



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 29 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none"> ZMSC Annual Kids Christmas party will take place on 2 December 2017 from 14:00 - 17:00. Please RSVP for your kids by Friday 24 November!! <p>The kitchen will be open on the 2nd for Hamburgers/ Toasted Sandwiches/ Chips etc, pls support Zelda.</p> <ul style="list-style-type: none"> Busy weekend ahead with the Open Water Swim on Saturday and Final race of the Triathlon Series on Sunday, we hope to see you all at either or both of these events! 	<ul style="list-style-type: none"> 15km Run on Saturday at 05:30 from the ZMSC Congratulations to all our ZMSC Runners who did the Tonevale race on Sunday. It was so nice to see so many members in our kit! 	<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.
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 	<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</p> <p>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/>

