



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 2 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	CYCLING
<p><u>ZMSC Dolos Night Challenge 2018:</u> Proudly sponsored by Bidvest McCarthy Toyota Richards Bay</p> <p>We had over 200 runners and walkers at the first race of the series last night. Was so nice to see so many new faces and also familiar ZMSC faces. Make sure you enter ONLINE now for race 2 on 28 Feb and Race 3 on 14 March</p> <p><u>ZMSC Office Hours:</u> 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/ 32km will start @ 04:30am and the 18km 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 the office - 035-753 3974	<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>GOOD LUCK to everyone swimming the Midmar Mile this weekend!!</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> <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>

