Leggi e ascolta.

Women in extreme sports

Tanya Streeter – freediver

Most people can hold their breath for about a minute, but Tanya Streeter can do it for six minutes! She needs to do this because freedivers dive deep under the water without oxygen.

In July 2003, Tanya Streeter dived down 121 metres – a new world record. Then she started to swim up to the boat again – but it’s difficult to swim when your legs don’t have much oxygen. Deep under the water, her lungs were as small as apples, but she swam towards the light. Suddenly her head came out of the water, and she breathed again! Six weeks later another freediver, Audrey Mestre, tried to break the record. Sadly, she died.
Tanya Streeter started freediving in 1998 when she was 25. She broke ten world records in total and retired after her daughter was born in 2008. Today she teaches, presents TV programmes and works for environmental groups.

**Lynn Hill – climber**

In 1989, Lynn Hill was climbing a cliff in France when she fell 26 metres into a tree. She broke a bone in her foot, but it didn’t stop her. Six weeks later she climbed again.

**Lynn was a very good gymnast when she was a child.** When she was 14 years old, she went climbing for the first time with her older sister. She loved it, and it changed her life. Lynn won 30 international climbing competitions between 1986 and 1992. In 1994, she climbed a very difficult 900-metre high cliff called The Nose, in Yosemite National Park, California. Lynn climbed it in one day – a new record!

**Today, she doesn’t climb in competitions.** She teaches climbing, writes articles for magazines and encourages more women to climb.
Patty Wagstaff is an expert pilot, and she knows that you can’t make mistakes in aerobatics. She flies very fast, and her plane turns in the air. She must know where the ground is all the time – so that she doesn’t crash into it!

Patty Wagstaff learnt to fly when she was thirty and five years later, she was in the US aerobatics team. In 1991 Patty won the US aerobatics championship. She is the first female US aerobatics champion in history, and she’s won the championship three times! One of Patty’s planes is now in a museum in Washington DC. It’s next to the plane of Amelia Earhart – the first woman to fly solo across the Atlantic in 1932.

Today, Patty Wagstaff flies at competitions and air shows around the world. She often flies at 160 kilometres per hour about eight metres from the ground. And she does that upside down!