MERLIN SAMEDAY LTD TEL: 01344 307007		
FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
A	£	£
ALL RATES ARE SUBJECT TO VAT.		
ABERDEEN, GRAMPIAN	620.00	778.00
ABERGAVENNY, GWENT **	181.00	226.00
ABERYSTWYTH, DYFED **	270.00	338.00
ABINGDON, BERKSHIRE	73.00	91.00
ALMONDSBURY, AVON	123.00	153.00
ALTON, HANTS	54.00	67.00
AMESBURY, WILTSHIRE	86.00	106.00
ANDOVER, HANTS	72.00	89.00
APPLEBY IN WESTMORLAND, CUMBRIA	333.00	417.00
APPLEBY, HUMBERSIDE	236.00	295.00
ASHFORD, KENT	100.00	125.00
AYLESBURY, BUCKS	52.00	64.00
AYR, STRATHCLYDE	462.00	579.00
В		
BALDOCK, HERTS	61.00	75,00
BANBURY, OXON	82.00	102.00
BANGOR, GWYNEDD	312.00	390.00
BARKING, GTR LONDON	77.00	95.00
BARNET, GTR LONDON	55.00	68.00
BARNSLEY, S YORKS	207.00	258.00
BARNSTAPLE, DEVON	233.00	291.00
BARROW IN FURNESS, CUMBRIA	339.00	424.00
BARRY, SOUTH GLAMORGAN **	187.00	234.00
BASILDON, ESSEX	83.00	103.00
BASINGSTOKE, HANTS	51.00	62.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
BATH, AVON	123.00	153.00
BEDFORD, BEDS	74.00	92.00
BERWICK ON TWEED, NORTHUMBERLAND	395.00	495.00
BEVERLEY, HUMBERSIDE	245.00	307.00
BEXHILL, E SUSSEX	106.00	132.00
BICESTER, OXON	65.00	81.00
BIDEFORD, DEVON	241.00	301.00
BIGGLESWADE, BEDS	69.00	85.00
BILLERICAY, ESSEX	78.00	96.00
BILLINGSHURST, W SUSSEX	53.00	65.00
BIRKENHEAD, MERSEYSIDE	260.00	325.00
BIRMINGHAM	128.00	159.00
BISHOP AUKLAND, DURHAM	300.00	376.00
BISHOPS STORTFORD, HERTS	76.00	94.00
BLACKBURN, LANCS	272.00	341.00
BLACKPOOL, LANCS	285.00	356.00
BLANDFORD FORUM, DORSET	124.00	155.00
BLETCHLEY, BUCKS	68.00	84.00
BOGNOR REGIS, W SUSSEX	80.00	99.00
BOLTON, GTR MANCHESTER	255.00	319.00
BOSTON, LINCS	156.00	194.00
BOURNEMOUTH, DORSET	112.00	139.00
BRADFORD, YORKS	237.00	297.00
BRAINTREE, ESSEX	94.00	116.00
BRECON, POWYS **	203.00	254.00
BRENTWOOD, ESSEX	70.00	86.00
BRIDGEND, M GLAMORGAN **	193.00	241.00
BRIDGEWATER, SOMERSET	165.00	206.00
BRIDLINGTON, N YORKS	270.00	338.00
BRIDPORT, DORSET	152.00	190.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
BRIGHTON, E SUSSEX	81.00	101.00
BRISTOL, AVON	125.00	156.00
BRIXHAM, DEVON	241.00	301.00
BROADSTAIRS, KENT	132.00	165.00
BROMLEY, GTR LONDON	71.00	88.00
BRYNMAWR, GWENT **	187.00	234.00
BUCKINGHAM, BUCKS	67.00	82.00
BUDE, CORNWALL	274.00	343,00
BURGESS HILL, W SUSSEX	73.00	91.00
BURNLEY, LANCS	274.00	343.00
BURTON UPON TRENT, STAFFS	157.00	196.00
BURY ST EDMUNDS, SUFFOLK	130.00	162.00
BURY, GTR MANCHESTER	263.00	329.00
BUXTON, DERBYS	200.00	250.00
C		
CAERNARFON, GWYNEDD	324.00	406.00
CAMBRIDGE, CAMBS	104.00	129.00
CANNOCK, STAFFS	155.00	193.00
CANTERBURY, KENT	112.00	139.00
CARDIFF, S GLAMORGAM **	173.00	216.00
CARDIGAN, DYFED **	277.00	346.00
CARLISLE, CUMBRIA	361.00	453,00
CARMARTHEN, DYFED **	246.00	308.00
CASTLEFORD, W YORKS	219.00	274.00
CATERHAM, SURREY	50.00	61.00
CATTERICK, N YORKS	278.00	348.00
CHARD, SOMERSET	156.00	194.00
CHATHAM, KENT	83.00	103.00

FROM/TO HEATHROW M TO F NORMAL	HOUR SMALL VAN	SPRINTER
CHELMSFORD, ESSEX	86.00	106.00
CHELTENHAM, GLOS	116.00	145.00
CHESHUNT, HERTS	52.00	64.00
CHESTER, CHESHIRE	231.00	289.00
CHESTERFIELD, DERBY	176.00	220.00
CHICHESTER, W SUSSEX	90.00	112.00
CHIPPENHAM, WILTS	102.00	126.00
CHORLEY, LANCS	254.00	318.00
CHRISTCHURCH, DORSET	111.00	138.00
CIRENCESTER, GLOS	98.00	122.00
CLACTON ON SEA, ESSEX	129.00	160.00
CLEVEDON, AVON	139.00	173.00
CLITHEROE, LANCS	278.00	348.00
COLCHESTER, ESSEX	112.00	139.00
COLNE, LANCS	283.00	355.00
COLWYN BAY, CLWYD	290.00	363.00
CONGLETON	208.00	260.00
CORBY, NORTHANTS	108.00	135.00
COVENTRY, W MIDLANDS	115.00	143.00
COWFOLD	72.00	89.00
CRAWLEY, W SUSSEX	57.00	71.00
CREWE, CHESHIRE	204.00	255.00
CROMER, NORFOLK	190.00	237.00
CROSBY, MERSEYSIDE	261.00	326.00
CROWBOROUGH, E SUSSEX	82.00	102.00
CUMBERNAULD, STRATHCLYDE	469.00	588.00

DARLINGTON, DURHAM 288.00 360.00 DAVENTRY, NORTHANTS 95.00 118.00 DARTFORD 72.00 89.00 DEAL, KENT 132.00 165.00 DEESIDE IND PARK 252.00 315.00 DERBY, DERBYS 150.00 187.00 DEVIZES, WILTS 95.00 118.00 DEWSBURY, W YORKS 220.00 275.00 DIDCOT, OXON 68.00 84.00 DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUNBAR, LOTHIAN 442.00 554.00 DUNBAR, LOTHIAN 442.00 554.00 DUNSTABLE, BEDS 50,00 610.00 DUNSTABLE, BEDS 50,00 610.00 DURHAM, DURHAM 308.00 386.00
DARTFORD 72.00 89.00 DEAL, KENT 132.00 165.00 DEESIDE IND PARK 252.00 315.00 DERBY, DERBYS 150.00 187.00 DEVIZES, WILTS 95.00 118.00 DEWSBURY, W YORKS 220.00 275.00 DIDCOT, OXON 68.00 84.00 DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DARTFORD 72.00 89.00 DEAL, KENT 132.00 165.00 DEESIDE IND PARK 252.00 315.00 DERBY, DERBYS 150.00 187.00 DEVIZES WILTS 95.00 118.00 DEWSBURY, W YORKS 220.00 275.00 DIDCOT, OXON 68.00 84.00 DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DEESIDE IND PARK 252,00 315,00 DERBY, DERBYS 150,00 187,00 DEVIZES, WILTS 95,00 118,00 DEWSBURY, W YORKS 220,00 275,00 DIDCOT, OXON 68,00 84,00 DISS 156,00 194,00 DONCASTER, S YORKS 201,00 251,00 DORCHESTER, DORSET 138,00 172,00 DOVER, KENT 123,00 153,00 DUDLEY, W MIDLANDS 141,00 176,00 DUNBAR, LOTHIAN 398,00 498,00 DUNDEE, TAYSIDE 547,00 686,00 DUNFERMLINE, FIFE 487,00 610,00 DUNSTABLE, BEDS 50,00 61,00 DURHAM, DURHAM 308,00 386,00
DERBY, DERBYS 150.00 187.00 DEVIZES, WILTS 95.00 118.00 DEWSBURY, W YORKS 220.00 275.00 DIDCOT, OXON 68.00 84.00 DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DEVIZES, WILTS 95.00 118.00 DEWSBURY, W YORKS 220.00 275.00 DIDCOT, OXON 68.00 84.00 DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DEWSBURY, W YORKS 220.00 275.00 DIDCOT, OXON 68.00 84.00 DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DOVER, KENT 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DIDCOT, OXON 68,00 84,00 DISS 156,00 194,00 DONCASTER, S YORKS 201,00 251,00 DORCHESTER, DORSET 138,00 172,00 DOVER, KENT 123,00 153,00 DUDLEY, W MIDLANDS 141,00 176,00 DUMFRIES, SCOTLAND 398,00 498,00 DUNBAR, LOTHIAN 442,00 554,00 DUNDEE, TAYSIDE 547,00 686,00 DUNFERMLINE, FIFE 487,00 610,00 DUNSTABLE, BEDS 50,00 61,00 DURHAM, DURHAM 308,00 386,00
DISS 156.00 194.00 DONCASTER, S YORKS 201.00 251.00 DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DONCASTER, S YORKS 201.00 251.00 DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DORCHESTER, DORSET 138.00 172.00 DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DOVER, KENT 123.00 153.00 DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DUDLEY, W MIDLANDS 141.00 176.00 DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DUMFRIES, SCOTLAND 398.00 498.00 DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DUNBAR, LOTHIAN 442.00 554.00 DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DUNDEE, TAYSIDE 547.00 686.00 DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00
DUNFERMLINE, FIFE 487.00 610.00 DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00 E
DUNSTABLE, BEDS 50.00 61.00 DURHAM, DURHAM 308.00 386.00 E
DURHAM, DURHAM 308.00 386.00 E
E
EAST GRINSTEAD, W SUSSEX 60.00 74.00
EAST KILBRIDE, STRATHCLYDE 463.00 581.00
EASTBOURNE, E SUSSEX 103.00 128.00
EASTLEIGH, HANTS 74.00 92.00
EBBW VALE, GWENT ** 182.00 227.00
EDENBRIDGE, KENT 61,00 75.00

FROM/TO HEATHROW M TO F NORMAL HOUR S	MALL VAN	SPRINTER
EDINBURGH, LOTHIAN	470.00	589.00
ELMSWELL, SUFFOLK	137.00	170.00
ELY, CAMBS	124.00	155.00
ENFIELD, GTR LONDON	53.00	65.00
EPPING, ESSEX	59.00	72.00
ERDINGTON, BIRMINGHAM	120.00	149.00
EVESHAM, HEREFORD & WORCS	103.00	128.00
EXETER, DEVON	211.00	264.00
EXMOUTH, DEVON	216.00	270.00
F		
FALKIRK, CENTRAL	482.00	605.00
FALMOUTH, CORNWALL	323.00	405.00
FAREHAM, HANTS	88.00	109.00
FAVERSHAM, KENT	98.00	122.00
FAWLEX	95.00	118.00
FELIXSTOWE, SUFFOLK	141.00	176.00
FERNHURST, W SUSSEX	55.00	68.00
FISHGUARD, DYFED **	293.00	366.00
FLINT FLINTSHIRE	252,00	315.00
FOLKESTONE, KENT	114.00	142.00
FORMBY, MERSEYSIDE	264.00	331.00
FROME, SOMERSET	118.00	147.00
,	220,00	- 17.00
GAINSBOROUGH, LINCS	195.00	244.00
GATESHEAD, TYNE & WEAR	322.00	403.00
GATWICK, SURREY	54.00	67.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
GILLINGHAM, KENT	87.00	108.00
GLASGOW, STRATHCLYDE	465.00	583,00
GLASTONBURY, SOMERSET	156.00	194.00
GLOUCESTER, GLOS	117.00	146.00
GOOLE, HUMBERSIDE	220.00	275.00
GORING, OXON	48.00	59.00
GOSPORT, HANTS	91.00	113.00
GRANTHAM, LINCS	144.00	180.00
GRAVESEND, KENT	78.00	96.00
GRAYS, ESSEX	81.00	101.00
GREATHAM	60.00	74.00
GREAT MALVERN, HERE & WORCS	151.00	189.00
GREAT YARMOUTH, NORFOLK	185.00	231.00
GRIMSBY, HUMBERSIDE	255.00	319.00
Н		
HADLEIGH, ESSEX	96.00	119.00
HALIFAX, W YORKS	239.00	299.00
HALSHAM, HUMBERSIDE	263.00	329.00
HALSTEAD, ESSEX	103.00	128.00
HAMILTON, STRATHCLYDE	455.00	571.00
HARLOW, ESSEX	67.00	82.00
HARROGATE, N YORKS	245.00	307.00
HARTLEPOOL, CLEVELAND	302.00	378.00
HARWICH, ESSEX	131,00	163.00
HASLEMERE, SURREY	53.00	65.00
HASTINGS, E SUSSEX	103.00	128.00
HATFIELD, HERTS	47.00	58.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
HAVANT, HANTS	77.00	95.00
HAVERFORDWEST, DYFED **	279.00	349.00
HAVERIGG, CUMBRIA	346.00	433.00
HAWICK, BORDER	409.00	512.00
HAYLING ISLAND, HANTS	83.00	103.00
HAYWARDS HEATH, W SUSSEX	70.00	86.00
HEREFORD, HERE & WORCS	157.00	196.00
HERTFORD, HERTS	51.00	62.00
HINCKLEY, LEICS	118.00	147.00
HITCHIN, HERTS	57.00	71.00
HODDESDON, HERTS	60.00	74.00
HOLYHEAD, GWYNEDD	340.00	426.00
HONITON, DEVON	169.00	211,00
HORLEY, SURREY	48.00	59.00
HORNSEA, HUMBERSIDE	259.00	324.00
HORSHAM, W SUSSEX	55.00	68.00
HOVE, E SUSSEX	82.00	102.00
HUDDERSFIELD, W YORKS	222.00	278.00
HULL, HUMBERISDE	253.00	316.00
HUNGERFORD, BERKS	64.00	79.00
HUNTINGDON, CAMBS	98.00	122.00
HYTHE, KENT	112.00	139.00
I		
ILFRACOMBE, DEVON	243.00	304,00
ILKLEY, W YORKS	245.00	307.00
INVERNESS, HIGHLAND	647.00	812.00
IPSWICH, SUFFOLK	129.00	160.00

K

KEIGHLEY	250.00	312.00
KENDAL, CUMBRIA	309.00	387.00
KESWICK, CUMBRIA	342.00	429.00
KETTERING, NORTHANTS	103.00	128.00
KIDDERMINSTER, HERE & WORCS	141.00	176.00
KILMARNOCK, STRATHCLYDE	465.00	583.00
KINGS LYNN, NORFOLK	159.00	199.00
KNARESBOROUGH, N YORKS	246.00	308.00
L		
LANCASTER, LANCS	296.00	370.00
LAUNCESTON, CORNWALL	262.00	328.00
LEDBURY, GLOS	149.00	186.00
LEEDS, W YORKS	231.00	289.00
LEICESTER, LEICS	124.00	155.00
LEIGHTON BUZZARD, BEDS	56.00	69.00
LETCHWORTH, HERTS	59.00	72.00
LEWES, E SUSSEX	89.00	111.00
LICHFIELD, STAFFS	156.00	194.00
LINCOLN, LINCS	185.00	231.00
LIPHOOK, HANTS	54.00	67.00
LITTLEHAMPTON, W SUSSEX	81.00	85.00
LIVERPOOL, MERSEYSIDE	242.00	302.00
LLANDUDNO, GWYNEDD	298.00	373.00
LLANELLI, DYFED **	229.00	287.00
LONDON W1 (CALL FOR OTHER ARES)	76.00	86.00
LOUGHBOROUGH, LEICS	138.00	172.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
LOUTH, LINCS	215.00	268.00
LOWESTOFT, SUFFOLK	183.00	228.00
LUDLOW, SHROPSHIRE	168.00	210.00
LUTTERWORTH, LEICS	108.00	135.00
LYMINGTON, HANTS	102.00	126.00
LYTHAM ST ANNES, LANCS	285.00	356.00
M		
MACCLESFIELD, CHESHIRE	224.00	280.00
MAIDSTONE, KENT	80.00	99.00
MALDON	98.00	122.00
MALMESBURY, WILTSHIRE	105.00	130.00
MALVERN, HERE & WORCS	151.00	189.00
MANCHESTER, GTR MANCHESTER	239.00	299.00
MANSFIELD, NOTTS	168.00	210.00
MARCH, CAMBS	120.00	149.00
MARGATE, KENT	125.00	156.00
MARKET DRAYTON, SHROPSHIRE	185.00	231.00
MARKET HARBOROUGH, LEICS	111.00	138.00
MARKET RASEN, LINCS	202.00	253.00
MARLBOROUGH, WILTS	74.00	92.00
MELTON MOWBRAY, LEICS	143.00	179.00
MERTHYR TYDFIL, M GLAMORGAN **	195.00	244.00
MIDDLESBROUGH, CLEVELAND	290.00	363.00
MIDHURST, W SUSSEX	61,00	75.00
MIDSOMER NORTON, AVON	132.00	165.00
MILFORD HAVEN, DYFED **	283.00	355.00
MILTON KEYNES, BUCKS	71.00	88.00
MINEHEAD, SOMERSET	194.00	243.00
MITCHELDEAN	132.00	165.00
MORCAMBE, LANCS	294.00	368.00
MOTHERWELL, STRATHCLYDE	456.00	572.00

N		
NELSON	279.00	349.00
NEW ROMNEY, KENT	118.00	147.00
NEWARK ON TRENT, NOTTS	167.00	209.00
NEWBURY, BERKS	59.00	72.00
NEWCASTLE UPON TYNE	331.00	414.00
NEWHAVEN, E SUSSEX	92.00	115.00
NEWMARKET, SUFFOLK	113,00	140.00
NEWPORT PAGNELL, BUCKS	68.00	84.00
NEWPORT, GWENT **	158.00	197.00
NEWQUAY, CORNWALL	306.00	383.00
NEWTON ABBOT, DEVON	227.00	284.00
NORTH WALSHAM, NORFOLK	184.00	230.00
NORTHALLERTON, N YORKS	272.00	341.00
NORTHAMPTON, NORTHANTS	85.00	105.00
NORTHWICH, CHESHIRE	210,00	263.00
NORWICH, NORFOLK	167.00	209.00
NOTTINGHAM, NOTTS	156.00	194.00
NUNEATON, WARWICKS	124.00	155.00
0		
ORMSKIRK, LANCS	254.00	318,00
OSWESTRY, SHROPSHIRE	216.00	270.00
OXFORD, OXON	57.00	71.00
OXTED, SURREY	51.00	62.00

P		
PADDOCK WOOD, KENT	79.00	98.00
PADSTOW, CORNWALL	298.00	373.00
PAINGTON, DEVON	235.00	294.00
PANGBOURNE, BERKS	47.00	58.00
PARTRIDGE GREEN, W. SUSSEX	64.00	79.00
PEMBROKE, DYFED **	278.00	348.00
PENRITH, CUMBRIA	330.00	413.00
PENZANCE, CORNWALL	338.00	423.00
PERSHORE, HERE & WORCS	111.00	138.00
PETERBOROUGH, CAMBS	106.00	132.00
PETERSFIELD, HANTS	64.00	79.00
PLYMOUTH, DEVON	256.00	321.00
PONTEFRACHT, W YORKS	212.00	265.00
PONTYPOOL, GWENT **	167.00	209.00
POOLE, DORSET	116.00	145.00
PORTISHEAD, AVON	134.00	167.00
PORTSMOUTH, HANTS	82.00	102.00
PORT TALBOT, WEST GLAMORGAN **	208.00	260.00
PRESTATYN, CLWYD	268.00	335.00
PRESTON, LANCS	263.00	329.00
PRESTWICK, STRATHCLYDE	486.00	609.00
PULBORUOGH, W SUSSEX	70.00	86.00
R		
RAMSGATE, KENT	126.00	157.00
RAYLEIGH, ESSEX	87.00	108.00
REDCAR, CLEVELAND	298.00	373.00
REDDITCH, HERE & WORCS	124.00	155.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
REDHILL, SURREY	45.00	55.00
RINGWOOD, HANTS	99.00	123.00
RIPON, N YORKS	259.00	324.00
ROCHDALE, GTR MANCHESTER	260.00	325.00
ROCHESTER, KENT	83.00	103.00
ROMFORD, GTR LONDON	74.00	92.00
ROTHERHAM, S YORKS	193.00	241.00
ROYAL LEAMINGTON SPA, WARKS	102.00	126.00
ROYAL TUNBRIDGE WELLS, KENT	73.00	91.00
ROYSTON, HERTS	71.00	88.00
RUGBY, WARKS	108.00	135.00
RYE, E SUSSEX	100.00	125.00
5		
SAFFRON WALDEN, ESSEX	88.00	109.00
SALISBURY, WILTS	96.00	119.00
SANDBACH, CHESHIRE	208.00	260.00
SANDWICH, KENT	125.00	156.00
SCARBOROUGH, N YORKS	288.00	360.00
SCUNTHORPE, HUMBERSIDE	225.00	281.00
SEAFORD, E SUSSEX	97.00	121.00
SEASCALE, CUMBRIA	365.00	457.00
SELBY, N YORKS	225.00	281.00
SELSEY, W SUSSEX	97.00	121.00
SEVENOAKS, KENT	63,00	78.00
SHAFTESBURY, DORSET	115.00	143.00
SHEERNESS, KENT	97.00	121.00
SHEFFIELD, S YORKS	195.00	244.00
SHERBORNE, DORSET	131.00	163.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
SHREWSBURY, SHROPSHIRE	196.00	245.00
SIDCUP, GTR LONDON	71.00	88.00
SITTINGBOURNE, KENT	89.00	111.00
SKEGNESS, LINCS	180.00	224.00
SKELMERSDALE, LANCS	247.00	309.00
SKIPTON, N YORKS	262.00	328.00
SLEAFORD, LINCS	151.00	189.00
SOLIHULL, W MIDLANDS	117.00	146.00
SOUTHAMPTON, HANTS	81.00	101.00
SOUTHEND ON SEA, ESSEX	95.00	118.00
SOUTHPORT, MERSEYSIDE	261.00	326.00
SPALDING, LINCS	138.00	172.00
ST AUSTELL, CORNWALL	297.00	372.00
SAXMUNDHAM, SUFFOLK	156.00	194.00
ST HELENS, MERSEYSIDE	242.00	302.00
ST IVES, CORNWALL	333.00	417.00
ST NEOTS, CAMBS	108.00	135.00
STAFFORD, STAFFS	182.00	227.00
STAMFORD, LINCS	122.00	152.00
STRANRAER, DUMFRIES & GALLOWAY	480.00	602.00
STEBBING, ESSEX	86.00	106.00
STEVENAGE, HERTS	54.00	67.00
STIRLING, CENTRAL	485.00	608.00
STOCKBRIDGE, HANTS	73.00	91.00
STOCKTON ON TEES, CLEVELAND	293.00	366.00
STOKE ON TRENT, STAFFS	194,00	243.00
STOURBRIDGE, W MIDLANDS	134.00	167.00
STOWMARKET, SUFFOLK	141.00	176.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
STRATFORD UPON AVON, WARKS	108.00	135.00
SUNDERLAND, TYNE & WEAR	321.00	402.00
SUTTON COLDFIELD, W MIDLANDS	135.00	169.00
SWANSEA, W GLAMORGAN **	219.00	274.00
SWINDON, WILTS	83.00	103.00
		100.00
Т		
TAMWORTH, STAFFS		
	143.00	179.00
TAUNTON, SOMERSET	178.00	223.00
TAVISTOCK, DEVON	257.00	322.00
TEIGNMOUTH, DEVON	226.00	282.00
TELFORD, SHROPSHIRE	181.00	226,00
TEMPLE COOMBE, SOMERSET	125.00	156.00
TENTERDEN, KENT	97.00	121.00
TETBURY, GLOS	111.00	138.00
TEWKESBURY, GLOS	126.00	157.00
THATCHAM, BERKS	54.00	67.00
THETFORD, NORFOLK	134.00	167.00
THIRSK, N YORKS	260.00	325.00
TIPTREE, ESSEX	103.00	128.00
TILBURY, ESSEX	87.00	108.00
TONBRIDGE, KENT	74.00	92.00
TOWCESTER, NORTHANTS	89.00	111.00
TREDEGAR, GWENT **	195.00	244.00
TROWBRIDGE, WILTS	117.00	146.00
TRURO, CORNWALL	313.00	392.00
TUNBRIDGE WELLS, KENT	73.00	91.00

U		
UCKFIELD, E SUSEX	73.00	91.00
W		
WAKEFIELD, W YORKS	218.00	272.00
WALKERN, HERTS	57.00	71.00
WALLINGFORD, OXON	52.00	64.00
WALSALL, W MIDLANDS	144.00	180.00
WALTON ON THE NAZE, ESSEX	134.00	167.00
WANTAGE, OXON	73.00	91.00
WARE, HERTS	63.00	78,00
WAREHAM, DORSET	124.00	155.00
WARMINSTER, WILTS	112.00	139.00
WARRINGTON, CHESHIRE	233.00	291.00
WARWICK, WARKS	100.00	125.00
WELLINGBOROUGH, NORTHANTS	96.00	119.00
WELWYN GARDEN CITY, HERTS	53.00	65.00
WEST BROMWICH, W MIDLANDS	141.00	176.00
WESTON SUPER MARE, AVON	148.00	184.00
WETHERBY, W YORKS	233.00	291.00
WEYMOUTH, DORSET	143.00	179.00
WHITBY, N YORKS	296.00	370.00
WHITEHAVEN, CUMBRIA	375.00	470.00
WHITSTABLE, KENT	107.00	133.00
WICKFORD, ESSEX	83.00	103.00
WIDNES	243.00	304.00
WIGAN, GTR MANCHESTER	243.00	304.00
WILMSLOW, CHESHIRE	226.00	282.00
WIMBORNE, DORSET	111.00	138.00
WINCANTON, SOMERSET	121.00	150.00
WINCHESTER, HANTS	68.00	84.00

FROM/TO HEATHROW M TO F NORMAL HOUR	SMALL VAN	SPRINTER
WINDERMERE, CUMBRIA	318.00	399.00
WISBECH, CAMBS	139.00	173.00
WITHAM, ESSEX	95.00	118.00
WITNEY, OXON	68.00	84.00
WOLVERHAMPTON, W MIDLANDS	147.00	183.00
WORCESTER, HERE & WORCS	142.00	177.00
WORKINGTON, CUMBRIA	381.00	477.00
WORKSHOP, NOTTS	187.00	234.00
WORTHING, W SUSSEX	91.00	113.00
WOTTON UNDER EDGE, GLOS	121.00	150.00
WREXHAM, CLWYD	230.00	288.00
y		
YALDING, KENT	78.00	96.00
YEOVIL, SOMERSET	135.00	169.00
YORK, N YORKS	250.00	312.00