



## 2020 ULTRA Race Cycle route description

- ❏ Transition Area at SunKist Lawns (Bike & Bean)
- ❏ Athletes exit transition and turn right onto 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 Umhlanga. The Athletes take the offramp, turn right (contra-flow) across the bridge and right again back onto the M4, back towards Durban.
- ❏ 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 Umhlanga repeating this for their 2<sup>nd</sup> and again 3<sup>rd</sup> laps.
- ❏ Once back at the Stanger/Argyle for the 3<sup>rd</sup> time, the athletes do a 180 turn and then take the Country Club Off ramp back 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 = 29km**
  - **2 Laps = 58km**
  - **3 laps = 87km \* approx**