

THE STORY OF MY LIFE

“DREAMING ALLOWS US TO CONSTANTLY
IMPROVE”



I WANT TO SHARE MY DREAM WITH YOU:
RUNNING THE 1500 METRES

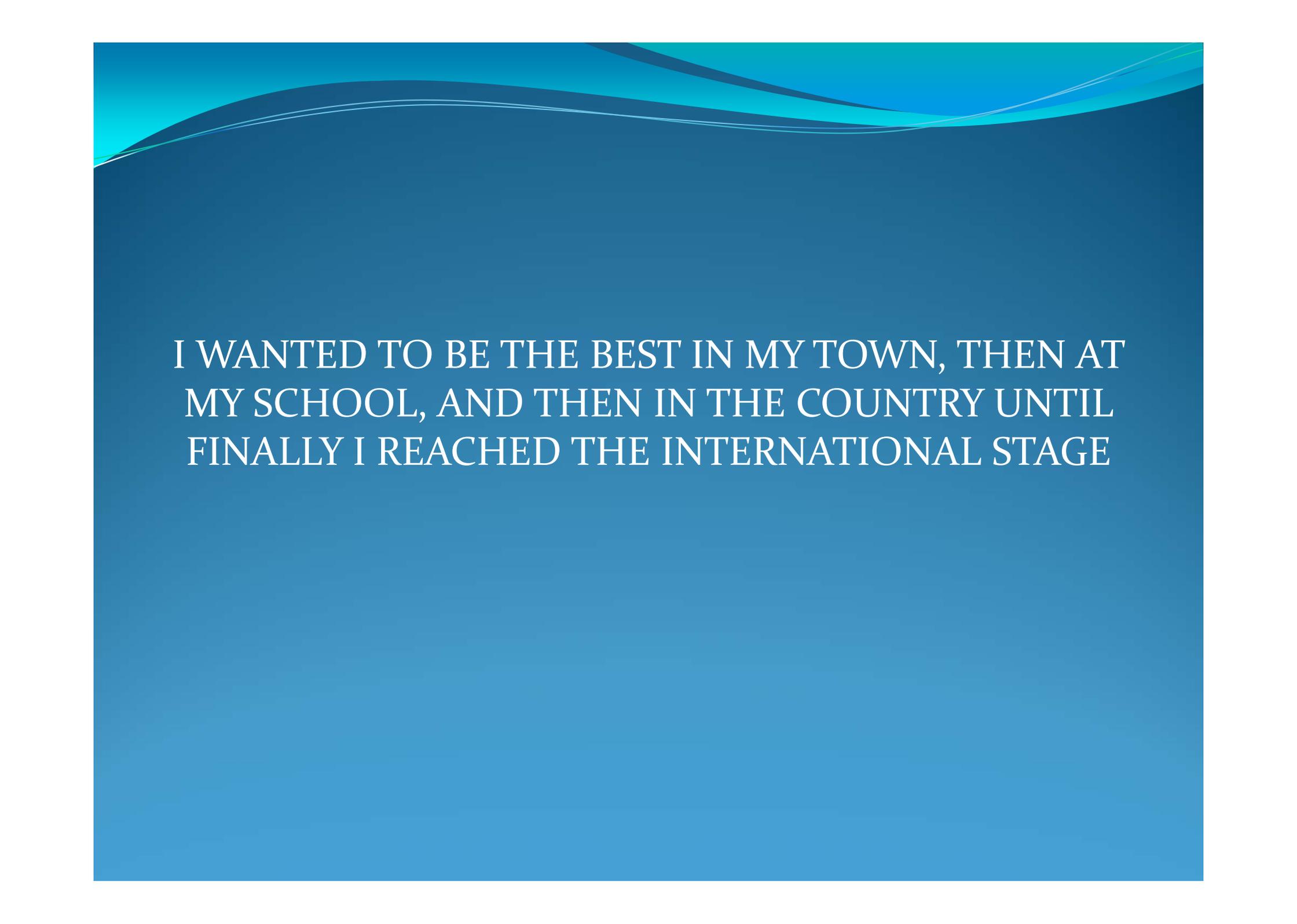


A DREAM CAN TRANSFORM YOUR LIFE AND IF
THAT DREAM IS SHARED WITH OTHERS, IT CAN
CHANGE THE WORLD

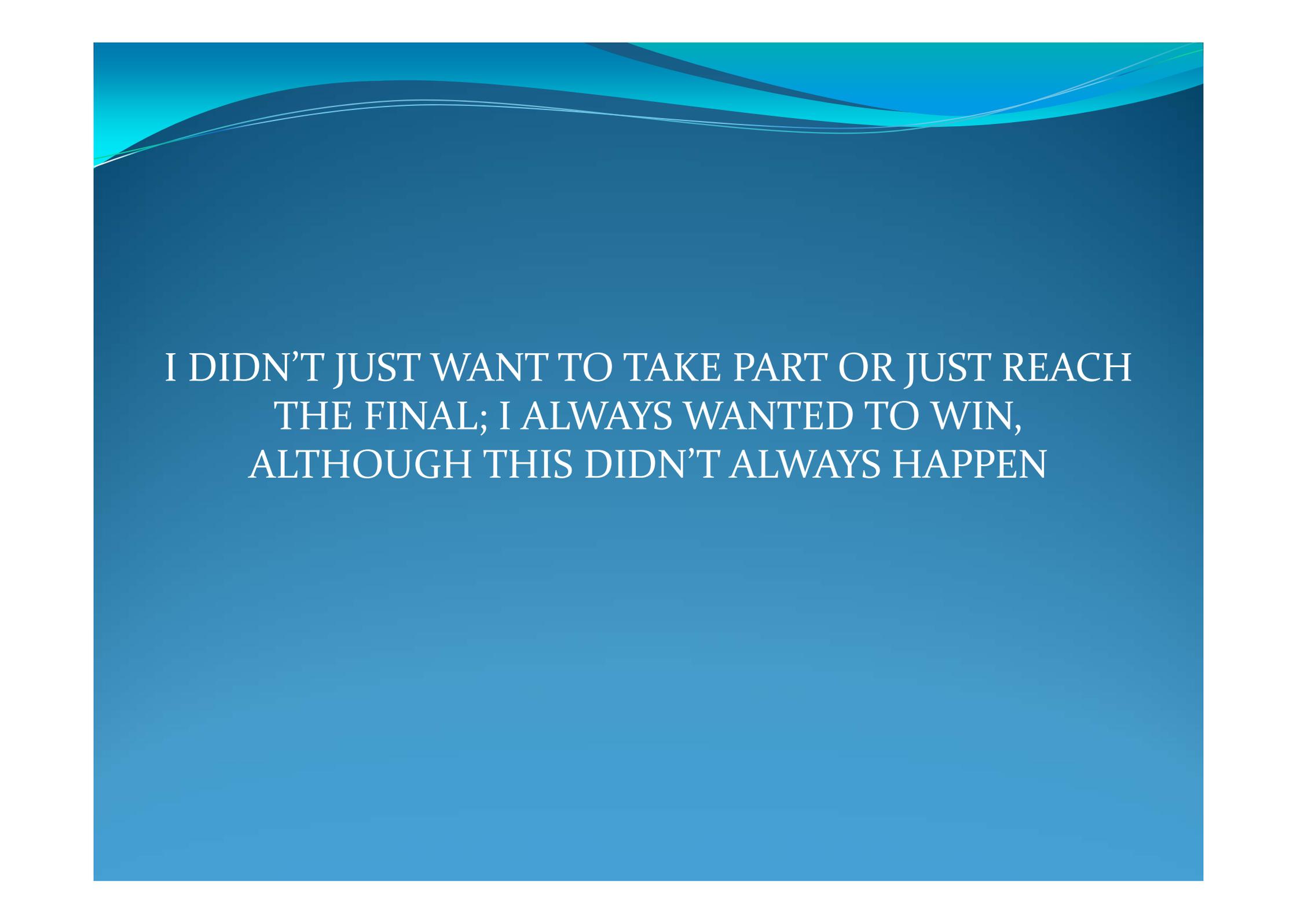


IT ALL STARTED WHEN I WAS 7 YEARS OLD



The background is a solid blue gradient, transitioning from a lighter blue at the top to a darker blue at the bottom. At the top, there are several thin, white, wavy lines that create a sense of movement and depth. The text is centered and written in a white, serif font.

I WANTED TO BE THE BEST IN MY TOWN, THEN AT
MY SCHOOL, AND THEN IN THE COUNTRY UNTIL
FINALLY I REACHED THE INTERNATIONAL STAGE

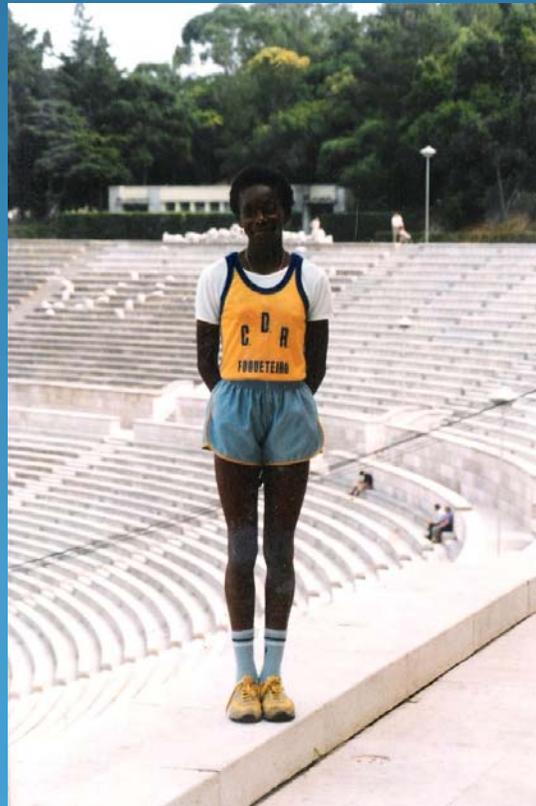
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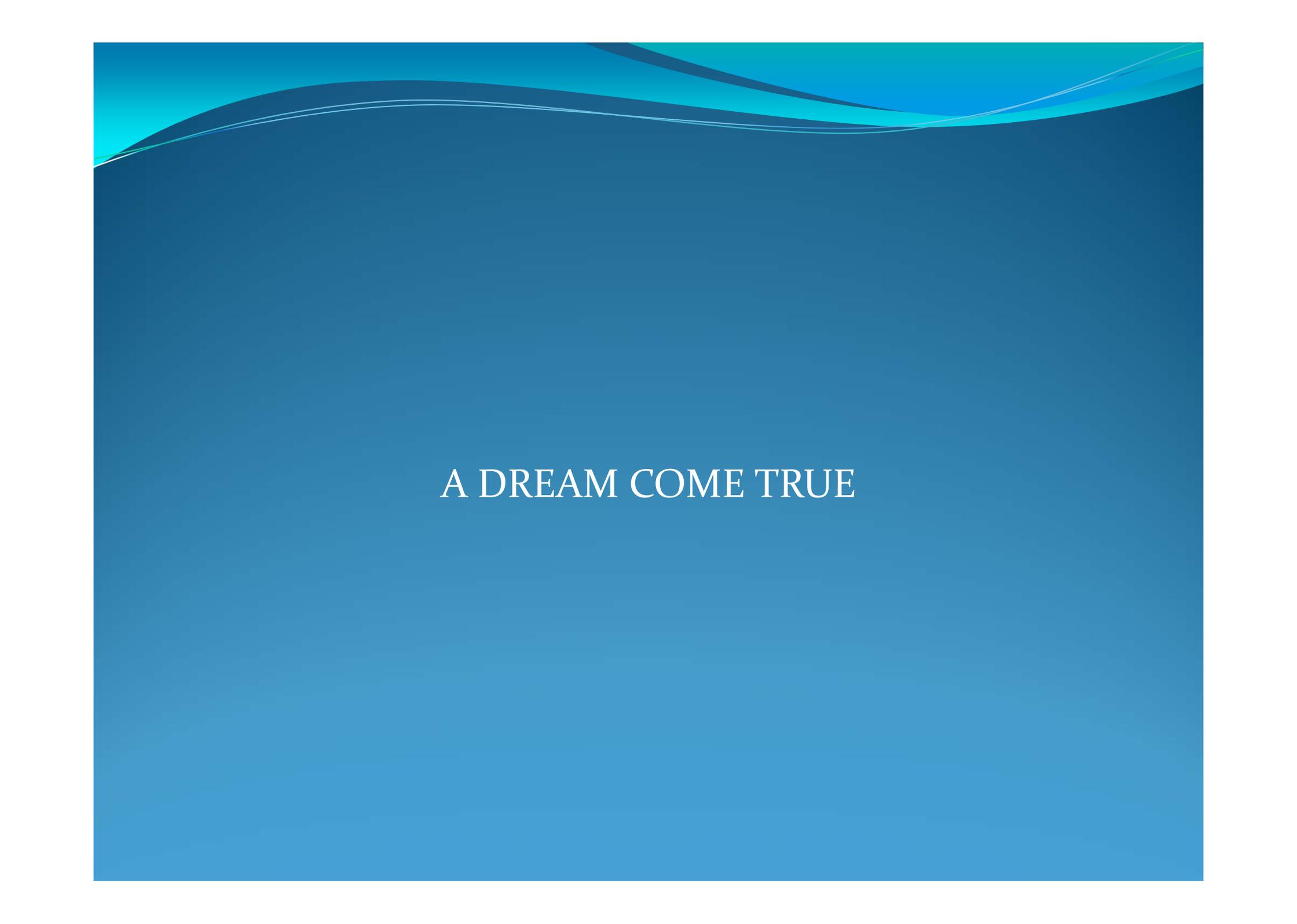
I DIDN'T JUST WANT TO TAKE PART OR JUST REACH
THE FINAL; I ALWAYS WANTED TO WIN,
ALTHOUGH THIS DIDN'T ALWAYS HAPPEN

I KEPT ON TRAINING AND SETTING GOALS WHICH
GAVE ME THE MOTIVATION TO CARRY ON



I ONLY HAD ONE DREAM: TO BE STANDING ON
THE PODIUM LISTENING TO THE PORTGUESE
NATIONAL ANTHEM.



The image features a solid blue background with a gradient that is darker at the bottom and lighter at the top. The top edge is decorated with several thin, white, wavy lines that create a sense of movement and depth. Centered in the middle of the frame is the text "A DREAM COME TRUE" in a white, all-caps, serif font.

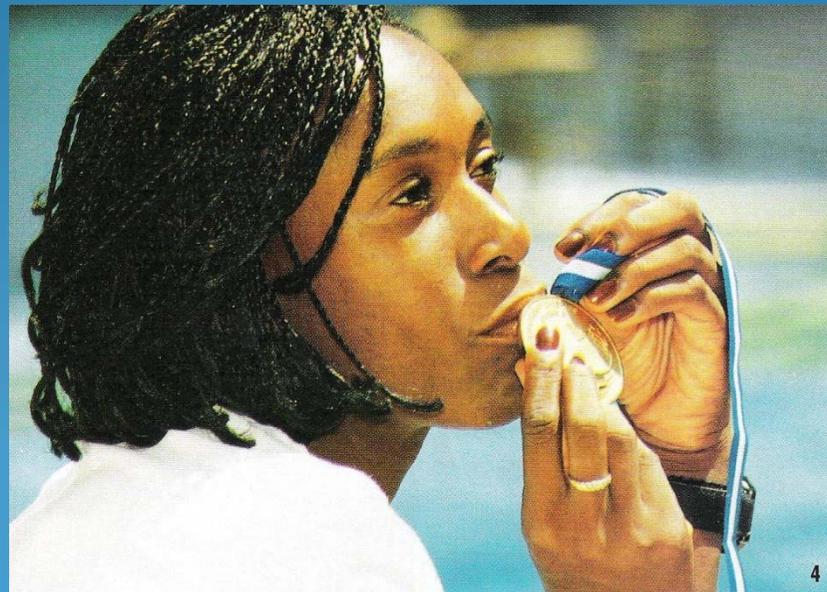
A DREAM COME TRUE

THE 1500 METRES IS A MIDDLE-DISTANCE
DISCIPLINE WHICH REQUIRES A COMBINATION
OF RESISTANCE, STRENGTH, SPEED AND
TECHNIQUE.

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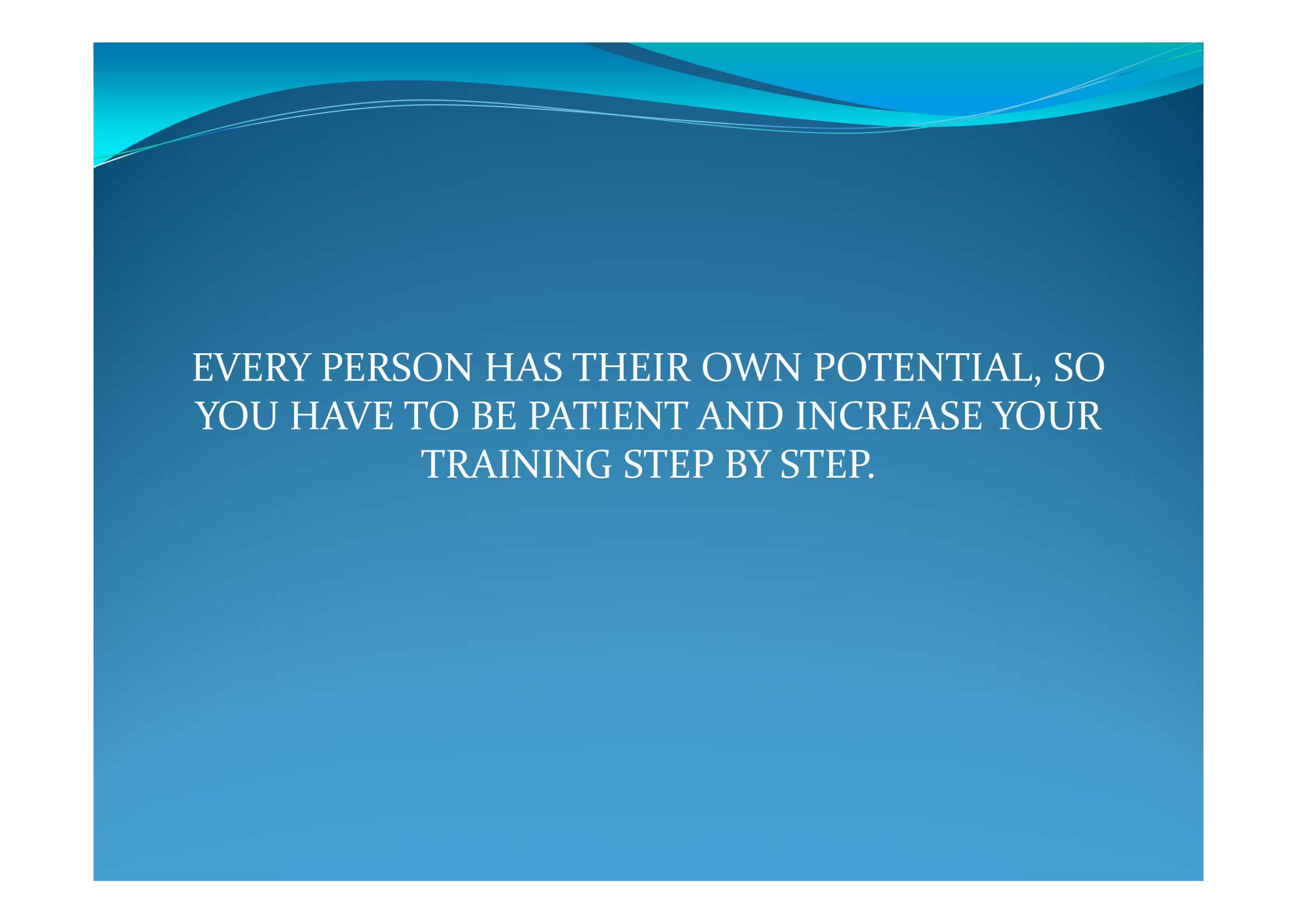
I ALWAYS CAME FORTH AT THE JUNIOR
CHAMPIONSHIPS AND I USED TO GO HOME IN
TEARS.

AFTER 11 YEARS OF HARD WORK I WON MY FIRST
MEDAL IN A MAJOR CHAMPIONSHIP



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TALENT HELPS, BUT IT IS CERTAINLY NOT THE KEY
TO SUCCESS

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EVERY PERSON HAS THEIR OWN POTENTIAL, SO
YOU HAVE TO BE PATIENT AND INCREASE YOUR
TRAINING STEP BY STEP.

MY FIRST OLYMPICS AT BARCELONA 1992



I ALSO COMPETED AT 3 MORE OLYMPICS:

- ATLANTA 1996 (6TH PLACE)
- SYDNEY 2000 (10TH PLACE)
- ATHENS 2004 (SEMI-FINALIST)



1997 WORLD CHAMPION IN ATHENS



EVERYONE HAS THEIR STRENGTHS, AND IF YOU BELIEVE IN YOURSELF YOU WILL BE SUCCESSFUL. EVEN THOUGH IT MAY BE DIFFICULT AT FIRST, YOU HAVE TO PERSIST BECAUSE EVENTUALLY YOU WILL REAP THE REWARDS.



Although my dream came true...



Life continued on its course and I felt the need to teach others what I had been taught.



All of this enabled me to complete my teacher training course, whilst also becoming a mother.



Now I have the honour of giving extracurricular athletics classes.



My goal is to train the children, introducing them to the sport, and helping each one to find their way, using their own strengths.



And finally showing them the motivation requiered in the field of athletics.

