LOR Seq. Line of Route Description  EA1011 008 Seven Kings to Ipswich			ELR	Route	Last Updated
			LTN	Anglia	25/03/08
Location	Mileage M Ch	USD UM DM UE DE 30 Å 70 Å 50		Signalling & Remarks  NRN CSR  TCB Liverpool St IECC (L) RA8 AC: Romford  020 45	
SHENFIELD Shenfield Jn	20 16 20 22	70 75 75 25 25 25		Platform 1 - 249m (270yds) Platform 2 - 249m (270yds) Platform 3 - 256m (277yds) Platform 4 - 249m (269yds) Platform 5 - 259m (280yds)	
Shenfield Middle Sidings	for	25 25	on	USD - Up Southend DSD - Down Southend CL - Chelmsford loop SDL - Southend loop	ISE
	20 40 <b>*</b> 20 47 <b>*</b>	↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑		Trains of 8 cars or more (or (140 yds)) are prohibited fro	
	20 50 *	To Southend Victoria EA1050 seq 1		General instruction applies Alexander Lane (Bridge 128	at 3) at 20m 47ch
		85 70 UM DM			