

London Loop logs

<i>where</i>	<i>GR</i>	<i>day miles</i>	<i>path miles</i>	<i>time</i>	<i>elapsed</i>
20 July 2001					
Erith station	511781	0.0	0.0	9.48	0.00
Erith Pier	516780	0.5	0.5	10.00	0.12
				10.20	
Crayford	515748	5.7	5.7	11.37	1.29
				11.46	
Old Bexley (Kings Head)	494735	8.1	8.1	12.28	2.11
				13.58	
Sidcup Place	462713	11.6	11.6	14.52	3.05
				15.04	
Willet memorial	450692	14.0	14.0	15.48	3.49
				15.53	
Leave Loop	440680	15.3	15.31	16.17	4.13
Petts Wood station	444675	15.7		16.25	4.21

5 October 2001					
Petts Wood station	444675	0.0		10.06	0.00
Join Loop	440680	0.4	15.3	10.13	0.07
				10.17	
Farnborough	443642	3.5	18.4	11.06	0.56
				11.12	
Wilberforce Oak	418634	6.4	21.3	11.55	1.39
Keston (Fox)	412645	7.5	22.4	12.16	2.00
				13.54	
Wickham Court	389649	9.3	24.2	14.30	2.36
Addington Hills	352644	12.5	27.5	15.25	3.31
				15.35	
Coombe Lane station	351640	12.8	27.8	15.40	3.36

30 November 2001					
Coombe Lane station	351640	0.0	27.8	10.06	0.00
Selsdon Park Road	357627	1.4	29.2	10.44	0.38
Hamsey Green	350594	4.4	32.2	11.33	1.27
				11.47	
Old Coulsdon (Fox)	318568	8.1	35.9	12.50	2.30
				13.43	
Coulsdon South station	298590	10.6	38.4	14.27	3.14
Oaks Park	275611	13.2	41.0	15.15	4.02
				15.28	
Leave Loop	248606	15.3	43.1	16.10	4.44
Banstead station	245604	15.5	43.3	16.17	4.51

18 January 2002					
Banstead station	245604	0.0		10.20	0.00
Join Loop	248606	0.2	43.1	10.39	0.19
Nonsuch Palace	228630	2.8	45.7	11.23	1.03
Hogsmill Tavern	209654	6.0	48.9	12.23	2.03
				13.55	
Hogsmill River Park (A3)	204668	7.8	50.7	14.26	2.34
Kingston bridge	177693	10.6	53.5	15.13	3.21
				15.19	
Kingston station	182695	10.9	53.8	15.32	3.34

15 March 2002					
Kingston station	182695	0.0		10.18	0.00
Kingston bridge	177693	0.3	53.5	10.38	0.20
Fulwell (A313)	147712	3.4	56.6	11.23	1.05
Crane Park (Shot tower)	128728	5.8	59	12.07	1.49
				12.17	
North Feltham (Crown & Sceptre pub)	110744	8.6	61.7 *	13.01	2.33
				14.20	
Cranford Park	101774	11.4	64.4	15.42	3.55
				15.52	
Hayes station	097794	13.2	66.0 *	16.26	4.29

3 May 2002					
Hayes station	097794	0.0	66.0 *	10.02	0.00
Stockley Park entrance	084799	1.1	67.0	10.21	0.19
				10.26	
Little Britain Lakes	048811	4.5	70.4	11.16	1.09
				11.26	
Uxbridge Lock	052847	7.2	73.1	12.12	1.55
South Harefield (Horse & Barge pub)	049886	10.1	76.0	12.55	2.38
				14.12	
Harefield (canal bridge)	040912	11.8	77.7	14.42	3.08
Batchworth Heath	077924	15.5	81.4	15.50	4.16
				15.57	
Leave Loop	089928	16.6	82.5	16.15	4.34
Moor Park station	086935	17.1	83.0	16.24	4.43

5 July 2002					
Moor Park station	086935	0.0		10.36	0.00
Join Loop	089928	0.5	82.5	10.43	0.07
Hatch End	122913	4.3	86.3	11.54	1.18
(path towards station)				11.58	
Old Redding	143926	6.6	88.6	12.45	2.05
Warren Lane	160935	8.4	90.4	13.16	2.36
				13.22	
Stanmore (The Vine pub)	164932	8.8	90.8	13.32	2.46
				14.50	
Aldenham Reservoir	170957	11.2	93.2	15.54	3.50
Elstree & B'wd station *	190962	13.1	95.0 *	16.36	4.32

20 September 2002					
Elstree & B'wd station *	190962	0.0	95.0 *	9.49	0.00
Moat Mount open space	210940	3.4	98.3	10.43	0.54
				10.48	
High Barnet (rly bridge)	253958	7.3	102.2	11.51	1.57
Hadley Green *	246976	8.8	103.6 *	12.17	2.23
(King William IV pub)				13.56	
Cockfosters station	281964	11.2	105.9	14.40	3.07
Trent Country Park	288975	12.3	107.0	15.03	3.30
				15.13	
Leave Loop	322984	16.7	111.4	16.25	4.42
Gordon Hill station	319977	17.2		16.35	4.52

* just off the Loop. Loop distances shown to nearest Loop locations.

29 November 2002; with Barbara					
Gordon Hill station	319977	0.0		10.34	0.00
Join Loop	322984	0.5	111.4	10.44	0.10
Rail line (Turkey Street)	351987	2.7	113.6	11.24	0.50
				11.37	
Enfield Lock	371983	4.0	114.9	12.03	1.16
Sewardstone (Plough) *	385982	5.3	115.8 *	12.27	1.40
				14.05	
Pole Hill	384949	8.2		15.09	3.30
(intentional diversion)				15.12	
Chingford station *	392946	9.4	119.0 *	15.36	3.54

31 January 2003; snow lying					
Chingford station *	392946	0.0	119.0 *	10.09	0.00
Buckhurst Hill (Roebuck)	412945	1.3	120.2	10.35	0.26
Chigwell	441938	4.0	122.9	11.21	1.12
(St Mary's Church)				11.28	
Hainault Forest	478928	6.8	125.7	12.22	2.06
				12.34	
Havering-atte-Bower	512932	10.0	128.9	13.31	3.03
(Royal Oak pub)				14.24	
Harold Hill (Bear PH)	537932	12.6	131.5	15.12	3.51
Harold Wood station	548906	15.0	133.9	15.55	4.34

19 April 2003					
Harold Wood station	548906	0.0	133.9	10.08	0.00
A127	564890	1.9	135.8	10.36	0.28
Upminster Bridge station	551868	4.4	138.3	11.13	1.05
				11.22	
Hornchurch Country Park	546846	6.3	140.2	11.50	1.33
South End Road	521840	8.0	141.9	12.16	1.59
Rainham	520821	9.2	143.1	12.37	2.20
(The Bell pub)				13.46	
Coldharbour Point	520788	11.8	145.7	14.29	3.03

* just off the Loop. Loop distances shown to nearest Loop locations.