



ZULULAND MULTI SPORT CLUB

Established 1997

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Bearing Man Group and Nashua Zululand, Proud Sponsor of the ZMSC



NASHUA
ZULULAND

Affiliated to:

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

NEWSLETTER 1 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	CYCLING
<p>ZMSC Dolos Night Challenge:</p> <ul style="list-style-type: none">• ENTER NOW!! www.msem.co.za• First 150 PRE ENTRIES will get tshirts• Medals to ALL FINISHERS of the series• The Dolos Challenge will <u>replace</u> time trials on 7 Feb, 28 Feb and 14 Mar <p>ZMSC Office Hours: Mon/ Tue/ Thu 09:00 – 13:00 Weds 14:00 – 18:00 Friday 09:00 - 12:00</p>	<ul style="list-style-type: none">• Long run this Saturday from the ZMSC. The 28km will start @ 04:30am and the 22km will start @ 05:00am, please bring water!!	<p>No ride this weekend</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>	<p>Kitchen will be open:</p> <ul style="list-style-type: none">• Wednesday from 16:00• Saturday from 08:00 - 10:00.• For more info contact: Zelda @ 083 417 1405 <p>Bar Hours: Weds: 15:00 – 21:00 Fri: 13:00 – 21:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00 Public Hols: 10:00 – 18:00</p>

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

TIME TRIAL RESULTS

2.5 km Run		2.5 km Run Continue		5 km Run Continue	
00:12:39	Topham, Kian	00:22:01	Currie, Isabel	00:26:44	Brading, Kate
00:13:31	Bernard, Tristan	00:22:04	Du Pisanie, Skye	00:26:44	Struwig, Colleen
00:13:48	Cloete, Johan	00:22:08	Du Pisanie, Nathan	00:27:06	Holtzhausen,
00:13:55	Sparks, Kate	00:22:42	Khumalo, Mbali	00:28:04	Castle, Brad
00:13:58	Sparks, Rebecca	00:23:26	Gregory, Cooper	00:28:06	Sully, Alastair
00:14:10	Stone, Keira-Lee	00:24:58	Du Pisanie, Andrea	00:28:45	Stewart, David
00:14:33	Haupt, Daniel	00:25:01	Du Pisanie, Jaco	00:28:59	Redinger, Heino
00:15:27	Topham, Joshua	00:25:05	Currie, Noah	00:29:23	Steyn, Rialine
00:16:03	Boshoff, Deon	00:27:30	Korff, Leche	00:29:28	Naidoo, Kia
00:16:15	Perks, Jody	00:28:10	Korf, Isana	00:29:30	Gerber, Chantelle
00:16:17	Swart, Nico	00:29:06	Bernard, Madelein	00:29:36	Nel, Philip
00:16:41	Augustyn, Susan	00:29:08	Currie, Kerry	00:29:39	Brading, Brent
00:17:14	Stewart, Ayrton	2.5 km Walk		00:30:42	Mattioda, Leo
00:17:19	Vincent, Michelle	00:31:46	Stewart, Dave	00:30:53	Bindha, Shalendra
00:17:54	Stone, Richard	00:31:48	Stewart, Carol	00:31:03	Pretorius, Joanita
00:18:02	Stone, Nicola	00:31:51	Topham, Shanine	00:33:11	De Winnaar, Janro
00:20:23	Van der Linde, Adel	5km Run		00:33:39	Jolly, Tamlyn
00:20:29	De Wet, Leandre	00:22:14	Mthembu, Babo	00:33:46	Antill, Kayla
00:20:38	Boshoff, Tessa	00:24:27	Gregory, Melinda	00:33:58	Jooste, Corlia
00:21:21	Khumalo, Musa	00:24:36	Antill, Dane	00:34:05	De Winnaar, Neill
00:21:23	Gregory, Gordon	00:25:31	Topham, Gavin	00:34:09	Davis, Yolanda
00:21:47	Broodwyk, Cylvia	00:26:18	Sparks, Jessica	00:34:17	Schwarz, Roxanne
00:21:54	Redinger, Sven	00:26:23	Marais, Dylan	00:34:18	Martin, Nicole
00:21:58	Broodryk, Issie	00:26:42	Willemse, Leon	00:34:38	Buthelezi, Kalani

TIME TRIAL RESULTS Continue

5 km Run Continue		8km Run Continue			
00:34:42	Van Wyk, Sanette	00:50:20	Van Wyk, Tony		
00:34:43	Bernard, Corrie	00:50:23	Venter, Andre		
00:35:05	Haupt, Jennifer	13.5 km MTB			
00:35:15	Ferguson, Denham	00:41:54	Davis, Scot		
00:36:34	Oosthuizen, Armand	00:41:53	Burhmann, Jason		
00:38:30	Borain, Maritza				
00:39:06	de Jager, Johan				
00:39:22	Burhmann, Megan				
00:39:24	Chetty, Rachel				
00:41:48	Borgnis, Fran				
00:41:59	Van Niekerk, Juan				
00:53:39	Mthembu, Thandiwe				
8 km Run					
00:35:33	Kriel, Casper				
00:36:06	Thethwayo, Phiwe				
00:36:28	Augustyn, Dawie				
00:37:56	Barnard, Dirk				
00:39:50	Sparks, Craig				
00:40:48	Engelbrecht, Hugo				
00:41:07	Brown, Craig				
00:43:12	Nico Grobbelaar				
00:45:43	Mattioda, Matteo				
00:45:44	Mattioda, Teegan				
00:47:08	Curry, Jason				