

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Races
EMP				Henlow 10	A	Kilkenny 10	A	Waterford 10	A	Henlow 10	A	Harlow 10	A	Harlow 10	A	Harlow 10	A	Doncaster 12	B	50		
Morning	Central Park 12	B	Central Park 12	B	Harlow 12	B	Central Park 12	B	Central Park 12	B	Harlow 14	I	Romford 14	I	Romford 14	I	Romford 14	I	Harlow 12	C	88	
Morning	Henlow 12	C	Romford 12	C	Crayford 12	C	Towcester 12	C	Towcester 12	C	Hove 14	J	Crayford 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	Crayford 14	D	Doncaster 14	D	Doncaster 14	D	Doncaster 14	D	Towcester 14	E	98	
Afternoon	Romford 14	E	Hove 14	E	Hove 14	E	Romford 14	E	Romford 14	E	Monmore 14	E	Monmore 14	E	Monmore 14	E	Monmore 14	E	Mullingar 10	IR	94	
Evening	Towcester 11	F	Crayford 11	F	Harlow 11	F	Monmore 11	F	Monmore 11	F	Central Park 11	F	Monmore 11	F	Monmore 11	F	Monmore 11	F	Henlow 11	F	77	
Evening	Doncaster 12	G	Towcester 12	G	Doncaster 12	G	Hove 12	G	Hove 12	G	Romford 12	G	Romford 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	Limerick 10	IR	Cork 10	IR	Romford 11	H	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	14:58	
2	08:27	11:01	11:09	14:07	14:12	18:33	18:28	18:39	10:31	10:37	19:12	15:18	
3	08:43	11:16	11:24	14:23	14:32	18:48	18:43	18:54	10:46	10:53	19:28	15:37	
4	09:02	11:31	11:39	14:42	14:52	19:07	18:58	19:12	11:01	11:09	19:42	15:57	
5	09:18	11:46	11:54	15:02	15:11	19:24	19:18	19:32	11:16	11:24	19:54	16:17	
6	09:34	12:01	12:09	15:18	15:28	19:44	19:36	19:52	11:31	11:39	20:09	16:37	
7	09:52	12:16	12:24	15:38	15:48	20:03	19:56	20:08	11:46	11:54	20:29	16:57	
8	10:07	12:31	12:39	15:58	16:08	20:23	20:17	20:28	12:01	12:09	20:47	17:17	
9	10:23	12:46	12:54	16:18	16:28	20:43	20:38	20:48	12:16	12:24	21:06	17:37	
10	10:41	13:02	13:09	16:38	16:48	21:02	20:54	21:07	12:31	12:39	21:22	17:52	
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			