

RNR All Time Appearances - Felixstowe Road Runners

Name	Team	Last Year	Stage	Age	Age%	Appearances	First Year
Richard Allport	FRR	2011	9	47	59.40	1	2011
Richard Bannister	FRR(A)	2009	5	42	44.89	3	2007
Pauline Barr	FRR	2011	7	33	58.93	2	2010
Annabel Bennett	FRR(B)	2009	2	45	52.10	2	2008
Richard Bennett	FRR	2012	12	54	67.40	5	2007
Fred Boggis	FRR	2015	6	58	59.7%	8	2008
Tony Bradford	FRR	2012	5	47	46.11	1	2012
Elaine Brinkley	FRR	2010	16	52	60.11	2	2009
Sam Brooke	FRR	2014	15	23	62.11	2	2013
Steve Brooke	FRR	2015	11	47	74.2%	4	2012
Jayne Burman	FRR	2015	9	25	50.9%	1	2015
Roger Causon	FRR(A)	2009	9	60	56.50	2	2007
Helen Challis	FRR(A)	2009	6	43	48.84	1	2009
George Clark	FRR	2014	13	17	53.07	1	2014
Rob Clayton	FFR(2)	2008	10	51	59.28	1	2008
Darren Cook	FRR	2014	12	40	60.95	1	2014
Lesley Cooper	FRR	2015	13	46	64.6%	2	2014
Phil Cooper	FRR(B)	2009	17	54	61.95	3	2007
Andy Cox	FRR(B)	2009	9	42	62.34	3	2007
Lisa Cox	FRR(B)	2009	6	36	52.28	2	2008
Nigel Dadge	FRR	2011	17	44	54.48	5	2007
Mike Deacon	FRR(B)	2009	5	65	45.82	1	2009
Jo Dickenson	FRR	2010	3	41	44.59	1	2010
Tim Emery	FRR	2013	8	51	56.53	4	2010
Jayne Farnworth	FRR(A)	2009	16	54	64.02	2	2008
Richard Farnworth	FRR(A)	2009	15	56	48.47	3	2007
Dan Finegan	FRR	2012	16	15	56.36	1	2012
Helen Finegan	FRR	2012	17	21	57.28	6	2007
Peter Finegan	FRR(A)	2009	3	16	48.50	2	2008
Tim Finegan	FRR	2011	3	49	54.46	5	2007
Mark Ford	FRR	2015	4	48	60.1%	6	2008
Adrian Goode	FRR	2015	8	51	69.8%	1	2015
Mark Goodwin	FRR	2013	10	41	60.75	2	2012
Michelle Gordon	FRR(B)	2009	10	43	68.62	2	2008
Dan Gould	FRR	2015	17	41	54.4%	1	2015
Joy Griffiths	FFR(1)	2008	13	53	71.36	1	2008
Robin Harper	FRR	2013	11	37	58.61	2	2012
Adrian Hine	FRR	2013	6	50	61.33	4	2007
Vanessa Hollingworth	FRR	2013	2	44	61.70	7	2007
Chris Howland	FRR	2014	17	52	60.27	2	2009
Christina Howland	FRR	2015	16	49	65.6%	6	2007
Alex Jacobs	FRR	2015	3	34	51.9%	1	2015
Carla Johnson	FRR	2010	6	30	44.91	2	2009
Paul Kingsford-Bere	FRR	2011	14	44	56.62	1	2011
Dave Lampard	FRR	2012	6	48	50.87	1	2012
Dave Levans	FRR(B)	2009	11	47	50.27	1	2009
Samantha Linassi	FRR	2011	6	35	53.86	1	2011
Anne Oliver	FRR(A)	2009	14	55	55.33	2	2008
Anneli Ostler	FRR	2015	2	33	44.9%	1	2015
Ben Parker	FRR	2012	3	15	63.92	1	2012
Zibby Parker	FRR	2014	7	43	63.50	8	2007
Karl Penaluna	FFR(1)	2008	9	41	53.11	2	2007
Lorna Penaluna	FFR(1)	2008	8	43	55.22	1	2008
Chris Perry	FRR(A)	2009	10	33	55.14	1	2009

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Dave Robinson	FRR(A)	2009	11	37	45.16	1	2009
Lucy Rudduck	FFR(1)	2008	6	24	60.89	1	2008
Jimmy Russel	FRR	2015	10	48	57.4%	1	2015
Lawrence Scarlet	FFR(2)	2008	11	48	68.51	1	2008
Sarah Severwright	FRR	2015	14	35	55.8%	1	2015
Paul Shaw	FRR	2010	12	43	60.75	3	2008
Lucy Sheehan	FRR	2015	15	31	63.9%	2	2009
Kate Sherwin	FRR(B)	2009	14	42	64.21	3	2007
Richard Smith	FRR	2015	7	56	61.7%	6	2010
Roger Stone	FRR	2013	12	45	71.89	5	2007
Richard Talbot	FFR(1)	2008	14	46	58.83	1	2008
Daimon Wheddon	FFR(2)	2008	14	41	54.11	1	2008
Luke Whitwell	FRR	2015	12	32	64.1%	2	2014
Carla Wiggins	FRR	2015	5	35	39.9%	4	2012
Simon Wiggins	FRR	2015	1	43	56.5%	6	2008
Jonathan Wilding	FRR	2014	10	46	51.43	3	2008
Jayne Williams	FFR(1)	2008	10	36	63.64	1	2008
Annie Woodard	FRR	2014	8	50	59.37	7	2007
Caleb Woodard	FRR	2014	3	15	58.64	1	2014
Linda Woodard	FRR	2013	4	45	61.55	3	2011