



Hartshill Runners



June 2026

Notes from the Chair

What a month May has been! If there's one thing that has stood out over the last few weeks, it's the incredible energy around the club.

From packed Wednesday groups and busy Monday sessions to race nights, parkruns and social events! Everywhere we look there are Hartshill members, it is amazing to see.

As we move into June, we're heading into one of our busiest and most exciting periods of the year.

There's the Sexarathon Series sees Race 3 'The Granville 4 miler' and 20 Hartshillions take on the 20 legs of the T50 Relay challenge (I can't wait to see this come together).

We also have our Family Fun Day just around the corner a chance to swap running shoes for sports day games, picnic blankets and spend time together away from the roads and trails.

As summer arrives, make the most of the lighter evenings, enjoy the miles, support those around you, and don't forget to have fun along the way.

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER OF THE MONTH

Where do we start with this one? What an incredible few months Avril Parker-Jones has had!

Joining Hartshill alongside her husband Pete around six months ago, she arrived a little nervously, but it didn't take long for her to become a valued and much-loved member of the club.

Hartshill welcomed them both with open arms, and they have become a fantastic part of our running family.

Already an accomplished runner when she joined us, Avril has gone from strength to strength, taking on challenge after challenge, achieving one impressive result after another.

From races and events to training runs and personal goals,

it's honestly hard to keep track of everything she's been accomplishing lately!

Beyond her running achievements, Avril is one of the kindest people you could meet. She inspires those around her through her determination, positivity, and willingness to chase her goals.

Avril, we are incredibly proud of everything you have achieved and the ambition you continue to show. Your dedication, resilience, and enthusiasm for running is truly inspiring, and we can't wait to see what you conquer next.

Congratulations on being our Runner of the Month – thoroughly deserved! 🥳💙💛



Club Announcements 📢

Please join me in giving a warm welcome to Libby Smith & Jenni Pitt 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 🏅

It's been another busy month on the racing front, with Hartshill runners flying the flag across a variety of events!

🏅 Shrewsbury Point to Point 10k

A huge well done to **Laura Evans, Megan, Clint and Gemma Hull** who took on the Point to Point 10k. Fantastic running and brilliant representation of the club.



Lee Smith crosses another finishing line, Megan gets her Phoenix Flyer prize and Peter and Avril with their Shifnal 10k medals

🏆 Market Drayton 10k

Quite possibly Hartshill's favourite event of the year (certainly one of them!), the Market Drayton 10k once again delivered a fantastic atmosphere, great support and a sea of red club vests.

This year's event was no exception, with an incredible **35 Hartshill runners** taking to the start line. From seasoned racers chasing PBs to those simply enjoying the occasion, it was fantastic to see so many members supporting one another and representing the club so proudly.

The encouragement, camaraderie and post-race celebrations perfectly captured what Hartshill Runners is about.

A huge well done to everyone who took part you were all brilliant and did the club proud.

🏆 Shifnal 10k

Meanwhile, over on the other side of town, **Avril and Pete Parker-Jones** were busy adding yet another race to their ever-growing list of achievements!

The dynamic duo took on the Shifnal 10k and, as we've come to expect, absolutely smashed it.

🏆 Bailey Mile

A special shout out to **Matthew Costello**, who took on the Bailey Mile and managed to do what many thought was impossible... Beat all the kids! 😊

In a fantastic performance, Matt stormed his way to 1st place, earning himself the unofficial title of King of the Bailey Mile. Whether it was experience, determination, tactical brilliance, or simply refusing to be beaten by runners half his age, we'll let you decide!

A brilliant achievement and one that has certainly earned him some well-deserved bragging rights around the club.

Congratulations Matt 🥳🏆👏

🏆 Sexarathon Series – Race 2: Dawley Flyer 5k

An incredible turnout! With more than 40 Hartshill runners in the field, we were impossible to miss. Congratulations to everyone who took part and to those who achieved personal bests on a fast and competitive course. A special mention to podium Queen **Megan Tibbetts**, well done Megs.

🏆 Newport 10k

Well done to **Allan** and his lovely partner **Yasmin** for completing the Newport 10k. Great effort from both of you.

🏆 Race for Life

A massive congratulations to **Gemma Hull, Ellie Cox, Avril, Shaun and Deb Sankey** who took part in Race for Life. Not only were the performances superb, but they were supporting a truly worthwhile cause at the same time.

🏆 Ellerdine 5k

A speedy performance from Ben, who absolutely smashed the Ellerdine 5k. Fantastic running and a brilliant result.

🏆 The Deadly Dozen

Not for the faint-hearted! This gruelling challenge tested competitors to their limits, but **Sarah Brand** took it all in her stride and absolutely crushed it. An outstanding achievement and one to be incredibly proud of.

🏆 Chester Half Marathon

A huge congratulations to **Avril Parker-Jones and Peter Parker-Jones** on completing the Chester Half Marathon this month. Well done to both of you on another fantastic achievement. 🥳👏

🌟 Special Shout Out! 🌟

A very special mention this month goes to a few of our members who seem to be collecting race numbers faster than most of us can keep track of them!

Avril & Peter Parker-Jones and **Lee Smith** have been absolutely everywhere, taking on event after event and continuing to produce fantastic performances.

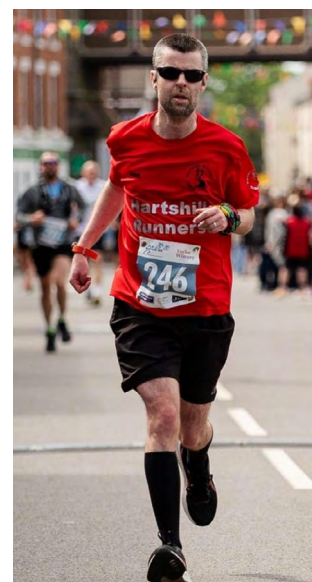
Whether it's road races, trail events, local races or longer challenges, these guys are constantly putting themselves out there, embracing the running community and representing Hartshill with pride. We're incredibly proud of everything. Well done guys. 🥳👏

Hartshill parkrun Tourists on the Move!

This month, parkrun hasn't just been about PBs although there have certainly been a few of those too! Well done to all that have bought home the bling this month.

The real story has been the number of Hartshill members getting out and exploring parkruns far and wide. There have been so many adventures that it's impossible to mention them all, but just to give you a flavour, we've seen Hartshill runners popping up at **Gloucester, Alderford Lake, Isobel Trail, Mount Stuart** and **Largs Prom** to name just a few.

Of course, Alderford Lake wasn't just a parkrun trip. Some



Congratulations to Reuben and Chase for their runs at Market Drayton, and Peter Parker Jones for his Shifnal 10k

brave souls decided a refreshing (or freezing!) dip in the lake and a spot of paddleboarding was the perfect way to round off the morning!

And then there was the big weekender...

parkrun Fairview, Dublin!

An incredible 20 Hartshill red tops crossed the Irish Sea to represent the club, turning Fairview parkrun into a sea of Hartshill colours.

The running was brilliant, but what made the weekend special was the laughter, friendships, memories and shared experiences away from our usual stomping grounds.

Where will the Hartshill tourists turn up next?

Watch this space! 🏃🏃🏃❤️

🏆 Future Hartshill Stars in the Making!

Last but certainly not least, we couldn't finish without celebrating our youngest Hartshill mascots. A huge congratulations to Reuben (aged 5) and Chase (aged 2 and a half), who both completed their very first races at Market Drayton!

Every runner remembers their first finish line, and seeing these two cross theirs with big smiles and plenty of determination was a fantastic moment. We have no doubt they've got many more races ahead of them and are already doing a brilliant job of representing the next generation of Hartshill Runners. Well done boys – a superb achievement and one you should both be very proud of.

We think the future of Hartshill looks bright! ⭐⭐

🏃 T50 Relay Challenge – Nearly Time! 🏃

The countdown is on!

On Sunday, 14th June, 20 brave Hartshill souls will take on the club's T50 Relay Challenge, covering 50 miles across Telford in what promises to be an incredible day of teamwork, determination and club spirit.

The challenge will begin at 9am from Telford Town Park and, after passing the baton through 20 relay legs, will finish back at the park later that day.

An estimated finish time and details of handover points will be shared in the WhatsApp group shortly.

This is where we need your help!

Whether you're a runner, family member or friend, we'd love to see as many people as possible supporting throughout the day. You can help by:

- 🏃 Cheering runners on at handover points
- 🏃 Buddying up with runners on sections of the route
- 📸 Capturing photos and videos from around the course
- 🏃 Joining us at the finish to welcome the team home

This challenge is about much more than miles. It's about bringing the club together, supporting one another and creating memories that will last long after the final handover.

Good luck to everyone taking part we can't wait to see Team Hartshill take on the T50 challenge! ❤️





The Hartshill crew at the Phoenix Flyer – the second of this Summer's Sexarathon races

Upcoming Events/Diary Dates

Track Sessions £3pp

- 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.

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.

🎉 Birthday celebrations – May 🎉

A huge happy birthday to **Ann Griffiths, Ann Clarkson, Simi, Gemma Morris and Reuben.**

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

Sexarathon

Remaining Sexarathon dates.

- 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



Shining a Light on our volunteers

✨ Tom Stevens ✨

This month we'd like to shine a light on one of our fantastic run leader Tom Stevens.

Tom is an incredible young man who is mature well beyond his years. He is highly organised, dependable, and has a natural ability to lead and manage a group with confidence. Whether he's guiding a steady social run or supporting runners through a challenging session, Tom always ensures everyone feels included, safe and supported.

His runs are never boring they're full of great conversation, plenty of laughs, and the occasional memorable one-liner that keeps everyone entertained along the way! Tom brings a wealth of running knowledge and experience to the club, and he's always willing to share advice, encouragement and support with others.



One of Tom's greatest strengths is his ability to run comfortably at all levels, making him an invaluable part of Hartshill Runners. He has a real talent for adapting to the needs of the group and helping runners achieve their goals, whatever their pace or experience.

We are incredibly fortunate to have Tom as part of our leadership team and are truly grateful for everything he brings to the club. Thank you, Tom, for your commitment, enthusiasm, and the positive impact you have brought to the club. ❤️❤️

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

A huge thank you to all of our run leaders and volunteers who continue to give up their time to support our members week after week. Hartshill Runners simply wouldn't be the club it is without your dedication, enthusiasm, and commitment.

Special congratulations go to **Penny** and **Sarah** who are now independently leading groups. Both have worked incredibly hard to reach this milestone and have done a fantastic job stepping into their new roles. We're proud to have them as part of our growing leadership team.

We're almost at a full house with our run leader team now... although we're still looking for one more victim – sorry, volunteer!

If you've ever considered becoming a run leader and helping support our amazing members, we'd love to hear from you. Full training and support are provided, and it's a fantastic way to give something back to the club while helping others achieve their running goals.

Thank you again to every single volunteer who helps make Hartshill Runners the welcoming, supportive, and successful club it is today. ❤️

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