



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 7 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<ul style="list-style-type: none">• We've had a record number of people, for 2017, at the time trials last night, 73 in total. It is really great to see the running community growing at such a speed• After Comrades we will start doing 15km to 18km runs on a Saturday morning for all the men and ladies that would like to do a half marathon this year or even just want to better your time after your first half marathon.	<ul style="list-style-type: none">• We are very proud to have had so many NOVICE Half Marathon and Marathon runners at the Deloitte Race this past Sunday. Well done to all of you!! We hope to see you at the races more often and look forward to have you as part of our Saturday Long Run Group soon.• Time Trials takes place every Wednesday @ 17:15. We have a 2.5km and a 5km Run/Walk. PLEASE REMEMBER YOUR REFLECTIVE BELTS AND OR LIGHTS• CMIYC Ladies ONLY runs will take place every Monday and Thursday @ 17:00 from the ZMSC	<ul style="list-style-type: none">• Results of the RBCS MTB Race from last weekend is available on the website.• Thanks to all the ZMSC Riders for supporting the event• iSimangaliso 4 Day MTB will take place on 17 – 20 Aug. Contact the office for the SPECIAL Club MEMBER discount.
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><u>Bar Hours for Long Weekend:</u> 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/>

