
NEWS RELEASE

9TH FOLKESTONE ROTARY HALF MARATHON

28th September 2014

Folkestone, Kent – 28th September 2014 — I am pleased to report we had a very successful day with over 580 registrations which was up on last year. There was a terrific atmosphere at the event from runners, marshals and the hundreds of spectators who lined the route.

Congratulations to all those who participated.

In its ninth year, the race cemented its reputation as one of the county's favourite half marathons and it was a great day with perfect weather and a great atmosphere for the runners. Athletes from all over the south east, both elite and those new to running, enjoyed a great race, with many helping to raise thousands for local charities.

The race was won by Tom Collins from Medway & Maidstone, in a time of 1hr 14 mins, 4 minutes clear of Robert Latala in second place, followed by Terry Reeves from Dartford Road Runners in third place. First lady home was Liz Weeks from Sittingborne Striders with a time of 1hr 24 mins. Second lady was Sarah Gruber with Cathy Newman in third place.

Both race winners received a £100 prize courtesy of sponsors Independent Insurance Services.

This year's race proceeds will benefit local and international charities through the good work of Folkestone Rotary Club, with the main beneficiaries being Step Short and The Gurkha Memorial Fund.

Race director Ray Johnson was once again a happy man! "It was a great day for Folkestone and the town should be really proud of the event and the profile it affords the town. I'm also grateful for the support from a number of local organisations who help make sure this event remains one of the most popular half marathons in the south east. This year was extra special as the participants run under the new Memorial Arch and we have now achieved over £250,000 for good causes since the race started in 2006"

The event will return on Sunday 27th September 2015.

It is a fantastic achievement to complete the course either as an elite runner or a new participant to a half marathon. The objectives of the race were to encourage participation, assist charities, visit our

district and promote good health, as well as increasing the profile of Rotary. This year we held our third children's race with of over 30 participating.

It was particularly pleasing that there were so many spectators along the whole route which gave tremendous encouragement to the runners – it's a great boost to the runners, and some even played music, including a performance on the bandstand on The Leas, which encouraged runners to push on.

First indications are that the event has raised in excess of £20,000 and we are hopeful that we can beat last year's record of £38,000. This year's chosen charities are Step Short and the Gurkha Memorial Fund. In addition many runners were raising funds for various chosen causes.

The event went extremely well and help was received with sincere thanks from members of the Folkestone Rotary Club, Hythe and Folkestone Channel Rotary Clubs, Folkestone Running Club including the juniors, other running clubs and the local community also assisted. Thanks also to Shepway District Council, St John Ambulance and the public for their valuable support.

Once again we have received tremendous feedback from the runners congratulating us for such a great event, by way of organisation, goodie bags and encouragement from marshals. They also thoroughly enjoyed the course and all of the facilities available.

Further feedback/information can be viewed by going to www.runnersworld.co.uk/events and www.folkestonerotary.org

This year's event photographer was Grant Burton Photography. Runners can visit his website to have a look at the race pictures which are available to purchase.

Prize Winners for Half Marathon 2014

Open Male

1st	Tom Collins	1:14.29	Medway & Maidstone
2nd	Robert Latala	1:18.02	Unattached
3rd	Terry Reeves	1:21.08	Dartford Road Runners

Open Female

1st	Liz Weeks	1:24.09	Sittingborne Striders
2nd	Sarah Gruber	1:29.46	Invicta East Kent
3rd	Cathy Newman	1:32.39	Exmouth Harriers

Vet40 Male

1st	Steve Hobbs	1:24.38	Victoria Park & Tower Hamlets AC
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Vet35 Female

1st	Louisa Hopper	1:40.47	Unattached
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Vet 50 male

1st	Nick Lowy	1:35.52	Unattached
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Vet45 Female

1st	Jenny Baldock	1:52.02	Rebel Runners
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Vet60 Male

1st	Phil Chapman	1:46.14	Jelly Legs
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Vet55 Female

1st	Jennie Lucas	2:15.39	Canterbury Harriers
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Winning Team (Male) - Folkestone Running Club

Winning Team (Female) - Rebel Runners

Children's Run – 30 participants

We were delighted that this year's event included such a good field of runners.

A few points about the race

Total miles covered approx 7540

Over 1,100 litres of water consumed

Over 2,100 cups used

720 energy bars and sports drinks distributed

Each male and female winner received £100.00 sponsored by Independent Insurance Services

All runners received a medal and a goody bag

Excellent feedback received

Youngest runner was 3 and the eldest runner was 80

Sponsors for the event were:

Main sponsor:

Independent Insurance Services / Insure Green

Other key sponsors:

The Roger De Haan Charitable Trust

Other supporters

Wellbeing People

Countrywide Scaffolding

Charles E Spinks & Sons Ltd

Academy FM

Nice Work

Geerings Print

The Trophy Shop

Easy Loo

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Feedback received so far:

I have to say that the marshals (and the spectators) were fantastic – so encouraging.

Wow that was hot! 22 degrees in September?! Thank you marshals you were all amazing!

Great coastal run, first half easier than the second due to the wind and the hill!

I simply wanted to write and say what a delightful experience today's half marathon was! Many thanks indeed. The organisation was second to none. Of course, the weather helped but it lifted the spirits to see so many rotarians out on the course being so encouraging and helpful. I enjoyed your eloquent and erudite pre-race speech and the swift start. I will indeed promote this particular race to all runners I know.

Just wanted to say thank you to you and all your team for a great morning. The event was well organised and had a great atmosphere. I was particularly impressed by your marshals who were helpful and supportive all the way round.

Thanks to all involved,

I just wanted to say was a fabulous race your team organised this morning. It ran like clockwork, unfortunately I didn't. The Marshalls were plentiful and full of encouragement. It was an absolute pleasure to take part.

Thank you very much for a terrific morning and a huge well done to your team

Thanks to all the volunteers today and thanks to everyone who cheered me on my way.

May I take this opportunity to thank you and your team for arranging such a well-planned and run Half Marathon on Sunday.

I am a middle aged chap who has never really been a runner, but my sister and I took part as my first ever running race and thoroughly enjoyed the day. I completed the course in 2hrs 18ish as was delighted even to finish, let alone post this time..

All the marshals did a brilliant role in clapping and keeping our spirits up along the way and I owe them all a debt of gratitude, in giving up their time to help "beginner" runners like me have such an enjoyable day. During my training I have lost weight, lowered my blood pressure and feel a lot fitter and this is down to organisations like yours that host these types of event.

Many thanks to you all and I hope to post an even better time next year.

Yesterday was awesome - as every year- and everyone thoroughly enjoyed themselves. Many thanks to Ray!

Good event on Sunday. Good organisation, good water stations and the marshals were fantastic. Lots of them, lots of encouragement, very professional. A great race and one that should be more widely advertised. Many thanks for all your hard work.

"The best race in Kent, really friendly and challenging. A must do event!"

"Yep, there's a hill at the end - but its bowling green flat otherwise and at the end of the day you know you've conquered it - and you did run down it at the beginning!"

Marshals were brilliant, the goody bag was the best I've seen at a 'smaller' race. Great race organisation.

Do it, you won't regret it."

Text below sent to runners:

Congratulations for finishing the race, you deserve a well earned pat on the back.

If you have given us your email address, the results will be dispatched to you in due course.

In addition, they will be published on our Rotary website www.folkestonerotary.org website and the Nice Work website www.niceworkevents.blogspot.co.uk.

This year we have teamed up with Grant Burton Photography, who may have your photograph available for purchase online. Simply go to <http://www.grantburtonphotography.co.uk/Sports/Running> and see if you can find your picture.

Many of you have been raising money for charities; please return your sponsorship form, if we have provided this to you, as soon as possible. Alternatively, just drop me an email and let me know how much you have raised and for which charity, as it would be great to establish the grand total connected to this race. Last year over £38,000 was raised.

Next year's race will be on Sunday 27th September 2015 and I would hope you will choose to return to our popular event. You can now book online at www.nice-work.org.uk

Next year's race will be on Sunday 27th September 2015 and we have already received a few entries!

Pictures available on request.

Report Ends

Produced by Ray Johnson, Race Director

28-09-2014

ABOUT FOLKESTONE ROTARY CLUB

The club was formed in 1923 and in 2013 we celebrated 90 years.

Club members have pledged to:

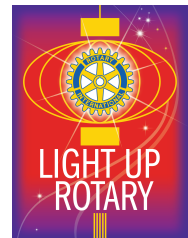
- serve the community, locally, nationally and globally
- promote the highest ethical standards in all areas of working life
- work for peace and goodwill worldwide

Why not visit our website www.folkestonerotary.org to learn more about Rotary in Folkestone. You may also like to take a look at www.rotary1120.org or www.ribi.org for further information.

ABOUT ROTARY

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.2 million members of more than 34,000 Rotary clubs in over 200 countries and geographical areas. Their work impacts lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world. For more information, visit Rotary.

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CONTACTS

Ray Johnson: 01303 22 11 88 / 07968 290 352
ray@independentinsuranceservices.co.uk