

The Hirstie October 2026



The News

“Do you remember, the 21st night of September? No prizes for guessing where the lyrics are from and as it was a Monday, it was one of the few dates when Hirsties weren’t running!

Another running filled month, with Hirsties all over the place whether training or competing and almost too much to pack in but we’ll give it a go!

Most recently the Hirstie Massive were well represented at the Redcar Half Marathon, with a thank you from the organisers too. Well done all!



The News

September also sees the start of the (love it or hate it), North-East Harrier League Cross Country season. As mentioned last month, there are 7 races, organised by differing clubs around the region of 2 laps for ladies and 3 for men of the course.

In addition to “seasoned” club XC’ers, some Hirsties were making their debut for the club, on a very sunny and dry day on the course. Thanks for everyone who made the journey to the bottom end of Durham to represent us. Next up is Eltringham on 10th October.



The News



September also sees the end of the club Grand Prix competition. A huge well done to Julie Wandless, who amassed a huge 270 points, having attended almost all club or external events.

Hot on her heels, was Luke W, with 220 points (must try harder Luke!).

Our other, well-placed athletes are, Martin Ritchie, Melanie Horan, Fabrizzio Peddis and Tanya Moore.

Well done everyone!

And finally....



A huge well done to Charlotte Edwards, who completed the 6 Superhalfs Series, with her final 13.5 miles in Copenhagen in September.

Her travels have taken her around to Copenhagen Lisbon, Berlin, Prague, Valencia and closer to home, Cardiff, with impressive times recorded.

Well done and enjoy celebrating your achievements!

Annual Prizegiving & Party

We are holding our annual Prize Giving event at the Rugby Club on Saturday 21st November. Please do see the event details that you have been invited to.

Voting for the awards will take place from now to October 23rd. Please do vote, the more who do the better it all is.

There will be over 40 prizes including the Club Grand Prix, Park Run Grand Prix and Autumn Relay awards on the night, as well as the raffle, buffet and disco.

Please read on for the categories and how to vote.



Annual Prizegiving & Party

Coach of the year. (this can be male or female, it can be a run leader or a coach) it should be a person that inspires you at the club, attends regularly, probably someone who leads/assists in your groups.

Male Athlete of the year. For their athletic ability. Someone you see representing the club at club v club relays, individual races maybe even Cross Country ((although there is a separate Cross-Country award in any case, (If you want any advice, Ill personally be voting for someone who you see representing the club at road/off road relays, cross country, their own races as well as training to the best of their abilities on most training nights)).

Female Athlete of the year. For their athletic ability. Someone you see representing the club at club v club relays, individual races maybe even Cross Country ((although there is a separate Cross-Country award in any case, (If you want any advice, Ill personally be voting for someone who you see representing the club at road/off road relays, cross country, their own races as well as training to the best of their abilities on most training nights)).

From your votes, we use that information also for some of our other awards on the night such as **“Break though Athlete of the year”**, as well as others.

Annual Prizegiving & Party

There will be a prize (a year's free club membership for next membership year), this will be drawn on the night. You need to vote for all three voting options. Your names will be put into a hat and one name drawn to win the prize. Prize is for the winner only.

Any AHRC member may vote (senior or junior), you cannot vote for me (Iain), but you can vote for any, or all the categories and you can vote for the same person in more than one category. There are no age restrictions to any of this, you can vote for those young or older and any club member can vote (younger or older).

Please do not advertise or promote your favoured club member for any awards, nor promote yourself from now until the end of voting on our club pages. (Sorry includes Strava notices etc on our pages) Please e mail me (Iain Singer) at this address with your vote(s) Info@ltfltd.co.uk

Or message me (Iain), directly on face book with your vote.
If you'd like this information e mailed to you, please do ask.
Any questions, do just ask.

The Hirstie Pages

Hirsties have been spotted in the past month all over Europe and even the United States this month, as they bag another letter or just happen to be there. We even had Jimmy, Liz and Sean M at 2 different locations in Denmark and a Hirstie in Italy!

It's always good to see where we are in the world at 0900 Saturday and I wonder if we could get a Q or Z by the end of the year??



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!



Update	Update your details
(not)parkrun	Log and view your (not)parkrun results
Email Options	Email preferences
Barcode	Get your barcode
Results	View your parkrun results
Freedom	View your freedom parkruns and record new ones
Groups	Manage group memberships, such as running clubs
Milestone Club Progress	See how much progress you have made towards the various parkrun milestone clubs and order your milestone club t-shirts

Groups

[Back to your parkrun profile](#)

From here you can manage group memberships, such as running clubs.

You're a member of one group.

Please enter 3 or more characters

Join

Group Memberships

Group Name	Details	Actions
Ashington Hirst Running Club	Running Club (UK)	Leave

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**



Dean Self!



The Canadian section of the club is now well established, with Dean (on “home soil”), running an amazing 01.32 at this years GNR. He trained so hard on the streets of Newbiggin and always in his club top too, with his dedication paying off with both his time and splits of 7.05m!

As well as distance, the “hair of Samson” helps with Parkruns, with several first places at Newbiggin too!

Well done again, Dean and thank you for representing the club at home and in the UK.



Janet Franklin!



Janet has truly given her all with her training for the GNR has been excellent. Fighting injuries and bee stings, she battled her way to complete her half marathon and digging in to get there with club efforts sessions and extra miles to and from club to keep the mileage up.

The parkrun tours will be much easier with a half marathon under your belt!.

Well done, Janet.

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.

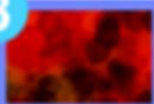
2



RELIEVE SPASMS

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

3



BLOOD CIRCULATION

Massage can help blood circulation throughout the soft tissue to eliminate muscle fatigue and soreness.

4



REDUCE PAIN

It can also help to reduce pain, by facilitating endorphins release (hormones that elevate mood).

5



FLEXIBILITY

Sports massage encourages muscle relaxation that can facilitate increases in 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

6 th October	Club Autumn Relays Autumn Relays Facebook
10 th October	Eltringham XC Eltringham XC Harrier League Facebook
17 th October	Hirstie Parkrun Tour – Ushaw Historic House, Durham Hirstie parkrun tour October Facebook
24 th October	First Aid Training **Almost full* First Aid Training Facebook
21 st November	Prizegiving and Party Prize Giving and Xmas Party 2026 Facebook
13 th December	Fell em Doon Festive 5K Help on the Day Fell Doon Festive 5 km - Help on the day Facebook
31 st December	Cross Border 10K 10k road run across the English/Scottish border 31st January 2027 - X Border 10k to enter and join the Hirstie Massive!

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 October

1st	Hills	Meet at Blackclose Bank car park
6th	30x90s/3x3min/30x90s	1min / 90s / 1min recoveries
8th	30x90s/1x3min/1x6min/1x3min/30x90s	1 minute recoveries, 2 mins after 6 mins
13th	6x2 mins / 6 x 1 min	1 min recoveries 2 mins between sets
15th	Hills	Meet at Blackclose Bank car park
20th	1/2/3 mins x 3	90 seconds recoveries
22nd	5 x 5 minutes	90 second recoveries
27th	6 x 3 minutes	90 second recoveries
29th	Hills	Meet at Blackclose Bank car park

**Alf's Efforts
October**

1st	TBC
6th	Autumn relays
8th	2,2,3,3,4,3,3,2,2
13th	30 x 30s
15th	N/A
20th	18 x 1 min
27th	6 x (2 on 1 off, 1 on 30 s off)
29th	N/A