




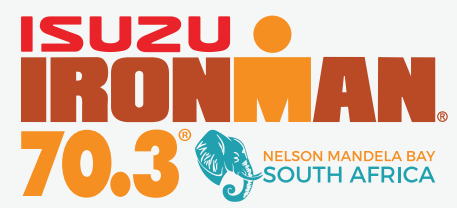
-  Bike Route
-  SAG
- BM** Bike Maintenance
-  Penalty Tent
-  Aid Station
-  Special Needs
-  Turn around

Aid Station 2 
De Stades River

Aid Station 1 
Bushy Park

Aid Station 3 
Old Cash Store

Aid Station 4 
Marine 'Lollipop' Beacon :



IRONMAN 70.3 : BIKE 90.1 km
1 Lap

Nelson Mandela Bay
Hobie Beach