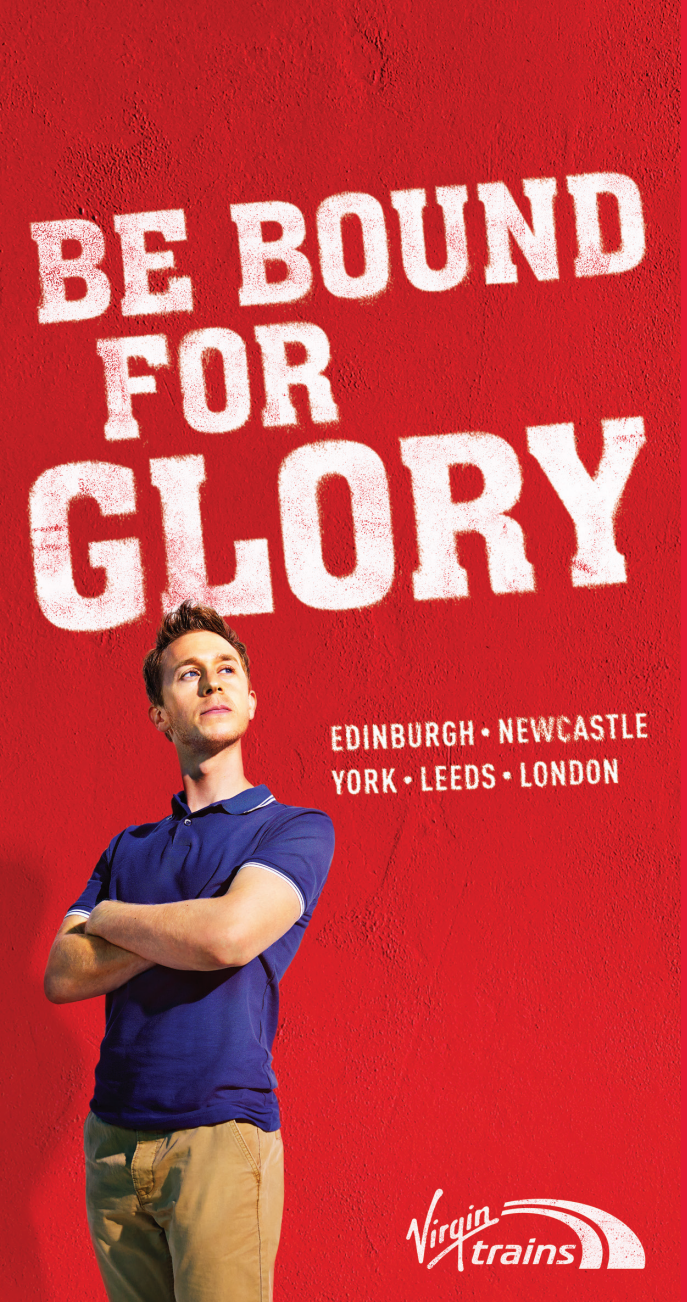
Virgin Trains East Coast

Timetables, tickets, tips and quips

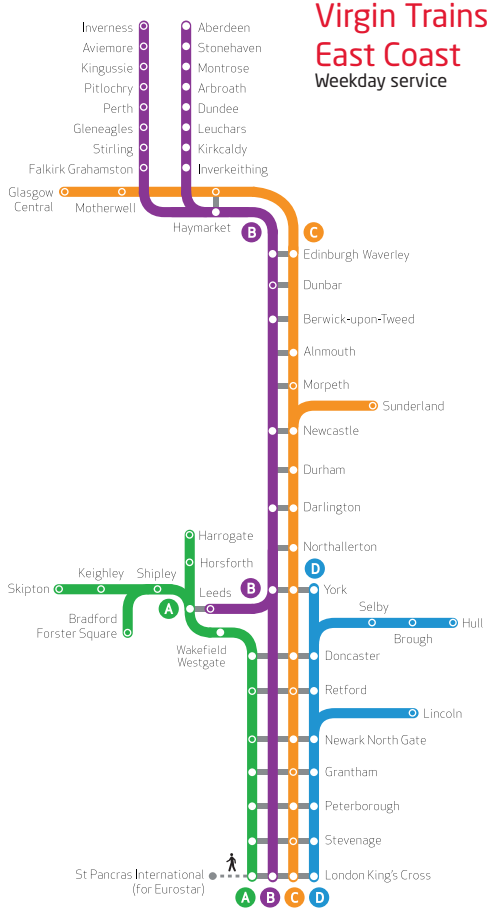
13 December 2015 - 14 May 2016

VTEC102



Virgin Trains East Coast

Weekday service



Weekend services operate over similar routes as shown above. Please check timetables before travel.

virgintrains**eastcoast**.com VirginTrainsEastCoast Virgin_TrainsEC

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Thanks for choosing to travel with Virgin Trains

It's been an exciting and busy few months since we took over services on the east coast route and we've been working hard to give you the best ever travel experience. We hope you'll agree there have been some exciting developments – there is much more to come!

We've put the sparkle and the 'hop' into your journeys by introducing Prosecco and our own exclusive ale, Hop On Board, for sale in our food bars. There are also more at-seat trolley services on more of our services for customers travelling in Standard.

We've made a start on the £21 million upgrade of our trains to give them a great new look inside! Behind the scenes, we've got initiatives underway to make them more reliable too.

This timetable sees the launch of our brand new early-morning services from both Stirling and Sunderland to London. There are return trips from London back to both cities later in the day. We've also introduced extra trains between Leeds and London on Saturdays. Looking forward, we'll be launching more services between Edinburgh and London in May 2016.

There is even more to come and we want you to be a part of it! We've been holding special Airtime events at our stations to give you a chance to meet us face-to-face, share a cuppa and tell us what you think.

And look out for new video booths that will pop-up from time to time in our stations to give you a chance to share your thoughts. When you see one, make sure you drop in to put your thoughts on film!

You can also email us at customers@virgintrains**eastcoast**.com or follow us on Twitter @Virgin_TrainsEC

David

David Horne
Managing Director
Virgin Trains East Coast

Enjoy Nectar points and rewards

You can now collect 2 Nectar points for every £1 you spend on Virgin Trains East Coast tickets purchased on our website. We'll even give you points if only part of your journey is on a Virgin Trains East Coast service.

PLUS...

Fancy money off your Virgin Trains East Coast Advance fares? As well as all the other great rewards available at nectar.com, you can also choose to spend your Nectar points on our eVouchers starting at just 500 points for £2.50.

Don't miss out and start collecting today!
Find out more at virgintrains**eastcoast**.com/rewards

Terms and conditions apply and are available at virgintrains**eastcoast**.com/rewards

Virgin trains

THE
FOODBAR

Travelling in Standard?

We have a delicious range of food on board. Why not give it a try today?

Virgin trains

Our top 5 travel tips

First up, we've pulled together a few top tips to help make sure your journeys are as smooth, speedy and stress-free as possible. Here goes...

1 Plan ahead

It's always worth checking train times before your journey. Simply visit virgintrains**eastcoast**.com/travel-information and go to the 'Travelling now' or 'Travelling later' section. Easy.

2 Love live updates

Having the latest service updates, arrival and departure times and platform numbers to hand is a godsend when you're on the move.

Head to virgintrains**eastcoast**.com/travel-information or, better still, get our free **Trains Live** smartphone app for Android and iOS devices.

Travel information is provided by National Rail Enquiries and covers all of our services, as well as connections to any National Rail station.

3 Dodge disruption

From time to time, Network Rail has to carry out maintenance work to ensure the safety and reliability of our services. Unfortunately this can affect our timetables.

To minimise disruption, we advertise any changes due to planned engineering works up to 12 weeks in advance, so you can dodge accordingly.

Always check when booking or look online at virgintrains**eastcoast**.com/alterations

You can also contact National Rail:

Phone	03457 48 49 50
Web	www.nationalrail.co.uk

4 Delay Repay

While delays are often out of our hands, we'll always do our best to see you right.

With our 'Delay Repay' scheme, you're entitled to compensation if delayed for over 30 minutes during your journey.

Find out more at virgintrains**eastcoast**.com/delayrepay or pick up a copy of our Passenger's Charter from any Virgin Trains East Coast station. We hope you'll never need to use it!

5 Stay connected

We'll keep you up-to-date when you're on-the-move via SMS, email or Twitter – whichever you prefer. All you have to do is ask...

Live updates

Register online at virgintrains**eastcoast**.com/travelalert to receive texts or emails notifying you of any changes to your journey.

Twitter and Facebook

For the latest travel news and updates, or to tell us about your Virgin Trains East Coast experience, follow us on Twitter @Virgin_TrainsEC – we're tweeting from 06.00-23.00 Monday-Saturday, and 07.00-23.00 on Sundays.

Let's be Facebook friends too!
facebook.com/VirginTrainsEastCoast

On-board Wi-Fi

We keep you connected with the outside world both on board and in our First Class Lounges. Just log on, register, and surf up. Any problems, our Wi-Fi Support Team's always here to help:

Phone **01163 66 33 36†**

Email wifi@virgintrains**eastcoast**.com

†Calls are charged at a local rate. Calls from mobiles may vary – please check with your service provider (and your mum) before you call.

Tickets and booking

Knowing your ticket types and booking processes means less stress, more speed, and bigger savings. So here are a few choice pointers...

Book, with benefits

There are many ways you can purchase Virgin Trains East Coast tickets, and there are even more ways you can benefit.

We're talking group discounts when travelling with 3 or more people; exclusive discounts, Nectar points, and Virgin Atlantic Flying Club miles when booking online; and BIG savings when you book well in advance*.

Know your Advance tickets

Our Advance tickets are amazing value for money, but you need to know how to use them.

Once bought, they can only be transferred prior to the date and time stated on your ticket and any difference in fare is payable – plus a £10 administration fee per person per single fare for each change to the journey.

They're only valid on the train you've booked, so always double check before you board – otherwise you'll have to purchase a completely new ticket. Not ideal.

Reserving a seat

We'll automatically reserve you a seat when you book an Advance ticket – easy – and for other tickets, you can request one at the time of booking.

Some early morning trains are closed to reservations after 18.00 the previous day – so early booking is always recommended if you want to secure yourself a seat.

Keep your ticket with you AT ALL TIMES

Sorry for shouting, but we ask that you keep your ticket and reservation with you at all times, including whilst moving around the train and until you've left the station. It just makes life easier all round.

Calling all ticket dodgers!

If you board our trains without a valid ticket, you may have to buy the full single or full return fare and won't be able to use a Railcard (except a Disabled Persons Railcard). To save yourself the hassle, and money, always buy before you board. You know it makes sense.

"But the ticket office was closed and the ticket machine wasn't working!"

Don't panic! If this is the case it will be possible to purchase an alternative ticket on the train from the Train Guard. Ticket office opening times can be found on station posters and online at both virgintrains**eastcoast**.com/ourstations and **www.nationalrail.co.uk**

Give yourself time to get on board

For a relaxing start to your journey, please arrive in good time. We close our train doors up to two minutes before departure, and at London King's Cross, information about each service will be removed from the information screens on the concourse two minutes before departure.

Also once the doors close, you won't be able to get off until the next stop, so don't board the train if you're not travelling! We're happy to help less able friends and relatives onto the train.

Ticket gates

Only passengers in possession of a valid ticket may use our services, helping to improve security and make travelling with Virgin Trains East Coast a better experience for everyone. We use automatic ticket gates or manual ticket checks at many of our stations to help us achieve this, so be sure to hang on to your ticket until you've left the station completely.

Feeling unwell

If you are feeling under the weather when you are at the station, please seek help from a member of staff. If you are feeling unwell on the train, please contact the Train Guard or a member of staff for help.

*Discounted fares are shown with an asterisk. Small group discount applied on Virgin Trains East Coast Advance Fares for bookings of 3 or more (max 9). Terms and conditions apply see virgintrainseastcoast.com/3plus

VIRGIN TRAINS EAST COAST
PRICE PROMISE

YOU'RE ON THE MONEY

OUR BEST PRICES ARE AT
VIRGINTRAINSEASTCOAST.COM
THAT'S A PROMISE.

nectar

Price Promise is valid if the ticket type and payment method are identical, within a 24 hour period of original purchase. Full details available at virgintrainseastcoast.com/promise.

Virgin trains
BE BOUND FOR GLORY

Virgin Trains East Coast is now miles more rewarding!

Book your Virgin Trains East Coast tickets on our website and you can choose to collect 2 Virgin Atlantic Flying Club miles for every £1 you spend!

To find out how you can start collecting miles straight away, simply visit virgintrains**eastcoast**.com/rewards today!

Terms and conditions apply and are available at virgintrains**eastcoast**.com/rewards

Virgin trains

On board with Virgin Trains East Coast

The Foodbar

If you're travelling in Standard, you can enjoy a wide range of refreshments from The Foodbar – we're talking delicious hot and cold sandwiches, meals and snacks, teas, coffees, soft drinks, and not-so-soft drinks. We even offer an at-seat trolley service on selected services if you're feeling lazy. De-licious.

Wheelchair spaces

If you need a wheelchair space, you'll find them in **Coach L in First Class** and **Coach F in Standard** on the majority of our trains.

To reserve a space, simply contact the Virgin Trains East Coast Assisted Travel team below. Reservations can also be made at our Travel Centres.

Phone	03457 22 52 25*
Textphone	18001 03457 22 52 25

Unfortunately we're unable to reserve wheelchair spaces for bookings made after 18.00 the day before travel – so get in there early!

Bikes

Bikes are more than welcome on board, however space is limited, so **reservations are a must** for all cycles other than folding bikes.

You can reserve a spot when you buy your ticket either on our website or at one of our Travel Centres or stations. Reservations can be made up to 10 minutes before departure but preferably before 18.00 on the previous day. The sooner the better really.

Please bring your bike to the platform at least 10 minutes before departure and ask a member of staff to direct you to the best spot to load it on to the train. It's best to clearly label your bike with your destination. And don't forget your helmet. And lycra.

For further information about the Virgin Trains East Coast cycle policy visit virgintrains**eastcoast**.com/cycles

Luggage

Unless you've got a Sherpa, we suggest packing only what you can comfortably carry.

You're allowed max three pieces of luggage on board – two larger items (90x70x30cm) and one piece of hand luggage. Large cases go in the luggage racks at the end of each carriage, and smaller bags go up overhead – so make sure you can lift them...

If you have additional bags or larger items, take a look at virgintrains**eastcoast**.com/bagmagic – the magical door-to-door delivery service. They'll pick up your bags and drop them at your destination – all from an astonishing £12.99. Ta-dah!

Phone **08454 60 64 66**

For further details about our luggage policy, please go online to virgintrains**eastcoast**.com/luggage or speak with our Customer Relations team:

Phone **03457 22 53 33***

Keep luggage with you

For security reasons, any unattended property at stations or on board may be removed – so it's always an idea to label your luggage and keep an eye on it at all times.

We'd also suggest taking personal items (laptops, mobile phones, et al) with you when you move around the train.

*Calls cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way. Calls from landlines are typically charged up to 10p per minute; calls from mobiles typically cost between 10p and 40p per minute. Calls from Landlines or Mobiles may be inclusive in call packages, please check with your provider.

Lost property?

If you think you've lost something at one of our stations or on board (like your surfboard), we'll go to the ends of the earth to help you recover it.
Visit virgintrainseastcoast.com/lostproperty or phone our Lost Property Centre at Newark North Gate Station.

Phone	01302 36 21 75†

Lost property opening times:

Monday - Wednesday	08.30 - 15.30
Thursday - Friday	08.30 - 14.30

Outside of these hours there's an answering machine service.

Items found at stations are held for seven days, before being sent to Newark North Gate Station.

Quiet Coach

We have a Quiet Coach in both First Class and Standard, so you can sit back, relax and enjoy the peace and quiet. We ask all passengers to be considerate when using electronic equipment. Headphones and Silent Mode are always a winner. And remember, your phone voice is some six hundred times louder than your normal voice, so if you need to take a call, please do so in the vestibule.

Pets

Pets are welcome on board and travel free of charge, as long as they don't take up a seat. Dogs on leads (and on their best behaviour) are permitted in our First Class Lounges too!

If you're travelling with an assistance dog, please call our Assisted Travel team and we'll make special arrangements:

Phone	03457 22 52 25*

†Calls are charged at a local rate. Calls from mobiles may vary – please check with your service provider (and your mum) before you call.

NO smoking

Smoking is not allowed anywhere on our trains or at our stations, including open platforms, toilets and immediately outside the station entrances. Following customer feedback, this also applies to e-cigarettes. We really appreciate your understanding.

For further information on the Railway Byelaws go to:
www.gov.uk/government/publications/railway-byelaws

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Travelling with Luggage?

For your own comfort, we recommend you travel as light as possible. You'll need to be able to handle your own luggage, unless you have pre-booked mobility assistance.

You're welcome to bring:

- two items of luggage
  (maximum dimensions 90x70x30cm)
- one item of hand luggage which can be placed on your lap if required.

For more information on our luggage policy, including items not permitted, please visit virgintrains**eastcoast**.com/luggage

BagMagic

Luggage delivery...

..as if by magic

Welcome to Bag Magic, our new luggage delivery service that'll get your luggage, cases, bags, magic wands, top hats and much more, direct to your destination... just like magic.

virgintrains**eastcoast**.com/bagmagic

In association with P4D

Virgin trains

A touch of First Class

Whether you're looking to stretch out with extra legroom, stay connected with free Wi-Fi or indulge in complimentary food (and drink!) – our Virgin Trains East Coast First Class service is the place to be...

Hosts with the most

Like any good host, we look after our guests, and our On-board Team will do everything they can (ahem, within reason) to make your journey as First Class as possible.

Here's a sample of our latest on-board offerings to whet your appetite – and your whistle.

Breakfast

From our much-loved Great British Breakfast to our smoked salmon with egg and Emmental soufflé, hollandaise and spinach – we've plenty to get you going in the morning. Not to mention our lighter options and range of teas and coffees.

Mid-morning munchies

Mid-morning we offer a tempting selection including fresh pastries and bacon butties, just to keep you topped up. *Loosens belt buckle*

All-day

Our all-day menu begins at lunchtime and continues into the evening, offering a choice of hot meals such as steak and Spitfire Ale pie or the sandwich of the day (always a winner), followed by tempting cakes or fresh fruit for you healthy types.

Afternoon tea

The all-day menu changes to a delicious afternoon tea on selected services between 14.00 and 16.00. You'll be served with a selection of sandwiches and cakes, all washed down with a lovely cup of tea (or something a little stronger) from our drinks trolley.

Evening meal

On selected services leaving London King's Cross, you're in for a real treat – like blackened cod served with kimchi style vegetables, followed by a delicious warm treacle tart served with custard. De-e-licious.

Drinks are on the house!

Choose from a selection of fine wines, delicious beers, spirits and mixers or soft drinks to accompany your food. Complimentary alcoholic drinks are served to First Class customers aged over 18 on weekday services, starting from lunchtime. Bottoms up.

Weekends

On weekends and bank holidays, we serve a light breakfast along with a selection of teas, coffees and soft drinks to your seat – then a choice of sandwiches, crisps and sweet sweet treats throughout the day. Don't worry, alcoholic drinks and hot food can still be purchased from The Foodbar...

Journeys under 70 minutes

On shorter journeys, you can still expect complimentary drinks and snacks served to your seat, so you're refreshed and refuelled for whatever lies ahead.

Journeys of 70 minutes or more

On longer journeys, you can enjoy our full complimentary offer. The menu's so delicious that during busy periods, some items may run out, in which case we simply replace them with equally tempting treats.

If you're travelling with us to Edinburgh, we ask that you choose from one of the meals offered during your journey, for example breakfast or lunch. Snacks will be available throughout your journey in case you're still peckish.

For those lucky customers travelling north of Edinburgh, a second meal is available. Result!

Other connections

PlusBus

When it comes to getting to the station and exploring your destination, these guys have it covered.

Buy a PlusBus pass at the same time as your train ticket and you'll get unlimited local bus travel in either the town where you board or the destination where you leave the train.

It's available for 23 towns and cities along our route, and over 300 places across Britain too. Ideal! Find out more at: virgintrains**eastcoast**.com/plusbus

Connection times

Please allow plenty of time if you're changing trains to make a connection – especially at larger stations, where you may have to change platforms. No one enjoys the station sprint.

Here's a quick guide on how much time to allow:

London King's Cross	15 minutes
Stevenage	4 minutes
Peterborough	8 minutes
Newark North Gate	7 minutes
Grantham	7 minutes
Retford	10 minutes
Doncaster	7 minutes
Wakefield Westgate	7 minutes
Leeds	10 minutes
York	8 minutes
Darlington	7 minutes
Newcastle	8 minutes
Glasgow Central	15 minutes
Edinburgh Waverley	10 minutes

Connecting services may be provided by other train operators.

Get in touch

We genuinely welcome your comments, questions and suggestions at Virgin Trains East Coast.

So please feel free to tweet us @Virgin_TrainsEC – and make sure you follow us for the latest travel updates and sweet tweet treats.

If you've got a more specific enquiry, these dedicated departments will be sure to help you out:

Customer Relations Team

Email	customers@virgintrainseastcoast.com
Phone	03457 22 53 33*
Web	virgintrainseastcoast.com

Website Booking Support	03457 22 51 11*
Travel Enquiries and Telesales	03457 22 52 25*
Assisted Travel	03457 22 52 25*
by textphone	18001 03457 22 52 25
Group Travel	03457 22 52 25* For parties of 10 or more
Fax	03457 22 52 22

*Calls cost no more than calls to 01 or 02 numbers and must be included in inclusive minutes and discount schemes in the same way. Calls from landlines are typically charged up to 10p per minute; calls from mobiles typically cost between 10p and 40p per minute. Calls from Landlines or Mobiles may be inclusive in call packages, please check with your provider.

National Rail

If you're off gallivanting across the wider rail network, you may find it helpful to contact our pals at National Rail.

For train times, fares and rail information:

Phone	03457 48 49 50
In Welsh	03456 04 05 00 Calls may be recorded for quality purposes
Textphone	03456 05 06 00 For customers with hearing impediments
From overseas	+44 2072 78 52 40
Web	www.nationalrail.co.uk

TrainTracker™

For immediate journey-planning:

by phone	08712 00 49 50
Text	8 49 50

Text the station name to TrainTracker™ for live departure and arrival times direct to your mobile. Handy.

Transport Focus

These guys are the official independent voice of the travelling public – there to serve you.

They act as an appeals body for passengers, so if you've been disappointed with a rail company's response to any problems you've experienced, Transport Focus can independently review your complaint. Hopefully it won't be us!

Phone	0300 123 2350
Email	advice@transportfocus.org.uk
Web	www.transportfocus.org.uk

Our timetables

Whenever and wherever you're travelling, the next few pages will give you all the Virgin Trains East Coast timetable info you could possibly need.

They show all of our train services, as well as other local services that connect conveniently with ours for seamless journeys.

Here are a few pointers to help you navigate...

Virgin Trains East Coast train services are shown in bold and connecting trains are shown in light text.

An 'a' next to a connecting location shows the time you will arrive at that station.

A 'd' next to a connecting location shows the time you will depart from that station to connect with our train.

Unfortunately, it's not possible to delay our trains for late-running connections, or for other train companies to wait at connecting stations. All being well though, you'll be on time, on board, and on form.

And for those travelling First Class...

You lucky lot have delicious complimentary food (and drinks!) to look forward to on board, so we've popped a few details below and shaded the timetable so you know what's in-store. Enjoy!

Breakfast
Mid morning
All-day
Afternoon tea
Evening meal

On journeys under 70 minutes which are shown with no shading; non-alcoholic drinks and snacks will be served on the house and to your seat. This applies all through the week and on weekends.

For journeys over 70 minutes on weekdays; your at-seat offering will all depend on the time of day – so just ask one of our team for the day's menu and get ready to tuck in.

On weekends and bank holidays; the at-seat offering will be a light breakfast in the morning and a choice of sandwiches, crisps or sweet sweet treats during the day. A selection of teas, coffees and soft drinks will also be served at your seat, and alcoholic drinks can be purchased at The Foodbar.

Catering info shown in the timetable is correct at the time of going to print – but we may make changes from time to time to make your Virgin Trains East Coast experience even better. Food orders will only be taken at key stations throughout your journey, so be ready.

Notes

Bold type = direct train service (that's us!)
Light type = connecting train service

FS	**The Flying Scotsman**
HC	**The Highland Chieftain**
NL	**The Northern Lights**
WR	**West Riding Limited**
FO	Runs on Fridays only
FX	Runs Mondays to Thursdays
*	Also calls at Horsforth at 07.53. Train only stops to pick passengers up
^	Also calls at Carrbridge 10.11, Newtonmore 10.37, Blair Atholl 11.09, Dunkeld and Birnam 11.37 and Dunblane 12.28
a	Arrival time
b	Change at Doncaster
d	Departure time
e	Change at Edinburgh Waverley
f	Change at Darlington
g	Change at Leeds, arrives at or departs from Bradford Interchange
h	Change at Edinburgh Waverley and Perth or vice versa
j	Change at Edinburgh Waverley and Stirling or vice versa
k	Change at Leeds
m	Change at Newark North Gate
n	Change at Newcastle
p	Change at Peterborough
q	Change at Edinburgh Waverley, arrives at or departs from Glasgow Queen Street
r	Change at Retford, please note higher fare applies
s	Train only stops to let passengers off
u	Train only stops to pick passengers up
y	Change at York
M	In addition to the connecting rail services shown to and from Sunderland operated by Northern Rail, connections are also provided by Metro. These trains depart from and arrive at Newcastle Central Metro station located within Newcastle Central railway station. Metro trains run at frequent intervals with up to five trains an hour at peak times. The journey time is approximately 30 minutes. For further information please ring **03457 48 49 50**. Through tickets are available to most destinations.

Disclaimer: Virgin Trains East Coast timetables and other information are correct at time of going to press. While every effort is made to ensure services operate to the published time, this timetable does not act as a guarantee because circumstances outside our control can sometimes impact on our timetable – so we always recommend that you check journey times before you travel, especially at weekends.

Travelling with a cycle?

Please be aware that bicycle reservations are compulsory on Virgin Trains East Coast services.

Two easy steps to a smoother journey:

1. bring your bike to the platform at least ten minutes before departure
2. ask a member of staff to direct you to the best position on the platform for loading your bike onto the train.

For more information please visit virgintrains**eastcoast**.com/cycles

London King's Cross	d				**0550**	**0615**	**0630**	**0700**	**0705**
Stevenage	d				**0611**	**0635**	**0650**		
Peterborough	d				**0642**	**0706**	**0721**	**0746**	**0752**
Grantham	d				**0702**	**0726**	**0740**		
Newark North Gate	d				**0714**	**0738**			
Lincoln Central	a				0810m	0902m			
Retford	d				**0729**	**0754**			
Doncaster	d			**0615**	**0745**	**0811**	**0813**		**0842**
Wakefield Westgate	a				**0802**		**0832**		**0900**
Leeds	a				**0818**		**0848**		**0917**
Leeds	d			**0710**					
Shipley	a								
Bradford Forster Square	a				0852k		0924g		0957g
Keighley	a				0911k		0951k		1011k
Skipton	a				0924k		1009k		1024k
Harrogate	a				0905k	0919y	0934k	0944y	1004k
Selby	a				0858k	0906y			
Brough	a								
Hull	a						0913b		0958b
York	a		**0636**	**0733**		**0832**		**0851**	
York	d		**0639**	**0737**		**0835**		**0855**	
Northallerton	a					**0853**		0928y	
Darlington	d		**0707**	**0806**		**0908**		**0923**	
Durham	a		**0723**	**0822**		**0924**		0957f	
Newcastle	a		**0739**	**0838**		**0942**		**0951**	
Newcastle	d	**0622**	**0743**	**0840**				**0954**	
Sunderland M	a							1049n	
Morpeth	a	**0636**	0824n	**0854**				1036n	
Alnmouth	a	**0653**	**0808**						
Berwick-upon-Tweed	a	**0717**	**0832**	**0929**				**1038**	
Dunbar	a	**0741**	**0855**	**0954**				1137n	
Edinburgh Waverley	a	**0807**	**0921**	**1020**				**1122**	
Edinburgh Waverley	d			**1028**					
Haymarket	a			**1031**					
Motherwell	a								
Glasgow Central	a	0919q	1036q	1119q				1237q	
Inverkeithing	a	0903e	0954e	**1047**				1154e	
Kirkcaldy	a	0907e	1010e	**1104**				1210e	
Leuchars	a	0924e	1104e	**1128**				1303e	
Dundee	a	0938e	1121e	**1143**				1319e	
Arbroath	a	0957e		**1200**					
Montrose	a			**1216**					
Stonehaven	a	1034e		**1239**					
Aberdeen	a	1054e		**1303**					
Falkirk Grahamston	a								
Stirling	a	0925e	1024e	1124e				1224e	
Gleneagles	a								
Perth	a	0946e	1052e	1153e				1252e	
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a	1158e	1329h	1411e				1523h	

London King's Cross	d	**0708**	**0730**	**0735**	**0800**	**0806**	**0830**	**0835**	**0900**
Stevenage	d	**0728**		**0755**			0813p	**0855**	
Peterborough	d	**0759**	**0816**			**0853**	**0916**		**0946**
Grantham	d	**0819**		**0840**				**0940**	
Newark North Gate	d	**0831**	**0844**				**0944**		
Lincoln Central	a		0953m				1023m		
Retford	d	**0846**							
Doncaster	d	**0901**	**0910**	**0914**		**0942**	**1010**	**1014**	
Wakefield Westgate	a			**0931**		**1000**		**1031**	
Leeds	a			**0948**		**1016**		**1048**	
Leeds	d								
Shipley	a								
Bradford Forster Square	a			1025g		1055g		1124g	
Keighley	a			1043k		1051k			
Skipton	a			1056k		1109k			
Harrogate	a			1034k		1104k		1134k	1144y
Selby	a					1058k			1131y
Brough	a								
Hull	a			1010b		1055b		1110b	
York	a	**0925**	**0932**		**0950**		**1032**		**1052**
York	d		**0937**		**0953**		**1035**		**1055**
Northallerton	a						**1054**		1128y
Darlington	d		**1006**		**1021**		**1108**		**1123**
Durham	a		**1022**		1057f		**1124**		1157f
Newcastle	a		**1039**		**1049**		**1142**		**1151**
Newcastle	d		**1042**		**1052**				**1154**
Sunderland M	a								1249n
Morpeth	a				1136n				1236n
Alnmouth	a		**1107**						
Berwick-upon-Tweed	a				**1136**				**1238**
Dunbar	a								1339n
Edinburgh Waverley	a		**1211**		**1220**				**1322**
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a				1319q				1436q
Inverkeithing	a				1254e				1403e
Kirkcaldy	a				1310e				1425e
Leuchars	a		1325e		1404e				1504e
Dundee	a		1338e		1420e				1520e
Arbroath	a		1355e		1453e				
Montrose	a		1409e						
Stonehaven	a		1431e		1529e				
Aberdeen	a		1450e		1549e				
Falkirk Grahamston	a								
Stirling	a				1324e				1424e
Gleneagles	a								
Perth	a				1352e				1450e
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								1654e

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London King's Cross	d	**0903**	**0908**	**0930**	**0935**	**1000**	**1003**	**1008**	**1030**
Stevenage	d		**0929**		**0955**			**1029**	
Peterborough	d	**0952**	**1000**	**1016**			**1051**	**1101**	**1116**
Grantham	d		**1021**		**1040**			**1121**	
Newark North Gate	d		**1033**	**1044**				**11a35**	**1144**
Lincoln Central	a			1114m					1236m
Retford	d		**1049**						
Doncaster	d	**1043**	**1105**	**1111**	**1114**		**1142**		**1210**
Wakefield Westgate	a	**1100**			**1131**		**1200**		
Leeds	a	**1116**			**1148**		**1216**		
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1155g			1224g		1255g		
Keighley	a	1152k					1251k		
Skipton	a	1210k					1309k		
Harrogate	a	1204k			1234k	1244y	1304k		
Selby	a						1258k		1306y
Brough	a								
Hull	a	1159b			1209b		1257b		
York	a		**1130**	**1132**		**1151**			**1232**
York	d			**1136**		**1154**			**1235**
Northallerton	a					1228y			**1254**
Darlington	d			**1207**		**1222**			**1308**
Durham	a			**1223**		1257f			**1324**
Newcastle	a			**1240**		**1250**			**1342**
Newcastle	d			**1245**		**1253**			
Sunderland M	a					1349n			
Morpeth	a					1336n			
Alnmouth	a			**1310**		1401n			
Berwick-upon-Tweed	a					**1337**			
Dunbar	a								
Edinburgh Waverley	a			**1415**		**1420**			
Edinburgh Waverley	d					**1428**			
Haymarket	a					**1431**			
Motherwell	a								
Glasgow Central	a					1521q			
Inverkeithing	a					**1447**			
Kirkcaldy	a					**1504**			
Leuchars	a					**1529**			
Dundee	a					**1546**			
Arbroath	a					**1604**			
Montrose	a					**1620**			
Stonehaven	a					**1643**			
Aberdeen	a					**1706**			
Falkirk Grahamston	a								
Stirling	a					1525e			
Gleneagles	a								
Perth	a					1553e			
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a					1821h			

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London King's Cross	d	**1035**	**1100**	**1105**	**1108**	**1130**	**1135**	**1200**	**1203**
Stevenage	d	**1055**			**1129**		**1156**		
Peterborough	d			**1152**	**1159**	**1216**			**1251**
Grantham	d	**1140**			**1219**		**1241**		
Newark North Gate	d				**1231**	**1244**			
Lincoln Central	a					1328m			
Retford	d				**1246**				
Doncaster	d	**1214**		**1242**	**1305**	**1310**	**1315**		**1342**
Wakefield Westgate	a	**1231**		**1300**			**1332**		**1400**
Leeds	a	**1248**		**1316**			**1348**		**1416**
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1324g		1357g			1424g		1455g
Keighley	a	1340k		1351k					1451k
Skipton	a	1355k		1409k					1509k
Harrogate	a	1334k	1344y	1404k			1434k	1444y	1504k
Selby	a								1458k
Brough	a								
Hull	a	1308b		1355b		1410b			1500b
York	a		**1250**		**1329**	**1332**		**1352**	
York	d		**1253**			**1336**		**1355**	
Northallerton	a		1328y					1428y	
Darlington	d		**1321**			**1407**		**1423**	
Durham	a		1357f			**1423**		1457f	
Newcastle	a		**1349**			**1440**		**1451**	
Newcastle	d		**1352**			**1444**		**1455**	
Sunderland M	a		1450n					1549n	
Morpeth	a		1436n					1536n	
Alnmouth	a					**1509**		1600n	
Berwick-upon-Tweed	a		**1436**					**1539**	
Dunbar	a		1540n						
Edinburgh Waverley	a		**1520**			**1613**		**1622**	
Edinburgh Waverley	d							**1633**	
Haymarket	a							**1637**	
Motherwell	a								
Glasgow Central	a		1622q			1722q		1739q	
Inverkeithing	a		1555e					1652e	
Kirkcaldy	a		1611e					1708e	
Leuchars	a		1704e			1725e		1810e	
Dundee	a		1720e			1739e		1826e	
Arbroath	a					1756e			
Montrose	a					1810e			
Stonehaven	a					1836e			
Aberdeen	a					1901e			
Falkirk Grahamston	a							**1704**	
Stirling	a		1624e					**1719**	
Gleneagles	a							**1738**	
Perth	a		1653e					**1757**	
Pitlochry	a							**1830**	
Kingussie	a							**1915**	
Aviemore	a							**1928**	
Inverness	a							**2006**	

London King's Cross	d	**1208**	**1230**	**1235**	**1300**	**1305**	**1308**	**1330**	**1335**
Stevenage	d	**1229**		**1255**			**1329**		**1355**
Peterborough	d	**1300**	**1316**		**1346**	**1352**	**1400**	**1416**	
Grantham	d	**1322**		**1340**			**1421**		**1440**
Newark North Gate	d	**13a36**	**1344**				**1434**	**1444**	
Lincoln Central	a		1503m					1555m	
Retford	d						**1449**		
Doncaster	d		**1410**	**1414**		**1442**	**1504**	**1511**	**1514**
Wakefield Westgate	a			**1431**		**1459**			**1531**
Leeds	a			**1448**		**1516**			**1548**
Leeds	d								
Shipley	a								
Bradford Forster Square	a			1524g		1555g			1624g
Keighley	a					1551k			
Skipton	a					1609k			
Harrogate	a			1534k	1544y	1604k			1634k
Selby	a				1521y				
Brough	a								
Hull	a			1511b		1555b		1607b	
York	a		**1432**		**1451**		**1530**	**1532**	
York	d		**1435**		**1454**			**1535**	
Northallerton	a		**1454**		1528y			**1554**	
Darlington	d		**1508**		**1522**			**1608**	
Durham	a		**1524**		1557f			**1624**	
Newcastle	a		**1542**		**1550**			**1642**	
Newcastle	d				**1554**				
Sunderland M	a				1651n			1714n	
Morpeth	a				1636n				
Alnmouth	a				1700n				
Berwick-upon-Tweed	a				**1638**				
Dunbar	a				1742n				
Edinburgh Waverley	a				**1722**				
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a				1837q				
Inverkeithing	a				1811e				
Kirkcaldy	a				1816e				
Leuchars	a				1834e				
Dundee	a				1847e				
Arbroath	a				1905e				
Montrose	a				1922e				
Stonehaven	a				1943e				
Aberdeen	a				2007e				
Falkirk Grahamston	a								
Stirling	a				1829e				
Gleneagles	a								
Perth	a				1857e				
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a				2101e				

London King's Cross	d	**1400**	**1405**	**1408**	**1430**	**1435**	**1500**	**1505**	**1508**
Stevenage	d			**1428**		**1455**			**1529**
Peterborough	d		**1451**	**1500**	**1516**			**1551**	**1600**
Grantham	d			**1520**		**1540**			**1621**
Newark North Gate	d			**15a34**	**1544**				**1633**
Lincoln Central	a			1647p					1713m
Retford	d								**1649**
Doncaster	d		**1542**		**1610**	**1614**		**1641**	**1705**
Wakefield Westgate	a		**1559**			**1631**		**1659**	
Leeds	a		**1616**			**1648**		**1716**	
Leeds	d								
Shipley	a								
Bradford Forster Square	a		1655g			1724g		1757g	
Keighley	a		1651k					1751k	
Skipton	a		1709k					1810k	
Harrogate	a	1644y	1705k			1734k	1743y	1804k	
Selby	a	1637y	1658k						
Brough	a								
Hull	a		1657b			1709b		1754b	
York	a	**1552**			**1632**		**1651**		**1729**
York	d	**1555**			**1635**		**1654**		
Northallerton	a	1628y			**1654**		1728y		
Darlington	d	**1623**			**1708**		**1722**		
Durham	a	1657f			**1724**		1757f		
Newcastle	a	**1651**			**1742**		**1750**		
Newcastle	d	**1655**					**1753**		
Sunderland M	a	1750n					1850n		
Morpeth	a	1736n					1841n		
Alnmouth	a	1800n							
Berwick-upon-Tweed	a	**1739**					**1837**		
Dunbar	a						1944n		
Edinburgh Waverley	a	**1823**					**1920**		
Edinburgh Waverley	d	**1833**					**1924**		
Haymarket	a	**1836**					**1927**		
Motherwell	a								
Glasgow Central	a	1936q					2024q		
Inverkeithing	a	**1853**					2001e		
Kirkcaldy	a	**1911**					2017e		
Leuchars	a	**1939**					2114e		
Dundee	a	**1953**					2132e		
Arbroath	a	**2011**							
Montrose	a	**2027**							
Stonehaven	a	**2050**							
Aberdeen	a	**2113**							
Falkirk Grahamston	a						**1954**		
Stirling	a	1925e					**2016**		
Gleneagles	a								
Perth	a	2001e					2058e		
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a						2316e		

London King's Cross	d	**1530**	**1535**	**1600**	**1606**	**1609**	**1630**	**1633**	**1700**
Stevenage	d		**1555**			**1630**		**1653**	
Peterborough	d	**1616**			**1654**	**1701**	**1716**		
Grantham	d		**1641**			**1722**		**1740**	
Newark North Gate	d	**1644**				**17a36**	**1744**		
Lincoln Central	a	1750p							
Retford	d							**1802**	
Doncaster	d	**1710**	**1714**		**1745**		**1810**	**1818**	
Wakefield Westgate	a		**1731**		**1805**			**1835**	
Leeds	a		**1749**		**1821**			**1851**	
Leeds	d								
Shipley	a								
Bradford Forster Square	a		1824g		1858g			1924g	
Keighley	a		1829k		1921k			1942k	
Skipton	a		1845k		1940k			1957k	
Harrogate	a		1834k	1842y	1934k				1946y
Selby	a				1904k		1911y		
Brough	a								
Hull	a	1811b			1904b		1908b	1950b	
York	a	**1731**		**1752**			**1832**		**1850**
York	d	**1736**		**1754**			**1836**		**1854**
Northallerton	a	**1754**		1829y			**1856**		1931y
Darlington	d	**1809**		**1823**			**1910**		**1922**
Durham	a	**1825**		1858f			**1926**		1948f
Newcastle	a	**1841**		**1851**			**1942**		**1950**
Newcastle	d	**1844**		**1855**			**1945**		**1953**
Sunderland M	a			1951n					2050n
Morpeth	a						**1958**		2049n
Alnmouth	a	**1909**		2000n					2026n
Berwick-upon-Tweed	a			**1939**					**2037**
Dunbar	a								2147n
Edinburgh Waverley	a	**2013**		**2022**			**2114**		**2122**
Edinburgh Waverley	d	**2017**		**2032**					
Haymarket	a	**2021**		**2035**					
Motherwell	a	**2103**							
Glasgow Central	a	**2125**		2151q			2225q		2251q
Inverkeithing	a			**2051**					2211e
Kirkcaldy	a			**2109**					2212e
Leuchars	a			**2137**					2237e
Dundee	a			**2152**					2250e
Arbroath	a			**2209**					2307e
Montrose	a			**2225**					2321e
Stonehaven	a			**2248**					2343e
Aberdeen	a			**2312**					0005e
Falkirk Grahamston	a								
Stirling	a			2124e					2224e
Gleneagles	a								
Perth	a			2200e					2304e
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**1703**	**1719**	**1730**	**1733**	**1749**	**1800**	**1803**	**1819**
Stevenage	d				**1755**				
Peterborough	d	**1750**	**1808**	**1817**		**1837**		**1851**	**1908**
Grantham	d		**1829**		**1842**	**1906**			**1928**
Newark North Gate	d		**1841**	**1846**				**1922**	
Lincoln Central	a							2001m	
Retford	d					**1928**			
Doncaster	d	**1841**	**1910**		**1915**	**1944**		**1950**	
Wakefield Westgate	a	**1859**			**1933**	**2002**		**2007**	
Leeds	a	**1917**			**1948**	**2020**		**2021**	
Leeds	d				**1959**			**2039**	
Shipley	a								
Bradford Forster Square	a	1955g			2024g			2055g	
Keighley	a	2023k			2051k			**20s57**	
Skipton	a	2041k			2107k			**2115**	
Harrogate	a	2005k			**2025**		2044y		
Selby	a		**1925**				2039y		
Brough	a		**1946**						
Hull	a		**2004**			2055b			
York	a			**1926**			**1947**		**2017**
York	d			**1929**			**1951**		**2020**
Northallerton	a						2028y		**2038**
Darlington	d			**1957**			**2019**		**2053**
Durham	a			**2013**			2057f		**2109**
Newcastle	a			**2031**			**2047**		**2127**
Newcastle	d						**2052**		
Sunderland M	a						2137n		
Morpeth	a								
Alnmouth	a								2158n
Berwick-upon-Tweed	a						**2136**		
Dunbar	a						**2200**		
Edinburgh Waverley	a						**2229**		
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a						2359q		
Inverkeithing	a						2301e		
Kirkcaldy	a						2323e		
Leuchars	a						0023e		
Dundee	a						0040e		
Arbroath	a								
Montrose	a								
Stonehaven	a								
Aberdeen	a								
Falkirk Grahamston	a								
Stirling	a						2356e		
Gleneagles	a								
Perth	a						0005e		
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

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London King's Cross	d	**1830**	**1833**	**1900**	**1903**	**1906**	**1930**	**1930**	**1933**
Stevenage	d	1809p	**1853**			**1928**			**1953**
Peterborough	d	**1918**			**1953**	**2000**	**2016**	**2016**	
Grantham	d		**1942**			**2021**			**2040**
Newark North Gate	d	**1946**				**2036**	**2044**	**2044**	
Lincoln Central	a	2027m				**2102**			
Retford	d		**2005**						
Doncaster	d	**2012**	**2021**		**2041**		**2110**	**2110**	**2114**
Wakefield Westgate	a		**2038**		**2100**				**2131**
Leeds	a		**2053**		**2118**				**2149**
Leeds	d		**2101**						
Shipley	a		**21s13**						
Bradford Forster Square	a		**2123**		2155g				2228g
Keighley	a		2132k		2223k				2256k
Skipton	a		2149k		2241k				2313k
Harrogate	a			2145y	2204k				
Selby	a								
Brough	a								
Hull	a	2106b							
York	a	**2032**		**2050**			**2131**	**2131**	
York	d	**2036**		**2053**			**2134**	**2134**	
Northallerton	a			2133y			**2152**	**2152**	
Darlington	d	**2105**		**2121**			**2207**	**2207**	
Durham	a	**2121**		2202f			**2223**	**2223**	
Newcastle	a	**2137**		**2149**			**2241**	**2241**	
Newcastle	d	**2140**		**2154**				**2242**	
Sunderland M	a								
Morpeth	a	**2153**		2219n				**2255**	
Alnmouth	a	**2209**						**2311**	
Berwick-upon-Tweed	a			**2238**				**2336**	
Dunbar	a								
Edinburgh Waverley	a	**2316**		**2330**				**0028**	
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a	0027q							
Inverkeithing	a								
Kirkcaldy	a								
Leuchars	a								
Dundee	a								
Arbroath	a								
Montrose	a								
Stonehaven	a								
Aberdeen	a								
Falkirk Grahamston	a								
Stirling	a	0025e							
Gleneagles	a								
Perth	a								
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**2000**	**2005**	**2035**	**2100**	**2135**	**2200**	**2330**
Stevenage	d			**2055**	**2121**	**2157**		
Peterborough	d		**2051**	**2126**	**2152**	**2228**	**2247**	**00s17**
Grantham	d			**2146**		**2249**	**2309**	**00s45**
Newark North Gate	d		**2120**	**2159**	**2220**	**2302**	**2321**	**00s57**
Lincoln Central	a					2340m		
Retford	d					**2319**		
Doncaster	d		**2145**	**2223**	**2246**	**2335**	**2352**	**01s24**
Wakefield Westgate	a		**2207**	**2240**		**2352**		
Leeds	a		**2223**	**2257**		**0010**		**0236**
Leeds	d							
Shipley	a							
Bradford Forster Square	a		2255g	2328g				
Keighley	a		2323k	2346k				
Skipton	a		2341k	0004k				
Harrogate	a	2246y	2317k	0011k				
Selby	a							
Brough	a							
Hull	a		2257b					
York	a	**2150**			**2309**		**0038**	
York	d	**2153**			**2312**		**0042**	
Northallerton	a	2306y			**2342**		**01s10**	
Darlington	d	**2221**			**2357**		**01s24**	
Durham	a	**2237**			**0013**		**01s43**	
Newcastle	a	**2254**			**0043**		**0216**	
Newcastle	d	**2300**						
Sunderland M	a	**2322**						
Morpeth	a							
Alnmouth	a							
Berwick-upon-Tweed	a							
Dunbar	a							
Edinburgh Waverley	a							
Edinburgh Waverley	d							
Haymarket	a							
Motherwell	a							
Glasgow Central	a							
Inverkeithing	a							
Kirkcaldy	a							
Leuchars	a							
Dundee	a							
Arbroath	a							
Montrose	a							
Stonehaven	a							
Aberdeen	a							
Falkirk Grahamston	a							
Stirling	a							
Gleneagles	a							
Perth	a							
Pitlochry	a							
Kingussie	a							
Aviemore	a							
Inverness	a							

London King's Cross	d				**0615**	**0700**	**0703**	**0730**	**0800**
Stevenage	d				**0635**	**0720**	**0725**		
Peterborough	d				**0706**		**0755**	**0816**	
Grantham	d				**0726**		**0814**		
Newark North Gate	d				**0738**		**0826**		
Lincoln Central	a				0855m			0956p	
Retford	d				**0754**			**0855**	
Doncaster	d		**0610**		**0810**		**0851**	**0912**	
Wakefield Westgate	a						**0907**		
Leeds	a						**0924**		
Leeds	d			**0710**					
Shipley	a								
Bradford Forster Square	a						0957g		
Keighley	a						1011k		
Skipton	a						1024k		
Harrogate	a				0916y	0944y	1034k		1044y
Selby	a				0906y		0958k	1009y	
Brough	a								
Hull	a				0915b			1010b	
York	a		**0631**	**0733**	**0831**	**0851**		**0932**	**0950**
York	d		**0634**	**0737**	**0835**	**0855**		**0937**	**0953**
Northallerton	a		**0652**		**0853**	0928y			1028y
Darlington	d		**0707**	**0806**	**0908**	**0923**		**1005**	**1021**
Durham	a		**0723**	**0822**	**0924**	0957f		**1021**	1057f
Newcastle	a		**0739**	**0837**	**0940**	**0952**		**1037**	**1049**
Newcastle	d	**0630**	**0743**	**0842**	**0945**	**0955**		**1040**	**1055**
Sunderland M	a					1049n			1149n
Morpeth	a	**0643**	0824n	**0855**		1036n			1136n
Alnmouth	a	**0657**	**0808**					**1105**	
Berwick-upon-Tweed	a	**0721**	**0832**	**0931**		**1039**			**1139**
Dunbar	a	**0744**	**0855**	**0955**		1137n			
Edinburgh Waverley	a	**0815**	**0920**	**1024**	**1110**	**1127**		**1212**	**1227**
Edinburgh Waverley	d			**1028**					
Haymarket	a			**1031**					
Motherwell	a								
Glasgow Central	a	0919q	1021q	1137q	1224q	1237q		1319q	1337q
Inverkeithing	a	0903e	0954e	**1047**	1154e	1203e		1254e	1303e
Kirkcaldy	a	0907e	1010e	**1104**	1210e	1225e		1310e	1325e
Leuchars	a	0924e	1104e	**1128**	1224e	1303e		1325e	1404e
Dundee	a	0938e	1121e	**1143**	1237e	1319e		1338e	1420e
Arbroath	a	0957e		**1200**	1256e			1355e	
Montrose	a			**1216**				1409e	
Stonehaven	a	1034e		**1239**	1329e			1431e	
Aberdeen	a	1054e		**1303**	1350e			1450e	
Falkirk Grahamston	a								
Stirling	a	0925e	1024e	1154e	1224e	1256e		1324e	1356e
Gleneagles	a								
Perth	a	0946e	1052e	1153e	1252e			1352e	
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a	1158e	1329h	1411e	1523h				

							NL		
London King's Cross	d	**0803**	**0830**	**0900**	**0903**	**0930**	**1000**	**1003**	**1030**
Stevenage	d	0747p	0813p		**0923**			0947p	1013p
Peterborough	d	**0849**	**0916**		**0954**	**1016**		**1051**	**1116**
Grantham	d	**0909**			**1015**			**1110**	
Newark North Gate	d	**0921**	**0944**		**1027**			**1123**	**1144**
Lincoln Central	a	0959m	1053p		1120m				1236m
Retford	d					**1054**			
Doncaster	d	**0951**	**1012**		**1051**	**1110**		**1151**	**1210**
Wakefield Westgate	a	**1008**			**1107**			**1207**	
Leeds	a	**1024**			**1125**			**1224**	
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1055g			1155g			1255g	
Keighley	a	1111k			1221k			1311k	
Skipton	a	1124k			1239k			1324k	
Harrogate	a	1134k		1144y	1234k		1244y	1334k	
Selby	a	1057k	1106y					1258k	1306y
Brough	a								
Hull	a		1110b			1209b			1310b
York	a		**1033**	**1050**		**1131**	**1151**		**1232**
York	d		**1036**	**1053**		**1136**	**1154**		**1235**
Northallerton	a		**1054**	1129y			1228y		**1254**
Darlington	d		**1108**	**1121**		**1205**	**1222**		**1308**
Durham	a		**1125**	1157f		**1221**	1257f		**1324**
Newcastle	a		**1141**	**1149**		**1237**	**1250**		**1340**
Newcastle	d		**1145**	**1155**		**1241**	**1255**		**1345**
Sunderland M	a			1249n			1349n		
Morpeth	a			1236n			1336n		
Alnmouth	a					**1306**	1358n		
Berwick-upon-Tweed	a			**1239**			**1339**		
Dunbar	a			1337n					
Edinburgh Waverley	a		**1310**	**1326**		**1413**	**1425**		**1510**
Edinburgh Waverley	d						**1429**		
Haymarket	a						**1432**		
Motherwell	a								
Glasgow Central	a		1419q	1436q		1521q	1537q		1619q
Inverkeithing	a			1403e			**1447**		1555e
Kirkcaldy	a			1425e			**1504**		1611e
Leuchars	a		1423e	1504e			**1529**		1624e
Dundee	a		1436e	1520e			**1547**		1638e
Arbroath	a		1453e				**1604**		1655e
Montrose	a						**1620**		1709e
Stonehaven	a		1527e				**1643**		1733e
Aberdeen	a		1547e				**1707**		1753e
Falkirk Grahamston	a								
Stirling	a		1424e	1454e		1525e	1554e		1624e
Gleneagles	a								
Perth	a			1450e			1553e		1653e
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a			1654e			1821h		

						HC			
London King's Cross	d	**1100**	**1103**	**1130**	**1135**	**1200**	**1203**	**1230**	**1300**
Stevenage	d		**1123**				1147p	1213p	
Peterborough	d		**1154**	**1216**	**1223**		**1252**	**1316**	
Grantham	d		**1214**				**1315**		**1403**
Newark North Gate	d		**1226**				**1327**	**1344**	
Lincoln Central	a			1330m	1403p				
Retford	d			**1254**					
Doncaster	d		**1251**	**1311**	**1314**		**1354**	**1410**	
Wakefield Westgate	a		**1307**		**1331**		**1411**		
Leeds	a		**1325**		**1348**		**1429**		
Leeds	d								
Shipley	a								
Bradford Forster Square	a		1355g		1426g		1503k		
Keighley	a		1413k		1451k		1511k		
Skipton	a		1427k		1509k		1524k		
Harrogate	a	1334y			1434k	1444y	1534k		1544y
Selby	a							1506y	
Brough	a								
Hull	a				1410b			1509b	
York	a	**1247**		**1332**		**1350**		**1432**	**1452**
York	d	**1253**		**1336**		**1354**		**1435**	**1456**
Northallerton	a	1328y				1428y		**1454**	1528y
Darlington	d	**1321**		**1405**		**1422**		**1508**	**1524**
Durham	a	1357f		**1421**		1457f		**1524**	1557f
Newcastle	a	**1349**		**1437**		**1450**		**1540**	**1552**
Newcastle	d	**1355**		**1440**		**1455**		**1545**	**1557**
Sunderland M	a	1449n				1549n			1649n
Morpeth	a	1436n				1535n			1636n
Alnmouth	a			**1505**		1558n			1657n
Berwick-upon-Tweed	a	**1439**				**1539**			**1641**
Dunbar	a	1538n							1738n
Edinburgh Waverley	a	**1527**		**1610**		**1624**		**1712**	**1728**
Edinburgh Waverley	d					**1633**			
Haymarket	a					**1637**			
Motherwell	a								
Glasgow Central	a	1636q		1722q		1739q		1822q	1838q
Inverkeithing	a	1603e		1652e		1707e			1813e
Kirkcaldy	a	1625e		1708e		1729e			1816e
Leuchars	a	1703e		1725e		1809e			1913e
Dundee	a	1719e		1739e		1826e			1929e
Arbroath	a			1756e					1945e
Montrose	a			1810e					2002e
Stonehaven	a			1836e					2023e
Aberdeen	a			1901e					2042e
Falkirk Grahamston	a					**1704**			
Stirling	a	1656e				**1719**		1829e	1857e
Gleneagles	a					**1738**			
Perth	a			1752e		**1757**			1857e
Pitlochry	a					**1830**			
Kingussie	a					**1915**			
Aviemore	a					**1928**			
Inverness	a					**2006**			2101e

London King's Cross	d	**1303**	**1330**	**1400**	**1403**	**1430**	**1500**	**1503**	**1530**
Stevenage	d	**1323**			1347p	1413p		**1524**	
Peterborough	d	**1354**	**1416**		**1450**	**1516**		**1554**	**1616**
Grantham	d	**1414**			**1511**			**1614**	
Newark North Gate	d	**1426**			**1524**	**1544**		**1626**	
Lincoln Central	a	1556m			1556m				1751p
Retford	d		**1455**						**1654**
Doncaster	d	**1451**	**1512**		**1550**	**1610**		**1651**	**1710**
Wakefield Westgate	a	**1507**			**1607**			**1707**	
Leeds	a	**1525**			**1624**			**1725**	
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1555g			1655g			1755g	
Keighley	a	1621k			1710k			1813k	
Skipton	a	1639k			1724k			1829k	
Harrogate	a	1634k		1644y	1703k		1742y	1834k	
Selby	a	1558k		1632y			1750y	1800k	
Brough	a								
Hull	a		1609b			1709b			1811b
York	a		**1532**	**1549**		**1632**	**1651**		**1732**
York	d		**1536**	**1553**		**1635**	**1654**		**1735**
Northallerton	a			1628y		**1654**	1728y		
Darlington	d		**1605**	**1621**		**1708**	**1723**		**1803**
Durham	a		**1621**	1657f		**1724**	1757f		**1819**
Newcastle	a		**1637**	**1649**		**1740**	**1751**		**1835**
Newcastle	d		**1640**	**1655**		**1745**	**1755**		**1840**
Sunderland M	a		1714n	1750n			1850n		
Morpeth	a			1721n			1840n		
Alnmouth	a		**1705**	1745n					**1905**
Berwick-upon-Tweed	a			**1739**			**1839**		
Dunbar	a						1940n		
Edinburgh Waverley	a		**1810**	**1825**		**1911**	**1928**		**2011**
Edinburgh Waverley	d			**1833**					
Haymarket	a			**1836**					
Motherwell	a								
Glasgow Central	a		1922q	1936q		2022q	2051q		2123q
Inverkeithing	a		1848e	**1853**			2001e		
Kirkcaldy	a			**1911**			2017e		
Leuchars	a			**1937**		2028e	2114e		
Dundee	a			**1953**		2042e	2132e		
Arbroath	a			**2011**		2059e			
Montrose	a			**2027**		2113e			
Stonehaven	a			**2050**		2135e			
Aberdeen	a			**2113**		2155e			
Falkirk Grahamston	a								
Stirling	a		1925e	1956e		2026e			2124e
Gleneagles	a								
Perth	a			2001e			2058e		
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a						2310e		

London King's Cross	d	**1600**	**1603**	**1630**	**1700**	**1703**	**1710**	**1730**	**1735**
Stevenage	d		1547p	1613p		**1724**			
Peterborough	d		**1651**	**1716**		**1754**	**1800**	**1817**	**1823**
Grantham	d		**1712**			**1814**	**1821**		
Newark North Gate	d		**1725**	**1744**		**1826**		**1846**	
Lincoln Central	a			1833m					
Retford	d								
Doncaster	d		**1751**	**1810**		**1851**	**1856**	**1911**	**1915**
Wakefield Westgate	a		**1808**			**1908**			**1932**
Leeds	a		**1825**			**1924**			**1948**
Leeds	d								**1959**
Shipley	a								
Bradford Forster Square	a		1855g			1955g			2026g
Keighley	a		1921k			2023k			2053k
Skipton	a		1940k			2041k			2111k
Harrogate	a	1845y			1946y				**2025**
Selby	a	1838y	1904k				**1911**		
Brough	a						**1934**		
Hull	a			1910b			**1953**		
York	a	**1748**		**1832**	**1850**			**1932**	
York	d	**1752**		**1837**	**1854**			**1936**	
Northallerton	a	1829y		**1856**	1931y				
Darlington	d	**1821**		**1910**	**1922**			**2005**	
Durham	a	1858f		**1926**	1948f			**2021**	
Newcastle	a	**1849**		**1942**	**1950**			**2040**	
Newcastle	d	**1855**		**1945**	**1953**				
Sunderland M	a	1951n			2052n				
Morpeth	a			**1958**	2039n				
Alnmouth	a	2000n							
Berwick-upon-Tweed	a	**1939**			**2037**				
Dunbar	a				2142n				
Edinburgh Waverley	a	**2024**		**2114**	**2122**				
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a	2151q		2225q	2251q				
Inverkeithing	a	2101e			2211e				
Kirkcaldy	a	2117e			2212e				
Leuchars	a	2219e			2237e				
Dundee	a	2236e			2250e				
Arbroath	a				2307e				
Montrose	a				2321e				
Stonehaven	a				2343e				
Aberdeen	a				0005e				
Falkirk Grahamston	a								
Stirling	a				2224e				
Gleneagles	a								
Perth	a	2200e			2304e				
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**1800**	**1803**	**1808**	**1830**	**1835**	**1900**	**1904**	**1930**
Stevenage	d		1747p	**1829**				1847p	**1950**
Peterborough	d		**1850**	**1900**	**1916**	**1924**		**1957**	**2021**
Grantham	d			**1921**					**2041**
Newark North Gate	d		**1918**	**1935**	**1944**				**2053**
Lincoln Central	a			**2001**	2056m				
Retford	d		**1933**						
Doncaster	d		**1949**		**2010**	**2015**		**2047**	**2118**
Wakefield Westgate	a		**2006**			**2032**		**2104**	**2134**
Leeds	a		**2022**			**2047**		**2121**	**2150**
Leeds	d					**2055**			**2158**
Shipley	a								**22s09**
Bradford Forster Square	a		2055g			2126g		2155g	**2220**
Keighley	a					**21s13**			2231k
Skipton	a					**2127**			2249k
Harrogate	a	2045y							2311k
Selby	a					2101b			
Brough	a								
Hull	a		2058b		2107b	2146b			
York	a	**1951**			**2031**		**2049**		
York	d	**1954**			**2035**		**2053**		
Northallerton	a	2028y			**2054**				
Darlington	d	**2022**			**2108**		**2121**		
Durham	a	2057f			**2124**		2202f		
Newcastle	a	**2050**			**2142**		**2151**		
Newcastle	d	**2055**							
Sunderland M	a	2150n							
Morpeth	a	**2108**							
Alnmouth	a	**2124**							
Berwick-upon-Tweed	a	**2149**							
Dunbar	a	**2212**							
Edinburgh Waverley	a	**2237**							
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a	2358q							
Inverkeithing	a	2332e							
Kirkcaldy	a	2354e							
Leuchars	a	0023e							
Dundee	a	0040e							
Arbroath	a								
Montrose	a								
Stonehaven	a								
Aberdeen	a								
Falkirk Grahamston	a								
Stirling	a	2356e							
Gleneagles	a								
Perth	a	0102e							
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**2000**	**2030**	**2100**	**2200**
Stevenage	d		2013p	2047p	2106p
Peterborough	d	**2048**	**2116**	**2148**	**2247**
Grantham	d		**2136**		**2307**
Newark North Gate	d	**2116**	**2148**		**2319**
Lincoln Central	a		2240m		
Retford	d		**2203**		**2334**
Doncaster	d	**2141**	**2219**		**2349**
Wakefield Westgate	a		**2236**		**0005**
Leeds	a		**2252**		**0023**
Leeds	d				
Shipley	a				
Bradford Forster Square	a				
Keighley	a		2346k		
Skipton	a		0004k		
Harrogate	a		0001k		
Selby	a	2230y			
Brough	a				
Hull	a	2259b			
York	a	**2203**		**2253**	
York	d	**2206**		**2256**	
Northallerton	a			**2314**	
Darlington	d	**2235**		**2329**	
Durham	a	**2251**		**2345**	
Newcastle	a	**2309**		**0003**	
Newcastle	d				
Sunderland M	a				
Morpeth	a				
Alnmouth	a				
Berwick-upon-Tweed	a				
Dunbar	a				
Edinburgh Waverley	a				
Edinburgh Waverley	d				
Haymarket	a				
Motherwell	a				
Glasgow Central	a				
Inverkeithing	a				
Kirkcaldy	a				
Leuchars	a				
Dundee	a				
Arbroath	a				
Montrose	a				
Stonehaven	a				
Aberdeen	a				
Falkirk Grahamston	a				
Stirling	a				
Gleneagles	a				
Perth	a				
Pitlochry	a				
Kingussie	a				
Aviemore	a				
Inverness	a				

									NL
London King's Cross	d					**0900**	**0903**	**0930**	**1000**
Stevenage	d						**0923**		
Peterborough	d						**0954**	**1016**	
Grantham	d						**1014**		
Newark North Gate	d						**1026**		
Lincoln Central	a								
Retford	d							**1055**	
Doncaster	d				**0937**		**1051**	**1111**	
Wakefield Westgate	a						**1108**		
Leeds	a						**1126**		
Leeds	d			**0830**					
Shipley	a								
Bradford Forster Square	a						1206k		
Keighley	a						1240k		
Skipton	a						1258k		
Harrogate	a					1150y	1228k		1250y
Selby	a								1224y
Brough	a								
Hull	a						1150b		
York	a			**0855**	**0958**	**1046**		**1132**	**1148**
York	d			**0900**	**1001**	**1049**		**1135**	**1152**
Northallerton	a			**0918**		1128y			1228y
Darlington	d			**0935**	**1029**	**1117**		**1203**	**1221**
Durham	a			**0951**	**1045**	1157f		**1219**	1257f
Newcastle	a			**1006**	**1101**	**1145**		**1235**	**1249**
Newcastle	d		**0915**	**1012**	**1104**	**1148**		**1244**	**1253**
Sunderland M	a					1221n			1322n
Morpeth	a			**1025**					
Alnmouth	a			**1042**				**1309**	1351n
Berwick-upon-Tweed	a		**0959**	**1107**	**1148**	**1232**			**1337**
Dunbar	a			**1131**		1332n		**1352**	
Edinburgh Waverley	a		**1045**	**1158**	**1232**	**1316**		**1419**	**1420**
Edinburgh Waverley	d	**0910**							**1433**
Haymarket	a	**0913**							**1436**
Motherwell	a								
Glasgow Central	a		1151q		1351q	1421q			1522q
Inverkeithing	a	**0931**	1117e	1237e	1317e	1348e			**1453**
Kirkcaldy	a	**0948**	1159e	1259e		1407e			**1510**
Leuchars	a	**1013**				1439e			**1534**
Dundee	a	**1027**				1455e			**1549**
Arbroath	a	**1045**							**1606**
Montrose	a	**1101**							**1622**
Stonehaven	a	**1124**							**1645**
Aberdeen	a	**1147**							**1708**
Falkirk Grahamston	a								
Stirling	a		1159e		1400e	1426e			1531e
Gleneagles	a								
Perth	a					1507e			
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a					1727e			

									HC
London King's Cross	d	**1003**	**1020**	**1030**	**1100**	**1103**	**1120**	**1130**	**1200**
Stevenage	d	0947p				**1123**			
Peterborough	d	**1050**	**1110**	**1116**		**1154**		**1216**	
Grantham	d	**1110**				**1214**	**1225**		
Newark North Gate	d	**1122**		**1144**		**1226**			
Lincoln Central	a	1202m							
Retford	d							**1255**	
Doncaster	d	**1147**	**1159**	**1211**		**1251**		**1311**	
Wakefield Westgate	a	**1204**				**1308**			
Leeds	a	**1221**				**1325**			
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1306k				1406k			
Keighley	a	1340k				1420k			
Skipton	a	1358k				1433k			
Harrogate	a	1328k			1352y	1428k			1450y
Selby	a							1423y	
Brough	a								
Hull	a					1354b			
York	a		**1220**	**1232**	**1248**		**1314**	**1332**	**1348**
York	d		**1223**	**1235**	**1251**		**1317**	**1335**	**1352**
Northallerton	a			**1253**	1328y		**1335**		1431y
Darlington	d		**1251**	**1308**	**1319**		**1350**	**1403**	**1421**
Durham	a		1311f	**1324**	1357f		**1406**	**1419**	1459f
Newcastle	a		**1322**	**1340**	**1347**		**1422**	**1435**	**1449**
Newcastle	d			**1343**	**1350**		**1425**	**1443**	**1453**
Sunderland M	a				1421n				1522n
Morpeth	a						**1438**		
Alnmouth	a							**1508**	1552n
Berwick-upon-Tweed	a				**1434**				**1537**
Dunbar	a						1539n		
Edinburgh Waverley	a			**1508**	**1518**		**1558**	**1618**	**1620**
Edinburgh Waverley	d								**1632**
Haymarket	a								**1635**
Motherwell	a								
Glasgow Central	a				1622q				1722q
Inverkeithing	a				1551e		1637e		1717e
Kirkcaldy	a				1607e		1659e		1738e
Leuchars	a				1639e				1803e
Dundee	a				1655e				1817e
Arbroath	a				1743e				1834e
Montrose	a				1758e				1850e
Stonehaven	a				1821e				1912e
Aberdeen	a				1842e				1935e
Falkirk Grahamston	a								**1703**
Stirling	a				1626e				**1719**
Gleneagles	a								**1737**
Perth	a				1704e				**1756**
Pitlochry	a								**1829**
Kingussie	a								**1914**
Aviemore	a								**1927**
Inverness	a				1905e				**2008**

London King's Cross	d	**1203**	**1220**	**1230**	**1300**	**1303**	**1330**	**1400**	**1403**
Stevenage	d	1147p				**1323**			1347p
Peterborough	d	**1250**	**1309**	**1316**		**1354**	**1416**		**1452**
Grantham	d	**1310**				**1414**			**1512**
Newark North Gate	d	**1322**		**1344**		**1426**			**1524**
Lincoln Central	a	1402m							
Retford	d						**1455**		
Doncaster	d	**1347**	**1358**	**1411**		**1451**	**1511**		**1550**
Wakefield Westgate	a	**1404**				**1508**			**1607**
Leeds	a	**1421**				**1525**			**1625**
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1506k				1606k			1706k
Keighley	a	1522k				1640k			1740k
Skipton	a	1536k				1658k			1758k
Harrogate	a	1528k			1550y	1628k		1649y	1728k
Selby	a					1600k		1635y	
Brough	a								
Hull	a		1455b			1557b			1652b
York	a		**1420**	**1432**	**1447**		**1532**	**1548**	
York	d		**1423**	**1435**	**1453**		**1535**	**1552**	
Northallerton	a			**1453**	1528y			1628y	
Darlington	d		**1451**	**1508**	**1521**		**1603**	**1621**	
Durham	a		**1507**	**1524**	1557f		**1619**	1657f	
Newcastle	a		**1525**	**1540**	**1549**		**1635**	**1649**	
Newcastle	d			**1544**	**1552**		**1638**	**1653**	
Sunderland M	a				1621n			1721n	
Morpeth	a								
Alnmouth	a				1651n		**1703**	1751n	
Berwick-upon-Tweed	a				**1636**			**1737**	
Dunbar	a				1732n				
Edinburgh Waverley	a			**1709**	**1720**		**1809**	**1820**	
Edinburgh Waverley	d							**1836**	
Haymarket	a							**1839**	
Motherwell	a								
Glasgow Central	a				1822q			1922q	
Inverkeithing	a				1751e			**1854**	
Kirkcaldy	a				1807e			**1911**	
Leuchars	a				1839e			**1936**	
Dundee	a				1855e			**1950**	
Arbroath	a				1946e			**2008**	
Montrose	a				2000e			**2024**	
Stonehaven	a				2022e			**2047**	
Aberdeen	a				2042e			**2110**	
Falkirk Grahamston	a								
Stirling	a				1826e			1926e	
Gleneagles	a								
Perth	a				1904e			2033e	
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a				2124h				

London King's Cross	d	**1430**	**1500**	**1503**	**1530**	**1600**	**1605**	**1630**	**1635**
Stevenage	d			**1523**			1547p		**1655**
Peterborough	d	**1516**		**1554**	**1617**		**1653**	**1716**	
Grantham	d			**1614**	**1638**		**1713**		**1740**
Newark North Gate	d	**1544**		**1626**			**1725**	**1744**	
Lincoln Central	a							1820m	
Retford	d			**1642**					**1803**
Doncaster	d	**1611**		**1658**	**1712**		**1751**	**1810**	**1820**
Wakefield Westgate	a			**1715**			**1810**		**1839**
Leeds	a			**1731**			**1828**		**1856**
Leeds	d								
Shipley	a								
Bradford Forster Square	a			1810k			1906k		1926g
Keighley	a			1802k					1940k
Skipton	a			1814k					1958k
Harrogate	a		1751y	1828k		1850y	1929k		
Selby	a		1733y				1900k		
Brough	a								
Hull	a						1851b		
York	a	**1632**	**1648**		**1734**	**1746**		**1832**	
York	d	**1635**	**1652**		**1736**	**1749**		**1835**	
Northallerton	a	**1653**	1728y			1828y		**1853**	
Darlington	d	**1708**	**1720**		**1805**	**1817**		**1908**	
Durham	a	**1724**	1757f		**1821**	1857f		**1924**	
Newcastle	a	**1740**	**1748**		**1838**	**1845**		**1940**	
Newcastle	d	**1743**	**1751**		**1841**	**1852**		**1943**	
Sunderland M	a		1821n			1922n			
Morpeth	a							**1956**	
Alnmouth	a				**1906**	1951n			
Berwick-upon-Tweed	a		**1835**			**1936**			
Dunbar	a		1932n					**2051**	
Edinburgh Waverley	a	**1908**	**1920**		**2013**	**2020**		**2114**	
Edinburgh Waverley	d							**2122**	
Haymarket	a							**2125**	
Motherwell	a							**2203**	
Glasgow Central	a	2021e	2022q			2123q		**2226**	
Inverkeithing	a		2017e			2118e			
Kirkcaldy	a		2059e			2134e			
Leuchars	a					2205e			
Dundee	a					2218e			
Arbroath	a					2240e			
Montrose	a					2254e			
Stonehaven	a					2316e			
Aberdeen	a					2339e			
Falkirk Grahamston	a								
Stirling	a		2026e			2126e			
Gleneagles	a								
Perth	a								
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**1700**	**1705**	**1720**	**1730**	**1735**	**1800**	**1805**	**1830**
Stevenage	d					**1755**			
Peterborough	d		**1751**		**1817**			**1853**	**1917**
Grantham	d			**1826**	**1838**	**1843**			
Newark North Gate	d		**1819**	**1838**				**1922**	**1945**
Lincoln Central	a							1956m	
Retford	d								
Doncaster	d		**1844**	**1905**	**1912**	**1916**		**1950**	**2011**
Wakefield Westgate	a		**1901**			**1933**		**2007**	
Leeds	a		**1918**			**1951**		**2023**	
Leeds	d							**2034**	
Shipley	a								
Bradford Forster Square	a		2007k			2026g		2106k	
Keighley	a					2040k			
Skipton	a					2058k			
Harrogate	a	1950y	2028k				2050y	**2100**	
Selby	a			**1921**					
Brough	a			**1944**					
Hull	a		1956b	**2002**					
York	a	**1848**			**1933**		**1947**		**2032**
York	d	**1851**			**1938**		**1950**		**2036**
Northallerton	a	1928y					2028y		**2055**
Darlington	d	**1919**			**2006**		**2018**		**2109**
Durham	a	1957f			**2022**		2057f		**2125**
Newcastle	a	**1947**			**2038**		**2046**		**2143**
Newcastle	d	**1951**			**2041**		**2059**		
Sunderland M	a	2021n							
Morpeth	a	2047n			**2054**				
Alnmouth	a				**2110**		2159n		
Berwick-upon-Tweed	a	**2035**					**2143**		
Dunbar	a	2145n							
Edinburgh Waverley	a	**2120**			**2218**		**2228**		
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a				2321q		2354q		
Inverkeithing	a	2217e					2358e		
Kirkcaldy	a	2309e							
Leuchars	a	2340e							
Dundee	a	2356e							
Arbroath	a								
Montrose	a								
Stonehaven	a								
Aberdeen	a								
Falkirk Grahamston	a								
Stirling	a	2226e			2328e				
Gleneagles	a								
Perth	a				0008e				
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**1835**	**1900**	**1905**	**1908**	**1930**	**1935**	**2000**	**2005**
Stevenage	d	**1855**			**1929**		**1955**		
Peterborough	d			**1951**	**2001**	**2018**	**2026**	**2046**	**2052**
Grantham	d	**1941**			**2022**		**2046**		
Newark North Gate	d			**2019**	**2036**	**2047**			
Lincoln Central	a				**2102**				
Retford	d	**2004**							**2132**
Doncaster	d	**2020**		**2045**		**2115**	**2119**		**2148**
Wakefield Westgate	a	**2037**		**2102**			**2136**		**2206**
Leeds	a	**2052**		**2118**			**2152**		**2222**
Leeds	d	**2101**							
Shipley	a								
Bradford Forster Square	a	2126g		2155g			2228g		2256g
Keighley	a	**21s21**					2244k		
Skipton	a	**2139**					2302k		
Harrogate	a	2154k	2159y				2307k		
Selby	a								
Brough	a								
Hull	a	2122b							2257b
York	a		**2048**			**2136**		**2153**	
York	d		**2053**			**2140**		**2157**	
Northallerton	a		2124y					2306y	
Darlington	d		**2122**			**2219**		**2239**	
Durham	a		2157f			**2235**		**2255**	
Newcastle	a		**2150**			**2308**		**2327**	
Newcastle	d		**2153**						
Sunderland M	a								
Morpeth	a		**2206**						
Alnmouth	a		**2223**						
Berwick-upon-Tweed	a		**2248**						
Dunbar	a		**2312**						
Edinburgh Waverley	a		**2340**						
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a								
Inverkeithing	a								
Kirkcaldy	a								
Leuchars	a								
Dundee	a								
Arbroath	a								
Montrose	a								
Stonehaven	a								
Aberdeen	a								
Falkirk Grahamston	a								
Stirling	a								
Gleneagles	a								
Perth	a								
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	**2035**	**2100**	**2135**	**2200**	**2235**
Stevenage	d	**2055**		**2155**		
Peterborough	d	**2126**	**2146**	**2226**	**2247**	**23s23**
Grantham	d	**2146**		**2246**		**23s44**
Newark North Gate	d	**2158**		**2258**		**23s55**
Lincoln Central	a	2237m		2348m		
Retford	d			**2314**		
Doncaster	d	**2223**		**2334**	**2343**	**00s24**
Wakefield Westgate	a	**2239**		**2351**		
Leeds	a	**2257**		**0007**		**0130**
Leeds	d					
Shipley	a					
Bradford Forster Square	a	2344g				
Keighley	a	2344k				
Skipton	a	0002k				
Harrogate	a	2359k				
Selby	a					
Brough	a					
Hull	a	2340b				
York	a		**2257**		**0030**	
York	d		**2301**		**0035**	
Northallerton	a		**2335**		**01s06**	
Darlington	d		**2350**		**01s20**	
Durham	a		**0006**		**01s38**	
Newcastle	a		**0038**		**0210**	
Newcastle	d					
Sunderland M	a					
Morpeth	a					
Alnmouth	a					
Berwick-upon-Tweed	a					
Dunbar	a					
Edinburgh Waverley	a					
Edinburgh Waverley	d					
Haymarket	a					
Motherwell	a					
Glasgow Central	a					
Inverkeithing	a					
Kirkcaldy	a					
Leuchars	a					
Dundee	a					
Arbroath	a					
Montrose	a					
Stonehaven	a					
Aberdeen	a					
Falkirk Grahamston	a					
Stirling	a					
Gleneagles	a					
Perth	a					
Pitlochry	a					
Kingussie	a					
Aviemore	a					
Inverness	a					

Travelling with Luggage?

For your own comfort, we recommend you travel as light as possible. You'll need to be able to handle your own luggage, unless you have pre-booked mobility assistance.

You're welcome to bring:

- two items of luggage
  (maximum dimensions 90x70x30cm)
- one item of hand luggage which can be placed on your lap if required.

For more information on our luggage policy, including items not permitted, please visit virgintrains**eastcoast**.com/luggage

									WR
Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d								
Gleneagles	d								
Stirling	d								
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d								
Leuchars	d								
Kirkcaldy	d								
Inverkeithing	d								
Glasgow Central	d								
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d								
Dunbar	d								
Berwick-upon-Tweed	d								
Alnmouth	d								
Morpeth	d								
Sunderland M	d								
Newcastle	a								
Newcastle	d				**0445**		**0525**		
Durham	d				**0500**		**0539**		
Darlington	d				**0518**		**0558**		
Northallerton	d				**0529**		**0609**		
York	a				**0558**		**0629**		
York	d				**0600**		**0631**		
Hull	d				0520b				
Brough	d								
Selby	d						0618b		0623k
Harrogate	d								0605k
Skipton	d							0545k	
Keighley	d							0559k	
Bradford Forster Square	d							0558k	**0630**
Shipley	d								**06u36**
Leeds	a								**0652**
Leeds	d		**0505**	**0530**		**0605**		**0640**	**0700**
Wakefield Westgate	d		**0518**	**0544**		**0618**		**0653**	**0713**
Doncaster	d		**0536**	**0603**	**0624**	**0636**	**0654**	**0712**	
Retford	d		**0551**			**0651**			
Lincoln Central	d		0526m					0653m	
Newark North Gate	d	**0535**	**0606**	**0629**	**0647**	**0707**		**0737**	
Grantham	d	**0547**	**0618**	**0641**	**0700**	**0720**	**0726**		
Peterborough	d	**0610**	**0639**	**0701**	**0721**	**0741**	**0750**		
Stevenage	a	0659p	0735p	0758p	0827p	0856p			
London King's Cross	a	**0700**	**0731**	**0752**	**0812**	**0834**	**0843**	**0850**	**0859**

							FS			
Inverness	d									
Aviemore	d									
Kingussie	d									
Pitlochry	d									
Perth	d									
Gleneagles	d									
Stirling	d									
Falkirk Grahamston	d									
Aberdeen	d									
Stonehaven	d									
Montrose	d									
Arbroath	d									
Dundee	d									
Leuchars	d									
Kirkcaldy	d									
Inverkeithing	d									
Glasgow Central	d									
Motherwell	d									
Haymarket	d									
Edinburgh Waverley	a									
Edinburgh Waverley	d						**0540**			
Dunbar	d									
Berwick-upon-Tweed	d					**0600**				
Alnmouth	d					**0621**				
Morpeth	d					**0637**				
Sunderland M	d	**0540**								
Newcastle	a	**0556**				**0652**	**0703**			
Newcastle	d	**0559**			**0630**	**0655**	**0704**			
Durham	d	**0612**			**0644**	**0708**				
Darlington	d	**0632**			**0703**	**0731**				
Northallerton	d	0623y			**0715**					
York	a	**0659**			**0734**					
York	d	**0701**			**0737**					
Hull	d							**0700**		
Brough	d							**0714**		
Selby	d							**0737**		
Harrogate	d			0625k	0646y					
Skipton	d			0614k						**0655**
Keighley	d			0628k						**07u07**
Bradford Forster Square	d									0704g
Shipley	d									**07u17**
Leeds	a									**0731**
Leeds	d			**0715**						**0740**
Wakefield Westgate	d			**0728**						**0753**
Doncaster	d			**0746**				**0757**		**0813**
Retford	d									
Lincoln Central	d		**0730**							0759m
Newark North Gate	d		**0757**					**0822**		**0838**
Grantham	d			**0818**				**0835**		
Peterborough	d	**0812**	**0827**		**0843**			**0902**		**0907**
Stevenage	a		**0856**	**0902**						1002p
London King's Cross	a	**0908**	**0926**	**0929**	**0937**		**0940**	**0955**		**0959**

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d								0513e
Gleneagles	d								
Stirling	d				**0526**			0530e	
Falkirk Grahamston	d				**0542**				
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d								
Leuchars	d								
Kirkcaldy	d								0628e
Inverkeithing	d								0650e
Glasgow Central	d								0601e
Motherwell	d								
Haymarket	d				**0613**				
Edinburgh Waverley	a				**0617**				
Edinburgh Waverley	d			**0548**	**0626**			**0655**	**0730**
Dunbar	d			**0609**					0727n
Berwick-upon-Tweed	d			**0634**	**0710**				**0812**
Alnmouth	d			**0655**	0708n				0759n
Morpeth	d			**0711**					0813n
Sunderland M	d							0755n	
Newcastle	a			**0727**	**0755**			**0822**	**0857**
Newcastle	d			**0729**	**0757**			**0825**	**0859**
Durham	d			**0742**	0755f			**0838**	0856f
Darlington	d			**0801**	**0828**			**0857**	**0928**
Northallerton	d							**0908**	
York	a	**0758**		**0828**	**0855**			**0928**	**0955**
York	d	**0802**		**0831**	**0857**			**0931**	**0958**
Hull	d			0740b		0803b	0826b		
Brough	d								
Selby	d			0748y		0808k			
Harrogate	d	0708y	**0734***		0751y		0815k	0820y	0907y
Skipton	d		0718k			0745k	0826k		
Keighley	d		0733k			0800k	0837k		
Bradford Forster Square	d		0736g			0804g	0834g		
Shipley	d								
Leeds	a		**0806**						
Leeds	d		**0817**			**0845**	**0916**		
Wakefield Westgate	d		**0830**			**0858**	**0929**		
Doncaster	d		**0848**	**0855**		**0917**	**0947**	**0955**	
Retford	d	**0836**							
Lincoln Central	d			0800p				0910p	
Newark North Gate	d			**0919**				**1019**	
Grantham	d		**0921**				**1018**		
Peterborough	d			**0950**		**1009**		**1051**	
Stevenage	a		**1008**				**1101**		
London King's Cross	a	**1004**	**1035**	**1042**	**1052**	**1100**	**1128**	**1142**	**1151**

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d					0639e			
Gleneagles	d								
Stirling	d				0637e	0717e			
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d				0605e	0632e			
Leuchars	d				0618e	0646e			
Kirkcaldy	d				0650e	0726e			
Inverkeithing	d				0718e	0749e			
Glasgow Central	d				**0650**	0715q			
Motherwell	d				**0706**				
Haymarket	d				**0748**				
Edinburgh Waverley	a				**0752**				
Edinburgh Waverley	d				**0800**	**0830**			
Dunbar	d								
Berwick-upon-Tweed	d					**0912**			
Alnmouth	d				**0900**				
Morpeth	d				0849n				
Sunderland M	d					0930n			
Newcastle	a				**0928**	**0957**			
Newcastle	d				**0930**	**1000**			
Durham	d				**0943**	0956f			
Darlington	d				**1001**	**1029**			
Northallerton	d				0956y				
York	a				**1028**	**1056**			
York	d		**1003**		**1031**	**1059**			
Hull	d	0857b		0925b	0957b				
Brough	d								
Selby	d	0910k					1010k		
Harrogate	d			0921k		1006y			1015k
Skipton	d	0837k		0917k			0947k		1017k
Keighley	d	0851k		0931k			1001k		1031k
Bradford Forster Square	d	0904g		0934g			1004g		1035g
Shipley	d								
Leeds	a								
Leeds	d	**0945**		**1015**			**1045**		**1115**
Wakefield Westgate	d	**0958**		**1028**			**1058**		**1128**
Doncaster	d	**1017**	**1025**	**1046**	**1056**		**1117**		**1146**
Retford	d		**1039**						
Lincoln Central	d		1016m		1018p				
Newark North Gate	d		**1054**		**1119**			**1154**	
Grantham	d		**1106**	**1118**				**1207**	**1218**
Peterborough	d	**1108**	**1128**		**1152**		**1209**	**1228**	
Stevenage	a		**1156**	**1201**				**1256**	**1302**
London King's Cross	a	**1159**	**1223**	**1228**	**1243**	**1251**	**1300**	**1324**	**1328**

Inverness	d						0453e	0650e	
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d		0655e				0802e	0850e	
Gleneagles	d								
Stirling	d		0807e				0837e	0909e	
Falkirk Grahamston	d								
Aberdeen	d		0546e				0703e	**0752**	
Stonehaven	d		0602e				0720e	**0810**	
Montrose	d		0624e				0744e	**0833**	
Arbroath	d		0638e				0758e	**0849**	
Dundee	d		0738e				0821e	**0907**	
Leuchars	d		0751e					**0921**	
Kirkcaldy	d		0821e				0841e	**0945**	
Inverkeithing	d		0843e				0916e	**1001**	
Glasgow Central	d		0815q				0844q	0915q	
Motherwell	d								
Haymarket	d							**1020**	
Edinburgh Waverley	a							**1024**	
Edinburgh Waverley	d		**0930**				**1000**	**1030**	
Dunbar	d		0928n						
Berwick-upon-Tweed	d		**1012**					**1112**	
Alnmouth	d						**1100**		
Morpeth	d	0949n					1049n	1120n	
Sunderland M	d		1030n					1130n	
Newcastle	a		**1057**				**1128**	**1157**	
Newcastle	d	**1025**	**1059**				**1130**	**1200**	
Durham	d	**1038**	1055f				**1143**	1157f	
Darlington	d	**1057**	**1128**				**1201**	**1229**	
Northallerton	d	**1108**					1156y		
York	a	**1128**	**1155**				**1228**	**1256**	
York	d	**1131**	**1157**		**1203**		**1231**	**1259**	
Hull	d	1057b				1123b	1156b		
Brough	d								
Selby	d			1110k			1140y		1210k
Harrogate	d		1106y			1115k		1206y	
Skipton	d			1047k		1117k			1147k
Keighley	d			1101k		1131k			1201k
Bradford Forster Square	d			1104g		1134g			1204g
Shipley	d								
Leeds	a								
Leeds	d			**1145**		**1215**			**1245**
Wakefield Westgate	d			**1158**		**1228**			**1258**
Doncaster	d	**1155**		**1217**	**1225**	**1246**	**1255**		**1317**
Retford	d				**1240**				
Lincoln Central	d	1135m					1223m		
Newark North Gate	d	**1219**			**1255**		**1319**		
Grantham	d				**1307**	**1318**			
Peterborough	d	**1250**		**1307**	**1328**		**1351**		**1409**
Stevenage	a				**1357**	**1402**			
London King's Cross	a	**1341**	**1351**	**1358**	**1425**	**1428**	**1442**	**1451**	**1501**

					HC				
Inverness	d				0755				
Aviemore	d				0831				
Kingussie	d				0843				
Pitlochry	d				0925				
Perth	d				0957				1002e
Gleneagles	d				1013				
Stirling	d				1032				1037e
Falkirk Grahamston	d				1047				
Aberdeen	d				0820e				0907e
Stonehaven	d				0838e				
Montrose	d				0859e				0946e
Arbroath	d				0915e				1000e
Dundee	d				0941e				1016e
Leuchars	d				0955e				1029e
Kirkcaldy	d				1027e				1040e
Inverkeithing	d				1044e				1112e
Glasgow Central	d				1015q				1045q
Motherwell	d								
Haymarket	d				1113				
Edinburgh Waverley	a				1117				
Edinburgh Waverley	d				1130				1200
Dunbar	d				1127n				
Berwick-upon-Tweed	d				1149n				
Alnmouth	d				1209n				1300
Morpeth	d			1149n					1249n
Sunderland M	d								1230n
Newcastle	a				1254				1328
Newcastle	d			1225	1257				1330
Durham	d			1238	1254f				1343
Darlington	d			1257	1328				1401
Northallerton	d			1308					1356y
York	a			1328	1354				1428
York	d			1331	1357		1402		1431
Hull	d			1257b				1325b	1357b
Brough	d								
Selby	d					1310k			
Harrogate	d		1215k		1306y			1315k	
Skipton	d		1217k			1247k		1317k	
Keighley	d		1231k			1301k		1331k	
Bradford Forster Square	d		1234g			1304g		1334g	
Shipley	d								
Leeds	a								
Leeds	d		1315			1345		1415	
Wakefield Westgate	d		1328			1358		1428	
Doncaster	d		1346	1354		1417	1425	1446	1455
Retford	d						1441		
Lincoln Central	d					1329p			1446m
Newark North Gate	d	1354		1417			1456		1519
Grantham	d	1406	1418				1508	1517	
Peterborough	d	1427		1452		1509	1529		1552
Stevenage	a	1456	1501				1557	1601	
London King's Cross	a	1524	1527	1544	1551	1600	1625	1628	1643

		NL							
Inverness	d						0845h		
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d						1102e		
Gleneagles	d								
Stirling	d	1107e					1207e		
Falkirk Grahamston	d								
Aberdeen	d	**0952**							
Stonehaven	d	**1010**							
Montrose	d	**1033**							
Arbroath	d	**1049**							
Dundee	d	**1107**					1130e		
Leuchars	d	**1123**					1143e		
Kirkcaldy	d	**1147**					1214e		
Inverkeithing	d	**1203**					1239e		
Glasgow Central	d	1130q					1215q		
Motherwell	d								
Haymarket	d	**1222**							
Edinburgh Waverley	a	**1226**							
Edinburgh Waverley	d	**1230**					**1330**		
Dunbar	d						1328n		
Berwick-upon-Tweed	d	**1312**					**1412**		
Alnmouth	d						1409n		
Morpeth	d					1349n			
Sunderland M	d	1330n					1430n		
Newcastle	a	**1357**					**1457**		
Newcastle	d	**1400**				**1425**	**1500**		
Durham	d	1356f				**1438**	1456f		
Darlington	d	**1429**				**1457**	**1527**		
Northallerton	d					**1508**			
York	a	**1456**				**1528**	**1554**		
York	d	**1459**				**1531**	**1557**		**1602**
Hull	d				1425b				
Brough	d								
Selby	d	1358y	1410k						
Harrogate	d	1406y			1415k		1506y		
Skipton	d		1347k		1417k			1447k	
Keighley	d		1401k		1431k			1501k	
Bradford Forster Square	d		1404g		1435g			1504g	
Shipley	d								
Leeds	a								
Leeds	d		**1445**		**1515**			**1545**	
Wakefield Westgate	d		**1458**		**1528**			**1558**	
Doncaster	d		**1517**		**1546**	**1554**		**1617**	**1625**
Retford	d								**1641**
Lincoln Central	d					1545m			1600p
Newark North Gate	d			**1552**		**1620**			**1656**
Grantham	d			**1604**	**1619**				**1708**
Peterborough	d		**1608**	**1625**		**1650**		**1709**	**1730**
Stevenage	a			**1655**	**1702**				**1759**
London King's Cross	a	**1651**	**1701**	**1721**	**1729**	**1742**	**1753**	**1800**	**1827**

Inverness	d		0941e						1045e
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d		1202e						1302e
Gleneagles	d								
Stirling	d		1237e	1307e					1406e
Falkirk Grahamston	d								
Aberdeen	d		1103e						1206e
Stonehaven	d		1120e						1224e
Montrose	d		1144e						
Arbroath	d		1158e						1259e
Dundee	d		1216e	1234e					1334e
Leuchars	d		1229e	1247e					1347e
Kirkcaldy	d		1301e	1329e					1429e
Inverkeithing	d		1323e	1352e					1452e
Glasgow Central	d		1245q	1315q					1430q
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d		**1400**	**1430**					**1530**
Dunbar	d								1528n
Berwick-upon-Tweed	d			**1512**					**1612**
Alnmouth	d		**1500**						
Morpeth	d		1449n					1549n	
Sunderland M	d			1531n					
Newcastle	a		**1528**	**1557**					**1657**
Newcastle	d		**1530**	**1559**				**1625**	**1659**
Durham	d		**1544**	1554f				**1638**	1653f
Darlington	d		**1603**	**1628**				**1657**	**1727**
Northallerton	d		1556y					**1709**	
York	a		**1630**	**1655**				**1728**	**1754**
York	d		**1633**	**1657**				**1731**	**1757**
Hull	d	1526b	1557b				1626b	1657b	
Brough	d								
Selby	d				1611k			1649y	
Harrogate	d	1515k		1606y			1615k		1707y
Skipton	d	1517k			1547k		1617k		
Keighley	d	1531k			1601k		1631k		
Bradford Forster Square	d	1534g			1604g		1634g		
Shipley	d								
Leeds	a								
Leeds	d	**1615**			**1645**		**1715**		
Wakefield Westgate	d	**1628**			**1658**		**1728**		
Doncaster	d	**1646**	**1656**		**1717**		**1746**	**1755**	
Retford	d						**1800**		
Lincoln Central	d		1643m						
Newark North Gate	d		**1720**			**1754**		**1819**	
Grantham	d	**1718**				**1806**	**1824**		
Peterborough	d		**1751**		**1809**	**1828**		**1849**	
Stevenage	a	**1804**				**1857**	**1907**		
London King's Cross	a	**1831**	**1844**	**1850**	**1900**	**1925**	**1935**	**1943**	**1950**

Inverness	d								1253e
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d					1402e			1504e
Gleneagles	d								
Stirling	d					1507e			1537e
Falkirk Grahamston	d								
Aberdeen	d					1309e			1404e
Stonehaven	d					1325e			1420e
Montrose	d					1347e			
Arbroath	d					1401e			1457e
Dundee	d					1434e			1516e
Leuchars	d					1447e			1528e
Kirkcaldy	d					1529e			1559e
Inverkeithing	d					1552e			1622e
Glasgow Central	d					1530q			1600q
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d					**1630**			**1700**
Dunbar	d								
Berwick-upon-Tweed	d					**1712**			
Alnmouth	d					1701n			**1800**
Morpeth	d				1649n	1716n			1749n
Sunderland M	d				1630n	1730n			
Newcastle	a					**1757**			**1828**
Newcastle	d				**1725**	**1759**			**1830**
Durham	d				**1738**	1754f			**1843**
Darlington	d				**1757**	**1828**			**1901**
Northallerton	d				**1808**				1856y
York	a				**1828**	**1855**			**1928**
York	d		**1802**		**1830**	**1857**			**1931**
Hull	d				1757b			1825b	
Brough	d								
Selby	d				1828b				
Harrogate	d			1715k		1806y		1824k	
Skipton	d	1647k		1715k			1747k	1817k	
Keighley	d	1701k		1729k			1801k	1831k	
Bradford Forster Square	d	1704g		1734g			1804g	1834g	
Shipley	d								
Leeds	a								
Leeds	d	**1745**		**1815**			**1845**	**1916**	
Wakefield Westgate	d	**1758**		**1828**			**1858**	**1929**	
Doncaster	d	**1817**	**1826**	**1846**	**1855**		**1917**	**1947**	**1955**
Retford	d		**1840**						
Lincoln Central	d		1818m						1925m
Newark North Gate	d		**1855**		**1919**				**2019**
Grantham	d		**1907**	**1918**				**2018**	
Peterborough	d	**1908**	**1929**		**1951**		**2008**		**2049**
Stevenage	a		**1958**	**2003**	**2019**	**2025**		**2102**	**2117**
London King's Cross	a	**2000**	**2025**	**2028**	**2046**	**2053**	**2100**	**2128**	**2143**

Inverness	d						
Aviemore	d						
Kingussie	d						
Pitlochry	d						
Perth	d		1600e		1613j		1911e
Gleneagles	d						
Stirling	d		1607e		1707e		1937e
Falkirk Grahamston	d						
Aberdeen	d		**1452**				**1818**
Stonehaven	d		**1510**				**1836**
Montrose	d		**1533**				**1859**
Arbroath	d		**1549**				**1915**
Dundee	d		**1607**				**1933**
Leuchars	d		**1622**				**1947**
Kirkcaldy	d		**1646**		1700e		**2011**
Inverkeithing	d		**1703**		1741e		**2027**
Glasgow Central	d		1615q		1715q		1930q
Motherwell	d						
Haymarket	d		**1721**				**2046**
Edinburgh Waverley	a		**1726**				**2050**
Edinburgh Waverley	d		**1731**		**1830**		**2100**
Dunbar	d		**1753**		**1852**		**2123**
Berwick-upon-Tweed	d		**1818**		**1917**		**2148**
Alnmouth	d				**1940**		**2211**
Morpeth	d				**1957**		**2228**
Sunderland M	d				1929n	2039n	2211n
Newcastle	a		**1903**		**2013**		**2244**
Newcastle	d		**1906**		**2016**	**2115**	**2246**
Durham	d		1856f		**2029**	**2128**	**2300**
Darlington	d		**1935**		**2048**	**2147**	**2322**
Northallerton	d				1958y	**2158**	**23s48**
York	a		**2002**		**2115**	**2218**	**0015**
York	d		**2005**		**2117**	**2220**	**0018**
Hull	d			2003b		2057b	
Brough	d						
Selby	d				1954y		
Harrogate	d	1843k	1906y	1947k	2007y	2106y	
Skipton	d	1847k		1947k			
Keighley	d	1901k		2001k			
Bradford Forster Square	d	1904g		2004g			
Shipley	d						
Leeds	a						**0047**
Leeds	d	**1945**		**2045**		2133y	
Wakefield Westgate	d	**1958**		**2058**		2134b	
Doncaster	d	**2017**	**2028**	**2116**	**2140**	**2243**	
Retford	d			**2131**			
Lincoln Central	d			2027r			
Newark North Gate	d				**2204**	**2307**	
Grantham	d			**2154**	**2216**	**2319**	
Peterborough	d	**2105**	**2117**	**2215**	**2237**	**2347**	
Stevenage	a		**2148**	**2245**	**2307**	**00s28**	
London King's Cross	a	**2156**	**2215**	**2311**	**2337**	**0105**	

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d								
Gleneagles	d								
Stirling	d								
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d								
Leuchars	d								
Kirkcaldy	d								
Inverkeithing	d								
Glasgow Central	d								
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d								
Dunbar	d								
Berwick-upon-Tweed	d								
Alnmouth	d								
Morpeth	d								
Sunderland M	d								
Newcastle	a								
Newcastle	d		**0445**		**0559**			**0630**	
Durham	d		**0500**		**0612**			**0643**	
Darlington	d		**0518**		**0632**			**0702**	
Northallerton	d		**0529**		0623y			**0713**	
York	a		**0558**		**0659**			**0733**	
York	d		**0601**		**0701**			**0735**	
Hull	d		0520b		0606b		**0650**		
Brough	d						**0703**		
Selby	d				0618b	0623k	**0725**		
Harrogate	d					0605k		0647y	
Skipton	d					0545k			**0655**
Keighley	d					0559k			**07u09**
Bradford Forster Square	d					0626g			0704g
Shipley	d								**07u19**
Leeds	a								**0733**
Leeds	d	**0505**		**0605**		**0705**			**0738**
Wakefield Westgate	d	**0518**		**0618**		**0718**			
Doncaster	d	**0536**	**0624**	**0636**	**0725**	**0736**	**0745**	**0758**	**0811**
Retford	d	**0550**		**0650**					
Lincoln Central	d	0526m						0746m	
Newark North Gate	d	**0605**		**0705**		**0800**		**0822**	
Grantham	d	**0617**		**0717**		**0812**	**0818**		**0843**
Peterborough	d	**0639**	**0713**	**0738**	**0815**	**0833**	**0840**	**0851**	
Stevenage	a	**0707**		**0806**		**0901**	0935p		
London King's Cross	a	**0734**	**0804**	**0835**	**0908**	**0928**	**0935**	**0942**	**0951**

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d								
Gleneagles	d								
Stirling	d								0530e
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d								
Leuchars	d								
Kirkcaldy	d								
Inverkeithing	d								
Glasgow Central	d								
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d					**0620**			**0655**
Dunbar	d					**0641**			
Berwick-upon-Tweed	d					**0706**			
Alnmouth	d					**0727**			
Morpeth	d					**0743**			
Sunderland M	d					0730n			0756n
Newcastle	a					**0758**			**0822**
Newcastle	d	**0655**		**0722**		**0801**			**0825**
Durham	d	**0708**		**0736**		0754f			**0838**
Darlington	d	**0727**		**0754**		**0829**			**0857**
Northallerton	d			**0808**					**0908**
York	a	**0754**		**0828**		**0856**			**0928**
York	d	**0757**		**0830**		**0859**			**0930**
Hull	d				0803b				0826b
Brough	d								
Selby	d			0748y	0754k				
Harrogate	d	0713y			0729k	0749y		**0813**	0818y
Skipton	d				0745k			0755k	
Keighley	d				0800k			0808k	
Bradford Forster Square	d		**0733**		0804g			0826k	
Shipley	d		**07u40**						
Leeds	a		**0754**					**0845**	
Leeds	d		**0805**		**0840**			**0905**	
Wakefield Westgate	d		**0818**		**0854**			**0918**	
Doncaster	d	**0820**	**0838**	**0855**	**0912**			**0936**	**0953**
Retford	d		**0854**						**1007**
Lincoln Central	d		0801p				**0930**		
Newark North Gate	d		**0909**	**0919**			**0954**	**1000**	
Grantham	d			**0931**			**1006**	**1014**	**1030**
Peterborough	d		**0938**	**0953**	**1002**	**1006**	**1029**	**1036**	**1052**
Stevenage	a		1035p				**1100**	**1107**	1210p
London King's Cross	a	**0954**	**1030**	**1045**	**1053**	**1058**	**1126**	**1136**	**1143**

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d		0536e			0639e		0655e	
Gleneagles	d								
Stirling	d				0637e	0717e			0807e
Falkirk Grahamston	d								
Aberdeen	d					0546e			
Stonehaven	d					0602e			
Montrose	d					0624e			
Arbroath	d					0638e			
Dundee	d				0605e	0658e		0709e	0738e
Leuchars	d				0618e	0712e		0723e	0751e
Kirkcaldy	d		0616e		0650e	0741e		0757e	0821e
Inverkeithing	d		0639e		0712e	0749e		0820e	0843e
Glasgow Central	d		0601e		**0650**	0715q		0745q	0815q
Motherwell	d				**0706**				
Haymarket	d				**0748**				
Edinburgh Waverley	a				**0752**				
Edinburgh Waverley	d		**0730**		**0800**	**0830**		**0900**	**0930**
Dunbar	d		0728n						0928n
Berwick-upon-Tweed	d		**0813**			**0913**			**1013**
Alnmouth	d		0800n		**0900**	0909n			
Morpeth	d		0814n		0849n			0949n	
Sunderland M	d		0830n			0930n			
Newcastle	a		**0858**		**0928**	**0958**		**1024**	**1058**
Newcastle	d		**0900**		**0930**	**1000**		**1026**	**1100**
Durham	d		0856f		**0943**	0956f		**1039**	1056f
Darlington	d		**0929**		**1001**	**1029**		**1057**	**1129**
Northallerton	d				0956y			**1109**	
York	a		**0957**		**1028**	**1057**		**1128**	**1157**
York	d		**0959**		**1031**	**1059**		**1131**	**1159**
Hull	d			0925b	0957b			1058b	
Brough	d								
Selby	d			0910k	0939y				
Harrogate	d	0830k	0906y	0918k		1006y	1015k		1106y
Skipton	d	0847k					0955k		
Keighley	d	0901k					1008k		
Bradford Forster Square	d	0904g		0923g			1030k		
Shipley	d								
Leeds	a								
Leeds	d	**0940**		**1005**			**1105**		
Wakefield Westgate	d	**0953**		**1018**			**1118**		
Doncaster	d			**1037**	**1055**		**1136**	**1155**	
Retford	d							**1209**	
Lincoln Central	d			1015m	1018p			1110p	
Newark North Gate	d			**1101**	**1119**		**1159**		
Grantham	d			**1115**			**1212**		
Peterborough	d	**1058**		**1136**	**1151**		**1234**	**1251**	
Stevenage	a			1235p			**1302**	1410p	
London King's Cross	a	**1151**	**1155**	**1228**	**1242**	**1253**	**1329**	**1342**	**1352**

							HC		
Inverness	d		0453e	0650e			**0755**		
Aviemore	d						**0830**		
Kingussie	d						**0843**		
Pitlochry	d						**0924**		
Perth	d		0802e	0850e			**0957**		1002e
Gleneagles	d						**1013**		
Stirling	d		0837e	0909e		0937e	**1032**		1037e
Falkirk Grahamston	d						**1047**		
Aberdeen	d		0703e	**0752**			0820e		0907e
Stonehaven	d		0720e	**0810**			0838e		
Montrose	d		0744e	**0833**			0859e		0946e
Arbroath	d		0805e	**0849**			0915e		1000e
Dundee	d		0821e	**0907**			0941e		1016e
Leuchars	d			**0921**			0955e		1029e
Kirkcaldy	d		0841e	**0945**			1027e		1040e
Inverkeithing	d		0916e	**1001**		1012e	1044e		1112e
Glasgow Central	d		0845q	0915q		0945q	1015q		1045q
Motherwell	d								
Haymarket	d			**1020**			**1113**		
Edinburgh Waverley	a			**1025**			**1117**		
Edinburgh Waverley	d		**1000**	**1030**		**1100**	**1130**		**1200**
Dunbar	d						1128n		
Berwick-upon-Tweed	d			**1113**			**1213**		
Alnmouth	d		**1100**				1211n		**1300**
Morpeth	d		1049n	1119n		1149n			1249n
Sunderland M	d		1030n	1130n			1230n		
Newcastle	a		**1128**	**1158**		**1224**	**1258**		**1328**
Newcastle	d		**1130**	**1200**		**1226**	**1301**		**1330**
Durham	d		**1143**	1155f		**1239**	1256f		**1343**
Darlington	d		**1201**	**1229**		**1257**	**1329**		**1401**
Northallerton	d		1156y			**1309**			1356y
York	a		**1228**	**1257**		**1328**	**1357**		**1428**
York	d		**1231**	**1259**		**1331**	**1400**		**1431**
Hull	d	1123b	1157b		1220b	1257b			1357b
Brough	d								
Selby	d	1110k	1141y		1210k	1239y			
Harrogate	d	1115k		1206y	1215k			1314k	
Skipton	d	1047k			1212k			1247k	
Keighley	d	1101k			1222k			1301k	
Bradford Forster Square	d	1130k			1230k			1330k	
Shipley	d								
Leeds	a								
Leeds	d	**1205**			**1305**			**1405**	
Wakefield Westgate	d	**1218**			**1318**			**1418**	
Doncaster	d	**1236**	**1255**		**1336**	**1355**		**1436**	**1455**
Retford	d					**1409**			
Lincoln Central	d	1223m						1330p	1446m
Newark North Gate	d	**1302**	**1319**		**1400**			**1504**	**1519**
Grantham	d	**1314**			**1412**			**1516**	
Peterborough	d	**1335**	**1351**		**1433**	**1451**		**1537**	**1551**
Stevenage	a	1435p			**1501**	1610p		1635p	
London King's Cross	a	**1427**	**1442**	**1452**	**1529**	**1542**	**1555**	**1629**	**1643**

			NL						
Inverness	d				0845h			0941e	
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d				1102e			1202e	
Gleneagles	d								
Stirling	d		1107e		1137e	1207e		1237e	1307e
Falkirk Grahamston	d								
Aberdeen	d		**0952**					1103e	
Stonehaven	d		**1010**					1120e	
Montrose	d		**1033**					1144e	
Arbroath	d		**1049**					1158e	
Dundee	d		**1107**			1130e		1216e	1234e
Leuchars	d		**1123**			1143e		1229e	1247e
Kirkcaldy	d		**1147**		1159e	1214e		1301e	1329e
Inverkeithing	d		**1203**		1222e	1239e		1323e	1352e
Glasgow Central	d		1130q		1145q	1215q		1245q	1315q
Motherwell	d								
Haymarket	d		**1222**						
Edinburgh Waverley	a		**1226**						
Edinburgh Waverley	d		**1230**		**1300**	**1330**		**1400**	**1430**
Dunbar	d					1329n			
Berwick-upon-Tweed	d		**1313**			**1412**			**1512**
Alnmouth	d					1409n		**1500**	
Morpeth	d				1349n			1449n	
Sunderland M	d		1330n			1430n			1530n
Newcastle	a		**1358**		**1424**	**1457**		**1528**	**1557**
Newcastle	d		**1400**		**1426**	**1500**		**1530**	**1559**
Durham	d		1356f		**1439**	1456f		**1544**	1556f
Darlington	d		**1429**		**1457**	**1529**		**1603**	**1628**
Northallerton	d				**1509**			1556y	
York	a		**1457**		**1528**	**1556**		**1630**	**1655**
York	d		**1459**		**1531**	**1558**		**1633**	**1657**
Hull	d			1425b	1457b			1557b	
Brough	d								
Selby	d			1410k	1449y				
Harrogate	d	1345k	1406y	1415k		1506y	1515k		1606y
Skipton	d	1347k		1356k			1510k		
Keighley	d	1401k		1407k			1520k		
Bradford Forster Square	d	1402g		1423g			1530k		
Shipley	d								
Leeds	a								
Leeds	d	**1440**		**1505**			**1605**		
Wakefield Westgate	d	**1453**		**1518**			**1618**		
Doncaster	d	**1512**		**1536**	**1555**		**1636**	**1656**	
Retford	d				**1609**				
Lincoln Central	d						1601p		
Newark North Gate	d			**1600**			**1659**	**1720**	
Grantham	d			**1612**			**1711**		
Peterborough	d	**1601**		**1634**	**1651**		**1733**	**1751**	
Stevenage	a			**1703**	1810p		1835p		
London King's Cross	a	**1653**	**1656**	**1731**	**1744**	**1751**	**1826**	**1842**	**1852**

Inverness	d		1045e						1253e
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d		1302e			1402e			1504e
Gleneagles	d								
Stirling	d		1337e	1406e		1437e	1507e		1537e
Falkirk Grahamston	d								
Aberdeen	d		1206e			1309e			1404e
Stonehaven	d		1224e			1325e			1420e
Montrose	d					1347e			
Arbroath	d		1259e			1401e			1457e
Dundee	d		1315e	1334e		1417e	1434e		1516e
Leuchars	d		1328e	1347e		1428e	1447e		1528e
Kirkcaldy	d		1340e	1429e		1441e	1529e		1559e
Inverkeithing	d		1413e	1452e		1513e	1552e		1622e
Glasgow Central	d		1345q	1430q		1445q	1530q		1600q
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d		**1500**	**1530**		**1600**	**1630**		**1700**
Dunbar	d			1528n					
Berwick-upon-Tweed	d			**1612**			**1712**		
Alnmouth	d						1703n		**1800**
Morpeth	d		1549n			1649n	1717n		1752n
Sunderland M	d			1630n			1730n		
Newcastle	a		**1624**	**1657**		**1724**	**1757**		**1828**
Newcastle	d		**1626**	**1659**		**1726**	**1759**		**1830**
Durham	d		**1639**	1656f		**1739**	1756f		**1843**
Darlington	d		**1657**	**1728**		**1757**	**1828**		**1902**
Northallerton	d		**1709**			**1809**			1856y
York	a		**1728**	**1755**		**1828**	**1855**		**1928**
York	d		**1731**	**1758**		**1831**	**1857**		**1931**
Hull	d		1657b			1755b			1857b
Brough	d								
Selby	d	1610k	1649y		1710k	1826b			
Harrogate	d	1614k		1706y	1715k		1806y	1817k	
Skipton	d	1547k			1647k			1755k	
Keighley	d	1601k			1701k			1807k	
Bradford Forster Square	d	1630k			1730k			1823g	
Shipley	d								
Leeds	a								
Leeds	d	**1705**			**1805**			**1905**	
Wakefield Westgate	d	**1718**			**1818**			**1919**	
Doncaster	d	**1736**	**1755**		**1839**	**1855**		**1937**	**1955**
Retford	d		**1809**						
Lincoln Central	d	1655m						1924m	
Newark North Gate	d	**1800**			**1903**	**1919**		**2001**	
Grantham	d	**1812**			**1915**			**2013**	**2027**
Peterborough	d	**1833**	**1851**		**1936**	**1951**		**2034**	**2051**
Stevenage	a	**1901**	2010p			**2019**		**2102**	
London King's Cross	a	**1929**	**1942**	**1952**	**2028**	**2046**	**2051**	**2129**	**2142**

Inverness	d				1447h
Aviemore	d				
Kingussie	d				
Pitlochry	d				
Perth	d			1613j	1702e
Gleneagles	d				
Stirling	d	1607e		1707e	1737e
Falkirk Grahamston	d				
Aberdeen	d	**1452**			1602e
Stonehaven	d	**1510**			1619e
Montrose	d	**1533**			
Arbroath	d	**1549**			1655e
Dundee	d	**1607**			1726e
Leuchars	d	**1622**			1739e
Kirkcaldy	d	**1646**			1813e
Inverkeithing	d	**1703**		1741e	1829e
Glasgow Central	d	1615q		1715q	1800q
Motherwell	d				
Haymarket	d	**1721**			
Edinburgh Waverley	a	**1726**			
Edinburgh Waverley	d	**1730**		**1830**	**1900**
Dunbar	d	**1751**			**1920**
Berwick-upon-Tweed	d	**1816**		**1912**	**1945**
Alnmouth	d				**2008**
Morpeth	d				**2025**
Sunderland M	d				1930n
Newcastle	a	**1901**		**1959**	**2041**
Newcastle	d	**1904**			**2043**
Durham	d	1857f			**2056**
Darlington	d	**1933**			**2115**
Northallerton	d				**2128**
York	a	**2000**			**2148**
York	d	**2003**			**2150**
Hull	d				
Brough	d				
Selby	d		1920k		
Harrogate	d	1906y			
Skipton	d		1847k		
Keighley	d		1901k		
Bradford Forster Square	d		1930k		
Shipley	d				
Leeds	a				
Leeds	d		**2005**		
Wakefield Westgate	d		**2018**		
Doncaster	d	**2026**	**2036**		**22a15**
Retford	d		**2050**		
Lincoln Central	d		1943r		
Newark North Gate	d		**2105**		
Grantham	d	**2058**			
Peterborough	d	**2121**	**2134**		
Stevenage	a	**2150**	2235p		
London King's Cross	a	**2218**	**2225**		

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d								
Gleneagles	d								
Stirling	d								
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d								
Leuchars	d								
Kirkcaldy	d								
Inverkeithing	d								
Glasgow Central	d								
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d								
Dunbar	d								
Berwick-upon-Tweed	d								
Alnmouth	d								
Morpeth	d								
Sunderland M	d								0928n
Newcastle	a								
Newcastle	d			**0755**		**0855**		**0925**	**1000**
Durham	d			**0809**		**0908**		**0938**	0948f
Darlington	d			**0827**		**0928**		**0957**	**1028**
Northallerton	d					0842y		**1008**	
York	a			**0855**		**0955**		**1028**	**1055**
York	d	**0800**		**0858**		**0958**		**1031**	**1058**
Hull	d				0840b			0943b	
Brough	d								
Selby	d								
Harrogate	d								
Skipton	d						0912k		
Keighley	d						0926k		
Bradford Forster Square	d				0824g		0902g		
Shipley	d								
Leeds	a								
Leeds	d		**0805**		**0905**		**1005**		
Wakefield Westgate	d		**0818**		**0918**		**1018**		
Doncaster	d	**0823**	**0836**		**0937**		**1036**	**1055**	
Retford	d		**0850**				**1051**		
Lincoln Central	d								
Newark North Gate	d		**0905**		**1000**		**1106**	**1119**	
Grantham	d		**0917**		**1012**		**1119**		
Peterborough	d	**0911**	**0941**	**1005**	**1034**	**1104**	**1141**	**1151**	**1204**
Stevenage	a	**0939**	1035p		**1104**	1235p			
London King's Cross	a	**1007**	**1033**	**1057**	**1132**	**1155**	**1233**	**1242**	**1255**

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d						0845e		0916e
Gleneagles	d								
Stirling	d						0905e		0951e
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d			0724e					
Leuchars	d			0737e					
Kirkcaldy	d			0809e			0925e		
Inverkeithing	d			0831e			0947e		
Glasgow Central	d			0750q		0830q	0900q		1000q
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d		**0900**	**0930**		**1000**	**1030**		**1100**
Dunbar	d								
Berwick-upon-Tweed	d			**1013**			**1112**		
Alnmouth	d					**1100**	1105n		
Morpeth	d						1119n		
Sunderland M	d			1028n			1128n		
Newcastle	a		**1024**	**1058**		**1128**	**1157**		**1224**
Newcastle	d		**1029**	**1100**		**1130**	**1200**		**1226**
Durham	d		**1042**	1053f		**1143**	1153f		**1239**
Darlington	d		**1101**	**1130**		**1202**	**1229**		**1258**
Northallerton	d		**1112**			1151y			**1310**
York	a		**1132**	**1157**		**1229**	**1256**		**1329**
York	d		**1134**	**1159**		**1232**	**1259**		**1332**
Hull	d		1050b			1153b			1241b
Brough	d								
Selby	d	1006k						1208k	1220y
Harrogate	d	0953k	1048y		1053k	1130y		1153k	1233y
Skipton	d	1012k			1112k			1212k	
Keighley	d	1026k			1126k			1226k	
Bradford Forster Square	d	1023g			1123g			1223g	
Shipley	d								
Leeds	a								
Leeds	d	**1105**			**1205**			**1305**	
Wakefield Westgate	d	**1118**			**1218**			**1318**	
Doncaster	d	**1136**	**1157**		**1236**	**1255**		**1336**	**1355**
Retford	d		**1211**						**1409**
Lincoln Central	d	1105m						1300m	
Newark North Gate	d	**1200**			**1259**	**1319**		**1400**	
Grantham	d	**1212**			**1311**			**1412**	
Peterborough	d	**1234**	**1251**		**1333**	**1351**		**1434**	**1451**
Stevenage	a	**1306**			1435p			**1503**	
London King's Cross	a	**1333**	**1342**	**1352**	**1424**	**1442**	**1450**	**1532**	**1542**

							NL		
Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d	0936e			1010e				
Gleneagles	d								
Stirling	d				1046e	1110e			
Falkirk Grahamston	d								
Aberdeen	d						**0947**		
Stonehaven	d						**1005**		
Montrose	d						**1028**		
Arbroath	d						**1044**		
Dundee	d	0924e					**1103**		
Leuchars	d	0937e					**1117**		
Kirkcaldy	d	1009e				1111e	**1141**		
Inverkeithing	d	1049e				1133e	**1157**		
Glasgow Central	d	1030q				1100q	1130q		
Motherwell	d								
Haymarket	d						**1216**		
Edinburgh Waverley	a						**1220**		
Edinburgh Waverley	d	**1130**			**1200**	**1220**	**1230**		
Dunbar	d	1125n							
Berwick-upon-Tweed	d	**1213**					**1313**		
Alnmouth	d	1208n			**1300**				
Morpeth	d					**1333**			
Sunderland M	d	1228n					1328n		
Newcastle	a	**1258**			**1328**	**1349**	**1358**		
Newcastle	d	**1300**		**1315**	**1330**	**1352**	**1400**		**1415**
Durham	d	1253f		**1328**	**1343**	**1405**			**1429**
Darlington	d	**1330**		**1348**	**1401**		**1430**		**1449**
Northallerton	d			**1401**					**1500**
York	a	**1357**		**1421**	**1428**	**1446**	**1457**		**1520**
York	d	**1359**		**1424**	**1431**	**1449**	**1459**		**1523**
Hull	d		1330b						1441b
Brough	d								
Selby	d		1308k		1351y				
Harrogate	d		1253k	1333y				1353k	1430y
Skipton	d		1312k					1412k	
Keighley	d		1326k					1426k	
Bradford Forster Square	d		1323g					1423g	
Shipley	d								
Leeds	a								
Leeds	d		**1405**					**1505**	
Wakefield Westgate	d		**1418**					**1518**	
Doncaster	d		**1436**	**1448**	**1455**			**1537**	**1546**
Retford	d								
Lincoln Central	d							1500m	
Newark North Gate	d		**1459**		**1519**			**1600**	**1609**
Grantham	d		**1511**			**1540**		**1612**	
Peterborough	d		**1533**	**1540**	**1551**			**1634**	**1642**
Stevenage	a			1635p				**1704**	1735p
London King's Cross	a	**1552**	**1624**	**1632**	**1642**	**1646**	**1652**	**1732**	**1735**

			HC						
Inverness	d		**0940^**			1050e			
Aviemore	d		**1019^**						
Kingussie	d		**1032^**						
Pitlochry	d		**1123^**						
Perth	d		**1159^**			1254e			
Gleneagles	d		**1215^**						
Stirling	d	1148e	**1235**		1247e	1310e			
Falkirk Grahamston	d		**1251**						
Aberdeen	d				1110e	**1147**			
Stonehaven	d				1127e	**1205**			
Montrose	d				1148e	**1228**			
Arbroath	d				1204e	**1244**			
Dundee	d	1120e			1224e	**1302**			
Leuchars	d	1133e			1237e	**1317**			
Kirkcaldy	d	1205e	1213e		1307e	**1342**			
Inverkeithing	d	1221e	1249e		1322e	**1400**			
Glasgow Central	d	1200q			1230q	1300q			
Motherwell	d								
Haymarket	d		**1315**			**1419**			
Edinburgh Waverley	a		**1320**			**1423**			
Edinburgh Waverley	d	**1300**	**1330**		**1400**	**1430**			
Dunbar	d		1327n						
Berwick-upon-Tweed	d		**1413**			**1513**			
Alnmouth	d		1408n		**1501**				
Morpeth	d								
Sunderland M	d		1428n			1527n			
Newcastle	a	**1424**	**1458**		**1528**	**1558**			
Newcastle	d	**1427**	**1500**		**1531**	**1600**		**1615**	
Durham	d	**1441**	1454f		**1544**	1553f		**1629**	
Darlington	d	**1459**	**1530**		**1603**	**1630**		**1649**	
Northallerton	d				1551y			**1700**	
York	a	**1527**	**1557**		**1630**	**1657**		**1720**	
York	d	**1530**	**1559**		**1633**	**1659**		**1722**	
Hull	d			1532b					1637b
Brough	d								
Selby	d						1610k		
Harrogate	d			1452k	1533y		1553k	1633y	
Skipton	d			1512k					1612k
Keighley	d			1526k					1626k
Bradford Forster Square	d			1543g			1602g		1643g
Shipley	d								
Leeds	a								
Leeds	d			**1616**			**1645**		**1716**
Wakefield Westgate	d			**1629**			**1659**		**1729**
Doncaster	d	**1553**		**1647**	**1656**		**1720**		**1747**
Retford	d	**1608**							**1801**
Lincoln Central	d							1725m	
Newark North Gate	d				**1719**		**1745**	**1803**	
Grantham	d			**1718**					**1824**
Peterborough	d	**1651**			**1751**		**1814**	**1832**	
Stevenage	a			**1801**					**1908**
London King's Cross	a	**1743**	**1752**	**1829**	**1842**	**1852**	**1906**	**1924**	**1935**

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d								
Gleneagles	d								
Stirling	d	1346e	1410e			1446e	1510e		
Falkirk Grahamston	d								
Aberdeen	d					1247e		**1347**	
Stonehaven	d					1306e		**1405**	
Montrose	d					1331e		**1428**	
Arbroath	d					1345e		**1444**	
Dundee	d	1320e				1407e		**1502**	
Leuchars	d	1333e				1420e		**1516**	
Kirkcaldy	d	1405e	1413e			1446e	1513e	**1541**	
Inverkeithing	d	1421e	1449e			1502e	1536e	**1558**	
Glasgow Central	d	1330q	1430q				1500q		
Motherwell	d								
Haymarket	d							**1618**	
Edinburgh Waverley	a							**1623**	
Edinburgh Waverley	d	**1500**	**1530**			**1600**	**1620**	**1630**	
Dunbar	d		1528n						
Berwick-upon-Tweed	d		**1612**					**1713**	
Alnmouth	d					**1700**	1705n		
Morpeth	d						1719n		
Sunderland M	d		1628n					1728n	
Newcastle	a	**1624**	**1657**			**1728**	**1744**	**1758**	
Newcastle	d	**1627**	**1659**			**1730**	**1750**	**1800**	
Durham	d	**1640**	1653f			**1743**	1754f		
Darlington	d	**1659**	**1728**			**1801**	**1817**	**1830**	
Northallerton	d					1751y			
York	a	**1726**	**1755**			**1828**	**1846**	**1857**	
York	d	**1731**	**1759**			**1831**	**1853**	**1859**	
Hull	d				1732b				
Brough	d								
Selby	d				1714k		1759y		1810k
Harrogate	d			**1707**		1733y			1753k
Skipton	d				1714k				
Keighley	d				1728k				
Bradford Forster Square	d			1702g	1723g				1802g
Shipley	d								
Leeds	a			**1733**					
Leeds	d			**1745**	**1815**				**1845**
Wakefield Westgate	d			**1759**	**1828**				**1859**
Doncaster	d	**1757**		**1819**	**1846**	**1855**			**1920**
Retford	d								
Lincoln Central	d								
Newark North Gate	d			**1844**		**1919**			**1946**
Grantham	d	**1830**			**1917**		**1943**		
Peterborough	d	**1852**		**1914**		**1950**			**2015**
Stevenage	a				**2001**				
London King's Cross	a	**1943**	**1949**	**2006**	**2027**	**2042**	**2048**	**2055**	**2106**

Inverness	d		1330e						1522e
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d		1529e						1722e
Gleneagles	d								
Stirling	d		1547e	1610e		1646e		1710e	
Falkirk Grahamston	d								
Aberdeen	d					1511e			
Stonehaven	d					1530e			
Montrose	d					1551e			
Arbroath	d					1605e			
Dundee	d		1515e			1624e			1720e
Leuchars	d		1528e			1637e			1733e
Kirkcaldy	d		1607e	1613e		1702e		1708e	1805e
Inverkeithing	d		1623e	1649e		1718e		1749e	1822e
Glasgow Central	d		1530q	1630q				1700q	1730q
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d		**1700**	**1730**		**1800**		**1830**	**1900**
Dunbar	d			**1751**				1828n	**1921**
Berwick-upon-Tweed	d			**1816**				**1912**	**1946**
Alnmouth	d					**1900**			
Morpeth	d								
Sunderland M	d					1843n		1928n	
Newcastle	a		**1824**	**1901**		**1928**		**1957**	**2031**
Newcastle	d		**1829**	**1903**		**1930**		**2001**	**2033**
Durham	d		**1842**	1853f		**1944**		1953f	**2046**
Darlington	d		**1901**	**1932**		**2003**		**2029**	**2105**
Northallerton	d		**1912**			1951y			2051y
York	a		**1931**	**1959**		**2030**		**2056**	**2132**
York	d		**1933**	**2001**		**2032**		**2059**	**2135**
Hull	d						2001b		
Brough	d								
Selby	d							2000y	
Harrogate	d		1833y		1853k	1933y	1952k		2033y
Skipton	d	1812k					1922k		
Keighley	d	1826k					1936k		
Bradford Forster Square	d	1843g			1902g		2002g		
Shipley	d								
Leeds	a								
Leeds	d	**1916**			**1945**		**2045**		
Wakefield Westgate	d	**1929**			**1959**		**2058**		
Doncaster	d	**1947**	**1957**		**2020**	**2055**	**2116**	**2125**	**2158**
Retford	d	**2001**					**2130**		
Lincoln Central	d							2100m	2126m
Newark North Gate	d		**2021**		**2046**	**2119**		**2149**	**2221**
Grantham	d	**2024**		**2050**			**2153**	**2201**	**2233**
Peterborough	d		**2051**	**2110**	**2115**	**2151**	**2214**	**2223**	**2255**
Stevenage	a	**2108**			2235p		**2244**	**2253**	**23s33**
London King's Cross	a	**2134**	**2142**	**2201**	**2207**	**2243**	**2310**	**2318**	**2359**

Inverness	d		
Aviemore	d		
Kingussie	d		
Pitlochry	d		
Perth	d		
Gleneagles	d		
Stirling	d	1810e	1919e
Falkirk Grahamston	d		
Aberdeen	d	1710e	
Stonehaven	d	1726e	
Montrose	d	1748e	
Arbroath	d	1801e	
Dundee	d	1818e	
Leuchars	d	1831e	
Kirkcaldy	d	1856e	
Inverkeithing	d	1912e	1949e
Glasgow Central	d	1830q	2000q
Motherwell	d		
Haymarket	d		
Edinburgh Waverley	a		
Edinburgh Waverley	d	**2000**	**2100**
Dunbar	d	**2022**	**2122**
Berwick-upon-Tweed	d	**2047**	**2147**
Alnmouth	d	**2110**	**2210**
Morpeth	d	**2127**	
Sunderland M	d		
Newcastle	a	**2143**	**2239**
Newcastle	d	**2145**	
Durham	d	**2159**	
Darlington	d	**2219**	
Northallerton	d	**2232**	
York	a	**2304**	
York	d	**2306**	
Hull	d		
Brough	d		
Selby	d		
Harrogate	d		
Skipton	d		
Keighley	d		
Bradford Forster Square	d		
Shipley	d		
Leeds	a	**2336**	
Leeds	d		
Wakefield Westgate	d		
Doncaster	d		
Retford	d		
Lincoln Central	d		
Newark North Gate	d		
Grantham	d		
Peterborough	d		
Stevenage	a		
London King's Cross	a		

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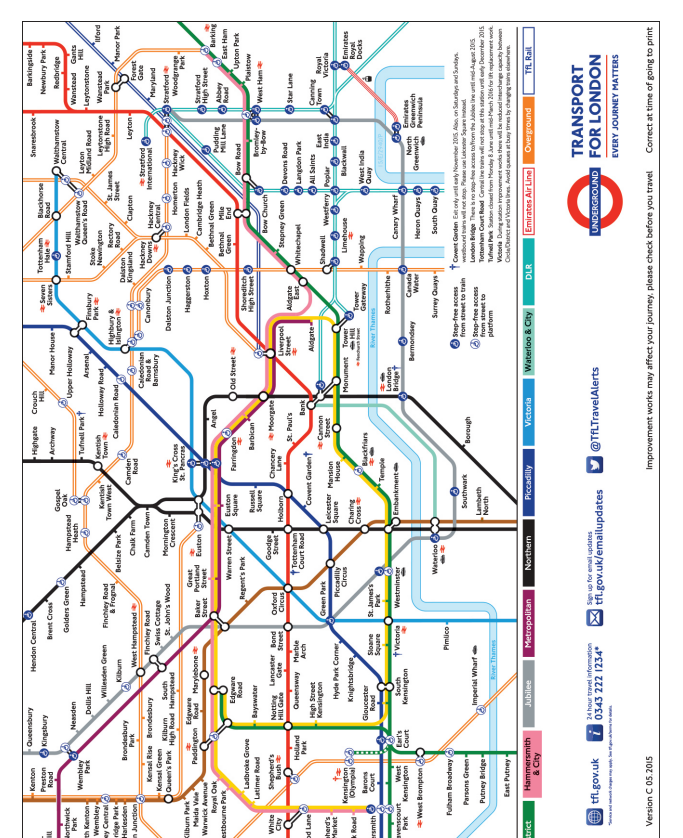

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