

## Clifden Lifeboat 10k Race results 2010

Total entries: 126

Total finishers 111

**1<sup>st</sup> man:** Martin Lyons(35.24). Also bet previous Male best time of 37.10

**1<sup>st</sup> woman:** Rachel Mannion (45.07). Also bet previous female best time of 45.10.

### Under 40

Female: 1<sup>st</sup>: Olivia Staunton  
2<sup>nd</sup> Nora Ní Ghriofa  
3<sup>rd</sup> Lora Thomson

Male: 1<sup>st</sup> [Fingal Dorman](#)  
2<sup>nd</sup> Michael Ostasz  
3<sup>rd</sup> [Dougal dorman](#)

### 40-50

female: 1<sup>st</sup> Annette Keane  
2<sup>nd</sup> Pam Clancy  
3<sup>rd</sup> [Jasmin Golestan](#)

Male: 1<sup>st</sup> [Jim Vaughan](#)  
2<sup>nd</sup> [Tom Burke](#)  
3<sup>rd</sup> [Michael O Sullivan](#)

### 50+

Female: 1<sup>st</sup> Mary Doyle  
2<sup>nd</sup> Rita Donnellan  
3<sup>rd</sup> [Karen Joyce](#)

Male: 1<sup>st</sup> Martin O Donell  
2<sup>nd</sup> Paul Gibbon  
3<sup>rd</sup> [John Joyce](#)

**Teams:** 1<sup>st</sup> Sean Nee/Pat O Neill/Alan Keogh  
2<sup>nd</sup> Lowry's Bar team  
3<sup>rd</sup> [The quiet man team](#)

**Walkers:** 1<sup>st</sup> Carol Cummins  
2<sup>nd</sup> Anne Faherty  
3<sup>rd</sup> Eillen Coohill

**Run/Walk:** 1<sup>st</sup> John Foyle  
2<sup>nd</sup> Chris Nee  
3<sup>rd</sup> Claire Mullen

The names highlighted in blue are those who were unable to wait to receive their prizes. We would like to forward them on to you. Therefore if you could contact Laurence at 087-6271288 (after 1.30pm please) or email [ingelbach05@eircom.net](mailto:ingelbach05@eircom.net) with an address we will do our best to make sure that your trophies are sent on to you.

Placing	Bib	Time	Name
1	1007	35.24	Martin Lyons
2	1009	40.12	<a href="#">Fingal Dorman</a>
3	3002	41.45	Martin O'Donnell
4	1005	41.51	Michael Ostasz
5	1008	42.19	<a href="#">Dougal Dorman</a>
6	1001	42.31	Alan O'Brien
7	486	43.12	Sean Nee

8	2005	44.28	Jim Vaughan
9	130	44.57	Brendan Scullion
10	488	45.04	Pat O'Neill
11	1056	45.07	Rachel Mannion
12	131	45.44	Brian O'Toole
13	2004	45.53	Tom Burke
14	3004	45.56	Paul Gibbon
15	2003	46.06	Michael O Sullivan
16	3003	46.21	John Joyce
17	1006	46.22	Patrick Mannion
18	2052	46.24	Annette Keane
19	1054	46.44	Olivia Staunton
20	129	47.34	Josh Stoney
21	No number	47.36	unknown
22	487	47.45	Alan Keogh
23	2002	47.55	James McKenna
24	1003	47.57	Hugh O'Toole
25	19	48.33	Ryan Maher
26	436	49.35	Donal O'Brien
27	1012	50.35	Declan Mc Gowan ? (No: 1012)
28	1004	51.20	Alireza Esfandian
29	1058	51.26	Nora Núi Ghríofa
30	4010	52.09	John Foyle
31	1002	52.10	Walter Gibbons
32	127	52.16	Fergal Morran
33	1067	52.27	Lora Thomson
34	43	53.34	Colm Coneys
34	47	53.34	Conor Clarke
36	2007	53.50	Ron Curran
37	72	54.17	Oisín Curran
38	2006	54.24	John O'Malley
39	3050	54.29	Mary Doyle
40	1010	54.53	Kevin Ward
40	1011	54.53	Cormac McDonell
42	2050	56.49	Pam Clancy
43	2001	59.09	Gene Chumley
44	437	1.01.10	Bernie O Malley
45	2055	1.01.31	Jasmin Golestam
46	4005	1.03.59	Chris Nee
47	29	1.04.00	Alan Joyce
48	25	1.04.01	John Joyce
49	3099	1.04.40	Sarah Foyle
50	457	1.05.53	Kevin Finn
51	132	1.06.36	Victoria Foyle
52	128	1.06. 47	Chris Henegan
53	58	1.07.29	TJ Berry

54	4000	1.07.47	Claire Mullen
55	4009	1.07.53	Julie Foyle
56		1.08.42	No number
57	1052	1.08.46	Nora Ní Dhublaín
58	1055	1.08.47	Cliona Ni Cheallachain
59	4008	1.09.06	Sheila Wallace ? (No: 4008)
60	4007	1.09.08	Marie Dickinson
61	2053	1.09.39	Carmel walsh
62	261	1.10.14	Carol Cummins
63	446	1.10.22	Irene Joyce
63	447	1.10.22	Sheila Morrisson
63	449	1.10.22	Collette Quinn
66	22	1.10.41	Sarah Maher
67	3098	1.10.43	Sean Pryce
68	458	1.11.15	Kevin Joyce
69	34	1.12.25	Eric Nee
70	3051	1.12.41	Rita Donelan
71	259	1.13.17	Anne Faherty
72	267	1.15.45	Eillen Coohill
73	256	1.16.01	Bernie Davis
74	265	1.16.03	Rebecca Walsh
75	1051	1.17.41	Claire Fahy
76	3052	1.18.58	Karen Joyce
76	4002	1.20.47	Gary Horgan
78	260	1.20.55	Loretta Joyce
78	No number	1.20.55	Sharon Maher
80	4003	1.21.00	Rebecca Johnston
81	4006	1.21.10	Liza Johnston
82	3097	1.22.01	Alan Conroy
83	257	1.23.03	Mary Needham
83	258	1.23.03	Shannon Needham
85	70	1.23.07	Sarah Dickinson
86	235	1.23.33	France Nee
86	1053	1.23.33	Maureen Mc Kinnon
88	266	1.23.39	Lorraine King
88	264	1.23.39	Helen Laffey
90	3053	1.25.20	Evelyn Mullen
91	456	1.26.32	Geraldine walsh
92	459	1.26.35	Mary walsh
93	273	1.28.23	Simon McCarthy
93	274	1.28.23	Ann Lynch
95	268	1.30.35	Sadie O'Toole
96	262	1.32.20	Bridgid Keogh
97	271	1.34.57	Bernie Ward
97	272	1.34.57	Ann Conroy
99	4004	1.35.43	Anne Ingelbach
100	1059	1.38.11	Eilleen Keady

101	1066	1.39.05	Michelle Conneely
102	No number	1.39.06	Sinead Mc Donnell
103	23	1.39.46	Aoife Scullion
104	31	1.41.33	Jamie Mullen
105	1060	1.42.11	Paula Bann
106	1064	1.42.59	Aoibheana M Cleallachan ?
107	438	1.43.40	Alex Mullen
108	1061	1.43.41	Claire Mullen
109	1062	1.43.59	Aishling King
110	269	1.46.53	Kiara Mannion
111	270	1.46.59	Collette Mc Grath