
This Girl Can: Women in Sport Profile

Laura Hailstone

Head of Events, Social Impact and Engagement

What sport and fitness activity do you get involved in?

Walking is probably my main source of exercise, other than that I run (have done Couch to 5k more times than I recall) and do occasional yoga at home.



What made you want to get involved in sport whilst working at University?

I was never really interested in or enjoyed participating in sport but when I wanted to improve my health and general fitness levels, I found that running works. When it comes to sport and fitness, colleagues at the university are non-judgemental and supportive which really helps with motivation, plus I have a colleague who gets me out running more than I probably would if it was just left to me!

How do you feel sport and fitness activity helps you to look after your wellbeing?

Sport and fitness are absolutely crucial to my wellbeing, I can really tell if I have not done any exercise because it affects my mood and energy. Sometimes just getting out for a walk can take a lot of motivation but I always feel better for it.

What advice do you have for any other females looking to get involved in sport or fitness activity?

My advice to any females interested in getting involved in a sport or fitness is to just give it a go. It is easy to put it off or come up with excuses not to do it, but you could discover something you love.

Have any females in sport inspired you and if yes, how have they inspired you?

There are heaps of women in sport who inspire me, it is hard to pick just one. I am in awe of how much so many women give in order to pursue a sporting career out of pure passion, juggling their training alongside other jobs, family, and day to day life.

Favourite personal sporting moment?

My favourite personal sporting moment was completing a 10k run in less than 60 minutes. It is the only time I have ever done it, but it is definitely a future target for me.