Running, Sports, Inspirational, People, World, Thinking, Self, Motivational,
Athlete, Games, Needs, Passion, Winning, Records, Workaholic, Clouds, Silly,
Next Week, School, Order

To anyone who has started out on a long campaign believing that the gold medal was destined for him, the feeling when, all of a sudden, the medal has gone somewhere else is quite indescribable.

~Sebastian Coe

All pressure is self-inflicted. It's what you make of it or how you let it rub off on you.

~Sebastian Coe

Competing is exciting and winning is exhilarating, but the true prize will always be the self-knowledge and understanding that you have gained along the way.

~Sebastian Coe

The nine inches right here; set it straight and you can beat anybody in the world.

~Sehastian Coe

Sport is a universal language, building more bridges between people than anything else I can think of.

~Sebastian Coe

Vision is a romantic thing. We have got into 'talent identification'. I am much more interested in passion - finding people who are really excited about doing something.

~Sebastian Coe

Tomorrow is another day, and there will be another battle!

~Sebastian Coe

If you lived in Sheffield and were called Sebastian, you had to learn to run fast at a very early stage.

~Sebastian Coe

World records are only borrowed.

~Sebastian Coe

Blink and you miss a sprint. The 10,000 meters is lap after lap of waiting. Theatrically, the mile is just the right length: beginning, middle, end, a story unfolding.

~Sebastian Coe

I became a great runner because if you're a kid in Leeds and your name is Sebastian you've got to become a great runner.

~Sebastian Coe

I've always felt that long, slow distance produces long, slow runners.

~Sebastian Coe

Quite simply the Games are the biggest opportunity sport in this country has ever had. It is one that we must not squander.

~Sebastian Coe

I might have to consider coaching- I'm getting too old to be a world class runner and my mind isn't gone enough to become an official.

~Sebastian Coe

Nobody ever becomes an expert parent. But I think good parenting is about consistency. Its about being there at big moments, but its also just the consistency of decision making. And its routine.

~Sebastian Coe

The Paralympians have lifted the cloud of limitation.

~Sebastian Coe

I don't think I am a workaholic. I prefer to keep busy. It is better than the alternative.

~Sebastian Coe

Our success in Singapore was a Herculean effort by the whole team. Now I am determined to deliver on all we promised. I will be watching like a hawk.

~Sebastian Coe

We need to be confident. We need not to blink.

~Sebastian Coe

The London Games will be designed for the athletes and we will provide them with the very best venues and the very best conditions to pursue their sporting dreams in London.

~Sebastian Coe

Im not sure there are enough coaches in the system that can take young talent and consistently get them into the top five in the world.

~Sebastian Coe

This is not going to be business as usual. This is business unusual ~Sebastian Coe

The Americans sowed the seed, and now they have reaped the whirlwind

~Sebastian Coe

There may be problems we still need to tease out, but we will leave no stone unturned in our bid to make London the host city.

~Sebastian Coe

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