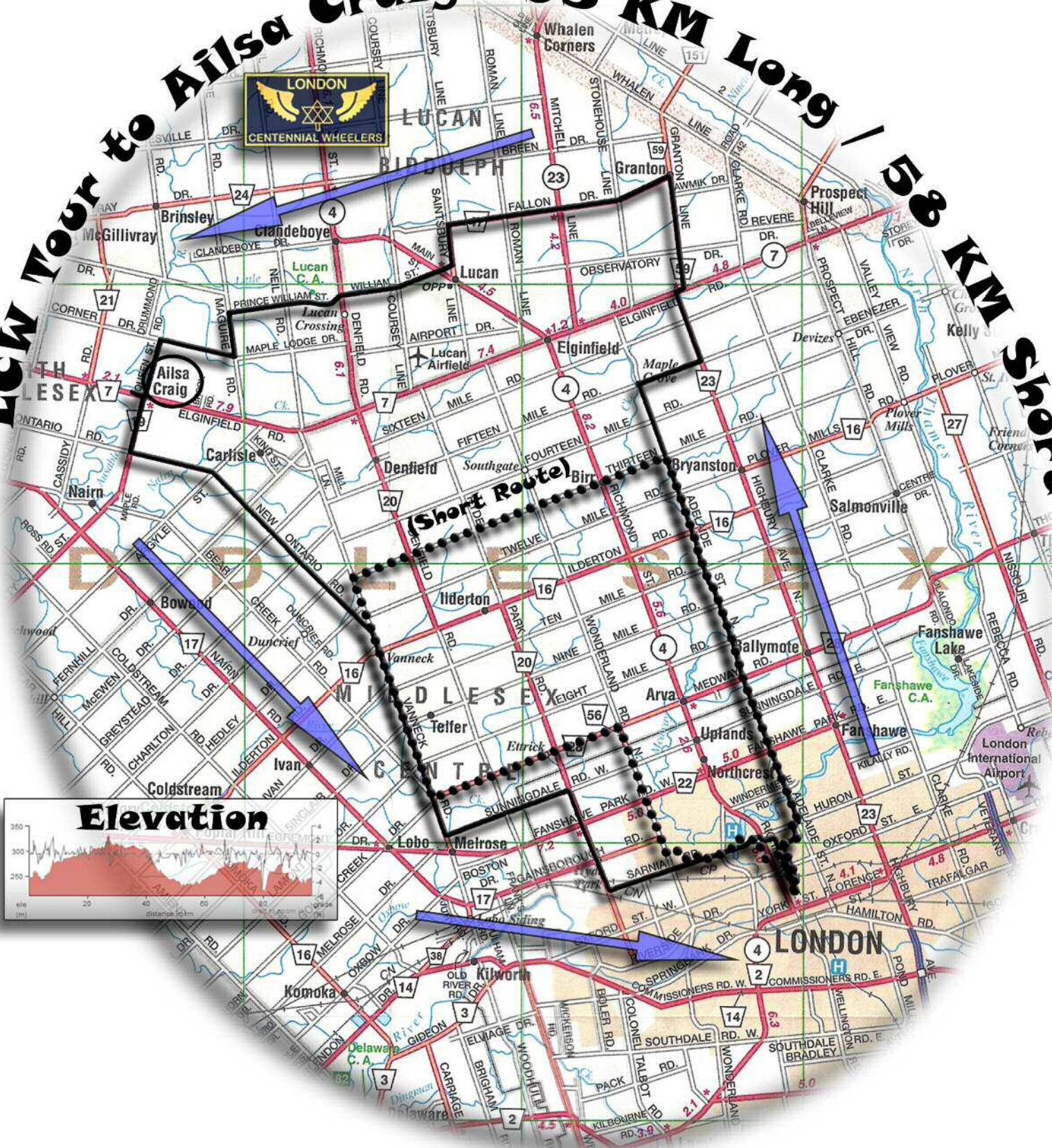


LCW Tour to Ailsa Craig - 93 KM Long | 58 KM Short



Elevation

LCW Tour to Ailsa Craig Cue Sheet - 93 KM

Estimated Time at 35 KPH	At # KMs	Type of Turn	Notes	For # KMs	Elev. Chg. In Metres	Estimated Time at 30 KPH	Estimated Time at 25 KPH
9:00 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	9:00 AM	9:00 AM
9:00 AM	0.5	Right(?)	Turn right onto Pall Mall St	0.2	(0)	9:00 AM	9:01 AM
9:01 AM	0.7	Left(?)	Turn left onto Waterloo St	1.6	2	9:01 AM	9:01 AM
9:03 AM	2.3	Right(?)	Turn right onto Regent St	0.7	11	9:04 AM	9:05 AM
9:05 AM	3.1	Left(?)	Turn left onto William St	0.2	(10)	9:06 AM	9:07 AM
9:05 AM	3.2	Right(?)	William St turns slightly right and becomes Huron St	0.2	(1)	9:06 AM	9:07 AM
9:05 AM	3.5	Left(?)	Turn left onto Adelaide St N	16.9	(0)	9:06 AM	9:08 AM
9:34 AM	20.3	Right(?)	Turn right onto Fifteen Mile Rd	2.5	43	9:40 AM	9:48 AM
9:39 AM	22.8	Left(?)	Turn left onto Highbury Ave N	2.6	14	9:45 AM	9:54 AM
9:43 AM	25.3	Right(?)	Turn right onto Elginfield Rd/ON-7 E	0.4	2	9:50 AM	10:00 AM
9:44 AM	25.7	Left(?)	Turn left onto Granton Line/County Road 59 (signs for	3.9	(0)	9:51 AM	10:01 AM
9:50 AM	29.6	Left(?)	Turn left onto Fallon Dr	8.3	8	9:59 AM	10:10 AM
10:04 AM	37.9	Left(?)	Turn left onto Saintsbury Line/County Road 47	1.6	(13)	10:15 AM	10:30 AM
10:07 AM	39.4	Right(?)	Turn right onto Alice St/County Road 13	0.4	3	10:18 AM	10:34 AM
10:08 AM	39.8	Right(?)	Turn right onto Main St/ON-4 N	-	(1)	10:19 AM	10:35 AM
10:08 AM	39.8	Left(?)	Turn left onto William St/County Road 13	3.8	-	10:19 AM	10:35 AM
10:14 AM	43.6	Straight(?)	Continue onto Prince William St	4.2	(40)	10:27 AM	10:44 AM
10:21 AM	47.8	Left(?)	Turn left onto Maguire Rd	1.5	(21)	10:35 AM	10:54 AM
10:24 AM	49.3	Right(?)	Turn right onto W Corner Dr	2.5	2	10:38 AM	10:58 AM
10:28 AM	51.8	Straight(?)	Continue onto Queen St	4.2	(13)	10:43 AM	11:04 AM
11:21 AM	56.0	Left(?)	Turn left onto New Ontario Rd	11.2	(0)	11:37 AM	11:59 AM
11:40 AM	67.2	Straight(?)	Continue onto Vanneck Rd	7.6	41	11:59 AM	12:26 PM
11:53 AM	74.9	Left(?)	Turn left onto Sunningdale Rd W	4.7	(8)	12:14 PM	12:44 PM
12:01 PM	79.6	Right(?)	Turn right onto Hyde Park Rd	4.0	13	12:24 PM	12:56 PM
12:08 PM	83.7	Left(?)	Turn left onto Sarnia Rd (signs for Sarnia Road)	4.4	(8)	12:32 PM	1:05 PM
12:15 PM	88.1	Straight(?)	Continue straight onto Philip Aziz Ave	0.3	(20)	12:41 PM	1:16 PM
12:16 PM	88.4	Straight(?)	Continue onto Huron Dr	0.4	(7)	12:41 PM	1:17 PM
12:17 PM	88.7	Right(?)	Turn right onto Lambton Dr	0.3	2	12:42 PM	1:17 PM
12:17 PM	89.1	Right(?)	Turn right onto University Dr	0.3	5	12:43 PM	1:18 PM
12:18 PM	89.4	Right(?)	Turn right onto Sunset Dr	0.3	(4)	12:43 PM	1:19 PM
12:18 PM	89.7	Left(?)	Turn left onto Huron St	0.3	(0)	12:44 PM	1:20 PM
12:19 PM	90.0	Right(?)	Turn right onto St George St	1.1	1	12:44 PM	1:20 PM
12:21 PM	91.1	Left(?)	Turn left onto St James St	1.2	(1)	12:47 PM	1:23 PM
12:23 PM	92.3	Right(?)	Turn right onto Pall Mall St	0.2	4	12:49 PM	1:26 PM
12:23 PM	92.6	Left(?)	Turn left onto Wellington St	-	(2)	12:50 PM	1:27 PM
12:24 PM	93.1	End	End of route (Finish at Centennial Hall)	-	-	12:51 PM	1:28 PM

Short Tour / Vanneck Cue Sheet - 58 KM

Estimated Time at 35 KPH	At # KMs	Type of Turn	Notes	For # KMs	Elev. Chg. In Metres	Estimated Time at 30 KPH	Estimated Time at 25 KPH
9:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	9:15 AM	9:15 AM
9:15 AM	0.5	Right(→)	Turn right onto Pall Mall St	0.2	(0)	9:16 AM	9:16 AM
9:16 AM	0.8	Left(←)	Turn left at the 1st cross street onto Waterloo St	1.1	2	9:16 AM	9:16 AM
9:18 AM	1.9	Right(→)	Turn right onto Cheapside St	0.6	7	9:18 AM	9:19 AM
9:19 AM	2.5	Left(←)	Turn left onto Harrison Ave	0.5	2	9:19 AM	9:20 AM
9:20 AM	2.9	Right(→)	Turn right onto Regent St	0.1	(2)	9:20 AM	9:22 AM
9:20 AM	3.1	Left(←)	Turn left at the 1st cross street onto William St	0.2	(4)	9:21 AM	9:22 AM
9:20 AM	3.2	Right(→)	William St turns slightly right and becomes Huron St	0.2	(3)	9:21 AM	9:22 AM
9:20 AM	3.5	Left(←)	Turn left at the 1st cross street onto Adelaide St N	8.4	(1)	9:21 AM	9:23 AM
9:35 AM	11.9	Right(→)	Turn right onto Nine Mile Rd	17.8	39	9:38 AM	9:43 AM
10:05 AM	29.6	Left(←)	Turn left onto Vanneck Rd	8.4	(21)	10:14 AM	10:26 AM
10:20 AM	38.0	Left(←)	Turn left onto Medway Rd	7.2	15	10:31 AM	10:46 AM
10:32 AM	45.2	Right(→)	Turn right onto Wonderland Rd N/County Rd 56	1.4	1	10:45 AM	11:03 AM
10:34 AM	46.7	Straight(↑)	At the roundabout, take the 2nd exit and stay on	3.6	(8)	10:48 AM	11:06 AM
10:41 AM	50.2	Left(←)	Turn left onto Lawson Rd	0.2	4	10:55 AM	11:15 AM
10:41 AM	50.4	Right(→)	Turn right onto Lonsdale Dr	0.3	0	10:55 AM	11:16 AM
10:42 AM	50.8	Right(→)	Turn right onto Bromleigh Ave	0.4	1	10:56 AM	11:16 AM
10:42 AM	51.2	Left(←)	Turn left onto Leyton Crescent	0.2	(8)	10:57 AM	11:17 AM
10:43 AM	51.4	Right(→)	Turn right onto Wychwood Park	0.3	(125)	10:57 AM	11:18 AM
10:43 AM	51.6	Right(→)	Turn right onto Sleightholme Ave	0.1	120	10:58 AM	11:18 AM
10:43 AM	51.8	Left(←)	Turn left at the 1st cross street onto Sarnia Rd	1.0	(1)	10:58 AM	11:19 AM
10:45 AM	52.7	Straight(↑)	Continue straight onto Philip Aziz Ave	0.3	(13)	11:00 AM	11:21 AM
10:45 AM	53.0	Straight(↑)	Continue onto Huron Dr	0.4	(7)	11:01 AM	11:22 AM
10:46 AM	53.4	Right(→)	Turn right onto Lambton Dr	0.3	2	11:01 AM	11:23 AM
10:47 AM	53.7	Right(→)	Turn right onto University Dr	0.3	5	11:02 AM	11:23 AM
10:47 AM	54.1	Right(→)	Turn right onto Sunset Dr	0.3	(4)	11:03 AM	11:24 AM
10:48 AM	54.4	Left(←)	Turn left onto Huron St	0.3	(0)	11:03 AM	11:25 AM
10:48 AM	54.7	Right(→)	Turn right onto St George St	0.9	1	11:04 AM	11:26 AM
10:50 AM	55.5	Left(←)	Turn left onto Grosvenor St	0.6	(2)	11:06 AM	11:28 AM
10:51 AM	56.2	Right(→)	Turn right onto Waterloo St	0.9	15	11:07 AM	11:29 AM
10:52 AM	57.0	Right(→)	Turn right onto Pall Mall St	0.2	(10)	11:09 AM	11:31 AM
10:53 AM	57.3	Left(←)	Turn left onto Wellington St	-	(2)	11:09 AM	11:32 AM
10:53 AM	57.5	End	End of route (Finish at Centennial Hall)	-	-	11:10 AM	11:33 AM