

## Athletics Northern Ireland Cross Country & Road Running Fixtures 2022 – PROVISIONAL

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.

Cross Country ■ Ultra Running ■ Mountain Races ■

Updated 4<sup>th</sup> August 2022

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

Date	Event	Venue	Time	Contact	Officially Measured
<b>2022</b>					
<b>August 2022</b>					
Fri 5	Co Down 5k	Downpatrick Town Centre	7.30	Andrew Telford 07771985042 <a href="mailto:andrewtel84@gmail.com">andrewtel84@gmail.com</a>	
Fri 5	Mallusk Harriers 5 Mile Road Race	Academy Club, Mallusk Road	7.30pm	Leanne 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 6	Sperrin Harriers 5 Mile Classic Stanley Reid Memorial & Family Fun Run	Loughry Campus	12noon (11.15am for fun run)	Mark Reid 07899002644 <a href="http://www.sperrinharriers.co.uk">www.sperrinharriers.co.uk</a> <a href="mailto:alfredmark2002@yahoo.co.uk">alfredmark2002@yahoo.co.uk</a>	✓
Sat 6	Run the Trails at Mount Stewart	Mount Stewart, Newtownards	6pm	Chris Stevenson <a href="mailto:scrabostriders@gmail.com">scrabostriders@gmail.com</a>	
Sat 6	Seven Sevens	Shimna Integrated College, Newcastle	10am	James Brown 07802691540 <a href="mailto:Jimbrown73342@aol.com">Jimbrown73342@aol.com</a>	
Sun 7	Feile 10k	Malone Integrated College, Belfast	9am	West Belfast Coolers Paula Hewitt 07712524000 <a href="mailto:wbcoolers@gmail.com">wbcoolers@gmail.com</a>	
Mon 8	Broughshane 5 & 10k	Broughshane Community Centre, Broughshane	7pm	NI Mountain Rescue Team <a href="mailto:graeme933@btinternet.com">graeme933@btinternet.com</a> 07900192356	
Fri 12	Connswater 5 Mile Challenge	CS Lewis Square, Belfast	7pm	Gary Keenan 07808276244 <a href="mailto:Keenanq1963@gmail.com">Keenanq1963@gmail.com</a> <a href="http://www.vpcac.com">www.vpcac.com</a>	
Sat 13	Dambusters 10mi/10k/5k	Silent Valley Mountain Park	10.30am	Jane Rowe <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 13	Florence Court Last One Standing	Florence Court	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 14	Rock the Lakes and Lough	South Lakes Leisure Centre, Craigavon	9.30am	St Peter's AC Paul Moore 07767135144 <a href="mailto:mfamily.mf@gmail.com">mfamily.mf@gmail.com</a>	
Wed 17	Purple Ladies 5k	Joey Dunlop Leisure Centre, Ballymoney	7.30pm	Kenneth Bacon 07753289528 <a href="mailto:k.bacon14@btinternet.com">k.bacon14@btinternet.com</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	
Thurs 18	Scrabo Race	Scrabo Country Park, Newtownards	7pm	Andrew Wallace 07807777474 <a href="mailto:andrew.wallace@talktalk.net">andrew.wallace@talktalk.net</a> <a href="http://www.ballydrainharriers.co.uk">www.ballydrainharriers.co.uk</a>	
Fri 19	The Bob & Berts Gortin	Gortin Forest Park	7.15pm	Andrew Scott 07823774864	

	Forest 5k & 10k			<a href="mailto:info@runtheraceseries.com">info@runtheraceseries.com</a> <a href="http://www.runtheraceseries.com">www.runtheraceseries.com</a>	
Sat 20	The Quinn Estate Agents 6/12 Hour & 5k/10k Races	Montalto Estate, Ballynahinch	6pm	George McGonigal 07905556173 <a href="mailto:info@gaithouseevents.com">info@gaithouseevents.com</a> <a href="http://www.gaithouseevents.com">www.gaithouseevents.com</a>	
Sun 21	Storming the Castle	Amphitheatre Carrickfergus	1.30pm	Andy Smyth 07969031570 <a href="http://www.seaparkac.com">www.seaparkac.com</a> <a href="mailto:stormcastle800@gmail.com">stormcastle800@gmail.com</a>	✓
Sun 21	Crebilly 5k	All Saints GAC, Ballymena	10am	John Hasson 07771987696 <a href="mailto:Johnhasson01@gmail.com">Johnhasson01@gmail.com</a>	
Fri 26	Portrush 5 Mile	West Strand, Portrush	7.30pm	Mervyn Thompson <a href="mailto:portrush5@gmail.com">portrush5@gmail.com</a>	
Fri 26	Ards 5 Mile	Londonderry Park, Newtownards	7pm	Hannah Robinson 07970593655 <a href="mailto:newtownardshm@gmail.com">newtownardshm@gmail.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Fri 26	Strangford Festival 10k Race and 5k Fun Run	Strangford	7pm	Brendan Kerr 07863900138 <a href="mailto:bkerr674@c2kni.net">bkerr674@c2kni.net</a> <a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	
Sat 27	Antrim Coast Half Marathon Classic Street Mile & Kids Mile Run	Main Street, Larne	7.30pm	Ruth McIlroy 07929333982 <a href="mailto:ruthmoore844@btinternet.com">ruthmoore844@btinternet.com</a> <a href="http://www.antrimcoasthalfmarathon.com">www.antrimcoasthalfmarathon.com</a>	
Sun 28	Antrim Coast Half Marathon	Coast Road, Larne	Elite: 9am Mass: 11am	Ruth McIlroy 07929333982 <a href="mailto:ruthmoore844@btinternet.com">ruthmoore844@btinternet.com</a> <a href="http://www.antrimcoasthalfmarathon.com">www.antrimcoasthalfmarathon.com</a>	✓
<b>September 2022</b>					
Fri 2	GRC Coastal 5k	Branch Road, Carnlough	7pm	Stephen Montgomery 07734174994 <a href="mailto:stmonty6@outlook.com">stmonty6@outlook.com</a> <a href="http://www.glenloughrunningclub.com">www.glenloughrunningclub.com</a>	
Sat 3	Run Fintona Run	Fintona Pearses Club, Fintona	11am	Clodagh Maguire 07845046250 <a href="mailto:haggie_38@hotmail.com">haggie_38@hotmail.com</a>	
Sat 3	Last Strider Standing 2022	The Bunkhouse, Castleward	12noon	George McGonigal 07905556173 <a href="mailto:georgemcgonigal17@gmail.com">georgemcgonigal17@gmail.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Sun 4	Waterside Half Marathon	Ebrington Square, Derry/Londonderry	9.30am	Catherine Ashford 07591987180 <a href="mailto:catherine.ashford@derrystrabane.com">catherine.ashford@derrystrabane.com</a> <a href="https://www.derrystrabane.com/whm">https://www.derrystrabane.com/whm</a>	
Sun 4	Laganside 10k	Ormeau Park	2pm	Diane Taylor <a href="mailto:Dianetaylor611@googlemail.com">Dianetaylor611@googlemail.com</a> <a href="http://www.laganside10k.com">www.laganside10k.com</a>	
Tues 6	Mill Hill Mile	Annsborough	7pm	Deon McNeilly <a href="mailto:info@newcastleac.org">info@newcastleac.org</a>	
Fri 9	Portaferry 10k (previously: Abis Butterfly Breeze)	Portaferry GAC	6.30pm	Andrew Brodie 07739071472 <a href="mailto:brodieandrew35@gmail.com">brodieandrew35@gmail.com</a>	
Fri 9	Les Jones Memorial 5k	Mary Peters Track	7:00pm	Athletics NI 028 9060 2707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a> <a href="http://www.athleticsni.org">www.athleticsni.org</a>	✓
Sat 10	Lecale Way Ultra	Slieve Donard Hotel Beach, Newcastle	7am	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk/werunwild.com">www.atlasrunning.co.uk/werunwild.com</a>	
Sun 11	Whitespace NI Ultra Running 50k/100k Championships	South Lakes Leisure Centre, Craigavon	7am	Adrian Daye 07876560015 <a href="mailto:adrian.daye@sky.com">adrian.daye@sky.com</a>	
Sun 11	Run NI Birthday 5k	Mary Peters Track	7:00pm	Run NI 028 9060 2707 <a href="mailto:runni@athleticsni.org">runni@athleticsni.org</a> <a href="http://www.runni.org">www.runni.org</a>	✓
Sun 11	Centra Run Together	Palace Demesne, Armagh	10am	Beth Healy 07891050866 <a href="mailto:beth@pioneer-group.co.uk">beth@pioneer-group.co.uk</a>	

Sun 18	Mash Direct Belfast City Half Marathon	Ormeau Park	9am	Belfast City Marathon 02890726130 <a href="mailto:info@belfastcitymarathon.org">info@belfastcitymarathon.org</a> <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a>	✓
Sat 24	NI & Ulster Championship Bangor 10k	Castle Park, Bangor	10am	Clare Russell 07901823349 <a href="mailto:events@northdownac.co.uk">events@northdownac.co.uk</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	✓
Sat 24	Annaghmore Running Festival	Annaghmore Clubrooms, Annaghmore	10am	Konrad McNeice 07810533799 <a href="mailto:Konrad79@hotmail.com">Konrad79@hotmail.com</a>	
Sun 25	TJ McElmeel XC	Palace Demesne, Armagh	12.30pm	Armagh AC/Mark McKeown 07773743856 <a href="mailto:mmktyross@yahoo.co.uk">mmktyross@yahoo.co.uk</a>	

### October 2022

Sat 1	NI & Ulster Road Relay Championships	Victoria Park, Belfast	12noon	Gary Keenan 07808276244 <a href="mailto:Keenang1963@gmail.com">Keenang1963@gmail.com</a> <a href="http://www.vpcac.com">www.vpcac.com</a>	
Sun 2	Mary Peter's Running Festival	Balmoral Park, Lisburn	10am	Glenn Grant 07720081053 <a href="mailto:championchireland@googlemail.com">championchireland@googlemail.com</a>	
Sun 9	Armagh 10 Mile Road Race & 4 Mile Fun Run	Navan Centre, Armagh	10am	Mark McKeown 07773743856 <a href="mailto:mmktyross@yahoo.co.uk">mmktyross@yahoo.co.uk</a>	
Sun 9	Craigavon Lakes 5k & 10k	TBC	TBC	Pending Permit	
Sat 15	Dundrum Gr8	TBC	TBC	Pending Permit	
Sun 16	Centra Run Together	Ormeau Park, Belfast	10am	Beth Healy 07891050866 <a href="mailto:beth@pioneer-group.co.uk">beth@pioneer-group.co.uk</a>	
Sat 22	NI & Ulster Even Age Group Championships & Bobby Rea International Cross Country	TBC	TBC	Pending Permit	
Sun 30	Saintfield 10k & 5k	Saintfield Cricket Club, Saintfield	2pm	Saintfield Striders/Adrian Daye <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.saintfieldsportsclub.co.uk">www.saintfieldsportsclub.co.uk</a>	

### November 2022

Sat 5	Born2Run Minnowburn	Minnowburn	TBC	Pending Permit	
Sat 5	McConnell Shield XC	Sixmilewater, Ballyclare	2pm	Vivien Davidson 07725912991 <a href="mailto:vivien_davidson@yahoo.co.uk">vivien_davidson@yahoo.co.uk</a> <a href="http://www.eastantrimharriersac.co.uk">www.eastantrimharriersac.co.uk</a>	
Sun 6	NI & Ulster Uneven Age Group & Novice Cross Country Championships	TBC	TBC	Pending Permit	
Sat 26	Born2Run Loughgall	Loughgall	TBC	Pending Permit	

### December 2022

Sat 3	Atlas Running Party 5k	Florida Manor, Killinchy	1pm	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>	
Mon 26	Turkey Trot	TBC	TBC	Pending Permit	

### January 2023

Sun 1	Race Over The Glens	TBC	TBC	Pending Permit	
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