

Howdon Side

Jarrow Side

06:00		14:30		06:15		14:15
06:30		15:00		06:45		14:45
07:00		15:30		07:15		15:15
07:30		16:00		07:45		15:45
08:00		16:30		08:15		16:15
08:30		17:00		08:45		16:45
09:00		17:30		09:15		17:15
09:30	Driver break	18:00		09:45	Driver break	17:45
10:00	Driver break	18:30	Driver break	10:15	Driver break	18:15
10:30		19:00	Driver break	10:45		18:45 Driver break
11:00		19:30		11:15		19:15 Driver break
11:30		20:00		11:45		19:45
12:00		20:30		12:15		20:15
12:30		21:00		12:45		20:45
13:00		21:30		13:15		21:15
13:30		22:00		13:45		21:45
14:00				14:00		

* Driver breaks between 09:30 - 10:30 then again between 18:30 - 19:30, no transport between these times.