



DBN ULTRA 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 (Contra flow) and go towards Durban Country Club.
 - ❏ At traffic lights, turn right towards country club and M4 onramp
 - ❏ Athletes join M4 northbound and turn left to Umdloti (**Keeping to the extreme left side of the road**)
 - ❏ Ultra athletes head to Umdloti and turn around just after the Umdloti bridge (180deg turn around)
 - ❏ Ultra athletes return to Durban on the M4 northbound on the south bound side until the M41.
 - ❏ At the M41, the Ultra athletes go into the left hand lane of the North Bound M4 (contra flow) and head south to the Stanger/Argyle intersection (**Keeping to the extreme left side of the road**)
 - ❏ At the Stanger/Argyle turn point athletes do a 180 turn and head back to Umdloti for their 2nd lap.
 - ❏ Ultra athletes head to Umdloti and turn around again and turn around back to Durban just after the Umdloti bridge.
 - ❏ Ultra athletes return to Durban on the M4 northbound on the south bound side until the M41.
 - ❏ At the M41, the Ultra athletes go into the left hand lane of the North Bound M4 (contra flow) and head south to the Stanger/Argyle intersection(**Keeping to the extreme left side of the road**)
 - ❏ At the Stanger/Argyle turn point athletes do a 180 turn around and then take the Country Club Off ramp and onto MY Ave.
 - ❏ Opposite the MM Stadium, the athletes turn right onto the promenade go under the underpass / tunnel and back to the transition area
- **1 Lap = 44.5km**
 - **2 Laps = 89km**