



ZULULAND MULTI SPORT CLUB

Established 1997

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Bearing Man Group and Nashua Zululand, Proud Sponsor of the ZMSC



NASHUA
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ZULULAND

Affiliated to:

Triathlon South Africa, KwaZulu Natal Cycling, KwaZulu Natal Athletics, KwaZulu Natal Canoe Union and KwaZulu Natal Swimming

NEWSLETTER 30 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none">• Last Time Trial of the year will be on Wednesday 13 December, dress FESTIVE!!• Time trials will start again on Wednesday, 10 January 2018. The kitchen will also be closed during this time• On the 17th of December the ZMSC will host a Worship on the water event in aid of the Richardsbay Soup Kitchen Fund. Tickets will be available from the office from Wednesday, 6 December 2017.	<ul style="list-style-type: none">• 16km Run on Saturday at 05:00 from the ZMSC. Last run with Lizanne, we will have some cake and Coke/ Sparberry Slushies afterwards!!• Hats off to the 2 brave souls (Jason and Gail) who did the Sani Stagger 42km this past weekend, julle is YSTERS!!	<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">• Thank you to each and everyone who supported the ZMSC Tri Series as well as the Open Water Swim, can't wait for next year!!• Open Water Swim, every Sunday at 15:00. Kindly whatsapp Andrea if you would like to be added to the swim group- 083 233 7696	<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/>

