



# 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 3 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	RUNNING & WALKING Continued
<p><b>ZMSC Dolos Night Challenge 2018:</b> Proudly sponsored by Bidvest McCarthy Toyota Richards Bay Another great Dolos Run last night!!!! Final race of the series and series prize giving are on 14 March, ENTER NOW. <b>AGM on Weds 8 March, LEASE agreement to be discussed. PLEASE PLEASE ATTEND</b></p> <p><b>ZMSC Office Hours:</b> Mon/ Tue/ Thu 09:00 – 13:00 Weds 14:00 – 18:00 Friday 09:00 - 12:00 Closed on weekends and Public Holidays</p>	<p><b>Long run:</b> this Saturday it will be a run with a twist, the Church in Zini is having a 10km trail run FREE of charge and the club thought it would be nice if we all go and run, you can add a lap if you would like to do more than 10km. If you are not on the whatsapp group and need more info, <b>please phone Andre @ 0834171510</b></p>	<p><b>Time Trials:</b> Time trials have grown so much, that we tested a new system last week and it worked well. Please log on to <a href="http://www.msem.co.za">www.msem.co.za</a>, enter yourself for time trials and just log out once you get to the payment page. On time trial day there will be a list on windows in the hall, you will then look up your number and take your card from the table. Route and finish will be the same.</p>
CANOEING & SURF SKI	TRIATHLON & DUATHLON	KITCHEN & BAR
<ul style="list-style-type: none"> <li>• Paddling Time Trials Takes place every Tuesday at 17:15.</li> <li>• Novices welcome.</li> <li>• For more info you contact the office - 035-753 3974</li> </ul>	<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"> <li>• Wednesday from 16:00</li> <li>• Saturday from 08:00 - 10:00.</li> <li>• For more info contact: Zeld @ 083 417 1405</li> </ul> <p><b>Bar Hours:</b> Weds: 15:00 – 21:00 Fri: 15:00 – 21:00 Sat: 10:00 – 22:00 Sun: 10:00 – 18:00 Public Hols: 10:00 – 18:00</p> <p><b>During bad weather or very quiet evenings, bar might be closed on short notice.</b></p>

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

