

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 17th October 2019

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2019					
October 2019					
Sat 19	Comber Cup	Billy Neill Playing Fields	10am	Valerie Martin 07834522679 ballydrainharriers@outlook.com www.ballydrainharriers.co.uk	
Sat 19	GR8 Dundrum Run	Main Street, Dundrum	11.50am	Paul Madden 07974392790/ 07855586438 info@murloughac.com www.murloughac.com	
Sat 19	Fergals 10 Miler	Broughderg Hall Cookstown	12pm	John Loughran 07742518927 john@jjloighran.com	
Sun 20	Centra Run Together Belfast	Ormeau Park	9am	Pioneer Group 07768103968 info@pioneer-group.co.uk	
Sat 25	Spook 5k	Enniskillen Running Club	8pm	Desmond Elton 07785222400 sales@speedyreg.co.uk https://register.primoevents.com/ps/event/EnniskillenSpooktacular5K2019	
Sat 26	Even Age Group Championships & Novice XC	Greenmount	9am	Athletics NI 02890602707 info@athleticsni.org	
Sat 26	Street Soccer NI Ormeau Park 10K	Ormeau park	1pm	Lianne Mulholland 07920489539 Lianne.mulholland@ebm.org.uk	
Sat 26	Dublin B2B	Loughshore, Newtownabbey	8:30am	Craig Mills 07548154681 Cmills7@sky.com www.eastantrimmarathonseries.co.uk	
November 2019					
Sat 2	85 th McConnell Shield	Sixmile Water Park, Ballyclare	12.45pm	Jeanette Burton 07801435183 jeanette111@sky.com www.eastantrimharriersac.co.uk	
Sat 2	Belfast Telegraph Run Forest Run Minnowburn	Mary Peters Track	11am	Jane Rowe 07855586438 www.born2runevents.com info@born2runevents.com	
Sun 3	EAMS Halloween Frightener	Loughshore Park	8.30am	Peter Montgomery 07788673548 p.montgomery2@sky.com www.eastantrimmarathonseries.co.uk	
Sun 3	Carrickfergus Marathon & Half Marathon	Carrickfergus Castle car park	9am	Gary Connolly 07739223630 info@werunwildni.com www.werunwildni.com	
Sun 3	Decathlon 10K	Decathlon Belfast	9.30am	Johnny Davis 07768103968 info@pioneer-events.co.uk www.eventbrite.co.uk/e/decathlon-belfast-10k-tickets-72073761561	
Sat 9	Uneven Age Group Championships & Bobby Rea	Billy Neill Centre of Excellence	9am	Athletics NI 02890602707 info@athleticsni.org	
Sat 9	Run to Remember 5K	Ballynahinch	1pm	Adrian Daye 07876560015	

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		British Legion		atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Weds 13	Run In The Dark	Stormont Hotel	8pm	Mark Pollock Trust +353876093213 kristina@markpollock.com	
Sat 16	British & Irish Masters XC	TBC	TBC	Pending Permit	
Sat 16	Belfast Telegraph Run Forest Run Drum Manor	Main Carpark, Drum Manor Forrest	11am	Jane Rowe 07855586438 Info@born2runevents.com www.born2runevents.com	
Sun 17	Co. Down 5K	St Patricks Square, Downpatrick	10am	Andrew Telford 07771985042 Andrewtel84@gmail.com https://www.facebook.com/CoDown5km/	
Sat 23	Malcolm Cup	6 Mile Water Park	1pm	Michel Le Velly 07889706657 michel.levelly@montupet.co.uk www.annadalestriders.co.uk	
Sun 24	McGrady Financial Services Junior XC Series Race 3	Dromore Community Centre	1pm	Darragh McCrickard 07934566752 info@newcastleac.org https://www.newcastleac.org/?page_id=915	
Sat 30	Seeley Cup	Ormeau Park	2:30pm	Athletics NI 02890602707 info@athleticsni.org	
Sat 30	Belfast Telegraph Run Forest Run Loughgall	Loughgall County Park	11am	Jane Rowe 07855586438 Info@born2runevents.com www.born2runevents.com	
December 2019					
Sat 7	Mighty Oaks XC	TBC	TBC	Pending Permit	
Sat 7	The Rudolph Run Eskra 5/10K	Eska Community Centre	12 Noon	Gerry McCaffrey 077867300508 www.eskra.org gmccaffrey@eskra.org	
Sun 8	Jingle all the Way 5/10K	The Pavilion, Stormont Estate	11am	Charlotte Brown 02890781836 Charlotte.brown@nihospice.org	
Sat 14	North West XC	U3A Foyle Gransha Park	11.30am	Gerry Lynch Gerry,lynch@hotmail.com 07702006667	
Sat 14	Belfast Telegraph Run Forest Run Kilbroney	Bridge Street, Rostrevor	11am	Jane Rowe 07855586438 Info@born2runevents.com www.born2runevents.com	
Sun 15	Crossgar Santa Run 5k	Monastery	1pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 21	Hazelbank Park - Christmas Run	Hazelbank Park	11am	Nuala Muldoon 07578521679 nualamuldoon@yahoo.com https://www.facebook.com/events/2108108129489726/	
Thur 26	CIYMS Charity Boxing Day Fun Run	TBC	TBC	Pending Permit	
Thur 26	Brocagh Bay Run	Castle Bay Community Centre	10:15am	Ciaran McCloskey 07796103641 Brocaghbayrun@hotmail.com www.brocaghbayrun.co.uk	
Sat 28	Castlewellan Christmas Cracker	Castlewellan	1pm	Deon McNeilly 07831684674 deonmcneilly@outlook.com	
Sat 31	Lough 5 Road Race	TBC	TBC	Pending Permit	

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January 2020					
Wed 1	Race over the Glens	Glenariff Forest Exit Road	12 noon	Stephen Brown 07885649135 ballymnarunners@hotmail.com www.ballymenarunners.org	
Sun 12	Mathieson Cup	TBC	TBC	Pending Permit	
Sat 18	North Down AC XC Inc Relays	Castle Park, Bangor	11:30am	Clare Russel events@northdownac.co.uk www.northdownac.co.uk	
Thur 23	District E Cross Country	TBC	TBC	Ulster Schools	
Sat 25	NI & Ulster Intermediate and Masters XC	Gosford Forest Park	1pm	Athletics Northern Ireland info@athleticsni.org 02890602707	
Tue 28	District C Cross Country	TBC	TBC	Ulster Schools	
Wed 29	District A Cross Country	TBC	TBC	Ulster Schools	
Thur 30	District B Cross Country	TBC	TBC	Ulster Schools	
Fri 31	District D Cross Country	TBC	TBC	Ulster Schools	
February 2020					
Sat 8	Stormont XC	TBC	TBC	Pending Permit	
Wed 12	Ulster Schools Cross Country Championships	Mallusk	TBC	Ulster Schools	
Sat 15	Last One Standing & Castle Ward Trail Races	Bunk House, castleward	10am (Trail Races) 12noon (Last One Standing)	Adrian Daye 0787660015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 22	NI & Ulster Senior XC	TBC	TBC	Pending Permit	
Sun 23	MCGrady Financial Services Junior Cross-Country Series Race 5	Tollymore Forest Park	1pm	Darragh McCrickard 07934566752 info@newcastleac.org https://www.newcastleac.org/?page_id=915	
March 2020					
Sat 7	Irish Schools Cross Country	Connacht Venue	TBC	Irish Schools	
Sun 8	Race to Recovery	Tennis Courts, Ormeau Park	10:30am	Regina Cox 02890725472 regina.cox@addictionni.com www.addictionni.com	
Sun 15	Jimmys Ten	Balldugaan Road, Downpatrick	10am TBC	Joe Quinn 07395814122 www.eastdownac.co.uk jayquinn69@gmail.com	
Sat 21	Schools Cross Country International	Falkirk, Scotland	TBC	TBC	
Sun 29	TQ10K	Titanic Quarter	TBC	Athletics NI 02890602707 info@athleticsni.org	
April 2020					
Sun 26	London Mini Marathon	London	TBC	TBC	
May 2020					
Fri 15	Les Jones 10k	Mary Peters Track	TBC	Athletics NI 02890602707 info@athleticsni.org	

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