

# **PRESS RELEASE**

## **FOLKESTONE COASTAL 10K**

### **26<sup>TH</sup> MAY 2013**

#### **'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 650 registrations which was a terrific result, with an increase on last year. Weather conditions were ideal and there was a superb atmosphere at the event with many spectators lining the route.

Congratulations to all those who participated. I was particularly pleased that the course record had been broken by Michael Coleman of South Kent Harriers, the winner at 0:32:09. The first female home was Maria Heslop, from the Paddock Wood Athletic Club, who achieved a commendable time of 0:36:49, beating the previous course record set by herself last year. The male team prize went to Ashford & District RRC, while Paddock Wood AC took the ladies' team prize. Many Kent clubs participated and runners came from London, Scotland and as far as the US. There was a good team turnout in addition to running clubs, including Folkestone Rugby Club, Saga Charitable Trust, Gurkhas and First Early Learners. This year we held our first children's race and over 30 children enjoyed the event.

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 particularly delighted that there were many more runners and spectators than last year.

It was especially 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. Last year's event raised £42,000 and we are set to beat this. This year's event will provide vital support for various projects including the Gurkha Memorial Fund, Home Farm Trust, Folkestone Youth Project and local Rotary Clubs for distribution to local causes.

The event went extremely well and help was received with sincere thanks from over 80 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](http://www.runnersworld.co.uk/events) and [www.folkestonecoastal10k.co.uk](http://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.

Next year's race will be on Sunday 25<sup>th</sup> May 2014 and we have already received a few entries!!

## Prize Winners for Folkestone Coastal 10K 2013

### Open Male

1 <sup>st</sup>	Michael Coleman	0:32:09	South Kent Harriers
2 <sup>nd</sup>	Julian Lings	0:33:45	Enfield Harriers
3 <sup>rd</sup>	Matthew Britton	0:34:57	Ashford AC

### Open Female

1 <sup>st</sup>	Maria Heslop	0:36:49	Paddock Wood AC
2 <sup>nd</sup>	Tina Oldershaw	0:37:40	Paddock Wood AC
3 <sup>rd</sup>	Clare Reeves	0:40:02	Bexley

### Junior Male

1 <sup>st</sup>	Robert Eveson	0:38:43	
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### Junior Female

1 <sup>st</sup>	Georgina Ogborn	0:54:15	
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### Vet40 Male

1 <sup>st</sup>	Daniel Green	0:37:00	Ashford & District RRC
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### Vet35 Female

1 <sup>st</sup>	Sarah Gruber	0:41:31	Sittingbourne Striders
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### Vet 50 male

1 <sup>st</sup>	David Child	0:36:37	Kent AC
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### Vet45 Female

1 <sup>st</sup>	Maria Heslop	0:36:49	Paddock Wood AC
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### Vet60 Male

1 <sup>st</sup>	Daniel Porte	0:45:47	
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### Vet55 Female

1 <sup>st</sup>	Penny Birchall	0:46:00	Canterbury Harriers
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**Winning Team (Male)** Ashford & District RRC

**Winning Team (Female)** Paddock Wood AC

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 who wish to return to a 10K race which has proved very popular. Excellent media coverage has been achieved by the local media, including Academy FM, and this year's event was also featured on ITV Meridian.

<http://www.itv.com/news/meridian/story/2013-05-26/mini-marathon-success/>

### A few points about the race

Total kilometres covered approx 6,130

Over 1,400 litres of water consumed

Over 2,000 cups used

500 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 oldest runner was 80

Many prize cups and trophies distributed for various categories

**Sponsors for the event were:**

**Main sponsor:**

## **Independent Insurance Services & Insure Green**

### **Other key sponsors:**

The Roger De Haan Charitable Trust                      KLM  
Shepway Glass                      Folkestone Harbour                      Metroline Security Ltd                      F J Fullick Electrical

### **Other supporters**

BJ Scaffolding                      Wellbeing People                      Red Dragon IT                      Burlington Hotel  
Gurkha Services Link Ltd                      Earlscliffe                      Aspray  
Readings Louden                      Folkestone Hoteliers Association                      The Good Estate Agent

### **Feedback received so far:**

“Good support, nice trophy”

“We had an enjoyable time and congratulations on a well organised and managed event.”

“Thoroughly enjoyed it and looking forward to my first half with you in September.”

“The support and marshaling along the route was superb and the souvenir trainer is just ace.”

“Well marshalled and great support along the route.”

“Good mix of runners. Brilliant unique trophy (gold running shoe!)”

“Definitely 100% will come back again”

“So well organised, another great event for Folkestone”

“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 ?”

### **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](http://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](http://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 year's race.

Next year's race will be held on the Sunday 25th May 2014 and I would hope you will choose to return to our popular event. You can soon book online via the website.

Thanks for your participation

With regards,  
Ray Johnson (Race Director & Organiser)  
[ray@independentinsuranceservices.co.uk](mailto:ray@independentinsuranceservices.co.uk)

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*Pictures available on request*

**Report Ends**  
**Produced by Ray Johnson, Race Director**  
**28.05.2013**

### **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 for the main race
4. The course is accurately measured and is held under UK Athletic rules.
5. See website [folkestonecoastal10k.co.uk](http://folkestonecoastal10k.co.uk)
6. Featured on ITV Meridian News 2013
7. Chip timing introduced 2013
8. Children's race introduced 2013
9. Crowds & runners exceeded previous year
10. 2012 total raised £42,000, set to beat this.
11. Next year's race takes place on Sunday 25<sup>th</sup> May 2013.
12. Pictures may be downloaded and used from [www.folkestonecoastal10k.co.uk](http://www.folkestonecoastal10k.co.uk), within the results section