

PRESS RELEASE

12th FOLKESTONE COASTAL 10K SUNDAY 28th MAY 2023

'FOLKESTONE COASTAL 10K RACE – new record turnout, ideal conditions, sold out event (fourth year) along with superb feedback and virtual cruise ship participation'.

Forward comment from Race Director:

Today, we were joined by a wonderful community of runners along a sun-drenched promenade in Folkestone for this sell-out race. Standing tall against a clear blue sky, the start flag danced about in the breeze, announcing that the hotly anticipated Folkestone Coastal 10k had now finally arrived. The air was thick with racing revelry and delight as runners began to file into place. And then at the sound of the klaxon more than 850 runners spilled across the starting mats to cheers and applause.

They were magnificent, each one putting in a stupendous performance, the result of steely determination and many long hours of training. This wonderful race is a highlight in the racing calendar, raising valuable funds for local charities.

The first male and female runners to come home across the mats were Marshall Smith (Ashford AC) and Imogen Amos (Tonbridge AC) finishing in spectacular time at 00:32:04 & 00:37:38 respectively. As each racer poured themselves across the finish line, there were celebratory hi-fives and hugs, whoops of delight and tears of joy and relief; it was an incredible display of endurance and finish-line emotion. A spectacular day of racing was had by all.

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 100 participants, both crew and guests raising funds for the Channel Rotary Million Mile challenge.

This year we enjoyed support from our title sponsor SAGA and many other companies. Our ever-reliant marshal teams from the various Rotary and running clubs along with many volunteers certainly did the event proud. In addition, the local business community entered many teams including SAGA, Jenner Construction, Church & Dwight and Folkestone College.

They along with many individuals are raising funds for many good causes.

Already we have received excellent feedback from families and supporters who enjoyed the atmosphere and were so enthusiastic. I was pleased to see a few newcomers at 15 years old to one runner of 86.

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 London Olympic year is 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. 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, The Sports Trust, Folkestone Rescue, 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 98 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 as well as an extensive gifts!

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 26th May 2024 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2023

Open Male

| | | | | |
|---|-------|--|----------------|------------|
| 1 | 32:04 | | Marshall Smith | Ashford AC |
|---|-------|--|----------------|------------|

Open Female

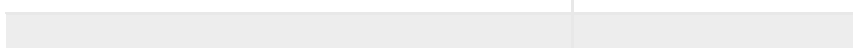
| | | | | |
|---|-------|--|-------------|--------------|
| 1 | 37:38 | | Imogen Amos | Tonbridge AC |
|---|-------|--|-------------|--------------|

Winning Team (Male)

| | | |
|---|--|-------------------------|
| 1 | | Folkestone Running Club |
|---|--|-------------------------|

Winning Team (Female)

| | | |
|---|--|------------|
| 1 | | Ashford AC |
|---|--|------------|



Corporate Teams

Female SAGA

Male SAGA

Children's
Boy: TBC
Girl: TBC

Detailed results here: <https://results.sporhive.com/events/7067064168887728896>

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 wished 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

Total kilometres covered approx. 8,500

Over 1,250 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 86

Many prizes will be distributed for various categories

Sponsors for the event were:

SAGA

The Roger De Haan Charitable Trust

Alcaline Transport & Aviation

Folkestone College

Church & Dwight

Leas Cliff Hall

Livingstone Homes

Jenner's Construction

Blue Bridge Property Group

Martello Building Consultancy

Motis Estates

Burlington Hotel

The Workshop

Brachers Solicitors

Cliff Restaurant

Folkestone & Hythe Caterers Association

The Good Estate Agency

Clifton Hotel

Home Instead

Holiday Extras

Other supporters

Drive Marketing

Folkestone & Hythe District Council

Nicework

Kevin Daly

Podplus
Academy FM
McDonalds
Rotary Clubs within the district
Folkestone Running Club

Report Ends
Produced by Ray Johnson, Race Director
28/05/2023

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 26th May 2024
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 2023
23. Virtual included with participants on cruises over 110 entries 2023

Race Director & Event organiser

Ray Johnson

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