

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 8th November 2018

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2018					
November 2018					
Sat 10	Ballynahinch Run to Remember 5k	Ballynahinch British Legion Hall	2pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 10	Sperrin Harriers Winter League Davagh Forest 10k	Davagh Trail Head	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sun 11	NI & Ulster Uneven Age Group & Novice Championships	Scotstown, Co Monaghan	TBC	Athletics NI 02890602707 info@athleticsni.org	✓
Sat 17	Belfast Telegraph Run Forest Run Drum Manor	Drum Manor Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com	
Sun 18	Kirkistown Race Track 5k, 10k and Half Marathon	Kirkistown Race Track	2pm	Richard Bradley- NI Duathlon contact@niduathlon.com www.niduathlon.com	
Sun 18	Jog Moira Cross Country	Moira Demesne	12 noon	Adrian Daye 07876560015 atlas@atlasrunning.co.uk jogmoira@gmail.com www.atlasrunning.co.uk	
Sun 18	Co Down 5k	St Patrick's Square, Downpatrick	9am	Andrew Telford 07771985042 andrewtel84@gmail.com	✓
Fri 23	Run For Hollie	Ward Park	7pm	Clare Russell 07901823349 northdownac@gmail.com www.northdownac.co.uk	
Sat 24	Run4Rescue in aid of Mourne Mountain Rescue Team	Annalong Marine Park	10am- Half Marathon 10.30am- 10k	Harry Teggarty 07743039800 ednataggarty27@gmail.com	
Sat 24	Malcolm Cup	Six Mile Water Park, Ballyclare	1pm	Michel Le Velly 07889706657 Michel.levelly@montupet.co.uk www.annadalestriders.co.uk	✓
Sun 25	10k na Ceathrun Gaeltachta 2018	Culturlann McAdam O Fiaich, Falls Road	9am	Mairtin Mac Gabhann 02890234442/ 07541484452 mairtin@glornamona.com www.glornamona.com	
Sun 25	RunFit 5k Fun Run	Roe Valley Country Park	12 noon	Mervyn Kelly 07740086067 northernvelocityswim@gmail.com www.northernvelocity.co.uk	
Sun 25	All Ireland Even Age Group Cross Country	Abbottstown, Dublin	TBC	Athletics NI 028 90602707 info@athleticsni.org	
Wed 28	Clive Nesbitt Birthday Marathon	The Foley, Armagh	8am	Matthew Nicholson 07974419535 matthew@runarmagh.com	
December 2018					
Sat 1	Podium 4 Sport Seeley Cup	Ormeau Park	2.30pm	Athletics NI 02890602707 Info@athleticsni.org www.athleticsni.org	✓
Sat 1	Belfast Telegraph Run Forest Run Loughgall	Loughgall Country Park	11am	Gerard Rowe 07855586438 info@born2runevents.com	
Sun 2	Cash for Kids Santa Dash	Writer's Square,	10am	Athletics NI 02890602707	✓

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		Belfast		info@athleticsni.org	
Sun 2	Crossgar Santa Run	Crossgar War Memorial Hall	2pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
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	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	
Thurs 26	Church of Ireland Young Men's Society Boxing Day Charity Run	Belmont Park	12 noon	Derek Cowan 07803012676 dekecowan@hotmail.com	
Thurs 26	Larne AC Boxing Day Run	Glynn Rugby Club	11am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓
Thurs 26	Brocagh Bay Boxing Day Run	Castlebay Community Centre	10.15am	Ciaran McCloskey 07796103641 brocaghbayrun@hotmail.com www.brocaghbayrun.co.uk	✓
Thurs 26	33 rd Annual Greencastle 5 Mile Road Race	Greencastle Community Centre	12 noon	Oliver McCullagh 07767718029 info@greencastle5.com	✓
Thurs 26	Burren Townlands Run	TBC	TBC	Pending Permit	
Sat 29	Castlewellan Christmas Cracker	Main Street, Castlewellan	1pm	Richard Rodgers 07584292495 rodgers63@icloud.com www.newcastleac.org	
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	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 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	IAAF International, Celtic & Home Countries Cross	Billy Neill Playing Fields	TBC	Athletics NI 02890602707 info@athleticsni.org	✓

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	Country				
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 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 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	
Thurs 14	Armagh International Road Races 2019	The Mall, Armagh	6.30pm	James Vallely 07432477385 raobh@btinternet.com	✓
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 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
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 stevensonlighting@hotmail.com www.scrabostriders.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	TBC	TBC	Pending Permit	
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	
Sat 9	Shane's Castle Half, Full & Ultra Marathon	Shane's Castle carpark	Half- 7am Full- 10am Ultra- 12noon	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 03795814122 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	

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				omaghnorthnursery@gmail.com www.omaghnorthnursery.org.uk	
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	
Sat 6	30 th SPAR Omagh Half Marathon & 5k Fun Run	TBC	TBC	Pending Permit	
Sun 7	TQ10k & 1k Family Run 2019	Titanic Quarter	10am	Athletics NI 02890602707 info@athleticsni.org	✓
Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 gortinfunrun@outlook.com	
Weds 17	St Malachy's High School 10k & 5k	St Malachy's High School, Castlewellan	7pm	Claire Murnin 02843778255 cmurnin727@c2kni.net www.stmalachys.org.uk	
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	
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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