



Later in the Melbourne Games he won his 5000m heat, but sustained an injury that forced him to withdraw from the final.

In the late 50s he studied at the University of Houston where he was a sensation in cross country and indoor athletics. He won US college (NCAA) cross country titles, set world indoor records and even won US national titles.

He was selected for the 1960 Olympics where he placed fourth in his 5000m heat and 54th in the marathon. During his career, he broke over 10 Australian records from 2 miles to 10,000m and was the first Australian to break 14 minutes for 5000m and 30 and 29 minutes for 10,000m.

In the early '80s he became an American citizen and set up a successful coaching business 'Al

Lawrence Running Club' based in Houston. He remained in Houston until his death this week. You can watch a video of his bronze-medal winning race

[HERE](#)