

The Hirstie April 2026



The News

It's the time of the year that all Hirsties look forward to more than Christmas, the clocks have gone forward! No more running in the dark, no more charging torches and a welcome return to running around the woods and along the river. Don't forget though, the Hi-Viz rule is in place on all training nights, as even though it's brighter, we still need to be visible to cars and other path users. The club shop still has lots of bright green training tops at a very reasonable price, (possibly even cheaper than a certain sports conglomerate!)

March ended as it always does with our Margisons Miles charity run, with lots of Hirsties, other running clubs and our friends from the North-East Marathon Club taking on our lovely woodland run and raising a very impressive £700 for the Friends of the Woods and our club charity account, as well as a huge donation for the Wansbeck Foodbank. Well-done everyone who ran and special thanks to club members who marshalled the course or helped at the start/finish.



The News

Although there were lots of smiling faces and an array of running kit (not just the Purple & Gold), on display, the “prize” for the best dressed must go to these smiley ladies in their pink Day of the Dead tops! More photos, so you can admire your running style and pace later.

Further afield this weekend, the Wilsons took on the Prague Half-Marathon. Garry Smith and Sean McGregor were running the Berlin Half Marathon and in case you didn't know, Sean is aiming to run a ½ in **SIX** continents this year and raise monies for Cardiac Risk in the Young, in memory of one of his pupils. Keep an eye on where he runs next or see his Facebook to donate

That bit closer to home and not to be outdone, Christine McGregor took on the Town Moor Half Marathon in very blustery conditions and Alison Johnson tamed the Grasmere Trail 10K in similar weather! Well done everyone who ran this weekend and throughout March.



The News

Our new athletics year commences on 1 April 2026, which means members subs are also due. EA have again increased their annual fee, which we do have to pass on therefore annual subs costs are as follows (this is based on your age as of 1 April) and covers all sessions until end of March 27.

- U18 - £23
- 18-24 - £28
- 25-59 - £33
- 60+ - £28
- 2nd Claim £15 (if you run for another club as your “main” club).

You can make payments this month but must be received by 14 April latest. If you choose to renew after this date, you will be re-added to club pages. If you joined the club after 1st January this year you have nothing to pay until next year.

As always, we hope everyone renews, but if you do not wish to continue, please email **AHRCCommittee@gmail.com**, as by giving us notice allows us to plan the admin over a very busy period

Thank you

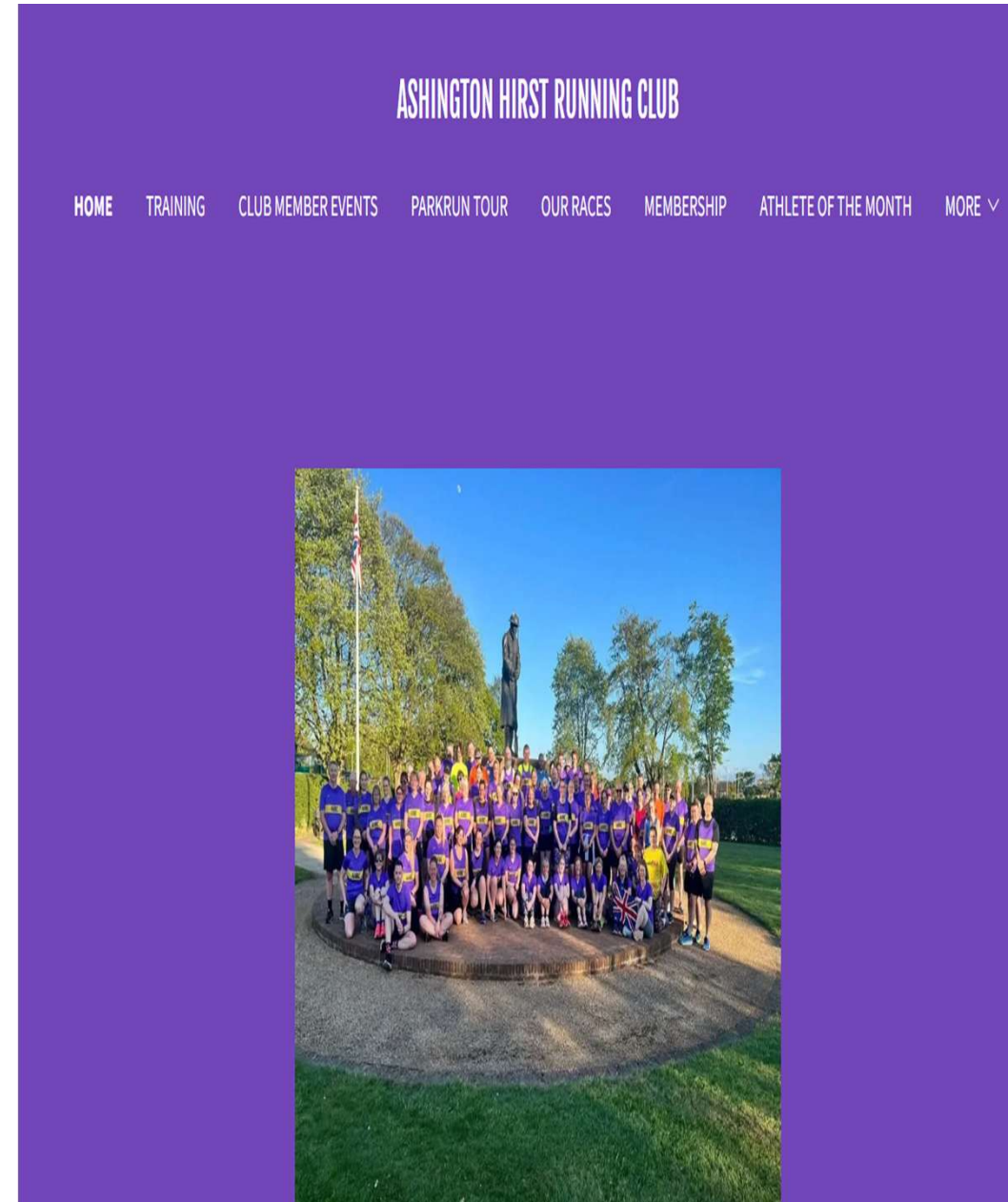
Michelle on behalf of the committee

The News

So everyone (on or off social media), can see what club events are listed, going forward, as well as the Events page on Facebook, events are also available on the club website via a link at [Ashington Hirst Running Club](#).

To access events on Facebook follow <https://ashingtonhirstrunningclub.co.uk/club-member-events> and click on the Events tab.

Additionally, the Race Diary will show all club events listed in addition to races and competitions we are interested in attending as a club.



The News

To kick off Aprils Club events, although we're known as The Hirsties for good reason, why not be a Womble for a few hours on Saturday the 11th ?

The aim is to tidy up some of the routes we run on around town and just make things better for all. We're a community-based club, so this is just another way of showing how much we support the local area.

Meet at the Reiverdale Scout's, NE63 9GH (Behind the Paint Shop on Woodhorn Road). There's plenty of free parking too.

We hope to see as many Hirsties as we can.

Join the Great British Spring Clean
HIRSTIE

Time to tidy our town and run routes...

Saturday 11 April, 11am meet at Scout Hut.

We will be covering the main roads we run on, Woodhorn/Alexandra/Hawthorn/Milburn.

Hot drink from Glenton's afterwards as a thank you, and all equipment will be provided for the pick.

Let's get as many of us there as possible

KEEP BRITAIN TIDY.

Margisons Miles 2026



Margisons Miles 2026



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 undisputed leaders are:

Male – Sean McGregor (19:00 at Blyth on 08/11/25)

Female – Inka Kokki (22:52 at Druridge Bay on 29/11/25)

Fancy knocking them off their podium places? Just run a parkrun and record your time!

The Hirstie parkrun Pages

Whether you do them for fun, with family or friends, or “compete” them, do the alphabet in them or as part of your training schedule, it’s always great to see where Hirsties take part in a parkrun.

March as always has Hirsties taking on new and different parkruns, the accolade this month goes to the Franklins who are on a bit of a tour and have taken in Brundall and Hunstanton in Norfolk and Karen Car trooped our colours in Cardiff!

No photo, but congratulations to Leigh ABBOTT – Position 1, Time: 00:20:39 at Alnwick Pastures in March. Well done!



The Hirstie Pages

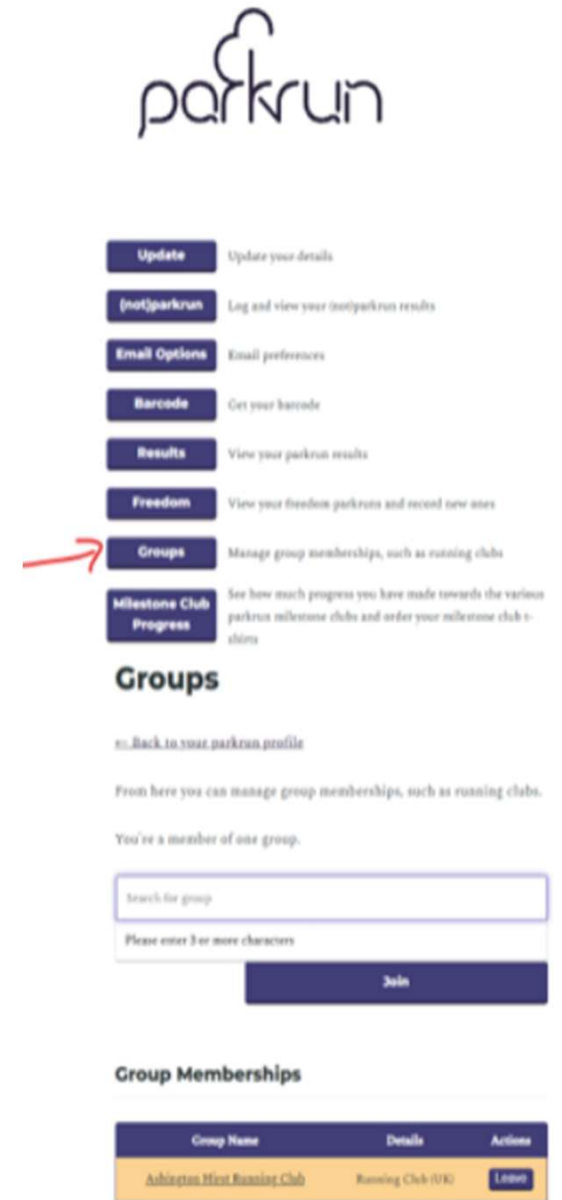
If you add a club to your Parkrun account, it will show on your results and we can also share who ran where on a regular basis.

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!



The Hirstie parkrun Pages

As is traditional, a huge Hirstie thank you goes to Dave Metcalf who in addition to being a club member is also RD at Ashington Community Woods. Dave organises a Hirstie parkrun each year, taking us to places never run on before, where we can show off the Purple and Gold. This isn't as easy as it sounds, as contact needs to be made with the RD's of other runs to make sure they can accommodate the Hirstie Massive descending on them on a Saturday, as well as listing the events for you all to see.

Events are listed on the club Facebook events page and have also been added to the club website with the links below. If you fancy your parkrun somewhere different over the summer, just click going on the Facebook event or contact Dave to let him know.

<https://ashingtonhirstrunningclub.co.uk/parkrun-tour>



 *Athlete*
OF THE MONTH
AWARD

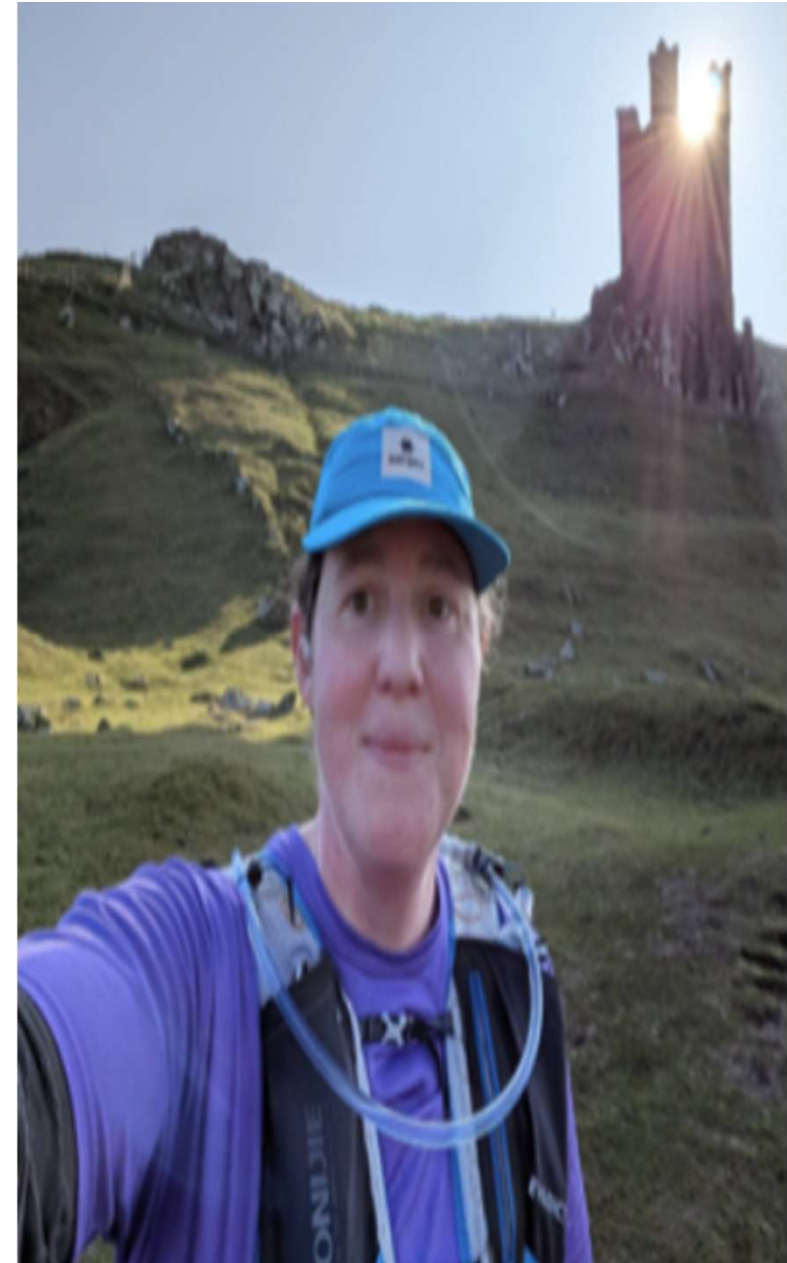
Kim Hardy!

Let's rename the Kingdom of Northumbria Ultra, the
Kimdom of Northumbria Ultra!

What an outstanding performance by Kim, completing
the 53K/33M route again this year but knocking a
staggering HOUR off her time of last year!

Kim never chooses the easy event's but always
achieves her goal and just gets better every time.

Well done, Kim!



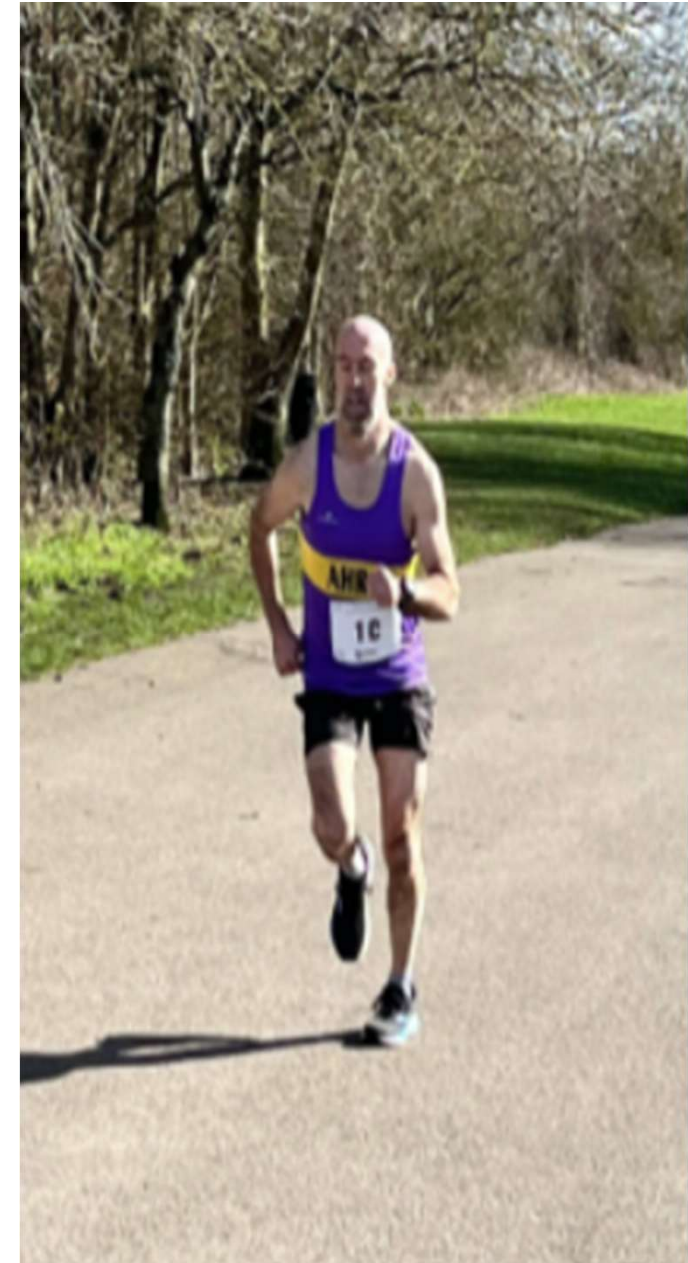
 *Athlete*
OF THE MONTH
AWARD

Simon Cross!

After some time off through injury, Simon has sensibly been gradually increasing his distance and pace to get back to where he was, but what a comeback after the Signal Relays!

Our fastest overall athlete on the day, completing the NOT FLAT 2.2-mile course in 15.56. He even had the energy to help with the tent afterwards too!

Congratulations, Simon. Welcome back and great performance



5

SPORTS MASSAGE
BENEFITS

1



JOINT MOBILITY

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

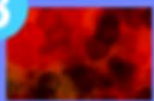
2



RELIEVE SPASMS

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

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 endorphin release (hormones that elevate mood).

5



FLEXIBILITY

Sports massage increases 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**

3 rd April	Good Friday Relays Good Friday Relays Facebook
11 th April	The Great Hirstie Spring Clean. See the event page Spring Clean litter pick Facebook Club Member Events Ashington Hirst Running Club
14 th April	Introduction to becoming a Run Leader Run Leader Introduction Facebook Club Member Events Ashington Hirst Running Club
18 th April	First Aid Training First aid Training Facebook Club Member Events Ashington Hirst Running Club
24 th April	5k & Cake run to raise money for our chosen charities Pride Action North and Escape Family Support. 5k and Cake Facebook Club Member Events Ashington Hirst Running Club
3 rd May	Derwent Valley Trail Relays Derwent Valley Trail Relay Facebook Club Member Events Ashington Hirst Running Club
13 th May	Gordon Smith Relays Gordon Smith Relays Facebook Club Member Events Ashington Hirst Running Club



The Race Diary

19th May

AHRC club Spring Relays [Club Member Events | Ashington Hirst Running Club](#) [Club Member Events | Ashington Hirst Running Club](#)

30th May

VO2 Max Druridge (part of Grand Prix) [Results Base - Northumberland Festival of Sport Trail Runs 2026](#)

Don't forget to regularly check the Events Pages on Facebook and the Club website for updates and updates and any changes that may take place. Please notify the organiser of the event directly if you are no longer able to attend (Facebook does not send notifications if you change Going to Not Going). Thank You.



**J's Efforts
April**

2nd	Hill Session (short or long hills) Strength & Endurance	Meet at North Seaton Car Park Jubilee Hills /Stakeford hills
7th	1 x 8-minute, 8 x 1 minutes	Take 2 to 3 minutes recovery after the first 8-minute interval to regroup and then 1-minute recoveries for the 8 x 1 minutes.. 5K pace for first interval and then try to do second set 10 seconds quicker than 5K pace
9th	3 X 8min	HM pace 2 min recovery
14th	16 x 45 seconds (equivalent to 16 x 200 metres)	Equivalent recoveries but take 90 seconds after each 4th interval so it's split into 4 sets. Quick pace - 1 mile to 3K
21st	2 person Team Relay on main street	Superdrug to Shoe shop and back (full length of main street)
23rd	To Pegswood Via Bothal (Hills + 3 x 20 sec strides)	To Pegswood Via Bothal (Hills + 3 x 20 sec strides)
30th	Hill Session (short or long hills) Strength & Endurance	Meet at North Seaton Car Park Jubilee Hills /Stakeford hills



**Alf's Efforts
April**

2nd	Hills
7th	10 x 400 m relays
9th	2, 3,3,4,4,3,3,2
14th	5 x 5 mins Indian File
21st	12 x 90 s
23rd	2,3,4,5,4,3,2
28th	5 x (30, 60, 90)
30th	Hills