LOR Seq. Line of Route Description  LN3615 006 Helpston Jn to Syston South Jn  Mileage			ELR	Route Last Upda	
			GSM	London North Eastern	
Location	Mileage M Ch	Running lines & speed restrictions		Signalling & Remarks	
		UG UM DM DG 15 75 90 15		AB Oakham Crossin RA8	
Langham Jn SB Langham Jn LC (MCB)	95 06 95 06 *	15		Langham 、	Jn SB
Ashwell Gate House LC (MCBR)	96 47	75 885 85 DOWN	on	al u	SE
Ashwell SB Ashwell LC (MCB)	96 67 96 67			Ashwe Up 1L 1S for Corby direction	ell SB
Teigh LC (FPG)	98 00 T 98 03 * 98 10 *				
	98 30 *	75 \$P 90 80 * 1 75 \$P 90 90 UM DM			