

Welcome to the Christmas edition of the Newsletter.

December is a good time to reflect on the year gone by and also, prepare ourselves for the delivery of a large programme of work throughout Christmas and the New Year. These works will be undertaken by a number of Pod-Trak staff who are committed to giving up time with their families, and for this I am extremely grateful.

We have had a very successful few months with our wellbeing and behavioural safety programmes and I am proud to see the impact they have been having in our attitudes on site and throughout the business as a whole. This will make us a stronger, more sustainable business moving forward and it means that we will be viewed as the more favourable supplier of choice to our clients, where we share their ambition and drive to make all projects safer for all of us. For this I would like to commend and thank all of our staff and suppliers as you are the people who can and are making a positive change within the business.

As I said earlier we have a large programme of work on over Christmas and the New year so I would like you all to take five, think about what you are doing and assess the risks of any activity before you get started – this will help everyone make the best and safest choices. Always remember your PALS (plan, attitude, lead & share) as you set about any task and if we continue to get this instilled in everybody's thought process I believe we will be one of the safest suppliers out there.

And finally Pod-Trak made a major breakthrough in 2018 in being accepted by Network Rail to act as a Principal Contractor. This will hopefully open a whole new avenue of specialist works with NWR as we move into the new year and beyond.

I hope you enjoy this edition of Pod Talk, I would like to wish you all a very Merry Christmas and a Happy New Year and I look forward to working with you all again in 2019!

*Paul O'Donnell*

Founder and Managing Director  
Pod-Trak





# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Paul Johnson  
OLE Contracts Manager

“  
2019 for  
the OLE  
department  
is looking  
good”

## Railway Electrification - OLE

**H**ello and welcome to the final newsletter for 2018 from the OLE team. As you are all aware what we thought was a quiet three months has turned out to be another busy period and looking ahead we are going to remain very busy.

Current projects have been busy with works being carried out at Newport, WAML, Bounds Green, Manchester Tram, Birmingham Tram, Wigan and Bromsgrove.

On the WAML project we have successfully run 5 of the 7 wire runs and the final 2 wires are the tie-in at Lea Bridge and Tottenham Hale Station due to the works that are still being completed at Bridge 1395. These works are planned to be completed in the next quarter with a final section proving of the new LVR in February 2019.

Bounds Green is now also nearing completion with the delivery of the F&F control Panel in early December. This has now been installed and currently we are in final commissioning with a full handover to C Spencer before Christmas.

In Manchester we continue our OLE maintenance works for KAM with works completed on a number of lines in the period. Talking of trams, we have worked on the tram system in Birmingham maintaining the gas tensioners for Midland Metro and with Colas with the installation of OLE section insulators in the existing infrastructure to aid a contractor who needs to carry out a major renovation on a building. These will need to be removed later and may lead to other works in the city on the tram system during its build.

We have now completed all our works at Bromsgrove with the final works being recently completed with acceptance from ABC.

Finally on current projects we continue to support Balfour Beatty on the TGW Project in Newport. The project had a very successful blockade at Bristol Parkway in the period where Pod-Trak played a key role in the planning and delivery of the works. There is another blockade over Christmas and we have ten teams on site working through Christmas and New Year. The project will continue through to late 2019.

2019 for the OLE department is looking good and we have several projects that will be starting and without all of you we could not do deliver the quality work and have the good reputation with all our clients, so thank you all for your continued support.





# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Gary Toth  
ETE/ETM Contracts Manager

“  
After 3 years  
working on  
the Waterloo  
Wessex  
Capacity  
Alliance  
project the  
final piece of  
the jigsaw is  
now in place”

## Railway Electrification – ETE

The ETE team has been working on various successful projects across the south including support to conductor rail renewals, negative bonding, DC cable / CMS re-routing projects.

The ETE team has assisted in delivering extensive conductor rail renewals within the southern region. Works included insulator pot and conductor rail installations, DC Cabling and recoveries. The works called for dedicated ETE teams to work alongside the client and their workforce. Our teams supported quality installations working to approved AFC designs. Installations were undertaken to a high standard and the client handed back the lines following completion to design, programme and Network Rail Standards.

Willesden Junction and the associated TMD supports both AC and DC Electrified lines. Pod-Trak ETE are contracted to undertake ETE/ETM works within the depot to alleviate stray current issues identified by the depot works design team. The works consisted of negative bonding reconfigurations and insulated block joint installations for segregating electrical sections. Stage 2 of the works requires the overhead line equipment to be extended into the depot with the conductor rail cut back and terminated.

The team has also supported CMS installations including DC positive cable re-routing within the Wessex areas. These enabling works are to facilitate power upgrades and safer isolation projects.

After three years working on the Waterloo Wessex Capacity Alliance project the final piece of the jigsaw is now in place. The sensitive HV F 813 associated pilot cable has now been diverted and is in service. This closes the book on a very successful and complex project.

Pod-trak ETE teams are looking forward to another busy year ahead and we would like to wish all our friends and colleagues a very Happy Christmas and a Prosperous New Year.





# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Steve Bispham  
Contracts Manager

“  
Works in  
Swansea  
have now  
been  
completed”

## Civil Engineering North

### North West Electrification Project (NWEP) Phase 4, ATF Murphy

The project has reached the final stages with our contracted works reaching completion.

PTL have installed 15,000 meters of cable containment from Salford through to Euxton junction. We have had zero accidents or incidents on a project that has lasted over 18 months. The final quality assurance paperwork for our work has been handed over to Murphy/Amey for final sign off.

It's been a huge effort from our teams over the last few months to complete the project so a big thank you to Adam and all the lads for their hard work.

We have been asked to price work on NWEP phase 5 for Murphy with some small sections being completed over the Christmas period.



### (NWEP) Lostock Substation- Murphy

We are very close to completion on this project now. This has been a very difficult project with an ever-changing design and on-site issues. Having said that, there has been some quality work completed with both Murphy's and Network rail RIL complementing PTL on the quality installation of our team, led by Tony Costello.

### Blackpool NWEP Phase 3, Volker Rail

We are continuing to develop our relationship with Volker Rail in the North West. We have completed various projects and received great feedback from the client.

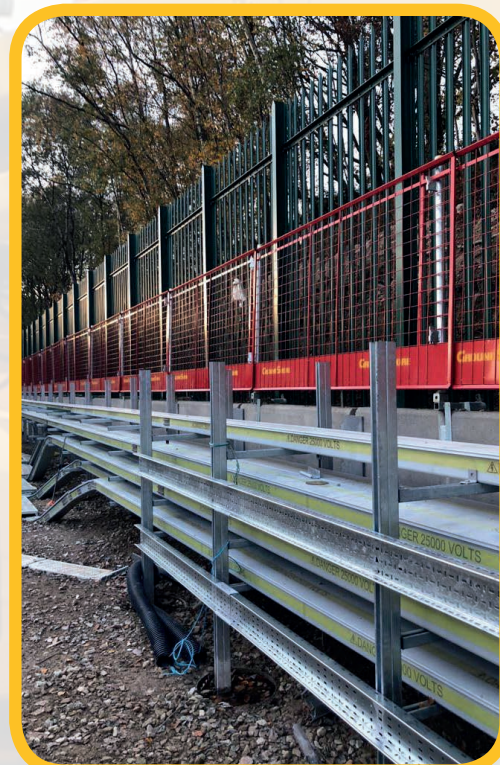
I am sure this will continue into the New Year.

### AD Comms Mersey Rail

We have been engaged by AD comms to survey 125km of route, with works commencing in January 2019. There's possibly two years work on the Mersey Network which could be a great opportunity for Pod-Trak.

It was an extremely difficult start to the year with the collapse of Carillion but with continuous hard work by everyone involved we have managed to turn this around.

I would like to thank all our team for their hard work and commitment and wish all a very Merry Christmas and a Happy New Year.





# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Cathal O'Sullivan  
Contracts Manager

“

We have seen the completion of the Earthwork element of the Felixstowe project”

## Civil Engineering South

As we come to an end of a successful year for the Civils South team I'd like to take a look back over 2018 which has seen the team meet some challenging milestones across various projects for some of our new and key clients including Balfour Beatty, VolkerFitzpatrick and a new venture with SSE.

The WAML project saw the completion and handover of three bridge structures to allow the earthworks and drainage teams to continue the installation of formation, drainage and bottom ballast works along the new 6km route between Lea Bridge station and the New Meridian Water Station, which has seen the completion of some 5.5 km of formation dig and fill, 2km of drainage and another 5.5km to bottom ballast installation for handover to P-way team to complete the track installation and top ballast works.



On from this we have seen the completion of the earthwork element of the Felixstowe project consisting of 1.6 Km's of new track formation including an 800-metre-long new embankment, achieving the key bottom ballast installation date on 22nd of September. The successful delivery has led to the award of a further package of work to install 28 precast concrete units varying from 11 to 33 tonnes in weight and the RC works for two pile caps to accommodate the installation of a new bridle way footbridge and all relating auxiliary civil and landscaping works.

Works have also been progressing well on three separate schemes for our client Balfour Beatty Rail. Pod-Trak is currently assisting in the close out of the KO2 project in preparation for final commissioning in early 2019. This project has provided the company with a steady stream of work over the past seven years leading to the award of two further schemes. One of these is the Angerstein area re-signalling project, which has seen the original contracted works which including the installation of the route work element of works across south east London, including lines from Charlton and Woolwich to London Bridge via Greenwich and North Kent East Junction. This has been completed to an exceptional standard leading to additional works being instructed route wide. We look forward to a busy Christmas period delivering across both projects and look forward to the New Year on the newly awarded Heather Green scheme, which will gather momentum in the New Year.



The Civils South team has also completed all contracted works as far as they can this side of the Christmas break on construction of an SER base at Rickmansworth as part of the London Underground/TFL 4 Line Modernisation scheme in North West London for our client SSE. They were greatly impressed with the quality of the works delivered and again we are looking forward to commencing the more complexed Amersham site in January 2019.

Finally, I would like to take this opportunity to wish everyone a happy Christmas and a prosperous New Year and for those of you who are working over the Christmas and New Year period please take five and ensure your own safety and the safety of everyone else around you to ensure everyone returns home to their family's at the end of each shift.



# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Tom Fitzgerald  
P- Way Contracts Manager

“

Over the past  
three months  
at lot has  
changed at  
Felixstowe”

## P-Way

Once again It has been a very busy last quarter for the department.

### WAML – VolkerFitzpatrick

The main contract works have now been completed with the exception of the area at Tottenham Hale Station (1395 Bridge) These works are planned for early January.

To date, over 5.2km of plain line track and two S&C units have been installed. All CMS sleepers have also been installed across the project.



### Felixstowe – VolkerFitzpatrick

Over the past three months a lot has changed at Felixstowe. We have completed the construction of the new Loop Line (approx. 1.4km in length,) we have delivered 51 S&C panels for installation over the Christmas period; some additional works have been completed, a 150m plain line renewal to the platform area at Trimley.



### Christmas 2018

I would like to thank the team for once again giving up their time over the festive period to complete the blockade at Felixstowe, we have spent a lot of time preparing for what is one of the largest project being undertaken in the region over Christmas. The works include: the installation of 2no. EVS Crossovers and 1no. EV Turnout, the demolition of the disused platform at Trimley. The blockade will be starting on 22nd of December and run through till 28th with a small team returning to site daily for the next two weeks.

### 2019

The future looks bright – we have successfully secured a new contract with VolkerFitzpatrick to complete the permanent way on the Barking Riverside Extension project. This is a very high profile project that begins early 2019 and runs through till 2021.





# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Aaron Miles  
Divisional Manager,  
Airports and Stations

“

**Our hard work has not gone unnoticed with our client”**

## Infrastructure Projects

**A** successful quarter that also saw the beginning of the division's transformation from airports, stations and communications into infrastructure projects.

With the annual budget drawing to a close at Heathrow and a number of the larger projects now complete, I can safely say that this year has been a great success. Terminal 5 water pumps, Pod guideway repairs and the installation of the new pantograph monitoring system at the Heathrow portal are particular projects of note and the near completion of the crowd control barriers have kept the team very busy.

Our hard work has not gone unnoticed with our client and they have been very keen to promote the Pod-Trak name throughout the airport prompting a number of successful meetings with potential new clients such as Mace and Balfour Beatty.

The Heathrow project scope has been further extended and now includes delivery of the camera, information display and PAVA. Completion is expected in late January. All being well, this project will roll straight into phase two.

The works at Leytonstone continue to progress and now that we are utilising the bespoke scaffold deck, I am confident the project will be delivered in the most efficient and safe way possible.

Paddington gate line works continue to progress and due to a number of scope changes we are now looking at a completion date in the middle of February. This project has been a tricky introduction to a new client but the team's drive and determination has ensured a successful delivery. Mace has already begun to engage us regarding future projects

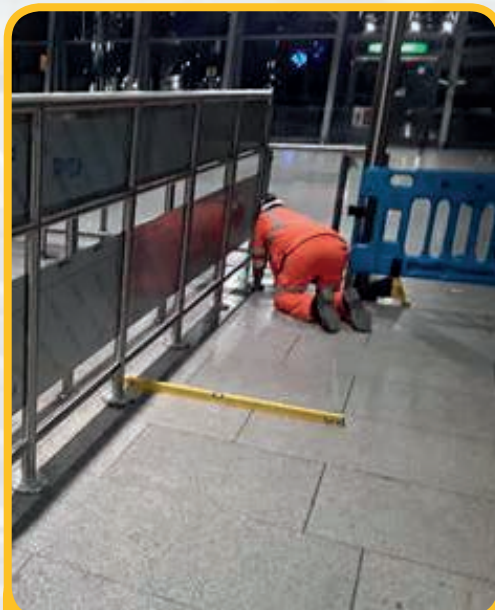
Finally our cable pulling works at Felixstowe are now complete, on time and to budget - a huge success considering the late stage at which these works were requested.

A big thank you to all of the team and their continuous hard work, a busy quarter with plenty of work on the horizon...

Have a great Christmas all and here is to a



Scaffold deck and Telehandler in use at Leytonstone



Crowd control barriers successfully being installed at Heathrow.



Water Pumps project complete and commissioned at Heathrow.





Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Simon Cofield  
Head of Plant

“  
**Pod-Trak**  
now have the  
capability to  
complete our  
own LOLER  
inspections”

## Heavy Plant

**D**uring the last quarter the Plant Division has gone through a period that has seen further investment to cover existing and planned future works.

A vacuum tube cube has been purchased, this has already been utilised internally on the WAML project. This item of plant is basically a machine-mounted vacuum cleaner that sucks / removes ballast from between sleepers to enable associated works to be completed. This removes the need to manually dig ballast out by hand.

We have taken delivery of 2 x Komatsu PC128 tracked excavators. These machines are presently in Rexquote undergoing upgrade work. Once they are returned, they will be utilised immediately on planned work and will have the added benefit of having rail mode lifting capability added.

On continued investment, Pod-Trak have purchased the OTP division of Manchester based Kaill Plant. This consists of 2 x Doosan RRVs both with long arm capabilities, 4 x rail trailers and a large selection of machine attachments.

Our team of fitters has managed to service, complete the required maintenance, PDI and paint where necessary, all this new equipment and most is already being used on various contracts nationwide. Files have also been put in place for all recently purchased equipment and plant ensuring all items are captured for auditable purposes.

Further OTP investment is planned for 2019 to meet the growing requirements on Pod-Trak projects and external clients.







Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Liam Sheridan  
Transport Manager

“  
Pod-Trak are  
continuously  
looking at  
ways to  
help reduce  
emissions”

## Plant and Transport

**A**s we enter into the forth quarter of the year our HGV fleet is still very much engaged in projects North and South.

We recently purchased a new Nooteboom four axle plant trailer to accompany E2PTL on its travels.

This trailer will give us a greater carrying capacity of up to 48 Tonnes. It has an added feature of rail gauge channelling on the neck, which allows us to transport rail trailers more securely. Load security of machines and accessories on this scale is paramount.

Keep an eye out of E2PTL and our new trailer on the road. You can't miss it!

After a successful year of continued growth in the business our plant and trasport division have purchased recently two more Transit Connect crew vehicles to help assist the Railway Electrification Division. These small yet very spacious crew vans will allow us to transport crews of up to five persons and still have enough space in the rear to carry tooling and site essentials.

These vehicles are meeting all current legislations regarding low emissions and also offer great fuel efficiency.

As the we look towards 2019, parts of London will soon become part of the ULEZ – Ultra Low Emissions Zone. This is to help improve the air quality in London and offer a long-term solution to health and environmental related issues caused from CO2 emissions.

As part of our FORS accreditation, we at Pod Trak are continuously looking at ways to help reduce emissions and be as environmentally friendly as possible. Better journey planning, vehicle selection and the correct use of vehicles will help achieve this.

With the winter season now in full effect I would like to remind all company drivers to ensure that their daily walk around checks are carried out and to take extra care whilst driving in winter conditions. The basic daily checks can play a major part in making your journeys safe and keeping your vehicle roadworthy.

We recently issued a winter drivers tool box talk to all sites with clear and precise details of what we need to adhere to whilst driving in the winter months.

Drive safely!







Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Brian Gildea  
Contracts Manager

## Pod-Trak Infrastructure Ireland

**T**he Pod-Trak Infrastructure Ireland has now been trading just over two months. The office/warehouse in Letterkenny Donegal is now fully operational.

The first contract at Longford Centerparcs is now over 50% complete. The data infrastructure installation works are commencing well with cable installation 85% and the data and fibre termination, testing and commissioning now underway.

In conjunction with this we are now tendering major works on the Dart and LUAS lines- one of our major commercial target areas. We are currently carrying out OLE works on the LUAS via our Manchester OLE team.

We have passed the 500k turnover point and aim to greatly increase market share in all infrastructure sectors over the next year. We have tendered works for SSE and Irish Water and are looking at major works at Dublin Airport too. Watch this space!

Happy Christmas to all.





# Operations & Project Progress



Stephen Given  
Operations Director



Adam Stanbury  
Operations Director



Richard Elliott  
Bid Manager

## Tendering 4th quarter 2018

The last quarter of the year has seen the companies pre-contract and tendering involvement in projects increase significantly. The fruits of this has seen the company win the largest contract we have ever been awarded. Our OLE and Pway teams will start work in January on Barking Riverside in the East End of London and will see our involvement in a substantial high-profile project for the next 2/3 years.

We have also seen the companies first Network Rail Pre-qualification questionnaire bid as part of a Joint Venture. The CP6 frameworks for Wales and West involve various bridge and building related rail packages and give a work bank for up to 6 years. We have had a good response to our submission and tendering commences early next year.

Our ETE & Southern Civils team have also been helping on a large Network Rail scheme involving the renewal and expansion of the Woking corridor in London. The scheme has many phases of work being developed over the next 4-5 years and Pod-Trak have some significant work packages getting developed just now.

We have also just started work on the new Mersey Rail telecommunications network for AD Comms. This sees our Northern Civils team working on the lineside surveying for the installation of masts, antenna support systems, tunnels communication relays and Fibre optic cable installations for a new 4G network for the city of Liverpool and surrounding area.

## SSE Rail Rickmansworth Site - Beacon award

On Monday 17th December LUL awarded the Safety Beacon status to SSE and the entire team working at the Rickmansworth site.

The award was given because the site layout has significant space limitations and can only be accessed off a busy A-road that requires Traffic management to be set up on a daily basis to manage large deliveries & access for cranes etc.

Careful pre-site planning ensured SSE selected a versatile moveable site perimeter fence that allowed the site space to be changed for larger deliveries and decreased to maximise site security that may have been compromised by an existing pedestrian overbridge.

"The civils sub-contractor, Pod-Trak worked very well together with SSE Site Manager (Ciprian Ivanov) to ensure all site activities were pre-planned and implemented in a safe and efficient manner after an initial asbestos discovery right throughout the project to civils completion".

“  
The civils  
sub-contractor,  
Pod-Trak  
worked very  
well together  
with SSE Site  
Manager”





# Safety Matters



Clodagh Connolly  
HSQE Director

We continue to focus on the risks identified through close calls by actively reviewing the close calls reported and using these to drive safety conversations which inform senior level decision making. We ask that all operatives actively take part in working with Pod-Trak to make our sites safer by raising close calls.



## Launch of close call app

In November Pod-Trak launched 'The Pod' an app where Pod-Trak staff can report close and good calls.

The close call app simplifies and streamlines the reporting process into one simple form on screen. Anyone can fill in basic details and input a description of the good call, incident or hazard, with the option to add a photo. Once submitted, the report is sent to a central point and the HSQE team is notified. The app has already been flawlessly integrated into both the North and South operational delivery teams, resulting in increased reporting across the Pod-Trak work sites.

Making the App one simple process that anyone can fill in onsite, and use with ease was the right step forward.

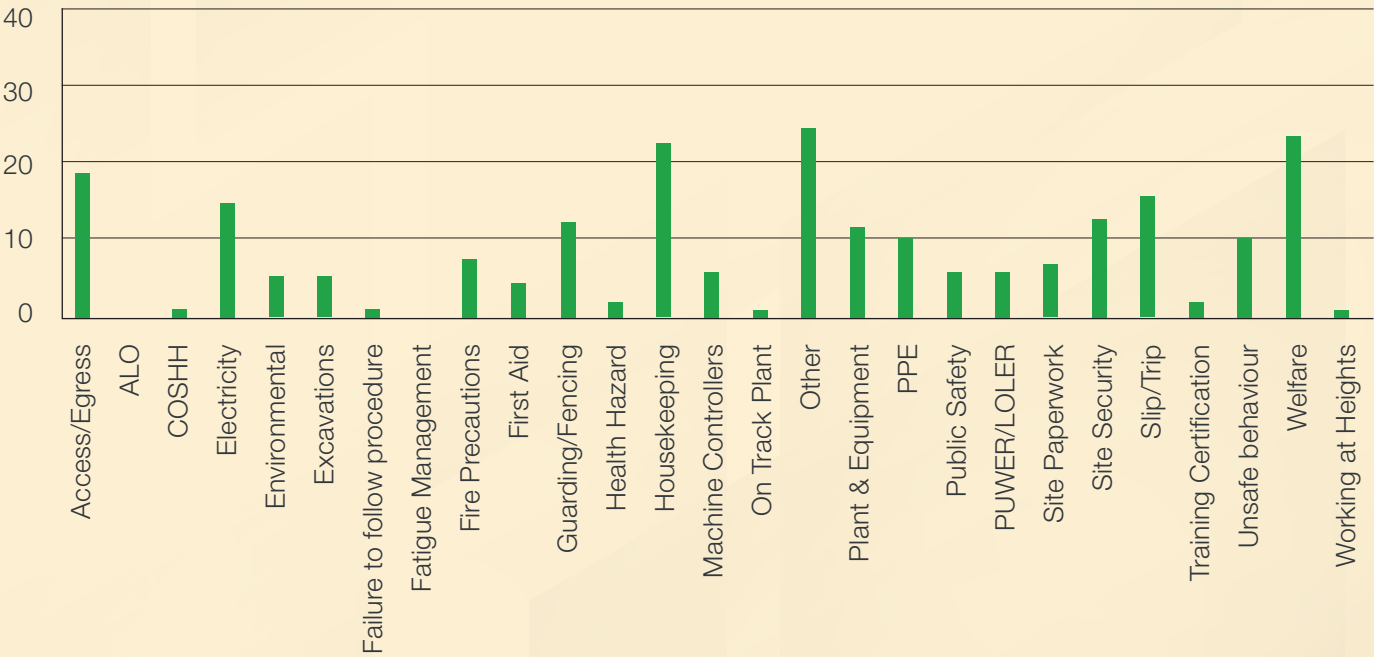
The reporting of unsafe situations, actions and behaviours that have the potential to cause harm is key to reducing and eliminating accidents at work.

Pod-Trak also see reporting good calls as a vital element of this app so we can share good practices around the business as well.

The app is compatible with both Apple iOS and Android Systems.



## Close call report – last 3 months (Sept-Nov 2018)





# Safety Matters



Clodagh Connolly  
HSQE Director

## Close calls of the month September

**Mick Barry** for raising 'The Blocks used to weigh down struts that hold up heras fencing were missing creating a hazard in gusty or windy weather conditions'. Mick replaced the missing blocks.



**Manjit Singh** for raising 'there was a tactile collapse because of a drainage pipe being broken. A serious injury could have occurred, or it could have caused the ground to collapse'. Manjit put cones around the area and reported it to the Principle Contractor.

## Close calls of the month October



**John Haywood** 'The RC form C has the wrong limits – It stated SCO5/22 to CO6/12 It should have read CO5 /22' - Raised with the Client immediately on site and got the form re issued.

**Esref Fuat** – 'The LOLER cert for Hydraulic Sleeper bailer was out of date' - Supervisor contacted Ready Power and the updated cert was issued.

**Wayne Shentall** – 'EAC cert number on lifting plan for PTL1059 is not the same as the machine EAC Number. It was noted both were in date, system error.

## Safety Award

**C**ongratulations to Dennis Meade who received a Safety award from Mace for his consistent and positive approach to safety on the Paddington Project







Clodagh Connolly  
HSQE Director



## Occupational Health programme

As part of our company's commitment to health and wellbeing, Pod-Trak launched its Occupational Health Programme to the site teams in October. This was a huge success and there will now be a regular provision of occupational health support throughout the business.



The construction sector has a huge role to play in influencing the wellbeing of our employees. Just as we ensure we are a responsible businesses, minimising harm to the environment through construction, we must also continue to push the boundaries in eliminating harm to health of those who work in the industry.

Construction remains a high-risk industry for health issues. Despite improvements in addressing risk there is still work to be done. A collaborative approach with clients, principal contractors, our supply chain partners, designers and engineers, and all others involved in construction, will help to ensure health risks are considered a priority.

Work is good for our wellbeing, so long as that work is good work (i.e. not exposing an individual to physical or psychological harm). Studies show that, aside from the financial rewards of work, work can enhance both psychological and physical health and wellbeing. If health risks are addressed and managed, workplaces have an opportunity to promote, educate and encourage positive health behaviours to benefit the individual and the workplace.

Ultimately, wellbeing must be central to the way we support, engage and reward people at work.



“  
Work is  
good for our  
wellbeing, so  
long as that  
work is good  
work”

PALS is part of our behavioural based safety programme. The front-line programme encourages leadership, good practices and enforces the company's commitment to getting everybody home safely each day.



# Our News

## VolkerFitzpatrick charity event

Pod-Trak recently took part in a charity event with VolkerFitzpatrick's - Felixstowe Capacity Team.

The team from Pod-Trak and other suppliers undertook works at an outside play area for a local charity Felixstowe Opportunity Group.



WITH GENEROUS DONATIONS FROM  
THE FELIXSTOWE SITE TEAM AND OUR  
SUPPLY CHAIN





## Macmillan Cake Sale – Nov 18

Our Macmillan cake sale went down a treat on November 15th. Thank you to everyone who supported us. Pod-Trak raised a sum of £370.00.

We pride ourselves on helping this worthy cause and are delighted with the response from our employees who helped us raise money for MacMillan Cancer Support.





**BAKE SALE**

Sweet Treats to Treat Cancer

Thursday  
15th November

In association with  
**WE ARE MACMILLAN.  
CANCER SUPPORT**







# Our News

## Christmas Jumper day - December 14th

Pod-Trak recently took part in the annual Christmas Jumper Day in aid of St Luke's Hospice. A total of £165.00 was raised. We would like to thank all those who supported this event.

Left to right: Marie McLaughlin, Catherine Harrington, Eoghain Powell, Marie Wood, Aine Black, Ellie Keary, Danielle McGovern, Alfie Salmon



Christmas Jumper Day



CHRISTMAS JUMPER DAY  
in aid of St Luke's Hospice

*Seasons Greetings to all our staff and patrons*

# Pod-Trak

"Committed to Engineering Excellence"

[www.pod-trak.com](http://www.pod-trak.com)



RAILWAY ELECTRIFICATION



CIVIL ENGINEERING



PERMANENT WAY



COMMUNICATIONS



AIRPORTS

Pod-Trak is a multi-disciplinary infrastructure company established in 2007. Since then we have grown steadily, building strong and long lasting relationships with our clients. We work all over the UK and Ireland with offices in London, Manchester, Doncaster and Dublin.

enquiries@pod-trak.com  
**0845 450 4190**

**London Office**  
Crove House,  
14 Aintree Road,  
Perivale,  
UB6 7LA

**Manchester Office**  
Unit M James Nasmyth Way  
Manchester,  
Eccles,  
M30 0SF

