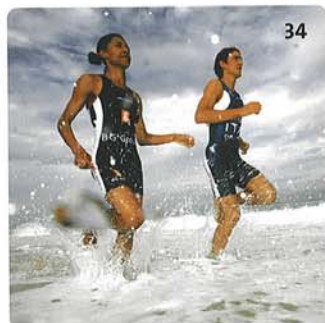


## Contents



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#### LINKS DISTRIBUTION

Distribution to employees working at Thames Valley Park is made via a desk drop. Distribution to employees in other BG UK offices and rotational employees has been made via a mailing list. Copies of the magazine for employees in BG overseas offices are sent to a contact point within each office. For additional copies email Jonathan Webster (details above). Previous editions of Links Magazine can be found on the Marketing section of the PCA portal pages and downloaded as PDFs.

#### BG PORTAL

Visit the BG portal to keep up-to-date with the latest news and developments. Accessible from most BG offices around the world, the portal also hosts a wealth of information to support employees in their day-to-day activities. The portal address is: <http://portal.bgep.co.uk>

#### VIDEO LINKS

Video Links is a regular broadcast for all employees in the BG Group. Each edition lasts around five minutes and covers the latest news and strategic developments from around the Group.



Employees at most BG offices are now able to view Video Links on the portal. Other offices receive Video Links on CD-ROM.

Links is printed on paper from sustainable managed and recycled sources. More than 99 per cent chlorine-free.

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# WELCOME

## BG Group chief executive, Frank Chapman, introduces this edition of *Links*



“ In this edition of *Links* you will find perspectives from both the beginning and the end of careers in BG. We share the wisdom of three long-serving colleagues, who have devoted all their working lives to the company as it has evolved from the nationalised gas utility of the UK to a market leader in natural gas (see page 28), and we hear the first impressions of some of the graduates who have just joined us (see page 26).

As these young graduates develop and, indeed, as all of you seek to explore your potential and enhance your careers, it is vital that BG has best practice methods in place to help build the skills and capabilities of our employees alongside the growth of the company.

This shared agenda is the object of the new Parenting Standard which is being introduced across the company (see page 13) and which, I am sure, will prove a critical factor in ensuring that our company is well-equipped for the challenges of continuing growth at the same time as being a rewarding place in which to develop a long-term career.

Addressing the concerns you raised in this year's Employee Survey is another aspect of BG being a responsive employer. I was pleased to see the commitment to BG reflected in the responses and also the recognition of the importance of safety but there were some areas which need looking at and work is in hand on issues identified in your feedback (see page 16).

The energy which drives BG at a business

level is also evident in our community and sponsorship activities. I am pleased to see the most recent addition to our Energy for Life portfolio – our partnership with Conservation International – successfully launched (see page 20) and I am delighted that triathlon is starting to make an impact across the Group.

I congratulate our colleagues who performed so well representing the company at the first ITU Corporate Triathlon World Championships in Mexico (see page 34). Their ability to bond swiftly as teams and their total commitment to success are typical of the strengths that BG exhibits in so many areas.

### Commitment and effort

A similar level of commitment is also seen in the growing number of BG Energy Challenges hosted by our assets. This year Brazil, Kazakhstan and the United States have held successful inaugural Challenges while the events in Trinidad & Tobago, the UK and in Egypt continue to grow (see page 31). All have received great local employee support and generous support from our industry partners. And all have raised substantial funds for charity to benefit some of the least fortunate people in society.

All this effort – both in work and around it – makes me proud to lead this company. Examples of outstanding efforts by employees are too numerous to list but the story of our colleagues in Gujarat Gas, who kept gas flowing in the city of Surat during unprecedented floods – the only local utility to succeed in doing so – is particularly

inspiring (see page 9). But, when I look back at 2006, one subject dominates all others. That subject is safety.

This year, wherever I have gone in the company, I have been greatly encouraged by the progress we have made since I launched STEP UP to secure a step change in our safety performance. In my visits to assets, I have heard your analyses and your responses. I have been impressed by what has been achieved so far and I urge you to maintain and indeed redouble your efforts as we enter a new year.

Our goal remains zero injuries. The start of our journey has been positive, but we cannot afford to relax.

Earlier this year a KPO fire fighter was killed, highlighting the need for vehicle safety, so in 2007 I want us all to concentrate particularly on one of the BG Life Savers – driving safely. Driving remains by far the greatest source of routine risk to all of us and to our families. By focusing on this critical area, we will make a real contribution to the safety of us all (see page 10).

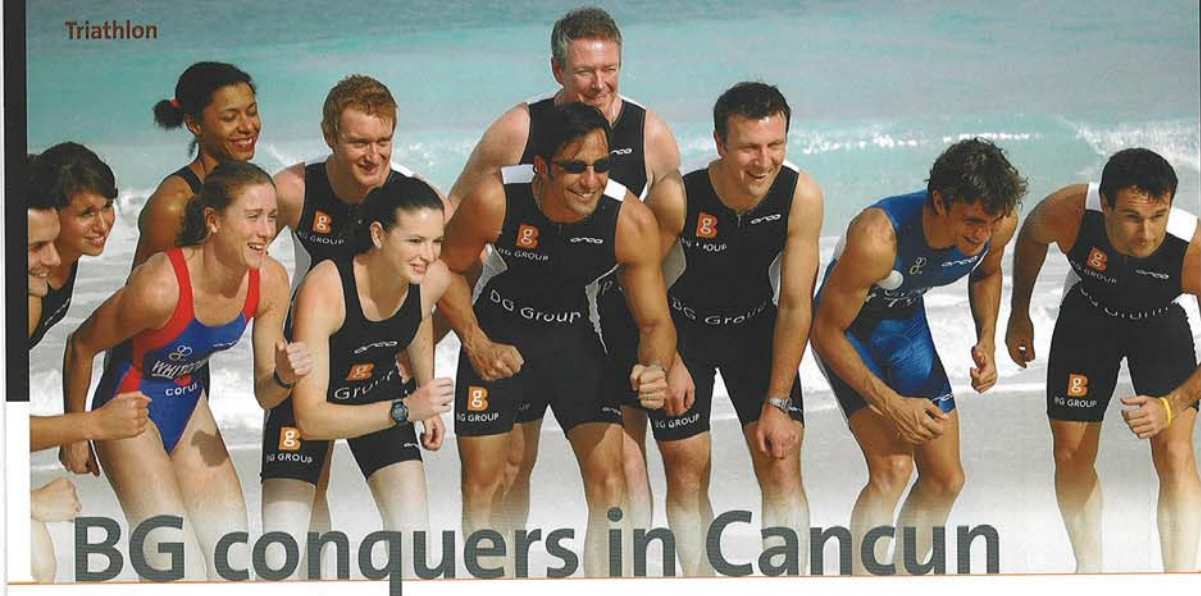
So my end of year message to you is: think safe, act safe and stay safe. Let's make 2007 the safest year yet in BG.

”

#### MORE INFO

Frank Chapman's annual employee broadcast can be viewed via the portal from 18 December.

## Triathlon



# BG conquers in Cancun

Three teams of BG Group's own athletes enjoyed a taste of triathlon triumph, taking two gold medals and a bronze at the first Corporate Triathlon World Championships held in Cancun, Mexico.

The nine BG representatives faced stiff competition from some 40 corporate teams drawn from various countries including the United States, Australia, New Zealand, Argentina and Mexico.

In the team championship event, in which each team member completes a third of an Olympic distance triathlon, Leigh Thomas (Europe and Central Asia Region, TVP), Gael Duchenne (Group secretariat, TVP) and Silvio Feliciano (Comgas, Brazil) overcame stiff competition from career triathletes to claim gold.

Danielle Coghill (Legal, TVP), Dario Arias (BG Bolivia) and Andre Geisbers (BG Canada) also won gold in the relay event in which each team member completes a full Olympic distance section of the triathlon.

A highlight of this performance was Danielle's emergence from the swim just three seconds behind Olympic gold medal

**"Despite the individual nature of triathlon, it can be an exceptional team sport."**

Leigh Thomas

winning swimmer Jenny Thompson.

In a battle for the remaining podium positions, the second relay team of Elizabeth Piras Trombi (BG Italia), Geoff Sittlington (Premier Power) and Tonya Walton (chief executive's office, TVP) claimed bronze.

Their medals marked a fitting climax for the committed competitors who had spent weeks of their own time preparing for the event, increasing their training sessions and attending a pre-contest symposium to hone their skills.

"The training prepared me for the team relationships, camaraderie and team work," said Tonya. "And meeting the guys from other BG offices has been a fantastic experience."

Andre agreed: "Since the beginning, the mind set has been that we're one team, even though we competed as three. I can't say enough for my team mates: Danielle coming out of the water second, Dario coming off the bike in fourth. It really was a fantastic team effort and I'm so proud to have been able to play my part."

The athletes had to deal with wildy

varying weather conditions – strength-sapping heat as well as sudden torrential downpours – but, through it all, their team spirit kept them focused.

"I have learnt such a lot," said Dario. "Having a flavour of what an elite athlete experiences is incredible and getting the opportunity to share a race with first class competitors was an unbelievable and really unforgettable experience for me."

Leigh Thomas, who has competed in numerous Triathlon and Ironman competitions, still found the corporate event a new high point.

"Despite the individual nature of triathlon, it can be an exceptional team sport," he said. "The camaraderie pre and post race makes this sport a pleasure to compete in. No matter what your standard, we have all been through a gruelling event and that is what binds these athletes together."

"Looking back, I made some great new friends through an experience that I will never forget. As a team building event it doesn't get any better than triathlon." **LD**





## CANCUN DIARY - Leigh Thomas

I am delighted to be chosen to represent BG at the Corporate Championships, but there's only two months to prepare. Is this enough? How long before the race will we get there? Will I have time to acclimatise? I need to be in the best shape possible to give 100 per cent for the team and properly represent BG.

This is going to be great! After discussion with our coach we come up with a training plan: lots of high intensity training, very painful pushing almost to the point of being sick. Up to two sessions per day, six times per week. I want to train with my team mates, if possible, geographically and ability-wise.

The symposium gives us lots of good info on planning, training and fitting it into a working life. I take away a great message: triathlon is a lifestyle sport reaching into a lot of areas of one's life: time management; de-stressing; and nutrition. And it's not just for the uber fit. Anyone can do it!



*Triathlon is a lifestyle sport reaching into a lot of areas of one's life: time management; de-stressing; and nutrition. And it's not just for the uber fit. Anyone can do it!*

### The race

Our team debates the strengths and weaknesses of each member and who prefers what. We decide on the order we will go in: me first, Gael second, Silvio third.

Lining up on the beach, my heart is pounding and I need the loo for the fourth time in an hour! The usual pre-race feelings. OK, that's good.

Without warning, the horn goes and we're off! Wait a minute - I'm in the lead. Not for long. A Mexican athlete overtakes, going very fast. I decide to swim behind him out to the

first buoy. Then I realise he's going way off course, so I let him go and take my own line, reaching the buoy first. What the heck was that? There's a diver under the buoy, 20ft below me.

Left turn. Now things are getting hard, swimming against the current. Another 200m to the next turn. Still leading! What a great feeling (it's never happened before) - but not by much. Exit water as fast as possible but my heart is pounding. Legs not working too well due to the pooling effect of blood in the upper body. The usual thought crosses my mind: I feel rubbish; how am I going to get on my bike and ride fast? Calm down. You know this always happens.

Then the roar of the crowd, team mates and BG people lifts me. Jump on the bike but I am being closely followed. Wet from the swim but drying out rapidly and hence heating up. Still in front. OK, this is scary now!

Get to the turn and he's not far behind. Wham, he flies past me, giving me a smile and thumbs up. I give myself a talking to: 'let him go; save some for the run'.

Leap off the bike at 10mph. Glad Gael and I did transition practice earlier in the week. Quick change of shoes and off! He's only 30m ahead now and I'm feeling ok. Halfway on the first leg I draw level. It's been a slow war of attrition but I'm there. Give him a thumbs up as I pass.

Finish looms and Gael is waiting. I tag him, probably too hard but the adrenalin is

pumping. The atmosphere is amazing. Go! Go!

Gael sets off down the beach at breakneck speed. By the time I've caught my breath he's coming back after an awesome swim. Still leading by a good two minutes. At this point I learn that the other BG teams are doing equally well.

Out on the bike, the battle continues. The waiting is terrible. Gael comes in second but not by much. He obviously paced it really well. After a lighting transition, he's off in hot pursuit.

At the handover Silvio is only two minutes down, a time we feel he can make up. Halfway through his run the heavens open and a brief tropical storm blows in. Everyone dashes for cover except Gael and me who stay to welcome our to welcome Silvio home for a deserved win.

## Triathlon

### Who's who for BG

Left to right, back row:  
Silvio Feliciano, Leigh  
Thomas, Andre Geisbers,  
Gael Duchenne, Elizabeth  
Piras Trombi.  
Front row: Geoff  
Sittlington, Danielle  
Coghill, Tonya Walton,  
Dario Arias.



## CANCUN DIARY - TONYA WALTON

This is it – the moment has finally arrived: Cancun here we come! The weeks of training and preparation are over. The first ever World Corporate Triathlon Championships lie ahead.

My excitement is immeasurable. Having taken part in a local news interview, tried out our rather professional BG kit and held 'team talks' with colleagues, I'm already beginning to feel like a 'real' athlete, whatever that feels like!

My only concern now is that the injuries that I picked up during my training will prevent me from maximising my potential on the day. I put this aside and focus on the positives.

Arriving in Cancun, our spirits are high, despite the constant rain (which came as little surprise, having been forewarned by team-mate Danielle Coghill that she is notorious for taking the rain wherever she goes).

We settle into our routine: power yoga in the mornings and training sessions during the day taken by some of the sport's most prolific coaches and athletes. Not only do we receive great advice and tips for the upcoming competition, we are also provided with valuable information to build the foundations for future challenges.

One thing becomes clear – we've all caught the triathlon bug! And who can blame us, with such inspiring and enthusiastic people offering us their support and expertise? And our teams are close-knit



*I am elated to find that, between us, we have secured two golds and a bronze! Not a bad day's work!*

– providing one another with last-minute advice and encouragement.

### The race

All too soon, the race is on! As we watch our team mates enter the water, the atmosphere is electric. I don't think I've shouted so loudly in all my life! My throat burns as I call words of encouragement. First to Leigh, who leads his pack, followed by Danielle, who emerges from the water hot on the heels of an Olympic gold medallist! This is good. This is very good!

Everyone around us is so supportive it is impossible not to get carried away by the adrenalin and excitement. As we watch the transitions to the bike leg, the butterflies start to rise in my stomach. Waiting is the hardest part. Doing the 10k leg of the relay sounds straightforward but when you have your team mate cycling towards you at speed, getting ready for the transfer of the timing chip from ankle to ankle, it becomes difficult to remember to breathe let alone run!

Finally, after what feels like a lifetime, I'm off! I soon find my rhythm and focus, trying hard to concentrate on the advice received during the symposium days before, but, after just 2k, things start to go wrong. The familiar numbness in the feet, the pain in the shins and the tightness of the calves – what a nightmare!

But I've got to keep going – I've a team to think of and, despite the discomfort, I keep

running – my goal dramatically changing mid-race from personal best to completion!

Unbelievably, my stubbornness kicks in just in time and I dig deep and push forward, overtaking two runners. This boosts morale and I carry on fighting the road. I see my team mates near the finish line screaming encouragement and I go for it. Using every last inch of strength, I draw level with a Texan. She spots me and has just enough left in her to stretch the lead out again to finish a few feet in front.

But I made it! Relief followed by disappointment momentarily floods my thoughts, but I am elated to find that, between us, we have secured two golds and a bronze! Not a bad day's work!

Our triathlon journey has come to its climactic end and, after some much deserved celebrations, we leave Cancun with an immense sense of achievement. Not only do we depart with medals in hand, but new friendships, great experiences and memories never to be forgotten.

Thank you BG for such a wonderful opportunity! It certainly exceeded all expectations!

### MORE INFO

For more information contact  
Catherine.McQuilken@bg-group.com or  
visit [www.triathlon.org](http://www.triathlon.org)