%
55 Susie O'Connor	31:10	10:32 / mile	52	63.1%
56 Michaela Williams-Black	32:06	10:51 / mile	20	51.5% SB
57 Lesley Bowcott	32:47	11:05 / mile	28	72.6% SB
58 Francesca Carter	37:05	12:32 / mile	5	60.7%
59 John Carter	37:06	12:32 / mile	6	49.3%

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