Last updated: 30.09.26

Senior Men – 60m

Time	Name	Venue	Date	Notes
7.06i	**Joel Elphick**	**EIS Sheffield**	**06.12.25**	
7.12i	Matt Hulyer	Manchester SC	19.12.10	
7.33i	Henry Manson	EIS Sheffield	10.01.26	
7.52i	Simon Wells	Manchester SC	20.02.11	
7.53i	Alex Bale	Manchester SC	02.03.08	
7.57i	Symon Woan	Manchester SC	22.12.24	
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	

Senior Men – 100m

Time	Name	Venue	Date	Notes
11.00	**Alex Bale**	**Blackpool**	**19.07.08**	
11.00	**Joel Elphick**	**Preston**	**12.04.25**	
11.10	Brent Starkie	Bury	09.06.13	
11.10	Scott Sinclair	Lancaster	06.07.24	
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	
11.40	Henry Manson	Carlisle	16.05.26	
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	
11.70	Symon Woan	Blackpool	17.08.24	
11.70	Symon Woan	Preston	12.04.25	
11.70	Kevroy Francis	Bury	13.07.25	
11.75	Will Critchley	Stretford	10.07.22	
11.79	James Nicholas	Stretford	29.05.23	
11.80	Charles Utomi	Stretford	06.08.22	
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	
12.40	Dan Brown	Preston	21.06.26	
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	
15.50	Stuart Hall	Blackpool	19.09.21	
20.40	Sonny Flood	Blackpool	09.09.12	

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	
22.90	Henry Manson	Carlisle	16.05.26	
23.00	Scott Sinclair	Lancaster	06.07.24	
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	
23.80	Paul Whittle	Bury	13.07.25	
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	
24.40	Symon Woan	Blackpool	17.08.24	
24.50	Riley Nagle	Blackpool	03.04.22	
24.60	Daniel Kearney	Litherland	30.06.18	
24.60	Kevroy Francis	Bury	13.07.25	
25.30	Dave Mendonca	Blackpool	28.09.14	
25.35	Charles Utomi	Stretford	10.07.22	
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	
25.85	Harrison Lion	Stretford	22.05.21	
26.30	Jon Rutter	Litherland	09.08.08	
28.00	Tom Raybould	Blackpool	08.08.26	
28.10	Robert Shaw	Blackpool	22.09.13	
31.00	Dan Higgins	Blackburn	15.08.26	
31.60	Jay Marrington	Blackpool	08.08.26	

Senior Men – 300m

Time	Name	Venue	Date	Notes
40.01i	**Symon Woan**	**Manchester SC**	**22.12.24**	

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	
50.00	Will Critchley	Stretford	06.07.21	
50.20	Luke Minns	Stretford	03.08.13	
51.12	Brett Rudd	Aarhus, Denmark	02.08.17	
51.25i	Will Critchley	EIS Sheffield	24.02.24	
52.30	Chris Beggan	Wavertree	26.05.07	
52.30	Michael Brent-Reid	Blackpool	21.08.21	
52.50	Daniel Kearney	Litherland	30.06.18	
52.50	James Nicholas	Ashton-U-Lyne	20.05.23	
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	
57.20	Gruff Matthew	Blackpool	17.08.24	
56.70	Darren Tremble	Preston	01.07.17	
57.30	Tom Cunningham	Grangemouth	19.04.08	
57.80	Andy Stubbs	Warrington	31.05.10	
60.20	Jon Rutter	Leigh	30.08.26	
60.60	Dan Brown	Preston	21.06.26	
61.00	George Fox	Litherland	30.06.18	T37
63.10	Tom Raybould	Blackpool	08.08.26	
65.70	George Robinson	Leigh	19.06.21	
66.50	Philip Ellershaw	Leigh	14.07.19	
68.50	Jay Marrington	Blackpool	08.08.26	
69.90	Andrew Fairbairn	Blackpool	19.08.23	

Senior Men – 600m

Time	Name	Venue	Date	Notes
1.24.01	**Danny Hayes**	**Stretford**	**16.08.16**	

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	
1.59.40	Will Critchley	Leigh	19.06.21	
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	
2.02.60	Mark Belfield	Lancaster	17.05.26	
2.02.80	Harry Poole	Blackpool	25.05.14	
2.04.50	Michael Brent-Reid	Blackpool	19.09.21	
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	
2.10.60	Gruff Matthew	Bury	09.07.23	
2.11.50	Luke Williams	Blackpool	27.04.13	
2.13.40	George Robinson	Leigh	30.04.22	
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	
2.29.70	Tom Raybould	Leigh	30.08.26	
2.30.90	Jon Rutter	Bury	05.07.25	
2.45.30	Andrew Fairbairn	Blackpool	19.08.23	
2.40.60	Dan Higgins	Leigh	30.08.26	
2.45.40	Tony Airnes	Loughborough	17.09.09	
2.52.60	Dave Turner	Stretford	03.08.13	

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	
4.13.00	George Robinson	Blackpool	04.07.21	
4.18.60	Sean Kenny	Bolton	12.06.22	
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	
4.53.00	Jonathan Sanderson	Bury	13.07.25	
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	
5.03.09	Nathan Baker	Ashton-U-Lyne	20.05.23	
5.05.40	Andrew Simm	Blackpool	10.08.19	
5.15.90	Steve Minto	Preston	30.06.07	
5.10.20	Paul Woolford	Blackpool	08.08.26	
5.16.70	Nick Hume	Swansea	14.09.07	
5.18.01	Andy Hall	Stretford	10.07.22	
5.22.46	Jon Rutter	Litherland	21.08.22	
5.26.10	Rick Pinches	Blackpool	06.05.17	
5.32.20	Tony Airnes	Loughborough	17.09.09	
5.37.40	Dan Higgins	Leigh	30.08.26	
6.16.80	Peter Bradburn	Leigh	17.05.25	

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	
9.03.27	Marco Parolin	Stretford	26.07.22	
9.06.39	Malc Eadie	Stretford	13.07.10	
9.08.80	Jude Cowan	Blackpool	18.04.26	
9.10.18	Phil Leybourne	Stretford	01.07.08	
9.20.13	James Mulvany	Stretford	03.06.08	
9.31.45	Noah Cox	Stretford	28.05.24	
9.40.40	Adam Weightman	Leigh	25.07.15	
9.47.18	Sean Kenny	Stretford	11.06.24	
9.51.35	Andy Woodward	Stretford	23.08.11	Lancaster
17.05.26	Chris Essex-Crosby	Stretford	23.06.09	
10.06.60	Paul Hopes	Preston	26.07.08	
10.08.20	Andrew Fairbairn	Blackpool	03.04.22	
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	
11.27.10	Chris Wylie	Lancaster	03.07.21	
11.32.10	Steve Simpson	Leigh	03.06.18	
11.33.70	Stuart Hall	Blackpool	19.09.21	
12.26.40	Dan Higgins	Blackpool	30.08.25	

Senior Men – 5000m

Time	Name	Venue	Date	Notes
13.49.45	**Antony Ford**	**Manchester SC**	**31.05.08**	
14.47.19	Luke Minns	Stretford	09.08.25	
14.47.73	Stuart Robinson	Stretford	27.06.09	
15.02.08	Jono Prowse	Halifax	06.07.08	
15.28.50	Jude Cowan	Blackpool	10.05.26	
15.36.65	Luke Mason	Stretford	22.05.21	
15.38.40	Harry Poole	Blackpool	04.07.21	
15.51.04	Greg Seddon	Birmingham	28.07.07	
15.54.70	Phil Leybourne	Halifax	06.07.08	
16.09.70	Malc Eadie	Cudworth	31.08.08	
16.13.37	Marco Parolin	Stretford	22.05.21	
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	
17.19.50	Andrew Harling	Bolton	12.06.22	
17.32.90	Liam Craine	Blackpool	13.07.14	
17.34.80	Chris Lloyd	Blackpool	02.08.09	
17.38.07	Sean Kenny	Stretford	10.07.22	
17.41.00	Joshua Smith	Blackpool	17.08.24	
17.44.20	Simon Reason	Leigh	19.06.21	
17.45.05	Andrew Fairbairn	Stretford	10.07.22	
17.53.20	Perry Mann	Wavertree	26.05.12	
17.56.30	Christopher McCarthy	Bury	01.08.21	
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	
18.34.20	Jonathan Sanderson	Blackpool	22.06.25	
18.57.20	Chris Wylie	Ashton-U-Lyne	20.05.23	
19.27.30	Tom Raybould	Leigh	30.08.26	
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	
20.33.40	Terry Westhead	Blackpool	12.07.15	
22.16.20	Jon Rutter	Leigh	02.08.25	
26.08.40	Andy Stubbs	Blackburn	05.06.10	
22.19.60	Jay Marrington	Blackpool	08.08.26	
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	

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	
13.11.80	Simon Reason	Blackpool	08.08.26	
14.08.20	Jon Rutter	Carlisle	16.05.26	

Senior Men – 60mH

Time	Name	Venue	Date	Notes
8.19i	**Joel Elphick**	**EIS Sheffield**	**06.12.25**	

Senior Men – 100mH

Time	Name	Venue	Date	Notes
12.10	**Philip Ellershaw**	**Bury**	**01.08.21**	**Mixed**

Senior Men – 110mH

Time	Name	Venue	Date	Notes
14.15	**Joel Elphick**	**Bedford**	**05.07.26**	
17.00	Philip Ellershaw	Blackpool	12.07.15	
17.20	Scott Sinclair	Stretford	18.05.24	
17.75	Gareth Lapsins	Edinburgh	07.07.07	
19.70	Jon Rutter	Stretford	10.09.23	Decathlon
20.70	Dan Brown	Leigh	30.08.26	
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

BWFAC Senior Men - All time performances

Time	Name	Venue	Date	Notes
59.90	**Chris Beggan**	**Preston**	**08.07.07**	
62.40	Brent Starkie	Blackpool	04.08.18	
64.50	Paul Whittle	Blackpool	11.05.25	
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	
71.00	Dan Higgins	Blackpool	08.08.26	
71.50	Dan Brown	Preston	21.06.26	
73.70	Chris Lloyd	Cudworth	31.08.08	
75.20	Harrison Lion	Blackpool	10.08.19	

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	
1.70	Scott Sinclair	Blackpool	17.08.24	
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	
1.56	Luke Minns	Blackpool	07.04.24	Decathlon
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	
1.50	Dan Brown	Blackpool	08.08.26	
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	
3.61i	Daniel Stanley	Manchester SC	01.02.20	
3.50	Finn Walker	Stretford	06.08.16	
3.50	Finn Walker	Doncaster	20.08.16	
3.00	Chris Davies	Wavertree	26.05.12	
2.50	Mark Crompton	Preston	21.06.26	
2.40	Dan Brown	Leigh	30.08.26	

1.90	Jon Rutter	Blackpool	06.05.25	Decathlon
1.80	Luke Minns	Blackpool	07.04.24	Decathlon

Senior Men – LJ

Distance	Name	Venue	Date	Notes
7.25i	**James Davies**	**EIS Sheffield**	**12.02.12**	
7.24	Scott Sinclair	Blackpool	12.05.24	
6.89i	Scott Sinclair	EIS Sheffield		
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	EIS Sheffield	21.02.07	
5.69	Brent Starkie	Doncaster	20.08.16	
5.67	Will Critchley	Blackpool	19.08.23	
5.57	Chris Debar	Stretford	03.08.13	
5.42	Jon Rutter	Leigh	17.05.25	
5.30	Dominic Lavelle	Preston	21.06.26	
5.28	Luke Minns	Blackpool	06.04.24	Decathlon
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	
4.31	Andy Stubbs	Lincoln	04.06.11	
4.22	Dave Turner	Leigh	03.05.15	

Senior Men – TJ

Distance	Name	Venue	Date	Notes
15.24	**Scott Sinclair**	**Blackpool**	**10.05.25**	
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	
11.93	Scott Sinclair	Blackpool	17.08.24	
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	
10.26	Luke Minns	Blackpool	08.08.26	
10.04	Brett Rund	Bury	09.06.13	
8.95	Andy Stubbs	Preston	03.07.11	

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	
10.44	Jamie Thomson	Blackburn	13.05.23	
10.38	Dave Shaw	Blackpool	05.05.12	
10.29	Bob Wyper	Wigan	03.05.08	
9.91	Alex Slater	Manchester SC	22.11.23	
9.54	Corie Shorrock	Blackpool	04.07.21	
9.36	Syd Bashforth	Ellesmere Port	01.07.12	
9.24	Andy Bragg	Blackpool	04.07.21	
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	
8.61	Dan Brown	Blackpool	08.08.26	
8.48	Jon Rutter	Stretford	09.09.23	Decathlon
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	
7.15	Daniel Kearney	Blackpool	27.08.22	
7.30	Brent Starkie	Bury	04.06.17	
7.08	Andy Jones	Swansea	14.09.07	
6.64	Mark Crompton	Preston	21.06.26	
6.58	Chris Senior	Blackpool	25.08.12	
6.48	Luke Minns	Blackpool	08.08.26	
5.87	Matt Smith	Blackpool	14.05.16	
5.48	Andrew Fairbairn	Blackpool	19.08.23	

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	
29.18	Dan Brown	Leigh	30.08.26	
27.43	Jamie Thomson	Blackpool	11.05.24	
24.56	Mark Crompton	Carlisle	16.05.26	
24.09	Andy Bragg	Blackpool	04.07.21	
22.87	Phil Ellershaw	Blackpool	04.07.21	
22.49	Chris Senior	Bedford	28.06.07	
22.15	Rob Morley	Blackpool	12.05.07	
21.12	Darren Tremble	Wakefield	09.07.17	
20.36	Ian Corcoran	Stretford	06.08.16	
19.47	Brent Starkie	Leigh	03.06.18	
19.25	Jon Rutter	Stretford	10.09.23	Decathlon
17.98	Luke Minns	Blackpool	07.04.24	Decathlon
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	
23.53	Dan Brown	Leigh	30.08.26	
21.35	Mark Crompton	Carlisle	16.05.26	
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	
13.98	Jon Rutter	Bury	25.07.26	
11.26	Darren Tremble	Wakefield	09.07.17	

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	
31.03	Andrew Harling	Litherland	07.08.22	
30.48	Syd Bashforth	Blackburn	14.08.11	
30.08	Jon Rutter	Wigan	03.05.08	
28.90	Paul Whittle	Leigh	02.08.25	
28.23	Luke Minns	Blackpool	08.08.26	
27.12	Andy Bragg	Leigh	19.06.21	
26.31	Jamie Thomson	Bury	01.08.21	
25.87	Scott Sinclair	Stretford	18.05.24	
25.77	Dave Myerscough	Blackpool	23.07.11	
24.20	Jon Rutter	Leigh	30.08.26	
23.69	Mark Crompton	Leigh	30.08.26	
22.45	Matt Smith	Blackpool	15.05.16	
21.46	Dave Shaw	Ellesmere Port	01.07.12	
20.57	Daniel Kearney	Blackpool	27.08.22	
20.35	Stuart Hall	Blackpool	19.09.21	
19.63	Laurence Harwood	Cleckheaton	07.06.08	
17.63	George Fox	Blackpool	09.09.18	F37
17.45	Brent Starkie	Leigh	03.06.18	
17.31	Phil Ellershaw	Blackpool	08.08.26	
12.33	Charles Utomi	Bury	18.06.23	
8.87	Andrew Fairbairn	Blackpool	19.08.23	
8.45	Symon Woan	Leigh	02.08.25	
6.32	Dominic Garrett	Ellesmere Port	01.07.12	

Senior Men – Decathlon

Points	Name	Venue	Date	Notes
4261	**Jon Rutter**	**Litherland**	**20/21.08.22**	
4189	Luke Minns	Blackpool	06/07.04.24	

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
45.50	Charles Utomi, Joel Elphick, Jefferson Kong, Henry Manson	Stretford	06.08.22
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
45.70	Symon Woan, Alfie Walsh, Paul Whittle, Henry Manson	Leigh	02.08.25
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
46.10	Harrison Lion, Joel Elphick, Henry Manson, Jefferson Kong	Leigh	30.04.22
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
46.50	Phil Ellershaw, Symon Woan, Alfie Walsh, Paul Whittle	Blackpool	22.06.25
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
47.06	Charles Utomi, Philip Ellershaw, Jefferson Kong, Jon Rutter	Stretford	10.07.22

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
47.70	Harrison Lion, Phil Ellershaw, James Nicholas, Jefferson Kong	Blackpool	04.07.21
47.70	Jon Rutter, Symon Woan, Henry Manson, Paul Whittle	Blackpool	17.08.24
47.90	Nick Costello, Simon Wells, Louis Schofield, Omar Frederick	Blackburn	05.06.10
47.90	Harrison Lion, Phil Ellershaw, Jefferson Kong, James Nicholas	Leigh	19.06.21
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
48.30	Michael Brent-Reid, Phil Ellershaw, Jefferson Kong, Jon Rutter	Bolton	12.06.22
48.40	Harrison Lion, Phil Ellershaw, Jon Rutter, Jefferson Kong	Bury	01.08.21
48.50	Phil Ellershaw, Harrison Lion, Angelo Vinci, Bradley Parsons	Blackpool	10.08.19
48.50	Oliver Nunn, Alfie Walsh, Scoot Sinclair, Phil Ellershaw	Carlisle	15.06.24
48.70	Nick Costello, Matt Wright, Laurie Needham, Omar Frederick	Cleckheaton	16.08.09
48.82	Harrison Lion, Phil Ellershaw, Luke Jones, James Nicholas	Stretford	22.05.21
48.90		Bury	09.06.13
50.00	Phil Ellershaw, Jon Rutter, Scott Sinclair, M Brent-Reid	Leigh	14.07.19
51.00	Jamie Thomson, Kieran Howard, Phil Ellershaw, Scott Sinclair	Preston	14.07.24
51.30		Preston	11.05.12
53.00	Jon Sanderson, Alfie Walsh, Paul Whittle, P Ellershaw	Bury	13.07.25
57.60	Dan Higgins, Jay Marrington, Paul Woolford, Simon Reason	Leigh	30.08.26

Mixed Senior – 4x100m Relay

Time	Team	Venue	Date
49.70	**Henry Manson, Gracie Rutter, Jon Rutter, Katy Wyper**	**Blackpool**	**08.08.26**
52.20	Henry Manson, Mark Crompton, Gracie Rutter, Katy Wyper	Carlisle	16.05.26

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
3.34.70	Will Critchley, Michael Brent-Reid, Luke Minns, Luke Jones	Leigh	19.06.21
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
3.37.30	Will Critchley, M Brent-Reid, Harry Poole, George Robinson	Blackpool	04.07.21
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
3.41.50	L Minns, Matthew Holton, Daniel Kearney, George Robinson	Leigh	30.04.22
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
3.46.20	Daniel Kearney, M Brent-Reid, Sean Kenny Matthew Holton	Bolton	12.06.22
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
3.55.38	Phil Ellershaw, Luke Jones, Michael Brent-Reid, Harry Poole	Stretford	22.05.21
4.00.90	Brent Starkie, Danny Hayes, Jim Unsworth, Dave Turner	Stretford	06.08.16
4.05.10	Phil Ellershaw, Luke Jones, Michael Brent-Reid, Nathan Baker	Bury	01.08.21

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
4.21.60	Will Critchley, Nathan Baker, Jon Rutter Philip Ellershaw	Stretford	06.08.22
4.34.50	Jay Marrington, Tom Raybould, Michael Brent-Reid, Dan Higgins	Blackpool	08.08.26
4.36.33	Will Critchley, Andy Hall, Jon Rutter Philip Ellershaw	Stretford	10.07.22

Mixed Senior – 4x400m Relay

Time	Team	Venue	Date
5.01.60	**Basia Pawelczak, Simon Reason, Helen Hall, Paul Woolford**	**Leigh**	**30.08.26**
5.06.30	Jon Sanderson, Phil Ellershaw, Nekkisha Wilson, Jennifer Burtonwood	Preston	21.06.26
5.43.80	Claire Irons, Jay Marrington, Dan Higgins, Fran Connolly	Leigh	30.08.26