



DBN Ultra SPRINT RACE Cycle route description

- ❏ Transition Area at SunKist Lawns (Bike & Bean)
- ❏ Athletes exit transition and turn right on promenade and go under the M4 underpass / Tunnel towards MM Stadium
- ❏ Athletes turn right onto MY Ave and go towards Durban Country Club contra flow
- ❏ At traffic lights, athletes turn right towards Country Club and M4 onramp
- ❏ Athletes join the M4 northbound and turn left to Durban North & La Lucia (Keeping to the extreme left side of the road)
- ❏ Sprint athletes turn around at the Glenore off ramp, utilising the off ramp / on ramp as the turn point.
- ❏ Sprint athletes return to Durban on the M4 northbound (contra flow) and head south to Stanger/Argyle intersection (Keeping to the extreme left side of the road)
- ❏ At the Stanger/Argyle turn point athletes do a 180 turn and take the country club off ramp and join MYA
- ❏ Opposite the stadium, the athletes turn right onto promenade go under the underpass / tunnel and back to transition

- **1 Lap - 20km**