

RNR All Time Appearances - Great Yarmouth Road Runners

Name	Team	Last Year	Stage	Age	Age%	Appearances	First Year
Sue Allen	YAR	1991	11			2	1988
Andrew Baker	YAR	2015	12	48	60.0%	5	2010
Nicola Baker	YAR	2015	10	47	68.5%	3	2012
Nigel Ball	YAR	2013	15	45	58.63	1	2013
Simon Bekker	YAR	2015	17	40	65.0%	2	2014
Richard Blake	YAR	2011	12	61	76.14	8	2001
Tony Blaxell	YAR	2013	5	43	47.84	1	2013
John Bone	YAR	2015	1	69	75.2%	17	1990
Matthew Buckoke	YAR	2014	15	40	63.70	2	2012
Stuart Canwell	YAR	2015	6	40	61.1%	1	2015
Andrew Clark	YAR	2013	17	45	67.62	1	2013
Diane Clark	YAR	2002	6	43	48.15	1	2002
Stephen Dady	YAR1	2012	7	60	77.27	4	2009
Michael Dale	YAR2	2012	17	44	53.70	1	2012
Lorrain Dawson	YAR	2014	3	55	65.84	3	2009
David Drewitt	YAR	2003	4	53	55.95	2	2002
Kyle Ella	YAR	2014	4	19	71.68	2	2012
John England	YAR	2003	13	56	61.76	2	2002
Maureen England	YAR	2003	17	59	58.74	2	2002
Steve Etherington	YAR	2011	11	53	71.93	4	2007
Paul Evans	YAR	2014	16	60	64.12	7	1999
John Figiel	YAR	2014	9	48	65.64	1	2014
Dean Foden	YAR	2009	13	41	54.68	1	2009
Susan Fraser	YAR2	2012	3	53	61.11	3	2002
Toni George	YAR2	2012	16	37	65.17	1	2012
David Goodwin	YAR	2003	11	47	60.80	2	2002
Denise Goodwin	YAR	2003	14	45	50.12	2	2002
Paul Greensides	YAR	2014	10	43	65.31	1	2014
Nigel Hart	YAR	2003	2	40	51.36	1	2003
Jeffrey Helmore	YAR	2014	1	54	66.70	15	1989
John Hills	YAR	2009	17	61	66.97	10	1997
Malcolm Holmes	YAR	2013	16	65	64.60	1	2013
Darren Honour	YAR	2015	5	46	63.9%	1	2015
Dale Hurren	YAR2	2012	8	54	75.85	5	1990
Sean Jermy	YAR	2014	11	26	70.24	6	2009
Mark Lawson	YAR2	2012	1	41	52.82	1	2012
Ivan Lees	YAR2	2012	15	56	59.61	2	2010
Pauline Leeves	YAR	2013	3	53	64.63	1	2013
Stephen Leeves	YAR	2013	2	56	66.75	3	2011
Andrew Manning	YAR	2015	2	49	72.5%	8	2005
Karen Manning	YAR	2013	6	42	63.45	11	1999
Shawn Mason	YAR	2009	4	39	60.31	1	2009
Andrew Mcnamara	YAR2	2012	7	29	45.48	1	2012
Phillip Mordecai	YAR	2015	15	40	58.6%	1	2015
Mark Mountain	YAR	2015	13	43	63.0%	1	2015
Mark Mountain	YAR1	2012	13	40	59.86	2	2011
Kerry Mutch	YAR	2009	16	46	53.84	3	2006
Anne O'Leary	YAR	2010	15	57	56.64	3	2003
John O'Leary	YAR	2010	8	60	71.78	7	1998
Mark Peach	YAR	2009	6	37	54.47	2	2007
Andrew Peck	YAR2	2012	11	42	61.26	3	2007
Gary Pillar	YAR	2015	3	49	62.4%	1	2015
Kevan Pyewell	YAR2	2012	4	52	60.62	1	2012
Keelan Pyewell	YAR2	2012	5	16	53.62	1	2012

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Philip Quantrill	YAR	2011	17	37	70.54	5	2004
Victoria Quantrill	YAR	2015	9	41	68.0%	1	2015
Derek Ribbands	YAR	2005	9	46	54.66	4	1999
Pauline Richardson	YAR1	2012	6	52	63.98	1	2012
Sue Ryles	YAR	2003	7	49	53.57	2	2002
Rod Shulver	YAR2	2012	9	71	62.30	1	2012
Neil Sibley	YAR	2015	11	49	73.8%	11	2004
David Silk	YAR	2015	16	48	57.2%	1	2015
Robert Sivell	YAR	2010	14	29	49.59	1	2010
Ira Smith	YAR2	2012	2	66	64.68	5	1988
Lisa Smith	YAR	2015	8	41	57.7%	1	2015
Paul Spandler	YAR1	2012	16	45	50.04	1	2012
Peter Spandler	YAR1	2012	14	52	53.14	1	2012
Carole Spong	YAR	2009	8	66	78.63	10	1992
Gary Stanley	YAR	2015	4	60	68.6%	16	1991
Mark Stone	YAR	2015	7	43	62.7%	4	2012
Steve Stringer	YAR2	2012	12	45	56.77	2	2011
Penny Studley	YAR	2014	8	41	67.32	4	1993
Matthew Sutton	YAR	2010	17	24	64.98	1	2010
Nicos Symeou	YAR	2015	14	60	65.9%	9	1989
Mark Thompson	YAR	2014	5	29	68.74	3	2011
Cathy Tooley	YAR	2013	8	48	63.47	1	2013
Michelle Tovell	YAR2	2012	14	41	49.80	1	2012
Mark Turner	YAR	2007	14	39	71.81	5	2002
Alan Ward	YAR	2006	16	44	62.07	5	2001