



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 8 of 2017

| ANNOUNCEMENTS & Admin | RUNNING & WALKING | CYCLING |
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| <p>Due to the heavy rain we were not able to work on the canoe racks.</p> <p>New dates for collection of stickers: Current Canoe Rack Holders Monday 22 May 2017</p> <p>Waiting list/ New members Wednesday 24 May</p> | <ul style="list-style-type: none">• 15km run on Saturday at 05:30am from the club, please remember your water!!• 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">• 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/>

