**LAURISTON RUNNERS CLUB**

**1 Mile Track Championship**

**Tooting Bec**

**Wednesday 10 July 1996**

**1. RICHARD XERRI 4m 33.3**

**2. MARK SAVAGE 4m 34.5**

**3. DANIEL DEW 4m 44.6**

**4. DAVE ORCHARD 5m 04.3**

**5. MARTIN MILLER 5m 05.0**

**6. MARCO CIGLIA 5m 07.6**

**7. TOM MORRIS 5m 22.1**