

Achilles Heel Bella 5k - 2008 Results

Position	Race Number	Name	Category	Club	Time
1	263	Paul Sorrie	SM	Shettleston Harriers	15.28
2	170	Matt Williamson	SM	Bellahouston Road Runners	16.16
3	179	Sean Fontana	SM	Victoria Park City Of Glasgow	16.26
4	159	Graeme Murdoch	SM	Gala Harriers	16.31
5	5	Scott Kennedy	SM	Bellahouston Road Runners	16.35
6	189	Stephen Mulrine	SM	Garscube Harriers	16.42
7	74	Colin McGill	SM	Bellahouston Road Runners	16.49
8	238	Alastair Douglas	MV40	Victoria Park City Of Glasgow	16.50
9	212	Graham Crawford	MV50	Springburn Harriers	16.52
10	204	Louis O'Hare	SM	Kirkintilloch Olympians	17.13
11	214	Patrick Cullinane	SM	Strathclyde University	17.16
12	22	Craig Ross	SM	Bellahouston Road Runners	17.17
13	50	Paul Thompson	MV50	Helensburgh AAC	17.18
14	201	Daniel Bradford	SM	Glasgow University Hares and Hounds	17.22
15	2	Russell Whittington	SM	Bellahouston Road Runners	17.23
16	192	Andy Birnie	MV40	Bellahouston Road Runners	17.25
17	8	Bryan Burnett	MV40	Bellahouston Road Runners	17.30,
18	35	Derek Govan	MV40	unattached	17.37
19	149	Raymond Farrell	SM	Bellahouston Road Runners	17.41
20	107	Donald Petrie	MV50	Kilbarchan AAC	17.42
21	171	Greig Glendinning	SM	Bellahouston Road Runners	17.44
22	121	Andy Campbell	SM	Bellahouston Harriers	17.47
23	99	Brendan Moriarty	SM	Bellahouston Road Runners	17.50,
24	190	Struan Robertson	SM	Bellahouston Road Runners	17.50.
25	258	Derek Leitch	MV50	East Kilbride AAC	18.02
26	173	Paul Brown	MV40	unattached	18.04
27	73	Grant Edmondson	SM	Bellahouston Road Runners	18.16
28	25	Brian O'Donnell	SM	Bellahouston Road Runners	18.21
29	254	Malcolm Shepherd	SM	Bellahouston Road Runners	18.24
30	172	Duncan Boyd	SM40	unattached	18.25
31	95	Ross McEachern	MV40	Springburn Harriers	18.28
32	223	Ali Hardie	SM	unattached	18.32
33	7	Bruce Carse	SM	Bellahouston Road Runners	18.35
34	242	Joe Chambers	SM	Springburn Harriers	18.42
35	104	Stuart McMillan	SM	Bellahouston Road Runners	18.45
36	144	Peter Goodwin	SM	Bellahouston Road Runners	18.49
37	235	Andrew Steven	SM	Ronhill Cambuslang	18.50.
38	72	Mark McGoldrick	SM	Bellahouston Road Runners	18.51
39	188	Michelle Hetherington	FV35	Helensburgh AAC	18.52
40	187	Gordon Gallacher	SM	Kilbarchan AAC	18.53
41	89	Keith Wall	SM	unattached	18.56
42	6	David Weatherhead	SM	Bellahouston Road Runners	19.02
43	164	George Arbuckle	SM	Amphill & Flitwick Flyers	19.06
44	143	Jim Sinton	MV40	Tring Running Club	19.07
45	199	Daniel Clements	SM	Glasgow University Hares and Hounds	19.08
46	24	Hugh Brown	MV40	Bellahouston Road Runners	19.12
47	194	Emma Birnie	FV35	Bellahouston Road Runners	19.15

48	231	Scott Hunter	SM	Ronhill Cambuslang	19.15
49	200	Christopher Heaps	SM	Glasgow University Hares and Hounds	19.22
50	252	Donna Finlayson	SF	Victoria Park City Of Glasgow	19.29
51	177	Gordon Gray	SM	unattached	19.30.
52	152	Alan Forsyth	SM	Kelvin Runners	19.33
53	243	Brian Douglas	SM	Bellahouston Harriers	19.34
54	168	Amanda Wilson	SF	Bellahouston Road Runners	19.35
55	207	Kenny McNamee	SM	East Kilbride AAC	19.36
56	228	John Murray	SM	Garscube Harriers	19.37
57	224	John Graham	MV50	HELP	19.40.
58	14	Ian Cockburn	MV40	unattached	19.41
59	236	Anthony Quinn	MV50	Bellahouston Harriers	19.44
60	4	Andrew Macdonald	SM	Bellahouston Road Runners	19.45
61	146	Gordon Kerr	MV40	Bellahouston Road Runners	19.46
62	145	Tony Cairns	MV40	Bellahouston Road Runners	19.50.
63	255	Christopher Kilshaw	SM	Garscube Harriers	19.51
64	41	Aidan Robson	SM	Glasgow University Hares and Hounds	19.52
65	75	Stewart Robertson	SM	Bellahouston Road Runners	19.53
66	220	Cara Sloss	SF	Kilbarchan AAC	19.54
67	183	Sarah Dowling	FV35	Bellahouston Road Runners	19.56
68	151	Pam McKay	FV45	Broomhill Sports Club	19.57
69	10	Shona Donnelly	FV35	Bellahouston Road Runners	19.58
70	248	Andrew Clugston	SM	Kilbarchan AAC	19.58
71	3	Alistair Kell	SM	Bellahouston Road Runners	19.59
72	198	Colin Simpson	SM	Bellahouston Road Runners	20.00.
73	119	Jonathan Slow	MV40	Bellahouston Road Runners	20.01
74	221	Lynsey Curran	SF	Kilbarchan AAC	20.02
75	134	Robert McLachlan	MV50	Kirkintilloch Olympians	20.03
76	137	Mark Paterson	SM	Bellahouston Harriers	20.06
77	156	Debbie Ferns	SF	Bellahouston Road Runners	20.13
78	28	Andrew Rooney	MV40	Bellahouston Road Runners	20.15
79	126	Lee Jenkins	SM	Bellahouston Road Runners	20.15
80	114	Harald Bartz	MV40	Kilmarnock Harriers	20.16
81	215	Donald Kennedy	SM	Kilbarchan AAC	20.20.
82	262	Stuart Comrie	SM	unattached	20.21
83	98	Stuart Mathieson	SM	Bellahouston Road Runners	20.25
84	163	Emma Machie	SF	Kilmarnock Harriers	20.26
85	237	Nick Forrester	SM	unattached	20.27
86	13	Alan Fitzsimmons	MV40	Jogscotland	20.28
87	103	Jill O'Neil	SF	Garscube Harriers	20.28
88	203	Marian Kelly	SF	Garscube Harriers	20.32
89	184	Jim O'Hara	SM	Bellahouston Road Runners	20.36
90	148	Katherine Graham	FV35	Garscube Harriers	20.41
91	232	Brian Kelly	SM	unattached	20.43
92	65	Ian Goudie	MV40	Bellahouston Road Runners	20.51
93	217	Jangbu Sherpa	MV40	Bellahouston Road Runners	20.53
94	127	Kevin Gough	MV40	unattached	20.54
95	158	Peter Carr	MV40	unattached	20.59
96	175	Alan Dempster	SM	unattached	21.00.
97	71	Norman Boyle	MV50	Bellahouston Road Runners	21.04
98	34	Michael Rowe	MV40	Ronhill Cambuslang	21.12

99	62	Stephen Barclay	MV40	unattached	21.17
100	138	Stephen Cullen	MV50	Garscube Harriers	21.18
101	21	Louise Tarbet	SF	Bellahouston Road Runners	21.19
102	222	Jim Macgregor	MV50	Moray Road Runners	21.21
103	244	Vincenzo Galano	MV40	unattached	21.30.
104	79	Tom McMillan	MV50	Bellahouston Road Runners	21.32
105	12	Keith Gibb	MV40	unattached	21.37
106	78	Karlyn Forsyth	SF	Bellahouston Road Runners	21.38
107	15	Stevie Lydon	MV50	Maryhill Harriers	21.39
108	206	Graeme Aitken	SM	Jog Scotland	21.40.
109	38	Claire Purdie	FV35	Jogscotland	21.41
110	111	David Cooney	MV50	Ronhill Cambuslang	21.43
111	227	Nicola McAllister	SF	unattached	21.50.
112	49	Janet Fellowes	FV45	Helensburgh AAC	21.54
113	218	Jim Milner	MV50	Maryhill Harriers	22.03
114	139	Philip Arthur	SM	unattached	22.05
115	19	Iain Boyce	MV40	unattached	22.06
116	77	Christopher Doak	SM	Bellahouston Road Runners	22.12
117	181	Jackie McGuire	FV35	Bellahouston Road Runners	22.26
118	9	Dougie MacGregor	MV40	Bellahouston Road Runners	22.43
119	211	Danielle Melville	SF	Ronhill Cambuslang	22.45
120	150	David Hepburn	SM	unattached	22.48
121	167	Michael Smith	SM	Bellahouston Road Runners	22.54
122	160	Caroline Brownlie	FV35	Springburn Harriers	22.55
123	240	Stephen Boyce	SM	unattached	22.57
124	197	Emma Simpson	SF	Bellahouston Road Runners	22.58
125	88	Tony Hall	MV60	unattached	23.10.
126	247	Hugh McGinley	MV50	Lomond Hill Runners AAC	23.20.
127	147	Crispin Walsh	SM	unattached	23.25
128	259	Robert Connell	MV40	Kilbarchan AAC	23.28
129	241	Jennifer King	SF	Maryhill Harriers	23.29
130	1	Linda Kennedy	FV35	Bellahouston Road Runners	23.30.
131	213	Lorraine Fenton	FV35	unattached	23.30.
132	81	Thomas Keenan	MV40	unattached	23.34
133	155	Rizwan Nazir	SM	unattached	23.37
134	52	David Murchie	MV70	Eastleigh R.C	23.40.
135	44	Maggie Darroch	FV45	Maryhill Harriers	23.41
136	196	Andy Madill	SM	Bellahouston Road Runners	23.44
137	249	Dan Maher	MV40	unattached	23.45
138	94	Kenneth Sutherland	MV40	unattached	23.46
139	54	Gillian Bain	FV35	Giffnock North	23.51
140	193	Jane Galt	FV35	Bellahouston Road Runners	23.54
141	100	Sean Timmons (Silverfox)	MV40	unattached	23.58
142	157	Alan Sinclair	MV50	unattached	24.01
143	239	Sharon Docherty	FV35	Bellahouston Harriers	24.12
144	113	Stuart McClymont	MV40	unattached	24.30.
145	260	Tom Goicher	SM	unattached	24.32
146	43	Paul Diver	MV40	unattached	24.33
147	208	Alistair McLeod	MV50	unattached	24.35
148	27	Louise Gray	FV35	Bellahouston Road Runners	24.36
149	39	Peter Dow	MV50	unattached	24.43

150	135	Peter Cunningham	MV50	unattached	24.55
151	116	Tom Ross	MV60	unattached	25.06
152	33	Sheina Gilmour	FV45	Maryhill Harriers	25.08
153	202	Megan Bailey	SF	Glasgow University Hares and Hounds	25.17
154	245	Joe Munro	SM	unattached	25.21
155	97	John Dorrans	MV40	unattached	25.25
156	225	Pat Gunning	SM	unattached	25.34
157	226	Mercedes Richardson	FV35	unattached	25.35
158	230	Colin Gray	SM	Clydesdale	25.37
159	82	Margaret Peebles	FV35	Maryhill Harriers	25.43
160	66	John Farr	MV40	unattached	25.55
161	118	Jonathan Hodge	SM	unattached	25.57
162	261	John Hutchinson	SM	Clydesdale	25.59
163	125	Paul Wyatt	SM	unattached	26.10
164	83	Sarah Walker	SF	unattached	26.14
165	169	Pamela MacMahon	SF	unattached	26.20
166	124	Brian Herbison	SM	unattached	26.33
167	32	Janie Hall	FV55	Jogscotland	26.35
168	112	Anne McClymont	FV35	unattached	26.40
169	257	Rosalind Wyllie	FV35	unattached	26.42
170	256	Alison MacDonald	FV35	unattached	26.45
171	55	Susan Steen	FV45	Jogscotland	26.48
172	246	Ronnie Stewart	MV50	unattached	26.48
173	162	Lucy Rangeley	SF	unattached	26.49
174	128	Amber Park	SF	unattached	26.50
175	129	Sandra Ord	FV35	unattached	27.08
176	TBC	unknown Runner			27.10
177	80	Carol Keenan	FV45	Jogscotland	27.25
178	142	Tracey Sinton	FV35	Tring Running Club	27.35
179	85	Lorraine Spence	FV45	Jogging Buddies	27.40
180	115	Liz Pitcairn	FV45	unattached	27.44
181	105	Angela Keane	FV35	Women's Jogging Network	27.47
182	63	David Hay	MV50	Bellahouston Harriers	27.58
183	96	Helen McNally	FV45	unattached	28.01
184	106	Catherine Greig	FV35	unattached	28.01
185	122	David McNally	SM	unattached	28.01
186	191	Scott Beattie	SM	unattached	28.04
187	216	William Downie	MV40	Garscube Harriers	28.12
188	56	Lynn Reid	FV35	unattached	29.03
189	233	Gayle Simmet	SF	unattached	29.18
190	234	Fiona Braham	SF	unattached	29.18
191	40	Caroline Dow	FV45	unattached	29.29
192	86	Ann Marie Dowling	FV45	Jogging Buddies	29.31
193	253	Ruth McConachie	SF	Womans Jogging Network	29.51
194	102	Julie Bennett	SF	unattached	29.52
195	109	Ronnie McCall	SM	unattached	30.08
196	108	Lynsey Hughes	SF	unattached	30.10
197	110	Suzanne Tyrrell	SF	unattached	30.27
198	185	Ruth Phillips	SF	unattached	30.27
199	57	Amanda Docherty	FV35	unattached	30.54
200	20	Andrew Boyce	SM	unattached	30.56

201	131	Sheila Tennant	FV35	Giffnock North	31.18
202	16	Helen Turkington	FV45	Jogging Buddies	31.31
203	59	Elaine Somerville	FV35	Milburn Harriers	31.43
204	68	Trish Stenhouse	FV35	unattached	31.44
205	153	Lois Baillie	FV35	unattached	31.51
206	186	Emma Laverock	SF	unattached	31.56
207	250	Matt Garbutt	MV40	unattached	32.00
208	178	Sarah Dyer	SF	unattached	32.05
209	195	Kerrie Barrie	SF	unattached	32.05
210	133	John Lumgair	MV40	unattached	32.14
211	165	Katie Graham	SF	unattached	32.31
212	132	Nicola Lumgair	FV35	unattached	32.32
213	209	Anne Marie van Oostrum	FV45	unattached	32.33
214	210	Lyn Fontana	FV45	unattached	32.33
215	117	Julie Kelly	SF	unattached	33.46
216	31	Cheryl Osborne	FV45	unattached	34.00
217	176	Jacqueline O'Donnell	FV35	unattached	34.56
218	46	Caroline Johnston	FV45	unattached	35.57
219	47	Fiona McPherson	FV35	unattached	35.57
220	18	Sallie Lloyd-Jones	FV65	Jogscotland	36.37
221	205	Thomas Armstrong	MV60	unattached	40.32
222	90	Emily Aitken	SF	unattached	41.01
	92	Laura Fleming	SF	unattached	41.01