

# Paula Radcliffe

## Quotes

*Running, Race, Years, Sports, Athlete, Thinking, Trying, People, Feelings,  
Marathon, I Can, Feels, Training, Stronger, Olympics, Wish, Team, Looks,  
Athens, Home*

Go in any direction..seeking out new sights just on the strength of your feet and the courage of your lungs.

~Paula Radcliffe

Never set limits, go after your dreams, don't be afraid to push the boundaries. And laugh a lot - it's good for you!

~Paula Radcliffe

You can be strong and true to yourself without being rude or loud.

~Paula Radcliffe

Today was not about times, it was about getting in there, enjoying the race, and enjoying the atmosphere

~Paula Radcliffe

I am not going to let Athens affect the rest of my life.

~Paula Radcliffe

As an athlete, there are advantages being with a team and getting regular physio...

~Paula Radcliffe

I deliberately returned slowly to training after Raphael was born and everything, apart from being bitten by a dog while out training in Monaco at the beginning of the year, has gone pretty well.

~Paula Radcliffe

Every time I go out and race it's a goal to go out and run faster than I've done before.

~Paula Radcliffe

From my training I can get a good idea of what I'm capable of.

~Paula Radcliffe

Actually I don't choose to expose myself in public. I choose to compete; the other side just comes with the package.

~Paula Radcliffe

I have not had the chance to go out there and do myself justice in an Olympic marathon yet. I have not been able to get to an Olympic marathon injury-free yet.

~Paula Radcliffe

In the marathon anything can happen.

~Paula Radcliffe

I think your body is just a little bit stronger after pregnancy.

~Paula Radcliffe

There's always going to be somebody who takes a dislike to you and you can't waste time worrying about it.

~Paula Radcliffe

The biggest danger is trying to put too much pressure on yourself, trying to get in too good shape.

~Paula Radcliffe

No one remembers who came fourth.

~Paula Radcliffe

In the week before a race, I try to stay away from germ areas. I keep disinfectant wipes in my bag for when I have to use a supermarket trolley or something like that.

~Paula Radcliffe

I actually got a nice surprise about being a mother because I expected it to be harder and to have to make more adaptations.

~Paula Radcliffe

I can't imagine living and not running.

~Paula Radcliffe

I would be happy with an Olympic bronze. What I don't have is an Olympic medal.

~Paula Radcliffe

Yeah, ideally, I'd probably wish to be more anonymous. But scrutiny and success go together. And I want to be successful.

~Paula Radcliffe

I have been doing 120 miles a week, when normally I would do about 140.

~Paula Radcliffe

You see, with me, when I'm nervous, I smile and laugh.

~Paula Radcliffe

You can't magic yourself back 10 years.

~Paula Radcliffe

I've had a lot of success over the years racing in New York, but the main point is that I feel the marathon is a different event, a lot more my event.

~Paula Radcliffe

It's good to be back, feeling like myself and enjoying it.

~Paula Radcliffe

I prefer just a women's race. It's a totally different game mentally.

~Paula Radcliffe

I set myself some specific goals, but the key one is just getting myself into as good a shape as possible for one day this year: the Olympic

marathon.

~Paula Radcliffe

Plenty of people who are 38 have run really well in the marathon.

~Paula Radcliffe

I've been to three Olympics and I don't feel I've ever quite achieved my best at any of them.

~Paula Radcliffe

In my Olympic history I don't think I have achieved my potential as an athlete. That's what I want when I look back at my career. I want to be able to say I gave it my best shot.

~Paula Radcliffe

The Olympics is not a race I want to watch on television and think 'I wonder what I could have done if I was there?'

~Paula Radcliffe

I don't like going away from my children.

~Paula Radcliffe

If you look back at my marathons and ask whether I would swap one of them for my one balls-up, of course I would. But you can't choose. You have to make the best of it on the day.

~Paula Radcliffe

I'm confident of what I have to achieve in the buildup to London 2012.

~Paula Radcliffe

I took a lot of bad things after Athens. I just learnt to deal with it. The problem was beforehand I had this feeling where I was trying to please everybody - I wanted everybody to like me.

~Paula Radcliffe

I just want to be in the best shape I can be. Not to stand on that start line and say: 'Oh my God, I have this injury and that injury.' I just want to be able to go out and race.

~Paula Radcliffe

I have achieved a lot and I'm grateful for that - I'm just a bit greedy because I want to add the Olympics. It's once every four years - everyone wants it and very few people get it.

~Paula Radcliffe

It's totally different from last year because I came in with good shape with no health worries so it was about going out there and running well and enjoying it.

~Paula Radcliffe

For an athlete, the biggest pressure comes from within. You know what you want to do and what you're capable of.

~Paula Radcliffe

I try not to worry about things that I can't control.

~Paula Radcliffe

At big championships it's not the fastest person, it's the person who gets it right on the day.

~Paula Radcliffe

I have always run as hard as I can. You are not going to run any harder with or without men. You are running on your own two feet.

~Paula Radcliffe

I've always been good at putting things behind me-I fall apart, do my crying bit, and then put it away and move on.

~Paula Radcliffe

I have always loved running on the roads, ever since I used to take part in relays for my club when I was 12 and 13. I felt really at home on the surface.

~Paula Radcliffe

I used to say that the newspapers were tomorrow's fish and chip paper, but I didn't really mean it; I could still be hurt by what they said. After Athens, I just didn't care.

~Paula Radcliffe

We, as athletes, have our suspicions about who's cheating, but I'm not convinced that the testing has yet caught up with what people are using or what they are using to disguise it.

~Paula Radcliffe

I was thinking back to all the time in the gym, working hard, and that spurred me on [winning New York marathon just ten months after giving birth

~Paula Radcliffe

I don't really have an explanation. I'm struggling myself to comprehend what has happened and find a reason for it.

~Paula Radcliffe

I felt totally myself, nothing like the emptiness and horrible feeling I had then [pulling out the Olympics] - no dizziness.

~Paula Radcliffe

I apologise to people when I need to.

~Paula Radcliffe

I can swim I'm not bad, but not great.

~Paula Radcliffe

I don't feel guilty in having pleasure!

~Paula Radcliffe

An Olympic medal won't define my whole life, although it might look like it to onlookers. When I look back, I should have been able to get an Olympic medal.

~Paula Radcliffe



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