

RNR All Time Appearances - Norwich Road Runners

Name	Team	Last Year	Stage	Age	Age%	Appearances	First Year
Julian Allaker	NRR3	2011	2	34	51.33	1	2011
Charles Allen	NRR1	2012	12	35	45.59	3	2010
Tahar Alt ali	NRR	2000	17	34	79.15	1	2000
Jeremy Amies	NRRc	2014	10	47	68.03	1	2014
Emma Appleton	NRR1	2011	14	35	69.85	2	2009
Michael Armes	NRR	2015	17	50	71.6%	7	2009
Emily Armstrong	NRRa	2013	16	24	72.87	2	2010
Nigel Arnold	NRR	2000	5	42	82.78	3	1994
Justin Ashford	NRR(C)	2008	13	29	56.68	2	2007
James Ashton	NRRa	2014	9	31	74.66	1	2014
Yvonne Astley	NRR[C]	2009	8	42	63.76	1	2009
Graham Bainger	NRR[C]	2010	17	58	68.46	6	1998
Nikki Baker	NRR	2006	8	29	64.37	1	2006
Rachel Banham	NRR	2015	6	41	65.4%	1	2015
Sharon Bardwell	NRR	2015	12	45	68.7%	4	2012
Emily Beavis	NRR	2015	16	20	65.3%	1	2015
Paul Beckett	NRRc	2014	1	48	62.34	2	2013
Mark Betts	NRRb	2014	5	42	64.66	11	1990
John Bird	NRRb	2013	3	48	62.22	3	2002
Alice Birdsall	NRR3	2011	12	23	51.70	1	2011
Louise Blazey	NRR	2015	8	28	59.0%	1	2015
Paul Blazey	NRR	2015	7	29	73.8%	2	2012
Danny Bond	NRR	2015	11	40	61.9%	2	2013
Sarah Boosey	NRRc	2013	3	30	53.60	1	2013
Alan Bradley	NRR(B)	2008	2	45	60.78	3	2006
Sarah Bradley	NRR3	2011	11	48	64.71	4	2006
Kevin Bray	NRRc	2014	17	42	55.17	1	2014
Carey Briggs	NRR3	2012	6	39	59.61	1	2012
Joshua Brighty	NRR	2015	11	24	62.8%	6	2007
Keith Brighty	NRR	2015	11	52	72.6%	7	2008
Steph Brighty	NRR	2015	16	27	48.9%	1	2015
Tim Brook	NRR(B)	2008	17	44	67.16	1	2008
Colin Browning	NRR2	2012	16	47	67.92	3	2007
Will Buck	NRR	2015	8	54	71.5%	5	2008
Lauren Buffini	NRR3	2012	4	34	54.08	1	2012
Michelle Bull	NRR3	2011	8	41	66.56	7	2001
Andy Bunn	NRR(A)	2009	9	23	79.01	3	2007
Andrew Bunn	NRR	2005	9	36	71.48	3	2003
Andrew Bunn	NRR	2002	10	33	62.67	1	2002
Neil Bunnage	NRR	2015	15	49	63.3%	1	2015
Clive Cartner	NRR	2015	8	36	61.6%	1	2015
Dawn Carver	NRR3	2012	7	48	67.65	7	2003
Michael Chamberlain	NRRb	2014	3	53	67.52	7	2002
Sze-Ming Cheung	NRR	2015	15	41	73.3%	1	2015
John Christopher	NRR	2004	11	40	74.19	1	2004
Debbi Clarke	NRR(B)	2009	15	22	67.57	1	2009
Jane Clarke	NRR	2002	15	42	81.70	3	2000
Marie Clarke	NRR3	2011	17	38	61.49	8	2003
Peter Cobb	NRR	2002	4	50	65.79	3	1996
Mark Collinson	NRR	2005	12	28	77.55	2	2004
Roly Cook	NRR	2015	3	53	54.8%	1	2015
Emma Coombs	NRR	2005	4	24	71.01	1	2005
Andy Crook	NRR[C]	2010	4	37	58.85	2	2009
Tracey Curl	NRR(A)	2010	8	48	83.45	11	1999

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Jordon Curl-Roper	NRR(C)	2008	3	17	67.86	1	2008
Sally Cushing	NRR	2015	15	50	66.4%	12	2003
Paul Cuthbert	NRR(A)	2009	6	47	76.13	2	2007
Paul Davies	NRR	2015	13	47	69.9%	9	1995
Clare Denzey	NRR[C]	2009	15	33	48.15	1	2009
Simon Dobbs	NRR	2015	1	50	74.5%	6	2009
Nicky Dowson	NRR	2015	5	50	58.9%	2	2014
Paul Dowson	NRR	2015	6	56	65.6%	2	2014
Tanya Dugdale	NRR3	2011	7	24	62.91	2	2010
Wayne Easlea	NRR1	2011	13	37	68.32	1	2011
Mark Edwards	NRR	2015	17	49	67.2%	4	2008
Penny Edwards	NRR	2015	9	60	80.4%	11	2002
Martin Edwards	NRR	1988	3			1	1988
Simon Edye	NRR(B)	2008	12	56	68.29	6	1995
Simon Elsenmann	NRRb	2013	16	48	67.59	3	2010
Steve Ely	NRRb	2014	11	43	71.72	3	2011
Deborah English	NRR	2015	14	37	71.0%	2	2014
Simon English	NRR	2015	15	41	76.4%	1	2015
Carlene Epps	NRR	2015	1	29	62.6%	1	2015
Rachel Fiddy	NRR[C]	2010	13	32	60.13	3	2007
Darren Fowlie	NRRa	2013	7	39	76.58	4	2010
Mandy Foyster	NRR	2015	14	49	66.6%	1	2015
Alec Francis	NRRa	2014	12	23	65.94	1	2014
Matthew Frary	NRR	2015	4	42	67.1%	3	2013
Paul Freeman	NRRa	2014	1	39	57.94	5	1998
Andrew Fretwell	NRR(B)	2008	10	49	59.24	6	1989
Mathew Friary	NRR[C]	2009	9	36	63.38	1	2009
Rachael Friend	NRR3	2011	15	29	54.02	2	2010
Mark Garrett	NRR	2015	9	52	74.3%	11	2005
Jason Gaul	NRRa	2014	6	34	62.33	1	2014
Kevin Gee	NRR(C)	2008	14	48	60.79	2	2007
David George	NRR[C]	2010	14	44	67.19	7	1988
Stephen Gibbs	NRR	2015	12	36	74.5%	7	2008
Nicki Gibson	NRR	2015	16	39	62.2%	2	2013
Rachel Gillings	NRR	2015	10	30	68.4%	4	2012
Stefan Glaysher	NRR1	2012	7	50	80.12	2	2011
Jo Godwin	NRRc	2013	11	40	62.91	3	2011
Lisa Godwin	NRRc	2013	13	42	66.96	4	2010
Jo Goodwin	NRR[C]	2009	7	36	58.88	1	2009
Adie Grand	NRR(A)	2008	8	43	66.13	9	1998
Nick Gurney	NRR	2015	13	24	59.1%	3	2013
Jamie Guyton	NRR3	2011	1	37	64.74	3	2009
Myles Hague	NRRc	2014	9	32	59.46	1	2014
Frank Hale	NRRb	2014	1	46	73.34	4	2009
Stacey Harper	NRR	2015	17	37	60.4%	1	2015
Paul Harrison	NRR	1995	13			4	1989
Ben Harwood	NRR(C)	2008	7	28	61.15	1	2008
Martin Hewetson	NRRa	2014	2	40	62.72	1	2014
Richard High	NRR3	2011	10	40	47.98	2	2010
Paul Higham	NRRa	2014	4	31	58.93	4	2010
Mel Hill	NRR(B)	2008	8	50	72.05	1	2008
Martin Horlock	NRR	2015	4	41	67.9%	5	2008
Trevor Horrex	NRR(C)	2008	10	48	57.95	7	1998
Lisa Howard	NRR[C]	2009	16	33	56.77	2	2006
John Hudson	NRRa	2014	10	32	68.99	2	2013
Anne Hulse	NRR(B)	2009	6	46	56.97	1	2009

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Sara Hurn	NRR(B)	2009	8	33	61.82	2	2008
Dale Hurren	NRR	2015	10	57	71.6%	10	2001
Jon Isherwood	NRR[C]	2010	5	26	45.85	1	2010
Tony Johns	NRR2	2012	13	46	77.21	8	1998
Richard Johnson	NRR	2015	2	39	64.5%	2	2012
Liz Jones	NRR	2015	4	36	49.5%	1	2015
Rob Joy	NRR(A)	2010	9	33	81.95	1	2010
Marisole Kane	NRR3	2012	16	47	63.81	1	2012
Jonathan Kemp	NRR	2015	9	35	62.4%	2	2014
Steve Kemp	NRR(B)	2008	5	51	62.06	4	2004
Robert Kett	NRR1	2012	4	37	70.75	3	2010
Anna Kirkham	NRR	2015	2	32	67.2%	5	2009
Jules Knight	NRR(C)	2008	12	32	45.82	1	2008
Damon Lawrence	NRR[C]	2009	1	33	62.14	1	2009
Emma Layton	NRR3	2012	17	25	67.80	1	2012
Rachel Leathwood	NRR[C]	2010	12	30	73.59	3	2008
Kevin Lemmon	NRRb	2013	4	54	73.63	12	1998
Adam Lewis	NRR	2005	17	27	81.75	2	2004
Ray Lindsay	NRR	2015	2	60	60.0%	23	1988
Kevin Mace	NRR	2015	12	53	73.8%	3	2012
Roddy MacGregor	NRR(A)	2008	4	40	76.64	1	2008
Louise Macrae	NRRc	2013	8	26	56.25	1	2013
Elies Mann	NRR	2015	3	43	64.2%	12	2002
David Marks	NRR	2006	15	39	52.55	2	2005
Paul Martin	NRR	2015	5	38	54.6%	3	2012
James Mcfarlane	NRR	2015	17	42	67.0%	2	2014
Roddy Mcgregor	NRR2	2011	7	43	77.89	4	2007
Mark Merrywest	NRRa	2013	15	35	63.94	2	2009
Ali Middleton	NRR	2015	14	28	64.0%	1	2015
Daniel Middleton	NRRa	2014	7	32	81.46	3	2012
Anne Millett	NRR3	2012	8	56	76.48	8	2003
Simon Millett	NRRa	2013	17	26	83.50	10	2004
Tony Millett	NRR[C]	2009	12	56	65.59	6	2004
Steve Moseley	NRR	2015	16	48	74.6%	3	2013
Glen Nelson	NRR	2004	2	50	68.65	2	2002
Peter Nelson	NRR[C]	2010	6	62	70.85	1	2010
Lisa Owen	NRR	2015	11	36	64.9%	1	2015
Niki Park	NRR	2015	13	50	73.7%	2	2014
Ben Parker	NRR	1995	8			1	1995
Sarah Peachey	NRR	2015	8	31	71.5%	1	2015
Andy Pond	NRR[C]	2009	4	44	63.62	2	2008
Carl Prewer	NRR1	2012	8	42	80.94	1	2012
Claire Ramsbottom	NRR3	2012	3	38	63.03	1	2012
Caroline Richardson	NRR3	2012	2	35	62.53	1	2012
Catherine Ricketts	NRRa	2013	14	35	70.63	2	2012
Mark Ring	NRRc	2013	10	46	62.87	2	2011
Suzanne Roger	NRRc	2013	14	30	55.99	1	2013
Goy Roper	NRR(B)	2010	9	48	75.29	12	1999
Martin Roper	NRR[C]	2010	10	51	56.69	1	2010
Ben Russell	NRRa	2013	12	23	78.95	5	2009
Richard Sales	NRR	2015	14	53	81.9%	20	1988
Richard Sargeant	NRR	2015	3	43	63.2%	1	2015
Andrew Savory	NRR(B)	2010	7	45	68.93	1	2010
Guy Shearwood	NRR	2015	12	56	68.0%	1	2015
Karl Sherry	NRR	2015	5	53	74.0%	16	1994
Paul Smith	NRR(C.)	2007	3	32	68.91	4	2003

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Alexandra Smith	NRR	2015	7	40	71.7%	8	2004
Paul Smith	NRRa	2014	3	39	61.82	1	2014
Stuart Smith	NRRa	2013	9	35	75.94	2	2012
Sue Smith	NRR(C)	2008	16	34	52.98	1	2008
Wendy Smith	NRR	2015	3	53	66.6%	10	2002
Ben Snelling	NRR	2015	9	44	63.4%	1	2015
Kevin Snelling	NRRb	2013	12	46	67.55	1	2013
Richard Steer	NRR	2015	13	40	70.7%	3	2013
Paul Sullivan	NRR	2015	1	49	70.0%	13	2002
Dave Tandy	NRR	2015	10	45	66.5%	6	2010
Caroline Tayler	NRR	2015	4	58	63.3%	8	2003
Mark Tayler	NRRc	2014	3	61	65.48	4	2004
Ben Taylor	NRR	2015	5	36	46.0%	1	2015
Mark Taylor	NRR(C)	2008	1	55	65.22	1	2008
Adam Thomas	NRR1	2012	5	31	59.73	2	2011
Debbie Tooke	NRR	2015	6	43	64.3%	1	2015
Tim Topper	NRRb	2014	4	43	76.76	4	2011
Darwin Turner	NRR[C]	2009	14	32	60.30	1	2009
Peter Tuttle	NRRb	2013	9	49	74.26	6	2002
Tim Tyler	NRR(B)	2008	13	52	65.62	2	2007
Wayne Utting	NRR(A)	2009	3	32	72.99	5	2004
Nils Van-Milden	NRR(C)	2008	2	36	60.93	1	2008
Polly Wake	NRR	2006	5	33	60.74	2	2005
Andy Walpole	NRR	2005	4	24	67.37	1	2005
Neil Walpole	NRR	2015	6	45	69.2%	2	2014
Natasha Walsh	NRR	2015	10	29	52.2%	1	2015
Graham Watering	NRR	2015	7	42	69.3%	1	2015
Melvin Waters	NRR	2006	12	50	64.06	2	2005
Steve Websdale	NRR(C)	2008	4	45	52.43	1	2008
Colin Weller	NRR	2015	1	44	64.0%	1	2015
David Welsh	NRR	2015	7	50	69.1%	2	2014
Polly Williams	NRR[C]	2009	3	29	52.45	1	2009
Bryn Williamson	NRR	2015	2	50	66.7%	1	2015
Charles Wood	NRRc	2014	13	56	57.54	3	2006
Carl Wright	NRRc	2013	9	51	69.08	3	2010
Mick Yaxley	NRR2	2012	9	51	80.76	2	2011
Martin Yeomans	NRR(B)	2010	16	59	78.99	8	2001
Kevin Youngs	NRR	1999	5		78.72	2	1998