Mallow AC Best Times 2021

Distance	1 Mile	5 K	4 Mile	5 Mile	10 K	7 Mile	10 Mile	1/2 Marathon	15 Mile	Marathon		Ultra	
Male Overall		**16;43** **Shane Simcox** **Newmarket Dec**	**23;13** **Phil Carey** **Quartertown TT June**	**28;38** **Shane Simcox** **Raheny virtual Jan**	**36;15** **Phil Carey** **Dundrum July**		**66;25** **John McGuinness** **Cobh virtual Apr**	**1;21;32** **Trevor Woodgate** **Charleville Sept**		**2;31;40** **Paul Moloney** **Manchester Oct**	**37miles**	7;11;18 Darragh Wiley Kerry Way Sept	8;29;40 Gary Relihan Kerry Way Sept
O 40		16;56 Trevor Woodgate Newmarket Dec	23;30 Trevor Woodgate Doneraile Oct	29;09 Trevor Woodgate Mallow Time Trial	37;26 Trevor Woodgate Dundrum July		66;25 John McGuinness Cobh virtual Apr	1;21;32 Trevor Woodgate Charleville Sept		2;31;40 Paul Moloney Manchester Oct	37miles	8;30;13 Ida Kelliher Kerry Way Sept	
O 45		16;43 Shane Simcox Newmarket Dec	23;33 Michael Murphy Glenville Nov	28;38 Shane Simcox Raheny virtual Jan	36;17 Shane Simcox Adare virtual		119;23 Daire Mannion Cobh virtual	1;40;59 Nick Darmody Charleville Sept		3;49;21 Finbarr Wall Clonakilty Nov			
O 50		19;03 Colm Sheehan Newmarket Dec	26;48 Colm Sheehan Buttevant Nov	40;19 Denis Merritt Raheny virtual Jan	46;35 Barry Murphy Grange Dec		76;31 Darragh Wiley Mallow Virtual July	1;40;15 Darragh Wiley Charleville Sept		3;39;59 Darragh Wiley Clonakilty Nov			
O 55		19;48 David O Connor Mallow Parkrun Oct	27;16 David O Connor Daffidoll Day virtual Mar	35;53 Denis Cronin Allihies Sept	48;35 Michael Rea Adare Virtual Mar		74;36 Denis Cronin Galbally Aug	1;37;22 David Brophy Tralee Oct					
O 60		21;32 Sean Powell Adare Virtual Mar	33;14 Stephan Murphy Doneraile Nov	37;08 Sean Powell Raheny virtual Jan	59;50 Kevin Quilligan Grange Dec		87;11 Kevin Quilligan Mallow Virtual July	1;54;41 Steve Murphy Charleville Sept					
O 65		27;42 Tommy Sheehan Newmarket Dec	29;34 Neil Holland Daffidoll Day virtual Mar	35;37 Neil Holland Churchtown Aug	42;59 Neil Holland Dundrum July			1;55;14 Seamus Kelliher Charleville Sept					
O70		23;14 John Holland Newmarket Dec	32;00 John Holland Glenville Nov	40;49 John Holland Churchtown Aug	50;05 John Holland Dundrum July		89;03 John Holland Mallow Virtual July						
O75													
Female Overall		**18;17** **Breda Gaffney** **Bweeng Aug**	**24;43** **Lorraine Bolster** **Doneraile Oct**	**37;38** **Grainne Power** **Raheny virtual Jan**	**38;14** **Breda Gaffney** **Adare Virtual**		**78;41** **Lisa Finn** **Mallow virtual July**	**1;36;57** **Sharon Woods** **Charleville Sept**					
O 35		23;36 Catriona O Brien Bweeng Aug	31;55 Elaine O Callaghan Doneraile Oct	40;49 Niamh English Churchtown Aug	51;08 Claire Dorgan Adare virtual Mar		86;08 Niamh English Mallow virtual July						
O 40		18;32 Lorraine Bolster Adare virtual	24;43 Lorraine Bolster Doneraile Oct	38;37 Lisa Finn Raheny virtual Jan	44;49 Lisa Finn Adare Virtual Mar		78;41 Lisa Finn Mallow virtual July	1;41;50 Lisa Finn Charleville Sept					
O 45		18;17 Breda Gaffney Bweeng Aug	25;48 Breda Gaffney Daffidoll Day virtual Mar	40;53 Denise Cronin Raheny virtual Jan	38;14 Breda Gaffney Adare Virtual		85;13 Joan Ryan Mallow virtual July	1;36;57 Sharon Woods Charleville Sept					
O 50		22;26 Liz Palmer Bweeng Aug	29;04 Liz Palmer Daffidoll Day virtual Mar	39;14 Liz Palmer Raheny virtrual Jan	47;01 Liz Palmer Cobh virtual		79;49 Liz Palmer Cobh virtual Apr	1;50;02 Liz Palmer Pushing limits virtual Feb					
O 55		22;40 Kathleen Cronin Bweeng Aug	29;51 Kathleen Cronin Buttevant Nov	38;36 Kathleen Cronin Raheny virtual Jan	48;21 Kathleen Cronin Cobh virtual Apr		79;38 Kathleen Cronin Galbally Aug						
O 60													
O 65													