

Athletics Northern Ireland

Cross Country & Road Running Fixtures 2023- 2024 – 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 ■ Postponed ■

Updated 10th October 2023

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
November 2023					
Wed 15 th	Run in the Dark	Prince of Wales Ave, Stormont Estate	8pm	Katie Svenson +353838293719 katie@markpollock.org www.runinthedark.org	✓
Sun 19 th	Comber Cup XC (Ballydrain Harriers)	Billy Neill MBE Country Park	TBC	Valerie Martin 07834522679 www.ballydrain.harriers.co.uk ballydrain.secretary@outlook.com	
Tues 21 st	NEBSSA Cross Country Championships	Rugby Avenue, Coleraine	11am	Amanda McGarry 02870329026 amcgarry634@c2ken.net	
Sat 25 th	Sperrin Harriers Winter League- Lough Fea	Lough Fea	12noon	Emma Duffy 07775816405 emma@eledlegal.com www.sperrinharriers.co.uk	
Sat 25 th	RUN ARMAGH: Clive Nesbitt 60 th Birthday Marathon	The Mall, Armagh	8am	Matthew Nicholson 07974419535 matthew@runarmagh.com www.runarmagh.com	
Sat 25 th	Run Forest Run Gosford 10k & 5k	Gosford Forest Park	11am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Sun 26 th	Malcolm Cup (Annadale Striders)	Queens Dub Playing Fields	12:30pm	Philip Cooper 07734363779 philipjoesphcooper@gmail.com www.annadalestriders.co.uk	
December 2023					
Sat 2 nd	Podium4Sport Seeley Cup 10k	Ormeau Park	2:30pm	Willowfield Harriers/ Athletics NI: 028 90602707 info@athleticsni.org	✓
Sat 9 th	The Rudolph Run	Eskra Community Centre	12 noon	Gerry McCaffrey eskra10k@eskra.org	
Sat 9 th	Mourne Mountain Rescue Race	Tollymore Mountain Centre	11am	Ian Taylor 07490186683 ir.taylor@ntlworld.com	
Sat 9 th	Irwin Speirs Memorial XC (Acorns AC)	Mid Ulster Sports Arena, Cookstown	10:50am	Oli Murphy olimurphy25@hotmail.com	
Sat 16 th	North West XC (City of Derry Spartans)	Thornhill College	10:30am	Emmett McGinty 07840023813 emmettmc16@hotmail.com	
Sat 16 th	Run Forest Run Tollymore 10k & 5k	Tollymore Forest Park	11am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Fri 22 nd	Run Armagh: Black Eye Friday Marathon	The Mall, Armagh	8am	Matthew Nicholson 07974419535 matthew@runarmagh.com www.runarmagh.com	
Tues 26 th	Brocagh Bay Run	Castlebay Community Centre	10:15am	Declan McCloskey 07748186783 brocaghbayrun@hotmail.com www.brocaghbayrun.co.uk	
Tues 26 th	CIYMS Boxing Day Fun Run	Belmont Park	12noon	Andrew McIntyre 07800914516 andrew-mcintyre@hotmail.co.uk www.orangegroveac.co.uk	
Tues	38 th Oliver McCullagh	Greencastle	12noon	Connor McCullagh 07921164451	

26 th	Greencastle 5 Mile	Community Centre		info@greencastle5.com www.Greencastle5.com	
Sun 31 st	Expleo Running Festival	Harbour Estate	10am	Glenn Grant championchipseireland@googlemail.com	
Sun 31 st	Lough 5	Loughmacrory	12noon	Anne Logue 07810437335 lough5@live.co.uk www.lough5.com	
Sun 31 st & Mon 1 st	New Years Eve Marathons	Carrickfergus Castle	8:30am	Matthew Nicholson 07974419535 matthew@runarmagh.com www.eastantrimmarathonseries.co.uk	
January 2024					
Mon 1 st	Race Over the Glens	Glenariff Forest Park	12noon	John McGerty 07791413558 ballymenarunners@hotmail.com	
Sat 6 th	Run Forest Run Loughgall 10k & 5k	Loughgall Country Park	11am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Sat 13 th	Sperrin Harriers Winter League- An Creagan	An Cregan	12noon	Emma Duffy 07775816405 emma@eledlegal.com www.sperrinharriers.co.uk	
Sun 14 th	Mathieson Cup (Mallusk Harriers)	TBC	TBC	Pending Permit	
Sat 20 th	The Rabbit Run Half Marathon, Marathon & 10k	Woodburn Forest	9am	Gary Connolly 07739223630 info@werunwildni.com www.werunwildni.com	
Sat 27 th	Run Forest Run Antrim Castle Gardens 10k & 5k	Antrim Castle Gardens	11am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Sun 28 th	NI & Ulster Intermediate & Masters XC Championships	Billy Neill MBE Country Park	12noon	Athletics NI: 028 90602707 info@athleticsni.org	
February 2024					
Sat 3 rd	Sperrin Harriers Winter League- Drum Manor	Drum Manor	12noon	Emma Duffy 07775816405 emma@eledlegal.com www.sperrinharriers.co.uk	
Thurs 8 th	Armagh International Road Races 2024	Russell St, Armagh	6:30pm	James Vallely 07432477385 fermoy40@gmail.com www.armagh5k.com	
Sat 10 th	Stormont XC (NI Civil Service)	Stormont Estate	11am	Mags Mathieson events@nics-ac.com www.nics-ac.co.uk	
Sat 17 th	Run Forest Run Castlewellan 10k & 5k	Castlewellan Forest Park	11am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Sun 25 th	NI & Ulster Senior XC Championships	Carndonagh GAA Club, Donegal	12 noon	UAC/ Athletics NI: 028 90602707 info@athleticsni.org	
March 2024					
Sat 9 th	Bentley Group Walled City 10 Mile	St Columbs Park Running Track	10:30am	Noel McMonagle 07841101933 n8oels@yahoo.com	✓
Sun 17 th	SPAR Craic 10k	Belfast City Hall	9am	Connla McCann 02890611916 c.mccann@aisling-events.com https://aisling-events.com/events/spar-craic-10k-2024/	✓
Sat 23 rd	Coleraine Campus 5k	Ulster University Coleraine Campus	6pm	Ryan Galway 07795088524 Rjgalway89@live.co.uk	✓
Sun 24 th	Portadown Running Festival	Portadown Peoples Park	8:30am	Janine Maher 07888722663 janinebmaher@hotmail.com	