



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



NASHUA
saving you time. saving you money. putting you first.

ZULULAND

Affiliated to:

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

NEWSLETTER 4 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<p>Congratulations to our top athletes for 2017!!</p> <p>Female Runner of the year: Lizanne Scholtz</p> <p>Male Runner of the year: Bheki Sithole</p> <p>Male MTB'er of the year: Pieter Lamont</p> <p>Female MTB'er of the year: Heilke Ackerman</p> <p>Triathlete of the year: Candice Farland</p> <p>Most Improved Athlete of the year: Yvonne van den Bergh</p>	<ul style="list-style-type: none">• Saturday Run will be from the UAC Clubhouse in Empangeni. We will meet there at 5am to join for 2 laps of their Comrades Long Run Route. Please remember to bring R25• You can contact Andre for more info on: 083 417 1510• Congratulations to all the runners who did the RBAC Run on Saturday. Results available @ http://www.racetime.co.za/wp-content/uploads/2017/04/RaceTime-RBAC-HalfMarathon-2017-1.pdf	<p>Richards Bay Christian School MTB</p> <p>Date: 6 May Time: 8:00am</p> <p>Distances: 50km, 25km and 10km</p> <p>Contact John Howard for info: 072 282 9903</p> <p>Flyer available on ZMSC Facebook and Website</p> <p>iSimangaliso 4 Day MTB will take place on 17 – 20 Aug</p> <p>Contact the office for the SPECIAL Club MEMBER discount.</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 are open on a Wednesday from 16:00 and Saturday from 08:00 - 10:00 <p>Bar Hours for Long Weekend:</p> <p>Thurs: 10:00 - 18:00 Fri: 13:00 – 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 the website <http://zmsc.co.za/>

TIME TRIAL RESULTS

2.5 km Run		2.5 km Walk		5 km Run	
00:12:02	Topham, Kian	00:23:25	seiler, Valerie	00:21:51	Davis, Scot
00:13:34	Redinger, Sven	00:29:00	Nel, Elsie	00:23:11	Venter, Andre
00:14:47	Bruwer, Kobus			00:23:32	Jordaan, Piet
00:16:00	Redinger, Jadyne			00:23:34	Du Toit, Francois
00:16:34	Redinger, Nicky			00:24:18	Topham, Gavin
00:17:31	Perks, Jody			00:24:39	Du Toit, Christa
00:17:33	Schouten, David			00:25:14	Pretorius, Sarie
00:18:04	Van der Linde, Adel			00:25:18	Bruwer, Maritza
00:19:57	Walden, Eve	7.5 km Run		00:26:09	Holtzhausen, Hillegard
00:19:58	Stewart, Ayrton	0:45:30	Nico Grobbelaar	00:26:19	Gregory, Melinda
00:20:36	Topham, Shanine			00:26:36	Marais, Teegan
00:20:46	Walden, Luke			00:27:38	Tucker, Shaun
00:20:48	Walden, Andrew			00:28:08	Redinger, Heino
				00:28:19	Sully, Alastair
				00:30:32	Walden, Tanya
				00:30:34	Brading, Brent
				00:30:37	Seiler, Rob
				00:31:38	Schouten, Annalize
				00:31:45	Brading, Kate
				00:32:23	Mattioda, Leo
				00:36:55	Davis, Yolanda
				00:36:56	Burhmann, Megan