



Hartshill Runners



September 2026

Notes from the Chair

August has been a quieter month of races for Hartshill Runners, with lots of much-needed holidays, recovery and a little more social time.

After an incredibly busy few months of racing, club events, challenges and achievements, it has been lovely to enjoy a slightly calmer period, recharge the batteries and spend some time simply enjoying our running and each other's company.

But September is nearly here, and hopefully we are all feeling refreshed and ready for **Autumn running!** 🍂

Autumn is one of my favourite times of year to run. The temperatures cool, the scenery changes and we can hopefully enjoy some beautiful crisp running weather. Of course, the nights will also begin to draw in, which means the return of our much-missed **hi-vis, lights and head torches!** 🔦💡

September also marks the start of another busy period for many of our runners. Winter race preparation is beginning, marathon training is in full swing for some, and we have plenty of races, events and club activities to look forward to.

For those building towards an Autumn or Winter marathon, September will be an important month as the miles increase and those long runs start to count. Remember to respect the recovery as much as the training, listen to your body and support each other through those tougher weeks.

We also have something very special starting in September as we welcome our latest group of **Couch to 5K** runners. It's always fantastic to see people taking those first steps into running, and I'm sure our Hartshill family will give them the encouragement and support that our club is known for.

Thank you as always to our run leaders, volunteers and every member who continues to make Hartshill Runners a welcoming club.

Here's to cooler runs, muddy trainers, head torches, Autumn races and plenty more Hartshill memories!

Emma Hall

Chair, Hartshill Runners ❤️❤️

Members' Highlights

RUNNER OF THE MONTH

This month's Runner of the Month goes to the very deserving Amy Jones!

Amy is an absolute gem of a person – kindness just seems to ooze out of her.

She's one of those naturally lovely people who is incredibly easy to get along with, never has a bad word to say and always has time for others.

Amy has been part of the Hartshill family for a few years now and is often seen supporting other runners with their training, happily joining them for miles and offering encouragement and company along the way.

She does it without fuss or recognition, it's simply who she is.

She's supportive, genuine, caring and an all-round lovely soul, and we're very lucky to have her as part of our club.

But don't be fooled by the running gear ... Amy also scrubs up rather well! 🥰🌟 She's a bit of a posh party rock star, loves a good festival and certainly knows how to swap the trainers for the glam when the occasion calls for it! 🎶🍷🥂

Amy, thank you for simply being you and for quietly bringing so much kindness and positivity to the people around you.

A very deserving Hartshill Runner of the Month! 🏆👏 Congratulations Amy! ❤️





Club Announcements 📢

Please join me in giving a warm welcome to **Cat Howdle, Lee Hull and Rajan Pooni**, who have recently joined the club.

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

🏆 PBs and Race Results 🏆

ELLERDINE 5K

There was certainly a flurry of Hartshill red at the Ellerdine 5K this month!

A huge congratulations to **Graham Cowan, Nathan Garbett, Ben Goh, Martin Hems, Nic Owen, Allan Pritchard, Arran Pooni, Tom Stevens and Megan Tibbetts**, who all represented Hartshill and took on the 5K.

Another fantastic turnout from Team Hartshill and, as always, brilliant to see so many of our runners out there representing the club together.

Well done everyone! 🍰👏🥳

DERBY RUNNING FESTIVAL SUMMER SERIES – HALF MARATHON

Is there any stopping **Lee Smith** at the moment?! 😄

Lee headed to the Derby Running Festival Summer Series to take on yet another Half Marathon – because apparently one or two this year just isn't enough!

He just keeps smashing them out, and this time he had even more reason to celebrate, coming away with a cheeky new Half Marathon PB! 🔥👏

Incredible running, Lee. Huge congratulations on another fantastic race and that shiny new PB! 🏆👏❤️

PARKRUN ROUND-UP

Our Hartshill reds continue to make their presence known at park runs week in, week out, with plenty of fantastic run-



ning and some cracking PBs again this month! ❤️

A special mention has to go to **Nic Owen**, who finally smashed through that sub-21-minute barrier! 🔥 A brilliant milestone and a fantastic achievement, all that hard work is clearly paying off. Amazing running, Nic! 👏

Another achievement that absolutely deserves some celebration goes to **Ceri and Gav**, who have completed the parkrun Alphabet Challenge! 📖🌿

For anyone who doesn't know, the challenge involves completing 26 different park runs, each representing a different letter of the alphabet. It's certainly not an easy one to tick off, with some letters requiring plenty of planning, travelling and even trips abroad to complete!

A brilliant achievement and no doubt plenty of adventures and memories collected along the way.

Huge congratulations Ceri & Gav – alphabet complete! ✅📖

Well done to all our Hartshill reds continuing to get out there every Saturday morning. ❤️❤️

🎂 Birthday celebrations – August babies

A huge happy birthday to **Ceri, Deb, Daz, Yazmin, Nic, Amy and Martin** We hope you've all had a fantastic time celebrating.



Some of the Hartshill crew after the (very) wet Ellerdine 5K – well done to all who took part

Upcoming Events/Diary Dates

September sees things starting to get busy again, so get those diaries out! 📅

SATURDAY 5TH SEPTEMBER – LAWLEY 5K FUN RUN

A great local event and another chance to get the Hartshill colours out! Whether you're racing it, running for fun or supporting, it would be lovely to see plenty of Hartshill faces there.

TUESDAY 8TH SEPTEMBER – COUCH TO 5K BEGINS

We welcome our newest C25K recruits to Hartshill Park at 6.30pm for the first session of their nine-week journey. As always, we'd love our members to give them a huge Hartshill welcome and plenty of encouragement along the way.

SUNDAY 13TH SEPTEMBER – GREAT NORTH RUN AND LAKE VYRNWY HALF MARATHON

Good luck to all of our Hartshill runners heading out for these! We can't wait to see the photos, medals and race reports afterwards. 🏆🏅

SATURDAY 19TH SEPTEMBER – NATIONAL ROAD RELAYS

Another brilliant team event for the club. Team events are always something special, so good luck to everyone pulling on the Hartshill vest and representing the club. Run hard, support each other and enjoy the day! 💜💜

🏆 SUNDAY 20TH SEPTEMBER – STAFFORD 10K

Another popular local race for the calendar!

🏆 SUNDAY, SEPTEMBER 27TH – SHREWSBURY HALF/METRIC HALF

Good luck to everyone who has entered!

👁️ Looking further ahead 👁️

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! 💪

⚡ Monday 12th October – Track Sessions Return!

Our alternate Monday track sessions have been secured and return for the autumn/winter season. Time to get those speedy legs ready!

🎓 Saturday 7th November – C25K Graduation

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

CX and relay events

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

🍂 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!



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.

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. ❤️

Congratulations Matt!

A special congratulations this month goes to Matt, who has received confirmation that funding has been agreed for him to complete his Coaching course! 🎉

We're really excited to see Matt develop his coaching knowledge and skills over the coming months and, once qualified, officially join the Hartshill coaching team.

Investing in our Run Leaders and Coaches is an important part of continuing to develop the club and ensuring we can offer safe, enjoyable and well-supported running opportunities for all of our members.

Congratulations Matt – we can't wait to see you take this next step! 🎓❤️

EH

RUN COACHING & TRAINING PLANS

STRONGER BODY | STRONGER MIND | STRONGER YOU

Helping runners of
all levels achieve more

- 5K TO MARATHON PLANS
- IMPROVE FITNESS & PERFORMANCE
- STRENGTH & INJURY PREVENTION
- RACE DAY PREPARATION
- ONGOING SUPPORT & ADVICE

Your goals. My plan. Your success.

PERSONALISED
TRAINING PLANS

TAILORED TO
YOU

SUPPORT.
MOTIVATION.
RESULTS.

LET'S TURN YOUR POTENTIAL
into progress ❤️

Shining a Light on our volunteers

✨Megan ✨

This month we're shining the light on Megan, who is currently completing her Run Leader course and preparing to officially join our Run Leader team – and what an addition she is going to be!

Megan brings a wealth of running experience with her.

Having started her own running journey a little over five years ago, she has gone from being a beginner herself to becoming an incredibly accomplished runner, competing and winning races across the county.

She is an inspiration to many of our runners and a brilliant example of just how far determination, consistency and hard work can take you.

But perhaps what makes Megan such a great fit for the Run Leader role is that she is the first person to tell you that the journey isn't always easy.

Behind the race wins and brilliant performances have been years of hard work, self-sacrifice and determination. Megan openly shares her experiences of injuries, setbacks and the pressures that can come with training and competing.

She isn't afraid to show the less glamorous side of running – because the reality is that we all experience highs and lows along the way.

Despite everything she has achieved, Megan remains incredibly modest about her success. We also see the pressure she can sometimes put on herself and, again, that's part of what makes her so relatable to other runners.

Being a great Run Leader isn't about being the fastest person in the group. It's about being able to understand, encourage, motivate and support the runners around you – and Megan has experienced running from so many different perspectives.

From beginner to race winner. From PBs and podiums to injuries and setbacks. Megan understands both the highs and the lows, and that experience puts her in a fantastic position to support others who are working towards their own goals.

We're really excited to see Megan develop in her new role and share some of that knowledge and experience with our members.

Welcome to the Run Leader team, Meg – we think you're going to be a fantastic addition! 🏆🌟❤️



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.

Whether you're leading from the front, keeping an eye on the back, stepping in to cover a group or simply offering encouragement along the way – your time and commitment is hugely appreciated. ❤️



Welfare corner

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

Whether you have a concern, something you would like to discuss, need a little support or simply want someone to talk to, please know that you can approach Matt confidentially.

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.**

Track nights

Our next track sessions are:

- Monday 28th September
- Monday 12th October
- Monday 26th October
- Monday 9th November

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

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, there is always so much going on across the club and it can be difficult to keep up with you all!

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