



# ZULULAND MULTI SPORT CLUB

Established 1997

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



**NASHUA**   
saving you time. saving you money. putting you first.

**ZULULAND**

Affiliated to:

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

## NEWSLETTER 25 of 2017

### ANNOUNCEMENTS & Admin

• Please note that we are still waiting for the insurance, for now, we are only available via email, please spread the word.

### RUNNING & WALKING

- There will a **10km and a 15km** road run from the club this **Saturday @ 05:30am**. Remember your water bottles.
- **Good luck to everyone that will be running the South Coast 21 and 42km this Sunday!!**
- Tonevale Trail Run, 10 and 16km, will take place on Sunday 19 Nov. Details available on the website and Facebook page.

### CYCLING

• Remember our **new MTB Time Trail Route**. Lap of 4.5km and you can do it once, twice or 3 times. We start at 17:30 on a Wednesday, please come a few minutes earlier to register.

### CANOEING & SURF SKI

• Paddling Time Trials Takes place every Tuesday at 17:15. Novices welcome. For more info you contact Mike @ 082 923 5347

#### FOR SALE:

- **Synergy Surf Ski** FOR SALE, R3500, Contact Riaan Swart for photos or more info @ 081 035 0177
- **Stealth Kayak** FOR SALE, R2500, Contact Jaco Kleinhans for photo or more info @ 083 272 4267

### TRIATHLON & DUATHLON

- 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!!

### KITCHEN & BAR

• Kitchen is open on a Wednesday from 16:00 and Saturday from 07:00 - 10:00  
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  
During bad weather or very quiet evenings, bar might be closed on short notice.

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

