LOR Seq. Line of Route Description			ELR	Route	Last Updated
EA1280 001 Stratford Central Jn to Coppermill Jn			SDC	Anglia	25/10/08
Location	Mileage M Ch	Running lines & speed restrictions		Signalling & Remarks	
Stratford Central Jn East	3 76			TCB Liverpool St I RA8 AC: F	ECC (L) Romford 020 43
STRATFORD	4 00	To Colchester EA1010 seq 7		Platform 11 - 170m (185yds) PP-C Platform 12 - 165m (180yds) PP-C  CSR  Stratford North London SB (S)  1 Limit of down direction movement on Up line	
OHNS	4 02 *		on		
Temple Mills East Jn	4 45	To High M EA1350 s			