

The 8th Folkestone Rotary Club Half Marathon

Sunday 29th September 2013 - 10am (Children's Race 10.30am)



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



Many thanks for entering our 8th Half Marathon. The event grows from strength to strength and we endeavour to make it better each year. So far we have achieved over £208,000 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. I think it's fitting to say thank you also to our younger volunteers from the local schools and Interact club, as well as the younger participants within the children's race which is becoming popular. If you are participating, do bring the kids to join in the fun.

This year Folkestone & District Mind 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. The race will start at 10:00 prompt!

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 28th September 2014, 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 25th May 2014.

I hope you enjoy your run..
Kind regards,
Ray

Ray Johnson
Race Director



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



The Rotary Club of Folkestone is delighted to promote the 8th Annual Folkestone Rotary Half Marathon. Quite apart from being an extremely enjoyable event, it provides an excellent opportunity to serve the community in general, and your chosen charity in particular, through your participation and sponsorship.

For more than 90 years since its foundation in 1923, the Rotary Club of Folkestone has served both the local and international communities, living up to its motto of "Service above self". Today the Club forms part of the worldwide fellowship of Rotary Clubs with more than 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 undertakes and supports 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.



The Half Marathon is a cornerstone of the Rotary Club of Folkestone's annual fund-raising activities, that also include our popular Father Christmas house-to-house collections, boot fairs, race nights, wine and wisdom evenings etc.

Such activities, of course, do not organize themselves. As this year's President of the Club, I am proud to recognize and acclaim the hard work and dedication of Rotarian Ray Johnson and his team, along with the many other volunteers who work so diligently to make the event possible. Without this team effort, there would be no event for you to participate in and enjoy.

Most of all, I would like to say a heartfelt "thank you" to you for taking part in this event, and to your sponsors for giving so generously to the good cause(s) that you have chosen to support. This year, we wish to help "Mind", the local mental health charity, and it would be great if you could please make this your "chosen charity" so that our contributions can become really significant.

Any Rotary Club is only as effective as its members, and we are always seeking to attract new members from business and professional men and women of all ages who want to make a difference in the community alongside like minded people. If you would like to find out more about the benefits of membership, please talk to one of our members, or visit the website www.folkestonerotary.org.

Once again, thank you for your participation and support, and Good Luck in the event.

Dr. Terry Cooke-Davies
 President
 Rotary Club of Folkestone.

Useful links: www.folkestonerotary.org
www.runnersworld.co.uk/events
www.thefolkestonehandbook.co.uk

Thank You...
MIND

Thank you to all Folkestone Rotary Half Marathon runners from



2013 marks the 20th Anniversary of the opening of the Mind Resource Centre in Folkestone and so we are especially grateful for the support of Folkestone Rotary in this Anniversary year.

During this time Folkestone Mind has supported over 600 local residents experiencing mental health problems with 163 members receiving support during the past year. Our service provides a wide range of supportive and therapeutic activities both at the Mind Resource Centre and in the local community and we also provide Community support groups in Hythe and New Romney.

Our services are provided by 15 part-time staff plus an active team of volunteers helping members to improve their mental wellbeing and quality of life through activities (often in partnership with other voluntary organisations). These include art and crafts, music, horticulture/pottery days, day trips, gym sessions, horse riding and driving etc. We encourage and support participation and service planning by volunteers and members in the development of a comprehensive service to meet their needs and members also form part of our Board of Trustees.

Folkestone Mind rely on our local Charity shops, grants, donations, fundraising and volunteers to support many of these services. Thank you runners for being part of our fundraising activities during this Celebration Anniversary Year.

More information about this local Charity and the full range of services provided may be found on www.folkestonemind.org.uk

September 2013

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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 eighth 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. Trophy & medals provided to the following: £100 for 1st Man and 1st Lady finisher (sponsored by Independent Insurance Services). 2nd, 3rd Males, First Male Junior, Senior & Vet Categories 1-3, 1st Male Team (3 to score) 1st Male Corporate Team. 2nd, 3rd Ladies, First Lady Junior, Senior & Vet Categories 1-3, 1st Lady Team (3 to score) 1st Female Corporate Team.

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
2012	1	483	1.15.25	Michael	Coleman	South Kent Harriers
	7	430	1.23.01	Tina	Oldershaw	Paddock Wood AC
Course Record:						
Male		2011	1.08.00	Phil	Anthony	Unattached
Female		2010	1.21.05	Tina	Oldershaw	Paddock Wood AC

Updated: 30.08.2013
Ray Johnson, Race Director

Folkestone Half Marathon 2013

Map of Route



FOLKESTONE HALF MARATHON 2013

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.

Folkestone Half Marathon 2013

Directional Instructions



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 Cliff.

Proceed left into Lower Sandgate Road.

Turn left into Road of Remembrance uphill to The Leas.

Proceed along The Leas, past Leas Cliff Hall and Bandstand to The Grand Hotel to finish.

Prepared by Ray Johnson (30.08.2013)

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Runners 2013

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



Male Runners

1	Johanna Airens
2	Ivan Mannion
3	Duncan Bannister..... Gravesend Road Runners
4	Mark Cadier..... Folkestone Running Club
5	Daniel Wyatt
6	Raberto Taher
7	Chrissie Elcock
8	James Emmitt
9	Priscilla Bulpitt
10	Aldous Hosking
11	Alison Kirkbright
12	Connor Kirkbright
13	Hannah Kingsman
14	Sarah Gruber..... Sittingbourne Striders
15	Alex Davis..... Ashford and District RRC
16	Kevin Laws
17	Sharon Jones
18	Mrs Justyne Nelson
19	Emma Dixon..... Kent Police
20	Claire Farley
21	Sharon Jones
22	Mrs Justyne Nelson
23	Emma Dixon..... Kent Police
24	Claire Farley
25	Daniel Harvey
26	Kio Vejdani..... Lingfield Running Club
27	Roland Evans
28	Claire Boucher
29	Sian Roper
30	Danyel Carter
31	Neil Fielder..... Deal Tri
32	David BurfootMale..... Wadhurst Runners
33	Gordon Steadwood.....
34	Phil Greig
35	Melanie Garnham
36	Des Hal
37	Alan Dolton
38	Simon Parrin..... Istead & Ifield Harriers
39	Leah Macdonald
40	Alison Collie
41	Stacey Banyard
42	Sarah Couzens
43	Michael Couzens
44	Andrew Lewis
45	Jason Denny
46	Elizabeth Garlick
47	Samuel Hodge
48	Michael Heather
49	Luke Giles
50	Matthew Webb
51	Deborah Jeffery..... Folkestone Running Club
52	Thomas Andrews
53	Karen Hollands

Female Runners

54	Mark Crompton..... Fram flyers
55	Rachel Crompton..... Fram flyers
56	Mark Northeast..... Male
57	Kevan Jamese..... Ashford & District RRC
58	Barry Bell..... Istead & Ifield Harriers
59	Leigh Hope
60	Paul Young
61	Marc Beer
62	Sarah Hunter
63	Kieron Moore
64	Natalie Bullman
65	Debbie Eaton
66	Sean Eaton
67	Julia Davies
68	Andy Ralph
69	Theresa Ellis
70	Sam Swift
71	Kelly Cawood
72	Alison Carey
73	Alessandro Paolieri
74	Gerard O'Sullivan
75	Victoria Travis
76	Mark Dodson
77	Stuart Sprinks
78	Emily Hadden
79	Heidi Anderson
80	Kelly Donovan
81	Vanessa Stelzer
82	Donna Pierce
83	Andy Ostle
84	Kevin Rope
85	Lee Cornish
86	Graeme Henderson
87	Manjeet Mann
88	Aannie Beraquit
89	Caroline Gower
90	Russell Cleggett
91	Nicholas Mooney
92	Samantha Broad
93	Charlotte Curd
94	Holly Hulme
95	Sharon Gorman
96	Don Gilliland
97	Selina Cumbers
98	Richard Midwinter
99	Julie Unitt..... New Eltham Joggers
100	John Wilkins..... Canterbury Harriers
101	David Jacobs
102	Katie Jacobs
103	Samantha Burrows
104	Tony Shepherd
105	Andrew Nanson
106	Robert Nanson
107	Lindsay Michell

108	Carl Stoakes
109	Lynn Stables
110	Kevin Bussey
111	Alison Pay
112	David Brooks
113	Lisa Crittenden..... New Eltham Joggers
114	Jennifer Maiden-Brooks
115	Steven Harding
116	Karen Kent
117	Thomas Cheatham..... Hercules Wimbledon
118	Robert White
119	Chris Lightwing
120	Mark Evans
121	Adam Crann
122	Vicki Peacock
123	Mark Carlton
124	Amanda White..... New Eltham Joggers
125	Darren Geater
126	Phil Hoyland
127	Richard Mallett
128	Stephen Reid
129	Mark Macfarlane..... South Kent Harriers
130	Stephen Adams..... South Kent Harriers
131	Jenny Darby
132	Paul Startup
133	Amy Wackett
134	Chris Ramping
135	Toni Fowler..... Dartford Road Runners
136	Stacey Counsell
137	Michael Eason
138	John Clark
139	Amelia Hart
140	Robert Hart
141	Mark Rackham
142	Karen Turner
143	Phillip Humphrey
144	Maria Martin
145	Andrew Clements
146	Wendy Esler
147	Kier Humphreys
148	Andrea Gates
149	Charlie Walker..... Serpentine AC
150	James Delaney
151	Peter Cane..... New Eltham Joggers
152	Liam Edmonds
153	Billy Baker..... Dover Road Runners
154	Kay Little
155	Joe Bramble
156	David Brownlee
157	Gemma Nelson
158	Melanie Wates
159	Robert Smith

160	John O'Hara
161	Karen Evans
162	Charlotte Brinan
163	Paula Curry
164	Hannah Weeks
165	Samantha McLoughlin
166	Carly Hibberd
167	Richard Brewer..... Anchorians Road Runners
168	Maura Wood
169	Steve Austin
170	Darren James..... Sittingbourne Striders
171	Ainsley Goodwin
172	Alison Allen..... Jelly Legs
173	Karl Allen
174	Chris Coffey
175	Andy Cook
176	Janet Smith..... New Eltham Joggers
177	Sarah Spencer-Austin
178	Wendy Shakespeare
179	Julie Williams
180	James Brewer
181	Kevin Barke
182	Reshmal Shah
183	Francesca Heard
184	Mary Smith
185	Bernard Eggleton..... New Eltham Joggers
186	Paul Matthews
187	Andrew Moore
188	Jason Duck
189	Pamela Duck
190	Kelvin Phillips
191	Kate Westbrook
192	Andrew Fletcher..... Swaledale Road Runners
193	David Francis
194	David Probert
195	Allan Steatham
196	James Bristow
197	Nathan Bradley..... Canterbury Harriers
198	Neil Clark..... Larkfield AC
199	James Batcheller
200	Sarah Wale..... Jelly Legs
201	Jean Thomas
202	Paul Shilling
203	Orvinder Dhillon
204	Sandro Carlotti
205	Stephen Briley
206	Alison Strange..... Larkfield AC
207	David Wadey
208	Christopher Woolgar..... Folkestone Running Club
209	Martin Wood
210	Michael Coulstock
211	Danny Ford

A BIG Thank You... To all our supporters



As always, 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!

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BJ Scaffolding
Botolphs Bridge Inn
Rob Bright
Deal Tri
Easy Loo
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Folkestone Herald
Folkestone Rotary Club Members
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Geerings Print
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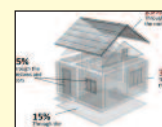
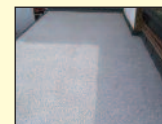
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