

THE RETURN OF LAURA KYTE

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The great comeback of Laura Kyte, one of the best metropolitan runners of recent times.

Born in England, Laura came to Argentina in 2009 but not strictly related to the practice of sport. In 2010 she settled in Buenos Aires and started running as a club athlete, the following year she achieved personal bests over five different track distances and took first place in almost all tournaments of the FAM in which she participated. After a break of almost two years, Laura Kyte returned to racing, now with a new running technique, and started 2014 excellently, lowering her personal bests over 5000 meters and 1500 meters.

Here we share with you a report that Laura kindly wrote for our page

"If you had asked me a year ago what was my main goal for 2013, my answer would have been simply to run again. In April 2012, during my best sporting moment to date, I made a radical decision to start a long process of biomechanics with a professional (Daniel Silva), learning a new running technique. The decision was primarily motivated for health reasons (I often struggled with injuries, especially in my feet) and also the hope of running more efficiently (I have long legs but could never take advantage of them, running with very short strides). In February 2013, after a complete halt (no jogging, training, competing, anything!) in order to fully learn the new running mechanics, I was just beginning to run steadily again.

It was a difficult time for me in sport, I would even say "dark", because I had entered into the unknown, starting from scratch. I felt hope mixed with doubt ...conviction mixed with insecurity... that the best was yet to come ... or maybe not?

In general, 2013 was a year of changes, not only in biomechanics but also in marital status and coach, about the same time! In September 2012, I married Argentine race walker Fabio Gonzalez, and in May 2013, after the major biomechanical changes, Fabio became my coach.

The main objective for 2013 was to return to competition, but there were other trials during the year that prevented me from training consistently. The frustration came from the feeling that I could never get going and sometimes it was hard not to pressure myself or compare myself with what I had achieved before changes.

I began 2014 resolving to be pressure-free and to see each training session completed as an achievement in itself. At the same time, I did not give up on the track (where I most felt under pressure), and I decided to compete in the 5000m selection race for the ODESUR Games on January 25th, knowing full well that I would come in last place with a much slower time than the other girls! At least, that's what I thought at the time...but I challenged myself, concentrating on my own race and objectives. I never imagined that I would lower my personal best set in 2011 by 2 seconds and to top it off, not finish too far behind the rest of the field! Finally I was beginning to see the fruits of the decisions made with Fabio, seeking God's guidance

in every moment .

After this, the aim was to be consistent. Several times in 2013, promising results were followed by disappointments, and I did not want this to happen again. I raced over 3000m on February 8th, and although I didn't set a PB, I was very pleased with the result! It was a big relief to be consistent and in the meantime, I continued to train well.

On February 22nd, it was time to return to my shortest distance, 1500m, after 2 years. It had never occurred to me that I would lower my PB (also 2011) by 1 second, as this is an event which usually requires more practice. I decided to run confidently from the start and although I was surprised by the quicker pace of the first lap, I stuck to my race plan and sought to maintain the pace and push on. Never has lactic acid felt so good!

I am not expecting to set PBs or feel fantastic in every race; there are good days and bad days, but we also have many goals. This year has started in the best way and Fabio and I give thanks to the Lord for having sustained and strengthened us during the tough times, and for now allowing us to experience a moment of harvest. The idea, quite simply, is to keep improving times through consistency in training and looking after my body, which the change of biomechanics has greatly favoured. I feel many benefits, in addition to achieving better efficiency, but there is much still to work on, which in turn implies that I could continue to improve in the future.

For now, my goals are more oriented towards the track, over the distances of 1500m, 3000m and 5000m. From time to time I like to run on the roads, between 5 and 10km. Later I want to prepare 10km, a half marathon, and when the time comes, the 26.2 miles.

I am very grateful for everything that Argentine athletics has given me since the beginning of my athletic career in the country. The first club that welcomed me was the "Juventud Atlético Cordobesa", during a visit in 2009, and then when I settled in Buenos Aires in 2010, I had the pleasure of being part of the "Asociación Atlético del Talar". Through this I could train in the CeNARD (high performance centre), understand the metropolitan set-up (the FAM) and slowly make contacts within Argentine athletics. When I moved to the capital in late 2010, I joined FC Max, who I continue to represent to this day, a club that has not stopped giving me support, encouragement over the years; and of course, I did not imagine the surprise that God had prepared for me by placing Fabio in my path, my rock, my calm in the storm and my number one fan!

Even so, the changes continue; in two months we will move to Cachi in the province of Salta, to try life there and test a few projects we have in mind. Of course, training will continue (at altitude) with our eyes fixed on more improvements and new challenges. We trust that this is the best decision for us, both as coach and athlete and as husband and wife; as they say in English, "Fortune Favours the Brave!"

Many thanks to Laura for her warmth and kindness to write these words to Metropolitan Athletics

