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- From our valued partners.



Exceptional young leaders making a global impact and strengthening communities.

This issue celebrates the remarkable achievements of our Grantees, who are not only excelling in their fields, but also contributing to their communities. These young leaders are setting new standards of excellence and giving back in meaningful ways.

Thanks to the unwavering support of our Founders, Sponsors, Supporters, Families, and Volunteers, we continue to help these incredible individuals reach international prominence while lifting up their communities. The Inspire Foundation's mission is to recognise and support young people in Canterbury & Marlborough in achieving their goals on the world stage, while nurturing leadership skills that benefit others. With over 500 Grantees across fields like music, academia, community service, sport, science and the arts, our network of future leaders continues to grow.

We're also thrilled to announce our new website launch, made possible by Ideation and Custom D. A key feature is the Health and Wellbeing section, designed to support

Grantees, their coaches, parents, and caregivers.

Additionally, we welcome Charlotte Price, a PhD student from Canterbury University, who is developing programmes and clinics to better prepare our Grantees for their challenges. She works closely with Jake Bailey, our Director of Grantee & Community Support, who is doing a fantastic job supporting Grantees globally.

Finally I'd like to thank our Organisational team who work tirelessly to make our vision a reality.

Paul Wright
Canterbury Chairman and
Co-Founder Inspire Foundation

If you're reading this newsletter and would like to join an amazing group of people who make the Inspire Foundation possible, we'd love to hear from you.

Email info@inspirefoundation.co.nz

AMPLIFYING OUR MISSION

Leveraging creativity and technology to empower our mission.

Since its inception, the Inspire Foundation has partnered with Ideation Agency and Custom D to connect with our community and support exceptional young people.

Ideation initially helped bring creativity and clarity to our mission, shaping our

storytelling when we had only a vision of what Inspire could become. Their expertise in marketing strategy, brand development, content creation, and design ensured our messaging was professional and engaging.

In 2024, Ideation refreshed our visual identity with a new logo, brand styling, and a redesign of our digital assets. The strategic overhaul of our website made it more intuitive for grantees, sponsors, and mentors, integrating educational and well-being resources previously hosted separately. They also created collateral for key events, including invitations, newsletters, and brochures.

Custom D played a vital role in bringing Inspire's online presence to life, providing web development for the new website and managing technical aspects. Working closely with Ideation, Custom D integrated the grantee application interface, ensuring a seamless and user-friendly experience. Their expertise made the website functional, accessible and engaging.

Together, Ideation and Custom D have been vital in amplifying our mission. We're deeply grateful for their dedication and support.

ideationagency.co.nz | customd.com

As our Grantees continue to grow in skill, confidence and achieve extraordinary success, we love to ensure their journey can continue, which is where our Scholarships play such an important role.

Our new scholarship recipients strive for excellence and impact.

Our recent scholarship recipients exemplify the core values of the Inspire Foundation; striving for excellence, giving back to their communities, and creating lasting impact. Each recipient has demonstrated remarkable dedication to their craft, whether through ground-breaking research, inspiring leadership, or exceptional talent in their field.

Thanks to the generosity of our scholarship sponsors, these young leaders can pursue their goals with the resources and support needed to make a difference. From advancing healthcare and education to mentoring the next generation of achievers, these recipients are not only transforming their own future but also shaping the lives of others.

Caitlin Crisp | SRS LTD SCHOLARSHIP RECIPIENT



Caitlin hasn't stopped sewing for the past 15 years and today is one of NZ's most exciting young fashion names. She owns and runs her own successful business and is exceptionally young to have her designs on racks alongside the likes of the renowned Karen Walker and Trelise Cooper.

With over 5 staff members, Caitlin is well recognised in the industry and creates 4 collections a year – all made in NZ and stocked in 25 stores. The business just continues to grow. Caitlin wants to do more and give back to others who dream of following in her footsteps. As well as

being a Mindful Fashion board member, a consultant on school and corporate uniforms, she is supporting the next generation by taking Christchurch fashion student interns to give them industry experience so they can find their own pathways. Because of the travel cost for these students to get to Auckland, this Scholarship generously provided by SRS Ltd means Caitlin can now travel to see as many as 200 Christchurch students a year so no-one misses out. Caitlin is looking forward to inspiring the next generation of fashion names by giving them the support, knowledge and confidence to succeed.

Dr. Grace Nichols | MAINLAND FOUNDATION SCHOLARSHIP RECIPIENT

**MAINLAND
FOUNDATION**
Supporting Communities

Grace has previously been awarded an Inspire Foundation grant and scholarship to help her with research at Christchurch Hospital on patients undergoing treatment for Cleft Lip and Palate, then later to enable her to undertake a Craniofacial Fellowship. Grace says the first congress she spoke at was due entirely to a Foundation Grant and played a major part in being selected into the Dunedin Doctorate programme to become an Orthodontic Specialist. She said if it were not for Inspire, she truly believes she would not be where she is today. Having completed her Clinical Doctorate, Grace is now running an orthodontic practice with her husband in two Christchurch locations. She also remains passionate about using

her skills to treat patients with severe craniofacial anomalies including outreach care to those who don't have access to this special care. As part of giving back, Grace says most NZ Orthodontic care is privately-funded putting it out of reach for many. The positive impact this treatment can have on a child's confidence, self-esteem and potentially even their future life opportunities is life-changing. So this Scholarship generously provided by Mainland Foundation means that while Grace gives her time and skill for free, other costs will be covered for specialist surgical care to a young Cantabrian who would otherwise not be able to afford treatment. An amazing life changer over the 2-2.5 years it will take.





Julian Hampton | CRAIG RAYMOND TREMBATH TRUST SCHOLARSHIP RECIPIENT

Julian is an engineer, and also a hugely successful global freeride skier. But more importantly he's part of a team running ski programmes including fellow Cantabrian Craig Murray (recipient of John Jones Steel Scholarship in April 2023) to support youth.

Together they've packaged up every hard lesson, heartbreaking moment and physical punishment into coaching camps to help local up and comers achieve their dreams. It's part of always looking for new challenges and new ways to contribute to communities and environment.

Julian has a wealth of knowledge on what it takes to be a professional athlete – from safety, sponsorship and mental health that he can share. It's thanks to the Inspire Foundation, that they've been able to keep

extending their GRITT Youth Coaching Camps for high performing skiers aged 10-18 to give a clear pathway for this next generation of stars through inspiration and inclusivity. These camps have been hugely successful for many years with kids getting to hang out with and be inspired by their heroes. Attendees have achieved multiple podiums and good results in NZ and the world. It's also kickstarting a passion for those who attend and their family and friends.

With an aim to grow as many camps as they can for youth in NZ, minimise cost for the kids, and also increase female attendance to 50 percent, it's thanks to the generosity of the Craig Raymond Trembath Trust Scholarship that many more youth will benefit from this incredible initiative.



Angie Petty | SRS LTD SCHOLARSHIP RECIPIENT



Angie has had a remarkable career as an elite athlete, and we first met her in 2012 when she achieved a Grant to compete at a number of International Middle Distance running events. Now several years later, Angie and her husband Sam (also an elite athlete) have taken their international experience, training, knowledge and success to give back to the community. They established a programme in 2019 to help children in the community find the joy in running and form a healthy lifelong habit. It focuses on children who may not have had this chance otherwise due to financial barriers. Angie and Sam coach around thirty teenage middle to long distance runners in Christchurch, and some seniors remotely.

They've achieved remarkable results helping many athletes win national titles and medals, including 4 representing NZ and 3 receiving full athlete scholarships to US Universities. They have also been selected as High Performance Sport NZ Core Knowledge programme coaches. Some of their most successful athletes include Daniel Prescott, Kiera Hall, Cooper Wightman, Samantha Lascelles and Toby Tasker.

Thanks to the generosity of the SRS Ltd Scholarship, 'Team Petty' Coaches will be able to reach even more children in low decile schools and support talent where finance is a barrier.



Charlotte Price | CLARE WASHINGTON MEMORIAL SCHOLARSHIP RECIPIENT

Charlotte Price is the grateful recipient of the Clare Washington Memorial Scholarship which will enable her to give back to the Inspire Foundation and the wider community.

Charlotte received an Inspire Grant in 2023 to support her PhD in Industrial-Organisational Psychology to research career sustainability and well-being of young professionals, to enjoy their careers and reach their full potential. So far, her initial project work has resulted in her winning the best paper at the University of Canterbury Business School Conference, attending two international conferences, and completing her confirmation three months early.

With the support of the Clare Washington Memorial scholarship, Charlotte is turning her research into tangible support for incoming Inspire grantees and Year 12-13 students, by delivering workshops on well-being, motivation, emotional regulation, and holistic identity development. The workshops are supported by fellow Inspire grantee Jake Bailey. This dynamic team will help grantees to develop unique skill sets and identify resources for young grantees to rely on in challenging times, including a digital stress first aid kit to seek help in times of distress. Charlotte is also going to expand her research into understanding high-performing young people and their emotional journey, to explore their journeys and emotional health.



Sam Bosworth | MAINLAND FOUNDATION SCHOLARSHIP RECIPIENT

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Sam was the coxswain for the New Zealand men's eight that won gold at the Tokyo 2020 Olympics.

After retiring from rowing in 2022, Sam moved to London, where he works as a Project Manager at Equals Consulting, a construction consulting firm. In this role, he manages a range of commercial and residential projects.

Sam also continues to give back to the sport by remotely coaching clubs and schools in New Zealand via conference calls. Additionally, he speaks at corporate

events, sharing the story of his journey to Olympic gold with the New Zealand men's eight. Through these engagements, he hopes to inspire others to stay committed to their goals while sharing the valuable lessons and experiences he gained along the way.

This summer, Sam was back in New Zealand and hosted workshops and "roadshow" events for schools and clubs in Canterbury. His goal is to support local athletes, particularly those who lack the funding or resources for coaching and coxswain training.

Jake Bailey | SRS LTD SCHOLARSHIP RECIPIENT



Jake Bailey is an internationally acclaimed educator on resilience, the youngest #1 bestselling author in New Zealand history, and as a Commonwealth Study Conference alumnus has been recognised as one of the most promising emerging leaders across the Commonwealth.

Subsequent to his study in positive psychology, Jake has shared his work with over 100,000 people, through thousands of presentations across dozens of cities, and has developed resilience strategies for corporations, organisations, and schools across the globe.

Following 2023's successful Inspire Foundation sponsored tour of rural and remote schools across Canterbury, to work with students and educators on developing resilient young people, 2024's renewal of the scholarship will enable Jake to work with socioeconomically disadvantaged and low decile schools across Christchurch, to engage with their students, staff, and communities around evidence and research-based tools to enable young people to most effectively navigate the challenges we all face in life.



Supporting young high-performers

Insights from Dr. Valerie Sotardi and Dr. Carl Petersen

BY CHARLOTTE PRICE

In New Zealand, young high-performers — whether in athletics, performing arts, community services, or academia — face unique pressures. The Inspire Foundation is beginning a partnership with researchers from the University of Canterbury to gather insights on how these young achievers and their support networks can promote well-being while pursuing excellence. In this article, Dr. Valerie Sotardi and Dr. Carl Petersen share practical advice on managing pressure, building resilience, and fostering sustainable performance.

Balancing ambition with self-compassion

For many young people, high expectations can come from within and from those around them. Dr. Valerie Sotardi explains; “Young people often set ambitious goals - sometimes so high they become unrealistic. This pressure is compounded when they feel expectations from coaches, family, and even friends.” To ease the burden, she suggests parents be transparent about their support. “It’s okay to tell your child, ‘We support your goals, but we’re here for you, not just your achievements.’” This clarity can help young people feel supported without feeling they need to “perform” for love or approval.

Valerie also emphasises emotional and logistical preparation before competitions. She explains, “Preparation isn’t just about logistics. It’s about emotional readiness. You’ll experience ups and downs, especially if it’s your first time competing internationally or in a new environment.” By mentally preparing for challenges, like handling time-zone changes or feeling nervous in unfamiliar surroundings, young people can preserve their energy for peak performance moments.

Prioritizing the right fuel, and rest for recovery

Dr. Carl Petersen underscores the importance of rest and recovery, especially sleep, as essential to both physical and mental resilience. “Sleep is the number one recovery tool we have,” he explains. For optimal performance, he recommends young athletes aim for over eight hours of sleep, as studies show they’re “[70%] less likely to be injured than those who get less than eight hours [of sleep].” Carl also shares the concept of “sleep banking” as a way to prepare for unavoidable sleep disruptions, like travel. “If you know you’ll be sleep-deprived soon – maybe due to travel or competition – you can ‘bank’ sleep in the days leading up to it. This reserves energy and limits performance dips.” He recommends naps as well, ideally 15-20 minutes and timed around natural energy dips in the day.

Dr. Petersen highlights that performance recovery isn’t just about rest; it’s also about nutrition. He explains that adequate intake of fruits, vegetables, and lean proteins can reduce injury risk. “If you’re meeting the recommended intake for fruits and vegetables, you’re 64% less likely to get injured,” he says. His approach emphasises balance and adaptability, helping young people build a nutritional routine that’s sustainable and personalised. “The key is not just to follow a rigid diet but to find what your body responds to best,” he explains. “Some might prefer a quick energy source like a banana before a game, while others need a slow-releasing carb like porridge. It’s about knowing your own body.”

Creating a supportive environment: how the right network makes a difference

Both experts agree that the people around young high performers have a significant impact. Valerie clarifies; “being transparent about expectations is crucial. It’s important for young people to understand that the pressure they feel often comes from external sources, and it’s essential to differentiate between their own goals and those imposed by others.” Similarly, Carl highlights that; “your environment influences your performance. If you’re surrounded by people who prioritise well-being and resilience, it’s easier to adopt those habits yourself.” He adds that it can be helpful for young people to openly share their goals with family or friends who can provide both encouragement and accountability.



RESEARCHER PROFILES

Dr. Valerie Sotardi

Valerie Sotardi is an esteemed academic at the University of Canterbury, where she is a senior lecturer above the bar in the School of Educational Studies and Leadership. Her research focuses on applied social psychology in educational contexts, with particular emphasis on mental health, anxiety, stress, and coping strategies among young people. Valerie leads the New Zealand Learning, Achievement, and Motivated Behaviour (LAMB) research lab, which investigates the factors influencing students' well-being and academic success. She is also a co-founder of the Quantitative Research in Education Special Interest Group within the New Zealand Association for Research in Education, reflecting her commitment to advancing research and practice in educational psychology. Check out the research lab at nzlamb.org



Dr. Carl Petersen

Carl Petersen is a senior lecturer in the Faculty of Health at the University of Canterbury. His academic interests lie across the various aspects of sport science, (but particularly in physiology, strength & conditioning) and how they interact to enhance performance. Carl has a strong background in researching the physical and physiological aspects of performance, with a focus on training methods, recovery strategies and quantifying potentials gains. He employs a multidisciplinary approach to his work, integrating knowledge from various fields to enhance understanding and performance in sports. Carl is actively involved in teaching, mentoring students, and contributing to the academic community through his research and publications, promoting the importance of physical health and well-being.



Ask us about what matters to you.

This year, keep an eye out for our upcoming columns featuring insights from leading experts and practitioners in various fields. These contributions aim to provide valuable perspectives on topics that matter to our community, from mental health and emotional resilience to career development and beyond. If you have specific questions or topics you'd like us to address with these experts, please don't hesitate to reach out. Email Charlotte at charlottejeanprice@gmail.com with your suggestions, and we'll ensure your voice is heard in these discussions.



High-performance Mental Skills Workshop

The Inspire Foundation continues to deliver a series of impactful workshops designed to support young high-performing individuals in managing the complexities of their mental health, motivation, and identity.

Led by Charlotte Price and fellow grantee Jake Bailey, these workshops provided a safe and nurturing environment for participants to explore the pressures they face in high-performance settings. Through practical exercises and open discussions, the sessions aimed to help grantees develop their intrinsic motivation, emotional regulation, and a stronger sense of their identity beyond their achievements.

The workshops began with a pre-workshop reflection, encouraging participants to consider their personal experiences and emotions prior to attending the group session. This allowed the team to carefully build workshop groups where trust and productive conversations could evolve. To further support participants, they were encouraged to involve a trusted friend or family member, who could provide

additional emotional support during the discussions around emotion regulation.

In addition to the in-person workshops, participants were provided with a digital stress first aid kit, personalised and automated for Inspire grantees, and access to an online course, giving them tools to manage stress and enhance their coping skills beyond the sessions. Each participant also received a detailed report that incorporated their reflections and workbook content, offering valuable insights into their personal progress.

These workshops were more than just a learning experience – they fostered a supportive environment where young people could connect, share, and develop the skills needed to navigate the challenges of their future with confidence and self-awareness.



BEQUESTS

There are many times when the generosity of the past inspires the future.



This is the legacy at the heart of the Inspire Foundation. Since 2011 the Foundation has brought together inspired businesses and families who wish to assist selected young talent in such a way as to help those selected to realise their full potential.

You too can make an inspired choice, with a bequest in your will to the Inspire Foundation – for the future of our extraordinary, talented young people and to inspire others within our beloved provinces.

To discuss our bequest programme please contact Paul Wright; paul.w@inspirefoundation.co.nz

2024

The past year has been nothing short of remarkable for our grantees, who have not only faced challenges but also celebrated outstanding achievements across various disciplines.

A year of triumph and adventure

At the forefront are our Olympians, who shone at the 2024 Olympics, with a record 13 grantees representing New Zealand in nine different sports. Notable performances included Tom Walsh in athletics, Olivia Brett, who won gold in kayaking, and Davina Waddy, who secured bronze in rowing. Their remarkable efforts contributed to 5% of the Olympic squad and 10% of New Zealand’s record medal haul. Meanwhile, Zac Cummings is gearing up for the junior powerlifting world championships in Malta, showcasing the dedication and resilience that defines our Olympic athletes.

Inspire grantees have made waves across various fields. Felix Hunt recently returned

from Europe, where he placed 13th in the sprint at the junior world orienteering championships. In dance, Indya Kennedy is preparing for the 2025 World Irish Dance Championships, while Molly Spark made a splash at Expedition Oregon, securing 2nd place in a gruelling adventure race. On the artistic front, Nina Noble has embarked on her journey at the Royal College of Music in London, participating in masterclasses with renowned musicians like Matthias Höfs and performing with the RCM Symphony Orchestra.

The achievements of our grantees illustrate the power of community and the impact of the Inspire Foundation in nurturing young talents. Our supportive network allows these exceptional individuals to connect, share their journeys, and celebrate their successes together, demonstrating that the foundation’s commitment goes beyond financial support. As we reflect on these incredible accomplishments, we look forward to another year of inspiring achievements and adventures ahead!

Grantee Gallery

SINCE 2011 THE INSPIRE FOUNDATION HAS AWARDED 580 GRANTS

Canterbury | Grantees 2024



Kaitlyn Adams
CANOE POLO



Ihaka Cate
BASKETBALL



Sol Cerson
VOLUNTARY WORK



Kate Copeland
SPECIAL PROJECTS



Joe Cookson
SKIING



Stella Crossan
KAYAKING



Georgia Dann
DRAMA



Charlotte Darry
ROWING



Elizabeth Ellison
SINGING



Kiera Hall
TRACK & FIELD



Hamish Henderson
SKIING



Mary Hunter
IRISH DANCE

CONTINUES ...

Grantee Gallery CONTINUES

Canterbury | Grantees 2024



Phoebe Hunt
ORIENTEERING



Indya Kennedy
IRISH DANCE



Wiseon Kuang
NZ YOUTH DELEGATE



Georgia Lassen
DRAMA



Indie Lewis
ICE HOCKEY



Rose Light
VIOLIN



Megan Lilly
FURTHER EDUCATION
DEGREE



Amelia
McConnochie-Prior
SWIMMING



Jun McDonald
GYMNASTICS



Caitlyn McMillan
MARKETING &
COMMUNICATIONS



Nina Noble
ORCHESTRA



Juliet Park
VIOLA



Daniel Prescott
RUNNING



Charlie Prince
SQUASH



Edward Richards
BOXING



Liam Rogers
KAYAKING



Jane Schellekens
ROWING



Faith Shaw
CLASSICAL BALLET



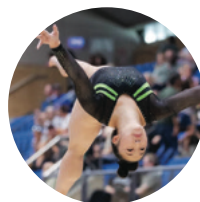
Briana Steven
ORIENTEERING



Jack Tyro
SURFING



Thomas Vesty
BEACH VOLLEYBALL



Alisa Wada
GYMNASTICS



Rebekah Weir
PIPE BAND



Henry Wesley
SHOOTING



Sho Woodhouse
PERCUSSION



Hugo Wrathall
SWIMMING



Hamish Henderson



Sho Woodhouse

Marlborough | Grantees 2024



Isabella Baldwin
RUGBY



Amber Bendell
DANCING



Michelle Brown
VIOLIN



Olivia Cooke
VOLUNTARY WORK



James Dight
THEATRE



Emma Flanagan
ROWING



Jack Flynn
MEDICINE



Immy Giles
MODERN DANCE



Bess
Guddon-Corlet
LEADERSHIP



Sam Marfell
DANCE



Neve McKenzie
ROAD CYCLING



Jacob Morris
ROWING



Katie Pugh
FOOTBALL



Zoe Reader
EQUESTRIAN



Mila Van Rensburg
ROWING



Milly Ryan
CLASSICAL BALLET



Hannah Smit
ENVIRONMENT &
AGRICULTURE



Ellie Sowman
TENNIS



Isla Tilbury
ATHLETICS



Sharon Wilson
UNITED NATIONS



Koko Wong
WATER POLO



Zoe Reader



Michelle Brown

How you can support us.

The Inspire Foundation is principally supported by donations from our Founders, Scholarship Providers, Family Supporters, Corporate or Business Supporters and Sponsors.

- Cash Donation
- Family Donation
- Corporate or Business Donation
- Premium Sponsor
- Scholarship Provider
- Bequest
- Give your time and expertise

If you would like to join us in supporting Canterbury's young talent or you know someone who should, then please visit www.inspirefoundation.co.nz to learn how.

Order of Merit

INSPIRE FOUNDATION LIST 2015-2023 (See the Inspire website for pre-2015 Grantees)

Canterbury

2015

Adam Ling	Rowing
Alex Frame	Cycling
Alex King	Water Skiing
Ben Oliver	Mountain Biking
Brittany Glassey	Fashion Design
Bryony Gibson-Cornish	Music & Singing
Cam Robertson	Equestrian
Carlos Garcia-Knight	Snowboarding
Charlotte Sullivan	Gymnastics
Courtney Coburn	Speed Skating
Courtney McGregor	Gymnastics
Danielle Currie	Canoe Sprint
Elizabeth Steel	Track Cycling
Ella McLaren	Community
Emma-Rose Barrowclough	Classical Ballet
Eve Macfarlane	Rowing
George Donaldson	Water Skiing
George Howat	Rowing
Grace Nichols	Dentistry
Harrison Whiteside	Surfing
Harry Grigg	Classical Soloist
Hayden Withers	Musical Theatre Actor
Holly Fletcher	Rowing
Hugh Donaldson	Water Skiing
Hugh Roberts	Music – Flute
James Munro	Motor Sport Racing Driver
Jamie Prebble	Ski Cross
Josephine Archer	Modern Dance
Joshua Guillemot-Rodgers	Ballet
Joshua Wadley	Tap Dancing
Junior Acero	Boxing
Kaelan Boyce	Boxing
Kate Oswin	Classical Violin
Lianne Eveleens	Flute
Lucy Hutchinson	Rowing
Matthew Mesman	Rowing
Mitchell Small	X-Country Running
Olivia Mendonca	Rowing
Olivia Robertson	Show Jumping
Rebecca Gillett	Football
Rosa Flanagan	Athlete
Sam Bosworth	Rowing
Sam Martel	Rowing
Scott Martlew	Kayaking
Stephen Watson	Music Piano
Suyen Rae	Classical Singing
Teagan Tank	Classical Ballet
Tom Walsh	Shotput
Trent Jones	BMX
Tui Williams	Community – Sustainability
Umar Zakaria	Jazz Bassist
Wai Ling Chan	Fencing
Whitney Hepburn	Football
Willis Feasey	Skiing

2016

Alex Frame	Track Cycling
Angus Foster	Rowing
Ben Duffy	Kayaking
Billy Meaclem	Mountain Biking
Cameron Crampton	Rowing
Courtney McGregor	Gymnastics
Daniel Franks	BMX Racing
David Brydon	Hockey
Davina Waddy	Rowing
Eliza Grigg	Alpine Ski Racing
Emma Klossice	Hockey
Emma-Rose Barrowclough	Classical Ballet
Estelita Rae	Orchestra
Geeny Moon	French Horn
George Donaldson	Water Skiing
George Howat	Rowing
Georgia Bushell	Alpine Ski Racing

Grace Shaw	Rowing
Grace Stainthorpe	Classical Violin
Hannah Hudson	Global Issues
Hannah Wakelin	Modern Dance
Holly Fletcher	Rowing
Hugh Donaldson	Water Skiing
Isla Smith	Adventure Racing
Jack Lopas	Rowing
Jackson Wyatt	Softball
Jake Koememoer	Kayaking
Jared Van Vianen	Rowing
Jorden O'Connell-Inns	Gymnastics
Josephine Archer	Modern Dance
Joshua Guillemot-Rodgers	Ballet
Joshua Scott	Track Cycling
Kate Oswin	Music
Kate Smith	Track Cycling
Kirsty Nation	Hockey
Liv Podmore	Track Cycling
Lucy Hutchinson	Rowing
Lucy Mcleod	Un Internship
Mackenzie Slee	Gymnastics
Matthew Hutchinson	Environmental/ Agriculture Phd
Matthew Mesman	Rowing
Natasha Boon	Ballet
Rachel McCann	Hockey
Rachel Thomas	Percussion Music
Rory Sweeney	Classical Singing
Rosa Flanagan	Running
Sam Bosworth	Rowing
Samuel Entwistle	Judo
Samuel Varley	Judo
Seb Johnson	Surf Lifesaving
Summer Penney	Classical Ballet
Suyen Rae	Singing
Teagan Tank	Classical Ballet
Thomas Russel	Rowing
Tom Clyma	Rowing
Tom Walsh	Shotput
Umar Zakaria	Jazz Bassist/ Composer
Wai Ling Chan	Fencing
William Stedman	Para Athletics
Willis Feasey	Skiing

2017

Abbey Heale	Ice Hockey
Amy Preddy	Classical Ballet
Angus McWilliam	Basketball
Ari Graham	Triathlete
Asti-Loren Newman	Artist/Singer & Songwriter
Ben Duffy	Kayaking
Ben Oliver	Mountain Biking
Ben Taylor	Rowing
Billy Meaclem	Mountain Biking
Brittany Terrey	Softball
Bronwyn Dibb	Gymnastics
Connor Mahan	BMX Racing
Craig Oliver	BMX Racing
David Brydon	Hockey
Dylan Neal-Hill	Kayaking
Eliza Grigg	Skiing
Estelle Thomson	Classical Ballet
Eve Condon	Classical Ballet
Georgia Bushell	Skiing
Grace Loveridge	Rowing
Hamish Smith	Jazz Double Bass
Hannah Hudson	Global Issues
Hannah Wakelin	Education
Harry Grigg	Singing
Hilary Munro	Water Skiing
Hugo Elworthy	Rowing
Hugo Jones	Cycling
Isla Smith	Adventure Racing
Jack Duff	Theatre
Jack Lopas	Rowing
Jack Shatford	Theatre
Jackson Ogle	Cycling

Jake Koememoer	Kayaking
Jessica Banks	Cycling
Jimmy Rainey	Musician & Composer
Jordan Christie	Darts
Joshua Scott	Cycling
Kate Cockerton-Holmes	Ballet
Kate Smith	Cycling
Krystiana Woodyear-Smith	Ice Hockey
Laura Glen	Rowing
Liv Podmore	Cycling
Maria Walker	Academic Architecture
Matthew Everingham	Film Composer
Matthew Lee	Flutist
Matthew Mesman	Rowing
Oliver Davidson	Musical Theatre
Oliver Wilson	Psychology
Olivia Brett	Kayaking
Rachel Thomas	Percussion
Rosa Flanagan	Running
Samuel Varley	Judo
Summer Penney	Classical Ballet
Suyen Rae	Singing
Teagan Tank	Classical Ballet
Tegen Bishop	Surfing
Thomas Russel	Rowing
Tom Clyma	Rowing
William Stedman	Para Athlete

2018

Abbey Heale	Ice Hockey
Ben Kelly	Actor
Ben Oliver	Mountainbiking
Caitlin Heale	Ice Hockey
Caleb Russ	Archery
Claudia Debenham	Contemporary Ballet
Emma Kloss	Ice Hockey
Georgia Groen	Water Skiing
Jack Van Heugten Breurkes	Project Developer
Joshua Scott	Cycling
Krystiana Woodyear Smith	Ice Hockey
Lucy Anderson	Future Problem Solving
Olivia Sloan	Archery
Reilly Makea	Softball
Amelia Garvey	Golf
Annamarie Lipp	Road Cycling
Bailey O'Donnell	Road Cycling
Ben Taylor	Rowing
Brea Roderick	Triathlon
Christopher Dryden	Running
Davina Waddy	Rowing
Dylan Neal-Hill	Kayaking
Estelle Thomson	Classical Ballet
George Howat	Rowing
George Thomson	Classical Ballet
Hannah Wakelin	Performing Arts
Jacob Ceelen-Thomas	Volleyball
Kate Smith	Track Cycling
Laura Glen	Rowing
Lavinia Rae	Specialist Instrument
Lydia Fay	Singer-Songwriter
Matthew Messman	Engineering
Max McLachlan	Sailing
Natalie Bocock	Rowing
Nicholas Moulay	Track & Field
Oliver Davidson	Theatre
Olivia Brett	Kayaking
Pieta Luthi	Kayaking
Rosie Gorton	Volleyball
Sami Donnelly	Track Cycling
Samuel Varley	Judo
Thomas Russel	Rowing
Tom Burns	Martial
Tom Mackintosh	Rowing
Tom Parker	Golf
Ben Morris	Jet Ski Racer
Conor Herbert McLennan	Surfing

Craig Murray	Skiing
Eve Condon	Classical Ballet
Hannah Hudson	Special Projects
Hayley Lee	Touch Rugby
Jack Duff	Theatre
Jack Shatford	Theatre
Jorden O'Connell-Inns	Gymnastics
Kate Cockerton-Holmes	Classical Ballet
Laurel Gregory	Theatre
Liv Podmore	Track Cycling
Louis Beckhert	Hockey
Maddie Davidson	Trampolineing
Quinton Hurley	Swimming
Rebecca Willis	Classical Ballet
Summer Penney	Classical Ballet

2019

Lucy Anderson	Future Problem Solving
Kiri Atkin	Triathlon
Sophia Batchelor	Product Design
Louis Beckhert	Hockey
Natalie Bocock	Rowing
Olivia Brett	Kayaking
Leah Butt	Hockey
Caitlin Crisp	Designer
Oliver Davidson	Theatre
Bronwyn Dibb	Gymnastics
Hugh Donaldson	Water Skiing
Lily Doak	Recorder
Caitlin Dore	Para Olympics Shotput
Jacqueline Doherty	Theatre
George Donaldson	Water Skiing
Ben Duffy	Canoeing
Jack Engel	Water Skiing
Amelia Garvey	Golf
Laura Glen	Rowing
Kathryn Glen	Rowing
Rosie Gorton	Volleyball
Cass Hetherington	Kayaking
Carmen Holdaway	Community – St John
George Howat	Rowing
Estella Hungerford	Surfing
Moss Jackson	Hockey
Jack Lopas	Rowing
Pieta Luthi	Kayaking
Saxon Morgan	Triathlon
Ben Morris	Jet Ski Racer
Craig Murray	Skiing
Tom Parker	Golf
Laurence Pithie	Track Cycling
Summer Penney	Contemporary Ballet
Thomas Russel	Rowing
Sophie Siebuhr	Classical Ballet
Angus Simmons	Singing – Baritone
Lauryn Sinclair	Voluntary/ Humanitarian Work
Hamish Smith	Jazz – Double Bass
Tobin Smith	Theatre
Luke Sullivan	Judo
Mia Sutherland	Global Climate Change Advocate
Brittany Terrey	Softball
George Thomson	Classical Ballet
Shelyse Wadley	Modern Dance
Mikayla Werahiko	Softball
Heather Wright	Irish Dance
Niki Wright	Speech Therapy

2020

Ben Oliver	Mountain Biking
Estelle Thomson	Classical Ballet
Harry Grigg	Singing
Lavinia Rae	Orchestra – Cellist
Olivia Sloan	Archery
Sarah Szalardi	Contemporary Ballet

Kate Cockerton-Holmes	Classical Ballet
Charlotte Spurway	Track Cycling – Endurance
E Wen Wong	Geography – NZ Geography Olympian
Eloise Gooch	Further Education – Placement In Acquired Neurogenic Disorders
Esme Hewitt	Irish Dancing
Ethan Rose	Mountain Biking – Cross Country
Jared Monk	Other – Dental Researcher
Jenna Borthwick	Track Cycling – Endurance
Jorja Farrant	Drama
Mikaela Grant	Track Cycling – Endurance
Ryan Macleod	Track Cycling – Endurance
Sebastian Lipp	Track Cycling – Endurance
Charles Murray	Mountain Biking
Jacob Turner	Mountain Biking
Brea Roderick	Triathlon
Hamish Macdonald	Motor Sport – Enduro Gp
Hugo Jones	Track Cycling
Josh Wilson	Baseball
Sami Donnelly	Track Cycling
Siyu Sun	Piano
Tom Burns	Martial Arts – Taekwondo
Belize Schroeder	Classical Ballet
Julian Hampton	Skiing – Freeride
Amelia Garvey	Golf
Craig Murray	Skiing – Freeride
Quinton Hurley	Swimming
Tobin Smith	Theatre
2021	
April McLennan	Special Projects – Founder Of The Limitless Charitable Trust
Boaz Hebblethwaite	Mountain Biking
Liam Braithwaite	Theatre
Jack Lopas	Rowing
Lavinia Rae	Orchestra – Cello, Orchestral Artistry
Olivia Brett	Kayaking
Sarah Szalardi	Contemporary Ballet
Emica Taylor	Specialist Instrument – Soloist/Orchestra Player
Lewis Grey	Orchestra – Classical Trumpet
Molly Dore	Health & Science – PhD Student In Obstetrics, Gynaecology And Women's Health
Patrick Moran	Percussion – Drum Kit
Ruby Mountford-Mcauley	Environment & Agriculture
Stephen Mosa'ati	Orchestra – Trumpet
Violette Perry	Track & Field Athlete (Discus)
Ethan Rose	Mountain Biking – Cross Country
Kathryn Glen	Rowing
Saxon Morgan	Triathlon
Amelia Sykes	Track Cycling
Campbell Wilson	Classical Ballet
Jake Bailey	Voluntary Work – Resilience And Wellbeing Educator For Youth
Thomas Bedggood	Specialist Instrument – Violin
Amelia Garvey	Golf
Laura Glen	Rowing
Sami Donnelly	Road Cycling – Endurance

Thomas Russel	Rowing
2022	
Kody Andrews	Judo – JudoKa
Ashy Batchelor	Recording Artist
Eva Bedggood	Music
Elisa Bird	Jazz
Caitlin Bradley	Music
Olivia Brett	Kayaking
Kelsey Campbell	Study Clinical Psychology
Lara Chiswell	Musical Theatre
Will Cookson	Skiing
Claire Cooper	Fencing
Mikayla Cooper	Modern Dance
Dylan Day	Track Cycling
Jack Drage	Road Cycling
Christopher Elson	Swimming
Madison Garrett	Kayaking
Will Gilbert	Rowing
Gabriella Hawke	Classical Ballet
Finn Hawkesby-Browne	Mountain Biking
Tayla Higgs-Macbeth	Further Education Degree
Taylah Holdem	Beach Volleyball
Charly Houtos	Junior Dog Handler
Felix Hunt	Orienteering
Hemi Innes	Futsal
Samuel Jeon	Music
Isla Joyce	Kayaking
Rebecca Lake	Futsal
Anna-Marie Lipp	Road Cycling
Sebastian Lipp	Track Cycling
Ayiana Lo-Fo-Wong	Classical Ballet
Thomas MacGibbon	Kayaking
Natasha MacGibbon	Kayaking
Amélie MacKay	Mountain Biking
Emma Malcolm	Canoe Polo
Max McLachlan	Sailing
Patrick Moran	Percussion
Maddie Morrow	Basketball
Craig Murray	Freeride Skiing
Angus O'Connell	Classical Ballet
Nadia Officer	Drama
Violette Perry	Track And Field – Volleyball
Johan Roberts	Crossfit
Zack Rumble	Rowing
Belize Schroder	Contemporary Ballet
Hannah Shatford	Artistic Swimming
Paige Sullivan	Community
Hamuera Tainui	Boxing
Rosa Vesty	Beach Volleyball
Alexandra Watson	Singer Performer
Agatha Weston	Water Polo
Ava White	Canoe Polo
Benjamin Williams	Musical Theatre
Karereatua Williams	Basketball
Campbell Wilson	Classical Ballet
E Wen Wong	Geography – Environment and Sustainability
Sonia Woods	Classical Ballet
2023	
Hanna Abdou	Swimming
Benjamin Airey	Triathlon
Katherine Babington	Orienteering
Meghan Baker	Track Cycling
Louis Beckert	Hockey
Brooke Bennett	Swimming
Caitlin Bradley	Songwriter
Ben Calder-Lee	Weight Lifting
Paris Chin	Gymnastics
Lara Chiswell	Musical Theatre
Hope Chmiel	Swimming
Milly Christie	Highland Dance
Tom Corlet	Academia – Mental Health
Zachariah Cummings	Powerlifting

Sami Donnelly	Track Cycling
Ellen Doughty	Future Problem Solver
Tayla Eagle	Pipe Band
Georgia Eagle	Pipe Band
Corban Farnley	Jetskiing
Lochie Frazer	Water Polo
Michael Green	Voluntary Work
Gabriella Hawke	Classical Ballet
Hannah Hudson	Education Designer
Estella Hungerford	Surfing
Felix Hunt	Orienteering
Christine Jeon	Cello
Kaia Jorgensen	Orienteering
Kate King	Specialist Instrument – French horn
Bella Lammers	Swimming
Maria Laurie	Mountain Biking
Annamarie Lipp	Road Cycling
Edward Lopas	Rowing
Amelie MacKay	Mountain Biking
Jackson McConaghty	Martial Arts
Diaz McKay	Water Skiing
Maddie Morrow	Basketball
Sam O'Neill	Water Polo
Fergus O'Neill	Orienteering
Patrick O'Neill	Water Polo
Charlotte Parmenter	Swimming
Dylan Payne	Judo – JudoKa
Charlotte Price	Further Education
Campbell Richardson	Musical Theatre
Juliet Robertson	Korfball
Ethan Rose	Mountain Biking
Lauren Sheere	Trampoline
Molly Spark	Adventure Racing
William Stedman	Para Athlete
Sophie Svenson	Community
Breyaht Takitimu	Classical Ballet
Emica Taylor	Specialist Instrument – Flute

Marlborough

2017	
Olivia Sheet	Opera Singing
Quinn Udy	Squash
Liv Bishop	Mountain Biking

2018	
Brett Mckeown	Pipe Band
Chas Craig	Pro Golf
Connor Guillemot	Triathlon
Phoebe Trollove	Rowing
Lucy Sheat	Athletics
Nadia Cooper	Academia
Angus McFarlane	Rowing
Alex Dawson	Athletic
Eleanor Grigg	Tenor Horn
Jonty Zydenbos	Trumpet/Cornet – Brass Bands
Kodi Rasmussen	Music – Composer
Libby Holdaway	Pianist
Madison Brooks	Fashion Designer
Jody Jansen	
Van Vurren	Fullbore Target Shooting
Brad Palatchie	Fullbore Target Shooting
Quinn Udy	Squash
Callum Saunders	Track Cycling
Finn Sloan	Woodchopping
Jack Flynn	Education
Jade Otway	Tennis
Joel Lavender	Cricket
Josh Gwynne	Tennis
Phoebe Trollove	Rowing
Sam Grammar	Ballet
Sam Lee	Violin

Brett Mckeown	Bag Pipes
Conner Guillemot	Triathlon
2019	
Ethan Batt	Road Cycling
Jack Bugler	Para Swimming
George Glover	Swimming
Connor Guillemot	Triathlon
Josh Gwynne	Tennis
Lucy Harman	Cross Country Running
Samuel Lee	Violin
Shannon Mclean	Delegate For UN Youth Global
Kobe Miller	Rowing
Callum Saunders	Cycling
Phoebe Trollove	Rowing
Quinn Udy	Squash
2020	
Lauren Doherty	Violin
Sam Grammer	Ballet
Dom Henry	Small Bore Shooting
Stephie Loncar	Forensic Anthropology
Brett Mckeown	Pipe Band
Angus McFarlane	Rowing
Jade Otway	Tennis
Nikau Peipi	Touch Rugby
Finn Sloan	Woodchopping
Jonty Zydenbos	Trumpet / Cornet
Sharon Wilson	Music
2021	
Jack Banks	Music
Jack Bennett	Sailing
Meg Flanagan	Rowing
Erin Green	Speed Skating
Rosie McAlister	Singing
Iona Panoho	Performing Arts
Fred Vavasour	Rowing
2022	
Isabella Adams	Shooting
Cam Anderson	Mountain Biking
Daliah Clarke	Dancing
Tom Coldwell	Modern Dance
Mana Collins	Badminton
William Exton	Go Karting
Zoe Francis	Highland Dance
Jack Frisken	Squash
ChrisHebberd	Squash
Erin Josephs	Taekwondo
Liam Keegan	Golf
Sam Lewis	Theatre
Olivia Marfell	Highland Dance
Ryan Marfell	Triathlon
Gus Marfell	Triathlon
Kyla Otway	Rowing
2023	
Cameron Clemett	Mountain Biking
Alex Craig	Mountain Biking
Maddy Croad	Journalism
Reuben Dempster	Science
Fynn Hawes	Football
Cooper Johnson	Road Cycling
Charlotte Lightfoot	Rowing
Finn McKenzie	Mountain Biking
Aroha Minhinnick	Golf
Zachariah Mitchell	Underwater Hockey
Abbey Moody	Javelin
Jayna Potts	Dancing
Logan Ready	Trombone
Tyler Redmond	Film
Kyla Thorstensen	Softball

A big special thanks to the inspired.



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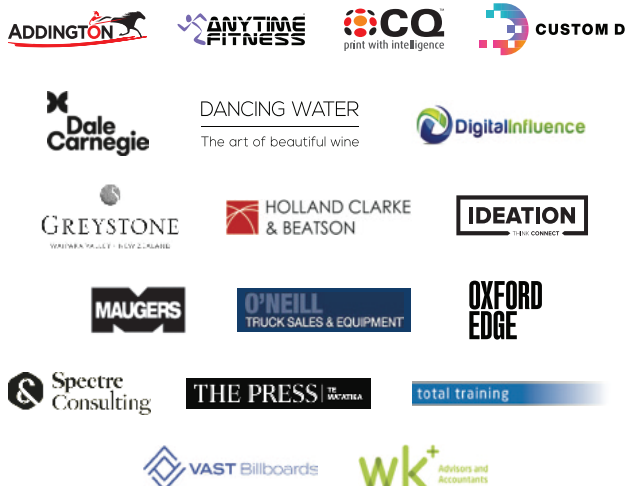
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INSPIRATIONAL NEW BOOK

A straight-up guide to getting through life's ups and downs.

THE COMEBACK CODE BY JAKE BAILEY



PHOTO: FRANCINE BOER

Jake Bailey knows all about adversity — but also about resilience.

As head boy at Christchurch Boys' High in 2015, Jake delivered his end-of-year speech from a wheelchair, only a week after being diagnosed with an extremely aggressive form of cancer. His inspirational words went viral and touched the hearts of millions.

Once in remission, Jake was left with questions: how do young people overcome adversity? Are we born with these skills or can they be learned? And, if so, can we teach people how to flourish in the face of major setbacks and not just battle through them?

In search of answers, Jake studied positive psychology, and since then has shared the knowledge he's gained with more than 100,000 people around the world.

Jake's vision is to equip the next generation with the tools to meet life's challenges, but the strategies he's developed apply to young and old. Whether it's learning to slow down, finding the humour in a situation, not sweating the small stuff, or recognising the importance of having good people by your side, this book draws on the latest research to show you what to do when life throws you a curveball — not only how to cope, but how to thrive.

'I've always admired Jake and the way he's turned his pain into purpose. The Comeback Code is full of wisdom and reflects Jake's big-hearted approach to learning from and through life.'

DR LUCY HONE, AUTHOR OF RESILIENT GRIEVING

INSPIRE FOUNDATION SUPPORTER

A shared vision to support emerging talent.

Dancing Water's Kim Schofield



What is Dancing Water all about?

The Dancing Water vineyard, established in 1981, is a small, family-owned and operated vineyard located in Waipara. We are home to New Zealand's oldest living, ungrafted, dry-grown Pinot Noir and Chardonnay vines. These vines produce fruit of remarkable intensity and quality, embodying the vineyards rich history.

Dancing Water is passionate about embracing innovative techniques and sustainable practices in winemaking, from the vineyard through to packaging.

Our winemaking philosophy is simple: to craft beautiful wine.

How do you weave the Inspire Foundation into your business, and what does it mean to your team?

The connection between Dancing Water and the Inspire Foundation is due to the alignment of our shared vision supporting emerging talent. Dancing Water actively supports talent in many ways – particularly championing up-and-coming artists. The idea was to unify our vision by partnering with an established organisation that has achieved great things for emerging talent in Canterbury. We are thrilled to be able to partner with the Inspire Foundation, allowing us to synchronise our shared mission.

As a supporter, what have you been most excited about seeing the Inspire Foundation achieve?

I am most excited about the way that the Inspire Foundation recognises and supports the quest for excellence. Not only does the Inspire Foundation ensure that the funds go directly to the grantees, there is a level of support within the Inspire family that provides a range of services that extend well beyond financial.

What's the main support Dancing Water has offered over the years?

Dancing Water significantly supported the Inspire Foundation's Christmas Auction 2024 where we donated 3 major prizes. A year's supply of Dancing Water wines (12 cases, value \$5000), a 'Vineyard Rush' which is the ultimate helicopter and winery experience (value \$7000), an 'Inner City Escape' package featuring 24 hours of luxury indulgence (\$2000 value). We also supplied a range of wine and Champagne magnums for grantee ceremonies throughout the year.

VISIT WWW.DWW.CO.NZ TO LEARN MORE

DANCING WATER

The art of beautiful wine

INSPIRE FOUNDATION SUPPORTER

Helping people stay strong and balanced.

O-Studio's Matty Lovell

What is O-Studio all about?

O-Studio is New Zealand's first fully integrated wellness franchise, dedicated to optimising physical, mental, and emotional well-being. We offer evidence-based relaxation and recovery tools – including floatation therapy, saunas, ice baths, massage, and meditation – to support everyone, from high performers to those managing stress, pain, or even just balancing the demands of modern life.

We're building a fast-growing franchise network to make our holistic approach

more accessible. Our mission is to normalise training your mind like your body, recognise recovery as essential, and use well-being as the foundation for living a full life.

How did you get involved with the Inspire foundation?

I've been involved with Inspire since its inception – somewhat unintentionally! While laid up on Paul's couch with two broken legs as he and Bob launched the foundation in 2011, I was recruited to help. Now, as MC of the grantee award evenings, I love being part of an organisation that celebrates ambition, hard work, and community.

How does O-Studio's mission align with the Inspire Foundation's work, and what does your partnership mean to you?

O-Studio and Inspire both believe in supporting people to reach their potential. Inspire provides financial support and

encouragement, while we offer well-being tools to help people stay strong and balanced as they live their lives. It's an honour to support such an inspiring organisation, and we're excited to continue helping however we can.



VISIT WWW.OSTUDIO.CO.NZ TO LEARN MORE

O-Studio

Join the Inspire Family

If you would like to join us in supporting Canterbury's young talent then please visit www.inspirefoundation.co.nz to learn how. If you know someone aged 15 to 23 with the talent and drive to excel please also encourage them to visit our website.