

Athletics Northern Ireland Cross Country & Road Running Fixtures 2023 – 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 ■ Postponed ■

Updated 6th March 2023

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
March 2023					
Mon 6	Clogher Valley PS XC	Augher Playing Fields	10am	Donna McKenna 07817371648 knockmanyrunningclub@hotmail.com	
Fri 10	Coleraine Campus NI & Ulster 5k Championships	Ulster University, Coleraine	7pm	Ryan Galway 07795088524 rjgalway89@live.co.uk	✓
Sat 11	Walled City 10 Mile Road Race	Running Track St Columbs Park	10.30am	Gerry Lynch 07702006667 Gerry.lynch@hotmail.com www.thederrymarathon.com	
Sat 11	Glenariff Mountain Race	Glenariff Community & Recreation Centre	12noon	Jonny Steele 07539621300 jonathansteele@gmail.com	
Sun 12	Portadown Running Festival 10K & Half Marathon	South Lakes Centre	1pm	Stephen McMorris 07785788895 Stephen.mcmorris@globeweigh.com	✓
Sun 12	Jimmy's 10	Downpatrick	10.30am	East Down AC racedirector@eastdownac.co.uk	✓
Fri 17	SPAR Craic 10k	Belfast City Hall	9am	Aisling Events: Connla McCann 07517468844 c.mccann@aisling-events.com www.aisling-events.com	✓
Fri 17	Altamuskin 5	Altamuskin Community Centre	12 noon	Michael Broderick 07753615161 info@altamuskin.com	
Sat 18	Slieve Gullion Mountain Race	North side of Slieve Gullion mountain	12pm	Lorcan Vallely 07963073737 lorcanc@outlook.com	
Sun 19	Clogher Valley 5k	Clogher Valley Community Centre	10am	Marie Treanor 07759465973 marietreanor@hotmail.co.uk	
Thur 23	Queen's 5k	Annadale Embankment	6:30pm	Catrina Edington 02890681126 athletics@gub.ac.uk www.queenssport.com	✓
Fri 24	City of Lisburn 5K	Bow Street Lisburn	7pm	Atlas Running Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	✓
Sat 25	10 Miler Coast Road Run	Larne Town	10am	William Thompson 07715972115 williamthompson06@hotmail.co.uk https://larneathleticclub.com/	✓
Sat 25	Mourne Marauder	Donard Park	11am	Ian Taylor 02890280790 ir.taylor@ntlworld.com	
Sun 26	Monkstown Spartans Belfast Zoo 5k	Belfast Zoo	9am	Kevin Moseley 07539063180 Kevinmoseley79@gmail.com www.monkstownspartans.co.uk	
Sun 26	SPAR Omagh Half Marathon & 5K	Omagh Leisure Complex	8.30 Half walk 9.30 Half run 9.45am 5K	Omagh Harriers Martin McLaughlin 07786164431 runnermartin@outlook.com	✓

April 2023

1 st – 2 nd	The Florida 24 Hour Challenge and 5/10 K Trail Races	Florida Manor, Killinchy, Co Down	6pm	George McGonigal 07905556173 info@gaithouseevents.com www.gaithouseevents.com	✓
Sun 2	Titanic 10k	Harbour Estate Belfast	9am	Athletics NI 02890602707 info@athleticsni.org www.athleticsni.org	✓
Sun 2	ACP – NI & U – British 100k Championships	Craigavon Lake Leisure Centre	8am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	✓
Sat 8	Beragh 5k and 5 Miles	TBC	TBC	Adrian Donnelly adrianjdonnelly@hotmail.com	
Sat 8	Glenarm Castle Challenge	Glenarm Castle Estate	11am	Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Mon 10	Whitehead Easter Road Race	Whitehead Community Centre	12pm	Rosemary Allen 02893378077 wca@whitehead-ni.com www.whitehead-ni.com	
Thurs 13	H&D Series	Castlewellan Forest Park	7:30pm	Deon McNeilly 07831684674 info@newcastleac.org	
Thurs 20	H&D Series	Tollymore Forest Park	7:30pm	Deon McNeilly 07831684674 info@newcastleac.org	
Fri 21	Belfast to Dublin	Europa Hotel Belfast	12pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 22	Almac 10k and 5k	South Lakes LC	11:30am	Amy Neill 07799478547 amy.neill@almacgroup.com	
Wed 26	Purple Ladies	Training Pitches 2&3 Joey Dunlop Leisure Centre	7:30pm	Kenneth Bacon 02827666925 k.bacon14@btinternet.com www.springwellrunners.co.uk	
Thurs 27	H&D Series	Rostrevor Forest Park	7:30pm	Deon McNeilly 07831684674 info@newcastleac.org	
Sun 30	Mash Direct Belfast City Marathon	Stormont Estate	9am	Belfast Marathon Office info@belfastcitymarathon.org	✓
May 2023					
Fri 5	Run the Runways	Ards Airport	6:30pm	Hannah Robinson 07970593655 scrabostriders@gmail.com www.scrabostriders.com	✓
Tues 9	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 andrewsmyth186@gmail.com	
Sat 13	Seskinore Forest 5K Run & Walk	Seskinore Forest	11am	Ivor Russell 07796690598 seskinorercc@gmail.com	
Sat 20/Sun 21	Baronscourt Endurance Challenge	Baronscourt Estate, Newtownstewart	Various	George McGonigal 0790556173 info@gaithouseevents.com www.gaithouseevents.com	
Tues 23	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 andrewsmyth186@gmail.com	
Sat 27	Ballyclare May Fair 10k & 5k Races 2023	Ballyclare Rugby Club	10am	Margaret Beattie CAHarriers.info@gmail.com www.countyantrimharriers.co.uk	✓
Sat 27	Pat Dunbar Memorial – Leitrim Lodge Race	Leitrim Lodge	11am	Paul Le Blanc 07871775633 pleb1422@aol.com	
Sun 28	Marconi 5 Mile Run	Tennis Courts, Ballyastle	10am	David McAfee globalgenes@btinternet.com	
Sun 28	Newell 5k & 10k	Main Street, Coalisland	10:30am	Sean Boyle 02887741818 sean.boyle@newellstores.com	
Sun 28	Newry City Half Marathon	TBC	TBC	Pending Permit	

June 2023

Sat 3 & Sun 4	Norn Iron 100	Ballintoy, Co Antrim	9am	Gary Connolly 07739223630 info@werunwildni.com www.werunwildni.com	
Sat 3	Killyclogher 10k	Killyclogher GAA	11am	Eamon McGrath 07557414601 secretary.killyclogher.tyrone@gaa.ie www.killycloghergaa.com	
Tues 6	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 andrewsmyth186@gmail.com	
Sat 10	Washingbay Green Run	92 Ballybeg Rd, Coalisland	TBC	Bronagh Carney 07703594967 b.carney30@btinternet.com	
Fri 16	Comber 10K	Castle Lane, Comber	7:30pm	Ballydrain Harriers 07834522679 Ballydrain.secretary@outlook.com	✓
Wed 21	Vitality Lisburn Half Marathon, 10k and Fun Run	Lagan Valley Leisureplex	6:50pm	Kelly Irwin 07917636846 kelly.irwin@lisburncastlereagh.gov.uk https://www.lisburncastlereagh.gov.uk/things-to-do/lisburn-half-marathon	
Fri 30	Ards Half Marathon	Ards Blair Mayne Wellbeing & Leisure Complex	6:30pm	Hannah Robinson 07970593655 hannahrobinson@googlemail.com	✓

July 2023

Sun 2	The Great Rossa Run	TBC	TBC	Pending Permit	
Fri 21	SEA 2 SKY 10K RACE/WALK & 5K	Newcastle Promenade	6:30pm/7:30pm	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Sat 22	Larne 10k	TBC	TBC	Pending Permit	✓
Wed 26	Donaghadee 5k	The Harbour Donaghadee	7:30pm	Fiona Lemon 07739412777 runninginthedee@gmail.com	✓
Fri 28	Giant's Trail Race	QUB Sport, Upper Malone Road	7pm	Dub Runners: Brian Jack 07866192066 dubrunnersbelfast@gmail.com www.dubrunners.club	

August 2023

Sat 5	Sperrin Harriers Stanley Reid Memorial 5 Mile Classic	Loughry Campus	12noon	Mark Reid 07899002644 alfredmark2002@yahoo.co.uk www.sperrinharriers.co.uk	
Fri 7	Broughshane 5k & 10k	Houstons Mill Broughshane	7pm	Graeme Stanbridge 07900192356 graeme933@btinternet.com	
Sat 8	Run the Trails	Mount Stewart	6pm	Hannah Robinson 07970593655 hannahrobinson31@googlemail.com	
Sat 12	Dambusters Half Marathon, 10krace/walk and 5k	TBC	TBC	Permit pending	
Sun 13th	Rock the Lakes and Lough	South Lake Leisure Centre	9:30am	Paul Moore 07767135144 stpetersrock2023@gmail.com www.rock-the-lough.webflow.io	
Sun 20	Storming the Castle 10k	Carrickfergus Amphitheatre	1:30pm	Andrew Smyth 07969031570 www.seaparkac.com andrewsmyth186@gmail.com	
Fri 25	Portrush 5 Mile Road Race	TBC	TBC	Pending Permit	
Sun 27	Antrim Coast Half Marathon	Larne	TBC	Ruth McIlroy 07929333982 Ruth.mcilroy@btinternet.com www.antrimcoasthalfmarathon.com	✓

September 2023

Sun 3	Laganside 10k	Ormeau Park	2pm	Isaac McCollum 07501482085	✓
-------	---------------	-------------	-----	----------------------------	---

				Isaac.mccollum669@gmail.com www.laganside10k.com	
Fri 8	Ards 5 Mile	Londonderry Park	7pm	Hannah Robinson 07970593655 hannahrobinson31@googlemail.com	✓
Sun 10th	Portaferry 10k	Portaferry GAC	1pm	Andrew Brodie 07720706328 brodieandrew35@gmail.com	
Sun 17	Mash Direct Belfast City Half Marathon	Ormeau Park	9am	Belfast Marathon Office info@belfastcitymarathon.org	✓
Sun 24	TJ McElmeel XC Raceday	Palace Demesne, Friary Rd, Armagh	12:30pm	Mark McKeown 07773743856 mmktyross@yahoo.co.uk	