

## 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>15:12</b> Paul Moloney Cloyne 2018	<b>19:59</b> Paul Moloney Ballinacurry 2018	<b>24:54</b> Paul Moloney Mitchelstown 2018	<b>30:45</b> Pat Kerrigan C'island 1983	<b>36:00</b> Pat Kerrigan Carrigtohill 1987	<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 Doneda 2016
<b>O 40</b>	5:33 Denis Sheehan Mardyke 2007	16:17 Shane Simcox Marina 2015	21:37 Shane Simcox Castleyons 2018	26:59 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>36 mile</b> 7:03:57 Michael Clancy Ballyhoura trail
<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	44:59 Paudie Birmingham Donoughmore 2017	60:39 John Robinson Ballycotton 1996	1:24:40 Noel Daly Charleville 2018	1:39:50 Jerry McCarthy Cork/Cobh 2005	2:59:55 Peter Gaffney Cork 1986	<b>39.3 mile</b> 5:48:51 Adrian Ryder Connemara 2013
<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	<b>61:18</b> Peter Gaffney Mallow 1990	1:28:36 Denis Sheehan Charleville 2014	1:45:29 Gerry McCarthy Cork/Cobh 2007	2:58:50 Peter Gaffney Clonmel 1990	<b>72km</b> 10:46:44 Joan Ryan Keatkill 2017
<b>O 55</b>		19:35 Denis Cronin Bweeng 2018	25:56 Peter Gaffney Marina 2004	32:00 Peter Gaffney Carrigaline 1997	41:38 Denis Sheehan Adare 2018	54:36 Kevin Quilligan Donoughmore 2013	65:52 Peter Gaffney Ballycotton 1996	1:31:41 Denis Sheehan Charleville 2017	1:49:54 Denis Cronin Cork/Cobh 2018	3:20:19 Denis Sheehan Frankfurt 2017	<b>50 mile</b> 9:06:01 Denis Sheehan Dingle 2010
<b>O 60</b>		20:29 Neil Holland Bweeng 2017	27:14 John Holland Stryker 2009	33:41 John Holland Kinsale 2010	43:08 Neil 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>		20:43 Neil Holland Little Island 2018	27:51 Neil Holland Grange 2018	34:41 Neil Holland Kinsale 2018	<b>43:55</b> Neil Holland Adare 2018	54:33 John Holland Donoughmore 2015	<b>72:14</b> Neil Holland Dungarvan 2019	1:36:30 Neil Holland Charleville 2018	2:02:50 Peter Gaffney Cork/Cobh 2009	3:38:02 Peter Gaffney Dublin 2005	
<b>O 70</b>		24:23 John Holland Newmarket 2018	31:41 John Holland Belgooly 2018	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		
<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.T. IT. 2012/Ballydesmond 2016	<b>18:45</b> Margaret Murphy Cloughduv 2018	<b>24:38</b> Lorraine Bolster/Mary Murphy Castleyons 2017/Youghal 98	<b>29:48</b> Margaret Murphy Kinsale 2018	<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 Dromcollougher 2013	51:21 Amy McDonnell Mitchelstown 2011			84:20 Davina Carey Dungarvan 2016				
<b>O 35</b>		18:45 Margaret Murphy Cloughduv 2018	24:38 Lorraine Bolster/Mary Murphy Castleyons 2017/Youghal 98	29:48 Margaret Murphy Kinsale 2018	38:59 Lorna Davey Fitzgerald Dunshauglin 2016	65:04 Helena O Connor Donoughmore 2018	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	
<b>O 40</b>		19:42 Joanne McCann/Sharon Woods Cobh 2015/Youghal 2016	25:55 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	1:30:45 Sharon Woods Mullingar 2018	1:52:51 Sharon Woods Cork/Cobh 2015	3:10:55 Sharon Woods Frankfurt 2015	
<b>O 45</b>		18:46 Breda Walsh Newmarket 2018	25:08 Breda Walsh Castleyons 2018	<b>32:44</b> Breda Walsh Carrigaline 2019	40:41 Breda Walsh Adare 2018	56:39 Caroline Kelly Brophy Donoughmore 2014	<b>76:27</b> Sarah White Newmarket 2019	1:44:16 Siobhan Lavery Charleville 2013	2:02:23 Caroline Kelly Brophy 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 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	2:33:21 Meg Murphy Cork/Cobh 2017	5:17:47 Meg Murphy Dublin 2017	
<b>O 55</b>		23:44 Kathleen Cronin Bweeng 2017	31:40 Kathleen Cronin Kiskeam 2018	39:32 Kathleen Cronin Middleton 2018	<b>49:33</b> Kathleen Cronin Adare 2018		<b>82:08</b> Kathleen Cronin Dungarvan 2019	1:52:45 Kathleen Cronin Waterford 2017	2:30:45 Kathleen Kelliher Cork/Cobh 2018		
<b>O 60</b>		28:37 Catherine Moloney Doneraile 2014					96:48 Catherine Moloney Mallow 2013				
<b>O 65</b>		29:01 Catherine Moloney Doneraile 2015	39:34 Catherine Moloney Kilfinanne 2016								

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