Sir Roger Bannister
1929-2018
Roger Bannister

• On 6th 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_5sI
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