



Hartshill Runners



December 2025

Notes from the Chair

As November draws to a close, I want to take a moment to reflect on the progress we've made together this month.

November often marks a season of transition shorter days, cooler weather, and the anticipation of year-end. It's also a time to pause and appreciate the dedication and resilience that each of you brings to our shared mission.

This month, we've seen important milestones reached, new initiatives launched, and continued collaboration across groups. Your commitment has been the driving force behind these achievements, and I am deeply grateful for the energy and creativity you contribute every session.

Looking ahead, December will bring both challenges and opportunities as we prepare to close out the year. I encourage everyone to stay focused, support one another, and take pride in the impact we are making. Together, we are building momentum that will carry us into the new year with strength and optimism.

Thank you for your hard work, your ideas, and your unwavering dedication. Let's finish the year strong.

Emma Hall

Chair, Hartshill Runners

Members Highlights

Runner of the Month

We're delighted to announce our Runner of the Month is **John Lakeland**.

Since joining Hartshill Runners, John has been nothing short of a trooper. With a long history of running throughout his life, he brought experience, passion and a brilliant attitude to the club from day one.

Not long after joining, John faced some health challenges which resulted in a period away from running. But in true John style, he came back stronger than ever showing incred-

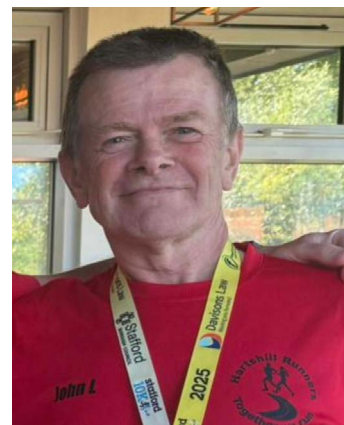
ible grit, determination and resilience.

John gives absolutely everything a go, embraces every session we throw at him, and continues to push himself with positivity and spirit.

Beyond his own performance, he's also a huge supporter of others. He turns up, cheers everyone on, and represents the very best of sportsmanship supporting all abilities and embodying what Hartshill Runners is all about.

John, we are so proud of you and grateful for all you do.

Well done and well deserved!



Club Announcements

Hartshill welcomed some fantastic new faces to the HH family! 🎉

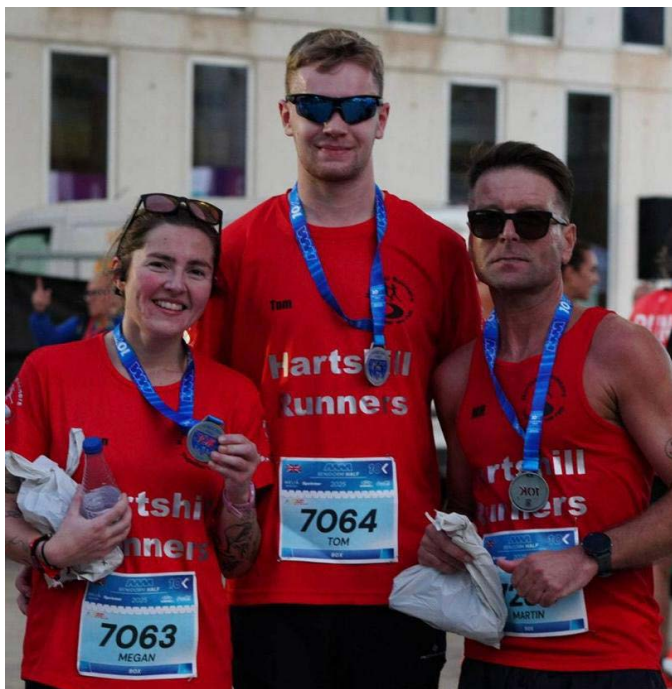
A huge warm welcome to **Steve Wells , Kris & Kerry Williams** , amazing additions to the HH family and We're so excited to have you with us and can't wait to see what you achieve in the months ahead! ❤️❤️

PBs and Race Results

This month has been absolutely buzzing with PBs, podiums and powerhouse performances across the club!

🏃♀️ **parkrun PBs flooding in!**

parkrun saw a wave of red-hot performances with PBs coming in fast from **Deb and Shaun Sankey** – the dream



Megan, Tom and Martin in Benidorm



Hartshill Runners

17 Nov • 📍

Beckbury 10k

The Beckbury 10k crew

team! **Lee Smith** also took a chance, pushed hard, and smashed his 5K time. Brilliant running!

🏆 Matt Costello – Setting the Standard

A huge shoutout to Matt Costello, who has had an unbelievable month, taking 1st place at BOTH Telford and East Park. Matt continues to set the bar incredibly high!

🎅 Shrewsbury Seven Hospice Charity Santa Run – Podium Magic

Hartshill absolutely rocked the Santa Run!

Clint Hall and **Megan Tibbets** both stormed home in 1st place in their respective events.

Megan, in particular, has had an exceptional month with PBs everywhere — Park runs, the Benidorm 10k, plus a podium finish. She is truly on fire!

Big congratulations to **Dave Evans**, **Annabelle Taylor**, and **Gareth Hughes** for smashing 10k PBs at Shrewsbury Santa event too. Amazing to see the club so strongly represented by: **Emma**, **Clint**, **Arran**, **Lee**, **Andy**, **Laura**, **Amy**, **Sam**, **Ben**, **Megan** and **Jen**.

The sea of red (and Santa suits!) looked incredible.

🌴 Benidorm 10K – Reds Abroad

Our runners didn't just dominate at home they took the red interna-



tional!

Megan Tibbets, **Tom Stevens** and **Martin Hems** took on the Benidorm 10k, proudly flying the Hartshill colours. Superb running, all of you!

🌳 Weston Park 10K

Great work from **Steve Wells**, one of our newer members, who smashed his 10K event at Weston Park.

A good run too from **Adam Hawkes** – well done, both!

🌲 Beckbury 10K – Trail Terrific

A little bit of trail, anyone?

Clint Hall, **Martin Hems**, **Andy Hotchkiss**, and **Shaun & Deb Sankey** took on the beautiful (and challenging!) Beckbury 10K and absolutely crushed it.

🏙️ Leeds 10K – Big Stage, Big PB

Finally, a massive well-done to Matt Costello for representing the club at the Leeds 10K with a fantastic performance and a hugely deserved 10K PB.

What a month for Matt!

Birthday shout-out 🎉 Big happy birthday to the November baby: **Tom Stevens** 😊



Hello from the current C25K crew – mostly all smiles despite Emma's latest session . . .

Upcoming Events

- Track night 8th and 22nd December (£3pp)
- Monday 15th Club Run followed by Drinks in the Fighting Cocks in Oakengates
- Wednesday: Club run, multiple paced groups target distance 10k
- Strength and Conditioning – Thursday 6.30pm £5pp
- The Walking Group continues Wednesdays at 6.30pm
- C25K – Tuesday and Fridays, 6.30pm, all welcome and encouraged to come and support
- C25K – Graduation 20th December @ Telford Park run. Meet at 8am (Looking for lots of volunteers to support/run with graduates)
- **DATE FOR YOUR DIARY** – HH Christmas party 31/01/2026 (More info to follow)

Upcoming Races – November 2025

- Telford 10k 14th December
- Wheaton Aston 27th December

💡 Training Tips 💡

❄️ Winter Training Tips –

Staying Strong Through the Cold Months ❄️

As the temperatures drop and the mornings get darker, motivation can dip but winter is where strong runners are made. Here are some top tips to help you stay consistent, safe, and ready to smash your goals through the colder months:

1 Warm Up Properly. Cold muscles are stiff muscles, so take 5–10 minutes to loosen up. Try:

- Light jogging
- Dynamic leg swings
- Walking lunges
- High knees & butt kicks

A good warm-up reduces injury risk and boosts performance.

2 Layer Up (But Don't Overheat)

Use the 3-layer rule:

- Base layer: moisture-wicking
- Mid layer: warmth (fleece or long sleeve)
- Outer layer: wind or rain protection

Gloves, buffs and headbands are game-changers you lose most heat from hands and head.

3 Be Seen – Stay Safe

With darker nights, visibility is essential. Wear:

- Reflective clothing
- Light-up bands
- A head torch for unlit areas

You're not just keeping yourself safe you're helping cars and cyclists spot you early.

4 Adjust Your Pacing (The Cold Lies!)

Don't panic if you're slower in the winter. Colder temperatures, heavier clothing and icy paths all impact pace.

Focus on:

- Effort level over numbers
- Building a strong aerobic base
- Consistency, not speed

Your spring PBs will thank you!

5 Hydration Still Matters

It might be chilly, but you still sweat.

Sip water regularly throughout the day and bring a drink for longer runs.

6 Look After Your Feet

Cold puddles, mud and rain can make feet miserable.

Consider:

- Waterproof socks
- Trail shoes for grip
- Changing into dry socks ASAP post-run

7 Prioritise Recovery

Colder weather can make muscles tighten up quickly.

Remember:

- Stretch after every session
- Use a warm shower for recovery
- Keep strength work going (S&C is vital this time of year!)

8 Set a Winter Goal

Give yourself something to work towards:

- A spring race
- A winter streak (e.g., run/walk 3x a week)
- A pace or distance target

A clear goal keeps you accountable when it's cold and dark.

Remember: Winter Miles = Summer Smiles

This is the season where grit builds greatness. Keep showing up, stay warm, stay safe and trust the process.

Your hard work now will pay off massively when race season arrives.

Shining a Light on our Run/Walk leaders

Stoddy

For Stoddy, becoming a Run Leader was about one simple thing — helping others enjoy running.

He loves giving people the confidence to know where they're going and enjoys nothing more than leading a tough hill session – 'hills obviously they're more demanding, but more rewarding too'.

The most rewarding part of leading runs for Stoddy is watching members improve week by week and smash their personal targets.

One moment that stands out was pacing Karen his wife through her very first half marathon – an achievement that filled him with pride and summed up what supporting others is all about.

Running first started for Stoddy as a way to stay active after finishing football, but it soon became a passion.

He has too many running memories to choose just one favourite, but his go-to race distance is the half marathon.

Looking ahead, the big bucket-list dream is to one day run the Rock and Roll Las Vegas event.

What keeps him motivated is simple: always wanting to better himself.

His kit essential is his watch (of course!), his treat is chocolate, and you'll usually find him heading out early in the day.

Away from the running itself, Stoddy loves the banter that comes with being part of Hartshill Runners.

His sense of fun shows too – not everyone can say they once ate an entire wedding cake for a bet!

His favourite club route is St Georges 3 Peaks because, as he puts it, 'there's no hiding place'.

His best advice to runners is straightforward and heartfelt: relax, and try to enjoy it.

Whether he's leading a group up a hill or encouraging someone to try their first session, Stoddy brings energy, encouragement, and a love for the challenge to every run.

From everyone at HH: thank you for everything you do. You truly are the superstar of our club. 🙌❤️❤️❤️👏

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!

Last session this year on **11th Dec**, will be reviewed in January and weather permitting a restart date set TBC.

- 💡 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 ⚡❤️



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!** 🙌🙌

📣 Club News 📣

Blue Turtle Physiotherapy service (Lowri Walker MSC physiotherapist) offers great prices to HH runners.

She specialises in Sports massage, acupuncture, Chronic pain, Acute injuries, Biomechanics, wellness and sports injuries and comes highly recommended (Speak to Emma if you require further details).

The Cryotherapy Team at Cryozone Shrewsbury — also offer discount to HH runners, again a great rehab/injury prevention method (see Emma for more details).

🎄 Christmas Timetable Update 🎄

- 22 Dec → Track as normal
- 24 Dec → No run
- 29 Dec → 4-mile festive leg stretch
- 31 Dec → No run
- 5 Jan → Track returns

NOTE: Last Strength & Conditioning session this year is 11th December.

Enjoy the break 🎅✨



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
- **England Athletics** www.englandathletics.com
- www.runtogether.co.uk