

Athletics Northern Ireland

Cross Country & Road Running Fixtures 2022- 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 ■

Updated 11th November 2022

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
November 2022					
Sat 12	NIURA 50k Championships	Craigavon South Lakes	10:30am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 12	Sperrin Harriers Winter League: Davagh Forest 10K	Davagh Forest	12 noon	Sperrin Harriers: Andrew Newell 07900251069 anewell4@yahoo.com	
Sun 13	McGrady Financial Services Junior XC Race Round 1	Dromore Community Centre	1pm	Helen McCartan 07716212527 Helenmccartan75@gmail.com	
Sun 20	Comber Cup	Billy Neill Playing Fields	11.30am	Ballydrain Harriers 07834522679 Ballydrain.secretary@outlook.com	
Wed 24	Belfast Post-Primary School Autumn Cross Country	Mallusk Playing Fields	12:45pm	Seamus McCann 07597690041 deirdre.mccann@ntlworld.com	
Sat 26	Run Forest Run Gosford 10K & 5K	Gosford Forest Park	11am	Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sun 27	Malcolm Cup	Lower Pitch at Queens Dub Playing Fields	12 noon	Philip Cooper 07734363779 philipjosephcooper@gmail.com www.annadalestriders.co.uk	
Sun 27	Run Armagh: Clive Nesbitt Birthday Marathon	Carnagh Forest, Keady	8am	Matthew Nicholson 07974419535 matthew@runarmagh.com www.runarmagh.com	
December 2022					
Sat 3	Atlas Running Party 5k	Florida Manor, Killinchy	1pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 3	Podium4Sport Seeley Cup 10k	Ormeau Park	2:30pm	Athletics NI & Willowfield Harriers 028 90602707 info@athleticsni.org	✓
Sun 4	Jingle Run	Peace Arch	10am	Glenn Grant championchpireland@googlemail.com www.championchpireland.com	
Sat 10	Irwin Speirs Memorial Cross Country (Acorns AC)	Playing Fields MUSA	11am	Oli Murphy 07749013642 Olimurphy25@hotmail.com	
Sat 10	Sperrin Harriers Winter League: Lough Fea 5k	Lough Fea	12 noon	Sperrin Harriers: Andrew Newell 07900251069 anewell4@yahoo.com	
Sat 10	Rudolph Run Eskra 10k & 5k	Eskra Community Centre	12 noon	Gerry McCaffrey eskra10k@eskra.org www.eskra.org	✓

Sun 11	RNLI Castlewellaan 10K, 5K & 1mile Fun Run	Castlewellaan Park	11am	Nuala Muldoon 07557458700 Nuala_muldoon@rnli.org.uk	
Sat 17	Run Forest Run Tollymore 10K & 5K	Tollymore Forest Park	11am	Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 17	Derry Cross Country (formerly the North West XC)	Gransha Site HQ: Qakgrove	12:30pm	City of Derry Spartans: Gerry Lynch 07702006667 gerry.lynch@hotmail.com	
Sun 18	Lecale Way Ultra	Slieve Donard Hotel Beach, Newcastle	7am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk/werunwild.com	
Mon 26	Turkey Trot	TBC	TBC	Pending Permit	
Mon 26	37 th Oliver McCullagh Greencastle 5 mile	Greencastle Community Centre	12pm	Conor McCullagh 07921164451 info@greencastle5.com www.greencastle5.com	✓
Mon 26	Brocagh Bay Boxing Day Run	Castlebay Community Centre	10.15am	Declan McCloskey brocaghbayrun@hotmail.com	
Tues 27	Castlewellaan Christmas Cracker	Castlewellaan GAC	1pm	Richard Rodgers 07584292495 Rodger63@icloud.com www.newcastleac.org	
Sat 31	Lough 5	Loughmacrory	12pm	Anne Logue 07810437355 Lough5@live.co.uk www.lough5.com	✓

January 2023

Sun 1	Race Over The Glens	TBC	TBC	Pending Permit	
Sun 1	Rock 5	Sessiagh Scott Road	12pm	Cyril Cush 07841102113 c.cush@btconnect.com	✓
Sun 2	Expleo Running Festival	Airport Road West	10am	Glenn Grant championchipseireland@googlemail.com www.championchipseireland.com	
Sat 7	Run Forest Run Loughgall	Loughgall Country Park Car Park	11am	Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 7	Sperrin Harriers Winter League: An Creagan 5 Mile	An Creagan	12 noon	Sperrin Harriers: Andrew Newell 07900251069 anewell4@yahoo.com	
Sun 15	Mathieson Cup Cross Country	City of Belfast Playing Fields Park Road Mallusk	10.30am	Mallusk Harriers - Leanne Skillen 07961620715 malluskharriers@outlook.com www.malluskharriers.co.uk	
Sat 21 st	NI & Ulster Intermediate & Masters Cross Country Championships	Carndonagh, Carn GAA Grounds, Donegal	9am	Athletics NI/ Ulster Council 028 90602707 info@athleticsni.org	
Sat 28	Run Forest Run Antrim Castle Gardens	Parterre, Antrim Castle Gardens	11am	Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 28	North Down AC Festival of Cross Country, inc Relays	Ballymacormik Road	11:30am	Clare Russell – 07901823349 events@northdownac.co.uk www.northdownac.co.uk	

February 2023

Sat 4	Sperrin Harriers Winter League: Drum Manor 10k	Drum Manor	12 noon	Sperrin Harriers: Andrew Newell 07900251069	
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Thurs 9	Armagh International Road Races	The Mall (East), Armagh	6.30pm	James Vallely 07432477385 Fermoy40@gmail.com www.armagh5k.com	✓
Sat 11	Stormont Cross Country	TBC	TBC	Pending Permit	
Sat 18	Run Forest Run Castlewellan 10K & 5K	Castlewellan Forest Park	11am	Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 25	Sperrin Harriers Winter League: Parkanour 10 Mile	Parkanour	12 noon	Sperrin Harriers: Andrew Newell 07900251069 anewell4@yahoo.com	
Sun 26	NI & Ulster Senior Cross Country Championships	TBC	TBC	Pending Permit	

March 2023

Sat 4	Shanes Castle	Shanes Castle, car park B	7am	Atlas Running Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Fri 10	Coleraine Campus 5k	Ulster University, Coleraine	7pm	Ryan Galway 07795088524 rjgalway89@live.co.uk	✓
Sat 11	Walled City 10 Mile Road Race	Running Track St Columbs Park	10.30am	Gerry Lynch 07702006667 Gerry.lynch@hotmail.com www.thederrymarathon.com	✓
Sun 12	Portadown Running Festival 10K & Half Marathon	South Lakes Centre	1pm	Stephen McMorris 07785788895 Stephen.mcmorris@globeweigh.com	✓
Sun 12	Jimmy's 10	Downpatrick	10.30am	Alison Carroll 07825314079 alisoncarroll@btinternet.com	✓
Fri 17	SPAR Craic 10k	Belfast City Hall	9am	Aisling Events: Connla McCann 07517468844 c.mccann@aisling-events.com www.aisling-events.com	✓
Fri 24	City of Lisburn 5K	Bow Street Lisburn	7pm	Atlas Running Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 25	10 Miler Coast Road Run	Larne Town	10am	William Thompson 07715972115 williamthompson06@hotmail.co.uk https://larneathleticclub.com/	✓
Sun 26	SPAR Omagh Half Marathon & 5K	Omagh Leisure Complex	TBC	Omagh Harriers Martin McLaughlin 07786164431 runnermartin@outlook.com	✓

April 2023

1 st – 2 nd	The Florida 24 Hour Challenge and 5/10 K Trail Races	Florida Manor, Killinchy, Co Down	6pm	George McGonigal 07905556173 info@gaithouseevents.com www.gaithouseevents.com	✓
Sun 2	Titanic 10k	TBC	TBC	Pending Permit	✓
Sun 30	Mash Direct Belfast City Marathon	TBC	TBC	Pending Permit	✓

May 2023

Sat 13	Seskinore Forest 5K Run & Walk	Seskinore Forest	11am	Ivor Russell 07796690598 seskinorercc@gmail.com	
Fri 26	Purple Ladies 5k	TBC	TBC	Pending Permit	
Sun 28	Newell 5k & 10k	TBC	TBC	Pending Permit	

Sun 28	Newry City Half Marathon	TBC	TBC	Pending Permit	
June 2023					
Fri 16	Comber 10K	Comber 10K	TBC	Pending Permit	
July 2023					
Sun 2	The Great Rossa Run	TBC	TBC	Pending Permit	
Fri 28	Giant's Trail Race	QUB Sport, Upper Malone Road	7pm	Dub Runners: Brian Jack 07866192066 dubrunnersbelfast@gmail.com www.dubrunners.club	
August 2023					
Sun 20	Storming the Castle 10k	Carrickfergus Amphitheatre	1:30pm	Andrew Smyth 07969031570 www.seaparkac.com andrewsmyth186@gmail.com	