

BWFAC Senior Men - All time performances

Last updated: 30.09.19

Senior Men – 60m

Time	Name	Venue	Date	Notes
7.12i	Matt Hulyer	Manchester SC	19.12.10	
7.52i	Simon Wells	Manchester SC	20.02.11	
7.53i	Alex Bale	Manchester SC	02.03.08	
7.66i	Brett Rund	Manchester SC	08.01.17	
7.88i	Dominic Arnold	Manchester SC	16.12.12	
7.95i	George Fox	EIS Sheffield	15.02.19	T37
8.28i	Andy Stubbs	Manchester SC	20.02.11	
8.76i	Gary Leek	Manchester SC	16.12.12	

BWFAC Senior Men - All time performances

Senior Men – 100m

Time	Name	Venue	Date	Notes
11.00	Alex Bale	Blackpool	19.07.08	
11.10	Brent Starkie	Bury	09.06.13	
11.20	Matt Hulyer	Blackpool	14.05.11	
11.20	Matt Walker	Blackpool	23.03.14	
11.20	Simon Wells	Blackpool	13.07.14	
11.20	Philip Ellershaw	Ashton -u-Lyne	06.06.15	
11.30	Andrew Ramsey	Blackburn	05.08.07	
11.30	Chris Debar	Blackpool	25.05.13	
11.40	Brett Rund	Wakefield	09.07.17	
11.40	Alex Obiorah	Blackpool	08.07.18	
11.50	Matt Wright	Carlisle	04.05.14	
11.60	Ted Romney	Lancaster	28.05.11	
11.60	Nick Costello	Blackburn	14.08.11	
11.60	Declan O'Hara	Blackpool	09.09.12	
11.60	Declan O'Hara	Copeland	05.06.16	
11.70	Chris Beggan	Wigan	12.08.07	
12.00	Jon Rutter	Blackpool	12.05.07	
12.00	Jon Rutter	Preston	04.07.10	
12.00	Andy Stubbs	Blackburn	14.08.11	
12.30	Alex Kiziltas	Hyndburn	09.08.14	
12.30	Louis Schofield	Bolton	03.07.16	
12.33	George Fox	Manchester SC	28.07.18	T37
12.40	Harrison Lion	Blackpool	11.05.19	
12.50	Andy Stubbs	Blackpool	14.05.11	
12.60	Jordan Walker-Smith	Hyndburn	11.08.07	
12.60	Tom Godwin	Hyndburn	09.04.19	Decathlon
13.00	Dominic Arnold	Blackpool	17.03.18	
13.60	Robert Shaw	Wigan	31.08.13	
13.60	Robert Shaw	Blackpool	22.09.13	
14.10	Chris Hopes	Cleckheaton	16.04.08	
20.40	Sonny Flood	Blackpool	09.09.12	

BWFAC Senior Men - All time performances

Senior Men – 200m

Time	Name	Venue	Date	Notes
22.36	Brent Starkie	Stretford	10.08.10	
22.40	Alex Bale	Preston	04.07.10	
22.80	Simon Wells	Blackpool	13.07.14	
23.10	Ted Romney	Blackpool	09.05.10	
23.20	Alex Kiziltas	Hyndburn	09.08.14	
23.20	Philip Ellershaw	Blackburn	30.04.16	
23.30	Andrew Ramsey	Blackburn	05.08.07	
23.30	Nick Costello	Blackburn	14.08.11	
23.30	Alex Obiorah	Blackpool	08.07.18	
23.40i	Brett Rund	EIS Sheffield	15.08.17	
23.70	Brett Rund	Bury	09.06.13	
23.70	Chris Debar	Blackpool	07.07.13	
23.90	Declan O'Hara	Blackpool	09.09.12	
24.20	Michael Brent-Reid	Leigh	14.07.19	
24.21i	Philip Ellershaw	Manchester SC	01.03.15	
24.36	Chris Beggan	Hull	26.08.07	
24.60	Daniel Kearney	Litherland	30.06.18	
25.30	Dave Mendonca	Blackpool	28.09.14	
25.37	George Fox	Manchester SC	29.07.18	T37
25.60	Andy Stubbs	Blackpool	09.05.10	
25.60	Andy Stubbs	Bedford	16.07.11	
26.30	Jon Rutter	Litherland	09.08.08	
27.00	Harrison Lion	Blackpool	23.03.19	
28.10	Robert Shaw	Blackpool	22.09.13	

BWFAC Senior Men - All time performances

Senior Men – 400m

Time	Name	Venue	Date	Notes
47.81	Brent Starkie	Barnet	04.09.10	
49.50	Alex Bale	Blackpool	07.05.11	
49.80	Ted Romney	Wigan	25.07.09	
50.20	Luke Minns	Stretford	03.08.13	
51.12	Brett Rudd	Aarhus, Denmark	02.08.17	
52.30	Chris Beggan	Wavertree	26.05.07	
52.50	Daniel Kearney	Litherland	30.06.18	
53.10	Michael Brent-Reid	Leigh	14.07.19	
53.11	Simon Wells	Stretford	07.09.10	
54.00	Thomas Wilkinson	Blackpool	15.03.15	
54.17	Danny Hayes	Stretford	14.06.16	
55.00	Dave Mendonca	Blackpool	28.09.14	
55.40	Dominic Arnold	Wigan	03.05.08	
56.50	Adam Weightman	Leigh	25.07.15	
56.70	Darren Tremble	Preston	01.07.17	
57.30	Tom Cunningham	Grangemouth	19.04.08	
57.80	Andy Stubbs	Warrington	31.05.10	
61.00	George Fox	Litherland	30.06.18	T37
66.50	Philip Ellershaw	Leigh	14.07.19	

Senior Men – 600m

Time	Name	Venue	Date	Notes
1.24.01	Danny Hayes	Stretford	16.08.16	

BWFAC Senior Men - All time performances

Senior Men – 800m

Time	Name	Venue	Date	Notes
1.50.70	Luke Minns	Stretford	12.07.14	
1.53.89i	Luke Minns	Sheffield	11.01.15	
1.56.26	Tom Cunningham	Pitreavie	24.04.10	
1.57.80	Jono Prowse	Wigan	12.08.07	
1.56.85	Danny Hayes	Stretford	19.07.16	
1.59.40	Daniel Kearney	Blackpool	08.07.18	
2.00.60	Antony Ford	Blackpool	03.08.08	
2.01.80	John McIlwham	Blackpool	05.05.07	
2.02.00	Jake Walley	Copeland	05.06.16	
2.02.40	Adam Hulme	Blackpool	21.04.07	
2.02.80	Harry Poole	Blackpool	25.05.14	
2.04.55	Adam Weightman	Stretford	11.08.15	
2.04.90	Brent Starkie	Cleckheaton	07.06.08	
2.08.10	Chris Beggan	Blackpool	21.04.07	
2.10.70	Michael Brent-Reid	Blackpool	11.04.15	
2.11.50	Luke Williams	Blackpool	27.04.13	
2.15.80	Rob Hutton	Hyndburn	31.05.08	
2.16.40	Paul Hopes	Bolton	21.05.08	
2.18.10	Chris Lloyd	Warrington	02.05.09	
2.19.60	Alex Bale	Blackpool	22.03.09	
2.28.80	Steve Minto	Blackpool	09.09.07	
2.45.40	Tony Airnes	Loughborough	17.09.09	
2.52.60	Dave Turner	Stretford	03.08.13	

BWFAC Senior Men - All time performances

Senior Men – 1500m

Time	Name	Venue	Date	Notes
3.46.78	Luke Minns	Stretford	06.08.13	
3.53.70	Antony Ford	Stretford	21.08.07	
3.54.83	Tom Cunningham	Stretford	15.06.10	
3.55.46i	Luke Minns	Sheffield EIS	08.02.14	
3.58.40	Jono Prowse	Cleckheaton	02.06.07	
4.00.96i	Antony Ford	Sheffield EIS	08.02.09	
4.03.93	Danny Hayes	Stretford	13.06.17	
4.05.87	Harry Poole	Stretford	28.06.16	
4.08.22	Jake Walley	Stretford	13.06.17	
4.10.94i	Tom Cunningham	Glasgow	17.01.10	
4.19.30	Adam Weightman	Blackpool	12.07.15	
4.19.70	Stuart Robinson	Preston	03.07.11	
4.19.87	Greg Seddon	Stretford	03.06.08	
4.29.40	Daniel Kearney	Leigh	03.06.18	
4.36.07	Paul Hopes	Birmingham	06.07.08	
4.52.90	Tony Terras	Blackpool	06.05.17	
4.54.60	Chris Lloyd	Litherland	06.06.09	
4.55.80	Rob Hutton	Cleckheaton	16.04.08	
4.55.90	James Unsworth	Doncaster	20.08.16	
5.05.40	Andrew Simm	Blackpool	10.08.19	
5.15.90	Steve Minto	Preston	30.06.07	
5.16.70	Nick Hume	Swansea	14.09.07	
5.26.10	Rick Pinches	Blackpool	06.05.17	
5.32.20	Tony Airnes	Loughborough	17.09.09	

BWFAC Senior Men - All time performances

Senior Men – 3000m

Time	Name	Venue	Date	Notes
8.06.85	Antony Ford	Solihull	21.07.07	
8.13.27i	Antony Ford	Sheffield EIS	14.02.09	
8.22.44	Luke Minns	Stretford	18.05.10	
8.34.52i	Luke Minns	Manchester SC	06.12.14	
8.34.80	Jono Prowse	Blackpool	21.07.07	
8.50.19	Tom Cunningham	Stretford	12.08.08	
8.50.19	Stuart Robinson	Stretford	09.06.09	
8.50.75	Harry Poole	Stretford	07.06.16	
9.01.66	Greg Seddon	Stretford	04.09.07	
9.06.39	Malc Eadie	Stretford	13.07.10	
9.10.18	Phil Leybourne	Stretford	01.07.08	
9.20.13	James Mulvany	Stretford	03.06.08	
9.40.4	Adam Weightman	Leigh	25.07.15	
9.51.35	Andy Woodward	Stretford	23.08.11	
9.56.41	Chris Essex-Crosby	Stretford	23.06.09	
10.06.60	Paul Hopes	Preston	26.07.08	
10.09.36	Chris Lloyd	Stretford	28.04.09	
10.24.30	Trevor Uttley	Stretford	20.05.08	
10.42.80	Rob Hutton	Hyndburn	31.05.08	
11.12.30	Phil Burke	Blackpool	21.04.07	
11.32.10	Steve Simpson	Leigh	03.06.18	

BWFAC Senior Men - All time performances

Senior Men – 5000m

Time	Name	Venue	Date	Notes
13.49.45	Antony Ford	Manchester SC	31.05.08	
14.47.73	Stuart Robinson	Stretford	27.06.09	
15.02.08	Jono Prowse	Halifax	06.07.08	
15.12.30	Luke Minns	Blackpool	07.07.13	
15.51.04	Greg Seddon	Birmingham	28.07.07	
15.53.12	Harry Poole	Bedford	30.04.16	
15.54.70	Phil Leybourne	Halifax	06.07.08	
16.09.70	Malc Eadie	Cudworth	31.08.08	
16.39.90	Danny Hayes	Blackpool	12.07.15	
16.42.70	Jake Walley	Blackpool	13.05.17	
17.05.10	James Unsworth	Blackpool	13.07.14	
17.32.90	Liam Craine	Blackpool	13.07.14	
17.34.80	Chris Lloyd	Blackpool	02.08.09	
17.53.20	Perry Mann	Wavertree	26.05.12	
18.06.10	Adam Weightman	Blackburn	07.06.14	
18.07.50	Tony Terras	Blackpool	06.05.17	
18.15.18	Steve Simpson	Wavertree	05.05.18	
19.51.60	Andrew Simm	Blackpool	13.05.17	
19.52.20	Nick Hume	Blackpool	05.05.07	
19.52.90	Peter Broome	Blackpool	23.05.15	
20.03.50	Tony Airnes	Loughborough	17.09.09	
20.10.90	Rick Pinches	Bury	04.06.17	
20.17.80	Mark Warner	Blackpool	04.08.18	
20.20.30	Christopher Wylie	Preston	19.05.19	
20.33.40	Terry Westhead	Blackpool	12.07.15	
26.08.40	Andy Stubbs	Blackburn	05.06.10	
29.03.80	Norman Greenwood	Blackpool	24.05.14	
30.29.20	Peter Knott	Clayton-le-Moors	30.09.07	

Senior Men – 10000m

Time	Name	Venue	Date	Notes
28.44.27	Antony Ford	Watford	30.06.07	
31.25.63	Stuart Robinson	Birmingham	13.08.11	

BWFAC Senior Men - All time performances

Senior Men – 3000mSC

Time	Name	Venue	Date	Notes
10.25.50	Luke Berry	Blackpool	07.05.11	
10.26.40	Jake Walley	Bury	04.06.17	
10.28.40	Harry Poole	Blackpool	04.08.18	
10.43.60	Stuart Robinson	Wigan	03.05.08	
10.44.50	Chris Essex-Crosby	Ellesmere Port	05.07.09	
11.02.30	Phil Leybourne	Blackpool	17.08.08	
11.29.70	Darren Tremble	Blackpool	06.05.17	
11.30.20	Chris Lloyd	Cleckheaton	16.09.09	
11.31.00	Steve Simpson	Blackpool	04.08.18	
12.10.70	James Unsworth	Wigan	25.07.09	

Senior Men – 110mH

Time	Name	Venue	Date	Notes
17.00	Philip Ellershaw	Blackpool	12.07.15	
17.75	Gareth Lapsins	Edinburgh	07.07.07	
21.20	Jon Rutter	Cleckheaton	07.06.08	
21.38	Jordan Walker-Smith	Blackpool	08.09.07	
21.40	Eddie Broome	Bolton	10.06.07	
22.60	Dominic Garrett	Ellesmere Port	01.07.12	
24.50	Darren Tremble	Wakefield	09.07.17	

Senior Men – 400mH

Time	Name	Venue	Date	Notes
59.90	Chris Beggan	Preston	08.07.07	
62.40	Brent Starkie	Blackpool	04.08.18	
65.06	Darren Tremble	Stretford	04.07.17	
66.80	Philip Ellershaw	Stretford	06.08.16	
68.20	Jon Rutter	Cudworth	31.08.08	
68.80	Chris Essex-Crosby	Blackpool	02.08.09	
68.90	Eddie Broome	Leeds	18.07.09	
73.70	Chris Lloyd	Cudworth	31.08.08	
75.20	Harrison Lion	Blackpool	10.08.19	

BWFAC Senior Men - All time performances

Senior Men – HJ

Height	Name	Venue	Date	Notes
1.85	Damian Clayson	Warrington	05.04.09	
1.85i	Gareth Lapsins	Sheffield	10.03.07	
1.80	Matt Wright	Manchester SC	31.07.10	
1.75	Dan Ettrick	Blackpool	14.05.11	
1.70	Declan O'Hara	Hyndburn	09.08.14	
1.70	Finn Walker	Stretford	06.08.16	
1.65	Jon Rutter	Blackburn	05.08.07	
1.65	Jon Rutter	Wigan	25.07.09	
1.65	Jon Rutter	Wigan	22.08.09	
1.65	Philip Ellershaw	Copeland	05.06.16	
1.65	Philip Ellershaw	Bolton	03.07.16	
1.55	Laurence Harwood	Cleckheaton	07.06.08	
1.50	Dominic Garrett	Ellesmere Port	01.07.12	
1.50	Dominic Garrett	Bebington	05.08.12	
1.41	Tom Godwin	Hyndburn	06.04.19	Decathlon
1.40	Brent Starkie	Wakefield	09.07.17	
1.25	Dave Myerscough	Clayton-le-Moors	30.09.07	

Senior Men – PV

Height	Name	Venue	Date	Notes
5.55i	Max Eaves	Pajulahti, Fin.	11.01.14	
5.35	Max Eaves	Birmingham	07.07.13	
5.00	Matt Wright	Manchester SC	15.06.14	
4.75i	Laurie Needham	Loughborough	30.01.10	
4.61	Laurie Needham	Manchester SC	30.05.09	
4.67i	Matt Wright	Manchester SC	31.01.15	
4.30i	Gareth Lapsins	Sheffield	10.03.07	
4.10	Matt Walker	Wigan	06.04.14	
4.00	Declan O'Hara	Blackpool	06.05.17	
3.91i	Matt Walker	Manchester SC	02.03.14	
3.90	Daniel Stanley	Wigan	14.04.19	
3.90	Daniel Stanley	Manchester SC	02.06.19	
3.80	Alex Bale	Blackpool	11.05.08	
3.73i	Alex Bale	Manchester SC	19.01.08	
3.50	Finn Walker	Stretford	06.08.16	
3.50	Finn Walker	Doncaster	20.08.16	
3.00	Chris Davies	Wavertree	26.05.12	

BWFAC Senior Men - All time performances

Senior Men – LJ

Distance	Name	Venue	Date	Notes
7.25i	James Davies	EIS Sheffield	12.02.12	
6.52	Declan O'Hara	Copeland	05.06.16	
6.50i	Matt Hulyer	Manchester SC	06.03.11	
6.40	Matt Hulyer	Preston	04.07.10	
6.00	Jon Rutter	Hyndburn	30.05.09	
5.86	Alex Bale	Blackpool	11.05.08	
5.79	Matt Wright	Blackpool	13.07.14	
5.77i	Gareth Lapsins	Sheffield	21.02.07	
5.69	Brent Starkie	Doncaster	20.08.16	
5.57	Chris Debar	Stretford	03.08.13	
5.26	Chris Davies	Blackpool	05.05.12	
5.03	Tom Godwin	Hyndburn	06.04.19	Decathlon
4.98	Phil Ellershaw	Wavertree	05.05.18	
4.86	Dominic Garrett	Ellesmere Port	01.07.12	
4.79	Laurence Harwood	Cleckheaton	07.06.08	
4.49	Phil Ellershaw	Blackpool	04.08.18	
4.31	Andy Stubbs	Lincoln	04.06.11	
4.22	Dave Turner	Leigh	03.05.15	

Senior Men – TJ

Distance	Name	Venue	Date	Notes
13.14	Declan O'Hara	Blackpool	07.07.13	
12.64	Jon Rutter	Blackpool	18.04.09	
12.47	Matt Hulyer	Blackpool	34.07.10	
12.21	Damian Clayson	Blackpool	09.05.09	
12.21	Philip Ellershaw	Bolton	03.07.16	
11.91	Brent Starkie	Doncaster	20.08.16	
11.12	Matt Wright	Bury	09.06.13	
10.72	Jordan Walker-Smith	Wigan	12.08.07	
10.67	Finn Walker	Stretford	06.08.16	
10.64	Alex Bale	Cleckheaton	07.06.08	
10.32	Chris Davies	Blackpool	05.05.12	
10.04	Brett Rund	Bury	09.06.13	
8.95	Andy Stubbs	Preston	03.07.11	

BWFAC Senior Men - All time performances

Senior Men – SP

Distance	Name	Venue	Date	Notes
20.44i	Carl Myerscough	Doha, Qatar	12.03.10	
20.38	Carl Myerscough	Northridge CA USA	09.02.08	
14.58	Grant Myerscough	Warrington	02.05.09	
11.40	Duncan Shaw	Chiba, Japan	01.06.13	
11.07	David Myerscough	Hull	26.08.07	
10.62	Dave Turner	Bolton	09.08.15	
10.38	Dave Shaw	Blackpool	05.05.12	
10.29	Bob Wyper	Wigan	03.05.08	
9.52	Jamie Thomson	Litherland	16.06.19	
9.36	Syd Bashforth	Ellesmere Port	01.07.12	
9.21	Andy Bragg	Preston	19.05.19	
9.08	Darren Tremble	Blackpool	06.05.17	
9.03	Louis Schofield	Bolton	03.07.16	
8.79	Rob Morley	Wigan	15.04.07	
8.70	Brett Rund	Bury	09.06.13	
8.46	Ian Corcoran	Cleckheaton	07.05.16	
8.44	Shane Ellershaw	Blackburn	05.08.07	
8.11	George Fox	Blackpool	09.09.18	F37 - 5kg
7.87	Phil Ellershaw	Wavertree	05.05.18	
7.81	Jon Rutter	Blackpool	30.08.08	
7.30	Brent Starkie	Bury	04.06.17	
7.08	Andy Jones	Swansea	14.09.07	
6.58	Chris Senior	Blackpool	25.08.12	
5.87	Matt Smith	Blackpool	14.05.16	

BWFAC Senior Men - All time performances

Senior Men – DT

Distance	Name	Venue	Date	Notes
65.24	Carl Myerscough	Claremont Cal,	09.06.12	
43.47	Grant Myerscough	Blackpool	27.09.09	
33.04	Duncan Shaw	Chiba, Japan	03.11.12	
32.42	David Myerscough	Blackburn	05.08.07	
30.38	Dave Shaw	Blackpool	07.07.13	
29.86	Syd Bashforth	Blackburn	23.07.11	
29.70	Bob Wyper	Blackpool	12.05.07	
24.76	Jamie Thomson	Blackpool	11.05.19	
22.49	Chris Senior	Bedford	28.06.07	
22.37	Andy Bragg	Blackpool	10.08.19	
22.15	Rob Morley	Blackpool	12.05.07	
21.12	Darren Tremble	Wakefield	09.07.17	
20.80	Phil Ellershaw	Preston	19.05.19	
20.36	Ian Corcoran	Stretford	06.08.16	
19.47	Brent Starkie	Leigh	03.06.18	
17.04	Dave Turner	Blackpool	12.07.15	

Senior Men – HT

Distance	Name	Venue	Date	Notes
50.41	Duncan Shaw	Japan	29.03.14	
44.37	Dave Shaw	Blackpool	07.07.13	
44.13	Laurence Harwood	Wigan	03.05.08	
39.44	Shane Ellershaw	Blackburn	05.08.07	
32.86	Syd Bashforth	Blackpool	07.07.13	
32.16	Bob Wyper	Blackpool	13.07.14	
28.39	Jamie Thomson	Blackpool	24.08.19	
24.67	Andy Bragg	.Leigh	14.07.19	
20.46	Chris Senior	Blackpool	25.08.12	
20.03	Dave Myerscough	Lincoln	04.06.11	
19.69	Louis Schofield	Bolton	03.07.16	
14.97	Brent Starkie	Leigh	03.06.18	
11.26	Darren Tremble	Wakefield	09.07.17	

BWFAC Senior Men - All time performances

Senior Men – JT

Distance	Name	Venue	Date	Notes
57.06	Dave Turner	Bolton	09.08.15	
49.80	Louis Walker	Preston	19.05.19	
40.51	Ian Corcoran	Bolton	03.07.16	
39.89	Chris Stevens	Blackpool	25.05.13	
35.68	Jordan Walker-Smith	Wigan	12.08.07	
34.33	Charlie Garrett	Cleckheaton	16.08.09	
33.30	Duncan Shaw	Blackpool	26.09.10	
31.52	Bob Wyper	Bolton	10.06.07	
30.48	Syd Bashforth	Blackburn	14.08.11	
30.08	Jon Rutter	Wigan	03.05.08	
25.77	Dave Myerscough	Blackpool	23.07.11	
22.45	Matt Smith	Blackpool	15.05.16	
21.46	Dave Shaw	Ellesmere Port	01.07.12	
19.63	Laurence Harwood	Cleckheaton	07.06.08	
19.14	Jamie Thomson	Leigh	14.07.19	
17.63	George Fox	Blackpool	09.09.18	F37
17.45	Brent Starkie	Leigh	03.06.18	
6.32	Dominic Garrett	Ellesmere Port	01.07.12	

BWFAC Senior Men - All time performances

Senior Men – 4x100m Relay

Time	Team	Venue	Date
44.60	Nick Costello, Louis Schofield, James Davies, Luke Minns	Wakefield	01.05.10
44.70	Nick Costello, Louis Schofield, Jon Rutter, James Davies	Wigan	25.07.09
44.80	Declan O'Hara, Chris Debar, Alex Kiziltas, Henry Taylor	Blackpool	07.07.13
45.10	Nick Costello, Louis Schofield, Simon Wells, Matt Hulyer	Blackpool	13.05.07
45.10	Chris Beggan, Simon Wells, Andrew Ramsey, James Fahey	Blackburn	05.08.07
45.10	Alex Bale, Simon Wells, Louis Schofield, Nick Costello	Manchester SC	31.07.10
45.20	Simon Wells, Brent Starkie, Jon Rutter, Ted Romney	Blackpool	03.08.08
45.30	Dominic Garrett, Nick Costello, Louis Schofield, James Davies,	Blackpool	09.05.10
45.30	Alex Bale, Simon Wells, Louis Schofield, Omar Frederick	Preston	04.07.10
45.30		Lincoln	04.06.11
45.30	Alex Bale, Simon Wells, Adam Snape, Dom Broughton	Wavertree	26.05.12
45.30	Brent Starkie, Philip Ellershaw, Luke Minns, Jake Walley	Blackpool	12.07.15
45.50	Simon Wells, Brent Starkie, Jon Rutter, Ted Romney	Blackpool	17.08.08
45.50	Alex Bale, Simon Wells, Adam Snape, Dom Broughton	Blackpool	05.05.12
45.50	Finn Walker, Alex Obiorah, Luke Halstead, Declan O'Hara	Stretford	06.08.16
45.60	Brent Starkie, Philip Ellershaw, Declan O'Hara, Alex Obiorah	Copeland	05.06.16
45.70	Nick Costello, Louis Schofield, Jon Rutter, Alex Bale	Blackpool	02.08.09
45.70	Simon Wells, Ted Romney, Nick Costello, Declan O'Hara	Preston	03.07.11
45.80	Jon Rutter, Simon Wells, Damian Clayson, James Fahey	Cleckheaton	02.06.07
45.80	Matt Wright, Brent Starkie, James Carty, Dom Lavelle	Carlisle	04.05.14
45.90	Nick Costello, Louis Schofield, Jon Rutter, Declan O'Hara	Ellesmere Port	05.07.09
45.90	Simon Wells, Alex Obiorah, Tom Godwin, Dom Lavelle	Blackpool	13.07.14
45.90	Phil Ellershaw, Brett Rund, Bradley Parsons, Alex Hughes	Bury	04.06.17
45.90	Phil Ellershaw, Brett Rund, ?, ?	Wakefield	09.07.17
46.00	Dominic Garrett, Alex Bale, Marcus Quarmby, Alex Kiziltas	Ellesmere Port	01.07.12
46.20		Hyndburn	09.08.14
46.30	Chris Beggan, Simon Wells, Declan O'Hara, James Fahey	Preston	08.07.07
46.30	Simon Wells, Louis Schofield, James Davies, Matt Hulyer	Blackpool	07.05.11
46.30	Brent Starkie, Philip Ellershaw, Luke Minns, Jake Walley	Ashton-u-Lyne	06.06.15
46.30	Phil Ellershaw, Noah Egan, Andrew Woodhouse, Declan O'Hara	Leigh	03.06.18
46.50	Damian Clayson, Andrew Ramsey, Dom Arnold, Simon Wells	Blackpool	08.09.07
46.50	Dominic Arnold, Ted Romney, Jon Rutter, Simon Wells	Cleckheaton	07.06.08
46.50	Phil Ellershaw, Bradley Parsons, Jon Rutter, Ruben Shaw	Blackpool	04.08.18
46.63	Tom Cunningham, Brent Starkie, Jon Rutter, Simon Wells	Manchester SC	13.09.08
46.70	Alex Bale, Dominic Arnold, Simon, Wells, Jon Rutter	Blackpool	10.05.08
46.70	Simon Wells, Matt Wright, Jon Rutter, Alex Bale	Cudworth	31.08.08
46.70	Nick Costello, Louis Schofield, Jon Rutter, Alex Billington	Litherland	06.06.09
46.70	Philip Ellershaw, Declan O'Hara, B Starkie, Adam Weightman	Bolton	09.08.15
46.70	Philip Ellershaw, Declan O'Hara, Alex Obiorah, Jon Rutter	Blackpool	08.07.18
46.80	Philip Ellershaw, Bradley Parsons, B Starkie, Luke Halstead	Bolton	05.08.17
47.00	Brent Starkie, Philip Ellershaw, Dom Lavelle, Nathan Cheetham	Leigh	04.05.15
47.20	Jon Rutter, Declan O'Hara, Matt Wright, ?	Warrington	02.05.09
47.30	Jon Rutter, Declan O'Hara, Phil Ellershaw, Luke Halstead	Blackpool	06.05.17
47.40	Brent Starkie, Philip Ellershaw, Finn Walker, Alex Obiorah	Doncaster	20.08.16
47.70	Darrell Constantine, Alex Billington, Jon Rutter, Declan O'Hara	Halifax	06.07.08
47.90	Nick Costello, Simon Wells, Louis Schofield, Omar Frederick	Blackburn	05.06.10

BWFAC Senior Men - All time performances

48.10	Scott Sinclair, Harrison Lion, Michael Brent-Reid, A Woodhouse	Preston	19.05.19
48.20	Scott Sinclair, Harrison Lion, Angelo Vinci, James Nicholas	Litherland	16.06.19
48.30	Alex Bale, Brent Starkie, Adam Snape, Ted Romney	Bebington	05.08.12
48.50	Phil Ellershaw, Harrison Lion, Angelo Vinci, Bradley Parsons	Blackpool	10.08.19
48.70	Nick Costello, Matt Wright, Laurie Needham, Omar Frederick	Cleckheaton	16.08.09
48.90		Bury	09.06.13
50.00	Phil Ellershaw, J Rutter, Scott Sinclair, M Brent-Reid	Leigh	14.07.19
51.30		Preston	11.05.12

BWFAC Senior Men - All time performances

Senior Men – 4x400m Relay

Time	Team	Venue	Date
3.25.60	Ted Romney, Dominic Garrett, Alex Bale, Brent Starkie	Cleckheaton	16.08.09
3.25.80	Ted Romney, Marcus Quarmby, Alex Bale, Brent Starkie	Ellesmere Port	05.07.09
3.26.60	Ted Romney, Luke Minns, Brent Starkie, Alex Bale	Blackpool	17.08.08
3.27.40	Marcus Quarmby, Dominic Garrett, Brent Starkie, Luke Minns	Blackburn	05.06.10
3.28.60	Marcus Quarmby, Jack Scarr, Brent Starkie, Luke Minns	Manchester SC	31.07.10
3.28.9	L Minns, Adam Weightman, Thomas Allen, Jake Walley	Blackpool	12.07.15
3.29.80	James Fahey, Dominic Garrett, Alex Bale, Brent Starkie	Warrington	02.05.09
3.30.00	L Minns, Adam Weightman, Connor McCormick, Jake Walley	Blackpool	07.07.13
3.30.60	Ted Romney, Luke Minns, Brent Starkie, Thomas Allen	Carlisle	04.05.14
3.30.70	Marcus Quarmby, Dominic Garrett, Alex Bale, Dom Broughton	Preston	03.07.11
3.31.20	Chris Beggan, Ted Romney, Wayne Ellwood, Dominic Arnold	Blackpool	05.05.07
3.31.70	Nathan Cheetham, Jake Walley, Brent Starkie, Luke Minns	Leigh	04.05.15
3.32.50	Marcus Quarmby, Alex Bale, Brent Starkie, Jack Scarr	Preston	04.07.10
3.32.90	Luke Minns, Chris Debar, Alex Kiziltas, Robbie Morris	Stretford	03.08.13
3.33.30	Adam Weightman, Jake Walley, Tom Allen, Luke Minns	Ashton-u-Lyne	06.06.15
3.34.00		Wakefield	09.07.17
3.35.40	James Fahey, Dominic Garrett, Alex Bale, Brent Starkie	Litherland	06.06.09
3.35.50	Chris Beggan, Ted Romney, James Fahey, Tom Cleary	Blackburn	05.08.07
3.35.50	Luke Minns, Riley Nagle, James Nicholas, M Brent-Reid	Preston	19.05.19
3.35.70	Luke Minns, Chris Beggan, Dominic Arnold, Ted Romney	Blackburn	08.09.07
3.36.80	Ted Romney, Dominic Garrett, Alex Bale, Brent Starkie	Blackpool	08.05.11
3.37.93	Simon Wells, Tom Cunningham, Jono Prowse, Brent Starkie	Manchester SC	13.09.08
3.38.10	Tom Cunningham, Alex Bale, Brent Starkie, Ted Romney	Cleckheaton	07.06.08
3.38.20	Tom Cunningham, Luke Minns, Jono Prowse, Antony Ford	Blackpool	03.08.08
3.38.90	Brett Rudd, Luke Minns, Will Critchley, Danny Hayes	Bury	04.06.17
3.40.30	Adam Weightman, B Starkie, Danny Hayes, Daniel Kearney	Doncaster	20.08.16
3.40.50	Luke Minns, Harry Poole, Adam Weightman, Jake Walley	Blackpool	13.07.14
3.40.60	Chris Beggan, Jono Prowse, James Fahey, Simon Wells	Preston	08.07.07
3.41.20	Will Critchley, Brent Starkie, Daniel Kearney, Harry Poole	Blackpool	04.08.18
3.41.60	T Romney, Luke Minns, Marcus Quarmby, Adam Weightman	Wavertree	26.05.12
3.42.40	Adam Snape, Luke Minns, Dom Broughton, Adam Weightman	Bebington	05.08.12
3.42.70	Brent Starkie, Adam Weightman, Danny Hayes, Tom Godwin	Cleckheaton	07.05.16
3.42.70	Brent Starkie, Daniel Kearney, Danny Hayes, Tom Godwin	Bolton	03.07.16
3.44.70	Ted Romney, Marcus Quarmby, Dominic Garrett, Jack Scarr	Wakefield	01.05.10
3.44.70	Jake Dudley, Brent Starkie, Daniel Kearney, ?	Blackpool	08.07.18
3.43.00	Luke Minns, Dom Garrett, Adam Weightman, Jack Scarr	Lincoln	04.06.11
3.46.50	Ted Romney, Tom Cunningham, Simon Wells, Jono Prowse?	Cudworth	31.08.08
3.48.30	M Brent-Reid, Will Critchley, Riley Nagle, Max Swarbrick	Blackpool	10.08.19
3.53.90	Brent Starkie, Tom Godwin, Will Critchley, ?	Blackpool	06.05.17
4.00.90	Brent Starkie, Danny Hayes, Jim Unsworth, Dave Turner	Stretford	06.08.16
4.06.20	Chris Beggan, Gareth Jones, James Fahey, Simon Wells	Cleckheaton	02.06.07
4.17.50		Hyndburn	09.08.14
4.18.90		Blackpool	14.04.12