

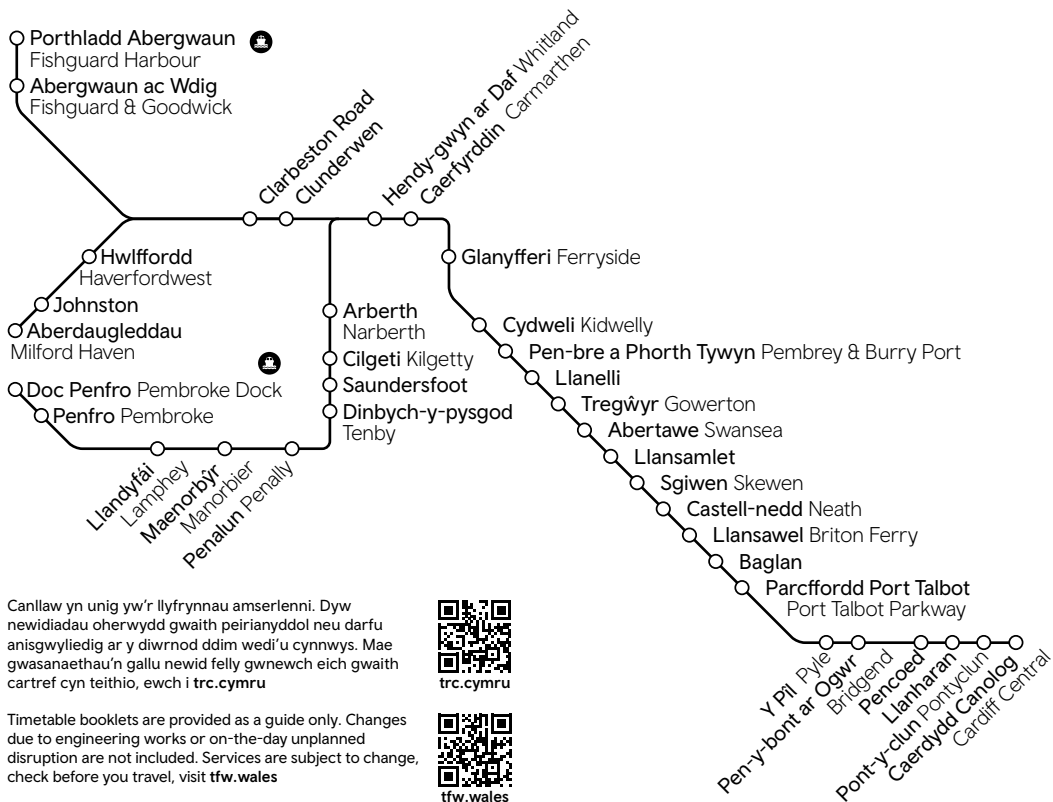


# Amserau trenau

Gorllewin Cymru i  
Abertawe a Chaerdydd  
O 09 Medi 2024

## Train times

West Wales to  
Swansea and Cardiff  
From 09 September 2024












		IR		MX TFW	MX TFW	MO TFW	◇	IR	
		GW	GW					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	-	-	-	0405	0416	0438	0447	-
Glanfferi Ferryside	d	-	-	-	-	-	-	-	-
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	-	0446	-	0506	-
Llanelli	d	-	-	-	0445	0501a	0501	0513	-
Tregŵyr Gowerton	d	-	-	-	-	-	-	-	-
Abertawe Swansea	a	-	-	-	0515	-	0520	-	-
Abertawe Swansea	d	0338	0346	0459	-	-	-	0525	0532
Llansamlet	d	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	0350	0358	0511	-	-	-	0537	0544
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	0357	0405	0518	-	-	-	0544	0551
Y Pîl Pyle	d	-	-	-	-	-	-	-	0559
Pen-y-bont ar Ogwr Bridgend	d	0411	0425	0531	-	-	-	0600	0608
Pencoed	d	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	0455	0503	0551	-	-	-	0620 0628
Caerdydd Canolog Cardiff Central	7	d	0507	0507	0554	-	-	-	0623 0635
Casnewydd Newport	a	0524	0524	0605	-	-	-	0635	0648
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	-	-	-	1015
Bristol Parkway	7	a	0551	0551	0626	-	-	-	0657 -
Reading	7	a	0649	0648	0718	-	-	-	0748 -
London Paddington	15	a	0716	0716	0744	-	-	-	0816 -

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










		IR		MX TFW	TFW	GW	◇	FX TFW	◇	IR
		GW	GW							
Porthladd Abergwaun Fishguard Harbour	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	-	-	0500	-	-
Johnston	x	d	-	-	-	-	-	0510	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	-	-	0525	-	-
Clarbeston Road	x	d	-	-	-	-	-	0545	-	-
Clunderwen	x	d	-	-	-	-	-	0605	-	-
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	-	-	-	-	-	-	-	0620	-
Caerfyrddin Carmarthen	a	-	-	-	-	-	-	-	0640	-
Caerfyrddin Carmarthen Traws	d	-	-	-	-	0534	0554	-	-	-
Aberystwyth Traws	a	-	-	-	-	0722	0822	-	-	-
Caerfyrddin Carmarthen	d	-	-	-	0507	0545	-	0603	-	-
Glanfferi Ferryside	d	-	-	-	0532	0555	-	0613	-	-
Cydweli Kidwelly	d	-	-	-	0547	0601	-	0619	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	0602	0608	-	0626	-	-
Llanelli	d	-	-	-	0617	0615	-	0633	-	-
Tregŵyr Gowerton	d	-	-	-	0632	0622	-	0640	-	-
Abertawe Swansea	a	-	-	-	0647	0635	-	0652	-	-
Abertawe Swansea	d	0558	0628	-	0639	0657	0704	-	0704	0720
Llansamlet	d	-	-	-	0645	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	0650	-	-	-	-	-
Castell-nedd Neath	d	0610	0640	-	0654	0710	0715	-	0715	0732
Llansawel Briton Ferry	d	-	-	-	0657	-	-	-	-	-
Baglan	d	-	-	-	0701	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	0617	0647	-	0706	0717	0722	-	0722	0739
Y Pîl Pyle	d	-	-	-	0713	-	0729	-	0729	-
Pen-y-bont ar Ogwr Bridgend	d	0630	0700	-	0720	0730	0737	-	0737	0752
Pencoed	d	-	-	-	0727	-	0743	-	0743	-
Llanharan	d	-	-	-	-	-	0747	-	0747	-
Pontyclun	d	-	-	-	0734	-	0752	-	0752	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	0650	0720	-	0748	0751	0806	-	0806 0812
Caerdydd Canolog Cardiff Central	7	d	0653	0723	-	0750	0755	-	-	0817
Casnewydd Newport	a	0704	0735	-	0803	0807	-	-	-	0828
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	1115	-	-	-	-	-
Bristol Parkway	7	a	0725	0758	-	-	0827	-	-	0854
Reading	7	a	0818	-	-	-	0919	-	-	0945
London Paddington	15	a	0846	0913	-	-	0944	-	-	1014

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












		<b>IR</b>	<b>R</b>	◇	◇	◇	<b>IR</b>	<b>R</b>	<b>IR</b>	<b>R</b>
		GW	TfW	TfW	TfW	TfW	GW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	1250
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	1253
Aberdaugleddau Milford Haven	d	-	1104	-	-	-	-	-	-	-
Johnston	x	d	-	1112	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	1119	-	-	-	-	-	-
Clarbeston Road	x	d	-	-	1127	-	-	-	-	1312
Clunderwen	x	d	-	-	-	1135	-	-	-	-
Doc Penfro Pembroke Dock	d	-	-	-	-	-	1109	-	-	-
Penfro Pembroke	d	-	-	-	-	-	-	1117	-	-
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	-	-	1142	-	-	-	-	-	1325
Caerfyrddin Carmarthen	a	-	-	-	-	-	-	-	-	1341
Caerfyrddin Carmarthen Traws		d	1204	-	-	-	1304	-	-	1404
Aberystwyth Traws		a	1422	-	-	-	1522	-	-	1622
Caerfyrddin Carmarthen	d	1127	1203	-	-	-	-	1304	-	1344
Glanyfferi Ferryside	d	-	-	-	-	-	-	-	1314	-
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-	1320
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1147	1221	-	-	-	-	-	-	-
Llanelli	d	1154	1228	1240	-	-	-	-	-	1411
Tregŵyr Gowerton	d	-	-	1235	1248	-	-	-	-	-
Abertawe Swansea	a	1210	1249	1304	-	-	-	-	-	-
Abertawe Swansea	d	1223	1255	-	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1235	1307	-	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1242	1315	-	-	-	-	-	-	-
Y Pîl Pyle	d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1255	1332	-	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	1315	1354	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		d	1318	1356	-	-	-	-	-	-
Casnewydd Newport	a	1329	1409	-	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly		a	-	1715	-	-	-	-	-	-
Bristol Parkway		a	1353	1526	-	-	-	-	-	-
Reading		a	1445	1616	-	-	-	-	-	-
London Paddington		a	1515	1641	-	-	-	-	-	-










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

		<b>R</b>	<b>R</b>	<b>IR</b>	◇	◇	<b>R</b>	<b>IR</b>	<b>R</b>	<b>R</b>
		TfW	K TfW	GW	TfW	TfW	TfW	GW	TfW	K TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	1303	-	-	-	-	-	-	-	1504
Johnston	x	d	-	-	-	-	-	-	-	1512
Hwlfordd Haverfordwest	d	-	-	-	-	-	-	-	-	1519
Clarbeston Road	x	d	-	-	-	-	-	-	-	1527
Clunderwen	x	d	-	-	-	-	-	-	-	1535
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	1340	-	-	-	-	-	-	-	1542
Caerfyrddin Carmarthen	a	1356	-	-	-	-	-	-	-	1559
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	1359	-	-	-	-	-	-	-	-
Glanyfferi Ferryside	d	-	-	-	-	-	-	-	-	-
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1417	-	-	-	-	-	-	-	-
Llanelli	d	1424	-	-	-	-	-	-	-	-
Tregŵyr Gowerton	d	1431	-	-	-	-	-	-	-	-
Abertawe Swansea	a	1444	-	-	-	-	-	-	-	-
Abertawe Swansea	d	1448	1505	1523	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1500	1521	1535	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1508	1533	1542	-	-	-	-	-	-
Y Pîl Pyle	d	1515	1540	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1523	1549	1555	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	1544	1611	1615	-	-	-	-	-
Caerdydd Canolog Cardiff Central		d	1549	1622	1618	-	-	-	-	-
Casnewydd Newport	a	1602	1635	1629	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly		a	1915	-	-	-	-	-	-	-
Bristol Parkway		a	-	-	-	-	-	-	-	-
Reading		a	-	-	-	-	-	-	-	-
London Paddington		a	-	-	-	-	-	-	-	-













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Please refer to the back page for explanation of notes

		<b>IR</b>	◇	◇	<b>IR</b>	◇	<b>IR</b>	◇	◇	◇
		GW	TfW	TfW	GW	TfW	GW	TfW	TfW	FX TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	1700	-	-	-	-
Johnston	x	d	-	-	-	1708	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	1715	-	-	-	-
Clarbeston Road	x	d	-	-	-	1723	-	-	-	-
Clunderwen	x	d	-	-	-	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	-	1610	-	-	1737	-	1809	-	-
Caerfyrddin Carmarthen	a	-	1627	-	-	1754	-	1827	-	-
Caerfyrddin Carmarthen Traws 	d	-	1704	-	-	1804	-	1909	-	-
Aberystwyth Traws 	a	-	1922	-	-	2022	-	2122	-	-
Caerfyrddin Carmarthen	d	1619	1630	1655	-	1757	1818	1830	-	1850
Glanyfferri Ferryside	d	-	-	1705	-	1807	-	-	-	1900
Cydweli Kidwelly	d	-	-	1711	-	1813	-	-	-	1906
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1640	1649	1718	-	1820	1838	1850	-	1913
Llanelli	d	1647	1656	1725	-	1827	1850	1857	1907	1920
Tregŵyr Gowerton	d	-	1704	1732	-	1834	-	1905	1915	1928
Abertawe Swansea	a	1703	1718	1744	-	1847	1912	1919	1932	1942
Abertawe Swansea	d	1723	-	1747	1823	1850	1924	-	-	1949
Llansamlet	d	-	-	1753	-	1857	-	-	-	-
Sgiwen Skewen	d	-	-	1758	-	1902	-	-	-	-
Castell-nedd Neath	d	1735	-	1802	1835	1906	1936	-	-	2000
Llansawel Briton Ferry	d	-	-	1806	-	1910	-	-	-	-
Baglan	d	-	-	1810	-	1914	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	1742	-	1815	1842	1919	1943	-	-	2008
Y Pîl Pyle	d	-	-	1822	-	1926	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1756	-	1830	1855	1934	1956	-	-	2021
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central 	a	1816	-	1851	1915	1957	2017	-	-	2047
Caerdydd Canolog Cardiff Central 	d	1818	-	-	1918	2005	2021	-	-	-
Casnewydd Newport	a	1830	-	-	1930	2018	2032	-	-	-
Manceinion Piccadilly Manchester Piccadilly 	a	-	-	-	-	2341	-	-	-	-
Bristol Parkway 	a	1851	-	-	1953	-	2054	-	-	-
Reading 	a	1946	-	-	2044	-	2144	-	-	-
London Paddington 	a	2016	-	-	2110	-	2209	-	-	-













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

		◇	<b>IR</b>	◇	◇	◇	◇	<b>IR</b>	<b>IR</b>	
		FO TfW	GW	TfW	FX TfW	FX TfW	FO TfW	TfW	FX GW	FO GW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	1906	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	1909	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	1915	-	1915	-	-	-
Johnston	x	d	-	-	-	1923	-	1923	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	1930	-	1930	-	-
Clarbeston Road	x	d	-	-	1928	1938	-	1938	-	-
Clunderwen	x	d	-	-	-	1946	-	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	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	-	1941	1952	-	1952	-	-	-
Caerfyrddin Carmarthen	a	-	-	1958	2008	-	2008	-	-	-
Caerfyrddin Carmarthen Traws 	d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws 	a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	1850	-	2001	2012	-	2012	-	2030	2030
Glanyfferri Ferryside	d	1900	-	-	-	-	-	-	-	-
Cydweli Kidwelly	d	1906	-	-	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1913	-	2019	2030	-	2030	-	2050	2050
Llanelli	d	1920	-	2026	2037	-	2037	-	2058	2058
Tregŵyr Gowerton	d	1928	-	-	2044	-	2044	-	-	-
Abertawe Swansea	a	1942	-	2047	2057	-	2057	-	2113	2113
Abertawe Swansea	d	1949	2023	-	-	2101	2101	-	2123	2123
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	2000	2035	-	-	2112	2112	-	2135	2135
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	2008	2042	-	-	2119	2119	-	2142	2142
Y Pîl Pyle	d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	2021	2055	-	-	2131	2131	-	2155	2155
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	2201	2201	-	-	-
Caerdydd Canolog Cardiff Central 	a	2047	2117	-	-	2209	2209	-	2215	2215
Caerdydd Canolog Cardiff Central 	d	-	2120	-	-	-	-	-	2218	2218
Casnewydd Newport	a	-	2132	-	-	-	-	-	2231	2231
Manceinion Piccadilly Manchester Piccadilly 	a	-	-	-	-	-	-	-	-	-
Bristol Parkway 	a	-	2153	-	-	-	-	-	2302	2255
Reading 	a	-	2243	-	-	-	-	-	-	-
London Paddington 	a	-	2311	-	-	-	-	-	-	-

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		TfW	TfW	TfW	FO TfW	FX TfW	FX	FX TfW	FO TfW	FO TfW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	-	-	-	-	-	-	2215
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	-	-	-	-	-	-	2218
Aberdaugleddau Milford Haven	d	-	-	2046	-	-	-	-	-	-
Johnston	x d	-	-	2054	-	-	-	-	-	-
Hwlfordd Haverfordwest	d	-	-	2101	-	-	-	-	-	-
Clarbeston Road	x d	-	-	2109	-	-	-	-	-	2237
Clunderwen	x d	-	-	2116	-	-	-	-	-	2245
Doc Penfro Pembroke Dock	d	-	-	-	2121	2121	-	-	-	-
Penfro Pembroke	d	-	-	-	2130	2130	-	-	-	-
Llandyfái Lamphey	x d	-	-	-	2133	2133	-	-	-	-
Maenorbŷr Manorbier	d	-	-	-	2141	2141	-	-	-	-
Penalun Penally	x d	-	-	-	2147	2147	-	-	-	-
Dinbych-y-pysgod Tenby	d	2010	-	-	2155	2155	-	-	-	-
Saundersfoot	x d	2017	-	-	2203	2203	-	-	-	-
Cilgeti Kilgetty	x d	2019	-	-	2205	2205	-	-	-	-
Arberth Narberth	x d	2029	-	-	2215	2215	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	2037	-	2122	2224	2224 <sub>a</sub>	2234	-	-	2251
Caerfyrddin Carmarthen	a	2053	-	2139	2243	-	2254	-	-	2308
Caerfyrddin Carmarthen Traws	 d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws	 a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	2100	-	-	-	-	-	-	-	2311
Glanfferi Ferryside	d	2110	-	-	-	-	-	-	-	2321
Cydweli Kidwelly	d	2116	-	-	-	-	-	-	-	2327
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	2123	-	-	-	-	-	-	-	2334
Llanelli	d	2130	2144	-	-	-	-	-	-	2341
Tregŵyr Gowerton	d	2137	2152	-	-	-	-	-	-	2349
Abertawe Swansea	a	2150	2207	-	-	-	-	-	-	0002
Abertawe Swansea	d	2153	-	-	-	-	-	2230	2232	-
Llansamlet	d	2200	-	-	-	-	-	2237	2239	-
Sgiwen Skewen	d	2204	-	-	-	-	-	2241	2243	-
Castell-nedd Neath	d	2208	-	-	-	-	-	2245	2247	-
Llansawel Briton Ferry	d	2212	-	-	-	-	-	2249	2251	-
Baglan	d	2216	-	-	-	-	-	2252	2254	-
Parcfordd Port Talbot Port Talbot Parkway	d	2220	-	-	-	-	-	2257	2259	-
Y Pîl Pyle	d	2227	-	-	-	-	-	2304	2306	-
Pen-y-bont ar Ogwr Bridgend	d	2235	-	-	-	-	-	2314	2315	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	2255	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	 a	2303	-	-	-	-	-	2339	2337	-
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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		FX TfW	FX TfW	FO TfW	TfW	FX TfW	FO TfW	FX TfW	
Porthladd Abergwaun Fishguard Harbour 	d	-	2215	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	2220	-	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	-	2325	2325	-
Johnston	x d	-	-	-	-	-	2333	2335	-
Hwlfordd Haverfordwest	d	-	-	-	-	-	2340	2350	-
Clarbeston Road	x d	-	2245	-	-	-	2348	0010	-
Clunderwen	x d	-	2305	-	-	-	2356	0030	-
Doc Penfro Pembroke Dock	d	-	-	-	2227	2227	-	-	-
Penfro Pembroke	d	-	-	-	2235	2237	-	-	-
Llandyfái Lamphey	x d	-	-	-	2238	2242	-	-	-
Maenorbŷr Manorbier	d	-	-	-	2246	2252	-	-	-
Penalun Penally	x d	-	-	-	2252	2302	-	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	2257	2310	-	-	-
Saundersfoot	x d	-	-	-	2304	2325	-	-	-
Cilgeti Kilgetty	x d	-	-	-	2306	2330	-	-	-
Arberth Narberth	x d	-	-	-	2316	2345	-	-	-
Hendy-gwyn ar Daf Whitland	d	-	2320	-	2324	0001	0003	0045	-
Caerfyrddin Carmarthen	a	-	2340	-	2343	0020	0021	0105	-
Caerfyrddin Carmarthen Traws	 d	-	-	-	-	-	-	-	-
Aberystwyth Traws	 a	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	2340	-	-	-	-	-	-
Glanfferi Ferryside	d	-	0005	-	-	-	-	-	-
Cydweli Kidwelly	d	-	0020	-	-	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	0035	-	-	-	-	-	-
Llanelli	d	2348	0050	2348	-	-	-	-	-
Tregŵyr Gowerton	d	2356	0105	2356	-	-	-	-	-
Abertawe Swansea	a	0016	0120	0017	-	-	-	-	-
Abertawe Swansea	d	-	-	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	-	-	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway	d	-	-	-	-	-	-	-	-
Y Pîl Pyle	d	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	-	-	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	 a	-	-	-	-	-	-	-	-
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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		GW	TfW	TfW	GW	TfW	GW	GW	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	-	-	-	-	-	-	-	-	
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	
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	-	-	-	-	-	-	-	-	-	
Parcffordd 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	-

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		TfW	GW	TfW	GW	TfW	GW	TfW	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	0534	0604	0704	-	-	0804	-	-	-
Aberystwyth Traws		a	0722	0822	0922	-	-	1022	-	-	-
Caerfyrddin Carmarthen	d	0615	-	0650	-	-	-	0725	0759	0816	-
Glanyfferi Ferryside	d	0625	-	0700	-	-	-	0737	0810	0826	-
Cydweli Kidwelly	d	0631	-	0706	-	-	-	0743	0816	0831	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	0638	-	0713	-	-	-	0751	0822	0838	-
Llanelli	d	0645	-	0720	-	-	-	0758	0829	0844	-
Tregŵyr Gowerton	d	0653	-	0727	-	-	-	-	0836	-	-
Abertawe Swansea	a	0705	-	0739	-	-	-	0814	0849	0900	-
Abertawe Swansea	d	0710	0725	0742	0750	-	-	0823	0854	0905	0923
Llansamlet	d	0717	-	-	-	-	-	-	-	0912	-
Sgiwen Skewen	d	0721	-	-	-	-	-	-	-	0916	-
Castell-nedd Neath	d	0726	0737	0753	0802	-	-	0835	0905	0920	0935
Llansawel Briton Ferry	d	0729	-	-	-	-	-	-	-	0924	-
Baglan	d	0733	-	-	-	-	-	-	-	0928	-
Parcffordd Port Talbot Port Talbot Parkway	d	0737	0745	0801	0810	-	-	0842	0913	0932	0943
Y Pîl Pyle	d	0745	-	0808	-	-	-	-	0920	0940	-
Pen-y-bont ar Ogwr Bridgend	d	0754	0759	0816	0825	-	-	0855	0928	0951	0956
Pencoed	d	0813	-	0822	-	-	-	-	-	-	-
Llanharan	d	0817	-	-	-	-	-	-	-	-	-
Pontyclun	d	0821	-	0829	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	0835	0820	0842	0846	-	0916	0949	1014	1017
Caerdydd Canolog Cardiff Central		d	-	0823	-	0853	-	0918	0953	1023	1019
Casnewydd Newport	a	-	0834	-	0905	-	-	0929	1006	1041	1030
Manceinion Piccadilly Manchester Piccadilly		a	-	-	-	-	-	-	1315	-	-
Bristol Parkway		a	-	0855	-	0927	-	0954	-	-	1054
Reading		a	-	0948	-	1018	-	1046	-	-	1146
London Paddington		a	-	1013	-	1044	-	1114	-	-	1214

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		TfW	TfW	GW	TfW	TfW	TfW	TfW	GW	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	-	-	-	-	-	0909	-	-	-
Penfro Pembroke		d	-	-	-	-	-	0917	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	0920	-	-	-
Maenorbŷr Manorbier		d	-	-	-	-	-	0929	-	-	-
Penalun Penally	x	d	-	-	-	-	-	0934	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	0939	-	-	-
Saundersfoot	x	d	-	-	-	-	-	0947	-	-	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	0949	-	-	-
Arberth Narberth	x	d	-	-	-	-	-	0959	-	-	-
Hendy-gwyn ar Daf Whitland		d	-	0828	-	0948	-	1007	1029	-	-
Caerfyrddin Carmarthen		a	-	0843	-	1004	-	1025	1046	-	-
Caerfyrddin Carmarthen Traws	⚓	d	-	0904	1004	-	-	-	1104	-	-
Aberystwyth Traws	⚓	a	-	1122	1222	-	-	-	1322	-	-
Caerfyrddin Carmarthen		d	-	0854	0932	1007	-	1029	-	-	1104
Glanyfferi Ferryside		d	-	0904	-	-	-	-	-	-	1114
Cydweli Kidwelly		d	-	0910	-	-	-	-	-	-	1120
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	0917	0952	1025	-	1048	-	-	1127
Llanelli		d	0911	0924	0959	1032	-	1056	-	-	1134
Tregŵyr Gowerton		d	0919	0931	-	-	-	1104	-	-	1141
Abertawe Swansea		a	0934	0946	1015	1049	-	1117	-	-	1153
Abertawe Swansea		d	-	0951	1023	1053	1108	-	-	1121	1159
Llansamlet		d	-	-	-	-	1115	-	-	-	-
Sgiwen Skewen		d	-	-	-	-	1119	-	-	-	-
Castell-nedd Neath		d	-	1002	1035	1104	1124	-	-	1136	1210
Llansawel Briton Ferry		d	-	-	-	-	1127	-	-	-	-
Baglan		d	-	-	-	-	1131	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	-	1011	1042	1112	1136	-	-	1144	1218
Y Pîl Pyle		d	-	1018	-	1119	1143	-	-	-	-
Pen-y-bont ar Ogwr Bridgend		d	-	1027	1055	1128	1152	-	-	1157	1231
Pencoed		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	-	1049	1116	1150	1215	-	-	1218	1252
Caerdydd Canolog Cardiff Central	7	d	-	-	1118	1154	-	-	-	1221	-
Casnewydd Newport		a	-	-	1130	1207	-	-	-	1232	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	1515	-	-	-	-	-
Bristol Parkway	7	a	-	-	1154	-	-	-	-	1254	-
Reading	7	a	-	-	1246	-	-	-	-	1346	-
London Paddington	15	a	-	-	1314	-	-	-	-	1413	-

Darllenwch y dudalen gefn am eglurhad i'r nodiadau  
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			IR	R	◇	◇	◇	IR	R	◇	◇	◇
			GW	TfW	TfW	TfW	TfW	GW	TfW	TfW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour	⚓	d	-	-	-	-	-	-	-	-	-	1241
Abergwaun ac Wdigi Fishguard & Goodwick		d	-	-	-	-	-	-	-	-	-	1244
Aberdaugleddau Milford Haven		d	-	1101	-	-	-	-	-	-	-	-
Johnston	x	d	-	1109	-	-	-	-	-	-	-	-
Hwlfordd Haverfordwest		d	-	1116	-	-	-	-	-	-	-	-
Clarbeston Road	x	d	-	1124	-	-	-	-	-	-	-	1303
Clunderwen	x	d	-	1132	-	-	-	-	-	-	-	-
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	-	1139	-	-	1211	-	-	-	-	1316
Caerfyrddin Carmarthen		a	-	1155	-	-	1228	-	-	-	-	1332
Caerfyrddin Carmarthen Traws	⚓	d	-	1204	-	-	1304	-	-	-	-	1404
Aberystwyth Traws	⚓	a	-	1422	-	-	1522	-	-	-	-	1622
Caerfyrddin Carmarthen		d	1132	1201	-	-	1233	-	1300	1325	1336	-
Glanyfferi Ferryside		d	-	-	-	-	-	-	1310	-	1346	-
Cydweli Kidwelly		d	-	-	-	-	-	-	1316	-	1352	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1152	1219	-	-	1252	-	1323	1345	1359	-
Llanelli		d	1159	1226	1238	-	1300	-	1330	1355	1406	-
Tregŵyr Gowerton		d	-	1233	1246	-	-	-	1337	-	-	-
Abertawe Swansea		a	1215	1245	1301	-	1317	-	1350	1411	-	-
Abertawe Swansea		d	1223	1253	-	1305	-	1324	1400	1423	-	-
Llansamlet		d	-	-	-	1312	-	-	-	-	-	-
Sgiwen Skewen		d	-	-	-	1316	-	-	-	-	-	-
Castell-nedd Neath		d	1235	1305	-	1321	-	1336	1411	1435	-	-
Llansawel Briton Ferry		d	-	-	-	1325	-	-	-	-	-	-
Baglan		d	-	-	-	1329	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	1242	1312	-	1333	-	1344	1419	1443	1434	-
Y Pîl Pyle		d	-	1319	-	1341	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend		d	1255	1329	-	1349	-	1356	1433	1455	1449	-
Pencoed		d	-	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7	a	1316	1351	-	1412	-	1417	1458	1516	1519	-
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	1512	1644	-	-	-	1614	-	1714	-	-

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		R	◇	◇	IR	◇	R	IR	R	◇
		TfW	G TfW	TfW	GW	TfW	TfW	GW	TfW	TfW
Porthladd Abergwaun Fishguard Harbour		d	-	-	-	-	-	-	-	-
Abergwaun ac Wdig Fishguard & Goodwick		d	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		d	1305	-	-	-	-	-	1509	-
Johnston	x	d	1313	-	-	-	-	-	1517	-
Hwlfordd Haverfordwest		d	1320	-	-	-	-	-	1524	-
Clarbeston Road	x	d	1328	-	-	-	-	-	1532	-
Clunderwen	x	d	1336	-	-	-	-	-	1540	-
Doc Penfro Pembroke Dock		d	-	-	1309	-	-	-	-	-
Penfro Pembroke		d	-	-	1317	-	-	-	-	-
Llandyfái Lamphey	x	d	-	-	1320	-	-	-	-	-
Maenorbŷr Manorbier		d	-	-	1329	-	-	-	-	-
Penalun Penally	x	d	-	-	1334	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	-	1344	-	-	-	-	-
Saundersfoot	x	d	-	-	1352	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	1354	-	-	-	-	-
Arberth Narberth	x	d	-	-	1404	-	-	-	-	-
Hendy-gwyn ar Daf Whitland		d	1342	-	1413	-	-	-	1546	-
Caerfyrddin Carmarthen	a	d	1358	-	1430	-	-	-	1602	-
Caerfyrddin Carmarthen Traws		d	-	-	1504	-	-	-	-	1604
Aberystwyth Traws		a	-	-	1722	-	-	-	-	1822
Caerfyrddin Carmarthen		d	1401	-	1434	-	-	1501	1528	1606
Glanyfferi Ferryside		d	-	-	-	-	-	1511	-	-
Cydweli Kidwelly		d	-	-	-	-	-	1517	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1419	-	1453	-	-	1524	1548	1624	-
Llanelli	d	1426	-	1501	-	1512	1531	1556	1631	-
Tregŵyr Gowerton	d	1433	-	-	-	1520	1538	-	1638	-
Abertawe Swansea	a	1446	-	1518	-	1537	1550	1612	1651	-
Abertawe Swansea	d	1449	1509	-	1526	-	1555	1622	1655	1712
Llansamlet	d	-	1516	-	-	-	-	-	-	1719
Sgiwen Skewen	d	-	1520	-	-	-	-	-	-	1723
Castell-nedd Neath	d	1500	1524	-	1538	-	1606	1634	1706	1727
Llansawel Briton Ferry	d	-	1527	-	-	-	-	-	-	1731
Baglan	d	-	1531	-	-	-	-	-	-	1734
Parcffordd Port Talbot Port Talbot Parkway	d	1508	1535	-	1546	-	1614	1642	1714	1739
Y Pîl Pyle	d	1515	1542	-	-	-	1621	-	1721	1746
Pen-y-bont ar Ogwr Bridgend	d	1523	1551	-	1558	-	1629	1655	1729	1755
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	1544	1613	-	1619	-	1650	1716	1750
Caerdydd Canolog Cardiff Central		d	1549	1615	-	1623	-	-	1718	1756
Casnewydd Newport	a	1602	1630	-	1634	-	-	1730	1809	-
Manceinion Piccadilly Manchester Piccadilly		a	1915	-	-	-	-	-	2115	-
Bristol Parkway		a	-	-	-	1655	-	-	1753	-
Reading		a	-	-	-	1748	-	-	1846	-
London Paddington		a	-	-	-	1813	-	-	1912	-

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		◇	IR	◇	IR	◇	◇	◇	IR	◇
		TfW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW
Porthladd Abergwaun Fishguard Harbour		d	-	-	-	-	-	-	-	-
Abergwaun ac Wdig 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	1509	-	-	-	-	-	1712	-
Penfro Pembroke		d	1517	-	-	-	-	-	1720	-
Llandyfái Lamphey	x	d	1520	-	-	-	-	-	1723	-
Maenorbŷr Manorbier		d	1529	-	-	-	-	-	1732	-
Penalun Penally	x	d	1534	-	-	-	-	-	1737	-
Dinbych-y-pysgod Tenby		d	1544	-	-	-	-	-	1746	-
Saundersfoot	x	d	1552	-	-	-	-	-	1754	-
Cilgeti Kilgetty	x	d	1554	-	-	-	-	-	1756	-
Arberth Narberth	x	d	1604	-	-	-	-	-	1806	-
Hendy-gwyn ar Daf Whitland		d	1612	-	-	-	1744	-	1814	-
Caerfyrddin Carmarthen	a	d	1631	-	-	-	1800	-	1832	-
Caerfyrddin Carmarthen Traws		d	1704	-	-	1804	-	-	1909	1934
Aberystwyth Traws		a	1922	-	-	2022	-	-	2122	2122
Caerfyrddin Carmarthen		d	1634	-	1701	1720	1807	-	1836	-
Glanyfferi Ferryside		d	-	-	1711	-	1817	-	-	-
Cydweli Kidwelly		d	-	-	1717	-	1823	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1653	-	1724	1740	1829	-	1855	-	-
Llanelli	d	1700	-	1731	1754	1836	-	1902	-	1909
Tregŵyr Gowerton	d	1708	-	1738	-	1843	-	1910	-	1917
Abertawe Swansea	a	1721	-	1750	1810	1855	-	1923	-	1932
Abertawe Swansea	d	-	1728	1754	1822	1900	1910	-	1926	-
Llansamlet	d	-	-	-	-	-	1917	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	1921	-	-	-
Castell-nedd Neath	d	-	1740	1805	1834	1911	1925	-	1938	-
Llansawel Briton Ferry	d	-	-	-	-	-	1929	-	-	-
Baglan	d	-	-	-	-	-	1932	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	-	1747	1812	1842	1919	1937	-	1946	-
Y Pîl Pyle	d	-	-	1819	-	-	1944	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	-	1800	1827	1855	1933	1953	-	1959	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		a	-	1821	1848	1917	1956	2017	-	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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	TFW	GW	TFW	GW	TFW	H TFW	TFW	TFW	TFW
Porthladd Abergwaun Fishguard Harbour	d	-	-	1900	-	-	-	-	-
Abergwaun ac Wdig Fishguard & Goodwick	d	-	-	1903	-	-	-	-	-
Aberdaugleddau Milford Haven	d	-	-	-	-	1912	-	-	-
Johnston	x d	-	-	-	-	1920	-	-	-
Hwlfordd Haverfordwest	d	-	-	-	-	1927	-	-	-
Clarbeston Road	x d	-	-	1922	-	1935	-	-	-
Clunderwen	x d	-	-	-	-	1943	-	-	-
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	-
Caerfyrddin Carmarthen	a	-	-	1952	-	2005	-	2040	-
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	-
Parcffordd 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	2137	2235
Pencoed	d	-	-	-	-	-	-	2143	-
Llanharan	d	-	-	-	-	-	-	2147	-
Pontyclun	d	-	-	-	-	-	-	2151	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	7 a	2046	-	-	2116	-	2149	2203	2257
Caerdydd Canolog Cardiff Central	7 d	-	-	-	2118	-	2153	2207	-
Casnewydd Newport	a	-	-	-	2129	-	2206	2222	-
Manceinion Piccadilly Manchester Piccadilly	10 a	-	-	-	-	-	-	-	-
Bristol Parkway	7 a	-	-	-	2150	-	-	-	-
Reading	7	a	-	-	-	-	-	-	-
London Paddington	15	a	-	-	-	-	-	-	-

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	TFW	TFW	TFW	TFW	TFW	TFW			
Porthladd Abergwaun Fishguard Harbour	d	-	-	-	2215	-	-	-	-
Abergwaun ac Wdig Fishguard & Goodwick	d	-	-	-	2218	-	-	-	-
Aberdaugleddau Milford Haven	d	2116	-	-	-	-	-	2308	-
Johnston	x d	2124	-	-	-	-	-	2316	-
Hwlfordd Haverfordwest	d	2131	-	-	-	-	-	2323	-
Clarbeston Road	x d	2139	-	-	2237	-	-	2331	-
Clunderwen	x d	2147	-	-	2244	-	-	2339	-
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	2154	2213	-	2251	2315	2346	-	-
Caerfyrddin Carmarthen	a	2211	2231	-	2307	2333	0004	-	-
Caerfyrddin Carmarthen Traws	d	-	-	-	-	-	-	-	-
Aberystwyth Traws	a	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	-	-	2316	-	-	-	-
Glanyfferi Ferryside	d	-	-	-	2326	-	-	-	-
Cydweli Kidwelly	d	-	-	-	2332	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	2339	-	-	-	-
Llanelli	d	-	-	-	2346	-	-	-	-
Tregŵyr Gowerton	d	-	-	-	2354	-	-	-	-
Abertawe Swansea	a	-	-	-	0008	-	-	-	-
Abertawe Swansea	d	-	-	2237	-	-	-	-	-
Llansamlet	d	-	-	2244	-	-	-	-	-
Sgiwen Skewen	d	-	-	2248	-	-	-	-	-
Castell-nedd Neath	d	-	-	2252	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	2256	-	-	-	-	-
Baglan	d	-	-	2259	-	-	-	-	-
Parcffordd 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	-	-	-	-	-	-	-










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		IR	IR	IR	R	IR	R		IR	IR	
		GW	D.GW	G.GW	TfW	GW	TfW	TfW	GW	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	-	-	-	-	-	-	-	-	-	
Aberystwyth Traws	a	-	-	-	-	-	-	-	-	-	
Caerfyrddin Carmarthen	d	-	-	-	-	-	0855	-	-	-	
Glanyfferi Ferryside	d	-	-	-	-	-	-	-	-	-	
Cydweli Kidwelly	d	-	-	-	-	-	-	-	-	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	-	-	-	0925	-	-	-	
Llanelli	d	-	-	-	-	-	0940	-	-	-	
Tregŵyr Gowerton	d	-	-	-	-	-	-	-	-	-	
Abertawe Swansea	a	-	-	-	-	-	1010	-	-	-	
Abertawe Swansea	d	0755	0835	0835	0841	0923	0933	-	1022	1032	
Llansamlet	d	-	-	-	-	-	-	-	-	-	
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-	
Castell-nedd Neath	d	0807	0847	0847	0852	0935	0944	-	1035	1044	
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-	
Baglan	d	-	-	-	-	-	-	-	-	-	
Parcfordd Port Talbot Port Talbot Parkway	d	0814	0854	0854	0900	0942	0953	-	1042	1051	
Y Pîl Pyle	d	-	-	-	0907	-	1000	-	-	1100	
Pen-y-bont ar Ogwr Bridgend	d	0827	0907	0907	0916	0955	1009	-	1055	1108	
Pencoed	d	-	-	-	-	-	-	-	-	-	
Llanharan	d	-	-	-	-	-	-	-	-	-	
Pontyclun	d	-	-	-	-	-	-	-	-	-	
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	
Caerdydd Canolog Cardiff Central	7	a	0848	0928	0928	0937	1016	1031	-	1117	1130
Caerdydd Canolog Cardiff Central	7	d	0850	0935	0935	0945	1020	1033	-	1120	1140
Casnewydd Newport	a	0906	0951	0950	1002	1031	1048	-	1130	1153	
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	1312	-	1415	-	-	1515	-
Bristol Parkway	7	a	0934	1019	1011	-	1053	-	1152	-	-
Reading	7	a	1025	1116	1102	-	1144	-	1244	-	-
London Paddington	15	a	1050	1142	1127	-	1210	-	1309	-	-










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				◇	IR	◇	◇	IR	R	IR	
		TfW	TfW	TfW	GW	TfW	TfW	GW	TfW	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	0904	-	-	-	-	-	-	-	1104	
Aberystwyth Traws	a	1122	-	-	-	-	-	-	-	1322	
Caerfyrddin Carmarthen	d	0933	0933	0948	-	1044	1053	1127	-	-	
Glanyfferi Ferryside	d	-	0958	0958	-	-	1103	-	-	-	
Cydweli Kidwelly	d	-	1013	1004	-	-	1109	-	-	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	1028	1011	-	1102	1116	1147	-	-	
Llanelli	d	1013	1043	1018	-	1109	1123	1154	-	-	
Tregŵyr Gowerton	d	-	1058	1026	-	1116	1131	-	-	-	
Abertawe Swansea	a	1043	1113	1038	-	1130	1144	1210	-	-	
Abertawe Swansea	d	-	-	-	1123	1133	-	1223	1251	1323	
Llansamlet	d	-	-	-	-	-	-	-	-	-	
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-	
Castell-nedd Neath	d	-	-	-	1135	1144	-	1235	1303	1335	
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-	
Baglan	d	-	-	-	-	-	-	-	-	-	
Parcfordd Port Talbot Port Talbot Parkway	d	-	-	-	1142	1152	-	1242	1310	1342	
Y Pîl Pyle	d	-	-	-	-	1159	-	-	1317	-	
Pen-y-bont ar Ogwr Bridgend	d	-	-	-	1155	1207	-	1255	1326	1355	
Pencoed	d	-	-	-	-	-	-	-	-	-	
Llanharan	d	-	-	-	-	-	-	-	-	-	
Pontyclun	d	-	-	-	-	-	-	-	-	-	
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-	
Caerdydd Canolog Cardiff Central	7	a	-	-	-	1216	1230	-	1316	1347	1416
Caerdydd Canolog Cardiff Central	7	d	-	-	-	1220	1239	-	1320	1350	1420
Casnewydd Newport	a	-	-	-	1231	1252	-	1331	1404	1431	-
Manceinion Piccadilly Manchester Piccadilly	10	a	-	-	-	1615	-	-	1715	-	-
Bristol Parkway	7	a	-	-	-	1253	-	-	1353	-	1453
Reading	7	a	-	-	-	1344	-	-	1444	-	1544
London Paddington	15	a	-	-	-	1409	-	-	1509	-	1609

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		<b>R</b>	◇	◇	<b>TR</b>	<b>TR</b>	<b>TR</b>	<b>R</b>	◇	◇
		TFW	TFW	TFW	GW	TFW	GW	TFW	TFW	TFW
Porthladd Abergwaun Fishguard Harbour 	d	-	-	1240	-	-	-	-	1415	-
Abergwaun ac Wdigi Fishguard & Goodwick	d	-	-	1243	-	-	-	-	1418	-
Aberdaugleddau Milford Haven	d	1124	-	-	-	-	-	1330	-	-
Johnston	x d	1132	-	-	-	-	-	1338	-	-
Hwlfordd Haverfordwest	d	1139	-	-	-	-	-	1345	-	-
Clarbeston Road	x d	1147	-	1302	-	-	-	1353	1437	-
Clunderwen	x d	1154	-	-	-	-	-	1401	-	-
Doc Penfro Pembroke Dock	d	-	1158	-	-	-	-	-	-	-
Penfro Pembroke	d	-	1207	-	-	-	-	-	-	-
Llandyfái Lamphey	x d	-	1210	-	-	-	-	-	-	-
Maenorbŷr Manorbier	d	-	1218	-	-	-	-	-	-	-
Penalun Penally	x d	-	1224	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby	d	-	1229	-	-	-	-	-	-	-
Saundersfoot	x d	-	1237	-	-	-	-	-	-	-
Cilgeti Kilgetty	x d	-	1239	-	-	-	-	-	-	-
Arberth Narberth	x d	-	1249	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	1202	1259	1315	-	-	-	1409	1450	-
Caerfyrddin Carmarthen	a	1217	1315	1332	-	-	-	1426	1506	-
Caerfyrddin Carmarthen Traws 	d	1304	-	-	-	-	-	1504	-	-
Aberystwyth Traws 	a	1522	-	-	-	-	-	1722	-	-
Caerfyrddin Carmarthen	d	1232	1320	1338	-	-	1420	1430	1510	-
Glanfferi Ferryside	d	-	1330	-	-	-	-	-	1520	-
Cydweli Kidwelly	d	-	1336	-	-	-	-	-	1526	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	1250	1343	1356	-	-	1440	1448	1533	-
Llanelli	d	1257	1350	1403	-	-	1450	1455	1540	1551
Tregŵyr Gowerton	d	1304	1358	1410	-	-	-	1502	1548	1559
Abertawe Swansea	a	1318	1412	-	-	-	1505	1514	1603	1613
Abertawe Swansea	d	1343	-	-	1422	1455	1523	1532	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1354	-	1427	1434	1507	1535	1544	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1402	-	1435	1441	1515	1542	1551	-	-
Y Pîl Pyle	d	1409	-	-	-	1523	-	1558	-	-
Pen-y-bont ar Ogwr Bridgend	d	1417	-	1448	1454	1532	1555	1606	-	-
Pencoed	d	-	-	-	-	-	-	1613	-	-
Llanharan	d	-	-	-	-	-	-	1617	-	-
Pontyclun	d	-	-	-	-	-	-	1622	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central 	a	1440	-	1509	1515	1553	1616	1636	-	-
Caerdydd Canolog Cardiff Central 	d	1454	-	-	1515	1555	1620	1640	-	-
Casnewydd Newport	a	1507	-	-	1529	1608	1631	1654	-	-
Manceinion Piccadilly Manchester Piccadilly 	a	1814	-	-	-	1914	-	2015	-	-
Bristol Parkway 	a	-	-	-	1553	1725	1653	-	-	-
Reading 	a	-	-	-	1644	1821	1744	-	-	-
London Paddington 	a	-	-	-	1709	1850	1809	-	-	-

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		<b>TR</b>	<b>R</b>	<b>TR</b>	<b>R</b>	<b>TR</b>	◇	◇	◇	<b>TR</b>
		GW	TFW	GW	TFW	GW	Y TFW	TFW	TFW	GW
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	-	-	-	-	-	-	1624	-	-
Penfro Pembroke	d	-	-	-	-	-	-	1632	-	-
Llandyfái Lamphey	x d	-	-	-	-	-	-	1635	-	-
Maenorbŷr Manorbier	d	-	-	-	-	-	-	1643	-	-
Penalun Penally	x d	-	-	-	-	-	-	1649	-	-
Dinbych-y-pysgod Tenby	d	-	-	-	-	-	-	1653	-	-
Saundersfoot	x d	-	-	-	-	-	-	1701	-	-
Cilgeti Kilgetty	x d	-	-	-	-	-	-	1703	-	-
Arberth Narberth	x d	-	-	-	-	-	-	1713	-	-
Hendy-gwyn ar Daf Whitland	d	-	-	-	1610	-	-	1723	1808	-
Caerfyrddin Carmarthen	a	-	-	-	1627	-	-	1740	1825	-
Caerfyrddin Carmarthen Traws 	d	-	-	-	1704	-	-	-	1934	-
Aberystwyth Traws 	a	-	-	-	1922	-	-	-	2122	-
Caerfyrddin Carmarthen	d	-	-	1630	1641	-	-	1752	-	-
Glanfferi Ferryside	d	-	-	-	1651	-	-	1802	-	-
Cydweli Kidwelly	d	-	-	-	1657	-	-	1808	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	1650	1704	-	-	1815	-	-
Llanelli	d	-	-	1657	1711	-	-	1822	-	-
Tregŵyr Gowerton	d	-	-	-	1718	-	-	1830	-	-
Abertawe Swansea	a	-	-	1713	1733	-	-	1846	-	-
Abertawe Swansea	d	1624	1652	1724	1737	1824	1834	-	-	1924
Llansamlet	d	-	-	-	-	-	-	-	-	-
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	1636	1703	1736	1748	1836	1846	-	-	1936
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Baglan	d	-	-	-	-	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway	d	1643	1711	1743	1755	1842	1854	-	-	1942
Y Pîl Pyle	d	-	1718	-	1802	-	1902	-	-	-
Pen-y-bont ar Ogwr Bridgend	d	1656	1726	1756	1810	1856	1911	-	-	1956
Pencoed	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central 	a	1717	1749	1817	1833	1917	1933	-	-	2017
Caerdydd Canolog Cardiff Central 	d	1720	1754	1820	1840	1920	1939	-	-	2020
Casnewydd Newport	a	1731	1808	1831	1853	1930	1954	-	-	2030
Manceinion Piccadilly Manchester Piccadilly 	a	-	2115	-	2214	-	-	-	-	-
Bristol Parkway 	a	1753	-	1853	-	1953	-	-	-	2053
Reading 	a	1844	-	1944	-	2048	-	-	-	2148
London Paddington 	a	1909	-	2009	-	2114	-	-	-	2214

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		MO TFW	MX TFW	TFW	TFW	TFW	TFW	TFW	TFW	TFW
London Paddington		-	-	-	-	-	-	-	-	-
Reading		-	-	-	-	-	-	-	-	-
Bristol Parkway		-	-	-	-	-	-	0602	-	-
Manceinion Piccadilly Manchester Piccadilly		-	-	-	-	-	-	-	-	-
Casnewydd Newport		-	-	-	-	-	-	0628	-	-
Caerdydd Canolog Cardiff Central		-	-	-	-	-	-	0641	-	-
Caerdydd Canolog Cardiff Central		-	-	-	-	0535	0622	0644	-	0716
Parc Ninian Ninian Park		-	-	-	-	0540	0626	-	-	-
Pontyclun		-	-	-	-	0552	-	-	-	-
Llanharan		-	-	-	-	0557	-	-	-	-
Pencoed		-	-	-	-	0601	-	-	-	-
Pen-y-bont ar Ogwr Bridgend		-	-	-	-	0606	0648	0705	-	0736
Y Pîl Pyle		-	-	-	-	0614	0656	-	-	0743
Parcffordd Port Talbot Port Talbot Parkway		-	-	-	-	0622	0704	0718	-	0751
Baglan		-	-	-	-	0626	0708	-	-	0755
Llansawel Briton Ferry		-	-	-	-	0630	0712	-	-	0759
Castell-nedd Neath		-	-	-	-	0634	0717	0726	-	0804
Sgiwen Skewen		-	-	-	-	0638	0721	-	-	0808
Llansamlet		-	-	-	-	0643	0725	-	-	0813
Abertawe Swansea		-	-	-	-	0652	0734	0740	-	0821
Abertawe Swansea		-	-	0541	0547	0654	0746	0759	-	0826
Tregŵyr Gowerton		-	-	0553	0559	0706	0758	-	-	-
Llanelli		-	-	0600	0609	0713	0806	0817	-	0843
Pen-bre a Phorth Tywyn Pembrey & Burry Port		-	-	0607	-	0719	0812	0823	-	-
Cydwelli Kidwelly		-	-	0614	-	0726	0819	-	-	-
Glanyfferi Ferryside		-	-	0621	-	0732	0825	-	-	-
Caerfyrddin Carmarthen		-	-	0637	-	0745	0838	0849	-	-
Caerfyrddin Carmarthen Traws		0554	0554	0704	-	0804	-	0904	-	-
Aberystwyth Traws		0822	0822	0922	-	0922	-	1122	-	-
Caerfyrddin Carmarthen		0600	0600	0641	-	0747	0842	-	-	-
Hendy-gwyn ar Daf Whitland		0615	0620	0659	-	0803	0902	-	-	0917
Arberth Narberth	x	-	-	0708	-	-	0910	-	-	-
Cilgeti Kilgetty	x	-	-	0717	-	-	0919	-	-	-
Saundersfoot	x	-	-	0719	-	-	0921	-	-	-
Dinbych-y-pysgod Tenby		-	-	0732	-	-	0944	-	-	-
Penalun Penally	x	-	-	0735	-	-	0947	-	-	-
Maenorbŷr Manorbier		-	-	0742	-	-	0953	-	-	-
Llandyfái Lamphey	x	-	-	0749	-	-	1001	-	-	-
Penfro Pembroke		-	-	0752	-	-	1004	-	-	-
Doc Penfro Pembroke Dock		-	-	0807	-	-	1014	-	-	-
Clunderwen	x	0622	0635	-	-	0810	-	-	-	0923
Clarbeston Road	x	0630	0655	-	-	0818	-	-	0720	0931
Hwlfordd Haverfordwest		0638	0715	-	-	0826	-	-	-	-
Johnston	x	0646	0730	-	-	0834	-	-	-	-
Aberdaugleddau Milford Haven		0658	0740	-	-	0843	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		-	-	-	-	-	-	0738	0949	-
Porthladd Abergwaun Fishguard Harbour		-	-	-	-	-	-	0743	0954	-

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Please refer to the back page for explanation of notes

		◇	◇	◇	◇	◇	◇	◇	◇	◇
		TFW	GW	Y TFW	GW	TFW	TFW	TFW	GW	TFW
London Paddington		-	0523	-	0648	-	-	-	0748	-
Reading		-	0549	-	0713	-	-	-	0813	-
Bristol Parkway		-	0728	-	0804	-	-	-	0905	-
Manceinion Piccadilly Manchester Piccadilly		-	-	-	-	-	-	-	-	-
Casnewydd Newport		-	0752	-	0827	0841	-	-	0924	-
Caerdydd Canolog Cardiff Central		-	0804	-	0839	0854	-	-	0936	-
Caerdydd Canolog Cardiff Central		0745	0808	-	0842	0900	-	0911	0940	-
Parc Ninian Ninian Park		-	-	-	-	-	-	-	-	-
Pontyclun		-	-	-	-	-	-	-	-	-
Llanharan		-	-	-	-	-	-	-	-	-
Pencoed		-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend		0805	0828	-	0902	0920	-	0931	1000	-
Y Pîl Pyle		0812	-	-	-	0927	-	0939	-	-
Parcffordd Port Talbot Port Talbot Parkway		0820	0840	-	0914	0935	-	0947	1013	-
Baglan		0824	-	-	-	-	-	0951	-	-
Llansawel Briton Ferry		0828	-	-	-	-	-	0955	-	-
Castell-nedd Neath		0833	0847	-	0921	0943	-	1000	1020	-
Sgiwen Skewen		0837	-	-	-	-	-	1004	-	-
Llansamlet		0841	-	-	-	-	-	1008	-	-
Abertawe Swansea		0850	0859	-	0933	0957	-	1016	1034	-
Abertawe Swansea		0903	-	0909	0948	0959	-	-	-	1058
Tregŵyr Gowerton		0915	-	0921	-	1011	-	-	-	-
Llanelli		0923	-	0931	1003	1019	-	-	-	1115
Pen-bre a Phorth Tywyn Pembrey & Burry Port		0929	-	-	1009	1025	-	-	-	-
Cydwelli Kidwelly		0936	-	-	-	1032	-	-	-	-
Glanyfferi Ferryside		0942	-	-	-	1038	-	-	-	-
Caerfyrddin Carmarthen		0954	-	-	1038	1050	-	-	-	-
Caerfyrddin Carmarthen Traws		1004	-	-	-	1104	-	-	-	-
Aberystwyth Traws		1222	-	-	-	1322	-	-	-	-
Caerfyrddin Carmarthen		0958	-	-	-	-	-	1055	-	-
Hendy-gwyn ar Daf Whitland		1013	-	-	-	-	-	1111	-	1150
Arberth Narberth	x	-	-	-	-	-	-	1120	-	-
Cilgeti Kilgetty	x	-	-	-	-	-	-	1129	-	-
Saundersfoot	x	-	-	-	-	-	-	1132	-	-
Dinbych-y-pysgod Tenby		-	-	-	-	-	-	1141	-	-
Penalun Penally	x	-	-	-	-	-	-	1145	-	-
Maenorbŷr Manorbier		-	-	-	-	-	-	1151	-	-
Llandyfái Lamphey	x	-	-	-	-	-	-	1159	-	-
Penfro Pembroke		-	-	-	-	-	-	1203	-	-
Doc Penfro Pembroke Dock		-	-	-	-	-	-	1215	-	-
Clunderwen	x	1020	-	-	-	-	-	-	-	-
Clarbeston Road	x	1028	-	-	-	-	-	-	-	1203
Hwlfordd Haverfordwest		1037	-	-	-	-	-	-	-	-
Johnston	x	1045	-	-	-	-	-	-	-	-
Aberdaugleddau Milford Haven		1059	-	-	-	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		-	-	-	-	-	-	-	-	1222
Porthladd Abergwaun Fishguard Harbour		-	-	-	-	-	-	-	-	1226






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Please refer to the back page for explanation of notes

		◇	IR	◇	◇	◇	◇	IR	◇	IR	
		TfW	GW	Y TfW	TfW	TfW	TfW	GW	TfW	GW	
London Paddington	15	d	-	0848	-	0818	-	-	0948	0918	1048
Reading	7	d	-	0913	-	0843	-	-	1013	0943	1113
Bristol Parkway	7	d	-	1005	-	0934	-	-	1105	1035	1204
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	0730	-	-	-	-	-
Casnewydd Newport		d	-	1024	-	1034	-	-	1124	-	1226
Caerdydd Canolog Cardiff Central	7	a	-	1036	-	1048	-	-	1136	-	1238
Caerdydd Canolog Cardiff Central		d	1006	1039	-	1049	1111	-	1139	1204	1241
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pen-coed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1026	1059	-	1109	1132	-	1159	1226	1301
Y Pîl Pyle	7	d	-	-	-	1116	1141	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway		d	1038	1111	-	1124	1149	-	1211	1239	1313
Baglan		d	-	-	-	1153	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	1157	-	-	-	-	-
Castell-nedd Neath		d	1046	1118	-	1132	1202	-	1219	1247	1320
Sgiwen Skewen		d	-	-	-	1206	-	-	-	-	-
Llansamlet		d	-	-	-	1211	-	-	-	-	-
Abertawe Swansea		a	1059	1130	-	1146	1219	-	1230	1300	1332
Abertawe Swansea		d	1104	-	1138	1149	-	1201	1241	1307	-
Tregŵyr Gowerton		d	1115	-	1150	1201	-	1213	-	1319	-
Llanelli		d	1123	-	1203	1209	-	1221	1256	1327	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1129	-	-	1215	-	1228	1303	1333	-
Cydweli Kidwelly		d	-	-	-	1222	-	-	-	-	-
Glanyfferi Ferryside		d	-	-	-	1228	-	-	-	-	-
Caerfyrddin Carmarthen		a	1149	-	-	1239	-	1250	1325	1353	-
Caerfyrddin Carmarthen Traws		d	1204	-	-	-	-	1304	-	1404	-
Aberystwyth Traws		a	1422	-	-	-	-	1522	-	1622	-
Caerfyrddin Carmarthen		d	1151	-	-	-	-	1254	-	1359	-
Hendy-gwyn ar Daf Whitland		d	1206	-	-	-	-	1311	-	1414	-
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 Manorbiaer		d	-	-	-	-	-	1354	-	-	-
Llandyfái Lamphey	x	d	-	-	-	-	-	1402	-	-	-
Penfro Pembroke		d	-	-	-	-	-	1405	-	-	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	1417	-	-	-
Clunderwen	x	d	1212	-	-	-	-	-	-	1421	-
Clarbeston Road	x	d	1220	-	-	-	-	-	-	1429	-
Hwlfordd Haverfordwest		d	1230	-	-	-	-	-	-	1437	-
Johnston	x	d	1237	-	-	-	-	-	-	1446	-
Aberdaugleddau Milford Haven		a	1251	-	-	-	-	-	-	1458	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-






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		◇	◇	◇	◇	IR	◇	IR	◇	◇
		TfW	TfW	TfW	Y TfW	GW	TfW	GW	TfW	TfW
London Paddington	15	d	-	-	-	1148	1116	1248	-	-
Reading	7	d	-	-	-	1213	1141	1313	-	-
Bristol Parkway	7	d	-	-	-	1304	1240	1405	-	-
Manceinion Piccadilly Manchester Piccadilly	10	d	-	0930	-	-	-	-	1130	-
Casnewydd Newport		d	-	1237	-	-	1324	-	1425	1430
Caerdydd Canolog Cardiff Central	7	a	-	1252	-	-	1335	-	1437	1445
Caerdydd Canolog Cardiff Central		d	-	1255	1312	-	1338	1349	1440	1446
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-
Pen-coed		d	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	-	1315	1332	-	1358	1409	1500	1506
Y Pîl Pyle	7	d	-	1323	1340	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway		d	-	1331	1348	-	1410	1421	1512	1519
Baglan		d	-	-	1352	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	1356	-	-	-	-	-
Castell-nedd Neath		d	-	1339	1402	-	1417	1429	1520	1526
Sgiwen Skewen		d	-	-	1406	-	-	-	-	-
Llansamlet		d	-	-	1410	-	-	-	-	-
Abertawe Swansea		a	-	1353	1418	-	1429	1443	1531	1540
Abertawe Swansea		d	1346	1356	-	1418	1444	1456	-	1543
Tregŵyr Gowerton		d	-	1408	-	1430	-	1508	-	1555
Llanelli		d	1403	1416	-	1444	1459	1518	-	1603
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1410	1422	-	1506	1524	-	1609	1624
Cydweli Kidwelly		d	-	1429	-	-	-	-	-	1631
Glanyfferi Ferryside		d	-	1435	-	-	-	-	-	1638
Caerfyrddin Carmarthen		a	1433	1446	-	-	1527	1544	-	1629
Caerfyrddin Carmarthen Traws		d	-	1504	-	-	-	1604	-	1704
Aberystwyth Traws		a	-	1722	-	-	-	1822	-	1922
Caerfyrddin Carmarthen		d	1452	-	-	-	-	1547	-	1654
Hendy-gwyn ar Daf Whitland		d	1509	-	-	-	-	1602	-	1711
Arberth Narberth	x	d	1518	-	-	-	-	-	-	1720
Cilgeti Kilgetty	x	d	1528	-	-	-	-	-	-	1730
Saundersfoot	x	d	1530	-	-	-	-	-	-	1732
Dinbych-y-pysgod Tenby		d	1545	-	-	-	-	-	-	1746
Penalun Penally	x	d	1548	-	-	-	-	-	-	1749
Maenorbŷr Manorbiaer		d	1554	-	-	-	-	-	-	1755
Llandyfái Lamphey	x	d	1602	-	-	-	-	-	-	1803
Penfro Pembroke		d	1605	-	-	-	-	-	-	1806
Doc Penfro Pembroke Dock		a	1618	-	-	-	-	-	-	1818
Clunderwen	x	d	-	-	-	-	-	1609	-	-
Clarbeston Road	x	d	-	-	-	-	-	1617	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	1625	-	-
Johnston	x	d	-	-	-	-	-	1634	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	1644	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-

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		<b>IR</b>	<b>R</b>	◇	<b>IR</b>	◇	<b>R</b>	◇	<b>IR</b>	◇
		GW	TfW	TfW	GW	TfW	TfW	Y TfW	GW	TfW
London Paddington	<b>15</b> 	d	1348	1315	-	1448	-	-	1548	-
Reading	<b>7</b> 	d	1413	1340	-	1513	-	-	1613	-
Bristol Parkway	<b>7</b>	d	1504	1435	-	1604	-	-	1704	-
Manceinion Piccadilly Manchester Piccadilly	<b>10</b>	d	-	-	-	-	-	1330	-	-
Casnewydd Newport		d	1523	-	-	1624	-	1641	-	1724
Caerdydd Canolog Cardiff Central	<b>7</b>	a	1535	-	-	1636	-	1656	-	1737
Caerdydd Canolog Cardiff Central		d	1539	1549	1601	1639	-	1703	-	1741 1747
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	1719	-	-
Pencoed		d	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	<b>7</b>	d	1559	1613	1621	1659	-	1728	-	1802 1807
Y Pîl Pyle	<b>7</b>	d	-	-	1629	-	-	1736	-	1815
Parcffordd Port Talbot Port Talbot Parkway		d	1611	1628	1637	1711	-	1744	-	1814 1823
Baglan		d	-	-	1641	-	-	1747	-	-
Llansawel Briton Ferry		d	-	-	1645	-	-	1751	-	-
Castell-nedd Neath		d	1618	1636	1651	1719	-	1755	-	1822 1830
Sgiwen Skewen		d	-	-	1655	-	-	1759	-	-
Llansamlet		d	-	-	1659	-	-	1803	-	-
Abertawe Swansea		a	1630	1649	1708	1730	-	1812	-	1833 1844
Abertawe Swansea		d	1639	1656	1712	-	1752	1815	1820	- 1853
Tregŵyr Gowerton		d	-	1708	1724	-	1804	1826	1833	- 1905
Llanelli		d	1654	1720	1732	-	1812	1833	1844	- 1913
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1701	1726	1738	-	1818	1839	-	- 1919
Cydweli Kidwelly		d	-	1732	1745	-	1825	1846	-	- -
Glanyfferi Ferryside		d	-	1739	1751	-	1831	1852	-	- -
Caerfyrddin Carmarthen		a	1722	1751	1806	-	1845	1904	-	- 1939
Caerfyrddin Carmarthen Traws		d	-	1804	-	-	1909	-	-	- -
Aberystwyth Traws		a	-	2022	-	-	2122	-	-	- -
Caerfyrddin Carmarthen		d	-	1758	1808	-	-	1909	-	- 1941
Hendy-gwyn ar Daf Whitland		d	-	1814	1824	-	-	1924	-	- 1956
Arberth Narberth	x	d	-	-	-	-	-	1933	-	- -
Cilgeti Kilgetty	x	d	-	-	-	-	-	1942	-	- -
Saundersfoot	x	d	-	-	-	-	-	1944	-	- -
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	1953 <sup>a</sup>	-	- -
Penalun Penally	x	d	-	-	-	-	-	-	-	- -
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	- -
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	- -
Penfro Pembroke		d	-	-	-	-	-	-	-	- -
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	- -
Clunderwen	x	d	-	1821	1831	-	-	-	-	- 2003
Clarbeston Road	x	d	-	1829	1839	-	-	-	-	- 2011
Hwlfordd Haverfordwest		d	-	1837	-	-	-	-	-	- 2019
Johnston	x	d	-	1845	-	-	-	-	-	- 2027
Aberdaugleddau Milford Haven		a	-	1859	-	-	-	-	-	- 2041
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	1857	-	-	-	-	-	- -
Porthladd Abergwaun Fishguard Harbour		a	-	1903	-	-	-	-	-	- -

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		<b>IR</b>	◇	<b>IR</b>	◇	<b>R</b>	<b>IR</b>	<b>IR</b>	◇	<b>IR</b>
		GW	TfW	GW	TfW	TfW	GW	FX GW	FO TfW	FO GW
London Paddington	<b>15</b> 	d	1618	-	1648	-	-	1718	1748	- 1748
Reading	<b>7</b> 	d	-	-	1713	-	-	1743	1813	- 1813
Bristol Parkway	<b>7</b>	d	1728	-	1805	-	-	1837	1904	- 1904
Manceinion Piccadilly Manchester Piccadilly	<b>10</b>	d	-	-	-	-	1530	-	-	- -
Casnewydd Newport		d	1748	-	1825	-	1841	1900	1926	- 1926
Caerdydd Canolog Cardiff Central	<b>7</b>	a	1803	-	1837	-	1856	1911	1938	- 1938
Caerdydd Canolog Cardiff Central		d	1806	1810	1840	-	1858	1917	1941	- 1941
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	- -
Pontyclun		d	-	1822	-	-	-	-	-	- -
Llanharan		d	-	-	-	-	-	-	-	- -
Pencoed		d	-	1829	-	-	-	-	-	- -
Pen-y-bont ar Ogwr Bridgend	<b>7</b>	d	1826	1835	1900	-	1918	1947	2001	- 2001
Y Pîl Pyle	<b>7</b>	d	-	1842	-	-	1926	-	-	- -
Parcffordd Port Talbot Port Talbot Parkway		d	1838	1849	1912	-	1933	2000	2013	- 2013
Baglan		d	-	1852	-	-	1937	-	-	- -
Llansawel Briton Ferry		d	-	1855	-	-	1941	-	-	- -
Castell-nedd Neath		d	1845	1859	1919	-	1946	2008	2020	- 2020
Sgiwen Skewen		d	-	1903	-	-	1951	-	-	- -
Llansamlet		d	-	1907	-	-	1955	-	-	- -
Abertawe Swansea		a	1857	1916	1933	-	2004	2019	2032	- 2032
Abertawe Swansea		d	1905	-	-	1934	2009	-	-	- 2104
Tregŵyr Gowerton		d	-	-	-	1946	2020	-	-	- -
Llanelli		d	1921	-	-	1954	2028	-	-	- 2120
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1927	-	-	2000	2034	-	-	- 2126
Cydweli Kidwelly		d	-	-	-	2007	-	-	-	- 2133
Glanyfferi Ferryside		d	-	-	-	2013	-	-	-	- 2139
Caerfyrddin Carmarthen		a	1949	-	-	2027	2059	-	-	- 2154
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	- -
Aberystwyth Traws		a	-	-	-	-	-	-	-	- -
Caerfyrddin Carmarthen		d	-	-	-	-	-	-	-	2103 -
Hendy-gwyn ar Daf Whitland		d	-	-	-	-	-	-	-	2119 -
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	-	-	-	-	-	-	-	2126 -
Clarbeston Road	x	d	-	-	-	-	-	-	-	2134 -
Hwlfordd Haverfordwest		d	-	-	-	-	-	-	-	- -
Johnston	x	d	-	-	-	-	-	-	-	- -
Aberdaugleddau Milford Haven		a	-	-	-	-	-	-	-	- -
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	2152	- -
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	2159	- -

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



		<b>1R</b>		◇	<b>R</b>		◇		◇	<b>1R</b>	<b>GW</b>
		TfW	FX TfW	FO TfW	FO TfW	FX TfW	TfW	FX TfW	TfW	GW	
London Paddington	<b>15</b>	d	-	-	-	-	-	-	-	1818	
Reading	<b>7</b>	d	-	-	-	-	-	-	-	1843	
Bristol Parkway	<b>7</b>	d	-	-	-	-	-	-	-	1939	
Manceinion Piccadilly Manchester Piccadilly	<b>10</b>	d	1630	-	-	-	-	-	-	-	
Casnewydd Newport		d	1931	-	-	-	-	-	-	2001	
Caerdydd Canolog Cardiff Central	<b>7</b>	a	1945	-	-	-	-	-	-	2013	
Caerdydd Canolog Cardiff Central		d	1947	-	-	-	-	-	-	2020	
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	
Pontyclun		d	-	-	-	-	-	-	-	-	
Llanharan		d	-	-	-	-	-	-	-	-	
Pencoed		d	-	-	-	-	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	<b>7</b>	d	2007	-	-	-	-	-	-	2048	
Y Pîl Pyle	<b>7</b>	d	-	-	-	-	-	-	-	-	
Parcffordd Port Talbot Port Talbot Parkway		d	2019	-	-	-	-	-	-	2100	
Baglan		d	-	-	-	-	-	-	-	-	
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	
Castell-nedd Neath		d	2027	-	-	-	-	-	-	2108	
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	
Llansamlet		d	-	-	-	-	-	-	-	-	
Abertawe Swansea		a	2042	-	-	-	-	-	-	2121	
Abertawe Swansea		d	-	-	-	2048	2048	-	-	2115	-
Tregŵyr Gowerton		d	-	-	-	2100	2103	-	-	2127	-
Llanelli		d	-	-	-	2108	2118	-	-	2136	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	-	2114	2133	-	-	-	-
Cydweli Kidwelly		d	-	-	-	2121	2148	-	-	-	-
Glanyfferi Ferryside		d	-	-	-	2127	2203	-	-	-	-
Caerfyrddin Carmarthen		a	-	-	-	2140	2228	-	-	-	-
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	2109	2110	2142	2228	-	2110	-	-
Hendy-gwyn ar Daf Whitland		d	-	2129	2126	2158	2248	-	2130	-	-
Arberth Narberth	x	d	-	-	2134	-	-	-	2145	-	-
Cilgeti Kilgetty	x	d	-	-	2143	-	-	-	2200	-	-
Saundersfoot	x	d	-	-	2145	-	-	-	2205	-	-
Dinbych-y-pysgod Tenby		d	-	-	2154	-	-	2005	2220	-	-
Penalun Penally	x	d	-	-	2157	-	-	2008	2228	-	-
Maenorbŷr Manorbier		d	-	-	2203	-	-	2015	2238	-	-
Llandyfái Lamphey	x	d	-	-	2210	-	-	2023	2248	-	-
Penfro Pembroke		d	-	-	2213	-	-	2026	2253	-	-
Doc Penfro Pembroke Dock		a	-	-	2225	-	-	2038	2303	-	-
Clunderwen	x	d	-	2144	-	2205	2303	-	-	-	-
Clarbeston Road	x	d	-	2204	-	2212	2323	-	-	-	-
Hwlfordd Haverfordwest		d	-	-	2224	2343	-	-	-	-	-
Johnston	x	d	-	-	2232	2358	-	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	2246	0008	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	2229	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	2234	-	-	-	-	-	-	-	-

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Please refer to the back page for explanation of notes

		<b>1R</b>	<b>1R</b>	◇	◇		<b>1R</b>	◇	◇		
		GW	GW	FO TfW	FX TfW	FX TfW	GW	FO TfW	FX TfW	FX TfW	
London Paddington	<b>15</b>	d	1848	1918	-	-	-	1948	-	-	-
Reading	<b>7</b>	d	1913	-	-	-	-	2013	-	-	-
Bristol Parkway	<b>7</b>	d	2004	2028	-	-	-	2103	-	-	-
Manceinion Piccadilly Manchester Piccadilly	<b>10</b>	d	-	-	-	-	-	-	-	-	-
Casnewydd Newport		d	2028	2049	-	-	-	2126	-	-	-
Caerdydd Canolog Cardiff Central	<b>7</b>	a	2040	2101	-	-	-	2140	-	-	-
Caerdydd Canolog Cardiff Central		d	2043	2104	2107	2110	-	2142	2214	2219	-
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pencoed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	<b>7</b>	d	2103	2124	2128	2130	-	2202	2234	2239	-
Y Pîl Pyle	<b>7</b>	d	-	-	2137	2139	-	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	2118	2136	2145	2147	-	2215	2247	2252	-
Baglan		d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	2126	2143	2153	2156	-	2222	2254	-	-
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	-
Llansamlet		d	-	-	-	-	-	-	-	-	-
Abertawe Swansea		a	2138	2200	2208	2212	-	2234	2308	2311	-
Abertawe Swansea		d	-	-	2217	-	2218	-	2318	-	2320
Tregŵyr Gowerton		d	-	-	2229	-	2233	-	2329	-	-
Llanelli		d	-	-	2237	-	2248	-	2337	-	2350
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	2243	-	2303	-	2343	-	0005
Cydweli Kidwelly		d	-	-	2250	-	2318	-	2350	-	0020
Glanyfferi Ferryside		d	-	-	2256	-	2333	-	2356	-	0035
Caerfyrddin Carmarthen		a	-	-	2309	-	2358	-	0012	-	0100
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		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	-	-	-	-	-	-	-	-	-











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Please refer to the back page for explanation of notes

			IR	IR	◇	◇	IR	IR	IR	IR
			FO GW	FX GW	FX TFW	FO TFW	FO GW	FX GW	FO GW	FX GW
London Paddington	<b>15</b>	d	2048	2048	-	-	2148	2148	2249	2249
Reading	<b>7</b>	d	2113	2113	-	-	2213	2213	2327	2327
Bristol Parkway	<b>7</b>	d	2203	2203	-	-	2304	2304	0024	0024
Manceinion Piccadilly Manchester Piccadilly	<b>10</b>	d	-	-	-	-	-	-	-	-
Casnewydd Newport		d	2225	2234	-	-	2324	2331	0045	0052
Caerdydd Canolog Cardiff Central	<b>7</b>	a	2240	2250	-	-	2336	2347	0056	0107
Caerdydd Canolog Cardiff Central		d	2252	2252	2315	2315	2351	2351	0100	0111
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	2330	2330	-	-	-	-
Llanharan		d	-	-	2335	2335	-	-	-	-
Pencoed		d	-	-	2340	2340	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	<b>7</b>	d	2312	2312	2347	2347	0013	0013	0120	0131
Y Pîl Pyle	<b>7</b>	d	-	-	2355	2355	-	-	-	-
Parcffordd Port Talbot Port Talbot Parkway		d	2324	2324	0003	0003	0025	0025	0141	0150
Baglan		d	-	-	0007	0007	-	-	-	-
Llansawel Briton Ferry		d	-	-	0011	0011	-	-	-	-
Castell-nedd Neath		d	2332	2332	0017	0017	0032	0032	0148	0157
Sgiwen Skewen		d	-	-	0021	0021	-	-	-	-
Llansamlet		d	-	-	0025	0025	-	-	-	-
Abertawe Swansea		a	2343	2343	0035	0035	0044	0044	0200	0209
Abertawe Swansea		d	-	-	-	0051	-	-	-	-
Tregŵyr Gowerton		d	-	-	-	0102 <sub>s</sub>	-	-	-	-
Llanelli		d	-	-	-	0109 <sub>s</sub>	-	-	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	-	-	0116 <sub>s</sub>	-	-	-	-
Cydweli Kidwelly		d	-	-	-	0123 <sub>s</sub>	-	-	-	-
Glanyfferi Ferryside		d	-	-	-	0129 <sub>s</sub>	-	-	-	-
Caerfyrddin Carmarthen		a	-	-	-	0142	-	-	-	-
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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Please refer to the back page for explanation of notes

			◇	◇	◇	◇	◇	◇	◇	◇
			TFW	TFW	TFW	TFW	TFW	TFW	Y TFW	TFW
London Paddington	<b>15</b>	d	-	-	-	-	-	-	-	-
Reading	<b>7</b>	d	-	-	-	-	-	-	-	-
Bristol Parkway	<b>7</b>	d	-	-	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly	<b>10</b>	d	-	-	-	-	-	-	-	-
Casnewydd Newport		d	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central	<b>7</b>	a	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		d	-	-	-	-	-	-	0535	0643
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	0549	-
Llanharan		d	-	-	-	-	-	-	0554	-
Pencoed		d	-	-	-	-	-	-	0559	-
Pen-y-bont ar Ogwr Bridgend	<b>7</b>	d	-	-	-	-	-	-	0606	0703
Y Pîl Pyle	<b>7</b>	d	-	-	-	-	-	-	0614	0711
Parcffordd Port Talbot Port Talbot Parkway		d	-	-	-	-	-	-	0622	0719
Baglan		d	-	-	-	-	-	-	0626	0722
Llansawel Briton Ferry		d	-	-	-	-	-	-	0630	0726
Castell-nedd Neath		d	-	-	-	-	-	-	0634	0731
Sgiwen Skewen		d	-	-	-	-	-	-	0638	0735
Llansamlet		d	-	-	-	-	-	-	0642	0739
Abertawe Swansea		a	-	-	-	-	-	-	0652	0749
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	-	0804
Arberth Narberth	x	d	-	-	0555	-	-	0706	-	0918
Cilgeti Kilgetty	x	d	-	-	0604	-	-	0716	-	0927
Saundersfoot	x	d	-	-	0607	-	-	0719	-	0929
Dinbych-y-pysgod Tenby		d	-	-	0617	-	-	0730	-	0945
Penalun Penally	x	d	-	-	0620	-	-	0733	-	0948
Maenorbŷr Manorbier		d	-	-	0627	-	-	0739	-	0954
Llandyfái Lamphey	x	d	-	-	0635	-	-	0747	-	1002
Penfro Pembroke		d	-	-	0638	-	-	0750	-	1005
Doc Penfro Pembroke Dock		a	-	-	0650	-	-	0802	-	1017
Clunderwen	x	d	-	0514	-	0611	0622	-	-	0811
Clarbeston Road	x	d	-	0521	-	0619	0630	-	-	0819
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	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	0644	-	-	-	-

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		◇	◇	◇	◇	◇	◇	◇	◇	◇
		TfW	TfW	TfW	TfW	TfW	Y TfW	TfW	TfW	TfW
London Paddington		-	-	-	-	-	-	-	-	-
Reading		-	-	-	-	-	-	-	-	-
Bristol Parkway		-	-	-	-	-	-	-	-	-
Manceinion Piccadilly Manchester Piccadilly		-	-	-	-	-	-	-	-	-
Casnewydd Newport		-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		-	-	-	-	-	-	-	-	-
Caerdydd Canolog Cardiff Central		-	-	-	-	-	-	0535	0643	
Parc Ninian Ninian Park		-	-	-	-	-	-	-	-	-
Pontyclun		-	-	-	-	-	-	0549	-	
Llanharan		-	-	-	-	-	-	0554	-	
Pencoed		-	-	-	-	-	-	0559	-	
Pen-y-bont ar Ogwr Bridgend		-	-	-	-	-	-	0606	0703	
Y Pîl Pyle		-	-	-	-	-	-	0614	0711	
Parcffordd Port Talbot Port Talbot Parkway		-	-	-	-	-	-	0622	0719	
Baglan		-	-	-	-	-	-	0626	0722	
Llansawel Briton Ferry		-	-	-	-	-	-	0630	0726	
Castell-nedd Neath		-	-	-	-	-	-	0634	0731	
Sgiwen Skewen		-	-	-	-	-	-	0638	0735	
Llansamlet		-	-	-	-	-	-	0642	0739	
Abertawe Swansea		-	-	-	-	-	-	0652	0749	
Abertawe Swansea		0008	-	-	-	0542	0547	0655	0753	
Tregŵyr Gowerton		0021	-	-	-	0554	0600	0706	0806	
Llanelli		0029	-	-	-	0602	0610	0714	0814	
Pen-bre a Phorth Tywyn Pembrey & Burry Port		0035	-	-	-	0609	-	0720	0820	
Cydweli Kidwelly		0042	-	-	-	0616	-	0727	0827	
Glanyfferi Ferryside		0048	-	-	-	0623	-	0733	0833	
Caerfyrddin Carmarthen		0102	-	-	-	0636	-	0746	0846	
Caerfyrddin Carmarthen Traws		-	-	0534	-	0604	-	0704	0804	0904
Aberystwyth Traws		-	-	0722	-	0822	-	0922	0922	1122
Caerfyrddin Carmarthen		-	0451	0530	0548	0600	0640	-	0749	0848
Hendy-gwyn ar Daf Whitland		-	0507	0546	0604	0615	0657	-	0804	0910
Arberth Narberth	x	-	-	0555	-	-	0706	-	-	0918
Cilgeti Kilgetty	x	-	-	0604	-	-	0716	-	-	0927
Saundersfoot	x	-	-	0607	-	-	0719	-	-	0929
Dinbych-y-pysgod Tenby		-	-	0617	-	-	0730	-	-	0945
Penalun Penally	x	-	-	0620	-	-	0733	-	-	0948
Maenorbŷr Manorbier		-	-	0627	-	-	0739	-	-	0954
Llandyfái Lamphey	x	-	-	0635	-	-	0747	-	-	1002
Penfro Pembroke		-	-	0638	-	-	0750	-	-	1005
Doc Penfro Pembroke Dock		-	-	0650	-	-	0802	-	-	1017
Clunderwen	x	-	0514	-	0611	0622	-	-	0811	-
Clarbeston Road	x	-	0521	-	0619	0630	-	-	0819	-
Hwlfordd Haverfordwest		-	0533	-	-	0638	-	-	0827	-
Johnston	x	-	0541	-	-	0646	-	-	0835	-
Aberdaugleddau Milford Haven		-	0552	-	-	0658	-	-	0846	-
Abergwaun ac Wdŷg Fishguard & Goodwick		-	-	-	0638	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		-	-	-	0644	-	-	-	-	-

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Please refer to the back page for explanation of notes

		◇	◇	IR	◇	◇	IR	◇	◇	◇
		TfW	TfW	GW	TfW	TfW	GW	Y TfW	TfW	TfW
London Paddington		-	-	0748	-	-	0848	-	-	-
Reading		-	-	0813	-	-	0913	-	-	-
Bristol Parkway		-	-	0904	-	-	1004	-	-	-
Manceinion Piccadilly Manchester Piccadilly		-	-	-	-	-	-	-	-	0730
Casnewydd Newport		-	-	-	-	-	0925	-	-	1039
Caerdydd Canolog Cardiff Central		-	-	0937	-	-	1037	-	-	1053
Caerdydd Canolog Cardiff Central		0914	-	0942	-	1005	1040	-	-	1103
Parc Ninian Ninian Park		-	-	-	-	-	-	-	-	-
Pontyclun		-	-	-	-	-	-	-	-	-
Llanharan		-	-	-	-	-	-	-	-	-
Pencoed		-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend		0934	-	1002	-	1025	1100	-	-	1124
Y Pîl Pyle		0942	-	-	-	1032	-	-	-	1131
Parcffordd Port Talbot Port Talbot Parkway		0950	-	1014	-	1040	1112	-	-	1139
Baglan		0954	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		0958	-	-	-	-	-	-	-	-
Castell-nedd Neath		1004	-	1022	-	1047	1119	-	-	1147
Sgiwen Skewen		1008	-	-	-	-	-	-	-	-
Llansamlet		1012	-	-	-	-	-	-	-	-
Abertawe Swansea		1022	-	1033	-	1102	1132	-	-	1202
Abertawe Swansea		-	-	-	1056	1105	1140	1145	1154	1204
Tregŵyr Gowerton		-	-	-	-	1117	-	1158	1206	1216
Llanelli		-	-	-	1114	1125	1156	1208	1214	1224
Pen-bre a Phorth Tywyn Pembrey & Burry Port		-	-	-	-	1131	1202	-	-	1221
Cydweli Kidwelly		-	-	-	-	-	-	-	-	1236
Glanyfferi Ferryside		-	-	-	-	-	-	-	-	1242
Caerfyrddin Carmarthen		-	-	-	-	1151	1224	-	-	1254
Caerfyrddin Carmarthen Traws		-	-	-	-	1204	-	-	-	1304
Aberystwyth Traws		-	-	-	-	1422	-	-	-	1522
Caerfyrddin Carmarthen		-	1055	-	-	1157	-	-	-	1259
Hendy-gwyn ar Daf Whitland		-	1110	-	1149	1215	-	-	-	1315
Arberth Narberth	x	-	1119	-	-	-	-	-	-	1324
Cilgeti Kilgetty	x	-	1129	-	-	-	-	-	-	1334
Saundersfoot	x	-	1131	-	-	-	-	-	-	1336
Dinbych-y-pysgod Tenby		-	1141	-	-	-	-	-	-	1345
Penalun Penally	x	-	1144	-	-	-	-	-	-	1348
Maenorbŷr Manorbier		-	1151	-	-	-	-	-	-	1354
Llandyfái Lamphey	x	-	1159	-	-	-	-	-	-	1402
Penfro Pembroke		-	1202	-	-	-	-	-	-	1405
Doc Penfro Pembroke Dock		-	1215	-	-	-	-	-	-	1418
Clunderwen	x	-	-	-	-	1222	-	-	-	-
Clarbeston Road	x	-	-	-	1202	1230	-	-	-	-
Hwlfordd Haverfordwest		-	-	-	-	1239	-	-	-	-
Johnston	x	-	-	-	-	1247	-	-	-	-
Aberdaugleddau Milford Haven		-	-	-	-	1257	-	-	-	-
Abergwaun ac Wdŷg Fishguard & Goodwick		-	-	-	-	1221	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		-	-	-	-	1225	-	-	-	-

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Please refer to the back page for explanation of notes

			◇	◇	◇	◇	◇	◇	◇	◇		
			TFW	GW	TFW	GW	TFW	TFW	TFW	Y TFW	TFW	GW
London Paddington	15	⇄	d	-	0948	-	1048	-	-	-	-	1148
Reading	7	⇄	d	-	1013	-	1113	-	-	-	-	1213
Bristol Parkway	7		d	-	1104	-	1204	-	-	-	-	1304
Manceinion Piccadilly Manchester Piccadilly	10		d	-	-	-	-	-	0930	-	-	-
Casnewydd Newport			d	1050	1125	-	1225	-	1240	-	-	1324
Caerdydd Canolog Cardiff Central	7		a	1106	1137	-	1237	-	1255	-	-	1336
Caerdydd Canolog Cardiff Central			d	1113	1139	1204	1239	-	1258	1310	-	1341
Parc Ninian Ninian Park			d	-	-	-	-	-	-	-	-	-
Pontyclun			d	-	-	-	-	-	-	-	-	-
Llanharan			d	-	-	-	-	-	-	-	-	-
Pencoed			d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7		d	1133	1159	1224	1259	-	1319	1332	-	1401
Y Pîl Pyle	7		d	1141	-	-	-	-	1327	1340	-	-
Parcffordd Port Talbot Port Talbot Parkway			d	1149	1211	1236	1312	-	1335	1348	-	1413
Baglan			d	1153	-	-	-	-	-	1351	-	-
Llansawel Briton Ferry			d	1157	-	-	-	-	-	1355	-	-
Castell-nedd Neath			d	1202	1219	1243	1319	-	1344	1400	-	1420
Sgiwen Skewen			d	1206	-	-	-	-	-	1403	-	-
Llansamlet			d	1211	-	-	-	-	-	1407	-	-
Abertawe Swansea			a	1219	1230	1257	1331	-	1358	1416	-	1432
Abertawe Swansea			d	-	-	1308	1340	1353	1403	-	-	1426
Tregŵyr Gowerton			d	-	-	1320	-	-	1415	-	-	1438
Llanelli			d	-	-	1328	1356	1410	1423	-	-	1449
Pen-bre a Phorth Tywyn Pembrey & Burry Port			d	-	-	1334	1403	1417	1429	-	-	-
Cydweli Kidwelly			d	-	-	-	-	-	1435	-	-	-
Glanyfferi Ferryside			d	-	-	-	-	-	1441	-	-	-
Caerfyrddin Carmarthen			a	-	-	1353	1424	1441	1453	-	-	-
Caerfyrddin Carmarthen Traws	⇄		d	-	-	1404	-	-	1504	-	-	-
Aberystwyth Traws	⇄		a	-	-	1622	-	-	1722	-	-	-
Caerfyrddin Carmarthen			d	-	-	1401	-	1458	-	-	-	-
Hendy-gwyn ar Daf Whitland			d	-	-	1416	-	1514	-	-	-	-
Arberth Narberth	x		d	-	-	-	-	1523	-	-	-	-
Cilgeti Kilgetty	x		d	-	-	-	-	1533	-	-	-	-
Saundersfoot	x		d	-	-	-	-	1535	-	-	-	-
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	-	-	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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				◇	◇	◇	◇	◇	◇	◇	◇	◇	
				TFW	GW	TFW	GW	TFW	TFW	TFW	GW	TFW	GW
London Paddington	15	⇄	d	-	1248	-	1213	-	-	-	1348	-	1448
Reading	7	⇄	d	-	1313	-	1240	-	-	-	1413	-	1513
Bristol Parkway	7		d	-	1404	-	1343	-	-	-	1504	-	1604
Manceinion Piccadilly Manchester Piccadilly	10		d	-	-	-	-	-	1130	-	-	-	-
Casnewydd Newport			d	-	1424	-	1437	1445	-	1528	-	1625	
Caerdydd Canolog Cardiff Central	7		a	-	1436	-	1451	1504	-	1542	-	1637	
Caerdydd Canolog Cardiff Central			d	1403	1441	-	1504	1512	1542	1545	1604	1641	
Parc Ninian Ninian Park			d	-	-	-	-	-	-	-	-	-	
Pontyclun			d	-	-	-	-	-	-	-	-	-	
Llanharan			d	-	-	-	-	-	-	-	-	-	
Pencoed			d	-	-	-	-	-	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	7		d	1424	1501	-	1524	1532	1602	1607	1623	1701	
Y Pîl Pyle	7		d	-	-	-	-	1541	-	-	1631	-	
Parcffordd Port Talbot Port Talbot Parkway			d	1436	1513	-	1537	1549	1614	1620	1638	1713	
Baglan			d	-	-	-	-	1553	-	-	-	-	
Llansawel Briton Ferry			d	-	-	-	-	1557	-	-	-	-	
Castell-nedd Neath			d	1444	1521	-	1545	1602	1621	1627	1646	1720	
Sgiwen Skewen			d	-	-	-	-	1606	-	-	-	-	
Llansamlet			d	-	-	-	-	1610	-	-	-	-	
Abertawe Swansea			a	1456	1532	-	1600	1619	1634	1639	1659	1734	
Abertawe Swansea			d	1501	1540	1552	1603	-	1639	-	1704	1742	
Tregŵyr Gowerton			d	1513	-	-	1615	-	1651	-	1717	-	
Llanelli			d	1521	1556	1609	1623	-	1659	-	1724	1758	
Pen-bre a Phorth Tywyn Pembrey & Burry Port			d	1527	1603	1616	1629	-	1705	-	1730	1804	
Cydweli Kidwelly			d	-	-	-	1635	-	1711	-	1737	-	
Glanyfferi Ferryside			d	-	-	-	1641	-	1717	-	1743	-	
Caerfyrddin Carmarthen			a	1547	1624	1641	1656	-	1729	-	1756	1826	
Caerfyrddin Carmarthen Traws	⇄		d	1604	-	-	1704	-	-	-	1804	-	
Aberystwyth Traws	⇄		a	1822	-	-	1922	-	-	-	2022	-	
Caerfyrddin Carmarthen			d	1550	-	1700	-	-	1733	-	1802	-	
Hendy-gwyn ar Daf Whitland			d	1605	-	1716	-	-	1748	-	1818	-	
Arberth Narberth	x		d	-	-	1725	-	-	-	-	-	-	
Cilgeti Kilgetty	x		d	-	-	1735	-	-	-	-	-	-	
Saundersfoot	x		d	-	-	1737	-	-	-	-	-	-	
Dinbych-y-pysgod Tenby			d	-	-	1747	-	-	-	-	-	-	
Penalun Penally	x		d	-	-	1750	-	-	-	-	-	-	
Maenorbŷr Manorbier			d	-	-	1756	-	-	-	-	-	-	
Llandyfái Lamphey	x		d	-	-	1804	-	-	-	-	-	-	
Penfro Pembroke			d	-	-	1807	-	-	-	-	-	-	
Doc Penfro Pembroke Dock			a	-	-	1820	-	-	-	-	-	-	
Clunderwen	x		d	1612	-	-	-	-	1755	-	1825	-	
Clarbeston Road	x		d	1620	-	-	-	-	1803	-	1833	-	
Hwlfordd Haverfordwest			d	1628	-	-	-	-	1811	-	-	-	
Johnston	x		d	1636	-	-	-	-	1819	-	-	-	
Aberdaugleddau Milford Haven			a	1650	-	-	-	-	1833	-	-	-	
Abergwaun ac Wdigi Fishguard & Goodwick			a	-	-	-	-	-	-	-	1851	-	
Porthladd Abergwaun Fishguard Harbour	⇄		a	-	-	-	-	-	-	-	1857	-	

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		TfW	TfW	TfW	Y TfW	GW	TfW	TfW	GW	TfW	
London Paddington	15	d	-	-	-	1548	-	-	1648	-	
Reading	7	d	-	-	-	1613	-	-	1713	-	
Bristol Parkway	7	d	-	-	-	1704	-	-	1804	-	
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	1330	-	-	-	-	-	
Casnewydd Newport		d	-	-	1641	-	1724	-	1824	-	
Caerdydd Canolog Cardiff Central	7	a	-	-	1657	-	1737	-	1836	-	
Caerdydd Canolog Cardiff Central		d	-	-	1704	-	1739	1744	1805	1840	
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	
Pontyclun		d	-	-	-	-	-	-	-	-	
Llanharan		d	-	-	-	-	-	-	-	-	
Pen-coed		d	-	-	-	-	-	-	-	-	
Pen-y-bont ar Ogwr Bridgend	7	d	-	-	1725	-	1759	1804	1825	1900	
Y Pîl Pyle	7	d	-	-	1732	-	-	1813	1833	-	
Parcfordd Port Talbot Port Talbot Parkway		d	-	-	1740	-	1811	1821	1841	1913	
Baglan		d	-	-	1744	-	-	1824	-	-	
Llansawel Briton Ferry		d	-	-	1748	-	-	1828	-	-	
Castell-nedd Neath		d	-	-	1752	-	1819	1833	1848	1920	
Sgiwen Skewen		d	-	-	1756	-	-	1837	-	-	
Llansamlet		d	-	-	1801	-	-	1841	-	-	
Abertawe Swansea		a	-	-	1810	-	1830	1851	1902	1932	
Abertawe Swansea		d	1800	-	1812	1818	-	-	1907	-	1938
Tregwyr Gowerton		d	1811	-	1824	1831	-	-	1918	-	1950
Llanelli		d	1819	-	1832	1842	-	-	1926	-	1958
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1825	-	1838	-	-	-	1933	-	2004
Cydweli Kidwelly		d	1832	-	1845	-	-	-	-	-	2011
Glanyfferi Ferryside		d	1838	-	1851	-	-	-	-	-	2017
Caerfyrddin Carmarthen		a	1852	-	1903	-	-	-	1954	-	2031
Caerfyrddin Carmarthen Traws		d	-	-	1909	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	2122	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	1906	-	-	-	1957	-	-
Hendy-gwyn ar Daf Whitland		d	-	-	1922	-	-	-	2013	-	-
Arberth Narberth	x	d	-	-	1930	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	-	-	1940	-	-	-	-	-	-
Saundersfoot	x	d	-	-	1942	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	-	2005	1951a	-	-	-	-	-	-
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	-	-	-	-	-	-	2020	-	-
Clarbeston Road	x	d	-	-	-	-	-	-	2028	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	-	2036	-	-
Johnston	x	d	-	-	-	-	-	-	2044	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	-	2059	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

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		R	I R	I R	I R	◇	R	I R	◇	I R	
		TfW	GW	GW	TfW	TfW	TfW	GW	TfW	GW	
London Paddington	15	d	-	1718	1748	-	-	-	1818	-	1848
Reading	7	d	-	1743	1813	-	-	-	1843	-	1913
Bristol Parkway	7	d	-	1838	1904	-	-	-	1940	-	2004
Manceinion Piccadilly Manchester Piccadilly	10	d	1530	-	-	1630	-	-	-	-	-
Casnewydd Newport		d	1842	1902	1924	1939	-	-	2000	-	2025
Caerdydd Canolog Cardiff Central	7	a	1858	1915	1936	1958	-	-	2013	-	2038
Caerdydd Canolog Cardiff Central		d	1903	1918	1939	2001	-	-	2015	-	2040
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	-	-	-	-	-	-	-	-	-
Llanharan		d	-	-	-	-	-	-	-	-	-
Pen-coed		d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1924	1939	1959	2021	-	-	2035	-	2100
Y Pîl Pyle	7	d	1931	-	-	-	-	-	-	-	-
Parcfordd Port Talbot Port Talbot Parkway		d	1939	1952	2011	2033	-	-	2047	-	2112
Baglan		d	1943	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	1947	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	1951	2000	2018	2041	-	-	2054	-	2120
Sgiwen Skewen		d	1955	-	-	-	-	-	-	-	-
Llansamlet		d	2000	-	-	-	-	-	-	-	-
Abertawe Swansea		a	2010	2013	2031	2054	-	-	2106	-	2131
Abertawe Swansea		d	2011	2025	-	-	-	2105	-	2115	-
Tregwyr Gowerton		d	2023	-	-	-	-	-	-	2127	-
Llanelli		d	2031	2041	-	-	-	2122	-	2136	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	2037	2048	-	-	-	2128	-	-	-
Cydweli Kidwelly		d	-	-	-	-	-	2135	-	-	-
Glanyfferi Ferryside		d	-	-	-	-	-	2142	-	-	-
Caerfyrddin Carmarthen		a	2056	2109	-	-	-	2155	-	-	-
Caerfyrddin Carmarthen Traws		d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	2100	-	-	-	2114	2203	-	-	-
Hendy-gwyn ar Daf Whitland		d	2115	-	-	-	2129	2218	-	-	-
Arberth Narberth	x	d	2124	-	-	-	-	-	-	-	-
Cilgeti Kilgetty	x	d	2133	-	-	-	-	-	-	-	-
Saundersfoot	x	d	2135	-	-	-	-	-	-	-	-
Dinbych-y-pysgod Tenby		d	2143	-	-	-	-	-	-	-	-
Penalun Penally	x	d	2146	-	-	-	-	-	-	-	-
Maenorbŷr Manorbier		d	2152	-	-	-	-	-	-	-	-
Llandyfái Lamphey	x	d	2200	-	-	-	-	-	-	-	-
Penfro Pembroke		d	2203	-	-	-	-	-	-	-	-
Doc Penfro Pembroke Dock		a	2216	-	-	-	-	-	-	-	-
Clunderwen	x	d	-	-	-	-	-	2226	-	-	-
Clarbeston Road	x	d	-	-	-	-	2143	2237	-	-	-
Hwlfordd Haverfordwest		d	-	-	-	-	-	2245	-	-	-
Johnston	x	d	-	-	-	-	-	2253	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	2307	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	-	2201	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	2208	-	-	-	-

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

		◇	IR	IR	◇	◇	◇	IR	
		TfW	GW	GW	TfW	TfW	TfW	GW	
London Paddington	15	d	-	1918	1948	-	-	-	2048
Reading	7	d	-	1943	2013	-	-	-	2113
Bristol Parkway	7	d	-	2039	2104	-	-	-	2205
Manceinion Piccadilly Manchester Piccadilly	10	d	-	-	-	-	-	-	-
Casnewydd Newport		d	-	2058	2124	-	-	-	2229
Caerdydd Canolog Cardiff Central	7	a	-	2111	2137	-	-	-	2246
Caerdydd Canolog Cardiff Central		d	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	2124	2133	2159	2241	-	2255	2311
Y Pîl Pyle	7	d	2131	-	-	-	-	2303	-
Parcffordd Port Talbot Port Talbot Parkway		d	2139	2145	2212	2253	-	2311	2323
Baglan		d	-	-	-	-	-	2315	-
Llansawel Briton Ferry		d	-	-	-	-	-	2318	-
Castell-nedd Neath		d	2147	2153	2219	2300	-	2324	2332
Sgiwen Skewen		d	-	-	-	-	-	2327	-
Llansamlet		d	-	-	-	-	-	2331	-
Abertawe Swansea		a	2200	2204	2231	2313	-	2342	2345
Abertawe Swansea		d	2223	-	-	2316	-	2344	-
Tregŵyr Gowerton		d	2235	-	-	2328	-	2357	-
Llanelli		d	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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Please refer to the back page for explanation of notes

				◇									
		TfW	TfW	TfW									
London Paddington	15	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	0012	-	-	-	-	1027	-	-	-	1043
Tregŵyr Gowerton		d	-	0027 <sub>s</sub>	-	-	-	-	-	-	-	-	-
Llanelli		d	0042 <sub>s</sub>	0042 <sub>s</sub>	-	-	-	-	1041	-	-	-	1100
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	0057 <sub>s</sub>	-	-	-	-	1048	-	-	-	1106
Cydweli Kidwelly		d	-	0112 <sub>s</sub>	-	-	-	-	-	-	-	-	-
Glanyfferi Ferryside		d	-	0127 <sub>s</sub>	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		a	0122	0152	-	-	-	-	1110	-	-	-	1125
Caerfyrddin Carmarthen Traws		d	-	0904	1104	-	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	1122	1322	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	-	-	-	-	0915	1010	-	-	-	1129
Hendy-gwyn ar Daf Whitland		d	-	-	-	-	-	0935	1030	-	-	1041	1144
Arberth Narberth	x	d	-	-	-	-	-	-	-	-	-	1050	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	-	-	1059	-
Saundersfoot	x	d	-	-	-	-	-	-	-	-	-	1102	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	-	-	1111	-
Penalun Penally	x	d	-	-	-	-	-	-	-	-	-	1115	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	-	-	1121	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	-	-	1129	-
Penfro Pembroke		d	-	-	-	-	-	-	-	-	-	1133	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	-	-	1144	-
Clunderwen	x	d	-	-	-	-	-	0950	-	-	-	-	-
Clarbeston Road	x	d	-	-	-	-	-	1010	-	-	-	-	1157
Hwlfordd Haverfordwest		d	-	-	-	-	-	1030	-	-	-	-	-
Johnston	x	d	-	-	-	-	-	1045	-	-	-	-	-
Aberdaugleddau Milford Haven		a	-	-	-	-	-	1055	-	-	-	-	-
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	Y 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		d	0929	-	1015	1056	1115	-	1221	-	1303
Caerdydd Canolog Cardiff Central	7	a	0948	-	1029	1109	1127	-	1233	-	1316
Caerdydd Canolog Cardiff Central		d	0950	-	1031	1113	1130	1206	1235	-	1320
Parc Ninian Ninian Park		d	-	-	-	-	-	-	-	-	-
Pontyclun		d	1003	-	-	-	-	1219	-	-	-
Llanharan		d	1008	-	-	-	-	1224	-	-	-
Pencoed		d	1012	-	-	-	-	1228	-	-	-
Pen-y-bont ar Ogwr Bridgend	7	d	1018	-	1051	1133	1150	1236	1256	-	1340
Y Pŵl Pyle	7	d	1026	-	-	-	-	1243	-	-	1348
Parcffordd Port Talbot Port Talbot Parkway		d	1033	-	1103	1145	1202	1251	1308	-	1356
Baglan		d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry		d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath		d	1041	-	1110	1152	1210	-	1316	-	1403
Sgiwen Skewen		d	-	-	-	-	-	-	-	-	-
Llansamlet		d	-	-	-	-	-	-	-	-	-
Abertawe Swansea		a	1054	-	1122	1205	1221	-	1329	-	1420
Abertawe Swansea		d	1103	1110	-	1212	1234	-	-	1401	-
Tregŵyr Gowerton		d	1115	1122	-	1224	-	-	-	1413	-
Llanelli		d	1123	1133	-	1232	1249	1321	-	1421	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1130	-	-	1238	1256	1327	-	1427	-
Cydweli Kidwelly		d	1136	-	-	1245	-	-	-	1434	-
Glanyfferi Ferryside		d	1142	-	-	1251	-	-	-	1440	-
Caerfyrddin Carmarthen		a	1155	-	-	1303	1317	1348	-	1453	-
Caerfyrddin Carmarthen Traws		d	-	-	1304	-	-	-	-	1504	-
Aberystwyth Traws		a	-	-	1522	-	-	-	-	1722	-
Caerfyrddin Carmarthen		d	1202	-	-	1308	-	1357	-	1458	-
Hendy-gwyn ar Daf Whitland		d	1217	-	-	1323	-	1413	-	1514	-
Arberth Narberth	x	d	-	-	-	-	-	-	-	1523	-
Cilgeti Kilgetty	x	d	-	-	-	-	-	-	-	1533	-
Saundersfoot	x	d	-	-	-	-	-	-	-	1535	-
Dinbych-y-pysgod Tenby		d	-	-	-	-	-	-	-	1544	-
Penalun Penally	x	d	-	-	-	-	-	-	-	1547	-
Maenorbŷr Manorbier		d	-	-	-	-	-	-	-	1554	-
Llandyfái Lamphey	x	d	-	-	-	-	-	-	-	1602	-
Penfro Pembroke		d	-	-	-	-	-	-	-	1605	-
Doc Penfro Pembroke Dock		a	-	-	-	-	-	-	-	1618	-
Clunderwen	x	d	1224	-	-	-	-	1420	-	-	-
Clarbeston Road	x	d	1232	-	-	1336	-	1428	-	-	-
Hwlfordd Haverfordwest		d	1241	-	-	-	-	1436	-	-	-
Johnston	x	d	1249	-	-	-	-	1444	-	-	-
Aberdaugleddau Milford Haven		a	1300	-	-	-	-	1459	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick		a	-	-	-	1355	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	1401	-	-	-	-	-




















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Please refer to the back page for explanation of notes

		IR	R	IR	◇	IR	◇	R	IR		
		GW	TfW	GW	Y TfW	TfW	GW	TfW	TfW	GW	
London Paddington	15	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 Pŵl 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	1649	1705	-
Tregŵyr Gowerton		d	-	1530	-	1549	-	-	1701	1717	-
Llanelli		d	1456	1538	-	1600	-	1655	1708	1725	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	1502	1544	-	-	-	1702	1714	1731	-
Cydweli Kidwelly		d	-	-	-	-	-	-	1721	-	-
Glanyfferi Ferryside		d	-	-	-	-	-	-	1728	-	-
Caerfyrddin Carmarthen		a	1525	1603	-	-	-	1723	1741	1750	-
Caerfyrddin Carmarthen Traws		d	-	1704	-	-	-	-	-	-	-
Aberystwyth Traws		a	-	1922	-	-	-	-	-	-	-
Caerfyrddin Carmarthen		d	-	1615	-	-	-	-	1744	1809	-
Hendy-gwyn ar Daf Whitland		d	-	1631	-	-	-	-	1759	1825	-
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 Wdigi Fishguard & Goodwick		a	-	-	-	-	-	-	-	-	-
Porthladd Abergwaun Fishguard Harbour		a	-	-	-	-	-	-	-	-	-

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Please refer to the back page for explanation of notes
















										
		TfW	GW	TfW	TfW	GW	TfW	GW	TfW	TfW
London Paddington	 d	1413	1545	-	-	1645	-	1745	-	-
Reading	 d	1442	1610	-	-	1710	-	1810	-	-
Bristol Parkway	 d	1541	1701	-	-	1801	-	1901	-	-
Manceinion Piccadilly Manchester Piccadilly	 d	1330	-	-	1430	-	1530	-	1630	-
Casnewydd Newport	d	1642	1722	-	1740	1821	1838	1921	1934	-
Caerdydd Canolog Cardiff Central	 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	 d	1730	1756	-	1831	1855	1916	1955	2015	-
Y Pîl Pyle	 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	-	-	1837	1913	-	-	-	-	2058
Tregŵyr Gowerton	d	-	-	1849	1925	-	-	-	-	2111
Llanelli	d	-	-	1856	1933	-	-	-	-	2119
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	-	-	1902	1939	-	-	-	-	2125
Cydweli Kidwelly	d	-	-	1909	-	-	-	-	-	2132
Glanyfferi Ferryside	d	-	-	1916	-	-	-	-	-	2138
Caerfyrddin Carmarthen	a	-	-	1929	2001	-	-	-	-	2151
Caerfyrddin Carmarthen Traws	 d	-	-	1934	-	-	-	-	-	-
Aberystwyth Traws	 a	-	-	2122	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	-	-	1935	2004	-	-	-	-	2155
Hendy-gwyn ar Daf Whitland	d	-	-	1951	2029	-	-	-	-	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	-	-	1958	2036	-	-	-	-	-
Clarbeston Road	x d	-	-	2006	2044	-	-	-	-	2224
Hwlfordd Haverfordwest	d	-	-	2015a	2053	-	-	-	-	-
Johnston	x d	-	-	-	2101	-	-	-	-	-
Aberdaugleddau Milford Haven	a	-	-	-	2115	-	-	-	-	-
Abergwaun ac Wdigi Fishguard & Goodwick	a	-	-	-	-	-	-	-	-	2243
Porthladd Abergwaun Fishguard Harbour	 a	-	-	-	-	-	-	-	-	2249

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

										
		TfW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW
London Paddington	 d	-	1845	-	1945	-	-	-	2045	-
Reading	 d	-	1910	-	2010	-	-	-	2110	-
Bristol Parkway	 d	-	2001	-	2059	-	-	-	2204	-
Manceinion Piccadilly Manchester Piccadilly	 d	-	-	1730	-	-	1830	-	-	1930
Casnewydd Newport	d	-	2020	2029	2121	-	2131	-	2223	2238
Caerdydd Canolog Cardiff Central	 a	-	2034	2045	2134	-	2146	-	2236	2253
Caerdydd Canolog Cardiff Central	d	2017	2034	2049	2134	-	2150	2230	2237	2300
Parc Ninian Ninian Park	d	-	-	-	-	-	-	-	-	-
Pontyclun	d	-	-	-	-	-	-	-	-	-
Llanharan	d	-	-	-	-	-	-	-	-	-
Pencoed	d	-	-	-	-	-	-	-	-	-
Pen-y-bont ar Ogwr Bridgend	 d	2039	2054	2110	2155	-	2210	2250	2258	2320
Y Pîl Pyle	 d	2048	-	2117	-	-	2217	-	-	2327
Parcffordd Port Talbot Port Talbot Parkway	d	2055	2106	2125	2207	-	2225	2303	2310	2335
Baglan	d	-	-	-	-	-	-	-	-	-
Llansawel Briton Ferry	d	-	-	-	-	-	-	-	-	-
Castell-nedd Neath	d	2104	2114	2133	2214	-	2232	2312	2318	2342
Sgiwen Skewen	d	-	-	-	-	-	-	-	-	-
Llansamlet	d	-	-	-	-	-	-	-	-	-
Abertawe Swansea	a	2117	2125	2148	2226	-	2247	2325	2329	2357
Abertawe Swansea	d	2120	-	-	-	-	2252	2334	-	-
Tregŵyr Gowerton	d	2133	-	-	-	-	2304	2346	-	-
Llanelli	d	2141	-	-	-	-	2312	2354	-	-
Pen-bre a Phorth Tywyn Pembrey & Burry Port	d	2147	-	-	-	-	2318	2359	-	-
Cydweli Kidwelly	d	-	-	-	-	-	2324	0007	-	-
Glanyfferi Ferryside	d	-	-	-	-	-	2330	0013	-	-
Caerfyrddin Carmarthen	a	2208	-	-	-	-	2344	0028	-	-
Caerfyrddin Carmarthen Traws	 d	-	-	-	-	-	-	-	-	-
Aberystwyth Traws	 a	-	-	-	-	-	-	-	-	-
Caerfyrddin Carmarthen	d	2210	-	-	-	-	-	-	-	-
Hendy-gwyn ar Daf Whitland	d	2225	-	-	-	2025	-	-	-	-
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	-	-	-	-	-	-	-	-	-







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









				
	GW			
London Paddington			d	2145
Reading			d	2209
Bristol Parkway			d	2304
Manceinion Piccadilly Manchester Piccadilly			d	-
Casnewydd Newport			d	2323
Caerdydd Canolog Cardiff Central			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			d	2356
Y Pîl Pyle			d	-
Parcfordd 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 Wdig 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

## 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
-  Amser cysylltu argymelledig
-  Cyfnewidfa Bws
-  Cysylltiad gwasanaeth llong
-  Cysylltiad London Underground
- 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 o brydau ysgafn poeth i'w harchebu a hefyd gwasanaeth bwffe o fyrbrydau, brechdanau, diodydd poeth/oer ar gael ar gyfer gwerthu lluniaeth, ar gyfer y daith gyfan neu ran ohoni, oni bai y dangosir yn wahano
-  Bwyty (ar gyfer deiliaid tocynnau Dosbarth cyntaf) a gwasanaeth bwffe o fyrbrydau poeth, brechdanau, diodydd poeth ac oer
-  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
- MO Dydd Llun yn unig
- MX Dydd Mawrth - ddydd Gwener 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
- D O 27 Hydref
- E Tan 20 Hydref
- G I Y Fenni
- H I Henffordd
- Y 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
-  Recommended connecting time
-  Bus Interchange
-  Ferry service Interchange
-  London Underground Interchange
- 1** 1st Class
- R** Seat reservations recommended subject to availability
- ◇ Seat reservations subject to availability
- ∅ A service of hot light meals to order and also a buffet service of snacks, sandwiches, hot/cold drinks is available for the sale of refreshments, for all or part of the journey, unless otherwise shown
-  A restaurant (for 1st Class ticket holders) and a buffet service of hot snacks, sandwiches, hot and cold drinks
-  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
- MO Mondays only
- MX Tuesdays - Fridays 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
- D From 27 October
- E Until 20 October
- G To Abergavenny
- H To Hereford
- Y To Shrewsbury

## Mae'n bosibl i bethau newid.

### Gwiriwch cyn teithio:



Lawrlwythwch ap TrC neu ewch i [trc.cymru](http://trc.cymru)



Edrychwch ar y sgriniau gwybodaeth ar y platform



Cofrestrwch i gael ein gwasanaeth rhybuddio am darfu [journeycheck.com/tfwrail](http://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](http://tfw.wales)



See customer information screens on platform



Sign up for our disruption alert service at [journeycheck.com/tfwrail](http://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 trêrn:

Lawrlwythwch ap TrC neu ewch i [trc.cymru](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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



@tfwrail



0333 3211 202



I weld ein cynigion a'n bargeinion, For offers and deals, register at [trc.cymru/cofrestru](http://trc.cymru/cofrestru) [tfw.wales/signup](http://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 trêrn
- 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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- request other timetable formats, including large print
- report faults or damage to our trains and stations
- comment on our train services
- request other customer information including the passenger charter
- claim any compensation for delays of 15 minutes or more.