



# 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



**NASHUA**  
ZULULAND

Affiliated to:

Triathlon South Africa, KwaZulu Natal Cycling, KwaZulu Natal Athletics, KwaZulu Natal Canoe Union and KwaZulu Natal Swimming

## NEWSLETTER 9 of 2018

ANNOUNCEMENTS	RUNNING & WALKING	Cycling
<ul style="list-style-type: none"><li>• <b>PLEASE NOTE:</b> There will be 4 functions at the club this weekend. Two on Friday and two on Saturday, should you want to order drinks, please call the bar lady to help you outside.</li><li>• If you have ordered <b>club kit</b>, please collect it during office hours or from the bar over the weekend. Please sign for your kit.</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>• <b>20km and 12km run on Saturday @ 05:30am</b> from the ZMSC.</li><li>• <b>Zini Bush run entries</b> are open on <a href="http://www.msem.co.za">www.msem.co.za</a>. New exciting format for the Bush Run. <b>This is a pre-entry only event.</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></li><li>• 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</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: 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)