

PRESS RELEASE

14th FOLKESTONE COASTAL 10K SUNDAY 25th MAY 2025

'FOLKESTONE COASTAL 10K RACE – again a new record turnout, ideal conditions although a little breezy, sold out event (sixth year running) highest ever running attendance for an event in Folkestone area along with superb feedback and virtual cruise ship participation'.

Forward comment from Race Director:

Nine hundred and fifty-two runners - a record number - gathered on a blustery promenade to take award winning Folkestone Coastal 10k. The race has grown in popularity in recent years and 2025 proved to be a sell-out year. It's no wonder; the race combines a heady mix of breezy seaside racing with fantastic running folk and an unrivalled finish line atmosphere.

The Folkestone Coastal 10k also raises valuable funds for local causes. This year's charity was The Sports Trust. This extraordinary organisation celebrates sports as a powerful tool for social improvement, working across local schools, sports clubs and communities to remove barriers to sports participation and promote the fundamental belief that sport and exercise are essential components of a healthy and unified society.

This year's race was accompanied by a robust headwind and so those chasing a personal best time may have found that it alluded them on this occasion. Nevertheless, it was all smiles as our runners charged across the finish line after ten gloriously invigorating kilometres. They were greeted by cheering crowds, a bespoke medal and, thanks to some generous sponsors, some rather unique finish line goodies - a lovely detail of the race that proves hugely popular with the runners. Whilst the course records remain undefeated (and not surprising under the conditions!) this year's winners brought home some spectacular results; Weghata Zerom came across the finish line in a magnificent 00:33:19 whilst Becky Morrish of Paddock Wood AC accomplished her win in just 00:39:04. We hope that both Weghata and Becky will return next year to defend their wins and take another shot at the course records in what we are certain, will be another breath-taking year of racing.

With entries from as far as Birmingham and over 38 running clubs participating from all over the country along with many fun runners, all enjoyed a welcome competitive race.

In addition, we had two SAGA cruise ships enjoying the virtual option with over a record 200 participants, both crew and guests raising funds for good causes.

This year we enjoyed support from our title sponsor SAGA and primary sponsor Alcaline Transport and many other companies. Our ever-reliant marshal teams from the various Rotary and running clubs along with many volunteers notably the Police Cadets and Folkestone College certainly did the event proud. In addition, the local business community entered many teams including SAGA, Jenner Construction, Church & Dwight, Brachers Solicitors and a new crew from the Leas Lift team Apex.

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

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 objective of the race from the outset in 2012 the Olympic year as Race Director and event organiser was to bring the London Marathon experience to Folkestone having completed 25 consecutive races. Most importantly 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 a record year once again. As always, my thanks to you all.

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

The event went extremely well without any mayor incidents, and help was received with sincere thanks from over a record 86 marshals and assistants including both Folkestone & Hythe Rotary Clubs, Nice Work and many local support volunteers.

I would also like to thank our many sponsors in particular SAGA, Alcaline Transport, Church & Dwight, Holiday Extras, The Roger De Haan Charitable Trust, Eurotunnel, Jenner Construction, Folkestone & Hythe District Council & L&D Restaurant.

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 gifts from Church & Dwight comprising many products from their factory in Folkestone, Water from Macdonald's Folkestone, Gift Vouchers from Podplus and goodie bags from Alcaline.

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 return on Sunday 31st May 2026 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2025

Open Male

1. Wegahta Zerom - Unattached - 33:19

Open Female

1. Becky Morrish - Paddock Wood Ac - 39:04

Winning Team (Male)

1	Maidstone Harriers Run & Tri	1:47:12	
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Winning Team (Female)

1	Folkestone Running & Athletics Club	2:11:25	
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Corporate Teams

SAGA

Children's Boy: TBA
 Girl: TBA

Detailed results here: [Nice Work Race Management : Folkestone Coastal 10k \(nice-work.org.uk\)](http://Nice Work Race Management : Folkestone Coastal 10k (nice-work.org.uk))

A few points about the race

Total kilometres covered approx. 9,680

Over 9,000 litres of water consumed

Both male and female open winners received £100.00 each, sponsored by SAGA

All runners received 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:

Title/main Sponsor: SAGA

Premium Sponsor: Alcaline Transport & Aviation

Church & Dwight

The Roger De Haan Charitable Trust

Eurotunnel

Holiday Extras

Folkestone & Hythe District Council

L&D Restaurant

KAP

Jenner's Construction

McDonalds Folkestone

View Hotel

Martello Building Consultancy

Burlington Hotel

Cliff Restaurant

Folkestone & Hythe Caterers Association

Frederic Hall Solicitors

EDF Energy

Clifton Hotel
Motis Estates

Other supporters

Oak Creative
Folkestone & Hythe District Council
Nicework
Kevin Daly
Podplus
Prater Raines
Folkestone Radio
Rotary Clubs within the district
Café 4 U

Report Ends
Produced by Ray Johnson, Race Director
26/05/2025

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 supports 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 2025 and sold out each year since
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. Pictures: See website full permission granted with no credits required:
8. www.folkestonecoastal10k.co.uk
9. Featured on ITV Meridian News 2013, 2024 & BBC 2024.
10. Chip timing introduced 2013

11. Children's race introduced 2013
12. Crowds & runners exceeded previous year
13. 2025 total raised so far £62,000
14. Next year's race takes place on Sunday 31st May 2026
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
22. Maximum limit exceeded 2022
23. Virtual included with participants on cruises over 229 entries 2024
24. Record year on turnout 2025

Race Director & Event organiser

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