



The Hirstie August 2026

The News

Ultra marathon runners seem to be like buses, ones just gone past and another appears just like that!

A huge congratulations to our Ultra Amazing ladies, Christine Docherty and Michelle Wren who together completed the Castle to Castles Ultra over the last weekend in July. (The castles are Edinburgh and Glamis and are 100 miles apart.....)

Amazing achievement ladies and we hope you had the Radox in for the bath afterwards!



The News

July is also the month for our ever popular Fell 'em Doon 5-mile race, held as always in the Community Woods. Good weather brought out an almost full field of entrants to test themselves around the course.

Councillor Caroline Ball, Civic Head, who represents Ashington Central was the official starter for the race and even posed for a Hirstie Massive photo too. The council generously provided the club with a grant to enable us to pay to hold the race and pay for essentials for the benefit of the running and local community.

A huge thank you to everyone who ran or helped on or around the course, (like Michael!), ensuring the event was a success as always.



The News



The Hirstie Massive were joined this month by a special guest at the recent Pride 5K in Newcastle, none other than Dame Kelly Holmes, winner of gold medals at the 2004 Summer Olympics, as well as still being the current holder of the British 600 and 1000 metre records.

Maybe we could ask her back for the next FED race??

A great event by the looks of things with colourful shorts being the theme!

The News

And finally.....

Following on from her great success at the Morpeth 10K, Inka's only gone and done it again!

This time, placing 3rd on the Podium at the Northumberlandia 10K.

Another fantastic achievement and a huge Hirstie Hooray from us all!



The Hirstie Pages

The parkrun tour continues to be popular, with the Hirstie Massive travelling to Elemore Park this month to show off the Purple and Gold.

At other runs around the UK, a huge congratulations to Michael Floyd who completed his 400th parkrun this month in Wales and Michael Quigley who travelled to Southern Ireland to fit his parkrun in on holiday!

Keep the photos coming Hirsties!



The Hirstie Pages

On the subject of parkrun, its unfortunately a Hirstie au revoir to Scott Wilkes who is departing us to work in New Zealand.

Scott devised the AHRC parkrun Club Championship which has been very popular and probably created some rivalries on a Saturday morning around the Northeast!

Bon voyage from us all, Scott and looking forward to your photos from another Kiwi parkrun 😊



The Hirstie Pages

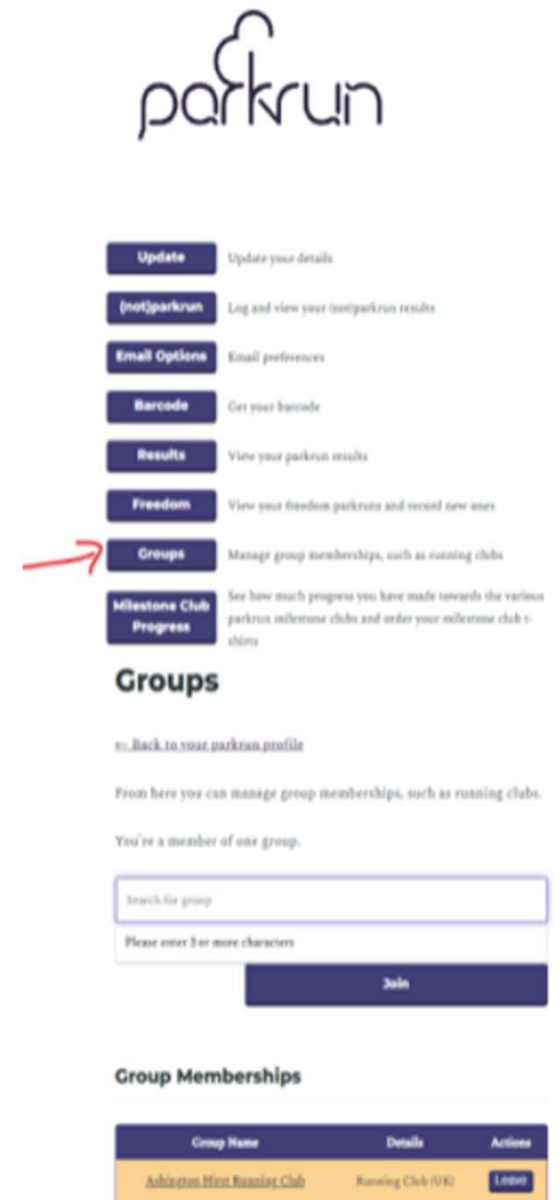
If you add a club to your Parkrun account, it will show on your results and we can also share who ran where on a regular basis.

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 screenshot shows the Parkrun account management interface. At the top is the 'parkrun' logo. Below it is a list of menu items, each with a button and a description:

- 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 (highlighted with a red arrow)
- Milestone Club Progress**: See how much progress you have made towards the various parkrun milestone clubs and order your milestone club t-shirts

Below the menu is the 'Groups' section. It starts with a link: [Back to your parkrun profile](#). Then it says: 'From here you can manage group memberships, such as running clubs.' and 'You're a member of one group.' Below this is a search box with the placeholder text 'Search for group' and a note 'Please enter 3 or more characters'. A 'Join' button is located below the search box. At the bottom is a table titled '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**

Paula Lucy!



It's been a great month for Paula, 10k pb at the GN10k, followed by a brilliant performance at our club 5 miler

Training and distance has paid off and that smile every time she crosses the line is practicing for married life.

Very well done, Paula and good luck to your husband to be in keeping up with you!

★ *Athlete*
OF THE MONTH
AWARD



Phil Earle!

Phil has always trained well and given some great performances for the club since joining us. But what a great run at Jesmond Relays, he was like Kate Bush running up that hill, in fact hills!

Running in group 1 or J's, his speed and endurance is fantastic, and we look forward to seeing him continue to race for AHRC as well as his new role as RD at Ashington Community Woods parkrun.

Well done, Phil

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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.

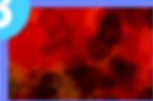
2



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 August	Gosforth Summer Relays Gosforth Summer Relays Facebook
11 th August	Iain's "How to Run Faster" talk at HQ Run faster Facebook
27 th September	VO2 Max Rising Sun (part of Grand Prix) https://www.resultsbase.net/event/7534
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 August

4 th	6 x 2 min, 6 x 1 min (1 min recovery)	1 min recovery
6 th	Hills	
11 th	20 x 30 seconds	
13 th	5 x 5 minutes	30 second recovery
18 th	1,2,3,4 minutes x 2 sets	1 minute recovery, 2 minutes between sets
20 th	Hills	
25 th	1 mile time trial	TBC
27 th	Endurance run to Guidepost & back	4 hills / 3 x 20 second strides

**Alf's Efforts
August**

4th	18 x 1 minute
6th	Hills
11th	5 x (2 min, 1 min)
13th	2,2,3,3,4,3,3,2
18th	10 x 400 m relays
20th	Hills
25th	1 mile time trial TBC
27th	1,2,3,4,4,3,2,1