



# 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 7 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<ul style="list-style-type: none"> <li>• <b>PLEASE read the other message in the body of this email regarding funds for our lease battle.</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            Closed on weekends and Public Holidays . <b>OFFICE WILL BE CLOSED ON MONDAY 30 APRIL 2018</b></p>	<ul style="list-style-type: none"> <li>• <b>NO Long run on Saturday</b> due to the Pongal Marathon on Saturday and the Tronox Marathon on Sunday.</li> <li>• Time Trials for MAY will be loaded on MONDAY, please make sure you enter for all of them, even if you might not make it on the day.</li> </ul> <p>www.msem.co.za use your ID num as USERNAME &amp; PASSWORD</p> <ul style="list-style-type: none"> <li>• Zini Bush run entries are open on www.msem.co.za. New exciting format for the Bush Run.</li> </ul>	<ul style="list-style-type: none"> <li>• Entries for the BIG5 MTB are now open on www.msem.co.za , 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>	<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: 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)