



Preparing for the Between the Bridges Fun Run are Helen Donnelly, Jolene McCarney, Paul Donnelly, Eamonn McCartan, Sport NI Chief Executive, Stephanie Sands and Andrew Hassard 142MJ9



Linfield players William Murphy, Paul McAreavey and Glenn Ferguson sign up to 'Between the Bridges' 10k Charity run along the Westlink on March 8 2009

Entry list grows for Between the Bridges race

THE entry list for the Between the Bridges 10k run and 5k fun run on March 8 continues to grow with less than a month to go to the inaugural event.

The exciting venture in support of the Northern Ireland Hospice is open to everyone in the community and people from throughout Belfast are encouraged to get involved.

The challenging circuit has already caught the imagination of the local running fraternity

as some of the best athletes in the North have signed up for the event. It is the ideal preparation race for those who have entered the Belfast City marathon.

Irish League soccer players, rugby stars and inter-county footballers and hurlers will join the masses around the course.

Famous names from the media and the world of entertainment have also come on board to give the race a touch of

glamour.

Political rivals will also let their feet do the talking as they aim to show the electorate exactly what they are made of.

Not too late

With only four weeks to go it's not too late to start training for the race.

The 5k fun run is an ideal distance for even the most inexperienced runner. 10k will take that extra bit of work al-

though the 6.2 mile distance is a manageable target for almost everyone to master.

Remember to build up your training slowly. Cramming runs in on consecutive days will only lead to injury if you're not accustomed to the training.

It's important not to run as fast as you can during every run as well.

Easy days are equally as important as tough work outs as they allow your body and mus-

cles time to recover.

Avoid doing the same route and constantly comparing each run with your fastest time.

Keep yourself motivated, with the race always the goal in your mind.

Fitness takes time, don't think that you will be gunning for London 2012 after only a few weeks. Enjoy feeling fit and the buzz of running.

More importantly be part of the community and support a

worthy charity by entering the Between the Bridges race.

All participants will receive a T-shirt and a commemorative medal.

Entrants for the 10km run must be 16 years of age or over on the day of the event. There is no minimum age for the Fun Run. However, entrants under 16 years of age must be accompanied by an adult.

For more information visit www.betweenthebridges.org.uk

Soccer website in talent search

WHAT do Belfast & District League side Collingwood Skunks and Zinedine Zidane have in common?

Very little you would think but now thanks to an innovative website www.soccerstarlets.com the great and the good of world and local football can be viewed side by side in an exciting new format.

The brainchild of Glen Road man and football enthusiast Mark Murphy, the soccer site has already received an enormous amount of hits from across the globe particularly from the USA.

It's an ideal place for up and coming players and teams to showcase their talents to a worldwide audience.

It's free to use and free to upload videos of skills, profiles and match highlights.

With free style soccer really taking off the site also gives viewers a chance to see some jaw-dropping tricks and flicks.

Individual teams and players from the Skunks to Zidane have their own 'Tag', which means players and supporters have quick and easy access to the relevant footage.

All-Ireland snooker joy for St Matthew's



The All-Ireland winning St Matthew's team Gary McDonald, Martin O'Neill, Declan Brennan, Noel Halfpenny, Kieran McMahon, Chris Davidson with hotel proprietor Patrick O'Donoghue (centre)

ST Matthew's Snooker Club were crowned All-Ireland club champions after beating Kilkenny 3-2 in a classic final at the Gleneagle Hotel, Killarney at the end of January.

24 teams from all over Ireland competed for what has now become Irish snooker's most sought-after trophy.

This is the 19th year of the Championship played between the five regions, Connaught, Leinster, Munster, the Dublin Leagues and Northern Ireland.

The All-Ireland Committee,

the clubs and all the participating players would like to extend their thanks to Patrick O'Donoghue and the Gleneagle Hotel for all their generosity in support of the tournament.

This year the Championship was played on a trial basis incorporating four Groups with six teams in each group. Two teams qualified from each group, to reach the quarter-finals. From there it was a knock-out format.

Northern Ireland had five representative teams partici-

pating: Drumaness, Fountain, QE1, St Matthew's and the West Club.

St Matthew's qualified from the round robin stages to top position in group A while the West Club just missed out on qualification.

In the quarter-final St Matthew's saw off the Q Club from Wicklow 3-1 before edging out QE1 3-2 in the semi-final.

St Matthews and QE1 were locked at two games each with Martin O'Neill finding himself 2-1 down in the fifth game

against Julian Logue.

Martin had to pull out all the stops to take the last two frames to secure the match for St Matthew's.

In the final Gary McDonald showed his experience. The scores were level at two each and Gary potted a pink that could have been described as shot of the Championship to gain victory and herald St Matthew's as the 2009 All-Ireland Club team champions.

The high break prize was won by T J Dowling of Cel-

bridge with a score of 117.

Kieran McMahon of St Matthew's was nominated player of the Tournament.

Con O'Sullivan the tournament director and also Chairman of the All-Ireland Club Team Committee thanked all the players for their fine sportsmanship and camaraderie during the tournament which is the cornerstone of the Killarney event.

He congratulated all the various winners especially St Matthew's.