**LAURISTON RUNNERS CLUB**

**1 Mile Track Championship**

**Tooting Bec**

**Wednesday 12 July 2000**

**1. GERRY CRISPIE 5m 08.0**

**2. MARCO CIGLIA 5m 12.1**

**3. LINDSAY CUNNINGHAM 5m 12.8**

**4. MARTIN MILLER 5m 33.3**

**5. SIMON DAVIES 6m 01.0**