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## NEWS RELEASE

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### 10<sup>TH</sup> FOLKESTONE ROTARY HALF MARATHON

*27<sup>th</sup> September 2015*

**Folkestone, Kent – 27<sup>th</sup> September 2015** — We celebrated the 10<sup>th</sup> anniversary of the Folkestone Rotary Half Marathon in style with special commemorative medals being presented to the 560 who completed the race. Again we were blessed with sunny conditions although a stiff easterly breeze was testing for the runners on the return journey from Hythe.

It seems like no time at all since the first race back in 2006 and each year the race has built to become as successful as it is today bringing runners of all standards from all over the South-East in to Folkestone.

It was a fantastic day for runners, spectators and marshals as well as achieving its aim of raising many thousands of pounds for local charities. Congratulations to all those who participated.

The race was won by Robert Latala, in a time of 1hr 15 mins, 4 minutes clear of Tom Collins in second place from Medway & Maidstone AC, followed by Jim Ashworth-Beaumont from Serpentine RC in third place. First lady home was Maria Heslop from Paddock Wood with a time of 1hr 25 mins. Second lady was Tina Oldershaw with Hayley Martin in third place. Both men's and ladies team prizes went to Folkestone Running Club. The children's race was well attended and the winner was won by Joshua O'Brien.

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 beneficiary being Kent MS Therapy Centre.

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. We have now achieved over £290,000 for good causes since the race started in 2006"

The event will return on Sunday 25<sup>th</sup> September 2016.

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 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 always a great boost to them which helps push them on.

It is particularly pleasing that so many runners pass on their personal thanks and stories that includes their individual stories be it sporting, self-achievement or fund raising activity and succeeding in their individual goals

First indications are that the event has raised in excess of £25,000 and we are hopeful that we can beat last year's record of £40,000. This year's chosen charity is Kent MS Therapy Centre. 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](http://www.runnersworld.co.uk/events) and [www.folkestonerotary.org](http://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 2015

### Open Male

1st	Robert Latala	1:15.18	Unattached
2nd	Tom Collins	1:19.40	Medway & Maidstone
3rd	Jim Ashworth-Beaumont	1:20.28	Serpentine

### Open Female

1st	Maria Heslop	1:25.16	Paddock Wood AC
2nd	Tina Oldershaw	1:28.34	Paddock Wood AC
3rd	Hayley Martin	1:36.09	Gravesend Road Runners

### Vet40 Male

1st	Lee McMeekin	1:24.33	Unattached
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### Vet35 Female

1st	Nikki Goodwin	1:42.56	Folkestone Running Club
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### Vet45 Male

1st	Jim Ashworth-Beaumont	1:20.28	Serpentine
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### Vet40 Female

1st	Julie Carlyle	1:49.57	Unattached
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### Vet 50 Male

1st	Mick Spur	1:37.46	Gravesend Road Runners
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### Vet45 Female

1st	Maria Heslop	1:25.16	Paddock Wood AC
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### Vet 55 male

1st	Terry Povey	1:41.35	Dartford Road Runners
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### Vet50 Female

1st	Mo Fazakerley	1:55.34	Medway & Maidstone AC
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### Vet60 Male

1st	James Graham	1:27.31	Sevenoaks AC
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### Vet55 Female

1st	Margaret Connolly	1:57.43	South Kent Harriers
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### Vet65 Male

1st	Kenn Saffery	1:46.06	Asics RC
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### Vet60 Female

1st	Marian Povey	1:50.01	Dartford Road Runners
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Vet70 Male			
1st	Richard Dyer	2:02.10	Unattached
Vet65 Female			
1st	Sarah Marzaioli	1:59.06	Hastings Runners

Winning Team (Male) - Folkestone Running Club

Winning Team (Female) - Folkestone Running Club

Children's Run – 30 participants Winner: Joshua O'Brien

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 7280

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  
BJ Scaffolding  
Bannatynes

Academy FM  
Frizbee  
Pod Plus

Geerings Print  
Sprinks Construction

Easy Loo

### Feedback received so far:

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

In my opinion the race is consistently the best organised and the best run. It starts on time, always has plenty of marshals who are helpful and full of information. I look forward to coming back next year. Thanks to all the volunteers. This was my first ever half marathon the hill was a killer and the wind but what a great achievement. Thanks to all

Thanks to the marshals for the support yesterday, especially the ladies at the top of remembrance hill!! I'll remember it for a while I'm sure

Thank you very much for everyone that organised & support today's race. We "Team Lucy" would all like to say a huge thanks!

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 it's 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/half-marathon](http://www.folkestonerotary.org/half-marathon) website and the Nice Work website [www.niceworkevents.blogspot.co.uk](http://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 £35,000 was raised.

Next year's race will be on Sunday 25th September 2016 and I would hope you will choose to return to our popular event. You can soon book online at [www.nice-work.org.uk](http://www.nice-work.org.uk)

Thanks for your participation

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Next year's race will be on Sunday 25<sup>th</sup> September 2016 and we have already received a few entries!

Pictures are available via <http://folkestonerotary.org/half-marathon> where you are free to help yourself.

Report Ends

Produced by Ray Johnson, Race Director

28-09-2015

### **ABOUT FOLKESTONE ROTARY CLUB**

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

Club members have pledged to:

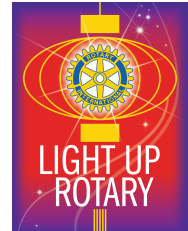
- serve the community, locally, nationally and globally
- promote the highest ethical standards in all areas of working life
- work for peace and goodwill worldwide

Why not visit our website [www.folkestonerotary.org](http://www.folkestonerotary.org) to learn more about Rotary in Folkestone. You may also like to take a look at [www.rotary1120.org](http://www.rotary1120.org) or [www.ribi.org](http://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.org](http://Rotary.org).

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