



# ZULULAND MULTI SPORT CLUB

Established 1997

Tel nr: 035 7533974 Fax: 0865940240

Email: 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 2 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<p>The AGM and Prize Giving will take place on Wednesday 26 April 2017 at 18:30. We do hope that you will all be able to attend.</p> <p><b>Office Hours:</b>            Mon: 09:00 – 13:00            Tues: 09:00 – 13:00            Weds: 14:00 – 18:30            (Time trial from 17:00 – 18:30)            Thurs: 09:00 – 13:00            Fri: 09:00 – 12:00</p>	<ul style="list-style-type: none"> <li>• There will be a SLOW 15km (6:00min p/km pace) from the club on Saturday at 05:00am with Igna</li> <li>• Good luck to the ZMSC Runners that will be doing the Durban City Marathon on Sunday!</li> </ul>	<p><b>Rotary Club of Empangeni MTB Race</b>  <b>Date:</b> 9 April 2017  <b>Time:</b> 30km @ 08:00 &amp; 10km @ 08:15  <b>Venue:</b> Addison Park Empangeni  <b>Contact:</b> Glynn Harboth            082 574 4155            Flyer available on the ZMSC Website</p>
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>	<p>Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info.</p>	<p>Kitchen will be open:</p> <ul style="list-style-type: none"> <li>• Wednesday from 16:00</li> <li>• Saturday from 08:00 - 10:00.</li> <li>• For more info contact: Zelda @ 083 417 1405</li> <li>• <b>Kitchen will be CLOSED on 15 April 2017</b></li> </ul> <p><b>Bar Hours:</b>            Weds: 15:00 – 21:00            Fri: 13:00 – 22:00            Sat: 10:00 – 22:00            Sun: 10:00 – 18:00            Public Hols: 10:00 – 18:00</p>

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

## TIME TRIAL RESULTS

2.5 km Run		2.5 km Walk Continue		5 km Run Continue	
00:13:22	Topham, Kian	00:26:47	Schoonhoven, Anita	00:27:34	Redinger, Heino
00:15:58	Redinger, Nicky	00:26:50	Schoonhoven, Jean	00:28:29	Van Wyk, Tony
00:17:52	Topham, Joshua	00:27:11	Bland, Annelize	00:28:31	Venter, Andre
00:19:14	Hodsdon, Amy	00:27:12	Beukes, Alicia	00:28:49	Witthoft, Ingrid
00:19:16	Hodsdon, Sarah	00:30:01	De Vries, Anza	00:29:29	Stewart, David
00:19:33	Mattison, Sharon	00:30:07	Nel, Elsie	00:29:37	Mattison, Greg
00:20:30	Jordaan, Meredith	00:32:26	Stewart, Carol	00:29:54	Tucker, Shaun
00:20:36	Hodsdon, Kate	00:33:24	Stewart, Dave	00:29:56	Castle, Brad
00:20:40	Hodsdon, Jess	5 km Run		00:29:58	Loretz, Ian
00:20:57	Walden, Luke	00:22:25	Mattioda, Marco	00:30:04	Gerber, Chantelle
00:21:11	Hodsdon, Ryan	00:23:39	Jiyane, Shakes	00:30:14	Shobede, Sho
00:21:13	Walden, Andrew	00:23:42	Brown, Craig	00:30:21	Davis, Yolanda
00:21:14	Topham, Shanine	00:23:44	Hodsdon, Andrew	00:30:44	Redinger, Sven
00:22:08	Walden, Eve	00:23:51	Jiyane, Nolwazi	00:31:21	Joubert, Brenton
00:22:10	Stewart, Ayrton	00:23:55	Cloete, Johan	00:32:18	Van der Linde, Melanie
00:23:09	Venter, Courtney	00:24:06	Topham, Gavin	00:33:27	Joubert, Nicole
00:23:14	Venter, Sian	00:24:50	Engelbrecht, Hugo	00:34:04	Engelbrecht, Roline
2.5 km Walk		00:25:28	Willemse, Leon	00:34:06	Walden, Tanya
00:20:23	Muller, Zetha	00:25:44	Pretorius, Sarie	00:34:10	Hodsdon, Julie
00:25:42	seiler, Valerie	00:26:54	Mundy, Wayne	00:36:39	Mattioda, Leo
00:25:46	Seiler, Rob	00:26:57	Hodgson, Ethan	00:42:10	crafford, evert
00:25:49	Stewart, Bronwyn	00:26:59	Marais, Dylan	10 km MTB	
00:26:03	Schutte, Alani	00:27:05	Holtzhausen, Hillegard	00:27:41	Bohm, Chris
00:26:07	Mienie, Marietjie	00:27:15	Mienie, Christo	00:27:44	Davis, Scot