



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 27 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<p>Xmas Party!!</p> <p>ZMSC Annual Kids Christmas party will take place on 2 December 2017 from 14:00 - 17:00. Please RSVP for your kids!! The kitchen will be open on the 2nd for Hamburgers/ Toasted Sandwiches/ Chips etc, pls support Zelda.</p>	<ul style="list-style-type: none">• ZMSC Trail Run on Sunday @ 6am. Registration opens at 5am. 6.5km, 13km or 19.5km run. See you there!!• More great results from the Kaapsehoop race last weekend, We had one Marathon PB and a few novices doing their first ever 21!• 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">• 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. <p>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</p>
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>FOR SALE:</p> <ul style="list-style-type: none">• Synergy Surf Ski FOR SALE, R2500, 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	<ul style="list-style-type: none">• Entries for the Open Water Swim are now open. Enter online at www.msem.co.za, first 200 online entries will receive a free tshirt!!• If you have done events timed by us, please use you ID number as username and password. You can change the password once you have logged in.• If you have not done events with us, then you will have to register as a new user.• Each person that wants to enter must create a profile, you are not able to enter for other people under your profile.	<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>During bad weather or very quiet evenings, bar might be closed on short notice.</p>

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

