

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 27th December 2018

www.athleticsni.org

Date	Event	Venue	Time	Contact	Officially Measured
2018					
December 2018					
Fri 27	Muff Glen Forest Trail Run	Muff Glen Forest Park	11am	Mervyn Kelly 07740086067 mervynkelly@hotmail.com www.northernvelocity.co.uk	
Sat 29	Castlewellan Christmas Cracker	Main Street, Castlewellan	1pm	Richard Rodgers 07584292495 rodgers63@icloud.com www.newcastleac.org	
Sun 30	Kirkistown Race Track 5k, 10k & Half Marathon	Kirkistown Race Track	2pm	Richard Bradley contact@niduathlon.com	✓
Mon 31	Lough 5 Road Race	Loughmacrory	12 noon	Anne Logue 07810437355 lough5@live.co.uk www.lough5.com	
2019					
January 2019					
Tues 1	Rock New Year's Day Run	Rock Primary School	12 noon	Cyril Cush 07841102113 info@rocknewyearsdayrun.co.uk www.rocknewyearsdayrun.co.uk	
Tues 1	Race Over The Glens	Glenariff Forest Park	12 noon	Stephen Brown 07885649135 ballymenarunners@hotmail.com	✓
Sat 5	Belfast Telegraph Run Forest Run Tollymore	Tollymore Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 5	North Down Festival of Cross Country	Castle Park Bangor	11.30am	Clare Russell 07901823349 northdownac@gmail.com www.northdownac.co.uk	
Sun 6	Armagh 'Beat The January Blues' Marathon	The Mall East	8am	Matthew Nicholson 07974419535 matthew@runarmagh.com www.runarmagh.com	
Sat 12	Sperrin Harriers Winter League An Creagan 5 Mile	An Creagan Centre	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sun 13	Mathieson Cup and Shield	City of Belfast Playing Fields, Mallusk	11am	Paul Skillen 07814245674 pskillen01@qub.ac.uk www.malluskharriers.co.uk	
Sat 19	Belfast Telegraph Run Forest Run Gosford 5k & 10k	Gosford Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 19	IAAF International, Celtic & Home Countries Cross Country	Billy Neill Playing Fields	TBC	Athletics NI 02890602707 info@athleticsni.org	✓
Sun 20	Ballykelly Trail Race	TBC	TBC	Pending Permit	
Sun 20	McGrady's Junior XC League- East Down Round	Delamont	1.30pm	Joe Quinn 07395814122/ 02844614235 Jaykwin69@gmail.com	
Fri 25	FEARR The Night 10k	Clandeboyne Estate Courtyard	7pm	Chris Stevenson 07970831940 chris.stevenson@sylvania-lighting.com	
Sat 26	NI & Ulster Intermediate & Masters XC	Barnett's Demesne	TBC	Athletics NI 02890602707 info@athleticsni.org	✓
Sat 26	St Patrick's College	Dungiven Sports	2.30pm	Conor Lavery 02877741324	

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	Dungiven 10k & 5k	Centre		clavery598@c2kni.net www.stpatrickscollege.co.uk	
February 2019					
Sat 2	Sperrin Harriers Winter League Drum Manor Forest 10k	Drum Manor	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sat 2	Moira XC	Moira Demesne	11.45am	Eric Frizzell 07764658053/ 02892611842 eric.frizzell1@btinternet.com	
Sat 2	Belfast Telegraph Run Forest Run Antrim Castle Gardens	Antrim Castle Gardens	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 2	St Patrick's PTA 5k & 10k Run	Church Street, Maghera	11am	Julian McGale 02879642451/ 07776201045 jmcgale839@c2kni.net	
Sun 3	SVP 10 Mile Run	Mid Ulster Sports Arena	11am	John Meenan 07904561089 john.meenan@fslelectronics.com	
Sat 9	Stormont XC	Stormont	11am	Mags Mathieson 07402785109 mags.mathieson@yahoo.co.uk	
Sat 9	Omagh CBS 10k & 5k Run	CBS Grammar, Omagh	11am	Mr C McBride 02882243567 info@cbs.omagh.ni.sch.uk	
Sat 9	Randal Run	Shane's Castle, Randalstown	1.45pm	Ronan Lavery 07734404420 rlavery99@gmail.com	
Thurs 14	Armagh International Road Races 2019	The Mall, Armagh	6.30pm	James Vallely 07432477385 craobh@btinternet.com	✓
Sat 16	Sperrin Harriers Winter League Parkanaur Forest 10 Mile	Parkanaur Forest	12 noon	Colm Gallagher 07866056169 winterleague@sperrinharriers.co.uk www.sperrinharriers.co.uk/winter-trail-series	
Sat 16	Last One Standing	Bunk House, Castle Ward	12 noon	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sat 16	Castle Ward Trail Races	Bunk House, Castle Ward	8.4 mile-10am 4.2mile-10.10am	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Fri 22	Run The Trails Mount Stewart 10k Night Edition	Mount Stewart House	7pm	Chris Stevenson 07970831940 stevensonlighting@hotmail.com www.scrabostriders.com	
Sat 23	Belfast Telegraph Run Forest Run Castlewellan	Castlewellan Forest Park	11am	Gerard Rowe 07855586438 info@born2runevents.com www.born2runevents.com	
Sat 23	NI & Ulster Senior XC	Lurgan Park	TBC	Athletics NI 02890602707 info@athleticsni.org	
Sun 24	McGrady Junior XC Race 5	Tollymore Forest Park	1pm	Pauline McCauley 07803203650 juniors@newcastleac.org	
Sun 24	Stroke Association Resolution Run	Queen's Sport Clubhouse, Upper Malone	11am	Paul Montgomery 07920832255 paul.montgomery@stroke.org.uk www.stroke.org.uk/resolution	
March 2019					
Sat 2	Walled City 10 Mile Road Race	TBC	TBC	Pending Permit	
Sat 2	Carmen 10k	Carrickmore GFC	11am	Michael Kerr 028 80760557 sinead.kerr@hotmail.co.uk	
Sat 9	Shane's Castle Half, Full & Ultra Marathon	Shane's Castle carpark	Ultra- 7am Full- 10am Half- 12noon 10k- 1pm	Adrian Daye 07876560015 atlas@atlasrunning.co.uk www.atlasrunning.co.uk	
Sun 10	Live Active NI 2k Superhero Family Event	TBC	TBC	Pending Permit	
Sun 10	Race to Recovery	Ormeau Park	11am	Regina Cox 02890725472 Regina.cox@addictionni.com www.addictionni.com	
Sun 17	SPAR Craic 10k 2019	Belfast City Hall	9am	Connla McCann 02890611916/ 07841101274 c.mccann@aisling-events.com	✓

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Sun 17	Jimmy's Ten	Ballydugan Rd, Downpatrick	10am	Joe Quinn 07395814122 Jaykwin69@gmail.com www.eastdownac.co.uk	✓
Sat 23	Larne Half Marathon	Larne Leisure Centre	11am	Ruth Moore 07929333982/ 02828583154 Ruth.moore@belfasttrust.hscni.net	
Fri 29	Dublin 2 Belfast	TBC	TBC	Pending Permit	
Fri 29	Omagh North Nursery School's 40 th Anniversary 5k	Omagh North Nursery School	6.30pm	Amanda Duffy-Phillips 02882246431/ 07714727421 omaghnorthnursery@gmail.com www.omaghnorthnursery.org.uk	
Sun 31	TQ10k & 1k Family Run 2019	Titanic Quarter	10am	Athletics NI 02890602707 info@athleticsni.org	✓
April 2019					
Tues 2- Thurs 4	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 andersonrebecca@belfastcity.gov.uk www.belfastcity.gov.uk	
Thurs 4	St Malachy's High School 10k & 5k	St Malachy's High School, Castlewellan	7pm	Claire Murnin 02843778255 cmurnin727@c2kni.net www.stmalachys.org.uk	
Sat 6	30 th SPAR Omagh Half Marathon & 5k Fun Run	Omagh Leisure Complex	10am- Walk 11am- Half 11.10am- 5k	Martin McLaughlin 07786164431 runnermartin@outlook.com www.omaghharriers.com	✓
Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 gortinfunrun@outlook.com	
Sun 28	Run With The Hound 5k & 10k	Railway Road, Belcoo	12pm	Nigel McGrath 07816166739 nigel.mcgrath@hotmail.com	
May 2019					
Sun 5	Deep RiverRock Belfast City Marathon	Stormont Estate	9am	Belfast Marathon Office 02890605933 info@belfastcitymarathon.org www.belfastcitymarathon.com	✓
Sun 5	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 andersonrebecca@belfastcity.gov.uk www.belfastcity.gov.uk	
Fri 10	Scrabo Striders 5k & 10k Run The Runways	Newtownards Airport, Portaferry Road	6.30pm	Lyndsey Lappin 07872537735 secretary@scrabostriders.com www.scrabostriders.com	✓
Sun 19	Slieve Gallion Challenge	Longfield Lane, Desertmartin, Magherafelt	10am	Peter Donnelly 07944702434 Pdonnelly604@c2kni.net www.desertmartingac.com	
June 2019					
Sun 2	Walled City Marathon	TBC	TBC	Pending Permit	
Wed 19	Lisburn Half Marathon, 10k & Fun Run	Lagan Valley LeisurePlex	6.45pm	Adrian Baron 02892509556 adrian.baron@lisburncastlereagh.gov.uk	✓
Fri 21	Comber 10k Road Race	TBC	TBC	Pending Permit	
Fri 21	Newell 10k & 5k	Lineside Coalisland	7.30pm	Sean Boyle 02887741818 floor.coalisland@newellstores.com	✓
Thurs 27	The bob&berts North Coast 10k & 5k	East Strand Watersports Centre, Portrush	7.30pm	Andrew Scott 07823774864 andy@sportsacademygeorge.com www.northcoast10k.com	✓
Sat 29	Larne AC Coastal Marathon	Larne Leisure Centre	9am	Ruth Moore 07929333982/ 02828583154 Ruthmoore844@btinternet.com www.larneac.co.uk	✓

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