

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Celine Aubrey	Ely Runners	2014	1	2014
Charlie Barker	Ely Runners	2004	8	2016
Steve Barker	Ely Runners	2007	1	2007
Rod Baron	Ely Runners	2004	5	2009
Sarah Baumber	Ely Runners	2013	1	2013
Stuart Baumber	Ely Runners	2010	3	2013
Karl Bedingfield	Ely Runners	2012	3	2015
Ashley Blackmore	Ely Runners	2010	4	2015
Alison Blaney	Ely Runners	2013	1	2013
Andy Bonner	Ely Runners	2015	2	2016
Louise Bonner	Ely Runners	2015	1	2015
Anne Booth	Ely Runners	2014	2	2016
Chris Bower	Ely Runners	2009	5	2013
Tom Bracegirdle	Ely Runners	2012	5	2016
Birgitta Bramley	Ely Runners	2009	1	2009
Nicola Bramley	Ely Runners	2010	1	2010
Caroline Brown	Ely Runners	2016	1	2016
Mick Butler	Ely Runners	2012	1	2012
Louise Cadogan	Ely Runners	2012	3	2014
Robert Campbell	Ely Runners	2009	2	2016
Graham Chapman	Ely Runners	2005	11	2016
David Chesterman	Ely Runners	2014	3	2016
Natalle Coles	Ely Runners	2005	2	2006
Steve Collett	Ely Runners	2009	1	2009
Samantha Collins-Shirley	Ely Runners	2011	4	2015
Rob Comley	Ely Runners	2009	1	2009
Ben Cook	Ely Runners	2014	1	2014
Charlotte Cook	Ely Runners	2014	2	2015
Naomi Course	Ely Runners	2014	1	2014

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Martin Courtney	Ely Runners	2009	3	2011
John Crisp	Ely Runners	2004	10	2013
Max D'Ayali	Ely Runners	2004	2	2005
Alan Darby	Ely Runners	2014	3	2016
Ian Day	Ely Runners	2004	9	2012
Nick Dowdy	Ely Runners	2009	6	2014
Kieren Drane	Ely Runners	2010	5	2015
Eric Drury	Ely Runners	2004	1	2004
Clare Durrant	Ely Runners	2011	1	2011
Sarah Edwards	Ely Runners	2010	3	2015
Adam Etches	Ely Runners	2004	12	2016
Natalle Etches	Ely Runners	2007	1	2007
John Fordham	Ely Runners	2004	1	2004
Karen Foreman	Ely Runners	2004	1	2004
John Foster	Ely Runners	2010	3	2016
Kevin Fox	Ely Runners	2006	3	2011
Jason Fretwell	Ely Runners	2016	1	2016
Martin Frohock	Ely Runners	2012	2	2014
Conan Fryer	Ely Runners	2013	3	2015
Claire Geary	Ely Runners	2014	1	2014
Alex Gilroy	Ely Runners	2006	2	2008
Peter Gipp	Ely Runners	2004	9	2015
Daisy Glover	Ely Runners	2008	2	2010
Gordon Godfrey	Ely Runners	2005	1	2005
Rui Gomes	Ely Runners	2016	1	2016
Barry Graves	Ely Runners	2016	1	2016
Emma Greaves	Ely Runners	2010	6	2016
Peter Harris	Ely Runners	2005	2	2011
Richard Hill	Ely Runners	2013	2	2016
Martin Hine	Ely Runners	2014	1	2014
Craig Holgate	Ely Runners	2008	8	2015

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Matt Holmes	Ely Runners	2012	3	2016
Stephen Howard	Ely Runners	2004	13	2016
Martin Ineson	Ely Runners	2013	1	2013
Claire Irons	Ely Runners	2009	2	2010
Gordon Irvine	Ely Runners	2014	2	2015
Simon Jackson	Ely Runners	2006	4	2011
Adam King	Ely Runners	2013	1	2013
Tony Kirby-Cook	Ely Runners	2010	1	2010
Claire Law	Ely Runners	2009	2	2010
Glyn Loveday	Ely Runners	2006	6	2016
Torsten Lytken	Ely Runners	2004	2	2005
John Manlow	Ely Runners	2008	8	2015
Jason Mann	Ely Runners	2010	3	2016
Matthew Mason	Ely Runners	2015	1	2015
Grahame Mckenzie	Ely Runners	2014	1	2014
Luke Minall	Ely Runners	2005	1	2005
Keith Mitchell	Ely Runners	2004	2	2006
Brennan Morgan	Ely Runners	2008	2	2009
David Mould	Ely Runners	2010	5	2016
Darren Murfitt	Ely Runners	2005	5	2009
Ciaran Murray	Ely Runners	2011	3	2013
Ture Nielsen	Ely Runners	2009	1	2009
Simon Nightingale	Ely Runners	2016	1	2016
Andrew Nixon	Ely Runners	2010	1	2010
Miranda Paul	Ely Runners	2011	2	2012
Ross Payne	Ely Runners	2014	3	2016
Jose Perez	Ely Runners	2013	2	2015
Ashley Pettit	Ely Runners	2011	2	2012
Stephen Pettit	Ely Runners	2007	7	2013
Steve Presland	Ely Runners	2013	1	2013
Lisa Redman	Ely Runners	2009	1	2009

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Maurice Reed	Ely Runners	2004	7	2012
Daniel Regan	Ely Runners	2006	3	2012
Miranda Reynolds	Ely Runners	2013	3	2016
Nigel Reynolds	Ely Runners	2013	2	2015
Peter Royle	Ely Runners	2015	1	2015
Ian Rutherford	Ely Runners	2009	1	2009
Alan Rutterford	Ely Runners	2004	1	2004
Zoe Shackleton	Ely Runners	2014	1	2014
Tanya Shenton	Ely Runners	2014	1	2014
Roddie Shepherd	Ely Runners	2016	1	2016
Hannah Shiell	Ely Runners	2009	3	2011
Linden Smith	Ely Runners	2012	1	2012
Lionel Smith	Ely Runners	2010	6	2015
Amy Southward	Ely Runners	2016	1	2016
Stephen Starr	Ely Runners	2012	5	2016
Alistair Steele	Ely Runners	2016	1	2016
Adrian Stokes	Ely Runners	2009	1	2009
Jonathan Stone	Ely Runners	2013	1	2013
Alex Tate	Ely Runners	2007	10	2016
Lee Tatum	Ely Runners	2016	1	2016
Andrew Thompson	Ely Runners	2014	3	2016
Lee Thompson	Ely Runners	2014	3	2016
Hayley Tooke	Ely Runners	2009	1	2009
Steve Tovey	Ely Runners	2006	4	2012
Mark Turner	Ely Runners	2009	1	2009
John Turner	Ely Runners	2004	4	2011
Heidi Uff	Ely Runners	2010	2	2011
John Uff	Ely Runners	2010	2	2012
Claire Van Leersum	Ely Runners	2011	1	2011
Alfredo Verna	Ely Runners	2007	1	2007
Daniel Waite	Ely Runners	2013	1	2013

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Robin Webb	Ely Runners	2012	5	2016
Gary Wilberforce	Ely Runners	2011	3	2013
Mark Willis	Ely Runners	2004	1	2004
Pete Wood	Ely Runners	2016	1	2016
Barry Woodward	Ely Runners	2005	1	2005