

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 10th May 2023

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
May 2023					
Tues 9	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 andrewsmyth186@gmail.com	
Fri 12	Maguiresbridge 10k	Maguiresbridge Primary School	7:00pm	Andrew Baker 07973624759 andybaker1@gmx.co.uk	
Fri 12	Glasswater 5k	Glasswater Primary School	7:10pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 13	Seskinore Forest 5K Run & Walk	Seskinore Forest	11am	Ivor Russell 07796690598 seskinorerccg@gmail.com	
Sat 20	PATS 5	Pomeroy Forest	12:30pm	Oli Murphy olimurphy25@hotmail.com	
Sat 20/Sun 21	Baronscourt Endurance Challenge	Baronscourt Estate, Newtownstewart	Various	George McGonigal 0790556173 info@gaithouseevents.com www.gaithouseevents.com	
Sat 21	Carmen 5 Miles and Fun Run	Milestone Centre Carrickmore	10am	Stuart Morrow Carmen.Runner@outlook.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	11am	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					
Thurs 1	Foyle Valley AC 5 Mile Classic	Foyle Road	7pm	Denise Doherty 07732216569 dendoh@hotmail.co.uk	
Fri 2	The Paul Murray 5k Grand Prix Series	Eskra Community Centre	7:30pm	Donna McKenna 07817371648 knockmannyrunningclub@hotmail.com	
Sat 3	Stunnerz n Runnerz	Drum Manor	12 noon	Tanya Quinn 07873848493 tanyab4@hotmail.co.uk www.sperrinharriers.co.uk	
Sat 3	Cairncastle Classic Fell Race	Cairncastle Primary School	11am	Justin Maxwell 07739960393 justinmaxwell700@gmail.com	
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	
Fri 9	The Paul Murray 5k Grand Prix Series	Eskra Community Centre	7:30pm	Donna McKenna 07817371648 knockmannyrunningclub@hotmail.com	
Sat 10	Washingbay Green Run	92 Ballybeg Rd, Coalisland	TBC	Bronagh Carney 07703594967 b.carney30@btinternet.com	
Sun 11	Strabane Lifford Half Marathon 2023	Meeting House Street	9:30am	Catherine Ashford 02871253253 EXT 6742 / 07591987180 halfmarathon@derrystrabane.com www.derrystranabe.com/SLHM	
Fri 16	The Paul Murray 5k Grand Prix Series	Eskra Community Centre	7:30pm	Donna McKenna 07817371648 knockmannyrunningclub@hotmail.com	
Fri 16	Comber 10K	Castle Lane, Comber	7:30pm	Ballydrain Harriers 07834522679 Ballydrain.secretary@outlook.com	✓
Sat 17 Sun 18	Belfast 24 Hour	Victoria Park	12 noon	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sun 18	Almac Belfast City Women's 10k	Queens Road, Titanic Quarter	10am	Matthew McConnell 02890605922 matther.mcconnell@belfastcitymarathon.org www.belfastcity10k.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 23	The Paul Murray 5k Grand Prix Series	Eskra Community Centre	7:30pm	Donna McKenna 07817371648 knockmannyrunningclub@hotmail.com	
Fri 30	Ards Half Marathon	Ards Blair Mayne Wellbeing & Leisure Complex	6:30pm	Hannah Robinson 07970593655 hannahrobinson@googlemail.com	✓

July 2023

Fri 7	Greyabbey 10k and 5k	Greyabbey Village Hall	7pm	Raymond Murray 07432533515 raymond300@btinternet.com	
Sat 8	The Grey Abbey Endurance Challenge	Grey Abbey Estate	7am	George McGonigal 07905556173 info@gaithouseevents.com www.gaithouseevents.com	
Sun 9	The Great Rossa Run	Ardboe Hall	10am	Shane Mallon 07557447436 shaneboe@hotmail.com	✓
Sun 16	Canal 20	Newry Canal Path	10:30am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Tues 18	Portaferry 10 Mile and 2x5 Mile Relay	Portaferry Leisure Centre	7:30pm	Mags Mathieson 074022785109 mags.mathieson@yahoo.co.uk	
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 Coast Road 10k	Ballygally Castle	10am	David Noble 02828265553 dnoble@cat.com www.larneathleticclub.com	✓
Wed 26	Donaghadee 5k	The Harbour Donaghadee	7:30pm	Fiona Lemon 07739412777 runninginthedee@gmail.com	✓
Fri 28	Co Down 5k	Downpatrick	7:30pm	Andrew Telford 07771985042 andrewtel84@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	
Sat 29	Crossgar 10k	Outside the Monastery	3pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sun 30	Hillsborough Castle & Gardens Running	Hillsborough Castle	9am	Chris Parr 07903960896 chris.parr@runthrough.co.uk	

	Festival 2023			https://www.runthrough.co.uk/event/hillsborough-castle-gardens-running-festival-2023/	
August 2023					
Wed 2	Ardglass 5k & 10k	St Nicholas School, Ardglass	7pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Wed 2	Crawfordsburn 5k Trail Race	Crawfordsburn Country Park	7:15pm	Nicola Stevenson 07855490171 ncochrane1986@gmail.com www.northdownac.co.uk	
Fri 4	Carnlough Quarry 5k	Bridge Street, Carnlough	7pm	Stephen Montgomery 02828841445 stmonty6@outlook.com www.glenloughrunningclub.com	
Fri 4	Mallusk 5 Mile Road Race	Academy Club, Mallusk Road	7:30pm	Leeanne Skillen 07961620715 malluskharriers@outlook.com www.malluskharriers.co.uk	
Sat 5	Waterfoot to Ballycastle	Waterfoot	9am	Gary Connolly 07739223630 info@werunwildni.com www.werunwildni.com	
Sat 5	Sperrin Harriers Stanley Reid Memorial 5 Mile Classic	Loughry Campus	12noon	Mark Reid 07899002644 alfredmark2002@yahoo.co.uk www.sperrinharriers.co.uk	✓
Sat 5	Run the Trails	Mount Stewart	6pm	Hannah Robinson 07970593655 hannahrobinson31@googlemail.com	
Sun 6	Together for Damien	BT70 1HD	2pm	Padraig McHugh 07543845556 padraig1888@hotmail.com	
Fri 7	Broughshane 5k & 10k	Houstons Mill Broughshane	7pm	Graeme Stanbridge 07900192356 graeme933@btinternet.com	
Fri 11	Connswater 5 Mile Challenge	CS Lewis Square	7pm	Ghislain Demeuldre 07899927350 ghisjane@ntlworld.com https://vpcac.com/	
Sat 12	Dambusters Half Marathon, 10krace/walk and 5k	Silent Valley Mountain Park	Various	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
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	
Sat 19 th	The Quinn Estate Agents, Montalo Festival of Running	Main Car Park, Montalo Estate	6pm/8pm	George McGonigal 07905556173 info@gaithouseevents.com www.gaithouseevents.com	
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	✓
Sun 3	Waterside Half Marathon	TBC	9:30am	Catherine Ashford 02871253253 halfmarathon@derrystabane.com www.derrystabane.com/whm	
Fri 8	Ards 5 Mile	Londonderry Park	7pm	Hannah Robinson 07970593655 hannahrobinson31@googlemail.com	✓
Sun 10	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	✓
Sat 23	NI & Ulster Road Relay Championships	Victoria Park	12noon	Ghislain Demeuldre 07899927350 ghisjane@ntlworld.com https://vpcac.com/	
Sun 24	TJ McElmeel XC	Palace Demesne, Friary Rd, Armagh	12:30pm	Mark McKeown 07773743856 mmktyross@yahoo.co.uk	
Sat 30	Annaghmore Running Festival	Annaghmore Club Rooms	10am	Konrad McNeice 07810533799 Konrad79@hotmail.com	
Sat 30	Bangor 10k	Castle Park, Bangor	10am	Jamie Stevenson 07841906944 jsgas@btinternet.com www.northdownac.co.uk	
Sat 30	Bangor NI & Ulster 10k Championships	TBC	TBC	Pending Permit	