

CAITLYN

HARVEY



A COLLECTION OF CONVERSATIONS

002

Since her early childhood, Caitlyn spent her weekends running with her grandad Dave for the sole reason of enjoyment. Unbeknownst to her, these days would be the genesis of her athletics as her talent was did not go unrecognised.

Caitlyn joined Kingston AC when she was just 11 by recommendation of her grandad. Instead of trying out every event like most young athletes, she and her grandad were already confident that it was running that was where she would thrive. For 7 years, it was just Caitlyn and Dave as an athlete-coach duo, patiently building her strength and speed over a series of distances. She began doing 800s but as she progressed and moved up age groups, she discovered 400s. As tough as the event is, she loves it and finds a lot of satisfaction in crossing the line knowing she has pushed herself to her best that day. Now that Caitlyn has moved to university, Dave has become an integral part of Kingston AC in developing the younger athletes. Sometimes he even trains over 40 athletes in one night!






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When chatting to Caitlyn, it was her intrinsic motivation that stood out. With her sense of clarity, we discussed how her drive comes from bettering herself, as opposed to beating those around her and winning medals: 'within myself, my aim is myself and my time. I've never based myself in other people'. Caitlyn also talked fondly of her younger years in athletics, when enjoyment for athletics outweighed outcomes and competitions felt unpressured. That sense of peace is something she is keen to hold onto, and seems she is actually already achieving having developed this strong mentality.

Inspired by her Grandad, Caitlyn is in her first year Studying Sports Coaching at Winchester University. Unconvinced on going university to begin with, she was quietly impressed on her open day; 'the lecturers were the loveliest people, and they were really interested in me and my athletics'. Fast forward 15 months, she is now a student there, excited to learn about the theory behind what makes a top athlete and has put on the elite performance programme. The past 18-months have proved testing for Caitlyn as a back injury has prevented her from competing and training fully. Frustrating as injuries are, she remains glass-half-full for the 2026 season as she focuses on her rehab; 'I am just looking forward to running healthily again, getting my fitness back and feeling like I can actually race well'.

Unsure of exactly where she wants to end up in the future, she is sure that will still be training and competing - the track is her second home.





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