



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 6 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<p>CANOE RACKS for 2017</p> <ul style="list-style-type: none"> The 2017 canoe stickers eventually arrived after a long delay at the printers Please ENSURE that your boats are in the CORRECT racks BEFORE MONDAY ALL boats will be pulled from racks on Monday and boats will be re-allocated to new racks with new stickers If any boat does not have a 2016 sticker, the boat will NOT be allocated to a new rack and will be put up for auction 	<ul style="list-style-type: none"> There will be NO run this weekend due to the Deloitte Marathon and Half Marathon in Ballito. CMIYC Ladies ONLY runs will take place every Monday and Thursday @ 17:00 from the ZMSC 	<p>Richards Bay Christian School MTB</p> <p>Date: 6 May Time: 8:00am Distances: 50km, 25km and 10km 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>
<p>CANOEING & SURF SKI</p> <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>TRIATHLON & DUATHLON</p> <p>Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info.</p>	<p>KITCHEN & BAR</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	
00:12:44	Topham, Kian	00:25:53	Beukes, Alicia	00:23:26	Mngayi, Nkvluleko
00:13:39	Breedt, Louisa	00:25:55	Bland, Annelize	00:23:57	Topham, Gavin
00:13:52	Bernard, Tristan	00:27:36	Nel, Elsie	00:24:39	Cloete, Johan
00:15:43	Redinger, Sven			00:27:07	Mattioda, Matteo
00:17:12	Stewart, Ayrton			00:27:09	Mattioda, Teegan
00:17:16	Redinger, Jadyne			00:27:25	Curry, Jason
00:18:46	Gerber, Chene			00:27:44	Gregory, Melinda
00:19:28	Gerber, Chantelle			00:27:48	Redinger, Heino
00:19:29	Gerber, Estien			00:28:52	Joubert, Brenton
00:20:21	Kruger, Caydon			00:29:00	Shobede, Sbo
00:21:01	Topham, Shanine			00:29:28	crafford, evert
00:21:03	SWARTS, SUSAN			00:29:48	Van Der Merwe, Chris
00:21:35	Pretorius, Xanre			00:30:10	Stewart, David
00:21:37	Pretorius, Gert			00:30:35	Campbell, Venetia
00:23:29	Kruger, Linda			00:32:57	Holtzhausen, Hillegard
00:23:31	Cloete, Sonja			00:33:02	Schoonhoven, Jean
00:25:57	Nel, Estelle			00:33:02	Schoonhoven, Anita
				7.5 km Run	
				0:40:52	Pretorius, Sarie
				0:40:52	Venter, Andre
				8 km Run	
				0:48:08	Nico Grobbelaar