



SEQENS

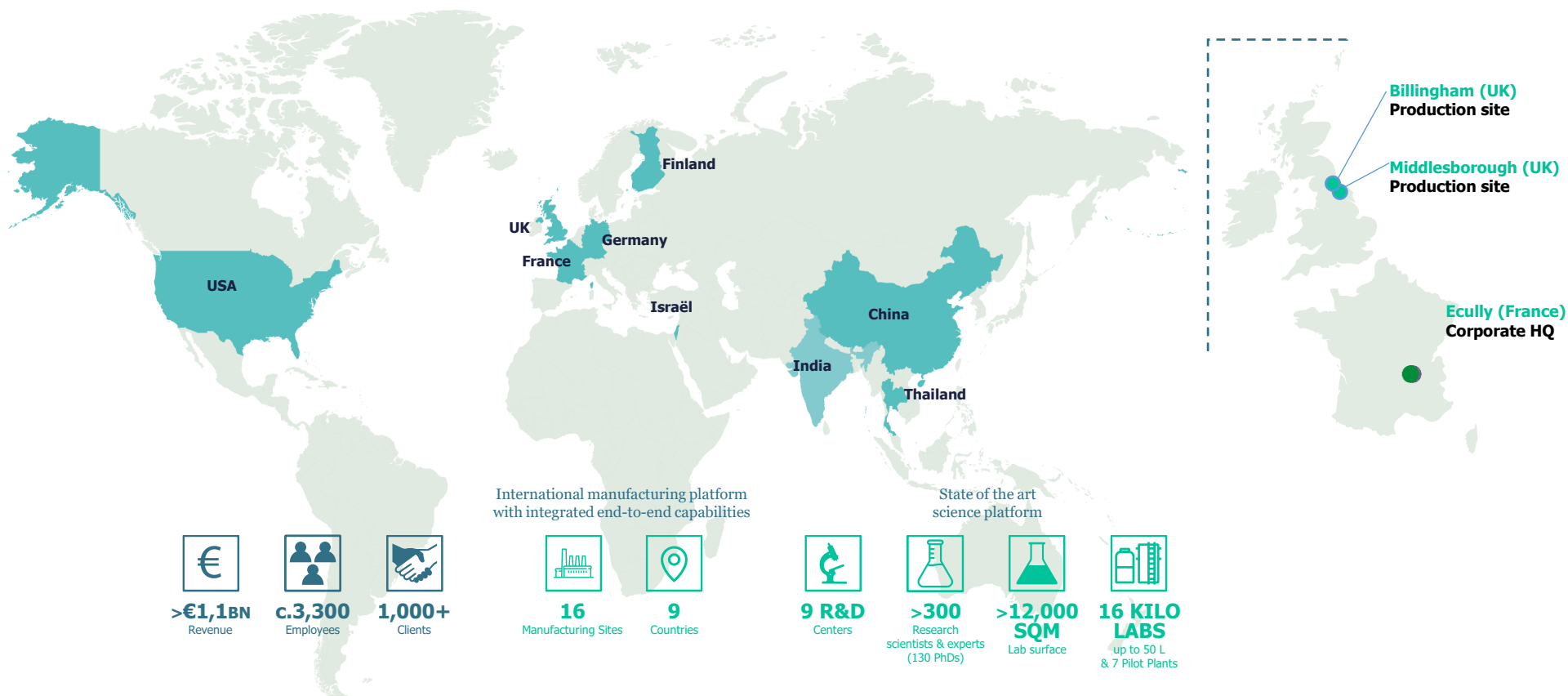
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BHAW – Race To Ecully

7th October 2025

ABOUT US



BHAWA

We joined the BHAWA in 2016 and are now at **Maintaining Excellence** Level

191 Employees
83% Male | 17% Female

Middlesbrough Site



Billingham Site



Better Health
at Work Award
Maintaining Excellence



2025 Campaign – Race to Ecully

- As part of our **Healthy Living** Campaign, we wanted to run a step challenge for National Walking Month in May to get people moving!
- The goal was to work in teams and Walk, Run or Cycle 749 miles - the distance from our Middlesbrough site to Seqens HQ in Ecully, France
 - Maximum 3 cyclists per team
 - Maximum 6 person team on foot

The poster features a vibrant background with a sun, green hills, and stylized figures of a runner, a cyclist, and a person walking. At the top left is the SEQENS logo. At the top right is the Better Health at Work Award logo, which includes a leaf icon and the text '3+ Years' and 'Maintaining Excellence'. The main title 'RACE TO ECULLY' is in large, bold, white letters with a black outline. Below the title, a text box explains the challenge: 'As part of the Better Health at Work 'Get Moving' campaign we are challenging you to work in teams and be the first to travel 749 miles...the distance to Seqens HQ in Ecully'. A central box titled 'How to take part:' contains a five-step list: 1. Choose your transport: cycle or by foot (run & walk); 2. Create a team (with sub-points for cyclists up to 3 and on foot up to 6); 3. Collectively travel the 749 miles; 4. Track your mileage on the BHAW SharePoint page; 5. First to 'reach Ecully' wins!. Below this, another box says 'Register your teams on the BHAW SharePoint page'. A final box states 'There will be a prize for the winning cycling team and a prize for the winning team on foot' and 'The race starts on 19th May... good luck!'.

SEQENS

Better Health at Work Award
3+ Years
Maintaining Excellence

RACE TO ECULLY

As part of the Better Health at Work 'Get Moving' campaign we are challenging you to work in teams and be the first to travel 749 miles...the distance to Seqens HQ in Ecully

How to take part:

1. Choose your transport: cycle or by foot (run & walk)
2. Create a team.
 - a. Cyclists: up to 3 per team
 - b. On foot: up to 6 per team
3. Collectively travel the 749 miles
4. Track your mileage on the BHAW SharePoint page
5. First to 'reach Ecully' wins!

Register your teams on the BHAW SharePoint page

There will be a prize for the winning cycling team and a prize for the winning team on foot

The race starts on 19th May... good luck!



Race to Ecully

■ Purpose

- To promote physical activity, teamwork and improve mental wellbeing
- To become more mindful of incorporating movement into our routines – through walking meetings, lunchtime strolls, active commuting or post-work activities.



Roseberry topping run/walk

Going back to the old quarry as well

Distance Elevation Time
4.13 mi 1,020 ft 51m 51s



Michelle Bell

May 26, 2025 at 5:38 PM

Keep on stepping!! Well done everyone!



■ 56 Employees participated (10 teams)

- We set up a Strava group for employees to log their distances and this created a real sense of community and fun team spirit to the event – and encouraged some healthy competition...even some of the team at HQ heard about the event and joined the Strava group!



Race to Ecully

■ We created a SharePoint page for people to create teams and to log their distances...



Race to Ecully!

Fill in your teams below (maximum of 3 people for a cycling team & maximum of 6 people for a team travelling on foot) and enter a fun team name of your choice

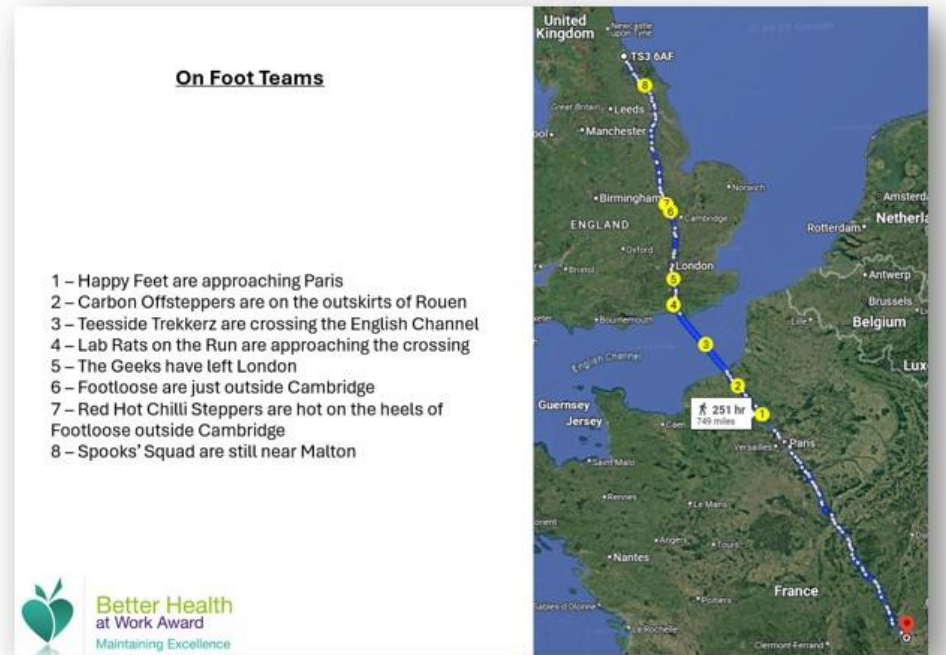
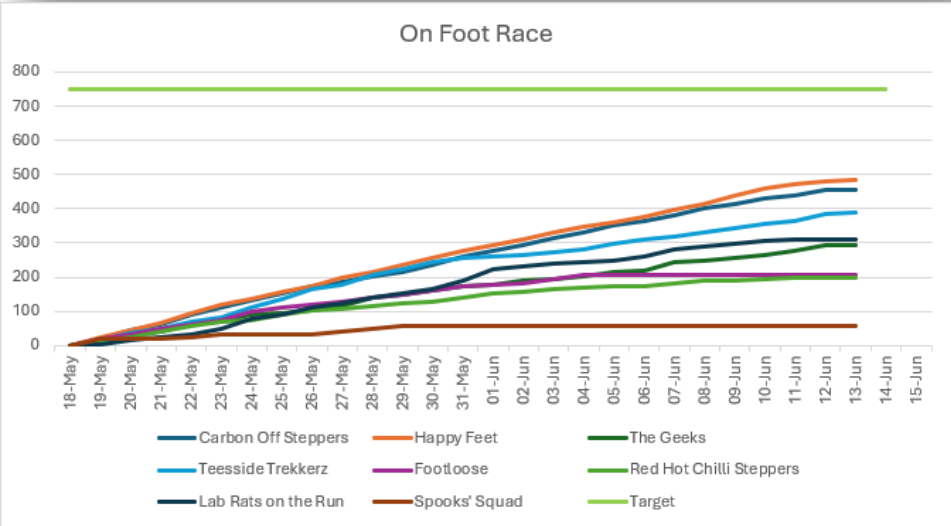
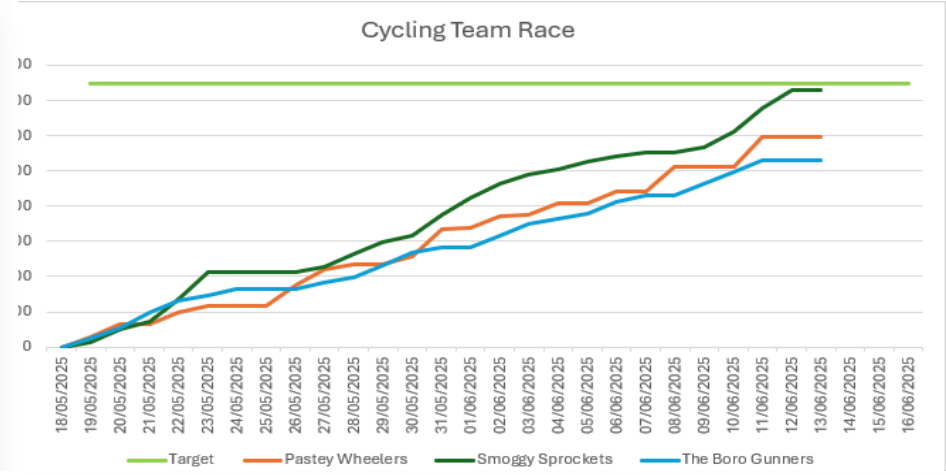
Cycling								
Team Name:	Pastey Wheelers	Smoggy Sprockets	The Boro Gunners	Cycling Team 4	Cycling Team 5	Cycling Team 6	Cycling Team 7	Cycling Team 8
Team Member 1				Name 1	Name 1	Name 1	Name 1	Name 1
Team Member 2				Name 2	Name 2	Name 2	Name 2	Name 2
Team Member 3				Name 3	Name 3	Name 3	Name 3	Name 3

On Foot								
Team Name:	Carbon Off Steppers	Happy Feet	The Geeks	Teesside Trekkerz	Footloose	Red Hot Chili Steppers	Lab Rats on the Run	Spooks' Squad
Team Member 1								
Team Member 2								
Team Member 3								
Team Member 4								
Team Member 5								
Team Member 6								



Race to Ecully

...and sent out a weekly update to the site to show progress – and create some competition!



The Finish Line

- The winning cycling team made it to HQ in 29 days
- The winning team on foot made it to HQ in 41 days
- We had a celebration event to give trophies to the winning teams!



Race to Ecully Celebration Event



On Foot winners: Happy Feet

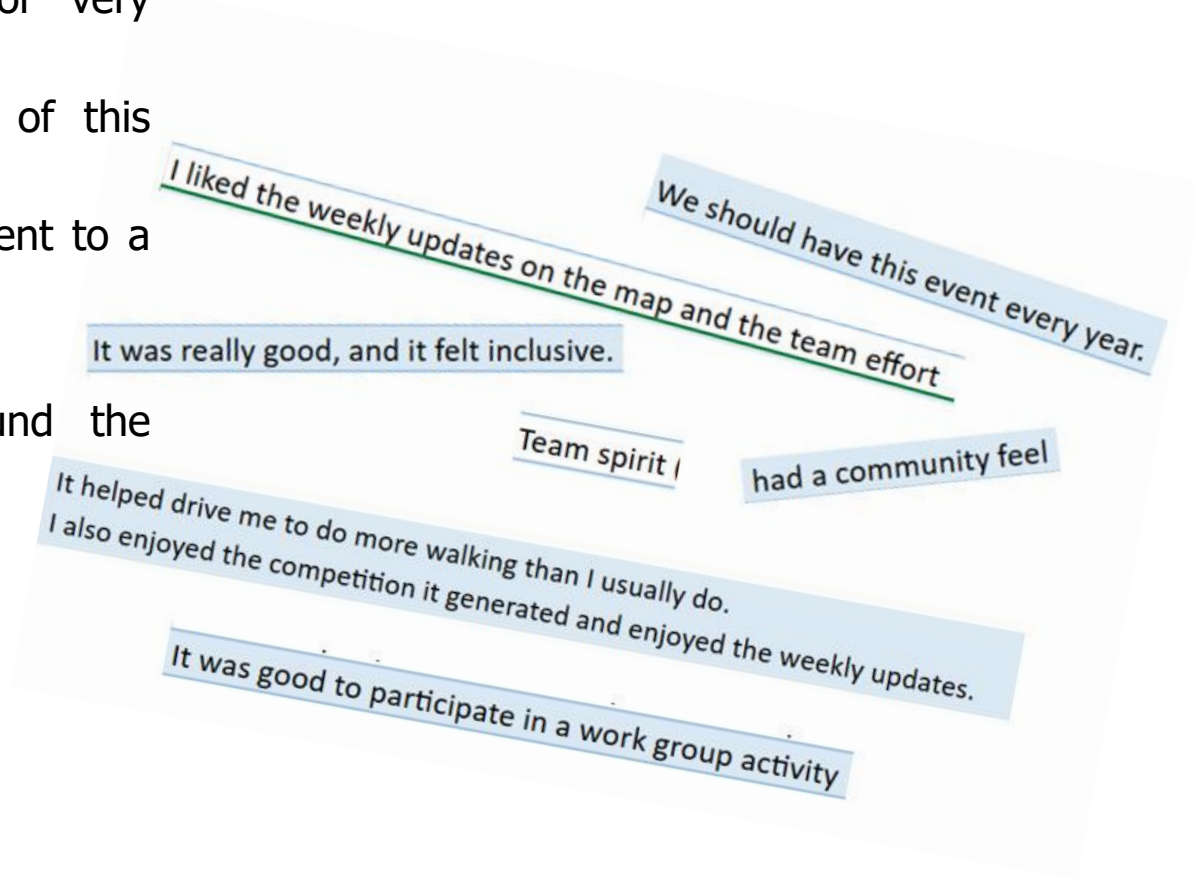


Cycling winners:
Smoggy Sprockets



Event Feedback

- 14 participants completed a survey on the event
 - 100% were “extremely satisfied” or “very satisfied” with the event
 - 100% “would like more events of this nature to be arranged.”
 - 100% “would recommend this event to a friend or colleague”
- Potential for a global “Race around the World”





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Thank You

Any Questions?