

BROMLEY LADIES ATHLETIC CLUB

(Formerly Wigmore L.A.C. founded 1952)

Affiliated to: W.A.A.A., S.C.W.A.A.A., Kent County W.A.A.A., Surrey County W.A.A.A., S.C. Cross Country A.A.

Training Headquarters:

Crystal Palace National Sports Centre,
& Norman Park, Bromley.

Club colours: Sky blue & maroon.



Bromley Ladies results 1983

15/1/83

Beryl Davies Memorial Cross Country Meeting, Foots Cray. Inters. 10. Helen Laws 12.05.

30/1/83

Kent League, Dartford. Seniors. 6. J Biggs 24.07. Team. 3. Bromley 31. **Inters.** 4. Helen Laws 19.59.

Juniors. 3. Sue Burtonwood 14.00. Team. 3. Bromley 36. **Girls.** 4. Jane Farish 11.33. Final placings. 1. Medway 23, 2. Dartford 28, 3. Bromley 64, 4. East Kent 86, 5. Ashford 91, 6. Tonbridge 105.

18-19/3/83

National Under 20 Championships, Cosford. Inters. 60H. 6. Juliet Kay 9.01 (8.94 sf).

Various dates.

Crystal Palace Indoor Hurdles Sessions, leading performances over the Winter. Juliet Kay 8.96

9/4/83

Alpha Beta Trophy Meeting, Enfield. Beta. Seniors. 1. Middlesex 159, 2. Chelmsford 144, 3. Wycombe Phoenix 143, 4. Bromley 134, 5. Haringey 133, 6. Harlow 131, 7. Havering 98, 8. Verlea 79. 100. A. 1. Sybil Joseph 11.9. 200. A. 1. Sybil Joseph 24.6. 400H. A. 1. Juliet Kay 64.9. LJ. A. 1. Sandra Simmons 5.95. **Juniors.** 1. Chelmsford 152, 2. Bromley 140, 3. Havering 118, 4. Middlesex 115, 5. Verlea 94, 6. Haringey 91, 7. Harlow 83, 8. Wycombe Phoenix 69. .

16/4/83

Southern Womens League Div Two, Norman Park. Match. 1. Fareham 169, 2. Bromley Ladies 164.5, 3. Windsor Slough & Eton 147.5, 4. Verlea 115, 5. London Olympiades 110. 100. A. 1. Sybil Joseph 12.4. 200. A. 2. Sybil Joseph 24.8. 400. A. 1. Maureen Barnes 56.6. 400H. A. 2. Juliet Kay 66.0. LJ. A. 1. Sandra Simmons 6.12.

17/4/83

London Marathon. 5659. Maureen Farish 3.29.17, 8805. Nanette Cross 3.49.20, 10077. June Hartley 3.57.22, 11876. Suzanne Wright 4.10.57

24/4/83

Kent Womens League, Deangate. Inters. 100. 1. D Wittier 12.7.

7/5/83

Southern Womens League, Div Two, Norman Park. 1. Bromley 182, 2. Southampton & Eastleigh 166.5, 3. Exeter 139, 4. Stevenage & North Herts 136, 5. Yeovil Olympiades 98.5. 200. A. 1. Sybil Joseph 25.0. 400. 1. A. Maureen Barnes 56.9. 100H. A. 1. Liz Wren 15.6. LJ. A. 1. Sandra Simmons 6.05. 4x400. 2. Bromley 4.00.1.

8/5/83

Kent Relays, Norman Park. Seniors. 4x100. 1. Bromley 48.1. 4x200. 1. Bromley 1.41.9. 4x400. 2. Bromley 3.57.1. **Juniors.** 3x800. 1. Bromley 7.09.0.

14-15/5/83

Kent Championships, Norman Park. 100. 2. Sybil Joseph 12.4. 200. 2. Sybil Joseph 24.9 (24.6 sf). 400. 4. Maureen Barnes 56.6. 100H. 1. Violet Douglas 15.3. 400H. 3. Juliet Kay 65.0. LJ. 1. Sandra Simmons 5.90. **Inters.** HJ. 3. Rebecca Guest 1.55. **Juniors.** 800. 1. Sue Burtonwood 2.20.4. 1500. 1. Sue Burtonwood 4.46.4.

Welsh Combined Events Championships, Swansea. Heptathlon. 7. Liz Wren 4792 (100H -14.6, 200 - 25.9, LJ - 5.35).

25/5/83

ULAC v British Polys v Civil Service v Middlesex v Kent, Motspur Park. 400H. 1. Juliet Kay (Kt) 65.8.

28/5/83

Kent Womens League, Southwark Park. Seniors. 400H. 1. Juliet Kay 64.6. **Inters.** 100. 1. D Wittier 12.6. 200. 1. D Wittier 25.7. 800. 1. Sue Burtonwood 2.16.0.

28-29/5/83

UK Championships, Edinburgh. 100. 8. Sybil Joseph 11.93. SF2. 5. Sybil Joseph 12.06. HtA. 3. Sybil Joseph 12.12. 200. SF1. 4. Sybil Joseph 24.38 (-2.2). Ht2. 4. Sybil Joseph 24.41. LJ. 2. Joyce Oladapo 6.40.

5/6/83

UK v USSR, Birmingham. LJ. 1. Joyce Oladapo 6.39.

11/6/83

Kent Schools, Deangate. Senior Girls. 400H. 1. Juliet Kay 65.9. **Junior Girls.** 1500. 2. Sue Burtonwood 4.50.4. HJ. 2. Sarah Spackman 1.55.

2/7/83

UK v France A and B v Switzerland v Spain, Jumps match, Thionville. LJ. 2. Joyce Oladapo 6.28.

2-3/7/83

Southern Womens Championships, Copthall. Seniors. 100. 7. Sybil Joseph 12.01. 200. 4. Sybil Joseph 23.93. 400. Hts. Maureen Barnes 57.0. 100H. Hts. Violet Douglas 14.53. 400H. Hts. Juliet Kay 65.44. **Juniors.** 800. 2. Sue Burtonwood 2.16.54. HJ. 3. Sarah Spackman 1.65.

7/7/83

Surrey v Middlesex v Civil Service v WRAF, Copthall. LJ. 1. Joyce Oladapo 6.29.

8-9/7/83

English Schools Championships, Plymouth. Senior Girls. 400H. Hts. Juliet Kay 66.0. **Junior Girls.** 800. Hts. Sue Burtonwood 2.18.0.

9-10/7/83

Welsh Games inc Wales v Denmark International, Cwmbran. 100H. 4. Liz Wren 14.46.

10/7/83

England V Scotland, Birmingham. LJ. 3. Joyce Oladapo 6.29

15/7/83

Talbot International Games, Crystal Palace. 200. 7. Sybil Joseph 24.43. 400. 8. Maureen Barnes 57.21.

17/7/83

GRE Jubilee Cup 2nd Round, Bromley. 1. Croydon 101, 2. Southampton & Eastleigh 100, 3. Bromley 96, 4. Medway 88, 5. Crawley 80. 200. 2. Sybil Joseph 24.8. 100H. 1. Violet Douglas 15.4. LJ. 1. Joyce Oladapo 6.46. SP. 2. Susan Elliott 10.78. 4x100. 1. Bromley 48.4. 4x400. 2. Bromley 3.54.7.

17-18/7/83

Greece v Wales, Athens. 100H. 3. Liz Wren 14.54 (-0.18). 4x400. 4. Wales "B" (inc Liz Wren) 3.54.61.

20/7/83

Luxembourg International Meeting. LJ. Joyce Oladapo 6.43.

23/7/83

Southern Womens League Div Two, Peterborough. 1. Epsom & Ewell 160, 2. Bromley, 3. Nene Valley 150, 4. Cambridge Harriers 134, 5. Middlesex 127. 400. 1. Maureen Barnes 58.0. 400H. A. 1. Maureen Barnes 64.1. B. 1. Juliet Kay 66.5.

Womens U21 Home Countries International, Middlesbrough. LJ. 1. Joyce Oladapo 6.50w.

29-30/7/83

TSB WAAA Championships, Crystal Palace. Seniors. 100. 8. Sybil Joseph 11.91 (1.7). Ht4. 3. Sybil Joseph 11.82 (1.6). 200. Ht1. 4. Sybil Joseph 24.51 (-2.2). 400. Ht2. 5. Maureen Barnes 56.89. 100H. Ht3. 7. Juliet Kay 15.54 (-0.7). LJ. 2. Joyce Oladapo 6.55. **Juniors.** 800. 4. Sue Burtonwood 2.15.60.

31/7/83

Southern Vets Championships, West London Stadium. W35. 400H. 1. Nanette Cross 86.2. **W40.** SP. 1. Daphne Samuels 6.99. DT. 1. Daphne Samuels 21.14.

6/8/83

Southern Womens Inter Counties, Crystal Palace. Seniors. 100H. 5. Juliet Kay 14.5 (14.47 ht). LJ. 1. Joyce Oladapo 6.51. **Juniors.** 800. 1. Sue Burtonwood 2.18.4.

14/8/83

Achilles Womens Trophy Meeting, Essex v Kent v CS v Achilles, Southwark Park. 100. B. 1. Sybil Joseph 12.0. 200. B. 1. Sybil Joseph 24.3. 400. B. 1. Maureen Barnes 56.2. 100H. A. 2. Violet Douglas 14.9. B. 1. Juliet Kay 14.6. 400H. B. 2. Maureen Barnes 62.6.

20-21/8/83

National Veterans Championships, Melksham. W40. DT. 1. Daphne Samuels 21.80.

26/8/83

Van Damme Memorial Meeting Brussels. LJ. 5. Joyce Oladapo 6.35w.

4/9/83

England v Norway v Belgium, Knarvik, NOR. LJ. 1. Joyce Oladapo 6.37.

London Borough Championships, Crystal Palace. 100. 1. Sybil Joseph 12.3. 200. 1. Sybil Joseph 24.7. SP. 2. Susan Elliott 11.29.

9/9/83

IAC/ Coca Cola Meeting, Crystal Palace. LJ. 2. Joyce Oladapo 6.48w

1/10/83

Nicosia, Cyprus. LJ. Joyce Oladapo 6.08.

2/10/83.

Avon Cosmetics National 10 Mile Road Championships, Copthall. 96. Nanette Cross (W40) 69.39, 132. Maureen Farish (W40) 72.31.

8/10/83

Kent Road Relays, Dartford. Seniors. 8. Bromley 63.54. **Inters.** 3. Bromley (Anita Bedford 11.07, Karen Davies 12.29, Helen Laws 11.42) 35.18. Fastest. Anita Bedford 11.07. **Juniors.** 5. Bromley 21.32. Fastest. 3. Sue Burtonwood. **Girls.** 5. Bromley 22.52.

15/10/83

Southern Womens League, Stevenage. Inters. 33. Anita Bedford. Girls. Teams. 19. Bromley 381.

22/10/83

Southern Womens Road Relays, Eastway. Juniors. 13. Bromley 23.12. **Girls.** 15. Bromley 25.06.

26/10/83

SCAAA Open Meeting, Crystal Palace. Juniors. 800. A. 1. Jane Farish 2.22.4. B. 1. Sue Burtonwood 2.19.9.

29/10/83

Southern Womens League, Morden. Inters. 50. Anita Bedford. **Juniors.** 46. Sue Burtonwood. **Girls.** 29. Karen Giannini 9.57.

6/11/83

Kent Womens League, Maidstone. Seniors. 6. A Hodge 20.52, 8. K Wade 21.04. Team. 3. Bromley 31. **Inters.** 2. Anita Bedford 15.23, 5. Helen Laws 16.09. Teams. 3. Bromley 20. **Juniors.** 6. Jeanette Hewitt 10.48, 9. Sue Burtonwood 11.05. Teams. 3. Bromley 29. **Girls.** 1. Karen Giannini 9.48.

19/11/83

Southern Womens League, Bournemouth. 20. Anita Bedford 16.28. Teams. 17. Bromley 309. Girls. 35. K Giannini.

Cosford Open Meeting. Juniors. 600. 1. Sue Burtonwood 1.38.1.

20/11/83

Phoenix AC Road Races, Preston Park, Brighton. Inters. 7. Anita Bedford 10.29.

27/11/83

Kent Womens League, Dartford. Seniors. 7. A Hodge 23.06. Teams. 3. Bromley Ladies 37. **Inters.** 2. Anita Bedford 19.25. Teams. 3. Bromley Ladies 28. **Juniors.** 7. Sue Burtonwood 14.01, 9. Vickie Hartley 14.29. Team. 3. Bromley Ladies 29.

30/11/83

SCWAAA Open Meeting, Crystal Palace. Seniors. 300. 3. Maureen Barnes 41.1. **Juniors.** 1000. 1. Sue Burtonwood 3.02.4.

10/12/83

Kent Championships, Tenterden. Inters. 3. Anita Bedford 19.20. **Juniors.** 7. Jeanette Hewitt 12.41. **Girls.** 5. Karen Giannini 10.29, 9. E Palmer 10.40.

17/12/83

Hogs Back 11.113 Mile Road Race. 906. Maureen Farish 80.33 (26th woman)