

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 ■ Ultra Event

Updated 13th March 2020

www.athleticsni.org

| Date | Event | Venue | Time | Contact | Officially Measured |
|-------------------|--|--|-------------|---|---------------------|
| 2020 | | | | | |
| March 2020 | | | | | |
| Sat 14 | St Patricks Weekend 5k 2020 *Postponed Date TBC* | U3A Foyle, Gransha Park | 11am | Paula McGilloway 07729628448 Paulamcgilloway60@gmail.com | |
| Sat 14 | Stormathon | Loughshore Newtownabbey | 8:30am | Craig Mills cmills7@sky.com www.eastantrimmarathonseries.co.uk | |
| Sat 14 | Ormeau Runners Forestside 5 Mile Trail Race | Belfast Boat Club | 11am | Helen Halliday Ormeaurunners@outlook.com https://register.primoevents.com/ps/event/OrmeauRunnersForestside5MileTrailRace2020 | |
| Sat 14 | Washingbay Green Run 5km, 10km & Half Marathon *POSTPONED to 12th June* | Washingbay | 10:30am | Brendan Quinn washingbaygr@gmail.com www.wbaygreenrun.com | |
| Sun 15 | Jimmy's Ten | Ballydugaan Road, Downpatrick | 10:30am TBC | Joe Quinn 07395814122 www.eastdownac.co.uk jaykquinn69@gmail.com | ✓ |
| Sun 15 | St Patricks Challenge | Loughshore Newtownabbey | 8:30am | CRAIG MILLS cmills7@sky.com www.eastantrimmarathonseries.co.uk | |
| Sun 15 | Mad march 5k Fun Run | 41 Dogleap Rd, Limavady BT49 9NN | 11am | Mervyn Kelly mervynkelly@hotmail.com www.northernvelocity.co.uk | |
| Tue 17 | Altamuskin 5 *Postponed to 22nd August* | Altamuskin Community Centre | 12 Noon | Michael Broderick 07753615161 info@altamuskin.com www.altamuskin.com | |
| Tue 17 | Spar Craic 10k *POSTPONED to 19th July* | POSTPONED | POSTPONED | Aisling Events | |
| Sat 21 | Schools Cross Country International | Wales | TBC | TBC | |
| Sat 21 | P&O Ferries Antrim Coast Half Marathon | Larne Leisure Centre | 11am | William Thompson 07715972115 www.antrimcoasthalfmarathon.com | |
| Sun 22 | Clogher Valley 5k | Augher Main Street | 10am | Lynda Forde 07979428302 d_kelly45@hotmail.com | |
| Sun 22 | Seapatrick 5/10k *Postponed Date TBC* | St Patricks College Scarva Rd. Banbridge | 10:30am | Michael McCorry 07735076008 stmarysptabanbridge@gmail.com | |
| Tue 24 | Belfast Primary School Cross Country Championship | Grove Playing fields | 10:20am | Paddy McGratten 9032 0202 ext 3718 www.belfastcity.gov.uk tatej@belfastcity.gov.uk | |
| Wed | Belfast Primary School | Orangefield Park | 10:20am | Paddy McGratten 9032 0202 ext 3718 | |

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.

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|-------------------|--|------------------------------|---------|--|---|
| 25 | Cross Country Championship | | | www.belfastcity.gov.uk tatej@belfastcity.gov.uk | |
| Wed 25 | Deep RiverRock Queens 5k Race around the River **Postponed to 10th June** | Annadale Embankment | 6:50pm | Nathan Lindsay athletics@qub.ac.uk www.queens5k.com | ✓ |
| Thurs 26 | Belfast Primary School Cross Country Championship | Boucher Road playing Fields | 10:20am | Paddy McGratten 9032 0202 ext 3718 www.belfastcity.gov.uk tatej@belfastcity.gov.uk | |
| Fri 27 | Belfast 2 Dublin | Europa Hotel | 12 Noon | Adrian Daye 07876560015 www.atlasrunning.co.uk Adrian.daye@sky.com | |
| Sat 28 | Omagh Half Marathon *Postponed to 27th June* | Omagh Leisure Complex | 9am | Martin McLaughlin 07786164431 runnermartin@outlook.com www.omaghharriers.com | ✓ |
| Sun 29 | TQ10K | Titanic Quarter | TBC | Athletics NI 02890602707 info@athleticsni.org | ✓ |
| April 2020 | | | | | |
| Thur 2 | 60th Anniversary St Malachy's High School 5k 10k 2020 | Castlewellan Forest Park | 7pm | Clare Murnin 02843778255 www.stmalachys.org.uk cmurnin727@c2kni.net | |
| Sun 5 | Craigavon Lakes ¾ Marathon | Craigavon lakes | 8am | Stuart Kennedy 07796957784 stuartkennedy44@gmail.com | |
| Sun 5 | Northern Ireland Hospice 5K Rabbit Run & Bunny Hop | Hazelbank Park, Newtownabbey | 11am | Lauren Doherty events@nihospice.org http://bit.ly/2uPQnx6 | |
| Tue 7 | Ballymena Belles 2020 *female only race* | Galgorm Community Centre | 7pm | Naomi Hutchinson www.ballymenarunners.org/ ballymenarunners@hotmail.com | |
| Wed 8 | Belfast 2 Dublin Return Ultra | Europa Hotel | 12 noon | Adrian Daye 07876560015 www.atlasrunning.co.uk Adrian.daye@sky.com | |
| Wed 8 | Bay Road 5k | Riverside Walkway | 7:30pm | Gerry Lynch 07702006667 Gery.lynch@hotmail.com | ✓ |
| Sat 11 | Beragh 5 Mile & 5k Road Races | St Marys Park, Beragh | 11am | Adrian Donnelly 07761610828 adrianjdonnelly@hotmail.com | |
| Sat 11 | Glenarm Castle Challenge | Glenarm Castle | 11am | Jane Rowe 07855586438 Info@born2runevents.com | |
| Mon 13 | Whitehead Easter Road race | Whitehead Community Centre | 12:30pm | Maeve Taylor on 07799367059 whiteheadroadrace@gmail.com www.facebook.com/whiteheadeastermondayroadrace/ | |
| Sat 25 | Gortin 10k, 5k and 5k walk | Top of main street | 12noon | Kerry Crawford 02881648268 gortinfunrun@outlook.com | |
| Sat 25 | Run Around the Castle | Shanes Castle | 10am | Donna McGuckian 07787115003 friendsofcregganps@gmail.com | |
| Sat 25 | Almac Fun Run *CANCELLED* | Almac House | 11am | Amy Neill 02838368131 Amy.neill@almacgroup.com | |
| Sun 26 | London Mini Marathon | London | TBC | TBC | |
| Wed 29 | Belfast Primary School Cross Country Championship | Ormeau Park | 10:20am | Paddy McGratten 9032 0202 ext 3718 www.belfastcity.gov.uk tatej@belfastcity.gov.uk | |
| Wed 29 | Purple Ladies 5k *Ladies only Event* | Joey Dunlop Leisure Centre | 7:30pm | Elaine Montgomery montgomeryelaine@hotmail.co.uk www.springwellrunners.co.uk | |

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| May 2020 | | | | | |
|----------|--|--|--------|---|---|
| Sat 2 | Run Armagh – Belfast Back to Back Marathon | The Mall East | 8am | Matthew Nicholson matthew@runarmagh.com www.runarmagh.com | |
| 3rd | Deep RiverRock Belfast City Marathon | Stormont Estate | 9am | info@belfastcitymarathon.org 02890605922 | ✓ |
| Fri 8 | Scrabo Striders Run the Runways | Runway at Newtownards Airport, Portaferry Road | 6:30pm | Lyndsey Lappin 07872537735 scrabostriders@gmail.com www.scrabostriders.com | |
| Fri 8 | Termoneeny 10k | Quarry Road, Gulladuff | 7:30pm | Declan Leung www.termoneenycr.com termoneenycr@gmail.com | |
| Sat 9 | 3 Lakes Challenge | Lakeside Inn | 11am | Adrian Daye 07876560015 www.atlasrunning.co.uk atlas@atlasrunning.co.uk | |
| Sun 10 | Colebrooke 5K 10K and Half Mile Mauler | Triumphal Gate, Colebrooke Park | 2:20pm | Graeme Stanbridge 07900192356 www.NWMRT.org graeme933@btinternet.com | |
| Tue 12 | Newry City 10k *POSTPONED to 13th June* | Quay Shopping Centre, Newry | 7pm | Damian Mulholland 07921566605 muldamian@btinternet.com www.newrycityrunners.com | |
| Fri 15 | Maguiresbridge M5M | Drumgoon Road, Maguiresbridge | 7pm | Andrew Green maguiresbridgerc@mail.com www.maguiresbridge.wixsite.com/runningclub | ✓ |
| Fri 15 | Les Jones 10k | Mary Peters Track | TBC | Athletics NI 02890602707 info@athleticsni.org | ✓ |
| Fri 15 | Severfield 5km Runway Team Challenge | Enniskillen Airport | 7pm | Heather Williams 02866 388521 heather.williams@severfield.com | |
| Sat 16 | SHANES CASTLE CHALLENGE 2020 | Shanes Castle | 11am | Jane Rowe 07855586438 www.born2runevents.com info@born2runevents.com | |
| Sun 17 | Portadown Running Festival | Peoples Park, Portadown | 8am | Stephen McMorris 02838840714 stephen.mcmorris@globeweigh.com | |
| Sun 17 | Killeeshil 10k & 5k | Killeeshil Community Centre | 11am | Karen McGinn 07526711203 McGinnk57@gmail.com | |
| Sun 17 | Strabane Lifford Half Marathon | Meeting House Street | 9:30am | Jacqueline Whoriskey 02871376504 Jacqueline.whoriskey@derrystrabane.com www.derrystrabane.com | |
| Wed 20 | Bann 10k & Fun Run | Havelock Park, Lurgan Road | 7pm | Heather Ardis 07841804033 banbridgeac@hotmail.com | |
| Fri 22 | Carmen 1 Mile Relay | Termon Road, Carrickmore | 7:30pm | Stuart morrow Carmen.runners@outlook.com https://www.facebook.com/carmenrunners/ | ✓ |
| Sat 23 | CAH May Fair Races | Ballyclare Rugby Club | 10am | Irene Downey CAHarriers.info@gmail.com www.countyantrimharriers.co.uk | |
| Sun 24 | The Emmetts Running Club Annual 5K 10K in association with St Peters CLG | Lurgan Park | 11am | Hugh Haughian 07874000858 hhaughian@mrpd.com | |
| Sun 24 | Newry City Half Marathon *POSTPONED to 13th Sept* | Albert Basin, Newry | 9am | Newry City Runners muldamian@btinternet.com www.newrycityrunners.com | |
| Sat 30 | Killyclogher 10K | Killyclogher GAA | 11am | Liam Cunningham 07757414601 www.killycloghergaa.com chairperson.killyclogher.tyrone@gaa.ie | |
| Sun | Centra Run Together, | Lakeland Foun, | 10am | Johnny Davis +447768103968 | |

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| 31 | Enniskillen | Enniskillen | | johnny@pioneer-group.co.uk https://centra.co.uk/runtogether/ | |
| Sun 31 | Run Armagh: Late may Marathon | The Mall East | 8am | Matthew Nicholson 07974419535 www.runarmagh.com matthew@runarmagh.com | |
| June 2020 | | | | | |
| Wed 3 | Fairhill 5 | TBC | TBC | Pending Permit | |
| Fri 5 | Enniskillen 10/5k | TBC | TBC | Pending Permit | |
| Sat 6 | Gosford Forest Run | Gosford Forest Park | 10:30am | Gareth Morrison 07841975715 morrisongr@hotmail.com www.eventbrite.co.uk/e/gosford-forest-run-2020-tickets-91150681141 | |
| Sun 7 | Race Run DMC | Divis Carpark | 11am | Helen Weir www.belfasthills.com hfweir@gmail.com | |
| Wed 10 | Deep RiverRock Queens 5k Race around the River | Annadale Embankment | 6:50pm | Nathan Lindsay athletics@qub.ac.uk www.queens5k.com | ✓ |
| Thur 11 | Lismore 5k | Lismore Comprehensive School | 7pm | Francis McVeigh 07736014961 Fmcveigh048@c2kni.net | |
| Sat 13 | Washingbay Green Run 5km, 10km & Half Marathon | Washingbay | 10:30am | Brendan Quinn washingbaygr@gmail.com www.wbaygreenrun.com | |
| Sat 13 | Stunnerz n Runnerz | Drum Manor Forest | 11am | Maureen Mallon Maureenmallon124@hotmail.com www.sperrinharriers.co.uk | |
| Sun 14 | CCU Stormont Miles | Stormont Estate | 10am | Stuart Kennedy 07796957784 stuartkennedy44@gmail.com www.childrenscancerunit.com | |
| Thur 18 | Academy 5K | St. Patrick's Academy Dungannon | 7pm | Fintan Donnelly 028 87727400 fdonnelly295@c2kni.net https://www.stpatricksacademy.org.uk/ | |
| Fri 19 | Comber 10K | Castle Lane, Comber | 7:30pm | Valerie Martin Ballydrain.secretary@outlook.com www.ballydrainharriers.co.uk | ✓ |
| Sat 20 | Belfast Festival of Sport & Belfast Runs 24hr Relay | Victoria Park, Belfast | 9am/1pm | Adrian Daye 07876560015 www.atlasrunning.co.uk Adrian.daye@sky.com | |
| Sat 20 | Dromore 5 & 10K | Town Clock, Main Street | 12 noon | Dermot Montague dfmont@btinternet.com 07917134847 | |
| Sun 21 | Centra Run Together, Bangor | Ward Park, Bangor | 10am | Johnny Davis +447768103968 johnny@pioneer-group.co.uk https://centra.co.uk/runtogether/ | |
| Wed 24 | Centra Run Together, Derry / Londonderry | Quayside, Derry City | 10am | Johnny Davis +447768103968 johnny@pioneer-group.co.uk https://centra.co.uk/runtogether/ | |
| Fri 26 | Newell 5/10K | Coalisland Heritage Centre | 7 / 7:30pm | Sean Boyle 02887741818 floor.coalisland@newellstores.com | ✓ |
| Fri 26 | Ards Half Marathon | Ards Blair Mayne Wellbeing and Leisure Complex | 6:30pm | Hannah Robinson 07970593655 www.scrabostriders.com | |
| Sat 28 | Omagh Half Marathon | Omagh Leisure Complex | 9am | Martin McLaughlin 07786164431 runnermartin@outlook.com www.omaghharriers.com | ✓ |

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|-----------------------|---|---|---------|--|---|
| Sun 28 | Mad for the Road | Moneyglass Community Centre | 12pm | Liz Trimble 07515433470 moneyglassdistrictrunners@gmail.com | |
| July 2020 | | | | | |
| Fri 3 | Ford 5k | Bryansford GAC | 8pm | Richard Rodgers Rodgers63@icloud.com www.newcastleac.org | |
| Sun 5 | Great Rossa Run | Ardboe Parish Centre | 10am | Shane Mallon 07557447436 thegreatrossarun@gmail.com | |
| Sun 5 | Antrim Coast Road Marathon | Glenann Rd, Cushendall. Co. Antrim | 9am | Andy McClean info@antrimcoastmarathon.co.uk | ✓ |
| Sun 19 | Spar Craic 10K | City Hall, Belfast | 9am | Aisling Events 02890611916 www.aisling-events.com c.mccann@aisling-events.com | |
| Wed 22 | Donaghadee 5k | Pier Donaghadee | 7:30pm | Hannah Donaldson 07850156259 dunninginthedee@gmail.com | |
| Fri 31 | Giants Trail Race | Dub Playing Field | 7pm | Ronan O'Flaherty www.dubrunners.club/race dubrunnersbelfast@gmail.com | |
| August 2020 | | | | | |
| Wed 5 | Crawfordsburn 5k trail race | Crawfordsburn County Park | 7:15pm | Clare Russell 07901823349 events@northdownac.co.uk www.northdownac.co.uk | |
| Fri 7 | Mallusk 5 Mile Road Race | Mallusk Road, Mallusk | 7.30pm | Leeanne Skillen 07961620715 malluskharriers@outlook.com www.malluskharriers.co.uk | |
| Fri 7 | Sperrin Harriers 5 Mile Classic Stanley Reid Memorial | Loughry Campus | 7:30pm | Mark Reid 07899002644 www.sperrinharriers.co.uk alfredmark2002@yahoo.co.uk | ✓ |
| Fri 21 | Maghera 5 Mile Road Race | TBC | TBC | Permit Pending | |
| Sat 22 | Run Thru Time | TBC | TBC | Permit Pending | |
| Sat 22 | Altamuskin 5 | Altamuskin Community Centre | 12 Noon | Michael Broderick 07753615161 info@altamuskin.com www.altamuskin.com | |
| Fri 28 | Portrush 5 Mile Road Race | TBC | TBC | Permit Pending | |
| Sat 29 | Donard Forest 5k Challenge | TBC | TBC | Permit Pending | |
| Sun 30 | Storming the Castle | Amphitheatre Carrickfergus | 2pm | Andy Smyth 0796931570 smyth1@sky.com | |
| Sun 30 | Rock the Lough 2020 | Discovery Centre, Oxford Island, Lurgan | 11am | Paul MOORE 07767135144 mfamily.mf@gmail.com www.saintpetersac.com | |
| September 2020 | | | | | |
| Tue 1 | Mill Hill Mile 2020 | Annsborough Village | 7pm | Richard Rodgers Rodgers63@icloud.com www.newcastleac.org | |
| Fri 4 | Ards 5 Mile | TBC | TBC | Pending Permit | |
| Sun 6 | Laganside 10k | Ormeau Park | 2pm | Helen Weir 07748913455 hfwair@gmail.com | ✓ |
| Sun 6 | Waterside Half Marathon | Ebrington | 10am | Jacqueline Whoriskey 02871376504 Jacqueline.whoriskey@derrystrabane.com www.derrystrabane.com | ✓ |
| Sat 12 | Tannaghmore 10K | TBC | TBC | Pending Permit | |
| Sun 13 | Abis Butterfly Breeze 10k and 5k fun run | Exploris Carpark, Portaferry | 11am | Andrew brodie 07739071472 Brodieandrew35@gmail.com | |
| Sun 13 | Newry City Half Marathon & 10k | Albert Basin, Newry | 9am | Newry City Runners muldamian@btinternet.com www.newrycityrunners.com | |
| Sun | Centra Run Together, | Palace Demense, | 10am | Johnny Davis +447768103968 | |

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|----------------------|---|----------------------|------|---|--|
| 13 | Armagh | Armagh | | johnny@pioneer-group.co.uk https://centra.co.uk/runtogether/ | |
| Sun 20 | Deep RiverRock Belfast City Half Marathon | TBC | TBC | Pending Permit | |
| Sat 26 | NI & Ulster Championship Bangor 10k | Castle Park Belfast | 10am | Clare Russell 07901823349 www.northdownac.co.uk events@northdownac.co.uk | |
| October 2020 | | | | | |
| Sun 18 | Centra Run Together, Ormeau Park | Ormeau Park, Belfast | 10am | Johnny Davis +447768103968 johnny@pioneer-group.co.uk https://centra.co.uk/runtogether/ | |
| November 2020 | | | | | |
| Sat 14 | Comber Cup | TBC | TBC | Permit Pending | |

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