Sir Roger Bannister is best known for running “The Miracle Mile” on the 6th May 1954 at Iffley Road Track in Oxford. At a time when all around thought it was impossible to break the four minute barrier, Bannister rose to the challenge and set a record of 3 minutes 59.4 seconds.

Bannister often claimed that “The man who can drive himself further once the effort gets painful is the man who will win.” And this ties in with our House motto – “Impossible is Nothing.”

“Impossible is just a big word thrown around by small men who find it easier to live the world they have been given, rather than to explore the power they have to change it. Impossible is not a fact. It is an opinion. Impossible is not a declaration. It is a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.”