

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 30<sup>th</sup> January 2019

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

Date	Event	Venue	Time	Contact	Officially Measured
<b>2019</b>					
<b>February 2019</b>					
Sat 2	Sperrin Harriers Winter League Drum Manor Forest 10k	Drum Manor	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sat 2	Moira XC	Moira Demesne	11.45am	Eric Frizzell 07764658053/ 02892611842 <a href="mailto:eric.frizzell1@btinternet.com">eric.frizzell1@btinternet.com</a>	
Sat 2	Belfast Telegraph Run Forest Run Antrim Castle Gardens	Antrim Castle Gardens	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sun 3	SVP 10 Mile Run	Mid Ulster Sports Arena	11am	John Meenan 07904561089 <a href="mailto:john.meenan@fslelectronics.com">john.meenan@fslelectronics.com</a>	
Sat 9	Stormont XC	Stormont	11am	Mags Mathieson 07402785109 <a href="mailto:mags.mathieson@yahoo.co.uk">mags.mathieson@yahoo.co.uk</a>	
Sat 9	Omagh CBS 10k & 5k Run	CBS Grammar, Omagh	11am	Mr C McBride 02882243567 <a href="mailto:info@cbs.omagh.ni.sch.uk">info@cbs.omagh.ni.sch.uk</a>	
Sat 9	Randal Run	Shane's Castle, Randalstown	1.45pm	Ronan Lavery 07734404420 <a href="mailto:rlavery99@gmail.com">rlavery99@gmail.com</a>	
Thurs 14	Armagh International Road Races 2019	The Mall, Armagh	6.30pm	James Valley 07432477385 <a href="mailto:craobh@btinternet.com">craobh@btinternet.com</a>	✓
Sat 16	Sperrin Harriers Winter League Parkanaur Forest 10 Mile	Parkanaur Forest	12 noon	Colm Gallagher 07866056169 <a href="mailto:winterleague@sperrinharriers.co.uk">winterleague@sperrinharriers.co.uk</a> <a href="http://www.sperrinharriers.co.uk/winter-trail-series">www.sperrinharriers.co.uk/winter-trail-series</a>	
Sat 16	Last One Standing	Bunk House, Castle Ward	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>	
Sat 16	Castle Ward Trail Races	Bunk House, Castle Ward	8.4 mile-10am 4.2mile-10.10am	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 22	Run The Trails Mount Stewart 10k Night Edition	Mount Stewart House	7pm	Chris Stevenson 07970831940 <a href="mailto:stevensonlighting@hotmail.com">stevensonlighting@hotmail.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	
Sat 23	Belfast Telegraph Run Forest Run Castlewellan	Castlewellan Forest Park	11am	Gerard Rowe 07855586438 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 23	NI & Ulster Senior XC	Lurgan Park	TBC	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	
Sun 24	McGrady Junior XC Race 5	Tollymore Forest Park	1pm	Pauline McCauley 07803203650 <a href="mailto:juniors@newcastleac.org">juniors@newcastleac.org</a>	
Sun 24	Stroke Association Resolution Run	Queen's Sport Clubhouse, Upper Malone	11am	Paul Montgomery 07920832255 <a href="mailto:paul.montgomery@stroke.org.uk">paul.montgomery@stroke.org.uk</a> <a href="http://www.stroke.org.uk/resolution">www.stroke.org.uk/resolution</a>	
<b>March 2019</b>					
Sat 2	Walled City Derry 10 Miler	St Columbs Park Trust	10am	Gerry Lynch 07702006667 <a href="mailto:Gerry.lynch@hotmail.com">Gerry.lynch@hotmail.com</a> <a href="http://www.thewalledcitymarathon.com">www.thewalledcitymarathon.com</a>	✓
Sat 2	Carmen 10k	Carrickmore GFC	11am	Michael Kerr 028 80760557 <a href="mailto:sinead.kerr@hotmail.co.uk">sinead.kerr@hotmail.co.uk</a>	
Sat 2	Rollercoaster Races	Down Race Club	11am	Joe Quinn 07395814122 <a href="mailto:jaykwin69@gmail.com">jaykwin69@gmail.com</a>	✓

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.

				<a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	
Sat 9	Shane's Castle Half, Full & Ultra Marathon	Shane's Castle carpark	Ultra- 7am Full- 10am Half- 12noon 10k- 1pm	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 10	Live Active NI 2k Superhero Family Event	TBC	TBC	Pending Permit	
Sun 10	Race to Recovery	Ormeau Park	11am	Regina Cox 02890725472 <a href="mailto:Regina.cox@addictionni.com">Regina.cox@addictionni.com</a> <a href="http://www.addictionni.com">www.addictionni.com</a>	
Sat 16	Washingbay Green Run 5k, 10k & Half Marathon	Washingbay Centre	10.30am	Brendan Quinn 07784516133 <a href="mailto:washingbaygr@gmail.com">washingbaygr@gmail.com</a> <a href="http://www.wbaygreenrun.com">www.wbaygreenrun.com</a>	
Sat 16	Ormeau Runners Forestside 5 Mile Trail Race	Belfast Boat Club	12 noon	Helen Halliday 07725571007 <a href="mailto:Hhalliday259@gmail.com">Hhalliday259@gmail.com</a> <a href="http://www.ormeaurunners.co.uk">www.ormeaurunners.co.uk</a>	
Sat 16	St Patrick's Weekend 5k	U3A Foyle	10.40am- 1k 11am- 10k	Paula McGiloway 07729628448 <a href="mailto:Framedtoperfection0@gmail.com">Framedtoperfection0@gmail.com</a>	
Sun 17	SPAR Craic 10k 2019	Belfast City Hall	9am	Connla McCann 02890611916/ 07841101274 <a href="mailto:c.mccann@aisling-events.com">c.mccann@aisling-events.com</a>	✓
Sun 17	Jimmy's Ten	Ballydugan Rd, Downpatrick	10am	Joe Quinn 07395814122 <a href="mailto:Jaykwin69@gmail.com">Jaykwin69@gmail.com</a> <a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	✓
Sun 17	Altamuskin 5	Altamuskin Community Centre	12 noon	Michael Broderick 07753615161 <a href="mailto:run@altamuskin.com">run@altamuskin.com</a> <a href="http://www.altamuskin.com">www.altamuskin.com</a>	
Sun 17	St Patrick's Day 5k	Meeting House Street	10.15am	Wendy McGlinchey 02871884986 <a href="mailto:wendy@strabanedistrictcaring.com">wendy@strabanedistrictcaring.com</a>	
Sat 23	Larne Half Marathon	Larne Leisure Centre	11am	Ruth Moore 07929333982/ 02828583154 <a href="mailto:Ruth.moore@belfasttrust.hscni.net">Ruth.moore@belfasttrust.hscni.net</a>	
Fri 29	Dublin 2 Belfast	St James Gate	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>	
Fri 29	Omagh North Nursery School's 40 <sup>th</sup> Anniversary 5k	Omagh North Nursery School	6.30pm	Amanda Duffy-Phillips 02882246431 <a href="mailto:omaghnorthnursery@gmail.com">omaghnorthnursery@gmail.com</a> <a href="http://www.omaghnorthnursery.org.uk">www.omaghnorthnursery.org.uk</a>	
Sun 31	TQ10k & 1k Family Run 2019	Titanic Quarter	10am	Athletics NI 02890602707 <a href="mailto:info@athleticsni.org">info@athleticsni.org</a>	✓
<b>April 2019</b>					
Tues 2- Thurs 4	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 <a href="mailto:andersonrebecca@belfastcity.gov.uk">andersonrebecca@belfastcity.gov.uk</a> <a href="http://www.belfastcity.gov.uk">www.belfastcity.gov.uk</a>	
Weds 3	Deep RiverRock Queen's 5k Race Around The River & NI & Ulster Championship	Annadale Embankment	7.30pm	John McQuade 07874234883 <a href="mailto:Jmcquade559@hotmail.co.uk">Jmcquade559@hotmail.co.uk</a> <a href="mailto:athletics@gub.ac.uk">athletics@gub.ac.uk</a>	✓
Thurs 4	St Malachy's High School 10k & 5k	St Malachy's High School, Castlewellan	7pm	Claire Murnin 02843778255 <a href="mailto:cmurnin727@c2kni.net">cmurnin727@c2kni.net</a> <a href="http://www.stmalachys.org.uk">www.stmalachys.org.uk</a>	
Sat 6	30 <sup>th</sup> SPAR Omagh Half Marathon & 5k Fun Run	Omagh Leisure Complex	10am- Walk 11am- Half 11.10am- 5k	Martin McLaughlin 07786164431 <a href="mailto:runnermartin@outlook.com">runnermartin@outlook.com</a> <a href="http://www.omaghharriers.com">www.omaghharriers.com</a>	✓
Tues 9	Ballymena Belles (Women Only)	TBC	TBC	Pending Permit	
Sat 13	Gortin 10k, 5k Fun Run & Walk	Main Street, Gortin	12 noon	Kerry Crawford 02881648268 <a href="mailto:gortinfunrun@outlook.com">gortinfunrun@outlook.com</a>	
Sun 14	MS Society Run For Research 10k & Half Marathon	TBC	TBC	Pending Permit	
Weds 17	Bay Road 5k	TBC	7.30pm	Pending Permit	
Mon 22	Whitehead Easter Road Race	TBC	TBC	Pending Permit	

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Sat 27	Ballynahinch 10k & 5k	High Street, Ballynahinch	1.30pm- 10k 2.30pm- 5k	Kevin Poland 07753604141/ 02897563068 <a href="mailto:jkpoland@hotmail.com">jkpoland@hotmail.com</a>	✓
Sun 28	RunDC 2019	Tobermore Road, Draperstown	11am	Ryan Lagan 07540723005 <a href="mailto:draperstowncelticfc@outlook.com">draperstowncelticfc@outlook.com</a>	
Sun 28	Run With The Hound 5k & 10k	Railway Road, Belcoo	12pm	Nigel McGrath 07816166739 <a href="mailto:nigel.mcgrath@hotmail.com">nigel.mcgrath@hotmail.com</a>	
<b>May 2019</b>					
Sun 5	Deep RiverRock Belfast City Marathon	Stormont Estate	9am	Belfast Marathon Office 02890605933 <a href="mailto:info@belfastcitymarathon.org">info@belfastcitymarathon.org</a> <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a>	✓
Sun 5	BCC Primary School Cross Country 2019	Various Locations	9.45am	Rebecca Anderson 028 90270344 <a href="mailto:andersonrebecca@belfastcity.gov.uk">andersonrebecca@belfastcity.gov.uk</a> <a href="http://www.belfastcity.gov.uk">www.belfastcity.gov.uk</a>	
Fri 10	Scrabo Striders 5k & 10k Run The Runways	Newtownards Airport, Portaferry Road	6.30pm	Lyndsey Lappin 07872537735 <a href="mailto:secretary@scrabostriders.com">secretary@scrabostriders.com</a> <a href="http://www.scrabostriders.com">www.scrabostriders.com</a>	✓
Tues 14	Newry City 10k	TBC	7pm	Pending Permit	
Fri 17	Les Jones Memorial 10k	TBC	TBC	Pending Permit	
Sun 19	Slieve Gallion Challenge	Longfield Lane, Desertmartin, Magherafelt	10am	Peter Donnelly 07944702434 <a href="mailto:Pdonnelly604@c2kni.net">Pdonnelly604@c2kni.net</a> <a href="http://www.desertmartingac.com">www.desertmartingac.com</a>	
Sun 19	Portadown 10k, Half Marathon & Marathon	TBC	TBC	Pending Permit	
Tues 21	Maghera 10k & 5k	TBC	TBC	Pending Permit	
Weds 22	Bann 10k & Fun Run	Havelock Park, Banbridge	7pm	Heather Ardis 07840804033 <a href="mailto:banbridgeac@hotmail.com">banbridgeac@hotmail.com</a>	✓
Fri 24	Hoka One One RunHer Coastal 5k, 10k & Half Marathon	Half Marathon- Dirty Duck 5k- Rockport 10k- Seapark	HM & 5k- 6.30pm 10k- 7.15pm	Ed Smith 02890628213/ 07740818389 <a href="mailto:Ed_n_smith@hotmail.com">Ed_n_smith@hotmail.com</a> <a href="http://www.runher.co.uk">www.runher.co.uk</a>	✓
Sat 25	CAH May Fair Races	TBC	TBC	Pending Permit	
Sun 26	Newry City Half Marathon	Albert Basin, Newry	10am	Damian Mulholland 07921566605 <a href="mailto:muldamian@btinternet.com">muldamian@btinternet.com</a> <a href="http://www.newrycityrunners.com">www.newrycityrunners.com</a>	✓
<b>June 2019</b>					
Sun 2	Walled City Marathon	Everglades Hotel, Derry	8.30am	Gerry Lynch 07702006667 <a href="mailto:Gerry.lynch@hotmail.co.uk">Gerry.lynch@hotmail.co.uk</a> <a href="http://www.thewalledcitymarathon.com">www.thewalledcitymarathon.com</a>	✓
Sun 2	Race Run DMC	Divis Mountain	TBC	Helen Weir 07748913455 <a href="mailto:heweirnbh@gmail.com">heweirnbh@gmail.com</a> <a href="http://www.belfasthills.com">www.belfasthills.com</a>	✓
Wed 19	Lisburn Half Marathon, 10k & Fun Run	Lagan Valley LeisurePlex	6.45pm	Adrian Baron 02892509556 <a href="mailto:adrian.baron@lisburncastlereagh.gov.uk">adrian.baron@lisburncastlereagh.gov.uk</a>	✓
Fri 21	Lisburn & Castlereagh City Council Summer Cross Country Challenge	TBC	TBC	Pending Permit	
Fri 21	Comber 10k Road Race	TBC	TBC	Pending Permit	
Sat 22- Sun 23	Energia 24 Hr International Race	Victoria Park	12 Noon	Ed Smith 07740818389 <a href="mailto:Ed_n_smith@hotmail.com">Ed_n_smith@hotmail.com</a>	
Thurs 27	The bob&berts North Coast 10k & 5k	East Strand Watersports Centre, Portrush	7.30pm	Andrew Scott 07823774864 <a href="mailto:andy@sportsacademygeorge.com">andy@sportsacademygeorge.com</a> <a href="http://www.northcoast10k.com">www.northcoast10k.com</a>	✓
Weds 26	St Patrick's Academy Dungannon 5k Fun Run	TBC	7pm	Pending Permit	
Fri 28	Newell 10k & 5k	Lineside Coalisland	7.30pm	Sean Boyle 02887741818 <a href="mailto:floor.coalisland@newellstores.com">floor.coalisland@newellstores.com</a>	✓
Sat 29	Larne AC Coastal Marathon	Larne Leisure	9am	Ruth Moore 07929333982/ 02828583154	✓

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		Centre		<a href="mailto:Ruthmoore844@btinternet.com">Ruthmoore844@btinternet.com</a> <a href="http://www.larneac.co.uk">www.larneac.co.uk</a>	
<b>July 2019</b>					
Sun 7	The Great Rossa Run 2019	Ardboe Parish Centre	10am	Shane Mallon 07557447436 <a href="mailto:thegreatrossarun@gmail.com">thegreatrossarun@gmail.com</a>	
Fri 26	Giant's Trail Race	TBC	TBC	Pending Permit	
<b>August 2019</b>					
Weds 17	Dessie's Run 10k	TBC	7pm	Pending Permit	
Fri 23	Portrush 5 Mile Road Race	TBC	TBC	Pending Permit	
Sun 25	Storming The Castle	Carrickfergus Amphitheatre	2pm	Andrew Smyth 07969031570 <a href="mailto:smytha1@sky.com">smytha1@sky.com</a> <a href="mailto:stc@seapark.com">stc@seapark.com</a>	
Sun 25	Lurgan Lakes & Lough	TBC	11am	Pending Permit	
Sat 31	Fields of Life Stormont 10k, 5k & 1k	Prince of Wales Avenue, Stormont	11am	Helen D'Arcy 02892636200/ 07738620999 <a href="mailto:helen.darcy@fieldsoflife.org">helen.darcy@fieldsoflife.org</a> <a href="http://www.fieldsoflife.org">www.fieldsoflife.org</a>	

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