

The Hirstie April 2026



The News

May's News couldn't begin without saying a huge congratulations and well done to our London & Manchester Marathon runners, who have all trained hard over the cold North-East winter months, shivering and soaking on some long run days, only to find themselves in bright blue sunshine and high temperatures on the 19th and 26th of April!

Whether running to join the mythical and mystical "1% Club", charity or because they just enjoy the atmosphere and joining fellow runners in one of the ultimate tests of endurance, our Hirsties did us proud and showed the Purple and Gold off in style as they pounded the streets of London and Manchester. Keep those medals on display with pride and take a bow, Rosie Mac, Martin Ritchie, David "Pud" Asquith, Sam Gair, Martin Murray, Louise Emery, Steve McKay, Helen Laude, Rick Smith, Stephen Barker, Nina Jensen and Claire Lancaster





The News

One the subject of our recent medal winners, **Tuesday 5th May** is “Tees and Medals” night at Club.

We promote our activities not just within the club, but also via social media and the local newspapers who publish articles sent to them. So why don't we all come to club wearing our favourite race tee shirt (distance is irrelevant) and the medal won for completing the distance?

The photo and news articles will help inspire anyone who is thinking of joining a running club, or even contemplating undertaking a 5K to an Ultra. The event is on our Facebook page and in the Race Diary.



The News

Elsewhere in April the Hirstie Massive has been in evidence at some of our favourite races around the North-East, with great times and pace being displayed at the North Tyneside 10K, Port of Blyth 10K, Good Friday Relays and further afield in the Lake District and even further afield in Christchurch, New Zealand!

To add to the mileage, 3 of our intrepid lady Ultra runners took on some savagery called the Backyard Ultra, which consisted of endless laps of a course until you dropped or dropped out! A very well-done ladies!



The News

Also, in this packed issue, Stacey Reed has an update on our charity fundraising and which deserving causes have received yours and others generosity and a new feature where members new or old can find out a bit more about the team that keeps the club going, as well as all your running related features.

April was a huge month of running and May will no doubt be the same.

Well done everyone!



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.

This month saw the first venue on the Hirstie Tour 2026, with the purple and gold descending on Denton Dene, who were also delighted to receive a run report from our very own Michelle Embleton!

Don’t forget, the full Tour itinerary is on the website members page and the events pages on Facebook and if you go further afield, let us know with a pic. 😊



The Hirstie Pages

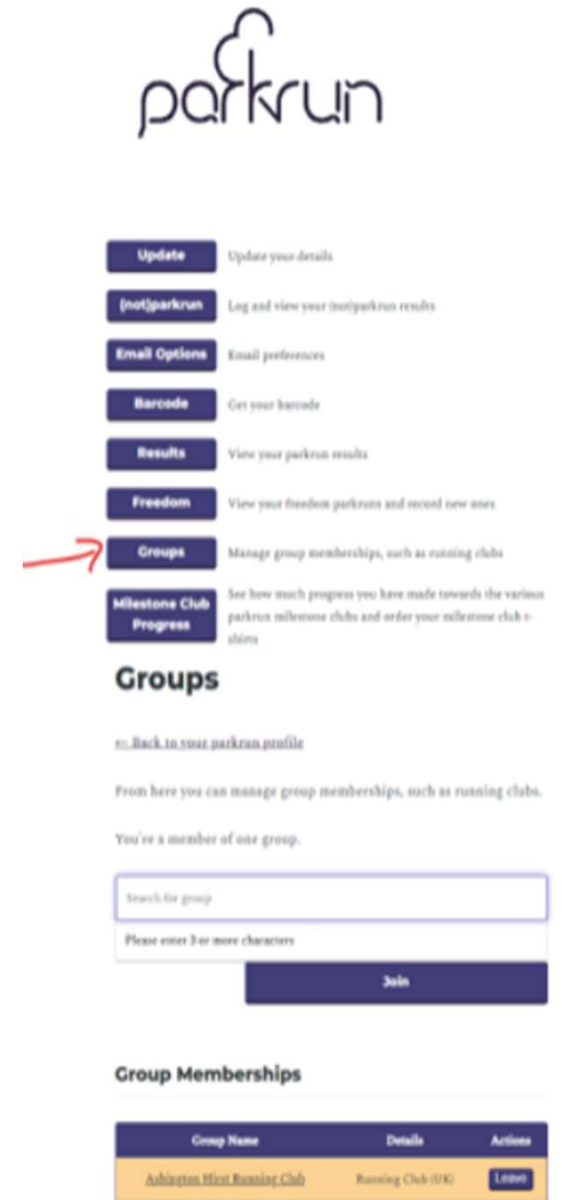
If you add a club to your Parkrun account, it will show on your results and we can also share who ran where on a regular basis.

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
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!

 *Athlete*
OF THE MONTH
AWARD

Judith Farquar!

Judith has had a great month, representing the club at the Good Friday Relays and a very breezy Port of Blyth 10K.

She was already a seasoned runner on joining the club but has already taken part in so many events for us and you'll always see her at an effort's session. Judith also loves cross country, so is the all-round athlete!

Well done, Judith and keep up the good work 😊



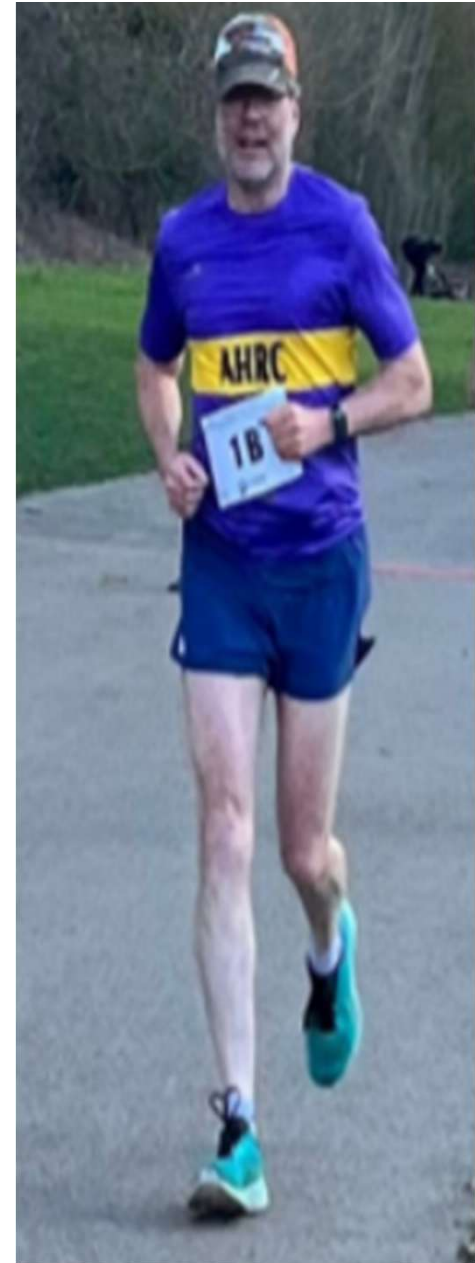
 *Athlete*
OF THE MONTH
AWARD

Nathan Gulliver!

We think its safe to say that Nathan has settled in very well at club and is now a relay addict having represented us at recent external races.

Having started in the slower pace groups, he is now a regular at J's, helping him secure the PB he was looking for at the North Tyneside 10K. A truly helpful club member, offering support and lifts to others to get them to events.

When he's not singing in a choir or helping at the Tall Ships Race, Nathan is a busy man, but maybe running has made its way to the top of the list? 😊



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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 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.

Stacy's Charidee Page

It's been a very busy time as your Charity Coordinator and as always, everyone has been so generous!

This month our fundraising efforts at events have grown and grown and as you can see below have contributed vital funds and foodstuffs to deserving causes in the area;

- **Margisons Miles. £700 raised which is divided between Friends of the Woods and our Club charity fund.**
- **Easter Egg Collection. Over 40 eggs donated to Escape Family Support.**
- **5Cake Run. Members and guests ran the Newbiggin Parkrun course and raised £128 and ate lots of cake as a reward!**

21st May is our Bring and Buy night at Club Relays and I'll be collecting running related items on training nights this month.



Meet the Committee...

As we have a number of new members, over the next few months, we're doing a feature on who's who within the club, so everyone has a chance to see the team behind what keeps our fantastic club operating and providing what we all love, running. Kicking off this month is "Da Boss", Iain Singer!

Role: Chairman, Coach & Race Director.

Founded AHRC 10 years ago after originally setting up "Wansbeck Beginners". I set up and manage all our FED Races and Margisons Miles, plus lots more for the club.

I've run the marathon distance (or further) over 130 times and ½ marathons over 500 times, with my favourite races being Alnmouth & Luton marathons and for an Ultra, Guernsey. (Yes, it's run around the entire island!)

Favourite sayings "if you ain't puking, you ain't trying" and "tarmac was invented by God to run on!"

Married to a lovely current club member and no, it isn't Michelle Embleton!





The Race Diary

3 rd May	Derwent Valley Trail Relay Facebook Club Member Events Ashington Hirst Running Club
5 th May	Medals and Tees Night Facebook wear your fav tee and medal and be part of the big group photo!
13 th May	Gordon Smith Relays, Wallsend Gordon Smith Relays Facebook
19 th May	Spring Relays Facebook Help on the day Spring Relays Facebook
20 th May	Cookson 10K (Hirstie Fav!) Cookson 10K 2026 – RaceBest
23 rd May	parkrun tour May 26 Facebook Kirkharle Courtyard
30 th May	30 May VO2 Max Druridge (part of Grand Prix) Results Base - Northumberland Festival of Sport Trail Runs 2026

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. Thank you.



**J's Efforts
May**

5th	5 x 2 minutes, 10 x 1 minutes (cut down session)	1 minute recoveries, can take 2 minutes after first set. Slightly quicker than 5K pace
7th	6-mile endurance. Varying pace	1 mile easy. 1 mile 10K pace. 2 mile 1/2M pace. 1 mile 10K pace. 1 mile easy
12th	5 x 30 seconds 15/30/45/60 sec recoveries)	1 mile to 3K pace
14th	Hill Session (short or long hills) Strength & Endurance	Meet at North Seaton Car Park Jubilee hills /Stakeford hills
19th	Club Relays no efforts that night	
21st	Endurance run To Guide Post and back Four hills & 3 X 20 second strides	Sheepwash bank both ways, Hillcrest Ave ,Cleaswell hill park. 1/2M pace
24th	Time Trial	Eyeballs out pace
28th	Hill Session (short or long hills) Strength & Endurance	Meet at North Seaton Car Park Jubilee hills /Stakeford hill.



**Alf's Efforts
May**

5th	5 x 5-minute lamposts
7th	2,2,3,3,4,3,3,2,2
9th	2, 3,3,4,4,3,3,2
12th	30 x 30
19th	Club Relays no efforts that night
21st	2,3,4,5,4,3,2
26th	Time Trial no efforts that night