

# 2022 CHALLENGE...

## THE RETURN OF THE BIG BELL BRANCH VISIT

**You know the drill. Pull on your trainers and be the first Regional Team to conjointly cover 1638 miles by (virtually) travelling to ALL Bell Branches UK-wide!**

Here's a reminder of how to win...

- **EVERYONE** can take part – your distance will count towards your Regional total. However, if you are weekly paid site staff, we will count your distance plus an **additional 20%**!
- This year, you can contribute by logging the time OR distance for any physical activity. So get walking, running, cycling, boxing or doing an exercise class!
- If using time, it will be converted based on an average running speed of 6.5 miles or 10 km per hour
- Please share pics of your activity – so by smart watch, exercise app on your phone, photos of your home equipment summary page etc
- Every week send your own personal mileage to [competitions@bellgroup.co.uk](mailto:competitions@bellgroup.co.uk) naming your branch and regional progress will be posted weekly on our social media pages and TogetherBell webpage.
- The route will be the same for all – we will start at Inverness and make our way to Plymouth at the most southerly point.
- The time and distance between each branch has been marked out for you below.
- The total mileage North to South is 1859 miles or 286 hours
- If your role is national, your mileage will count towards the Region in which you are based / live.

**Branch teams will be split in to 3 regions – Scotland & N.Ireland, North and South as follows:**

**SCOTLAND & N.IRELAND:** Aberdeen, Airdrie/Dec Centre/Paint my Home, Chapelhall/MOD, Edinburgh, Inverness, Kirkcaldy/Fife, Elgin, P&D Scotland (Glasgow), C B Contracts (Belfast)

**NORTH & EAST:** Fire Protection East, Cumbria, East Midlands, Leeds, Marine, Newcastle, Norwich, North West, Abco & Bell Safety, Fire Protection North, North Wales

**SOUTH & WEST:** Aldershot, Birmingham, Bristol, Fire Protection West, Letchworth/Paint my Home, Plymouth, Fire Protection South, South London, South Wales, Wessex, Thames Valley

# LET'S GET OUTSIDE AND RACING: THE ROUTE

Inverness to Elgin **39 miles**

Elgin to Aberdeen **66 miles**

Aberdeen to Kirkcaldy **96 miles**

Kirkcaldy to Edinburgh **29 miles**

Edinburgh to Chapelhall **34 miles**

Chapelhall to Airdrie **3 miles**

Airdrie to P&D **12 miles**

P&D to CB Contracts **143 miles**

CB Contracts to Carlisle **169 miles**

Carlisle to Newcastle **71 miles**

Newcastle to Marine **4 miles**

Marine to Leeds **108 miles**

Leeds to Castleford **16 miles**

Castleford to Warrington **72 miles**

Warrington to Liverpool **19 miles**

Liverpool to North Wales **33 miles**

North Wales to Birmingham **71 miles**

Birmingham to Bingham **70 miles**

Bingham to Norwich **111 miles**

Norwich to Brandon **44 miles**

Brandon to Letchworth **53 miles**

Letchworth to Orpington **72 miles**

Orpington to Thames Valley **60 miles**

Thames Valley to Aldershot **25 miles**

Aldershot to South Wales **147 miles**

South Wales to Bristol **71 miles**

Bristol to Wessex **73 miles**

Wessex to Plymouth **148 miles**

