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ROAD TO TOKYO: COYLE (IRL) TARGETS REPEAT SUCCESS IN CAIRO (EGY)



Natalya Coyle put Modern Pentathlon on the map in Ireland when she broke through and started to enjoy global success in the early 2010s, and she shows no sign of relenting as we move into a new decade.

Competing alongside her training partner and boyfriend Arthur Lanigan-O'Keeffe, she initially enjoyed success in the Mixed Relay, where the duo won gold at two consecutive Pentathlon World Cup Finals in 2016 in Sarasota (USA) and in 2017 in Vilnius (LTU).

But Coyle has also built a reputation as one of the toughest all-round competitors on the Women's Individual circuit – with a taste for the big occasion. She finished 9th at the London 2012 Olympic Summer Games and 6th at Rio 2016. In 2018 she won her first individual Pentathlon World Cup medal with a silver in Sofia (BUL), and she repeated the result in 2019 here in Cairo (EGY).

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Q: How does it feel to be starting the season at Pentathlon World Cup Cairo where you won silver in 2019?

A: I'm really looking forward to getting started again and seeing how my winter training has fared!

Q: What do you like about Cairo as a venue?

A: Cairo is great as a venue as everything is in the one place, which is always such a bonus.

Q: What were your emotions when you secured a quota place for Tokyo 2020 at the 2019 European Championships?

A: I was over the moon and delighted! Having secured that qualification place, it's been great over the winter to just focus on my weaknesses in training, and to have the luxury of time.

Q: What are your goals for the 2020 UIPM season?

A: Everything is about looking towards the Tokyo Olympics! I would like to have a strong showing in the World Cups and then reassess where I am before ramping up for the Games.

Q: It's going to be your third Olympics. Will you prepare in any different ways this time?

A: Even though this will be my third Games, it's the first time I've qualified so far out. So this time I've been able to plan my season and not have to worry about being on top form so early in the year.

