

INSERT

(In 1954, at the small athletics ground of Oxford University, a young medical student made an attempt on the world record for the mile, which in those days was the standard middle-distance race, now replaced by the slightly shorter 1500 metres. In the following account, the points in inverted comas are his own words)

- 1 Roger Bannister remembers that running had always been important to him: "As a boy I just ran everywhere – never because it was an end in itself, but because it was easier for me to run than to walk. My walk was **ungainly**, as though my left leg was an inch longer than my right. I always felt impatient to see or do something new, and running saved time." When he went to Oxford University, he discovered that running was an ideal way of relaxing. He found that he was good at it and began to take it more and more seriously. 5
- 2 Until 1954 it was thought that no man could run one mile in less than four minutes. The greatest runners of each generation had set up new records for this distance, but the time of four minutes was believed to be beyond the limit of human endurance. As years went by, the record came closer and closer to four minutes and the young English runner began to believe that he might break this almost magic barrier. He saw this time for the distance as a challenge and was determined to succeed where so many others had failed. 15
- 3 Fortunately, there were two other students, Christopher Chataway and Christopher Brasher, who encouraged him by running both with him and against him in races before the attempt on the Four Minute Mile was made. For this attempt, they were running with him. 20
- 4 It was a cold afternoon at the Oxford track on May 6th, 1954, when Bannister knew he had a real chance. It was important that there should not be too much wind, for this could make running difficult. For an athlete to run such a race as this, his mind must be as ready as his body. Bannister had been training hard and was very fit, but the weather conditions were a real worry to him. He alone had to decide whether to try for the record. Describing the event later, Bannister said, "Spectators fail to understand the mental agony through which an athlete must pass before he can give his maximum effort. Spent the afternoon watching the swaying of the leaves. On the way to the track the wind blew strongly but now **came in gusts**, as if uncertain. The decision was mine alone and the moment was getting closer. As we lined up for the start I glanced at the flag. It fluttered gently now. This was the moment when I made my decision. The attempt was on." 25
- 5 "There was complete silence on the ground... **a false start**... I felt angry that precious moments during the lull in the wind might be slipping by. The gun fired a second time. Brasher went into the lead and I slipped in effortlessly behind him, feeling tremendously full of running. My legs seemed to meet no resistance, as if I was propelled by some unknown force. We seemed to be going so slowly impatiently I shouted, faster! But Brasher **kept his head** and did not change the pace. I went on worrying until I heard the first lap time -57.5 seconds. In my excitement, my knowledge of pace had deserted me. Brasher could have run the first quarter of the race in 55 seconds without me realizing it, but I should have had to pay for it later. Instead, he had made success possible." 35 40

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