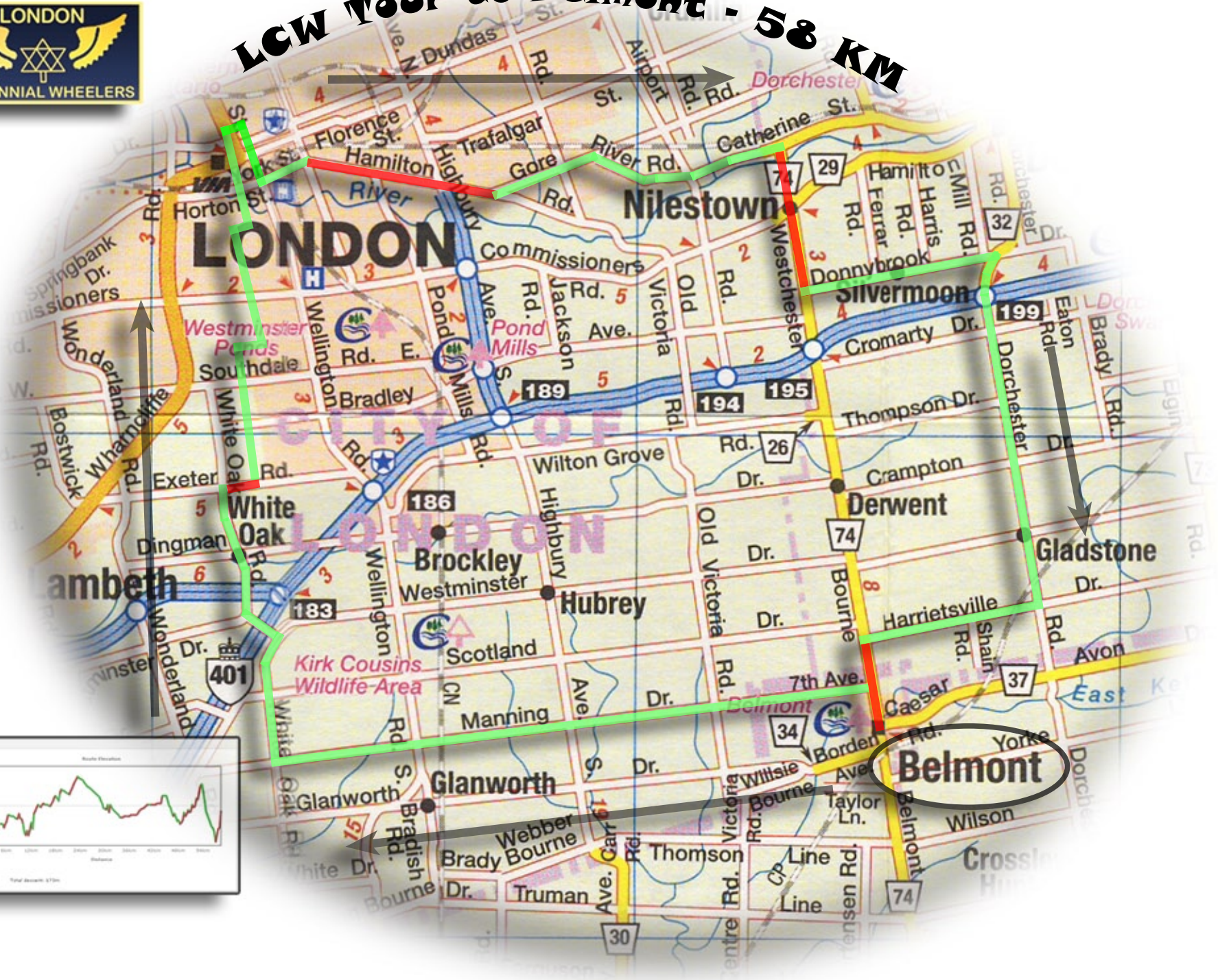




LCW Tour to Belmont - 58 KM



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Summary: 58.5 Kilometres - 2 Hours, 45 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction		Elevation
9:15 AM	0.0	Start at Centennial Hall in downtown London. Head Left (South) on Wellington St.		S	160°	256m
9:17 AM	1.0	Turn left (East) on Horton St. E.	1.0	E	72°	248m
9:18 AM	1.8	Veer right (East) on Hamilton Rd.	0.8	ESE	103°	250m
9:27 AM	6.2	Turn left (East) on Gore Rd.	4.4	E	69°	261m
9:31 AM	8.1	Turn right (Southeast) on River Rd.	1.9	SE	114°	259m
9:39 AM	12.0	Turn right (South) on Westchester Bourne	3.9	S	164°	255m
9:42 AM	13.3	(In Nilestown) Continue South on Westchester Bourne	1.3	S	164°	269m
9:45 AM	15.0	Turn left (East) on Donnybrook Dr.	1.7	E	79°	272m
9:53 AM	18.7	(In Dorchester) Turn right (South) on Dorchester Rd.	3.7	S	169°	272m
10:05 AM	24.3	(In Gladstone) Continue South on Dorchester Rd.	5.6	S	170°	289m
10:08 AM	25.7	Turn right (West) on Harrietsville Dr.	1.5	W	260°	282m
10:15 AM	29.4	Turn left (South) on Westchester Bourne (Hwy #73)	3.7	S	171°	268m
10:18 AM	30.8	(In Belmont) Stop at the restaurant for 45 minutes, then continue by heading back North on Main St. (Westchester Bourne, Hwy #73)	1.4	NNW	350°	264m
11:04 AM	31.2	Turn left (West) on 7th Ave. (to Manning Dr.)	0.4	W	262°	270m
11:29 AM	43.4	Turn right (North) on White Oak Rd.	12.2	NNW	351°	271m
11:35 AM	46.0	Turn left (West) on Westminster Dr.	2.7	NW	301°	264m
11:36 AM	46.4	Turn right (North) on White Oak Rd.	0.4	NE	29°	261m
11:41 AM	49.2	(In London) Turn right (East) on Exeter Rd. (Hwy #135)	2.8	E	81°	263m
11:43 AM	49.8	Turn left (North) on Chalkstone Dr.	0.6	NNW	350°	263m
11:43 AM	49.9	Turn left (West) on Jalna Blvd.	0.1	WNW	291°	263m
11:48 AM	52.6	Turn right (East) on Ferndale Ave.	2.7	ESE	107°	277m
11:49 AM	53.1	Turn left (North) on Upper Queen St.	0.5	NNW	351°	282m
11:55 AM	55.9	Turn right (East) on Grand Ave.	2.9	E	82°	251m
11:56 AM	56.2	Turn left (North) on Carfrae Cres. (to Richmond St.)	0.3	NNW	354°	250m
11:59 AM	58.0	Turn right (East) on Dufferin Ave.	1.7	E	70°	259m
12:00 PM	58.3	Turn left (North) on Wellington St.	0.4	NNW	340°	269m
12:00 PM	58.5	(In London) End at Centennial Hall	0.2	NNW	340°	256m