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ROUTE	MSA	TR (T)	HDG (T)	HDG (C)	DIST	G/S	TIME	ETA	REV ETA	ATA	ADF	VOR	FUEL	COMM

**ADDITIONAL RADIO FREQs**

L'POOL	ATIS	124.325
	GND	121.950
	TWR	126.350
	APP	119.850
London	Info	124.750

STD MSG TYPE ROUTE VFR (IFR) POSITION ALT ESTIMATE REQUEST	MATZ MSG TYPE POSITION HEADING ALT REQUEST ESTIMATE	Standard Transponder Codes  7000 Conspicuity 7010 Aerodrome Traffic Pattern 7500 Hijack 7600 Radio Failure 7700 Emergency	Fuel Plan Endurance :  Taxi : Trip : Diversion : Total :
<b>EN-ROUTE MESSAGE</b> CALL SIGN TYPE DEPARTURE POINT DESTINATION PRESENT POSITION LEVEL VFR (IFR) INTENTION / REQUEST		EMERGENCIES (121.5) For Distress(mayday x3) For Urgency (pan-pan x3)  Station called (when appropriate) Callsign Type Nature of the emergency Intension of person in command Position Pilot Oual (Student / PPL / IMC / IR)	