

RNR All Time Appearances - Ryston Runners

| Name | Team | Last Year | Stage | Age | Age% | Appearances | First Year |
|---------------------|----------|-----------|-------|-----|-------|-------------|------------|
| Simon Able | RYS | 2015 | 4 | 44 | 69.3% | 7 | 2009 |
| Georgina Allen | RYS2 | 2011 | 16 | 55 | 65.29 | 3 | 2008 |
| Ashley Ambrose | RYS1 | 2011 | 3 | 21 | 63.05 | 1 | 2011 |
| Joe Anderson-Brown | RYSa | 2013 | 15 | 25 | 69.17 | 4 | 2010 |
| Christine Anthony | RYS | 1999 | 14 | | 65.87 | 4 | 1992 |
| Neil Anthony | RYS | 1999 | 13 | | 60.50 | 4 | 1993 |
| Jane Ashby | RYS | 2015 | 7 | 67 | 82.0% | 1 | 2015 |
| Chris Balmer | RYS | 2015 | 1 | 33 | 72.3% | 7 | 2007 |
| Rod Baron | RYS | 2002 | 14 | 46 | 73.20 | 3 | 1998 |
| Ian Barrett | RYSa | 2014 | 14 | 39 | 71.25 | 1 | 2014 |
| Heather Beattie | RYS | 2015 | 9 | 31 | 67.9% | 2 | 2014 |
| Nic Bensley | RYS | 2015 | 9 | 45 | 72.6% | 5 | 2011 |
| Steven Bowerman | RYSa | 2014 | 3 | 48 | 68.31 | 4 | 2010 |
| Annie Bradbury | RYS2 | 2012 | 17 | 51 | 78.49 | 5 | 2007 |
| Ollie Bradbury | RYS[C] | 2010 | 15 | 21 | 69.48 | 2 | 2009 |
| Sue Brave-Rodriguez | RYS(B) | 2008 | 6 | 43 | 58.68 | 1 | 2008 |
| Barry Bye | RYS(B) | 2010 | 1 | 62 | 66.97 | 11 | 1992 |
| Amy Chapman | RYS | 2015 | 2 | 24 | 63.0% | 1 | 2015 |
| Jill Davis | RYS | 2015 | 6 | 61 | 73.2% | 1 | 2015 |
| Kelly De'Gol | RYS | 2015 | 8 | 36 | 64.7% | 2 | 2013 |
| Mark Doughty | RYSb | 2013 | 15 | 39 | 60.95 | 1 | 2013 |
| Peter Drew | RYS(B) | 2010 | 15 | 46 | 48.73 | 1 | 2010 |
| Pauline Drewery | RYS | 2015 | 5 | 46 | 54.9% | 4 | 2012 |
| Jonathan Faill | RYS(B) | 2008 | 12 | 47 | 56.13 | 1 | 2008 |
| Paul Firmage | RYS2 | 2011 | 15 | 56 | 66.98 | 24 | 1987 |
| Marie French | RYS1 | 2012 | 6 | 32 | 73.10 | 4 | 2009 |
| Daniel Guppy | RYS | 2015 | 15 | 34 | 70.4% | 2 | 2014 |
| Martin Hammond | RYS | 2015 | 17 | 50 | 59.9% | 5 | 2010 |
| Gina Handoll | RYS(B) | 2010 | 12 | 47 | 68.29 | 1 | 2010 |
| Andy Harrod | RYS | 2015 | 16 | 51 | 60.3% | 2 | 2012 |
| Gill Hart | RYSb | 2014 | 16 | 61 | 63.84 | 4 | 2009 |
| Marcus Hawkins | RYSa | 2014 | 4 | 41 | 67.44 | 3 | 2012 |
| Caroline Hipkin | RYS | 1992 | 6 | | | 3 | 1988 |
| Ian Hogarth | RYS[C] | 2010 | 3 | 31 | 65.26 | 5 | 2005 |
| Will Honeybone | RYS | 2015 | 5 | 44 | 60.2% | 2 | 2014 |
| Doug Hosking | RYSa | 2013 | 13 | 42 | 67.29 | 1 | 2013 |
| Darren Houghton | RYS(A) | 2010 | 16 | 40 | 65.51 | 1 | 2010 |
| Adam Howard | RYS | 2015 | 6 | 36 | 68.3% | 1 | 2015 |
| Kevin Howlett | RYS | 2015 | 9 | 58 | 71.7% | 16 | 1994 |
| Michael Howlett | RYSa | 2014 | 8 | 29 | 66.31 | 9 | 2006 |
| Simon Howling | RYS(B) | 2010 | 9 | 48 | 72.96 | 7 | 1995 |
| Charlotte Hunt | RYS2 | 2012 | 16 | 24 | 61.34 | 3 | 2008 |
| Jo Isbill | RYS | 2015 | 7 | 50 | 73.3% | 8 | 2004 |
| Martin Ive | RYS | 2015 | 2 | 49 | 66.1% | 12 | 1999 |
| Louise Jackson | RYS(B) | 2010 | 3 | 24 | 43.99 | 1 | 2010 |
| Pete Johnson | RYS | 2015 | 10 | 61 | 85.7% | 1 | 2015 |
| Ben Jones | RYSa | 2013 | 4 | 35 | 66.40 | 1 | 2013 |
| Justin Kinsey | RYS | 2015 | 7 | 32 | 70.4% | 3 | 2013 |
| Maria Lambert | 2 RYS(A) | 2010 | 1 | 37 | 50.12 | 1 | 2010 |
| David Lane | RYSb | 2014 | 3 | 49 | 54.97 | 6 | 2009 |
| Lorena Latisaite | RYS | 2015 | 13 | 27 | 68.3% | 2 | 2014 |
| Simon Levy | RYS | 2015 | 13 | 34 | 69.3% | 6 | 2008 |
| Gareth Little | RYS1 | 2012 | 17 | 25 | 72.31 | 1 | 2012 |

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|------------------|----|--------|-----------|-------|-----|-------|-------------|------------|
| Helen Lloyd | | RYS(A) | 2010 | 13 | 51 | 61.48 | 1 | 2010 |
| Shaun Mann | | RYS | 2015 | 16 | 43 | 72.1% | 1 | 2015 |
| Carl Manning | | RYS[C] | 2010 | 13 | 50 | 71.15 | 2 | 2009 |
| Lynn Marriott | | RYS(A) | 2010 | 14 | 44 | 52.58 | 1 | 2010 |
| Linda Marshall | | RYSb | 2014 | 6 | 49 | 70.53 | 6 | 2008 |
| Adam Matthews | | RYS | 2015 | 14 | 20 | 73.7% | 3 | 2013 |
| Susan Matthews | | RYS | 2015 | 1 | 36 | 69.4% | 1 | 2015 |
| Helen Melville | | RYS | 2015 | 16 | 40 | 61.7% | 7 | 2008 |
| Andy Merrett | | RYS(A) | 2008 | 6 | 35 | 60.85 | 1 | 2008 |
| Ian Milburn | | RYS | 2015 | 11 | 28 | 67.8% | 2 | 2014 |
| Alison Milnes | | RYS(A) | 2010 | 6 | 50 | 63.89 | 4 | 1997 |
| Chris Milnes | | RYS(A) | 2010 | 9 | 53 | 66.68 | 7 | 1999 |
| Darren Naughton | | RYS1 | 2011 | 16 | 41 | 70.81 | 1 | 2011 |
| Jeremy Navrady | | RYS | 2015 | 1 | 49 | 60.4% | 17 | 1999 |
| Dave Neale | | RYS2 | 2011 | 14 | 55 | 72.48 | 9 | 1997 |
| Darren Neale | 3 | RYSb | 2013 | 5 | 57 | 67.45 | 1 | 2013 |
| Julia Norman | | RYS | 2015 | 8 | 40 | 63.1% | 1 | 2015 |
| James O'Neill | | RYS | 2015 | 5 | 35 | 69.7% | 6 | 2010 |
| David Oliver | | RYS(A) | 2009 | 12 | 34 | 69.67 | 1 | 2009 |
| Che Plant | | RYS | 2015 | 12 | 36 | 70.5% | 4 | 2011 |
| Matt Pyatt | | RYS | 2015 | 10 | 38 | 82.1% | 4 | 2010 |
| Mel Read | | RYS | 2015 | 4 | 32 | 60.4% | 2 | 2014 |
| Mark Riches | | RYS2 | 2012 | 12 | 48 | 66.95 | 1 | 2012 |
| Lesley Robins | | RYS | 2015 | 12 | 43 | 67.6% | 4 | 2011 |
| Stuart Robins | | RYS | 2015 | 15 | 48 | 73.1% | 2 | 2013 |
| Dave Robinson | 1 | RYS1 | 2011 | 12 | 54 | 77.22 | 8 | 2004 |
| Jessica Robinson | | RYS | 2015 | 6 | 26 | 58.8% | 1 | 2015 |
| Nicky Roger | | RYSb | 2014 | 8 | 43 | 76.09 | 1 | 2014 |
| Ian Saunders | | RYS2 | 2011 | 12 | 41 | 63.29 | 3 | 2008 |
| Tony Savage | | RYS[C] | 2010 | 2 | 49 | 70.90 | 9 | 1998 |
| Les Scott | | RYSb | 2014 | 11 | 56 | 66.02 | 8 | 2006 |
| Anna Seaman | | RYS | 2015 | 14 | 36 | 63.3% | 1 | 2015 |
| Phil Seaman | | RYS2 | 2012 | 13 | 57 | 61.41 | 1 | 2012 |
| Helen Sewell | | RYS(B) | 2008 | 15 | 63 | 64.94 | 1 | 2008 |
| Andrew Simmonds | | RYS | 2015 | 2 | 34 | 61.8% | 19 | 1996 |
| Martin Simmonds | | RYS2 | 2012 | 8 | 71 | 71.41 | 18 | 1994 |
| Robert Simmonds | | RYS | 2015 | 3 | 30 | 70.7% | 16 | 2000 |
| Darren Smith | 15 | RYS2 | 2012 | 10 | 25 | 53.52 | 4 | 2008 |
| Karen Smith | 32 | RYS | 2015 | 10 | 47 | 64.1% | 6 | 2009 |
| Sue Smith | 59 | RYS(B) | 2008 | 8 | 44 | 55.61 | 1 | 2008 |
| Andy Smith | 6 | RYS[C] | 2010 | 1 | 44 | 64.57 | 20 | 1987 |
| Wendy Smith | 61 | RYS(A) | 2009 | 2 | 43 | 65.91 | 1 | 2009 |
| Barry Smith | 7 | RYS | 2015 | 12 | 50 | 62.1% | 2 | 2014 |
| Pauline Sparrow | | RYSb | 2013 | 7 | 62 | 73.18 | 5 | 2008 |
| Callum Stanforth | | RYS | 2015 | 17 | 25 | 80.4% | 3 | 2013 |
| Sarah Taylor | 12 | RYS | 2015 | 17 | 50 | 71.4% | 9 | 2002 |
| Ian Thomas | | RYS | 1994 | 8 | | | 3 | 1990 |
| Emma Thompson | | RYS | 2015 | 14 | 38 | 62.5% | 1 | 2015 |
| Phil Thompson | | RYS | 2015 | 4 | 41 | 68.1% | 1 | 2015 |
| Ian Todd | | RYSb | 2014 | 5 | 51 | 55.58 | 2 | 2013 |
| Andy Townley | | RYS | 1999 | 6 | | 56.99 | 2 | 1998 |
| Malcolm Tuff | | RYS | 2015 | 8 | 50 | 65.7% | 9 | 2006 |
| Rebecca Tuff | | RYS(B) | 2008 | 3 | 17 | 53.01 | 1 | 2008 |
| Phil Twite | | RYS | 2015 | 13 | 39 | 68.8% | 1 | 2015 |
| Clive Veal | | RYS(B) | 2009 | 8 | 47 | 59.26 | 9 | 2000 |
| Julie Wacey | | RYS | 2015 | 15 | 44 | 61.3% | 1 | 2015 |

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|--------------------|--------|-----------|-------|-----|-------|-------------|------------|
| Caroline Wakefield | RYS2 | 2012 | 15 | 41 | 75.25 | 5 | 2003 |
| Christopher Watson | RYS(A) | 2009 | 13 | 24 | 65.61 | 1 | 2009 |
| Melanie Watts | RYS | 2015 | 3 | 39 | 49.3% | 1 | 2015 |
| Andy Wicklen | RYS | 2015 | 11 | 40 | 64.6% | 2 | 2014 |
| Robert Wilton | RYS[C] | 2010 | 12 | 36 | 67.55 | 1 | 2010 |
| Maureen Wolfe | RYS | 2015 | 11 | 56 | 72.6% | 3 | 2012 |
| Karen Wood | RYS | 2015 | 3 | 51 | 63.4% | 2 | 2013 |
| Matt Wortley | RYS1 | 2011 | 13 | 35 | 64.07 | 5 | 2007 |