

Annotated Bibliography

Primary Sources:

1. Bannister, Roger "The Four-Minute Mile." United Kingdom, Sutton Publishing, Ltd. Autobiography. Copyright 2004, 1981 and 1955.

-We used this source to better understand the affect Roger Bannisters mile had on him personally. This source tells us of his first-person perspective on his accomplishment as well as elaborated on his training and other life achievements. It told of his popularity in Great Britain at the time and gave further detail on his future life. We considered this source primary as it was both from the time and written by Roger Bannister.

2. Doxie, Don "Sub-2-Hour Marathon Would Equal Bannisters Feat," qctimes.com. Quad-City Times, May 11, 2019. February 17, 2020.

-This source consisted of a newspaper in which Roger Bannister made the headlines. This shows how Roger Bannisters mile was important to the world and how the news of the new track star spread rapidly. This source also helped to show how Roger Bannisters mile made such an impact that it was featured on daily news and media. This is a primary source because it was directly from the time period in which his mile was achieved.

3. Trackfield.brinkster.net, "Track and Field Statistics." Trackfield.brinkster.net. February 18, 2020.

-This source gave us statistics and graphs that we were able to use as evidence on how long it took to break the four-minute mile. It gave us the times of most of Roger Bannisters, John Landy and Gunder Hagg's track events, where they were and what their times were. This source was used as a secondary source because though it shows the times of the events, it was not directly from the time of these accomplishments.

4. Reuters, "Watch Roger Bannister Break Four-Minute Mile in 1954." ft.com, March 4, 2018. February 19, 2020.

-This video was used to not only better explain our website but deepen both the meaning and show real clips from the time. It helped us by showing what the mile looked like, and how it was accomplished. It also helped our website because it gives narrations on how the mile was ran. This source is primary because the video is a compilation of clips from the time.

5. Corrigan, ED, "Bannister Breaks the Barrier." chronicalingamerica.loc.gov, Dec 27, 1954, page 6 image 6, viewed August 17, 2019

-This source was from a newspaper stating that Roger Bannister broke barriers all over the world. This source helped us to just tell of how our topic fits the theme but also give a visual representation of how it was thought to be breaking the barriers at the time as well as now. It

wasn't a small achievement but one of the greatest of all times. This source is primary because it is from a newspaper that was published at the time of the mile.

6. Guinness World Records, "First Sub- Four Minute Mile- Sir Roger Bannister- Guinness World Records 60th Anniversary." m.youtube.com, Dec. 8th, 2014. August 17th, 2019.

-This source is an interview of Roger Bannister looking back on his seemingly impossible accomplishment. In this interview, Roger Bannister shared his own opinions of his mile and how it both impacted him. In this video, he also shares his opinions on his mile and it not only tells but also shows Roger Bannisters feelings towards his sub-four-minute mile. This source is primary because it is an interview of Roger Bannister himself.

7. CBS Sunday Morning, "From the Archives: Roger Bannister on Breaking the Four-minute Mile." m.youtube.com, March 4, 2018. August 17th, 2019.

- This source is a documentary and interview of what the sub-four-minute mile and how it impacted the world. With the accomplishment of this mile, Roger Bannister was trying to go beyond the normal expectations. This source also has Roger Bannisters opinion on what his goals for his mile was. This source is a primary one because it was an interview of Roger Bannister and a documentary of his achievement.

8. Los Angeles (AP), "Shot Putter Aims At 62 Record." Chronincalingamerica.loc.com, The Key West Citizen, May 10, 1954. August 17th, 2019.

-This source showed us that even weeks after Roger Bannister ran his mile, his name was still in the papers. Since he was still in the papers weeks after his mile, it shows what high importance his mile had. Roger Bannister was credited and still is to this day for being the first to do the impossible by shattering the time of the four-minute mile. This is a primary source because it is from the time period.

9. The Key West Citizen, "Miller Scores Sports Attitude." chronincalingamerica.loc.gov, October 19, 1953. August 17th, 2019.

-This source shows us that even before Roger Bannister's four-minute mile he was a successful athlete. With this information, we can see that he used his previous knowledge and training techniques to accomplish his mile. This also shows that he had to work hard to accomplish the first sub four-minute mile. He also This source is primary because it was published and released during the time period.

10. The Key West Citizen, "Landy says its Time for Rest After Crackling Mark." chronicalingamerica.loc.gov, June 22, 1954. August 17th, 2019.

-This source is about John Landy. It tells of his accomplishment breaking Roger Bannister's world record. In this source, we were able to in depth see how roger he accomplished his mile in various ways, one being to get rest after such a big race. He applauded Bannister after

knowing what it took to run a sub- four- minute mile. This source is primary because it was from the time period and it's also a newspaper.

11. Davidson, Max. "Puffing and Wheezing Through the Footsteps of Roger Bannister." telegraph.co.uk, May 8th, 2012. October 7th, 2019.

-This source gave us an interview of Roger Bannister and told of his mile more in depth. It told us of what happened after he crossed the finish line and helped us to better capture the day he ran his race. With interview was able to capture roger bannister and tell of his feelings of his accomplishment. This source is primary because the context is from Roger Bannister himself.

12. The Detroit Tribute, "Sports Books at Library." chronicalingamerica.loc.gov., June 22nd, 1957. October 8th, 2019.

-This newspaper is about the books written about Roger Bannister's fame. It tells of roger bannisters achievements and it gives new opinions on the mile with is researched based on books about it. Though this source is based off of other books on the mile, we considered this source as a primary because it is from the time period of the sub-four-minute mile.

13. The Evening Star, "News Quiz." chronicalingamerica.loc.gov, May 10th, 1951. October 8th, 2019.

-This newspaper is showing that Roger Bannister was well known even before his record-breaking mile. He was thought to be one of the people who would beat the four-minute mile and lived up to this when he accomplished his sub four-minute mile. Being that he was well know for running before accomplishing his mile, we see that he was very fast and good at running. This source is primary because it was from the time period.

14. William, Allen H., "Californians Pace Olympic Hopefuls." chronicalingamerica.loc.gov., February 27th, 1952. October 8th, 2019.

-By using this article, we were able to discover what time Roger Bannister held before his sub four-minute mile. With this information, we were able to better analyze his mile success by knowing how fast he was pervious to his big race. It also helped us to see what life may have been like for him. This source is also primary because it is a newspaper that was published during the time of his miles success.

15. Hand, Jack, "Sports Round Up." chronicalingamerica.loc.gov., December 29th, 1954. October 8th, 2019.

-Newspapers in late 1954's sports were devastated to hear of the retirement of Roger Bannister due to his extraordinary success in the running community. Using this source, we were able to see how that well before Bannister ran his mile he knew that it would be his last year. We used this information to tell of his retirement in the year he ran his mile. We considered this source as primary because it is a newspaper from the time period.

16. Evening Star Sports, "Gehramann and Wilt Meeting Friday In Their First '52 Duel." chronicalingamerica.loc.gov, January 14th, 1952. October 8th, 2019.

-The records and fame of Roger Bannister started way back when he was just starting his college career of running as he was seen as being a very quick runner. This is important because it shows that he had a reputation of being fast before his sub four-minute mile which helped to for his spot as a possible contender to beat the mile. By using this information, we were able to tell of Roger Bannisters expected fame. This source is primary because it is a newspaper from the 1950's.

17. Viner, Brian, "Sir Roger Bannister...First Four Minute Mile." independent.co.uk, March 4th, 2018. October 8th, 2019.

-This source tells us of the excessive fame Roger Bannister upheld after he ran the miracle mile even after decades. He was well known for his mile success for years after his run even happened because he managed to accomplish one of the most important breakthroughs in track history, therefor deeming him important. We used to information to convey how our topic fits the theme because Roger Bannister was able to go down in history for breaking the four-minute mile. This source is secondary because it was written more recently and it is based off of documents from the time but is not one itself.

18. Montgomery, John, "A Pitcher is Worth a Thousand Words." cbc.ca, February 19th, 2020. February 20th, 2020.

-We used this source to capture the impact that the first sub-four-minute mile had on people. It told us about how difficult it was to beat the mile and how people looked up to Roger Bannister for his amazing achievement. It shows how he was able to show devotion to the mile and inspire other to keep pushing and devote themselves to what they want to accomplish. The source is primary because it was written by John Montgomery.

19. AP Archive, "Roger Bannister Marries." aparchive.com, 2020. February 21st, 2020.

-Roger Bannister married his wife Moyra on June 16th, 2020. This source provided us with a video documentary of their wedding day, which broadcasted on the news. This source helped us to tell that his wife Moyra was from Switzerland. It also helped us to better understand the fame Roger Bannister received and we were able to see how many people showed up to the event. This source is primary because it is of a news cast that was filmed during the wedding.

20. British Pathe, "Champs Runs to Aid Churches (1954)." youtube.com, April 13th, 2014. February 18th, 2020.

-This video is showing that Roger Bannister ran for charity and was considered a gallant gentleman. The video talks about how Roger Bannister meet and shook hands with Winston Churchill and raised money with a few of his fellow runners to rebuild local churches. This source is primary because it is from the time period, being that it is a video of him running for the churches.

Secondary Sources:

1. Hobson, Ben, "Run Your Fastest Mile." runnersworld.com. Runners World, February 8th, 2019. February 12, 2020.

-This source gave us a picture of Roger Bannister crossing the finish line on his sub-four-minute mile. This source also gave us more information on his mile and how it impacted others. It showed us how he got so much fame because he changed what was possible and helped to show that many things that are perceived impossible are in fact achievable. This is a secondary source because it is not directly from the time.

2. Stack Exchange, "Did doctors/ scientists say that breaking the four-minute mile was impossible?" skeptics.stackexchange.com, January 17, 2018. February 15, 2020.

-This source provided us with a quote said by Roger Bannister. It told us about how everyone, including Roger Bannister thought it to be impossible to run the sub-four-minute mile because that is what doctors had told them. This helped us to see how much of an impact things said by professionals had on others and how it caused a mental barrier to form. This source is secondary, it does have a quote but overall the information provided with it was secondary and not from the time period.

3. Billat, L. Veronique, "Interval Training for Performance: A Scientific and Empirical Practice." link.springer.com, November 29, 2012. February 18, 2020.

-This source gave us information about the type of training Roger Bannister used to increase speed and endurance. It gave in depth description on what interval training is telling us that it is a series of short distance sprints and long bolts of running. This helped us to better understand and explain how Roger Bannister perfected his speed when training. This source is secondary because it was not from the time period of Roger Bannisters mile as it was created more recently.

4. Larson, Larry K., "The Four-Minute Mile, Its History and Analysis." minds.wisconsin.edu. 1961. February 19, 2020.

-This source gave us information about what it took to run the four- minute mile. This was a book written years after Roger Bannister accomplished his sub-four-minute mile. This helped us to better grab the history of his mile and how important it was. This source helped us to see how his mile affected others on a global standpoint. When sourcing we decided that this was secondary because it was written after the time period and was not written by Roger Bannister himself or someone who interviewed him.

5. Assarf, John, "Overcoming Mental Barriers/ Roger Banister Story." m.youtube.com, March 13, 2018. August 17th, 2019.

-This is a short YouTube documentary about Roger Bannister and what it took in his mind to accomplish his feat. It gave in depth knowledge on Roger Bannisters mental state when it came to the day of running his mile, and how his mile was able to change others outlooks on running and what is possible. This source is secondary because it was not an interview or from the time period.

6. Athletic Stuff Channel, "First Four Minute Mile HQ (Roger Bannister:1954)." m.youtube.com, December 18, 2018. August 17th, 2019.

-This source is a documentary about the mile that Roger Bannister ran to break the world record. It told us more about what the day of the mile did to impact the future and how it changed history. It gave us information on what the mile meant and how it helped to influence runners in today's world. This source is secondary because it is a source that was created in a more recent time and did not happen during the time of the mile.

7. Anderson, Owen, "Training Regimens from Racing Greats." us.humankinetics.com, August 19th, 2019. October 7, 2019.

-This source told us the type of training he would do exactly each day. It also told us about Gunder Hagg. It told us about how he was the last mile holder above four minutes and how he was a Swedish runner. It also gave us information on the training techniques of many famous runners one being Gunder Hagg. It also gave very little information on the 9 years between Gunder Hagg and Roger Bannisters races. This source is secondary because of its information from a second hand.

8. Hutchinson, Alex, "What Can We Learn About Roger Bannister." outsideonline.com, March 5th, 2018. October 8th,2019.

-This source gave us a quote that was essential to knowing what it was like for Roger Bannister after he ran his mile. This information helped us to see how Roger Bannister's mile affected him and it told us of how Roger Bannister felt about his mile and how he preferred neurology. The information provided to us was secondary because it was a quote directly from Roger Bannister but given to us second handed.

9. Crouch, Ian, "Roger Bannister's Solitary Pursuit of the Four Minute Mile." newyorker.com, March 5th, 2018. October 8th,2019.

-This source told about the belief that climbing Everest was said to be just as hard to complete as the sub-four-minute mile. This helped us to better understand the significance of the first sub-four-minute mile to the world. At the time, doctors felt that climbing Everest was also impossible. This source is secondary because it wasn't written by or an interview of Roger Bannister.

10. Bryant, John, "Roger Bannister Showed Us How to Combine Sport and Everyday Living." May 5th, 2014. October 8th, 2019.

-Roger Bannister's personal life was greatly affected after running his mile. He was praised by his country and his medical peers at Oxford University. He got fame from all around the world because of the importance of his mile. This source helped us to better understand how much of an impact Roger Bannister had on the world. This source is secondary because it was not from the time or directly from Roger Bannister.

11. Academy of Achievement, "Sir Roger Bannister." achievement.org, July 12th, 2018. February 22nd, 2020.

-This source provided us with the date Roger Bannister retired. This date is also the year that he married his wife. This was important to our website because it began our understanding and research in to Roger Bannisters future. To mark this, we decided it was secondary because it wasn't spoken or written by Roger Bannister.

12. British Pathe, "Champs Runs to Aid Churches (1954)." youtube.com, April 13th, 2014. February 18th, 2020.

-This video is showing that Roger Bannister ran for charity and was considered a gallant gentleman. This source helped us to better understand why he met Winston Churchill. With this information, we were able to better describe what Roger Bannisters future was like. This source also adds to Roger Bannisters heroism and impact as he helped other by using his running techniques. This source is secondary because it is not from the time period.

13. Brundage, Kurt Michael, "Roger and Me." kurtbrundage.com, June 21st, 2016. February 20th, 2020.

-Books are still written about Roger Bannister to this day because of the importance of this mile and this source told about his impact. It talked about how Roger Bannister pushed the limits in track, and how because of his impactful mile, people are still noticing and writing books about him today. This gave us a picture of Roger Bannister training on another day like normal. This source is secondary because the book wasn't written by Roger Bannister.

14. Find A Grave, "Roger Bannister (1929-2018)." findagrave.com, 2020. February 20th, 2020.

-This source gave us a picture of Roger Bannister's coffin and grave. It also gave us both the date of death and the reasoning. This helped our project because we used his death reasoning the final page. We used this information to sum up our website and tell about when and why Roger Bannister died. This source is secondary because it is on a website and it's not from the time period.

15. arisamuel, "Great Notebooks: Roger Bannister." samuelakerstein.com, August 17th, 2017. February 21st, 2020.

-This source was highly important to us because of the schedule of his training on it. We both analyzed this source to know when, and how Roger Bannister trained. We also used this source as a photo on the training page to show Roger Bannisters training regimen. This helped us

to see Roger Bannisters schedule and how devoted he was to his running. This source is secondary because it wasn't written by Roger Bannister.

16. The New York Times, "Sir Roger Bannister, MD." myana.org, March 4th, 2018. February 21st, 2020.

-Thus far this source gave us information on his medical career. It told us about what Roger Bannister did, and how devoted he was to his job. This gave us a quote about Roger Bannister saying he would rather have a breakthrough in the medical field than in running. It also gave us a picture of Bannister being knighted in 1975. This source is secondary because it is not firsthand knowledge.

17. AZ Quotes, "Roger Bannister Quotes." azquotes.com, 2020. January 14th, 2020.

-This source gave us many quotes said by Roger Bannister. We scattered the quotes throughout the website in order to better show what Roger Bannister thought about his mile, or how he felt in panicle points of his career. This source is secondary because the primary quotes are given to us by a source that was updated recently.

18. Taylor, Bill "What Breaking the Four-Minute Mile Taught Us About Conventional Thinking." hbr.org, March 9, 2018. March 31, 2020.

-This source told us that Roger Bannister was a leader. He was a world changing man that impacted many. He started the beginning of a train of records. It was a very valuable source to the progress of the website. It gave us an opinion on what Roger Bannister's mile did to impact the world. This source is secondary because it is not directly from the time period.

19. Frazier, Matt "What We Mortals Can Learn from the Four- Minute Mile." nomeatathlete.com, March 9, 2010. March 31, 2020.

-This source is secondary because it's not directly from the time period. The information given was from two different points of views from a reporter and a self-experience from the writer. This source told us about RAS or reticular activating system. This system tells you when to stop and when to go. Scientists say that this is why people continue run and break records. This helped us to better understand why doctor believe people keep run.

20. Connolly, Paul "The Forgotten Story of...Franz Stampfl." theguardian.com, May 29, 2013. March 31, 2020.

-This source is secondary because it is not directly from the time period. The source was about Roger Bannisters inspirational coach. Stampfl always believed in Bannister and believed in him when nobody else did. His coach's life was very interesting and it tells us why he might have believed that Roger Bannister could break the barriers. It gave us more insight on the doctors.

21. The Daily Dose, "Sir Roger Bannister was the first person to run the mile in under four minutes." dailydsports.com, July 5th, 2018. February 20th, 2020.

-This source is a website on the mile and Roger Bannister's life. Using this source, we were able to analyze Roger Bannister on a more personal level, giving us more insight on what Roger Bannister's life was like aside from his fame, and helping us paint a better picture of his mile and future life success. We also used this site specifically for the picture of Roger Bannister and Winston Churchill shaking hands before his race for local churches. This source is secondary because it's not from the time period.

22. Zetlin, Minda "Nike Vaporfly Shoes Helped Eliud Kipchoge Run A Marathon in Under 2 Hours. Should they be Banned?" inc.com, October 24, 2019. April 6, 2020.

-This source is telling people that the marathon Kipchoge ran is illegitimate because of the shoes he wore. Like Bannister he wore light weight shoes and were questioned about the legitimacy of their times. This proves that more than one person was questioned on how they broke barriers to see if it was true or not. This source is secondary because it is not from the time period of Bannister's running career.

23. Taylor, Alan "World War 2: The Battle of Britain." theatlantic.com, July 10, 2011. April 14, 2020

-This source was used to better our knowledge on what was happening during the 1950's. It was used to find what happened during the London Bombing. This was helpful because it helped us find the historical context of why Great Britain was gloomy. It also gave us a picture of Britain in ruins. This source is secondary because it was not written in the time of Roger Bannister's running career.

Primary Photos:

1. Breaking records, Breaking Barriers in Sports "Roger Bannister; The First Man to Run a Mile in Under Four Minutes." amhistory.si.edu. February 18, 2020.

-This source gave us two photos that we were able to use in the website. The pictures were of Roger Bannister running the first mile under four minutes and of him on a magazine, showing that he made headlines all over the world. This source was used as a primary because it's directly from the time period.

2. Classic American Style "American Giant" classicamericanstyle.net, 1st picture, May 31st, 2015, April 7th 2020.

-This source was used to find a picture of Roger Bannister training. This source is important to the development of the artistic side of our website. This source is primary because it is from the time he ran his mile.

3. Gillon, Doug "Exclusive Interview: Sir Roger Bannister on the Roger Bannister" heraldscotland.com, Aug 6th, 2018. March 31st, 2020

-This source contains a picture of Roger Bannister at the starting line of his miracle mile. This source is primary because this picture was taken the day of.

4. Little, Reg “Sir Chis Chataway: Forever Associated with a Breezy Day in 1954” oxfordmail.co.uk, Jan 23rd ,2014. April 8, 2020

-This source is use to find a picture of Roger Bannister and Chris Chataway. It is primary because it is from the time around Roger Bannisters running career.

5. Exeter College Oxford “Sir Roger Bannister 1949 Crop Web” exeter.ox.ac.uk, March 5th, 2018. April 8, 2020.

-This is a picture of Roger Bannister in his younger days. The source is primary because it was taken near to the time of when he would have started his running career in college.

6. Hobson, Ben “Run Your Fastest Mile” runnersworld.com, February 8th, 2018. April 8, 2020.

-This is an aerial view photo of Roger Bannister crossing the finish line. The photo is primary because it is from the day he ran his mile.

7. Rush, James “Sir Roger Bannister reveals he has Parkinson's disease and now has difficulty walking 60 years after becoming first man to run four-minute mile” dailymail.co.uk, May 2nd, 2014. April 8, 2020.

-This photo is another of Roger Bannister training for his perfect mile. The source is primary because it is from the time period.

8. The Sunday Times “Sir Roger Bannister” thetimes.co.uk, March 4th, 2014. April 8, 2020.

-This is another source that provided us with a photo of Bannister and Chataway. This source is primary because it is from the time period.

9. THE SPRINGFIELD UNION “Roger Bannister 4 Minute Mile Broken” rarenewspapers.com, May 7th, 1954. April 8, 2020.

-This website gave us a newspaper of Roger Bannister being headlined. This source is primary because the photo of the newspaper was from the time.

10. Daily News “Daily News From New York New York.” May 7th, 1954. April 8, 2020.

-This is another source of a newspaper Bannister was headlined. This source is primary because is from the time of Roger Bannister’s running career.

11. NYT Archives “4-Minute Mile is Achieved by Bannister of England.” scoopnest.com, no date. April 8, 2020.

-This source is a picture of another newspaper that Bannister was headlined in. All three of these newspapers prove how big a deal Bannisters accomplishment was. This source is primary because it is from the time period.

Secondary Photos:

1. Lilleston, Randy, "Why Roger Bannister Was a British Hero." aarp.org, March 5th, 2018. February 20th, 2020.

-This source provided us with a picture of Roger Bannister working as a neurologist. This helped us to show people what Roger Bannister looked like when he was older and what his job may have looked like. This source is secondary because it wasn't written during the time period of Roger Bannister's mile.

2. Bannister, Roger, "The Four Minute Mile." goodreads.com, 2020. February 20th, 2020.

-We used this source for a picture of Roger Bannister's book he wrote. We used this picture to show Roger Bannister's book and expand on his future life. This source is secondary because it is a picture of the book that he wrote and it was taken recently.

3. Mackay, Duncan, "Roger Bannister beats John Landy in the Miracle Mile at Vancouver in 1954." insidethegames.biz, April 11th, 2018. February 21st, 2020.

-This source gave us a picture of Roger Bannister passing a man in the races in Vancouver in 1954. This source is secondary because it isn't an interview, from the correct time period or written by Roger Bannister himself.

4. Lion, Patrick, "Sir Roger Bannister." mirror.co.uk, March 4th, 2018. February 21st, 2020

-This source gave us many great photos but one that really stood out to us is the one of Roger Bannister holding up his shoes he wore the day of the miracle mile. This source is secondary because it wasn't from the time period of his mile.

5. Lewis, Roz "My Favorite Photograph: Runner and Neurosurgeon Sir Roger Bannister." express.co.uk, July 13, 2004. April 6th, 2020

-This is a photo of Roger Bannister running with fellow fathers and friends. This picture is secondary because it is not from the mile he ran.

6. ANL/Rex/Shutterstock "Roger Bannister takes his children for a run" March 4th, 2018. April 7th, 2020.

-This source was used for a picture of Roger Bannister Running with his children. It shows that even after he retired from running he still ran. This source is secondary because it is not from the mile.

7. Mile News "Sir Roger Bannister made Companion of Honor in New Year's Honors List." bringbackthemile.com, December 31st, 2020. April 8, 2020.

-This source provides us with a picture of Bannister and his wife Moyra when they were older. The picture would be secondary because it's not from Bannister's career of running.

8. Lilleston, Randy "Why Roger Bannister Was a British Hero." aarp.org, March 5th, 2018. April 8, 2020.

-This is a picture of Bannister when he older. The picture is of him in an interview. The source of the picture is secondary because it is not from his Roger Bannister's running career.

9. Keown, Callum "Sir Roger Bannister: 'Our father's family was among his greatest achievements'" oxfordmail.co.uk, March 7th, 2018. April 8, 2020.

-The source is a picture of Bannister in his entire family when they are older. The photo is secondary because it is not from the time period.

10. Sportsmail Reporter "Knights Bannister and Redgrave 'honoured' to carry Olympic torch in Henley." dailymail.co.uk, July 10th, 2012. April 8, 2020.

-Roger Bannister was honored in the Olympics and he little ceremonial flame. This picture is secondary because it is not from the time period.

Multimedia:

1. Brasil Orifice " Roger Bannister- Everest of the Track(2016)." m.youtube.com, Dec 26, 2019. April 6, 2020.

-This source is a Documentary that we edited to get an interview of one quoting Bannister saying that to run the four minute mile in under four minutes was not impossible. This source was important to the development of our website because it gave us proof that the sub four-minute mile was not impossible. this source is secondary because it is not directly from the time period of Bannisters accomplishment.

2. NBC Sports "1:59:40! Kipchoge runs historic first sub-2-hour marathon." m.youtube.com, October 12, 2019. April 6, 2020.

-This is a video of the famous runner, Eliud Kipchoge, the first person to run a marathon in under two hours taking inspiration from Roger Bannister. This source is a video proof that if someone says one thing is impossible people are going to do everything in their power to break those barriers. We don't know why people run and continue to break barriers other than because they are driven to. This source is secondary because it is not Roger Bannister or from the 1950's.

3. Daily Mail "Bannister speaks after running first mile in under 4 minutes." m.youtube.com, March 15, 2018. April 6, 2020.

-This video is an interview of Roger Bannister telling the reporters that someone will beak his record and that alright. Its saying that the doctors are wrong and because one person did it someone else can to. This video was edited by us then used as a multimedia file. This video is primary because it is from the time period of Bannister's running career.

4. Guardian News "The moment Sir Roger Bannister made history". m.youtube.com, March 4, 2018. April 6, 2020.

-This source is a video of Roger Bannister running and crossing the finish line. This video includes an interview of Roger Bannister right after the race ended. He told us that he was happy he broke the record at the Oxford Track because its where he ran his very first mile. This video is primary because it was filmed in 1954, the day he broke the four-minute mile record.

5. AthletixStuffChannel "First Four Minute Mile-HQ (Roger Bannister:1954) m.youtube.com. December 12, 2012. April 6, 2020.

-This source is a video of Roger Bannister running his beloved Miracle Mile. We used this source as a multimedia file after we edited it to make it smaller. This source is very important to the development of our website because we get to see the history being made even back in 1954. The video is primary because it is from the time.

6. Guardian News "The Moment Roger Bannister Made History." youtube.com, March 4th, 2018. April 8, 2020.

-This is a video of Roger Bannister's miracle mile and him running. We used this to show what Roger Bannisters mile was like, what he did when he crossed the finish line, and how people reacted. The video is primary because it is from the day of his mile.

7. British Movietone "Roger Bannister Marries" express.co.uk, August 16th, 1955, April 7th, 2020

-This is a video of Roger Bannister and his wife Moyra getting married. This was used on our future page to show Roger Bannister getting married. This is primary because it is a video directly from the time.