



# ZULULAND MULTI SPORT CLUB

Established 1997

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Bearing Man Group and Nashua Zululand, Proud Sponsor of the ZMSC



Affiliated to:

Triathlon South Africa, KwaZulu Natal Cycling, KwaZulu Natal Athletics, KwaZulu Natal Canoe Union and KwaZulu Natal Swimming

## NEWSLETTER 1 of 2017

ANNOUNCEMENTS	RUNNING & WALKING	CYCLING
 <p>Nashua Zululand has come on board as a new sponsor. The sponsorship has been signed for 3 years. Thank you to Shane Webster and your team for the support!</p>	<ul style="list-style-type: none"> <li>Well done to all our runners and walkers who did the Tronox event the past weekend. Unfortunately the results are not available yet.</li> <li>There will be NO long run from the ZMSC this Saturday; however you are welcome to join RBAC starting at 04:30 from Essenwood Spar. They will be doing a 25km &amp; 15km.</li> </ul>	<p><b>Rotary Club of Empangeni MTB Race</b></p> <p><b>Date:</b> 9 April 2017  <b>Time:</b> 30km @ 08:00  10km @ 08:15  <b>Venue:</b> Addison Park Empangeni  <b>Contact:</b> Glynn Harboth  082 574 4155</p> <p>Flyer available on the ZMSC Website</p>
CANOEING & SURF SKI	TRIATHLON & DUATHLON	KITCHEN & BAR
<ul style="list-style-type: none"> <li>Paddling Time Trials Takes place every Tuesday at 17:15.</li> <li>Novices welcome.</li> <li>For more info you contact Mike @ 082 923 5347</li> </ul>	<ul style="list-style-type: none"> <li>We are planning a Triathlon Series as well as an Open Water Swim for the last quarter of the year. Please keep an eye out on the newsletter for info.</li> <li>Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info.</li> </ul>	<p>Kitchen will be open:</p> <ul style="list-style-type: none"> <li>Wednesday from 16:00</li> <li>Saturday from 08:00 - 10:00.</li> <li>For more info contact: Zelda @ 083 417 1405</li> </ul> <p><b>Bar Hours:</b>  Weds: 15:00 – 21:00  Fri: 13:00 – 22:00  Sat: 10:00 – 22:00  Sun: 10:00 – 18:00  Public Hols: 10:00 – 18:00</p>

Photos and event flyers are available or <http://zmsc.co.za>

## TIME TRIAL RESULTS

2.5 km Run		2.5 km Walk		5 km Run	
00:12:10	Topham, Kian	00:29:44	Visser, Elize	00:22:32	Henry, Sean
00:12:50	Sparks, Jessica	00:29:46	Visser, Charlene	00:23:16	Sparks, Craig
00:13:36	Jiyane, Nolwazi	00:35:51	Gresse, Ansie	00:23:28	Cloete, Johan
00:14:41	Sparks, Rebecca	00:35:55	Gresse, Marius	00:23:47	Hodsdon, Andrew
00:15:25	Redinger, Nicky			00:23:50	Topham, Gavin
00:15:33	Rademeyer, Hilgard	8.5km Run		00:23:57	Mattioda, Matteo
00:16:25	Sparks, Kate	0:43:51	Venter, Andre	00:24:04	Jiyane, Shakes
00:17:22	Walden, Eve	0:43:51	Pretorius, Sarie	00:26:45	Willemse, Leon
00:17:27	Stewart, Ayrton			00:27:06	Redinger, Heino
00:18:07	Buthlezi, Kalani			00:27:27	Van Wyk, Tony
00:19:41	Mattison, Stacey			00:27:36	Marais, Dylan
00:19:54	Hodsdon, Amy			00:27:44	crafford, evert
00:20:01	O'Connor, Andrea			00:28:53	Mattison, Greg
00:20:05	Pretorius, Xanre			00:29:13	Redinger, Sven
00:20:06	Pretorius, Gert			00:29:51	Loretz, Ian
00:20:15	Topham, Shanine			00:30:51	Joubert, Brenton
00:20:28	Cloete, Sonja			00:30:57	Castle, Brad
00:21:26	Walden, Luke			00:30:58	Tucker, Shaun
00:21:41	Walden, Andrew			00:31:56	Hodsdon, Julie
00:23:22	Joubert, Nicole			00:31:58	Walden, Tanya
00:25:33	Stewart, David			00:32:12	Mattioda, Leo
00:27:52	Pretorius, Zein			00:36:00	Bekker, Tanya