

The Hirstie April 2026



The News

What's it like to run an ultramarathon? Walk out your door and start running. Go as far away from home as you possibly can, until you're chafed, nauseated, heat-exhausted, sleep-deprived, and utterly broken. And when you reach the point where every part of your mind and body screams that you can't run another step... turn around and run home.

MICHAEL D'AULERIO

If April was the time for our marvellous marathon runners, then June was the turn of our unbelievable ultra runners to take a turn in the spotlight, or moonlight if the weather was good.

Stand up and take a bow, **Fabrizio Pedis**, **Christine Docherty**, **Julie Wandless** and **Michelle Wren**, who blasted through the 70 miles of The Wall, **Mel Horan**, **Nina Jensen** and **Kim Hardy** who blazed through the Bamburgh to Tynemouth 100k and **Katie Blakley** and **Adele Lusher** who stormed through the Lake District 50K.

Ultra Hirsties, we salute you all.

The News

In slightly more “changeable” conditions than running an ultra in the sun, it was another great Hirstie turnout for the 45th Blaydon Race. With several club members taking part in their first race with the club.

The weather before the start was so bad, Michelle Embleton couldn't even assemble the Hirsties for the tradition photo in front of the Glasshouse as everyone was hiding from the downpour, which just as the race started gave way to glorious sunshine!

Fantastic running from everyone as always and well done to Lilly Alexandra Scott and Gary Martin as first female and male Hirsties to cross the line.

A top tip to avoid standing in the rain at the start? Miss the last bus and get an Uber to drop you off just before the gun goes!



The News

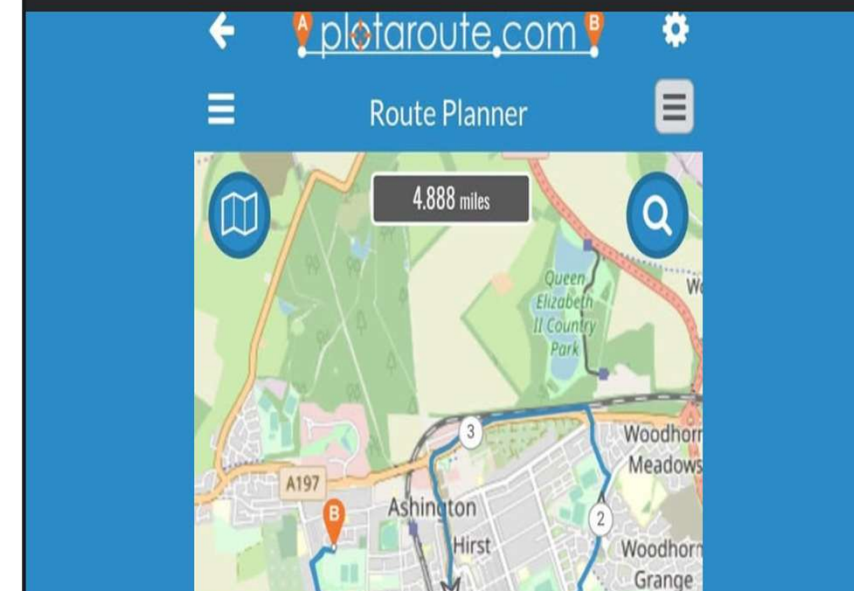
For those new members to the club who may not be aware, as well as the main Facebook page and website, we have a club shop which has its own Facebook page where you can purchase just about anything running related apart from shoes!

If you're not already on it, drop Iain Singer a line and he'll add you. If you don't use social media, the stock and price list can be emailed too.

Also, if you want to find someone like-minded to run with on days other than Tuesday and Thursday, why not check out our Running Buddies page on Facebook? Plenty of distance and pace to suit everyone.



Sunday Social run, 08.30 17th May starting at Peoples Park. Everyone welcome, slow and steady group 3 to 4 pace. Just shy of 8km and fairly flat route.



The News

On behalf of the club committee and all it's members; we would like to extend a huge Hirstie thank you to **Stacy Reed** who has (owing to a significant event happening in her life (she may have mentioned it!), has decided to step down as our charity coordinator.

Over the past few years, Stacy has been at the heart of raising thousands of pounds from generous member and public donations which have been donated to several deserving local charities.

Thank you again, Stacy and best wishes to you and Peter and Hannah 😊



The News

And finally.....

A huge Hirstie Well Done to Inka Kokki on her fantastic podium finish at the Morpeth 10K on the last racing day of the month.

An amazing time of 47.12, Inka secured 3rd place, with her fantastic run and pace.

A great result, not only personally through her training, but also to showcase how good a club we are.

Well done again 😊



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.

Well done to Luke Wandless, who celebrated his 22nd birthday with his 50th parkrun at Chopwell this month!

Next venue is Elemore Park www.parkrun.org.uk/elemorepark/ (DH5 0QS) on 18th July. Check in on the Events page if you’re going.

Let us know where you parkrun too!



The Hirstie Pages

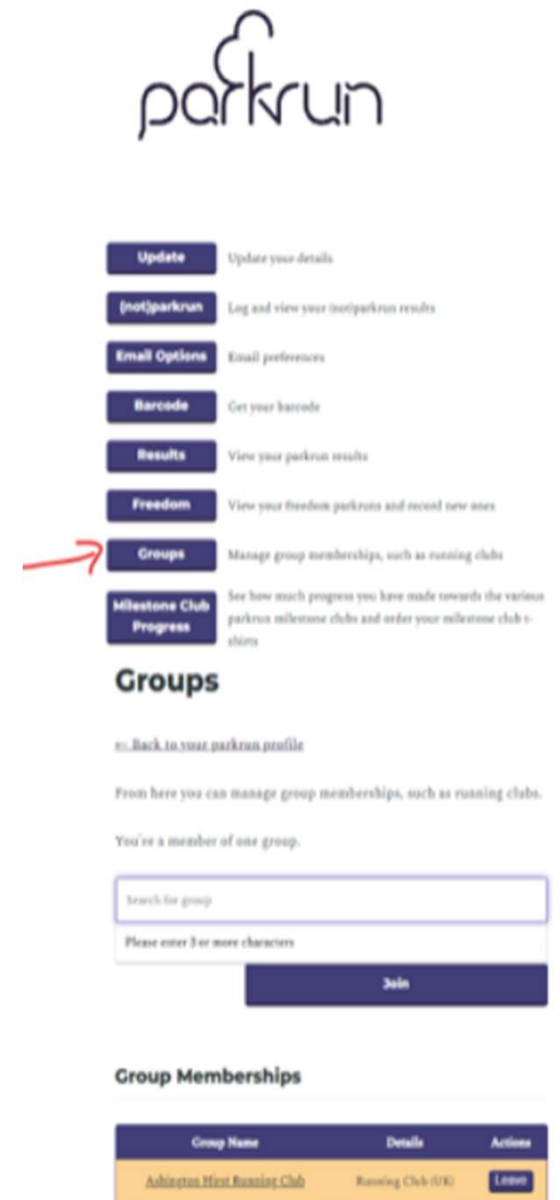
If you add a club to your Parkrun account, it will show on your results and we can also share who ran where on a regular basis.

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!



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 – Alexandra Baston 25:18
M30 – Sean McGregor 19:00	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 –



Caroline Balsdon!

Caroline is no “Learner” when it comes to running. She returned to the Hirsties a few months back, but since then has got back to her training, and with efforts a regular in her schedule we’ve seen some great results.

She loves the off-road routes, and made up a great team at Derwent relays, and in the last month has continued to work hard and is a great club member to have back with us.

Well done **Caro**L**ine** (other driving instructors are available 😊)



Athlete OF THE MONTH **AWARD**

Kyle Cadwallender!

It's a well-deserved award for Kyle “Can” Wallender, after several race performances for the club at relays.

After pretending he wasn't that fast when he joined, he is now in Group 1 and efforts, and from the moment he stepped through the Hirstie door he was signing up for relays and other races.

We'll have to start calling you “Kyle the Mile”, after the amazing effort at Weetslade Relays!



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 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 eliminate pain).

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

8 th July	2026 Curfew Run and Curfew Fun Run 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	AHRC Fell 'em Doon 5 Miler public race. Open to club members but pay the club account direct if you're running
21 st July	Helping at the 5 miler Facebook Volunteers always needed!
2 nd August	Gosforth Summer Relays Facebook
27 th September	VO2 Max Rising Sun (part of Grand Prix) https://www.resultsbase.net/event/7534

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 July

2 nd	6 x 1km	3min recovery
7 th	1,2,3 mins x 3 sets (1min recovery 90secs between sets)	sets (1min recovery 90secs between sets)
9 th	Hills	
14 th	18 x 45 secs (recovery 45sec x 6 ,1min x 6, 45sec x 6)	(recovery 45sec x 6 ,1min x 6, 45sec x 6)
16 th	5/4/3/2/1 minute	90 second recovery
18 th	Out in 20mins back in 18mins	
21 st	FED 5-mile race. No training sessions.	
23 rd	Hills	
28 th	1,2,3,2,1mins x 2 (recovery 1 min with 2 mins between sets)	recovery 1 min with 2 mins between sets
30 th	3,5,7,5,3,mins	recovery 90sec,2min,3min,2min

**Alf's Efforts
July**

2nd	2,3,2,3,2,3,2,3,2,3
7th	5 x (30,60,90)
9th	Hills
14th	4 x (5 min of lamposts efforts) (Jesmond Joggers Relays Night)
16th	2,3,4,5,4,3,2
18th	2,3,4,5,4,3,2 mins
21st	Fell em Doon 5 mile race. No training on.
23rd	Hills
28th	30 x 30 s
30th	2,3,3,4,4,3,3,2