



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



NASHUA
ZULULAND

Affiliated to:

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

NEWSLETTER 10 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<ul style="list-style-type: none">•If anyone would still like to order reflective armbands or head lamps, we are placing an order again on Monday.•If you have ordered club kit, please collect it during office hours or from the bar over the weekend. Please sign for your kit. <p>ZMSC Office Hours: Mon/ Tue/ Thu 09:00 – 13:00 Weds 14:00 – 18:00 Friday 09:00 - 12:00 Closed on weekends and Public Holidays .</p>	<ul style="list-style-type: none">•12- 14km run on Saturday @ 05:45am from the ZMSC.•Ngoje trail run entries are open on www.msem.co.za•Zini Bush run entries are open on www.msem.co.za. New exciting format for the Bush Run. THIS IS A PRE-ENTRY ONLY EVENT	<ul style="list-style-type: none">•Entries for the BIG5 MTB are now open on www.msem.co.za•We now have a whatsapp group for MTB Rides, should you wish to have your name added, please message: Roland @ 083 255 6863 or Stieg @ 083 659 9699
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 the office @ 035-753 3974	Open Water Swim Training every Sunday @ 15:00. Please contact Andrea @ 083 233 7696 or Done @ 076 952 8792 for more info.	Kitchen will be open: <ul style="list-style-type: none">• Wednesday from 16:00• Saturday from 08:00 - 10:00.• For more info contact: Zeld @ 083 417 1405 <p>Bar Hours: Weds: 16:00 – 21:00 Sat: 10:00 – 18:00 Sun: 10:00 – 18:00 Public Hols: 10:00 – 18:00</p> <p>During bad weather or very quiet evenings, bar might be closed on short notice.</p>

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

TIME TRIAL RESULTS available on www.msem.co.za