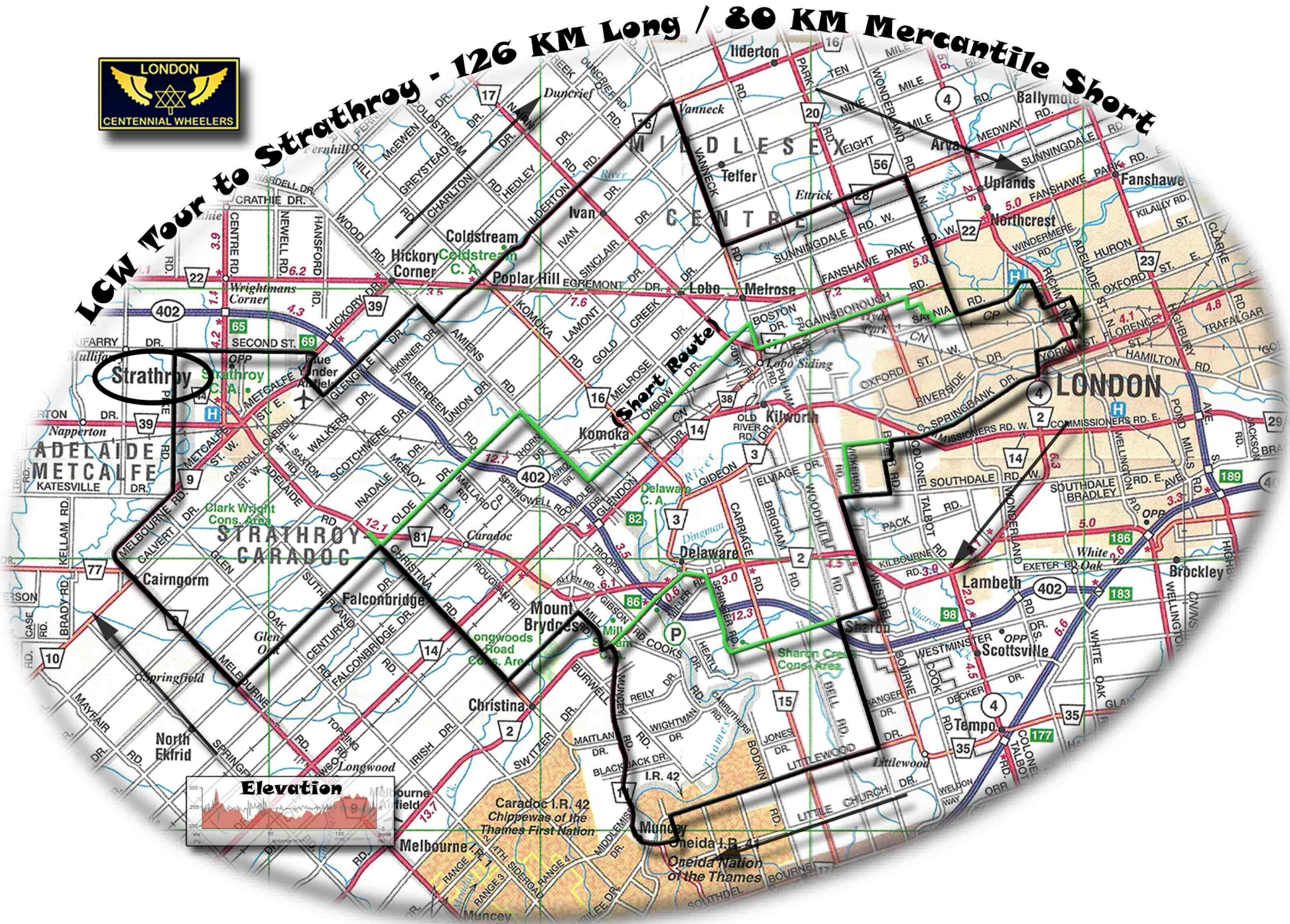




LCW Tour to Strathroy - 126 KM Long / 80 KM Mercantile Short



LCW Tour to Cairngorm/ Strathroy Cue Sheet - 126 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
8:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.3	Right(→)	Turn right onto Queens Ave W	1.2	(0)	8:15 AM	8:15 AM
8:17 AM	1.5	Straight(↑)	Continue onto Riverside Dr	0.3	(9)	8:18 AM	8:18 AM
8:18 AM	1.8	Left(←)	Turn left onto Wharnccliffe Rd S	0.7	2	8:18 AM	8:19 AM
8:19 AM	2.5	Right(→)	Turn right onto Horton St W	0.7	2	8:19 AM	8:20 AM
8:20 AM	3.2	Straight(↑)	Continue straight onto Springbank Dr	4.4	(6)	8:21 AM	8:22 AM
8:28 AM	7.6	Straight(↑)	Continue onto Byron Baseline Rd	0.8	20	8:30 AM	8:33 AM
8:29 AM	8.4	Left(←)	Turn left onto Griffith St	1.3	0	8:31 AM	8:35 AM
8:31 AM	9.7	Left(←)	Turn left onto Boler Rd	0.9	27	8:34 AM	8:38 AM
8:33 AM	10.6	Right(→)	Turn right onto Southdale Rd W	2.0	5	8:36 AM	8:40 AM
8:36 AM	12.6	Left(←)	Turn left onto Westdel Bourne	4.3	(41)	8:40 AM	8:45 AM
8:44 AM	16.9	Right(→)	Turn right onto Sharon Rd	1.5	(5)	8:48 AM	8:55 AM
8:46 AM	18.4	Left(←)	Turn left onto Woodhull Rd	5.0	(7)	8:51 AM	8:59 AM
8:55 AM	23.4	Right(→)	Turn right onto Littlewood Dr/Middlesex 35	8.2	7	9:01 AM	9:11 AM
9:09 AM	31.5	Left(←)	Turn left onto Hazel Rd	0.7	(27)	9:18 AM	9:30 AM
9:10 AM	32.3	Straight(↑)	Continue onto Muncey Rd	0.5	(2)	9:19 AM	9:32 AM
9:11 AM	32.8	Left(←)	Turn left onto River Rd	8.0	(6)	9:20 AM	9:33 AM
9:25 AM	41.0	Left(←)	Turn left onto Longwoods Rd (signs for Middlesex 2 W)	0.3	29	9:37 AM	9:53 AM
9:25 AM	41.4	Right(→)	Turn right onto Mill Rd	1.6	5	9:37 AM	9:54 AM
9:28 AM	43.0	Left(←)	Turn left onto Irish Dr	3.6	2	9:41 AM	9:58 AM
9:34 AM	46.7	Right(→)	Turn right onto Christina Rd	6.8	1	9:48 AM	10:06 AM
9:46 AM	53.5	Left(←)	Turn left onto Olde Dr	7.3	(5)	10:02 AM	10:23 AM
9:59 AM	60.8	Right(→)	Turn right onto Melbourne Rd	9.9	(15)	10:16 AM	10:40 AM
10:16 AM	70.7	Left(←)	Turn left onto Pike Rd	5.2	0	10:36 AM	11:04 AM
10:25 AM	75.9	Right(→)	Turn right onto Mullifarry Dr	1.8	18	10:46 AM	11:17 AM
10:28 AM	77.8	Straight(↑)	Stop at the Restaurant, then continue onto Second St	3.4	(3)	10:50 AM	11:21 AM
11:19 AM	81.1	Right(→)	Turn right onto Hickory Dr	0.9	(12)	11:42 AM	12:14 PM
11:20 AM	82.0	Left(←)	Turn left onto McEvoy Rd	1.1	1	11:44 AM	12:16 PM
11:22 AM	83.2	Left(←)	Turn left onto Glengyle Dr	4.9	5	11:46 AM	12:19 PM
11:30 AM	88.0	Right(→)	Turn right onto Amiens Rd	0.9	6	11:56 AM	12:31 PM
11:32 AM	88.9	Left(←)	Turn left onto Ilderton Rd	12.0	(4)	11:57 AM	12:33 PM
11:53 AM	101.0	Right(→)	Turn right onto Vanneck Rd	5.6	39	12:21 PM	1:02 PM
12:02 PM	106.6	Left(←)	Turn left onto Medway Rd	7.2	5	12:33 PM	1:15 PM
12:15 PM	113.8	Right(→)	Turn right onto Wonderland Rd N	5.6	0	12:47 PM	1:33 PM
12:24 PM	119.4	Left(←)	Turn left onto Sarnia Rd	2.0	(7)	12:58 PM	1:46 PM
12:27 PM	121.3	Straight(↑)	Continue onto Philip Aziz Ave	0.3	(23)	1:02 PM	1:51 PM
12:28 PM	121.6	Straight(↑)	Continue onto Huron Dr	0.4	(8)	1:03 PM	1:51 PM
12:29 PM	122.0	Right(→)	Turn right onto Lambton Dr	0.3	7	1:04 PM	1:52 PM
12:29 PM	122.3	Right(→)	Turn right onto University Dr	0.3	2	1:04 PM	1:53 PM
12:30 PM	122.6	Right(→)	Sharp right to stay on University Dr	0.1	(10)	1:05 PM	1:54 PM
12:30 PM	122.7	Right(→)	Turn right onto Sunset Dr	0.3	(0)	1:05 PM	1:54 PM
12:30 PM	123.0	Left(←)	Turn left onto Huron St	0.3	2	1:05 PM	1:55 PM
12:31 PM	123.3	Right(→)	Turn right onto St George St	0.9	1	1:06 PM	1:55 PM
12:32 PM	124.1	Left(←)	Turn left onto Grosvenor St	0.6	(2)	1:08 PM	1:57 PM
12:33 PM	124.8	Right(→)	Turn right onto Waterloo St	1.3	13	1:09 PM	1:59 PM
12:36 PM	126.1	Left(←)	Turn left onto Wellington St	-	(10)	1:12 PM	2:02 PM
12:36 PM	126.3	End	End of route (Finish at Centennial Hall)	-	-	1:12 PM	2:03 PM

Cairngorm / Strathroy Short Tour / Mercantile Cue Sheet - 80 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
8:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.0	Left(←)	Turn left toward Clarence St	-	(0)	8:15 AM	8:15 AM
8:15 AM	0.0	Right(→)	Turn right toward Clarence St	-	-	8:15 AM	8:15 AM
8:15 AM	0.0	Left(←)	Turn left toward Clarence St	0.1	-	8:15 AM	8:15 AM
8:15 AM	0.2	Left(←)	Turn left toward Clarence St	0.1	(1)	8:15 AM	8:15 AM
8:15 AM	0.3	Left(←)	Turn left onto Clarence St	0.2	(0)	8:15 AM	8:15 AM
8:15 AM	0.4	Right(→)	Turn right onto Queens Ave W	1.0	0	8:15 AM	8:15 AM
8:17 AM	1.4	Straight(↑)	Continue onto Riverside Dr	0.3	(8)	8:17 AM	8:18 AM
8:17 AM	1.7	Left(←)	Turn left onto Wharncliffe Rd S	0.7	2	8:18 AM	8:19 AM
8:19 AM	2.4	Right(→)	Turn right onto Horton St W	0.7	2	8:19 AM	8:20 AM
8:20 AM	3.1	Straight(↑)	Continue onto Springbank Dr	4.4	(6)	8:21 AM	8:22 AM
8:27 AM	7.5	Straight(↑)	Continue onto Byron Baseline Rd	2.9	19	8:29 AM	8:32 AM
8:32 AM	10.4	Left(←)	Turn left onto Wickerson Rd	0.3	19	8:35 AM	8:39 AM
8:33 AM	10.7	Straight(↑)	At the roundabout, continue straight to stay on Wickerson Rd	1.6	-	8:36 AM	8:40 AM
8:36 AM	12.3	Right(→)	Turn right onto Southdale Rd	0.4	(12)	8:39 AM	8:44 AM
8:36 AM	12.7	Left(←)	Turn left onto Westdel Bourne	4.3	(14)	8:40 AM	8:45 AM
8:44 AM	17.0	Right(→)	Turn right onto Sharon Rd	5.6	(5)	8:49 AM	8:55 AM
8:53 AM	22.6	Right(→)	Turn right onto Springer Rd	3.0	(14)	9:00 AM	9:09 AM
8:58 AM	25.6	Left(←)	Turn left onto Longwoods Rd/Middlesex County Rd 2	3.4	(0)	9:06 AM	9:16 AM
9:04 AM	29.0	Right(→)	Turn right onto Gibson Rd	-	-	9:12 AM	9:24 AM
9:04 AM	29.0	Right(→)	Turn right onto Longwoods Rd/Middlesex County Rd 2	1.6	-	9:13 AM	9:24 AM
9:07 AM	30.6	Right(→)	Turn right onto Mill Rd	1.6	12	9:16 AM	9:28 AM
9:10 AM	32.2	Left(←)	Turn left onto Irish Dr	3.6	2	9:19 AM	9:32 AM
9:16 AM	35.8	Right(→)	Turn right onto Christina Rd	8.2	1	9:26 AM	9:40 AM
9:30 AM	44.0	Left(←)	Turn left onto Olde Dr	7.3	(5)	9:43 AM	10:00 AM
9:42 AM	51.3	Right(→)	Turn right onto Amiens Rd	3.6	9	9:57 AM	10:18 AM
10:34 AM	55.0	Left(←)	Turn left onto Oxbow Dr	8.4	(7)	10:49 AM	11:11 AM
10:48 AM	63.4	Right(→)	Turn right onto Vanneck Rd/County Rd 38	1.0	25	11:06 AM	11:32 AM
10:50 AM	64.4	Left(←)	Turn left onto Gainsborough Rd/County Rd 17 (signs for County Road 17)	5.7	1	11:08 AM	11:34 AM
11:00 AM	70.1	Right(→)	Turn right onto Coronation Dr	0.4	11	11:20 AM	11:48 AM
11:00 AM	70.5	Straight(↑)	At the roundabout, take the 3rd exit onto Brunswick Ave	0.5	(1)	11:20 AM	11:49 AM
11:01 AM	71.0	Right(→)	Turn right onto Aldersbrook Rd	1.2	(0)	11:21 AM	11:50 AM
11:03 AM	72.1	Left(←)	Turn left onto Sarnia Rd	2.7	(3)	11:24 AM	11:53 AM
11:08 AM	74.9	Straight(↑)	Continue straight onto Philip Aziz Ave	0.3	(24)	11:29 AM	11:59 AM
11:08 AM	75.1	Straight(↑)	Continue onto Huron Dr	0.4	(7)	11:30 AM	12:00 PM
11:09 AM	75.5	Right(→)	Turn right onto Lambton Dr	0.3	2	11:31 AM	12:01 PM
11:10 AM	75.8	Right(→)	Turn right onto University Dr	0.3	5	11:31 AM	12:02 PM
11:10 AM	76.2	Right(→)	Turn right onto Sunset Dr	0.3	(4)	11:32 AM	12:02 PM
11:11 AM	76.5	Left(←)	Turn left onto Huron St	0.3	(0)	11:32 AM	12:03 PM
11:11 AM	76.8	Right(→)	Turn right onto St George St	0.9	1	11:33 AM	12:04 PM
11:13 AM	77.6	Left(←)	Turn left onto Grosvenor St	0.6	(2)	11:35 AM	12:06 PM
11:14 AM	78.3	Right(→)	Turn right onto Waterloo St	0.9	15	11:36 AM	12:07 PM
11:15 AM	79.1	Right(→)	Turn right onto Pall Mall St	0.2	(10)	11:38 AM	12:09 PM
11:16 AM	79.4	Left(←)	Turn left onto Wellington St	-	(2)	11:38 AM	12:10 PM
11:16 AM	79.9	End	End of route (Finish at Centennial Hall)	-	-	11:39 AM	12:11 PM