

RNR All Time Appearances as at 2016

Name	Club	First Year	Appearances	Last year
Simon Able	Ryston Runners	2009	7	2015
Graham Allday	Ryston Runners	1988	1	1988
Georgina Allen	Ryston Runners	2008	3	2011
Julie Allum	Ryston Runners	2004	2	2005
Ashley Ambrose	Ryston Runners	2011	1	2011
Joe Anderson-Brown	Ryston Runners	2010	4	2013
Tim Angell	Ryston Runners	2007	1	2007
Neil Anthony	Ryston Runners	1993	4	1999
Christine Anthony	Ryston Runners	1992	4	1999
Alan Armstrong	Ryston Runners	1988	1	1988
Anne Armstrong	Ryston Runners	1987	2	1988
Karen Armstrong	Ryston Runners	1987	1	1987
Robert Armstrong	Ryston Runners	1987	2	1988
Warren Armstrong	Ryston Runners	2016	1	2016
Jane Ashby	Ryston Runners	2015	1	2015
Alex Atkin	Ryston Runners	1990	4	1993
Annie Baldwin	Ryston Runners	2016	1	2016
Chris Balmer	Ryston Runners	2007	8	2016
Rod Baron	Ryston Runners	1998	3	2002
Ian Barrett	Ryston Runners	2014	1	2014
Heather Beattie	Ryston Runners	2014	2	2015
Nic Bensley	Ryston Runners	2011	6	2016
Sharron Billiar	Ryston Runners	1999	2	2000
Liz Blakie	Ryston Runners	1990	4	2000
Gina Borley	Ryston Runners	1996	5	2003
Steve Bowerman	Ryston Runners	2010	4	2014
Annie Bradbury	Ryston Runners	2007	5	2012
Ollie Bradbury	Ryston Runners	2009	2	2010
Kevin Bradley	Ryston Runners	2007	1	2007

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Sue Brave-Rodriguez	Ryston Runners	2008	1	2008
G Buffan	Ryston Runners	1999	1	1999
Jim Bunten	Ryston Runners	1987	1	1987
Keith Bunting	Ryston Runners	1998	2	1999
Jean Button	Ryston Runners	1989	2	1991
Keith Button	Ryston Runners	1988	3	1991
Barry Bye	Ryston Runners	1992	11	2010
Caron Bye	Ryston Runners	1999	1	1999
John Cartwright	Ryston Runners	1988	5	1994
J Chamberlain	Ryston Runners	1997	1	1997
M Chambers	Ryston Runners	1989	1	1989
Amy Chapman	Ryston Runners	2015	1	2015
Chris Chapman	Ryston Runners	2016	1	2016
Terry Cooke	Ryston Runners	1987	9	1997
Jill Davis	Ryston Runners	2015	1	2015
Kelly De'Gol	Ryston Runners	2013	3	2016
A Digweed	Ryston Runners	1989	1	1989
D Dolman	Ryston Runners	1991	1	1991
Mark Doughty	Ryston Runners	2013	2	2016
Peter Drew	Ryston Runners	2010	1	2010
Pauline Drewery	Ryston Runners	2012	5	2016
Pete Duhig	Ryston Runners	1987	10	2003
Alan Duncan	Ryston Runners	2006	1	2006
Andy Duncombe	Ryston Runners	2007	1	2007
Kirsty English	Ryston Runners	1996	1	1996
Jonathan Fail	Ryston Runners	2008	1	2008
Paul Firmage	Ryston Runners	1987	24	2011
Paul Forster	Ryston Runners	1987	2	1988
Ian Fowler	Ryston Runners	1987	1	1987
Matt Freeman	Ryston Runners	2007	1	2007
Marie French	Ryston Runners	2009	5	2016

Name	Club	First Year	Appearances	Last year
T Gilbert	Ryston Runners	1989	1	1989
J Gill	Ryston Runners	1997	1	1997
Paul Goodman	Ryston Runners	2003	1	2003
Katie Green	Ryston Runners	2007	1	2007
Daniel Guppy	Ryston Runners	2014	3	2016
Richenda Gurney	Ryston Runners	2007	1	2007
David Halliday	Ryston Runners	1987	1	1987
Martin Hammond	Ryston Runners	2010	6	2016
Bob Hancock	Ryston Runners	1987	3	1989
Gina Handoll	Ryston Runners	2010	1	2010
Richard Handoll	Ryston Runners	1992	3	1999
Sally Harnwell	Ryston Runners	1999	1	1999
Andy Harrod	Ryston Runners	2012	3	2016
Bob Harshaw	Ryston Runners	1989	1	1989
Gill Hart	Ryston Runners	2009	4	2014
Hayley Hawes	Ryston Runners	2016	1	2016
Marcus Hawkins	Ryston Runners	2012	4	2016
Andy Heasman	Ryston Runners	1994	1	1994
Caroline Hipkin	Ryston Runners	1988	3	1992
Joanne Hipkin	Ryston Runners	1989	4	1995
John Hipkin	Ryston Runners	1989	4	1997
Ian Hogarth	Ryston Runners	2005	5	2010
Will Honeybone	Ryston Runners	2014	3	2016
Greg Horn	Ryston Runners	1992	2	1993
Doug Hosking	Ryston Runners	2013	1	2013
Paul Hough	Ryston Runners	1997	1	1997
Darren Houghton	Ryston Runners	2010	1	2010
Adam Howard	Ryston Runners	2015	1	2015
Kevin Howlett	Ryston Runners	1994	17	2016
Michael Howlett	Ryston Runners	2006	10	2016
Simon Howling	Ryston Runners	1995	7	2010

Name	Club	First Year	Appearances	Last year
Dave Hughes	Ryston Runners	1999	1	1999
Amanda Hull	Ryston Runners	2007	1	2007
Charlotte Hunt	Ryston Runners	2008	3	2012
Gareth Hunt	Ryston Runners	2016	1	2016
Jo Isbill	Ryston Runners	2005	8	2016
Robert Isbill	Ryston Runners	1999	6	2004
Martin Ive	Ryston Runners	1999	12	2015
Philip Jacklin	Ryston Runners	1990	5	1994
Louise Jackson	Ryston Runners	2010	1	2010
Harry Johns	Ryston Runners	2007	1	2007
Pete Johnson	Ryston Runners	2015	2	2016
Robert Jones	Ryston Runners	1987	1	1987
Ben Jones	Ryston Runners	2013	1	2013
D Jones	Ryston Runners	1997	1	1997
Dave Kellaway	Ryston Runners	2007	1	2007
Matthew Kennedy	Ryston Runners	1987	1	1987
Justin Kinsey	Ryston Runners	2013	4	2016
Steve Knobbs	Ryston Runners	2007	1	2007
Robert Koziel	Ryston Runners	1995	2	1996
Maria Lambert	Ryston Runners	2010	1	2010
Bob Lands	Ryston Runners	1995	3	1998
David Lane	Ryston Runners	2009	6	2014
Lorena Latisaite	Ryston Runners	2014	3	2016
R Legood	Ryston Runners	1999	1	1999
Simon Levy	Ryston Runners	2008	7	2016
Gareth Little	Ryston Runners	2012	1	2012
Helen Lloyd	Ryston Runners	2010	1	2010
Brian Lobley	Ryston Runners	1994	1	1994
Shaun Mann	Ryston Runners	2015	1	2015
Carl Manning	Ryston Runners	2009	2	2010
Jan Manning	Ryston Runners	2016	1	2016

Name	Club	First Year	Appearances	Last year
K Marrin	Ryston Runners	1991	1	1991
Lynn Marriott	Ryston Runners	2010	1	2010
Ged Marsden	Ryston Runners	1992	4	1996
Linda Marshall	Ryston Runners	2008	7	2016
Kelly Marsters	Ryston Runners	1994	4	1998
Adam Matthews	Ryston Runners	2013	4	2016
Susan Matthews	Ryston Runners	2015	2	2016
Eamonn McCusker	Ryston Runners	2003	1	2003
Juliette Meek	Ryston Runners	2016	1	2016
Helen Melville	Ryston Runners	2008	7	2015
Andy Merrett	Ryston Runners	2008	1	2008
M Middledge	Ryston Runners	1992	1	1992
Ian Milburn	Ryston Runners	2014	2	2015
Alison Milnes	Ryston Runners	1997	4	2010
Chris Milnes	Ryston Runners	1999	7	2010
Mick Milsom	Ryston Runners	1989	3	1991
Mick Moakes	Ryston Runners	1989	1	1989
Jo Moncrieff	Ryston Runners	2004	1	2004
Andy Moore	Ryston Runners	1987	1	1987
Helen Mott	Ryston Runners	1994	1	1994
D Moyes	Ryston Runners	1989	1	1989
Iain Murrell	Ryston Runners	2007	1	2007
Darren Naughton	Ryston Runners	2011	1	2011
Jeremy Navrady	Ryston Runners	1999	18	2016
Dave Neale	Ryston Runners	1997	10	2013
Julia Norman	Ryston Runners	2015	2	2016
James O'Neill	Ryston Runners	2010	7	2016
David Oliver	Ryston Runners	2009	1	2009
John Osbourne	Ryston Runners	1998	1	1998
Duncan Page	Ryston Runners	1993	1	1993
Glen Parish	Ryston Runners	1996	1	1996

Name	Club	First Year	Appearances	Last year
Sarah Partridge	Ryston Runners	2016	1	2016
Che Plant	Ryston Runners	2011	4	2015
Matthew Purbrick	Ryston Runners	1993	1	1993
Matt Pyatt	Ryston Runners	2010	5	2016
Paul Ratnage	Ryston Runners	1990	2	1996
Brian Read	Ryston Runners	1993	3	1997
Mel Read	Ryston Runners	2014	1	2014
Chris Reed	Ryston Runners	1992	1	1992
Melanie Reed	Ryston Runners	2015	2	2016
Rosemary Rhodes	Ryston Runners	1990	1	1990
Mark Riches	Ryston Runners	2012	1	2012
Lesley Robins	Ryston Runners	2011	5	2016
Stewart Robins	Ryston Runners	2013	3	2016
Jess Robinson	Ryston Runners	2004	3	2015
Dave Robinson	Ryston Runners	2004	8	2011
Jonathan Rodwell	Ryston Runners	2007	1	2007
Nicky Roger	Ryston Runners	2014	1	2014
Annie Rooks	Ryston Runners	2016	1	2016
A Saunders	Ryston Runners	1999	1	1999
Ian Saunders	Ryston Runners	2008	3	2011
Tony Savage	Ryston Runners	1998	10	2016
Les Scott	Ryston Runners	2006	9	2016
Anna Seaman	Ryston Runners	2015	2	2016
Phil Seaman	Ryston Runners	2012	1	2012
Penny Seeger	Ryston Runners	2016	1	2016
Helen Sewell	Ryston Runners	2008	1	2008
Warren Shattock	Ryston Runners	1988	1	1988
Martin Sheldrick	Ryston Runners	2016	1	2016
Andrew Simmonds	Ryston Runners	1996	20	2016
Martin Simmonds	Ryston Runners	1994	18	2012
Robert Simmonds	Ryston Runners	2000	17	2016

Name	Club	First Year	Appearances	Last year
Steve Small	Ryston Runners	2007	1	2007
Barry Smith	Ryston Runners	2014	3	2016
Darren Smith	Ryston Runners	2008	4	2012
K Smith	Ryston Runners	1991	2	1992
Karen Smith	Ryston Runners	2009	7	2016
Manoela Smith	Ryston Runners	1993	1	1993
Alan Smith	Ryston Runners	1994	1	1994
Andy Smith	Ryston Runners	1987	21	2010
Sue Smith	Ryston Runners	2008	1	2008
Pauline Sparrow	Ryston Runners	2008	5	2013
Jack Stamp	Ryston Runners	2007	1	2007
Callum Stanforth	Ryston Runners	2013	4	2016
Robert Storey	Ryston Runners	1988	1	1988
M Sup	Ryston Runners	1999	1	1999
Howard Taylor	Ryston Runners	1988	1	1988
Sarah Taylor	Ryston Runners	2002	10	2016
Ian Thomas	Ryston Runners	1990	3	1994
Emma Thompson	Ryston Runners	2015	1	2015
Phil Thompson	Ryston Runners	2015	1	2015
Bruce Thornton	Ryston Runners	1988	3	1990
Ian Todd	Ryston Runners	2013	2	2014
Simeon Tomlinson	Ryston Runners	2007	1	2007
Sue Tomlinson	Ryston Runners	2007	1	2007
Andy Townley	Ryston Runners	1998	2	1999
Malcolm Tuff	Ryston Runners	2006	10	2016
Rebecca Tuff	Ryston Runners	2008	1	2008
Cath Turner	Ryston Runners	1987	2	1988
Phil Twite	Ryston Runners	2015	1	2015
Runner Unknown	Ryston Runners	1999	2	1999
Claire Vaughan-Arbuckle	Ryston Runners	1993	2	1995
Ian Vaughan-Arbuckle	Ryston Runners	1987	4	1993

Name	Club	First Year	Appearances	Last year
Clive Veal	Ryston Runners	2000	9	2009
Julie Wacey	Ryston Runners	2015	2	2016
Mike Wade	Ryston Runners	1991	2	1992
Caroline Wakefield	Ryston Runners	2003	5	2012
David Ward	Ryston Runners	1999	3	2001
Simon Ward	Ryston Runners	1997	4	2001
Sue Ward	Ryston Runners	1998	1	1998
Christopher Watson	Ryston Runners	2009	1	2009
Melanie Watts	Ryston Runners	2015	1	2015
L Webb	Ryston Runners	1999	1	1999
Mick Weston	Ryston Runners	1989	5	1995
Andy Wicklen	Ryston Runners	2014	2	2015
Bert Wilkinson	Ryston Runners	2004	1	2004
Marc Williamson	Ryston Runners	1995	3	1997
Mandy Wilson	Ryston Runners	2007	1	2007
Robert Wilton	Ryston Runners	2010	1	2010
Nicky Wnek	Ryston Runners	2016	1	2016
Maureen Wolfe	Ryston Runners	2012	3	2015
Karen Wood	Ryston Runners	2013	2	2015
Rod Wood	Ryston Runners	1994	5	2000
R Woolaston	Ryston Runners	1991	1	1991
Matt Wortley	Ryston Runners	2007	5	2011
Phil Younge	Ryston Runners	1995	4	2002