LOR Seq. Line of Route Description EA1011 004 Seven Kings to Ipswich				ELR	Route	Last Updated
				LTN	Anglia	05/08/06
Location	Mileage Running lin		Running lines & speed restrictions		Signalling & Remarks	
			UM DM UE DE 80 40 70 60 60 60 60 60 60 6		TCB Liverpool S RA8 AC	t IECC (L) 020 44
			DOWN ELECTRIC ACCUPATION DOWN MAIN DOWN MAIN DOWN MAIN		① Class 321, 322 and 360 Electric Multiple Unit trains may travel at the higher speed	
DMFORD	12 30				Platform 2 - 179m (194yds Platform 3 - 181m (195yds Platform 4 - 181m (195yds Platform 5 - 182m (197yds)
omford Jn.	12 39		80 DMU 90 1 90 1 80 DMU 90 1 *	on	alu	JSe
		To Upminster EA1040 seq 1	15 ¥			
DEA PARK	13 41		3 40 50 ▼		Platform 1 - 185m (200yds Platform 2 - 184m (199yds Platform 3 - 184m (199yds)
	13 54 *		\$0		Platform 4 - 185m (200yds)