LOR Seq. Line of Route Description			ELR	Route	Last Updated
LN854 010 Hall Royd Jn. to Skelton Jn.			ECM4	London North Eastern	02/12/06
Location	Location Mileage M Ch Running lines & speed restrictions			Signalling & Remarks	
		UM DM UL DL		TCB York S RA9 AC: York	SB (Y) S ECR 069
Copmanthorpe No. 2 LC (R/G)	185 19	125		UL = Up Leeds DL = Down Leeds	
	186 20 *	* * 100 100 100 * * * * 90 90		Class 373/2 trains must not exceed 110 mph on the Up Main line between York 186 20 and Colton Jn 182 75. (No lineside signs are provided for this speed restriction)	
	186 43 *				
Not	187 25 *	* 60 60 25	on	al u	Se
		10 D+UHGL 25 15		To/From Holgate Reception D+ UHGL = Down and Up Holg Loop 505m / 1659 feet	
	187 78 *	90 35 35			
Holgate Jn	188 07 *	* * * DS		(NOTE - Table duplicated in LN	600 seq 3