



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 31 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.• 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">• 10km and 17km Run on Saturday at 05:00 from the ZMSC. Remember your water bottles if you are not able to run the distance without water.	<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">• 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 Bar Hours Weds: 16:00 – 21:00 Fri: 15:00 – 21:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00 During bad weather or very quiet evenings, bar might be closed on short notice. BAR will be CLOSED on 25 December and 1 January KITCHEN will be CLOSED from 14 December 2017 for the holidays.

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

