

PRESS RELEASE

10th FOLKESTONE COASTAL 10K SUNDAY 30th MAY 2021

'FOLKESTONE COASTAL 10K RACE – record turnout, ideal conditions, sold out event along with superb feedback'.

Forward comment from Race Director:

Wow what a fantastic 10th anniversary race. We sold out quickly with over 900 record entries and ideal weather conditions. After months of planning and keeping coronavirus compliant we soon received entries from as far as Birmingham with many running club members participating from all over the country and many fun runners enjoyed a welcome back to competitive running. A restricted field of over 900 runners lined up on Folkestone promenade on Sunday for the start of the popular 10th Folkestone Coastal 10K. The course records remain and those elite athletes competing have already confirmed they will be back next year for the challenge.

Runners set off at various times in waves over a one-hour duration to comply with the revised Covid-19 rules set by UK Athletics. This year we enjoyed support from our title sponsor SAGA and many other companies as well as new marshal teams from the Police Cadets and Folkestone College. In addition, the local business community entered many teams including SAGA, Church & Dwight, Folkestone College and Metroline 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 enjoyed the atmosphere who were, suitably distanced of course and lined the route along the whole course to prevent crowding. I was pleased to see a few newcomers at 15 years old to one runner of 84.

Congratulations to all those who participated. This year's winner Ed Bovington of the mighty Istead & Ifield Harriers at 31:08 and similarly the ladies' winner was once again Holly Dixon of Cambridge Harriers who achieved an outstanding 34:45. 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. Teams did well and this year's corporate was won by SAGA.

The male team prizes went to Medway & Maidstone AC and female team prizes were awarded to Cambridge Harriers.

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 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 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 without any incidents, and help was received with sincere thanks from over a record 90 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.

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 29th May 2022 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2021

Open Male

1 st	Ed Bovington	0:31:08	Istead & Ifield Harriers
2 nd	Ben Tyler	0:31:41	Medway & Maidstone AC
3 rd	David Bradley	0:31:43	Tonbrige AC

Open Female

1 st	Holly Dixon	0:34:51	Cambridge Harriers
2 nd	Phoebe Barker	0:37:07	Tonbridge AC
3 rd	Becky Morrish	0:38:46	Paddock Wood AC

Winning Team (Male)

1. Medway & Maidstone AC 01:42:37
2. Folkestone RC 01:46:58
3. Ashford AC 01:47:56

Winning Team (Female)

1. Cambridge Harriers 02:06:59
2. Folkestone RC 02:19:24
3. Dover Road Runners 02:20:57

Corporate Teams

Female SAGA 02:44:20
Male SAGA 02:06:38

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

Covid-19 compliant event

Total kilometres covered approx. 8,290.

Over 900 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 84

Many prize cups and trophies will be distributed for various categories

Sponsors for the event were:

SAGA

The Roger De Haan Charitable Trust

Folkestone College

Church & Dwight

Metroline Security Ltd

Livingstone Homes

Specsavers

Jenners

Martello Building Consultancy

Motis Estates#

Burlington Hotel

The Workshop

Brachers Solicitors

Cliff Restaurant

Folkestone & Hythe Caterers Association

The Good Estate Agency

Home Instead

Other supporters

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

Report Ends
Produced by Ray Johnson, Race Director
01/06/2021

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
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 29th May 2022
15. Pictures may be downloaded and used from 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

Race Director & Event organiser

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