



July 20th, 2015

## Hayley gets a kick out of her hobby

Health worker Hayley Porter will be competing at the World Kickboxing Association's world championships in Spain later this year.

Miss Porter, 23, who works as administration team lead for South Tyneside NHS Foundation Trust's Sunderland community cardiology nurses, qualified by taking bronze at a competition held in South Shields.

She said: "I am very excited and so is my coach, Stuart Roper. I hadn't competed before and I didn't know the competition I entered was a qualifier for the world championships. I can't wait for the experience in November."

Miss Porter, of Hylton Castle, Sunderland, began doing fitness training at the age of 16 in an effort to become healthier. She caught the fitness bug well and truly and when she was 19 she joined Mr Roper's Armageddon Fit Training Academy in Southwick, Sunderland. She took up kickboxing three years ago but only really began concentrating on it a year ago.

At 5ft 4in tall and weighing only nine-and-a-half stones, she says people are often surprised when they find out she is a kickboxer.

"It is a tough contact sport but you are well protected with head gear, chest and foot guards and shin pads. I love it because it is a great way to stay in shape and it is also good to know that I could defend myself if the need arose."

Her immediate challenge is raising the money to fund the trip. Anyone wishing to support her should contact [hayleyporter1991@googlemail.com](mailto:hayleyporter1991@googlemail.com)  
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*Pictured above: Hayley Porter with her bronze medal*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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