





### CRUSHER 5 IS A LITERAL "OLIVE BRANCH"

## **TO PMC REACHING 2040**





Palabora Mining Company has through the application of new sciences and technologies successfully managed to expand its life of mine to 2040. The Top Employer is constantly introducing improved mining methodologies to discover new groundbreaking innovative technologies to add value, bringing about sustainability to its operations and host communities.

The completion of the Crusher 5 project literally extends an olive branch to Palabora Mining Company and its host communities. This new technology marks the end of the Lift II Project and transitions it into a brand new Mine. With Lift II operating as a mine, it means jobs are secured and economic activities can continue within the local communities, moreover, it gives back life to the Lift I Underground mine that through time became uneconomical - having

reached its end of life.

PMC understands that without it, the mining town of Ba- Phalaborwa will implode. Its mining activities and economic contribution is the bloodline of Ba-Phalaborwa, and therefore it is of paramount importance that the mine keeps up production.

The safe and successful installation of Crusher 5 is a first within the mining industry. Crusher 5 is a magnificently crafted custom make German design casted in China, 4 stories high in size and planted 1.6 km underground. This innovative feat, marks PMC as a trailblazer.

Through application of innovation and teamwork with its contractors, today PMC officially has two mines. Its brand-new Lift II mine sits 400m underneath its initial 1200m Lift I mine – underground the Earth.



PMC WOULD LIKE TO THANK ALL TEAMS THAT PARTICIPATED IN THE CONSTRUCTION OF **THE CRUSHER 5: \*MINING \*VIP \* CONSTRUCTION \*EHL \*PETROTECH \*LAELO \*SPEROSENSE** \*CUTLAW-VUKA \*VOLTHAN \*BORA MINING \* TAKRAF \* RICHLINE \* LEOKA \*VAKANAYENA

SEE SOMETHING! SAY SOMETHING AND SAVE SOMEONE!

Kedibone | ISSUE 38

## 10 May 2024

# Crusher 5 Inauguration Event. The biggest of its kind. The deepest in the world.

"We did what many could not do. We did it ourselves. We did it the PMC Way. It wasn't the fastest method nor the most economical, but it certainly was the SAFEST."

Aidan Schoonbee \_ Senior Manager Construction Project and VIP



**Kedibone** | ISSUE 38 17 May 2024



## Palabora Mining Company Reigns Supreme as a Marathon Organizer

Palabora Mining
Company (PMC), in collaboration with
Limpopo Department of Economic
Development, Environment & Tourism
(LEDET), successfully hosted its 3rd PMC
Family Half Marathon in conjunction with
the annual widely popular Marula Festival
on Saturday, 27 April 2024.

The day kicked-off with a surprise for the runners, presenting light winds and rainfall instead of the highly anticipated Phalaborwa heatwaye.

The PMC Family Half Marathon has evidently etched itself as a stable favourite onto the annual marathon runners' calendar. Besides its jaw-dropping prizes, the strategic partnership with LEDET, contributes as a crowd puller, boosting the economy of Ba-Phalaborwa by enticing hundreds of runners nationwide and across the continent, as well as corporates, to flock down to Phalaborwa town, at times even with their families, to enjoy the arts and craft, the statement Open-Air concert

and play corporate golf – a great networking platform for government and business executives.

The 2024 race was bigger than ever!!!!! Runners came from as far as Zimbabwe and Botswana, excited to partake in the unique opportunity to run inside PMC and the world-renowned Kruger National Park, sighting wildlife along the route, possibly even including the BIG 5.

The race was a huge success, tallying a headcount of over 1200 participants across all races. This race saw the return of previous crown winners, (2022) 21 km male winner Desmond Mokgobu and defending champion (2023) 21km female winner Nobuhle Tshuma.

Whilst a handful came to win the money, many more utilized the race as a practice run in preparation for the upcoming Comrades Marathon. The race was demanding and many runners approached it with a mixture of competencies, switching from fast runs to slow runs - to avoid burnouts and injuries whilst still targeting to improve their performance finish times.







THANK YOU for sponsoring waterpoints

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Nandzu | Vexovax | PMC Athletics Club







### FROM THE EDITORS DESK

Dear Palabora Copper Family
Great excitement abounds as the completion of Crusher 5 transitions the Lift II Project into a
Mine. We are also expectant of MORE groundbreaking, innovative, custom-made solutions for
PMC through our collaboration with UNISA. Our workforce is learning. Our shopfloor is growing.

Keep Safe. Xièxiè

Kedibone | ISSUE 38 17 May 2024

9 June 2024

Comrades Marathon 2024

Get to know our runners
- PMC Athletics Team



#### 1. Name and Surname:

Muxe Ndlovu

#### 2. Role at PMC:

I am a Superintendent at Finance Business Value Planning responsible for PMC Metal Accounting and Reconciliation

#### 3. Who is your running icon:

There are multiple runners that I look up to, if I were to select only one it would be, Dimitrion Yordanidis who finished his 42 km in just 7 hours and 33 minutes in 1976 at the age of 98 years - rendering him the oldest record holder (Guinness World Records) until 2011

#### 4. What inspires you to run:

The following quotes are my source of my inspiration.

- "With each stride, the marathon grants you the power to leave your old self behind." - Physical health is of great importance to me; experiencing uncontrolled weight gain inspired me to be consistent in my running in order to control body weight.
- "Stay committed to the marathon, and it will grant you the strength to overcome any obstacle." - I often use running as a mechanism to switch between work & life balance.
- "Run the marathon not to escape reality, but to discover the greatness within yourself." - In my profession I work with numbers and working with numbers can at times be challenging both mentally and physically. Running gives, me the agility to function in realtime. A marathon runner does not need an alarm to wake them up, they are flexible and always ready to go.

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

Being a member of the club, grants me an opportunity to interact with colleagues from different sections and levels within the organization. We interact with ease on a platform of common interest where rank is not important. I also thoroughly enjoy running with the Ba-Phalaborwa Community runners whom form part of the PMC AC creating a family outside our homes.

#### 6. Describe your journey to qualify for **2024 Comrades Marathon**

I would like to give thanks and special acknowledgement to fellow runner Mr. Vincent Munyai. He consistently invited me to join the club and once he saw my potential, encouraged me to register for Comrades. I began my training preparations for comrades in February 2024. First attempt to qualify was in mid Feb 2024 at CDM in Polokwane where I ran my first marathon in 5:26. A month later, I qualified again, completing my second marathon with an improved time of 4:43 – 7 minutes shy of the cut-off time at TRAC N4. I am excited about participating in the 2024 Comrades marathon and I am confident that I will run ahead of the Bailer Bus throughout the 87km

#### 7. Preparation routine for the 2024 **Comrades Marathon:**

I usually train 4 to 5 times a week – Monday to Thursday and long distance on Saturday (21 – 30km). The week run is interchangeable between 5km and 10km aiming to achieve a total of 50 - 60km per week.

#### 8. Special diets:

I do not follow any special diet. I am a foodie. I love to eat good food. I firmly believe that I should not have to alter my eating patterns because I am a runner. Running is a hobby, and it must make way for my preferred lifestyle. However, closer to races I consume a lot of red meat, pap and plenty of water and avoiding spicy food.

#### How many comrades have you completed before:

I have not completed any before. This year's marathon will be my first of more to come.

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

I plan to complete the race within the set cut off time of 12 hours. Most importantly, I am looking forward to enjoying myself and having fun whilst ascending the great hills between Durban and Pietermaritzburg.