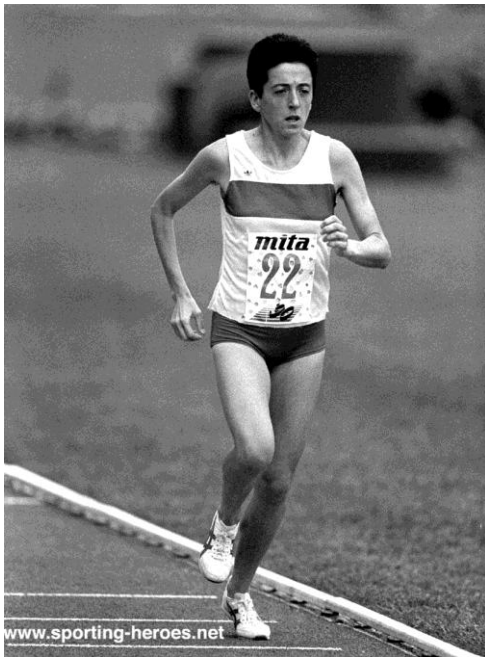


ROSA MOTA



Early Life

Rosa Maria Correia dos Santos Mota was born in the 29th of June, 1958.

She started running when she was still in high school and joined *Futebol Clube do Porto* in 1975. In 1981, she started to compete for *Clube de Atletismo do Porto*, a year after she met her life-long trainer, José Pedrosa.

Career

The European Championships of 1982 were hosted in Athens, Greece, and it was the first Women's Marathon ever, being also the first marathon in which Rosa Mota competed. She was considered an underdog – she wasn't one of the favourites to win the gold medal but, beating all the odds, she did. And this victory marked the beginning of her career.

After winning the gold medal in 1982, Rosa Mota continued her successful career by winning the bronze medal in the first Women's Olympic Marathon that took place in Los Angeles, in 1984 and also by winning the European Championship in 1986.

In 1987, she won the title of World Champion, in Rome and in 1988 she won the Olympic Gold Medal, in Seoul.

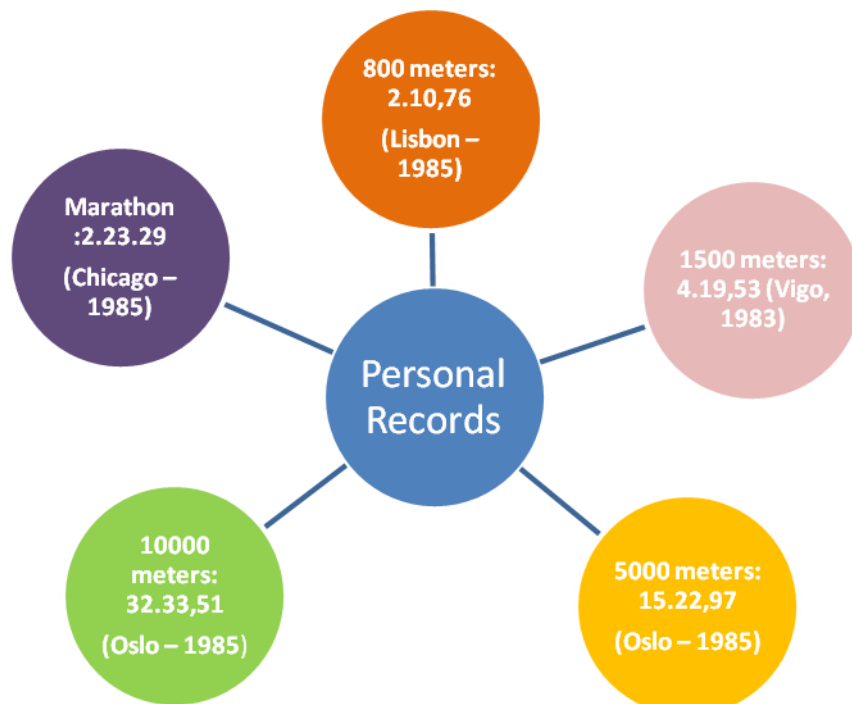
As of 2006, Rosa Mota was a name to be taken into consideration when talking about records in the World Championships of Athletics, due to the fact that she was, up to that year, the only three-times-in-a-row-winner of both men and women marathons.

However, Rosa Mota suffered from sciatica and asthma as a child, diseases that, by 1991, began to catch up to her, making her abandon the Tokyo World Championships (even though that earlier that year she had won the London Marathon and the Lisbon Half Marathon). When she tried to compete again, in the London Marathon in 1992 and had to abandon the race once again, she decided that it was time to retire.

Performances

Year	Olimpics	Worlds	European	Chicago Marathon	Boston Marathon	Rotterdam Marathon	London Marathon	Osaka Marathon	Los Angeles Marathon	Tokyo Marathon
1982			Gold Medal							
1983		4th		1st		1st				
1984	Bronze Medal			1st						
1985				3rd						
1986			Gold Medal							1st
1987		Gold Medal			1st					
1988	Gold Medal				1st					
1989								1st	2nd	
1990			Gold Medal		1st					
1991							1st			

Personal Records



Honorific Awards

Rosa Mota has received four honorific awards so far:

- ❖ Ordem Do Infante D. Henrique:
 1. In the 3rd of August, 1983, she won the degree of “Dama”, by Ramalho Eanes;
 2. In the 7th of February, 1985, she won the degree of “Oficial”, by Ramalho Eanes;
 3. In the 16th of October, 1987, she won the degree of Grã-Cruz, by Mário Soares.
- ❖ Ordem do Mérito:
 1. In the 6th of December, 1988, she won the degree of Grã-Cruz, by Mário Soares.



Retirement

“Considered an Ambassador of Sport, in 1998 she won the Abebe Bikila Award for contributions to the development of long-distance race training. The trophy was awarded at the end of the International Race for Friendship, sponsored by the United Nations, taking place in the morning before the New York City Marathon.

A nossa Rosinha (English: Our little Rose) as she is sometimes called in her homeland, was one of the most popular personalities of Portuguese sport in the late 20th century, alongside Eusébio, Carlos Lopes and Luís Figo.

Rosa Mota carried the Olympic Flame along the roads of Athens before the 2004 Summer Olympics in Greece.”

In wikipedia



Barriers Crossed

In the 1500 meters, in 1974 and 1975, Rosa Mota won the first place, holding the record for five times in a row. In the 300 meters, in the same years, she won the title for best racer in Portugal and beat the national record for seven times. She was a national champion in the 500 meters in 1981.

Rosa Mota was the first woman ever to have won both male and female marathons, thus proving to the world of athletics that women can as easily participate and compete for the same goals as men. This is, obviously, a fairly just statement, since the emancipation of women was a pretty important issue for women athletes. It's also important to mention the fact that Rosa Mota was (and still is) a role model for female athletes. Because of her and because of the things she was able to accomplish even though few believed and supported her, women that wanted to make a statement in the sport's world began to feel more confident in themselves.



Como Rosa corremos contra o tempo
E longa é a Maratona longo é o espaço
Como Rosa tentamos ganhar tempo
Enquanto o tempo foge a cada passo
Como Rosa viver é ir levar
Um recado a Miltrades. E assim
Nosso (como de Rosa) é este andar
Buscando Maratona ou outro fim
E há sempre um corredor para partir
Todo o tempo é correr ficando à tona
Do tempo andado um tempo por andar
Porque de nós (como de Rosa) é ir
Levar este recado a Maratona

Manuel Alegre

Like Rosa we run against time
And long is the Marathon long is the space
Like Rosa we try to gain time
Whilst time runs at every step
Like Rosa to live is to take
A message to Miltrades. And so
Ours (Like Rosa's) is this walk
Searching for Marathon or another end
And there's always a runner ready to leave
All the time is running while at the surface
Of the time walked a time longed to be walked on
Because ours(Like Rosa's) is to go
Take this message to the Marathon

Manuel Alegre

