

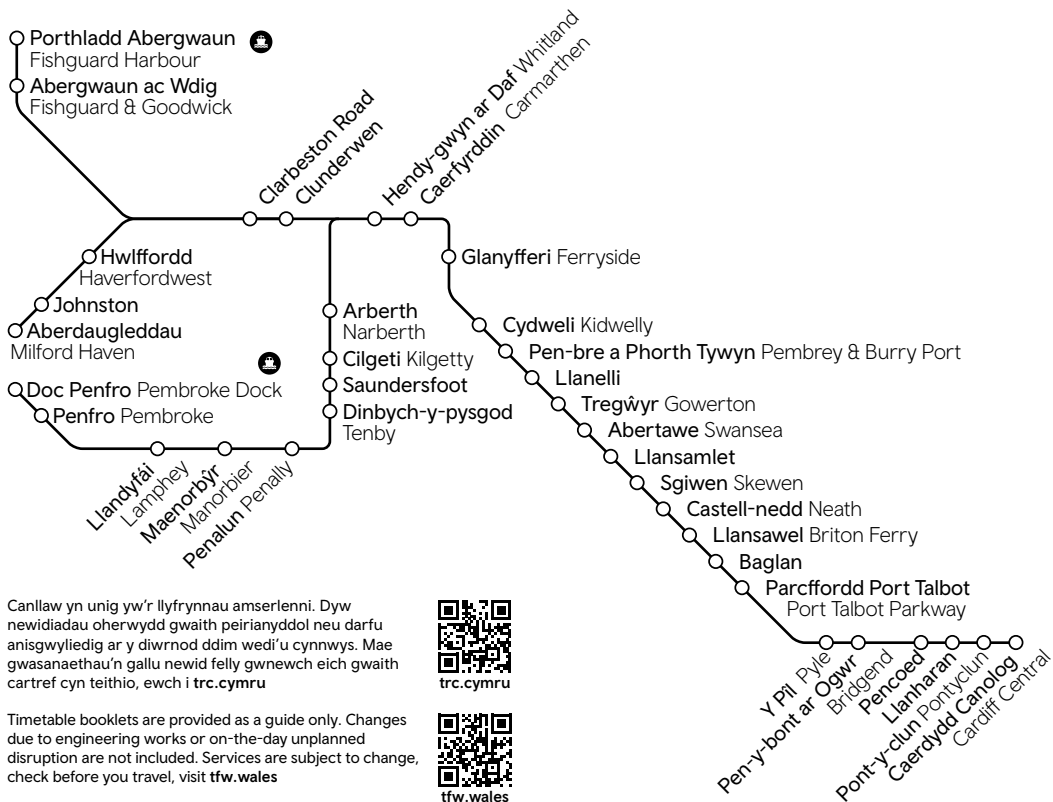


Amserau trenau

Gorllewin Cymru i
Abertawe a Chaerdydd
O 02 Mehefin 2024

Train times

West Wales to
Swansea and Cardiff
From 02 June 2024



		GW	GW	GW	TfW	TfW	GW	TfW	GW	GW
Porthladd Abergwaun Fishguard Harbour	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	-	-	-	-	-
Johnston	x	d	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen Traws	d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws	a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	-	-	0438	0447	-	-	-	-
Glanyfferi Ferryside	d	-	-	-	-	-	-	-	-	-
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	-	0506	-	-	-	-
Llanelli	d	-	-	-	0501	0513	-	-	-	-
Tregŵyr Gowerton	d	-	-	-	-	-	-	-	-	-
Abertawe Swansea	a	-	-	-	0520	-	-	-	-	-
Abertawe Swansea	d	0338	0346	0459	-	-	0525	0532	0558	0628
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	0350	0358	0511	-	-	0537	0544	0610	0640
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	0357	0405	0518	-	-	0544	0551	0617	0647
Y Pîl Pyle	d	-	-	-	-	-	-	0559	-	-
Pen-y-bont ar Ogwr Bridgend	d	0411	0425	0531	-	-	0600	0608	0630	0700
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	a	0455	0503	0551	-	-	0620	0628	0650	0720
Caerdydd Canolog Cardiff Central	d	0507	0507	0554	-	-	0623	0635	0653	0723
Casnewydd Newport	a	0524	0524	0605	-	-	0635	0648	0704	0735
Manceinion Piccadilly Manchester Piccadilly	a	-	-	-	-	-	-	1015	-	-
Bristol Parkway	a	0551	0551	0626	-	-	0657	-	0725	0758
Reading	a	0649	0648	0718	-	-	0748	-	0818	-
London Paddington	a	0716	0716	0744	-	-	0816	-	0846	0913

Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

		TfW	GW	TfW	GW	GW	TfW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	-	0554	-	-	0703
Johnston	x	d	-	-	-	-	0602	-	-	0711
Hwlfordd Haverfordwest	d	-	-	-	-	-	0609	-	-	0719
Clarbeston Road	x	d	-	-	-	-	0617	-	-	0726
Clunderwen	x	d	-	-	-	-	0625	-	-	0733
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	-	-	-	-	0632	-	-	0740
Caerfyrddin Carmarthen	a	-	-	-	-	-	0647	-	-	0757
Caerfyrddin Carmarthen Traws	d	0534	0554	-	-	-	0704	-	-	0804
Aberystwyth Traws	a	0722	0822	-	-	-	0922	-	-	1022
Caerfyrddin Carmarthen	d	0545	-	0603	-	-	0652	-	0723	0800
Glanyfferi Ferryside	d	0555	-	0613	-	-	0702	-	0735	0811
Cydweli Kidwelly	d	0601	-	0619	-	-	0708	-	0741	0817
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	0608	-	0626	-	-	0715	-	0749	0823
Llanelli	d	0615	-	0633	-	-	0722	0744	0756	0830
Tregŵyr Gowerton	d	0622	-	0640	-	-	0729	0752	-	0837
Abertawe Swansea	a	0635	-	0652	-	-	0741	0808	0812	0850
Abertawe Swansea	d	0639	0657	0704	0720	0743	0749	-	0823	0854
Llansamlet	d	0645	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	0650	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	0654	0710	0715	0732	0755	0800	-	0835	0905
Llansawel Briton Ferry	d	0657	-	-	-	-	-	-	-	-
Baglan	d	0701	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	0706	0717	0722	0739	0802	0807	-	0842	0913
Y Pîl Pyle	d	0713	-	0729	-	-	0814	-	-	0920
Pen-y-bont ar Ogwr Bridgend	d	0720	0730	0737	0752	0815	0822	-	0855	0928
Pencoed	d	0727	-	0743	-	-	-	-	-	-
Llanharan	d	-	-	0747	-	-	0829	-	-	-
Pontyclun	d	0734	-	0752	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	a	0748	0751	0806	0812	0835	0847	-	0915	0949
Caerdydd Canolog Cardiff Central	d	0750	0755	-	0817	0837	-	-	0918	0953
Casnewydd Newport	a	0803	0807	-	0828	0849	-	-	0929	1006
Manceinion Piccadilly Manchester Piccadilly	a	1115	-	-	-	-	-	-	-	1315
Bristol Parkway	a	-	0827	-	0854	0914	1023	-	0954	1116
Reading	a	-	0919	-	0945	1006	1118	-	1047	1216
London Paddington	a	-	0944	-	1014	1034	1145	-	1112	1244

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Please refer to the back page for explanation of notes

		◇	IR	◇	◇	IR	R	◇	◇	◇
		TfW	GW	TfW	TfW	GW	TfW	TfW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour	⚓	d	-	-	-	0755	-	-	-	0957
Abergwaun ac Wdig Fishguard & Goodwick		d	-	-	-	0758	-	-	-	1000
Aberdaugleddau Milford Haven		d	-	-	-	-	-	0910	-	-
Johnston	x	d	-	-	-	-	-	0918	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	0925	-	-
Clarbeston Road	x	d	-	-	-	0817	-	0935	-	1019
Clunderwen	x	d	-	-	-	0825	-	0942	-	-
Doc Penfro Pembroke Dock		d	0659	-	-	-	-	-	-	0909
Penfro Pembroke		d	0707	-	-	-	-	-	-	0917
Llandyfái Lamphey	x	d	0710	-	-	-	-	-	-	0920
Maenorbŷr Manorbier		d	0718	-	-	-	-	-	-	0929
Penalun Penally	x	d	0724	-	-	-	-	-	-	0934
Dinbych-y-pysgod Tenby		d	0729	-	-	-	-	-	-	0940
Saundersfoot	x	d	0736	-	-	-	-	-	-	0948
Cilgeti Kilgetty	x	d	0738	-	-	-	-	-	-	0950
Arberth Narberth	x	d	0748	-	-	-	-	-	-	1000
Hendy-gwyn ar Daf Whitland		d	0756	-	-	0833	-	0949	-	1009
Caerfyrddin Carmarthen		a	0813	-	-	0848	-	1005	-	1027
Caerfyrddin Carmarthen Traws	⚓	d	-	-	-	0904	1004	-	-	1104
Aberystwyth Traws	⚓	a	-	-	-	1122	1222	-	-	1322
Caerfyrddin Carmarthen		d	0815	-	-	0853	0927	1008	-	1030
Glanyfferi Ferryside		d	0826	-	-	0904	-	-	-	-
Cydweli Kidwelly		d	0832	-	-	0910	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	0839	-	-	0917	0947	1026	-	1049
Llanelli		d	0845	-	0910	0924	0954	1033	-	1056
Tregŵyr Gowerton		d	-	-	0918	0931	-	-	-	1104
Abertawe Swansea	a	0902	-	0933	0945	1010	1050	-	-	1117
Abertawe Swansea		d	0906	0923	-	0952	1023	1055	1107	-
Llansamlet		d	0913	-	-	-	-	-	1114	-
Sgiwen Skewen		d	0917	-	-	-	-	-	1118	-
Castell-nedd Neath		d	0921	0935	-	1003	1035	1106	1122	-
Llansawel Briton Ferry		d	0925	-	-	-	-	-	1126	-
Baglan		d	0929	-	-	-	-	-	1129	-
Parcffordd Port Talbot Port Talbot Parkway		d	0934	0942	-	1012	1042	1114	1134	-
Y Pîl Pyle		d	0941	-	-	-	-	1121	1141	-
Pen-y-bont ar Ogwr Bridgend		d	0950	0955	-	1026	1055	1129	1150	-
Pencoed		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	1013	1015	-	1048	1115	1151	1213	-
Caerdydd Canolog Cardiff Central	7	d	-	1018	-	-	1118	1153	-	-
Casnewydd Newport	a	-	1032	-	-	-	1129	1206	-	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	-	-	1515	-	-
Bristol Parkway	7	a	-	1054	-	1223	1154	1326	-	-
Reading	7	a	-	1145	-	1317	1244	1416	-	-
London Paddington	15	A	a	-	1211	-	1345	1310	1444	-

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		IR	◇	IR	R	◇	◇	◇	IR	R
		GW	TfW	GW	TfW	TfW	TfW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour	⚓	d	-	-	-	-	-	-	-	-
Abergwaun ac Wdig Fishguard & Goodwick		d	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		d	-	-	-	1104	-	-	-	-
Johnston	x	d	-	-	-	1112	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	1119	-	-	-	-
Clarbeston Road	x	d	-	-	-	1127	-	-	-	-
Clunderwen	x	d	-	-	-	1135	-	-	-	-
Doc Penfro Pembroke Dock		d	-	-	-	-	-	-	1109	-
Penfro Pembroke		d	-	-	-	-	-	-	1117	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	1120	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	1129	-
Penalun Penally	x	d	-	-	-	-	-	-	1134	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	1142	-
Saundersfoot	x	d	-	-	-	-	-	-	1150	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	1152	-
Arberth Narberth	x	d	-	-	-	-	-	-	1202	-
Hendy-gwyn ar Daf Whitland		d	-	-	-	1142	-	-	1211	-
Caerfyrddin Carmarthen		a	-	-	-	1159	-	-	1229	-
Caerfyrddin Carmarthen Traws	⚓	d	-	-	-	1204	-	-	1304	-
Aberystwyth Traws	⚓	a	-	-	-	1422	-	-	1522	-
Caerfyrddin Carmarthen		d	-	1058	1127	1203	-	-	1232	-
Glanyfferi Ferryside		d	-	1108	-	-	-	-	-	1314
Cydweli Kidwelly		d	-	1114	-	-	-	-	-	1320
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	1121	1147	1221	-	-	1251	-
Llanelli		d	-	1128	1154	1228	1240	-	1259	-
Tregŵyr Gowerton		d	-	1135	-	1235	1248	-	-	1341
Abertawe Swansea	a	-	1148	1210	1249	1304	-	-	1318	-
Abertawe Swansea		d	1122	1152	1223	1255	-	1304	-	1323
Llansamlet		d	-	-	-	-	-	-	1311	-
Sgiwen Skewen		d	-	-	-	-	-	-	1315	-
Castell-nedd Neath		d	1134	1203	1235	1307	-	-	1319	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	1323	-
Baglan		d	-	-	-	-	-	-	1326	-
Parcffordd Port Talbot Port Talbot Parkway		d	1141	1211	1242	1315	-	-	1331	-
Y Pîl Pyle		d	-	-	-	1322	-	-	1338	-
Pen-y-bont ar Ogwr Bridgend		d	1155	1225	1255	1332	-	-	1347	-
Pencoed		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	1215	1247	1315	1354	-	-	1409	-
Caerdydd Canolog Cardiff Central	7	d	1218	-	1318	1356	-	-	-	1418
Casnewydd Newport	a	-	1229	-	1329	1409	-	-	-	1429
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	1715	-	-	-	-
Bristol Parkway	7	a	1254	1425	1353	1526	-	-	-	1450
Reading	7	a	1345	1515	1445	1616	-	-	-	1543
London Paddington	15	A	a	1414	1543	1515	1641	-	-	1609

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Please refer to the back page for explanation of notes

		IR		R		◇				IR		R	
		GW	TfW	GW	TfW	TfW	TfW	TfW	TfW	GW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour	d	-	-	-	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	1104	-	-	-	-	-	-	-	-
Johnston	x	d	-	-	1112	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	1119	-	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	-	1127	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	1135	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	1109	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	1117	-	-	-	-	-
Llandyfai Lamphey	x	d	-	-	-	-	-	1120	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	1129	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	1134	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	1142	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	1150	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	1152	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	1202	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	-	-	1142	-	-	1211	-	-	-	-	-
Caerfyrddin Carmarthen	a	-	-	-	1159	-	-	1229	-	-	-	-	-
Caerfyrddin Carmarthen Traws	d	-	-	-	1204	-	-	1304	-	-	-	-	-
Aberystwyth Traws	a	-	-	-	1422	-	-	1522	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	1058	1127	1203	-	-	1232	-	-	1304	-	-
Glanyfferri Ferryside	d	-	1108	-	-	-	-	-	-	-	1314	-	-
Cydweli Kidwelly	d	-	1114	-	-	-	-	-	-	-	1320	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	1121	1147	1221	-	-	1251	-	-	1327	-	-
Llanelli	d	-	1128	1154	1228	1240	-	1259	-	-	1334	-	-
Tregwŷr Gowerton	d	-	1135	-	1235	1248	-	-	-	-	1341	-	-
Abertawe Swansea	a	-	1148	1210	1249	1304	-	1318	-	-	1354	-	-
Abertawe Swansea	d	1122	1152	1223	1255	-	1304	-	1323	1400	-	-	-
Llansamlet	d	-	-	-	-	-	1311	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	1315	-	-	-	-	-	-
Castell-nedd Neath	d	1134	1203	1235	1307	-	1319	-	1335	1411	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	1323	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	1326	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	1141	1211	1242	1315	-	1331	-	1342	1419	-	-	-
Y Pîl Pyle	d	-	-	-	1322	-	1338	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1155	1225	1255	1332	-	1347	-	1355	1434	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	1215	1247	1315	1354	-	1409	-	1415	1458	-	-
Caerdydd Canolog Cardiff Central	7	d	1218	-	1318	1356	-	-	-	1418	-	-	-
Casnewydd Newport	a	1229	-	1329	1409	-	-	-	-	1429	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	1715	-	-	-	-	-	-	-	-
Bristol Parkway	7	a	1254	1425	1353	1526	-	-	-	1450	1626	-	-
Reading	7	a	1345	1515	1445	1616	-	-	-	1543	1717	-	-
London Paddington	15	A	1414	1543	1515	1641	-	-	-	1609	1741	-	-

Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

		IR		R		R		IR		◇		R		IR	
		GW	TfW	TfW	B,TfW	GW	TfW	TfW	TfW	GW	TfW	TfW	TfW	GW	
Porthladd Abergwaun Fishguard Harbour	d	-	1250	-	-	-	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	1253	-	-	-	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	1303	-	-	-	-	-	-	-	-	-	-	-
Johnston	x	d	-	-	1311	-	-	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	1318	-	-	-	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	1312	1326	-	-	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	1334	-	-	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	1309	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	1317	-	-	-	-	-	-	-
Llandyfai Lamphey	x	d	-	-	-	-	-	1320	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	1329	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	1334	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	1340	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	1348	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	1350	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	1400	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	1325	1340	-	-	-	1414	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	a	-	1341	1356	-	-	-	1432	-	-	-	-	-	-	-
Caerfyrddin Carmarthen Traws	d	-	-	1404	-	-	-	1504	-	-	-	-	-	-	-
Aberystwyth Traws	a	-	-	1622	-	-	-	1722	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	1344	1359	-	1424	1435	-	1501	-	-	-	-	-	-
Glanyfferri Ferryside	d	-	-	-	-	-	-	-	1511	-	-	-	-	-	-
Cydweli Kidwelly	d	-	-	-	-	-	-	-	1517	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	1417	-	1445	1454	-	1524	-	-	-	-	-	-
Llanelli	d	-	1411	1424	-	1452	1501	1512	1531	-	-	-	-	-	-
Tregwŷr Gowerton	d	-	-	1431	-	-	-	1520	1538	-	-	-	-	-	-
Abertawe Swansea	a	-	-	1444	-	1512	1518	1537	1552	-	-	-	-	-	-
Abertawe Swansea	d	1423	-	1448	1505	1523	-	-	1601	1623	-	-	-	-	-
Llansamlet	d	-	-	-	1512	-	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	1516	-	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1435	-	1500	1521	1535	-	-	1612	1635	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	1525	-	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	1529	-	-	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	1442	1447	1508	1533	1542	-	-	1620	1642	-	-	-	-	-
Y Pîl Pyle	d	-	1455	1515	1540	-	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1455	1503	1523	1549	1555	-	-	1634	1655	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	1515	1526	1544	1611	1615	-	-	1658	1715	-	-	-	-
Caerdydd Canolog Cardiff Central	7	d	1518	-	1549	1622	1618	-	-	-	1720	-	-	-	-
Casnewydd Newport	a	1529	-	1602	1635	1629	-	-	-	-	1732	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	1915	-	-	-	-	-	-	-	-	-	-
Bristol Parkway	7	a	1553	-	-	-	1653	-	-	1826	1754	-	-	-	-
Reading	7	a	1644	-	-	-	1748	-	-	1916	1845	-	-	-	-
London Paddington	15	A	1709	-	-	-	1813	-	-	1944	1916	-	-	-	-










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		R	R	IR	◇	◇	IR	◇	IR	◇
		TfW	B,TfW	GW	TfW	TfW	GW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour		d	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		d	1504	-	-	-	-	1700	-	-
Johnston	x	d	1512	-	-	-	-	1708	-	-
Hwlfordd Haverfordwest		d	1519	-	-	-	-	1715	-	-
Clarbeston Road	x	d	1527	-	-	-	-	1723	-	-
Clunderwen	x	d	1535	-	-	-	-	1731	-	-
Doc Penfro Pembroke Dock		d	-	-	-	1509	-	-	-	1709
Penfro Pembroke		d	-	-	-	1517	-	-	-	1717
Llandyfái Lamphey	x	d	-	-	-	1520	-	-	-	1720
Maenorbŷr Manorbier		d	-	-	-	1529	-	-	-	1729
Penalun Penally	x	d	-	-	-	1534	-	-	-	1734
Dinbych-y-pysgod Tenby		d	-	-	-	1541	-	-	-	1740
Saundersfoot	x	d	-	-	-	1549	-	-	-	1748
Cilgeti Kilgetty	x	d	-	-	-	1551	-	-	-	1750
Arberth Narberth	x	d	-	-	-	1601	-	-	-	1800
Hendy-gwyn ar Daf Whitland		d	1542	-	-	1610	-	-	1737	1809
Caerfyrddin Carmarthen		a	1559	-	-	1627	-	-	1754	1827
Caerfyrddin Carmarthen Traws		d	1604	-	-	1704	-	-	1804	1909
Aberystwyth Traws		a	1822	-	-	1922	-	-	2022	2122
Caerfyrddin Carmarthen		d	1601	-	1619	1630	1655	-	1757	1818
Glanfferi Ferryside		d	-	-	-	-	1705	-	1807	-
Cydweli Kidwelly		d	-	-	-	-	1711	-	1813	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1619	-	1640	1649	1718	-	1820	1838
Llanelli		d	1626	1638	1647	1656	1725	-	1827	1849
Tregŵyr Gowerton		d	1633	-	-	1704	1732	-	1834	-
Abertawe Swansea	a	1646	1657	1703	1718	1744	-	1847	1912	1919
Abertawe Swansea		d	1649	1705	1723	-	1747	1823	1850	1924
Llansamlet		d	-	1711	-	-	1753	-	1857	-
Sgiwen Skewen		d	-	1716	-	-	1758	-	1902	-
Castell-nedd Neath		d	1700	1720	1735	-	1802	1835	1906	1936
Llansawel Briton Ferry		d	-	1723	-	-	1806	-	1910	-
Baglan		d	-	1728	-	-	1810	-	1914	-
Parcfordd Port Talbot Port Talbot Parkway		d	1708	1732	1742	-	1815	1842	1919	1943
Y Pîl Pyle		d	-	1739	-	-	1822	-	1926	-
Pen-y-bont ar Ogwr Bridgend		d	1720	1749	1756	-	1830	1855	1934	1956
Pencoed		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	1743	1811	1816	-	1851	1915	1957	2017
Caerdydd Canolog Cardiff Central		d	1749	1825	1818	-	-	1918	2005	2021
Casnewydd Newport		a	1802	1838	1830	-	-	1930	2018	2032
Manceinion Piccadilly Manchester Piccadilly		a	2115	-	-	-	-	-	2341	-
Bristol Parkway		a	-	-	1851	-	-	1953	-	2054
Reading		a	-	-	1946	-	-	2044	-	2144
London Paddington		a	-	-	2016	-	-	2110	-	2209
















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		◇	◇	IR	◇	◇	◇	IR	◇	◇
		TfW	TfW	GW	TfW	TfW	TfW	GW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour		d	-	-	-	1906	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	-	-	1909	-	-	-	-
Aberdaugleddau Milford Haven		d	-	-	-	-	1915	-	-	-
Johnston	x	d	-	-	-	-	1923	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	1930	-	-	-
Clarbeston Road	x	d	-	-	-	1928	1938	-	-	-
Clunderwen	x	d	-	-	-	-	1946	-	-	-
Doc Penfro Pembroke Dock		d	-	-	-	-	-	1919	-	-
Penfro Pembroke		d	-	-	-	-	-	1927	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	1931	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	1939	-	-
Penalun Penally	x	d	-	-	-	-	-	1944	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	1948a	-	2010
Saundersfoot	x	d	-	-	-	-	-	-	-	2017
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	2019
Arberth Narberth	x	d	-	-	-	-	-	-	-	2029
Hendy-gwyn ar Daf Whitland		d	-	-	-	1941	1952	-	-	2037
Caerfyrddin Carmarthen		a	-	-	-	1958	2008	-	-	2053
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	1850	-	2001	2012	-	2030	2100
Glanfferi Ferryside		d	-	1900	-	-	-	-	-	2110
Cydweli Kidwelly		d	-	1906	-	-	-	-	-	2116
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	1913	-	2019	2030	-	2050	2123
Llanelli		d	1907	1920	-	2026	2037	-	2058	2130
Tregŵyr Gowerton		d	1915	1928	-	-	2044	-	-	2137
Abertawe Swansea	a	1932	1942	-	2043	2057	-	2113	2150	2207
Abertawe Swansea		d	-	1949	2023	-	2101	-	2123	2153
Llansamlet		d	-	-	-	-	-	-	-	2200
Sgiwen Skewen		d	-	-	-	-	-	-	-	2204
Castell-nedd Neath		d	-	2000	2035	-	2112	-	2135	2208
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	2212
Baglan		d	-	-	-	-	-	-	-	2216
Parcfordd Port Talbot Port Talbot Parkway		d	-	2008	2042	-	2119	-	2142	2220
Y Pîl Pyle		d	-	-	-	-	-	-	-	2227
Pen-y-bont ar Ogwr Bridgend		d	-	2021	2055	-	2131	-	2155	2235
Pencoed		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	2201	-	-	2255
Caerdydd Canolog Cardiff Central		a	-	2047	2117	-	2210	-	2215	2303
Caerdydd Canolog Cardiff Central		d	-	-	2120	-	-	-	2218	-
Casnewydd Newport		a	-	-	2132	-	-	-	2231	-
Manceinion Piccadilly Manchester Piccadilly		a	-	-	-	-	-	-	-	-
Bristol Parkway		a	-	-	2153	-	-	-	2302	-
Reading		a	-	-	2243	-	-	-	-	-
London Paddington		a	-	-	2311	-	-	-	-	-

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		◇	◇	◇	◇	◇	◇	◇	
		TfW	TfW	TfW	TfW	TfW	TfW	TfW	
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	2215	-	-	-	
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	2218	-	-	-	
Aberdaugleddau Milford Haven	d	2046	-	-	-	-	-	2325	
Johnston	x d	2054	-	-	-	-	-	2333	
Hwlfordd Haverfordwest	d	2101	-	-	-	-	-	2340	
Clarbeston Road	x d	2109	-	-	2237	-	-	2348	
Clunderwen	x d	2116	-	-	2245	-	-	2356	
Doc Penfro Pembroke Dock	d	-	2121	-	-	2227	-	-	
Penfro Pembroke	d	-	2130	-	-	2235	-	-	
Llandyfái Lamphey	x d	-	2133	-	-	2238	-	-	
Maenorbŷr Manorbier	d	-	2141	-	-	2246	-	-	
Penalun Penally	x d	-	2147	-	-	2252	-	-	
Dinbych-y-pysgod Tenby	d	-	2155	-	-	2257	-	-	
Saundersfoot	x d	-	2203	-	-	2304	-	-	
Cilgeti Kilgetty	x d	-	2205	-	-	2306	-	-	
Arberth Narberth	x d	-	2215	-	-	2316	-	-	
Hendy-gwyn ar Daf Whitland	d	2122	2224	-	2251	2324	-	0003	
Caerfyrddin Carmarthen	a	2139	2243	-	2308	2343	-	0021	
Caerfyrddin Carmarthen Traws 	d	-	-	-	-	-	-	-	
Aberystwyth Traws 	a	-	-	-	-	-	-	-	
Caerfyrddin Carmarthen	d	-	-	-	2311	-	-	-	
Glanyfferi Ferryside	d	-	-	-	2321	-	-	-	
Cydweli Kidwelly	d	-	-	-	2327	-	-	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	2334	-	-	-	
Llanelli	d	-	-	-	2341	-	2348	-	
Tregŵyr Gowerton	d	-	-	-	2349	-	2356	-	
Abertawe Swansea	a	-	-	-	0002	-	0016	-	
Abertawe Swansea	d	-	-	2230	-	-	-	-	
Llansamlet	d	-	-	2237	-	-	-	-	
Sgiwen Skewen	d	-	-	2241	-	-	-	-	
Castell-nedd Neath	d	-	-	2245	-	-	-	-	
Llansawel Briton Ferry	d	-	-	2249	-	-	-	-	
Baglan	d	-	-	2252	-	-	-	-	
Parcfordd Port Talbot Port Talbot Parkway	d	-	-	2257	-	-	-	-	
Y Pîl Pyle	d	-	-	2304	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	d	-	-	2314	-	-	-	-	
Pencoed	d	-	-	-	-	-	-	-	
Llanharan	d	-	-	-	-	-	-	-	
Pontyclun	d	-	-	-	-	-	-	-	
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	
Caerdydd Canolog Cardiff Central 	a	-	-	2339	-	-	-	-	
Caerdydd Canolog Cardiff Central 	d	-	-	-	-	-	-	-	
Casnewydd Newport	a	-	-	-	-	-	-	-	
Manceinion Piccadilly Manchester Piccadilly 	a	-	-	-	-	-	-	-	
Bristol Parkway 	a	-	-	-	-	-	-	-	
Reading 	a	-	-	-	-	-	-	-	
London Paddington 	a	-	-	-	-	-	-	-	

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		◇		◇						R
		TfW	GW	TfW	GW	TfW	GW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	0021	-	-	-	-	-	-	-	-
Johnston	x d	0029	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	0036	-	-	-	-	-	-	-	-
Clarbeston Road	x d	0044	-	-	-	-	-	-	-	-
Clunderwen	x d	0051	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x d	-	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	-	-	-
Penalun Penally	x d	-	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x d	-	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x d	-	-	-	-	-	-	-	-	-
Arberth Narberth	x d	-	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	0057	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	a	0116	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen Traws 	d	-	-	-	-	-	-	-	-	0534
Aberystwyth Traws 	a	-	-	-	-	-	-	-	-	0722
Caerfyrddin Carmarthen	d	-	-	0437	-	-	-	-	-	0554
Glanyfferi Ferryside	d	-	-	-	-	-	-	-	-	0604
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-	0610
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	0455	-	-	-	-	-	0617
Llanelli	d	-	-	0502	-	-	-	-	-	0624
Tregŵyr Gowerton	d	-	-	-	-	-	-	-	-	0631
Abertawe Swansea	a	-	-	0520	-	-	-	-	-	0644
Abertawe Swansea	d	-	0356	-	0525	0530	0552	0623	0644	0650
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	-	0408	-	0537	0542	0604	0635	0655	0702
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	-	0415	-	0544	0549	0612	0642	0703	0709
Y Pîl Pyle	d	-	-	-	-	0558	-	-	-	0716
Pen-y-bont ar Ogwr Bridgend	d	-	0428	-	0557	0606	0624	0655	0716	0724
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	0732
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central 	a	-	0453	-	0618	0630	0645	0716	0737	0748
Caerdydd Canolog Cardiff Central 	d	-	0514	-	0620	0635	0647	0718	0742	0751
Casnewydd Newport	a	-	0525	-	0631	0648	0658	0729	0753	0804
Manceinion Piccadilly Manchester Piccadilly 	a	-	-	-	-	1015	-	-	-	1115
Bristol Parkway 	a	-	0553	-	0653	-	0719	0750	0819	-
Reading 	a	-	0648	-	0745	-	0816	0846	0916	-
London Paddington 	a	-	0714	-	0811	-	0844	0914	0944	-


Darllenwch y dudalen gefn am eglurhad i'r nodiadau
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		◇	◇	◇	◇	◇	◇	◇	◇
		TFW	GW	TFW	GW	TFW	GW	TFW	GW
Porthladd Abergwaun Fishguard Harbour	⚓	d	-	-	-	-	0650	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	-	-	-	0653	-	-
Aberdaugleddau Milford Haven		d	-	-	0554	-	-	0703	-
Johnston	x	d	-	-	0602	-	-	0711	-
Hwlfordd Haverfordwest		d	-	-	0609	-	-	0719	-
Clarbeston Road	x	d	-	-	0617	-	0714a	0726	-
Clunderwen	x	d	-	-	0625	-	-	0733	-
Doc Penfro Pembroke Dock		d	-	-	-	-	-	0659	-
Penfro Pembroke		d	-	-	-	-	-	0707	-
Llandyfái Lamphey	x	d	-	-	-	-	-	0710	-
Maenorbŷr Manorbier		d	-	-	-	-	-	0718	-
Penalun Penally	x	d	-	-	-	-	-	0724	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	0729	-
Saundersfoot	x	d	-	-	-	-	-	0736	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	0738	-
Arberth Narberth	x	d	-	-	-	-	-	0748	-
Hendy-gwyn ar Daf Whitland		d	-	-	0631	-	-	0740	0756
Caerfyrddin Carmarthen		a	-	-	0646	-	-	0756	0813
Caerfyrddin Carmarthen Traws	⚓	d	0604	-	0704	-	-	0804	-
Aberystwyth Traws	⚓	a	0822	-	0922	-	-	1022	-
Caerfyrddin Carmarthen		d	0615	-	0650	-	-	0725	0800
Glanfferri Ferryside		d	0625	-	0700	-	-	0737	0811
Cydweli Kidwelly		d	0631	-	0706	-	-	0743	0817
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	0638	-	0713	-	-	0751	0823
Llanelli		d	0645	-	0720	-	-	0758	0830
Tregŵyr Gowerton		d	0653	-	0727	-	-	0837	-
Abertawe Swansea	a	0705	-	0739	-	-	-	0814	0850
Abertawe Swansea		d	0710	0725	0742	0750	-	0823	0854
Llansamlet		d	0717	-	-	-	-	0912	-
Sgiwen Skewen		d	0721	-	-	-	-	0916	-
Castell-nedd Neath		d	0726	0737	0753	0802	-	0835	0905
Llansawel Briton Ferry		d	0729	-	-	-	-	0924	-
Baglan		d	0733	-	-	-	-	0928	-
Parcfordd Port Talbot Port Talbot Parkway		d	0737	0745	0801	0810	-	0842	0913
Y Pîl Pyle		d	0745	-	0808	-	-	0920	0940
Pen-y-bont ar Ogwr Bridgend		d	0754	0759	0816	0825	-	0855	0928
Pencoed		d	0813	-	0822	-	-	-	-
Llanharan		d	0817	-	-	-	-	-	-
Pontyclun		d	0821	-	0829	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	0835	0820	0842	0846	-	0916	0949
Caerdydd Canolog Cardiff Central	7	d	-	0823	-	0853	-	0918	0953
Casnewydd Newport	a	-	0834	-	0905	-	-	0929	1006
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	-	-	1315	-
Bristol Parkway	7	a	-	0855	-	0927	-	0954	-
Reading	7	a	-	0948	-	1018	-	1046	-
London Paddington	15	A	a	-	1013	-	1044	-	1114


Darllenwch y dudalen gefn am eglurhad i'r nodiadau
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		◇	◇	◇	◇	◇	◇	◇	◇
		TFW	TFW	TFW	TFW	TFW	TFW	TFW	TFW
Porthladd Abergwaun Fishguard Harbour	⚓	d	-	0751	-	-	-	-	0954
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	0754	-	-	-	-	0957
Aberdaugleddau Milford Haven		d	-	-	-	0910	-	-	-
Johnston	x	d	-	-	-	0918	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	0925	-	-	-
Clarbeston Road	x	d	-	-	0813	-	-	0933	1016
Clunderwen	x	d	-	-	0821	-	-	0941	-
Doc Penfro Pembroke Dock		d	-	-	0835	-	-	-	-
Penfro Pembroke		d	-	-	0843	-	-	-	-
Llandyfái Lamphey	x	d	-	-	0846	-	-	-	-
Maenorbŷr Manorbier		d	-	-	0855	-	-	-	-
Penalun Penally	x	d	-	-	0900	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	0910	-	-	-	-
Saundersfoot	x	d	-	-	0918	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	0920	-	-	-	-
Arberth Narberth	x	d	-	-	0930	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	0828	0939a	-	0948	-	1007
Caerfyrddin Carmarthen		a	-	0843	-	-	1004	-	1024
Caerfyrddin Carmarthen Traws	⚓	d	-	0904	-	1004	-	-	1104
Aberystwyth Traws	⚓	a	-	1122	-	1222	-	-	1322
Caerfyrddin Carmarthen		d	-	0854	-	0932	1008	-	1029
Glanfferri Ferryside		d	-	0904	-	-	-	-	-
Cydweli Kidwelly		d	-	0910	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	0917	-	0952	1026	-	1047
Llanelli		d	0911	0924	-	0959	1033	-	1054
Tregŵyr Gowerton		d	0919	0931	-	-	-	-	1102
Abertawe Swansea	a	0934	0946	-	1015	1050	-	1114	-
Abertawe Swansea		d	-	0951	-	1023	1053	1108	-
Llansamlet		d	-	-	-	-	-	1115	-
Sgiwen Skewen		d	-	-	-	-	-	1119	-
Castell-nedd Neath		d	-	1002	-	1035	1104	1124	-
Llansawel Briton Ferry		d	-	-	-	-	-	1127	-
Baglan		d	-	-	-	-	-	1131	-
Parcfordd Port Talbot Port Talbot Parkway		d	-	1011	-	1042	1112	1136	-
Y Pîl Pyle		d	-	1018	-	-	1119	1143	-
Pen-y-bont ar Ogwr Bridgend		d	-	1027	-	1055	1128	1152	-
Pencoed		d	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	-	1049	-	1116	1150	1215	-
Caerdydd Canolog Cardiff Central	7	d	-	-	-	1118	1154	-	-
Casnewydd Newport	a	-	-	-	-	1130	1207	-	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	-	1515	-	-
Bristol Parkway	7	a	-	-	-	1154	-	-	-
Reading	7	a	-	-	-	1246	-	-	-
London Paddington	15	A	a	-	-	-	1314	-	-

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		R	IR	R	◇	◇	◇	IR	◇	IR	
		TfW	GW	TfW	TfW	TfW	TfW	GW	TfW	GW	
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	-	
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-	
Aberdaugleddau Milford Haven	d	-	-	1101	-	-	-	-	-	-	
Johnston	x	d	-	1109	-	-	-	-	-	-	
Hwlfordd Haverfordwest	d	-	-	1116	-	-	-	-	-	-	
Clarbeston Road	x	d	-	1124	-	-	-	-	-	-	
Clunderwen	x	d	-	1132	-	-	-	-	-	-	
Doc Penfro Pembroke Dock	d	-	1000	-	-	-	-	-	-	-	
Penfro Pembroke	d	-	1008	-	-	-	-	-	-	-	
Llandyfai Lamphey	x	d	-	-	-	-	-	-	-	-	
Maenorbŷr Manorbier	d	-	1022	-	-	-	-	-	-	-	
Penalun Penally	x	d	-	-	-	-	-	-	-	-	
Dinbych-y-pysgod Tenby	d	-	1034	-	-	1142	-	-	-	-	
Saundersfoot	x	d	-	1042	-	-	1150	-	-	-	
Cilgeti Kilgetty	x	d	-	-	-	-	1152	-	-	-	
Arberth Narberth	x	d	-	-	-	-	1202	-	-	-	
Hendy-gwyn ar Daf Whitland	d	-	1103	1139	-	-	1212	-	-	-	
Caerfyrddin Carmarthen	a	-	1119	1155	-	-	1228	-	-	-	
Caerfyrddin Carmarthen Traws	d	-	-	1204	-	-	1304	-	-	-	
Aberystwyth Traws	a	-	-	1422	-	-	1522	-	-	-	
Caerfyrddin Carmarthen	d	1104	1132	1201	-	-	1233	-	1300	1325	
Glanfferri Ferryside	d	1114	-	-	-	-	-	-	1310	-	
Cydweli Kidwelly	d	1120	-	-	-	-	-	-	1316	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1127	1152	1219	-	-	1251	-	1323	1345	
Llanelli	d	1134	1159	1226	1238	-	1258	-	1330	1355	
Tregŵyr Gowerton	d	1141	-	1233	1246	-	-	-	1337	-	
Abertawe Swansea	a	1153	1215	1245	1301	-	1314	-	1350	1411	
Abertawe Swansea	d	1159	1223	1253	-	1305	-	1324	1400	1423	
Llansamlet	d	-	-	-	-	1312	-	-	-	-	
Sgiwen Skewen	d	-	-	-	-	1316	-	-	-	-	
Castell-nedd Neath	d	1210	1235	1305	-	1321	-	1336	1411	1435	
Llansawel Briton Ferry	d	-	-	-	-	1325	-	-	-	-	
Baglan	d	-	-	-	-	1329	-	-	-	-	
Parcfordd Port Talbot Port Talbot Parkway	d	1218	1242	1312	-	1333	-	1344	1419	1443	
Y Pîl Pyle	d	-	-	1319	-	1341	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	d	1231	1255	1329	-	1349	-	1356	1433	1455	
Pencoed	d	-	-	-	-	-	-	-	-	-	
Llanharan	d	-	-	-	-	-	-	-	-	-	
Pontyclun	d	-	-	-	-	-	-	-	-	-	
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	
Caerdydd Canolog Cardiff Central	7	a	1252	1316	1351	-	1412	-	1417	1458	1516
Caerdydd Canolog Cardiff Central	7	d	-	1320	1355	-	1414	-	1421	-	1518
Casnewydd Newport	a	-	1331	1408	-	1432	-	1432	-	1529	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	1715	-	-	-	-	-	-
Bristol Parkway	7	a	-	1354	1516	-	-	-	1454	-	1553
Reading	7	a	-	1446	1619	-	-	-	1548	-	1646
London Paddington	15	A	a	-	1512	1644	-	-	1614	-	1714

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		R	R	◇	◇	IR	◇	R	IR	R	
		TfW	TfW	TfW	A,TfW	GW	TfW	TfW	GW	TfW	
Porthladd Abergwaun Fishguard Harbour 	d	1241	-	-	-	-	-	-	-	-	
Abergwaun ac Wdigi Fishguard & Goodwick	d	1244	-	-	-	-	-	-	-	-	
Aberdaugleddau Milford Haven	d	-	1305	-	-	-	-	-	-	1509	
Johnston	x	d	-	1313	-	-	-	-	-	1517	
Hwlfordd Haverfordwest	d	-	1320	-	-	-	-	-	-	1524	
Clarbeston Road	x	d	1303	1328	-	-	-	-	-	1532	
Clunderwen	x	d	-	1336	-	-	-	-	-	1540	
Doc Penfro Pembroke Dock	d	-	-	1247	-	-	-	-	-	-	
Penfro Pembroke	d	-	-	1255	-	-	-	-	-	-	
Llandyfai Lamphey	x	d	-	1258	-	-	-	-	-	-	
Maenorbŷr Manorbier	d	-	-	1307	-	-	-	-	-	-	
Penalun Penally	x	d	-	1312	-	-	-	-	-	-	
Dinbych-y-pysgod Tenby	d	-	-	1318	-	-	-	-	-	-	
Saundersfoot	x	d	-	1326	-	-	-	-	-	-	
Cilgeti Kilgetty	x	d	-	1329	-	-	-	-	-	-	
Arberth Narberth	x	d	-	1339	-	-	-	-	-	-	
Hendy-gwyn ar Daf Whitland	d	1316	1342	1350	-	-	-	-	-	1546	
Caerfyrddin Carmarthen	a	1332	1358	1409	-	-	-	-	-	1602	
Caerfyrddin Carmarthen Traws	d	-	1404	1504	-	-	-	-	1604	-	
Aberystwyth Traws	a	-	1622	1722	-	-	-	-	1822	-	
Caerfyrddin Carmarthen	d	1336	1401	1411	-	-	-	1501	1528	1606	
Glanfferri Ferryside	d	1346	-	-	-	-	-	1511	-	-	
Cydweli Kidwelly	d	1352	-	-	-	-	-	1517	-	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1359	1419	1431	-	-	-	1524	1548	1624	
Llanelli	d	1406	1426	1438	-	-	1512	1531	1556	1631	
Tregŵyr Gowerton	d	-	1433	-	-	-	1520	1538	-	1638	
Abertawe Swansea	a	-	1446	1456	-	-	1537	1550	1612	1651	
Abertawe Swansea	d	-	1449	-	1509	1526	-	1555	1622	1655	
Llansamlet	d	-	-	-	1516	-	-	-	-	-	
Sgiwen Skewen	d	-	-	-	1520	-	-	-	-	-	
Castell-nedd Neath	d	-	1500	-	1524	1538	-	1606	1634	1706	
Llansawel Briton Ferry	d	-	-	-	1527	-	-	-	-	-	
Baglan	d	-	-	-	1531	-	-	-	-	-	
Parcfordd Port Talbot Port Talbot Parkway	d	1434	1508	-	1535	1546	-	1614	1642	1714	
Y Pîl Pyle	d	-	1515	-	1542	-	-	1621	-	1721	
Pen-y-bont ar Ogwr Bridgend	d	1449	1523	-	1551	1558	-	1629	1655	1729	
Pencoed	d	-	-	-	-	-	-	-	-	-	
Llanharan	d	-	-	-	-	-	-	-	-	-	
Pontyclun	d	-	-	-	-	-	-	-	-	-	
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	
Caerdydd Canolog Cardiff Central	7	a	1519	1544	-	1613	1619	-	1650	1716	1750
Caerdydd Canolog Cardiff Central	7	d	-	1549	-	1615	1623	-	-	1718	1756
Casnewydd Newport	a	-	1602	-	1630	1634	-	-	1730	1809	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	1915	-	-	-	-	-	-	2115
Bristol Parkway	7	a	-	-	-	1655	-	-	1753	-	-
Reading	7	a	-	-	-	1748	-	-	1846	-	-
London Paddington	15	A	a	-	-	-	1813	-	-	1912	-

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		TfW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour		d	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		d	-	-	-	-	-	1706	-	-
Johnston	x	d	-	-	-	-	-	1714	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	1721	-	-
Clarbeston Road	x	d	-	-	-	-	-	1729	-	-
Clunderwen	x	d	-	-	-	-	-	1737	-	-
Doc Penfro Pembroke Dock		d	-	1458	-	-	1630	-	-	-
Penfro Pembroke		d	-	1506	-	-	1638	-	-	-
Llandyfái Lamphey	x	d	-	1510	-	-	1641	-	-	-
Maenorbŷr Manorbier		d	-	1519	-	-	1650	-	-	-
Penalun Penally	x	d	-	1525	-	-	1655	-	-	-
Dinbych-y-pysgod Tenby		d	-	1531	-	-	1703	-	-	-
Saundersfoot	x	d	-	1539	-	-	1711	-	-	-
Cilgeti Kilgetty	x	d	-	1542	-	-	1713	-	-	-
Arberth Narberth	x	d	-	1551	-	-	1723	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	1605	-	-	1731	-	1744	-
Caerfyrddin Carmarthen		a	-	1621	-	-	1749	-	1800	-
Caerfyrddin Carmarthen Traws		d	-	1704	-	-	1804	-	1909	1934
Aberystwyth Traws		a	-	1922	-	-	2022	-	2122	2122
Caerfyrddin Carmarthen		d	-	1628	1701	1720	1836	-	1807	-
Glanyfferi Ferryside		d	-	1640	1711	-	-	-	1817	-
Cydweli Kidwelly		d	-	1647	1717	-	-	-	1823	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	1655	1724	1740	1855	-	1829	-
Llanelli		d	-	1702	1731	1754	1902	-	1836	-
Tregŵyr Gowerton		d	-	-	1738	-	1910	-	1843	-
Abertawe Swansea		a	-	1719	1750	1810	1923	-	1855	-
Abertawe Swansea		d	1712	1728	1754	1822	-	1910	1900	1926
Llansamlet		d	1719	-	-	-	-	1917	-	-
Sgiwen Skewen		d	1723	-	-	-	-	1921	-	-
Castell-nedd Neath		d	1727	1740	1805	1834	-	1925	1911	1938
Llansawel Briton Ferry		d	1731	-	-	-	-	1929	-	-
Baglan		d	1734	-	-	-	-	1932	-	-
Parcfordd Port Talbot Port Talbot Parkway		d	1739	1747	1812	1842	-	1937	1919	1946
Y Pîl Pyle		d	1746	-	1819	-	-	1944	-	-
Pen-y-bont ar Ogwr Bridgend		d	1755	1800	1827	1855	-	1953	1933	1959
Pencoed		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	1816	1821	1848	1917	-	2017	1956	2020
Caerdydd Canolog Cardiff Central		d	-	1822	-	1919	-	-	2022	-
Casnewydd Newport		a	-	1834	-	1930	-	-	2033	-
Manceinion Piccadilly Manchester Piccadilly		a	-	-	-	-	-	-	-	-
Bristol Parkway		a	-	1854	-	1952	-	-	2054	-
Reading		a	-	1948	-	2046	-	-	2149	-
London Paddington		a	-	2013	-	2112	-	-	2214	-

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		◇	1	R	1 R	◇	◇	◇	◇	
		TfW	GW	TfW	GW	TfW	C, TfW	TfW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour		d	-	-	1900	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	-	1903	-	-	-	-	-
Aberdaugleddau Milford Haven		d	-	-	-	-	1912	-	-	2116
Johnston	x	d	-	-	-	-	1920	-	-	2124
Hwlfordd Haverfordwest		d	-	-	-	-	1927	-	-	2131
Clarbeston Road	x	d	-	-	1922	-	1935	-	-	2139
Clunderwen	x	d	-	-	-	-	1943	-	-	2147
Doc Penfro Pembroke Dock		d	-	-	-	-	1919	-	-	-
Penfro Pembroke		d	-	-	-	-	1927	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	1930	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	1938	-	-	-
Penalun Penally	x	d	-	-	-	-	1944	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	1948a	-	1956	-
Saundersfoot	x	d	-	-	-	-	-	-	2003	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	2005	-
Arberth Narberth	x	d	-	-	-	-	-	-	2015	-
Hendy-gwyn ar Daf Whitland		d	-	-	1935	-	1949	2023	-	2154
Caerfyrddin Carmarthen		a	-	-	1952	-	2005	2040	-	2211
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	1853	1919	-	-	2009	2100	-	-
Glanyfferi Ferryside		d	1903	-	-	-	-	2110	-	-
Cydweli Kidwelly		d	1909	-	-	-	-	2116	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1916	1939	-	-	2027	2123	-	-
Llanelli		d	1923	1947	-	-	2034	2130	2149	-
Tregŵyr Gowerton		d	1931	-	-	-	2041	2137	2157	-
Abertawe Swansea		a	1945	2002	-	-	2053	2150	2212	-
Abertawe Swansea		d	1950	-	-	2022	-	2057	2153	-
Llansamlet		d	-	-	-	-	-	2159	-	-
Sgiwen Skewen		d	-	-	-	-	-	2203	-	-
Castell-nedd Neath		d	2001	-	-	2034	-	2108	2208	-
Llansawel Briton Ferry		d	-	-	-	-	-	2211	-	-
Baglan		d	-	-	-	-	-	2215	-	-
Parcfordd Port Talbot Port Talbot Parkway		d	2010	-	-	2042	-	2115	2220	-
Y Pîl Pyle		d	-	-	-	-	-	2227	-	-
Pen-y-bont ar Ogwr Bridgend		d	2024	-	-	2055	-	2127	2235	-
Pencoed		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	2046	-	-	2116	-	2149	2257	-
Caerdydd Canolog Cardiff Central		d	-	-	-	2118	-	2153	-	-
Casnewydd Newport		a	-	-	-	2129	-	2206	-	-
Manceinion Piccadilly Manchester Piccadilly		a	-	-	-	-	-	-	-	-
Bristol Parkway		a	-	-	-	2150	-	-	-	-
Reading		a	-	-	-	-	-	-	-	-
London Paddington		a	-	-	-	-	-	-	-	-


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Please refer to the back page for explanation of notes

		◇	◇	◇	◇	◇
		TfW	TfW	TfW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour	d	-	-	2216	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	2219	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	2308
Johnston	x	d	-	-	-	2316
Hwlfordd Haverfordwest	d	-	-	-	-	2323
Clarbeston Road	x	d	-	-	2238	-
Clunderwen	x	d	-	-	2246	-
Doc Penfro Pembroke Dock	d	2110	-	-	2218	-
Penfro Pembroke	d	2119	-	-	2226	-
Llandyfái Lamphey	x	d	2122	-	-	2229
Maenorbŷr Manorbier	d	2130	-	-	2237	-
Penalun Penally	x	d	2136	-	-	2243
Dinbych-y-pysgod Tenby	d	2144	-	-	2247	-
Saundersfoot	x	d	2152	-	-	2255
Cilgeti Kilgetty	x	d	2154	-	-	2257
Arberth Narberth	x	d	2204	-	-	2306
Hendy-gwyn ar Daf Whitland	d	2213	-	2252	2315	2346
Caerfyrddin Carmarthen	a	2231	-	2308	2333	0004
Caerfyrddin Carmarthen Traws	d	-	-	-	-	-
Aberystwyth Traws	a	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	-	2315	-	-
Glanyfferi Ferryside	d	-	-	2325	-	-
Cydweli Kidwelly	d	-	-	2331	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	2338	-	-
Llanelli	d	-	-	2345	-	-
Tregŵyr Gowerton	d	-	-	2352	-	-
Abertawe Swansea	a	-	-	0006	-	-
Abertawe Swansea	d	-	2237	-	-	-
Llansamlet	d	-	2244	-	-	-
Sgiwen Skewen	d	-	2248	-	-	-
Castell-nedd Neath	d	-	2252	-	-	-
Llansawel Briton Ferry	d	-	2256	-	-	-
Baglan	d	-	2259	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	-	2304	-	-	-
Y Pîl Pyle	d	-	2311	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	-	2320	-	-	-
Pencoed	d	-	-	-	-	-
Llanharan	d	-	-	-	-	-
Pontyclun	d	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7 a	-	2342	-	-	-
Caerdydd Canolog Cardiff Central	7 d	-	-	-	-	-
Casnewydd Newport	a	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10 a	-	-	-	-	-
Bristol Parkway	7 a	-	-	-	-	-
Reading	7 a	-	-	-	-	-
London Paddington	15 A a	-	-	-	-	-


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Please refer to the back page for explanation of notes

		IR	IR	R	IR	R	◇	IR	IR	◇
		GW	GW	TfW	GW	TfW	TfW	GW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	-	-	-	-	-
Johnston	x	d	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen Traws	d	-	-	-	-	-	0904	-	-	-
Aberystwyth Traws	a	-	-	-	-	-	1122	-	-	-
Caerfyrddin Carmarthen	d	-	-	-	-	0836	0934	-	-	0948
Glanyfferi Ferryside	d	-	-	-	-	-	-	-	-	0958
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-	1004
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	-	0854	0952	-	-	1011
Llanelli	d	-	-	-	-	0901	0959	-	-	1018
Tregŵyr Gowerton	d	-	-	-	-	-	-	-	-	1026
Abertawe Swansea	a	-	-	-	-	0917	1017	-	-	1038
Abertawe Swansea	d	0755	0835	0841	0923	0930	-	1022	1032	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	0807	0847	0852	0935	0941	-	1035	1044	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	0814	0854	0900	0942	0949	-	1042	1051	-
Y Pîl Pyle	d	-	-	0907	-	0956	-	-	1100	-
Pen-y-bont ar Ogwr Bridgend	d	0827	0907	0916	0955	1004	-	1055	1108	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7 a	0848	0928	0937	1016	1026	-	1117	1130	-
Caerdydd Canolog Cardiff Central	7 d	0850	0935	0945	1020	1033	-	1120	1140	-
Casnewydd Newport	a	0906	0950	1002	1031	1048	-	1130	1153	-
Manceinion Piccadilly Manchester Piccadilly	10 a	-	-	1312	-	1415	-	-	1515	-
Bristol Parkway	7 a	0934	1011	-	1053	-	-	1152	-	-
Reading	7 a	1025	1102	-	1144	-	-	1244	-	-
London Paddington	15 A a	1050	1127	-	1210	-	-	1309	-	-















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		IR		◇	IR		R	IR		R	◇	◇	IR		R
		GW	TfW		TfW	GW		TfW	TfW				GW	TfW	
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	0930	-	-	-	-	-	1124	-	-	-	-	-	-
Johnston	x d	-	0938	-	-	-	-	-	1132	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	0945	-	-	-	-	-	1139	-	-	-	-	-	-
Clarbeston Road	x d	-	0953	-	-	-	-	-	1147	-	-	-	-	-	-
Clunderwen	x d	-	1001	-	-	-	-	-	1154	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	1027	-	-	-	-	1140	-	-	-	-
Penfro Pembroke	d	-	-	-	-	1036	-	-	-	-	1149	-	-	-	-
Llandyfái Lamphey	x d	-	-	-	-	1039	-	-	-	-	1152	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	1047	-	-	-	-	1200	-	-	-	-
Penalun Penally	x d	-	-	-	-	1053	-	-	-	-	1206	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	1059	-	-	-	-	1211	-	-	-	-
Saundersfoot	x d	-	-	-	-	1107	-	-	-	-	1219	-	-	-	-
Cilgeti Kilgetty	x d	-	-	-	-	1109	-	-	-	-	1221	-	-	-	-
Arberth Narberth	x d	-	-	-	-	1119	-	-	-	-	1231	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	1007	-	-	1129	-	-	1202	1240	-	-	-	-	-
Caerfyrddin Carmarthen	a	-	1023	-	-	1145	-	-	1217	1256	-	-	-	-	-
Caerfyrddin Carmarthen Traws	d	-	1104	-	-	-	-	-	-	1304	-	-	-	-	-
Aberystwyth Traws	a	-	1322	-	-	-	-	-	-	1522	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	1030	1053	1127	-	-	-	1232	1259	-	-	-	-	-
Glanyfferi Ferryside	d	-	-	1103	-	-	-	-	-	1309	-	-	-	-	-
Cydweli Kidwelly	d	-	-	1109	-	-	-	-	-	1315	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	1048	1116	1147	-	-	-	1250	1322	-	-	-	-	-
Llanelli	d	-	1055	1123	1154	-	-	-	1257	1329	-	-	-	-	-
Tregŵyr Gowerton	d	-	1102	1131	-	-	-	-	1304	1336	-	-	-	-	-
Abertawe Swansea	a	-	1117	1144	1210	-	-	-	1318	1351	-	-	-	-	-
Abertawe Swansea	d	1123	1130	-	1223	-	1251	1323	1343	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1135	1141	-	1235	-	1303	1335	1354	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1142	1149	-	1242	-	1310	1342	1402	-	-	-	-	-	-
Y Pîl Pyle	d	-	1156	-	-	-	1317	-	1409	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1155	1204	-	1255	-	1326	1355	1417	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7 a	1216	1227	-	1316	-	1347	1416	1440	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7 d	1220	1236	-	1320	-	1350	1420	1454	-	-	-	-	-	-
Casnewydd Newport	a	1231	1249	-	1331	-	1404	1431	1507	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10 a	-	1615	-	-	-	1715	-	1814	-	-	-	-	-	-
Bristol Parkway	7 a	1253	-	-	1353	-	-	1453	-	-	-	-	-	-	-
Reading	7 a	1344	-	-	1444	-	-	1544	-	-	-	-	-	-	-
London Paddington	15 A a	1409	-	-	1509	-	-	1609	-	-	-	-	-	-	-










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Please refer to the back page for explanation of notes

		◇	IR		IR	IR	R	◇	◇	◇	IR		R
			TfW	GW							TfW	GW	
Porthladd Abergwaun Fishguard Harbour 	d	1240	-	-	-	-	-	1415	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	1243	-	-	-	-	-	1418	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	-	1330	-	-	-	-	-	-
Johnston	x d	-	-	-	-	-	1338	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	-	1345	-	-	-	-	-	-
Clarbeston Road	x d	1302	-	-	-	-	1353	1437	-	-	-	-	-
Clunderwen	x d	-	-	-	-	-	1401	-	-	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x d	-	-	-	-	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	-	-	-	-	-	-
Penalun Penally	x d	-	-	-	-	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	-	-	-	-	-	-
Saundersfoot	x d	-	-	-	-	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x d	-	-	-	-	-	-	-	-	-	-	-	-
Arberth Narberth	x d	-	-	-	-	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	1315	-	-	-	-	1409	1450	-	-	-	-	-
Caerfyrddin Carmarthen	a	1332	-	-	-	-	1426	1506	-	-	-	-	-
Caerfyrddin Carmarthen Traws	d	-	-	-	-	-	1504	-	-	-	-	-	-
Aberystwyth Traws	a	-	-	-	-	-	1722	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	1338	-	-	1420	1430	1510	-	-	-	-	-	-
Glanyfferi Ferryside	d	-	-	-	-	-	1520	-	-	-	-	-	-
Cydweli Kidwelly	d	-	-	-	-	-	1526	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1356	-	-	1440	1448	1533	-	-	-	-	-	-
Llanelli	d	1403	-	-	1450	1455	1540	1551	-	-	-	-	-
Tregŵyr Gowerton	d	1410	-	-	-	1502	1548	1559	-	-	-	-	-
Abertawe Swansea	a	-	-	-	1505	1514	1603	1613	-	-	-	-	-
Abertawe Swansea	d	-	1422	1455	1523	1532	-	-	1624	1652	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1427	1434	1507	1535	1544	-	-	1636	1703	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1435	1441	1515	1542	1551	-	-	1643	1711	-	-	-
Y Pîl Pyle	d	-	-	1523	-	1558	-	-	-	1718	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1448	1454	1532	1555	1606	-	-	1656	1726	-	-	-
Pencoed	d	-	-	-	-	1613	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	1617	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	1622	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7 a	1509	1515	1553	1616	1636	-	-	1717	1749	-	-	-
Caerdydd Canolog Cardiff Central	7 d	-	1515	1555	1620	1640	-	-	1720	1754	-	-	-
Casnewydd Newport	a	-	1529	1608	1631	1654	-	-	1731	1808	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10 a	-	-	1914	-	2015	-	-	-	2115	-	-	-
Bristol Parkway	7 a	-	1553	1725	1653	-	-	-	1753	-	-	-	-
Reading	7 a	-	1644	1821	1744	-	-	-	1844	-	-	-	-
London Paddington	15 A a	-	1709	1850	1809	-	-	-	1909	-	-	-	-

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		GW	TfW	GW	TfW	D,TfW	TfW	GW	GW	TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	1531	-	-	-	1730	-	-	-
Johnston	x	d	-	1539	-	-	-	1738	-	-
Hwlfordd Haverfordwest	d	-	1546	-	-	-	-	1745	-	-
Clarbeston Road	x	d	-	1554	-	-	-	1753	-	-
Clunderwen	x	d	-	1602	-	-	-	1801	-	-
Doc Penfro Pembroke Dock	d	-	-	-	1623	-	-	-	-	-
Penfro Pembroke	d	-	-	-	1631	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	1634	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	1642	-	-	-	-	-
Penalun Penally	x	d	-	-	1648	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	1653	-	-	-	-	-
Saundersfoot	x	d	-	-	1701	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	1703	-	-	-	-	-
Arberth Narberth	x	d	-	-	1712	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	1610	-	1721	-	1808	-	-	-
Caerfyrddin Carmarthen	a	-	1627	-	1738	-	1825	-	-	-
Caerfyrddin Carmarthen Traws 	d	-	1704	-	-	-	1934	-	-	-
Aberystwyth Traws 	a	-	1922	-	-	-	2122	-	-	-
Caerfyrddin Carmarthen	d	1630	1640	-	1741	-	-	1920	-	-
Glanyfferi Ferryside	d	-	1650	-	1751	-	-	1932	-	-
Cydweli Kidwelly	d	-	1656	-	1757	-	-	1939	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1650	1703	-	1804	-	-	1946	-	-
Llanelli	d	1657	1710	-	1811	-	-	1953	-	-
Tregŵyr Gowerton	d	-	1718	-	1818	-	-	-	-	-
Abertawe Swansea	a	1713	1733	-	1832	-	-	2013	-	-
Abertawe Swansea	d	1724	1735	1824	-	1834	-	1924	2019	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1736	1746	1836	-	1846	-	1936	2031	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1743	1754	1842	-	1854	-	1942	2037	-
Y Pîl Pyle	d	-	1801	-	-	1902	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1756	1810	1856	-	1911	-	1956	2051	2101
Pencoed	d	-	-	-	-	-	-	-	-	2107
Llanharan	d	-	-	-	-	-	-	-	-	2111
Pontyclun	d	-	-	-	-	-	-	-	-	2116
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central 	a	1817	1834	1917	-	1933	-	2017	2114	2129
Caerdydd Canolog Cardiff Central 	d	1820	1842	1920	-	1939	-	2020	2120	2134
Casnewydd Newport	a	1831	1854	1930	-	1954	-	2030	2130	-
Manceinion Piccadilly Manchester Piccadilly 	a	-	2214	-	-	-	-	-	-	-
Bristol Parkway 	a	1853	-	1953	-	-	-	2053	2152	-
Reading 	a	1944	-	2048	-	-	-	2148	2248	-
London Paddington 	a	2009	-	2114	-	-	-	2214	2327	-

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		TfW	TfW	TfW	C,TfW	TfW	TfW	TfW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	2303	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	2306	-	-
Aberdaugleddau Milford Haven	d	-	-	1940	-	2135	-	-	2311	-
Johnston	x	d	-	-	1948	-	2143	-	-	2319
Hwlfordd Haverfordwest	d	-	-	-	1955	-	2151	-	-	2327
Clarbeston Road	x	d	-	-	2003	-	2159	-	2325	2335
Clunderwen	x	d	-	-	2011	-	2207	-	-	2343
Doc Penfro Pembroke Dock	d	-	1904	-	-	-	2201	-	-	-
Penfro Pembroke	d	-	1913	-	-	-	2210	-	-	-
Llandyfái Lamphey	x	d	-	1916	-	-	2213	-	-	-
Maenorbŷr Manorbier	d	-	1924	-	-	-	2221	-	-	-
Penalun Penally	x	d	-	1930	-	-	2227	-	-	-
Dinbych-y-pysgod Tenby	d	-	1935	-	-	-	2232	-	-	-
Saundersfoot	x	d	-	1943	-	-	2240	-	-	-
Cilgeti Kilgetty	x	d	-	1945	-	-	2242	-	-	-
Arberth Narberth	x	d	-	1955	-	-	2252	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	2005	2019	-	2213	2302	2338	2349	-
Caerfyrddin Carmarthen	a	-	2021	2035	-	2230	2320	2355	0009	-
Caerfyrddin Carmarthen Traws 	d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws 	a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	2036	-	2116	2234	-	-	-	-
Glanyfferi Ferryside	d	-	2046	-	-	2244	-	-	-	-
Cydweli Kidwelly	d	-	2052	-	-	2250	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	2059	-	2134	2257	-	-	-	-
Llanelli	d	2005	2106	-	2141	2304	-	-	-	-
Tregŵyr Gowerton	d	2013	2114	-	2149	2312	-	-	-	-
Abertawe Swansea	a	2026	2131	-	2203	2325	-	-	-	-
Abertawe Swansea	d	2040	-	-	2208	2329	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	2051	-	-	2219	2340	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	2100	-	-	2228	2348	-	-	-	-
Y Pîl Pyle	d	-	-	-	2235	2355	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	2115	-	-	2244	0004	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central 	a	2137	-	-	2306	0031	-	-	-	-
Caerdydd Canolog Cardiff Central 	d	-	-	-	2318	-	-	-	-	-
Casnewydd Newport	a	-	-	-	2333	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly 	a	-	-	-	-	-	-	-	-	-
Bristol Parkway 	a	-	-	-	-	-	-	-	-	-
Reading 	a	-	-	-	-	-	-	-	-	-
London Paddington 	a	-	-	-	-	-	-	-	-	-

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		MX,TFW	TFW	TFW	TFW	TFW	TFW	D,TFW	TFW	TFW
London Paddington	15 A	d	-	-	-	-	-	-	-	-
Reading	7	d	-	-	-	-	-	-	-	-
Bristol Parkway	7	d	-	-	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-
Casnewydd Newport		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		d	-	-	-	-	-	0535	0622	
Parc Ninian Ninian Park		d	-	-	-	-	-	0540	0626	
Pontyclun		d	-	-	-	-	-	0552	-	
Llanharan		d	-	-	-	-	-	0557	-	
Pencoed		d	-	-	-	-	-	0601	-	
Pen-y-bont ar Ogwr Bridgend	7	d	-	-	-	-	-	0606	0648	
Y Pîl Pyle	7	d	-	-	-	-	-	0614	0656	
Parcffordd Port Talbot Port Talbot Parkway		d	-	-	-	-	-	0622	0704	
Baglan		d	-	-	-	-	-	0626	0708	
Llansawel Briton Ferry		d	-	-	-	-	-	0630	0712	
Castell-nedd Neath		d	-	-	-	-	-	0634	0717	
Sgiwen Skewen		d	-	-	-	-	-	0638	0721	
Llansamlet		d	-	-	-	-	-	0643	0725	
Abertawe Swansea		a	-	-	-	-	-	0652	0734	
Abertawe Swansea		d	0008	-	-	-	0541	0547	0654	0746
Tregŵyr Gowerton		d	0021	-	-	-	0553	0559	0706	0758
Llanelli		d	0029	-	-	-	0600	0609	0713	0806
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	0035	-	-	-	0607	-	0719	0812
Cydweli Kidwelly		d	0042	-	-	-	0614	-	0726	0819
Glanyfferi Ferryside		d	0048	-	-	-	0621	-	0732	0825
Caerfyrddin Carmarthen		a	0102	-	-	-	0637	-	0745	0838
Caerfyrddin Carmarthen Traws		d	-	-	0534	0554	-	0704	-	0804
Aberystwyth Traws		a	-	-	0722	0822	-	0922	-	0922
Caerfyrddin Carmarthen		d	-	0450	0530	0550	0600	0641	-	0748
Hendy-gwyn ar Daf Whitland		d	-	0506	0546	0606	0615	0659	-	0803
Arberth Narberth	x	d	-	-	0555	-	-	0708	-	0910
Cilgeti Kilgetty	x	d	-	-	0604	-	-	0717	-	0919
Saundersfoot	x	d	-	-	0607	-	-	0719	-	0921
Dinbych-y-pysgod Tenby		d	-	-	0616	-	-	0732	-	0944
Penalun Penally	x	d	-	-	0620	-	-	0735	-	0947
Maenorbŷr Manorbier		d	-	-	0626	-	-	0742	-	0953
Llandyfái Lamphey	x	d	-	-	0634	-	-	0749	-	1001
Penfro Pembroke		d	-	-	0638	-	-	0752	-	1004
Doc Penfro Pembroke Dock		a	-	-	0650	-	-	0807	-	1014
Clunderwen	x	d	-	0513	-	0613	0622	-	-	0810
Clarbeston Road	x	d	-	0520	-	0620	0630	-	-	0818
Hwlfordd Haverfordwest		d	-	0532	-	-	0638	-	-	0826
Johnston	x	d	-	0540	-	-	0646	-	-	0834
Aberdaugleddau Milford Haven		a	-	0552	-	-	0658	-	-	0843
Abergwaun ac Wdŷg Fishguard & Goodwick		a	-	-	-	0639	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	0645	-	-	-	-

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		◇	IR	◇	◇	IR	◇	IR	◇	◇
		TFW	GW	TFW	TFW	GW	D,TFW	GW	TFW	TFW
London Paddington	15 A	d	-	-	-	-	0523	-	0648	-
Reading	7	d	-	-	-	-	0549	-	0713	-
Bristol Parkway	7	d	-	0602	-	-	0728	-	0804	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-
Casnewydd Newport		d	-	0628	-	-	0752	-	0827	0841
Caerdydd Canolog Cardiff Central	7	a	-	0641	-	-	0804	-	0839	0854
Caerdydd Canolog Cardiff Central		d	-	0644	0716	0745	0808	-	0842	0900
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	0705	0736	0805	0828	-	0902	0920
Y Pîl Pyle	7	d	-	-	0743	0812	-	-	-	0927
Parcffordd Port Talbot Port Talbot Parkway		d	-	0718	0751	0820	0840	-	0914	0935
Baglan		d	-	-	0755	0824	-	-	-	-
Llansawel Briton Ferry		d	-	-	0759	0828	-	-	-	-
Castell-nedd Neath		d	-	0726	0804	0833	0847	-	0921	0943
Sgiwen Skewen		d	-	-	0808	0837	-	-	-	-
Llansamlet		d	-	-	0813	0841	-	-	-	-
Abertawe Swansea		a	-	0740	0821	0850	0859	-	0933	0957
Abertawe Swansea		d	-	0759	0826	0903	-	0909	0948	0959
Tregŵyr Gowerton		d	-	-	-	0915	-	0921	-	1011
Llanelli		d	-	0817	0843	0923	-	0931	1003	1019
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	0823	-	0929	-	-	1009	1025
Cydweli Kidwelly		d	-	-	-	0936	-	-	-	1032
Glanyfferi Ferryside		d	-	-	-	0942	-	-	-	1038
Caerfyrddin Carmarthen		a	-	0849	-	0954	-	-	1038	1050
Caerfyrddin Carmarthen Traws		d	-	0904	-	1004	-	-	-	1104
Aberystwyth Traws		a	-	1122	-	1222	-	-	-	1322
Caerfyrddin Carmarthen		d	-	-	-	0956	-	-	-	1055
Hendy-gwyn ar Daf Whitland		d	-	-	0916	1014	-	-	-	1111
Arberth Narberth	x	d	-	-	-	-	-	-	-	1120
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	1129
Saundersfoot	x	d	-	-	-	-	-	-	-	1132
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	1141
Penalun Penally	x	d	-	-	-	-	-	-	-	1145
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	1151
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	1159
Penfro Pembroke		d	-	-	-	-	-	-	-	1203
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	1215
Clunderwen	x	d	-	-	0923	1021	-	-	-	-
Clarbeston Road	x	d	0720	-	0931	1029	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	1037	-	-	-	-
Johnston	x	d	-	-	-	1045	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	1059	-	-	-	-
Abergwaun ac Wdŷg Fishguard & Goodwick		a	0738	-	0949	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	0743	-	0954	-	-	-	-	-

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		TFW	GW	TFW	TFW	D,TFW	TFW	TFW	TFW	TFW	
London Paddington	15 A	d	-	0748	-	-	0848	-	0818	-	-
Reading	7	d	-	0813	-	-	0913	-	0843	-	-
Bristol Parkway	7	d	-	0905	-	-	1005	-	0934	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	0730	-	-
Casnewydd Newport		d	-	0924	-	-	1024	-	1034	-	-
Caerdydd Canolog Cardiff Central	7	a	-	0936	-	-	1036	-	1048	-	-
Caerdydd Canolog Cardiff Central		d	0911	0940	-	1006	1039	-	1049	1111	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	0931	1000	-	1026	1059	-	1109	1132	-
Y Pîl Pyle	7	d	0939	-	-	-	-	-	1116	1141	-
Parcffordd Port Talbot Port Talbot Parkway		d	0947	1013	-	1038	1111	-	1124	1149	-
Baglan		d	0951	-	-	-	-	-	-	1153	-
Llansawel Briton Ferry		d	0955	-	-	-	-	-	-	1157	-
Castell-nedd Neath		d	1000	1020	-	1045	1118	-	1132	1202	-
Sgiwen Skewen		d	1004	-	-	-	-	-	-	1206	-
Llansamlet		d	1008	-	-	-	-	-	-	1211	-
Abertawe Swansea		a	1016	1034	-	1059	1130	-	1146	1219	-
Abertawe Swansea		d	-	-	1058	1104	-	1138	1149	-	1201
Tregŵyr Gowerton		d	-	-	-	1115	-	1150	1201	-	1213
Llanelli		d	-	-	1115	1123	-	1203	1209	-	1221
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	-	1129	-	-	1215	-	1228
Cydweli Kidwelly		d	-	-	-	-	-	-	1222	-	-
Glanyfferi Ferryside		d	-	-	-	-	-	-	1228	-	-
Caerfyrddin Carmarthen		a	-	-	-	1149	-	-	1239	-	1250
Caerfyrddin Carmarthen Traws		d	-	-	-	1204	-	-	-	-	1304
Aberystwyth Traws		a	-	-	-	1422	-	-	-	-	1522
Caerfyrddin Carmarthen		d	-	-	-	1151	-	-	-	-	1254
Hendy-gwyn ar Daf Whitland		d	-	-	1150	1206	-	-	-	-	1311
Arberth Narberth	x	d	-	-	-	-	-	-	-	-	1320
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-	1330
Saundersfoot	x	d	-	-	-	-	-	-	-	-	1332
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	-	1345
Penalun Penally	x	d	-	-	-	-	-	-	-	-	1348
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	-	1354
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-	1402
Penfro Pembroke		d	-	-	-	-	-	-	-	-	1405
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	-	1417
Clunderwen	x	d	-	-	-	1212	-	-	-	-	-
Clarbeston Road	x	d	-	-	1203	1220	-	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	1230	-	-	-	-	-
Johnston	x	d	-	-	-	1237	-	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	1251	-	-	-	-	-
Abergwaun ac Wdŷg Fishguard & Goodwick		a	-	-	1222	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	1226	-	-	-	-	-	-

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			IR	◇	IR	◇	◇	◇	IR	◇	◇
			GW	TFW	GW	TFW	D,TFW	TFW	TFW	TFW	TFW
London Paddington	15 A	d	0948	0918	1048	-	-	-	-	1148	1116
Reading	7	d	1013	0943	1113	-	-	-	-	1213	1141
Bristol Parkway	7	d	1105	1035	1204	-	-	-	-	1304	1240
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	0930	-	-	-	-
Casnewydd Newport		d	1124	-	1226	-	1237	-	-	1324	-
Caerdydd Canolog Cardiff Central	7	a	1136	-	1238	-	1252	-	-	1335	-
Caerdydd Canolog Cardiff Central		d	1139	1204	1241	-	1255	1312	-	1338	1349
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1159	1226	1301	-	1315	1332	-	1358	1409
Y Pîl Pyle	7	d	-	-	-	-	1323	1340	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	1211	1239	1313	-	1331	1348	-	1410	1421
Baglan		d	-	-	-	-	-	1352	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	1356	-	-	-
Castell-nedd Neath		d	1219	1247	1320	-	1339	1402	-	1417	1429
Sgiwen Skewen		d	-	-	-	-	-	1406	-	-	-
Llansamlet		d	-	-	-	-	-	1410	-	-	-
Abertawe Swansea		a	1230	1300	1332	-	1353	1418	-	1429	1443
Abertawe Swansea		d	1241	1307	-	1346	1356	-	1418	1444	1456
Tregŵyr Gowerton		d	-	1319	-	-	1408	-	1430	-	1508
Llanelli		d	1256	1327	-	1403	1416	-	1444	1459	1518
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1303	1333	-	1410	1422	-	-	1506	1524
Cydweli Kidwelly		d	-	-	-	-	1429	-	-	-	-
Glanyfferi Ferryside		d	-	-	-	-	1435	-	-	-	-
Caerfyrddin Carmarthen		a	1325	1353	-	1433	1446	-	-	1527	1544
Caerfyrddin Carmarthen Traws		d	-	1404	-	-	1504	-	-	-	1604
Aberystwyth Traws		a	-	1622	-	-	1722	-	-	-	1822
Caerfyrddin Carmarthen		d	-	1359	-	1452	-	-	-	-	1547
Hendy-gwyn ar Daf Whitland		d	-	1413	-	1509	-	-	-	-	1602
Arberth Narberth	x	d	-	-	-	1518	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	1528	-	-	-	-	-
Saundersfoot	x	d	-	-	-	1530	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	1545	-	-	-	-	-
Penalun Penally	x	d	-	-	-	1548	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	-	1554	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	1602	-	-	-	-	-
Penfro Pembroke		d	-	-	-	1605	-	-	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	1618	-	-	-	-	-
Clunderwen	x	d	-	1421	-	-	-	-	-	-	1609
Clarbeston Road	x	d	-	1429	-	-	-	-	-	-	1617
Hwlfordd Haverfordwest		d	-	1437	-	-	-	-	-	-	1625
Johnston	x	d	-	1446	-	-	-	-	-	-	1634
Aberdaugleddau Milford Haven		a	-	1458	-	-	-	-	-	-	1644
Abergwaun ac Wdŷg Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

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Please refer to the back page for explanation of notes

		GW	TfW	TfW	GW	TfW	TfW	GW	TfW	TfW	
London Paddington	15 A	d	1248	-	-	1348	1315	-	1448	-	-
Reading	7	d	1313	-	-	1413	1340	-	1513	-	-
Bristol Parkway	7	d	1405	-	-	1504	1435	-	1604	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	1130	-	-	-	-	-	-	1330
Casnewydd Newport		d	1425	1430	-	1523	-	-	1624	-	1641
Caerdydd Canolog Cardiff Central	7	a	1437	1445	-	1535	-	-	1636	-	1656
Caerdydd Canolog Cardiff Central		d	1440	1446	-	1539	1549	1601	1639	-	1703
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	1719
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1500	1506	-	1559	1613	1621	1659	-	1728
Y Pîl Pyle	7	d	-	-	-	-	-	1629	-	-	1736
Parcffordd Port Talbot Port Talbot Parkway		d	1512	1519	-	1611	1628	1637	1711	-	1744
Baglan		d	-	-	-	-	-	1641	-	-	1747
Llansawel Briton Ferry		d	-	-	-	-	-	1645	-	-	1751
Castell-nedd Neath		d	1520	1526	-	1618	1636	1651	1719	-	1755
Sgiwen Skewen		d	-	-	-	-	-	1655	-	-	1759
Llansamlet		d	-	-	-	-	-	1659	-	-	1803
Abertawe Swansea		a	1531	1540	-	1630	1649	1708	1730	-	1812
Abertawe Swansea		d	-	1543	1557	1639	1656	1712	-	1752	1815
Tregŵyr Gowerton		d	-	1555	1609	-	1708	1724	-	1804	1826
Llanelli		d	-	1603	1617	1654	1720	1732	-	1812	1833
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	1609	1624	1701	1726	1738	-	1818	1839
Cydweli Kidwelly		d	-	-	1631	-	1732	1745	-	1825	1846
Glanyfferi Ferryside		d	-	-	1638	-	1739	1751	-	1831	1852
Caerfyrddin Carmarthen		a	-	1629	1650	1722	1751	1806	-	1845	1904
Caerfyrddin Carmarthen Traws		d	-	-	1704	-	1804	-	-	1909	1934
Aberystwyth Traws		a	-	-	1922	-	2022	-	-	2122	2122
Caerfyrddin Carmarthen		d	-	-	1654	-	1758	1808	-	-	1909
Hendy-gwyn ar Daf Whitland		d	-	-	1711	-	1813	1824	-	-	1924
Arberth Narberth	x	d	-	-	1720	-	-	-	-	-	1933
Cilgeti Kilgetty	x	d	-	-	1730	-	-	-	-	-	1942
Saundersfoot	x	d	-	-	1732	-	-	-	-	-	1944
Dinbych-y-pysgod Tenby		d	-	-	1746	-	-	-	-	-	1953a
Penalun Penally	x	d	-	-	1749	-	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	1755	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	1803	-	-	-	-	-	-
Penfro Pembroke		d	-	-	1806	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	-	-	1818	-	-	-	-	-	-
Clunderwen	x	d	-	-	-	-	1821	1831	-	-	-
Clarbeston Road	x	d	-	-	-	-	1829	1839	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	1837	-	-	-	-
Johnston	x	d	-	-	-	-	1845	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	1858	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	1857	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	1903	-	-	-

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		D,TfW	GW	TfW	GW	TfW	GW	TfW	GW	TfW	
London Paddington	15 A	d	-	1548	-	1618	-	1648	-	-	1718
Reading	7	d	-	1613	-	-	-	1713	-	-	1743
Bristol Parkway	7	d	-	1704	-	1728	-	1805	-	-	1837
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-	1530
Casnewydd Newport		d	-	1724	-	1748	-	1825	-	1841	1900
Caerdydd Canolog Cardiff Central	7	a	-	1737	-	1803	-	1837	-	1856	1911
Caerdydd Canolog Cardiff Central		d	-	1741	1747	1806	1810	1840	-	1858	1917
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	1822	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	1829	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	1802	1807	1826	1835	1900	-	1918	1947
Y Pîl Pyle	7	d	-	-	1815	-	1842	-	-	1926	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	1814	1823	1838	1849	1912	-	1933	2000
Baglan		d	-	-	-	-	1852	-	-	1937	-
Llansawel Briton Ferry		d	-	-	-	-	1855	-	-	1941	-
Castell-nedd Neath		d	-	1822	1830	1845	1859	1919	-	1946	2008
Sgiwen Skewen		d	-	-	-	-	1903	-	-	1951	-
Llansamlet		d	-	-	-	-	1907	-	-	1956	-
Abertawe Swansea		a	-	1833	1844	1857	1916	1933	-	2005	2019
Abertawe Swansea		d	1820	-	1853	1905	-	-	1934	2009	-
Tregŵyr Gowerton		d	1833	-	1905	-	-	-	1946	2021	-
Llanelli		d	1844	-	1913	1921	-	-	1954	2029	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	1919	1927	-	-	2000	2035	-
Cydweli Kidwelly		d	-	-	-	-	-	-	2007	-	-
Glanyfferi Ferryside		d	-	-	-	-	-	-	2013	-	-
Caerfyrddin Carmarthen		a	-	-	1939	1949	-	-	2027	2059	-
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	1941	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	-	1955	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke		d	-	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	2003	-	-	-	-	-	-
Clarbeston Road	x	d	-	-	2011	-	-	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	2019	-	-	-	-	-	-
Johnston	x	d	-	-	2027	-	-	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	2041	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

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		◇	IR	R	◇	IR	R	◇	◇	IR	IR
		TfW	GW	TfW	TfW	TfW	TfW	TfW	TfW	GW	GW
London Paddington	15 A	d	-	1748	-	-	-	-	-	1818	1848
Reading	7	d	-	1813	-	-	-	-	-	1843	1913
Bristol Parkway	7	d	-	1904	-	-	-	-	-	1939	2004
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	1630	-	-	-	-	-
Casnewydd Newport		d	-	1926	-	1931	-	-	-	2001	2028
Caerdydd Canolog Cardiff Central	7	a	-	1938	-	1945	-	-	-	2013	2040
Caerdydd Canolog Cardiff Central		d	-	1941	-	1947	-	-	-	2020	2043
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	2001	-	2007	-	-	-	2048	2103
Y Pîl Pyle	7	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	2013	-	2019	-	-	-	2100	2118
Baglan		d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	-	2020	-	2027	-	-	-	2108	2126
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	-
Llansamlet		d	-	-	-	-	-	-	-	-	-
Abertawe Swansea		a	-	2032	-	2042	-	-	-	2121	2138
Abertawe Swansea		d	-	2104	-	-	2048	-	2115	-	-
Tregŵyr Gowerton		d	-	-	-	-	2100	-	2127	-	-
Llanelli		d	-	2120	-	-	2108	-	2136	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	2126	-	-	2114	-	-	-	-
Cydweli Kidwelly		d	-	2133	-	-	2121	-	-	-	-
Glanyfferi Ferryside		d	-	2139	-	-	2127	-	-	-	-
Caerfyrddin Carmarthen		a	-	2154	-	-	2140	-	-	-	-
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	2103	-	2110	-	2142	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	2119	-	2126	-	2158	-	-	-	-
Arberth Narberth	x	d	-	-	2134	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	2143	-	-	-	-	-	-
Saundersfoot	x	d	-	-	2145	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	2154	-	-	2005	-	-	-
Penalun Penally	x	d	-	-	2157	-	-	2008	-	-	-
Maenorbŷr Manorbier		d	-	-	2203	-	-	2015	-	-	-
Llandyfái Lamphey	x	d	-	-	2210	-	-	2023	-	-	-
Penfro Pembroke		d	-	-	2213	-	-	2026	-	-	-
Doc Penfro Pembroke Dock		a	-	-	2225	-	-	2038	-	-	-
Clunderwen	x	d	2126	-	-	-	2205	-	-	-	-
Clarbeston Road	x	d	2134	-	-	-	2212	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	2224	-	-	-	-
Johnston	x	d	-	-	-	-	2232	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	2246	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	2152	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	2159	-	-	-	-	-	-	-	-

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		IR	◇	◇	IR	◇	◇	IR	IR	◇	
		GW	FO,TfW	FX,TfW	GW	FO,TfW	FX,TfW	FO,GW	FX,GW	TfW	
London Paddington	15 A	d	1918	-	-	1948	-	-	2048	2048	-
Reading	7	d	-	-	-	2013	-	-	2113	2113	-
Bristol Parkway	7	d	2028	-	-	2103	-	-	2203	2203	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-	-
Casnewydd Newport		d	2049	-	-	2126	-	-	2225	2234	-
Caerdydd Canolog Cardiff Central	7	a	2101	-	-	2140	-	-	2240	2250	-
Caerdydd Canolog Cardiff Central		d	2104	2107	2110	2142	2214	2218	2252	2252	2315
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	2330
Llanharan		d	-	-	-	-	-	-	-	-	2335
Pencoed		d	-	-	-	-	-	-	-	-	2340
Pen-y-bont ar Ogwr Bridgend	7	d	2124	2128	2130	2202	2234	2237	2312	2312	2347
Y Pîl Pyle	7	d	-	2137	2139	-	-	-	-	-	2355
Parcffordd Port Talbot Port Talbot Parkway		d	2136	2145	2147	2215	2247	2259	2324	2324	0003
Baglan		d	-	-	-	-	-	-	-	-	0007
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	0011
Castell-nedd Neath		d	2143	2153	2155	2222	2254	-	2332	2332	0017
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	0021
Llansamlet		d	-	-	-	-	-	-	-	-	0025
Abertawe Swansea		a	2200	2208	2210	2234	2308	-	2343	2343	0035
Abertawe Swansea		d	-	2217	2225	-	2318	-	-	-	0051
Tregŵyr Gowerton		d	-	2229	2238	-	2329	-	-	-	0102 _s
Llanelli		d	-	2237	2246	-	2337	2329	-	-	0109 _s
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	2243	2252	-	2343	2335	-	-	0116 _s
Cydweli Kidwelly		d	-	2250	2259	-	2350	2341	-	-	0123 _s
Glanyfferi Ferryside		d	-	2256	2305	-	2356	2347	-	-	0129 _s
Caerfyrddin Carmarthen		a	-	2309	2318	-	0012	0001	-	-	0142
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	2314	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	2329	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke		d	-	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	2337	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	2349	-	-	-	-	-	-	-
Hwlfordd Haverfordwest		d	-	2358	-	-	-	-	-	-	-
Johnston	x	d	-	0006	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		a	-	0015	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

Darllenwch y dudalen gefn am eglurhad i'r nodiadau
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			IR	IR	IR	IR	
			FO,GW	FX,GW	FO,GW	FX,GW	
London Paddington	15 A	d	2148	2148	2249	2249	
Reading	7	d	2213	2213	2327	2327	
Bristol Parkway	7	d	2304	2304	0024	0024	
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	
Casnewydd Newport		d	2324	2331	0045	0052	
Caerdydd Canolog Cardiff Central	7	a	2336	2347	0056	0107	
Caerdydd Canolog Cardiff Central		d	2351	2351	0100	0111	
Parc Ninian Ninian Park		d	-	-	-	-	
Pontyclun		d	-	-	-	-	
Llanharan		d	-	-	-	-	
Pencoed		d	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	7	d	0013	0013	0120	0131	
Y Pîl Pyle	7	d	-	-	-	-	
Parcfordd Port Talbot Port Talbot Parkway		d	0025	0025	0141	0150	
Baglan		d	-	-	-	-	
Llansawel Briton Ferry		d	-	-	-	-	
Castell-nedd Neath		d	0032	0032	0148	0157	
Sgiwen Skewen		d	-	-	-	-	
Llansamlet		d	-	-	-	-	
Abertawe Swansea		a	0044	0044	0200	0209	
Abertawe Swansea		d	-	-	-	-	
Tregŵyr Gowerton		d	-	-	-	-	
Llanelli		d	-	-	-	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	-	-	
Cydweli Kidwelly		d	-	-	-	-	
Glanyfferi Ferryside		d	-	-	-	-	
Caerfyrddin Carmarthen		a	-	-	-	-	
Caerfyrddin Carmarthen Traws		d	-	-	-	-	
Aberystwyth Traws		a	-	-	-	-	
Caerfyrddin Carmarthen		d	-	-	-	-	
Hendy-gwyn ar Daf Whitland		d	-	-	-	-	
Arberth Narberth	x	d	-	-	-	-	
Cilgeti Kilgetty	x	d	-	-	-	-	
Saundersfoot	x	d	-	-	-	-	
Dinbych-y-pysgod Tenby		d	-	-	-	-	
Penalun Penally	x	d	-	-	-	-	
Maenorbŷr Manorbier		d	-	-	-	-	
Llandyfái Lamphey	x	d	-	-	-	-	
Penfro Pembroke		d	-	-	-	-	
Doc Penfro Pembroke Dock		a	-	-	-	-	
Clunderwen	x	d	-	-	-	-	
Clarbeston Road	x	d	-	-	-	-	
Hwlfordd Haverfordwest		d	-	-	-	-	
Johnston	x	d	-	-	-	-	
Aberdaugleddau Milford Haven		a	-	-	-	-	
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	

Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

			◇	◇	◇	◇	◇	◇	◇	◇	◇
			TfW	TfW	TfW	TfW	TfW	TfW	D,TfW	TfW	TfW
London Paddington	15 A	d	-	-	-	-	-	-	-	-	-
Reading	7	d	-	-	-	-	-	-	-	-	-
Bristol Parkway	7	d	-	-	-	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-	-
Casnewydd Newport		d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		d	-	-	-	-	-	-	-	0535	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	0549	-
Llanharan		d	-	-	-	-	-	-	-	0554	-
Pencoed		d	-	-	-	-	-	-	-	0559	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	-	-	-	-	-	-	0606	-
Y Pîl Pyle	7	d	-	-	-	-	-	-	-	0614	-
Parcfordd Port Talbot Port Talbot Parkway		d	-	-	-	-	-	-	-	0622	-
Baglan		d	-	-	-	-	-	-	-	0626	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	0630	-
Castell-nedd Neath		d	-	-	-	-	-	-	-	0634	-
Sgiwen Skewen		d	-	-	-	-	-	-	-	0638	-
Llansamlet		d	-	-	-	-	-	-	-	0642	-
Abertawe Swansea		a	-	-	-	-	-	-	-	0652	-
Abertawe Swansea		d	0008	-	-	-	-	0542	0547	0655	-
Tregŵyr Gowerton		d	0021	-	-	-	-	0554	0600	0706	-
Llanelli		d	0029	-	-	-	-	0602	0610	0714	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	0035	-	-	-	-	0609	-	0720	-
Cydweli Kidwelly		d	0042	-	-	-	-	0616	-	0727	-
Glanyfferi Ferryside		d	0048	-	-	-	-	0623	-	0733	-
Caerfyrddin Carmarthen		a	0102	-	-	-	-	0636	-	0746	-
Caerfyrddin Carmarthen Traws		d	-	-	0534	0604	-	0704	-	0804	-
Aberystwyth Traws		a	-	-	0722	0822	-	0922	-	0922	-
Caerfyrddin Carmarthen		d	-	0451	0530	0548	0600	0640	-	0749	-
Hendy-gwyn ar Daf Whitland		d	-	0507	0546	0604	0615	0657	-	0803	-
Arberth Narberth	x	d	-	-	0555	-	-	0706	-	-	-
Cilgeti Kilgetty	x	d	-	-	0604	-	-	0716	-	-	-
Saundersfoot	x	d	-	-	0607	-	-	0719	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	0617	-	-	0730	-	-	-
Penalun Penally	x	d	-	-	0620	-	-	0733	-	-	-
Maenorbŷr Manorbier		d	-	-	0627	-	-	0739	-	-	-
Llandyfái Lamphey	x	d	-	-	0635	-	-	0747	-	-	-
Penfro Pembroke		d	-	-	0638	-	-	0750	-	-	-
Doc Penfro Pembroke Dock		a	-	-	0650	-	-	0802	-	-	-
Clunderwen	x	d	-	0514	-	0611	0622	-	-	0811	-
Clarbeston Road	x	d	-	0521	-	0619	0630	-	-	0819	0720
Hwlfordd Haverfordwest		d	-	0533	-	-	0638	-	-	0827	-
Johnston	x	d	-	0541	-	-	0646	-	-	0835	-
Aberdaugleddau Milford Haven		a	-	0552	-	-	0658	-	-	0846	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	0638	-	-	-	-	0738
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	0644	-	-	-	-	0744

Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

		1 R	◇	1	◇	◇	◇	1 R	◇	1 R	
		GW	TfW	GW	TfW	TfW	TfW	GW	D,TfW	GW	
London Paddington	15 A	d	-	-	-	-	-	-	-	0648	
Reading	7	d	-	-	-	-	-	-	-	0713	
Bristol Parkway	7	d	-	-	-	-	-	0725	-	0804	
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-	
Casnewydd Newport		d	-	-	-	-	-	0746	-	0824	
Caerdydd Canolog Cardiff Central	7	a	-	-	-	-	-	0801	-	0836	
Caerdydd Canolog Cardiff Central		d	-	0643	-	0716	-	0756	0803	-	0838
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	
Pontyclun		d	-	-	-	-	-	-	-	-	
Llanharan		d	-	-	-	-	-	-	-	-	
Pencoed		d	-	-	-	-	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	7	d	-	0703	-	0738	-	0816	0824	-	0902
Y Pîl Pyle	7	d	-	0711	-	0746	-	0823	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	0719	-	0754	-	0831	0836	-	0915
Baglan		d	-	0722	-	0758	-	-	-	-	-
Llansawel Briton Ferry		d	-	0726	-	0801	-	-	-	-	-
Castell-nedd Neath		d	-	0731	-	0807	-	0838	0844	-	0923
Sgiwen Skewen		d	-	0735	-	0810	-	-	-	-	-
Llansamlet		d	-	0739	-	0814	-	-	-	-	-
Abertawe Swansea		a	-	0749	-	0823	-	0852	0856	-	0934
Abertawe Swansea		d	0720	0753	0815	-	-	0902	-	0908	0944
Tregŵyr Gowerton		d	-	0806	-	-	-	0913	-	0919	-
Llanelli		d	0736	0814	0831	-	-	0921	-	0931	1000
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	0742	0820	0838	-	-	0927	-	-	1007
Cydweli Kidwelly		d	0749	0827	-	-	-	0934	-	-	-
Glanyfferi Ferryside		d	0756	0834	-	-	-	0940	-	-	-
Caerfyrddin Carmarthen		a	0809	0847	0903	-	-	0952	-	-	1028
Caerfyrddin Carmarthen Traws		d	-	0904	-	-	-	1004	-	-	-
Aberystwyth Traws		a	-	1122	-	-	-	1222	-	-	-
Caerfyrddin Carmarthen		d	0819	0850	-	-	0940	0957	-	-	-
Hendy-gwyn ar Daf Whitland		d	0835	0905	-	-	0955	1014	-	-	-
Arberth Narberth	x	d	0846	-	-	-	1004	-	-	-	-
Cilgeti Kilgetty	x	d	0855	-	-	-	1013	-	-	-	-
Saundersfoot	x	d	0859	-	-	-	1015	-	-	-	-
Dinbych-y-pysgod Tenby		d	0909	-	-	-	1023a	-	-	-	-
Penalun Penally	x	d	0913	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier		d	0919	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	0928	-	-	-	-	-	-	-	-
Penfro Pembroke		d	0932	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	0940	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	0915	-	-	-	1021	-	-	-
Clarbeston Road	x	d	-	0922	-	-	-	1029	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	1037	-	-	-
Johnston	x	d	-	-	-	-	-	1045	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	1059	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	0941	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	0946	-	-	-	-	-	-	-

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		◇	◇	◇	1 R	◇	◇	1 R	◇	◇		
		TfW	TfW	TfW	GW	TfW	TfW	GW	D,TfW	TfW		
London Paddington	15 A	d	-	-	-	0748	-	-	0848	-	-	
Reading	7	d	-	-	-	0813	-	-	0913	-	-	
Bristol Parkway	7	d	-	-	-	0904	-	-	1004	-	-	
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-	-	
Casnewydd Newport		d	0840	-	-	0925	-	-	1025	-	-	
Caerdydd Canolog Cardiff Central	7	a	0857	-	-	0937	-	-	1037	-	-	
Caerdydd Canolog Cardiff Central		d	0900	-	0914	0942	-	1005	1040	-	-	
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-	
Pontyclun		d	-	-	-	-	-	-	-	-	-	
Llanharan		d	-	-	-	-	-	-	-	-	-	
Pencoed		d	-	-	-	-	-	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	7	d	0920	-	0934	1002	-	1025	1100	-	-	
Y Pîl Pyle	7	d	-	-	0942	-	-	1032	-	-	-	
Parcffordd Port Talbot Port Talbot Parkway		d	0932	-	0950	1014	-	1040	1112	-	-	
Baglan		d	-	-	0954	-	-	-	-	-	-	
Llansawel Briton Ferry		d	-	-	0958	-	-	-	-	-	-	
Castell-nedd Neath		d	0941	-	1004	1022	-	1047	1119	-	-	
Sgiwen Skewen		d	-	-	1008	-	-	-	-	-	-	
Llansamlet		d	-	-	1012	-	-	-	-	-	-	
Abertawe Swansea		a	0956	-	1022	1033	-	1102	1132	-	-	
Abertawe Swansea		d	1000	-	-	-	1056	1105	1140	1145	1154	
Tregŵyr Gowerton		d	1011	-	-	-	-	1117	-	1158	1206	
Llanelli		d	1019	-	-	-	-	1114	1125	1156	1208	1214
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1025	-	-	-	-	1131	1202	-	-	1221
Cydweli Kidwelly		d	1032	-	-	-	-	-	-	-	-	-
Glanyfferi Ferryside		d	1038	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		a	1050	-	-	-	-	1151	1224	-	-	1241
Caerfyrddin Carmarthen Traws		d	1104	-	-	-	-	1204	-	-	-	-
Aberystwyth Traws		a	1322	-	-	-	-	1422	-	-	-	-
Caerfyrddin Carmarthen		d	-	1055	-	-	-	-	1157	1231	-	-
Hendy-gwyn ar Daf Whitland		d	-	1110	-	-	-	1149	1215	1247	-	-
Arberth Narberth	x	d	-	1119	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	1129	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	1131	-	-	-	-	-	1308	-	-
Dinbych-y-pysgod Tenby		d	-	1141	-	-	-	-	-	1318	-	-
Penalun Penally	x	d	-	1144	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier		d	-	1151	-	-	-	-	-	1327	-	-
Llandyfái Lamphey	x	d	-	1159	-	-	-	-	-	-	-	-
Penfro Pembroke		d	-	1202	-	-	-	-	-	1340	-	-
Doc Penfro Pembroke Dock		a	-	1215	-	-	-	-	-	1348	-	-
Clunderwen	x	d	-	-	-	-	-	-	1222	-	-	-
Clarbeston Road	x	d	-	-	-	-	-	1202	1230	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	-	1239	-	-	-
Johnston	x	d	-	-	-	-	-	-	1247	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	-	1257	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	1221	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	1225	-	-	-	-

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		◇	◇	1	1 R	R	◇	1 R	◇	◇	
		TfW	TfW	GW	GW	TfW	TfW	GW	TfW	TfW	
London Paddington	15 A	d	-	-	-	0948	-	-	1048	-	-
Reading	7	d	-	-	-	1013	-	-	1113	-	-
Bristol Parkway	7	d	-	-	-	1104	-	-	1204	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	0730	-	-	-	-	-	0930	-	-
Casnewydd Newport		d	1039	1050	-	1125	-	-	1225	1240	-
Caerdydd Canolog Cardiff Central	7	a	1053	1106	-	1137	-	-	1237	1255	-
Caerdydd Canolog Cardiff Central		d	1103	1113	-	1139	1204	-	1239	1258	1310
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1124	1133	-	1159	1224	-	1259	1319	1332
Y Pîl Pyle	7	d	1131	1141	-	-	-	-	1327	1340	-
Parcffordd Port Talbot Port Talbot Parkway		d	1139	1149	-	1211	1236	-	1312	1335	1348
Baglan		d	-	1153	-	-	-	-	-	1351	-
Llansawel Briton Ferry		d	-	1157	-	-	-	-	-	1355	-
Castell-nedd Neath		d	1147	1202	-	1219	1243	-	1319	1344	1400
Sgiwen Skewen		d	-	1206	-	-	-	-	-	1403	-
Llansamlet		d	-	1211	-	-	-	-	-	1407	-
Abertawe Swansea		a	1202	1219	-	1230	1257	-	1331	1358	1416
Abertawe Swansea		d	1204	-	1228	-	1308	1332	1340	1403	-
Tregŵyr Gowerton		d	1216	-	-	-	1320	-	-	1415	-
Llanelli		d	1224	-	1244	-	1328	1349	1356	1423	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1230	-	1250	-	1334	1356	1403	1429	-
Cydweli Kidwelly		d	1236	-	-	-	-	-	-	1435	-
Glanyfferi Ferryside		d	1242	-	-	-	-	-	-	1441	-
Caerfyrddin Carmarthen		a	1254	-	1312	-	1353	1419	1428	1453	-
Caerfyrddin Carmarthen Traws		d	1304	-	-	-	1404	-	-	1504	-
Aberystwyth Traws		a	1522	-	-	-	1622	-	-	1722	-
Caerfyrddin Carmarthen		d	-	-	-	-	1401	1427	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	-	-	-	1416	1443	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	1452	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	1502	-	-	-
Saundersfoot	x	d	-	-	-	-	-	1504	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	1530	-	-	-
Penalun Penally	x	d	-	-	-	-	-	1533	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	1539	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	1547	-	-	-
Penfro Pembroke		d	-	-	-	-	-	1550	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	1603	-	-	-
Clunderwen	x	d	-	-	-	-	-	1423	-	-	-
Clarbeston Road	x	d	-	-	-	-	-	1431	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	1439	-	-	-
Johnston	x	d	-	-	-	-	-	1447	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	1501	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

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Please refer to the back page for explanation of notes

		◇	1 R	R	1 R	◇	◇	◇	R	1 R	
		D,TfW	GW	TfW	GW	TfW	TfW	TfW	TfW	GW	
London Paddington	15 A	d	-	1148	-	1248	1213	-	-	-	1348
Reading	7	d	-	1213	-	1313	1240	-	-	-	1413
Bristol Parkway	7	d	-	1304	-	1404	1343	-	-	-	1504
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	1130	-	-	-	-
Casnewydd Newport		d	-	1324	-	1424	1437	-	1445	-	1528
Caerdydd Canolog Cardiff Central	7	a	-	1336	-	1436	1451	-	1504	-	1542
Caerdydd Canolog Cardiff Central		d	-	1341	1403	1441	1504	-	1512	1542	1545
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	1401	1424	1501	1524	-	1532	1602	1607
Y Pîl Pyle	7	d	-	-	-	-	-	-	1541	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	1413	1436	1513	1537	-	1549	1614	1620
Baglan		d	-	-	-	-	-	-	1553	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	1557	-	-
Castell-nedd Neath		d	-	1420	1444	1521	1545	-	1602	1621	1627
Sgiwen Skewen		d	-	-	-	-	-	-	1606	-	-
Llansamlet		d	-	-	-	-	-	-	1610	-	-
Abertawe Swansea		a	-	1432	1456	1532	1600	-	1619	1634	1639
Abertawe Swansea		d	1426	-	1501	1540	1603	1613	-	1639	-
Tregŵyr Gowerton		d	1438	-	1513	-	1615	-	-	1651	-
Llanelli		d	1449	-	1521	1556	1623	1633	-	1659	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	1527	1603	1629	1641	-	1705	-
Cydweli Kidwelly		d	-	-	-	-	1635	-	-	1711	-
Glanyfferi Ferryside		d	-	-	-	-	1641	-	-	1717	-
Caerfyrddin Carmarthen		a	-	-	1547	1624	1656	1708	-	1729	-
Caerfyrddin Carmarthen Traws		d	-	-	1604	-	1704	-	-	-	-
Aberystwyth Traws		a	-	-	1822	-	1922	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	1550	-	-	1720	-	1733	-
Hendy-gwyn ar Daf Whitland		d	-	-	1605	-	-	1736	-	1748	-
Arberth Narberth	x	d	-	-	-	-	-	1745	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	1755	-	-	-
Saundersfoot	x	d	-	-	-	-	-	1757	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	1807	-	-	-
Penalun Penally	x	d	-	-	-	-	-	1810	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	1816	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	1824	-	-	-
Penfro Pembroke		d	-	-	-	-	-	1827	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	1840	-	-	-
Clunderwen	x	d	-	-	1612	-	-	-	-	1755	-
Clarbeston Road	x	d	-	-	1620	-	-	-	-	1803	-
Hwlfordd Haverfordwest		d	-	-	1628	-	-	-	-	1811	-
Johnston	x	d	-	-	1636	-	-	-	-	1819	-
Aberdaugleddau Milford Haven		a	-	-	1650	-	-	-	-	1833	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

		◇	IR	◇	R		◇	IR	◇	R
		TFW	GW	TFW	TFW	D,TFW	GW	TFW	TFW	TFW
London Paddington	15 A	d	-	1448	-	-	-	1548	-	-
Reading	7	d	-	1513	-	-	-	1613	-	-
Bristol Parkway	7	d	-	1604	-	-	-	1704	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	1330	-	-	-	-
Casnewydd Newport		d	-	1625	-	1641	-	1724	-	-
Caerdydd Canolog Cardiff Central	7	a	-	1637	-	1657	-	1737	-	-
Caerdydd Canolog Cardiff Central		d	1602	1641	-	1704	-	1739	1744	1805
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1622	1701	-	1725	-	1759	1804	1825
Y Pîl Pyle	7	d	1630	-	-	1732	-	-	1813	1833
Parcffordd Port Talbot Port Talbot Parkway		d	1638	1713	-	1740	-	1811	1821	1841
Baglan		d	-	-	-	1744	-	-	1824	-
Llansawel Briton Ferry		d	-	-	-	1748	-	-	1828	-
Castell-nedd Neath		d	1647	1720	-	1752	-	1819	1833	1848
Sgiwen Skewen		d	-	-	-	1756	-	-	1837	-
Llansamlet		d	-	-	-	1801	-	-	1841	-
Abertawe Swansea		a	1700	1734	-	1810	-	1830	1851	1902
Abertawe Swansea		d	1704	1742	1800	1812	-	1818	-	1907
Tregŵyr Gowerton		d	1717	-	1811	1824	-	1831	-	1918
Llanelli		d	1724	1758	1819	1832	-	1842	-	1926
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1730	1804	1825	1838	-	-	-	1933
Cydweli Kidwelly		d	1737	-	1832	1845	-	-	-	-
Glanyfferi Ferryside		d	1743	-	1838	1851	-	-	-	-
Caerfyrddin Carmarthen		a	1756	1826	1852	1903	-	-	-	1954
Caerfyrddin Carmarthen Traws		d	1804	-	1909	1934	-	-	-	-
Aberystwyth Traws		a	2022	-	2122	2122	-	-	-	-
Caerfyrddin Carmarthen		d	1802	-	-	1907	-	-	-	1957
Hendy-gwyn ar Daf Whitland		d	1818	-	-	1922	-	-	-	2012
Arberth Narberth		x	d	-	-	1930	-	-	-	-
Cilgeti Kilgetty		x	d	-	-	1940	-	-	-	-
Saundersfoot		x	d	-	-	1942	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	1951a	2005	-	-	-
Penalun Penally		x	d	-	-	-	2008	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	2015	-	-	-
Llandyfái Lamphey		x	d	-	-	-	2023	-	-	-
Penfro Pembroke		d	-	-	-	-	2026	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	2038	-	-	-
Clunderwen		x	d	1825	-	-	-	-	-	2020
Clarbeston Road		x	d	1833	-	-	-	-	-	2028
Hwlfordd Haverfordwest		d	-	-	-	-	-	-	-	2036
Johnston		x	d	-	-	-	-	-	-	2044
Aberdaugleddau Milford Haven		a	-	-	-	-	-	-	-	2059
Abergwaun ac Wdigi Fishguard & Goodwick		a	1851	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	1857	-	-	-	-	-	-	-

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			IR	◇	R	IR	IR	IR	◇	R	IR
			GW	TFW	TFW	GW	GW	TFW	TFW	TFW	GW
London Paddington	15 A	d	1648	-	-	1718	1748	-	-	-	1818
Reading	7	d	1713	-	-	1743	1813	-	-	-	1843
Bristol Parkway	7	d	1804	-	-	1838	1904	-	-	-	1940
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	1530	-	-	1630	-	-	-
Casnewydd Newport		d	1824	-	1842	1902	1924	1939	-	-	2000
Caerdydd Canolog Cardiff Central	7	a	1836	-	1858	1915	1936	1958	-	-	2013
Caerdydd Canolog Cardiff Central		d	1840	-	1903	1918	1939	2001	-	-	2015
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1900	-	1924	1939	1959	2021	-	-	2035
Y Pîl Pyle	7	d	-	-	1931	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	1913	-	1939	1952	2011	2033	-	-	2047
Baglan		d	-	-	1943	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	1947	-	-	-	-	-	-
Castell-nedd Neath		d	1920	-	1951	2000	2018	2041	-	-	2054
Sgiwen Skewen		d	-	-	1955	-	-	-	-	-	-
Llansamlet		d	-	-	2000	-	-	-	-	-	-
Abertawe Swansea		a	1932	-	2010	2013	2031	2054	-	-	2106
Abertawe Swansea		d	-	1938	2011	2025	-	-	-	2105	-
Tregŵyr Gowerton		d	-	1950	2023	-	-	-	-	-	-
Llanelli		d	-	1958	2031	2041	-	-	-	2122	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	2004	2037	2048	-	-	-	2128	-
Cydweli Kidwelly		d	-	2011	-	-	-	-	-	2135	-
Glanyfferi Ferryside		d	-	2017	-	-	-	-	-	2142	-
Caerfyrddin Carmarthen		a	-	2031	2056	2109	-	-	-	2155	-
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	2101	-	-	-	2114	2203	-
Hendy-gwyn ar Daf Whitland		d	-	-	2116	-	-	-	2129	2218	-
Arberth Narberth		x	d	-	2125	-	-	-	-	-	-
Cilgeti Kilgetty		x	d	-	2134	-	-	-	-	-	-
Saundersfoot		x	d	-	2136	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	2144	-	-	-	-	-	-
Penalun Penally		x	d	-	2147	-	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	2153	-	-	-	-	-	-
Llandyfái Lamphey		x	d	-	2201	-	-	-	-	-	-
Penfro Pembroke		d	-	-	2204	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	-	-	2217	-	-	-	-	-	-
Clunderwen		x	d	-	-	-	-	-	-	2226	-
Clarbeston Road		x	d	-	-	-	-	-	2143	2234	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	-	-	2242	-
Johnston		x	d	-	-	-	-	-	-	2250	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	-	-	2304	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	2201	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	2208	-	-

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		◇	IR	◇	IR	IR	◇	◇	◇	IR	
		TfW	GW	TfW	GW	GW	TfW	TfW	TfW	GW	
London Paddington	15 A	d	-	1848	-	1918	1948	-	-	-	2048
Reading	7	d	-	1913	-	1943	2013	-	-	-	2113
Bristol Parkway	7	d	-	2004	-	2039	2104	-	-	-	2205
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-	-
Casnewydd Newport		d	-	2025	-	2058	2124	-	-	-	2229
Caerdydd Canolog Cardiff Central	7	a	-	2038	-	2111	2137	-	-	-	2246
Caerdydd Canolog Cardiff Central		d	-	2040	2104	2113	2139	2214	-	2227	2251
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	2227	-	2239	-
Llanharan		d	-	-	-	-	-	2231	-	2244	-
Pencoed		d	-	-	-	-	-	2236	-	2248	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	2100	2124	2133	2159	2241	-	2255	2311
Y Pîl Pyle	7	d	-	-	2131	-	-	-	-	2303	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	2112	2139	2145	2212	2253	-	2311	2323
Baglan		d	-	-	-	-	-	-	-	2315	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	2318	-
Castell-nedd Neath		d	-	2120	2147	2153	2219	2300	-	2324	2332
Sgiwen Skewen		d	-	-	-	-	-	-	-	2327	-
Llansamlet		d	-	-	-	-	-	-	-	2331	-
Abertawe Swansea		a	-	2131	2200	2204	2231	2313	-	2342	2345
Abertawe Swansea		d	2115	-	2223	-	-	2316	-	2344	-
Tregŵyr Gowerton		d	2127	-	2235	-	-	2328	-	2357	-
Llanelli		d	2136	-	2243	-	-	2336	2346	0004	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	2249	-	-	2342	-	0010	-
Cydweli Kidwelly		d	-	-	2255	-	-	2348	-	0017	-
Glanyfferi Ferryside		d	-	-	2301	-	-	2354	-	0024	-
Caerfyrddin Carmarthen		a	-	-	2315	-	-	0006	0018	0037	-
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	-	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	-	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-	-
Penfro Pembroke		d	-	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	-	-	-	-
Johnston	x	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

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		◇	◇	◇	◇	◇	I	◇	IR	◇
		TfW	TfW	TfW	TfW	TfW	GW	TfW	GW	TfW
London Paddington	15 A	d	-	-	-	-	-	-	-	-
Reading	7	d	-	-	-	-	-	-	-	-
Bristol Parkway	7	d	-	-	-	-	-	-	0858	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	-
Casnewydd Newport		d	-	-	-	-	-	-	0925	-
Caerdydd Canolog Cardiff Central	7	a	-	-	-	-	-	-	0942	-
Caerdydd Canolog Cardiff Central		d	-	-	-	0804	-	-	0944	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	-	-	0827	-	-	1004	-
Y Pîl Pyle	7	d	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	-	-	0840	-	-	1016	-
Baglan		d	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	-	-	-	0848	-	-	1024	-
Sgiwen Skewen		d	-	-	-	-	-	-	-	-
Llansamlet		d	-	-	-	-	-	-	-	-
Abertawe Swansea		a	-	-	-	0901	-	-	1035	-
Abertawe Swansea		d	0012	-	0814	-	-	1027	-	1043
Tregŵyr Gowerton		d	0023s	-	0825	-	-	-	-	-
Llanelli		d	0031s	-	0833	-	-	1041	-	1100
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	0037s	-	0839	-	-	1048	-	1106
Cydweli Kidwelly		d	0044s	-	0846	-	-	-	-	-
Glanyfferi Ferryside		d	0050s	-	0852	-	-	-	-	-
Caerfyrddin Carmarthen		a	0104	-	0904	-	-	1110	-	1125
Caerfyrddin Carmarthen Traws		d	-	0904	-	1104	-	-	-	-
Aberystwyth Traws		a	-	1122	-	1322	-	-	-	-
Caerfyrddin Carmarthen		d	-	0820	0907	-	0955	-	1013	1129
Hendy-gwyn ar Daf Whitland		d	-	0836	0923	-	1011	-	1029	1144
Arberth Narberth	x	d	-	-	0931	-	-	-	1038	-
Cilgeti Kilgetty	x	d	-	-	0941	-	-	-	1047	-
Saundersfoot	x	d	-	-	0943	-	-	-	1050	-
Dinbych-y-pysgod Tenby		d	-	-	0951	-	-	-	1058	-
Penalun Penally	x	d	-	-	0954	-	-	-	1102	-
Maenorbŷr Manorbier		d	-	-	1001	-	-	-	1108	-
Llandyfái Lamphey	x	d	-	-	1008	-	-	-	1116	-
Penfro Pembroke		d	-	-	1012	-	-	-	1120	-
Doc Penfro Pembroke Dock		a	-	-	1025	-	-	-	1131	-
Clunderwen	x	d	-	0843	-	-	1019	-	-	-
Clarbeston Road	x	d	-	0851	-	-	1027	-	-	1157
Hwlfordd Haverfordwest		d	-	0900	-	-	1035	-	-	-
Johnston	x	d	-	0908	-	-	1044	-	-	-
Aberdaugleddau Milford Haven		a	-	0918	-	-	1054	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	1215
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	1223





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Please refer to the back page for explanation of notes

		◇	◇	IR	◇	IR	◇	IR	◇	IR	
		TfW	D,TfW	GW	TfW	GW	TfW	GW	TfW	TfW	
London Paddington	15	d	-	0833	-	0931	-	1045	-	-	
Reading	7	d	-	0859	-	0956	-	1110	-	-	
Bristol Parkway	7	d	-	0956	-	1055	-	1201	-	-	
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-	0930	
Casnewydd Newport		a	0930	-	1015	1056	1115	-	1221	-	1303
Caerdydd Canolog Cardiff Central	7	a	0949	-	1029	1110	1127	-	1233	-	1316
Caerdydd Canolog Cardiff Central		d	0953	-	1031	1112	1130	1206	1235	-	1320
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	1005	-	-	-	-	1219	-	-	-
Llanharan		d	1011	-	-	-	-	1224	-	-	-
Pencoed		d	1016	-	-	-	-	1228	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1022	-	1051	1132	1150	1236	1256	-	1340
Y Pîl Pyle	7	d	1031	-	-	-	-	1243	-	-	1348
Parcffordd Port Talbot Port Talbot Parkway		d	1039	-	1103	1145	1202	1251	1308	-	1356
Baglan		d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	1047	-	1110	1154	1210	-	1316	-	1403
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	-
Llansamlet		d	-	-	-	-	-	-	-	-	-
Abertawe Swansea		a	1100	-	1122	1207	1221	-	1329	-	1420
Abertawe Swansea		d	1103	1110	-	1216	1234	-	-	1403	-
Tregŵyr Gowerton		d	1116	1122	-	1228	-	-	-	1414	-
Llanelli		d	1124	1133	-	1236	1249	1321	-	1422	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1130	-	-	1242	1256	1327	-	1428	-
Cydweli Kidwelly		d	1137	-	-	1249	-	-	-	1435	-
Glanyfferi Ferryside		d	1144	-	-	1255	-	-	-	1441	-
Caerfyrddin Carmarthen		a	1157	-	-	1308	1317	1348	-	1453	-
Caerfyrddin Carmarthen Traws		d	-	1304	-	-	-	-	-	1504	-
Aberystwyth Traws		a	-	1522	-	-	-	-	-	1722	-
Caerfyrddin Carmarthen		d	1202	-	-	1311	-	1357	-	1456	-
Hendy-gwyn ar Daf Whitland		d	1218	-	-	1326	-	1413	-	1512	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	1521	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	1531	-
Saundersfoot	x	d	-	-	-	-	-	-	-	1533	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	1542	-
Penalun Penally	x	d	-	-	-	-	-	-	-	1545	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	1552	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	1600	-
Penfro Pembroke		d	-	-	-	-	-	-	-	1603	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	1616	-
Clunderwen	x	d	1226	-	-	-	-	1420	-	-	-
Clarbeston Road	x	d	1234	-	-	1340	-	1428	-	-	-
Hwlfordd Haverfordwest		d	1242	-	-	-	-	1436	-	-	-
Johnston	x	d	1251	-	-	-	-	1444	-	-	-
Aberdaugleddau Milford Haven		a	1301	-	-	-	-	1459	-	-	-
Abergwaun ac Wdŷg Fishguard & Goodwick		a	-	-	-	1358	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	1404	-	-	-	-	-





Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

		IR	R	IR	◇	IR	◇	IR	◇	IR	
		GW	TfW	GW	D,TfW	TfW	GW	TfW	TfW	GW	
London Paddington	15 A	d	1145	-	1245	-	-	1345	-	-	1445
Reading	7	d	1210	-	1310	-	-	1410	-	-	1510
Bristol Parkway	7	d	1301	-	1401	-	-	1501	-	-	1601
Manceinion Piccadilly Manchester Piccadilly	10	d	-	1030	-	-	1129	-	-	1231	-
Casnewydd Newport		d	1321	1334	1421	-	1434	1525	-	1539	1621
Caerdydd Canolog Cardiff Central	7	a	1334	1351	1434	-	1449	1539	-	1555	1635
Caerdydd Canolog Cardiff Central		d	1335	1411	1435	-	1452	1540	-	1605	1635
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1355	1431	1455	-	1512	1601	-	1625	1659
Y Pîl Pyle	7	d	-	1440	-	-	1519	-	-	1633	-
Parcffordd Port Talbot Port Talbot Parkway		d	1412	1448	1507	-	1527	1613	-	1640	1713
Baglan		d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	1419	1456	1515	-	1534	1621	-	1648	1721
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	-
Llansamlet		d	-	-	-	-	-	-	-	-	-
Abertawe Swansea		a	1431	1512	1529	-	1549	1632	-	1701	1734
Abertawe Swansea		d	1440	1518	-	1537	-	1640	1647	1705	-
Tregŵyr Gowerton		d	-	1530	-	1549	-	-	1658	1717	-
Llanelli		d	1456	1538	-	1600	-	1655	1706	1725	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1502	1544	-	-	-	1702	1712	1731	-
Cydweli Kidwelly		d	-	-	-	-	-	-	1718	-	-
Glanyfferi Ferryside		d	-	-	-	-	-	-	1724	-	-
Caerfyrddin Carmarthen		a	1525	1603	-	-	-	1723	1737	1750	-
Caerfyrddin Carmarthen Traws		d	-	-	1704	-	-	-	-	-	1934
Aberystwyth Traws		a	-	-	1922	-	-	-	-	-	2122
Caerfyrddin Carmarthen		d	-	1615	-	-	-	-	1744	1809	-
Hendy-gwyn ar Daf Whitland		d	-	1631	-	-	-	-	1759	1824	-
Arberth Narberth	x	d	-	-	-	-	-	-	1808	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	1818	-	-
Saundersfoot	x	d	-	-	-	-	-	-	1820	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	1829	-	-
Penalun Penally	x	d	-	-	-	-	-	-	1832	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	1839	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	1847	-	-
Penfro Pembroke		d	-	-	-	-	-	-	1850	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	1903	-	-
Clunderwen	x	d	-	1638	-	-	-	-	-	1832	-
Clarbeston Road	x	d	-	1646	-	-	-	-	-	1840	-
Hwlfordd Haverfordwest		d	-	1654	-	-	-	-	-	1850	-
Johnston	x	d	-	1702	-	-	-	-	-	1858	-
Aberdaugleddau Milford Haven		a	-	1711	-	-	-	-	-	1910	-
Abergwaun ac Wdŷg Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-








Darllenwch y dudalen gefn am eglurhad i'r nodiadau
Please refer to the back page for explanation of notes

		R	IR	◇	R	IR	IR	IR	R	◇
		TfW	GW	TfW	TfW	GW	TfW	GW	TfW	TfW
London Paddington	15 d	1413	1545	-	-	1645	-	1745	-	-
Reading	7  d	1442	1610	-	-	1710	-	1810	-	-
Bristol Parkway	7 d	1541	1701	-	-	1801	-	1901	-	-
Manceinion Piccadilly Manchester Piccadilly	10 d	1330	-	-	1430	-	1530	-	1630	-
Casnewydd Newport	d	1642	1722	-	1740	1821	1838	1921	1934	-
Caerdydd Canolog Cardiff Central	7 a	1657	1736	-	1755	1835	1853	1935	1948	-
Caerdydd Canolog Cardiff Central	d	1710	1736	-	1811	1835	1855	1935	1954	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7 d	1730	1756	-	1831	1855	1916	1955	2015	-
Y Pîl Pyle	7 d	1738	-	-	1840	-	1923	-	2022	-
Parcffordd Port Talbot Port Talbot Parkway	d	1746	1808	-	1848	1907	1931	2007	2030	-
Baglan	d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1753	1816	-	1856	1915	1939	2015	2037	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Abertawe Swansea	a	1806	1831	-	1911	1929	1954	2028	2052	-
Abertawe Swansea	d	-	-	1843	1913	-	-	-	-	2058
Tregŵyr Gowerton	d	-	-	1854	1925	-	-	-	-	2111
Llanelli	d	-	-	1901	1933	-	-	-	-	2119
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	1907	1939	-	-	-	-	2125
Cydweli Kidwelly	d	-	-	1914	-	-	-	-	-	2132
Glanyfferi Ferryside	d	-	-	1920	-	-	-	-	-	2138
Caerfyrddin Carmarthen	a	-	-	1933	2001	-	-	-	-	2151
Caerfyrddin Carmarthen Traws	 d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws	 a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	-	1936	2004	-	-	-	-	2155
Hendy-gwyn ar Daf Whitland	d	-	-	1952	2020	-	-	-	-	2211
Arberth Narberth	x d	-	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x d	-	-	-	-	-	-	-	-	-
Saundersfoot	x d	-	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	-	-	-
Penalun Penally	x d	-	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x d	-	-	-	-	-	-	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock	a	-	-	-	-	-	-	-	-	-
Clunderwen	x d	-	-	1959	2036	-	-	-	-	-
Clarbeston Road	x d	-	-	2007	2044	-	-	-	-	2224
Hwlfordd Haverfordwest	d	-	-	2016a	2053	-	-	-	-	-
Johnston	x d	-	-	-	2101	-	-	-	-	-
Aberdaugleddau Milford Haven	a	-	-	-	2115	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	a	-	-	-	-	-	-	-	-	2243
Porthladd Abergwaun Fishguard Harbour	 a	-	-	-	-	-	-	-	-	2249




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Please refer to the back page for explanation of notes

		◇	IR	R	IR	◇	R	◇	IR	◇
		TfW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW
London Paddington	15 A d	-	1845	-	1945	-	-	-	2045	-
Reading	7  d	-	1910	-	2010	-	-	-	2110	-
Bristol Parkway	7 d	-	2001	-	2059	-	-	-	2204	-
Manceinion Piccadilly Manchester Piccadilly	10 d	-	-	1730	-	-	1830	-	-	1930
Casnewydd Newport	d	-	2020	2029	2121	-	2131	-	2223	2241
Caerdydd Canolog Cardiff Central	7 a	-	2034	2045	2134	-	2146	-	2236	2257
Caerdydd Canolog Cardiff Central	d	2017	2034	2049	2134	-	2150	2229	2237	2300
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7 d	2036	2054	2110	2155	-	2210	2250	2258	2320
Y Pîl Pyle	7 d	2044	-	2117	-	-	2217	-	-	2328
Parcffordd Port Talbot Port Talbot Parkway	d	2051	2106	2125	2207	-	2225	2303	2310	2336
Baglan	d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	2058	2114	2133	2214	-	2232	2312	2318	2345
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Abertawe Swansea	a	2111	2125	2148	2226	-	2247	2325	2329	2359
Abertawe Swansea	d	2119	-	-	-	-	2252	2334	-	-
Tregŵyr Gowerton	d	2132	-	-	-	-	2304	2346	-	-
Llanelli	d	2140	-	-	-	-	2312	2354	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	2146	-	-	-	-	2318	2359	-	-
Cydweli Kidwelly	d	-	-	-	-	-	2324	0007	-	-
Glanyfferi Ferryside	d	-	-	-	-	-	2330	0013	-	-
Caerfyrddin Carmarthen	a	2207	-	-	-	-	2344	0028	-	-
Caerfyrddin Carmarthen Traws	 d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws	 a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	2210	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	2225	-	-	-	-	-	-	-	-
Arberth Narberth	x d	-	-	-	-	2034	-	-	-	-
Cilgeti Kilgetty	x d	-	-	-	-	2043	-	-	-	-
Saundersfoot	x d	-	-	-	-	2046	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	2054	-	-	-	-
Penalun Penally	x d	-	-	-	-	2058	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	-	2104	-	-	-	-
Llandyfái Lamphey	x d	-	-	-	-	2112	-	-	-	-
Penfro Pembroke	d	-	-	-	-	2116	-	-	-	-
Doc Penfro Pembroke Dock	a	-	-	-	-	2127	-	-	-	-
Clunderwen	x d	2233	-	-	-	-	-	-	-	-
Clarbeston Road	x d	2241	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	2249	-	-	-	-	-	-	-	-
Johnston	x d	2257	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	a	2306	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour	 a	-	-	-	-	-	-	-	-	-




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Please refer to the back page for explanation of notes

																				
				GW																
London Paddington	15	d			2145															
Reading	7 	d			2209															
Bristol Parkway	7	d			2304															
Manceinion Piccadilly Manchester Piccadilly	10	d			-															
Casnewydd Newport		d			2323															
Caerdydd Canolog Cardiff Central	7	a			2336															
Caerdydd Canolog Cardiff Central		d			2336															
Parc Ninian Ninian Park		d			-															
Pontyclun		d			-															
Llanharan		d			-															
Pencoed		d			-															
Pen-y-bont ar Ogwr Bridgend	7	d			2356															
Y Pîl Pyle	7	d			-															
Parcffordd Port Talbot Port Talbot Parkway		d			0009															
Baglan		d			-															
Llansawel Briton Ferry		d			-															
Castell-nedd Neath		d			0018															
Sgiwen Skewen		d			-															
Llansamlet		d			-															
Abertawe Swansea		a			0030															
Abertawe Swansea		d			-															
Tregŵyr Gowerton		d			-															
Llanelli		d			-															
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d			-															
Cydweli Kidwelly		d			-															
Glanyfferi Ferryside		d			-															
Caerfyrddin Carmarthen		a			-															
Caerfyrddin Carmarthen Traws		d			-															
Aberystwyth Traws		a			-															
Caerfyrddin Carmarthen		d			-															
Hendy-gwyn ar Daf Whitland		d			-															
Arberth Narberth	x	d			-															
Cilgeti Kilgetty	x	d			-															
Saundersfoot	x	d			-															
Dinbych-y-pysgod Tenby		d			-															
Penalun Penally	x	d			-															
Maenorbŷr Manorbier		d			-															
Llandyfái Lamphey	x	d			-															
Penfro Pembroke		d			-															
Doc Penfro Pembroke Dock		a			-															
Clunderwen	x	d			-															
Clarbeston Road	x	d			-															
Hwlfordd Haverfordwest		d			-															
Johnston	x	d			-															
Aberdaugleddau Milford Haven		a			-															
Abergwaun ac Wdŷg Fishguard & Goodwick		a			-															
Porthladd Abergwaun Fishguard Harbour		a			-															

Nodiadau

- 1634 Gwasanaethau uniongyrchol
- 1634** Trenau cysylltu (o bosib yn cael eu rhedeg gan weithredwyr trên eraill). Newid ar y gwasanaeth uniongyrchol nesaf/blaenorol
- 1634** Yr oriau brig yw 0430 - 0930 a 1600 - 1829 dydd Llun i ddydd Gwener. Mae'n bosib ni fydd tocynnau trên un diwrnod ar gyfer adegau tawel yn ddilys ar deithiau sy'n dechrau yn ystod adegau prysur. Gwiriwch y cyfyngiadau cyn teithio
- 7** Amser cysylltu argymelleddig
-  Cyfnewidfa Bws
-  Cysylltiad gwasanaeth llong
- 1** Dosbarth cyntaf
- R** Dim ond os oes seddi ar gael y gallwch chi eu cadw ac argymhellir hyn
- ◇ Dim ond os oes seddi ar gael y gallwch chi eu cadw
-  Mae gwasanaeth troli gyda byrbrydau oer, brechdanau a diodydd poeth ac oer ar gael ar ran o'r daith neu'r daith i gyd
- FO Dydd Gwener yn unig
- FX Dydd Llun - ddydd lau yn unig
- a Amser cyrraedd
- d Amser ymadael
- s Yn aros i ollwng teithwyr yn unig
- x Gorsaf ar alw
- TFW Trafnidiaeth Cymru – Cymru a'r Gororau
- GW Great Western Railway
- A I Y Fenni
- B I Caer
- C I Henffordd
- D I Amwythig

Nodiadau Notes

- 1634 Direct services
- 1634** Connecting services, (may be run by other train operators). Change at the next / preceding direct service
- 1634** Peak times are 0430 - 0930 and 1600 - 1829 Monday to Friday. Off-Peak Day tickets may not be valid for journeys starting at peak times. Please check restrictions before travel
- 7** Recommended connecting time
-  Bus Interchange
-  Ferry service Interchange
- 1** 1st Class
- R** Seat reservations recommended subject to availability
- ◇ Seat reservations subject to availability
-  An at seat service of cold snacks, sandwiches and hot and cold drinks is available for all or part of the journey
- FO Fridays only
- FX Mondays - Thursdays only
- a Arrival time
- d Departure time
- s Stops to set down only
- x Request stop
- TFW Transport for Wales - Wales and Borders
- GW Great Western Railway
- A To Abergavenny
- B To Chester
- C To Hereford
- D To Shrewsbury

Mae'n bosibl i bethau newid.

Gwiriwch cyn teithio:



Lawrlwythwch ap TrC neu ewch i trc.cymru



Edrychwch ar y sgriniau gwybodaeth ar y platform



Cofrestrwch i gael ein gwasanaeth rhybuddio am darfu journeycheck.com/tfwrail



Gofynnwch i aelod o **dim ein gorsaf**



Ewch i'r **man cymorth** yn yr orsaf



Ffoniwch **0333 3211 202**

Subject to change.

Check your journey before you travel:



Download the TfW app or visit tfw.wales



See customer information screens on platform



Sign up for our disruption alert service at journeycheck.com/tfwrail



Ask a member of our station team



Use the station help point



Call **0333 3211 202**

Hysbysrwydd



Os oes cyfleusterau prynu tocynnau ar gael, rhaid ichi brynu tocyndd cyn mynd ar y trên:

Lawrlwythwch ap TrC neu ewch i trc.cymru - Yn y **swyddfa docynnau** neu o **beiriant gwerthu tocynnau**



Dod o hyd i drenau llai prysur: defnyddiwch ein Gwiriwr Capasiti a Theithio'n Saffach, lawrlwythwch ap TrC neu ewch i trc.cymru/gwiriwr-capasiti



Os oes oedi o 15 munud neu fwy ar eich taith, mae gennych chi hawl i gael iawndal. Gallwch chi hawlio ar-lein, ewch i trc.cymru/cy/delay-compensation neu mae ffurflenni ar gael o'ch swyddfa docynnau agosaf.



Gallwch archebu cymorth arbennig ymlaen llaw - hyd at 2 awr cyn i'ch taith ddechrau, 24/7. I archebu, neu i gael rhagor o wybodaeth am Gymorth i Deithwyr: Ffoniwch ein tîm Cymorth wrth Deithio, **033 300 50 501** - RelayUK, **18001 033 300 50 501** - Ewch i trc.cymru/teithio-hygyrch Gallwch hefyd "gyrraedd a mynd" heb archebu cymorth arbennig ymlaen llaw. Byddwn yn eich helpu i gyrraedd lle'r ydych chi eisiau mynd.

Information



Where purchasing facilities are available, you must buy a ticket before you board:

Download the TfW app or visit tfw.wales - From a station ticket office or self-service ticket machine



Find trains with space: use our Capacity Checker and Travel Safer, download the TfW app or visit tfw.wales/capacity-checker



If your journey has been delayed for 15 minutes or more, you are entitled to compensation. You can claim on-line at tfw.wales/delay-repay-compensation or pick up a form from your nearest ticket office.



You can request an assistance booking in advance - up to 2 hours before your journey is due to start, 24/7. To make a booking or for more information about Passenger Assist: Call our Assisted Travel team, **033 300 50 501** - RelayUK, **18001 033 300 50 501** - Visit tfw.wales/accessible-travel You can also simply "turn up and go" without booking assistance in advance. We'll provide assistance to get you to your destination.

Cysylltu â ni Contact us



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07790 952507



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0333 3211 202



I weld ein cynigion a'n bargeinion, For offers and deals, register at trc.cymru/cofrestru tfw.wales/signup

Cysylltwch â ni er mwyn:

- gofyn am yr amserlen mewn fformat gwahanol, gan gynnwys print bras
- rhoi gwybod am nam neu ddfiodd i'n trenau a'n gorsafocedd
- gwneud sylw am ein gwasanaethau trên
- gofyn am wybodaeth arall i gwsmeriaid gan gynnwys y siarter teithwyr
- hawlio unrhyw iawndal am oedi o 15 munud neu ragor.

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- claim any compensation for delays of 15 minutes or more.