



humanity in motion

The Rotary Club of Folkestone
Charity no: 266883
RIBI District 1120 Club 104

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PRESS RELEASE

4TH FOLKESTONE ROTARY HALF MARATHON 27TH SEPTEMBER 2009

I am pleased to report we had a very successful day with 709 registrations that was an increase on last year.

Congratulations to all those who participated. This year I was particularly pleased that the course record has been smashed along with many other results. It is a fantastic achievement to complete the course either as an elite runner or a new participant to a Half Marathon. The purposes of the race are to encourage participation, assist charities, visit our district and promote good health as well as increasing the profile of Rotary.

First indications are showing the event has raised in excess of £25,000 so far and so it could be possible to double the amount on that of last year.

The event went extremely well and assistance was received with sincere thanks from members of the Folkestone Rotary Club, Hythe and Canterbury Sun Rise Rotary Clubs. Folkestone Running Club, the Cheriton Girl Guides, other running clubs and the local community also assisted with the event. I would also like to thank Shepway District Council, Folkestone Police and St John's Ambulance for their support.

The weather was fine once again and we have received tremendous feedback from the runners congratulating us for such a great event, by way of organisation, goody bags and encouragement from marshals. The winner was Michael Coleman – Medway & Maidstone AC, at 1 hour 10 minutes and 9 seconds who has beaten his previous course record in 2007 of 1 hour 11 minutes and 10 seconds. The first female home was Rosalind Kieran, from Herne Hill Harriers at 1 hour 21 minutes and 10 seconds, also beating the previous course record set in 2007 at 1 hour 24 minutes 28 seconds.

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

This year's event photographers are Lee Robinson Studios and runners can visit their website at www.leejorobinson.com to have a look at the race pictures that are available to purchase.

Cont./...

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Please reply to:

Rotarian Ray Johnson

t: 01303 22 11 88 f: 01303 22 11 99 e: ray@independentinsuranceservices.co.uk

a: Independent Insurance Services, Church House, 136 Sandgate Road, Folkestone, Kent, CT20 2BN
w: www.folkestonerotary.org



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Prize Winners for Half Marathon 2009

Open Male

| | | | |
|-----------------|-----------------|---------|-----------------------|
| 1 st | Michael Coleman | 1:10:09 | Medway & Maidstone AC |
| 2 nd | Damien Vadgama | 1:15:29 | Invicta East Kent |
| 3 rd | Mark Wilkins | 1:15:45 | Invicta East Kent |

Open Female

| | | | |
|-----------------|-----------------|---------|-------------------------|
| 1 st | Rosalind Kieran | 1:21:10 | Herne Hill Harriers |
| 2 nd | Rona Loubser | 1:22:18 | Folkestone Running Club |
| 3 rd | Tina Oldershaw | 1:23:44 | Paddock Wood AC |

Vet40 Male

| | | | |
|-----------------|---------------|---------|--------------|
| 1 st | Simon Hesketh | 1:16:33 | Larkfield AC |
|-----------------|---------------|---------|--------------|

Vet35 Female

| | | | |
|-----------------|----------------|---------|-----------------|
| 1 st | Tina Oldershaw | 1:23:44 | Paddock Wood AC |
|-----------------|----------------|---------|-----------------|

Vet 50 male

| | | | |
|-----------------|----------------|---------|---------------------------|
| 1 st | Raymond Pearce | 1:20:36 | Istead & Isfield Harriers |
|-----------------|----------------|---------|---------------------------|

Vet45 Female

| | | | |
|-----------------|----------------|---------|--------------------|
| 1 st | Sharon Hawkins | 1:25.53 | Maidstone Harriers |
|-----------------|----------------|---------|--------------------|

Vet60 Male

| | | | |
|-----------------|---------------|---------|-------------------|
| 1 st | Trevor Edgley | 1:28:20 | Invicta East Kent |
|-----------------|---------------|---------|-------------------|

Vet55 Female

| | | | |
|-----------------|-----------------|---------|----------------------|
| 1 st | Clare Parkinson | 1:51.37 | Dulwich Park Runners |
|-----------------|-----------------|---------|----------------------|

Winning Team Invicta East Kent

Female Team Larkfield AC

We were delighted that this year's event included the Kent Championship Half Marathon and Kent Grand Prix series and many club runners participated. I would hope as Race Director bringing Kent talent together will produce good outcomes for the forthcoming Olympics.

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Prize Winners for Kent Champs

Kent Champs (All men)

| Place | Time | Name | Team | Race Age Category | Race No | Race Place |
|-------|---------|-----------------|-------------------|-------------------|---------|------------|
| 1 | 1:15:29 | VADGAMA, Damien | Invicta East Kent | Men's Senior | 379 | 2 |
| 2 | 1:15:45 | WILKINS, Mark | Invicta East Kent | Men's Senior | 340 | 3 |
| 3 | 1:16:33 | HESKETH, Simon | Larkfield AC | Men's Vet40 | 227 | 4 |

There were 3 prize winners in the Kent Champs (All men) category.

Kent Champs (All Ladies)

| Place | Time | Name | Team | Race Age Category | Race No | Race Place |
|-------|---------|------------------|-------------------------|-------------------|---------|------------|
| 1 | 1:21:10 | KIERAN, Rosalind | Herne Hill Harriers | Ladies Senior | 369 | 10 |
| 2 | 1:22:18 | LOUBSER, Rona | Folkestone Running Club | Ladies Senior | 2 | 12 |
| 3 | 1:23:44 | OLDERSHAW, Tina | Paddock Wood AC | Ladies Vet35 | 570 | 18 |

There were 3 prize winners in the Kent Champs (All Ladies) category.

A few points about the race

Total miles covered approx 9,287

Over 1,600 litres of water used

Over 2,200 cups used

935 bananas, 1,400 energy bars and 650 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 17 and the eldest runner was 79

Sponsors for the event were:

Main sponsor:

Independent Insurance Services / Ecocover

Other sponsors:

The Roger De Haan Charitable Trust

Kent Trophies

McDonalds

J & K Kleen

Medash Signs

Sainsburys

Freeflow-Drains

Move It

Lucozade

Sweatshop

Water for Work

Morrisons

Silver Spring Direct

Autospot

Cont./...

Feedback received so far:

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"What a great day out! Thanks so much to the organisers of this one for the lovely day today.....even the weather was perfect"

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

In full: 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.

Weather was great this year, and last - think it would be a different matter if there were a killer headwind, as there can be, nowhere to hide!!

Do it, you won't regret it.

"Very well organised and friendly race. But beware of the HILL at the end, it is a killer"

In full: A lovely half marathon and I will definitely be back next year. It was a little on the warm side for me but I shouldn't really complain about the weather.

Really enjoyed running along the sea front with no traffic to contend with.

Well done Folkestone Rotary and Running Club.

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 www.folkestonerotary.org website and within the local newspapers.

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 £16,000 was raised.

Next year's race will be on the Sunday 26th September 2010 and I would hope you will choose to return to our popular event. You can now book online at www.runnersworld.co.uk/events

Thanks for your participation

Next year's race will be on the Sunday 26th September 2010 and we have one entry already received!

Report Ends

Produced by Ray Johnson, Race Director

28.09.2009

Cont./...

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About Folkestone Rotary Club

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.

NOTE FOR EDITORS:

1. Rotary International in Great Britain and Ireland, part of Rotary International, has 1,845 clubs and more than 55,000 members.
2. Rotary International was founded in 1905 in Chicago and is now the world's largest international service organisation with 1.2 million professional men and women as members. There are 33,000 clubs in 200 countries and geographical areas.
3. Rotary clubs are open to men and women who are business, professional or community leaders who want to use their experience for the benefit of others.
4. Rotary initiates local and global projects to promote world understanding and peace and improve life conditions for people of all ages and cultures. To find out more, visit www.ribi.org.

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