



Hartshill Runners



February 2026

Notes from the Chair

Hello lovely HH family. As we have now moved into the new year, I just want to take a moment to say how proud I am of this club and every single person in it.

Whether you're chasing PBs, building confidence, coming back from injury, or simply turning up for the social miles and smiles, you all play a part in what makes our community so special.

Lately I've seen grit on the hills, determination in the wind and rain, and so much encouragement between runners of all paces. That's what HH is about. Not just performance, but people.

The mid-run chats, the 'you've got this' when someone doubts themselves is part of the magic you can't measure on a watch.

We've got an exciting few months ahead with training plans in full swing ready for some big races.

Remember, progress isn't always linear. Some weeks feel strong, others feel tough both are part of the journey. Be kind to yourselves, listen to your bodies, and don't forget to enjoy the process along the way.

See you out on the roads (and probably on a hill or two!), Warm regards,

Emma Hall

Chair, Hartshill Runners 🏃❤️❤️

Members Highlights

RUNNER OF THE MONTH

By popular demand, this month's award goes to the wonderful **Laura Evans**.

Laura has been part of the club for quite some time now. She's always been quietly consistent, happy to run with anyone, never seeking the spotlight, and genuinely one of the kindest people you could meet. The sort of runner every club is lucky to have.

Over the last 12 months, we've seen huge milestones for

Laura not just in her running, but in her personal life too.

She has worked incredibly hard to qualify as a nurse, graduating with first class honours (an amazing achievement!), all while continuing to train and quietly smash out PB after PB.

More recently, Laura has stepped outside her comfort zone again by signing up for a bigger running challenge alongside a few others from the club.

On top of that, she's been supporting fellow runners by organising routes for groups following training plans helping others succeed while still putting in the work herself.

Laura, your dedication, kindness and quiet determination do not go unnoticed. You are a huge asset to this club, and we are so proud of everything you've achieved both in your trainers and beyond. Massive congratulations, and very well deserved 🏆❤️👏🏆👩



Club Announcements 📣

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

Please join me in welcoming **Nick Owen, Samantha Crookes** and **Rachel Racky**. 🏆❤️

🏆 PBs and Race Results 🏆

Parkrun PBs were flying in this month with some cracking performances from **Amy, Sam, Demi, Laura, Peter and Avril** – consistency paying off and the hard work showing.

Lovely to see 🏆



The Morning after New Year's Day Race

Shoutout to the HH Kings – Our Fell Running Legends!



What a way to start the year!

The Morning after New Year's Day Race was a true test of endurance, grit and pure determination and the hills were most definitely alive for this one.

Massive well done to **Clint, Rodney, Andy, Lee, Martin and Arran** (pictured above) for taking on the challenge and flying the HH flag high on the fells.

Races like that aren't just about speed they're about toughness, resilience and refusing to back down when the course bites back. Huge respect, lads. That's some serious New Year commitment right there 🙌🔥 HH proud! ❤️❤️

Over at the **Shrewsbury Festival 5K** we had some rapid performances from the boys in Red, **Matthew, Clint, Rodney, Ben, Andy and Arran** definitely put HH on the front page 🙌

Christmas Party and HH awards

January saw the much-deserved (and patiently awaited!) **Christmas Party and HH Awards Night** and what a night it was.

A brilliant evening filled with laughter, celebration and a chance to recognise the incredible achievements and contributions across the club.

Please join me in congratulating our 2025 Award Winners, as voted for by the members:

- 🏆 Runners' Runner: **Matthew Costello**
- 🏆 Most Improved: **David Evans**
- 🏆 Top Miler (Male): **Matthew Costello**
- 🏆 Top Miler (Female): **Penelope Benton**
- 🏆 Best Newcomer: **Matthew Costello**
- 🏆 Club Champion (Male): **Stephen Stoddart**
- 🏆 Club Champion (Female): **Penelope Benton**
- 🏆 Grit & Determination Award: **Becky Smith**
- 🏆 Comeback of the Year: **John Lakeland**
- 🏆 Volunteer of the Year (Male): **John Lakeland**
- 🏆 Volunteer of the Year (Female): **Tammy Lockley**
- 🏆 Top Miler Male: **Matthew Costello**
- 🏆 Top Miler Female: **Penelope Benton**

Chair's Special Awards:

- 👑 Hill Queen Award: **Samantha Saunders**
- 🧹 Floor Inspector Award: **Jenny Parkes**
- ❤️ Chair's Award: **Clint Hall**

Every award tells a story of hard work, resilience, kindness, and commitment to the HH community.

Whether for performance, perseverance or pure club spirit, each winner represents what makes Hartshill Runners such a special place to be.

Congratulations to all our winners and thank you to every member who continues to make this club what it is.



Upcoming Events

- **Track nights** – Track Contract to be renew March – September 2026.
- **Club runs** – Monday Club Runs with continue to alternate from the park. 16th Feb = Trained session, this will be arranged and more info will follow in the T+A group.
- **Wednesdays:** Club run multiple-paces groups target distance 10k
- **S+C Thursdays** 6.30pm £5pp.
- **The walking Group** continues on Wednesdays 6.30pm.

Sexarathon

Sexarathon dates are now available (Get booked on!)

- **Lilleshall** 5-mile – April 22
- **Phoenix Flyer** (Dawley) – 5k May 20
- **Shropshire** 4-mile (Granville) – June 10
- **Vic Musgrove** (Telford) 5k – July 1
- **Ironbridge** – 4-mile July 15
- **Harper Scarper** – 5k Sept 2

Upcoming Races

- **March 1 - Nantwich 10k**
 - **March 8 - Chester 10k, Fradley 10k**
 - **March 22- Ironbridge half, Stafford half, Pulford 10k**
 - **29th March - Wolverhampton 10k**
- Please keep an eye on club website/Club Calander for other upcoming and future Races.



A bit of parkrun tourism for the gang at East Park in Wolverhampton

💡 Training Tips 💡

February is that in-between month the excitement of January goals has settled, race season is creeping closer, and motivation can wobble when it's cold, dark, and legs are feeling the miles.

So, this month's focus is simple: **run strong, not just far.**

🏔️ **Add Hills = Add Power**

Hills are strength training in disguise. They build glutes, hamstrings and calves, improve running form, and make flat running feel easier.

🐢 **Easy Runs Matter More Than You Think**

Not every run should feel hard. Easy miles help your body absorb training, reduce injury risk, and build endurance properly.

If you can chat in full sentences, you're probably at the right pace. If you can only gasp single words... slow it down!

🏋️ **Don't Skip Strength**

Just 20 minutes, twice a week, can make a huge difference.

Focus on:

- Squats or sit-to-stands
- Lunges or split squats
- Calf raises
- Core work (planks, dead bugs)

Strong muscles = better form when tired = fewer niggles.

💡🏃 Membership Renewal 🏃💡

It's time to renew your Hartshill Runners membership – all membership fees are due to be paid on 1st March 2026. 🎉

Membership renewal ensures you remain fully affiliated, insured, and able to enjoy everything HH has to offer from club runs and coached sessions to races, socials, and being part of our brilliant running family.

Why renew?

- 🇬🇧 England Athletics affiliation & insurance
- 🏃 Access to all club runs, sessions, and events
- 👏 Support our volunteers, run leaders, and club growth
- ❤️ Help us keep HH thriving and inclusive for everyone

What to do next:

Details on how to renew, including deadlines and payment information, will be made available in the training and announcement group shortly.

Please make sure your renewal is completed promptly to avoid any disruption to your membership.

As always, thank you for being part of Hartshill Runners ❤️ If you have any questions about renewal, just drop us a message.

Let's make another fantastic year together! ✨



Our Dynamic Duo at the Awards Night

Shining a Light on our Run/Walk leaders

✨Theresa ✨

This month we're shining a well-deserved light on **Teresa, one of our wonderful run leaders and a truly special part of the HH family.**

Teresa has a genuine love for running, but what really sets her apart is her passion for supporting others. She leads with kindness, patience and encouragement, always making sure no one is left behind and everyone feels welcome. Whether you're having a great run or a tough one, Teresa is there with a smile, a steady presence and the reassurance that you've got this.

She doesn't just give to others — Teresa also pushes herself, continually striving to improve and challenge her own limits. That balance of personal determination and selfless support is exactly what makes her such an inspiring run leader.

Teresa, thank you for everything you bring to the club your warmth, your encouragement, and your unwavering support of our runners.

We're incredibly lucky to have you leading the way 🙌❤️💕

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 you 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!** 💛

This month sees training plans in full swing; goals being chased and confidence building with every mile.

Whether you're training for a race, stepping up your distance, or simply showing up consistently, remember that every run counts.

Stay patient, trust the process, and lean on each.

There's a real buzz in the club right now and it's brilliant to see.

Keep supporting one another, keep believing in yourselves, and most importantly keep enjoying the journey. Exciting months ahead, HH!

Emma + Clint ❤️

A Final Thank You

Finally, we want to say a **huge and very sincere thank you to you the runners for the surprise award that completely caught us off guard.**

To be overwhelmed and, for once, speechless says it all.

The thought, the kindness and the appreciation behind it meant more to us than we can put into words.

We are incredibly grateful and truly proud to be part of such a supportive, generous and special club.

Thank you from the bottom of our hearts. ❤️❤️

💛 **Emma + Clint** 💛



Useful links

- **Club website** www.hartshillrunners.co.uk
- **England Athletics** www.englandathletics.com
- www.runtogether.co.uk