



The Hirstie September 2026

The News

A “cup of ambition” is all you need to go for a run and as August came to an end, the “9 to 5ers” donned their Cookson 10K Dolly tees to pound the pavements of town on the last training night of the month. No sign of wigs in the group but a nice way to say, “I will always love you...”.

Although black looks good, “Da Boss” says don’t forget for training nights over the coming months we all need to wear bright / hi-viz tops to be seen by road and pavement users. If you don’t have one, the club shop has green tees and a selection of torches too. Be seen and be safe!



The News

The end of summer also brings with it the final edition of the Gateshead Trail 10K, a firm Hirstie favourite and a shame it's come to an end.

As always, the Hirstie Massive were well represented and even made the directors cut of Al Pepper Runs!

Well done to everyone who ran on Michelle's ONLY favourite hilly course.

Although GT0K is no more, there are other trail races around and if you want different terrain, XC season starts this month! (More on that later).



The News



And finally, our “international” athletes have been flying around the course this month too. A huge Hirstie well done to Melanie Horan for her first place in a Portuguese 10K (which actually measured 7 miles!).

Although Mel looks great in Purple and Gold, the lady who came 3rd must get a prize for her choice of running attire?!

Well done again, Mel 😊

The Hirstie Pages

The Hirstie Massive travelled to Windy Nook on the Tour this month. Not easy to find apparently and for a change in terrain, all together now; 5,6,7,8, steps!

As always, lots of parkruns, in lots of different places, including Canada!

Want to know why Sean M was there? Read on.....



The Hirstie Pages

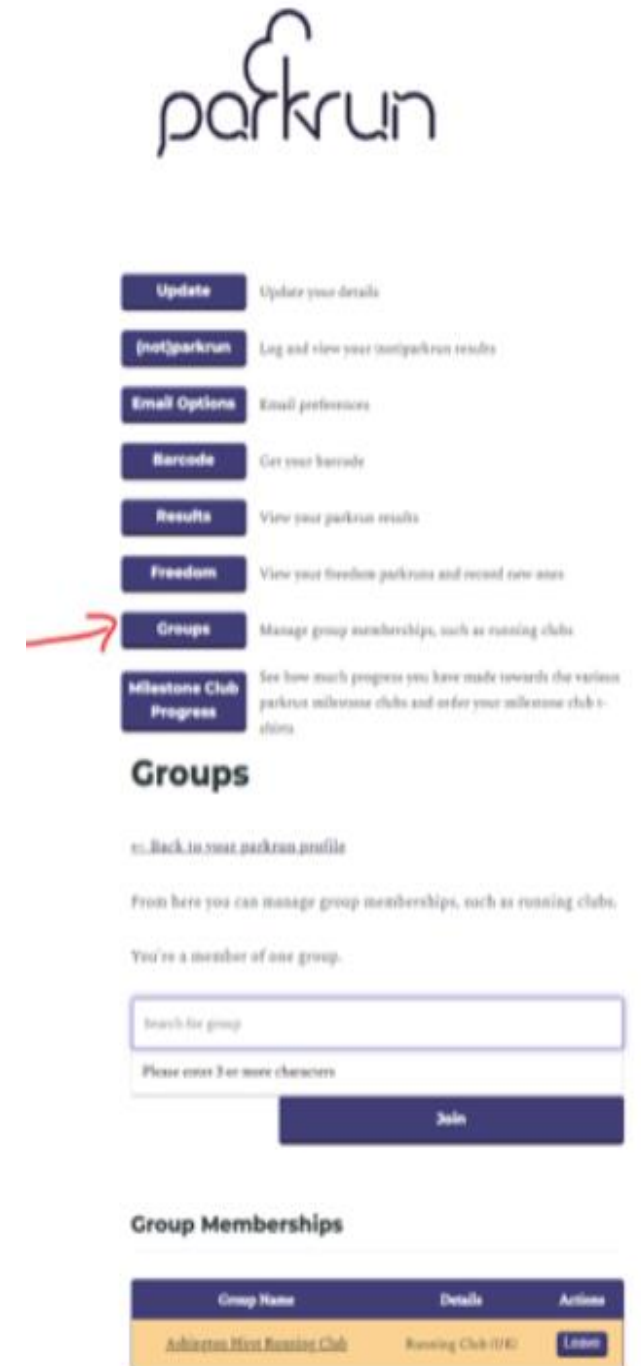
If you add a club to your Parkrun account, it will show on your results and we can also share who ran where on a regular basis.

To link AHRC, log onto your Parkrun account at <https://www.parkrun.com/signin/>

- Click on Groups
- Search for Ashington Hirst
- Click Join

If you have another club as your Primary, you'll need to leave that one and add AHRC

Looking forward to see where you've all been Park-running!



AHRC Club Championship

Don't forget to keep recording your parkrun times as part of our new Club Championship via the link below to be in with the chance to be your age graded club champion of 2025/26!

<https://matty96320.github.io/AHRC-Club-Championship/>

The current leaderboard is:

Men	Women
MU17 - Conall Abbott 20:07	FU17 -
MU30 - Leigh Abbott 19:45	FU30 – Charlotte Edwards 22.11
M30 – Sean McGregor 19:45	F30 – Inka Kokki 22:10
MV40 – Glen Essex 20:24	FV40 – Melanie Horan 22:42
MV50 – Geoff Rogers 22:23	FV50 – Alex Reed 24:46
MV60 – James Wilson 21:48	FV60 – Christine McGregor 24:35
MV70 – Ian Richardson 24:52	FV70 –

Athlete **OF THE MONTH AWARD**



Sean McGregor!

This month's male award goes to our very own Phileas Fogg, or maybe a contestant on Race Across the World?!

As well as representing the club at many events, to raise funds for Cardiac Risk in the Young and in memory of one of his former students, Sean pledged to run 12 half marathons this year, including one on **every inhabited continent around the world!**

Not only has he run many of these planned races already, the times he has completed them in are phenomenal. I'm sure we all agree were enjoying following his journey so far (and beer posts), as well of course his outstanding commitment to his charity

Congratulations Sean, and we are sure James' friends and family will agree this is very much deserved.

Athlete OF THE MONTH **AWARD**



Jenny Coltman!

Since joining the Hirsties Jenny has thrown herself into efforts and represented us at her first ever relay at Gosforth.

Improving all the time and finishing off August with a fantastic run at Gateshead Trail 10k.

She has really stepped out of her comfort zone, and now there's no stopping her, with cross county already scheduled in and more.

Well done, Jenny!

Harrier League Cross Country Season 2026/27

Every autumn/winter, running clubs across the Northeast host a series of cross-country races. If you want to try something different, in different venues, then why not give XC a try? There are separate races for male and female, with differing distances (2 laps for female and 3 for men) and are great for stamina training!

We are always represented at these events, where teams are ranked and gain points for the positions runners come in against the other clubs in the region, **BUT** we need full teams to be included in the rankings.

The dates of the season are on the next page and will be posted as events on the club pages and website. Come and have a go and get a bit muddy!



Harrier League Cross Country Season 2026/27

26 th September	Thornley Farm, Peterlee
10 th October	Eltringham, Prudhoe
24 th October	Lambton, Washington
28 th November	Wrekenton, Gateshead
17 th January	TBC
13 th February	Temple Park, South Shields
27 th February	Alnwick

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SPORTS MASSAGE
BENEFITS

1



JOINT MOBILITY

Sports Massage can help increase joint mobility and range of motion by reducing soft tissue tension.

2



RELIEVE SPASMS

Sports Massage helps to relieve tightness, stiffness, spasms and soreness in both muscles and bones.

3



BLOOD CIRCULATION

Massage can help blood circulation throughout the soft tissues to eliminate muscle fatigue and tension.

4



REDUCE PAIN

It can also help to reduce pain by facilitating endorphin release hormones that soothe mind.

5



FLEXIBILITY

Sports massage increases the flexibility of muscles that can facilitate increased muscle flexibility.

Reminder that a local Sports Therapy business has offered to donate 1 sports massage treatments per month to our club members. Anyone who participates in a race/volunteers at club event can submit an entry to win one of these fabulous rewards. This is open to all members including runners, LIRF/CIRF and juniors.

Massage Therapy 4U, is a local practice based at Bedlington Station. You can visit his website here - massage-therapy-4-u.square.site

The entry criteria is:

- The race/volunteer must have taken part only in the previous month
- Volunteer events are Margisons/Fed 5k or 5 mile/Spring or Autumn relays
- You must have worn your club top for race(either first or second claim)
- Park Run/Internal club relays (runners) are excluded
- You cannot win more than once in a 6 month period
- The award is not transferrable – I will advise John each month of the winner so only enter if you want to win.

To enter email AHRCcommittee@gmail.com or message Michelle directly by 8pm on the 3rd of the following month latest, include your name, the race you took part in/helped and the date of the event. We will then do a random draw for the winner.

Note we do not go looking for entries, you must tell us.



The Race Diary

1 st September	Time Trial Facebook 1 mile TT on the Business Park
6 th September	Farringdon XC Relay Facebook 2-mile trail team relay
19 th September	Hirstie parkrun tour September Facebook Prudhoe Riverside
26 th September	Thornley Hall Farm Harrier League Cross Country Facebook 1 st XC of the season
27 th September	VO2 Max Rising Sun (part of Grand Prix) https://www.resultsbase.net/event/7534
17 th October	Hirstie parkrun tour October Facebook Ushaw Historic House
24 th October	First Aid Training First Aid Training Facebook

Don't forget to keep checking the Events pages on Facebook and the club website for any updates. If you can no longer attend an event, let the organiser know as soon as possible. Please DON'T change your status to "Can't Go" on the event as this won't be seen.

J's Efforts September

1 st	1 mile time trial	Timed effort at the Business Park
3 rd	Hills	Meet at Blackclose Bank car park
8 th	Mini Pyramid Session 5 x 1 minutes, 5 x 2 minutes, 5 x 1 minutes	1 minute recoveries, can take 2 minutes between sets if need be. 10 seconds faster than 5K pace
10 th	Endurance run, Pegswood out & back via Bothal two long hills 3 X 20 second strides to finish	10K to half marathon pace Endurance run, at different paces depending on group & LIRFS
15 th	Cut Down Session 5, 4, 3, 2, 1 minutes	90 second recoveries, 5K pace or slightly faster
17 th	Hills	Meet at Blackclose Bank car park
22 nd	8 x 2 minutes	1 minute recoveries/ 10 to 20 seconds quicker than 5K pace
24 th	3,5,7,5,3,mins	(recovery 90sec,2,3,2,90sec) 10K to ½ marathon pace
29 th	Pyramid Session 1, 2, 3, 4, 4, 3, 2, 1 minutes	1 minutes recoveries/ take 2 minutes recovery in middle of the session (after the first 4 minute interval)

**Alf's Efforts
August**

1st	Time Trial @ the Business Park
3rd	Hills
5th	5 x 5 min Indian File
10th	1,2,3,4,5,4,3,2,1
15th	12 x 90 s
17th	Hills
22nd	5 x 30,60,90
24th	2,3,3,4,4,3,3,2
29th	4 x 5 min lamp posts