

Table 224

Mondays to Fridays

14 December to 13 May

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

Network Diagram - see first page of Table 224

| Miles | Miles | | SR MX | SR MX | SR | SR | XC | SR | TP | SR | XC | | SR | SR | SR | SR | XC | SR | SR | SR | SR | SR | XC | | |
|--------|--------|---------------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| | | | A | A | | | ⬠ | | ⬠ | | C | | D | | | | E | | | | | | F | | |
| 0 | 0 | Edinburgh 100 | 230,238,242 | d | | | 05 52 | 06 24 | | 06 55 | 07 26 | | 07 40 | 07 57 | 08 25 | 08 57 | 09 18 | 09 26 | 09 56 | 10 19 | 10 26 | | 10 56 | 11 11 | |
| 1 1/4 | 1 1/4 | Haymarket | 230,238,242 | d | | | 05 56 | 06 41 | | 07 00 | 07 30 | | 07 46 | 08 01 | 08 30 | 09 01 | 09 24 | 09 30 | 10 00 | 10 24 | 10 31 | | 11 00 | 11 16 | |
| 3 | 3 | Slateford | | d | | | 06 00 | | | 07 04 | | | | | 08 35 | | 09 35 | | | 10 36 | | | | | |
| 3 3/4 | 3 3/4 | Kingsknowe | | d | | | 06 04 | | | 07 07 | | | | | 08 38 | | 09 38 | | | 10 40 | | | | | |
| 4 1/4 | 4 1/4 | Wester Hailes | | d | | | 06 06 | | | 07 10 | | | | | 08 41 | | 09 41 | | | 10 42 | | | | | |
| 7 1/2 | 7 1/2 | Curriehill | | d | | | 06 10 | | | 07 13 | | | | | 08 45 | | 09 45 | | | 10 46 | | | | | |
| 11 | 11 | Kirknewton | | d | | | 06 17 | | | 07 21 | | | | | 08 52 | | 09 52 | | | 10 53 | | | | | |
| 14 | — | Livingston South | | d | | | 06 23 | 06 56 | | 07 26 | | | | 08 20 | 08 58 | 09 17 | | 09 58 | 10 16 | | 10 59 | | 11 16 | | |
| 16 1/2 | — | West Calder | | d | | | 06 28 | 07 01 | | 07 31 | | | | 08 26 | 09 03 | 09 22 | | 10 03 | 10 21 | | 11 05 | | 11 21 | | |
| 18 1/2 | — | Addiewell | | d | | | 06 32 | | | 07 34 | | | | 09 06 | | | | 10 06 | | 11 08 | | | | | |
| 21 | — | Breich | | d | | | | | | | | | | | | | | | | | | | | | |
| 23 1/4 | — | Fauldhouse | | d | | | 06 39 | | | 07 41 | | | | | 09 13 | | | 10 13 | | | 11 15 | | | | |
| 26 1/4 | — | Shotts | | d | | | 06 45 | 07 14 | | 07 46 | | | | 08 39 | 09 19 | 09 35 | | 10 19 | 10 34 | | 11 21 | | 11 34 | | |
| 28 1/2 | — | Hartwood | | d | | | 06 48 | | | 07 49 | | | | | 09 22 | | | 10 22 | | | 11 24 | | | | |
| 31 1/2 | — | Cleland | | d | | | 06 53 | | | 07 54 | | | | | 09 27 | | | 10 27 | | | 11 29 | | | | |
| 33 1/4 | — | Carfin | | d | | | 06 57 | | | 07 58 | | | | | 09 30 | | | 10 30 | | | 11 32 | | | | |
| 34 1/4 | — | Holytown | | d | 00 01 | | 06 59 | | | 08 04 | | | | | 09 32 | | | 10 32 | | | 11 34 | | | | |
| — | 28 1/2 | Carstairs | | d | | | 05 48 | | | 07 45 | | | | 08 11 | | | | | | 11 10 | | | | | |
| — | — | Carluke | 225 | d | | 00 07 | 05 57 | | | | | | | 08 19 | | | | | | 11 20 | | | | | |
| — | — | Wishaw | 225 | d | | 00 15 | 06 07 | | | | | | | 08 27 | | | | | | 11 26 | | | | | |
| — | 44 1/2 | Motherwell | 225 | a | | 00 21 | 06 15 | 07 04 | | 07 59 | | 08 12 | | 08 32 | | | 10 02 | | | 11 33 | | | 11 53 | | |
| — | — | | | d | | | 06 17 | 07 05 | | 08 00 | | 08 13 | | 08 34 | | | 10 03 | | | 11 34 | | | 11 54 | | |
| — | — | Bellshill | 225 | d | 00 05 | | 06 23 | 07 07 | 07 27 | | 08 08 | | | 08 39 | 09 37 | 09 47 | | 10 37 | 10 50 | | 11 38 | | 11 47 | | |
| — | 38 1/2 | Uddingston | 225 | d | 00 08 | | 06 27 | 07 13 | | 08 13 | | | | 08 39 | 09 41 | | | 10 41 | | 11 42 | | | | | |
| — | 42 | Cambuslang | 225 | d | 00 14 | | 06 32 | 07 18 | | | | | | | | | | | | | | | | | |
| — | 47 1/4 | Glasgow Central 105 | 225 | a | 00 25 | | 06 41 | 07 29 | 07 22 | 07 51 | 08 18 | 08 27 | 08 29 | 08 52 | 09 10 | 09 58 | 10 10 | 10 25 | 10 58 | 11 10 | 11 55 | 11 57 | 12 10 | 12 12 | |

| | SR | SR | SR | SR | SR | XC | SR | | SR | SR | SR | SR | XC | SR | SR | SR | SR | SR | SR | XC | SR | SR | SR | SR | | |
|---------------------|-------------|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|-------|-------|-------|-------|-------|-------|
| | | G | | | | ⬠ | | | G | | | | ⬠ | I | | | | | | ⬠ | J | | G | | | |
| Edinburgh 100 | 230,238,242 | d | 11 26 | 11 52 | 11 56 | 12 26 | 12 56 | 13 12 | 13 26 | | 13 52 | 13 56 | 14 26 | 14 56 | 15 11 | 15 26 | 15 49 | 15 55 | 16 26 | | 16 57 | 17 11 | 17 22 | 17 39 | 17 48 | 17 56 |
| Haymarket | 230,238,242 | d | 11 30 | 11 58 | 12 01 | 12 30 | 13 02 | 13 17 | 13 30 | | 13 57 | 14 00 | 14 30 | 15 00 | 15 16 | 15 30 | 15 53 | 16 00 | 16 31 | | 17 01 | 17 17 | 17 27 | 17 46 | 17 53 | 18 02 |
| Slateford | | d | 11 35 | | | 12 35 | | | 13 35 | | | 14 35 | | | 15 35 | | | | 16 35 | | | 17 31 | | 17 57 | | |
| Kingsknowe | | d | 11 38 | | | 12 38 | | | 13 39 | | | 14 38 | | | 15 39 | | | | 16 38 | | | 17 35 | | 18 00 | | |
| Wester Hailes | | d | 11 41 | | | 12 41 | | | 13 41 | | | 14 41 | | | 15 41 | | | | 16 41 | | | 17 37 | | 18 03 | 18 10 | |
| Curriehill | | d | 11 45 | | | 12 45 | | | 13 45 | | | 14 45 | | | 15 45 | | | | 16 44 | | | 17 41 | | 18 13 | 18 13 | |
| Kirknewton | | d | 11 52 | | | 12 52 | | | 13 52 | | | 14 52 | | | 15 52 | | | | 16 52 | | | 17 48 | | 18 20 | 18 20 | |
| Livingston South | | d | 11 58 | | 12 19 | 12 58 | 13 16 | | 13 58 | | | 14 16 | 14 58 | 15 16 | | 15 58 | | 16 15 | 16 57 | | 17 16 | | 17 53 | | 18 14 | 18 25 |
| West Calder | | d | 12 03 | | 12 24 | 13 03 | 13 21 | | 14 03 | | | 14 21 | 15 03 | 15 21 | | 16 03 | | 16 20 | 17 02 | | 17 21 | | 17 58 | | 18 19 | 18 30 |
| Addiewell | | d | 12 06 | | | 13 06 | | | 14 06 | | | 15 06 | | | 16 06 | | | | 17 06 | | | 18 02 | | 18 34 | 18 34 | |
| Breich | | d | | | | | | | | | | | | | | | | | | | | | | | 18 38 | |
| Fauldhouse | | d | 12 13 | | | 13 13 | | | 14 13 | | | 15 13 | | | 16 13 | | | | 17 13 | | | 18 09 | | 18 42 | 18 42 | |
| Shotts | | d | 12 19 | | 12 37 | 13 19 | 13 34 | | 14 19 | | | 14 34 | 15 19 | 15 34 | | 16 19 | | 16 32 | 17 18 | | 17 33 | | 18 14 | | 18 32 | 18 47 |
| Hartwood | | d | 12 22 | | | 13 22 | | | 14 22 | | | 15 22 | | | 16 22 | | | | 17 21 | | | 18 17 | | 18 50 | 18 50 | |
| Cleland | | d | 12 27 | | | 13 27 | | | 14 27 | | | 15 27 | | | 16 27 | | | | 17 26 | | | 18 22 | | 18 55 | 18 55 | |
| Carfin | | d | 12 30 | | | 13 30 | | | 14 30 | | | 15 30 | | | 16 30 | | | | 17 29 | | | 18 25 | | 18 59 | 18 59 | |
| Holytown | | d | 12 32 | | | 13 34 | | | 14 32 | | | 15 32 | | | 16 32 | | | | 17 31 | | | 18 28 | | 19 01 | 19 01 | |
| Carstairs | | d | | 12 47 | | | | | | 14 32 | | | | | | 16 18 | | | | | | | | 18 11 | | |
| Carluke | 225 | d | | 12 56 | | | | | | 14 41 | | | | | | 16 26 | | | | | | | | 18 22 | | |
| Wishaw | 225 | d | | 13 03 | | | | | | 14 52 | | | | | | | | | | | | | | 18 28 | | |
| Motherwell | 225 | a | | 13 09 | | | 13 53 | | | 15 04 | | | | 15 52 | | 16 35 | | | | | 17 52 | | 18 35 | 18 34 | | |
| | | d | | 13 09 | | | 13 54 | | | 15 07 | | | | 15 53 | | 16 37 | | | | | 17 53 | | 18 34 | | | |
| Bellshill | 225 | d | 12 37 | | 12 49 | 13 37 | 13 48 | | 14 37 | | | 14 47 | 15 37 | 15 47 | | 16 37 | | 16 45 | 17 35 | | 17 45 | | | 18 44 | 19 05 | |
| Uddingston | 225 | d | 12 41 | | | 13 41 | | | 14 41 | | | 15 41 | | | 16 41 | | | | 17 39 | | | | | 18 49 | 19 09 | |
| Cambuslang | 225 | d | | | | | | | | | | | | | | | | | 17 44 | | | | | 18 52 | 19 15 | |
| Glasgow Central 105 | 225 | a | 12 56 | 13 26 | 13 10 | 13 58 | 14 10 | 14 12 | 14 58 | | 15 25 | 15 09 | 15 56 | 16 10 | 16 12 | 16 56 | 17 04 | 17 09 | 17 57 | | 18 09 | 18 11 | | 18 56 | 19 26 | |

| | SR | SR | SR | | XC | SR | GR | XC | SR | SR | SR | | | | | | | | | | | | | |
|---------------|-------------|----|-------|-------|----|-------|-------|-------|-------|-------|-------|-------|--|--|--|----|--|--|--|--|--|--|--|--|
| | | K | | | ⬠ | J | ⬠ | L | ⬠ | I | | | | | | | | | | | | | | |
| Edinburgh 100 | 230,238,242 | d | 18 27 | 18 56 | | 19 11 | 19 26 | 20 17 | 21 14 | 21 26 | 22 56 | 23 13 | | | | | | | | | | | | |
| Haymarket | 230,238,242 | d | 18 31 | 19 01 | | 19 16 | 19 31 | 20 22 | 21 19 | 21 30 | 23 00 | 23 17 | | | | | | | | | | | | |
| Slateford | | d | 18 36 | | | 19 36 | | | 21 35 | 23 04 | 23 21 | | | | | | | | | | | | | |
| Kingsknowe | | d | 18 39 | | | 19 39 | | | 21 38 | 23 07 | 23 24 | | | | | </ | | | | | | | | |

Table 224

Saturdays

19 December to 14 May

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

Network Diagram - see first page of Table 224

| | SR | SR | SR | SR | XC | SR | SR | XC | SR | | SR | SR | SR | XC | SR | SR | SR | SR | SR | | XC | SR | SR | SR | | | | |
|--------------------|-------------|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|-------|-------|-------|-------|
| | A | A | | | ◇ | | | ◇ | B | | | | | ◇ | | | | | | | ◇ | D | | E | | | | |
| Edinburgh 10 | 230,238,242 | d | | | 05 52 | 06 27 | 06 42 | 06 55 | 07 26 | 07 54 | | | | 07 57 | 08 25 | 08 57 | 09 14 | 09 26 | 09 56 | 10 19 | 10 26 | 10 56 | | | | | | |
| Haymarket | 230,238,242 | d | | | 05 56 | 06 46 | 07 00 | 07 31 | 07 58 | | | | | 08 01 | 08 30 | 09 01 | 09 20 | 09 30 | 10 00 | 10 24 | 10 31 | 11 00 | | | | | | |
| Slateford | | d | | | 06 00 | | 07 04 | | | | | | | 08 35 | | 09 35 | | | | | 10 36 | | | | | | | |
| Kingsknowe | | d | | | 06 04 | | 07 07 | | | | | | | 08 38 | | 09 38 | | | | | 10 40 | | | | | | | |
| Wester Hailes | | d | | | 06 06 | | 07 10 | | | | | | | 08 41 | | 09 41 | | | | | 10 42 | | | | | | | |
| Curriehill | | d | | | 06 10 | | 07 13 | | | | | | | 08 45 | | 09 45 | | | | | 10 46 | | | | | | | |
| Kirknewton | | d | | | 06 17 | | 07 21 | | | | | | | 08 52 | | 09 52 | | | | | 10 53 | | | | | | | |
| Livingston South | | d | | | 06 23 | | 07 01 | | | | | | | 08 20 | 08 58 | 09 17 | | 09 58 | 10 16 | | 10 59 | 11 16 | | | | | | |
| West Calder | | d | | | 06 28 | | 07 06 | | | | | | | 08 26 | 09 03 | 09 22 | | 10 03 | 10 21 | | 11 05 | 11 21 | | | | | | |
| Addiewell | | d | | | 06 32 | | 07 34 | | | | | | | 09 06 | | | | 10 06 | | | 11 08 | | | | | | | |
| Breich | | d | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fauldhouse | | d | | | 06 39 | | 07 41 | | | | | | | 09 13 | | | | 10 13 | | | 11 15 | | | | | | | |
| Shotts | | d | | | 06 45 | | 07 19 | | | | | | | 08 39 | 09 19 | 09 35 | | 10 19 | 10 34 | | 11 21 | 11 34 | | | | | | |
| Hartwood | | d | | | 06 48 | | 07 49 | | | | | | | 09 22 | | | | 10 22 | | | 11 24 | | | | | | | |
| Cleland | | d | | | 06 53 | | 07 54 | | | | | | | 09 27 | | | | 10 27 | | | 11 29 | | | | | | | |
| Carfin | | d | | | 06 57 | | 07 58 | | | | | | | 09 30 | | | | 10 30 | | | 11 32 | | | | | | | |
| Holytown | | d | 00 01 | | 06 59 | | 08 00 | | | | | | | 09 32 | | | | 10 32 | | | 11 34 | | | | | | | |
| Carstairs | | d | | | 05 48 | | | | 08 32 | | | | | | | | | | | 11 10 | | | | | 12 47 | | | |
| Carluke | 225 | d | | 00 07 | 05 57 | | | | 08 41 | | | | | | | | | | | 11 20 | | | | | 12 56 | | | |
| Wishaw | 225 | d | | 00 15 | 06 07 | | | | 08 55 | | | | | | | | | | | 11 27 | | | | | 13 03 | | | |
| Motherwell | 225 | a | | 00 21 | 06 15 | | 07 04 | | 08 12 | 09 00 | | | | | | | 09 54 | | | 11 33 | | | 11 53 | | 13 09 | | | |
| Bellshill | 225 | d | 00 05 | | 06 17 | | 07 05 | | 08 13 | 09 00 | | | | | | | 09 55 | | | 11 34 | | | 11 54 | | 13 09 | | | |
| Uddingston | 225 | d | 00 08 | | 06 23 | 07 07 | | 07 30 | 08 07 | | | | | 08 50 | 09 37 | 09 47 | | 10 37 | 10 47 | | 11 38 | 11 47 | | | 12 49 | | | |
| Cambuslang | 225 | d | 00 14 | | 06 27 | 07 13 | | | 08 13 | | | | | 09 41 | | | | 10 41 | | | 11 42 | | | | 12 41 | | | |
| Glasgow Central 15 | 225 | a | 00 25 | | 06 41 | 07 29 | 07 22 | 07 51 | 08 27 | 08 29 | 09 24 | | | 09 10 | 09 58 | 10 11 | 10 15 | 10 58 | 11 10 | 11 55 | 11 57 | 12 10 | | | 12 12 | 12 56 | 13 25 | 13 10 |

| | SR | SR | XC | SR | SR | | SR | SR | SR | XC | SR | SR | SR | SR | | XC | SR | SR | SR | SR | SR | SR | SR | XC | | |
|--------------------|-------------|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | | | ◇ | E | | | | | | ◇ | E | | | | | ◇ | E | | | | B | | | ◇ | | |
| Edinburgh 10 | 230,238,242 | d | 12 26 | 12 56 | 13 12 | 13 26 | 13 51 | | 13 56 | 14 26 | 14 56 | 15 12 | 15 26 | 15 49 | 15 55 | 16 26 | 16 57 | | 17 11 | 17 20 | 17 39 | 17 48 | 17 58 | 18 26 | 18 56 | 19 12 |
| Haymarket | 230,238,242 | d | 12 30 | 13 02 | 13 16 | 13 57 | | 14 00 | 14 30 | 15 01 | 15 16 | 15 30 | 15 53 | 16 00 | 16 31 | 17 01 | | 17 16 | 17 24 | 17 46 | 17 53 | 18 02 | 18 31 | 19 01 | 19 16 | |
| Slateford | | d | 12 35 | | 13 35 | | | | 14 35 | | | 15 35 | | 16 35 | | | | | 17 28 | | 17 57 | | 18 34 | | | |
| Kingsknowe | | d | 12 38 | | 13 39 | | | | 14 38 | | | 15 39 | | 16 38 | | | | | 17 32 | | 18 00 | | 18 37 | | | |
| Wester Hailes | | d | 12 41 | | 13 41 | | | | 14 41 | | | 15 41 | | 16 41 | | | | | 17 34 | | 18 03 | 18 09 | 18 40 | | | |
| Curriehill | | d | 12 45 | | 13 45 | | | | 14 45 | | | 15 45 | | 16 44 | | | | | 17 38 | | 18 12 | 18 43 | | | | |
| Kirknewton | | d | 12 52 | | 13 52 | | | | 14 52 | | | 15 52 | | 16 52 | | | | | 17 45 | | 18 20 | 18 50 | | | | |
| Livingston South | | d | 12 58 | 13 16 | | 13 58 | | 14 16 | 14 58 | 15 16 | | 15 58 | | 16 15 | 16 57 | 17 16 | | 17 51 | | 18 14 | 18 25 | | | 19 17 | | |
| West Calder | | d | 13 03 | 13 21 | | 14 03 | | 14 21 | 15 03 | 15 21 | | 16 03 | | 16 20 | 17 02 | 17 21 | | 17 56 | | 18 19 | 18 30 | | | 19 22 | | |
| Addiewell | | d | 13 06 | | | 14 06 | | | 15 06 | | | 16 06 | | | | | | 18 00 | | | 18 33 | | | | | |
| Breich | | d | | | | | | | | | | | | | | | | | | | 18 38 | | | | | |
| Fauldhouse | | d | 13 13 | | | 14 13 | | | 15 13 | | | 16 13 | | | 17 13 | | | | | | 18 07 | | | | | |
| Shotts | | d | 13 19 | 13 34 | | 14 19 | | 14 34 | 15 19 | 15 34 | | 16 19 | | 16 32 | 17 18 | 17 33 | | | | 18 13 | 18 32 | 18 47 | | | 19 35 | |
| Hartwood | | d | 13 22 | | | 14 22 | | | 15 22 | | | 16 22 | | | 17 21 | | | | | | 18 16 | | | | | |
| Cleland | | d | 13 27 | | | 14 27 | | | 15 27 | | | 16 27 | | | 17 26 | | | | | | 18 21 | | | | | |
| Carfin | | d | 13 30 | | | 14 30 | | | 15 30 | | | 16 30 | | | 17 29 | | | | | | 18 25 | | | | | |
| Holytown | | d | 13 34 | | | 14 32 | | | 15 32 | | | 16 32 | | | 17 31 | | | | | | 18 28 | | | | | |
| Carstairs | | d | | | | 14 32 | | | | | | | 16 33 | | | | | | | | 18 11 | | | | 19 13 | |
| Carluke | 225 | d | | | | 14 41 | | | | | | | 16 41 | | | | | | | | 18 22 | | | | 19 22 | |
| Wishaw | 225 | d | | | | 14 52 | | | | | | | 16 58 | | | | | | | | 18 28 | | | | 19 27 | |
| Motherwell | 225 | a | | | 13 53 | 15 04 | | | | 15 52 | | | 17 04 | | | | | | | | 17 52 | 18 35 | 18 34 | | | 19 33 |
| Bellshill | 225 | d | | | 13 54 | 15 07 | | | | 15 53 | | | 17 06 | | | | | | | | 17 53 | 18 34 | | | | 19 34 |
| Uddingston | 225 | d | 13 37 | 13 48 | | 14 37 | | 14 47 | 15 37 | 15 47 | | 16 37 | | 16 45 | 17 35 | 17 45 | | | | | 18 44 | 19 05 | | | 19 47 | |
| Cambuslang | 225 | d | 13 41 | | | 14 41 | | | 15 41 | | | 16 41 | | | 17 39 | | | | | | | 18 58 | 19 15 | | | |
| Glasgow Central 15 | 225 | a | 13 58 | 14 10 | 14 12 | 14 56 | 15 25 | | 15 09 | 15 56 | 16 10 | 16 12 | 16 55 | 17 23 | 17 08 | 17 57 | 18 09 | | 18 11 | | 18 54 | 19 10 | 19 26 | 19 54 | 20 09 | 20 12 |

| | SR | | XC | SR | SR | SR | | | | | | | | | | | | | | | | | | |
|------------------|-------------|---|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | | | ◇ | G | | | | | | | | | | | | | | | | | | | | |
| Edinburgh 10 | 230,238,242 | d | 19 26 | 21 13 | 21 26 | 22 56 | 23 13 | | | | | | | | | | | | | | | | | |
| Haymarket | 230,238,242 | d | 19 30 | 21 18 | 21 30 | 23 00 | 23 17 | | | | | | | | | | | | | | | | | |
| Slateford | | d | 19 35 | | 21 35 | 23 04 | 23 21 | | | | | | | | | | | | | | | | | |
| Kingsknowe | | d | 19 38 | | 21 38 | 23 07 | 23 24 | | | | | | | | | | | | | | | | | |
| Wester Hailes | | d | 19 41 | | 21 41 | 23 10 | 23 26 | | | | | | | | | | | | | | | | | |
| Curriehill | | d | 19 45 | | 21 45 | 23 14 | 23 29 | | | | | | | | | | | | | | | | | |
| Kirknewton | | d | 19 52 | | 21 52 | 23 21 | 23 36 | | | | | | | | | | | | | | | | | |
| Livingston South | | d | 19 58 | | 21 58 | | | | | | | | | | | | | | | | | | | |

Table 224

Sundays

13 December to 8 May

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

Network Diagram - see first page of Table 224

| | SR | SR | SR | SR | SR | SR | XC | SR | SR | | SR | XC | SR | SR | XC | SR | SR | SR | XC | | SR | SR | SR | XC | | |
|--------------------|-------------|----|-------|-------|-------|-------|--------|-------|-------|-------|----|--------|-------|-------|--------|-------|-------|-------|--------|-------|----|----|-------|--------|-------|-------|
| | A | A | | | | | ◆ A | | | | | ◆ B | | | ◆ C | | | | ◆ D | | | | | ◆ E | | |
| Edinburgh 10 | 230,238,242 | d | | | | | 10 23 | | 10 26 | | | 12 17 | | 12 26 | 13 10 | | | 14 27 | 15 10 | | | | | 16 26 | 17 11 | |
| Haymarket | 230,238,242 | d | | | | | | | 10 30 | | | 12 21 | | 12 30 | 13 14 | | | 14 31 | 15 14 | | | | | 16 30 | 17 15 | |
| Slateford | | d | | | | | | | 10 34 | | | | | 12 34 | | | | 14 35 | | | | | | 16 34 | | |
| Kingsknowe | | d | | | | | | | 10 38 | | | | | 12 38 | | | | 14 39 | | | | | | 16 38 | | |
| Wester Hailes | | d | | | | | | | 10 40 | | | | | 12 40 | | | | 14 41 | | | | | | 16 40 | | |
| Curriehill | | d | | | | | | | 10 44 | | | | | 12 44 | | | | 14 45 | | | | | | 16 44 | | |
| Kirknewton | | d | | | | | | | 10 51 | | | | | 12 51 | | | | 14 52 | | | | | | 16 51 | | |
| Livingston South | | d | | | | | | | 10 57 | | | | | 12 57 | | | | 14 57 | | | | | | 16 57 | | |
| West Calder | | d | | | | | | | 11 02 | | | | | 13 02 | | | | 15 02 | | | | | | 17 02 | | |
| Addiewell | | d | | | | | | | 11 06 | | | | | 13 06 | | | | 15 06 | | | | | | 17 06 | | |
| Breich | | d | | | | | | | | | | | | | | | | | | | | | | | | |
| Fauldhouse | | d | | | | | | | 11 13 | | | | | 13 13 | | | | 15 13 | | | | | | 17 13 | | |
| Shotts | | d | | | | | | | 11 18 | | | | | 13 18 | | | | 15 18 | | | | | | 17 18 | | |
| Hartwood | | d | | | | | | | 11 21 | | | | | 13 21 | | | | 15 21 | | | | | | 17 21 | | |
| Cleland | | d | | | | | | | 11 26 | | | | | 13 26 | | | | 15 26 | | | | | | 17 26 | | |
| Carfin | | d | | | | | | | 11 30 | | | | | 13 30 | | | | 15 30 | | | | | | 17 30 | | |
| Holytown | | d | 00 01 | | | | | | 11 32 | | | | | 13 32 | | | | 15 32 | | | | | | 17 32 | | |
| Carstairs | | d | | | | | | | | | | | | | | | | | | | | | | | | |
| Carluke | 225 | d | 00 07 | | | | | | | | | | | | | | | | | | | | | | | |
| Wishaw | 225 | d | 00 15 | | | | | | | | | | | | | | | | | | | | | | | |
| Motherwell | 225 | a | 00 21 | | | | 11 03 | | | | | 12 58 | | | 13 53 | | | 15 53 | | | | | | 17 54 | | |
| Bellshill | 225 | d | 00 05 | 08 35 | 09 05 | 09 50 | 10 20 | 11 04 | 11 20 | | | 12 23 | 12 59 | 13 20 | 13 54 | 14 20 | 15 20 | 15 54 | | | | | 16 20 | 17 20 | 17 55 | |
| Uddingston | 225 | d | 00 08 | 08 41 | 09 11 | 09 56 | 10 26 | 11 26 | 11 36 | | | 12 29 | 13 26 | 13 36 | 14 26 | 15 26 | 15 36 | | | | | | 16 26 | 17 26 | 17 36 | |
| Cambuslang | 225 | d | 00 14 | 08 45 | 09 15 | 10 00 | 10 30 | 11 32 | 11 43 | | | 12 33 | 13 32 | 13 40 | 14 30 | 15 31 | 15 40 | | | | | | 16 30 | 17 30 | 17 40 | |
| Glasgow Central 10 | 225 | a | 00 25 | 09 00 | 09 30 | 10 15 | 10 45 | 11 28 | 11 47 | 12 00 | | 12 48 | 13 17 | 13 47 | 14 00 | 14 11 | 14 46 | 15 46 | 16 00 | 16 13 | | | 16 44 | 17 44 | 17 58 | 18 12 |

| | SR | SR | SR | XC | SR | | SR | SR | XC | GR | SR | SR | | | | | | | | | | | | | |
|--------------------|-------------|----|-------|--------|-------|-------|----|-------|--------|--------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| | | | | ◆ F | | | | | ◆ F | ◆ G | | | | | | | | | | | | | | | |
| Edinburgh 10 | 230,238,242 | d | | 18 26 | 19 18 | | | | 20 26 | 21 12 | 21 22 | | | | | | | | | | | | | | |
| Haymarket | 230,238,242 | d | | 18 30 | 19 23 | | | | 20 30 | 21 17 | 21 26 | | | | | | | | | | | | | | |
| Slateford | | d | | 18 34 | | | | | 20 34 | | | | | | | | | | | | | | | | |
| Kingsknowe | | d | | 18 38 | | | | | 20 38 | | | | | | | | | | | | | | | | |
| Wester Hailes | | d | | 18 40 | | | | | 20 40 | | | | | | | | | | | | | | | | |
| Curriehill | | d | | 18 44 | | | | | 20 44 | | | | | | | | | | | | | | | | |
| Kirknewton | | d | | 18 51 | | | | | 20 51 | | | | | | | | | | | | | | | | |
| Livingston South | | d | | 18 57 | | | | | 20 57 | | | | | | | | | | | | | | | | |
| West Calder | | d | | 19 02 | | | | | 21 02 | | | | | | | | | | | | | | | | |
| Addiewell | | d | | 19 06 | | | | | 21 06 | | | | | | | | | | | | | | | | |
| Breich | | d | | | | | | | | | | | | | | | | | | | | | | | |
| Fauldhouse | | d | | 19 13 | | | | | 21 13 | | | | | | | | | | | | | | | | |
| Shotts | | d | | 19 18 | | | | | 21 18 | | | | | | | | | | | | | | | | |
| Hartwood | | d | | 19 21 | | | | | 21 21 | | | | | | | | | | | | | | | | |
| Cleland | | d | | 19 26 | | | | | 21 26 | | | | | | | | | | | | | | | | |
| Carfin | | d | | 19 30 | | | | | 21 30 | | | | | | | | | | | | | | | | |
| Holytown | | d | | 19 32 | | | | | 21 32 | | | | | | | | | | | | | | | | |
| Carstairs | | d | | | | | | | | | | | | | | | | | | | | | | | |
| Carluke | 225 | d | | | | | | | | | | | | | | | | | | | | | | | |
| Wishaw | 225 | d | | | | | | | | | | | | | | | | | | | | | | | |
| Motherwell | 225 | a | | | 19 59 | | | | 21 56 | 22 03 | | | | | | | | | | | | | | | |
| Bellshill | 225 | d | 18 20 | 19 21 | 20 00 | 20 23 | | 21 20 | 21 57 | 22 04 | 22 20 | 23 20 | | | | | | | | | | | | | |
| Uddingston | 225 | d | 18 26 | 19 27 | 19 36 | 20 29 | | 21 26 | 21 36 | | 22 26 | 23 26 | | | | | | | | | | | | | |
| Cambuslang | 225 | d | 18 30 | 19 31 | 19 40 | 20 33 | | 21 30 | 21 40 | | 22 30 | 23 30 | | | | | | | | | | | | | |
| Glasgow Central 10 | 225 | a | 18 35 | 19 36 | 20 38 | 20 47 | | 21 35 | 21 44 | 21 59 | 22 13 | 22 26 | 22 44 | 23 44 | | | | | | | | | | | |

- A From Edinburgh
- B From Leeds
- C From Sheffield
- D From Birmingham New Street
- E From Bristol Temple Meads
- F From Plymouth
- G From London Kings Cross

Table 224R

Saturdays

19 December to 14 May

Glasgow Central, Motherwell, Carstairs and Shotts - Edinburgh

Network Diagram - see first page of Table 224

| | SR | SR | SR | XC | SR | GR | SR | SR | SR | | XC | SR | SR | XC | SR | SR | SR | SR | SR | | XC | SR | SR | SR | |
|---------------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | A | | | B | | | C | | | D | | | E | | | F | | | E | | | F | | | |
| Glasgow Central 155 | 225 | d | 00 06 | 06 01 | 06 16 | 06 50 | 07 00 | 07 03 | 07 13 | | 07 50 | 08 03 | 08 17 | 09 00 | 09 03 | 09 17 | 09 47 | 10 05 | 10 17 | | 11 00 | 11 03 | 11 17 | 11 46 | |
| Cambuslang | 225 | d | 00 15 | | 06 25 | | | | 07 23 | | | | | | | | | | | | | | | | |
| Uddingston | 225 | d | 00 20 | | 06 30 | | | | 07 30 | | | | | | | | | | | | | | | | |
| Bellshill | 225 | d | 00 25 | | 06 35 | | | | 07 34 | | | | | | | | | | | | | | | | |
| Motherwell | 225 | a | | 06 06 | 06 17 | | 07 04 | | 07 21 | | 08 04 | | | 09 14 | | | 10 03 | | | | 11 15 | | | 12 01 | |
| Wishaw | 225 | d | | | | | 07 06 | | 07 21 | | 08 05 | | | 09 15 | | | 10 04 | | | | 11 16 | | | 12 02 | |
| Carluke | 225 | d | | | | | | | 07 33 | | | | | | | | 10 09 | | | | | | | 12 07 | |
| Carstairs | 225 | d | | | | | | | 07 39 | | | | | | | | 10 21 | | | | | | | 12 13 | |
| Holytown | d | | 00 29 | 06 09 | 06 39 | | | | 07 39 | | | | | 08 40 | | | 09 38 | | | | | | | 11 39 | |
| Carfin | d | | 00 31 | 06 11 | 06 41 | | | | 07 41 | | | | | 08 42 | | | 09 41 | | | | | | | 11 41 | |
| Cleland | d | | 00 35 | 06 15 | 06 45 | | | | 07 45 | | | | | 08 46 | | | 09 45 | | | | | | | 11 45 | |
| Hartwood | d | | 00 41 | 06 21 | 06 51 | | | | 07 51 | | | | | 08 52 | | | 09 51 | | | | | | | 11 50 | |
| Shotts | d | | 00 44 | 06 25 | 06 55 | | 07 28 | | 07 55 | | | 08 32 | 08 56 | 09 32 | 09 56 | | 10 32 | 10 54 | | | | 11 31 | 11 54 | 12 00 | |
| Fauldhouse | d | | 00 50 | 06 31 | 07 01 | | | | 08 01 | | | | | 09 02 | | | 10 02 | 11 00 | | | | | | 12 05 | |
| Breich | d | | | | | | | | 08 04 | | | | | | | | | | | | | | | 12 06 | |
| Addiewell | d | | 00 56 | 06 37 | 07 07 | | | | 08 08 | | | | | 09 08 | | | 10 08 | | | | | | | 12 06 | |
| West Calder | d | | 00 59 | 06 40 | 07 10 | | 07 40 | | 08 12 | | | 08 44 | 09 12 | 09 43 | 10 11 | | 10 44 | 11 10 | | | | 11 43 | 12 11 | 12 13 | |
| Livingston South | d | 00 03 | 01 04 | 06 44 | 07 15 | | 07 44 | | 08 17 | | | 08 49 | 09 17 | 09 48 | 10 16 | | 10 48 | 11 15 | | | | 11 48 | 12 16 | 12 22 | |
| Kirknewton | d | 00 09 | 06 50 | 07 22 | 07 49 | 08 05 | 08 22 | | 09 22 | | | | | 09 22 | 10 21 | | 11 20 | | | | | | | 12 20 | |
| Curriehill | d | 00 15 | 06 56 | 07 28 | 07 55 | 08 10 | 08 28 | | 09 28 | | | | | 09 28 | 10 27 | | 11 26 | | | | | | | 12 26 | |
| Wester Hailes | d | 00 19 | 07 00 | 07 31 | 08 13 | 08 31 | | | 09 31 | | | | | 09 31 | 10 31 | | 11 30 | | | | | | | 12 30 | |
| Kingsknowe | d | 00 21 | 07 02 | 07 34 | 08 15 | 08 34 | | | 09 34 | | | | | 09 34 | 10 33 | | 11 33 | | | | | | | 12 33 | |
| Slateford | d | 00 24 | 07 05 | 07 37 | 08 18 | 08 36 | | | 09 36 | | | | | 09 36 | 10 36 | | 11 35 | | | | | | | 12 35 | |
| Haymarket | 230,238,242 | a | 00 30 | 01 18 | 07 12 | 06 57 | 07 43 | 07 48 | 08 05 | 08 22 | 08 43 | | 08 51 | 09 05 | 09 43 | 09 57 | 10 05 | 10 42 | 11 12 | 11 05 | 11 42 | | 11 54 | 12 05 | 12 42 |
| Edinburgh 10 | 230,238,242 | a | 00 34 | 01 23 | 07 17 | 07 01 | 07 47 | 07 52 | 08 11 | 08 28 | 08 49 | | 08 57 | 09 09 | 09 48 | 10 01 | 10 10 | 10 48 | 11 17 | 11 11 | 11 47 | | 11 59 | 12 11 | 12 48 |

| | SR | SR | XC | SR | SR | | SR | SR | SR | XC | SR | SR | SR | SR | SR | | XC | SR | SR | SR | SR | XC | SR | SR | |
|---------------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | B | | | F | | | G | | | H | | | I | | | I | | | I | | | I | | | |
| Glasgow Central 155 | 225 | d | 12 03 | 12 17 | 13 00 | 13 03 | 13 17 | | 14 03 | 14 05 | 14 17 | 15 00 | 15 03 | 15 16 | 15 47 | 16 03 | 16 17 | | 17 00 | 17 03 | 17 17 | 18 03 | 18 16 | 19 00 | 19 05 |
| Cambuslang | 225 | d | | | | | | | | | | | | | | | | | | | | | | | |
| Uddingston | 225 | d | | 12 29 | | 13 29 | | | | 14 29 | | | | 15 29 | | | 16 29 | | | | 17 29 | 18 30 | | | 19 29 |
| Bellshill | 225 | d | 12 19 | 12 33 | 13 19 | 13 34 | | 14 19 | | 14 33 | | 15 19 | 15 34 | | 16 20 | 16 34 | | | | 17 18 | 17 34 | 18 19 | 18 34 | 19 21 | 19 33 |
| Motherwell | 225 | a | | 13 15 | | | | 14 26 | | 15 15 | | | | 16 01 | | | 17 15 | | | | | | 19 15 | | |
| Wishaw | 225 | d | | 13 16 | | | | 14 27 | | 15 16 | | | | 16 02 | | | 17 16 | | | | | | 19 16 | | |
| Carluke | 225 | d | | | | | | 14 32 | | | | | | 16 08 | | | | | | | | | | | |
| Carstairs | 225 | d | | | | | | 14 38 | | | | | | 16 23 | | | | | | | | | | | |
| Holytown | d | | 12 38 | | 13 38 | | | 14 38 | | | 15 38 | | | 16 38 | | | 17 40 | | | | 18 38 | | | | 19 41 |
| Carfin | d | | 12 41 | | 13 41 | | | 14 40 | | | 15 41 | | | 16 41 | | | 17 43 | | | | 18 41 | | | | 19 43 |
| Cleland | d | | 12 45 | | 13 45 | | | 14 45 | | | 15 45 | | | 16 45 | | | 17 47 | | | | 18 45 | | | | 19 47 |
| Hartwood | d | | 12 50 | | 13 50 | | | 14 50 | | | 15 50 | | | 16 51 | | | 17 53 | | | | 18 51 | | | | 19 53 |
| Shotts | d | 12 32 | 12 54 | 13 31 | 13 54 | | 14 31 | 14 54 | 15 32 | 15 54 | 16 33 | 16 55 | | 17 32 | 17 57 | 18 32 | 18 55 | | 19 34 | 19 57 | | | | 20 03 | |
| Fauldhouse | d | | 13 00 | | 14 00 | | | 15 00 | | | 16 01 | | | 17 01 | | | 18 03 | | | | 19 01 | | | | 20 03 |
| Breich | d | | | | | | | | | | | | | | | | | | | | | | | | |
| Addiewell | d | | 13 06 | | 14 06 | | | 15 06 | | | 16 08 | | | 17 07 | | | 18 09 | | | | 19 07 | | | | 20 09 |
| West Calder | d | 12 44 | 13 10 | 13 43 | 14 10 | | 14 43 | 15 10 | 15 44 | 16 11 | 16 46 | 17 10 | | 17 45 | 18 12 | 18 44 | 19 10 | | | 19 46 | 20 12 | | | 20 12 | |
| Livingston South | d | 12 48 | 13 15 | 13 48 | 14 15 | | 14 48 | 15 15 | 15 48 | 16 16 | 16 51 | 17 15 | | 17 50 | 18 17 | 18 49 | 19 15 | | | 19 51 | 20 17 | | | 20 17 | |
| Kirknewton | d | | 13 20 | | 14 20 | | | 15 20 | | | 16 22 | | | 17 22 | | | 18 22 | | | | 19 23 | | | | 20 22 |
| Curriehill | d | | 13 26 | | 14 26 | | | 15 26 | | | 16 28 | | | 17 28 | | | 18 28 | | | | 19 29 | | | | 20 28 |
| Wester Hailes | d | | 13 30 | | 14 30 | | | 15 30 | | | 16 32 | | | 17 31 | | | 18 31 | | | | 19 32 | | | | 20 32 |
| Kingsknowe | d | | 13 33 | | 14 33 | | | 15 33 | | | 16 35 | | | 17 34 | | | 18 34 | | | | 19 35 | | | | 20 34 |
| Slateford | d | | 13 35 | | 14 35 | | | 15 35 | | | 16 37 | | | 17 36 | | | 18 36 | | | | 19 37 | | | | 20 37 |
| Haymarket | 230,238,242 | a | 13 04 | 13 42 | 14 04 | 14 42 | | 15 04 | 15 19 | 15 43 | 15 56 | 16 05 | 16 47 | 17 05 | 17 09 | 17 42 | 17 54 | 18 12 | 18 48 | 19 05 | 19 43 | 19 54 | 20 06 | 20 43 | |
| Edinburgh 10 | 230,238,242 | a | 13 10 | 13 48 | 13 57 | 14 10 | 14 47 | | 15 10 | 15 24 | 15 48 | 16 00 | 16 11 | 16 52 | 17 10 | 17 14 | 17 47 | 17 59 | 18 17 | 18 53 | 19 11 | 19 48 | 19 58 | 20 12 | |

| | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR | SR |
|---------------------|-----|----|-------|----|-------|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | F | | | F | | | F | | | F | | | F | | | F | | | F | | | F | | |
| Glasgow Central 155 | 225 | d | 19 48 | | 21 16 | 23 03 | | | | | | | | | | | | | | | | | | |
| Cambuslang | 225 | d | | | 21 23 | 23 12 | | | | | | | | | | | | | | | | | | |
| Uddingston | 225 | d | | | 21 28 | 23 17 | | | | | | | | | | | | | | | | | | |
| Bellshill | 225 | d | | | 21 33 | 23 22 | | | | | | | | | | | | | | | | | | |
| Motherwell | 225 | a | 20 04 | | | | | | | | | | | | | | | | | | | | | |
| Wishaw | 225 | d | 20 06 | | | | | | | | | | | | | | | | | | | | | |
| Carluke | 225 | d | 20 12 | | | | | | | | | | | | | | | | | | | | | |
| Carstairs | 225 | d | 20 18 | | | | | | | | | | | | | | | | | | | | | |
| Holytown | d | | 20 27 | | | | | | | | | | | | | | | | | | | | | |

