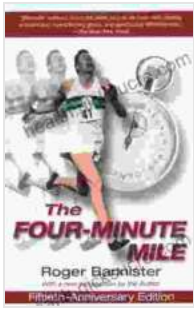


The Four-Minute Mile: Fiftieth Anniversary Edition



A Chronicle of the Barrier that Stirs the Soul

On May 6, 1954, Roger Bannister shattered the four-minute mile barrier, running the distance in 3:59.4. It was a moment that shocked the world and changed the course of track and field history. For decades, the four-minute mile had been considered an impossible barrier, and Bannister's achievement proved that anything is possible with hard work and determination.



The Four-Minute Mile, Fiftieth-Anniversary Edition

by Roger Bannister

★★★★☆ 4.7 out of 5

Language : English
File size : 2555 KB
Text-to-Speech : Enabled
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 283 pages
Lending : Enabled
Screen Reader : Supported



In the years since Bannister's historic run, the four-minute mile has become a symbol of human achievement. It is a reminder that anything is possible if we set our minds to it. The following article chronicles the history of the four-minute mile, from its early beginnings to its present-day status as one of the most iconic achievements in sports.

The Early Years

The first recorded attempt at a four-minute mile was made by Walter George in 1886. George ran a time of 4:12.5, but his time was not officially recognized because he did not run on a regulation track. The first official attempt at a four-minute mile was made by Sydney Wooderson in 1934. Wooderson ran a time of 4:06.4, but he too failed to break the barrier.

In the years that followed Wooderson's attempt, several other runners came close to breaking the four-minute mile. In 1945, Gunder Hägg ran a time of 4:01.4, but his time was also not officially recognized because he

ran on a grass track. In 1952, John Landy ran a time of 4:02.0, but he too failed to break the barrier.

Roger Bannister Breaks the Barrier

On May 6, 1954, Roger Bannister finally broke the four-minute mile barrier, running the distance in 3:59.4. Bannister's achievement was the culmination of years of hard work and dedication. He had trained tirelessly, and he had developed a unique running style that allowed him to conserve energy and run at a faster pace.

Bannister's achievement was met with shock and disbelief. For decades, the four-minute mile had been considered an impossible barrier, and Bannister's achievement proved that anything is possible with hard work and determination.

The Impact of the Four-Minute Mile

The four-minute mile had a profound impact on track and field history. It proved that anything is possible if we set our minds to it, and it inspired a new generation of runners to push themselves to the limits.

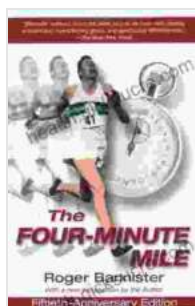
The four-minute mile also had a significant impact on society. It showed that anything is possible if we set our minds to it, and it inspired people from all walks of life to achieve their goals.

The Four-Minute Mile Today

Today, the four-minute mile is still considered one of the most iconic achievements in sports. It is a reminder that anything is possible if we set our minds to it, and it continues to inspire runners and non-runners alike.

There have been many great runners who have broken the four-minute mile since Bannister's historic run. In 1962, Herb Elliott ran a time of 3:54.5, and in 1965, Jim Ryun ran a time of 3:51.1. In recent years, Hicham El Guerrouj has run a time of 3:43.13, and David Rudisha has run a time of 3:45.06.

The four-minute mile is no longer the impossible barrier that it once was, but it remains a significant achievement in track and field. It is a reminder that anything is possible if we set our minds to it, and it continues to inspire runners and non-runners alike.



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