



humanity in motion

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

Page 1

PRESS RELEASE

8TH FOLKESTONE ROTARY HALF MARATHON 29TH SEPTEMBER 2013

Forward comment from Race Director:

I am pleased to report we had a very successful day with over 560 registrations. Weather conditions were ideal and there was a terrific atmosphere at the event.

Congratulations to all those who participated.

The race cemented its reputation as one of the County's favourite half marathons and it was a great day with perfect weather and a great atmosphere for the runners. Athletes from all over the south east, both elite and those new to running, enjoyed a great race, with many helping to raise thousands for local charities.

The race was won by Theo Bately, from Deal Tri, in a time of 1:18:48 and two minutes clear of Andrew Fletcher from Folkestone Running Club. Stephen O'Brien also from Folkestone Running Club finished in third place. First lady home was Rona Loubser from Folkestone Running Club with a time of 1:28:38 - improving on her second place finish last year. Second lady was Sarah Mooney from Larkfield Running Club with Nicola Susans also from Larkfield Running Club in third place.

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 the Rotary Club of Folkestone, with the main beneficiary being the Folkestone branch of MIND.

Race Director, Ray Johnson, was 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.

The event will return on Sunday 28th September 2014.

This year we held our second children's race with a large entry of over 50 runners participating.

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

Page 2

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

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, including a performance on the bandstand on The Leas, that encouraged runners to push on.

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 £208,000 has been raised for worthwhile causes. This year's chosen charity is Folkestone & District Mind. 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 including the juniors, 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



Prize Winners for Half Marathon 2013

Open Male

1 st	Theo Bately	1:18.48	Deal Tri Club
2 nd	Andrew Fletcher	1:20.47	Folkestone Running Club
3 rd	Stephen O'Brien	1:21.43	Folkestone Running Club

Open Female

1 st	Rona Loubser	1:28.38	Folkestone Running Club
2 nd	Sarah Mooney	1:31.41	Larkfield AC
3 rd	Nicola Susans	1:33.02	Larkfield AC

Vet40 Male

1 st	Piotr Lazarewicz	1:22.22	Unattached
-----------------	------------------	---------	------------

Vet35 Female

1 st	Sarah Gruber	1:35.14	Sittingbourne Striders
-----------------	--------------	---------	------------------------

Vet 50 male

1 st	Theo Bately	1:18.48	Deal Tri
-----------------	-------------	---------	----------

Vet45 Female

1 st	Alex Wardle	1:43.26	Woodford Green & Essex Ladies
-----------------	-------------	---------	-------------------------------

Vet60 Male

1 st	Mike Lieverman	1:36.21	Lothian Running Club
-----------------	----------------	---------	----------------------

Vet55 Female

1 st	Marion Hovey	1:57.12	Dartford Road Runners
-----------------	--------------	---------	-----------------------

Winning Team (Male) Folkestone Running Club

Winning Team (Female) Folkestone Running Club

Children's Run – 50 participants

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 7,250

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

Academy FM
McDonalds

Geerings Print
Leas Cliff Hall

Easy Loo
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 5

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.

Great coastal run, first half easier than the second due to the wind and the hill! ☺

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

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 6

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

This year we have teamed up with Sussex Sports Photography, who may have your photograph available for purchase online. Simply go to www.bit.ly/Folkestone-Half-2013-Photo-Gallery, put in your race number and see if you can find your picture. You can contact them on 01273 833331.

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 £33,000 was raised.

Next year's race will be on Sunday 28th September 2014 and I would hope you will choose to return to our popular event. You can now book online at www.nice-work.org.uk

Next year's race will be on Sunday 28th September 2014 and we have already received a few entries!!

Pictures available on request

Report Ends
Produced by Ray Johnson, Race Director
30.09.2013

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 7

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