

RNR All Time Appearances - North Norfolk Beach Runners

Name	Team	Last Year	Stage	Age	Age%	Appearances	First Year
Neil Adams	NNB	2015	2	38	66.0%	1	2015
Nicky Alford	NNB	2001	15	20	68.09	6	1996
Matt Andrews	NNB	2015	10	44	67.1%	2	2014
Darren Armstrong	NNB	2015	12	41	62.1%	4	2012
Jen Armstrong	NNB	2015	1	41	62.9%	2	2014
Libby Ashton	NNB	2015	8	34	54.6%	1	2015
John Battrick	NNBa	2014	2	23	76.87	2	2013
Lynton Battrick	NNBa	2014	14	39	69.21	6	2007
Richard Blake	NNB1	2012	9	62	78.90	3	2009
Jeremy Bolam	NNBb	2014	14	57	67.06	14	1997
Annette Boreham	NNB	2015	3	42	53.9%	1	2015
Jeremy Boreham	NNB	2015	6	44	59.6%	1	2015
Robbie Britton	NNB1	2011	10	24	67.65	1	2011
Hugh Brown	NNBa	2014	6	44	75.47	3	2012
Quinton Brown	NNB2	2012	4	35	56.43	4	2008
Colin Browning	NNB	2001	13	36	62.81	2	2000
Michelle Burton	NNB2	2011	3	40	53.95	3	2006
Shelly Burton	NNB	2015	16	44	55.5%	1	2015
Ryan Callaby	NNB(B)	2009	13	29	57.44	2	2008
Lucy Campbell	NNB	2015	12	49	67.4%	2	2013
Eddie Carman	NNBb	2013	11	46	63.59	3	2011
John Christopher	NNB	2015	16	51	74.0%	13	1995
Ray Clayden	NNB(A)	2010	6	55	63.92	1	2010
Jamie Coleman	NNB(B)	2008	11	36	59.23	2	2007
Lucy Collyer	NNB2	2012	17	46	68.59	3	2010
Jonathan Cousins	NNB	2015	3	45	65.8%	1	2015
Sally Cushing	NNB	2002	15	37	59.31	5	1995
Neil Davison	NNB	2003	1	34	77.88	8	1994
Carmine De Grandis	NNB	2015	11	44	71.5%	3	2013
Jenny De Grandis	NNB	2015	7	36	54.1%	3	2013
Emma Dennis	NNB(B)	2008	8	34	53.54	2	2007
Caroline Dickens	NNB(B)	2008	4	21	51.63	1	2008
Keith Dickens	NNB2	2012	16	61	64.56	5	2006
Matt Dickens	NNB(A)	2010	11	33	59.41	3	2007
Jeff Dodds	NNB(B)	2008	17	47	61.89	5	2004
Will Dorsett	NNBa	2013	9	26	69.51	1	2013
Rob Emery	NNB2	2012	15	42	57.76	3	2008
Trevor Emery	NNB(A)	2009	13	57	65.43	10	1998
Tina Foster	NNB	2015	14	47	61.7%	1	2015
Claire Foulkes	NNB(B)	2009	8	33	67.99	3	2006
Michael Foulkes	NNB(B)	2010	16	33	69.10	2	2009
George Gay	NNBa	2014	3	19	66.78	1	2014
John Gay	NNB	2015	7	55	73.9%	1	2015
Carl Goose	NNB	2001	3	16	70.55	1	2001
Maria Greaves	NNBb	2014	2	34	59.40	1	2014
Eddie Greenland	NNB	2003	12	38	61.09	3	1999
Emily Haughan	NNB	2015	2	37	61.8%	1	2015
Jim Hayes	NNB	2015	2	69	76.4%	9	2006
Geoff Hayward	NNB(A)	2009	16	67	69.70	3	1994
Tony Heath	NNB(A)	2010	13	61	64.81	10	1999
Clive Hedges	NNB	2015	16	56	70.2%	13	1999
Vernon Hoare	NNB	2015	15	52	64.9%	2	2011
Sarah Hurn	NNB(B)	2007	9	34	57.16	1	2007
Philip Hurr	NNBa	2014	15	57	79.61	1	2014

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Lucy Hyam	NNB(B)	2008	16	18	67.64	1	2008
Sue Isley	NNB	2015	17	54	69.5%	1	2015
Ian Jarvis	NNB2	2012	8	46	51.05	4	2009
Ben Jones	NNB	2015	15	37	68.7%	1	2015
Steve Jones	NNB1	2011	17	42	79.90	3	2008
Steven Jones	NNB	1996	13		74.50	1	1996
Robert Joy	NNB	2001	17	24	86.51	1	2001
Nikki Kavanagh	NNB	2015	10	37	48.3%	1	2015
Andy Kett	NNB	2015	12	38	72.7%	7	2008
Rob Kett	NNB(B)	2009	7	34	68.43	2	2008
Brenda Kinch	NNB(A)	2010	9	65	81.35	5	2006
Justin Lawton	NNB	2015	13	44	61.5%	3	2013
John Leach	NNB1	2012	4	50	67.77	9	2003
Stephane Lustig	NNB	2015	8	38	75.3%	2	2014
Sarah Mapes	NNB	2015	11	36	55.5%	1	2015
Andy McLaren	NNBb	2014	11	49	57.91	3	2012
Chris Merrylees	NNB	2015	1	37	72.4%	10	2005
Sally Middleton	NNB	2015	5	44	52.5%	10	2003
Tony Money	NNBb	2014	1	44	58.66	2	2012
Paul Muffet	NNB	2015	7	57	88.6%	5	2007
Jess Neal	NNB2	2011	1	25	56.78	1	2011
Charlotte Neale	NNBb	2014	5	28	61.41	3	2012
Darren Neale	NNB	2015	5	37	63.9%	9	2007
David Nockles	NNB1	2012	17	26	65.35	2	2008
Paul O'Malley	NNB(A)	2009	9	40	61.30	1	2009
Andi Osborne	NNB2	2012	6	58	67.62	4	2006
Rob Osborne	NNB2	2011	11	51	60.43	1	2011
Simon Page	NNB1	2011	15	34	59.04	1	2011
Dena Parfitt	NNB	2015	9	53	76.3%	5	2001
Kevin Parfitt	NNB1	2011	9	49	67.68	8	1999
Matt Parfitt	NNB2	2011	16	25	52.33	2	2010
Andy Parish	NNB	2015	9	47	54.0%	1	2015
Chris Parker	NNB	2015	13	33	69.3%	5	2008
Emma Patel	NNBa	2013	1	32	67.14	1	2013
Euan Prasser	NNB	2015	8	43	64.2%	3	2013
Richard Price-Thomas	NNB	2015	17	56	78.4%	13	1999
Vinnie Purdy	NNB	2015	9	39	67.5%	9	2006
Phil Quantrill	NNBa	2014	9	40	67.29	4	2009
Terry Quigley	NNBb	2013	16	66	72.78	15	1996
Ed Rawlings	NNB	2015	5	40	58.2%	1	2015
Nathan Risbey	NNBa	2014	11	31	75.16	2	2013
Merle Riseborough	NNB	2015	14	40	65.6%	3	2012
Tom Rivett	NNB	2015	1	40	59.1%	2	2013
Sean Robson	NNB	2015	4	47	67.2%	1	2015
Phil Rowland	NNB(A)	2010	12	39	59.55	1	2010
Sal Ryder	NNB	2015	13	49	67.2%	1	2015
Michael Sadler	NNBa	2013	15	50	75.57	7	2004
Jamie Seamark	NNB	2015	10	43	79.5%	5	2010
Guy Shepherd	NNB2	2011	10	55	58.58	11	1999
Ellen Similion	NNBb	2013	17	35	57.47	2	2011
Andy Sloan	NNB	2015	6	36	69.8%	1	2015
Adam Smart	NNB	2015	14	33	68.6%	1	2015
Rhianwen Smee	NNB	2015	15	32	57.1%	1	2015
Martin Smith	NNB	2015	17	46	64.6%	3	2013
David Spooner	NNBb	2014	17	41	63.34	3	2012
Colin Stark	NNBa	2014	1	39	70.89	7	2008

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Garry Thompson	NNB	2015	3	30	67.5%	1	2015
Christine Thorne	NNB2	2012	9	59	68.52	6	1999
Chris Wade	NNBa	2013	8	25	63.05	6	2008
Ian Wade	NNB(A)	2009	3	50	60.56	9	1994
Jamie Wade	NNBb	2013	3	22	55.27	4	2008
Ian Wadr	NNB(A)	2010	15	52	65.97	1	2010
Christina Walker	NNB	2015	6	44	65.7%	7	2008
Tony Witmond	NNB	2015	4	47	77.2%	5	2011
Adrian Woods	NNB	2015	11	43	55.6%	1	2015
Hazel Wray	NNB	2015	4	47	62.9%	1	2015