

Countdown is on to the Between the Bridges Charity Run

Over 3500 people have registered to take part in the Between the Bridges Charity Run on Sunday 8 March to mark the completion of the £103 million Westlink/M1 scheme.

With the big event drawing near organisers are calling on local fun runners, joggers and experienced club athletes to register for the event which is in support of the Northern Ireland Hospice. There is a 5k fun run and 10k run and each entrant will receive a special commemorative medal and t-shirt. For the more competitive participant, chipped timing will be in operation for the 10k run and Podium4Sport and IKEA vouchers are up for grabs for the top three male and female runners.

Sponsored by Sport Northern Ireland, Belfast City Council, Department for Regional Development, Community Relations Council and supported by Belfast Media Group and Athletics Northern Ireland, the 10k race is the ideal opportunity to prepare for the Deep RiverRock Belfast City Marathon and relay event.

For those who have already registered pack collection will take place at the Park Centre, Belfast on Thursday 5 and Friday 6 March between 1 and 9pm and on Saturday 7 March between 1 and 6pm. On these dates there will be an opportunity to register to take part. All entry fees will go directly towards supporting the official event charity, Northern Ireland Hospice.

For more information visit www.betweenthebridges.org.uk.

Notes to editors:

For more information contact: Claire Trainor, Northern Ireland Hospice mob: 07814 038365 or Ciarrai Conlon, Sport Northern Ireland on mob: 07792 600112

Route information - Route map attached

10K Route. Leave Park Centre, county bound to Kennedy Way Roundabout, under the bridge, head city bound to Clifton Street, over the Bridge, return to Park Centre and finish.

5k Route. Leave Park Centre, head city bound to Divis Street (Falls Road) over the bridge, head country bound ,under the Broadway underpass return to Park Centre and finish.

IMPORTANT INFORMATION - Traffic Notice:

The M1/Westlink will be closed between Stockman's Lane and Clifton Street Junctions from 9 am to 1 pm on Sunday 8 March.

During the closure signed diversion routes will be in operation. For Belfast-bound (M2 bound) traffic, the diversion route will be Stockman's Lane, Lisburn Road, Shaftesbury Square, Great Victoria Street, Millfield, Carrick Hill, Fredrick Street and York Street. For country-bound (M1 bound) traffic, the diversion route will be Clifton Street, Carrick Hill, Millfield, Great Victoria Street, Dublin Road, Shaftesbury Square, Malone Road, Balmoral Avenue and Stockman's Lane.

The country-bound carriageway will be reopened at approximately 11:30 am and the Belfast-bound carriageway will be reopened at approximately 1 pm.

Drivers using the M1/Westlink should expect delays and should allow extra time for their journeys or use an alternative route.