

COACHES KŌRERO

Supporting & Celebrating New Zealand's
Sport Performance Coaches

Kia ora,

Koutou ngā matanga nō te ao hākinakina, tēnā kotuou

Welcome to the August 2025 edition of **Coaches Kōrero**.

Coaches Kōrero was established to create a forum to connect, support and celebrate our Performance Coaching Community in New Zealand.

In this issue we profile Olympic Gold Medal winning cycling coach **Jon Andrews** and Football coach **Natalie Lawrence**.

Our Insurance Advisory partners **Penberthy** have provided an article on why medical insurance matters more than ever for coaches. As a coach you develop and lead athletes to perform at their best. When it comes to your own health are you walking the talk? Check out the article and learn more.

A strong and vibrant membership is key if we are to achieve our objectives.

We now have **74** members with 36 signing up for their second year – thanks for your commitment and support!

For our members, we are building a connected community via our WhatsApp Group, and the launch of a monthly webinar series, on **21st August at 7pm**. We will get insights from Black Sticks Men's Hockey Coaches – Greg Nicol & Shea Mcaleese.

If you are reading this and you are not yet a member, please [click here to complete the membership form](#).

If you would like more information about Te Korowai or support services you can contact Andrew Gaze us on generalmanager@te-korowai.org.nz or **021 443 523**

Ngā mihi,

Tom Willmott

Chair



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Te Korowai
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Jon Andrews

A now or never moment led Jon Andrews on the greatest ride of his career and following seven exhilarating days at the Saint-Quentin-en-Yvelines Velodrome in Paris he became New Zealand's most successful Olympic cycling coach.

As the Lead Sprint Coach of a small team of four women – daughter Ellesse Andrews, Rebecca Petch, Shaane Fulton and Paris reserve Olivia King – and sole male Sam Dakin, Andrews had little time to prepare for what was to become New Zealand's best-ever Olympic Games return on the cycling track, in 2024.

Spearheaded by the exceptional performances of daughter Ellesse, who bagged two gold medals in the keirin and sprint, and silver in the team sprint where she had fearless backing from Petch, who was the fastest first-lap rider of all nations in the team sprint and the massive engine of Fulton, the women were narrowly pipped for gold in the team event.

In all, the track cycling team bagged a record five medals in Paris, with an unexpected opportunity opening the door for Andrews.

Depending on his situation at the time, Andrews has spent his working life ducking between coaching and IT (Information Technology) worlds and after finishing his role with the Queensland Academy of Sport, where he coached Australia's development sprint group, in March 2023, thought his days as a coach were done.

“I was resigned once again that that would probably be the end of my coaching career,” he said.

“Then unexpectedly the (NZ) national sprint coach resigned about a year before the Paris Olympics, so that job became available and I was really keen to put my hand up for that.

“So, I did, was successful and you could say the rest is history. That was a really successful time for the team and for myself with coaching. It was really a culmination of everything that I had done in my coaching career, especially putting into practise a lot of the things I had been doing in Queensland. I took a lot of that work into the New Zealand team and we did really well with that work.”

A former double Commonwealth Games sprint cycling medallist and Olympian, Andrews won bronze medals in the individual sprint and 1000m time trial at the Auckland Games in 1990 and competed at the 1992 Barcelona Olympics.

As with many young cyclists, Andrews worked in a bike shop and was drawn to coaching at an early age.

“I used to talk to a lot of people in the shop and was involved a lot in the local racing scene,” he said. “There wasn't a lot of coaches in New Zealand that were really familiar with sprint cycling performance. And there was a need with some keen and talented young kids in Canterbury, so with the need there, I slowly stepped into advising athletes and then coaching.”

He moved into local regional coaching straight after retiring as a competitor. His own success had come on the back of looking at things through a slightly different lens in terms



of research into the science of the time and training habits. And Andrews wanted other athletes to benefit from what he had learnt.

From 1994 – 97, Andrews coached around the Canterbury region before quickly moving up the chain and taking on the role as assistant coach for the national sprint team where he stayed until 1999 in the lead-up to the Sydney Olympics.

Things changed with the birth of daughter, Ellesse.

“Back in those days it was very amateur in the way that we were operating and I was coaching virtually as a part-time, almost a volunteer, basically,” Andrews said.

“I was studying an IT degree and with the arrival of Ellesse, studying, earning a decent income and paying the mortgage was more important and I actually stepped away from coaching for 14 years.

“I had quite a break from it and was thoroughly into my IT at the time, finishing my degree and then working.”

It wasn't until Ellesse started riding (at age 12 – 14), then started racing that Andrews “could see a bit of potential there,” and got involved in coaching again very quickly.

“She was loving her sport, doing well and I had a lot of new ideas based on what I had done previously, embracing technology a little bit more and my ability to put a little bit more of a scientific lens on it than I had in the past and it was successful,” he said.

From 2016 – 19, he was head of the national under-19 programmes and regional performance hub for Waikato and Bay of Plenty, based in Cambridge and happily left IT behind.

“After that, I needed to step away from Cambridge a little bit. It was a difficult time in the sport and my wife Angela and daughter Zoe weren't loving Cambridge, so we went back to Christchurch,” Andrews said.



“At that stage I was happy to go back into IT. It’s been a really great career for me because I’ve been able to have some sort of reliable, steady income through that work if it was needed. And if a coaching opportunity came along, then I had the flexibility most of the time to just do that.”

That lasted a year before he was tapped on the shoulder for a position in Australia and coaching the development sprint group for the Queensland Academy of Sport (QAS).

“I deliberated over that, I was really keen to be involved, was missing the sport and I thought if I ever wanted to be involved with a New Zealand national team again I really needed to be working in the sport somewhere, practising my craft and not sitting behind a desk solving computer problems,” Andrews said.

“So, for two season (18 months) I went to Brisbane and coached the team there and was really successful. That was a super time because part of that period was during Covid, so for the first four months of my work I was stuck in New Zealand because the borders were closed in both countries and I couldn’t travel.

“But it gave me some really good thinking time where I could sit down and think about what I had done in the past, what had worked and how I’d like to proceed and progress that work into a next phase. And came up with some ideas.”

Given a free rein at QAS, Andrews adopted a lot of their structure but also implemented ideas of his own which he thought would be successful, and they were.

He won a world championship with the boy’s national under-19 sprint team in the teams’ event, the girls being second in the team event and one of the boys second in the individual match sprint event.

He had been in the job for about 18 months but Angela and I decided that a family move to Brisbane wasn’t what we wanted to do long-term, so Andrews returned to New Zealand “and I once again headed back into my IT work.”

With immaculate timing, that coincided with the national sprint role becoming vacant and once successful, he had just a few short months to overhaul the sprint team’s programme in the lead-up to the Paris Olympics.

“Previously, I had been watching from the outside and with Ellesse being my daughter, I’d get some insights into what they were doing,” Andrews said. “That was interesting to me because I could see some things that the team were doing that I didn’t agree with and didn’t think were particularly beneficial for performance.

“Fortunately, the team’s level of preparation physically was really, really good but there were a number of things I thought they could improve on. So, I had a pretty short runway with that.

“I didn’t change anything initially because I needed time to settle in, also to work with the riders, determine what they thought they needed to do and where they thought the programme was deficient.

“So, it was building a new culture and trust with the athletes. There was a lot to do in a really short amount of time. But I knew all the athletes and had coached all but one of them before, in their junior years and that definitely helped because they had some trust in me and we’d had some success in the past.

“By April ’24, all of the sprint group had qualified for Paris. The women had been fifth at the world champs the year before (2023). They were ranked fifth in the world for team sprint but they had potential to do more.”

With a few disasters around injuries, it was all hands to the pump in getting the athletes into the best possible shape during the build-up.

“They gradually progressed with some super work from our physio team so by the time we left New Zealand to go to our pre-Olympic camp in Switzerland, the girls were already sitting right on the current world record for that time, already performing really well in training,” Andrews said.

“When we were in that camp we had a trial and the women’s team broke the world record in training. So, that was a great indication that things were continuing to improve, that the girls were still well on the up and we still had more gas in the tank.

“So, we arrived in Paris really confident about what we could do. The initial training days on the track were really good and the only problems we encountered we managed to solve quickly.”

The omens couldn’t have been any better when the women’s sprint team opened their campaign with a silver medal-winning performance.

“Nobody had really expected the girls to perform to that level so it was just a fantastic kind of feeling,” Andrews said.

“They rode super well in the final but they couldn’t quite put another ride together in the same way. We probably didn’t quite have the training depth that we needed to deliver another ride. But a silver medal at the Olympics was beyond our expectations, and was awesome, kind of dream material stuff.”

Every day just got better for the coach as firstly, Ellesse powered to the victory in the keirin final a day later, followed by a similar showing in the women’s sprint where Ellesse reached hallowed turf to become a double Olympic gold medallist.

“It was kind of weird though because every day – the competition was seven days long for us – and we pretty much had competition every day, so I just had to stay stable because every day we’d have another job to do the next day, and the next day and the next day,” Andrews said.

“We allowed ourselves to enjoy the moment but we needed to keep a bit of a lid on things until the very end.

“Ellesse’s sprint final was one of the very last events of the Games, so we had to hold ourselves together right until the last moment. By then it was an exhausted relief and just a little bit of a stunned feeling with what we had achieved.”

With time to reflect and dissect, there’s no doubting the Paris Olympics sit front and centre of Andrews’ extensive coaching resume but he also credits the bigger team as integral to the unprecedented success of the campaign.

“To be able to perform and lead the team, it’s leading the athletes, but it’s also leading all the staff that helped put the performances together,” he said. “The coach is the leader, not the main person, but just the person who pulls everyone together and helps create the vision and makes sure the work is done to bring it all to life.

“So, to do that successfully was just a coach’s dream.”

Andrews credits his own coach as a young cyclist, the late Wayne Thorpe, and former All Blacks and Black Ferns coach Wayne Smith as influential figures in helping shape his own coaching philosophies.

“Wayne Thorpe was a really interesting coach because everything he did was from observation, common sense, good human values and working with people. Nothing was

based on science. He was great and really cared. He was super influential,” Andrews said.

“But there’s also guys like Wayne Smith who I’ve listened to a number of times, talking about culture, creating teams and creating really good environments for people to thrive in. I’ve taken a lot of that on board.....it’s a very important part of the environment I like to create.

“I always say I’m not a sports scientist, I’m not a strength and conditioning coach, I’m not a physio, I’m a guy that raced, I’ve got some good observations about the skill of cycling and working with people, and that’s what I really love.

“But I really need a good team around me of professionals that are sports scientists, strength and conditioning experts and physios to bring everything to life.”

Thinking his career was over not so long ago, Andrews is now firmly ensconced in Cycling New Zealand’s Lead Sprint Coach seat believing his team can only get better and is focussed on leading them through to the 2028 Los Angeles Olympic Games.



Natalie Lawrence

Like many sports fans, Natalie Lawrence has ‘the moment’ – a play which drew her in to football, capturing her imagination, then her heart, setting her on a path which would take her around the world.

Paul “Gazza” Gascoigne, EURO ‘96 versus Scotland.

“It was an incredible goal, with an iconic celebration, and I spent hours in the garden trying to recreate it,” she recalls, smiling. Sensing a growing passion, Lawrence’s uncle took her along to Aston Villa games, and her mother helped create a team to give girls more opportunities to play. As she grew older, she would help coach younger players, but she knew a playing career wasn’t a viable option for her. “I always knew I wasn’t going to be a top-level player,” she says. “I had thought I’d go down the teaching path. I also loved travel, so maybe working with kids in some sort of holiday club in Europe.” When she had the opportunity to work at an American soccer camp for two years, it was a perfect combination of two passions. Running basic skills for 5-8 year olds was supplemented by coaching older ‘travel’ teams, and her first taste of being paid to coach football.

Football being her ticket around the world is a recurring theme of Lawrence’s career. How does a coach from the Midlands of England end up part of New Zealand’s first-ever professional women’s team, and on the coaching staff for the Football Ferns at the Olympics? It involves a group of friends travelling from England to Australia without taking a plane (a story worthy of its own profile, perhaps), and a final landing point of Wellington in 2011. Her time spent working for England’s Football Association’s Centre of Excellence, gaining coaching badges and working with top regional women and girls players was a great point of leverage in finding a role in the Kiwi capital, starting in club coach development. “I managed to meet some amazing people really early on in my time in Wellington, and they

helped me get a lot of great opportunities. I was still playing for Wellington United, and was able to take up different opportunities, like coaching in National Talent Centres, working with the best kids across different regions.” These took her around the country, exposing her to different players and coaches, adding to her own coaching toolkit along the way.

An opportunity to move to Canada with the Vancouver Whitecaps presented itself, and with it, the chance to see a different part of the world. Here she was able to experience running regional excellence programmes overing performance development initiatives, working with top level players and coaches, as well as younger players emerging into the sport.

Lawrence returned to New Zealand and experienced even further advancement, including the chance to be part of New Zealand’s first professional women’s team, Wellington Phoenix. The team came to life in the COVID era, meaning their first season was spent based in Wollongong, Australia. Lawrence was Assistant Coach in the 2021-2022 season, moving into the Head Coach role the following season. It was an exciting opportunity, but a big step up for many. “The first year, we played a pre-season friendly against the reigning champions of the Women’s A League. After the first 30 minutes, we had players feeling like they’d played much longer, because the standard was so much higher. It was a moment for us all to realise this was a different level now.”

Being based overseas with no home comforts or support is a tough start for any fledgling team, but it did make for a very special moment the following season – the first professional women’s football game in New Zealand. “I will never forget that,” Lawrence says. “I think we had 5,500 people there, with the players’ families able to watch them in-person for the first time, and I had my mates there. They were all so massively proud to see us out on that field at Sky Stadium, it was so amazing.” Despite the team finishing bottom of the table in both years she was involved, and being under heavy roster restrictions for the first two seasons, Lawrence now reflects on that period as about more than just on-field results. “I strip it back to the purpose. There are players who are now three or four years into their professional career, some are still there doing really well, some have had opportunities overseas based on that exposure. We have the missing piece of the puzzle now, young Kiwi players don’t have to go overseas at 18 years old to get professional experience. Those two seasons were as tough and frustrating as they were amazing and enjoyable, the journey we went on. It’s something that I’m really proud of, being part of a game-changing experience for women’s sport in New Zealand.”

It wasn’t to be the only game-changing moment Lawrence would be a part of. It was also the era of New Zealand hosting three women’s World Cups, with cricket, rugby and football all enjoying a wave of momentum for women’s sport in this country. The Football Ferns’ incredible 1-0 win over Norway at Eden Park was played in front of a crowd of 42,137 – the biggest crowd for any football match in New Zealand. The noise when Hannah Wilkinson scored the game’s only goal is a lasting memory for anyone who was there. “I don’t think I’ll experience anything like that in my career again,” Lawrence says, having worked on opposition analysis for



Credit: Photosport



the campaign. “The pure joy was overwhelming, I ran onto Eden Park and did a knee slide! It was one of those moments where you stop and think ‘I was really part of that.’”

An alumna of High Performance Sport New Zealand’s Te Hāpaitanga female coach development programme, Lawrence’s involvement with the national side was fluid, coming in and out as campaign needs shifted. “There’s pros and cons to that and one advantage was my freshness,” she says. The coaching environment around the team had been through its share of upheaval and scrutiny in previous years, but Lawrence’s ‘as needed’ involvement meant she was distanced from that. “In a way, I had the benefit of ‘ignorance is bliss’, so I was able to bring what I felt the environment needed. One of my strengths as a coach is emotional intelligence, so I could read the room and be what people needed me to be, which is why I generally really enjoy being an assistant coach.”

One of the challenges for New Zealand’s representative sides is that the elite playing base is spread right across the world, with only minimal windows in the calendar to come together. “You’re bringing in people from completely different environments, playing different styles of football,” Lawrence says. “Some of them play with players who are better than ours, under coaches who may be better than us on paper. You don’t have a lot of time with the group to align all of that.” The special sauce, she feels, is tapping into the unique ‘Kiwiness’ of the environment. “There are a lot of intangible performance-enhancing factors that New Zealand has over other countries I’ve been involved with,” she says. “Stripping it right back to our purpose, what we’re trying to achieve and building a story that the players can relate to, that’s something that brings everyone back to ‘this is why we’re here, this is what it means to represent New Zealand’.”

There are many more stamps in Lawrence’s footballing passport – she was the first female to coach the Team Wellington youth men’s team in the National League; she

took the Under 20 national women’s team to their World Cup in Costa Rica; and the incredible experience of being with the Football Ferns at the 2024 Paris Olympics. “That was so special,” she reflects, “going from a World Cup into an Olympics. I never thought I’d be at that level, especially for New Zealand. It was another one of those moments where, yeah, of course you want the results, but you also take the time to reflect on the scale of the moment, and how we were able to build a really great story on what it meant for this team of Kiwis to be there.”

Across all of these varied positions, working as an assistant and head coach, with different ages and skill abilities, different resources, and different genders, she’s stayed true to her coaching philosophy and values. “I know what my non-negotiables are – authenticity, loyalty, integrity, having fun and showing empathy,” she says, reflecting that Te Hāpaitanga was the genesis for their development. “To me, that underpins everything. In America, the competitive nature is at another level, but in New Zealand, the coach-athlete relationship is incredibly important. I’ve been able to take different pieces from each country and role to help me gain more clarity on what I will and won’t compromise on as a coach.”

One feature of Lawrence’s career has been a link to player development and pathways. Working with professional, age group and emerging players has given her an enjoyable variety. “Priorities are different depending on the situation,” she says. “Performance is obviously really important at the elite level, whereas for the younger players, the overall result may not be as important as working on their fitness across 90 minutes, for example. But like anything, it’s a scale. At the development end, everyone still wants results, and at the elite end, you can’t stop developing the player just because they’re a professional. It comes down to the priorities and purpose over your programme, and a good understanding of the players.” Through completing her Masters in Advanced Performance Football Coaching, she

she has developed a strong interest in the psychological aspects of performance sport and how that can manifest in playing environments. “Helping young players transition into a higher level of football is an area that’s not necessarily always done well,” she shares. “One of the reasons I wanted to stay in professional football is to better understand what players need to get there, because I never got there myself, so I have to think differently about it. If we can help players better transition from youth into senior football, it will have a better outcome for players and coaches.”

The transient life of a football coach has struck again. A role with Lewes FC called Lawrence back to England, where she was based in the lead up to last year’s Olympics. She has recently just accepted a role in Wales which will see her as Head Coach of the Under 17s national side, an assistant with the U19s, as well as opposition analysis for the Euros – another major tournament for her impressive CV.

The travel and pinnacle events have been highlights, for sure. But it’s still the same thing that drives Lawrence, no matter the team or colour of the jersey. “In my opinion, football is the best sport in the world. There can be a lot of politics, it has some flaws, but when you strip it all back, I got into this sport because Gazza scored a goal against Scotland, and I got to watch Aston Villa play. That pure love has got me to a place where I get to work with high performing people at the highest level.”



Credit: Photosport

COACHES KŌRERO QUICKFIRE

Why did you get into coaching, and why did you stay in it?

Just the love of the game, I love football. And I get to travel around the world being involved in football.

Who inspires you as a coach and why?

Too many to mention. I have incredible mentors all over the world. When you see a player you’ve worked with achieve a big goal, like getting their first international cap, or they give you their shirt or something similar. That really inspires you.

What has been your biggest lesson in coaching?

Be where your feet are.

What’s been your biggest challenge?

Not comparing my journey to anyone else’s, and finding balance between ambition and burn out.

How do you want to be remembered as a coach?

That I cared for my players and put them first.



Why are we offering it?

Recognizing the demanding nature of high-performance coaching, we want to prioritise your wellbeing. We understand the impact it can take and the importance of seeking confidential and independent support.

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- Need ongoing support? We’ll seamlessly connect you with the right expert after your initial two sessions (Self-funded).
- Dealing with a clinical challenge? We’ll guide you to suitable resources for continued care after the initial session (Self-funded).



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Time to Back Yourself:

Why Medical Insurance Matters More Than Ever for Coaches



You coach others to perform at their best. But when it comes to your own health, are you walking the talk?

As Te Korowai's insurance partner, we're here to support your performance — by helping protect what matters most: your health, your income, and your whānau.

Let's Talk about the Public Health System

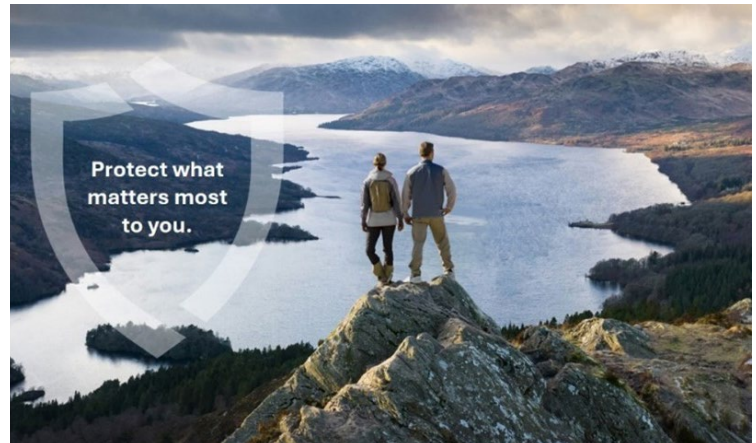
Data shows it's taking longer to access medical care in New Zealand. No surprises there. The media is frequently covering news items on the growing pressure on our public health system.

The fact of the matter is that a delay in accessing medical care when you need it can significantly impact your health outcomes, quality of life, and ability to keep doing the work you love.

As coaches, mentors, and leaders in your own fields, you know the value of showing up consistently — both mentally and physically — for the people you support. But too often, we see people delay treatment because they feel they don't have options, or they can't afford the upfront cost. Medical insurance helps remove that barrier and puts you back in control.

Did you realise how critical access to healthcare is getting?

- A recent RNZ-Reid Research poll found that one in three New Zealanders are waiting more than two weeks for a GP appointment
- Over 74,000 patients were waiting more than 4 months for their first specialist assessment as at February 2025, a significant increase in just a couple of years
- The number of patients waiting longer than 4 months for treatment has also increased in the last 2 years alone
- Well over a third of the adult population has an unmet need for health care, due to long waits, cost or distance to travel.



Surprisingly, only about 30% of New Zealanders have medical insurance. With New Zealand's publicly funded healthcare system in place, some individuals might feel that additional medical insurance is unnecessary. Not so.

One question to consider is - if you became ill and had to take time off work, how long could you afford?

The public system does take care of acute medical needs, but there are limitations.

Non-acute or diagnostic requirements often lead to waiting lists, leaving individuals in discomfort and uncertainty. Additionally, a significant number of people in need of elective surgery, don't qualify for public treatment.

Only the highest risk patients with the greatest acuity meet this barrier, resulting in many declined referrals. This leads to follow-up testing and the job of symptom management falls back on our stretched primary care providers.

You don't have to look far to see the reasons why. Public hospitals are under immense strain due to the chronic hospital specialist workforce shortages. Waiting lists for essential surgeries and specialist appointments are growing. Staff shortages are stretching frontline workers to breaking point.

Like other countries, our ageing population, increasing chronic disease prevalence and resulting growth in demand for acute care, are placing increasing pressure on our health system.

Why Medical Insurance matters now more than ever

Medical insurance gives you the freedom to bypass the public queues and get fast access to private healthcare.

Whether it's diagnostic scans, consultations with specialists, or elective surgeries, the ability to move quickly can make a critical difference in recovery and treatment. This isn't just about peace of mind — it's about preserving your health, your income, and your independence.

Taking out medical insurance provides two significant benefits - financial security and protection of your overall well-being. By securing robust medical insurance, you alleviate stress and uncertainty, which positively impacts your mental and emotional health.

The Cancer Conversation We Can't Avoid

We can't talk medical Insurance without having the conversation no one really wants to have. But we need to have it as we are seeing more and more New Zealanders needing access to cancer treatments that aren't publicly funded.

Many modern cancer drugs — often highly effective and life-extending — fall outside what PHARMAC will cover. The cost of these treatments can run into tens or even hundreds of thousands of dollars.

Having options, when you and your whānau need them most is so important.

The right medical insurance policy will cover you should you need non-Pharmac funded cancer treatments. Without that cover, too many families are forced to either go without or fundraise desperately to get access. Medical insurance is what can make the difference between choices — and no choices.

Protecting Your Whānau Too

This isn't just about you. Many of our clients choose to extend cover to their families, ensuring their partners and children also get the benefit of private treatment options when they need them most.

With family health often being a major source of stress, medical insurance helps relieve some of that emotional and financial burden.

It's worth asking yourself this:

1. **Could I continue to perform at a high level under the stress of long wait times or limited care options?**
2. **Am I relying too heavily on 'being healthy' as my only plan?**



 JOHN PENBERTHY - DIRECTOR

3. **Have I considered how illness in my whānau could impact my own availability, energy, and earning power?**
4. **How would it feel to be told the treatment I need isn't publicly funded — and costs \$60,000+?**
5. **What would it cost me — physically, emotionally, and financially — to delay care by weeks or months?**

Let's Have A Conversation

As part of our relationship with Te Korowai, we're here to provide personal, obligation-free advice to all members. Whether you already have cover and want a review, or you're just starting to consider it, we'll help you understand your options and tailor something that works for you and your situation.

You've spent your life investing in others — now it's time to invest in your own health and future.

*This article has been provided by Penberthy. Our partnership provides our members a **free one-hour consultation with Director John Penberthy** to discuss any insurance or mortgage-related matters. John offers expert guidance on business and personal insurance and will refer you to our in-house mortgage specialists where appropriate, ensuring you receive tailored, knowledgeable support from the right people.*

For a friendly chat and some expert advice contact John Penberthy today. John has a passion for providing simple, expert advice that is tailored to your specific needs. To better support Te Korowai members, you are invited to contact John for a no obligation, free of charge discussion.

021 404 567 | 09 924 1709 | john@penberthy.co.nz

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In your business and personal life, there's a lot to think about.

Are your medical insurance policies up to par? Is now a good time to refix your business or home mortgage? Have you reviewed your Income Protection Policy lately? Are your insurance policies as robust as they could be? Is your KiwiSaver optimised?

Director John Penberthy has a passion for providing simple, expert advice that is tailored to your specific expertise to better support Te Korowai members free of charge (one 1-hour session per member).

For a friendly chat and some expert advice contact John:

john@penberthy.co.nz
021 404 567 | 09 924 1709



The Month that Was – July 2025

EQUESTRIAN EVENTING – CHIO AACHEN. AACHEN, GERMANY.

- Jock Paget coached the Eventing Team to 1st.

JUDO – IJF EUROPEAN OPEN. TALLIN, ESTONIA.

- Luke Preston coached Sydnee Andrews to 1st.

GYMNASTICS – COIMBRA TRAMPOLINE WORLD CUP. COIMBRA, PORTUGAL.

- Alexandr Nilov coached Dylan Schmidt to 2nd in the Men's Individual Finals.

ATHLETICS – DIAMOND LEAGUE. EUGENE, USA.

- Mike Jacobs coached Anna Grimaldi to 3rd in the Women's 100m Mixed Class.
- Michael Schofield coached Maddison-Lee Wesche to 4th in the Women's Shot Put.
- Craig Kirkwood coached Samuel Tanner to 6th in the Men's 1 mile.
- Nick Cowan coached Mitchell Joynt to 7th in the Men's 200m T62/T64.
- Hayden Hall coached Tom Walsh to 8th in the Men's Shot Put.

CYCLING – UCI MOUNTAIN BIKE WORLD SERIES. PAL ARINSAL, ANDORRA.

- Sam Thompson coached Sammie Maxwell to 1st.

SOFTBALL – WBSC SOFTBALL WORLD CUP. PRINCE ALBERT, CANADA.

- Thomas Makea coached the Men's Black Sox to Silver at the World Cup.

ATHLETICS – WORLD ATHLETICS DIAMOND LEAGUE. MONACO.

- James Mortimer coached Zoe Hobbs to 3rd in the 100m.
- James Sandilands coached Hamish Kerr to 6th in the High Jump.

ATHLETICS – GULDENSPORENMEETING. KORTJIK, BELGIUM.

- Mike Beable coached Shay Veitch to 1st in the Long Jump.

ATHLETICS – MEETING INTERNACIONAL CIUTAT DE BARCELONA. BARCELONA, SPAIN.

- Evan Cooper coached James Preston to 10th in the 800m.

TRIATHLON – WORLD TRIATHLON MIXED RELAY CHAMPIONSHIPS. HAMBURG, GERMANY.

- Stephen Sheldrake coached the Mixed Team Relay to 9th.

ATHLETICS – WORLD ATHLETICS DIAMOND LEAGUE. LONDON, U.K.

- Scott Simpson coached Olivia McTaggart to 1st in the Pole Vault.

ATHLETICS – SPITZEN LEICHTATHLETIK. LUZERN, SWITZERLAND.

- Scott Simpson coached Olivia McTaggart to 2nd Pole Vault.

ATHLETICS – MADRID MEETING. MADRID, SPAIN.

- Wikus Olivier coached Ethan Olivier to 6th in the Triple Jump.

ATHLETICS – KREISSPARKASSEN CUP. BIBERACH, GERMANY

- Hayden Hall coached Nick Palmer to 1st in the Shot Put.

ROWING – WORLD U23 ROWING CHAMPIONSHIPS. POZNAN, POLAND

- Mark Stallard coached the Women's Coxless Four (Meg Flanagan, Madeleine Parker, Zola Kemp, Nicole Campbell) to Bronze.
- Calvin Ferguson coached the Men's Eight (Fred Vavasour, Henry Kirk, Ben Shortt, Harry Fitzpatrick, Cody Johnson, Matthew Waddell, Nicholas Bryan, Edward Lopas, Oliver Duncan) to Silver.

