

Four Minute Mile

by Roger Bannister (1955)

Roger Bannister was the first to break the 4-minute 'dream' mile on 6 May 1954 with 3:59.6. We all have some concept of our own specialness and purpose at a very early age. Running is one of the few sports that anyone can do if they are sufficiently determined. Run relaxed and aerobically until the last 200m to avoid the lactic fatigue. Prosperity does not automatically lead to happiness. The agility and vigor of a people are in danger of declining when they are too free from external stresses.

We must all find some creative activity in which we can achieve a measure of success. A synthetic track can give a 1 sec/440-yd lap advantage while the wind takes the same away. Children who take part in sports are more likely to excel in their other school work. Hicham El Guerrouj of Morocco set the mile world record of 3:43.13 in 1999. Eliud Kipchoge set a world record of 2:01:39 in the Berlin Marathon in 2018. Who will break the two-hour barrier?