

# CATWALK

NEVER SAY NEVER

SPINAL CORD INJURY RESEARCH TRUST



THE OFFICIAL MAGAZINE OF  
**The CatWalk Spinal Cord Injury Research Trust**



*Duane Kale and Sophie Pascoe*

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December 2016

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*Receiving the Women of Influence Award from Casey Eden of Neighbourly, Fairfax Media. Photo by Oliver Li, Fairfax Media*

# Founder's FOOTNOTE

The past six months seem to have disappeared rapidly – clearly due to our usual target of trying to do as much as possible, whenever possible, however possible!

I was lucky enough to have a personal trip to Rio 2016 with two special friends Charlotte Inglis and Anna Bone. Going to the Olympics had always been on my bucket list as a rider but who would have known how much fun it could have been as a spectator. My aim was to assist CatWalk Patron Sir Mark Todd and the Kiwis bring home gold ... to be so close and yet so far was agony, and we were only watching! The experts tell us this sort of experience is 'character building'. Darn it, some of us have more than enough character!

I can't really explain in words how special this trip was for me. It wasn't easy with this crazy body but we were privileged to meet so many talented, enthusiastic, driven people. Random meetings with famous athletes (Ok Sachin Tendulkar had the privilege of an hour in a car with us), living the Val Adams medal ceremony live, watching our neighbour Marcus Daniell in the tennis doubles, bumping into the amazing Mangan family from Ireland (google Stuart Mangan – I promise it's worth it) and seeing our athletes win again and again made me so proud to be a Kiwi.

A special shout out to John Coates Vice President of the IOC, thumbs up to a great Aussie, who made our trip so unforgettable. John, you rock.

Welcome to our new CatWalk Patron Duane Kale. Duane was lucky enough to go to the Para Olympics, and the tenacity on display there was unbelievable - how does someone with no arms win the freestyle race? In my unbiased view, these athletes are the Superhumans.

Our 2016 New York Marathoners excelled again under great leadership with CatWalk's deputy chair David Pretorius. I call him superdad – quite simply because he is. Thanks to David,

to Debbie Bourne, Angus Simpson, Catherine Green, Mary Pretorius, Rebecca Scown, Erin Tolhurst, and Charmeyne Te Nana Williams for taking the time to train, run, fundraise and promote CatWalk. You are official marathoners, you should be very very proud.

Next year it's all on – are you up for the CatWalk Marathon challenge?

A heads up regarding our Emirates, Godolphin and AJ Hackett sponsored 'REMARKABLE' event in Queenstown on April 29th. If you'd like to go on the initial list for tickets then contact the office [info@catwalk.org.nz](mailto:info@catwalk.org.nz). It's going to be REMARKABLE.

For me CatWalk stands for supporting cutting edge SCI research. Yes, we commit to fun and crazy ways to raise money and take you along for the ride but ultimately it's the serious message we're here to deliver...we want that cure. Thank-you for all for being a special part in making it possible.

As you prepare for the Kiwi summer remember it's not being in a chair that is the really big challenge, it's not having your independence. So if you're thinking of that perfect wheelly prezzy - make it something that gives independence. I'd love to hear what you come up with.

Here's to you all having a cracking 2017

Catriona

# A MESSAGE FROM OUR International Patron

## Dear CatWalk Friends

Resilience is a word which often springs to mind when I think of CatWalk and how far we've come.

Resilience is the ability to keep pushing on when the going gets tough - and that's key to keeping the quest for a cure for Spinal Cord Injury on track.

We all love being winners but resilience also means the ability to be gracious when things don't go our way. Both the British and Kiwi event teams had to draw on their own resilience this year with Rio proving to be the most challenging of environments.

And resilience was also at the forefront when working on this note to you all, as news of the November earthquake spread around the world. You have an amazing country and I've been thinking of all my friends there - and also all the Kiwis I've never met. You are such strong people and I admire your spirit tremendously. I send my most sincere thoughts to anyone affected by the earthquakes. Kia kaha, and as Christmas approaches, I'm hoping you can all experience a peaceful and happy holiday.

Warm Regards

Zara Tindall MBE

### NATIONAL PATRONS

Sir Brian Lochore, ONZ, KNZM, OBE; Richie McCaw ONZ; Dr Rick Acland, Dion Nash; Lance O'Sullivan, ONZM; Aaron Slight MNZM; Toni Street, Sir Mark Todd, CBE; Sarah Walker, Duane Kale ONZM.

### TRUSTEES

Scott Malcolm (Chairman); Pip McCarroll, Rebecca Scott, David Pretorius (Deputy Chairman), Simon Monks, Grant Sharman, Catriona Williams MNZM, Tonia Cawood, Vikki Maclean.



*Zara Tindall MBE with CatWalk Ambassador Hamish Ramsden*



*Duane Kale at the Paralympics Rio 2016*

# Rio OLYMPICS

During September, CatWalk Patron Duane Kale, was in Rio for the Paralympic Games. The topography of Rio with its beautiful beaches, iconic landmarks and incredibly mild winter made for a great location to host Latin America's first summer Olympic & Paralympic Games.

**B**razil was reeling from the worst economic conditions in years, however the pride of Carioca people would ultimately ensure that the Paralympic Games were a success.

Duane's is an IPC (International Paralympic Committee) Governing Board member, the organisation responsible for the delivery of the Paralympic Games. During games time he had two core functions, firstly on the coordination commission liaising with the Rio2016 organising committee and secondly representing IPC at events and presenting medals at the occasional victory ceremony. "It is a pretty special moment to

present medals, particularly to fellow Kiwi's" Duane said, "but also to Brazil athletes, where the reaction from the people in the stadium was electric". The atmosphere in park with its 172,000 attendees (50,000 more than on any other occasion) added to an great festival of sport.

Despite the financial difficulties faced, Rio delivered an incredible games where athlete performances continued to defy what we believe possible, world-wide broadcast showcased the Paralympic Games to more than 4 billion people and above all else, social change, inclusion and accessibility took a leap forward throughout Rio and Latin America.



# SpringCHALLENGE

We are three friends Natalie Davis, Marie Coles and Rachel Matheson that decided we needed a challenge! so the Spring Challenge in Rotorua it was to be.

The Spring Challenge is a ladies adventure race run over 3, 6 or 9 hrs where up to 450 teams of 3-women take part in rafting, mountain biking, hiking and navigation. The event was the vision and creation of 4 x Adventure Racing World Champion Nathan Fa'avea.

As we were all first timers to adventure racing we opted for the 3 hour race and our team was named Happy Days. Training began in July and was going well despite the rain never stopping, myself breaking a wrist and Marie suffering calf and back injuries... we were all still determined to get there, although our plan of being competitive in the race was slowly reducing to "let's just enjoy it and get round".

Race weekend came around quickly (October) and before we knew it we were signing in for the race on the Friday evening and all very nervous...and it was still raining...The nerves were no better after the briefing by Nathan Fa'avea and

the other organisers, who explained the course in detail (location and course details had been kept a secret until the briefing), apparently it was a solid 3.5hr course and part of the mountain bike stage was a hill that keeps going and going and going.... great!!

"Because of the amazing support from family and friends, we managed to raise \$2,476.25"

Race morning and the sun was shining! Our support team (Marie's family) arrived early, car was loaded and we set off on the 90 minute drive to Tarawera Falls.

Before we knew it we were on our mountain bikes at the start line (in

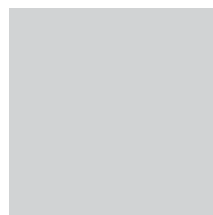
wetsuits!!)...and off...a scary start uphill at a very slow pace in a massive bunch. Myself and Marie led by unofficial team leader Rachel managed to weave our way towards the front of the pack as it was the safest place to be. At the end of this 6km stage we were flying, surprising our support team by getting there so quickly. We threw our bikes at them and ran (still in wetsuits!!)...2km through the forest and at one point going down a rope backwards as it was so steep. We arrived at the raft stage, stripping off race bibs to put on life jackets whilst still running, we were amazed to be told we were in the third raft to go off so definitely towards the front of the pack. In the raft section you pair up with another team and are given a guide. We were lucky enough to get an awesome guide who was a local and had rafted for NZ...his first question was "are we racing or enjoying a paddle down the river?" ...everyone agreed we were racing, so a hard paddle for about 30 mins it was.

Our awesome support team were at the end of the raft stage waiting as we fell out of the raft, ran to our transition point and got out of wetsuits and into bike gear whilst trying to take on board some food and water. Our transition was super quick and hopefully we didn't scare too many people with too much bare flesh whilst changing! This second bike stage was nothing short of awful in my opinion (and Marie's) and the description of the hill that keeps going was spot on! Approx. 7 kms whilst finding a few checkpoints had both Marie and I close to tears, whilst our team leader Rachel cruised through it but did an amazing job at not letting us stop peddling.

We got to the end of this and fell off our bikes, and straight onto the final stage of an approx. 8km hike/run with hidden checkpoints. We were all a bit wobbly by this point after the bikes but got we got going. We knew we were roughly sitting around 4th in the 3hr race and this is what spurred us on...oh and Rachel :-). On this section we went passed the Tarawera falls and then up a very steep part that seemed to go on forever. Finally we had found the final check point and knew we were on the home run and so we picked up the pace again... we could hear the music of the finish line for a good km before the end and this helped. Coming around the final bend and seeing the line was a beautiful sight.

I have to say, and we all agreed it was one of the best things we had ever done. The event was so well organised by great people, the scenery and the places we raced through were simply stunning, we had an awesome support team that made the transitions seamless, and our unofficial team leader in Rachel who kept us going at our low points and to cap it off we finished 4th in the 3hr race out of about 50 teams and 2nd in our age group, an unexpected but welcome result.... so much for not being competitive!!

Having been friends and supporters of The CatWalk Trust for many years, the drive and passion of Founder Catriona, and the rest of the CatWalk team are totally inspirational and we wanted to support them by raising as much money as we could whilst training and completing this challenge. Because of the amazing support from family and friends we managed to raise \$2,476.25. A big thank you to everyone....bring on the Spring Challenge in 2017.



# KEPLER CHALLENGE

This event has been held annually on the first Saturday in December since 1988, and follows the 60km Kepler Track.

Starting at the Control Gates of Lake Te Anau the route follows an easy first 6km before it takes a steady climb to the Luxmore Hut. The next 12km offer wonderful views of the South Fiord along the undulating tops before a spectacular descent to the Iris Burn Hut. A gradual 17km journey down the Iris Burn brings competitors to the Moturau Hut on Lake Manapouri and from there a 6km run to the last checkpoint at Rainbow Reach. The home straight follows alongside the Waiau River and back to the Control Gates.

Now for the CHALLENGE! Normally a 4-day hike - the Kepler Challenge will see the team running this in ONE day. With altitudes from sea-level up to the ridge tops at 1500mts it is a long tough day and one that the team are training hard towards.

"Its amazing what happens over a breakfast catch up, when the discussion turns to what is everyone doing to get their fitness levels up .. and here we are!"

Scott, Richard, John, Andy and Will are hitting the 60k Kepler Challenge and Vetty is doing Luxmore Grunt of 27k. The team decided to support The CatWalk Trust and have a GoFundraise page set up for donations.

<http://keplerchallengesteamforcatwalk.gofundraise.co.nz>

At time of printing they have raised \$3260. The event was happening while this magazine was in print so head over to our Facebook and Website for news on how the team faired. Thanks Team for taking on this challenge for spinal cord injury research!



# hoofing it

with  
**SimsPacificMetals** for 

Officially launched at the Horse of the Year Show in 2012, Hoofing It is an initiative to collect used horseshoes and any scrap metal which is then recycled by Sims Pacific Metals with all proceeds given to CatWalk.

A network of donation sites are spread throughout NZ with collection bins. For larger items and quantities Sims are happy to collect directly from the property or the items can be dropped off at any Sims Pacific Metals yard. The support of Sims Pacific Metals to CatWalk over these past four years has seen a total of over \$3000 donated!

Auckland	Horselands	933 Waitekere Road Kumeu
Nth Auckland	Falloon Stock Foods	18 Kahikatea Flat Road, Dairy Flat, Hibiscus Coast
Nth Auckland	Woodhill Sands	24 James Mackie Road, RD2, Helensville
Sth Auckland	Fisken HR & Sons	295 Taukau Road, Buckland
Sth Auckland	Takanini Horse Feeds	91 Airfield Road, Takanini
Sth Auckland	Shaun Clotworthy	234 Waiiau Pa Road Clarkes Beach
Tauranga	Tauranga Saddlery	Maleme Business Park Unit 4 130 Maleme Street, Greerton, Tauranga
Cambridge	Garrards Horse & Hound	Taylor Street, Cambridge
Cambridge	Farrier Supplies	301 Racecourse Road, Cambridge
Matamata	Farrier Supplies	Matamata Racing Club 7555 Hinuera Road, Matamata
Bulls	Sth Rangitikei Vet Services	233 State Highway 1, Bulls
Palmerston North	Horsewyse Saddlery	4a Cloverlea Road, RD5 Palmerston North
Carterton	Clareville Saddlery	State Highway2, RD1 Clareville, Carterton
Wairoa	PGG Wrightson	Queen St, Wairoa
Nelson	Saddlery Warehouse	Cnr Pascoe St & Merton Pl, Tahunanui
Christchurch	McMillan FeedBarn	144 West Coast Road, Christchurch
Christchurch	National Equestrian Centre	820 McLeans Island Road, Christchurch
Alexandra	PGG Wrightson	85-87 Tarbert Street, Alexandra
Invercargill	PGG Wrightson	Cnr Dee & Earnslaw Sts Invercargill

“One man’s trash is another man’s treasure”



[www.simspacificmetals.co.nz](http://www.simspacificmetals.co.nz)





# TIM YOUNG

In February 2009 a young kiwi was snowboarding at Whistler Canada. An accident while performing a trick saw Tim Young landing on his neck rather than his feet resulting in breaking his C5/C6 vertebrae.

Ten months of rehabilitation followed, including learning to breathe on his own and eating after spending 5 months on a ventilator, with time at hospitals in Canada, Middlemore and finally Burwood.

A payment received from ACC was invested into the stock market with the resulting gains used to buy a house.

At the time of his accident – Tim was studying a Bachelor of Science at Otago University and was able to graduate in May 2010. 2012 saw Tim studying a Master of Science at Massey University and after completing his Masters he added a Postgraduate Certificate in educational psychology.

It was during these study years that the interest in how technology could assist children learning evolved. He completed his thesis on Online vs Face to Face learning groups. This study showed him the effective way to teach was by having fun, keep engaging the students and making learning relative to everyday life. By having the students involved in the learning process by asking how, guiding them and including them in the learning decisions assisted in feeling more motivated and not so alienated.

This study led to his next and current project – Rocket Island – an app that students can use to teach themselves maths, English, biology, economics and chemistry

“97% of teenagers play video games whereas less than 25% read books regularly”

while playing the game. Tim began designing Rocket Island in early 2015 which led to the founding of his company – Education These Days in April 2015.

“97% of teenagers play video games whereas less than 25% read books regularly” says Tim. By utilising educational games such as Rocket Island the students have opportunities to explore at their own pace while increasing the accessibility to education.

Educational gamification has an estimated industry value of USD2billion with that projected to increase to USD5.5billion by 2018. The educational technology industry is even bigger with a current value of USD100billion with projection of USD400billion by 2019.

There are currently more mobile devices in the world than there are people!

People are constantly upgrading and Tim sees the trickledown effect of these

unwanted devices as a key to having Rocket Island available to children in countries who don't currently have access to these educational opportunities.

Rocket Island has been developed by Tim, who taught himself programming through watching YouTube videos! A \$10,000 loan against his house has got the project off the ground and a Kickstarter campaign was launched to raise another \$15,000 which will complete building the game.

The aim is to have a release into the NZ schools with a 200 test case. He feels this is the best way of getting traction with the game. At this stage there is not a final date for public launch.

New Zealand is lucky to have a public education system, and this may be part of the reason the funding target is not currently reached. There has been positive public support and Tim hopes this will continue once in schools. The long term goal is to continue to raise more funds – upwards of \$100,000 to enable professional programmers and artists to be hired and to release the app in more languages. If really successful, Tim would like to see the future of Rocket Island as a helpful diagnostic tool for students with learning difficulties.

For further details on Tim and to help launch Rocket Island please visit Education These Days – [www.educationthesedays.com](http://www.educationthesedays.com)



# Team CATWALK

## New York Marathon 2016

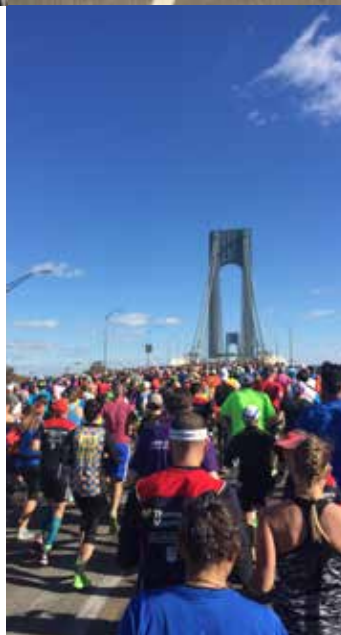
# \$83,045 RAISED

Lead by team leader and CatWalk Vice Chair, **David Pretorius**, the squad consisted of: **Angus 'Usain' Simpson** who completed the run (his first ever marathon) in 2:58:59, Olympic Silver Medallist rower **Rebecca Scown**, Former World Champion rower **Erin Tolhurst**, David's friend and colleague, **Debbie Bourne**, **Catherine Maris Green**, another of David's many fit friends and David's beleaguered sister **Mary Pretorius**.



'The New York Marathon was definitely an experience I will never forget. The crowd were incredible, they definitely kept me going when I was struggling! As did the fact that I was running for CatWalk and not just myself - thank you David and the rest of the team for such an amazing experience.'

*Erin Tolhurst*



"Running a marathon was a bucket list item for me, but running for CatWalk in NY made ticking that box such an incredible experience. The atmosphere on the day was amazing, and spending time with such a great group of people in one of the coolest cities in the world makes it unforgettable. I can't wait for next year to roll around!"

*Rebecca Scown*



"The New York marathon is truly an unforgettable experience and should be on everyone's bucket list. Doing it with a fantastic group of people and for an amazing cause made the run all the more memorable."  
*Angus Simpson*



"This is truly one of the most incredible experiences I have ever had, and I will keep doing this for my daughter and all those who can't run, not because I'm addicted to marathon running, but because I'm addicted to New York marathon running."  
*David Pretorius*



"The CatWalk New York marathon experience way exceeded my expectations! I met a great group of people, all motivated by the same cause. I loved seeing NY for the first time, lots of sightseeing and then running my first marathon cheered on by the crowd and atmosphere. Unforgettable!"  
*Debbie Bourne*





# NEW PARTNERSHIP

CatWalk are thrilled to announce a new partnership with Magnum Industries. A New Zealand company, Magnum have been operating for over 20 years manufacturing and supplying quality products for the equine and agricultural industries.

The team have spent many years perfecting the products from horse walkers, stables and fencing right through to feed and water bins. All products bearing the “Magnum Built” label meet their guaranteed standard of being rugged, reliable and built to last.

Magnum products can be seen all around New Zealand and more recently in Australia. Many of the top NZ thoroughbred studs have seen the value in their products with Little Avondale Stud owner Sam Williams being a big fan.

“Here at Little Avondale Stud we use Horserail on all our yearling and stallion paddocks. Right from the start, putting up Horserail was straightforward and quick. Even after the many years we’ve had Horserail, the fences still look fantastic with very little repair required. Maintenance is almost non-existent - now that’s attractive!



For us though the No.1 reason for using Horserail is safety. You just don’t get the injuries caused by wire and wood, it’s as simple as that.

We’ve also used Magnum to supply stable boxes for our yearling and stallion barns, along with two mare and foal crushes, built to our own specifications. We’ve been so impressed with both the Magnaclad and the feed and water bins that we won’t be going anywhere else.”

“CatWalk was the obvious choice for Magnum when the opportunity arose for

an investment in research and discovery” says Magnum Representative Michelle Morland. “The work that is undertaken by CatWalk is paramount in seeing a brighter future for so many who are injured in not only equestrian accidents but in all areas of life. Having met Catriona, we knew this was the right fit for Magnum. Our products are designed with both people and horses safety being paramount and to be able to give support to CatWalk is a milestone we are so proud to have reached.”

So if you are looking for quality New Zealand Made products for your farm or lifestyle block, please visit [www.magnum.co.nz](http://www.magnum.co.nz) to view their wide range of products and support a CatWalk Partner.

*Thanks Magnum!*

# Ambassadors

We are so fortunate to have our team of ambassadors who voluntarily represent CatWalk in their region of New Zealand and help spread the news! We would like to introduce you to them!



**CHARLOTTE GENDALL** is a Kapiti Coast-based former broadcast journalist turned communications specialist who has taken a special interest in CatWalk since its inception. A long-time friend of Catriona's, Charlotte's possessed of the ability to set her emotional engagement to one side and provide constructive criticism and feedback on what's going to be in CatWalk's best interests. Since our founding, she's turned her professional skills to help in numerous community engagement, fundraising and information projects, particularly through our magazine. Charlotte says her finest hour was undoubtedly running the 2014 New York Marathon and raising \$26,000 for CatWalk. "I didn't think I had it in me, but as usual, Catriona knew better!" says Charlotte.

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**JAMIE ASTWOOD** was enjoying a typical NZ summer holiday at the beach when she had a fall while sand-duning resulting in T6/7/8 break. Now 14 years old Jamie is a pupil at Hamilton Dio and talks often of when she will be walking again. Her sense of humour certainly came to the fore in our recent One in a Million campaign with her video message including a "shout out" to Justin Bieber!

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**HAMISH RAMSDEN** – Going about his daily routine of calf tagging on the family farm in 1995, Hamish was charged by the mother cow resulting in a C5/6 injury. Hamish lends his expertise to CatWalk in many ways and was part of the committee for the successful Up & Away Ball in Christchurch 2008 which raised over \$200,000 for CatWalk.

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Event Manager extraordinaire – **ANNA HIATT** spent 3 months in Burwood with a fractured T5/6/7. She counts herself as one of the lucky ones as she was able to walk out. Anna has amazing creative and organisation skills which are put to great use in CatWalk events. Part of the Up & Away team, Anna is now an integral part of the REMARKABLE team for Queenstown April 2017.

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**KATE LAMBIE** has been involved from the early days of CatWalk. A great friend and fellow competitor of Catriona, Kate represented NZ at international level in eventing. Kate leads a busy life as wife, mother, equestrian trainer and business owner. Kate's business imports and distributes Air-Vest safety protection for riders and Kate very kindly donation a portion of her sales to CatWalk.

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**PENNY BARNETT** has been on board since the beginning of CatWalk. She was in New York for the first New York Marathon team in 2010 and cycled 1000kms on the BIG Cycle to Everest Base Camp! As owner of the Designer Clothing Gallery stores in Wellington and Greytown, Penny has held many fundraising events for CatWalk.

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**HEELAN TOMPKINS** was a fellow competitor with Catriona and represented NZ in eventing at the Beijing and Athens Olympics and in two World Games. A recent new mother, Heelan also is an Olympic ambassador teaching Olympic values in New Zealand schools.

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**IAN DOUGLAS** The renowned Village Goldsmith jeweller, Ian suffered a SCI but was a lucky "near miss". Ian and wife Christine support CatWalk in many ways including donations of beautiful jewellery for auction.

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In one way or another, **GRACIE TAYLOR** has been involved in the media and creative industries now for about 7 years. Everything from traditional newsroom journalism, hosting live radio and TV broadcasting, producing current affairs stories, website and digital management and social media. Based in Auckland, Gracie epitomises the young successful woman of today and CatWalk are so fortunate to have her join us in an ambassador role.

"I am so honoured to be a CatWalk Ambassador! I have always loved what the trust stands for and I'm excited to be on board".

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**OLLIE BRADSHAW** became a member of the team in 2012 when he ran the New York Marathon as part of Team CatWalk. Ollie has been instrumental in raising the profile of CatWalk through the now famous annual Bledisloe Cup Lunch and Auction held in Auckland.

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**DEBBIE ROLMANIS** has recently relocated back to the UK after being based in NZ for 12 years. As a human and equine sports therapist, Debbie has worked with Paralympian riders at the 2012 London Olympics and the 2014 World Equestrian Games. Her mission is to spread the CatWalk message in the UK and other countries her magic hands take her to!



Photo by Oliver Li Fairfax Media

# Women OF INFLUENCE

Presented by Fairfax Media and Westpac, the New Zealand Women of Influence programme recognises and celebrates women from all walks of life who make a difference to everyday Kiwis.

The Women of Influence programme is committed to increasing the visibility of women's leadership in New Zealand, highlighting the important contribution women make in creating a bold and diverse future for New Zealand.

Now in its fourth year, the Women of Influence Programme is designed to identify, recognise and celebrate the 100 most influential women shaping New Zealand across 10 categories: Arts and Culture, Board and Management, Business Enterprise, Community and Not for Profit, Diversity, Global, Innovation, Public Policy and Rural.

CatWalk Founder, Catriona Williams was one of 14 finalists in the Community and Not-for-Profit category and selected as the winner by the panel of 6 judges. Candidates are judged on their demonstrated vision, leadership, innovation and action in and beyond their field, as well as on their impact and how it was achieved.

"It was an honour to be nominated by Chris Mirams and then a wonderful surprise to win the Community Section. I had only seen stairs onto the stage so had thought...ahhh no prize!"



## 31 December, 2014 THE DAY A LIFE CHANGED IN AN INSTANT

Nicko Mannix featured in our last magazine. His story of how a young man's life changed in an instant hit a resonating note with so many of our readers.

Brothers Keep On Walking was established in 2015 during Nicko's lengthy road to recovery after an accident that left him a tetraplegic. His extremely close knit group of friends have always considered each other brothers and had an unwavering, unspoken belief that they will have each other's backs through thick and thin. These circumstances were no exception.

The dream was to establish a simple, stylish and affordable clothing line that reflects loyalty, support and determination and helps share the belief in Nicko and his story.

The launch of their clothing range has also opened up a generous avenue of fundraising for CatWalk. As part of the purchasing online system, customers have the option to also add a CatWalk donation to their "cart".

So if you are looking for some stylish clothing items and take pride in supporting NZ business – take a visit to [www.bkow.co.nz](http://www.bkow.co.nz) and let your fingers do the shopping – what a great idea with Christmas around the corner!

BKOW – it's not just a brand – it's a story. Thanks Nicko and team – together we are all working towards the goal of finding a cure for SCI!



[www.bkow.co.nz](http://www.bkow.co.nz)



# ISCOS CONFERENCE

Held in the beautiful city of Vienna Austria, the 2016 International Spinal Cord Society (ISCoS) Annual Scientific Meeting was held on 14th – 16th September.

This 55th annual meeting was an opportunity for clinicians, therapists, scientists, nurses, caregivers and people living with spinal cord injury to come together and share their ideas and research progress. Christian Burtscher attended the meeting and also “Rehacare” - a massive product exhibition for disabled people in Dusseldorf. Christian has particular interest in what is available for people with SCI since his long-time friend Ian Simpson suffered a C5/6 injury while practicing ski tricks on a trampoline in Canada in 2015. Ian is now living in Christchurch after his rehabilitation in Burwood and Christian has been a driving force behind getting Ian equipped to assist him in daily life.

For Christian, attending the conference in Vienna was “a laymans crash course in where the world is with regard to ‘rectifying’ damaged spinal tissue. It was also a fact finders dream for lab studies on medications, procedures and techniques with the sole aim to assisting people with SCI. Rehacare was simply overwhelming, I could not have imagined the amount of capital, companies, variety of products and the smart engineering surrounding the all-encompassing mantra of “create equipment and accessories to give convenience and independence to people with disabilities.”

The next ISCoS meeting is to be held in Saggart, Dublin, Ireland 24-26th October 2017.





**Mitavite is proud to support The CatWalk Spinal Cord Injury Trust.**

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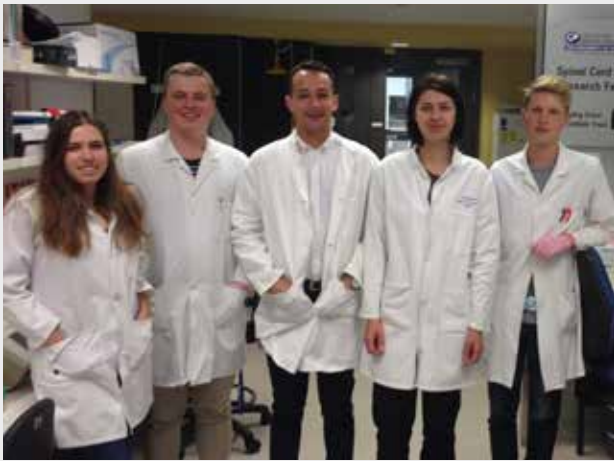


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*Laverne Robilliard, Connor Clemett, Cameron Bringans, Barbara Fackelmeier, Jarred Griffin*

# Research UPDATE

Work is progressing in the SCIRF on a number of projects for spinal cord injury.

The project using gene therapy to remove scar tissue and allow nerve cell regeneration is progressing well. In the New Year we will be testing this approach in conjunction with treadmill training. This should encourage the nerve cells to form the right connections and improve the benefit of this approach.

Our work testing systemic delivery of our peptide with collaborators in Sydney has shown that this approach works for reducing the injury. Also, work using the peptide to reduce neuropathic pain is showing some exciting results. At the beginning of December Simon, Louise and Colin will attend the Australian Neuroscience conference in Hobart to meet with our Australian colleagues and present our findings.

“Our work testing systemic delivery of our peptide with collaborators in Sydney has shown that this approach works for reducing the injury”

We have a busy summer ahead with a number of students joining the lab. Connor Clemett, a summer student, will be working on a project to see if we can improve our peptide to make it more stable in the blood. Laverne Robilliard, another summer student, will be working on a project to see if we can protect blood vessels in the cord following injury. Cameron Bringans, who has just completed his Honours, will be returning to the lab over the summer to complete his project looking at severity markers for injury. This is an exciting project as it will hopefully one day allow us to more accurately determine how people with injury will respond to treatments and what the most appropriate treatment will be.



*Sandy Trigg (L) and Grace Vujnovich (R) from Network Communications with Holly, Jo and Jamie Astwood*

## Talk THE WALK at the Spinal Cord Injury Research Facility

On 22 September we hosted our inaugural Talk the Walk gathering at the CatWalk funded Spinal Cord Injury Research Facility (SCIRF).

Attendees included Patrons, Ambassadors, key supporters and Board members. Guests met with researchers and students and heard from Dr Simon O’Carroll about the progress of the research programmes being undertaken presently.

An opportunity for a guided tour of the laboratory facilities was also taken up by many of those attending and gave a further understanding of the intricate procedures.

The CatWalk Board are pleased to announce a further commitment of \$350,000 over the next two years to the SCIRF to continue with their research.



*Dr Simon O’Carroll and Prof Colin Green*

# Chairman's REPORT

I am once again delighted to present the Chairman's report for CatWalk for the year ended 31 March 2016.

The 2016 financial year was a banner year for CatWalk. The Trust generated a record net profit before research grants of \$714,644 on record revenue of \$1,152,800. This was the first year in the Trust's ten year history that revenue exceeded \$1.0 million as a result of the continued generous contributions and donations from our sponsors and supporters.

The Trust continued its strong support of the Spinal Cord Injury Research Facility ("SCIRF") based at the Centre for Brain Research at the University of Auckland contributing \$197,875 towards the facility's research program. CatWalk recently committed to SCIRF to provide funding of \$352,468 over a two year period which will enable SCIRF to continue its cutting-edge, world class SCI research with a focus on the following:

- Development of damage blocking peptide dosage to stop the spread of inflammation after an injury;
- MRI imaging to correlate visible changes seen in the spinal cord once peptide applications commence;
- Gene therapy – introducing protective molecules into the spinal cord to remove the scar and allow nerve cells to reconnect;
- A scar inhibition project – determining if specific drugs can provide effective regenerative treatments allowing nerve regrowth;
- Immune cell control to stop damaging immune cells from entering the spinal cord after an injury
- Measuring antioxidants to define the levels of antioxidants after injury to allow for the development of protective therapies.

The Trust also provided funding for a summer studentship programme at SCIRF to provide exposure for medical and research students to SCI research and encourage them to work in this field.

We also continued our support of the Brain Bee Challenge during the year with a \$15,000 sponsorship.

We undertook a range of fundraising events during the year, but 2015 will be remembered for our sensational Ten Year Anniversary "Need for Speed" Gala event in Auckland in July. Over 800 CatWalk supporters attended the event which was a fantastic success. I would like to give a very special thanks to the principal sponsors of the event, SkyCity, Crowe Horwath, Godolphin and Darley.

The attendance of our International Patron, Zara Tindall, at the event was without doubt a highlight. Her regal presence brought further media attention to CatWalk, our goal, and SCI research.

In November 2015, for the sixth year in a row, a team of eight



runners, led by CatWalk Deputy Chairman David Pretorius, represented CatWalk in the New York City Marathon. This determined group raised over \$116,000 for SCI research.

Other notable happenings during the year included:

- We entered into a partnership with Mitavite, an equine nutrition company, under which Mitavite donates \$1.00 to CatWalk for every bag of Munga® feed sold which raised approximately \$10,000;

- A team of seven CatWalkers completed the Antarctica Half and Full Marathons, raising over \$16,000;
- We received continued support from the Infinity Foundation in the form of grants totalling \$37,000 as a contribution towards wages and salaries;
- We continued a close partnership with Crowe Horwath who provide significant support in the form of pro bono accounting services supplied by Belinda Van Den Bos;
- We received two significant donations from generous donors Dorothy Cutts and, Geoff and Trish Dalbeth; and
- The All Blacks won the Rugby World Cup – led by CatWalk Patron Richie McCaw.

The CatWalk team continued to grow and develop during the year. In February 2016, we increased our employee numbers by 50% with the welcome addition of Relationship Manager, Chris Lovelady. We also strengthened the Board of Trustees with the addition of Vikki Maclean and Tonia Cawood. Vikki was so enthused after being a member of CatWalk's 2015 New York City Marathon team that she stepped up to the Board table bringing a wealth of human resources and executive experience. Tonia has a wealth of fundraising experience as well as marketing and governance expertise. Furthermore, in February 2016, we were honoured that New Zealand Paralympic legend, Duane Kale ONZM, joined CatWalk as a Patron.

In conclusion, I would like to thank our Board of Trustees for their continued support and commitment to CatWalk. I would also like to thank all of our sponsors and donors for their support this year – to raise over \$1.0 million was just a phenomenal result! Thank you also to the CatWalk team, Meg, Chris and Donna, for their continued hard work and commitment over the past year.

Finally, I would like to thank our Patrons and Ambassadors for their continued strong support for, and dedication to, CatWalk and to finding a cure for SCI.

Thank you  
Scott Malcolm  
Chairman, CatWalk Board of Trustee

# Thank You

*(exclamation)*

a polite expression used when acknowledging a gift, service, or compliment, or accepting an offer.

*(noun)*

an instance or means of expressing thanks.

**Synonyms:**

thank you • many thanks • thanks very much • thanks a lot •

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Thanks to Icebreaker the CatWalk New York Marathon team looked sharp! Icebreaker quality clothing with NZ merino and high technology clothing has you covered whether running the streets of New York or the backblocks of New Zealand – [www.icebreaker.com](http://www.icebreaker.com)



Leaders in equine nutrition Mitavite donates \$1 to CatWalk for every 20kg bag of Equine horse feed, 'Mitavite Munga', sold in the New Zealand market. Mitavite is a subsidiary of Inghams Enterprises NZ Pty Ltd and is now into its 2nd year of partnership with CatWalk. Mitavite has a team of expert equine nutritionists who can help formulate the best diet possible for your 4-legged friend – [www.mitavite.com](http://www.mitavite.com)



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# CATWALK

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

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