

## RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Tracey Alden	Norwich Road Runners	2003	5	2007
Tracey Alder	Norwich Road Runners	1988	1	1988
Julian Allaker	Norwich Road Runners	2011	1	2011
Caroline Allen	Norwich Road Runners	2016	1	2016
Charles Allen	Norwich Road Runners	2010	4	2016
Tahar Alt ali	Norwich Road Runners	2000	1	2000
Jeremy Amies	Norwich Road Runners	2014	2	2016
Emma Appleton	Norwich Road Runners	2009	2	2011
Micheal Armes	Norwich Road Runners	2009	8	2016
Emily Armstrong	Norwich Road Runners	2010	2	2013
Marion Arnold	Norwich Road Runners	1998	4	2005
Nigel Arnold	Norwich Road Runners	1994	3	2000
Justin Ashford	Norwich Road Runners	1990	1	1990
Justin Ashford	Norwich Road Runners	2007	2	2008
James Ashton	Norwich Road Runners	2014	1	2014
Yvonne Astley	Norwich Road Runners	2009	1	2009
Taha Ati Ali	Norwich Road Runners	2001	1	2001
David Attoe	Norwich Road Runners	2000	1	2000
Ross Bailey	Norwich Road Runners	2006	1	2006
Kirsten Baillie	Norwich Road Runners	2001	1	2001
Graham Bainger	Norwich Road Runners	1998	7	2010
Alex Baker	Norwich Road Runners	1996	1	1996
Nikki Baker	Norwich Road Runners	2006	1	2006
Sarah Baker	Norwich Road Runners	2005	1	2005
Rachel Banham	Norwich Road Runners	2015	1	2015
Sharon Bardwell	Norwich Road Runners	2012	5	2016
D Beaugard	Norwich Road Runners	1993	1	1993
Emily Beavis	Norwich Road Runners	2015	2	2016

Name	Club	First Year	Appearances	Last year
Clare Becker	Norwich Road Runners	2005	1	2005
Paul Beckett	Norwich Road Runners	2013	2	2014
Paul Belham	Norwich Road Runners	1992	4	1998
T Belhum	Norwich Road Runners	1990	1	1990
M Bester	Norwich Road Runners	1999	1	1999
Jane Betts	Norwich Road Runners	1998	2	1999
Mark Betts	Norwich Road Runners	1990	11	2014
V Betts	Norwich Road Runners	1992	1	1992
David Birch	Norwich Road Runners	1996	4	2001
John Bird	Norwich Road Runners	2002	3	2013
Alice Birdsall	Norwich Road Runners	2011	1	2011
Alexandra Bland	Norwich Road Runners	2016	1	2016
Louise Blazey	Norwich Road Runners	2015	1	2015
Paul Blazey	Norwich Road Runners	2012	2	2015
Danny Bond	Norwich Road Runners	2013	2	2015
Sarah Boosey	Norwich Road Runners	2013	2	2016
Gary Booty	Norwich Road Runners	1990	1	1990
Alan Bradley	Norwich Road Runners	2006	3	2008
Sarah Bradley	Norwich Road Runners	2006	5	2016
Kevin Bray	Norwich Road Runners	2014	1	2014
Jeff Brett	Norwich Road Runners	1989	1	1989
Lisa Brickley	Norwich Road Runners	2000	1	2000
Carey Briggs	Norwich Road Runners	2012	1	2012
Josh Brighty	Norwich Road Runners	2007	7	2016
Keith Brighty	Norwich Road Runners	2007	9	2016
Steph Brighty	Norwich Road Runners	2015	1	2015
Julie Bringloe	Norwich Road Runners	2006	1	2006
Neil Brock	Norwich Road Runners	1998	1	1998
Tim Brook	Norwich Road Runners	2008	1	2008
Colin Browing	Norwich Road Runners	2001	1	2001
Louise Brown	Norwich Road Runners	1995	2	1996

Name	Club	First Year	Appearances	Last year
Trevor Browne	Norwich Road Runners	2002	2	2004
Colin Browning	Norwich Road Runners	2007	3	2012
Will Buck	Norwich Road Runners	2008	5	2015
Lauren Buffini	Norwich Road Runners	2012	1	2012
Michelle Bull	Norwich Road Runners	2001	7	2011
Andrew Bunn	Norwich Road Runners	2002	4	2005
Andy Bunn	Norwich Road Runners	2007	3	2009
Neil Bunnage	Norwich Road Runners	2015	2	2016
C Byes	Norwich Road Runners	1993	1	1993
Clive Cartner	Norwich Road Runners	2015	1	2015
Dawn Carver	Norwich Road Runners	2003	7	2012
Michael Chamberlain	Norwich Road Runners	2002	7	2014
Louise Chapman	Norwich Road Runners	2007	1	2007
Sze-Ming Cheung	Norwich Road Runners	2015	2	2016
John Christopher	Norwich Road Runners	2004	1	2004
Debbi Clarke	Norwich Road Runners	2009	1	2009
Jane Clarke	Norwich Road Runners	2000	3	2002
Marie Clarke	Norwich Road Runners	2003	8	2011
Peter Cobb	Norwich Road Runners	1996	3	2002
Rachel Codling	Norwich Road Runners	2001	1	2001
Dan Cole	Norwich Road Runners	2003	1	2003
I Coleman	Norwich Road Runners	1999	1	1999
Mark Collington	Norwich Road Runners	2003	1	2003
Mark Collinson	Norwich Road Runners	2004	2	2005
Ivan Colman	Norwich Road Runners	2001	1	2001
Emma Combes	Norwich Road Runners	2007	1	2007
Jamie Conyard	Norwich Road Runners	2016	1	2016
Roly Cook	Norwich Road Runners	2015	1	2015
Emma Coombs	Norwich Road Runners	2005	1	2005
Andrew Cooper	Norwich Road Runners	2016	1	2016
Jonathan Cordle	Norwich Road Runners	2016	1	2016

Name	Club	First Year	Appearances	Last year
Lindsey Cork	Norwich Road Runners	1998	2	1999
Paul Cork	Norwich Road Runners	1989	3	1996
Andy Crook	Norwich Road Runners	2009	2	2010
Tracey Curl	Norwich Road Runners	1999	11	2010
Jordon Curl-Roper	Norwich Road Runners	2008	1	2008
Sally Cushing	Norwich Road Runners	2003	13	2016
Paul Cuthbert	Norwich Road Runners	2007	2	2009
Paul Davies	Norwich Road Runners	1995	14	2016
H Day	Norwich Road Runners	1999	1	1999
Clare Denzey	Norwich Road Runners	2009	1	2009
D Devine	Norwich Road Runners	1993	1	1993
Simon Dobbs	Norwich Road Runners	2009	7	2016
Nicky Dowson	Norwich Road Runners	2014	3	2016
Paul Dowson	Norwich Road Runners	2014	3	2016
Tanya Dugdale	Norwich Road Runners	2010	2	2011
Wayne Easlea	Norwich Road Runners	2011	1	2011
Jon Edwards	Norwich Road Runners	2005	1	2005
Keith Edwards	Norwich Road Runners	1992	5	1999
Penny Edwards	Norwich Road Runners	2002	12	2016
Martin Edwards	Norwich Road Runners	1988	1	1988
Mark Edwards	Norwich Road Runners	2008	5	2016
Simon Edye	Norwich Road Runners	1995	6	2008
Simon Elsenmann	Norwich Road Runners	2010	3	2013
Steve Elvin	Norwich Road Runners	1994	3	2004
Steve Ely	Norwich Road Runners	2011	3	2014
Deborah English	Norwich Road Runners	2014	3	2016
Simon English	Norwich Road Runners	2015	1	2015
Carlene Epps	Norwich Road Runners	2015	1	2015
S Eyde	Norwich Road Runners	1994	1	1994
Rachel Fiddy	Norwich Road Runners	2007	3	2010
Derek Fiske	Norwich Road Runners	1999	1	1999

Name	Club	First Year	Appearances	Last year
A Fitt	Norwich Road Runners	1993	1	1993
J Fitt	Norwich Road Runners	1999	1	1999
Anne Flanagan	Norwich Road Runners	2006	2	2007
A Fordham	Norwich Road Runners	1990	2	1994
Darren Fowlie	Norwich Road Runners	2010	4	2013
Debbie Fox	Norwich Road Runners	1998	1	1998
Lucy Fox	Norwich Road Runners	2000	1	2000
Mandy Foyster	Norwich Road Runners	2015	1	2015
Alec Francis	Norwich Road Runners	2014	1	2014
Matt Frary	Norwich Road Runners	2013	4	2016
Paul Freeman	Norwich Road Runners	1998	5	2014
Andy Fretwell	Norwich Road Runners	1989	7	2008
Mathew Friary	Norwich Road Runners	2009	1	2009
Rachael Friend	Norwich Road Runners	2010	2	2011
David Frisby	Norwich Road Runners	1995	3	2000
A Frodham	Norwich Road Runners	1992	1	1992
Mandy Fulton	Norwich Road Runners	2007	1	2007
Gill Garner	Norwich Road Runners	1996	1	1996
Steve Garner	Norwich Road Runners	1996	1	1996
Julie Garrett	Norwich Road Runners	2002	4	2005
Mark Garrett	Norwich Road Runners	2005	12	2016
Adrian Garrod	Norwich Road Runners	1999	2	2000
Jason Gaul	Norwich Road Runners	2014	1	2014
Ruth Gaunt	Norwich Road Runners	2016	1	2016
Kevin Gee	Norwich Road Runners	2007	2	2008
David George	Norwich Road Runners	1988	7	2010
Steve Gibbs	Norwich Road Runners	2008	7	2015
Nicola Gibson	Norwich Road Runners	2013	2	2015
Rachel Gillings	Norwich Road Runners	2012	4	2015
Stefan Glaysher	Norwich Road Runners	2011	2	2012

Name	Club	First Year	Appearances	Last year
Jo Godwin	Norwich Road Runners	2009	4	2013
Lisa Godwin	Norwich Road Runners	2010	4	2013
Nigel Gooch	Norwich Road Runners	1988	2	1989
Ray Goose	Norwich Road Runners	1990	2	1992
Adie Grand	Norwich Road Runners	1998	9	2008
G Grand	Norwich Road Runners	1999	1	1999
Nick Gurney	Norwich Road Runners	2013	4	2016
Jamie Guyton	Norwich Road Runners	2009	3	2011
Myles Hague	Norwich Road Runners	2014	2	2016
Kieron Haines	Norwich Road Runners	2001	3	2006
Francis Hale	Norwich Road Runners	2009	5	2016
Graham Hales	Norwich Road Runners	1990	8	2000
Nick Harding	Norwich Road Runners	1998	2	1999
Stacey Harper	Norwich Road Runners	2015	2	2016
Chris Harrison	Norwich Road Runners	2016	1	2016
Paul Harrison	Norwich Road Runners	1989	4	1995
Ben Harwood	Norwich Road Runners	2008	1	2008
Alison Hatch	Norwich Road Runners	2007	1	2007
Lyn Hatch	Norwich Road Runners	2007	1	2007
Geoff Hayward	Norwich Road Runners	1998	1	1998
Neil Hendry	Norwich Road Runners	2002	2	2004
Catherine Henery	Norwich Road Runners	2016	1	2016
Martin Hewetson	Norwich Road Runners	2014	1	2014
Tamsin Hicks	Norwich Road Runners	2006	1	2006
Donna Higgleton	Norwich Road Runners	1989	1	1989
Richard High	Norwich Road Runners	2010	2	2011
Paul Higham	Norwich Road Runners	2010	4	2014
James Hill	Norwich Road Runners	1998	3	2000
Mel Hill	Norwich Road Runners	2008	1	2008
S Hill	Norwich Road Runners	1992	1	1992

Name	Club	First Year	Appearances	Last year
Barry Hindle	Norwich Road Runners	2000	2	2001
Ashley Hobbs	Norwich Road Runners	2016	1	2016
Patsy Hodgson	Norwich Road Runners	2006	1	2006
Julie Holbrook	Norwich Road Runners	2003	2	2004
Martin Horlock	Norwich Road Runners	2008	6	2016
Trevor Horrex	Norwich Road Runners	1998	7	2008
David Houghton	Norwich Road Runners	2016	1	2016
Lisa Howard	Norwich Road Runners	2006	2	2009
Matt Howes	Norwich Road Runners	2016	1	2016
John Hudson	Norwich Road Runners	2013	2	2014
Anne Hulse	Norwich Road Runners	2009	1	2009
Darren Hunton	Norwich Road Runners	1992	5	1996
Geoff Hunton	Norwich Road Runners	1995	4	2001
Sarah Hurn	Norwich Road Runners	2008	2	2009
Dale Hurren	Norwich Road Runners	2000	11	2015
Jon Isherwood	Norwich Road Runners	2010	1	2010
David Jacques	Norwich Road Runners	1988	6	2001
Tony Johns	Norwich Road Runners	1998	8	2012
Richard Johnson	Norwich Road Runners	2012	2	2015
Liz Jones	Norwich Road Runners	2015	1	2015
Vicky Jones	Norwich Road Runners	2016	1	2016
Rob Joy	Norwich Road Runners	2010	1	2010
Marisole Kane	Norwich Road Runners	2012	1	2012
Helena Kemp	Norwich Road Runners	1996	1	1996
Steve Kemp	Norwich Road Runners	2004	4	2008
Jon Kemp	Norwich Road Runners	2014	3	2016
Mervyn Kesselring	Norwich Road Runners	2001	1	2001
Robert Kett	Norwich Road Runners	2010	3	2012
Natalie Kim Cant	Norwich Road Runners	2016	1	2016
Peter King	Norwich Road Runners	1996	1	1996

Name	Club	First Year	Appearances	Last year
Robert King	Norwich Road Runners	1998	3	2002
Anna Kirkham	Norwich Road Runners	2009	5	2015
Jules Knight	Norwich Road Runners	2008	1	2008
Matt Knights	Norwich Road Runners	2005	2	2006
Nicola Korn	Norwich Road Runners	2004	3	2007
Fiona Laskey	Norwich Road Runners	2004	2	2007
Damon Lawrence	Norwich Road Runners	2009	1	2009
Emma Layton	Norwich Road Runners	2012	1	2012
Rachel Leathwood	Norwich Road Runners	2008	3	2010
Kevin Lehane	Norwich Road Runners	1988	3	1992
Rod Lehane	Norwich Road Runners	1989	1	1989
Kevin Lemmon	Norwich Road Runners	1998	12	2013
Adam Lewis	Norwich Road Runners	2004	2	2005
Neil Liddament	Norwich Road Runners	1988	1	1988
Ray Lindsay	Norwich Road Runners	1988	23	2015
S Livett	Norwich Road Runners	1993	1	1993
Ivan Loades	Norwich Road Runners	1988	8	2004
M Loades	Norwich Road Runners	1992	3	1994
Daniel Lowthorpe	Norwich Road Runners	1999	1	1999
Beatriz Lucas	Norwich Road Runners	2006	1	2006
Kevin Mace	Norwich Road Runners	2012	4	2016
Patrick Mace	Norwich Road Runners	2016	1	2016
Louise Macrae	Norwich Road Runners	2013	1	2013
Elies Mann	Norwich Road Runners	2002	12	2015
David Marks	Norwich Road Runners	2005	2	2006
June Marks	Norwich Road Runners	1994	3	1998
Paul Martin	Norwich Road Runners	2012	4	2016
James Mcfarlane	Norwich Road Runners	2014	3	2016
Roddy Mcgregor	Norwich Road Runners	2007	5	2011
James Mcsweeney	Norwich Road Runners	2005	1	2005

Name	Club	First Year	Appearances	Last year
David McWilliam	Norwich Road Runners	1998	1	1998
Rhys Meredith	Norwich Road Runners	2004	2	2005
Mark Merrywest	Norwich Road Runners	2009	2	2013
Chris Mickleburgh	Norwich Road Runners	2016	1	2016
Ali Middleton	Norwich Road Runners	2015	2	2016
Daniel Middleton	Norwich Road Runners	2012	3	2014
Cynthia Miller	Norwich Road Runners	1988	1	1988
Lou Miller	Norwich Road Runners	1988	1	1988
Rachel Miller	Norwich Road Runners	1993	2	1994
Anne Millett	Norwich Road Runners	2003	8	2012
Simon Millett	Norwich Road Runners	2004	10	2013
Tony Millett	Norwich Road Runners	2004	6	2009
Glenn Milton	Norwich Road Runners	1989	1	1989
David Minister	Norwich Road Runners	2005	2	2006
Brian Moore	Norwich Road Runners	2001	1	2001
Lynda Moore	Norwich Road Runners	2001	3	2004
Steve Moseley	Norwich Road Runners	2013	4	2016
Paul Neale	Norwich Road Runners	1993	7	2001
Glen Nelson	Norwich Road Runners	2002	2	2004
Peter Nelson	Norwich Road Runners	2010	1	2010
J Normington	Norwich Road Runners	1993	1	1993
Lisa Owen	Norwich Road Runners	2015	2	2016
Maurice Page	Norwich Road Runners	2001	1	2001
Niki Park	Norwich Road Runners	2014	3	2016
Ben Parker	Norwich Road Runners	1995	1	1995
John Patrick Fulton	Norwich Road Runners	2007	1	2007
Sarah Peachey	Norwich Road Runners	2015	2	2016
Cathy Piggott	Norwich Road Runners	2005	3	2007
Andy Pond	Norwich Road Runners	2008	2	2009
Adrian Porter	Norwich Road Runners	2000	1	2000
Marion Potter	Norwich Road Runners	1990	4	1995

Name	Club	First Year	Appearances	Last year
Mick Powell	Norwich Road Runners	1988	11	2007
Carl Prewer	Norwich Road Runners	2012	1	2012
Colin Putley	Norwich Road Runners	2000	2	2002
Jane Rackman	Norwich Road Runners	2003	1	2003
V Rackman	Norwich Road Runners	1993	1	1993
Claire Ramsbottom	Norwich Road Runners	2012	1	2012
Chris Read	Norwich Road Runners	2016	1	2016
Sam Reddy	Norwich Road Runners	2016	1	2016
Caroline Richardson	Norwich Road Runners	2012	1	2012
Liam Richardson	Norwich Road Runners	2004	1	2004
Catherine Ricketts	Norwich Road Runners	2012	2	2013
Mark Ring	Norwich Road Runners	2011	2	2013
F Robinson	Norwich Road Runners	1990	1	1990
Lynda Robinson	Norwich Road Runners	2002	1	2002
Suzanne Roger	Norwich Road Runners	2013	1	2013
Goy Roper	Norwich Road Runners	1999	12	2010
Martin Roper	Norwich Road Runners	2010	1	2010
Tim Rowe	Norwich Road Runners	1999	4	2004
Ben Russell	Norwich Road Runners	2009	6	2016
Clare Ryalls	Norwich Road Runners	2006	1	2006
Andrew Sadler	Norwich Road Runners	1988	1	1988
Richard Sales	Norwich Road Runners	1988	21	2016
Richard Sargeant	Norwich Road Runners	2015	2	2016
Sarah Sargent	Norwich Road Runners	1999	1	1999
Billy Sartain	Norwich Road Runners	1990	3	2000
Andrew Savory	Norwich Road Runners	2010	1	2010
Robert Scotter	Norwich Road Runners	1999	4	2003
Guy Shearwood	Norwich Road Runners	2015	1	2015
Karl Sherry	Norwich Road Runners	1994	17	2016
Alma Simmonds	Norwich Road Runners	1993	5	2003

Name	Club	First Year	Appearances	Last year
Dennis Simpson	Norwich Road Runners	2004	3	2006
Tracey Slade	Norwich Road Runners	2006	2	2007
Paul Smith	Norwich Road Runners	2003	5	2014
Alexandra Smith	Norwich Road Runners	2004	9	2015
Stuart Smith	Norwich Road Runners	2000	3	2013
Sue Smith	Norwich Road Runners	2008	1	2008
Wendy Smith	Norwich Road Runners	2002	10	2015
Ben Snelling	Norwich Road Runners	2015	1	2015
Kevin Snelling	Norwich Road Runners	2013	1	2013
Chris Southwell	Norwich Road Runners	1999	2	2001
Martin Stacey	Norwich Road Runners	2002	2	2003
Ruth Steele	Norwich Road Runners	2016	1	2016
Richard Steer	Norwich Road Runners	2013	3	2015
Alison Stewart	Norwich Road Runners	2016	1	2016
Jack Stuart	Norwich Road Runners	1998	1	1998
Paul Sullivan	Norwich Road Runners	2002	14	2016
Dave Tandy	Norwich Road Runners	2010	7	2016
Caroline Tayler	Norwich Road Runners	2003	8	2015
Mark Tayler	Norwich Road Runners	2005	4	2014
Ben Taylor	Norwich Road Runners	2015	1	2015
Mark Taylor	Norwich Road Runners	2004	1	2004
Adam Thomas	Norwich Road Runners	2011	2	2012
Richard Thormhill	Norwich Road Runners	1989	1	1989
Colin Thouless	Norwich Road Runners	1988	1	1988
Gavin Thouless	Norwich Road Runners	1988	4	2007
Debbie Tooke	Norwich Road Runners	2015	2	2016
Tim Topper	Norwich Road Runners	2011	4	2014
Tom Townsend	Norwich Road Runners	2000	1	2000
Darwin Turner	Norwich Road Runners	2009	1	2009
Peter Tuttle	Norwich Road Runners	2002	6	2013
Tim Tyler	Norwich Road Runners	2007	2	2008

Name	Club	First Year	Appearances	Last year
Runner Unknown	Norwich Road Runners	1999	1	1999
Wayne Utting	Norwich Road Runners	2004	5	2009
Nils Van Minden	Norwich Road Runners	2005	4	2008
Ellen Verstratten	Norwich Road Runners	1989	1	1989
Polly Wake	Norwich Road Runners	2005	2	2006
Sarah Walker	Norwich Road Runners	1988	2	1989
Richard Wallace	Norwich Road Runners	1989	1	1989
Andrew Walpole	Norwich Road Runners	2005	1	2005
Neil Walpole	Norwich Road Runners	2014	3	2016
Ian Walsh	Norwich Road Runners	2004	1	2004
Natasha Walsh	Norwich Road Runners	2015	2	2016
Graham Watering	Norwich Road Runners	2015	2	2016
Melvin Waters	Norwich Road Runners	2005	2	2006
Steve Websdale	Norwich Road Runners	2008	1	2008
Colin Weller	Norwich Road Runners	2015	2	2016
David Welsh	Norwich Road Runners	2014	3	2016
Jenny Wenn	Norwich Road Runners	2007	1	2007
Tony White	Norwich Road Runners	2006	1	2006
Bryn Williams	Norwich Road Runners	2016	1	2016
Julz Williams	Norwich Road Runners	2016	1	2016
Polly Williams	Norwich Road Runners	2009	1	2009
Bryn Williamson	Norwich Road Runners	2015	1	2015
Paul Williamson	Norwich Road Runners	2004	1	2004
Tom Willis	Norwich Road Runners	2002	1	2002
M Wlilliams	Norwich Road Runners	1990	1	1990
R Wolwyn	Norwich Road Runners	1992	1	1992
Charlie Wood	Norwich Road Runners	2006	3	2014
Carl Wright	Norwich Road Runners	2010	3	2013
Mick Yaxley	Norwich Road Runners	2011	2	2012
Martin Yeomans	Norwich Road Runners	2001	8	2010
Kevin Youngs	Norwich Road Runners	1998	2	1999