

PRESS RELEASE

1ST FOLKESTONE COASTAL 10K 27TH MAY 2012

'1ST FOLKESTONE COASTAL 10K RACES AHEAD OF EXPECTATIONS'

Forward comment from Race Director:

I am pleased to report we had a very successful day with over 620 registrations which was a terrific result for this first ever race. Weather conditions were hot however there was a terrific atmosphere at the event with many spectators lining the route.

Congratulations to all those who participated. I was particularly pleased that the race now has it's first course records. The winner was Phil Anthony who completed the run in 0:32:25.

The first female home was Maria Heslop, from the Paddock Wood Athletic Club, who achieved a commendable time of 0:38:24. The male team prize went to Ashford AC and Folkestone Running Club had a good result with winning the ladies team prize. Many Kent clubs participated and runners came from London, Surrey and as far as Yorkshire. There was a good team turnout including the IRGR Signal Platoon, Saga Charitable Trust, Gurkhas, Metroline Security and Blue Watch from Maidstone. We already have an entry for next year's race!

It is a fantastic achievement for the runners to complete the course either as an elite runner or a new participant to a 10 kilometre race. 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 sport and I am convinced the excitement of the Olympics have assisted with the brilliant turn out.

It was particularly pleasing that there were so many spectators along the whole route which gave tremendous encouragement to the runners – there must have been hundreds providing support!

First indications are that the event has raised in excess of £20,000 which is a terrific start for many worthwhile causes. This year's event included specific support for Gurkha Memorial Fund, Folkestone Youth Project and local Rotary Clubs for distribution of local causes.

The event went extremely well and help was received with sincere thanks from over 70 marshals and assistants including Folkestone Running Club, Rotary Clubs, Folkestone Harbour and Gurkha Services Link Ltd, B J Scaffolding and the team from Shepway Glass. I would also like to thank Shepway District Council, Folkestone Police and St John 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.folkestonecoastal10k.co.uk

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

Prize Winners for Folkestone Coastal 10K 2012

Open Male

1 st	Phil Anthony	0:32:25
2 nd	Robert Latala	0:33:54
3 rd	Matthew Britton	0:35:22

Open Female

1 st	Maria Heslop	0:38:24	Paddock Wood AC
2 nd	Rona Loubser	0:42:03	Folkestone Running Club
3 rd	Sarah Gruber	0:42:17	

Vet40 Male

1 st	Stephen Earley	0:35:54	Bedford & County AC
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Vet35 Female

1 st	Maria Heslop	0:38:24	Paddock Wood AC
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Vet 50 male

1 st	Kevin Williams	0:37:58	Ashford AC
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Vet45 Female

1 st	Vicky Talbot-Rosner	0:48:02	Invicta East Kent
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Vet60 Male

1 st	Martyn Rouse	0:45:14	Invicta East Kent
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Vet55 Female

1 st	Val Naylor	0:50:13	Sutton-in-Ashfield Harriers & AC
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Winning Team (Male) Ashford AC

Winning Team (Female) Folkestone Running Club

We were delighted that this year's event included such a good field of runners and as Race Director I have received some excellent feedback from runners that wish to return to a 10K race which has proved very popular.

A few points about the race

Total kilometres covered approx 6,130

Over 1,600 litres of water consumed

Over 2,000 cups used

450 bananas, 1,100 energy bars and 320 sports drinks distributed

Both male and female open winners received £100.00 each, sponsored by Independent Insurance Services

All runners received a commemorative trophy and goody bag

Excellent feedback received

Youngest runner was 15 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

Shepway Glass

Metroline Security Ltd

Other supporters

F J Fullick Electrical

BJ Scaffolding

Water for Work

Red Dragon IT

Feedback received so far:

“Good support, nice trophy”

“Sea breezes lessened the pain”

“Definitely 100% will come back again”

“Great atmosphere and spectators kept me going during the pounding heat”

“So well organised, another great event for Folkestone”

"Brilliant day, thanks for all the goodies and well done to everyone that took part :)"

"Thoroughly enjoyed it.....even with dodging a swarm of bees at 5.5k! Love the medal - that was really well thought out, in my opinion"

"Great Race apart from that horrible wind coming back!"

"The race itself.. well thank you so much for such brilliant organisation. All the officials and marshals as per usual for Folkestone events were truly lovely. (I am not a club member so don't get much specific cheering!) Oh the gold running shoe they are brilliant!"

"Well done Ray another hugely successful event. We all thoroughly enjoyed the morning - what next?"

"Ray, Julie says it is worth a wasp sting to get that medal – it's awesome!"

"Excellent PB potential and extremely friendly marshals, excellent trophy and you feel well looked after all the way through"

Text below sent to runners:

Congratulations for finishing the race, you deserve a well-earned pat on the back.

The results will be dispatched to you via e-mail.

In addition, they will be published on www.folkestonecoastal10k.co.uk and do check out the local papers.

We have teamed up with Sussex Sport Photography, who may have your photograph available for purchase online. Please go via our website www.folkestonecoastal10k.co.uk within the results section link.

Many of you have been raising money for charities; please return your sponsorship form as soon as possible to us at the above address. Alternatively, just drop me an email and let me know how much you may have raised so far and for which charity, as it would be great to establish the grand total connected to this first year's race.

Next year's race will be held on the Sunday 26th May 2013 and I would hope you will choose to return to our popular event. You can book online soon via the website.

Thanks for your participation

With regards,
Ray Johnson (Race Director & Organiser)

Next year's race will be on Sunday 26th May 2013 and we have already received a few entries!!

Pictures available on request

Report Ends
Produced by Ray Johnson, Race Director
28.05.2012

About Folkestone Coastal 10K

Set up by Ray Johnson, an experienced marathon runner and Race Director of the popular Folkestone Half Marathon, he wanted to establish in Folkestone a new 10 kilometre race. The aims are to encourage new participants to the sport of running, liaising with Folkestone businesses to attract sponsorship and encourage them to assist with events, attracting people to Folkestone, engaging with the local community to support the event if not running - then spectating!, promoting participants to engage with raising monies for their chosen charities. The events' proceeds support local causes.

The run starts from Folkestone seafront, heads towards Hythe and then returns, whilst taking in the beautiful coastal scenery that the area has to offer. This is a flat promenade route, traffic free and a great race for those who are relatively new to running, but also for those more experienced runners looking for a personal best. The event will be supporting local and international charitable causes, and participants are encouraged to run for their chosen charity.

The event has proved a huge success and will be repeated next year.

NOTE FOR EDITORS:

1. First year established 2012.
2. Many marshals provide assistance free of charge to support the event.
3. Runners are welcome from 15 years old.
4. The course is accurately measured and is held under UK Athletic rules.
5. See website folkestonecoastal10k.co.uk