



# 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 6 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<ul style="list-style-type: none"><li>• <b>PLEASE read the other attachments to and body of this email regarding the LEASE.</b></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>• Saturday <b>long run</b> starting at 5am this weekend from the club. 30km, 21km and a 15km. Time to be confirmed on the whatsapp group. Remember to bring your water!</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><u>NO ON THE DAY entries for Tronox.</u></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 9699</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><li>• <b>Kayak FOR SALE, pls see advertisement attached to this mail</b></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: Zeld @ 083 417 1405</li></ul> <p><b>Bar Hours:</b> Weds: 16:00 – 21:00 Sat: 10:00 – 18:00 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>

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