

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	15:42 Paul Moloney Newmarket 2016	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	18:57 David Killmartin Doneraile 2016	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. 4:20:05 Adrian Ryder Donedea 2016
O 40	5:33 Denis Sheehan Mardyke 2007	16:17 Shane Simcox Marina 2015	21:47 Shane Simcox Castlelyons 2016	27:02 Pat Kerrigan Carrigaline 1993	34:33 Shane Simcox Hurleyhoe 2016	41:25 John Hogan Donoughmore 2014	54:33 Pat Kerrigan Ballycotton 1995	1:20:42 Paudie Birmingham Mullingar 2016	1:35:37 Paudie Birmingham Cork/Cobh 2016	2:49:35 Noel Daly Frankfurt 2015	39.3 mile 5:48:51 Adrian Ryder Connemara 2013
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 Garry McCarthy Cork/Cobh 2007	2:58:50 Peter Gaffney Clonmel 1990	
O 55		19:39 John Holland Marina 2005	25:56 Peter Gaffney Marina 2004	32:00 Peter Gaffney Carrigaline 1997	42:10 Kevin 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	43:30 Niall Holland Liscarroll 2016	49:58 Paddy Gyves Donoughmore 2008	69:18 Peter Gaffney Ballycotton 2002	1:34:33 Neil Holland Charleville 2016	1:48:40 Peter Gaffney Cork/Cobh 2003	3:32:22 Peter Gaffney Dublin 2001	
O 65		22:28 John Holland Marsale 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 Cork/Cobh 2010		
O 75		26:44 Peter Gaffney Ballycough 2015	36:24 Peter Gaffney Belgooly 2016	43:08 Peter Gaffney Middleton 2015	58:29 Peter Gaffney Mardyke 2016	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/Lisa Buckley C.IT. 2012/Ballydesmond 2016	18:53 Lorna Davey Fitzgerald Marina 2016	24:50 Lorna Davey Fitzgerald Cobh 2016	31:08 Lorna Davey Fitzgerald Kinsale 2016	38:59 Lorna Davey Fitzgerald Dunshauglin 2016	47:47 Sharon Woods Donoughmore 2016	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			84:20 Davina Carey Dungarvan 2016				
O 35		18:53 Lorna Davey Fitzgerald Marina 2016	24:50 Lorna Davey Fitzgerald Cobh 2016	31:08 Lorna Davey Fitzgerald Kinsale 2016	38:59 Lorna Davey Fitzgerald Dunshauglin 2016		62:49 Mary Murphy Ballycotton 1996	1:30:09 Sharon Woods Tralee 2015	1:55:12 Sharon Woods Cork/Cobh 2010	3:13:45 Lorraine Bolster Tavolieri Frankfurt 2016	
O 40		19:42 Joanne McCann/Sharon Woods Cobh 2015/Youghal 2016	27:20 Noreen Harvey Middleton 2015	32:43 Sharon Woods Galway 2016	40:24 Sharon Woods Youghal 2016	47:47 Sharon Woods Donoughmore 2016	69:11 Sharon Woods Cork 2016	1:34:02 Joanne McCann Charleville 2016	1:52:51 Sharon Woods Cork/Cobh 2015	3:10:55 Sharon Woods Frankfurt 2015	
O 45		22:32 Siobhan Lavery Doneraile 2013	30:19 Caroline Kelly Brophy Cobh Aug	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 Coolagowm 2015	30:15 Meg Murphy Dromcollougher 2014	37:41 Kathleen Cronin Galway 2016	48:32 Meg Murphy Tralee 2016	56:33 Kathleen Cronin Donoughmore 2016	82:16 Kathleen Cronin Ballycotton 2016	1:50:41 Meg Murphy Charleville 2014			
O 55		27:55 Angela Sheehan Doneraile 2016	52:36 Teresa O Donovan Belgooly 2016	44:12 Angela Sheehan Galway 2016	67:25 Teresa O Donovan Killarney 2016		1:45:48 Teresa O Donovan Killea 2016	2:05:31 Kathleen Kelliher Waterford 2016			
O 60		28:37 Catherine Moloney Doneraile 2014					96:48 Catherine Maloney Mallow 2013				
O 65		29:01 Catherine Moloney Doneraile 2015	39:34 Catherine Moloney Killfinanne 2016								

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