

# Sir Roger Bannister

## 1929-2018



# Roger Bannister

- On 6<sup>th</sup> May 1954, at the Iffley Road Track in Oxford, England, medical student Roger Bannister becomes the first person in recorded history to run the mile in under four minutes.
- Roger Bannister attended Beechen Cliff as a student when the school was called the City of Bath Boys' School



# What did he do?

- Not only was Bannister a supreme runner, becoming the first man to run a mile in under four minutes, he was also a sports science pioneer who used knowledge gleaned from his medical studies at Oxford University to optimise his training schedule and shave seconds off his time – eventually coming in at six-tenths of a second under the magic number.
- Within a year, Bannister had given up athletics to pursue a successful career as a neurologist but he never gave up running. It was one thing that always came naturally to him.

# Why was this so significant?

- This was post-war Britain, where rationing had only just disappeared and pursuits of great achievement – most notably reaching the summit of Mount Everest or the South Pole – were positive, life-affirming quests that captured the imagination of the general public.
- Watch the race:
- [https://www.youtube.com/watch?v=wTXoTnp\\_5s](https://www.youtube.com/watch?v=wTXoTnp_5s)  
!

# Remembering Sir Roger Bannister

- Read an obituary here:
- <https://www.theguardian.com/sport/2018/mar/04/sir-roger-bannister-obituary>
- Watch a video about Roger Bannister talking about his win:
- <https://www.youtube.com/watch?v=ku1vdrWQuJY>

# Other significant sporting achievements

Sporting achievements that have gone down in history

