

# **The Perfect Mile Three Athletes One Goal And Less Than Four Minutes To Achieve It Neal Bascomb**

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### **Four minute mile Wikipedia**

In the sport of athletics a four minute mile means completing a mile run 1 760 yards or 1 609 344 metres in less than four minutes It was first achieved in 1954 by Roger Bannister in 3 59 4 The four minute barrier has since been broken by over 1 400 male athletes and is now the standard of all male professional middle distance runners In the 64 years since the mile record has been

### **Roger Bannister Wikipedia**

After his relative failure at the 1952 Olympics Bannister spent two months deciding whether to give up running He set himself on a new goal to be the first man to run a mile in under four minutes Accordingly he intensified his training and did hard intervals On 2 May 1953 he made an attempt on the British record at Oxford Paced by Chris Chataway Bannister ran 4 03 6 shattering

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