



- REG
- AT
- RI
- SB
- START FINISH



# BIKE ROUTE

- AT** EXPO & REGISTRATION VENUE
- AT** ATHLETE AREA
- RI** REG & INFO AREA
- SB** SPECTATOR & BAR AREA
- TA** TRANSITION AREA
- W** WATER TABLE

**SPRINT 20KM**  
2 X 10KM

**ULTRA 90KM**  
3 X 26.4KM  
+ 10.8KM

**153 ULTRA 120KM**  
4 X 27.3KM  
+ 10.8KM

1. Transition Area at SunKist Lawns (Bike & Bean)
2. Athletes exit transition and turn right onto promenade and go under the M4 underpass / Tunnel towards MM Stadium
3. Athletes turn right onto MY Ave (Contra flow) and go towards Durban Country Club.
4. At traffic lights, turn right towards country club and M4 on-ramp
5. Athletes join M4 northbound and turn left to Umdloti (Keeping to the extreme left side of the road)
6. Sprint athletes head to Fairway off-ramp in Durban North. The Sprint Athletes turn around and return back on the M4 contra-flow to Argyle road
7. The Sprint Competitors then do 2 laps of this course.
8. Once back at the Stanger/Argyle for the 2nd time, the sprint athletes do a 180 turn and then take the Country Club Off ramp back onto MY Ave.
9. Opposite the MM Stadium, the athletes turn right onto the promenade go under the underpass / tunnel and back to the transition area

1. Transition Area at SunKist Lawns (Bike & Bean)
2. Athletes exit transition and turn right onto promenade and go under the M4 underpass / Tunnel towards MM Stadium
3. Athletes turn right onto MY Ave (Contra flow) and go towards Durban Country Club.
4. At traffic lights, turn right towards country club and M4 on-ramp
5. Athletes join M4 northbound and turn left to Umdloti (Keeping to the extreme left side of the road)
6. Ultra-athletes head to Umdloti Bridge. The Athletes turn before Umdloti Bridge on the road and head back along the M4, back towards Durban.
7. Ultra athletes return to Durban on the M4 northbound on the south bound side until the M41.
8. At the M41, the Ultra athletes go into the left-hand lane of the North Bound M4 (contra flow) and head south towards Durban. (Keeping to the extreme left side of the road)
9. The cyclists go into the north bound lane (fast lane/ contra flow) and head back to the Fairway Road Bridge, where they turn around and head back to the Umdloti turn point.
10. The ULTRA competitors repeat this twice and the ULTRA153 athletes do 4 laps of this route.
11. Once completed their 3 outer laps, they head back to Stanger / Argyle Road turn around (180) and then turn left onto Country Club and back onto the promenade to the transition.
12. Opposite the MM Stadium, the athletes turn right onto the promenade go under the underpass / tunnel and back to the transition area