



POLICE

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YOUR OFFICIAL FREE SAPS MAGAZINE

Special Issue



**COMRADES
MARATHON** 
#SAPSatComrades2025

ON A JOURNEY TO A SAFER SOUTH AFRICA



POLICE

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COMRADES MARATHON

#SAPSAAtComrades2025



CONGRATULATIONS TO OUR SAPS HEROES!

We salute the dedication, strength and endurance of our members who proudly represented SAPS in the *Ultimate Human Race!*

SAPS SPIRIT - SITHI HALALA!

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MESSAGE OF SUPPORT



At a welcoming ceremony held at the Durban Central Police Station on Saturday, 07 June 2025, the National Commissioner of Police, Gen Fannie Masemola extended his heartfelt support and encouragement to the **437 remarkable members of the South African Police Service** who will be taking on the 98th Comrades Marathon.

Your decision to participate in this demanding 89-kilometre journey from Pietermaritzburg to Durban speaks volumes about your resilience, discipline, and unwavering determination—qualities that form the backbone of our Service and inspire those around you every day.

The Comrades Marathon, fondly known as "**The Ultimate Human Race**," is more than a test of physical endurance; it is a celebration of unity, perseverance, and the indomitable human spirit. By embracing this challenge, you not only pursue personal achievement but also embody the SAPS's ongoing commitment to wellness and fitness.

Completing an 89-kilometre race is no small feat. It is the result of months of consistent training, early mornings, and pushing through discomfort.

This journey teaches us that resilience is built day by day, through small, repeated acts of discipline. Along the way, you will face moments of fatigue, pain, or doubt. Remember, setbacks are temporary. What truly matters is your determination to rise and continue, no matter how many times you stumble.

Success in this race comes from careful preparation: following your training plan, managing your nutrition, and pacing yourself wisely. Discipline in preparation translates directly to resilience during the race and in life. Planning equips you to face challenges with confidence and courage.

Your mental strength is as vital as your physical strength. Your body can carry you only so far—your mind will carry you the rest of the way. Overcoming negative thoughts, focusing on your goals, and maintaining a positive attitude are all part of the resilience that will see you through.

Celebrate every small victory along the way – each kilometre conquered, each hill climbed is a triumph. These milestones fuel your motivation and keep your discipline strong for the challenges ahead. As you stand at the starting line, carry with you the hopes, pride, and admiration of the entire SAPS family and our nation. The finish line awaits, and with it, the recognition of your extraordinary effort and spirit.

Go forward with courage, determination, and the knowledge that you are not alone on this path. The Comrades Marathon teaches us that resilience is about persistence through adversity, and discipline is about the daily choices that prepare us for life's toughest moments. These lessons extend far beyond the race—they empower you to face any challenge with hope and strength.

Wishing all runners a safe journey to the finish line!

General Fannie Masemola
National Commissioner of the South African Police Service

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SAPS ATHLETES PERFORM EXCEPTIONALLY AT THE 2025 COMRADES MARATHON



Col Theo Sekete, the Chairperson of the SAPS Athletics Federation with the fastest SAPS male athlete, Sergeant Elvis Raseala from Gauteng; National Police Commissioner, Gen Fannie Masemola; Deputy National Commissioner for Crime Detection, Lt Gen Shadrack Sibiyi and POLMED Principal Officer, Ms Neo Khauee congratulating Sgt Raseala for crossing the finish line, registering a time of 06:30:37 at the 98th Comrades Marathon down-run in Durban.

"Fitness in an essential component of your key responsibilities in the organisation and we expect you to be at your tip-top shape to assist us in the fight against all forms of criminalities within our communities. It has been proven repeatedly that a healthy body is a home to a healthy mind. We would like to salute your efforts in helping to promote the fitness drive within the organisation. Your participation at the Comrades Marathon yesterday inspired many of your colleagues to start preparing for the next year's instalment because you turned the finish line blue.

"Many of them aspire to finish like you, cross the finish line and be on this podium. We also would like to appreciate your efforts in assisting us in ensuring a healthy workforce. Through your determination to remain fit for duty, we will ensure that we match criminals pound for pound and ensure that our communities are and feel safe," Gen Masemola expressed.

The top ten athletes, both male and female finishers performed exceptionally well as the South African Police Service (SAPS) down-run in the 2025 Comrades Marathon record set by Constable Nice Maswanganyi in 2023 smashed into smithereens by Sergeant Elvis Raseala of the SAPS Gauteng, crossing the finish line in 06:30:37. Leading female, Constable Reonoldar Mathonsi from SAPS Limpopo successfully defended her title by crossing the finish line in 08:17:33, a marked improvement from 09:10:18 of 2024.

The men and women in blue hoisted the SAPS fitness flag aloft during the 98th down run instalment of the Ultimate-Human Race from Pietermaritzburg City Hall to the People's Park near Moses Mabhid Stadium in Durban, KwaZulu-Natal on 08 June 2025.

Fitness is an inherent requirement in the police service, where members of the SAPS, particularly those in the operational environment are required to maintain their fitness levels in order to tackle crime and make sure that residents of the country are and feel safe. Athletics and road running is one of the fitness instruments among 21 sporting codes approved by the National Police Commissioner to encourage members to participate in physical activities in order to remain fit for duty.

During the awards ceremony held at the Durban Central Police Station, the National Police Commissioner, Gen Fannie Masemola reiterated the call he made on Saturday, during the welcoming ceremony to those participating at the Comrades Marathon instalment of 2025.

During his welcoming address, the KwaZulu-Natal Provincial Commissioner, Lt Gen Nhlanhla Mkhwanazi, who is also the SAPS National Marathon Association President, said the athletes were part of the security plan for the province. "In fact, little did they know that they will not be only participating in the Comrades Marathon but were part of our Operational Plan that complemented our workforce by creating a police visibility along the route while testing their strength and endurance with the best of the best. We did so deliberately because every time when fellow participants see a police competing with them on the same route they feel comfortable and know that their safety is guaranteed.

"Through you, we managed to deliver a crime-free Comrades Marathon and once again, you proved beyond a reasonable doubt that police are conscious about their fitness levels in order to execute their policing duties effectively. Recent crime statistics has confirmed that crime levels have decreased mainly because our police officers are fit and ready to perform their duties and protect our communities. On behalf of the people of KwaZulu-Natal, I would like to thank you for creating a safer environment for our communities and inspiring the athletes on the road," Lt Gen Mkhwanazi stated.

During the 2025 Comrades Marathon, most SAPS athletes interviewed agreed unanimously that the first 35km that include Polly Shorts was the toughest course of the race and one is likely to struggle if a proper planning was not applied. Polly Shorts is a place where athletes encounter five main hills, a 1.8km ascent positioned strategically at the beginning of the down-run and it is infamous for its incline. The SAPS participation at the Comrades Marathon 2025 provincial breakdown were as following: Head Office fielded the most athletes with 73, followed closely by KwaZulu-Natal with 72, Gauteng 69, Mpumalanga 51, Eastern Cape 40, Western Cape 38, Northern Cape 24, Free State 23 and the North West with 12.

Male athletes were the most represented amongst the two genders, with 382 as compared to 66 females who participated at the event. At least 11 retired members also responded to the call to participate at the 98th instalment of the Ultimate Human Race. Ms Masamuel Moyana from the Free State was the eldest SAPS female to have completed the race at the age of 60 years, registering a time of 10:40:21, while Mr Marcus Ndobe was among the eldest retired SAPS male members who completed the race at 10:54:42.

Ms Neo Khauee, POLMED Principal Officer and the main sponsor of the Comrades Marathon participation, thanked the athletes for assisting with promoting the POLMED wellness drive.



SAPS athletes showing unity and happiness after completing the 98th Comrades Marathon down run from Pietermaritzburg to Durban.



The top 10 SAPS male athletes during the Comrades Marathon prize giving ceremony held at the Durban.



Gen Fannie Masemola congratulates Constable Reonoldar Mathonsi from Limpopo province for being the fastest SAPS female athlete to have crossed the finish line and registering a time of 08:17:33.



SAPS top management and sponsors with the top 10 SAPS female athletes during the Comrades Marathon prize giving ceremony held at the Durban Central Police Station on 9 June 2025.



POLMED Principal Officer, Ms Neo Khaue thanked the SAPS athletes for properly marketing the scheme by assisting it with its wellness initiative.

“Thank you for accelerating and assisting our Board of Trustees on our wellness initiative by ensuring that POLMED moves from a curative to a wellness scheme. As you crossed the finish line, you demonstrated a high level of fitness and marketed POLMED very well. We will continue to reach out to active members to ensure that all the medical claims are reduced and members pay reduced medical contributions because they would have been leading a healthy lifestyle, defying their age and illnesses.”

In her message of support, the Deputy National Commissioner for Policing, Lt Gen Tebello Mosikili urged SAPS athletes to continue leading the race in fitness and earn trust from the community members they serve to restore faith in the ability of SAPS to tackle crime effectively.

During his vote of thanks, the Deputy National Commissioner for Crime Detection, Lt Gen Shadrack Sibiya commended team SAPS for its magnificent display of unity and team work during the Comrades Marathon. He also encouraged older members to continue mentoring young athletes to building a solid foundation for the future of this organisation and towards its health and wellness objective by creating a healthy workforce.



Sergeant Maria Tjaoane from the Free State came second, finishing at 09:12:09, winning the Bill Rowan Medal and R8000.



Mr Marcus Ndobe was amongst the eldest retired SAPS athletes to complete the 2025 Comrades Marathon.

AWARDS

Top 3 Males

1. Sergeant Elvis Raseala (Gauteng) 06:30:37 (New Record) - Silver Medal (Isavel Roche-Kelly) + R10 000
2. Sergeant Lwandile Ngobe (Eastern Cape) 06:50:46 - Silver Medal (Isavel Roche-Kelly) +R8000
3. AC Xolani Ndaba (KwaZulu-Natal) 06:55:44 - Silver Medal (Isavel Roche-Kelly) + R6000

Top 3 Females

1. Constable Reonoldar Mathonsi (Limpopo) 08:17:33 (Back to back title) - Bill Rowan Medal + R10 000
2. Sergeant Maria Tjaoane (Free State) 09:12:09 - Bill Rowan Medal + R8000
3. Sergeant Kelebogile Pule (Northern Cape) 09:36:48 - Robert Mtshali Medal + R6000

Athletes with Disability

1. SPAC Thembelani Figlan (Western Cape) 10:44:36 - Bronze Medal
2. AC Velaphi Mkhize (Head Office) 11:15:44 - Bronze Medal

YOUTH MONTH – MEET OUR YOUNG DYNAMIC OFFICER ATHLETES



Constable Nsuku Reanoldar Mathonsi.

Constable Nsuku Reanoldar Mathonsi, whose name literally means “Gold” in Xitsonga, is a fitting name for an athlete who has struck gold repeatedly on South Africa’s most challenging running circuits.

At just 29-years-old, Constable Mathonsi, attached to Burgersfort Public Order Policing (POP), embodies the spirit of Youth Month. When she joined the South African Police Service on 01 April 2022 through Project 10 000, she carried with her, a childhood dream - “I always wanted to be a police officer, to protect my community and ensuring that women and children are and feel safe at all times,” explained Constable Mathonsi.

Having obtained a NQF Level 6 Certificate in Building and Civil Engineering from a TVET College, her heart remained with community service. Her historic achievement came when she became the first female SAPS officer to complete the legendary Comrades Marathon (09:10:18 – Robert Mtshali Medal). Her achievements transcend personal glory, demonstrating that female police officers can excel in sports while maintaining their fitness and professional duties. True to her name’s meaning, Constable Mathonsi completed this year’s Comrades Marathon in a time of 08:17:33.

As a Public Order Police member, Constable Mathonsi’s daily duties include maintaining peace and tranquillity, managing strikes and protests, and crime prevention. Yet she seamlessly balances these demanding responsibilities with her athletic pursuits, proving that excellence knows no boundaries.

Meet SAPS Comrades runner, 34-year-old Constable Jacob Masangani, who participated in his second Comrades Marathon. He is stationed at the Bojanala Platinum Sub-District 2: Crime Combating Unit (CCU).

Constable Masangani started participating in the Comrades Marathon in 2024, through the influence of Skhindi Gang Coaching Group. The enthusiastic Masangani indicated that discipline is key towards assisting one to focus. As a disciplined, committed and goal oriented member, he is able to juggle the constantly demanding job of being a police officer with the regular training and participation in other races as part of preparations for the world’s largest and oldest ultra-marathon race.

He emphasised the importance of law enforcement officers being fit - physically and mentally ready for the ever-challenging and risky job. “It is very important to maintain a healthy lifestyle and have fit police officers in our organisation, as that will lead to less stress, injuries and sick days. Physical fitness will make criminals to rethink when confronted by police officers who are in better shape than they are,” he said.



Constable Jacob Masangani.



Constable Kelebogile Mapheto.

She is a beacon of hope to the youth of Birchleigh in Kempton Park in Gauteng, Constable Kelebogile Mapheto (28) is an avid roadrunner and has several athletic accolades to her name. This was her second participation in the SAPS colours, crossing the finish line in 10:08:10, making her the sixth fastest SAPS female athlete to have completed the 98th Comrades Marathon down-run and a marked improvement in her own standards.

Undertaking one of the toughest Ultra Marathons and negotiating various obstacle course in a 90km stretch route on Sunday, Mapheto had this to say, “The race was nice only in the first 87km, but as you progress towards about 4,5km towards the finish line, it became more difficult and energy sapping, especially if you don’t get your running techniques right. I believe that I prepared for this race well as I had drafted a schedule to run 5 times a week, with a recovery run as well as a tempo and speed workout. I would at times embark on a long run midweek when my schedule so allows.”

Among her athletic accolades include: second fastest SAPS female finisher in the 97th Comrades Marathon 2024 - Robert Mtshali Medal, sixth fastest SAPS female athlete finisher 98th Comrades Marathon - Robert Mtshali Medal, 56km Totalsports Two Oceans Marathon 2025 among others.

Armed with BSc in Biochemistry and Physiology Degree from the prestigious Sefako Makgato University obtained in 2019, Constable Mapheto joined the SAPS in March 2022 through the Project 10 000 recruitment. A drive to rejuvenate the SAPS and to put more boots on the ground in the fight against crime. She successfully completed her Basic Police Development Learning Programme through SAPS Academy Mthatha in June 2023 and was deployed to Ekurhuleni to add more boots on the ground. Constable Mapheto is currently performing her policing duties at the Kempton Park Client Service Centre where she assists with registering case dockets and assists members of the public seeking policing service.