

## RNR All Time Appearances as at 2016

Name	Club (most recent)	First Year	Appearances	Last year
Richard Sales	Norwich Road Runners	1988	26	2016
Paul Firmage	Ryston Runners	1987	24	2011
Ray Lindsay	Norwich Road Runners	1988	23	2015
Keith Pritchard	Riverside Runners	1993	21	2016
Andy Smith	Ryston Runners	1987	21	2010
Neville Baker	Headington Road Runners	1995	20	2016
John Griffiths	Headington Road Runners	1995	20	2016
Andrew Simmonds	Ryston Runners	1996	20	2016
Dale Hurren	Norfolk Gazelles	1990	19	2016
Phil Redden	Riverside Runners	1995	19	2016
Paul Woodyatt	City of Norwich AC	1992	19	2014
John Bone	Great Yarmouth Road Runners	1990	18	2016
Sally Cushing	Norwich Road Runners	1995	18	2016
Phil Davies	The Stragglers	1990	18	2014
Neil Davison	City of Norwich AC	1994	18	2014
Jeremy Navradý	Ryston Runners	1999	18	2016
Martin Simmonds	Ryston Runners	1994	18	2012
Fred Amps	March AC	1991	17	2013
Kevin Howlett	Ryston Runners	1994	17	2016
Goy Roper	City of Norwich AC	1999	17	2015
Karl Sherry	Norwich Road Runners	1994	17	2016
Robert Simmonds	Ryston Runners	2000	17	2016
Gary Stanley	Great Yarmouth Road Runners	1991	17	2016
Nicky Alford	City of Norwich AC	1996	16	2016
Kevin Lemmon	Norwich Road Runners	1992	16	2013
James Ridger	Paddock Wood AC	1998	16	2016
Phil Bamford	City of Norwich AC	1992	15	2014
Simon Brazil	The Stragglers	1995	15	2014
Dave Brown	Metros	1991	15	2005
John Christopher	North Norfolk Beach Runners	1995	15	2016
Tracey Curl	City of Norwich AC	1999	15	2015
Marie-Anne Fischer	Headington Road Runners	2002	15	2016
Jeff Helmore	Great Yarmouth Road Runners	1989	15	2014
Pete Hodgkinson	City of Norwich AC	1992	15	2010
Elsbeth Knott	Harwich Runners	1998	15	2016
Jason Meachen	Harwich Runners	1998	15	2016
Robin Parker	Fenland Running Club	1995	15	2012
Terry Quigley	North Norfolk Beach Runners	1996	15	2013
Keith Ritchie	Riverside Runners	1993	15	2011
Garry Young	Metros	1991	15	2005
Gary Barnes	Riverside Runners	1996	14	2016
Terry Burke	Metros	1993	14	2011
Tim Chapman	Fenland Running Club	2002	14	2016
Jane Clarke	City of Norwich AC	2000	14	2016
Paul Davies	Norwich Road Runners	1995	14	2016
Pete Johnson	Ryston Runners	1999	14	2016
Tessa Jones	City Of Norwich AC	1999	14	2016

James O'Neill	Ryston Runners	1999	14	2016
Kevin Revell	City of Norwich AC	2000	14	2015
Rob Rowland	Paddock Wood AC	2002	14	2015
Graham Statter	Bishops Stortford RC	1993	14	2014
Wayne Stimson	March AC	1999	14	2016
Paul Sullivan	Norwich Road Runners	2002	14	2016
Les Thurston	Bishops Stortford RC	1992	14	2014
Jane Young	Metros	1991	14	2005
Ian Benstead	Cambridge University Press	1991	13	2004
Jeremy Bolam	North Norfolk Beach Runners	1999	13	2014
Adam Etches	Ely Runners	2004	13	2016
Andy Fox	Metros	1991	13	2011
Sarah Gauvin	Fenland Running Club	2001	13	2016
David Goldspink	Fenland Running Club	1990	13	2014
Ray Goose	City of Norwich AC	1990	13	2007
Jennie Grimwood	Cambridge University Press	1991	13	2004
Clive Hedges	North Norfolk Beach Runners	1999	13	2015
Nigel Hodge	City of Norwich AC	1994	13	2012
Stephen Howard	Ely Runners	2004	13	2016
Laurie Hurman	Headington Road Runners	2000	13	2016
Harry Knowles	City of Norwich AC	1992	13	2013
Norma Leckie	Riverside Runners	1993	13	2013
Wayne Lincoln	City of Norwich AC	1994	13	2016
Ian Milburn	Fenland Running Club	1993	13	2016
Andy Penty	The Stragglers	1990	13	2005
Richard Price-Thomas	North Norfolk Beach Runners	1999	13	2015
Edek Rej	Ramsey Road Runners	2002	13	2015
Mike Walter	Paddock Wood AC	2001	13	2016
Paul Wiegand	Fenland Running Club	2001	13	2013
Dave Young	Metros	1991	13	2011
James Amps	March AC	1991	12	2010
Nigel Arnold	Norfolk Gazelles	1994	12	2016
Diane Baldwin	Milton Keynes AC	2003	12	2015
Mark Beagley	Riverside Runners	1997	12	2009
Michelle Brett	Ramsey Road Runners	2005	12	2016
Pat Brown	March AC	1992	12	2005
Richard Bulman	Reepham Runners	2005	12	2016
John Burton	City Of Norwich AC	1999	12	2012
Milford Callow	Milton Keynes AC	2003	12	2015
Penny Edwards	Norwich Road Runners	2002	12	2016
Mark Garrett	Norwich Road Runners	2005	12	2016
Paul Hensby	March AC	1998	12	2016
Paul Higham	City Of Norwich AC	1999	12	2014
Martin Ive	Ryston Runners	1999	12	2015
Graeme Knott	Harwich Runners	1999	12	2016
Stephen Lawson	Ramsey Road Runners	2004	12	2015
Elies Mann	Norwich Road Runners	2002	12	2015
Steve Nobbs	North Norfolk Beach Runners	1994	12	2005
Glyn Peck	Harwich Runners	1998	12	2016
Val Russell	Milton Keynes AC	2003	12	2015
Alan Short	The Stragglers	1991	12	2008

Sarah Taylor	Ryston Runners	2000	12	2016
David Aldis	City Of Norwich AC	2005	11	2015
Peter Andrews	City of Norwich AC	1992	11	2004
Steve Baldwin	Norfolk Gazelles	1998	11	2010
Peter Beatty	Bishops Stortford RC	1991	11	2015
Mark Betts	Norwich Road Runners	1990	11	2014
Richard Blake	North Norfolk Beach Runners	2001	11	2012
Barry Bye	Ryston Runners	1992	11	2010
Graham Chapman	Ely Runners	2005	11	2016
Mike Collins	Great Yarmouth Road Runners	1988	11	2006
Kevin Day	Fenland Running Club	1992	11	2008
Jackie Dockerill	Haverhill Running Club	2000	11	2015
Tim Ellis	Haverhill Running Club	2000	11	2014
Joe Geitner	City Of Norwich AC	2005	11	2015
Kate Hodgkiss	Harwich Runners	1999	11	2014
Lynda Howe	The Stragglers	1992	11	2006
Karen Manning	Great Yarmouth Road Runners	1999	11	2013
Gill McBride	Metros	1994	11	2005
Chris Merrylees	North Norfolk Beach Runners	2005	11	2016
Simon Millett	Norwich Road Runners	2002	11	2013
Natalie Morgan	Biggleswade AC	2005	11	2015
Andy Phillips	Riverside Runners	1993	11	2007
Andre Pittock	Fenland Running Club	2005	11	2016
Emma Potter-Campbell	Dereham Runners	2006	11	2016
Mick Powell	Norwich Road Runners	1988	11	2007
Guy Shepherd	North Norfolk Beach Runners	1999	11	2011
Neil Sibley	Great Yarmouth Road Runners	2004	11	2015
Alexandra Smith	Norwich Road Runners	2004	11	2015
Gavin Stokes	Ramsey Road Runners	2003	11	2016
Ann Storey	Riverside Runners	1993	11	2007
Nicos Symeou	Great Yarmouth Road Runners	1988	11	2016
Alex Tate	Ely Runners	2005	11	2016
Kevin Taylor	Cambridge University Press	1991	11	2002
Peter Tuttle	Norwich Road Runners	2002	11	2013
Louise Wilkinson	City Of Norwich AC	1994	11	2016
John Worth	Headington Road Runners	1998	11	2011
Guy Amos	City of Norwich AC	1997	10	2012
Stephen Ankers	Ramsey Road Runners	2002	10	2011
Nick Askew	City Of Norwich AC	1998	10	2008
Malcolm Ball	North Norfolk Beach Runners	1994	10	2007
Richard Bidois	Paddock Wood AC	2004	10	2015
Fred Boggis	Felixstowe Road Runners	2003	10	2015
Deb Bryant	Biggleswade AC	2005	10	2016
Nigel Bush	Biggleswade AC	2006	10	2015
Mark Causey	Haverhill Running Club	2000	10	2013
Jenny Christian	Wymondham AC	1997	10	2009
Graham Collins	City of Norwich AC	1996	10	2006
Lucy Cooper	TriAnglia	2004	10	2016
Steve Cornell	March AC	1991	10	2010
John Crisp	Ely Runners	2004	10	2013
Ian Day	Hunts AC	2004	10	2013

David Dockerill	Haverhill Running Club	2000	10	2013
Pete Duhig	Ryston Runners	1987	10	2003
Trevor Emery	North Norfolk Beach Runners	1998	10	2009
Ann Furbank	Riverside Runners	2001	10	2013
Dave Greenham	Haverhill Running Club	2000	10	2014
Paul Hasler	Paddock Wood AC	2004	10	2014
Jim Hayes	North Norfolk Beach Runners	2006	10	2016
Tony Heath	North Norfolk Beach Runners	1999	10	2010
John Hills	Great Yarmouth Road Runners	1997	10	2009
Michael Howlett	Ryston Runners	2006	10	2016
Brenda Hutcheon	Norfolk Gazelles	1993	10	2004
Andy Kett	North Norfolk Beach Runners	1997	10	2016
Ron Marsh	Wymondham AC	1995	10	2009
Lorraine Marshall	City Of Norwich AC	2007	10	2016
Martin McPheat	Milton Keynes AC	2003	10	2014
Sally Middleton	North Norfolk Beach Runners	2003	10	2015
Gordon Millar	Haverhill Running Club	2000	10	2011
Darren Moat	March AC	1994	10	2005
Darren Neale	North Norfolk Beach Runners	2006	10	2015
Dave Neale	Ryston Runners	1997	10	2013
Gill Paremain	Thetford AC	2007	10	2016
David Philpot	Ramsey Road Runners	2002	10	2016
Damien Pitts	Biggleswade AC	2006	10	2015
Steve Plackett	Reepham Runners	2005	10	2015
Andrew Preston	Wymondham AC	2003	10	2016
Vinnie Purdy	North Norfolk Beach Runners	2006	10	2016
Peter Reynolds	Metros	1996	10	2005
Paul Ridley	Riverside Runners	2007	10	2016
Gareth Robb	Paddock Wood AC	2005	10	2016
Tony Savage	Ryston Runners	1998	10	2016
Wendy Smith	Norwich Road Runners	2002	10	2015
Carole Spong	Great Yarmouth Road Runners	1992	10	2009
Penny Studley	Great Yarmouth Road Runners	1993	10	2016
Ian Sturgess	Wymondham AC	2000	10	2011
Koster Tavatgis	Metros	1991	10	2004
Malcolm Tuff	Ryston Runners	2006	10	2016
Des White	Paddock Wood AC	1998	10	2009
Sian White	Ramsey Road Runners	2007	10	2016
Dave Woodward	Riverside Runners	1993	10	2002
Don Anderson	The Stragglers	1995	9	2007
Stephen Ashurst	Ramsey Road Runners	2005	9	2015
Eddie Barrett	Ramsey Road Runners	2008	9	2016
Dominic Blake	Reepham Runners	2007	9	2016
Sean Bowen	Garden City Runners	2007	9	2016
Andrew Brett	Ramsey Road Runners	2008	9	2016
Keith Brighty	Norwich Road Runners	2007	9	2016
Richard Brown	Metros	1991	9	2000
Michelle Bull	City Of Norwich AC	2001	9	2014
Andrew Bunn	City Of Norwich AC	2002	9	2010
Stephen Burbidge	Harwich Runners	1999	9	2016
Tony Cante	Thetford AC	2007	9	2016

Chris Chorley	Bungay Black Dog Running Club	2008	9	2016
Terry Cooke	Ryston Runners	1987	9	1997
Darryl Davis	City Of Norwich AC	2006	9	2014
Sean Davis	The Stragglers	1990	9	2006
John Davis	Garden City Runners	2004	9	2016
Chris Dettmar	Headington Road Runners	2002	9	2011
Richard Dolman	Thetford AC	2007	9	2015
Glen Dunham	City Of Norwich AC	2002	9	2015
Steve Ellis	Riverside Runners	1993	9	2002
Terry Epps	Wymondham AC	1999	9	2007
Susan Fraser	Great Yarmouth Road Runners	2002	9	2012
Peter Gipp	Ely Runners	2004	9	2015
Adie Grand	Norwich Road Runners	1998	9	2008
Jackie Hainsby	Riverside Runners	1993	9	2005
Mickael Hegeippe	Paddock Wood AC	2003	9	2016
Alan Holland	Wymondham AC	1994	9	2006
Tony Hudson	City Of Norwich AC	1992	9	2002
Adrian Jarvis	Riverside Runners	1993	9	2012
Andy Jones	City Of Norwich AC	2005	9	2015
Noel Jones	Team Fetcheveryone	2007	9	2016
Neville Knights	Dereham Runners	2006	9	2016
Gavin Lane	West Norfolk AC	2007	9	2016
Chris Langton	City Of Norwich AC	2007	9	2016
John Leach	North Norfolk Beach Runners	2003	9	2012
Cliff Lear	Thetford AC	2007	9	2016
Zoe Luscombe	Biggleswade AC	2005	9	2016
Anne Millett	Norwich Road Runners	2002	9	2012
Monty Monteiro	Haverhill Running Club	2000	9	2011
Kevin Parfitt	North Norfolk Beach Runners	1999	9	2011
Mel Porter	Coltishall Jaguars	1999	9	2016
Steve Presland	Ely Runners	1996	9	2013
Malcolm Pritchard	Riverside Runners	2007	9	2016
Phil Quantrill	North Norfolk Beach Runners	2004	9	2014
Steve Roberts	Paddock Wood AC	2001	9	2011
Les Scott	Ryston Runners	2006	9	2016
Brian Smith	Cambridge University Press	1993	9	2001
Mike Smith	Wymondham AC	1994	9	2005
Mike Spragg	Great Yarmouth Road Runners	1993	9	2006
Martin Stacey	Tri Anglia	1990	9	2006
Mark Stead	Biggleswade AC	2006	9	2015
Jo Stephenson	Stowmarket Striders	2007	9	2016
Greg Tagney	Fenland Running Club	1994	9	2007
Caroline Taylor	Norwich Road Runners	2003	9	2016
Clive Veal	Ryston Runners	2000	9	2009
Paul Veitch	Riverside Runners	2006	9	2016
Clem Vogler	Reepham Runners	2006	9	2016
Ian Wade	North Norfolk Beach Runners	1994	9	2009
Debra Wait	March AC	2005	9	2016
Lee Welham	Biggleswade AC	1998	9	2010
Rob White	Ramsey Road Runners	2007	9	2016
Martin Yeomans	Norwich Road Runners	2001	9	2016