

Table T129-F

Mondays to Fridays

22 May to 8 December

Shrewsbury - Swansea

Miles		AW ◇	AW ◇	AW ◇	AW ◇	AW ◇	AW ◇													
0	Shrewsbury	d	04 45			05 56	10 09	14 05	18 24											
12½	Church Stretton	d	05 03			06 14	10 27	14 23	18 42											
20	Craven Arms	d	05 14			06 24	10 37	14 34	18 54											
22½	Broome	d				06x30	10x43	14x40	19x00											
25	Hopton Heath	d				06x34	10x47	14x44	19x04											
28	Bucknell	d				06x39	10x52	14x49	19x09											
32½	Knighton	a	05 33			06 46	10 59	14 55	19 15											
—		d	05 36			06 56	11 01	14 58	19 18											
34½	Knucklas	d				07x02	11x07	15x03	19x23											
38½	Llangynllo	d				07x10	11x15	15x11	19x31											
41½	Llanbister Road	d				07x15	11x20	15x16	19x36											
45½	Dolau	d				07x21	11x26	15x22	19x42											
48½	Pen-y-bont	d				07x25	11x30	15x27	19x47											
51½	Llandrindod	a	06 10			07 34	11 39	15 36	19 56											
—		d				07 35	12 00	15 41	19 56											
57½	Builth Road	d				07x44	12x09	15x50	20x06											
59½	Cilmeri	d				07x48	12x13	15x54	20x09											
63	Garth (Powys)	d				07x53	12x18	15x59	20x15											
64½	Llangamarch	d				07x57	12x22	16x03	20x19											
68	Llanwrtyd	a				08 03	12 28	16 09	20 25											
—		d				08 09	12 31	16 23	20 30											
70½	Sugar Loaf	d				08x15	12x37	16x29	20x37											
74½	Cynghordy	d				08x22	12x44	16x36	20x44											
79½	Llandoverly	a				08 32	12 54	16 46	20 53											
—		d		06 42		08 34	12 56	16 48	20 56											
83½	Llanwrda	d		06x48		08x40	13x02	16x54	21x02											
85	Llangadog	d		06x52		08x44	13x06	16x58	21x06											
90½	Llandeilo	a		07 01		08 53	13 15	17 07	21 15											
—		d		07 03		08 56	13 18	17 10	21 17											
91½	Ffairfach	d		07 06		08 58	13 20	17 12	21 20											
95½	Llandybie	d		07x13		09x06	13x28	17x20	21x27											
97½	Ammanford	d		07x18		09x10	13x32	17x24	21x32											
98½	Pantyyffynnon	d		07 21		09 13	13 35	17 27	21 35											
103½	Pontarddulais	d		07x28		09x20	13x42	17x34	21x42											
105½	Llangennech	d		07x32		09x25	13x47	17x39	21x46											
107½	Bynea	d		07x36		09x28	13x50	17x42	21x50											
110½	Llanelli	a		07 41		09 33	13 58	17 47	21 55											
116	Gowerton	a		07 54		09 46	14 11	17 59	22 08											
121½	Swansea	a		08 08		10 02	14 25	18 14	22 22											

Saturdays

27 May to 9 December

	AW ◇	AW ◇	AW ◇	AW ◇	AW ◇															
		⌘	A	B																
Shrewsbury	d	05 16	09 00	13 58	13 58	18 01														
Church Stretton	d	05 33	09 18	14 16	14 16	18 21														
Craven Arms	d	05 47	09 28	14 26	14 26	18 32														
Broome	d	05x52	09x34	14x37	14x37	18x38														
Hopton Heath	d	05x56	09x38	14x41	14x41	18x42														
Bucknell	d	06x00	09x43	14x46	14x46	18x47														
Knighton	a	06 07	09 50	14 53	14 53	18 53														
—	d	06 12	09 52	14 55	14 55	18 56														
Knucklas	d	06x17	09x58	15x01	15x01	19x01														
Llangynllo	d	06x25	10x06	15x09	15x09	19x09														
Llanbister Road	d	06x30	10x11	15x14	15x14	19x14														
Dolau	d	06x35	10x17	15x20	15x20	19x20														
Pen-y-bont	d	06x39	10x21	15x24	15x24	19x25														
Llandrindod	a	06 46	10 30	15 33	15 33	19 34														
—	d	06 54	10 33	15 40	15 40	19 34														
Builth Road	d	07x03	10x40	15x49	15x49	19x44														
Cilmeri	d	07x06	10x44	15x53	15x53	19x47														
Garth (Powys)	d	07x11	10x49	15x58	15x58	19x53														
Llangamarch	d	07x14	10x53	16x02	16x02	19x57														
Llanwrtyd	a	07 20	10 59	16 08	16 08	20 03														
—	d	07 23	11 07	16 11	16 11	20 08														
Sugar Loaf	d	07x29	11x13	16x17	16x17	20x15														
Cynghordy	d	07x35	11x20	16x24	16x24	20x22														
Llandoverly	a	07 45	11 30	16 34	16 34	20 31														
—	d	07 47	11 32	16 36	16 36	20 34														
Llanwrda	d	07x53	11x38	16x42	16x42	20x40														
Llangadog	d	07x56	11x42	16x46	16x46	20x44														
Llandeilo	a	08 05	11 51	16 55	16 55	20 53														
—	d	08 08	11 54	16 58	16 58	20 55														
Ffairfach	d	08 10	11 56	17 00	17 00	20 58														
Llandybie	d	08x18	12x04	17x08	17x08	21x05														
Ammanford	d	08x22	12x08	17x12	17x12	21x10														
Pantyyffynnon	d	08 25	12 11	17 15	17 15	21 13														
Pontarddulais	d	08x32	12x18	17x22	17x22	21x20														
Llangennech	d	08x37	12x23	17x27	17x27	21x24														
Bynea	d	08x40	12x26	17x30	17x30	21x28														
Llanelli	a	08 48	12 35	17 35	17 35	21 33														
Gowerton	a	09 04		17 47	17 47	21 46														
Swansea	a	09 22	13 01	18 07	18 09	22 06														

A from 28 October

B until 21 October

When events are being held at the Principality Stadium, services are subject to alteration. Please check times before travelling.

Table T129-F

Sundays

21 May to 3 December

Shrewsbury - Swansea

	AW ◇	AW ◇ A	AW ◇ B																	
Shrewsbury	d 12 04	16 18	16 18																	
Church Stretton	d 12 22	16 36	16 36																	
Craven Arms	d 12 33	16 47	16 47																	
Broome	d 12x39	16x53	16x53																	
Hopton Heath	d 12x43	16x57	16x57																	
Bucknell	d 12x48	17x02	17x02																	
Knighton	a 12 55	17 08	17 08																	
	d 12 57	17 11	17 11																	
Knucklas	d 13x03	17x16	17x16																	
Llangynllo	d 13x11	17x24	17x24																	
Llanbister Road	d 13x16	17x29	17x29																	
Dolau	d 13x22	17x35	17x35																	
Pen-y-bont	d 13x26	17x40	17x40																	
Llandrindod	a 13 35	17 49	17 49																	
	d 13 41	17 58	18 03																	
Builth Road	d 13x50	18x08	18x13																	
Cilmeri	d 13x54	18x11	18x16																	
Garth (Powys)	d 13x59	18x17	18x22																	
Llangammarch	d 14x03	18x21	18x26																	
Llanwrtyd	a 14 09	18 27	18 32																	
	d 14 12	18 29	18 34																	
Sugar Loaf	d 14x18	18x36	18x41																	
Cynghordy	d 14x25	18x43	18x48																	
Llandovery	a 14 35	18 52	18 57																	
	d 14 37	18 55	19 00																	
Llanwrda	d 14x43	19x01	19x06																	
Llangadog	d 14x47	19x05	19x10																	
Llandeilo	a 14 56	19 14	19 19																	
	d 14 59	19 16	19 21																	
Ffairfach	d 15 01	19 19	19 24																	
Llandybie	d 15x09	19x26	19x31																	
Ammanford	d 15x13	19x31	19x36																	
Pantyyfynnon	d 15 16	19 34	19 39																	
Pontarddulais	d 15x23	19x41	19x46																	
Llangennech	d 15x28	19x45	19x50																	
Bynea	d 15x31	19x49	19x54																	
Llanelli	a 15 37	19 54	19 59																	
Gowerton	a 15 50	20 06	20 11																	
Swansea	a 16 03	20 20	20 25																	

A until 10 September

B from 17 September

When events are being held at the Principality Stadium, services are subject to alteration. Please check times before travelling.

Table T129-R

Mondays to Fridays

22 May to 8 December

Swansea - Shrewsbury

Miles		AW	AW	AW	AW	AW	AW	AW	AW											
		◇	◇	◇	◇	◇	◇	◇	◇											
0	Swansea	d			06 04	09 33	14 35	18 21												
5½	Gowerton	d			06 15	09 44		18 32												
11¼	Llanelli	d	05 20		06 25	09 54	14 53	18 42												
14	Bynea	d	05x23		06x28	09x57	14x56	18x45												
16	Llangennech	d	05x27		06x32	10x01	15x00	18x49												
18½	Pontarddulais	d	05x31		06x37	10x05	15x05	18x53												
23	Pantyyffynnon	d	05 39		06 44	10 13	15 12	19 01												
24¼	Ammanford	d	05 42		06 47	10 16	15 15	19 04												
26	Llandybie	d	05 46		06 52	10 20	15 20	19 08												
30	Ffairfach	d	05x54		06x59	10x28	15x27	19x16												
30¾	Llandeilo	a	05 56		07 02	10 30	15 30	19 18												
—		d	05 59		07 06	10 33	15 32	19 21												
36½	Llangadog	d	06 08		07 16	10 42	15 42	19 30												
38½	Llanwrda	d	06 12		07 19	10 46	15 45	19 34												
42	Llandovery	a	06 23		07 26	10 52	15 52	19 40												
—		d			07 28	10 55	15 54	19 43												
46½	Cynghordy	d			07x37	11x03	16x03	19x51												
49½	Sugar Loaf	d			07x45	11x12	16x11	20x00												
53½	Llanwrtyd	a			07 51	11 18	16 17	20 06												
—		d			08 08	11 20	16 24	20 31												
56½	Llangammarch	d			08x14	11x26	16x30	20x37												
58½	Garth (Powys)	d			08x18	11x30	16x34	20x41												
62	Cilmeri	d			08x23	11x36	16x39	20x47												
64	Builth Road	d			08x27	11x39	16x43	20x50												
69½	Llandrindod	d			08 38	11 51	16 54	21 02												
—		a		06 18	08 45	12 01	16 59	21 19												
73½	Pen-y-bont	d		06x25	08x52	12x09	17x06	21x27												
76¼	Dolau	d		06 30	08 57	12 14	17 11	21 32												
79½	Llanbister Road	d		06x36	09x03	12x20	17x17	21x38												
82½	Llangynllo	d		06x42	09x09	12x25	17x23	21x43												
86½	Knucklas	d		06x48	09x15	12x32	17x29	21x50												
89½	Knighton	a		06 54	09 21	12 37	17 35	21 55												
—		d		07 03	09 23	12 40	17 37	21 58												
93½	Bucknell	d		07 09	09 29	12 46	17 43	22 04												
96½	Hopton Heath	d		07x14	09x34	12x50	17x48	22x08												
99	Broome	d		07x18	09x38	12x55	17x52	22x13												
101½	Craven Arms	a		07 27	09 46	13 02	17 59	22 20												
108½	Church Stretton	a		07 42	09 58	13 17	18 12	22 35												
121½	Shrewsbury	a		07 57	10 14	13 32	18 28	22 54												

Saturdays

27 May to 9 December

	AW	AW	AW	AW																
	◇	◇	◇	◇																
Swansea	d	04 31	09 15	13 12	18 17															
Gowerton	d	04 42	09 26	13 23	18 28															
Llanelli	d	04 50	09 34	13 32	18 40															
Bynea	d	04x55	09x39	13x37	18x44															
Llangennech	d	04x58	09x43	13x41	18x48															
Pontarddulais	d	05x02	09x47	13x46	18x52															
Pantyyffynnon	d	05 10	09 55	13 53	18 59															
Ammanford	d	05 13	09 58	13 56	19 02															
Llandybie	d	05 17	10 02	14 01	19 07															
Ffairfach	d	05x24	10x10	14x08	19x14															
Llandeilo	a	05 27	10 12	14 11	19 16															
—	d	05 29	10 15	14 13	19 19															
Llangadog	d	05 39	10 24	14 23	19 28															
Llanwrda	d	05 42	10 28	14 26	19 32															
Llandovery	a	05 49	10 34	14 33	19 38															
—	d	05 51	10 37	14 35	19 41															
Cynghordy	d	05x59	10x45	14x44	19x49															
Sugar Loaf	d	06x07	10x54	14x52	19x57															
Llanwrtyd	a	06 13	11 00	14 58	20 03															
—	d	06 16	11 05	15 01	20 08															
Llangammarch	d	06x21	11x11	15x07	20x14															
Garth (Powys)	d	06x25	11x15	15x11	20x18															
Cilmeri	d	06x30	11x21	15x16	20x23															
Builth Road	d	06x33	11x24	15x20	20x26															
Llandrindod	a	06 44	11 36	15 31	20 37															
—	d	06 55	11 40	15 42	20 42															
Pen-y-bont	d	07x02	11x48	15x50	20x49															
Dolau	d	07x07	11 53	15 55	20 54															
Llanbister Road	d	07x13	11x59	16x01	20x59															
Llangynllo	d	07x18	12x05	16x06	21x04															
Knucklas	d	07x24	12x11	16x13	21x10															
Knighton	a	07 29	12 16	16 18	21 16															
—	d	07 32	12 18	16 21	21 18															
Bucknell	d	07 38	12 24	16 27	21 24															
Hopton Heath	d	07x42	12x28	16x31	21x28															
Broome	d	07x46	12x32	16x36	21x32															
Craven Arms	a	07 53	12 40	16 42	21 39															
Church Stretton	a	08 06	12 53	16 55	21 52															
Shrewsbury	a	08 22	13 09	17 11	22 08															

When events are being held at the Principality Stadium, services are subject to alteration. Please check times before travelling.

Table T129-R

Sundays

21 May to 3 December

Swansea - Shrewsbury

	AW ◇	AW ◇ A	AW ◇ B	AW ◇ C																
Swansea	d 11 12	15 26	15 29	15 33																
Gowerton	d 11 20	15 36	15 39	15 43																
Llanelli	d 11 32	15 49	15 49	15 53																
Bynea	d 11x37	15x54	15x54	15x58																
Llangennech	d 11x41	15x58	15x58	16x02																
Pontarddulais	d 11x45	16x02	16x05	16x10																
Pantyyfynnon	d 11 53	16 09	16 12	16 17																
Ammanford	d 11 56	16 12	16 15	16 20																
Llandybie	d 12 00	16 17	16 20	16 25																
Ffairfach	d 12x08	16x24	16x27	16x32																
Llandeilo	a 12 10	16 27	16 30	16 35																
	d 12 13	16 32	16 32	16 37																
Llangadog	d 12 22	16 42	16 42	16 47																
Llanwrda	d 12 26	16 45	16 45	16 50																
Llandovery	a 12 32	16 52	16 52	16 57																
	d 12 35	16 54	16 54	16 59																
Cynghordy	d 12x43	17x03	17x03	17x08																
Sugar Loaf	d 12x52	17x11	17x11	17x16																
Llanwrtyd	a 12 58	17 17	17 17	17 22																
	d 13 00	17 20	17 20	17 25																
Llangammarch	d 13x06	17x26	17x26	17x31																
Garth (Powys)	d 13x10	17x30	17x30	17x35																
Cilmeri	d 13x16	17x35	17x35	17x40																
Builth Road	d 13x19	17x39	17x39	17x44																
Llandrindod	a 13 31	17 50	17 50	17 55																
	d 13 43	18 01	18 01	18 01																
Pen-y-bont	d 13x51	18x09	18x09	18x09																
Dolau	d 13 56	18 14	18 14	18 14																
Llanbister Road	d 14x02	18x20	18x20	18x20																
Llangynllo	d 14x07	18x25	18x25	18x25																
Knucklas	d 14x14	18x32	18x32	18x32																
Knighton	a 14 19	18 37	18 37	18 37																
	d 14 22	18 40	18 40	18 40																
Bucknell	d 14 28	18 46	18 46	18 46																
Hopton Heath	d 14x32	18x50	18x50	18x50																
Broome	d 14x37	18x55	18x55	18x55																
Craven Arms	a 14 44	19 02	19 02	19 02																
Church Stretton	a 14 57	19 17	19 17	19 17																
Shrewsbury	a 15 12	19 33	19 33	19 33																

A from 29 October

B until 10 September

C from 17 September until 22 October

When events are being held at the Principality Stadium, services are subject to alteration. Please check times before travelling.