

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Sean Atterwill	Dereham Runners	2012	1	2012
Howard Bailey	Dereham Runners	2015	2	2016
Michael Barrett	Dereham Runners	2013	2	2016
Andrew Bird	Dereham Runners	2007	1	2007
Ben Borowski	Dereham Runners	2006	1	2006
Callum Bowen-Jones	Dereham Runners	2015	1	2015
Craig Bowen-Jones	Dereham Runners	2015	2	2016
Linsey Broster	Dereham Runners	2006	1	2006
Richard Broster	Dereham Runners	2006	1	2006
Nicky Buckley	Dereham Runners	2006	2	2007
Jonathan Burton	Dereham Runners	2015	1	2015
Rory Campbell	Dereham Runners	2007	3	2010
Hazel Cason	Dereham Runners	2014	1	2014
Gary Chaffe	Dereham Runners	2006	3	2008
Katie Coss	Dereham Runners	2007	2	2009
Elizabeth Daly	Dereham Runners	2011	6	2016
Carol Devlin	Dereham Runners	2016	1	2016
Tate Devlin	Dereham Runners	2016	1	2016
Malcolm Fisher	Dereham Runners	2015	2	2016
Anita Fortes	Dereham Runners	2011	2	2012
Matthew Freezer	Dereham Runners	2014	3	2016
Ashley Gilbert	Dereham Runners	2014	2	2015
David Haines	Dereham Runners	2013	1	2013
Rebecca Hardy	Dereham Runners	2015	2	2016
Paul Harrison	Dereham Runners	2007	7	2013
Christopher Hosier	Dereham Runners	2015	2	2016
Mark Ithall	Dereham Runners	2006	2	2007
Angie Ivison	Dereham Runners	2014	2	2015
Aaron Jackson	Dereham Runners	2013	1	2013

Name	Club	First Year	Appearances	Last year
Joanne James	Dereham Runners	2008	3	2010
Ashley Jarvis	Dereham Runners	2015	2	2016
Michael Jewiss	Dereham Runners	2010	2	2011
Louise Juby	Dereham Runners	2016	1	2016
Sally Juby	Dereham Runners	2015	1	2015
Orla Jupp	Dereham Runners	2008	3	2010
Dave Kellaway	Dereham Runners	2015	2	2016
Jonathon Knights	Dereham Runners	2006	5	2011
Neville Knights	Dereham Runners	2006	9	2016
Sarah Lake	Dereham Runners	2010	1	2010
Todd Lake	Dereham Runners	2010	7	2016
Sally Lee	Dereham Runners	2016	1	2016
Stephen Lee	Dereham Runners	2015	1	2015
Sarah Leonard	Dereham Runners	2008	1	2008
William Longworth	Dereham Runners	2015	1	2015
Alan Lucas	Dereham Runners	2010	2	2012
Michael Lyons (Snr)	Dereham Runners	2006	1	2006
Michael Lyons	Dereham Runners	2006	3	2008
Sarah Lyons	Dereham Runners	2006	2	2007
Hefin Mathews	Dereham Runners	2008	1	2008
Paul Metters	Dereham Runners	2007	3	2009
Ryan Middleton	Dereham Runners	2016	1	2016
Christopher Mitchell	Dereham Runners	2015	1	2015
Craig Moore	Dereham Runners	2015	2	2016
Janice Moore	Dereham Runners	2006	4	2012
Keith Moore	Dereham Runners	2006	8	2016
Steve Nimmock	Dereham Runners	2007	3	2009
Andy Norton	Dereham Runners	2011	3	2013
Jenny Norton	Dereham Runners	2008	1	2008
Ian Odgers	Dereham Runners	2007	1	2007
Antony Orokogbe	Dereham Runners	2011	6	2016

Name	Club	First Year	Appearances	Last year
Matt Plunkett	Dereham Runners	2009	7	2015
Steve Plunkett	Dereham Runners	2007	4	2010
Emma Potter-Campbell	Dereham Runners	2006	11	2016
Ken Renshaw	Dereham Runners	2009	1	2009
John Richardson	Dereham Runners	2008	3	2012
Steven Rix	Dereham Runners	2015	2	2016
Craig Rogers	Dereham Runners	2015	2	2016
Stuart Rose	Dereham Runners	2016	1	2016
Andy Rowles	Dereham Runners	2015	2	2016
Guzel Sari	Dereham Runners	2013	3	2016
Garry Slattery	Dereham Runners	2009	2	2014
Stuart Slattery	Dereham Runners	2010	4	2016
Logan Smith	Dereham Runners	2015	2	2016
John Spooner	Dereham Runners	2006	3	2009
Jake Stearman	Dereham Runners	2015	2	2016
Clive Steward	Dereham Runners	2012	2	2013
Martin Strowger	Dereham Runners	2014	3	2016
Kareana Symonds	Dereham Runners	2014	3	2016
Toni Tarrant	Dereham Runners	2012	1	2012
Brian Titchiner	Dereham Runners	2013	4	2016
Clem Vogler	Dereham Runners	2006	6	2013
Mirram Vogler	Dereham Runners	2010	1	2010
Philip Websdale	Dereham Runners	2016	1	2016
Jacquie Wood	Dereham Runners	2011	3	2015
Gill Woodhouse	Dereham Runners	2006	4	2016
Judy Wright	Dereham Runners	2010	1	2010
Gary Zoller	Dereham Runners	2011	3	2013