

ALL TIMINGS ARE GMT

November 2019	Date	HW -6	HW -5.5	HW -5	HW-4.5	HW -4	HW -3.5	HW -2.10	HW-0.10		HW+0.5	HW +1	HW +1.5	HW+2	HW+2.5	HW +3	HW +3.5	HW +4	HW +4.5	HW+5	HW+5.5	HW +6
		Access	Exit	Access	Exit	Access	Exit	Freeflow	Freeflow	HW	Access	Exit	Access	Exit	Access	Exit	Access	Exit	Access	Exit	Access	Exit
Friday	1st	02:37	03:07	03:37	04:07	04:37	05:07	06:27	08:27	08:37	09:07	09:37	10:07	10:37	11:07	11:37	12:07	12:37	13:07	13:37	14:07	14:37
		14:58	15:28	15:58	16:28	16:58	17:28	18:48	20:48	20:58	21:28	21:58	22:28	22:58	23:28	23:58	00:28	00:58	01:28	01:58	02:28	02:58
Saturday	2nd	03:18	03:48	04:18	04:48	05:18	05:48	07:08	09:08	09:18	09:48	10:18	10:48	11:18	11:48	12:18	12:48	13:18	13:48	14:18	14:48	15:18
		15:40	16:10	16:40	17:10	17:40	18:10	19:30	21:30	21:40	22:10	22:40	23:10	23:40	00:10	00:40	01:10	01:40	02:10	02:40	03:10	03:40
Sunday	3rd	04:03	04:33	05:03	05:33	06:03	06:33	07:53	09:53	10:03	10:33	11:03	11:33	12:03	12:33	13:03	13:33	14:03	14:33	15:03	15:33	16:03
		16:28	16:58	17:28	17:58	18:28	18:58	20:18	22:18	22:28	22:58	23:28	23:58	00:28	00:58	01:28	01:58	02:28	02:58	03:28	03:58	04:28
Monday	4th	05:00	05:30	06:00	06:30	07:00	07:30	08:50	10:50	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00
		17:33	18:03	18:33	19:03	19:33	20:03	21:23	23:23	23:33	00:03	00:33	01:03	01:33	02:03	02:33	03:03	03:33	04:03	04:33	05:03	05:33
Tuesday	5th	06:18	06:48	07:18	07:48	08:18	08:48	10:08	12:08	12:18	12:48	13:18	13:48	14:18	14:48	15:18	15:48	16:18	16:48	17:18	17:48	18:18
Wednesday	6th	19:04	19:34	20:04	20:34	21:04	21:34	22:54	00:54	01:04	01:34	02:04	02:34	03:04	03:34	09:21	09:51	10:21	05:34	06:04	06:34	07:04
		07:45	08:15	08:45	09:15	09:45	10:15	11:35	13:35	13:45	14:15	14:45	15:15	15:45	16:15	16:45	17:15	17:45	18:15	18:45	19:15	19:45
Thursday	7th	20:28	20:58	21:28	21:58	22:28	22:58	00:18	02:18	02:28	02:58	03:28	03:58	04:28	04:58	05:28	05:58	06:28	06:58	07:28	07:58	08:28
		08:54	09:24	09:54	10:24	10:54	11:24	12:44	14:44	14:54	15:24	15:54	16:24	16:54	17:24	17:54	18:24	18:54	19:24	19:54	20:24	20:54
Friday	8th	21:26	21:56	22:26	22:56	23:26	23:56	01:16	03:16	03:26	03:56	04:26	04:56	05:26	05:56	06:26	06:56	07:26	07:56	08:26	08:56	09:26
		09:44	10:14	10:44	11:14	11:44	12:14	13:34	15:34	15:44	16:14	16:44	17:14	17:44	18:14	18:44	19:14	19:44	20:14	20:44	21:14	21:44
Saturday	9th	22:09	22:39	23:09	23:39	00:09	00:39	01:59	03:59	04:09	04:39	05:09	05:39	06:09	06:39	07:09	07:39	08:09	08:39	09:09	09:39	10:09
		10:24	10:54	11:24	11:54	12:24	12:54	14:14	16:14	16:24	16:54	17:24	17:54	18:24	18:54	19:24	19:54	20:24	20:54	21:24	21:54	22:24
Sunday	10th	22:45	23:15	23:45	00:15	00:45	01:15	02:35	04:35	04:45	05:15	05:45	06:15	06:45	07:15	07:45	08:15	08:45	09:15	09:45	10:15	10:45
		11:00	11:30	12:00	12:30	13:00	13:30	14:50	16:50	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30	23:00
Monday	11th	23:18	23:48	00:18	00:48	01:18	01:48	03:08	05:08	05:18	05:48	06:18	06:48	07:18	07:48	08:18	08:48	09:18	09:48	10:18	10:48	11:18
		11:34	12:04	12:34	13:04	13:34	14:04	15:24	17:24	17:34	18:04	18:34	19:04	19:34	20:04	20:34	21:04	21:34	22:04	22:34	23:04	23:34
Tuesday	12th	23:51	00:21	00:51	01:21	01:51	02:21	03:41	05:41	05:51	06:21	06:51	07:21	07:51	08:21	08:51	09:21	09:51	10:21	10:51	11:21	11:51
		12:07	12:37	13:07	13:37	14:07	14:37	15:57	17:57	18:07	18:37	19:07	19:37	20:07	20:37	21:07	21:37	22:07	22:37	23:07	23:37	00:07
Wednesday	13th	00:22	00:52	01:22	01:52	02:22	02:52	04:12	06:12	06:22	06:52	07:22	07:52	08:22	08:52	09:22	09:52	10:22	10:52	11:22	11:52	12:22
		12:40	13:10	13:40	14:10	14:40	15:10	16:30	18:30	18:40	19:10	19:40	20:10	20:40	21:10	01:49	02:19	02:49	23:10	23:40	00:10	00:40
Thursday	14th	00:54	01:24	01:54	02:24	02:54	03:24	04:44	06:44	06:54	07:24	07:54	08:24	08:54	09:24	09:54	10:24	10:54	11:24	11:54	12:24	12:54
		13:14	13:44	14:14	14:44	15:14	15:44	17:04	19:04	19:14	19:44	20:14	20:44	21:14	21:44	22:14	22:44	23:14	23:44	00:14	00:44	01:14
Friday	15th	01:29	01:59	02:29	02:59	03:29	03:59	05:19	07:19	07:29	07:59	08:29	08:59	09:29	09:59	10:29	10:59	11:29	11:59	12:29	12:59	13:29
		13:49	14:19	14:49	15:19	15:49	16:19	17:39	19:39	19:49	20:19	20:49	21:19	21:49	22:19	22:49	23:19	23:49	00:19	00:49	01:19	01:49
Saturday	16th	02:05	02:35	03:05	03:35	04:05	04:35	05:55	07:55	08:05	08:35	09:05	09:35	10:05	10:35	11:05	11:35	12:05	12:35	13:05	13:35	14:05
		14:28	14:58	15:28	15:58	16:28	16:58	18:18	20:18	20:28	20:58	21:28	21:58	22:28	22:58	23:28	23:58	00:28	00:58	01:28	01:58	02:28
Sunday	17th	02:45	03:15	03:45	04:15	04:45	05:15	06:35	08:35	08:45	09:15	09:45	10:15	10:45	11:15	11:45	12:15	12:45	13:15	13:45	14:15	14:45
		15:12	15:42	16:12	16:42	17:12	17:42	19:02	21:02	21:12	21:42	22:12	22:42	23:12	23:42	00:12	00:42	01:12	01:42	02:12	02:42	03:12
Monday	18th	03:33	04:03	04:33	05:03	05:33	06:03	07:23	09:23	09:33	10:03	10:33	11:03	11:33	12:03	12:33	13:03	13:33	14:03	14:33	15:03	15:33
		16:06	16:36	17:06	17:36	18:06	18:36	19:56	21:56	22:06	22:36	23:06	23:36	00:06	00:36	01:06	01:36	02:06	02:36	03:06	03:36	04:06
Tuesday	19th	04:33	05:03	05:33	06:03	06:33	07:03	08:23	10:23	10:33	11:03	11:33	12:03	12:33	13:03	13:33	14:03	14:33	15:03	15:33	16:03	16:33
		17:15	17:45	18:15	18:45	19:15	19:45	21:05	23:05	23:15	23:45	00:15	00:45	01:15	01:45	02:15	02:45	03:15	03:45	04:15	04:45	05:15
Wednesday	20th	05:48	06:18	06:48	07:18	07:48	08:18	09:38	11:38	11:48	12:18	12:48	13:18	13:48	14:18	14:48	15:18	15:48	16:18	16:48	17:18	17:48
Thursday	21st	18:35	19:05	19:35	20:05	20:35	21:05	22:25	00:25	00:35	01:05	01:35	02:05	02:35	03:05	03:35	04:05	04:35	05:05	05:35	06:05	06:35
		07:09	07:39	08:09	08:39	09:09	09:39	10:59	12:59	13:09	13:39	14:09	14:39	15:09	15:39	16:09	16:39	17:09	17:39	18:09	18:39	19:09
Friday	22nd	19:56	20:26	20:56	21:26	21:56	22:26	23:46	01:46	01:56	02:26	02:56	03:26	03:56	04:26	04:56	05:26	05:56	06:26	06:56	07:26	07:56
		08:24	08:54	09:24	09:54	10:24	10:54	12:14	14:14	14:24	14:54	15:24	15:54	16:24	16:54	17:24	17:54	18:24	18:54	19:24	19:54	20:24
Saturday	23rd	21:03	21:33	22:03	22:33	23:03	23:33	00:53	02:53	03:03	03:33	04:03	04:33	05:03	05:33	06:03	06:33	07:03	07:33	08:03	08:33	09:03
		09:27	09:57	10:27	10:57	11:27	11:57	13:17	15:17	15:27	15:57	16:27	16:57	17:27	17:57	18:27	18:57	19:27	19:57	20:27	20:57	21:27
Sunday	24th	21:59	22:29	22:59	23:29	23:59	00:29	01:49	03:49	03:59	04:29	04:59	05:29	05:59	06:29	06:59	07:29	07:59	08:29	08:59	09:29	09:59
		10:21	10:51	11:21	11:51	12:21	12:51	14:11	16:11	16:21	16:51	17:21	17:51	18:21	18:51	19:21	19:51	20:21	20:51	21:21	21:51	22:21
Monday	25th	22:48	23:18	23:48	00:18	00:48	01:18	02:38	04:38	04:48	05:18	05:48	06:18	06:48	07:18	07:48	08:18	08:48	09:18	09:48	10:18	10:48
				12:09	12:39	13:09	13:39	14:59	16:59	17:09	17:39	18:09	18:39	19:09	19:39	20:09	20:39	21:09	21:39	22:09	22:39	
Tuesday	26th					01:33	02:03	03:23	05:23	05:33	06:03	06:33	07:03	07:33	08:03	08:33	09:03	09:33				
						13:54	14:24	15:44	17:44	17:54	18:24	18:54	19:24	19:54	20:24	20:54	21:24	21:54				
Wednesday	27th					02:16	02:46	04:06	06:06	06:16	06:46	07:16	07:46	08:16	08:46	09:16	09:46	10:16				
						14:38	15:08	16:28	18:28	18:38	19:08	19:38	20:08	20:38	21:08	21:38	22:08	22:38				
Thursday	28th					02:58	03:28	04:48	06:48	06:58	07:28	07:58	08:28	08:58	09:28	09:58	10:28	10:58				
						15:19	15:49	17:09	19:09	19:19	19:49	20:19	20:49	21:19	21:49	22:19	22:49	23:19				
Friday	29th			02:38																		