

**Achilles Heel
Bella 5k 2010
Final Results**

Position	Race Number	Name	Club	Category	Finishing time
1	166	Paul Sorrie	Shettleston Harriers	MS	14.59
2	103	David Millar	Irvine AC	MV40+	15.17
3	117	Kenny Richmond	Bellahouston Road Runners	MV40+	15.47
2	141	Charles Thomson	Cambuslang Harriers	MV40+	15.58
5	169	Ciaran Dougherty	Bellahouston Road Runners	MS	16.30
6	23	Andrew Joyce	Stornoway Running + Athletics Club	MS	16.41
7	142	Louis O'hare	Kirchintilloch Olympians	MS	16.44
8	144	Stephen Mulrnie	garscube Harriers	MV40+	16.46
9	150	John Bell	garscube Harriers	MV40+	16.49
10	24	Craig Ross	Bellahouston Road Runners	MS	16.56
11	86	Nick Reid	Bellahouston Road Runners	MS	16.57
12	80	Russell Whittington	Bellahouston Road Runners	MS	16.59
13	128	Greig Glendinning	Bellahouston Road Runners	MS	17.12
14	161	Robert MacFarlane	Kelvin Runners	MS	17.15
15	140	Stephen Allan	Kirchintilloch Olympians	MS	17.20
16	123	Grant MacDonald	Bellahouston Road Runners	MS	17.28
17	111	Denis Williams	Shettleston Harriers	MV40+	17.33
18	27	Anthony Devlin	Falkirk Victoria	MV40+	17.36
19	163	Gerard Montgomery	Clydesdale Harriers	MV50+	17.39
20	66	Keiran Brown	UATT	MS	17.45
21	82	shabir ravji	Glasgow Uni Hares & Hounds	MS	17.45
22	124	Andy Birnie	Bellahouston Road Runners	MV40+	17.55
23	104	Eilis McKeachnie	Hunter's Bog Trotters	FS	18.00
24	71	Bruce Carse	Bellahouston Road Runners	MS	18.02
25	149	Lesley Chisholm	garscube Harriers	FV35+	18.11
26	35	Kirsty Husband	garscube Harriers	FV35+	18.14
27	115	Brian Robertson	UATT	MS	18.14
28	164	Robert Rogerson	Kirchintilloch Olympians	MV40+	18.17
29	155	Brian Craig	Irvine AC	MV50+	18.22
30	37	Jenny Bannerman	Inverness Harriers	FS	18.26
31	44	Andrew Hardman	Bellahouston Road Runners	MV50+	18.34
32	46	Barry Stewart	UATT	MS	18.41
33	168	Robert Hutchison	Central AAC	MV40+	18.44
34	3	Ross McEachern	Springburn Harriers	MV40+	18.45
35	138	Ralph Connolly	City of Glasgow Victoria Park	FV35+	18.45
36	135	Euan Milne	UATT	MS	18.56
37	125	Ken MacMahon	Bellahouston Road Runners	MS	18.59
38	33	Matthew Brown	UATT	MS	19.18
39	42	Stuart Mathieson	Bellahouston Road Runners	MS	19.27
40	76	Jim Robinson	Bellahouston Road Runners	MV50+	19.28
41	16	Andrew Sutherland	Maryhill Harriers	MS	19.34
42	152	Anthony Quinn	Xania Harriers	MV50+	19.35
43	143	Donald Kennedy	Kilbarchan AAC	MV40+	19.44
44	159	Derrick Ritchie	Giffnock North	MV50+	19.51
45	109	Pamela McCrossan	Clydesdale Harriers	FV45+	19.57
46	34	Tom Brady	Kelvin Runners	MV50+	20.05
47	65	Hugh Brown	Bellahouston Road Runners	MV40+	20.07
48	85	Ann Robin	Bellahouston Road Runners	FS	20.10
49	50	Martin Brown	UATT	MS	20.24
50	122	Shonia Donnelly	Bellahouston Road Runners	FV35+	20.26
51	131	Stephen Watters	Giffnock North	MV40+	20.33
52	130	Chloe Cowan	Giffnock North	FS	20.36
53	90	John Newlands	Bellahouston Road Runners	MS	20.38
54	167	Christopher Kishaw	garscube Harriers	MS	20.38
55	12	Claire Wharton	Bellahouston Road Runners	FV35+	20.42
56	20	Gordon Clements	Bellahouston Road Runners	MS	20.43
57	9	James McIvor	Bellahouston Road Runners	MV40+	20.47
58	83	David Boag	Bellahouston Road Runners	MV40+	20.47
59	139	Jim MacGregeor	Moray Road Runners	MV50+	20.55
60	126	Jill O'Neil	garscube Harriers	FV35+	20.56
61	96	Richard Leyton	Bellahouston Road Runners	MS	21.00
62	77	Gy Harness	UATT	MS	21.03
63	68	Alan Fitzimmons	Jog Scotland	MV40+	21.07
64	145	George Stewart	Calderglen Harriers	MV40+	21.12
65	95	David Stakes	Bellahouston Road Runners	MV40+	21.18
66	49	Sheila Lewis	Giffnock North	FS	21.21
67	129	Jacqueline Cowan	Giffnock North	FV45+	21.28
68	39	John Milligan	Bellahouston Road Runners	MS	21.38
69	18	Tony Hall	garscube Harriers	MV60+	21.48
70	56	Stephen Pope	UATT	MS	21.54
71	107	Ross Bickerstaff	Hamilton Harriers	MV50+	22.00
72	5	Craig Brown	UATT	MS	22.06
73	29	John McBride	Calderglen Harriers	MV50+	22.10
74	73	David Lafferty	Bellahouston Road Runners	MS	22.15
75	64	Janette Maley	Giffnock North	FV35+	22.16
76	70	Jane Wild	Bellahouston Road Runners	FV45+	22.24
77	38	Charles Bannerman	Inverness Harriers	MV50+	22.36
78	72	Julie Fitzpatrick	Bellahouston Road Runners	FV35+	22.40
79	116	Julie Vintner	Bellahouston Road Runners	FV35+	22.44
80	88	Wallace Gray	00:00	MV40+	22.45
81	89	Louise Gray	Bellahouston Road Runners	FV35+	22.46
82	21	David Brennan	UATT	MV50+	22.50
83	41	Sanby Brindley	Bellahouston Road Runners	FV35+	23.03
84	105	Andrew McKeachnie	Hunter's Bog Trotters	MS	23.03
85	51	Colin Knox	Jog Scotland	MS	23.12
86	79	Emma Ralston	garscube Harriers	FS	23.12
87	4	Iain Boyce	UATT	MV40+	23.19
88	171	Craig Simpson	UATT	MV50+	23.23
89	69	Kenneth Wharton	UATT	MS	23.27
90	15	Gordon Hollerin	Jog Scotland	MV50+	23.30
91	54	Jane Galt	Bellahouston Road Runners	FV45+	23.32
92	148	Robert Connell	Kilbarchan AAC	MV50+	23.36
93	108	Stephen Cullen	garscube Harriers	MV50+	23.37
94	81	David Ferguson	UATT	MS	23.40
95	57	Tom Ross	Kirchintilloch Olympians	MV60+	23.47
96	165	Scott Johnston	Bellahouston Road Runners	MV40+	24.09
97	22	Gillian Bain	Giffnock North	FV45+	24.15
98	170	Paula Wilson	UATT	FS	24.24
99	151	Helen Whyte	Hamilton Harriers	FV55+	24.30
100	30	Edward Murphy	Bellahouston Road Runners	MV60+	24.37
101	147	Brian Graham	Kilbarchan AAC	MV50+	24.42
102	67	John Shields	UATT	MV40+	24.43
103	160	Gordon Gray	UATT	MV40+	24.45
104	154	Cheryl McNulty	Hamilton Harriers	FS	24.54
105	58	Lucien Gibson	Glasgow Triathlon Club	MV40+	25.05
106	137	Colin Gray	Clydesdale Harriers	MV40+	25.12
107	8	Peter Dow	UATT	MV50+	25.17
108	158	Laurewnce Edwards	Giffnock North	MV50+	25.23
109	119	elena Morran	UATT	FS	25.43
110	120	Stewart Watson	UATT	FS	25.43
111	102	Andrew Chapman	UATT	MS	25.52

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112	110	David Minnes	UATT	MV40+	26.09
113	146	Ronald Stewart	UATT	MV50+	26.09
114	19	Eileen Duffy	Glasgow Running Network	FV35+	26.29
115	87	Suzanne Lamb	Bellahouston Road Runners	FS	26.31
116	55	Ian Logan	UATT	MV40+	26.33
117	134	Jennifer Kell	UATT	FS	26.36
118	48	Erin Bartley	garscube Harriers	FS	26.39
119	153	Yvonne-Clare Bonucchi	Central AAC	FV45+	26.43
120	114	Hayley McCrorie	UATT	FS	26.44
121	60	Kieran McLaughlin	garscube Harriers	MS	26.45
122	93	Murray Stewart	UATT	MS	26.55
123	156	Russell Couper	Calderglen Harriers	MV40+	27.14
124	100	Sarah Whalen	Jog Scotland	FV35+	27.23
125	7	Caroline Dow	UATT	FV45+	27.36
126	31	Heather Allan	UATT	FV35+	27.53
127	92	Gwen Murray	UATT	FS	28.29
128	162	Libby Porter	UATT	FV35+	28.39
129	99	Dawn Hamilton	Jog Scotland	FV45+	28.44
130	118	Sandra Wilkinson	Helensburgh AAC	FV55+	29.15
131	28	Susan Steen	UATT	FV45+	29.19
132	78	Karen Liddell	UATT	FV45+	29.22
133	172	Joga Ram	UATT	MV50+	31.27
134	97	Marianne Grover	UATT	FV55+	31.54
135	113	Andrew Mitchell	UATT	MV40+	32.13
136	47	Louise Harris	UATT	FV45+	32.18
137	112	Alison Mitchell	UATT	FV35+	32.22
138	106	Sharon Krieger	UATT	FV35+	32.36
139	98	Josephine Williams	UATT	FS	32.59
140	101	Yvonne Chapman	UATT	FV35+	34.23
141	53	Patricia Brooks	Jog Scotland	FV55+	34.43
142	52	Mary-Anne Cameron	Jog Scotland	FS	35.15
143	63	Maira Donohue	Jog Scotland	FV45+	35.23
144	157	Monica Kennedy	UATT	FS	35.23
145	62	Maurice Donohue	Jog Scotland	MV40+	35.24
146	25	Jean McCallum	Jog Scotland	FV45+	36.23
147	26	Jackie Hawthorn	Jog Scotland	FV45+	36.23
148	17	Christine Deklavs	UATT	FS	37.48
149	132	Sally Lloyd Jones	Jog Scotland	FV55+	38.35
150	136	Bridget Gray	UATT	FV35+	40.16
151	1	Tommy Armstrong (Fae Greenock)	00:00	MV60+	40.22
Men					
	1	166 Paul Sorrie	Shettleston Harriers	MS	14.59
	2	103 David Millar	Irvine AC	MV40+	15.17
	3	117 Kenny Richmond	Bellahouston Road Runners	MV40+	15.47
MV40+					
	2	103 David Millar	Irvine AC	MV40+	15.17
MV50+					
	19	163 Gerard Montgomery	Clydesdale Harriers	MV50+	17.39
MV60+					
	69	18 Tony Hall	garscube Harriers	MV60+	21.48
Mens Team					
First					
	3	117 Kenny Richmond	Bellahouston Road Runners	MV40+	15.47
	5	169 Ciaran Dougherty	Bellahouston Road Runners	MS	16.30
	10	24 Craig Ross	Bellahouston Road Runners	MS	16.56
Total 18					
Second					
	7	142 Louis O'hare	Kirchintilloch Olympians	MS	16.44
	15	140 Stephen Allan	Kirchintilloch Olympians	MS	17.20
	28	164 Robert Rogerson	Kirchintilloch Olympians	MV40+	18.17
Total 50					
Third					
	8	144 Stephen Mulrnie	garscube Harriers	MV40+	16.46
	9	150 John Bell	garscube Harriers	MV40+	16.49
	54	167 Christopher Kilshaw	garscube Harriers	MS	20.38
Total 71					
Female					
	23	104 Ellis McKechnie	Hunter's Bog Trotters	FS	18:00
	25	149 Lesley Chisholm	garscube Harriers	FV35+	18.11
	26	35 Kirsty Husband	garscube Harriers	FV35+	18.14
FV35+					
	25	149 Lesley Chisholm	garscube Harriers	FV35+	18.11
FV45+					
	45	109 Pamela McCrossan	Clydesdale Harriers	FV45+	19.57
FV55+					
	99	151 Helen Whyte	Hamilton Harriers	FV55+	24.3
Ladies Team					
First					
	25	149 Lesley Chisholm	garscube Harriers	FV35+	18.11
	26	35 Kirsty Husband	garscube Harriers	FV35+	18.14
	60	126 Jill O'Neil	garscube Harriers	FV35+	20.56
Total 111					
Second					
	48	85 Ann Robin	Bellahouston Road Runners	FS	20.10
	50	122 Shona Donnelly	Bellahouston Road Runners	FV35+	20.26
	55	12 Claire Wharton	Bellahouston Road Runners	FV35+	20.42
Total 153					
Third					
	52	130 Chloe Cowan	Giffnock North	FS	20.36
	66	49 Sheila Lewis	Giffnock North	FS	21.21
	67	129 Jacqueline Cowan	Giffnock North	FV45+	21.28
Total 185					