

## **PRESS RELEASE**

# **11<sup>th</sup> FOLKESTONE COASTAL 10K SUNDAY 29<sup>th</sup> MAY 2022**

**'FOLKESTONE COASTAL 10K RACE – new record turnout, ideal conditions, sold out event (third year) along with superb feedback'.**

### **Forward comment from Race Director:**

Wow, what a tremendous 11<sup>th</sup> year race. We sold out quickly with our highest ever record of 1,000 entries and ideal weather conditions. After months of planning it was so nice to have a normal race with the start back to normal and the Children's race returning along with a super crowd of spectators and not forgetting our fabulous volunteers and helpers. This year we introduced a virtual option and some runners enjoyed running on cruise ships.

With entries on the main race from as far as Newquay with over 35 running clubs participating from all over the country along with many fun runners all enjoyed a welcome back to competitive running. An enthusiastic field of nearly 800 runners lined up on Folkestone promenade on Sunday for the start of the popular 11<sup>th</sup> Folkestone Coastal 10K. The course records remain and those elite athletes competing have already confirmed they will be back next year for the challenge.

This year we enjoyed support from our title sponsor SAGA and many other companies. Our ever reliant marshal teams from the various Rotary Clubs and the welcomed Police Cadets along with many volunteers certainly did the event proud. In addition, the local business community entered many teams including SAGA, Church & Dwight, Folkestone College, Sleeping Giant Media and Jenner's Construction for the first time. They along with many individuals are raising funds for many good causes.

Already we have received excellent feedback and families and supporters who enjoyed the atmosphere who were so enthusiastic. I was pleased to see a few newcomers at 15 years old to one runner of 85.

Congratulations to all those who participated. This year's winner Marshall Smith of the mighty Ashford AC at 31:23 and similarly the ladies' winner was Meaghan Marchant of Cambridge Harriers who achieved an outstanding 35:07. Both will receive the winner's prize supported by SAGA. My heartiest congratulations to both runners who clearly pushed incredibly hard within an extremely competitive field.

The male team prizes went to Dover Road Runner and female team prizes were awarded once again to Cambridge Harriers. In addition the corporate team prizes for both categories were won by SAGA who had a very large field of runners.

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 from the outset in 2012, the London Olympic year are to encourage participation for all abilities, assist charities, visit our district and promote good health, as well as increase the profile of sport and I am particularly delighted that there was such a good turnout. Thanks to you all.

First indications are that the event has raised good and timely funds for many worthwhile causes including The Rainbow Centre, Gurkha Memorial Fund, Folkestone Youth Project, The Sports Trust, Folkestone Rescue, Touchbase and local Rotary Clubs for distribution to local causes.

The event went extremely well without any incidents, and help was received with sincere thanks from over a record 95 marshals and assistants including both Folkestone, Hythe & Deal Rotary Clubs, Nice Work, Police Cadets, Folkestone College and many local support volunteers. I would also like to thank our many sponsors in particular SAGA, Folkestone & Hythe District Council and Folkestone Police 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, encouragement from marshals and most importantly holding the event safely. They also thoroughly enjoyed the course and the seafront areas as well as an extensive goody bag!

Further feedback / information can be viewed by going to: [www.folkestonecoastal10k.co.uk](http://www.folkestonecoastal10k.co.uk) & <https://www.nice-work.org.uk/races/folkestone-coastal-10k>

Next year's race will return on Sunday 28th May 2023 and we have already received a few entries!!

### Prize Winners for Folkestone Coastal 10K 2022

#### Open Male

1	00:31:24	00:31:23	Marshall Smith	Ashford AC
2	00:32:13	00:32:13	Cole Gibbens	Invicta East Kent
3	00:33:14	00:33:13	Karl Gloster	

#### Open Female

1	00:35:07	00:35:07	Megan Marchant	Cambridge Harriers
2	00:36:17	00:36:15	Jude Wood	Thanet Road Runners AC
3	00:37:28	00:37:27	Imogen Amos	Tonbridge AC

#### Winning Team (Male)

1	Dover Road Runners
2	Pets Wood Runners
3	Ashford & District RRC

#### Winning Team (Female)

1	Cambridge Harriers
2	Folkestone RC
3	Pets Wood Runners

#### Corporate Teams

Female SAGA

Male SAGA

Children's  
Boy: Adrian  
Girl: Danika

Detailed results here: <https://www.nice-work.org.uk/races/folkestone-coastal-10k/2022>

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 extremely popular. Excellent media coverage has been achieved by the local media, including the local press, Academy FM and Radio Kent.

#### A few points about the race

Back to normal after completing Covid-19 compliant events in 2020 & 2021  
Total kilometres covered approx. 9,820

Over 1,250 litres of water consumed  
Both male and female open winners received £100.00 each, sponsored by SAGA  
All runners will receive a commemorative medal.  
Excellent feedback received  
Youngest runner was 15 and the oldest runner was 85  
Many prizes will be distributed for various categories

### **Sponsors for the event were:**

SAGA  
The Roger De Haan Charitable Trust  
Folkestone College  
Church & Dwight  
Sleeping Giant Media  
Chaos Cards  
Leas Cliff Hall  
Livingstone Homes  
Specsavers  
Jenner's Construction  
Martello Building Consultancy  
Motis Estates  
Burlington Hotel  
The Workshop  
Brachers Solicitors  
Cliff Restaurant  
Folkestone & Hythe Caterers Association  
The Good Estate Agency  
Home Instead  
Holiday Extras

### **Other supporters**

Drive Marketing  
Folkestone & Hythe District Council  
Nicework  
Kevin Daly  
Podplus  
Academy FM  
McDonalds  
Police Cadets  
Folkestone College  
Rotary Clubs within the district  
Folkestone Running Club

**Report Ends**  
**Produced by Ray Johnson, Race Director**  
**30/05/2022**

### **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 in 2012 in advance of the Olympics. 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. Main Sponsor SAGA from 2021 race
3. Course record entries 2021
4. All marshals provide assistance free of charge to support the event.
5. Runners are welcome from 15 years old for the main race
6. The course is accurately measured and is held under UK Athletic rules.
7. See website full permission granted with no credits required:
8. [www.folkestonecoastal10k.co.uk](http://www.folkestonecoastal10k.co.uk)
9. Featured on ITV Meridian News 2013
10. Chip timing introduced 2013
11. Children's race introduced 2013
12. Crowds & runners exceeded previous year
13. 2016 total raised £42,000, set to beat this.
14. Next year's race takes place on Sunday 28<sup>th</sup> May 2023
15. Pictures may be downloaded and used from [www.folkestonecoastal10k.co.uk](http://www.folkestonecoastal10k.co.uk), within the results section
16. Disposable chip timing introduced 2014
17. Enhanced goody bag and website introduced 2020
18. Enhanced chip timing introduced with full results and spread report 2019
19. Covid-19 conditions and audit by UK Athletics met 2020
20. First year Sold Out 2020
21. New course record at 31:02 in 2020 & Female record at 34:45
22. Maximum limit exceeded 2022
23. Virtual included with participants on cruises

Race Director & Event organiser

**Ray Johnson**

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