



# Hartshill Runners



## NEWSLETTER

January 2026

### Notes from the Chair

**A**s we close out December and look ahead to 2026, I just want to pause and say thank you.

December has been a real reminder of what makes our club special.

Despite the dark evenings, cold weather and the busy run-up to Christmas, our members continued to show up, supporting each other on club nights, racing in club colours, volunteering their time, and celebrating one another's achievements. That commitment and sense of togetherness is something we should all be incredibly proud of.

December has also been a moment to reflect on just how far we've come this year.

The growth of the club, the success of our coaching sessions, the achievements across all abilities, and the willingness of members to step forward and help, have laid strong foundations for the future. None of this happens by accident, it's down to the people that make up Hartshill Runners.

As we head into the New Year, our focus remains on supporting the runners we have, developing our volunteers, and ensuring the club continues to grow in a sustainable and positive way. There's a lot to look forward to in 2026.

Thank you for being part of this club, for looking out for one another, and for making Hartshill Runners such a welcoming and supportive community.

Here's to an exciting year in 2026. 🎉

Warm regards,

**Emma Hall**

Chair, Hartshill Runners

### Members Highlights

#### **RUNNER OF THE MONTH**

We're delighted to announce our Runner of the Month is **Annabelle Taylor**.

Stubborn? Yes.

Moans? Absolutely.

Progress? Off the scale. Annabelle has come on leaps and bounds over the past few months, and her journey is one that deserves shouting about.

From C25K graduate to smashing a 10k PB at the Christmas Santa Charity Run, she is living proof that anyone can do it with commitment, consistency, and a bit of grit (even if accompanied by the odd complaint 😊).

One of HH's youngest members, Annabelle is truly the light and soul of the party.

A certified party animal, she loves nothing more than getting her nails and eyebrows done as she puts the glam in glamorous and keeps us all in stitches with her infectious humour. Belly laughs are guaranteed when she's around.

She's an absolute pleasure to coach, a loyal running-buddy bestie, and a quiet beast when it comes to getting the miles done. Run with Annabelle and you'll be entertained, motivated, and probably laughing the whole way round.

Keep shining, keep grafting, and keep being you Annabelle, we love you lots and can't wait to see what's next #halfmarathon ❤️🏃‍♀️

### Club Announcements

**H**artshill welcomed some fantastic new faces to the HH family in December! 🎉

Welcome **Rodney Dunn, Avril Parker-Jones and Peter Parker-Jones**. Our C25K Graduates took their much deserved place on the membership list. Welcome **Nathan Garbett, Graham Cowan, Hannah Post, Ellie Cox, Heather Thatcher-Plant, Gemma Morris, Anthony Smith and Steve Wilson** ❤️





The C25K graduates and their Hartshill buddies celebrate a successful graduation at Telford parkrun

## PBs and Race Results

**P**arkrun PBs were flying in this month with some cracking performances from Deb, Sam, Ben, Amy, Laura, Dave, Andy, Rodney and Arran – consistency paying off and the hard work showing. Love to see it 👏

Over at the Telford 10k, **Penny, Ben, Jen, Mac, Martin, and Avril Parker-Jones** were out in force, smashing out some fantastic runs with a cheeky PB or two sneaking in along the way. Strong racing and great representation for HH 💪

Meanwhile, Wheaton Aston saw a bold flash of red on the course with **Tom, Meg and Martin** putting in solid performances and a fantastic 10k PB for Tom. Plenty more to come guys, well done.

Brilliant effort from everyone, training is clearly landing, and the red tops are getting noticed! 🔥❤️



Megan, Tom and Martin at Wheaton Aston

## Upcoming Events

- **Track nights** – Some slight changes over the next few weeks. Track is confirmed for the following dates. February 2, March 2 and March 16 (if you pay your fees in advance these are now due for the dates listed.)

Track contract to be renew March–September 2026.

- **Club runs** Monday Club Runs will continue to alternate from the park. January 19 and February 16 will be trained sessions. These will be arranged and more info will follow in the WhatsApp Training and Announcements group.

- Wednesday: Club run Multiple paces groups target distance 10k
- S+C Thursdays 6.30pm £5pp, re-starting February 5.
- The walking Group continues on Wednesday evenings 6.30pm.

## Christmas Party

**O**ur Hartshill Runners Christmas Party will be held at Wrockwardine Wood Football Club next to Oaken-gates Leisure Centre on Saturday, January 31, from 7pm.

Tickets/places have been confirmed, if you have missed the opportunity to get your ticket, speak to Emma asap to see what can be sorted.

## Christmas Raffle

**T**his year, two of our runners are taking on amazing challenges for charity.

**Tom Stevens** is running the London Marathon in support of Cancer UK, and **Tracy Talbot** is tackling the London Landmarks Half Marathon for Mental Health UK.

Hartshill Runners are proud to support them with a Christmas Raffle to help boost their fundraising efforts.

We would be hugely grateful for any prize donations, which are needed by January 16.

## Upcoming Races – January 2026

- parkrun tourism – East Park, Wolves, January 17
- Shrewsbury Festival 5k – January 24 at 5.30pm



That time when Santa came to one of the track sessions at Oakengates Leisure Centre ...

## 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.





The Hartshill Runners Christmas Day parkrun crew

## Shining a Light on our Run/Walk leaders

### Tracy

**T**racys running journey started more than eight years ago as a search for a new hobby, leading to memorable milestones including the Birmingham Half Marathon and the London Landmarks Half.

Once a self-confessed childhood running hater and 'recovering Diet Coke addict' 😊, Tracy now can't imagine life without running or the lifelong friendships she's made along the way.

Fuelled by pasta (and occasionally wine 🍷), her advice is simple: don't start too fast, stay safe, warm up and cool down, hydrate, and enjoy the run.

For Tracy, Hartshill Runners is all about the people, the support, and moving forward together.

Tracy loves meeting new people, hearing their stories, and helping runners of all abilities complete their runs at their own pace. Whether it's a relaxed, chatty run or supporting others through tougher sessions, seeing runners grow in confidence and ability is what she finds most rewarding.

Thank you Tracy for being part of the Club. 😊🍷❤️🌟



### Training plans 😊

#### **Got a goal in mind this year?**

Whether you're aiming for a 5K, 10K, Half Marathon, Marathon, or even the Triple, Emma offers friendly, supportive coaching to help you get there.

Club members can enjoy discounted personalised training plans, built around your pace, your schedule, and your confidence.

No pressure, no jargon, just encouragement, guidance and a plan that fits.

👉 Have a chat with Emma for more info she's always happy to help 🎶❤️♀️

### Run Leaders

#### 🙌 A Big Thank You to Our Run Leaders! 🙌

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

We genuinely couldn't do what we do without you.

That said, we're always looking to grow the team, so if you think you have what it takes and fancy becoming a Run Leader and giving something back to this incredible club, please have a chat with Emma. ❤️

### 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).

### 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)