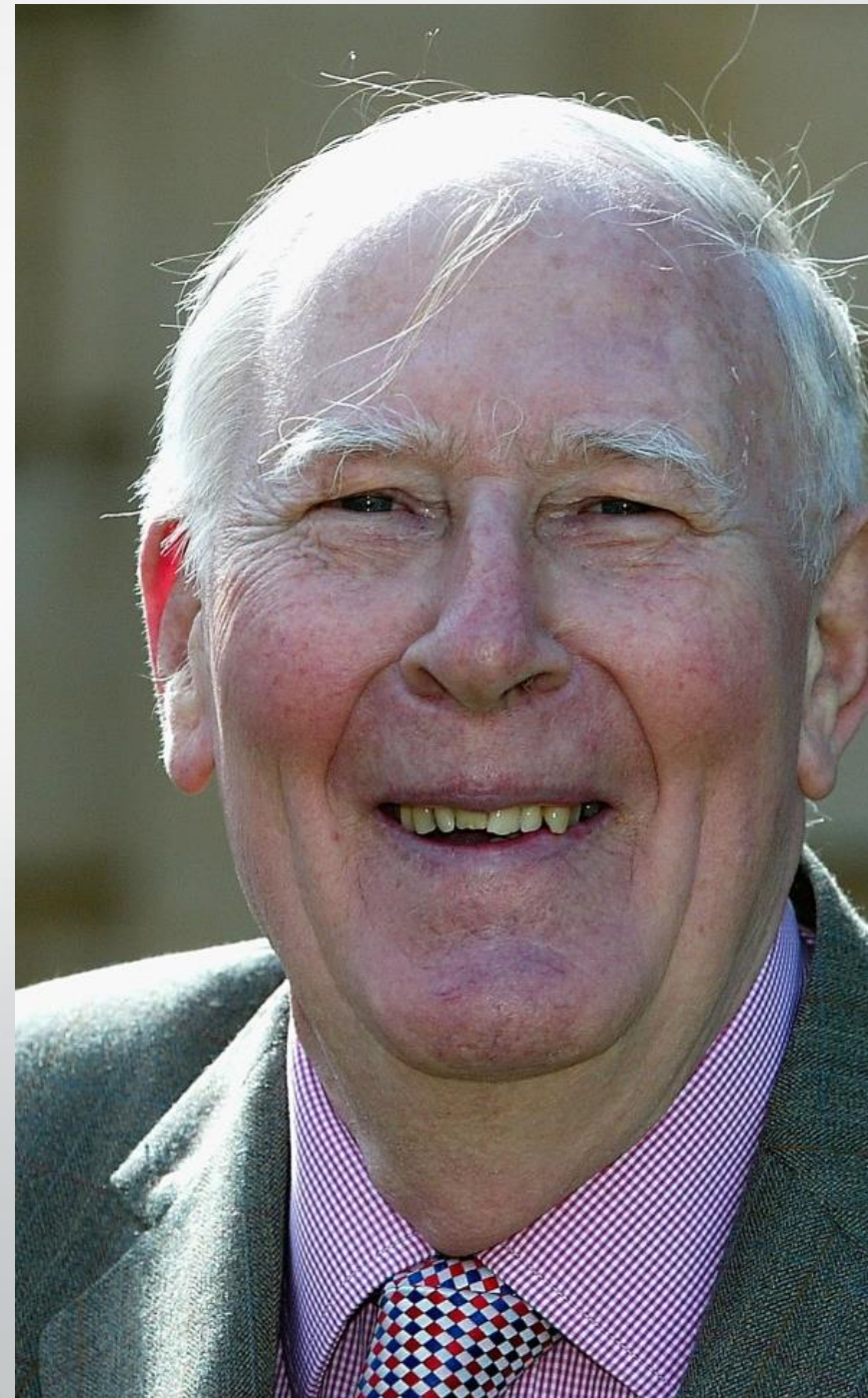




Roger Bannister

English neurologist and middle-
distance athlete



Introduction

- He was the first person to run a mile in four minutes or less.
- He did it in 1954.
- He was 25.
- And he ran it in 3 minutes and 59 seconds.

He was knighted in 1975.



Him in the race

- Been lowered by almost 17 seconds, and currently stands at 3:43.13, by [Hicham El Guerrouj](#) of [Morocco](#), at age 24, in 1999.



The end thank
you

