**Eliud Kipchoge INEOS 1:59 One Year On VNR**

**Script of Subtitles**

When I crossed the finishing line last year

in Vienna at the INEOS 1:59 Challenge

knowing that I had broken the two hour barrier...

I was really happy.

In my mind, my expression was actually for my goal number one

that I've inspired somebody in the whole world that

No Human Is Limited

and in this world there will be no more impossibilities.

You can break any barrier.

There is no wall at all in this world.

You can go through the walls by believing that

No Human Is Limited.

The most important factors which actually aided me

in breaking the two hour mark

one was the team work.

Secondly is the people around me.

Good training.

When I talk of teamwork, I am talking of

the technical team, my coaches, my colleagues, my team mates.

All those people who worked for six months

without sleeping.

The main sponsor, INEOS.

Jim Ratcliffe and his entire fraternity.

And above all...

my family.

Two hours will be broken in one marathon.

In a big city marathon.

The only thing is that

the athletes and the people around them

want to practice every day

to believe in their hearts and their minds that they can do it.

My biggest concentration now is to recover,

to make sure I recover fully.

The Olympic Games is still at the back of my mind.

Always.

That will happen next year in Tokyo.