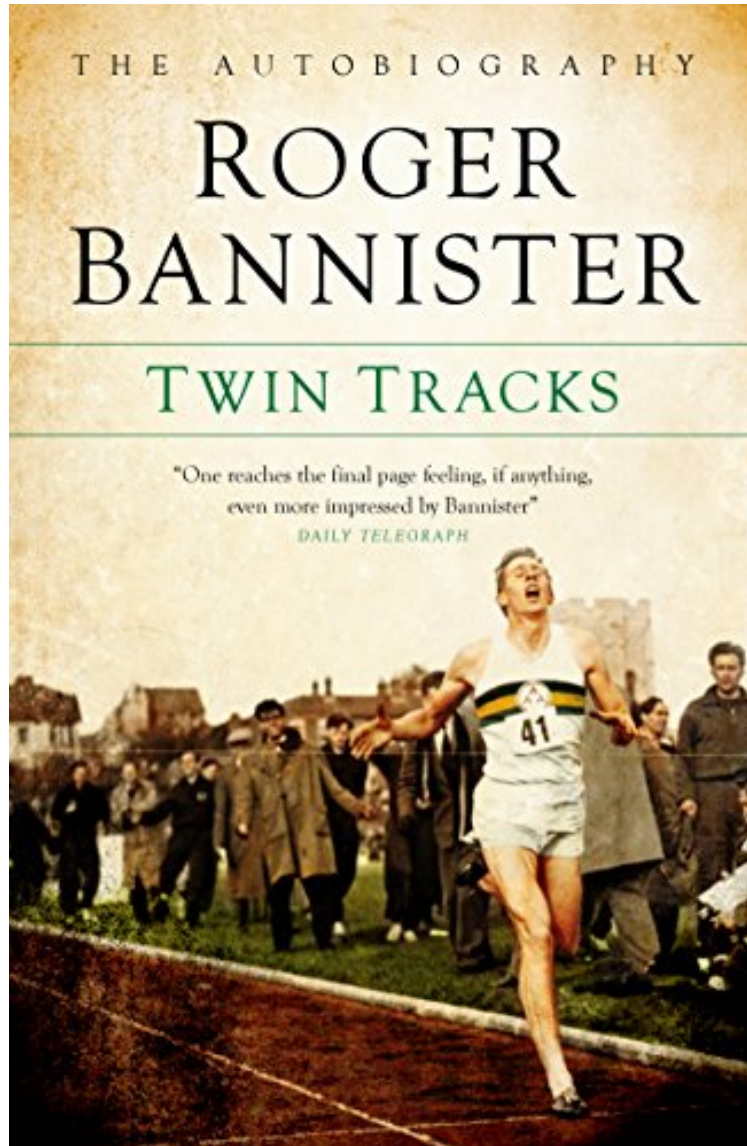


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Twin Tracks: The Autobiography

Roger Bannister

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Roger Bannister : Twin Tracks: The Autobiography before purchasing it in order to gauge whether or not it would be worth my time, and all praised Twin Tracks: The Autobiography:

1 of 1 people found the following review helpful. A True Sportsman and Legend By Terry D. Taylor First, I admit that I am biased. Roger Bannister has long been my favorite sports figure. As a middle-distance runner in my youth, I was fascinated by the story of a medical student chasing the 4-minute mile. The content of the first half of this book overlaps with his earlier book (The Four-Minute Mile), which I had read years ago and enjoyed covering that ground again. I could almost hear the crunching sound of a cinder track beneath spiked shoes as Bannister described his races.

The second half is equally interesting and fills in the details of life after his career as a runner. If you long for the days when sports was not a mega business and are a fan of running, you may find this book a real treat. Bannister's love for sport and the role it can play in a healthy, happy society is very clear and -- to me -- inspiring, especially as we see more and more youth dropping out of physical activity because they can't make the elite teams in school. I realize that I have not added any content to what you have already read in the description of the book, except for my thorough enjoyment of getting to know Sir Roger better. He's worth meeting.

2 of 2 people found the following review helpful.
The Ultimate Sportsman
By Kindle Customer
Roger Bannister accomplished what very few can even imagine - breaking the 4 minute mile record in 1954 and then dedicating himself in the medical discipline of neurology. His autobiography reveals a gifted athlete, a decent and caring family man, and one who keeps giving back to his beloved England thru medicine and sport. The success of Britain in the 2012 London Olympics is a testament to his legacy.

0 of 0 people found the following review helpful. A very interesting biography for me. My father bought ...
By mwestwood
A very interesting biography for me. My father bought and I read as a teenager *The First Four Minutes*. His medical experiences also interested me as a physician. Also training I was exposed to the superb teaching of Dr Bannister. A well written and interesting book for me.

It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day, more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest.