

MILES 4 RADIOTHERAPY IMPACT REPORT

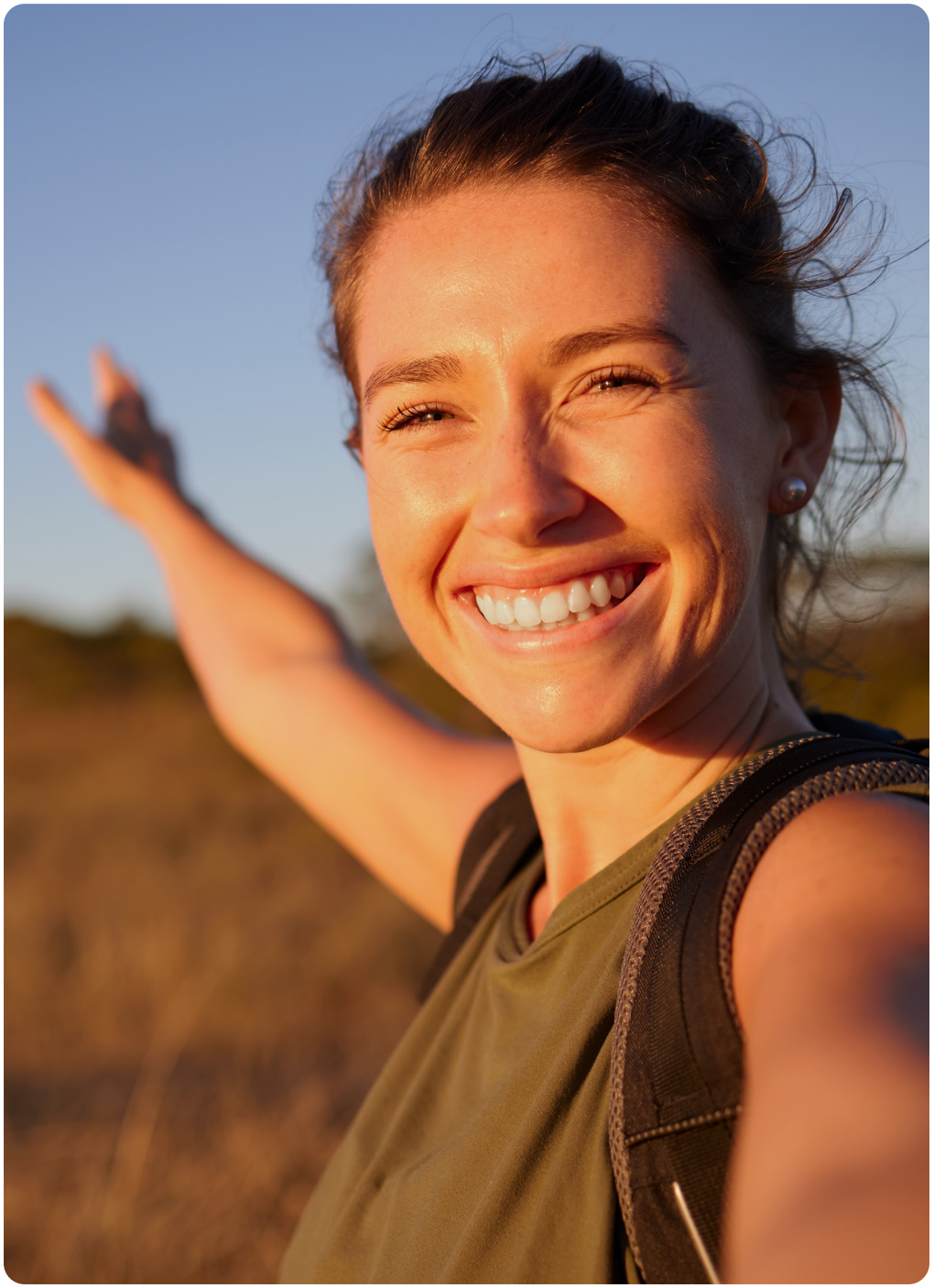
A summary of your team's activity, wellbeing,
and achievements during your challenge

YOUR GOAL: 160,000 MILES • JULY AND AUGUST 2025

At a glance: Key statistics

Metric	Value
Number of participants	382
Total miles covered	101,483
Steps taken	202,966,000
Estimated calories burned	10,148,300





Participation and engagement

Metric	Value
Total participants	382
Participants who logged activity	360
Engagement rate	94.2%
Engaged participants average miles	265.66
Percentage of your team more active than the UK average	75.2%

Your team did more than take part – 75% of them outpaced the UK average!



Your health and wellbeing impact

90.5%

Reported improved mental health

92.9%

Reported improved physical wellbeing

94.3%

More active as a result of taking part

93.8%

Felt more connected to colleagues

What your team had to say

“It, has been great to have a target to aim for. I feel better for it! Well done Radiotherapy UK - a brilliant effort!!”

Andy Tudor

“It was a really enjoyable challenge. Thank you.”

Claire Powlesland

“It was interesting to see how many miles i did over 2 months. I put it down for running but it was multiple walking/ running I couldn’t change it.”

Christina Chatfield

“Would like to be able to see participants in each team.”

Donna Rickard

“Lovely to be part of a good cause!”

Sarah Gilder

“It was better when you could view the individual sessions of others and see what they were up to.”

Tom Jordan

“Very easy app to use and add miles, see progress etc! I liked the layout and all the options to view- leaderboards, team ranking etc.”

Helen Pritchard

“I loved being close to nature on the off-road cycle paths I used most of the time.”

Ian MacDonald

“Important part is to raise awareness about funds to RT treatment and at the same time encourage us to have a healthy mind with a healthy competition amongst our colleagues and other companies. Cant wait for next year to contribute more!!!”

Inbaraj Baskara Paulraj

“Add a “Sport” button instead of “other” so we can differentiate running activity during games versus some other method! Thanks”

Joe Penning

“A motivational experience for the team and increased my own daily step count!”

Paula Wells

“I have loved being part of a big team, raising awareness and raising funds, whilst also getting active each day.”

Sharon McGinn

“Really enjoyed it, we had a WhatsApp group as a team which really helped us stay motivated. It, has been great fun checking in with people and I, have really liked that you get credit for a variety of exercises!”

Sue Jansen Van Rensburg

“I advise not giving the water pouches out at registration, it, was a waste of money. We, would rather the money just went towards radiotherapy.”

Verity Wilford

Standout moments and achievements



Distance champion

Sean Wylie

Top 3 most active participants

1. Sean Wylie
2. Pete Wakelin
3. Iona Symons

Top 3 most active teams

1. Genesis care
2. Edinburgh Cancer Centre
3. Varian - Race4miles