



# ALUMNI COMMUNIQUE

Issue 9 - March 2021

**MARCH 8th is INTERNATIONAL WOMEN'S DAY and COMMONWEALTH DAY!**

## DAME LOUISE MARTIN: A DAY TO CELEBRATE COMMONWEALTH SPORT AND WOMEN'S SPORT

Commonwealth Day is a very special day for our Movement. It is an annual celebration observed by people all over the Commonwealth, held on the second Monday in March.

Normally, there is a prominent service held in Westminster Abbey where representatives from the Commonwealth come together in one place at one time but, due to the Covid-19 restrictions still in place across England, that will not be the case this year.

Instead, Her Majesty the Queen will deliver her annual message: 'A Celebration for Commonwealth Day', outlining the importance of our Commonwealth links.

It remains our hope, and it is an increasingly optimistic hope, that the Commonwealth Family can come together in London later this year for the start of the Birmingham 2022 Queen's Baton Relay. This is due to leave Buckingham Palace, carrying her message to connect with the athletes of the 72 nations and territories of the Commonwealth.

Even though we are unable to celebrate together in person today, Commonwealth Day still takes on a special significance for our Movement this year, as it also marks International Women's Day.

For everyone involved with Commonwealth Sport, this will focus on the exciting women's sport programme in place for Birmingham 2022, which is now only 16 months away. It is a source of pride for me that Birmingham 2022 will be the first major multi-sport event to have more medals for women than men, providing a huge boost for women's sport.

It was a special moment last month when we were able to unveil the Birmingham 2022 competition schedule. These feature back-to-back 'Super Sundays' with nine spectacular events

on July 31 (the first Sunday) that are purposely designed to fit around the soccer final of the UEFA Women's Euro 2022 tournament, which kicks off at 5pm BST that day.

Seven days later, on August 7 (the second Sunday) Birmingham 2022 will stage the medal matches for netball, women's hockey and women's T20 cricket (which will be making its debut at the Games), an incredible day that will feature 11 medal sessions!

These are just two days of an action-packed 11-day competition that will see a total of 283 medal events take place.

I believe that major sporting events such as the Commonwealth Games, play a very important role inspiring people in many ways, particularly being active.

With Covid-19 restrictions in place across the globe, it is more important than ever that we stay fit and healthy; which is why I am delighted to support a new initiative led by the Commonwealth Walkway Trust.

The Commonwealth Walkway itself is a safe, accessible, and attractive place in every Commonwealth nation and territory, where everyone can walk. It connects the Commonwealth with a 1,000 km walkable path, linking 100 cities, permanently marking 2,000 points of significance and providing a practical opportunity for a third of the world's population to be more active.

As we cannot travel just now, the Trust has created virtual Walkways across the Commonwealth, to inspire people to get walking again. These virtual walkways feature a special passport scheme, which rewards those who 'Walk the Commonwealth' with a certificate of achievement. I would encourage everyone to visit the [Commonwealth Walkway website](#) to find out more.



From a CGF perspective, as part of our Commonwealth Day celebrations, we are excited to have launched our 'Sport is Just the Beginning' campaign to the world. With the help of some of our Commonwealth athletes, the campaign hopes to bring the message of the Commonwealth Sport Movement to life, promoting the power of sport to change lives and the power of our communities to change the world.

This announcement feels very appropriate today when the theme of both Commonwealth Day ("Delivering a Common Future") and International Women's Day ("Achieving an Equal Future in a COVID-19 World") ask us to look ahead and focus on how we can build a better future for all. These have been difficult times, better days are now on the horizon where we can be together again.

For these reasons and many more, Birmingham 2022 will take on an added significance for our Movement, bringing together athletes and fans to celebrate Commonwealth Sport and the shared values that unite us.

On this special day, when we celebrate Commonwealth Sport and Women's Sport, I hope this moment can warm our hearts.

***Dame Louise Martin DBE is the President of the Commonwealth Games Federation. She was elected to the role by the Commonwealth Sport Movement in September 2015 in Auckland, New Zealand, becoming the first female to hold the prestigious office.***

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## BARBARA HOWARD: Ran Her Way into History

**By: Dr. Nicole Forrester**

Born in Vancouver in 1920, Barbara Howard is one of the first Black female Commonwealth athletes to represent Canada in an international event. At the age of 17, Barbara ran 11.2 seconds in the 100-yard dash, breaking the British Empire Games record. A year later she competed in the 1938 British Empire Games in Sydney, Australia, earning a silver and a bronze medal in the 440-yard and 660-yard relay, respectively. Howard and her teammates spent 28 days on the ocean liner *Aorangi* and arrived in Australia in mid-January. Howard was an instant media darling. According to the *Herald* (20 January), "Barbara was a riot wherever she went, and the rush to get her autograph was exceptional," while *Australian Women's Weekly* (27 January) declared the "picturesque" Howard the "most popular girl in the Canadian team."



Howard received many gifts from her Australian admirers, including a stuffed koala that she still had in her nineties. Howard echoed these remarks decades later. "It was exciting, but I didn't

realize at the time how much of a novelty I was considered. Australia didn't allow foreigners in then, and because they saw very few Black people, they thought I was pretty special.”

Off the track, Barbara followed a career in education, becoming the first Black person hired by the Vancouver School Board. She dedicated 43 years of her life to education, including teaching students with special needs, and 14 years as a physical education teacher. Additionally, Barbara was heavily involved in community and charity throughout her life. Barbara passed away on January 26, 2017, at the age of 96, leaving a legacy that continues to inspire others.

### **Awards and Recognition**

- Bronze and Silver British Empire Games Medallist, 1938
- Remarkable Woman Award recipient, Vancouver Park Board, 2010
- British Columbia Sports Hall of Fame inductee, 2012
- Queen Elizabeth II Diamond Jubilee Medal recipient, 2013
- Canada's Sports Hall of Fame inductee, 2015
- Cambie Street Plaza renamed to Barbara Howard Plaza, 2018

### **BLACK HISTORY MONTH**

In Canada, Black History Month was first introduced by the Ontario Black History Society and brought into legislation by one of the first Black Canadian women elected to the House of Commons, Jean Augustine, in 1996. In 2008, Black History month was first introduced as a motion by Senator Donald Oliver, the first Black Canadian man appointed to the Senate, and February was officially recognized as a month to celebrate the contribution of black Canadians. Diversity and Inclusion are core Commonwealth and Commonwealth sport Values.

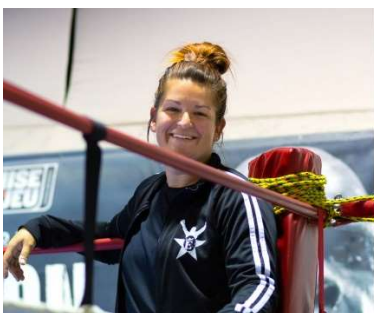
*Dr. Nicole Forrester (Olympian, Commonwealth Games Champion & 8-Time Canadian Champion), with Excerpts courtesy of the Canadian Encyclopedia; Photos courtesy of James Matthew (City of Vancouver Archives) and BurnabyNow Magazine.*

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## **COMMONWEALTH WOMEN COACH INTERNSHIP PROGRAM LAUNCHED IN CANADA**

The Women Coach Internship Program (WCIP) was inaugurated by the Commonwealth Games Federation at the 2018 Commonwealth Games in Gold Coast, Australia. The program matched 20 women coaches from 12 countries and 11 sports with expert mentors and embedded them with their respective teams. All have since benefitted from coaching opportunities because of their participation in the WCIP, which CGF leaders have described as a “resounding success”.

Among the beneficiaries of the WCIP were three Canadian coaches: Jill Perry, ChPC, of Ottawa, the president and head coach of the Beaver Boxing Club; Tina Hoeben, ChPC, of Penticton, B.C. the head coach of the KISU Swim Club; and Martine Dugrenier of Montreal, who coaches at the Montreal-YMHA Elite Wrestling Club.



**Eve Fortin** (*Elizabeth Joly Photographie*)



**Zoe Miles**



**Breanne Graham** (*JustOneMoreMoment*)

The WCIP coaches are now poised to become mentors to three up-and-coming women coaches, each selected by their respective national sport organization (NSO): boxing coach Eve Fortin of Quebec City; swim coach Zoe Miles of Sackville, N.S., and wrestling coach Breanne Graham of Calgary, Alta.

Richard Powers, the President of Commonwealth Sport Canada (CSC) and a strong supporter of the WCIP, tapped into Sport Canada's Support Program for Gender Equity and Safety in Sport and secured the funding for the Canadian WCIP.

"Equality is a core Commonwealth value, and CSC has a long, strong, and proud history of being gender balanced in its governance and programs, except coaching!" said Powers. "There is a great need to have more Canadian women in high performance coaching roles. We hope the WCIP will help to address this need."

Leading the program is Sheilagh Croxon, ChPC, of Etobicoke, Ont., who designed and implemented the Gold Coast program. She has a wealth of coaching experience, from the community to the Olympic Games. Croxon also led the Coaching Association of Canada's (CAC) Women in Coaching program for eight years.

For the CSC WCIP, Croxon is designing a virtual education program built around providing intern and mentor coaches with leadership development sessions and ensuring that the intern coaches gain valuable coaching experience at either a national or international event.

"It is an honor to work with CSC in collaboration with the NSOs to develop this program," said Croxon. "This talented group of intern and mentor coaches will build positive momentum in Commonwealth sport. By providing intern coaches with the opportunity to gain valuable coaching experience and ensuring their access to leadership development and a strong network of support, more and more skilled high performance women coaches will contribute immeasurably to an invigorated sport system in Canada."

### **NSOs Support Canadian WCIP**

Daniel Trépanier, Boxing Canada's High Performance Director, noted that his sport is a committed advocate on behalf of its women coaches. "Gender equity is at the forefront of global sports development," he said. "Canada is privileged to be a world-leading women's boxing nation and it is critical that our long-term strategy continues to evolve and showcase by example. This WCIP is an opportunity to empower women coaches and leaders among. Ultimately, it will help grow the number of women coaches in our sport."

John Atkinson, Swimming Canada's High Performance Director, stressed that his organization values coach development in all of its programs. "We have offered numerous opportunities over



the last few years, such as our Select Coaches Group, apprentice coach positions with various national teams, and specific initiatives to develop female coaches,” he said. “For CSC to include Tina Hoeben and Zoe Miles in this program is another great opportunity to extend the focus on developing coaches and work together to build further on what we’ve already done.”

Lúcás Ó’Ceallacháin, Wrestling Canada Lutte’s (WSL) High Performance Director, reiterated his organization’s long-standing commitment to the development of female coaches. “Martine Dugrenier has been a pioneer of women’s wrestling as an athlete, coach, and now as a mentor,” he said. “Through close collaboration with CSC, we are confident that Breanne Graham will be well placed and supported to take the next steps in her coaching journey. We are excited by the content of the program and the opportunities it will create.”

### **Meet the first cohort of interns**

**Eve Fortin** is the head coach and executive director of the Empire Académie, a boxing club in Quebec City. Her responsibilities include the club’s competitive stream and Sport Études. She is also the coordinator of Quebec’s Women’s Elite Team. Fortin is certified Level 3 – Boxing and is working on National Coaching Certification Program (NCCP) Competition-Development. As a boxer she competed in 90 amateur bouts and won two national championships. She graduated from a languages program during CEGEP and has a college certificate in Event Organization and Management. Fortin is the mother of three children under four years of age.

**Zoe Miles** is the head coach of the Sackville Waves Aquatic Team and a volunteer coach with the Dalhousie University Varsity Swim Team. She has a psychology degree from the University of Calgary, is a NCCP Senior Coach (Level 3) Certified, and is president of the Nova Scotia Swim Coaches Association. Swimming Canada selected her for its Women in Leadership Program. As a swimmer she competed at the 2008 Olympic Trials and at three world championship Trials and was a national qualifier from 2003 to 2012.

**Breanne Graham** is the head coach of Team Alberta Women, the Junior Dinos wrestling program, and the Calgary Sports Hub. She has a master’s degree in Geology from the University of Calgary. Graham has completed NCCP Wrestling Introduction to Competition and is working on the Competition-Development segment. A 12-time Canadian champion, her wrestling career was highlighted by medals at the junior world championships, three Senior World Cups, the World University Championships, and 12 victories at the Canadian championships. She is also the mother of two children.

### **Meet the mentors**

**Jill Perry**, ChPC, is the president and head coach of the Beaver Boxing Club in Ottawa and a member of Boxing Ontario’s High Performance Committee. She is a former Canadian champion. Perry has a commerce degree from Carleton University and is completing a master’s of High Performance Coaching and Technical Leadership at the University of British Columbia. She has a background in marketing and worked in High Tech for 20 years.

**Tina Hoeben**, ChPC, has been the head coach of the highly successful KISU Swim Club in Penticton, B.C., since 1998. She earned a bachelor of science (Hons) from the University of British Columbia, a bachelor of fine arts (Hons) from the University of Victoria, and a master’s degree in Visual Art from York University. An NCCP Senior Coach (Level 3) certified, Hoeben is the first ever Swim BC Female Coach of the Year. She has held several team coaching

assignments, including the world junior championships, Team BC at the Canada Games, and as men's coach at the Western Canada Games.

**Martine Dugrenier** holds two bachelor's degrees, a master's degree in education, and NCCP Wrestling Competition-Introduction Certified and Competition-Development Certified. She is a three-time world champion in wrestling and a two-time Olympian. A teacher at Vanier College, she is also a coach at the Montreal-YMHA Elite Wrestling Club and executive director of Fédération de lute Olympique du Québec.

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## BIRMINGHAM 2022 COMMONWEALTH GAMES UPDATE



### DAILY COMPETITION SCHEDULE CONFIRMED!

The daily schedule for the Birmingham 2022 Games has been released, confirming which sports will be held on each of the 11 days of competition.

The first day of competition is packed with action, featuring 14 different sports. This includes Basketball 3x3 at Smithfield in the centre of Birmingham, artistic gymnastics at Arena Birmingham, and hockey and squash, which will take place at the University of Birmingham.

Women's cricket T20, included in the Games for the first time, will be also begin at Edgbaston Stadium on Friday 29 July and the aquatics programme will start on the same day with the swimmers getting the action underway at the Sandwell Aquatics Centre. Netball also begins at the NEC Arena on the first day of competition, with the final being held on Sunday 7 August.

The unveiling of the new schedule confirms that there will now be two full weekends of competition, a move which is hoped will allow more than one million spectators to attend the Games.

The main athletics programme at the redeveloped Alexander Stadium will begin on day five of

the competition, on 2 August, therefore allowing additional recovery time for athletes who are also planning to compete at the World Athletics Championships in Oregon.

Coventry Stadium and Arena, which is set to host three sports, rugby sevens, judo and wrestling, has a packed agenda, as it will see sports action on eight out of 11 days of competition and the NEC will be even busier, with badminton and table tennis, two of the four sports occupying halls at the exhibition centre, featuring on every single day of the Games.

The daily schedule can be found at [www.birmingham2022.com](http://www.birmingham2022.com).

Source: Birmingham 2022 Organizing Committee.

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## WIN AN ALL INCLUSIVE VIP TRIP FOR TWO TO THE 2022 COMMONWEALTH GAMES IN BIRMINGHAM, ENGLAND!



VIP access to the best events, the best seats, behind the scene tours, dining with Canadian athletes, participate in medal presentations, tours of local attractions and more - the ultimate Commonwealth Games experience! Exclusively for Commonwealth Sport Canada Alumni Program Members.

All Alumni Program members on record as of July 26, 2021, are automatically entered in the draw. We currently have just over 400 registered members and need to reach 850 registered members to do the draw. To become a CSC Alumni Program member, simply email to: "[alumni@commonwealthsport.ca](mailto:alumni@commonwealthsport.ca)" with the subject line "Count Me In". The winner will be announced on the CSC website ([www.commonwealthsport.ca](http://www.commonwealthsport.ca)) on July 28, 2021, one-year-to-go to the opening ceremonies of the 2022 Commonwealth Games.

Please forward this offer to any CGC Alumni who may be interested.

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## SPORT FOR NEWCOMERS INITIATIVE

Commonwealth Sport Canada's own Ryan Pelley, a former SportWORKS officer, was a presenter at the recent Sport For Life Summit. Ryan's opening presentation can be seen [here](#). This brief video is a great synopsis of CSC's Sport for Newcomers pilot initiative to date and the impact it has already made when it was operational before the pandemic.





Couple this video with the S4N promotional [video](#) and you get a the full picture of the value of S4N. We can't wait for the S4N pilot to continue in Hamilton and Calgary, as soon as the COVID-19 pandemic subsidies.

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## HAMILTON COMMONWEALTH GAMES BID



The Hamilton Commonwealth Games Bid Committee are holding its 2026 Commonwealth Games Bid efforts in abeyance due to the pandemic and after having facilitated direct communication between the Commonwealth Games Federation and representatives of the Provincial Government with a view to their working to determine whether a hosting program in 2026 was viable.

If the Province decides not to pursue a pre 2030 event (in '26 or '27), the Hamilton Commonwealth Games Bid Committee are resolved to curate a much more economical and inclusive hosting plan where social impact, sustainable development and health and wellness, are the centre piece of a 2030 Commonwealth Games bid.

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## ALUMNI PROFILE

### Reconnecting with a SportWORKS Officer

For 27 years, Commonwealth Sport Canada (CSC) has offered programs focused on integrated sport capacity and development through sport in the Commonwealth. Through the generous support of the Government of Canada and other donors, the program's aims have been to promote individual and community social development and build national sport system capacity. Since its inception, CSC has led over 125 local sport projects that have impacted more than two million youth in over 30 nations and territories. These initiatives focus on: the empowerment of women and girls, the promotion of gender equity, youth leadership development, HIV/AIDS awareness and prevention, and the building of sport capacity.

Over the years, CSC's SportWORKS' programming has been delivered by SportWORKS Officers and recently we reconnected with Annik Leger who shared her experiences with us.



## ANNIK LEGER – Turks and Caicos Islands 2019

### My SportWORKS Experience

First, I would say that being a SportWORKS Officer has impacted my life and career in a positive way. Being a SportWORKS Officer really put my life into perspective and helped me to realize my purpose in the sport industry, and in part, in the world. Being able to make a positive impact in someone's life especially through what I do—especially through something I love—like sport, means the absolute world to me!

My main role at the Turks and Caicos Islands Rugby Football Union as the "Rugby Lady" as the kids referred to me, was to increase awareness of the sport of rugby on the island of Providenciales, the day-to-day of myself and the other intern Grant consisted of going into the local schools all over the island and teaching youth on the island about the sport of rugby during their physical education classes. We would run mini drills and play games to give them some exposure to rugby. As well, we facilitated rugby practices on Saturday mornings so that the youth could have a bit of extra time to play the sport, culminating in a rugby tournament at the end of my time on the island.

### Where am I now?

Now working as a Communication and Resource Development Coordinator for the Boys and Girls Club of Moncton in New Brunswick, I reflect on my experience as a SportWORKS Officer frequently. I can think about my time with a small non-profit organization such as the TCIRFU and translate it to the work with the small non-profit organization I am with now. I believe that it helped me to better understand how a non-profit organization works and truly understand how much hard work is necessary to make the organization thrive for the youth it impacts.

When looking back on my time as a SportWORKS Officer in Turks and Caicos, I can wholeheartedly say that I miss it (not just for the weather, I do definitely miss the weather though) but because of the kids that I was able to work with, being recognized all over the island as Miss Annik or the Rugby Lady. The kids constantly kept me on my toes and I would not have had it any other way. They helped me to re-find the reasons I love sports, not just for the competitive aspects but because of how much fun they can be.

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## WHERE ARE THEY NOW?

ATHLETES

**Lyne Bessette**

Cycling – Kuala Lumpur 1998 Commonwealth Games, Manchester

2002 Commonwealth Games

Results: Gold Medal - Women's Road Race (1998)

Bronze Medal - Women's Individual Time Trial (2002)

**Now:** Member of Parliament (Brome-Missisquoi) - elected in 2019.

**Khamica Bingham**

Athletics - Glasgow 2014 Commonwealth Games

Results: 7th place, Women's 100m, 4th place, Women's, 4 x 100m Relay

**Now:** Co-founder of "Meet My Melanin" - a movement created in an effort to center, celebrate, and

honor the experiences of people of colour.

**Wennin Chiu**

Table Tennis – Melbourne 2006 Commonwealth Games

Results: 4th place - Women's Team Event

**Now:** Policy Analyst at Employment and Social Development Canada

**COACHES****Joel Filliol**

Coach, Triathlon – Melbourne 2006 Commonwealth Games

**Now:** Podium Centre Head Coach, Triathlon Australia

**David Greig**

Coach, Para Athletics – Delhi 2010 Commonwealth Games

**Now:** President, Grieg Sport Development - Inspiring Coaches, Organizations and Athletes to elevate the Paralympic Movement through education, motivation and mentorship.

**LOGNITEERS \ BUILDERS \ SportWORKS \ MISSION STAFF****Chantelle Grant**

SportWORKS Officer - CGA Capacity Support Program, 2009/10, Bermuda

**Now:** Program Manager, Medical Education / Instruments at Stryker



**Patty Pitts**

Mission Staff - Information Officer

Kuala Lumpur 1998 Commonwealth Games

**Now:** Manager, Media Relations at University of Victoria

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## GREAT MOMENTS IN COMMONWEALTH SPORT

### THE MIRACLE MILE - Roger Bannister and John Landy Vancouver 1954 British Empire and Commonwealth Games

The following is an excerpt from the book *"MIRACLE MILE: Stories of the 1954 British Empire and Commonwealth Games"* written by Jason Beck, curator of the BC Sports Hall of Fame.

This famous race took place at Empire Stadium in Vancouver and featured Roger Bannister of England and John Landy of Australia - the only two men at that time who had ever run the mile in less than four minutes. The race was watched by 35,000 people in the stadium and millions more at home. It was the first time a sporting event had ever been broadcast live across North America.

This excerpt tells the story of the final lap of the race which begins with Landy leading Bannister by about 15 yards.



By now the crowd was on its feet, screaming itself hoarse. They weren't just roaring for Roger Bannister and John Landy, but also for Rich Ferguson, the Canadian in third running the race of his life. Everything else in the stadium stopped. Concession staff hurdled over their deserted counters and ran to the stadium entrances to watch the final lap. The Canadian men's 4 x 110 yard relay team, preparing outside the stadium, halted their warm-ups and sprinted inside. On the infield, competitors in the hammer throw, pole vault and broad jump stopped everything and turned to watch. New Zealand's Yvette Williams, on her way to winning two more gold medals that afternoon, stood at the broad jump pit, transfixed, hands covering her mouth as she held her breath.

The crowd noise, a thunderous, rolling crescendo, was deafening. Chris Chataway, virtually yelling over the noise into the CKWX microphone, exclaimed at one point: "The crowd are going absolutely mad here!" To some

degree, each of the seven remaining milers had experienced large, loud crowds before, but this was unlike anything any of them had ever heard. The noise felt disorienting, confining, almost crushing. Young Murray Halberg, now struggling in fifth place, recalled: "The sensation was such of a noise, a crowd, the occasion, all combining to give the feeling of not being able to control the situation. It was like being tumbled and in danger of drowning in the heavy surf. The harder I tried to fight it, the worse it got."

Landy could no longer hear himself breathing, let alone hear Bannister's footsteps just behind him. Coming into the first corner of the final lap, his shadow stretched out in front of him. A quick inside turn of his head revealed Bannister's shadow a little farther back, but as he rounded the corner into the back straight, the shadows fell out of his line of view and he no longer knew where Bannister was. He decided it was now or never and quickened his stride, hoping to add to his leading cushion and lose Bannister for good. Bannister, feeling dangerously depleted, held on as Landy's lead grew again by a yard or two. But Bannister remained determined. "I fixed myself to Landy like a shadow," he recalled.

At the end of the backstretch, Landy could feel Bannister on his heels and knew he was in trouble. Bannister was too close and must be kicking soon. In the stands the wild, thrashing banks of humanity were urging them both on. Entering the turn, Landy took another quick peek over his inside shoulder: "I was wondering: When is it going to come?"

Bannister, too, was feeling the strain. "I felt there was a dangerous moment on the backstretch when John made his move," he remembered. "I knew I had to keep close without using my reserve energy." So he clung to Landy, steeling himself for the coming moment of truth when "my mind would galvanize my body to the greatest effort it had ever known. I knew I was tired. There might be no response, but it was my only chance."

Around the turn at the 1,500-metre mark, Landy still led, running 3 minutes, 41.9 seconds, only one-tenth of a second slower than his world record, but he was barely hanging on now, and his once-fluid stride had begun to tie up and slow marginally. Bannister, on the other hand, amid the frenzied howling from the stands, was somehow keeping his focus, and he finally made the decision to sprint with all that remained in him. Ross McWhirter, writing in *Athletics World* magazine, described Bannister's move as being "like a high horsepower car building up the revs — and in he slammed the clutch ..." Never had Bannister left his finishing kick so late in any race. "I chose the time when I thought he would least expect me, which was on the end of the last curve," he explained. "By overtaking him there, I was actually running extra distance, but I thought that it would take him by surprise."

Those spectators who were crowded just inches off the track received faces full of cinders flung off Bannister's spikes as he accelerated. The stands seemed to shake as the overpowering thunderclap of excitement drowned out everything else. And then came the defining moment of the race, the months of buildup, the whole 1954 Games, perhaps even that era in all of sport anywhere. Bannister, gaining with each hurtling stride, surged past Landy on the outside. And at the same instant Landy looked back again over his inside shoulder. He saw no sign of Bannister. "It was a look of hope," Landy said later, hope that his back straight burst of speed had been enough. He turned back just as a blurring white figure streaked by on his right.



Landy later claimed he looked back in an attempt to see the third-place runner, though in truth, he knew “it was just a matter of time” before Bannister passed him, and the shock on his face said it all. It was akin “to a blow in the stomach.” Landy’s head turn also fractionally delayed his reaction to Bannister’s sprint. “It was my tremendous luck that these two happenings — his turning around and my final spurt — came almost simultaneously,” Bannister admitted in *The Four Minute Mile*. Ferguson, clinging to third place halfway around the turn and about 40 yards behind, saw it all. “The sun was coming from the rear across the inlet, and I’m sure John was looking for Roger’s shadow,” he recalled. “But at that precise moment, Roger was at his shoulder, and the two shadows were one.” Bannister was 90 yards from the finish when he charged past Landy, the Englishman’s mouth agape, gasping for air, hair flapping in the wind. Landy, who was run out, had no response.



Sun photographer Charlie Warner, sitting on the grass on that final corner, was ready with his trusty Speed Graphic. The length of time it took to reload film in that camera meant he could get only one shot per lap. Earlier in the race he had noticed Landy glance behind and thought that it might make an interesting photo. “I was keeping my fingers crossed that he would look back again,” recalled Warner. “On the fourth lap, by God, he did and that’s when I grabbed the shot. At the time I was pretty sure I’d gotten it all right.” He wouldn’t know for sure until he got back to the darkroom.

The crowd, having wrung every last decibel out of their lungs over the past 60 seconds, now exploded in one massive detonation. The broadcast footage that has survived vibrates momentarily at this point; amateur footage taken by excited spectators in the stands shakes crazily. In both, spectators can be seen wildly shouting and punching the air with triumphant fists. In living rooms and bars across the continent, millions watching on television jumped on sofas, pushed their stools back and yelled at the screen. Most announcers became just as caught up in the drama and lost all semblance of partiality. You could almost envision the CBC’s Steve Douglas on his feet cheering wildly as he described the race’s climactic moment: “Bannister is kicking very definitely! He’s passing Landy! Landy looked the wrong way!” A few feet away in the press box, Chataway yelled above the din into his microphone, the genuine exhilaration over his friend’s victory shining through: “Roger Bannister has come into the lead! Roger Bannister is striding away! The most magnificent win! Roger Bannister has five yards on John Landy! Six yards! Seven yards! The race is all over!”

Bannister crashed through the two-ply baby wool finish-line string, his face turned up to the sky, exhaustion written on every strained line. Landy followed five yards behind, characteristically looking as fresh as when he started four laps earlier. It marked his first mile defeat in two years.

*Reproduced with kind permission from the author, Jason Beck.*

The Miracle Mile is available in bookstores and online at [bcsportshalloffame.com](http://bcsportshalloffame.com) or [caitlinpress.com](http://caitlinpress.com).

Commonwealth Sport Canada Alumni can order a copy of this book, by contacting the BC Sports Hall of Fame: 604-687-5520 or email [sportsinfo@bcsportshalloffame.com](mailto:sportsinfo@bcsportshalloffame.com)

## KEY DATES ON THE CSC CALENDAR

**March 8, 2021**

International Women's Day and Commonwealth Day

**July 28, 2022**

Opening Ceremony - Birmingham 2022 Commonwealth Games

**August 8, 2022**

Closing Ceremony - Birmingham 2022 Commonwealth Games

## COMMONWEALTH SPORT CANADA OFFICE REMAINS CLOSED

Because of the ongoing Covid-19 crisis, the Commonwealth Sport Canada office remains closed. Staff are continuing to work from home and can still be contacted by email or through the main CSC telephone number. Thank you for your continued patience during these unprecedented times.

## HAVE YOU JOINED COMMONWEALTH SPORT CANADA'S ALUMNI PROGRAM YET?



To date, approximately 3,000 Canadian athletes have competed in the Commonwealth Games. Thousands more have attended the Games as officials or given their time as volunteers. Over 200 CSC SportWORKS Officers have taken part in sport development initiatives in Canada and throughout the Commonwealth. CSC is proud to have been a part of so many lives and we would cherish the opportunity to continue our relationship through the CSC Alumni Program!

**Why should you become a CSC Alumni Program member?**

Being a CSC Alumni Program member allows you to:

- Stay in touch with other CSC alumni.
- Receive regular CSC Alumni Newsletters containing news & information about the Commonwealth sport movement in Canada and abroad.
- Become a mentor and contribute to the success of current and future CSC alumni.
- Receive invitations to CSC Alumni events happening in your area.
- Receive exclusive access and offers on CSC/Team Canada clothing, Commonwealth sport events tickets and packages, etc.
- Have a chance to win an all-inclusive, VIP trip for two to the next Commonwealth Games!
- Receive exclusive CSC Alumni discounts!

As a Commonwealth Games Canada Alumni Program member, you are entitled to the following discounts:

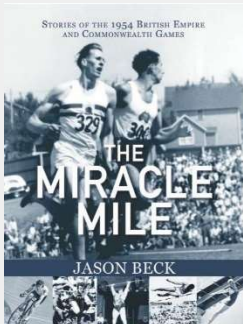


## **20% DISCOUNT AT ALL RUNNING ROOM STORES**

**REMINDER:** If you are a CSC Alumni Program member and have not received your

Running Room discount card, please confirm your mailing address so we can send it to you. Email your details to [Chris Taylor](mailto:Chris.Taylor@runningroom.ca).

If you have confirmed your address and are waiting for your card, please be patient during these difficult times - we will send it to you as soon as possible. Thanks.



## **10% DISCOUNT ON PURCHASE OF "THE MIRACLE MILE: Stories of the 1954 British Empire and Commonwealth Games"**

By: Jason Beck

CSC Alumni price **\$26.95** plus tax & shipping  
(Regular price \$29.95)

To order a copy of this book, please contact the BC Sports Hall of Fame: 604-687-5520 or email [sportsinfo@bcsportshalloffame.com](mailto:sportsinfo@bcsportshalloffame.com)

CSC is working to identify further benefits for Alumni Program members.

if you are a CSC Alumnus from Ontario, British Columbia or any other Canadian province or territories and are interested in starting an Alumni Program Chapter in your province, please contact [Kelly Laframboise](mailto:Kelly.Laframboise@bcsportshalloffame.com) or phone 613-244-6868 x 2.

*CSC has financial support for Alumni activities!*

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## GET IN TOUCH. PASS IT ON!

We would love to hear your story. Don't be shy, drop us a note at: [alumni@commonwealthsport.ca](mailto:alumni@commonwealthsport.ca) if you would like your profile published!

Please feel free to pass this newsletter on to any other Commonwealth Sport Canada Alumni who may not have already received it – and please encourage them to get in touch with CSC to become an Alumni Program Member!

To become a CSC Alumni Program Member simply email to: [alumni@commonwealthsport.ca](mailto:alumni@commonwealthsport.ca) with the subject line "Count Me In". Visit our website for complete details on the [Alumni Program](#).

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**Commonwealth Games Association of Canada /  
Association Canadienne des Jeux du Commonwealth**

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