

# AID STATION SET-UP - IRONMAN 70.3 DURBAN 2021

updated 20 April 2021

## BIKE COURSE :

<b>Aid Station 1 :</b> (Umdloti Turnaround) M27 / Umdloti Turnaround	Table Gatorade RTD	10 m	Table Water	10 m	Table Maurten Gels	10 m	Table Water	10 m	Table Gatorade RTD
<b>Aid Station 2 :</b> 80km - turnaround M4, just up from the M17 intersection	Table Gatorade RTD	10 m	Table Water	10 m	Table Biogen Bars	10 m	Table Water	10 m	Table Gatorade RTD

## RUN COURSE :

<b>Aid Station 3 :</b> Pirates <i>multi-directional : centre</i>	Water	←	Coke	←	Gatorade	←	Maurten Gels	←	Gatorade	←	Coke	←	Water
	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table
<b>Aid Station 4 :</b> New Beach <i>after turnaround, sea side.</i>	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table
	Water		Coke		Gatorade		Biogen Bars		Gatorade		Coke		Water
<b>Aid Station 5 :</b> Blue Lagoon <i>before turnaround, sea side.</i>	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table	10 m	Table
	Water		Coke		Gatorade		Biogen Bars		Gatorade		Coke		Water