



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 3 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<p>The AGM and Prize Giving will take place on Wednesday 26 April 2017 at 18:30. We do hope that you will all be able to attend.</p> <p>Office Hours: Mon: 09:00 – 13:00 Tues: 09:00 – 13:00 Weds: 14:00 – 18:30 (Time trial from 17:00 – 18:30) Thurs: 09:00 – 13:00 Fri: 09:00 – 12:00</p>	<ul style="list-style-type: none">• ZMSC Club 50km run this Saturday.• Run starts at 5:00am from the club and is free of charge. There will be a 'water table' every 4kms.• We will be running from the ZMSC through the Sappi/ Mondi Forest to The Village Trading Post next to the Umfolozi Guesthouse.• Should you be interested, please make sure you inform Andre Venter @083 417 1510 or Igna @072 945 9830	<p>2017 Sani2C Due to unforeseen circumstances the Zululand Multi Sport Club's Sani2C Trail entry for 2017 just became available. The dates are 9 - 11 May 2017 and cost per rider is R6975, there is also accommodation available the night before at R440 per person. Should you be interested, please contact the office.</p> <p>iSimangaliso 4 Day MTB will take place on 17 – 20 Aug For more info, go to http://www.isimangaliso-mtb.co.za/</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>Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info.</p>	<ul style="list-style-type: none">• Kitchen will be CLOSED on 15 April 2017 <p>Bar Hours for Easter Weekend: Fri: 10:00 – 18:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00 Mon: 10:00 - 18:00</p>

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

TIME TRIAL RESULTS

2.5 km Run		2.5 km Walk		5 km Run Continue	
00:13:00	Topham, Kian	00:24:17	Van Der Westhuizen,	00:29:37	Walden, Andrew
00:14:57	Breedt, Louisa	00:25:00	Farrell, Debbie	00:30:13	Gerber, Chantelle
00:17:06	Bernard, Tristan	00:25:01	Farrell, Kerryn	00:30:56	Davis, Yolanda
00:18:08	Walden, Luke	00:33:09	Venter, Sian	00:31:03	Roux, Hermien
00:18:09	Bernard, Samuel			00:31:05	Van Wyk, Sanette
00:18:14	Bernard, Corrie			00:32:01	Joubert, Nicole
00:18:33	Visser, Surina			00:33:04	Hodsdon, Julie
00:18:35	Marlyn, Nicole	00:22:55	Habgood, Andrew	00:33:06	Witthoft, Ingrid
00:19:54	Kruger, Monica	00:22:56	Venter, Andre	00:33:08	Walden, Tanya
00:19:58	Venter, Courtney	00:23:59	Topham, Gavin	00:33:09	Venter, Sian
00:20:44	Jordaan, Meredith	00:24:40	Mattioda, Matteo	00:35:43	Matthee, Maritza
00:20:58	Stewart, Ayrton	00:25:22	Hodsdon, Andrew		
00:20:59	Walden, Eve	00:26:32	Van Wyk, Tony		
00:22:51	Mattioda, Leo	00:26:46	Habgood, Angela		
00:33:09	Venter, Sian	00:26:49	Mundy, Wayne		
		00:27:29	Joubert, Will		
		00:27:50	Marais, Teegan		
		00:28:10	Tucker, Shaun		
		00:28:11	Castle, Brad		
		00:28:41	crafford, evert		
		00:28:46	Currie, Jason		
		00:29:02	Joubert, Brenton		
		00:29:09	Sully, Alastair		