

Table T142-F

Mondays to Fridays

16 December to 15 May

Par - Newquay

Miles		GW	GW	GW	GW	GW	GW														
0	Par	d	09 21	12 13	14 15	16 15	18 23	20 28													
4%	Luxulyan	d	09x31	12x23	14x25	16x25	18x33	20x38													
6%	Bugle	d	09x37	12x29	14x31	16x31	18x39	20x44													
8%	Roche	d	09x42	12x34	14x36	16x36	18x44	20x49													
14%	St Columb Road	d	09x53	12x45	14x47	16x47	18x55	21x00													
18%	Quintrell Downs	d	10 01	12 53	14 55	16 55	19 03	21 08													
20%	Newquay	a	10 13	13 05	15 07	17 07	19 15	21 20													

Saturdays

21 December to 16 May

		GW	GW	GW	GW	GW	GW														
	Par	d	06 52	09 25	12 12	14 12	16 12	18 13	20 22												
	Luxulyan	d	07x02	09x35	12x22	14x22	16x22	18x23	20x32												
	Bugle	d	07x08	09x41	12x28	14x28	16x28	18x29	20x38												
	Roche	d	07x13	09x46	12x33	14x33	16x33	18x34	20x43												
	St Columb Road	d	07x24	09x57	12x44	14x44	16x44	18x45	20x54												
	Quintrell Downs	d	07 32	10 05	12 52	14 52	16 52	18 53	21 02												
	Newquay	a	07 45	10 18	13 05	15 05	17 05	19 06	21 15												

Sundays

15 December to 10 May

		GW	GW	GW																	
	Par	d	10 05	12 35	16 15																
	Luxulyan	d	10x16	12x46	16x26																
	Bugle	d	10x22	12x52	16x34																
	Roche	d	10x27	12x57	16x38																
	St Columb Road	d	10x38	13x08	16x50																
	Quintrell Downs	d	10 46	13 16	16 58																
	Newquay	a	10 57	13 27	17 08																

For connections at Par refer to Table T135

Table T142-R

Mondays to Fridays

16 December to 15 May

Newquay - Par

Miles		GW	GW	GW		GW	GW	GW												
		◇	◇	◇		◇														
0	Newquay	d	10 23	13 10	15 10		17 19	19 22	21 26											
2½	Quintrell Downs	d	10 29	13 16	15 16		17 25	19 28	21 32											
6½	St Columb Road	d	10x36	13x23	15x23		17x32	19x35	21x39											
12	Roche	d	10x47	13x34	15x34		17x43	19x46	21x50											
14½	Bugle	d	10x52	13x39	15x39		17x48	19x51	21x55											
16½	Luxulyan	d	10x59	13x46	15x46		17x55	19x58	22x02											
20½	Par	a	11 12	13 59	15 58		18 08	20 10	22 15											

Saturdays

21 December to 16 May

		GW	GW	GW	GW	GW	GW	GW												
		◇	◇	◇	◇				A											
	Newquay	d	07 48	10 20	13 10	15 10	17 10	19 08	21 17											
	Quintrell Downs	d	07 54	10 26	13 16	15 16	17 16	19 14	21 23											
	St Columb Road	d	08x01	10x33	13x23	15x23	17x23	19x21	21x30											
	Roche	d	08x12	10x44	13x34	15x34	17x34	19x32	21x41											
	Bugle	d	08x17	10x49	13x39	15x39	17x39	19x37	21x46											
	Luxulyan	d	08x22	10x54	13x44	15x44	17x44	19x42	21x51											
	Par	a	08 38	11 10	14 00	16 00	18 00	19 59	22 06											

Sundays

15 December to 10 May

		GW	GW	GW																
		◇	◇																	
	Newquay	d	11 05	14 20	17 55															
	Quintrell Downs	d	11 11	14 26	18 01															
	St Columb Road	d	11x19	14x34	18x09															
	Roche	d	11x30	14x45	18x20															
	Bugle	d	11x35	14x50	18x25															
	Luxulyan	d	11x40	14x55	18x30															
	Par	a	11 54	15 09	18 44															

A To Plymouth

For connections at Par refer to Table T135