



# Hartshill Runners



March 2026

## Notes from the Chair

**A**s we move into March, it's great to see the lighter evenings and the first signs of spring arriving.

February was another fantastic month for the club, filled with progress, determination, and plenty of achievements across our training groups.

Our runners have been working incredibly hard and, with race season fast approaching, many of you are entering the final stages of your training plans.

For others, the focus may simply be on enjoying the miles, building confidence, or spending time with friends within our running community and that's just as important.

The commitment and support shown across the club each week is fantastic.

Whether your goal is a race, a new distance, improved fitness, or simply enjoying being part of the group, every step forward is something to be proud of.

March promises to be another exciting month for the club. But first, let's take a moment to reflect on some of the brilliant achievements from February.

**Emma Hall**

Chair, Hartshill Runners 📣❤️❤️

## Members Highlights

### **RUNNER OF THE MONTH**

By popular demand, this month's award goes to the wonderful **Ashley Corbett**.

What a journey Ashley is on!

Ashley first took her steps into the running world when she joined our Couch to 5K programme in September.

From day one she showed incredible determination and commitment.

Like many new runners, there were moments when every ounce of her being probably wanted to stop but Ashley never gave up.

Week by week she kept showing up, putting in the effort

and trusting the process.

With sheer hard work and resilience, she powered her way through the course and proudly completed the C25K programme.

But..... Ashley didn't stop there. Continuing her running journey with the same dedication, February saw Ashley complete her very first 10K – an amazing milestone and a true testament to how far she has come in such a short space of time.

Ashley, you are an incredible inspiration to us all. Your determination, courage, and willingness to keep pushing forward embodies everything our running community stands for.

Congratulations on being our Runner of the Month – very well deserved! 🎉👏🌟



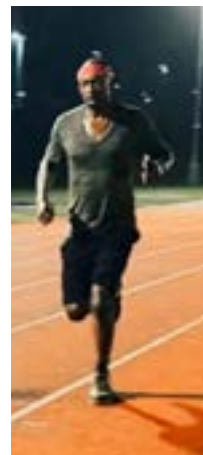
## Club Announcements 📣

**P**lease join me in giving a warm welcome to Tracey Bridgwood, who has recently joined the club.

We're delighted to have you with us and look forward to seeing you out on the runs.

We'd also like to give a big shout out to **Zac Rose**, who has joined us all the way from Kenya! Zac (*right*) is a temporary member while visiting the UK and will be running with us until April. We're thrilled to have him as part of the Hartshill Runners community during his stay. 🎉

**Welcome to you both!**





Our latest 5-10k graduates – well done all!

## 🏆 PBs and Race Results 🏆

It's been another fantastic month for the club, with plenty of achievements, personal bests and great performances to celebrate.

PBs came flying in this month with **Dave, Megan, Teresa, Gemma** and **Peter** all smashing their parkruns.

It's brilliant to see so many members pushing themselves week in week out and achieving new personal bests, a real testament to the hard work everyone is putting in.

### **5-10K Course Graduation**

A huge congratulations to our incredible 5-10K group who have just completed their six-week course and absolutely crushed the distance!

Throughout the course they showed determination, resilience and true team spirit, constantly going above and beyond to support and encourage each other every step of the way. Watching their progress has been fantastic and we couldn't be prouder.

A massive well done to our graduates: **Hannah Post, Graham Cowan, Ellie Cox, Nathan Garbett, Ashley Corbett, Anthony Smith** and **Gemma Morris**.

You've all worked incredibly hard and fully earned this achievement, what an amazing milestone! 🎉

A big thank you to our club runners who came along to support both on the night and throughout the course.

Your encouragement and guidance make such a difference. What a fantastic achievement from everyone involved!

We also had a fantastic achievement from **Lee Smith**, who knocked out an impressive off-the-cuff half marathon in Leicestershire. Taking on a half marathon without much notice and putting in such a strong performance is no small feat, so a huge well done to Lee!

It's great to see the club continuing to support and motivate each other, whether it's at parkrun, races, or during training sessions.

Keep up the amazing work everyone, and we look forward to seeing what next month brings!

## 🎂 Birthday celebrations 🎂

We would like to send out big birthday wishes to **Arran, Tracy** and **Ashley**. Everyone at the club hopes you all had a fantastic day celebrating.

## Upcoming Events

### ● **Track Sessions £3pp**

We're pleased to confirm that the track has been secured on alternate Mondays from **13th April through to 17th August**.

The confirmed dates are:

- Monday 13th April
- Monday 27th April
- Monday 11th May
- Monday 25th May
- Monday 8th June
- Monday 22nd June
- Monday 6th July
- Monday 3rd August
- Monday 17th August

These sessions are a great opportunity to work on speed, technique and endurance, so we hope to see plenty of members making the most of the track over the summer months.

### **Club runs**

● Monday Club Runs will continue to alternate with track sessions from the park.

● Wednesday: Club run, multiple-paced groups, target distance 10k.

● Strength and Conditioning – Thursdays 6.30pm £5pp

● The Walking Group continues on Wednesdays at 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



Congratulations to Lee Smith on his brilliant half marathon in Leicestershire – and a taste of what goes on at track . . .

## **T50 Relay Challenge**

**E**ntries are now open for the T50 Relay Challenge, and Hartshill Runners are looking to put together a team.

If you'd like to take part, please see Clint to register your interest. More information will be shared through the WhatsApp groups as arrangements are confirmed.

It promises to be a great event and a fantastic opportunity to represent the club, so get involved if you can!

## **Upcoming Races**

● 22nd March – **Ironbridge Half, Stafford Half, Pulford 10k**

● 29th March – **Wolverhampton 10k**

*Please keep an eye on club website/club calendar for other upcoming and future races.*

## **💡 Training Tips 💡**

**W**ith the lighter evenings and signs of spring arriving, this is a fantastic time to refresh your training and build consistency.

### **1 Don't Skip Your Easy Runs**

Easy miles are where the real aerobic gains happen. Keep them truly comfortable, this helps recovery and prepares your body for harder sessions.

### **2 Fuel Your Runs**

As distances increase, your body needs fuel. If gels don't suit you, try alternatives like jelly sweets, chocolate, bananas or energy chews. Practice fuelling during training so race day feels familiar.

### **3 Look after your body**

Add mobility, stretching and light strength work into

your routine. A few minutes focusing on calves, hamstrings and glutes can help prevent injuries.

### **4 Respect Recovery**

Recovery is just as important as training. Make sure you include rest days, sleep well and refuel properly after longer or harder runs.

### **5 Run Together**

One of the best things about our club is the support we give each other. If you're struggling with motivation, buddy up with another runner - the miles always feel easier together.

### **6 Trust the Process**

Training can feel tough at times, but consistency is key. Every run even the difficult ones is building strength and confidence for race day.

### **☀️ Most importantly, enjoy the journey.**

The progress you're making now will soon turn into those well-earned finish line moments.

## **Club News/Information**

### **Welfare Corner – Supporting Our Members**

#### **Message from Matthew Costello, Welfare Officer**

"I'm excited to introduce myself as the club's Welfare Officer. My aim is to help ensure our club continues to be a place where everyone feels valued, supported and able to enjoy their running to the full.

"Whether it's offering guidance, addressing concerns, or simply being someone you can talk to, I'm here to help keep our community strong, safe and inclusive.

"If you ever have any worries or need support, please don't hesitate to reach out."

**Matt**



## Shining a Light on our volunteers

### ✨Tammy ✨

**T**his month we're shining a light on one of the amazing people working tirelessly behind the scenes to keep our club running smoothly – our wonderful Secretary, **Tammy**.

Tammy is a huge asset to the club. She dedicates countless hours to the cause, ensuring everything runs as it should, from keeping things organised behind the scenes to supporting the committee and our members.

Her commitment, reliability and willingness to always help out never goes unnoticed.

Alongside all the hard work she does for the club, Tammy is also known for another very special talent – her star baking skills!

Many of us have been lucky enough to enjoy the treats she brings along, which always go down a storm.

Clubs like ours simply couldn't function without volunteers like Tammy who give up their time so generously.

Tammy, thank you for everything you do for Hartshill Runners, we truly appreciate you!



## 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!** 👏

This month we were delighted to welcome **Tom** to the Run Leader crew. Tom is a fantastic addition to the team and brings a wealth of running experience and knowledge.

Not only is Tom a strong and dedicated runner himself, but he also has a great way of encouraging and supporting others out on the run. His positive attitude and willingness to help make him a brilliant role model within the club, and we're really pleased to have on the team.

On that note, our support team is growing, and we're delighted to share that we have two new run leaders in the making.

Over the coming months **Penny Benton** and **Sarah Brand** will begin their journey through run leader training.

Volunteering to step into this role takes commitment and courage, and we're incredibly grateful to them both for putting themselves forward to help support our members. ❤️

## Club News

### **Up & Running Shrewsbury** 🏃

A reminder that Hartshill Runners members receive 10 per cent off purchases at Up & Running in Shrewsbury.

Don't forget they also offer gait analysis and expert advice to help you find the right running shoes for your individual running style and needs.

If you're thinking about new trainers or need some guidance, it's well worth popping in and speaking with their knowledgeable team.

**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!** ❤️

As we wrap up this month's newsletter, we just want to take a moment to say how proud we are of this amazing community we've built together.

Seeing so many runners progressing, supporting one another and achieving things they once thought impossible is exactly what Hartshill Runners is all about. From new runners taking their first steps, to members smashing race goals and volunteers giving up their time to keep everything running smoothly, every single one of you plays a part in the club.

With the lighter evenings and spring races fast approaching, it's an exciting time for us all.

Keep showing up, keep encouraging each other and most importantly keep enjoying the journey.

Thank you all for being part of the Hartshill Runners family.

**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)