



Hartshill Runners



NEWSLETTER

October 2026

Notes from the Chair

Well... September has been a wild one! After a much quieter August, Hartshill Runners came back with a vengeance this month and we certainly made up for lost time!

We've had PBs, races, birthdays, brilliant club run, new challenges and plenty of achievements to celebrate.

Our runners have been out representing the club far and wide, supporting each other and, showing exactly what the Hartshill spirit is all about.

And amongst all the running excitement, we even had a long-awaited proposal... 💍 wedding bells are ringing!

September has also seen our **Couch to 5K programme** well underway, with our newest runners making fantastic progress each week. It's been brilliant watching their confidence grow and seeing our members and Run Leaders getting behind them.

Now, as we head into October, there's no sign of things slowing down.

We've got more racing, more training, the return of our darker Autumn evenings and plenty more opportunities to run, support and celebrate together.

So, grab a cuppa and settle in there's lots to catch up on from another very busy month at Hartshill Runners!

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER OF THE MONTH

Stoddy, this one is for you! ❤️ Many of you, if not all of you, will know this man and just how dedicated he is to Hartshill Runners.

No matter the distance, the event or the route, Stoddy constantly shows up. He helps out, supports others and gives his time to runners of every ability.

Although, I think there's one thing we can ALL agree on...

Stoddy should never, ever be left in charge of choosing the route! 😂

As many of you know, Stoddy has recently sustained an injury which has left him unable to do something he genuinely lives and breathes – RUNNING!

For someone who loves running as much as he does, that's tough. But what really sums Stoddy up is how he has responded.

Rather than disappearing until he can run again, he's done the complete opposite. He's rocked up on crutches, in a brace, and asked how he can help! ❤️

Whether that's offering to take a C25K session, helping cover one of my coached sessions or simply turning up to support everyone else, he has remained very much part of club life even when he can't currently take part in the way he would like.

And that says everything.

Being Runner of the Month isn't always about who ran the fastest, achieved the biggest PB or completed the most races. Sometimes it's about recognising the people who demonstrate exactly what being part of a running club is all about.

Commitment. Support. Friendship. And showing up for others.

Stoddy gives all of that in abundance, and we are extremely privileged to have him as part of our Hartshill family.

So, **Stephen Stoddart** our September Runner of the Month! 🏆❤️

Very well deserved, Stoddy. Now concentrate on getting yourself back to running... but we're still not letting you choose the route when you return! 😂🏃





Club Announcements 📣

Please join me in giving a warm welcome to Sam Astbury, Paul Whately, Anita Palka, Elly Morrissey and Jon Barrett who have recently joined.

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

💍 Wedding Bells! 💍

Before we move on to this month's race results, we need to take a moment for some VERY important Hartshill news...

A **HUGE** congratulations to **Andy and Laura on their engagement!** 💍💍💍

And, well... **this one has been a LONGGGGG time coming!** 😄

Seriously, Andy... **about time!** 🤔👏

We're absolutely thrilled for you both and couldn't let this month's newsletter go by without celebrating such lovely news.

From everyone at Hartshill Runners, we wish you both a lifetime of happiness together and can't wait to follow the wedding preparations.

Massive congratulations, Andy & Laura! 🎉💍

💍 PBs and Race Results 💍

What a month of racing for Hartshill Runners! ❤️ From 5Ks to half marathons, podium finishes to PBs, our red army has certainly been out in force throughout September.

HARPER SCARPER 5K – SEXARATHON SERIES FINALE WOW, WOW, WOW... what a series it has been!

The Harper Scarper 5K marked the final race of the 2026 Sexarathon Series, and we couldn't be prouder of how Hartshill Runners have represented the club throughout the entire series.

This wasn't about one individual, this was a whole-team achievement.

We've seen some fantastic performances from our returning runners chasing PBs and improving race after race, but perhaps even more impressive has been watching those

taking on the Sexarathon Series for the very first time. You stepped outside your comfort zones, gave it everything and absolutely smashed it!

And we didn't just show up... we came away with awards too! 🏆

A **HUGE** congratulations to:

🏆 **Megan Tibbetts** – 2nd Female Overall for the entire series! An incredible achievement and so well deserved. Well done, Meg!

🏆 **Ben Goh** – fantastic running throughout the series and an Age Category Award to show for it!

🏆 **Caroline Costello** – 2nd in her Age Category and completing the series for the first time. What an achievement!

🏆 **Penny Benton** – also 2nd in her Age Category on her first Sexarathon Series. Very impressive!

Also to **Matt Costello** for finishing second overall at the Harper Scarper and **Martin Hems** for claiming a top six spot in his age group.

And finally, a massive achievement for the whole club...

🏆 **HARTSHILL RUNNERS WON THE PRIZE FOR THE LARGEST CLUB PRESENCE!**

This one belongs to every single person who pulled on the red vest and represented Hartshill throughout the series.

What a way to finish the 2026 Sexarathon Series. ❤️

🏃 LAWLEY 5K FUN RUN

A big well done to **Clint, Emma, Gemma Hull, Graham, Pete, Avril, Cat, Teresa and Joe** for taking on the Lawley 5K Fun Run.

A cracking local event and brilliant to see so many Hartshill colours out there! ❤️

🏃 THE BIG HALF

Olly took his PB and absolutely **BLEW IT UP!** 🌟🔥

A superb performance and a fantastic result. **All that hard work paying off huge well done, Olly!**

🏃 GREAT NORTH RUN

A massive shout-out to **Dave, Nathan, Demi, Sam, Yasmin and Allan**, who worked their socks off preparing for this one!

The Great North Run is always a huge event and an incredible experience. Fantastic effort from all of you, we hope you enjoyed that finish-line feeling after all those training miles!

🏃 LAKE VYRNWY HALF MARATHON

Well, well, well... **Mr Costello** certainly showed us how it's



Hartshill's Seven Bridges crew – well done all!

done here! 🏆

Matt Costello absolutely smashed his PB, finishing in a whopping **1 hour 10 minutes AND taking 2nd place on the podium!** 🏆🔥

Superb running, Matt an outstanding achievement!

And the rest of the Hartshill team certainly didn't disappoint either. Huge congratulations to **Martin Hems, Tom, Megan and Ellie**, who all smashed their runs around beautiful Lake Vyrnwy.

🏃 TIBBERTON TROT 10K

Cat was out representing the Reds at the Tibberton Trot, alongside **Gemma Hull**, who added yet another race to her September tally! **Shaun and Deb Sankey** were there too.

Gemma, you are certainly on a roll this month! 🥳🔥

Well done, ladies flying the flag for Hartshill! ❤️

🏃 SEVEN BRIDGES 10K

This one turned into a bit of a boys' club outing! Massive well done to **Lee Hull, Ben, Graham, Lee Smith, Martin James, Nic and Dave Evans**. Great running, gents! 🏆

🏃 STAFFORD 10K

PBs all the way at Stafford! 🔥

Cracking runs from **Libby, Steve Wells, Elly, Gemma Hull and Lee Hull**, with some fantastic performances and PBs to celebrate.

🦁 ANYONE FOR THE ZOO? – CHESTER ZOO 10K

The boys headed off for a slightly different race venue this month!

Huge well done to **Graham and Steve Langford** for taking on the Chester Zoo 10K. Hopefully you had time to see a few animals while you were there! 🦁🐘🐼

🏃 VITALITY LONDON 10K

Ceri and Gav just casually headed down to London and smashed this one!

Taking it all in their stride, enjoying another fantastic event and once again putting the Hartshill colours on the map.

Well done, guys! ❤️

🏃 SHREWSBURY METRIC& HALF MARATHON

A big well done to **Teresa Pritchard-Jones, Sam Astbury, Yasmin, Allan, Deb, Shaun, Nic, Nathan Olly and Nicky Green**. Another great event completed and another strong run from you all.

🌳 parkrun round-up

A huge shout-out this month to all of our regular parkrunners for their continued dedication whether you're chasing a PB, ticking off a new location, volunteering, or simply enjoying your Saturday morning 5K.

But this month, one Hartshill Runner deserves a very special spotlight...

🎉 300 park runs for Mac! 🎉

Nicholas McKenzie, better known to us all as **Mac** completed his incredible 300th parkrun this month! 🎉🎉

300 park runs! That takes some serious dedication and commitment not to mention a lot of Saturday morning alarms!

What made the occasion even more special was seeing a group of Hartshill Runners make the trip to Mac's chosen parkrun (Haughmond Hill) so they could run alongside him and celebrate this fantastic milestone together ❤️

Huge congratulations, Mac, an amazing achievement and thoroughly deserving of this month's parkrun spotlight.



Mac celebrates his 300th parkrun with his Hartshill pals



Gem and Cat at the Tibberton Trott

🍂 Autumn running tips 🍂

Autumn can be one of the best times of the year for running. Cooler temperatures, crisp mornings and beautiful scenery make for some great miles, but it's also time to make a few adjustments.

🔦 Be Seen

The nights will soon start drawing in, so it's time to dig out the hi-vis, lights and head torches. Being able to see is important, but being seen by drivers, cyclists and other road users is just as important.

👟 Check Those Trainers

After a busy summer of racing and training, have a quick look at your running shoes. If the soles are looking worn, the cushioning feels flat or you've clocked up a serious number of miles, it might be time to think about replacing them.

👣 Watch Your Step

Leaves, rain and darker evenings can make paths and pavements slippery and hide uneven surfaces. Slow things down when needed and take extra care on wet leaves, muddy paths and poorly lit routes.

🧥 Dress for the Weather

Autumn weather can change quickly. Lightweight layers are ideal and can easily be removed as you warm up. A light waterproof or wind-resistant jacket can also become your best friend over the next few months!

🔥 Don't Skip the Warm-Up

As temperatures start to drop, give your body a little longer to get moving. A few minutes of easy jogging and dynamic movements before picking up the pace can help prepare your muscles for the session ahead.

🏃 Recovery Still Counts

Many of you are now deep into training for autumn and winter races. Remember, more isn't always better. Recovery days, sleep, good nutrition and listening to those little niggles are all part of training too.

💧 Keep Drinking

Just because it's cooler doesn't mean you stop sweating. Hydration is just as important through autumn and winter, particularly on longer runs.

🧘 Look After Yourself

The return of colder weather also tends to bring the return of seasonal bugs. If you're genuinely unwell, don't be afraid to miss a session. One missed run won't ruin your training, trying to push through illness might set you back for longer.

❤️ And Finally... Enjoy It!



Olly in full flow at the Big Half

EH Running and Coaching Plans

Looking for a little more structure with your running or have a new goal in mind?

I have recently launched **EH Run Coaching & Training Plans**, offering additional running support for anyone wanting to take their training that little bit further. ❤️ Whether you're working towards your **first 5K, improving your 10K, chasing a Half Marathon PB or preparing for a Marathon**, there are options available to suit different goals and levels of support.

📊 Training Plans

Choose from one-off generic or fully personalised training plans, built around your chosen distance and goals.

🎯 1-to-1 Coaching

For runners wanting more individual support, I also offer coaching packages with structured training, regular check-ins, pace guidance and adjustments to your plan as your training progresses.

🏃 5K | 10K | Half Marathon | Marathon

Want to find out more?

📱 Follow my new Facebook page: EH Run Coaching & Training Plans

✉ Email: Ehruncoaching@outlook.com

Please feel free to follow and share the new page, and if you've previously used one of my training plans, I'd really appreciate you leaving a review. ❤️

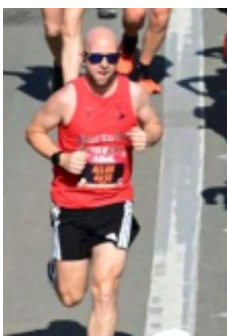
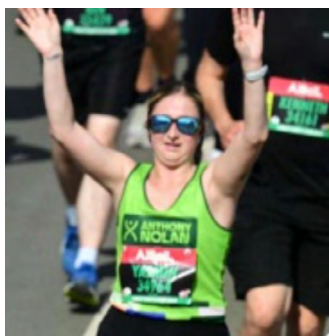
Set the goal. Trust the training. See what you're capable of.

🎂 Birthday celebrations

A huge happy birthday to Andy, Emma, Dave Ballinger Penny, Annabelle and Ant. We hope you've all had a fantastic time celebrating. 🥳



The Hartshill cross-country stars after the first event of the season – you can still get involved in future races, talk to Matt Costello



Huge congratulations to the Hartshill Great North runners – Yasmin, Nathan, Allan, Demi, Dave and Sam



Success celebrated on the finishing line for Matt, Ellie, Shaun and Deb, Meg with her Sexarathon prize and Sam after her first Hartshill run

Upcoming Events/Diary Dates

Sunday, 11th October – Chester Marathon

Good luck to our Hartshill runners currently putting in the miles ahead of Chester Marathon. The hard work is well underway, with those all-important long runs building over the coming weeks. Keep going – race day will soon be here! 💪

Saturday, 7th November – C25K Graduation

Our new C25K runners will complete their journey at Tel-ford Town parkrun at 9am. Save the date – we'd love another huge Hartshill turnout to support and celebrate with them.

AGM – Provisional date Monday, 30th November

Keep an eye out for details in the WhatsApp groups.

Cross Country and relay events

The season has officially started!

Our first cross-country race of the season is officially under our belts, and what a brilliant Hartshill turnout to kick things off!

A massive well done to **Gemma Morris, Sarah, Cat and Caroline, and to Martin Hems, Martin James, Matt, Joe, Lee and Andy**, who headed out to tackle the mud, hills and everything else cross country likes to throw at you! 🤝

Race 1 done and dusted! ✓ Fantastic effort, Team Hartshill. Here's to plenty more muddy legs, questionable terrain and XC adventures over the coming months! ✓🌱 If you would like further information on how to sign up for the next race, please speak to Matt Costello.

Christmas Party 🎄

The Hartshill Christmas Party is officially booked and secured! 🎉

Last year worked so well that we thought... why change a winning formula?! So we're doing it all over again!

🏆 Club Awards

🍷 Chippy tea

🍹 Plenty of drinks

🕺 And lots of dancing!

📅 **SAVE THE DATE – 30th January 2027**

Yes, we know technically it's after Christmas... but that's never stopped us calling it the Christmas Party! 🤪🎄

Get the date firmly in your diaries because if last year is anything to go by, you won't want to miss this one!

Full details, including how to secure your place, will be released in the WhatsApp groups, so keep your eyes peeled. 👁️

Awards, food, drinks, dancing and the Hartshill crew all in one room... what could possibly go wrong?! 🤔❤️

Track nights

Our next track sessions are:

● Monday 12th October

● Monday 26th October

● Monday 9th November

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

Shining a Light on our volunteers

✨Emma ✨

Well, this one feels a little strange to write because this month I'm shining the light on myself!

I've loved using this section to recognise our fantastic Run Leaders, so I suppose it's only fair that at some point I tell you a little bit about my own journey and my role within Hartshill.

As Hartshill's Coach, a big part of what I do happens behind the scenes. I coordinate, plan and develop training sessions, support our Run Leaders, organise our C25K programmes and, as Chair, oversee the overall running and development of the club. A lot of my time is spent thinking about how we can continue to develop what we offer while making sure we meet the needs of runners of all abilities.

But I wasn't always a coach in fact, I wasn't always a runner!

My running journey started in 2017, following a complete transformation of my health and lifestyle. What began as simply learning to run gradually became a huge part of my life. Fast forward a few years and I became a Run Leader, then a Coach and eventually the very proud Chair of Hartshill Runners. ❤️

Coaching has never just been about making people run faster or achieve PBs. Don't get me wrong, I absolutely LOVE seeing someone smash a goal they've worked hard for! But the most rewarding part for me is watching someone's confidence grow and seeing them achieve something they genuinely didn't believe they were capable of.

Running has taught me a lot over the years. I've experienced the highs of PBs and races going exactly to plan, but I've also had injuries, setbacks, confidence wobbles and plenty of runs where my legs have apparently forgotten what they're supposed to be doing! 😅

Those experiences have probably shaped me as a coach just as much as the successful ones.

I'm a huge believer that there isn't one way to be a runner. We all have different abilities, goals and reasons for turning up and your personal goals matter.

One of the things I'm particularly proud of is seeing people within Hartshill develop beyond their own running.

Watching members step forward to become Run Leaders, build their confidence and then start supporting others is incredibly rewarding.

Developing our coaching and Run Leader team is something I'm really passionate about because, ultimately, they are what allow our club to continue to grow and offer something for everyone.

Of course, I'm still a runner too, and I'm definitely still learning!

I still set myself goals, make mistakes, have rubbish runs and occasionally ignore the very advice I'd probably give everyone else! ❤️😅

Hartshill has become a huge part of my life and, although it takes up far more of my spare time than I probably ever anticipated, I'm incredibly proud to be part of it. ❤️



Welfare corner

Just a little reminder that Matt, our Club Welfare Officer, is available to all members should you ever need him.

Welfare isn't only about dealing with problems it's about making sure everyone at Hartshill feels safe, supported, respected and able to enjoy being part of our club.

Coaching and Run Leaders update

A huge thank you to all of our Run Leaders who continue to give their time each week to support our club sessions. ❤️

Our club simply couldn't offer the variety of groups and runs that we do without you.

Your time and commitment is hugely appreciated. ❤️



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 another month wrapped up from us!** 💛

As always, apologies if I've missed anyone or any achievements!

If you have some news, a race achievement, PB, milestone or something you'd like to celebrate, please send it over so we can include it in a future newsletter.

Likewise, if there is someone you think deserves a little recognition, please feel free to nominate a fellow member for Runner of the Month.

This is your club and your newsletter, so please keep sharing your news, photos and achievements with us, big or small, we love celebrating them all.

Thank you, as always, for your continued support and for making Hartshill what it is.

Emma + Clint ❤️

Useful links

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