SIS

East Coast Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Doncaster (12)	Henlow (12)	Doncaster (12)	Hove (12)	Romford (12)	Hove (12)	Central Park (12)
	13.27 - 16.26	13.27 - 16.27	13.27 - 16.28	13.27 - 16.29	13.27 - 16.30	13.27 - 16.31	13.09 - 16.17
	Harlow (11)	Crayford (11)	Harlow (11)	Monmore (11)	Central Park (11)	Monmore (11)	
	13.33 - 16.16	13.33 - 16.17	13.33 - 16.18	13.33 - 16.19	13.33 - 16.20	13.33 - 16.21	

	Doncaster (12)	Henlow (12)	Doncaster (12)	Hove (12)	Romford (12)	Hove (12)	Central Park (12)
RACE 1	13.27	13.27	13.27	13.27	13.27	13.27	13.09
RACE 2	13.44	13.44	13.44	13.44	13.44	13.44	13.27
RACE 3	14.03	14.03	14.03	14.03	14.03	14.03	13.44
RACE 4	14.17	14.17	14.17	14.17	14.17	14.17	14.03
RACE 5	14.33	14.33	14.33	14.33	14.33	14.33	14.18
RACE 6	14.49	14.49	14.49	14.49	14.49	14.49	14.36
RACE 7	15.06	15.06	15.06	15.06	15.06	15.06	14.53
RACE 8	15.21	15.21	15.21	15.21	15.21	15.21	15.09
RACE 9	15.38	15.38	15.38	15.38	15.38	15.38	15.27
RACE 10	15.53	15.53	15.53	15.53	15.53	15.53	15.44
RACE 11	16.08	16.08	16.08	16.08	16.08	16.08	16.01
RACE 12	16.26	16.26	16.26	16.26	16.26	16.26	16.17
	Harlow (11)	Crayford (11)	Harlow (11)	Monmore (11)	Central Park (11)	Monmore (11)	
RACE 1	13.33	13.33	13.33	13.33	13.33	13.33	
RACE 2	13.49	13.49	13.49	13.49	13.49	13.49	
RACE 3	14.07	14.07	14.07	14.07	14.07	14.07	
RACE 4	14.23	14.23	14.23	14.23	14.23	14.23	
RACE 5	14.38	14.38	14.38	14.38	14.38	14.38	
RACE 6	14.54	14.54	14.54	14.54	14.54	14.54	
RACE 7	15.11	15.11	15.11	15.11	15.11	15.11	
RACE 8	15.27	15.27	15.27	15.27	15.27	15.27	
RACE 9	15.42	15.42	15.42	15.42	15.42	15.42	
RACE 10	15.57	15.57	15.57	15.57	15.57	15.57	
RACE 11	16.16	16.16	16.16	16.16	16.16	16.16	