



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 26 of 2017

ANNOUNCEMENTS & Admin

Save the DATE!

ZMSC Annual Kids Christmas party will take place on 2 December 2017 from 14:00 - 17:00. Invite to follow SOON!!

RUNNING & WALKING

- There will a **16km road** run from the club this **Saturday @ 05:15am**. Remember your water bottles.
- **Good luck to everyone that will be running the Kaapse Hoop 21 and 42km this Sunday!!**
- **Great results from the South Coast race last weekend, Marathon PB's and awesome times for our first time 21km runners!**
- 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.

MTB FOR SALE:

2017 Momsem VIPA Two
Two Months Old
Large Carbon Frame
1x 11 Speed
Full Shimano XT Components
Maxxis Crossmark Tyres
R39500
Contact Eben @ 083 661 8899

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**. **Everyone needs to be here BEFORE 7am, no late registrations accepted. Due to the tide, we will start with the Coelacanth and end with the Guppy's**
- 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.
Kitchen will be OPEN on SUNDAY for the Triathlon!

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

