

 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](#) >

SASS Talk: Olympic cyclist's hellish ride to Paris In Episode 6 of the SASS Talk podcast, four first-time Olympians reveal their joy and misery on the Road to Paris, and for cyclist Nicole Shields, the sickness that almost defeated her before reaching the startline

Theme:
Voice & Visibility

 SASS Talk: Olympic cyclist's hellish ride to Paris

Co-authored by Sarah Cowley Ross and Suzanne McFadden - LockerRoom

LockerRoom founder Suzanne McFadden and Olympian broadcaster Sarah Cowley Ross host the episodic podcast, SASS Talk, sparking new conversations about women's sport and the big issues females are facing.

LISTEN to Episode 6 below or on your favourite podcast app, including [Apple](#) and [Spotify](#).

It's been a cruel, frustrating ride Olympic cyclist Nicole Shields could never have scripted.

Over the past two years, the Central Otago rider has endured an inconceivable run of illness – including Covid multiple times – and injury that threatened to end her cycling career.

But she's persevered to become first wheel in the New Zealand women's team pursuit quartet, one of the favourites to win Olympic gold in Paris next month.

Shields reveals to the SASS Talk podcast how she came close to quitting more than once, while missing two seasons of competition through sickness and fatigue. She first fell ill after contracting a Covid-like virus in March 2022.

"I couldn't really study at all. I couldn't have dinner with people; it was too loud," the 24-year-old says. "I was so sick. I couldn't walk up the stairs to the offices at the track." And more crucially, she couldn't ride her bike.

But Shields refused to take the advice of a chronic fatigue specialist to change her expectations and re-evaluate what she wanted to get out of her life.

"I just got up and walked out, and I just cried on the street," she says. "But I was just not having a bar of it. I was like 'Let's figure it out'."

She continued to be plagued by illness (Covid, shingles and strep throat) and injury (jumping off a deck and putting a steel bar through her foot). The exhaustion that followed ruled her out of the 2022 Commonwealth Games and the 2023 track cycling world champs.

Last year, Shields went to Europe to train on the roads for three months – but the fatigue reared up again when she returned home. "That was one of the hardest times," she says. "I remember calling my parents and I was like, 'I'm done... this is stupid. I just want my life back'."

But after therapy and hospital treatment, Shields was finally able to get back into serious training and rode at the UCI Track Nations Cup in Hong Kong in March – despite having food poisoning. The Kiwi quartet won the women's team pursuit and qualified for the Paris Olympics – they are ranked No.2 in the world going into the Games.

Since being named to ride at her first Olympics and now in Europe for final training, Shields has had Covid again. But she says she's in a much better place, mentally and physically, to lead the team pursuit off the start-line in Paris.

In this episode of SASS Talk – the final in the Road to Paris season – we also talk to Tayla Ford, the first Kiwi woman chosen to wrestle at an Olympics, about her challenge of getting down to the right weight to compete in the freestyle 68kg class.

And artistic swimming duet, Eva Morris and Nina Brown, are also bound for Paris – 16 years after the Daniells sisters and 40 years after the Sadleir sisters (yes, they're the only Kiwi duo to compete at an Olympics who aren't siblings).

Morris was inspired to take up the sport after (reluctantly) doing a school project on the Daniells sisters at the Beijing Games. She talks about the legacy they hope to leave the sport.



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

- [SASS Talk: Olympic cyclist's hellish ride to Paris.pdf](#)
- [SASS.png 1.1MB PNG](#)

Was this Insight useful?



Similar Insights (127)

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

Save insight

Voice & Visibility

Change in Action Week - Digital Innovation FINALIST - Ella Ferguson

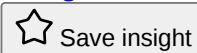
[Change in Action Week - Digital Innovation Winner - WomensSports](#)

Save insight

Voice & Visibility

Change in Action Week - Digital Innovation Winner - WomenzSports

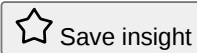
[Change in Action Week - Innovative Impact Winner - POWA First Steps](#)



Voice & Visibility

Change in Action Week - Innovative Impact Winner - POWA First Steps

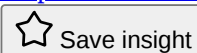
[CBT at Falk College: Empowering Women, Creating Inclusive Environments](#)



Voice & Visibility

CBT at Falk College: Empowering Women, Creating Inclusive Environments

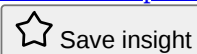
[Stephanie to take part in Women's Sport Leadership Academy](#)



Voice & Visibility

Stephanie to take part in Women's Sport Leadership Academy

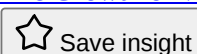
[Women in Sport 2024: Analysis of the Sport Value Chain - Media Broadcasting, Sponsorship and Deals Attendance](#)



Voice & Visibility

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

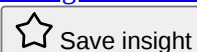
[The Growth of Women's Sports and Why It Matters for Youth Sport](#)



Voice & Visibility

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

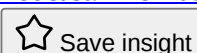
[Change in Action Week 2024 Winners](#)



Voice & Visibility

Change in Action Week 2024 Winners

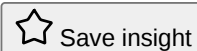
[Podcast: The Business case for woman's sport - Ep.#104 going for gold:](#)



Voice & Visibility

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

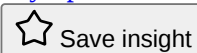
[Paris 2024: Athletes say work isn't over after Olympics reaches gender parity](#)



Voice & Visibility

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

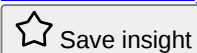
[Olympics 2024: Ranking every New Zealand athlete and their chances of a medal at the Games](#)



Voice & Visibility

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

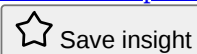
[The Women in Sport Podcast - General Election Special: Tackling Health Inequalities](#)



Voice & Visibility

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

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

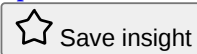


Voice & Visibility

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](#)

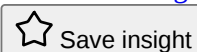


Voice & Visibility

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

By Emma Evans - Sport New Zealand

[WISPA's Change in Action Week 2024](#)

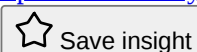


Voice & Visibility

WISPA's Change in Action Week 2024

By Merran Brockie-David - Women in Sport Aotearoa

[Sport Canterbury's Project Pink Dot](#)

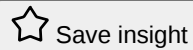


Voice & Visibility

Sport Canterbury's Project Pink Dot

By Rachel Harris - Sport Canterbury West Coast

[See it to be in it: Promoting women in sport](#)

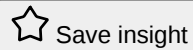


Voice & Visibility

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](#)

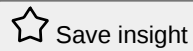


Voice & Visibility

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](#)

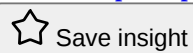


Voice & Visibility

WOMENZSPORTS presents Alice Soapbox: Mea Motu

By Dani Marshall - Womensports

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

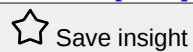


Voice & Visibility

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

By Dani Marshall - Womensports

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

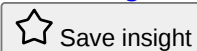


Voice & Visibility

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

By Dani Marshall - Womenssports

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

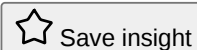


Voice & Visibility

Fundraising for Women's Sports in New Zealand

By Dani Marshall - Womenssports

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

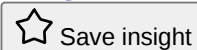


Voice & Visibility

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

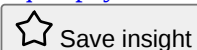
[2022 IWG: Phil Clark - Using Research and Advocacy to Improve the Gender Balance of Sports Coverage](#)



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](#)

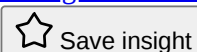


Voice & Visibility

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

By Merran Brockie-David - Women in Sport Aotearoa

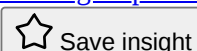
[Change Our Game State of Play Survey 2022-2023](#)



Voice & Visibility

Change Our Game State of Play Survey 2022-2023

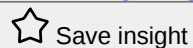
[Findings report – The Value of You Can Be What You Can See](#)



Voice & Visibility

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

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

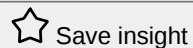


Voice & Visibility

Tātāwhāinga - Episode 7: The Role of Sports Media

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 6: Hosting Major Events](#)

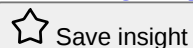


Voice & Visibility

Tātāwhāinga - Episode 6: Hosting Major Events

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 5: Athletes: Humans or Commodities Part 2](#)



Voice & Visibility

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

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 1: Welcome to Tātāwhāinga](#)

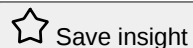


Voice & Visibility

Tātāwhāinga - Episode 1: Welcome to Tātāwhāinga

By Erin Roxburgh - Women in Sport Aotearoa

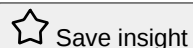
[Podcast: The Business Case For Woman's Sports - Ep.#103 What parity and surveymonkey's research revealed about what international consumers think about woman's sports](#)



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

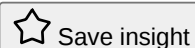
[We Hear Her Podcast: Nardi Leonard](#)



Voice & Visibility

We Hear Her Podcast: Nardi Leonard

[Relational Leadership, Visibility & Voice](#)

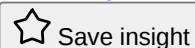


Voice & Visibility

Relational Leadership, Visibility & Voice

By Kirsten Spencer - Auckland University of Technology

[University of Otago Inclusive Language Guidelines](#)



Voice & Visibility

University of Otago Inclusive Language Guidelines

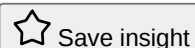
[SASS Talk Podcast - Sevens sensation giving dance another fling](#)



Voice & Visibility

SASS Talk Podcast - Sevens sensation giving dance another fling

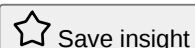
[How men can become better Allies to Women](#)



Voice & Visibility

How men can become better Allies to Women

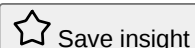
[How to be a male ally to women's sport](#)



Voice & Visibility

How to be a male ally to women's sport

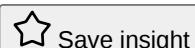
[The Halo of Value Creation Opportunities Around Women's Sports](#)



Voice & Visibility

The Halo of Value Creation Opportunities Around Women's Sports

[Future Talent: Yasmeen Kareem](#)



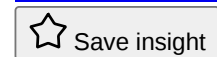
 Yasmeen Kareem

Voice & Visibility

Future Talent: Yasmeen Kareem

By Vincent Jones - Edged and Gone

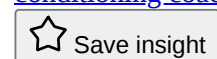
[IWG: Moonira Ramathula Moonira - Visibility and Voice](#)



Voice & Visibility

IWG: Moonira Ramathula Moonira - Visibility and Voice

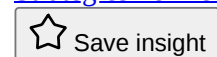
[IWG: Adele Pavlidis - What has sex and gender got to do with it? Exploring tensions and assumptions for elite strength and conditioning coaches](#)



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

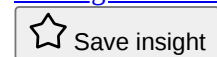
[Strategies To Elevate And Diversify Women's Sports Coverage: Insights From The Gist](#)



Voice & Visibility

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

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

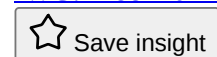


Voice & Visibility

Wellington and Graham sign with Brave for Super Smash

By Vincent Jones - Edged and Gone

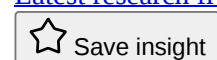
[IWG: Moonira Ramathula - Growing Professional Women's Rugby in Africa](#)



Voice & Visibility

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

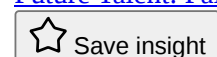
[Latest research from Women's Sport Trust delves into visibility and fandom of women's sport in 2023](#)



Voice & Visibility

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

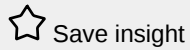
[Future Talent: Paige Loggenberg](#)



Future Talent: Paige Loggenberg

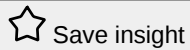
By Vincent Jones - Edged and Gone

[New Women's Sport Trust Partnership With The R&A Reveals Women's Sports Fans Feel Underserved Despite Record-Breaking Viewing Figures](#)



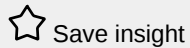
New Women's Sport Trust Partnership With The R&A Reveals Women's Sports Fans Feel Underserved Despite Record-Breaking Viewing Figures

[She's Got Game](#)



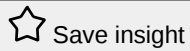
She's Got Game

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



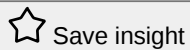
IWG: Troy Han - Celebrating Women In Sport

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



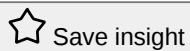
IWG: Gen Dohrmann - Reshaping the images we see of women's sport in Australia

[New Zealand Names Third Ever Artistic Swimming Duo For Olympic Games](#)




New Zealand Names Third Ever Artistic Swimming Duo For Olympic Games

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



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](#)

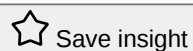
 Save insight

Voice & Visibility

2021 National Sport Club Survey - Female Friendly Environments

By Maddi Mclean - Sport New Zealand

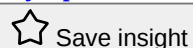
[Men as Allies: supporting women and girls in community sport](#)



Voice & Visibility

Men as Allies: supporting women and girls in community sport

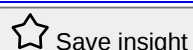
[Olympic wāhine winning streak makes powerful case for more funding for women's sport](#)



Voice & Visibility

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

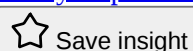
[Eliza wants more than a last tango in Paris](#)



Voice & Visibility

Eliza wants more than a last tango in Paris

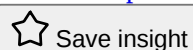
[Scotty's Spin: Where Is New Zealand's Investment In Women's Sport?](#)



Voice & Visibility

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

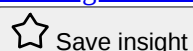
[Women's Sports Trust: Report into the positive impact of women's sport sponsorship on brands](#)



Voice & Visibility

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

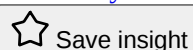
[In a league of her own: WISPA Foundation Member Toni Bruce wins major award](#)



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](#)



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

[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)

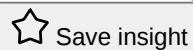
By Dani Marshall - Womensports

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

 Save insight

Voice & Visibility

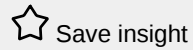
Lydia Ko within reach of golfing greats after staggering career earnings soar
[The Women in Sport Podcast - The Rugby League World Cup: A lasting legacy.](#)



Voice & Visibility

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

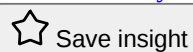
[Overcoming the obstacles: How New Zealand women have shone at the Olympic Games](#)



Voice & Visibility

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

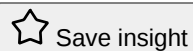
[Paris 2024 Olympics: A new era for women in sport](#)



Voice & Visibility

Paris 2024 Olympics: A new era for women in sport

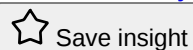
[What women want: A wishlist from Kiwi wāhine in sport](#)



Voice & Visibility

What women want: A wishlist from Kiwi wāhine in sport

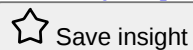
[Yeah, Nah: Is Lydia Ko New Zealand's greatest ever sportsperson?](#)



Voice & Visibility

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

[CJ's Story Inspiring Inclusion](#)

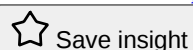


Voice & Visibility

CJ's Story Inspiring Inclusion

By Dantaye Simpson - Sport Manawatu

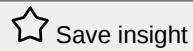
[2023 Women's Sporting Landscape](#)



Voice & Visibility

2023 Women's Sporting Landscape

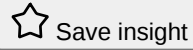
[Who deserves New Zealand's highest sporting honour?](#)



Voice & Visibility

Who deserves New Zealand's highest sporting honour?

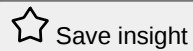
[Revealed: Portia's next career step](#)



Voice & Visibility

Revealed: Portia's next career step

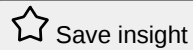
[Lydia Ko's Cinderella story](#)



Voice & Visibility

Lydia Ko's Cinderella story

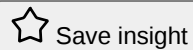
[Facts and figures: Women in sport](#)



Voice & Visibility

Facts and figures: Women in sport

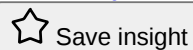
[All Blacks v England: Sex act joke about female physio 'harassment'](#)



Voice & Visibility

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

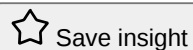
[IWG: Amy Marfell - The Power of Digital Media for Everyday Activism and Advocacy](#)



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](#)

 Save insight

Voice & Visibility

5 4 3 2 1 Paris: Jonelle Price


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

 Save insight

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 Taihi Basketball Aotearoa](#)

 Save insight

Voice & Visibility

Basketball: Player payments double for Taihi 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](#)

 Save insight

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](#)

 Save insight

Voice & Visibility

Video: Yarns with Commonwealth Games athlete Alethea Boon

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

 Save insight

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](#)

 Save insight

Voice & Visibility

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

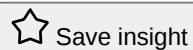
[IWG: Sally Rae - Level playing fields do not exist](#)

 Save insight

Voice & Visibility

IWG: Sally Rae - Level playing fields do not exist

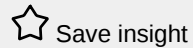
[NZ's Female Medal Prospects in Paris](#)



Voice & Visibility

NZ's Female Medal Prospects in Paris

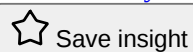
[IWG Jordan Matthews & Lucy Piggott - Is gender on the international agenda?](#)



Voice & Visibility

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

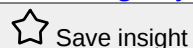
[Mother's Day: Professional athletes share the struggle of motherhood and their careers](#)



Voice & Visibility

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

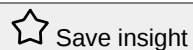
[Celebrating 30 years of IWG Women and Sport : IWG Webinar Series](#)



Voice & Visibility

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

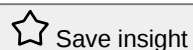
[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - The bounce-back of Squash Queen Joelle King](#)



Voice & Visibility

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

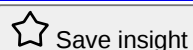
[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - Embracing boobs and babies](#)



Voice & Visibility

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

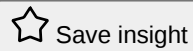
[The ROI of Women's Sports: A Blueprint for Value Investing](#)



Voice & Visibility

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

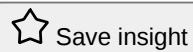
[Dalton's special connection to Southland lives on through foundation's gift](#)



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

A PERIOD THAT STARTS A CONVERSATION: FEMALE ATHLETES BREAK THE TABOO ON MENSTRUATION IN ELITE SPORT

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](#)
-  [Twitter](#)
-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

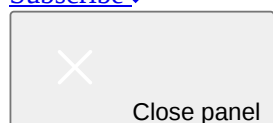
Subscribe to our newsletter

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

Name:

Email:

[Subscribe](#) >



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

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 >