

1340

100003



SWR

10 OCT 2026

NATIONAL POLICE HEADQUARTERS
PRIVATE BAG 305, CARITA

OFFICE OF THE INSPECTOR GENERAL OF POLICE

Ref: C/3/3/VOL.1/36Friday, 9 October 2026

TO : ALL COMPOLS HEADS OF BRANCHES TRAINING
INSTITUTIONS MOBILE DIVISIONS STATIONS
POSTS AND UNITS SWR

FROM : POLGEN AT NYAMBADWE

INFO : DIGs OPS-ADMIN QUARTERPOL PAYPOL

PROMOTION

The Inspector General of Police extends his sincere congratulations to following officers on the occasion of their well-deserved promotions, effective Friday, 9th October 2026;

TO SUB INSPECTOR OF POLICE - GRADE J			
SR. #	SERV. #	RANK	NAME
1	A6254	SGT	HASTINGS MPINDENI
2	A8748	SGT	HENRY SIMBOTA
3	A9156	SGT	RICHMAN MPASO
4	A9677	SGT	FESTON KAIYA
5	A9747	SGT	CHARLES KADAMBO
6	A9968	SGT	JOSEPH BEZA

7	1883	SGT	JENIPHER NAZOMBE
8	2214	SGT	IDAH MKOKO
9	2304	SGT	ENELESI DOVIKO MAFUNGA
10	2323	SGT	GRACE TEMBO
11	B0089	SGT	MABVUTO SICHINGA
12	B1009	SGT	ROCKY MWAMSAMALI
13	B0101	SGT	JOSEPH CHILENJE
14	B0104	SGT	ENOCK KAMWENDO
15	B0294	SGT	CHIKONDI NKHALAMBA
16	B0744	SGT	BACKSTONE KANYENGA
17	B0879	SGT	BENEDICTO DZOMBE
18	B0937	SGT	JACKSON MANDA
19	B0939	SGT	VICTOR MANGWALALA
20	B1019	SGT	SYSON NJIRA
21	B1020	SGT	JOHN MATIKA
22	2402	SGT	BLESSINGS MKANDA
23	2494	SGT	SHAMEN MATEWERE
24	2519	SGT	JANE KAPALAMULA
25	2546	SGT	EMMA CHIBADE
26	2636	SGT	MADALITSO CHIMETO
27	2718	SGT	ALICE MAKANANI
28	2733	SGT	KUSALA MTUNGAMA
29	2797	SGT	COXIMA KANYENDA
30	2850	SGT	TENDAI KALINDE
31	B1033	SGT	JAMES CHINKHWIRI
32	B1283	SGT	HAPPY MAGEZA
33	B1286	SGT	VASCO CHAPANDUKA
34	B1335	SGT	YAMIKANI LIKISHONI
35	B1365	SGT	CHISOMO MBERENGA
36	B1415	SGT	IAN KANYAMA
37	B1605	SGT	DAVID THOBYE

38	B1659	SGT	ANDREW SALISBURY
39	B1686	SGT	MODAI KANTAYENI
40	B1699	SGT	MAPEMPHERO KUNGADE
41	B1727	SGT	GLORY NAKOMA
42	B1803	SGT	EDWARD NDOGA
43	B1851	SGT	THOKOZANI KAMDENDE
44	B1856	SGT	LEXON MZUNGA
45	B1967	SGT	PATRICK SAMSON
46	B2043	SGT	TENNYSON THIPA
47	B2057	SGT	McDONALD NSIYA
48	B2102	SGT	ELSON SIBANDA
49	B2105	SGT	MAXWELL KASAMBWE
50	B2360	SGT	YOHANE BULEYA
51	B2427	SGT	GIFT MANDA
52	B2693	SGT	MICHEAS MAKUMBA
53	B2759	SGT	GRANT MISOMALI
54	B2833	SGT	LAZARUS ZIMBA
55	B2849	SGT	BRIAN MTONGA
56	B2882	SGT	BORNFACE KANA
57	B2943	SGT	INNOCENT MOSES
58	B2976	SGT ^{SWR}	MICHAEL MWENELUPEMBE
59	B3053	SGT	TREVOR SAWERENGERA
60	B3082	SGT	GEORGE MNELEMBA
61	B3189	SGT	KENNEDY CHINANGWA
62	B3251	SGT	ELLIOT MUSSA
63	B3303	SGT	ESTON CHONA
64	B3363	SGT	PRECIOUS MIKEWELL
65	B3364	SGT	VICTOR LUMBE
66	B3430	SGT	GABRIEL MATHANGA
67	B3476	SGT	GRACIOUS NKOMERA
68	B3716	SGT	STEVEN CHAGOMA

69	B3756	SGT	SPRIANO SANDE
70	B3804	SGT	NOEL GONDWE
71	B3880	SGT	GILBERT CHIMALIZENI
72	B4000	SGT	HENDRIX CHISOMA
73	B4179	SGT	MAXWELL SIMBOTA
74	B4199	SGT	JAMES MUTUPA
75	B4212	SGT	LEVIE MKWANDA
76	B4268	SGT	EMANUEL CHIKOMBOLE
77	B4314	SGT	GRACIOUS MCHACHA
78	B4334	SGT	FANUEL CHINGONI
79	B4377	SGT	LYSON MUGHOGHO
80	B4381	SGT	KONDWANI TEWESA
81	B4389	SGT	AUBREY BELUWA
82	B4434	SGT.	MAILOSİ GANDİWE
83	B4464	SGT	LOVEMORE MWAWA
84	B4620	SGT	CHIFUNDO MANGWAYA
85	B4623	SGT	KELVIN MVULA
86	B4727	SGT	HASTINGS KAWANDAMA
87	B4816	SGT	SOSTEN SIMBOTA
88	B4931	SGT	DANIEL NAMULU
89	B4948	SGT	JOHN ESAU BANDA
90	B4955	SGT	HENDERIX LINYAMA
91	B5005	SGT	ALFRED CHAMBAKATA
92	B5080	SGT	CHIFUNİLO CHILOTO
93	B5083	SGT	LEKANI MUNTHALI
94	3002	SGT	CATHERINE MULIMA
95	3117	SGT	ALEXINA JERE
96	3224	SGT	CHARITY MULINGO
97	3280	SGT	LINLY MKOMERA
98	3299	SGT	WEZZIE ZAMADULA
99	3359	SGT	CHARITY KAPANDA

100	3405	SGT	FAITH BWANALI
101	3435	SGT	CHIMWEMWE MKWAMBA
102	3455	SGT	JOYCE MAKWERA
103	3458	SGT	CHRISTINA NYONDO
104	3483	SGT	HAPPINESS GANDALI
105	3488	SGT	ANITA SAIDINI
106	3492	SGT	CATHERINE KACHINGWE
107	3508	SGT	MADALO GADAGA NYIRONO
108	3509	SGT	CHARITY KAMANGA
109	3545	SGT	SUSAN NJOLOMOLE
110	3663	SGT	ESTHER CHISUSE
111	3711	SGT	NALLAH NKHATA
112	3780	SGT	BRIDGET MHANGO
113	3785	SGT	MERVIS CHITONGONO
114	3790	SGT	RITTA CHAKHAZA
115	3820	SGT	LETINA CHAKWANIRA
116	3882	SGT ^{SWR}	LILIAN CHULU PHIRI
117	3894	SGT	RABECCA KASHOTI
118	3906	SGT	BEATRICE MHONE
119	3909	SGT	TRACY KANYUMBU
120	3913	SGT	CATHERINE TSOKABANDA
121	3920	SGT	MULUMWA CHIMTENGO
122	3931	SGT	JACQUERINE MASEYA
123	3977	SGT	CAROLINE SPORTS
124	3983	SGT	ANNA K. NKHOMA
125	3988	SGT	HENDRINA K. KUMATENGO
126	4007	SGT	RUTH KUSENI
127	4024	SGT	CHISOMO KANTAMBE
128	4068	SGT	MAUREEN NANKHUNI
129	4202	SGT	GRACE SEMU
130	4207	SGT	MWAI MBEWE

131	4230	SGT	MARTHA MTHEULE
132	4254	SGT	ALICIA DISI
133	4266	SGT	SUNGANANI CHAMBAKATA
134	4304	SGT	DALITSO FOREMAN
135	4339	SGT	GLADYS MZAMA
136	4426	SGT	EUNICE CHIKAFUMBWA
137	4438	SGT	VIOLET MVULA
138	4451	SGT	MAGGIE NKHWAZI
139	4452	SGT	ELITA CHIULEMU
140	B5175	SGT	STEVEN MAKOLOKOSA
141	B5232	SGT	GIFT MWAMULIMA
142	B5309	SGT	NELSON KALITSIRO
143	B5408	SGT	DENNIS JIMU
144	B5418	SGT	JIMMY KAPANJA
145	B5462	SGT	AMON CHAVULA
146	B5527	SGT	MAXWELL PAUL JAILOS
147	B5557	SGT	EMMANUEL MAONGA
148	B5579	SGT	CHAKWAWA BANDA
149	B5650	SGT	NGILAZI SANDE
150	B5748	SGT	MATHEWS NKHOMA
151	B5766	SGT	CHRISTOPHER NDHLOVU
152	B5771	SGT	HAMBANI ZUNDA
153	B5795	SGT.	MHLACHANA JERE
154	B5822	SGT	EVANCE YUSUF
155	B5887	SGT	MICHAEL ELIYA
156	B5955	SGT SWR	ADAM KAPANDE
157	B6022	SGT	AMIN MAULIDI
158	B6065	SGT	LUWIS MAKARI
159	B6183	SGT	MOSES MACDONALD
160	B6184	SGT	CHRISTIAN BOTTI
161	B6185	SGT	ENOCK MASONA

162	B6191	SGT	MPHATSO AMIDU
163	B6197	SGT	VINCENT MWAUNGULU
164	B6235	SGT	DANIEL GROSS
165	B6310	SGT	BLESSINGS CHIMUTU
166	B6428	SGT	VINCENT MLOLO
167	B6436	SGT	BENARD LIKWIYA
168	B6443	SGT	PETER SULANI
169	B6471	SGT	RIGHTEOUS GAMA
170	B6480	SGT	SHADRECK MPHAMBO
171	B6491	SGT	KONDWANI C. BANDA
172	B6568	SGT	GERALD TUNG'ANDE
173	B6594	SGT	YAMIKANI GILIMONI
174	B6663	SGT	ENOCK CHINTHENDA
175	B6681	SGT	INNOCENT KAPYEPYE
176	B6756	SGT	JOMMY GAUSI
177	B7223	SGT	CHIFUNDO MOLLEN
178	B7333	SGT	GOMEZGAN MSOWOYA
179	B7517	SGT	VICTOR NYANGULU
180	B8228	SGT	HENDRIX KAPALAMULA
181	B8304	SGT	AARON CHAOPA
182	5778	SGT	ALEPHA KACHINGWE
183	5797	SGT	BRENDA KADAMMANJA
184	5808	SGT	FATSILENI ASAMU
185	5836	SGT	LONELY CHIPAO
186	5837	SGT	CYNTHIA KAPONDA MUWANGA
187	5892	SGT	BEATRICE CHISAMBO
188	5908	SGT	CALISTER CHILALIRE
189	5909	SGT	HANALIET CHITHYOLA
190	5917	SGT	LINLY CHALERA
191	5965	SGT	HANNAH CHIKHAWO
192	5988	SGT	CHIMWEMWE KAGWAM'MINGA

193	6065	SGT	CHIFUNDO NEDI
194	6066	SGT	ANGELLA MISHECK
195	6078	SGT	DEVORTER MITHI
196	6131	SGT	ELESTINA NKHOMA
197	6170	SGT	EMEL MWAKABANGA
198	6183	SGT	APATSA NAMWERA
199	6203	SGT	ZAINAB PASELI
200	6263	SGT	BLESSINGS SANGAMBE
201	6297	SGT	MONICA KAYERE
202	6299	SGT	MONALISA MBEWE
203	6304	SGT	TOWERA BANDA
204	6306	SGT	THOKOZANI MWALE
205	6310	SGT	MARIAN MACHEKA
206	6314	SGT	TRACY CHIKAFI
207	6324	SGT	MIRRIAM MWALILINO
208	6331	SGT	AUDREY CHALEMERA
209	6332	SGT	THOKOZANI NG'ONA
210	6336	SGT	JOSOPHINE PHIRI
211	6338	SGT	CHIMWEMWE NJOMBWA
212	6346	SGT	LOMDAKA MAKAMO
213	6351	SGT	SHIDA GONDWE
214	6362	SGT	PEACE SAMBALE
215	6536	SGT	ZITA DENGULE
216	6623	SGT	TITHA CHAHEKA
217	6648	SGT	SHALLOM MENGEZI
218	6650	SGT	TAONA MTETE
219	6651	SGT	JUDITH MSUSA
220	6652	SGT	MARIA CHIKHWAYA
221	6656	SGT	YVETTE KAPETA
222	6667	SGT	PAULINE CHIDAKWA
223	6679	SGT	PATRICIA GONDWE

224	6711	SGT	JUNAI DAT KI WALA
225	6716	SGT	LEAH PHIRI
226	6925	SGT	ANNIE KALIMA BANDA
227	6927	SGT	FLORENCE MTHEPHEYA
228	6930	SGT	LOSSEY NGWAYA
229	6937	SGT	RACHAEL TEMBO
230	6943	SGT	PEMPHERO NKHALAMBA
231	6951	SGT	VALENTINA PHIRI
232	6959	SGT	RABECCA NGOZO
233	6964	SGT	MARY NYASULU
234	B8521	SGT	EMMANUEL PAIPALERO
235	B8545	SGT	CHRISS KATCHIRE
236	B8592	SGT	IMRAN LUWEMBA
237	B8594	SGT	INNOCENT SEKERANI
238	B8615	SGT	STEVEN NYIRONGO
239	B8639	SGT	JOBIDON TEMBO
240	B8640	SGT	KENTARO KADAMBO
241	B8663	SGT	ARCHANGEL BANDA
242	B8664	SGT	AGREEMENT PIUS MPHANDE
243	B8687	SGT	FRANK MITUKA
244	B8696	SGT	CHIMWEMWE JACKSON BANDA
245	B8708	SGT	CHIFUNDO BANDA
246	B8714	SGT	CHIKONDI KHUMBANYIWA
247	B8717	SGT	NOAH SITIMA PAUL
248	B8760	SGT	DEMOBRAY KHOLOMANA
249	B8775	SGT	JOHN KAMTOKOMA
250	B8796	SGT	BRANDON MWALE
251	B8797	SGT	ESTON KASONDA
252	B8820	SGT	FREDRICK MANDA
253	B8840	SGT	BLESSINGS MATOLA
254	B8861	SGT	FRANKIE MKANDAWIRE

255	B8863	SGT	DUNCAN MALATA
256	B8883	SGT	DUMISANI KAPHALA
257	B8885	SGT	BLESSINGS MAKWAKWA
258	B8907	SGT	FESTUS KAPALAMULA
259	B8911	SGT	GRACIAN MAKUTUMULA
260	B8930	SGT	CHANCY MAMBALA
261	B8953	SGT	ACKLEO GAYA
262	B8955	SGT	EDWARD MUNTHALI
263	B9000	SGT	BLESSINGS KALITSIRO
264	B9023	SGT	AUSTINE IMULANI
265	B9025	SGT	HASTINGS KADOH
266	B9049	SGT	IMRAN DEZIO SWR
267	B9072	SGT	DALITSO KAMTEPA
268	B9076	SGT	JOEL MUNTHALI
269	B9094	SGT	CHISOMO MSOMALI
270	B9120	SGT	JUSTICE KANDEYA
271	B9122	SGT	JUSTICE CHIKONDI
272	B9141	SGT	CALVIN MASALA
273	B9145	SGT	CHIFUNDO MACHONGO
274	B9168	SGT	EDWARD DADEYO
275	B9214	SGT	GIFT BLAIR
276	B9244	SGT	BWABUKE NYONDO
277	B9264	SGT	BLESSINGS CHAM'BWINJA
278	B9267	SGT	AMOS BANDA
279	B9291	SGT	DUNCAN CHIKUMBA
280	B9318	SGT	CHIKONDI ZIMBA
281	B9322	SGT	JOHN SAMUTI
282	B9342	SGT	AUBREY KATSABOLA
283	B9345	SGT	ALEX NTHYOLAMWENDO
284	B9352	SGT	DENNIS ZIMBA
285	B9371	SGT	AMOS GALETA

286	B9373	SGT	MADALITSO MAGOMBO
287	B9374	SGT	KONDWAN NJUZI
288	B9376	SGT	PRECIOUS PHIRI
289	B9377	SGT	PHILLIP SAYAMIKA
290	B9378	SGT	MCFORD SANKHULANI
291	B9380	SGT	NEDSON MAJIKA
292	B9381	SGT	THANDIZO KAMWETU
293	B9383	SGT	YUSUFU KAMZANGAZA
294	B9388	SGT	JOSEPHY MBINGWA
295	B9390	SGT	HUBERT MWANGOKA
296	B9401	SGT	OLIVER SOKO
297	B9402	SGT	RICHMOND MANDA
298	B9406	SGT	ENERST MWENYEMASI
299	B9417	SGT	JOSEPH TOLANI
300	B9421	SGT	BENJAMIN MWAIPAPE
301	B9423	SGT	LEMISON KAMPIRA NSONA
302	B9424	SGT	POFERA ZIMBA
303	B9429	SGT	WILMOTE ANDERSON
304	B9437	SGT	MAULIDI SEENGWA
305	B9448	SGT	MATHERO CHIMPENI
306	B9454	SGT	PHILIP PENSULO
307	B9485	SGT	JOHN CHIMBWETE
308	B9521	SGT	JOSEPH LONGWE
309	B9536	SGT	KETTIE MKANDAWIRE
310	B9574	SGT	PRECIOUS MSOSA
311	B9583	SGT	NOBERT NDOVI
312	B9878	SGT	KHEMBO KHEMBO
313	B9882	SGT	LEVISON MKUMBADZALA
314	B9890	SGT	ULEMU LLOYD
315	B9897	SGT	TREVOUR JAMU
316	B9906	SGT	LEONARD POYA

317	B9909	SGT	LUMBANI GONDWE
318	B9914	SGT	PROMISE BLACK
319	B9915	SGT	FATSANI DZOMBE
320	B9920	SGT	EDWARD JAIMON
321	B9923	SGT	FELIX MPHANGA
322	B9926	SGT	VIVID KALIATI
323	B9933	SGT	BLESSINGS BANDA CHATAPA
324	B9943	SGT	LAMECK CHEKE
325	B9944	SGT	NORMAN KANYIMBO
326	B9948	SGT	DONALD MLENGA
327	B9990	SGT	GRANT MACHESO
328	C0010	SGT	SYMPATHY DZIWE
329	C0203	SGT	RODRICK M'BWANA
330	C0283	SGT	YANKHO CHIMPESA
331	C0288	SGT	LEMON ALIFINALI
332	C0289	SGT	OWEN MPHANDAUYO
333	C0291	SGT	SUNDAY ROBERT MAGWERO
334	C0292	SGT	MACDONALD MALANGA
335	C0301	SGT	KINGSLEY CHAGWERA
336	C0303	SGT	KHUMBO MTOSA
337	C0312	SGT	CHAZAMA MILIKENI
338	C0314	SGT	ROBERT CHIWALA
339	C0318	SGT	ROYCE MWENECHO ZIBA
340	C0319	SGT	NELSON KAMUONA
341	C0325	SGT	YAMIKANI PHIRI DAUSI
342	C0391	SGT	JOACHIM KAPALAMULA
343	C0417	SGT	CHIKONDI TEMBENU
344	C0465	SGT	STANLEY BAKALI

TO SERGEANT OF POLICE - GRADE K

SR. #	SERV. #	RANK	NAME
1	2260	CONST	JOICE MALATA
2	4571	CONST	ELUBY MATEMBA
3	4580	CONST	SHAIDA BANDA
4	4701	CONST	ANGELLA NYONGANI
5	4946	CONST	ROSE FUSANI MVIZA
6	5313	CONST	CHARITY KADEWERE
7	5366	CONST	GRACE MPONDA
8	5403	CONST	ALICE CHAVULA
9	5472	CONST	GRACE MWAFULIRWA
10	5498	CONST	CYNTHIA MAGANGA
11	5503	CONST	MARY MAYA
12	5546	CONST	NDUZANI PAUL
13	5563	CONST	PATRICIA KANDULO
14	5574	CONST	LOVENESS SUWEDI
15	5674	CONST	MELISA NSIPIWA
16	5684	CONST	BETSY FORTY PHIRI
17	5692	CONST	ANASTACIA ZIMBA
18	5720	CONST	PRAISE NDONANI
19	5723	CONST	BERTHA SPIRE
20	5739	CONST	JOYCE GONYA
21	5803	CONST	FATEEMA AJIDAH
22	5831	CONST	GRACE LINJE
23	5850	CONST	RHODA GERALD
24	5855	CONST	GLORY KAYIRA
25	5865	CONST	ESNART KAMWA
26	5923	CONST	HAWA JUMA
27	5978	CONST	TIONGE MCHAMBO

28	6030	CONST	MEDESS KAMANO
29	6038	CONST	ESHUPERANSA MTENGULA
30	6091	CONST	HAPPINESS MWANAKWIZA
31	6105	CONST	ELLEN KHUYEMO
32	6126	CONST	DOREEN MWALE
33	6154	CONST	FANNY NDAWALA
34	6223	CONST	DEBORAH KASONYA
35	6286	CONST	LOVENESS KAMSULULU
36	6450	CONST	KHUMBO BANDA
37	6453	CONST	JOYCE CHIBWEYA
38	6499	CONST	VANESSA MNYENYEMBE
39	6553	CONST	MARVIUS MANDOWA
40	6572	CONST	NEESBERT OMAR
41	6673	CONST	FAITH KAIRA
42	6755	CONST	AGNESS MHANGO
43	6843	CONST	LINES CHINGAIPE
44	6857	CONST	TRYNESS JUZIWELO
45	6885	CONST	EVELYN MALI
46	6948	CONST	SHARON MUSSAH
47	6993	CONST	ANNE CHANIKA
48	7009	CONST	VICTORIA MANDERE
49	B0952	CONST	VOCTOR CHAWINGA
50	B4031	CONST	FRAZER KAUNGA
51	B4113	CONST	FRANCIS CHIMVULA
52	B4190	CONST	HARRISON MKAZINGWA
53	B6940	CONST	MARION KAMBIZI
54	B6976	CONST	ISSAIH MLONGWE
55	B7389	CONST	JOSEPH CHIWAMBO
56	B7646	CONST.	JAFALI ELON
57	B7781	CONST	EPHRAIM BANDA
58	B7846	CONST	ANTHONY PHELEKENA

59	B7860	CONST	BLESSINGS CHULU
60	B7903	CONST	ONNEX CHIMPENI
61	B7999	CONST	RODWELL MATEKWE
62	B8005	CONST	LUCIANO PHIRI
63	B8170	CONST	WILLY KUMANDA
64	B8236	CONST	DAN MPINGANJIRA
65	B8244	CONST	WILSON MKANDAWIRE
66	B8314	CONST	PETER KUMWENDA
67	B8334	CONST	SHAIBU JANGIYA
68	B8428	CONST.	BILLY C. KACHERE
69	B8443	CONST	ALEX KHULUMULA
70	B8479	CONST	ISAAC SIMBWEJE
71	B8483	CONST	BRIAN MSOLA
72	B8488	CONST	MORRIS PHIRI
73	B8506	CONST	GERMAN CHIMPHAMBA
74	B8560	CONST	HOPESON MKANDAWIRE
75	B8689	CONST	FYSON SANDE
76	B8720	CONST	ALINAFE NKHONJERA
77	B8725	CONST	BRIGHT CHINGUWO
78	B8735	CONST	DICKSON PHIRI
79	B8818	CONST	FRANCIS MBEYA
80	B8864	CONST	CHIGOMEZGO MCHENGA
81	B8870	CONST	HOPE MISOMALI
82	B8881	CONST	JOHN MASULANI
83	B8892	CONST	ABDUL MUSSA
84	B8896	CONST	JIMMY MAKWANGWALA
85	B9033	CONST	CHANCY DULLAR
86	B9132	CONST	BLESSINGS DUMUKA
87	B9180	CONST	INNOCENT DAMSON
88	B9268	CONST	FREZA HUWA
89	B9366	CONST	VINCENT BANDA

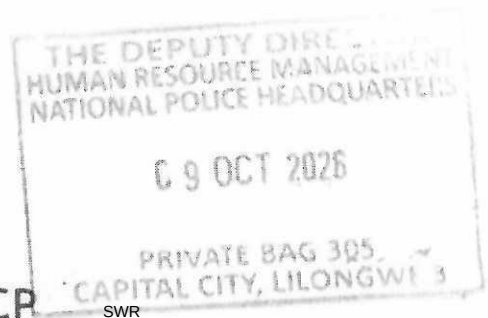
90	B9480	CONST	PRESCORTT MKAOMBE
91	B9486	CONST	YAMIKANI HARJI
92	B9820	CONST	ELLIOT CHIKWANJE
93	C0410	CONST	RALPH MKINGA

Congratulations.



Lael CHIMTEMBO, ACP

DEPUTY DIRECTOR OF HUMAN RESOURCE MANAGEMENT
FOR/THE INSPECTOR GENERAL OF POLICE



SWR