

And finally...



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Preparing for the off, JP Rossouw (left) and Dave Henderson get set for the 55km bike section of the Rodney Coast to Coast.

SEE YOU ON THE START LINE

Management and site teams at Quix Commercial faced off in the recent Rodney Coast Challenge—with manager Dave Henderson throwing out the challenge to others for the next event.

AUTHOR CLAIRE PREEN
PHOTOGRAPHS ALI HOLLIS

The Rodney Coast Challenge is an annual family-friendly event, which has been run as a fundraiser by the Kaukapakapa Scout group for the last 22 years. It attracts over 300 participants, mainly from the Auckland area—and in this year's event, Master Plumbers' member business Quix Commercial entered two teams, each with four members: Very Quix (management) and Too Quix (site).

The multisport event traverses the Rodney district from Muriwai Beach on the west coast to Wenderholm Regional Park on the east coast and involves a 10km forest run, a 30km road bike, a 25km mountain bike, an 8km kayak, plus a 100m sprint to the finish line. Participants in order were Maurice Tusa, Dave Henderson, Harry West and Wyatt Raw in Very Quix, and Callum Dimond, JP Rossouw (a 'ring in' from Dominion Construction!), Jacob Khan and Fred Goodwin in Too Quix.

As it turned out, Too Quix weren't quite quick enough and were pipped at the post by Very Quix despite being ahead for much of the race, with only 122 minutes separating the teams.

Wellbeing & teamwork

According to manager Dave Henderson, the office put a team together first and then put out the challenge to the site guys. Fred Goodwin, one of Quix Commercial's senior foremen, was the first to step up and he encouraged others to follow.

"We'd love to have more participants next year," says Dave. "Not only from within Quix but across the industry, suppliers included. This is a great event, not just for team morale but for the overall wellbeing of our staff."

Manager Maurice Tusa adds: "We'd been thinking about entering Quix for a while, partly as Dave and I enjoy events like this but also because the Coast Challenge is not too serious and allows everyone to take part. It wasn't just an event for competitors either, as other staff (Brent, Ali, Nic, Rob and Allister), alongside family and friends,



Too Quix team member Jacob Khan cycles over the finish line of the bike riding section.

The Game Changers

In the 2018 documentary, *The Game Changers*, former UFC fighter James Wilks embarks on a quest to find the optimal diet for human performance and health. Featuring Arnold Schwarzenegger, Jackie Chan, Lewis Hamilton and Novak Djokovic, it covers multiple success stories of athletes on plant-based diets. gamechangersmovie.com

participated as support crew, which we really needed at the transition points. Thank you!

"Taking part in events like this benefits everyone. We work together as a team, we plan and coordinate who will be where, we compete but we also support each other, especially through the transitions. Then of course—the best bit—we celebrate at the end when everyone is on a huge natural high."

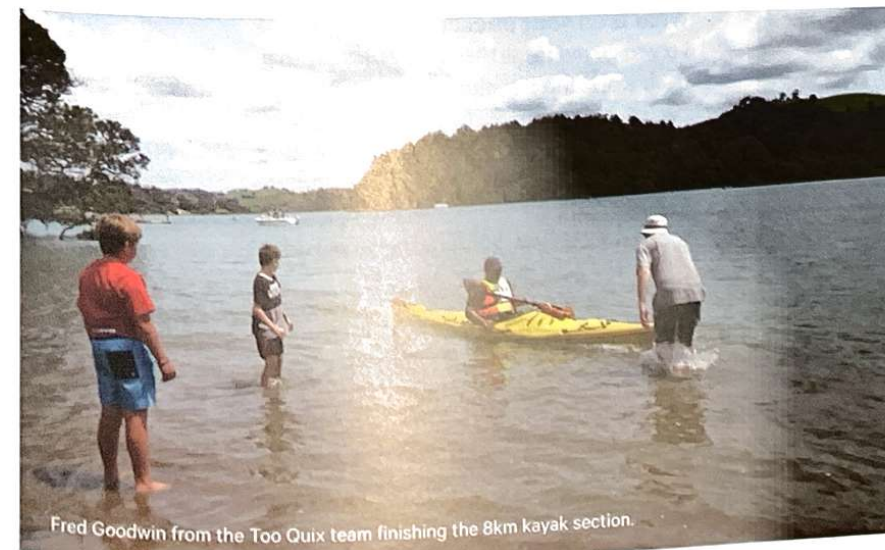
For Dave, the worst part of the day was getting up early enough to be at the start line by 6.30am. "There were no gear failures or injuries—the event organisers doing a fantastic job of keeping everyone safe—and only one near-disaster, when Callum nearly didn't make the race as he was dropped off at the wrong place. He had no cellphone coverage, so had to hitch his way to the start. He got there in time though and managed to beat Maurice!"

'Secret strategy'

Maurice is still surprised that his team won, being on average a little older and in more sedentary roles. He wonders if their 'secret strategy' contributed to the success. Aside from training, which isn't always easy to fit in when things are busy (and a big thank you to Fergs Kayaks for helping with Fred and Wyatt's kayak training), the Very Quix team also tried out a plant-based diet for the week before.

"Nic Van Loggerenberg, our estimator, told us about *The Game Changers* documentary," says Maurice. "We all watched it and thought we'd give it a go. One week probably wasn't enough to make a difference but it's definitely interesting how cutting down on meat can affect the body, not just in terms of improved athletic performance but overall health."

For now, it's back to work but everyone involved is keen to return in November 2020. "The challenge is out there to everyone for next year," says Dave. "See you on the start line."



Fred Goodwin from the Too Quix team finishing the 8km kayak section.

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NZ Plumber

Volume 72, Number 1

CEO
Greg Wallace

EDITOR
Beverly Sellers
03 543 2008
bsellers@masterplumbers.org.nz

DESIGN
Sally Travis Design
www.sallytravisdesign.co.nz

CREATIVE DEVELOPMENT
ICG
icg.co.nz

ADVERTISING
Alton Anamani
advertising@masterplumbers.org.nz

PRINT
Blue Star
81 The Esplanade, Petone
Wellington 6141

SUBSCRIPTIONS
NZ Plumber is published six times a year by Master Plumbers, Gasfitters & Drainlayers NZ. Members and Certifying tradespeople receive all six editions. If you wish to opt out, please email bsellers@masterplumbers.org.nz. To order an annual subscription, go to www.masterplumbers.org.nz

MAILING LIST
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New decade, new look

Enjoy the new format for NZ Plumber!

Apart from a few tweaks here and there, NZ Plumber has remained the same for the past five years. There's always room in life for improvement and change—as anyone who has ever made a New Year's resolution will know—and it's the magazine's turn in 2020.

The revamped magazine in your hands now is the result of an independent critique service, offered by the Trade Association Business Publications International (TABPI). The critique was a very useful exercise in getting an outside perspective on potential enhancements we could make for NZ Plumber.

One point that came across loud and clear was the need to reduce the number of different sections to make the navigation easier for readers. So, from

this edition we've cut the sections back and introduced section openers. We've also given the whole design a fresher up. Nothing major from a content perspective but we hope it all adds up to an enjoyable read—and we welcome your feedback. Look out for a survey coming your way around mid-year to see how we're tracking.

In the meantime, best wishes for 2020 and good luck with your own resolutions for change!

Beverly

Beverly Sellers
Editor, NZ Plumber,
bsellers@masterplumbers.org.nz



Over to you

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bsellers@masterplumbers.org.nz