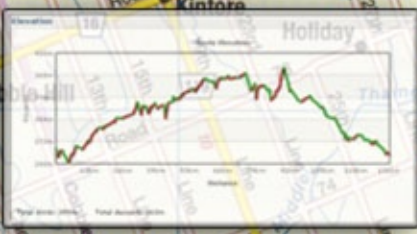


LCW Tour to Stratford - 132 KM



LCW Tour to Stratford

Summary: 132.0 Kilometres - 5 Hours, 18 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction		Elevation
8:00 AM	0.0	Start at Centennial Hall, in downtown London - head North (right) on Wellington St.		NNW	338°	262m
8:01 AM	0.5	Turn right (East) on Pall Mall St.	0.5	E	69°	250m
8:01 AM	0.8	Turn left (North) on Waterloo St.	0.3	NNW	340°	250m
8:04 AM	2.4	Turn right (East) on Regent St.	1.6	E	69°	259m
8:06 AM	3.1	Turn left (North) on William St.	0.7	NNW	339°	252m
8:07 AM	3.5	Turn left (North) on Adelaide St. N.	0.4	NNW	337°	247m
8:15 AM	7.7	Turn right (East) on Sunningdale Rd. E.	4.1	E	68°	266m
8:20 AM	10.1	Cross Highbury Ave. N.	2.5	E	68°	261m
8:26 AM	12.6	Turn left (north) on Clarke Rd.	2.5	NNW	340°	274m
8:28 AM	14.0	Cross Medway Rd.	1.4	NNW	339°	282m
8:43 AM	21.0	Turn right (East) on Plover Mills Rd.	7.0	SSE	140°	297m
8:48 AM	23.4	Turn left (north) on Prospect Hill Rd.	2.5	NNW	339°	306m
9:02 AM	30.1	Cross Hwy #7 (Elgonfield Rd.)	6.7	NNW	352°	312m
9:05 AM	31.5	Veer right (Northeast) on Perth Road 139	1.4	NNW	357°	327m
9:17 AM	37.2	Veer right, still on Perth Road 139	5.7	SSE	142°	323m
9:25 AM	41.6	(In St. Marys)	4.3	E	81°	324m
9:28 AM	42.7	Turn left (north) on Wellington St. S.	1.1	NNW	352°	307m
9:28 AM	42.9	Turn right (East) on Station St.	0.2	S	180°	314m
9:29 AM	43.3	Veer left (North) on James St. N.	0.5	NNW	351°	318m
9:35 AM	46.1	Veer right (Northeast) on Perth Road 130	2.7	NNE	17°	330m
10:01 AM	58.8	Turn right (Southeast) on Perth Line 32	12.7	SE	122°	363m
10:10 AM	62.9	(In Stratford)	4.1	SSW	190°	349m
10:14 AM	65.0	Cross Hwy #7 (Erie St.) again	2.1	SW	214°	365m
10:18 AM	67.0	Stop at the Restaurant, then continue by heading South on Perth Road 112	2.0	S	158°	364m
11:12 AM	71.5	(In Harmony) Turn right (West) on Perth Line 26	4.5	WNW	272°	365m
11:18 AM	74.2	Turn left (South) on Perth Road 113	2.7	S	158°	371m
11:34 AM	81.7	Turn right (West) on Oxford Road 28 (96th Rd.)	7.5	W	248°	353m
11:42 AM	85.9	(In Harrington)	4.2	WSW	246°	337m
11:56 AM	92.3	(In Uniondale)	6.4	SE	132°	344m
12:04 PM	96.6	Turn left (South) on Cobble Hills Rd.	4.2	S	160°	330m
12:11 PM	99.7	Turn right (West) on Plover Mills Rd.	3.1	S	164°	338m
12:25 PM	106.7	Turn left (South) on Nissouri R.d	7.0	ESE	97°	309m
12:38 PM	112.9	Turn right (West) on Thorndale Rd. (King St.)	6.2	WSW	245°	284m
12:38 PM	112.9	(In Thorndale)		WSW	247°	284m
12:40 PM	113.9	Turn left (South) on Rebecca Rd.	1.0	W	262°	276m
12:52 PM	119.5	(In London) Turn right (West) on Robin's Hill Rd. (Huron St.)	5.7	W	248°	281m
12:58 PM	122.4	Veer right (West) on Huron St.	2.9	W	249°	275m
1:01 PM	124.2	Turn left (South) on Sorrell Rd.	1.8	SSE	156°	272m
1:03 PM	125.0	Turn right (West) on Cheapside St.	0.8	W	248°	268m
1:13 PM	129.8	Turn left (South) on Colbourne St.	4.9	S	159°	254m
1:18 PM	132.0	End at Centennial Hall	2.2	S	160°	265m