

Revised Metro timetable Monday 8 - Friday 12 April 2024
No trains between North Shields and Benton

Train times for key stations St James-South Shields and Airport-South Hylton

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James													
Monument P3													
Manors													
Wallsend													
Howdon													
Percy Main													
North Shields													
Tynemouth													
Monkseaton													
West Monkseaton													
Benton								05:20			05:35		
Four Lane Ends								05:22			05:36		
Longbenton								05:23			05:38		
Airport													05:38
Callerton Parkway													05:40
Regent Centre	04:58		05:04		05:11		05:18		05:29				05:51
South Gosforth	05:00	05:03	05:07	05:10	05:13	05:17	05:20	05:26	05:32	05:35	05:41	05:44	05:54
Monument	05:09	05:12	05:16	05:19	05:22	05:25	05:29	05:35	05:41	05:44	05:49	05:52	06:02
Central Station	05:10	05:13	05:17	05:20	05:23	05:27	05:30	05:36	05:42	05:45	05:51	05:54	06:04
Heworth	05:18	05:21	05:25	05:28	05:31	05:34	05:38	05:44	05:50	05:53	05:58	06:01	06:11
Pelaw	05:20	05:23	05:27	05:30	05:33	05:36	05:40	05:46	05:52	05:55	06:00	06:03	06:13
Hebburn	05:24				05:37			05:50		05:59	06:04		
Jarrow	05:27				05:40			05:53		06:02	06:11		
Bede	05:29				05:42			05:55		06:04	06:14		
Chichester	05:35				05:48			06:01		06:10	06:19		
South Shields	05:37				05:50			06:03		06:12	06:22		
Seaburn		05:36	05:40				05:53		06:05			06:16	06:26
Sunderland		05:42	05:46				05:59		06:11			06:23	06:33
Park Lane		05:44	05:48				06:01		06:13			06:24	06:34
South Hylton			05:57				06:10		06:22			06:33	06:43

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James								05:47		05:59			06:11
Monument P3								05:48		06:00			06:12
Manors								05:50		06:02			06:14
Wallsend								05:58		06:10			06:22
Howdon								06:03		06:15			06:27
Percy Main								06:05		06:17			06:29
North Shields								06:09		06:21			06:33
Tynemouth													
Monkseaton													
West Monkseaton													
Benton	05:52	05:59			06:18		06:30				06:42		06:54
Four Lane Ends	05:53	06:01			06:19		06:31				06:43		06:55
Longbenton	05:55	06:02			06:21		06:33				06:45		06:57
Airport				06:02					06:26			06:38	
Callerton Parkway				06:04					06:28			06:40	
Regent Centre				06:15		06:27			06:39			06:51	
South Gosforth	05:58	06:06	06:12	06:18	06:24	06:30	06:36		06:42		06:48	06:54	07:00
Monument	06:06	06:14	06:20	06:26	06:32	06:38	06:44		06:50		06:56	07:02	07:08
Central Station	06:08	06:16	06:22	06:28	06:34	06:40	06:46		06:52		06:58	07:04	07:10
Heworth	06:15	06:23	06:29	06:35	06:41	06:47	06:53		06:59		07:05	07:11	07:17
Pelaw	06:17	06:25	06:31	06:37	06:43	06:49	06:55		07:01		07:07	07:13	07:19
Hebburn	06:21		06:35		06:47		06:59				07:11		07:23
Jarrow	06:24		06:38		06:50		07:02				07:14		07:26
Bede	06:27		06:41		06:53		07:05				07:17		07:29
Chichester	06:32		06:46		06:58		07:10				07:22		07:34
South Shields	06:34		06:48		07:00		07:12				07:24		07:36
Seaburn		06:38		06:50		07:02			07:14			07:26	
Sunderland		06:45		06:57		07:09			07:21			07:33	
Park Lane		06:46		06:58		07:10			07:22			07:34	
South Hylton		06:55		07:07		07:19			07:31			07:43	

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Monument P3			06:24		06:36				06:48			07:00		07:12	
Manors			06:26		06:38				06:50			07:02		07:14	
Wallsend			06:34		06:46				06:58			07:10		07:22	
Howdon			06:39		06:51				07:03			07:15		07:27	
Percy Main			06:41		06:53				07:05			07:17		07:29	
North Shields			06:45		06:57				07:09			07:21		07:33	
Tynemouth															
Monkseaton															
West Monkseaton															
Benton		07:06				07:18		07:30			07:42				07:54
Four Lane Ends		07:07				07:19		07:31			07:43				07:55
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South Gosforth	07:06	07:12		07:18		07:24	07:30	07:36		07:42	07:48		07:54		08:00
Monument	07:14	07:20		07:26		07:32	07:38	07:44		07:50	07:56		08:02		08:08
Central Station	07:16	07:22		07:28		07:34	07:40	07:46		07:52	07:58		08:04		08:10
Heworth	07:23	07:29		07:35		07:41	07:47	07:53		07:59	08:05		08:11		08:17
Pelaw	07:25	07:31		07:37		07:43	07:49	07:55		08:01	08:07		08:13		08:19
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Jarrow		07:38				07:50		08:02			08:14				08:26
Bede		07:41				07:53		08:05			08:17				08:29
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South Shields		07:48				08:00		08:12			08:24				08:36
Seaburn	07:38			07:50			08:02			08:14			08:26		
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Heworth	10:23	10:29		10:35		10:41	10:47	10:53		10:59	11:05		11:11	11:17	
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Hebburn		10:35				10:47		10:59			11:11			11:23	
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Manors		10:26				10:38			10:50		11:02			11:14	
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Tynemouth															
Monkseaton															
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Monument	11:14		11:20	11:26	11:32		11:38	11:44		11:50		11:56	12:02		12:08
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Heworth	11:23		11:29	11:35	11:41		11:47	11:53		11:59		12:05	12:11		12:17
Pelaw	11:25		11:31	11:37	11:43		11:49	11:55		12:01		12:07	12:13		12:19
Hebburn			11:35		11:47			11:59				12:11			12:23
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Pelaw	12:25		12:31	12:37	12:43		12:49	12:55		13:01		13:07	13:13	13:19	
Hebburn			12:35		12:47			12:59				13:11		13:23	
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Monument	13:14	13:20		13:26	13:32		13:38	13:44		13:50		13:56	14:02		14:08
Central Station	13:16	13:22		13:28	13:34		13:40	13:46		13:52		13:58	14:04		14:10
Heworth	13:23	13:29		13:35	13:41		13:47	13:53		13:59		14:05	14:11		14:17
Pelaw	13:25	13:31		13:37	13:43		13:49	13:55		14:01		14:07	14:13		14:19
Hebburn		13:35			13:47			13:59				14:11			14:23
Jarrow		13:38			13:50			14:02				14:14			14:26
Bede		13:41			13:53			14:05				14:17			14:29
Chichester		13:46			13:58			14:10				14:22			14:34
South Shields		13:48			14:00			14:12				14:24			14:36
Seaburn	13:38			13:50			14:02			14:14			14:28		
Sunderland	13:45			13:57			14:09			14:21			14:34		
Park Lane	13:46			13:58			14:10			14:22			14:36		
South Hylton	13:55			14:07			14:19			14:31			14:45		

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James			13:23		13:35			13:47			13:59			14:11	
Monument P3			13:24		13:36			13:48			14:00			14:12	
Manors			13:26		13:38			13:50			14:02			14:14	
Wallsend			13:34		13:46			13:58			14:10			14:22	
Howdon			13:39		13:51			14:03			14:15			14:27	
Percy Main			13:41		13:53			14:05			14:17			14:29	
North Shields			13:45		13:57			14:09			14:21			14:33	
Tynemouth															
Monkseaton															
West Monkseaton															
Benton		14:06				14:18			14:30			14:42			14:54
Four Lane Ends		14:07				14:19			14:31			14:43			14:55
Longbenton		14:09				14:21			14:33			14:45			14:57
Airport	13:50			14:02			14:14			14:26			14:38		
Callerton Parkway	13:52			14:04			14:16			14:28			14:40		
Regent Centre	14:03			14:15			14:27			14:39			14:51		
South Gosforth	14:06	14:12		14:18		14:24	14:30		14:36	14:42		14:48	14:54		15:00
Monument	14:14	14:20		14:26		14:32	14:38		14:44	14:50		14:56	15:02		15:08
Central Station	14:16	14:22		14:28		14:34	14:40		14:46	14:52		14:58	15:04		15:10
Heworth	14:23	14:29		14:35		14:41	14:47		14:53	14:59		15:05	15:11		15:17
Pelaw	14:25	14:31		14:37		14:43	14:49		14:55	15:01		15:07	15:13		15:19
Hebburn		14:35				14:47			14:59			15:11			15:23
Jarrow		14:38				14:50			15:02			15:14			15:26
Bede		14:41				14:53			15:05			15:17			15:29
Chichester		14:46				14:58			15:10			15:22			15:34
South Shields		14:48				15:00			15:12			15:24			15:36
Seaburn	14:39			14:50			15:02			15:14			15:26		
Sunderland	14:46			14:57			15:09			15:21			15:33		
Park Lane	14:47			14:58			15:10			15:22			15:35		
South Hylton	14:56			15:07			15:19			15:31			15:44		

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James		14:23				14:35			14:47			14:59		15:11	
Monument P3		14:24				14:36			14:48			15:00		15:12	
Manors		14:26				14:38			14:50			15:02		15:14	
Wallsend		14:34				14:46			14:58			15:10		15:22	
Howdon		14:39				14:51			15:03			15:15		15:27	
Percy Main		14:41				14:53			15:05			15:17		15:29	
North Shields		14:45				14:57			15:09			15:21		15:33	
Tynemouth															
Monkseaton															
West Monkseaton															
Benton			15:06		15:18			15:27			15:42				15:54
Four Lane Ends			15:07		15:19			15:29			15:43				15:55
Longbenton			15:09		15:21			15:30			15:45				15:57
Airport	14:50			15:02			15:14			15:26			15:38		
Callerton Parkway	14:52			15:04			15:16			15:28			15:40		
Regent Centre	15:03			15:15			15:27			15:39			15:51		
South Gosforth	15:06		15:12	15:18	15:24		15:30	15:33		15:42	15:48		15:54		16:00
Monument	15:14		15:20	15:26	15:32		15:38	15:42		15:50	15:56		16:02		16:08
Central Station	15:16		15:22	15:28	15:34		15:40	15:43		15:52	15:58		16:04		16:10
Heworth	15:23		15:29	15:35	15:41		15:47	15:51		15:59	16:05		16:11		16:17
Pelaw	15:25		15:31	15:37	15:43		15:49	15:53		16:01	16:07		16:13		16:19
Hebburn			15:35		15:47			15:57			16:11				16:23
Jarrow			15:38		15:50			16:00			16:14				16:26
Bede			15:41		15:53			16:03			16:17				16:29
Chichester			15:46		15:58			16:08			16:22				16:34
South Shields			15:48		16:00			16:10			16:24				16:36
Seaburn	15:38			15:50			16:02			16:14			16:26		
Sunderland	15:45			15:57			16:09			16:21			16:33		
Park Lane	15:46			15:58			16:10			16:22			16:34		
South Hylton	15:55			16:07			16:19			16:31			16:43		

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James		15:23				15:35		15:47			15:59				16:11
Monument P3		15:24				15:36		15:48			16:00				16:12
Manors		15:26				15:38		15:50			16:02				16:14
Wallsend		15:34				15:46		15:58			16:10				16:22
Howdon		15:39				15:51		16:03			16:15				16:27
Percy Main		15:41				15:53		16:05			16:17				16:29
North Shields		15:45				15:57		16:09			16:21				16:33
Tynemouth															
Monkseaton															
West Monkseaton															
Benton			16:06		16:18			16:30			16:42			16:54	
Four Lane Ends			16:07		16:19			16:31			16:43			16:55	
Longbenton			16:09		16:21			16:33			16:45			16:57	
Airport	15:50			16:02			16:14			16:26			16:38		
Callerton Parkway	15:52			16:04			16:16			16:28			16:40		
Regent Centre	16:03			16:15			16:27			16:39			16:51		
South Gosforth	16:06		16:12	16:18	16:24		16:30	16:36	16:42		16:48	16:54	17:00		
Monument	16:14		16:20	16:26	16:32		16:38	16:44	16:50		16:56	17:02	17:08		
Central Station	16:16		16:22	16:28	16:34		16:40	16:46	16:52		16:58	17:04	17:10		
Heworth	16:23		16:29	16:35	16:41		16:47	16:53	16:59		17:05	17:11	17:17		
Pelaw	16:25		16:31	16:37	16:43		16:49	16:55	17:01		17:07	17:13	17:19		
Hebburn			16:35		16:47			16:59			17:11		17:23		
Jarrow			16:38		16:50			17:02			17:14		17:26		
Bede			16:41		16:53			17:05			17:17		17:29		
Chichester			16:46		16:58			17:10			17:22		17:34		
South Shields			16:48		17:00			17:12			17:24		17:36		
Seaburn	16:38			16:50			17:04			17:15			17:26		
Sunderland	16:45			16:57			17:10			17:21			17:33		
Park Lane	16:46			16:58			17:12			17:23			17:35		
South Hylton	16:55			17:07			17:21			17:32			17:44		

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James		16:23			16:35			16:47			16:59			17:11	
Monument P3		16:24			16:36			16:48			17:00			17:12	
Manors		16:26			16:38			16:50			17:02			17:14	
Wallsend		16:34			16:46			16:58			17:10			17:22	
Howdon		16:39			16:51			17:03			17:15			17:27	
Percy Main		16:41			16:53			17:05			17:17			17:29	
North Shields		16:45			16:57			17:09			17:21			17:33	
Tynemouth															
Monkseaton															
West Monkseaton															
Benton			17:06			17:18			17:30			17:42			17:54
Four Lane Ends			17:07			17:19			17:31			17:43			17:55
Longbenton			17:09			17:21			17:33			17:45			17:57
Airport	16:50			17:02			17:14			17:26			17:38		
Callerton Parkway	16:52			17:04			17:16			17:28			17:40		
Regent Centre	17:03			17:15			17:27			17:39			17:51		
South Gosforth	17:06		17:12	17:18		17:24	17:30		17:36	17:42		17:48	17:54		18:00
Monument	17:14		17:20	17:26		17:32	17:38		17:44	17:50		17:56	18:02		18:08
Central Station	17:16		17:22	17:28		17:34	17:40		17:46	17:52		17:58	18:04		18:10
Heworth	17:23		17:29	17:35		17:41	17:47		17:53	17:59		18:05	18:11		18:17
Pelaw	17:25		17:31	17:37		17:43	17:49		17:55	18:01		18:07	18:13		18:19
Hebburn			17:35			17:47			17:59			18:11			18:23
Jarrow			17:38			17:50			18:02			18:17			18:27
Bede			17:41			17:53			18:05			18:20			18:30
Chichester			17:46			17:58			18:10			18:25			18:35
South Shields			17:48			18:00			18:13			18:28			18:37
Seaburn	17:38			17:50			18:02			18:14			18:26		
Sunderland	17:45			17:57			18:09			18:21			18:33		
Park Lane	17:46			18:01			18:13			18:22			18:34		
South Hylton	17:55			18:10			18:22			18:32			18:43		

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	
St James		17:23		17:31				17:43				17:58			18:13	
Monument P3		17:24		17:32				17:44				17:59			18:14	
Manors		17:26		17:34				17:46				18:01			18:16	
Wallsend		17:34		17:42				17:54				18:09			18:24	
Howdon		17:39		17:47				17:59				18:14			18:29	
Percy Main		17:41		17:49				18:01				18:16			18:31	
North Shields		17:45		17:53				18:04				18:19			18:34	
Tynemouth																
Monkseaton																
West Monkseaton																
Benton			18:06		18:14		18:25					18:40				18:55
Four Lane Ends			18:07		18:15		18:26					18:41				18:56
Longbenton			18:09		18:17		18:28					18:43				18:58
Airport	17:53					18:08			18:23	18:26			18:38			
Callerton Parkway	17:55					18:10			18:25	18:28			18:40			
Regent Centre	18:05					18:20			18:35	18:39			18:50			
South Gosforth	18:08		18:12		18:20	18:23	18:31		18:38	18:42		18:46	18:53			19:01
Monument	18:17		18:20		18:28	18:32	18:39		18:47			18:54	19:02			19:09
Central Station	18:18		18:22		18:30	18:33	18:41		18:48			18:56	19:03			19:11
Heworth	18:26		18:29		18:37	18:41	18:48		18:56			19:03	19:11			19:18
Pelaw	18:28		18:31		18:39	18:43	18:50		18:58			19:05	19:13			19:20
Hebburn			18:35				18:54					19:09				19:24
Jarrow			18:38				18:57					19:12				19:27
Bede			18:41				19:00					19:15				19:30
Chichester			18:46				19:05					19:20				19:35
South Shields			18:48				19:07					19:22				19:37
Seaburn	18:41					18:56			19:11				19:26			
Sunderland	18:47					19:02			19:17				19:32			
Park Lane	18:49					19:04			19:19				19:34			
South Hylton	18:58					19:13			19:28				19:43			

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James		18:28				18:43			18:58		19:13	
Monument P3		18:29				18:44			18:59		19:14	
Manors		18:31				18:46			19:01		19:16	
Wallsend		18:39				18:54			19:09		19:24	
Howdon		18:44				18:59			19:14		19:29	
Percy Main		18:46				19:01			19:16		19:31	
North Shields		18:49				19:04			19:19		19:34	
Tynemouth												
Monkseaton												
West Monkseaton												
Benton			19:10		19:25			19:40				19:55
Four Lane Ends			19:11		19:26			19:41				19:56
Longbenton			19:13		19:28			19:43				19:58
Airport	18:53			19:08			19:23			19:38		
Callerton Parkway	18:55			19:10			19:25			19:40		
Regent Centre	19:05			19:20			19:35			19:50		
South Gosforth	19:08		19:16	19:23	19:31		19:38	19:46		19:53		20:01
Monument	19:17		19:24	19:32	19:39		19:47	19:54		20:02		20:09
Central Station	19:18		19:26	19:33	19:41		19:48	19:56		20:03		20:11
Heworth	19:26		19:33	19:41	19:48		19:56	20:03		20:11		20:18
Pelaw	19:28		19:35	19:43	19:50		19:58	20:05		20:13		20:20
Hebburn			19:39		19:54			20:09				20:24
Jarrow			19:42		19:57			20:12				20:27
Bede			19:45		20:00			20:15				20:30
Chichester			19:50		20:05			20:20				20:35
South Shields			19:52		20:07			20:22				20:37
Seaburn	19:41			19:56			20:11			20:26		
Sunderland	19:47			20:02			20:17			20:32		
Park Lane	19:49			20:04			20:19			20:34		
South Hylton	19:58			20:13			20:28			20:43		

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James			19:28		19:43			19:58			20:13			
Monument P3			19:29		19:44			19:59			20:14			
Manors			19:31		19:46			20:01			20:16			
Wallsend			19:39		19:54			20:09			20:24			
Howdon			19:44		19:59			20:14			20:29			
Percy Main			19:46		20:01			20:16			20:31			
North Shields			19:49		20:04			20:19			20:34			
Tynemouth														
Monkseaton														
West Monkseaton														
Benton		20:10			20:25			20:40			20:55			21:10
Four Lane Ends		20:11			20:26			20:41			20:56			21:11
Longbenton		20:13			20:28			20:43			20:58			21:13
Airport	19:53			20:08			20:23			20:38			20:53	
Callerton Parkway	19:55			20:10			20:25			20:40			20:55	
Regent Centre	20:05			20:20			20:35			20:50			21:05	
South Gosforth	20:08	20:16		20:23		20:31	20:38		20:46	20:53		21:01	21:08	21:16
Monument	20:17	20:24		20:32		20:39	20:47		20:54	21:02		21:09	21:17	21:24
Central Station	20:18	20:26		20:33		20:41	20:48		20:56	21:03		21:11	21:18	21:26
Heworth	20:26	20:33		20:41		20:48	20:56		21:03	21:11		21:18	21:26	21:33
Pelaw	20:28	20:35		20:43		20:50	20:58		21:05	21:13		21:20	21:28	21:35
Hebburn		20:39				20:54			21:09			21:24		21:39
Jarrow		20:42				20:57			21:12			21:27		21:42
Bede		20:45				21:00			21:15			21:30		21:45
Chichester		20:50				21:05			21:20			21:35		21:50
South Shields		20:52				21:07			21:22			21:37		21:52
Seaburn	20:41			20:56			21:11			21:26			21:41	
Sunderland	20:47			21:02			21:17			21:32			21:47	
Park Lane	20:49			21:04			21:19			21:34			21:49	
South Hylton	20:58			21:13			21:28			21:43			21:58	

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
St James	20:28			20:43		20:58				21:13			21:28		
Monument P3	20:29			20:44		20:59				21:14			21:29		
Manors	20:31			20:46		21:01				21:16			21:31		
Wallsend	20:39			20:54		21:09				21:24			21:39		
Howdon	20:44			20:59		21:14				21:29			21:44		
Percy Main	20:46			21:01		21:16				21:31			21:46		
North Shields	20:49			21:04		21:19				21:34			21:49		
Tynemouth															
Monkseaton															
West Monkseaton															
Benton			21:25			21:40		21:55			22:10				22:25
Four Lane Ends			21:26			21:41		21:56			22:11				22:26
Longbenton			21:28			21:43		21:58			22:13				22:28
Airport		21:08			21:23		21:38			21:53				22:08	
Callerton Parkway		21:10			21:25		21:40			21:55				22:10	
Regent Centre		21:20			21:35		21:50			22:05				22:20	
South Gosforth		21:23	21:31		21:38		21:46	21:53	22:01		22:08	22:16		22:23	22:31
Monument		21:32	21:39		21:47		21:54	22:02	22:09		22:17	22:24		22:32	22:39
Central Station		21:33	21:41		21:48		21:56	22:03	22:11		22:18	22:26		22:33	22:41
Heworth		21:41	21:48		21:56		22:03	22:11	22:18		22:26	22:33		22:41	22:48
Pelaw		21:43	21:50		21:58		22:05	22:13	22:20		22:28	22:35		22:43	22:50
Hebburn			21:54				22:09		22:24			22:39			22:54
Jarrow			21:57				22:12		22:27			22:42			22:57
Bede			22:00				22:15		22:30			22:45			23:00
Chichester			22:05				22:20		22:35			22:50			23:05
South Shields			22:07				22:22		22:37			22:52			23:07
Seaburn		21:56			22:11			22:26			22:41			22:56	
Sunderland		22:02			22:17			22:32			22:47			23:02	
Park Lane		22:04			22:19			22:34			22:49			23:04	
South Hylton		22:13			22:28			22:43			22:58			23:13	

	Train	Train	Train	Train	Train	Train	Train
St James			23:05			23:34	
Monument P3			23:07			23:35	
Manors			23:08			23:37	
Wallsend			23:17			23:45	
Howdon			23:21			23:50	
Percy Main			23:23			23:52	
North Shields			23:27			23:55	
Tynemouth							
Monkseaton							
West Monkseaton							
Benton		23:52					00:22
Four Lane Ends		23:54					00:24
Longbenton		23:55					00:25
Airport	23:32			23:47	00:02		
Callerton Parkway	23:34			23:49	00:04		
Regent Centre	23:44			23:59	00:14		
South Gosforth							
Monument							
Central Station							
Heworth							
Pelaw							
Hebburn							
Jarrow							
Bede							
Chichester							
South Shields							
Seaburn							
Sunderland							
Park Lane							
South Hylton							