



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 13 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none">• The office will be CLOSED on Friday, 23 June and Monday, 26 June.• If you have NOT paid for your rack, your boat will just be replaced without the protective pool noodles etc into the racks.• NEW Rack number stickers available from the office from TUESDAY, 27 June 2017. Please ensure you collect them.• There will be a wedding at the ZMSC on Saturday afternoon, we would really appreciate it if the parents can help us to keep the bathrooms clean PLEASE.	<ul style="list-style-type: none">• Trail run on Saturday @ 7:00am from the ZMSC. MAX distance will be 12km, slow and easy.• If you would like to be added to the ZMSC running whatsapp group, please whatsapp Andre @ 083 417 1510 or email Igna @ zmsc@telkomsa.net	<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	<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>Bar Hours</p> <p>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/>

