

To ensure pickup,  
please phone booking by:

<b>AM</b>	<b>PM</b>
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Area	AM	PM
Duffryn/Maesglas/Pill	08:00 - 9:00	13:30 - 14:00
Newport Centre	09:10 - 09:30	
Pontymister	09:45 - 10:15	15:45 - 16:00
Risca	10:30 - 11:00	15:15 - 15:30
Rogerstone	11:15 - 11:45	14:30 - 15:00



Paul Trigger - Fastway Courier Franchisee, Fastway Couriers South Wales  
This business is independently owned

## Newport West

Your local Courier Franchisee



**Paul  
Trigger**  
**07971 598022**

### 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](http://www.fastwaycouriers.co.uk)  
**Track & Trace  
your parcel - 24hours**