



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 21 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none"> • Dates for our MTB and Trail Run Series are (entry form on website) • Dates are: <ul style="list-style-type: none"> • 10 Sep • 15 October • 12 Nov • 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"> • There will be NO RUN this Saturday. Please support the Shaka Fest at the kayak club! 10km Trail Run. • GOOD LUCK to everyone doing the Mandela 10km, 21km or 42km this weekend!! • 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 • 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"> • There will be NO CASUAL MTB ride this Sunday.
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/>

