

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 15th April 2019

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2019					
April 2019					
Weds 17	Bay Road 5k	Riverside Walkway, Marina	7.30pm	Gerry Lynch 07702006667 gerry.lynch@hotmail.com	
Sat 20	Beragh 5 Mile Road Race	St Mary's Park, Beragh	11am	Adrian Donnelly 07761610828 adonnelly5@btinternet.com	
Sat 20	From Darkness to the Dawn	Toome House	5.30am	Anita Gribbin 02879659524/07703227624 anita.gribbin@btconnect.com	
Mon 22	Whitehead Easter Road Race	Whitehead Community Centre	12pm	Rosemary Allen 02893378077 wca@whitehead-ni.com	
Wed 24	Purple Ladies 5k	Joey Dunlop Leisure Centre	7.30pm	Kenneth Bacon 02827666925 k.bacon14@btinternet.com www.springwellrunners.co.uk	✓
Sat 27	Ballynahinch 10k & 5k	High Street, Ballynahinch	1.30pm- 10k 2.30pm- 5k	Kevin Poland 07753604141/ 02897563068 jkpoland@hotmail.com	✓
Sat 27	The Cormac Run	Eglishe GAA	10am	Martin Daly 07855008089 dalymartin@yahoo.co.uk www.cormacrunc.org	
Sun 28	Run Armagh 10k	College Hill	2pm	Matthew Nicholson 07974419535 matthew@runarmagh.com www.runarmagh.com	✓
Sun 28	RunDC 2019	Tobermore Road, Draperstown	11am	Ryan Lagan 07540723005 draperstowncelticfc@outlook.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	5 th May 5k Fun Run	Roe Valley Country Park	11am	Mervyn Kelly 07740086061 mervynkelly@hotmail.com www.northernvelocity.co.uk	
Thurs 9	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 andersonrebecca@belfastcity.gov.uk www.belfastcity.gov.uk	
Fri 10	Scрабо Striders 5k & 10k Run The Runways	Newtownards Airport, Portaferry Road	6.30pm	Lyndsey Lappin 07872537735 secretary@scrabostriders.com www.scrabostriders.com	✓
Fri 10	Termoneeny 5K & 10K	Termoneeny Centre	7.30pm	Declan Leung 07533346847 termoneenyc@gmail.com www.termoneenyc.com	✓
Sat 11	3 Lakes 7K & 15K	Lakeside Inn	11am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk	
Sun 12	Centra Run Together Enniskillen	Lakeland Forum	10am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Tues 14	Newry City 10k	Quays Shopping Centre	7pm	Damian Mulholland 07921566605 muldamian@btinternet.com www.newrycityrunner.com	✓
Tues 14	Woodburn Forest Series	Anglers Car Park, Woodburn Forest	7.30pm	Andrew Smyth 02893360754/ 07969031570 smytha1@sky.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.facebook.com/woodburnforestseries	
Thur 16	Wilkie's 5 Mile Classic	Out the Line, Foyle	7.30pm	Denise Doherty 07732216569 dendoh@hotmail.co.uk	
Fri 17	Les Jones Memorial 10k	Mary Peter's Track	7.30pm	Athletics NI 02890602707 info@athleticsni.org	✓
Fri 17	M5M	Christchurch Hall	7pm	Carla Moore 07850190609 secretatym5m@gmail.com	
Sat 18	Gosford Forest Run	Gosford Forest Park	10.30am	Gareth Morrison 07841975715 morrisongr@hotmail.com	
Sun 19	Slieve Gallion Challenge	Longfield Lane, Desertmartin, Magherafelt	10am	Peter Donnelly 07944702434 Pdonnelly604@c2kni.net www.desertmartingac.com	
Sun 19	Colebrooke 5k & 10k	Colebrooke Estate	2.30pm	Graeme Stainbridge 07900192356 graeme933@btinternet.com	
Sun 19	Portadown 10k, Half Marathon & Marathon	TBC	TBC	Pending Permit	✓
Tues 21	Maghera 5k & 10k 2019	Gort Service Station	7.30pm	Fintan Campbell 02879547400/ 07525591486 fintan.campbell@midulstercouncil.org	
Weds 22	Bann 10k & Fun Run	Havelock Park, Banbridge	7pm	Heather Ardis 07840804033 banbridgeac@hotmail.com	✓
Thurs 23	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 andersonrebecca@belfastcity.gov.uk www.belfastcity.gov.uk	
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	✓
Fri 24	Carmen 1 Mile Relay	Carrickmore Termon Road	7.30pm	Michael Kerr 02880760557/07444348676 carmenrunners@hotmail.co.uk	
Sat 25	CAH Mayfair Races	Ballyclare Rugby Club	10am	Irene Downey 07443331683 Downeyirene8@gmail.com www.countyantrimharriers.co.uk	
Sat 25	5 Mile Mor	O'Neill Park, Quaymount, Blackwatertown	12 Noon	Martin McKenna 07707699074 mousemckenna@hotmail.com	
Sun 26	Newry City Half Marathon	Albert Basin, Newry	10am	Damian Mulholland 07921566605 muldamian@btinternet.com www.newrycityrunners.com	✓
Sun 26	RSMF Marconi Run	Tennis Pavilion Ballycastle	10am	Aidan Loughridge 07835266423 info@ballycastlerunners.com www.facebook.com/ballycastlerunnersac	
Tues 28	Woodburn Forest Series	Anglers Car Park, Woodburn Forest	7.30pm	Andrew Smyth 02893360754/ 07969031570 smytha1@sky.com www.facebook.com/woodburnforestseries	
Thurs 30	Lissan Playgroup 5k Run & 1k Fun Run/Walk	Lissan House & Demesne, Cookstown	7pm	Sinead Gildernew 07810282028 sinead.gildernew@yahoo.co.uk	
Fri 31	Tatts 10k & 5k	Tattyreagh GAC Club House	7pm	Martin McLaughlin 07786164431 runnermartin@outlook.com	
June 2019					
Sat 1	Great Derrynoose Run 2019	TBC	TBC	Pending Permit	
Sun 1	Blessed Patrick O'Loughlin PS 5K Run/Walk	136 Old Caulfield Road	11am	Cathy Moylan 02887767311 cathymoylan@c2kni.net	
Sun 2	Walled City Marathon	Everglades Hotel, Derry	8.30am	Gerry Lynch 07702006667 Gerry.lynch@hotmail.co.uk www.thewalledcitymarathon.com	✓
Sun 2	Race Run DMC	Divis Mountain	TBC	Helen Weir 07748913455 hfweirnbh@gmail.com www.belfasthills.com	✓
Wed 5	Fairhill 5 Mile Road Race	Braid Centre,	7pm	James Turtle 07813123979	

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		Ballymena		jamesturtle@btinternet.com www.ballymenarunners.org	
Wed 5	Craigavon Lakes 10k, 5k & 1k Family Run	Craigavon Civic Centre	6.45pm	Tony Hamill 02838326606 tony.hamill@armaghbanbridgecraigavon.gov.uk www.getactiveabc.com	
Fri 7	Paul Murray 5k Grand Prix Series	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 Katecorrigan@yahoo.co.uk	✓
Fri 7	Taking the Tower 10K	S.E.A.L Training & Fitness	7pm	Michael Barton 07894119276 leader@sealtrainingfitness.co.uk	
Sat 8	Killyclogher 10k	Killyclogher GAA	11am	Peter O'Kane 07760330570 chairperson.killyclogher.tyrone@gaa.ie www.killycloghergaa.com	
Sat 8	Enniskillen 10k	Fermanagh Lakeland Forum	2pm	Chris Elliott 07872419087 chris.elliott@fermanaghmagh.com www.enniskillen10k.com	✓
Sun 9	Centra Run Together Bangor	Ward Park	10am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Tues 11	Woodburn Forest Series	Anglers Car Park, Woodburn Forest	7.30pm	Andrew Smyth 02893360754/ 07969031570 smytha1@sky.com www.facebook.com/woodburnforestseries	
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	
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	✓

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Sat 29	Larne AC Coastal Marathon	Larne Leisure Centre	9am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓
Sun 39	Children's Cancer Unit Stormont Mile	Stormont Estate	12.30pm	Stuart Kennedy 07796957784 stuartkennedy44@gmail.com www.childrenscancerunit.com	
July 2019					
Fri 5	Ballyhegan Park N Stride 5k & 10k	TBC	TBC	Pending Permit	
Fri 5	Greyabbey 10k & 5k	Greyabbey Village Hall	7.30pm	Raymond Murray 07432533515/ 02842788600 Raymond300@btinternet.com www.scrabostriders.com	
Sun 7	The Great Rossa Run 2019	Ardboe Parish Centre	10am	Shane Mallon 07557447436 thegreatrossarun@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 26	Giant's Trail Race	Queen's Sport, Dub Pavilion	7pm	Ronan O'Flaherty race@dubrunners.club www.dubrunners.club/race	
Sat 27	Derrytresk 10k & 5k	TBC	TBC	Pending Permit	
Wed 31	Donaghadee 5k	The Harbour Donaghadee	7.30pm	Fiona Lemon 07739412777 runninginthedee@gmail.com	✓
August 2019					
Sat 3	Run The Trails Mount Stewart Half Marathon & 10k	Mount Stewart House	6pm	Chris Stevenson 07970831940 chris.stevenson@sylvania-lighting.com	
Sun 4	Run For Fionntain (10k & 5k)	St Trea's GAA, Ballymaguigan	10.45am	Niall McPeake 02879639660 niallmcpeake3@btinternet.com	
Mon 5	Broughshane 5 & 10K	Broughshane Community Centre	7pm	Graeme Stainbridge 07900102356 graeme933@btinternet.com www.nwmrt.org	
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	TBC	TBC	TBC	
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 17	Dessie's Run 10k	TBC	7pm	Pending Permit	
Thur 22	Maghera 5K	St Lurach Centre	7.30pm	Samantha Convery 07526477697 Samanthataylor21@yahoo.com	
Fri 23	Portrush 5 Mile Road Race	TBC	TBC	Pending Permit	
Sat 24	Strangford Festival 10k	Stella Maris Street	7pm	Brendan Kerr 07863900138 bkerr674@stgenevieves.belfast.ni.sch.uk	
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	
Fri 30	Ards Lions 5 Mile Challenge	TBC	TBC	Pending Permit	
Sat 31	Fields of Life Stormont 10k, 5k & 1k	Prince of Wales Avenue, Stormont	11am	Helen D'Arcy 02892636200/ 07738620999 helen.darcy@fieldsoflife.org www.fieldsoflife.org	
September 2019					
Sun 1	Laganside 10k	Ormeau Park	2pm	Matt Shields 07595269308 mattmshields@gmail.com www.northbelfastharriers.com	
Sun 15	Centra Run Together Armagh	Palace Demense	10am	Pioneer Group 07768103968 info@pioneer-group.co.uk	

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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	
October 2019					
Sat 5	NI & Ulster Road Relay Championships	Belfast Victoria Park	11.10am	Darren Houston 07891402553 darrenhouston@hotmail.co.uk	
Sun 20	Centra Run Together Belfast	Ormeau Park	9am	Pioneer Group 07768103968 info@pioneer-group.co.uk	

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