



# ZULULAND MULTI SPORT CLUB

Established 1997

Tel nr: 035 7533974 Fax: 0865940240

Email: [zmsc@telkomsa.net](mailto:zmsc@telkomsa.net)

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 17 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none"><li>If anyone is looking for a <b>2018 Sani Entry</b>, please contact Jean Schoonhoven @ <a href="mailto:jean@schoonies.co.za">jean@schoonies.co.za</a> <b>PLEASE NOTE</b> this is for 2018 ONLY, Jean will be riding again in 2019.</li></ul>	<ul style="list-style-type: none"><li>Trail run on Saturday @ 6:00am from the ZMSC.</li><li>If you would like to be added to the ZMSC running whatsapp group, please whatsapp Andre @ 083 417 1510 or email Igna @ <a href="mailto:zmsc@telkomsa.net">zmsc@telkomsa.net</a></li><li>Ngoje Trail Run on 29 July</li><li>Zini Bush Run on 6 Aug</li><li><b>CMIYC (Catch Me If You Can)</b> Ladies ONLY running group meet the club every Monday and Thursday afternoon @ 17:00. All fitness levels welcome to join!</li></ul>	<ul style="list-style-type: none"><li>Casual MTB Ride on Sunday @ 08:00. 25kms. Please EMAIL the office if you are interested.</li><li>Well done to everyone who rode the Kwambo Big 5 on the weekend. Link for results below: <a href="https://www.big5mtb.co.za/images/stories/results/2017/results-2017-kwambonambi.pdf">https://www.big5mtb.co.za/images/stories/results/2017/results-2017-kwambonambi.pdf</a></li></ul>
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>Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info.</li><li><b>Dates for the Triathlon Series and Open Water swim are: (Info on our website)</b></li><li>8 October</li><li>5 November</li><li>26 November</li><li>25 November (OPEN WATER SWIM)</li></ul>	<ul style="list-style-type: none"><li>Kitchen is open on a Wednesday from 16:00 and Saturday from 08:00 - 10:00</li></ul> <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/>

