Press Release

Super-sister Tracey hares to world triathlon glory

A NURSE from Basingstoke hospital is celebrating after finishing in the top 10 at the world triathlon championships.

Tracey Hare, who is a ward sister, travelled to Cozumel, in Mexico, to represent Great Britain in the sprint triathlon for women aged 45 to 49.

Despite it being her first time on the international stage, Tracey put in an excellent performance, finishing ninth out of 60 competitors.

She said: “I did a lot better than I had expected. It was hard to know how I would get on racing against people from right around the world and to come ninth was amazing.

“It was a great experience and as it was the first time that I had qualified to represent Great Britain, it was a really proud day for me. I was just happy to be there, because not many people get the chance to represent their country, so to finish in the top 10 was a massive bonus.”

Tracey’s sporting background is in swimming and her ability in that discipline was clear during the race as she emerged from the water in second place, completing the 750metre open water course in just 11min 54sec.

She completed the 20kilometre cycling leg in 33:46 and was in touching distance of the leaders going into the 5km run, but the heat meant she was unable to really attack the final discipline, completing it in 25:06 to finish ninth in 1:14:39.

Tracey, who is 46, has only been doing triathlons for five years, making her achievement even more impressive. She began cycling with her husband and their local club, Oakley Pedalers, and with her background in swimming, taking up running and triathlon was the natural next step.

She qualified to represent Great Britain at the world championships by winning an event held at Eton Dorney in May, while her showing in Mexico means that she has already secured her place at next year’s event, which will take place in Holland.

Triathlon is a demanding event when it comes to preparation, with Tracey training at least five days a week. However, she is able to balance nursing and triathlon thanks to the flexible working hours agreed by Hampshire Hospitals NHS Foundation Trust.

“It can be difficult to fit all of the training while still working full-time as a nurse, but the really good thing about working for Hampshire Hospitals is that flexible working patterns can be arranged,” Tracey, who has worked at Basingstoke hospital for 13 years, said. “I don’t work night shifts and I can choose to work shorter shifts to fit around my training, which allows me to pursue both of my passions, nursing and triathlon.

“My colleagues and managers are all really supportive of me as well. They understand my needs and all of them were really pleased when I brought in my medal to show them.”
ENDS

Photos:
Tracey Hare Bike – Tracey Hare celebrates finishing ninth at the world triathlon championships
Tracey Hare Nurse – Tracey Hare takes the blood pressure of a patient at Basingstoke hospital

Notes to Editors

1. Hampshire Hospitals NHS Foundation Trust provides hospital services to a population of approximately 600,000 people in Hampshire and parts of West Berkshire.
2. HHFT has around 6,000 staff and a turnover of £353million a year.
3. HHFT delivers one hospital service across multiple locations including its own hospitals, Andover War Memorial Hospital, Basingstoke and North Hampshire Hospital and Royal Hampshire County Hospital in Winchester. It also provides outpatient and assessment services from Bordon and Alton community hospitals.
4. As a Foundation Trust, HHFT is accountable to the local community through a system of local ownership with members and elected governors. HHFT has around 18,000 staff and public members. Foundation Trusts are free from central government control and can reinvest any surplus to develop clinical services. They are authorised and regulated by NHS Improvement, an independent regulator.

Media contacts
● Hampshire Hospitals NHS Foundation Trust
  (01256) 313062, communications@hhft.nhs.uk