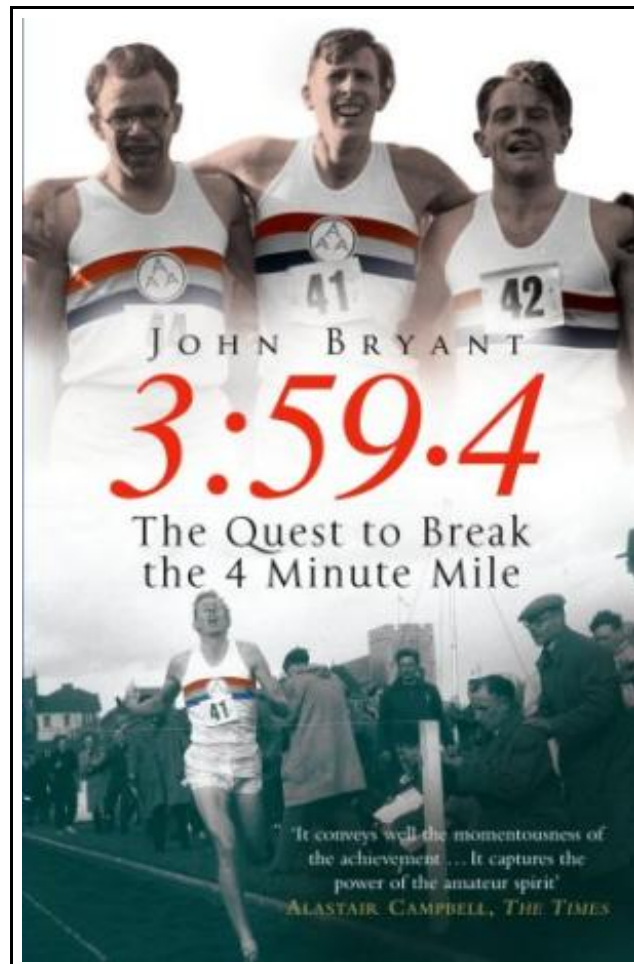


3:59.4: The Quest to Break the Four Minute Mile



Filesize: 5.91 MB

Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me).

(Lorenz Vandervort)

3:59.4: THE QUEST TO BREAK THE FOUR MINUTE MILE

[DOWNLOAD](#)

Cornerstone. Paperback. Book Condition: new. BRAND NEW, 3:59.4: The Quest to Break the Four Minute Mile, John Bryant, The years 1953-4 were marked by the conquests of two unattainable peaks - Mount Everest and the Four Minute Mile. But the dream of setting a new track record for this distance started as early as the 1880s, by the American Lon Myers, a stick-thin hypochondriac who was sick before and after every race, yet still held every US record from 50 yards to the mile. By 1902 a record of 4 minutes and 16 seconds was set by the Englishman Joe Binks, an amateur runner who in his spare time worked as a journalist and writer. And again in 1923 the world inched ever closer to the elusive four minute record thanks to Paavo Nurmi, the 'Phantom Finn', who won nine Olympic gold medals and set so many world records that statisticians are still arguing over the total. Finally, in 1945, when the Swede Gunder 'the Wonder' Haegg ran the mile in 4 minutes and 1.4 seconds the world knew at last that it was on the brink of conquering the Everest of all sports. But it wasn't until three Englishmen teamed up and took on the challenge as one that they succeeded in accomplishing what was described as the most significant sporting achievement of the twentieth century: running the Four Minute Mile. This is the story of the long quest for the 'Magic Mile', almost two hundred years in the making. The methods the runners used and the secrets they uncovered were passed like a baton through the generations, until the quest reached its climax on the 6 May 1954, when Roger Bannister, Christopher Chataway and Chris Brasher united to achieve the impossible.

[Read 3:59.4: The Quest to Break the Four Minute Mile Online](#)[Download PDF 3:59.4: The Quest to Break the Four Minute Mile](#)

You May Also Like



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read eBook »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read eBook »](#)



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year...

[Read eBook »](#)



The Chip-Chip Gatherers (Penguin Twentieth-Century Classics)

Penguin Classics. MASS MARKET PAPERBACK. Book Condition: New. 0140188258 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I...

[Read eBook »](#)



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Read eBook »](#)