

PRESS RELEASE

15th FOLKESTONE COASTAL 10K SUNDAY 31st MAY 2026

'FOLKESTONE COASTAL 10K RACE – new courses record, ideal conditions although a little warm, sold-out event, highest ever running attendance for an event in Folkestone area along with superb feedback and record virtual cruise ship participation'.

Forward comment from Race Director:

Almost one thousand runners gathered on the prom at Folkestone to take part in the 15th edition of the award-winning & beloved Folkestone Coastal 10k. In the past, this race has proven to be a challenge with robust headwinds and unruly waves, but this year saw a marginal reprieve from a blistering heat wave and barely any wind... leading to some truly stunning results and a fair few PB's!

This event sees runners race alongside the sea from Folkestone to Hythe and back again and it's easy to see how it's grown in popularity in the last few years to become a sell-out hit amongst the local running community; a revitalising seaside race with stunning views, fantastic support and some stunning race day vibes all conspire to make The Folkestone Coastal 10k an absolute corker.

The Folkestone Coastal 10k raises valuable funds for local causes, raising up the community. This year's main charity was, once again, The Sports Trust, an extraordinary organisation that celebrate sports as a powerful tool for social improvement. The Sports Trust work in local schools, sports clubs and communities to remove barriers to sport participation and promotion the fundamental belief that sport and exercise are essential components of a healthy and unified society.

Taking in the scenes at Race HQ and the start line, you can see this belief in action; a community full of smiles and out in force to support each other, race together and help raise funds for their community, together; it's an extraordinary thing to behold. But, The Sports Trust was in no way the only recipient of this year's race which, through individual fundraising efforts and close ties to the Folkestone Rotary Club, supports other charitable organisations in the community.

The race attracts both club runners, professional athletes and fun runners. As always, they were cheered across the finish line by enthusiastic crowds and rewarded with a bespoke medal and some unique and thoughtful goodies and tote bag - a rather lovely race detail that this event is famed for. There were also cash prizes for the leading male and female, generously sponsored by SAGA and adding a finishing flourish to the race day vibes.

This year, The Folkestone Coastal 10k garnered some truly astonishing results including a new course record; Charlie Brisley of Newham & Essex Beagles AC crossed the finish line in a blistering 00:29:50 to take home first male beating the course record (31:02 - also broken by Charlie!) whilst Catherine Kandie of Kent AC took first female in just 00:37:56. Whilst we look forward to seeing both Charlie and Catherine defend their wins next year, it has to be said that every single runner that stormed the finish line ran a magnificent race and gave their all. Whilst the heatwave was slightly more forgiving than in previous days, it was still incredibly warm conditions and every one that took part put in a truly inspiring performance.

Of course, the race would not be complete without the support it receives from it's sponsors and community. Once again, the Police Cadets were out in force and this year saw SAGA return as headline sponsors, whilst a clutch of other wonderful, community orientated organisations helped to ensure that this race returned, bolder and brighter than ever before. Our thanks goes out not only to SAGA, but Church & Dwight, The Roger De Haam Charitable Trust, Holiday Extras, Oak, Jenner, Pod+, Motis Estates, KAP, Voco Clifton, Eurotunnel, Prainer Raines, The Cliffe Bar & Kitchen, Livingstone Homes, Folkestone College, Martello Consultancy, Folkestone Care Centre, Folkestone & Hythe District Council, McDonalds and The Burlington Hotel.

When The Folkestone Coastal 10k first took place in the Olympic Year of 2012 it was designed to capture the London Marathon experience and bring it to Folkestone. Above all, it was crafted to

encourage runners of all abilities to participate, raise funds for local causes, encourage visitors to Folkestone, promote good health and celebrate a vibrant community. 2026 has been an epic year for The Folkestone Coastal 10k... and we look forward to seeing what 2027 will bring. Who'll be joining us?

In addition, we had two SAGA cruise ships enjoying the virtual option with a record 320 participants, both crew and guests were raising funds for good causes.

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 30th May 2027 and we have already received a few entries!!

Prize Winners for Folkestone Coastal 10K 2026

Open Male

1. Charlie Brisley – Newam & Essex Beagles – 29:50 NEW COURSE RECORD

Open Female

1. Catherine Kandie – Kent AC - 37:56

Winning Team (Male)

1	Folkestone Running & Athletics Club	1:49:36	
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Winning Team (Female)

1	Folkestone Running & Athletics Club	2:10:02	
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Corporate Teams

Folkestone Care Centre

Children's Boy: Riley Cook
 Girl: Keela O'Gowans

Detailed results here: [Sporthive](#)

A few points about the race

Total kilometres covered approx. 9,400

Over 2,800 litres of water consumed

Both male and female open winners received £150.00 each, sponsored by SAGA

All runners received a commemorative medal.

Excellent feedback received
Youngest runner was 15 and the oldest runner was 80
Many prizes will be distributed for various categories

Sponsors for the event were:

Title/main Sponsor: SAGA

Church & Dwight
The Roger De Haan Charitable Trust
Eurotunnel
Holiday Extras
Folkestone & Hythe District Council
KAP Motors
Jenner's Construction
Folkestone Care Centre
McDonalds Folkestone
View Hotel
Martello Building Consultancy
Burlington Hotel
Folkestone & Hythe Caterers Association
EDF Energy
Voco Clifton Hotel
Motis Estates

Other supporters

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

Report Ends
Produced by Ray Johnson, Race Director
31/05/2026

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 2026 and sold out each year since 2020
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 £81,000
14. Next year's race takes place on Sunday 30th May 2027
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 29:40 in 2026 & Female record at 34:45 2020
22. Maximum limit exceeded 2022
23. Virtual included with participants on cruises over 320 entries 2026
24. Record year on turnout 2026

Race Director & Event organiser

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