

LCW Tour to Innerkip - 140 KM

Summary: 140.2 Kilometres - 5 Hours, 35 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 Right (North) on Wellington St.		NNW	339°	256m
8:15 AM	0.5	Turn right (East) on Pall Mall	0.5	E	69°	250m
8:16 AM	0.7	Turn left (North) on Waterloo St.	0.3	NNW	339°	250m
8:19 AM	2.3	Turn right (East) on Regent St.	1.6	E	70°	259m
8:21 AM	3.0	Turn left (North) on William St.	0.7	NNW	344°	252m
8:21 AM	3.2	Turn right (East) on Huron St.	0.2	E	69°	248m
8:22 AM	3.5	Turn left (North) on Adelaide St. N.	0.3	NNW	338°	247m
8:33 AM	9.0	Turn right (East) on Medway Rd.	5.6	E	69°	277m
8:50 AM	17.1	Continue East on Thorndale Rd.	8.1	NNE	10°	296m
8:56 AM	19.9	(In Thorndale) Turn left (North) on Nissouri Rd.	2.8	NNW	340°	284m
9:09 AM	26.1	Turn right (East) on Plover Mills Rd.	6.2	E	68°	309m
9:23 AM	33.1	Continue East on 92nd Rd.	7.0	ENE	67°	338m
9:37 AM	40.1	(In Lakeside) Continue East on 92nd Rd.	7.0	ENE	67°	375m
9:53 AM	47.8	Turn right (South) on Oxford Rd. 6 (37th Line, or Embro Rd.)	7.8	S	160°	351m
10:00 AM	50.9	Turn left (East) on 88th Rd. (Hickson Rd.)	3.1	E	68°	335m
10:20 AM	60.6	(In Hickson) Continue East on Oxford Rd. 8 (Loveys St. E.)	9.7	ENE	67°	342m
10:35 AM	67.9	Turn right (South) on Oxford Rd. 5	7.3	S	165°	329m
10:48 AM	74.1	Turn left (East) on Oxford Rd. 33	6.2	E	68°	315m
10:50 AM	75.1	(In Innerkip) Turn right (South) on Blandford St. (Oxford Rd. 4)	1.0	SSW	196°	306m
10:51 AM	75.5	Stop at the Restaurant in Innerkip for 45 minutes, then continue heading South on Oxford Rd. 4 (Blandford St.)	0.4	SW	204°	307m
11:43 AM	79.0	Turn right (West) on Oxford Rd. 17	3.5	W	256°	294m
11:54 AM	84.5	(In Woodstock) Continue West on Oxford Rd. 17	5.5	WSW	247°	310m
12:15 PM	94.3	Turn left (South) on Oxford Rd. 6 (Embro Rd. or 37th Line)	9.8	S	162°	316m
12:29 PM	101.2	Turn right (Southwest) on Beachville Rd.	6.9	SW	214°	284m
12:38 PM	105.6	(In Ingersoll) Turn right (North) on Thames St. S.	4.4	NNW	328°	274m
12:39 PM	106.0	Turn left (West) on Victoria St.	0.4	WSW	227°	274m
12:54 PM	113.1	Turn right (North) on Oxford Rd. 45 (17th Line)	7.1	NNW	335°	268m
12:59 PM	116.0	Turn left (West) on 64th Rd. (Gore Rd.)	2.8	WSW	247°	285m
1:37 PM	134.0	(In London) Turn right (West) on Hamilton Rd.	18.0	WNW	282°	261m
1:46 PM	138.4	Bear left (West) on Horton St. E.	4.4	W	253°	250m
1:47 PM	139.2	Turn right (North) on Wellington St.	0.8	NNW	338°	249m
1:50 PM	140.2	(In London) End at Centennial Hall	1.0	NNW	339°	256m