



# Kate *smyth*

***Kate discovered the secret to training is "less is more..."***

**Date of Birth:** 22 September 1972 (Age - 35)  
**Athletics Club:** Glenhuntly  
**Coach:** John Bowden  
**Event:** Marathon  
**Personal Best:** 2:28.51

Kate initially came to public attention at the 2006 Commonwealth Games, Melbourne, when she entered the stadium, severely dehydrated at the end of the Marathon. Sheer determination saw Kate just make it to the finish line, finishing seventh.

Beijing will be Kate's first Olympic Games. She gained selection after running a huge personal best, when finishing second in the Nagano Marathon, in April this year. This is an extraordinary effort as Kate spent much of last year recovering from illness.

When she returned to full training she changed her whole approach and employed former New Zealand international, John Bowden, as her coach. Kate discovered the secret to training is "less is more...". She also turned to holistic natural medicine, good nutrition and positive affirmations to rebuild her body and mind. In a recent interview, Kate said, 'I've really learnt to listen more to my intuition and appreciate what I have and the support I am so fortunate to receive.'

Kate is a member of Glenhuntly Athletic Club, however, has not run club competition this season due to spending most of her time overseas, preparing for Beijing.

Kate's career highlights so far have been her personal best run in Nagano, representing Australia at the 2006 Commonwealth Games and being selected for her first Olympic Team. Kate is looking forward to the Beijing challenge and is not fazed by the hot and humid conditions runners are expected to face.

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2008 Olympics  
**Athletics**  
Friday 15th - Sunday 24th August