



Hartshill Runners



NEWSLETTER

April 2026

Notes from the Chair

March has been an incredible month for the club. We've seen months of dedication and training plans come to fruition, with so many of our runners stepping up to the start line and achieving their goals.

It's always inspiring to witness the hard work paying off.

This month also marks the beginning of an exciting new chapter for Hartshill, as more than 40 of our members take part in the Sexarathon Series across the Summer.

Seeing such a strong presence of red across the county fills me with immense pride.

Our club continues to grow, not only in numbers, but in commitment, resilience, and the inspiration we bring to one another. It's this shared passion and support that makes us so special.

As we move into April, the momentum continues with the first race in the Sexarathon series at Lilleshall ahead and the long-awaited London Marathon takes place.

We want to take a moment to wish **Ian Barrow** in London all the best on the start line representing HH. We know how hard you have worked and we are behind you every step of the way. **Go Ian!**

The clocks have finally changed, bringing us longer, lighter evenings and more opportunities to train together.

It's a chance to build on everything we've started over the Winter and carry that consistency and strength into the Spring/Summer months ahead.

On a personal note, I just want to say how proud I am of all members.

Watching you all support one another, push your limits, and celebrate each other's achievements over the last month has been humbling, well done all of you

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER OF THE MONTH & HARTSHILL QUEEN

Megan Tibbetts joined HH last year and has already made a huge impact within the club.

She has become a true inspiration to so many of our female runners, and it's fair to say a few of the men too!

Megan works hard, trains hard, and genuinely I'm sure if you cut her in half it would say 'running' through her veins. Her commitment and passion for the sport are clear to all.

This year, Megan is taking on some big challenges and has really stepped up her training.

What's been equally impressive, though, is her ability to listen to her body and be kind to herself along the way, something that truly defines a well-rounded athlete.

She is paving the way for others in the club, showing exactly what dedication, consistency, and hard work can achieve.

A very well-deserved **Runner of the Month** accolade, congratulations, **Meg!** 🎉👏



Club Announcements 📣

Please join me in giving a warm welcome to **Martin James, Joanne Wilkinson, Ollie Syd, Nicky Green, Damien Stevens, Steven Langford and Allan Pitchford** who have recently joined the club.

We're delighted to have you with us and look forward to seeing you out on the runs. Sadly, this month we say farewell to **Zac Rose**, as he returns home to Kenya! Zac, it has been a pleasure and we hope to see you again! 🎉👏



A great turnout from Hartshill for Telford parkrun – and coffee!

🏆 **PBs and Race Results** 🏆

March has been packed with incredible performances, stand out results and proud club moments.

First up, **Matthew Costello** took no prisoners at the Nantwich 10K, securing an outstanding 2nd place on the podium. An exceptional performance huge congratulations, Matt!

The Chester 10K saw fantastic runs from **Avril, Nathan, Ant, and Gemma**, all flying the HH colours strongly across the finish line. Brilliant effort from you all!

Then came the Ironbridge Half Marathon... and what can only be described as a full HH takeover.

A sea of red shirts that simply could not be missed! Not only did we show up, we were officially recognised as the largest club presence on the day. An incredible achievement in itself.

The performances didn't stop there. There were **so many PBs**, and for some, their **very first half marathon** – what a race to choose! Huge congratulations to:

Sarah Brand, Amy Jones, Stephen Stoddart, Jennifer Parkes, Penelope Benton, Samantha Saunders, Shane Lockley, Zac Rose, Nick Owen, David Evans, Caroline Costello, Tom Stephens, Emma Hall, Annabelle Taylor, Demi-Leigh Bradley, Clint Hall, Andy Hotchkiss, Rodney Dunn, Gareth Hughes, Arran Pooni, Laura Evans, Peter Corrs, Mac Makenzie and Martin Hem.

And finally, a very special mention to our First Lady... **Megan Tibbetts!** 🙌

Same Day, Different Events – One Team Spirit

On the same day, across different races, we saw exactly what HH is all about.

Congratulations to **Ceri Card** for smashing out a fantastic run at Stafford Half Marathon.

Matthew Costello put in a superb performance at the Pulford 10k, while **Ben Goh** headed over to represent the club at the Welshpool 10k. Both ran their own races, gave it their all and then, without hesitation, made a quick U-turn to get back and support their fellow runners crossing the Ironbridge finish line ❤️❤️

That right there is true team spirit. Not just strong runners, but incredible supporters too.

It didn't end there!!!!

Shawbury RAF 10K – big shout out to **Rodney Dunn** flying solo at this one. Cracking run, well done Rod.

Berlin Half Marathon – Huge congratulations to **Gareth Hughes** on a pb and taking HH over the sea.

Massive cheers to the **Chetwynd 10K** boys **Lee Smith** and **Peter Parker-Jones** – well done both of you, brilliant running. What a month, what a team, this is exactly what HH is all about.

parkrun highlights

Megan has been absolutely on fire, smashing her parkrun/5k pb with an incredible sub-19 performance – just outstanding!

Avril is also flying high with a new parkrun/5k pb, showing fantastic progress and consistency.

We've also seen brilliant parkrun pbs from **Nathan, Heather, Teresa, Annabelle** and **Graham** too.

The results across the board have been fantastic.

Wedding bells!

Stop the bus, we have a huge announcement!!!!

A Hartshill Wedding is on its way.

Huge congratulations to our wonderful DREAM TEAM **Tom & Megan** who got engaged last month – we are so pleased for you both.





Flying the Hartshill colours at the RAF Shawbury 10k – Rodney Dunn

🎉 Birthdays 🎉

It's a busy month for birthdays – **Avril, Lee Smith, Megan, Shaun, Dave Butler, Matt and Clint.**

Everyone at the club wishes you all a very happy birthday and hopes you all had a fantastic day celebrating.

Upcoming Events/Diary Dates

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 as follows:

The confirmed dates are as follows:

- Monday 13th April
- Monday 27th April
- Monday 11th May
- Monday 25th May
- Monday 8th June (late start 7pm)
- 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.

Alderford Lake parkrun + Dip #HHSocial

Join the fun on 16th May!

T50 Relay Challenge

Entries are now open for the T50 Relay Challenge (14th June).

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

London Marathon 26th April 2026. All of us here at HH would like to wish **Ian Barrow, Tom Stevens** and **Megan Tibbetts** all the best for the big day. We know you are going to be amazing – have the best time.

Market Drayton 10k

This year Drayton 10k is on 10th May, so there's still time to sign up and join fellow Hartshill members on the day.

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

💡 Training Tips 💡

With 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.

Hartshill Picture special!



Lee Smith and Peter Parker-Jones at the Chetwynd 10k



Nathan, Gemma and Ant at the Chester 10k



Matt Costello doing Matt Costello things



Berlin calling – Gareth Hughes at the half marathon



Great fun for the groups at the Hartshill Easter treasure hunt – thanks to Emma, Clint and family for organising and support

Sexarathon

Sexarathon dates confirmed.

- 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

Club runs

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

Shining a Light on our volunteers

✨**Clint** ✨

This month, we are incredibly proud to shine a well-deserved spotlight on Clint, a true cornerstone of our club.

Clint is so much more than a run leader. As our Social Secretary, Coaching Assistant, and a trusted source of running knowledge and experience, he plays a vital role in shaping both the performance and the culture of our club.

His contribution goes far beyond the sessions themselves – he helps create the environment that makes people want to turn up, improve and feel part of something special.

His passion for running is evident in everything he does.

Clint leads with energy, positivity, and genuine care for every member, whether you're a seasoned runner chasing new goals or someone just starting out on your journey.

He has a natural ability to bring out the best in people, offering encouragement when it's needed most, guidance when it matters, and belief when confidence is lacking.

Clint embodies everything we stand for: leadership, commitment, and community.

He is an inspirer, a motivator, a supporter and a believer in every single runner.

His self-discipline and dedication to his own training sets a powerful example, and his willingness to give his time and energy to others does not go unnoticed.

Behind the scenes, Clint is just as impactful.

From supporting coaching sessions to helping organise the social side of the club, he ensures that our club isn't just about running – it's about connection, friendship, and shared success.

Quite simply, Clint is a huge part of what makes our club so successful, and we would not be where we are today without him.

Clint, thank you for everything you do. We are incredibly lucky to have you as part of our team ❤️❤️



Run Leaders

Reminder: Run leaders meeting 12th April 2026 at the Fighting Cocks in Oakengates at 6pm.

As always, a huge thank you goes to our amazing run leaders and volunteers who generously give up their time to support the club and its members week after week.

Your dedication is what helps make Hartshill Runners such a welcoming and inclusive community. ❤️

Welfare corner

Just a friendly reminder from Matt, our Welfare Officer, that he's always here if you need anything.

Whether you have a concern, need a chat, or just want a bit of support, no matter how big or small, please don't hesitate to reach out.

Matt

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 🏃❤️

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. Message her at blueturtlephysio@gmail.com

The Cryotherapy Team at Cryozone Shrewsbury – also offer discount to HH runners, again a great rehab/injury prevention method (Contact Lee at Cryozone for details).

Closing note

💛 **That's a Wrap!** 💛

Keep up the great work. Thank you all for being part of the Hartshill Runners family.

Emma + Clint ❤️

Useful links

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