

PRESS RELEASE

9th FOLKESTONE COASTAL 10K 6th SEPTEMBER 2020

'FOLKESTONE COASTAL 10K RACE – superb turnout, a much welcomed sold out event along with a two new course records'

Forward comment from Race Director:

Well that was different! After months in planning having postponed the event from the usual May period due to coronavirus all enjoyed a welcome back to competitive running. A restricted field of over 300 runners lined up on Folkestone promenade in ideal running conditions on Sunday for the start of the popular 9th Folkestone Coastal 10K. The course records were also smashed by Charlie Brisley at 31:02 and Molly Dixon at 34:45.

Runners set off in waves of 12 for distancing requirements after a temperature check to comply with the new Covid-19 rules set by UK Athletics. We were not permitted to hand out our medals and trophies, but these will be despatched in the post.

Already we have received excellent feedback and families and supporters enjoyed the atmosphere who lining the route along the whole course to prevent crowding. I was pleased to see a few newcomers at 15 years old to one runner at 85.

Congratulations to all those who participated. This year's winner Charlie of Invicta East Kent and similarly the ladies' winner was Holly Dixon of Cambridge Harriers who achieved an outstanding 34:45. My heartiest congratulations to both runners who clearly pushed incredibly hard.

The male team prizes went to Medway & Maidstone AC and female team prizes were awarded to Cambridge Harriers. Many Kent clubs participated, and runners came from London and as far as Cambridge. There were also many other teams from running clubs and charities participating.

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 are to encourage participation, 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 during these challenging times. 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, 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 70 marshals and assistants including Hythe, Channel & Folkestone Rotary Clubs, Nice Work and many local support volunteers. I would also like to thank our many sponsors and 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.

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

Next year's race will be on Sunday 30th May 2021 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2020

Open Male

NEW MENS COURSE RECORD 2020:

1 st	Charlie Brisley	0:31:02	Invicta East Kent
2 nd	Ben Tyler	0:32:09	Medway & Maidstone AC
3 rd	Toby Smith	0:32:56	

Open Female

NEW FEMALE COURSE RECORD 2020:

1 st	Holly Dixon	0:34:45	Cambridge Harriers
2 nd	Ollie Welch	0:37:02	
3 rd	Jill Cliff	0:39:15	Deal Tri

Winning Team (Male) Medway & Maidstone AC

Winning Team (Female) Cambridge Harriers

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

Covid-19 compliant event

Total kilometres covered approx. 3,300

Over 152 litres of water consumed

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

All runners will receive a commemorative medal in the post!

Excellent feedback received

Youngest runner was 15 and the oldest runner was 85

Many prize cups and trophies will be distributed for various categories

Sponsors for the event were:

The Roger De Haan Charitable Trust
Folkestone College
Metroline Security Ltd
Alliance Building
Independent Insurance Services

Other supporters

Folkestone Hoteliers Association
Drive Marketing
Folkestone & Hythe District Council

Feedback received so far:

"Thank goodness you guys have done this race its my first since March and I have been desperate to get going again."

"Well done to Ray & Nicework a very enjoyable run, excellent support from friendly spectators throughout the route. Worth the drive down from London and definitely be up for doing it next year."

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

“A big thanks to the marshals who gave my son a big shout out on his first ever 10K.”

“Brilliant you provided such a great day for us with this virus stuff going on!”

“Thank you to the team.”

“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
07/09/2020

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. All 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 www.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 30th May 2021
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 2020

15. Enhanced chip timing introduced with full results and spread report 2019
16. Covid-19 conditions and audit by UK Athletics met 2020
17. First year Sold Out 2020
18. New course record at 31:02 in 2020 & Female record at 34:45