



Virgin Trains East Coast

Timetables, tickets
and tips

15 May - 10 December 2016



STAND BACK WORLD

BIG CHANGES COMING THROUGH

Find out more at
virgintraineastcoast.com/glory



BE BOUND FOR GLORY

WE'RE HAVING A MASSIVE MAKEOVER

Yep! We're sprucing, pimping and improving your entire Virgin Trains experience along the east coast, to make sure you're bound for glory every single time you travel with us.

SEXY NEW INTERIORS

We're rolling out glorious new interiors, including plush new seats, fresh new carpets and lovelier loos. We've even gone leather in First Class. Fancy! There's a transformed train arriving every couple of weeks 'til the end of this year. By then, our full fleet will be red hot.



THAT'S ENTERTAINMENT

BEAM, our spanking new onboard entertainment service, is rolling out this summer (2016). Packed with big blockbusters, brilliant boxsets, tonnes of TV, great games and gripping reads to make your journeys even more glorious. It'll be onboard, on demand, and on us.

You can download our BEAM app now from the Apple App Store or Google Play.



LUXURY LOUNGES

After a big old refurbishment our First Class lounges are looking mighty swish, with slick workstations, comfy relaxation areas and even a few chaise longues. You'll also find free Wi-Fi, soft drinks, snacks and newspapers – oh we are spoiling you.

THE SURF'S ON US IN STANDARD

That's right, our onboard Wi-Fi is now free in Standard when you book direct at virgintrainseastcoast.com! Wi-Fi your socks off.



DISHIER DISHES

Brand new menus, designed exclusively for us by James Martin, are now being served in First Class. These tastebud tingling menus focus on the use of locally-sourced, high-quality ingredients, showcasing producers from along our route. We'll also be giving menus in Standard an overhaul this autumn. Here's to a gloriously tasty journey.

MORE TIMES TO SHINE



We're now making more journeys than ever between Edinburgh and London, with 42 additional services per week (that's 22,000 extra seats!). With our services along the west coast included, you'll find more Virgin Trains travelling between Edinburgh and London every weekday than any domestic airline.

So whether you're heading up or down for business or pleasure, you can go as and when you like. So easy.

Find out more at
virgintraineastcoast.com/glory

Our top 4 booking tips



1 Book early and buy Advance

If you know the date and time that you want to travel, book early and buy Advance to grab yourself a great deal. Advance tickets offer the best value for money – hands down.

Just be aware that these tickets are only valid for travel on the train you've booked, and can only be transferred prior to the date and time of travel. Any difference in fare is payable too – plus a £10 administration fee per person per single fare for each change to the journey.

2 Reserving a seat. Shotgun!

We'll automatically reserve you a seat when you book an Advance ticket, 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.

3 Buy before you board

If you board our trains without a valid ticket, you'll have to buy the full single or full return fare and won't be able to use a Railcard (except a Disabled Persons Railcard) – so it's always best to save yourself the hassle and money by buying before you board.

4 Book online with us

No booking fees, unbeatable fares (that's a promise), and Nectar points or Virgin Atlantic Flying Club miles available to earn on journeys with us, just a few reasons to book online with us.

Oh, one more (big) thing - our onboard Wi-Fi is now free in Standard when you book direct at [virgintraineastcoast.com](https://www.virgintraineastcoast.com). That's right, the surf's on us.

Our top travel tips



1 Stay ahead with live updates

Having the latest service updates, departure times and platform announcements to hand is an absolute winner when you're on the move. So here's how you can stay ahead.



Live updates

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



Twitter

For the latest travel news and updates, follow us on Twitter [@Virgin_TrainsEC](https://twitter.com/Virgin_TrainsEC) – we're there 24/7. [#alwaysgotyourback](https://twitter.com/Virgin_TrainsEC)



Latest travel info

Head to virgintraineastcoast.com/travel-information or better still, get our free Trains Live smartphone app for Android and iOS devices. This travel info is provided by National Rail Enquiries and covers all of our services, as well as connections to any National Rail station.

2 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 a bit, but we always announce any changes up to 12 weeks in advance, so you can dodge accordingly.

Always check when booking or look online at virgintraineastcoast.com/alterations

3

Need some help? We got you...



Wheelchairs

We have wheelchair spaces in Coach L in First Class and Coach F in Standard on the majority of our trains. Try to reserve as early as possible (no later than 18.00 the day before travel) if you can. One less thing to worry about.



Bikes

Our bike spaces are limited so reservations are a must for all cycles, other than folding bikes. Your best bet is to reserve a spot when you buy your ticket. Late reservations can be made up to 10 minutes before departure but preferably before 18.00 on the day before travel. The sooner the better really. Allez!

For further information - [virgintraineastcoast.com/cycles](https://www.virgintraineastcoast.com/cycles)



Luggage

We recommend that you only pack what you can comfortably carry. You're allowed max three pieces of luggage onboard – two larger items (90x70x30cm) and one piece of hand luggage. Large cases go in the luggage racks at the end of each coach, and smaller bags go up overhead.



If you have additional bags or larger items, take a look at [virgintraineastcoast.com/bagmagic](https://www.virgintraineastcoast.com/bagmagic) – our new door-to-door delivery service. We'll pick up your bags and drop them at your destination from just £12.99. Magic.



Pets

Pets are welcome onboard and travel free of charge, as long as they don't take up a seat. Dogs should always be on their leads (and on their best behaviour).



Assistance Dogs

If you're travelling with an assistance dog, please call our Assisted Travel team and we'll make special arrangements. Contact details are on page 13.

4 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, so that the guard can check them, and until you've left the station, where ticket barriers are often in operation.

5 Avoid the station sprint or platform panic

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

6 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 some compensation if delayed for over 30 minutes during your journey. Find out more at virgintraineastcoast.com/delayrepay

7 Quiet Coach

If you're fancying a bit of peace or just want to get your head down, we have a Quiet Coach in both First Class and Standard. Just select it when you're booking your ticket and look forward to a little hush amongst the rush.

8 The Foodbar

If you fancy a bite to eat, our onboard Foodbar is a joy for those morning joes or afternoon snacks – serving hot and cold sandwiches, treats, teas, coffees, soft drinks, and not-so-soft drinks. We even offer an at-seat trolley service if you're feeling lazy.

A touch of First Class

1st

Whether you're looking to stretch out with extra legroom and wider seats, stay connected with free Wi-Fi, or indulge in complimentary food and bevies served to your seat – our First Class service is the place to be.

Introducing James Martin

Tastebuds, get excited! We've teamed up with award-winning chef, James Martin, to bring you our new menu inspired by traditional flavours and locally sourced producers.

Chef-cooked Breakfast*

We know you love our chef-cooked breakfasts, and that is why we are giving you more, a lot more! In fact a whopping 55 of our breakfast services will now have chefs onboard preparing our Great British breakfast grill, now topped off with a delicious free-range egg fried fresh onboard. For us, there's no better way to start the day, but worry not if a full grill is not for you, other tasty options are always available!

Rest of the day

Our 'Rest of the Day' menu is served from around 11 am onwards and offers a choice of hot meals or delicious sandwiches, followed by tempting cakes or fresh fruit for you healthy types.

Chef-cooked Evening meal

With dishes like our rump of Dorset lamb with crushed minted potatoes followed by a delicious chocolate cherry roulade – you're in for a real treat. Served on selected services from London King's Cross, look out for the grey shading in the timetable section.

Weekend

On weekends and bank holidays we start the morning with a light breakfast, then later in the morning you can choose from a selection of sandwiches, with hand-cooked crisps and cake, all served with a choice of hot and cold drinks.

Quick Trip?

We'll treat you to a complimentary light bite to eat and drink. If you are with us a little longer, we'll wine and dine you all the way.

*On a small number of services the Great British breakfast grill will be prepared by our onboard crew and will have a tasty egg soufflé instead of the fried egg.



Connection times

If you're changing trains, try to allow plenty of time to make your connection – especially in our bigger stations where you may have to change platforms. Here's a quick guide on how much time to allow. On your marks...

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

Just to note, connecting services may be provided by other train operators.

Our timetables



The main event. We've just jotted down a few pointers to help you navigate them.

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, onboard, and on form.

And for those travelling First Class...

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

 Chef cooked breakfast

 Breakfast

 Rest of day

 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.

Catering info shown in the timetable is correct at time of going to print – but we may need to make changes from time to time. Food orders are 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 to pick up only

^ 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, 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.

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@virgintraineastcoast.com
Phone	03457 22 53 33*
Web	virgintraineastcoast.com

Website Booking Support	03457 22 51 11*
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Travel Enquiries and Telesales	03457 22 52 25*
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Assisted Travel

Phone	03457 22 52 25*
by textphone	18001 03457 22 52 25

Group Travel - For parties of 10 or more

Phone	03457 22 52 25*
Fax	03457 22 52 22

Lost Property	03457 22 53 33*
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Wi-Fi Support

Email	wifi@virgintraineastcoast.com
Phone	01163 66 33 36†

*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 9p per minute; calls from mobiles typically cost between 3p and 40p per minute. Calls from landlines and mobiles are included in free call packages. †Calls are charged at a local rate. Calls from mobiles may vary – please check with your service provider (and your mum) before you call. Got it? Good.

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 customers, 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**



YOU'RE ON THE MONEY

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



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.



BE BOUND FOR GLORY

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				0812m	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		0940		0951	
Newcastle	d		0622	0743	0840	0946		0954	
Sunderland M	a							1049n	
Morpeth	a		0636	0824n	0854			1036n	
Alnmouth	a		0653	0808					
Berwick-upon-Tweed	a		0717	0832	0929	1030			
Dunbar	a		0741	0855	0954			1137n	
Edinburgh Waverley	a		0807	0921	1020	1114		1117	
Edinburgh Waverley	d				1028				
Haymarket	a				1031				
Motherwell	a								
Glasgow Central	a	0919q	1036q	1119q				1222q	
Inverkeithing	a	0903e	0954e	1047				1154e	
Kirkcaldy	a	0907e	1010e	1104				1210e	
Leuchars	a	0924e	1104e	1128				1224e	
Dundee	a	0938e	1121e	1143				1237e	
Arbroath	a	0957e		1200				1256e	
Montrose	a			1216					
Stonehaven	a	1034e		1239				1331e	
Aberdeen	a	1054e		1301				1351e	
Falkirk Grahamston	a								
Stirling	a	0925e	1024e	1124e				1225e	
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		0953p				1023m		
Retford	d	0846							
Doncaster	d	0901	0910	0914		0942	1010	1014	
Wakefield Westgate	a			0931		1000		1031	
Leeds	a			0946		1015		1048	
Leeds	d								
Shipley	a								
Bradford Forster Square	a			1025g		1056g		1124g	
Keighley	a			1021k		1051k			
Skipton	a			1039k		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				1149n				1249n
Morpeth	a				1136n				1236n
Alnmouth	a		1107						
Berwick-upon-Tweed	a				1136				1238
Dunbar	a								1339n
Edinburgh Waverley	a		1209		1218				1320
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a				1319q				1419q
Inverkeithing	a		1241e		1254e				1403e
Kirkcaldy	a				1310e				1425e
Leuchars	a				1325e				1504e
Dundee	a				1338e				1520e
Arbroath	a				1355e				
Montrose	a				1409e				
Stonehaven	a				1431e				
Aberdeen	a				1450e				
Falkirk Grahamston	a								
Stirling	a				1324e				1424e
Gleneagles	a								
Perth	a				1352e				1450e
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								1654e

		NL							
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			1147		1216		
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1156g			1224g		1256g		
Keighley	a	1151k					1251k		
Skipton	a	1209k					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			1345
Sunderland M	a					1349n			
Morpeth	a					1336n			
Alnmouth	a			1310		1401n			
Berwick-upon-Tweed	a					1337			1429
Dunbar	a								
Edinburgh Waverley	a			1413		1420			1514
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					1704			
Falkirk Grahamston	a								
Stirling	a					1525e			
Gleneagles	a								
Perth	a					1553e			
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a					1821h			

		HC							
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					1130m			
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		1456g
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	1305b		1355b		1410b			1501b
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					1537n	
Alnmouth	a					1509		1600n	
Berwick-upon-Tweed	a							1539	
Dunbar	a		1540n						
Edinburgh Waverley	a		1517			1613		1622	
Edinburgh Waverley	d							1633	
Haymarket	a							1637	
Motherwell	a								
Glasgow Central	a		1621q			1722q		1739q	
Inverkeithing	a		1555e					1652e	
Kirkcaldy	a		1611e					1708e	
Leuchars	a		1624e			1725e		1810e	
Dundee	a		1638e			1739e		1826e	
Arbroath	a		1655e			1756e			
Montrose	a		1709e			1810e			
Stonehaven	a		1733e			1836e			
Aberdeen	a		1753e			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							2004	

London King's Cross	d	1208	1230	1235	1300	1305	1308	1330	1335
Stevenage	d	1229	1229p	1255			1329		1355
Peterborough	d	1300	1316		1346	1352	1400	1416	
Grantham	d	1322		1340			1421		1440
Newark North Gate	d	13a34	1344				1434	1444	
Lincoln Central	a		1503p					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		1556g			1623g
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		1540		1550			1641	
Newcastle	d				1554			1644	
Sunderland M	a				1651n			1714n	
Morpeth	a				1636n				
Alnmouth	a				1700n				
Berwick-upon-Tweed	a				1638			1728	
Dunbar	a				1742n				
Edinburgh Waverley	a				1721			1812	
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a				1837q			1920q	
Inverkeithing	a				1811e			1848e	
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		1656g			1723g		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			1740		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					1925		
Haymarket	a	1836					1928		
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	2111							
Falkirk Grahamston	a						1954		
Stirling	a	1925e					2015		
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		1748		1820			1851	
Leeds	d								
Shipley	a								
Bradford Forster Square	a		1824g		1859g			1924g	
Keighley	a		1829k		1921k			1942k	
Skipton	a		1845k		1940k			1957k	
Harrogate	a		1834k	1842k	1934k				1946y
Selby	a				1904k		1913y		
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		2050n
Alnmouth	a	1909		2000n					2026n
Berwick-upon-Tweed	a			1939					2037
Dunbar	a								2140n
Edinburgh Waverley	a	2013		2022			2112	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			2310				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	1956g			2024g			2056g	
Keighley	a	2023k			2051k			20s57	
Skipton	a	2041k			2107k			2113	
Harrogate	a	2005k			2023		2044y		
Selby	a		1925				2039y		
Brough	a		1947						
Hull	a		2005			2055b			
York	a			1926			1948		2017
York	d			1929			1951		2020
Northallerton	a						2028y		2038
Darlington	d			1957			2019		2053
Durham	a			2013			2057f		2109
Newcastle	a			2029			2047		2125
Newcastle	d			2033			2054		
Sunderland M	a						2137n		
Morpeth	a								
Alnmouth	a								2158n
Berwick-upon-Tweed	a			2117					
Dunbar	a			2140					
Edinburgh Waverley	a			2208			2220		
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a						2322q		
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						2324e		
Gleneagles	a								
Perth	a						0005e		
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

							FX	FO	
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		2117				2149
Leeds	d		2101						
Shipley	a		21s13						
Bradford Forster Square	a		2123		2156g				2228g
Keighley	a		2153k		2223k				2255k
Skipton	a		2211k		2241k				2312k
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			2239	2239	
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	2315		2328				0026	
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		0008		0234
Leeds	d							
Shipley	a							
Bradford Forster Square	a		2256g	2329g				
Keighley	a		2323k	2346k				
Skipton	a		2341k	0004k				
Harrogate	a	2246y	2317k	0012k				
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			0041		0214	
Newcastle	d	2300						
Sunderland M	a	2320						
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	1151e	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	1225e	1256e		1324e	1356e
Gleneagles	a								
Perth	a	0946e	1052e	1153e	1252e			1352e	
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a	1158e	1329h	1411e	1523h				1654e

		NL						
London King's Cross	d	0803	0830	0900	0903	0930	1000	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		1117m			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	1056g			1156g		1256g	
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		1356g		1426g		1503k		
Keighley	a		1413k		1451k		1511k		
Skipton	a		1427k		1509k		1524k		
Harrogate	a	1344y			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				1536n			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		1834e	1913e
Dundee	a	1719e		1739e		1826e		1847e	1929e
Arbroath	a			1756e				1905e	1945e
Montrose	a			1810e				1922e	2002e
Stonehaven	a			1836e				1943e	2023e
Aberdeen	a			1901e				2007e	2042e
Falkirk Grahamston	a					1704			
Stirling	a	1656e				1719		1829e	1856e
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	1324			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				1751p
Retford	d		1455						1654
Doncaster	d	1452	1512		1550	1610		1651	1710
Wakefield Westgate	a	1508			1607			1707	
Leeds	a	1525			1624			1725	
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1556g			1656g			1756g	
Keighley	a	1621k			1710k			1813k	
Skipton	a	1639k			1724k			1829k	
Harrogate	a	1634k		1644y	1734k		1742y	1834k	
Selby	a	1558y		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	1722		1803
Durham	a		1621	1657f		1724	1757f		1819
Newcastle	a		1637	1649		1740	1750		1835
Newcastle	d		1640	1655		1745	1759		1841
Sunderland M	a		1714n	1750n			1851n		
Morpeth	a			1721n			1840n		
Alnmouth	a		1705	1745n					1906
Berwick-upon-Tweed	a			1739			1843		
Dunbar	a						1941n		
Edinburgh Waverley	a		1810	1825		1911	1928		2012
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			1834m					
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		1856g			1956g			2026g
Keighley	a		1921k			2023k			2053k
Skipton	a		1940k			2042k			2111k
Harrogate	a	1845y			1946y				2025
Selby	a	1838y	1904k				1911		
Brough	a						1934		
Hull	a			1910b			1953	2009b	
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		2056g			2126g		2156g	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	2147p
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
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 1350e	1453
Kirkcaldy	a	0948	1200e 1259e	1407e	1510
Leuchars	a	1013	1239e	1439e	1534
Dundee	a	1027	1255e	1455e	1549
Arbroath	a	1045			1606
Montrose	a	1101			1622
Stonehaven	a	1124			1645
Aberdeen	a	1147			1708
Falkirk Grahamston	a				
Stirling	a	1106e	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	1200m							
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		1429y
Darlington	d		1251	1308	1319		1350	1403	1421
Durham	a		1311f	1324	1357f		1406	1419	1457f
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		1351n					1508	
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		1552n		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			1716m				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		2023q			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	1803	1827
Stevenage	d					1755			
Peterborough	d		1751		1817		1846	1851	
Grantham	d			1826	1838	1843			
Newark North Gate	d		1819	1838				1920	
Lincoln Central	a							1957m	
Retford	d								
Doncaster	d		1844	1905	1912	1916		1948	
Wakefield Westgate	a		1901			1933		2005	
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		1956		2018
York	d	1851			1938		1959		2026
Northallerton	a	1928y					2028y		
Darlington	d	1919			2006		2027		2054
Durham	a	1957f			2022		2057f		2111
Newcastle	a	1947			2038		2055		2129
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							
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	1830	1835	1900	1903	1908	1930	1935	2000
Stevenage	d		1855			1929		1955	
Peterborough	d				1949	2001	2018	2026	2046
Grantham	d		1941			2022		2046	
Newark North Gate	d	1945			2017	2036	2047		
Lincoln Central	a	2019m				2102			
Retford	d		2004						
Doncaster	d	2010	2020		2043		2115	2119	
Wakefield Westgate	a		2037		2100			2136	
Leeds	a		2052		2118			2152	
Leeds	d		2101						
Shipley	a								
Bradford Forster Square	a		2126g		2156g			2229g	
Keighley	a		21s21					2244k	
Skipton	a		2139					2302k	
Harrogate	a		2154k	2159y				2307k	
Selby	a								
Brough	a								
Hull	a		2122b						
York	a	2032		2048			2136		2153
York	d	2036		2053			2140		2157
Northallerton	a	2055		2124y					2306y
Darlington	d	2109		2122			2219		2239
Durham	a	2125		2157f			2235		2255
Newcastle	a	2141		2150			2308		2327
Newcastle	d	2144		2153					
Sunderland M	a								
Morpeth	a			2206					
Alnmouth	a			2223					
Berwick-upon-Tweed	a	2228		2248					
Dunbar	a			2312					
Edinburgh Waverley	a	2313		2340					
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a	0024q							
Inverkeithing	a	2358e							
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	2005	2035	2100	2135	2200	2235
Stevenage	d		2055		2155		
Peterborough	d	2052	2126	2146	2226	2247	23s23
Grantham	d		2146		2246		23s44
Newark North Gate	d		2158		2258		23s55
Lincoln Central	a		2237m		2348m		
Retford	d	2132			2314		
Doncaster	d	2148	2223		2334	2343	00s24
Wakefield Westgate	a	2206	2239		2351		
Leeds	a	2222	2257		0007		0130
Leeds	d						
Shipley	a						
Bradford Forster Square	a	2257g	2345g				
Keighley	a		2344k				
Skipton	a		0002k				
Harrogate	a		2359k				
Selby	a						
Brough	a						
Hull	a	2257b	2340b				
York	a			2258		0030	
York	d			2302		0035	
Northallerton	a			2336		01s06	
Darlington	d			2351		01s20	
Durham	a			0007		01s38	
Newcastle	a			0039		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						



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BE BOUND FOR GLORY

		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					0654m	
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	0729	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	0906	0924	0929	0937	0940	0955	0957

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		0738g			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	1002	1035	1042	1051	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					0546e		
Stonehaven	d					0602e		
Montrose	d					0624e		
Arbroath	d					0638e		
Dundee	d			0605e		0658e		
Leuchars	d			0618e		0712e		
Kirkcaldy	d			0650e		0741e		
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			0830n		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	1058		1117	1146
Retford	d		1039					
Lincoln Central	d		1016m		1018p			
Newark North Gate	d		1054		1121		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	1242	1250	1300	1328

Inverness	d					0453e	0650e	
Aviemore	d							
Kingussie	d							
Pitlochry	d							
Perth	d	0655e				0802e	0850e	
Gleneagles	d							
Stirling	d	0749e	0807e			0837e	0909e	
Falkirk Grahamston	d							
Aberdeen	d					0703e	0752	
Stonehaven	d					0720e	0810	
Montrose	d					0744e	0833	
Arbroath	d					0758e	0849	
Dundee	d	0709e	0738e			0821e	0907	
Leuchars	d	0723e	0751e				0921	
Kirkcaldy	d	0757e	0821e			0841e	0945	
Inverkeithing	d	0819e	0843e			0916e	1001	
Glasgow Central	d	0745q	0815q			0845q	0915q	
Motherwell	d							
Haymarket	d						1020	
Edinburgh Waverley	a						1024	
Edinburgh Waverley	d	0900	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	1023	1057			1128	1157	
Newcastle	d	1026	1059			1130	1200	
Durham	d	1039	1055f			1143	1157f	
Darlington	d	1058	1128			1201	1229	
Northallerton	d	1109				1156y		
York	a	1129	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	1349	1358	1425	1428	1442	1451
								1459

		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				1042e	
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
Retford	d						1441	
Lincoln Central	d				1330p			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	1642

NL									
Inverness	d							0845h	
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d							1102e	
Gleneagles	d								
Stirling	d	1107e						1137e	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						1159e	1214e
Inverkeithing	d	1203						1222e	1239e
Glasgow Central	d	1130q						1145q	1215q
Motherwell	d								
Haymarket	d	1222							
Edinburgh Waverley	a	1226							
Edinburgh Waverley	d	1230						1300	1330
Dunbar	d							1329n	
Berwick-upon-Tweed	d	1312						1412	
Alnmouth	d							1411n	
Morpeth	d							1349n	
Sunderland M	d	1330n						1430n	
Newcastle	a	1357						1423	1457
Newcastle	d	1400						1426	1500
Durham	d	1356f						1439	1456f
Darlington	d	1429						1458	1527
Northallerton	d							1509	
York	a	1456						1529	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
Retford	d								1625
									1641
Lincoln Central	d							1545m	1600p
Newark North Gate	d				1552		1620		1656
Grantham	d				1604	1619			1708
Peterborough	d		1608	1625			1650		1709
Stevenage	a			1655	1702				1759
London King's Cross	a	1651	1659	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			1610k			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			1437e	1507e			1537e
Falkirk Grahamston	d							
Aberdeen	d			1309e				1404e
Stonehaven	d			1325e				1420e
Montrose	d			1347e				
Arbroath	d			1401e				1457e
Dundee	d			1417e	1434e			1516e
Leuchars	d			1430e	1447e			1529e
Kirkcaldy	d			1441e	1529e			1559e
Inverkeithing	d			1513e	1552e			1622e
Glasgow Central	d			1445q	1530q			1600q
Motherwell	d							
Haymarket	d							
Edinburgh Waverley	a							
Edinburgh Waverley	d			1600	1630			1700
Dunbar	d							
Berwick-upon-Tweed	d				1712			
Alnmouth	d				1702n			1800
Morpeth	d			1649n	1717n			1749n
Sunderland M	d			1630n	1730n			
Newcastle	a			1723	1757			1828
Newcastle	d			1726	1759			1830
Durham	d			1739	1754f			1843
Darlington	d			1758	1828			1901
Northallerton	d			1809				1856y
York	a			1829	1855			1928
York	d	1802		1831	1857			1931
Hull	d			1757b				1825b
Brough	d							
Selby	d			1828b				
Harrogate	d			1715k	1806y			1824k
Kipton	d	1647k		1715k		1747k		1817k
Keighley	d	1701k		1729k		1801k		1831k
Bradford Forster Square	d	1704g		1735g		1804g		1835g
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	2052	2059	2128
								2142

Inverness	d				1447h	1551e		
Aviemore	d							
Kingussie	d							
Pitlochry	d							
Perth	d		1600e		1702e	1806e	1911e	
Gleneagles	d							
Stirling	d		1607e		1707e	1807e	1937e	
Falkirk Grahamston	d							
Aberdeen	d		1452		1602e		1818	
Stonehaven	d		1510		1619e		1836	
Montrose	d		1533				1859	
Arbroath	d		1549		1655e		1915	
Dundee	d		1607		1716e	1726e	1933	
Leuchars	d		1622		1729e	1739e	1947	
Kirkcaldy	d		1646		1748e	1845e	2011	
Inverkeithing	d		1703		1804e	1901e	2027	
Glasgow Central	d		1615q		1730q	1830q	1930q	
Motherwell	d							
Haymarket	d		1721				2046	
Edinburgh Waverley	a		1726				2050	
Edinburgh Waverley	d		1731		1842	1935	2100	
Dunbar	d		1753		1903		2123	
Berwick-upon-Tweed	d		1818		1928	2017	2148	
Alnmouth	d				1910n	2040	2211	
Morpeth	d				1854n	2057	2228	
Sunderland M	d				1929n	2039n	2211n	
Newcastle	a		1903		2013	2112	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	2028		2057b	
Brough	d				2042			
Selby	d				2103	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							0045
Leeds	d	1945		2045			2133y	
Wakefield Westgate	d	1958		2058			2134b	
Doncaster	d	2017	2028	2116	21a22	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	2213	2311		2335	0103	

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					0627g			0705g
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
Retford	d		0550		0650				0811
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			0755n
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			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	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	1156
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		0921g		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	1130m	
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
						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	0758e	0849	0915e					1000e		
Dundee	d	0821e	0907	0941e					1016e		
Leuchars	d	0921			0955e					1029e	
Kirkcaldy	d	0841e	0945	1027e					1042e		
Inverkeithing	d	0916e	1001	1013e	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		1230q		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					
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	1403g	1430k				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	1825	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	1430e	1447e	1529e
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	1532n	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		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		1824g
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		1716e
Leuchars	d	1622		1729e
Kirkcaldy	d	1646		1748e
Inverkeithing	d	1703	1741e	1817e
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			
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				0842b		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		0748q		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			1245m		
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
					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			1248n	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	1420
Durham	d	1253f	1328	1343	1405		1433
Darlington	d	1330	1348	1401		1430	1453
Northallerton	d		1401				
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	1429y
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					1508m	
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

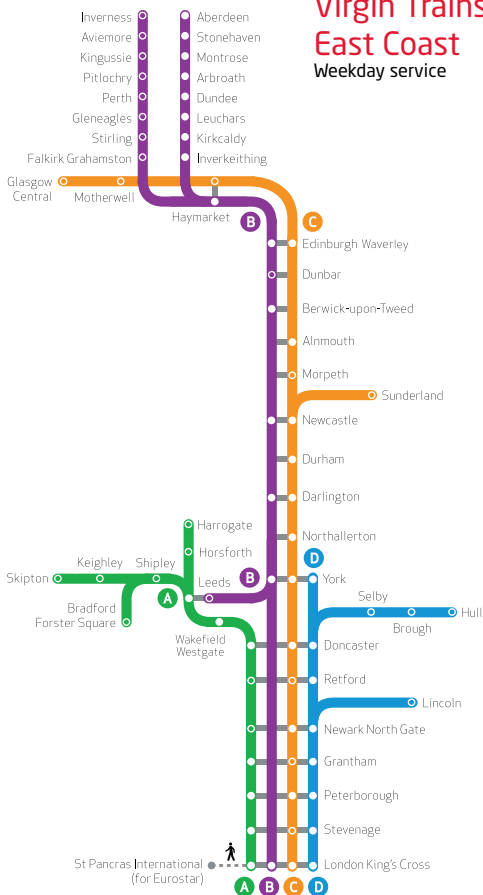
		HC								
Inverness	d				0940^			1050e		
Aviemore	d				1019^					
Kingussie	d				1032^					
Pitlochry	d				1123^					
Perth	d				1159^			1254e		
Gleneagles	d				1215^					
Stirling	d	1148e	1210e	1235		1247e	1310e			
Falkirk Grahamston	d				1251					
Aberdeen	d					1110e	1147			
Stonehaven	d					1127e	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	1237e	1249e		1322e	1400			
Glasgow Central	d	1200q				1230q	1300q			
Motherwell	d									
Haymarket	d				1315			1419		
Edinburgh Waverley	a				1320			1423		
Edinburgh Waverley	d	1300	1319	1330		1400	1430			
Dunbar	d	1327n								
Berwick-upon-Tweed	d				1413	1434n	1513			
Alnmouth	d	1408n					1501			
Morpeth	d									
Sunderland M	d				1428n			1527n		
Newcastle	a	1424	1443	1458		1528	1558			
Newcastle	d	1431	1445	1500		1531	1600	1615		
Durham	d	1459				1544	1553f	1629		
Darlington	d	1500	1517	1531		1603	1630	1649		
Northallerton	d	1532				1551y		1700		
York	a	1527	1555	1558		1630	1657	1720		
York	d	1530	1557	1601		1633	1659	1722		
Hull	d	1532b								
Brough	d									
Selby	d								1610k	
Harrogate	d					1452k	1533y	1553k	1633y	
Skipton	d					1512k				
Keighley	d					1526k				
Bradford Forster Square	d					1544g	1603g			
Shipley	d									
Leeds	a									
Leeds	d					1616			1645	
Wakefield Westgate	d					1629			1659	
Doncaster	d	1553				1647	1656	1720		
Retford	d	1608								
Lincoln Central	d						1544m	1709m		
Newark North Gate	d						1719	1745	1803	
Grantham	d					1718				
Peterborough	d	1651					1751	1814	1832	
Stevenage	a					1801				
London King's Cross	a	1743	1750	1755	1830	1842	1852	1906	1924	

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				1730n	
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	1637b			1732b			
Brough	d							
Selby	d				1714k	1759y		
Harrogate	d			1707		1733y		
Skipton	d	1612k			1714k			
Keighley	d	1626k			1728k			
Bradford Forster Square	d	1644g		1703g	1723g			
Shipley	d							
Leeds	a			1733				
Leeds	d	1716		1745	1815			
Wakefield Westgate	d	1729		1759	1828			
Doncaster	d	1747	1757	1819	1846	1855		
Retford	d	1801						
Lincoln Central	d							
Newark North Gate	d			1844		1919		
Grantham	d	1824	1830		1917		1943	
Peterborough	d		1852	1914		1950		
Stevenage	a	1908			2001			
London King's Cross	a	1935	1943	1949	2006	2027	2042	2055

Inverness	d		1330e					
Aviemore	d							
Kingussie	d							
Pitlochry	d							
Perth	d		1529e					
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		
Leuchars	d		1528e			1637e		
Kirkcaldy	d		1607e	1613e		1702e		1708e
Inverkeithing	d		1623e	1649e		1718e		1749e
Glasgow Central	d		1530q	1630q				1700q
Motherwell	d							
Haymarket	d							
Edinburgh Waverley	a							
Edinburgh Waverley	d		1700	1730		1800		1830
Dunbar	d			1751				1828n
Berwick-upon-Tweed	d			1816				1912
Alnmouth	d					1900		
Morpeth	d							
Sunderland M	d					1843n		1928n
Newcastle	a		1824	1901		1928		1957
Newcastle	d		1829	1903		1930		2001
Durham	d		1842	1853f		1944		
Darlington	d		1901	1932		2003		2029
Northallerton	d		1912			1951y		
York	a		1931	1959		2030		2056
York	d		1933	2001		2032		2059
Hull	d						2001b	
Brough	d							
Selby	d	1810k						2000y
Harrogate	d	1753k		1833y		1853k	1933y	1952k
Skipton	d		1812k					1922k
Keighley	d		1826k					1936k
Bradford Forster Square	d	1803g	1844g			1903g		2003g
Shipley	d							
Leeds	a							
Leeds	d	1845	1916			1945		2045
Wakefield Westgate	d	1859	1929			1959		2058
Doncaster	d	1920	1947	1957		2020	2055	2116
Retford	d		2001					2130
Lincoln Central	d			1922m				2100m
Newark North Gate	d	1946		2021		2046	2119	2149
Grantham	d		2024		2050			2153
Peterborough	d	2015		2051	2110	2115	2151	2214
Stevenage	a		2108			2235p		2244
London King's Cross	a	2106	2134	2142	2201	2207	2243	2310
								2318

Inverness	d	1522e		
Aviemore	d			
Kingussie	d			
Pitlochry	d			
Perth	d	1722e	1740j	
Gleneagles	d			
Stirling	d		1810e	1919e
Falkirk Grahamston	d			
Aberdeen	d		1710e	
Stonehaven	d		1726e	
Montrose	d		1748e	
Arbroath	d		1801e	
Dundee	d	1720e	1818e	
Leuchars	d	1733e	1831e	
Kirkcaldy	d	1805e	1856e	
Inverkeithing	d	1822e	1912e	1949e
Glasgow Central	d	1730q	1830q	2000q
Motherwell	d			
Haymarket	d			
Edinburgh Waverley	a			
Edinburgh Waverley	d	1900	2000	2100
Dunbar	d	1921	2022	2122
Berwick-upon-Tweed	d	1946	2047	2147
Alnmouth	d		2110	2210
Morpeth	d		2127	
Sunderland M	d		2029n	
Newcastle	a	2031	2143	2239
Newcastle	d	2033	2145	
Durham	d	2046	2159	
Darlington	d	2105	2219	
Northallerton	d	2051y	2232	
York	a	2132	2304	
York	d	2135	2306	
Hull	d			
Brough	d			
Selby	d			
Harrogate	d	2033y		
Skipton	d			
Keighley	d			
Bradford Forster Square	d			
Shipley	d			
Leeds	a		2336	
Leeds	d			
Wakefield Westgate	d			
Doncaster	d	2158		
Retford	d			
Lincoln Central	d	2126m		
Newark North Gate	d	2221		
Grantham	d	2233		
Peterborough	d	2255		
Stevenage	a	23s33		
London King's Cross	a	2359		

Virgin Trains East Coast Weekday service



A Leeds services
and West Yorkshire services

B Edinburgh express services
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and North of Scotland services

C Edinburgh services
(calling at most major stations)
and Glasgow Central services

D Newark / York services
(calling at all major stations)
and Lincoln / Hull services

● Four or more services
per day on this route
○ Fewer than four services
per day on this route

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