



Hartshill Runners



May 2026

Notes from the Chair

April has been another brilliant month for Hartshill Runners, and once again I find myself incredibly proud of you all.

A real highlight has been the start of the race season with lots of members taking on events like the Lilleshall Five Miler, the first of this year's Sexarathon races.

The results speak for themselves – PBs, first-time racers, and some seriously strong performances across the board. What stood out even more, though, was the support on display. Whether you were running or cheering, from the sideline, it truly reflected the spirit of our club.

We've also continued to strengthen what we offer week in, week out.

Our structured sessions, growing confidence within our run leader team, and the ongoing focus on making every session inclusive and safe is something I'm particularly proud of.

The work going on behind the scenes to support this doesn't go unnoticed, and I want to thank all of our volunteers and leaders who make it possible.

As we head into May, we're looking forward to building on this momentum. With more races ahead, continued development of our sessions, and some exciting plans in the pipeline, there's plenty to look forward to.

Thank you, as always, for being part of Hartshill Runners.

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER OF THE MONTH

This month, we're delighted to recognise Karen Stoddart as our Runner of the Month.

Karen has been a valued member of Hartshill Runners for many years, and recently her support for others has truly shone through.

After taking a short break from running, Karen's return

hasn't just been about getting back into her own stride, she's used it as an opportunity to lift those around her.

Her encouragement, positivity, and willingness to step in and support others have made a real impact, particularly within our blue group.

Karen has been a fantastic support to our run leaders, always ready to encourage, guide and help wherever needed.

This recognition isn't just about her return to running, it's a celebration of her commitment to the club, her selflessness, and the difference she makes to so many of our members.

Karen, thank you for everything you do. We're so grateful to have you as part of Hartshill Runners. ✨

Club Announcements 📢

Please join me in giving a warm welcome to Gavin Wright and Gemma Hull who have recently joined the club.

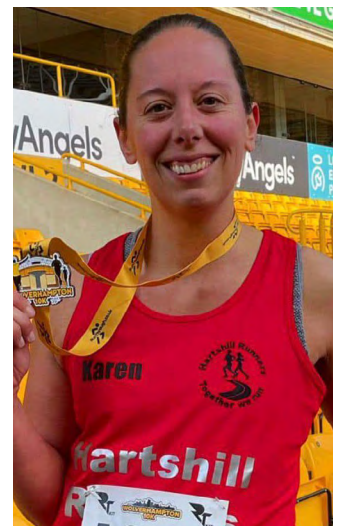
We're delighted to have you with us and look forward to seeing you out on the runs. 🎉

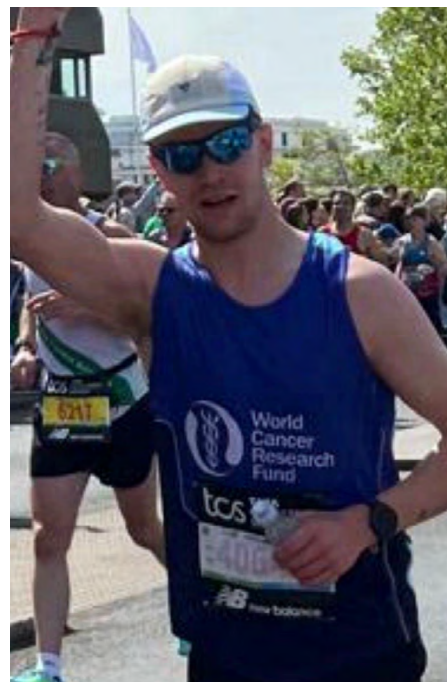
🏆 PBs and Race Results 🏆

LONDON LANDMARKS HALF MARATHON

A huge shout out to our runners who took on the London Landmarks Half Marathon!

Special recognition goes to **Tracy Talbot**, who ran in support of Mental Health UK, showing incredible dedication not just to the miles but to such an important cause.





Our London Marathon legends Megan Tibbetts, Tom Stevens and Ian Barrow – well done all!

A big congratulations also to **Damien Stevens**, one of our newcomers, who stepped up and successfully completed the event, a fantastic achievement and a brilliant milestone.

And a well-deserved shout out to **David Butler**, who also completed the event – a brilliant effort and a great achievement.

You've all done yourselves and Hartshill Runners proud 🙌

SEXARATHON – LILLESALL FIVE MILER

April marked the exciting start of the Sexarathon series, kicking off with Race 1 – the Lilleshall 5 Miler.

And what a start it was! More than 40 Hartshill Runners turned up in force, painting the course red and making it a race to remember in HH history.

From start to finish, the energy, determination and team spirit on display were incredible.

PBs were flying in across the board, with so many of you smashing your goals and setting the tone for the series ahead. Whether it was your first race or one of many, the effort and commitment shown by everyone was outstanding.

A huge congratulations to each and every one of you runners, supporters and everyone involved.

One down... five to go! 🔥

LONDON MARATHON – KINGS & QUEEN OF THE STREETS

What a day, what a performance!

A massive congratulations to our incredible London Marathon runners **Ian Barrow**, **Tom Stevens**, and **Megan Tibbetts** who took on the London Marathon and did both themselves and Hartshill Runners proud.

You had the whole club behind you. From members glued to the trackers watching every mile unfold, to the hundreds of messages in the WhatsApp group sharing updates, and those out on the course soaking up the atmosphere and cheering you across the finish line, it truly felt like a club-wide experience.

The determination and heart you all showed out there was inspiring and your performances were nothing short of phenomenal. A huge success and a moment we're all incredibly proud of.

CANNOCK CHASE & BEYOND

A big shout out to everyone flying the Hartshill Runners flag across different events this month!

At the Cannock Chase Half Marathon, **Lee Smith** absolutely smashed it a fantastic performance on what is never an easy course. A brilliant effort and one to be proud of!

And not to be outdone, newcomer **Jo Wilkinson** surprised us all with a cheeky Stratford Triathlon appearance!

An incredible achievement well done Jo.

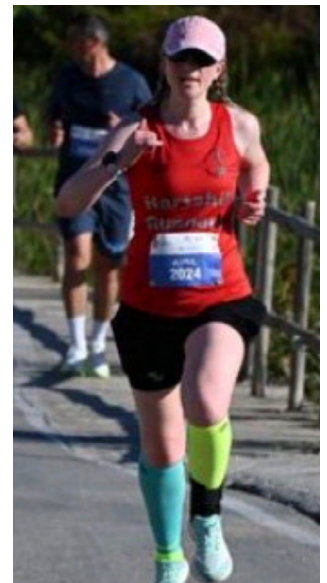
HARTSHILL RUNNERS ON TOUR

Avril and **Pete** are always out and about, taking Hartshill Runners far and wide! It's been hard to keep up with them; races seem to be popping up everywhere they go. They are truly embracing every opportunity to represent the club and are definitely putting HH on the map! 🌍

Let's not forget our trail blazers **Clint** and **Martin** flying the Hartshill Runners flag at the **Wrekin Fell Race!** You pair absolutely smashed it with epic performances and fantastic times from you both. Well done lads! 🙌🔥



Martin and Clint at the Wrekin Fell Race



Triathlon-tastic from Jo Wilkinson, Tracey Talbot and Dave Butler at the London Landmark half and Avril Parker Jones on tour

parkrun highlights

A huge congratulations to our parkrun heroes who continue to show up week after week and smash out PBs.

A special mention to **John**, who has been absolutely crushing his times this month, fantastic achievement and well deserved.

Shout outs also to **Annabelle, Arran, Peter, Graham, Sam, Amy, Shane, Damien, Ollie** and **Dave E**, along with everyone else who has gone out there and pushed themselves to new personal bests this month. Keep it going, those PBs aren't slowing down any time soon! 🙌🔥

🎂 Birthday celebrations – April 🎂

A huge happy birthday **Alice, Gareth, Peter Parker Jones, Sam, Steve Wells**, and **Stoddy!** 🥰

We hope you've all had a fantastic day celebrating and, of course, managed to fit in a few miles along the way!

Upcoming Events/Diary Dates

Track Sessions £3pp

- 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

Market Drayton 10k – May 10

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

💡 Training Tips – Warmer weather 💡

As we are into race season and the temperatures continue to rise, a few small adjustments can make a big difference to your training and performance.

💧 Stay Hydrated

Hydration becomes even more important in warmer weather. Don't wait until you're thirsty, drink regularly throughout the day and consider taking water on longer runs.

🕒 Run Smart

Try to run earlier in the morning or later in the evening when temperatures are cooler. Mid-day heat can make sessions feel much harder than they need to be.

🏃 Adjust Your Pace

Warmer weather will naturally slow you down, and that's okay. Focus on effort rather than pace, especially during harder sessions or races.

👕 Dress for the Weather

Light, breathable clothing and a cap or sunglasses can help keep you cool and protected from the sun.

🔥 Respect the Conditions

If it's particularly hot, don't be afraid to ease off or adapt your session. Consistency is key not pushing through and burning out.

🥤 Fuel & Recover Well

You'll lose more fluids and energy in the heat, so make sure you're refuelling properly after runs to support recovery.

🏁 Race Day Tip

Start slightly more conservatively than usual, the heat can catch you out later in the race if you go off too fast.

Club News/Information

Incoming: New groups are set to land. With the club continuing to grow, we are introducing Pink and Yellow groups. (More info will follow via WhatsApp groups).

Sexarathon

Sexarathon dates confirmed.

- 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

Spunch – Open to the public!

We're excited to announce a fun, inclusive event open to all ages and abilities whether you're a seasoned runner or just looking to get involved!

Think of it as a sporty treasure hunt across town and trail...

🏃 **Run or walk**

🏆 **Score course challenge**

👥 **Take part solo, in pairs, or teams of 3 plus**

Choose your challenge:

🕒 **60, 120, or 180 minutes** – the more checkpoints you find, the more points you score!

📅 **Date:** Wednesday 8th July

🕒 **Time:** 5-7.30pm

📍 **Location:** The Old Fighting Cocks, Oakengates

SPUNCH OAKENGATES
TELFORD TF2 6DU
ALL AGES AND NEWCOMERS WELCOME
SPUNCH!
SOLOS, PAIRS OR TEAMS OF 3 OR MORE
A sporty treasure hunt. Town & Trail
Run or walk 60, 120, 180 minute score course
STARTS
WEDNESDAY 8 JULY 17:00 TO 19:30
Hartshill Runners Together we run
THE OLD FIGHTING COCKS
48 MARKET STREET
TELFORD TF2 6DU
£8 (12 & over)
WWW.SIENTRIES.CO.UK

Shining a Light on our volunteers

🌟 **Matt** 🌟

This month, we're shining a light on one of our fantastic run leaders, **Matt Costello**. 🌟

Although Matt has only been a run leader for a short time, he brings with him more than 12 years of running experience, having first laced up his trainers at 30 and decided to 'give running a go'.

Like many of us, his journey didn't start smoothly – his first run lasted all of two minutes after setting off far too fast... something he'll admit he's repeated a few times since!

At Hartshill, Matt stepped into the run leader role to give something back. His knowledge comes not just from books and podcasts, but from lived experience, learning through trial, error, and perseverance.

What really stands out is his approach to running and supporting others. His belief is simple but powerful: consistency beats any training plan. He encourages runners to show up, trust the process, and focus on steady progress rather than quick wins.

He isn't driven by competing with others, instead he focuses on being better than he was yesterday. That mindset shines through in the way he supports our members, always ready with encouragement, advice, or simply someone to run alongside. If you've run with Matt, you'll know exactly the kind of positive impact he has. And if you haven't yet, make sure you do! Thank you, Matt, for everything you bring to Hartshill Runners 🌟💖



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

Run Leaders

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

Your dedication is what continues to make Hartshill Runners such a welcoming, supportive, and inclusive community.

A big congratulations to **Penny Benton** and **Sarah Brand** on successfully completing their run leader courses. We are looking forward to having you both on the RL team. ❤️

Welfare corner

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!** 💖

Apologies if we have missed anyone.

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