



Hartshill Runners



July 2026

Notes from the Chair

Happy July, everyone! What an incredible few weeks it's been. June was packed with some brilliant events, from Sexarathon, Races and the T50 relay to our very own fantastic Family Fun Day!

A huge congratulations to everyone who has represented Hartshill. Seeing that sea of red at any event never fails to make me proud.

July brings another busy month! We have our own Spunch Event just around the corner and another Sexarathon race on the horizon. Wednesday club runs will be paused around these events before returning to normal afterwards.

Training plans are back in full swing as we approach the Great North Run, Snowdon Marathon and, for some, the Chester triple training continues.

Here's to another month of running, supporting one another and making more fantastic memories together.

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER(S) OF THE MONTH

This month, we simply couldn't choose between them, so our Runner of the Month goes to the incredible duo **Penelope Benton and Caroline Costello!**

These two ladies have formed a truly special friendship through running. They motivate, encourage and inspire each other every step of the way, and together they've become an unstoppable team.

PB after PB, challenge after challenge, they continue to raise the bar. Their commitment to training and their determination to improve is incredible to watch, and the results speak for themselves.

But this award isn't just about medals, finish times or shiny bling. It's about the journey they've been on. Both Penelope and Caroline have grown so much, not only as runners but in

confidence too.

To see them go from moments of self-doubt to believing in themselves and achieving things they once thought impossible has been a privilege to witness.

Their friendship is genuine, supportive and truly beautiful. They are a perfect example of what running together is all about:

Congratulations, ladies. You should both be incredibly proud of everything you've achieved.

Runner(s) of the Month – thoroughly deserved! 🥰❤️



Club Announcements 📢

Please join me in giving a warm welcome to **Tim Stevens, Pablo Burns-Roa and Sheridan Smith** who have recently joined the club.

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

🏅 PBs and Race Results 🏅

SEXARATHON SERIES – RACE 3 (GRANVILLE RACE)

A huge congratulations to everyone who represented Hartshill Runners at the Granville Sexarathon race!

As always, our sea of red was out in force. Another night of fantastic strong performances, plenty of personal bests, and lots of incredible support throughout the evening. Well done team. We can't wait for the next race!



T50 RELAY CHALLENGE – A DAY TO REMEMBER ❤️

From the first runner setting off to the final finish, the atmosphere was incredible.

We had runners of all abilities taking part, supported by team-mates, family and friends every step of the way.

There was laughter, encouragement, determination and plenty of cheering from the sidelines as our sea of red made its way around the course.

One of the things that made the day so special was the inclusiveness. Every runner played an equally important role, and it was wonderful to see experienced runners alongside those taking on something completely new.

The support between teammates was second to none, with everyone willing each other on and celebrating every single leg of the relay.

And to top it all off... we won! 🏆❤️❤️

Winning the challenge for 2026 was the icing on the cake we managed the second fastest time ever and that's all down to you all. A huge thank you and congratulations to everyone involved.

Our winning trophy award will be presented at the next Sexarathon race, so make sure you stay behind after as we celebrate this fantastic achievement together. ❤️❤️

BARMOUTH 10K!

Congratulations, **Steve Langford** on completing the Barmouth 10k. A fantastic event and fab run. Well done Steve, we're incredibly proud of you and look forward to seeing what challenge you take on next!

PENKRIDGE 10K!

Hartshill was proudly represented by **Tom Stevens, Megan Tibbetts** and **Allan Prichard** at the Penkridge 10k this month. Special congratulations to Megan, who took the First Lady title, while Tom and Allan both produced outstanding performances.

Well done to all three on flying the HH colours!

🌟 **SPECIAL SHOUT OUT!** 🌟

LEE SMITH

Lee has set himself the incredible challenge of completing a half marathon every month for the year, he continues to quietly go about achieving exactly that.

Never one to seek the spotlight, Lee uses running as his own time to switch off, enjoy the outdoors and challenge



himself. A huge congratulations on completing Chillington 16K, the Redditch 10k and your monthly half marathon.

PARKRUN PBS & ADVENTURES

A huge shout out to everyone who gets up on a Saturday morning to parkrun. Every 5k completed is an achievement worth celebrating. Some Saturdays bring personal bests, others bring new locations, or simply the satisfaction of getting to the finish line. To everyone who has earned a PB this month, congratulations! And to those who have explored new park runs and added another location to their growing list of adventures well done. We hope you've enjoyed every run. Here's to many more Saturday morning smiles! 🌟🌟

HARTSHILL FAMILY DAY ❤️

What a fantastic afternoon we shared. It was a chance to swap the running shoes for old-school sports day fun, forget about training plans and race times, and simply enjoy spending time together.

With great music, delicious food and plenty of laughter, the competitive spirit was definitely still alive! We had everything from sack races, relays to classic three-legged races (complete with the inevitable face plants!) It finished off with an egg and spoon race, a lively game of rounders, and then the ladies proudly claiming victory over the men in of tug of war.

The children ran, played and laughed from start to finish, only stopping when they were well and truly worn out. Days like these remind us to remember the community side of being part of a club. Hartshill is defiantly a place where friendships are made and memories are created. Thank you to everyone who came along and made it such a special day.



Lee Smith reaches another finishing line, Tom, Meg and Allan at the Penkridge 10k and Steve Langford at the Barmouth 10k



Having fun (?) at another training session, this time in the rain after the Granville steps challenge



Meg with her Penkridge 10k trophy, Lee Smith with another addition to his medal haul, and well done to Laura and Pete doing their dusk til dawn charity CPR at the Wrekin raising money for a new First Responders 4x4 ambulance



The Hartshill crew at the Granville race in the Sexarathon Series

Upcoming Events/Diary Dates

Track Sessions £3pp

- 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.

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

HARTSHILL RUNNERS

C25K

9 WEEK COURSE

£10

TUESDAY & FRIDAY 6.30PM

HARTSHILL PARK OAKENGATES TF2 6AJ



START DATE
8TH SEP



GRADUATION
SATURDAY
7TH NOVEMBER



SUITABLE FOR ALL ABILITIES IF RETURNING TO RUNNING OR TAKING THE FIRST STEPS IN YOUR RUNNING JOURNEY

WHAT YOU GET



COACHING SUPPORT



A WELCOMING FRIENDLY GROUP

RUN TOGETHER. SUPPORT EACH OTHER. ACHIEVE TOGETHER. ❤️

💡 Training Tips – Warmer weather 💡

As we are now well into the summer race season and seeing higher than usual temperatures, please be mindful to take extra care to support your running goals. 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.

🎉 Birthday celebrations – June 🎉

A huge happy birthday to **Teresa Wild, Kris Williams, Charlie Costello, John Lakeland, Nathan Garbett, Rodney Dunn and Laura Evans**. We hope you've all had a fantastic time celebrating.

Sexarathon

Remaining Sexarathon dates.

- 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 involve –THIS WEDNESDAY!

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



Shining a Light on our volunteers

✨ Sarah Brand ✨

This month we're shining the spotlight on one of our wonderful run leaders, Sarah Brand.

Although Sarah is fairly new to the run leader role, she has well and truly found her feet.

Joining Hartshill first as a runner, she quickly became an integral part of our club and has never looked back.

Sarah is a beautiful soul, inside and out. She is kind, caring and compassionate, always happy to help and support others wherever she is needed.

She has a calm, encouraging nature that makes everyone feel welcome, whether it's your first run or your hundredth.

Sarah is a little modest when it comes to talking about her own running/fitness achievements, but we've seen the photos and know the impressive goals she has achieved, even more so recently taking the deadly dozen competitions and being selected to perform at the world champs (what an achievement).

Sarah is now using all of that knowledge and experience to encourage and inspire others. We're incredibly lucky to have Sarah as part of our run leader team, and we can't wait to see her continue to grow in the role.

Thank you, Sarah, for everything you do for Hartshill Runners. ❤️❤️



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, I could not do this without the team who volunteer alongside me. Big shout out the Run Leader team, thank you again to every single one of you for giving up your time.

A huge congratulations and thank you to **Megan Tibbetts** who has agreed (as she calls 'voluntold') to become a run leader. That gives me a full house #happycoach/chair ❤️

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