

ZULULAND MULTI SPORT CLUB

Established 1997

Tel nr: 035 7533974 Fax: 0865940240 Email: zmsc@telkomsa.net

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 27 of 2017

ANNOUNCEMENTS & Admin

Xmas Party!!

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.

RUNNING & WALKING

• **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.

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, 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

TRIATHLON & DUATHLON

- 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.

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/

TIME TRIAL RESULTS						
Wednesday @ 17:30 - 8km, 5km and 2.5km Run/ Walk AND 4.5km, 9km and 13.5km MTB						
	2.5 km Run		5 km Run			4.5km MTB
00:11:56	Burger, Adam	00:21:45	Le Roux, Corne		00:19:42	Pretorius, Xanre
00:12:26	Viljoen, Christopher	00:23:35	Du Toit, Lourens			9km MTB
00:14:31	Topham, Joshua	00:23:36	Geel, Colin		00:22:54	Davis, Scot
00:15:41	De Winnaar, Neill	00:23:48	Oelofse, Hendrik		00:23:56	Pretorius, Zein
00:15:42	De Winnaar, Janro	00:26:41	Topham, Kian		00:24:20	Mulder, Ian
00:16:06	Gresse, Anzel	00:27:07	Du Toit, Christa		00:24:49	Van Wyk, Tiaan
00:16:32	Van Zyl, Johan	00:29:08	Brading, Brent		00:25:43	Brading, Adam
00:17:03	Burger, Zack	00:30:13	Smit, Kobus		00:26:04	Burhmann, Jason
00:17:41	Du Plessis, Zelmarie	00:32:57	Perks, Jody		00:27:46	Topham, Gavin
00:18:51	Du Plessis, Zeinah	00:33:02	Davis, Yolanda		00:29:32	Schouten, David
	Lemmer, Nicolette	00:33:07	Pretorius, Sarie			
00:23:39	Prinsloo, Yolanda	00:34:55	Mulder, Angela Jade			
	2.5km Walk	00:40:46	De Jager, Johan	_][
	Bland, Annelize		8km Run			
	Burger, Sam		Mattioda, Matteo	$\perp \mid$ [
00:23:07	Vincent, Michelle	00:44:51	Mattioda, Teegan			
00:30:29	De Jager, Justine	00:50:10	Appel, Dalleen			
00:30:30	De Jager, Willie	00:50:10	Van der Westhuizen, Venetia			
		00:51:43	Pretorius, Joanita			
		00:51:44	Du Pisanie, Andrea			
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