

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Leo Altarelli	Bungay Black Dog Running Club	2011	3	2013
Christine Ashe	Bungay Black Dog Running Club	2016	1	2016
Robin Ashe	Bungay Black Dog Running Club	2016	1	2016
Shona Bendix	Bungay Black Dog Running Club	2011	3	2013
Robin Bendix-Hickman	Bungay Black Dog Running Club	2011	2	2013
Laura Betts	Bungay Black Dog Running Club	2014	1	2014
Paul Bird	Bungay Black Dog Running Club	2016	1	2016
Mik Carr	Bungay Black Dog Running Club	2015	1	2015
Chris Chorley	Bungay Black Dog Running Club	2008	9	2016
Bev Clark	Bungay Black Dog Running Club	2014	1	2014
Roger Clark	Bungay Black Dog Running Club	2014	1	2014
Sarah Connellan	Bungay Black Dog Running Club	2010	1	2010
David Cook	Bungay Black Dog Running Club	2008	2	2010
Simon Cowley	Bungay Black Dog Running Club	2014	1	2014
Joanne Cox	Bungay Black Dog Running Club	2012	2	2013
Adam Craske	Bungay Black Dog Running Club	2011	1	2011
Troy Douglas-Callow	Bungay Black Dog Running Club	2014	1	2014
Richard Dye	Bungay Black Dog Running Club	2010	6	2015
Sam Epps	Bungay Black Dog Running Club	2015	1	2015
Robin Farrar	Bungay Black Dog Running Club	2008	1	2008
Karen Gedge	Bungay Black Dog Running Club	2009	2	2010
David Gilbert	Bungay Black Dog Running Club	2009	5	2016
Nigel Gilham	Bungay Black Dog Running Club	2009	5	2014
Lauren Howe	Bungay Black Dog Running Club	2013	1	2013
Bob Jack	Bungay Black Dog Running Club	2008	3	2011
Robbie James	Bungay Black Dog Running Club	2008	5	2013
Graham Jenvey	Bungay Black Dog Running Club	2014	2	2015
Will Law	Bungay Black Dog Running Club	2015	2	2016
Stuart Lawn	Bungay Black Dog Running Club	2012	2	2015

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Sarah Maidment	Bungay Black Dog Running Club	2015	1	2015
James Maycock	Bungay Black Dog Running Club	2013	1	2013
Karen McMorran	Bungay Black Dog Running Club	2009	2	2011
Kieran Mcmorran	Bungay Black Dog Running Club	2011	2	2012
Tim Morton	Bungay Black Dog Running Club	2008	1	2008
Steven Neaves	Bungay Black Dog Running Club	2013	2	2016
David Neeves	Bungay Black Dog Running Club	2016	1	2016
Sally Nicholls	Bungay Black Dog Running Club	2009	3	2011
Marcus Nichols	Bungay Black Dog Running Club	2012	3	2015
Sabrina Norton	Bungay Black Dog Running Club	2014	3	2016
Darryl Oldman	Bungay Black Dog Running Club	2008	2	2009
Stephen Oldman	Bungay Black Dog Running Club	2013	1	2013
Ted Oldman	Bungay Black Dog Running Club	2013	1	2013
Bob Paul	Bungay Black Dog Running Club	2008	4	2013
Andrew Potruff	Bungay Black Dog Running Club	2015	1	2015
Sue Potter	Bungay Black Dog Running Club	2008	2	2009
Andrew Pottruff	Bungay Black Dog Running Club	2016	1	2016
Tom Pullinger	Bungay Black Dog Running Club	2012	2	2016
Bruce Rayner	Bungay Black Dog Running Club	2008	2	2010
Graham Sampson	Bungay Black Dog Running Club	2013	1	2013
Bobbie Sauerzapf	Bungay Black Dog Running Club	2008	7	2016
Bridget Shaw	Bungay Black Dog Running Club	2016	1	2016
Roland Shaw	Bungay Black Dog Running Club	2009	2	2010
Dale Skoulding	Bungay Black Dog Running Club	2014	1	2014
Marcus Sladden	Bungay Black Dog Running Club	2010	4	2014
Nathan Slater	Bungay Black Dog Running Club	2012	1	2012
Larissa Smith	Bungay Black Dog Running Club	2015	1	2015
Andrew Smith	Bungay Black Dog Running Club	2008	2	2009
Nicky Sparkes	Bungay Black Dog Running Club	2014	2	2016
Sarah Sparkes	Bungay Black Dog Running Club	2015	2	2016
Simon Sparkes	Bungay Black Dog Running Club	2015	1	2015

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Stuart Spencer	Bungay Black Dog Running Club	2015	1	2015
Sean Symonds	Bungay Black Dog Running Club	2016	1	2016
Ian Taylor	Bungay Black Dog Running Club	2008	4	2011
Neil Thomas	Bungay Black Dog Running Club	2009	1	2009
Helen Thurtle	Bungay Black Dog Running Club	2013	2	2014
Rebecca Wass	Bungay Black Dog Running Club	2015	1	2015
David Waterman	Bungay Black Dog Running Club	2011	2	2012
Karen Waters	Bungay Black Dog Running Club	2008	2	2010
Colin Whale	Bungay Black Dog Running Club	2008	2	2009
John Wharton	Bungay Black Dog Running Club	2009	1	2009
John White	Bungay Black Dog Running Club	2008	1	2008
Doreen Whittington	Bungay Black Dog Running Club	2008	1	2008
Stephanie Whyte	Bungay Black Dog Running Club	2010	2	2012
Jon Wiles	Bungay Black Dog Running Club	2012	4	2016
Rachael Williams	Bungay Black Dog Running Club	2012	1	2012