





OXFORDSHIRE BLUE PLAQUES BOARD

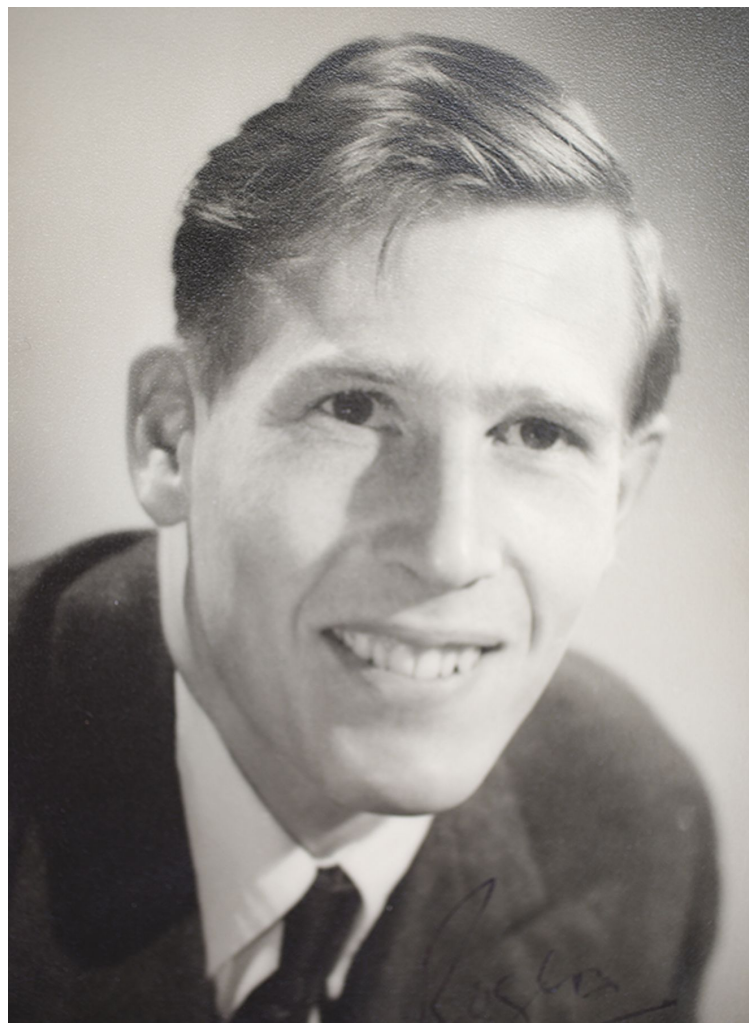
Here at the
Iffley Road Track
the first sub-four minute mile
was run on
6th May 1954
by
**ROGER
BANNISTER**

UNIVERSITY OF OXFORD



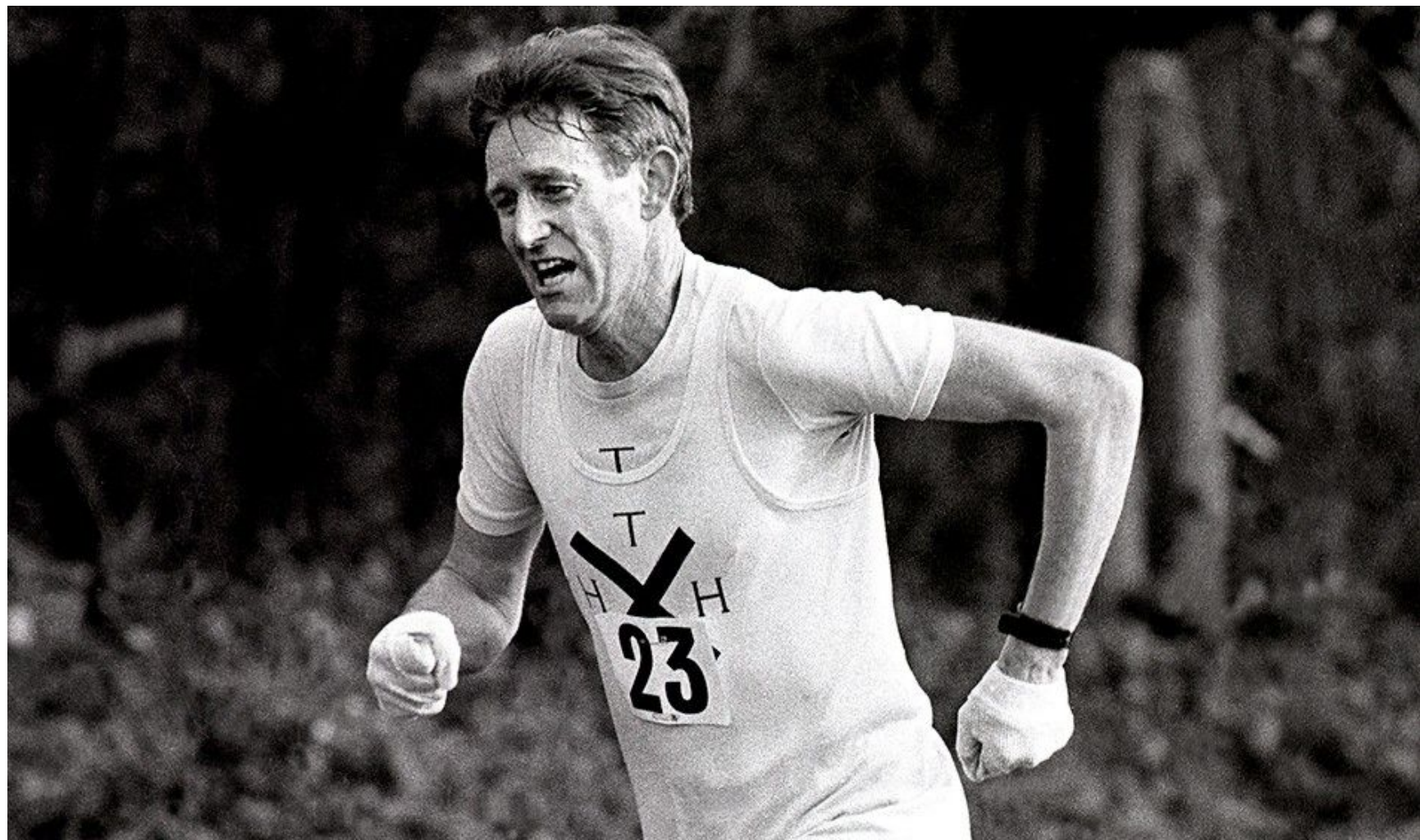
The Bannister Effect

The mental shift that occurs when a significant barrier is broken, demonstrating to others that what was once thought to be unachievable is, in fact, possible.

















ROGER
BANNISTER

Pioneering Neurologist

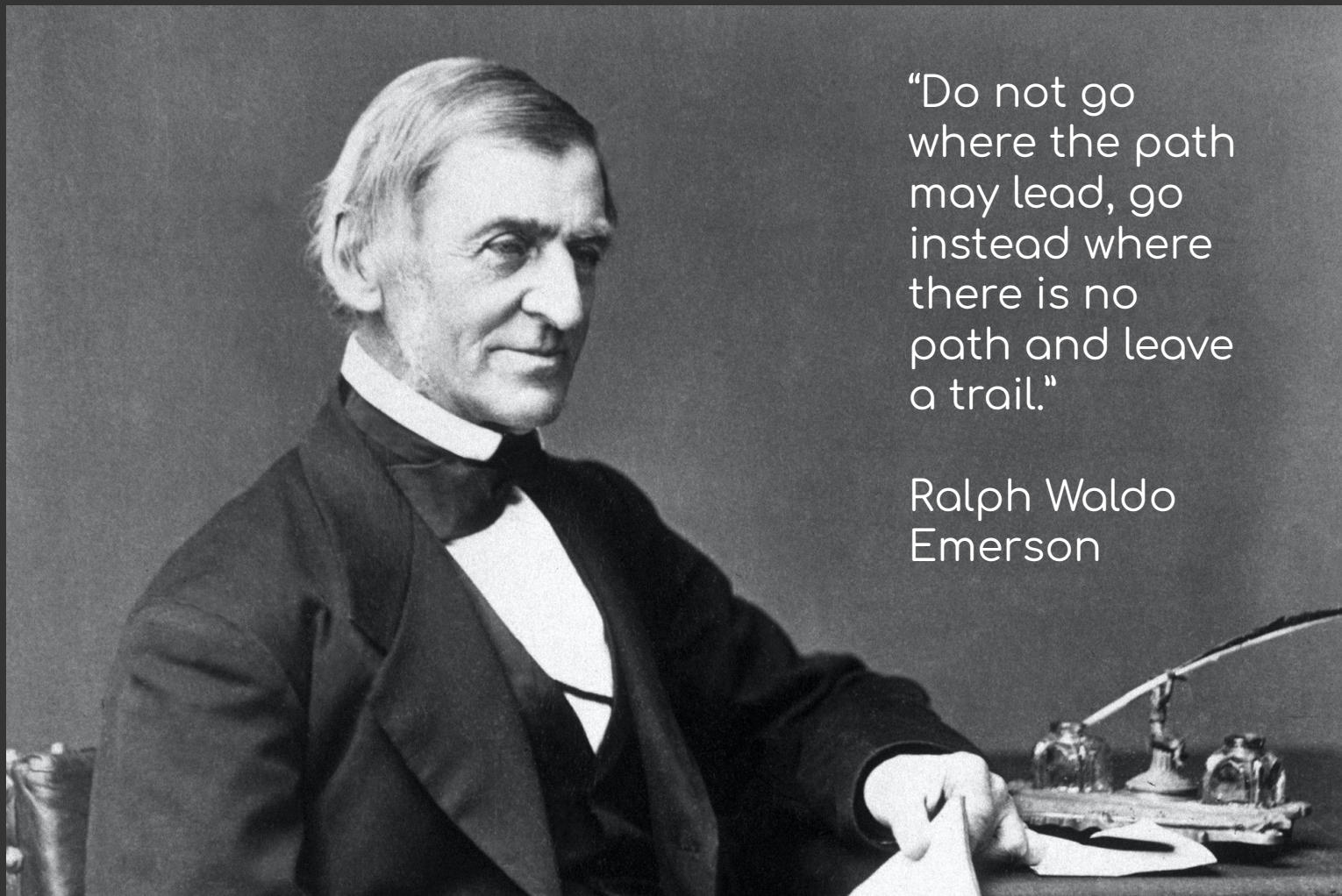
World Champion Runner

1929 - 2018





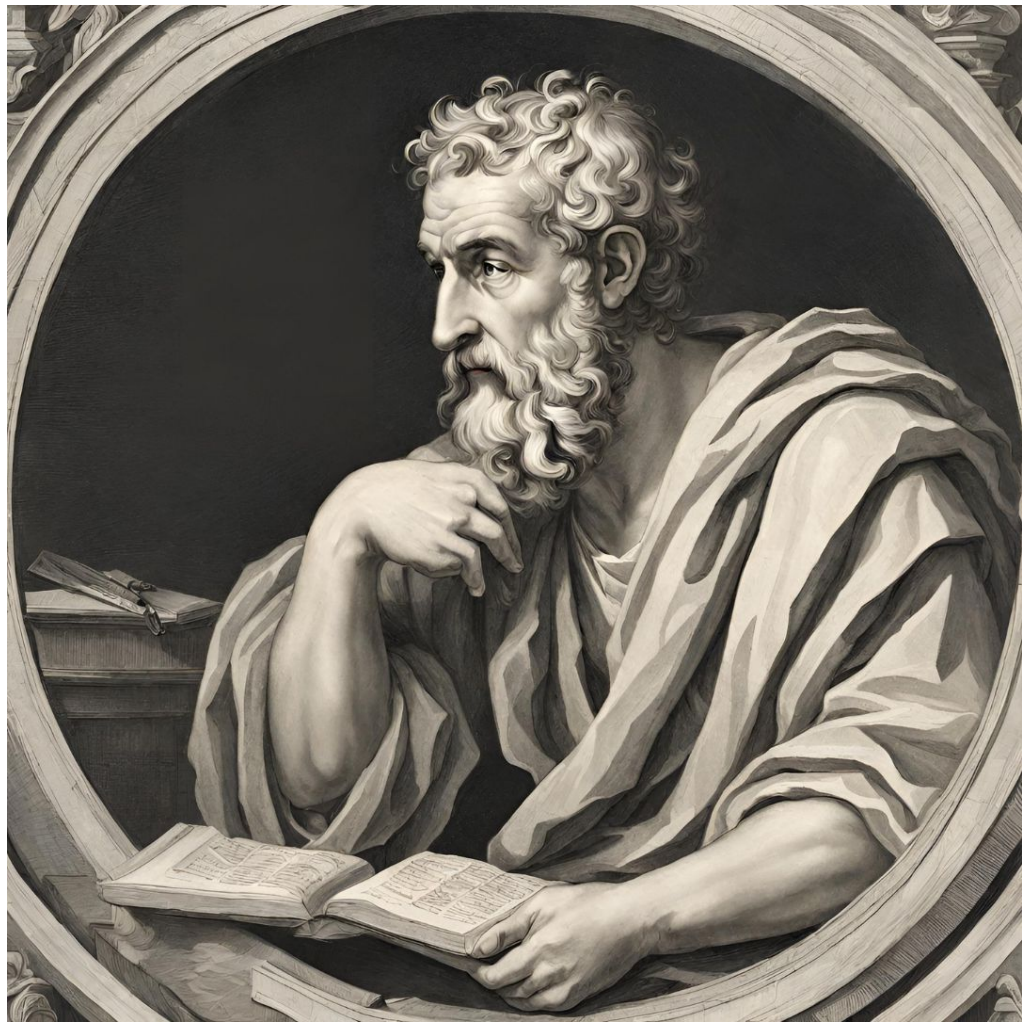




“Do not go
where the path
may lead, go
instead where
there is no
path and leave
a trail.”

Ralph Waldo
Emerson







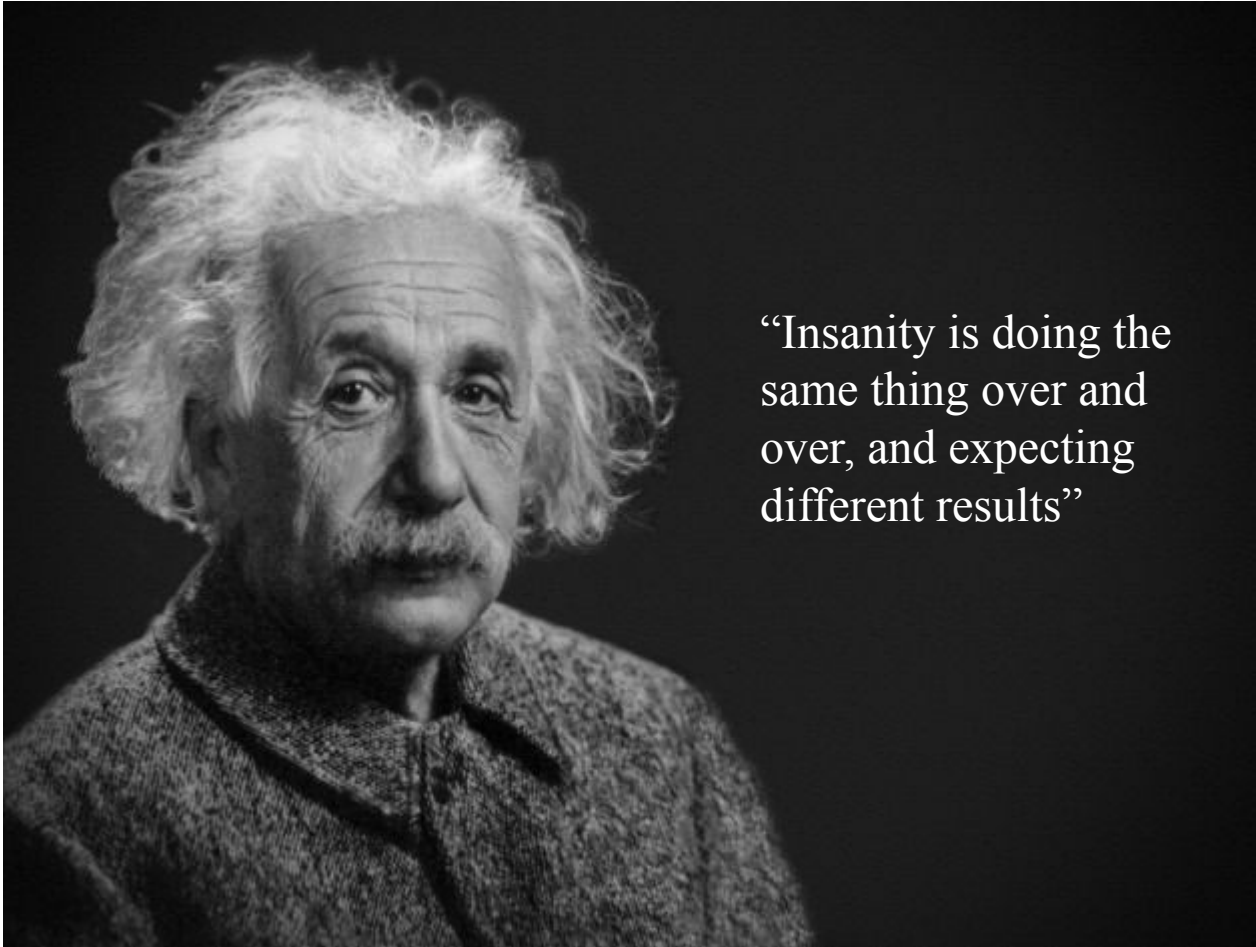
*“The mind adapts and
converts to its own purposes
the obstacle to our acting. The
impediment to action adverstes
action. What stands in the
way becomes the way. ”*



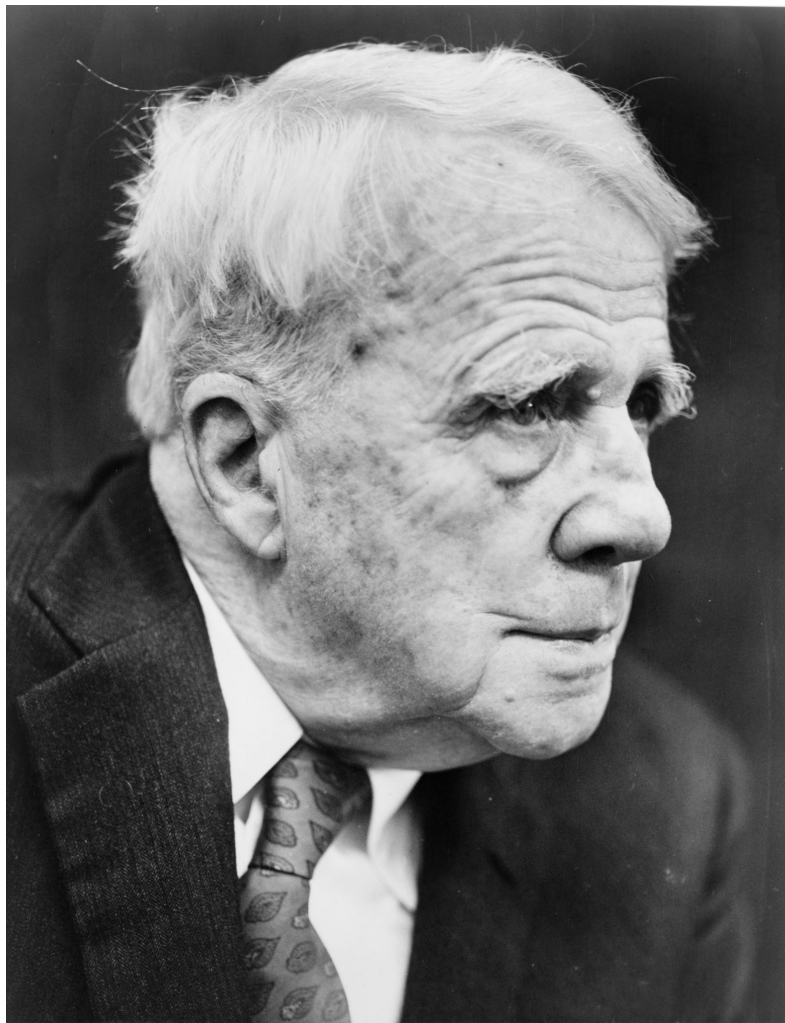




“The object of life is not to be on the side of the **majority**, but to escape finding oneself in the ranks of the **insane**”



“Insanity is doing the same thing over and over, and expecting different results”

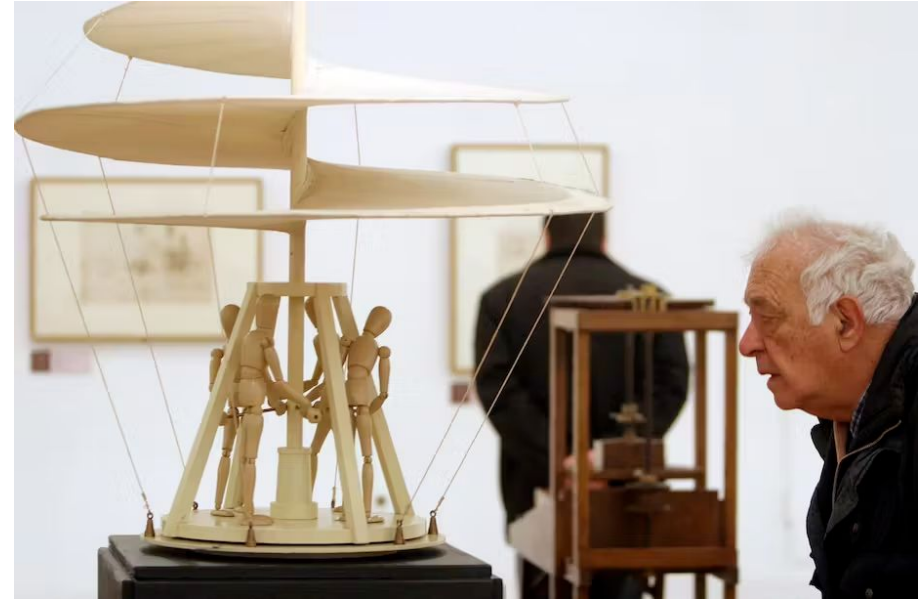
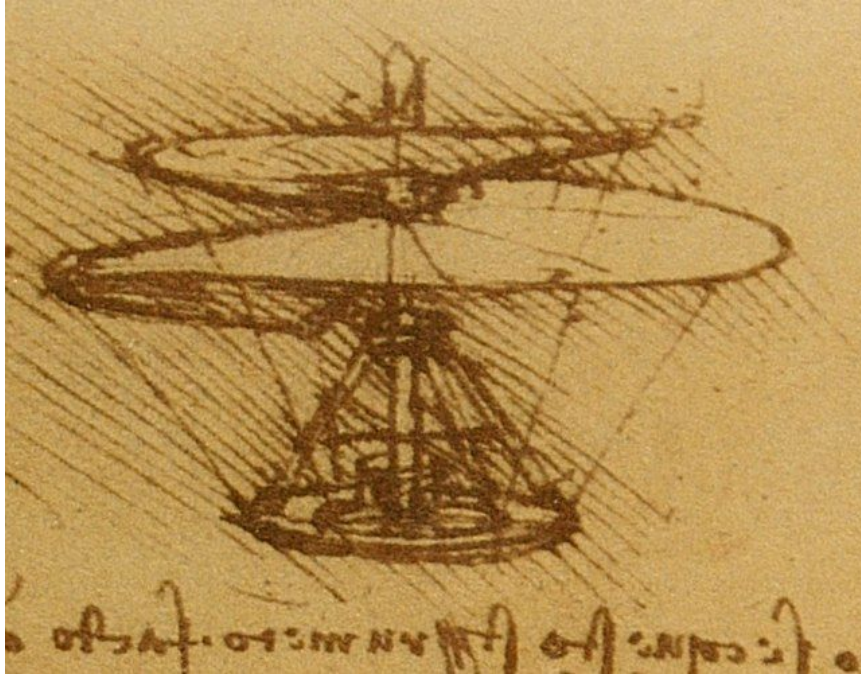


*“I took the one
less travelled by,
And that has made
all the difference”*

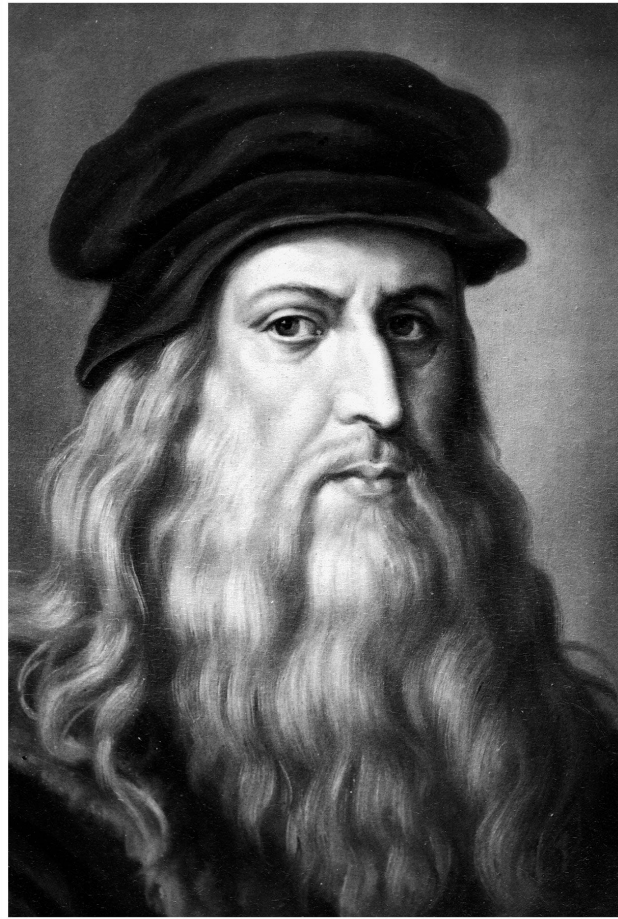
Robert Frost



Leonardo Da Vinci's Aerial Screw







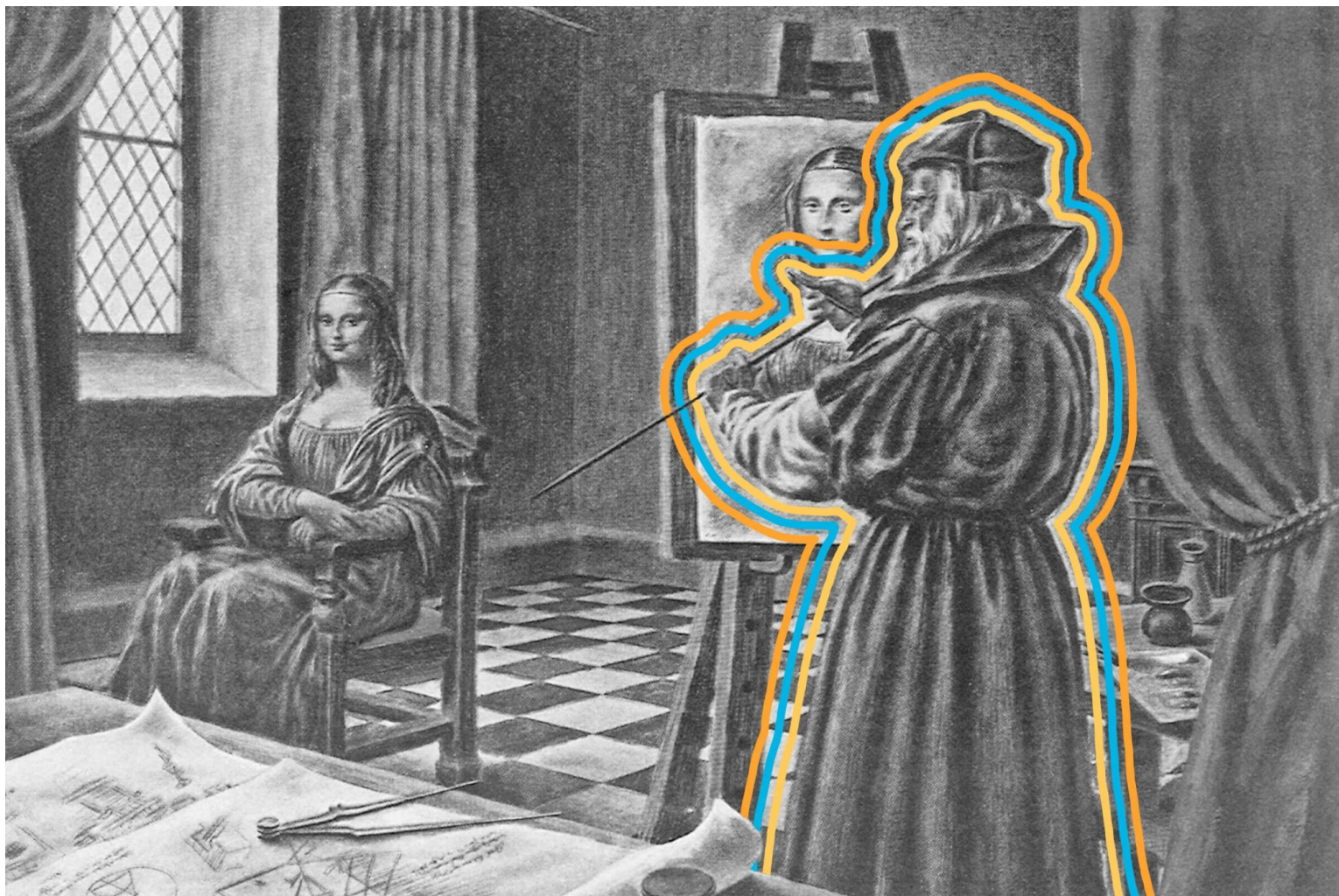
“Il sole no si muove” -
The Sun does not move

“Every Weight tends to fall
towards the centre by the
shortest possible way.”

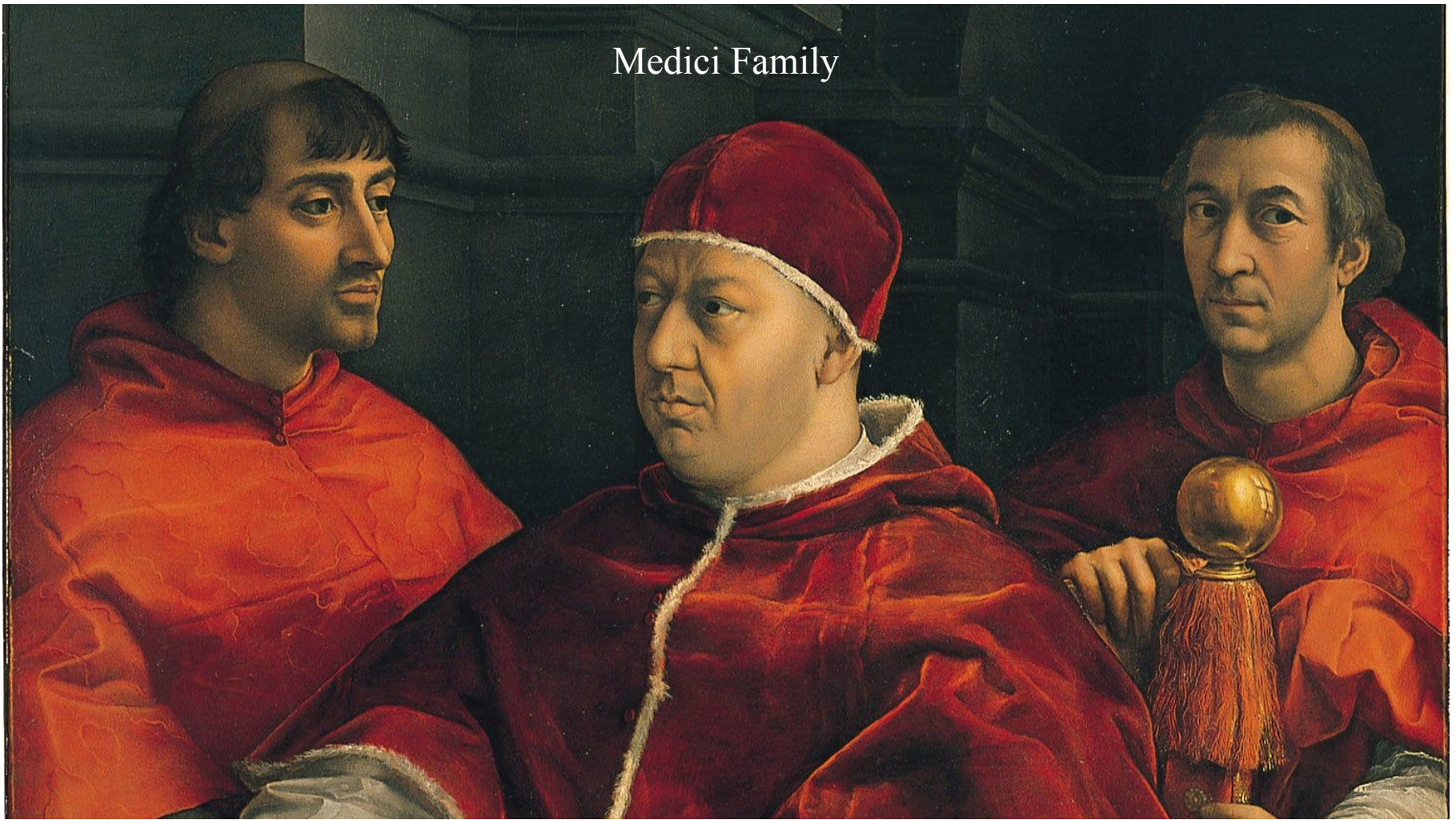




1. Relentless Curiosity
2. Seeing More
3. Thinking Bigger
4. Making Connections
5. Embracing Paradox
6. Courageous Action
7. Enlightened Mind



Medici Family

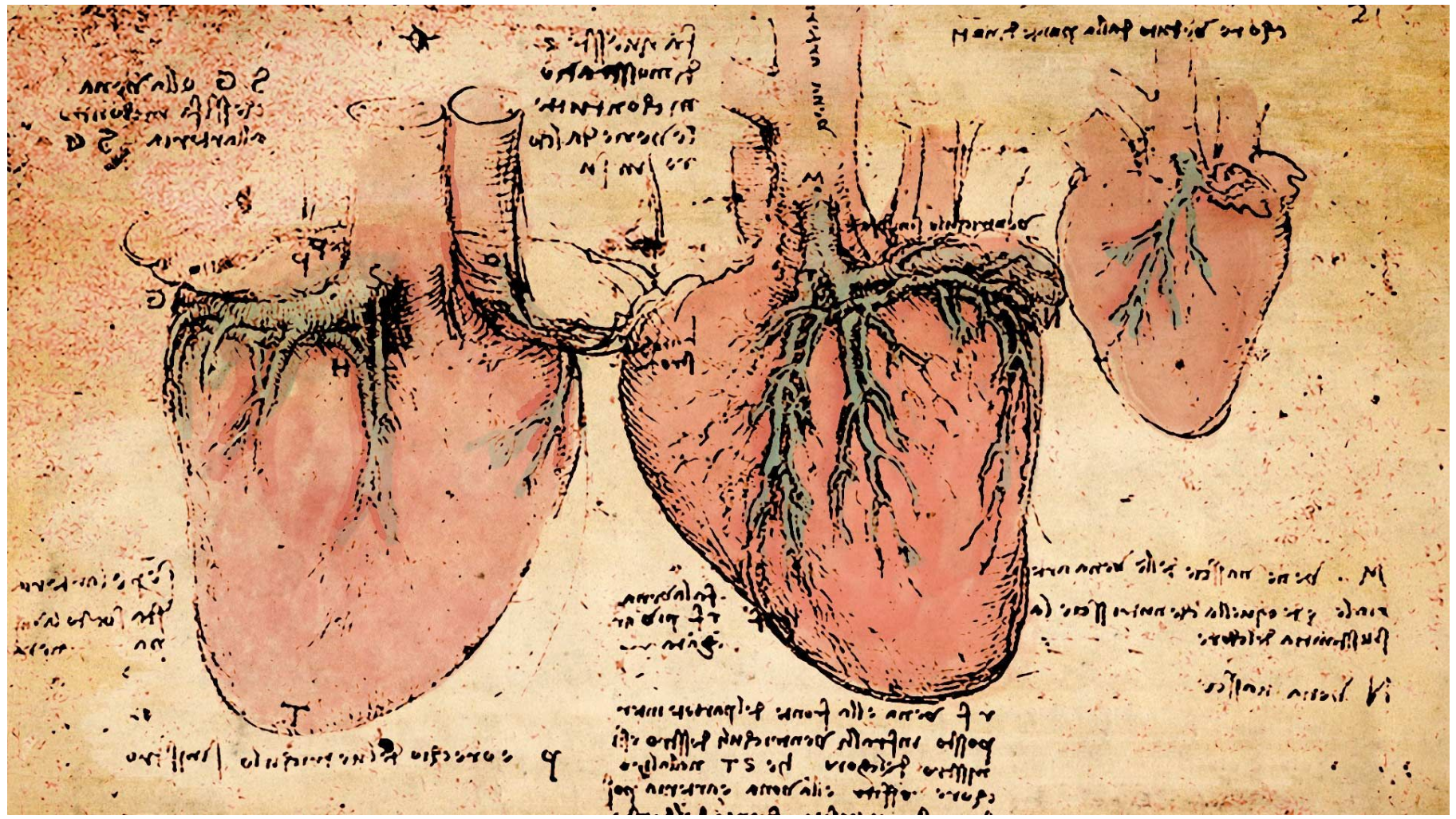


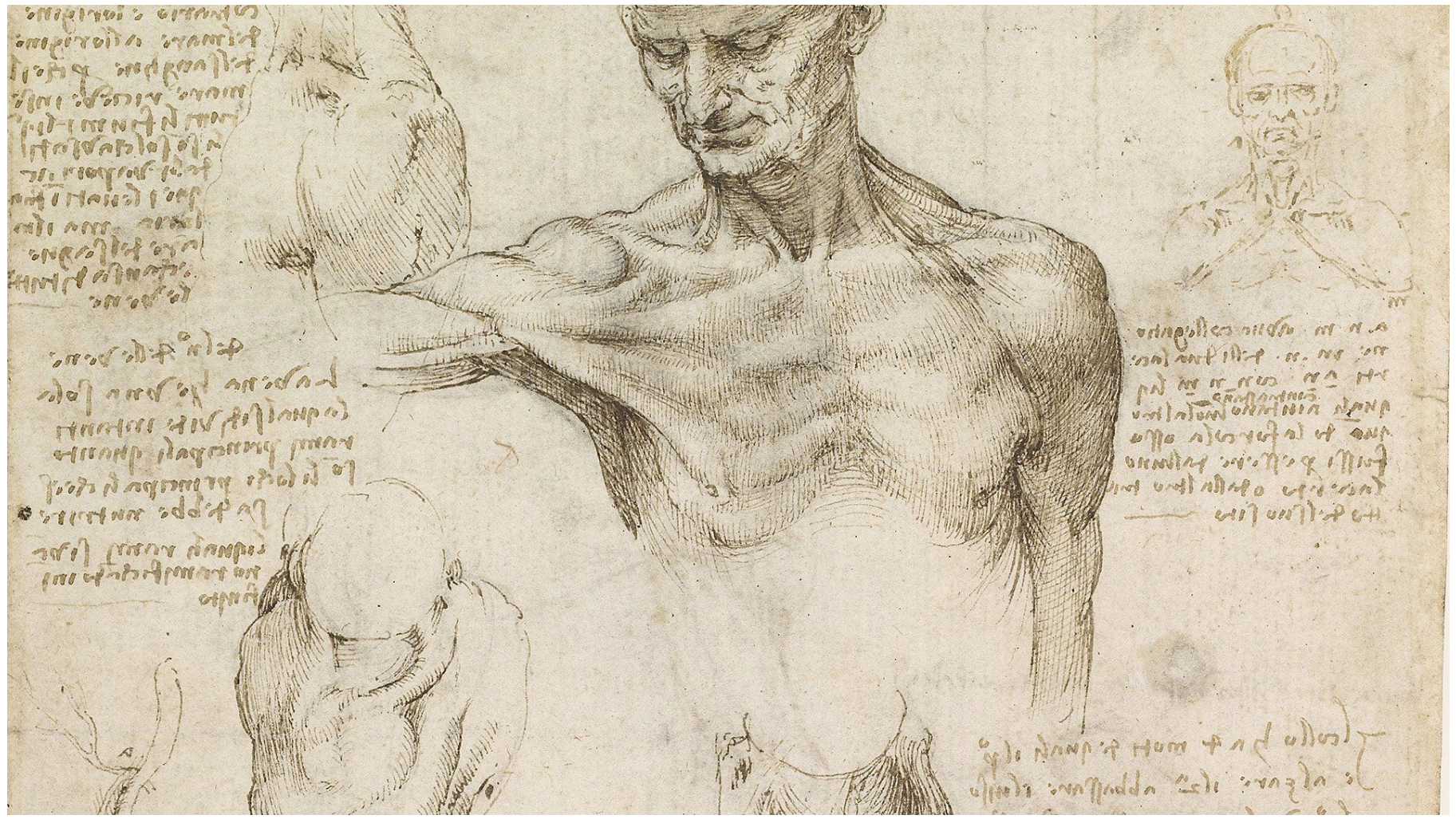




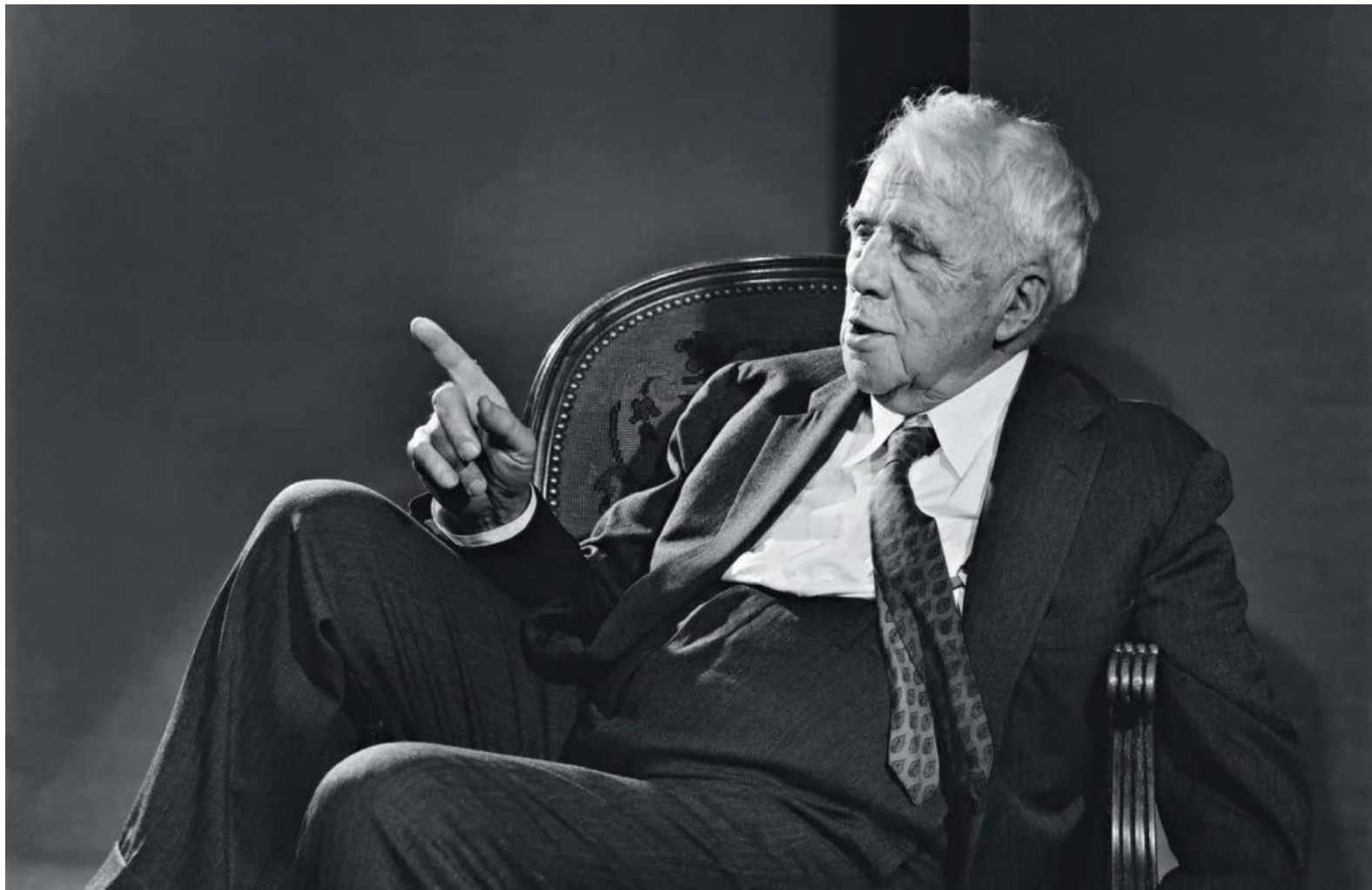
“The gifts that Leonardo possessed seemed unlimited, standing to all areas of human knowledge and skill - an artist, scientist, anatomist, sculptor, botanist, architect, musician, engineer, inventor, entertainer and philosopher.”

Giorgio Vasari





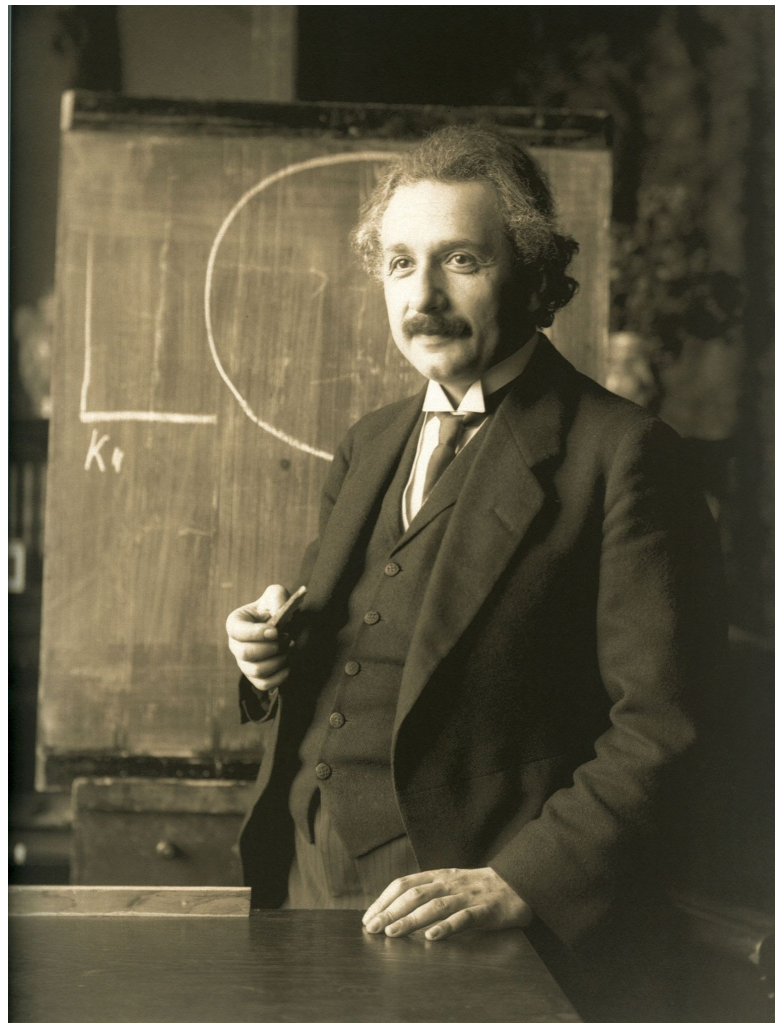


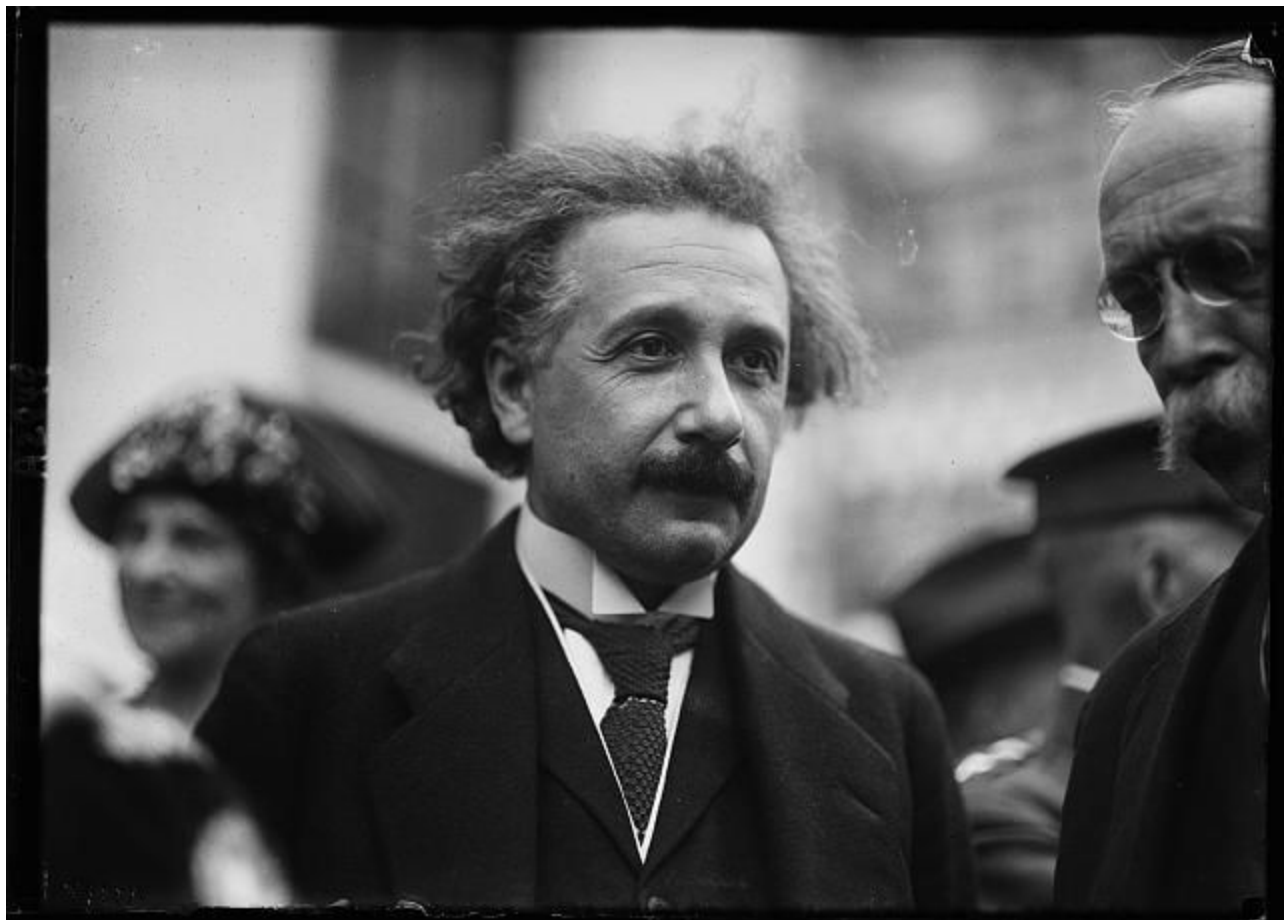




Annus Mirabilis -
Miracle Year

1666 - Newton Begins
to develop
gravitational theory





THE COLLECTED PAPERS OF

Albert Einstein

VOLUME 2

*THE SWISS YEARS:
WRITINGS, 1900-1909*



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David C. Cassidy, Jürgen Renn, AND Robert Schulmann,

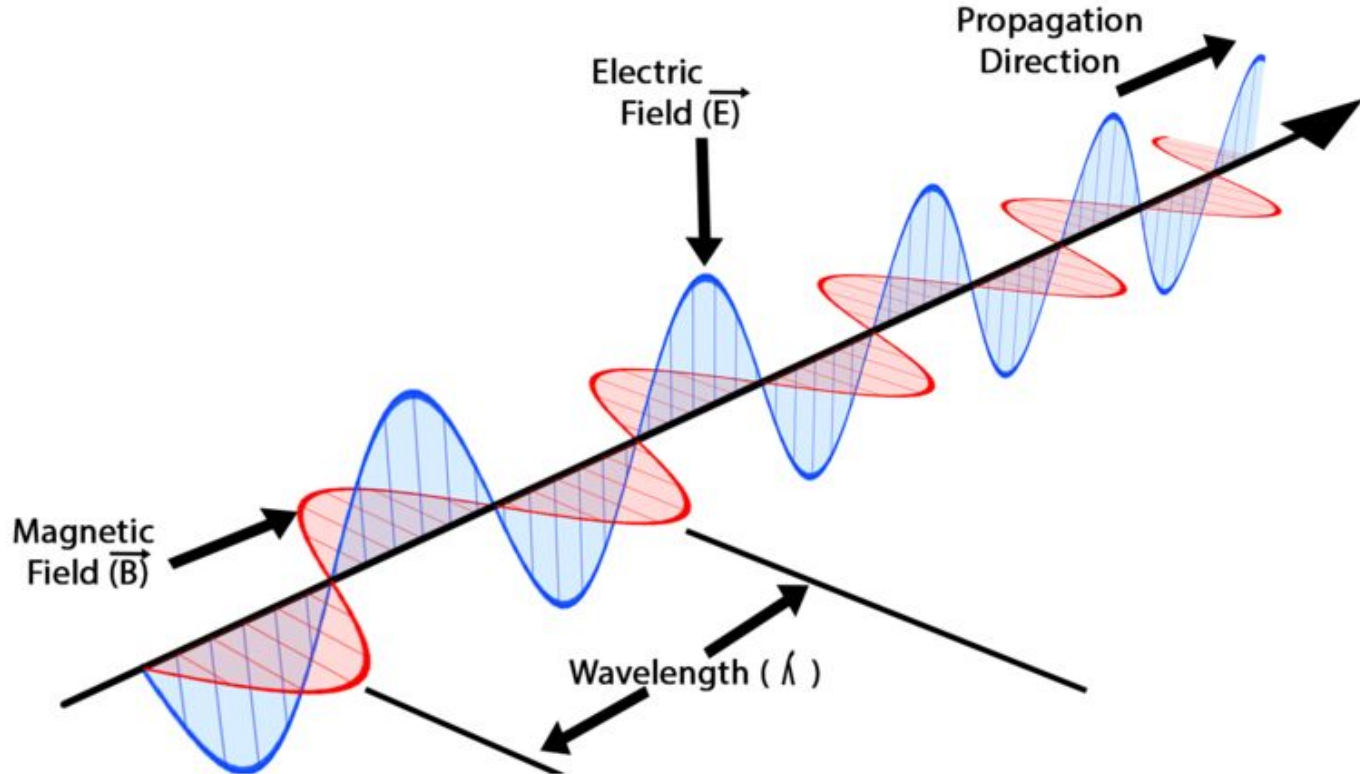
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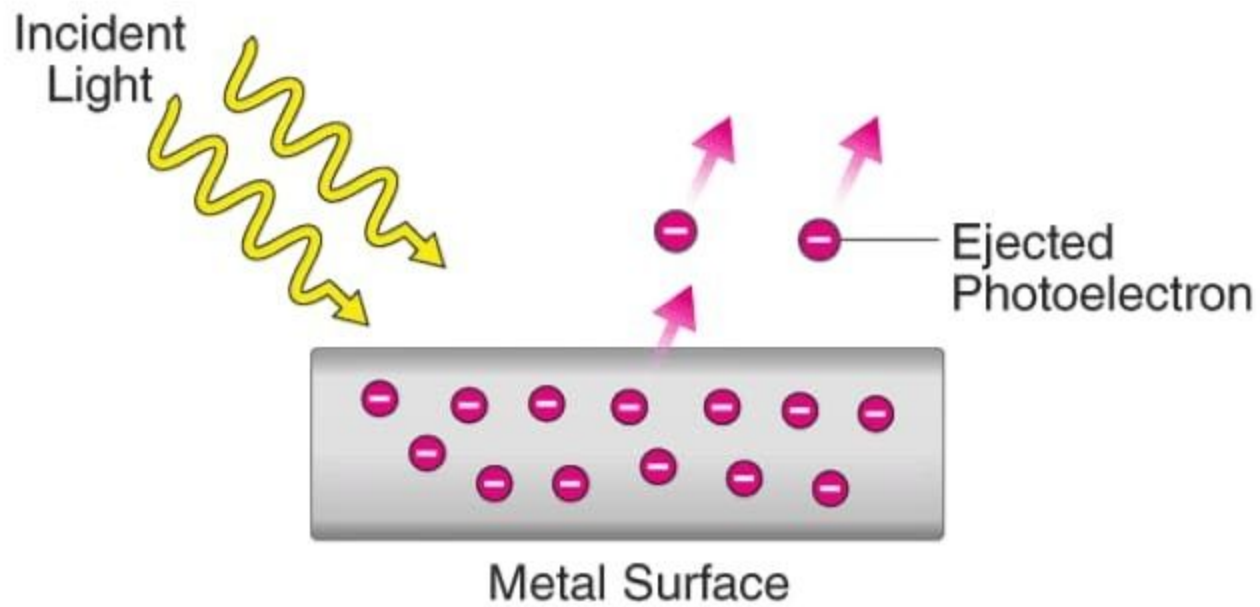
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Electromagnetic Wave





"According to the assumption to be contemplated here, when a light ray is spreading from a point, the energy is not distributed continuously over ever-increasing spaces, but consists of a finite number of energy quanta that are localized in points in space, move without dividing, and can be absorbed or generated only as a whole."

Excerpt from Introduction of Einstein's 1905 paper.



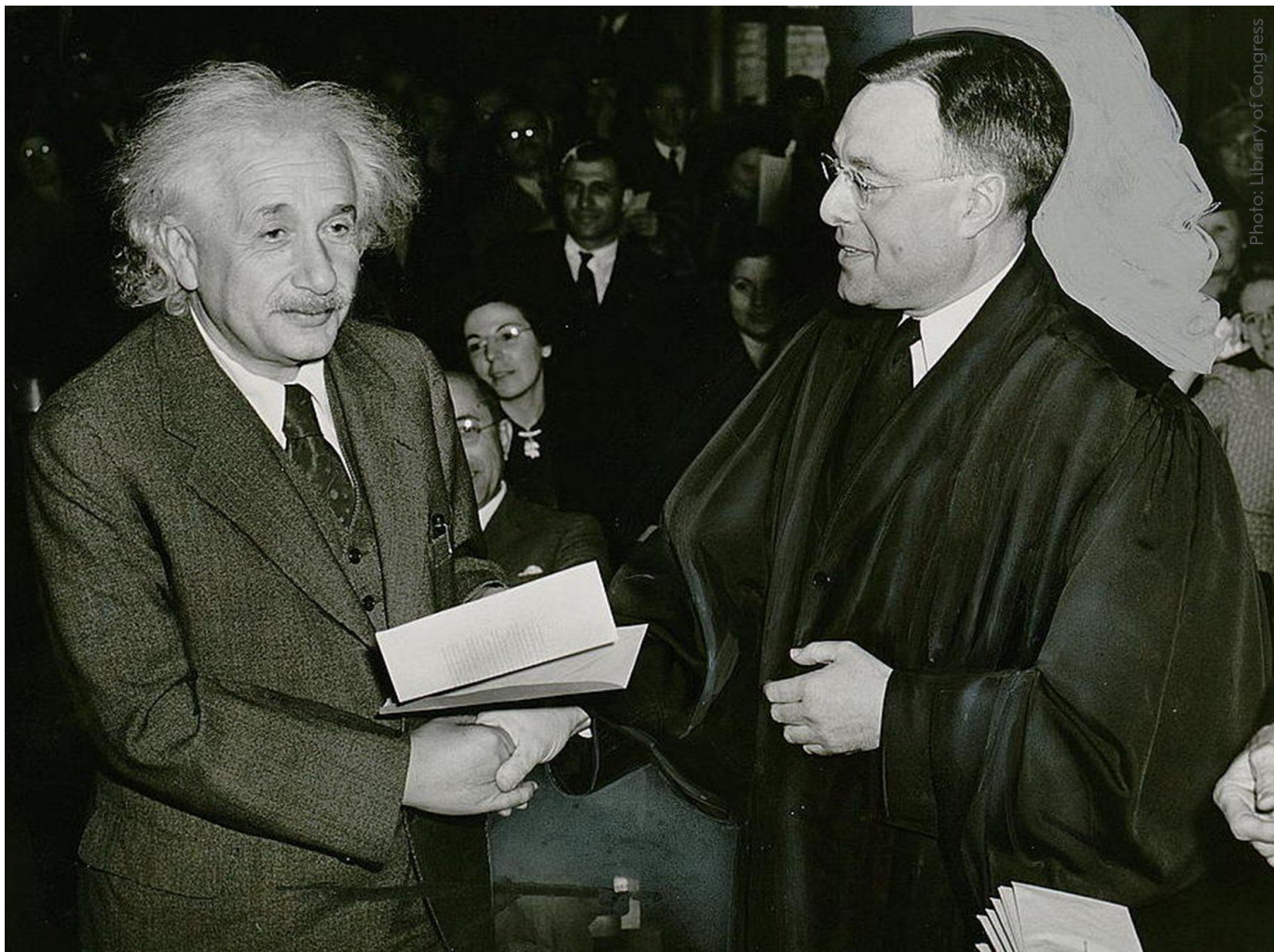


Photo: Library of Congress









