



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 14 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none">• 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 for collection during office hours. Please ensure you collect them.	<ul style="list-style-type: none">• Trail run on Saturday @ 6:15am from the ZMSC. 15km and 7.5km• 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• Ngoje Trail Run on 29 July• Zini Bush Run on 6 Aug	<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.• If anyone is keen for a 20km MTB ride on Sunday mornings, please contact the office for more info.
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)• 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/>

