

**QMR 2009 Race 3 5k Prize Winners - 21/07/09**

<b>All Men</b>	<b>Name</b>	<b>Time</b>	<b>Team</b>	<b>Category</b>	<b>Race No.</b>
1	PHILLIPS, Rob	0:17:02	Runnymede Runners	Senior Men	852
2	GILHAM, Harry	0:18:00	Herts Phoenix AC	Senior Men	842
3	GARLISH, Darren	0:19:47		MV40	881
<b>All Ladies</b>					
1	ELLIOTT, Rachael	0:18:49	Team Kennet	Senior Women	877
2	JERSILD, Helle	0:22:20	Runnymede Runners	WV40	848
3	CALLINGHAM, Pippa	0:23:17	Windsor Slough Eton and Hounslow	Senior Women	832
<b>MV40</b>					
1	TARRANT, James	0:20:23	Maidenhead	MV40	874
<b>WV40</b>					
1	HEATH, Sarah	0:24:59	Handy Cross Runners	WV40	845
<b>MV50</b>					
1	BENBOW, Alastair	0:19:59	Maidenhead AC	MV50	869
<b>WV50</b>					
1	CARATELLI, Sue	0:25:41		WV50	833
<b>MV60</b>					
1	JEFFERY, Mike	0:25:32	Bracknell Forest Runners	MV60	847
<b>WV60</b>					
1	STALLWOOD, Jackie	0:29:50	Datchet Dashers	WV60	884