

## 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 24<sup>th</sup> January 2023

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

Date	Event	Venue	Time	Contact	Officially Measured
<b>January 2023</b>					
Sat 28	RUN ARMAGH: Beat the January Blues	Carnagh Forest, Keady	08:30am	Matthew Nicholson 07974419535 <a href="mailto:matthew@runarmagh.com">matthew@runarmagh.com</a> <a href="http://WWW.RUNARMAGH.COM">WWW.RUNARMAGH.COM</a>	
Sat 28	Run Forest Run Antrim Castle Gardens	Parterre, Antrim Castle Gardens	11am	Born2Run Events – Jane Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 28	North Down AC Festival of Cross Country, inc Relays	Ballymacormik Road	11:30am	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>	
Sun 29	NI & Ulster Intermediate & Masters Cross Country Championships	Carndonagh, Carrn GAA Grounds, Donegal	9am	Athletics NI/ Ulster Council 028 90602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Sun 29	McGrady Financial Services Junior XC Series round 2	Monument at Tollymore Forest Park	1pm	Lorna Chambers 07851307639 <a href="mailto:l.annett@hotmail.co.uk">l.annett@hotmail.co.uk</a>	
<b>February 2023</b>					
Sat 4	Omagh CBS 5k/10k Run/Walk	CBS Omagh, Kevlin Road, Omagh, Co Tyrone, BT78 1LD	11am	CBS Omagh 02882243567 <a href="mailto:info@cbs.omagh.ni.sch.uk">info@cbs.omagh.ni.sch.uk</a>	
Sat 4	Sperrin Harriers Winter League: Drum Manor 10k	Drum Manor	12 noon	Sperrin Harriers: Andrew Newell 07900251069 <a href="mailto:anewell4@yahoo.com">anewell4@yahoo.com</a>	
Sun 5	East Coast AC Junior XC Series Race 1	Larne High School	10.45am	Justin Maxwell <a href="mailto:eastcoastac@gmail.com">eastcoastac@gmail.com</a>	
Thurs 9	Armagh International Road Races	The Mall (East), Armagh	6.30pm	James Vallely 07432477385 <a href="mailto:Fermoy40@gmail.com">Fermoy40@gmail.com</a> <a href="http://www.armagh5k.com">www.armagh5k.com</a>	✓
Sat 11	Stormont Cross Country	Stormont Estate	11am	Mags Matheison <a href="mailto:events@nics-ac.com">events@nics-ac.com</a> <a href="http://www.nics-ac.co.uk/stormont-cross-country/">www.nics-ac.co.uk/stormont-cross-country/</a>	
Sat 11	Last One Standing	Florida Manor	12pm	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>	
Sat 18	Run Forest Run Castlewellan 10K & 5K	Castlewellan Forest Park	11am	Born2Run Events – Jane Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sun 19	East Coast AC Junior XC Series Race 2	Larne Grammar School	10.45am	Justin Maxwell <a href="mailto:eastcoastac@gmail.com">eastcoastac@gmail.com</a>	
Sat 25	Mountfield 5 mile & 5k	Barony Road, Mountfield	11am	Shane Tracey 07749111643 <a href="mailto:shane.tracey@hotmail.co.uk">shane.tracey@hotmail.co.uk</a>	
Sat 25	Sperrin Harriers Winter League: Parkanour 10	Parkanour	12 noon	Sperrin Harriers: Andrew Newell 07900251069	

	Mile			<a href="mailto:anewell4@yahoo.com">anewell4@yahoo.com</a>	
Sun 26	NI & Ulster Senior Cross Country Championships	Billy Neill MBE Country Park	1:30pm	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a> <a href="http://www.athleticsni.org">www.athleticsni.org</a>	
Sun 26	Red Dress Fun Run	Stormont Estate	11am	Tara Currie 07436584079 <a href="mailto:tcurrie@nichs.org.uk">tcurrie@nichs.org.uk</a> <a href="http://www.nichs.org.uk/get-involved/fundraising-events/red-dress-run-2023">www.nichs.org.uk/get-involved/fundraising-events/red-dress-run-2023</a>	
<b>March 2023</b>					
Sat 4	Shanes Castle	Shanes Castle, car park B	7am	Atlas Running 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 5	Glens Runners Annual Charity Run	Ballycastle Marine Hotel	8:45am	Lucy O'Dell 07939133642 <a href="mailto:lucy.odell@compleo.co.uk">lucy.odell@compleo.co.uk</a>	
Sun 5	East Coast AC Junior XC Series Race 3	Sandy Bay Playing Fields	10.45am	Justin Maxwell <a href="mailto:eastcoastac@gmail.com">eastcoastac@gmail.com</a>	
Fri 10	Coleraine Campus NI & Ulster 5k Championships	Ulster University, Coleraine	7pm	Ryan Galway 07795088524 <a href="mailto:rjgalway89@live.co.uk">rjgalway89@live.co.uk</a>	✓
Sat 11	Walled City 10 Mile Road Race	Running Track St Columbs Park	10.30am	Gerry Lynch 07702006667 <a href="mailto:Gerry.lynch@hotmail.com">Gerry.lynch@hotmail.com</a> <a href="http://www.thederrymarathon.com">www.thederrymarathon.com</a>	✓
Sun 12	Portadown Running Festival 10K & Half Marathon	South Lakes Centre	1pm	Stephen McMorris 07785788895 <a href="mailto:Stephen.mcmorris@globeweigh.com">Stephen.mcmorris@globeweigh.com</a>	✓
Sun 12	Jimmy's 10	Downpatrick	10.30am	East Down AC <a href="mailto:racedirector@eastdownac.co.uk">racedirector@eastdownac.co.uk</a>	✓
Fri 17	SPAR Craic 10k	Belfast City Hall	9am	Aisling Events: Connla McCann 07517468844 <a href="mailto:c.mccann@aisling-events.com">c.mccann@aisling-events.com</a> <a href="http://www.aisling-events.com">www.aisling-events.com</a>	✓
Sun 19	Clogher Valley 5k	Clogher Valley Community Centre	10am	Marie Treanor 07759465973 <a href="mailto:marietreanor@hotmail.co.uk">marietreanor@hotmail.co.uk</a>	
Fri 24	City of Lisburn 5K	Bow Street Lisburn	7pm	Atlas Running 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>	
Sat 25	10 Miler Coast Road Run	Larne Town	10am	William Thompson 07715972115 <a href="mailto:williamthompson06@hotmail.co.uk">williamthompson06@hotmail.co.uk</a> <a href="https://larneathleticclub.com/">https://larneathleticclub.com/</a>	✓
Sat 25	Mourne Marauder	Donard Park	11am	Ian Taylor 02890280790 <a href="mailto:ir.taylor@ntlworld.com">ir.taylor@ntlworld.com</a>	
Sun 26	Monkstown Spartans Belfast Zoo 5k	Belfast Zoo	9am	Kevin Moseley 07539063180 <a href="mailto:Kevinmoseley79@gmail.com">Kevinmoseley79@gmail.com</a> <a href="http://www.monkstownspartans.co.uk">www.monkstownspartans.co.uk</a>	✓
Sun 26	SPAR Omagh Half Marathon & 5K	Omagh Leisure Complex	8.30 Half walk 9.30 Half run 9.45am 5K	Omagh Harriers Martin McLaughlin 07786164431 <a href="mailto:runnermartin@outlook.com">runnermartin@outlook.com</a>	✓
<b>April 2023</b>					
1 <sup>st</sup> – 2 <sup>nd</sup>	The Florida 24 Hour Challenge and 5/10 K Trail Races	Florida Manor, Killinchy, Co Down	6pm	George McGonigal 07905556173 <a href="mailto:info@gaithouseevents.com">info@gaithouseevents.com</a> <a href="http://www.gaithouseevents.com">www.gaithouseevents.com</a>	✓
Sun 2	Titanic 10k	Harbour Estate Belfast	9am	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a> <a href="http://www.athleticsni.org">www.athleticsni.org</a>	✓
Sun 2	ACP – NI & U – British 100k Championships	Craigavon Lake Leisure Centre	8am	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>	

Fri 21	Belfast to Dublin	Europa Hotel Belfast	12pm	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>	
Wed 26	Purple Ladies	Training Pitches 2&3 Joey Dunlop Leisure Centre	7:30pm	Kenneth Bacon 02827666925 <a href="mailto:k.bacon14@btinternet.com">k.bacon14@btinternet.com</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	
Sun 30	Mash Direct Belfast City Marathon	TBC	TBC	Pending Permit	✓
<b>May 2023</b>					
Fri 5	Run the Runways	Ards Airport	6:30pm	Hannah Robinson 07970593655 <a href="mailto:scrabostriders@gmail.com">scrabostriders@gmail.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Tues 9	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 <a href="mailto:andrewsmyth186@gmail.com">andrewsmyth186@gmail.com</a>	
Sat 13	Seskinore Forest 5K Run & Walk	Seskinore Forest	11am	Ivor Russell 07796690598 <a href="mailto:seskinorercc@gmail.com">seskinorercc@gmail.com</a>	
Tues 23	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 <a href="mailto:andrewsmyth186@gmail.com">andrewsmyth186@gmail.com</a>	
Sat 27	Ballyclare May Fair 10k & 5k Races 2023	Ballyclare Rugby Club	10am	Margaret Beattie <a href="mailto:CAHarriers.info@gmail.com">CAHarriers.info@gmail.com</a> <a href="http://www.countyantrimharriers.co.uk">www.countyantrimharriers.co.uk</a>	
Sun 28	Newell 5k & 10k	Main Street, Coalisland	10:30am	Sean Boyle 02887741818 <a href="mailto:sean.boyle@newellstores.com">sean.boyle@newellstores.com</a>	
Sun 28	Newry City Half Marathon	TBC	TBC	Pending Permit	
<b>June 2023</b>					
Tues 6	Woodburn Forest Series	Woodburn Forest, Carrickfergus	7:30pm	Andrew Smyth 07969031570 <a href="mailto:andrewsmyth186@gmail.com">andrewsmyth186@gmail.com</a>	
Fri 16	Comber 10K	Castle Lane, Comber	7:30pm	Ballydrain Harriers 07834522679 <a href="mailto:Ballydrain.secretary@outlook.com">Ballydrain.secretary@outlook.com</a>	
Fri 30	Ards Half Marathon	Ards Blair Mayne Wellbeing & Leisure Complex	6:30pm	Hannah Robinson 07970593655 <a href="mailto:hannahrobinson@googlemail.com">hannahrobinson@googlemail.com</a>	
<b>July 2023</b>					
Sun 2	The Great Rossa Run	TBC	TBC	Pending Permit	
Wed 26	Donaghadee 5k	TBC	TBC	Pending Permit	
Fri 28	Giant's Trail Race	QUB Sport, Upper Malone Road	7pm	Dub Runners: Brian Jack 07866192066 <a href="mailto:dubrunnersbelfast@gmail.com">dubrunnersbelfast@gmail.com</a> <a href="http://www.dubrunners.club">www.dubrunners.club</a>	
<b>August 2023</b>					
Sat 8	Run the Trails	Mount Stewart	6pm	Hannah Robinson 07970593655 <a href="mailto:hannahrobinson31@googlemail.com">hannahrobinson31@googlemail.com</a>	
Sun 20	Storming the Castle 10k	Carrickfergus Amphitheatre	1:30pm	Andrew Smyth 07969031570 <a href="http://www.seaparkac.com">www.seaparkac.com</a> <a href="mailto:andrewsmyth186@gmail.com">andrewsmyth186@gmail.com</a>	
Sun 27	Antrim Coast Half Marathon	Larne	TBC	Ruth McIlroy 07929333982 <a href="mailto:Ruth.mcilroy@btinternet.com">Ruth.mcilroy@btinternet.com</a> <a href="http://www.antrimcoasthalfmarathon.com">www.antrimcoasthalfmarathon.com</a>	
<b>September 2023</b>					
Sun 3	Laganside 10k	Ormeau Park	2pm	Isaac McCollum 07501482085 <a href="mailto:Isaac.mccollum669@gmail.com">Isaac.mccollum669@gmail.com</a> <a href="http://www.laganside10k.com">www.laganside10k.com</a>	
Fri 8	Ards 5 Mile	Londonderry Park	7pm	Hannah Robinson 07970593655 <a href="mailto:hannahrobinson31@googlemail.com">hannahrobinson31@googlemail.com</a>	

