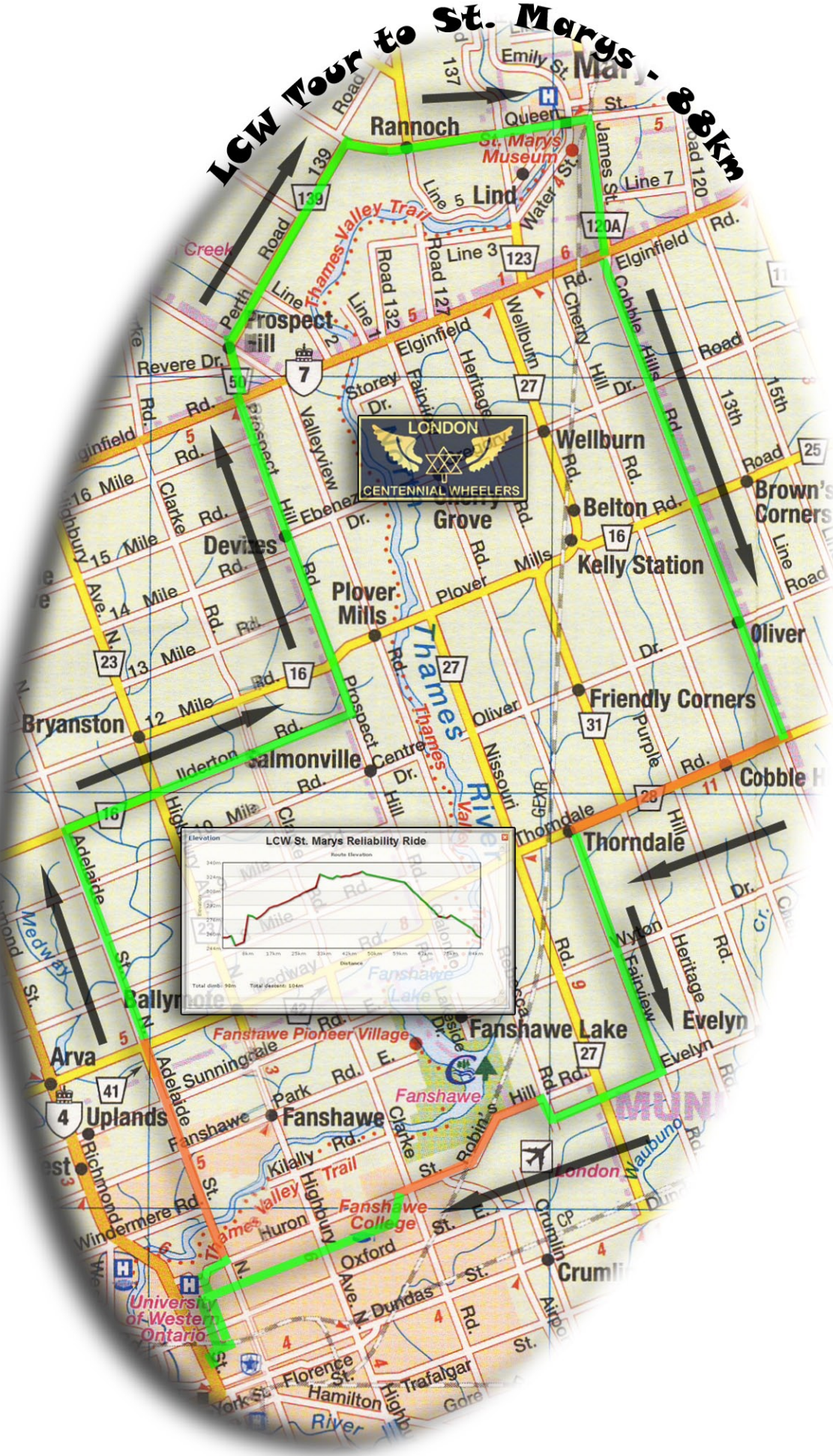
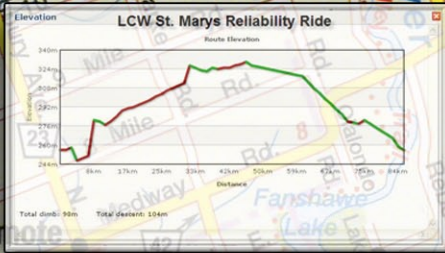


LCW Tour to St. Marys - 88km



St. Marys Reliability Ride

Summary: 86.5 Kilometres - 3 Hours, 43 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction	Elevation
9:00 AM	0.0	(In London) Start at Centennial Hall, go right (North) on Wellington St.		NNW 339°	256m
9:00 AM	0.2	Turn right onto Central Ave.	0.2	E 69°	258m
9:01 AM	0.7	Turn left onto Colbourne St.	0.5	NNW 339°	256m
9:05 AM	2.6	Turn right onto Regent st.	1.8	E 69°	258m
9:07 AM	3.5	Turn left onto Adelaide St. N.	0.9	NNW 340°	247m
9:30 AM	14.6	Turn right onto Ilderton Rd.	11.2	E 68°	289m
9:45 AM	22.0	Turn left onto Prospect Hill Rd.	7.4	NNW 339°	298m
10:01 AM	29.8	Cross Hwy #7 (Elginfield Rd.)	7.9	NNE 3°	312m
10:05 AM	31.6	(In Prospect Hill) Bear right on Perth Road 139	1.8	NE 31°	327m
10:16 AM	37.1	Bear right, still on Perth Road 139	5.6	E 68°	320m
10:27 AM	42.1	(In St. Marys) Stop for brunch at the Sunset Restaurant, then continue left (East) on Queen St. W.	4.9	E 82°	326m
11:14 AM	43.1	Turn right onto James St. S.	1.0	S 171°	327m
11:46 AM	58.9	Turn right onto Thorndale Rd. (Road 64)	15.9	WSW 247°	318m
11:58 AM	64.5	(In Thorndale) Turn left onto Fairview Rd.	5.6	S 159°	299m
12:11 PM	70.7	Turn right onto Evelyn Dr.	6.2	WSW 246°	280m
12:17 PM	73.5	(In Near London Airport) Turn right onto Rebecca Rd.	2.8	NNW 339°	278m
12:18 PM	74.1	Turn left onto Robin's Hill Rd.	0.6	W 248°	281m
12:24 PM	76.9	(In London) Bear right onto Huron St.	2.9	W 249°	275m
12:27 PM	78.7	Turn left onto Sorrel Rd.	1.8	SSW 188°	272m
12:29 PM	79.5	Turn right onto Cheapside St.	0.8	W 248°	269m
12:37 PM	83.6	Cross Adelaide St. N.	4.1	WNW 292°	259m
12:39 PM	84.6	Turn left onto Waterloo St.	1.0	S 159°	256m
12:42 PM	85.7	Turn right onto Pall Mall St.	1.1	W 250°	250m
12:42 PM	85.9	Turn left onto Wellington St.	0.3	S 159°	250m
12:43 PM	86.5	Finish at Centennial Hall	0.5	S 159°	262m