

RNR All Time Appearances - City of Norwich AC

| Name | Team | Last Year | Stage | Age | Age% | Appearances | First Year |
|------------------------|---------|-----------|-------|-----|-------|-------------|------------|
| Sarah Adcock | CONc | 2014 | 12 | 40 | 0.00 | 3 | 2011 |
| David Aldis | CON | 2015 | 3 | 64 | 66.0% | 11 | 2005 |
| Nicky Alford | CON | 2015 | 11 | 34 | 71.9% | 9 | 2004 |
| Luke Allen | CON(B) | 2008 | 8 | 19 | 80.23 | 1 | 2008 |
| Sam Allin | CONa | 2014 | 5 | 25 | 0.00 | 1 | 2014 |
| Alice Ambrose | CON3 | 2012 | 10 | 23 | 64.44 | 1 | 2012 |
| Guy Amos | CON2 | 2012 | 8 | 49 | 87.89 | 10 | 1997 |
| Tim Angell | CON | 2015 | 15 | 52 | 77.8% | 2 | 2012 |
| Louise Appleby | CON(A) | 2008 | 15 | 28 | 60.25 | 1 | 2008 |
| Donna Armstrong | CON(D) | 2008 | 16 | 28 | 57.62 | 5 | 2004 |
| Nigel Arnold | CON | 2001 | 8 | 43 | 82.58 | 1 | 2001 |
| Piers Arnold | CONa | 2013 | 13 | 24 | 80.09 | 2 | 2012 |
| Nick Askew | CON(C) | 2008 | 14 | 41 | 70.12 | 10 | 1998 |
| Hannah Baker | CON(D) | 2009 | 9 | 28 | 59.87 | 2 | 2008 |
| Steve Baldwin | CON | 2003 | 7 | 22 | 75.62 | 5 | 1998 |
| Stephen Balfe | CON(B) | 2009 | 17 | 28 | 63.11 | 5 | 2003 |
| Adam Bamford | CON1 | 2011 | 17 | 22 | 71.46 | 2 | 2010 |
| Phil Bamford | CONb | 2014 | 15 | 62 | 0.00 | 9 | 2004 |
| Chris Barkway | CON | 2015 | 11 | 57 | 75.9% | 1 | 2015 |
| Martyn Bath | CON(B) | 2009 | 15 | 20 | 72.91 | 2 | 2008 |
| Mikey Beamish | CON(B) | 2009 | 1 | 29 | 64.08 | 4 | 2006 |
| Sean Beard | CONb | 2013 | 13 | 47 | 71.83 | 2 | 2012 |
| Matt Bidwell | CON | 2015 | 9 | 43 | 86.7% | 4 | 2012 |
| Grace Bird | CONc | 2014 | 16 | 20 | 0.00 | 1 | 2014 |
| Steve Bird | CON(B) | 2010 | 14 | 43 | 65.94 | 2 | 2009 |
| Jihanna Bonilla-Allard | CONc | 2014 | 3 | 17 | 0.00 | 1 | 2014 |
| Andrew Bowen | CON[C] | 2010 | 7 | 35 | 63.87 | 1 | 2010 |
| Richard Brooks | CON(B) | 2009 | 13 | 32 | 58.22 | 1 | 2009 |
| Juliet Broster | CONc | 2013 | 13 | 20 | 69.76 | 1 | 2013 |
| Kaylee Brown | CON | 2015 | 2 | 27 | 59.0% | 1 | 2015 |
| Michelle Bull | CONc | 2014 | 6 | 43 | 0.00 | 2 | 2013 |
| Andy Bunn | CON(A) | 2010 | 4 | 41 | 46.08 | 5 | 2006 |
| John Burton | CON2 | 2012 | 16 | 61 | 71.38 | 12 | 1999 |
| Steven Cannell | CON[C] | 2010 | 9 | 22 | 74.00 | 3 | 2007 |
| Robert Cheverton | CONb | 2014 | 7 | 57 | 0.00 | 7 | 2008 |
| Steven Church | CONb | 2014 | 6 | 52 | 0.00 | 5 | 2009 |
| Jane Clarke | CON | 2015 | 7 | 55 | 83.9% | 7 | 2008 |
| Mark Collinson | CON(B) | 2008 | 2 | 31 | 69.60 | 3 | 2006 |
| Sue Cooke | CON3 | 2012 | 1 | 51 | 71.93 | 5 | 2008 |
| Emma Coombs | CON(A) | 2009 | 8 | 28 | 73.03 | 1 | 2009 |
| Vincent Coustham | CON[C] | 2010 | 11 | 30 | 52.90 | 2 | 2009 |
| Nicola Crook | CONc | 2013 | 5 | 31 | 53.18 | 2 | 2012 |
| Wayne Crowe | CON(B) | 2010 | 11 | 43 | 52.02 | 5 | 2006 |
| Tracey Curl | CON | 2015 | 1 | 53 | 77.3% | 4 | 2011 |
| Darryl Davis | CONb | 2014 | 4 | 46 | 0.00 | 9 | 2006 |
| Neil Davison | CONa | 2014 | 12 | 45 | 0.00 | 10 | 2004 |
| Eve Dewsnap | CON(B) | 2007 | 4 | 28 | 64.19 | 1 | 2007 |
| Laura Dixon | CON | 2015 | 15 | 30 | 68.7% | 3 | 2013 |
| Richard Donovan | CONa | 2013 | 4 | 30 | 69.54 | 2 | 2012 |
| David Dring | CONc | 2014 | 17 | 55 | 0.00 | 1 | 2014 |
| Amy Dungar | CON[C] | 2010 | 8 | 28 | 65.11 | 6 | 2004 |
| Craig Dungar | CON(B) | 2005 | 10 | 22 | 71.65 | 4 | 2000 |
| John Dungar | CON | 2000 | 14 | 20 | 65.99 | 1 | 2000 |
| Glen Dunham | CON | 2015 | 5 | 50 | 62.9% | 9 | 2002 |

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|--------------------|---------|-----------|-------|-----|-------|-------------|------------|
| Nick Earl | CON1 | 2012 | 7 | 27 | 81.96 | 1 | 2012 |
| Michael Eccles | CON | 1999 | 15 | | 75.38 | 3 | 1997 |
| Simon Eisenmann | CONc | 2014 | 14 | 41 | 0.00 | 1 | 2014 |
| Lucy Ellis | CON[C] | 2010 | 13 | 26 | 68.97 | 3 | 2006 |
| Vince Ellis | CON2 | 2012 | 9 | 56 | 72.69 | 6 | 2004 |
| Lynn Emmett | CON(D) | 2009 | 12 | 41 | 68.85 | 4 | 2006 |
| Paul Evans | CON(C) | 2008 | 13 | 47 | 78.81 | 3 | 2004 |
| Miguel Flores | CONa | 2013 | 11 | 36 | 70.09 | 1 | 2013 |
| Alex French | CON3 | 2011 | 11 | 35 | 60.24 | 1 | 2011 |
| Ian Galt | CON1 | 2012 | 5 | 24 | 65.33 | 2 | 2011 |
| Joe Geitner | CON | 2015 | 10 | 47 | 61.4% | 11 | 2005 |
| Louise Gilvey | CONc | 2013 | 4 | 34 | 59.13 | 5 | 2008 |
| Stefan Glaysher | CON(A) | 2010 | 11 | 48 | 73.88 | 5 | 2006 |
| Carl Goose | CON1 | 2012 | 17 | 26 | 81.04 | 5 | 2006 |
| Kelly Grant | CON | 2015 | 6 | 33 | 77.7% | 2 | 2013 |
| Peter Grime | CON1 | 2011 | 13 | 41 | 80.87 | 1 | 2011 |
| Steven Guy | CONb | 2014 | 5 | 41 | 0.00 | 7 | 2007 |
| Tanya Harrison | CON(A) | 2010 | 15 | 35 | 65.03 | 2 | 2009 |
| David Hart | CONb | 2014 | 8 | 48 | 0.00 | 6 | 2009 |
| Kate Haynes | CON (C) | 2005 | 9 | 25 | 59.19 | 2 | 2004 |
| Andrew Hennessy | CON(A) | 2010 | 9 | 33 | 66.36 | 4 | 2007 |
| Paul Higham | CON | 2000 | 9 | 17 | 65.09 | 2 | 1999 |
| Vicci Hills | CONc | 2014 | 5 | 25 | 0.00 | 1 | 2014 |
| Nigel Hodge | CON2 | 2012 | 6 | 44 | 70.95 | 10 | 1997 |
| Peter Hodgkinson | CON(B) | 2010 | 16 | 55 | 69.15 | 11 | 1999 |
| Emily Hoogkamer | CON1 | 2012 | 16 | 16 | 71.54 | 1 | 2012 |
| Rini Hoogkamer | CONb | 2014 | 14 | 55 | 0.00 | 7 | 2007 |
| Tom Hook | CON1 | 2011 | 3 | 16 | 69.25 | 1 | 2011 |
| Esther Hope | CON3 | 2011 | 8 | 32 | 63.72 | 4 | 2005 |
| Silje Hovstad | CON | 2015 | 3 | 37 | 59.8% | 4 | 2012 |
| John Hudson | CON(B) | 2008 | 11 | 22 | 64.95 | 1 | 2008 |
| Steve Huntington | CON(C) | 2008 | 8 | 53 | 78.83 | 6 | 2000 |
| Stuart Huntington | CON(A) | 2008 | 7 | 19 | 83.59 | 4 | 2004 |
| Dale Hurren | CON(C) | 2006 | 12 | 48 | 71.03 | 3 | 2004 |
| Alexandria Innes | CON | 2015 | 17 | 32 | 66.7% | 1 | 2015 |
| Andie Innes | CONc | 2014 | 2 | 33 | 0.00 | 1 | 2014 |
| Sam Jacks | CON(D) | 2009 | 16 | 18 | 68.96 | 1 | 2009 |
| James Jackson | CON1 | 2011 | 8 | 19 | 75.24 | 1 | 2011 |
| Carly Jermy | CON | 2015 | 16 | 35 | 70.5% | 1 | 2015 |
| Pete Johnson | CON | 2000 | 11 | 46 | 82.76 | 2 | 1999 |
| Andy Jones | CON | 2015 | 4 | 46 | 74.3% | 9 | 2005 |
| Oliver Jones | CONa | 2014 | 11 | 25 | 0.00 | 1 | 2014 |
| Steve Jones | CON(D) | 2007 | 9 | 38 | 77.49 | 2 | 2006 |
| Tessa Jones | CON | 2015 | 12 | 49 | 75.1% | 13 | 1999 |
| Derry Kelleher | CON2 | 2012 | 5 | 62 | 69.03 | 5 | 2004 |
| Jonny Kemp | CON(A) | 2009 | 4 | 29 | 60.15 | 1 | 2009 |
| Andy Kett | CON | 1999 | 8 | | 74.06 | 2 | 1997 |
| Tessa Killingbeck | CON | 2015 | 13 | 33 | 66.4% | 1 | 2015 |
| Liz Kimbley | CON(D) | 2009 | 7 | 34 | 54.10 | 3 | 2005 |
| Sarah Knights | CON3 | 2012 | 8 | 45 | 78.34 | 6 | 2002 |
| Harry Knowles | CONb | 2013 | 8 | 58 | 80.78 | 8 | 1997 |
| Vivienne Lain | CON | 2015 | 8 | 48 | 71.3% | 1 | 2015 |
| Iona Lake | CONa | 2013 | 3 | 20 | 67.82 | 4 | 2008 |
| Chris Langton | CON | 2015 | 1 | 48 | 72.5% | 6 | 2009 |
| Stephanie Laurence | CON | 2015 | 5 | 28 | 58.5% | 2 | 2012 |
| Francesca Lee | CON(D) | 2008 | 6 | 22 | 60.13 | 1 | 2008 |

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|---------------------|--------|-----------|-------|-----|-------|-------------|------------|
| Simon Levy | CON(B) | 2006 | 1 | 25 | 64.14 | 1 | 2006 |
| Adam Lewis | CON(B) | 2009 | 6 | 31 | 72.06 | 3 | 2006 |
| Wayne Lincoln | CONa | 2014 | 10 | 48 | 0.00 | 11 | 2002 |
| Gillian Loughlin | CON3 | 2011 | 6 | 45 | 58.53 | 2 | 2010 |
| Sian Loveless | CON3 | 2012 | 11 | 24 | 65.06 | 1 | 2012 |
| Katie Mack | CONc | 2014 | 8 | 31 | 0.00 | 2 | 2012 |
| Angela Man | CONc | 2013 | 11 | 43 | 66.52 | 4 | 2009 |
| Daniel Mann | CON(B) | 2008 | 16 | 22 | 76.96 | 1 | 2008 |
| Lorraine Marshall | CON | 2015 | 10 | 48 | 73.3% | 9 | 2007 |
| Oliver Maskell | CON1 | 2011 | 4 | 19 | 66.13 | 2 | 2009 |
| Ellie Matthews | CONa | 2013 | 6 | 28 | 79.66 | 7 | 2005 |
| Sam McGibbon | CON(B) | 2008 | 10 | 33 | 67.76 | 1 | 2008 |
| Peter Metcalfe | CON(B) | 2009 | 8 | 31 | 67.05 | 2 | 2008 |
| Nathan Mills | CON1 | 2012 | 11 | 39 | 71.27 | 2 | 2011 |
| Kevin Murphy | CON | 2001 | 1 | 27 | 81.27 | 1 | 2001 |
| Adrian Mussett | CON | 2015 | 6 | 43 | 89.6% | 3 | 2012 |
| Jenny Neave | CONc | 2014 | 15 | 33 | 0.00 | 1 | 2014 |
| Stephen Nicholls | CON | 2015 | 13 | 40 | 70.6% | 2 | 2014 |
| Dani Nimmock | CON(D) | 2009 | 6 | 19 | 75.82 | 2 | 2007 |
| James O'Neill | CON(B) | 2008 | 4 | 28 | 76.12 | 7 | 1999 |
| Adam Parker | CON(B) | 2009 | 10 | 22 | 48.93 | 1 | 2009 |
| Charlie Parr | CONa | 2014 | 17 | 23 | 0.00 | 1 | 2014 |
| Julia Parsley | CON | 2015 | 9 | 33 | 66.8% | 4 | 2011 |
| Emma Patel | CONc | 2014 | 1 | 33 | 0.00 | 1 | 2014 |
| Adam Pearce | CON1 | 2011 | 15 | 22 | 62.01 | 1 | 2011 |
| Graham Pigg | CON | 2001 | 13 | 37 | 58.29 | 1 | 2001 |
| Tessa Pike | CONc | 2014 | 7 | 48 | 0.00 | 4 | 2009 |
| Melvyn Porter | CON | 1999 | 8 | | 50.72 | 1 | 1999 |
| Nastassja Potgieter | CONa | 2013 | 16 | 18 | 76.80 | 2 | 2012 |
| James Preston | CON(A) | 2008 | 9 | 19 | 72.75 | 4 | 2005 |
| Claire Pring | CON(A) | 2009 | 16 | 17 | 77.51 | 2 | 2007 |
| David Pring | CON(B) | 2010 | 3 | 53 | 68.03 | 7 | 2004 |
| Ruth Proctor | CON(D) | 2008 | 13 | 24 | 75.80 | 8 | 2001 |
| Rachel Purdy | CONc | 2013 | 14 | 25 | 66.32 | 1 | 2013 |
| Paul Quantrill | CON2 | 2012 | 10 | 50 | 64.31 | 1 | 2012 |
| Jonathan Quint | CON(A) | 2010 | 17 | 33 | 64.09 | 1 | 2010 |
| Kevin Revell | CON | 2015 | 8 | 53 | 78.7% | 13 | 2000 |
| Iain Robertson | CON(A) | 2010 | 1 | 35 | 68.67 | 3 | 2008 |
| Damian Rogers | CON1 | 2011 | 14 | 19 | 76.54 | 1 | 2011 |
| Micah Rogers | CON1 | 2011 | 6 | 19 | 67.23 | 1 | 2011 |
| Goy Roper | CON | 2015 | 2 | 53 | 72.8% | 5 | 2011 |
| Charlotte Rose | CONa | 2014 | 15 | 33 | 0.00 | 2 | 2013 |
| Hollie Rowland | CON(D) | 2009 | 13 | 20 | 82.08 | 2 | 2008 |
| Kelly Rushton | CON1 | 2012 | 8 | 30 | 76.28 | 3 | 2008 |
| Richard Sales | CON(A) | 2008 | 10 | 46 | 81.00 | 5 | 2004 |
| Tommy Salmon | CON1 | 2011 | 7 | 32 | 82.14 | 4 | 2006 |
| John Scoggins | CONa | 2014 | 2 | 33 | 0.00 | 2 | 2013 |
| Kate Scotter | CON(D) | 2008 | 8 | 27 | 65.83 | 2 | 2006 |
| Gary Secker | CON[C] | 2009 | 7 | 48 | 65.45 | 2 | 2000 |
| James Senior | CONa | 2014 | 7 | 22 | 0.00 | 3 | 2012 |
| Ruth Senior | CON(A) | 2008 | 5 | 20 | 70.81 | 4 | 2004 |
| Rosie Sexton | CON | 2015 | 14 | 46 | 76.0% | 4 | 2011 |
| Emma Sharples | CON(A) | 2010 | 8 | 29 | 79.29 | 1 | 2010 |
| Georgiana Simmons | CONc | 2013 | 10 | 25 | 64.57 | 2 | 2012 |
| Joe Skipper | CONa | 2014 | 1 | 26 | 0.00 | 2 | 2013 |
| Graham Smith | CON(B) | 2009 | 14 | 39 | 40.26 | 1 | 2009 |

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|------------------|--------|-----------|-------|-----|-------|-------------|------------|
| Mark Solway | CON | 2015 | 16 | 47 | 73.9% | 1 | 2015 |
| Sabina Spence | CON | 2015 | 4 | 44 | 64.9% | 5 | 2011 |
| Mark Storey | CONb | 2013 | 14 | 48 | 67.96 | 2 | 2011 |
| Sarah Stradling | CON | 2015 | 7 | 40 | 84.6% | 2 | 2012 |
| Ben Stratton | CON[C] | 2010 | 3 | 17 | 69.16 | 2 | 2009 |
| Philippa Taylor | CON | 2015 | 17 | 48 | 87.7% | 5 | 2011 |
| Adam Thomas | CON(A) | 2009 | 6 | 28 | 79.79 | 2 | 2007 |
| Chris Turner | CON2 | 2012 | 2 | 48 | 64.52 | 4 | 2009 |
| Peter Tuttle | CON(B) | 2010 | 8 | 46 | 73.29 | 5 | 2006 |
| Albie Von Gordon | CON(B) | 2009 | 7 | 29 | 76.12 | 1 | 2009 |
| Andrew Walpole | CON1 | 2012 | 2 | 31 | 62.35 | 6 | 2007 |
| John Walshaw | CON | 2015 | 14 | 46 | 74.5% | 6 | 2009 |
| Stephen Walwyn | CONc | 2014 | 13 | 25 | 0.00 | 1 | 2014 |
| Alex Ward | CON[C] | 2009 | 14 | 41 | 59.06 | 1 | 2009 |
| Beres Ward | CON[C] | 2010 | 16 | 54 | 68.36 | 4 | 2007 |
| Rick Ward | CON1 | 2011 | 16 | 22 | 77.72 | 3 | 2007 |
| Brian Warden | CON(B) | 2009 | 12 | 35 | 59.07 | 4 | 2004 |
| Rose Waterman | CON(D) | 2009 | 11 | 28 | 67.17 | 4 | 2006 |
| Louise Wilkinson | CON3 | 2011 | 14 | 49 | 73.51 | 6 | 2003 |
| Brendan Wilson | CON[C] | 2009 | 6 | 41 | 55.96 | 1 | 2009 |
| Sally Withey | CON(D) | 2008 | 4 | 39 | 56.21 | 4 | 2005 |
| Reece Wood | CON(B) | 2008 | 12 | 23 | 74.18 | 1 | 2008 |
| Peter Woods | CON | 2015 | 12 | 44 | 64.4% | 3 | 2013 |
| Paul Woodyatt | CONc | 2014 | 10 | 52 | 0.00 | 14 | 1997 |
| Chris Yeates | CONa | 2013 | 15 | 31 | 74.78 | 2 | 2011 |