

Achilles Heel Bella 5K
21st August 2005

| Pos | Number | Name | | Cat | Club | Time |
|-----|--------|-----------|--------------|------|-----------------------|----------|
| 1 | 153 | Robert | Gilroy | M | Cambuslang | 00:15:14 |
| 2 | 160 | Lee | Richardson | M | Irvine AC | 00:15:16 |
| 3 | 156 | Adam | Lee | M | Shettleston | 00:15:47 |
| 4 | 175 | Johan | Lundahl | M | Strathclyde | 00:15:52 |
| 5 | 166 | David | Boal | M | Kilbarchan | 00:16:15 |
| 6 | 152 | Paddy | Jamelle | M | Haddington | 00:16:16 |
| 7 | 161 | George | Irving | MV40 | Irvine AC | 00:16:19 |
| 8 | 149 | Mark | Johnston | M | City of Edinburgh | 00:16:22 |
| 9 | 204 | Greg | Hastie | M | Bellahouston Harriers | 00:16:39 |
| 10 | 206 | Gordon | Moore | M | Victoria Park | 00:17:01 |
| 11 | 189 | Alan | Hume | M | Central AC | 00:17:03 |
| 12 | 171 | Alistair | Douglas | MV40 | Victoria Park | 00:17:05 |
| 13 | 39 | Alistair | Allan | M | Kirkintilloch | 00:17:07 |
| 14 | 5 | Scott | Kennedy | M | Bellahouston RR | 00:17:08 |
| 15 | 7 | Colin | McGill | M | Bellahouston RR | 00:17:25 |
| 16 | 174 | Paul | McIntyre | MV40 | unattached | 00:17:32 |
| 17 | 36 | Augustine | Cairney | MV40 | Clydesdale Harriers | 00:17:38 |
| 18 | 150 | Robin | McNelis | M | Falkirk | 00:17:38 |
| 19 | 8 | Alastair | MacLachlan | MV40 | Bellahouston RR | 00:17:39 |
| 20 | 38 | Derek | Govan | M | unattached | 00:17:40 |
| 21 | 59 | Andy | Birnie | M | Bellahouston RR | 00:17:41 |
| 22 | 6 | Brian | Campbell | M | Cambuslang | 00:17:42 |
| 23 | 1 | Debbie | Ferns | F | Bellahouston RR | 00:17:45 |
| 24 | 180 | Andrew | Steven | M | Cambuslang | 00:17:55 |
| 25 | 164 | Richard | Leach | M | unattached | 00:17:56 |
| 26 | 77 | Helen | Stuart | F | Bellahouston RR | 00:18:00 |
| 27 | 138 | Russell | Whittington | M | Bellahouston RR | 00:18:03 |
| 28 | 186 | Michael | McGinley | MV40 | Kilbarchan | 00:18:11 |
| 29 | 107 | Robert | Rogerson | MV40 | Kirkintilloch | 00:18:17 |
| 30 | 21 | Joe | Chambers | M | Springburn Harriers | 00:18:21 |
| 31 | 140 | Stephen | Gormley | M | unattached | 00:18:21 |
| 32 | 177 | Tam | McPake | MV50 | Cambuslang | 00:18:21 |
| 33 | 70 | Ross | Penny | M | Law | 00:18:29 |
| 34 | 145 | Stewart | Robertson | M | Bellahouston RR | 00:18:32 |
| 35 | 179 | Ian | Miller | MV40 | Giffnock North | 00:18:35 |
| 36 | 43 | Craig | Maxwell | MV40 | unattached | 00:18:52 |
| 37 | 151 | Gordon | Gallagher | M | Kilbarchan | 00:18:54 |
| 38 | 37 | Gordon | Spearing | M | unattached | 00:18:57 |
| 39 | 172 | John | Gourlay | MV60 | Law & District | 00:19:03 |
| 40 | 28 | Michelle | Hetherington | FV35 | Helensburgh | 00:19:06 |
| 41 | 48 | Ann | Robin | F | Bellahouston RR | 00:19:07 |
| 42 | 118 | Shing | Cheung | M | Bellahouston RR | 00:19:14 |
| 43 | 143 | Ken | McArthur | MV40 | Bellahouston RR | 00:19:14 |
| 44 | 203 | Tony | Quinn | MV40 | Bellahouston Harriers | 00:19:17 |
| 45 | 11 | Tony | Cairns | MV40 | Bellahouston RR | 00:19:19 |
| 46 | 58 | Emma | Birnie | F | Bellahouston RR | 00:19:30 |
| 47 | 19 | Alan | Scott | M | Bellahouston RR | 00:19:31 |
| 48 | 121 | Ian | Cockburn | M | unattached | 00:19:35 |
| 49 | 169 | Gary | Wallace | M | Cambuslang | 00:19:37 |
| 50 | 197 | Andrew | Griffiths | MV50 | City of Edinburgh | 00:19:43 |
| 51 | 3 | Jim | Dobbie | MV40 | Scottish Vets | 00:19:47 |
| 52 | 41 | Robert | Rosborough | MV40 | Clydesdale Harriers | 00:19:48 |
| 53 | 195 | Thomas | Jamieson | M | unattached | 00:19:54 |
| 54 | 183 | Gavin | Greene | M | Bellahouston RR | 00:19:58 |
| 55 | 13 | Shona | Donnelly | FV35 | Bellahouston RR | 00:20:04 |

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| 56 | 178 | Kenneth | Stevenson | MV40 | Maryhill Harriers | 00:20:13 |
| 57 | 159 | Andrew | Neilson | MV40 | Garscube Harriers | 00:20:19 |
| 58 | 66 | Alastair | Kerr | MV40 | unattached | 00:20:24 |
| 59 | 146 | Hugh | Brown | MV40 | Bellahouston RR | 00:20:27 |
| 60 | 104 | Jeremy | Garnett | MV40 | Bellahouston Harriers | 00:20:43 |
| 61 | 35 | Peter | Carr | MV40 | unattached | 00:20:48 |
| 62 | 32 | Alan | Ramsay | MV40 | unattached | 00:20:54 |
| 63 | 191 | Alan | Fitzsimmons | M | unattached | 00:20:58 |
| 64 | 40 | Colin | McAlpine | M | Bellahouston RR | 00:21:00 |
| 65 | 199 | Louie | Plenderleith | MV50 | Bellahouston RR | 00:21:03 |
| 66 | 213 | Alan | Anderson | MV40 | unattached | 00:21:08 |
| 67 | 211 | Ian | Archibald | MV40 | Bellahouston RR | 00:21:09 |
| 68 | 165 | Agnes | Heriave | F | Ayr & Seaforth | 00:21:21 |
| 69 | 74 | Elaine | Docherty | FV35 | unattached | 00:21:29 |
| 70 | 55 | Jonathan | Slow | MV40 | Bellahouston RR | 00:21:34 |
| 71 | 188 | Alan | Cameron | M | unattached | 00:21:36 |
| 72 | 157 | Greig | Glendinning | M | unattached | 00:21:38 |
| 73 | 22 | Michael | Rowe | MV40 | Cambuslang | 00:21:45 |
| 74 | 97 | Scott | Johnston | M | Bellahouston RR | 00:21:45 |
| 75 | 148 | Andrew | MacDonald | M | Bellahouston RR | 00:21:50 |
| 76 | 64 | Gordon | Kerr | MV40 | Bellahouston RR | 00:21:54 |
| 77 | 113 | Ford | Beveridge | M | unattached | 00:21:57 |
| 78 | 29 | Stevie | Lydon | MV40 | Maryhill Harriers | 00:21:58 |
| 79 | 105 | David | Dawson | M | Hamilton Harriers | 00:21:58 |
| 80 | 34 | John | Gibbons | M | unattached | 00:22:00 |
| 81 | 147 | Andrew | Kerrigan | M | Bellahouston RR | 00:22:01 |
| 82 | 9 | Ian | Goudie | MV40 | Bellahouston RR | 00:22:04 |
| 83 | 93 | Vicki | Turner | FV35 | Maryhill Harriers | 00:22:06 |
| 84 | 10 | Sandra | Band | FV35 | Bellahouston RR | 00:22:10 |
| 85 | 27 | Tony | Hall | MV50 | unattached | 00:22:19 |
| 86 | 182 | Phillippa | Sneader | FV35 | unattached | 00:22:22 |
| 87 | 16 | Julia | Harris | FV35 | Bellahouston RR | 00:22:24 |
| 88 | 18 | Sandra | Irvine | FV35 | Bellahouston RR | 00:22:26 |
| 89 | 17 | Jim | Irvine | MV70 | Bellahouston RR | 00:22:35 |
| 90 | 79 | Jane | Galt | FV35 | unattached | 00:22:36 |
| 91 | 117 | Mary | Anderson | FV35 | Giffnock North | 00:22:41 |
| 92 | 15 | Emma | Grant | F | Bellahouston RR | 00:22:42 |
| 93 | 4 | Colin | DalGLISH | M | Bellahouston RR | 00:22:49 |
| 94 | 44 | Ken | Sutherland | MV40 | unattached | 00:22:50 |
| 95 | 133 | Carol | Richards | F | unattached | 00:22:51 |
| 96 | 205 | Jayne | Barnes | F | unattached | 00:22:51 |
| 97 | 200 | John | McGuire | MV40 | Giffnock North | 00:23:04 |
| 98 | 33 | Jim | Boyd | MV50 | unattached | 00:23:15 |
| 99 | 31 | Alistair | MacLeod | MV40 | unattached | 00:23:19 |
| 100 | 12 | Terry | Brennan | MV50 | Bellahouston RR | 00:23:23 |
| 101 | 137 | Cammy | Taylor | M | Bellahouston RR | 00:23:29 |
| 102 | 215 | Andrew | McCall | MV40 | Greenock Glenpark | 00:23:32 |
| 103 | 212 | Gillian | Anderson | FV35 | East Kilbride | 00:23:35 |
| 104 | 120 | Tariq | Abdullah | M | unattached | 00:23:42 |
| 105 | 26 | Jamie | Carey | MV40 | unattached | 00:23:45 |
| 106 | 192 | R | Connell | MV40 | Kilbarchan | 00:23:50 |
| 107 | 181 | Lesley | Harrison | FV35 | unattached | 00:23:51 |
| 108 | 98 | William | Gormley | MV40 | unattached | 00:24:14 |
| 109 | 208 | Iain | Richards | MV40 | unattached | 00:24:16 |
| 110 | 198 | Martin | O'Donnell | M | unattached | 00:24:23 |
| 111 | 112 | Alice | Reid | FV45 | Jog Scotland | 00:24:24 |

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| 112 | 88 | Michaela | Dorans | F | unattached | 00:24:34 |
| 113 | 142 | Lorraine | Fenion | F | Bellahouston RR | 00:24:42 |
| 114 | 141 | Harry | Fenion | M | unattached | 00:24:43 |
| 115 | 101 | Annette | Irvine | FV35 | unattached | 00:24:45 |
| 116 | 67 | Jean | McCallum | FV45 | Jog Scotland | 00:24:57 |
| 117 | 194 | Eddie | Dunn | M | unattached | 00:24:57 |
| 118 | 136 | Sheina | Gilmour | FV45 | Maryhill | 00:25:02 |
| 119 | 20 | Alison | Brown | F | Bellahouston RR | 00:25:03 |
| 120 | 128 | Glen | Somerville | M | unattached | 00:25:06 |
| 121 | 71 | Gael | McCallum | F | unattached | 00:25:11 |
| 122 | 134 | Angela | Mason | FV35 | Jog Scotland | 00:25:18 |
| 123 | 127 | Kelly | Booth | F | unattached | 00:25:25 |
| 124 | 173 | Julie | Ramage | F | unattached | 00:25:30 |
| 125 | 176 | Amanda | Chochrane | F | unattached | 00:25:30 |
| 126 | 144 | Margaret | Ferguson | FV35 | Bellahouston RR | 00:25:31 |
| 127 | 2 | Norman | McDade | MV50 | unattached | 00:25:33 |
| 128 | 216 | Anne | Follan | F | Pontypridd Rodent AC | 00:25:37 |
| 129 | 45 | Lynne | Rowley | F | Jog Scotland | 00:25:46 |
| 130 | 50 | Claire | Purdie | FV35 | Jog Scotland | 00:25:46 |
| 131 | 187 | Liz | Outram | FV35 | unattached | 00:26:10 |
| 132 | 23 | Joanne | McGowan | F | unattached | 00:26:11 |
| 133 | 57 | Averil | MacLachlan | FV45 | Bellahouston RR | 00:26:11 |
| 134 | 90 | Simone | Rowell | F | unattached | 00:26:12 |
| 135 | 95 | Brenda | Armstrong | FV45 | Jog Scotland | 00:26:21 |
| 136 | 132 | Michelle | Jordon | FV35 | Livingwell | 00:26:28 |
| 137 | 126 | Sharon | Timmons | FV35 | unattached | 00:26:41 |
| 138 | 124 | Alison | Grant | FV35 | unattached | 00:26:52 |
| 139 | 52 | Geraldine | McDade | FV35 | Jog Scotland | 00:26:55 |
| 140 | 114 | Vicki | Beveridge | F | unattached | 00:26:58 |
| 141 | 209 | Linda | de Caeshecke | FV45 | unattached | 00:26:59 |
| 142 | 202 | Alison | Kent | FV35 | unattached | 00:27:06 |
| 143 | 162 | Lindsay | Pell | FV35 | unattached | 00:27:11 |
| 144 | 53 | Janie | Hall | FV55 | unattached | 00:27:40 |
| 145 | 72 | Emily | Aitken | F | unattached | 00:27:42 |
| 146 | 108 | Janice | Gould | FV45 | unattached | 00:27:48 |
| 147 | 218 | Raghibir | Singh | MV50 | unattached | 00:27:48 |
| 148 | 110 | Anna | Magnusson | FV45 | unattached | 00:27:57 |
| 149 | 185 | Maira | Clyne | F | unattached | 00:28:00 |
| 150 | 54 | Donna | Love | F | Jog Scotland | 00:28:01 |
| 151 | 68 | Patricia | Gallagher | FV35 | unattached | 00:28:13 |
| 152 | 214 | Linda | McCall | FV35 | Greenock | 00:28:22 |
| 153 | 168 | Linda | McLaughlin | F | unattached | 00:28:28 |
| 154 | 80 | Linda | McCormick | F | unattached | 00:28:32 |
| 155 | 84 | Heather | Regan | FV45 | Jog Scotland | 00:28:33 |
| 156 | 81 | Michelle | Morris | F | unattached | 00:28:41 |
| 157 | 91 | Lois | Ballie | F | unattached | 00:28:53 |
| 158 | 47 | Eleanor | Martin | FV35 | unattached | 00:28:54 |
| 159 | 131 | June | Carson | FV55 | Livingwell | 00:28:57 |
| 160 | 190 | Roger | McCready | MV60 | SUHC | 00:29:01 |
| 161 | 217 | Alan | Patrick | M | unattached | 00:29:36 |
| 162 | 170 | Greg | McAlister | M | unattached | 00:29:46 |
| 163 | 123 | Christine | Worthington | F | unattached | 00:29:49 |
| 164 | 63 | Amy | Pollok | F | unattached | 00:29:53 |
| 165 | 122 | Jane | Valentine | F | unattached | 00:29:53 |
| 166 | 62 | Jan | Pollok | FV35 | unattached | 00:29:54 |
| 167 | 210 | Khalid | Bashir | MV40 | unattached | 00:29:55 |

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| 168 | 167 | Jill | Davidson | F | unattached | 00:30:03 |
| 169 | 207 | Bernie | Richards | FV35 | Unattached | 00:30:04 |
| 170 | 135 | Lorraine | Spence | FV45 | Jog Scotland | 00:30:09 |
| 171 | 163 | Christophe | Morris | MV50 | unattached | 00:30:11 |
| 172 | 46 | Joanna | Gray | F | unattached | 00:30:29 |
| 173 | 193 | Jillian | Raitt | F | unattached | 00:30:39 |
| 174 | 139 | Adam | Fyffe | M | unattached | 00:30:49 |
| 175 | 154 | Lynne | Torley | F | unattached | 00:30:56 |
| 176 | 155 | David | Gray | M | unattached | 00:30:56 |
| 177 | 125 | Shirley | Thomson | FV35 | unattached | 00:31:07 |
| 178 | 119 | Yvonne | Sinton | F | Jog Scotland | 00:31:09 |
| 179 | 201 | Joyce | Rose | FV45 | unattached | 00:31:13 |
| 180 | 184 | Roslyn | O'Shea | F | unattached | 00:31:22 |
| 181 | 100 | Carol | Brodie | FV35 | unattached | 00:31:23 |
| 182 | 75 | David | Docherty | MV40 | unattached | 00:31:45 |
| 183 | 82 | Julie | Adair | FV35 | unattached | 00:31:51 |
| 184 | 130 | Sharon | McAulay | FV35 | unattached | 00:31:59 |
| 185 | 89 | Gillian | Rowell | F | unattached | 00:32:23 |
| 186 | 196 | June | Neil | FV45 | unattached | 00:32:38 |
| 187 | 73 | Tracey | Gallagher | F | unattached | 00:32:44 |
| 188 | 116 | Cathy | Wright | F | unattached | 00:32:57 |
| 189 | 25 | Marion | Rankin | FV45 | unattached | 00:33:11 |
| 190 | 78 | Kathleen | Murray | FV35 | unattached | 00:33:23 |
| 191 | 129 | Linda | Reid | FV45 | unattached | 00:33:59 |
| 192 | 111 | Nicola | Nelson | F | Jog Scotland | 00:34:59 |
| 193 | 158 | Danielle | Diver | FV35 | unattached | 00:35:00 |
| 194 | 106 | Maureen | Campbell | F | unattached | 00:35:20 |
| 195 | 94 | Kim | Berrie | FV35 | unattached | 00:35:40 |
| 196 | 102 | Joe | Munro | M | unattached | 00:40:00 |
| 197 | 103 | Michelle | Carson | F | unattached | 00:40:20 |
| 198 | 96 | Thomas | Armstrong | M | unattached | 00:41:10 |
| 199 | 115 | Cathie | Arbuckle | FV65 | unattached | 00:43:00 |