



## LCW Tour to Woodstock - July 23, 2011 - 119 KM

Summary: 169.2 Kilometres - 4 Hours, 15 Minutes (at 32.0 KPH Average)

Time	# KMs	Notes	For	Direction		Elevation	Climb/Desc.
<b>8:15 AM</b>	<b>0.0</b>	<b>Starting at Centennial Hall in Downtown London, start by heading left (South) on Wellington St.</b>		S	159°	256m	0
8:16 AM	1.0	Turn left (East) on Horton St. E.	1.0	E	69°	248m	-8
8:18 AM	1.9	Veer right (still East) on Hamilton Rd.	0.8	ESE	103°	250m	2
8:26 AM	6.2	Turn left (still East) on Gore Rd.	4.4	E	69°	261m	11
8:30 AM	8.1	Turn right (still East) on River Rd.	1.9	SE	116°	259m	-2
8:34 AM	10.3	Continue straight across Veterans Memorial Parkway (Airport Rd.) onto Catherine St.	2.2	E	81°	246m	-13
8:37 AM	12.0	(In Wabuno) Turn right (South) on Westchester Bourne (#74)	1.7	S	161°	255m	9
8:43 AM	15.0	Turn left (East) on Donnybrook Dr.	3.0	E	78°	272m	17
8:50 AM	18.9	Turn right (South) on Dorchester Road (#32)	3.9	WSW	228°	273m	1
8:51 AM	19.6	Continue South on #32) across the 401	0.8	S	170°	287m	14
8:53 AM	20.3	Turn left (East) on Cromartie Dr.	0.7	E	79°	281m	-6
9:00 AM	24.0	Cross Elgin Road (Hwy #73) to continue East on Cromartie Rd.	3.7	E	77°	263m	-18
9:10 AM	29.5	Cross Putnam Road (#30) to continue East on Cromartie Rd.	5.5	E	78°	268m	5
9:15 AM	32.1	Veer left (North) onto Pigram Road	2.6	NNE	15°	286m	18
9:17 AM	33.1	Veer right (East) onto Salford Rd.	1.0	NE	40°	292m	6
9:23 AM	36.7	Turn left (North) onto Culloden Line (#10)	3.6	NNW	348°	291m	-1
9:28 AM	39.3	Continue North on Culloden Line across the 401	2.6	N	0°	287m	-4
9:29 AM	39.9	(In Ingersol) Turn right (East) onto Clark Rd.	0.6	ENE	46°	295m	8
9:55 AM	53.5	Turn left (NorthEast) onto Mill Rd. (Sweaburd Rd #12)	13.5	NNW	340°	315m	20
9:56 AM	54.0	(In Woodstock) Turn right (East) on Juliana Dr.	0.6	E	79°	332m	17
10:00 AM	56.1	Continue East and Cross Highway #59	2.1	E	77°	299m	-33
<b>10:00 AM</b>	<b>56.3</b>	<b>Stop at the Restaurant in Woodstock the continue by heading West on Juliana Dr.</b>	0.1	W	257°	304m	5
10:00 AM	56.4	Turn right (North) on Norwiche Dr. (Hwy #59)	0.1	NNW	346°	299m	-5
10:04 AM	58.3	Turn left (West) on Main St.	2.0	W	257°	296m	-3
10:07 AM	59.9	Turn right (North) on Mill St.	1.5	NNW	347°	285m	-11
10:07 AM	60.2	Turn left (West) on Dundas St. (Hwy #2)	0.3	W	259°	291m	6
10:10 AM	61.4	Turn right (North on Concession 10 (#30)	1.2	NNW	334°	281m	-10
10:15 AM	64.5	Turn left (West) on Oxford Road 17	3.1	W	248°	315m	34
10:21 AM	67.2	Continue West on Oxford Road 74	2.7	WSW	247°	329m	14
10:31 AM	72.9	(In Cody's Corners) Continue West on Oxford Road 74 across Oxford Rd 6 (37th Line or Embro Rd.)	5.6	W	248°	316m	-13
10:59 AM	87.5	Continue West on Evelyn Dr.	14.7	WSW	247°	299m	-17
11:14 AM	95.9	Turn right (North) on Rebecca Rd.	8.3	NNW	340°	278m	-21
11:15 AM	96.5	(In London) Turn left (West) on Robin's Hill Rd.	0.6	W	248°	281m	3
11:21 AM	99.3	Veer right (West) on Huron St.	2.8	WSW	229°	274m	-7
11:24 AM	101.2	Turn left (South) on Sorrel Rd.	1.9	S	161°	272m	-2
11:26 AM	102.0	Turn right (West) on Cheapside St.	0.8	W	249°	268m	-4
11:35 AM	107.0	Turn left (South) on Waterloo St.	5.1	S	159°	256m	-12
11:37 AM	108.1	Turn right (West) on Pall Mall St.	1.1	W	249°	250m	-6
11:38 AM	108.4	Turn left (South) on Wellington St.	0.3	S	158°	250m	0
<b>11:39 AM</b>	<b>108.9</b>	<b>End at Centennial Hall in London</b>	0.5	S	160°	256m	6