



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 4 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<p>ZMSC Dolos Night Challenge 2018: Proudly sponsored by Bidvest McCarthy Toyota Richards Bay WOW the participation for this race was mind blowing, over 200 Athletes at each event! Thank you for everyone's support and thank you Merina and Toyota Rbay!!</p> <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 CLOSED ON 16 and 19 March 2018.</p>	<ul style="list-style-type: none"> • Deloitte Challenge 2018 this Sunday, we will have 54 ZMSC Athletes on the road over all the distances. GOOD LUCK to everyone, especially those that are qualifying for Comrades or those that are running their first ever 21km/ 10km!! • Tronox Marathon and the Zini Bush run entries are open on www.msem.za, new exciting format for the Bush Run. Make sure you get your entries in. Remember NO ON THE DAY entries for Tronox. 	<ul style="list-style-type: none"> • Entries for the BIG5 MTB are now open on www.msem.co.za , make sure you enter ASAP. • Good luck to our members that will be doing the Berg 100 this Saturday!
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>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: Zeld @ 083 417 1405 <p>Bar Hours: 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>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>

