

**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    ■ Ultra Event

Updated 26<sup>th</sup> March 2020

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

Date	Event	Venue	Time	Contact	Officially Measured
<b>2020</b>					
<b>March 2020</b>					
Sun 29	TQ10K Virtual Run	Titanic Quarter	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
<b>April 2020</b>					
Thur 2	60th Anniversary St Malachy's High School 5k 10k 2020	Castlewellan Forest Park	7pm	Clare Murnin 02843778255 <a href="http://www.stmalachys.org.uk">www.stmalachys.org.uk</a> <a href="mailto:cmurnin727@c2kni.net">cmurnin727@c2kni.net</a>	
Sun 5	Craigavon Lakes ¾ Marathon	Craigavon lakes	8am	Stuart Kennedy 07796957784 <a href="mailto:stuartkennedy44@gmail.com">stuartkennedy44@gmail.com</a>	
Sun 5	Northern Ireland Hospice 5K Rabbit Run & Bunny Hop <b>*Postponed New Date TBC*</b>	Hazelbank Park, Newtownabbey	11am	Lauren Doherty <a href="mailto:events@nihospice.org">events@nihospice.org</a> <a href="http://bit.ly/2uPQnx6">http://bit.ly/2uPQnx6</a>	
Wed 8	Belfast 2 Dublin Return Ultra <b>Cancelled</b>	Europa Hotel	12 noon	Adrian Daye 07876560015 <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a> <a href="mailto:Adrian.daye@skv.com">Adrian.daye@skv.com</a>	
Wed 8	Bay Road 5k <b>*Postponed New Date TBC*</b>	Riverside Walkway	7:30pm	Gerry Lynch 07702006667 <a href="mailto:Gery.lynch@hotmail.com">Gery.lynch@hotmail.com</a>	✓
Sat 11	Beragh 5 Mile & 5k Road Races	St Marys Park, Beragh	11am	Adrian Donnelly 07761610828 <a href="mailto:adrianjdonnelly@hotmail.com">adrianjdonnelly@hotmail.com</a>	
Sat 11	Glenarm Castle Challenge <b>*Cancelled*</b>	Glenarm Castle	11am	Jane Rowe 07855586438 <a href="mailto:Info@born2runevents.com">Info@born2runevents.com</a>	
Mon 13	Whitehead Easter Road race	Whitehead Community Centre	12:30pm	Maeve Taylor on 07799367059 <a href="mailto:whiteheadroadrace@gmail.com">whiteheadroadrace@gmail.com</a> <a href="http://www.facebook.com/whiteheadeastemondayroadrace/">www.facebook.com/whiteheadeastemondayroadrace/</a>	
Sat 25	Gortin 10k, 5k and 5k walk	Top of main street	12noon	Kerry Crawford 02881648268 <a href="mailto:gortinfunrun@outlook.com">gortinfunrun@outlook.com</a>	
Sat 25	Run Around the Castle	Shanes Castle	10am	Donna McGuckian 07787115003 <a href="mailto:friendsofregganps@gmail.com">friendsofregganps@gmail.com</a>	
Sat 25	Almac Fun Run <b>*CANCELLED*</b>	Almac House	11am	Amy Neill 02838368131 <a href="mailto:Amy.neill@almacgroup.com">Amy.neill@almacgroup.com</a>	
Sun 26	London Mini Marathon <b>cancelled</b>	London	TBC	TBC	
Wed 29	Belfast Primary School Cross Country Championship	Ormeau Park	10:20am	Paddy McGratten 9032 0202 ext 3718 <a href="http://www.belfastcity.gov.uk">www.belfastcity.gov.uk</a> <a href="mailto:tatej@belfastcity.gov.uk">tatej@belfastcity.gov.uk</a>	
Wed 29	Purple Ladies 5k <b>*Ladies only Event* CANCELLED Refunds will be issued</b>	Joey Dunlop Leisure Centre	7:30pm	Elaine Montgomery <a href="mailto:montgomeryelaine@hotmail.co.uk">montgomeryelaine@hotmail.co.uk</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	
<b>May 2020</b>					

**Please note that dates and times are subject to change by the organisers or due to event clashes. This may be at short notice, so please always check for alterations before your events.**

Sat 2	Run Armagh – Belfast Back to Back Marathon	The Mall East	8am	Matthew Nicholson <a href="mailto:matthew@runarmagh.com">matthew@runarmagh.com</a> <a href="http://www.runarmagh.com">www.runarmagh.com</a>	
Fri 8	Scrabo Striders Run the Runways	Runway at Newtownards Airport, Portaferry Road	6:30pm	Lyndsey Lappin 07872537735 <a href="mailto:scrabostriders@gmail.com">scrabostriders@gmail.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Fri 8	Termoneeny 10k	Quarry Road, Gulladuff	7:30pm	Declan Leung <a href="http://www.termoneenyrc.com">www.termoneenyrc.com</a> termoneenyrc@gmail.com	
Sat 9	3 Lakes Challenge <b>*Cancelled*</b>	Lakeside Inn	11am	Adrian Daye 07876560015 <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a> <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a>	
Sun 10	Colebrooke 5K 10K and Half Mile Mauler	Triumphal Gate, Colebrooke Park	2:20pm	Graeme Stanbridge 07900192356 <a href="http://www.NWMRT.org">www.NWMRT.org</a> graeme933@btinternet.com	
Fri 15	Maguiresbridge M5M	Drumgoon Road, Maguiresbridge	7pm	Andrew Green <a href="mailto:maguiresbridgerc@gmail.com">maguiresbridgerc@gmail.com</a> <a href="http://www.maguiresbridge.wixsite.com/runningclub">www.maguiresbridge.wixsite.com/runningclub</a>	✓
Fri 15	Les Jones 10k <b>Cancelled</b>	Mary Peters Track	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
Fri 15	Severfield 5km Runway Team Challenge	Enniskillen Airport	7pm	Heather Williams 02866 388521 heather.williams@severfield.com	
Sat 16	Shane's Castle Challenge <b>*Cancelled*</b>	Shanes Castle	11am	Jane Rowe 07855586438 <a href="http://www.born2runevents.com">www.born2runevents.com</a> info@born2runevents.com	
Sun 17	Portadown Running Festival	Peoples Park, Portadown	8am	Stephen McMorris 02838840714 <a href="mailto:stephen.mcmorris@globeweish.com">stephen.mcmorris@globeweish.com</a>	
Sun 17	Killeeshil 10k & 5k	Killeeshil Community Centre	11am	Karen McGinn 07526711203 McGinnk57@gmail.com	
Sun 17	Strabane Lifford Half Marathon	Meeting House Street	9:30am	Jacqueline Whoriskey 02871376504 <a href="mailto:Jacqueline.whoriskey@derrystrabane.com">Jacqueline.whoriskey@derrystrabane.com</a> <a href="http://www.derrystrabane.com">www.derrystrabane.com</a>	
Wed 20	Bann 10k & Fun Run	Havelock Park, Lurgan Road	7pm	Heather Ardis 07841804033 <a href="mailto:banbridgeac@hotmail.com">banbridgeac@hotmail.com</a>	
Fri 22	Carmen 1 Mile Relay	Termon Road, Carrickmore	7:30pm	Stuart morrow <a href="mailto:Carmen.runners@outlook.com">Carmen.runners@outlook.com</a> <a href="https://www.facebook.com/carmenrunner">https://www.facebook.com/carmenrunner</a>	✓
Sat 23	CAH May Fair Races <b>*Cancelled*</b>	Ballyclare Rugby Club	10am	Irene Downey <a href="mailto:CAHarners.info@gmail.com">CAHarners.info@gmail.com</a> <a href="http://www.countyantrimharners.co.uk">www.countyantrimharners.co.uk</a>	
Sun 24	The Emmetts Running Club Annual 5K 10K in association with St Peters CLG	Lurgan Park	11am	Hugh Haughian 07874000858 <a href="mailto:hhaughian@mcofd.com">hhaughian@mcofd.com</a>	
Sat 30	Killyclogher 10K	Killyclogher GAA	11am	Liam Cunningham 07757414601 <a href="http://www.killycloghergaa.com">www.killycloghergaa.com</a> <a href="mailto:chairperson.killyclogher.tyrone@gaa.ie">chairperson.killyclogher.tyrone@gaa.ie</a>	
Sun 31	Centra Run Together, Enniskillen	Lakeland Foun, Enniskillen	10am	Johnny Davis +447768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="https://centra.co.uk/runtogether/">https://centra.co.uk/runtogether/</a>	
Sun 31	Run Armagh: Late may Marathon	The Mall East	8am	Matthew Nicholson 07974419535 <a href="http://www.runarmagh.com">www.runarmagh.com</a> <a href="mailto:matthew@runarmagh.com">matthew@runarmagh.com</a>	
<b>June 2020</b>					
Wed 3	Fairhill 5	TBC	TBC	Pending Permit	
Fri 5	Derrytresk 5/10k	Derrytesk GAC	7:30pm	Aidan Campbell 07919912644 <a href="mailto:aidan@ruralcommunitynetwork.org">aidan@ruralcommunitynetwork.org</a>	

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Sat 6	Gosford Forest Run	Gosford Forest Park	10:30am	Gareth Morrison 07841975715 <a href="mailto:morrisongr@hotmail.com">morrisongr@hotmail.com</a> <a href="http://www.eventbrite.co.uk/e/gosford-forest-run-2020-tickets-91150681141">www.eventbrite.co.uk/e/gosford-forest-run-2020-tickets-91150681141</a>	
Sun 7	Race Run DMC	Divis Carpark	11am	Helen Weir <a href="http://www.belfasthills.com">www.belfasthills.com</a> hfweir@gmail.com	
Wed 10	Deep RiverRock Queens 5k Race around the River	Annadale Embankment	6:50pm	Nathan Lindsay <a href="mailto:athletics@qub.ac.uk">athletics@qub.ac.uk</a> www.queens5k.com	✓
Thur 11	Lismore 5k	Lismore Comprehensive School	7pm	Francis McVeigh 07736014961 <a href="mailto:Fmcveigh048@c2kni.net">Fmcveigh048@c2kni.net</a>	
Fri 12	Washingbay Green Run 5km, 10km & Half Marathon	Washingbay	10:30am	Brendan Quinn <a href="mailto:washingbaygr@gmail.com">washingbaygr@gmail.com</a> www.wbaygreenrun.com	
Sat 13	Stunnerz n Runnerz	Drum Manor Forest	11am	Maureen Mallon <a href="mailto:Maureenmallon124@hotmail.com">Maureenmallon124@hotmail.com</a> <a href="http://www.sperrinharriers.co.uk">www.sperrinharriers.co.uk</a>	
Sun 14	CCU Stormont Miles	Stormont Estate	10am	Stuart Kennedy 07796957784 <a href="mailto:stuartkennedy44@gmail.com">stuartkennedy44@gmail.com</a> www.childrenscancerunit.com	
Sun 14	Feeny Fast & Furious	Beechmount Feeny	11am	Ronan McCullagh 07764200299 mccullaghronan@gmail.com	
Thur 18	Academy 5K	St. Patrick's Academy Dungannon	7pm	Fintan Donnelly 028 87727400 <a href="mailto:fdonnelly295@c2kni.net">fdonnelly295@c2kni.net</a> <a href="https://www.stpatricksacademy.org.uk/">https://www.stpatricksacademy.org.uk/</a>	
Fri 19	Comber 10K	Castle Lane, Comber	7:30pm	Valerie Martin <a href="mailto:Ballydrain.secretary@outlook.com">Ballydrain.secretary@outlook.com</a> www.ballydrainharriers.co.uk	✓
Sat 20	Belfast Festival of Sport & Belfast Runs 24hr Relay <b>Cancelled</b>	Victoria Park, Belfast	9am/1pm	Adrian Daye 07876560015 <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a> <a href="mailto:Adrian.daye@sky.com">Adrian.daye@sky.com</a>	
Sat 20	Dromore 5 & 10K	Town Clock, Main Street	12 noon	Dermot Montague <a href="mailto:dfmont@btinternet.com">dfmont@btinternet.com</a> 07917134847	
Sun 21	Centra Run Together, Bangor	Ward Park, Bangor	10am	Johnny Davis +447768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="https://centra.co.uk/runtogether/">https://centra.co.uk/runtogether/</a>	
Wed 24	Centra Run Together, Derry / Londonderry	Quayside, Derry City	10am	Johnny Davis +447768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="https://centra.co.uk/runtogether/">https://centra.co.uk/runtogether/</a>	
Fri 26	Newell 5/10K <b>Cancelled</b>	Coalisland Heritage Centre	7 / 7:30pm	Sean Boyle 02887741818 <a href="mailto:floor.coalisland@newellstores.com">floor.coalisland@newellstores.com</a>	✓
Fri 26	Ards Half Marathon	Ards Blair Mayne Wellbeing and Leisure Complex	6:30pm	Hannah Robinson 07970593655 www.scrabostriders.com	
Sat 28	Omagh Half Marathon	Omagh Leisure Complex	9am	Martin McLaughlin 07786164431 runnermartin@outlook.com <a href="http://www.omaghharriers.com">www.omaghharriers.com</a>	✓
Sun 28	Mad for the Road	Moneyglass Community Centre	12pm	Liz Trimble 07515433470 <a href="mailto:moneyglassdistrictrunners@gmail.com">moneyglassdistrictrunners@gmail.com</a>	
<b>July 2020</b>					
Fri 3	Ford 5k	Bryansford GAC	8pm	Richard Rodgers <a href="mailto:Rodgers63@icloud.com">Rodgers63@icloud.com</a> www.newcastleac.org	
Sun 5	Great Rossa Run	Ardboe Parish	10am	Shane Mallon 07557447436	

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		Centre		thegreatrossarun@gmail.com	
Sun 5	Antrim Coast Road Marathon	Glenann Rd, Cushendall. Co. Antrim	9am	Andy McClean info@antrimcoastmarathon.co.uk	✓
Fri 17	BORN2RUN Sea 2 Sky	TBC	TBC	Pending Permit	
Sun 19	SPAR Craic 10K	City Hall, Belfast	9am	Aisling Events 02890611916 <a href="http://www.aisling-events.com">www.aisling-events.com</a> <a href="mailto:c.mccann@aisling-events.com">c.mccann@aisling-events.com</a>	
Wed 22	Donaghadee 5k	Pier Donaghadee	7:30pm	Hannah Donaldson 07850156259 dunninginthewee@gmail.com	
Fri 31	Giants Trail Race	Dub Playing Field	7pm	Ronan O'Flaherty <a href="http://www.dubrunners.club/race">www.dubrunners.club/race</a> <a href="mailto:dubrunnersbelfast@gmail.com">dubrunnersbelfast@gmail.com</a>	
<b>August 2020</b>					
Wed 5	Crawfordsburn 5k trail race	Crawfordsburn County Park	7:15pm	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>	
Fri 7	Mallusk 5 Mile Road Race	Mallusk Road, Mallusk	7.30pm	Leeanne Skillen 07961620715 <a href="mailto:malluskharriers@outlook.com">malluskharriers@outlook.com</a> www.malluskharriers.co.uk	
Fri 7	Sperrin Harriers 5 Mile Classic Stanley Reid Memorial	Loughry Campus	7:30pm	Mark Reid 07899002644 <a href="http://www.sperrinharriers.co.uk">www.sperrinharriers.co.uk</a> alfredmark2002@yahoo.co.uk	✓
Sat 15	BORN2RUN Dambusters	TBC	TBC	Pending Permit	
Fri 21	Maghera 5 Mile Road Race	TBC	TBC	Pending Permit	
Sat 22	Compare NI Run Thru Time	The Diamond, Ulster Folk Museum	6:30pm	George McGonigal <a href="http://www.gaithouseevents.com">www.gaithouseevents.com</a> <a href="mailto:George@gaithouseevents.com">George@gaithouseevents.com</a>	
Sat 22	Altamuskin 5	Altamuskin Community Centre	12 Noon	Michael Broderick 07753615161 <a href="mailto:info@altamuskin.com">info@altamuskin.com</a> www.altamuskin.com	
Tues 25	Dessies Run	Gransha Park	7pm	Gerry Lynch 07702006667 <a href="mailto:Gerry.lynch@hotmail.com">Gerry.lynch@hotmail.com</a>	✓
Fri 28	Portrush 5 Mile Road Race	TBC	TBC	Pending Permit	
Sat 29	Donard Forest 5k Challenge	TBC	TBC	Pending Permit	
Sat 29	Rathlin Run	Church Bay	1pm	Ryan Maxwell <a href="mailto:runrathlin@gmail.com">runrathlin@gmail.com</a> 07784718760	
Sun 30	Storming the Castle	Amphitheatre Carrickfergus	2pm	Andy Smyth 0796931570 <a href="mailto:smyth1@sky.com">smyth1@sky.com</a>	
Sun 30	Rock the Lough 2020	Discovery Centre, Oxford Island, Lurgan	11am	Paul MOORE 07767135144 <a href="mailto:mfamily.mf@gmail.com">mfamily.mf@gmail.com</a> <a href="http://www.saintpetersac.com">www.saintpetersac.com</a>	
<b>September 2020</b>					
Tue 1	Mill Hill Mile 2020	Annsborough Village	7pm	Richard Rodgers <a href="mailto:Rodgers63@icloud.com">Rodgers63@icloud.com</a> <a href="http://www.newcastleac.org">www.newcastleac.org</a>	
Fri 4	Ards 5 Mile	TBC	TBC	Pending Permit	
Sun 6	Laganside 10k	Ormeau Park	2pm	Helen Weir 07748913455 <a href="mailto:hfwair@gmail.com">hfwair@gmail.com</a>	✓
Sun 6	Waterside Half Marathon	Ebrington	10am	Jacqueline Whoriskey 02871376504 <a href="mailto:Jacqueline.whoriskey@derrystrabane.com">Jacqueline.whoriskey@derrystrabane.com</a> <a href="http://www.derrystrabane.com">www.derrystrabane.com</a>	✓
Tues 8	Ballymena Belles 2020 *female only race*	Galgorm Community Centre	7pm	Naomi Hutchinson <a href="http://www.ballymenarunners.org/">www.ballymenarunners.org/</a> <a href="mailto:ballymenarunners@hotmail.com">ballymenarunners@hotmail.com</a>	
Sat 12	Tannaghmore 10K	TBC	TBC	Pending Permit	
Sat 12	P&O Ferries Antrim Coast Half Marathon	Larne Leisure Centre	11am	William Thompson 07715972115 <a href="http://www.antrimcoasthalfmarathon.com">www.antrimcoasthalfmarathon.com</a>	

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Sun13	Abis Butterfly Breeze 10k and 5k fun run	Exploris Carpark, Portaferry	11am	Andrew brodie 07739071472 <a href="mailto:Brodieandrew35@gmail.com">Brodieandrew35@gmail.com</a>	
Sun 13	Newry City Half Marathon & 10k	Albert Basin, Newry	9am	Newry City Runners <a href="mailto:muldajian@btinternet.com">muldajian@btinternet.com</a> <a href="http://www.newrycityrunners.com">www.newrycityrunners.com</a>	
Sun 13	Centra Run Together, Armagh	Palace Demense, Armagh	10am	Johnny Davis +447768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="https://centra.co.uk/runtogether/">https://centra.co.uk/runtogether/</a>	
Sun 20	Deep RiverRock Belfast City Marathon	Stormont Estate	9am	<a href="mailto:Info@belfastcitymarathon.org">Info@belfastcitymarathon.org</a> 02890605922	✓
Sat 26	NI & Ulster Championship Bangor 10k	Castle Park Belfast	10am	Clare Russell 07901823349 <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a> <a href="mailto:events@northdownac.co.uk">events@northdownac.co.uk</a>	
<b>October 2020</b>					
Sun 18	Centra Run Together, Ormeau Park	Ormeau Park, Belfast	10am	Johnny Davis +447768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="https://centra.co.uk/runtogether/">https://centra.co.uk/runtogether/</a>	
<b>November 2020</b>					
Sat 7	BORN2RUN Run Forest Run Minnowburn	TBC	TBC	Pending Permit	
Sat 14	Comber Cup	TBC	TBC	Pending Permit	
Sat 21	BORN2RUN Run Forest Run Drum Manor	TBC	TBC	Pending Permit	
<b>December 2020</b>					
Sat 5	BORN2RUN Run Forest Run Loughgall	TBC	TBC	Pending Permit	
Sat 19	BORN2RUN Run Forest Run Kilbroney Forest	TBC	TBC	Pending Permit	
<b>2021</b>					
<b>January 2021</b>					
Sat 9	BORN2RUN Run Forest Run Tollymore Forest	TBC	TBC	Pending Permit	
Sat 23	BORN2RUN Run Forest Run Gosford Forest	TBC	TBC	Pending Permit	
<b>February 2021</b>					
Sat 6	BORN2RUN Run Forest Run Antrim	TBC	TBC	Pending Permit	
Sat 27	BORN2RUN Run Forest Run Castlewellan Forest	TBC	TBC	Pending Permit	
Sun 28	Deep RiverRock Belfast City Half Marathon	TBC	TBC	Pending Permit	

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