




**GARDA TONY GOLDEN MEMORIAL CYCLE 2023**  
**100K ROUTE – GERALDINES GAA / COMMONS ROAD/ ARDEE ROAD / CARLINGFORD / DUNDALK /**  
**BLACKROCK / GERALDINES GAA**

DIRECTION	DISTANCE (kilometers)
Proceed From Geraldines GAA onto Marlbog Road	<b>0.0</b>
Turn Right on Marlbog Road	<b>0.5</b>
Right onto R132	<b>1.2</b>
Continue on Lurgangreen Bridge	<b>2.6</b>
Proceed onto Commons Road	<b>6.2</b>
Right onto L1182	<b>6.5</b>
Proceed onto L1182	<b>10.8</b>
Right onto R215 (Ardee Road)	<b>11.0</b>
Left onto Dundalk South Interchange (M1 Roundabout)	<b>14.5</b>
Continue on Southern Link	<b>14.7</b>
Continue on N52	<b>16.9</b>
Continue on Dundalk Inner Relief Road	<b>17.0</b>
Continue on Táin Bridge	<b>21.4</b>
Continue on Inner Relief Road	<b>21.5</b>
Left onto Ballymascanlan Roundabout (Signed Carlingford)	<b>24.2</b>
Continue on R173	<b>24.4</b>
Proceed onto R173	<b>37.8</b>
At Bush Cross – Turn LEFT	<b>38.3</b>
Proceed onto off-road waypoint. No data available	<b>43.8</b>
Proceed onto off-road waypoint. No data available	<b>49.3</b>
Water Stop Long Woman's Grave 	<b>49.5</b>
Proceed to Cornamucklagh (Turn Right)	<b>55.3</b>

Food Stop FOUR SEANSON HOTEL	 	<b>64.9</b>
Continue on R176		<b>65.5</b>
Continue on Greenore Road		<b>65.6</b>
Right onto R175 (Dundalk Road)		<b>69.0</b>
Left onto Ballymascanlan Roundabout (1 <sup>st</sup> Exit)		<b>86.8</b>
Continue on Inner Relief Road		<b>86.9</b>
Continue on Avenue Road Roundabout (1 <sup>st</sup> Exit)		<b>91.9</b>
Rock Road Roundabout (2 <sup>nd</sup> Exit – Turning Tight)		<b>92.4</b>
Continue on Main Street		<b>95.9</b>
Continue on Coast Road		<b>96.5</b>
Proceed onto Coast Road		<b>97.0</b>
Continue on Cockle Hill		<b>97.3</b>
Right onto R132 Dublin Road		<b>97.9</b>
Immediately Turn Left onto L7162		<b>98.0</b>
At Roundabout Take 2 <sup>nd</sup> Exit – Right Turn		<b>98.6</b>
Proceed onto off-road waypoint. No data available		<b>99.5</b>
At Roundabout Take 1 <sup>st</sup> Exit – Left Turn		<b>99.6</b>
Left onto L3161		<b>99.6</b>
Continue on Marlbog Road		<b>99.7</b>
Arrive at Finish – Geraldines GAA		<b>100.2</b>

WATER STOP 

FOOD STOP 