LOR Seq. Line of Route Description			ELR	Route	Last Updated
GW910 007 Craven Arms Jn to Llandeilo Jn (Central Wales lines)			CWL	Western	05/08/06
Location	Mileage M Ch	Mileage  Nunning lines & speed restrictions		Signalling & Remarks  NSTR Pantyffynnon SB 040	
	U&D 50 ①				
Cefn Gast Farm No.2 LC (UWC)	46 60	T			
Glanirfon LC (UWC)	47 09	T			
	47 40 *	   *   45(1)	Light locomotives and loco-hauled trains class 1-5 must NOT exceed 45mph. Class 6-8 trains must NOT exceed 30mph		
	47 70 *	*			
		15			
LLANWRTYD (TEP)	48 03		ION	CL - 256m, 840ft Down platform - 166m, 182 Up platform - 98m, 107yds	
	48 10 \star	*			
Cwm Henog Farm 2 LC (UWC)	48 62	<u>T</u>			
Tyn-y-Maes LC (UWC)	49 15				
Berthddu LC (OPEN) Erwbeili Farm LC (UWC)	49 47 50 01 50 60 *	T A10			
SUGAR LOAF	50 65	30		Platform - 21m, 23yds	
Sugar Loaf Tunnel (915m, 1001yds)	50 <sub>79</sub> 51 <sup>to</sup> 45	□ Down ▼			
		] 30 U&D			