

To ensure pickup,  
please phone booking by:

<b>AM:</b>	<b>PM:</b>
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## Area

Dungarvan	10.30	16.45
Ardmore Ring	12.30	13.00
Cappaquinn	14.00	16.00
Lismore	14.30	15.30
Tallow	15.00	15.15



James Cummins - Fastway Courier Franchisee, (South East)  
This business is independently owned

## Dungarvan/ West Waterford

Your local Courier Franchisee



**James Cummins**

**086 8035 858**

### The Fastway Difference

- **Economic** - consistently competitive pricing
- **Reliable** - next day pick up and delivery
- **Easy** - prepaid labels and flat rate pricing

**[www.fastway.ie](http://www.fastway.ie)**  
**Track & Trace**