

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Neil Adams	North Norfolk Beach Runners	2015	2	2016
Jo Aldiss	North Norfolk Beach Runners	1995	1	1995
Martin Alford	North Norfolk Beach Runners	1995	1	1995
Nicky Alford	North Norfolk Beach Runners	1996	6	2001
Graham Allchurch	North Norfolk Beach Runners	2006	1	2006
Matt Amis	North Norfolk Beach Runners	2007	1	2007
Matt Andrews	North Norfolk Beach Runners	2014	2	2015
Darren Armstrong	North Norfolk Beach Runners	2012	5	2016
Jen Armstrong	North Norfolk Beach Runners	2014	3	2016
Libby Ashton	North Norfolk Beach Runners	2015	1	2015
Malcolm Ball	North Norfolk Beach Runners	1994	10	2007
Sue Ball	North Norfolk Beach Runners	1994	3	1997
Vicky Barber	North Norfolk Beach Runners	1998	1	1998
John Battrick	North Norfolk Beach Runners	2013	2	2014
Lynton Battrick	North Norfolk Beach Runners	2007	6	2014
Richard Blake	North Norfolk Beach Runners	2009	3	2012
Jeremy Bolam	North Norfolk Beach Runners	1999	13	2014
Annette Boreham	North Norfolk Beach Runners	2015	1	2015
Jeremy Boreham	North Norfolk Beach Runners	2015	2	2016
Robbie Britton	North Norfolk Beach Runners	2011	1	2011
Hugh Brown	North Norfolk Beach Runners	2012	3	2014
Quinton Brown	North Norfolk Beach Runners	2008	4	2012
Colin Browning	North Norfolk Beach Runners	2000	1	2000
Shelly Burton	North Norfolk Beach Runners	2015	1	2015
Michelle Burton	North Norfolk Beach Runners	2006	3	2011
Ryan Callaby	North Norfolk Beach Runners	2008	2	2009
Lucy Campbell	North Norfolk Beach Runners	2013	2	2015
Eddie Carman	North Norfolk Beach Runners	2011	3	2013
N Carole	North Norfolk Beach Runners	1995	1	1995

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Nicola Carroll	North Norfolk Beach Runners	1996	1	1996
John Christopher	North Norfolk Beach Runners	1995	14	2016
Ray Clayden	North Norfolk Beach Runners	2010	1	2010
P Cockaday	North Norfolk Beach Runners	1999	1	1999
Sadie Cockaday	North Norfolk Beach Runners	1994	1	1994
Jamie Coleman	North Norfolk Beach Runners	2007	2	2008
Lucy Collyer	North Norfolk Beach Runners	2010	3	2012
M Copeland	North Norfolk Beach Runners	1999	1	1999
Jonathan Cousins	North Norfolk Beach Runners	2015	2	2016
Robin Craig	North Norfolk Beach Runners	1995	3	1999
Andrew Crawford	North Norfolk Beach Runners	2006	2	2007
Sally Cushing	North Norfolk Beach Runners	1995	5	2002
Steve Davies	North Norfolk Beach Runners	1998	1	1998
Graham Davison	North Norfolk Beach Runners	1994	7	2000
Johanna Davison	North Norfolk Beach Runners	1996	2	1997
Neil Davison	North Norfolk Beach Runners	1994	8	2003
Carmine De Grandis	North Norfolk Beach Runners	2013	3	2015
Jenny De Grandis	North Norfolk Beach Runners	2013	3	2015
Andrew Deering	North Norfolk Beach Runners	1995	4	1998
Emma Dennis	North Norfolk Beach Runners	2007	2	2008
Caroline Dickens	North Norfolk Beach Runners	2008	1	2008
Keith Dickens	North Norfolk Beach Runners	2006	5	2012
Matt Dickens	North Norfolk Beach Runners	2007	3	2010
Jeff Dodds	North Norfolk Beach Runners	2004	5	2008
George Dodds	North Norfolk Beach Runners	1999	3	2003
Will Dorsett	North Norfolk Beach Runners	2013	1	2013
Peter Eaton	North Norfolk Beach Runners	2000	5	2006
Kingsley Elston	North Norfolk Beach Runners	2000	1	2000
Rob Emery	North Norfolk Beach Runners	2008	3	2012
Trevor Emery	North Norfolk Beach Runners	1998	10	2009

Name	Club	First Year	Appearances	Last year
Clive Eve	North Norfolk Beach Runners	2006	2	2007
Lloyd Farrow	North Norfolk Beach Runners	2000	2	2001
Neil Featherby	North Norfolk Beach Runners	1997	1	1997
Nikky Fitches	North Norfolk Beach Runners	1999	1	1999
John Folkard	North Norfolk Beach Runners	2006	1	2006
Tina Foster	North Norfolk Beach Runners	2015	1	2015
Clare Foulkes	North Norfolk Beach Runners	2006	3	2009
Michael Foulkes	North Norfolk Beach Runners	2009	2	2010
Alec Fraser	North Norfolk Beach Runners	2004	3	2006
Richard Garret	North Norfolk Beach Runners	2016	1	2016
George Gay	North Norfolk Beach Runners	2014	1	2014
John Gay	North Norfolk Beach Runners	2015	2	2016
Paul Gibbons	North Norfolk Beach Runners	2007	1	2007
Carl Goose	North Norfolk Beach Runners	2001	1	2001
Ray Goose	North Norfolk Beach Runners	2000	2	2001
Maria Greaves	North Norfolk Beach Runners	2014	2	2016
Eddie Greenland	North Norfolk Beach Runners	1999	3	2003
Liz Harris	North Norfolk Beach Runners	2016	1	2016
Paul Harvey	North Norfolk Beach Runners	1999	4	2006
Emily Haughan	North Norfolk Beach Runners	2015	2	2016
Jim Hayes	North Norfolk Beach Runners	2006	10	2016
Geoff Hayward	North Norfolk Beach Runners	1994	2	2009
Tony Heath	North Norfolk Beach Runners	1999	10	2010
Clive Hedges	North Norfolk Beach Runners	1999	13	2015
Vernon Hoare	North Norfolk Beach Runners	2011	3	2016
David Howard	North Norfolk Beach Runners	2000	1	2000
Sarah Hurn	North Norfolk Beach Runners	2007	1	2007
Philip Hurr	North Norfolk Beach Runners	2014	1	2014
Lucy Hyam	North Norfolk Beach Runners	2008	1	2008
Sue Ilsley	North Norfolk Beach Runners	2015	1	2015

Name	Club	First Year	Appearances	Last year
Margaret Ison	North Norfolk Beach Runners	2006	1	2006
Ian Jarvis	North Norfolk Beach Runners	2009	4	2012
Steve Jones	North Norfolk Beach Runners	1996	7	2011
Ben Jones	North Norfolk Beach Runners	2015	1	2015
Robert Joy	North Norfolk Beach Runners	2001	1	2001
Nikki Kavanagh	North Norfolk Beach Runners	2015	1	2015
Mervyn Kesselring	North Norfolk Beach Runners	1999	1	1999
Andy Kett	North Norfolk Beach Runners	2008	8	2016
Rob Kett	North Norfolk Beach Runners	2008	2	2009
Brenda Kinch	North Norfolk Beach Runners	2006	5	2010
Stewart King	North Norfolk Beach Runners	1999	3	2001
Matthew Laccohee-Duffield	North Norfolk Beach Runners	1997	1	1997
Justin Lawton	North Norfolk Beach Runners	2013	3	2015
John Leach	North Norfolk Beach Runners	2003	9	2012
Stephane Lustig	North Norfolk Beach Runners	2014	3	2016
Sarah Mapes	North Norfolk Beach Runners	2015	1	2015
Jodie Matthews	North Norfolk Beach Runners	1999	2	2000
Wayne Matthews	North Norfolk Beach Runners	2000	2	2001
Rebecca Maun	North Norfolk Beach Runners	2016	1	2016
Andy McLaren	North Norfolk Beach Runners	2012	4	2016
Chris Merrylees	North Norfolk Beach Runners	2005	11	2016
Sally Middleton	North Norfolk Beach Runners	2003	10	2015
J Mizzetti	North Norfolk Beach Runners	1999	1	1999
Tony Money	North Norfolk Beach Runners	2012	3	2016
Paul Muffett	North Norfolk Beach Runners	2007	5	2015
Jess Neal	North Norfolk Beach Runners	2011	1	2011
Charlotte Neale	North Norfolk Beach Runners	2012	4	2016
Darren Neale	North Norfolk Beach Runners	2006	10	2015
Paul Neale	North Norfolk Beach Runners	1998	1	1998
Steve Nobbs	North Norfolk Beach Runners	1994	12	2005

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David Nockles	North Norfolk Beach Runners	2008	2	2012
Simon Norgate	North Norfolk Beach Runners	2006	1	2006
Paul O'Malley	North Norfolk Beach Runners	2009	1	2009
Peter Oldman	North Norfolk Beach Runners	2000	3	2002
Andrea Osborne	North Norfolk Beach Runners	2006	4	2012
Rob Osborne	North Norfolk Beach Runners	2011	1	2011
Maurice Page	North Norfolk Beach Runners	1995	7	2007
Simon Page	North Norfolk Beach Runners	2011	1	2011
Dena Parfitt	North Norfolk Beach Runners	2001	5	2015
Kevin Parfitt	North Norfolk Beach Runners	1999	8	2011
Matthew Parfitt	North Norfolk Beach Runners	2010	2	2011
Andy Parish	North Norfolk Beach Runners	2015	2	2016
Chris Parker	North Norfolk Beach Runners	2008	6	2016
Emma Patel	North Norfolk Beach Runners	2013	1	2013
Len Perrott	North Norfolk Beach Runners	1999	3	2004
Euan Prasser	North Norfolk Beach Runners	2013	3	2015
Richard Price-Thomas	North Norfolk Beach Runners	1999	13	2015
Vinnie Purdy	North Norfolk Beach Runners	2006	10	2016
Trevor Quantril	North Norfolk Beach Runners	1994	1	1994
Phil Quantrill	North Norfolk Beach Runners	2009	4	2014
Terry Quigley	North Norfolk Beach Runners	1996	15	2013
Ed Rawlings	North Norfolk Beach Runners	2015	2	2016
Nathan Risbey	North Norfolk Beach Runners	2013	2	2014
Merle Riseborough	North Norfolk Beach Runners	2012	4	2016
Andy Risebro	North Norfolk Beach Runners	1994	1	1994
Tom Rivett	North Norfolk Beach Runners	2013	2	2015
Catherine Robinson	North Norfolk Beach Runners	2000	1	2000
Sean Robson	North Norfolk Beach Runners	2015	1	2015
Phil Rowland	North Norfolk Beach Runners	2010	1	2010
Robin Rush	North Norfolk Beach Runners	1994	5	1999

Name	Club	First Year	Appearances	Last year
Sal Ryder	North Norfolk Beach Runners	2015	1	2015
Derek Sadler	North Norfolk Beach Runners	1996	2	1999
Michael Sadler	North Norfolk Beach Runners	2004	7	2013
Rob Saines	North Norfolk Beach Runners	2002	3	2004
Claira Sapwell	North Norfolk Beach Runners	1998	1	1998
Jamie Seamark	North Norfolk Beach Runners	2010	6	2016
Guy Shepherd	North Norfolk Beach Runners	1999	11	2011
Ellen Similion	North Norfolk Beach Runners	2011	2	2013
Andy Sloan	North Norfolk Beach Runners	2015	2	2016
Adam Smart	North Norfolk Beach Runners	2015	2	2016
Rhianwen Smee	North Norfolk Beach Runners	2015	1	2015
Jamsmine Smith	North Norfolk Beach Runners	1994	1	1994
Martin Smith	North Norfolk Beach Runners	2013	3	2015
Robert Speck	North Norfolk Beach Runners	2007	1	2007
Chrissie Spooner	North Norfolk Beach Runners	2016	1	2016
Dave Spooner	North Norfolk Beach Runners	2012	4	2016
Noel Spruce	North Norfolk Beach Runners	1996	3	2003
Colin Stark	North Norfolk Beach Runners	2008	8	2016
Ian Sutton	North Norfolk Beach Runners	1994	6	2006
Garry Thompson	North Norfolk Beach Runners	2015	1	2015
Christine Thorne	North Norfolk Beach Runners	1999	6	2012
Ray Turner	North Norfolk Beach Runners	1994	2	1995
Runner Unknown	North Norfolk Beach Runners	1999	4	1999
Craig Volp	North Norfolk Beach Runners	1994	1	1994
Ian Wade	North Norfolk Beach Runners	1994	9	2009
Jamie Wade	North Norfolk Beach Runners	2008	4	2013
Tony Wade	North Norfolk Beach Runners	1997	1	1997
Chris Wade	North Norfolk Beach Runners	2008	6	2013
Ian Wadr	North Norfolk Beach Runners	2010	1	2010
Chris Walker	North Norfolk Beach Runners	2008	7	2015
Alex Whitaker	North Norfolk Beach Runners	2005	3	2007

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Foster Williamson	North Norfolk Beach Runners	1994	1	1994
Tony Witmond	North Norfolk Beach Runners	2011	6	2016
Adrian Woods	North Norfolk Beach Runners	2015	2	2016
Peter Woollard	North Norfolk Beach Runners	2000	3	2002
Hazel Wray	North Norfolk Beach Runners	2015	2	2016
Andrew Wright	North Norfolk Beach Runners	1994	8	2003
Gary Wright	North Norfolk Beach Runners	2001	3	2003