

Meet Sizwe Mpungose, Sixty60's Award-Winning Rider and Trainer

How Sixty60's Sizwe Mpungose is Driving Change on South Africa's Roads

- Behind the helmets and delivery bags are hardworking South Africans — men and women building careers, supporting their families, and helping make the roads safer for everyone.

When 29-year-old Sixty60 delivery rider Sizwe Mpungose climbs onto his motorbike each morning, it's with a clear purpose — to deliver safely and set an example for his fellow riders.

Born and raised in Eshowe, KwaZulu-Natal, Sizwe joined the Shoprite Group's on-demand delivery network, [Pingo Delivery](#), as an independent contractor in June 2023.

"I was drawn to the role because I enjoy being on the road and engaging with customers," he says.

"Growing up in a close-knit community taught me the importance of hard work and respecting people from all walks of life. Those lessons continue to guide me in everything I do," he adds.

Recognised by his Contract Manager as a top-performing driver, Sizwe was invited to interview for the [Motorcycle Safety Institute](#) (MSI) instructor programme — an opportunity to share his experience and promote safer riding practices. After completing the instructor course, he began training riders across the province in essential road safety skills.

Today, he balances his roles as a Sixty60 delivery rider and MSI instructor and has already trained nearly 300 riders — helping to build a stronger culture of safety on South Africa's roads.

"I enjoy passing on the knowledge and experience I gain from MSI to new drivers. It's rewarding to know that I'm helping to prepare safer, more responsible riders who will represent the company well on the road."

Safety First, Always

"Safety training isn't just about following the rules," he stresses. "It's about understanding the risks on the road and staying calm under pressure." Sizwe believes that safety training builds awareness, discipline, and responsibility — enabling drivers to protect themselves and other road users.

He focuses on assisting them to stay calm, alert, and disciplined in traffic, building confidence until safe riding becomes second nature. Pingo Delivery has already trained 3,435 riders and aims to reach 7,500 by year-end.

All Pingo Delivery riders undergo comprehensive K53 and annual defensive riding training, supported by ongoing safety awareness programmes. From protective gear and advanced telematics monitoring to upgraded motorbikes and managed maintenance plans, the Shoprite Group continues to invest in the wellbeing of its delivery network.

Sizwe divides his time between training and deliveries — spending three days a week mentoring new riders and the rest fulfilling orders. His dedication recently earned him the Instructor of the Year title at the Pingo Driver Recognition Awards, based on assessments by MSI's Chief Instructor, Hein Jonker, and feedback from those he has mentored.

“Being recognised for my work was an incredible honour,” says Sizwe. “More than anything, it motivated me to keep improving and to continue inspiring others to prioritise safety and professionalism on the road.”

In a short time, Sizwe’s role has evolved beyond deliveries to include training, leadership, and operational support reflecting the range of opportunities Pingo Delivery offers its contractors.

“I see my future as one of continued growth,” he says. “I’m excited to keep developing my skills, taking on new challenges, and setting a positive example for others.”

“I hope my story shows that with hard work and the right attitude, anyone can make a positive impact,” he says.

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