

PRESS RELEASE

8th FOLKESTONE COASTAL 10K 26th MAY 2019

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

Forward comment from Race Director:

A field of over 700 runners lined up Folkestone promenade in ideal running conditions on Sunday for the start of the 8th Folkestone Coastal 10K. There was a terrific turnout of runners where we have had excellent feedback along with families and supporters for the event. Many spectators lined the route along the whole course and there was a great atmosphere. The children's race was well-attended with over 40 children participating with great enthusiasm from these budding athletes of the future.

Congratulations to all those who participated, and in particular this year's winner Tom Millard of South Kent Harriers who came in at an excellent 0:34:05. Similarly the ladies' winner was Becky Morrish who achieved an outstanding 0:40:17.

The male team prizes went to Folkestone Running Club and female team prizes were awarded to Ashford and District Road Running Club. Many Kent clubs participated and runners came from London and as far as Glasgow. There were also many other teams from running clubs and charities participating.

This year's children's race enjoyed a good field of over 40 runners, and the winners were Thomas Calendar (boys) and Caitlin Hancock (girls).

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 £30,000 which is a terrific start for many worthwhile causes. Last year's event raised around £35,000 and we are set to beat this. This year's event will provide vital support for various projects including The Rainbow Centre, Gurkha Memorial Fund, Folkestone Youth Project, Green Kordofan, Touchbase 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, the Hythe, Channel & Folkestone Rotary Clubs and Folkestone Harbour. I would also like to thank 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, 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 31st May 2020 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2019

Open Male

1 st	Tom Millard	0:34:05	South Kent Harriers
2 nd	James Sullivan	0:34:20	Springfield Striders RC
3 rd	Daniel Voller	0:35:39	Folkestone Running Club

Open Female

1 st	Becky Morrish	0:40:17	
2 nd	Briony Walsh	0:41:32	Ashford AC
3 rd	Becky Macey	0:43:56	Ashford & District RRC

Junior Winner

1 st	Thomas Clayton	0:45:10	Folkestone Running Club
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Junior Female

1 st	Anna Coombs	0:48:30	
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Winning Team (Male) Folkestone Running Club

Winning Team (Female) Ashford & District RRC

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 7,000

Over 1,400 litres of water consumed

Over 1,000 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 81

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

Metroline Security Ltd

East Kent College

TruGym

Folkestone Harbour

Other supporters

Folkestone Hoteliers Association

The Cliffe Restaurant

Pod Plus

Feedback received so far:

“Great event, great weather. Really enjoyed the run and atmosphere.”

“Very enjoyable run, excellent support from friendly spectators throughout the route. Worth the drive down from Croydon and definitely be up for doing next year.”

“Really lovely route, friendly and encouraging marshals and a great atmosphere. A lovely first 10K. Thank you for organising.”

“Very friendly atmosphere and helpful marshals.”

“Fantastic fundraising event, proud to be a volunteer.”

“Thank you to the team and for the goody bag.”

“Thanks to all the marshals. I couldn’t say it on the way round as I couldn’t breathe!”

“Five stars, beautiful run, many thanks.”

Report Ends
Produced by Ray Johnson, Race Director
28.05.2019

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. 2016 total raised £42,000, set to beat this.
11. Next year's race takes place on Sunday 31st May 2019
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. Enhanced chip timing introduced with full results and spread report 2019