

# Roger Bannister

## Quotes

*Athlete, Sports, Running, Men, Race, Thinking, Doctors, War, Motivational, Athletic, Hard Work, Impossible, Mother, Moving, Mean, Fighting, America, Years, Results, Essence*

The man who can drive himself further once the effort gets painful is the man who will win.

~Roger Bannister

My athleticism was really the core to social acceptance, because in those days the overwhelming number of students came from more of a public school background than I did.

~Roger Bannister

Just because they say it's impossible doesn't mean you can't do it.

~Roger Bannister

My concentration was really on getting to university and becoming a doctor. My parents let me know that school marks were important. Achievement was something which came by hard work.

~Roger Bannister

Our concept of a family holiday was going to a guest house in the Lake district or Wales, where walking was part of the holiday.

~Roger Bannister

Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks.

~Roger Bannister

We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves

~Roger Bannister

To move into the lead means making an act requiring fierceness and confidence. But fear must play some part...no relaxation is possible, and all discretion is thrown into the wind.

~Roger Bannister

Sport, like all of life, is about taking your chances.

~Roger Bannister

No longer conscious of my movement, I discovered a new unity with nature. I had found a new source of power and beauty, a source I never dreamt existed.

~Roger Bannister

It is the brain, not the heart or lungs, that is the critical organ.

~Roger Bannister

The reason sport is attractive to many of the general public is that it's filled with reversals. What you think may happen doesn't happen. A champion is beaten, an unknown becomes a champion.

~Roger Bannister

The essence of sports is that while you're doing it, nothing else matters, but after you stop, there is a place, generally not very important, where you would put it.

~Roger Bannister

If there was the opportunity to climb a mountain, or to go ballooning, or some adventurous activity, I would always be keen to do it. I loved the countryside.

~Roger Bannister

I trained for less than three-quarters of an hour, maybe five days a week - I didn't have time to do more. But it was all about quality, not quantity - so I didn't waste time jogging, ever.

~Roger Bannister

I couldn't touch my toes with straight legs, but I could break 4 minutes for the mile.

~Roger Bannister

Without the concentration of the mind and the will, performance would not result.

~Roger Bannister

It's amazing that more people have climbed Mount Everest than have broken the 4-minute mile.

~Roger Bannister

The man who goes on, even when it's the hardest to be the winner.

~Roger Bannister

If a man coaches himself, then he has only himself to blame when he is beaten.

~Roger Bannister

Mothers, unless they were very poor, didn't work. Both of my parents had to leave education. My mother had to work in a cotton mill until 18 or 19, when she took some training in domestic science.

~Roger Bannister

The mile has all the elements of a drama.

~Roger Bannister

Athletics is a luxury.

~Roger Bannister

I raced supremely well. I felt I was as well fitted to do it as I had ever been, and as perhaps I might ever be. I went climbing three weeks before, because I was feeling fed up with running.

~Roger Bannister

I enjoy singing, and the instruments which truly move me are the horn, the trumpet and the cello.

~Roger Bannister

If I faltered, there would be no arms to hold me and the world would be a cold and forbidding place.

~Roger Bannister

Life was very simple. My parents had come from the North of England, which is a fairly rugged, bleak, hard-working part of England, and so there was not the expectation of luxury.

~Roger Bannister

I was involved in music, acting, and some running, but my firm wish was to become a doctor. That was the formative age when I had decided on the pattern of my career.

~Roger Bannister

It had always been a British preoccupation to hold this mile record.

~Roger Bannister

I couldn't disappoint people. I did not want to fail and exhaust myself, because I was the kind of runner who trained so little that I couldn't race again within another 10 days.

~Roger Bannister

I was playing rugby and the other games English school children do, and there was an event which was planned in which races were run, and I simply just won these by a considerable margin

~Roger Bannister

I was always a great bundle of energy. As a child, instead of walking, I would run. And so running, which is a pain to a lot of people, was always a pleasure to me because it was so easy.

~Roger Bannister

My family actually lived in the same village for about 400 years. They had great stability until the last century. People lived and intermarried in

small villages.

~Roger Bannister

My introduction to track racing was through the background of cross country running, which is not a sport perhaps as popular in America as it is in England.

~Roger Bannister

I think that is a universal adolescent feeling, trying to find your place. The adolescent who is perfectly adjusted to his environment, I've yet to meet.

~Roger Bannister

I found longer races boring. I found the mile just perfect.

~Roger Bannister

I came from such a simple origin, without any great privilege, and I would say I also wanted to make a mark. It wasn't until I was about 15 that I appeared in a race.

~Roger Bannister

It seems quite impossible to walk in America.

~Roger Bannister

May is a very early time in the year and the weather is usually bad. You cannot run a fast mile race if there is a strong wind, because it makes your running uneven.

~Roger Bannister

I've always been very impatient. At age 10 I frankly found life boring, and I can remember age 9 having the awful thought, as it seems now looking back on it, A war! That should liven things up a bit!

~Roger Bannister

Beating John Landy was my defining race.

~Roger Bannister

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