

The Four Minute Mile

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The Four Minute Mile

A four-minute mile is the completion of a mile run (1,760 yards, or 1,609.344 meters) in four minutes or less. It was first achieved in 1954 by Roger Bannister , at age 25, in 3:59.4. [1] The "four-minute barrier" has since been broken by over 1,400 male athletes, [2] and is now the standard of all male professional middle distance runners in cultures that use Imperial units .

Four-minute mile - Wikipedia

A 4 minute mile is difficult for a runner to achieve. Anything is difficult when you lost your father as a child, live in poverty, and have a brother who uses you for illegal drug runs.

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4 Minute Mile (2014) - IMDb

4 Minute Mile is the inspirational story of a high school track star who falls on hard times. A new coach puts him on the right path but his resolve is threatened as tragedy strikes and forces him to confront everything that has been holding him back.

Watch 4 Minute Mile | Prime Video

In 1954, at the age of 25, Roger Bannister became the first person to break the four-minute barrier for the mile, with a recorded time of 3:59.4. A little over a year later, Bannister retired from racing, and wrote a book entitled, "The First Four Minutes".

The Four-Minute Mile by Roger Bannister - Goodreads

Within 46 days, Bannister's rival, John Landy, ran a four-minute mile and broke the record with a time of 3 minutes 57.9 seconds.

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A year later, three runners ran four-minute miles in a single race. By the end of 1978, over 200 runners had broken the once impossible barrier of the four-minute mile.

The Four-Minute Mile: Why Some People Achieve the ...

The four-minute mile, the 'Dream Mile' to some, a seemingly insurmountable barrier fell on cool and windy day—May 6, 1954. With 3,000 people in attendance and the race broadcast live on BBC Radio, expectations were high. "The four-minute mile had become rather like an Everest," Bannister writes in *The Four-Minute Mile* (1955).

The Four-Minute Mile, Fiftieth-Anniversary Edition ...

Roger Bannister runs first four-minute mile In Oxford, England, 25-year-old medical student Roger Bannister cracks track and field's most notorious barrier: the four-minute mile. Bannister, who was...

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Roger Bannister runs first four-minute mile - HISTORY

Most people know the basic story of Roger Bannister, who, on May 6, 1954, busted through the four-minute barrier with a time of three minutes, fifty-nine and four-tenths of a second.

What Breaking the 4-Minute Mile Taught Us About the Limits ...

At 3/4 mile, Bannister was at 3:01.8, the record—and first sub-four-minute mile—in reach. But the effort fell short with a finish in 4:02.0, a time bettered by only Andersson and Hägg. [20] British officials would not allow this performance to stand as a British record, which, Bannister felt in retrospect, was a good decision.

Roger Bannister - Wikipedia

While on the world-class level, a four minute mile is no longer

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the formidable barrier that it represented in 1954, it remains a daunting and rarely-achieved goal for a high school athlete.

4 Minute Mile movie review & film summary (2014) | Roger Ebert

The four-minute mile was a barrier of epic proportion in the minds of mankind. According to Bascomb's work, "The four-minute mile: this was the barrier, both physical and psychological, that begged to be broken...Each effort was like a stone added to the wall that looked increasingly impossible to breach."

Value in the Four-Minute Mile - Smead Capital Management

A dramatisation of the race to the four-minute mile, featuring Richard Huw as Bannister and Nique Needles as Landy. It was written by David Williamson and directed by Jim Goddard.

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The Four Minute Mile (1988) - Rotten Tomatoes

4 Minute Mile at least has the decency to acknowledge that it's aware of its underdog sports-movie clichs, especially the ones that made The Karate Kid such an '80s classic. August 1, 2014 ...

4 Minute Mile (2014) - Rotten Tomatoes

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The 4-minute mile: Why some people achieve the impossible ...

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Value In The Four-Minute Mile For Investors - ValueWalk

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Cole Smead Blog | Value in the Four-Minute Mile | Talkmarkets

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