

CATWALK

NEVER SAY NEVER

SPINAL CORD INJURY RESEARCH TRUST

“I plan to do something each day that gets me motivated”

– NICK MANNIX, PAGE 16.



THE OFFICIAL MAGAZINE OF
The CatWalk Spinal Cord Injury Research Trust



Dave Robson with Jamie Astwood.

THIS ISSUE

June 2016

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Dorothy Cutts and Catriona

Founder's FOOTNOTE

Dear CatWalkers. It's 3.30am in the morning and Badminton cross-country is just coming to a close.

What a day for all those incredibly brave 4 star riders. High five to the Kiwis (and Patron Zara) for their brilliant displays of horsemanship on what is undoubtedly the toughest course in the world.

So why did the true stars stand out? It's the ability to ride forward, balanced and incredibly accurately at every single fence which sorts the good from the great. The stickability prize must go to our Patron Sir Mark Todd, his near miss was quite simply 'heroic'.

Two other wonderful initiatives in full force were the cross-country rails slipping if they are hit hard so they avoid a serious fall of horse and rider and the airvests going off to protect those who do happen to hit the deck. From where I'm sitting these are the very reasons we must financially back engineers and scientists to continue to innovate for safety and a cure.

A quick update on the tendon operation on my hands...the long and short of it is there have definitely been some positive gains. The best ones are the ability to safely use hair straighteners and a knife and fork...after 13 years of frizzy hair and eating with just a fork this has been exciting! It has taken me six months to gain my fitness and strength back, much longer than I thought and Professor Rothwell explained that they are still learning about women's joint flexibility vs men's hence maybe not quite the outcome planned. My personal advice would be to do your research thoroughly to see if it's right for you.

Finally, I had a magic trip to Hamilton and back recently to speak at the NZ Dairy Women's Network Conference. I'd got up early to complete the seven hour drive so I could hear Diane Forman speak (she entertained brilliantly) and then went and visited Jamie Astwood and her gorgeous mum Jo as they worked out with Dave Robson. Jamie is a Para who has been in a chair three years and attends Waikato Dio, one of my favourite NZ schools. I was so impressed by Jamie's attitude

and effort that as soon as I got home I made that phone call I've been putting off to get some gym sessions in. I hate the gym but I have noticed that this body needs more not less muscle and exercise as we gain birthdays.

I was inspired again that evening by my foodie friend Belinda Wilson, who kindly accommodated me for the night, to continue to follow Dr Libby and Pete Evans as we strive to be as healthy as possible! Entertained by Rachel and her fantastic humour in the morning who helped me get from the bed to the chair so that we had our best foot forward for the Network presentation only to be a little emotional as Georgie Cameron gave me a kind introduction. These incredible group of women were wonderful to talk to and I hope went back to their respective farms and jobs motivated by each other as much as Diane and I. Pip McCarroll, trusted friend and excellent CatWalk trustee picked up lunch and met me at Dorothy Cutts' in Morrinsville, one of CatWalk's favourite supporters. I'd never been to Morrinsville before – I love firsts! We had a really special time learning all about her days driving and how she was the first woman to get her Trotting Drivers Licence.

Why was this day special? Because every person I spoke to was full of energy and possibility about where they were heading and what they were doing. Each had their own direction, passion and focus. So appropriate as we head towards Rio. All the very best to all our athletes. This is what you've all been working so hard towards. We are right behind you every step of the way and can't wait to share in the celebrations in what we're sure is going to be another magical Olympic Games.

Thank-you to you all for inspiring me to keep going, keep striving and keep focused on my No.1 goal. Dancing with Sam again, on my feet.

Catriona

A MESSAGE FROM OUR International Patron

Dear CatWalk Friends

This comes to you after a really exciting Badminton 2016, where Rio dreams were on the line. Badminton is definitely the best place in the world to catch up with New Zealanders - unless I'm fortunate enough to be visiting New Zealand itself - and this year was no exception.

My fellow CatWalk patron Mark Todd has always been amazing but he truly excelled himself this time, with an astonishing display of stickability in the cross country. Toddy, our hearts were in our mouths and only you could have pulled off that recovery.

As for myself, I was thrilled to have High Kingdom back in the frame, and full of beans. It's all up to the British selectors now and by the time you read this, decisions will be further down the line. Whatever the final outcome, Rio is shaping as an epic contest and it's what we are all aiming for.

Earlier in the year, I was really pleased to record a video wishing CatWalk's Team Antarctica all the best for their 42 kilometre slog in the ice and snow. You can read all about their adventure elsewhere in this issue but as I said in the support message, CatWalk always comes up with the biggest plans!

And as I also said, let's kick on and make 2016 the best year yet.

With warm regards

Zara Phillips - 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 Phillips. Photo by Libby Law Photography.

INTRODUCING OUR New Patron

We would like to introduce and welcome our newest Patron, Duane Kale ONZM.

Duane is based in Wellington and is in senior management for the ANZ Banking Group. Married to Shayne and with two children – Jake 18yrs and Lauren 15yrs, Duane was a competitive triathlete until 1991 when a spinal tumour resulted in him becoming an incomplete paraplegic. Turning his focus to Paralympic sport, Duane was a NZ representative and medallist in the 1996 Paralympic team for swimming and has competed successfully for NZ in many international competitions. He was awarded the ONZM in 1997 for services to sport and in 1998 he was awarded the Order of Merit for services to Paralympics NZ.

A current Governing Board Member of the International Paralympic Committee and a Board Member of Paralympics NZ,

Duane has recently has been appointed by IOC President Bach to the Evaluation Commission for the Games of the XXXIII Olympiad. “I am thrilled to be elected to the 2024 Evaluation Commission and I look forward to working to provide the best possible competition environment for all athletes in 2024 in order to experience the feeling of victory and achieving success.”

After being approached by CatWalk Trustee Grant Sharman, we are thrilled that Duane has agreed to become part of the team and bringing such a comprehensive range of business, sporting and personal skills to help CatWalk.

“When my good friend Grant Sharman asked if I would consider a patron role with CatWalk, it did not require a second thought. As an athlete with a spinal cord injury there have been many incredible opportunities and certainly no regrets. But the thought that one day of riding a bike or walking down the beach... well that’s a natural desire.

Like so many amazing achievements, it all starts with an aspirational dream, a plan and then a group of people in the relentless pursuit of success. That’s CatWalk... and being part of something as incredible as this is a privilege.”



Duane Kale, ONZM

Governance AND Management



TONIA CAWOOD CMIInstD

Tonia is an independent director involved in a wide variety of organisations in the sporting, manufacturing and aged care sectors.

Tonia is also the Director of her own advisory company Pro-ject Management, working alongside private enterprise, not-for-profits and local authorities to help develop strategic initiatives including clarity for business growth strategies, brand and culture developments.

Shoulder tapped by founding trustee Pip McCarroll, Tonia has joined the board and quickly injected her skills and enthusiasm to the team.

“It’s a privilege to contribute to the work the Trust has been pursuing for over a decade and to sit at the table and roll up my sleeves alongside such dedicated and capable people. Backing groundbreaking research to find a cure is vital, and challenging. It’s the belief and commitment from every stakeholder that will help us all to find the cure for wheelies to walk again.”



VIKKI MACLEAN

Vikki is a partner in Kerridge & Partners – a leadership and executive search consultancy firm based in Auckland. A native of Scotland, Vikki joined the company in 2006 and has earned a reputation for successful CEO and GM appointments. She also plays an important role in identifying NXD Directors for listed and non-listed businesses.

After attending the CatWalk Need for Speed 10th Anniversary dinner and fuelled by a couple of glasses of red wine, Vikki committed to joining the CatWalk New York Marathon team and completed the event in November 2015.

Her enthusiasm to see people out of wheelchairs coupled with her extensive business acumen and relationship skills made Vikki a perfect Trustee candidate. Discussion came up in New York with Vice Chair David Pretorius about Vikki’s previous non-for-profit board experience including involvement with The Starship Foundation and when asked to join the CatWalk board we were thrilled that Vikki accepted the position.



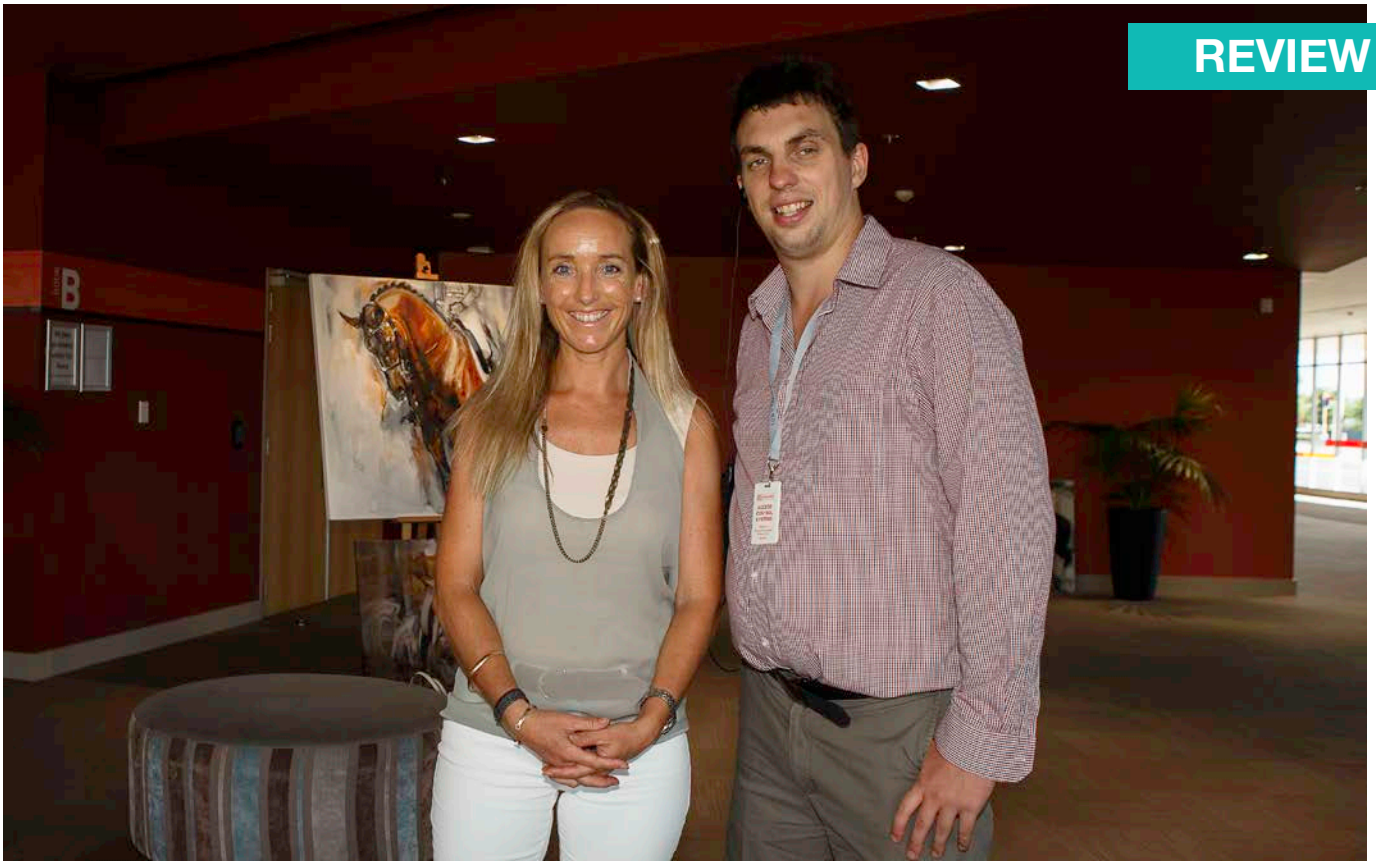
RELATIONSHIP MANAGER

Chris Lovelady has joined the management team in the role of Relationship Manager. Based in Darfield Canterbury, Chris has been a past ambassador and volunteer for the Trust since its inception.

Her background is in the agriculture sector in client relationship management and is also currently a business partner in the family engineering business.

Chris has a strong connection to the equestrian community through her participation and involvement at local governance level, and aims to teach General Manager Meg the whys and wherefores of dressage and ear hoods for horses!

“The chance to work within the management of the Trust was an opportunity I did not want to miss - this is a truly unique organisation! I look forward to connecting with our many supporters, continuing to grow the strong relationships that the team has built over the years and also gain new friends and supporters of the Trust”.



CatWalk Trustee Pip McCarroll with Andrew Hansen. Photo by Libby Law Photography.

Riding with the Stars

The amazing Hansen team under their Equine Productions company banner are at it again. Maybe not quite as big as their previous equestrian events they have managed such as Horse of the Year, but with just as much pizzazz and fervour.

The Riding with the Stars event held at Claudelands Hamilton on 12th/13th Feb was an action packed event with equestrian celebrities from across the ditch in Australia as well as NZ superstars. Some of Australasia's best riders performed under lights and accompanied by loud music with every seat a good one to see the action - where could they go wrong? On the evening of 12th February the entertainment kicked off with the show jumping followed by dressage with the riders vying for a piece of the \$16000 prize money on offer. The seating for guests of the organisers was up close and personal to the action and my daughter Amelia (my lucky partner for the night) who was celebrating her 12th birthday that day, was in horsey heaven! We were seated with a fun bunch including sponsors Farmlands, the lucky owner of one of the beautiful Australian dressage horses, and one of the key organisers from Equitana Australia, another large equestrian entertainment event. Amongst the crowd also were dignitaries from the NZ equestrian world together with a nice mix of guests who were not familiar with an equestrian event and were treated to a spectacular night. The discussion was all positive with every walk of life, particularly

the riders being completely satisfied with an amazing evening of entertainment.

The following evening was a presentation by the popular Wilson Sisters, famous for their "Keeping up with the Kaimanawas" television programme. They brought their show to the live audience and by all accounts it was just as spectacular as what we witnessed on the previous night.

As a founding Trustee of The CatWalk Trust, it was a complete treat to be able to attend the event with my daughter and I cannot thank the organisers enough for the privilege of being there.

In my humble opinion this event was a complete success, and The CatWalk Trust was this time (and hopefully the next) the recipient charity of the event, with a \$4900 donation coming from ticket sales directly into helping find the cure for Spinal Cord Injury.

It was an event to remember, and I wish The Hanson family and Equine Productions great success in the events to come.

Pip McCarroll



Team CAT

Let us introduce you to the New



DAVID PRETORIUS



After a successful 2015 CatWalk New York Marathon campaign in which we raised over NZD\$120,000, I decided to re-commit to the 2016 New York marathon because we had just so much fun! I have become 'team leader' of sorts, drumming up the rest of the 2016 CatWalk team as we get closer to the start line, and helping keep all of us on the same page as we go through this intense adventure together. In fact, there are still a few spaces available, so don't be shy in coming forward.

As I crossed the finish line last year, smiling but spent, a moment of absolute clarity hit me – until I see my daughter Holly walk

again, there is no finish line for me. I committed there and then to doing the New York marathon again (and again and probably again) until science cures spinal cord injury. My old fundraising webpage from 2015 is still up-and-running – www.fundraiseonline.co.nz/davidpretorius - from which I will keep everyone informed on my training programme (which kicks off in mid-June) and other general news. To raise a similar quantity of funds for CatWalk as the 2015 team achieved is a huge ask this year as our team is smaller, but we will try regardless.

To beat my 2015 NY marathon time of 4h03m28s is my goal. Ideally, I'd like to go under 4 hours. But please don't hold it against me if I don't!"

MARY PRETORIUS



I'll put it out there now - I, Mary Pretorius, am not a runner. This will be the first ever running event I've ever participated in... oh dear, what have I got myself into?! However, my brother and team leader, Dave Pretorius is an absolute legend and inspiration.

He's motivated (peer-pressured) me to take part this year, and I'm super excited! Seeing my niece, Holly, walk again would be incredible and I'm keen to support the CatWalk mission to cure spinal cord injury. My personal goal is completing the marathon... as they say difficult roads often lead to beautiful destinations.

ANGUS SIMPSON



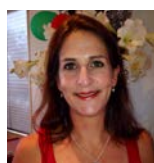
I am a 27 year old young professional living in Auckland, however was born and raised on a farm near Lake Tekapo. This will be my first marathon but I have always run and competed in a number of half marathons. After meeting David Pretorius I was quickly convinced (I wasn't really given a choice) to run for CatWalk. I have always planned on doing the NYM and running for CatWalk was the catalyst to sign up earlier than I had originally planned.

The main incentive is raising money for spinal cord injury research. Late last year my brother had a sporting accident, while living in Canada, which left him with a spinal cord injury at C5. He is recovering at Burwood and has movement which is consistent with an injury at that level. Running 42km is insignificant when comparing to recovering from a spinal injury but hopefully money raised can ultimately result in people like my brother walking again. And it's a holiday in New York!

WALK

York Marathon class of 2016

DEBBIE BOURNE



I'm mum to Sophia (9) and Oscar (6) and work as a compliance manager at a Private Wealth Management firm in Auckland. I have always run and enjoy it to keep fit, explore and have some "me" time. While I've run a few half marathons I thought I'd never attempt a full... until I was inspired by David Pretorius and the CatWalk Trust cause.

I work with David and watched him train and meet his challenge of completing the 2015 NY marathon. Hearing "his story" and

seeing the sense of achievement I thought - what better way to do something for me, see NY and support the CatWalk Trust.

My husband, Roger, was supportive from the start so there was no turning back and the flights were booked!

I am also doing this for my Mum, Liz, my Uncle Rob and my late Auntie Ju, who were all diagnosed with cancer in 2014. Their strength, courage and determination has reminded me to make the most of life and if I feel I can't make it to the finishing line I'll derive some strength from them.

CATHERINE GREEN



I was never a runner, in fact it was only a few years ago that I couldn't think of anything worse to do with my time. However, in recent years I started running to keep fit and have since run a number of half marathons and one full marathon. In that time I've learnt to love the challenge of training for a race and the feeling of accomplishment in finishing one.

Why am I running New York? I've wanted to run this race for a while now, so when a friend suggested I join a group of like-minded people to run the marathon for such a deserving charity, I couldn't resist. I'm proud to be a part of this effort and to support CatWalk by signing up for this challenge.

OTHER TEAM MEMBERS: Charmeyne Te Nana Williams, Bernadette Boyle, Tracey Gieck





“it was like taking 100 toddlers on a ski trip!”

OVER
\$16,500
DONATED

Tundy, Mike, Angus, Abi, Lucy, Paula and Johnny

Antarctic MARATHON

So, there we were in Buenos Aires, staying at a hotel with 200 marathon runners all set to make the journey to Antarctica with us.

Our first night was a large welcome dinner with the passengers of both the ships heading down to Antarctica (100 runners from each ship) and we were given a small taste of what to expect on this crazy journey ahead of us.

Our adventure had kick-started, with a few days exploring Buenos Aires before catching a flight down to Ushuaia, the southern-most city in the world nestled right at the foot of the Andes. We boarded our ship, a Russian research vessel known as the Akademik Ioffe, and bid farewell to land and civilisation! The next few days were spent crossing the Drake Passage, the stretch of sea between South America and Antarctica. The power and violence of this sea is legendary, Ernest Shackleton wrote in his account of his famous journey across the Drake “Deep seemed the valleys when we lay between the reeling seas. High were the hills when we perched momentarily on the tops of giant combers. Often our sail flapped idly in the wind between the crests of two waves.” The Drake lived up to its name and we had a few sleepless nights being tossed about. One night surpassed all others with 9 metre swells, all of our belongings crashing to the ground. Meals in the dining room proved to be highly difficult, as our chairs skidded back and forth and cups and cutlery flew. Soup seemed to be a rather an optimistic option but nevertheless it was served every night and continued to spill everywhere as our ship

rocked back and forth! Showering in 9 metre swells is an entirely new skill in itself.

The temperature continued to drop and wildlife began to appear. First came the whales, then plenty of seals and birds, and of course, the penguins. Our first ice bergs loomed off in the distance and soon enough were dotted all around us, then finally, land. The day before the marathon we set foot on Penguin Island to give us a feel for the land and the temperatures. Everything we wore had to be cleaned and disinfected so that there was no risk of foreign seeds or bacteria being introduced into this untouched ecosystem. We spent hours playing with the highly endearing penguins and stretched our legs for our big race!

Marathon Day: Waking up on the morning of the marathon was a rather surreal feeling, two years had been spent waiting for this day and it was finally here! We were assured the weather would be fine, initial rain with a bit of wind that was due to die down after the beginning of the race so things were looking good! Off we went, enduring the rain and snow, with the bizarre surroundings of King George Island keeping us in high spirits. As it turns out, of the three research bases on the island, not one had provided the same weather forecast, owing to the reality of Antarctica’s incredibly unpredictable weather conditions. The rain continued to fall and the wind continued to howl, eventually reaching speeds of 80km/h which we were running straight into for half of every lap. Including wind chill, temperatures plummeted to -10 degrees. The trail consisted of loose gravel, large patches of snow and mud AND plenty of hills.

Paula completed the half marathon and was sent back to the ship to dry off and warm up with a well-deserved whisky. The remainder of the team battled on through the gruelling

conditions for over five hours, becoming more drenched and more exhausted with every step through the mud and wind. Our amazing Johnny was the only member of the team to complete the full marathon - an incredible effort and testament to the hard hours of training he has put in these past months!

Tundy, Angus and Abi, along with many other disappointed runners were pulled off the course not long before completing due to the weather, the captain of the ship himself had deemed it too dangerous to continue due the extreme conditions. Abi was pulled off at the end of her fifth lap with 7km to go and talking absolute rubbish due to hypothermia, Tundy and Angus just a mere 3km from the finish line.

Not ones to take defeat lightly, Angus and Abi warmed up, had a quick bite to eat and dragged their weary bodies down the lower decks of the ship to complete the full 42km on the treadmill - this in itself proved to be no mean feat as the ship was on the move once again with the rising waves of the storm buffeting them about.

Our remaining two members of Team CatWalk must not go without mention as they literally saved the day. Throughout the entire duration of the marathon Lucy and Mike, our pit crew extraordinaire, braved the brutal conditions of King George Island helping the exhausted runners as they came off the track. Many were in the early stages of hypothermia, totally delirious and unable to help themselves. Lucy and Mike redressed everyone in warm, dry clothing, feeding us warm drinks before we were bundled onto the Zodiacs which raced us back to the ship through the rough seas. To quote Lucy "it was like taking 100 toddlers on a ski trip!" Due to there being no shelter, this was being done out in the open in the rain with 80km/h winds right up until the last of the runners had been pulled off the course.

Needless to say the marathon was an adventure in itself and the relief at finishing was overwhelming. That box was ticked, and now we were able to enjoy the adventures that Antarctica had in store for us, our first challenge however, the stairs. If any of you have ever run a marathon then you'll know how the next few days feel. And the worst place to be the day after a marathon: living on the sixth floor of a ship! The remainder of our journey was spent making excursions onto land to hang out with the penguins and seals and cruising around in the Zodiacs - small pontoon boats that allowed us to get really up close and personal with Antarctica's amazing scenery. One afternoon was spent kayaking around an enclosed bay while the snow fell all around us. Everything was dead silent but for the occasional thunderous cracking of the glacier above us. We had seals and penguins playing and swimming alongside us. A definite highlight of our trip - once our hands and feet had gone entirely numb so that we could no longer feel the cold!

Undoubtedly the trip of a lifetime and we feel so privileged to have been able to have these experiences with the inspiration of CatWalk motivating us!

By Abi Petrie

 **icebreaker**[®]

Save the Date

CatWalk is planning a
"Remarkable" evening event in
Queenstown

29TH APRIL 2017

We would love to have you there!
Save this date -it will be an
evening to remember



The month of July is an important one for CatWalk.

We are launching a special digital fundraising campaign with personal video messages from our patrons and other friends. You are already One in a Million to us and you can help us by

- Liking our Facebook and Twitter pages
- Share the daily videos as they pop up
- Tell you friends to Like and Share and encourage them to TEXT to donate.

Look out for the launch video on 1st July

We are excited!





The Pretorius family

Holly ON THE Rail Trail

“Ever since arriving in this wonderful country, the concept of attempting at least one cycle trail, like the Otago Rail Trail, always sounded so darned appealing to us all.

In late 2015, we as the Pretorius family (8 of us) decided to abandon all fears about ageing and decrepit bodies, and committed to ‘knocking this one over’ by signing up for this famous bike ride. What made the commitment most daunting however was not our daughter Alex’s (15) outlook (she is a fitness nut), but rather the fact that our little Holly (12) is a wheelchair-bound paraplegic who likes nothing more than not doing any exercise! Through careful persuasion and gentle coaxing, the deal was made and the family flew down to Queenstown on March 23rd 2016 for a 6-day adventure in the hinterland of the South Island.

Holly had owned an electric recumbent hand-cycle for a number of years, but barely pushed it beyond the bottom of our driveway. This was one of those bikes you might see cruising past you in any neighbourhood in New Zealand where the cyclist is using his/her arms to power the bike forward using a circular motion whilst lying flat on their backs. We had only made it electric to give Holly a little help on any slight inclines, which generally proved high impossible to climb up using just arm strength.

Trying to foresee any problems that may arise we sorted out a 2nd battery as back-up in case the 1st broke down – without battery power, we were literally going nowhere. We called Air

New Zealand to ensure we could take the 24kg bike down with us as extra luggage and that was fine. We packed all the necessary extras to ensure everything could go as smoothly as possible - we were set to go!

There are some things you just can’t control and the dire Auckland traffic caused incredible stress as we made it on board the flight by the tightest of margins, having spent two hours and 10 minutes in the snail’s pace morning traffic.

We arrived! And after much planning and build-up – we were excited! We made use of a local bike touring company – Bike it Now – to sort the entire 6-day package out for us ahead of time.

Our first night was spent in Clyde, a more charming little country town you will not find. The Bike it Now team - including Fletch, Lisa and Duncan – showed us around the place, booked our first meal (a fantastic spot called Olivers Restaurant) and sent us on our way the next morning – what a great team. But believe me, it was the calm before the storm!

Three kilometres into the first day (of a 155 kilometre course), we noticed Holly a few hundred metres up ahead flailing her arms in frustration. A quick check-through on the bike confirmed our biggest nagging fear – the battery had failed!



“Now, in hindsight, we regard it as one of the great family bonding exercises we have ever done – in fact we are already planning the 2nd family trip!” – David Pretorius

Holly and David enjoy the view



“I will not quit, we will do this entire trip without cheating!” – Holly Pretorius

The Pretorius family cycling the Otago Rail Trail.

Thankfully BikeitNow sent out the 2nd battery, which seemed fine on first setting up, and we staggered our way through to a lunch venue at Chatto Creek tavern, our first stop of the day. After lunch, the rain started to come down. We hurried over to the bikes to begin the afternoon session, and within 2 kilometres, the 2nd battery failed! There was no option to quit – we decided then and there to walk the remaining 8 kilometres to our night’s accommodation at Ophir. Now while 8 kilometres might not sound like a lot, it seems a little longer when one considers that my wife and I (who were on a tandem) had to switch between pushing the trike with Holly in it and the tandem bike up a hill in miserable weather. Holly thought it was hilarious, sitting in her seat, singing away, while we sweated and strained to get the day over.

With 3 kilometres left and at the top of the steepest hill on the course, my father organised for a shuttle to pick us up and drive us in, looking like bedraggled rats. Holly would have nothing of it, now riding with a cheeky smile on her face. “I will not quit, we will do this entire trip without cheating!” was all we heard as she cycled right past my father and said driver!

The bike certainly did not make the remainder of the trip easy with ongoing mechanical issues testing us but it is fair to say that

as a family we had a most wonderful time in a very special part of New Zealand. There were times that we thought of quitting – when the chain came off (a number of times!), when the disc brake seized – but we smiled and pushed on. We sometimes wondered if we would make it out alive, but giggled and thought how ridiculous! Holly’s patience and guts did pull us through though – if she had been miserable, it would have been so much easier to stop.

We can now honestly say that we finished the Otago rail Trail and despite some immense frustration we came away with some powerful positives. Now, in hindsight, we regard it as one of the great family bonding exercises we have ever done - in fact, we’re already planning the 2nd family trip! The Alps2Ocean cycle ride is beckoning us, as there can’t be a better way to get out and breathe some fresh air whilst spending time with good company and pushing your mind and body.

The Rail Trail is eminently doable even for those who suffer from paraplegia. Just get out there and do it – you will not regret it!
www.otagocentralrailtrail.co.nz

By David Pretorius



Mitavite UPDATE

It has all come together in the best possible way for one very special supporter in the CatWalk stable- Mitavite General Manager Colin Price explains that his company's decision to support us was an easy one.

Having watched Catriona ride at many competitions over the years and then seeing the wonderful work that CatWalk is achieving in raising funds for spinal cord injury research, Colin instigated a model previously used in Australia that sees \$1 from the sale of every bag of Mitavite Munga horse feed donated to Catwalk. The partnership is just completing its first 12 months, with Colin emphasising that he sees this as a three year deal at least.

Based in Australia for the last 12 years, Colin and wife Suzie have a busy life with a thoroughbred agistment property on the NSW Central Coast, about 45 minutes north of Sydney. Not only does Colin manage the Australasian arm of one of the largest equestrian feed manufacturers, he is also proud father to three boys with one – Tim - aiming for Rio Olympic success this year.

Raised on a sporthorse stud in Oxford, North Canterbury, the Price kids – Brad, Cam and Tim, with the support of their mother Raewyn, were immersed in all things equestrian from an early age. Even then, Colin says their individual personality traits showed through which have continued on to their adult lives. The boys rode for the local Oxford Pony Club and enjoyed being a part of team events. Brad would happily come home from school, get on his horse and go for a nice relaxed hack, long reins and chilling out. He's now based in NSW where he and his partner Janelle have an equestrian centre- and that calm nature has held him in good stead, being well regarded by riders who want their young horses started carefully under saddle. Cam rode until he was about 12 and then gave it up for rugby and cricket endeavours. As a teenager and when he realised that for every 6 or 7 girls riding there was only one boy he took up the reins again but "socially". Cam is now based in the UK and is the principal owner and Managing Director of Keyflow Equine Feeds alongside CatWalk Patron Sir Mark Todd. He and wife Darnelle are now the proud parents of Colin's first grandchild, Coco Jane Price, born in early March.

It was Tim who was the competitive one from an early age and this has carried forward into the stellar career he has carved for himself on the international eventing circuit.

Tim's first couple of serious eventers were a true testament to his skill as a horseman, being able to get the best out of an initially limited opportunity.

Vortex – a TB by Imperial Guard - was purchased for \$300 in Gore. Fast forward two years and he is winning the 2* class at Taupo 3DE with Tim aboard. The decision was then made to sell

him to a rider in Sweden with the resulting finances able to fund Tim's first trip to the UK. So this was the horse who started it all. In a fitting end to his story Vortex was later given back to Tim to ride and had his subsequent retirement with him and is now buried on their property.

Keyflow, another TB by Colonel Collins, was bought over the back fence for 10 cents as the horse was being readied to go to the knacker's yard. He had a reputation as a bucker but Tim

worked his magic and this horse too quickly went up the NZ eventing ranks before boarding a plane bound for the UK. He had a very successful career with Tim and was subsequently sold to Dutch event rider Tim Lips who took him to the Olympics and the WEG in France before being retired. The name Keyflow had such a special bond with the family that Cam named his horse-feed business in UK after this talented and lucky horse!

Now of course, Tim and wife Jonelle have put in the hard yards in the very competitive world of eventing in the UK to become a formidable partnership. They have purchased a property in

Marlborough and between them have a large team of horses – around 26- 28. While both competitive they work well with each other, helping while training and making sure the horses they have are fitted to the right rider – a horse that suits Tim may not suit Jonelle and vice versa. They are each other's biggest supporters and enjoy successes together – a great recipe for a young couple. They are both serious contenders for representing NZ in the 3DE at the Rio Olympics, something Colin is extremely proud of. While there are no plans for Colin and Suzie to attend Rio they will hopefully take in the prestigious Badminton and Burghley events on their visit to the UK with the main aim of visiting that first grandchild.

Colin highlights the support from ESNZ that had made the difference to the performance of the horses and riders as they aim for Rio. Training with Isobel Wessels over the past 2 years has improved their dressage scores markedly and likewise show jumping with Luis Alvarez has proved to be invaluable. The team culture for the NZers is strong and along with CatWalk Patrons Sir Mark Todd, Zara Phillips and Sarah Walker we hope to see some medals handed out and the NZ flag waving high in Rio.

CatWalk truly appreciates the support from Mitavite and particularly, we wish Tim and Jonelle all the best on their Olympic adventures!



Mitavite General Manager Colin Price, with Catriona and Rowan Dixon (Horse & Pony Magazine) at the recent Horse of the Year Show in Hastings. Photo by Annie Studholme



The Caitlins Soap Co - winner of the Best Small Trade Exhibit

Wanaka Show

Approximately one year ago I received a phone call from Sam to say we've been asked to judge at the Wanaka Show, what do you think?

Immediately I said yes without even asking what, when or why? I'd never been to Wanaka and I much prefer visiting places for a reason as I'm a hopeless look and see tourist.

Over the months it grew from judging a couple of classes to being a VIP guest, to speaking at the sponsors function and opening the show.

Just go with the flow I thought...and like the Hotel Marigold movie...it will all be alright in the end and if it is not alright then it is not the end.

I would personally like to thank Chrissie Stevenson and Robbie Gibson for asking Sam and I down to enjoy what is undoubtedly the best A&P I have ever been to. It is the very best of rural New Zealand, is full of gems that talented Kiwis have created, designed and developed to sustain their lifestyles in their favourite part of New Zealand.

First job for us was driving around the stands with ex Horse of the Year Show Manager Kevin Hansen to judge the best exhibitor stands. The winners were Plains Irrigators from Ashburton and Cromwell and The Caitlins Soap Company www.thecatlinsssoapcompany.co.nz.

Next was the "Cat & Sam" show with Kevin interviewing us on stage for the shows Corporate sponsors and VIP's function. To say I was a bit dubious about how we would go was an understatement! Especially when I'd kept that a wee secret from

Sam until the last minute as I knew he'd say no otherwise and I didn't want to miss out on the Wanaka adventure!

This was followed by a fun auction led by auctioneer extraordinaire Jono Robertson who helped raise \$7,000. A very BIG thank-you for the wonderful prizes that were donated and the fantastic guests who raised their hand to support CatWalk. We had CatWalk ambassadors Anna Hiatt, Bron and Sophie Kemp on hand to ensure it all ran without a hitch and was, in true CatWalk style, a whole lot of fun.

Saturday, Day 2 of the show is the big day. This is famous for the Jack Russel race. Firstly the town Cryer officially opens the show with a teeny bit of help from yours truly. I'm still to work out why the show is officially opened on Day 2 when there is literally only hours left to go but the schedule works so why fix something that isn't broken. 80 Jack Russells entertained a crowd that was at least 6 deep around the main oval. Jax Hamilton, runner up Masterchef and Sam were responsible for catching the first two terriers across the line...a bigger challenge than you might think...and as Sam said to Jax... "At least with your Jamaican blood you're more likely to succeed at this task than I am!"

Thank-you Wanaka A&P...looking to add something to your bucket list – pop this one on, it's an absolute must and one you'll love.

By Catriona Williams.



Nick waking up after a coma

Nick MANNIX

Nick Mannix had left Invercargill age 22 with endless possibilities. A completed building apprenticeship, travel, good mates and earning good money as a builder in Western Australia – he was loving his life.

A visit from Mum Mandy and Dad Mike for Christmas 2014 started the festive season off well. When New Years Eve came Nick went to a party, as any young man does. Although he didn't know a lot of people at this party, he joined in the fun and antics which lead to his accident.

Nick was conscious through it all – when the car reversed over him, and then pulled forward, running over him a second time. He was conscious while they waited 45 minutes for the paramedics to get to the remote location after it was deemed unsuitable for a helicopter to land. A stranger had come to his aid as the driver and others had left the scene. He asked the stranger to straighten his legs as he thought they were in the air – but they were already straight on the ground. This was when he realised he had no movement or feeling in his lower body.

He was conscious throughout the journey - being taken by ambulance to the local hospital in Coffs Harbour where they stabilized him before flying by plane to Sydney and then helicopter to Royal Northshore Hospital. The state of his injuries left him with 7 vertebrae at various levels broken or fractured, damage to ribs and his left side lung had dropped so he had to be put on a ventilator.

He describes the relief at seeing his mum and dad when he arrived at the Royal Northshore hospital – they were told that Nick needed immediate surgery at C6/7 level – it was touch and go. Put into a coma after the surgery, it was 6 days until Nick opened his eyes again. In that time and the following 3 months Nick

was never alone. His dad stayed in Sydney and his mates set up a roster. They were his strength as he learned to breathe again on his own, and worked to regain some hand/arm function.

Nick was told he was a C6/7 tetraplegic incomplete – his life had changed. His thoughts raced – freaking out about the future, have I lost my freedom and success? Will I lose friends? What is my future going to be? But, says Nick “everything has fallen into place”.

After 3 months he returned to New Zealand and to the spinal unit at Burwood Hospital which was to be his home for the next 6 months where he went through rehabilitation and trying to gain as much independence as he could.

His parents and his mates stood by him – visiting whenever they could. His girlfriend left – she couldn't cope – this wasn't in her plan. At the time he was upset – he now knows it was for the best.

Something happened around the time of an operation when inserting a catheter – and Nick still doesn't know if a nerve was hit, or a change in medication from what he was on in Sydney, or something else that caused his body to become hyposensitive to touch. Nick describes this as a crushing and burning feeling when

“Will I lose friends? What is my future going to be?”



Nick's mates give him tremendous support – Sydney Royal Northshore Hospital

something touches his feet particularly and also down his right leg – so much so that he has to have a pillow to lift the sheets off him at night. He also suffers from bad spasms which means he never gets a full night's sleep and also can interfere with everyday life. He currently has botox injections on a regular basis which has given some help to settle them, and it is something he has learned to live with. He also reels off the names of the 20+ pills a day he takes – something he is resigned to now as part of his routine.

“He was unreal – he helped me a lot”, Nick credits Dr Raj Singhal and his team along with the physiotherapy/OT teams for the progress that he made at Burwood before setting off for the family home in Invercargill to begin this next chapter of his life.

Having an accident in Australia leaves you in a no-man's land for support in New Zealand. ACC does not cover you and the Australian system does not cover a NZ citizen unless you have private insurance. The last 6 weeks of his stay at Burwood was battling through the MOH system in order to obtain some support for carer hours and some specific equipment such as a hospital style bed with an air mattress. To say he was left frustrated by the whole process is an understatement. He fought hard to achieve what he did in the way of carer hours and says he was very fortunate he didn't need any house alterations.

Nick had built his mum and dad's house before he left NZ and luckily the design included wide open living areas and large tiled showers with easy access, so the layout has worked well for him although a ramp is currently being made by his dad so Nick can negotiate getting in and out himself.

Back in Invercargill Nick had some choices to make.

“My life has completely changed. I had to come to terms with what happened. I chose to accept it, accidents happen and I have to give this life my best shot. I have bad days of course, but I did before the accident as well – just different circumstances. It's about accepting who you are now”.

So what now for Nick?

Nick has been using the Conductive Education system for



Nick with his parents at Xmas a few days before his accident

rehabilitation and goes 3/4 times a week. It's tiring work but he is positive about what it does for him physically and mentally. He feels he is getting more strength throughout his body and movement. It takes his mind off his pain – gives him goals to achieve. The goals he sets are weekly at the moment – He doesn't set too big a goal for now as life is still changing drastically for him. “I plan to do something each day that gets me motivated – being patient is the key”.

“My life has completely changed. I had to come to terms with what happened. I chose to accept it.”

He would like to study in the future but at the moment he is keeping the focus on himself and his health to pave a path for the future. He said he has always been a giving person so has found it hard to accept the belief that it is OK to think of himself and put himself first. He has to – “the rest of my life depends on the next year or so”. If he can learn more bodily control then he can move forward to look for a job and study.

He keeps in touch with others he met at Sydney and Burwood units and has lots of good mates. One day he would like to try wheelchair rugby! He has been for a bungee jump in his wheelchair – thinking “am I going to regret this?”!

He loves what CatWalk is doing – he wants to participate, fundraise for research and be a part of finding a cure for SCI.

Nick wants to help others see the positive side of life, talk in schools, inspire people and push his own boundaries. “There are no limits to things you can do in a chair – it is harder but you just got to look past that – it may just take a little longer that's all”.



Digital REVOLUTION

Catriona Williams, Holly Pretorius, Brad Smeele – these are just a few of the names that have seen enormous change in their lives due to a SCI.

SCI changes the lives of many people – a new SCI every five days in New Zealand at an annual cost of over \$820 million.

As a supporter of CatWalk, you are helping us to fund the vital research that will find the cure to help those in wheelchairs regain the ability to walk again. It is not a dream – it is a very real vision of the scientists who are working hard to fit the pieces of the puzzle together.

It is the very real vision of CatWalk.

Another thing that has changed recently is the methods of communications with the event of digital technologies.

In 2016, CatWalk are embracing the digital revolution!

Our Magazine has always been our way of summarising the exciting things that have been happening and letting you, our wonderful supporters, know all about it.

With over 6,500 subscribers and a growing database, the cost of producing and delivering the magazine is significant. With this in mind we have made the decision to move to a digital format after this issue.

From December 2016, we will be emailing our Magazine – do we have your current email address?

Flick us a message here to update us:
info@catwalk.org.nz

We know that some of you love the delivery of the Magazine in its traditional format and so for you we would like to offer you the opportunity to become a member of

THE CATWALK 100 CLUB

For an annual donation of \$100.00 you will receive:

- Priority invitations to all CatWalk events (Hint: there's one coming up in April)
- A CatWalk identifier to show your support
- A print copy of the CatWalk Magazine twice a year (June and December)
- Your name in the draw to win a lunch for four with either one of our wonderful patrons or our founder.

Your annual donation of \$100.00 will ensure CatWalk can guarantee the research continues to work towards the ultimate goal of people out of wheelchairs and walking again.

PLUS, you can claim back 33.3% of all donations, which means that Mr Key and Mr English are actually contributing a portion too!

Either email info@catwalk.org.nz or visit our website and click on the CatWalk 100 Club tab.

Thank you for your ongoing support of CatWalk!

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 •

We are so fortunate to have many supporters out there raising money for CatWalk. Here are some from the past few months.



JODY HARTSTONE

Jody Hartstone created a 2016 calendar depicting her beautiful Lusitano stallion Ali Baba and generously donated \$500 from the sales. Jody www.hartstoneequestrian.com is an accomplished dressage rider who has represented New Zealand and won many national dressage titles aboard the beautiful horses she has owned and trained throughout her career. Her current star is Ali Baba – a purebred Lusitano stallion that she found after travelling extensively throughout Spain and Portugal and together they have gained a strong following in the equestrian scene.



KATE & DAVID

CatWalk ambassador Kate Lambie donated \$1260 from recent sales of the “Hit-Air Airvest” - a safety vest used by horse riders in both competing and pleasure riding. These safety vests inflate similar to a vehicle airbag to protect the rider when they fall from the horse. Connected to the saddle via a bungy cord, as soon as the rider is thrown from the horse, the airbag inflates and protects the rider’s neck, back, chest, and hips. Full inflation takes 0.15 of a second! Kate was extremely busy at the recent New Zealand Horse of the Year Show, explaining the benefits of wearing a Hit-Air Airvest and also flying the CatWalk flag! Kate and husband David have been staunch supporters of CatWalk, having both completed the New York Marathon in 2010 raising funds for CatWalk. Thanks Kate and David! www.katelambie.co.nz.



MERRAN HAIN

One of five inaugural inductees into the Horse of the Year Hall of Fame in 2010, rider Merran Hain QSM is the only rider to have represented New Zealand in all three Olympic disciplines - showjumping, eventing and dressage. Merran had a good win recently at the Masterson Young Horse show and very generously donated \$500 of prizemoney to CatWalk!



ROYAL EASTER SHOW

The Auckland Royal Easter Show Equestrian Section generously offered to support CatWalk through donating \$1 from every entry fee in the equestrian section at the 2016 show. Representative Melissa Hore was very pleased to advise that \$1400 was raised! Thank you to the organisers and competitors for the support!



CATWALK

NEVER SAY NEVER

SPINAL CORD INJURY RESEARCH TRUST

**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:

The CatWalk 100 Club – Annual Giving

For an annual donation of \$100.00 you will receive priority invitations to all CatWalk events, a CatWalk identifier to show your support, a print copy of the CatWalk Magazine twice a year (June and December), and your name in the draw to win a lunch for four with either one of our wonderful patrons or our founder.

Your annual donation of \$100.00 will ensure CatWalk can guarantee the research continues to work towards the ultimate goal of people out of wheelchairs and walking again. PLUS, you can claim back 33.3% of all donations.

Either email info@catwalk.org.nz or visit our website and click on the CatWalk 100 Club tab.

Sign me up for the CatWalk 100 Club (my payment details are included below)

Donation Form – Donation Amount (circle)

\$50 \$100 \$500 or \$

Cheque

Credit card

(MasterCard & Visa)

Name on Credit Card:

Credit Card Number:

Expiry Date: Card Security Code

Signature:



Please return this completed form along with any donations to: The CatWalk Trust 409 Queen Street,
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!*