

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	CARL POINTER	66.3 – 2023
	WILL CARTER	67.50 – 2016
100 METRES	JOEL DIBB	11.8 – 2009
	LUKE MURPHY	11.8 – 2022
200 METRES	JOEL DIBB	23.9 – 2009
	LUKE MURPHY	24.0 – 2022

400 METRES	LUKE MURPHY ANTHONY BOWYER	54.3 – 2023 55.4 – 2018
800 METRES	IAN MALONE JAMES SAXTON	2:02.8 – 2001 2:04.1 – 2010
1500 METRES	ROSS BLACKBURN JAMES CAPON	4:16.5 – 2007 4:24.6 – 2016
5000 METRES	MARTIN SANDERS STEVE LOWE	16:25.31 – 2006 17:13.5 – 2019
3000m S/CHASE	CHARLIE LINES STEVE LOWE	10:39.38 – 2008 10:42.52 – 2019
LONG JUMP	LUKE MURPHY WILL CARTER	6.44 – 2022 6.10 – 2019
HIGH JUMP	CAMERON HOWES JACK HOLMES	1.95 – 2019 1.95 – 2022
TRIPLE JUMP	LUKE MURPHY JOEL DIBB	12.46 – 2023 12.10 – 2009
POLE VAULT	WILL CARTER LIAM HOLDSWORTH	3.60 – 2017 3.10 – 2009
HAMMER	DAN TONKINSON MARK MOSBY	21.47 – 2019 20.99 – 2016
JAVELIN	RICHARD HOWES WILL CARTER	39.85 – 2016 39.73 – 2019
DISCUS	WILL CARTER DAN TONKINSON	32.49 – 2019 31.35 – 2019
SHOT PUTT	WILL CARTER DAN TONKINSON	10.67 – 2019 10.38 – 2018

LADIES DREAM TEAM

100m HURDLES	ELEANOR BIRDEN ABIGAIL TEECE	18.52 – 2022 20.5 – 2024
400m HURDLES	ELEANOR BIRDEN BEATRICE CUNNINGHAM	78.8 – 2022 78.9 – 2022
100 METRES	TRACY ANAMAN NATALIE CARR	13.13 – 2018 13.5 – 2013

200 METRES	KATIE KELLY TRACY ANAMAN	27.3 – 2022 27.4 – 2017
400 METRES	KATIE KELLY KAREN BALL	63.28 – 2022 64.0 – 2005
800 METRES	KAREN BALL ALICE SMITH	2:22.7 – 2003 2:25.2 – 2021
1500 METRES	KAREN BALL JOHANNA SUTCLIFFE	4:57.0 – 2001 4:57.2 – 2021
3000 METRES	FAYE LIGHTOWLER REBECCA WINTER	10:31.3 – 2021 10:34.7 – 2021
LONG JUMP	TRACY ANAMAN NATALIE CARR	4.84 – 2019 4.80 – 2012
HIGH JUMP	BEATRICE CUNNINGHAM JASMINE BATE	1.50 – 2022 1.40 – 2018
TRIPLE JUMP	TRACY ANAMAN ELEANOR BIRDEN	10.36 – 2019 9.91 – 2022
POLE VAULT	NO COMPETITORS	
HAMMER	FAYE CALVERT JASMINE BATE	43.37 – 2021 25.59 – 2019
JAVELIN	NIAMH FRASER FAYE RHODES	22.70 – 2024 22.26 – 2022
DISCUS	FAYE RHODES MARIA SCHOFIELD	35.29 – 2022 31.73 – 2016
SHOT PUTT	FAYE CALVERT REBECCA BELL	10.03 – 2021 8.97 – 2018

6 December 2024