

Mallow AC Best Times 2018

Distance	1 Mile	5 K	4 Mile	5 Mile	10 K	7 Mile	10 Mile	1/2 Marathon	15 Mile	Marathon	Ultra
Male Overall		15:12 Paul Moloney Cloyne July	19:55 Paul Moloney Ballinacurra July	24:54 Paul Moloney Mitchelstown Aug	31:52 Paul Moloney Dunshaughlin June	45:00 Peadar Lucy Donoughmore June	56:32 Paul Moloney Cork Sept	1:24:22 Peadar Lucy Charleville Sept	1:39:49 Mick Clancy Cork/Cobh Sept	2:57:11 Peadar Lucy Dublin Oct	36 mile 7:03:57 Mick Clancy Ballyhoura Trail
O 40		16:29 Shane Simcox Dundrum May	21:37 Shane Simcox Castlelyons Apr	29:56 John Hogan Bandon Jan	35:16 Shane Simcox Annerville May	45:00 Peadar Lucy Donoughmore June	62:38 George Murray Dungarvan Feb	1:24:22 Peadar Lucy Charleville Sept	1:39:49 Mick Clancy Cork/Cobh Sept	2:57:11 Peadar Lucy Dublin Oct	
O 45	5:22 Nick Darmody Knocknagree July	18:53 Liam Murphy Newmarket Dec	24:55 Paudie Birmingham Lee Fields June	31:15 Paudie Birmingham Marina Apr	38:48 Noel Daly Liscarroll Aug	49:05 Dermot O Sullivan Donoughmore June	63:23 Paudie Birmingham Dungarvan Feb	1:24:40 Noel Daly Charleville Sept		3:14:36 Eamon Nagle Malta Feb	
O 50		19:34 Sean Mehigan Youghal July	25:59 Sean Mehigan Galbally Aug	33:11 Sean Mehigan Middleton May	45:24 Barry Murphy Bweeng May	52:19 Adrian Fitch Donoughmore June	69:55 David Brophy Castleisland Apr	1:34:38 David Brophy Limerick May	1:49:53 David Brophy Cork/Cobh Sept	3:20:54 David Brophy Frankfurt Oct	
O 55		19:35 Denis Cronin Bweeng May	26:20 Denis Cronin Kiskeam Apr	32:48 Denis Cronin Marina Apr	41:38 Kevin Sheehan Adare Feb		68:26 Denis Cronin Dungarvan Feb	1:44:58 Sean Powell Charleville Sept	1:49:54 Denis Cronin Cork/Cobh Sept		
O 60		20:41 Neil Holland Bweeng May	27:52 Neil Holland Carrigtohill Apr	34:50 Neil Holland Middleton May	51:16 Kevin Quilligan Bweeng May	56:12 Steve Murphy Donoughmore June	73:30 Neil Holland Mallow Mar	1:44:34 Jerry McCarthy Clonmel Aug.	2:03:38 Stephan Murphy Cork/Cobh Sept	4:09:21 Peadar Curtis Tralee Mar	
O 65		20:43 Neil Holland Little Island Nov	27:51 Neil Holland Grange Sept	34:41 Neil Holland Kinsale Aug	49:49 Neil Holland Liscarroll Aug			1:36:30 Neil Holland Charleville Sept			
O 70		24:23 John Holland Newmarket Dec	31:41 John Holland Belgooly Dec	41:12 Paddy Gyves Marina Apr	51:58 Paddy Gyves Ballyhooley May			2:02:33 John Holland Waterford Dec			
O 75		29:35 Peter Gaffney Doneraile May	37:33 Peter Gaffney Glenville Nov	49:03 Peter Gaffney Churchtown Aug	59:29 Peter Gaffney Adare Feb	66:01 Peter Gaffney Donoughmore June	97:17 Peter Gaffney Newmarket Apr				
Female Overall		18:45 Magaret Murphy Cloughduv June	25:08 Breda Walsh Castlelyons Mar	29:48 Margaret Murphy Kinsale Aug	40:41 Breda Walsh Adare Feb	59:26 Lisa Finn Donoughmore June	77:01 Anna Borkowska Newmarket Apr	1:30:45 Sharon Woods Mullingar Mar	2:21:40 Lisa Barrow Cork/Cobh Sept	3:36:12 Sharon Woods London Apr	
O 35		18:45 Margaret Murphy Cloughduv June	25:18 Lorna Davy Fitzgerald Killmacthomas Feb	29:48 Margaret Murphy Kinsale Aug	53:00 Lisa Guerin Castlelyons Nov	65:04 Helena O Connor Donoughmore June	1:25:03 Aoife Hunter Mallow Mar	1:51:20 Lisa Guerin Charleville Sept	2:21:40 Lisa Barrow Cork/Cobh Sept	3:40:38 Aoife Hunter Rotterdam Apr	
O 40		19:45 Sharon Woods Grant Thornton June	26:07 Sharon Woods Lee Fields June	33:52 Joanne McCann Galway Aug	48:18 Deirdre Hallihan Adare Feb	59:26 Lisa Finn Donoughmore June	77:01 Anna Borkowska Newmarket Apr	1:30:45 Sharon Woods Mullingar Mar	2:23:55 Denise Cronin Cork/Cobh Sept	3:36:12 Sharon Woods London Apr	
O 45		18:46 Breda Walsh Newmarket Dec	25:08 Breda Walsh Castlelyons Mar	38:08 Evan Long Galway Aug	40:41 Breda Walsh Adare Feb		77:22 Sarah White Newmarket Apr	1:40:58 Sarah White Cork June	2:44:39 Jean Lynch McDonnell Cork/Cobh Sept		
O 50		26:35 Breda Murphy Liscarroll Aug	36:36 Breda Murphy Doneraile May	45:00 Breda Murphy Galway Aug	53:28 Meg Murphy Adare Feb		88:05 Caroline Kelly Brophy Skibbereen Nov	1:53:08 Caroline Kelly Brophy Waterford Dec			
O 55		24:13 Kathleen Cronin Bweeng May	31:40 Kathleen Cronin Kiskeam Apr	39:44 Kathleen Cronin Marina Apr	52:00 Kathleen Cronin CIT Oct		82:30 Kathleen Cronin Dungarvan Feb	2:00:20 Kathleen Kelliher Waterford Dec	2:30:45 Kathleen Kelliher Cork/Cobh Sept		