

1 No-one could run a mile in under 4 minutes until this day in 1954, when 25-year old Roger Bannister ran a mile in 3 minutes 59.4 seconds in Oxford. It was a very significant achievement. Since then a few people have beaten his record. In 1985 another British athlete, Steve Cram, took the world-record for the mile in 3 minutes 46.32 seconds in Oslo, Norway.

2 The record-breaking Roger Bannister, who later became a medical doctor, wrote a book called *"First Four Minutes"*. We'll listen to some of his words:

3 *"Sooner or later in sport we run into situations that are too big for us to master. In real life we can dodge them. We can play hide and seek with reality, never facing the truth about ourselves. In sport we cannot. It shakes our roots with its confusing pattern of success and failure. As a result, sport leads to the most remarkable self-discovery of our limitations as well as of our abilities.*

4 *"We all have ideals, and as we have grown up we have the choice whether to pursue them or to give them up. If we pursue them we may not attain them. At times we may wonder whether there is any point in the pursuit, because of the sacrifices involved.*

5 *"We need to strive to achieve more and more, not for purely selfish motives, but because of the recognition of some higher purpose. The aim is to move with the greatest possible freedom towards the realisation of the best within us. This is the quest of a lifetime, and sport plays only a small part in it."*

6 *Let us pray:*

**Lord, each of us  
has different talents and abilities.  
We ask you to inspire us  
to discover and develop**

**the best within us.  
Lead us to be  
both humble and generous  
in praising others  
for the good use of their talents.  
Amen.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:  
[www.prayingeachday.org](http://www.prayingeachday.org)