



ZULULAND MULTI SPORT CLUB

Established 1997

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



ZULULAND

Affiliated to:

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

NEWSLETTER 24 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none"> • Please note that we are still waiting for the insurance, for now, we are only available via email, please spread the word • We have ONE campsite available for December due to a cancellation, will know by the end of today if the second one that we had, have been taken. Please contact the office if you know of anyone that might still be looking for a site. 	<ul style="list-style-type: none"> • There will a 15km and a 25km road run from the club this Saturday @ 05:00am. Remember your water bottles. • 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! • Tonevale Trail Run, 10 and 16km, will take place on Sunday 19 Nov. Details available on the website and Facebook page. 	<ul style="list-style-type: none"> • Casual MTB Ride, Sunday at 07:00am, 25kms. PLEASE LET US KNOW if you via email if you are want to join.
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 • Synergy Surf Ski FOR SALE, R3500, Contact Riaan Swart for photos or more info @ 081 035 0177 	<ul style="list-style-type: none"> • Remember the 2nd Off Road Triathlon will be on Sunday, 5 November. Get a team together or challenge your friends, it is a lot of fun, ADULTS welcome too!! More info on Facebook and our website! • Thank you again to our sponsors, World Wide Travel (Nicola Stone) and Chubb (Andrew Walden) • Entries for the Open Water Swim are now open too!! 	<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: 15:00 – 21:00 (see time change) Sat: 10:00 – 22:00 Sun: 10:00 – 18:00</p> <p><u>During bad weather or very quiet evenings, bar might be closed on short notice.</u></p>

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

