

RNR All Time Appearances as at 2016

| Name | Club | First Year | Appearances | Last year |
|------------------|------------------|------------|-------------|-----------|
| Trevor Adcock | Norfolk Gazelles | 2006 | 2 | 2009 |
| Nigel Arnold | Norfolk Gazelles | 2003 | 8 | 2016 |
| Chris Baldwin | Norfolk Gazelles | 2005 | 1 | 2005 |
| Steve Baldwin | Norfolk Gazelles | 2005 | 6 | 2010 |
| David Barclay | Norfolk Gazelles | 2005 | 1 | 2005 |
| Jo Barker | Norfolk Gazelles | 2003 | 1 | 2003 |
| Samantha Barwick | Norfolk Gazelles | 2014 | 1 | 2014 |
| Sue Bennett | Norfolk Gazelles | 2004 | 1 | 2004 |
| Carol Betts | Norfolk Gazelles | 2003 | 3 | 2010 |
| Roy Bratty | Norfolk Gazelles | 2003 | 2 | 2005 |
| Del Bridges | Norfolk Gazelles | 2007 | 5 | 2013 |
| Brian Bromley | Norfolk Gazelles | 2003 | 2 | 2004 |
| Tim Brook | Norfolk Gazelles | 2004 | 1 | 2004 |
| Sue Brooks | Norfolk Gazelles | 2006 | 3 | 2008 |
| Jason Brunt | Norfolk Gazelles | 2015 | 2 | 2016 |
| Nigel Bullen | Norfolk Gazelles | 2011 | 4 | 2016 |
| Jenny Burfoot | Norfolk Gazelles | 2013 | 1 | 2013 |
| Jane Clarke | Norfolk Gazelles | 2004 | 3 | 2006 |
| Peter Cobb | Norfolk Gazelles | 2003 | 4 | 2006 |
| Harry Collins | Norfolk Gazelles | 2003 | 1 | 2003 |
| Ivan Colman | Norfolk Gazelles | 2003 | 1 | 2003 |
| Carol Cooper | Norfolk Gazelles | 2013 | 1 | 2013 |
| Lucy Cooper | Norfolk Gazelles | 2004 | 9 | 2015 |
| Phil Cooper | Norfolk Gazelles | 2003 | 4 | 2008 |
| Steve Corbould | Norfolk Gazelles | 2016 | 1 | 2016 |
| Ali Crane | Norfolk Gazelles | 2003 | 4 | 2006 |
| Nicola Culican | Norfolk Gazelles | 2003 | 1 | 2003 |
| Russell De Beer | Norfolk Gazelles | 2010 | 2 | 2011 |
| Michael Eccles | Norfolk Gazelles | 2014 | 2 | 2015 |

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|---------------------|------------------|------------|-------------|-----------|
| Anne Ellen | Norfolk Gazelles | 2014 | 3 | 2016 |
| Darren Fowlie | Norfolk Gazelles | 2003 | 3 | 2005 |
| Dudley Garner | Norfolk Gazelles | 2016 | 1 | 2016 |
| Richard Gilham | Norfolk Gazelles | 2011 | 2 | 2012 |
| Anthony Gordon-Gray | Norfolk Gazelles | 2005 | 3 | 2008 |
| Matt Green | Norfolk Gazelles | 2008 | 2 | 2009 |
| Kirsten Griffiths | Norfolk Gazelles | 2003 | 1 | 2003 |
| Mark Grubb | Norfolk Gazelles | 2010 | 6 | 2016 |
| Andrew Hammond | Norfolk Gazelles | 2016 | 1 | 2016 |
| Gail Hardingham | Norfolk Gazelles | 2013 | 1 | 2013 |
| Graham Hardingham | Norfolk Gazelles | 2005 | 5 | 2012 |
| Kevin Hardingham | Norfolk Gazelles | 2005 | 7 | 2012 |
| Mel Harrison | Norfolk Gazelles | 2013 | 3 | 2015 |
| Jackie Harrop | Norfolk Gazelles | 2005 | 1 | 2005 |
| Alison Hatch | Norfolk Gazelles | 2004 | 1 | 2004 |
| Joe Hawes | Norfolk Gazelles | 2012 | 2 | 2013 |
| Paul Higham | Norfolk Gazelles | 2004 | 6 | 2009 |
| James Hill | Norfolk Gazelles | 2004 | 1 | 2004 |
| Les Hill | Norfolk Gazelles | 2003 | 3 | 2005 |
| Jane Horler | Norfolk Gazelles | 2003 | 2 | 2004 |
| Marc Humphries | Norfolk Gazelles | 2003 | 1 | 2003 |
| Dale Hurren | Norfolk Gazelles | 2016 | 1 | 2016 |
| Brenda Hutcheon | Norfolk Gazelles | 2003 | 2 | 2004 |
| Janet Ivers | Norfolk Gazelles | 2005 | 1 | 2005 |
| Emma Jay | Norfolk Gazelles | 2016 | 1 | 2016 |
| Bevan Johnson | Norfolk Gazelles | 2009 | 2 | 2010 |
| Pete Johnson | Norfolk Gazelles | 2003 | 10 | 2013 |
| Richard Johnson | Norfolk Gazelles | 2011 | 1 | 2011 |
| Catherine Jordan | Norfolk Gazelles | 2006 | 1 | 2006 |
| Rob Joy | Norfolk Gazelles | 2004 | 3 | 2009 |
| Jason Kelf | Norfolk Gazelles | 2003 | 7 | 2016 |

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|-------------------|------------------|------------|-------------|-----------|
| Jon Kelf | Norfolk Gazelles | 2003 | 3 | 2006 |
| Beth King | Norfolk Gazelles | 2016 | 1 | 2016 |
| Hazel Laddiman | Norfolk Gazelles | 2005 | 1 | 2005 |
| Ashley Lawrence | Norfolk Gazelles | 2007 | 1 | 2007 |
| Rowena Leary | Norfolk Gazelles | 2013 | 4 | 2016 |
| Imogen Lees | Norfolk Gazelles | 2016 | 1 | 2016 |
| Tim Lenton | Norfolk Gazelles | 2005 | 3 | 2008 |
| Ian Lewis | Norfolk Gazelles | 2003 | 1 | 2003 |
| Julie London | Norfolk Gazelles | 2013 | 3 | 2016 |
| Diane Marsh | Norfolk Gazelles | 2004 | 1 | 2004 |
| Tracy Marsh | Norfolk Gazelles | 2005 | 1 | 2005 |
| Steven Matthews | Norfolk Gazelles | 2003 | 2 | 2005 |
| Jackie May | Norfolk Gazelles | 2004 | 2 | 2005 |
| Helen Mian | Norfolk Gazelles | 2013 | 4 | 2016 |
| Hannah Monteverde | Norfolk Gazelles | 2016 | 1 | 2016 |
| Chris Moore | Norfolk Gazelles | 2012 | 2 | 2016 |
| John Moore | Norfolk Gazelles | 2007 | 8 | 2016 |
| Lisa Netto | Norfolk Gazelles | 2016 | 1 | 2016 |
| Dena Parfitt | Norfolk Gazelles | 2003 | 3 | 2006 |
| Kevin Parfitt | Norfolk Gazelles | 2003 | 1 | 2003 |
| Sarah Parker | Norfolk Gazelles | 2004 | 1 | 2004 |
| Chris Perfect | Norfolk Gazelles | 2009 | 1 | 2009 |
| Sam Phillips | Norfolk Gazelles | 2007 | 3 | 2010 |
| Carrie Poole | Norfolk Gazelles | 2003 | 2 | 2004 |
| James Reed | Norfolk Gazelles | 2003 | 1 | 2003 |
| Peter Rice | Norfolk Gazelles | 2016 | 1 | 2016 |
| Jason Rix | Norfolk Gazelles | 2016 | 1 | 2016 |
| Karen Rix | Norfolk Gazelles | 2014 | 2 | 2015 |
| Jamie Roberts | Norfolk Gazelles | 2003 | 1 | 2003 |
| Alistair Robinson | Norfolk Gazelles | 2015 | 2 | 2016 |
| Jeremy Rodgers | Norfolk Gazelles | 2016 | 1 | 2016 |

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|---------------------|------------------|------------|-------------|-----------|
| Jeremy Rogers | Norfolk Gazelles | 2015 | 1 | 2015 |
| Steve Rolfe | Norfolk Gazelles | 2013 | 4 | 2016 |
| Steve Sadd | Norfolk Gazelles | 2012 | 3 | 2016 |
| Helen Salmon | Norfolk Gazelles | 2016 | 1 | 2016 |
| Paul Sandford | Norfolk Gazelles | 2003 | 1 | 2003 |
| Paul Sanford | Norfolk Gazelles | 2007 | 3 | 2010 |
| Jamie Seamark | Norfolk Gazelles | 2006 | 2 | 2007 |
| Mark Sexton | Norfolk Gazelles | 2004 | 2 | 2005 |
| Tim Sexton | Norfolk Gazelles | 2014 | 2 | 2016 |
| Carl Shore | Norfolk Gazelles | 2005 | 1 | 2005 |
| Rob Singh | Norfolk Gazelles | 2003 | 1 | 2003 |
| Emily Smith | Norfolk Gazelles | 2016 | 1 | 2016 |
| Nick Smith | Norfolk Gazelles | 2003 | 2 | 2004 |
| Shirley Stallabrass | Norfolk Gazelles | 2004 | 1 | 2004 |
| Tracy Stevenson | Norfolk Gazelles | 2015 | 1 | 2015 |
| Sam Thelwell | Norfolk Gazelles | 2016 | 1 | 2016 |
| Ian Thomas | Norfolk Gazelles | 2011 | 3 | 2014 |
| Pete Thompson | Norfolk Gazelles | 2004 | 7 | 2011 |
| Tim Topper | Norfolk Gazelles | 2004 | 4 | 2010 |
| Helen Treacher | Norfolk Gazelles | 2004 | 1 | 2004 |
| Katherine Trehane | Norfolk Gazelles | 2004 | 2 | 2005 |
| Matt Varley | Norfolk Gazelles | 2008 | 4 | 2013 |
| Dave Waterfield | Norfolk Gazelles | 2003 | 2 | 2004 |
| Ady Waters | Norfolk Gazelles | 2010 | 6 | 2016 |
| Michelle Waters | Norfolk Gazelles | 2016 | 1 | 2016 |
| Steve Waters | Norfolk Gazelles | 2010 | 1 | 2010 |
| Bev Whitfield | Norfolk Gazelles | 2003 | 1 | 2003 |
| Amelia Whiting | Norfolk Gazelles | 2013 | 4 | 2016 |
| Phil Whiting | Norfolk Gazelles | 2010 | 6 | 2016 |
| Kirsty Winter | Norfolk Gazelles | 2004 | 2 | 2005 |
| Ian Woods | Norfolk Gazelles | 2004 | 2 | 2005 |

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|-----------------|------------------|-------------------|--------------------|------------------|
| Tim Woods | Norfolk Gazelles | 2009 | 4 | 2012 |
| Cas Wright | Norfolk Gazelles | 2004 | 1 | 2004 |
| Mick Yaxley | Norfolk Gazelles | 2003 | 3 | 2007 |
| Yvonne Youngman | Norfolk Gazelles | 2005 | 1 | 2005 |
| Kevin Youngs | Norfolk Gazelles | 2003 | 2 | 2009 |
| Sam Youngs | Norfolk Gazelles | 2009 | 1 | 2009 |