



Gwendolyn is a Master Weightlifter

60-year-old author holds three titles

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WHEN she’s not travelling the world researching her books, author Gwendolyn Leick likes nothing better than changing into her leotard and lifting weights.

Despite taking up the sport later in life, the 60-year-old Tower Hamlets resident is proving almost unbeatable in her age group and holds the British, European and World Masters titles. In Cyprus last year at the World Masters the slender Gwendolyn, who writes books on history and is currently finishing one about political leaders which has taken her to North Korea and Pakistan, lifted a total of 67kg – 40kg clean and jerk and a 27kg snatch. She is now back in training at Bethnal Green Weightlifting Club, looking ahead to more travelling, this time to compete. First up though is the Southern Masters, which will be hosted by Bethnal Green. Then it’s the Europeans in Azerbaijan in June and later in the year she will venture to Ukraine for the World Masters. She explained the attraction. “It’s a great sport for the body and the mind,” she said. “People think you’re too old to lift weights at 60, but I’ve never felt better. It’s a great sense of wellbeing.” Gwendolyn is coached by Patrick Atteridge who also won a medal at the World Masters.