



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 8 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<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 .</p>	<ul style="list-style-type: none">• 20km and 12km run on Saturday @ 05:30am from the ZMSC.• Zini Bush run entries are open on www.msem.co.za. New exciting format for the Bush Run.	<ul style="list-style-type: none">• Entries for the BIG5 MTB are now open on www.msem.co.za• We now have a whatsapp group for MTB Rides, should you wish to have your name added, please message: Roland @ 083 255 6863 or Stieg @ 083 659 9699• Congratulations to the ZMSC Podium Winners at the Zini Big5!! Was nice to see a few new ZMSC faces on the MTB's as well.
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: Zelda @ 083 417 1405 <p>Bar Hours: Weds: 16:00 – 21:00 Sat: 10:00 – 18:00 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>

TIME TRIAL RESULTS available on www.msem.co.za