

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	15:04 Paul Moloney Bweeng 2019	19:26 Paul Moloney Killfinnan 2019	24:54 Paul Moloney Mitchelstown 2018	30:45 Pat Kerrigan C'island 1983	36:00 Pat Kerrigan Carrigtohill 1987	50:02 Pat Kerrigan Limerick 1982	1:08:45 Pat Kerrigan Limerick 1981	1:26:49 Pat Kerrigan Cork/Cobh 1981	2:31:40 Paul Moloney Manchester 2021	30 mile	4:15:00 Ger Buckley Sixmilebridge 2014
O 40	5:33 Denis Sheehan Mardyke 2007	15:17 Paul Moloney Newmarket 2019	21:29 Shane Simcox Shandrum 2019	26:15 Pat Kerrigan Curchtown St 1994	34:33 Shane Simcox Hurleyhoe 2016	41:25 John Hogan Donoughmore 2014	53:08 Paul Moloney Dungarvan 2020	1:20:42 Paudie Birmingham Mullingar 2016	1:35:37 Paudie Birmingham Cork/Cobh 2016	2:31:40 Paul Moloney Manchester 2021	36 mile	7:03:57 Michael Clancy Ballyhoura trail 2019
O 45	5:17 Nick Darmody Ballydesmond 2017	16:31 Shane Simcox Newmarket 2019	21:46 Shane Simcox Clonmel 2019	29:28 Jerry McCarthy Carrigaline 2001	34:54 Shane Simcox Beaufort 2020	44:34 Paudie Birmingham Lisscarroll 2019	57:21 Shane Simcox Dungarvan 2020	1:22:59 Paudie Birmingham Lough Boora 2019	1:39:50 Jerry McCarthy Cork/Cobh 2005	2:59:55 Peter Gaffney Cork 1986	37miles	7:11:18 Darragh Wiley Kerry way 2021
O 50	5:55 Denis Cronin Barraduff 2017	17:57 Peter Gaffney Barraduff 1991	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	61:18 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	37miles	8:30:13 Ide Kelliher Kerry way 2021
O 55		19:35 Denis Cronin Bweeng 2018	25:56 John Holland 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	39.3 mile	5:48:51 Adrian Ryder Connemara 2013
O 60		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	72km	10:46:44 Joan Ryan Kealkill 2017
O 65		20:23 Neil Holland Marina 2019	27:38 Neil Holland Castlelyons 2019	34:03 Neil Holland Kinsale 2019	42:59 Neil Holland Dundrum 2021	51:23 Neil Holland Donoughmore 2019	70:25 Neil Holland Marina 2019	1:36:30 Neil Holland Charleville 2018	1:54:22 Neil Holland Cork/Cobh 2019	3:38:02 Peter Gaffney Dublin 2005	50 mile	9:06:01 Denis Sheehan Dingle 2010
O 70		23:14 John Holland Newmarket 2021	31:25 John Holland Carrigtohill 2019	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		120+ mile	30:17:01 Michael Clancy Kerry Way 2021
O 75		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			
Female Overall	5:30 Margaret Murphy Gneeveguilla 2019	18:14 Breda Gaffney Newmarket 2019	24:09 Lorraine Bolster Currow 2017	29:48 Margaret Murphy Kinsale 2018	38:46 Breda Gaffney Phoenix Park 2019	46:47 Margaret Murphy Donoughmore 2019	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		
O 35	5:30 Margaret Murphy Gneeveguilla 2019	18:27 Lorraine Bolster Marina 2019	24:09 Lorraine Bolster Currow 2017	29:48 Margaret Murphy Kinsale 2018	38:59 Lorna Davey Fitzgerald Dunshauglin 2016	46:47 Margaret Murphy Donoughmore 2019	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 Frankfurt 2016		
O 40		18:34 Lorraine Bolster Castleisland 2021	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		
O 45		18:14 Breda Gaffney Newmarket 2019	24:17 Breda Gaffney Glenville 2019	32:44 Breda Gaffney Carrigaline 2019	38:46 Breda Gaffney Phoenix Park 2019	56:39 Caroline Kelly Brophy Donoughmore 2014	76:51 Siobhan Lavery Mallow 2013	1:34:30 Joanne McCann Charleville 2019	2:02:23 Caroline Kelly Brophy Cork/Cobh 2014	3:21:17 Joanne McCann Dublin 2019		
O 50		22:26 Liz Palmer Bweeng 2021	30:15 Meg Murphy/Liz Palmer D'collogher14/D'aile 21	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	3:52:44 Caroline Brophy Frankfurt 2019		
O 55		22:40 Kathleen Cronin Bweeng 2021	29:51 Kathleen Cronin Buttevant 2021	38:18 Kathleen Cronin Kinsale 2019	49:33 Kathleen Cronin Adare 2019	57:11 Kathleen Cronin Donoughmore 2019	79:38 Kathleen Cronin Galbally 2021	1:52:08 Kathleen Cronin Charleville 2019	2:12:51 Kathleen Cronin Cork/Cobh 2019			
O 60		28:37 Catherine Moloney Doneraile 2014						96:48 Catherine Maloney Mallow 2013				
O 65		29:01 Catherine Moloney Doneraile 2015	37:19 Margaret Lucey Buttevant 2019					96:46 Margaret Lucey Mallow 2019				

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