

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 11th January 2019

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2019					
January 2019					
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	Garvagh Forest 10k & 5k Trail Run	Garvagh Forest	11am	Mervyn Kelly 07740086067 northernvelocityswim@gmail.com www.northernvelocity.co.uk	
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	
Sat 2	St Patrick's PTA 5k & 10k Run	Church Street, Maghera	11am	Julian McGale 02879642451/ 07776201045 jmcgale839@c2kni.net	
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	✓
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	

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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 Castlewellan	Castlewellan 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	
Sat 2	Rollercoaster Races	Down Race Club	11am	Joe Quinn 07395814122 jaykwin69@gmail.com www.eastdownac.org	✓
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	
Sat 16	St Patrick's Weekend 5k	TBC	11am	Pending Permit	
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	10am	Joe Quinn 07395814122 Jaykwin69@gmail.com www.eastdownac.co.uk	✓
Sun 17	Altamuskin 5	Altamuskin Community Centre	12 noon	Michael Broderick 07753615161 run@altamuskin.com www.altamuskin.com	
Sat 23	Larne Half Marathon	Larne Leisure Centre	11am	Ruth Moore 07929333982/ 02828583154 Ruth.moore@belfasttrust.hscni.net	
Fri 29	Dublin 2 Belfast	St James Gate	12 noon	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Fri 29	Omagh North Nursery School's 40 th Anniversary 5k	Omagh North Nursery School	6.30pm	Amanda Duffy-Phillips 02882246431 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,	7pm	Claire Murnin 02843778255 cmurnin727@c2kni.net	

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		Castlewellan		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.omagharriers.com	✓
Tues 9	Ballymena Belles (Women Only)	TBC	TBC	Pending Permit	
Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 gortinfunrun@outlook.com	
Weds 17	Bay Road 5k	TBC	7.30pm	Pending Permit	
Sun 28	Run With The Hound 5k & 10k	Railway Road, Belcoo	12pm	Nigel McGrath 07816166739 nigel.mcgrath@hotmail.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	✓
Tues 14	Newry City 10k	TBC	7pm	Pending Permit	
Sun 19	Slieve Gallion Challenge	Longfield Lane, Desertmartin, Magherafelt	10am	Peter Donnelly 07944702434 Pdonnelly604@c2kni.net www.desertmartingac.com	
Tues 21	Maghera 10k & 5k	TBC	TBC	Pending Permit	
Fri 24	Hoka One One RunHer Coastal 5k, 10k & Half Marathon	Half Marathon- Dirty Duck 5k- Rockport 10k- Seapark	HM & 5k- 6.30pm 10k- 7.15pm	Ed Smith 02890628213/ 07740818389 Ed_n_smith@hotmail.com www.runher.co.uk	✓
Sun 26	Newry City Half Marathon	Albert Basin, Newry	10am	Damian Mulholland 07921566605 muldamian@btinternet.com www.newrycityrunners.com	✓
June 2019					
Sun 2	Walled City Marathon	TBC	TBC	Pending Permit	
Sun 2	Race Run DMC	Divis Mountain	TBC	Helen Weir 07748913455 hfweirnbh@gmail.com www.belfasthills.com	✓
Wed 19	Lisburn Half Marathon, 10k & Fun Run	Lagan Valley LeisurePlex	6.45pm	Adrian Baron 02892509556 adrian.baron@lisburncastlereagh.gov.uk	✓
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 22- Sun 23	Energia 24 Hr International Race	Victoria Park	12 Noon	Ed Smith 07740818389 Ed_n_smith@hotmail.com	
Thurs 27	The bob&berts North Coast 10k & 5k	East Strand Watersports Centre, Portrush	7.30pm	Andrew Scott 07823774864 andy@sportsacademygeorge.com www.northcoast10k.com	✓
Weds 26	St Patrick's Academy Dungannon 5k Fun Run	TBC	7pm	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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