

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 6th December 2018

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2018					
December 2018					
Sat 8	The Rudolph Run Eskra 10k	Eskra Community Centre	12 noon	Gerry Kinsella 07796438188 eskra10k@eskra.org	
Sat 8	Mighty Oaks XC	Mid Ulster Sports Arena Playing Fields	12 noon	Denise Dallas 07702701053 denisewright26@live.co.uk	
Sun 9	Kirkistown Race Track 5k, 10k and Half Marathon	Kirkistown Race Track	2pm	Richard Bradley- NI Duathlon contact@niduathlon.com www.niduathlon.com	
Sun 9	Jingle All The Way 5k	Prince of Wales Ave, Stormont Estate	11am	NI Hospice Care Team: 02890777123 jingle@nihospice.org www.nihospice.org	
Sat 15	Belfast Telegraph Run Forest Run Kilbroney	Village Square, Rostrevor	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 15	Atlas Running Christmas Party 5k	Sir Thomas & Lady Dixon Park	3pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 15	All Ireland Uneven Age Group & Novice Cross Country	Navan Racecourse	TBC	Athletics NI 02890602707 info@athleticsni.org	
Sat 15	North West XC	U3A Foyle	12.30pm	Gerry Lynch 07702006667 gerry.lynch@hotmail.com	
Sat 15	Sperrin Harriers Winter League Lough Fea 5k	Lough Fea	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sun 23	Hazelbank Christmas Run and 1 Mile Fun Run	Hazelbank Carpark	11am	Nuala Muldoon 07578521679 legiteventsni@gmail.com www.facebook.com/events/244886256189902	
Weds 26	Church of Ireland Young Men's Society Boxing Day Charity Run	Belmont Park	12 noon	Derek Cowan 07803012676 dekecowan@hotmail.com	
Weds 26	Larne AC Boxing Day Run	Glynn Rugby Club	11am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓
Weds 26	Brocagh Bay Boxing Day Run	Castlebay Community Centre	10.15am	Ciaran McCloskey 07796103641 brocaghbayrun@hotmail.com www.brocaghbayrun.co.uk	✓
Weds 26	33 rd Annual Greencastle 5 Mile Road Race	Greencastle Community Centre	12 noon	Oliver McCullagh 07767718029 info@greencastle5.com	✓
Weds 26	Burren Townlands Run	Burren Heritage Centre	10.30am	Brian Laverty 07767271374 blaverty@delahunt-laverty.co.uk	
Fri 27	Muff Glen Forest Trail Run	Muff Glen Forest Park	11am	Mervyn Kelly 07740086067 mervynkelly@hotmail.com www.northernvelocity.co.uk	
Sat 29	Castlewellan Christmas Cracker	Main Street, Castlewellan	1pm	Richard Rodgers 07584292495 rodgers63@icloud.com www.newcastleac.org	

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Mon 31	Lough 5 Road Race	Loughmacrory	12 noon	Anne Logue 07810437355 lough5@live.co.uk www.lough5.com	
2019					
January 2019					
Tues 1	Rock New Year's Day Run	Rock Primary School	12 noon	Cyril Cush 07841102113 info@rocknewyearsdayrun.co.uk www.rocknewyearsdayrun.co.uk	
Tues 1	Race Over The Glens	Glenariff Forest Park	12 noon	Stephen Brown 07885649135 ballymenarunners@hotmail.com	✓
Sat 5	Belfast Telegraph Run Forest Run Tollymore	Tollymore Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 5	North Down Festival of Cross Country	Castle Park Bangor	11.30am	Clare Russell 07901823349 northdownac@gmail.com www.northdownac.co.uk	
Sat 12	Sperrin Harriers Winter League An Creagan 5 Mile	An Creagan Centre	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sun 13	Mathieson Cup and Shield	City of Belfast Playing Fields, Mallusk	11am	Paul Skillen 07814245674 pskillen01@qub.ac.uk www.malluskharriers.co.uk	
Sat 19	Belfast Telegraph Run Forest Run Gosford 5k & 10k	Gosford Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 19	IAAF International, Celtic & Home Countries Cross Country	Billy Neill Playing Fields	TBC	Athletics NI 02890602707 info@athleticsni.org	✓
Sun 20	Ballykelly Trail Race	TBC	TBC	Pending Permit	
Sun 20	McGrady's Junior XC League- East Down Round	Delamont	1.30pm	Joe Quinn 07395814122/ 02844614235 Jaykwin69@gmail.com	
Fri 25	FEARR The Night 10k	Clandeboyne Estate Courtyard	7pm	Chris Stevenson 07970831940 chris.stevenson@sylvania-lighting.com	
Sat 26	NI & Ulster Intermediate & Masters XC	Barnett's Demesne	TBC	Athletics NI 02890602707 info@athleticsni.org	✓
Sat 26	St Patrick's College Dungiven 10k & 5k	Dungiven Sports Centre	2.30pm	Conor Lavery 02877741324 clavery598@c2kni.net www.stpatrickscollege.co.uk	
February 2019					
Sat 2	Sperrin Harriers Winter League Drum Manor Forest 10k	Drum Manor	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sat 2	Moira XC	Moira Demesne	11.45am	Eric Frizzell 07764658053/ 02892611842 eric.frizzell1@btinternet.com	
Sat 2	Belfast Telegraph Run Forest Run Antrim Castle Gardens	Antrim Castle Gardens	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sun 3	SVP 10 Mile Run	Mid Ulster Sports Arena	11am	John Meenan 07904561089 john.meenan@fslelectronics.com	
Sat 9	Stormont XC	Stormont	11am	Mags Mathieson 07402785109 mags.mathieson@yahoo.co.uk	
Sat 9	Omagh CBS 10k & 5k Run	CBS Grammar, Omagh	11am	Mr C McBride 02882243567 info@cbs.omagh.ni.sch.uk	
Sat 9	Randal Run	Shane's Castle, Randalstown	1.45pm	Ronan Lavery 07734404420 rlavery99@gmail.com	
Thurs 14	Armagh International Road Races 2019	The Mall, Armagh	6.30pm	James Vallely 07432477385 craobh@btinternet.com	✓
Thurs 14	Love Running 5k	TBC	TBC	Pending Permit	
Sat 16	Sperrin Harriers Winter League Parkanaur Forest	Parkanaur Forest	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk	

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	10 Mile			www.sperrinharriers.co.uk/winter-trail-series	
Sat 16	Last One Standing	Bunk House, Castle Ward	12 noon	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 16	Castle Ward Trail Races	Bunk House, Castle Ward	8.4 mile-10am 4.2mile-10.10am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Fri 22	Run The Trails Mount Stewart 10k Night Edition	Mount Stewart House	7pm	Chris Stevenson 07970831940 stevensonlighting@hotmail.com www.scrabostriders.com	
Sat 23	Belfast Telegraph Run Forest Run Castlewella	Castlewella Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 23	NI & Ulster Senior XC	Lurgan Park	TBC	Athletics NI 02890602707 info@athleticsni.org	
Sun 24	McGrady Junior XC Race 5	Tollymore Forest Park	1pm	Pauline McCauley 07803203650 juniors@newcastleac.org	
Sun 24	Stroke Association Resolution Run	Queen's Sport Clubhouse, Upper Malone	11am	Paul Montgomery 07920832255 paul.montgomery@stroke.org.uk www.stroke.org.uk/resolution	
March 2019					
Sat 2	Walled City 10 Mile Road Race	TBC	TBC	Pending Permit	
Sat 2	Carmen 10k	Carrickmore GFC	11am	Michael Kerr 028 80760557 sinead.kerr@hotmail.co.uk	
Sun 3	Slieve Gallion Challenge	Longfield Lane, Desertmartin, Magherafelt	10am	Peter Donnelly 07944702434 Pdonnelly604@c2kni.net www.desertmartingac.com	
Sat 9	Shane's Castle Half, Full & Ultra Marathon	Shane's Castle carpark	Ultra- 7am Full- 10am Half- 12noon 10k- 1pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sun 10	Live Active NI 2k Superhero Family Event	TBC	TBC	Pending Permit	
Sun 10	Race to Recovery	Ormeau Park	11am	Regina Cox 02890725472 Regina.cox@addictionni.com www.addictionni.com	
Sun 17	SPAR Craic 10k 2019	Belfast City Hall	9am	Connla McCann 02890611916/ 07841101274 c.mccann@aisling-events.com	✓
Sun 17	Jimmy's Ten	Ballydugan Rd, Downpatrick	11am	Joe Quinn 07395814122 Jaykwin69@gmail.com www.eastdownac.co.uk	✓
Sat 23	Larne Half Marathon	Larne Leisure Centre	11am	Ruth Moore 07929333982/ 02828583154 Ruth.moore@belfasttrust.hscni.net	
Fri 29	Dublin 2 Belfast	TBC	TBC	Pending Permit	
Fri 29	Omagh North Nursery School's 40 th Anniversary 5k	Omagh North Nursery School	6.30pm	Amanda Duffy-Phillips 02882246431/ 07714727421 omaghnorthnursery@gmail.com www.omaghnorthnursery.org.uk	
Sun 31	TQ10k & 1k Family Run 2019	Titanic Quarter	10am	Athletics NI 02890602707 info@athleticsni.org	✓
April 2019					
Tues 2- Thurs 4	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 andersonrebecca@belfastcity.gov.uk www.belfastcity.gov.uk	
Thurs 4	St Malachy's High School 10k & 5k	St Malachy's High School, Castlewella	7pm	Claire Murnin 02843778255 cmurnin727@c2kni.net www.stmalachys.org.uk	
Sat 6	30 th SPAR Omagh Half Marathon & 5k Fun Run	Omagh Leisure Complex	10am- Walk 11am- Half 11.10am- 5k	Martin McLaughlin 07786164431 runnermartin@outlook.com www.omaghharriers.com	✓

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Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 gortinfunrun@outlook.com	
May 2019					
Sun 5	Deep RiverRock Belfast City Marathon	Stormont Estate	9am	Belfast Marathon Office 02890605933 info@belfastcitymarathon.org www.belfastcitymarathon.com	✓
Sun 5	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 andersonrebecca@belfastcity.gov.uk www.belfastcity.gov.uk	
Fri 10	Scrabo Striders 5k & 10k Run The Runways	Newtownards Airport, Portaferry Road	6.30pm	Lyndsey Lappin 07872537735 secretary@scrabostriders.com www.scrabostriders.com	✓
June 2019					
Sun 2	Walled City Marathon	TBC	TBC	Pending Permit	
Fri 21	Comber 10k Road Race	TBC	TBC	Pending Permit	
Fri 21	Newell 10k & 5k	Lineside Coalisland	7.30pm	Sean Boyle 02887741818 floor.coalisland@newellstores.com	✓
Sat 29	Larne AC Coastal Marathon	Larne Leisure Centre	9am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓

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