

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
001						
London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness						
London Fenchurch Street	0.00	0.00	0.00			
Limehouse	1.75	1.75	1.75			
West Ham	4.00	4.00	4.00			
London Liverpool Street				0.00		
Stratford				4.00		
Barking	7.50	7.50	7.50	8.00		
Upminster	15.25		15.25			
Ockendon			18.50			
Chafford Hundred Lakeside			21.00			
Dagenham Dock		10.50				
Rainham		12.75				
Purfleet		16.00				
Grays		19.75	23.00			
Tilbury Town		21.50	24.75			
East Tilbury		25.25	28.25			
Stanford-le-Hope		27.25	30.50			
West Horndon	19.25					
Laindon	22.75					
Basildon	24.25					
Pitsea	26.50	32.50	35.75			
Benfleet	29.25	35.25	38.50			
Leigh-on-Sea	32.50	38.50	41.75			
Chalkwell	33.75	39.75	43.00			
Westcliff	35.50	41.25	44.25			
Southend Central	35.75	41.75	45.00			
Southend East	36.50	42.50	45.75			
Thorpe Bay	38.00	44.00	47.25			
Shoeburyness	39.50	45.50	48.75			
002						
Romford to Upminster						
Romford	0.00					
Emerson Park	2.00					
Upminster	3.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
003						
Stratford, Highbury & Islington and Barking to Gospel Oak, Willesden Junction, Clapham Junction and Richmond						
Stratford		0.00				
Hackney Wick		1.00				
Homerton		1.75				
Hackney Central		2.50				
Dalston Kingsland		3.25				
Canonbury		4.25				
Highbury & Islington		4.75				
Caledonian Rd & Barnsbury		5.25				
Camden Road		6.25				
Kentish Town West		6.75				
Barking	0.00					
Woodgrange Park	1.75					
Wanstead Park	2.75					
Leytonstone High Road	3.25					
Leyton Midland Road	4.50					
Walthamstow Queen's Road	5.75					
Blackhorse Road	6.50					
South Tottenham	8.00					
Harringay Green Lanes	9.00					
Crouch Hill	10.00					
Upper Holloway	10.75					
Gospel Oak	12.00	7.50				
Hampstead Heath		8.00				
Finchley Road & Frognal		9.00				
West Hampstead		9.50				
Brondesbury		10.00				
Brondesbury Park		10.25				
Kensal Rise		11.00				
Willesden Junction		12.00	0.00			
Shepherd's Bush			2.00			
Kensington (Olympia)			2.75			
West Brompton			3.50			
Imperial Wharf			4.50			
Clapham Junction			6.00			
Acton Central		13.75				
South Acton		14.50				
Gunnersbury		15.25				
Kew Gardens		16.25				
Richmond		17.75				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
004						
Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield						
Reading	0.00					
Twyford	5.00					
Maidenhead	11.75					
Taplow	13.50					
Burnham	15.00					
Slough	17.50					
Langley	19.75					
Iver	21.25					
West Drayton	22.75					
Heathrow Terminal 5		0.00				
Heathrow Terminal 4			0.00			
Heathrow Terminals 2 & 3		1.50	1.75			
Hayes & Harlington	25.25	5.50	5.75			
Southall	27.00	7.25	7.50			
Hanwell	28.75	9.00	9.25			
West Ealing	29.50	9.75	10.00			
Ealing Broadway	30.25	10.50	10.75			
Acton Main Line	31.75	12.00	12.25			
London Paddington EI	36.00	16.25	16.50	0.00	0.00	
Bond Street				1.50	1.50	
Tottenham Court Road				2.25	2.25	
Farringdon				3.50	3.50	
London Liverpool Street EI				4.25	4.25	
London Liverpool Street						0.00
Whitechapel				5.50	5.50	
Canary Wharf				7.75		
Custom House				9.75		
Woolwich				12.25		
Abbey Wood				14.25		
Stratford					8.75	4.00
Maryland					9.25	4.50
Forest Gate					10.00	5.25
Manor Park					11.00	6.25
Ilford					12.00	7.25
Seven Kings					13.25	8.50
Goodmayes					14.00	9.25
Chadwell Heath					14.75	10.00
Romford					17.25	12.50
Gidea Park					18.25	13.50
Harold Wood					19.75	15.00
Brentwood					23.00	18.25
Shenfield					25.00	20.25

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
005						
London to Wickford, Southminster and Southend Victoria						
London Liverpool Street	0.00	0.00				
Stratford	4.00	4.00				
Romford	12.50	12.50				
Shenfield	20.25	20.25				
Billericay	24.25	24.25				
Wickford	29.00	29.00				
Battlesbridge		31.50				
South Woodham Ferrers		34.00				
North Fambridge		37.25				
Althorne		40.25				
Burnham-on-Crouch		43.25				
Southminster		45.50				
Rayleigh	33.25					
Hockley	36.25					
Rochford	38.75					
Southend Airport	39.75					
Prittlewell	40.75					
Southend Victoria	41.50					
006						
London to Chelmsford, Witham, Braintree, Colchester, Clacton-on-Sea, Walton-on-the-Naze, Harwich and Ipswich						
London Liverpool Street	0.00					
Stratford	4.00					
Romford	12.25					
Shenfield	20.25					
Ingatestone	23.50					
Chelmsford	29.75					
Hatfield Peverel	36.00					
Witham	38.25	0.00				
White Notley		3.00				
Cressing		4.25				
Braintree Freeport		5.50				
Braintree		6.25				
Kelvedon	42.25					
Marks Tey	46.75					
Colchester	51.75			0.00	0.00	
Colchester Town					2.25	
Hythe				2.75	3.25	
Wivenhoe				5.25	5.75	
Alresford (Essex)				7.00	7.50	
Great Bentley				9.25	9.75	
Weeley				12.00	12.50	
Thorpe-le-Soken				14.25	14.75	
Kirby Cross					17.25	
Frinton-on-Sea					18.50	
Walton-on-the-Naze					19.75	
Clacton-on-Sea				19.00		
Manningtree	59.50		0.00			
Mistley			1.75			
Wrabness			5.75			
Harwich International			9.50			
Dovercourt			10.75			
Harwich Town			11.25			
Ipswich	68.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
007						
Marks Tey to Sudbury						
Marks Tey	0.00					
Chappel & Wakes Colne	3.50					
Bures	6.75					
Sudbury	11.75					
008						
London, Colchester and Ipswich to Norwich						
London Liverpool Street	0.00					
Stratford	4.00					
Chelmsford	29.75					
Colchester	51.75					
Manningtree	59.50					
Ipswich	68.75					
Stowmarket	80.75					
Diss	95.00					
Norwich	115.00					
009						
Norwich to Cromer and Sheringham						
Norwich	0.00					
Salhouse	6.00					
Hoveton & Wroxham	8.75					
Worstead	13.00					
North Walsham	16.00					
Gunton	19.75					
Roughton Road	23.50					
Cromer	26.50					
West Runton	28.75					
Sheringham	30.50					
010						
Norwich to Great Yarmouth and Lowestoft						
Norwich	0.00	0.00	0.00			
Brundall Gardens	4.75	4.75	4.75			
Brundall	5.75	5.75	5.75			
Lingwood	8.00					
Acle	10.50					
Buckenham		7.75	7.75			
Cantley		10.00	10.00			
Reedham (Norfolk)		12.25	12.25			
Berney Arms		16.00				
Great Yarmouth	18.25	20.50				
Haddiscoe			16.25			
Somerleyton			18.00			
Oulton Broad North			22.00			
Lowestoft			23.50			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
011						
Ipswich to Felixstowe, Beccles and Lowestoft						
Ipswich	0.00	0.00				
Westerfield	3.50	3.50				
Derby Road		6.25				
Trimley		14.00				
Felixstowe		15.75				
Woodbridge	10.25					
Melton	11.50					
Wickham Market	15.75					
Saxmundham	22.50					
Darsham	26.75					
Halesworth	32.00					
Brampton (Suffolk)	36.00					
Beccles	40.25					
Oulton Broad South	46.75					
Lowestoft	49.00					
012						
Ipswich to Stowmarket, Bury St Edmunds, Cambridge, Ely and Peterborough						
London Liverpool Street	0.00					
Colchester	51.75					
Ipswich	68.75	0.00	0.00			
Needham Market		8.25	8.25			
Stowmarket	80.75	12.00	12.00			
Elmswell		17.75	17.75			
Thurston		22.25	22.25			
Bury St Edmunds		26.50	26.50			
Kennett		36.00				
Newmarket		41.00				
Dullingham		44.25				
Cambridge		55.50				
Soham			46.00			
Ely			51.00			
Manea			60.75			
March			66.50			
Whittlesea			74.25			
Peterborough			81.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
013						
London, Stansted Airport and Cambridge to Ely, Kings Lynn, Norwich and Peterborough						
London Liverpool Street	0.00					
London Kings Cross			0.00			
Ipswich						0.00
Stansted Airport		0.00				
Cambridge	55.75	24.50	58.00	0.00	0.00	
Cambridge North			60.25	2.25	2.25	
Waterbeach			63.25	5.25	5.25	
Ely			72.75	14.75	14.75	51.00
Littleport			78.25			
Downham Market			88.50			
Watlington			93.25			
Kings Lynn			99.25			
Shippea Hill				21.50		
Lakenheath				26.75		
Brandon				30.75		
Thetford				38.00		
Harling Road				45.75		
Eccles Road				48.75		
Attleborough				52.25		
Spooner Row				55.75		
Wymondham				58.25		
Norwich				68.25		
Manea					24.50	
March					30.25	
Whittlesea					38.00	
Peterborough					45.25	

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
014						
London to Broxbourne, Hertford East, Bishops Stortford, Stansted Airport and Cambridge						
London Liverpool Street		0.00	0.00		0.00	
Hackney Downs		3.00	3.00		3.00	
Seven Sisters					5.50	
Stratford	0.00					
Lea Bridge	2.25					
Tottenham Hale	4.25	6.00	6.00			
Northumberland Park		7.00	7.00			
Meridian Water		7.75	7.75			
Ponders End		10.00	10.00			
Brimsdon		10.75	10.75			
Enfield Lock		11.75	11.75			
Waltham Cross		12.75	12.75			
Cheshunt		14.00	14.00		14.50	
Broxbourne		17.25	17.25	0.00		
Rye House				1.75		
St Margarets (Herts)				3.00		
Ware				5.00		
Hertford East				7.00		
Roydon		20.00	20.00			
Harlow Town		22.75	22.75			
Harlow Mill		24.50	24.50			
Sawbridgeworth		26.75	26.75			
Bishops Stortford		30.25	30.25			
Stansted Mountfitchet		33.75	33.75			
Stansted Airport		37.50				0.00
Elsenham			35.50			4.50
Newport (Essex)			40.00			
Audley End			41.75			
Great Chesterford			45.75			
Whittlesford Parkway			49.00			
Shelford			52.50			
Cambridge			55.75			
Cambridge North			58.00			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
015						
London, Brighton, Horsham, Gatwick Airport and East Croydon to Stevenage, Peterborough and Cambridge						
Brighton						
Horsham						
Gatwick Airport						
Redhill						
East Croydon						
London Bridge						
London Blackfriars						
City Thameslink						
Farringdon						
St Pancras International						
London Kings Cross	0.00	0.00				
Finsbury Park	2.50	2.50				
Potters Bar	12.75	12.75				
Hatfield	17.75	17.75				
Welwyn Garden City	20.25	20.25				
Welwyn North	22.00	22.00				
Knebworth	25.00	25.00				
Stevenage	27.50	27.50				
Hitchin	31.75	31.75				
Arlesey		37.00				
Biggleswade		41.00				
Sandy		44.00				
St Neots		51.50				
Huntingdon		58.75				
Peterborough		76.25				
Letchworth Garden City	34.75					
Baldock	36.75					
Ashwell & Morden	41.00					
Royston	45.00					
Meldreth	48.00					
Shepreth	50.00					
Foxton	51.00					
Cambridge	58.00					
Cambridge North	60.25					
Ely	72.75					
Kings Lynn	99.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
016						
London to Potters Bar, Hatfield, Welwyn Garden City, Enfield Chase, Hertford North and Stevenage						
Sevenoaks						
Bromley South						
Denmark Hill						
Elephant & Castle						
London Blackfriars						
City Thameslink						
Farringdon						
St Pancras International						
London Kings Cross	0.00					
Moorgate		0.00	0.00			
Old Street		0.50	0.50			
Essex Road		1.75	1.75			
Highbury & Islington		2.25	2.25			
Drayton Park		2.75	2.75			
Finsbury Park	2.50	3.50	3.50			
Harringay	3.50	4.50	4.50			
Hornsey	4.00	5.00	5.00			
Alexandra Palace	5.00	6.00	6.00			
New Southgate	6.50	7.50				
Oakleigh Park	8.50	9.50				
New Barnet	9.25	10.25				
Hadley Wood	10.50	11.50				
Potters Bar	12.75	13.75				
Brookmans Park	14.50	15.50				
Welham Green	15.50	16.50				
Hatfield	17.75	18.75				
Welwyn Garden City	20.25	21.25				
Welwyn North	22.00					
Knebworth	25.00					
Bowes Park			6.75			
Palmers Green			7.75			
Winchmore Hill			8.75			
Grange Park			9.50			
Enfield Chase			10.25			
Gordon Hill			11.00			
Crews Hill			12.50			
Cuffley			14.25			
Bayford			17.75			
Hertford North			20.75			
Watton-At-Stone			25.00			
Stevenage	27.50		30.00			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
017						
London to Chingford, Enfield Town and Cheshunt						
London Liverpool Street	0.00	0.00	0.00			
Bethnal Green	1.25	1.25	1.25			
Cambridge Heath	1.75	1.75	1.75			
London Fields	2.50	2.50	2.50			
Hackney Downs	3.00	3.00	3.00			
Clapton	4.00					
St James Street	5.75					
Walthamstow Central	6.25					
Wood Street	7.00					
Highams Park	8.50					
Chingford	10.50					
Rectory Road		3.75	3.75			
Stoke Newington		4.25	4.25			
Stamford Hill		5.00	5.00			
Seven Sisters		5.50	5.50			
Bruce Grove		6.25	6.25			
White Hart Lane		7.25	7.25			
Silver Street		8.00	8.00			
Edmonton Green		8.50	8.50			
Bush Hill Park		9.75				
Enfield Town		10.75				
Southbury			10.50			
Turkey Street			12.25			
Theobalds Grove			13.50			
Cheshunt			14.50			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
020						
London to Lincoln, Doncaster, Hull, Leeds, West Yorkshire, York, The North East, Newcastle, Edinburgh and Scotland						
All Distances Shown Are From London						
London Kings Cross	0.00					
Stevenage	27.50					
Peterborough	76.25					
Grantham	105.25					
Newark North Gate	120.00					
Lincoln	136.50					
Retford	138.50					
Doncaster	156.00					
Selby	174.25					
Howden	183.00					
Brough	194.75					
Hull	205.25					
Beverley	213.50					
Wakefield Westgate	175.75					
Leeds	185.75					
Huddersfield via Leeds	202.75					
Horsforth	191.50					
Harrogate	204.00					
Shipley	196.50					
Bradford Forster Square	199.25					
Keighley	202.00					
Skipton	212.25					
Pontefract Monkhill	172.50					
Wakefield Kirkgate	181.25					
Mirfield	190.50					
Brighouse	194.50					
Halifax	199.75					
Low Moor	204.50					
Bradford Interchange	207.75					
York	188.50					
Thirsk	210.75					
Northallerton	218.50					
Eaglescliffe	233.25					
Middlesbrough	239.50					
Hartlepool	248.00					
Sunderland	266.00					
Darlington	232.50					
Durham	254.50					
Newcastle	268.50					
Morpeth	285.00					
Alnmouth for Alnwick	303.25					
Berwick-Upon-Tweed	335.50					
Dunbar	363.75					
Edinburgh	393.00					
Glasgow Central	450.25					
Dundee	452.25					
Aberdeen	523.50					
Stirling	429.50					
Perth	463.75					
Inverness	581.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
021						
Liverpool, Warrington, Manchester and Sheffield to Doncaster, Scunthorpe, Grimsby, Cleethorpes, Hull, Bridlington and Scarborough						
Liverpool Lime Street						
Liverpool South Parkway						
Warrington West						
Warrington Central						
Birchwood						
Irlam						
Urmston						
Manchester Oxford Road						
Manchester Piccadilly	0.00					
Stockport	6.00					
Sheffield	42.75					
Meadowhall	46.25					
Rotherham Central	49.00					
Swinton (S.Yorks)	53.50					
Mexborough	54.75					
Conisbrough	57.00					
London Kings Cross						
Doncaster	61.75	0.00	0.00	0.00		
Bentley (S.Yorks)				1.75		
Adwick				4.00		
Kirk Sandall	65.75		4.00			
Hatfield & Stainforth	68.50		6.75			
Thorne South			9.75			
Crowle			15.75			
Althorpe			19.50			
Scunthorpe			23.00			
Barnetby			34.00			
Habrough			41.00			
Grimsby Town			49.00			
Cleethorpes			52.00			
Thorne North	71.50					
Goole	79.00					
Saltmarshe	82.50					
Selby		18.25				
Howden		27.00				
Gilberdyke	85.75	32.25				
Broomfleet	88.25	34.75				
Brough	92.25	38.75				
Ferriby	95.25	41.75				
Hessle	98.00	44.50				
Hull	102.25	49.25				
Cottingham						
Beverley						
Driffeld						
Bridlington						
Filey						
Scarborough						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
022						
Huddersfield, Halifax, Bradford, Leeds and York to Selby and Hull						
Huddersfield						
Halifax						
Bradford Interchange						
New Pudsey						
Bramley						
Leeds	0.00					
Cross Gates	4.25					
Garforth	7.25					
East Garforth	8.00					
Micklefield	9.00					
South Milford	12.75					
Sheffield						
London Kings Cross						
Doncaster						
Goole						
York		0.00				
Ulleskelf		8.75				
Church Fenton		10.75				
Sherburn-In-Elmet		12.75				
Selby	20.75	21.00				
Wressle	27.00					
Howden	29.50					
Eastrington	32.50					
Gilberdyke	34.75					
Broomfleet	37.25					
Brough	41.25					
Ferriby	44.25					
Hessle	47.00					
Hull	51.75					
Cottingham						
Beverley						
Driffield						
Bridlington						
Filey						
Scarborough						
023						
Huddersfield, Halifax, Bradford and Leeds to York and Scarborough						
Huddersfield						
Dewsbury						
Halifax						
Bradford Interchange						
New Pudsey						
Bramley						
Leeds	0.00					
Cross Gates	4.25					
Garforth	7.25					
East Garforth	8.00					
Micklefield	9.00					
Church Fenton	14.75					
Ulleskelf	16.50					
York	25.50					
Malton	46.75					
Seamer	64.75					
Scarborough	67.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
024						
Hull to Beverley, Bridlington, Filey and Scarborough						
Sheffield						
London Kings Cross						
Doncaster						
York						
Selby						
Hull	0.00					
Cottingham	4.00					
Beverley	8.25					
Arram	11.25					
Hutton Cranswick	16.25					
Driffield	19.50					
Nafferton	21.50					
Bridlington	31.00					
Bempton	34.50					
Hunmanby	41.75					
Filey	44.50					
Seamer	51.00					
Scarborough	53.75					
025						
Hull, Barton-on-Humber and Barnetby to Grimsby and Cleethorpes						
Hull Paragon Interchange						
Barton-on-Humber		0.00				
Barrow Haven		2.00				
New Holland		3.50				
Goxhill		5.50				
Thornton Abbey		7.25				
Ulceby		9.75				
Barnetby	0.00					
Habrough	6.50	11.50				
Stallingborough	10.25	15.25				
Healing	11.25	16.25				
Great Coates	12.50	17.50				
Grimsby Town	14.50	19.50				
Grimsby Docks	15.50	20.50				
New Clew	16.25	21.25				
Cleethorpes	17.75	22.75				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
026						
Leeds and Sheffield to Worksop, Retford, Gainsborough, Lincoln, Grimsby and Cleethorpes						
Leeds						
Wakefield Kirkgate						
Huddersfield						
Barnsley						
Meadowhall						
Sheffield	0.00					
Darnall	2.25					
Woodhouse	5.25					
Kiveton Bridge	9.50					
Kiveton Park	10.75					
Shireoaks	13.75					
Worksop	15.75					
Retford	23.50	0.00				
Gainsborough Lea Road	33.00					
Saxilby	42.50					
Lincoln	48.50					
Gainsborough Central		10.00				
Kirton Lindsey		20.50				
Brigg		26.50				
Barnetby		30.25				
Habrough		36.75				
Grimsby Town		44.75				
Cleethorpes		48.00				
027						
Sheffield, Nottingham and Lincoln to Barnsley, Penistone, Huddersfield, Wakefield, Castleford and Leeds						
Nottingham						
Chesterfield						
Lincoln						
Gainsborough Lea Road						
Retford						
Worksop						
Sheffield	0.00	0.00				
Meadowhall	3.50	3.50				
Chapelton	7.25	7.25				
Elsecar	10.50	10.50				
Wombwell	12.00	12.00				
Barnsley	16.00	16.00				
Dodworth	19.00					
Silkstone Common	20.25					
Penistone	23.50					
Denby Dale	27.50					
Shepley	29.75					
Stocks Moor	30.75					
Brockholes	32.75					
Honley	33.75					
Berry Brow	34.75					
Lockwood	35.75					
Huddersfield	37.00					
Darton		19.50				
Wakefield Kirkgate		27.00				
Normanton		30.00				
Castleford		33.50				
Woodlesford		38.25				
Leeds		44.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
028						
Sheffield and Doncaster to Wakefield and Leeds						
Sheffield	0.00					
Meadowhall	3.50					
Rotherham Central	6.25					
Swinton (S.yorks)	10.75					
Bolton-Upon-Dearne	13.00					
Goldthorpe	14.25					
Thurnscoe	15.00					
Moorthorpe	18.50					
Doncaster		0.00	0.00			
Bentley (S.yorks)		1.75				
Adwick		4.00				
South Elmsall		8.75				
Fitzwilliam	22.25	13.25				
Sandal & Agbrigg	27.00	18.00				
Wakefield Kirkgate via Pontefract Monkhill			25.25			
Wakefield Westgate	28.75	19.75				
Outwood	31.25	22.25				
Leeds	38.75	29.75				
029						
Sheffield to Wakefield and Leeds (Summary)						
Sheffield	0.00	0.00				
Meadowhall	3.50	3.50				
Wakefield Kirkgate	27.00					
Wakefield Westgate		28.75				
Leeds	44.25	38.75				
029a						
Wakefield to Leeds (Summary)						
Wakefield Kirkgate via Castleford		0.00				
Wakefield Westgate	0.00					
Leeds	10.00	17.25				
030						
Sheffield to Pontefract and York						
Sheffield	0.00					
Meadowhall	3.50					
Rotherham Central	6.25					
Swinton (S.yorks)	10.75					
Moorthorpe	18.50					
Pontefract Baghill	25.50					
Sherburn-in-Elmet	33.75					
Church Fenton	36.00					
Ulleskelf	38.00					
York	46.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
031						
Bradford and Halifax to Huddersfield, Wakefield, Castleford and Pontefract						
Bradford Interchange	0.00	0.00				
Low Moor	3.25	3.25				
Halifax	8.00	8.00				
Brighouse	13.25	13.25				
Huddersfield		18.50	0.00			
Deighton			2.00			
Mirfield	17.25		5.00			
Wakefield Kirkgate	26.50		14.25			
Normanton			17.50			
Castleford			21.00			
Pontefract Monkhill	35.25					
032						
Leeds, Castleford and Wakefield to Pontefract, Knottingley and Goole						
Leeds	0.00	0.00				
Woodlesford	6.00					
Castleford	10.75					
Glasshoughton	12.25					
Wakefield Westgate		10.00				
Wakefield Kirkgate		11.00				
Streethouse		15.25				
Featherstone		17.00				
Pontefract Tanshelf		19.00				
Pontefract Monkhill	14.00	19.75				
Knottingley	16.00	21.75				
Whitley Bridge	20.25					
Hensall	22.00					
Snaith	25.75					
Rawcliffe	28.50					
Goole	32.50					
033						
Leeds to Harrogate, Knaresborough and York						
London Kings Cross						
Leeds	0.00					
Burley Park	2.25					
Headingley	3.00					
Horsforth	5.75					
Weeton	11.75					
Pannal	15.00					
Hornbeam Park	17.25					
Harrogate	18.25					
Starbeck	20.50					
Knaresborough	22.00					
Cattal	28.50					
Hammerton	30.00					
Poppleton	35.75					
York	38.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
034						
Leeds and Bradford to Ilkley						
Leeds	0.00					
Kirkstall Forge	4.25					
Bradford Forster Square		0.00				
Frizinghall		1.75				
Shipley		2.75				
Baildon		4.25				
Guiseley	10.25	7.50				
Menston	11.50	8.75				
Burley-in-Wharfedale	13.00	10.25				
Ben Rhydding	15.25	12.50				
Ilkley	16.25	13.50				
035						
Leeds and Bradford to Keighley, Skipton, Lancaster, Morecambe, Heysham Port, Settle, Appleby and Carlisle						
Leeds		0.00	0.00			
Kirkstall Forge		4.25	4.25			
Apperley Bridge		7.75	7.75			
Bradford Forster Square	0.00					
Frizinghall	1.75					
Shipley	2.75	10.75	10.75			
Saltaire	3.50	11.50	11.50			
Bingley	5.75	13.75	13.75			
Crossflatts	6.50	14.50	14.50			
Keighley	9.00	17.00	17.00			
Steeton & Silsden	12.00	20.00	20.00			
Cononley	15.25	23.25	23.25			
Skipton	18.25	26.25	26.25			
Gargrave		30.00	30.00			
Blackpool North				0.00		
Preston				17.50		
Blackburn				29.75		
Clitheroe				39.50		
Hellifield		36.00	36.00	53.00		
Long Preston		37.25	37.25			
Giggleswick			41.00			
Clapham (Nth Yorkshire)			47.75			
Bentham			51.00			
Wennington			54.25			
Carnforth			64.00			
Lancaster			70.00			
Bare Lane			72.50			
Morecambe			74.00			
Heysham Port			78.25			
Settle		41.00				
Horton-in-Ribblesdale		47.25				
Ribblehead		52.00				
Dent		58.00				
Garsdale		61.50				
Kirkby Stephen		71.25				
Appleby		82.00				
Langwathby		93.00				
Lazonby & Kirkoswald		97.25				
Armathwaite		102.75				
Carlisle		112.75				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
036						
Leeds to Shipley and Bradford (Summary)						
Leeds	0.00	0.00				
Kirkstall Forge	4.25					
Apperley Bridge	7.75					
Shipley	10.75					
Frizinghall	11.75					
Bradford Forster Square	13.50					
Bramley		4.00				
New Pudsey		5.75				
Bradford Interchange		9.50				
037						
Leeds and Bradford to Halifax, Huddersfield, Burnley, Blackburn, Preston, Blackpool, Rochdale, Manchester, Warrington and Chester						
York						
Hull						
Selby						
Leeds	0.00	0.00	0.00	0.00		
Bramley		4.00	4.00	4.00		
New Pudsey		5.75	5.75	5.75		
Bradford Interchange		9.50	9.50	9.50		
Low Moor		12.75	12.75	12.75		
Halifax		17.50	17.50	17.50		
Cottingley	2.50					
Morley	4.50					
Batley	7.50					
Dewsbury	9.25					
Ravensthorpe	10.75					
Mirfield	12.25					
Brighouse	16.25			22.75		
Huddersfield				28.00		
Sowerby Bridge	22.00	21.00	21.00			
Mytholmroyd	26.00	25.00	25.00			
Hebden Bridge	27.25	26.25	26.25			
Burnley Manchester Road			39.00			
Accrington			45.25			
Blackburn			51.50			
Preston			63.50			
Poulton-le-Fylde			78.00			
Blackpool North			81.00			
Todmorden	31.25	30.50				
Walsden	33.00	32.00				
Littleborough	37.00	36.00				
Smithy Bridge	38.00	37.00				
Rochdale	40.25	39.25				
Castleton	42.00	41.00				
Mills Hill	44.75	43.75				
Moston	46.75	45.75				
Manchester Victoria	50.75	49.75				
Salford Central						
Salford Crescent						
Bolton						
Wigan Wallgate						
Wigan North Western						
Warrington Bank Quay						
Chester						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
038						
Leeds, Dewsbury, Castleford and Wakefield to Huddersfield, Stalybridge and Manchester						
Leeds	0.00	0.00				
Cottingley	2.50	2.50				
Morley	4.50	4.50				
Batley	7.50	7.50				
Dewsbury	9.00	9.00				
Ravensthorpe	10.50	10.50				
York			0.00			
Castleford			19.00			
Normanton			22.50			
Wakefield Kirkgate			25.75			
Mirfield	12.25	12.25	35.00			
Deighton	15.00	15.00	37.75			
Huddersfield	17.00	17.00	42.00			
Slaithwaite	21.50	21.50				
Marsden	24.00	24.00				
Greenfield	30.25	30.25				
Mossley (Grtr Manchester)	32.25	32.25				
Stalybridge	35.00	35.00				
Ashton-under-Lyne	36.50					
Manchester Victoria	42.50					
Manchester Oxford Road	44.25					
Manchester Piccadilly	44.75	42.25				
Manchester Airport	55.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6	M7
039							
Liverpool and Manchester to Leeds, Hull, York, Scarborough, Teeside and Newcastle (summary of TransPennine services only)							
Liverpool Lime Street			0.00				
Lea Green			10.75				
Newton-le-Willows			15.75				
Manchester Airport	0.00						
Gatley	4.00						
East Didsbury	5.25						
Manchester Piccadilly	10.75	0.00					
Manchester Oxford Road	11.50						
Manchester Victoria	13.25		32.00				
Stalybridge		7.50	39.50				
Huddersfield			57.50				0.00
Dewsbury			65.50				
Leeds			74.25			0.00	
Garforth			82.00			7.25	
Selby						20.75	
Brough						41.25	
Hull						51.75	
Wakefield Kirkgate							16.25
Normanton							19.50
Castleford							23.00
York			100.25		0.00		42.00
Malton					21.25		
Seamer					39.25		
Scarborough					42.00		
Thirsk			122.25				
Northallerton			130.25	0.00			
Darlington			144.25				
Yarm				12.00			
Thornaby				17.75			
Middlesbrough				21.00			
Redcar Central				28.75			
Saltburn				33.75			
Durham			166.25				
Chester-le-Street			172.00				
Newcastle			180.75				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
040						
Leeds and York to Middlesbrough, Redcar, Sunderland, Darlington, Durham, Newcastle and Edinburgh						
London Kings Cross						
Birmingham New Street						
Sheffield						
Doncaster						
Liverpool Lime Street						
Manchester Airport						
Manchester Victoria						
Leeds						
York	0.00	0.00	0.00			
Thirsk	22.25	22.25	22.25			
Northallerton	30.00	30.00	30.00			
Yarm		42.00	42.00			
Eaglescliffe		44.75	44.75			
Thornaby		47.75				
Middlesbrough		51.00				
Redcar Central		58.75				
Saltburn		63.75				
Hartlepool			80.00			
Sunderland			96.50			
Darlington	44.00					
Durham	66.00					
Chester-le-Street	71.75					
Newcastle	80.50					
Morpeth	97.00					
Alnmouth for Alnwick	115.25					
Berwick-Upon-Tweed	147.50					
Dunbar	175.75					
Edinburgh	205.25					
Haymarket						
Motherwell						
Glasgow Central						
Falkirk Grahamston						
Stirling						
Perth						
Inverness						
Inverkeithing						
Kirkcaldy						
Leuchars						
Dundee						
Arbroath						
Montrose						
Stonehaven						
Aberdeen						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
041						
Newcastle, Sunderland, Hartlepool, Bishop Auckland and Darlington to Middlesbrough, Nunthorpe, Whitby and Saltburn						
Carlisle						
Hexham						
Metrocentre						
Newcastle	0.00					
Heworth	2.75					
Sunderland	12.00					
Seaham	17.25					
Horden	23.00					
Hartlepool	30.00					
Seaton Carew	32.25					
Billingham	37.25					
Stockton	41.75					
Bishop Auckland		0.00				
Shildon		2.75				
Newton Aycliffe		5.00				
Heighington		6.25				
North Road		10.75				
Chester-le-Street						
Durham						
Darlington		12.00				
Dinsdale		15.75				
Allens West		20.00				
Eaglescliffe		20.75				
London Kings Cross						
Thornaby	44.00	23.75				
Middlesbrough	47.25	27.00	0.00			
James Cook			2.50			
Marton			3.00			
Gypsy Lane			4.00			
Nunthorpe			4.50			
Great Ayton			8.50			
Battersby			11.00			
Kildale			12.75			
Commondale			16.75			
Castleton Moor			18.50			
Danby			20.00			
Lealholm			23.50			
Glaisdale			25.50			
Egton			27.25			
Grosmont			28.75			
Sleights			32.00			
Ruswarp			33.50			
Whitby			35.00			
South Bank		29.50				
Redcar Central		34.50				
Redcar East		35.50				
Longbeck		37.00				
Marske		37.50				
Saltburn		39.50				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
042						
Newcastle to Metrocentre, Hexham and Carlisle						
Middlesbrough						
Hartlepool						
Sunderland						
Morpeth						
Newcastle	0.00					
Dunston	2.25					
Metrocentre	3.50					
Blaydon	5.50					
Wylam	9.75					
Prudhoe	12.00					
Stocksfield	14.50					
Riding Mill	16.75					
Corbridge	19.25					
Hexham	22.25					
Haydon Bridge	30.00					
Bardon Mill	33.75					
Haltwhistle	38.50					
Brampton (Cumbria)	50.75					
Wetheral	57.50					
Carlisle	61.75					
043						
Newcastle to Morpeth, Berwick-Upon-Tweed, Dunbar and Edinburgh						
Carlisle						
Hexham						
Metrocentre						
Newcastle	0.00					
Manors	0.50					
Cramlington	9.75					
Morpeth	16.50					
Pegswood	18.50					
Widdrington	23.25					
Acklington	28.50					
Alnmouth for Alnwick	34.75					
Chathill	46.00					
Berwick-Upon-Tweed	67.00					
Reston	78.00					
Dunbar	95.25					
East Linton	TBC					
Edinburgh	124.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
051						
London, The South Coast, Gatwick Airport, East Croydon, The Medway Towns and Sutton to St Albans, Luton and Bedford						
Brighton						
Haywards Heath						
Three Bridges						
Gatwick Airport						
East Croydon						
Sutton (Surrey)						
Wimbledon						
Orpington						
Bromley South						
Rainham (Kent)						
Gillingham (Kent)						
Chatham						
Gravesend						
Dartford						
Woolwich Arsenal						
Elephant & Castle						
London Bridge	0.00					
London Blackfriars	1.25					
City Thameslink	1.50					
Farringdon	2.00					
St Pancras International	3.25					
Kentish Town	5.25					
West Hampstead Thameslink	7.25					
Cricklewood	8.50					
Hendon	10.25					
Mill Hill Broadway	12.75					
Elstree & Borehamwood	15.75					
Radlett	18.50					
St Albans City	23.25					
Harpenden	28.25					
Luton Airport Parkway	32.25					
Luton	33.25					
Leagrave	35.25					
Harlington	39.25					
Flitwick	42.25					
Bedford	52.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
052						
London to Kettering, Corby, Leicester, Nottingham, Derby, Chesterfield and Sheffield						
St Pancras International	0.00	0.00	0.00			
Luton Airport Parkway	29.25	29.25	29.25			
Luton	30.25	30.25	30.25			
Bedford	49.75	49.75	49.75			
Wellingborough	65.25	65.25	65.25			
Kettering	72.00	72.00	72.00			
Corby			79.50			
Oakham			93.75			
Melton Mowbray			105.25			
Market Harborough	83.00	83.00				
Leicester	99.25	99.25	120.50			
Syston	103.00	103.00				
Sileby	105.75	105.75				
Barrow Upon Soar	107.75	107.75				
Loughborough	111.75	111.75				
East Midlands Parkway	117.50	117.50				
Attenborough	121.75					
Beeston	123.25					
Nottingham	126.50					
Newark Castle						
Lincoln						
Grimsby Town						
Long Eaton		120.50				
Derby		128.50				
Chesterfield		152.75				
Sheffield		165.00				
053						
Nottingham, Derby and Chesterfield to Sheffield, Manchester, Liverpool, Leeds and York						
Nottingham	0.00					
Ilkeston	6.25					
Langley Mill	12.00					
Alfreton	18.25					
Derby		0.00				
Belper		8.00				
Chesterfield	28.50	24.25				
Dronfield	33.75	29.50				
Sheffield	40.75	36.50				
Stockport						
Manchester Piccadilly						
Manchester Oxford Road						
Warrington Central						
Widnes						
Liverpool South Parkway						
Liverpool Lime Street						
Meadowhall						
Barnsley						
Doncaster						
Wakefield Kirkgate						
Wakefield Westgate						
Leeds						
York						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
054						
Liverpool, Manchester, Sheffield, Nottingham, Birmingham and Leicester to Peterborough and East Anglia						
Liverpool Lime Street	0.00					
Liverpool South Parkway	6.00					
Widnes	12.00					
Warrington Central	18.00					
Manchester Oxford Road	34.00					
Manchester Piccadilly	35.00					
Stockport	41.00					
Sheffield	77.00					
Chesterfield	89.00					
Alfreton	100.00					
Langley Mill	107.25					
Ilkeston	113.00					
Nottingham	118.00					
Grantham	141.00					
Birmingham New Street		0.00				
Water Orton		7.50				
Coleshill Parkway		9.75				
Nuneaton		21.25				
Hinckley		24.75				
Narborough		32.75				
South Wigston		35.75				
Leicester		39.75				
Melton Mowbray		54.50				
Oakham		65.75				
Stamford		79.50				
Peterborough	170.00	91.25				
March	185.25	106.50				
Ely	200.00	122.00	0.00			
Cambridge		136.75				
Stansted Airport		161.25				
Bury St Edmunds			24.50			
Stowmarket			36.50			
Ipswich			51.00			
Thetford	223.00					
Norwich	254.00					
055						
Nottingham to Mansfield and Worksop						
Nottingham	0.00					
Bulwell	5.50					
Hucknall	8.25					
Newstead	10.75					
Kirkby In Ashfield	13.75					
Sutton Parkway	14.50					
Mansfield	17.25					
Mansfield Woodhouse	18.75					
Shirebrook	21.50					
Langwith - Whaley Thorns	22.25					
Creswell (Derbys)	25.50					
Whitwell	26.75					
Worksop	31.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
056						
Nottingham to Derby, Matlock, Stoke-on-Trent, Crewe and Birmingham, Cardiff and Bristol						
Grimsby Town						
Lincoln						
Newark Castle						
Nottingham	0.00	0.00	0.00			
Beeston	3.25	3.25	3.25			
Attenborough	4.75	4.75	4.75			
Long Eaton	7.75	7.75	7.75			
Spondon	13.50	13.50	13.50			
Derby	16.00	16.00	16.00			
Duffield	21.25					
Belper	23.75					
Ambergate	26.50					
Whatstandwell	28.50					
Cromford	31.50					
Matlock Bath	32.25					
Matlock	33.25					
Peartree		17.25				
Tutbury & Hatton		27.25				
Uttoxeter		35.00				
Blythe Bridge		46.00				
Longton		49.50				
Stoke-on-Trent		52.00				
Longport		54.75				
Kidsgrove		58.25				
Alsager		60.50				
Crewe		67.00				
Willington			22.25			
Burton-on-Trent			27.00			
Tamworth			40.00			
Wilnecote			41.75			
Water Orton			49.50			
Birmingham New Street			57.25			
University			59.75			
Worcestershire Parkway			84.25			
Ashchurch for Tewkesbury			95.50			
Cheltenham Spa			102.75	0.00		
Gloucester			109.25			
Lydney			128.75			
Chepstow			136.50			
Newport (South Wales)			154.00			
Cardiff Central			165.75			
Bristol Parkway				39.50		
Bristol Temple Meads				45.25		

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
057						
Nottingham to Newark, Lincoln, Grimsby and Cleethorpes						
Crewe						
Stoke-on-Trent						
Derby						
Leicester						
Loughborough						
Nottingham	0.00					
Carlton	3.00					
Burton Joyce	5.00					
Lowdham	9.25					
Thurgarton	10.00					
Bleasby	11.00					
Fiskerton	12.75					
Rolleston	13.75					
Newark Castle	17.25					
London Kings Cross						
Stevenage						
Peterborough						
Grantham						
Newark North Gate		0.00				
Collingham	22.25	5.00				
Swinderby	25.00	7.75				
Hykeham	29.75	12.50				
Lincoln	33.75	16.50				
Market Rasen	48.50					
Barnetby	63.50					
Habrough	69.50					
Grimsby Town	77.50					
Cleethorpes	80.75					
058						
Nottingham to Grantham, Peterborough, Sleaford, Boston and Skegness						
Nottingham	0.00					
Netherfield	4.50					
Radcliffe (Notts)	5.00					
Bingham	8.50					
Aslockton	10.75					
Elton & Orston	14.50					
Bottesford	15.00	0.00				
Grantham	22.50					
Peterborough						
Ancaster	34.00	12.75				
Rauceby	37.75					
Sleaford	40.00					
Heckington	44.50					
Swineshead	49.50					
Hubberts Bridge	52.75					
Boston	56.50					
Thorpe Culvert	73.25					
Wainfleet	75.25					
Havenhouse	77.00					
Skegness	80.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
059						
Peterborough to Spalding, Sleaford, Lincoln and Doncaster						
Peterborough	0.00					
Spalding	16.50					
Sleaford	35.50					
Ruskington	40.00					
Metheringham	47.50					
Lincoln	56.75					
Saxilby	62.75					
Gainsborough Lea Road	72.25					
Doncaster	93.50					
061						
London to Willesden Junction, Harrow & Wealdstone and Watford Junction						
London Euston	0.00					
South Hampstead	2.50					
Kilburn High Road	3.00					
Queens Park (London)	3.75					
Kensal Green	4.50					
Willesden Junction	5.50					
Harlesden	6.00					
Stonebridge Park	7.00					
East Croydon		0.00				
Clapham Junction		7.75				
Imperial Wharf		8.75				
West Brompton		9.25				
Kensington (Olympia)		11.25				
Shepherd's Bush		12.50				
Wembley Central	8.00	16.75				
North Wembley	9.00					
South Kenton	9.50					
Kenton	10.25					
Harrow & Wealdstone	11.25					
Headstone Lane	12.50					
Hatch End	13.25					
Carpenders Park	14.75					
Bushey	16.00					
Watford High Street	16.75					
Watford Junction	17.75					
062						
Watford Junction to St Albans Abbey						
Watford Junction	0.00					
Watford North	0.75					
Garston (Hertfordshire)	1.75					
Bricket Wood	3.25					
How Wood	4.50					
Park Street	5.00					
St Albans Abbey	6.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
063						
Bletchley to Bedford						
Bletchley	0.00					
Fenny Stratford	1.00					
Bow Brickhill	2.00					
Woburn Sands	4.00					
Aspley Guise	5.00					
Ridgmont	6.75					
Lidlington	8.50					
Millbrook (Bedfordshire)	10.00					
Stewartby	11.25					
Kempston Hardwick	13.00					
Bedford St Johns	16.00					
Bedford	16.75					
064						
London to Coventry, Birmingham, Wolverhampton, Telford and Shrewsbury						
London Euston	0.00					
Watford Junction	17.50					
Milton Keynes Central	49.75					
Rugby	82.50					
Coventry	94.00					
Birmingham International	104.75					
Birmingham New Street	113.25					
Sandwell & Dudley	118.50					
Wolverhampton	126.00					
Telford Central	141.50					
Wellington (Shropshire)	145.50					
Shrewsbury	156.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
065						
London to Stoke-on-Trent, Crewe, North Wales, Manchester, Liverpool, Preston, Blackpool, Lancaster, Carlisle, Edinburgh and Glasgow						
All Distances Shown Are From London						
London Euston	0.00					
Watford Junction	17.50					
Milton Keynes Central	49.75					
Rugby	82.50					
Coventry	94.00					
Birmingham International	104.75					
Birmingham New Street	113.25					
Sandwell & Dudley	118.50					
Wolverhampton	126.00					
Nuneaton	97.00					
Tamworth	110.00					
Lichfield Trent Valley	116.25					
Stafford	133.50					
Stoke-on-Trent	146.50					
Macclesfield	166.50					
Crewe	158.00					
Wilmslow	177.00					
Stockport	178.50					
Manchester Piccadilly	184.25					
Chester	179.00					
Wrexham General	191.00					
Flint	191.50					
Prestatyn	205.50					
Rhyl	209.00					
Colwyn Bay	219.50					
Llandudno Junction	223.50					
Bangor (Gwynedd)	238.75					
Holyhead	263.50					
Runcorn	180.05					
Liverpool Lime Street	193.50					
Warrington Bank Quay	182.00					
Wigan North Western	193.75					
Preston	209.00					
Kirkham & Wesham	216.75					
Poulton-le-Fylde	223.25					
Blackpool North	226.50					
Lancaster	230.00					
Oxenholme Lake District	249.00					
Penrith North Lakes	281.25					
Carlisle	299.00					
Lockerbie	324.25					
Haymarket	398.75					
Edinburgh	400.00					
Motherwell	388.50					
Glasgow Central	401.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
066						
London, Milton Keynes and Rugby to Nuneaton, Tamworth, Lichfield, Stafford and Crewe						
London Euston	0.00					
Watford Junction	17.50					
Milton Keynes Central	49.75					
Northampton		0.00				
Rugby	82.50	18.75				
Nuneaton	97.00					
Atherstone	102.00					
Tamworth	109.50					
Lichfield Trent Valley	115.75					
Rugeley Trent Valley	123.75					
Stafford	133.50					
Crewe	158.00					
067						
London to Milton Keynes, Northampton, Rugby, Coventry and Birmingham						
London Euston	0.00					
East Croydon		0.00				
Clapham Junction		7.75				
Wembley Central	8.00	16.75				
Harrow & Wealdstone	11.50					
Bushey	16.00					
Watford Junction	17.50					
Kings Langley	21.00					
Apsley	23.00					
Hemel Hempstead	24.50					
Berkhamsted	28.00					
Tring	31.75					
Cheddington	36.00					
Leighton Buzzard	40.25					
Bletchley	46.75					
Milton Keynes Central	49.75					
Wolverton	52.50					
Northampton	65.75					
Long Buckby	75.25					
Rugby	84.50					
Coventry	96.00					
Birmingham International	106.75					
Birmingham New Street	115.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
068						
Rugby to Coventry, Birmingham and Wolverhampton						
London Euston						
Watford Junction						
Milton Keynes Central						
Northampton						
Rugby	0.00					
Coventry	13.50					
Canley	15.25					
Tile Hill	17.25					
Berkswell	19.25					
Hampton-in-Arden	22.50					
Birmingham International	24.25					
Marston Green	26.25					
Lea Hall	27.75					
Stechford	29.00					
Adderley Park	30.75					
Birmingham New Street	32.75					
Smethwick Rolfe Street	36.00					
Smethwick Galton Bridge	36.75					
Sandwell & Dudley	38.00					
Dudley Port	39.00					
Tipton	39.75					
Coseley	41.25					
Wolverhampton	45.50					
069						
Wolverhampton and Birmingham to Walsall, Cannock and Rugeley						
Wolverhampton						
Coseley						
Tipton						
Dudley Port						
Sandwell & Dudley						
Smethwick Galton Bridge						
Smethwick Rolfe Street						
Coventry						
Birmingham International						
Marston Green						
Lea Hall						
Stechford						
Adderley Park						
Birmingham New Street	0.00					
Duddeston	1.50					
Aston	2.75					
Witton	3.50					
Perry Barr	4.25					
Hamstead	5.75					
Tame Bridge Parkway	8.50					
Bescot Stadium	9.50					
Walsall	10.75					
Bloxwich	14.00					
Bloxwich North	14.50					
Landywood	16.75					
Cannock	18.75					
Hednesford	20.75					
Rugeley Town	24.75					
Rugeley Trent Valley	26.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
070						
Lichfield and Sutton Coldfield to Birmingham, Longbridge, Redditch and Bromsgrove						
Lichfield Trent Valley	0.00	0.00				
Lichfield City	1.25	1.25				
Shenstone	4.25	4.25				
Blake Street	6.75	6.75				
Butlers Lane	7.50	7.50				
Four Oaks	8.50	8.50				
Sutton Coldfield	9.75	9.75				
Wylde Green	11.25	11.25				
Chester Road	11.75	11.75				
Erdington	12.75	12.75				
Gravelly Hill	13.50	13.50				
Aston	14.75	14.75				
Duddeston	16.00	16.00				
Birmingham New Street	17.50	17.50				
Five Ways	18.50	18.50				
University	19.75	19.75				
Selly Oak	20.75	20.75				
Bournville	21.75	21.75				
Kings Norton	22.75	22.75				
Northfield	24.25	24.25				
Longbridge	25.25	25.25				
Barnt Green	27.75	27.75				
Alvechurch	29.75					
Redditch	33.00					
Bromsgrove		31.25				
071						
Leamington Spa to Coventry and Nuneaton						
Leamington Spa	0.00					
Kenilworth	4.00					
Coventry	9.00					
Coventry Arena	13.00					
Bedworth	15.50					
Bermuda Park	17.25					
Nuneaton	19.25					
072						
Leamington Spa to Warwick and Stratford-Upon-Avon						
London Marylebone						
Leamington Spa	0.00					
Warwick	2.00					
Warwick Parkway	3.25					
Hatton	6.00					
Claverdon	7.75					
Bearley	11.00					
Wilmcote	12.50					
Stratford Parkway	14.25					
Stratford-Upon-Avon	15.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
073						
Leamington Spa and Stratford-Upon-Avon to Birmingham, Stourbridge, Kidderminster and Worcester						
Stratford-Upon-Avon		0.00				
Stratford Parkway		1.00				
Wilmcote		2.75				
Wootton Wawen		6.50				
Henley-in-Arden		8.25				
Danzey		11.25				
Wood End		13.00				
The Lakes		14.25				
Earlswood (West Midlands)		15.00				
Wythall		16.00				
Whitlocks End		17.00				
Shirley		18.00				
Yardley Wood		19.25				
Hall Green		20.50				
Spring Road		21.00				
London Marylebone						
Leamington Spa	0.00					
Warwick	2.00					
Warwick Parkway	3.25					
Hatton	6.00					
Lapworth	10.25					
Dorridge	12.75					
Widney Manor	14.75					
Solihull	16.25					
Olton	18.00					
Acocks Green	19.00					
Tyseley	20.00	22.00				
Small Heath	21.00	23.00	0.00			
Birmingham New Street			3.00	0.00		
Birmingham Moor Street	22.75	24.75				
Birmingham Snow Hill	23.25	25.25				
Jewellery Quarter	24.00	26.00				
The Hawthorns	26.50	28.50				
Smethwick Galton Bridge	27.00	29.00				
Langley Green	28.25	30.25		6.25		
Rowley Regis	30.25	32.25				
Old Hill	31.50	33.50				
Cradley Heath	32.75	34.75				
Lye	34.25	36.25				
Stourbridge Junction	35.25	37.25				
Hagley	37.25	39.25				
Blakedown	39.00	41.00				
Kidderminster	42.25	44.25				
Hartlebury	45.75	47.75				
Droitwich Spa	51.50	53.50				
Worcester Shrub Hill	57.25					
Worcester Foregate Street	59.00	58.75				
Malvern Link	65.75					
Great Malvern	67.00					
073a						
Stourbridge Junction to Stourbridge Town Shuttle						
Stourbridge Junction	0.00					
Stourbridge Town	0.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
074						
Birmingham to Worcester, Great Malvern and Hereford						
Birmingham Moor Street						
Birmingham Snow Hill						
Birmingham New Street	0.00	0.00	0.00			
University	2.50	2.50	2.50			
Barnt Green	10.50	10.50	10.50			
Bromsgrove	13.00	13.00	13.00			
Droitwich Spa	19.25	19.25				
Worcestershire Parkway			27.00			
Worcester Shrub Hill		25.00				
Worcester Foregate Street	24.50	26.75				
Malvern Link	31.25					
Great Malvern	32.50					
Colwall	35.25					
Ledbury	39.50					
Hereford	53.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
075						
Birmingham to Shrewsbury, Machynlleth, Aberystwyth, Barmouth, Pwllheli, Wrexham, Chester and North Wales						
Birmingham International						
Birmingham New Street	0.00					
Smethwick Galton Bridge	4.00					
Sandwell & Dudley	5.25					
Wolverhampton	13.00					
Bilbrook	17.00					
Codsall	17.50					
Albrighton	20.75					
Cosford	22.25					
Shifnal	25.50					
Telford Central	28.50					
Oakengates	29.50					
Wellington (Shropshire)	32.50					
Shrewsbury	43.00		0.00			
Welshpool	62.50					
Newtown (Powys)	76.50					
Caersws	82.00					
Machynlleth	103.75	0.00				
Dovey Junction	107.75	4.00				
Borth	116.00					
Bow Street	91.00					
Aberystwyth	124.25					
Penhelig		9.00				
Aberdovey		10.00				
Tywyn		13.50				
Tonfanau		16.00				
Llwyngwrl		20.00				
Fairbourne		22.75				
Morfa Mawddach		23.75				
Barmouth		25.50				
Llanaber		26.75				
Talybont		29.25				
Dyffryn Ardudwy		30.25				
Llanbedr		32.50				
Pensarn		33.25				
Llandanwg		34.00				
Harlech		35.75				
Tygywyn		38.50				
Talsarnau		39.25				
Llandecwyn		40.50				
Penrhyndeudraeth		41.25				
Minffordd		42.50				
Porthmadog		44.50				
Criccieth		49.50				
Penychain		54.00				
Abererch		55.50				
Pwllheli		57.50				
Gobowen			18.00			
Chirk			21.00			
Ruabon			25.50			
Wrexham General			30.25			
Chester			42.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
075 (Continued)						
Rhyl						
Colwyn Bay						
Llandudno Junction						
Llandudno						
Bangor (Gwynedd)						
Holyhead						
076						
Birmingham and Coventry to Stafford, Stoke-on-Trent, Crewe, Manchester and Liverpool						
Coventry						
Birmingham International						
Birmingham New Street	0.00	0.00	0.00	0.00		
Smethwick Galton Bridge	4.00	4.00	4.00	4.00		
Sandwell & Dudley	5.25	5.25	5.25	5.25		
Coseley	8.50	8.50	8.50	8.50		
Wolverhampton	12.75	12.75	12.75	12.75		
Penkridge	22.75	22.75	22.75	22.75		
Stafford	28.00	28.00	28.00	28.00		
Stone			37.00	37.00		
Stoke-on-Trent			44.25	44.25		
Longport			47.25	47.25		
Kidsgrove			50.50	50.50		
Alsager			53.75			
Crewe	52.50	52.50	60.25			
Wilmslow		71.50				
Macclesfield				64.00		
Stockport		77.50		76.00		
Manchester Piccadilly		83.50		82.00		
Winsford	60.00					
Hartford	64.25					
Acton Bridge	67.00					
Runcorn	75.00					
Liverpool South Parkway	82.50					
Liverpool Lime Street	88.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
077						
Manchester, Leeds, Liverpool, London, Birmingham, Cardiff and Crewe to Chester, Llandudno, Bangor, Holyhead and Dublin						
Leeds						
Bradford Interchange						
Halifax						
Rochdale						
Manchester Airport						
East Didsbury						
Manchester Piccadilly		0.00				
Manchester Oxford Road		0.50				
Manchester Victoria	0.00					
Eccles	4.00					
Newton-le-Willows	15.50	16.25				
Earlestown	17.25	18.00				
Warrington Bank Quay	21.25	22.00				
Runcorn East	26.25	27.00				
Liverpool Lime Street						
Liverpool South Parkway						
Runcorn						
Frodsham	29.50	30.25				
Helsby	32.00	32.75	0.00			
Ince & Elton			2.00			
Stanlow & Thornton			2.75			
Ellesmere Port			5.25			
London Euston						
Milton Keynes Central						
Birmingham International						
Birmingham New Street						
Wolverhampton						
Stafford						
Cardiff Central						
Shrewsbury						
Wrexham General						
Crewe			0.00			
Chester	39.50	40.25	21.00			
Shotton			29.00			
Flint			33.50			
Prestatyn			47.50			
Rhyl			51.00			
Abergele & Pensarn			55.25			
Colwyn Bay			61.50			
Blaenau Ffestiniog						
Betws-y-Coed						
Llanrwst						
Llandudno Junction			65.50	0.00		
Deganwy				1.25		
Llandudno				3.00		
Conwy			66.50			
Penmaenmawr			70.75			
Llanfairfechan			73.25			
Bangor (Gwynedd)			80.75			
Llanfairpwll			84.50			
Bodorgan			93.50			
Ty Croes			96.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
077 (Continued)						
Rhosneigr			98.00			
Valley			102.00			
Holyhead			105.50			
078						
Llandudno to Blaenau Ffestiniog						
Llandudno	0.00					
Deganwy	1.75					
Llandudno Junction	3.00					
Glan Conwy	5.00					
Tal-y-Cafn	8.50					
Dolgarrog	11.50					
North Llanrwst	14.50					
Llanrwst	15.00					
Betws-y-Coed	18.50					
Pont-y-Pant	22.75					
Dolwyddelan	24.25					
Roman Bridge	26.00					
Blaenau Ffestiniog	31.00					
080						
Liverpool and Birkenhead to Hooton, Ellesmere Port and Chester						
Moorfields	0.00	0.00				
Liverpool Lime Street	0.50	0.50				
Liverpool Central	1.00	1.00				
James Street	1.50	1.50				
Hamilton Square	2.75	2.75				
Birkenhead Central	3.00	3.00				
Green Lane	3.75	3.75				
Rock Ferry	4.50	4.50				
Bebington	5.50	5.50				
Port Sunlight	6.50	6.50				
Spital	7.00	7.00				
Bromborough Rake	7.75	7.75				
Bromborough	8.50	8.50				
Eastham Rake	9.00	9.00				
Hooton	10.00	10.00				
Little Sutton		11.50				
Overpool		12.50				
Ellesmere Port		14.00				
Capenhurst	13.00					
Bache	16.75					
Chester	18.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
081						
Liverpool and Birkenhead to New Brighton, Bidston, West Kirby, Shotton and Wrexham						
Moorfields	0.00	0.00				
Liverpool Lime Street	0.50	0.50				
Liverpool Central	1.00	1.00				
James Street	1.50	1.50				
Hamilton Square	2.75	2.75				
Conway Park	3.25	3.25				
Birkenhead Park	4.00	4.00				
Birkenhead North	4.75	4.75				
Wallasey Village		6.25				
Wallasey Grove Road		6.50				
New Brighton		7.75				
Bidston	5.25		0.00			
Leasowe	6.50					
Moreton (Merseyside)	7.00					
Meols	8.25					
Manor Road	9.50					
Hoylake	10.00					
West Kirby	11.25					
Upton			2.00			
Heswall			6.25			
Neston			8.75			
Hawarden Bridge			14.25			
Shotton			14.75			
Hawarden			17.50			
Buckley			19.00			
Penyffordd			20.25			
Hope (Flintshire)			22.25			
Caergwrle			22.75			
Cefn-y-Bedd			23.50			
Gwersyllt			25.25			
Wrexham General			27.00			
Wrexham Central			27.50			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
082						
Hunts Cross to Liverpool and Southport						
Hunts Cross	0.00					
Liverpool South Parkway	1.50					
Cressington	2.50					
Aigburth	3.25					
St Michaels	4.50					
Brunswick	5.75					
Liverpool Central	7.25					
Moorfields	7.75					
Sandhills	9.25					
Bank Hall	10.00					
Bootle Oriel Road	10.75					
Bootle New Strand	11.00					
Seaforth & Litherland	12.00					
Waterloo (Merseyside)	13.25					
Blundellsands & Crosby	14.25					
Hall Road	15.00					
Hightown	17.00					
Formby	19.00					
Freshfield	20.00					
Ainsdale	22.75					
Hillside	24.50					
Birkdale	25.25					
Southport	26.25					
083						
Liverpool to Kirkby, Headbolt Lane, Wigan, Ormskirk and Preston						
Liverpool Central	0.00		0.00			
Moorfields	0.50		0.50			
Sandhills	2.00		2.00			
Kirkdale	3.00		3.00			
Rice Lane	4.25					
Fazakerley	5.75					
Kirkby	7.50					
Headbolt Lane	8.00	0.00				
Rainford		4.75				
Upholland		6.75				
Orrell		8.00				
Pemberton		10.00				
Wigan Wallgate		11.75				
Walton (Merseyside)			4.25			
Orrell Park			4.50			
Aintree			5.50			
Old Roan			6.25			
Maghull			8.00			
Maghull North			9.00			
Town Green			10.50			
Aughton Park			11.50			
Ormskirk			12.75	0.00		
Burscough Junction				2.50		
Rufford				5.50		
Croston				8.00		
Preston				15.00		

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
084						
Liverpool to Huyton, St Helens, Wigan, Preston and Blackpool						
Liverpool Lime Street	0.00					
Edge Hill	1.75					
Wavertree Technology Park	2.50					
Broad Green	3.50					
Roby	5.00					
Huyton	5.50					
Prescot	7.75					
Eccleston Park	8.75					
Thatto Heath	9.75					
St Helens Central	11.25					
Garswood	15.00					
Bryn	16.25					
Wigan North Western	20.00					
Euxton Balshaw Lane	28.25					
Leyland	31.00					
Preston	35.00					
Kirkham & Wesham	42.75					
Poulton-le-Fylde	49.25					
Blackpool North	52.50					
085						
Liverpool to Earlestown, Warrington (Bank Quay), Newton-le-Willows and Manchester						
Liverpool Lime Street	0.00	0.00				
Edge Hill	1.75	1.75				
Wavertree Technology Park	2.50	2.50				
Broad Green	3.50	3.50				
Roby	5.00	5.00				
Huyton	5.50	5.50				
Whiston	7.50	7.50				
Rainhill	9.00	9.00				
Lea Green	10.75	10.75				
St Helens Junction	12.00	12.00				
Warrington Bank Quay			0.00			
Earlestown	14.75	14.75	4.00	0.00		
Warrington Bank Quay				4.00		
Newton-le-Willows	16.25	16.25				
Patricroft	26.75	26.75				
Eccles	27.75	27.75				
Manchester Victoria	31.75					
Deansgate		31.75				
Manchester Oxford Road		32.00				
Manchester Piccadilly		32.50				
Mauldeth Road						
Burnage						
East Didsbury						
Gatley						
Heald Green						
Manchester Airport						
Wilmslow						
Alderley Edge						
Crewe						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
086						
Liverpool to Runcorn, Warrington (Central) and Manchester						
Liverpool Lime Street	0.00	0.00				
Edge Hill	1.25	1.25				
Mossley Hill	3.75	3.75				
West Allerton	4.50	4.50				
Liverpool South Parkway	5.50	5.50				
Runcorn		13.00				
Hunts Cross	7.00					
Halewood	8.00					
Hough Green	10.50					
Widnes	12.25					
Sankey for Penketh	15.75					
Warrington West	16.25					
Warrington Central	18.25					
Padgate	20.00					
Birchwood	21.50					
Glazebrook	24.25					
Irlam	25.50					
Flixton	27.75					
Chassen Road	28.50					
Urmston	29.00					
Humphrey Park	30.00					
Trafford Park	30.75					
Deansgate	33.75					
Manchester Oxford Road	34.00					
Manchester Piccadilly	34.75					
Stockport						
Sheffield						
Mauldeth Road						
East Didsbury						
Manchester Airport						
087						
Liverpool to Manchester (Summary)						
Liverpool Lime Street	0.00	0.00				
Liverpool South Parkway	5.50					
Deansgate	33.75					
Manchester Oxford Road	34.00					
Manchester Piccadilly	34.75					
Manchester Airport	44.50					
Manchester Victoria		31.75				
090						
Manchester to Manchester Airport						
Manchester Victoria						
Salford Crescent						
Deansgate						
Manchester Oxford Road						
Manchester Piccadilly	0.00					
Mauldeth Road	3.50					
Burnage	4.50					
East Didsbury	5.50					
Gatley	6.75					
Heald Green	8.25					
Manchester Airport	9.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
091						
Manchester to Stockport						
Manchester Oxford Road	0.00					
Manchester Piccadilly	0.50					
Levenshulme	3.50					
Heaton Chapel	5.00					
Stockport	6.50					
092						
Manchester and Stockport to Altrincham, Knutsford, Northwich and Chester						
Manchester Piccadilly	0.00					
Stockport	6.50					
Navigation Road	14.75					
Altrincham	15.25					
Hale	16.00					
Ashley	17.75					
Mobberley	18.50					
Knutsford	22.25					
Plumley	24.75					
Lostock Gralam	26.75					
Northwich	28.25					
Greenbank	30.00					
Cuddington	32.75					
Delamere	35.75					
Mouldsworth	38.75					
Chester	45.25					
093						
Manchester, Stockport and Manchester Airport to Wilmslow and Crewe						
Manchester Piccadilly	0.00	0.00				
Levenshulme	3.00					
Heaton Chapel	4.50					
Stockport	6.00					
Cheadle Hulme	8.25					
Handforth	10.50					
Mauldeth Road		3.50				
Burnage		4.50				
East Didsbury		5.50				
Gatley		6.75				
Heald Green		8.25				
Manchester Airport		9.75				
Styal		12.00				
Wilmslow	12.00	13.75				
Alderley Edge	13.75					
Chelford	16.75					
Goostrey	20.50					
Holmes Chapel	22.50					
Sandbach	26.25					
Crewe	31.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
094						
Manchester and Stockport to Macclesfield and Stoke-on-Trent						
Manchester Piccadilly	0.00					
Levenshulme	3.00					
Heaton Chapel	4.50					
Stockport	6.00					
Cheadle Hulme	8.25					
Bramhall	8.25					
Poynton	11.25					
Adlington (Cheshire)	13.25					
Prestbury	15.25					
Macclesfield	18.00					
Congleton	26.00					
Kidsgrove	31.50					
Stoke-on-Trent	37.75					
095						
Manchester and Stockport to Hazel Grove and Buxton						
Manchester Piccadilly	0.00					
Levenshulme	3.00					
Heaton Chapel	4.50					
Stockport	6.00					
Davenport	7.00					
Woodsmoor	7.75					
Hazel Grove	8.75					
Middlewood	11.00					
Disley	12.50					
New Mills Newtown	14.25					
Furness Vale	15.25					
Whaley Bridge	16.25					
Chapel-En-le-Frith	20.50					
Dove Holes	22.75					
Buxton	25.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
096						
Manchester to Romiley, Rose Hill, Marple, New Mills and Sheffield						
Liverpool Lime Street						
Warrington Central						
Manchester Oxford Road						
Manchester Piccadilly	0.00	0.00	0.00			
Stockport			6.00			
Ashburys	1.50	1.50				
Belle Vue	2.50					
Ryder Brow	2.75					
Reddish North	3.75					
Brinnington	5.50					
Bredbury	6.50					
Gorton		2.50				
Fairfield		3.50				
Guide Bridge		4.75				
Hyde North		6.50				
Hyde Central		7.75				
Woodley		9.25				
Romiley	7.50	10.50				
Rose Hill Marple		12.50				
Marple	9.00					
Strines	11.25					
New Mills Central	12.75					
Chinley	16.50		17.25			
Edale	22.00					
Hope (Derbyshire)	27.25					
Bamford	29.00					
Hathersage	30.75					
Grindleford	32.25					
Dore & Totley	37.75					
Sheffield	42.00					
097						
Manchester to Guide Bridge, Glossop and Hadfield						
Manchester Piccadilly	0.00	0.00				
Ardwick	0.50	0.50				
Ashburys	1.50	1.50				
Gorton	2.50	2.50				
Fairfield	3.50	3.50				
Guide Bridge	4.75	4.75				
Flowery Field	6.75	6.75				
Newton for Hyde	7.50	7.50				
Godley	8.50	8.50				
Hattersley	9.00	9.00				
Broadbottom	10.00	10.00				
Dinting	12.25	12.25				
Glossop	13.25					
Hadfield	15.00	13.00				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
098						
Manchester to Stalybridge						
Wigan Wallgate						
Bolton						
Salford Crescent						
Salford Central						
Manchester Piccadilly	0.00	0.00				
Manchester Victoria		2.50				
Ashton-under-Lyne		8.50				
Stalybridge	7.50	10.00				
099						
Manchester to Bolton						
Manchester Airport						
Manchester Piccadilly		0.00				
Manchester Oxford Road		0.50				
Deansgate		0.75				
Rochdale						
Stalybridge						
Ashton-under-Lyne						
Manchester Victoria	0.00					
Salford Central	0.75					
Salford Crescent	1.75	2.25				
Clifton	4.75	5.25				
Kearsley	7.75	8.25				
Farnworth	8.50	9.00				
Moses Gate	9.50	10.00				
Bolton	10.75	11.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
100						
Manchester, Liverpool, London, Birmingham and Preston to Lancaster, Carnforth, Barrow-in-Furness, Windermere, Carlisle, Edinburgh and Glasgow						
London Euston	0.00	0.00				
Watford Junction	17.50	17.50				
Milton Keynes Central	49.75	49.75				
Rugby	82.50	82.50				
Coventry		94.00				
Birmingham International		104.75				
Birmingham New Street		113.25				
Sandwell & Dudley		118.50				
Wolverhampton		126.00				
Crewe	158.00	165.75				
Warrington Bank Quay	182.00	189.75				
Manchester Airport						
Heald Green						
East Didsbury						
Burnage						
Manchester Piccadilly						
Manchester Oxford Road						
Manchester Victoria						
Bolton						
Liverpool Lime Street						
St Helens Central						
Wigan North Western	193.75	201.50				
Preston	209.00	216.75				
Lancaster	230.00	237.75	0.00			
Carnforth			6.00			
Silverdale			9.75			
Arnside			12.00			
Grange-Over-Sands			15.25			
Kents Bank			17.50			
Cark			19.50			
Ulverston			25.50			
Dalton			28.75			
Roose			33.00			
Barrow-in-Furness			34.75			
Oxenholme Lake District	249.00	256.75		0.00		
Kendal				2.25		
Burneside				4.00		
Staveley				6.50		
Windermere				10.00		
Penrith North Lakes	281.25	290.00				
Carlisle	299.00	306.75				
Lockerbie	324.25	332.00				
Haymarket		407.00				
Edinburgh		408.25				
Motherwell	388.50					
Glasgow Central	401.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
101						
Manchester and Bolton to Wigan, Headbolt Lane and Southport						
Leeds						
Blackburn						
Rochdale						
Stalybridge						
Ashton-under-Lyne						
Manchester Victoria	0.00					
Salford Central	0.75					
Manchester Piccadilly		0.00				
Manchester Oxford Road		0.50				
Deansgate		0.75				
Salford Crescent	1.75	2.25				
Swinton	5.75					
Moorside	6.50					
Walkden	8.25					
Atherton	11.75					
Hag Fold	13.00					
Daisy Hill	13.25					
Clifton		5.25				
Kearsley		8.25				
Farnworth		9.00				
Moses Gate		10.00				
Bolton		11.25				
Westhoughton		15.75				
Hindley	15.75	18.25				
Ince	17.25	19.75		0.00		
Wigan North Western				0.75		
Wigan Wallgate	18.25	20.75	0.00			
Pemberton			1.75			
Orrell			3.75			
Upholland			5.00			
Rainford			7.00			
Headbolt Lane			11.75			
Gathurst		23.50				
Appley Bridge		25.25				
Parbold		27.50				
Hoscar		29.00				
Burscough Bridge		30.50				
New Lane		31.75				
Bescar Lane		33.75				
Meols Cop		37.00				
Southport		38.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
102						
Manchester and Bolton to Preston and Blackpool						
Manchester Airport						
Heald Green						
Gatley						
East Didsbury						
Manchester Piccadilly		0.00				
Manchester Oxford Road		0.50				
Deansgate		0.75				
Manchester Victoria	0.00					
Salford Central	0.75					
Salford Crescent	1.75	2.25				
Bolton	10.75	11.25				
Lostock	13.75	14.25				
Horwich Parkway	15.75	16.25				
Blackrod	17.25	17.75				
Adlington (Lancashire)	19.25	19.75				
Chorley	23.25	23.75				
Buckshaw Parkway	25.75	26.25				
London Euston						
Birmingham New Street						
Liverpool Lime Street						
St Helens Central						
Wigan North Western						
Leyland	26.75	27.25				
Preston	30.75	31.25				
Salwick		36.50				
Kirkham & Wesham		39.00	0.00			
Moss Side			3.25			
Lytham			5.75			
Ansdell & Fairhaven			7.00			
St Annes-on-the-Sea			9.00			
Squires Gate			10.50			
Blackpool Pleasure Beach			11.75			
Blackpool South			12.25			
Poulton-le-Fylde		45.50				
Layton		47.50				
Blackpool North		48.75				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
103						
Manchester and Bolton to Blackburn and Clitheroe						
Rochdale						
Castleton						
Mills Hill						
Moston						
Manchester Victoria	0.00					
Salford Central	0.75					
Salford Crescent	1.75					
Bolton	10.75					
Hall I' Th' Wood	12.50					
Bromley Cross	13.50					
Entwistle	16.50					
Darwen	20.25					
Blackburn	24.50					
Ramsgreave & Wilpshire	27.25					
Langho	29.75					
Whalley	31.75					
Clitheroe	34.25					
104						
Manchester to Rochdale, Todmorden, Burnley, Accrington and Blackburn						
Bolton						
Salford Crescent						
Salford Central						
Manchester Victoria	0.00					
Moston	4.00					
Mills Hill	6.00					
Castleton	8.75					
Rochdale	10.50					
Smithy Bridge	12.75					
Littleborough	13.75					
Walsden	17.75					
Todmorden	19.25					
Burnley Manchester Road	28.00					
Rose Grove	29.25					
Accrington	34.00					
Blackburn	39.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
105						
Blackpool and Preston to Blackburn, Accrington, Burnley, Rochdale, Manchester, Bradford, Leeds, York and Colne						
Blackpool North						
Blackpool South						
Preston	0.00	0.00				
Lostock Hall	2.75	2.75				
Bamber Bridge	4.00	4.00				
Pleasington	9.00	9.00				
Cherry Tree	10.00	10.00				
Mill Hill (Lancashire)	10.75	10.75				
Blackburn	12.00	12.00				
Rishton	15.75	15.75				
Church & Oswaldtwistle	17.50	17.50				
Accrington	18.25	18.25				
Huncoat	20.00	20.00				
Hapton	21.50	21.50				
Rose Grove	23.00	23.00	0.00			
Burnley Manchester Road		23.25	0.25			
Todmorden			9.25			
Rochdale			18.00			
Manchester Victoria			28.50			
Halifax		44.75				
Bradford Interchange		52.75				
Leeds		62.25				
York						
Burnley Barracks	24.00					
Burnley Central	24.50					
Brierfield	26.75					
Nelson	28.00					
Colne	30.00					
106						
Lancaster and Carnforth to Morecambe and Heysham Port						
Carnforth	0.00					
Lancaster	6.00	0.00				
Bare Lane		2.50				
Morecambe		4.25				
Heysham Port		8.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
107						
Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle						
Preston						
Lancaster						
Carnforth						
Barrow-in-Furness	0.00					
Askam	6.00					
Kirkby-in-Furness	9.25					
Foxfield	11.25					
Green Road	13.50					
Millom	16.00					
Silecroft	19.00					
Bootle	24.50					
Ravenglass for Eskdale	29.25					
Drigg	31.00					
Seascale	33.25					
Sellafield	35.00					
Braystones	37.00					
Nethertown	38.25					
St Bees	41.25					
Corkickle	44.75					
Whitehaven	45.75					
Parton	47.00					
Harrington	50.50					
Workington	52.25					
Flimby	56.00					
Maryport	58.00					
Aspatria	65.50					
Wigton	71.75					
Dalston	81.25					
Carlisle	85.25					
112						
London to Amersham and Aylesbury						
London Marylebone	0.00					
Harrow-on-the-Hill	9.00					
Rickmansworth	17.00					
Chorleywood	19.25					
Chalfont & Latimer	21.50					
Amersham	23.50					
Great Missenden	28.75					
Wendover	33.25					
Stoke Mandeville	35.25					
Aylesbury	37.75					
Aylesbury Vale Parkway	40.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
113						
London to High Wycombe, Aylesbury, Bicester, Oxford, Banbury, Leamington Spa, Stratford-Upon-Avon and Birmingham						
London Marylebone	0.00	0.00				
Wembley Stadium	6.50	6.50				
Sudbury & Harrow Road	8.00	8.00				
Sudbury Hill Harrow	8.75	8.75				
Northolt Park	9.75	9.75				
South Ruislip	11.50	11.50				
West Ruislip	13.25	13.25				
Denham	16.00	16.00				
Denham Golf Club	17.00	17.00				
Gerrards Cross	18.75	18.75				
Seer Green	21.25	21.25				
Beaconsfield	23.00	23.00				
High Wycombe	27.75	27.75				
Saunderton	32.75	32.75				
Princes Risborough	36.00	36.00	0.00			
Monks Risborough			1.50			
Little Kimble			3.00			
Aylesbury			7.50			
Haddenham & Thame Parkway	44.75	44.75				
Bicester Village		54.75				
Islip		60.75				
Oxford Parkway		63.00				
Oxford		66.50				
Bicester North	54.75					
Kings Sutton	65.25					
Banbury	68.75					
Leamington Spa	88.75			0.00		
Warwick	90.75			2.00		
Warwick Parkway	92.00			3.25		
Hatton	94.75			6.00		
Claverdon				7.75		
Bearley				11.00		
Wilmcote				12.50		
Stratford Parkway				14.25		
Stratford-Upon-Avon				15.25		
Lapworth	99.00					
Dorridge	101.50					
Solihull	104.75					
Birmingham Moor Street	111.25					
Birmingham Snow Hill	112.00					
Stourbridge Junction						
Kidderminster						
115						
Reading, Oxford and Banbury to Leamington Spa and Birmingham (Summary)						
Reading	0.00					
Oxford	27.50					
Banbury	48.25					
Leamington Spa	68.25					
Birmingham International	88.50					
Birmingham New Street	97.00					
Birmingham Moor Street						
Birmingham Snow Hill						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
116						
Shenfield, Abbey Wood and Canary Wharf to Ealing Broadway, Greenford, Heathrow Airport, Slough, Maidenhead and Reading via Central London						
Shenfield	0.00					
Brentwood	2.00					
Harold Wood	5.25					
Gidea Park	6.75					
Romford	7.75					
Chadwell Heath	10.25					
Goodmayes	11.00					
Seven Kings	11.75					
Ilford	13.00					
Manor Park	14.00					
Forest Gate	15.00					
Maryland	15.75					
Stratford	16.25					
Abbey Wood		0.00				
Woolwich		2.00				
Custom House		4.50				
Canary Wharf		6.75				
Whitechapel	19.50	8.75				
London Liverpool Street	20.75	10.00				
Farringdon	21.50	10.75				
Tottenham Court Road	23.00	12.25				
Bond Street	23.50	12.75				
London Paddington	25.00	14.25	0.00	0.00	0.00	
Acton Main Line			4.25	4.25	4.25	
Ealing Broadway			5.75	5.75	5.75	
West Ealing			6.50	6.50	6.50	0.00
Drayton Green						0.75
Castle Bar Park						1.00
South Greenford						1.75
Greenford						2.75
Hanwell			7.25	7.25	7.25	
Southall			9.00	9.00	9.00	
Hayes & Harlington			10.75	10.75	10.75	
Heathrow Terminals 2 & 3				14.75	14.75	
Heathrow Terminal 4				16.50		
Heathrow Terminal 5					16.25	
West Drayton			13.25			
Iver			14.75			
Langley			16.25			
Slough			18.50			
Burnham			21.00			
Taplow			22.50			
Maidenhead			24.25			
Twyford			31.00			
Reading			36.00			
Didcot Parkway			53.25			
Oxford			63.50			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
117						
Slough to Windsor & Eton Central						
Slough	0.00					
Windsor & Eton Central	2.75					
118						
Maidenhead to Bourne End and Marlow						
Maidenhead	0.00					
Furze Platt	1.25					
Cookham	3.00					
Bourne End	4.50					
Marlow	7.25					
119						
Twyford to Henley-on-Thames						
Twyford	0.00					
Wargrave	1.75					
Shiplake	2.75					
Henley-on-Thames	4.50					
120						
Reading to Basingstoke						
Reading	0.00					
Reading West	1.00					
Reading Green Park	2.50					
Mortimer	7.25					
Bramley (Hants)	10.50					
Basingstoke	15.50					
121						
London to Reading (Summary Of First, Fast and Last Services)						
London Paddington	0.00					
Reading	36.00					
122						
London and Reading to Newbury, Bedwyn and Westbury						
London Paddington	0.00					
Slough	18.50					
Maidenhead	24.25					
Twyford	31.00					
Reading	36.00					
Reading West	37.00					
Theale	41.25					
Aldermaston	44.75					
Midgham	46.75					
Thatcham	49.50					
Newbury Racecourse	52.50					
Newbury	53.00					
Kintbury	58.50					
Hungerford	61.50					
Bedwyn	66.50					
Pewsey	75.25					
Westbury	95.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
123						
London and Reading to Didcot Parkway, Oxford and Banbury						
London Paddington	0.00					
Ealing Broadway	5.75					
Southall	9.00					
Hayes & Harlington	10.75					
West Drayton	13.25					
Slough	18.50					
Maidenhead	24.25					
Twyford	31.00					
Reading	36.00					
Tilehurst	38.75					
Pangbourne	41.50					
Goring & Streatley	44.75					
Cholsey	48.50					
Didcot Parkway	53.25					
Appleford	55.25					
Culham	56.25					
Radley	58.50					
Oxford	63.50					
Tackley	72.50					
Heyford	75.25					
Kings Sutton	82.75					
Banbury	86.25					
124						
London and Reading to Oxford, Evesham, Worcester, Great Malvern and Hereford						
London Paddington	0.00					
Slough	18.50					
Reading	36.00					
Didcot Parkway	53.25					
Oxford	63.50					
Hanborough	70.50					
Combe	71.50					
Finstock	75.00					
Charlbury	76.75					
Ascott-under-Wychwood	80.50					
Shipton	81.75					
Kingham	84.75					
Moreton-in-Marsh	91.75					
Honeybourne	101.75					
Evesham	106.75					
Pershore	112.75					
Worcestershire Parkway	115.75					
Worcester Shrub Hill	120.50					
Worcester Foregate Street	121.25					
Malvern Link	128.00					
Great Malvern	128.75					
Colwall	131.75					
Ledbury	136.00					
Hereford	149.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
125						
London and Reading to Swindon, Cheltenham Spa, Bath, Bristol, Weston-Super-Mare, Cardiff, Swansea and West Wales						
London Paddington	0.00	0.00	0.00	0.00		
Reading	36.00	36.00	36.00	36.00		
Didcot Parkway	53.25	53.25	53.25	53.25		
Swindon	77.25	77.25	77.25	77.25	0.00	
Kemble				91.00		
Stroud				102.25		
Stonehouse				105.00		
Gloucester				113.75		
Cheltenham Spa				120.25		
Chippenham			94.00		16.75	
Melksham					23.00	
Trowbridge					28.50	
Westbury					32.50	
Bath Spa			107.00			
Bristol Parkway	111.75	111.75				
Bristol Temple Meads		117.25	118.50			
Nailsea & Backwell			126.50			
Yatton			130.50			
Worle			134.50			
Weston Milton			137.25			
Weston-Super-Mare			138.50			
Highbridge & Burnham			146.00			
Bridgwater			152.25			
Taunton			164.00			
Newport (South Wales)	133.50					
Cardiff Central	145.25					
Bridgend	165.50					
Port Talbot Parkway	177.75					
Neath	183.25					
Swansea	192.75					
Llanelli						
Pembrey & Burry Port						
Carmarthen						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
126						
Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven and Fishguard						
London Paddington						
Reading						
Manchester Piccadilly						
Cheltenham Spa						
Gloucester						
Newport (South Wales)						
Cardiff Central	0.00					
Pontyclun	11.00					
Llanharan	14.00					
Pencoed	16.25					
Bridgend	20.25	0.00				
Wildmill		1.00				
Sarn		2.25				
Tondu		3.00				
Garth (Mid Glamorgan)		7.00				
Maesteg (Ewenny Road)		7.75				
Maesteg		8.25				
Pyle	26.25					
Port Talbot Parkway	32.50					
Baglan	34.50					
Briton Ferry	36.25					
Neath	38.00					
Skewen	41.75					
Llansamlet	43.50					
Swansea	47.50					
Gowerton	53.00					
Llanelli	58.75					
Pembrey & Burry Port	62.75					
Kidwelly	68.00					
Ferryside	72.25					
Carmarthen	79.25					
Whitland	93.25		0.00			
Narberth			5.25			
Kilgetty			10.75			
Saundersfoot			11.50			
Tenby			15.75			
Penally			17.00			
Manorbier			20.25			
Lamphey			23.75			
Pembroke			25.25			
Pembroke Dock			27.25			
Clunderwen	98.75					
Clarbeston Road	105.25			0.00		
Haverfordwest				5.25		
Johnston				10.00		
Milford Haven				14.00		
Fishguard & Goodwick	120.50					
Fishguard Harbour	121.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
127						
Bridgend, Barry and Penarth to Cardiff, Coryton, Caerphilly, Rhymney, Pontypridd, Treherbert, Aberdare and Merthyr Tydfil						
Bridgend	0.00					
Llantwit Major	9.25					
Rhoose Cardiff Int Airport	15.75					
Barry Island		0.00				
Barry	19.00	0.75				
Barry Docks	20.25	2.00				
Cadoxton	21.00	2.75				
Dinas Powys	23.00	4.75				
Eastbrook	24.00	5.75				
Cogan	24.75	6.50				
Penarth			0.00			
Dingle Road			0.25			
Grangetown	26.50	8.25	2.75			
Cardiff Central	27.50	9.25	3.75	0.00	0.00	
Cardiff Bay						0.00
Cardiff Queen Street		9.75	4.25		0.50	1.00
Heath High Level					3.00	
Heath Low Level			6.75			
Ty Glas					4.50	
Birchgrove					4.25	
Rhiwbina					4.75	
Whitchurch (Cardiff)					5.00	
Coryton					5.50	
Llanishen			7.75			
Lisvane & Thornhill			8.75			
Caerphilly			11.25			
Aber			12.00			
Energlyn & Churchill Park			12.75			
Llanbradach			14.00			
Ystrad Mynach			16.75			
Hengoed			17.75			
Pengam			19.50			
Gilfach Fargoed			20.50			
Bargoed			21.00			
Brithdir			22.50			
Tir-Phil			23.50			
Pontlottyn			26.00			
Rhymney			27.00			
Cathays		10.50				
Llandaf		13.00				
Ninian Park				1.00		
Waun-Gron Park				2.50		
Fairwater				2.75		
Danescourt				3.25		
Radyr		14.00		4.75		
Taffs Well		16.00				
Trefforest Estate		18.25				
Trefforest		20.75				
Pontypridd	0.00	21.75			0.00	
Abercynon	3.25				3.25	
Penrhiwceiber					6.00	
Mountain Ash					7.25	
Fernhill					8.25	
Cwmbach					9.50	

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
127 (Continued)						
Aberdare					11.00	
Quakers Yard	4.75					
Merthyr Vale	7.00					
Troed Y Rhiw	8.75					
Pentre-Bach	10.00					
Merthyr Tydfil	11.50					
Trehafod		23.50				
Porth		24.75				
Dinas Rhondda		26.25				
Tonypandy		26.75				
Llwynypia		27.75				
Ystrad Rhondda		29.00				
Ton Pentre		29.50				
Treorchy		30.75				
Ynyswen		31.75				
Treherbert		32.25				
128						
Cardiff to Newport, Ebbw Vale and Severn Tunnel Junction						
Cardiff Central	0.00	0.00				
Newport (South Wales)		11.75	0.00			
Pye Corner	12.75		2.75			
Rogerstone	14.00					
Risca & Pontymister	15.25					
Cross Keys	17.25					
Newbridge (Ebbw Vale)	20.75					
Llanhilleth	23.50					
Ebbw Vale Parkway	28.75					
Ebbw Vale Town	30.25					
Severn Tunnel Junction						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
130						
Swansea, Carmarthen and Llanelli to Llandovery, Llandrindod and Shrewsbury						
Swansea	0.00					
Gowerton	5.50					
Carmarthen						
Pembrey & Burry Port						
Llanelli	11.25					
Bynea	14.00					
Llangennech	16.00					
Pontarddulais	18.25					
Pantyyffynnon	23.00					
Ammanford	24.25					
Llandybie	26.00					
Ffairfach	30.00					
Llandeilo	30.75					
Llangadog	36.50					
Llanwrda	38.25					
Llandovery	42.00					
Cynghordy	46.75					
Sugar Loaf	49.50					
Llanwrtyd	53.50					
Llangammarch	56.75					
Garth (Powys)	58.50					
Cilmeri	62.00					
Builth Road	64.00					
Llandrindod	69.75					
Pen-y-Bont	73.25					
Dolau	76.25					
Llanbister Road	79.75					
Llangynllo	82.75					
Knucklas	86.75					
Knighton	89.25					
Bucknell	93.50					
Hopton Heath	96.50					
Broome	99.00					
Craven Arms	101.50					
Church Stretton	108.75					
Shrewsbury	121.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
131						
Swansea and Cardiff to Hereford, Shrewsbury, Crewe, Manchester, Wrexham, Chester and North Wales						
Fishguard Harbour						
Milford Haven						
Pembroke Dock						
Tenby						
Carmarthen						
Llanelli						
Swansea						
Neath						
Port Talbot Parkway						
Bridgend						
Cardiff Central	0.00	0.00				
Newport (South Wales)	11.75	11.75				
Cwmbran	18.75	18.75				
Pontypool and New Inn	21.75	21.75				
Abergavenny	31.25	31.25				
Hereford	55.25	55.25				
Leominster	67.75	67.75				
Ludlow	78.75	78.75				
Craven Arms	86.00	86.00				
Church Stretton	93.25	93.25				
Shrewsbury	106.00	106.00				
Yorton	113.25					
Wem	116.75					
Prees	120.00					
Whitchurch (Shropshire)	125.00					
Wrenbury	129.75					
Nantwich	134.25					
Crewe	138.75					
Wilmslow	157.75					
Stockport	163.75					
Manchester Piccadilly	169.75					
Gobowen		123.75				
Chirk		126.75				
Ruabon		130.75				
Wrexham General		135.75				
Chester		147.75				
Rhyl						
Colwyn Bay						
Llandudno Junction		192.75				
Llandudno						
Bangor (Gwynedd)		207.75				
Holyhead		232.75				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
132						
Cardiff, Newport and Bristol to Gloucester, Cheltenham Spa, Worcester, Great Malvern, Birmingham, Derby and Nottingham						
Cardiff Central		0.00				
Newport (South Wales)		11.75				
Severn Tunnel Junction		21.50				
Caldicot		22.25				
Chepstow		29.00				
Lydney		37.00				
Bristol Temple Meads	0.00					
Filton Abbey Wood	4.50					
Bristol Parkway	6.00					
Yate	12.25					
Cam & Dursley	22.75					
Gloucester	35.75	56.50				
Cheltenham Spa	42.25	63.00				
Ashchurch for Tewkesbury	49.50	70.25				
Worcestershire Parkway		84.25				
Worcester Shrub Hill	63.25					
Worcester Foregate Street	65.00					
Malvern Link	71.75					
Great Malvern	73.00					
University		108.75				
Birmingham New Street		111.00				
Derby		149.75				
Nottingham		165.75				
133						
Cardiff, Worcester, Bristol and Swindon to Westbury, Yeovil, Weymouth, Salisbury, Southampton and Portsmouth						
Cardiff Central	0.00					
Newport (South Wales)	11.75					
Severn Tunnel Jn	21.75					
Patchway	32.25					
Great Malvern		0.00				
Worcester Shrub Hill		8.50				
Cheltenham Spa		30.50				
Gloucester		37.00				
Bristol Parkway		67.00				
Filton Abbey Wood	33.75	68.50				
Stapleton Road	36.75	71.50				
Lawrence Hill	37.25	72.00				
Bristol Temple Meads	38.25	73.00				
Keynsham	42.75	77.50				
Oldfield Park	48.75	83.50				
Bath Spa	49.75	84.50				
Freshford	56.75	91.75				
Avoncliff	57.75	92.50				
Bradford-On-Avon	59.00	94.00				
Swindon			0.00			
Chippenham			16.75			
Melksham			23.00			
Trowbridge	62.25	97.25	28.50			
Westbury	66.25	101.25	32.50			
Frome		107.00				
Bruton		117.50				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
133 (Continued)						
Castle Cary		121.00				
Yeovil Pen Mill		132.75				
Yeovil Junction						
Thornford		135.75				
Yetminster		137.00				
Chetnole		139.00				
Maiden Newton		145.50				
Dorchester West		153.25				
Upwey		157.75				
Weymouth		160.25				
Dilton Marsh	67.75					
Warminster	71.00					
Salisbury	90.75					
Romsey	107.25					
Southampton Central	115.50					
Fareham	130.00					
Cosham	135.75					
Fratton	139.50					
Portsmouth & Southsea	140.50					
Portsmouth Harbour	141.25					
134						
Cardiff, Newport, Severn Beach and Avonmouth to Bristol, Weston-super-Mare and Taunton						
Cardiff Central		0.00				
Newport (South Wales)		11.75				
Severn Tunnel Jn		21.75				
Patchway		32.25				
Bristol Parkway						
Filton Abbey Wood		33.75				
Severn Beach	0.00					
St Andrews Road	3.50					
Avonmouth	4.50					
Portway Park & Ride	5.50					
Shirehampton	6.00					
Sea Mills	7.50					
Clifton Down	9.50					
Redland	10.25					
Montpelier	10.75					
Stapleton Road	12.00	36.75				
Lawrence Hill	12.50	37.25				
Bristol Temple Meads	13.50	38.25				
Bedminster		39.25				
Parson Street		40.00				
Nailsea & Backwell		46.25				
Yatton		50.25				
Worle		54.25				
Weston Milton		57.00				
Weston-Super-Mare		58.25				
Highbridge & Burnham		65.75				
Bridgwater		72.50				
Taunton		83.75				
Exeter St Davids						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
135						
London, Reading, Cardiff, Bristol and Taunton to Exeter, Torbay, Plymouth and Penzance						
London Paddington		0.00				
Reading		36.00				
Newbury		53.00				
Pewsey		75.25				
Westbury		95.50				
Castle Cary		115.25				
Cardiff Central	0.00					
Newport (South Wales)	11.75					
Bristol Temple Meads	38.25					
Nailsea & Backwell	46.25					
Yatton	50.25					
Worle	54.25					
Weston-Super-Mare	58.25					
Highbridge & Burnham	65.75					
Bridgwater	72.50					
Taunton	83.75	143.00				
Tiverton Parkway		157.25				
Exmouth						
Exeter Central						
Exeter St Davids		173.75				
Exeter St Thomas		174.75				
Marsh Barton		176.00				
Starcross		182.25				
Dawlish Warren		184.25				
Dawlish		185.75				
Teignmouth		188.75				
Newton Abbot		193.75	0.00			
Torre			5.25			
Torquay			6.00			
Paignton			8.25			
Totnes		202.50				
Ivybridge		214.00				
Plymouth		225.75				
Devonport		227.00				
Dockyard		227.50				
Keyham		228.00				
St Budeaux Ferry Road		228.75				
Saltash		230.00				
St Germans		235.00				
Menheniot		240.25				
Liskeard		243.50				
Bodmin Parkway		252.50				
Lostwithiel		256.00				
Par		260.50				
Newquay						
St Austell		265.00				
Truro		279.50				
Redruth		288.50				
Camborne		292.00				
Hayle		298.00				
St Erth		299.50				
Penzance		305.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
137						
Exmouth to Exeter						
Exmouth	0.00					
Lympstone Village	2.00					
Lympstone Commando	3.00					
Exton	3.50					
Topsham	5.00					
Newcourt	6.50					
Digby & Sowton	7.00					
Polsloe Bridge	9.00					
St James' Park	10.00					
Exeter Central	10.50	0.00				
Exeter St Davids	11.25	0.75				
138						
Exeter to Okehampton and Barnstaple						
Exeter Central	0.00	0.00				
Exeter St Davids	0.75	0.75				
Newton Abbot						
Torquay						
Paignton						
Newton St Cyres	5.00	5.00				
Crediton	7.75	7.75				
Yeoford	11.25					
Okehampton		29.75				
Coplestone	14.00					
Morchard Road	15.75					
Lapford	18.25					
Eggesford	22.00					
Kings Nympton	26.00					
Portsmouth Arms	28.75					
Umberleigh	33.00					
Chapelton	35.25					
Barnstaple	39.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
140						
Plymouth to Gunnislake						
Plymouth	0.00	0.00				
Devonport	1.25	1.25				
Dockyard	1.50	1.50				
Keyham	2.25	2.25				
St Budeaux Ferry Road		3.00				
St Budeaux Victoria Road	3.00					
Bere Ferrers	7.25					
Bere Alston	10.00					
Calstock	11.75					
Gunnislake	14.50					
141						
Liskeard to Looe						
Liskeard	0.00					
Coombe Junction Halt	2.00					
St Keyne Wishing Well Halt	3.75					
Causeland	5.00					
Sandplace	6.50					
Looe	8.75					
143						
Par to Newquay						
London Paddington						
Plymouth						
Par	0.00					
Luxulyan	4.25					
Bugle	6.25					
Roche	8.75					
St Columb Road	14.50					
Quintrell Downs	18.25					
Newquay	20.75					
144						
Truro to Falmouth						
Truro	0.00					
Perranwell	4.25					
Penryn	8.25					
Penmere	10.25					
Falmouth Town	11.75					
Falmouth Docks	12.25					
146						
Penzance and St Erth to St Ives						
Penzance						
St Erth	0.00					
Lelant Saltings	0.75					
Lelant	1.00					
Carbis Bay	3.00					
St Ives	4.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
150						
Reading, Farnham and Aldershot to Guildford, Dorking, Redhill and Gatwick Airport						
Reading	0.00					
Wokingham	6.75					
Crowthorne	10.00					
Sandhurst	11.50					
Blackwater	13.50					
Farnborough North	15.50					
North Camp	17.50					
Farnham		0.00				
Aldershot		3.00				
Ash	19.50	5.75				
Wanborough	21.50	7.75				
Guildford	25.75	12.00				
Shalford	27.75					
Chilworth	29.75					
Gomshall	33.50					
Dorking West	38.25					
Dorking Deepdene	39.00					
Betchworth	41.75					
Reigate	44.50					
Redhill	46.50					
Gatwick Airport	52.25					
151						
London to Staines, Windsor & Eton Riverside, Weybridge, Ascot, Aldershot and Reading						
London Waterloo	0.00					
Vauxhall	1.25					
Clapham Junction	4.00					
Putney	5.75					
Richmond	9.75					
St Margarets	10.75					
Twickenham	11.25					
Hounslow						
Whitton	12.50					
Feltham	14.75					
Ashford (Middlesex)	17.50					
Staines	19.00	0.00				
Wraysbury		2.50				
Sunnymeads		3.75				
Datchet		4.75				
Windsor & Eton Riverside		6.75				
Egham	21.00					
Virginia Water	23.75	0.00				
Chertsey		2.50				
Addlestone		4.00				
Weybridge		5.75				
Byfleet & New Haw						
West Byfleet						
Woking						
Longcross	25.25					
Sunningdale	27.00					
Ascot	29.00	0.00				
Bagshot		3.25				
Camberley		6.50				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
151 (Continued)						
Frimley		8.75				
Ash Vale		12.00				
Aldershot		14.50				
Martins Heron	31.25					
Bracknell	32.25					
Wokingham	36.75					
Winnersh	38.75					
Winnersh Triangle	39.25					
Earley	40.50					
Reading	43.50					
152						
London to Woking, Guildford, Aldershot, Farnham, Alton and Basingstoke						
London Waterloo	0.00	0.00	0.00			
Vauxhall	1.25	1.25	1.25			
Clapham Junction	4.00	4.00	4.00			
Earlsfield	5.50	5.50	5.50			
Wimbledon	7.25	7.25	7.25			
Surbiton	12.00	12.00	12.00			
Esher	14.50	14.50	14.50			
Hersham	16.00	16.00	16.00			
Walton-on-Thames	17.00	17.00	17.00			
Weybridge	19.00	19.00	19.00			
Byfleet & New Haw	20.50	20.50	20.50			
West Byfleet	21.75	21.75	21.75			
Woking	24.50	24.50	24.50			
Worplesdon			27.00			
Guildford			30.50			
Brookwood	28.00	28.00				
Ash Vale		32.50				
Aldershot		35.00				
Farnham		38.00				
Bentley		42.00				
Alton		46.75				
Farnborough (Main)	33.25					
Fleet	36.50					
Winchfield	40.00					
Hook	42.25					
Basingstoke	47.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
153						
London to Salisbury, Westbury, Yeovil, Axminster and Exeter						
London Waterloo	0.00					
Clapham Junction	4.00					
Woking	24.50					
Reading						
Basingstoke	47.75					
Overton	55.50					
Whitchurch (Hants)	59.25					
Andover	66.50					
Grateley	72.75					
Salisbury	83.75	0.00				
Warminster		19.75				
Westbury		24.50				
Frome		30.25				
Bruton		40.75				
Castle Cary		44.25				
Tisbury	96.25					
Gillingham (Dorset)	105.25					
Templecombe	112.25					
Sherborne	118.25					
Yeovil Junction	122.75					
Yeovil Pen Mill						
Crewkerne	131.75					
Axminster	144.75					
Honiton	155.00					
Feniton	159.50					
Whimble	163.25					
Cranbrook	166.25					
Pinhoe	169.00					
Exeter Central	171.75					
Exeter St Davids	172.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
154						
London to Winchester, Fareham, Portsmouth, Southampton, Lymington, Yarmouth (low), Bournemouth and Weymouth						
London Waterloo	0.00					
Clapham Junction	4.00					
Woking	24.25					
Farnborough (Main)	33.25					
Fleet	36.50					
Reading						
Basingstoke	47.75					
Micheldever	58.00					
Winchester	66.50					
Shawford	69.75					
Romsey		0.00				
Chandlers Ford		5.25				
Eastleigh	73.50	7.25	0.00			
Hedge End			4.50			
Botley			5.50			
Fareham			11.00			
Portchester			14.25			
Cosham			16.75			
Hilsea			18.25			
Fratton			20.50			
Portsmouth & Southsea			21.50			
Portsmouth Harbour			22.25			
Southampton Airport Parkwy	75.00					
Swaythling	75.75					
St Denys	77.25					
Southampton Central	79.25					
Millbrook (Hants)	80.25					
Redbridge	82.00					
Totton	82.50					
Ashurst New Forest	85.50					
Beaulieu Road	88.00					
Brockenhurst	92.75	0.00				
Lymington Town		4.75				
Lymington Pier		5.25				
Lymington Pier						
Yarmouth (I.o.w.)						
Sway	95.50					
New Milton	98.50					
Hinton Admiral	101.00					
Christchurch	104.25					
Pokesdown	106.25					
Bournemouth	108.00					
Branksome	110.75					
Parkstone (Dorset)	112.00					
Poole	113.75					
Hamworthy	116.00					
Holton Heath	118.75					
Wareham	120.75					
Wool	125.75					
Moreton (Dorset)	130.25					
Dorchester South	135.75					
Dorchester West						
Upwey	140.50					
Weymouth	142.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
155						
London to Haslemere, Havant and Portsmouth						
London Waterloo	0.00					
Clapham Junction	4.00					
Woking	24.50					
Worplesdon	26.75					
Guildford	30.25					
Farncombe	33.50					
Godalming	34.50					
Milford (Surrey)	36.25					
Witley	38.50					
Haslemere	43.00					
Liphook	46.75					
Liss	51.50					
Petersfield	55.00					
Rowlands Castle	63.25					
Havant	66.50					
Bedhampton	67.25					
Hilsea	70.50					
Fratton	72.75					
Portsmouth & Southsea	73.75					
Portsmouth Harbour	74.50					
156						
Portsmouth, Havant and Fareham to Southampton and Salisbury						
Portsmouth Harbour	0.00					
Portsmouth & Southsea	0.75					
Fratton	1.75					
Hilsea	4.00					
Havant		0.00				
Cosham	5.50	4.00				
Portchester	8.00					
Fareham	11.25					
Swanwick	15.00					
Bursledon	17.00					
Hamble	18.25					
Netley	19.00					
Sholing	20.75					
Woolston	21.50					
Bitterne	23.25					
Southampton Airport Parkwy		0.00				
Swaythling		0.75				
St Denys	23.75	2.25				
Southampton Central	25.75	4.25				
Millbrook (Hants)	26.75					
Redbridge	28.50					
Romsey	34.00					
Mottisfont & Dunbridge	37.75					
Dean	41.50					
Salisbury	50.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
157						
Portsmouth to Havant (Summary)						
Portsmouth Harbour	0.00					
Portsmouth & Southsea	0.75					
Fratton	1.75					
Hilsea	4.00					
Bedhampton	7.25					
Havant	8.00					
158						
Portsmouth to Ryde, Sandown and Shanklin						
Portsmouth Harbour						
Ryde Pier Head	0.00					
Ryde Esplanade	0.50					
Ryde St Johns Road	1.25					
Smallbrook Junction	2.25					
Brading	4.75					
Sandown	6.50					
Lake	7.25					
Shanklin	8.50					
160						
London to Putney, Hounslow, Richmond, Twickenham and Kingston						
London Waterloo	0.00	0.00	0.00			
Vauxhall	1.25	1.25	1.25			
Queenstown Rd.(Battersea)	2.75	2.75	2.75			
Clapham Junction	4.00	4.00	4.00			
Wandsworth Town	4.75	4.75	4.75			
Putney	5.75	5.75	5.75			
Barnes	7.00	7.00	7.00			
Barnes Bridge			7.50			
Chiswick			8.50			
Kew Bridge			9.50			
Brentford			10.50			
Syon Lane			11.25			
Isleworth			12.00			
Hounslow			13.50			
Mortlake	8.25	8.25				
North Sheen	9.00	9.00				
Richmond	9.75	9.75				
St Margarets	10.75	10.75				
Twickenham	11.25	11.25				
Whitton		12.50				
Feltham		14.75				
Ashford (Middlesex)		17.50				
Staines		19.00				
Strawberry Hill	12.25					
Teddington	13.50					
Hampton Wick	14.75					
Kingston	15.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
161						
London to Wimbledon, Kingston, Shepperton, Surbiton, Hampton Court, Guildford, Chessington, Epsom and Dorking						
London Waterloo	0.00	0.00	0.00	0.00		
Vauxhall	1.25	1.25	1.25	1.25		
Clapham Junction	4.00	4.00	4.00	4.00		
Earlsfield	5.50	5.50	5.50	5.50		
Wimbledon	7.25	7.25	7.25	7.25		
Raynes Park	8.75	8.75	8.75	8.75		
Motspur Park			9.75	9.75		
Malden Manor			11.25			
Tolworth			12.25			
Chessington North			13.25			
Chessington South			14.00			
Worcester Park				10.75		
Stoneleigh				12.00		
Ewell West				13.00		
Epsom				14.25		
Ashtead				16.25		
Leatherhead				18.00		
Box Hill & Westhumble				21.25		
Dorking				22.00		
New Malden	9.75	9.75				
Norbiton		11.25				
Kingston		12.00				
Hampton Wick		12.50				
Teddington		13.75				
Strawberry Hill						
Twickenham						
St Margarets						
Richmond						
Fulwell		14.75				
Hampton		16.50				
Kempton Park		18.25				
Sunbury		18.75				
Upper Halliford		19.25				
Shepperton		20.75				
Berrylands	11.00					
Surbiton	12.00	0.00				
Thames Ditton		2.00				
Hampton Court		3.00				
Hinchley Wood	14.00					
Claygate	15.25					
Oxshott	17.00					
Cobham & Stoke D'abernon	19.00					
Bookham						
Effingham Junction	21.25					
Horsley	22.25					
Clandon	25.50					
London Road (Guildford)	28.75					
Guildford	30.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
162						
London, West Croydon and Sutton to Epsom, Leatherhead, Effingham Junction, Guildford, Dorking and Horsham						
London Victoria			0.00			
London Waterloo	0.00					
Clapham Junction	4.00		2.75			
Balham			4.50			
Mitcham Eastfields			7.25			
Mitcham Junction			8.25			
Hackbridge			9.50			
Carshalton			10.25			
London Bridge		0.00				
Norwood Junction		8.75				
West Croydon		10.50				
Waddon		11.50				
Wallington		13.00				
Carshalton Beeches		14.00				
Sutton (Surrey)		15.00	11.50			
Cheam			12.75			
Ewell East			14.25			
Epsom	14.25		15.75			
Ashted			17.75			
Leatherhead			19.50	0.00		
Bookham				2.50		
Effingham Junction				4.25		
Horsley				5.25		
Clandon				8.50		
London Road (Guildford)				11.75		
Guildford				13.00		
Box Hill & Westhumble			22.75			
Dorking			23.50			
Holmwood			28.50			
Ockley			30.75			
Warnham			35.00			
Horsham			37.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
163						
London to Wimbledon and Sutton via Streatham and Tulse Hill						
London Victoria	0.00					
Clapham Junction	2.75					
Balham	4.50					
St Pancras International			0.00	0.00		
Farringdon			1.25	1.25		
City Thameslink			1.50	1.50		
London Blackfriars			2.00	2.00		
Elephant & Castle			3.25	3.25		
Loughborough Junction			5.00	5.00		
Herne Hill			6.00	6.00		
London Bridge		0.00				
South Bermondsey		1.75				
Queens Rd Peckham		2.75				
Peckham Rye		3.50				
East Dulwich		4.25				
North Dulwich		4.75				
Tulse Hill		6.00	7.00	7.00		
Streatham		7.50	8.50	8.50		
Tooting				10.00		
Haydons Road				11.50		
Wimbledon				12.25		
Wimbledon Chase				13.25		
South Merton				14.00		
Morden South				14.50		
St Helier				15.00		
Sutton Common				16.00		
West Sutton				16.75		
Mitcham Eastfields	7.25	9.25	10.25			
Mitcham Junction	8.25	10.25	11.25			
Hackbridge	9.50	11.50	12.50			
Carshalton	10.25	12.25	13.25			
Sutton (Surrey)	11.50	13.50	14.50	17.75		

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
164						
London to Sutton, Epsom Downs and Epsom via Selhurst and West Croydon						
London Victoria	0.00	0.00				
Battersea Park	1.25	1.25				
Clapham Junction	2.75	2.75				
Wandsworth Common	4.00	4.00				
Balham	4.50	4.50				
London Bridge			0.00	0.00		
South Bermondsey				1.75		
Queens Rd Peckham				2.75		
Peckham Rye				3.50		
East Dulwich				4.25		
North Dulwich				4.75		
Tulse Hill				6.00		
Streatham				7.50		
Streatham Common	6.75	6.75		8.25		
Norbury	7.50	7.50		9.00		
Thornton Heath	8.75	8.75		10.25		
Selhurst	9.50	9.50		11.00		
East Croydon	10.50					
Norwood Junction			8.75			
West Croydon		10.75	10.50	12.25		
Waddon		11.75	11.50			
Wallington		13.25	13.00			
Carshalton Beeches		14.25	14.00			
Sutton (Surrey)		15.25	15.00			
Belmont		16.25				
Banstead		17.75				
Epsom Downs		19.00				
Cheam			16.25			
Ewell East			17.75			
Epsom			19.25			
165						
London to Beckenham Junction and West Croydon via Crystal Palace						
London Victoria	0.00					
Battersea Park	1.25					
Clapham Junction	2.75					
Wandsworth Common	4.00					
Balham	5.00					
Streatham Hill	6.00					
London Bridge		0.00				
South Bermondsey		1.75				
Queens Rd Peckham		2.75				
Peckham Rye		3.50				
East Dulwich		4.25				
North Dulwich		4.75				
Tulse Hill		6.00				
West Norwood	7.25	6.75				
Gipsy Hill	8.25	7.75				
Crystal Palace	9.00	8.50				
Birkbeck		10.00				
Beckenham Junction		11.50				
Norwood Junction	10.50					
West Croydon	12.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
166						
London to Crystal Palace, Norwood Junction, East and West Croydon via Forest Hill						
London Bridge	0.00	0.00				
Highbury & Islington			0.00			
Dalston Junction			1.50			
Whitechapel			3.75			
New Cross Gate	2.75	2.75	7.25			
Brockley	3.75	3.75				
Honor Oak Park	4.75	4.75				
Forest Hill	5.50	5.50				
Sydenham	6.25	6.25				
Crystal Palace		7.50				
Gipsy Hill		8.25				
West Norwood		9.25				
Streatham Hill		10.50				
Balham		11.50				
Wandsworth Common		12.50				
Clapham Junction		13.75				
Battersea Park		15.25				
London Victoria		16.50				
Penge West	7.00					
Anerley	7.50					
Norwood Junction	8.75					
West Croydon	10.50					
East Croydon	10.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
167						
Highbury & Islington to Canada Water, Peckham Rye, Clapham Junction, New Cross, Crystal Palace and West Croydon						
Highbury & Islington	0.00	0.00	0.00	0.00		
Canonbury	0.50	0.50	0.50	0.50		
Dalston Junction	1.50	1.50	1.50	1.50		
Haggerston	2.00	2.00	2.00	2.00		
Hoxton	2.50	2.50	2.50	2.50		
Shoreditch High Street	3.25	3.25	3.25	3.25		
Whitechapel	3.75	3.75	3.75	3.75		
Shadwell	4.50	4.50	4.50	4.50		
Wapping	5.00	5.00	5.00	5.00		
Rotherhithe	5.50	5.50	5.50	5.50		
Canada Water	5.75	5.75	5.75	5.75		
Surrey Quays	6.00	6.00	6.00	6.00		
Queens Rd Peckham				7.50		
Peckham Rye				8.00		
Denmark Hill				9.00		
Clapham High Street				11.00		
Wandsworth Road				11.25		
Clapham Junction				12.75		
New Cross			7.25			
New Cross Gate	7.25	7.25				
Brockley	8.25	8.25				
Honor Oak Park	9.25	9.25				
Forest Hill	10.00	10.00				
Sydenham	10.75	10.75				
Crystal Palace		12.00				
Penge West	11.50					
Anerley	12.00					
Norwood Junction	13.00					
West Croydon	14.75					
168						
Watford Junction to Clapham Junction and East Croydon						
Watford Junction	0.00					
Harrow & Wealdstone	4.50					
Wembley Central	8.00					
Shepherd's Bush	12.25					
Kensington (Olympia)	13.50					
West Brompton	15.50					
Imperial Wharf	16.25					
Clapham Junction	17.25					
Balham	19.25					
Streatham Common	21.00					
Norbury	22.00					
Thornton Heath	23.25					
Selhurst	24.00					
East Croydon	25.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
171						
London and Croydon to Oxted, East Grinstead and Uckfield						
London Victoria	0.00					
Clapham Junction	2.75					
St Pancras International						
Farringdon						
City Thameslink						
London Blackfriars						
London Bridge		0.00				
East Croydon	10.50	10.25				
South Croydon	11.50	11.25				
Sanderstead	12.50	12.25				
Riddlesdown	13.75	13.50				
Upper Warlingham	15.50	15.25				
Woldingham	17.25	17.00				
Oxted	20.50	20.25				
Hurst Green	21.50	21.25				
Lingfield	26.25					
Dormans	28.00					
East Grinstead	30.25					
Edenbridge Town		25.50				
Hever		27.50				
Cowden		29.25				
Ashurst		32.25				
Eridge		35.75				
Crowborough		39.25				
Buxted		43.75				
Uckfield		46.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
172						
London and Croydon to Purley, Caterham, Coulsdon and Tattenham Corner						
London Victoria	0.00		0.00			
Clapham Junction	2.75		2.75			
St Pancras International				0.00		
Farringdon				1.25		
City Thameslink				1.75		
London Blackfriars				2.00		
London Bridge				3.25		
Norwood Junction				12.00		
East Croydon	10.50		10.50	13.50		
South Croydon	11.50		11.50			
Sanderstead			12.50			
Riddlesdown			13.75			
Upper Warlingham			15.50			
Purley Oaks	12.50					
Purley	13.50	0.00				
Kenley		1.25				
Whyteleafe		2.50				
Whyteleafe South		3.00				
Caterham		4.75				
Reedham	14.25					
Coulsdon Town	15.00					
Coulsdon South						
Woodmansterne	15.75					
Chipstead	16.75					
Kingswood	19.25					
Tadworth	20.50					
Tattenham Corner	21.75					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
173						
London and Croydon to Redhill, Reigate, Tonbridge, Gatwick Airport and Three Bridges						
London Victoria		0.00				
Clapham Junction		2.50				
St Pancras International	0.00					
Farringdon	1.25					
City Thameslink	1.75					
London Blackfriars	2.00					
London Bridge	3.25					
Norwood Junction	12.00					
East Croydon	13.50	10.50				
Purley		13.50				
Coulsdon South		15.25				
Merstham		19.00				
Redhill		20.50	0.00	0.00		
Reigate			2.00			
Nutfield				2.25		
Godstone				6.00		
Edenbridge				10.50		
Penshurst				15.50		
Leigh (Kent)				17.25		
Tonbridge				19.75		
Earlswood (Surrey)		21.25				
Salfords		22.50				
Horley		25.75				
Gatwick Airport		26.25				
Three Bridges		28.75				
174						
London, Croydon and Gatwick Airport to Crawley and Horsham						
London Victoria	0.00					
Clapham Junction	2.75					
St Pancras International		0.00				
Farringdon		1.25				
City Thameslink		1.75				
London Blackfriars		2.00				
London Bridge		3.25				
Norwood Junction		12.00				
East Croydon	10.50	13.50				
Purley	13.50					
Coulsdon South	15.25					
Merstham	19.00					
Redhill	20.50					
Earlswood (Surrey)	21.25					
Salfords	22.50					
Horley	25.75					
Gatwick Airport	26.25					
Three Bridges	28.75					
Crawley	30.75					
Ifield	32.00					
Faygate	34.50					
Littlehaven	36.75					
Horsham	38.00					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
175						
London, Croydon and Gatwick Airport to Haywards Heath and Brighton						
London Victoria		0.00				
Clapham Junction		2.75				
St Pancras International	0.00					
Farringdon	1.25					
City Thameslink	1.75					
London Blackfriars	2.00					
London Bridge	3.25					
East Croydon	13.50	10.50				
Purley		13.50				
Redhill		20.50				
Horley		25.75				
Gatwick Airport		26.75				
Three Bridges		29.25				
Balcombe		33.75				
Haywards Heath		37.75				
Wivelsfield		40.75				
Lewes						
Burgess Hill		41.50				
Hassocks		43.75				
Preston Park		49.50				
Hove						
Brighton		51.00				
176						
London, Croydon, Gatwick Airport and Brighton to Lewes, Seaford, Eastbourne, Hastings and Ashford						
London Victoria	0.00					
Clapham Junction	2.75					
East Croydon	10.50					
Gatwick Airport	26.75					
Haywards Heath	37.75					
Wivelsfield	40.75					
Plumpton	44.50					
Cooksbridge	47.25					
Brighton		0.00	0.00			
London Road (Brighton)		0.75	0.75			
Moulsecomb		1.75	1.75			
Falmer		3.50	3.50			
Lewes	50.00	8.00	8.00			
Southeast			11.50			
Newhaven Town			14.25			
Newhaven Harbour			14.50			
Bishopstone			16.00			
Seaford			17.00			
Glyde	53.00	11.00				
Berwick	57.50	15.50				
Polegate	61.75	19.75				
Hampden Park	63.75	21.75				
Eastbourne	65.75	23.75				
Hampden Park	67.75	25.75				
Pevensey & Westham	70.75	28.75				
Pevensey Bay	71.50	29.50				
Normans Bay	73.50	31.50				
Cooden Beach	75.25	33.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
176 (Continued)						
Collington	76.75	34.75				
Bexhill	77.50	35.50				
St Leonards Warrior Square	81.25	39.25				
Hastings	82.00	40.00		0.00		
Ore	83.00	41.00		1.00		
Three Oaks				3.75		
Doleham				5.00		
Winchelsea				9.25		
Rye				11.25		
Appledore (Kent)				18.00		
Ham Street				21.00		
Ashford International				26.50		
177						
London, Croydon, Gatwick Airport and Brighton to Hove, Worthing and Littlehampton						
London Victoria		0.00				
Clapham Junction		2.75				
St Pancras International	0.00					
Farringdon	1.25					
City Thameslink	1.75					
London Blackfriars	2.00					
London Bridge	3.25					
East Croydon	13.50	10.50				
Gatwick Airport		26.75				
Three Bridges		29.25				
Haywards Heath		37.75				
Burgess Hill		41.50				
Hassocks		43.75				
Preston Park		49.50				
Brighton			0.00			
Hove		50.75	1.00			
Aldrington			2.00			
Portslade			2.50			
Fishergate			3.50			
Southwick			3.75			
Shoreham-by-Sea			5.50			
Lancing			7.75			
East Worthing			9.75			
Worthing			10.25			
West Worthing			10.75			
Durrington-on-Sea			11.75			
Goring-by-Sea			12.50			
Angmering			15.25			
Littlehampton			20.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
178						
London, Croydon, Gatwick Airport, Horsham, Brighton and Worthing to Bognor Regis, Southampton and Portsmouth						
London Victoria	0.00					
Clapham Junction	2.75					
London Bridge						
East Croydon	10.50					
Gatwick Airport	26.75					
Three Bridges	29.25					
Crawley	30.75					
Horsham	38.00					
Christs Hospital	39.25					
Billingshurst	41.75					
Pulborough	43.00					
Amberley	44.25					
Arundel	48.00					
Brighton		0.00	0.00			
Hove		1.00	1.00			
Aldrington		2.00	2.00			
Portslade		2.50	2.50			
Fishersgate		3.50	3.50			
Southwick		3.75	3.75			
Shoreham-by-Sea		5.50	5.50			
Lancing		7.75	7.75			
East Worthing		9.75	9.75			
Worthing		10.25	10.25			
West Worthing		10.75	10.75			
Durrington-on-Sea		11.75	11.75			
Goring-by-Sea		12.50	12.50			
Angmering		15.25	15.25			
Littlehampton	51.25					
Ford	53.50	19.50	19.50			
Barnham	56.25	21.75	21.75	0.00		
Bognor Regis				3.50		
Chichester		28.25	28.25			
Fishbourne (Sussex)		29.75	29.75			
Bosham		31.25	31.25			
Nutbourne		32.75	32.75			
Southbourne		33.75	33.75			
Emsworth		35.25	35.25			
Warblington		36.50	36.50			
Havant		37.25	37.25			
Bedhampton		38.00	38.00			
Cosham			41.25			
Portchester			44.50			
Fareham			47.25			
Swanwick			50.75			
Southampton Central			61.75			
Hilsea		41.25				
Fratton		43.50				
Portsmouth & Southsea		44.50				
Portsmouth Harbour		45.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
180						
London to Herne Hill, Beckenham Junction, Denmark Hill, Catford, Bromley South, Orpington, Swanley and Sevenoaks						
London Charing Cross						
London Waterloo East						
London Cannon Street						
London Bridge						
London Victoria	0.00	0.00				
Brixton	3.25					
Luton						
Luton Airport Parkway						
St Albans City						
West Hampstead Thameslink						
Kentish Town						
St Pancras International				0.00		
Farringdon				1.25		
City Thameslink				1.50		
London Blackfriars			0.00	2.00		
Elephant & Castle				3.25		
Loughborough Jn				5.00		
Herne Hill	4.25			6.00		
West Dulwich	5.00					
Sydenham Hill	5.75					
Penge East	7.25					
Kent House	7.75					
Beckenham Junction	8.75					
Denmark Hill		4.25	3.75			
Peckham Rye		5.00	4.50			
Nunhead		5.75	5.25			
Lewisham		7.50				
Crofton Park			6.50			
Catford			7.50			
Bellingham			8.25			
Beckenham Hill			9.00			
Ravensbourne			9.75			
Shortlands	10.00		10.50			
Bromley South	11.00		11.50			
Bickley	12.00		12.50			
Petts Wood	13.75					
Orpington	15.00					
St Mary Cray			14.75			
Swanley			17.50			
Eynsford			20.50			
Shoreham (Kent)			22.75			
Otford			24.00			
Bat & Ball			25.75			
Sevenoaks			27.00			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
181						
London to Grove Park, Bromley North, Orpington and Sevenoaks						
London Charing Cross		0.00				
London Waterloo (East)		0.75				
London Cannon Street	0.00					
London Bridge	0.75	1.75				
New Cross		4.75				
St Johns		5.50				
Lewisham		6.00				
Hither Green		7.25				
Grove Park		9.00	0.00			
Sundridge Park			1.25			
Bromley North			1.75			
Elmstead Woods		10.25				
Chislehurst		11.25				
Petts Wood		12.75				
Orpington		13.75				
Chelsfield		15.25				
Knockholt		16.50				
Dunton Green		20.50				
Sevenoaks		22.00				
182						
London to Catford Bridge, Elmers End and Hayes						
London Charing Cross		0.00				
London Waterloo (East)		0.75				
London Cannon Street	0.00					
London Bridge	0.75	1.75				
New Cross		4.75				
St Johns		5.50				
Lewisham		6.00				
Ladywell		6.75				
Catford Bridge		7.50				
Lower Sydenham		9.00				
New Beckenham		9.50				
Clock House		10.25				
Elmers End		11.00				
Eden Park		12.50				
West Wickham		13.25				
Hayes (Kent)		14.50				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
184						
London to Dartford via Bexleyheath						
London Charing Cross			0.00			
London Waterloo (East)			0.75			
London Cannon Street	0.00					
London Bridge	0.75		1.75			
London Victoria		0.00				
Denmark Hill		4.25				
Peckham Rye		5.00				
Nunhead		5.75				
New Cross			4.75			
St Johns			5.50			
Lewisham		7.50	6.00			
Blackheath			7.00			
Kidbrooke			8.00			
Eltham			9.00			
Falconwood			10.25			
Welling			11.25			
Bexleyheath			12.75			
Barnehurst			14.00			
Slade Green						
Dartford			17.00			
185						
London to Dartford and Gravesend via Sidcup						
London Charing Cross		0.00				
London Waterloo (East)		0.75				
London Cannon Street	0.00					
London Bridge	0.75	1.75				
New Cross		4.75				
St Johns		5.50				
Lewisham		6.00				
Hither Green		7.25				
Lee		8.00				
Mottingham		9.50				
New Eltham		10.50				
Sidcup		12.00				
Albany Park		13.00				
Bexley		14.00				
Crayford		15.50				
Slade Green						
Dartford		17.25				
Stone Crossing		19.25				
Greenhithe for Bluewater		20.00				
Swanscombe		21.25				
Northfleet		22.00				
Gravesend		24.00				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
186						
London to Dartford, Gravesend and The Medway Towns via Woolwich and Abbey Wood						
St Pancras International			0.00	0.00		
Stratford International				6.00		
Farringdon			1.25			
City Thameslink			1.75			
London Blackfriars			2.00			
London Charing Cross		0.00				
London Waterloo (East)		0.75				
London Cannon Street	0.00					
London Bridge	1.75	1.75	3.25			
Lewisham		6.00				
Blackheath		7.00				
Deptford	3.75		3.75			
Greenwich	4.25		4.25			
Maze Hill	5.25		5.25			
Westcombe Park	5.75		5.75			
Charlton	6.50	9.00	6.50			
Woolwich Dockyard	7.50	10.00	7.50			
Woolwich Arsenal	8.25	10.75	8.25			
Plumstead	8.75	11.25	8.75			
Abbey Wood	10.25	12.75	10.25			
Belvedere	11.75	14.25	11.75			
Erith	13.00	15.50	13.00			
Slade Green	14.25	16.75	14.25			
Barnehurst						
Crayford						
Dartford	16.25	18.75	16.25			
Stone Crossing			18.25			
Greenhithe for Bluewater			19.00			
Swanscombe			20.25			
Northfleet			21.00			
Ebbsfleet International				22.75		
Gravesend			23.00	24.75		
Higham			27.50			
Strood			30.25	32.00		
Rochester			31.25	33.00		
Chatham			32.00	33.50		
Gillingham (Kent)			33.50	35.25		
Rainham (Kent)			36.50	38.25		

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
188						
London to The Medway Towns, Sittingbourne, Sheerness, Faversham, Ramsgate, Canterbury East and Dover						
London Cannon Street						
London Bridge						
St Pancras International	0.00					
Stratford International	6.00					
Ebbsfleet International	22.75					
Gravesend	24.75					
Strood	32.00					
London Victoria		0.00	0.00	0.00		
Denmark Hill				4.25		
Bromley South		11.00	11.00	12.00		
St Mary Cray		14.75	14.75			
Swanley		17.50	17.50			
Farningham Road		20.50	20.50			
Longfield		23.50	23.50			
Meopham		26.00	26.00			
Sole Street		27.00	27.00			
Rochester	33.00	33.75	33.75			
Chatham	33.50	34.25	34.25			
Gillingham (Kent)	35.25	36.00	36.00			
Rainham (Kent)	38.25	39.00	39.00			
Newington	40.75	41.50	41.50			
Sittingbourne	44.00	44.75	44.75		0.00	
Kemsley					2.00	
Swale					4.00	
Queenborough					6.00	
Sheerness-on-Sea					8.00	
Teynham	46.75	47.50	47.50			
Faversham	51.75	52.00	52.00			
Whitstable	58.75	59.00				
Chestfield & Swalecliffe	60.25	60.50				
Herne Bay	62.50	62.75				
Birchington-on-Sea	70.50	70.75				
Westgate-on-Sea	72.25	72.50				
Margate	73.50	73.75				
Broadstairs	76.50	77.00				
Dumpton Park	78.00	78.25				
Ramsgate	79.00	79.25				
Selling			55.25			
Canterbury East			61.75			
Bekesbourne			64.75			
Adisham			67.75			
Aylesham			68.75			
Snowdown			69.75			
Shepherds Well			71.75			
Kearsney			75.00			
Dover Priory			77.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
189						
London, Tonbridge and Ashford International to Canterbury West, Folkestone, Dover, Ramsgate and Margate						
St Pancras International	0.00					
Stratford International	6.00					
Ebbsfleet International	22.75					
London Charing Cross		0.00				
London Waterloo (East)		0.75				
London Cannon Street			0.00			
London Bridge		1.75	0.75			
Orpington		13.75				
Sevenoaks		22.00				
Hildenborough		27.00				
Tonbridge		29.50				
Paddock Wood		34.75				
Marden		39.50				
Staplehurst		41.75				
Headcorn		45.25				
Pluckley		50.50				
London Victoria					0.00	
Bromley South					11.00	
Maidstone East					40.00	
Ashford International	56.00	56.00	0.00		59.25	
Wye			4.25			
Chilham			9.00			
Chartham			11.00			
Canterbury West			14.25			
Sturry			16.50			
Westenhanger		64.25				
Sandling		65.50				
Folkestone West		69.25				
Folkestone Central		70.00				
Dover Priory		77.25				
Martin Mill		82.25				
Walmer		85.00				
Deal		86.50				
Sandwich		90.75		0.00		
Minster			25.50	4.75		
Thanet Parkway		TBC	TBC			
Ramsgate		99.00	29.50			
Dumpton Park		100.00	100.00			
Broadstairs		101.25	31.75			
Margate		104.50	35.00			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
190						
London to Maidstone East and Ashford International						
London Victoria		0.00				
London Blackfriars	0.00					
Elephant & Castle	1.25					
Bromley South	11.50	11.00				
London Charing Cross						
London Waterloo East						
London Cannon Street						
London Bridge						
St Mary Cray		14.75				
Swanley		17.50				
Otford		24.00				
Kemsing		27.00				
Borough Green & Wrotham		29.50				
West Malling		34.75				
East Malling		35.75				
Barming		37.50				
Maidstone East		40.00				
Bearsted		42.75				
Hollingbourne		45.00				
Harrietsham		47.50				
Lenham		49.25				
Charing		53.25				
Ashford International		59.25				
191						
London to Tonbridge, Tunbridge Wells and Hastings						
London Charing Cross		0.00				
London Waterloo (East)		0.75				
London Cannon Street	0.00					
London Bridge	0.75	1.75				
Orpington		13.75				
Sevenoaks		22.00				
Hildenborough		27.00				
Tonbridge		29.50				
High Brooms		33.00				
Tunbridge Wells		34.50				
Frant		36.75				
Wadhurst		39.25				
Stonegate		43.25				
Etchingham		47.50				
Robertsbridge		49.25				
Battle		55.50				
Crowhurst		57.50				
West St Leonards		60.75				
St Leonards Warrior Square		61.75				
Hastings		62.50				
Ore		63.50				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
192						
Strood to Maidstone West, Paddock Wood and Tonbridge						
St Pancras International						
Stratford International						
Ebbsfleet International						
Gravesend						
Strood	0.00					
Cuxton	2.25					
Halling	4.00					
Snodland	5.50					
New Hythe	6.75					
Aylesford	7.75					
Maidstone Barracks	10.75					
Maidstone West	11.25					
East Farleigh	13.00					
Wateringbury	16.00					
Yalding	17.75					
Beltring	19.25					
Paddock Wood	21.25					
Tonbridge	26.50					
200						
Glasgow to Paisley						
Glasgow Central	0.00	0.00				
Dumbreck	1.75					
Corkerhill	3.25					
Mosspark	3.75					
Crookston	4.50					
Hawkhead	6.50					
Paisley Canal	7.00					
Cardonald		3.75				
Hillington East		4.50				
Hillington West		5.00				
Paisley Gilmour Street		7.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
201						
Glasgow and Paisley to Wemyss Bay, Greenock and Gourock						
Glasgow Central	0.00	0.00				
Cardonald	3.75	3.75				
Hillington East	4.50	4.50				
Hillington West	5.00	5.00				
Paisley Gilmour Street	7.25	7.25				
Paisley St James	8.00	8.00				
Bishopton	12.25	12.25				
Langbank	16.25	16.25				
Woodhall	19.00	19.00				
Port Glasgow	20.25	20.25				
Whinhill		22.50				
Drumfrochar		23.00				
Branchton		24.75				
Inverkip		28.75				
Wemyss Bay		31.00				
Bogston	21.25					
Cartsdyke	22.00					
Greenock Central	23.00					
Greenock West	23.75					
Fort Matilda	25.00					
Gourock	26.25					
202						
Glasgow and Paisley to Kilwinning, Ardrossan, Largs, Ayr, Girvan and Stranraer						
Glasgow Central	0.00	0.00	0.00	0.00		
Paisley Gilmour Street	7.25	7.25	7.25			
Johnstone	10.75	10.75	10.75			
Milliken Park	11.50	11.50	11.50			
Howwood (Renfrew)	13.00	13.00	13.00			
Lochwinnoch	16.50	16.50	16.50			
Glengarnock	20.50	20.50	20.50			
Dalry	23.25	23.25	23.25			
Kilwinning	26.75	26.75	26.75			
Stevenston	29.00	29.00				
Saltcoats	30.25	30.25				
Ardrossan South Beach	31.25	31.25				
Ardrossan Town		31.75				
Ardrossan Harbour		32.25				
West Kilbride	35.75					
Fairlie	39.75					
Largs	42.75					
Irvine			30.00			
Barassie			33.75			
Barrhead				7.50		
Kilmarnock				24.25		
Troon			35.00	35.00		
Prestwick Int. Airport			37.75	37.75		
Prestwick Town			38.25	38.25		
Newton-on-Ayr			40.25	40.25		
Ayr			41.50	41.50		
Maybole			50.50	50.50		
Girvan			62.75	62.75		
Barrhill			75.00	75.00		
Stranraer			101.00	101.00		

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
203						
Glasgow to East Kilbride, Barrhead, Kilmarnock, Dumfries and Carlisle						
Glasgow Central		0.00	0.00			
Crossmyloof		2.25	2.25			
Pollokshaws West		3.25	3.25			
Thornliebank			4.25			
Giffnock			5.25			
Clarkston			6.50			
Busby			7.25			
Thorntonhall			8.50			
Hairmyres			10.00			
East Kilbride			11.50			
Kennishead		4.50				
Priesthill & Darnley		5.00				
Nitshill		5.75				
Barrhead		7.50				
Dunlop		16.50				
Stewarton		18.75				
Kilmaurs		22.00				
Stranraer	0.00					
Girvan	38.25					
Ayr	59.50					
Prestwick Town	62.75					
Troon	66.00					
Kilmarnock	76.75	24.25				
Auchinleck		38.00				
New Cumnock		45.50				
Kirkconnel		52.75				
Sanquhar		56.00				
Dumfries		82.25				
Annan		97.75				
Gretna Green		105.50				
Carlisle		115.50				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
204						
Glasgow to Cathcart Circle, Neilston and Newton						
Glasgow Central	0.00	0.00	0.00			
Pollokshields West	2.25					
Maxwell Park	2.75					
Shawlands	3.50					
Pollokshaws East	3.75					
Langside	4.25					
Pollokshields East		1.75	1.75			
Queens Park (Strathclyde)		2.25	2.25			
Crosshill		2.50	2.50			
Mount Florida		3.25	3.25			
Cathcart	5.25		4.00			
Muirend			4.75			
Williamwood			6.00			
Whitecraigs			6.75			
Patterton			7.75			
Neilston			11.75			
Kings Park	5.75	4.50				
Croftfoot	6.00	4.75				
Burnside	7.00	5.75				
Kirkhill	8.50	7.25				
Newton (Lanark)	10.00	8.75				
205						
Glasgow to Maryhill and Anniesland						
Glasgow Queen Street	0.00					
Ashfield	2.25					
Possilpark & Parkhouse	3.00					
Gilshochill	3.25					
Summerston	4.25					
Maryhill	4.75					
Kelvindale	5.50					
Anniesland	6.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
206						
Glasgow to Partick, Milngavie, Yoker, Dalmuir, Dumbarton, Balloch and Helensburgh						
Edinburgh						
Haymarket						
Bathgate						
Airdrie						
Coatbridge Sunnyside						
Springburn						
Bellgrove						
Motherwell						
Larkhall						
Hamilton Central						
Whifflet						
Rutherglen						
Dalmarnock						
Bridgeton						
Argyle Street						
Glasgow Central	0.00					
Anderston	0.50					
Exhibition Centre	1.00					
High Street						
Glasgow Queen Street		0.00	0.00	0.00		
Charing Cross		0.75	0.75	0.75		
Partick	2.25	2.50	2.50	2.50		
Hyndland	3.00	3.25	3.25	3.25		
Jordanhill		3.75				
Scotstounhill		4.75				
Garscadden		5.25				
Yoker		6.25				
Clydebank		7.00				
Anniesland	4.00		4.25	4.25		
Westerton	4.50		5.75	5.75		
Bearsden	5.75					
Hillfoot	6.25					
Milngavie	7.00					
Drumchapel			7.00	7.00		
Drumry			7.75	7.75		
Singer			8.75	8.75		
Dalmuir		8.25	9.50	9.50		
Kilpatrick			10.75	10.75		
Bowling			12.50	12.50		
Dumbarton East			15.00	15.00		
Dumbarton Central			15.50	15.50		
Dalreoch			15.75	15.75		
Renton			17.50			
Alexandria			18.50			
Balloch			20.75			
Cardross				19.00		
Craigendoran				22.75		
Helensburgh Central				23.75		
Helensburgh Upper						

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
207						
Glasgow to Hamilton, Larkhall, Whifflet and Motherwell						
Milngavie						
Dalmuir						
Hyndland						
Partick						
Exhibition Centre						
Anderston						
Glasgow Central	0.00	0.00	0.00	0.00		
Argyle Street	0.50	0.50	0.50			
Bridgeton	1.75	1.75	1.75			
Dalmarnock	2.25	2.25	2.25			
Rutherglen	3.00	3.00	3.00			
Cambuslang	5.00	5.00		4.75		
Newton (Lanark)	6.50	6.50				
Blantyre	9.00	9.00				
Hamilton West	10.75	10.75				
Hamilton Central	11.75	11.75				
Chatelherault		13.50				
Merryton		15.00				
Larkhall		15.75				
Airbles	14.00					
Carmyle			5.50			
Mount Vernon			7.00			
Baillieston			7.75			
Bargeddie			9.75			
Kirkwood			10.25			
Whifflet			11.50			
Uddingston				8.25		
Bellshill				11.00		
Motherwell	14.75		15.50	13.75		
208						
Glasgow, Hamilton and Motherwell to Cumbernauld and Falkirk						
Glasgow Queen Street		0.00				
Springburn		2.00				
Robroyston		4.00				
Stepps		6.00				
Gartcosh		7.00				
Glasgow Central						
Hamilton West						
Hamilton Central						
Airbles						
Motherwell	0.00					
Whifflet	4.00					
Coatbridge Central	5.00					
Greenfaulds	13.00	13.00				
Cumbernauld	14.00	14.00				
Camelon		23.00				
Falkirk Grahamston		24.00				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
209						
Glasgow to Motherwell, Lanark, Carstairs, Shotts and Edinburgh						
Glasgow Central	0.00	0.00	0.00			
Cambuslang	5.25		5.25			
Uddingston	8.50		8.50			
Bellshill	11.25		11.25			
Motherwell		12.50	13.75			
Holytown	13.25					
Shieldmuir		14.25				
Wishaw		15.75				
Carluke		20.25				
Lanark		28.75				
Carstairs		28.50				
Carfin	14.00					
Cleland	15.75					
Hartwood	19.00					
Shotts	20.50					
Fauldhouse	24.00					
Breich	26.25					
Addiewell	28.75					
West Calder	30.50					
Livingston South	33.25					
Kirknewton	36.25	46.25				
Curriehill	40.75	49.75				
Wester Hailes	42.50	52.50				
Kingsknowe	43.50	53.50				
Slateford	44.25	54.25				
Haymarket	46.00	56.00				
Edinburgh	47.25	57.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
210						
Glasgow to Springburn, Coatbridge, Airdrie, Bathgate and Edinburgh						
Helensburgh Central						
Balloch						
Dumbarton Central						
Dalmuir						
Milngavie						
Partick						
Charing Cross						
Glasgow Queen Street	0.00	0.00				
High Street	0.50	0.50				
Bellgrove	1.00	1.00				
Duke Street		1.50				
Alexandra Parade		1.75				
Barnhill		3.00				
Springburn		3.25				
Carntyne	2.75					
Shettleston	3.50					
Garrowhill	4.75					
Easterhouse	5.25					
Blairhill	8.50					
Coatbridge Sunnyside	9.00					
Coatdyke	10.00					
Airdrie	11.00					
Drumgelloch	12.50					
Caldercruix	15.50					
Blackridge	21.00					
Armadale	23.25					
Bathgate	25.75					
Livingston North	28.75					
Uphall	31.75					
Edinburgh Park	40.50					
Haymarket	43.00					
Edinburgh	44.25					
211						
Glasgow to Falkirk High and Edinburgh						
Glasgow Queen Street	0.00					
Croy	11.50					
Falkirk High	21.75					
Polmont	25.00					
Linlithgow	29.75					
Haymarket	46.00					
Edinburgh	47.25					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
212						
Glasgow, Edinburgh and Falkirk to Stirling, Alloa, Dunblane and Perth						
Glasgow Queen Street	0.00	0.00				
Bishopbriggs	3.25	3.25				
Lenzie	6.25	6.25				
Croy	11.50	11.50				
Edinburgh			0.00			
Haymarket			1.25			
Edinburgh Park			3.75			
Linlithgow			17.50			
Polmont			22.25			
Falkirk Grahamston			25.50	0.00		
Camelon			27.00	1.00		
Cumbernauld				9.00		
Larbert	21.00	21.00	28.25			
Stirling	29.00	29.00	36.50			
Alloa	35.75					
Bridge Of Allan		32.50	40.00			
Dunblane		34.50	42.00			
Gleneagles		46.75	54.25			
Perth		62.50	70.75			
213						
Glasgow, Edinburgh and Perth to Pitlochry, Aviemore and Inverness						
Glasgow Queen Street	0.00					
Edinburgh		0.00				
Haymarket		1.25				
Falkirk Grahamston		25.50				
Stirling	29.00	36.50				
Perth	62.50	70.75				
Dunkeld & Birnam	78.00	86.25				
Pitlochry	91.00	99.25				
Blair Atholl	97.75	106.00				
Dalwhinnie	121.00	129.25				
Newtonmore	131.25	139.50				
Kingussie	134.00	142.00				
Aviemore	145.75	154.00				
Carrbridge	152.75	161.00				
Inverness	180.00	188.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
214						
Glasgow, Edinburgh and Perth to Dundee, Arbroath, Aberdeen, Inverurie, Elgin and Inverness						
Edinburgh		0.00				
Haymarket		1.25				
Edinburgh Gateway		5.50				
Inverkeithing		13.25				
Kirkcaldy		26.00				
Markinch		33.25				
Ladybank		39.25				
Springfield		42.25				
Cupar		44.50				
Leuchars		51.00				
Glasgow Queen Street	0.00					
Larbert	21.00					
Stirling	29.00					
Bridge Of Allan	32.50					
Dunblane	34.50					
Gleneagles	46.75					
Perth	62.50					
Invergowrie	79.75					
Dundee	83.75	59.25				
Broughty Ferry	87.25	63.25				
Balmossie	89.00	65.00				
Monifieth	89.75	65.75				
Barry Links	92.75	68.75				
Golf Street	93.50	69.50				
Carnoustie	94.00	70.00				
Arbroath	100.25	76.25				
Montrose	114.00	90.00				
Laurencekirk	124.00	100.00				
Stonehaven	138.25	114.25				
Portlethen	146.50	122.50				
Aberdeen	154.50	130.50	0.00			
Dyce			6.25			
Kintore			13.00			
Inverurie			17.00			
Insch			27.05			
Huntly			40.75			
Keith			53.25			
Elgin			71.25			
Forres			83.05			
Nairn			93.25			
Inverness Airport						
Inverness			108.25			

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
215						
Edinburgh to Dunfermline, Cowdenbeath, Kirkcaldy, Glenrothes, Perth and Dundee						
Edinburgh	0.00	0.00	0.00	0.00		
Haymarket	1.25	1.25	1.25	1.25		
South Gyle	4.05	4.05	4.05	4.05		
Edinburgh Gateway	5.50	5.50	5.50	5.50		
Dalmeny	9.05	9.05	9.05	9.05		
North Queensferry	11.25	11.25	11.25	11.25		
Inverkeithing	13.25	13.25	13.25	13.25		
Rosyth		14.75				
Dunfermline Town		17.00				
Dunfermline Queen Margaret		18.75				
Cowdenbeath		22.75				
Lochgelly		25.00				
Cardenden		27.25				
Dalgety Bay	14.75		14.75	14.75		
Aberdour	17.05		17.05	17.05		
Burntisland	20.25		20.25	20.25		
Kinghorn	22.75		22.75	22.75		
Kirkcaldy	25.75		25.75	25.75		
Glenrothes With Thornton	30.75	30.75				
Markinch			33.25	33.25		
Ladybank			39.25	39.25		
Perth				57.00		
Springfield			42.25			
Cupar			44.50			
Leuchars			51.00			
Dundee			59.25			
Arbroath			76.25			
Aberdeen			130.50			
216						
Edinburgh to North Berwick and Dunbar						
Haymarket	0.00	0.00				
Edinburgh	1.25	1.25				
Musselburgh	6.50	6.50				
Wallyford	8.75	8.75				
Prestonpans	11.00	11.00				
Longniddry	14.50	14.50				
Drem	19.00	19.00				
North Berwick		29.25				
East Linton	TBC					
Dunbar	29.50					
217						
Edinburgh to Galashiels and Tweedbank						
Haymarket						
Edinburgh	0.00					
Brunstane	4.00					
Newcraighall	4.75					
Shawfair	5.75					
Eskbank	8.25					
Newtongrange	9.75					
Gorebridge	12.00					
Stow	26.75					
Galashiels	36.50					
Tweedbank	38.50					

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
218						
Edinburgh and Glasgow to Crianlarich, Oban, Fort William and Mallaig						
Edinburgh						
Glasgow Queen Street	0.00	0.00				
Dalmuir	10.00	10.00				
Dumbarton Central	16.50	16.50				
Helensburgh Upper	25.50	25.50				
Garelochhead	32.25	32.25				
Arrochar & Tarbet	43.00	43.00				
Ardlui	51.00	51.00				
Crianlarich	59.75	59.75				
Tyndrum Lower	64.75					
Dalmally	76.75					
Loch Awe	79.50					
Falls Of Cruachan	83.50					
Taynuilt	88.50					
Connel Ferry	95.25					
Oban	101.50					
Upper Tyndrum		64.50				
Bridge Of Orchy		72.25				
Rannoch		87.75				
Corrour		95.00				
Tulloch		105.00				
Roy Bridge		110.75				
Spean Bridge		114.00				
Fort William		122.75				
Banavie		125.00				
Corpach		126.00				
Loch Eil Outward Bound		129.00				
Locheilside		132.75				
Glenfinnan		139.25				
Lochailort		148.50				
Beasdale		153.25				
Arisaig		156.75				
Morar		161.25				
Mallaig		164.25				

DISTANCES (MILES)

Table	M1	M2	M3	M4	M5	M6
219						
Inverness to Dingwall, Kyle Of Lochalsh, Thurso and Wick						
Inverness	0.00	0.00				
Beauly	10.00	10.00				
Muir Of Ord	13.00	13.00				
Conon Bridge	16.00	16.00				
Dingwall	18.75	18.75				
Garve		30.50				
Lochluichart		36.00				
Achanalt		40.25				
Achnasheen		46.50				
Achnashellach		59.25				
Strathcarron		64.50				
Attadale		67.00				
Stromeferry		72.00				
Duncraig		75.75				
Plockton		77.00				
Duirinish		78.50				
Kyle Of Lochalsh		82.25				
Alness	28.50					
Invergordon	31.50					
Fearn	40.75					
Tain	44.25					
Ardgay	57.75					
Culrain	61.00					
Invershin	61.50					
Lairg	67.00					
Rogart	77.00					
Golspie	84.50					
Dunrobin Castle	87.00					
Brora	90.50					
Helmsdale	101.50					
Kildonan	111.00					
Kinbrace	118.25					
Forsinard	125.75					
Altnabreac	134.00					
Scotscalder	143.00					
Georgemas Junction	147.25					
Thurso	154.00					
Wick	175.00					