

A message from Jason



Jason Franklin

As the festive season draws near, it's a chance to reflect on the achievements and challenges of 2012 – one which feels like it has flown by at a great rate of knots and, to be quite candid, has been a bit of a blur since I joined PowerNet in January.

PowerNet is a great team to be part of. Everyone is passionate about the assets we manage and the work that we do and it's reflected in the way they approach their work. We continue to deliver what we commit to for the network owners and that's something we can all be proud of.

Some of our key achievements throughout the year include the introduction of a new employee performance management system that focuses not only on rewarding staff for achieving specific outcomes but also for rewarding staff for positive behaviour while going about achieving their deliverables.

Network reliability metrics have been affected by weather related outages in OtagoNet (OJV) and The Power Company (TPC) networks. Reliability metrics have also been affected in Electricity Invercargill (EIL) by the Chorus UFB rollout in Invercargill City which has provided us with the opportunity to learn how to avoid or mitigate the risk of similar occurrences in the future. Some of the key achievements to date include the replacement of an 11kV switchboard in South Gore and Underwood, well underway with the new 66kV line from Mossburn to Athol in TPC; significant progress on substation developments at Kennington, Isla Bank, Hedgehope and now Athol. The completion and commissioning of Greenfield and Milburn substations in OtagoNet, and the commissioning of the new Doon Street transformer and consent approval for to the new Spey Street substation in EIL which will include a new 33kV cable into the city from Findlay Road in order to meet future growth and security of supply. Development is underway again in the Frankton region, with the Electricity Southland (ESL) network well placed to meet the needs of customers in that network area.

A constant focus for PowerNet is the safety of our staff, our contractors and the wider community. The successful implementation and audit of a public safety management system, the introduction of a corporate risk register, successful financial and internal system audits by external parties, the introduction of the Impairment Policy and the introduction of business continuity planning all contributes towards a focus on safety. Our focus on safety did not however prevent the loss of our Power Services work colleague, Stu Kenning, who was fatally injured while attending to a fault call out in October this year. This Christmas will be a very difficult time for Stu's family, friends and work colleagues and our thoughts are with them.



Relationships with contractors and suppliers have continued to grow this year. We encourage a collaborative approach to business and as such these key stakeholders are critical to our success at PowerNet. Connections with our customers and communities have also received attention this year with regular newsletters distributed to customers connected to the network, the successful sponsorship of the PowerNet Tour of Southland and a number of stakeholder engagement communications and functions aimed at providing transparency and seeking feedback which is vital to developing an understanding what our community needs us to provide.

Personally, I have developed a stronger understanding of the strength of the business and where our opportunities lie. 2013 and beyond will undoubtedly create more challenges for us but we have the expertise and teamwork to tackle them successfully.

PowerNet's growth reflects the development of the communities in which we operate, particularly businesses in primary industry and tourism, which remain fundamental to the success of both our regions and to New Zealand.

I wish to thank the PowerNet, EIL, TPC, and OJV Boards, and their shareholders, for their continued support throughout 2012.

From everyone here at PowerNet, we wish you a Merry Christmas and a Happy New Year. This season is a chance to recharge the batteries and spend time with those we care about the most so enjoy every moment.

Jason Franklin, PowerNet chief executive



Maryann Macpherson

"On behalf of my fellow board members, I extend our thanks to all staff at PowerNet for your commitment in 2012 and wish each of you a Merry Christmas.

Enjoy a well-deserved break with your families and, if you are travelling, stay safe. We look forward to working with you again in 2013."

Maryann Macpherson, PowerNet chair

PowerNet - a tough act to follow

After 12 years powering Southland's most iconic sporting event, the brakes have been applied to PowerNet's association with the Tour of Southland.

PowerNet chief executive Jason Franklin said the decision to step down as the major sponsor of cycling's premier race was made two years ago and the Company has been working with Cycling Southland to this end since that time.

"Reflecting on the past 12 years and the role PowerNet has played in evolving the Tour bring great pride to PowerNet. But all good things must come to an end and we know we leave the Tour in a strong position," he said.

"We are confident a savvy business will identify the fantastic opportunity which awaits them to further leverage what we have developed to an even higher level."

Tour of Southland race manager Bruce Ross said PowerNet would prove a hard act to follow.

"We have seen the event grow considerably, both in terms of its delivery and its standing as an event of national and international calibre, and that goes hand in hand with what PowerNet has contributed," he said.

"The great thing about PowerNet's support is that it doesn't just involve a cheque. The real value is how their team has embraced the Tour. That's one of the key reasons we've seen it continue to develop as an event over the years because they simply roll up their sleeves and get involved at all levels.

This sponsorship was a business decision designed to secure exposure and brand awareness but after watching this year's event unfold, it is clear PowerNet's commitment to the Tour also extends beyond the commercial realities. "Our staff dedicate countless hours to the Tour each year and the success of the event reflects this."

PowerNet's involvement in the Tour reflected its commitment to the community.

"We support the event because it brings pride and excitement throughout the communities we serve.

We always get a kick out of watching hoards of Southland school children lining the side of the road to cheer on their heroes as the peloton speeds past," Jason said.

As well as injecting the specialist knowledge of our staff, PowerNet, in conjunction with Cycle Surgery, also enters a team of riders in the event. PowerNet has aligned with a fantastic group of riders who have developed into incredible ambassadors for PowerNet and display the positive team culture evident throughout the Company. A key highlight for staff was watching the PowerNet team support Josh Atkins, a young PowerNet rider, into the coveted yellow jersey last year.

The team this year consisted of Heath Blackgrove, Ryan Wills, Shane Archbold, Cam Karwowski, Myron Simpson and Tom Scully.

Heath started the 2012 PowerNet Tour of Southland exactly the same way he finished it in 2009 – in the yellow jersey. The PowerNet Team crossed the line first in the team time trial around Invercargill's Queens Park and Heath, as the fastest rider in the Team, was pleased to take the yellow jersey on the opening day. While the team was unable to defend the title, PowerNet featured strongly throughout the Tour and remained amongst the action for the entire 900km race.



The PowerNet riders and Cycling Southland representatives visit schools prior to the Tour to deliver PowerNet's safety messages and information about how to get into cycling. Promotional display boards and other written material that summarise rider profiles and electrical safety information were used to help deliver the messages.

Myron Simpson talking to school children about cycling and the Tour of Southland



Cycling Southland and PowerNet staff also visited schools in front of the Tour peloton to drum up excitement, distribute PowerNet flags, and offer students the opportunity to have their photo taken holding the PowerNet Tour cup. The team also held a cheering competition with Te Tipua Primary, winning a specialised mountain bike.

Cathy Jordan, Dale Tye, Lynley Hall and Kathryn McCoy visiting Mararoa School



The PowerNet team at the start of Stage 1



On the road to Lumsden



PowerNet team relaxing after Stage 1



PowerNet's tear-drop banners at a finish line

Cycle Surgery's Ollie earns NZ mechanic post

He's kept the wheels turning for the PowerNet/Cycle Surgery Tour of Southland team over the past few years and now our talented Ollie Harnett has been appointed as the Bike NZ mechanic for the national BMX team.

He will join the elite squad in January for a nine month stint, attending training camps and race meetings in Australia, Canada and the US.

A highlight for Ollie will be the 2013 World Championships to be staged at Auckland's Vector Arena in July, with a dirt track to be built inside specifically for the global event.

Because Ollie is such a treasure, Cycle Surgery has promised to keep his mechanic position open for his return in 2014. We wish Ollie well in his new role and hope to see him back in time for next year's Tour of Southland.



Ollie Harnett

The Flying Mullet nets \$11,500 for Child Cancer

Olympic cyclist Shane Archbold has finished the PowerNet Tour about half a kilo lighter than when he started it - and it has had little to do with the racing.

Archbold, who once again spent the week racing in PowerNet colours, might not have crossed the line first on the final day on Saturday, but he was certainly the centre of attention as his trademark mullet was cut off in front of a large crowd.

In the process, a campaign to raise money for the Child Cancer Foundation - which adopted Archbold's nickname, The Flying Mullet - netted more than \$11,500.

"I was stoked when we reached the \$10,000 mark and then when it fetched a bit more that was unreal," Archbold said after going through with his post-Tour haircut.

"I have to say a massive thanks to PowerNet for organising it all. I only had to finish the Tour and have a haircut."

Archbold was motivated to support the Child Cancer Foundation through his association with cancer survivor Tim Leonard, 15, who hails from his home town of Timaru.

Tim and his father, Mark, who are also involved in cycling, came south for the final two days of the Tour and said they were very impressed with Archbold's new look and his support of the Child Cancer Foundation.

"It was fantastic," Mark said. "We didn't expect it to reach \$10,000 so quickly."

After four years of growing his lengthy locks, many took pleasure in assisting with the removal of the distinctive mullet, including PowerNet's Lyn Daly and Kathryn McCoy, who instigated and managed the campaign.

"After 12 years of supporting the Tour as a naming-rights sponsor, we thought this would be a memorable way to sign off from that," PowerNet chief executive Jason Franklin said.

"This has been a collaborative approach between Shane, our staff and Cycling Southland and a rewarding way to end our 12-year involvement in the Tour."

Lyn Daly said Shane had been an integral member of PowerNet's Tour team for the past few years.

"Shane is a personable young man that we were happy to assist and he was very willing to support the Child Cancer Foundation right from the start," she said. "We would like to thank the media and the PowerNet Tour community for entering into the spirit of the campaign and helping us raise the profile of the appeal."

Kathryn McCoy said the support The Flying Mullet campaign had received had been outstanding. "We have been blown away by the level of support the campaign received," she said. "We have had some huge donations, including \$1000 from Cory's Electrical, one of PowerNet's key suppliers, and it is people and organisations like that that have made it so successful."

Archbold's PowerNet team-mates, Myron Simpson and Cam Karwowski, also enjoyed the haircut, each getting time with the clippers, while PowerNet riders Tom Scully, Heath Blackgrove and Ryan Wills looked on, amused.



Shane Archbold



Lyn Daly, Shane Archbold and Kathryn McCoy

Major upgrade work in The Power Company and Electricity Invercargill areas

The Power Company has recently completed several projects around the region including Stage One of a sub-transmission line from Winton to a new substation at Hedgehope, the replacement of transformers at the Ohai substation and the first stage of the Mossburn to Athol 66/22kV line.

Electricity Invercargill also has some major projects underway including the development of a new enclosed substation in the Invercargill City area and a new 33kV line into the City to provide for future proofing. A public open day was held as part of the consultation process for the new enclosed substation which proved to be beneficial.

We're just a phone call away

Increased reliability across the PowerNet electricity networks means far less faults – but on occasion they still occur.

And we are literally just a phone call away thanks to our **0800 808 587** number which operates 24 hours a day, seven days a week. Customers across the entire network have been sent handy fridge stickers so the 0800 number is easy to access.

"Our 0800 number puts residents straight in touch with the control room which has immediate access to our field staff out in the community," PowerNet business services co-ordinator Kathryn McCoy said.

"We know customers appreciate being kept in the loop and that's important to us. System Control can investigate straight away and can often give an estimation as to how long it will take to restore power.

"We are really happy and prefer to talk directly with our customers when a fault occurs so they don't actually need to liaise via their chosen retailer. The quicker we get accurate information directly from those affected, the quicker we can get the power restored."

Power out?
Call PowerNet on
0800 808 587



THEPOWERCOMPANYLTD

Power Problems?
Call 0800 753 951



Corpor8 Rowing Challenge

PowerNet again entered a crew in the 2012 Corpor8 Rowing Challenge, along with 32 other local firms. Vocal supporters lined the Oreti river, with tents, BBQ's and colourful outfits to cheer on their workmates and friends.

GIS Technician, Shirley Whitaker co-ordinated the PowerNet team this year, half of which were new to rowing but prepared to do the hard training. Steve Labes, Blair Bernard, Greg Buzzard, Scott Murch, Dyson Gentle, Rachel Kincaid, Sally Mcleod, Jack Senior (Blair's son), Andie Dillon (Dyson's Partner), Aaron Sinclair (reserve) and Coxswain Charlotte Whitaker made up the crew.

The early morning training sessions and torrential rain were a challenge but the crew was well supported by experienced rowing coach Russell Everett who was impressed with their progress.

The crew achieved a second in their first race, won their repechage, came a close second in the C Final, achieving an overall result of tenth from 33 crews. The PowerNet crew and supporters really enjoyed the experience and it was a great team building exercise for those involved.



PowerNet Corpor8 Rowing Team

Count on the discount

Customers of The Power Company (TPC) will have noticed a credit on their electricity account recently. This credit, referred to as a consumer discount, was issued to customers connected to TPC's electricity network at 31 August this year. TPC had a successful year of operation last year and as a result decided to issue a \$8 million discount that is distributed amongst its customers. The credit is distributed via the customers' electricity retailer and appeared as a credit on electricity accounts in September or October.

PowerNet's commercial analyst Andrew Curtis said qualifying domestic customers at 31 August received an average of \$187 each, totalling \$8 million this year.

"Over the past 12 years, \$52 million has been passed onto TPC's customers," he said.

"It's great that the Company is able to give something back."

New faces at PowerNet



Tania Cribb

Tania has joined the Corporate Services Team as the Business Compliance Advisor, focusing on risk management, insurance and contracts for the group of companies.

Tania was born and raised in Invercargill, and after spending 11 years based in Wellington, returned to the sunny climes and relaxed lifestyle that Southland offers.

Tania's working background is primarily in the Finance industry with ANZ Bank and more recently, SBS Bank, as well as a term with AWS Legal and some time with the Southland District Health Board.

Tania is an enthusiastic golfer and holds a handicap of 26, which is dropping at a rate of knots following the purchase of a new set of clubs. Tania is a member at the Green Acres Country Club and also plays for the Invercargill Workingmens' Club. Tania also enjoys walking her Golden Retriever Leo and socialising after golf, at which she is renowned for dressing up in costume on occasion!



Justin Peterson

Justin grew up on a farm in Croydon near Gore, the oldest of six children and attended St Peters College. He started his apprenticeship as an Electrical Fitter with Alstom in Dunedin. Gaining qualifications as an Electrical Fitter / Cable Joiner, Justin began at Power Services working his way up to Technical Supervisor.

In 2011 Justin moved to Townsville, Australia working for Ergon Energy, enjoying learning how other networks operate. After living in Australia for 12 months Justin and his wife Sheree realised how great Southland was to bring up a young family and decided to move back once the position became available at PowerNet. Justin has 3 children, Ryan, Isabelle and Katey.

The family enjoy camping, fishing, and playing on the motor bike at Purakanui Bay during the holidays. Justin enjoys most sports and will give almost anything a go – he will be a definite starter for the Harrex Corporate Cycling Challenge and the Corpor8 Rowing Challenge.



Nathan Donnelly

Nathan has recently joined the projects team from a four year stint at Alliance Group where he held the role of Group Electrical Engineer.

After gaining an Electrical Engineering degree at Canterbury University Nathan spent several years at NZAS on maintenance and projects work. In 2006 Nathan moved to a Technician's role at Transfield Services.

Nathan lives in Otatara with wife Jenny and daughters Amelia and Ciara, plus Finn the border collie, a useless cat, and three fat lambs who are unaware of their destiny. A young family has curtailed most leisure activities of late, but as his girls get older, Nathan is looking forward to teaching them to fish and surf and to spend more time at their crib in Riverton. When not busy with family, Nathan potters around in his man-shed restoring his large selection of vintage motorcycles to their former glory.

A fond farewell to:

Human Resources Manager, Janet Ellis, has recently taken up the role of Human Resources Manager at the Southland District Council. We wish Janet all the best in her new role.

Project Manager, Dennis Keen, has returned to his home town of Christchurch to work as a project engineer for Connectix. Hope you enjoy being back home Dennis!

Compliance seminars held

Striving for good business practices within the company, PowerNet has introduced an extensive compliance programme.

Company secretary Jim Dawson said the programme related to all relevant legislation which impacts on the company's activities, including the Commerce Act, Fair Trading Act, Resource Management Act and Electricity Act.

In conjunction with AWS Legal, a compliance manual outlining the various legislation, has been produced and issued to all staff following recent seminars held to provide an overview of its content.

"That was the first part of our compliance programme," Jim said. "The second of three stages is for the company managers to ensure our business processes do recognise and address those pieces of legislation. The final stage is ongoing monitoring and review."

Stu Kenning, Power Services Line Mechanic

Power Services staff recently farewelled a respected and valued friend and colleague, Stu Kenning.

Tragically Stu, a line mechanic, was fatally injured when attending a fault repair outside of Mossburn on the 27th October. Stu was employed by Power Services 5½ years ago as a trainee line mechanic based at the Lumsden Depot and achieved his registration as a qualified line mechanic two years ago. Power Services general manager, Keith Burns, said "Stu was a key member of the team that covered the Northern Southland area. His contribution to our Company was not only his work in the field, Stu was also the Lumsden Depot safety representative and his major contributions were particularly valuable."

Stu was a great family man and also had strong community connections. He was a member on the Mossburn Community Development Area Sub-Committee and was a referee for Southland Rugby for a number of years. Stu was also the Deputy Chief for the Mossburn Volunteer Fire Brigade and had been a volunteer for the Fire Brigade for over two decades. Stu's wife Jo is the operational support person for the Brigade.

Stu will be sorely missed by his work colleagues and Power Services Northern area manager, Tony Snell, said that their discussions often centres around his dry sense of humour and ability to come up with just the right comment to ease a situation or leave a work colleague in no doubt about what they needed to do.

Following is a tribute to Stu from his Lumsden Depot work colleagues and their partners:

Stu

They say there is a reason
They say that time will heal
But neither time nor reason
Will change the way we feel
For no one knows the heartache
That lies behind our smiles
No-one knows how many times
We have broken down and cried
We want to tell you something
So there won't be any doubt
Gone are the days we used to share
But in our hearts you're always there
So watch over us and make sure we're okay
and we will see you again someday.



Stu Kenning

Weaving a successful partnership

How many PowerNet directors does it take to increase the voltage at a historic flax mill?

What sounds like the start of a joke actually rang true for the Templeton Flax Mill near Riverton.

"I hosted the PowerNet directors at the mill for an end-of-year function and they soon noticed we had a voltage issue when the lights just about went out whenever I ran the motors," mill owner Vaughan Templeton said.

"We needed more voltage and upgrading the lines was the best way to achieve that."

The \$8800 installation of lines was completed with funding from PowerNet, the Southland District Council, the Southland Heritage Fund and the Templeton family.

"It's made a huge difference to the amount of voltage. Even the motors are going to last longer because the voltage dropping will no longer have an impact on them," Vaughan said.

The Templeton family have owned the flax mill for over 100 years. Operated since 1911 using flax grown on the property, the mill closed in 1972 when flax was no longer economically viable to produce.

Vaughan's father, Des, was the driving force behind a project launched in 2000 to transform the mill into an operating museum. It opened in 2004 after hundreds of volunteer hours spent restoring the buildings and plant.

"It's the only authentic flax mill in New Zealand still working on its original site," Vaughan said.

Preserving an important slice of the region's history, over 1000 visitors each year flock to the mill to witness the process required to transform flax to a valuable and useable commodity, which includes an operational stripper and scutcher.

In 2010 the New Zealand Historic Places Trust bestowed the Templeton Flax Mill with Category 1 recognition. Testament to his passion for the ambitious restoration project, Des was awarded a Queen's Service Medal for services to flax milling heritage just prior to his death in 2011.



A demonstration at Templeton Flax Mill

Trade graduates celebrated

The latest influx of qualified tradespeople was celebrated at the annual TradeQual Awards.

The annual function, staged on 8 November at the Invercargill Workingmens' Club, celebrated the efforts of 61 graduates. This year's event was attended by over 300 people.

Recognising the importance of trade qualifications to both the electricity and other industries, PowerNet lends its support with a bronze sponsorship of the event.

Vital Signs

If ever a moniker suited a business perfectly, it's Vital Signs.

When it comes to PowerNet branding, they are exactly that – vital.

With Mike and Tania White at the helm, the signwriting company plays an integral role in ensuring the PowerNet brand gains maximum exposure. Some of the more recent work completed by Vital Signs has included vehicle branding and display boards for a public consultation event for a new substation, display boards for a variety of events including the Waimumu Field Days and Tour of Southland school visits.

Established nearly 12 years ago, Vital Signs has grown considerably over the years and now includes an additional three full-time staff.

"It's so busy and there are just not enough hours in the day sometimes ... but that's a great position to be in as a business," Tania said.

PowerNet business services co-ordinator Kathryn McCoy said Vital Signs were fantastic to deal with.

"We've thrown jobs at them with just 24 hours' notice at times and they have always come through for us at a great standard," she said.

"They are always so reliable."

Turns out the feeling's mutual.

"We enjoy working with PowerNet– they're just a really great bunch," Tania said.



Mike White

Conference focuses on energy efficiency

Sustainable buildings and reduced energy costs were key topics at this year's Southland Energy Conference.

The 2012 event "Advancing Energised Buildings" featured a range of experts who challenged Southland businesses and councils to get involved in designing, engineering and building more energy efficient buildings.

Topics included:

- Future proofing designs
- Fundamentals of heating and cooling buildings
- Assistance and funding
- Energy savings on dairy farms, community facilities and workplaces
- Building performance rating systems

PowerNet general manager of network operations Gary Pritchard presented on Share the Grid - Selling You Own Electricity, which highlighted the opportunities and challenges involved.

Other staff also attended various aspects of the conference, including sessions on local government's role in sustainable buildings, energy efficiency in dairy sheds and design specifications for the future.

Along with a display in the main conference venue at Hansen Hall, PowerNet had hand-outs available at each of the breakout sessions.

Co-ordinated by Venture Southland, the event was sponsored by PowerNet, EECA and the Southern Institute of Technology and included a public session in the evening which was well attended.



PowerNet's display at Southland Energy Conference

Time for a Shakeout

Things were all shook up when PowerNet staff took part in the National Shake Up Day earthquake drill.

Throughout the country, people clambered under desks at 9.23am on 23 September to practice safety in the event of a disaster.

PowerNet's quality systems manager Graeme Webby said it was a good exercise to participate in.

"It was definitely worth doing and we found areas that as a company we could improve on," he said.

"It was quite different from our regular fire drill procedure where everyone knows when the alarm goes off they need to leave the building. This time our building wardens had to ensure everyone was out safely from under their desks."

"The importance of having different approaches to different emergencies became obvious."

Feedback forms were completed and sent to the national organisers by Company observers..



Alaister Marshall

Major upgrade work in the OtagoNet region

A new dairy factory at Clydevale, increased business activity in the Milburn area, and the Mt Stuart wind farm all have OtagoNet's stamp on them.

"The Gardians dairy factory approached us about securing a supply to their new plant at Clydevale," OtagoNet network manager Terry Jones said.

"We built a new substation, a new 33kV distribution line and river crossing, an 11kV extension to the factory and rebuilt a section of another 33kV line. It was a substantial project and we were able to connect the plant to our network at the beginning of July."

An increase in business activity in the Milton area saw OtagoNet build another major substation to service growing power demand and provide greater security of supply for consumers.

OtagoNet commissioned the new \$1.2 million substation at Milburn after Southern Cross Forest Products (SCFP) identified a site for a new plant on Limeworks Road.

The equipment was all on site by March 2012, and OtagoNet connected the Craigpine Timber Mill to the 11 kV line with a regulator to allow SCFP to commission their plant and start operations, which ran for some four months while the substation was completed. The 11 kV switchboard in the substation and the timber mill were finally livened from the 33 kV line in early September.

"We have also been busy with the connection from the Mt Stuart Wind Farm, which now tees into the 33kV line between Glenore and Lawrence, and replacing 1.0MVA transformers in small substations at Paerau and Wedderburn."

Terry said OtagoNet has also been working on substation safety, with fences being augmented and moved to improve the clearances from live equipment.

"It's about protecting the public and making it safe when people are close to our substations," he said.

Members of the public should not attempt to go into substations. If they had any concerns they should call OtagoNet's 24 hour 7 day faults number 0800 753 951 to report them.



Greenfields Substation

Flashback: June McKenzie

What June McKenzie thought would be a six-month stint at PowerNet now spans an impressive 14 years.

"It's a great crowd to work for and to work with," she said. "I've had a lot of good times here."

One of our most experienced metering experts, June joined PowerNet in 1998 after previously working for The Power Company and United Electricity. Her role involves everything from arranging the installing and removing of meters to programming ripple receivers.

Working with both customers and retailers was "like being the meat in the sandwich" at times, but June thrived on the customer service aspect of her job.

"I enjoy it. It can be very busy but I've always liked dealing with customers and trying to give them the best deal," she said.

"You think you've got all the knowledge you need and then a customer rings up with something you've never heard of before so there are always things to learn which keeps it interesting."

Originally from Edinburgh, June came to New Zealand in 1966 and enjoys the lifestyle which comes from living in Southland.

In her spare time, June is a keen bowls competitor and likes walking, reading and spending time with her nine grandchildren, which range in age from 20 months to 18 years old.

"They keep me quite busy picking them up from school and taking them to their sport. We've got netball, soccer, touch, volleyball, squash and now one of them has taken up rowing as well," she said.

"The thing about grandchildren is you can have all the fun bits and teach them some bad habits and then hand them back," she quipped.

