
NEWS RELEASE

11TH FOLKESTONE ROTARY HALF MARATHON

25th September 2016

Folkestone, Kent – 25th September 2016 — Over 500 runners enjoyed the 11th Folkestone Rotary Half Marathon on Sunday. 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 established in 2006 and it has become a prominent fixture in the running calendar, bringing runners of all standards from all over the South-East in to Folkestone.

The race was won by Robert Latala, in a time of 1hr 15 mins, 57 secs clear of Lloyd Worsley in second place, followed by Phil Hoyland in third place both from Folkestone Running Club. First lady home was Maria Heslop from Paddock Wood Athletics Club with a time of 1hr 23 mins 48 secs. Second lady was Emma Hollands also from Paddock Wood Athletics Club with Tracy Wilkinson-Begg in third place from Folkestone Running Club. Both men's and ladies team prizes went to Folkestone Running Club. Both winners this year retained their titles from last year and the children's race was well attended.

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 Folkestone Martha Trust.

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 £350,000 for good causes since the race started in 2006"

The race was officially started by the Folkestone Mayor Martin Salmon, who participated in this race directly afterwards and achieved a commendable time of 1 hour 44 mins 49 secs, he too was running for good causes in his Mayoral year, where he will also be entering many other races.

The event will return on Sunday 24th September 2017.

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 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 amount of £30,000. This year's chosen charity was the Martha Trust. 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 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

Prize Winners for Half Marathon 2016

Open Male

1st	Robert Latala	1:15.57	Unattached
2nd	Lloyd Worsley	1:18.08	Folkestone Running Club
3rd	Phil Hoyland	1:18.12	Folkestone Running Club

Open Female

1st	Maria Heslop	1:23.48	Paddock Wood AC
2nd	Emma Hollands	1:35.32	Paddock Wood AC
3rd	Tracy Wilkinson-Begg	1:36.51	Folkestone Running Club

Junior U20 Male

1 st	Tomasz Hill	2:06:35	Unattached
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Junior U20 Female

1 st	Charlotte Avery	1:42:05	Folkestone Running Club
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Vet40 Male

1st	Ian McGilloway	1:28.29	Dover Road Runners
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Vet35 Female

1st	Sarah Threadgold	1:49.15	Unattached
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Vet45 Male

1st	Gerald O'Sullivan	1:27.25	Ashford AC
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Vet40 Female

1st	Emma Hollands	1:35.32	Paddock Wood AC
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Vet 50 Male

1st	Theo Batley	1:21.03	Deal Tri
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Vet45 Female

1st	Maria Heslop	1:23.47	Paddock Wood AC
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Vet 55 male

1st	Raymond Pearce	1:28.42	Unattached
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Vet50 Female

1st	Tracy Wilkinson-Begg	1:36.51	Folkestone Running Club
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Vet60 Male

1st	Clive Crisp	1:51.24	Sittingbourne Striders
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Vet55 Female			
1st	Barbara Peen	2:16.55	Unattached
Vet65 Male			
1st	Jon Wigley	1:41.09	Unattached
Vet60 Female			
1st	Deirdre Coombs	2:17.49	Folkestone Running Club
Vet70 Male			
1st	Richard Dyer	1:54.19	Unattached
Vet65 Female			
1st	Beth Wilkinson	2:52.45	Hastings Runners

Winning Team (Male) - Folkestone Running Club

Winning Team (Female) - Folkestone Running Club

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 7062

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

Edgar's Water
The Grand

Academy FM
Frizbee

Geerings Print
Pod Plus

Easy Loo

Feedback received so far:

Really enjoyed this race, nice run along the coast, shame about the hill at the end. Organisation cannot be faulted, big thank you to the Marshalls who did a great job. I really liked the medal with the idea of putting race time on it yourself.

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 how 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 website and the Nice Work website www.niceworkevents.blogspot.co.uk.

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 £30,000 was raised.

Next year's race will be on Sunday 24th September 2017 and I would hope you will choose to return to our popular event. You can soon book online at www.nice-work.org.uk

Next year's race will be on Sunday 24th September 2017 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
26-09-2016

ABOUT FOLKESTONE ROTARY CLUB

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

Club members have pledged to:

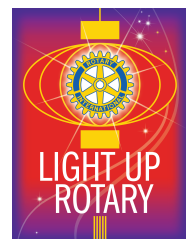
- serve the community, locally, nationally and globally
- promote the highest ethical standards in all areas of working life
- work for peace and goodwill worldwide

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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