

ISSN 1179-8416

DECEMBER 2013

# CatWalk

Your pathway to information and support for a cure



Pioneering  
Journey

THE OFFICIAL MAGAZINE OF  
The CatWalk Spinal Cord Injury Trust





Above: The Big Cycle team celebrate after reaching Everest Base Camp

# THIS ISSUE

DECEMBER 2013

Pushing the Boundaries .....	6
Lasting Impressions with Rob Creagh .....	8
Penny Barnett .....	9
Attitude Awards .....	12
Team CatWalk Crosses the Finish Line in New York.....	13
New York Marathon Fundraising Events .....	14
Rotary Fundraiser .....	15
The Bail Bulletin.....	16
Chairman's Chat .....	18
Thank You's .....	19

*A special thank you to our supporters who help us produce this magazine*

PRINT Printcraft  
MAILHOUSE Western Mailing

COVER Who says riding should be boring? Mike Weston leads the Big Cycle during part of their epic journey. Photo: Scott Malcolm

**facebook**

LIKE US ON FACEBOOK  
[www.facebook.com/thecatwalktrust](http://www.facebook.com/thecatwalktrust)

**twitter**

FOLLOW US ON TWITTER  
[www.twitter.com/CatWalkTrust](http://www.twitter.com/CatWalkTrust)

# founder's FOOTNOTE



*From left: Neil Cudby, Catriona Williams and Rob Creagh*



*Catriona and Sam Williams*

Yes we made it! Three wheelies and 12 able bodies cycled for a month in a third world country covering approximately 1000km with a little detour to Everest Base Camp. I would like to thank my fellow wheelies Rob Creagh and Neil Cudby for being a special part of this world first. I know, however, that Rob and Neil join me in thanking our 12 crazy friends who joined us. They paid for the privilege financially but also with their gift of time, to help wheelies that have been in their chairs for a combined total of 37 years to trudge through a mountainous challenge like no other. Without all of you it wouldn't have been as much fun nor possible. Thank-you.

Ann Young from Trekking Adventures and her Nepalese team needs to be given a gong for saying YES to this unique group. The various logistical issues were dealt with seamlessly. Ann, without exception, every team member credits you with our ultimate success. For that out of the box adventure I can thoroughly recommend [www.trekkingadventures.co.nz](http://www.trekkingadventures.co.nz)

Special mention this month needs to go to Dave Copley, Ollie Bradshaw, Duncan Hawkesby, and Dan Dale for stepping up to do the New York Marathon again. It is not only a physical challenge and a tough mental one but also a massive time commitment. You Rock!

To ALL of our 2013 NY runners and supporters, including CatWalk ambassador Anna Hiatt, thank-you for being a part of Team CatWalk in New York this year. Having you step up to complete this challenge is so motivating for us, the CatWalk crew, at home. To know that people care and take the time and energy to put their bodies through this inspires us daily to keep going. What? YOU haven't done a marathon? Sign up for Marathon Team CatWalk 2014 – it's shaping up to be a cracker!

I would like to make a special mention to all the excellent carers this month. For some of us we spend more time with you than our chosen partners. You turn up bright and bubbly every morning making our daily challenges appear easy and our lives incredibly normal. I write this as a special thank-you to my current team who most do not know as they have this ability to slip in and out unseen yet are vital to all the goals I personally set out to achieve. Keep up the great work, because, from every wheelie who has a great carer YOU are our secret to success.

*Catriona*



# A MESSAGE FROM OUR international patron

## Dear CatWalk Friends

Your news continues to be so exciting, and none more so than what's come from the Big Cycle crew to Kathmandu. Their decision to tackle some of the world's highest peaks was inspired and it was no surprise to see CatWalk's intrepid leader Catriona to the fore yet again. Being part of the first wheelchair team to make it to Everest Base Camp is an amazing achievement for Catriona, Neil and Rob. Bravo to you three, and to your supporters.

I'm also impressed by the inspiring stories of the CatWalkers who took on the New York Marathon in November. It seems to me this is their chance to achieve a personal goal, and contribute to the cause Spinal Cord Research at the same time.

And finally, thank you so much for the very kind messages of support to Mike and I at this special time.

Zara Phillips, MBE

## NATIONAL PATRONS

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

## TRUSTEES

Sam Howard (Chair), Dr Rick Acland, Rebecca Scott, Pip McCarroll,  
Ben Petro, Scott Malcolm, Derek Lindsay, Stephanie Iremonger



# SCI research

GRANT AWARDED FOR COLLABORATIVE PROJECT

The Spinal Cord Injury Network recently announced Dr Gila Moalem-Taylor, who is based at the School of Medicine, University of New South Wales, has been awarded the Network's "Towards Translation Capacity Building Initiative" Grant. Funding of \$320,000 will support Dr Moalem-Taylor's new collaborative project "Modulation of gap junction channels for the treatment of spinal cord injury."

Dr Moalem-Taylor's research is part of a trans-Tasman collaboration between Australian researchers (Dr Moalem-Taylor and Dr Catherine Gorrie) and New Zealand researchers; Professors Green and Nicholson, and Dr O'Carroll, from The University of Auckland. The study brings together experts in spinal cord injury, neuropathic pain, gap junction modulation and neurodegenerative disease. The project will complete preclinical research and provide the platform for clinical trials aimed at reducing chronic pain and improving functional outcomes after spinal cord injury.

The researchers' approach is aimed at reducing the extent of spinal cord injury damage immediately after an accident

Spinal cord injury is a major cause of morbidity and leads to significant physical, emotional and financial burdens for people with spinal cord injury and their families. There is no known cure to date and current treatment options are limited. After initial traumatic spinal cord injury, a cascade of secondary tissue damage starts within hours, worsening the outcome for patients. The time course of secondary damage does however offer a potential window of opportunity for intervention. Therefore, there is a great need to develop new treatments that can be used in this early time period, before the extensive spread of damage to adjacent healthy tissue occurs.

The group's pioneering work has already shown treatment with a compound called Peptide5 can limit the spread of spinal cord damage when administered locally. The aim now is to modify this treatment for intravenous delivery in the first hours after an injury to provide a clinically relevant therapeutic approach. The ongoing spread of the lesion following spinal cord injury is mediated by dead or dying cells releasing neurotoxins that act on healthy cells causing them to die. This is facilitated in part through communication channels between cells, allowing small molecules to pass from cell to cell. Connexin43 is an

important protein comprising these channels. The group has developed Peptide5, which can bind to Connexin43 and stop channels opening. When Peptide5 is delivered directly to the surface of a spinal cord injury in an animal model, it reduces cell death, injury area, swelling, inflammation and scarring, and improves locomotor function.

However, it is often impractical to apply topical medication to a damaged spinal cord after injury. Dr Moalem-Taylor's project proposes to investigate intravenous delivery of Peptide5 as a clinically relevant treatment. Her research in spinal cord injured animals hopes to optimise the administration of Peptide5 to the blood stream, test the effects of Peptide5 treatment on inflammation, swelling and damage spread, functional outcomes, development of chronic pain, and generate dose response information and administration protocols.

The expected outcome of this collaborative research is to provide the basis for translation to a safe, effective and feasible treatment for the acute stage of human spinal cord injury.

The researchers' approach is aimed at reducing the extent of spinal cord injury damage immediately after an accident, therefore restricting the amount of functional disability. Such improvements could have a marked impact on quality of life for people following a spinal cord injury.

*Article courtesy of Spinal Cord Injury Network*



*Dr Gila Moalem-Taylor, School of Medicine, University of New South Wales.*



# PUSHING THE boundaries

THE BIG CYCLE SENT OUT  
A GLOBAL MESSAGE THAT  
'ANYTHING IS POSSIBLE'.

Superlatives abound when it comes to describing The Big Cycle – an incredible 1000 kilometre journey that saw an international team of cyclists - including three Kiwi tetraplegics on hand-cycles led by CatWalk Trust founder Catriona Williams - climb over 10 Himalayan Mountain Passes, reach altitudes over 5000m, deal with altitude sickness and experience camping in wheelchairs in hostile environments.

Pioneering. Gutsy. Determined. Mad?

But for Catriona, Rob Creagh and Neil Cudby it was an astonishing achievement. It was also a lesson in determination and overcoming psychological and physical challenges.

"It really was a mind game but we all persevered," says Catriona. "I think in time this trip will prove a bit of legacy for all involved and inspiration for people all around the world."

What the team achieved on July 5, 2013 was remarkable. The trio were the first tetraplegics known to have reached base camp on the Tibetan side of Mt Everest in their hand cycles. They were joined by 12 able bodied support crew, including Catriona's husband Sam, four Nepalese guides and a team of Tibetan cooks. The ride was part of a campaign led by The CatWalk Spinal Cord Injury Trust and the Spinal Cord Injury Network (SCIN) of Australia to raise funds for SCI research. The group raised over \$600,000 with donations still trickling in. More importantly the team sent out a global message that 'anything is possible'.

"It was a pioneering trip," says Sam. "It really was a trip into the unknown. Even though we had prepared for months, we didn't know how Cat, Rob and Neil would cope at altitude."

In order to reach their goal, the team began preparing and fundraising two years earlier. This included hours of physical training, going through the RNZAF's hypobaric chamber to

demonstrate the effect altitude has on exercise performance and undergoing countless medical check-ups. Leaving no stone unturned Catriona did a lot of research into preparing her hand-cycle and couldn't have done it without the support from Anthony Clyde's power assist system ([www.electricbikes.co.nz](http://www.electricbikes.co.nz)).

Once overseas there were other unexpected challenges including documentation problems. Delays at the Chinese border. Communication breakdowns. A lack of quality, energy dense food. Altitude sickness. Ruttled out roads. Scorpions in the campsite. Even a drone flying overhead.

Despite these challenges, the group remained calm and worked as a team to slowly tick off each kilometre. At approximately 730km they reached Everest Base Camp, following an arduous 103km stage ride.



Above: Rob, Neil and Catriona


"It took us three days and it was like going through a tumble dryer because the road was unbelievably bumpy and our hand-cycles had no suspension. There were 42 switchbacks, people were feeling sick and then Neil (Cudby's) hand-bike broke down and was literally held together with duct tape. We found a piece of pink dressing cord and applied a bit of kiwi ingenuity tying Neil and Rob's hand-cycles together. Rob towed Neil and together we road to Base Camp. It was incredible. Just so emotional, but our goal had been achieved."

Since returning to New Zealand the team has taken time out to nourish their bodies back to full health and enjoy reconnecting

with friends and family. Catriona has also recounted her inspiring story several times to Charitable Groups and wowed audiences with a short DVD, created by Greg Daniels, which graphically illustrates the journey and shows the beautiful, and at times inhospitable landscape they cycled through.

"On reflection I think the team's camaraderie got us through. It's amazing really as there were 15 of us in this high pressure situation and no major fall outs," says Catriona. "Our support crew was just incredible. I couldn't have done it without them, especially Sam."





IT REALLY WAS A TRIP  
INTO THE UNKNOWN. OUR  
SUPPORT CREW WAS JUST  
INCREDIBLE. I COULDN'T HAVE  
DONE IT WITHOUT THEM

*While The Big Cycle pushed everyone's physical and mental limits, it also gave our team a remarkable insight into a different culture and a different way of life.*



# • LASTING impressions

WITH ROB CREAGH

## ROB

“It’s fair to say the Big Cycle expedition has left a lasting impression on me. Sometime after our return, Penny described to me the sense of calm that she brought back with her. I was surprised to hear her explaining the exact feelings I was experiencing myself. In the first few days and weeks I kept expecting to shed this sense of wellbeing, along with the remnants of dust and bruises on my skin, but now months later I’m beginning to accept it as permanent.

I suspect pulling the whole thing off - the months of training; scraping the money together; overcoming numerous physical and mechanical crises; and then actually getting to Base Camp - has left me thinking all things are possible.

But I believe the thing that ultimately had a larger impact on me was being so utterly self-reliant on other people. Amy, my support person, pulled me through my lowest ebbs (there were a few), the boys worked tirelessly to keep my trike on the road, and the whole team worked around the clock, lifting the three of us in chairs in and out of buses and up and down stairs. And it all left me feeling pretty good about people and myself.

We have a tendency to overuse some words to the point that they lose meaning - ‘humble’ is surely one of the greatest victims. But I’ve been humbled by the support of the team, my family and friends, both before and after the event, and others I haven’t even met who contributed generously to the cause.

Oh, and that endless downhill ride through the rain, under the waterfalls, with the road dropping off to the gorge lost somewhere below in the mist...was bloody outrageous.”

THE THING THAT ULTIMATELY  
HAD A LARGER IMPACT ON  
ME WAS BEING SO UTTERLY  
RELIANT ON OTHER PEOPLE ”



*Above: Rob Creagh*



# PENNY barnett

## PENNY

“It has been three months since our return and I often find myself reflecting on and reliving The Big Cycle with happy memories. I recall riding ahead of the others down a pass that opened up into a barren Tibetan plateau with a long straight road - very slightly down hill – and I felt so free and alive. I felt I’d soar above the majestic landscape that contained no sign of life until I came upon a nomadic herdsman with his scruffy flock of Tibetan sheep and four young colts fighting with each other. I recall a tiny cluster of Tibetan mud brick houses with dried dung lined up on the fences ready for winter fuel and from where a small grubby child greeted me with the peace sign reminding me I was on the Friendship Highway.

While these recollections were personal highlights for me, there were also many ups and downs.

The lowest point came in Lhasa, before we’d even started. After two years of planning and hard work training Catriona and Rob both developed wounds on their buttocks and there was a chance the journey would continue without them. We made a choice to visit a monastery and leave them on their tummies in a dank and dingy hotel room allowing them time to heal and rest. As we walked around trying to get excited by the beautiful chalky regal colours of the Buddha’s robes and the sarcophagi of various Dalai Lamas, each made of half a ton of gold and embossed with colourful precious stones, the experience was marred by our feelings for our team. I was devastated to think they may not achieve this dream. It was at that point I realised that life as a tetraplegic requires a lot of patience, endurance and acceptance of always being dependant.

This trip was a great insight into how life really is in a wheelchair. Travelling is hard enough for the able bodied but all sorts of obstacles are put in front of disabled people where you feel their humanity is ignored. Such as when the China Air pilot refused to take more than two wheelies on board and abandoned Neil in the caged hoist. After two hours of deliberation we showed the pilot a “good luck” letter sent to us from Prime Minister John Key and this singular piece of paper allowed Neil to get out of his cage and us to resume our flight to Tibet.

My most moving highlight was seeing our stoic trio make history becoming the first tetraplegics to bike to Base Camp. This was achieved with steely resolve on all their parts. It followed bouts of altitude sickness, suffering from a lack of protein in our food, the fear of diarrhoea, a lack of sleep due to the hardships of camping in wheelchairs in hostile environments, dealing with open wounds and having bikes break down.

We able bodied only suffered a few of the above issues, so to see Cat, Rob and Neil arrive at the base of the Tibetan side of Mt Everest was a truly glorious moment and the realisation of a two year dream came true.

We hope this intrepid journey has inspired not only disabled people but able bodied people the world over. We hope it can give courage and prove that anything is possible if you put your mind to it. If I can do it, anyone can!”



*Penny Barnett says that Big Cycle gave people all over the world a clear message that if you put your mind to it, you can achieve anything.*

# WITH LOVE FROM HONG KONG

THREE WEEKS BEFORE DEPARTING FOR THE BIG CYCLE, CATRIONA RINGS HER GOOD FRIENDS BEN FALLOON AND CAROLINE ABBISS WITH THE IDEA OF HAVING A DRINKS EVENING IN HONG KONG TO SHARE THE UPCOMING CYCLE ADVENTURE.



*Justin, Caroline and Cat*

“We’re doing an overnight in Hong Kong en-route to Kathmandu” she said “Would you have the time to pull together some friends and we will provide some fun auction prizes to make it a bit special?”

Remembering Chinese Authorities only gave the go ahead for the Big Cycle team to travel through Tibet three weeks before their departure date – even though preparations for the pioneering journey began 2 ½ years ago – you could say this event came together at the last minute. But what a night it was.

With the support from Tessa Davenport, an old friend of CatWalk Trustee Scott Malcolm and BIG Cycle team member, and many of their wonderful friends the event was held at The Space (thank you for donating the venue). Canapés and Ular wine greeted guests and generous friends while Deputy Consul General Felicity Roxburgh attended along with local celebrity racing trainer Paul O’Sullivan (brother of CatWalk Patron Lance O’Sullivan).

The successful night gave The BIG Cycle Team a wonderful send off into the Himalayan unknown and raised a further \$70,000 for SCI research. Much credit needs to be given to Stuart Laughton, one of The BIG Cycle Team for his extraordinary auctioneering skills, clearly a new talent he can add to his CV as well as Personal Trainer to the Australian Army.

Also a huge thank you to those who donated auction prizes, which were amazing and exceeded all our expectations. These included two nights at Ngawi donated by Lachie and Bindy McLeod which sold for \$10,500; a Trelise Cooper classic black dress going to Caroline Abbiss for \$8,000 and a great Kiwi barbeque meat pack selling for \$2,500.

A list of all our prizes and winner are listed on the following page. A thank you to you all for attending a magical event for a cyclists and helping them kick-start an adventure of a life-time.



*Stu, Mike and Scott*



*A huge thanks to our volunteers Georgie Beale, Matilda de Kantzow and Lea Choukroun who helped out at the Hong Kong fundraising event held earlier this year held at The Space*



# charity NIGHT

## 11TH JUNE 2013

### LIVE AUCTION

The Hills Golf Course  
Niseko 1 week  
Bali 1 week  
Ngawi Fishing weekend  
Trelise Cooper Dress  
Meat Tray  
Richie McCaw book & shirts  
Duck shooting in the Wairarapa

Astrolabe Wine  
Sara J Beazley print  
Magnum of Royal Dragon Vodka  
Tuki Tuki  
Elite Personal Training "New You"  
Florist voucher  
1 night at Shangri-La  
Hawke's Bay Hideaway

### WINNER

Adam Zaki  
Zen Gladstone  
Neil Harvey  
Mrs Angharad Fitzwilliams  
Justin Abbiss' bride  
Rupert Mitchell  
Kelly Gave  
Elaine Young

D Hiden  
Jonty Edgar  
Sophie Agostini  
Sunny  
Wei Wong  
Francois Thomas  
Tarek Iliya

### DONATOR

Ben & Alison Falloon  
Ben & Alison Falloon  
Lachie & Bindy McLeod  
Trelise Cooper Wellington

Sam & Sara Orsborn,  
Hunting & Fishing,  
PGG Wrightson  
Tessa Davenport

Tom's Cottage and Outfoxed



*Hong Kong fundraising event organiser Tessa Davenport (second from right) soaks up the festivities during the CatWalk fundraiser.*



# ATTITUDE awards

CATWALK WISHES TO CONGRATULATE NEIL CUDBY - ONE OF THREE TETRAPLEGICS WHO COMPLETED THE BIG CYCLE.

Neil is one of the three tetraplegics who successfully completed The Big Cycle – a pioneering 1000 kilometre journey through the Himalayan Mountains to Everest Base Camp – and who is a finalist in December’s Attitude Awards.

Neil, who lives with his family near the beach in Papamoa, is a finalist along with Mackenzie Kench, Maia Amai and Phil Thorn in the Courage in Sport category, sponsored by Westpac.

This award recognises a person with a disability who is striving to lead an active sporting life and who has displayed great courage and a ‘winning attitude’ and will have overcome larger than normal hurdles to become active in sport. This person may be a future national or international competitor in their chosen sport or it may be someone who simply epitomises the attitude of being active and making the most of life.

On December 3rd – World Disability Day – the annual Attitude Awards will be held at Auckland Viaduct Events Centre. The black tie event will see awards presented across seven categories to people whose extraordinary talents have often failed to be recognised by New Zealand society. The awards salute artists, sportsmen and women, people with intellectual disabilities, physical disabilities, mental health issues, young and old. They also pay tribute to the employers who work alongside people with disabilities to ensure they are able to contribute their skills to society and live full and satisfying lives.

First held in 2008 the Attitude Awards are the only national awards that celebrate achievement in the disability sector across all disabilities. The Trust aims to draw media attention to the 17% of New Zealand’s population who live with disability. They are intended to be a significant driver of inclusion in New Zealand society and to support the New Zealand Government’s objectives of a fully inclusive society.

The Attitude Awards are operated by The Attitude Awards Charitable Trust. Trustees include the Hon. Ruth Dyson (New Zealand’s first Minister of Disability Issues), Halberg Disability Sport Coordinator Stacey Roach, Human Rights Commissioner David Rutherford, Attitude Pictures Ltd Producer Robyn Scott-Vincent and Paralympic Gold Medalist Dan Buckingham.





# TEAM CATWALK CROSSES THE FINISH LINE IN newyork



## IT WAS A CASE OF UNFINISHED BUSINESS FOR THREE RUNNERS REPRESENTING TEAM CATWALK IN NOVEMBER'S NEW YORK MARATHON.

After Super Storm Sandy cancelled the 2012 event, the trio Ollie Bradshaw, Dave Copley and Duncan Hawkesby decided to return and complete the 42.2km distance banishing the memory of last year's race.

Prior to leaving New Zealand Hawkesby told the CatWalk Trust "I am back to tick this off my bucket list as part of Team CatWalk 2013. Fundraising for a magnificent cause such as CatWalk is brilliant."

Hawkesby finished in the marathon in just over 3 hours while Ollie and Dave came home just 30 minutes later. The rest of the team also finished the race with team leader Anna Hiatt saying the entire CatWalk Team did amazingly well.

"It was so inspiring to be a supporter alongside two million other spectators watching everyone truly push their limits. Congratulations to all of the CatWalk team for not only achieving such fantastic personal milestones but also for your incredible support raising \$99,095 for spinal injury research."

Wairarapa based Alex Tomlinson, who finished the event just on five hours, was absolutely thrilled with her efforts, even when the going was tough.

"When I was really struggling I kept saying to myself "remember why you are here Alex ... all you have to do it put one foot in front of the other. It might hurt but at least I can use them. That and an image of Catriona dancing with her husband Sam again."

Team CatWalk was also in New York to witness American Tatyana McFadden make history with her victory in the women's wheelchair race, completing a sweep of the Boston, London, Chicago and New York marathons in a single year.

More than 50,000 runners started the race through the five boroughs. All of the runners were given blue ribbons to pay tribute to Boston. A Boston Marathon yellow line was also painted alongside the traditional blue line heading into the homestretch.

CatWalk would like to pay special thanks to all our team who completed the race including Aimee Gillett (4hr 39min); Paul Cable (4hr 05min); Alex Tomlinson (5hr 07min); Ashely Pryde (4hr 37min); Dave Copley (3hr 33min); Rt Hon David Carter (4hr 27min) John Petrie (4hr 24min); Duncan Hawkesby (3hr 07min); Lynne King (4hr 22min); Marco de Groot (3hr 34 min); Teresa Dinan (5hr 19min) Ollie Bradshaw (3hr 35min) and Robbie Aitkin (3hr 33min). Also special thanks to Louise Upston and Mark Francis who were unable to make the race but continued with their terrific fundraising efforts.



*Team CatWalk supporters in action during the New York marathon.*

## newyork state of mind

In addition to co-ordinating on the ground activities in New York for Team CatWalk, team leader Anna Hiatt enjoyed some of the city's most recognisable, cherished landmarks and attractions. Here are her highlights:

- Walking the High Line, an old elevated railway line which has been transformed into a stunning urban walkway
- Walking through Soho, Nolita and across Central Park
- Successfully negotiating her way on the subway
- Visiting the 9/11 Memorial and remembering those whom lost their lives
- Seeing the wonderful shops and Halloween decorations in the Chelsea market.
- Visiting the wonderful Grand Central Terminal and watching the world go by
- Soaking up the amazing atmosphere at the Barclays Centre in Brooklyn with Team CatWalk and watching the Brooklyn Nets play Miami. Not to mention getting a glimpse of Magic Johnson & David Beckham

*Feeling inspired to run, walk or wheel the 2014 New York Marathon for Team CatWalk? Be sure to email [info@catwalk.org.nz](mailto:info@catwalk.org.nz) for more details.*

# NEW YORK MARATHON fundraising events

## THE GREAT GATSBY

*Alex Tomlinson*

The Wairarapa premier of *The Great Gatsby* was a night of glitz, glamour and a generous dose of Wairarapa humour. While many thought the film featuring Leonardo DiCaprio would be enough excitement, CatWalk supporter and New York Marathon runner Alex Tomlinson called in the skills of seasoned auctioneer and farmers' best friend, Brian 'Die-me' Diamond. Prizes up for auction had a distinct Wairarapa feel including luxury accommodation at Ngawi, local wine, pampering packs, a portrait sitting, and fresh lamb for a year. Alex raised a huge \$7,000 on the night. Many thanks to the humorous antics of Brian: the catering by Alex's wonderful husband, Rory, and her family, plus all who attended and bid during the night.

## MARCO'S 24 HOUR SQUASH MARATHON FOR CATWALK, 12/13 JULY 2013

There was a little panic when two bridges into the Wairarapa wine village of Martinborough were closed during a winter storm as players from Wellington and Masterton had successfully navigated their way to attend Marco's 24 hour Squash Marathon.

With locals on and off the court enjoying the atmosphere, special guests including CatWalk Patron Aaron Slight, Stuart Davenport and Matt Spooner played exciting squash. Local chef Nick Arnold from Café Medici cooked up a feast, the club was humming and the first six hours flew by.

Over the next 24 hours a steady stream of Martinborough Squash Club members and Wairarapa locals kept Marco company. Providore Catering turned on hot egg and bacon muffins for breakfast followed later in the morning with a welcome delivery of piping hot scones and muffins straight from the ovens at the Village Cafe.

Marco was allocated five minutes in each half hour to break for food and rest. He was supported with a nutrition program designed by experienced endurance sport enthusiast John Taylor while local trainer Kevin Ricky helped with regular stretching. Several players also stepped on court to give Marco a much needed playing boost.

One of the highlights for Marco was the support from the junior players. In groups of three or four children teamed up to hit with de Groot and raise money for the charity.

"It was a great boost to me to have the kids playing and the \$1000.00 they raised for CatWalk was a credit to them."

As the event came to a close Marco struggled with the idea of having six or seven more people to play.

"One of those was a tough game which resulted in a little strain on my calf which is a problem for me."

But when CatWalk founder Catriona Williams and her husband Sam arrived together with CatWalk Ambassador and Martinborough local Penny Barnett, it was the lift Marco needed. Even more pleasing was the \$6000 he raised. What an amazing effort.

"I would like to thank my support crew that made the 24 Squash Marathon such a successful event and also all the local businesses and people for your generosity," said Marco. "I couldn't have done this without you all."

Many thanks to: Marco de Groot, More FM, Shoe Clinic, Tora Coastal Walk, P&K, Fresh Choice, Mitre 10, Kitchener Dairy, Cadbury, Babolat, Trilogy, Alana, Ata Rangī, Nga Waka, Palliser, Poppies, Te Kairanga, Trust House, 10 O'Clock Cookie Company, The Turret House, Martinborough Transport, PGGWrightson, Mangan Graphics, Greenlees Print, Rebecca Tosswill, Ross Smith, Moore Wilsons, Moa Beer.



*Members from Team CatWalk enjoyed seeing many of New York's most recognisable and cherished landmarks*



# ROTARY fundraiser

## TAUPO FASHION NIGHT

*Lynne King and Louise Upston*

Taupo's fashionable set was treated to a night of fashion, frills and entertainment in September. The event, held at the gorgeous Vine Eatery and Bar, attracted 120 fashionistas who helped raised \$4754 on the night.

## GIBBS SCULPTURE FARM

*Ashley Pryde*

Walkers were able to take in the beauty of Kaipara Harbour and view stunning commissioned works from over 20 acclaimed artists during October's fundraising event on the Gibbs Farm. Over 100 people completed the 4km walk around Gibbs Farm and enjoyed a delicious picnic lunch from Ripe deli. A total of \$2,400 was raised on the day.

## RUGBY THEMED EURO LUNCH

August's rugby themed Euro lunch in Auckland which raised \$40,000 for CatWalk. The event organised by Ollie Bradshaw, Dave Copley and Robbie Aitkin, with help from Dan Dale, coincided with the All Blacks vs South Africa match at Eden Park. Guest speakers included Josh Kronfeld, ex-South African player Bobby Skinstad and CatWalk founder Catriona Williams while the event was MCed by Ben Castles. Live auction items included dinner with Prime Minister John Key at Botswana Butchery, hunting and fishing at Ngamatea Station with our patron Richie McCaw and two nights at the stunning Huka lodge.



*Josh Kronfeld*

ROTARIANS FROM ALL CORNERS OF THE WAIRARAPA TURNED OUT FOR A GALA FUNDRAISING EVENT THAT RAISED \$14,000 FOR THE CATWALK TRUST

CatWalk founder Catriona Williams told the 320 strong crowd about her pioneering Big Cycle Journey up to Everest basecamp and wowed the audience with video footage of the journey.

Rotary Club of Masterton President Alan Kirkham said Cat showed the group her amazing spirit, determination and courage. The night concluded with Cat being awarded a well-deserved Paul Harris Fellow.



*Catriona Williams speaks to members of the Rotary Club of Masterton*

# THANK **you** SO MUCH

greenstonepartners



FAITH TAYLOR



THE BIG CYCLE TEAM THANKS YOU  
AND THE SPONSORS





# THE BAIL bulletin

KIA ORA FROM THE TEAM AT BAIL

In our first contribution to the CatWalk Magazine you read that we are a dynamic Charitable Trust committed to improving the life experience of people recovering from serious injury and illness. We do this by facilitating quality research and innovative approaches to rehabilitation.

The purpose of all BAIL research and activities is to identify and remove barriers to independence.

Being located adjacent to the Burwood Spinal Unit is a real benefit to our work however we have many international connections and collaborate from time to time with our foreign colleagues.

One such current collaboration involves BAILs Research and Strategic Advisor Anne Sinnott and our friends at Spinalis in Sweden. Anna-Carin Lagerström & Kerstin Wahman wrote an outstanding book entitled 'The Art of Healthy Living with Physical Impairments'. When they decided it should be published in English they turned to BAIL for help.

It is well known that a healthy lifestyle is fundamental to well-being, both physically and emotionally. This applies particularly to those who live with physical impairments. This book was written to inspire and give the necessary knowledge to achieve a more active and healthy lifestyle. The book provides adapted

programs based on scientific research and clinical experience as well as tips and advice from individuals living with physical impairments. Anne's assistance in the adaptation process included travelling to Sweden for an intensive work period which was funded in part by the ANZ Staff Foundation. The work is now not far from completion and the content looks equally valuable in English as it does in Swedish. Chapters include: The top 10 tips for a healthier life - Motivation and lifestyle change - Food and weight management - Physical activity and exercise - Mindfulness and thought training.

Closer to home we have several studies in progress around mobility and disaster response with a view to improving responsiveness and reducing risk for wheelchair users. The earthquakes in Christchurch certainly alerted the country to the fact that our wheelchair population require some careful consideration and planning when it comes to evacuation and care in a major disaster.

Be sure to check out our website ([www.burwood.org.nz](http://www.burwood.org.nz)) for more details about us.

As the year draws to a close we wish you all a peaceful Christmas and holiday period.

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

# chairman'sCHAT

## THE YEAR TO MARCH 2013 PROVED TO BE A GOOD ONE FOR CATWALK.

We had a series of successful fundraising events including TrackWalk for CatWalk, run by Lance O'Sullivan (ONZM), Simon Cooper, Andre Klein and Jason Fleming; the Fools and Horses event held in Sydney in April 2012 and the 2012 New York Marathon.

CatWalk does not received any government funding so these events are very important. Combined with our supporters' donations they contribute to 87 per cent of our income.



CatWalk Trust Chairman Sam Howard (right) with members of last year's New York Marathon team.

## DISTRIBUTION OF FUNDS:

Grants made, \$203,856, 52% of all funds distributed.  
 Funds spent on increasing profile, 10%.  
 Funds spent Generating income, 38%

## OVERALL SOUND FINANCIAL YEAR:

Net Income up 77% (\$604,235 compared to \$340,809)

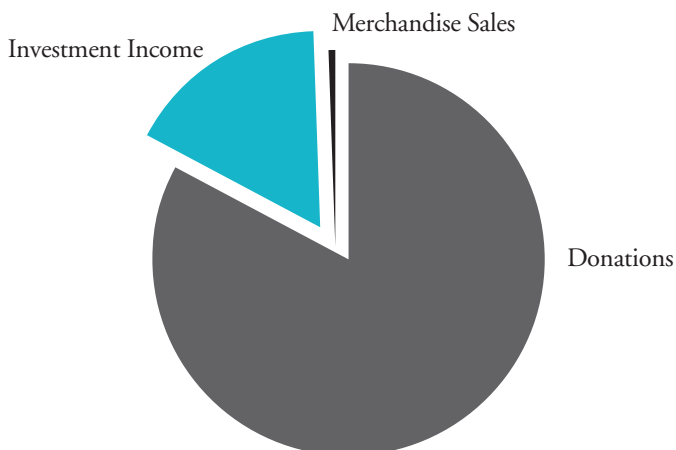
Thank you for all so much for your continued support, we are extremely excited about the progress that is occurring globally in the area of spinal cord injury repair and are proud to be part of the strengthening collaborative approach internationally. CatWalk could not be a part of it without your help.

We continue to work towards our ultimate vision of a world where a spinal cord injury does not mean a lifetime of paralysis. Thank you for helping us.

*Sam Howard, Chairman.*

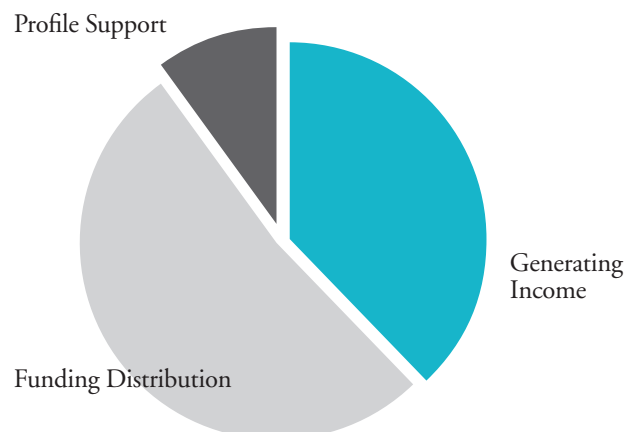
## INCOME SOURCES

YEAR END 31 MARCH 2013



## WHERE YOUR MONEY GOES

YEAR END 31 MARCH 2013





# A FEW MORE thankYOU'S

CATWALK TRUST WISHES TO THANK SEVERAL INDIVIDUALS AND COMMUNITY GROUPS WHO HAVE WORKED TIRELESSLY OVER THE LAST YEAR TO FUNDRAISE FOR OUR CHARITY. THESE INCLUDE:

- Rotary Clubs of the Wairarapa who raised **\$14,000** with more still to come (October 20 13).
- Trust House Foundation who contributed **\$2,000** (August 2012) towards our new website, which is complete.
- The Taupo Hunt which donated **\$1,360** to CatWalk from funds raised at their 50th Jubilee.
- Masterton Intermediate School which raised **\$516** from their Mufti Day held in September.
- AGC Strathallan College which fundraised for CatWalk during their annual 'Wearable Arts' event. Special thanks to organiser Sophia Grobler.
- 'The Shepherds Club' Masterton which in November raised **\$1000**.
- Sims Pacific Metals whose ongoing support has greatly helped the 'Hoofing It' fundraiser.
- A special thanks to The Big Cycle supporter and cyclist Scott Malcolm for allowing us to use many of his images in this issue of the magazine.
- Also a special mentioned to Annabelle Latz and Bridget Evans – who are both competing in the Marlborough Women's Triathlon in December. The duo hosted a movie and auction evening in October and raised close to **\$3,000**.
- CatWalk wishes to thank Kate Lambie, a CatWalk ambassador, who supports us by making a donation from the sale of her Air- Vests. [www.katelambie.co.nz](http://www.katelambie.co.nz)



*Annabelle Latz and Bridget Evans are both competing in the Marlborough Women's Triathlon in December*



*Big Cycle team member and Spinal Cord Injury Network CEO Stephanie Williams meets the locals at the top of the Kamba Pass.*



*The Big Cycle team at Simi La celebrate their achievements with a group of Taiwanese Tourists.*



# 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: .....  
Postal Address: ..... Postcode: .....  
Phone number: .....  
Email Address: .....

## 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 download a form from the 'How You Can Help' page on our website. If you would prefer us to send you a form please contact the office on 06 377 5430 or [info@catwalk.org.nz](mailto:info@catwalk.org.nz)

## WOULD YOU PREFER TO RECEIVE THIS MAGAZINE BY EMAIL?

If so please email us at [info@catwalk.org.nz](mailto:info@catwalk.org.nz) Please return this completed form along with any donations to: The CatWalk Trust , 409 Queen Street, PO Box 555, Masterton 5840, New Zealand

## DONATION FORM - Donation Amount (circle)

\$20    \$50    \$100 or \$

Cheque    Credit card  
(MasterCard & Visa)

Name on Credit Card: .....  
Credit Card Number: .....  
Expiry Date: ..... Card Security Code .....  
Signature: .....



[catwalk.org.nz](http://catwalk.org.nz)

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