



THE ROTARY CLUB OF FOLKESTONE
Founded 21st February 1923
RIBI District 1120
Registered Charity Number 1089472
folkestonerotary.org

NEWS RELEASE

13TH FOLKESTONE ROTARY HALF MARATHON

30th September 2018

Folkestone, Kent – 30th September 2018 — Over 600 runners enjoyed the 13th 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 Marshall Smith from Ashford Athletics Club, in a time of 1hr 14 mins 45 secs, 44 seconds clear of Carl Selya-Hammer also of Ashford & District in second place 1hr 15 mins 30 secs, followed by Alix Ramsier in third place not far off at 1hr 16 mins 12secs. First lady home was Megan Bates with a time of 1hr 29 mins 35 secs. Second lady was Tanya Cornish and Helen Taranowski in third place. The men's team prize went to Dover Road Runners (Alan Wood, Chris Searson & Kevin Hart). The Ladies team prize went to Folkestone Running Club (Charlotte Avery, Carolyn Lewis & Diane Parson). In addition, 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 beneficiaries being Folkestone Action for Children and The Rotary Helping Hand Project.

Race director Ray Johnson was once again a happy man! "With fabulous weather a huge raft of spectators, a great day and we have already received some superb feedback. As always, I am most 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 £430,000 for good causes since the race started in 2006 and many runners are raising further funds from their sterling efforts yesterday including a large contingent of runner representing the Pilgrims Hospice"

The event will return on Sunday 29th September 2019 and features a prize of £100 to the runner that may crack the current course record of 1 hr 8 mins for the men's and 1 hr 21mins & 05 secs for the female.

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 fifth children's race with over 30 participating.

As always 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 we even had some providing extra support for our marshals.

First indications are that the event has raised in excess of £30,000 and we are hopeful that we can beat last year's amount of just over £25,000. This year's chosen charities are Folkestone Action for Children and Rotary Helping Hand. In addition, many runners were raising funds for various chosen causes.

The event went extremely well and help was received with sincere thanks to 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 Folkestone & Hythe 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 although some runner had requested we reduce the temperature and remove the Road of Remembrance on the return which is known as the 'Sting in the Tail'.

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

Prize Winners for Half Marathon 2016

Open Male

1	01:14:46	01:14:45	Marshall	Smith	Ashford AC
2	01:15:30	01:15:30	Carl	Selya-Hammer	Ranelagh Harriers
3	01:16:12	01:16:12	Alix	Ramsier	

Open Female

23	01:29:35	01:29:35	Megan	Bates	
25	01:30:18	01:30:13	Tanya	Cornish	
38	01:35:00	01:34:55	Helen	Taranowski	West 4 Harriers

Vet40 Male

1st	Riel Carol	1.18.04	Clapham Chasers
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Vet35 Female

1st	Natalie Bland	1:51.24
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Vet45 Male

1st	Any Stevens	1:25.23
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Vet40 Female

1st	Sharon Barnett	1:38.21
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Vet 50 Male

1st	Tom Cheetham	1:30:40	Hercules Wimbledon AC
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Vet45 Female

1st	Sarah Maguire	1:41.06	Canterbury Harriers
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Vet 55 male

1st	John Stevens	1:28.21	Sevenoaks AC
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Vet50 Female

1st	Deborah Parris	1:49.12	Cnaterbury Harriers
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Vet60 Male

1st	Daniek Martin	1:40.36
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Vet55 Female

1st	Teresa Gould	1:51.06
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Vet65 Male

1st	Peter Baker	1:47.00
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Vet60 Female

1st	Anne Lovett	2.33.28
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Vet70 Male

1st	Ray Butler	1:46.37	Unattached
Vet65 Female			
1st	Sarah Marzaioli	2:09.00	Hastings Runners

Winning Team (Male) - Dover Road Runner

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 8122

Over 2,800 litres of water consumed

Over 2,400 cups used

740 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
The Grand

Academy FM
Frizbee

Geerings Print Pod Plus
Folkestone Vehicle Rental

Feedback received so far:

"Hi. I ran folkestone Half. On the last leg on Road of Remembrance I was determined not to walk. One of your wonderful Marshall's (Alex) actually ran with me and kept me motivated - a big thank you to Alex and your brill Marshall's for a lovely event "

"Just wanted to say how much we enjoyed being part of the race on Sunday. We had such lovely weather (I think the runners would have possibly preferred it a little cooler!) We heard such positive feedback from the runners who came to us for post race massage. The course and organisation were both mentioned. Thanks for making us so very welcome, and we look forward to being involved again next year."

Thank you for such a well organised race. There were a great many spectators applauding our efforts along the promenade making it an enjoyable, if hard, run in the sunshine. Even climbing up the Road of Remembrance at the end reminded me of the travails of those who died for our freedoms.

I've enjoyed the run thoroughly, been race director for many years for another event and couldn't top this.

I'll be back!

You have certainly exceeded my expectation this year, another uplifting event which certainly brought community much closer!

You have taken the sport to another level; I really admire your work and the Rotarian, thank you.

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 T-Shirt worth the effort.

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."

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

Report Ends

Produced by Ray Johnson, Race Director

30-09-2018

ABOUT FOLKESTONE ROTARY CLUB

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

Club members have pledged to:

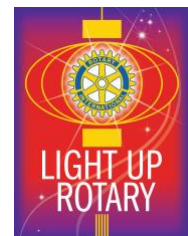
- serve the community, locally, nationally and globally
- promote the highest ethical standards in all areas of working life
- work for peace and goodwill worldwide

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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