



ZULULAND MULTI SPORT CLUB

Established 1997

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Bearing Man Group and Nashua Zululand, Proud Sponsor of the ZMSC



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ZULULAND

Affiliated to:

Triathlon South Africa, KwaZulu Natal Cycling, KwaZulu Natal Athletics, KwaZulu Natal Canoe Union and KwaZulu Natal Swimming

NEWSLETTER 22 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none">• Our 2nd event of the MTB and Trail series will take place on Sunday. We are also helping Mgezeni AC with the King Cetshwayo Marathon and Half Marathon that will start and finish at the club.• We REALLY need a few hands on Sunday pls, if ANYONE is willing to help us (men to help on route etc and ladies to help at registration) Please let Casper or Igna know asap.	<ul style="list-style-type: none">• There will no run from the club this Saturday. Please come and support the 2nd race of the Trail series on Sunday.• 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">• Please come and support the 2nd race of the MTB series on Sunday. Entries will be open from 06:00 - 08:00
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	<p>We had an awesome first race for our Tri Series, was great to see so many kiddies here! We hope that we will see even more kids and parents at the next event.</p>	<ul style="list-style-type: none">• Kitchen is open on a Wednesday from 16:00 and Saturday from 07:00 - 10:00 <p>Bar Hours Weds: 16:00 – 21:00 Fri: 14:00 – 22:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00</p>

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

