

Mallow AC All time best

Distance	5 K	4 Mile	5 Mile	10 K	7 Mile	10 Mile	1/2 Marathon	15 Mile	Marathon		Ultra		
Male Overall	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 198?	50:02 Pat Kerrigan Limerick 1982	1:08:45 Pat Kerrigan Limerick 1981	1:26:49 Pat Kerrigan Cork/Cobh 1981	2:24:56 Paul Moloney Valencia 2024	30 mile	4:15:00 Ger Buckley Sixmilebridge 2014		
O 40	15:10 Paul Moloney Marina 2024	19:56 Paul Moloney Castlelyons 2022	25:26 Paul Moloney Kinsale 2024	32:08 Paul Moloney Lee Road 2024	37:15 Paul Moloney Liscarroll 2022	53:06 Paul Moloney Cobh 2022	1:08:57 Paul Moloney Charleville 2024	1:35:37 Paudie Birmingham Cork/Cobh 2016	2:28:32 Paul Moloney Dublin 2022	50K	3:30:48 Anthony McGivney Donadea Feb	3:36:35 Paul Twomey Waterford Greenway 2023	
O 45	16:25 Shane Simcox Marina 2019	21:46 Shane Simcox Clonmel 2019	29:28 Jerry McCarthy .	34:54 Shane Simcox Beaufort 2020	44:34 Paudie Birmingham Lisscarroll 2019	57:21 Shane Simcox Dungarvan 2020	1:11:32 Paul Moloney Tralee 2024	1:39:50 Jerry McCarthy Cork/Cobh 2005	2:24:56 Paul Moloney Valencia 2024	36 mile	7:03:57 Michael Clancy Ballyhoura trail 2019		
O 50	17:50 Colm Sheehan Gas Networks 2023	23:11 Michael Murphy Haulbowline 2024	29:16 Donough Barrow Banteer 2022	37:43 Michael Murphy Dundrum 2024	46:22 Denis Sheehan Donoughmore 2015	61:10 Donough Barrow Mallow 2022	1:23:28 John Kelly Charleville 2022	1:45:29 Gerry McCarthy Cork/Cobh 2007	2:58:50 Peter Gaffney Clonmel 1990	37miles	7:11:18 Darragh Wiley Kerry way 2021	8:30:13 Ide Kelliher Kerry way 2021	10:43:57 Brendan McCarthy Kerry Way 2023
O 55	19:32 David O Connor Mallow 2022	25:56 John Holland Marina 2004	32:00 Peter Gaffney Carrigaline 1997	41:38 Denis Sheehan Adare 2018	51:14 Dermot O Sullivan Donoughmore 2024	65:52 Peter Gaffney Ballycotton 1996	1:31:41 Denis Sheehan Charleville 2017	1:49:54 Denis Cronin Cork/Cobh 2018	3:08:26 David Brophy Boston 2023	38miles	8:17:08 Brendan McCarthy Waterford Greenway 2023		
O 60	20:29 Neil Holland Bweeng 2017	27:03 Denis Cronin Castlelyons 2023	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	3:15:44 David Brophy Valencia 2024	39.3 mile	5:08:57 Joseph Cronin Connemara 2023	5:48:51 Adrian Ryder Connemara 2013	
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	72km	10:46:44 Joan Ryan Kealkill 2017		
O 70	22:40 John Holland Marina 2022	29:50 John Holland Killmallock 2022	37:14 Neil Holland Banteer 2024	48:20 Peter Gaffney Mardyke 2011	62:47 Peter Gaffney Donoughmore 2013	80:58 John Holland Mallow 2022	1:48:46 Peter Gaffney Blarney 2013	2:03:40 Peter Gaffney Cork/Cobh 2010	5:25:51 Peadar Curtis Cork June	50 mile	9:06:01 Denis Sheehan Dingle 2010		
O 75	24:05 John Holland Bweeng 2024	31:44 John Holland Haulbowline 2024	39:36 John Holland Kinsale 2024	50:15 John Holland Dundrum 2024	59:10 John Holland Donoughmore 2024	83:07 Peter Gaffney Fermoy 2015		2:20:03 Peter Gaffney Cork/Cobh 2015		100km	8:21:11 Paul Twomey Craigavon 2023		
O 80	46:41 Peter Gaffney Newmarket 2024												
Female Overall	17:42 Breda Gaffney Marina 2023	23:47 Breda Gaffney Kilmallock 2023	29:48 Margaret Murphy Kinsale 2018	37:29 Breda Gaffney Dundrum 2023	45:01 Margaret Murphy Donoughmore 2023	61:30 Mary Murphy Ballycotton 1994	1:24:50 Breda Gaffney Waterford G,way 2023	1:52:51 Sharon Woods Cork/Cobh 2015	3:10:55 Sharon Woods Frankfurt 2015	127km	19:12:00 Joan Ryan Wicklow Way 2024		
O 35	18:27 Margaret Murphy 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 CorkCobh 2010	3:13:45 Lorraine Bolster Frankfurt 2016	120+ mile	30:17:01 Michael Clancy Kerry Way 2021		
O 40	18:12 Mags Murphy Newmarket 2023	25:55 Sharon Woods Kiskeam 2017	30:28 Mags Murphy Kinsale 2023	39:07 Mags Murphy Castlelyons 2022	45:01 Mags Murphy Donoughmore 2023	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	24hr	142.33miles Paul Twomey Wexford 2023		
O 45	18:10 Breda Gaffney Marina 2022	24:12 Breda Gaffney Ballintotis 2022	30:18 Breda Gaffney Middleton 2022	38:26 Breda Gaffney Adare 2022	53:27 Lisa Finn Donoughmore 2023	64:30 Breda Gaffney Mallow 2022	1:34:30 Joanne McCann Charleville 2019	2:02:23 Caroline Kelly Brop Cork/Cobh 2014	3:21:17 Joanne McCann Dublin 2019				
O 50	17:42 Breda Gaffney Marina 2023	23:47 Breda Gaffney Kilmallock 2023	30:19 Breda Gaffney Banteer 2023	37:29 Breda Gaffney Dundrum 2023	56:33 Kathleen Cronin Donoughmore 2016	63:30 Breda Gaffney Kinsale 2023	1:24:50 Breda Gaffney Waterford G,way 2023	2:33:21 Meg Murphy Cork/Cobh 2017	3:19:25 Breda Gaffney Valencia 2024				
O 55	21:20 Eileen O Keefe Newmarket Dec	28:51 Eileen O Keefe Glenville 2024	38:18 Kathleen Cronin Kinsale 2019	47:58 Kathleen Cronin Caherconlish 2022	57:11 Kathleen Cronin Donoughmore 2019	78:17 Kathleen Cronin Dungarvan 2022	1:39:26 Eileen O Keefe Charleville 2024	2:12:51 Kathleen Cronin Cork/Cobh 2019	3:55:38 Carmel Nugent Dublin 2024				
O 60	22:53 Kathleen Cronin Bweeng 2022	30:04 Kathleen Cronin Killmallock 2022	37:08 Kathleen Cronin Kinsale 2022	47:06 Kathleen Cronin Dundrum 2022	55:54 Kathleen Cronin Donoughmore 2022	78:36 Kathleen Cronin Cork 2022	1:46:32 Kathleen Cronin Charleville 2022						
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%