



# Hartshill Runners



October/November 2025

## Notes from the Chair

**H**ello Hartshill Runners! As we move into the crisp days of November, I want to take a moment to reflect on what an incredible month October has been for our club.

From fantastic turnouts at our weekly runs to the amazing performances at local races, every one of you continues to show the true spirit of Hartshill Runners — friendship, encouragement, and determination.

I've been especially proud to see so many new faces joining us recently. Whether you're chasing a PB, training for your first 10k, or simply enjoying the company and fresh air, you are part of what makes this club special.

Let's keep that welcoming atmosphere strong as the darker evenings set in — a quick word of encouragement or a smile can make all the difference.

Looking ahead, we've got plenty to be excited about with winter training plans, festive fun runs, and, of course, our annual end-of-year celebration to look forward to.

Keep an eye on the calendar and our social media channels for all upcoming details.

Finally, a big thank you to our volunteers, run leaders and committee members who keep everything running smoothly behind the scenes. Your hard work and energy make this club thrive.

See you on the roads, track, hills and coffee stops soon — and don't forget your Hi-Viz and light!

Happy Running!

**Emma Hall**

Chair, Hartshill Runners

## Members Highlights

### **Runner of the Month**

This month's Runner of the Month goes to **Dave Evans**.

Dave started at the club in January this year. An avid runner already, he did this to support his wife through her journey — which just shows what kind of man Dave is!

Since joining, Dave has gone from strength to strength. He's never afraid to help others, always checking that everyone's okay — even sacrificing his own runs to support others. He shows up (moans a bit 😊) but always gets it done, taking on hill sprints, track sessions, and, more recently, strength and conditioning.

And believe me when I say — we're seeing the difference! Big PBs, looking sharp and stronger than ever.

Dave, you are an inspiration to us all, and we are so proud of you. You're an absolute pleasure to have in the HH family.

Well done, Dave! 😊



## Club Announcements 📢

**O**ctober wasn't just about smashing PBs — we also welcomed some fantastic new faces to the HH family! 🎉

A huge warm welcome to **Megan Tibbetts, Tom Stevens, Martin Hems, Peter Corr, Charlie Costello, Ashley Corbett** and **Steve Husslebee** who has returned 🙌

It's been brilliant seeing you all getting stuck in, showing great energy and team spirit already. We're so excited to have you with us and can't wait to see what you achieve in the months ahead! 🙌❤️

## PBs and Race Results

**W**OW — where do we even start?! What a month! 🔥  
**October has been incredible for the HH family!**

First up, our distance runners! A massive shout-out to **Gareth Hughes**, who went the extra mile — literally! Gareth completed **not one, but TWO half marathons** this month,





first smashing the **Cardiff Half**, then taking on the **Valencia Half Marathon!** Incredible dedication and effort — well done, Gareth! 🙌🙌

● Let's not forget our marathon superstar **Rhys Williams**, who conquered the gruelling **Snowdonia (Eryri) Marathon!** 🙌 This tough, hilly challenge tested every runner to the limit, but Rhys absolutely smashed it. What an amazing achievement! 🙌

● Parkrun PBs have been flying in from **Sarah, Dave, Megan, and Kayleigh** — huge well done to you all! 🙌  
Really proud moment for us — our very own **Ben Goh** and **Megan Tibbetts** smashed it at the **Wellington 10K**, both earning podium placements and showing everyone what HH spirit looks like! 🙌🏆

● And the wins didn't stop there — **Martin Hem** stormed to 1st place at **Sandwell Valley Parkrun!** Outstanding work, Martin! 🙌

● Then came the **WEM 10k**, (*pictured above*) which turned into a full-on Hartshill takeover — a sea of red everywhere you looked! 🙌❤️ Some massive PBs from **Emma, Stoddy, Phil, Dave E, Annabelle, Caroline, Viv, Laura, Penny, Andy, Amy, Sam, Sarah, and Becky**, it was an unforgettable day for the club! 🙌🎉

● **Simi** Represented HH by showcasing our Red Top at **AJ Bell Scottish Glasgow 10k** and knocked out a cracking PB, well done Simi 🙌

● 🎉 **Huge Congratulations to Deb and Shaun Sankey!**  
This incredible duo conquered the **Bishop's Castle Titty Trail 11-mile hike** — all in the name of raising awareness for Breast Cancer. 💖 Your determination, spirit and commitment to such a meaningful cause is truly inspiring. Massive well done to you both 🙌

● **Birthday shout-outs** 🎂 Big happy birthday to the October babies: **Karen, Shaz Caroline, Angela and Tammy.** 😊

## Upcoming Events

- Track night 10th November (£3pp)
- Due to the upcoming AGM we will miss our scheduled track session therefore we will be doing a coached session on 17th November (venue to be confirmed)
- Wednesday: Club run, multiple paced groups target distance 10k
- Strength and Conditioning – Thursday 6.30pm £5pp
- The Walking Group continues Wednesday evenings at 6.30pm
- C25K – Tuesday and Fridays, 6.30pm, all welcome and encouraged to come and support

## Upcoming Races – November 2025

- Mad Jack's – 8th November
- Beckbury 10k – 16th November
- Shrewsbury Xmas Jumper Event – 29th November
- Leeds 5k – 30th November

## 📣 Club News 📣

**The Hartshill Runners Annual General Meeting (AGM) is scheduled for:**

- 📅 Date: Monday, 24th November 2025
- 🕒 Time: 7pm
- 📍 Location: Fighting Cocks, Oakengates

All members are welcome to attend — come along to hear updates, share your ideas, and get involved in shaping the club's future! 🗳️👤👥🏆

● We're excited to announce that Hartshill Runners will be marshalling at Telford Parkrun this month! 🙌

- 📅 Date: Saturday, 15th November
- 🕒 Arrival Time: 8am
- 📍 Meeting Point: Finish area

Let's show that famous HH spirit — bring your smiles, energy, and plenty of encouragement for all the runners! ❤️





## Shining a Light on our Run/Walk leaders

**This month we celebrate the health and wellbeing leaders Julie Kynaston, Ann Griffiths & Angela Davies.**

♥♥ These three incredible ladies who have been with Hartshill Runners since the very beginning — each one helping to shape the friendly, supportive club we all love today. ♥♥

### Julie

**Julie joined Hartshill Runners in 2017, right at the start of the club's journey.**

She was our one of the first ever run leaders. Although she had to take some time away from running, Julie has never stepped away from the club.

Over the past eight years she's been Club Secretary, Membership Secretary and Treasurer, and still serves as our brilliant Treasurer today.

Recently, Julie has helped to set up our walking group, giving even more members a chance to get involved.

Now, she's taking on the Couch to 5K challenge to return to her much-loved running once again. Julie is an incredible asset to Hartshill Runners — loyal, hard-working, and always giving above and beyond for others. ♥♥



### Ann

**Ann has also been part of Hartshill Runners since 2017, and she's a truly special member of our family.**

Known for her love of plodding along at the back and making sure her blue Group runners feel supported, Ann is an exceptional run leader who ensures everyone finishes with a smile.

Like Julie, Ann had to take a break from running, but played a huge part in setting up and leading the walking group, helping keep members active and connected.

Ann also sits on the club committee as a Welfare Officer and DBS Verifier, giving up so much of her personal time behind the scenes to keep things running smoothly.



Her dedication, kindness and care for others make her an irreplaceable part of the HH family — we are eternally grateful for all she does. 😊💕

### Angela

**Another of our original members, Angela has been with Hartshill Runners from the very start and remains an inspiration to us all.**

One of the first qualified Run Leaders, Angela has seen the club grow and evolve through every stage and has supported that journey with genuine care and commitment.

A trusted member of the committee, Angela has worked alongside Julie as joint Treasurer, helping to keep the club's finances in safe hands.

She continues to support in countless ways — from run leading to walk leading — always showing up with her trademark warmth and compassion. Angela is kind, caring, and always ready with a listening ear, embodying everything that makes Hartshill Runners the community it is today. ♥

These three wonderful women — Julie, Ann, and Angela — represent the very heart of Hartshill Runners. Their dedication, compassion, and selfless contribution over the years have helped build the welcoming, supportive club we're all proud to be part of.

From everyone at HH: thank you for everything you do. You truly are the heartbeat of our club. ♥♥♥💕🌟



## Run Leaders

👏 **A Big Thank You to Our Run Leaders!** 👏

A huge thank you to all our amazing Run Leaders for your continued hard work, dedication, and passion for the club. ♥

A special shout-out goes to **Matt and Charlie Costello**, who have been absolutely smashing it with the **track sessions** — planning each one to perfection, targeting all abilities, and bringing endless motivation to the crew every week.

Your commitment and energy doesn't go unnoticed — **thank you both!** 🙌🙌





### 💡 Training Tips 💡

**Whether you are chasing a PB, building consistency, or simply enjoying time on your feet, these simple training reminders can make a big difference:**

1. Warm up 5-10 mins is key.
2. Mix up your sessions – vary your weekly running by blending in speed, hills or intervals.
3. Listen to your body – tired legs and niggles are sign your body is asking for recovery.

### **Strength and Conditioning**



**Want to run stronger, faster, and reduce your risk of injury?**

Our **Strength & Conditioning sessions** are designed specifically for you runners — no gym needed, just you, your bodyweight and the HH team spirit!

- 💡🦋 Build core and leg strength
- 🔥 Improve balance, coordination and posture
- 👉 Prevent common running niggles
- ⚡ Boost speed, power and endurance

Come and see how strength training can transform your running — the difference really shows on the hills and in your race times!

Let's get stronger together, HH family ⚡❤️



### **Closing note**

💖 That's a Wrap! 💖

A huge thank you to everyone who continues to bring positivity, encouragement, and inspiration to our HH family. You make this club what it is! 🙌

Apologies if we've missed any achievements this month — we're so proud of every single one of you. 🙌

If you'd like to recommend a fellow runner to be mentioned in the next edition, please WhatsApp me.

In the meantime, keep up the amazing work, team!

**Emma + Clint** 🙌❤️

### **Useful links**

- **Club website** [www.hartshillrunners.co.uk](http://www.hartshillrunners.co.uk)
- **England Athletics** [www.englandathletics.com](http://www.englandathletics.com)
- [www.runtogether.co.uk](http://www.runtogether.co.uk)