



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 9 of 2017

ANNOUNCEMENTS & Admin	RUNNING & WALKING	CYCLING
<p>We would like to replace the roof of the canoe racks & extend the roof to the front. Screws must be replaced and we must put pool noodles onto the steel pipes. We would like to kindly request a contribution off R160 PER RACK in order for us to complete the project. The club is also contributing towards the racks but it is going to be a bit more expensive than what we thought.</p> <p>Canoe Rack 'owners' PLEASE do not forget to make the deposit!</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.• CONGRATULATIONS to all the ZMSC Riders who completed the Zini Big 5 MTB Race this past weekend.• Results available on the website: https://www.big5mtb.co.za/results
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: Weds: 16:00 - 21:00 Fri: 13:00 – 22:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00</p>

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

