



The 2024 Comrades Marathon Was A Race Against Time For PMC



Dreams came true on Sunday 09 June 2024, as 23 x PMC Athletics Club runners stood amongst thousands of runners - fellow South Africans and international competitors, united to test their endurance and training against the globally popular annual 97th **85.9 km UP RUN** starting at the City Hall in Durban and finishing in Pietermaritzburg.

From 5am, the startup point was flooded with approximately 20 000 anxious runners and the side streets were lined with excited supporters and journalists, ready for the day's activities. As tradition, there was music playing, the crowds sang Shosholozza, the National Anthem and the Chariot of Fire before the gun sounded.

Amongst our 23 Comrades qualifiers, 16 were novice runners, filled with adrenaline, attempting this grueling 12-hour Ultra Marathon for the very first time. For our team, the dream was beyond conquering to win the cash prize. They were propelled by the organization's collective beliefs and

A HUGE CONGRATULATIONS TO ALL THE ATHLETES – Asinamahloni Ngani!

Hitekani Shikwambani	06:54:50	Peng Wang	10:39:33
Thabang Malatji	07:20:48	Vutomi Munyai	10:52:04
Andries Mabunda	07:51:54	Thandeka Mhula	11:22:30
Happy Ubisi	08:09:38	Charlize Engelbrecht	11:31:22
Mpho Maloma	08:13:41	Sandy Mdaka	11:32:59
Andy Riba	08:26:14	Elvis Mkhabele	11:34:16
Vincent Munyai	08:32:22	Phaswane Mashilangwako	11:39:02
Vhahangwele Mukhakhuli	10:47:26	Muxe Ndlovu	11:43:20
Neville Jeleni	08:52:51	Jetro Mampane	11:45:50
Makhura Mabitsela	09:38:47	Johannes Matlala	11:50:03
Nduduzo Mabaso	09:59:46	Rethabile Gumede	11:59:09
Masilo Moremi	08:20:20	Special Milestone: Green Number Card 10 x Comrades Marathon Finishes	

hopes for them to complete the entire race and return back home safely.

The team over delivered on Sunday, alternating between bold and conservative strategies to complete the race despite the challenging hilly terrain. Their training was paying off, showcasing strength and technical ability - enabling them to deliver strong paces alongside comrades' legends and elites including the unconquerable

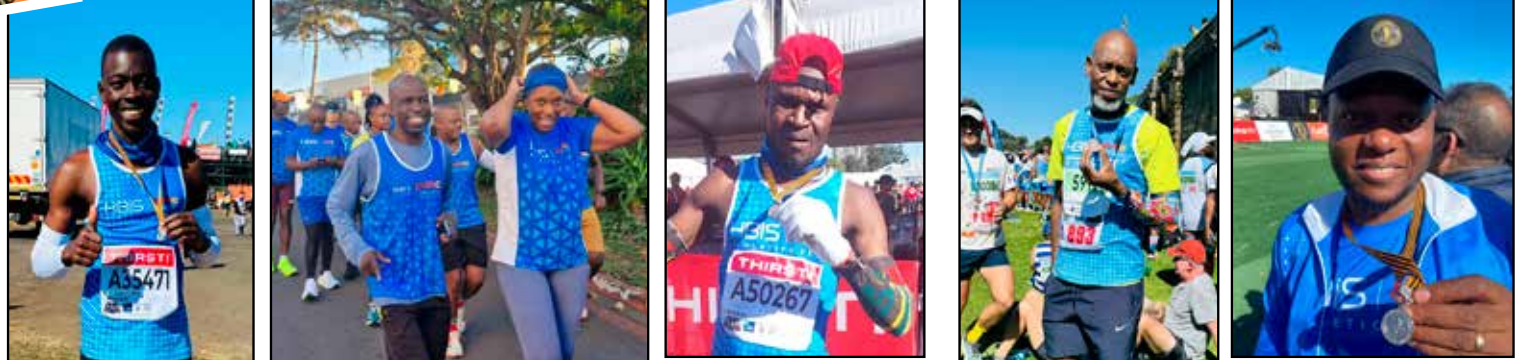
South Africa's sweetheart Gerda Steyn.

Hitekani Shikwambana – PMC Community runner exceeded our expectations leading the pack and achieving an overall record of the fastest runner from Ba-Phalaborwa! His strong performance, attracted constant interest from the media to follow him, earning the PMC logo mileage and continuous live coverage throughout the day's broadcast.

However, fellow runner **Rethabile Gumede** is worthy of a special note. Ms. Gumede, determined in mind not to miss out on a medal, gave the performance of her life, shifting gears and increasing pace to reach the finishing line 30 seconds before the cut-off whistle sounded.

The day ended with a dramatic finish with silver medalist, **Masilo Moremi** earning his green card for his 10 race finishes. From start until the end - the PMC Athletics Club's performance including the supporters' delivery, is to be commended with a standing ovation.

SEE SOMETHING! SAY SOMETHING AND SAVE SOMEONE!





Five lions roam the streets of our town

When you think about “mining”, what immediately springs to mind are dark holes, machinery, sometimes dust, the DMRE and tailings dams. One generally does NOT associate the industry with the word “LIONS”. However at PMC, we have a completely different experience.

The older (or should I say more “experienced”) hands on site are used to wildlife and environmental shares including notifications on how to behave around wild animals, including lion activity within operations. However, what occurred on 03 June 2024 was exceptional, even for us at PMC – where game activity is somewhat common.

During the first weekend of June, Security personnel reported sighting a small pride of lions, consisting of 3 males and 2 females, moving along the rail tracks towards the east. As stated, wildlife sightings are not uncommon, so a friendly wave goodbye was all that was shared. The following day, we received a request from our neighbouring estate Hans Merensky for our drone- “eyes in the sky” to locate these five “wondering spirits” as they were causing severe stress amongst the owner’s pets!

After a brief stint amongst the public, our felines with the wanderlust cancelled their brief holiday at one of South Africa’s favorite golf courses and returned to the mine where they were spotted casually counting cars on the town side of main gate (Maybe they had a job at Security in mind?).

Their visibility on the road was clearly problematic and this exposure was a threat to theirs and human safety. Immediately Jacques Moller from Environmental arranged two vets (Dr’s Rita and Dr. Sune) and Dirk de Klerk (LEDET) to facilitate their relocation. Security supported the darting excavate by providing the

drone, manpower, traffic control, vehicles and of course snacks. The hunt was on to dart our visitors and return them to the Kruger National Park as safely as possible!

The feline hunt lasted over 2 hours. The team carefully approached the lions, with the drone playing a crucial role in enabling, moving and/or isolating the animals, allowing Dr Rita to dart them from a position of safety. Furthermore, the drone was also used to check if the darted lions are responding to the sedative or just faking it. We all know that a lion that is rudely awakened tends to be a bit grumpy. Thereafter, the felines were then loaded onto bakkies and transported back inside the Kruger National Park to a location identified by Park Personnel.

But...the action was not limited to darting the lions! The Copper/Mollengraaf intersection saw action of a different kind. Families, friends, media, even two game vehicles with international tourists (!) arrived to see the lions. Security took on different approaches trying to circumvent the onlookers asking, “Where do we need to go to see the lion?” or alternatively they made the SLOWEST turns ever at the intersection, hoping to see something. Some even claiming to know Mr. X implying that they were called to come and assist. None of these attempts were successful of course! The safety of the lions, the team and the onlookers was a top priority therefore the interest was kept away.

Who can argue, the breaking news about the lions sighting had more social media circulations than any news about the Kardashians. Phalaborwa is safe again! The five lions are safely relocated back to their natural habitat in Kruger National Park but sadly to date Dries Krog’s dogs are still too terrified to come out and greet him in the evenings.

Well done to all those who contributed to making Phalaborwa safe again.

VIP

WALL OF FAME

Name: Lott Mathebula

Role: Plant Operator at the Auxiliary Services Operations

The induction process serves as the gateway for new employees, providing them with essential information about the organization’s culture, values, and operational procedures.

Lott Mathebula identified a gap within the business, and submitted an exceptional idea that VIP should form part of the initial induction to familiarize and educate new employees about it.

He stated that the business appoints new employees almost every day, and therefore proposed that VIP should be introduced to new employees right from the outset. The early exposure to the VIP Department’s ethos fosters a culture of innovation and continuous improvement among new employees. It will also empower them with the knowledge and tools they need to contribute meaningfully to the organization’s goals.

The VIP Department would like to thank Lott Mathebula for his brilliant idea submission.



Name: Surprise Kgatla

Role: Organisational Development Intern

In today’s rapidly evolving business landscape, staying ahead of the curve requires constant **INNOVATION**. That is exactly what Surprise Kgatla had in mind when he submitted a bold idea – to add innovation as the sixth PMC Value. Surprise saw an area of improvement that would empower employees to contribute creatively and innovatively towards the mine’s current goal. This will also foster a culture of growth and a competitive advantage for the business.

The VIP Department would like to thank Surprise for his brilliant idea submission.



FROM THE EDITORS DESK

Phalaborwa town is in a buzz over the young lions roaming the streets, similar to the young lions of 1976 who took to the streets in protest against the injustices of the day. Moreover, Palabora is blown over by the jaw-dropping ALL medal finishes by our Comrades Runners. Kudos to our PMC Athletics Club team, and the entire workforce who contributed to clearing the lions and restoring safety.

On that same note, we wish to acknowledge and celebrate all our men, brothers and fathers, who work tirelessly to provide for their families and make their households warm and safe.

HAPPY FATHER'S DAY!

9 June 2024

Comrades Marathon 2024

Get to know our runners - PMC Athletics Team

Name and Surname:

Jetro Mampane

Role at PMC:

Maintenance Lead, Concentrator Lift II

Who is your running icon:

My running icon is Ludwick Mamabolo - 2012 Comrades winner but I should mention that Masilo Moremi is my daily inspiration.

What inspires you to run:

The mental and physical benefits that come with running are my source of inspiration to continue.

What do you love most about being a member of PMC Athletics club:

It's a diverse club with members that support and encourage each other. I am also encouraged by our commitment to develop and nurture young talent within the community.

Describe your journey to qualify for 2024 Comrades Marathon:

I ran my very first marathon at the Cape Town Sanlam Marathon and qualified with 4h20 minutes. Thereafter, I ran the Two Oceans Ultra-Marathon, CDM, Tuffy and finished all of them. I would like to acknowledge and give credit to the team for their constant support and encouraging me until I qualified.

#BlueTeam.

Preparation routine for the 2024 Comrades Marathon:

Monday: 45 minute run,
Tuesday: Aerobics and +5km run,
Wednesday: Midweek 90km long run,
Thursday: Speed training,
Friday: Off Day
Saturday: 80 minute long run.

Special diets:

I am a true foodie - so I did not constrain myself to follow any special diet. I only limited my intake of red meat and artificial sugar, but I continued eating the things I love the most - even during my training period.

How many comrades have you completed before:

This 2024 race will be my first EVER comrades marathon.

What are you most looking forward to about the 2024 Comrades race:

I am thrilled to have qualified, and I am looking forward to running alongside other like-minded comrades. I am excited at the opportunity to truly experience what comrades is about - the pressure endured during the ultimate human race, the camaraderie and the thrill of pushing myself to finish within the 12-hour set time limit.

