

## Athletics Northern Ireland Cross Country & Road Running Fixtures 2022 – 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 23rd June 2022

[www.athleticsni.org](http://www.athleticsni.org)

Date	Event	Venue	Time	Contact	Officially Measured
<b>2022</b>					
<b>June 2022</b>					
Fri 24	Ards Half Marathon	Ards Blair Mayne Leisure Complex	6:30pm	Hannah Robinson 07970593655 <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Fri 24	Newell 5k & 10k	Newell Stores, Coalisland	7pm	Cathal O'Hagan 07766076581 <a href="mailto:cathalohagan@hotmail.com">cathalohagan@hotmail.com</a>	
Fri 24	Drinahilly Hill & Dale Race 10	Donard Forest	7.30pm	Deon McNeilly <a href="mailto:info@newcastleac.org">info@newcastleac.org</a> <a href="http://www.newcastleac.org">www.newcastleac.org</a>	
Sat 25	Dromore 10k	TBC	TBC	*CANCELLED*	
<b>July 2022</b>					
Sat 2	Larne AC Coast Road 10k	Ballygally, Larne	10am	David Noble 07900912194 <a href="mailto:dnable@cat.com">dnable@cat.com</a> <a href="http://www.larneathleticclub.com">www.larneathleticclub.com</a>	
Sat 2	Tattyreagh 5 Mile & 5k	Tattyreagh GAC, Omagh	11am	Martin McLaughlin 07786164431 <a href="mailto:runnermartin@outlook.com">runnermartin@outlook.com</a>	
Sat 2	Spelga Skyline	TBC	TBC	Pending Permit	
Sun 3	Great Rossa Run	Ardboe Parish Centre	10am	Shane Mallon 07557447436 <a href="mailto:thegreatrossarun@gmail.com">thegreatrossarun@gmail.com</a>	
Sun 3	Gullion Way Ultra	Newry Gateway Club, Newry	8am	Gary Connolly <a href="mailto:info@werunwildni.com">info@werunwildni.com</a> <a href="http://www.werunwildni.com">www.werunwildni.com</a>	
Fri 8	Greyabbey 10k and 5k	Greyabbey Village Hall	7.30pm	*CANCELLED*	
Fri 15	Sea 2 Sky 10k race/walk & 5k	Newcastle Leisure Centre	6.30pm	Jane Rowe <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 16	The Abbey Tiles, Grey Abbey 6 & 12 Hour Endurance Challenge	Grey Abbey Estate	7am	George McGonigle <a href="mailto:info@gaithouseevents.com">info@gaithouseevents.com</a>	
Sat 16	The Argory 6 & 12 Hour Night Challenge	The Argory, Dungannon	9pm	*CANCELLED*	
Tues 19	Portaferry 10 Mile & Relay	Portaferry Leisure Centre	7.30pm	Mags Mathieson 07402785109 <a href="mailto:mags.mathieson@yahoo.co.uk">mags.mathieson@yahoo.co.uk</a>	
Wed 20	Donaghadee 5k	Donaghadee Pier	7:30pm	Fiona Lemon 07739412777 <a href="mailto:runninginthedee@gmail.com">runninginthedee@gmail.com</a>	
Sun 24	Sunrise Run 5k	Dixon Hall, Larne	7am	<a href="mailto:eastcoastac@gmail.com">eastcoastac@gmail.com</a> <a href="http://www.eastcoastathleticclub.co.uk">www.eastcoastathleticclub.co.uk</a>	
Sun 24	Hillsborough Castle Running Festival	Hillsborough Castle	9am	Rob Sullivan 07957157665 <a href="mailto:rob.sullivan@runthrough.co.uk">rob.sullivan@runthrough.co.uk</a> <a href="http://www.castlerunningfestival.co.uk">www.castlerunningfestival.co.uk</a>	✓
Fri 29	Giants Trail Race	Dub Playing Field	7pm	Brian Jack <a href="http://www.dubrunners.club/race">www.dubrunners.club/race</a>	

				<a href="mailto:dubrunnersbelfast@gmail.com">dubrunnersbelfast@gmail.com</a>	
Fri 29	Carnlough Quarry 5k	Bridge St, Carnlough	7pm	Glenlough Running Club Stephen Montgomery 07734174994 <a href="mailto:stmonty6@outlook.com">stmonty6@outlook.com</a>	
Fri 29	The Bob & Berts Stormont 5k & 10k	Stormont Estate	7.15pm	Andrew Scott 07823774864 <a href="mailto:info@runtheraceseries.com">info@runtheraceseries.com</a> <a href="http://www.runtheraceseries.com">www.runtheraceseries.com</a>	
Sun 31	Crossgar 10k	The Square, Crossgar	1pm	Adrian Daye <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a>	
<b>August 2022</b>					
Wed 3	Crawfordsburn 5k	Crawfordsburn Country Park	7.15pm	Clare Russell 07901823349 <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a> events@northdownac.co.uk	
Wed 3	Ardglass 10k & 5k	St Nicholas' Primary School, Ardglass	7pm	Adrian Daye atlas@atlasrunning.co.uk	
Fri 5	Co Down 5k	Downpatrick Town Centre	7.30	Andrew Telford 07771985042 <a href="mailto:andrewtel84@gmail.com">andrewtel84@gmail.com</a>	
Fri 5	Mallusk Harriers 5 Mile Road Race	Academy Club, Mallusk Road	7.30pm	Leanne Skillen 07961620715 <a href="mailto:malluskharriers@outlook.com">malluskharriers@outlook.com</a> www.malluskharriers.co.uk	
Sat 6	Sperrin Harriers 5 Mile Classic Stanley Reid Memorial & Family Fun Run	Loughry Campus	12noon (11.15am for fun run)	Mark Reid 07899002644 <a href="http://www.sperrinharriers.co.uk">www.sperrinharriers.co.uk</a> <a href="mailto:alfredmark2002@yahoo.co.uk">alfredmark2002@yahoo.co.uk</a>	✓
Sat 6	Run the Trails at Mount Stewart <b>CANCELLED</b>	Mount Stewart, Newtownards	6pm	Chris Stevenson stevensonlighting@hotmail.com	
Sat 6	Seven Sevens	TBC	TBC	Pending Permit	
Sun 7	Feile 10k	Malone Integrated College, Belfast	9am	West Belfast Coolers Paula Hewitt 07712524000 wbcoolers@gmail.com	
Mon 8	Broughshane 5 & 10k	Broughshane Community Centre, Broughshane	7pm	NI Mountain Rescue Team <a href="mailto:graeme933@btinternet.com">graeme933@btinternet.com</a> 07900192356	
Fri 12	Connswater 5 Mile Challenge	CS Lewis Square, Belfast	7pm	Gary Keenan 07808276244 <a href="mailto:Keenang1963@gmail.com">Keenang1963@gmail.com</a> www.vpcac.com	
Sat 13	Dambusters 10mi/10k/5k	Silent Valley Mountain Park	10.30am	Jane Rowe <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> www.born2runevents.com	
Sat 13	Florence Court Last One Standing	Florence Court	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 14	Rock the Lakes and Lough	South Lakes Leisure Centre, Craigavon	9.30am	St Peter's AC Paul Moore 07767135144 <a href="mailto:mfamily.mf@gmail.com">mfamily.mf@gmail.com</a>	
Thurs 18	Scrabo Race	TBC	TBC	Pending Permit	
Fri 19	The Bob & Berts Gortin Forest 5k & 10k	Gortin Forest Park	7.15pm	Andrew Scott 07823774864 <a href="mailto:info@runtheraceseries.com">info@runtheraceseries.com</a> <a href="http://www.runtheraceseries.com">www.runtheraceseries.com</a>	
Sat 20	The Quinn Estate Agents	Montalto Estate,	6pm	George McGonigal 07905556173	

	6/12 Hour & 5k/10k Races	Ballynahinch		<a href="mailto:info@gaithouseevents.com">info@gaithouseevents.com</a> <a href="http://www.gaithouseevents.com">www.gaithouseevents.com</a>	
Sun 21	Storming the Castle	Amphitheatre Carrickfergus	1.30pm	Andy Smyth 07969031570 <a href="http://www.seaparkac.com">www.seaparkac.com</a> <a href="mailto:stormcastle800@gmail.com">stormcastle800@gmail.com</a>	✓
Fri 26	Portrush 5 Mile	Portrush	TBC	Pending Permit	
Sat 27	Antrim Coast Half Marathon Classic Street Mile & Kids Mile Run	Main Street, Larne	7.30pm	Ruth McIlroy 07929333982 <a href="mailto:ruthmoore844@btinternet.com">ruthmoore844@btinternet.com</a> <a href="http://www.antrimcoasthalfmarathon.com">www.antrimcoasthalfmarathon.com</a>	
Sun 28	Antrim Coast Half Marathon	Coast Road, Larne	9am	Ruth McIlroy 07929333982 <a href="mailto:ruthmoore844@btinternet.com">ruthmoore844@btinternet.com</a> <a href="http://www.antrimcoasthalfmarathon.com">www.antrimcoasthalfmarathon.com</a>	✓

### September 2022

Fri 2	GRC Coastal 5k	Branch Road, Carnlough	7pm	Stephen Montgomery 07734174994 <a href="mailto:stmonty6@outlook.com">stmonty6@outlook.com</a> <a href="http://www.glenloughrunningclub.com">www.glenloughrunningclub.com</a>	
Sat 3	Run Fintona Run	TBC	TBC	Pending Permit	
Sun 4	Waterside Half Marathon	Ebrington Square, Derry/Londonderry	9.30am	Catherine Ashford 07591987180 <a href="mailto:catherine.ashford@derrystrabane.com">catherine.ashford@derrystrabane.com</a> <a href="https://www.derrystrabane.com/whm">https://www.derrystrabane.com/whm</a>	
Sun 4	Laganside 10k	Ormeau Park	2pm	Diane Taylor <a href="mailto:Dianetaylor611@googlemail.com">Dianetaylor611@googlemail.com</a> <a href="http://www.laganside10k.com">www.laganside10k.com</a>	
Fri 9	Portaferry 10k (previously: Abis Butterfly Breeze)	Portaferry GAC	6.30pm	Andrew Brodie 07739071472 <a href="mailto:brodieandrew35@gmail.com">brodieandrew35@gmail.com</a>	
Fri 9	Les Jones Memorial 10k	TBC	TBC	Pending Permit	
Sat 10	Lecale Way Ultra	Slieve Donard Hotel Beach, Newcastle	7am	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk/werunwild.com">www.atlasrunning.co.uk/werunwild.com</a>	
Sun 11	Whitespace NI Ultra Running 50k/100k Championships	South Lakes Leisure Centre, Craigavon	7am	Adrian Daye 07876560015 <a href="mailto:adrian.daye@sky.com">adrian.daye@sky.com</a>	
Sun 11	Run NI 5k	TBC	TBC	Pending Permit	
Sun 18	Mash Direct Belfast City Half Marathon	Ormeau Park	9am	Belfast City Marathon 02890726130 <a href="mailto:info@belfastcitymarathon.org">info@belfastcitymarathon.org</a> <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a>	✓
Sat 24	NI & Ulster Championship Bangor 10k	Castle Park, Bangor	10am	Clare Russell 07901823349 <a href="mailto:events@northdownac.co.uk">events@northdownac.co.uk</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	✓
Sat 24	Annaghmore Running Festival	Annaghmore Clubrooms, Annaghmore	10am	Konrad McNeice 07810533799 <a href="mailto:Konrad79@hotmail.com">Konrad79@hotmail.com</a>	
Sun 25	TJ McElmeel XC	TBC	TBC	Pending Permit	

### October 2022

Sat 1	NI & Ulster Road Relay Championships	Victoria Park, Belfast	12noon	Gary Keenan 07808276244 <a href="mailto:KeenanG1963@gmail.com">KeenanG1963@gmail.com</a> <a href="http://www.vpcac.com">www.vpcac.com</a>	
Sun 2	Mary Peter's Running Festival	Balmoral Park, Lisburn	10am	Glenn Grant 07720081053 <a href="mailto:championchipireland@googlemail.com">championchipireland@googlemail.com</a>	
Sun 9	Armagh 10 Mile	TBC	TBC	Pending Permit	

Sun 9	Craigavon Lakes 5k & 10k	TBC	TBC	Pending Permit	
Sat 15	Dundrum Gr8	TBC	TBC	Pending Permit	
Sun 16	Centra Run Together	Ormeau Park, Belfast	10am	Beth Healy 07891050866 <a href="mailto:beth@pioneer-group.co.uk">beth@pioneer-group.co.uk</a>	
Sat 22	NI & Ulster Even Age Group Championships & Bobby Rea Cross Country	TBC	TBC	Pending Permit	
Sun 30	Saintfield 10k & 5k	Saintfield Cricket Club, Saintfield	2pm	Saintfield Striders/Adrian Daye <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.saintfieldsportsclub.co.uk">www.saintfieldsportsclub.co.uk</a>	
<b>November 2022</b>					
Sun 6	NI & Ulster Uneven Age Group & Novice Cross Country Championships	TBC	TBC	Pending Permit	