LOR Seq. Line of Route Description ELR				Route	Last Updated	
GW830 009 Methyr Tydfil	r Tydfil to Barry Island Via Cardiff Queen Street CEJ SWM			SWM	Western	05/08/06
Location	cation Mileage Running lines & speed restrictions			Signalling & Remarks		
East Jn Viaduct (162m, 177yds) Cardiff East Jn (change of ELR) CARDIFF CENTRAL/ CAERDYDD CANOLOG Cardiff SB (C)	0 00 170 18 170 30	To/From Newport GW900 seq 010 UP BARRY UP BARRY UP BARRY UP DOWN BARRY (PP) (PP) UP DOWN MAIN UP BARRY UP BARRY UP DOWN MAIN UP BARRY UP BARRY (PP) UP BARRY UP DOWN MAIN UP DOWN MAIN	ÌC	7		f SB (C) 040
Cardiff West Jn	170 56 *	To/From Bridgend GW900 seq 11 DN BARRY * * * * * * * * * * * * *			DB - Down Barry UB - Up Barry DBR - Down Barry Relief UBR - Up Barry Relief CD - To/from Canton Depot	