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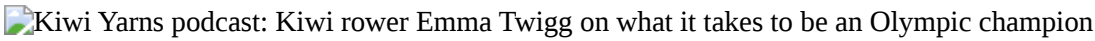
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Kiwi Yarns podcast: Kiwi rower Emma Twigg on what it takes to be an Olympic champion

Theme:
Leadership



Co-authored by Matt Slaughter, Stuff

This episode of Kiwi Yarns was first published in November 2021.

Kiwi Olympic rowing gold medallist, [Emma Twigg](#), is set to compete in her fifth Olympic Games in Paris.

In November 2021, just a few months after [winning gold at the Tokyo Olympics](#), Twigg spoke to award-winning journalist, Brodie Kane, on Stuff’s [Kiwi Yarns podcast](#).

She spoke about the heartbreak of [finishing fourth](#) in the women's single sculls final at the 2016 Olympic Games and immediately doubting whether she had another Olympic Games in her.

But, with the support of her family behind her, Twigg set her sights on bettering her Rio performance at the Covid-delayed Tokyo Games in 2021. Her dedication and sacrifice was rewarded when she [stood at the top of the podium](#) with a gold medal around her neck.

Twigg gave an inspirational insight into her journey to becoming an Olympic champion, emphasising the importance of persistence and self-belief.

“I think the message that I have for the kids is that if they have a dream and they believe they can achieve it, then if they work hard and consistently, there's no reason why you can't do it. It may not happen straight away but it's about being clear on your self-worth and what you believe you can do,” Twigg said.


During the 2021 interview, Twigg also discussed her potential goal of competing in the 2024 Paris Olympics. Now, the 37-year-old [is locked in](#) for another shot at Olympic glory, likely the last of her rowing career.


Catch Twigg in action at [The Paris Olympics](#) from July 26 to August 11.


[Kiwi Yarns](#) is a co-production between Stuff and Brodie Kane Media. There’s a new episode every Monday. Follow the show on [Apple](#), [Spotify](#) or wherever you get your podcasts for instant access to new episodes.

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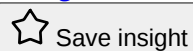
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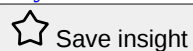
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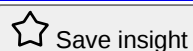
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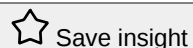


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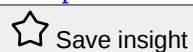


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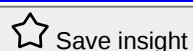


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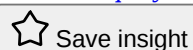


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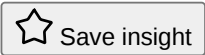
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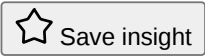


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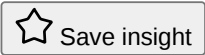


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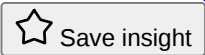


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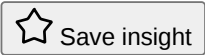
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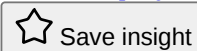
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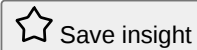
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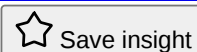
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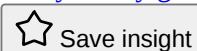
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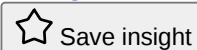
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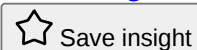
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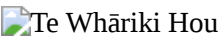
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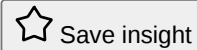


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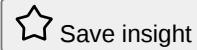
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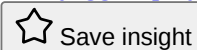
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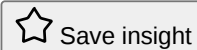
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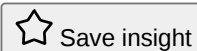
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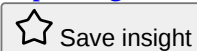


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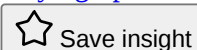
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