

CAR - PEN

Out	Take Power @ Overbridge	Upperby	Upperby Jn	M6 Via then Curve before	Plumpton Stright Signal on Down Shut Off	Shut Off Long Ashes Brake Relays	Penrith

PEN - Harrison's

Out	Eamont Via Then ...	Lowther Via Then 90 Before Eden Valley	100 After Eden Valley (UGL)	Greater Strickland Brake On Straight	80 Round Bessie Gill	95 Before Harrison's (HABD)

Harrison's - OXN

92 @ Hardendale 80 @ Shap	105 After Shap 95 and Coast	100 @ Bottom of Tebay	99 @ CE99 Brings Down For	80 @ Low Gill Approaching Grayrigg	After Grayrigg	90 Approaching OXN but don't take it

OXN - LAN

Out	100 @ Overbridge	Oxenholme OHNS	...	Hest Bank Shut Off at Crossing	After Hest Bank OHNS	AWS @ Morcombe South Jn	75 / AWS Before Lune Via	40 Over to UPL1	30 Into UPL1 15 Over to UPL2

LAN - PRE

30 (UPL1) 15/40 (UpL 2 / Loop) 10/40 (UPL2)	Up Main	After Curve	Garstang OHNS	AWS for entry to Oxheys (UPL)	Starts in Oxheys Loop	After Oxheys Before Flyde Road Via	Approaching PRE	Over points to Down Through (pl 5) Up Through (pl 6)