



(September / October 2025)

Note from the Chair

Welcome to this month's edition of the Hartshill Runners Newsletter! It's fantastic to see our club continuing to grow in size, energy, enthusiasm and community spirit. Whether you have been with us years or have just joined, every run cheer and shared smile makes a difference.

This month we look back at September and have plenty to look forward to in October - from our regular sessions and training plans to recent and upcoming races / events.

A huge thank you to our run leaders, volunteers and every member who helps make Harthill's Runners such a supportive welcoming club.

As always keep lacing up, showing up and inspiring each other. Here's to a great month of running together

Happy Running!
Emma Hall
Chair, Hartshill Runners



Member Highlights

• Runner of the Month

September Runner of the Month Goes to **Becky Smith** who has successfully smashed not only C25K but also 5-10K!!!! Becky is new to running and took on this challenge, with gut determination and whole lot of heart she has given it her all and we are very proud of her. Well done, Becky 😊

• PBs & race results – September was a month of Pbs for so many!!!!

5-10k group graduated! big well done to all massive achievement. Some even took on Wolverhampton 10k Race and nailed it, well done Lucy Rogers, Kayleigh wild, Teresa wild, Vanessa Kitto and Caroline Costello 😊

We have a winner in the fold. Our very own Matt Costello became the winner of the sexarathon 2025 series, taking things to another level Matt aka Mr. Speedy totally smashed it. Well done, Matt 😊

Emma Hall smashed Stafford 10k with a new 10k pb of 48.46 😊

Telford Park run saw new pbs for, Stephen Soddart, Laura Evans, Caroline Costello, Emma Hall and Aran pooni . Huge well done to all 😊

	<p>Simi Chahal Took on the Shrewsbury Metric as a last minuet step in, massive achievement her with her longest run to date and like always she took it in her stride. Well done Simi 😊</p> <p>Ceri Card took on London 10K and blew it out of the water big well-done Ceri and welcome to HH 😊</p> <ul style="list-style-type: none"> • Birthday shout-outs 🎉 Big happy birthday to the September babies: Emma Hall, David Ballinger, Penny Benton and Annabelle Taylor 😊
<p> Upcoming Events</p> <ul style="list-style-type: none"> • alternative Mondays 13TH + 27th = Track/Intervals (£3pp) 20th Club run from HH park • Wednesday: Club run Multiple paces groups target distance 10k • S+C Thursday 6.30pm £5pp will continue for a further 6 weeks (then Rv weather conditions) • The walking Group continues Wednesday evenings 6.30pm • C25K – starts 14th October Tuesday + Friday all welcome and encouraged to come and support <p>Upcoming Races:</p> <ul style="list-style-type: none"> - Scotland Half marathon 4th October – Good luck to Daz Chahal taking on this beauty 😊 - Date 5th Oct 2025- Wem 10k Event- Good luck to all running this # HH take over # Supporting cooperative (who helped us this year with a grant) 😊 	<p> Training Tips</p> <p>Whether you are chasing a Pb, building consistency, or simply enjoying time on your feet, these simple training reminders can make a big difference:</p> <ol style="list-style-type: none"> 1, Warm up 5-10 mins is key 2, Mix up your sessions – vary your weekly running blend in speed hills or intervals 3, Listen to your body- Tired legs and niggles are signs your body is asking for recovery 4, S+C, Mobility and injury prevention are your friend and will only enhance your running!

<p>-5th October Chester Marathon – Good luck to Lee Smith, you got this 😊</p> <p>25th October Marathon Eryri aka Snowden! Go get it Rhys this one is all yours 😊</p>	
<p> Club News</p> <ul style="list-style-type: none"> Committee updates – <ul style="list-style-type: none"> AGM is Scheduled for 24th November 2025, look out for an email from club secretary over the coming weeks with more information!!! <p> Useful Links</p> <ul style="list-style-type: none"> Club website Coming soon England Athletics www.englandathletics.com www.runtogether.co.uk <p> Photo of the Month</p> <p>Telford Birthday celebration park run</p>	<p> Spotlight on a Run Leader / Member</p> <p> Shine the Light on Our Run Leaders – Daz </p>  <p>Daz's journey into becoming a Run Leader was inspired by his passion for running and his desire to give something back to the Hartshill Runners community. For him, the role is about more than leading sessions—it's about encouragement, support, and being part of someone else's journey.</p> <p>He loves seeing runners achieve things they once thought impossible, whether that's finishing a tough session, running further than before, or hitting a personal best. Those proud moments never get old and are a constant reminder of why he stepped into the role.</p> <p>When asked for his best advice, Daz keeps it simple but powerful: "Enjoy the journey and trust the process." It's a reminder that progress comes with time, consistency, and belief.</p> <p>For Daz, Hartshill Runners isn't just a club, it's a supportive family that motivates him as much as he motivates others.</p>

Run leaders:

Big thank you to all our run leaders for all your hard work and dedication to the club.

Congratulations to Stoddy, Clint and Matt for completing their Run leader courses welcome to the team 😊

 Closing Note

That's a wrap. A huge thank you to everyone who continues to bring positive encouragement and helps to inspire others.

Apologies if I've missed any achievements.

If you would like to recommend a fellow runner to be mentioned in the next edition, please what's app me.

In the meantime, keep up the good work guys

Emma + Clint x