THE DREAM TEAM
FOR THE NORTH OF ENGLAND TRACK AND FIELD LEAGUE

SELECTED FROM ATHLETES, WHO HAVE COMPETED FOR PONTEFRACT A.C. FROM 1 APRIL 2001 TO PRESENT DATE

The following criteria have been used for making the selections:-

1. Two athletes have been selected for each event in the men's and ladies teams.

2. Selections have been made from the Seniors, Under 20 and Under 17 age groups.

3. Those who have competed for the club in the Seniors age group have been selected for a maximum of 7 events. Those who have competed for the club in the U20 age group have been selected for a maximum of 5 events. Those who have competed for the club in the U17 age group have been selected for a maximum of 3 events. Relay teams have not been selected.

4. Performances in all competitions, not just the North of England Track and Field League, have been taken into account while athletes have been competing at the club.

5. In some cases, where the performances of athletes would merit selection in more than the permitted number of events, I have selected them for the events, which would provide us with our strongest team.

If anyone feels that one of their performances has been overlooked, or you think you know of someone else, whose performance has been overlooked, please let me know and I will make amendments where necessary.

It is my hope that this Dream Team will generate some interest and that it will inspire some of our athletes to achieve performances that will bring them into the Dream Team when it is reviewed at the end of each year.

Cyril Jones
Club Chairman

MEN'S DREAM TEAM

110m HURDLES	CAMERON HOWES	19.1 – 2019
	WILL CARTER	20.7 – 2019
400m HURDLES	WILL CARTER	67.50 – 2016
	STEVE LOWE	73.5 – 2018
100 METRES	JOEL DIBB	11.8 – 2009
	WILL REDMOND	12.0 – 2013
200 METRES	JOEL DIBB	23.9 – 2009
	OLIVER EDMUNDS	24.7 – 2010

400 METRES	ANTHONY BOWYER	55.4 – 2018
	ROSS BLACKBURN	55.5 – 2007
800 METRES	IAN MALONE	2:02.8 – 2001
	JAMES SAXTON	2:04.1 – 2010
1500 METRES	ROSS BLACKBURN	4:16.5 – 2007
	JAMES CAPON	4:24.6 – 2016
5000 METRES	MARTIN SANDERS	16:25.31 – 2006
	STEVE LOWE	17:13.5 – 2019
3000m S/CHASE	CHARLIE LINES	10:39.38 – 2008
	STEVE LOWE	10:42.52 – 2019
LONG JUMP	WILL CARTER	6.10 – 2019
	WILL REDMOND	5.62 – 2015
HIGH JUMP	CAMERON HOWES	1.95 – 2019
	LIAM HOLDSWORTH	1.83 – 2009
TRIPLE JUMP	JOEL DIBB	12.10 – 2009
	ROBERT BATE	11.36 – 2018
POLE VAULT	WILL CARTER	3.60 – 2017
	LIAM HOLDSWORTH	3.10 – 2009
HAMMER	DAN TONKINSON	21.47 – 2019
	MARK MOSBY	20.99 – 2016
JAVELIN	RICHARD HOWES	39.85 – 2016
	WILL CARTER	39.73 – 2019
DISCUS	WILL CARTER	32.49 – 2019
	DAN TONKINSON	31.35 – 2019
SHOT PUTT	WILL CARTER	10.67 – 2019
	DAN TONKINSON	10.38 – 2018

<u>LADIES DREAM TEAM</u>

100m HURDLES	NO COMPETITORS	
400m HURDLES	NO COMPETITORS	
100 METRES	TRACY ANAMAN	13.13 – 2018
	NATALIE CARR	13.5 – 2013
200 METRES	TRACY ANAMAN	27.4 – 2017
	NATALIE CARR	28.4 – 2012

400 METRES	KAREN BALL	64.0 – 2005
	SOPHIE GILBERT	66.9 – 2014
800 METRES	KAREN BALL	2:22.7 – 2003
	MEGAN WYKE-ULLIOTT	2:37.0 – 2018
1500 METRES	KAREN BALL	4:57.0 – 2001
	FAYE LIGHTOWLER	5:08.2 – 2019
3000 METRES	FAYE LIGHTOWLER	10:45.4 – 2019
	ALICE SMITH	11:19.7 – 2019
LONG JUMP	TRACY ANAMAN	4.84 – 2019
	NATALIE CARR	4.80 – 2012
HIGH JUMP	JASMINE BATE	1.40 – 2018
	SOPHIE MILLS	1.30 – 2009
TRIPLE JUMP	TRACY ANAMAN	10.36 – 2019
	JASMINE BATE	9.44 – 2018
POLE VAULT	NO COMPETITORS	
HAMMER	JASMINE BATE	25.59 – 2019
	MEGAN WYKE-ULLIOTT	20.60 – 2018
JAVELIN	SUE BRAIN	18.62 – 2014
	LUCY HILLARY	14.42 – 2018
DISCUS	MARIA SCHOFIELD	31.73 – 2016
	REBECCA BELL	22.58 – 2018
SHOT PUTT	REBECCA BELL	8.97 – 2018
	TRACY ANAMAN	7.79 – 2017