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## **POLMED MEMBERS EXCEL IN KZN PC RACE AND DURBAN INTERNATIONAL MARATHON, COURTESY OF POLMED WELLNESS PROGRAM.**

The South African Police Service Medical Scheme (POLMED) proudly applauds the out-standing achievements of its members in the recent KwaZulu-Natal SAPS Provincial Commissioner's (KZN PC) Race and the Durban International Marathon. This success is attributed to the remarkable impact of the POLMED Wellness Program, showcasing the commitment of POLMED and SAPS to the health and well-being of POLMED members.

With a record-breaking number of participants, the events saw POLMED members and dependants surpass expectations, demonstrating their dedication to physical fitness and overall wellness.

**The POLMED members who participate in the Wellness Program  
show a healthier profile compared to non-participants.**

Wellness screening results of the participants in the POLMED Wellness Program showcased remarkably better health profiles compared to the general POLMED population. The screening results underline the efficacy of the program in promoting healthier lifestyles among law enforcement personnel.

The POLMED Wellness Program has been instrumental in fostering a culture of fitness and well-being within the SAPS community, leading to improved health outcomes and enhanced performance among its members. Through a combination of fitness activities, nutritional guidance, and wellness initiatives, the program has empowered SAPS personnel to prioritise their health and lead more fulfilling lives. In line with this commitment to wellness, POLMED encourages both its members and their 9 dependants to actively participate in similar wellness events, fostering a sense of camaraderie and shared purpose within the SAPS family.

Furthermore, POLMED is thrilled to announce the generous sponsorship of female and male SAPS runners who won in the KZN PC's Race.



### **KZN PC'S RACE WINNERS**

**Female Top Runner:**  
**Male Top Runner:**

**Thobeka Phungula**  
**Thamsanqa Mbanjwa**

Sanlam has committed to cover travel and accommodation for the 2 winners to the prestigious Sanlam Cape Town Marathon. The Sanlam sponsorship provides an opportunity for SAPS members to showcase their talent on a national stage while promoting the values of health and fitness.

This sponsorship underscores the importance of partnerships in promoting a healthier society, with POLMED, SAPS and Sanlam joining forces to support the well-being of law enforcement personnel and their families.

**Whilst Thobeka Phungula and Thamsanqa Mbanjwa are the top winners of the PC marathon, there are several other worthy winners whose achievements we celebrate, the winners are as follows;**





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# WINNERS

## PROVINCIAL COMMISSIONER'S MARATHON - MALES

1. SGT MBANJWA
2. AC T DLAMINI
3. SGT SP NDLELA

## PROVINCIAL COMMISSIONER'S MARATHON - FEMALES

1. CST T PHUNGULA
2. CST N NGEMA
3. CST FN JON

## DURBAN INTERNATIONAL MARATHON MALES- 42 KM

1. SGT SP NDLELA
2. AC T DLAMINI
3. SGT BUTHELEZI

## DURBAN INTERNATIONAL MARATHON FEMALES - 42 KM

1. CST F JONA
2. WO N SIBISI
3. CST S GASA

## MALES- 10 KM

1. CST S MNGUNI
2. SGT S NTSHANGASE
3. CST MZIZI

## FEMALES - 10 KM

1. CST N NGEMA
2. CST T PHUNGULA
3. CST N ZUNGU





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# DANKO

**Polmed would also like to thank the brigadiers, colonels and dependants who also graced the two events;**

**MAJOR GEN GP MAKOBA  
MAJOR GEN SB NGCOBO  
MAJOR GEN CK JAMES  
MAJOR GEN SLA NXAMAGELE  
MAJOR GEN MVP MGOBHOZI  
MAJOR GEN A GOPAUL  
GENERAL PS NGUBANE  
GENERAL KM SHEZI  
GENERAL MV KHESWA  
MAJ GEN LS SENONA  
MAJ GEN VN XHELITHOLE**

Futhermore, POLMED wishes to convey a message of gratitude and congratulate all the SAPS senior managers and continuation members who showed up on both events and led by example.

Lastly, on behalf of POLMED, I would like to extend our heartfelt gratitude to KZN Provincial Commissioner and his management team for the unwavering support they have provided to the SAPS members. Your dedication and commitment have been instrumental in ensuring their successful participation in both the Provincial Commissioner and Durban International marathons. We are humbly honored by the leadership and encouragement that the SAPS has shown. Your efforts have not only fostered a spirit of camaraderie and excellence among the participants but have also inspired the broader community. Thank you once again for your exceptional leadership and support.

**Ms Neo Khauoe**

Follow our social media pages for upcoming wellness events or to learn more.



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