

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 12th June 2019

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2019					
June 2019					
Wed 12	Centra Run Together Derry	Quayside	7pm	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Fri 14	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Sat 15	Stunners N Runnerz 5k	Drum Manor Forest	11am	Tanya Quinn 07873848493 tanyab4@hotmail.co.uk www.sperrinharriers.co.uk	
Sat 15	Run For Roscor	Shane's Castle	11am	Carol McMenamin 07712004543 info@born2runevets.com	
Wed 19	Lisburn Half Marathon, 10k & Fun Run	Lagan Valley LeisurePlex	6.45pm	Adrian Baron 02892509556 adrian.baron@lisburncastlereagh.gov.uk	✓
Thur 20	Grant Thornton Runway Run	Belfast City Airport	11pm	Athletics NI 02890602707 info@athleticsni.org	
Fri 21	Lisburn & Castlereagh City Council Summer Cross Country Challenge	TBC	TBC	Pending Permit	
Fri 21	Comber 10k Road Race	Castle Lane, Comber	7.30pm	Valerie Martin 07834522679 ballydrainharriers@outlook.com www.ballydrainharriers.co.uk	
Fri 21	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Sat 22	Dromore Community 5k & 10k	Town Clock, Main Street Dromore	12 noon	Dermot Montague 02882898213 dfmont@btinternet.com	✓
Sat 22	Loup 5 Mile & 5K	Loup Crossroads	10.15am	Martin Bradley 07879885669 martybradley@hotmail.com	✓
Sat 22	Friends of St Patricks 5K & 10K	Church Street Maghera	9.30am	Julian McGale 07776201045 jmcgale@c2kni.net	
Sat 22-Sun 23	Energia 24 Hr International Race	Victoria Park	12 Noon	Ed Smith 07740818389 Ed_n_smith@hotmail.com	
Weds 26	St Patrick's Academy 5k Run	St Patrick's Academy, Dungannon	7pm	Joseph Kelly 02887727400/ 07786608005 jkelly073@c2kni.net	
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	✓
Fri 28	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Fri 28	Newell 10k & 5k	Lineside Coalisland	7.30pm	Sean Boyle 02887741818 floor.coalisland@newellstores.com	✓
Fri 28	Newtownards Half Marathon	Newtownards Leisure Centre	6.30pm	Hannah Robinson 07970593655 newtownardshm@gmail.com www.scrabostriders.com	✓
Sat 29	Larne AC Coastal Marathon	Larne Leisure Centre	9am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓
Sun 30	Children's Cancer Unit Stormont Mile	Stormont Estate	12.30pm	Stuart Kennedy 07796957784 stuartkennedy44@gmail.com	

Please note that dates and times are subject to change by the organisers or due to event clashes. This may be at short notice, so please always check for alterations before your events.

				www.childrenscancerunit.com	
Sun 30	EAMS Skools Out	Greenisland	8.30am	Peter Montgomery 07788673548 p.montgomery2@sky.com www.eastantrimmarathonseries.co.uk	
July 2019					
Fri 5	Ballyhegan Park N Stride 5k & 10k	Ballyhegan Park, Kilmore	7.30pm	Shane O'Hanlon 07748677210 shane.ohanlon@intertradeireland.com	
Fri 5	Greyabbey 10k & 5k	Greyabbey Village Hall	7.30pm	Raymond Murray 07432533515/ 02842788600 Raymond300@btinternet.com www.scrabostriders.com	
Fri 5	Ford 5k	Bryansford GAC	7.30pm	Richard Rogers 07584292495 rodgers63@icloud.com www.newcastleac.org	
Fri 5	Glenarm Glen 5 Mile	Castle Street, Glenarm	7pm	Stephen Montgomery 02828841445/ 07734174994 stmonty6@outlook.com	
Sat 6	Delamont 5x 5k Relays	TBC	TBC	Pending Permit	
Sun 7	The Great Rossa Run 2019	Ardboe Parish Centre	10am	Shane Mallon 07557447436 thegreatrossarun@gmail.com	
Tues 9	Ballyvea FC 10k & 5k	Silent Valley Car Park	7pm	David Crutchley 07882739628 davidcr@cefireland.com	
Cancelled	The Shore 10k	Quay Lane Killough	7.30pm	Joe Quinn 07395814122 jaykwin69@gmail.com	
Tues 16	Portaferry Gala 10 Mile Race	Cloughey Road, Portaferry	7.30pm	Mags Mathieson 07402785109 mags.mathieson@yahoo.co.uk www.portaferrygala.co.uk	
Fri 19	Sea 2 Sky 10k & 5k	Newcastle Leisure Centre	6.30pm	Gerard Rowe 07712004543/ 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 20	Acorns AC Bluebellies 5k (ladies only)	Lough Fea Cookstown	11am	Oliver Murphy 07749013642 secretary.acornsac@gmail.com	
Fri 26	Giant's Trail Race	Queen's Sport, Dub Pavilion	7pm	Ronan O'Flaherty race@dubrunners.club www.dubrunners.club/race	
Fri 26	Lakeland Dairies Milk Run	Joey Dunlop Leisure Centre	7.30pm	Kenny Bacon 02827666925 k.bacon14@btinternet.com www.springwellrunners.co.uk	✓
Sat 27	Derrytresk 10k & 5k	Derrytresk Community Centre	10am	Aidan Campbell 07919912644 aidan@ruralcommunitynetwork.org	
Sat 27	Crossgar 10k	TBC	TBC	Pending Permit	
Wed 31	Donaghadee 5k	The Harbour Donaghadee	7.30pm	Fiona Lemon runninginthedee@gmail.com	✓
August 2019					
Fri 2	Sperrin Harriers Stanley Reid Memorial 5 Mile Classic	TBC	TBC	Pending Permit	
Sat 3	Run The Trails Mount Stewart Half Marathon & 10k	Mount Stewart House	6pm	Chris Stevenson 07970831940 chris.stevenson@sylvania-lighting.com	
Sat 3	Dark Hedges Half Marathon	Recreation Grounds, Dervock	11am	Kenny Bacon 02827666925 k.bacon14@btinternet.com www.springwellrunners.co.uk	
Sun 4	Run For Fionntain (10k & 5k)	St Trea's GAA, Ballymaguigan	10.45am	Niall McPeake 02879639660 niallmcpeake3@btinternet.com	
Sun 4	Felie 5 Mile Fun Run	Yorkgate, Belfast	9am	Stuart Kennedy 07796957784 stuartkennedy44@gmail.com	
Mon 5	Broughshane 5 & 10K	Broughshane Community Centre	7pm	Graeme Stainbridge 07900102356 graeme933@btinternet.com www.nwmrt.org	
Weds 7	Ardglass 10k & 5k	TBC	TBC	Pending Permit	

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Weds 7	Crawfordsburn 5k	Crawfordsburn Countryside Centre	7.30pm	Clare Russell 07901823349 events@northdownac.co.uk www.northdownac.co.uk	
Fri 9	Mallusk Harriers 5 Mile	Academy Club Mallusk Road	7.30pm	Leanne Skillen 07961620715 malluskharriers@outlook.com	
Sat 10	Slieve Croob 5k & 10k Challenge	Peter Morgan's Cottage, Finnis, Dromara	10am	Declan McCann 07885736638 Declanmccann69@hotmail.com www.dromara.weebly.com	
Weds 14	Edwin May Nissan 5 Mile Classic	Coleraine Leisure Centre	7.30pm	Brian Tohill 02870347202 brian.tohill@causewaycoastandglens.gov.uk	✓
Fri 16	Connswater 5 Mile Challenge	CS Lewis Square	7pm	Gary Keenan www.connswater5.com	
Fri 16	FMT 5 Miler	Fivemiletown College	7pm	Glenda Eagleson 02889522701 geagleson223@c2kni.net	
Fri 16	Prosecco 5k	TBC	TBC	Pending Permit	
Sat 17	Extern Dambusters	Silent Valley Mountain Park	11am	Gerard Rowe 07712004543/ 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 17	Ballinderry Road Race	Ballinderry Shamrocks GAC	11am	Roisin Mullan 02886735899/ 07513866597 littlebridge@btconnect.com	
Sat 17	Lecale Way 10k	TBC	TBC	Pending Permit	
Weds 21	Dessie's Run 10k	Gransha Park	7pm	Gerry Lynch 07702006667 gerry.lynch@hotmail.com www.derry-spartans.com	
Thur 22	Maghera 5K	St Lurach Centre	7.30pm	Samantha Convery 07526477697 Samanthataylor21@yahoo.com	
Fri 23	Portrush 5 Mile Road Race	West Strand Promenade, Portrush	7.30pm	Mervyn Thompson portrush5@gmail.com	
Fri 23	Moneymore 5	TBC	TBC	Pending Permit	
Fri 23	Strangford Festival 10k	Stella Maris Street	7pm	Brendan Kerr 07863900138 bkerr674@stgenevieves.belfast.ni.sch.uk	
Sat 24	Rathlin Run 10 Mile & 5k	McCuigs Public House	10 miles- 1pm 5k- 1.10pm	Ryan Maxwell 07754718760 ryan@nirunning.co.uk	
Sun 25	Fresh Air Fresh Mind 5k	Victoria Park	10.30am	Fara Atiya fara.atiya@lloydsbanking.com	
Sun 25	Storming The Castle	Carrickfergus Amphitheatre	2pm	Andrew Smyth 07969031570 smytha1@sky.com stc@seapark.com	✓
Sun 25	Lurgan Lakes & Lough	Discovery Centre Oxford Island	11am	Paul Moore 07767135144 mfamily.mf@gmail.com	
Tues 27	East Antrim Interclub Race	Knockdhu Car Park	7.15pm	William Thompson 07715972115 williamthompson06@hotmail.co.uk www.larneac.co.uk	
Fri 30	Ards Lions 5 Mile Challenge	Londonderry Park	7pm	Hannah Robinson 07970593655 scrabostriders@gmail.com www.scrabostriders.com	
Fri 30	Magheralin 5	Ballymacbredan Road	7pm	Fearghal Laverty 07867536478 secretary.stmichaels.down@gaa.ie	
Sat 31	Fields of Life Stormont 10k, 5k & 1k	Prince of Wales Avenue, Stormont	11am	Helen D'Arcy 02892636200 helen.darcy@fieldsoflife.org www.fieldsoflife.org	
Sat 31	Last One Standing	TBC	TBC	Pending Permit	
September 2019					
Sun 1	Laganside 10k	Ormeau Park	2pm	Matt Shields 07595269308 mattmshields@gmail.com www.northbelfastharriers.com	
Sat 7	East Coast AC Larne 10k (Junior 800m Race)	Centre Point, Pound Street, Larne	11am	Ryan Maxwell 07754718760 ryan@nirunning.co.uk	
Sat 7 – Sun 8	Run In The Park	Bowling Pavilion, Ward Park	12 noon	Mags Mathieson 07402785109 mags.mathieson@yahoo.co.uk	

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Sat 14	Eva's Adventure Run	TBC	TBC	Pending Permit	
Sat 14	Tannaghmore 10k & 5k	Tannaghmore Primary School	12 noon	Gerard Magee 07979245316 gerardmageeantrim@gmail.com	✓
Sun 15	Centra Run Together Armagh	Palace Demense	10am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Sun 22	Deep RiverRock Belfast City Half Marathon	Ormeau Park	9am	Marathon Office 02890605933 info@belfastcitymarathon.org www.belfastcitymarathon.com	✓
Sat 28	NI & Ulster Championship Bangor 10K	Castle Park	10am	Clare Russell 07901823344 events@northdownac.co.uk	✓
Sat 28	Annaghmore Running Festival	Annaghmore Community Hall	10am	Konrad McNeice 07810533799 konrad79@hotmail.com	
Sun 29	Albertville 100 Years 4 Miler	Duncrue Road	12 noon	Jenny Hamilton 07769748979 Jennyhamilton83@gmail.com www.albertvilleharriers.org	✓
October 2019					
Sat 5	NI & Ulster Road Relay Championships	Belfast Victoria Park	11.10am	Darren Houston 07891402553 darrenhouston@hotmail.co.uk	✓
Sat 12	NI Masters XC Championships and Trials	TBC	TBC	Pending Permit	
Sun 13	Armagh 10 Mile RR & 4 Mile Fun Challenge	The Navan Centre, Armagh	12 noon	Edel Ferson 02837529636/ 0775868463 edel.ferson@armaghbanbridgecraigavon.gov www.getactiveabc.com	
Sat 19	Comber Cup	Billy Neill Playing Fields	10am	Valerie Martin 07834522679 ballydrainharriers@outlook.com www.ballydrainharriers.co.uk	
Sun 20	Centra Run Together Belfast	Ormeau Park	9am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
November 2019					
Sun 3	EAMS Halloween Frightener	Loughshore Park	8.30am	Peter Montgomery 07788673548 p.montgomery2@sky.com www.eastantrimmarathonseries.co.uk	
Sat 30	Seeley Cup	TBC	TBC	Pending Permit	

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