

ABP HUMBER COASTAL

HALF MARATHON & 10K



RUNNERS GUIDE

10K (10.00)

Family Fun Run (10.00)

Half Marathon (10.30)

Sunday 21 September 2025
Kings Road, Cleethorpes



Fundraising in aid of the RNLI



Welcome

As seasoned runners ourselves we started organising races back in 2012 and have over 80 events under our belt! Where has time gone?

Our aim for you is to ensure that you have a safe and enjoyable race day experience. We are extremely grateful for all of the support we have been given to put the race on, so if you can please acknowledge all of the volunteers at HQ and out on the course that would be most appreciated.

All the information you will need about the ABP Humber Coastal event is on our website (tape2tape.co.uk), but also check out our social media channels (see below) for updates, the latest news and how to get involved as a volunteer. We hope that you have a fantastic race.



Nicola and Neil
TAPE2TAPE



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RUNNER INFORMATION

Event HQ - Event HQ (opens at 08.30) is the new RNLI station (DN35 8SE or [intent.quick.intent](#)) on Cleethorpes Central Promenade, a 10 minute walk from the start line on Kings Road. Foot access only. There is no requirement for you to register at Event HQ on race day. Visit here for any on the day enquiries.

If you are unable to take part in the race, please see full details of our [withdrawal guidance](#) and our terms and conditions.

Parking - Please arrive early! Although there is ample parking in Cleethorpes, we recommend that you plan your journey and arrive with time to spare. Council car parks are available at the following locations around the Event HQ: Wardall Street / North Promenade / Grant St / High St / St Peter's Avenue / Yarra Road / Civic, as well as a number off Kings Road. On street parking is also available. For more information click [Cleethorpes North Car Park](#) and [Cleethorpes South Car Park](#).



Race Number and Timing Chip - These will arrive at the address you registered with around seven days before the race. Your timing chip is attached to the back of your race number. You must enter your personal details on the reverse of your running number. Pin your race number to the front of your T-shirt or running vest. Don't forget your safety pins. Your timing chip will start your race clock as soon as you go underneath the start arch. DO NOT hand your running number to anyone else. It is dangerous and could lead to the wrong emergency contacts being approached in the event of a medical incident. You will be disqualified if you are caught running in another person's number.

Toilets - We strongly advise you to use public toilets to save queuing pre-race. The following toilets are located close to the race:

- Cleethorpes Boating Lake - 2 mins walk to race start.
- Cleethorpes Kingsway (on promenade near to Leisure Centre) - 3 mins walk to race start.
- Cleethorpes St. Peters Avenue - 10 mins walk to race start.
- Cleethorpes Sea Road - 12 mins walk to race start.

There will also be a small number of portaloos at the start line and in the finish area.

Baggage - A baggage facility will be available for free along Central Promenade in a Tape2Tape gazebo near to the RNLI building. We advise against leaving any valuable or breakable items in your luggage.

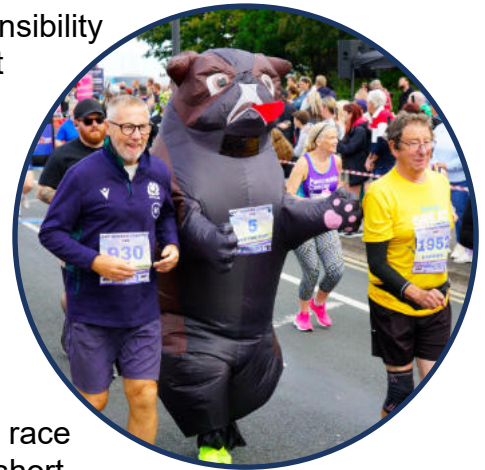


FANCY winning a £100 shoe voucher? Take your runner number over to the John Roe Toyota stand on the promenade and they will recycle it for you. One winner will be picked 'out of the hat' to win the fabulous voucher.

John Roe
be part of the family

All items are left at your own risk and we can't accept responsibility for any loss or damages resulting from their storage. Collect your bag as soon as you finish the race.

T-shirt Collection - If you have pre ordered a t-shirt these can be collected from the Tape2Tape gazebo on Cleethorpes promenade from 08.30 until just after the last runner has finished the Half Marathon. You must show your runner number to the volunteer team at collection. We expect this to be busy.



Want to buy a t-shirt? We hope to have a few available on race day from Cleethorpes sea front.....do not queue up in the t-shirt collection queue! Head to the Tape2Tape merchandise tent. Cash or card.

Start Lines - The start lines for the 10k (10.00) and Half Marathon (10.30) are in exactly the same place on Kings Road, Cleethorpes, not far from the Leisure Centre. Make sure you start at the correct time! The Fun Run starts at 10.00 on the coastal footpath at the rear of the boating lake. If you arrive at the start line and wish to leave some old clothing, please do so (see page 13 for more info about further donations). Any items will be collected by a local charity and sent out to good use.

MP3/Personal Audio - The organisers do not advocate the use of headphones during the race. Any runner who chooses to do so does so at their own risk. Please see our Terms & Conditions on the website for more information.

Half Marathon & 10k Drinks Stations - These are located at 3.5, 5.5, 8.5 and 10.5 miles. The 10k water station is at 3.75 miles (6k). All drinks are supplied in recycled paper cups which will be recycled after the event.

Country Style



Here at Country Style Foods we are delighted to be supporting Tape2Tape in the Humber Coastal Half Marathon & 10k with tasty treats at the end of the race. Making a difference in the local community is a big part of what we do and this gives us a chance to celebrate the spirit of togetherness, health and wellbeing that these events inspire. We are proud to play a part in this event with Tape2Tape and we look forward to a long standing partnership that supports charity and community events like these.

Country Style



Pacers - Both the Half Marathon and the 10k will have pacers to assist you achieve your personal best time. They will be wearing large bright flags with the following timings: **Half**: 1h 40mins, 1h 45m, 1h 50m, 2h, 2h 15m and 2h 30m.
10k: 40mins, 45m, 50m, 55m, 60m, 65m, 70m and 75m.

Cut Off Times - We are inclusive and welcome race entries from all running abilities. Our races are however running events and designed so that people run for the majority of the distance. We have an agreed set time for which we have to re-open the roads to general traffic and to minimise the impact on the local community. We are also mindful of how much time our race crew and volunteers are out on the ground.

We will have sweep runners at the back of the race so they can encourage those at the tail end to keep running as much as possible. If a participant is likely to go well over the advertised finish times (see below), we will politely ask them to withdraw from the race for their own safety as roads are likely to reopen prior to them finishing the race. We will work on a cut off time of 1hr 45mins for a 10k and 3hr 30mins for a half marathon.

ROTHERHAM ENGRAVERS

Medal Engraving:

Would you like to have your medal engraved with your finish time? Pop along and see Rotherham Engravers at the end of the race and they will do this for you.

Tag Pre-Order: If you have pre-ordered a medal tag you will be contacted directly by Rotherham Engravers in the days after the race.



Finish - The finish for all 3 races is on Central Promenade, half way between the pier and the slipway.

Hydration Station (Finish) - We are delighted to announce there will be no plastic bottles handed out at the race. As you finish you will be handed a cup of water, which you can refill as many times as you wish. The cups are made from recycled materials and can be recycled once more at the nearby recycling station on the promenade. At the finish you will also receive your event medal and a free donut, courtesy of Country Style Foods.

Tape2Tape Shop - Finishers will be able to purchase cheap race T-shirts from previous races and excellent value running socks from the Tape2Tape shop (cash or card accepted). Metres to Miles specialist running shop will also be selling their goods on the Promenade.

Photos - We are pleased to say that all race photographs are available to you free of charge. They will be searchable by either a selfie or your race number. Link [HERE](#).

Results - Results will be available on the [Results Base website](#) shortly after the conclusion of the event.

Awards and Prizes - These will be awarded at 1100 (10k Race), 1215 (Half Marathon Winners) and 1245 (Half Marathon Veterans & Team) on the Promenade near to the finish line.

FAQs - You will find the answers to most questions on the [ABP Humber 2025 event page](#) or [Runner Questions](#).

HEALTH AND WELL BEING

Our top priority is for you to always have a safe and enjoyable race day experience. As a participant we ask that you....

Pre-race Assessment

If you are ill or injured on race day please do not turn up and race. We have a medical team in place to deal with emergencies and not pre-existing conditions. If you feel unwell, or become injured during the race, please see the nearest marshal and they will arrange for help.

Be Aware

Please stay alert at all times. Whilst the event is hosted on closed roads, and is extensively marshalled, we ask that you keep aware of your surroundings throughout the race. Please report anything suspicious or

untoward to one of the race marshals.

Dress

Appropriately

Please dress appropriately for the conditions on race day. Spare clothing can be left at the start line and will then be donated to charity.

Fuel Yourself

Make sure you are well hydrated and fuelled before the start of the race. Water will be available on both routes (see above for points) and then also at the finish.

DON'T FORGET TO COMPLETE THE MEDICAL AND EMERGENCY DETAILS ON THE REVERSE OF YOUR RACE NUMBER. Thank you.

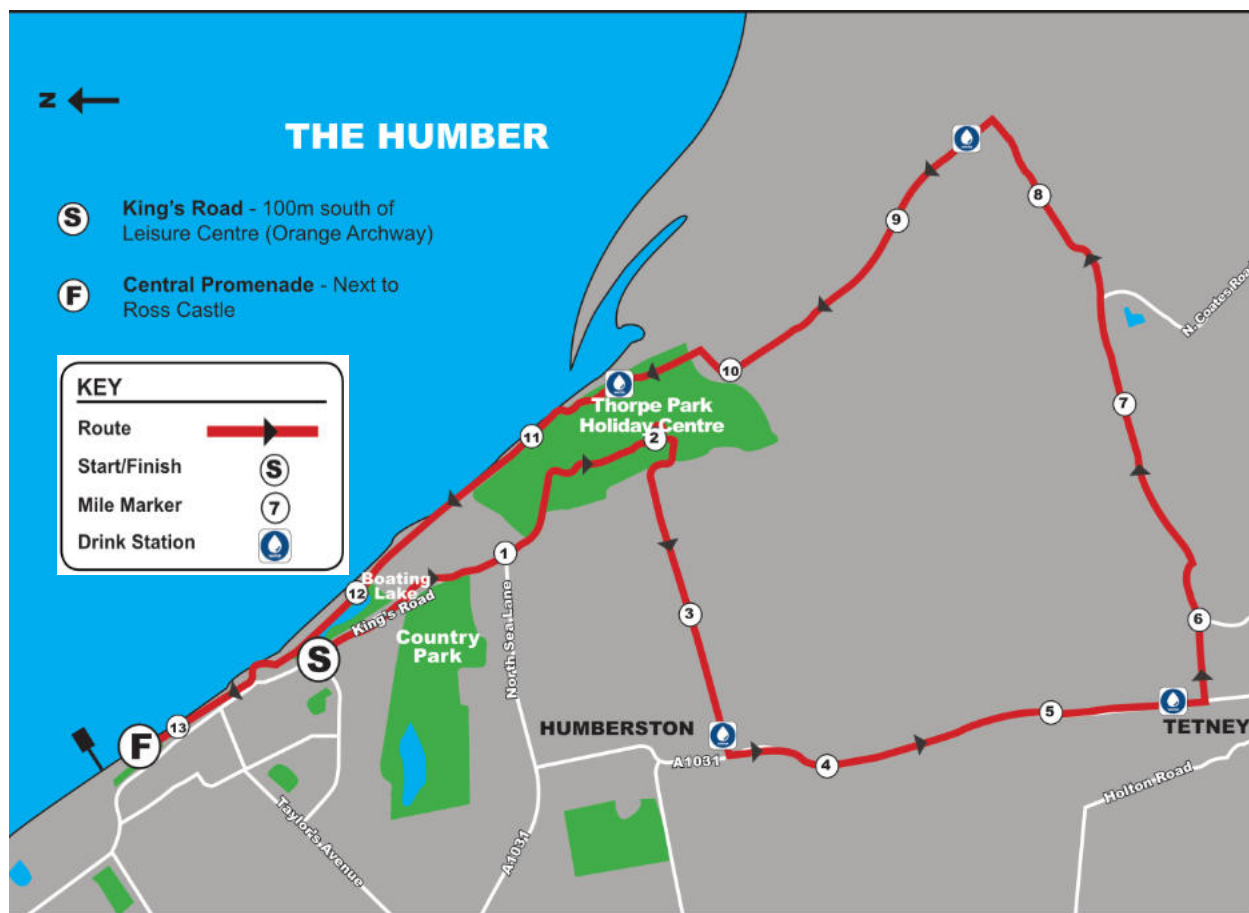


#litterfreerace

We aim to respect our environment and minimise the impact we have on it. We do this by...

- Encouraging runners to dispose of all rubbish e.g. used gel wrappers, responsibly
- Giving left over medals, t-shirts and other clothing to charity
- Using an electronic rather than paper race guide
- Ensuring all rubbish is removed from the route and recycled
- Not using plastic goody bags or bottled water
- Ensuring all providers use recyclable material
- Encouraging runners to car share or come by bicycle
- Allowing runners to choose if they want an event t-shirt or not

ROUTE MAP - HALF MARATHON

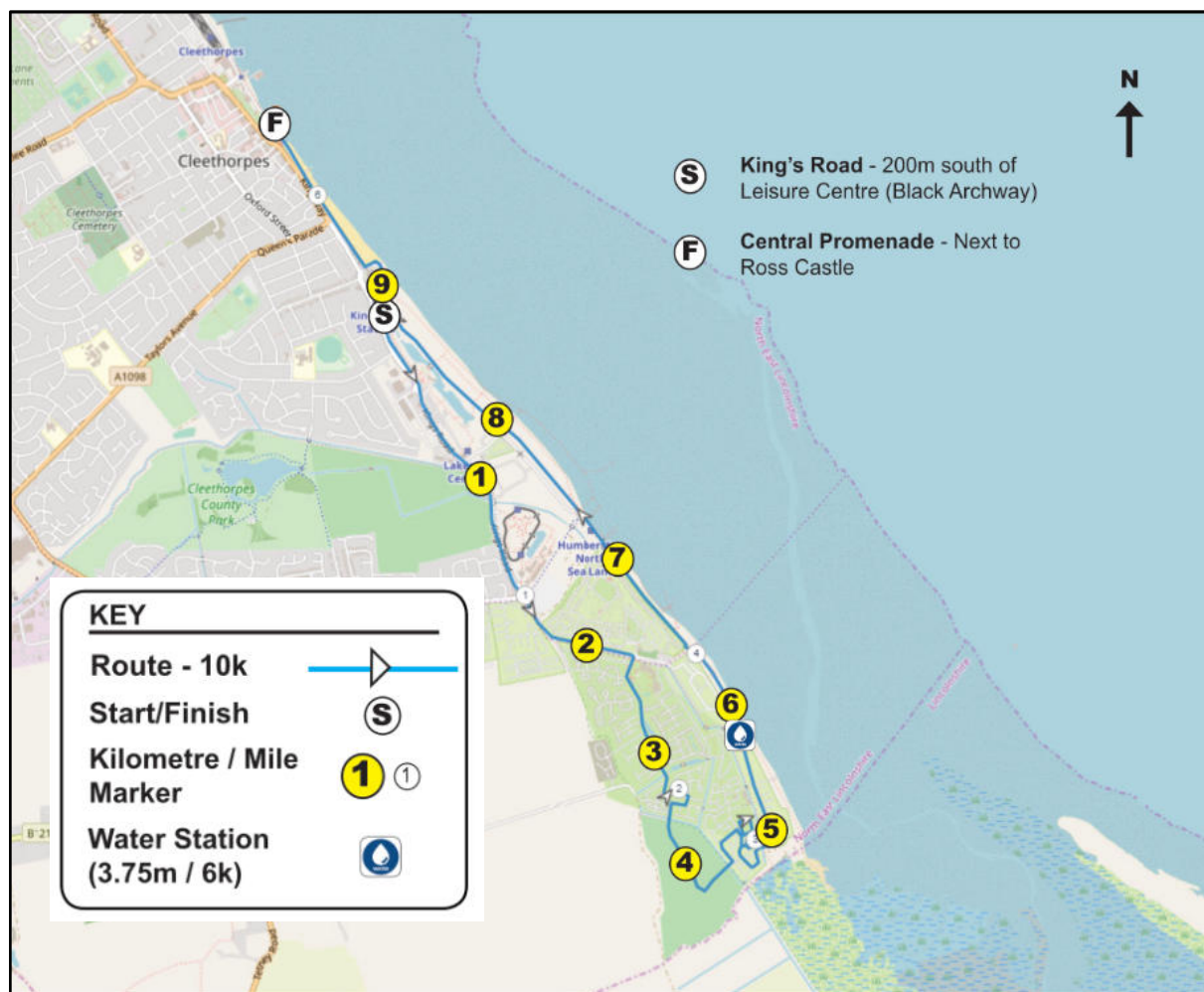


OVERVIEW

Our ever popular half marathon distance (13.1m / 21.1km) event takes runners along a multi terrain course (tarmac, paved, footpath) which is closed to traffic and almost completely flat giving the opportunity for fast times. Highlights include fabulous coastal and countryside views as well as passage alongside RSPB Tetney Marshes nature preserve. As you reach the final stretch along the scenic promenade, spectators will cheer you on before finishing and collect your event medal and seaside donut.



ROUTE MAP - 10K

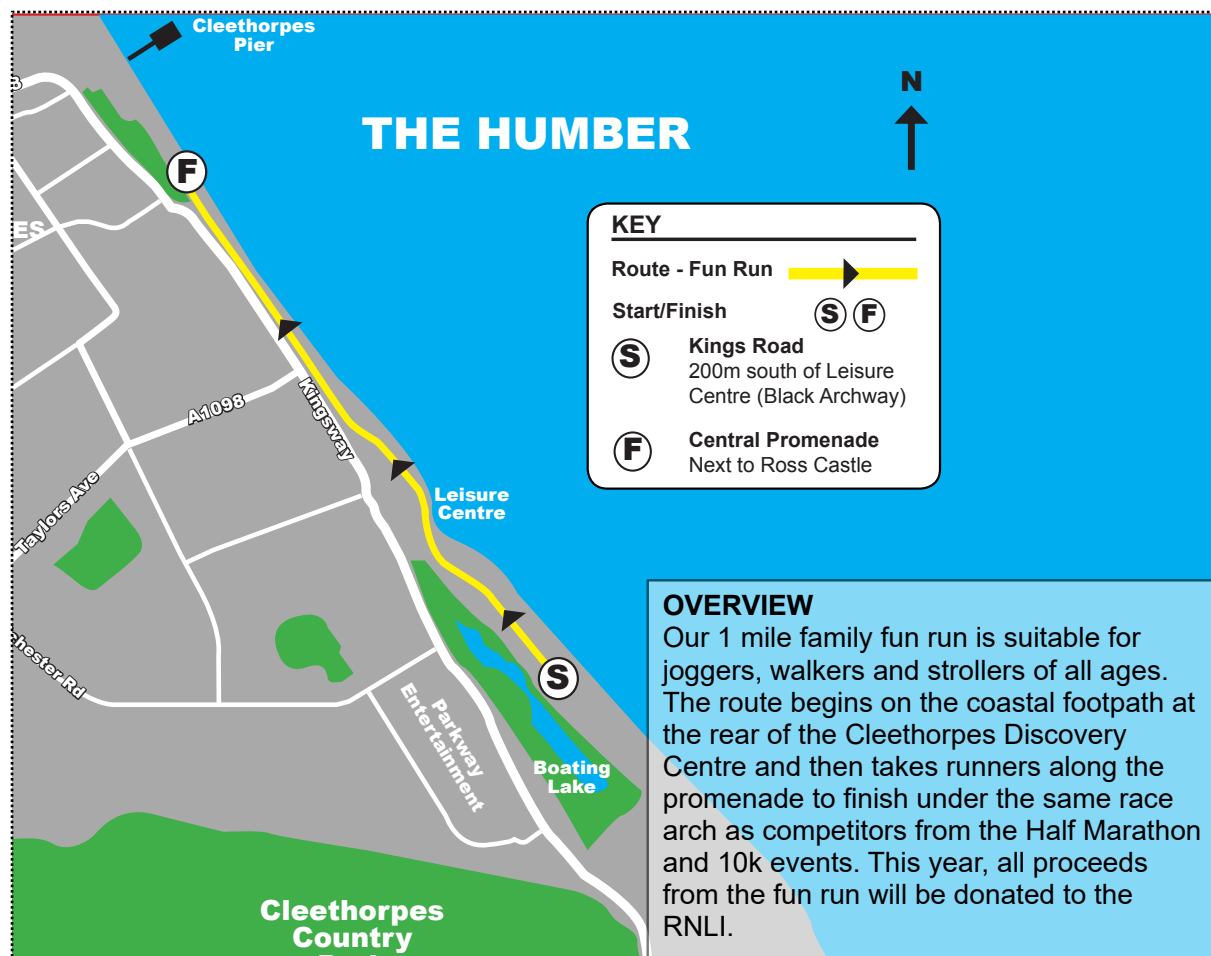


OVERVIEW

Returning for a third year, our 10k route offers a wonderful coastal run along a flat and fast course with chip timing and closed roads. Competitors will run along tarmacked roads, a coastal footpath before a final section along the paved promenade lined with excited supporters. And just like the Half Marathon, all finishers will receive an event medal and seaside donut.



ROUTE MAP - ABP HUMBER FAMILY FUN RUN



PARTICIPANTS

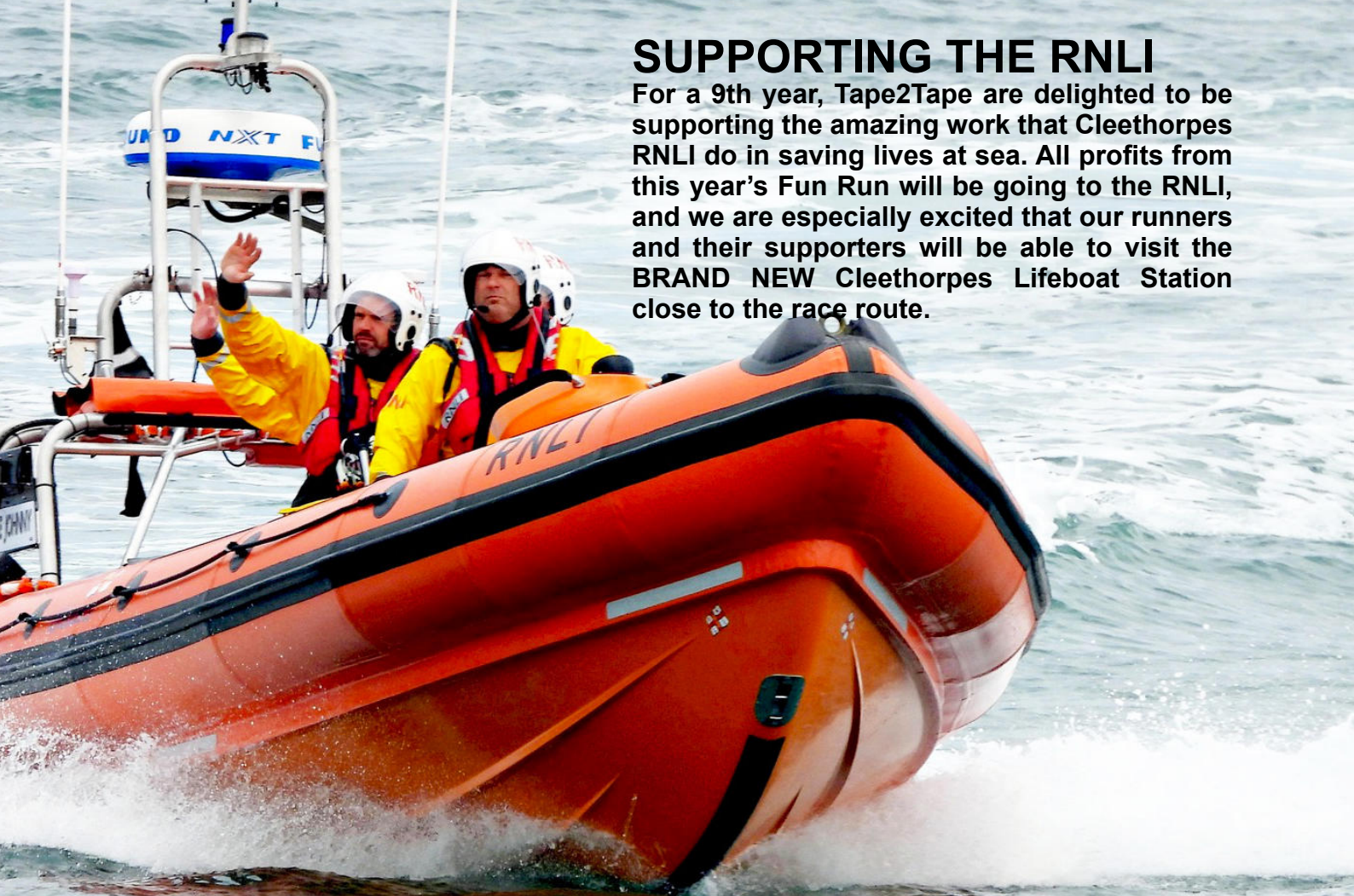
The Family Fun Run starts at 10.00 at Thorpe Park on the coastal footpath at the rear of the Cleethorpes Discovery Centre. Numbers can be collected:

- On Saturday 20th September from Cleethorpes RNLI between 1000 and 1400, or
- On the event day (Sunday 21st September) from the car park at the rear of Cleethorpes Leisure Centre (head to the Tape2Tape flag) from 08.45 onwards.

Please note, it is a ½ mile walk from number collection to the start, so please plan your race accordingly. Please don't forget to bring 4 safety pins for your race number.

Have a great run!





SUPPORTING THE RNLI

For a 9th year, Tape2Tape are delighted to be supporting the amazing work that Cleethorpes RNLI do in saving lives at sea. All profits from this year's Fun Run will be going to the RNLI, and we are especially excited that our runners and their supporters will be able to visit the **BRAND NEW** Cleethorpes Lifeboat Station close to the race route.

VIEW FROM THE RNLI

"All of us at Cleethorpes Lifeboat Station would like to thank Tape2Tape, and everyone taking part, for your patience over the last few years while we've been building our new station and getting in the way of the finish straight.



Fundraising in aid of the RNLI

We're delighted to let you have the prom back, and to be moved into our new building which has been supported by you all and which is already helping us save lives at sea. Our new station is designed to give us more space to train and maintain our equipment, has direct access to the beach to keep us and the public safe while we launch, and of course space for our new Atlantic 85 lifeboat as well as our existing D Class, enabling us to respond to a wider range of emergencies, in a wider range of weather conditions, more safely and effectively.

We also have our shop in the station now and you can view into the boat hall from the shop. It's open every day from 10 until 4 and will be open on race day - there's a crossing point over the route immediately outside. Come and see our lovely shop team and take away a souvenir of your day.

We'll be cheering you on at the end of your race as you pass the station and want you to know we're really grateful for all your support."

The New RNLI Lifeboat Station



EVENT SPONSORS

HEADLINE SPONSOR



We are delighted that ABP Humber continue to support our event as Main Sponsor. Their continued kind involvement allows us, quite simply, to put on an event which everyone taking part in can be proud of.

KEY SPONSORS



Tronox is the world's largest vertically integrated producer of Titanium Dioxide, and whose products add brightness and durability to a vast array of everyday items such as paints, coatings, inks and plastics.



Bridge McFarland LLP is a leading regional law firm that holds an exceptional local, national and international reputation in a diverse range of legal services. They are long term supporters of our events and we are delighted they have chosen to support us for another year.



Illumina Diagnostics offers a range of personalised health services, including diagnostic Ultrasound scans, steroid injections for pain relief, specialist Menopause clinics and Consultant Cardiology appointments with relevant blood tests also offered.



A regular supporter of all our events, running specialists **Metres to Miles** will again be selling their great running kit on the Promenade on race day. Use link to see more information about Metres to Miles.



John Roe is a family-owned and run business, operating four car dealerships and two Toyota franchises across Northern Lincolnshire and East Yorkshire. It prides itself on the highest standards of care and service. Follow link to see more information on John Roe Motor Sales. Watch out for their cars in front of the lead runners on both the Half Marathon and the 10k events.

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COMMUNITY

PLEASE SUPPORT OUR COMMUNITY FOOD PANTRY



Oasis Hub South Grimsby
Situated at the Boating Lake
carpark next to the start line

Donations Needed

Beans - Tomatoes - Soup - Rice - Peas
 Tea - Coffee - Tinned Ham Tuna - Pasta - Noodles
 Cereals - Biscuits



01472 310013

SAM.BURGESS@OASISUK.ORG

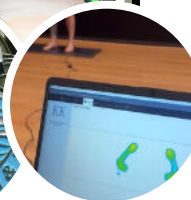
POST RACE MASSAGE

Legs feeling it after your run? Then why not pop over to see Lauren from Grimsby based The BodyFit Clinic. Lauren will be on hand at the finish of the race to provide free post race massage.

Lauren says about her services... *"At The BodyFit Clinic I offer a number of treatments but my aim is to ensure that my clients use regular treatment & exercise rehabilitation as a prevention method rather than a cure!"*

THE
BODYFIT CLINIC

Physio Rehabilitation



COMMUNITY



Grimsby Shoebox Appeal

Please also consider bringing something to offer helpers from Grimsby Shoebox Appeal, a small local registered charity based at The Ice House in Victor Street. Since 2004 we have sent over 400,000 shoeboxes to impoverished children and families around the world and locally. Every box is lovingly filled with toys, stationery, hygiene items and warm clothing. If you are able to donate any of the items below, we will be at the start of the Half Marathon and 10k runs. Thank you.

Items Requested:

- Toys e.g. dolls, cuddly toy, puzzles, cards, balls
- Jewellery e.g. necklace, rings, badges, earrings
- Craft Items e.g. glue, beads
- Stationery e.g. pens, rulers, notebook, pencil case
- Clothing e.g. hats, socks, belts, t-shirts
- Hygiene Items e.g. hair items, toothbrush, lip balm

NO electrical items, medicines or food, please.



RUNNERS: We are especially interested in collecting unwanted or old medals, t-shirts and trainers. All items will be upcycled. Volunteers will be close to the start line to take items.



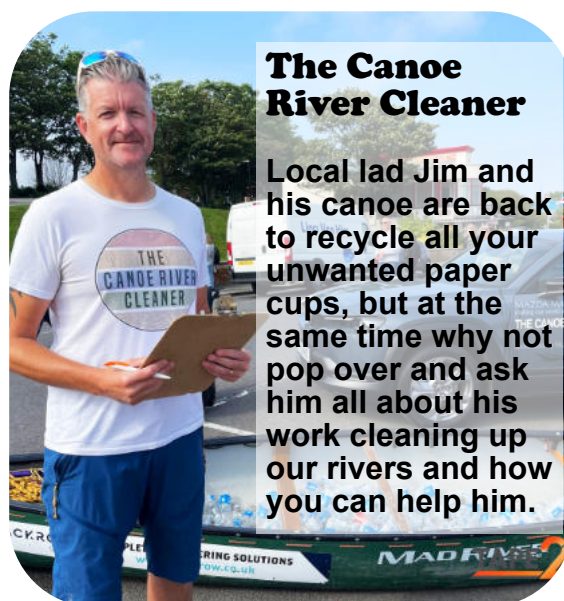
Music on Your Run

This year, we are thrilled to announce that there will be three local bands keeping your spirits high as you run around the course. Returning for another year are [Humber Taiko Drummers](#) and [Cleethorpes Brass Band](#), while we are delighted to welcome for the first time [Steel Standing](#). Remember to give our bands a big thumbs up on your way around.



The Canoe River Cleaner

Local lad Jim and his canoe are back to recycle all your unwanted paper cups, but at the same time why not pop over and ask him all about his work cleaning up our rivers and how you can help him.



Cleethorpes Brass Band in 2024

VOLUNTEERS AROUND THE ROUTE



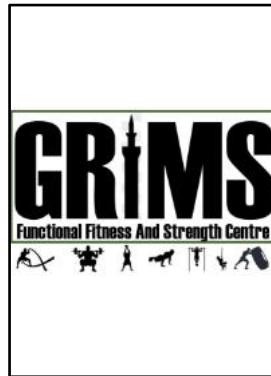
We are thrilled that we have volunteers from local athletics clubs and community groups helping out in different zones around the Half Marathon and 10k routes. Without these amazing volunteers, our races would not be possible, so please try to say 'thank you' to them as you run around.

KNOW SOMEONE WHO WANTS TO HELP?

We are still looking for volunteers to help make the day a great one for all involved. For more information, or to sign up, please e mail nicola@tape2tape.co.uk.



Cleethorpes AC



Grimsby Functional Fitness and Strength Club



Grimsby Hockey Club



National Coastwatch Institution



Team BR



Wolds Vets RC



Donna and Adam



Haven/Humberston Lions

Water Stations

Many thanks to the following local groups who will be keeping runners happy and hydrated during the race.

- Grimsby Judo Club
- 1st New Waltham Scouts
- Cleethorpes and District Swimming Club
- Andy's Man Club
- 1st Healing Scouts



ABP HUMBER COASTAL 2024 (IN CASE YOU MISSED IT 😊)



OUR EVENTS 2026

**Orsted Great Grimsby
10k & Fun Run**



**June 7 2026
09.00**

**ABP Humber Coastal
Half, 10k & Fun Run**



**September 20 2026
10.00**



ABP
HUMBER
COASTAL
HALF MARATHON & 10K

