

Age no barrier to reaching Peake fitness

ATHLETICS

Matt Turner

LYN Peake considers herself a "new kid on the block" in athletics circles - at the age of 67. Peake, of Fullarton, rode horses competitively for about 30 years before turning to long-distance running when she was 50.

She became a sprinter a

decade later and has since represented Australia at six outdoor world athletics titles.

In March, Peake claimed four medals in the 65-69 age group at her debut world indoor championship in Daegu, South Korea - gold in the 60m and 4x200m, silver in the 200m and bronze in the 400m.

"It's a surprise because normally as one gets older, we

slow down," Peake says. "But I'm running faster times now than I did three years ago, which is a bit unusual."

"I'm still basically the new kid on the block."

"Other people have been doing it for years and years and years, and now their bodies are starting to break down a little bit."

Peake says she was underdone before the latest world

championships after battling several injuries this year so was pleased with her performance.

"I haven't had a rest for probably the last two-and-a-half years so the body sort of feels as though it's pushed to the limits a little bit. All things considered, I did really well."

Peake's competitive spirit was harnessed in horsehows, eventing and as a jockey.

She raced twice, debuting at Morphettville in 1974, but stopped after two months.

"Getting up at 4am and doing trackwork wasn't my idea of having fun."

Peake hopes to keep running until her body lets her.

She is already planning for next year's world championships in Malaga, Spain.

"I love the competition and I love the travel."



Sprinter Lyn Peake

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