

PRESS RELEASE

FOLKESTONE COASTAL 10K

29th MAY 2016

'FOLKESTONE COASTAL 10K RACE – good turnout and a great event'

Forward comment from Race Director:

I'm delighted that there was a terrific turnout for this year's race, with over 650 entrants and good support along the whole course, with the crowds and marshals creating a great atmosphere. Unlike last year, we enjoyed fair weather conditions for our fifth Folkestone Coastal 10K. The children's race was well-attended with great enthusiasm from these budding athletes of the future.

Congratulations to all those who participated, and in particular this year's winner Robert Latala who came in at an excellent 0:33:09. Similarly the ladies winner, former Australian Olympian Natalie Harvey of South London Harriers, achieved an outstanding 0:37:31. Martin Conway also beat his personal best by 2.5 minutes and came in at an outstanding finishing time of 30:08 as a wheelchair participant.

The male and female team prizes were awarded to the home team of Folkestone Running Club. Many Kent clubs participated and runners came from London and as far as Scotland. There was a good team turnout including Rebel Runners, who brought a big contingent down from Medway, as well as Jelly Legs from Hawkinge, in addition to other running clubs.

This year's children's race enjoyed a good field of over 30 runners, and the winner was Charlie Goodgier from Folkestone Running Club, followed closely by Isabelle Young, the first girl home.

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 £25,000 which is a terrific start for many worthwhile causes. Last year's event raised £40,000 and we are set to beat this. This year's event will provide vital support for various projects including the Maiti Nepal project, The Rainbow Centre, Gurkha Memorial Fund, Step Short, Folkestone Youth Project, Green Kordofan 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, B J Scaffolding and the Hire Station. I would also like to thank Shepway 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, 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

Next year's race will be on Sunday 28th May 2017 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2016

Open Male

1 st	Robert Latala	0:33:09	
2 nd	Lloyd Worsley	0:33:50	Folkestone RC
3 rd	Nathan Chapman	0:34:42	Medway & Maidstone AC

Open Female

1 st	Natalie Harvey	0:37:31	South London Harriers
2 nd	Sarah Pennington	0:40:47	Southend AC
3 rd	Deborah Jeffrey	0:41:13	Folkestone RC

Junior Winner

1 st	Joseph Witby	0:39:11	Invicta East Kent
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Junior Female

1 st	Izabelle Mitchell	0:49:10	
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Winning Team (Male) Folkestone Running Club

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 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 Radio Kent.

A few points about the race

Total kilometres covered approx 5,200

Over 1,400 litres of water consumed

Over 1,200 cups used

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 medal, goody bag and vouchers

Excellent feedback received

Youngest runner was 15 and the oldest runner was 79

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

Folkestone Harbour

Strickland Accountancy

Metroline Security Ltd

The Burlington Hotel

Gurkha Palace

F J Fullick Electrical

Other supporters

BJ Scaffolding

Folkestone Hoteliers Association

Pod Plus

The Good Estate Agent

Feedback received so far:

“Many thanks for organising this race, my son and I were very impressed with everything that went in to it.”

Message from Wheelchair entrant Martin Conway...“Thank you so much to everyone that accommodated me, the cyclist assisting me was much appreciated and the atmosphere was great. This is one of the best races I have been to.”

“We had a fabulous morning. Well done, the organisation was superb!”

“Had a great day, can't wait to come back to next year's race.”

“100% race, really enjoyed it. Great spectators and marshals.”

“Well marshalled and great support along the route.”

“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!)”

“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 – or even better, a free cup of tea/coffee and a slice of cake, sponsored by Independent Insurance Services & The Workshop

The results will be dispatched to you via e-mail and will be available via <http://niceworkevents.blogspot.co.uk/>, www.folkestonecoastal10k.co.uk and in the local papers.

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 28th May 2017 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

Pictures available on request

Report Ends
Produced by Ray Johnson, Race Director
31.05.2016

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
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. 2014 total raised £42,000, set to beat this.
11. Next year's race takes place on Sunday 28th May 2017.
12. Pictures may be downloaded and used from www.folkestonecoastal10k.co.uk, within the results section
13. Disposable chip timing introduced 2014
14. Enhanced goody bag and website introduced 2014
15. Complimentary tea/coffee and a slice of cake given to participants from Step Short within the harbour, sponsored by Independent Insurance Services & The Workshop