

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Races		
EMP				Henlow 10	A		Kilkenny 10	A		Waterford 10	A		Henlow 10	A		Harlow 10	A							50
Morning	Central Park 12	B		Central Park 12	B		Central Park 12	B		Central Park 12	B		Harlow 14	I		Romford 14	I				Doncaster 12	B	88	
Morning	Henlow 12	C		Romford 12	C		Crayford 12	C		Towcester 12	C		Hove 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	E	98	
Afternoon	Romford 14	E		Hove 14	E		Hove 14	E		Romford 14	E		Monmore 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				Henlow 11	F	77	
Evening	Doncaster 12	G		Towcester 12	G		Doncaster 12	G		Hove 12	G		Romford 12	G		Romford 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						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		