



# Kathu Parkrun exploding with health-seeking community



**On your marks, get set, go!** Each Saturday members of the community in Kathu participate in the 5 km Kathu Parkrun *Photograph: Tracey Vollmer*

On Saturday 23 September 2017, Kathu Parkrun was opened by the Comrades Marathon legend, Bruce Fordyce. Since then, every Saturday young and old have been meeting in the morning, whether it is freezing cold or blazing hot, to take part in the weekly, timed 5 km run. Who knew that there were so many runners in Kathu! Walkers, runners, children in prams and on bicycles (with adult supervision), and dogs on leashes have been our regular visitors.

The Kathu Parkrun is an initiative fully supported by Kumba Iron Ore Sishen Mine. The parkrun is a drive for healthy living and fosters community cohesion, as people from all walks of life meet and interact as they run and walk together.

The runners' motto is, 'Kathu Parkrun, you can give up on yourself, but we will never give up on you'. Such is the camaraderie during these runs that, when some runners have completed the 5 km course, they go back to encourage and fetch the slower runners in the pack. The whole exercise is so much fun and full of life.

To participate, the community is encouraged to go onto the parkrun website: [www.parkrun.co.za](http://www.parkrun.co.za), register and print their barcodes. Participants are required to produce this barcode at each event to capture their running statistics. In addition, Discovery Vitality members are able to accumulate Vitality points for taking part in the run, by linking their Parkrun profiles to the Discovery Health Vitality programme.

Speaking about the event, Mine Medical Professionals Association (MMPA) President Dr Nothando Moyo-Mubayiwa, who has been instrumental in setting up the Kathu Parkrun, commented: "The parkrun is a first for Kathu, where people meet and run or walk together, and hopefully grow fitter and healthier together. The more we sit and lead a sedentary lifestyle without any exercise, the higher the chances of lifestyle-related diseases and complications."

Currently, more than 160 people take part in the parkrun each Saturday, and attendance is growing weekly. We encourage our employees and community members to come out every Saturday and make



**Camaraderie is on full display at the regular Kathu Parkrun**

*Photograph: Tracey Vollmer*

healthy living a way of life. We will soon be hosting our Biggest Loser Competition, dubbed the 'Ore-some Me', and all participants are encouraged to join the parkrun.

The parkrun is a global phenomenon which started in London and spread to New York and other places around the world. Every Saturday we wake up in the morning and get on the move. Come and join the Kathu Parkrun – every Saturday at 07:00, starting at the Eskom Ferrum substation. It's fun!

#Run slow  
#Run fast  
#Run happy  
#Run grumpy  
#Just parkrun

#Set a personal best  
#Beat your personal best  
#Run free on a safe route  
#Healthy mind, healthy body!  
#Fit for life, fit for work!

*Report by: Dr Nothando Moyo-Mubayiwa  
MMPA President  
e-mail: [Nothando.Moyo@angloamerican.com](mailto:Nothando.Moyo@angloamerican.com)*

SAVE THE DATE



21st Annual  
Congress

26-27  
OCTOBER  
2018

It's that time of year again, and we are delighted to invite you and your family to the Mine Medical Professionals' Association's **21st Annual Congress**.

This year for the first time we will congregate in the beautiful setting of the Sun City Superbowl to engage in conversation highlighting contemporary subjects in the medical and mining environment.

With 18 speakers covering a vast array of subject matter over the two days, this event will surely be a refreshing and illuminating experience for all. We can't wait to see you there.

**More information to follow.**



**Sun City**

Date :26-27 October 2018

Venue :Sun City Resort

**For more information:** Please contact **Mbale Buthelezi**

Email: [mbalenhleb@mpas.org.za](mailto:mbalenhleb@mpas.org.za) or Tel: 011 568 2054