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

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

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It might be one of the most significant advancements ever made in women’s sport.

An initiative five-time Olympian Luuka Jones is calling a “gamechanger” – something she wishes had been available to help her early in her canoe slalom career, to better understand her body.

New Zealand is one of four leading nations in female athlete health who have formed a new alliance, bringing together experts to collaborate and share free, easy-to-understand information with athletes around the world.

The goal is to help athletes address the prevalent health issues facing sportswomen – like RED-S and endometriosis – and to ultimately enhance their performance.

Announced on the eve of International Women’s Day, the partnership – named Global Alliance for Female Athletes (or GAFA) – involves sports scientists, researchers and health experts in Australia, the United States, the United Kingdom and New Zealand. [An online hub](#) centralising their research, education and resources on women’s health is now live.


Kiwi athletes like Jones are applauding the breakthrough, which will see more world-leading evidence and information available in areas like periods, pregnancy, contraception, pelvic and bone health, body image and nutrition.


“It’s a gamechanger for women’s sport,” says the recently retired Jones, now women and girls lead for Sport Bay of Plenty. “Certainly, as a young female coming into my sport, I knew nothing about my body.


“This is something that’s so needed, that we’re still rushing to try and catch up on.

“But having access to this information will hopefully create better experiences for females in sport, so they can learn more about their bodies, and how to stay healthy when you’re pushing yourself to the limits to train and perform.”

[Read the full story here.](#)


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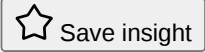
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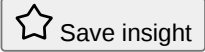


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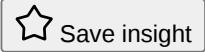


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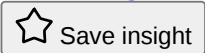


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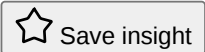


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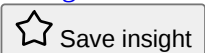


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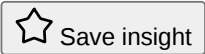
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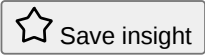
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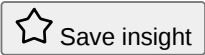
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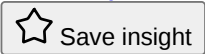
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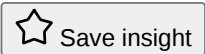
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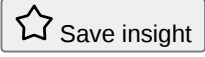
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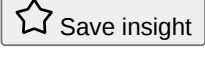


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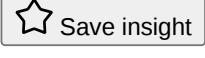
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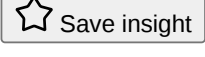
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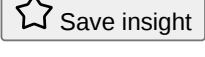
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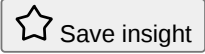
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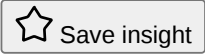
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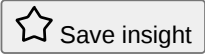
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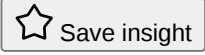
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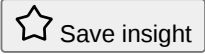
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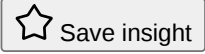
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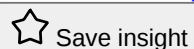
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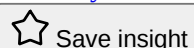
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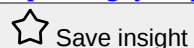
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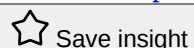
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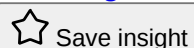
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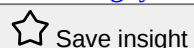
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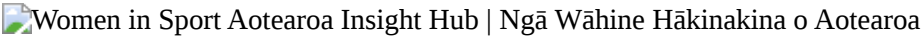
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