



# POLMED

OUR INVESTMENT | OUR HEALTH | OUR FUTURE



## WELLNESS WAS THE BUSINESS OF THE DAY AS POLMED MEMBERS SHINE AT THE CAPE TOWN SANLAM MARATHON

On the weekend of October 19-20, 2024, the spirit of resilience and unity shone brightly as 579 POLMED members and their dependants took to the scenic streets of Cape Town for the iconic Sanlam Marathon. Competing across both the 10km and 42km events, our members pushed their limits with inspiring determination, celebrating not just personal achievements but a shared commitment to health and wellness. Their success in completing these challenging races is a testament to their dedication, and we couldn't be prouder of each member's remarkable accomplishments in their respective categories.

### Day 1 – 10km and the Welcoming Ceremony

POLMED proudly supports marathons because they embody the pursuit of physical health, mental well-being, and resilience—qualities that are essential in our members' line of duty. Marathons help members stay fit, active, and prepared for the demands of their roles. Supporting marathons provides POLMED a platform to promote wellness, and reinforce the benefits of preventative care.

Day one of the marathon kicked off with an energetic 10km race, setting an enthusiastic pace for the weekend. After the race, the festivities continued with a warm welcome and words of encouragement to celebrate the runners' accomplishments. POLMED executives, led by Principal Officer Ms. Neo Khaue, were joined by distinguished guests, including General T Patekile, General KC Otol, General NL Mene, General BB Motswenyane, General PL Voskuil, General M Fani, along with POPCRU representative Muleki Mbele and SAPU representative Thandi Mkhize. Together, they cheered on participants, honouring their efforts and marking the event as a memorable gathering of resilience and camaraderie.



### Day 2 - 42km and the Award Ceremony

This year's Sanlam Marathon's success is a testament to the tremendous support from Western Cape SAPS, whose collaboration and encouragement have been invaluable. With their partnership led by General Patekile, we have promoted wellness and strengthened the partnerships with our members. We encourage our members to pursue their health goals and embrace the benefits of preventative care.

Day two brought an inspiring awards ceremony, celebrating the outstanding achievements of POLMED members who excelled in both the 10km and 42km races. Building on the excitement of the first day, General NS Mkhwanazi joined the event, offering enthusiastic support and words of encouragement, commending the dedication and impressive performances of our members who led in their categories.

The Scheme extends its sincere gratitude to the SAPS leadership and esteemed Generals for their presence and unwavering support. Their encouragement lifted every participant, underscoring the powerful sense of wellness and unity that makes these events so meaningful.





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# WINNERS

Congratulations to all participants who braved the course. Below is a list of categories and their winners honoured at the awards ceremony.

## 10KM RACE - MALE OPEN

1.	T. MOFOLO	FS	32:36
2.	T. MUSHAKU	LIM	34:53
3.	L. NGOBE	EC	35:17

## 10KM RACE - FEMALE OPEN

1.	L. Seabela	GP	44:53
2.	D. Mashavha	LIM	47:07
3.	M. Legodi	LIM	48:18

## 42.2KM RACE - MASTER MEN (50-59)

1.	X. NDABA	KZN	2:55:09
2.	T. ZUQHUBU	GP	3:08:33
3.	T. SEROKA	HO	3:30:40

## 42.2KM RACE - MASTER FEMALE (50-59)

1.	M. MOLOI	GP	4:52:42
2.	NKAMBULE	MPU	4:53:03
3.	I. LOUW	HO	4:57:56

## 42.2KM RACE - VETERAN MEN (40-49)

1.	W. LEEUW	FS	2:35:33
2.	S. NOXHAKA	EC	2:46:17
3.	R. MABOTJA	LIM	2:46:50

## 42.2KM RACE - VETERAN FEMALE (40-49)

1.	N. VUKE	EC	3:57:14
2.	S. HLOPHE	MPU	4:02:37
3.	K. KHATHI	WC	4:04:45





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# WINNERS

## TOP 10 OPEN MALE

1.	W. LEEUW	FS	2:35:33
2.	I. MOGAPI	NW	2:39:36
3.	J. MGCINA	GP	2:42:05
4.	S. NDLELA	KZN	2:42:17
5.	E. RASEALA	GP	2:42:37
6.	A. MTAYISE	WC	2:43:22
7.	S. NOXHAKA	EC	2:46:17
8.	R. MABOTJA	LIM	2:46:50
9.	N. MASWANGANYE	HO	2:49:10
10.	L. NGOBE	EC	2:48:47

## TOP 10 OPEN MALE

1.	R. MATHONSI	LIM	3:17:59
2.	A. MAZEKA	KZN	3:20:26
3.	M. TJAONE	FS	3:55:20
4.	N. VUKE	EC	3:57:14
5.	F. JONA	KZN	3:58:04
6.	K. MAPHETHO	GP	3:59:51
7.	S. HLOPHE	MPU	4:02:37
8.	K. KHATHI	WC	4:04:45
9.	B. MULAUDZI	HO	4:07:59
10.	N. MDLETSHI	KZN	4:08:00

## SPECIAL AWARDS

S. ZULU  
T. FIGLAN  
V. MKHIZE  
T. APHANE

KZN  
WC  
HO  
HO

BEST DISABLED ATHLETE  
BEST DISABLED ATHLETE  
BEST DISABLED ATHLETE  
OUTSTANDING CONTRIBUTION  
IN SPORTS COORDINATION

