

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Jack Adcock	City Of Norwich AC	2016	1	2016
Sarah Adcock	City Of Norwich AC	2011	4	2016
David Aldis	City Of Norwich AC	2005	11	2015
Nicky Alford	City Of Norwich AC	2004	10	2016
Luke Allen	City Of Norwich AC	2008	1	2008
Sam Allin	City Of Norwich AC	2014	1	2014
Alice Ambrose	City Of Norwich AC	2012	1	2012
Guy Amos	City of Norwich AC	1997	10	2012
Peter Andrews	City of Norwich AC	1997	6	2004
Tim Angell	City Of Norwich AC	2012	2	2015
Louise Appleby	City Of Norwich AC	2008	1	2008
Toby Archer	City of Norwich AC	1997	2	2001
Donna Armstrong	City Of Norwich AC	2004	5	2008
Nigel Arnold	City Of Norwich AC	2001	1	2001
Piers Arnold	City Of Norwich AC	2012	3	2016
Nick Askew	City Of Norwich AC	1998	10	2008
Steve Askham	City Of Norwich AC	2004	2	2005
Iain Bailey	City Of Norwich AC	2003	3	2006
Hannah Baker	City Of Norwich AC	2008	2	2009
Steve Baldwin	City Of Norwich AC	1998	5	2003
Stephen Balfe	City Of Norwich AC	2003	5	2009
Michael Balls	City Of Norwich AC	2006	1	2006
Adam Bamford	City Of Norwich AC	2010	2	2011
Phil Bamford	City of Norwich AC	1997	11	2014
Chris Barkway	City Of Norwich AC	2015	1	2015
Martyn Bath	City Of Norwich AC	2008	2	2009
Mikey Beamish	City Of Norwich AC	2006	4	2009
Sean Beard	City Of Norwich AC	2012	2	2013
Mabel Beckett	City Of Norwich AC	2016	1	2016

Name	Club	First Year	Appearances	Last year
Daniel Beier	City Of Norwich AC	2000	3	2004
Richard Best	City Of Norwich AC	2000	1	2000
Matt Bidwell	City Of Norwich AC	2012	5	2016
Grace Bird	City Of Norwich AC	2014	1	2014
Steve Bird	City Of Norwich AC	2009	2	2010
Alex Blaxell	City Of Norwich AC	2003	3	2005
Jihanna Bonilla-Allard	City Of Norwich AC	2014	1	2014
Gary Booty	City Of Norwich AC	1998	1	1998
Andrew Bowen	City Of Norwich AC	2010	1	2010
Debbie Bowers	City Of Norwich AC	2006	1	2006
Les Bowgen	City Of Norwich AC	2000	4	2007
Brian Bromley	City Of Norwich AC	1999	2	2001
Jess Brooks	City Of Norwich AC	2007	1	2007
Richard Brooks	City Of Norwich AC	2009	1	2009
Juliet Broster	City Of Norwich AC	2013	1	2013
Kaylee Brown	City Of Norwich AC	2015	1	2015
Gary Browne	City Of Norwich AC	2001	1	2001
Michelle Bull	City Of Norwich AC	2013	2	2014
Andrew Bunn	City Of Norwich AC	2006	5	2010
John Burton	City Of Norwich AC	1999	12	2012
Steven Cannell	City Of Norwich AC	2007	3	2010
Karen Carver	City Of Norwich AC	1998	2	2001
Darryl Cavanagh	City Of Norwich AC	2006	1	2006
Robert Cheverton	City Of Norwich AC	2008	7	2014
Stephen Church	City Of Norwich AC	2009	5	2014
Jane Clarke	City Of Norwich AC	2008	8	2016
Mark Clayton	City of Norwich AC	1997	1	1997
David Clements	City of Norwich AC	1997	2	1998
Des Collins	City of Norwich AC	1997	1	1997
Graham Collins	City of Norwich AC	1997	9	2006

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Harry Collins	City of Norwich AC	1997	5	2001
Joe Collins	City of Norwich AC	1997	2	1999
Mark Collinson	City Of Norwich AC	2006	3	2008
Sue Cooke	City Of Norwich AC	2008	6	2016
Emma Coombs	City Of Norwich AC	2009	1	2009
Vincent Coustham	City Of Norwich AC	2009	2	2010
Sophie Croft	City Of Norwich AC	2006	1	2006
Nicola Crook	City Of Norwich AC	2012	2	2013
Wayne Crowe	City Of Norwich AC	2006	5	2010
Tracey Curl	City Of Norwich AC	2011	4	2015
Matthew Dack	City Of Norwich AC	2006	1	2006
Darryl Davis	City Of Norwich AC	2006	9	2014
Neil Davison	City Of Norwich AC	2004	10	2014
Nik Davy	City Of Norwich AC	1999	1	1999
Ashley Dennett	City Of Norwich AC	2016	1	2016
Eve Dewsnap	City Of Norwich AC	2007	1	2007
Laura Dixon	City Of Norwich AC	2013	4	2016
Richard Donovan	City Of Norwich AC	2012	2	2013
David Dring	City Of Norwich AC	2014	1	2014
Celia Duncan	City of Norwich AC	1997	3	2000
Amy Dungar	City Of Norwich AC	2004	6	2010
Craig Dungar	City Of Norwich AC	2000	4	2005
John Dungar	City Of Norwich AC	2000	1	2000
Glen Dunham	City Of Norwich AC	2002	9	2015
Kate Dwyer	City of Norwich AC	1997	1	1997
Nick Earl	City Of Norwich AC	2012	1	2012
Michael Eccles	City of Norwich AC	1997	3	1999
Simon Eisenmann	City Of Norwich AC	2014	1	2014
Marie Elliot	City Of Norwich AC	2003	1	2003
Lucy Ellis	City Of Norwich AC	2006	3	2010
Vince Ellis	City Of Norwich AC	2004	6	2012

Name	Club	First Year	Appearances	Last year
Lynn Emmett	City Of Norwich AC	2006	4	2009
Paul Evans	City Of Norwich AC	2003	4	2008
Martin Field	City Of Norwich AC	1999	1	1999
Miguel Flores	City Of Norwich AC	2013	1	2013
Claire Forbes	City Of Norwich AC	2007	1	2007
Alex French	City Of Norwich AC	2011	2	2016
Ian Galt	City Of Norwich AC	2011	2	2012
Jo Gapp	City Of Norwich AC	2003	5	2007
George Gay	City Of Norwich AC	2016	1	2016
Joe Geitner	City Of Norwich AC	2005	11	2015
Carol Gibbons	City Of Norwich AC	2000	1	2000
Bryce Gibson	City Of Norwich AC	2004	1	2004
Chris Gilbert	City of Norwich AC	1997	2	1999
Louise Gilvey	City Of Norwich AC	2008	5	2013
Stefan Glaysheer	City Of Norwich AC	2006	5	2010
Carl Goose	City Of Norwich AC	2006	5	2012
Ray Goose	City of Norwich AC	1997	5	2007
John Gostling	City Of Norwich AC	2005	2	2006
Kelly Grant	City Of Norwich AC	2013	2	2015
Debbie Green	City Of Norwich AC	1999	3	2007
Peter Grime	City Of Norwich AC	2011	1	2011
Mike Groves	City of Norwich AC	1997	2	1998
Dave Gutteridge	City Of Norwich AC	2000	2	2001
Steven Guy	City Of Norwich AC	2007	7	2014
Shaun Haines	City Of Norwich AC	2005	1	2005
John Hardy	City of Norwich AC	1997	7	2006
Tanya Harrison	City Of Norwich AC	2009	2	2010
David Hart	City Of Norwich AC	2009	6	2014
Alison Hatch	City of Norwich AC	1997	2	2001
Kate Haynes	City Of Norwich AC	2004	2	2005
Neil Hendry	City Of Norwich AC	2006	2	2007

Name	Club	First Year	Appearances	Last year
Andrew Hennessy	City Of Norwich AC	2007	4	2010
Paul Higham	City Of Norwich AC	1999	2	2000
Vicci Hills	City Of Norwich AC	2014	1	2014
Craig Hobson	City Of Norwich AC	2001	3	2003
Nigel Hodge	City of Norwich AC	1997	10	2012
Pete Hodgkinson	City of Norwich AC	1997	12	2010
Anna Hoogkamer	City Of Norwich AC	2016	1	2016
Emily Hoogkamer	City Of Norwich AC	2012	1	2012
Rini Hoogkamer	City Of Norwich AC	2007	7	2014
Tom Hook	City Of Norwich AC	2011	1	2011
Esther Hope	City Of Norwich AC	2005	4	2011
Craig Hopkins	City Of Norwich AC	2007	1	2007
Ken Hove	City Of Norwich AC	1999	1	1999
Silje Hovstad	City Of Norwich AC	2012	4	2015
Silije Hovsted	City Of Norwich AC	2016	1	2016
Ken Hoye	City Of Norwich AC	2000	2	2001
Louis Hubbard	City Of Norwich AC	2001	2	2002
Elaine Hudson	City of Norwich AC	1997	2	1998
John Hudson	City Of Norwich AC	2008	1	2008
Tony Hudson	City of Norwich AC	1997	5	2002
Steve Huntington	City Of Norwich AC	2000	6	2008
Stuart Huntington	City Of Norwich AC	2004	4	2008
Dale Hurren	City of Norwich AC	1997	4	2006
Brenda Hutcheon	City of Norwich AC	1997	5	2001
Dave Hutcheon	City of Norwich AC	1997	2	1998
Crista Illingworth	City Of Norwich AC	2004	1	2004
Alexandria Innes	City Of Norwich AC	2014	2	2015
Sam Jacks	City Of Norwich AC	2009	1	2009
James Jackson	City Of Norwich AC	2011	1	2011
Carly Jermy	City Of Norwich AC	2015	2	2016

Name	Club	First Year	Appearances	Last year
Pete Johnson	City Of Norwich AC	1999	2	2000
Jade Johnstone	City Of Norwich AC	2006	2	2007
Hywel Jones	City Of Norwich AC	2001	1	2001
Andy Jones	City Of Norwich AC	2005	9	2015
Oliver Jones	City Of Norwich AC	2014	1	2014
Steve Jones	City Of Norwich AC	2006	2	2007
Tessa Jones	City Of Norwich AC	1999	14	2016
Chris Jones	City Of Norwich AC	2004	2	2005
Jon Kelf	City Of Norwich AC	2001	1	2001
Derry Kelleher	City Of Norwich AC	2004	5	2012
Jon Kemp	City Of Norwich AC	2009	1	2009
Andy Kett	City of Norwich AC	1997	2	1999
Tessa Killingbeck	City Of Norwich AC	2015	1	2015
Liz Kimbley	City Of Norwich AC	2005	3	2009
John Kingsmill	City Of Norwich AC	1998	2	1999
Sarah Knights	City Of Norwich AC	2002	6	2012
Harry Knowles	City of Norwich AC	1997	8	2013
Vivienne Lain	City Of Norwich AC	2015	2	2016
Iona Lake	City Of Norwich AC	2008	4	2013
Chris Langton	City Of Norwich AC	2009	7	2016
Stephanie Laurence	City Of Norwich AC	2012	2	2015
Francesca Lee	City Of Norwich AC	2008	1	2008
Simon Levy	City Of Norwich AC	2006	1	2006
Adam Lewis	City Of Norwich AC	2006	3	2009
Wayne Lincoln	City Of Norwich AC	2002	12	2016
Gillian Loughlin	City Of Norwich AC	2010	2	2011
Sian Loveless	City Of Norwich AC	2012	1	2012
David Lubbock	City Of Norwich AC	2005	3	2007
Sandra Lubbock	City Of Norwich AC	2007	1	2007
Josh MacCallum-Stewart	City Of Norwich AC	2006	1	2006
Katie Mack	City Of Norwich AC	2012	2	2014

Name	Club	First Year	Appearances	Last year
Angela Man	City Of Norwich AC	2009	4	2013
Angela Mann	City Of Norwich AC	2004	1	2004
Daniel Mann	City Of Norwich AC	2008	1	2008
Sindy-Marie Mark	City Of Norwich AC	2005	1	2005
Diane Marsh	City Of Norwich AC	1999	3	2001
Lorraine Marshall	City Of Norwich AC	2007	10	2016
Oliver Maskell	City Of Norwich AC	2009	2	2011
Ellie Matthews	City Of Norwich AC	2005	7	2013
Jackie May	City Of Norwich AC	2000	1	2000
Sam McGibbon	City Of Norwich AC	2008	1	2008
Hugh McGill	City Of Norwich AC	2003	2	2004
Peter Metcalfe	City Of Norwich AC	2008	2	2009
Steve Miller	City Of Norwich AC	2002	3	2004
Nathan Mills	City Of Norwich AC	2011	2	2012
Marie Money	City Of Norwich AC	2006	1	2006
Kevin Murphy	City Of Norwich AC	2001	1	2001
Ian Murray	City Of Norwich AC	1999	2	2000
Adrian Mussett	City Of Norwich AC	2012	3	2015
Jenny Neave	City Of Norwich AC	2014	1	2014
Stephen Nicholls	City Of Norwich AC	2014	2	2015
Dani Nimmock	City Of Norwich AC	2007	3	2016
James O'Neill	City Of Norwich AC	1999	7	2008
Adam Parker	City Of Norwich AC	2009	1	2009
Barbara Parker	City Of Norwich AC	2003	1	2003
Charlie Parr	City Of Norwich AC	2014	1	2014
Laura Parry	City Of Norwich AC	2016	1	2016
Julia Parsley	City Of Norwich AC	2011	4	2015
Emma Patel	City Of Norwich AC	2014	1	2014
Adam Pearce	City Of Norwich AC	2011	1	2011
Graham Pigg	City Of Norwich AC	2001	1	2001
Tessa Pike	City Of Norwich AC	2009	5	2016

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Richard Polley	City Of Norwich AC	2004	2	2007
Mel Porter	City Of Norwich AC	1999	1	1999
Nastassja Potgieter	City Of Norwich AC	2012	2	2013
Luke Prest	City Of Norwich AC	2006	1	2006
James Preston	City Of Norwich AC	2005	4	2008
Claire Pring	City Of Norwich AC	2007	2	2009
Dave Pring	City Of Norwich AC	2004	7	2010
Ruth Proctor	City Of Norwich AC	2001	8	2008
Rachel Purdy	City Of Norwich AC	2013	1	2013
Paul Quantrill	City Of Norwich AC	2012	1	2012
Jonathan Quint	City Of Norwich AC	2010	2	2016
Kevin Revell	City Of Norwich AC	2000	13	2015
Graham Ringer	City of Norwich AC	1997	1	1997
Iain Robertson	City Of Norwich AC	1999	4	2010
Damian Rogers	City Of Norwich AC	2011	1	2011
Micah Rogers	City Of Norwich AC	2011	1	2011
Goy Roper	City Of Norwich AC	2011	5	2015
Charlotte Rose	City Of Norwich AC	2013	2	2014
Stuart Rose	City Of Norwich AC	2006	2	2007
Hollie Rowland	City Of Norwich AC	2008	2	2009
Kelly Rushton	City Of Norwich AC	2008	3	2012
Richard Sales	City Of Norwich AC	2004	5	2008
Tommy Salmon	City Of Norwich AC	2006	4	2011
Mark Schormann	City Of Norwich AC	2005	1	2005
John Scoggins	City Of Norwich AC	2013	3	2016
Kate Scotter	City Of Norwich AC	2006	2	2008
Robert Scotter	City Of Norwich AC	2006	2	2007
Gary Secker	City Of Norwich AC	2000	2	2009
James Senior	City Of Norwich AC	2012	4	2016
Ruth Senior	City Of Norwich AC	2004	4	2008
Rosie Sexton	City Of Norwich AC	2011	4	2015

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Emma Sharples	City Of Norwich AC	2010	1	2010
Phil Shreeve	City Of Norwich AC	2003	4	2006
Georgiana Simmons	City Of Norwich AC	2012	2	2013
James Skingsley	City Of Norwich AC	1999	1	1999
Joe Skipper	City Of Norwich AC	2013	2	2014
Graham Smith	City Of Norwich AC	2009	1	2009
Rob Sneesby	City Of Norwich AC	2003	2	2004
Mark Solway	City Of Norwich AC	2015	2	2016
Millie Solway	City Of Norwich AC	2016	1	2016
Sabina Spence	City Of Norwich AC	2011	6	2016
Eric Spencer	City Of Norwich AC	2004	3	2006
Mike Spire	City of Norwich AC	1997	1	1997
Ellie Stevens	City Of Norwich AC	2016	1	2016
Mark Storey	City Of Norwich AC	2011	2	2013
Sarah Stradling	City Of Norwich AC	2012	3	2016
Ben Stratton	City Of Norwich AC	2009	2	2010
Philippa Taylor	City Of Norwich AC	2011	6	2016
Adam Thomas	City Of Norwich AC	2007	2	2009
Dave Thomson	City of Norwich AC	1997	1	1997
Chris Turner	City Of Norwich AC	2009	4	2012
Nola Turner	City Of Norwich AC	2003	1	2003
Peter Tuttle	City Of Norwich AC	2006	5	2010
Runner Unknown	City Of Norwich AC	1999	3	2000
Albie Von Gordon	City Of Norwich AC	2009	1	2009
Andrew Walpole	City Of Norwich AC	2007	6	2012
John Walshaw	City Of Norwich AC	2009	7	2016
Olivia Walwyn	City Of Norwich AC	2001	4	2005
Stephen Walwyn	City Of Norwich AC	2014	1	2014
Alex Ward	City Of Norwich AC	2009	1	2009
Beres Ward	City Of Norwich AC	2007	4	2010
Rick Ward	City Of Norwich AC	2007	3	2011

Name	Club	First Year	Appearances	Last year
Brian Warden	City Of Norwich AC	2004	4	2009
Rose Waterman	City Of Norwich AC	2006	4	2009
Ian Westgate	City of Norwich AC	1997	1	1997
Ben Whitworth	City Of Norwich AC	2000	5	2004
Andrew Wilkinson	City of Norwich AC	1997	1	1997
Louise Wilkinson	City of Norwich AC	1997	9	2016
Brendan Wilson	City Of Norwich AC	2009	1	2009
Sally Withey	City Of Norwich AC	2005	4	2008
Julie Wood	City Of Norwich AC	2003	1	2003
Reece Wood	City Of Norwich AC	2008	1	2008
Kathryn Woods	City Of Norwich AC	2001	2	2002
Peter Woods	City Of Norwich AC	2013	3	2015
Paul Woodyatt	City of Norwich AC	1997	15	2014
Chris Yeates	City Of Norwich AC	2011	2	2013
Sarah Yeates	City Of Norwich AC	2004	1	2004