Surf Scoter	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		00:59	01:06	01:16	01:26	01:31	01:51	02:04	02:13	02:31	02:46	02:55	02:59	03:05	03:10	03:11	03:21	03:25	03:29	03:34	03:47	03:56	03:59	04:05	04:15	Spurn
Flamborough			00:07	00:17	00:27	00:32	00:52	01:05	01:14	01:32	01:47	01:56	02:00	02:06	02:11	02:12	02:22	02:26	02:30	02:35	02:48	02:57	03:00	03:06	03:16	Flamborough
Bempton				00:10	00:20	00:25	00:45	00:58	01:07	01:25	01:40	01:49	01:53	01:59	02:04	02:05	02:15	02:19	02:23	02:28	02:41	02:50	02:53	02:59	03:09	Bempton
Filey					00:10	00:15	00:35	00:48	00:57	01:15	01:30	01:39	01:43	01:49	01:54	01:55	02:05	02:09	02:13	02:18	02:31	02:40	02:43	02:49	02:59	Filey
Scarborough						00:05	00:25	00:38	00:47	01:05	01:20	01:29	01:33	01:39	01:44	01:45	01:55	01:59	02:03	02:08	02:21	02:30	02:33	02:39	02:49	Scarborough
Long Nab							00:20	00:33	00:42	01:00	01:15	01:24	01:28	01:34	01:39	01:40	01:50	01:54	01:58	02:03	02:16	02:25	02:28	02:34	02:44	Long Nab
Whitby								00:13	00:22	00:40	00:55	01:04	01:08	01:14	01:19	01:20	01:30	01:34	01:38	01:43	01:56	02:05	02:08	02:14	02:24	Whitby
Cowbar									00:09	00:27	00:42	00:51	00:55	01:01	01:06	01:07	01:17	01:21	01:25	01:30	01:43	01:52	01:55	02:01	02:11	Cowbar
Brotton										00:18	00:33	00:42	00:46	00:52	00:57	00:58	01:08	01:12	01:16	01:21	01:34	01:43	01:46	01:52	02:02	Brotton
Hartlepool											00:15	00:24	00:28	00:34	00:39	00:40	00:50	00:54	00:58	01:03	01:16	01:25	01:28	01:34	01:44	Hartlepool
Seaham												00:09	00:13	00:19	00:24	00:25	00:35	00:39	00:43	00:48	01:01	01:10	01:13	01:19	01:29	Seaham
Sunderland													00:04	00:10	00:15	00:16	00:26	00:30	00:34	00:39	00:52	01:01	01:04	01:10	01:20	Sunderland
Whitburn														00:06	00:11	00:12	00:22	00:26	00:30	00:35	00:48	00:57	01:00	01:06	01:16	Whitburn
Tynemouth															00:05	00:06	00:16	00:20	00:24	00:29	00:42	00:51	00:54	01:00	01:10	Tynemouth
St Mary's																00:01	00:11	00:15	00:19	00:24	00:37	00:46	00:49	00:55	01:05	St Mary's
Seaton Sluice																	00:10	00:14	00:18	00:23	00:36	00:45	00:48	00:54	01:04	Seaton Sluice
Newbiggin																		00:04	00:08	00:13	00:26	00:35	00:38	00:44	00:54	Newbiggin
Snab Point																			00:04	00:09	00:22	00:31	00:34	00:40	00:50	Snab Point
Druridge Pools																				00:05	00:18	00:27	00:30	00:36	00:46	Druridge Pools
Hauxley																					00:13	00:22	00:25	00:31	00:41	Hauxley
Boulmer																						00:09	00:12	00:18	00:28	Boulmer
Newton																							00:03	00:09	00:19	Newton
beadnell																								00:06	00:16	beadnell
Farnes																									00:10	Farnes
Holy Island																										Holy Island

Macaronesian Shearwater	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		02:13	02:29	02:51	03:15	03:26	04:12	04:42	05:02	05:43	06:18	06:39	06:48	07:02	07:14	07:17	07:41	07:51	08:00	08:12	08:41	09:01	09:09	09:23	09:47	Spurn
Flamborough			00:16	00:38	01:02	01:13	01:59	02:29	02:49	03:30	04:05	04:26	04:35	04:49	05:01	05:04	05:28	05:38	05:47	05:59	06:28	06:48	06:56	07:10	07:34	Flamborough
Bempton				00:22	00:46	00:57	01:43	02:13	02:33	03:14	03:49	04:10	04:19	04:33	04:45	04:48	05:12	05:22	05:31	05:43	06:12	06:32	06:40	06:54	07:18	Bempton
Filey					00:24	00:35	01:21	01:51	02:11	02:52	03:27	03:48	03:57	04:11	04:23	04:26	04:50	05:00	05:09	05:21	05:50	06:10	06:18	06:32	06:56	Filey
Scarborough						00:11	00:57	01:27	01:47	02:28	03:03	03:24	03:33	03:47	03:59	04:02	04:26	04:36	04:45	04:57	05:26	05:46	05:54	06:08	06:32	Scarborough
Long Nab							00:46	01:16	01:36	02:17	02:52	03:13	03:22	03:36	03:48	03:51	04:15	04:25	04:34	04:46	05:15	05:35	05:43	05:57	06:21	Long Nab
Whitby								00:30	00:50	01:31	02:06	02:27	02:36	02:50	03:02	03:05	03:29	03:39	03:48	04:00	04:29	04:49	04:57	05:11	05:35	Whitby
Cowbar									00:20	01:01	01:36	01:57	02:06	02:20	02:32	02:35	02:59	03:09	03:18	03:30	03:59	04:19	04:27	04:41	05:05	Cowbar
Brotton										00:41	01:16	01:37	01:46	02:00	02:12	02:15	02:39	02:49	02:58	03:10	03:39	03:59	04:07	04:21	04:45	Brotton
Hartlepool											00:35	00:56	01:05	01:19	01:31	01:34	01:58	02:08	02:17	02:29	02:58	03:18	03:26	03:40	04:04	Hartlepool
Seaham												00:21	00:30	00:44	00:56	00:59	01:23	01:33	01:42	01:54	02:23	02:43	02:51	03:05	03:29	Seaham
Sunderland													00:09	00:23	00:35	00:38	01:02	01:12	01:21	01:33	02:02	02:22	02:30	02:44	03:08	Sunderland
Whitburn														00:14	00:26	00:29	00:53	01:03	01:12	01:24	01:53	02:13	02:21	02:35	02:59	Whitburn
Tynemouth															00:12	00:15	00:39	00:49	00:58	01:10	01:39	01:59	02:07	02:21	02:45	Tynemouth
St Mary's																00:03	00:27	00:37	00:46	00:58	01:27	01:47	01:55	02:09	02:33	St Mary's
Seaton Sluice																	00:24	00:34	00:43	00:55	01:24	01:44	01:52	02:06	02:30	Seaton Sluice
Newbiggin																		00:10	00:19	00:31	01:00	01:20	01:28	01:42	02:06	Newbiggin
Snab Point																			00:09	00:21	00:50	01:10	01:18	01:32	01:56	Snab Point
Druridge Pools																				00:12	00:41	01:01	01:09	01:23	01:47	Druridge Pools
Hauxley																					00:29	00:49	00:57	01:11	01:35	Hauxley
Boulmer																						00:20	00:28	00:42	01:06	Boulmer
Newton																							00:08	00:22	00:46	Newton
beadnell																								00:14	00:38	beadnell
Farnes																									00:24	Farnes
Holy Island																										Holy Island

Feas's/Zino's Petrel	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		02:37	02:56	03:22	03:50	04:03	04:58	05:34	05:58	06:46	07:28	07:54	08:04	08:20	08:35	08:39	09:08	09:19	09:30	09:44	10:19	10:43	10:53	11:10	11:39	Spurn
Flamborough			00:19	00:45	01:13	01:26	02:21	02:57	03:21	04:09	04:51	05:17	05:27	05:43	05:58	06:02	06:31	06:42	06:53	07:07	07:42	08:06	08:16	08:33	09:02	Flamborough
Bempton				00:26	00:54	01:07	02:02	02:38	03:02	03:50	04:32	04:58	05:08	05:24	05:39	05:43	06:12	06:23	06:34	06:48	07:23	07:47	07:57	08:14	08:43	Bempton
Filey					00:28	00:41	01:36	02:12	02:36	03:24	04:06	04:32	04:42	04:58	05:13	05:17	05:46	05:57	06:08	06:22	06:57	07:21	07:31	07:48	08:17	Filey
Scarborough						00:13	01:08	01:44	02:08	02:56	03:38	04:04	04:14	04:30	04:45	04:49	05:18	05:29	05:40	05:54	06:29	06:53	07:03	07:20	07:49	Scarborough
Long Nab							00:55	01:31	01:55	02:43	03:25	03:51	04:01	04:17	04:32	04:36	05:05	05:16	05:27	05:41	06:16	06:40	06:50	07:07	07:36	Long Nab
Whitby								00:36	01:00	01:48	02:30	02:56	03:06	03:22	03:37	03:41	04:10	04:21	04:32	04:46	05:21	05:45	05:55	06:12	06:41	Whitby
Cowbar									00:24	01:12	01:54	02:20	02:30	02:46	03:01	03:05	03:34	03:45	03:56	04:10	04:45	05:09	05:19	05:36	06:05	Cowbar
Brotton										00:48	01:30	01:56	02:06	02:22	02:37	02:41	03:10	03:21	03:32	03:46	04:21	04:45	04:55	05:12	05:41	Brotton
Hartlepool											00:42	01:08	01:18	01:34	01:49	01:53	02:22	02:33	02:44	02:58	03:33	03:57	04:07	04:24	04:53	Hartlepool
Seaham												00:26	00:36	00:52	01:07	01:11	01:40	01:51	02:02	02:16	02:51	03:15	03:25	03:42	04:11	Seaham
Sunderland													00:10	00:26	00:41	00:45	01:14	01:25	01:36	01:50	02:25	02:49	02:59	03:16	03:45	Sunderland
Whitburn														00:16	00:31	00:35	01:04	01:15	01:26	01:40	02:15	02:39	02:49	03:06	03:35	Whitburn
Tynemouth															00:15	00:19	00:48	00:59	01:10	01:24	01:59	02:23	02:33	02:50	03:19	Tynemouth
St Mary's																00:04	00:33	00:44	00:55	01:09	01:44	02:08	02:18	02:35	03:04	St Mary's
Seaton Sluice																	00:29	00:40	00:51	01:05	01:40	02:04	02:14	02:31	03:00	Seaton Sluice
Newbiggin																		00:11	00:22	00:36	01:11	01:35	01:45	02:02	02:31	Newbiggin
Snab Point																			00:11	00:25	01:00	01:24	01:34	01:51	02:20	Snab Point
Druridge Pools																				00:14	00:49	01:13	01:23	01:40	02:09	Druridge Pools
Hauxley																					00:35	00:59	01:09	01:26	01:55	Hauxley
Boulmer																						00:24	00:34	00:51	01:20	Boulmer
Newton																							00:10	00:27	00:56	Newton
beadnell																								00:17	00:46	beadnell
Farnes																									00:29	Farnes
Holy Island																										Holy Island

Black Browed Albatross	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		02:28	02:46	03:10	03:37	03:49	04:40	05:14	05:36	06:21	07:00	07:24	07:34	07:49	08:03	08:07	08:34	08:45	08:55	09:08	09:41	10:04	10:13	10:29	10:56	Spurn
Flamborough			00:18	00:42	01:09	01:21	02:12	02:46	03:08	03:53	04:32	04:56	05:06	05:21	05:35	05:39	06:06	06:17	06:27	06:40	07:13	07:36	07:45	08:01	08:28	Flamborough
Bempton				00:24	00:51	01:03	01:54	02:28	02:50	03:35	04:14	04:38	04:48	05:03	05:17	05:21	05:48	05:59	06:09	06:22	06:55	07:18	07:27	07:43	08:10	Bempton
Filey					00:27	00:39	01:30	02:04	02:26	03:11	03:50	04:14	04:24	04:39	04:53	04:57	05:24	05:35	05:45	05:58	06:31	06:54	07:03	07:19	07:46	Filey
Scarborough						00:12	01:03	01:37	01:59	02:44	03:23	03:47	03:57	04:12	04:26	04:30	04:57	05:08	05:18	05:31	06:04	06:27	06:36	06:52	07:19	Scarborough
Long Nab							00:51	01:25	01:47	02:32	03:11	03:35	03:45	04:00	04:14	04:18	04:45	04:56	05:06	05:19	05:52	06:15	06:24	06:40	07:07	Long Nab
Whitby								00:34	00:56	01:41	02:20	02:44	02:54	03:09	03:23	03:27	03:54	04:05	04:15	04:28	05:01	05:24	05:33	05:49	06:16	Whitby
Cowbar									00:22	01:07	01:46	02:10	02:20	02:35	02:49	02:53	03:20	03:31	03:41	03:54	04:27	04:50	04:59	05:15	05:42	Cowbar
Brotton										00:45	01:24	01:48	01:58	02:13	02:27	02:31	02:58	03:09	03:19	03:32	04:05	04:28	04:37	04:53	05:20	Brotton
Hartlepool											00:39	01:03	01:13	01:28	01:42	01:46	02:13	02:24	02:34	02:47	03:20	03:43	03:52	04:08	04:35	Hartlepool
Seaham												00:24	00:34	00:49	01:03	01:07	01:34	01:45	01:55	02:08	02:41	03:04	03:13	03:29	03:56	Seaham
Sunderland													00:10	00:25	00:39	00:43	01:10	01:21	01:31	01:44	02:17	02:40	02:49	03:05	03:32	Sunderland
Whitburn														00:15	00:29	00:33	01:00	01:11	01:21	01:34	02:07	02:30	02:39	02:55	03:22	Whitburn
Tynemouth															00:14	00:18	00:45	00:56	01:06	01:19	01:52	02:15	02:24	02:40	03:07	Tynemouth
St Mary's																00:04	00:31	00:42	00:52	01:05	01:38	02:01	02:10	02:26	02:53	St Mary's
Seaton Sluice																	00:27	00:38	00:48	01:01	01:34	01:57	02:06	02:22	02:49	Seaton Sluice
Newbiggin																		00:11	00:21	00:34	01:07	01:30	01:39	01:55	02:22	Newbiggin
Snab Point																			00:10	00:23	00:56	01:19	01:28	01:44	02:11	Snab Point
Druridge Pools																				00:13	00:46	01:09	01:18	01:34	02:01	Druridge Pools
Hauxley																					00:33	00:56	01:05	01:21	01:48	Hauxley
Boulmer																						00:23	00:32	00:48	01:15	Boulmer
Newton																							00:09	00:25	00:52	Newton
beadnell																								00:16	00:43	beadnell
Farnes																									00:27	Farnes
Holy Island																										Holy Island

White Billed Diver	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		01:25	01:35	01:49	02:04	02:11	02:40	02:59	03:12	03:38	04:00	04:14	04:19	04:28	04:36	04:38	04:53	04:59	05:05	05:12	05:31	05:44	05:49	05:58	06:13	Spurn
Flamborough			00:10	00:24	00:39	00:46	01:15	01:34	01:47	02:13	02:35	02:49	02:54	03:03	03:11	03:13	03:28	03:34	03:40	03:47	04:06	04:19	04:24	04:33	04:48	Flamborough
Bempton				00:14	00:29	00:36	01:05	01:24	01:37	02:03	02:25	02:39	02:44	02:53	03:01	03:03	03:18	03:24	03:30	03:37	03:56	04:09	04:14	04:23	04:38	Bempton
Filey					00:15	00:22	00:51	01:10	01:23	01:49	02:11	02:25	02:30	02:39	02:47	02:49	03:04	03:10	03:16	03:23	03:42	03:55	04:00	04:09	04:24	Filey
Scarborough						00:07	00:36	00:55	01:08	01:34	01:56	02:10	02:15	02:24	02:32	02:34	02:49	02:55	03:01	03:08	03:27	03:40	03:45	03:54	04:09	Scarborough
Long Nab							00:29	00:48	01:01	01:27	01:49	02:03	02:08	02:17	02:25	02:27	02:42	02:48	02:54	03:01	03:20	03:33	03:38	03:47	04:02	Long Nab
Whitby								00:19	00:32	00:58	01:20	01:34	01:39	01:48	01:56	01:58	02:13	02:19	02:25	02:32	02:51	03:04	03:09	03:18	03:33	Whitby
Cowbar									00:13	00:39	01:01	01:15	01:20	01:29	01:37	01:39	01:54	02:00	02:06	02:13	02:32	02:45	02:50	02:59	03:14	Cowbar
Brotton										00:26	00:48	01:02	01:07	01:16	01:24	01:26	01:41	01:47	01:53	02:00	02:19	02:32	02:37	02:46	03:01	Brotton
Hartlepool											00:22	00:36	00:41	00:50	00:58	01:00	01:15	01:21	01:27	01:34	01:53	02:06	02:11	02:20	02:35	Hartlepool
Seaham												00:14	00:19	00:28	00:36	00:38	00:53	00:59	01:05	01:12	01:31	01:44	01:49	01:58	02:13	Seaham
Sunderland													00:05	00:14	00:22	00:24	00:39	00:45	00:51	00:58	01:17	01:30	01:35	01:44	01:59	Sunderland
Whitburn														00:09	00:17	00:19	00:34	00:40	00:46	00:53	01:12	01:25	01:30	01:39	01:54	Whitburn
Tynemouth															00:08	00:10	00:25	00:31	00:37	00:44	01:03	01:16	01:21	01:30	01:45	Tynemouth
St Mary's																00:02	00:17	00:23	00:29	00:36	00:55	01:08	01:13	01:22	01:37	St Mary's
Seaton Sluice																	00:15	00:21	00:27	00:34	00:53	01:06	01:11	01:20	01:35	Seaton Sluice
Newbiggin																		00:06	00:12	00:19	00:38	00:51	00:56	01:05	01:20	Newbiggin
Snab Point																			00:06	00:13	00:32	00:45	00:50	00:59	01:14	Snab Point
Druridge Pools																				00:07	00:26	00:39	00:44	00:53	01:08	Druridge Pools
Hauxley																					00:19	00:32	00:37	00:46	01:01	Hauxley
Boulmer																						00:13	00:18	00:27	00:42	Boulmer
Newton																							00:05	00:14	00:29	Newton
beadnell																								00:09	00:24	beadnell
Farnes																									00:15	Farnes
Holy Island																										Holy Island

Cory's Shearwater	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		01:57	02:11	02:30	02:51	03:00	03:40	04:06	04:23	04:59	05:30	05:49	05:57	06:09	06:20	06:23	06:44	06:52	07:00	07:10	07:36	07:54	08:01	08:13	08:34	Spurn
Flamborough			00:14	00:33	00:54	01:03	01:43	02:09	02:26	03:02	03:33	03:52	04:00	04:12	04:23	04:26	04:47	04:55	05:03	05:13	05:39	05:57	06:04	06:16	06:37	Flamborough
Bempton				00:19	00:40	00:49	01:29	01:55	02:12	02:48	03:19	03:38	03:46	03:58	04:09	04:12	04:33	04:41	04:49	04:59	05:25	05:43	05:50	06:02	06:23	Bempton
Filey					00:21	00:30	01:10	01:36	01:53	02:29	03:00	03:19	03:27	03:39	03:50	03:53	04:14	04:22	04:30	04:40	05:06	05:24	05:31	05:43	06:04	Filey
Scarborough						00:09	00:49	01:15	01:32	02:08	02:39	02:58	03:06	03:18	03:29	03:32	03:53	04:01	04:09	04:19	04:45	05:03	05:10	05:22	05:43	Scarborough
Long Nab							00:40	01:06	01:23	01:59	02:30	02:49	02:57	03:09	03:20	03:23	03:44	03:52	04:00	04:10	04:36	04:54	05:01	05:13	05:34	Long Nab
Whitby								00:26	00:43	01:19	01:50	02:09	02:17	02:29	02:40	02:43	03:04	03:12	03:20	03:30	03:56	04:14	04:21	04:33	04:54	Whitby
Cowbar									00:17	00:53	01:24	01:43	01:51	02:03	02:14	02:17	02:38	02:46	02:54	03:04	03:30	03:48	03:55	04:07	04:28	Cowbar
Brotton										00:36	01:07	01:26	01:34	01:46	01:57	02:00	02:21	02:29	02:37	02:47	03:13	03:31	03:38	03:50	04:11	Brotton
Hartlepool											00:31	00:50	00:58	01:10	01:21	01:24	01:45	01:53	02:01	02:11	02:37	02:55	03:02	03:14	03:35	Hartlepool
Seaham												00:19	00:27	00:39	00:50	00:53	01:14	01:22	01:30	01:40	02:06	02:24	02:31	02:43	03:04	Seaham
Sunderland													00:08	00:20	00:31	00:34	00:55	01:03	01:11	01:21	01:47	02:05	02:12	02:24	02:45	Sunderland
Whitburn														00:12	00:23	00:26	00:47	00:55	01:03	01:13	01:39	01:57	02:04	02:16	02:37	Whitburn
Tynemouth															00:11	00:14	00:35	00:43	00:51	01:01	01:27	01:45	01:52	02:04	02:25	Tynemouth
St Mary's																00:03	00:24	00:32	00:40	00:50	01:16	01:34	01:41	01:53	02:14	St Mary's
Seaton Sluice																	00:21	00:29	00:37	00:47	01:13	01:31	01:38	01:50	02:11	Seaton Sluice
Newbiggin																		00:08	00:16	00:26	00:52	01:10	01:17	01:29	01:50	Newbiggin
Snab Point																			00:08	00:18	00:44	01:02	01:09	01:21	01:42	Snab Point
Druridge Pools																				00:10	00:36	00:54	01:01	01:13	01:34	Druridge Pools
Hauxley																					00:26	00:44	00:51	01:03	01:24	Hauxley
Boulmer																						00:18	00:25	00:37	00:58	Boulmer
Newton																							00:07	00:19	00:40	Newton
beadnell																								00:12	00:33	beadnell
Farnes																									00:21	Farnes
Holy Island																										Holy Island

Great Shearwater	Spurn	Flamborough	Bempton	Filey	Scarborough	Long Nab	Whitby	Cowbar	Brotton	Hartlepool	Seaham	Sunderland	Whitburn	Tynemouth	St Mary's	Seaton Sluice	Newbiggin	Snab Point	Druridge Pools	Hauxley	Boulmer	Newton	beadnell	Farnes	Holy Island	
Spurn		02:34	02:53	03:18	03:46	03:58	04:51	05:26	05:49	06:36	07:17	07:42	07:52	08:08	08:22	08:26	08:54	09:05	09:15	09:29	10:03	10:27	10:36	10:52	11:20	Spurn
Flamborough			00:19	00:44	01:12	01:24	02:17	02:52	03:15	04:02	04:43	05:08	05:18	05:34	05:48	05:52	06:20	06:31	06:41	06:55	07:29	07:53	08:02	08:18	08:46	Flamborough
Bempton				00:25	00:53	01:05	01:58	02:33	02:56	03:43	04:24	04:49	04:59	05:15	05:29	05:33	06:01	06:12	06:22	06:36	07:10	07:34	07:43	07:59	08:27	Bempton
Filey					00:28	00:40	01:33	02:08	02:31	03:18	03:59	04:24	04:34	04:50	05:04	05:08	05:36	05:47	05:57	06:11	06:45	07:09	07:18	07:34	08:02	Filey
Scarborough						00:12	01:05	01:40	02:03	02:50	03:31	03:56	04:06	04:22	04:36	04:40	05:08	05:19	05:29	05:43	06:17	06:41	06:50	07:06	07:34	Scarborough
Long Nab							00:53	01:28	01:51	02:38	03:19	03:44	03:54	04:10	04:24	04:28	04:56	05:07	05:17	05:31	06:05	06:29	06:38	06:54	07:22	Long Nab
Whitby								00:35	00:58	01:45	02:26	02:51	03:01	03:17	03:31	03:35	04:03	04:14	04:24	04:38	05:12	05:36	05:45	06:01	06:29	Whitby
Cowbar									00:23	01:10	01:51	02:16	02:26	02:42	02:56	03:00	03:28	03:39	03:49	04:03	04:37	05:01	05:10	05:26	05:54	Cowbar
Brotton										00:47	01:28	01:53	02:03	02:19	02:33	02:37	03:05	03:16	03:26	03:40	04:14	04:38	04:47	05:03	05:31	Brotton
Hartlepool											00:41	01:06	01:16	01:32	01:46	01:50	02:18	02:29	02:39	02:53	03:27	03:51	04:00	04:16	04:44	Hartlepool
Seaham												00:25	00:35	00:51	01:05	01:09	01:37	01:48	01:58	02:12	02:46	03:10	03:19	03:35	04:03	Seaham
Sunderland													00:10	00:26	00:40	00:44	01:12	01:23	01:33	01:47	02:21	02:45	02:54	03:10	03:38	Sunderland
Whitburn														00:16	00:30	00:34	01:02	01:13	01:23	01:37	02:11	02:35	02:44	03:00	03:28	Whitburn
Tynemouth															00:14	00:18	00:46	00:57	01:07	01:21	01:55	02:19	02:28	02:44	03:12	Tynemouth
St Mary's																00:04	00:32	00:43	00:53	01:07	01:41	02:05	02:14	02:30	02:58	St Mary's
Seaton Sluice																	00:28	00:39	00:49	01:03	01:37	02:01	02:10	02:26	02:54	Seaton Sluice
Newbiggin																		00:11	00:21	00:35	01:09	01:33	01:42	01:58	02:26	Newbiggin
Snab Point																			00:10	00:24	00:58	01:22	01:31	01:47	02:15	Snab Point
Druridge Pools																				00:14	00:48	01:12	01:21	01:37	02:05	Druridge Pools
Hauxley																					00:34	00:58	01:07	01:23	01:51	Hauxley
Boulmer																						00:24	00:33	00:49	01:17	Boulmer
Newton																							00:09	00:25	00:53	Newton
beadnell																								00:16	00:44	beadnell
Farnes																									00:28	Farnes
Holy Island																										Holy Island