

w/c Monday 4th January

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Races			
EMP	Central Park	12	B	Henlow	10	A	Kilkenny	10	A	Waterford	10	A	Henlow	10	A	Harlow	10	A	Harlow	10	A	Doncaster	12	B	50
Morning	Central Park	12	B	Central Park	12	B	Central Park	12	B	Central Park	12	B	Harlow	14	I	Romford	14	I	Romford	14	I	Doncaster	12	B	88
Morning	Henlow	12	C	Romford	12	C	Crayford	12	C	Henlow	12	C	Hove	14	J	Crayford	14	J	Crayford	14	J	Harlow	12	C	88
Afternoon	Monmore	14	D	Monmore	14	D	Monmore	14	D	Crayford	14	D	Crayford	14	D	Doncaster	14	D	Doncaster	14	D	Towcaster	14	E	98
Afternoon	Romford	14	E	Hove	14	E	Hove	14	E	Romford	14	E	Monmore	14	E	Henlow	14	E	Henlow	14	E	Mullingar	10	IR	94
Evening	Harlow	11	F	Crayford	11	F	Harlow	11	F	Monmore	11	F	Central Park	11	F	Monmore	11	F	Monmore	11	F	Henlow	11	F	77
Evening	Doncaster	12	G	Henlow	12	G	Doncaster	12	G	Hove	12	G	Romford	12	G	Romford	12	G	Hove	12	G	Central Park	12	G	84
Evening	Youghal	10	IR	Tralee	10	IR	Youghal	10	IR	Limerick	10	IR	Cork	10	IR	Romford	11	H	Romford	11	H				61

RACES	Morning			Afternoon		Evening			Friday/ Saturday morning		Irish (IR)	
	A	B	C	D	E	F	G	H	I	J	Evening (Mon-Fri)	Sunday Afternoon
1	08:12	10:46	10:53	13:49	13:57	18:17	18:09	18:22	10:12	10:17	18:53	15:17
2	08:27	11:01	11:09	14:07	14:12	18:33	18:28	18:39	10:31	10:37	19:12	15:38
3	08:43	11:16	11:24	14:23	14:32	18:48	18:43	18:54	10:46	10:53	19:28	15:57
4	09:02	11:31	11:39	14:42	14:52	19:07	18:58	19:12	11:01	11:09	19:42	16:17
5	09:18	11:46	11:54	15:02	15:11	19:24	19:18	19:32	11:16	11:24	19:54	16:37
6	09:34	12:01	12:09	15:18	15:28	19:44	19:36	19:52	11:31	11:39	20:09	16:57
7	09:52	12:16	12:24	15:38	15:48	20:03	19:56	20:08	11:46	11:54	20:29	17:18
8	10:07	12:31	12:39	15:58	16:08	20:23	20:17	20:28	12:01	12:09	20:47	17:38
9	10:23	12:46	12:54	16:18	16:28	20:43	20:38	20:48	12:16	12:24	21:06	17:57
10	10:41	13:02	13:09	16:38	16:48	21:02	20:54	21:07	12:31	12:39	21:22	18:12
11		13:17	13:24	16:58	17:08	21:18	21:12	21:22	12:46	12:54		
12		13:33	13:39	17:18	17:28		21:28		13:02	13:09		
13				17:37	17:44				13:17	13:24		
14				17:54	18:02				13:33	13:39		