

The 7th Folkestone Rotary Club Half Marathon

Sunday 30th September 2012 - 10am



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A few words from... **Ray Johnson, Race Director**



As Race Director I would like to thank you most sincerely for entering our 7th Half Marathon. The event grows from strength to strength and we endeavour to make it better each year. So far we have achieved over £175,000 including Gift Aid which I am sure you will agree is a fantastic amount for very worthwhile causes.



The Folkestone Rotary Club very much appreciates your support along with all the many organisations and marshals that make the event possible. To those who are attending this event for the first time, you are sure to enjoy the course and to past runners I wish you well and you never know you may improve on your previous time!

Once again we shall have photographers at the event, and I would ask you to visit their website just after the race at www.sussexsportphotography.com to have a look at the race pictures that will be available to you to purchase. This year we shall be having a retail store from Pod Plus within The Grand so you are sure to grab a bargain! As always, we are grateful for other key supporters of the event, including Independent Insurance Services, Insure Green and the Roger De Haan Charitable Trust and all the other good organisations which continue to support us. This year we also welcome the local Interact club from the Folkestone Girls Grammar school who will be assisting us. For the first time, we will have a children's race, so bring the kids!

This year Kent Association for the Blind will be our main charity beneficiary. As always, we are grateful for runners' participation for raising funds for many worthwhile causes. If you would keep me updated as to how much you have raised it would be appreciated.

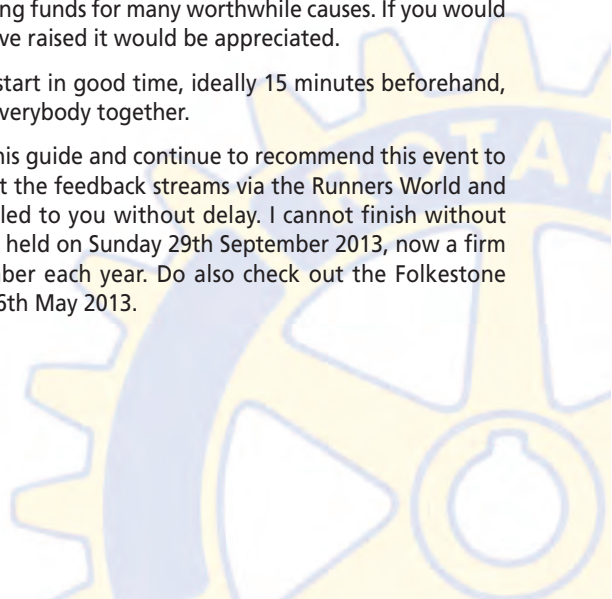
I would ask you to ensure you reach the start in good time, ideally 15 minutes beforehand, as last year was a bit stressful in getting everybody together.

Please do follow the instructions within this guide and continue to recommend this event to others. You may be aware you can look at the feedback streams via the Runners World and Facebook websites. Results will be e-mailed to you without delay. I cannot finish without mentioning next year's race which will be held on Sunday 29th September 2013, now a firm fixture being the last Sunday of September each year. Do also check out the Folkestone Coastal 10k Race, which will be held on 26th May 2013.

I hope you enjoy your run.

Kind regards,
Ray

Ray Johnson
Race Director



Coming Soon to the Leas Cliff Hall

Folkestone, Kent, CT20 2DZ



Level 42

Mon 8 October 7:30pm



Suggs

Wednesday 10 October 7:30pm



Jake & Elwood

Saturday 13 October 7:30pm



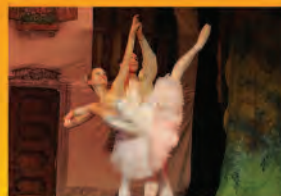
The Manfreds

Wednesday 17 October 7:30pm



The Enemy

Monday 22 October 7:30pm



Coppelia

Friday 2 November 7:30pm



Slade and Sweet

Wednesday 7 November 7:30pm



Sensational 60s Experience

Thursday 8 November 7:30pm



Kevin Bloody Wilson

Tuesday 13 November 8pm

0844 871 3015

www.leascliffhall.co.uk



A few words on... **The Rotary Club of Folkestone**



Founded in 1923 the Club has an 89-year history of serving local international communities and individuals in support of good causes.

We are part of the worldwide family of Rotary Clubs with 1.2 million members in over 134 countries. In Great Britain and Ireland alone there are more than 55,000 members in over 1,850 clubs.

Internationally, Rotary has many humanitarian projects including the worldwide polio eradication programme, supplying aqua and shelter boxes to disaster areas, providing water supplies and sanitation in third-world countries, setting up self financing schemes to bring employment and hope to HIV Aids victims to name but a few.

This is only made possible by our fundraising activities throughout the year including our popular Father Christmas house-to-house collections, boot fairs, race nights, wine and wisdom evenings etc.

The Folkestone Rotary Half Marathon is a hugely important fund raising event in our calendar. This year I am honoured to be President and pay tribute to Ray Johnson and his team along with many other volunteers who make this event possible. Without this team effort and of course all who take part in running the race we would not be holding the 7th Rotary Folkestone Half Marathon. Your participation and sponsorship will make a huge contribution to your chosen charity. This year we wish to help Demelza House, the children's hospice, and if you can please make this your "chosen charity" so that our contributions becomes really significant and if you can that would be truly fantastic.

We are pleased to announce that we have membership vacancies for business and professional people of all ages who want to make a difference in the community. If you would like to find out more about the Rotary Club of Folkestone please talk to any one of our members or visit our website www.folkestonerotary.org

Thank you and Good Luck!

Frank Sturrock – President
Rotary Club of Folkestone

Useful links:

www.folkestonerotary.org

www.runnersworld.co.uk/events

www.thefolkestonehandbook.co.uk



Thank You...

KAB



Thank you from Kent Association for the Blind

Thank you so much to everyone involved in the Folkestone Rotary Half Marathon. Your support makes a real difference in helping us to assist sight impaired people across the region to live independent lives.

For over 90 years KAB has been helping blind and partially sighted people of all ages to live life to the full. Their rehabilitation teams provide a host of vital services to over 11,000 people across Kent, Medway, Bromley and Bexley offering advice and emotional support; specialist training and equipment that can be crucial if blind people are to retain their independence.

KAB helps children to become more independently mobile, run activity days and give support and information to parents. They also teach adults how to get out and about on their own with long cane training, offer IT training, a Talking Newspaper service and also help with re-learning daily living skills like cooking and household tasks. KAB also have a network of social and activity clubs that help ease the terrible isolation that sight loss can bring. For anyone who is blind or partially sighted, KAB offers a lifeline of help and support.

Thank you again for all your help.

To find out more about supporting KAB or for any further information, please call 01622 691357 or visit www.kab.org.uk

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A BIG Thank You... *To all our supporters*



The Rotary club of Folkestone would like to say a big thank you to all those organisations, businesses, clubs and individuals who make the event possible.



We also thank all the advertisers that have supported this programme and made it possible for us to give it out freely to entrants and to members of the public as a souvenir.

Apologies if we have missed anyone out as at the time of print, there are others who provide help and prizes even at the last minute!

All Runners!

AMF Bowling
BJ Scaffolding
Botolphs Bridge Inn
Rob Bright
Deal Tri
Folkestone Channel Rotary Club
Folkestone Herald
Folkestone Rotary Club Members
Folkestone Running Club
Folkestone Vehicle Rental
Geerings Print
The Grand
Harvest Caterers
Hythe Rotary Club
Independent Insurance Services
Insure Green
Kent PA

Kent Trophies
KM Group
McDonalds
Nice Work
Paul Fullick Electrical
Pod Plus
Roger De Haan Charitable Trust
Roger Joyce and Associates
Runners World
Sainsburys
Shepway District Council
Silver Spring
Stuart Sprinks & Sons
St John Ambulance
Sussex Photography
Walker Highways
Water for Work

Notes for the Day

and Course Records/Folkestone Rotary Half Marathon

Race Number – Please ensure you have your race number. Any competitor not displaying their race number on their front at the finish will not be allowed in to the funnels, and will not receive an award. If you have a problem, tell us beforehand. Any deviation from these points contravenes UK athletic rules and will mean disqualification. Under no circumstances may you pass the race number on to anyone else. Please insert your name and telephone number on the reverse of your number as requested. This is for use in the event of emergencies and is a requirement of the event.

Location & Start – The start/finish of the race will be outside The Grand Hotel on The Leas, Folkestone, CT20 2XL. The run commences at 10am and you are advised to arrive in good time and be at the start no later than 9.45am. If you already have your race number, this confirms your entry and it will not be necessary for you to register on the day. All you need to do is merely turn up. Please ensure you are well-hydrated before the race commences.

Late Entries – It will be possible to register on the day, although we recommend pre-registration. Registration will be available in the hotel from 8am and the entry point to the rear of the building will be marked.

Travel & Parking – We would encourage runners to park at the Leas Cliff Hall car park, approximately a ¼ mile walking distance to the East of the start/finish position. Limited parking will be available around the hotel area. The Leas is well signposted from the M20 at junction 13. The nearest train station is 'Folkestone West' but trains are very limited on Sundays.

Changing & Toilets – The Grand has made available their facilities, where Ladies' and Gentlemen's' changing arrangements will be in place, although you are reminded we cannot accept any responsibility for any goods or belongings left onsite. There will be sufficient portaloos on The Leas. As with any race, please ensure you get to the start in good time – we will not wait for you! There are also additional toilets on route within the Coastal Park and in Hythe on the Promenade opposite the Swimming Pool.

The Course – Full mapping of the course can be viewed on our website at www.folkestonerotary.org. This is our seventh race and we have made this as varied as possible. The route will go from near The Grand on The Leas, after a short loop, head east to the town, back to The Leas, down a steep hill, The Road of Remembrance, a sharp right turn, through the Coastal Park and on to the seafront to Hythe, a short loop in Hythe and back to Folkestone, returning up The Road of Remembrance (known as the sting in the tail) and then on to The Leas to finish back at The Grand.

Catering – Refreshments will be available from caterers located near the finish. There are also other facilities available in the town area.



Safety – There will be Marshals along the route. There will also be medicinal facilities, adequate water stations and cyclists that will be both in the front and to the rear of the runners. We would ask you to observe the instructions of the Marshals and the Police to minimise the risk to runners and road users. It would be helpful if you could endeavour to keep to the left side of pathways as part of the route involves a two-way flow. As with any race, if you have medical problems, you must consult your GP and do not run if you are advised not to do so. Please wear appropriate clothing and ensure you maintain a high level of fluids. Be careful not to wear new kit, and in particular trainers, as this could become uncomfortable.

Race Finish – All participants will receive a finishers medal. Please pass through to the finish area to allow those behind you to exit. Presentation of prizes will be at the front of The Grand, subject to weather conditions, or inside at around 12.20pm.

Awards & Prizes – Medal to every finisher and spot prizes. Winner: £100 and winner's cup for 1st Man and 1st Lady (sponsored by Independent Insurance Services). 2nd & 3rd category cup for M & F. 1st Team M & F (3 to score) as well as other age category cups & trophies.

Course Records / Folkestone Rotary Half Marathon

	Position	Race no.	Time	Name	Surname	Club
2006	1	7	1.12.50	John	Creane	Folkestone Running Club
	28	187	1.28.46	Rona	Loubser	Folkestone Running Club
2007	1	658	1.11.10	Michael	Coleman	Medway AC
	23	398	1.24.28	Emma	Wilson	Unattached
2008	1	1	1.15.26	Sam	Rigby	Folkestone Running Club
	16	2	1.24.38	Rona	Loubser	Folkestone Running Club
2009	1	656	1.10.09	Michael	Coleman	Medway AC
	10	369	1.21.10	Rosalind	Kieran	Herne Hill Harriers
2010	1	329	1.14.42	Mark	Wilkins	Invicta East Kent
	10	521	1.21.05	Tina	Oldershaw	Paddock Wood AC
2011	1	384	1.08.00	Phil	Anthony	Unattached
	28	1	1.29.34	Rona	Loubser	Folkestone Running Club

Course Record:

Male	2011	1.08.00	Phil	Anthony	Unattached
Female	2010	1.21.05	Tina	Oldershaw	Paddock Wood AC

Folkestone Half Marathon 2012

Map of Route



Folkestone Half Marathon 2012

Directional Instructions



FOLKESTONE HALF MARATHON 2012

The start is located on The Leas, facing west (towards Martello Tower) approximately in line with Earls Avenue on The Leas Cliff pathway.

Approach the top of the path near Martello Tower, turn right.

Proceed into Cliff Road, take next right.

Down Cliff Road, take next right into Dixwell Road.

Along Dixwell Road onto The Leas, turn left.

All the way down The Leas to the Road of Remembrance roundabout.

Turn left into West Terrace to Barclays Bank.

Turn right into precinct on Sandgate Road through to Lloyds TSB Bank.

Turn right into West Cliff Gardens.

Turn immediately right into Pound Way and proceed to the top.

At the top, turn left onto Road of Remembrance.

Down Road of Remembrance to the bottom, take sharp right to Lower Sandgate Road.

Along Lower Sandgate Road to Marine Parade.

Take a right past the Leas Cliff Lift into the Coastal Park.

Through Coastal Park to the Amphitheatre turn left.

Down the ramp onto the seafront and turn right.

Along seafront all the way to Hythe at the end of the seafront, turn right.

Into St. Leonard's Road, turn left into Cinque Ports Avenue.

Turn immediately right; continue along Cinque Ports Avenue down towards The Green.

Turn right on the road to St. Leonard's Road, over to Albert Road.

Follow Albert Road over to seafront, turn left.

Along promenade through to ramp returning into Coastal Park.

Through Coastal Park past the bottom of Leas Lift.

Proceed right into Lower Sandgate Road.

Turn left into Road of Remembrance uphill to The Leas.

Proceed along The Leas, past Leas Cliff Hall, Bandstand to approximately The Grand Hotel on The Leas Cliff Hall pathway to finish.

Runners 2012

List of Runners (at time of going to print, showing name, club or team)

Male Runners	Female Runners
1 Chris Harvey Invicta East Kent AC	68 Nicola Duffy
2 Lee Jones Cancer Research	69 John Duffy
3 Simon Giles	70 Liam Fagg
4 Mark Cadier Folkestone Running Club	71 Julian Himmerich
5 Christopher Taylor	72 Mark Cornell
6 Caroline Howes	73 Richard Lee
7 Gabriela Bernatova	74 John Kearns
8 Gary Millner	75 Karen Kearns
9 Robyn Persaud	76 Joseph Coelho
10 Stacey Counsell	77 Donna Pierce Stevenage Fairland Spartans
11 Jamie Russell Dartford Road Runners	78 Theresa Ellis
12 Andrew Ralph	79 Zoe Hughes
13 Amanda Hughes	80 Anthony Newsom
14 Emma Griffiths	81 Lucy Southon
15 Chloe Payne	82 Ann Ledgard
16 Richard Scarff Gravesend RR&AC	83 Lizelle De Jager
17 Louisa Griffiths	84 Keran Jones
18 Mark Crompton	85 Amie Keenan
19 Rachel Crompton	86 Jason Baker
20 Steve Torrance	87 John Gerry McCann
21 Kate Westbrook	88 Lisa Parrott
22 Louise Tidbury	89 Tyreee Spicer
23 Louise Reid	90 Nicola Arter
24 Martin Kemp	91 Sam Rigby Folkestone Running Club
25 Steve Collins	92 Caroline Westall
26 Victoria Peckett	93 Giuseppe Panzeri GP Capiteo
27 Isla Chipperfield	94 Jo Keeble
28 Aimee Spicer	95 Eivind McFadyen
29 Nigel Fuller	96 James Hopkins
30 Yvonne Campbell Maidstone Harriers	97 Kevan James Ashford & District RRC
31 Andrew Curry	98 Susan Daly
32 Emma Curry	99 Daisy Bradford
33 John O'Hara	100 Keir Williams Ashford Tri Club
34 Mark Coles	101 James Hamilton
35 Jamie Bartlett	102 John Deller
36 Peter Fulker	103 Kaz Embleton
37 Nick Barton	104 Rob Embleton
38 Anna Pettersson	105 Stuart Sprinks
39 Alison Strudwick	106 Meah James
40 Julie Hine	107 Sam Miller Jellylegs
41 Louise Ryan	108 Emma Dunn Deal Tri
42 Nigel Ryan	109 Nigel Bell
43 Rhyd Lewis	110 James Ross
44 Katy Shanahan	111 Steven May
45 Lucy-Charlotte Gill	112 Alexandra Brown
46 Kerrie Williams	113 Michael Grace
47 Paul Stinton PlanetSoftware	114 Ben Afforselles The Stragglers
48 Darren James Sittingbourne Striders	115 Penelope Fox Road Runners Club
49 Jo Triance	116 Stephen Sanders Cambridge & Coleridge AC
50 James Ward David Lloyd Redway Runners	117 Andrew Goodburn
51 Ray Cameron Canterbury Harriers	118 Hannah Rowett
52 Abigail Reynaert	119 Kate West Kent Police AC
53 Laura Rogers	120 Tom Langlands
54 Sarah Spencer-Austin	121 Karen Allnutt
55 Kieron Moore	122 Jonathan Slade
56 Daniela Gaborova	123 Lee Crann
57 Alex Williams	124 Adam Crann
58 Lesley Coates	125 Mark Evans
59 Katarina Viglaska	126 David Brooks
60 Darren Graham	127 Jeffery Penman
61 Viv Keohane	128 Duncan Bannister Gravesend Road Runners
62 Clare Parkinson Dulwich Park Runners	129 Wendy Shakespeare
63 Keith Dean	130 Kelly Brookwell
64 Manjeet Mann	131 James McCurry
65 Natalie Villiers Dulwich Park Runners	132 Katie Huckerby
66 Johanna Airens	133 Katie Holmes
67 Ivan Mannion	134 Kelsey Laphorn
	135 Andrew Nanson
	136 Robert Nanson



137	David Jones	New Eltham Joggers	202	Andrew Quinn	
138	Shelley Rowe	Thanet Roadrunners AC	203	Margaret Connolly	Canterbury Harriers
139	Julie Foster		204	William Anderson	
140	Don Gilliland		205	Tim Futter	
141	David Francis		206	Steven Lawrence	
142	Gemma Green		207	Alex Davis	Ashford & District RRC
143	Roger Jones		208	Alison Bovis	
144	Gary Winstanley	Deal Tri	209	Sally McPartlin	
145	Brodie Hoare-Bond		210	James Scotney	
146	Jade Bond		211	Jack Kelly	
147	Kelly Cawood		212	Steve Wellsted	
148	Kevin Hann	Redhill District Royal Mail RC	213	Alistair Scott	South Kent Harriers
149	Chris Ledgard	Great Western Runners	214	Jenna Watkins	
150	Chris Strange	Larkfield Athletics Club	215	William Senner	
151	Carole Westley	Jelly Legs Running Club	216	Aldo Sassone-Corsi	
152	Kathryn Bryer		217	Peter Gatley	Ranalegh Harriers
152	Brian Weatherly		218	Abbi Brissenden	
153	Keith Lenihan		219	Patrick Crimmins	
154	Richard Taylor		220	Janie Ankers	
155	Nathan Pearman		221	Phillip Ankers	
156	Darryl Pearman		222	Mark Grace	
157	Nathan D'Allesandri		223	Ashley Close	Ashford & District RRC
158	Andrew James		224	Simon Whitehouse	Lancing Eagles RC
159	Kevin Rope		225	Mandy Swinerd	
160	Francesca Williams		226	Adrian Poolton	
161	Anna-Lisa Stiffell		227	Mick James	Folkestone Running Club
162	Peter Christensen		228	Paul Richens	
163	Alison Davey		229	David Probert	
164	Charlie Bainbridge		230	Nikki Goodwin	Folkestone Running Club
165	Tim Spencer		231	Robert Carpenter	Ashford & District RRC
166	Maxine McNulty		232	Warwick Oliver	
167	Nicholas Wood		233	Ian Scott	
168	Ainsley Goodwin	Runners World	234	Jason Harding	
169	David Rodacan		235	Robert Lock	
170	Adam Turner		236	Adam Stephens	Worthing Harriers
171	Rebecca Lee		237	Julie Stoppani	Maidstone Harriers
172	Andrew McPartlin		238	Craig Peake	Maidstone Harriers
173	Elaine Lee		239	Claire Crompton	
174	Helen Bennett		240	Martin Seward	
175	Alex Wardle	Woodford Green AC with Essex Ladies	241	Jeff Kerr	
176	Catherine Graydon	Deal Running Buddies	242	Susannah Phillips	
177	Tracy Given		243	Sam Brown	
178	Mary Austen		244	Michael Marshall	
179	Natalie Bullman		245	Tom Cheetham	Hercules Wimbledon AC
180	Lisa Wakeman		246	Bill Millar	
181	Marika Wiebe-Williams		247	Susan Mitchell	Folkestone Running Club
182	Alan Marsh		248	Paul Kemp	Deal Tri
183	William Burles		249	Steven Buckingham	
184	Scott Shurmer	Larkfield Athletics Club	250	John Jones	Folkestone Running Club
185	Marilla Stevens		251	Ian Buss	
186	Adam Stevens		252	Karen McLeod	
187	Warwick Stafford		253	Kay O'Neill	
188	Elliot Pearman		254	Martin Wood	
189	Garry Simmons		255	Shaun Mason	
190	Reshmal Shah		256	Tina Nash	
191	Steven Hull	New Eltham Joggers	257	Jacob Hussey	
192	Steve Bradley	Severn AC	258	Suzanne Marshall	
193	Shamim Carpenter		259	Ellis Taylor	
194	Darren Carpenter		260	David Northcroft	Maidstone Harriers
195	Fiona Buckingham	Paddock Wood AC	261	Nigel Jordan-Barber	
196	Pete Buckingham	Paddock Wood AC	262	Bettina Jordan-Barber	
197	Kelly Ochoa		263	Paul Warburton	Hastings Runners
198	Cormac Toomey		264	Chris McPartlin	
199	Angela Goss		265	Roy Talboys	
200	Bill Wright	Thanet Roadrunners AC	266	Paul Crocker	
201	Lee Jenner		267	Marc McCutcheon	



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