

<b>Restriction Code</b>  <b>9F</b>  Code used to stations in Scotland and Berwick upon Tweed	<b>SUPER OFF-PEAK JOURNEYS FROM/VIA LONDON</b> (including Stevenage, Watford Junction, Milton Keynes, Bedford & Luton).  Available as listed below <b>MONDAYS-FRIDAYS</b> (By any train on Bank Holidays and other days)  For journeys from southern England via Birmingham on CrossCountry, use restriction code <b>2V or 8X as appropriate.</b>  <b>For journeys from Anglia via Ely, use restriction code 3V</b>		
		<b>Outward travel NORTHBOUND – by any train scheduled to DEPART:</b>	<b>Return travel SOUTHBOUND – by any train scheduled to ARRIVE:</b>
	<b>London Terminals</b> (except as shown below)	Before 03:00, between 09:06 and 14:59 inclusive & at or after 18:59. Also allowed at or after 18:15 on Fridays.	Before 04:30 & at or after 11:17
	<b>London Liverpool Street</b> (from Greater Anglia restriction <b>9A</b> )	Between 09:30 and 16:29 inclusive & at or after 18:34	At or after 10:00
	<b>London St Pancras</b> (from East Midlands Trains restriction <b>CJ</b> )	Between 10:26 and 15:15 inclusive & at or after 18:59	At or after 11:29
	<b>London Euston</b> (from Virgin Trains restriction <b>5F</b> )	At or after 09:05	10:05. Also valid on all ScotRail Caledonian sleepers (with supplement).
	<b>Stevenage</b>	Before 03:00, between 09:19 and 15:07 inclusive & at or after 19:01. Also allowed at or after 18:35 on Fridays	Before 04:30 & at or after 10:55
	<b>Luton</b> (from East Midlands Trains restriction <b>CJ</b> )	London St Pancras between 10:26 and 15:15 inclusive & at or after 18:59	London St Pancras at or after 11:29
	<b>Luton Airport Parkway</b> (from East Midlands Trains restriction <b>CJ</b> )	London St Pancras between 10:26 and 15:15 inclusive & at or after 18:59	London St Pancras at or after 11:29
	<b>Bedford</b> (from East Midlands Trains restriction <b>CJ</b> )	After 10:30	After 10:30
	<b>Watford Junction</b> (from Virgin Trains restriction <b>5F</b> )	At or after 09:00	10:20. Also valid on all ScotRail Caledonian sleepers (with supplement).
	<b>Milton Keynes Central</b> (from Virgin Trains restriction <b>5F</b> )	At or after 09:00	10:20. Also valid on all ScotRail Caledonian sleepers (with supplement).
	<b>Restriction changes from 8th December 2013</b>		
	<b>London St Pancras</b> (from East Midlands Trains restriction <b>CJ</b> )	Between 10:29 and 15:15 inclusive & at or after 18:59	At or after 11:26
<b>Overnight Break of Journey</b> (see break of journey notes at start of this section) - restarting journey from an intermediate station:  Outward (on day 2): outward morning restrictions as above apply from/via the stations shown above (Monday-Friday). Recommencing from any other station en route that is north of the stations shown			

above must be on trains timed to depart 09:30 or later (Monday-Friday).

**Friday evening restrictions also apply on Thursdays before any Friday that is a Bank Holiday from Kings Cross and Stevenage.**

Restrictions are lifted northbound on Monday 23rd December 2013 and in both directions from Tuesday 24th December 2013 until Wednesday 1st January 2014 inclusive, to and from Kings Cross and Stevenage. For other stations shown above please refer to the appropriate linked restriction.