



humanity in motion

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

Page 1

PRESS RELEASE

5TH FOLKESTONE ROTARY HALF MARATHON 26TH SEPTEMBER 2010

I am pleased to report we had a very successful day with 563 registrations which was an increase on last year.

Congratulations to all those who participated. This year I was particularly pleased that the female course record was 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 £26,000 so far and so it is most likely that the event will raise more money than last year once the final fundraising results are known.

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

The weather was fair but rather windy on occasions. Once again 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 Mark Wilkins – Invicta East Kent, at 1 hour 14 minutes and 42 seconds. The first female home was Tina Oldershaw, from Paddock Wood AC at 1 hour 21 minutes and 05 seconds beating the previous course record for the female category.

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./...

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



humanity in motion

Page 2

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

Prize Winners for Half Marathon 2010

Open Male

1 st	Mark Wilkins	1:14:42	Invicta East Kent
2 nd	Ricardo Lee	1:15:49	London Heathside
3 rd	Chris Valdus	1:17:02	Ashford & District Road Runners

Open Female

1 st	Tina Oldershaw	1:21:05	Paddock Wood AC
2 nd	Rona Loubser	1:23:48	Folkestone Running Club
3 rd	Maria Heslop	1:25:33	Paddock Wood AC

Vet40 Male

1 st	Gavin Kitchingham	1:18:58	Orpington Road Runners
-----------------	-------------------	---------	------------------------

Vet35 Female

1 st	Tina Oldershaw	1:21:05	Paddock Wood AC
-----------------	----------------	---------	-----------------

Vet 50 male

1 st	Brian Woods	1:30:31	
-----------------	-------------	---------	--

Vet45 Female

1 st	Marie Synnott-Wells	1:28.35	Ranelagh Harriers
-----------------	---------------------	---------	-------------------

Vet60 Male

1 st	David Morris	1:41:41	Larkfield AC
-----------------	--------------	---------	--------------

Vet55 Female

1 st	Margaret Russill	1:52.40	
-----------------	------------------	---------	--

Winning Team (Male) Ashford & District Road Runners

Female Team Larkfield Athletic Club

We were delighted that this year's event included such a good field of runners and as Race Director I would hope bringing regional talent together will produce good outcomes for the forthcoming Olympics.

Cont./...

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



humanity in motion

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

Page 3

A few points about the race

Total miles covered approx 7,400

Over 1,600 litres of water consumed

Over 2,400 cups used

935 bananas, 1,300 energy bars and 720 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 71

Sponsors for the event were:

Main sponsor:

Independent Insurance Services / Insuregreen

Other key sponsors:

The Roger De Haan Charitable Trust

Sainsburys

Move It

Other supporters

Kent Trophies

Medash Signs

Water for Work

Silver Spring Direct

McDonalds

Cont./...

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



Feedback received so far:

"Just a short note to say many thanks to you and your team for organising a fantastic run yesterday. It's the first time that I've run a half marathon race and I must admit I was not looking forward to the 'hill'.

The marshals were fantastic and their support really makes a difference."

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

"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."

"A big thanks to organiser and all marshalls who gave up their Sunday to stand out in the wind."

Blog response as below.

<http://thefitwriter.wordpress.com/2010/09/26/folkestone-half-marathon/>

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 £30,000 was raised.

Next year's race will be on Sunday 25th September 2011 and I 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

Cont./...

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



humanity in motion

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

Page 5

Next year's race will be on Sunday 25th September 2011 and we have already received one entry!

Report Ends
Produced by Ray Johnson, Race Director
27.09.2010

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.

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
