

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 7<sup>th</sup> November 2018

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

Date	Event	Venue	Time	Contact	Officially Measured
<b>2018</b>					
<b>November 2018</b>					
Sat 10	Ballynahinch Run to Remember 5k	Ballynahinch British Legion Hall	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 10	Sperrin Harriers Winter League Davagh Forest 10k	Davagh Trail Head	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sun 11	NI & Ulster Uneven Age Group & Novice Championships	Scotstown, Co Monaghan	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
Sat 17	Belfast Telegraph Run Forest Run Drum Manor	Drum Manor Forest Park	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a>	
Sun 18	Kirkistown Race Track 5k, 10k and Half Marathon	Kirkistown Race Track	2pm	Richard Bradley- NI Duathlon <a href="mailto:contact@niduathlon.com">contact@niduathlon.com</a> <a href="http://www.niduathlon.com">www.niduathlon.com</a>	
Sun 18	Jog Moira Cross Country	Moira Demesne	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="mailto:jogmoira@gmail.com">jogmoira@gmail.com</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 18	Co Down 5k	St Patrick's Square, Downpatrick	9am	Andrew Telford 07771985042 <a href="mailto:andrewtel84@gmail.com">andrewtel84@gmail.com</a>	✓
Fri 23	Run For Hollie	Ward Park	7pm	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 24	Run4Rescue in aid of Mourne Mountain Rescue Team	Annalong Marine Park	10am- Half Marathon 10.30am- 10k	Harry Teggarty 07743039800 <a href="mailto:ednataggarty27@gmail.com">ednataggarty27@gmail.com</a>	
Sat 24	Malcolm Cup	Six Mile Water Park, Ballyclare	1pm	Michel Le Velly 07889706657 <a href="mailto:Michel.levelly@montupet.co.uk">Michel.levelly@montupet.co.uk</a> <a href="http://www.annadalestriders.co.uk">www.annadalestriders.co.uk</a>	✓
Sun 25	10k na Ceathrun Gaeltachta 2018	Culturlann McAdam O Fiaich, Falls Road	9am	Mairtin Mac Gabhann 02890234442/ 07541484452 <a href="mailto:mairtin@glornamona.com">mairtin@glornamona.com</a> <a href="http://www.glornamona.com">www.glornamona.com</a>	
Sun 25	RunFit 5k Fun Run	Roe Valley Country Park	12 noon	Mervyn Kelly 07740086067 <a href="mailto:northernvelocityswim@gmail.com">northernvelocityswim@gmail.com</a> <a href="http://www.northernvelocity.co.uk">www.northernvelocity.co.uk</a>	
Sun 25	All Ireland Even Age Group Cross Country	Abbottstown, Dublin	TBC	Athletics NI 028 90602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Wed 28	Clive Nesbitt Birthday Marathon	The Foley, Armagh	8am	Matthew Nicholson 07974419535 <a href="mailto:matthew@runarmagh.com">matthew@runarmagh.com</a>	
<b>December 2018</b>					
Sat 1	Podium 4 Sport Seeley Cup	Ormeau Park	2.30pm	Athletics NI 02890602707 <a href="mailto:Info@athleticsni.org">Info@athleticsni.org</a> <a href="http://www.athleticsni.org">www.athleticsni.org</a>	✓
Sat 1	Belfast Telegraph Run Forest Run Loughgall	Loughgall Country Park	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a>	
Sun 2	Cash for Kids Santa Dash	Writer's Square,	10am	Athletics NI 02890602707	✓

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		Belfast		<a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Sun 2	Crossgar Santa Run	Crossgar War Memorial Hall	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 8	The Rudolph Run Eskra 10k	Eskra Community Centre	12 noon	Gerry Kinsella 07796438188 <a href="mailto:eskra10k@eskra.org">eskra10k@eskra.org</a>	
Sat 8	Mighty Oaks XC	Mid Ulster Sports Arena Playing Fields	12 noon	Denise Dallas 07702701053 <a href="mailto:denisewright26@live.co.uk">denisewright26@live.co.uk</a>	
Sun 9	Kirkistown Race Track 5k, 10k and Half Marathon	Kirkistown Race Track	2pm	Richard Bradley- NI Duathlon <a href="mailto:contact@niduathlon.com">contact@niduathlon.com</a> <a href="http://www.niduathlon.com">www.niduathlon.com</a>	
Sun 9	Jingle All The Way 5k	Prince of Wales Ave, Stormont Estate	11am	NI Hospice Care Team: 02890777123 <a href="mailto:jingle@nihospice.org">jingle@nihospice.org</a> <a href="http://www.nihospice.org">www.nihospice.org</a>	
Sat 15	All Ireland Uneven Age Group & Novice Cross Country	Navan Racecourse	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Sat 15	North West XC	U3A Foyle	12.30pm	Gerry Lynch 07702006667 <a href="mailto:gerry.lynch@hotmail.com">gerry.lynch@hotmail.com</a>	
Sat 15	Sperrin Harriers Winter League Lough Fea 5k	Lough Fea	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sun 23	Hazelbank Christmas Run and 1 Mile Fun Run	Hazelbank Carpark	11am	Nuala Muldoon 07578521679 <a href="mailto:legiteventsni@gmail.com">legiteventsni@gmail.com</a> <a href="https://www.facebook.com/events/244886256189902">www.facebook.com/events/244886256189902</a>	
Thurs 26	Church of Ireland Young Men's Society Boxing Day Charity Run	Belmont Park	12 noon	Derek Cowan 07803012676 <a href="mailto:dekecowan@hotmail.com">dekecowan@hotmail.com</a>	
Thurs 26	Larne AC Boxing Day Run	Glynn Rugby Club	11am	Ruth Moore 07929333982/ 02828583154 <a href="mailto:Ruthmoore844@btinternet.com">Ruthmoore844@btinternet.com</a> <a href="http://www.larneac.co.uk">www.larneac.co.uk</a>	✓
Thurs 26	Brocagh Bay Boxing Day Run	Castlebay Community Centre	10.15am	Ciaran McCloskey 07796103641 <a href="mailto:brocaghbayrun@hotmail.com">brocaghbayrun@hotmail.com</a> <a href="http://www.brocaghbayrun.co.uk">www.brocaghbayrun.co.uk</a>	✓
Thurs 26	33 <sup>rd</sup> Annual Greencastle 5 Mile Road Race	Greencastle Community Centre	12 noon	Oliver McCullagh 07767718029 <a href="mailto:info@greencastle5.com">info@greencastle5.com</a>	✓
Thurs 26	Burren Townlands Run	TBC	TBC	Pending Permit	
Sat 29	Castlewellan Christmas Cracker	Main Street, Castlewellan	1pm	Richard Rodgers 07584292495 <a href="mailto:rodgers63@icloud.com">rodgers63@icloud.com</a> <a href="http://www.newcastleac.org">www.newcastleac.org</a>	
Mon 31	Lough 5 Road Race	TBC	TBC	Pending Permit	

## 2019

### January 2019

Tues 1	Rock New Year's Day Run	Rock Primary School	12 noon	Cyril Cush 07841102113 <a href="mailto:info@rocknewyearsdayrun.co.uk">info@rocknewyearsdayrun.co.uk</a> <a href="http://www.rocknewyearsdayrun.co.uk">www.rocknewyearsdayrun.co.uk</a>	
Tues 1	Race Over The Glens	Glenariff Forest Park	12 noon	Stephen Brown 07885649135 <a href="mailto:ballymenarunners@hotmail.com">ballymenarunners@hotmail.com</a>	✓
Sat 5	North Down XC Relays	TBC	TBC	Pending Permit	
Sat 12	Sperrin Harriers Winter League An Creagan 5 Mile	An Creagan Centre	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sun 13	Mathieson Cup and Shield	City of Belfast Playing Fields, Mallusk	11am	Paul Skillen 07814245674 <a href="mailto:pskillen01@qub.ac.uk">pskillen01@qub.ac.uk</a> <a href="http://www.malluskharriers.co.uk">www.malluskharriers.co.uk</a>	
Sat 19	IAAF International, Celtic & Home Countries Cross Country	Billy Neill Playing Fields	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓

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Sun 20	Ballykelly Trail Race	TBC	TBC	Pending Permit	
Sun 20	McGrady's Junior XC League- East Down Round	Delamont	1.30pm	Joe Quinn 07933214894/ 02844614235 <a href="mailto:Jaykwin69@gmail.com">Jaykwin69@gmail.com</a>	
Fri 25	FEARR The Night 10k	Clandeboyne Estate Courtyard	7pm	Chris Stevenson 07970831940 <a href="mailto:chris.stevenson@sylvania-lighting.com">chris.stevenson@sylvania-lighting.com</a>	
Sat 26	NI & Ulster Intermediate & Masters XC	Barnett's Demesne	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
Sat 26	St Patrick's College Dungiven 10k & 5k	Dungiven Sports Centre	2.30pm	Conor Lavery 02877741324 <a href="mailto:clavery598@c2kni.net">clavery598@c2kni.net</a> <a href="http://www.stpatrickscollege.co.uk">www.stpatrickscollege.co.uk</a>	
<b>February 2019</b>					
Sat 2	Sperrin Harriers Winter League Drum Manor Forest 10k	Drum Manor	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sat 2	Moira XC	Moira Demesne	11.45am	Eric Frizzell 07764658053/ 02892611842 <a href="mailto:eric.frizzell1@btinternet.com">eric.frizzell1@btinternet.com</a>	
Sat 9	Stormont XC	Stormont	11am	Mags Mathieson 07402785109 <a href="mailto:mags.mathieson@yahoo.co.uk">mags.mathieson@yahoo.co.uk</a>	
Sat 9	Omagh CBS 10k & 5k Run	CBS Grammar, Omagh	11am	Mr C McBride 02882243567 <a href="mailto:info@cbs.omagh.ni.sch.uk">info@cbs.omagh.ni.sch.uk</a>	
Thurs 14	Armagh International Road Races 2019	The Mall, Armagh	6.30pm	James Vallely 07432477385 <a href="mailto:raobh@btinternet.com">raobh@btinternet.com</a>	✓
Thurs 14	Love Running 5k	TBC	TBC	Pending Permit	
Sat 16	Sperrin Harriers Winter League Parkanaur Forest 10 Mile	Parkanaur Forest	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sat 16	Last One Standing	TBC	TBC	Pending Permit	
Sat 16	Castle Ward Trail Races	TBC	TBC	Pending Permit	
Fri 22	Run The Trails Mount Stewart 10k Night Edition	Mount Stewart House	7pm	Chris Stevenson 07834529592 <a href="mailto:stevensonlighting@hotmail.com">stevensonlighting@hotmail.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Sat 23	NI & Ulster Senior XC	Lurgan Park	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Sun 24	McGrady Junior XC Race 5	Tollymore Forest Park	1pm	Pauline McCauley 07803203650 <a href="mailto:juniors@newcastleac.org">juniors@newcastleac.org</a>	
Sun 24	Stroke Association Resolution Run	TBC	TBC	Pending Permit	
<b>March 2019</b>					
Sat 2	Walled City 10 Mile Road Race	TBC	TBC	Pending Permit	
Sat 2	Carmen 10k	Carrickmore GFC	11am	Michael Kerr 028 80760557 <a href="mailto:sinead.kerr@hotmail.co.uk">sinead.kerr@hotmail.co.uk</a>	
Sat 9	Shane's Castle Half, Full & Ultra Marathon	Shane's Castle carpark	Half- 7am Full- 10am Ultra- 12noon	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 10	Live Active NI 2k Superhero Family Event	TBC	TBC	Pending Permit	
Sun 10	Race to Recovery	Ormeau Park	11am	Regina Cox 02890725472 <a href="mailto:Regina.cox@addictionni.com">Regina.cox@addictionni.com</a> <a href="http://www.addictionni.com">www.addictionni.com</a>	
Sun 17	SPAR Craic 10k 2019	Belfast City Hall	9am	Connla McCann 02890611916/ 07841101274 <a href="mailto:c.mccann@aisling-events.com">c.mccann@aisling-events.com</a>	✓
Sun 17	Jimmy's Ten	Ballydugan Rd, Downpatrick	11am	Joe Quinn 03795814122 <a href="mailto:Jaykwin69@gmail.com">Jaykwin69@gmail.com</a> <a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	✓
Sat 23	Larne Half Marathon	Larne Leisure Centre	11am	Ruth Moore 07929333982/ 02828583154 <a href="mailto:Ruth.moore@belfasttrust.hscni.net">Ruth.moore@belfasttrust.hscni.net</a>	
Fri 29	Dublin 2 Belfast	TBC	TBC	Pending Permit	
Fri 29	Omagh North Nursery School's 40 <sup>th</sup> Anniversary 5k	Omagh North Nursery School	6.30pm	Amanda Duffy-Phillips 02882246431/ 07714727421 <a href="mailto:omaghnorthnursery@gmail.com">omaghnorthnursery@gmail.com</a>	

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**April 2019**

Tues 2- Thurs 4	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 <a href="mailto:andersonrebecca@belfastcity.gov.uk">andersonrebecca@belfastcity.gov.uk</a> <a href="http://www.belfastcity.gov.uk">www.belfastcity.gov.uk</a>	
Sat 6	30 <sup>th</sup> SPAR Omagh Half Marathon & 5k Fun Run	TBC	TBC	Pending Permit	
Sun 7	TQ10k & 1k Family Run 2019	Titanic Quarter	10am	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 <a href="mailto:gortinfunrun@outlook.com">gortinfunrun@outlook.com</a>	
Weds 17	St Malachy's High School 10k & 5k	St Malachy's High School, Castlewellan	7pm	Claire Murnin 02843778255 <a href="mailto:cmurnin727@c2kni.net">cmurnin727@c2kni.net</a> <a href="http://www.stmalachys.org.uk">www.stmalachys.org.uk</a>	

**May 2019**

Sun 5	Deep RiverRock Belfast City Marathon	Stormont Estate	9am	Belfast Marathon Office 02890605933 <a href="mailto:info@belfastcitymarathon.org">info@belfastcitymarathon.org</a> <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a>	✓
Sun 5	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 <a href="mailto:andersonrebecca@belfastcity.gov.uk">andersonrebecca@belfastcity.gov.uk</a> <a href="http://www.belfastcity.gov.uk">www.belfastcity.gov.uk</a>	
Fri 10	Scrabo Striders 5k & 10k Run The Runways	Newtownards Airport, Portaferry Road	6.30pm	Lyndsey Lappin 07872537735 <a href="mailto:secretary@scrabostriders.com">secretary@scrabostriders.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	✓

**June 2019**

Sun 2	Walled City Marathon	TBC	TBC	Pending Permit	
Fri 21	Comber 10k Road Race	TBC	TBC	Pending Permit	
Sat 29	Larne AC Coastal Marathon	Larne Leisure Centre	9am	Ruth Moore 07929333982/ 02828583154 <a href="mailto:Ruthmoore844@btinternet.com">Ruthmoore844@btinternet.com</a> <a href="http://www.larneac.co.uk">www.larneac.co.uk</a>	✓

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