



Hartshill Runners



August 2026

Notes from the Chair

Happy August everyone! What an incredible few weeks it's been. July was packed with some more brilliant events, with a double bout of Sexarathon and our very own Spunch!

It's been brilliant seeing so many of you out enjoying the sunshine (even if it's been a little too intense at times!)

A huge well done to everyone who's been training consistently and those tackling those gruelling Summer long runs, huge credit to you all.

We are incredibly proud to have been short-listed for **West Midlands Club of the Year**. This recognition belongs to every single one of you. It's the smiles at the finish, the encouragement on the tough runs, the volunteers who give up their time and the friendships we've built that have led to this so thank you all.

As we head towards the autumn race season, let's keep supporting one another. Cheer loudly at races, celebrate every achievement (big or small) and don't forget that sometimes the best runs are the ones filled with laughter rather than fast splits!

A huge thank you to all our run leaders, committee members and volunteers who continue to work behind the scenes to keep the club running.

We simply couldn't do it without you.

Finally, if you've been thinking about trying something new, now is the perfect time. Sign up for a race, volunteer at an event, introduce yourself to someone new at club or encourage a friend to come along.

Hartshill Runners is growing because of the amazing community we've all created together.

See you all in your running shoes soon!

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER OF THE MONTH

This month's Runner of the Month is a very deserving **Lee Smith**. Lee is an outstanding runner who consistently demonstrates everything Hartshill Runners stands for.

His dedication to training, positive attitude and excellent clubmanship make him a valued member of our running family.

Earlier this year, Lee set himself a personal challenge of completing a half marathon every month.

Some have been organised races, while others have simply been solo runs, but his commitment to achieving this goal has been unwavering. His performances have been incredibly impressive, and his race results reflect the hard work he has put in.

However, this award isn't about times or PBs. On July 11, during a half marathon on one of the hottest days of the year, Lee showed exactly what kind of runner he is. Around 10 miles in he came across a fellow runner who was distressed, overwhelmed by the heat and ready to give up. Rather than focusing on his own race, Lee stopped immediately. Despite her telling him not to ruin his race, Lee simply replied: 'For me it's about finishing safely, not in this for a PB today'. He walked and ran alongside her for the final 5k, joined by a couple of other runners, ensuring she reached the finish line safely. His own result became secondary to making sure another runner was okay.

That one act sums up everything we believe in at Hartshill Runners. Running is about far more than medals, times or finishing positions. It's about kindness, encouragement,





respect and looking after one another. As Lee himself said: 'Never leave your wingman'.

Lee, thank you for reminding us all what being part of the running community is truly about. Congratulations on a well-deserved Runner of the Month award, we're incredibly proud to have you as part of Hartshill Runners.

Runner of the Month – thoroughly deserved! ❤️❤️

Club Announcements 📢

Please join me in giving a warm welcome to **Yasmin Roberts and Joe Costello** who have recently joined the club.

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

🏆 **PBs and Race Results** 🏆

SEXARATHON SERIES – RACE 4 (VIC MUSGROVE 5k) & RACE 5 (IRONBRIDGE 4 MILER)

A huge congratulations to everyone who represented Hartshill Runners across both events. As always, our sea of red was out in force, Two races, two fantastic evenings! We saw some incredibly strong performances, plenty of personal bests, and, as always, outstanding support from our Hartshill Running family. 🙌🙌

RACE ROUND-UP

Our members have been busy flying the Hartshill Runners flag at events across the region, with some fantastic performances on display!

🏆 **Birmingham & Black Country Half Marathon**

A brilliant run from Ollie Syd, taking on the half marathon with determination and strength.

🏆 **Shrewsbury 10K**

Well done to Libby Smith, Shaun Sankey and Deb Sankey, who all put in excellent performances over the slightly hilly 10k course.

🏆 **Sutton Park Half Marathon**

A huge congratulations to our very own powerhouse, Sam Saunders, for another outstanding half marathon performance.

🏆 **Bayston Hill 10K**

Congratulations to Gemma Hull and Steve Wells, who



represented Hartshill Runners brilliantly with strong runs and fantastic effort.

It's always fantastic to see so many red vests at races across the country. Whether you're chasing a PB, ticking off a new distance, or simply enjoying the running, go for it!

🌳 **PARKRUN PBS & ADVENTURES** 🌳

A huge cheer to everyone who has been out at parkrun this month! A special congratulations to everyone who has achieved a PB, your dedication and hard work are really paying off!

It's also been fantastic to see so many of our members embracing parkrun tourism. From travelling abroad and ticking off international parkruns to exploring new venues across the UK, you've certainly been keeping busy!

Several members are also taking on the popular A-Z Parkrun Challenge, gradually working their way through the alphabet one event at a time.

We love seeing your adventures and hearing about the different courses you've discovered.

Wherever your parkrun has taken you this month, whether it was your local course or somewhere completely new, we hope you've enjoyed the journey.

Keep up the great work

SPUNCH CHALLENGE

Our Hartshill Spunch Event was a fantastic success and a real highlight of the month!

It was brilliant to see so many members taking part, embracing the challenge and, most importantly, having fun together.

The event brought out plenty of friendly competition, laughter and team spirit, with everyone giving it their all while supporting one another along the way.

A huge thank you to everyone who took part, and thank you to the event organisers @spunchuk/The spunch man Andy Thornton. ❤️❤️

🎂 **Birthday celebrations – July babies**

A huge happy birthday to **Jenny Parker, David Evans, Libby Smith, Tracy Rixom, Steve Husslebee, Sheridan Smith and Sarah Brand.**

We hope you've all had a fantastic time celebrating. 🎉



Meg at the Ironbridge Sexarathon race, Ollie at the Birmingham & Black Country half and Sam after the Sutton Park half



Hartshill on tour – Karen and Stoddy in Amsterdam, Dave and Kim at Gunnersbury while Mac also went Dutch.



Steve and Gemma (left and right) ran the Bayston Hill 10k while Avril's latest parkrun odyssey (centre) took her to Wales



The Hartshill crew ready for the Ironbridge 4 miler in the Sexarathon Series

Upcoming Events/Diary Dates

There are plenty of exciting events coming up over the next few weeks, so make sure you get them in your diary!

🏆 Harper Scarper 5K

The final race in this year's Sexarathon series takes place on September 2. We hope to see as many Hartshill Runners there as possible to round off another fantastic series.

Following the race, there will be the Sexarathon Awards Ceremony, where we'll also proudly collect our T50 Champions Trophy.

It would be fantastic if everyone could stay behind after the race to celebrate together and support the team as we receive this well-earned award.

🏆 Great North Run – September 13

A huge good luck to our members taking on one of the UK's most iconic races:

- **Nathan**
- **Demi**
- **Sam**
- **Dave**

Enjoy every mile, soak up the incredible atmosphere and make some unforgettable memories. We'll all be cheering you on!

Cross Country and relay events

Information is available in the WhatsApp groups for dates and teams, please liaise with Matt for updates and further information.

Track Sessions £3pp

- Monday, August 17
- Monday, September 28

You'll notice there's a slightly longer gap between sessions than usual due to availability at the Oakengates track and the August Bank Holiday.

Don't worry though, we'll still have plenty of great alternative training sessions available during this period.

Full details will be shared in the club WhatsApp groups nearer the time.

We look forward to seeing as many of you as possible at these events.

💡 Summer Training Tips – 💡

Racing and running in the heat

We're now well into the summer race season, and while many of us are enjoying chasing PBs and taking on new challenges, the warmer weather means we all need to be a little smarter with our training.

A few simple adjustments can make a big difference to both your performance and, most importantly, your safety.

💧💧💧 Hydrate, Hydrate, Hydrate!

Don't wait until you're thirsty, aim to drink consistently through the day. For longer runs or races, consider carrying fluids or planning routes where you can top up your water.

🕒 Choose the Coolest Time of Day

Whenever possible, run early in the morning or later in the evening when temperatures are lower. Club sessions may be adapted, relocated or, if conditions become unsafe, cancelled to protect all runners.

🎯 Run to Effort, Not Pace

Heat places extra stress on your body, so it's completely normal for your pace to slow. Listen to your body and focus on running by effort rather than chasing a particular pace.

👕 Dress for Success

Wear lightweight, breathable clothing and consider a cap, sunglasses and sunscreen to help protect yourself from the sun.

🥤 Fuel & Recover

You'll use more energy and lose more fluids in hot conditions. Make sure you're replacing both after your run with plenty of fluids and a balanced meal or snack to aid recovery.

🏁 Race Day Advice

On hot race days, resist the temptation to set off too quickly. Start a little more conservatively than usual and let the race come to you. A controlled start will often lead to a much stronger finish.

❤️ Listen to Your Body

If you begin to feel dizzy, nauseous, confused, develop chills or stop sweating, slow down immediately, find shade and seek help if needed. There is absolutely no shame in cutting a run short if the conditions are too much, your health always comes first. Enjoy your summer running, stay safe, and remember ... the finish line will still be there, but looking after yourself is always the biggest win.

Shining a Light on our volunteers

✨Penny ✨

This month we'd like to shine a light on one of our newest Run Leaders, Penny.

Penny's journey with Hartshill Runners began through our Couch to 5K programme, and what an incredible journey it has been.

She has gone from strength to strength, proving that with determination, consistency and a willingness to step outside your comfort zone, amazing things really can happen.

Penny is fiercely determined and never afraid of hard work. She has embraced every challenge along the way, continually developing as a runner and inspiring those around her to believe in themselves too.

She is a wonderful example of what can be achieved when you trust the process and keep showing up.

What makes Penny such a fantastic Run Leader, though, isn't just her running. It's her kind, caring and empathetic nature.

She instinctively looks out for others, offers encouragement when it's needed most and helps create the welcoming, supportive atmosphere that Hartshill Runners is so proud of.

Although she's new to the Run Leader role, Penny has taken to it brilliantly. She leads with confidence, compassion and enthusiasm, making everyone feel included, supported and valued.

Thank you, Penny, for everything you bring to the club. We're incredibly lucky to have you as part of our Run Leader team, and we can't wait to see you continue to flourish in the role. ❤️💛



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

As always, none of this would be possible without the incredible team of volunteers who stand alongside me.

A huge thank you to every one of our Run Leaders for giving up your time week after week to support our members. ❤️

C25K is back!

Our next Couch to 5K programme is now officially advertised and is due to run from 8th September to 7th November.

If you know someone who has been saying they'd love to start running, now is the perfect time to encourage them to sign up. Our C25K programme has welcomed so many amazing runners into the Hartshill family over the years, and we'd love to make this our biggest intake yet.

Please help us spread the word by sharing our social media posts with your friends, family and colleagues. You never know, you might just inspire someone to take their very first steps into running.

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.

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