

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 004 | | | | | | |
| London to Stratford, Ilford, Romford and Shenfield | | | | | | |
| London Paddington | | | | | | |
| Bond Street | | | | | | |
| Tottenham Court Road | | | | | | |
| Farringdon | | | | | | |
| London Liverpool Street | 0.00 | | | | | |
| Stratford | 4.00 | | | | | |
| Maryland | 4.50 | | | | | |
| Forest Gate | 5.25 | | | | | |
| Manor Park | 6.25 | | | | | |
| Ilford | 7.25 | | | | | |
| Seven Kings | 8.50 | | | | | |
| Goodmayes | 9.25 | | | | | |
| Chadwell Heath | 10.00 | | | | | |
| Romford | 12.50 | | | | | |
| Gidea Park | 13.50 | | | | | |
| Harold Wood | 15.00 | | | | | |
| Brentwood | 18.25 | | | | | |
| Shenfield | 20.25 | | | | | |
| 005 | | | | | | |
| London to Wickford, Southminster and Southend Victoria | | | | | | |
| London Liverpool Street | 0.00 | 0.00 | | | | |
| Stratford | 4.00 | 4.00 | | | | |
| Romford | 12.50 | 12.50 | | | | |
| Shenfield | 20.25 | 20.25 | | | | |
| Billericay | 24.25 | 24.25 | | | | |
| Wickford | 29.00 | 29.00 | | | | |
| Battlesbridge | | 31.50 | | | | |
| South Woodham Ferrers | | 34.00 | | | | |
| North Fambridge | | 37.25 | | | | |
| Althorne | | 40.25 | | | | |
| Burnham-on-Crouch | | 43.25 | | | | |
| Southminster | | 45.50 | | | | |
| Rayleigh | 33.25 | | | | | |
| Hockley | 36.25 | | | | | |
| Rochford | 38.75 | | | | | |
| Southend Airport | 39.75 | | | | | |
| Prittlewell | 40.75 | | | | | |
| Southend Victoria | 41.50 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|--------|------|-------|-------|-------|----|
| 006 | | | | | | |
| London to Chelmsford, Witham, Braintree, Colchester, Clacton-on-Sea, Walton-on-the-Naze, Harwich and Ipswich | | | | | | |
| London Liverpool Street | 0.00 | | | | | |
| Stratford | 4.00 | | | | | |
| Romford | 12.25 | | | | | |
| Shenfield | 20.25 | | | | | |
| Ingatestone | 23.50 | | | | | |
| Chelmsford | 29.75 | | | | | |
| Hatfield Peverel | 36.00 | | | | | |
| Witham | 38.25 | 0.00 | | | | |
| White Notley | | 3.00 | | | | |
| Cressing | | 4.25 | | | | |
| Braintree Freeport | | 5.50 | | | | |
| Braintree | | 6.25 | | | | |
| Kelvedon | 42.25 | | | | | |
| Marks Tey | 46.75 | | | | | |
| Colchester | 51.75 | | | 0.00 | 0.00 | |
| Colchester Town | | | | | 2.25 | |
| Hythe | | | | 2.75 | 3.25 | |
| Wivenhoe | | | | 5.25 | 5.75 | |
| Alresford (Essex) | | | | 7.00 | 7.50 | |
| Great Bentley | | | | 9.25 | 9.75 | |
| Weeley | | | | 12.00 | 12.50 | |
| Thorpe-le-Soken | | | | 14.25 | 14.75 | |
| Kirby Cross | | | | | 17.25 | |
| Frinton-on-Sea | | | | | 18.50 | |
| Walton-on-the-Naze | | | | | 19.75 | |
| Clacton-on-Sea | | | | 19.00 | | |
| Manningtree | 59.50 | | 0.00 | | | |
| Mistley | | | 1.75 | | | |
| Wrabness | | | 5.75 | | | |
| Harwich International | | | 9.50 | | | |
| Dovercourt | | | 10.75 | | | |
| Harwich Town | | | 11.25 | | | |
| Ipswich | 68.75 | | | | | |
| 007 | | | | | | |
| Marks Tey to Sudbury | | | | | | |
| Marks Tey | 0.00 | | | | | |
| Chappel & Wakes Colne | 3.50 | | | | | |
| Bures | 6.75 | | | | | |
| Sudbury | 11.75 | | | | | |
| 008 | | | | | | |
| London, Colchester and Ipswich to Norwich | | | | | | |
| London Liverpool Street | 0.00 | | | | | |
| Stratford | 4.00 | | | | | |
| Chelmsford | 29.75 | | | | | |
| Colchester | 51.75 | | | | | |
| Manningtree | 59.50 | | | | | |
| Ipswich | 68.75 | | | | | |
| Stowmarket | 80.75 | | | | | |
| Diss | 95.00 | | | | | |
| Norwich | 115.00 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|-------|----|----|----|
| 009 | | | | | | |
| Norwich to Cromer and Sheringham | | | | | | |
| Norwich | 0.00 | | | | | |
| Salhouse | 6.00 | | | | | |
| Hoveton & Wroxham | 8.75 | | | | | |
| Worstead | 13.00 | | | | | |
| North Walsham | 16.00 | | | | | |
| Gunton | 19.75 | | | | | |
| Roughton Road | 23.50 | | | | | |
| Cromer | 26.50 | | | | | |
| West Runton | 28.75 | | | | | |
| Sheringham | 30.50 | | | | | |
| 010 | | | | | | |
| Norwich to Great Yarmouth and Lowestoft | | | | | | |
| Norwich | 0.00 | 0.00 | 0.00 | | | |
| Brundall Gardens | 4.75 | 4.75 | 4.75 | | | |
| Brundall | 5.75 | 5.75 | 5.75 | | | |
| Lingwood | 8.00 | | | | | |
| Acle | 10.50 | | | | | |
| Buckenham | | 7.75 | 7.75 | | | |
| Cantley | | 10.00 | 10.00 | | | |
| Reedham (Norfolk) | | 12.25 | 12.25 | | | |
| Berney Arms | | 16.00 | | | | |
| Great Yarmouth | 18.25 | 20.50 | | | | |
| Haddiscoe | | | 16.25 | | | |
| Somerleyton | | | 18.00 | | | |
| Oulton Broad North | | | 22.00 | | | |
| Lowestoft | | | 23.50 | | | |
| 011 | | | | | | |
| Ipswich to Felixstowe, Beccles and Lowestoft | | | | | | |
| Ipswich | 0.00 | 0.00 | | | | |
| Westerfield | 3.50 | 3.50 | | | | |
| Derby Road | | 6.25 | | | | |
| Trimley | | 14.00 | | | | |
| Felixstowe | | 15.75 | | | | |
| Woodbridge | 10.25 | | | | | |
| Melton | 11.50 | | | | | |
| Wickham Market | 15.75 | | | | | |
| Saxmundham | 22.50 | | | | | |
| Darsham | 26.75 | | | | | |
| Halesworth | 32.00 | | | | | |
| Brampton (Suffolk) | 36.00 | | | | | |
| Beccles | 40.25 | | | | | |
| Oulton Broad South | 46.75 | | | | | |
| Lowestoft | 49.00 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|-------|-------|-------|-------|
| 012 | | | | | | |
| Ipswich to Stowmarket, Bury St Edmunds, Cambridge, Ely and Peterborough | | | | | | |
| London Liverpool Street | 0.00 | | | | | |
| Colchester | 51.75 | | | | | |
| Ipswich | 68.75 | 0.00 | 0.00 | | | |
| Needham Market | | 8.25 | 8.25 | | | |
| Stowmarket | 80.75 | 12.00 | 12.00 | | | |
| Elmswell | | 17.75 | 17.75 | | | |
| Thurston | | 22.25 | 22.25 | | | |
| Bury St Edmunds | | 26.50 | 26.50 | | | |
| Kennett | | 36.00 | | | | |
| Newmarket | | 41.00 | | | | |
| Dullingham | | 44.25 | | | | |
| Cambridge | | 55.50 | | | | |
| Soham | | | 46.00 | | | |
| Ely | | | 51.00 | | | |
| Manea | | | 60.75 | | | |
| March | | | 66.50 | | | |
| Whittlesea | | | 74.25 | | | |
| Peterborough | | | 81.25 | | | |
| 013 | | | | | | |
| London, Stansted Airport and Cambridge to Ely, Kings Lynn, Norwich and Peterborough | | | | | | |
| London Liverpool Street | 0.00 | | | | | |
| London Kings Cross | | | 0.00 | | | |
| Ipswich | | | | | | 0.00 |
| Stansted Airport | | 0.00 | | | | |
| Cambridge | 55.75 | 24.50 | 58.00 | 0.00 | 0.00 | |
| Cambridge North | | | 60.25 | 2.25 | 2.25 | |
| Waterbeach | | | 63.25 | 5.25 | 5.25 | |
| Ely | | | 72.75 | 14.75 | 14.75 | 51.00 |
| Littleport | | | 78.25 | | | |
| Downham Market | | | 88.50 | | | |
| Watlington | | | 93.25 | | | |
| Kings Lynn | | | 99.25 | | | |
| Shippea Hill | | | | 21.50 | | |
| Lakenheath | | | | 26.75 | | |
| Brandon | | | | 30.75 | | |
| Thetford | | | | 38.00 | | |
| Harling Road | | | | 45.75 | | |
| Eccles Road | | | | 48.75 | | |
| Attleborough | | | | 52.25 | | |
| Spooner Row | | | | 55.75 | | |
| Wymondham | | | | 58.25 | | |
| Norwich | | | | 68.25 | | |
| Manea | | | | | 24.50 | |
| March | | | | | 30.25 | |
| Whittlesea | | | | | 38.00 | |
| Peterborough | | | | | 45.25 | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|----|----|----|----|----|
| 023 | | | | | | |
| Huddersfield, Halifax, Bradford and Leeds to York and Scarborough | | | | | | |
| Huddersfield | | | | | | |
| Dewsbury | | | | | | |
| Halifax | | | | | | |
| Bradford Interchange | | | | | | |
| New Pudsey | | | | | | |
| Bramley | | | | | | |
| Leeds | 0.00 | | | | | |
| Cross Gates | 4.25 | | | | | |
| Garforth | 7.25 | | | | | |
| East Garforth | 8.00 | | | | | |
| Micklefield | 9.00 | | | | | |
| Church Fenton | 14.75 | | | | | |
| Ulleskelf | 16.50 | | | | | |
| York | 25.50 | | | | | |
| Malton | 46.75 | | | | | |
| Seamer | 64.75 | | | | | |
| Scarborough | 67.50 | | | | | |
| 024 | | | | | | |
| Hull to Beverley, Bridlington, Filey and Scarborough | | | | | | |
| Sheffield | | | | | | |
| London Kings Cross | | | | | | |
| Doncaster | | | | | | |
| York | | | | | | |
| Selby | | | | | | |
| Hull | 0.00 | | | | | |
| Cottingham | 4.00 | | | | | |
| Beverley | 8.25 | | | | | |
| Arram | 11.25 | | | | | |
| Hutton Cranswick | 16.25 | | | | | |
| Driffield | 19.50 | | | | | |
| Nafferton | 21.50 | | | | | |
| Bridlington | 31.00 | | | | | |
| Bempton | 34.50 | | | | | |
| Hunmanby | 41.75 | | | | | |
| Filey | 44.50 | | | | | |
| Seamer | 51.00 | | | | | |
| Scarborough | 53.75 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|----|----|----|----|
| 025 | | | | | | |
| Hull, Barton-on-Humber and Barnetby to Grimsby and Cleethorpes | | | | | | |
| Hull Paragon Interchange | | | | | | |
| Barton-on-Humber | | 0.00 | | | | |
| Barrow Haven | | 2.00 | | | | |
| New Holland | | 3.50 | | | | |
| Goxhill | | 5.50 | | | | |
| Thornton Abbey | | 7.25 | | | | |
| Ulceby | | 9.75 | | | | |
| Barnetby | 0.00 | | | | | |
| Habrough | 6.50 | 11.50 | | | | |
| Stallingborough | 10.25 | 15.25 | | | | |
| Healing | 11.25 | 16.25 | | | | |
| Great Coates | 12.50 | 17.50 | | | | |
| Grimsby Town | 14.50 | 19.50 | | | | |
| Grimsby Docks | 15.50 | 20.50 | | | | |
| New Clew | 16.25 | 21.25 | | | | |
| Cleethorpes | 17.75 | 22.75 | | | | |
| 026 | | | | | | |
| Leeds and Sheffield to Worksop, Retford, Gainsborough, Lincoln, Grimsby and Cleethorpes | | | | | | |
| Leeds | | | | | | |
| Wakefield Kirkgate | | | | | | |
| Huddersfield | | | | | | |
| Barnsley | | | | | | |
| Meadowhall | | | | | | |
| Sheffield | 0.00 | | | | | |
| Darnall | 2.25 | | | | | |
| Woodhouse | 5.25 | | | | | |
| Kiveton Bridge | 9.50 | | | | | |
| Kiveton Park | 10.75 | | | | | |
| Shireoaks | 13.75 | | | | | |
| Worksop | 15.75 | | | | | |
| Retford | 23.50 | 0.00 | | | | |
| Gainsborough Lea Road | 33.00 | | | | | |
| Saxilby | 42.50 | | | | | |
| Lincoln | 48.50 | | | | | |
| Gainsborough Central | | 10.00 | | | | |
| Kirton Lindsey | | 20.50 | | | | |
| Brigg | | 26.50 | | | | |
| Barnetby | | 30.25 | | | | |
| Habrough | | 36.75 | | | | |
| Grimsby Town | | 44.75 | | | | |
| Cleethorpes | | 48.00 | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|-------|----|----|----|
| 027 | | | | | | |
| Sheffield, Nottingham and Lincoln to Barnsley, Penistone, Huddersfield, Wakefield, Castleford and Leeds | | | | | | |
| Nottingham | | | | | | |
| Chesterfield | | | | | | |
| Lincoln | | | | | | |
| Gainsborough Lea Road | | | | | | |
| Retford | | | | | | |
| Worksop | | | | | | |
| Sheffield | 0.00 | 0.00 | | | | |
| Meadowhall | 3.50 | 3.50 | | | | |
| Chapelton | 7.25 | 7.25 | | | | |
| Elsecar | 10.50 | 10.50 | | | | |
| Wombwell | 12.00 | 12.00 | | | | |
| Barnsley | 16.00 | 16.00 | | | | |
| Dodworth | 19.00 | | | | | |
| Silkstone Common | 20.25 | | | | | |
| Penistone | 23.50 | | | | | |
| Denby Dale | 27.50 | | | | | |
| Shepley | 29.75 | | | | | |
| Stocks Moor | 30.75 | | | | | |
| Brockholes | 32.75 | | | | | |
| Honley | 33.75 | | | | | |
| Berry Brow | 34.75 | | | | | |
| Lockwood | 35.75 | | | | | |
| Huddersfield | 37.00 | | | | | |
| Darton | | 19.50 | | | | |
| Wakefield Kirkgate | | 27.00 | | | | |
| Normanton | | 30.00 | | | | |
| Castleford | | 33.50 | | | | |
| Woodlesford | | 38.25 | | | | |
| Leeds | | 44.25 | | | | |
| 028 | | | | | | |
| Sheffield and Doncaster to Wakefield and Leeds | | | | | | |
| Sheffield | 0.00 | | | | | |
| Meadowhall | 3.50 | | | | | |
| Rotherham Central | 6.25 | | | | | |
| Swinton (S.yorks) | 10.75 | | | | | |
| Bolton-Upon-Deerne | 13.00 | | | | | |
| Goldthorpe | 14.25 | | | | | |
| Thurnscoe | 15.00 | | | | | |
| Moorthorpe | 18.50 | | | | | |
| Doncaster | | 0.00 | 0.00 | | | |
| Bentley (S.yorks) | | 1.75 | | | | |
| Adwick | | 4.00 | | | | |
| South Elmsall | | 8.75 | | | | |
| Fitzwilliam | 22.25 | 13.25 | | | | |
| Sandal & Agbrigg | 27.00 | 18.00 | | | | |
| Wakefield Kirkgate via Pontefract Monkhill | | | 25.25 | | | |
| Wakefield Westgate | 28.75 | 19.75 | | | | |
| Outwood | 31.25 | 22.25 | | | | |
| Leeds | 38.75 | 29.75 | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|-------|----|----|----|
| 029 | | | | | | |
| Sheffield to Wakefield and Leeds (Summary) | | | | | | |
| Sheffield | 0.00 | 0.00 | | | | |
| Meadowhall | 3.50 | 3.50 | | | | |
| Wakefield Kirkgate | 27.00 | | | | | |
| Wakefield Westgate | | 28.75 | | | | |
| Leeds | 44.25 | 38.75 | | | | |
| 029a | | | | | | |
| Wakefield to Leeds (Summary) | | | | | | |
| Wakefield Kirkgate via Castleford | | 0.00 | | | | |
| Wakefield Westgate | 0.00 | | | | | |
| Leeds | 10.00 | 17.25 | | | | |
| 030 | | | | | | |
| Sheffield to Pontefract and York | | | | | | |
| Sheffield | 0.00 | | | | | |
| Meadowhall | 3.50 | | | | | |
| Rotherham Central | 6.25 | | | | | |
| Swinton (S.yorks) | 10.75 | | | | | |
| Moorthorpe | 18.50 | | | | | |
| Pontefract Baghill | 25.50 | | | | | |
| Sherburn-in-Elmet | 33.75 | | | | | |
| Church Fenton | 36.00 | | | | | |
| Ulleskelf | 38.00 | | | | | |
| York | 46.75 | | | | | |
| 031 | | | | | | |
| Bradford and Halifax to Huddersfield, Wakefield, Castleford and Pontefract | | | | | | |
| Bradford Interchange | 0.00 | 0.00 | | | | |
| Low Moor | 3.25 | 3.25 | | | | |
| Halifax | 8.00 | 8.00 | | | | |
| Brighouse | 13.25 | 13.25 | | | | |
| Huddersfield | | 18.50 | 0.00 | | | |
| Deighton | | | 2.00 | | | |
| Mirfield | 17.25 | | 5.00 | | | |
| Wakefield Kirkgate | 26.50 | | 14.25 | | | |
| Normanton | | | 17.50 | | | |
| Castleford | | | 21.00 | | | |
| Pontefract Monkhill | 35.25 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 032 | | | | | | |
| Leeds, Castleford and Wakefield to Pontefract, Knottingley and Goole | | | | | | |
| Leeds | 0.00 | 0.00 | | | | |
| Woodlesford | 6.00 | | | | | |
| Castleford | 10.75 | | | | | |
| Glasshoughton | 12.25 | | | | | |
| Wakefield Westgate | | 10.00 | | | | |
| Wakefield Kirkgate | | 11.00 | | | | |
| Streethouse | | 15.25 | | | | |
| Featherstone | | 17.00 | | | | |
| Pontefract Tanshelf | | 19.00 | | | | |
| Pontefract Monkhill | 14.00 | 19.75 | | | | |
| Knottingley | 16.00 | 21.75 | | | | |
| Whitley Bridge | 20.25 | | | | | |
| Hensall | 22.00 | | | | | |
| Snaith | 25.75 | | | | | |
| Rawcliffe | 28.50 | | | | | |
| Goole | 32.50 | | | | | |
| 033 | | | | | | |
| Leeds to Harrogate, Knaresborough and York | | | | | | |
| London Kings Cross | | | | | | |
| Leeds | 0.00 | | | | | |
| Burley Park | 2.25 | | | | | |
| Headingley | 3.00 | | | | | |
| Horsforth | 5.75 | | | | | |
| Weeton | 11.75 | | | | | |
| Pannal | 15.00 | | | | | |
| Hornbeam Park | 17.25 | | | | | |
| Harrogate | 18.25 | | | | | |
| Starbeck | 20.50 | | | | | |
| Knaresborough | 22.00 | | | | | |
| Cattal | 28.50 | | | | | |
| Hammerton | 30.00 | | | | | |
| Poppleton | 35.75 | | | | | |
| York | 38.75 | | | | | |
| 034 | | | | | | |
| Leeds and Bradford to Ilkley | | | | | | |
| Leeds | 0.00 | | | | | |
| Kirkstall Forge | 4.25 | | | | | |
| Bradford Forster Square | | 0.00 | | | | |
| Frizinghall | | 1.75 | | | | |
| Shipley | | 2.75 | | | | |
| Baildon | | 4.25 | | | | |
| Guiselley | 10.25 | 7.50 | | | | |
| Menston | 11.50 | 8.75 | | | | |
| Burley-in-Wharfedale | 13.00 | 10.25 | | | | |
| Ben Rhydding | 15.25 | 12.50 | | | | |
| Ilkley | 16.25 | 13.50 | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|--------|-------|-------|----|----|
| 035 | | | | | | |
| Leeds and Bradford to Keighley, Skipton, Lancaster, Morecambe, Heysham Port, Settle, Appleby and Carlisle | | | | | | |
| Leeds | | 0.00 | 0.00 | | | |
| Kirkstall Forge | | 4.25 | 4.25 | | | |
| Apperley Bridge | | 7.75 | 7.75 | | | |
| Bradford Forster Square | 0.00 | | | | | |
| Frizinghall | 1.75 | | | | | |
| Shipley | 2.75 | 10.75 | 10.75 | | | |
| Saltaire | 3.50 | 11.50 | 11.50 | | | |
| Bingley | 5.75 | 13.75 | 13.75 | | | |
| Crossflatts | 6.50 | 14.50 | 14.50 | | | |
| Keighley | 9.00 | 17.00 | 17.00 | | | |
| Steeton & Silsden | 12.00 | 20.00 | 20.00 | | | |
| Cononley | 15.25 | 23.25 | 23.25 | | | |
| Skipton | 18.25 | 26.25 | 26.25 | | | |
| Gargrave | | 30.00 | 30.00 | | | |
| Blackpool North | | | | 0.00 | | |
| Preston | | | | 17.50 | | |
| Blackburn | | | | 29.75 | | |
| Clitheroe | | | | 39.50 | | |
| Hellifield | | 36.00 | 36.00 | 53.00 | | |
| Long Preston | | 37.25 | 37.25 | | | |
| Giggleswick | | | 41.00 | | | |
| Clapham (Nth Yorkshire) | | | 47.75 | | | |
| Bentham | | | 51.00 | | | |
| Wennington | | | 54.25 | | | |
| Carnforth | | | 64.00 | | | |
| Lancaster | | | 70.00 | | | |
| Bare Lane | | | 72.50 | | | |
| Morecambe | | | 74.00 | | | |
| Heysham Port | | | 78.25 | | | |
| Settle | | 41.00 | | | | |
| Horton-in-Ribblesdale | | 47.25 | | | | |
| Ribblehead | | 52.00 | | | | |
| Dent | | 58.00 | | | | |
| Garsdale | | 61.50 | | | | |
| Kirkby Stephen | | 71.25 | | | | |
| Appleby | | 82.00 | | | | |
| Langwathby | | 93.00 | | | | |
| Lazonby & Kirkoswald | | 97.25 | | | | |
| Armathwaite | | 102.75 | | | | |
| Carlisle | | 112.75 | | | | |
| 036 | | | | | | |
| Leeds to Shipley and Bradford (Summary) | | | | | | |
| Leeds | 0.00 | 0.00 | | | | |
| Kirkstall Forge | 4.25 | | | | | |
| Apperley Bridge | 7.75 | | | | | |
| Shipley | 10.75 | | | | | |
| Frizinghall | 11.75 | | | | | |
| Bradford Forster Square | 13.50 | | | | | |
| Bramley | | 4.00 | | | | |
| New Pudsey | | 5.75 | | | | |
| Bradford Interchange | | 9.50 | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|--------|--------|-------|----|----|----|
| 054 | | | | | | |
| Liverpool, Manchester, Sheffield, Nottingham, Birmingham and Leicester to Peterborough and East Anglia | | | | | | |
| Liverpool Lime Street | 0.00 | | | | | |
| Liverpool South Parkway | 6.00 | | | | | |
| Widnes | 12.00 | | | | | |
| Warrington Central | 18.00 | | | | | |
| Manchester Oxford Road | 34.00 | | | | | |
| Manchester Piccadilly | 35.00 | | | | | |
| Stockport | 41.00 | | | | | |
| Sheffield | 77.00 | | | | | |
| Chesterfield | 89.00 | | | | | |
| Alfreton | 100.00 | | | | | |
| Langley Mill | 107.25 | | | | | |
| Ilkeston | 113.00 | | | | | |
| Nottingham | 118.00 | | | | | |
| Grantham | 141.00 | | | | | |
| Birmingham New Street | | 0.00 | | | | |
| Water Orton | | 7.50 | | | | |
| Coleshill Parkway | | 9.75 | | | | |
| Nuneaton | | 21.25 | | | | |
| Hinckley | | 24.75 | | | | |
| Narborough | | 32.75 | | | | |
| South Wigston | | 35.75 | | | | |
| Leicester | | 39.75 | | | | |
| Melton Mowbray | | 54.50 | | | | |
| Oakham | | 65.75 | | | | |
| Stamford | | 79.50 | | | | |
| Peterborough | 170.00 | 91.25 | | | | |
| March | 185.25 | 106.50 | | | | |
| Ely | 200.00 | 122.00 | 0.00 | | | |
| Cambridge | | 136.75 | | | | |
| Stansted Airport | | 161.25 | | | | |
| Bury St Edmunds | | | 24.50 | | | |
| Stowmarket | | | 36.50 | | | |
| Ipswich | | | 51.00 | | | |
| Thetford | 223.00 | | | | | |
| Norwich | 254.00 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|----|----|----|----|----|
| 055 | | | | | | |
| Nottingham to Mansfield and Worksop | | | | | | |
| Nottingham | 0.00 | | | | | |
| Bulwell | 5.50 | | | | | |
| Hucknall | 8.25 | | | | | |
| Newstead | 10.75 | | | | | |
| Kirkby In Ashfield | 13.75 | | | | | |
| Sutton Parkway | 14.50 | | | | | |
| Mansfield | 17.25 | | | | | |
| Mansfield Woodhouse | 18.75 | | | | | |
| Shirebrook | 21.50 | | | | | |
| Langwith - Whaley Thorns | 22.25 | | | | | |
| Creswell (Derbys) | 25.50 | | | | | |
| Whitwell | 26.75 | | | | | |
| Worksop | 31.50 | | | | | |
| | | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|----|----|----|----|----|
| 068 | | | | | | |
| Rugby to Coventry, Birmingham and Wolverhampton | | | | | | |
| London Euston | | | | | | |
| Watford Junction | | | | | | |
| Milton Keynes Central | | | | | | |
| Northampton | | | | | | |
| Rugby | 0.00 | | | | | |
| Coventry | 13.50 | | | | | |
| Canley | 15.25 | | | | | |
| Tile Hill | 17.25 | | | | | |
| Berkswell | 19.25 | | | | | |
| Hampton-in-Arden | 22.50 | | | | | |
| Birmingham International | 24.25 | | | | | |
| Marston Green | 26.25 | | | | | |
| Lea Hall | 27.75 | | | | | |
| Stechford | 29.00 | | | | | |
| Adderley Park | 30.75 | | | | | |
| Birmingham New Street | 32.75 | | | | | |
| Smethwick Rolfe Street | 36.00 | | | | | |
| Smethwick Galton Bridge | 36.75 | | | | | |
| Sandwell & Dudley | 38.00 | | | | | |
| Dudley Port | 39.00 | | | | | |
| Tipton | 39.75 | | | | | |
| Coseley | 41.25 | | | | | |
| Wolverhampton | 45.50 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|----|----|----|----|----|
| 069 | | | | | | |
| Wolverhampton and Birmingham to Walsall, Cannock and Rugeley | | | | | | |
| Wolverhampton | | | | | | |
| Coseley | | | | | | |
| Tipton | | | | | | |
| Dudley Port | | | | | | |
| Sandwell & Dudley | | | | | | |
| Smethwick Galton Bridge | | | | | | |
| Smethwick Rolfe Street | | | | | | |
| Coventry | | | | | | |
| Birmingham International | | | | | | |
| Marston Green | | | | | | |
| Lea Hall | | | | | | |
| Stechford | | | | | | |
| Adderley Park | | | | | | |
| Birmingham New Street | 0.00 | | | | | |
| Duddeston | 1.50 | | | | | |
| Aston | 2.75 | | | | | |
| Witton | 3.50 | | | | | |
| Perry Barr | 4.25 | | | | | |
| Hamstead | 5.75 | | | | | |
| Tame Bridge Parkway | 8.50 | | | | | |
| Bescot Stadium | 9.50 | | | | | |
| Walsall | 10.75 | | | | | |
| Bloxwich | 14.00 | | | | | |
| Bloxwich North | 14.50 | | | | | |
| Landywood | 16.75 | | | | | |
| Cannock | 18.75 | | | | | |
| Hednesford | 20.75 | | | | | |
| Rugeley Town | 24.75 | | | | | |
| Rugeley Trent Valley | 26.25 | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|-------|-------|----|----|
| 082 | | | | | | |
| Hunts Cross to Liverpool and Southport | | | | | | |
| Hunts Cross | 0.00 | | | | | |
| Liverpool South Parkway | 1.50 | | | | | |
| Cressington | 2.50 | | | | | |
| Aigburth | 3.25 | | | | | |
| St Michaels | 4.50 | | | | | |
| Brunswick | 5.75 | | | | | |
| Liverpool Central | 7.25 | | | | | |
| Moorfields | 7.75 | | | | | |
| Sandhills | 9.25 | | | | | |
| Bank Hall | 10.00 | | | | | |
| Bootle Oriel Road | 10.75 | | | | | |
| Bootle New Strand | 11.00 | | | | | |
| Seaforth & Litherland | 12.00 | | | | | |
| Waterloo (Merseyside) | 13.25 | | | | | |
| Blundellsands & Crosby | 14.25 | | | | | |
| Hall Road | 15.00 | | | | | |
| Hightown | 17.00 | | | | | |
| Formby | 19.00 | | | | | |
| Freshfield | 20.00 | | | | | |
| Ainsdale | 22.75 | | | | | |
| Hillside | 24.50 | | | | | |
| Birkdale | 25.25 | | | | | |
| Southport | 26.25 | | | | | |
| 083 | | | | | | |
| Liverpool to Kirkby, Wigan, Ormskirk and Preston | | | | | | |
| Liverpool Central | 0.00 | | 0.00 | | | |
| Moorfields | 0.50 | | 0.50 | | | |
| Sandhills | 2.00 | | 2.00 | | | |
| Kirkdale | 3.00 | | 3.00 | | | |
| Rice Lane | 4.25 | | | | | |
| Fazakerley | 5.75 | | | | | |
| Kirkby | 7.50 | 0.00 | | | | |
| Rainford | | 5.25 | | | | |
| Upholland | | 7.25 | | | | |
| Orrell | | 8.50 | | | | |
| Pemberton | | 10.50 | | | | |
| Wigan Wallgate | | 12.25 | | | | |
| Walton (Merseyside) | | | 4.25 | | | |
| Orrell Park | | | 4.50 | | | |
| Aintree | | | 5.50 | | | |
| Old Roan | | | 6.25 | | | |
| Maghull | | | 8.00 | | | |
| Maghull North | | | 9.00 | | | |
| Town Green | | | 10.50 | | | |
| Aughton Park | | | 11.50 | | | |
| Ormskirk | | | 12.75 | 0.00 | | |
| Burscough Junction | | | | 2.50 | | |
| Rufford | | | | 5.50 | | |
| Croston | | | | 8.00 | | |
| Preston | | | | 15.00 | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|----|----|----|----|----|
| 091 | | | | | | |
| Manchester to Stockport | | | | | | |
| Manchester Oxford Road | 0.00 | | | | | |
| Manchester Piccadilly | 0.50 | | | | | |
| Levenshulme | 3.50 | | | | | |
| Heaton Chapel | 5.00 | | | | | |
| Stockport | 6.50 | | | | | |
| 092 | | | | | | |
| Manchester and Stockport to Altrincham, Knutsford, Northwich and Chester | | | | | | |
| Manchester Piccadilly | 0.00 | | | | | |
| Stockport | 6.50 | | | | | |
| Navigation Road | 14.75 | | | | | |
| Altrincham | 15.25 | | | | | |
| Hale | 16.00 | | | | | |
| Ashley | 17.75 | | | | | |
| Mobberley | 18.50 | | | | | |
| Knutsford | 22.25 | | | | | |
| Plumley | 24.75 | | | | | |
| Lostock Gralam | 26.75 | | | | | |
| Northwich | 28.25 | | | | | |
| Greenbank | 30.00 | | | | | |
| Cuddington | 32.75 | | | | | |
| Delamere | 35.75 | | | | | |
| Mouldsworth | 38.75 | | | | | |
| Chester | 45.25 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 093 | | | | | | |
| Manchester, Stockport and Manchester Airport to Wilmslow and Crewe | | | | | | |
| Manchester Piccadilly | 0.00 | 0.00 | | | | |
| Levenshulme | 3.00 | | | | | |
| Heaton Chapel | 4.50 | | | | | |
| Stockport | 6.00 | | | | | |
| Cheadle Hulme | 8.25 | | | | | |
| Handforth | 10.50 | | | | | |
| Mauldeth Road | | 3.50 | | | | |
| Burnage | | 4.50 | | | | |
| East Didsbury | | 5.50 | | | | |
| Gatley | | 6.75 | | | | |
| Heald Green | | 8.25 | | | | |
| Manchester Airport | | 9.75 | | | | |
| Styal | | 12.00 | | | | |
| Wilmslow | 12.00 | 13.75 | | | | |
| Alderley Edge | 13.75 | | | | | |
| Chelford | 16.75 | | | | | |
| Goostrey | 20.50 | | | | | |
| Holmes Chapel | 22.50 | | | | | |
| Sandbach | 26.25 | | | | | |
| Crewe | 31.00 | | | | | |
| 094 | | | | | | |
| Manchester and Stockport to Macclesfield and Stoke-on-Trent | | | | | | |
| Manchester Piccadilly | 0.00 | | | | | |
| Levenshulme | 3.00 | | | | | |
| Heaton Chapel | 4.50 | | | | | |
| Stockport | 6.00 | | | | | |
| Cheadle Hulme | 8.25 | | | | | |
| Bramhall | 8.25 | | | | | |
| Poynton | 11.25 | | | | | |
| Adlington (Cheshire) | 13.25 | | | | | |
| Prestbury | 15.25 | | | | | |
| Macclesfield | 18.00 | | | | | |
| Congleton | 26.00 | | | | | |
| Kidsgrove | 31.50 | | | | | |
| Stoke-on-Trent | 37.75 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|-------|----|----|----|
| 095 | | | | | | |
| Manchester and Stockport to Hazel Grove and Buxton | | | | | | |
| Manchester Piccadilly | 0.00 | | | | | |
| Levenshulme | 3.00 | | | | | |
| Heaton Chapel | 4.50 | | | | | |
| Stockport | 6.00 | | | | | |
| Davenport | 7.00 | | | | | |
| Woodsmoor | 7.75 | | | | | |
| Hazel Grove | 8.75 | | | | | |
| Middlewood | 11.00 | | | | | |
| Disley | 12.50 | | | | | |
| New Mills Newtown | 14.25 | | | | | |
| Furness Vale | 15.25 | | | | | |
| Whaley Bridge | 16.25 | | | | | |
| Chapel-En-le-Frith | 20.50 | | | | | |
| Dove Holes | 22.75 | | | | | |
| Buxton | 25.75 | | | | | |
| 096 | | | | | | |
| Manchester to Romiley, Rose Hill, Marple, New Mills and Sheffield | | | | | | |
| Liverpool Lime Street | | | | | | |
| Warrington Central | | | | | | |
| Manchester Oxford Road | | | | | | |
| Manchester Piccadilly | 0.00 | 0.00 | 0.00 | | | |
| Stockport | | | 6.00 | | | |
| Ashburys | 1.50 | 1.50 | | | | |
| Belle Vue | 2.50 | | | | | |
| Ryder Brow | 2.75 | | | | | |
| Reddish North | 3.75 | | | | | |
| Brinnington | 5.50 | | | | | |
| Bredbury | 6.50 | | | | | |
| Gorton | | 2.50 | | | | |
| Fairfield | | 3.50 | | | | |
| Guide Bridge | | 4.75 | | | | |
| Hyde North | | 6.50 | | | | |
| Hyde Central | | 7.75 | | | | |
| Woodley | | 9.25 | | | | |
| Romiley | 7.50 | 10.50 | | | | |
| Rose Hill Marple | | 12.50 | | | | |
| Marple | 9.00 | | | | | |
| Strines | 11.25 | | | | | |
| New Mills Central | 12.75 | | | | | |
| Chinley | 16.50 | | 17.25 | | | |
| Edale | 22.00 | | | | | |
| Hope (Derbyshire) | 27.25 | | | | | |
| Bamford | 29.00 | | | | | |
| Hathersage | 30.75 | | | | | |
| Grindleford | 32.25 | | | | | |
| Dore & Totley | 37.75 | | | | | |
| Sheffield | 42.00 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 097 | | | | | | |
| Manchester to Guide Bridge, Glossop and Hadfield | | | | | | |
| Manchester Piccadilly | 0.00 | 0.00 | | | | |
| Ardwick | 0.50 | 0.50 | | | | |
| Ashburys | 1.50 | 1.50 | | | | |
| Gorton | 2.50 | 2.50 | | | | |
| Fairfield | 3.50 | 3.50 | | | | |
| Guide Bridge | 4.75 | 4.75 | | | | |
| Flowery Field | 6.75 | 6.75 | | | | |
| Newton for Hyde | 7.50 | 7.50 | | | | |
| Godley | 8.50 | 8.50 | | | | |
| Hattersley | 9.00 | 9.00 | | | | |
| Broadbottom | 10.00 | 10.00 | | | | |
| Dinting | 12.25 | 12.25 | | | | |
| Glossop | 13.25 | | | | | |
| Hadfield | 15.00 | 13.00 | | | | |
| 098 | | | | | | |
| Manchester to Stalybridge | | | | | | |
| Wigan Wallgate | | | | | | |
| Bolton | | | | | | |
| Salford Crescent | | | | | | |
| Salford Central | | | | | | |
| Manchester Piccadilly | 0.00 | 0.00 | | | | |
| Manchester Victoria | | 2.50 | | | | |
| Ashton-under-Lyne | | 8.50 | | | | |
| Stalybridge | 7.50 | 10.00 | | | | |
| 099 | | | | | | |
| Manchester to Bolton | | | | | | |
| Manchester Airport | | | | | | |
| Manchester Piccadilly | | 0.00 | | | | |
| Manchester Oxford Road | | 0.50 | | | | |
| Deansgate | | 0.75 | | | | |
| Rochdale | | | | | | |
| Stalybridge | | | | | | |
| Ashton-under-Lyne | | | | | | |
| Manchester Victoria | 0.00 | | | | | |
| Salford Central | 0.75 | | | | | |
| Salford Crescent | 1.75 | 2.25 | | | | |
| Clifton | 4.75 | 5.25 | | | | |
| Kearsley | 7.75 | 8.25 | | | | |
| Farnworth | 8.50 | 9.00 | | | | |
| Moses Gate | 9.50 | 10.00 | | | | |
| Bolton | 10.75 | 11.25 | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|-------|------|----|----|
| 101 | | | | | | |
| Manchester and Bolton to Wigan, Kirkby and Southport | | | | | | |
| Leeds | | | | | | |
| Blackburn | | | | | | |
| Rochdale | | | | | | |
| Stalybridge | | | | | | |
| Ashton-under-Lyne | | | | | | |
| Manchester Victoria | 0.00 | | | | | |
| Salford Central | 0.75 | | | | | |
| Manchester Piccadilly | | 0.00 | | | | |
| Manchester Oxford Road | | 0.50 | | | | |
| Deansgate | | 0.75 | | | | |
| Salford Crescent | 1.75 | 2.25 | | | | |
| Swinton | 5.75 | | | | | |
| Moorside | 6.50 | | | | | |
| Walkden | 8.25 | | | | | |
| Atherton | 11.75 | | | | | |
| Hag Fold | 13.00 | | | | | |
| Daisy Hill | 13.25 | | | | | |
| Clifton | | 5.25 | | | | |
| Kearsley | | 8.25 | | | | |
| Farnworth | | 9.00 | | | | |
| Moses Gate | | 10.00 | | | | |
| Bolton | | 11.25 | | | | |
| Westhoughton | | 15.75 | | | | |
| Hindley | 15.75 | 18.25 | | | | |
| Ince | 17.25 | 19.75 | | 0.00 | | |
| Wigan North Western | | | | 0.75 | | |
| Wigan Wallgate | 18.25 | 20.75 | 0.00 | | | |
| Pemberton | | | 1.75 | | | |
| Orrell | | | 3.75 | | | |
| Upholland | | | 5.00 | | | |
| Rainford | | | 7.00 | | | |
| Kirkby | | | 12.25 | | | |
| Gathurst | | 23.50 | | | | |
| Appley Bridge | | 25.25 | | | | |
| Parbold | | 27.50 | | | | |
| Hoscar | | 29.00 | | | | |
| Burscough Bridge | | 30.50 | | | | |
| New Lane | | 31.75 | | | | |
| Bescar Lane | | 33.75 | | | | |
| Meols Cop | | 37.00 | | | | |
| Southport | | 38.25 | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|-------|------|----|----|
| 115 | | | | | | |
| Reading, Oxford and Banbury to Leamington Spa and Birmingham (Summary) | | | | | | |
| Reading | 0.00 | | | | | |
| Oxford | 27.50 | | | | | |
| Banbury | 48.25 | | | | | |
| Leamington Spa | 68.25 | | | | | |
| Birmingham International | 88.50 | | | | | |
| Birmingham New Street | 97.00 | | | | | |
| Birmingham Moor Street | | | | | | |
| Birmingham Snow Hill | | | | | | |
| 116 | | | | | | |
| Abbey Wood to Ealing Broadway, Greenford, Heathrow Airport, Slough, Maidenhead, Twyford and Reading via Central London | | | | | | |
| Abbey Wood | | | | | | |
| Woolwich | | | | | | |
| Custom House | | | | | | |
| Canary Wharf | | | | | | |
| Whitechapel | | | | | | |
| London Liverpool Street | | | | | | |
| Farringdon | | | | | | |
| Tottenham Court Road | | | | | | |
| Bond Street | | | | | | |
| London Paddington | 0.00 | 0.00 | 0.00 | | | |
| Acton Main Line | 4.25 | 4.25 | 4.25 | | | |
| Ealing Broadway | 5.75 | 5.75 | 5.75 | | | |
| West Ealing | 6.50 | 6.50 | 6.50 | 0.00 | | |
| Drayton Green | | | | 0.75 | | |
| Castle Bar Park | | | | 1.00 | | |
| South Greenford | | | | 1.75 | | |
| Greenford | | | | 2.75 | | |
| Hanwell | 7.25 | 7.25 | 7.25 | | | |
| Southall | 9.00 | 9.00 | 9.00 | | | |
| Hayes & Harlington | 10.75 | 10.75 | 10.75 | | | |
| Heathrow Terminals 2 & 3 | | 14.75 | 14.75 | | | |
| Heathrow Terminal 4 | | 16.50 | | | | |
| Heathrow Terminal 5 | | | 16.25 | | | |
| West Drayton | 13.25 | | | | | |
| Iver | 14.75 | | | | | |
| Langley | 16.25 | | | | | |
| Slough | 18.50 | | | | | |
| Burnham | 21.00 | | | | | |
| Taplow | 22.50 | | | | | |
| Maidenhead | 24.25 | | | | | |
| Twyford | 31.00 | | | | | |
| Reading | 36.00 | | | | | |
| Didcot Parkway | 53.25 | | | | | |
| Oxford | 63.50 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|----|----|----|----|----|
| 117 | | | | | | |
| Slough to Windsor & Eton Central | | | | | | |
| Slough | 0.00 | | | | | |
| Windsor & Eton Central | 2.75 | | | | | |
| 118 | | | | | | |
| Maidenhead to Bourne End and Marlow | | | | | | |
| Maidenhead | 0.00 | | | | | |
| Furze Platt | 1.25 | | | | | |
| Cookham | 3.00 | | | | | |
| Bourne End | 4.50 | | | | | |
| Marlow | 7.25 | | | | | |
| 119 | | | | | | |
| Twyford to Henley-on-Thames | | | | | | |
| Twyford | 0.00 | | | | | |
| Wargrave | 1.75 | | | | | |
| Shiplake | 2.75 | | | | | |
| Henley-on-Thames | 4.50 | | | | | |
| 120 | | | | | | |
| Reading to Basingstoke | | | | | | |
| Reading | 0.00 | | | | | |
| Reading West | 1.00 | | | | | |
| Reading Green Park (not yet open) | | | | | | |
| Mortimer | 7.25 | | | | | |
| Bramley (Hants) | 10.50 | | | | | |
| Basingstoke | 15.50 | | | | | |
| 121 | | | | | | |
| London to Reading (Summary Of First, Fast and Last Services) | | | | | | |
| London Paddington | 0.00 | | | | | |
| Reading | 36.00 | | | | | |
| 122 | | | | | | |
| London and Reading to Newbury, Bedwyn and Westbury | | | | | | |
| London Paddington | 0.00 | | | | | |
| Slough | 18.50 | | | | | |
| Maidenhead | 24.25 | | | | | |
| Twyford | 31.00 | | | | | |
| Reading | 36.00 | | | | | |
| Reading West | 37.00 | | | | | |
| Theale | 41.25 | | | | | |
| Aldermaston | 44.75 | | | | | |
| Midgham | 46.75 | | | | | |
| Thatcham | 49.50 | | | | | |
| Newbury Racecourse | 52.50 | | | | | |
| Newbury | 53.00 | | | | | |
| Kintbury | 58.50 | | | | | |
| Hungerford | 61.50 | | | | | |
| Bedwyn | 66.50 | | | | | |
| Pewsey | 75.25 | | | | | |
| Westbury | 95.50 | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|------|----|-------|----|
| 127 (Continued) | | | | | | |
| Fernhill | | | | | 8.25 | |
| Cwmbach | | | | | 9.50 | |
| Aberdare | | | | | 11.00 | |
| Quakers Yard | 4.75 | | | | | |
| Merthyr Vale | 7.00 | | | | | |
| Troed Y Rhiw | 8.75 | | | | | |
| Pentre-Bach | 10.00 | | | | | |
| Merthyr Tydfil | 11.50 | | | | | |
| Trehafod | | 23.50 | | | | |
| Porth | | 24.75 | | | | |
| Dinas Rhondda | | 26.25 | | | | |
| Tonypandy | | 26.75 | | | | |
| Llwynypia | | 27.75 | | | | |
| Ystrad Rhondda | | 29.00 | | | | |
| Ton Pentre | | 29.50 | | | | |
| Treorchy | | 30.75 | | | | |
| Ynyswen | | 31.75 | | | | |
| Treherbert | | 32.25 | | | | |
| 128 | | | | | | |
| Cardiff to Newport and Ebbw Vale | | | | | | |
| Cardiff Central | 0.00 | 0.00 | | | | |
| Newport (South Wales) | | 11.75 | 0.00 | | | |
| Pye Corner | 12.75 | | 2.75 | | | |
| Rogerstone | 14.00 | | | | | |
| Risca & Pontymister | 15.25 | | | | | |
| Cross Keys | 17.25 | | | | | |
| Newbridge (Ebbw Vale) | 20.75 | | | | | |
| Llanhilleth | 23.50 | | | | | |
| Ebbw Vale Parkway | 28.75 | | | | | |
| Ebbw Vale Town | 30.25 | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|--------|----|----|----|----|
| 132 | | | | | | |
| Cardiff, Newport and Bristol to Gloucester, Cheltenham Spa, Worcester, Great Malvern, Birmingham, Derby and Nottingham | | | | | | |
| Cardiff Central | | 0.00 | | | | |
| Newport (South Wales) | | 11.75 | | | | |
| Severn Tunnel Junction | | 21.50 | | | | |
| Caldicot | | 22.25 | | | | |
| Chepstow | | 29.00 | | | | |
| Lydney | | 37.00 | | | | |
| Bristol Temple Meads | 0.00 | | | | | |
| Filton Abbey Wood | 4.50 | | | | | |
| Bristol Parkway | 6.00 | | | | | |
| Yate | 12.25 | | | | | |
| Cam & Dursley | 22.75 | | | | | |
| Gloucester | 35.75 | 56.50 | | | | |
| Cheltenham Spa | 42.25 | 63.00 | | | | |
| Ashchurch for Tewkesbury | 49.50 | 70.25 | | | | |
| Worcestershire Parkway | | 84.25 | | | | |
| Worcester Shrub Hill | 63.25 | | | | | |
| Worcester Foregate Street | 65.00 | | | | | |
| Malvern Link | 71.75 | | | | | |
| Great Malvern | 73.00 | | | | | |
| University | | 108.75 | | | | |
| Birmingham New Street | | 111.00 | | | | |
| Derby | | 149.75 | | | | |
| Nottingham | | 165.75 | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|--------|--------|-------|----|----|----|
| 133 | | | | | | |
| Cardiff, Worcester, Bristol and Swindon to Westbury, Yeovil, Weymouth, Salisbury, Southampton, Portsmouth and Brighton | | | | | | |
| Cardiff Central | 0.00 | | | | | |
| Newport (South Wales) | 11.75 | | | | | |
| Severn Tunnel Junction | 21.75 | | | | | |
| Patchway | 32.25 | | | | | |
| Great Malvern | | 0.00 | | | | |
| Worcester Shrub Hill | | 8.50 | | | | |
| Cheltenham Spa | | 30.50 | | | | |
| Gloucester | | 37.00 | | | | |
| Bristol Parkway | | 67.00 | | | | |
| Filton Abbey Wood | 33.75 | 68.50 | | | | |
| Stapleton Road | 36.75 | 71.50 | | | | |
| Lawrence Hill | 37.25 | 72.00 | | | | |
| Bristol Temple Meads | 38.25 | 73.00 | | | | |
| Keynsham | 42.75 | 77.50 | | | | |
| Oldfield Park | 48.75 | 83.50 | | | | |
| Bath Spa | 49.75 | 84.50 | | | | |
| Freshford | 56.75 | 91.75 | | | | |
| Avoncliff | 57.75 | 92.50 | | | | |
| Bradford-on-Avon | 59.00 | 94.00 | | | | |
| Swindon | | | 0.00 | | | |
| Chippenham | | | 16.75 | | | |
| Melksham | | | 23.00 | | | |
| Trowbridge | 62.25 | 97.25 | 28.50 | | | |
| Westbury | 66.25 | 101.25 | 32.50 | | | |
| Frome | | 107.00 | | | | |
| Bruton | | 117.50 | | | | |
| Castle Cary | | 121.00 | | | | |
| Yeovil Pen Mill | | 132.75 | | | | |
| Yeovil Junction | | | | | | |
| Thornford | | 135.75 | | | | |
| Yetminster | | 137.00 | | | | |
| Chetnole | | 139.00 | | | | |
| Maiden Newton | | 145.50 | | | | |
| Dorchester West | | 153.25 | | | | |
| Upwey | | 157.75 | | | | |
| Weymouth | | 160.25 | | | | |
| Dilton Marsh | 67.75 | | | | | |
| Warminster | 71.00 | | | | | |
| Salisbury | 90.75 | | | | | |
| Romsey | 107.25 | | | | | |
| Southampton Central | 115.50 | | | | | |
| Fareham | 130.00 | | | | | |
| Cosham | 135.75 | | | | | |
| Fratton | 139.50 | | | | | |
| Portsmouth & Southsea | 140.50 | | | | | |
| Portsmouth Harbour | 141.25 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 134 | | | | | | |
| Cardiff, Newport, Severn Beach and Avonmouth to Bristol, Weston-Super-Mare and Taunton | | | | | | |
| Cardiff Central | | 0.00 | | | | |
| Newport (South Wales) | | 11.75 | | | | |
| Severn Tunnel Jn | | 21.75 | | | | |
| Patchway | | 32.25 | | | | |
| Bristol Parkway | | | | | | |
| Filton Abbey Wood | | 33.75 | | | | |
| Severn Beach | 0.00 | | | | | |
| St Andrews Road | 3.50 | | | | | |
| Avonmouth | 4.50 | | | | | |
| Portway Park & Ride (not yet open) | | | | | | |
| Shirehampton | 6.00 | | | | | |
| Sea Mills | 7.50 | | | | | |
| Clifton Down | 9.50 | | | | | |
| Redland | 10.25 | | | | | |
| Montpelier | 10.75 | | | | | |
| Stapleton Road | 12.00 | 36.75 | | | | |
| Lawrence Hill | 12.50 | 37.25 | | | | |
| Bristol Temple Meads | 13.50 | 38.25 | | | | |
| Bedminster | | 39.25 | | | | |
| Parson Street | | 40.00 | | | | |
| Nailsea & Backwell | | 46.25 | | | | |
| Yatton | | 50.25 | | | | |
| Worle | | 54.25 | | | | |
| Weston Milton | | 57.00 | | | | |
| Weston-super-Mare | | 58.25 | | | | |
| Highbridge & Burnham | | 65.75 | | | | |
| Bridgwater | | 72.50 | | | | |
| Taunton | | 83.75 | | | | |
| Exeter St Davids | | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|--------|----|----|----|----|
| 135 | | | | | | |
| London, Reading, Cardiff, Bristol and Taunton to Exeter, Torbay, Plymouth and Penzance | | | | | | |
| London Paddington | | 0.00 | | | | |
| Reading | | 36.00 | | | | |
| Newbury | | 53.00 | | | | |
| Pewsey | | 75.25 | | | | |
| Westbury | | 95.50 | | | | |
| Castle Cary | | 115.25 | | | | |
| Cardiff Central | 0.00 | | | | | |
| Newport (South Wales) | 11.75 | | | | | |
| Bristol Temple Meads | 38.25 | | | | | |
| Nailsea & Backwell | 46.25 | | | | | |
| Yatton | 50.25 | | | | | |
| Worle | 54.25 | | | | | |
| Weston-super-Mare | 58.25 | | | | | |
| Highbridge & Burnham | 65.75 | | | | | |
| Bridgwater | 72.50 | | | | | |
| Taunton | 83.75 | 143.00 | | | | |
| Tiverton Parkway | | 157.25 | | | | |
| Exmouth | | | | | | |
| Exeter Central | | | | | | |
| Exeter St Davids | | 173.75 | | | | |
| Exeter St Thomas | | 174.75 | | | | |
| Marsh Barton (not yet open) | | | | | | |
| Starcross | | 182.25 | | | | |
| Dawlish Warren | | 184.25 | | | | |
| Dawlish | | 185.75 | | | | |
| Teignmouth | | 188.75 | | | | |
| Newton Abbot | | 193.75 | | | | |
| Torre | | | | | | |
| Torquay | | | | | | |
| Paignton | | | | | | |
| Totnes | | 202.50 | | | | |
| Ivybridge | | 214.00 | | | | |
| Plymouth | | 225.75 | | | | |
| Devonport | | 227.00 | | | | |
| Dockyard | | 227.50 | | | | |
| Keyham | | 228.00 | | | | |
| St Budeaux Ferry Road | | 228.75 | | | | |
| Saltash | | 230.00 | | | | |
| St Germans | | 235.00 | | | | |
| Menheniot | | 240.25 | | | | |
| Liskeard | | 243.50 | | | | |
| Bodmin Parkway | | 252.50 | | | | |
| Lostwithiel | | 256.00 | | | | |
| Par | | 260.50 | | | | |
| Newquay | | | | | | |
| St Austell | | 265.00 | | | | |
| Truro | | 279.50 | | | | |
| Redruth | | 288.50 | | | | |
| Camborne | | 292.00 | | | | |
| Hayle | | 298.00 | | | | |
| St Erth | | 299.50 | | | | |
| Penzance | | 305.25 | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 136 | | | | | | |
| Exmouth to Exeter, Paignton, Okehampton and Barnstaple | | | | | | |
| Exmouth | 0.00 | | | | | |
| Lympstone Village | 2.00 | | | | | |
| Lympstone Commando | 3.00 | | | | | |
| Exton | 3.50 | | | | | |
| Topsham | 5.00 | | | | | |
| Newcourt | 6.50 | | | | | |
| Digby & Sowton | 7.00 | | | | | |
| Polsloe Bridge | 9.00 | | | | | |
| St James' Park | 10.00 | | | | | |
| Exeter Central | 10.50 | 0.00 | | | | |
| Exeter St Davids | 11.25 | 0.75 | | | | |
| Newton Abbot | | | | | | |
| Torquay | | | | | | |
| Paignton | | | | | | |
| Newton St Cyres | 15.50 | 5.00 | | | | |
| Crediton | 18.25 | 7.75 | | | | |
| Yeoford | 21.75 | | | | | |
| Okehampton | | 29.75 | | | | |
| Coplestone | 24.50 | | | | | |
| Morchard Road | 26.25 | | | | | |
| Lapford | 28.75 | | | | | |
| Eggesford | 32.50 | | | | | |
| Kings Nympton | 36.50 | | | | | |
| Portsmouth Arms | 39.25 | | | | | |
| Umberleigh | 43.50 | | | | | |
| Chapelton | 45.75 | | | | | |
| Barnstaple | 50.25 | | | | | |
| 137 | | | | | | |
| Plymouth to Gunnislake | | | | | | |
| Plymouth | 0.00 | 0.00 | | | | |
| Devonport | 1.25 | 1.25 | | | | |
| Dockyard | 1.50 | 1.50 | | | | |
| Keyham | 2.25 | 2.25 | | | | |
| St Budeaux Ferry Road | | 3.00 | | | | |
| St Budeaux Victoria Road | 3.00 | | | | | |
| Bere Ferrers | 7.25 | | | | | |
| Bere Alston | 10.00 | | | | | |
| Calstock | 11.75 | | | | | |
| Gunnislake | 14.50 | | | | | |
| 138 | | | | | | |
| Liskeard to Looe | | | | | | |
| Liskeard | 0.00 | | | | | |
| Coombe Junction Halt | 2.00 | | | | | |
| St Keyne Wishing Well Halt | 3.75 | | | | | |
| Causeland | 5.00 | | | | | |
| Sandplace | 6.50 | | | | | |
| Looe | 8.75 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|----|----|----|----|
| 139 | | | | | | |
| Par to Newquay | | | | | | |
| London Paddington | | | | | | |
| Plymouth | | | | | | |
| Par | 0.00 | | | | | |
| Luxulyan | 4.25 | | | | | |
| Bugle | 6.25 | | | | | |
| Roche | 8.75 | | | | | |
| St Columb Road | 14.50 | | | | | |
| Quintrell Downs | 18.25 | | | | | |
| Newquay | 20.75 | | | | | |
| 140 | | | | | | |
| Truro to Falmouth | | | | | | |
| Truro | 0.00 | | | | | |
| Perranwell | 4.25 | | | | | |
| Penryn | 8.25 | | | | | |
| Penmere | 10.25 | | | | | |
| Falmouth Town | 11.75 | | | | | |
| Falmouth Docks | 12.25 | | | | | |
| 141 | | | | | | |
| Penzance and St Erth to St Ives | | | | | | |
| Penzance | | | | | | |
| St Erth | 0.00 | | | | | |
| Lelant Saltings | 0.75 | | | | | |
| Lelant | 1.00 | | | | | |
| Carbis Bay | 3.00 | | | | | |
| St Ives | 4.25 | | | | | |
| 150 | | | | | | |
| Reading, Farnham and Aldershot to Guildford, Dorking, Redhill and Gatwick Airport | | | | | | |
| Reading | 0.00 | | | | | |
| Wokingham | 6.75 | | | | | |
| Crowthorne | 10.00 | | | | | |
| Sandhurst | 11.50 | | | | | |
| Blackwater | 13.50 | | | | | |
| Farnborough North | 15.50 | | | | | |
| North Camp | 17.50 | | | | | |
| Farnham | | 0.00 | | | | |
| Aldershot | | 3.00 | | | | |
| Ash | 19.50 | 5.75 | | | | |
| Wanborough | 21.50 | 7.75 | | | | |
| Guildford | 25.75 | 12.00 | | | | |
| Shalford | 27.75 | | | | | |
| Chilworth | 29.75 | | | | | |
| Gomshall | 33.50 | | | | | |
| Dorking West | 38.25 | | | | | |
| Dorking Deepdene | 39.00 | | | | | |
| Betchworth | 41.75 | | | | | |
| Reigate | 44.50 | | | | | |
| Redhill | 46.50 | | | | | |
| Gatwick Airport | 52.25 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 151 | | | | | | |
| London to Staines, Windsor & Eton Riverside, Weybridge, Ascot, Aldershot and Reading | | | | | | |
| London Waterloo | 0.00 | | | | | |
| Vauxhall | 1.25 | | | | | |
| Clapham Junction | 4.00 | | | | | |
| Putney | 5.75 | | | | | |
| Richmond | 9.75 | | | | | |
| St Margarets | 10.75 | | | | | |
| Twickenham | 11.25 | | | | | |
| Hounslow | | | | | | |
| Whitton | 12.50 | | | | | |
| Feltham | 14.75 | | | | | |
| Ashford (Middlesex) | 17.50 | | | | | |
| Staines | 19.00 | 0.00 | | | | |
| Wraysbury | | 2.50 | | | | |
| Sunnymeads | | 3.75 | | | | |
| Datchet | | 4.75 | | | | |
| Windsor & Eton Riverside | | 6.75 | | | | |
| Egham | 21.00 | | | | | |
| Virginia Water | 23.75 | 0.00 | | | | |
| Chertsey | | 2.50 | | | | |
| Addlestone | | 4.00 | | | | |
| Weybridge | | 5.75 | | | | |
| Byfleet & New Haw | | | | | | |
| West Byfleet | | | | | | |
| Woking | | | | | | |
| Longcross | 25.25 | | | | | |
| Sunningdale | 27.00 | | | | | |
| Ascot | 29.00 | 0.00 | | | | |
| Bagshot | | 3.25 | | | | |
| Camberley | | 6.50 | | | | |
| Frimley | | 8.75 | | | | |
| Ash Vale | | 12.00 | | | | |
| Aldershot | | 14.50 | | | | |
| Martins Heron | 31.25 | | | | | |
| Bracknell | 32.25 | | | | | |
| Wokingham | 36.75 | | | | | |
| Winnersh | 38.75 | | | | | |
| Winnersh Triangle | 39.25 | | | | | |
| Earley | 40.50 | | | | | |
| Reading | 43.50 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|-------|----|----|----|
| 152 | | | | | | |
| London to Woking, Guildford, Aldershot, Farnham, Alton and Basingstoke | | | | | | |
| London Waterloo | 0.00 | 0.00 | 0.00 | | | |
| Vauxhall | 1.25 | 1.25 | 1.25 | | | |
| Clapham Junction | 4.00 | 4.00 | 4.00 | | | |
| Earlsfield | 5.50 | 5.50 | 5.50 | | | |
| Wimbledon | 7.25 | 7.25 | 7.25 | | | |
| Surbiton | 12.00 | 12.00 | 12.00 | | | |
| Esher | 14.50 | 14.50 | 14.50 | | | |
| Hersham | 16.00 | 16.00 | 16.00 | | | |
| Walton-on-Thames | 17.00 | 17.00 | 17.00 | | | |
| Weybridge | 19.00 | 19.00 | 19.00 | | | |
| Byfleet & New Haw | 20.50 | 20.50 | 20.50 | | | |
| West Byfleet | 21.75 | 21.75 | 21.75 | | | |
| Woking | 24.50 | 24.50 | 24.50 | | | |
| Worplesdon | | | 27.00 | | | |
| Guildford | | | 30.50 | | | |
| Brookwood | 28.00 | 28.00 | | | | |
| Ash Vale | | 32.50 | | | | |
| Aldershot | | 35.00 | | | | |
| Farnham | | 38.00 | | | | |
| Bentley | | 42.00 | | | | |
| Alton | | 46.75 | | | | |
| Farnborough (Main) | 33.25 | | | | | |
| Fleet | 36.50 | | | | | |
| Winchfield | 40.00 | | | | | |
| Hook | 42.25 | | | | | |
| Basingstoke | 47.75 | | | | | |
| | | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|----|----|----|----|
| 175 | | | | | | |
| London, Croydon and Gatwick Airport to Haywards Heath and Brighton | | | | | | |
| London Victoria | | 0.00 | | | | |
| Clapham Junction | | 2.75 | | | | |
| St Pancras International | 0.00 | | | | | |
| Farringdon | 1.25 | | | | | |
| City Thameslink | 1.75 | | | | | |
| London Blackfriars | 2.00 | | | | | |
| London Bridge | 3.25 | | | | | |
| East Croydon | 13.50 | 10.50 | | | | |
| Purley | | 13.50 | | | | |
| Redhill | | 20.50 | | | | |
| Horley | | 25.75 | | | | |
| Gatwick Airport | | 26.75 | | | | |
| Three Bridges | | 29.25 | | | | |
| Balcombe | | 33.75 | | | | |
| Haywards Heath | | 37.75 | | | | |
| Wivelsfield | | 40.75 | | | | |
| Lewes | | | | | | |
| Burgess Hill | | 41.50 | | | | |
| Hassocks | | 43.75 | | | | |
| Preston Park | | 49.50 | | | | |
| Hove | | | | | | |
| Brighton | | 51.00 | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|-------|-------|----|----|
| 176 | | | | | | |
| London, Croydon, Gatwick Airport and Brighton to Lewes, Seaford, Eastbourne, Hastings and Ashford | | | | | | |
| London Victoria | 0.00 | | | | | |
| Clapham Junction | 2.75 | | | | | |
| East Croydon | 10.50 | | | | | |
| Gatwick Airport | 26.75 | | | | | |
| Haywards Heath | 37.75 | | | | | |
| Wivelsfield | 40.75 | | | | | |
| Plumpton | 44.50 | | | | | |
| Cooksbridge | 47.25 | | | | | |
| Brighton | | 0.00 | 0.00 | | | |
| London Road (Brighton) | | 0.75 | 0.75 | | | |
| Moulsecomb | | 1.75 | 1.75 | | | |
| Falmer | | 3.50 | 3.50 | | | |
| Lewes | 50.00 | 8.00 | 8.00 | | | |
| Southease | | | 11.50 | | | |
| Newhaven Town | | | 14.25 | | | |
| Newhaven Harbour | | | 14.50 | | | |
| Bishopstone | | | 16.00 | | | |
| Seaford | | | 17.00 | | | |
| Glynde | 53.00 | 11.00 | | | | |
| Berwick | 57.50 | 15.50 | | | | |
| Polegate | 61.75 | 19.75 | | | | |
| Hampden Park | 63.75 | 21.75 | | | | |
| Eastbourne | 65.75 | 23.75 | | | | |
| Hampden Park | 67.75 | 25.75 | | | | |
| Pevensey & Westham | 70.75 | 28.75 | | | | |
| Pevensey Bay | 71.50 | 29.50 | | | | |
| Normans Bay | 73.50 | 31.50 | | | | |
| Cooden Beach | 75.25 | 33.25 | | | | |
| Collington | 76.75 | 34.75 | | | | |
| Bexhill | 77.50 | 35.50 | | | | |
| St Leonards Warrior Square | 81.25 | 39.25 | | | | |
| Hastings | 82.00 | 40.00 | | 0.00 | | |
| Ore | 83.00 | 41.00 | | 1.00 | | |
| Three Oaks | | | | 3.75 | | |
| Doleham | | | | 5.00 | | |
| Winchelsea | | | | 9.25 | | |
| Rye | | | | 11.25 | | |
| Appledore (Kent) | | | | 18.00 | | |
| Ham Street | | | | 21.00 | | |
| Ashford International | | | | 26.50 | | |
| | | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|-------|----|----|----|
| 177 | | | | | | |
| London, Croydon, Gatwick Airport and Brighton to Hove, Worthing and Littlehampton | | | | | | |
| London Victoria | | 0.00 | | | | |
| Clapham Junction | | 2.75 | | | | |
| St Pancras International | 0.00 | | | | | |
| Farringdon | 1.25 | | | | | |
| City Thameslink | 1.75 | | | | | |
| London Blackfriars | 2.00 | | | | | |
| London Bridge | 3.25 | | | | | |
| East Croydon | 13.50 | 10.50 | | | | |
| Gatwick Airport | | 26.75 | | | | |
| Three Bridges | | 29.25 | | | | |
| Haywards Heath | | 37.75 | | | | |
| Burgess Hill | | 41.50 | | | | |
| Hassocks | | 43.75 | | | | |
| Preston Park | | 49.50 | | | | |
| Brighton | | | 0.00 | | | |
| Hove | | 50.75 | 1.00 | | | |
| Aldrington | | | 2.00 | | | |
| Portslade | | | 2.50 | | | |
| Fishergate | | | 3.50 | | | |
| Southwick | | | 3.75 | | | |
| Shoreham-by-Sea | | | 5.50 | | | |
| Lancing | | | 7.75 | | | |
| East Worthing | | | 9.75 | | | |
| Worthing | | | 10.25 | | | |
| West Worthing | | | 10.75 | | | |
| Durrington-on-Sea | | | 11.75 | | | |
| Goring-by-Sea | | | 12.50 | | | |
| Angmering | | | 15.25 | | | |
| Littlehampton | | | 20.25 | | | |
| | | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|--|-------|-------|----|----|----|----|
| 201 | | | | | | |
| Glasgow and Paisley to Wemyss Bay, Greenock and Gourock | | | | | | |
| Glasgow Central | 0.00 | 0.00 | | | | |
| Cardonald | 3.75 | 3.75 | | | | |
| Hillington East | 4.50 | 4.50 | | | | |
| Hillington West | 5.00 | 5.00 | | | | |
| Paisley Gilmour Street | 7.25 | 7.25 | | | | |
| Paisley St James | 8.00 | 8.00 | | | | |
| Bishopton | 12.25 | 12.25 | | | | |
| Langbank | 16.25 | 16.25 | | | | |
| Woodhall | 19.00 | 19.00 | | | | |
| Port Glasgow | 20.25 | 20.25 | | | | |
| Whinhill | | 22.50 | | | | |
| Drumfrochar | | 23.00 | | | | |
| Branchton | | 24.75 | | | | |
| Inverkip | | 28.75 | | | | |
| Wemyss Bay | | 31.00 | | | | |
| Bogston | 21.25 | | | | | |
| Cartsdyke | 22.00 | | | | | |
| Greenock Central | 23.00 | | | | | |
| Greenock West | 23.75 | | | | | |
| Fort Matilda | 25.00 | | | | | |
| Gourock | 26.25 | | | | | |

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|--------|--------|----|----|
| 202 | | | | | | |
| Glasgow and Paisley to Kilwinning, Ardrossan, Largs, Ayr, Girvan and Stranraer | | | | | | |
| Glasgow Central | 0.00 | 0.00 | 0.00 | 0.00 | | |
| Paisley Gilmour Street | 7.25 | 7.25 | 7.25 | | | |
| Johnstone | 10.75 | 10.75 | 10.75 | | | |
| Milliken Park | 11.50 | 11.50 | 11.50 | | | |
| Howwood (Renfrew) | 13.00 | 13.00 | 13.00 | | | |
| Lochwinnoch | 16.50 | 16.50 | 16.50 | | | |
| Glengarnock | 20.50 | 20.50 | 20.50 | | | |
| Dalry | 23.25 | 23.25 | 23.25 | | | |
| Kilwinning | 26.75 | 26.75 | 26.75 | | | |
| Stevenston | 29.00 | 29.00 | | | | |
| Saltcoats | 30.25 | 30.25 | | | | |
| Ardrossan South Beach | 31.25 | 31.25 | | | | |
| Ardrossan Town | | 31.75 | | | | |
| Ardrossan Harbour | | 32.25 | | | | |
| West Kilbride | 35.75 | | | | | |
| Fairlie | 39.75 | | | | | |
| Largs | 42.75 | | | | | |
| Irvine | | | 30.00 | | | |
| Barassie | | | 33.75 | | | |
| Barrhead | | | | 7.50 | | |
| Kilmarnock | | | | 24.25 | | |
| Troon | | | 35.00 | 35.00 | | |
| Prestwick Int. Airport | | | 37.75 | 37.75 | | |
| Prestwick Town | | | 38.25 | 38.25 | | |
| Newton-on-Ayr | | | 40.25 | 40.25 | | |
| Ayr | | | 41.50 | 41.50 | | |
| Maybole | | | 50.50 | 50.50 | | |
| Girvan | | | 62.75 | 62.75 | | |
| Barrhill | | | 75.00 | 75.00 | | |
| Stranraer | | | 101.00 | 101.00 | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

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

DISTANCES (MILES)

| Table | M1 | M2 | M3 | M4 | M5 | M6 |
|---|-------|-------|--------|-------|----|----|
| 215 | | | | | | |
| Edinburgh to Dunfermline, Cowdenbeath, Kirkcaldy, Glenrothes, Perth and Dundee | | | | | | |
| Edinburgh | 0.00 | 0.00 | 0.00 | 0.00 | | |
| Haymarket | 1.25 | 1.25 | 1.25 | 1.25 | | |
| South Gyle | 4.05 | 4.05 | 4.05 | 4.05 | | |
| Edinburgh Gateway | 5.50 | 5.50 | 5.50 | 5.50 | | |
| Dalmeny | 9.05 | 9.05 | 9.05 | 9.05 | | |
| North Queensferry | 11.25 | 11.25 | 11.25 | 11.25 | | |
| Inverkeithing | 13.25 | 13.25 | 13.25 | 13.25 | | |
| Rosyth | | 14.75 | | | | |
| Dunfermline Town | | 17.00 | | | | |
| Dunfermline Queen Margaret | | 18.75 | | | | |
| Cowdenbeath | | 22.75 | | | | |
| Lochgelly | | 25.00 | | | | |
| Cardenden | | 27.25 | | | | |
| Dalgety Bay | 14.75 | | 14.75 | 14.75 | | |
| Aberdour | 17.05 | | 17.05 | 17.05 | | |
| Burntisland | 20.25 | | 20.25 | 20.25 | | |
| Kinghorn | 22.75 | | 22.75 | 22.75 | | |
| Kirkcaldy | 25.75 | | 25.75 | 25.75 | | |
| Glenrothes With Thornton | 30.75 | 30.75 | | | | |
| Markinch | | | 33.25 | 33.25 | | |
| Ladybank | | | 39.25 | 39.25 | | |
| Perth | | | | 57.00 | | |
| Springfield | | | 42.25 | | | |
| Cupar | | | 44.50 | | | |
| Leuchars | | | 51.00 | | | |
| Dundee | | | 59.25 | | | |
| Arbroath | | | 76.25 | | | |
| Aberdeen | | | 130.50 | | | |
| 216 | | | | | | |
| Edinburgh to North Berwick and Dunbar | | | | | | |
| Haymarket | 0.00 | 0.00 | | | | |
| Edinburgh | 1.25 | 1.25 | | | | |
| Musselburgh | 6.50 | 6.50 | | | | |
| Wallyford | 8.75 | 8.75 | | | | |
| Prestonpans | 11.00 | 11.00 | | | | |
| Longniddry | 14.50 | 14.50 | | | | |
| Drem | 19.00 | 19.00 | | | | |
| North Berwick | | 29.25 | | | | |
| East Linton (not yet open) | | | | | | |
| Dunbar | 29.50 | | | | | |
| 217 | | | | | | |
| Edinburgh to Galashiels and Tweedbank | | | | | | |
| Haymarket | | | | | | |
| Edinburgh | 0.00 | | | | | |
| Brunstane | 4.00 | | | | | |
| Newcraighall | 4.75 | | | | | |
| Shawfair | 5.75 | | | | | |
| Eskbank | 8.25 | | | | | |
| Newtongrange | 9.75 | | | | | |
| Gorebridge | 12.00 | | | | | |
| Stow | 26.75 | | | | | |
| Galashiels | 36.50 | | | | | |
| Tweedbank | 38.50 | | | | | |

DISTANCES (MILES)

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

DISTANCES (MILES)

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