

 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](#) >

UC research examines role of hormones in female athletic performance

Theme:
Voice & Visibility

 UC research examines role of hormones in female athletic performance

Co-authored by Inside Government

A University of Canterbury (UC) research team is exploring how hormones affect elite female athletes' performance.

In collaboration with [Matatū](#) and [High Performance Sport NZ](#) (HPSNZ), UC doctoral student, Rebecca Attwell, is leading a study which aims to shed a critical light on an overlooked area of sports science – the impact of female sex hormones on athletic recovery and performance.

As part of the study, Matatū rugby union players will wear a WHOOP band to track physiological metrics including daily skin temperature readings and provide daily saliva samples to measure hormonal fluctuations.

The results will deliver a deeper understanding of how the menstrual cycle and hormonal contraceptives affect Matatū athletes training, recovery, and wellbeing.

Matatū General Manager Sarah Munro says the team is proud to be part of the research.

[Read the full article here.](#)



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**

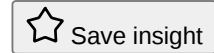
- [UC research examines role of hormones in female athletic performance.pdf](#)
- [Screen-Shot-2025-03-25-at-8.10.59-am-696x526.jpg 50KB JPG](#)

Was this Insight useful?



Similar Insights (173)

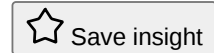
[Made For This Game](#)



Voice & Visibility

Made For This Game

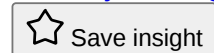
[Global Alliance for Female Athletes - resources and education](#)



Voice & Visibility

Global Alliance for Female Athletes - resources and education

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

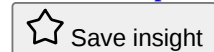


Voice & Visibility

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

By Suzanne McFadden - LockerRoom

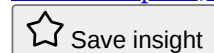
[Women in Sports Marketing Partnerships Across North America 2024-25](#)



Voice & Visibility

Women in Sports Marketing Partnerships Across North America 2024-25

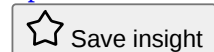
[Women's Sports, Media & Change with Olivia Cleal & Madeline Hislop | The New Rules podcast](#)



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](#)




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

Voice & Visibility

Dame Sophie Pascoe announces her Retirement from Competitive Swimming


[Women's Sports Trust Report: Visibility Uncovered - 2024 - the year in review](#)

 Save insight

Voice & Visibility

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

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


 Save insight

Voice & Visibility

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

Voice & Visibility

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

Voice & Visibility

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

Voice & Visibility

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

Voice & Visibility

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](#)

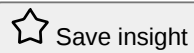
 Save insight

Voice & Visibility

Camille's Para taekwondo ambition

By Steve Landells - Paralympics New Zealand

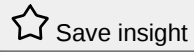
[Netball fans show the way](#)



Voice & Visibility

Netball fans show the way

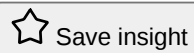
[MU report outlines ways to improve women's sport coverage](#)



Voice & Visibility

MU report outlines ways to improve women's sport coverage

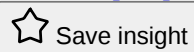
[2025 Women's Sport Calendar \(Worldwide\)](#)



Voice & Visibility

2025 Women's Sport Calendar (Worldwide)

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

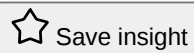


Voice & Visibility

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

By Steve Landells - Paralympics New Zealand

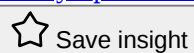
[New brand decision maker research from the Women's Sport Trust reveals women's sport sponsorship set for continued growth](#)



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](#)

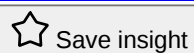


Voice & Visibility

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](#)



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

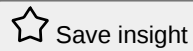
[Wollaston excited at future for kiwi female riders after world success](#)

 Save insight

Voice & Visibility

Wollaston excited at future for kiwi female riders after world success

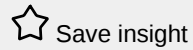
[Women's boxing pioneer Daniella Smith unveils journey to the top in new podcast](#)



Voice & Visibility

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

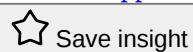
[Deloitte: The Future of Sport 2024: Seizing the Moment](#)



Voice & Visibility

Deloitte: The Future of Sport 2024: Seizing the Moment

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

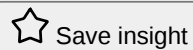


Voice & Visibility

WISPA Supporters Club - join now!

By Merran Brockie-David - Women in Sport Aotearoa

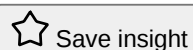
[Research Reveals Significant 'Fame Gap' in Women's Sport](#)



Voice & Visibility

Research Reveals Significant 'Fame Gap' in Women's Sport

[Media and Gender Study: 2023 Annual Report](#)

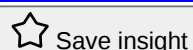


Voice & Visibility

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](#)

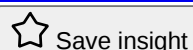


Voice & Visibility

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](#)

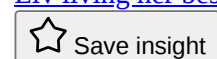


Voice & Visibility

Canadian Women & Sport Unveils New Fan Insight Reports

By Canadian Women & Sport - Canadian Women & Sport

[Liv living her best life in Barcelona](#)

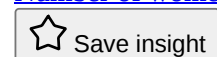


Voice & Visibility

Liv living her best life in Barcelona

By Suzanne McFadden - LockerRoom

[Number of women coaching in Olympic and Paralympic sport doubles since 2020](#)

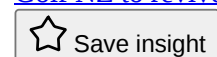


Voice & Visibility

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

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia

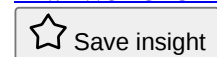
[Golf NZ to revive Women's Open on the back of Lydia Ko's success](#)



Voice & Visibility

Golf NZ to revive Women's Open on the back of Lydia Ko's success

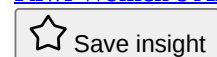
[Kiwi Women's America's Cup team sailing to win, but also for a future](#)



Voice & Visibility

Kiwi Women's America's Cup team sailing to win, but also for a future

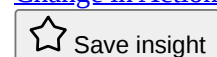
[Kiwi Women's America's Cup team sailing to win, but also for a future](#)



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](#)



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 - WomensSports


[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 Health Inequalities](#)

 Save insight

Voice & Visibility

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

 Save insight

Voice & Visibility

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


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

 Save insight

Voice & Visibility

WISPA's Change in Action Week 2024

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

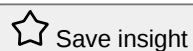
 Save insight

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](#)

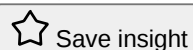


Voice & Visibility

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](#)

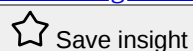


Voice & Visibility

Wine, Cheese, and Wāhine Initiatives - Nuku Ora

By Lily Joiner - Nuku Ora

[Ali Pottinger - The future of trail running for women in Australasia](#)

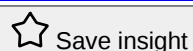


Voice & Visibility

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

By Ali Pottinger - Squadrun

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

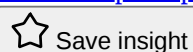


Voice & Visibility

WOMENZSPORTS presents Alice Soapbox: Mea Motu

By Dani Marshall - Womensports

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

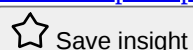


Voice & Visibility

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

By Dani Marshall - Womensports

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

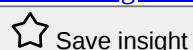


Voice & Visibility

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](#)

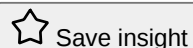


Voice & Visibility

Change in Action - 1 Year on from IWG Webinar

By Merran Brockie-David - Women in Sport Aotearoa

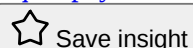
[2022 IWG: Phil Clark - Using Research and Advocacy to Improve the Gender Balance of Sports Coverage](#)



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](#)

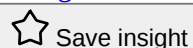


Voice & Visibility

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

By Merran Brockie-David - Women in Sport Aotearoa

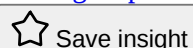
[Change Our Game State of Play Survey 2022-2023](#)



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](#)


 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


 Yasmeen Kareem

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

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](#)

 Save insight

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](#)


 Save insight

Voice & Visibility

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

[Future Talent: Paige Loggenberg](#)

 Save insight

 Voice & Visibility

Voice & Visibility

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](#)

 Save insight

Voice & Visibility

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](#)

 Save insight

Voice & Visibility

She's Got Game


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

 Save insight

Voice & Visibility

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

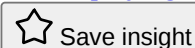
[Olympics 2024: Paris promised gender equality. Are TV commentators meeting that goal?](#)

 Save insight

Voice & Visibility

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

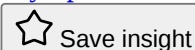
[A level playing field: the case for investing in women's sport](#)



Voice & Visibility

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

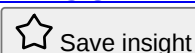
[Olympics 2024: Gold medallists Brooke Francis and Lucy Spoor on the challenges they faced](#)



Voice & Visibility

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

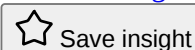
[PARIS OLYMPICS 2024 Paris Olympics: Kiwi diver Lizzie Roussel returns from baby hiatus to rekindle Olympic dream](#)



Voice & Visibility

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

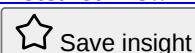
[Michele Kang Invests \\$50 Million to Boost Women's Sports](#)



Voice & Visibility

Michele Kang Invests \$50 Million to Boost Women's Sports

[Aotearoa New Zealand Gender Attitudes Survey 2023](#)

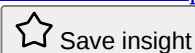


Voice & Visibility

Aotearoa New Zealand Gender Attitudes Survey 2023

By Maddi Mclean - Sport New Zealand

[2021 National Sport Club Survey - Female Friendly Environments](#)

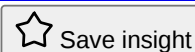


Voice & Visibility

2021 National Sport Club Survey - Female Friendly Environments

By Maddi Mclean - Sport New Zealand

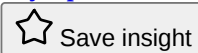
[Men as Allies: supporting women and girls in community sport](#)



Voice & Visibility

Men as Allies: supporting women and girls in community sport

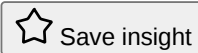
[Olympic wāhine winning streak makes powerful case for more funding for women's sport](#)



Voice & Visibility

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

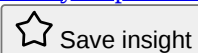
[Eliza wants more than a last tango in Paris](#)



Voice & Visibility

Eliza wants more than a last tango in Paris

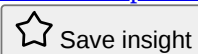
[Scotty's Spin: Where Is New Zealand's Investment In Women's Sport?](#)



Voice & Visibility

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

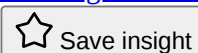
[Women's Sports Trust: Report into the positive impact of women's sport sponsorship on brands](#)



Voice & Visibility

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

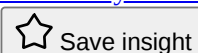
[In a league of her own: WISPA Foundation Member Toni Bruce wins major award](#)



Voice & Visibility

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

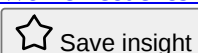
[Invisibility of female participants in midlife and beyond in sport and exercise science research: a call to action](#)



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](#)



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](#)

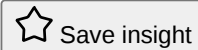
 Save insight

 Auckland HEARTS Capping

Auckland HEARTS recognised in Auckland Cricket's History

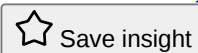
By Astrid van Uden - AucklandCricket.co.nz

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



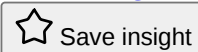
Lydia Ko within reach of golfing greats after staggering career earnings soar

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



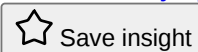
The Women in Sport Podcast - The Rugby League World Cup: A lasting legacy

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



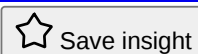
Overcoming the obstacles: How New Zealand women have shone at the Olympic Games

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



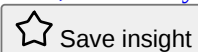
Paris 2024 Olympics: A new era for women in sport

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



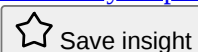
What women want: A wishlist from Kiwi wāhine in sport

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



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

[CJ's Story Inspiring Inclusion](#)

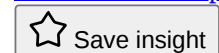


Voice & Visibility

CJ's Story Inspiring Inclusion

By Dantaye Simpson - Sport Manawatu

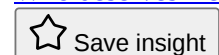
[2023 Women's Sporting Landscape](#)



Voice & Visibility

2023 Women's Sporting Landscape

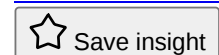
[Who deserves New Zealand's highest sporting honour?](#)



Voice & Visibility

Who deserves New Zealand's highest sporting honour?

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

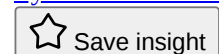


Voice & Visibility

Revealed: Portia's next career step

By Suzanne McFadden - LockerRoom

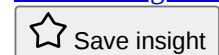
[Lydia Ko's Cinderella story](#)



Voice & Visibility

Lydia Ko's Cinderella story

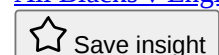
[Facts and figures: Women in sport](#)



Voice & Visibility

Facts and figures: Women in sport

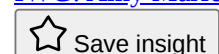
[All Blacks v England: Sex act joke about female physio 'harassment'](#)



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](#)

 Save insight

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?

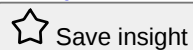
[Basketball: Player payments double for Taihi Basketball Aotearoa](#)

 Save insight

Voice & Visibility

Basketball: Player payments double for Tauhi Basketball Aotearoa

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



Voice & Visibility

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

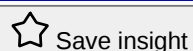
[FIFA Women's World Cup economic, social impact 'exceeded expectations' - report](#)



Voice & Visibility

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

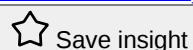
[The Conversation of Sport - Are Women Visible in Sports News Coverage?](#)



Voice & Visibility

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

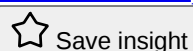
[The Women in Sport Podcast - Paris 2024 Olympic Preview: Tessa Sanderson](#)



Voice & Visibility

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

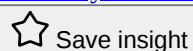
[The Women in Sport Podcast - Paris 2024 Olympic Preview: Joanna Rowsell](#)



Voice & Visibility

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

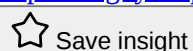
[Diversity and Inclusion Survey](#)



Voice & Visibility

Diversity and Inclusion Survey


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



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

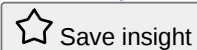
[The Rise of Women's Sports Isn't a Moment, It's a Movement | Analysis](#)

 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](#)



Voice & Visibility

IWG: Sally Rae - Level playing fields do not exist

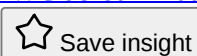
[NZ's Female Medal Prospects in Paris](#)



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?

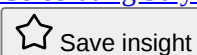
[Mother's Day: Professional athletes share the struggle of motherhood and their careers](#)



Voice & Visibility

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

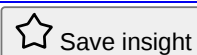
[Celebrating 30 years of IWG Women and Sport : IWG Webinar Series](#)



Voice & Visibility

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

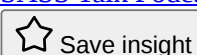
[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - The bounce-back of Squash Queen Joelle King](#)



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

 Save insight

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](#)

 Save insight

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](#)

 Save insight

Voice & Visibility

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

Our Partners

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