

Mallow AC All time best

Distance	1 Mile	5 K	4 Mile	5 Mile	10 K	7 Mile	10 Mile	1/2 Marathon	15 Mile	Marathon	Ultra
Male Overall	5:08 Joseph Cronin Ballinhassig 2013	16:02 Shane Simcox Marina 2003	21:10 Shane Simcox Moyglass 2013	24:58 Pat Kerrigan Dublin 1981	30:45 Pat Kerrigan C'island 1983	39:22 Shane Simcox Donoughmore 2013	50:02 Pat Kerrigan Limerick 1982	1:08:45 Pat Kerrigan Limerick 1981	1:26:49 Pat Kerrigan Cork/Cobh 1981	2:32:30 Pat Kerrigan Cork 1982	30 mile 4:15:00 Ger Buckley Sixmilebridge 2014
U 18	5:08 Joseph Cronin. Ballinhassig 2013	19:08 Joseph Cronin Newmarket 2012	25:50 Patrick Cronin Fota 2009	31:23 Patrick Cronin Newmarket 2009	41:18 Patrick Cronin Liscarroll 2010		67:13 Paul Glavin Ballycotton 1993				50km. 4:27:30 Adrian Ryder Kildare 2015
O 40	5:33 Denis Sheehan Mardyke 2007	16:17 Shane Simcox Marina 2015	21:49 Shane Simcox Ballintotis 2015	27:02 Pat Kerrigan Carrigaline 1993	35:15 Shane Simcox Adare 2015	41:25 John Hogan Donoughmore 2014	54:33 Pat Kerrigan Ballycotton 1995	1:20:59 Dan Nagle N'castlewest 1988	1:36:31 Noel Daly Cork/Cobh 2015	2:49:35 Noel Daly Frankfurt 2015	39.3 mile 5:51:08 Adrian Ryder Connemara 2015
O 45	5:55 Denis Cronin Ballinhassig 2009	17:20 Jerry McCarthy Marina 2001	22:48 Jerry McCarthy Navy 2001	29:28 Jerry McCarthy Carrigaline 2001	36:28 Jerry McCarthy Mardyke 2001	49:56 Denis Cronin Donoughmore 2012	60:39 John Robinson Ballycotton 1996	1:26:44 Jerry McCarthy Cork 2004	1:39:50 Jerry McCarthy Cork/Cobh 2005	2:59:55 Peter Gaffney Cork 1986	50 mile 9:06:01 Denis Sheehan Dingle 2010
O 50	5:58 Denis Cronin Ballinhassig 2013	19:12 Denis Sheehan Killarney 2014	24:03 Jerry McCarthy Little Island 2006	31:05 Denis Sheehan Killmallock 2015	40:35 Denis Sheehan Bilboa 2014	46:22 Denis Sheehan Donoughmore 2015	63:15 Peter Gaffney Ballycotton 1992	1:28:36 Denis Sheehan Charleville 2014	1:45:29 Gerry McCarthy Cork/Cobh 2007	2:58:50 Peter Gaffney Clonmel 1990	
O 55		19:39 John Holland Marina 2005	25:56 John Holland Marina 2004	32:00 Peter Gaffney Carrigaline 1997	42:10 Paddy Gyves Mardyke 2006	54:36 Kevin Quilligan Donoughmore 2013	65:52 Peter Gaffney Ballycotton 1996	1:40:01 Peadar Curtis Clonmel 2012	1:53:14 John Holland Cork/Cobh 2004	3:30:05 John Holland Dublin 2004	
O 60		20:34 John Holland Marina 2011	27:14 John Holland Stryker 2009	33:41 John Holland Kinsale 2010	43:43 John Holland Mardyke 2012	49:58 Paddy Gyves Donoughmore 2008	69:18 Peter Gaffney Ballycotton 2002	1:37:43 Neil Holland Charleville 2015	1:48:40 Peter Gaffney Cork/Cobh 2003	3:32:22 Peter Gaffney Dublin 2001	
O 65		22:28 John Holland Marina 2015	29:08 John Holland Kiskeam 2015	36:16 John Holland Kinsale 2015	46:46 John Holland Liscarroll 2015	54:33 John Holland Donoughmore 2015	80:16 John Holland Ballycotton 2015	1:45:52 John Holland Charleville 2015	2:02:50 Peter Gaffney Cork/Cobh 2009	3:38:02 Peter Gaffney Dublin 2005	
O 70		24:55 Peter Gaffney Marina 2013	31:57 Peter Gaffney Kiskeam 2013	39:10 Peter Gaffney Churchtown 2010	48:20 Peter Gaffney Mardyke 2011	62:47 Peter Gaffney Donoughmore 2013	81:17 Peter Gaffney Dungarvan 2012	1:48:46 Peter Gaffney Blarney 2013	2:03:40 Peter Gaffney Coirk/Cobh 2010		
O 75		26:44 Peter Gaffney Ballycough 2015		43:08 Peter Gaffney Middleton 2015		64:00 Peter Gaffney Donoughmore 2015	83:07 Peter Gaffney Fermoy 2015		2:20:03 Peter Gaffney Cork/Cobh 2015		
Female Overall	5:56 Lorna Davey Fitzgerald C.IT. 2012	19:16 Lorna Davey Fitzgerald Marina 2014	25:24 Lorna Davey Fitzgerald Little Island 2015	31:33 Mary Murphy Carrigaline 1997	39:25 Mary O Leary Mallow 2003	50:01 Sharon Woods Donoughmore 2015	61:30 Mary Murphy Ballycotton 1994	1:30:09 Sharon Woods Tralee 2015	1:52:51 Sharon Woods Cork/Cobh 2015	3:10:55 Sharon Woods Frankfurt 2015	
U 18		21:50 Sinead O Reilly Doneraile 2012	33:58 Faye Mansfield Dromcollougher 2013	51:21 Amy McDonnell Mitchelstown 2011							
O 35		19:18 Lorna Davey Fitzgerald Charleville 2015	25:24 Lorna Davey Fitzgerald Little Island 2015	31:43 Lorna Davey Fitzgerald Kinsale 2015	40:00 Lorna Davey Fitzgerald Kilishen 2014		62:49 Mary Murphy Ballycotton 1996	1:30:09 Sharon Woods Tralee 2015	1:55:12 Sharon Woods Cork/Cobh 2010	3:14:11 Sharon Woods Amsterdam 2014	
O 40		19:42 Joanne McCann Cobh 2015	27:20 Noreen Harvey Middleton 2015	34:10 Sharon Woods Churchtown S 2015	42:58 Ide Kelliher Dublin 2014	50:01 Sharon Woods Donoughmore 2015	69:33 Joanne McCann Mallow 2015	1:35:37 Sharon Woods Charleville 2015	1:52:51 Sharon Woods Cork/Cobh 2015	3:10:55 Sharon Woods Frankfurt 2015	
O 45		22:32 Siobhan Lavery Doneraile 2013	30:20 Una Downes Dromcollougher 2015	37:54 Caroline Kelly Brophy Killarney 2015	46:48 Siobhan Lavery Liscarroll 2013	56:39 Caroline Kelly Brophy Donoughmore 2014	76:51 Siobhan Lavery Mallow 2013	1:44:16 Siobhan Lavery Charleville 2013	2:02:23 Caroline Kelly Brophy Cork/Cobh 2014	3:43:39 Caroline Kelly Brophy Manchester 2015	
O 50		22:46 Meg Murphy Coolagown 2015	30:15 Meg Murphy Dromcollougher 2014	37:56 Meg Murphy Galway 2014	48:50 Meg Murphy Tralee 2014	58:53 Kathleen Cronin Donoughmore 2015	85:45 Kathleen Cronin Ballycotton 2015	1:50:41 Meg Murphy Charleville 2014			
O 55		31:40 Joan O Connell Doneraile 2013									
O 60		28:37 Catherine Moloney Doneraile 2014					96:48 Catherine Maloney Mallow 2013				
O 65		29:01 Catherine Moloney Doneraile 2015									

8K times have been adjusted up to 5 mile by adding .575%