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FEEL AT HOME

EAST COAST

Train times

14 December 2014 – 16 May 2015

Our 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 eastcoast.co.uk/promise



FEEL AT HOME

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EAST COAST

Feel at Home – with your East Coast timetable

Thank you for choosing to travel with East Coast – we look forward to welcoming you on board.

From the moment you book a ticket until you step onto our trains, we want you to feel at home with us. Find a comfortable seat, stay in touch through our improved on-board Wi-Fi, and enjoy our great range of food and drink options.

Our nine simple “House Rules”, put into place following valued feedback from customers, help to ensure you have a comfortable journey, whether for business or leisure. These range from respecting people’s desire for “quiet” in the Quiet Coach to not taking up seats with bags... or feet.

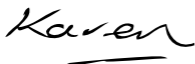
We do, of course, really appreciate all of your feedback, including through the National Rail Passenger Survey, which has seen East Coast achieve a 91% customer satisfaction rating for a record second time in a row.

We’re very proud to have been recognised in the survey as Britain’s number one long distance train operator but we’re determined to keep on improving. We know you expect a reliable and comfortable service and good value for money. That’s why we’ve been working hard with infrastructure partner Network Rail so we can run trains on time, more of the time.

It’s also why we’ve made our Price Promise to you. If you book at eastcoast.co.uk for travel when the majority of your journey is with us, but find a cheaper price elsewhere online, we’ll match it and refund you the difference.

So please do keep letting us know how we’re doing and what you think of any aspect of our service.

Details on how to get in touch are on our website at eastcoast.co.uk, and you can follow us on Twitter @eastcoastuk, Facebook or via LinkedIn.



Karen Boswell
Managing Director, East Coast



Enjoy even more from booking at eastcoast.co.uk

Our loyalty scheme Rewards lets you reap the benefits when you book your tickets online with us. It's simply our way of saying thank you for booking on our website.

You'll earn Points on all tickets that are valid for travel only with East Coast and we'll even give you Points when you book for travel with another train company, as long as you spend at least £22*. Rewards gives you 1 Point for every £1 you spend on Standard tickets and 1.5 Points for First Class, so it won't take long before you're redeeming your first reward.

You can use your Points on a fantastic range of rewards, such as:

- East Coast train travel
- access to our First Class Lounges
- on-board Wi-Fi
- fine wines and magazine subscriptions
- House of Fraser eGift codes and more!

It's quick and easy to join. And best of all, it's free!

Start reaping your Rewards and join today at
eastcoast.co.uk/joinrewards

* Minimum transaction of £22.00 is required to qualify for Rewards Points, with the exception of certain East Coast train tickets where there is no minimum spend. Points correct at time of going to print. To be a member of Rewards you must be opted in to receive marketing communications from East Coast.

Full terms and conditions apply and can be found at eastcoast.co.uk/rewards

Enjoy your journey even more with **Rewards.**

Become an East Coast Rewards
member today.

Join our loyalty scheme and get more
from your online bookings with us.
Earn Rewards Points to put towards
free travel, fine wines, magazine
subscriptions and much more.
It's free to join and open to everyone.

FEEL AT HOME

eastcoast.co.uk/joinrewards

EAST COAST

It's all the little extras that make the difference in First Class

Our First Class service is now better than ever. With complimentary food and drink served throughout the day, including wines chosen to complement our various menus*. Relax and unwind with extra legroom, or take advantage of free Wi-Fi to stay connected with colleagues and clients.

Be our guest

Like any good host, we look after our guests. Our complimentary food and drink offer changes throughout the day and a crew member will provide you with a menu for your journey. See below for a sample of our latest on-board offer...

Breakfast

On selected services, you can tuck into our much-loved Great British breakfast, omelette Arnold Bennett, a freshly prepared bacon butty or why not try one of our lighter options, along with a wide range of teas and coffees.

Mid-morning

We offer a tempting selection including fresh pastries and bacon butties.

All-day

Our all-day menu begins at lunchtime and continues throughout the day into the evening, offering you a choice of hot meals such as toad in the hole or the sandwich of the day, followed by tempting cakes or fresh fruit.

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 tempting cakes, all washed down with a cup of tea or something a little stronger from our drinks trolley.

Evening meal

On selected services leaving London King's Cross, you can expect a real treat, like sea bass with mashed potato and braised fennel, topped off with an irresistible dessert such as chocolate bread and butter pudding.

Your drinks are on the house

Choose from a wide selection of fine wines, 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.

Weekend offer

On weekends and bank holidays, we serve a light breakfast along with a selection of teas, coffees and soft drinks at your seat. Throughout the day, a choice of sandwiches, crisps and sweet treats will be available. If you'd like alcoholic drinks and hot food, they will be available to purchase from The Foodbar.

Journeys under 70 minutes

On shorter journeys, you can expect complimentary drinks and snacks.

Journeys of 70 minutes or more

On longer journeys, you can enjoy our full complimentary offer. During busy periods, we may have to substitute or change some items on the menu at our discretion.

So that we are able to offer all of our customers complimentary food, we ask that if you're travelling with us to Edinburgh, you choose from one of the meals offered during your journey, for example breakfast or lunch. Snacks will be available throughout your journey. For those customers travelling north of Edinburgh a second meal is available, please see the menu on your table for details.

Your journey starts here

This timetable shows you all our train services, as well as local train services that connect conveniently with ours.

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 is not possible to delay our trains for late-running connections, as this would impact upon the smooth running of the whole network. Likewise, it is not always possible for other train companies to wait at connecting stations.

Complimentary First Class offer

The timetable has been shaded to show when our complimentary First Class offer will be available.

 Breakfast	 Mid morning	 All-day
 Afternoon tea	 Evening meal	

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

For journeys over 70 minutes on weekdays; there will be an at-seat service according to the time of day. Please ask a member of our staff for the menu.

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

Catering information shown within the timetable is correct at the time of going to print. Changes to our menu are sometimes necessary to improve your East Coast experience. Food orders will only be taken at key stations throughout your journey.

Notes

Bold type denotes a direct train service

Light type denotes a connecting train service

FS **The Flying Scotsman**

HC **The Highland Chieftain**

HE **The Hull Executive**

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

s Train only stops to let passengers alight

u Train only stops to pick passengers up

y Change at York

Disclaimer: 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 of the control of East Coast can sometimes impact on our timetable. We strongly recommend that you check journey times before you travel, especially at weekends.

Home comforts

Treat yourself to First Class travel



FEEL AT HOME

Book now for the ultimate
East Coast experience

EAST COAST

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			0855g			0924g		0955g
Keighley	a			0911k			0951k		1011k
Skipton	a			0924k			1011k		1024k
Harrogate	a			0903k		0919y	0933k	0943y	1003k
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			0839	0942		0951	
Newcastle	d	0622	0743		0842			0954	
Morpeth	a	0636			0855			1036n	
Alnmouth	a	0653	0808						
Berwick-upon-Tweed	a	0717	0832		0931			1038	
Dunbar	a	0741	0855		0955			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			1153e	
Kirkcaldy	a	0907e	1010e		1104			1209e	
Leuchars	a	0924e	1103e		1128			1303e	
Dundee	a	0938e	1120e		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	1157e			1410e			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		0959p				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			1042k		1051k			
Skipton	a			1055k		1111k			
Harrogate	a			1033k		1103k		1133k	1143y
Selby	a					1057k			1131y
Brough	a								
Hull	a		1010b			1055b		1110b	
York	a	0925	0932		0950		1032		1052
York	d		0937		0953		1035		1054
Northallerton	a						1054		1128y
Darlington	d		1006		1021		1108		1122
Durham	a		1022		1057f		1124		1157f
Newcastle	a		1039		1049		1142		1151
Newcastle	d		1042		1052				1154
Morpeth	a				1136n				1235n
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				1402e
Kirkcaldy	a				1310e				1424e
Leuchars	a		1323e		1403e				1503e
Dundee	a		1338e		1419e				1519e
Arbroath	a		1355e		1453e				
Montrose	a		1409e						
Stonehaven	a		1431e		1527e				
Aberdeen	a		1450e		1547e				
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			1148		1216		
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1155g			1224g		1255g		
Keighley	a	1152k					1251k		
Skipton	a	1212k					1310k		
Harrogate	a	1203k			1233k	1243y	1303k		
Selby	a						1257k		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			1224		1259f			1324
Newcastle	a			1240		1250			1342
Newcastle	d			1245		1253			
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					1446			
Kirkcaldy	a					1503			
Leuchars	a					1528			
Dundee	a					1546			
Arbroath	a					1604			
Montrose	a					1620			
Stonehaven	a					1643			
Aberdeen	a					1706			
Falkirk Grahamston	a								
Stirling	a					1524e			
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					1330m			
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	1339k		1351k					1451k
Skipton	a	1355k		1410k					1510k
Harrogate	a	1333k	1343y	1403k			1433k	1443y	1503k
Selby	a								1457k
Brough	a								
Hull	a	1308b		1359b		1410b			1459b
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	
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		1619q			1722q		1740q	
Inverkeithing	a		1554e					1652e	
Kirkcaldy	a		1611e					1708e	
Leuchars	a		1703e			1725e		1811e	
Dundee	a		1719e			1739e		1827e	
Arbroath	a					1756e			
Montrose	a					1810e			
Stonehaven	a					1834e			
Aberdeen	a					1857e			
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	1259	1316		1346	1352	1400	1416	
Grantham	d	1321		1340			1421		1440
Newark North Gate	d	13a35	1344				1434	1444	
Lincoln Central	a		1505p					1555m	
Retford	d						1449		
Doncaster	d		1410	1414		1442	1504	1510	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					1610k			
Harrogate	a			1533k	1543y	1603k			1633k
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				
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				1815e				
Leuchars	a				1833e				
Dundee	a				1849e				
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			1530
Peterborough	d		1451	1500	1516			1551	1601
Grantham	d			1520		1540			1622
Newark North Gate	d			15a34	1544				1635
Lincoln Central	a			1647p					1713m
Retford	d								1651
Doncaster	d		1542		1610	1614		1641	1706
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		1710k					1810k	
Harrogate	a	1643y	1706k			1733k	1742y	1803k	
Selby	a	1637y	1657k						
Brough	a								
Hull	a		1657b			1709b		1754b	
York	a	1552			1632		1651		1730
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		
Morpeth	a	1736n					1841n		
Alnmouth	a	1800n							
Berwick-upon-Tweed	a	1739					1836		
Dunbar	a						1944n		
Edinburgh Waverley	a	1823					1922		
Edinburgh Waverley	d	1833							
Haymarket	a	1836							
Motherwell	a								
Glasgow Central	a	1936q					2051q		
Inverkeithing	a	1853					2001e		
Kirkcaldy	a	1911					2017e		
Leuchars	a	1937					2114e		
Dundee	a	1953					2131e		
Arbroath	a	2011							
Montrose	a	2027							
Stonehaven	a	2050							
Aberdeen	a	2113							
Falkirk Grahamston	a								
Stirling	a	1925e					2024e		
Gleneagles	a								
Perth	a	2001e					2058e		
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a						2310e		

London King's Cross	d	1530	1535	1600	1606	1609	1630	1633	1700
Stevenage	d		1555			1630		1653	
Peterborough	d	1616			1654	1702	1716		
Grantham	d		1641			1722		1740	
Newark North Gate	d	1645				17a36	1744		
Lincoln Central	a	1751p							
Retford	d							1802	
Doncaster	d	1711	1715		1745		1810	1818	
Wakefield Westgate	a		1732		1805			1835	
Leeds	a		1748		1821			1851	
Leeds	d								
Shipley	a								
Bradford Forster Square	a		1824g		1858g			1924g	
Keighley	a		1829k		1921k			1941k	
Skipton	a		1845k		1937k			1957k	
Harrogate	a		1833k	1844y	1933k				1945y
Selby	a				1903k		1911y		
Brough	a								
Hull	a	1812b			1904b		1908b	1949b	
York	a	1732		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	
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	2020		2035					
Motherwell	a	2103							
Glasgow Central	a	2125		2151q			2224q	2251q	
Inverkeithing	a			2051				2211e	
Kirkcaldy	a			2109				2212e	
Leuchars	a			2136				2234e	
Dundee	a			2150				2249e	
Arbroath	a			2208				2306e	
Montrose	a			2224				2320e	
Stonehaven	a			2247				2341e	
Aberdeen	a			2310				0004e	
Falkirk Grahamston	a								
Stirling	a			2124e				2224e	
Gleneagles	a								
Perth	a			2200e				2304e	
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

		HE							
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	2021k			2051k			20s57	
Skipton	a	2040k			2110k			2115	
Harrogate	a	2003k			2025		2043y		
Selby	a		1925				2039y		
Brough	a		1946						
Hull	a		2004			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			2031			2047		2127
Newcastle	d						2052		
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						2358q		
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								

							FX	FO	
London King's Cross	d	1830	1833	1900	1903	1906	1930	1930	1933
Stevenage	d	1809p	1853			1928			1953
Peterborough	d	1918			1952	2000	2016	2016	
Grantham	d		1943			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		21s12						
Bradford Forster Square	a		2123		2155g				2228g
Keighley	a		2151k		2221k				2252k
Skipton	a		2210k		2240k				2310k
Harrogate	a			2145y	2203k				
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	
Morpeth	a	2153		2221n				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	0024e							
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		2225g	2328g				
Keighley	a		2321k	2345k				
Skipton	a		2341k	0002k				
Harrogate	a	2245y	2316k	0006k				
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	2255			0043		0216	
Newcastle	d							
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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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				
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						0955g		
Keighley	a						1011k		
Skipton	a						1024k		
Harrogate	a				0917y	0943y	1033k		1043y
Selby	a				0906y		0957k	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	0951		1037	1049
Newcastle	d	0630	0743	0842	0945	0955		1040	1055
Morpeth	a	0643		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	1128		1212	1228
Edinburgh Waverley	d			1028					
Haymarket	a			1031					
Motherwell	a								
Glasgow Central	a	0919q	1021q	1137q	1224q	1237q		1319q	1337q
Inverkeithing	a	0903e	0954e	1047	1153e	1203e		1254e	1302e
Kirkcaldy	a	0907e	1010e	1104	1209e	1225e		1310e	1324e
Leuchars	a	0924e	1103e	1128	1225e	1303e		1323e	1403e
Dundee	a	0938e	1120e	1143	1239e	1319e		1338e	1419e
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	1254e		1324e	1354e
Gleneagles	a								
Perth	a	0946e	1052e	1153e	1252e			1352e	
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a	1157e		1410e	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	1059p		1120m				1236m
Retford	d					1054			
Doncaster	d	0951	1010		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			1240k			1324k	
Harrogate	a	1133k		1143y	1233k		1243y	1333k	
Selby	a	1057k	1106y					1257k	1306y
Brough	a								
Hull	a		1110b			1210b			1310b
York	a		1032	1050		1131	1151		1232
York	d		1035	1053		1136	1154		1235
Northallerton	a		1054	1129y			1228y		1254
Darlington	d		1108	1121		1205	1222		1308
Durham	a		1124	1157f		1221	1257f		1324
Newcastle	a		1140	1149		1237	1250		1340
Newcastle	d		1145	1155		1241	1255		1345
Morpeth	a			1236n			1336n		
Alnmouth	a					1306	1358n		
Berwick-upon-Tweed	a			1239			1339		
Dunbar	a			1337n					
Edinburgh Waverley	a		1310	1328		1413	1425		1510
Edinburgh Waverley	d						1429		
Haymarket	a						1432		
Motherwell	a								
Glasgow Central	a		1419q	1436q		1521q	1537q		1619q
Inverkeithing	a			1402e			1447		1554e
Kirkcaldy	a			1424e			1504		1611e
Leuchars	a		1423e	1503e			1529		1624e
Dundee	a		1436e	1519e			1546		1638e
Arbroath	a		1453e				1604		1655e
Montrose	a						1620		1709e
Stonehaven	a		1527e				1643		1733e
Aberdeen	a		1547e				1706		1753e
Falkirk Grahamston	a								
Stirling	a		1424e	1454e		1524e	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		1401
Newark North Gate	d		1226				1327	1344	
Lincoln Central	a		1330m						
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		1500k		
Keighley	a		1416k		1451k		1511k		
Skipton	a		1429k		1510k		1524k		
Harrogate	a	1343y			1433k	1443y	1533k		1543y
Selby	a							1506y	
Brough	a								
Hull	a				1410b			1509b	
York	a	1247		1332		1350		1432	1450
York	d	1253		1336		1354		1435	1453
Northallerton	a	1328y				1428y		1454	1528y
Darlington	d	1321		1405		1422		1508	1521
Durham	a	1357f		1421		1457f		1524	1557f
Newcastle	a	1349		1437		1450		1540	1549
Newcastle	d	1355		1440		1455		1545	1555
Morpeth	a	1436n				1535n			1636n
Alnmouth	a			1505		1558n			1657n
Berwick-upon-Tweed	a	1439				1539			1639
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		1823q	1837q
Inverkeithing	a	1604e		1652e		1705e			1812e
Kirkcaldy	a	1626e		1708e		1727e			1814e
Leuchars	a	1703e		1725e		1811e		1833e	1913e
Dundee	a	1719e		1739e		1827e		1849e	1929e
Arbroath	a			1756e				1905e	1945e
Montrose	a			1810e				1922e	2002e
Stonehaven	a			1834e				1943e	2023e
Aberdeen	a			1857e				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	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							
Retford	d		1455						1654
Doncaster	d	1451	1512		1550	1610		1651	1710
Wakefield Westgate	a	1507			1606			1707	
Leeds	a	1525			1624			1725	
Leeds	d								
Shipley	a								
Bradford Forster Square	a	1555g			1655g			1755g	
Keighley	a	1621k			1709k			1813k	
Skipton	a	1640k			1724k			1829k	
Harrogate	a	1633k		1643y	1733k		1742y	1833k	
Selby	a	1557k		1632y			1750y	1800k	
Brough	a								
Hull	a		1609b			1709b			1813b
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	
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		1944e	2001e		
Kirkcaldy	a			1911			2017e		
Leuchars	a			1937		2028e	2114e		
Dundee	a			1953		2042e	2131e		
Arbroath	a			2011		2059e			
Montrose	a			2027		2113e			
Stonehaven	a			2050		2135e			
Aberdeen	a			2113		2155e			
Falkirk Grahamston	a								
Stirling	a		1925e	1956e		2024e			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			1835m					
Retford	d								
Doncaster	d		1751	1810		1851	1854	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			2021k			2026k
Skipton	a		1940k			2040k			2051k
Harrogate	a	1844y			1945y				2025
Selby	a	1838y	1903k				1909		
Brough	a						1933		
Hull	a			1909b			1953	2009b	
York	a	1748		1832	1850			1932	
York	d	1752		1837	1854			1936	
Northallerton	a	1829y		1856	1931y				
Darlington	d	1821		1910	1924			2004	
Durham	a	1858f		1926	1948f			2021	
Newcastle	a	1849		1942	1952			2040	
Newcastle	d	1855		1945	1955				
Morpeth	a			1958	2041n				
Alnmouth	a	2000n							
Berwick-upon-Tweed	a	1939			2039				
Dunbar	a				2142n				
Edinburgh Waverley	a	2024		2114	2124				
Edinburgh Waverley	d								
Haymarket	a								
Motherwell	a								
Glasgow Central	a	2151q		2224q	2252q				
Inverkeithing	a	2101e			2211e				
Kirkcaldy	a	2117e			2212e				
Leuchars	a	2224e			2234e				
Dundee	a	2240e			2249e				
Arbroath	a				2306e				
Montrose	a				2320e				
Stonehaven	a				2341e				
Aberdeen	a				0004e				
Falkirk Grahamston	a								
Stirling	a			2224e	2324e				
Gleneagles	a								
Perth	a	2200e		2304e	2334e				
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	1800	1803	1808	1830	1835	1900	1930	2000
Stevenage	d		1747p	1829				1950	
Peterborough	d		1850	1900	1916	1924		2021	2048
Grantham	d			1921				2041	
Newark North Gate	d		1918	1935	1944			2053	2116
Lincoln Central	a			2001	2056m				
Retford	d		1933						
Doncaster	d		1949		2010	2015		2118	2141
Wakefield Westgate	a		2006			2032		2134	
Leeds	a		2022			2047		2150	
Leeds	d					2056		2158	
Shipley	a							22s09	
Bradford Forster Square	a		2055g			2126g		2220	
Keighley	a					21s14		2229k	
Skipton	a					2128		2247k	
Harrogate	a	2044y						2310k	
Selby	a					2101b			2230y
Brough	a								
Hull	a		2058b		2107b	2147b			2259b
York	a	1951			2031		2049		2203
York	d	1954			2035		2053		2206
Northallerton	a	2028y			2054				
Darlington	d	2022			2108		2121		2235
Durham	a	2057f			2124		2202f		2251
Newcastle	a	2050			2142		2151		2309
Newcastle	d	2055							
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	2331e							
Kirkcaldy	a	2353e							
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	2030	2100	2200
Stevenage	d	2013p	2047p	2147p
Peterborough	d	2116	2148	2247
Grantham	d	2136		2307
Newark North Gate	d	2148		2319
Lincoln Central	a	2240m		
Retford	d	2203		2334
Doncaster	d	2219		2349
Wakefield Westgate	a	2236		0005
Leeds	a	2252		0023
Leeds	d			
Shipley	a			
Bradford Forster Square	a			
Keighley	a	2344k		
Skipton	a	0002k		
Harrogate	a	2358k		
Selby	a			
Brough	a			
Hull	a			
York	a		2253	
York	d		2256	
Northallerton	a		2314	
Darlington	d		2330	
Durham	a		2346	
Newcastle	a		0005	
Newcastle	d			
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				1201k		
Keighley	a				1240k		
Skipton	a				1256k		
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			1223y
Darlington	d	0935	1029	1117		1203	1221
Durham	a	0951	1045	1157f		1219	1252f
Newcastle	a		1006	1101	1145	1235	1249
Newcastle	d	0915	1012	1104	1148	1244	1253
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	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		1556e
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	1301k				1401k			
Keighley	a	1340k				1417k			
Skipton	a	1356k				1430k			
Harrogate	a	1328k			1352y	1432k			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		1336		1431y
Darlington	d		1251	1308	1319		1351	1403	1421
Durham	a		1311f	1324	1357f		1407	1419	1459f
Newcastle	a		1322	1340	1347		1423	1435	1449
Newcastle	d			1343	1350		1426	1443	1453
Morpeth	a				1439n		1439		
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	1501k				1601k			1701k
Keighley	a	1520k				1640k			1740k
Skipton	a	1533k				1656k			1756k
Harrogate	a	1528k			1550y	1628k		1649y	1728k
Selby	a					1559k		1634y	
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	
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	1517		1554	1617		1653	1716	
Grantham	d			1614	1638		1713		1740
Newark North Gate	d	1546		1626			1725	1744	
Lincoln Central	a							1820m	
Retford	d			1642					1803
Doncaster	d	1612		1658	1712		1751	1810	1820
Wakefield Westgate	a			1715			1810		1839
Leeds	a			1731			1828		1856
Leeds	d								
Shipley	a								
Bradford Forster Square	a			1801k			1901k		1926g
Keighley	a			1811k					1940k
Skipton	a			1826k					1956k
Harrogate	a		1751y	1828k		1850y	1929k		
Selby	a		1733y				1859k		
Brough	a								
Hull	a						1851b		
York	a	1634	1647		1734	1746			1832
York	d	1636	1655		1736	1749			1835
Northallerton	a	1655	1728y			1828y			1853
Darlington	d	1710	1723		1805	1817			1908
Durham	a	1727	1757f		1821	1857f			1924
Newcastle	a	1744	1751		1838	1845			1940
Newcastle	d	1747	1754		1841	1852			1943
Morpeth	a								1956
Alnmouth	a				1906	1951n			
Berwick-upon-Tweed	a		1838			1936			
Dunbar	a		1932n						2051
Edinburgh Waverley	a	1913	1922		2013	2020			2114
Edinburgh Waverley	d								2122
Haymarket	a								2125
Motherwell	a								2202
Glasgow Central	a	2022q	2051q			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		1818			1853	1917
Grantham	d			1826	1838	1843			
Newark North Gate	d		1819	1838				1922	1945
Lincoln Central	a			1954m					
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		2001k			2026g		2101k	
Keighley	a					2040k			
Skipton	a					2056k			
Harrogate	a	1950y	2028k				2050y	2100	
Selby	a			1921					
Brough	a			1943					
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		
Morpeth	a	2047n			2054				
Alnmouth	a				2110		2159n		
Berwick-upon-Tweed	a	2035					2143		
Dunbar	a	2145n					2207		
Edinburgh Waverley	a	2120			2218		2232		
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			2326e				
Gleneagles	a								
Perth	a				0008e				
Pitlochry	a								
Kingussie	a								
Aviemore	a								
Inverness	a								

London King's Cross	d	1835	1900	1905	1908	1930	1933	2000	2005
Stevenage	d	1855			1929		1954		
Peterborough	d			1951	2001	2019	2025	2046	2051
Grantham	d	1941			2022		2046		
Newark North Gate	d			2019	2036	2047			
Lincoln Central	a				2102				
Retford	d	2004							2130
Doncaster	d	2020		2045		2115	2120		2145
Wakefield Westgate	a	2037		2102			2138		2202
Leeds	a	2052		2118			2154		2219
Leeds	d	2101							
Shipley	a								
Bradford Forster Square	a	2126g		2155g			2228g		2255g
Keighley	a	21s19					2240k		
Skipton	a	2137					2256k		
Harrogate	a	2154k	2159y				2303k		
Selby	a								
Brough	a								
Hull	a	2124b							2257b
York	a		2048			2135		2153	
York	d		2052			2140		2157	
Northallerton	a		2124y					2305y	
Darlington	d		2121			2219		2239	
Durham	a		2157f			2236		2255	
Newcastle	a		2150			2308		2327	
Newcastle	d		2153						
Morpeth	a		2206						
Alnmouth	a		2223						
Berwick-upon-Tweed	a		2248						
Dunbar	a								
Edinburgh Waverley	a		2333						
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	2359k				
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					
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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EAST COAST

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								
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							0547k	
Keighley	d							0600k	
Bradford Forster Square	d							0559k	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	0623	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				
London King's Cross	a	0700	0731	0752	0812	0834	0843	0850	0859

						FS	HE
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		
Newcastle	a				0652	0703	
Newcastle	d	0600		0630	0655	0704	
Durham	d	0613		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		0628k	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	0720					0759m
Newark North Gate	d	0756				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							0530e	
Falkirk Grahamston	d								
Aberdeen	d								
Stonehaven	d								
Montrose	d								
Arbroath	d								
Dundee	d								
Leuchars	d								
Kirkcaldy	d								0627e
Inverkeithing	d								0649e
Glasgow Central	d								0600q
Motherwell	d								
Haymarket	d								
Edinburgh Waverley	a								
Edinburgh Waverley	d		0548	0626				0655	0730
Dunbar	d		0609						0727n
Berwick-upon-Tweed	d		0634	0709					0812
Alnmouth	d		0655	0708n					0759n
Morpeth	d		0711						0813n
Newcastle	a		0727	0754				0822	0857
Newcastle	d		0729	0757				0825	0859
Durham	d		0742	0755f				0838	0856f
Darlington	d		0801	0827				0857	0928
Northallerton	d	←						0908	
York	a	0758		0828	0854			0928	0955
York	d	0802		0831	0856			0931	0957
Hull	d			0740b		0803b	0828b		
Brough	d								
Selby	d			0748y		0808k			
Harrogate	d	0706y	0734*		0749y	0751k	0814k	0821y	0905y
Skipton	d		0719k			0745k	0826k		
Keighley	d		0733k			0759k	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					0910m
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	1041	1052	1100	1128	1142	1151

Inverness	d								
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d					0639e			
Gleneagles	d								
Stirling	d			0636e		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			0719e		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					
Newcastle	a			0928		0957			
Newcastle	d			0930		1000			
Durham	d			0943		0949f			
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			0920k		1005y		1014k	
Skipton	d	0840k		0916k			0946k	1016k	
Keighley	d	0854k		0930k			1000k	1030k	
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						
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	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				0703e	0752			
Stonehaven	d				0720e	0810			
Montrose	d				0744e	0833			
Arbroath	d				0758e	0849			
Dundee	d	0736e			0822e	0907			
Leuchars	d	0749e						0921	
Kirkcaldy	d	0829e			0841e	0945			
Inverkeithing	d	0852e			0916e	1001			
Glasgow Central	d	0830q			0845q	0930q			
Motherwell	d								
Haymarket	d							1020	
Edinburgh Waverley	a							1024	
Edinburgh Waverley	d	0930			1000	1030			
Dunbar	d								
Berwick-upon-Tweed	d	1012						1112	
Alnmouth	d				1100				
Morpeth	d	0949n			1049n	1120n			
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	1157b			
Brough	d								
Selby	d		1110k		1140y	1210k			
Harrogate	d	1105y			1114k	1205y			
Skipton	d		1046k		1116k	1146k			
Keighley	d		1100k		1130k	1200k			
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				0830				
Kingussie	d				0843				
Pitlochry	d				0924				
Perth	d				0957				1002e
Gleneagles	d				1013				
Stirling	d				1032				1037e
Falkirk Grahamston	d				1047				
Aberdeen	d				0820e				0907e
Stonehaven	d				0828e				
Montrose	d				0859e				0946e
Arbroath	d				0915e				1000e
Dundee	d				0941e				1017e
Leuchars	d				0954e				1028e
Kirkcaldy	d				1026e				1040e
Inverkeithing	d				1044e				1112e
Glasgow Central	d				1030q				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
Newcastle	a				1254				1328
Newcastle	d		1225	1257					1330
Durham	d		1238	1254f					1343
Darlington	d		1257	1326					1401
Northallerton	d		1308						1356y
York	a		1328	1353					1428
York	d		1331	1357		1402			1431
Hull	d			1257b				1325b	1357b
Brough	d								
Selby	d					1310k			
Harrogate	d		1214k		1305y			1314k	
Skipton	d		1217k			1246k		1316k	
Keighley	d		1231k			1300k		1330k	
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					1330p			1446m
Newark North Gate	d	1354		1417			1456		1518
Grantham	d	1406	1418				1508	1517	
Peterborough	d	1427		1452		1509	1529		1550
Stevenage	a	1455	1501				1557	1601	
London King's Cross	a	1524	1527	1544	1551	1601	1625	1627	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	1108						1134e	
Leuchars	d	1123						1147e	
Kirkcaldy	d	1147						1229e	
Inverkeithing	d	1203						1252e	
Glasgow Central	d	1130q						1230q	
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			
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	1405y		1414k			1505y		
Skipton	d		1346k	1417k				1446k	
Keighley	d		1400k	1431k				1500k	
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								1640
Lincoln Central	d					1545m			
Newark North Gate	d			1552		1620			1655
Grantham	d			1604	1619				1708
Peterborough	d		1608	1625		1650		1709	1729
Stevenage	a			1655	1702				1758
London King's Cross	a	1651	1701	1722	1729	1742	1753	1800	1826

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	1259e	1329e						1429e
Inverkeithing	d	1322e	1352e						1452e
Glasgow Central	d	1300q	1330q						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	
Newcastle	a	1528	1557						1657
Newcastle	d	1530	1559					1625	1659
Durham	d	1544	1554f					1638	1652f
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	1514k	1605y				1614k		
Skipton	d	1516k			1546k		1617k		
Keighley	d	1530k			1600k		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	1644m							
Newark North Gate	d		1720				1754		1819
Grantham	d	1718					1806	1824	
Peterborough	d		1751		1808	1828			1849
Stevenage	a	1803				1856	1907		
London King's Cross	a	1829	1842	1851	1900	1925	1935	1943	1950

Inverness	d								1253e	
Aviemore	d									
Kingussie	d									
Pitlochry	d									
Perth	d					1402e			1502e	
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				
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	
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	1644k	1706y	1714k			1805y		1825k	
Skipton	d	1647k		1718k				1747k	1815k	
Keighley	d	1701k		1732k				1801k	1829k	
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				2018
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
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		2050y
Harrogate	d	1844k	1905y	1946k	2005y	2105y
Skipton	d	1846k		1946k		
Keighley	d	1900k		2000k		
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	2117	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	2244	2307	00s28
London King's Cross	a	2156	2215	2311	2337	0105

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Emmental bagel

FEEL AT HOME

EAST COAST

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								
Newcastle	a								
Newcastle	d		0445		0600				0630
Durham	d		0500		0613				0643
Darlington	d		0518		0632				0702
Northallerton	d		0529		0623y				0713
York	a		0558		0659				0733
York	d		0601		0702				0735
Hull	d		0520b		0625b				0650
Brough	d								0703
Selby	d								0725
Harrogate	d					0605k		0646y	
Skipton	d					0548k			0655
Keighley	d					0601k			07u09
Bradford Forster Square	d					0626g			
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				
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		0807		0902	0935p	
London King's Cross	a		0734	0804	0835	0908	0930	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			
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			0828b
Brough	d								
Selby	d			0748y		0754k			
Harrogate	d	0712y				0731k	0749y		0813 0819y
Skipton	d					0745k			0757k
Keighley	d					0759k			0809k
Bradford Forster Square	d			0733		0804g			0831k
Shipley	d			07u40					
Leeds	a			0754					0845
Leeds	d			0805		0840			0905
Wakefield Westgate	d			0818		0854			0918
Doncaster	d	0820	0837	0855		0912			0936 0953
Retford	d			0854					1007
Lincoln Central	d			0801p				0930	
Newark North Gate	d			0909	0919			0954	1001
Grantham	d				0931			1006	1014 1030
Peterborough	d			0938	0953	1001	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	0537e		0639e		0655e			
Gleneagles	d								
Stirling	d		0636e	0717e			0807e		
Falkirk Grahamston	d								
Aberdeen	d					0546e			
Stonehaven	d					0602e			
Montrose	d					0624e			
Arbroath	d					0638e			
Dundee	d		0605e			0709e	0736e		
Leuchars	d		0618e			0723e	0749e		
Kirkcaldy	d	0616e	0650e	0726e		0757e	0829e		
Inverkeithing	d	0639e	0712e	0749e		0820e	0852e		
Glasgow Central	d	0601e	0650	0715q		0745q	0830q		
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			
Newcastle	a	0858	0928	0958		1024	1058		
Newcastle	d	0900	0930	1000		1026	1100		
Durham	d	0856f	0943	0949f		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		1123b	
Brough	d								
Selby	d	0910k	0939y					1110k	
Harrogate	d	0905y	0918k	1005y	1014k		1105y	1114k	
Skipton	d		0846k		0956k			1046k	
Keighley	d		0900k		1008k			1100k	
Bradford Forster Square	d		0931k		1031k			1131k	
Shipley	d								
Leeds	a								
Leeds	d		1005			1105		1205	
Wakefield Westgate	d		1018			1118		1218	
Doncaster	d		1037	1055		1136	1155	1236	
Retford	d						1209		
Lincoln Central	d		1015m				1110p	1223m	
Newark North Gate	d		1101	1118		1200		1302	
Grantham	d		1115			1212		1314	
Peterborough	d		1136	1152		1234	1251	1335	
Stevenage	a		1235p			1302	1410p	1435p	
London King's Cross	a	1155	1228	1243	1253	1329	1342	1352	1427

				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			0946e
Montrose	d	0744e	0833	0859e			1000e
Arbroath	d	0758e	0849	0915e			1016e
Dundee	d	0822e	0907			0941e	1016e
Leuchars	d					0954e	1029e
Kirkcaldy	d	0841e	0945	0959e	1026e	1040e	
Inverkeithing	d	0916e	1001	1022e	1044e	1112e	
Glasgow Central	d	0845q	0930q	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
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	1155b		1220b	1257b	1357b	
Brough	d						
Selby	d	1141y		1210k	1239y		
Harrogate	d	1205y		1214k	1314k		1344k
Skipton	d			1213k	1246k		1346k
Keighley	d			1223k	1300k		1400k
Bradford Forster Square	d			1231k	1331k		1402g
Shipley	d						
Leeds	a						
Leeds	d			1305	1405		1440
Wakefield Westgate	d			1318	1418		1453
Doncaster	d	1255	1336	1355	1436	1455	1512
Retford	d			1409			
Lincoln Central	d					1330p	1446m
Newark North Gate	d	1318	1400			1504	1518
Grantham	d			1412		1516	
Peterborough	d	1350	1433	1451	1537	1551	1601
Stevenage	a			1501	1610p	1635p	
London King's Cross	a	1442	1452	1529	1542	1555	1629 1643 1653

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	1108			1134e	1216e	1234e		
Leuchars	d	1123			1147e	1229e	1247e		
Kirkcaldy	d	1147		1159e	1229e	1259e	1329e		
Inverkeithing	d	1203		1222e	1252e	1322e	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			
Newcastle	a	1358		1424	1457	1528	1557		
Newcastle	d	1400		1426	1500	1530	1559		
Durham	d	1356f		1439	1456f	1544	1554f		
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	1456b		1557b			
Brough	d								
Selby	d		1410k	1449y				1610k	
Harrogate	d	1405y	1414k		1505y	1514k	1605y	1614k	
Skipton	d		1356k			1510k		1546k	
Keighley	d		1408k			1520k		1600k	
Bradford Forster Square	d		1431k			1531k		1631k	
Shipley	d								
Leeds	a								
Leeds	d		1505			1605		1705	
Wakefield Westgate	d		1518			1618		1718	
Doncaster	d		1536	1555		1636	1656	1736	
Retford	d			1609					
Lincoln Central	d					1601p		1654m	
Newark North Gate	d		1600			1659	1720	1759	
Grantham	d		1612			1711		1811	
Peterborough	d		1634	1651		1733	1751	1833	
Stevenage	a		1703	1810p		1835p		1902	
London King's Cross	a	1656	1731	1744	1751	1825	1842	1852	1930

Inverness	d	1045e					1253e		
Aviemore	d								
Kingussie	d								
Pitlochry	d								
Perth	d	1302e		1402e			1502e	1600e	
Gleneagles	d								
Stirling	d	1337e	1406e	1437e	1507e		1537e	1607e	
Falkirk Grahamston	d								
Aberdeen	d	1206e		1309e			1404e	1452	
Stonehaven	d	1224e		1325e			1420e	1510	
Montrose	d			1347e				1533	
Arbroath	d	1259e		1401e			1457e	1549	
Dundee	d	1315e	1334e	1417e	1434e		1516e	1607	
Leuchars	d	1328e	1347e	1428e	1447e		1528e	1622	
Kirkcaldy	d	1340e	1429e	1440e	1529e		1559e	1646	
Inverkeithing	d	1412e	1452e	1512e	1552e		1622e	1703	
Glasgow Central	d	1345q	1415q	1445q	1530q		1600q	1615q	
Motherwell	d								
Haymarket	d							1721	
Edinburgh Waverley	a							1726	
Edinburgh Waverley	d	1500	1530	1600	1630		1700	1730	
Dunbar	d		1528n					1751	
Berwick-upon-Tweed	d		1612		1712			1816	
Alnmouth	d				1703n		1800		
Morpeth	d	1549n		1649n	1717n		1752n		
Newcastle	a	1624	1657	1724	1757		1828	1901	
Newcastle	d	1626	1659	1726	1759		1830	1904	
Durham	d	1639	1655f	1739	1756f		1843	1857f	
Darlington	d	1657	1728	1757	1828		1902	1933	
Northallerton	d	1709		1809			1856y		
York	a	1728	1755	1828	1855		1928	2000	
York	d	1731	1758	1831	1857		1931	2003	
Hull	d	1657b		1755b			1857b		
Brough	d								
Selby	d	1649y		1710k	1826b				
Harrogate	d		1705y	1714k		1805y	1818k	1905y	
Skipton	d			1647k			1756k		
Keighley	d			1701k			1808k		
Bradford Forster Square	d			1731k			1831k		
Shiplay	d								
Leeds	a								
Leeds	d			1805			1905		
Wakefield Westgate	d			1818			1919		
Doncaster	d	1755		1839	1855		1937	1955	2026
Retford	d	1809							
Lincoln Central	d						1924m		
Newark North Gate	d			1903	1919		2001		
Grantham	d			1915			2013	2027	2058
Peterborough	d	1851		1936	1951		2034	2051	2121
Stevenage	a	2010p			2019		2102		2150
London King's Cross	a	1942	1952	2028	2046	2051	2129	2142	2218

Inverness	d		1447h
Aviemore	d		
Kingussie	d		
Pitlochry	d		
Perth	d		1702e
Gleneagles	d		
Stirling	d	1707e	1737e
Falkirk Grahamston	d		
Aberdeen	d		1602e
Stonehaven	d		1619e
Montrose	d		
Arbroath	d		1655e
Dundee	d		1726e
Leuchars	d		1739e
Kirkcaldy	d		1813e
Inverkeithing	d	1741e	1829e
Glasgow Central	d	1715q	1800q
Motherwell	d		
Haymarket	d		
Edinburgh Waverley	a		
Edinburgh Waverley	d	1830	1900
Dunbar	d		1920
Berwick-upon-Tweed	d	1911	1945
Alnmouth	d		2008
Morpeth	d		2025
Newcastle	a	1958	2041
Newcastle	d		2043
Durham	d		2056
Darlington	d		2115
Northallerton	d		2128
York	a		2148
York	d		2150
Hull	d		
Brough	d		
Selby	d	1920k	
Harrogate	d		
Skipton	d	1846k	
Keighley	d	1900k	
Bradford Forster Square	d	1931k	
Shipley	d		
Leeds	a		
Leeds	d	2005	
Wakefield Westgate	d	2018	
Doncaster	d	2036	22a15
Retford	d	2050	
Lincoln Central	d	1943r	
Newark North Gate	d	2105	
Grantham	d		
Peterborough	d	2134	
Stevenage	a	2235p	
London King's Cross	a	2225	

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EAST COAST

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								
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						0914k		
Keighley	d						0927k		
Bradford Forster Square	d				0823g		0912k		
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							
Leuchars	d							
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	
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	1014k			1114k		1214k	
Keighley	d	1027k			1127k		1227k	
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		
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						1440b
Brough	d							
Selby	d	1308k		1351k				
Harrogate	d	1253k	1333y			1353k	1433y	
Skipton	d	1314k				1414k		
Keighley	d	1327k				1427k		
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 ^A					1050e
Aviemore	d		1019 ^A					
Kingussie	d		1032 ^A					
Pitlochry	d		1123 ^A					
Perth	d		1159 ^A					1254e
Gleneagles	d		1215 ^A					
Stirling	d	1148e	1235 ^A			1247e		1310e
Falkirk Grahamston	d		1251					
Aberdeen	d					1108e		1147
Stonehaven	d					1125e		1205
Montrose	d					1146e		1228
Arbroath	d					1202e		1244
Dundee	d	1120e				1221e		1302
Leuchars	d	1133e				1234e		1317
Kirkcaldy	d	1205e	1213e			1304e		1342
Inverkeithing	d	1221e	1249e			1320e		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							
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		1638b
Brough	d							
Selby	d						1610k	
Harrogate	d					1452k	1533y	1553k 1633y
Skipton	d					1514k		1614k
Keighley	d					1527k		1627k
Bradford Forster Square	d					1543g	1612k	1643g
Shipley	d							
Leeds	a							
Leeds	d					1616	1645	1716
Wakefield Westgate	d					1629	1658	1729
Doncaster	d	1553	1647	1656		1718		1747
Retford	d	1608						1801
Lincoln Central	d							1725m
Newark North Gate	d					1719	1746	1803
Grantham	d					1718		1824
Peterborough	d	1651				1751	1815	1832
Stevenage	a					1801		1908
London King's Cross	a	1743	1752	1830	1842	1853	1905	1923 1937

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			
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				1727k				
Bradford Forster Square	d			1712k	1723g				1812k
Shipley	d								
Leeds	a			1733					
Leeds	d			1745	1815				1845
Wakefield Westgate	d			1759	1828				1858
Doncaster	d	1757		1819	1846	1855			1919
Retford	d								
Lincoln Central	d								
Newark North Gate	d			1844		1919			1946
Grantham	d	1830			1917	1943			
Peterborough	d	1852		1914		1951			2015
Stevenage	a				2001				
London King's Cross	a	1943	1949	2006	2027	2042	2048	2055	2107

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							
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
Skipton	d			1814k				1923k
Keighley	d			1827k				1936k
Bradford Forster Square	d			1843g		1912k		2012k
Shipley	d							
Leeds	a							
Leeds	d			1916		1945		2045
Wakefield Westgate	d			1929		1958		2058
Doncaster	d			1947	1957	2020	2055	2116
Retford	d			2001				2130
Lincoln Central	d							2100m
Newark North Gate	d			2021		2046	2119	2149
Grantham	d			2024		2050		2153
Peterborough	d			2051	2110	2115	2151	2214
Stevenage	a			2108		2235p		2244
London King's Cross	a			2134	2142	2202	2207	2242
							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	
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		

THE FOODBAR

Enjoy a delicious range
of hot food available in
Standard. Why not give
it a try today?



Peppered chicken, bacon
and rosemary sandwich

Pulled pork
brioche sub

FEEL AT HOME

EAST COAST

Feel at home with our **House Rules**



So that all our customers can enjoy
their journey with us.

FEEL AT HOME

For more information please visit
eastcoast.co.uk/houserules

EAST COAST

We want everyone to feel at home on board

Whether it's a short trip or a longer journey, everyone wants an enjoyable experience. So please consider your fellow customers by following these simple rules while travelling on board our trains...



A little respect goes a long way

We expect all our staff to treat customers with respect. In return, we expect customers to treat our staff and fellow customers with respect.



Mobile devices...

Please use them with consideration for others. Not everyone wants to know what you're having for tea!



Seats are for sitting on, not feet or bags

We all like our own space, but please don't put your feet or bags on our seats, they're there for you and fellow customers to sit on.



Ssshhh

Please keep the peace in the Quiet Coach. Use headphones for mobile devices, talk quietly, turn your gadgets onto silent and if you have to take a call, use the vestibules.



Give yourself a little more time

Please allow plenty of time to get on board, as train doors might close up to two minutes before departure.



It's best to book a seat

Everyone's got their favourite seat. So book yours and we'll have it ready and waiting for you when you get on board.



Music to your ears

To you, they're your favourite tunes. To someone else, it's a right racket. Please use your headphones to listen to music.



A place for everything, and everything in its place...

So please place big bags in the racks at the end of coaches and hand luggage in the overhead spaces.



Give it up!

Please give priority seats up for the people who need them.

Easy ways to get in touch

We welcome your comments, questions and suggestions. For the latest news of any changes to our service, or to let us know about how we've done today, follow us and tweet us @eastcoastuk, we'd love to hear from you.

If you've got a more specific enquiry, we have dedicated phone lines to better direct you – please choose from the most appropriate number below:

Customer Relations Team

Email customers@eastcoast.co.uk

Phone **03457 22 53 33***

Post East Coast
Freepost RSRJ-LJCX-GHST
Plymouth
PL4 6AB

Web eastcoast.co.uk

East Coast Web Customer 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 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 and mobiles are included in free call packages.

National Rail

For general enquiries about travelling on the wider rail network, you may find it helpful to contact National Rail.

For train times, fares and rail information:

Phone **08457 48 49 50**

In Welsh **08456 04 05 00**
Calls may be recorded for quality purposes

Textphone **08456 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 today and in advance:

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.

Passenger Focus

Is the official independent voice of the travelling public, there to serve you. It acts as an appeals body for passengers, so if you have been disappointed with a rail company's response to any problems you've experienced, Passenger Focus can independently review your complaint:

Phone **03001 23 23 50**

Email **advice@passengerfocus.org.uk**

Web **www.passengerfocus.org.uk**

A helping hand: tips for a better journey

Planning ahead

It's always worth checking train times before your journey. Here's how to do it:

Online within the 'Travelling now' section of the 'Travel information' page on our website eastcoast.co.uk/travel-information or at www.nationalrail.co.uk

Info on the go

It's easy to get live travel information via our website eastcoast.co.uk/travel-information or with our free 'East Coast Trains Live' Smartphone app for Android and iOS devices.

Travel information is provided by National Rail Enquiries and covers all East Coast services, as well as connections to any National Rail station. Work out the best route for any journey across the entire British rail network and stay one step ahead of delays by getting the latest news on disruption to services, along with train arrival and departure times and platform numbers.

Will engineering works affect my journey?

The safety and reliability of train services is essential, and often requires Network Rail to carry out track maintenance and renewal work. This usually takes place at weekends or on bank holidays, and occasionally on weekdays during early mornings or late evenings.

Unfortunately this can affect our timetable. To minimise disruption, we advertise any changes due to planned engineering works up to 12 weeks in advance. Ask us when you book or look online at eastcoast.co.uk/alterations

You can also contact National Rail:

Phone

08457 48 49 50

Web

www.nationalrail.co.uk

What happens if I experience a delay?

Getting you to your destination on time is our priority. Unfortunately though, things don't always go to plan. Whilst delays and disruption are often out of our hands, we understand your frustration and are sorry for the inconvenience they cause. In the event of significant delays, we think it's only fair that you receive compensation**. So if you're delayed for over 30 minutes during your journey, you're entitled to compensation in line with our 'Delay Repay' scheme, details can be found at eastcoast.co.uk/delayrepay or pick up a copy of our passenger's charter from any East Coast station.

Keeping you up to date while you travel

Even when you're out and about you can stay up to date with East Coast by SMS, email and Twitter.



Live updates

Register online at eastcoast.co.uk/travelalert to receive texts or emails, whichever you prefer, notifying you of any changes to your train service.



On-board Wi-Fi

Stay connected with Wi-Fi on board all our trains and in our First Class Lounges. Just log on and register.

Our Wi-Fi Support Team is here to help:

Phone

01163 66 33 36[†]

Email

wifi@eastcoast.co.uk

Follow us on Twitter and Facebook



For the latest news of changes to our service, or to tell us about your East Coast experience, follow us on Twitter [@eastcoastuk](https://twitter.com/eastcoastuk) where we'll be available from 06.00-23.00 Monday-Saturday, and 07.00-23.00 Sundays.



Don't forget we're also on Facebook, so like our page at facebook.com/eastcoastuk

[†]Calls are charged at a local rate. Calls from a mobile may vary – please check with your service provider before you call. ^{**}Compensation is usually paid in the form of Rail Travel Vouchers.

Got the right ticket?

Buying your ticket



Buy before you get on board

There are many ways you can purchase your ticket, either in advance on our website, at our stations and Travel Centres or on the move with your mobile device. Benefit from discounts when travelling as a small group or book online to receive an exclusive discount and also qualify for Rewards* Points. The earlier you book, the more you'll generally save.

Information on Advance tickets

East Coast Advance tickets are great value for money. However, once these tickets have been bought they can only be transferred prior to travel. Any difference in fare is payable, plus a £10 administration fee per person, per single fare for each change to the journey. Please do not get on board with the incorrect ticket as it will not be valid. In this situation you will need to purchase a completely new ticket on board.

Reserve your seat

You automatically get a seat reserved with East Coast Advance tickets. For other tickets, you can reserve a seat by asking for one at the time of booking. You can normally reserve seats for bookings until several hours before travel, depending on your journey, but note that some early morning trains are closed to reservations after 18.00 the previous day. Early booking is always recommended.

Keep your ticket with you at all times

Advance ticket holders must keep their ticket and reservation with them at all times including whilst moving around the train. We recommend all other tickets holders do the same until you are off the train and have left the station.

What happens if you board without a ticket where there is an open Ticket Office, or a Self Service Ticket machine that accepts cash?

If you board our trains without a valid ticket, you will only be able 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.

A few things it's worth knowing...



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 if you're not travelling don't board the train. 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 East Coast a fairer, more pleasant 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 not feeling well 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 guard or a member of staff for help.

If you're unable to buy a ticket because the ticket office is closed, or a self-service ticket machine that accepts cash is not available, 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 eastcoast.co.uk/ourstations and www.nationalrail.co.uk

Online discount is up to 10% off East Coast lowest Advance fares and subject to change. Discounted fares are shown with an asterisk. *To earn Rewards a minimum transaction of £22.00 is required, with the exception of certain East Coast train tickets where there is no minimum value. **Small group discount applied on East Coast Advance Fares for bookings of 3 or more (max 9). Terms and conditions apply see eastcoast.co.uk/3plus



The Foodbar

If you're travelling in Standard, you can enjoy a wide range of refreshments from The Foodbar. Our range has treats for everyone's taste buds – choose from delicious hot and cold sandwiches, meals and snacks, as well as a full menu of drinks. We also offer an at-seat trolley service on selected services – listen out for the announcements on board.



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 East Coast Assisted Travel team:

Phone 03457 22 52 25*

Textphone 18001 03457 22 52 25

Reservations can also be made at our Travel Centres.

Unfortunately we are unable to reserve wheelchair spaces for bookings made after 18.00 the day before travel.



Cycles

You're welcome to bring cycles with you when you travel, however space is limited, and therefore reservations are compulsory for all cycles other than folding bikes. You can make a cycle reservation when you buy your ticket – either on our website or at an East Coast Travel Centre or station. Reservations can be made up to 10 minutes prior to departure but preferably before 18.00 on the previous day.

Please bring your bike to the platform at least 10 minutes before departure and ask a member of station staff to direct you to the best position on the platform for loading it on to the train. It's best to clearly label your bike with your destination.

For further information about the East Coast cycle policy visit eastcoast.co.uk/cycles

*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 and mobiles are included in free call packages.

Travelling with a cycle?

Please be aware that bicycle reservations are compulsory on East Coast trains.

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 further information visit
eastcoast.co.uk/cycles



FEEL AT HOME

EAST COAST



Luggage

You're welcome to bring up to three pieces of luggage - two larger items (90x70x30cm) and one piece of hand luggage - with you when you travel. Please be aware that you'll need to be able to handle your own luggage, unless you've booked assistance.

For your safety and comfort please ensure that larger cases are stored in the luggage racks provided and overhead racks are used for smaller items of luggage.

If you have additional bags or larger items, take a look at www.carrymyluggage.com - a door-to-door luggage delivery service. As an East Coast customer you'll receive a 15% discount when you book using the code EC101.

Phone 08450 09 03 62

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

Phone 03457 22 53 33*



Keep luggage with you

It's best to clearly label your luggage and keep an eye on it whenever possible. With personal items, such as laptops, MP3 devices and mobile phones, it's a good idea to take them with you when you move around the train. For security reasons any unattended property at stations or on board may be removed.

Think you've lost something at one of our stations or on our trains? Then we'll do our utmost to help you recover it. Visit eastcoast.co.uk/lostproperty or phone our Lost Property centre at Newark North Gate Station.

Phone 01302 36 21 75[†]

Opening hours:

Monday - Wednesday 08.30 - 15.30

Thursday - Friday 08.30 - 14.30

Outside of these hours there is an answering machine service.

Please note that items found at stations are held for 7 days, before being sent to Newark North Gate Station.

*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 and mobiles are included in free call packages.

[†]Calls are charged at a local rate. Calls from a mobile may vary - please check with your service provider before you call.



Quiet Coach



We have a Quiet Coach in both First Class and Standard. So you can sit back, relax and enjoy the tranquility! We ask all passengers to be considerate when using electronic equipment. We also request that you turn your mobiles to silent and avoid making or receiving any calls.



Pets

You don't have to leave your pooch at home. Pets travel free of charge, as long as they don't take up a seat. We'll gladly make special arrangements for passengers travelling with an assistance dog.

Assistance dogs and other well-behaved dogs on leads are permitted in our First Class Lounges.

Please call our Assisted Travel team to organise this:

Phone

03457 22 52 25*



Please don't smoke.

Railway Byelaws state that 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 appreciate your cooperation with this.

For further information on the Railway Byelaws go to:

www.gov.uk/government/publications/railway-byelaws

Other connections



PlusBus

Go further for less with PlusBus. Buy a PlusBus pass at the same time as your train ticket and enjoy 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 the East Coast route and over 300 places across Britain. Find out more at: eastcoast.co.uk/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. 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.

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:

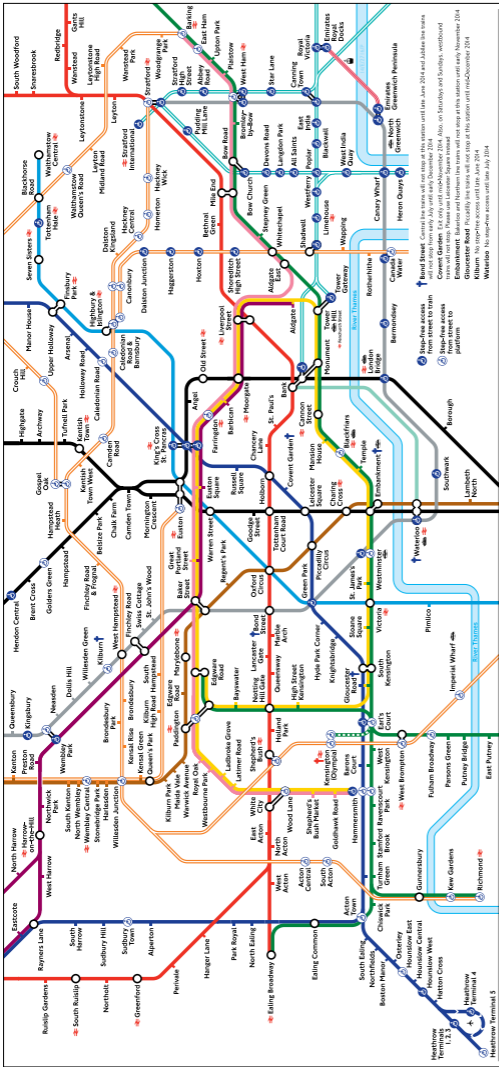
- two items of luggage
(maximum dimensions 90x70x30cm)
- one item of hand luggage which can be placed on your lap if required.

→ For more information on our luggage policy, including items not permitted, please visit eastcoast.co.uk/luggage



FEEL AT HOME

EAST COAST




tfl.gov.uk | 24-hour travel information | 0343 222 1234* | Sign up for email updates | tfl.gov.uk/emailupdates | @TFLTravelAlerts

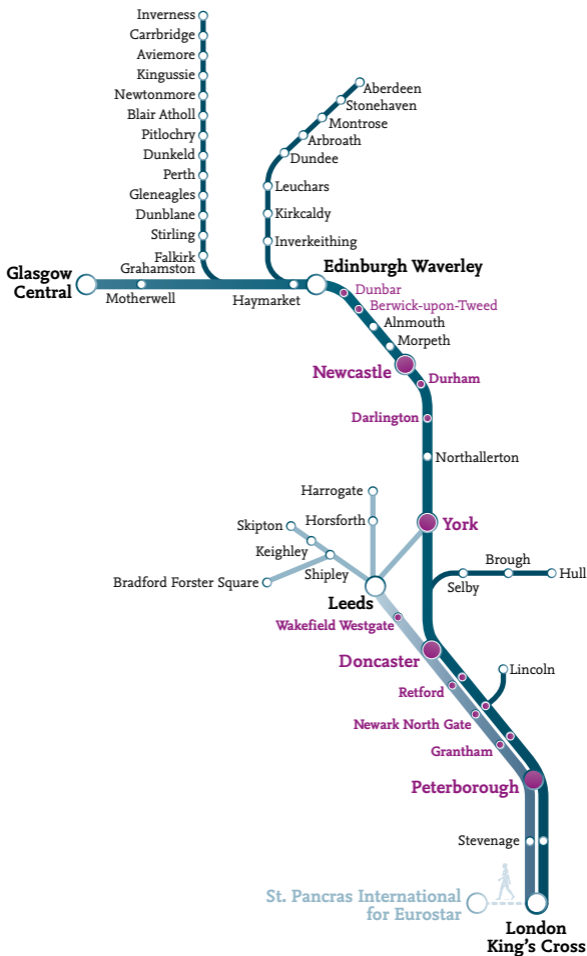
Improvement works may affect your journey, please check before you travel.

Correct at time of going to print.

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*Kennington (Olympic) open weekends, public holidays and some Olympic events.


 Please allow plenty of time to get on board. We close our train doors up to two minutes before departure.



England-Scotland services
Yorkshire services

Stations managed by East Coast

