

Athletics Northern Ireland

Cross Country & Road Running Fixtures 2022- 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 ■

Updated 20th September 2022

www.athleticsni.org

| Date | Event | Venue | Time | Contact | Officially Measured |
|-----------------------|--|----------------------------------|---------|---|---------------------|
| 2022 | | | | | |
| September 2022 | | | | | |
| Sun 18 | Mash Direct Belfast City Half Marathon | Ormeau Park | 9am | Belfast City Marathon 02890726130 info@belfastcitymarathon.org www.belfastcitymarathon.com | ✓ |
| Sat 24 | NI & Ulster Championship Bangor 10k | Castle Park, Bangor | 10am | Clare Russell 07901823349 events@northdownac.co.uk www.northdownac.co.uk | ✓ |
| Sat 24 | Annaghmore Running Festival | Annaghmore Clubrooms, Annaghmore | 10am | Konrad McNeice 07810533799 Konrad79@hotmail.com | |
| Sun 25 | TJ McElmeel XC | Palace Demesne, Armagh | 12.30pm | Armagh AC/Mark McKeown 07773743856 mmktyross@yahoo.co.uk | |
| October 2022 | | | | | |
| Sat 1 | NI & Ulster Road Relay Championships | Victoria Park, Belfast | 12noon | Gary Keenan 07808276244 Keenang1963@gmail.com www.vpcac.com | ✓ |
| Sat 1 | CCU Stormont Miles | Stormont Estate | 12noon | Stuart Kennedy 07796957784 Stuartkennedy44@gmail.com | ✓ |
| Sun 2 | Mary Peter's Running Festival | Balmoral Park, Lisburn | 10am | Glenn Grant 07720081053 championchpireland@googlemail.com www.championchpireland.com | |
| Sat 8 | NI Masters Cross Country Trials & Championships | Queens Playing Fields | 11am | Anne Maguire 07709550136 annemaguire28@gmail.com https://www.northernirelandmasters.co.uk/ | |
| Sun 9 | Les Jones Memorial 5k & Run NI Birthday 5k | Mary Peters Track | 6:30pm | Athletics NI 028 9060 2707 info@athleticsni.org www.athleticsni.org | ✓ |
| Sun 9 | Armagh 10 Mile Road Race & 4 Mile Fun Run | Navan Centre, Armagh | 10am | Mark McKeown 07773743856 mmktyross@yahoo.co.uk | |
| Sun 9 | Marty's Run 5K | Glengalliagh Road | 10am | Foyle Valley AC/Denise Doherty 07732216569 dendoh@hotmail.co.uk | |
| Sat 15 | Gr8 Dundrum Race | Dundrum Main Street | 12pm | Murlough AC: Anne McCormick 07530724422 info@murloughac.com | ✓ |
| Sun 16 | Centra Run Together | Ormeau Park, Belfast | 10am | Beth Healy 07891050866 beth@pioneer-group.co.uk | |
| Sat 22 | NI International, NI & Ulster Even Age Group Championships & Bobby Rea Cross Country | Billy Neill MBE Country Park | 9am | Athletics NI 028 90602707 info@athleticsni.org | |
| Sun 23 | Jog On Cancer | Lurgan Park | 10:30am | Glenn Grant 07720081053 championchpireland@googlemail.com www.championchpireland.com | |

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| Sun 30 | Saintfield 10k & 5k | Saintfield Cricket Club, Saintfield | 2pm | Saintfield Striders/Adrian Daye atlas@atlasrunning.co.uk www.saintfieldsportsclub.co.uk | ✓ |
| November 2022 | | | | | |
| Sat 5 | Run Forest Run Minnowburn 10K & 5K | Mary Peters Track | 11am | Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com | |
| Sat 5 | McConnell Shield XC | Sixmilewater, Ballyclare | 2pm | Vivien Davidson 07725912991 vivien_davidson@yahoo.co.uk www.eastantrimharriersac.co.uk | |
| Sat 5 | NI & Ulster Uneven Age Group & Novice Cross Country Championships | Finn Valley Centre | 9am | Athletics NI/ Ulster Council 028 90602707 info@athleticsni.org | |
| Sat 12 | NIURA 50k Championships | Craigavon South Lakes | 10:30am | Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk | |
| Sun 20 | Comber Cup | Billy Neill Playing Fields | 11.30am | Ballydrain Harriers 07834522679 Ballydrain.secretary@outlook.com | |
| Sat 26 | Run Forest Run Gosford 10K & 5K | Gosford Forest Park | 11am | Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com | |
| Sun 27 | Malcolm Cup | TBC | TBC | Pending Permit | |
| December 2022 | | | | | |
| Sat 3 | Atlas Running Party 5k | Florida Manor, Killinchy | 1pm | Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk | |
| Sat 3 | Podium4Sport Seeley Cup | Ormeau Park | 2:30pm | Athletics NI & Willowfield Harriers 028 90602707 info@athleticsni.org | ✓ |
| Sat 10 | Irwin Speirs Memorial Cross Country | TBC | TBC | Pending Permit | |
| Sat 10 | Rudolph Run Eskra 10k & 5k | Eskra Community Centre | 12 noon | Gerry McCaffrey eskra10k@eskra.org www.eskra.org | ✓ |
| Sat 17 | Run Forest Run Tollymore 10K & 5K | Tollymore Forest Park | 11am | Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com | |
| Sat 17 | North West Cross Country | TBC | TBC | Pending Permit | |
| Sun 18 | Lecale Way Ultra | Slieve Donard Hotel Beach, Newcastle | 7am | Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk/werunwild.com | |
| Mon 26 | Turkey Trot | TBC | TBC | Pending Permit | |
| January 2023 | | | | | |
| Sun 1 | Race Over The Glens | TBC | TBC | Pending Permit | |
| Sat 7 | Run Forest Run Loughgall | Loughgall Country Park Car Park | 11am | Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com | |
| Sun 15 | Mathieson Cup Cross Country | City of Belfast Playing Fields | 10.30am | Mallusk Harriers - Leanne Skillen 07961620715 | |

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| | | Park Road Mallusk | | malluskharriers@outlook.com www.malluskharriers.co.uk | |
| Sat 21 st | NI & Ulster Intermediate & Masters Cross Country Championships | Carndonagh, Carn GAA Grounds, Donegal | 9am | Athletics NI/ Ulster Council 028 90602707 info@athleticsni.org | |
| Sat 28 | Run Forest Run Antrim Castle Gardens | Parterre, Antrim Castle Gardens | 11am | Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com | |
| February 2023 | | | | | |
| Thurs 9 | Armagh International Road Races | TBC | TBC | Pending Permit | |
| Sat 11 | Stormont Cross Country | TBC | TBC | Pending Permit | |
| Sat 18 | Run Forest Run Castlewellan 10K & 5K | Castlewellan Forest Park | 11am | Born2Run Events – Jane Rowe 07855586438 info@born2runevents.com www.born2runevents.com | |
| Sat 25 | NI & Ulster Senior Cross Country Championships | TBC | TBC | Pending Permit | |
| March 2023 | | | | | |
| Sat 4 | Shanes Castle | Shanes Castle, car park B | 7am | Atlas Running Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk | |
| Fri 10 | Coleraine Campus 5k | Ulster University, Coleraine | 7pm | Ryan Galway 07795088524 rjgalway89@live.co.uk | ✓ |
| Sun 12 | Portadown Running Festival 10K & Half Marathon | South Lakes Centre | 1pm | Stephen McMorris 07785788895 Stephen.mcmorris@globeweigh.com | ✓ |
| Fri 17 | SPAR Craic 10k | Belfast City Hall | 9am | Aisling Events: Connla McCann 07517468844 c.mccann@aisling-events.com www.aisling-events.com | ✓ |
| Fri 24 | City of Lisburn 5K | Bow Street Lisburn | 7pm | Atlas Running Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk | |
| May 2023 | | | | | |
| Fri 26 | Purple Ladies 5k | TBC | TBC | Pending Permit | |
| Sun 28 | Newell 5k & 10k | TBC | TBC | Pending Permit | |
| July 2023 | | | | | |
| Sun 2 | The Great Rossa Run | TBC | TBC | Pending Permit | |
| Fri 28 | Giant's Trail Race | QUB Sport, Upper Malone Road | 7pm | Dub Runners: Brian Jack 07866192066 dubrunnersbelfast@gmail.com www.dubrunners.club | |