

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Richard Allport	Felixstowe Road Runners	2011	1	2011
Richard Bannister	Felixstowe Road Runners	2007	3	2009
Pauline Barr	Felixstowe Road Runners	2010	2	2011
Liz Beighton	Felixstowe Road Runners	2016	1	2016
Annabel Bennett	Felixstowe Road Runners	2008	2	2009
Richard Bennett	Felixstowe Road Runners	2007	5	2012
Fred Boggis	Felixstowe Road Runners	2008	8	2015
Tony Bradford	Felixstowe Road Runners	2012	1	2012
Elaine Brinkley	Felixstowe Road Runners	2009	2	2010
Sam Brooke	Felixstowe Road Runners	2013	3	2016
Steve Brooke	Felixstowe Road Runners	2012	5	2016
Jayne Burman	Felixstowe Road Runners	2015	1	2015
Roger Causon	Felixstowe Road Runners	2007	2	2009
Helen Challis	Felixstowe Road Runners	2009	1	2009
George Clark	Felixstowe Road Runners	2014	1	2014
Rob Clayton	Felixstowe Road Runners	2008	1	2008
Darren Cook	Felixstowe Road Runners	2014	1	2014
Lesley Cooper	Felixstowe Road Runners	2014	2	2015
Phil Cooper	Felixstowe Road Runners	2007	3	2009
Andy Cox	Felixstowe Road Runners	2007	3	2009
Lisa Cox	Felixstowe Road Runners	2008	2	2009
Nigel Dadge	Felixstowe Road Runners	2007	5	2011
Mike Deacon	Felixstowe Road Runners	2009	1	2009
Jo Dickenson	Felixstowe Road Runners	2010	1	2010
Tim Emery	Felixstowe Road Runners	2010	4	2013
Jayne Farnworth	Felixstowe Road Runners	2008	2	2009
Richard Farnworth	Felixstowe Road Runners	2007	3	2009
Dan Finegan	Felixstowe Road Runners	2012	1	2012
Helen Finegan	Felixstowe Road Runners	2007	6	2012

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Peter Finegan	Felixstowe Road Runners	2008	2	2009
Tim Finegan	Felixstowe Road Runners	2007	5	2011
Mark Ford	Felixstowe Road Runners	2008	6	2015
Adrian Goode	Felixstowe Road Runners	2015	2	2016
Shaun Goode	Felixstowe Road Runners	2016	1	2016
Mark Goodwin	Felixstowe Road Runners	2012	2	2013
Michelle Gordon	Felixstowe Road Runners	2008	2	2009
Dan Gould	Felixstowe Road Runners	2015	1	2015
Joy Griffiths	Felixstowe Road Runners	2008	1	2008
Robin Harper	Felixstowe Road Runners	2012	2	2013
Adrian Hine	Felixstowe Road Runners	2007	4	2013
Vanessa Hollingworth	Felixstowe Road Runners	2007	7	2013
Chris Howard	Felixstowe Road Runners	2009	2	2014
Christina Howland	Felixstowe Road Runners	2007	6	2015
David Inder	Felixstowe Road Runners	2016	1	2016
Alex Jacobs	Felixstowe Road Runners	2015	1	2015
Ben Jacobs	Felixstowe Road Runners	2016	1	2016
Carla Johnson	Felixstowe Road Runners	2009	2	2010
Paul Kingsford-Bere	Felixstowe Road Runners	2011	1	2011
Dave Lampard	Felixstowe Road Runners	2012	1	2012
Dave Levans	Felixstowe Road Runners	2009	1	2009
Samantha Linassi	Felixstowe Road Runners	2011	1	2011
Gail Mackie	Felixstowe Road Runners	2016	1	2016
Simon Merrick	Felixstowe Road Runners	2016	1	2016
Jonny Miles	Felixstowe Road Runners	2016	1	2016
Anne Oliver	Felixstowe Road Runners	2008	2	2009
Ali Ostler	Felixstowe Road Runners	2015	1	2015
Zibby Parker	Felixstowe Road Runners	2007	8	2014
Ben Parker	Felixstowe Road Runners	2012	1	2012
Karl Penaluna	Felixstowe Road Runners	2007	2	2008
Lorna Penaluna	Felixstowe Road Runners	2008	1	2008

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Chris Perry	Felixstowe Road Runners	2009	1	2009
Dave Robinson	Felixstowe Road Runners	2009	1	2009
Danny Rock	Felixstowe Road Runners	2016	1	2016
Lucy Rudduck	Felixstowe Road Runners	2008	1	2008
Jimmy Russel	Felixstowe Road Runners	2015	1	2015
Matt Saunders	Felixstowe Road Runners	2016	1	2016
Lawrence Scarlet	Felixstowe Road Runners	2008	1	2008
Sarah Severwright	Felixstowe Road Runners	2015	1	2015
Daniel Shanks	Felixstowe Road Runners	2016	1	2016
Paul Shaw	Felixstowe Road Runners	2008	3	2010
Lucy Sheahan	Felixstowe Road Runners	2009	2	2015
Kate Sherwin	Felixstowe Road Runners	2007	3	2009
Richard Smith	Felixstowe Road Runners	2010	6	2015
Roger Stone	Felixstowe Road Runners	2007	5	2013
Richard Talbot	Felixstowe Road Runners	2008	1	2008
Daimon Wheddon	Felixstowe Road Runners	2008	1	2008
Jo Whelen	Felixstowe Road Runners	2016	1	2016
Luke Whitwell	Felixstowe Road Runners	2014	2	2015
Carla Wiggins	Felixstowe Road Runners	2012	5	2016
Simon Wiggins	Felixstowe Road Runners	2008	7	2016
Jonathan Wilding	Felixstowe Road Runners	2008	3	2014
Jayne Williams	Felixstowe Road Runners	2008	1	2008
Annie Woodard	Felixstowe Road Runners	2007	7	2014
Caleb Woodard	Felixstowe Road Runners	2014	2	2016
Linda Woodard	Felixstowe Road Runners	2011	3	2013