

## Athletics Northern Ireland Cross Country & Road Running Fixtures 2024 – 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 29th July 2024

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

Date	Event	Venue	Time	Contact	Officially Measured
<b>July 2024</b>					
Fri 19 <sup>th</sup>	Sea 2 Sky 10k Race/Walk & 5k	Newcastle	6:30pm	Jane Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 20 <sup>th</sup>	Spelga Skyline Race 2024	Spelga Dam	11am	Mark Hopkins 07989223742 <a href="mailto:mark_sparker@hotmail.com">mark_sparker@hotmail.com</a>	
Wed 24 <sup>th</sup>	Donaghadee 5k	The Harbour Donaghadee	7:30pm	Fiona Lemon 07739412777 <a href="mailto:Runninginthedee@gmail.com">Runninginthedee@gmail.com</a>	
Fri 26 <sup>th</sup>	Giant's Trail Race	QUB Sport, Upper Malone Road, Belfast	7pm	Brian Jack 07866192066 <a href="mailto:bwkj01@gmail.com">bwkj01@gmail.com</a> <a href="http://www.dubrunners.club">www.dubrunners.club</a>	
Sat 27 <sup>th</sup>	Rossi 5K	Greenpark Road, Rostrevor	6pm	Martin McGinn 07515748278 <a href="mailto:info@martinmcginn.com">info@martinmcginn.com</a>	
Sun 28 <sup>th</sup>	Hillsborough Castle & Gardens Running Festival 2023	Hillsborough Castle	9am	Chris Parr 07903960896 <a href="mailto:chris.parr@runthrough.co.uk">chris.parr@runthrough.co.uk</a> <a href="https://www.castlerunningfestival.com/">https://www.castlerunningfestival.com/</a>	
Sun 28 <sup>th</sup>	Eglinton Road Runners Charity 5k run/walk	McLean Road	10:30am	Shane McCormick 07816853715 <a href="mailto:shane4413@live.co.uk">shane4413@live.co.uk</a>	
SUN 28 <sup>TH</sup>	EAMS – Pride Marathon	Bufs, ROAB Social Club	8am	Mathew Nicholson 07974419535 <a href="mailto:matthew@runarmagh.com">matthew@runarmagh.com</a>	
<b>August 2024</b>					
Fri 2 <sup>nd</sup>	Maze Runner 3k, 5k & 10k	Eikon Exhibition Centre, Maze Site, Lisburn	6:45pm	Noel McNally 07540 395571 <a href="mailto:roadrunnersac@yahoo.com">roadrunnersac@yahoo.com</a>	
Fri 2 <sup>nd</sup>	Galliagh Feile 5k 2024	Galliagh Community Centre	7pm	Tommy McCallion 07885910252 <a href="mailto:tom10sean10@gmail.com">tom10sean10@gmail.com</a>	
Fri 2 <sup>nd</sup>	Carnlough Quarry 5k	Bridge Street, Carnlough	7pm	Stephen Montgomery 02828841445 <a href="mailto:smonty6@outlook.com">smonty6@outlook.com</a> <a href="http://www.glenloughrunningclub.com">www.glenloughrunningclub.com</a>	
Fri 2 <sup>nd</sup>	Stanley Reid Memorial 5 Mile Classic	Loughry College Cookstown	7:30pm	Timothy Johnston 07999074140 <a href="mailto:timothy-johnston91@hotmail.com">timothy-johnston91@hotmail.com</a> <a href="https://www.sperrinharriers.co.uk/">https://www.sperrinharriers.co.uk/</a>	
Sat 3 <sup>rd</sup>	Run the Trails	Mount Stewart	5:30pm	Hannah Robinson 07970593655 <a href="mailto:newtownardshm@gmail.com">newtownardshm@gmail.com</a> <a href="http://www.scrabostriders.com/open-races">www.scrabostriders.com/open-races</a>	
Sat 3 <sup>rd</sup>	Mourne Seven Sevens	Shimna College	10am	James Brown 02890691540 <a href="mailto:jimbrown73342@aol.com">jimbrown73342@aol.com</a>	
Sun 4 <sup>th</sup>	Feile 5k & 10k	Malone Integrated College	9am	Paula Hewitt 07712524000 <a href="mailto:wbcoolers@gmail.com">wbcoolers@gmail.com</a>	
Mon 5 <sup>th</sup>	Broughshane 5 Miler	Fairhill Shopping Centre	7pm	John McGerty 07791413558 <a href="mailto:mcgerty@gilbert-ash.co.uk">mcgerty@gilbert-ash.co.uk</a>	
Wed 7 <sup>th</sup>	Crawfordsburn 5k Trail Race	Crawfordsburn Country Park Visitors Centre	7:15pm	Nicola Stevenson <a href="mailto:events@northdownac.co.uk">events@northdownac.co.uk</a>	

Fri 9 <sup>th</sup>	Mallusk 5 Mile Road Race	Academy Club, Mallusk Rd	7:30pm	Leeanne Skillen 07961620715 <a href="mailto:malluskharriers@outlook.com">malluskharriers@outlook.com</a> <a href="http://www.malluskharriers.co.uk">www.malluskharriers.co.uk</a>	
Sat 10 <sup>th</sup>	Dambusters 10 Mile, 10k Race/Walk & 5k	Silent Valley Mountain Park	10:30am	Jane Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 10 <sup>th</sup>	Last One Standing 2024	Florence Court	12pm	Atlas Running 07876560015	
Sun 11 <sup>th</sup>	Walk Jog Run for OisÃn 2024	Belcoo Community Centre	1pm	Sharon McGrath 07805658735 <a href="mailto:sharondoley@hotmail.com">sharondoley@hotmail.com</a>	
Thurs 15 <sup>th</sup>	Scrabo Hill Race	Scrabo	7pm	Andrew Wallace 02891878886 <a href="mailto:andrew.wallace@talktalk.net">andrew.wallace@talktalk.net</a>	
Sat 17 <sup>th</sup>	Dromore 5k/10k & 5k Fun Run	Clock Tower, Main Street, Dromore	10:30am	Gerry McDermott <a href="mailto:gerry@mcdermotthr.com">gerry@mcdermotthr.com</a>	
Sun 18 <sup>th</sup>	Storming the Castle 10k	Carrickfergus Amphitheatre	1:30pm	Andrew Smyth 07969031570 <a href="mailto:andrewsmyth186@gmail.com">andrewsmyth186@gmail.com</a> <a href="http://www.seaparkac.com">www.seaparkac.com</a>	
Fri 23 <sup>rd</sup>	Strangford Festival 10k	Inverbrenna Hall Strangford	7pm	Brendan Kerr 07863900138 <a href="mailto:bkerr674@c2kni.net">bkerr674@c2kni.net</a> <a href="#">Enter Here</a>	
Fri 23 <sup>rd</sup>	Portrush 5 Mile Road Race	West Strand, Portrush	7:30pm	<a href="mailto:Portrush5@gmail.com">Portrush5@gmail.com</a>	
Sun 25 <sup>th</sup>	Antrim Coast Half Marathon	Larne	9:30am	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>	
Fri 30 <sup>th</sup>	GRC Coastal 5k	Branch Rd, 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 31 <sup>st</sup>	Last Strider Standing 2024	Ballykinlar Training Camp	12pm	George McGonial 07905556173 <a href="mailto:Georgemcgonial17@gmail.com">Georgemcgonial17@gmail.com</a>	

### September 2024

Sun 1 <sup>st</sup>	Waterside Half Marathon	Ebrington Square	9:30am	Derry City & Strabane District Council <a href="mailto:Catherine.Ashford@derrystrabane.com">Catherine.Ashford@derrystrabane.com</a>	
Sun 1 <sup>st</sup>	Laganside 10k	Ormeau Park	2pm	North Belfast Harriers <a href="mailto:Laganside10k@gmail.com">Laganside10k@gmail.com</a> <a href="http://www.Laganside10k.com">www.Laganside10k.com</a>	
Fri 6 <sup>th</sup>	Ards 5 Mile	Londonderry Park	7pm	Hannah Robinson 07970593655 <a href="mailto:newtownardshm@gmail.com">newtownardshm@gmail.com</a> <a href="http://www.scrabostriders.com/open-races">www.scrabostriders.com/open-races</a>	
Tues 3 <sup>rd</sup>	Mill Hill Mile	Upper Square Castlewellan	7pm	Deon Mcneilly 07831684674 <a href="mailto:deonmcneilly@outlook.com">deonmcneilly@outlook.com</a> <a href="https://www.newcastleac.org/">https://www.newcastleac.org/</a>	
Sat 7 <sup>th</sup>	Tattyreagh 5 mile	Tattyreagh GAC	11am	Martin McLaughlin 07786164431 <a href="mailto:runnermartin@outlook.com">runnermartin@outlook.com</a>	
Sat 7 <sup>th</sup>	Belfast Victoria Park Road Relays 2024	Victoria Park	11:15am	Ghislain Demeuldre 07899927350 <a href="mailto:ghisjane@ntlworld.com">ghisjane@ntlworld.com</a> VPCAC.com	
Sun 8 <sup>th</sup>	Abi's Butterfly Breeze Portaferry 10k Run/5k Walk and Fun Day	Portaferry GAC	1pm	Cathy Brodie 07720706328 <a href="mailto:crogmore@aol.com">crogmore@aol.com</a>	
Thurs 12 <sup>th</sup>	Air Ambulance NI 5k	George Best City Airport	11pm	Glenn Grant <a href="mailto:championshipireland@googlemail.com">championshipireland@googlemail.com</a>	
Sun 15 <sup>th</sup>	Rock the Lough	South Lakes Leisure Centre	9:30am	Dwyer O'Connor 07540049877 <a href="mailto:dwyer@dwyeroconnor.com">dwyer@dwyeroconnor.com</a> <a href="http://www.saintpetersac.com/?page_id=1781">www.saintpetersac.com/?page_id=1781</a>	
Sun 15 <sup>th</sup>	Coastal Runners Clondeboye 10k	Clandeboye Estate Courtyard	2pm	Chris Stevenson 07970831940 <a href="mailto:coastalrunners@hotmail.com">coastalrunners@hotmail.com</a>	
Sun 22 <sup>nd</sup>	Moy Park Belfast City Half Marathon	Ormeau Embankment	9am	Matthew McConnell 02890605922 <a href="mailto:Matthew.McConnell@belfastcitymarathon.com">Matthew.McConnell@belfastcitymarathon.com</a>	√

				<a href="http://www.belfastcitymarathon.com">org www.belfastcitymarathon.com</a>	
Sun 22 <sup>nd</sup>	TJ McElmeel XC Raceday	Palace Demesne, Armagh	12:30pm	Mark McKeown 07773743856 <a href="mailto:mmktyross@yahoo.co.uk">mmktyross@yahoo.co.uk</a>	
Sat 28 <sup>th</sup>	Annaghmore Running Festival	Annaghmore Community Hall	10am	Konrad McNeice 07810533799 <a href="mailto:Konrad79@hotmail.com">Konrad79@hotmail.com</a>	
Sat 28 <sup>th</sup>	NI & Ulster Championship Bangor 10k 2024	Castle Park, Bangor	10am	Jamie Stevenson 07841906944 <a href="mailto:events@northdownac.co.uk">events@northdownac.co.uk</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	
<b>October 2024</b>					
Sun 6 <sup>th</sup>	Armagh 10 Mile Road Race and 6K Fun Run	Navan Centre	10am	James Vallely 07432477385 <a href="mailto:armagh10mileroadrace@gmail.com">armagh10mileroadrace@gmail.com</a> <a href="https://eventmaster.ie/event/JI3RipvHRk">https://eventmaster.ie/event/JI3RipvHRk</a> myrunresults.com	
Sat 12 <sup>th</sup>	NIMAA XC Trials and Championships	Queens Playing Fields	11am	Anne Maguire 07709550136 <a href="mailto:nimaa.memsec@gmail.com">nimaa.memsec@gmail.com</a>	
Sat 12 <sup>th</sup>	GR8 Dundrum Race	Dundrum Main Street	12pm	Anne McCormick 07530724422 <a href="mailto:annemccormick92@yahoo.co.uk">annemccormick92@yahoo.co.uk</a> <a href="http://www.murloughac.com">www.murloughac.com</a>	
Sun 20 <sup>th</sup>	Saintfield Striders 5k & 10k	Comber Street, Saintfield	2pm	Leanne Smyth 07920798240 <a href="mailto:saintfieldstriders@outlook.com">saintfieldstriders@outlook.com</a>	
Sun 20 <sup>th</sup>	Centra Run Together	Ormeau Park	9:30am	Beth Healy 07891050866 <a href="mailto:beth@pioneer-group.co.uk">beth@pioneer-group.co.uk</a> <a href="http://www.centra.co.uk/runtogether">www.centra.co.uk/runtogether</a>	
<b>November 2024</b>					
Sat 16 <sup>th</sup>	British and Irish Master International Cross Country Championship and Open Races	Billy Neill Playing Fields	TBC	Anne Maguire 07709550136 <a href="mailto:nimaa.memsec@gmail.com">nimaa.memsec@gmail.com</a> <a href="http://masterscrosscountry2024.co.uk">masterscrosscountry2024.co.uk</a>	