**LAURISTON RUNNERS CLUB**

**1 Mile Track Championship**

**Wimbledon Park**

**Wednesday 30 July 1980**

**1. JOHN GLADWIN 4m 09.5**

**2. PETER CLARKE 4m 24.3**

**3. MARK WALLER 4m 29.0**

**4. DON ANDERSON 4m 31.0**

**5. JOHN ROBERTS 4m 35.4**

**6. RICHARD STOREY 4m 38.0**

**7. MARK SINCLAIR 4m 38.6**

**8. JIM ADDISON 4m 39.4**

**9. KEN ASHBY 4m 40.3**

**10. MIKE FULLER 4m 41.5**

**11. ADRIAN TROWELL 4m 43.0**

**12. SIMON INGALL 4m 45.6**

**13. IAN ISHERWOOD 4m 47.7**

**14. DENNIS WILLIAMS 4m 53.1**

**15. MICK JOHNSON 4m 59.1**

**16. KEITH SINCLAIR 5m 01.5**

**17. RAY O’DONOGHUE 5m 03.6**

**18. IAN DOWN 5m 14.5**

**19. JOE BARRATT 5m 15.0**