This grid of letters conceals words lying in different directions: forward, backward, up, down, or diagonally, but always in a straight line. The words to find and circle are listed below the grid - cross them off once you've circled them. Many words overlap. When you've crossed off all the words in the list below, there will be letters that haven't yet been circled. Gather those letters - from the top, left to right, and they will spell out the 'Last Word' answer for this puzzle.

Breaking Four-Minute Mile (60th Anniversary) Solution: 11 letters

AAA  BBC  BERN  BRASHER  CBE  CHATAWAY
CHEER  COIN  CROWD  DOCTOR  DUAL MEET  ENGLAND
EXETER  FEAT  GOAL  HAGG  IAAF  IFFLEY ROAD TRACK
JOHN LANDY  LANKY  MAY  MEMOIR  MIRACLE MILE  MOYRA
MSA TRUST  MYTH  NEUROLOGY  PACING  PARKINSONS  PNE
RACE  ROGER BANNISTER  SIR ROGER  SYMMETRICAL LAPS  TRACK AND FIELD  TWIN TRACKS
UK  WORLD RECORD