

## 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
<b>Male Overall</b>	<b>5:08</b> Joseph Cronin Ballinhassig 2013	<b>15:26</b> Paul Moloney Aarhus Denmark 2017	<b>20:44</b> Paul Moloney Castlelyons 2017	<b>24:58</b> Pat Kerrigan Dublin 1981	<b>30:45</b> Pat Kerrigan C'island 1983	<b>36:00</b> Pat Kerrigan Carrigtohill 198?	<b>50:02</b> Pat Kerrigan Limerick 1982	<b>1:08:45</b> Pat Kerrigan Limerick 1981	<b>1:26:49</b> Pat Kerrigan Cork/Cobh 1981	<b>2:32:30</b> Pat Kerrigan Cork 1982	<b>30 mile</b> 4:15:00 Ger Buckley Sixmilebridge 2014
<b>U 18</b>	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				<b>50km.</b> 4:20:05 Adrian Ryder Donedea 2016
<b>O 40</b>	5:33 Denis Sheehan Mardyke 2007	16:17 Shane Simcox Marina 2015	21:47 Shane Simcox Castlelyons 2016	<b>26:59</b> Pat Kerrigan Carrigaline 1995	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	<b>39.3 mile</b> 5:48:51 Adrian Ryder Connemara 2013
<b>O 45</b>	5:17 Nick Darmody Ballydesmond 2017	17:20 Jerry McCarthy Marina 2001	22:48 Jerry McCarthy Navy 2001	29:28 Jerry McCarthy Carrigaline 2001	36:28 Jerry McCarthy Mardyke 2001	<b>44:59</b> Paudie Birmingham Donoughmore 2017	60:39 John Robinson Ballycotton 1996	<b>1:25:16</b> Paudie Birmingham Clonmel 2017	1:39:50 Jerry McCarthy Cork/Cobh 2005	2:59:55 Peter Gaffney Cork 1986	<b>72km</b> 10:46:44 Joan Ryan Kealkill 2017
<b>O 50</b>	5:55 Denis Cronin Barraduff 2017	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	<b>50 mile</b> 9:06:01 Denis Sheehan Dingle 2010
<b>O 55</b>		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	<b>1:31:41</b> Denis Sheehan Charleville 2017	1:53:14 John Holland Cork/Cobh 2004	<b>3:20:19</b> Denis Sheehan Frankfurt 2017	
<b>O 60</b>		<b>20:29</b> Niall Holland Bweeng 2017	27:14 John Holland Stryker 2009	33:41 John Holland Kinsale 2010	<b>43:07</b> Niall Holland Mardyke 2017	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	
<b>O 65</b>		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	
<b>O 70</b>		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		
<b>O 75</b>		26:44 Peter Gaffney Ballyclough 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		
<b>Female Overall</b>	<b>5:56</b> Lorna Davey Fitzgerald/Lisa Buckley C.IT. 2012/Ballydesmond 2016	<b>18:46</b> Lorraine Bolster. Marina 2017	<b>24:38</b> Lorraine Bolster Castlelyons 2017	<b>30:55</b> Mary Murphy Charleville 1998	<b>38:59</b> Lorna Davey Fitzgerald Dunshauglin 2016	<b>47:47</b> Sharon Woods Donoughmore 2016	<b>61:30</b> Mary Murphy Ballycotton 1994	<b>1:30:09</b> Sharon Woods Tralee 2015	<b>1:52:51</b> Sharon Woods Cork/Cobh 2015	<b>3:10:55</b> Sharon Woods Frankfurt 2015	
<b>U 18</b>		21:50 Sinead O Reilly Doneraile 2012	33:58 Faye Mansfield Dromcullougher 2013	51:21 Amy McDonnell Mitchelstown 2011			84:20 Davina Carey Dungarvan 2016				
<b>O 35</b>		<b>18:46</b> Lorraine Bolster. Marina 2017	<b>24:38</b> Lorraine Bolster Castlelyons 2017	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 CorkCobh 2010	3:13:45 Lorraine Bolster Tavolieri Frankfurt 2016	
<b>O 40</b>		19:42 Joanne McCann/Sharon Woods Cobh 2015/Youghal 2016	<b>25:55</b> Sharon Woods Kiskeam 2017	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 Frankurt 2015	
<b>O 45</b>		22:32 Siobhan Lavery Doneraile 2013	30:19 Caroline Kelly Brophy Cobh 2016	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 Broph Cork/Cobh 2014	3:43:39 Caroline Kelly Brophy Manchester 2015	
<b>O 50</b>		22:46 Meg Murphy Coolagown 2015	30:15 Meg Murphy Dromcollogher 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	<b>2:33:21</b> Meg Murphy Cork/Cobh 2017	<b>5:17:47</b> Meg Murphy Dublin 2017	
<b>O 55</b>		<b>23:44</b> Kathleen Cronin Bweeng 2017	<b>32:03</b> Kathleen Cronin Kiskeam 2017	<b>39:39</b> Kathleen Cronin Killmallock 2017	<b>57:07</b> Kathleen Kelliher Adare 2017		<b>94:38</b> Kathleen Kelliher Mallow 2017	<b>1:52:45</b> Kathleen Cronin Waterford 2017			
<b>O 60</b>		28:37 Catherine Moloney Doneraile 2014					96:48 Catherine Maloney Mallow 2013				
<b>O 65</b>		29:01 Catherine Moloney Doneraile 2015	39:34 Catherine Moloney Killfinanne 2016								

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