LOR Seq. Line of Route Description			ELR	Route	Last Update
EA1410 001 Upminster to West Thurrock Jn			UPG	Anglia 05/08	
Location	Mileage M Ch	Running lines & speed restrictions		Signalling & Remarks	
		EA1380 seq 8		TCB Upminster II	ECC (UR) Romford 020 06
JPMINSTER	15 20			76.	Tolliol of
Jpminster GF	15 36			Platform 1A - 143m (154yds)	
Ipminster (UR)	15 38	Siding			
ominster East Jn	15 39 0 00	40			
Not	00 20 *	* *			
	00 29 *	50 MU 70 To La EA13	indon 80 seq 8	alt	JSE
		15			
OCKENDON	3 05	DN COCKENDON		Up Platform - 167m (180yd	
				Down Platform - 165m (178 CL 12 EMU	Byds)
		▼ Ď		CL 12 EMO	
		40 1			
		\			
		50			
		50 MU 70			
		U&DO			