

MALLOW AC

Pat Kerrigan

In the early 'seventies Mallow AC joined up with Banteer AC to form the one club, being now known as Mallow-Banteer AC. In 1977 Mallow reverted back to town and the club now formed was Mallow AC - as it is known today.

Pat Kerrigan took the secretary position in 1980 and at the time many of the elder members were not involved. Several younger athletes joined the club and at present there are in all some 25 registered active athletes.

The club promotes two road races in Mallow; the Folk Festival 4 Mile is usually held in late July or early August and always attracts large entries. Going to long distances - in 1981 a novel idea came up for a road race and born was the 'Mallow Metric Marathon' - a distance of 26 kilometres. At the first race there were 225 runners, that was in 1981. The following year there were 250 runners, in 1983, 350 and in 1984, 154. These were held in the month of September and with the drop in numbers the distance in 1985 was shortened to a 10 mile. The race has been held every year since and it is popular among athletes.

The club promoted the Cork County novice cross-country Championships in 1982 and the novice 'B' in 1983. The club has had a good record in athletics down the years with runners selected on Cork teams in cross-country and road championships. Many medals have been won - from National to Munster. The club were 3rd team in the National 25 kilometre Road Championships in Ennis in 1982 with Pat Kerrigan finishing 4th in the same race. In 1986 the club won the All-Ireland inter pub half marathon held in Limerick.

Most of the members have done the marathons in Cork and Dublin, also some have competed in the New York, London, Stockholm and Gotenborg marathons. Pat Kerrigan has won many races on the road, cross-country and track and has also competed in 12 marathons with a personal best of 2.32. Andy Neenan has a good record in road, cross-country and track and has also been selected on various Cork teams. He has also run several marathons and has a personal best of 2.33.

Peter Gaffney took silver in the National Marathons held in Clonmel in 1990 and 1993 in the over 50 category.

Eileen Lynam has been running for many years and has won many road and cross-country events. She took bronze in the National Marathon in the over 35 category, silver this year in the National 'vets' 800 metres and has won many medals with Cork in road and cross country.

John Robinson is another with a successful career on the roads, cross-country and track and has won medals at County, Regional and National level. Mary Murphy has been with the club for many years and has won many road races. She won the first ever womens 10k in Cork in 1983. Mary has also competed in marathons in Cork and Dublin.

Other members who compete are John Holland, Dan Nagle, Jerry McCarthy, Jerry Horgan, Jerome Riordan, Dan Byrne, Paddy Gyves, Eileen Guiney, Ann Gaffney, Catherine Moloney and John Flynn.