



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 12 of 2017

| ANNOUNCEMENTS & Admin | RUNNING & WALKING | CYCLING |
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| <ul style="list-style-type: none"> • If you have not managed to pay yet, PLEASE can you do so ASAP, R160 per rack. | <ul style="list-style-type: none"> • Club runs will start on the 24th of June (TRAIL), something different and also exactly 5 weeks to Ngoje and 6 weeks to the Zini Bush run. Make sure you join us from next week Saturday!! • We are planning a bring and braai the night before Ngoje for everyone that is camping at the venue, so if you enter, make sure you book your campsite too! | <ul style="list-style-type: none"> • iSimangaliso 4 Day MTB will take place on 17 – 20 Aug. Contact the office for the SPECIAL Club MEMBER discount. |
| CANOEING & SURF SKI | TRIATHLON & DUATHLON | KITCHEN & BAR |
| <ul style="list-style-type: none"> • Paddling Time Trials Takes place every Tuesday at 17:15. • Novices welcome. • For more info you contact Mike @ 082 923 5347 <p>This weekend: We will start on the canoe racks, unfortunately there is still LOTS of R160's outstanding, so we will start on the roof and then slowly start putting boats THAT HAS PAID THE R160's back in their racks.</p> | <ul style="list-style-type: none"> • Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info. • Dates for the Triathlon Series and Open Water swim are: (Info on our website) <ul style="list-style-type: none"> • 8 October • 5 November • 26 November • 25 November (OPEN WATER SWIM) | <ul style="list-style-type: none"> • Kitchen are open on a Wednesday from 16:00 and Saturday from 08:00 - 10:00 <p><u>Bar Hours for LONG WEEKEND:</u> Fri: 10:00 – 18:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00</p> |

Photos and event flyers are available on the website <http://zmsc.co.za/>

