

Table T224-F

Mondays to Fridays

22 May to 8 December

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

Miles	Miles		SR	SR	SR	SR	SR	SR	XC	SR	TP		SR	XC	SR	SR	SR	SR	XC	SR	SR		SR	SR	
			A	A	A	A			◇		◇			◇	D				◇						
			≡	≡	≡				≡		≡			≡					≡						
0	0	Edinburgh 100	230,238,242	d					05 52	06 24	06 36			06 55	07 27	07 40	07 57	08 25	08 57	09 18	09 25	09 56		10 19	10 27
1 1/4	1 1/4	Haymarket	230,238,242	d					05 56	06 41				07 00	07 31	07 46	08 01	08 30	09 01	09 24	09 29	10 01		10 24	10 31
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 39					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			00 01		06 17					07 21				08 52		09 52					10 53
14	—	Livingston South		d			00 16		06 23		06 56			07 26			08 20	08 58	09 17		09 58	10 16			10 59
16 1/4	—	West Calder		d			00 32		06 28		07 01			07 31			08 26	09 03	09 22		10 03	10 21			11 05
18 1/2	—	Addiewell		d			00 39		06 32					07 34				09 06			10 06				11 08
21	—	Breich		d																					
23 1/4	—	Fauldhouse		d			00 54		06 39					07 41				09 13			10 13				11 15
26 1/4	—	Shotts		d			00s29	01s03	06 45		07 14			07 46			08 39	09 19	09 35		10 19	10 35			11 21
28 1/4	—	Hartwood		d			01s11		06 48					07 49				09 22			10 22				11 24
31 1/4	—	Cleland		d			01s19		06 53					07 54				09 27			10 27				11 29
33 1/4	—	Carfin		d			01s25		06 57					07 58				09 30			10 30				11 32
34 1/4	—	Holytown		d			01s33		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 27
—	44 1/2	Motherwell	225	a			00 21	06 15	07 04	08 00				08 12	08 33					10 02					11 33
—	—			d				06 16	07 05	08 01				08 13	08 34					10 03					11 34
36	—	Bellshill	225	d		00 15	01s00	01s44	06 22	07 07	07 27			08 08	08 13	08 34		08 50	09 37	09 47		10 36	10 50		11 38
38 1/4	—	Uddingston	225	d		00 31		02s00	06 26	07 13				08 13	08 39			09 41			10 41				11 42
42	—	Cambuslang	225	d				02s16	06 31	07 18															
47 1/4	57 1/4	Glasgow Central 105	225	a		00 55	01 31	02 32	06 40	07 29	07 21	07 51	08 19	08 27	08 29	08 55	09 10	09 55	10 10	10 25	10 57	11 10			11 52

	SR	XC	SR	SR	SR	SR	SR	SR	XC	SR	SR	SR	SR	SR	XC	SR	SR	SR	SR	SR	SR	SR	SR	XC	SR
		◇							◇						◇									◇	
		F		G					H		G				I	J	K							L	
Edinburgh 100	10 56	11 11	11 26	11 53	11 57	12 27	12 57		13 12	13 27	13 52	13 56	14 27	14 57	15 12	15 26	15 26		15 49	15 55	16 26	16 57	17 12	17 21	
Haymarket	11 00	11 16	11 31	11 58	12 01	12 31	13 01		13 16	13 31	13 57	14 01	14 32	15 01	15 17	15 30	15 30		15 54	16 01	16 31	17 01	17 17	17 27	
Slateford			11 35			12 35			13 35				14 36			15 35	15 35				16 35			17 31	
Kingsknowe			11 39			12 39			13 39				14 39			15 39	15 39				16 38			17 35	
Wester Hailes			11 41			12 41			13 41				14 42			15 41	15 41				16 41			17 38	
Curriehill			11 45			12 45			13 45				14 45			15 45	15 45				16 44			17 41	
Kirknewton			11 52			12 52			13 52				14 53			15 52	15 52				16 52			17 49	
Livingston South	11 16		11 57		12 19	12 58	13 17		13 58		14 16	14 58	15 16			15 58	15 58			16 15	16 57	17 16		17 54	
West Calder	11 21		12 02		12 24	13 03	13 22		14 03		14 21	15 03	15 21			16 03	16 03			16 20	17 02	17 21		17 59	
Addiewell			12 06			13 06			14 06				15 06			16 06	16 06				17 06			18 03	
Breich													15 13												
Fauldhouse			12 13			13 13			14 13				15 13			16 13	16 13				17 13			18 10	
Shotts	11 34		12 18		12 37	13 19	13 35		14 19		14 34	15 19	15 34			16 19	16 19			16 33	17 18	17 33		18 15	
Hartwood			12 21			13 22			14 22				15 22			16 22	16 22				17 21			18 18	
Cleland			12 26			13 27			14 27				15 27			16 27	16 27				17 26			18 23	
Carfin			12 30			13 30			14 30				15 30			16 30	16 30				17 29			18 26	
Holytown			12 33			13 34			14 32				15 32			16 32	16 32				17 31			18 29	
Carstairs					12 47						14 32										16 19				
Carluk	225				12 56						14 41										16 27				
Wishaw	225				13 03						14 52														
Motherwell	225	a			13 09				13 53		15 04					15 52					16 35			17 52	
		d			11 52				13 54		15 04					15 53					16 37			17 53	
Bellshill	225	d	11 48		12 37		12 49	13 39	13 48		14 37		14 47	15 37	15 47		16 37	16 37		16 45	17 35	17 45		18 34	
Uddingston	225	d			12 41			13 43			14 41			15 41			16 41	16 41			17 39			18 38	
Cambuslang	225	d																			17 44				
Glasgow Central 105	225	a	12 10	12 12	12 55	13 24	13 10	13 57	14 10		14 12	14 57	15 24	15 09	15 55	16 10	16 12	16 55	16 56		16 57	17 10	17 56	18 09	18 11

- A From Edinburgh
- B From Manchester Piccadilly
- C From Dunbar
- D From North Berwick
- E From Newcastle
- F From Birmingham New Street
- G To Ayr
- H From Bath Spa
- I From Plymouth
- J until 25 August
- K from 28 August
- L From Penzance

Table T224-F

Mondays to Fridays

22 May to 8 December

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

	SR		SR	SR	SR	SR	SR	XC	SR	GR	XC		TP	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR
	A					B		C		D	E		F					G	G		H					H	
Edinburgh 10	230,238,242	d	17 40	17 50	17 56	18 26	18 57	19 11	19 27	20 17	21 14			21 26	21 26	21 26	22 56	22 56	22 56	22 57	23 13						
Haymarket	230,238,242	d	17 46	17 54	18 01	18 31	19 01	19 16	19 31	20 22	21 19			21 31	21 47	21 47	23 17	23 17	23 01	23 17	23 17	23 17				23 17	
Slateford		d			18 06	18 34			19 36					21 35		21 53			23 05		23 21					23 23	
Kingsknowe		d			18 10	18 37			19 40					21 39		21 58			23 08		23 24					23 28	
Wester Hailes		d		18 00	18 13	18 40			19 42					21 41		22 06			23 11		23 26					23 36	
Curriehill		d		18 04		18 43			19 46					21 45		22 16			23 15		23 29					23 46	
Kirknewton		d		18 11		18 50			19 54					21 52		22 30			23 22		23 36					00 01	
Livingston South		d		18 16	18 25		19 17		19 59					21 58	22 18	22 46			23 27	23 48						00 16	
West Calder		d		18 21	18 30		19 22		20 04					22 03	22 34	23 02			23 32	00 04						00 32	
Addiewell		d			18 33				20 07					22 06		23 09			23 36							00 39	
Breich		d			18 38																						
Fauldhouse		d			18 42				20 14					22 13		23 24			23 43							00 54	
Shotts		d		18 34	18 47		19 35		20 20					22 19	23 00	23 34			23 48	00s29						01s03	
Hartwood		d			18 50				20 23					22 22		23 42			23 51							01s11	
Cleland		d			18 55				20 28					22 27		23 50			23 56							01s19	
Carfin		d			18 59				20 31					22 30		23 56			23 59							01s25	
Holytown		d			19 01				20 33					22 32		00 04			00 02							01s33	
Carstairs		d	18 11			18 41	19 13																		23 57		
Carluke	225	d	18 22			18 49	19 22																		00 07		
Wishaw	225	d	18 28			19 01	19 27																		00 15		
Motherwell	225	a	18 34			19 08	19 33		19 53		21 03	22 07													00 21		
Bellshill	225	d		18 46	19 05		19 47		20 37		21 04	22 09		22 23												01s44	
Uddingston	225	d			19 09				20 42					22 41		00 31			00 09							02s00	
Cambuslang	225	d		18 53	19 15														00 15							02s16	
Glasgow Central 10	225	a	18 56	19 04	19 26	19 54	20 09	20 15	20 57	21 25	22 24		22 43	22 55	00 01	00 55			00 26	01 31						02 32	

Saturdays

27 May to 9 December

	SR	SR	SR	SR	XC	SR	SR	XC	SR		SR	SR	SR	XC	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR
	H	H							B					I							J				A		
Edinburgh 10	230,238,242	d		05 52	06 27	06 41	06 55	07 27	07 54		07 57	08 25	08 57	09 14	09 25	09 56	10 21	10 27	10 55		11 13	11 25	11 53	11 57			
Haymarket	230,238,242	d		05 56	06 46	07 00	07 31	07 58		08 01	08 30	09 01	09 20	09 31	10 01	10 25	10 32	11 00		11 17	11 31	11 58	12 01				
Slateford		d		06 00		07 04					08 35		09 20	09 35		10 36						11 35					
Kingsknowe		d		06 04		07 07					08 38		09 39	09 39		10 40						11 39					
Wester Hailes		d		06 06		07 10					08 41		09 41	09 41		10 42						11 41					
Curriehill		d		06 10		07 13					08 45		09 45	09 45		10 46						11 45					
Kirknewton		d		06 17		07 21					08 52		09 52	09 52		10 53						11 52					
Livingston South		d		06 23	07 01	07 26				08 20	08 58	09 17	09 58	10 16		10 59	11 16					11 57		12 19			
West Calder		d		06 28	07 06	07 31				08 26	09 03	09 22	10 03	10 21		11 05	11 21					12 02		12 24			
Addiewell		d		06 32		07 34					09 06		10 06			11 08						12 06					
Breich		d									09 13		10 13			11 15						12 13					
Fauldhouse		d		06 39		07 41					09 13		10 13			11 15						12 13					
Shotts		d		06 45	07 19	07 46				08 39	09 19	09 35	10 19	10 35		11 21	11 34					12 18		12 37			
Hartwood		d		06 48		07 49					09 22		10 22			11 24						12 21					
Cleland		d		06 53		07 54					09 27		10 27			11 29						12 26					
Carfin		d		06 57		07 58					09 30		10 30			11 32						12 30					
Holytown		d	00 02		06 59		08 00				09 32		10 32			11 34						12 33					
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 52			13 09		
Bellshill	225	d	00 06	06 16		07 05		08 13	09 00				09 55		11 34							11 53			13 09		
Uddingston	225	d	00 09	06 22	07 07		07 30	08 07			08 50	09 37	09 47	10 36	10 50		11 38	11 48				12 37		12 49			
Cambuslang	225	d	00 15	06 26	07 13			08 13			09 41		10 41			11 42						12 41					
Glasgow Central 10	225	a	00 26	06 40	07 29	07 22	07 51	08 27	08 29	09 23	09 10	09 55	10 10	10 15	10 57	11 10	11 54	11 56	12 09			12 12	12 55	13 25	13 10		

- A To Ayr
- B From North Berwick to Ayr
- C From Penzance
- D From London Kings Cross
- E From Plymouth
- F From Manchester Airport
- G To Glasgow Central
- H From Edinburgh
- I From Newcastle
- J From Birmingham New Street

Table T224-R

Saturdays

27 May to 9 December

Glasgow Central, Motherwell, Carstairs and Shotts - Edinburgh

	SR		SR	XC ◇ A	SR	SR	SR	SR	SR	XC ◇ C	SR		SR	SR	SR	SR	XC ◇ E	SR	SR	SR	SR		XC ◇	SR		
Glasgow Central 15	225	d	12 03		12 17	13 00	13 03	13 17	14 03	14 05	14 17	15 00	15 03		15 17	15 46	16 03	16 17	17 00	17 03	17 17	18 03	18 16		19 00	19 07
Cambuslang.....	225	d																								
Uddingston.....	225	d			12 29		13 29				14 29				15 29		16 29			17u29		18 30				
Bellshill.....	225	d	12 19		12 33		13 19	13 34			14 33		15 19		15 34		16 20	16 34		17 18	17 34	18 19	18 34			19 21
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.....		d								14 38						16 23										
Holytown.....		d			12 38			13 38			14 38				15 38			16 38			17 40		18 38			
Carfin.....		d			12 41			13 41			14 40				15 41			16 41			17 43		18 41			
Cleland.....		d			12 45			13 45			14 46				15 46			16 45			17 47		18 45			
Hartwood.....		d			12 51			13 51			14 51				15 51			16 51			17 53		18 51			
Shotts		d	12 32		12 55		13 31	13 55	14 31		14 55		15 32		15 55		16 33	16 55		17 32	17 57	18 32	18 55			19 34
Faulhouse.....		d			13 01			14 01			15 02				16 01			17 01			18 03		19 01			
Breich.....		d																								
Addiewell.....		d			13 07			14 07			15 08				16 08			17 07			18 09		19 07			
West Calder.....		d	12 44		13 10		13 43	14 10	14 43		15 11		15 44		16 11		16 46	17 10		17 45	18 12	18 44	19 10			19 46
Livingston South.....		d	12 49		13 15		13 48	14 15	14 48		15 16		15 49		16 15		16 51	17 15		17 50	18 17	18 49	19 15			19 51
Kirknewton.....		d			13 21			14 20			15 22				16 21			17 22			18 22		19 23			
Curriehill.....		d			13 27			14 26			15 28				16 27			17 28			18 28		19 29			
Wester Hailes.....		d			13 30			14 30			15 31				16 30			17 32			18 31		19 32			
Kingsknowe.....		d			13 33			14 33			15 34				16 33			17 34			18 34		19 35			
Slateford.....		d			13 37			14 35			15 36				16 36			17 37			18 36		19 37			
Haymarket.....	230,238,242	amb	13 06		13 43	13 54	14 05	14 43	15 06	15 20	15 43	15 56	16 05		16 42	17 05	17 09	17 43	17 54	18 12	18 49	19 05	19 43			19 54
Edinburgh 10	230,238,242	a	13 11		13 47	13 59	14 10	14 48	15 11	15 24	15 49	16 00	16 09		16 51	17 11	17 14	17 50	18 00	18 16	18 54	19 10	19 48			19 58

	SR	SR B	SR	SR																						
Glasgow Central 15	225	d	19 17	19 48	21 17	23 03																				
Cambuslang.....	225	d				23 12																				
Uddingston.....	225	d			21 29	23 17																				
Bellshill.....	225	d	19 33		21 34	23 22																				
Motherwell	225	a			20 03																					
Wishaw.....	225	d			20 06																					
Carluke.....	225	d			20 12																					
Carstairs.....		d			20 18																					
Holytown.....		d	19 41		21 40	23 26																				
Carfin.....		d	19 43		21 42	23 29																				
Cleland.....		d	19 47		21 46	23 33																				
Hartwood.....		d	19 53		21 52	23 38																				
Shotts		d	19 57		21 56	23 42																				
Faulhouse.....		d	20 03		22 02	23 48																				
Breich.....		d																								
Addiewell.....		d	20 09		22 08	23 54																				
West Calder.....		d	20 12		22 11	23 57																				
Livingston South.....		d	20 17		22 16	00 03																				
Kirknewton.....		d	20 22		22 21	00 09																				
Curriehill.....		d	20 28		22 27	00 15																				
Wester Hailes.....		d	20 32		22 31	00 19																				
Kingsknowe.....		d	20 34		22 33	00 21																				
Slateford.....		d	20 37		22 36	00 24																				
Haymarket.....	230,238,242	amb	20 44		20 53	22 42	00 30																			
Edinburgh 10	230,238,242	a	20 48		20 58	22 47	00 34																			

Sundays

21 May to 3 December

	SR	SR	SR	XC ◇ G	SR	XC ◇ A	SR	SR	XC ◇ A	SR	XC ◇ C	SR	SR	XC ◇ E	SR	SR	XC ◇ H	SR		SR	SR	XC ◇			
Glasgow Central 15	225	d	09 04		10 55	11 04	12 00		13 05	13 48		14 55	15 05		16 55	17 05		19 00	19 05				20 17	20 58	
Cambuslang.....	225	d																							
Uddingston.....	225	d	09 29		11 29				13 30			15 30			17 30					19 30			20 42		
Bellshill.....	225	d	09 44		11 44				13 45			15 45			17 45					19 45			20 57		
Motherwell	225	a			11 12		12 16		14 03			15 11			17 11					19 13				21 17	
Wishaw.....	225	d			11 13		12 17		14 04			15 12			17 12					19 15				21 18	
Carluke.....	225	d																							
Carstairs.....		d																							
Holytown.....		d	09 55		11 55		13 56					15 56			17 56					19 56			21 08		
Carfin.....		d	10 03		12 03		14 04					16 04			18 04					20 04			21 16		
Cleland.....		d	10 11		12 11		14 12					16 12			18 12					20 12			21 24		
Hartwood.....		d	10 21		12 21		14 22					16 22			18 22					20 22			21 34		
<																									