



Clearwater Construction
Building & Civil Engineering Constructors

Clearwater Construction Supports Malcolm Law in his attempt to run New Zealand's Seven Great Walks in Seven Days.

The 7 in 7 is something that has never been attempted before. This will come as no surprise to most people – it is after all a pretty crazy thing to do! But for its creator, and main protagonist, Mal Law it is the opportunity of a lifetime to “make pain my friend”, experience New Zealand wilderness at its best, and most important of all, raise at least \$50,000 for a great cause – [The Leukaemia & Blood Foundation of NZ](#).

The Challenge is a world-first attempt to *RUN* New Zealand's 7 mainland 'Great Walks' in just 7 (consecutive) days. Completing it will be the equivalent of running 9 off-road marathons and climbing Mt. Cook twice, all within just 7 days.

Add to this the logistics of getting between the trails and then sprinkle in a large dose of sleep deprivation and we really do have a Challenge on our hands.

It is Mal's hope that you will come with him on this journey, at least in spirit. Or, if you really want, you could get physical and [join him](#) on part of it in person

This is the plan:

Day 1 – November 29th – 42.7km – [Lake Waikaremoana Great Walk](#)

Day 2 – November 30th – 41km – [Tongariro Northern Circuit](#)

Day 3 – December 1st – 51.9km – [Abel Tasman Coast Track](#)

Day 4 – December 2nd – 78.4km – [Heaphy Track](#)

Day 5 – December 3rd – 32.1km – [Routeburn Track](#)

Day 6 – December 4th – 53.5km – [Milford Track](#)

Day 7 – December 5th – 60.1km – [The Kepler Challenge*](#)

Total distance – 359.7km

* as a competitor in the annual Kepler Challenge mountain run



Malcolm (Mal) Law (age 49)

I dreamed up the 7 in 7 Challenge during a long solo tramp through the Kaimanawa and Kaweka mountains late last year.

My brother Alan died of Leukaemia back in 1969. Ever since then I have harboured the idea of doing something amazing to raise funds for research into a cure for this cruel disease. In the early 80's I rode my bike from London to Lisbon and raised some money for the UK-based Leukaemia Research Fund. But the idea of doing something more has always been lurking at the back of my mind. This year I find myself with some time on my hands and so am dedicating 2009 to the achievement of this goal.

I have a long history of outdoor experiences, both competitive and recreational. With the exception of the Heaphy, I have run or walked all the Great Walks, but never one after the other in just 7 days! As well as many smaller events, I have completed:

- The Coast to Coast
- Mizone Endurazone (length of NZ multisport race) in 2001
- Kaweka Challenge mountain marathon
- The inaugural Oxfam Trailwalker 100km (as part of the winning Veterans team)

Find out more about Mal and the 7 in 7 event at www.7in7.org.nz

