



# GEAR UP FOR THE CEMEX WELLNESS CHALLENGE 2024

in support of  sense

5 DAYS | 400 MILES | ARE YOU UP FOR IT?  
STOCKTON TO SOUTHAMPTON



SCAN TO  
REGISTER  
YOUR  
INTEREST IN  
PARTICIPATING

- Day 1 82 miles  
Stockton to Leeds
- Day 2 71 miles  
Leeds to Sheffield  
to Dove Holes
- Day 3 88 miles  
Dove Holes to Binley
- Day 4 85 miles  
Rugby Works to  
High Wycombe
- Day 5 81 miles  
High Wycombe  
to Cemex Marine

## About Sense

Sense works with families to support disabled people and offers residential care, virtual support plus a number of network centres in various communities. They provide personalised support for people of all age groups. Apart from supporting the well-being of people with disabilities, they are assisting them in getting into employment and ensuring organisations are able to integrate the various disabilities.

[sense.org.uk](https://sense.org.uk)