

BWFAC Senior Women - All time performances

Last updated: 31.12.18

Senior Women – 60m

Time	Name	Venue	Date	Notes
7.47i	Katy Wyper	Birmingham	17.02.18	
7.83i	Lucy Mansfield	Sheffield EIS	20.02.15	Ht
7.83i	Lucy Mansfield	Sheffield EIS	20.02.15	SF
8.10i	Laura Davies	Glasgow	06.02.10	
9.02i	Lisa Daley	Manchester SC	18.11.11	

Senior Women – 100m

Time	Name	Venue	Date	Notes
11.47w	Katy Wyper	Manchester SC	28.07.18	
11.63	Katy Wyper	Grangemouth	26.08.17	
12.00	Lucy Mansfield	Ashton-u-Lyne	06.06.15	
12.49	Rochelle Hearsom	Blackpool	08.09.07	
12.98	Laura Davies	Stretford	01.06.10	
13.20	Laura Gillhespy	Blackburn	02.06.12	
13.30	Nia Rutter	Ormskirk	23.07.16	
13.40	Suzanne Saam	Blackpool	14.03.10	
13.40	Suzanne Saam	Blackburn	05.06.10	
13.50	Sarah Lawrenson	Blackpool	14.05.11	
14.20	Sarah Goff	Blackpool	10.05.08	
14.20	Sarah Goff	Hyndburn	31.05.08	
14.20	Sarah Goff	Blackpool	22.03.09	
14.20	Sarah Goff	Warrington	02.05.09	
14.20	Lisa Daley	Lancaster	21.07.12	VI
15.10	Helen Williamson	Blackpool	27.09.09	
15.53	Zöe Dixon	Bangkok	01.09.07	Trans Games
16.10	Kirsty Holland	Wakefield	09.07.17	
16.30	Vicky Huyton	Warrington	31.05.10	
18.60	Susan Ball	Bury	04.06.17	

BWFAC Senior Women - All time performances

Senior Women –200m

Time	Name	Venue	Date	Notes
23.72w	Katy Wyper	Manchester SC	29.07.18	
24.20	Katy Wyper	Blackpool	24.05.15	
24.66	Lucy Mansfield	Manchester SC	15.06.14	
24.70i	Katy Wyper	Manchester SC	04.02.18	
25.15i	Lucy Mansfield	EIS Sheffield	23.02.14	
26.50	Laura Gillhespy	Blackpool	05.05.12	
26.90	Rochelle Hearsum	Preston	08.07.07	
27.26i	Laura Gillhespy	Manchester SC	08.01.12	
27.40	Leigh Newton	Halifax	06.07.08	
27.40	Danielle Eastwood	Blackpool	09.05.10	
27.50	Nia Rutter	Stretford	06.08.16	
27.50	Nia Rutter	Hyndburn	15.04.17	Heptathlon
27.90	Suzanne Saam	Hyndburn	22.05.10	
29.00	Lisa Daley	Cleckheaton	02.06.07	VI
29.00	Vicky Weller	Blackpool	16.07.09	
29.10	Sarah Goff	Blackpool	10.05.09	
29.74i	Beth Towers	Manchester SC	08.01.17	
30.40	Tracy Barrow	Blackpool	21.04.07	
31.62	Zöe Dixon	Bangkok	01.09.07	Trans Games
34.50	Vicky Huyton	Warrington	31.05.10	
35.90	Laura Lawler	Solihull	06.07.11	

Senior Women – 300m

Time	Name	Venue	Date	Notes
41.27i	Katy Wyper	Manchester SC	01.12.13	
42.49	Laura Gillhespy	Birmingham	22.04.09	
43.00	Katy Wyper	Manchester SC	02.12.12	
44.13i	Beth Towers	Manchester SC	22.03.15	
47.00	Lisa Daley	Blackpool	18.03.07	

BWFAC Senior Women - All time performances

Senior Women – 400m

Time	Name	Venue	Date	Notes
56.97	Laura Gillhespy	Bethlehem PA USA	19.04.08	
59.39i	Laura Gillhespy	Sheffield	16.03.08	
60.40	Lydia Critchley	Blackpool	07.07.13	
60.70	Beth Towers	Wigan	31.08.13	
61.50	Laura Deegan	Blackburn	05.06.10	
61.60	Leigh Newton	Cudworth	31.08.08	
63.20	Vicky Weller	Blackpool	16.07.09	
63.80	Danielle Eastwood	Blackpool	27.09.09	
65.09	Lisa Daley	Grossetto Italy	11.05.13	
67.30	Stasia Bligh	Blackpool	05.05.07	
69.60	Gail Ellershaw	Preston	08.07.07	
70.40	Emily Japp	Leigh	03.05.15	
73.20	Laura Lawler	Bebington	05.08.12	
73.80	Sarah Goff	Leeds	18.07.09	
83.25	Zöe Dixon	Edinburgh	01.08.07	Trans Games
90.90	Debbie Terras	Bolton	05.08.17	
99.80	Kate Seed	Copeland	05.06.16	
111.70	Claire Irons	Cleckheaton	07.05.16	
118.90	Rachel Bashforth	Ashton-u-Lyne	06.06.15	

.Senior Women – 800m

Time	Name	Venue	Date	Notes
2.18.50	Emily Japp	Stretford	06.08.16	
2.20.00	Laura Deegan	Manchester SC	31.07.10	
2.23.70	Vicky Weller	Blackpool	16.07.09	
2.23.90	Nicola Rowley	Manchester SC	31.07.10	
.2.26.00	Gemma Unsworth	Wigan	03.05.08	
2.27.40	Stasia Bligh	Blackpool	12.05.07	
2.28.10	Gail Ellershaw	Preston	08.07.07	
2.29.70	Laura Gillhespy	Bolton	09.08.15	
2.35.88	Carolyn Robbins	Bedford	06.09.08	
2.36.10	Danielle MacPherson	Warrington	02.05.09	
2.47.50	Nia Rutter	Hyndburn	16.04.17	
3.10.70	Kirsty Holland	Stretford	06.08.16	
3.12.30	Debbie Terras	Blackpool	06.05.17	
3.37.10	Claire Irons	Blackpool	13.07.14	
3.48.80	Liz Airnes	Swansea	14.09.07	
4.15.00	Rachel Bashforth	Blackburn	07.06.14	

BWFAC Senior Women - All time performances

Senior Women – 1500m

Time	Name	Venue	Date	Notes
4.43.20	Emily Japp	Bury	04.06.17	
4.44.09	Gemma Unsworth	Stretford	24.08.10	
4.51.11	Amelia Beaman	Stretford	31.06.17	
4.51.70	Vicky Weller	Wigan	12.08.09	
5.00.50	Stasia Bligh	Stretford	27.07.10	
5.01.92	Gail Ellershaw	Blackpool	08.09.07	
5.02.90	Caroline Betmead	Blackburn	23.07.11	
5.07.57	Nicola Rowley	Bedford	06.05.07	
5.07.90	Carolyn Robbins	Halifax	06.07.08	
5.10.50	Stephanie Davies?	Wavertree	26.05.07	
5.27.90	Danielle MacPherson	Warrington	02.05.09	
5.31.20	Andrea Smith	Swansea	14.09.07	
5.58.50	Laura Lawler	Solihull	06.07.11	
6.01.40	??	Ellesmere Port	01.07.12	
6.09.40	Michelle Tickle	Blackpool	08.07.18	
6.16.40	Kirsty Holland	Bolton	09.08.15	
6.44.50	Debbie Terras	Blackpool	06.05.17	
7.51.60	Claire Irons	Blackpool	05.05.12	

Senior Women – Mile

Time	Name	Venue	Date	Notes
5.39.03i	Molly Betmead	Texas, USA	16.01.16	

BWFAC Senior Women - All time performances

Senior Women – 3000m

Time	Name	Venue	Date	Notes
9.44.60	Emily Japp	Bury	04.06.17	
9.55.57	Gemma Unsworth	Stretford	28.04.09	
10.21.23	Caroline Betmead	Stretford	23.08.11	
10.49.20	Carolyn Robbins	Warrington	02.05.09	
10.58.90	Gail Ellershaw	Blackpool	05.05.07	
10.58.98	Stasia Bligh	Stretford	01.06.10	
11.12.23i	Molly Betmead	Houston, USA	30.01.16	
11.14.60	Vicky Weller	Blackpool	16.07.09	
11.16.90	Nicola Rowley	Stretford	01.07.08	
11.29.20	Andrea Smith	Warrington	02.05.09	
11.29.48i	Nicola Rowley	Sheffield	15.03.08	
11.41.10	Andrea Mason	Ellesmere Port	05.07.09	
12.05.40	Michelle Tickle	Blackpool	06.05.17	
12.13.50	Laura Deegan	Blackburn	05.08.07	
12.34.00	Becky Rogers	Bolton	09.08.15	
13.57.60	Kirsty Holland	Cleckheaton	07.05.16	
15.15.60	Debbie Terras	Blackpool	04.08.18	
15.50.90	Vicky Huyton	Blackburn	05.06.10	
16.17.50	Claire Irons	Blackpool	08.07.18	
19.34.90	Rachel Bashforth	Carlisle	04.05.14	

Senior Women – 5000m

Time	Name	Venue	Date	Notes
16.33.79	Emily Japp	Manchester SC	10.06.17	
17.26.00	Gemma Unsworth	Manchester SC	13.06.10	
18.43.20	Carolyn Robbins	Blackpool	10.05.08	
19.08.22	Abi Lucas	Cambridge	22.05.11	
20.51.50	Michelle Tickle	Blackpool	13.05.17	
21.06.10	Stasia Bligh	Blackpool	13.05.17	
21.22.10	Carly Morgan	Blackpool	24.05.14	
22.24.90	Laura Lawler	Grangemouth	14.07.10	
22.45.10	Ellen McLachlan	Blackpool	14.05.16	
24.59.40	Kirsty Holland	Blackpool	14.05.16	

Senior Women – 10000m

Time	Name	Venue	Date	Notes
39.23.68	Emily Japp	Stretford	05.09.15	

BWFAC Senior Women - All time performances

Senior Women – 60mH

Time	Name	Venue	Date	Notes
9.50i	Nia Rutter	Manchester SC	16.12.18	

Senior Women – 100mH

Time	Name	Venue	Date	Notes
15.10	Nia Rutter	Doncaster	20.08.16	
19.20	Sarah Goff	Wigan	25.07.09	
22.90	Danielle Eastwood	Manchester SC	31.07.04	

Senior Women – 300mH

Time	Name	Venue	Date	Notes
62.50	Sarah Goff	Pendle	30.03.08	

Senior Women – 400mH

Time	Name	Venue	Date	Notes
72.30	Nia Rutter	Cleckheaton	07.06.08	
75.60	Liz Hodgson	Blackburn	05.06.10	
76.80	Carolyn Robbins	Wigan	03.05.08	
80.30	Sarah Goff	Warrington	05.04.09	
88.70	Kirsty Holland	Blackpool	06.05.17	
92.10	Sarah Lawrenson	Manchester SC	31.07.10	

Senior Women – 2000mSC

Time	Name	Venue	Date	Notes
9.52.71	Fiona Hockey	Bedford	03.06.18	

BWFAC Senior Women - All time performances

Senior Women – HJ

Height	Name	Venue	Date	Notes
1.63	Nia Rutter	Cleckheaton	07.05.16	
1.53	Sarah Lawrenson	Wigan	24.04.10	
1.50	Laura Deegan	Cleckheaton	07.06.08	
1.50	Laura Deegan	Blackpool	10.05.09	
1.35	Vicky Weller	Blackpool	16.07.09	
1.30	Katie Holder	Blackpool	12.07.15	
1.30	Stacey Manning	Blackpool	23.07.11	
1.25	Kirsty Holland	Blackpool	04.08.18	
1.10	Sarah Goff	Halifax	06.07.08	
1.10	Susan Ball	Blackpool	13.07.14	

Senior Women – PV

Height	Name	Venue	Date	Notes
3.80	Fiona Hockey	Cardiff	22.04.18	
3.80	Fiona Hockey	Bedford	07.05.18	
3.10	Elena Mingas	Wigan	03.05.08	
3.10	Elena Mingas	Manchester SC	13.06.10	
3.10	Elena Mingas	Blackpool	24.07.10	
3.10i	Elena Mingas	Manchester SC	13.01.08	
3.10	Loryn McCrudden	Blackpool	25.05.14	
3.10i	Loryn McCrudden	Manchester SC	04.01.15	
2.80	Tanya Wright	Blackpool	25.05.14	
2.62i	Stacey Manning	Manchester SC	15.01.11	
2.60	Stacey Manning	Blackpool	15.05.11	
2.60	Stacey Manning	Lincoln	04.06.11	
2.32i	Tanya Wright	Manchester SC	30.01.15	

BWFAC Senior Women - All time performances

Senior Women – LJ

Distance	Name	Venue	Date	Notes
5.32	Nia Rutter	Preston	04.07.10	
4.87	Katy Wyper	Stretford	03.08.13	
4.50	Beth Towers	Hyndburn	09.08.14	
4.37	Vicky Weller	Blackpool	16.07.09	
4.30	Helen Lawrenson	Lancaster	28.05.11	
4.08	Rochelle Hearsum	Preston	08.07.07	
3.71	Sarah Goff	Ellesmere Port	05.07.09	
3.42	Kirsty Holland	Blackpool	04.08.18	
2.62	Rachel Bashforth	Blackburn	07.06.14	
2.58	Susan Ball	Bury	04.06.17	
2.30	Vicky Huyton	Preston	03.07.11	
1.79	Claire Irons	Copeland	05.06.16	

Senior Women – TJ

Distance	Name	Venue	Date	Notes
12.00	Nia Rutter	Litherland	06.06.09	
11.25i	Nia Rutter	Sheffield EIS	17.01.10	
10.73	Katy Wyper	Blackpool	12.07.15	
9.66	Laura Deegan	Barnet	04.09.10	
9.62	Dawn Gasgarth	Preston	04.07.10	
9.35	Rochelle Hearsum	Preston	08.07.07	
8.44	Sarah Goff	Ellesmere Port	05.07.09	
7.86	Sarah Lawrenson	Manchester SC	31.07.10	
7.53	Kirsty Holland	Wakefield	09.07.17	
5.85	Susan Ball	Copeland	05.06.16	
5.25	Claire Irons	Copeland	05.06.16	

BWFAC Senior Women - All time performances

Senior Women – SP

Distance	Name	Venue	Date	Notes
14.99i	Kara Nwidobie-Sharpe	Sheffield	18.02.07	
11.50	Nia Rutter	Bolton	03.07.16	
10.84	Melissa Myerscough	Blackburn	05.08.07	
10.84	Rachel Bashforth	Bolton	03.07.16	
9.91	Katie Holder	Blackpool	12.07.15	
9.68	Julia Clayton	Stretford	03.08.13	
9.15	Aime Ogden	Ashton-u-Lyne	06.06.15	
8.42	Susan Ball	Blackpool	11.04.15	
8.09i	Susan Ball	Manchester SC	20.12.15	
8.04	Rachel Bashforth	Blackpool	09.09.12	
7.79	Katy Wyper	Blackburn	27.05.17	
7.61	Lorraine Bullar	Blackpool	13.09.15	
6.82	Emma Tremble	Blackpool	14.05.17	
6.57i	Kate Seed	Manchester SC	20.12.15	
6.45	Kate Seed	Lancaster	02.07.16	
6.45	Kate Seed	Ormskirk	23.07.16	
6.26	Rochelle Hearsum	Blackburn	05.08.07	
5.96	Vicky Huyton	Lincoln	04.06.11	
5.73	Claire Irons	Edge Hill	21.07.13	
5.14	Becky Smith	Preston	08.07.07	
4.49	Stasia Bligh	Halifax	06.07.08	

BWFAC Senior Women - All time performances

Senior Women – DT

Distance	Name	Venue	Date	Notes
59.41	Kara Nwidobie-Sharpe	Birmingham	01.07.07	
29.43	Susan Ball	Blackpool	13.07.14	
28.08	Rachel Bashforth	Wakefield	09.07.17	
27.70	Julia Clayton	Blackpool	05.05.07	
26.30	Aime Hearsum (Ogden)	Manchester SC	14.06.15	
25.15	Kate Seed	Blackpool	11.09.16	
24.85	Lorraine Bullar	Blackpool	11.04.15	
20.94	Nia Rutter	Preston	01.07.17	
18.93	Laura Deegan	Blackpool	02.08.09	
18.29	Nicola Rowley	Wigan	03.05.08	
18.16	Laura Gillhespy	Ellesmere Port	05.07.09	
16.59	Claire Irons	Stretford	11.05.13	
16.08	Gemma Unsworth	Blackburn	05.06.10	
14.34	Katy Wyper	Blackpool	07.07.13	
11.20	Stasia Bligh	Halifax	06.07.08	

Senior Women – HT

Distance	Name	Venue	Date	Notes
56.12	Melissa Myerscough	Blackburn	05.08.07	
43.57	Rachel Bashforth	Wigan	26.04.14	
38.93	Chloe Needham	Blackpool	24.05.15	
33.85	Aime Hearsum (Ogden)	Blackpool	05.05.07	
28.72	Susan Ball	Blackpool	04.08.18	
26.74	Claire Irons	Blackburn	07.06.14	
23.62	Julia Clayton	Blackpool	05.05.07	
23.53	Lorraine Bullar	Blackpool	29.08.15	
21.76	Gemma Unsworth	Halifax	06.07.08	
19.87	Vicky Huyton	Lincoln	04.06.11	
15.28	Dawn Gasgarth	Preston	04.07.10	
14.68	Becky Smith	Blackburn	05.08.07	
14.46	Sarah Goff	Manchester SC	13.09.08	
13.29	Kate Seed	Lancaster	04.07.15	
9.80	Nia Rutter	Blackburn	05.06.10	

BWFAC Senior Women - All time performances

Senior Women – JT

Distance	Name	Venue	Date	Notes
34.76	Carrie MacRae	Cleckheaton	16.08.09	
24.75	Susan Ball	Blackpool	11.04.15	
23.40	Katie Holder	Bolton	09.08.15	
22.52	Gemma Unsworth	Blackpool	19.07.08	
21.82	Julia Clayton	Blackpool	05.05.07	
21.00	Nia Rutter	Blackburn	05.06.10	
19.64	Aime Hearsum	Cleckheaton	02.06.07	
18.71	Rachel Bashforth	Blackburn	05.05.13	
15.95	Kate Seed	Ormskirk	23.07.16	
15.73	Becky Smith	Cleckheaton	02.06.07	
13.96	Claire Irons	Blackpool	21.07.12	
12.06	Kirsty Holland	Blackpool	08.07.18	
9.80	Stasia Bligh	Blackpool	05.05.07	

Senior Women – Heptathlon

Points	Name	Venue	Date	Notes
3892	Nia Rutter	Hyndburn	15/16.04.17	

BWFAC Senior Women - All time performances

Senior Women – 4x100m Relay

Time	Team	Venue	Date
49.70	Katy Wyper, Nia Rutter, Lucy Mansfield, Laura Davies	Cleckheaton	07.06.08
50.10	Katy Wyper, Leigh Newton, Lucy Mansfield, Laura Davies	Blackpool	02.08.09
50.20	Katy Wyper, Alicia Johnston, Lucy Mansfield, Beth Towers	Blackpool	07.05.11
50.20	Katy Wyper, Alicia Johnston, Lucy Mansfield, Beth Towers	Preston	03.07.11
50.40	Katy Wyper, Lucy Mansfield, Nia Rutter, Emilia Heslop	Cleckheaton	07.05.16
50.50	Danielle Bamber, Laura Gillhespy, Sophie Owen, Rochelle Hearsom	Blackburn	05.08.07
50.60	Katy Wyper, Emila Heslop, Libby Bonis, Fiona Hockey	Bolton	09.08.15
50.70	Katy Wyper, Laura Davies, Lucy Mansfield, Leigh Newton	Blackpool	03.08.08
50.90	Katy Wyper, Laura Davies, Nia Rutter, Loryn McCrudden	Wigan	25.07.09
51.00	Katy Wyper, Alicia Johnston, Lucy Mansfield, Beth Towers	Lincoln	04.06.11
51.00	Katy Wyper, Lucy Mansfield, Beth Towers, Ash Colvin	Blackburn	07.06.14
51.10	Katy Wyper, Lucy Mansfield, Megan Healey, Josette Green	Wavertree	26.05.12
51.10	Katy Wyper, Taegan O'Hara, Fiona Hockey, Jordan Dixon	Blackpool	07.07.13
51.20	Katy Wyper, Leigh Newton, Nia Rutter, Laura Davies	Blackpool	17.08.08
51.30	Laura Davies, Laura Gillhespy, Dawn Gasgarth, Rochelle Hearsom	Preston	08.07.07
51.30	Katy Wyper, Cassidy Knight, Nia Rutter, Lucy Mansfield,	Preston	04.07.10
51.40	Rochelle Hearsom, Sophie Owen, Hannah Dickson, Laura Davies,	Blackpool	08.09.07
51.40	Katy Wyper, Alicia Johnston, Nia Rutter, Loryn McCrudden	Ellesmere Port	05.07.09
51.40	Taegan O'Hara, Katy Wyper, Jessica Rogers, Jordan Dixon	Blackpool	13.07.14
51.70	Katy Wyper, Hannah Newell, Fiona Hockey, Jordan Dixon	Stretford	03.08.13
51.70		Hyndburn	09.08.14
51.70	Lucy Mansfield, Libby Bonis, Gabrielle Jones, Ash Colvin	Blackpool	12.07.15
51.80		Blackpool	15.05.11
51.80	A Johnston, N Johnston, Taegan O'Hara, Sarah Lawrenson	Blackburn	14.08.11
51.80		Edge Hill	21.07.13
51.80	Lucy Mansfield, Nia Rutter, Ash Colvin, Beth Towers	Blackpool	06.05.17
51.90	Katy Wyper, Lucy Mansfield, Gabrielle Jones, Libby Bonis	Ashton-u-Lyne	06.06.15
51.90	Katy Wyper, Kirsty Rushton, Nia Rutter, Olivia Hanby	Bolton	05.08.17
52.00	Katy Wyper ,Nia Rutter, Faith Wood, Gabrielle Jones	Doncaster	20.08.16
52.10	Katy Wyper, Lucy Mansfield, Sarah Goff, Nia Rutter,	Litherland	06.06.09
52.30	Emilia Heslop, Lucy Mansfield, Libby Bonis, Ash Colvin	Copeland	05.06.16
52.30	Katy Wyper, Kirsty Rushton, Chloe Norman, Olivia Hanby	Wavertree	05.05.18
52.40	Amber Swinnerton, Ash Colvin, Fiona Hockey, Beth Everson	Carlisle	04.05.14
52.48	Katy Wyper, Sarah Goff, Nia Rutter, Liz Hodgson	Manchester SC	13.09.08
52.50		Blackpool	11.04.15
52.60	Katy Wyper, Natasha Butler, Loryn McCrudden, Cassidy Knight	Manchester SC	31.07.10
52.70	Shayla Johnston, Laura Gillhespy, Hannah Dickson, Sophie Owen	Wigan	12.08.07
52.90	Katy Wyper, Elizabeth Hodgson, Nia Rutter, Laura Davies	Wigan	03.05.08
53.00		Bury	09.06.13
53.30	Nia Rutter, Laura Deegan, Sarah Goff, Laura Davies	Warrington	02.05.09
53.30	Suzanne Saam, Vicky Huyton, Katy Wyper, Nia Rutter	Blackburn	05.06.10
53.40		Wigan	24.04.10
53.40		Blackpool	13.05.12

BWFAC Senior Women - All time performances

53.40	Alicia Johnston, Katy Wyper, Katrina Kelly, Taegan O'Hara	Bebington	05.08.12
53.40	Amber Swinnerton, T O'Hara, Beth Everson, Fiona Hockey	Blackburn	05.05.13
53.60	Nia Rutter, Rachel Kellett, Katy Wyper, Bianca Pedersen	Cleckheaton	16.08.09
53.80	Danielle Eastwood, Lucy Mansfield, Vicky Huyton, Katy Wyper	Blackpool	09.05.10
54.10	Megan Healey, Leigh Newton, Sarah Goff, Katie Holder	Cudworth	31.08.08
54.40	Nia Rutter, Emily Japp, Faith Wood, Gabrielle Jones	Bolton	03.07.16
54.40	Nia Rutter, Faith Hill, Chloe Norman, Olivia Hanby	Blackpool	08.07.18
54.50	Katie Holder, Nia Rutter, Sarah Goff, Leigh Newton	Halifax	06.07.08
54.60	R Hearsom, Laura Gillhespy, Loryn McCrudden, Josette Green	Blackpool	05.05.12
54.60	Faith Hill, Nia Rutter, Jasmine Carey, Olivia Hanby	Blackpool	04.08.18
55.70	Suzanne Saam, Katie Holder, Vicky Huyton, Natasha Johnston	Wakefield	01.05.10
55.70	Nia Rutter, Chloe Norman, Emily Japp, Libby Bonis	Dtretford	06.08.16
57.00	Lucy Mansfield, Sue Ball, Olivia Hanby, Beth Towers	Bury	04.06.17
58.70	Alicia Johnston, Katy Wyper, Katrina Kelly, Loryn McCrudden	Ellesmere Port	01.07.12
69.70	Fiona Hockey, Kirsty Holland, Rachel Bashforth, Susan Ball	Wakefield	09.07.17

BWFAC Senior Women - All time performances

Senior Women – 4x400m Relay

Time	Team	Venue	Date
4.10.60	Kristie Leybourne, Liz Hodgson, Leigh Newton, Laura Deegan	Blackpool	03.08.08
4.12.00	Kristie Leybourne, Leigh Newton, Liz Hodgson, Laura Deegan	Cleckheaton	07.06.08
4.14.50	Lydia Critchley, Katie Holder, L Deegan, Gemma Unsworth,	Blackpool	02.08.09
4.14.90	Laura Gillhespy, Lauren Gowland, Megan Healey, Katy Wyper	Wavertree	26.05.12
4.15.70	Laura Deegan, Gemma Unsworth, Sam Smith, Alicia Johnston	Cleckheaton	16.08.09
4.17.70	Katy Wyper, Emily Japp, Jess Rogers, Alisha Johnson	Blackpool	12.07.15
4.17.90	Emily Japp, Beth Towers, Beth Everson, Jess Rogers	Blackburn	07.06.14
4.18.00	Jess Rogers, Chloe Norman, Danielle Whipp, Emily Balshaw	Blackpool	08.07.18
4.18.70		Hyndburn	09.08.14
4.18.80	Katie Holder, Laura Deegan, Gemma Unsworth, Liz Hodgson	Ellesmere Port	05.07.09
4.19.40	Sophie Owen, Gail Ellershaw, Liz Hodgson, Katie Holder	Blackpool	08.09.07
4.20.30	Lizzie Hodgson, Rachael Maume, Stasia Bligh, Katie Holder	Blackburn	05.08.07
4.21.10	Katy Wyper, Stasia Bligh, Amber Swinnerton, Jordan Dixon	Stretford	03.08.13
4.21.90	Katy Wyper, Emily Japp, Chloe Norman, Jessica Rogers	Doncaster	20.08.16
4.22.10	Stasia Bligh, Laura Gillhespy, Lauren Burrell, Katy Wyper	Preston	03.07.11
4.22.50	Laura Deegan, Stasia Bligh, Natasha Spencer, Kathryn Maunder	Blackpool	05.05.07
4.22.50	Laura Deegan, Lizzie Hodgson, Katie Holder, Lucy Mansfield	Blackburn	05.06.10
4.22.90	Liz Hodgson, Gemma Unsworth, Sarah Goff, Leigh Newton	Blackpool	17.08.08
4.24.00	Emily Japp, Beth Everson,, Laura Gilderdale, Alisha Johnson	Blackpool	13.07.14
4.26.60	Liz Hodgson, Carolyn Robbins, Gail Ellershaw, ?	Wigan	12.08.07
4.26.75	Katie Holder, Katy Wyper, Carolyn Robbins, Liz Hodgson	Manchester SC	13.09.08
4.31.50	Lisa Daley, Stasia Bligh, Lucy Mansfield, Danielle Eastwood	Manchester SC	31.07.10
4.32.20	Gemma Unsworth, Carolyn Robbins, Liz Hodgson, Katie Holder	Warrington	02.05.09
4.32.30	Liz Hodgson, Leigh Newton, Sarah Goff, Katie Holder	Cudworth	31.08.08
4.32.50	Katy Wyper, Nia Ruttter, Emily Japp, Kirsty Holland	Cleckheaton	07.05.16
4.32.90		Blackpool	29.08.10
4.32.90	Lydia Critchley, Louise Harrison, Bianca Pedersen, Stasia Bligh	Bebington	05.08.12
4.33.50	Carolyn Robbins, Gail Ellershaw, Liz Hodgson, Katie Holder	Preston	08.07.07
4.34.60	Dawn Gasgarth, Stasia Bligh, Laura Deegan, Louise Harrison	Preston	04.07.10
4.35.10	Katie Holder, Louise Harrison, Lucy Mansfield, Liz Hodgson	Litherland	06.06.09
4.37.80	Natasha Butler, Lucy Mansfield, Danielle Eastwood, Megan Healey	Wakefield	01.05.10
4.38.30	Chloe Norman, Kirsty Holland, Gabby Jones, Beth Towers	Blackpool	06.05.17
4.38.90	Emily Japp, Jess Rogers, Becky Rogers, Libby Bonis	Ashton-u-Lyne	
4.39.60	Becky Rogers, Jess Rogers, Alisha Johnson, Laura Gillhespy	Bolton	09.08.15
4.42.70	Emily Japp, Kirsty Holland, Chloe Norman, Jessica Rogers	Bolton	03.07.16
4.42.90	Stasia Bligh, Liz Hodgson, Carolyn Robbins, Gemma Unsworth	Wigan	03.05.08
4.47.00	Stasia Bligh, Louise Harrison, Laura Gillhespy, Tanya Wright	Lincoln	04.06.11
4.49.7	Jess Rogers, Olivia Hanby, Kirsty Holland, Emily Balshaw	Blackpool	04.08.18
4.58.30	Stasia Bligh, Claire Irons, Kate Lawler, Jessica Rogers	Carlisle	04.05.14
5.04.90	Libby Bonis, Claire Irons, Emily Japp, Jessica Rogers	Copeland	05.06.16
5.10.30		Ellesmere Port	01.07.12
5.23.50	Stasia Bligh, Claire Irons, Becky Rogers, Katy Wyper	Leigh	03.05.15
5.27.00	Claire Irons, Libby Bonis, Emily Japp, Kirsty Holland	Stretford	06.08.16
5.50.60	Kirsty Holland, Rachel Basforth, Fiona Hockey, Chloe Norman	Wakefield	09.07.17
6.06.10	Claire Irons, Emily Japp, Beth Towers, Rachel Basforth	Bury	04.06.17

BWFAC Senior Women - All time performances

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