LOR Seq. Line of Rout	te Description		ELR	Route	Last Updated
LN627 010 Northallerton Longlands Jn to Newcastle East Jn via the Coast LEN3			LEN3	London North Eastern	02/12/06
Location	Location Mileage M Ch Running lines & speed restrictions			Signalling & Remarks	
Not	90 12 * 90 18 * 90 19 *	US 10 40 60 kmh	ON	TCB Tyneside S RA8 AC: York DS= Down Sunderland US= Up Sunderland speeds apply to Metro	
Monkwearmouth Jn	90 20	20 40 60 kmh		B = 15 20 kmh	