

Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- About
Mō Mātou
 - [Overview](#)
 - [History](#)
 - [Support](#)
- [☆ 0 Saved](#)

[☆ 0 Saved](#)

 EN 

- [Sign in](#)
- [Submit](#) 




Toggle navigation

[Submit](#) 


Thrower Charli defies medical challenges to excel in Para athletics

Theme:
Voice & Visibility

 Thrower Charli defies medical challenges to excel in Para athletics

 [Steve Landells](#)

[Steve Landells](#)

 Paralympics New Zealand

Original story from: [Thrower Charli defies medical challenges to excel in Para athletics - Paralympics New Zealand](#)

In the latest of our series focusing on Para athletes in intake one of the [Para Sport Collective](#), supported by ACC, we put a spotlight on Para athlete Charli Gardiner-Hall.

For Charli Gardiner-Hall to excel as a Para athlete has taken extraordinary courage and bravery.

Defying regular seizures connected to her condition, the teenage thrower has secured Oceania and national medals besides setting a slew of national records in shot put, discus and javelin.

Born with Sturge Weber Syndrome Type 3 – a neurological condition – the 17-year-old lives with a weakness down the right-hand side of her body coupled with co-ordination issues. Yet it is the regular seizures – which occur as often as twice a month – which cause the greatest concern.

“She can be walking along before suddenly face planting to the ground, like her legs have just been kicked out from underneath her,” explains Mum, Kylie. “Charli is fully conscious throughout the seizure but can’t do anything. It is like being trapped inside your own body. Yet her ability to bounce back from a seizure within the next hour or so is amazing. She has such resilience, although I don’t want to downplay how frightening she finds the seizures.”

Charli echoes the view of her mum: “When I haven’t had a seizure for a longer period, I fear it is going to be bigger. That is quite scary when you don’t know when they are going to come”.

One such terrifying incident occurred on Christmas Eve at Oakura Beach near New Plymouth. Charli was paddling in the water only to suddenly experience a seizure. Submerged under water, she was rescued by an ex-lifeguard from a potential drowning.

It was a harrowing incident and for Kylie, who had momentarily looked away from Charli from her vantage point on the shoreline, it was deeply distressing.

“I was in total disbelief,” recalls Kylie. “I felt so guilty that I hadn’t seen it. I was just desperate for her to be okay. I had a moment of – is this it?! Every time a seizure happens we develop a new set of protocols to try and keep her safe.”



[Play video](#)

[A new world in Para sport](#)

Besides the physical challenges of her condition the Waiuku-based teenager also finds comprehension and understanding language difficult. As mum Kylie describes: “Her processing skills are compromised in that the filing system in her memory is a bit like her bedroom in that it is often messy.”

Yet despite living with Sturge Weber Syndrome Type 3, Charli has never used it as an excuse, and she has always possessed a fierce determination and competitive spirit.

That was evident when as a younger child she competed in mud runs with her family.

“Because of the body weakness and impaired co-ordination Charli used to trip over a lot, picking up bruises and grazes,” explains Kylie. “Her dad would pull her along and she would often finish the race last and in tears.

“After each race I thought there is no way she would want to run another race but because her older brother Quinn (by two years) competed she would always want to do another one. Whatever he did, she would also want to do too. One of Charli’s most amazing qualities is her resilience.”

It was through her brother, Quinn, a former thrower and race walker at Waiuku Athletics Club, where Charli was introduced to the sport. She tasted a range of events from middle-distance running, long jump and race walking – often struggling and finishing towards the back of the field. However, it was attending a training session for Quinn when Charli’s sporting career was to take a new turn.

[Paralympian #31 John Eden](#) was at the session when he asked Kylie whether she had any other kids. When she pointed to Charli and explained her medical condition, it acted as a “lightbulb moment.”

“That’s when John said, ‘It sounds like Charli has a disability – she might be a Para athlete’, recalls Kylie. “Up until then we had never considered that she would be a Para athlete,” she explains. “It was a pivotal moment.”

Starting out as a Para athlete aged 12 under the coaching of John, Charli quickly discovered purpose and meaning and an outlet for her competitive instincts.

“I liked the competition,” says Charli. “I might lose sometimes but I always enjoyed it. It is always fun learning about athletes with other disabilities and finding new friends.”

John also found Charli was best suited to the throwing events – shot put, discus and javelin – and he set a clear goal from the outset.

“I never look at her as an athlete with a disability, the aim is to make her the best athlete that she can be,” explains John.

However, without question, she faces definite challenges. Gym exercises require modification to align the right and left-hand side of the body. Unlike many athletes in the cerebral palsy para category, Charli adopts the spin rather than the glide technique for discus and shot put while she also struggles with memory retention.

“We work a lot on repetition,” explains John. “Often in the circle she may forget elements to her technique and because of her condition she gets tired very quickly which means we have to be smart and shorten the length of the training sessions.”

With John’s support she has reaped some rich rewards. She is a multiple gold-medal winning national champion. She holds national age-group T37 records in shot put, discus and javelin and last year she achieved the biggest prize of her career so far, bagging an outstanding silver medal in the senior discus at the 2024 Oceania Championships in Fiji.

Charli’s career development was also given a boost in 2023 when she was invited on to intake one of the [Para Sport Collective](#), supported by ACC, which offered the chance to connect with other Para athletes and coaches and a range of learning and development opportunities.

Mum, Kylie, who attended the various Para Sport Collective camps in support of her daughter, said: “It was amazing that as a young up and coming Para athlete, Charli was exposed to the Collective which gave her access to so many experts – whether it is psychologists, physios or nutritionists – giving her that introduction to elite Para sport.”

Charli herself admitted she gained so much from being part of the programme adding: “I picked up so many skills and really enjoyed the Drug Free Sport sessions. It was good to have an insight into how a drug test works, and it was especially handy because I had my first drug test earlier this year.”

A Year 13 student at Waiuku College, Charli trains six times a week which includes three throws sessions at the Athletics New Zealand “Home of Throws” in Takanini in South Auckland, and three 5.30am gym sessions per week, which requires her alarm to be set at 4.15am.

With John insisting Charli has “a nice feel” for the discus – which he believes is probably her number one event – he is taking her development one step at a time.

As Charli is still aged only 17, John is wisely reluctant to make too many predictions but says this winter the focus will be on enhancing her strength, conditioning and athleticism to make even more gains in the circle with the goal in 2026 for Charli to earn selection for the New Zealand team at the Oceania Championships in Darwin.

Yet whatever happens in the future, John believes Charli is equipped with many qualities which will allow her to succeed and make the best of her gifts.

“Charli works hard and if I ask her to run through a brick wall she would run through a brick wall,” he says. “She trusts me to do the right thing. I like to build a team through the relationship with my athletes and I think I have a good relationship with her.

“I have some athletes I coach with a disability and some that I don’t, you learn off each other,” he says. “The other athletes in the group are going to help her, and she is starting to help them it is a really good marriage, and Charli brings lots of positivity to the group.”

There is no doubt the inspirational role [Para athletics](#) has played in Charli’s life. It has given her focus, routine and an outlet for her competitive nature.


“Para athletics has been one of the most important anchors in Charli’s life, especially as learning has been challenging for her and keeping up with conversations has sometimes made friendships tricky,” explains Kylie. “Charli has gone through some hard times and felt really low, but Para athletics has given her the opportunity to be successful and it has given her confidence.


“I’m super proud of not only what she has achieved but accepting all the challenges she has faced in her life.”


For Charli she is just in the opening chapters of her Para athletics journey.

"I would like to go to the Para Athletics World Championships and the Paralympic Games which proves if I can do it, anyone can."

*If you would like to find out more about Para athletics go [here \(opens a new tab\)](#).


Save this Insight






Print this Insight



Download Insight assets
For use in your own documents

Was this Insight helpful?




Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL



Save this Insight


Print this Insight


Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal



Download Insight assets


- [Thrower Charli defies medical challenges to excel in Para athletics.pdf](#)
- [Charli-Gardiner-Hall-PSC-1.jpg 450KB JPG](#)

Was this Insight useful?



Similar Insights (179)

[The Cultural Operating System - The GIST](#)

 Save insight

Voice & Visibility

The Cultural Operating System - The GIST


[Female Health Coaching Course](#)

 Save insight

Voice & Visibility

Female Health Coaching Course


[Women's sports: What's the opportunity and ROI for brands?](#)

 Save insight

Voice & Visibility

Women's sports: What's the opportunity and ROI for brands?


[Meaningful Stakholder Engagement Tool for Sport](#)

 Save insight

Voice & Visibility

Meaningful Stakholder Engagement Tool for Sport


[From Privilege to Threat: Unraveling Psychological Pathways to the Manosphere](#)

 Save insight

Voice & Visibility

From Privilege to Threat: Unraveling Psychological Pathways to the Manosphere


[UC research examines role of hormones in female athletic performance](#)

 Save insight

Voice & Visibility

UC research examines role of hormones in female athletic performance


[Made For This Game](#)

 Save insight

Voice & Visibility

Made For This Game

[Global Alliance for Female Athletes - resources and education](#)

 Save insight

Voice & Visibility

Global Alliance for Female Athletes - resources and education

[NZ’s key role in global breakthrough for women’s sport](#)


 Save insight

Voice & Visibility

NZ’s key role in global breakthrough for women’s sport

By Suzanne McFadden - LockerRoom

[Women in Sports Marketing Partnerships Across North America 2024-25](#)

 Save insight

Voice & Visibility

Women in Sports Marketing Partnerships Across North America 2024-25


[Women's Sports, Media & Change with Olivia Cleal & Madeline Hislop | The New Rules podcast](#)

 Save insight

Voice & Visibility

Women's Sports, Media & Change with Olivia Cleal & Madeline Hislop | The New Rules podcast

[Sport NZ-Isentia study of gender balance in sports news coverage - Paris Olympics and Paralympics](#)

 Save insight

Voice & Visibility

Sport NZ-Isentia study of gender balance in sports news coverage - Paris Olympics and Paralympics

By Emma Evans - Sport New Zealand


[The Future of Women’s Sports: Insights from Industry Leaders](#)

 Save insight

Voice & Visibility

The Future of Women’s Sports: Insights from Industry Leaders


[Women’s Sports Foundation Showcases Title IX’s Economic Impact In Washington, D.C. For National Girls & Women In Sports Day](#)

 Save insight

Voice & Visibility

Women’s Sports Foundation Showcases Title IX’s Economic Impact In Washington, D.C. For National Girls & Women In Sports Day

[Dame Sophie Pascoe announces her Retirement from Competitive Swimming](#)


 Save insight

Dame Sophie Pascoe announces her Retirement from Competitive Swimming
[Women's Sports Trust Report: Visibility Uncovered - 2024 - the year in review](#)

 Save insight


Women's Sports Trust Report: Visibility Uncovered - 2024 - the year in review

[NZ Paralympic Winter Legends: Rachael Henderson \(Née Battersby\)](#)

 Save insight


NZ Paralympic Winter Legends: Rachael Henderson (Née Battersby)

By Steve Landells - Paralympics New Zealand
[Zoi Sadowski-Synnott continues stunning form with snowboard World Cup win](#)

 Save insight

Zoi Sadowski-Synnott continues stunning form with snowboard World Cup win

[White Ferns star Amelia Kerr named ICC women’s cricketer of the year for 2024](#)

 Save insight


White Ferns star Amelia Kerr named ICC women’s cricketer of the year for 2024

[NZ's Zoi Sadowski-Synnott lands world's first triple cork in women’s slopestyle](#)

 Save insight


NZ's Zoi Sadowski-Synnott lands world's first triple cork in women’s slopestyle

[New Zealand shines at inaugural Kho Kho World Cup](#)

 Save insight

New Zealand shines at inaugural Kho Kho World Cup

[IOC and UN Women to continue delivering gender equality agenda in and through sport](#)

 Save insight

Voice & Visibility

IOC and UN Women to continue delivering gender equality agenda in and through sport
[GAME ON: BRIDGING THE INVESTMENT GAP IN WOMEN’S SPORTS](#)

 Save insight

Voice & Visibility

GAME ON: BRIDGING THE INVESTMENT GAP IN WOMEN’S SPORTS

[Performance Special Report: A Female Lens on Performance](#)

 Save insight

Voice & Visibility

Performance Special Report: A Female Lens on Performance

[Camille’s Para taekwondo ambition](#)


 Save insight

Voice & Visibility

Camille’s Para taekwondo ambition

By Steve Landells - Paralympics New Zealand


[Netball fans show the way](#)

 Save insight

Voice & Visibility

Netball fans show the way


[MU report outlines ways to improve women’s sport coverage](#)

 Save insight

Voice & Visibility

MU report outlines ways to improve women’s sport coverage


[2025 Women’s Sport Calendar \(Worldwide\)](#)

 Save insight

Voice & Visibility

2025 Women’s Sport Calendar (Worldwide)

[Kiwi duo prosper at global Wheelchair rugby tournament - Paralympics New Zealand](#)

 Save insight

Voice & Visibility

Kiwi duo prosper at global Wheelchair rugby tournament - Paralympics New Zealand

By Steve Landells - Paralympics New Zealand


[New brand decision maker research from the Women’s Sport Trust reveals women’s sport sponsorship set for continued growth](#)

 Save insight

Voice & Visibility

New brand decision maker research from the Women’s Sport Trust reveals women’s sport sponsorship set for continued growth

[Paralympian swimmers Lili-Fox Mason and Gabriella Smith recognised with Paralympic Pin Presentation](#)


 Save insight

Voice & Visibility

Paralympian swimmers Lili-Fox Mason and Gabriella Smith recognised with Paralympic Pin Presentation

By Steve Landells - Paralympics New Zealand


[Beautiful Data – Women-focused insight from the Paris 2024 Olympic Games](#)

 Save insight

Voice & Visibility

Beautiful Data – Women-focused insight from the Paris 2024 Olympic Games


[New Research Highlights Financial Realities of Professional Women Athletes](#)

 Save insight

Voice & Visibility

New Research Highlights Financial Realities of Professional Women Athletes


[Women’s Sports Poised to Convert Buzz to Dollars, Study Says](#)

 Save insight

Voice & Visibility

Women’s Sports Poised to Convert Buzz to Dollars, Study Says

[NZ footballer leads fight against Fifa’s fossil fuels](#)

 Save insight

Voice & Visibility

NZ footballer leads fight against Fifa’s fossil fuels

[Podcast: The Business Case for Women's Sports](#)

 Save insight

Voice & Visibility

Podcast: The Business Case for Women's Sports
[New Zealand's Australian Rules sides ready for international action](#)

 Save insight

Voice & Visibility

New Zealand's Australian Rules sides ready for international action


[Champions: How the White Ferns stunned South Africa and the world](#)

 Save insight

Voice & Visibility

Champions: How the White Ferns stunned South Africa and the world


[Wollaston excited at future for kiwi female riders after world success](#)

 Save insight

Voice & Visibility

Wollaston excited at future for kiwi female riders after world success


[Women's boxing pioneer Daniella Smith unveils journey to the top in new podcast](#)

 Save insight

Voice & Visibility

Women's boxing pioneer Daniella Smith unveils journey to the top in new podcast


[Deloitte: The Future of Sport 2024: Seizing the Moment](#)

 Save insight

Voice & Visibility

Deloitte: The Future of Sport 2024: Seizing the Moment

[WISPA Supporters Club - join now!](#)

 Save insight

Voice & Visibility

WISPA Supporters Club - join now!

By Merran Brockie-David - Women in Sport Aotearoa
[Research Reveals Significant 'Fame Gap' in Women's Sport](#)

 Save insight

Voice & Visibility

Research Reveals Significant ‘Fame Gap’ in Women’s Sport
[Media and Gender Study: 2023 Annual Report](#)

 Save insight

Voice & Visibility

Media and Gender Study: 2023 Annual Report

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia
[89% OF WOMEN IN FOOTBALL HAVE EXPERIENCED DISCRIMINATION AT WORK, BUT SURVEY REVEALS SURGE OF OPTIMISM ABOUT GENDER EQUALITY IN THE GAME](#)

 Save insight

Voice & Visibility

89% OF WOMEN IN FOOTBALL HAVE EXPERIENCED DISCRIMINATION AT WORK, BUT SURVEY REVEALS SURGE OF OPTIMISM ABOUT GENDER EQUALITY IN THE GAME

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia
[Canadian Women & Sport Unveils New Fan Insight Reports](#)

 Save insight

Voice & Visibility

Canadian Women & Sport Unveils New Fan Insight Reports


By Canadian Women & Sport - Canadian Women & Sport
[Liv living her best life in Barcelona](#)

 Save insight

Voice & Visibility

Liv living her best life in Barcelona

By Suzanne McFadden - LockerRoom
[Number of women coaching in Olympic and Paralympic sport doubles since 2020](#)

 Save insight

Voice & Visibility

Number of women coaching in Olympic and Paralympic sport doubles since 2020

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia
[Golf NZ to revive Women's Open on the back of Lydia Ko's success](#)

 Save insight


Voice & Visibility

Golf NZ to revive Women's Open on the back of Lydia Ko's success
[Kiwi Women's America's Cup team sailing to win, but also for a future](#)

 Save insight


Voice & Visibility

Kiwi Women's America's Cup team sailing to win, but also for a future
[Kiwi Women's America's Cup team sailing to win, but also for a future](#)

 Save insight


Voice & Visibility

Kiwi Women's America's Cup team sailing to win, but also for a future
[Change in Action Week - Digital Innovation FINALIST - Ella Ferguson](#)

 Save insight


Voice & Visibility

Change in Action Week - Digital Innovation FINALIST - Ella Ferguson
[Change in Action Week - Digital Innovation Winner - WomenzSports](#)

 Save insight


Voice & Visibility

Change in Action Week - Digital Innovation Winner - WomenzSports
[Change in Action Week - Innovative Impact Winner - POWA First Steps](#)

 Save insight


Voice & Visibility

Change in Action Week - Innovative Impact Winner - POWA First Steps
[CBT at Falk College: Empowering Women, Creating Inclusive Environments](#)

 Save insight

Voice & Visibility

CBT at Falk College: Empowering Women, Creating Inclusive Environments
[Women in Sport 2024: Analysis of the Sport Value Chain - Media Broadcasting, Sponsorship and Deals Attendance](#)

 Save insight

Voice & Visibility

Women in Sport 2024: Analysis of the Sport Value Chain - Media Broadcasting, Sponsorship and Deals Attendance


[The Growth of Women’s Sports and Why It Matters for Youth Sport](#)

 Save insight

Voice & Visibility

The Growth of Women’s Sports and Why It Matters for Youth Sport


[Change in Action Week 2024 Winners](#)

 Save insight

Voice & Visibility

Change in Action Week 2024 Winners


[Podcast: The Business case for woman's sport - Ep.#104 going for gold:](#)

 Save insight

Voice & Visibility

Podcast: The Business case for woman's sport - Ep.#104 going for gold:


[Paris 2024: Athletes say work isn't over after Olympics reaches gender parity](#)

 Save insight

Voice & Visibility

Paris 2024: Athletes say work isn't over after Olympics reaches gender parity


[Olympics 2024: Ranking every New Zealand athlete and their chances of a medal at the Games](#)

 Save insight

Voice & Visibility

Olympics 2024: Ranking every New Zealand athlete and their chances of a medal at the Games


[The Women in Sport Podcast - General Election Special: Tackling Heath Inequalities](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - General Election Special: Tackling Heath Inequalities

[Women in Sport Aotearoa's Change in Action Week](#)

 Save insight

Voice & Visibility

Women in Sport Aotearoa's Change in Action Week

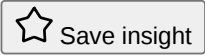
By Merran Brockie-David - Women in Sport Aotearoa
[Sport NZ - Media and Gender Study - 4th Annual Report](#)



Voice & Visibility

Sport NZ - Media and Gender Study - 4th Annual Report

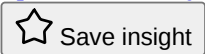
By Emma Evans - Sport New Zealand
[WISPA's Change in Action Week 2024](#)



Voice & Visibility

WISPA's Change in Action Week 2024

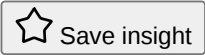
By Merran Brockie-David - Women in Sport Aotearoa
[Sport Canterbury's Project Pink Dot](#)



Voice & Visibility

Sport Canterbury's Project Pink Dot

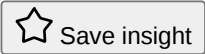
By Rachel Harris - Sport Canterbury West Coast
[See it to be in it: Promoting women in sport](#)



Voice & Visibility

See it to be in it: Promoting women in sport

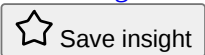
By Merran Brockie-David - Women in Sport Aotearoa
[Wine, Cheese, and Wāhine Initiatives - Nuku Ora](#)



Voice & Visibility

Wine, Cheese, and Wāhine Initiatives - Nuku Ora

By Lily Joiner - Nuku Ora
[Ali Pottinger - The future of trail running for women in Australasia](#)

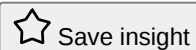


Voice & Visibility

Ali Pottinger - The future of trail running for women in Australasia

By Ali Pottinger - Squadrun

[WOMENZSPORTS presents Alice Soapbox: Mea Motu](#)

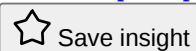


Voice & Visibility

WOMENZSPORTS presents Alice Soapbox: Mea Motu

By Dani Marshall - Womensports

[WomensSports presents Alice's soapbox: Emma Twigg \(Rowing\)](#)

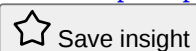


Voice & Visibility

WomensSports presents Alice's soapbox: Emma Twigg (Rowing)

By Dani Marshall - Womensports

[WomensSports presents Alice's soapbox: Shiray Kaka \(Rugby 7's\)](#)

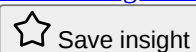


Voice & Visibility

WomensSports presents Alice's soapbox: Shiray Kaka (Rugby 7's)

By Dani Marshall - Womensports

[Fundraising for Women's Sports in New Zealand](#)

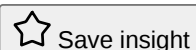


Voice & Visibility

Fundraising for Women's Sports in New Zealand

By Dani Marshall - Womensports

[FIFA Women's World Cup Media & Gender Case Study 2023](#)

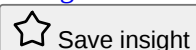


Voice & Visibility

FIFA Women's World Cup Media & Gender Case Study 2023

By Emma Evans - Sport New Zealand

[Change in Action - 1 Year on from IWG Webinar](#)

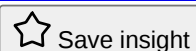


Voice & Visibility

Change in Action - 1 Year on from IWG Webinar

By Merran Brockie-David - Women in Sport Aotearoa

[2022 IWG: Phil Clark - Using Research and Advocacy to Improve the Gender Balance of Sports Coverage](#)



Voice & Visibility

2022 IWG: Phil Clark - Using Research and Advocacy to Improve the Gender Balance of Sports Coverage
[Equal pay commitments set for women’s sport in NSW, lead by female advocates](#)

☆ Save insight

Voice & Visibility

Equal pay commitments set for women’s sport in NSW, lead by female advocates

By Merran Brockie-David - Women in Sport Aotearoa
[Change Our Game State of Play Survey 2022-2023](#)

☆ Save insight

Voice & Visibility

Change Our Game State of Play Survey 2022-2023

[Findings report – The Value of You Can Be What You Can See](#)

☆ Save insight

Voice & Visibility

Findings report – The Value of You Can Be What You Can See

[Tātāwhāinga - Episode 7: The Role of Sports Media](#)

☆ Save insight

Voice & Visibility

Tātāwhāinga - Episode 7: The Role of Sports Media

By Erin Roxburgh - Women in Sport Aotearoa
[Tātāwhāinga - Episode 6: Hosting Major Events](#)

☆ Save insight

Voice & Visibility

Tātāwhāinga - Episode 6: Hosting Major Events

By Erin Roxburgh - Women in Sport Aotearoa
[Tātāwhāinga - Episode 5: Athletes: Humans or Commodities Part 2](#)

☆ Save insight

Voice & Visibility

Tātāwhāinga - Episode 5: Athletes: Humans or Commodities Part 2

By Erin Roxburgh - Women in Sport Aotearoa
[Tātāwhāinga - Episode 1: Welcome to Tātāwhāinga](#)

 Save insight

Voice & Visibility

Tātāwhāinga - Episode 1: Welcome to Tātāwhāinga

By Erin Roxburgh - Women in Sport Aotearoa
[Podcast: The Business Case For Woman's Sports - Ep.#103 What parity and surveymonkey's research revealed about what international consumers think about woman's sports](#)

 Save insight

Voice & Visibility

Podcast: The Business Case For Woman's Sports - Ep.#103 What parity and surveymonkey's research revealed about what international consumers think about woman's sports


[We Hear Her Podcast: Nardi Leonard](#)

 Save insight

Voice & Visibility

We Hear Her Podcast: Nardi Leonard


[Relational Leadership, Visibility & Voice](#)

 Save insight

Voice & Visibility

Relational Leadership, Visibility & Voice


By Kirsten Spencer - Auckland University of Technology
[University of Otago Inclusive Language Guidelines](#)

 Save insight

Voice & Visibility

University of Otago Inclusive Language Guidelines


[SASS Talk Podcast - Sevens sensation giving dance another fling](#)

 Save insight

Voice & Visibility

SASS Talk Podcast - Sevens sensation giving dance another fling


[How men can become better Allies to Women](#)

 Save insight

Voice & Visibility

How men can become better Allies to Women


[How to be a male ally to women’s sport](#)

 Save insight

Voice & Visibility

How to be a male ally to women’s sport


[The Halo of Value Creation Opportunities Around Women’s Sports](#)

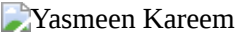
 Save insight

Voice & Visibility

The Halo of Value Creation Opportunities Around Women’s Sports

[Future Talent: Yasmeen Kareem](#)

 Save insight




Voice & Visibility

Future Talent: Yasmeen Kareem

By Vincent Jones - Edged and Gone


[IWG: Moonira Ramathula Moonira - Visibility and Voice](#)

 Save insight

Voice & Visibility

IWG: Moonira Ramathula Moonira - Visibility and Voice


[IWG: Adele Pavlidis - What has sex and gender got to do with it? Exploring tensions and assumptions for elite strength and conditioning coaches](#)

 Save insight

Voice & Visibility

IWG: Adele Pavlidis - What has sex and gender got to do with it? Exploring tensions and assumptions for elite strength and conditioning coaches


[Strategies To Elevate And Diversify Women’s Sports Coverage: Insights From The Gist](#)

 Save insight

Voice & Visibility

Strategies To Elevate And Diversify Women’s Sports Coverage: Insights From The Gist

[Wellington and Graham sign with Brave for Super Smash](#)

 Save insight

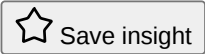
Wellington and Graham sign with Brave for Super Smash

By Vincent Jones - Edged and Gone
[IWG: Moonira Ramathula - Growing Professional Women's Rugby in Africa](#)



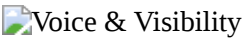
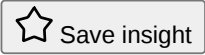
IWG: Moonira Ramathula - Growing Professional Women's Rugby in Africa

[Latest research from Women’s Sport Trust delves into visibility and fandom of women’s sport in 2023](#)



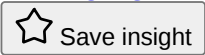
Latest research from Women’s Sport Trust delves into visibility and fandom of women’s sport in 2023

[Future Talent: Paige Loggenberg](#)



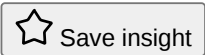
Future Talent: Paige Loggenberg

By Vincent Jones - Edged and Gone
[New Women’s Sport Trust Partnership With The R&A Reveals Women’s Sports Fans Feel Underserved Despite Record-Breaking Viewing Figures](#)



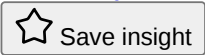
New Women’s Sport Trust Partnership With The R&A Reveals Women’s Sports Fans Feel Underserved Despite Record-Breaking Viewing Figures

[She’s Got Game](#)



She’s Got Game

[IWG: Troy Han - Celebrating Women In Sport](#)




IWG: Troy Han - Celebrating Women In Sport

[IWG: Gen Dohrmann - Reshaping the images we see of women's sport in Australia](#)

 Save insight

Voice & Visibility


IWG: Gen Dohrmann - Reshaping the images we see of women's sport in Australia
[New Zealand Names Third Ever Artistic Swimming Duo For Olympic Games](#)

 Save insight

Voice & Visibility

New Zealand Names Third Ever Artistic Swimming Duo For Olympic Games


[Grand Slam winner Routliffe, Sun to pair up for Paris tennis](#)

 Save insight

Voice & Visibility

Grand Slam winner Routliffe, Sun to pair up for Paris tennis


[Olympics 2024: Paris promised gender equality. Are TV commentators meeting that goal?](#)

 Save insight

Voice & Visibility

Olympics 2024: Paris promised gender equality. Are TV commentators meeting that goal?


[A level playing field: the case for investing in women's sport](#)

 Save insight

Voice & Visibility

A level playing field: the case for investing in women's sport


[Olympics 2024: Gold medallists Brooke Francis and Lucy Spoor on the challenges they faced](#)

 Save insight

Voice & Visibility

Olympics 2024: Gold medallists Brooke Francis and Lucy Spoor on the challenges they faced

[PARIS OLYMPICS 2024 Paris Olympics: Kiwi diver Lizzie Roussel returns from baby hiatus to rekindle Olympic dream](#)

 Save insight

Voice & Visibility


PARIS OLYMPICS 2024 Paris Olympics: Kiwi diver Lizzie Roussel returns from baby hiatus to rekindle Olympic dream

[Michele Kang Invests \\$50 Million to Boost Women’s Sports](#)

 Save insight

Voice & Visibility


Michele Kang Invests \$50 Million to Boost Women’s Sports
[Aotearoa New Zealand Gender Attitudes Survey 2023](#)

 Save insight

Voice & Visibility

Aotearoa New Zealand Gender Attitudes Survey 2023


By Maddi Mclean - Sport New Zealand
[2021 National Sport Club Survey - Female Friendly Environments](#)

 Save insight

Voice & Visibility

2021 National Sport Club Survey - Female Friendly Environments


By Maddi Mclean - Sport New Zealand
[Men as Allies: supporting women and girls in community sport](#)

 Save insight

Voice & Visibility

Men as Allies: supporting women and girls in community sport


[Olympic wāhine winning streak makes powerful case for more funding for women's sport](#)

 Save insight

Voice & Visibility

Olympic wāhine winning streak makes powerful case for more funding for women's sport


[Eliza wants more than a last tango in Paris](#)

 Save insight

Voice & Visibility

Eliza wants more than a last tango in Paris


[Scotty's Spin: Where Is New Zealand's Investment In Women's Sport?](#)

 Save insight

Voice & Visibility

Scotty's Spin: Where Is New Zealand's Investment In Women's Sport?


[Women's Sports Trust: Report into the positive impact of women's sport sponsorship on brands](#)

 Save insight

Voice & Visibility

Women's Sports Trust: Report into the positive impact of women's sport sponsorship on brands


[In a league of her own: WISPA Foundation Member Toni Bruce wins major award](#)

 Save insight

Voice & Visibility

In a league of her own: WISPA Foundation Member Toni Bruce wins major award


[Invisibility of female participants in midlife and beyond in sport and exercise science research: a call to action](#)

 Save insight

Voice & Visibility

Invisibility of female participants in midlife and beyond in sport and exercise science research: a call to action


[Women coaches in Aotearoa New Zealand - Research](#)

 Save insight

Voice & Visibility

Women coaches in Aotearoa New Zealand - Research


[Women's Ice Hockey on the Rise](#)

 Save insight

Voice & Visibility

Women's Ice Hockey on the Rise


[SASS Talk: Olympic cyclist's hellish ride to Paris](#)

 Save insight

Voice & Visibility

SASS Talk: Olympic cyclist's hellish ride to Paris

[Title IX was a game-changer, but women are still fighting for an equal playing field](#)

 Save insight

Voice & Visibility

Title IX was a game-changer, but women are still fighting for an equal playing field

[New Zealander Rebecca Foulsham's key Paralympics role](#)

☆ Save insight

Voice & Visibility

New Zealander Rebecca Foulsham's key Paralympics role

[SASS Talk: Behind the scenes of the Paris Olympics](#)

☆ Save insight

Voice & Visibility

SASS Talk: Behind the scenes of the Paris Olympics

[WomensSports present's Alice's Soapbox: Ruahei Demant \(Rugby 15's\)](#)

☆ Save insight

Voice & Visibility

WomensSports present's Alice's Soapbox: Ruahei Demant (Rugby 15's)

By Dani Marshall - Womenssports

[Auckland HEARTS recognised in Auckland Cricket's History](#)

☆ Save insight



Voice & Visibility

Auckland HEARTS recognised in Auckland Cricket's History

By Astrid van Uden - AucklandCricket.co.nz

[Lydia Ko within reach of golfing greats after staggering career earnings soar](#)

☆ Save insight

Voice & Visibility

Lydia Ko within reach of golfing greats after staggering career earnings soar

[The Women in Sport Podcast - The Rugby League World Cup: A lasting legacy](#)

☆ Save insight

Voice & Visibility

The Women in Sport Podcast - The Rugby League World Cup: A lasting legacy

[Overcoming the obstacles: How New Zealand women have shone at the Olympic Games](#)

☆ Save insight

Voice & Visibility

Overcoming the obstacles: How New Zealand women have shone at the Olympic Games

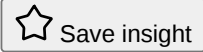
[Paris 2024 Olympics: A new era for women in sport](#)



Voice & Visibility

Paris 2024 Olympics: A new era for women in sport

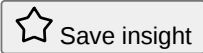
[What women want: A wishlist from Kiwi wāhine in sport](#)



Voice & Visibility

What women want: A wishlist from Kiwi wāhine in sport

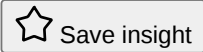
[Yeah, Nah: Is Lydia Ko New Zealand’s greatest ever sportsperson?](#)



Voice & Visibility

Yeah, Nah: Is Lydia Ko New Zealand’s greatest ever sportsperson?

[CJ’s Story Inspiring Inclusion](#)

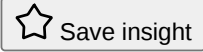


Voice & Visibility

CJ’s Story Inspiring Inclusion

By Dantaye Simpson - Sport Manawatu

[2023 Women's Sporting Landscape](#)



Voice & Visibility

2023 Women's Sporting Landscape

[Who deserves New Zealand's highest sporting honour?](#)



Voice & Visibility

Who deserves New Zealand's highest sporting honour?

[Revealed: Portia’s next career step](#)



Voice & Visibility

Revealed: Portia’s next career step

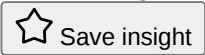
By Suzanne McFadden - LockerRoom
[Lydia Ko’s Cinderella story](#)



Voice & Visibility

Lydia Ko’s Cinderella story

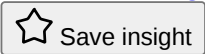
[Facts and figures: Women in sport](#)



Voice & Visibility

Facts and figures: Women in sport

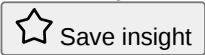
[All Blacks v England: Sex act joke about female physio ‘harassment’](#)



Voice & Visibility

All Blacks v England: Sex act joke about female physio ‘harassment’

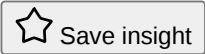
[IWG: Amy Marfell - The Power of Digital Media for Everyday Activism and Advocacy](#)



Voice & Visibility

IWG: Amy Marfell - The Power of Digital Media for Everyday Activism and Advocacy

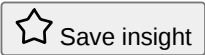
[IWG Muditambi Ravele - Visibility and Voice: Baby Steps Towards Changing Perceptions of Women Sport](#)



Voice & Visibility

IWG Muditambi Ravele - Visibility and Voice: Baby Steps Towards Changing Perceptions of Women Sport

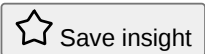
[5 4 3 2 1 Paris: Jonelle Price](#)



Voice & Visibility

5 4 3 2 1 Paris: Jonelle Price

[Sail GP: how many women on the water this weekend?](#)



Voice & Visibility

Sail GP: how many women on the water this weekend?

[Taranaki Thunder bought by sports media company](#)

☆ Save insight

Voice & Visibility

Taranaki Thunder bought by sports media company

[Kiwi wins gold in groundbreaking women's event](#)

☆ Save insight

Voice & Visibility

Kiwi wins gold in groundbreaking women's event

[Paris Olympics 2024: Full New Zealand schedule](#)

☆ Save insight

Voice & Visibility

Paris Olympics 2024: Full New Zealand schedule

[Women in Sport Reports, Research and Expertise](#)

☆ Save insight

Voice & Visibility

Women in Sport Reports, Research and Expertise

[5 4 3 2 1 Paris: Eva Morris and Nina Brown](#)

☆ Save insight

Voice & Visibility

5 4 3 2 1 Paris: Eva Morris and Nina Brown

[The impact of uniform design on female athletes' confidence - Massey University](#)

☆ Save insight

Voice & Visibility

The impact of uniform design on female athletes' confidence - Massey University


[Pioneer women surfers reflect on their struggle for recognition](#)

☆ Save insight

Voice & Visibility

Pioneer women surfers reflect on their struggle for recognition


[Research Confirms Benefit of Increased Representation of Women on Boards](#)

 Save insight

Voice & Visibility

Research Confirms Benefit of Increased Representation of Women on Boards


[Paris Olympics throw spotlight on needs of athlete mothers](#)

 Save insight

Voice & Visibility

Paris Olympics throw spotlight on needs of athlete mothers


[Audio: Nicky van den Bos: On why people are reluctant to criticise women's sport?](#)

 Save insight

Voice & Visibility

Audio: Nicky van den Bos: On why people are reluctant to criticise women's sport?


[Basketball: Player payments double for Tauihi Basketball Aotearoa](#)

 Save insight

Voice & Visibility

Basketball: Player payments double for Tauihi Basketball Aotearoa


[Survey: Consumers want brands to invest in women’s sports](#)

 Save insight

Voice & Visibility

Survey: Consumers want brands to invest in women’s sports


[FIFA Women's World Cup economic, social impact 'exceeded expectations' - report](#)

 Save insight

Voice & Visibility

FIFA Women's World Cup economic, social impact 'exceeded expectations' - report


[The Conversation of Sport - Are Women Visible in Sports News Coverage?](#)

 Save insight

Voice & Visibility

The Conversation of Sport - Are Women Visible in Sports News Coverage?


[The Women in Sport Podcast - Paris 2024 Olympic Preview: Tessa Sanderson](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - Paris 2024 Olympic Preview: Tessa Sanderson


[The Women in Sport Podcast - Paris 2024 Olympic Preview: Joanna Rowsell](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - Paris 2024 Olympic Preview: Joanna Rowsell


[Diversity and Inclusion Survey](#)

 Save insight

Voice & Visibility

Diversity and Inclusion Survey


[Super Rugby Aupiki: Blues co-captain Ruahei Demant pleads for greater funding in women's rugby](#)

 Save insight

Voice & Visibility

Super Rugby Aupiki: Blues co-captain Ruahei Demant pleads for greater funding in women's rugby


[UNESCO Report: Women and girls' access to sport still lagging far behind](#)

 Save insight

Voice & Visibility

UNESCO Report: Women and girls' access to sport still lagging far behind


[IWG: Angelica Saenz - LTB+ Women's Movement is unstoppable, are you moving with us?](#)

 Save insight

Voice & Visibility

IWG: Angelica Saenz - LTB+ Women's Movement is unstoppable, are you moving with us?

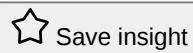
[World Rugby's smaller ball proposal ignites debate on gender equality in sports](#)

 Save insight

Voice & Visibility

World Rugby's smaller ball proposal ignites debate on gender equality in sports

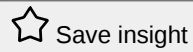
[IWG: Emily Dealy - Using sport as a vehicle for positive social change: A framework advancing social outputs, outcomes and impact of the 'Game on for Women' strategy](#)



Voice & Visibility

IWG: Emily Dealy - Using sport as a vehicle for positive social change: A framework advancing social outputs, outcomes and impact of the 'Game on for Women' strategy

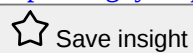
[Video: Yarns with Commonwealth Games athlete Alethea Boon](#)



Voice & Visibility

Video: Yarns with Commonwealth Games athlete Alethea Boon

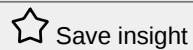
[Super Rugby Aupiki: Navigating challenges for the growth of women's rugby](#)



Voice & Visibility

Super Rugby Aupiki: Navigating challenges for the growth of women's rugby

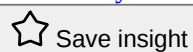
[The Rise of Women's Sports Isn't a Moment, It's a Movement | Analysis](#)



Voice & Visibility

The Rise of Women's Sports Isn't a Moment, It's a Movement | Analysis

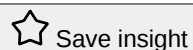
[IWG: Sally Rae - Level playing fields do not exist](#)



Voice & Visibility

IWG: Sally Rae - Level playing fields do not exist

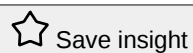
[NZ's Female Medal Prospects in Paris](#)



Voice & Visibility

NZ's Female Medal Prospects in Paris

[IWG Jordan Matthews & Lucy Piggott - Is gender on the international agenda?](#)



Voice & Visibility

IWG Jordan Matthews & Lucy Piggott - Is gender on the international agenda?

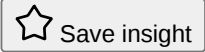
[Mother's Day: Professional athletes share the struggle of motherhood and their careers](#)



Voice & Visibility

Mother's Day: Professional athletes share the struggle of motherhood and their careers

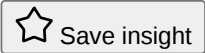
[Celebrating 30 years of IWG Women and Sport : IWG Webinar Series](#)



Voice & Visibility

Celebrating 30 years of IWG Women and Sport : IWG Webinar Series

[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - The bounce-back of Squash Queen Joelle King](#)



Voice & Visibility

SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - The bounce-back of Squash Queen Joelle King

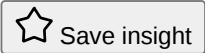
[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - Embracing boobs and babies](#)



Voice & Visibility

SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - Embracing boobs and babies

[The ROI of Women's Sports: A Blueprint for Value Investing](#)



Voice & Visibility

The ROI of Women's Sports: A Blueprint for Value Investing

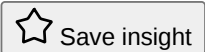
[Dalton's special connection to Southland lives on through foundation's gift](#)



Voice & Visibility




Dalton's special connection to Southland lives on through foundation's gift

[A PERIOD THAT STARTS A CONVERSATION: FEMALE ATHLETES BREAK THE TABOO ON MENSTRUATION IN ELITE SPORT](#)








Voice & Visibility

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [LinkedIn](#)
-  [TikTok](#)
-  [YouTube](#)
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2025 Women in Sport Aotearoa


Subscribe to our newsletter

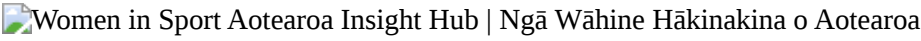
Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >

 Close panel



Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- ☒ All
- ☒ Leadership
- ☒ Social Change
- ☒ Active Lives
- ☒ High Performance

- ☒ Visibility and Voice

Insight Content Types

- ☒ All
- ☒ Research
- ☒ Case studies
- ☒ News stories
- ☒ Toolkits

Subscribe now >