

Table T224-F

Mondays to Fridays

18 May to 11 December

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

Miles	Miles		SR MX	SR MX	SR	SR	XC	SR	TP	SR	XC	SR	SR	SR	SR	XC	TP	SR	SR	TP	SR	SR			
			A	A			◇		◇		◇					◇	◇			◇					
							1		1		1					1	1			1					
							1		1		1					1	1			1					
0	0	Edinburgh 100	230,238,242	d			05 53	06 27	06 40		06 55	07 26			07 42	07 58	08 23	08 59	09 12		09 26	09 57	10 21	10 25	
1¼	1¼	Haymarket	230,238,242	d			05 57	06 45			07 00	07 31			07 47	08 03	08 27	09 03	09 16		09 31	10 01	10 26	10 30	
3	3	Slateford		d			06 02				07 04					08 30					09 35			10 34	
3¾	3¾	Kingsknowe		d			06 05				07 07					08 33					09 38			10 37	
4¾	4¾	Wester Hailes		d			06 08				07 10					08 36					09 40			10 39	
7½	7½	Curriehill		d			06 11				07 13					08 39					09 43			10 42	
11	11	Kirknewton		d			06 17				07 20					08 44					09 48			10 48	
14	—	Livingston South		d			06 21	06 56			07 24				08 16	08 48	09 15				09 52	10 16		10 51	
16½	—	West Calder		d			06 24	07 00			07 27				08 20	08 52	09 19				09 56	10 20		10 55	
18½	—	Addiewell		d			06 27				07 31					08 55					09 59			10 58	
21	—	Breich		d			06 31				07 34					08 59					10 03			11 02	
23¾	—	Fauldhouse		d			06 35				07 38					09 02					10 06			11 06	
26½	—	Shotts		d			06 46	07 16			07 51				08 31	09 07	09 38				10 15	10 36		11 10	
28½	—	Hartwood		d			06 49				07 54					09 09					10 17			11 13	
31½	—	Cleland		d			06 53				07 58					09 14					10 22			11 17	
33¾	—	Carfin		d			06 56				08 02					09 17					10 25			11 20	
34¾	—	Holytown		d			06 59				08 05					09 20					10 28			11 23	
—	28½	Carstairs		d			05 48				07 44				08 10									11 00	
—	—	Carluke	225	d			00 09	05 57							08 21									11 08	
—	—	Wishaw	225	d			00 15	06 06							08 27									11 18	
—	44½	Motherwell	225	a			00 22	06 14	07 06		07 59	08 13			08 34			09 56						11 23	
—	—			d			06 17		07 07		08 01	08 14			08 34			09 57	10 15					11 25	
—	—	Bellshill	225	d			06 23	07 03	07 29		08 09				08 41	09 23	09 56				10 31	10 50		11 30	
38¾	—	Uddingston	225	d			06 28	07 08			08 14				08 39	09 27					10 35			11 34	
42	—	Cambuslang	225	d		00 03	06 32	07 12																	
47½	57½	Glasgow Central 15	225	a	00 12		06 42	07 21	07 25	07 50	08 20	08 26	08 30		08 57	09 10	09 41	10 12	10 15	10 33	10 54	11 10	11 35	11 42	11 49

	SR	XC	TP	SR	SR	SR	SR	SR	SR	XC	TP	SR	SR	SR	SR	SR	XC	TP	SR	SR	SR	SR	SR		
		◇	◇							◇	◇						◇	◇							
		G	E							H	E						I	E							
		1	1							1	1						1	1							
Edinburgh 100	10 55	11 11	11 11	11 25	11 51	11 58	12 28		12 55	13 12		13 27	13 52	13 56	14 25	14 56	15 12			15 26	15 48	15 56	16 25	16 57	
Haymarket	11 01	11 15	11 15	11 31	11 56	12 03	12 33		13 01	13 16		13 31	13 57	14 01	14 31	15 01	15 17			15 31	15 53	16 01	16 30	17 01	
Slateford				11 34			12 36					13 34			14 35					15 34			16 34		
Kingsknowe				11 37			12 39					13 37			14 38					15 37			16 37		
Wester Hailes				11 40			12 42					13 40			14 40					15 40			16 39		
Curriehill				11 43			12 45					13 43			14 43					15 43			16 42		
Kirknewton				11 48			12 50					13 48			14 49					15 48			16 47		
Livingston South	11 14			11 52	12 15	12 54	13 21					13 53	14 15	14 52	15 15					15 52	16 13	16 51	17 16		
West Calder	11 18			11 56	12 19	12 57	13 25					13 56	14 19	14 56	15 19					15 56	16 17	16 55	17 20		
Addiewell				11 59			13 01					14 00			14 59					15 59			16 58		
Breich				12 03			13 04					14 03			15 03					16 03			17 02		
Fauldhouse				12 06			13 08					14 07			15 07					16 06			17 06		
Shotts	11 34			12 11	12 34	13 16	13 39					14 16	14 34	15 15	15 34					16 11	16 33	17 10	17 36		
Hartwood				12 13			13 19					14 18			15 18					16 13			17 13		
Cleland				12 17			13 23					14 23			15 22					16 18			17 17		
Carfin				12 20			13 27					14 26			15 25					16 21			17 20		
Holytown				12 23			13 29					14 29			15 28					16 24			17 23		
Carstairs					12 23								14 33								16 17				
Carluke	225	d			12 31								14 42								16 25				
Wishaw	225	d			12 49								14 48								16 31				
Motherwell	225	a	11 54		12 55				13 54				14 54				15 54				16 38				
		d	11 55	12 22	12 55				13 55	14 20			14 54				15 55		16 21		16 40				
Bellshill	225	d	11 56		12 27	12 50	13 33		13 51				14 32	14 50	15 32	15 57				16 27		16 50	17 27	17 50	
Uddingston	225	d			12 31		13 37						14 36		15 36					16 36			17 31		
Cambuslang	225	d																					17 40		
Glasgow Central 15	225	a	12 15	12 11	12 39	12 51	13 24	13 09	13 48	14 09	14 11	14 38	14 48	15 24	15 10	15 53	16 14	16 12		16 40	16 53	17 10	17 09	17 53	18 07

- A From Edinburgh
- B From Manchester Piccadilly
- C From Dunbar
- D From Leeds
- E From Manchester Airport
- F From Liverpool Lime Street
- G From Birmingham New Street
- H From Bath Spa
- I From Plymouth

Table T224-F

Mondays to Fridays

18 May to 11 December

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

		XC	TP	SR	SR	SR	SR	SR	SR	SR		XC	TP	SR	GR	SR	XC	SR	TP	SR		SR	SR	SR	SR				
		◇ A	◇ B									◇ A	◇ B		◇ C		◇ D	E	◇ B			SR	SR	SR	SR				
Edinburgh 10	230,238,242	d	17 11	17 24	17 42	17 50	17 56					18 27	18 56		19 13		19 26	20 19	20 26	21 14	21 25		21 25		22 27	22 57	22 57	23 13	
Haymarket	230,238,242	d	17 16	17 30	17 47	17 54	18 01					18 32	19 01		19 17		19 30	20 24	20 31	21 19	21 30		21 30		22 32	23 01	23 01	23 17	
Slateford		d		17 34	17 51		18 05					18 35					19 34	20 35		21 34		21 34		21 34		22 35	23 04	23 04	23 22
Kingsknowe		d		17 37	17 54		18 08					18 38					19 37	20 38		21 37		21 37		21 37		22 39	23 07	23 07	23 25
Wester Hailes		d		17 39	17 56	18 03	18 10					18 41					19 39	20 40		21 40		21 40		21 40		22 41	23 10	23 10	23 27
Curriehill		d		17 42	18 00	18 07	18 13					18 44					19 42	20 43		21 43		21 43		21 43		22 45	23 13	23 13	23 31
Kirknewton		d		17 50	18 06	18 12	18 19					18 50					19 48	20 48		21 49		21 49		21 49		22 52	23 18	23 18	23 37
Livingston South		d		17 53		18 16	18 22					19 14					19 52	20 52		21 53		21 53		21 53		22 57	23 22	23 22	
West Calder		d		17 57		18 20	18 26					19 18					19 55	20 56		21 56		21 56		21 56		23 02	23 25	23 25	
Addiewell		d		18 00			18 29										19 59	20 59		22 00		22 00		22 00		23 06	23 29	23 29	
Breich		d		18 04			18 33										20 02	21 03		22 03		22 03		22 03		23 10			
Fauldhouse		d		18 08			18 37										20 06	21 06		22 07		22 07		22 07		23 14	23 34	23 34	
Shotts		d		18 15		18 35	18 50					19 33					20 11	21 11		22 13		22 13		22 13		23 20	23 39	23 39	
Hartwood		d		18 18			18 52										20 13	21 14		22 15		22 15		22 15		23 23	23 41	23 41	
Cleland		d		18 22			18 57										20 17	21 18		22 20		22 20		22 20		23 28	23 46	23 46	
Carfin		d		18 25			19 00										20 20	21 22		22 23		22 23		22 23		23 32	23 49	23 49	
Holytown		d		18 28		18 44	19 03										20 23	21 27		22 26		22 26		22 26		23 34	23 52	23 52	
Carstairs		d			18 30			18 54	19 15																				23 59
Carluke	225	d			18 38			19 02	19 27																				00 09
Wishaw	225	d			18 48			19 20	19 34																				00 15
Motherwell	225	a	17 55		18 53			19 27	19 40			19 54			21 02		21 59												00 22
Bellshill	225	d	17 56	18 21		18 53			19 41			19 55	20 22		21 04		22 01		22 22										
Uddingston	225	d			18 32		18 49	19 06			19 54			20 27		21 32		22 33		22 33		22 33		22 33		23 38	23 55	23 55	
Cambuslang	225	d			18 38			19 14						20 31		21 36		22 37		22 37		22 37		22 37		23 42	23 59	23 59	
Glasgow Central 15	225	a	18 11	18 41	18 55	19 14	19 11	19 27		20 09	20 12	20 15	20 39	20 44	21 26	21 49	22 21	23 11	23 40	22 40	22 55					23 56	00 12	00 16	

Saturdays

23 May to 12 December

		SR	SR	SR	SR	XC	SR	TP	SR	XC		SR	SR	SR	SR	XC	TP	SR	SR	TP		SR	SR	SR	XC		
		F	F			◇ G		◇ G		◇ I						◇ H	◇ B			◇ I					◇ J		
Edinburgh 10	230,238,242	d			05 53	06 23	06 40		06 56	07 26		07 53	07 56	08 28	08 59	09 12		09 28	09 56				10 24	10 27	10 56	11 11	
Haymarket	230,238,242	d			05 57		06 45		07 00	07 31		07 58	08 02	08 33	09 03	09 16		09 32	10 00				10 28	10 32	11 01	11 15	
Slateford		d			06 02				07 05					08 36	09 03			09 35						10 35			
Kingsknowe		d			06 05				07 08					08 39				09 38						10 38			
Wester Hailes		d			06 08				07 10					08 42				09 41						10 41			
Curriehill		d			06 11				07 13					08 45				09 44						10 44			
Kirknewton		d			06 17				07 19					08 50				09 49						10 49			
Livingston South		d			06 21		06 56		07 24				08 14	08 53	09 15			09 52	10 16					10 52	11 14		
West Calder		d			06 24		07 00		07 28				08 18	08 57	09 19			09 56	10 20					10 56	11 18		
Addiewell		d			06 27				07 31					09 00				09 59						10 59			
Breich		d			06 31				07 35					09 03				10 03						11 02			
Fauldhouse		d			06 35				07 39					09 07				10 06						11 06			
Shotts		d			06 46		07 16		07 49				08 33	09 11	09 38			10 11	10 36					11 10	11 34		
Hartwood		d			06 49				07 52					09 14				10 13						11 13			
Cleland		d			06 53				07 56					09 18				10 17						11 17			
Carfin		d			06 56				08 01					09 21				10 20						11 20			
Holytown		d			06 59				08 04					09 23				10 23						11 23			
Carstairs		d			05 48			07 45				08 29												11 03			
Carluke	225	d	00 09	05 57								08 40												11 11			
Wishaw	225	d	00 15	06 07								08 52												11 18			
Motherwell	225	a	00 22	06 16		07 05		07 59		08 13		09 01				09 54								11 23			
Bellshill	225	d		06 17		07 06		08 01		08 14		09 01				09 57	10 19							11 25			
Uddingston	225	d		06 25	07 07		07 29		08 09			08 48	09 27	09 53				10 26	10 53					11 30	11 56		
Cambuslang	225	d	00 04	06 29	07 13				08 14			09 06	08 54	09 31				10 30						11 34			
Glasgow Central 15	225	a	00 16	06 34	07 18		07 22	07 52	08 21	08 26	08 30		09 25	09 09	09 43	10 12	10 14	10 38	10 44	11 11	11 35			11 42	11 49	12 14	12 12

- A From Penzance
- B From Manchester Airport
- C From London Kings Cross
- D From Plymouth
- E To Edinburgh
- F From Edinburgh
- G From Manchester Piccadilly
- H From Newcastle
- I From Liverpool Lime Street
- J From Birmingham New Street

Table T224-F

Sundays

17 May to 6 December

Edinburgh - Shotts, Carstairs, Motherwell and Glasgow Central

	SR	SR	SR	SR	SR	SR	XC	SR	SR	TP	SR	TP	XC	SR	SR	XC	SR	TP	SR	SR	XC	SR	
	A	A					◇ A			◇ B		◇ C	◇ D			◇ E		◇ F			◇ G		
Edinburgh 10	230,238,242	d					10 23			10 26			12 17			12 26	13 13					14 26	15 10
Haymarket	230,238,242	d								10 30			12 21			12 30	13 18					14 30	15 14
Slateford		d								10 34						12 34						14 35	
Kingsknowe		d								10 38						12 38						14 39	
Wester Hailes		d								10 40						12 40						14 41	
Curriehill		d								10 44						12 44						14 45	
Kirknewton		d								10 50						12 50						14 51	
Livingston South		d								10 55						12 54						14 55	
West Calder		d								10 59						12 58						14 59	
Addiewell		d								11 02						13 01						15 02	
Breich		d								11 06						13 05						15 06	
Faulhouse		d								11 10						13 09						15 10	
Shotts		d								11 18						13 16						15 18	
Hartwood		d								11 21						13 19						15 20	
Cleland		d								11 25						13 23						15 25	
Carfin		d								11 28						13 26						15 28	
Holytown		d	00 02							11 31						13 29						15 30	
Carstairs		d																					
Carluke	225	d	00 09																				
Wishaw	225	d	00 15																				
Motherwell	225	a	00 22				11 03						12 59			13 55						15 55	
Bellshill	225	d	00 06	08 35	09 05	09 54	10 20	11 04	11 20	12 23	12 25	12 34	13 00	13 20		13 56	14 20	14 23	15 20		15 56	16 20	
Uddingston	225	d	00 10	08 41	09 11	10 00	10 26	11 27	11 37	12 31			13 26		13 36	14 27		15 27	15 35		16 26	16 26	
Cambuslang	225	d	00 15	08 45	09 15	10 04	10 30	11 31	11 44	12 35			13 31		13 41	14 31		15 31	15 39		16 33	16 33	
Glasgow Central 15	225	a	00 27	08 50	09 20	10 09	10 35	11 36	11 47	12 40			13 36		13 47	14 36		15 35			16 37	16 37	
Glasgow Central 15	225	a	00 27	09 01	09 31	10 19	10 46	11 28	11 47	12 03	12 46	12 51	12 55	13 19	13 47	13 59	14 14	14 47	14 46	15 46	16 00	16 12	16 46

	TP	TP	SR	SR	XC	SR	TP	SR	SR	XC	TP	SR	TP	SR	SR	XC	GR	SR	TP	SR		
	◇ F	◇ H			◇ I		◇ F			◇ J	◇ F		◇ H			◇ J	◇ K		◇ F			
Edinburgh 10	230,238,242	d			16 26	17 11				18 26	19 18					20 26	21 12	21 22				
Haymarket	230,238,242	d			16 30	17 15				18 30	19 23					20 30	21 17	21 26				
Slateford		d			16 34					18 34						20 34						
Kingsknowe		d			16 38					18 38						20 38						
Wester Hailes		d			16 40					18 40						20 40						
Curriehill		d			16 44					18 44						20 44						
Kirknewton		d			16 51					18 50						20 50						
Livingston South		d			16 54					18 54						20 54						
West Calder		d			16 58					18 58						20 58						
Addiewell		d			17 01					19 01						21 01						
Breich		d			17 05					19 05						21 05						
Faulhouse		d			17 09					19 09						21 09						
Shotts		d			17 17					19 16						21 17						
Hartwood		d			17 20					19 19						21 20						
Cleland		d			17 24					19 23						21 24						
Carfin		d			17 27					19 27						21 27						
Holytown		d			17 30					19 29						21 30						
Carstairs		d																				
Carluke	225	d																				
Wishaw	225	d																				
Motherwell	225	a			17 52					20 01						21 56	22 04					
Bellshill	225	d	16 24	17 12	17 20	17 53	18 22	18 24	19 22	20 02	20 23	20 26	21 16	21 20		21 57	22 05	22 20	22 29		23 20	
Uddingston	225	d			17 27	17 38	18 28		19 28	19 37		20 32		21 26	21 37		22 27				23 26	
Cambuslang	225	d			17 31	17 44	18 32		19 32	19 44		20 36		21 30	21 41		22 31				23 30	
Glasgow Central 15	225	a	16 43	17 28	17 44	17 58	18 13	18 46	18 41	19 46	19 58	20 20	20 40	20 50	21 33	21 44	21 58	22 13	22 26	22 44	22 47	23 44

- A not 17 May. From Edinburgh
- B from 28 June. From Manchester Airport
- C until 21 June. From Manchester Airport
- D From Leeds
- E From Sheffield
- F From Manchester Airport
- G From Birmingham New Street
- H From Liverpool Lime Street
- I From Bristol Temple Meads
- J From Plymouth
- K From London Kings Cross

