

CatWalk

Running Before We Walk



Star Attraction

THE OFFICIAL MAGAZINE OF
The CatWalk Spinal Cord Injury Trust



Above: Skyline Aviation Pilot Sam Love with CatWalk Patron Richie McCaw. Credit Tim Whittaker

THIS ISSUE

JULY 2014



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founder's FOOTNOTE



Catriona Williams, MNZM

There has been a lot going on at CatWalk over the last six months and with even more planned I have a sneaky piece of advice for all our supporters ... keep watching the website.

After making history last year and being part of an amazing trio of tetraplegics that hand-cycled to Everest Base Camp, I have set a new personal challenge. The New Plymouth Half Ironman has presented a magic opportunity to set a goal that will suit almost anyone ... abled or disabled. It's a mere 2km swim, a 90km bike ride (mainly flat) and a wee 21.1km jog. You can do a section as part of a team or blast the whole lot and be a part of CatWalk's 2015 active fundraiser. Sponsored by Wells, and managed by Selwyn Brown, we are in wonderful hands so whether you're up for a big challenge or a small one consider joining us for a fun long weekend away in New Plymouth on February 7th – that's where we'll be.

I would like to say a special thank you to Dr Rick Acland who is stepping down from the board after a number of years supporting and guiding CatWalk in his role as Medical Advisor. Rick has not only been excellent with all his advice on SCI matters but has also stepped up to support at events, cover interviews and generally walk the walk and talk the talk. Rick we will definitely miss you at our meetings but know you are only a phone call away! We are excited about having Dr Stephanie Williams CEO of SCIN (Spinal Cord Injury Network) join the board.

I would like to also to acknowledge the passing of Lisa Chittick, a founding CatWalker, who started us off with such pizzazz and style ensuring we were only ever going to be a success. Lisa your impact on thoroughbred racing, your family and friends will remain a very special part of us all. We, like Mark, Charlotte, George and Harry will miss, you, your wit and your endless style.

We are all excited about our new Auckland based CEO Libby Young ... you'll read more about her further on and the opportunities that lie ahead. Everything we do will always have a focus on supporting the best SCI research possible and to do this it takes money. You'll see the CatWalk brand alongside only the best events and projects as we focus on the fun, the fabulous and sometimes downright crazy ideas to ensure CatWalk continues to push the research boundaries and get wheelies walking again.

Looking forward to seeing you at an event soon.

A MESSAGE FROM OUR international patron

Dear CatWalk Friends

It's been a busy leap into summer here in the UK after a very exciting and happy time for Mike and I. Thank you all for your ongoing support and good wishes, we value them very much indeed.

On a competitive level, it's been great to get back into the swing of things, with some very encouraging results for my team. While not competing at Badminton this year, it was certainly a gripping event to attend as a spectator. The scoreboard was almost unbelievable, and the competition was worthy of some of the great tests from the past.

In closing, I'd like to sincerely congratulate Catriona on her recent honour. Being named as a Member of the New Zealand Order of Merit is a real recognition of CatWalk's ongoing commitment to the search for a cure for Spinal Cord Injury. This is wonderful news.

Yours Sincerely
Zara Phillips, MBE

NATIONAL PATRONS

Sir Brian Lochore, ONZ, KNZM, OBE; Richie McCaw; Dion Nash;
Lance O'Sullivan, ONZM; Aaron Slight MNZM; Sir Mark Todd, CBE;
Sarah Walker

TRUSTEES

Scott Malcolm (Chair); Stephanie Iremonger, Derek Lindsay,
Pip McCarroll, Ben Petro, Rebecca Scott, Dr Stephanie Williams.



A Legendary Location A Legendary Opportunity A Living Legend



The amazing experiences supporters donate for CatWalk fundraising events are legendary.

Roana Carran and her husband **Lance Shelley** recently nabbed a lifetime experience that money on it's own, just can't buy. High in the mountains between Taihape and Hawke's Bay lies, **Ngamatea Station**, one of the largest and most historic high country sheep and cattle stations in the North Island. Lifelong CatWalkers, **Kate and Bruce Bates** generously offered to open the doors (and gates) of their legendary property, allowing hunting access to 70,000 acres of private untouched high country wilderness.



"We were just about to get in the helicopter, when out through the hangar doors steps Captain Fabulous himself."

Their station is home to the finest free range Sika deer herd in the world and some of the best trout fishing in the county. "My heart started beating fast well before we got anywhere near the station though" says Roana.

To be precise Roana's heart skipped several beats at the helicopter transfer location.

Skyline Aviation had provided private plane and helicopter transfers, to deliver the couple to their destination.

"We were just about to get in the helicopter, when out through the hangar doors steps Captain Fabulous himself, Mr Richie McCaw."

To enjoy New Zealand's best wilderness experience, only the best company would do. CatWalk Patron and all round superstar, Richie joined Roana and Lance for their 24 hour adventure.

If all went well, by sunset they would be dining on their catch amidst some of NZ's most breathtaking scenery.

The adventure began with a safety briefing at the Station from co-owner Bruce who is himself a legend within New Zealand hunting and fishing. He had some fascinating history behind a traditional pheasant shoot to impart, then the first ever McNab commenced.

Within the hour Richie proved as sharp at landing dinner as he is on the rugby field and everyone enjoyed pheasant pies for lunch.

The afternoon hunting produced mouth watering venison so consequently dinner involved another sumptuous feast provided

by Kate, Bruce and their family.

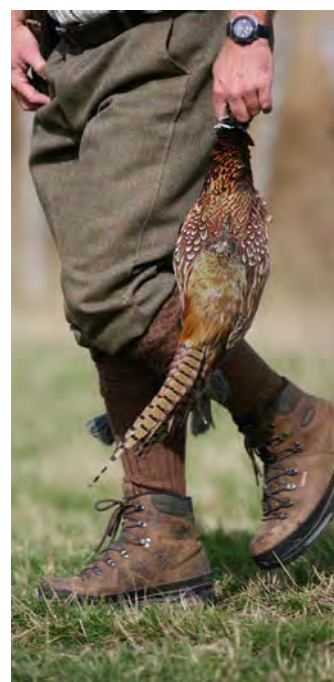
Ngamatea Station has been in Kate's family for nearly 80 years, passed through the generations and now farmed by Kate and her brothers Ren & Nathan Apatu.

The station has never previously been accessible to the public but these days Bruce leads limited hunting expeditions to explore the unique Ngamatea wilderness experience.

When asked to point out a highlight of the trip, Roana's response is swift.

"How do I explain what is unexplainable," she says. "You really had to be there to fully understand. We

have lifetime memories... made up of very special moments and those moments are what get you through later, with a smile and the knowledge life is a great thing. Bruce and Kate were so kind to share their slice of heaven with us."



CatWalk would like to thank Roana Carran and Lance Shelley and Roana's "good, gracious and generous boss", James Flynn who bequeathed the experience to her for her birthday.

Thank you to our for generous, incredible sponsors:

Kate & Bruce Bates
Ngamatea Station

Annabel & Michael Toogood
Skyline Aviation

Richie McCaw
All-round Legend and
CatWalk Patron

NEW ZEALAND research update

From the CatWalk-funded Spinal Cord Injury Research Facility (SCIRF) based in the Centre for Brain Research, University of Auckland.

THE TEAM

Dr Simon O'Carroll
Professor Louise Nicholson
Professor Colin Green



RESEARCH BREAKTHROUGH

In collaboration with Dr Catherine Gorrie and Dr Gila Moalem-Taylor from Sydney.

In their current work using peptides to block channels involved in the spread of damage, the research team has recently demonstrated that they can deliver this peptide directly to the bloodstream and that a single injection prevents inflammation and loss of limb function. This is an exciting finding and a major step forward in developing the peptide for clinical use.

Current work is testing how many doses of the peptide give the best protection, testing modified peptides to see if they are more effective and carrying out experiments to determine what is likely to be the most effective dose for use in human patients.

NEW RESEARCH PROJECTS

As well as developing the peptide so it is ready for clinical testing, another aim of the SCIRF is to develop new directions for treatment of spinal cord injury (SCI).

Dr O'Carroll has developed a number of new projects to develop treatments for SCI. These projects will complement current work and develop treatments for SCI where the peptide may not be effective.

GENE THERAPY

This involves using gene therapy to introduce protective molecules into the spinal cord. Gene therapy is a powerful tool that has been developed to alter the function of cells within the brain and spinal cord. This approach has been used successfully to target cells in the brain to develop treatments for a number of neurological disorders and has shown potential for treatment of SCI. The work has shown that introducing a particular protein into cells of the spinal cord after injury prevents inflammation and so has the potential to stop further damage to the cord.

IMMUNE CELL CONTROL

A second project looks to stop damaging immune cells from entering the cord after injury, which again will prevent further

damage. The team has found a particular molecule on these cells that can be targeted with drugs, next they will test whether these drugs are effective for SCI.

OTHER PROJECTS

Other projects look at protecting the blood vessels in the spinal cord, as damage to the blood vessels can lead to increased effects following injury. A number of potential targets have been determined that may be of use for treatment.

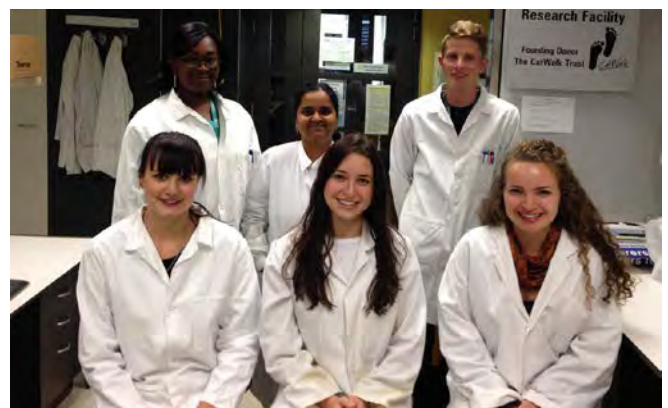
SUMMER STUDENTSHIP PROGRAMME

Another important function of the SCIRF is to provide exposure for medical and science students to SCI research. The Spinal Cord Injury Research Facility Summer Studentship Programme, funded by the CatWalk Trust, provides a great opportunity to expose top class students to SCI research and encourages them to work in this field in their future clinical and/or research careers.

This summer four students worked in the lab on a number of projects. Cameron Bringans, a third year medical student worked on a project determining exactly what types of immune cells are in the cord after injury. This is important to discover if the cells can be targeted properly. Emily Aitkins and Hannah Gill (see article on Hannah, page 16), both second year medical students, and Kate Burgess, a science student and previous winner of the Brain Bee Challenge, worked on projects looking how to protect blood vessels post-injury.

The students thoroughly enjoyed their time in the lab and learnt first hand how research works. The opportunity gives them an appreciation of how important research is and they have shown an interest in carrying out research either during or following their medical training.

The Centre for Brain Research is grateful for the funding and support received from The CatWalk Trust. It has been crucial in developing the research that is aimed at improving the lives of people with spinal cord injury.



The SCIRF Team

INTERNATIONAL RESEARCH UPDATE

“The belief that no recovery is possible and complete paralysis is permanent has been challenged.”

Susan Harkema, Ph.D., University of Louisville professor and rehabilitation research director at KSCIRC, Frazier Rehab Institute, director of the Reeve Foundation’s NeuroRecovery Network believes new intervention methods essential to recovery of voluntary movement in individuals with complete paralysis even years after injury have been discovered.

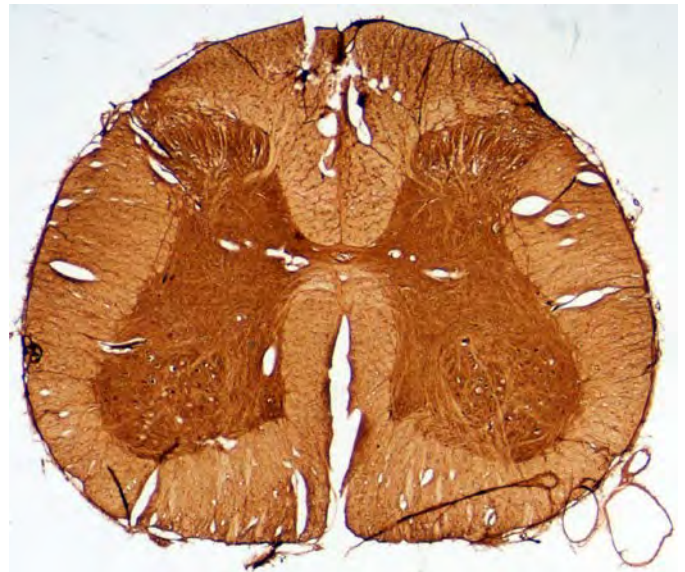
Key findings recently documented in the medical journal *Brain* detail the impact of epidural stimulation in four participants, including new tests conducted on Rob Summers, the studies first participant. The second, third and fourth participants, following the implantation and activation of the stimulator, were able to execute voluntary movements immediately. The results and recovery time were not anticipated, leading researchers to speculate that some pathways may be intact post-injury and therefore able to facilitate voluntary movements.

All four participants were classified with a chronic motor complete spinal cord injury and were unable to move their lower extremities prior to the implantation of an epidural stimulator. This research builds on an initial study authored by Dr. Harkema and team, published in the May 2011 edition of *The Lancet*, which evaluated the effects of epidural stimulation in Summers, who recovered a number of motor functions as a result of the intervention.

These results were achieved through continual direct epidural electrical stimulation of the participants’ lower spinal cords; mimicking signals the brain normally transmits to initiate movement. Once the signal was triggered, the spinal cord reengaged its neural network to control and direct muscle movements. When coupling the intervention with rehabilitative therapy, the impact of epidural stimulation intensified. Over the course of the study, the researchers noted that the participants were able to activate movements with less stimulation, demonstrating the ability of the spinal network to learn and improve nerve functions.

Dr. Harkema and her team are enthusiastic that the therapy intervention will continue to result in improved motor functions. In fact, based on observations from the research, there is strong evidence that with continued advancements of the epidural stimulator, individuals with a complete spinal cord injury will be able to bear weight independently, maintain balance and work towards stepping.

For more information about epidural stimulation studies and other spinal cord injury research, visit <http://chartingourcourse.org/research/victory.html>.



Human spinal cord



Dr Susan Harkema will be a keynote speaker at the Australian and New Zealand Spinal Cord Society Annual Scientific Meeting in Auckland in November. The CatWalk team is excited to meet with Susan to hear more about her research and repair outcomes.



Above: The Bates family

WHAT **kate** DID

DEDICATED CATWALK SUPPORTER AND JOURNALIST, CHARLOTTE GENDALL RECENTLY CAUGHT UP WITH KATE BATES. KATE IS CO-OWNER OF LEGENDARY HIGH COUNTRY STATION NGAMATEA AND ALSO AN ENTHUSIASTIC SUPPORTER OF CATWALK.

“Fun, vivacious, selfless, incredibly kind and generous.” That’s how CatWalk founder Catriona Williams describes her long-time friend and fellow wheelie Kate Bates.

“Oh gosh, that’s only on a good day!” says the incredibly busy Hawke’s Bay businesswoman, wife and mother of three.

Just catching up with Kate to have this chat proved a tad problematic. Ringing a couple of times during the week found her to be out at meetings. Finally, on a Saturday morning in late May, she somehow found time to get two of her girls ready for a day out with the Hawke’s Bay hunt, make a bacon and egg pie, rush through the shower – and schedule time for the interview.

Forty-eight year old Kate clearly thrives on being busy, but at the same time she has a cautionary warning, which we’ll come to later.

As a youngster, Kate Apatu grew up with her brothers Ren and Nathan, in Waipukurau. Their mother, Marg had grown up in the more isolated surroundings of Ngamatea Station, on the Napier-Taihape Road, and was determined her children would have a social life. Marg helped keep the kids’ ponies fit and was a keen hunter and horsewoman. She also provided crucial support for New Zealand Eventing in its formative stages, as a founding member of the Kiwi Belles ownership group and in breeding a line of top horses which went on to international success.

Kate herself rode up to NZ Pony Club Champs and recalls competing at DC level over a particularly testing course in Auckland. Educated as a boarder at Iona College, then Massey and Lincoln universities, she was a busy all-rounder and enthusiast for life in general.

Kate met Bruce Bates at Massey University. The pair married in 1992 and embarked on a dream honeymoon – travelling through Africa in an open bus safari.

As they drove south from Kenya towards South Africa, a blown tyre saw the bus flipped off the road. Among a number of casualties such as broken collarbones, Kate's was the most serious, an incomplete T4/5 back injury which left her paralysed.

On the face of it, it's hard to imagine a worse place to have a life changing SCI than in a foreign country thousands of miles from home. But Kate says that in Zambia where the accident happened, the help offered was overwhelming. A group of Irish nuns at a nearby hospital with no electricity helped out with candles until the rescue plane could negotiate the war zone of a neighbouring country to come to her aid. From there, Kate and Bruce were flown to South Africa where the medical care was outstanding and where Kate spent her first five weeks of rehab.

One of her brothers had been travelling with them, and the rest of the family flew from New Zealand to join the newly weds in hospital, where caring nurses had set Bruce and Kate up with a double bed.

Far from wallowing in misery, Kate struggles to find anything negative about that time.

"It was like being in a five star hotel! So many Kiwis were working there. We had huge amount of support. The only hard part was being brought crocodile meat as a gift to eat ..."

And asked about how she felt at the time about a future in which it seemed she'd be 'confined' to a chair, Kate is typically pragmatic.

"It wasn't an issue. I never felt any different, and it was never going to be different for Bruce. We just got on with it."

Eventually it was back to New Zealand, life in the Hawke's Bay and the challenges which face most young marrieds, including a family.

"That was all Bruce's idea!" laughs Kate, who goes on to describe giving birth as "the easiest thing I've ever done in a chair." In fact, the perfect epidural she says.

They're now incredibly proud parents to Annabel (Y13), Amiria (Y10) and Rosie (Y7). The girls all attend their mother's old school, Iona, but as day girls. They play soccer and Annabel is a life saver, like her father, and the pair travel to surf carnivals all over the country during the summer season. Amiria and Rosie both ride, with some help from Pauline Thompson. Kate is also a driver and has her own modified vehicle, in which she self-transfers to the regular seat, and her chair goes on top.

Kate and Bruce live just over an hour away from Ngamatea in Puketapu, from where Bruce runs a hunting and fishing business based at the property. Ngamatea has been an outstanding supporter of CatWalk, offering several expeditions as auction prizes, including some at a premium which also feature the company of our patron Richie McCaw.

Away from the business and the girls, there's no rest for the wicked, with Kate playing a spot of tennis from her chair, and

now indulging in a new found passion – boxing. Yes, pugilism is the latest skill she wants to perfect.

It was watching Annabel trying on ball dresses when Kate realised that mum could do with a bit of TLC herself. So the week before Horse of the Year, just when she was at her busiest, she enlisted the services of a personal trainer ("Lika – amazing!") and can now be found at the gym two days a week, lifting weights, flexing and sparring.

"I want to get back into a bikini!"

When told that this writer is aiming for the New York Marathon to support CatWalk, there's the very first sign of a less than enthusiastic response. "That's one thing I don't miss about being in a chair – running. I always hated it!"

But enthusiasm about just about everything else sums Kate up pretty well.

And now for that word of caution. Asked about her tips for life, Kate offers one succinct piece of advice, in her busy busy day.

"It's all good but you've also got to make sure you have time for yourself. I think everyone, and particularly every mother, eventually finds that."



A lone stag roams the wilderness of Ngamatea Station

intoTHEdeep

TEAM CATWALK WARMS UP FOR OUR NEXT CHALLENGE

WHEN CHRISTOPHER REEVE FAMOUSLY SAID “EITHER YOU DECIDE TO STAY IN THE SHALLOW END OF THE POOL OR YOU GO OUT IN THE OCEAN”, HE PROBABLY DIDN'T THINK THAT CATWALK FOUNDER CATRIONA WILLIAMS WOULD TAKE HIM QUITE SO LITERALLY.



Catriona is diving into the Tasman Sea off New Plymouth next February because the wheelchair bound warrior princess, shares Christopher Reeve's passion for finding a cure for spinal cord injury.

A 2km swim, is part of the Wells New Plymouth Half Ironman 2015 which Catriona has decided is her next challenge. It follows her New York Marathon success in 2010 and the monumental 1000 km hand cycling journey through the Himalayas up to Everest Base Camp last year.

“This injury wasn't what I signed up for but I have been lucky to meet so many inspiring people over the years, help raise money for spinal cord injury and hopefully show others that life in a wheelchair doesn't mean paralysis for life,” Catriona says.

Fellow wheelies Rob Creagh who was on the Everest trip and Amanda Lowry are joining her for the event,

“We decided to aim for something closer to home in 2015 and we've never done a half ironman before,” says Catriona.

Catriona's doing the Half Ironman challenge both to test herself and to raise money for vital spinal cord injury research. Everyone else able bodied or not is invited to join her.

It's a fabulous invitation.

Catriona is thrilled to have the support of the Wells New Plymouth Half Ironman organisers. Half Ironman event manager Selwyn Brown says he wants to support a charity that can make a genuine difference.

“Our athletes are taking on a real challenge in completing the Wells Half Ironman. Many come as elite athletes while others are here to test themselves for the first time ... either way everyone is pushing their mental and physical limits,” he says.

Even if you've never competed in a race before, now is your chance to swim 2km, cycle 90km and run 21km, or complete the course as part of a team.



Below: Making a splash ahead of next year's New Plymouth half ironman are: Katie Greig, Anna Perry, Gretch Freeman, Kiri Macdonald and Catriona Williams.





RUNNING BEFORE WE walk

Thomas Jefferson's immortal declaration states that all men are created equal ... we disagree. After joining Team CatWalk, these individuals discovered that some are more equal than others.

This November, CatWalk are again sending a team to complete this unmissable event – a festive 26.2-mile block party. Starting in Staten Island and finishing in Central Park, over 50,000 entrants will pass through all five boroughs of New York City, taking in the skylines and spirit of this amazing metropolis.

LET US INTRODUCE YOU THE CLASS OF 2014....



CHARLOTTE GENDALL, WELLINGTON

Charlotte Gendall is taking things one step at a time. The long-time CatWalk Trust supporter and Radio New Zealand journalist has been inspired to run November's TCS New York Marathon

after watching close friend and CatWalk founder Catriona Williams complete it in 2010. It will be the first time Charlotte has run a marathon and she will be running for the best possible cause – raising money for spinal cord injury research.

"I went over to New York and watched the marathon the year Catriona, Mark Todd and company did it. I had a great fear of what it would be like to run that distance but soon realised it wasn't all about elite athletes or doing a good time, it was simply about a commitment to training, and being involved," she said. "It was about people who are willing to step outside their comfort zones and accept a challenge."

"To feel that I can run and make a difference is my primary reason for doing this in the first place. I want to make the most of it. My family are also being very supportive and helping make time for my training. I feel very lucky to have this opportunity."

ROCHELLE O'HARA, WAIRARAPA



A self-confessed non-enthusiastic runner, Carterton based Rochelle O'Hara is now enjoying herself after weeks of solid training after signing up for Team CatWalk.

"This is the first time I've ever thought about running, let alone the idea of attempting a marathon. Last year, I followed Team CatWalk on their adventure in Nepal and decided I wanted to 'do my part' towards CatWalk's campaign," says the animal pregnancy scanner, who specialises in sheep.

"I have huge respect and admiration for Catriona and the work she is doing for spinal cord research. So, up for a new challenge in life I have put my name forward."

KATE DUCKWORTH, WELLINGTON



Inspired by her good friend and former Team CatWalk member Shelley McDonald, Kate Duckworth is excited about tackling her first ever marathon.

"Shelley has been very firmly encouraging me to join Team CatWalk and do the New York Marathon ever since," says Kate. "I love New York and I am learning to love running, so who could resist Shelley's suggestion?"

The Wellington based solicitor, who works in intellectual property law at Catalyst Intellectual Property, has been running for just over a year now and incredibly has done five half marathons. She is beginning to enjoy her training and is excited about being part of Team CatWalk.

KIM MARTIN, AUCKLAND



Kim Martin wants to make a positive difference. So much so the Auckland based Event Coordinator at cievents, is doing her first marathon and determined to spread the news far and wide about CatWalk.

"I have always wanted to do a marathon and I thought doing it for an amazing charity, CatWalk, and doing it in New York would be perfect!"



“I want to feel like I have personally helped the CatWalk Spinal Cord Injury Trust, I want to raise my goal of \$5,000 during the year, I want to let all my friends and family know about the Trust and the marathon to raise awareness, and of course I hope to finish the marathon in one piece!”

KRISTY HUNTER, TAURANGA



For avid runner Kristy Hunter choosing to run the 42km around New York was a no-brainer. Doing it for CatWalk was inspiring.

“I’ve completed many half marathons over the years and the Auckland Full Marathon, but it’s always been on my bucket list to complete the New York one,” says Kristy.

“I feel honoured to represent and support the Catwalk Trust and love the idea of knowing I have helped in some small way to find a cure for Spinal Cord Injury. I can’t wait to be involved in such a high profile event supporting such a cause.”

We think her husband Mark and kids Polly 5, George 3 and Meg 10 months will think Mum is pretty inspiring too.

JOHN MCLEAN, AUCKLAND



You’d be hard pressed to find a better running coach than Rome Olympic Marathon Bronze medallist and Arthur Lydiard protégé Barry Magee. But that is exactly who Team CatWalk member John McLean and Director of Natures NZ Store has enlisted to help him complete the New York Marathon. Magee who ran

with fellow Olympians Peter Snell and Murray Halberg is now passing on his knowledge to John and we have no doubt that John will achieve all his goals of finishing the marathon while flying the CatWalk flag.

LEE MUIR, TAURANGA



Despite running for over 20 years – with the occasional event thrown in for good measure –Lee Muir has never run a marathon. But that is about to change.

“I loved reading Kerre Woodham’s book “Short Fat Chick to Marathon Runner” and have quietly desired to run a marathon for some time,” says Lee, a mother of three. “When a friend approached me with the idea of running the 2014 New York marathon, I knew the time was NOW. Even better is the opportunity to do it as part of the inspirational CatWalk Trust team!”

Lee is thrilled to have the opportunity to run and fundraise for a charity that is so meaningful and can one day be instrumental in helping people with spinal cord injuries walk again.

PATRINA KERR, SYDNEY



What started out as a way to get fit, has become a way of life for mother of three Patrina Kerr. The former Kiwi, now firmly ensconced in Sydney running a company that specialises in Rewards & Loyalty management programs, began running with a group of friends three years ago. It was an easy way to incorporate fitness around family commitments.

Since then, she has completed the Sydney Half Marathon, the 50km Coastreak race, the 2013 Gold Coast Marathon and a few other trail runs. Now she’s set her sights on New York.

“I want to do the NY marathon because it is such a famous event and a great opportunity to set myself a new PB challenge. After the event I’m looking forward to relaxing on a beach somewhere in the world with a nice cold cocktail!”

We think she’ll deserve one.

ANNA HOLDSWORTH, GISBORNE



Often a significant birthday provides enough motivation for one to lace up the running shoes. Case in point for HR and Communications Manager Anna Holdsworth.

“I am tackling the marathon challenge in my 40th year!” says Anna a mother of four children aged between 4 years and 11 years.

“My friends encouraged me to do it (fellow Team CatWalker Kristy Hunter is a good friend). CatWalk is a fabulous cause and I especially like the idea of doing something for others. It’s not all about me!”



thrill OF THE chase

RUNNING FOR A CAUSE

Hannah Gill didn't know if she could run a Marathon. For a girl who'd never done it before she was naturally intimidated by the 42 km distance.

But Hannah has done it; she crossed the finish line of her first ever Marathon in Rotorua in May and in the process raised over \$5,000 for CatWalk and spinal cord injury research.

She reckons most of us could do it too.

What the 20 year-old didn't factor in at the time was how motivated she would feel to complete that marathon after deciding to do it for CatWalk

"After setting myself the challenge of running a marathon, when I decided to run for CatWalk it really gave me a purpose," says Hannah.

Hannah, an Auckland medical student, has had the chance to study under the guidance of Dr Simon O'Carroll and Dr Louise Nicholson who are working on the ground breaking spinal cord injury research, funded by CatWalk at the Centre for Brain Research at Auckland University.

"It was incredibly interesting and I was part of an awesome lab group."

"My part of the research involved producing information on the changes in a newly discovered protein, Connexion 30, which can protect the nerves and tissues from inflammation and scarring following spinal cord injury."

It was while she was working in the lab that Hannah was inspired to push beyond her original Marathon fundraising goal.

"I was aiming for \$1,500 for CatWalk but Louise suggested I should set my sights higher ... so we raised the bar to trying to raise \$4,200 – \$100 every kilometre."

That was the spur for Hannah to train like mad and improve her running strength and stamina. Her longest training run before completing May's Rotorua Marathon was 32km.

"After finishing the 32kms, I felt quietly confident I could do the full marathon. I was exhausted because I'd never run that far in my life, but I was so thrilled ... just thrilled," she says. "However what actually motivated me even more was tracking my fundraising."

Hannah set up a fundraising page on www.everydayhero.com.

"The majority of people who donated were friends, family and supporters but it was amazing as I had complete strangers donating as well."

Hannah couldn't give up or fail knowing other people were donating on her behalf. Even her twin sisters, Sophie and Grace got behind Hannah's CatWalk fundraising effort and held a mufti day at their school, ACG Strathallan.

All the family were in Rotorua in May this year to watch her compete; her Mum, Dad, her three sisters, and boyfriend Matt and his family – all of whom were decked out in the black and white colours of the CatWalk Trust.

Hannah completed the 42km marathon in 3 hours and 53mins. An amazing time for a first timer!

So far she has raised \$5,100 for the CatWalk Trust.

Hannah is keen to inspire others to do something they might have thought was too tough or impossible.

Another bonus is that Hannah's CatWalk experience has piqued her interest in continuing research into spinal cord injuries.

Inspired?

Go to page 13 to see our Eleven Fabulous Reasons why you should join Catriona in Team CatWalk to compete in the Wells New Plymouth Half Ironman next February 2015 or join our 2014 New York Marathon team (see pages 14-15).



A delighted Hannah Gill after finishing the Rotorua Marathon and raising money for CatWalk



13 October SYDNEY CONNECTIONS 2014 from research to community

Monday 13th October 9:00am – 6:00pm
Royal Randwick Racecourse, Sydney

Join more than 200 people at the highly anticipated Connections 2014 Conference.

Connections 2014 will put the spotlight on clinical trials as well as feature an afternoon community forum with presentations on key topics of pain, pressure injuries, resilience and nutrition. Community members can ask questions and communicate with some of Australia's best minds in spinal cord injury research in the "Ask the Expert" session.

This event will include keynote speakers at the forefront of spinal cord injury research.

Dr Kim Anderson from the Miami Project to Cure Paralysis will share her insights into research priorities of people living with spinal cord injury.

Dr John Simeral from Brown University will discuss cutting-edge research on BrainGate and the future of brain-computer interface technology.

Includes morning tea, lunch and mixer.



Register online today at
www.connections2014.com.au



CHARITY BALL

SATURDAY 2ND AUGUST, 7PM

The Milk Station, 35 Rahui Road, Otaki

\$145



**FOR TICKETS CONTACT JO ANDREWS 027 2478 121
OR KELLY MEYER 027 439 7071**

Also available from Otaki Hunting and Fishing

LA DOLCE vita

A slice of Italy will come to Otaki this winter thanks to the Mafioso Charity Ball.

The Ball, being held on Saturday August 2nd at The Milk Station, doubles as a fundraiser for the CatWalk Trust which is close to the heart of organisers, Jo Andrews, Kelly Meyer, Sharleen Workman and Janine Scott.

"The CatWalk Trust is a fantastic Charity to support. Spinal cord injuries affect so many people from so many different walks of life, including sports and people in the equine world which I participate in," says Jo.

The organisers say the ball will provide people an opportunity to kick off the gumboots and get out the bling. It's also an opportunity to experience a little bit of La Dolce Vita thanks to the Italian theme and to be entertained by Irish band The Shenanigans and MC Charlie Meyer.

"With the band it's guaranteed to be a night to remember and with the support of Kelly, Sharleen and Janine who know and love Catriona it will be so much fun and a chance to support CatWalk," says Jo.

NEW horizons

YOU MAY HAVE NOTICED SOME CHANGES AT THE CATWALK TRUST RECENTLY... LET US INTRODUCE SOME NEW FACES AND FAREWELL FAMILIAR ONES.

The CatWalk Spinal Cord Injury Trust welcomes Libby Young as our new Chief Executive Officer. Libby, who is based in Auckland, will be in charge of business development and diversifying income streams for the CatWalk Trust as well as broadening our awareness. Libby will join our small but dedicated team of three part time staff including general manager Meg Speirs, financial administrator Donna George and Communications Administrator Katie Farman who are based all out of the Masterton office.

Libby has previously worked as a journalist and television producer and director. She has been both a trustee and the executive director of other successful charities. She brings with her expertise in media/communication, business management, sponsorship and profile raising.



Libby Young, CEO

We want to say a fond farewell to Dr Rick Acland, who has been a CatWalk Board member since 2008. Dr Rick, who is a rehabilitation consultant with the Canterbury Health District Health Board and works at Burwood Hospital where he practises in spinal cord medicine and pain management, has contributed so much time and expertise to CatWalk over the years. We all will miss his guiding hand and expertise on SCI and wish him and his family well.

We welcome Dr Stephanie Williams onto the CatWalk Board. Stephanie, who was appointed Chief Executive Officer of the ANZ Spinal Cord Injury Network in 2008, has previously headed up Business and Corporate Affairs for Research Australia in 2006/7, a national not-for-profit organisation for the promotion of health and medical research.



THE BAIL

bulletin

KIA ORA FROM THE TEAM AT BAIL

Are you ready to roll if a disaster strikes?

In the last 12 months people in New Zealand have been affected by earthquakes in Marlborough and Wellington, severe wind storms in Canterbury, West Coast and central New Zealand as well as flooding in Auckland, Northland, Wellington and Christchurch. And who can forget the Canterbury earthquakes of 2010/2011?

New Zealand is geologically and meteorologically a very busy place so, as media campaigns continually tell us, we all need to be ready to cope with disasters, both big and small. But how easy is it for people with mobility or other disabilities to make the preparations necessary? How prepared are you? What are the problems that you face? Who will check on you in an emergency, and how will this happen? What do you think of a register of people with disabilities that responders could use in an emergency to get help to those who are likely to need it most?

All of these questions and more are the subject of the "Ready to Roll Survey", a project currently being undertaken by the

University of Otago and the Burwood Academy of Independent Living (BAIL). The study involves an anonymous nationwide survey of wheelchair users and takes about 10 minutes to complete, so if you are:

- 18 years or older
- Use a wheelchair ½ the time or more
- Live anywhere in NZ except a residential care facility (e.g.: a rest home or hospital)

Please consider completing the survey. All the information you will need, including written and video material, can be found on the BAIL website. Just follow the links to www.burwood.org.nz/node/62. Or if you would like more information about participating and want to talk to the researcher, contact Jason Nicholls directly via: email nicja964@otago.student.ac.nz or mobile 021 0231 6451

Kia Kaha, stay strong, from Debbie, Hans, Anne and Brian.

thankYOU

C-Q GOLF DAY

CatWalk Patron Sir Brian Lochore entertained guests at the Taupo Hilton with tall tales following the CQ organised Golf Day. The former All Black player, coach and selector was joined by fellow guest speaker Andy Ramsden and helped auction seven fabulous items including the surprise shaving of Ian Harvey, CQ's director, hair... all in aid of CatWalk. Earlier in the day, 18 teams soaked up a fabulous sunny autumn day on the Wairakei Golf & Sanctuary, Taupo before enjoying lunch at the clubhouse. It was a great opportunity for the winning team, The Beagle Boys whose team Captain, David Steele doubled as the fabulous auctioneer on the night – to reflect on a successful day on the greens. Thanks to all the sponsors involved especially FL Bone, Urlar Wines, Wairakei, Tru-Test and The Leigh Brewing Company and thanks to Posy Moody of C-Q who did such an excellent job organising the whole day.

OFF THE HOOK: NGAWI FISHING WEEKEND

In our previous Magazine we mentioned a wonderful fundraising event held in Hong Kong for the BIG Cycle team on their way to Nepal. One of the prizes on offer was private weekend in Ngawi with personal fishing guides a private holiday home and NO WIFI.

A very special mention of thanks must go to Craig and Sue Oldfield, who, along with Lachie and Bindy McLeod, donated the whole weekend. This prize definitely reeled in the punters!

MIRAGE VISUAL LIMITED

We love bringing you the latest news from CatWalk and want to say a huge thank you to Palmerston North based Mirage Visual Ltd who gave us a special sponsorship hourly rate and discounted hours in helping us produce our December 2013 magazine.

IN THE BIG SMOKE

CatWalk is growing and now has an office in Auckland too – for free! A huge thank you to Stephanie Iremonger and her business partner Brendon O'Connor of O'Connor Sinclair who are sharing their Auckland office with the new Auckland based CatWalk CEO Libby Young. Steph is a keen horse woman and our youngest hugely dedicated and active CatWalk Board member.

HOT TO TROT: BAYLEYS SUCCESS REALTY

A unique twilight auction, run by Bayleys on the opening night of the Bayleys Tauranga Showjumping Weekend, got hearts racing and punters betting. The corporate evening at Mills Reef Winery saw invited guests bid on the riders competing against each other over identical sets of jumps on the specially set up

course. The winner of each round continued to compete with the unsuccessful rider retiring after each round. The successful bidder for the winning rider was presented with a Magnum of Mills Reef Shiraz. All money raised from the auction proceeds has been donated to CatWalk Trust. A great night was had by all.



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They have been our corporate partner for many years and we say PAY IT FORWARD CatWalk supporters, and forward your freight with DHL! www.dhl.co.nz

In addition to the above events The CatWalk Trust often receives unsolicited donations and regular donations from individuals around the world. The Trust wishes to thank all these individuals for their support in helping us find a cure for SCI and we wish to thank all the community groups who have worked tirelessly over the last few months to fundraise for our charity. A huge thanks goes out ACG Strathallan College for donating the proceeds from their recent multi-day; the Rotary Club of Masterton, to Jay and Claire Robertson; Dorothy Cutts and Kim San Yap.



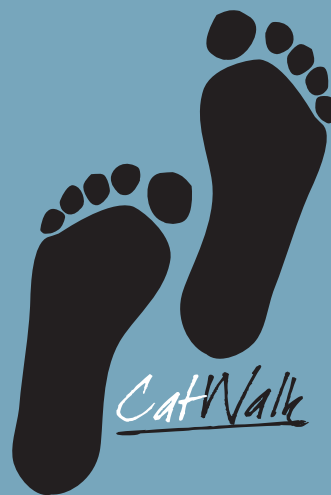
Left: Stephanie Iremonger



Above: A fantastic family effort from the Gill's in Auckland – all raising money for the CatWalk Trust following outstanding efforts at the Rotorua Marathon and at Strathallan College

The only current cure for SCI is prevention

Our vision is a world where spinal cord injury does not mean a lifetime of paralysis



DO WE HAVE YOUR FULL & CORRECT DETAILS?

First Name: Last Name:
Organisation:
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REGULAR GIVING

A regular gift (from as little as \$10 a month) can help to provide us with the kind of steady income we need in order to plan ahead and make sure our vital research doesn't stop. If you would like to set up a regular gift please contact the office on **06 377 5430** or **info@catwalk.org.nz**

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If so please email us at info@catwalk.org.nz

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PO Box 555, Masterton 5840, New Zealand

catwalk.org.nz

Thank you for supporting us to get people out of wheelchairs and back on their feet!