			ELR	Route	Last Updated
			CAM	Western	30/06/08
Location	Mileage M Ch	Running lines & speed restrictions		Signalling & Remarks	
QUAKERS YARD/	18 7 4 * 17 73	U&D 30 45 DOWN *	T	CB Abercynol A6	n SB (A)
MYNWENT Y CRYNWR		E⊿ 30 	F	Platform - 126m, (138yds)	
Not	17 60 * 17 56 *	1 30	on	al t	ISE
	16 63 * To/Fro	30 55 4 seq 003			
		$ \begin{array}{c c} & \underline{30} \\ 55 & \overline{45} \end{array} \overline{\boxed{45}} \overline{\boxed{4}} $			
Abercynon Jn	16 40 * 16 35				
ABERCYNON	16 26	1	F	Platform - 84m, (91yds)	
Abercynon SB (A)	16 25				
	16 16 * 16 14 *	*			