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ROGER BANNISTER - FOUR MINUTE MILE.

25 year old Roger Bannister (third from left) gets away at the Iffley Ground, Oxford for the race of his life. For years he has dreamed of becoming the first man to run the mile in less than four minutes and now, with Chris Brasher setting the pace in front, he's decided that this is the right moment. Bannister's old friend and rival, Chris Chataway, is in third place, waiting his time to take over as pacer.

After two and a half laps, Brasher gives way to Chataway. Bannister, a superb tactician, has suffered some criticism in the past for adopting his own rather unorthodox training methods, but they're paying dividends now, despite the slight wind he's clocking great time.

Any moment now and we'll see the famous Bannister burst. And here it comes! Bannister goes breaking forward with about 250 yards to the tapes. Just look at his action, as his long legs carry him nearer that world record.

And Bannister has done it! Though he's out on his feet. His coach and team manager tell him he's achieved his ambition - the mile in 3 minutes 59.4 seconds. A magnificent win for Great Britain. Bannister, a medical student has clipped Gunder Heagg's record by two seconds. With disarming modesty, he has this to say about his triumph: