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## PALABORA MINING COMPANY ETCHES ITS NAME AS A MAJOR MARATHON ORGANIZER



Palabora Mining Company (PMC) has set the bar high with the successful rollout of its second annual Family Half Marathon

Palabora Mining Company (PMC) has set the bar high with the successful rollout of its second annual Family Half Marathon on Saturday the 22nd of April 2023 in support of one of the critical stakeholders, Limpopo Provincial government.

The Copper producer, world renowned for its excellence within the mining fraternity, is marking its commitment to Socio Economic Development within Ba-Phalaborwa by extending its investment to activities beyond mining. This year, PMC partnered with the Limpopo Economic Development, Environment and Tourism department to deliver the annual Marula Festival and hosted the PMC Family Half Marathon in collaboration with the Marula brand to

stimulate multiple socio-economic benefits such as:

- Attracting more people to attend Marula Festival in Phalaborwa,
- More people in Phalaborwa means more trading for local business and vendors,
- Supporting the tourism industry,
- Also, PMC positions itself as a responsible corporate citizen - strengthening its ties with government.

The strategy proved to be effective as over 900 runners registered to participate either in the 5km fun walk, 10 or 21.1km races. Amongst the enthusiasts gathered at the starting lineup at the Mining Offices within PMC operations were government principals: Limpopo MEC for Sports, Arts

and Culture Honorable Nakedi Kekana, Honorable MEC for Health Dr Phophi Ramathuba and LEDET MEC, Honorable Rodgers Monama.

The day was a huge success and came with some added bonuses. The runners enjoyed a once in a lifetime bucketlist experience running within PMC and the Kruger National Park with the possibility of sighting the Big 5. Far more exciting, novice runners had the luxury of meeting and testing their skills and endurance against households professional runners like our 2022 winner Desmond Mokgobu who returned with the aim to defend his title.

The route was testing. Despite all efforts

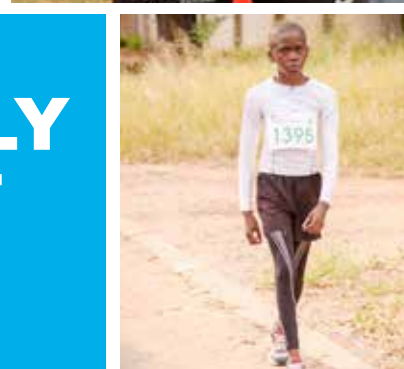
to pack our waterpoints to capacity with cooling hydrants and even stroking the runners' egos with praises - chests were burning, legs were wobbly and only an unmatched desire to win could lead one to victory.

Joel Mmone wanted it the most. The 32-year-old male runner from Free State broke away from the pack and completed his race in 01:04:29 taking the title of 21.1km Male Winner.

Nobukhosi Tshuma soon followed suit. The 29-year-old female runner from Zimbabwe left the pack behind and completed her race in 01:19:41 taking the title of 21.1km Female Winner.

## SEE SOMETHING! SAY SOMETHING AND SAVE SOMEONE!





# 2023 PMC FAMILY MARULA HALF MARATHON





## Dr Mgiba's Corner



### Marathon and Health Benefits of running

The list of benefits of running is extensive. Here are some of the key benefits:

#### 1 Running improves cardiovascular health

If you've ever ran to catch a child, or your dog, and felt breathless immediately afterwards, it probably comes as no surprise that running works your cardiovascular system. Your heart rate increases as you run to pump more blood (and thus oxygen and nutrients) to your working muscles.

Over time, with consistent running, your heart and lungs adapt. Your heart becomes stronger, enabling it to pump a greater volume of blood per beat, and your lungs become more powerful and capable of taking in more air per breath. As your cardiovascular efficiency improves, you're able to run faster with less effort.

#### 2: Running builds muscular strength

At some point, most of us have walked behind a runner and envied their muscular, defined calves. As long as you are properly fueling your body with enough calories and protein to support your training, running can help build muscle and increase strength. As a total-body workout, running strengthens your legs, core, and upper body.

#### 3: Running increases bone density

Numerous studies have demonstrated that high-impact activities like running place stresses on bones that stimulate them to adapt by laying down more minerals within the bony matrix to strengthen the structure. Running also increases the production of bone-building hormones in the body, stimulating the body to make more bone cells and inhibiting the activity of cells that break down bone cells. Stronger bones are more resilient and less likely to fracture.

#### 4: Running improves markers of health

Studies have shown that consistent running can lower blood pressure and resting heart rate, improve blood

sugar control, lower triglycerides, and lower cholesterol. It can also reduce waist circumference and body fat percentage. Improving these markers of health can reduce disease risk and help you feel healthier overall.

Running is a metabolically demanding exercise and burns a lot of calories. In fact, running is one of the most efficient types of exercise when it comes to the number of calories burned per minute, so if fat loss or weight loss is your goal, running can contribute to creating the calorie deficit you need to burn fat.

#### 5: Running reduces stress

Getting outside and pounding the pavement or trail is a great way to diffuse stress and tension. Running can lower the stress hormone, cortisol, which helps you feel more relaxed.

#### 6: Running improves your mood-

The "runner's high" isn't some fictionalized unicorn or elusive wonder; rather, it's a rush of mood-boosting endorphins brought on by a long-distance endurance run. Finishing a good run can leave you feeling proud, capable, powerful, and even elated, ready to conquer anything that comes your way with a good attitude. If you suffer from depression, running can alleviate symptoms and stabilize your mood.

#### 7: Running can connect you to nature

Though treadmills are certainly viable training tools, if you choose to run outside, running gives you a chance to unplug from technology and screens and connect with nature. Much of our lives takes place inside these days, but research shows that exercising outside independent of any other factors provides significant mental health benefits over indoor workouts. Whether you find a peaceful wooded trail or a local park, getting outside while running is a sure way to soak up some vitamin D and fresh air.

#### 8: Running can be social

There are thousands of running groups and running clubs all over the country (and world) that enable new and veteran runners alike to connect and enjoy together. You may meet a whole new group of buddies and develop relationships that last a lifetime.

## Editor's comments



The 27th of April 2023 marks the commemoration of the first democratic elections held in South Africa to attain Freedom. Let us be reminded that Freedom has many facets and being FREE in the workplace is also important. Teams must be open, accepting, and inclusive of diversity.

## Community News

### Phase Three: Selwana Road 3km Extension



Palabora Mining Company (PMC) is extending its 6km road in Selwana by a further 3kms.

PMC in line with the B-BBEE Act, Social and Labour Plan requirements has committed to the development of the 8 rural communities within its surroundings to positively impact lives and enhance its corporate branding.

To-date, PMC through making a hefty investment, has completed the construction of a 6km tar road in Selwana.

The benefit of such a road is easy access into neighbouring villages, schools and Phalaborwa town. Most importantly, easy access to transfer produce from the local farmers to the city markets in good time and in good condition.

Once again, PMC is prioritizing the farm-orientated villagers by commencing with construction works along the stretchy 60 km undeveloped road by a further 3kms. The completion date of the 3kms is February 2024.





