

# The 9th Folkestone Rotary Club Half Marathon

Sunday 28th September 2014 - 10am (Children's Race 10.30am)

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



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

Many thanks for entering our 9th Half Marathon. We're all set for another great event – I've ordered the sunshine and this year's race will be the first to pass under the new WW1 Memorial Arch, which was recently unveiled by Prince Harry on the Leas. 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!



The event continues to raise vital funds for so many good causes, and so far we have raised over £246,000 for Rotary and many other charities. The Folkestone Rotary Club is always grateful for your support, along with that of the many organisations and marshals that make the event possible.

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 would also like to mention our younger volunteers from local schools and Folkestone Running Club.

Once again we shall have photographers on site and you'll be able to browse the online gallery after the event. Alongside the changing facilities in The Grand there will be a retail store provided by Pod Plus, where you may grab a bargain!

In recent years I have been very pleased with the turnout for the children's race which we started in 2012. The Half Marathon really is a great day out for the whole family, and the spectators help to create a terrific atmosphere.

This year Step Short and Gurkha Memorial Fund will be our main charity beneficiaries. 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 challenging as 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 27th September 2015, 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 24th May 2015.

I hope you enjoy your run.

Kind regards,  
**Ray**

**Ray Johnson**  
Race Director  
ray@independentinsuranceservices.co.uk

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## *A few words from...*

### *Don Bullock, President Rotary Club of Folkestone*



The Rotary Club of Folkestone is delighted to promote the 9th 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 Step Short and The Gurkha Memorial Fund 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](http://www.folkestonerotary.org).

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

**Don Bullock**  
President  
Rotary Club of Folkestone.

**About our chosen charities...**

## **Step Short & The Gurkha Memorial Fund**



# **STEP SHORT**

This year's race is quite fitting as runners will be going under the new memorial arch based on the Leas, which was recently the focus of Folkestone's WW1 commemorations. Prince Harry unveiled the arch on the 1st August – do check out [www.stepshort.co.uk](http://www.stepshort.co.uk) for more.



A new memorial statue will be unveiled next year to recognise the Gurkhas' contribution to the United Kingdom. For further information visit <http://www.gurkhamemorialfund.org.uk/>

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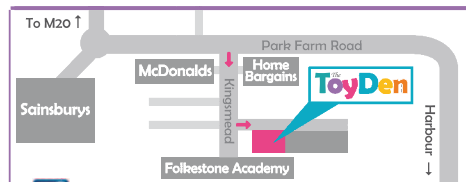
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# Notes for the Day and Course Records/Folkestone Rotary Half Marathon

*Welcome on board – here we go with a few important points...*

**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 race number as requested. This is in case of emergencies and is a requirement of the event.

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**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.

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**Late Entries** – It will be possible to register on the day, although we do 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.

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**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.

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**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. There are also additional toilets on route within the Coastal Park and in Hythe on the Promenade opposite the Swimming Pool. As with any race, please ensure you get to the start in good time – we will not wait for you!

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**The Course** – Full mapping of the course can be viewed on our website at [www.folkestonerotary.org](http://www.folkestonerotary.org). This is our ninth race and we have made it 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.

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

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**Safety** – There will be Marshals along the route. There will also be medical 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 new 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 12.30pm.

**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
<b>2006</b>	1	7	1.12.50	John	Creane	Folkestone Running Club
	28	187	1.28.46	Rona	Loubser	Folkestone Running Club
<b>2007</b>	1	658	1.11.10	Michael	Coleman	Medway AC
	23	398	1.24.28	Emma	Wilson	Unattached
<b>2008</b>	1	1	1.15.26	Sam	Rigby	Folkestone Running Club
	16	2	1.24.38	Rona	Loubser	Folkestone Running Club
<b>2009</b>	1	656	1.10.09	Michael	Coleman	Medway AC
	10	369	1.21.10	Rosalind	Kieran	Herne Hill Harriers
<b>2010</b>	1	329	1.14.42	Mark	Wilkins	Invicta East Kent
	10	521	1.21.05	Tina	Oldershaw	Paddock Wood AC
<b>2011</b>	1	384	1.08.00	Phil	Anthony	Unattached
	28	1	1.29.34	Rona	Loubser	Folkestone Running Club
<b>2012</b>	1	483	1.15.25	Michael	Coleman	South Kent Harriers
	7	430	1.23.01	Tina	Oldershaw	Paddock Wood AC
<b>2013</b>	1	253	1.18.48	Theo	Bately	Deal Tri Club
	19	469	1.28.38	Rona	Loubser	Folkestone Running Club

### Course Record:

Male	<b>2011</b>	1.08.00	Phil	Anthony	Unattached
Female	<b>2010</b>	1.21.05	Tina	Oldershaw	Paddock Wood AC

# Folkestone Half Marathon 2014

## Map of Route/Directional Instructions



### FOLKESTONE HALF MARATHON 2014

*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.

# Folkestone Half Marathon 2014

## Directional Instructions



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 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 (30.08.2014)



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# Runners 2014

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

Male Runners Female Runners



1	Karen Hollands	
2	Ivan Mannion	
3	Keri Ashworth-Beaumont	
4	Joanne Burns	
5	Andrew Thompson	
6	James Evans	
7	Tara Williams	
8	Sarah Indaco-Patters	
9	Des Hall	
10	Joy Richardson	Southampton AC
11	Katrina Vella	
12	Tom Langlands	
13	Jane Wren	Ware Joggers
14	Alan Randall	Ware Joggers
15	Tara Runciman	
16	Steven Bamford	
17	Louise Fowler	Folkestone Running Club
18	Clare Macfadyen	
19	Deborah Upchurch	
20	Ben Upchurch	
21	Martin Sissons	
22	Kieron Moore	
23	Michael Grace	
24	Michael Smith	
25	Karin Giannone	
26	Caroline Sewell	
27	Phil Gordon	
28	Nicky Sewell	
29	Kate Chalk	
30	James Searles	
31	Jemma Morgan	
32	Dom Channing	
33	Alex Torrance	
34	Marcus Lock	
35	Hannah Cooper	
36	Julie Richards	
37	Ann Oversby	
38	Jonathan Otto	
39	Robert Pitt	
40	Will Southward	
41	Sally Southward	
42	Nicky Timms	
43	Keri Ashworth-Beaumont	
44	Jim Ashworth-Beaumont	
45	Louisa Fisher	
46	Julie Foster	Ashford & District RRC
47	Nicola Holmes	
48	Chris Linkins	
49	Jenni Van Deelen	
50	David Sewell	
51	Mark Fisher	
52	Sophie Drinkwater	
53	Esther Harris	
54	Mark Crompton	Fram Flyers
55	Rachel Crompton	Framlingham Flyers
56	Sarah Dray	
57	Marilyn Lawrie	Jellylegs
58	Lisa Parrott	Jellylegs
59	Chris Lightwing	
60	David Fletcher	
61	Tommy Blanche	
62	Danny Watson	
63	Lisa Edwards	
64	Kate Wallace	
65	Charlotte Brinan	
66	Rob Solly	
67	Rosy Dewdney	
68	Mike Dewdney	
69	Tom Wilson	
70	Carl Philpott	
71	Gemma Purdy	Rebel Runners
72	Johanna Bridge	
73	Darren Bridge	Rebel Runners
74	Nathan Runinski	Rebel Runners
75	Elly Whiting	
76	Karen Hollands	Larkfield AC
77	Richard Kisbee	Rebel Runners
78	Siobhan Songour	
79	Lauren Songour	
80	Richard Langford	Rebel Runners
81	Danny Ford	
82	Melanie White	
83	Christopher Tasker	
84	Sarah Arana-Morton	
85	Jonathan Arana-Morton	
86	Ellice Dugard	
87	Stefan Schmidt	
88	Candice Thomas	
89	Gary Hughes	
90	Ludwig Hartmann	
91	Nicolas Arboleda	
92	Mia Kennett	
93	Carly Summers	
94	Ashley Lenihan	
95	Holly Jones	
96	David Cogle	
97	Rhian Duffus	
98	Mick Connor	
99	Richard Watson	
100	Dave Swepton	
101	Joseph Coelho	
102	Martene Burn	
103	Victoria Swaine	
104	Luke Hogben	
105	Emma Cretten	Rebel Runners
106	Steve Williams	Ashford Tri Club
107	Sarah Edwards	Ely Runners
108	Richard Perrett	
109	Steve Starr	Ely Runners
110	Lyn Bridge	Rebel Runners
111	Gavin Bridge	Rebel Runners
112	Philip Crook	
113	Sarah Gruber	Invicta East Kent AC
114	Nicola Clark	
115	Rebecca Roberts	Rebel Runners
116	Edward Rose	
117	Stephen Chandler	
118	Christopher Morris	Rebel Runners
119	Jenny Baldock	Rebel Runners
120	Stephane Granger	
121	Ian Reason	
122	Felicity Benjamin	
123	Daniel Pope	
124	Lesley Newman	Ashford Tri Club
125	Stuart McLeod	Folkestone Running Club
126	Jo Howes	
127	Ryan Delaney	
128	Alimpiada Cassidy	Deal Tri
129	Nigel Kent	New Eltham Joggers
130	John O'Leary	
131	Darren Crew	Folkestone Running Club
132	Jody Stoakes	Folkestone Running Club
133	Shane Moore	
134	Phil Basher	Ashford & District RRC
135	Alex Davis	
136	Phil Hoyland	Folkestone Running Club
137	Richard Buckman	
138	Peter Nott	
139	Tom Grain	
140	David Francis	
141	John Ward	
142	Richard Boyd	
143	Dee Uzoka	
144	Gerard O'Sullivan	Ashford AC
145	Victoria Travis	
146	Emily Berwick	Larkfield AC
147	Kelvin Phillips	
148	James McCurry	
149	Jason Couch	
150	Terrie Dickson	RunFit
151	Amanda Nicholson	
152	Karen Cudmore	
153	Glyn Pallister	Medway and Maidstone AC
154	Harriet Pope	
155	Michael Pope	
156	Adrian English	
157	Azon Howie	
158	Samantha Mattingly	Rebel Runners
159	Andrew Jones	
160	Hermel Gallardo	



161	Mike Davis	
162	Frank Pullen	
163	Simon Quedest	
164	Anthony Dinn	
165	Alex Dyer	
166	Neil Hollands	Rebel Runners
167	David Northcroft	Maidstone Harriers
168	Paul Booth	Beckenham
169	Les Carter	Hamstreet Run England
170	Danyel Giles	Hamstreet Run England
171	Ian Kirby	Hamstreet Run England
172	Roy James	Hamstreet Run England
173	Julie Virani	Hamstreet Run England
174	Kelly Davey	Hamstreet Run England
175	Clare Keeley	Hamstreet Run England
176	Salim Virani	Hamstreet Run England
177	Paul Starling	Hamstreet Run England
178	Sandi Starling	Hamstreet Run England
179	Alison Body	Hamstreet Run England
180	Dave McKernan	
181	Rachel Cottam	Rebel Runners
182	Louisa McGinn	
183	Joe Hulme	
184	Malcolm Gibbs	Folkestone Running Club
185	Julie Gibbs	Folkestone Running Club
186	Tom Cheetham	Hercules Wimbledon AC
187	Stuart Sprinks	
188	Martin Miller	
189	Karen Burfoot	
190	Stuart Ridout	Sittingbourne Striders
191	Hilary Knight	
192	Caroline Smith	
193	Sarah Wale	Jellylegs
194	Daniel Harvey	
195	Sarah Kir	
196	Mo Fazakerley	Sweatshop Maidstone
197	Neil Clark	Larkfield AC
198	Nigel Moss	Rebel Runners
199	Rik Holden	
200	Susan Wiggins	
201	Steve Hobbs	Victoria Park Harriers and Tower Hamlets AC
202	Ben Midgeley	Rebel Runners
203	David Winston	
204	Penelope Fox	
205	Daniel Jacobs	
206	Tony Shepherd	
207	Paul Kemp	Deal Tri
208	Clive York	
209	Roland Martin	
210	Heidi Barr	
211	Sam Brown	
212	Desmond Ehrich	
213	Cathy Newman	Exmouth Harriers
214	Cormac Toomey	
215	Claire Wilkins	Medway and Maidstone AC
216	Peter Davey	Medway and Maidstone AC
217	Thomas Beaumont	
218	Mark Rouse	
219	Yvette Dore	Dulwich Runners
220	Lee Rogers	Invicta East Kent AC
221	Peter Bradley	
222	Richard Griffiths	
223	Sarah Seager	Rebel Runners
224	Matthew Dixon	Riverside Runners
225	Jennifer Teachey	Riverside Runners
226	Cheryl Whitlock	Rebel Runners
227	Peter Paprcka	Massey Ferguson RC
228	Katy Alexander	
229	Peter Elvidge	
230	Mike Denson	Folkestone Running Club
231	Andy Richardson	Folkestone Running Club
232	Chris Addison	Folkestone Running Club
233	Chris Curtis-Moore	
234	Phil Leighton	
235	Chloe Phillips	
236	Andrea Cornish	
237	Edward Aronson	
238	Philip Aronson	
239	Gemma Porter	
240	Karen Earl	
241	Paula Nunn	Rebel Runners
242	Nina Thomson	Rebel Runners
243	Kevin Newman	
244	Gary Barnes	Jellylegs
245	Michele Barnes	Jellylegs
246	Jon Moreton	Rebel Runners
247	Carly Edwards	
248	Kayleigh Ridgwell	
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251	Isabelle Winter	Chiftern Harriers AC
252	Richard Winter	
253	Alistair Geddes	
254	Gail Turbutt	Folkestone Running Club
255	Mark Pottinger	
256	Lisa Oliver	
257	Paula Clark	
258	Gordon Watson	Cornerstone Fit
259	Sarah Anne Mooney	Larkfield AC
260	Robert Joy	
261	Greg McKInnon	
262	Jason Brittin	
263	Brian Davis	Folkestone Running Club
264	Richard Pemberton	Cornerstone Fit
265	Zoe Pemberton	Cornerstone Fit
266	Mick Spurr	Gravesend Road Runners
267	Renata Galina	
268	Tahera Herd	Rebel Runners
269	Damian Coyne	
270	Peter Godbee	Swanley & District AC
271	Joe Neilson	
272	Glen Abel	South Kent Harriers
273	Mark Garbett	
274	Rod Kessack	
275	David Williams	
276	Rebecca Williams	Thanet Roadrunners
277	Ross Giggins	
278	Jennie Gardner	Canterbury Harriers
279	Jennifer Pincott	
280	Paul Wright	Rebel Runners
281	Gary Husk	Dover Road Runners
282	Nigel Sherreard	Rebel Runners
283	Richard Owens	
284	Cliff Stokes	
285	Michaela Lewis	
286	Tim Spencer	
287	Hannah Spencer	
288	Peter Christensen	
289	Gregory Dixon	Jellylegs
290	Simon Byatt	
291	Camille Lewington	
292	Wendy Shakespeare	
293	Constantinos Patsaros	
294	Amanda Britton	Rebel Runners
295	Jo Cleary	
296	John O'Hara	
297	Sandra Davies	Jelly Legs
298	Lorraine Van Hurck	
299	Heidi Gray	
300	Hope Sloly	Mornington Chasers
301	Gary Doran	
302	Andy Holmes	Rebel Runners
303	Carl Boarder	
304	Colin May	Pilgrims Hospices
305	Alison Bovis	
306	Christopher Woolgar	Folkestone Running Club
307	Sarah Partner	
308	Marika Wiebe-Williams	
309	Kenn Saffery	Veterans AC
310	Lucy Lassiter	
311	Martin Wood	
312	Anthony Lucas	Deal Tri
313	Stuart Hardie	

# *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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- 🔔 Lunch option available
- 🔔 Special coaches available for hire
- 🔔 Model Railway Exhibition open

## Santa Special Fares

<b>CHILD</b> 18 months to 15 years (incl)	<b>£17.00</b> on most dates
<b>ADULT</b> (includes seniors)	<b>£17.00</b> on most dates
<b>CHILD</b> 18 months to 15 years (incl)	<b>£19.00</b> on 20th, 21st, 22nd 23rd, 24th Dec
<b>ADULT</b> (includes seniors)	<b>£19.00</b> on 20th, 21st, 22nd 23rd, 24th Dec

**Children under 18 MONTHS travel free unless they occupy their own seat on the train and receive a gift from Santa.**

Please Note: All Santa Special Services can ONLY BE BOARDED at Hythe Station. Postcode:CT21 6LD.  
To book on-line visit [www.rhdr.org.uk](http://www.rhdr.org.uk) or call us on **01797 362353**

# The Beautiful Sene

## MEMBERSHIP OFFERS FOR NEW MEMBERS UNDER 35

**Gateway membership for the  
occasional Golfer 18 rounds for £300**

**Steeped in heritage, the course  
offers stunning views of The Channel  
and is renowned for being Kent's  
beautiful Sene.**

**For more information call 01303 268513**

Sene Valley Golf Club, Blackhouse Hill,  
Sene, Folkestone CT18 8BL

[www.senevalleygolfclub.co.uk](http://www.senevalleygolfclub.co.uk)

