

To ensure pickup,
please phone booking by:

AM	PM
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Area	AM	PM
Barry	8:00 - 9:30	13:30 - 14:30
Dinas & Sully	9:30 - 10:00	14:30 - 15:00
Penarth	10:00 - 11:00	15:00 - 16:00
Barry	11:00 - 12:00	16:00 - 17:00



Bryan O'Connell South Wales
This business is independently owned

Barry & Penarth

Your local Courier Franchisee



**Bryan
O'Connell**
07817 303322

The Fastway difference:

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

www.fastwaycouriers.co.uk
**Track & Trace
your parcel - 24hours**