

RNR All Time Appearances as at 2016

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Name	Club	First Year	Appearances	Last year
Mark Allcock	Great Yarmouth Road Runners	1993	1	1993
Rod Allen	Great Yarmouth Road Runners	1988	2	1989
Sue Allen	Great Yarmouth Road Runners	1988	3	1991
Paul Anderson	Great Yarmouth Road Runners	1999	3	2004
Roger Andrews	Great Yarmouth Road Runners	1998	1	1998
Andrew Baker	Great Yarmouth Road Runners	2010	6	2016
Nicola Baker	Great Yarmouth Road Runners	2012	3	2015
Nigel Ball	Great Yarmouth Road Runners	2013	1	2013
Simon Bekker	Great Yarmouth Road Runners	2014	3	2016
Des Bishop	Great Yarmouth Road Runners	2003	2	2004
Theresa Bishop	Great Yarmouth Road Runners	1999	5	2004
Richard Blake	Great Yarmouth Road Runners	2001	8	2011
Tony Blaxell	Great Yarmouth Road Runners	2013	1	2013
John Bone	Great Yarmouth Road Runners	1990	18	2016
Pat Brightman	Great Yarmouth Road Runners	1997	3	2003
Paul Brookshaw	Great Yarmouth Road Runners	2007	1	2007
Pandora Buck	Great Yarmouth Road Runners	2016	1	2016
Wayne Buckley	Great Yarmouth Road Runners	2002	1	2002
Matthew Buckoke	Great Yarmouth Road Runners	2012	2	2014
Heather Burrows	Great Yarmouth Road Runners	1988	1	1988
Stuart Calver	Great Yarmouth Road Runners	1993	1	1993
Stuart Canwell	Great Yarmouth Road Runners	2015	1	2015
Derek Catherole	Great Yarmouth Road Runners	1997	1	1997
Andrew Clark	Great Yarmouth Road Runners	2013	1	2013
Diane Clark	Great Yarmouth Road Runners	2002	1	2002
Stephen Clark	Great Yarmouth Road Runners	2003	1	2003
Karly Clegg	Great Yarmouth Road Runners	2002	2	2003
Andy Coates	Great Yarmouth Road Runners	1999	1	1999
Mike Collins	Great Yarmouth Road Runners	1988	11	2006
M Cook	Great Yarmouth Road Runners	1991	1	1991
Anthony Croucher	Great Yarmouth Road Runners	2003	3	2006
Stephen Dady	Great Yarmouth Road Runners	2009	4	2012
Michael Dale	Great Yarmouth Road Runners	2012	1	2012
Lorraine Dawson	Great Yarmouth Road Runners	2009	3	2014
Jack Delf	Great Yarmouth Road Runners	1989	8	2003
David Drewitt	Great Yarmouth Road Runners	2002	2	2003
Mark Duffield	Great Yarmouth Road Runners	1990	4	1993
S Edwards	Great Yarmouth Road Runners	1990	1	1990
Kyle Ella	Great Yarmouth Road Runners	2012	2	2014
Les Elliott	Great Yarmouth Road Runners	1997	3	2002
John England	Great Yarmouth Road Runners	2002	2	2003
Maureen England	Great Yarmouth Road Runners	2002	2	2003
Steve Etherington	Great Yarmouth Road Runners	2007	4	2011

Paul Evans	Great Yarmouth Road Runners	1999	7	2014
John Figiel	Great Yarmouth Road Runners	2014	1	2014
Dean Foden	Great Yarmouth Road Runners	2009	1	2009
Susan Fraser	Great Yarmouth Road Runners	2002	3	2012
Victoria Gardiner	Great Yarmouth Road Runners	2003	2	2004
Derek Gathercole	Great Yarmouth Road Runners	1994	1	1994
Toni George	Great Yarmouth Road Runners	2012	1	2012
Kevin Gilham	Great Yarmouth Road Runners	1997	1	1997
Len Gooch	Great Yarmouth Road Runners	2002	2	2003
David Goodwin	Great Yarmouth Road Runners	2002	2	2003
Denise Goodwin	Great Yarmouth Road Runners	2002	2	2003
Ian Goodwin	Great Yarmouth Road Runners	2002	1	2002
Gary Graham	Great Yarmouth Road Runners	2003	1	2003
Stuart Graham	Great Yarmouth Road Runners	1988	1	1988
Paul Greensides	Great Yarmouth Road Runners	2014	1	2014
Sue Hallen	Great Yarmouth Road Runners	1989	1	1989
Richard Hands	Great Yarmouth Road Runners	1994	2	1997
Chris Harboard	Great Yarmouth Road Runners	1991	6	2002
Terry Harris	Great Yarmouth Road Runners	2005	1	2005
Nigel Hart	Great Yarmouth Road Runners	2003	1	2003
Paul Hayes	Great Yarmouth Road Runners	1997	2	1998
Sue Heckels	Great Yarmouth Road Runners	1990	4	2002
Sue Heckles	Great Yarmouth Road Runners	1989	2	1992
Jeff Helmore	Great Yarmouth Road Runners	1989	15	2014
John Hills	Great Yarmouth Road Runners	1997	10	2009
J Hobson	Great Yarmouth Road Runners	1991	1	1991
Chris Hogg	Great Yarmouth Road Runners	1988	7	1994
Malcolm Holmes	Great Yarmouth Road Runners	2013	1	2013
Darren Honour	Great Yarmouth Road Runners	2015	2	2016
Dale Hurren	Great Yarmouth Road Runners	1990	3	2012
Joe Jermy	Great Yarmouth Road Runners	2016	1	2016
Sean Jermy	Great Yarmouth Road Runners	2009	7	2016
Ian Keeler	Great Yarmouth Road Runners	1994	1	1994
Richard Knibb	Great Yarmouth Road Runners	1988	1	1988
Mark Lawson	Great Yarmouth Road Runners	2012	1	2012
Ivan Lees	Great Yarmouth Road Runners	2010	2	2012
Pauline Leeves	Great Yarmouth Road Runners	2013	1	2013
Stephen Leeves	Great Yarmouth Road Runners	2011	3	2013
Shaun Lehan	Great Yarmouth Road Runners	2002	1	2002
Ian Liffen	Great Yarmouth Road Runners	2005	2	2007
Tim Lloyd	Great Yarmouth Road Runners	1998	1	1998
Marvyn Lockyer	Great Yarmouth Road Runners	1997	2	1998
G Lynch	Great Yarmouth Road Runners	1994	1	1994
Jim Lynch	Great Yarmouth Road Runners	1988	2	1989
Andrew Manning	Great Yarmouth Road Runners	2005	8	2015
Shawn Mason	Great Yarmouth Road Runners	2009	1	2009

Jane McLeman	Great Yarmouth Road Runners	1994	1	1994
Ian McLusky	Great Yarmouth Road Runners	1988	2	1989
Andrew Mcnamara	Great Yarmouth Road Runners	2012	1	2012
Bob Moore	Great Yarmouth Road Runners	1989	1	1989
Nathan Moore	Great Yarmouth Road Runners	1988	1	1988
Phillip Mordecai	Great Yarmouth Road Runners	2015	1	2015
Charles Mossman	Great Yarmouth Road Runners	1992	2	1993
Mark Mountain	Great Yarmouth Road Runners	2011	3	2015
Mike Munt	Great Yarmouth Road Runners	1988	2	1989
Colin Mussell	Great Yarmouth Road Runners	1990	4	2003
Kerry Mutch	Great Yarmouth Road Runners	2006	3	2009
D Norman	Great Yarmouth Road Runners	1991	2	1992
Richard Norman	Great Yarmouth Road Runners	1990	2	1993
Ann OLeary	Great Yarmouth Road Runners	2003	3	2010
John OLeary	Great Yarmouth Road Runners	1998	7	2010
Ken Overy	Great Yarmouth Road Runners	1989	6	2003
J Pamplin	Great Yarmouth Road Runners	1991	1	1991
Dave Parr	Great Yarmouth Road Runners	1994	1	1994
Mark Peach	Great Yarmouth Road Runners	2007	2	2009
Andy Peck	Great Yarmouth Road Runners	2007	3	2012
Karen Peck	Great Yarmouth Road Runners	1999	12	2016
Martin Pigott	Great Yarmouth Road Runners	1992	5	2005
Gary Pillar	Great Yarmouth Road Runners	2015	2	2016
Adrian Prichard	Great Yarmouth Road Runners	1988	1	1988
A Punchard	Great Yarmouth Road Runners	1990	1	1990
Keelan Pyewell	Great Yarmouth Road Runners	2012	1	2012
Kevan Pyewell	Great Yarmouth Road Runners	2012	1	2012
Phil Quantrill	Great Yarmouth Road Runners	2004	5	2011
Vicky Quantrill	Great Yarmouth Road Runners	2006	4	2016
Dave Quinn	Great Yarmouth Road Runners	1993	1	1993
Derek Ribbands	Great Yarmouth Road Runners	1999	4	2005
Pauline Richardson	Great Yarmouth Road Runners	2012	1	2012
Simon Richardson	Great Yarmouth Road Runners	2002	2	2003
Steve Rowe	Great Yarmouth Road Runners	1997	1	1997
Martyn Rudrum	Great Yarmouth Road Runners	1997	3	1999
Stefanie Rudrum	Great Yarmouth Road Runners	1998	1	1998
P Rumsby	Great Yarmouth Road Runners	1991	1	1991
Sue Ryles	Great Yarmouth Road Runners	2002	2	2003
Dean Saunders	Great Yarmouth Road Runners	2016	1	2016
Bernie Scotter	Great Yarmouth Road Runners	1988	1	1988
Rod Shulver	Great Yarmouth Road Runners	2012	1	2012
Neil Sibley	Great Yarmouth Road Runners	2004	11	2015
David Silk	Great Yarmouth Road Runners	2015	1	2015
Sylvia Simmnett	Great Yarmouth Road Runners	1998	1	1998
Adrian Simmonds	Great Yarmouth Road Runners	1989	1	1989
Alma Simmonds	Great Yarmouth Road Runners	1991	1	1991

Aylvia Simnett	Great Yarmouth Road Runners	1997	1	1997
Robert Sivell	Great Yarmouth Road Runners	2010	1	2010
Les Slater	Great Yarmouth Road Runners	1992	4	1999
Ivan Slaughter	Great Yarmouth Road Runners	1993	2	1994
C Smith	Great Yarmouth Road Runners	1992	1	1992
Ira Smith	Great Yarmouth Road Runners	1988	5	2012
Lisa Smith	Great Yarmouth Road Runners	2015	1	2015
Paul Spandler	Great Yarmouth Road Runners	2012	1	2012
Peter Spandler	Great Yarmouth Road Runners	2012	1	2012
Carole Spong	Great Yarmouth Road Runners	1992	10	2009
Jim Spong	Great Yarmouth Road Runners	1988	3	2002
Mike Spragg	Great Yarmouth Road Runners	1993	9	2006
Martin Stacey	Great Yarmouth Road Runners	1990	6	2001
Paula Stacey	Great Yarmouth Road Runners	1990	6	1999
Gary Stanley	Great Yarmouth Road Runners	1991	17	2016
Mark Stone	Great Yarmouth Road Runners	2012	5	2016
Steve Stringer	Great Yarmouth Road Runners	2011	2	2012
Penny Studley	Great Yarmouth Road Runners	1993	5	2016
Matthew Sutton	Great Yarmouth Road Runners	2010	1	2010
Nicos Symeou	Great Yarmouth Road Runners	1988	11	2016
Carol Tennyson	Great Yarmouth Road Runners	1988	1	1988
M Thompson	Great Yarmouth Road Runners	1991	2	1992
Mark Thompson	Great Yarmouth Road Runners	2011	3	2014
Cathy Tooley	Great Yarmouth Road Runners	2013	1	2013
Michelle Tovell	Great Yarmouth Road Runners	2012	1	2012
Cathy Townsend	Great Yarmouth Road Runners	2001	1	2001
Francesca Turner	Great Yarmouth Road Runners	2016	1	2016
Nola Turner	Great Yarmouth Road Runners	2002	1	2002
Mark Turner	Great Yarmouth Road Runners	2002	5	2007
Jessica Vincent	Great Yarmouth Road Runners	2016	1	2016
Alan Ward	Great Yarmouth Road Runners	2001	5	2006
Paul Westgate	Great Yarmouth Road Runners	2001	1	2001
Peter Westgate	Great Yarmouth Road Runners	1997	2	2006
Roger Wharton	Great Yarmouth Road Runners	2003	1	2003
John Wyatt	Great Yarmouth Road Runners	1989	2	1990
Gary Zupan	Great Yarmouth Road Runners	1992	3	1994