LOR Seq. Line of Route Description  EA1160 002 Bethnal Green East Jn to Bishops Stortford			ELR	Route	Last Update
			BGK	Anglia	05/08/06
Location	Mileage M Ch	Running lines & speed restrictions		Signalling & Remarks	
OHNS	2 65	UF DF USB DSB  30 40 30 40  40 40 40  HH HH HH		TCB Liverpool St RA8 AC: UF - Up Fast DF - Down Fast USB - Up Suburban DSB - Down Suburban	IECC (L) Romford 020
ackney Downs "B" GF ACKNEY DOWNS	2 72 * 2 72	30 30 15 15 40 40 40 15 15 4 30 15 15 4	on	Up Platform 1 - 214m (215yr Down Platform 2 - 192m (20 Up Platform 3 - 192m (208yr Down Platform 4 - 186m (20	d) 18yd) d) r1yd)
ackney Downs "C" GF	3 04	15 = 15			
ackney Downs North Jn	3 04	15 15 To Enfield To EA1170 seq	wn		
		<b>Å</b> 30	1	UC - Up Cambridge	
		UC DC		DC - Down Cambridge	