

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

Position	Race Nu	Name	Address	Telephone	Nurr Club	SAL Number	Sex	Date of Birth	Category	Finishing time
1	166	Paul Sorrie			Shettleston Harriers	SA08783	M	04/01/1983	MS	14.59
2	103	David Millar			Irvine AC	SA08284	M	10/07/1973	MV40+	15.17
3	117	Kenny Richmond			Bellahouston Road Runners	SA09695	M	05/06/1973	MV40+	15.47
2	141	Charles Thomson			Cambuslang Harriers	SA06445	M	08/06/1969	MV40+	15.58
5	169	Ciaran Dougherty			Bellahouston Road Runners	00:00	M	08/12/1986	MS	16.30
6	23	Andrew Joyce			Stornoway Running + Athletics Clu	SA10726	M	29/08/1986	MS	16.41
7	142	Louis O'hare			Kirchintilloch Olympians	N/A	M	08/06/1977	MS	16.44
8	144	Stephen Mulmie			garscube Harriers	SA08654	M	08/09/1973	MV40+	16.46
9	150	John Bell			garscube Harriers	SA07017	M	14/03/1973	MV40+	16.49
10	24	Craig Ross			Bellahouston Road Runners	SA09820	M	21/05/1984	MS	16.56
11	86	Nick Reid			Bellahouston Road Runners	SA05045	M	27/12/1981	MS	16.57
12	80	Russell Whittington			Bellahouston Road Runners	SA09579	M	21/04/????	MS	16.59
13	128	Greig Glendinning			Bellahouston Road Runners	SA05041	M	01/01/1904	MS	17.12
14	161	Robert MacFarlane			Kelvin Runners	N/A	M	24/03/1986	MS	17.15
15	140	Stephen Allan			Kirchintilloch Olympians	SA100014	M	23/06/1977	MS	17.20
16	123	Grant MacDonald			Bellahouston Road Runners	SA18267	m	01/01/1904	MS	17.28
17	111	Denis Williams			Shettleston Harriers	SA06547	M	05/02/1967	MV40+	17.33
18	27	Anthony Devin			Falkirk Victoria	SA16625	M	14/11/1973	MV40+	17.36
19	163	Gerard Montgomery			Clydesdale Harriers	SA13047	M	12/07/1962	MV50+	17.39
20	66	Keiran Brown			UATT	N/A	M	22/03/1997	MS	17.45
21	82	shabir ravji			Glasgow Uni Hares & Hounds	00:00	m	17/05/1991	MS	17.45
22	124	Andy Birnie			Bellahouston Road Runners	SA07039	m	01/01/1904	MV40+	17.55
23	104	Eilias McKechnie			Hunter's Bog Trotters	SA13843	F	10/08/1982	FS	18.00
24	71	Bruce Carse			Bellahouston Road Runners	SA16410	M	19/06/1983	MS	18.02
25	149	Lesley Chisholm			garscube Harriers	SA07986	F	04/01/1979	FV35+	18.11
26	35	Kirsty Husband			garscube Harriers	SA06927	F	05/11/1969	FV35+	18.14
27	115	Brian Robertson			UATT	SA13567	M	14/07/1986	MS	18.14
28	164	Robert Rogerson			Kirchintilloch Olympians	A06813	M	21/03/1965	MV40+	18.17
29	155	Brian Craig			Irvine AC	SA08687	M	14/08/1962	MV50+	18.22
30	37	Jenny Bannerman			Inverness Harriers	N/A	F	16.10.1987	FS	18.26
31	44	Andrew Hardman			Bellahouston Road Runners	SA16527	M	01/08/1960	MV50+	18.34
32	46	Barry Stewart			UATT	N/A	M	13/07/1976	MS	18.41
33	168	Robert Hutchison			Central AAC	SA10448	M	30/09/1966	MV40+	18.44
34	3	Ross McEachern			Springburn Harriers	N/A	M	08/04/1970	MV40+	18.45
35	138	Ralph Connolly			City of Glasgow Victoria Park	SA19020	M	13/03/1969	MV40+	18.45
36	135	Euan Milne			UATT	N/A	M	06/01/1993	MS	18.56
37	125	Ken MacMahon			Bellahouston Road Runners	SA08518	m	01/01/1904	MS	18.59
38	33	Matthew Brown			UATT	N/A	M	11/12/1994	MS	19.18
39	42	Stuart Mathieson			Bellahouston Road Runners	SA15791	M	27/02/1981	MS	19.27
40	76	Jim Robinson			Bellahouston Road Runners	SA12843	M	07/05/1964	MV50+	19.28
41	16	Andrew Sutherland			Maryhill Harriers	SA18928	M	22/07/1976	MS	19.34
42	152	Anthony Quinn			Xania Harriers	N/A	M	10/10/1960	MV50+	19.35
43	143	Donald Kennedy			Kilbarchan AAC	A05587	M	12/06/1974	MV40+	19.44
44	159	Derrick Ritchie			Giffnock North	SA10543	M	19/09/1962	MV50+	19.51
45	109	Pamela McCrossan			Clydesdale Harriers	SA06645	F	11/06/1965	FV45+	19.57
46	34	Tom Brady			Kelvin Runners	N/A	M	19/09/1963	MV50+	20.05
47	65	Hugh Brown			Bellahouston Road Runners	N/A	M	0/02/1965	MV40+	20.07
48	85	Ann Robin			Bellahouston Road Runners	N/A	F	28/03/1981	FS	20.10
49	50	Martin Brown			UATT	N/A	M	24/07/1979	MS	20.24
50	122	Shona Donnelly			Bellahouston Road Runners	SA05831	f	01/01/1904	FV35+	20.26
51	131	Stephen Watters			Giffnock North	N/A	M	20/11/1964	MV40+	20.33
52	130	Chloe Cowan			Giffnock North	SA12560	F	18/11/2000	FS	20.36
53	90	John Newlands			Bellahouston Road Runners	N/A	M	20/06/1986	MS	20.38
54	167	Christopher Kilshaw			garscube Harriers	SA18744	M	19/07/1988	MS	20.38
55	12	Claire Wharton			Bellahouston Road Runners	SA11831	F	06/08/1974	FV35+	20.42
56	20	Gordon Clements			Bellahouston Road Runners	SA20438	M	22/07/1975	MS	20.43
57	9	James McIvor			Bellahouston Road Runners	N/A	M	23/07/1966	MV40+	20.47
58	83	David Boag			Bellahouston Road Runners	JS021544	M	23/02/1970	MV40+	20.47
59	139	Jim MacGregor			Moray Road Runners	SA08738	M	16/12/1955	MV50+	20.55
60	126	Jill O'Neil			garscube Harriers	sa08964	f	14/09/1978	FV35+	20.56
61	96	Richard Leyton			Bellahouston Road Runners	SA13128	M	20/03/1977	MS	21.00
62	77	Gy Harness			UATT	N/A	M	27/05/1988	MS	21.03
63	68	Alan Fitzsimons			Jog Scotland	JS021128	M	25/06/1971	MV40+	21.07
64	145	George Stewart			Calderglen Harriers	S06593	M	11/03/1966	MV40+	21.12
65	95	David Stakes			Bellahouston Road Runners	N/A	M	02/05/1967	MV40+	21.18
66	49	Sheila Lewis			Giffnock North	SA07854	F	07/07/1969	FS	21.21
67	129	Jacqueline Cowan			Giffnock North	SA13560	F	18/01/1968	FV45+	21.28
68	39	John Milligan			Bellahouston Road Runners	SA05334	M	03/12/1975	MS	21.38
69	18	Tony Hall			garscube Harriers	SA07558	M	09/06/1951	MV60+	21.48
70	56	Stephen Pope			UATT	N/A	M	27/05/1979	MS	21.54
71	107	Ross Bickerstaff			Hamilton Harriers	SC01039	M	30/06/1962	MV50+	22.00
72	5	Craig Brown			UATT	N/A	M	12/10/1975	MS	22.06
73	29	John McBride			Calderglen Harriers	SA14246	M	07/11/1963	MV50+	22.10
74	73	David Lafferty			Bellahouston Road Runners	N/A	M	03/10/1987	MS	22.15
75	64	Janette Maley			Giffnock North	SA06740	F	26/02/1971	FV35+	22.16
76	70	Jane Wild			Bellahouston Road Runners	TBC	F	28.09.1966	FV45+	22.24
77	38	Charles Bannerman			Inverness Harriers	N/A	M	15.07.1953	MV50+	22.36
78	72	Julie Fitzpatrick			Bellahouston Road Runners	SA15052	F	26/11/1975	FV35+	22.40
79	116	Julie Vintner			Bellahouston Road Runners	TBC	F	04/06/1970	FV35+	22.44
80	88	Wallace Gray			00:00	N/A	M	20/08/1964	MV40+	22.45
81	89	Louise Gray			Bellahouston Road Runners	SA13565	F	08/03/1973	FV35+	22.46
82	21	David Brennan			UATT	N/A	M	12/10/1962	MV50+	22.50
83	41	Sanby Brindley			Bellahouston Road Runners	SA18570	F	27/11/1978	FV35+	23.03
84	105	Andrew McKechnie			Hunter's Bog Trotters	SA13675	M	27/11/1983	MS	23.03
85	51	Colin Knox			Jog Scotland	SA13131	M	20/02/1976	MS	23.12
86	79	Emma Ralston			garscube Harriers	SA16664	F	22/07/1985	FS	23.12
87	4	Iain Boyce			UATT	N/A	M	27/01/1970	MV40+	23.19
88	171	Craig Simpson			UATT	N/A	M	17/01/1964	MV50+	23.23
89	69	Kenneth Wharton			UATT	N/A	M	14/08/1974	MS	23.27
90	15	Gordon Hollerin			Jog Scotland	N/A	M	24/01/1961	MV50+	23.30
91	54	Jane Galt			Bellahouston Road Runners	SA18290	F	07/03/1969	FV45+	23.32
92	148	Robert Connell			Kilbarchan AAC	SA07862	M	19/03/1964	MV50+	23.36
93	108	Stephen Cullen			garscube Harriers	SA05930	M	18/08/1961	MV50+	23.37
94	81	David Ferguson			UATT	N/A	M	27/06/1983	MS	23.40
95	57	Tom Ross			Kirchintilloch Olympians	SA19476	M	20/10/1948	MV60+	23.47
96	165	Scott Johnston			Bellahouston Road Runners	SA09530	M	30/03/1970	MV40+	24.09
97	22	Gillian Bain			Giffnock North	SA14348	F	02/07/1968	FV45+	24.15
98	170	Paula Wilson			UATT	N/A	F	07/09/1988	FS	24.24
99	151	Helen Whyte			Hamilton Harriers	N/A	F	20/07/1957	FV55+	24.30
100	30	Edward Murphy			Bellahouston Road Runners	N/A	m	03/11/1946	MV60+	24.37
101	147	Brian Graham			Kilbarchan AAC	SA10174	M	13/10/1963	MV50+	24.42
102	67	John Shields			UATT	N/A	M	07/02/1969	MV40+	24.43
103	160	Gordon Gray			UATT	N/A	M	06/04/1969	MV40+	24.45
104	154	Cheryl McNulty			Hamilton Harriers	N/A	F	03/08/1981	FS	24.54
105	58	Lucien Gibson			Glasgow Triathlon Club	N/A	M	10/06/1971	MV40+	25.05
106	137	Colin Gray			Clydesdale Harriers	TBC	M	01/03/1973	MV40+	25.12
107	8	Peter Dow			UATT	N/A	M	24/05/1961	MV50+	25.17
108	158	Laurewnce Edwards			Giffnock North	SA14314	M	05/08/1961	MV50+	25.23
109	119	elena Morran			UATT	N/A	F	20/02/1988	FS	25.43
110	120	Stewart Watson			UATT	N/A	M	04/06/1976	FS	25.43
111	102	Andrew Chapman			UATT	N/A	M	11/04/1978	MS	25.52

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112	110	David Minnes	UATT	N/A	M	21/04/1967	MV40+	26.09
113	146	Ronald Stewart	UATT	N/A	M	05/11/1954	MV50+	26.09
114	19	Eileen Duffy	Glasgow Running Network	SA16696	F	07/10/1970	FV35+	26.29
115	87	Suzanne Lamb	Bellahouston Road Runners	N/A	F	01/10/1981	FS	26.31
116	55	Ian Logan	UATT	N/A	M	07/08/1967	MV40+	26.33
117	134	Jennifer Kell	UATT	N/A	F	01/01/1904	FS	26.36
118	48	Erin Bartley	garscube Harriers	sa20485	F	28/11/1983	FS	26.39
119	153	Yvonne-Clare Bonucchi	Central AAC	SA17462	F	18/07/1969	FV45+	26.43
120	114	Hayley McCrorie	UATT	N/A	F	02/11/1987	FS	26.44
121	60	Kieran McLaughlin	garscube Harriers	N/A	M	16/11/1993	MS	26.45
122	93	Murray Stewart	UATT	N/A	M	20/04/1998	MS	26.55
123	156	Russell Couper	Calderglen Harriers	SA06587	M	01/01/1969	MV40+	27.14
124	100	Sarah Whalen	Jog Scotland	JS135850	F	25/05/1978	FV35+	27.23
125	7	Caroline Dow	UATT	N/A	F	11/01/1961	FV45+	27.36
126	31	Heather Allan	UATT	N/A	F	07/02/1975	FV35+	27.53
127	92	Gwen Murray	UATT	N/A	F	24/02/1976	FS	28.29
128	162	Libby Porter	UATT	N/A	F	10/04/1977	FV35+	28.39
129	99	Dawn Hamilton	Jog Scotland	SA18957	F	03/11/1968	FV45+	28.44
130	118	Sandra Wilkinson	Helensburgh AAC	N/A	F	02/07/1950	FV55+	29.15
131	28	Susan Steen	UATT	N/A	F	23/08/1962	FV45+	29.19
132	78	Karen Liddell	UATT	N/A	F	28/07/1969	FV45+	29.22
133	172	Joga Ram	UATT	N/A	M	01/01/1904	MV50+	31.27
134	97	Marianne Grover	UATT	N/A	F	0/08/1951	FV55+	31.54
135	113	Andrew Mitchell	UATT	N/A	M	01/01/1904	MV40+	32.13
136	47	Louise Harris	UATT	N/A	F	02/01/1966	FV45+	32.18
137	112	Alison Mitchell	UATT	N/A	F	01/01/1904	FV35+	32.22
138	106	Sharon Krieger	UATT	N/A	F	29/05/1974	FV35+	32.36
139	98	Josephine Williams	UATT	N/A	F	13/05/1989	FS	32.59
140	101	Yvonne Chapman	UATT	N/A	F	03/11/1976	FV35+	34.23
141	53	Patricia Brooks	Jog Scotland	JS017092	F	21/07/1953	FV55+	34.43
142	52	Mary-Anne Cameron	Jog Scotland	N/A	F	25/10/1980	FS	35.15
143	63	Moirá Donohue	Jog Scotland	JS132845	F	06/04/1962	FV45+	35.23
144	157	Monica Kennedy	UATT	N/A	F	28/12/1975	FS	35.23
145	62	Maurice Donohue	Jog Scotland	JS132817	M	11/01/1968	MV40+	35.24
146	25	Jean McCallum	Jog Scotland	N/A	F	19/01/1964	FV45+	36.23
147	26	Jackie Hawthorn	Jog Scotland	N/A	F	13/04/1961	FV45+	36.23
148	17	Christine Deklavs	UATT	n/a	F	19/08/1981	FS	37.48
149	132	Sally Lloyd Jones	Jog Scotland	N/A	F	23.01.1939	FV55+	38.35
150	136	Bridget Gray	UATT	N/a	F	09/08/1975	FV35+	40.16
151	1	Tommy Armstrong (Fae Greenock)	00:00	N/A	M	01/01/1904	MV60+	40.22
Men								
	1	166 Paul Sorrie	Shettleston Harriers	SA08783	M	28858	MS	14.59
	2	103 David Millar	Irvine AC	SA08284	M	25393	MV40+	15.17
	3	117 Kenny Richmond	Bellahouston Road Runners	SA09695	M	25358	MV40+	15.47
MV40+								
	2	103 David Millar	Irvine AC	SA08284	M	25393	MV40+	15.17
MV50+								
	19	163 Gerard Montgomery	Clydesdale Harriers	Sa13047	M	21377	MV50+	17.39
MV60+								
	69	18 Tony Hall	garscube Harriers	SA07558	M	17326	MV60+	21.48
Mens Team								
First								
	3	117 Kenny Richmond	Bellahouston Road Runners	SA09695	M	25358	MV40+	15.47
	5	169 Claran Dougherty	Bellahouston Road Runners		0 M	30292	MS	16.30
	10	24 Craig Ross	Bellahouston Road Runners	SA09820	M	29361	MS	16.56
Total 18								
Second								
	7	142 Louis O'hare	Kirchintilloch Olympians	N/A	M	08/06/1977	MS	16.44
	15	140 Stephen Allan	Kirchintilloch Olympians	SA100014	M	23/06/1977	MS	17.20
	28	164 Robert Rogerson	Kirchintilloch Olympians	A06813	M	21/03/1965	MV40+	18.17
Total 50								
Third								
	8	144 Stephen Muirnie	garscube Harriers	SA08654	M	25453	MV40+	16.46
	9	150 John Bell	garscube Harriers	SA07017	M	25275	MV40+	16.49
	54	167 Chrisopher Kilshaw	garscube Harriers	SA18744	M	30881	MS	20.38
Total 71								
Female								
	23	104 Ellis McKechanie	Hunter's Bog Trotters	SA13843	F	28711	FS	18:00
	25	149 Lesley Chisholm	garscube Harriers	SA07986	F	27397	FV35+	18.11
	26	35 Kirsty Husband	garscube Harriers	SA06927	F	24050	FV35+	18.14
FV35+								
	25	149 Lesley Chisholm	garscube Harriers	SA07986	F	27397	FV35+	18.11
FV45+								
	45	109 Pamela McCrossan	Clydesdale Harriers	SA06645	F	22442	FV45+	19.57
FV55+								
	99	151 Helen Whyte	Hamilton Harriers	N/A	F	19559	FV55+	24.3
Ladies Team								
First								
	25	149 Lesley Chisholm	garscube Harriers	SA07986	F	27397	FV35+	18.11
	26	35 Kirsty Husband	garscube Harriers	SA06927	F	24050	FV35+	18.14
	60	126 Jill O'Neil	garscube Harriers	sa08964	f	27285	FV35+	20.56
Total 111								
Second								
	48	85 Ann Robin	Bellahouston Road Runners	N/A	F	28/03/1981	FS	20.10
	50	122 Shona Donnelly	Bellahouston Road Runners	SA05831	f	01/01/1904	FV35+	20.26
	55	12 Claire Wharton	Bellahouston Road Runners	SA11831	F	06/08/1974	FV35+	20.42
Total 153								
Third								
	52	130 Chloe Cowan	Giffnock North	SA12560	F	35386	FS	20.36
	66	49 Sheila Lewis	Giffnock North	SA07854	F	23929	FS	21.21
	67	129 Jacqueline Cowan	Giffnock North	SA13560	F	23393	FV45+	21.28
Total 185								