



# 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 20 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none"> <li>• <b>Dates for our MTB and Trail Run Series are (entry form on website)</b></li> <li>• Dates are:               <ul style="list-style-type: none"> <li>• 10 Sep</li> <li>• 15 October</li> <li>• 12 Nov</li> </ul> </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>• There will be <b>NO RUN this Saturday</b>. Please support the Grantleigh Trail Run!</li> <li>• 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</li> <li>• <b>Grantleigh Trail Run on 12 Aug</b></li> <li>• 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!</li> </ul>	<ul style="list-style-type: none"> <li>• There will be a CASUAL MTB ride this Sunday @ 08:00am. Should you be interested, please <b>email the office</b>. <b>Bad wind or rain automatically CANCELS the ride.</b></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/>

