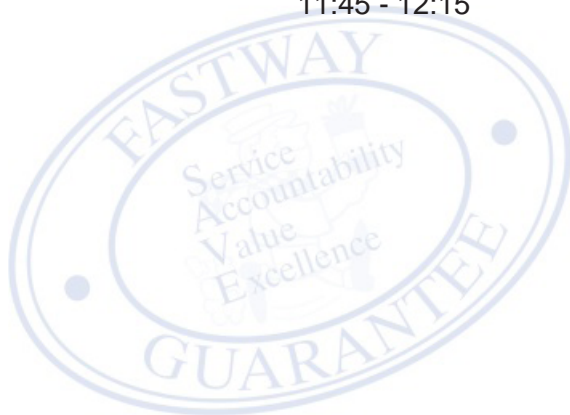


To ensure pickup,
please phone booking by:

AM	PM
-----------	-----------

Area	AM	PM
Bridgend	08:00 - 09:30	13:00 - 14:00
St Athan and Rhoose	09:45 - 10:15	14:15 - 14:45
Llantwit Major	10:15 - 10:45	14:45 - 15:15
Cowbridge	10:45 - 11:15	15:15 - 15:45
Llandow	11:15 - 11:45	15:45 - 16:15
Bridgend	11:45 - 12:15	16:30 - 17:30



Stuart Frost - Fastway Courier Franchisee, Fastway Couriers South Wales
This business is independently owned

Vale of Glamorgan

Your local Courier Franchisee



**Stuart
Frost**
07774 571249

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