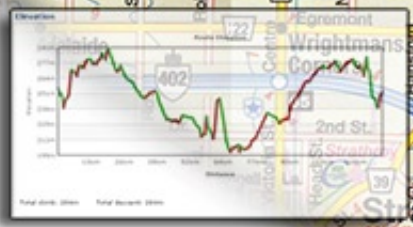


LCW Tour to Parkhill - 127 KM



LCW Tour to Parkhill – 127KM

Summary: 126.7 Kilometres - 5 Hours, 7 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction		Elevation
8:15 AM	0.0	Start at Centennial Hall in downtown London. Head North on Wellington St.		NNW	339°	256m
8:16 AM	0.5	Turn left (West) on Pall Mall St.	0.5	W	250°	250m
8:16 AM	0.7	Turn right (North) on Richmond St.	0.2	NNW	339°	252m
8:17 AM	1.1	Turn left (West) on Oxford St. E.	0.4	W	248°	249m
8:18 AM	1.8	Turn right (North) on Gunn St.	0.8	NNW	340°	239m
8:19 AM	2.2	Turn left (West) on Beaufort St.	0.4	W	248°	240m
8:20 AM	2.5	Turn right (North) on Western Rd. (Wharncliffe Rd.)	0.3	NNW	336°	241m
8:22 AM	3.8	Turn left (West) on Sarnia Rd.	1.4	W	248°	250m
8:24 AM	4.8	Turn right (North) on Sleightholme Ave.	1.0	NNW	340°	271m
8:25 AM	4.9	Turn left (West) on Wychwood Park	0.1	W	250°	269m
8:28 AM	6.3	Turn right (Northwest) on Annadale Dr.	1.4	NW	296°	271m
8:28 AM	6.6	Turn right (North) on Wonderland Rd. N.	0.3	W	253°	269m
8:49 AM	16.7	(In Ilderton) Turn left (West) on Ilderton Rd.	10.1	W	248°	285m
9:24 AM	33.6	(In Poplar Hill) Turn right (Northeast) on Poplar Hill Rd.	16.8	NW	315°	248m
9:45 AM	43.9	Turn left (Southwest) on Petty St.	10.3	SSE	151°	228m
9:55 AM	48.4	Turn right (West) on Centre Rd. (Hwy #81)	4.5	NNW	317°	233m
10:05 AM	53.3	Turn left (West) on Townsend Line	4.9	SW	225°	224m
10:14 AM	57.6	Turn right (North) on Kerwood Rd.	4.3	W	256°	232m
10:33 AM	66.9	Turn right (East) on Elginfield Rd.	9.3	ESE	103°	202m
10:36 AM	68.5	Turn left (North) on Elginfield Rd.	1.6	NNE	10°	205m
10:41 AM	70.8	(In Parkhill) Turn left (North) on Parkhill Main St.	2.3	NNE	11°	205m
10:43 AM	72.0	Stop at the restaurant in Parkhill for Brunch, then head back South on Main St.	1.2	SSW	192°	204m
11:31 AM	73.2	Turn left (East) on Elginfield Rd. (Hwy #81)	1.2	ESE	103°	205m
11:35 AM	75.2	Turn right (South) on Centre Rd. (Hwy #81)	2.0	SSW	181°	211m
11:39 AM	77.2	Turn left (East) on Nairn Rd.	2.0	SSW	189°	214m
12:20 PM	97.1	Turn left (East) on Ilderton Rd.	19.9	NE	45°	261m
12:30 PM	101.8	Turn right (South) on Vanneck Rd.	4.7	S	159°	272m
12:42 PM	107.4	Turn left (East) on Medway Rd.	5.6	E	68°	279m
12:57 PM	114.6	(In London) Turn right (South) on Wonderland Rd. N.	7.2	S	161°	280m
1:08 PM	120.2	Turn left (East) on Sarnia Rd.	5.6	S	160°	279m
1:22 PM	126.8	End at Centennial Hall	6.6	NNW	340°	262m