

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 5th June 2019

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2019					
June 2019					
Wed 5	Fairhill 5 Mile Road Race	Braid Centre, Ballymena	7pm	James Turtle 07813123979 jamesturtle@btinternet.com www.ballymenarunners.org	
Wed 5	Craigavon Lakes 10k, 5k & 1k Family Run	Craigavon Civic Centre	6.45pm	Tony Hamill 02838326606 tony.hamill@armaghbanbridgecraigavon.gov.uk www.getactiveabc.com	
Fri 7	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Fri 7	Taking the Tower 10K	S.E.A.L Training & Fitness	7pm	Michael Barton 07894119276 leader@sealtrainingfitness.co.uk	
Sat 8	Killyclogher 10k	Killyclogher GAA	11am	Peter O’Kane 07760330570 chairperson.killyclogher.tyrone@gaa.ie www.killycloghergaa.com	
Sat 8	Enniskillen 10k	Fermanagh Lakeland Forum	2pm	Chris Elliott 07872419087 chris.elliott@fermanaghmagh.com www.enniskillen10k.com	✓
Sun 9	Centra Run Together Bangor	Ward Park	10am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Sun 9	St Colmcille’s 5k Fun Run	Cumber House, Claudy Country Park	10am	Briege O’Neill 02871338419/ 07742283449 boneill235@stcolmcilles.claudy.ni.sch.uk www.school-sites.org/stcolmcillesclaudy/site/	
Tues 11	Woodburn Forest Series	Anglers Car Park, Woodburn Forest	7.30pm	Andrew Smyth 02893360754/ 07969031570 smytha1@sky.com www.facebook.com/woodburnforestseries	
Wed 12	Centra Run Together Derry	Quayside	7pm	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Fri 14	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Sat 15	Stunners N Runnerz 5k	Drum Manor Forest	11am	Tanya Quinn 07873848493 tanyab4@hotmail.co.uk www.sperrinharriers.co.uk	
Sat 15	Run For Roscor	Shane’s Castle	11am	Carol McMenamin 07712004543 info@born2runevets.com	
Wed 19	Lisburn Half Marathon, 10k & Fun Run	Lagan Valley LeisurePlex	6.45pm	Adrian Baron 02892509556 adrian.baron@lisburncastlereagh.gov.uk	✓
Thur 20	Grant Thornton Runway Run	Belfast City Airport	11pm	Athletics NI 02890602707 info@athleticsni.org	
Fri 21	Lisburn & Castlereagh City Council Summer Cross Country Challenge	TBC	TBC	Pending Permit	
Fri 21	Comber 10k Road Race	Castle Lane, Comber	7.30pm	Valerie Martin 07834522679 ballydrainharriers@outlook.com www.ballydrainharriers.co.uk	
Fri 21	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Sat 22	Dromore Community 5k & 10k	Town Clock, Main Street Dromore	12 noon	Dermot Montague 02882898213 dfmont@btinternet.com	✓

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Sat 22	Loup 5 Mile & 5K	Loup Crossroads	10.15am	Martin Bradley 07879885669 martybradley@hotmail.com	✓
Sat 22	Friends of St Patricks 5K & 10K	Church Street Maghera	9.30am	Julian McGale 07776201045 jmcgale@c2kni.net	
Sat 22- Sun 23	Energia 24 Hr International Race	Victoria Park	12 Noon	Ed Smith 07740818389 Ed_n_smith@hotmail.com	
Weds 26	St Patrick's Academy 5k Run	St Patrick's Academy, Dungannon	7pm	Joseph Kelly 02887727400/ 07786608005 jkelly073@c2kni.net	
Thurs 27	The bob&berts North Coast 10k & 5k	East Strand Watersports Centre, Portrush	7.30pm	Andrew Scott 07823774864 andy@sportsacademygeorge.com www.northcoast10k.com	✓
Fri 28	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Fri 28	Newell 10k & 5k	Lineside Coalisland	7.30pm	Sean Boyle 02887741818 floor.coalisland@newellstores.com	✓
Fri 28	Newtownards Half Marathon	Newtownards Leisure Centre	6.30pm	Hannah Robinson 07970593655 newtownardshm@gmail.com www.scrabostriders.com	✓
Sat 29	Larne AC Coastal Marathon	Larne Leisure Centre	9am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓
Sun 30	Children's Cancer Unit Stormont Mile	Stormont Estate	12.30pm	Stuart Kennedy 07796957784 stuartkennedy44@gmail.com www.childrenscancerunit.com	
Sun 30	EAMS Skools Out	TBC	TBC	Pending Permit	
July 2019					
Fri 5	Ballyhegan Park N Stride 5k & 10k	Ballyhegan Park, Kilmore	7.30pm	Shane O'Hanlon 07748677210 shane.ohanlon@intertradeireland.com	
Fri 5	Greyabbey 10k & 5k	Greyabbey Village Hall	7.30pm	Raymond Murray 07432533515/ 02842788600 Raymond300@btinternet.com www.scrabostriders.com	
Fri 5	Ford 5k	Bryansford GAC	7.30pm	Richard Rogers 07584292495 rodgers63@icloud.com www.newcastleac.org	
Sat 6	Delamont 5x 5k Relays	TBC	TBC	Pending Permit	
Sun 7	The Great Rossa Run 2019	Ardboe Parish Centre	10am	Shane Mallon 07557447436 thegreatrossarun@gmail.com	
Tues 9	Ballyvea FC 10k & 5k	Silent Valley Car Park	7pm	David Crutchley 07882739628 davidcr@cefireland.com	
Cancelled	The Shore 10k	Quay Lane Killough	7.30pm	Joe Quinn 07395814122 jaykwin69@gmail.com	
Tues 16	Portaferry Gala 10 Mile Race	Cloughey Road, Portaferry	7.30pm	Mags Mathieson 07402785109 mags.mathieson@yahoo.co.uk www.portaferrygala.co.uk	
Fri 19	Sea 2 Sky 10k & 5k	Newcastle Leisure Centre	6.30pm	Gerard Rowe 07712004543/ 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 20	Acorns AC Bluebellies 5k (ladies only)	Lough Fea Cookstown	11am	Oliver Murphy 07749013642 secretary.acornsac@gmail.com	
Fri 26	Giant's Trail Race	Queen's Sport, Dub Pavilion	7pm	Ronan O'Flaherty race@dubrunners.club www.dubrunners.club/race	
Fri 26	Lakeland Dairies Milk Run	Joey Dunlop Leisure Centre	7.30pm	Kenny Bacon 02827666925 k.bacon14@btinternet.com www.springwellrunners.co.uk	✓
Sat 27	Derrytresk 10k & 5k	Derrytresk Community Centre	10am	Aidan Campbell 07919912644 aidan@ruralcommunitynetwork.org	
Sat 27	Crossgar 10k	TBC	TBC	Pending Permit	
Wed	Donaghadee 5k	The Harbour	7.30pm	Fiona Lemon	✓

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31		Donaghadee		runninginthedee@gmail.com	
August 2019					
Fri 2	Sperrin Harriers Stanley Reid Memorial 5 Mile Classic	TBC	TBC	Pending Permit	
Sat 3	Run The Trails Mount Stewart Half Marathon & 10k	Mount Stewart House	6pm	Chris Stevenson 07970831940 chris.stevenson@sylvania-lighting.com	
Sat 3	Dark Hedges Half Marathon	Recreation Grounds, Dervock	11am	Kenny Bacon 02827666925 k.bacon14@btinternet.com www.springwellrunners.co.uk	
Sun 4	Run For Fionntain (10k & 5k)	St Trea's GAA, Ballymaguigan	10.45am	Niall McPeake 02879639660 niallmcpake3@btinternet.com	
Mon 5	Broughshane 5 & 10K	Broughshane Community Centre	7pm	Graeme Stainbridge 07900102356 graeme933@btinternet.com www.nwmrt.org	
Weds 7	Ardglass 10k & 5k	TBC	TBC	Pending Permit	
Weds 7	Crawfordsburn 5k	Crawfordsburn Countryside Centre	7.30pm	Clare Russell 07901823349 events@northdownac.co.uk www.northdownac.co.uk	
Fri 9	Mallusk Harriers 5 Mile	Academy Club Mallusk Road	7.30pm	Leanne Skillen 07961620715 malluskharriers@outlook.com	
Sat 10	Slieve Croob 5k & 10k Challenge	Peter Morgan's Cottage, Finnis, Dromara	10am	Declan McCann 07885736638 Declanmccann69@hotmail.com www.dromara.weebly.com	
Weds 14	Edwin May Nissan 5 Mile Classic	Coleraine Leisure Centre	7.30pm	Brian Tohill 02870347202 brian.tohill@causewaycoastandglens.gov.uk	✓
Fri 16	Connswater 5 Mile Challenge	CS Lewis Square	7pm	Gary Keenan www.connswater5.com	
Fri 16	FMT 5 Miler	Fivemiletown College	7pm	Glenda Eagleson 02889522701 geagleson223@c2kni.net	
Fri 16	Prosecco 5k	TBC	TBC	Pending Permit	
Sat 17	Extern Dambusters	Silent Valley Mountain Park	11am	Gerard Rowe 07712004543/ 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 17	Ballinderry Road Race	Ballinderry Shamrocks GAC	11am	Roisin Mullan 02886735899/ 07513866597 littlebridge@btconnect.com	
Sat 17	Lecale Way 10k	TBC	TBC	Pending Permit	
Weds 21	Dessie's Run 10k	Gransha Park	7pm	Gerry Lynch 07702006667 gerry.lynch@hotmail.com www.derry-spartans.com	
Thur 22	Maghera 5K	St Lurach Centre	7.30pm	Samantha Convery 07526477697 Samanthataylor21@yahoo.com	
Fri 23	Portrush 5 Mile Road Race	West Strand Promenade, Portrush	7.30pm	Mervyn Thompson portrush5@gmail.com	
Fri 23	Moneymore 5	TBC	TBC	Pending Permit	
Fri 23	Strangford Festival 10k	Stella Maris Street	7pm	Brendan Kerr 07863900138 bkerr674@stgenevieves.belfast.ni.sch.uk	
Sat 24	Rathlin Run 10 Mile & 5k	McCuiigs Public House	10 miles- 1pm 5k- 1.10pm	Ryan Maxwell 07754718760 ryan@nirunning.co.uk	
Sun 25	Fresh Air Fresh Mind 5k	Victoria Park	10.30am	Fara Atiya fara.atiya@lloydsbanking.com	
Sun 25	Storming The Castle	Carrickfergus Amphitheatre	2pm	Andrew Smyth 07969031570 smytha1@sky.com stc@seapark.com	✓
Sun 25	Lurgan Lakes & Lough	Discovery Centre Oxford Island	11am	Paul Moore 07767135144 mfamily.mf@gmail.com	
Tues 27	East Antrim Interclub Race	Knockdhu Car Park	7.15pm	William Thompson 07715972115 williamthompson06@hotmail.co.uk www.larneac.co.uk	

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Fri 30	Ards Lions 5 Mile Challenge	Londonderry Park	7pm	Hannah Robinson 07970593655 scrabostriders@gmail.com www.scrabostriders.com	
Fri 30	Magheralin 5	Ballymacbredan Road	7pm	Fearghal Laverty 07867536478 secretary.stmichaels.down@gaa.ie	
Sat 31	Fields of Life Stormont 10k, 5k & 1k	Prince of Wales Avenue, Stormont	11am	Helen D'Arcy 02892636200 helen.darcy@fieldsoflife.org www.fieldsoflife.org	
Sat 31	Last One Standing	TBC	TBC	Pending Permit	
September 2019					
Sun 1	Laganside 10k	Ormeau Park	2pm	Matt Shields 07595269308 mattmshields@gmail.com www.northbelfastharriers.com	
Sat 7	East Coast AC Larne 10k (Junior 800m Race)	Centre Point, Pound Street, Larne	11am	Ryan Maxwell 07754718760 ryan@nirunning.co.uk	
Sat 7 – Sun 8	Run In The Park	Bowling Pavilion, Ward Park	12 noon	Mags Mathieson 07402785109 mags.mathieson@yahoo.co.uk	
Sat 14	Eva's Adventure Run	TBC	TBC	Pending Permit	
Sat 14	Tannaghmore 10k	TBC	TBC	Pending Permit	
Sun 15	Centra Run Together Armagh	Palace Demense	10am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Sun 22	Deep RiverRock Belfast City Half Marathon	Ormeau Park	9am	Marathon Office 02890605933 info@belfastcitymarathon.org www.belfastcitymarathon.com	✓
Sat 28	NI & Ulster Championship Bangor 10K	Castle Park	10am	Clare Russell 07901823344 events@northdownac.co.uk	✓
Sat 28	Annaghmore Running Festival	Annaghmore Community Hall	10am	Konrad McNeice 07810533799 konrad79@hotmail.com	
Sun 29	Albertville 100 Years 4 Miler	Duncrue Road	12 noon	Jenny Hamilton 07769748979 Jennyhamilton83@gmail.com www.albertvilleharriers.org	✓
October 2019					
Sat 5	NI & Ulster Road Relay Championships	Belfast Victoria Park	11.10am	Darren Houston 07891402553 darrenhouston@hotmail.co.uk	✓
Sat 12	NI Masters XC Championships and Trials	TBC	TBC	Pending Permit	
Sun 13	Armagh 10 Mile RR & 4 Mile Fun Challenge	The Navan Centre, Armagh	12 noon	Edel Ferson 02837529636/ 0775868463 edel.ferson@armaghbanbridgecraigavon.gov www.getactiveabc.com	
Sat 19	Comber Cup	Billy Neill Playing Fields	10am	Valerie Martin 07834522679 ballydrainharriers@outlook.com www.ballydrainharriers.co.uk	
Sun 20	Centra Run Together Belfast	Ormeau Park	9am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
November 2019					
Sun 3	EAMS Halloween Frightener	TBC	TBC	Pending Permit	
Sat 30	Seeley Cup	TBC	TBC	Pending Permit	

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