



NZ OSTEO

The union of the natural forces that constitute the body of man is vastly superior to the capacity of any artificial force.- A.T. Still

WINTER 2025



Winter 2025

There's always a lot going on behind the scenes at ONZ. It takes real effort to move the meter when you're talking to the Ministry of Health and ACC — but that's exactly what we do, keeping Osteopathy on the board.

Meanwhile, we're also pulling together the biggest event of the year: the ONZ Conference this September. It's shaping up to be a brilliant mix — fantastic overseas speakers, some of our most respected local names, fresh takes on clinic tech and software, and sessions that return us to the bedrocks of our profession.

It's a big lift, but a rewarding one — and we're proud to keep advocating for osteopathy while creating spaces that bring us together. Thanks for reading, and I hope you enjoy this issue.

-Morgan Hancock





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Message from the Chair

YOUR VOICE. YOUR PROFESSION. YOUR FUTURE.

Kia ora koutou,

It's a powerful reminder, isn't it? Your voice. Your profession. Your future. These words aren't just a slogan – they are the backbone of everything we do here at Osteopaths New Zealand. And they matter more now than ever.

Recently, as a board, we've been reaching out across Aotearoa to connect with osteopaths. I'll be honest – it's been both heartening and revealing. Our profession is growing, with 660 registered osteopaths in Aotearoa, yet only around 50% are choosing to have their voice heard through membership. It's a confronting statistic. I understand that asking for unity across a diverse and busy group is no small feat – but the resounding answer to why we must try is clear: **We are stronger together**

STRONGER TOGETHER

Your current board is not here just to fill seats, but to drive meaningful progress for our profession. Each of us joined because we genuinely believe we can do more – and do better – for and with our profession. This belief drives us to act, to listen, and to push forward strategically.

Thanks to your support as members, we've been able to invest directly in research that proves what we already know – osteopathy changes lives. This evidence is beginning to inform ACC, insurers, and the wider public about the value we bring. Your membership makes that possible. We now have a clear **Strategic Plan** in place, guiding us through to 2029. It sets direction for how we support the profession, build unity, and raise visibility. This plan isn't just for us – it's a roadmap for every future board and osteopath. [You can read it here](#)

Investment in research remains a cornerstone of our work. The long-awaited ACC manuscript on the cost-effectiveness of osteopathy in managing injuries is about to be published. Alongside that, Dr Kesh Sampath is working with University of Otago economist Professor Nathan Berg to analyse further data – critical intel to strengthen our advocacy efforts.

We've also received ethics approval for our nationwide Patient Reported Outcome Measures (PROMs) pilot study, starting mid-July. This will provide rich, meaningful insights into how patients experience osteopathy – not just data, but direction. It will offer a reality check for our profession and a valuable resource for future stakeholders.

Recognition of our profession is growing.

Soon, osteopathy will be named as the 15th profession in the Ministry of Health's Allied Health Report 2024 – and, thanks to alphabetical luck, we'll appear seventh on the list (not last!). This is a significant milestone, placing us among the "household names" of the public health system. A personal thank you to those whose input ensures this report accurately represents our profession. While visibility is improving, we still face defamation and misunderstanding about our role – particularly within universities and some areas of primary health care. However, we're making real progress with tertiary education providers and continue to engage with the Medical Council to advocate for our profession accurately and respectfully.

This year, we introduced a **bespoke insurance policy** that includes cover for consent and communication issues – **areas other providers no longer support**. For a hands-on profession like ours, this is non-negotiable. ACC does not go beyond treatment injuries. Complaints made

to the HDC or Council need immediate and expert support, and this policy provides exactly that. I strongly encourage you and your colleagues to consider this cover.

Our board, with its strong business acumen, remains committed to **prudent financial management**. We're transitioning from our original membership platform to one that better suits our needs, resulting in significant monthly savings. These funds will be reinvested into projects that advance our profession.

Our **special interest groups** (SIG) in rehabilitation and paediatrics are playing a vital role in elevating osteopathy, promoting safe and effective practice. I warmly invite you to get involved and help grow these groups further.

Finally, I want to personally acknowledge our dedicated members who continue to lead **peer groups**, and to thank each and every one of you

for your ongoing trust and support. Osteopaths New Zealand must be more than just a provider of affordable insurance – it is your community, your support network, and your collective voice.

Ngā mihi nui for being part of this journey.

With respect and gratitude,
Anj Young





The ONZ Conference 2025

Two Keynotes, 20+ Hours of CPD, and a Whole New Lens on Osteopathy

The Osteopaths New Zealand Conference is back this September, bringing together a rich mix of clinical insight, big-picture thinking, and hands-on learning — all in a single, energising weekend. Held over three days from 5–7 September, this flagship event will once again deliver **20+ hours of Continuing Professional Development (CPD)**. More than just an educational requirement, this conference is designed to expand your clinical toolkit, spark new thinking, and reconnect you with the broader osteopathic community. Whether you're after the latest research, meaningful conversation, or just a break from the clinic that still counts toward your CPD, this is the event to mark in your calendar.

Two Keynotes, One Unmissable Weekend

This year's program features two standout keynote speakers, both recognised leaders in osteopathy and sports medicine — and both offering a blend of lecture and practical

workshop sessions designed to be immediately useful in your day-to-day clinical practice.

Lou Bibby: Innovation Meets Tradition

Kicking off Friday's program is Lou Bibby, one of Australia's most progressive thinkers in osteopathy. As an Advanced Sports Osteopath and 2024's Australian Osteopath of the Year, Lou's work sits at the intersection of elite sports rehab and rural community health. She is the founder of multiple initiatives including Central Mallee Health and the Osteo Sports Network, and brings over 15 years of experience to her practice, mentorship, and leadership roles.

Lou's keynote, **"Practising at the Intersection of Tradition and Innovation: A Performance Lens on Modern Osteopathy,"** explores how osteopaths can fuse manual therapy with evidence-informed performance approaches to enhance patient outcomes. This isn't just a sports talk, it's about using load management,





capacity-building, and outcome tracking across all patient populations.

In her session, expect a powerful argument for evolving our clinical models without losing the essence of osteopathy. She'll share case studies from both athletes and non-athletes, discuss interprofessional collaboration, and offer strategies for working smarter — especially in under-resourced or rural settings.

Lou will also lead a practical workshop, guiding attendees through the frameworks and techniques she uses in real-world practice, with a strong focus on clinical reasoning and immediate takeaways you can use on Monday.

Paul Hermann: Evidence-Based Tools for Spinal Instability

Joining Lou on the keynote stage is Paul Hermann, Australia's only dual-titled Advanced Sports and Exercise Rehab Osteopath. Paul is an experienced clinician, lecturer, exercise scientist, and founder of Stay Tuned Sports Medicine. His two-decade career has seen him teach at RMIT and Victoria University, work with surgeons and specialists as a Faculty Educator for Mainstay Medical, and present internationally on spinal health and rehabilitation.



Paul's lecture and workshop focus on Managing Functional Spinal Instability — a critical but often misunderstood area in musculoskeletal care.

While "core stability" has become a buzzword across the health and fitness sectors, Paul cuts through the confusion. His sessions will distil the latest research into spinal stability and multifidus dysfunction, providing validated tests, clear diagnostic reasoning, and evidence-based exercise approaches.

Expect a session that is as practical as it is enlightening. Paul's deep clinical background and teaching experience make him the ideal person to guide practitioners through the complexity of functional spinal instability in a way that's accessible, engaging, and ready to implement.

Wide-Ranging Topics to Expand Your Thinking

Beyond the keynotes, the conference features a full program of presentations and workshops spanning a diverse range of topics that reflect the evolving nature of osteopathic practice.

You'll find sessions on:

- **Pediatric Osteopathy** – exploring age-specific approaches to treatment and development
- **Post-COVID musculoskeletal care** – addressing the lingering effects of long COVID and clinical fatigue
- **Integrating Acupuncture into Osteopathic Practice** – how traditional needling can support pain management and tissue health
- **AI in Clinical Software** – understanding the impact of emerging technologies on note-taking, workflow, and diagnostics

These talks reflect the breadth of modern osteopathy, and offer something for every stage of practice — whether you're early in your career or looking to refine a decades-long approach.

CPD That's More Than a Checkbox

We all need to complete our CPD. But how often do you come away from those hours actually feeling refreshed?

That's the beauty of the ONZ Conference — it's not just about hitting the numbers. It's about lifting your practice with new ideas, real conversations, and exposure to areas of the profession you might not usually engage with.

You're not sitting through three days on one narrow topic. **You're diving into clinical practice from multiple angles** — and doing it alongside osteopaths from every corner of the country.

It's also a rare chance to step back and look at the profession as a whole: where we're going, how we're evolving, and what we can do together to lead the future of musculoskeletal care in Aotearoa.



More Than Learning — It's Community

Conferences aren't just about the sessions. They're about the corridor chats, the lunch-table connections, the shared challenges, and the "I've tried that too" moments.

The ONZ Conference brings together osteopaths from all parts of the profession — rural and urban, clinic owners and associates, new grads and senior educators. It's a weekend

that reminds you you're part of something bigger — and that you're not doing this alone. Whether you're here for the latest clinical tools, a dose of inspiration, or just a great way to clock your CPD — [the ONZ Conference 2025](#) has something for you.

*-Morgan Hancock
Deputy Chair, ONZ*

2025 CONFERENCE

INTEGRATIVE OSTEOPATHY FOUNDATIONS & FUTURE

Blending traditional osteopathy with current innovations & research, this year's conference celebrates our rich history while exploring the future—a fusion of past and progress.



Osteopathic

MSK Rehabilitation

EVOLVING PERSPECTIVES AND PRACTICE, PART 1

Rehabilitation is a relatively recent focus within Osteopathy. A literature search specifically targeting osteopathic rehabilitation is a frustrating experience. Yet motion, exercise and fitness are mentioned by A.T. Still in his foundational principles. This amongst other aspects of Osteopathy appear to have been lost, as Jim Webb discusses;

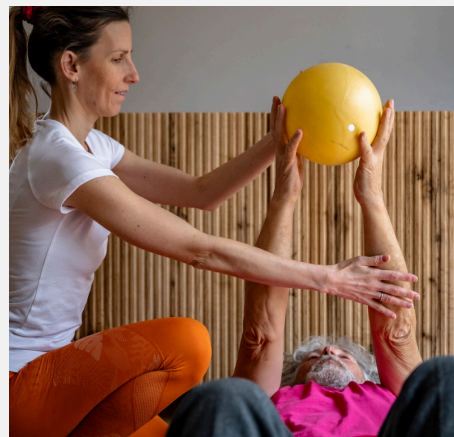
Rehabilitation is defined as: A unique medical discipline that focuses on restoring and enhancing functional ability and quality of life for individuals with disabilities or impairments caused by various conditions. It encompasses a wide range of interventions, including physical therapy, occupational therapy, speech therapy, and psychological support.

Why Rehabilitation?

So why the current emphasis on rehabilitation? The World Health Organization (WHO) Rehabilitation 2030 Initiative highlights a global need for rehabilitation: one in three people worldwide currently lives with a health condition that would benefit from rehabilitation. This spans across age groups, from children with congenital or intellectual disabilities, to young adults with injuries (including those sustained in conflict), to older individuals managing chronic conditions or age-related decline. As populations age and the prevalence of chronic disease escalates, demand for effective rehabilitation services will continue to grow. For instance, in New Zealand, the annual cost of managing type 2 diabetes, which is both preventable and reversible,

has reached \$2.1 billion. ACC, in its recent review of osteopathy, has formally called for osteopaths to integrate rehabilitation and measurable outcome-based care into their clinical practice.

ACC's Outstanding Claims Liability (OCL)—which estimates the total future cost of current claims, stood at NZ **\$60.2 billion** as of the 2023/24 Annual Report, rising by **\$8.7 billion** in just one year. Increasing numbers of complex, chronic cases requiring long-term rehabilitation is a primary driver of this increase. ACC also recorded a **\$7.2 billion** deficit in the same period, largely attributed to these growing long-term care needs. In response, ACC's CEO Megan Main stated, "There has been a decline in rehabilitation performance. Improving rehabilitation performance is a priority for ACC."





The Present State of Rehabilitation

There will be many questions from Osteopaths concerning the need for rehabilitation of our clients. Post COVID, Osteopathic clinics were full immediately, many Physiotherapy clinics remained empty. Many osteopaths would have heard from their patients, "I've done loads of exercises, and they haven't helped." There are valid reasons for this recurring sentiment:

- We see 100% of patients that have been failed by conventional services.
- Diagnostics are lacking.
- Rehabilitation is frequently generic and non-specific, lacking individualised adaptation.
- Exercises may be drawn from research suited to specific cohorts but fail to address the unique needs and context of the patient in front of the clinician.
- Protocol-driven approaches, with limited clinical reasoning, often result in poor outcomes and frustrated patients.
- ACC and Tertiary Courses have driven a reductionist approach to rehabilitation.
- The understanding of the interrelated causes of an individual's pain is not understood within our present system.
- Many rehabilitation clinicians are hands off, allowing the continuation of compensation patterns and maladaptive movement patterns.

The Barriers to Compliance & Execution

Adherence to home-based exercise programs remains low. Even when exercises are effective, patients often:

- Struggle to find time or energy to perform them regularly.
- Forget routines between sessions.
- Become discouraged by a perceived lack of progress.

Moreover, even compliant patients may perform movements incorrectly, reinforcing poor movement patterns and compensation strategies rather than correcting dysfunction.



Segmented vs Systems-Based Rehabilitation

A common flaw in rehabilitation is a segmental focus—treating symptoms in isolation rather than understanding the body's adaptive complexity. For example: treating patellofemoral pain with isolated VMO exercises.

Successful rehabilitation requires uncovering the underlying cause of compensation patterns and maintaining factors. The present system does not understand the integration of all body systems and treating the body as a whole.



Diagnostic Clarity is Foundational

Too often, patients are unaware of their diagnosis. Vague explanations like “tight muscles” are insufficient, particularly in cases involving structural injury such as ligament or tendon injuries. Without a clear diagnosis, a successful rehabilitation plan cannot be implemented.

A case example illustrates this danger:

A football player came to see me after being seen by another Osteopath. The player in question sustained a knee injury during a tackle. An osteopath, incorrectly diagnosing a restriction at the superior tibiofibular joint, applied a forceful full flexion knee manipulation, turning a partial ACL tear into a complete rupture.

This highlights the critical importance of thorough assessment and accurate diagnosis.

The Osteopath needs to ensure clear communication around:

- The injury
- Expected outcomes
- A structured plan for treatment and rehabilitation
- Timeline for recovery

This can restore patient trust and improve outcomes. The therapeutic relationship itself initiates healing, helping decrease anxiety, decrease the feeling of loss of independence and identity and giving back hope in patients that have chronic ill health. -*Jim Webb*

To be continued in the next issue

Research update



Dr Kesava Kovanur Sampath
Research Chair, ONZ

This year continues to be a busy and productive period for our research efforts. I'm pleased to share some key updates from our research stream below.

Research Initiative

Integrating PROMs in Osteopathic Practice Across Aotearoa

A national pilot study titled “Assessing the Integration of Patient-Reported Outcome Measures in Osteopathy” is underway to explore how PROMs (Patient-Reported Outcome Measures) can be effectively embedded into everyday osteopathic practice across New Zealand. Led by A/Prof Kesava Kovanur Sampath in partnership with Osteopaths NZ Chair Anj Young and NCOR researcher Dr Carol Fawks, the project is designed to evaluate the feasibility, acceptability, and clinical value of using PROMs in real-world settings.

PROMs are validated tools that capture patients' perspectives on symptoms, function, and quality of life—key indicators in musculoskeletal care. Widely used internationally in physiotherapy and osteopathy, PROMs offer benefits such as enhanced shared decision-making, improved care planning, and meaningful data for quality improvement.

This mixed-methods study will recruit patients from 5–6 diverse osteopathic clinics nationwide. Participating patients will complete short PROMs surveys at three time points: their initial consultation, one week later, and six weeks post-treatment. Clinicians will also provide feedback on the practicality and impact of using PROMs in practice.

Importantly, the study aligns with the Osteopathic Council of New Zealand's goals around cultural responsiveness, data-driven care, and embedding patient voice in healthcare delivery. Grounded in Te Tiriti o Waitangi principles, this initiative could pave the way for a nationwide PROMs framework in osteopathy—strengthening both patient outcomes and professional accountability.

Stay tuned as findings from this innovative pilot begin to inform both policy and practice in osteopathy.

Get Ready for the NZ-AUS Conference

We're thrilled to announce this year's conference is shaping up to be a powerhouse of ideas and innovation! With 21 research abstracts submitted—from across Australasia, including 7 from Australia and 1 from India—this year's research stream spans everything from cutting-edge tech and collaborative care to health policy and cultural competency. Expect bold ideas, rich discussions, and fresh insights that will spark new thinking and connection across the profession.

A big shout-out to our stellar research committee—**Jack Feehan** (Australia), **Zoe Steele** (Ara), and **Rebecca Mowat** (AUT)—for curating such a dynamic program.

Research Engagement

Our monthly webinar series “**OSTEOTalk: Bridging Research and Practice**” continues to make good impact and we have been fortunate to host leading experts in osteopathy who share the latest research findings and their practical applications in clinical settings. You will find the recording of the past webinars in your member profile area.



Research Consultation Committee

The RCC includes is made up of Anj Young, Anne-Lise Gerardin, Holly Royal, Amanda Viedma-Dodd, Deborah Price, and myself, Kesava Kovanur Sampath. Since March, the committee has met twice, and both meetings have been productive—filled with thoughtful discussions about research priorities that will benefit the osteopathic profession in both the short and long term.

We're currently looking to welcome a Māori and/or Pasifika osteopath to join the RCC. Your voice and perspective are important to shaping research that reflects and serves all our communities.

If you're interested or would like to learn more, please reach out to us at research@osteopaths.nz—we'd love to hear from you!

With strong collaboration and meaningful partnerships guiding our work, I'm confident we'll complete the PROMs project on time and continue advancing our vision of strengthening research capability across Aotearoa.

Dr Kesava Kovanur Sampath
Research Chair, ONZ



The Institute of Osteopathy's mentoring platform

Mentoring can be hugely satisfying, can legitimately be classed as CPD and can help you to advance your own career, whether you are the mentor or mentee. Bringing the profession together by developing an effective professional support network for osteopaths will also retain valuable expertise within the profession and help to ensure that osteopathy remains a growing, thriving profession that is fit for the 21st century.

The iO mentoring platform is designed to make it easier for osteopaths who are looking for this sort of support to find a suitable mentor, and includes tools and guidance to support you, whether you want to be a mentor, a mentee, or both.

The iO has always held the view that osteopaths can only benefit from working and sharing with other osteopaths. This goes for observations too. To facilitate this, we are calling for osteopaths who are interested in providing observation/shadowing opportunities to add their details to the [iO mentoring platform!](#)

*The iO want you to get the most out of this platform so if you have any enquiries about this initiative, please contact
Mentoring@iOsteopathy.org*

IMPROVE
DEVELOP
TRAINING
MOTIVATE
COACHING
INSPIRE





Victorian Remedies: A Journey through 1896 Medical Advice

EXCERPTS FROM
"THE PEOPLES COMMON SENSE MEDICAL ADVISOR IN PLAIN ENGLISH"

R. V Pierce M.D
Sixty sixth edition - 1896

These are direct extracts from an original copy of the above book, printed in 1896. The style of phrasing and the advice it provides was so unique that I thought it worth a page in the ONZ magazine each issue. A short disclaimer; ONZ does not recommend following any of the medical information nor does it endorse any of its statements. It is purely for interest and amusement.

TREATMENT OF ACUTE RHEUMATISM

Administer the spirit vapor-bath to produce free perspiration, which should be maintained by full dose of the Compound Extract of Smartweed. The anodyne properties of the latter also prove very valuable in allaying the pain.

Tincture or fluid extract of aconite root may also be employed to assists in equalizing the circulation. Black cohosh seems to exert a specific and salutary influence in this disease. The whole person should be frequently bathed with warm water, rendered alkaline by the addition of saleratus or soda.

The painful joints may be packed with wool or with cloths wrung from the hot saleratus water. Acetate of potash taken in doses is very valuable in acute rheumatism. Its alkaline qualities tend to neutralise the acid conditions of fluids in the system, and it also possesses diuretic properties which act upon the kidneys, removing the offending blood-poisons from the system.

ENLARGED TONSILS

Chronic enlargement of the tonsils is an exceedingly common affection. Its is most common to those of scrofulous habit. It rarely makes its appearance after the thirtieth year, unless it has existed in earlier life and been imperfectly cured. The causes of this ailment include attacks of quinsy, scarlet fever, diphtheria or scrofula, and general impairment of the system predispose individuals to this disease.

Treatment for this malady must include the remedy of the constitutional derangement and to remove the enlarged glands. The successful fulfilment of the first may be readily accomplished by attention to hygiene, diet, clothing and the use of the Golden Medical Discovery, together with small daily doses of the Pleasant Purgative Pellets.

This treatment should be preserved for a considerable length of time. In addition, the spirit vapor bath is invaluable in companionship with hot vapors of water or vinegar, or peppermint and water.

DIAGNOSIS OF THE TONGUE

Much can be learned from the appearance, colour, and form of the tongue, and the manner of its protrusion. If pale, moist and coated white, it indicates a mild, febrile condition of the system. If coated in the centre and the sides look raw, it indicates gastric irritation. If red and raw, or dry and cracked, it is a sign inflammation of the mucous membrane of the stomach.

If the inflammation is in the large intestine, the tip of the tongue presents a deep red colour, while the middle is loaded with a dark brown coating. When the tongue is elongated, and pointed, quickly protruding and withdrawn, it indicates irritation of the nerve centres as well as of the stomach and bowels.



Need support?

ONZ advocacy, advice & support

Is everything going well at work, or do you sometimes wish you had someone outside of work to talk to? Are you dealing with a challenging work environment, issues with your principal or employees, or feeling unsure about how to handle or file a complaint? Perhaps you're feeling isolated or undervalued?

One of the key roles of ONZ is to provide support for members when things start to turn pear-shaped.

Even experienced practitioners encounter problems, and we have successfully supported many of our members through various issues.

If you have a problem, [contact ONZ](#). We offer completely confidential support to help you address the challenges you're facing.

Online Learning Library



The [ONZ online learning library](#) now features a wealth of educational resources, accessible through the ONZ resources page. Among the recent additions are several comprehensive webinar series, including a three-part series that covers crucial business topics such as understanding your business, the realities of running one, distinguishing between contractors and sole traders, and mastering your financials. Additionally, there are specialized webinars that

delve into important subjects like bringing in overseas osteopaths, navigating immigration challenges, insurance considerations, and ACC32 Process & Appeals. This growing collection of modules and webinars is designed to support the ongoing professional development of osteopaths across a wide range of topics.

2024/5 BOARD MEMBERS



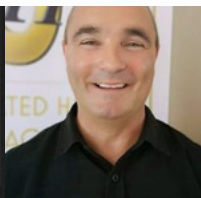
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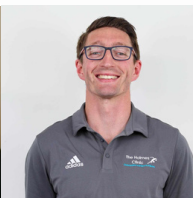
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Jim



SIG
Neil



Student Liason
Vai



Calling all writers

We have a huge bank of knowledge locked up in our many members brains and as it so happens we now have this magazine that will benefit from articles written by our members! Your submissions can cover a wide array of topics, from detailed explorations of specialized techniques and treatments to personal narratives of unique projects.

We're excited to invite you to share your insights and experiences with the membership. Perhaps you're passionate about or have in-depth knowledge of a particular therapeutic approach that can benefit your peers. Maybe you've been involved in community health initiatives or

presentations at conferences you'd like to share? It might be an article discussing the latest advancements in technology, case studies demonstrating effective treatment plans, or educational pieces that delve into anatomy, biomechanics, and patient care strategies. Whether it's a comprehensive review of current best practices, an inspiring story of patient recovery, an analytical piece on emerging trends in the field or a personal story from your career, your contributions will help make our magazine a valuable resource for everyone.

Contact communications@osteopaths.nz.co.nz if you've got an article you'd like to write.

ALL CPD Courses

UPCOMING CPD OPPORTUNITIES CAN BE FOUND ON [THE ONZ CPD PAGE](#)

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