

Note to Road Race organisers – Due to the ever-increasing amount of road applications, dates may be held provisionally however full details will only be included upon receipt of completed permit application and fee.

**PROVISIONAL**

■ Cross Country

Updated 4<sup>th</sup> July 2018

[www.athleticsni.org](http://www.athleticsni.org)

Date	Event	Venue	Time	Contact	Officially Measured
<b>2018</b>					
<b>July 2018</b>					
Fri 6	Greyabbey 10k	Greyabbey Village Hall	7.30pm	Ray Murray 07432533515 <a href="mailto:raymond300@btinternet.com">raymond300@btinternet.com</a>	✓
Sun 8	The Great Rossa Run 2018	Arboe Parish Centre	10am	Shane Mallon 07557447436 <a href="mailto:shaneboe@hotmail.com">shaneboe@hotmail.com</a>	✓
Mon 9	Ballyvea FC 5k/10k	Silent Valley, Killeel	7pm	David Crutchley 07882739628 <a href="mailto:davidcrutchley16@gmail.com">davidcrutchley16@gmail.com</a>	
Weds 11	The Shore 10k	Quay St Killough	7.30pm	Joe Quinn 07933214894 <a href="mailto:Joemarathon50@btinternet.com">Joemarathon50@btinternet.com</a>	
Fri 13	Sea 2 Sky 5k & 10k	Newcastle Prom, opposite O'Hares Lounge Bars	10k Walk-6.30pm 10k & 5k-7.30pm	Gerard Rowe 07855586438/ 07712004543 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 14	Donut Run 5k	Wallace High School	2pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 15	JD Dance 5k	Main Street, Coalisland	10am	Paula McStravog 07719554332 <a href="mailto:Paula703@btinternet.com">Paula703@btinternet.com</a>	
Tues 17	Portaferry Gala 10 Mile Road Race	Cloghery Road, Portaferry, outside the Sports Centre	7.30pm	Mags Mathieson 07402785109 <a href="mailto:Mags.mathieson@yahoo.co.uk">Mags.mathieson@yahoo.co.uk</a> <a href="mailto:portaferry10mile@ntlworld.com">portaferry10mile@ntlworld.com</a> <a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	✓
Weds 18	Brackaghreilly Maghera 5 Mile Run and 3 Mile Walk	Brackaghreilly Hall	7.30pm	Frank McKeigue 07518574166 <a href="mailto:brackaghreilly@hotmail.co.uk">brackaghreilly@hotmail.co.uk</a>	
Fri 20	Dalriada Challenge	Altmore Street, Glenarm	7pm	Stephen Montgomery 077334174994 <a href="mailto:stmonty6@outlook.com">stmonty6@outlook.com</a>	
Sat 21	Blue Belle's 5k	Killyfaddy Road	11am	Stacey Hinfey 07909540391 <a href="mailto:Secretary.acornsac@gmail.com">Secretary.acornsac@gmail.com</a>	
Sat 21	Kennedy Kane McArthur Festival of Running- Dark Hedges Half Marathon	Knock Road, Dervock	10.45am	Kenneth Bacon 02827666925 <a href="mailto:k.bacon14@btinternet.com">k.bacon14@btinternet.com</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	✓
Sun 22	Run Belfast	Albert Clock, Belfast	8.50am	Conal Heatley 07787414776 <a href="mailto:conal@communitymultisport.org">conal@communitymultisport.org</a> <a href="http://www.communitymultisport.org">www.communitymultisport.org</a>	
Weds 25	RGU 10k and Relay	Ardglass Road, Downpatrick	7.30pm	Joe Quinn 07933214894 <a href="mailto:Joemarathon50@btinternet.com">Joemarathon50@btinternet.com</a>	✓
Tues 26	Fairness (IN) Fertility 5k	Old Railway Station, Foyle Road, Derry	7.30pm	Carmel Lynch <a href="mailto:carmellynch@hotmail.com">carmellynch@hotmail.com</a>	
Fri 27	Giants Trail Race	Upper Malone Playing Fields, Belfast	7pm	Brian Grimes 07876756173 <a href="mailto:Briangrimes234@gmail.com">Briangrimes234@gmail.com</a> <a href="http://www.dubrunners.club">www.dubrunners.club</a>	
Fri 27	Crossgar 10k	Monastery	7pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Fri 27	LacPatrick Milk Run (5 Mile)	Garryduff Road	7.30pm	Kenneth Bacon 02827666925 <a href="mailto:k.bacon14@btinternet.com">k.bacon14@btinternet.com</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	
Sat 28	Divis 10k	Divis Carpark	11am	Nuala Muldoon 07578521679	

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				<a href="mailto:Legiteventsni@gmail.com">Legiteventsni@gmail.com</a> <a href="https://www.facebook.com/events/169980343611873/">https://www.facebook.com/events/169980343611873/</a>	
Sat 28	Rossi 5k Run & Walk in Memory of Eoin Farrell & James Miskelly	Rostrevor	6pm	Martin McGinn 07515748278 <a href="mailto:info@therossi.co.uk">info@therossi.co.uk</a> <a href="http://www.therossi.co.uk">www.therossi.co.uk</a>	
Sat 28	Derrytresk 10k & 5k	Derrytresk Community Centre	10am	Aidan Campbell 07919912644 <a href="mailto:Secretary.derrytreskfiracnoic.tyrone@gaa.ie">Secretary.derrytreskfiracnoic.tyrone@gaa.ie</a>	
Mon 30	Broughshane 5k & 10k	Broughshane High Street	7pm	Robin Alexander 02825656319/ 07743543211 <a href="mailto:Robin65alexander@btinternet.com">Robin65alexander@btinternet.com</a> <a href="http://www.ballymenarunners.com">www.ballymenarunners.com</a>	
<b>August 2018</b>					
Wed 1	Crawfordsburn 5k Trail Race	Crawfordsburn Country Park	7.15pm	Clare Russell 07901823349 <a href="mailto:northdownac@gmail.com">northdownac@gmail.com</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	
Fri 3	Stanley Reid Memorial 5 Mile Classic	Loughry Campus, Cookstown	7.30pm	Mark Reid 07899002644 <a href="mailto:Alfredmark2002@yahoo.co.uk">Alfredmark2002@yahoo.co.uk</a> <a href="http://www.sperrinharriers.co.uk">www.sperrinharriers.co.uk</a>	✓
Sat 4	Delamont 10k	Delamont Car Park	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 4	Run the Trails, Mount Stewart Half Marathon & 10k	Mount Stewart National Trust	6.30pm	Chris Stevenson 07970831940 <a href="mailto:ardshalf@scrabostriders.com">ardshalf@scrabostriders.com</a>	✓
Sun 5	GymCo Feile 10k	GymCo Cityside, York Street	9am	Lindsay Abbott 02895600669/ 07753391887 <a href="mailto:manager@gymbelfast.co.uk">manager@gymbelfast.co.uk</a> <a href="http://www.gymbelfast.co.uk">www.gymbelfast.co.uk</a>	✓
Wed 8	Edwin May Nissan 5 Mile Classic	Coleraine Leisure Centre	7.30pm	Benny Knight 02870347202 <a href="mailto:Benny.knight@causewaycoastandglens.gov.uk">Benny.knight@causewaycoastandglens.gov.uk</a>	✓
Wed 8	Donaghadee 5k	The Harbour Donaghadee	7.30pm	Fiona Lemon 07739412777 <a href="mailto:runninginthedee@gmail.com">runninginthedee@gmail.com</a>	✓
Fri 10	Mallusk 5 Mile Road Race 2018 with Pizzarella	Academy Club, Mallusk Road	7.30pm	Leeanne Skillen 07961620715 <a href="mailto:malluskharriers@outlook.com">malluskharriers@outlook.com</a> <a href="http://www.malluskharriers.co.uk">www.malluskharriers.co.uk</a>	
Sat 11	Lecale Way 10k	Cable Bar, Ballyhornan	7pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 11	Slieve Croob Challenge	Peter Morgan's Cottage	10am	Declan McCann 07885736638 <a href="mailto:Declanmccann69@hotmail.com">Declanmccann69@hotmail.com</a>	
Sat 11	iCare Purple Run	Gosford Forest Park	11am	Cormac Gribben 02837511333 <a href="mailto:cgribben@hcil.com">cgribben@hcil.com</a> <a href="http://www.icarecharity.com">www.icarecharity.com</a>	
Sat 11	Run Groomsport	Groomsport Main Street	10am	Conal Heatley 07787414776 <a href="mailto:conal@communitymultisport.org">conal@communitymultisport.org</a> <a href="http://www.communitymultisport.org">www.communitymultisport.org</a>	
Thurs 16	Donaghmore 5 Mile	The Torrent Complex	7.30pm	Damian McCaul 02887769051/ 07825536580 <a href="mailto:damian@torrentcomplex.co.uk">damian@torrentcomplex.co.uk</a> <a href="http://www.torrentcomplex.co.uk">www.torrentcomplex.co.uk</a>	
Fri 17	Prosecco Run	Castle Ward	7pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Fri 17	5 Mile Trail Run	Fivemiletown College	7pm	Glenda Eagleson 02889522701/ 07765942356 <a href="mailto:Geagleson223@c2kni.net">Geagleson223@c2kni.net</a>	
Sat 18	Extern Dambusters	Silent Valley Mountain Park, Annalong	Walk- 10.30am HM/5k- 11am 10k- 12 noon	Gerard Rowe 07855586438/ 07712004543 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	✓
Sat 18	The Loughshore 5k & 10k Run	Kinturk Cultural Centre	12 noon	Camillius Quinn 07810293177 <a href="mailto:kinturkca@gmail.com">kinturkca@gmail.com</a>	
Sun	Stairway to Heaven	Cuilcagh Mountain	12 noon	Adrian Daye 07876560015	

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19		Park		<a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 19	Run Connswater 10k & 5k	CS Lewis Square	10am	Mel Boyle 07841496098 <a href="mailto:Mel.boyle@gmail.com">Mel.boyle@gmail.com</a> <a href="http://www.moveamuscle.com">www.moveamuscle.com</a>	
Sun 19	Carnmoney 5k & 1 Mile Fun Run	Knockenagh Avenue, Newtownabbey	11am	Nuala Muldoon 07578521679 <a href="mailto:legiteventsni@gmail.com">legiteventsni@gmail.com</a>	
Wed 22	Dessie's 10k Run	U3A Foyle	7pm	Gerry Lynch 07702006667 <a href="mailto:Gerry.lynch@hotmail.co.uk">Gerry.lynch@hotmail.co.uk</a>	
Fri 24	Portrush 5 Mile Road Race	Dunluce Road, Portrush	7.30pm	Mervyn Thompson <a href="mailto:Portrush5@gmail.com">Portrush5@gmail.com</a>	
Fri 24	Strangford Festival 10k	Stella Maris Street, Strangford	7pm	Brendan Kerr 07863900138 <a href="mailto:bkerr674@c2kni.net">bkerr674@c2kni.net</a>	
Sat 25	Rathlin Run 10 Mile & 5k	McCuigs Public House	1pm	Ryan Maxwell 07754718760 <a href="mailto:ryan@nirunning.co.uk">ryan@nirunning.co.uk</a> <a href="http://www.rathlinrun.com">www.rathlinrun.com</a>	
Sun 26	Storming The Castle	Amphitheatre Carrickfergus	2pm	Andrew Smyth 02893360754/ 07969031570 <a href="mailto:Smytha1@sky.com">Smytha1@sky.com</a> / <a href="mailto:stc@seaparkac.com">stc@seaparkac.com</a> <a href="http://www.seaparkac.com">www.seaparkac.com</a>	✓
Sun 26	Ballinderry Shamrocks 5k & 5 Miler	Shamrock Park	10.30am	Roisin Mullan 02886735899 <a href="mailto:littlebridge@btconnect.com">littlebridge@btconnect.com</a>	
Fri 31	Ards Lions Five Mile Challenge	Londonderry Park, Newtownards	7pm	John Neil McCormick 07720304667 <a href="mailto:ardsnthdownlions@aol.com">ardsnthdownlions@aol.com</a>	✓
Fri 31	Magheralin 5	Ballymacbredan Road, Magheralin	7.30pm	Fearghal Laverty 07867536478 <a href="mailto:Secretary.stmichaels.down@gaa.ie">Secretary.stmichaels.down@gaa.ie</a>	
Fri 31	Magherafelt Harriers 10k Classic	Meadowbank Sports Arena	7.30pm	Rodney Young 07966962828 <a href="mailto:rodney.y1969@gmail.com">rodney.y1969@gmail.com</a>	
<b>September 2018</b>					
Sat 1	Last One Standing Florence Court	Car Park area	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 2	Laganside 10k & 1 Mile Children's Race	Ormeau Park	1:15pm for Children 2pm for 10k	Matt Shields 07959569308 <a href="mailto:mattshields@gmail.com">mattshields@gmail.com</a> <a href="http://www.laganside10k.com">www.laganside10k.com</a>	✓
Sun 2	Waterside Half Marathon NI & Ulster Championship	Ebrington	10am	Jacqueline Whoriskey 02871376504 <a href="mailto:jacqueline.whoriskey@derrystabane.com">jacqueline.whoriskey@derrystabane.com</a>	✓
Sat 8	East Coast AC Larne 10k	Centre Point, Pound Street, Larne	11am	Ryan Maxwell 07754718760 <a href="mailto:ryan@nirunning.co.uk">ryan@nirunning.co.uk</a> <a href="http://www.larne10k.com">www.larne10k.com</a>	✓
Sat 8	Diva Dash (Ladies Only)	Carrickmore GFC	11am	Michael Kerr 02880760557/ 07444348676 <a href="mailto:carmenrunners@hotmail.co.uk">carmenrunners@hotmail.co.uk</a>	
Sat 8	Tannaghmore 10k	Tannaghmore Primary School	12 noon	Gerard Magee 07979245316 <a href="mailto:gerardmageeantrim@gmail.com">gerardmageeantrim@gmail.com</a>	
Sat 8-Sun 9	Run In The Park	Ward Park Bowling Pavillion	12 noon	Gordon Matchett 07595221404 <a href="mailto:Gordonbt19@gmail.com">Gordonbt19@gmail.com</a>	
Sun 9	Alps 10k & 5k	Downpatrick Cricket Club	2pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 15	Tafelta AC- Ten Mile Race	Meadowbank Sports Arena	12 noon	Francis Purvis 07597595831 <a href="mailto:francispurvis@hotmail.co.uk">francispurvis@hotmail.co.uk</a> <a href="http://www.klubfunder.com/clubs/tafelta_ac">www.klubfunder.com/clubs/tafelta_ac</a>	
Sat 15	O'Brien Challenge	Davagh Forest	12 noon	David O'Brien 02879469710/ 07596088657 <a href="mailto:obrien56@icloud.com">obrien56@icloud.com</a>	
Sun 16	Centra Run Together Pairs Event- Palace Demense Armagh	Palace Demense, Armagh	10am	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://www.centra.co.uk/runtogether">www.centra.co.uk/runtogether</a>	
Sun 16	Tower of the Lake	The Courtyard Clandeboye Estate, Bangor	2.30pm	Chris Stevenson 07970831940 <a href="mailto:stevensonlighting@hotmail.com">stevensonlighting@hotmail.com</a>	
Sun	Deep RiverRock Belfast City	Ormeau Park	9am	Marathon Office 02890605933	✓

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23	Half Marathon			<a href="mailto:Info@belfastcitymarathon.org">Info@belfastcitymarathon.org</a> <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a>	
Sun 23	McGrady Junior XC Race 1	Castlewellan Forest Park	1pm	Pauline McCauley 07803203650 <a href="mailto:juniors@newcastleac.org">juniors@newcastleac.org</a>	
Sat 29	NI & Ulster Championship Bangor 10k	Castle Park, Bangor	11am	Clare Russell 07901823349 <a href="mailto:northdownac@gmail.com">northdownac@gmail.com</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	✓
Sat 29	Annaghmore Running Festival	Annaghmore Community Hall	10am	Konrad McNeice 07810533799 <a href="mailto:Konrad79@hotmail.com">Konrad79@hotmail.com</a>	
Sat 29	The Brocagh School Run 5k & 10k	St Brigid's PS, Brocagh	11:30am	Brian Kelly 02887738261/ 07856495065 <a href="mailto:Bkelly404@c2kni.net">Bkelly404@c2kni.net</a>	
Sun 30	Cavehill 5 Mile	Antrim Road, Newtownabbey	11am	Nuala Muldoon 07578521679 <a href="mailto:legiteventsni@gmail.com">legiteventsni@gmail.com</a> <a href="https://www.facebook.com/events/1055467794591702">www.facebook.com/events/1055467794591702</a>	
<b>October 2018</b>					
Sat 6	NI & Ulster Road Relay Championships	Victoria Park	Various	Robin Montgomery 07717531141 <a href="mailto:robinmontgomery@btinternet.com">robinmontgomery@btinternet.com</a> <a href="http://www.orangegroveac.co.uk/relays">www.orangegroveac.co.uk/relays</a>	
Sat 13	Saintfield 10k & 5k	Comber Street	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 13	NIMAA XC Trial	Queen's Playing Fields	11.30am	Elizabeth Watt 07816895746 <a href="mailto:lizwatt@doctors.org.uk">lizwatt@doctors.org.uk</a>	
Sun 14	Armagh 10 Mile Road Race & 4 Mile Fun Challenge	The Navan Centre, Armagh	12 noon	Edel Ferson 02837529636 <a href="mailto:Edel.ferson@armaghbanbridgecraigavon.gov">Edel.ferson@armaghbanbridgecraigavon.gov</a> <a href="http://www.getactiveabc.com">www.getactiveabc.com</a>	
Sat 20	St Mary's Primary Killyclogher 10k & 5k Run	Cappagh Parich Hall, Omagh	11.30am	Patricia Campbell 07745407917 <a href="mailto:pdcampbell@btconnect.com">pdcampbell@btconnect.com</a>	
Sat 20	Fergals 10 Miler	Davagh Forest	12 noon	Stacey Hinfey <a href="mailto:Secretary.acornsac@gmail.com">Secretary.acornsac@gmail.com</a>	
Sun 21	Centra Run Together Pairs Event- Ormeau Park	Ormeau Park	10am	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://www.centra.co.uk/runtogether">www.centra.co.uk/runtogether</a>	
<b>November 2018</b>					
Sat 3	84 <sup>th</sup> McConnell Shield	Sixmilewater Park, Ballyclare	12.45pm	Jeanette Burton 07801435183 <a href="mailto:Jeanette111@sky.com">Jeanette111@sky.com</a> <a href="http://www.eastantrimharriersac.co.uk">www.eastantrimharriersac.co.uk</a>	

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