

1962 Nabisco VII British Empire & Commonwealth Games



Australia at the Cardiff Games: One of the greatest displays of stamina and courage at the Cardiff Games was given by D. Power of Australia. He won the Six Miles race in record time and completely exhausted himself. Yet, three days later he was racing in the Three Miles event. Two days later, he entered the world's most gruelling race: the Marathon. Run over 26 miles and 385 yds., this race commemorated the historic feat of the Greek, Pheidippides, who ran that distance, from Marathon to Athens, to bring news of a Greek victory over the Persians. This was Power's first Marathon. He won in 2 hours, 22 minutes, 45.6 seconds, setting a new British Empire and Commonwealth Games Record, and winning another gold medal for Australia.

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VII BRITISH EMPIRE & COMMONWEALTH GAMES
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