LOR Seq. Line of Route Description			ELR	Route	Last Updated
EA1011 007 Seven Kings			LTN	Anglia	05/08/06
Location	Mileage M Ch	Running lines & speed restrictions		Signalling & Remarks	
	19 45	UM DM UE DE  80 DMU 90 70 60  90 1 70 60		① Class 321, 322 and 360	Romford 43
	19 57 19 63 *	DOWN ELECTOR AND		trains may travel at the UPL 384m (420yds)	nigner speed
Not	19 73 <b>*</b> 19 74 <b>*</b>	DOWN ELECTRIC  DOWN MAIN  +-70/80	on	al t	JSE
	20 00 <b>*</b> 20 03 <b>*</b>	50 25 *   Sidings	i.		
	20 05 *	* 25 70 70 70 50 50			
		$\begin{array}{c ccccccccccccccccccccccccccccccccccc$		USD - Up Southend	