



David Meates

ceo update

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Friday 14 February 2014 - Health priorities provide clear direction

Every year we receive direction from the Minister of Health, via a Letter of Expectations, which clearly sets out the Government's health priorities. In an increasingly busy health system it's important to ensure our efforts are aligned with the national priorities, which is why I am sharing this with you. These priorities are reflected in our annual planning documents.

At the highest level, the Government's health plan has four objectives. They are: helping families stay healthy; better performance; best use of every dollar, and a strong and trusted workforce. The Prime Minister has identified some key result areas where DHBs are expected to actively engage and invest. These are: increasing infant immunisation rates, reducing the incidence of rheumatic fever and reducing assaults on children. Achieving improvement requires whole of system working, and collaboration with a range of Government agencies and NGO providers.

National Health Targets

Canterbury's results have been good, but there is certainly room for improvement in some of the preventive targets. Health Target results are published quarterly and provide a snapshot of how DHBs are performing in certain areas. They rely on timely data collection and this is an area where we expect to see marked improvement.

Shorter stays in Emergency Departments – where 95% of patients will be admitted, discharged or transferred from an ED within six hours.

Improved access to elective (planned) surgery – nationally, the volume of elective surgery will be increased by at least 4,000 discharges a year.

Shorter waits for cancer treatment/transitioning to Faster Cancer Treatment – all patients ready-for-treatment wait less than four weeks for radiotherapy or chemotherapy. The 62-day Faster Cancer Treatment indicator will change during 2014.

Increased immunisation – 90% of eight month olds will have their immunisations on time by July 2014 and 95% by December 2014.

Better help for smokers to quit – 95% of hospitalised patients and 90% of people who smoke and visit their GP are offered brief advice and support to quit smoking. Lead Maternity Careers and GPs are also charged with offering advice to 90% of pregnant women who smoke at the time of confirmation of pregnancy.

More heart and diabetes checks – 90% of the eligible population will have had their cardiovascular risk assessed in the last five years.

Providing care closer to home, integrating services across health systems as well as regional and national collaboration are also highlighted, as are clinical pathways and sharing patient information. Health of older people and living within our means are also important.

Canterbury is a leader in many of these areas. The recent [King's Fund recognition](#) highlighted our health system as one of only a handful of high-performing health systems in the world. Health Pathways and the Shared Care Record View have also helped put Canterbury on the map as an innovative health system.

Finally, I would like to thank you for the part you play in making the Canterbury Health System one that really is making a positive difference for patients. A read through this week's 'Bouquets' is testament to this. Collectively we are managing to achieve some stunning results in all sorts of areas. I will talk more about these over the coming weeks.

Have a great week
David

You can read the full [Letter of Expectations](#) here.

Friday's fast facts – Burwood

Further new car parking areas are nearing completion at the back of the site: this photo was taken yesterday looking from the Theatre Block towards the Pain Management building.



Work is being done to progress the proposed changes to the roading layout at Gate 3 – watch this space for more details on the exact timing of the work, and how it will affect access for staff and patients.

Friday's facilities fast facts – Christchurch

The Peri-Operative User Group conducted a site visit to St George's Hospital to look at the theatre layouts and design. The visit triggered some interesting discussion that will help the User Group to develop the new theatre suite design. A number of other visits are planned in the coming weeks to other Christchurch facilities.

The Adult Inpatient Ward User Group visited the Design Lab to test some recent changes to the grid. They mocked-up the changes and are now working towards a resolution.

The Emergency Department User Group is running two workshops this month to finalise a Preliminary Design Layout.

The Intensive Care Unit user group is meeting to finalise the Preliminary Design plan. A particular focus has been working through the incorporation of both adult and paediatric design principles into the same area.

Friday's facilities fast facts – the Design Lab

The Radiology group has developed mock-ups of its CT Scanning Room, General X-ray, Reporting Room and Control Room, and have had several groups visiting daily.

The User Groups for Recurring Rooms and Sterile Services have been visiting the Design Lab to work through their different processes and related space requirements.

A group from Tait Communications Design Thinkers & Innovators had a tour of the Lab on 11 February.

It's all happening newsletter – Issue Four, February 2014

In the latest newsletter from the Facilities Development Project, you can meet the team working on planning for Burwood's furniture, fittings and equipment.

[Go to the It's all happening section on the website to read the full newsletter.](#)

Bouquets



ICU & Post-ICU Wards, Christchurch Hospital

I wish to pass on sincere thanks to the medical staff at Christchurch Hospital who were involved in the care of my mother who was a recent patient.

In the course of three days she had three operations to treat mesenteric ischemia. During the last of these, surgeons removed 30cm of her intestine. As the culmination of six months investigation into the cause of increasing abdominal pain, it was a great relief to all concerned that the illness was finally diagnosed and treated. We understand this was a result of the attention to detail and insight of the surgeon, Mr Abid Khanafer, and subsequent exceptional therapeutic care by the staff members in the ICU and post-ICU wards.

Our family was inspired by the thought, care and attention provided to my mother throughout her stay. The dedication, professionalism and concern expressed for my mother and the family members who attended the hospital was truly appreciated.

Please pass along our appreciation and best wishes to your team for a safe and successful year. In closing, I would also like to acknowledge Christchurch Hospital's investment in what appears to be a high level of technology and the well developed support processes that were put into great effect in the course of her recovery. Well done to the teams involved in their implementation.

Emergency Department, Christchurch Hospital

I was involved in a motorcycle accident on Friday 31 January 2014, and was taken to ED by St John ambulance. I was very impressed with the treatment I received from your staff Aide Sharon, Clerical Officer Wendy, Nurse Julie, House Surgeon Teresa Dick, FED Margaret, and Jodie Williams X-ray Dept. All staff were friendly and professional, and are a credit to your department. They all deserve the highest praise. Please pass on my compliments to them, and thank them for their dedication to the community.

Eye Clinic, Christchurch Hospital

Extremely efficient and prompt service and care shown to me by all the staff on what could have been a serious illness but extremely pleased with negative result from biopsy. Staff friendly and helpful and I want to pass on my thanks to staff concerned.

Eye Outpatients

I wish to personally acknowledge the wonderful care given to myself and my father on our recent visit to the outpatient department – specifically by Ruth, a nurse. Our visit was stress free and smooth thanks to her wonderful personality and caring. She is a great asset to your staff. Thank you Ruth.

Ward 14, Christchurch Hospital

Wonderful service, great staff and great food.

Ward 17, Christchurch Hospital

On behalf of a few of us, we would like to say how impressed we were with the professionalism and how kind the nurses were.

Ward 23, Christchurch Hospital

There was impeccable service and attention for my wife. Everyone so kind, caring and efficient.

Maxillo-facial Team, Christchurch Hospital

Great help, thank you.

Coronary Care Unit – Christchurch Hospital

I would like to express my appreciation to you for the assistance that I was given during a recent hospital visit...I collapsed and hit my head...an ambulance was called and I was taken to Christchurch Hospital, where the wound on my head was examined, stitched and I was sent to the coronary care unit. Two days later I was fitted with a pacemaker.... I greatly appreciate the care and attention I received. The pacemaker was certainly the best birthday present that I could have received. I would appreciate it if you could pass on my thanks to all concerned. The concern, encouragement and friendliness of the nursing staff greatly assisted my rapid recovery and I could not have wished for better treatment.

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Removal of The Princess Margaret Hospital's cafeteria roof



Canterbury Hospitals' Friday Clinical Meeting (Grand Round) 21 February 2014, 12.15-1.15pm (lunch from 11.50am)

Speaker: The Chief Nursing Officer (NHS England), Jane Cummings

Talking on the Francis report, which looked at Mid-Staffordshire and what happens when health professionals don't speak out, as well as Compassion in Practice.

Speaker: Dr Ian Sturgess, Consultant Physician in Geriatric Medicine and National Clinical Lead for Emergency Care Intensive Support Team, England

Title: "*Frailty - the rising challenge to healthcare*"

The Frailty syndrome in older people is poorly understood by healthcare systems both in its impact on the response to and recovery from even 'mild to moderate' illness. The recognition that an effective, not nihilistic, approach to frailty and its implications is the key to ensure the sustainability of any compassionate health care system.

Chair: Dr Carl Hanger

Venue: Rolleston Lecture Theatre

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton



River of Flowers - Te Waitohi Maumahara

On the third anniversary of 22 February 2011 Cantabrians will once again have the opportunity to share their experiences and hopes for the future as part of the River of Flowers commemoration.

On Saturday 22 February 2014, River of Flowers sites will be set up along the Avon, Heathcote and Liffey rivers, and at the estuary.

The sites will be open from 8am to 8pm, and will be hosted by local community groups between 12.30 - 1.30pm. Throughout the day people are able to throw flowers into a waterway and write messages on a Tree of Hope. At 12.51 two minutes of silence will be held.

[Click here](#) to view the full list of 2014 River of Flowers sites.

The River of Flowers is an opportunity to:

- come together as a city through a river of flowers
- let go through dropping flowers into the river
- hold two minutes of silence to remember those who have died, been injured, or who have lost their homes
- write notes of hope and post them on a tree of hope
- acknowledge the importance of the river(s) in the life and heritage of the city
- give a token of respect back to the river(s)
- show the connections between communities - particularly those most affected
- celebrate our strength - resilience and supporting one another



Go to www.healthychristchurch.org.nz for more information.

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Facebook cover photos for everyone to use

February's a tough month for Canterbury and this one - as we approach the third anniversary of the February earthquake - is bringing up a whole range of emotions.

All Right? has created some Facebook profile covers. We're hoping to see these all over Facebook so that Cantabrians will know others are feeling the same way they do...and that's All Right.

Download yours today at www.facebook.com/allrightnz



UNIVERSITY OF OTAGO,
CHRISTCHURCH
Whāre Wānanga o Ōtāgo ki Ōtautahi

Free Lectures from the University of Otago, Christchurch and CDHB staff

Come and hear about new research on orthopaedic surgery and infectious diseases at the University of Otago, Christchurch's annual Public Health Lectures.

Lectures in February:

Wednesday 19 February, 6–7pm

Dem bones, dem bones, dem aching bones

Orthopaedic surgeon and Professor Gary Hooper

Wednesday 26 February, 6–7pm

The perennial challenge of infectious diseases

Canterbury Health Laboratories and UOC's Professor David Murdoch

This year we are teaming up with the New Zealand Organisation for Rare Disorders to mark Rare Diseases Day. We will be hosting a one-hour lecture given by a variety of speakers.

Friday 28 February, 6–7pm

New genetic technologies in rare diseases

Professor Martin Kennedy and speakers from the New Zealand Organisation for Rare Disorders

Any queries email kim.thomas@otago.ac.nz or call on 027 222 6016.

All events held at 2 Riccarton Avenue, University of Otago, Christchurch building on the hospital campus.

Experience in war torn Afghanistan part of Ophthalmologist's career

Christchurch Consultant Ophthalmologist, Russell Lienert, worked in Afghanistan during the Russian invasion.

He was there for seven years and later spent five years in Tajikistan, besides his 24 years at Christchurch Hospital. Russell retires this month.

The decade long Soviet war in Afghanistan began in 1979 and resulted in millions of Afghans fleeing their country and hundreds of thousands of Afghan civilians being killed.

Russell, a general Ophthalmologist with specialised skills in diabetic retinopathy, worked in Afghanistan in difficult conditions providing a much needed ophthalmology service. The NOOR Eye Institute work in Kabul grew enormously during this period, he says.

"It was a gratifying time but also frustrating because normal development of countrywide eye services was not possible. Afghan doctors were trained as ophthalmologists but because of the political situation, services were not able to expand in the most needy regional and rural centres."

He and his wife, Marion, and five children, left when their eldest daughter finished boarding school.

"The most difficult problem being there as a family was the lack of suitable local schooling necessitating sending the older children to boarding school in India at a time when telephone and email services were non-existent and communication very difficult."

The most frightening situation was when the hospital pharmacist and his wife were murdered. "Fear is a very contagious emotion in a small community," he says.

On his return to Christchurch in late 1986, Russell took up a consultant position at Christchurch Hospital and worked in private practice.

Such was his commitment to Third World needs that in 2001 he resigned, sold his private practice and went as a volunteer Ophthalmologist to Tajikistan, the most needy country of the former Soviet Union. There he contributed to a programme to introduce family medicine to the country and in services for the blind.

On his return to Christchurch he again returned to Christchurch Hospital's Ophthalmology Department in 2006 where he has since worked part-time.

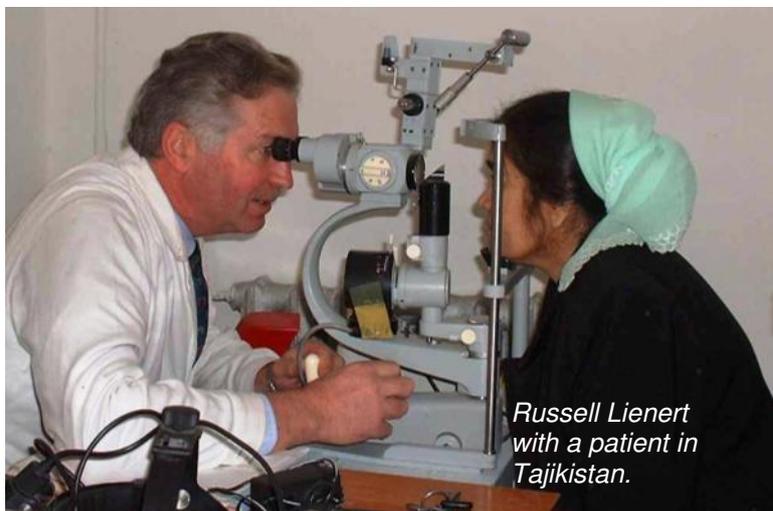
Service Manager, Rosey Doyle, says Russell has always been enthusiastic and willing to help manage waiting lists, kindly volunteering his time on numerous occasions to undertake all day Saturday clinics which have been especially appreciated by patients.

"We are very fortunate that Russell chose to have his career in the Ophthalmology department at Christchurch Hospital. He will be fondly missed by patients and staff."

Ophthalmology Clinical Director, Allan Simpson, says Russell was "always welcomed with open arms" by the department.

"That was because of his propensity for diligent work, kind and considerate patient care, well-informed general ophthalmic knowledge and teaching and consistent pleasure-to-work-with collegiality."

He will be greatly missed by patients and staff. We appreciate the privilege to have worked with him – and wish him well for retirement.



Russell Lienert with a patient in Tajikistan.



Above: Russell and Marion Lienert.

What does your job involve?

Big picture: trying to raise the profile of staff wellbeing across all levels of the organisation and promoting an understanding of how wellbeing, as part of a 'healthy workplaces' strategy, benefits our staff and has been shown to improve patient outcomes.

Day-to-day: I work closely with my wonderful colleague Lee Tuki, members of the Staff Wellbeing Action Group (SWAG), the Health and Safety team and a host of other helpful souls across CDHB. Collectively we provide a variety of onsite options to help staff actively manage their physical and mental wellbeing by keeping active, connecting socially, and accessing various support services. Initiatives we have running currently include zumba, yoga, pilates, walking groups, mindfulness sessions, weight watchers, financial/retirement seminars, and support services such as EAP, Workplace Support and the Earthquake Support Coordination Service.

Why did you choose to work in this field?

I've always been interested in wellbeing in a broad sense. I worked for 10 years as a physio in NZ and the UK, interspersed with five years back-packing around some of the less developed places on the planet. I returned to NZ and half way through completing a Masters in physio I broke my neck.

After a brief spell in the Burwood Spinal Unit I finished the Masters but problems with my neck meant I couldn't work long hours as a clinician, so I ended up teaching anatomy, physiology, health and wellbeing at CPIT for a number of years.

The neck injury triggered a period of severe depression which taught me a great deal about mental health and wellbeing. So in the end I've come out of the blender with a view that wellbeing is a priority, and it's something that we can choose to actively manage.

What do you love about it?

The amazingly talented and dedicated staff I meet every day. These people keep the health system functioning at a very high level and have done an amazing job over the past 3 years.

I like the autonomy of my role, the opportunity it provides for me to keep learning, and the willingness of staff to help me set up and run various wellbeing initiatives. Without many staff volunteering their time and talents we wouldn't be able to run many of the current wellbeing initiatives.

I also like the way I can work with colleagues at Community and Public Health to align with community based health promotion initiatives such as the [5 ways of wellbeing](#) and the [All Right?](#) campaign. The messages promoted by these campaigns are simple but really effective if we choose to use them.

What are the challenging bits?

Competing organisational priorities, particularly in the current Christchurch environment. I'm no different to anyone else who thinks their ideas/passions should be a priority...so it's a constant challenge trying to sell the message that staff wellbeing is crucial – and if we focus on staff wellbeing it will ultimately lead to happier more engaged staff and therefore better patient outcomes.

It's not just wishful thinking on my part - there is an increasing body of evidence to support this view.

Who do you most admire in a professional capacity at work and why?

I really admire the non-clinical 'support staff' (ie all the admin staff, the orderlies, maintenance staff etc) who toil away day after day, often under difficult conditions (especially post quake).

The last book I read was...

Christopher Hitchens – Hitch22, A Memoir.

If I could be anywhere in the world right now it would be...

Any of the following would be great

- Varanasi – on the banks of the Ganges River. An amazing assault on the senses.
- Boarding the Trans-Siberian Express in Moscow with 6-7 days of train travel ahead.
- Stamford Bridge watching Chelsea FC crush Spurs or Arsenal.
- On the first tee at The Hills golf course.
- Surfing at Mangamaunu - Kaikoura.

My ultimate Sunday would involve...

Something a bit active...either going for a run along the beach, a cycle in the hills, a round of golf or a surf...followed by reading a good book, then a pint with my mates.

One food I really dislike is...

Mexican, our loss to them in the World Cup qualifiers left a bad taste in my mouth.

My favourite music is...

Varies depending on the day... Moby, Lemon Jelly, Van Morrison, Pink Floyd, Eddie Vedder, U2, Rammstein (I can't believe I've said Rammstein but I saw them at the Big Day Out a few years ago and I'm still not sure how they didn't incinerate themselves...)

If you would like to take part in this column or would like to nominate someone contact Naomi.Gilling@cdhb.health.nz.





- 118760 Reporting Co-ordinator
- 119562 Nurse Educator – PACU and DSU
- 119416 Senior Communications Advisor
- 119721 Clinical Psychologist (Psychiatric Consultation Service)

[Click here to see more opportunities on the careers website](#)



Learning and Development get in on the action!

Don't miss your chance to participate in some of the

great management, leadership and essential skill courses offered to all CDHB staff. Loads of you have already enrolled, and many courses are now full. Have a look at what's coming up - if it's a skill you need put your name down – quick!

[See attached document for details.](#)

Health Management Paper, Canterbury University

In response to learning needs from within the health sector, Canterbury University has created a new Health Management post graduate paper. The course provides a platform to effectively lead, manage and change NZ health sector organisations and the people who work in them. Course content includes: health system governance, health system strategies, human resource and financial management, production planning, supply chains and health law.

Click here to read more: [Health Management](#)
(Wed 12 – Fri 14 March & Mon 26 – Wed 28 May)

CDHB Submissions

Have your say!

CDHB is formulating a submission on 'A New National Drug Policy for New Zealand Discussion document'.

Comments can be discussed with the CDHB Coordinator, Alizon Paterson (alizon.paterson@cdhb.health.nz) or extn 82725.

Comments need to be received by 5pm Friday 21 February.

CDHB Consumer Council – Established 2008 – “Nothing about us, without us”

Key Messages from the CDHB Consumer Council

1. Committed to aligning ourselves with the CDHB Annual Plan and being pro-active when looking at focus areas for 2014.
2. Continue to actively support growing the Consumer network.
3. On-going training is being investigated to ensure the effectiveness of consumer representatives.

If you are looking for consumer involvement/participation for your projects, working groups or work streams please contact Wayne.turp@cdhb.health.nz; Phone 364 4130 for assistance.

Know your acronyms?

Our public website has a useful glossary of terms and acronyms used within the Health Board and wider Health System, for reference see www.cdhb.health.nz/About-CDHB/Pages/Glossary.aspx

If you have any updates for the glossary please email communications@cdhb.health.nz

Conferences and Events

Tackling Cancer inequality in Te Waipounamu

Te Waipounamu Māori Leadership Group has been established to help tackle the impact and incidence of cancer for Māori in the South Island.

One of its 2014 key initiatives is a series of cancer roadshows focusing on cancers that place the largest burden on Māori.

[Read more about the group and dates for the roadshows...](#)



Extra date for PDRP workshop

Due to the overwhelming response of interested nurses wanting to attend a PDRP Workshop, our March workshop bookings are full, so we are looking at holding a third workshop on 21 May.

We need a minimum of 15 people to attend the workshop, otherwise all will be transferred to our 20 August workshop.

PDRP Workshop

Are you interested in putting together a PDRP portfolio?

This is a day intended for staff who have familiarised themselves with the PDRP documents. Staff attending will be given a greater understanding of the evidence requirements for the Proficient and Expert/Accomplished levels and speak with a panel of applicants and assessors at the end of the day.

If you are interested in attending this PDRP Workshop, please contact the PDRP office on (ext 68835) or email Jackie.nepia@cdhb.health.nz

Healthy Male Volunteers Wanted



Are you between 20 and 25 or 40 and 60 years of age?

We are looking for people who have **no** history of heart disease, high blood pressure, diabetes, smoking, high cholesterol or kidney disease and who take **no** medication and who have no history (1st and 2nd degree relatives) of heart disease in the family to take part in a clinical study.

Participation will involve taking a licensed, routinely used medication for cholesterol and four study visits over one week. Study visits will include blood tests, blood pressure check and a short questionnaire (approx 15 mins).

If you are interested in finding out more, please phone Steph Rose on **03 378 6137**.
Or email stephanie.rose@cdhb.health.nz

Fun event for toddlers and their families

Toddlers and their families enjoyed a summer afternoon of entertainment and activities at the inaugural Toddlers Big Day Out in Rangiora last month.

Organised by Rural Canterbury Primary Health Organisation (RCPHO) Health Promoter, Leanne Liddell, it aimed to bring the Rangiora community together and reach out to the wider North Canterbury community, fostering better understanding of the communities many support networks.

“Having a toddler myself I realised during the school holidays there is little in the way of activities for this age group. While the focus was mainly on toddlers, I also wanted this event to be something that would suit the whole family,” Leanne says.

The free event on 26 January, in Victoria Park, Rangiora, included many information stalls. Organisations represented included Plunket, Tumbling Toddlers, Christchurch Multiple Birth Club, Hope Community Trust, the Waimakariri District Council and RCPHO.

Entertainment included a four-piece children’s band, clown-magician, free sausage sizzle, craft and clothing stalls, face painting, children’s play areas, story time area, colouring-in tent, a music workshop, and interactive stalls run by local preschools.

The Waimakariri District Council was the major sponsor.

About 2000 people attended which was “a perfect outcome for this first time event,” Leanne said.

Another Toddlers Big Day Out is planned for next year and aims to have extra face painters and further healthy food options for lunch.

Below: Toddlers and their families enjoy the day.



Older Persons Health Specialist Service Community Service Teams Education Day



Friday 14 March, 20 June or 17 October 2014

9am-4pm
The Cashmere Club, 50 Colombo Street
(or 88 Hunter Tce), Cashmere, Christchurch
www.cashmereclub.co.nz

To register, email
OPHSSEducationDay@cdhb.health.nz

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This year's programme will provide professional registered staff working with older people updates on a range of treatment options, resources and skills focusing on those working in the community

The programme will include updates on a range of topics including

- Heart Failure
- Sex & Older Adults
- Fatigue Management
- Polypharmacy
- Dysphagia & Diet Modification
- Healthpathways & interRAI

The programme will be repeated over three separate days.



UOCSC

Simulation Workshop



Simulation-Based Education: more than just playing with cool toys

- Date/time:** Thursday 3rd April 2014;
Coffee from 8-30am, Workshop starts at 9am and finishes at 4-30pm
- Venue:** University of Otago, Christchurch Simulation Centre, 72 Oxford Terrace
- Facilitators:** The UOC Simulation Centre team: Dr MaryLeigh Moore, Dr Niki Newman, John Dean, Dr Maggie Meeks, Michael Sheedy, Stefan James
- Open to:** Anyone with an interest in simulation-based education - all disciplines, no prior experience in simulation required (only a willingness to engage and participate!)
- Cost:** \$100 including GST per person, includes catering
(no charge for UOC staff)

Focus and format of the workshop: a mix of 3 brief presentations on

- educational underpinnings and overview of simulation
- principles and practice of scenario writing
- approaches to debriefing

and group activities including:

- orientation to the human simulator SimMan3G and the simulation environment
- developing a scenario
- running and participating in scenarios
- debriefing a scenario

Register: Cathy Mulligan at simcentre.uoc@otago.ac.nz by 5pm, Monday 17th March 2014

The workshop requires a minimum of 6 participants and will be capped at a maximum of 16. Places will be allocated on a 'first-in' basis and if interest exceeds available places we will keep a 'waiting list' for future workshops.

Morning tea, afternoon tea and lunch will be provided. Please advise any special dietary requirements.

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New location
Ferrymead
Heritage Park

FREE
Fun activities
including the
Teddy Bears
Picnic



Children's Day Sunday 02 March 9am - 4pm

**Ferrymead
Heritage Park**

 No dogs permitted

For more information
phone 941 8999





Date: 6th March 2014

Time: 1.00pm – 4.30 pm

Venue: Bevan Lecture Theatre, 7th Floor University of Otago School of Medicine.
Christchurch Hospital.

Registration fee: No charge

Programme:

- *Interprofessional Education and Simulation
How important is IPE?*
- *Simulation debriefing – examples in practice*

To register please contact: [Professional Development Unit.](#)

Canterbury
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Te Poari Hauora Ō Waitaha





SOUTH WESTLAND TRIATHLON

25TH ANNIVERSARY EVENT

SATURDAY 5TH APRIL 2014

Starting in Franz Josef Glacier at 10.30am

The Triathlon event consists of a 9km Run, a 6 km Kayak and a 19 km Bike Ride through some of the most spectacular scenery the West Coast has to offer.

The Duathlon event is made up of a 9km Run and a 19 km Bike Ride.

Enter as an individual, or get a team together.

Get your workmates together and compete in the **CORPORATE CHALLENGE!** Prizes for fastest team, best team spirit and best theme dressed team (this will also include your support crew).

There are some amazing prizes up for grabs this year, including spot prizes.

To mark the 25th Anniversary of the Triathlon, this year's event will have a 1980's theme. So join in, dress up and enjoy this fantastic annual event.

Entry forms available here or contact Jen Kennedy on 03 7520 144 or email southwestlandtriathlon@live.com



Visit our Facebook page for updates, inspiration, information and MORE!