



humanity in motion

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

Page 1

PRESS RELEASE

7TH FOLKESTONE ROTARY HALF MARATHON 30TH SEPTEMBER 2012

Forward comment from Race Director:

I am pleased to report we had a very successful day with over 550 registrations. Weather conditions were ideal and there was a terrific atmosphere at the event.

Congratulations to all those who participated.

South Kent Harrier Michael Coleman collected his third Folkestone Half Marathon title on Sunday with a narrow victory over Folkestone Running Club's Sam Rigby. Coleman, whose last title was in 2009, led from the start and held off a determined challenge by Rigby to cross the line five seconds clear in 1 hour 15 minutes 25 seconds.

Matt Britton from Ashford AC was third in 1.18.33.

In the ladies' race Paddock Wood's Tina Oldershaw collected her second Folkestone Half title repeating her 2010 success in a winning time of 1.23.01. Rona Loubser from Folkestone Running Club was second and Faye Roberts from Canterbury Harriers was third.

Coleman and Oldershaw both received a £100 winners prize courtesy of sponsors Independent Insurance Services. Both the men's and ladies' team prizes were scooped by Folkestone Running Club. This year we held our first children's race and the winner was Jensen McNulty, who even managed to outrun our Race Director!

The race took place in ideal running temperatures but a stiff breeze along the Folkestone to Hythe promenade route slowed down the field on the outward leg. The race attracted just under 550 entries with runners flocking to the town from all over the south east and beyond.

This year's race proceeds will benefit local and international charities through the good work of the Rotary Club of Folkestone, with the main beneficiary this year being the Kent Association for the Blind. Race Director, Ray Johnson, was a happy man! "It's been a wonderful day for the town. I'm 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."

A member of Folkestone Running Club has already entered for next year's race!

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.

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 2

It was particularly pleasing that there were so many spectators along the whole route which gave tremendous encouragement to the runners – it's a great boost to the runners, and some even played music!

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 £34,000. Since the race first started in 2006, over £175,000 has been raised for worthwhile causes. This year's chosen charity is Kent Association for the Blind. In addition many runners were raising funds for various chosen causes, including The Gurkha Memorial Fund and Saga Charitable Trust who both had good teams of runners. Rotary also distributes funds to local and international good 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 Club, 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.

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. 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

This year's event photographers were Sussex Sports Photography. Runners can visit their website to have a look at the race pictures which are available to purchase.

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

Prize Winners for Half Marathon 2012

Open Male

1 st	Michael Coleman	1:15.25	South Kent Harriers
2 nd	Sam Rigby	1:15.30	Folkestone Running Club
3 rd	Matthew Britton	1:18.33	Ashford AC

Open Female

1 st	Tina Oldershaw	1:23.01	Paddock Wood AC
2 nd	Rona Loubser	1:29.32	Folkestone Running Club
3 rd	Faye Roberts	1:33.33	Canterbury Harriers

Vet40 Male

1 st	Ashley Howes	1:21.49	Larkfield AC
-----------------	--------------	---------	--------------

Vet35 Female

1 st	Melanie Carley	1:41:56	
-----------------	----------------	---------	--

Vet 50 male

1 st	Kevan James	1:24.21	Ashford & District
-----------------	-------------	---------	--------------------

Vet45 Female

1 st	Tina Oldershaw	1:23.01	Paddock Wood AC
-----------------	----------------	---------	-----------------

Vet60 Male

1 st	Kenneth Saffery	1:43.14	
-----------------	-----------------	---------	--

Vet55 Female

1 st	Liz Sims	2:05.02	
-----------------	----------	---------	--

Winning Team (Male) Folkestone Running Club

Winning Team (Female) Folkestone Running Club

Children's Run:

Winning Boy

1 st	Jensen McNulty		
-----------------	----------------	--	--

Winning Girl

1 st	Evie Eastwood		
-----------------	---------------	--	--

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

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 5,895

Over 1,100 litres of water consumed

Over 2,100 cups used

700 bananas, 720 energy bars and 500 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 73

Sponsors for the event were:

Main sponsor:

Independent Insurance Services / Insure Green

Other key sponsors:

The Roger De Haan Charitable Trust

Other supporters

Water for Work
BJ Scaffolding

Sainsbury's
McDonalds

Geerings Print
Leas Cliff Hall

Silver Spring
Nice Work

Stuart Sprinks Builders
The Trophy Shop

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 4

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

Feedback received so far:

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

My first half for years and I wasn't disappointed. Well-organised with great marshals - thank you for giving up your Sunday morning for us all. The wind was against us for miles 3-7 which made it a real slog. Must be me but when we turned it seemed to drop!! The hill at 12 miles plays mind-games with you and everyone near me walked it but at least you get to charge down it.

Good little race down the sea front, pretty windy on the way out which made it harder. The hill right near the end was horrible and a real leg killer.

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."

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

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.

On behalf of Race Director, Ray Johnson and the Rotary Club of Folkestone, thank you to all those who supported yesterday's 7th Folkestone Rotary Half Marathon.

Our congratulations go to Michael Coleman, from South Kent Harriers, who won the men's race and Tina Oldershaw, from Paddock Wood AC, for winning the ladies' race; and to Folkestone Running Club, for scooping both the men's and ladies' team prizes. The provisional race results are attached and if you have any queries about the results – or you can't find your name - then do drop us a line and we'll look to find you.

Sussex Sports Photography covered the event and photographs from yesterday's race will shortly be available on the Race Gallery here: <http://bit.ly/Folkestone-Rotary-Half-2012-Official-Photos>

This year's Half Marathon was supporting the Kent Association for the Blind (KAB) and other local and international charities and on their behalf, once again, we thank you for your support. You may well have been running for charity and if you would let me know who you were running for and how much you anticipate raising it would be helpful as we are working on a total raised this year. Just reply to this email if you would be so kind – there is a prize for the person who has raised the most!

Next year's race will be on Sunday 29th September 2013 and we have already received a few entries!!

Pictures available on request

Report Ends
Produced by Ray Johnson, Race Director
01.10.2012

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 6

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