

Post Code	Region	Post Codes	Delivery Day				
AB	Aberdeen	10-16, 21-25,	Mon				
AB	Aberdeen	30+	POR				
AL	St Albans		Mon	Tue	Wed	Thu	Fri
B	Birmingham		Mon	Tue	Wed	Thu	Fri
BA	Bath		Mon		Wed		Fri
BB	Blackburn		Mon		Wed		Fri
BD	Bradford			Tue		Thu	
BH	Bournemouth			Tue		Thu	
BL	Bolton		Mon	Tue	Wed	Thu	Fri
BN	Brighton	8,9, 20-27		Tue		Thu	
BN	Brighton	Rest of BN	Mon		Wed		Fri
BR	Bromley			Tue		Thu	
BS	Bristol		Mon	Tue	Wed	Thu	Fri
BT	Belfast		POR				
CA	Carlisle		Mon		Wed		Fri
CB	Cambridge		Mon	Tue	Wed	Thu	Fri
CF	Cardiff		Mon		Wed		Fri
CH	Chester		Mon		Wed		Fri
CM	Chelmsford			Tue		Thu	
CO	Colchester		Mon		Wed		Fri
CR	Croydon			Tue		Thu	
CT	Canterbury			Tue			Fri
CV	Coventry		Mon		Wed		Fri
CW	Crewe		Mon		Wed		Fri
DA	Dartford			Tue			Fri
DD	Dundee	1-5,7,8			Wed		
DD	Dundee	6, 11+	POR				
DD	Dundee	9, 10	Mon				
DE	Derby		Mon	Tue	Wed	Thu	Fri
DG	Dumfries	1,2		Tue			
DG	Dumfries	All other DG post codes	POR				
DH	Durham		Mon		Wed		Fri
DL	Darlington		Mon		Wed		Fri
DN	Doncaster			Tue		Thu	
DT	Dorchester			Tue		Thu	
DY	Dudley		Mon		Wed		Fri
E	London East		Mon		Wed		Fri
EC	London East Central		Mon		Wed		Fri
EH	Edinburgh	1-22, 24-30, 33-35, 47-55	Mon	Tue	Wed	Thu	Fri
EH	Edinburgh	23, 31-32, 36-46					Fri
EN	Enfield		Mon	Tue	Wed	Thu	
EX	Exeter	1-17, 24-30		Tue		Thu	
EX	Exeter	18-23, 31-39				Thu	
FK	Falkirk	1-9		Tue	Wed		
FK	Falkirk	10+	POR				
FY	Blackpool		Mon		Wed		Fri
G	Glasgow	All G post codes except	Mon	Tue	Wed	Thu	Fri
G	Glasgow	63, 65, 82-84	POR				
GL	Gloucester		Mon	Tue	Wed		Fri
GU	Guildford			Tue		Thu	
GY	Guernsey		POR				
HA	Harrow		Mon	Tue	Wed	Thu	Fri
HD	Huddersfield			Tue		Thu	
HG	Harrogate			Tue		Thu	
HP	Hemel Hempstead		Mon		Wed		Fri
HR	Hereford		Mon				Fri

HU	Hull			Tue		Thu	
HS	Western Isles		POR				
HX	Halifax			Tue		Thu	
IG	Ilford		Mon		Wed		Fri
IM	Isle of Man		POR				
IP	Ipswich		Mon		Wed		
IV	Inverness	All IV post codes	POR				
JE	Jersey		POR				
KA	Kilmarnock	1-17, 20-25, 27+				Thu	
KA	Kilmarnock	18-19, 26	POR				
KT	Kingston upon Thames			Tue		Thu	
KW	Caithness	All KW post codes	POR				
KY	Kirkcaldy	All KY post codes except			Wed		
KY	Kirkcaldy	9-10, 16	POR				
L	Liverpool		Mon	Tue	Wed	Thu	Fri
LA	Lancaster		Mon		Wed		Fri
LD	Llandrindod Wells	2-5			Wed		
LD	Llandrindod Wells	1, 6-8			Wed		
LE	Leicester			Tue		Thu	
LL	Llandudno		Mon		Wed		
LN	Lincoln			Tue		Thu	
LS	Leeds			Tue		Thu	
LU	Luton		Mon		Wed		Fri
M	Manchester		Mon	Tue	Wed	Thu	Fri
ME	Medway			Tue			Fri
MK	Milton Keynes		Mon		Wed		Fri
ML	Motherwell	1-9			Wed		Fri
ML	Motherwell	10+	POR				
N	London North		Mon	Tue	Wed	Thu	
NE	Newcastle		Mon		Wed		Fri
NG	Nottingham		Mon	Tue	Wed	Thu	Fri
NN	Northampton		Mon		Wed		Fri
NP	Newport, Gwent		Mon		Wed		Fri
NR	Norwich		Mon		Wed		
NW	London North West		Mon	Tue	Wed	Thu	Fri
OL	Oldham		Mon	Tue	Wed	Thu	Fri
OX	Oxford		Mon	Tue	Wed		Fri
PA	Paisley	1-19	Mon	Tue	Wed	Thu	Fri
PA	Paisley	20+	POR				
PE	Peterborough	1-19, 26-38		Tue		Thu	
PE	Peterborough	20-25		Tue		Thu	
PH	Perth	1-3			Wed		
PH	Perth	4+	POR				
PL	Plymouth	1-9, 20-21		Tue		Thu	
PL	Plymouth	All other postcodes				Thu	
PO	Portsmouth	1-29		Tue		Thu	
PO	Isle of Wight	30+	POR				
PR	Preston		Mon		Wed		Fri
RG	Reading		Mon	Tue	Wed		Fri
RH	Redhill		Mon		Wed		Fri
RM	Romford		Mon		Wed		Fri
S	Sheffield			Tue		Thu	
SA	Swansea	1-20, 31, 32	Mon		Wed		
SA	Swansea	33-73			Wed		
SE	London South East			Tue		Thu	
SG	Stevenage			Tue	Wed		Fri

SK	Stockport		Mon	Tue	Wed	Thu	Fri	
SL	Slough		Mon	Tue			Fri	
SM	Sutton			Tue		Thu		
SN	Swindon		Mon	Tue	Wed		Fri	
SO	Southampton		Mon		Wed		Fri	
SP	Salisbury		Mon		Wed		Fri	
SR	Sunderland		Mon		Wed		Fri	
SS	Southend on Sea		Mon		Wed		Fri	
ST	Stoke on Trent		Mon		Wed		Fri	
SW	London South West		Mon	Tue		Thu		
SY	Shrewsbury	25			Wed			
SY	Shrewsbury	1-24	Mon		Wed			
TA	Taunton	1-21		Tue		Thu		
TA	Taunton	22-24				Thu		
TD	Galashiels	1-4, 6					Fri	
TD	Galashiels	5, 7+	POR					
TF	Telford		Mon		Wed			
TN	Tunbridge Wells	23-26, 28, 29		Tue			Fri	
TN	Tunbridge Wells	1-22, 27, 30-40		Tue		Thu		
TQ	Torquay			Tue		Thu		
TR	Truro					Thu		
TS	Cleveland		Mon		Wed		Fri	
TW	Twickenham		Mon	Tue	Wed	Thu	Fri	
UB	Uxbridge		Mon	Tue	Wed	Thu	Fri	
W	London West		Mon	Tue	Wed	Thu	Fri	
WA	Warrington		Mon	Tue	Wed	Thu	Fri	
WC	London West Central		Mon	Tue	Wed	Thu	Fri	
WD	Watford		Mon		Wed	Thu		
WF	Wakefield			Tue		Thu		
WN	Wigan		Mon	Tue	Wed	Thu	Fri	
WR	Worcester		Mon		Wed			
WS	Walsall		Mon		Wed		Fri	
WV	Wolverhampton		Mon		Wed		Fri	
YO	York			Tue		Thu		