

SOMETHING YOU WOULD LIKE US TO KNOW?

This is Your space – a forum for you to talk with other Members. So if you're fundraising, promoting an event or simply want to congratulate someone, this is the space for you. On MAS goes to more than 24,000 Members, so it's a great way to get your message out there. We also welcome your feedback and suggestions, so please keep them coming. You can email us at onmas@mas.co.nz. All material is edited and published at the editor's discretion.

Litigation solicitor goes the extra mile

Auckland solicitor and MAS Member Sarah O'Grady has been selected for the New Zealand Age Group team in the Long Distance Triathlon World Championships in Oklahoma this September. She is representing New Zealand in the 25-29 years age group.

A four-kilometre swim kicks off the event in the waters of Lake Hefner. Then it's on the bike for a 120-kilometre ride in the country, with plenty of hills and a notorious wind to battle. The day is capped off with a 30-kilometre run around the lake.

When does a litigation solicitor find the time to train for an event like this?

Rising at 5:15am Sarah hits the pool, swimming for an hour or so. Lunchtime often includes a gym workout and after work it's time to cycle or run. In the weekend, when many of us are sleeping in, she heads off on an 80-kilometre cycle ride.

This sport means serious commitment and that extends to fundraising, as individual amateur sportspeople do not receive any funding assistance. To raise funds for her trip to the world championships in Oklahoma,

Sarah has held events including a movie night, by securing an early-release screening of *My Big Fat Greek Wedding 2*, and a fundraiser through Sileni and Red Metal vineyards. She has also picked up a sponsorship from Saint Cycles North Shore, which has helped Sarah to acquire a racing machine. She is on the lookout for other organisations that might be able to assist her.

We wish her and the rest of the New Zealand team all the best at this major international event.



Music therapy

Christchurch-based consultant physician and accomplished practitioner of the double bass, Tim Wilkinson organised the first New Zealand Doctors Orchestra concert five years ago with the help of his GP wife, Lynette Murdoch and house surgeon son, Tom.

Classical music is alive and well and it apparently runs deep in doctors' DNA, with the 90-piece orchestra built from more than 400 musical doctors in Tim's database.

Tim also plays with a Christchurch orchestra, comprising about 40 players, all

health professionals. The idea to start a doctors' orchestra was inspired by similar groups Tim had seen overseas, in the United Kingdom and Australia.

This year will see this orchestra playing in Napier for the first time, at the Municipal Theatre at 2pm on Sunday 26 June. Tickets are available from Ticketek. In previous years the orchestra has enjoyed enthusiastic audiences in Nelson and New Plymouth.

And Tim's favourite piece to play? "Tricky question. Anything with a bass solo I guess, which is quite rare in classical music." There will be an opportunity to witness a bass solo as part of the 2016 concert. The programme can be viewed at nzdo.org.nz. It includes Beethoven's Violin Concerto, with soloist Dr Kiarash Taghavi. Proceeds from ticket sales will go to Cranford Hospice, Hawke's Bay.

Itchy fingers? If you are a doctor interested in joining this growing group, you can apply through the New Zealand Doctors Orchestra website.

