



# 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 5 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<ul style="list-style-type: none"> <li>• Please note the bar will be CLOSED on Friday 30/03/2018 and Monday 02/01/2018.</li> <li>• You will be allowed to bring your own drinks on those days (Friday and Monday only).</li> </ul> <p><b>ZMSC Office Hours:</b>            Mon/ Tue/ Thu 09:00 – 13:00            Weds 14:00 – 18:00            Friday 09:00 - 12:00  <b>Closed on weekends and Public Holidays</b></p>	<ul style="list-style-type: none"> <li>• Everyone going to the <b>Two Oceans</b>, have an absolute blast!</li> <li>• <b>Club 50km on Saturday @ 5am</b> from club. Water tables every 3kms. <b>Non members welcome @ R20 per person.</b> There will also be half the distance with a collection point if you can be collected</li> <li>• Tronox Marathon and the Zini Bush run entries are open on <a href="http://www.msem.za">www.msem.za</a>, new exciting format for the Bush Run. Make sure you get your entries in. Remember <b>NO ON THE DAY entries for Tronox.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Entries for the BIG5 MTB are now open on <a href="http://www.msem.co.za">www.msem.co.za</a>, make sure you enter ASAP.</li> <li>• We now have a <b>whatsapp group</b> for <b>MTB Rides</b>, should you wish to have your name added, please message: Roland @ 083 255 6863 or Stieg @ 083 659 96399</li> </ul>
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>	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"> <li>• Wednesday from 16:00</li> <li>• Saturday from 08:00 - 10:00.</li> <li>• For more info contact: Zelda @ 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  <b>Closed on 31/03 and 02/04</b>  <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>

TIME TRIAL RESULTS available on [www.msem.co.za](http://www.msem.co.za)