



The History of Istead and Ifield Harriers 1992-2024

Founder Members - Phil Warren, Jan Warren, Gary Ramsey, Tania Yates,

Honorary Life Members – Phil Warren, Jan Warren, Gary Ramsey, Tania Yates, Paul Titley,
Peter Burton, Barbara Ockendon, Helen Fooks, Mark Champion

Presidents

Phil Warren 1992- 1997

Jason Bardell 1997-1999

Peter Burton 1999-2004

Bob Carter 2004 -2011

Steve Cable 2011-2014

Barbara Ockendon 2014-2017

Helen Fooks 2017-2021

Mark Champion 2021-2024

Graham Green 2024



30th birthday celebration run from The Meadow Rooms, Cobham, July 2022



25th birthday celebration run from The Golden Lion. Luddesdown, June 2017

Amid the feeling of well-being brought on by the 1992 Barcelona Olympic Games, Istead and Ifield Harriers was founded by a breakaway group from Gravesend Road Runners.

The club was the brainchild of Phil and Jan Warren and Gary and Tania Ramsey (now Yates), 3 of whom had previously run for Gravesend Road Runners. Jan Warren was not a runner but was the secretary for several years and made exceedingly good cakes for NDR runners. Fortunately, the tradition of cakes at NDR has been continued.

People often ask, 'Where does the name come from?'. Well quite simply one couple lived in Istead Rise and the other lived at Ifield. The club colours were chosen when the four of them were in the Lake District on holiday and completed a couple of races whilst there. Tania's waterproof jacket was purple and black, and it was decided the new club vests would look good in those colours, although it then proved difficult to find a manufacturer of running vests in those colours. There was no call apparently!

A leaflet drop on car windscreens at the local leisure centres invited interested individuals to attend a meeting, and the club was formed. Earliest members still with the club today are Tania Yates, Richard Storr, Barry Bell, Mel Moore, Jackie Day, Martin Charlton and Peter Burton. Other long-standing members, still with Istead include Peter Gibson (from 1993) Andrew Archer, Susan Holland, and Lesley Green (Archer) all from 1994. Initially the club ran from the Istead Rise Community Centre and the hill reps on Arcadia Road are still remembered (fondly?) by those who tackled them. Ten reps up and down there were called 10 Arcadians.

A monthly newsletter was quickly instigated, initially handwritten, photocopied and circulated by hand and by post. Editors of this illustrious periodical have included Richard Storr, Peter Gibson, Lynne Champion and Helen Fooks. Footnotes eventually became an on-line publication in 2008 and ceased around Spring 2014 when Facebook made it obsolete.

The 2nd newsletter of September 1992 shows 26 members; club colours being officially registered and potential social activities of a BBQ and a quiz night. It was also decided to hold a competition amongst the members to name the newsletter.



CLUB NIGHT AT ISTEAD COMMUNITY CENTRE

Peter Burton, ???, Jason Bardell, Barry Bell, Richard Storr, Phil Warren, Steve Cable, Ray Pearce
Ray Harris, Gillian Calliste, Andy Francis, Caroline Houghton, Stan Barrett
Rita Ford, Bob Carter, Gary Ramsey, Andy Archer, Susan Holland, Annette Thomas

The 3rd newsletter of October 1992 reminds all runners that ‘the club colours include black shorts as stipulated in the club rules’. This was to be a recurring theme over the next few months and years. What naughty person was wearing outlandishly coloured shorts? Even today there are some very questionable colours accompanying the purple and black.

The membership had risen to 31 (23 men and 8 ladies) and the ballot for the club places in the London Marathon by rejection slips was introduced.

As early as November 1992 there were initial discussions about starting a Grand Prix of events and a club handicap. A cross country league, originally called Today’s Runner after the magazine promoting it, had been set up on Sundays with eight other clubs. We now know this as the Kent Fitness League (see results tables).

Four ladies training sessions a week were offered.

Monday 3-4 miles steady run

Wednesday Club night

Friday 'Quality run, warm up 1 mile + 3 miles best possible pace, 1 mile warm down.
Or 5 miles with 4x 3mins fast 3 mins slow in between

Sunday 8-10 slow, easy pace

Total approx. 25 miles weekly

Ladies captain Tania Ramsey was a hard task master!

The November newsletter (No.4) was now christened Footnotes, the competition having been won by Barry Bell (or possibly Joyce in the background). By December a club badge was being discussed with the help of Gravesham Historical Society, and the Christmas Pudding Run was created for Boxing Day around the streets of Istead Rise for all 'wives, husbands, children, cousins and aunts etc.'.

1993 proved to be a big year in the development of the club. By February the club is in full swing with 45 first claim members.



Start of a race from Istead Community Centre

Footnotes has a wonderful quote that still holds today. “The strength of any club is in the membership and the commitment of the membership in supporting the club in activities”. This was said because 50% of the club had turned out for the January cross country race. There were discussions about whether a junior section was viable. Interest was shown by youngsters but there was no-one to organise it.

A club Grand Prix comprising of 8 runs, 5 to qualify, was discussed and instigated to run April – April.

The club was also asked for the first time to provide a team of 20 to assist with a London Marathon baggage bus, and the club was asked to help with the North Downs Run providing marshals for the main race and the fun run, and with registration. Peter Burton remembers that in the early days of the London Marathon, each person helping received a guaranteed entry for the following year! It was very quickly reduced to just one place for the club

A contribution to Footnotes, written in July 1993 by Michael Denton, just over a year after he joined said,

“Right from the beginning it seemed that Istead and Ifield Harriers was the club for me. No signs of cliques or elitist ability groups that had characterised other sporting clubs I had joined in the past....So many different things enjoyed in the last year. One final thought sprang to mind. Having achieved so much as a club in one year (as a happy and successful club) the story of Istead and Ifield Harriers was probably only just beginning.”

In October, the running stickman makes a first appearance and members are asked to suggest a name for him. By January 1994 the stickman is named Spike by Joyce Bell (not Spud as he had been called in the interim).

The wearing of black shorts is again mentioned with the caution that ‘failure to wear in a race could result in the individual or team being disqualified’.

The club was also approached to organise and stage a 10k race in the autumn of 1994 and a sub committee was formed.

At the 1995 AGM Robin Manley suggested introducing a handicap race. Work was begun to start it on the lighter evenings in the summer. This eventually became a winter event in 1999. The first handicap organised by Robin was a two-and-a-half-mile course around the roads of Istead Rise with Jan Warren helping to record the times. When the club moved to Cascades in 2000 the event continued with Lesley Archer helping Robin to record the times. 2013 saw Sally George and Katie Burgess helping and in 2014 they took over the organisation. Robin only final stepped down from any input to the handicap in 2022! Such service!

Footnotes of March 1997 announces that having helped with the North Downs Run for a couple of years the Istead and Ifield committee was approached to take over the running of the race. 'It was decided to turn this down due to the amount of time that is required in staging the event' (Oh, how true that is!!!!)

A good turn out as always at the Harvel 5 (date unknown)

In the picture:- Mike Smith, Lesley Archer, Mark Champion, Susan Holland, Chris Thompson, Simon Parrin, Allan Giles, Robin Manley, Charlotte ??, Lynne Champion, Claire Gaskil, Debbie Tyler, Steve Cable, Tania Yates



In October 1997, the mob match with Gravesend Road Runners was started. Bizarrely the race compiler from Athletics Weekly phoned to ask about 'the grudge match with Paddock Wood'. Chinese whispers? If he only knew.

In February 2000 Istead Rise Community Centre increased the charges for the running club by about 400%, so a new base was sought. Meopham Leisure Centre and Cascades were both considered but the poor street lighting in Meopham resulted in Cascades becoming the new home.

In 2001 the Shorne Woods race was first run thanks largely to the efforts of Andrew Archer. 150 entrants were recorded. The initial distance of 4.5 miles was increased the following year to 5 miles.

Christmas 2002 saw the Boxing Day run commence from Camer Park and in 2004 the website was created.

In 2002 the club was asked to assume a greater input into the North Downs Run and June 2004 was the first time Istead had assumed sole responsibility for its organisation. How were they persuaded?

June 2002 also saw birthday celebrations being held at Luddesdown village hall and the Benidorm trip for the marathon and half marathon was started

In 2006 the Derek Horahan shield was introduced in his memory.

Whilst researching and writing this epistle it was quite scary how often issues were raised that recur today.

Why aren't there more people running cross country?

Anyone know where the Istead banner is after last Wednesday?

People haven't paid their subs on time.

So, in 20 years' time, in 2044, when Istead and Ifield Harriers is still going strong, and someone updates the history of the club for its first 50 years I wonder if these will still be relevant?

The onset of the Covid pandemic in 2020 and national lockdown caused a halt to many club activities, but the true Istead spirit showed through. Despite not being able to meet up in person, online competitions were organised to give everyone running on their own an interest and a focus. An evening Zoom get together was held regularly where many themes were discussed, both running and non-running related. Outside speakers and more experienced Istead members were invited to share their wisdom. There were several Zoom quizzes and online strength sessions were held (it's amazing what can be accomplished in your lounge with a broom handle, towels for battle towels and Chesney Hawkes 'The One and Only' playing in the background!). Once the restrictions were eased Istead runners were once again meeting regularly (within the rules) and the club went from strength to strength with a surge of new members.

November 2021 saw yet another major change for the club when it moved base to Old Gravesendians Rugby club and also use the track at the Guru Nanak Darbar Gurdwara.

And what of the future? A club is only as good as the membership, and it would seem that Istead will continue to be in safe hands and go from strength to strength.

Sadly, in recent years we have seen the passing of three long standing and much loved and respected members of the club, Steve Cable (2021), Bob Carter (2024) and Robin Manley (2024).

This history was initially compiled in 2017 to commemorate the club's 25th anniversary and was updated in 2022 its 30th year, and in 2024.

Thank you to Barry Bell who has an almost complete collection of Footnotes which were an invaluable source of information for this history, to Dominic Montford for help with club record information and to Peter Burton, Tania Yates, Susan Holland and Robin Manley for their good memories.

The Founders Shield for Outstanding Contribution to the Club

1994	Barry Bell
1995	Mary Charlton
1996	Andrew Archer
1997	Colin Blackman
1998	Susan Holland
1999	Robin Manley
2000	Ray Pearce
2001	Rita Ford
2002	Peter Gibson
2003	Steve Cable
2004	Bob Carter
2005	Ian Morrison
2006	Allan Giles
2007	Lynne Champion
2008	Andrew Archer
2009	Paul Bunch
2010	Sue Beecham Steve Cason
2011	Helen Fooks
2012	Bob Carter
2013	Allan Giles
2014	Mark Champion
2015	Alan Cowan
2016	Daryl Lucas
2017	Trevor Edgley
2018	Barbara Ockendon
2019	Sue Beecham
2020	Geoff Bains
2021	Daryl Lucas
2022	Helen Fooks
2023	Barbara Ockendon
2024	Trevor Edgley

Derek Horahan Trophy for Most Improved Runner

2007	Claire Gaskill		
2008	Sue Beecham		
2009	Lesley Irvine		
2010	Simon Parrin		
2011	Joe Cumberland		
2012	Barbara Ockendon		
2013	Sally Dawodu-Talibi	Dan Walsh	
2014	Sue Beecham	Sarah Dand	Colin Whiteley
2015	Lynne Champion		
2016	Paul Jones		
2017	Barry Bell		
2018	Janet Murray		
2019	Barbara Ockendon		
2020	Victoria Wright		
2021	Dan Smith		
2022	Deborah McCarthy		
2023	Matt Holt		
2024	Mark Pywell		

Runner Of The Year (Renamed Member of the Year in 2024)

<u>Year</u>	<u>Winner</u>
2013	Sally Dawodu-Talibi
2014	Sally Dawodu-Talibi
2015	Sue Beecham
2016	Jan Giles
2017	Trevor Edgley
2018	Barbara Ockendon
2019	Joyce Bell
2020	Graham Green
2021	Lynne Champion
2022	Geoff Bains
2023	Cheryl Robertson
2024	Julie Aspinall

Grand Prix Winners

<u>Year</u>	<u>Winner</u>			
1993/4				
1994/5	Steve Hay			
	Male	Female	Male Vet	Female Vet
1995/6	Richard Horton	Caroline Houghton	Peter Burton	Chris Laraman
1996/7				
1997/8	Peter Burton	Rita Ford		
1998/9	Andrew Archer	Susan Holland	Steve Miles	Rita Ford
1999/2000	Peter Burton	Rita Ford	Bob Carter	Annette Thomas
2000/1	Peter Burton	Susan Holland		
2001/2	Mel Moore	Rita Ford		
2002/3	Peter Burton	Lisa Duce	Bob Carter	Gillian Calliste
2003/4	Steven Lelliott	Lisa Duce	Bob Carter	Jan Giles
2004/5	Mark Champion	Gillian Calliste	Steven Lelliott	Jan Giles
2005/6	Steven Lelliott	Lynne Champion	John Gurney	Jan Giles
2006/7	Mark Champion	Lynne Champion	Steven Lelliott	Debbie Tyler
2007/8	Mark Champion	Lynne Champion	Dave Abery	Sue Beecham
2008/9	Mark Champion	Angela Hames	Andrew Archer	Emma Penfold
2010/11	Simon Parrin	Angela Hames	Dave Abery	Susan Holland
2011/12	Joe Cumberland	Barbara Ockendon	Andrew Archer	Mary Penfold
2012/13				
2013/14	Mark Champion	Sadie Forest	Trevor Edgeley	--
2014/15	Dan Walsh	Sarah Dand	Trevor Edgeley	Barbara Ockendon
2015/16	Paul Jones	Sally Dawodu-Talabi	Trevor Edgeley	Jeannette Giles
2016/17	Paul Jones	Sarah Dand	Trevor Edgeley	Vikki Hill
2017/18	Dan Walsh	Sarah Dand	Trevor Edgeley	Joyce Bell
2018/19	Mark Champion	Jacky King	Barry Bell	Barbara Ockendon
2019/20	Paul Jones	Victoria Wright	Mark Champion	Jacky King
2020/21	Dan Smith	Lynne Champion	Mark Champion	Barbara Ockendon
2021/22	Matt Holt	Deborah McCarthy	Mark Champion	Caroline Howes
2022/23	Dominic Montford	Kulwinder Thind	Trevor Edgley	Barbara Ockendon
2023/24	Matt Holt	Cheryl Robertson	Trevor Edgley	Clare Holder

Captain's Trophy

<u>Year</u>	<u>Male</u>	<u>Female</u>
2013/1 4	Dan Walsh	Sally Dawodu-Talabi
2014/1 5	Steve Cason	Sue Beecham
2015/1 6	Steve Cason	Sue Beecham
2016/1 7	Mark Pywell	Sue Beecham
2017/1 8	Barry Bell	Joyce Bell
2018/1	Dominic Montford	Barbara Ockendon

9		
2019/20	Dominic Montford	Rebecca Tormey
2020/21	Steve Cason	Anna Dobiecka
2021/22	Peter Moore	Tammy Pullen
2022/23	Mel Moore	Barbara Ockendon
2023/24	Mel Moore	Deborah McCarthy

Cross Country Trophy For Most Run in the Season

2011/12	Andy Archer
2012/13	Lynne Champion
2013/14	Andy Archer
2014/15	Sally Dawodu-Talabi
2015/16	Sally Dawodu-Talabi
2016/17	Ross Chapman/Andy Archer
2017/18	Andy Archer
2018/19	Helen Fooks
2019/20	Sally George
2020/21	No Competition
2021/22	Robert Conetta
2022/23	Peter Moore
2023/24	Peter Moore

Winter

Handicap

<u>Year</u>	<u>Winner</u>
1995/6	Phil Warren
1996/7	Paul Hatfield
1997/8	Robert Carter
1998/9	Annette Thomas
1999/00	Tracy Bateup
2000/1	Helen Fooks
2001/2	
2002/3	Matthew Belcher
2003/4	Amanda Smith
2004/5	Ian Morrison
2005/6	Alan Cowan
2006/7	Andrew Archer
2007/8	
2008/9	
2009/10	
2010/11	Clare Holder
2011/12	Tim Bell
2012/13	Clare Holder
2013/14	Mark Pywell
2014/15	Carly Jameson
2015/16	Tim Bell
2016/17	Nick Claydon
2017/18	Tim Bell

2018/19	James Milson
2019/20	Tim Bell
2020/21	No Competition
2021/22	Matt Holt
2022/23	Doug Warner
2023/24	Kate Rose

Today's Runner (Kent Fitness League) Cross Country League

<u>Year</u>	<u>No. Teams</u>	<u>Combined</u>	<u>Women</u>	<u>Men</u>	<u>Noted Individuals</u>
1992/3	9	2nd			Seniors Steve Hay 4 th , Martin Charlton 8 th Seniors Caroline Houghton 2 nd Tania Ramsey 3 rd
1993/4	9	2nd			Seniors Steve Hay 2 nd Martin Charlton 3 rd Vet
1994/5					
1995/6		2nd			Seniors Steve Hay 1 st Tania Ramsey 3 rd John Boyle 3 rd Vet
1996/7					
1997/8	13	6th			
1998/9	15	3rd		2nd	Steve Hay 3 rd Vet Seniors Caroline Houghton 1 st
1999/2000	15	3rd		4th	Seniors Caroline Houghton 2nd
2000/1				10th	
2001/2	16	4th	8th	3rd	Ray Pearce 1 st Vet 40
2002/3	16	4th	4th	12th	Debbie Percival 1 st Vet 40
2003/4	16	3rd	8th	3rd	
2004/5	17	3rd	11th	3rd	
2005/6	17	4th	10th	3rd	Bob Carter 1 st Vet 65
2006/7	17	3rd	10th	3rd	Bob Carter 1 st Vet 65
2007/8	17	4th	6th	6th	
2008/9	17	7th	12th	7th	
2009/10	18	7th	11th	7th	
2010/11	18	7th	9th	7th	
2011/12	18	7th	16th	5th	
2012/13	18	5th	11th	4th	
2013/14	18	11th	11th	11th	
2014/15	18	6th	12th	5th	
2015/16	18	7th	13th	7th	
2016/17	18	7th	5th	7th	Seniors Ed Bovingdon 1 st
2017/18	18	11th	9th	10 th	Barbara Ockendon 1st Vet 60
2018/19	18	13th	9th	14th	Trevor Edgeley 1 st Vet 70
2019/20	18	8th	2nd	10th	Lynne Champion 1 st Vet 50 Trevor Edgeley 1 st Vet 70
2020/21	No Competition				

2021/22	18	9th	6th	8th	Barbara Ockendon 1 st Vet 65 Barry Bell 1 st Vet 70
2022/23	18	9th	11th	9th	
2023/24	18	9th	12th	7th	

CLUB CHAMPIONSHIPS

<u>10K</u>		
<u>Year</u>	<u>Male</u>	<u>Female</u>
201	Mark Champion	Sue Beecham
201	Paul Jones	Sarah Dand
201	Ed Bovingdon	Sarah Dand
201	Ed Bovingdon	Sarah Dand
201	Stephen Poole	Lynne Champion
201	Paul Jones	Katie Vick
202	No Competition	
202	Dan Smith	Lynne Champion
202	Matt Holt	Deborah McCarthy
202	Mark Pywell	Deborah McCarthy

<u>10 Mile</u>		
<u>Year</u>	<u>Male</u>	<u>Female</u>
2014	Mark Champion	Lynne Champion
2015	Paul Jones	Sadie Forester
2016	Paul Jones	Sarah Dand
2017	Derek George	Sally George
2018	Paul Jones	Sally George
2019	Stephen Poole	Lynne Champion
2020	No Competition	
2021	Al Savage	Caroline Howes
2022	Matt Holt	Emma Tovey
2023	Dan Walsh	Sally George

<u>Half Marathon</u>		
<u>Year</u>	<u>Male</u>	<u>Female</u>
2001 4 4	Mark Champion	Lynne Champion
2001 5 5	Ed Bovingdon	Kulwinder Thind
2001 6 6	Mark Pywell	Alison Bell
2001 7 7	Paul Jones	Barbara Ockendon
2001 8 8	Dante Harger	Sally George
2001 9 9	Ed Bovingdon	Victoria Wright
2002 0 0	No Competition	
2002 1 1	Ed Bovingdon	Tanya Pullen
2002 2 2	Rob Walsh	Kulwinder Thind
2002 3 3	Mark Pywell	Kulwinder Thind

Club Records First Published Jan 1994

	<u>Senior Ladies</u>	<u>Senior Men</u>	<u>Vet Men</u>
5 miles		Richard Horton 29.15 Pitsea 1992	
10K	Caroline Houghton 37.40 Thundesley 1992	Steve Hay 33.23 Julie Rose 1993	Martin Charlton 37.50 Gillingham 1993
10 miles	Caroline Houghton 64.30 Mel Batty 1992	Steve Hay 54.33 Sittingbourne	Martin Charlton 60.50 Canterbury 1993
½ Marathon	Tania Ramsey 89.55 Hadlow 1993	Steve Hay 73.05 Lydd 1993	Martin Charlton 82.38 Hemstead Valley 1993
20 miles	Tania Ramsey 2hrs 25mins Thanet 1993	Richard Horton 2hrs 7mins Thanet 1993	Martin Charlton 2hrs 11mins Thanet 1993
Marathon	Claire Townley 4hrs 40mins Rivett London 1993	Richard Horton 2hrs 57mins London 1993	Martin Charlton 3hrs 6mins London 1993
North Downs	Tania Ramsey 2 hrs 21mins 1993	Richard Horton 2hrs 9mins 1993	Martin Charlton 2hrs 16 mins 1993

Club Records at May 2024

	<u>Senior Ladies</u>	<u>Senior Men</u>
5 km	Jenny Howland 19.49 Cyclorun 25/01/15	Ed Bovingdon 14:38 Ardingley 12/05/21
5 miles	Caroline Houghton 30.38 Sharon Newbury 5 1998	Martin Forder 26.08 Harvel 5 05/06/04
10K	Caroline Houghton 36.51 Cliffe Woods 1997	Ed Bovingdon 30.31 Vitality London 02/05/22
10 miles	Caroline Houghton 64.30 Mel Batty 1992	Martin Forder 54.24 Sittingbourne 2005
½ Marathon	Tania Ramsey 89.55 Hadlow 1993	Ed Bovingdon 66.45 Folkestone Rotary 27/09/20
20 miles	Tania Ramsey 2hrs 25 Thanet 1993	Paul Jones 2hrs 03.44 Lydd 13/03/16
Marathon	Kulwinder Thind 03:08:50 Florence 27/11/22	Ed Bovingdon 2hrs 24.20 London 03/10/21
North Downs	Tania Ramsey 2 hrs 21 1993	Ed Bovingdon 1hr 54.01 27/06/20

Apologies for the blank spaces in some records. Every effort has been made to track down the names of recipients. If anyone has records from those times please let us know.