

# SILKE PEGLOW on Life

## Running & Maltesers



IMAGE: Graeme Dahl

I was born in Ravensburg, near the alps in southern Germany but my family settled in Killarney in County Kerry, Ireland, when I was ten. I am married to Barry. We have four kids, a cat, a dog and a goldfish! I used to teach music - guitar and piano, and still teach privately but I had a massive career change and now I'm halfway through a Bachelor's degree in nursing at the tender age of 54!



Irish Minstrels, Silke and Des, celebrating Patron David Carr's 90th birthday

Growing up in Ireland I spent a lot of the time hiking the hills and cycling but wasn't into competitive sports at all. After spending many years ferrying my children to and from sporting activities and watching them compete in athletics I decided to give it a go. My first ever run was the John Hughes Big Walk/run in 2009 which I completed in an old pair of clogs whilst pushing a baby buggy. From then on, I was hooked on long distance.

Whilst running around Perth I used to see Masters runners on their Sunday runs and thought to myself, I'm way too young for that but I will give it a go. I had to eat humble pie once I realised that they could run way faster than me! I also enjoy being part of this inclusive and friendly community. My favourite Sunday runs are anything in the trails, or cross country. I also enjoy triathlons. I love trail running but have a terrible sense of direction and an innate ability to get lost.



IMAGE: Graeme Dahl

# SILKE



# STEEPLE

My favourite track event has got to be the steeplechase. It is gruelling but fun and takes a special kind of crazy to compete in. I'd love to try the javelin but I'm afraid I may injure someone by accident. There should be a turbo jav. option.

The only time I ever enlisted a coach was when I trained for the Melbourne marathon. Without consistent coaching I would have sat on the couch and eaten Maltesers instead of going for my designated run. I need to be answerable to someone. I'm continually motivated by the veteran athletes in our club. Their fortitude, resilience and positive attitude is infectious and inspiring.

My current target is to return to pre-surgery pace. I had a full hamstring reconstruction early this year following long term proximal hamstring tendinopathy (literally, a pain in the arse) and have been struggling to regain my pre-surgery pace. I have completed three Melbourne marathons and would like to try a few more, injury permitting.

I really enjoyed competing at the 2019 Nationals in Melbourne and would like to go to Adelaide and other events in the coming years, health and wealth permitting.

I used to coach the little Athletics cross country runners with fellow Masters athlete Ross Keane. I was on the committee in Little Aths and I'm currently the MAWA vice President.

I am grateful to be able to get out and run every day irrespective of pace or distance. I run for my physical and mental wellbeing... I run to feel empowered and resilient... I run to connect to nature... I run to stay happy.....and I run to make room for wine and chocolate.