



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 15 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none">• 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 @ 6:00am 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• CMIYC (Catch Me If You Can) Ladies ONLY running group meet the club every Monday and Thursday afternoon @ 17:00. All fitness levels welcome to join!	<ul style="list-style-type: none">• 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 is open on a Wednesday from 16:00 and Saturday from 08:00 - 10:00 <p>Bar Hours</p> <p>Weds: 16:00 – 21:00 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/>

