

Athletics Northern Ireland Cross Country & Road Running Fixtures 2023 – 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 11th September 2023

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
September 2023					
Sat 16	Tattyreagh 5 Miles	Tattyreagh GAC	11am	Martin James McLaughlin 07786164431 runnermartion@outlook.com	
Sun 17	Mash Direct Belfast City Half Marathon	Ormeau Park	9am	Belfast Marathon Office info@belfastcitymarathon.org	✓
Fri 22	One Mile Road Relay	Hill of the O'Neill, Dungannon	6:30pm	Fergal O'Donnell 07713623264 fergal@insight-solutions.org www.galballyrunners.com	
Sat 23	Lecale Way Ultra	Percy French Car Park, Newcastle	7am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 23	Victoria Park Road Relay Championships	Victoria Park	11am	Ghislain Demeuldre 07899927350 ghisjane@ntlworld.com https://www.vpcac.com/relays	
Sun 24	Moorlough 10 Mile Challenge	84 Moorlough Road	9am	Pat McNulty 02871384481 glenmornancommunityassociation@gmail.com Glenmornan Community Association Facebook page	
Sun 24	TJ McElmeel XC	Palace Demesne, Friary Rd, Armagh	12:30pm	Mark McKeown 07773743856 mmktyross@yahoo.co.uk	
Tues 26	EVSA 5k	Big Fish	6pm	Glenn Grant championchireland@googlemail.com	
Sat 30	Annaghmore Running Festival	Annaghmore Club Rooms	10am	Konrad McNeice 07810533799 Konrad79@hotmail.com	
Sat 30	Bangor NI & Ulster 10k Championships	Castle Park, Bangor	10am	Jamie Stevenson 07841906944 events@northdownac.co.uk www.northdownac.co.uk	
Sat 30	The CCUC Stormont Miles in association with Hagan Homes	Stormont Estate	12noon	Stuart Kennedy 07796957784 stuart.kennedy@eani.org.uk	
Sat 30	Christmas Cracker 2023	Castlewellan, Bann Road	1pm	Deon McNeilly 07831684674 deonmcneilly@outlook.com www.newcastleac.org/	
Sat 30	Rossi 5k	Greenpark Road, Rostrevor	3pm	Martin McGinn 07515748278 info@martinmcginn.com www.therossi.co.uk	
October 2023					
Sun 1st	Sunrise Run 5k	Dixon Hall, Drains Bay, Larne	7am	Ryan Maxwell 07754718760 eastcoastac@gmail.com www.eastcoastathleticclub.co.uk	
Sun 1 st	McGrady Financial Services Junior XC Race 1	Castlewellan Forest Park	10am	Lorna Chambers 07851307639 l.annett@hotmail.co.uk www.murloughac.com	
Sat 7th	Gr8 Dundrum Run & 3.5 Mile Race	Dundrum Main Street	12pm	Anne McCormick 07530724422 info@murloughac.com	

Sat 7 th	NIMMA Trials and Championships	QUB Playing Fields	11:30am	Joy McAleer 07968701039 joymcaleer@me.com	
Sun 8 th	Newcastle Way	Newcastle, Co.Down	9am	Gary Connolly 07739223630 info@werunwildni.com www.werunwildni.com	
Sun 8 th	Armagh 10 Mile Road Race	Navan Centre, Armagh	10am	Brenda Vallely 07487524407 armagh10mileroadrace@gmail.com	
Sun 8 th	Marty's Run 5k	Glengalliagh Road	10:30am	Denise Doherty 07732216569 dendoh@hotmail.co.uk www.foylevalleyac.com	
Tues 10 th	Belfast Primary School Event	Victoria Park, Belfast	10am	Scott Kennedy 07592793451 KennedyS@belfastcity.gov.uk www.belfastcity.gov.uk/getinspired	
Sat 14 th	Canal 20	Quay Street Newry	10:30am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 14 th	Spadetown Cup 23 (St Peters AC)	Lurgan Park main pitch	11am	Dwyer O'Connor 07540049877 dwyer@dwveroconnor.com www.saintpetersac.com	
Sat 21 st	NI & Ulster Even Age Group Championships & Bobby Rea International XC	Billy Neill MBE Country Park	10am	Athletics NI: 028 90602707 info@athleticsni.org	
Sun 22 nd	Jog On Cancer	Lurgan Park	10am	Estelle Allen 07808150604 championchipireland@googlemail.com	
Sun 22 nd	Run For Oisín 2023	Railway Road, Belcoo	1pm	Nigel McGrath 07816166739 sharondoley@hotmail.com	
Sun 22 nd	Saintfield 5k & 10k	Saintfield Sports Club	2pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
November 2023					
Sat 4 th	Run Forest Run Minnowburn 10k & 5k	Mary Peters Track	10am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.com	
Sat 4 th	McConnell Shield XC	Sixmilewater Park	2pm	Vivien Davidson 07725912991 eastantrimharriersac@gmail.com www.eastantrimharriersac.co.uk	
Sat 4 th	NI & Ulster Uneven Age Group & Novice Championships	TBC	TBC	UAC Pending Permit	
Sun 5 th	Run to Remember	The High School Ballynahinch, Belfast Road	10am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sun 12 th	McGrady Financial Services Junior XC Race 2	Dromore Community Centre	1pm	Helen McCartan 07716212527 helenmccartan75@gmail.com	
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	
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)	TBC	TBC	Pending Permit	

December 2023

Sat 9 th	The Rudolph Run	Eskra Community Centre	12 noon	Gerry McCaffrey eskra10k@eskra.org
Sat 9 th	Irwin Speirs Memorial XC (Acorns AC)	TBC	TBC	Pending Permit
Sat 16 th	North West XC (City of Derry Spartans)	TBC	TBC	Pending Permit
Sat 16 th	Run Forest Run Tollymore 10k & 5k	Tollymore Forest Park	11am	Jane Rowe 07855586438/07712004543 info@born2runevents.com www.born2runevents.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
Sun 31 st	Expleo Running Festival	Harbour Estate	10am	Glenn Grant championchpireland@googlemail.com

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
Sun 14 th	Mathieson Cup (Mallusk Harriers)	TBC	TBC	Pending Permit
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

February 2024

Sat 10 th	Stormont XC (NI Civil Service)	TBC	TBC	Pending Permit
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	TBC	TBC	Pending Permit

March 2024

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/
Sun 24 th	Portadown Running Festival	Portadown Peoples Park	8:30am	Janine Maher 07888722663 janinebmaher@hotmail.com