**LAURISTON RUNNERS CLUB**

**1 Mile Track Championship**

**Wimbledon Park**

**Wednesday 7 July 1993**

**1. JOHN ROONEY 4m 30.3**

**2. NOEL SUTTON 4m 31.4**

**3. JEROME BROOKS 4m 32.3**

**4. STUART LITTLEWOOD 4m 33.1**

**5. DAVE ALEXANDER 4m 48.3**

**6. DENNIS WILLIAMS 5m 01.2**

**7. MIKE FULLER 5m 01.4**

**8. IAN ISHERWOOD 5m 13.7**

**9. MELANIE JONES 6m 05.7**