

2018 top 12 Mallow AC times

Male

Female

5 K

	Time	Race	Date		Time	Race	Date
1 Paul Moloney	15:12	Cloyne	July	1 Magaret Murphy	18:45	Cloughduv	June
2 Shane Simcox	16:29	Dundrum	May	2 Breda Walsh	18:46	Newmarket	Dec
3 Clive Aherne	18:04	Marina	May	3 Lorraine Bolster	18:54	Bweeng	May
4 Liam Slattery	18:06	Macroom	June	4 Sharon Woods	19:45	Grant Thornton	June
5 Daire O Sullivan	18:24	Shandrum	Dec	5 Sarah White	20:29	Grant Thornton	June
6 Peadar Lucy	18:27	Newmarket	Dec	6 Joanne McCann	20:40	Doneraile	Mar
7 John Hogan	18:30	Doneraile	May	7 Emma Kelliher	21:39	Newmarket	Dec
8 George Murray	18:45	Doneraile	Jan	8 Anna Borkowska	21:44	Newmarket	Dec
9 Liam Murphy	18:53	Newmarket	Dec	9 Sinead Fenton	22:10	Doneraile	June
10 Padraic Birmingham	18:55	Newmarket	Dec	10 Deirdre Cotter	22:14	Newmarket	Dec
11 John Kelly	19:11	Dundrum	May	11 Eavan Long	22:31	Doneraile	June
12 Eamon Nagle	19:27	Newmarket	Dec	12 Mary Carey	23:08	Ballyclough	June

4 Mile

1 Paul Moloney	19:59	Ballinacurra	July	1 Breda Walsh	25:08	Castlelyons	Mar
2 Shane Simcox	21:37	Castlelyons	Apr	2 Lorna Davy Fitzgerald	25:18	Killmachthomas	Feb
3 Phil Carey	23:33	Carrigtohill	Apr	3 Lorraine Bolster	25:48	Lee Fields	June
4 Clive Aherne	22:34	Galbally	May	4 Sharon Woods	26:07	Lee Fields	June
5 John Hogan	23:40	Castlelyons	Apr	5 Joanne McCann	26:29	Castlelyons	Mar
6 Aidain Buckley	23:45	Lee Fields	June	6 Aoife Hunter	27:55	Dromcollogher	July
7 Noel Daly	23:56	Castlelyons	Mar	7 Ide Kelliher	28:06	Doneraile	May
8 Trevor Woodgate	24:00	Doneraile	May	8 Sarah White	28:23	Doneraile	May
9 Peadar Lucey	24:00	Buttevant	May	9 Anna Borkowska	28:29	Castlelyons	Mar
10 Patrick Zajac	24:16	Giantane	July	10 Sinead Renton	29:10	Castlelyons	Mar
11 Daire O Sullivan	24:21	Glenville	Nov	11 Eavan Long	30:38	Buttevant	May
12 Paudie Birmingham	24:55	Lee Fields	June	12 Denise Cronin	31:12	Buttevant	May

5 Mile

1 Paul Moloney	24:54	Mitchelstown	Aug	Adjusted	1 Margaret Murphy	29:48	Kinsale	Aug
2 Phil Carey	29:16	Mitchelstown	Aug	Adjusted	2 Joanne McCann	33:52	Galway	Aug
3 John Hogan	29:56	Bandon	Jan		3 Sharon Woods	35:51	Marina	Apr
4 Trevor Woodgate	30:00	Lombardstown	Aug		4 Lorraine Bolster	35:52	Marina	Apr
5 Noel Daly	31:01	Carrigaline	Feb		5 Aoife Hunter	36:00	Churchtown	Aug
6 Paudie Birmingham	31:15	Marina	Apr		6 Sinead Sexton Renton	37:44	Coachford	July
7 Eamon Nagle	31:45	Galway	Aug	Adjusted	7 Eavan Long	38:08	Galway	Aug
8 Peadar Lucy	32:01	Millstreet	June		8 Deirdre Cotter	38:32	Galway	Aug
9 Adrian Ryder	32:06	Lombardstown	Aug		9 Kathleen Cronin	39:32	Middleton	May
10 Daire O Sullivan	32:24	Marina	Apr		10 Caroline Sheehan	39:39	Galway	Aug
11 John Kelly	32:26	Lombardstown	Aug		11 Mary Therese O Flynn	40:14	Mitchelstown	Aug
12 Patrick Daly	32:27	Millstreet	June		12 Lisa Guerin	41:06	Galway	Aug

10K

1 Paul Moloney	31:52	Dunshaughlin	June	1 Breda Walsh	40:41	Adare	Feb
2 Shane Simcox	35:16	Annerville	May	2 Sharon Woods	43:15	Bweeng	May
3 Phil Carey	36:57	Claregalway	Aug	3 Sinead Sexton	45:39	Bweeng	May
4 Trevor Woodgate	37:34	Lisscarroll	Aug	4 Deirdre Cotter	47:28	Bweeng	May
5 Donough Barrow	38:24	Bweeng	May	5 Emma Kelliher	48:28	East Cork	Aug
6 Noel Daly	38:31	Bweeng	May	6 Claire Hever	50:07	Castlelyons	Nov
7 Clive Aherne	39:10	Killarney	July	7 Denise Cronin	50:18	Adare	Feb
8 Peadar Lucy	39:51	Castlelyons	Nov	8 Caroline Sheehan	51:04	Castlelyons	Nov
9 Aidan Buckley	40:08	Bweeng	May	9 Lisa Finn	51:17	Castlelyons	Nov
10 John Kelly	40:25	Bilboa	June	10 Janice Norton	51:55	Castlelyons	Nov
11 George Murray	40:43	Adare	Feb	11 Kathleen Cronin	52:00	CIT	Oct
12 Daire O Sullivan	40:45	Banna	June	12 Marytherese O Flynn	52:43	Adare	Feb

10 Mile

1 Paul Moloney	56:32	Cork	Sept	1 Anna Borkowska	77:01	Newmarket	Apr
2 Trevor Woodgate	62:34	Cork	Sept	2 Sarah White	77:22	Newmarket	Apr
3 George Murray	62:38	Dungarvan	Feb	3 Sinead Renton	78:03	Mallow	Mar
4 Clive Aherne	62:50	Dungarvan	Feb	4 Joanne McCann	79:10	Mallow	Mar
5 John Hogan	63:06	Castleisland	Apr	5 Ide Kelliher	79:11	Mallow	Mar
6 Padraic Birmingham	63:23	Dungarvan	Feb	6 Deirdre Cotter	79:40	Mallow	Mar
7 Noel Daly	63:23	Newmarket	Apr	7 Eavan Long	80:02	Cork	Sept
8 Eamon Nagle	64:41	Dungarvan	Feb	8 Caroline Kelly Brophy	82:05	Dungarvan	Feb
9 Donough Barrow	65:48	Mallow	Mar	9 Kathleen Cronin	82:30	Dungarvan	Feb
10 Aidan Buckley	66:30	Dungarvan	Feb	10 Mary Carey	84:14	Dungarvan	Feb
11 Parick Daly	66:33	Cork	Sept	11 Eavan Sheehan	84:17	Mallow	Mar
12 Colm Sheehan	67:21	Dungarvan	Feb	12 Lisa Dempsey Finn	84:35	Mallow	Mar

Half M.

1 Trevor Woodgate	1:23:18	Cork	June	1 Sharon Woods	1:30:45	Mullingar	Mar
2 Phil Carey	1:23:34	Waterford	Dec	2 Sarah White	1:39:43	Cahir	July
3 Peadar Lucy	1:24:22	Charleville	Sept	3 Caroline Kelly Brophy	1:51:23	Mullingar	Mar
4 Noel Daly	1:24:40	Charleville	Sept	4 Deirdre Cotter	1:46:53	Charleville	Sept
5 Paudie Birmingham	1:26:22	Malta	Feb	5 Eavan Long	1:48:05	Charleville	Sept
6 Aidan Buckley	1:26:45	Mullingar	Mar	6 Lisa Guerin	1:51:20	Charleville	Sept
7 Clive Aherne	1:26:46	Charleville	Sept	7 Caroline Sheehan	1:53:37	Charleville	Sept
8 Pa Daly	1:28:18	Charleville	Sept	8 Vera Nagle	1:53:47	Waterford	Dec
9 Daire O Sullivan	1:29:04	Charleville	Sept	9 Lorraine Bolster	1:54:22	Charleville	Sept
10 Liam Murphy	1:29:13	Limerick	May	10 Lisa Finn	1:54:40	Waterford	Dec
11 George Murray	1:29:16	New York	Mar	11 Lisa Barrow	1:56:34	Cork	June
12 Donough Barrow	1:29:36	Waterford	Dec	12 Cliona Woulfe	1:56:55	Waterford	Dec

Full M.

1 Peadar Lucey	2:57:11	Dublin	Oct	1 Sharon Woods	3:36:12	London	Apr
2 Mick Clancy	2:58:06	Cork	June	2 Aoife Hunter	3:40:38	Rotterdam	Apr
3 Daire O Sullivan	3:03:57	Dublin	Oct	3 Lisa Guerin	4:01:03	Dublin	Oct
4 Clive Aherne	3:06:30	Rotterdam	Apr	4 Denise Cronin	4:02	Dublin	Oct
5 Donagh Barrow	3:08:23	Dublin	Oct	5 Lisa Barrow	4:23:33	Dublin	Oct
6 Adrian Ryder	3:11:50	Galway	Oct	6 Sarah White	4:41	Dublin	Oct
7 Eamon Nagle	3:14:36	Malta	Feb	7 Denise O Connor	4:47	Dublin	Oct
8 Aidan Buckley	3:18:04	London	Apr	8 Sarah Murray	5:57:37	Cork	June
9 David Brophy	3:20:54	Frankfurt	Oct	9			
10 Liam Murphy	3:22:17	Cork	June	11			
11 Darragh Wiley	3:23:35	Dublin	Oct	12			
12 John Collins	3:30:44	Rotterdam	Apr				