

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 12<sup>th</sup> October 2018

[www.athleticsni.org](http://www.athleticsni.org)

Date	Event	Venue	Time	Contact	Officially Measured
<b>2018</b>					
<b>October 2018</b>					
Sat 13	Saintfield 10k & 5k	Comber Street	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 13	NIMAA XC Trials & Championship	Queen's Playing Fields	11.30am	Joy McAleer <a href="mailto:joymcaleer@me.com">joymcaleer@me.com</a>	
Sun 14	Armagh 10 Mile Road Race & 4 Mile Fun Challenge	The Navan Centre, Armagh	12 noon	Edel Ferson 02837529636 <a href="mailto:Edel.ferson@armaghbanbridgecraigavon.gov">Edel.ferson@armaghbanbridgecraigavon.gov</a> <a href="http://www.getactiveabc.com">www.getactiveabc.com</a>	
Sun 14	Run For Oisín	Lakeland Community Cove, Railway Rd, Belcoo	1pm	Nigel McGrath 02866386434/ 07816166739 <a href="mailto:nigel.mcgrath@hotmail.com">nigel.mcgrath@hotmail.com</a>	
Sun 14	Donut Run	Moira Demesne	2pm	Ann McKegney 07792434556 <a href="mailto:amckegney1@gmail.com">amckegney1@gmail.com</a> <a href="http://www.jogmoira.com">www.jogmoira.com</a>	
Sat 20	Comber 10k	Billy Neill Playing Fields	12noon	Valerie Martin 07834522679 <a href="mailto:valsscott@hotmail.co.uk">valsscott@hotmail.co.uk</a>	
Sat 20	St Mary's Primary Killyclogher 10k & 5k Run	Cappagh Parich Hall, Omagh	11.30am	Patricia Campbell 07745407917 <a href="mailto:pdccampbell@btconnect.com">pdccampbell@btconnect.com</a>	
Sat 20	Fergals 10 Miler	Davagh Forest	12 noon	Stacey Hinfey <a href="mailto:Secretary.acornsac@gmail.com">Secretary.acornsac@gmail.com</a> <a href="http://www.facebook.com/Fergals10Miler/">www.facebook.com/Fergals10Miler/</a>	
Sat 20	GR8 Dundrum Run	Main Street, Dundrum	1pm	Paul Madden 07974392790/ 07855586438 <a href="mailto:info@murloughac.com">info@murloughac.com</a> <a href="http://www.murloughac.com">www.murloughac.com</a>	
Sun 21	Centra Run Together Pairs Event- Ormeau Park	Ormeau Park	10am	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://www.centra.co.uk/runtogether">www.centra.co.uk/runtogether</a>	
Sun 21	Hoka One One RunHer Titanic	Titanic Quarter	9.30am	Ed Smith 07740818389/ 02896628213 <a href="mailto:ed_n_smith@hotmail.com">ed_n_smith@hotmail.com</a> <a href="http://www.runher.co.uk">www.runher.co.uk</a>	✓
Fri 26	SPOOK 5k	Belmore Street, Enniskillen	7.30pm	Enniskillen Running Club <a href="mailto:sales@speedyreg.co.uk">sales@speedyreg.co.uk</a>	
Sat 27	NI & Ulster Even Age Group Championships & Bobby Rea Memorial	Greenmount Campus, Antrim	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
<b>November 2018</b>					
Sat 3	84 <sup>th</sup> McConnell Shield	Sixmilewater Park, Ballyclare	12.45pm	Jeanette Burton 07801435183 <a href="mailto:Jeanette111@sky.com">Jeanette111@sky.com</a> <a href="http://www.eastantrimharriersac.co.uk">www.eastantrimharriersac.co.uk</a>	
Sat 3	Belfast Telegraph Run Forest Run Minnowburn	Mary Peter's Track	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a>	
Sun 4	McGrady's Junior XC Race 3	Dromore Community Centre	1pm	Helen McCartan 07716212527 <a href="mailto:prospecterrace@sky.com">prospecterrace@sky.com</a> <a href="http://www.dromoreac.com">www.dromoreac.com</a>	
Sun 4	Decathlon Belfast 10k	Decathlon Belfast, Hollywood Exchange	9.30am	Johnny Davis 07768103968 <a href="mailto:info@pioneer-group.co.uk">info@pioneer-group.co.uk</a> <a href="http://www.pioneer-group.co.uk">www.pioneer-group.co.uk</a>	✓

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Sat 10	Ballynahinch Run to Remember 5k	TBC	TBC	Pending Permit	
Sun 11	NI & Ulster Uneven Age Group & Novice Championships	Scotstown, Co Monaghan	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
Sat 17	Belfast Telegraph Run Forest Run Drum Manor	Drum Manor Forest Park	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a>	
Sun 18	Co Down 5k	St Patrick's Square, Downpatrick	9am	Andrew Telford 07771985042 <a href="mailto:andrewtel84@gmail.com">andrewtel84@gmail.com</a>	✓
Sat 24	Run4Rescue in aid of Mourne Mountain Rescue Team	Annalong Marine Park	10am- Half Marathon 10.30am- 10k	Harry Teggarty 07743039800 <a href="mailto:ednataggarty27@gmail.com">ednataggarty27@gmail.com</a>	
Sat 24	Malcolm Cup	TBC	TBC	Pending Permit	
Sun 25	10k na Ceathrun Gaeltachta 2018	Culturlann McAdam O Fiaich, Falls Road	9am	Mairtin Mac Gabhann 02890234442/ 07541484452 <a href="mailto:mairtin@glornamona.com">mairtin@glornamona.com</a> <a href="http://www.glornamona.com">www.glornamona.com</a>	
Wed 28	Clive Nesbitt Birthday Marathon	The Foley, Armagh	8am	Matthew Nicholson 07974419535 <a href="mailto:matthew@runarmagh.com">matthew@runarmagh.com</a>	
<b>December 2018</b>					
Sat 1	Podium 4 Sport Seeley Cup	Ormeau Park	2.30pm	Athletics NI 02890602707 <a href="mailto:Info@athleticsni.org">Info@athleticsni.org</a> <a href="http://www.athleticsni.org">www.athleticsni.org</a>	✓
Sat 1	Belfast Telegraph Run Forest Run Loughgall	Loughgall Country Park	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a>	
Sun 2	Cash for Kids Santa Dash	Writer's Square, Belfast	10am	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
Sun 2	Crossgar Santa Run	TBC	TBC	Pending Permit	
Sat 8	The Rudolph Run Eskra 10k	Eskra Community Centre	12 noon	Gerry Kinsella 028 8554 8298/ 07796438188 <a href="mailto:eskra10k@eskra.org">eskra10k@eskra.org</a>	
Sat 8	Mighty Oaks XC	Mid Ulster Sports Arena Playing Fields	12 noon	Denise Dallas 07702701053 <a href="mailto:denisewright26@live.co.uk">denisewright26@live.co.uk</a>	
Sun 9	Reindeer Run	Prince of Wales Ave, Stormont Estate	11am	Johnny Breen 07428239665 <a href="mailto:johnny.breen@nihospice.org">johnny.breen@nihospice.org</a> <a href="http://www.nihospice.org">www.nihospice.org</a>	
Fri 16	Kilmoody Santa Run 10k & 5k	TBC	TBC	Pending Permit	
Sat 15	North West XC	U3A Foyle	12.30pm	Gerry Lynch 07702006667 <a href="mailto:gerry.lynch@hotmail.com">gerry.lynch@hotmail.com</a>	
Thurs 26	Larne AC Boxing Day Run	Glynn Rugby Club	11am	Ruth Moore 07929333982/ 02828583154 <a href="mailto:Ruthmoore844@btinternet.com">Ruthmoore844@btinternet.com</a> <a href="http://www.larneac.co.uk">www.larneac.co.uk</a>	✓
Thurs 26	Brocagh Bay Boxing Day Run	Castlebay Community Centre	10.15am	Ciaran McCloskey 07796103641 <a href="mailto:brocaghbayrun@hotmail.com">brocaghbayrun@hotmail.com</a> <a href="http://www.brocaghbayrun.co.uk">www.brocaghbayrun.co.uk</a>	✓
Thurs 26	33 <sup>rd</sup> Annual Greencastle 5 Mile Road Race	Greencastle Community Centre	12 noon	Oliver McCullagh 07767718029 <a href="mailto:info@greencastle5.com">info@greencastle5.com</a>	✓
Thurs 26	Burren Townlands Run	TBC	TBC	Pending Permit	
<b>2019</b>					
<b>January 2019</b>					
Tues 1	Rock New Year's Day Run	Rock Primary School	12 noon	Cyril Cush 07841102113 <a href="mailto:info@rocknewyearsdayrun.co.uk">info@rocknewyearsdayrun.co.uk</a> <a href="http://www.rocknewyearsdayrun.co.uk">www.rocknewyearsdayrun.co.uk</a>	
Tues 1	Race Over The Glens	Glenariff Forest Park	12 noon	Stephen Brown 07885649135 <a href="mailto:ballymenarunners@hotmail.com">ballymenarunners@hotmail.com</a>	✓
Sat 5	North Down XC Relays	TBC	TBC	Pending Permit	
Sun 13	Mathieson Cup and Shield	City of Belfast Playing Fields,	11am	Paul Skillen 07814245674 <a href="mailto:pskillen01@qub.ac.uk">pskillen01@qub.ac.uk</a>	

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		Mallusk		<a href="http://www.malluskharriers.co.uk">www.malluskharriers.co.uk</a>	
Sat 19	IAAF International & Home Countries XC	Billy Neill Playing Fields	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
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 <a href="mailto:Jaykwin69@gmail.com">Jaykwin69@gmail.com</a>	
Fri 25	FEARR The Night 10k	Clandeboyne Estate Courtyard	7pm	Chris Stevenson 07970831940 <a href="mailto:chris.stevenson@sylvania-lighting.com">chris.stevenson@sylvania-lighting.com</a>	
Sat 26	NI & Ulster Intermediate & Masters XC	TBC	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
<b>February 2019</b>					
Sat 4	Moira XC	Moira Demesne	11.45am	Eric Frizzell 07764658053/ 02892611842 <a href="mailto:eric.frizzell1@btinternet.com">eric.frizzell1@btinternet.com</a>	
Sat 9	Stormont XC	Stormont	11am	Mags Mathieson 07402785109 <a href="mailto:mags.mathieson@yahoo.co.uk">mags.mathieson@yahoo.co.uk</a>	
Thurs 14	Love Running 5k	TBC	TBC	Pending Permit	
Sat 16	Last One Standing	TBC	TBC	Pending Permit	
Sat 16	Castle Ward Trail Races	TBC	TBC	Pending Permit	
Sat 23	NI & Ulster Senior XC	Lurgan Park	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Sun 24	McGrady Junior XC Race 5	Tollymore Forest Park	1pm	Pauline McCauley 07803203650 <a href="mailto:juniors@newcastleac.org">juniors@newcastleac.org</a>	
Sun 24	Stroke Association Resolution Run	TBC	TBC	Pending Permit	
<b>March 2019</b>					
Sat 2	Walled City 10 Mile Road Race	TBC	TBC	Pending Permit	
Sat 9	Shane's Castle Half, Full & Ultra Marathon	TBC	TBC	Pending Permit	
Sun 10	Live Active NI 2k Superhero Family Event	TBC	TBC	Pending Permit	
Sun 10	Race to Recovery	Ormeau Park	11am	Regina Cox 02890725472 <a href="mailto:Regina.cox@addictionni.com">Regina.cox@addictionni.com</a> <a href="http://www.addictionni.com">www.addictionni.com</a>	
Sun 17	SPAR Craic 10k 2019	Belfast City Hall	9am	Connla McCann 02890611916/ 07841101274 <a href="mailto:c.mccann@aisling-events.com">c.mccann@aisling-events.com</a>	✓
Sun 17	Jimmy's Ten	Ballydugan Rd, Downpatrick	11am	Joe Quinn 03795814122 <a href="mailto:Jaykwin69@gmail.com">Jaykwin69@gmail.com</a> <a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	✓
Sat 23	Larne Half Marathon	Larne Leisure Centre	11am	Ruth Moore 07929333982/ 02828583154 <a href="mailto:Ruth.moore@belfasttrust.hscni.net">Ruth.moore@belfasttrust.hscni.net</a>	
Fri 29	Dublin 2 Belfast	TBC	TBC	Pending Permit	
Fri 29	Omagh North Nursery School's 40 <sup>th</sup> Anniversary 5k	Omagh North Nursery School	6.30pm	Amanda Duffy-Phillips 02882246431/ 07714727421 <a href="mailto:omaghnorthnursery@gmail.com">omaghnorthnursery@gmail.com</a> <a href="http://www.omaghnorthnursery.org.uk">www.omaghnorthnursery.org.uk</a>	
<b>April 2019</b>					
Sat 6	Omagh Half Marathon	TBC	TBC	Pending Permit	
Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 <a href="mailto:gortinfunrun@outlook.com">gortinfunrun@outlook.com</a>	
Weds 17	St Malachy's High School 10k & 5k	St Malachy's High School	7pm	Claire Murnin 02843778255 <a href="mailto:cmurnin727@c2kni.net">cmurnin727@c2kni.net</a> <a href="http://www.stmalachys.org.uk">www.stmalachys.org.uk</a>	
<b>May 2019</b>					
Fri 10	Scrabo Striders 5k & 10k Run The Runways	Newtownards Airport, Portaferry Road	6.30pm	Lyndsey Lappin 07872537735 <a href="mailto:secretary@scrabostriders.com">secretary@scrabostriders.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	✓
<b>June 2019</b>					
Sun 2	Walled City Marathon	TBC	TBC	Pending Permit	
Fri 21	Ballydrain Road Race	TBC	TBC	Pending Permit	
Sat 29	Larne AC Coastal Marathon	Larne Leisure	9am	Ruth Moore 07929333982/ 02828583154	✓

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		Centre		<a href="mailto:Ruthmoore844@btinternet.com">Ruthmoore844@btinternet.com</a> <a href="http://www.larneac.co.uk">www.larneac.co.uk</a>	
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