

The Hirstie

April 2026



The News

Well, the mega month of May certainly kept up the finest Hirstie tradition of pounding the pavements of the North-East and beyond. The one constant as always is the consistently high standard of running, as opposed to the months weather, which started off in the Arctic like and ended in the Sahara!

A huge thanks to everyone who came to “tees and medals” night. It was great to see how many varied races club members have taken part in. The Northumberland Gazette published an article about the event, which attracted quite a bit of traffic on the club socials as it shows how much we support and encourage each other to achieve more and always helps to attract new members.

As always, the Hirstie Massive was well represented at our “go to” events; the Gordon Smith Relays and the Cookson 10K. Some impressive PB's and club records broken at the Cookson on a very windy night.



The News

Some of last month's events didn't just involve running against other people, although Gary Smith was snapped holding off a former Olympic medal holder for a short time, other Hirsties decided to race a train and a virtual car. For reasons not explainable, the train was on time, which clearly was not in the script!

Continuing the theme of impressive running, a huge well done to all our members who took part in the inaugural Derwent Valley Trail Relays, especially **Judith Farquar, Lilly Scott and Charlotte Edwards** who swept to victory as the first female team in what looked like challenging conditions. Following this excellent result, Charlotte then went on to take first lady at the VO2 Max Druridge Bay Trail 10K at the other end of the month. Well done again!

Sandwiched in the middle of all this competition, 19th May saw our annual Spring Relays, as always well attended and some very impressive times by all as well as cake eating afterwards! Well done to everyone who took part.



Kirsty Bain



Today at 12:00 PM · Northumberland, England

Red Bull Wings for Life run

Run until the virtual car catches you!
60/30 intervals



Your fastest 10K in 2026!

Tap to view your 10K analysis

The News

Don't forget that all your achievements are recorded as part of the Club Grand Prix which everyone is automatically entered. Points are awarded for club events, some external races, volunteering at club events and the parkrun tour.

As the saying goes, points mean prizes, so make sure you check the spreadsheet published on the club Facebook page to make sure your points tally is correct.

Finally in this News, following the Cookson 10K, does anyone else have Dolly Parton's "9 to 5" still rattling around in their head?! Maybe they should have given out cowboy hats as well as the tees?



The Hirstie 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.

Another great Hirstie Massive turnout at venue number 2 on the Tour last month at Kirkharle Courtyard, which it seems has a bit of everything, including sheep! Thanks again to Dave Metcalfe for organising these outings.

Next up is Chopwell Wood on **20th June**. Check in on the Events page if you’re going.

Let us know where you parkrun too!



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
Sean McGregor	Inka Kokki
Leigh Abbott	Melanie Horan
Connal Abbott	Melanie Horan

Fancy knocking them off their podium places? Just run a parkrun and record your time on the link above.



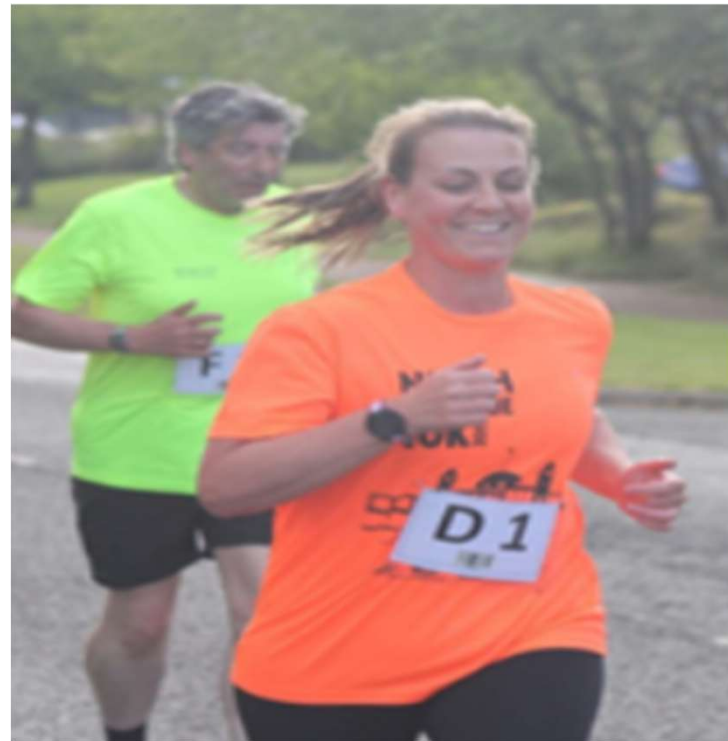
Heather Kennedy!

Moving upwards and onwards and now in Group 2, we have all seen how well Heather is doing.

To see the smile on her face as she competed in her first external event for the club at Wallsend Relays, then our own Club Relays, really shows how much she is enjoying her running.

We know there is much more to come from her and this award is very much deserved by her.

Congratulations, Heather!





Ian Richardson!

Somehow, Ian gets faster with every birthday. Maybe he's trying to catch up with Mel Horan, but what brilliant times he is achieving.

Ian bagged Club Records at the Cookson 10K and our own Spring Relays, as well as representing Club at Wallsend Relays, plus many others.

A real team player, Ian is always sporting the Purple and Gold at events far and wide, even though some of his races involve more wine than running!

Cheers, Ian and very well done.



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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

2 nd June	1 Mile Time Trial Facebook
20 th June	parkrun tour June 26 Facebook Chopwell Wood
22 nd June	Events Up North - Entry System & Race Timing Solutions - Anita Nott **female only event**
24 th June	Weetslade Relays Facebook
11 th July	Course sort 5 miler Facebook
14 th July	Jesmond Joggers 20 Anniversary relay Facebook
18 th July	parkrun tour July 26 Facebook Elemore Park
21 st July	Helping at the 5 miler Facebook Volunteers always needed!

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.

J's Efforts June

2 nd	1 mile time trial	
4 th	6 x 4 minutes	2 min recovery
9 th	30/60/90 seconds x 6	1 minute recovery
11 th	Hill Session (short or long hills) Strength & Endurance	Meet at North Seaton Car Park Jubilee hills /Stakeford hills
16 th	5/4/3/2/1 minute	90 second recovery
18 th	Endurance run to Pegswood & back via Bothal	
23 rd	10 x 90 seconds	1 minute recovery. 2 mins after 5
25 th	Hill Session (short or long hills) Strength & Endurance	Meet at North Seaton Car Park Jubilee hills /Stakeford hill.
30 th	2/2/4/4/22	1 minute recovery with 2 minutes after 4-minute effort

**Alf's Efforts
June**

2nd	1 mile time trial
4th	2,3,3,4,4,3,3,2 mins
9th	18 x 1 min
11th	Hills
16th	10 x 400 m relay
18th	2,3,4,5,4,3,2 mins
23rd	5 x 5 min (Indian File)
25th	Hills
30th	12 x 90s