

# **How To Become A Self-Employed Courier!**

## **Step By Step Courier Manual**

**Written By S M Publications © Copyright 2006**

**Important Note:**

This manual is a guide only and does not guarantee that you will succeed as a self employed courier, but does give you informed information that may result in success providing that you put in the effort.

Before entering into any Financial Commitment you should take professional advice.

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## **Benefits of becoming a Freelance Courier**

Many people we know that have become self-employed said that they would never go back to being employed again. Being able to work when you want, the freedom to take work that you want and choose to work as much or as little as you require.

Like with many things in life if you are prepared to work hard, gain the right contracts, offer a good professional service there is no reason why you shouldn't be able to earn over and above £300 per day, the rewards are there!

Imagine driving A to B listening to your favourite music or radio station. Delivering packages has to be one of the easiest and enjoyable jobs with no boss looking over your shoulder. It doesn't sound like work does it?

You will be travelling the country to different places every day, through some of the most scenic countryside, Lake District, Scotland, Yorkshire Dales you could combine business with pleasure stopping over in these places while you earn money.

Being independent allows you to take on the work that you want, choose the vehicle that suits you and run the business the way that you want to.

## **What is required to be a courier?**

- Average Intelligence
- Smart Appearance
- Able to work on your own initiative
- Enjoy your own company for long periods
- Be able to navigate to your destination
- Be able to drive safely for long periods
- Reasonable grasp of figures for invoicing, tax etc.

So if you can read a map, look smart, of average intelligents then you will have no problem at all!

## **Background to the courier industry**

The courier industry does consist of a number of services. They are business and residential deliveries. The business deliveries are by couriers such as Initial City Link, APC; Parcel Line etc usually guaranteed next day multi drops. For this work a transit or similar size vehicle would be required. Earnings for this work range from £15,000-£30,000 per year and this work is pretty much guaranteed.

White Arrow, Parcel Force, and Parcel net usually carry out residential work. This tends to be mail order parcels and many deliveries are evening drops. This work is usually very low paid and not worth considering unless you receive at least 50p per drop, which is still considered low.

What we will concentrate on in this manual is same day deliveries.

Same day couriers deliver packages/parcels at short notice anywhere in the country. Courier companies use self-employed owner-drivers because they are available at short notice. The vehicles for this work do tend to be cars or light vans such as Vauxhall Astra, Renault Kangoo, and Ford Couriers etc. The couriers would collect from Point A (for example Birmingham) and deliver to Point B (Cumbria) averaging 300-400 miles per day. Carrying anything from Pharmaceuticals, Electronic Equipment and Important Documents. These goods may be valuable and urgent.

So for example, if you delivered a package from Birmingham to Ayr which is 272 miles and you were paid 60p per mile one way this would pay £163 and if you picked up a return journey from Ayr at 40p per mile your total pay would be £271 for a days work. Obviously your time do this would depend on the traffic but 8-10 hours should be about right to complete the job. But to boost your days pay you can contact a courier company in your area telling them you are travelling to Ayr and can drop off along the way, offering them a lower rate as you are going that way anyway. This should take your days earnings over £300 (*Some people take a week to earn £300*).

### **What is same day courier industry?**

There are typically two categories:

**Urgent deliveries:** Clients need to meet deadlines, therefore need someone there yesterday, this is where bike couriers are seen racing around as clients expect them there in minutes.

**Secure deliveries:** Are packages that may not be urgent but need to be delivered safely to a specific person or department rather than left with reception, packages such as legal documents and tenders.

### **The types of businesses that use couriers include:**

- Advertising agencies
- Solicitors and legal companies
- Accountants and consultants
- TV and music producers
- Fashion and clothing companies
- Publishers and printers
- Factories supplying goods to the trade
- The motor trade, supplying of urgent spares.

### **What does a courier's job involve?**

A courier company's job involves collecting and delivering packages door to door from reception, specific person and offices delivering to its destination.

You could be collecting from a solicitor's receptionist, printers, publishers or Retail Company offering a door-to-door delivery service. All parcels will need to be signed unless otherwise stated as, leave in a safe place or with a neighbour etc. Obviously valuable items will almost always need to be signed for. The customer will require a professional and prompt job.

A typical day for a self-employed courier involves taking items from their hometown such as Birmingham and delivering somewhere such as Nottingham with a return journey dropping off on the way or back in Birmingham. This would give a good days pay and if you return to your hometown early enough you could take on another delivery and again a

return job. Most self-employed couriers would do one to two trips a day; this would obviously depend on how long the first trip would take.

As a courier you will usually be contacted the day before with a booking for the next day so you know exactly where you will be going, this gives you time to contact a few more courier companies locally and at your destination giving you the ideal opportunity not only to increase your profit delivering, but also increase them with return journey.

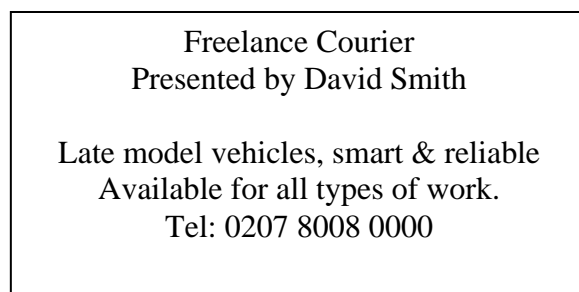
### **Getting Started**

We have put together a comprehensive list of courier companies at the back of this manual. But you can enhance your chance further by searching Thomson Local Directory, Yellow Pages and [www.yell.com](http://www.yell.com) that allows you to search for courier companies locally. There is also a website [www.courierexchange.co.uk](http://www.courierexchange.co.uk) which hosts a list of companies.

Virtually every courier company will have a Freelance Courier on their books, which they contact on a regular basis, they depend on them! You should contact as many courier companies as possible to get yourself on their lists; you can offer your services at a slightly lower rate for a trial period to get your foot in the door. If they don't use you immediately they will at some point this should result in regular work providing you offer a professional service.

Once you have identified a list of companies you can send them a letter introducing yourself, a copy of this letter is supplied in this manual. You will be stating that you offer a freelance professional service and are available between the hours for example 7.30am –6.00pm or offer a 24hour service. Enclose your business card together with the letter making sure it is addressed to the correct person. A business card can be printed on you PC, but we believe in first impressions a professionally printed business card should look better.

## Example of Typical Business Card



When you have sent the letter together with your business card always follow up with a telephone call a few days later, making sure you contact the person you addressed the letter to, usually the collection manager.

Don't panic if you don't get work immediately as a reasonable time to wait is 2-3 weeks, once they have your details they will call at some point, some will offer you work on the day that you contact them, some may take longer either way make sure you are ready to go at a moments notice. If you don't hear after a few weeks call again and let them know you are still there. Remember once they have used you they will offer you regular work.

One of the most important aspects of being self-employed is keeping up to date records. When you have a client base and begin making deliveries you should spend just half an hour a day book keeping, this is fairly straight forward and can either be done on your computer or records book available from any good stationers. An invoice book or invoice template on your home computer will enable you to raise invoices. We do have a chapter on invoicing to help you in this manual.

Another must to enable you to avoid traffic jams and to find a destination quickly is traffic master this is available from most leading motorist stores. You can take alternative routes saving you valuable time, remember the earlier you get back home the more chance you have of picking up a second job that day. Being stuck in traffic can be unavoidable and as long you phone the courier firm you are delivering for giving them the estimated time of arrival they will understand, it is only courtesy and professional to keep them informed.

One of the best selling GPS navigation systems is the Tom Tom, this device will stick to the windscreen and plugs in to the cigarette lighter. This system has come down considerable in price once priced at £400 you can pick one up for approximately £160 and they are well worth the investment saving valuable time, all you do is enter the postcode on the touch screen and an electronic map on screen will show you the route and tell you the directions.

We mentioned earlier first impressions; your appearance needs to be smart, as you will be delivering packages to solicitors, large corporate companies and smart offices. Remember you will be representing the client that sent you.

### **Your earning potential**

Well this is the bit that will probably interest you most. Following this manual and putting the information into practice should have you on the way to earning over £1000 per week.

You will be paid 55p – 60p per mile by most courier companies for one way. This can increase by 25% if they require a return job and can be increased further by 25% if the job is out normal business hours. Because you are freelance allows you to take on other work so you will be paid by one courier company and able to be paid by another taking a package to the same destination or dropping along the way. Effectively doubling your money! Once your first job is booked in you have usually 30 minutes to an hour to pick up. You can use this time wisely contacting other courier companies in your area letting them know where you are going. This is where you can offer a reduced rate, which they are more likely to give it to you than pay the full rate with someone else to go there specifically. Your earnings increase without a mileage increase and the company's profits increase too due to the lower rate, everyone's happy!

Now there is even more good news and even more money to be made! We have listed 100's and 100's courier companies at the back of this manual; you can use the list to contact them in the destination area, to pick up return work. You have to come back so why not bring a package back with you giving you pure profit as the delivering journey has paid for your time. If you reduce your rate to say 30p-40p per mile you shouldn't have a problem getting the work and it is all pure profit.

To help you contact companies there is some great technology available on mobile phones. Some phones now have the facility to fax, email and text the Nokia 9210i Communicator is an ideal piece of equipment, you input companies fax numbers and fax them on the move telling them you will be in their area and are available for work. You can fax many companies in one go so you could pick up a job for the return journey. This again is simple but can be effective increasing your profits further. For more information on the Nokia 9210i Communicator visit [www.nokia.co.uk](http://www.nokia.co.uk)

If you would like to do a mass fax broadcast targeting all the courier companies in the country offering your services a company called [www.faxit.co.uk](http://www.faxit.co.uk) can do this for you. This can be a very effective way of generating a lot of business and they can target specific areas.

Remember once you have established a good working relationship with a number of firms, you should receive regular work, some of them may offer you contract work which will guarantee work for may be one day a week or five days a week, but you will be paid a lower rate and committed to them, but it is another option available.

A very useful website is [www.courierexchange.co.uk](http://www.courierexchange.co.uk) they list courier companies that need goods moving that day, they have a facility that enables them to text you with information of companies whilst you are on the road. If you contact them and tell them where you are going that day they can send the information of goods to be moved with the courier's telephone number. The website also allows you to advertise your return journey so that the companies that subscribe to their service can see your details. They charge a small subscription for the service but it will increase you profits.

### **How to Invoice**

Invoicing is an important part of any business, if you have never done it before don't worry it is pretty straightforward. An invoice is usually used accompanied with a delivery note. The invoice tells the courier company what work you have done, when you did it and how much you are charging for it. You keep a copy for your records for Tax purposes.

The courier company will supply delivery notes if you are doing regular work, but we have made one available in the manual for you to copy and keep a supply of or you can purchase them from any good stationers.

Like wise, with the invoice, you can purchase from a good stationers or use PC software to generate one. Most companies will have their own way of invoicing some require invoices once the job has been completed some may require one at the end of each month. This is something you will discuss with the relevant company. (*Remember you must keep a copy*).

Courier companies tend to pay by cheque usually within 30 days of receiving your invoice some may pay direct to your bank account again this something you will discuss with company.

Find out what payment terms the courier company works on before you take on work, you will know exactly where you stand from the start. However you shouldn't have a problem receiving payments or late payments because they do rely on freelance people and if the word got around that they are late payers they would find it extremely difficult to find anyone to work for them.

**Dave Smith-Couriers**

- Date

**To**

Company		Telephone number	Fax/E-mail
Address			
Post code	Town	Your reference	

**Sender**

Company		Company registration number	
Address		Post code	Town
Postal giro/Bank giro		Telephone number	Fax/E-mail

Description				Delivered units	Unit price	Amount
Net	Office charge	Less Discount	VAT %	VAT AMOUNT	To pay	
			0	included	£0.00	

Delay interest	Terms of payment	Visa
----------------	------------------	------

**Delivery Note**

Date	Collection Address	Delivery Address	Description of goods /Number of items
Signature		Print Name	
Date & time		Number of items	

## **Being self employed**

Some people find self employment a daunting prospect but almost all the people we know that are self employed would not go back to being employed. There are few things that you need to know. You can set up business as a sole trader which most freelance couriers do, or you can set up a Limited Company, if you know a like minded person that you would like to go in to business with you can set up a partnership. (*We have a partnership agreement ready to download from our website*) this will give both partners peace of mind so that you both know where you stand legally.

It is advisable to take some professional advice from an Accountant right from the start so that you make sure you are keeping your records correctly i.e.; Bookkeeping, Tax, Vat and NI.

The Inland Revenue will need to be informed that you are self employed, this must be done within 3 months otherwise you will incur a fine of £100. Your Accountant can register you or you can call **Newly Self Employed Helpline** on **0845 915 4515** and supply brief details; they will require Name, Address, NI Number and Start date. A Form CWF1 can be obtained either from any accountant or direct from the Inland Revenue Office so you can register yourself.

There are many companies that can set up a Limited Company for you, if you decide to do this visit [www.swiftformations.com](http://www.swiftformations.com) prices start from just £33.99.

## **Taking care of your Tax and Vat**

**Important:** This section is only a guide you must take professional advice.

Taking a few minutes with an accountant will stand you in good stead for the future, once you have this in place you can relax and do your job driving. The accountant will be able to advise you of how to reduce your tax liability employing your spouse, partner or other members of your family.

You will be advised to keep all receipts on purchases, invoices and what you can offset against the business such as computer equipment, mobile phone, fuel, vehicle repairs etc.

There is a threshold for VAT which is currently £58,000 so you don't have to concern yourself at the start. But as soon as you reach this figure in a twelve month period or less you must register. There is also a flat rate scheme that you can voluntarily register for. We won't go in to too much detail with this at this point but you can visit <http://hmrc.gov.uk> and <http://www.hmce.gov.uk/forms/notices/733.htm> for information on Vat and the flat rate scheme. You can mention the flat rate scheme to your accountant who will be well placed to advise you properly.

## **Keeping your records up to date**

Many people neglect to keep up to date records and this can be the difference of failure or success. You can have many contracts very busy making a lot of money but if your records are not complete you can get yourself in a mess with receipts, invoices, tax etc.

Saying that book keeping isn't anything to be frightened of, you need to keep a record of your expenditure (cheques written); Deposits (Payments received) keep receipts and invoices for fuel etc.

Firstly choose a name that you would like to trade under, this can be your own name or for example Premier Courier. Open a business account at your local bank this is usually a simple formality.

Then pop in to your local stationers and pick up an accounts book these usually have a number columns. You can write in Day, Date, and Year this will be the day you started you business. Every job you receive you write in the date, travelled to, amount received, outgoings (Fuel etc). Any invoices or receipts you receive and write a cheque for always write the cheque number and date issued. This keeps it nice and easy for the accountant to check payments; any cash withdrawals from the cash point always get a receipt and write on the receipt what the money is for. An invoice box is also a good thing to use just pop you receipts and invoice in to the box and you will know where they are if you need to refer to them. If you jot down your jobs each day, file your receipts and invoices it keeps everything uncomplicated and simple. What can be easier! By doing this you also reduce any accountants cost as you have done most of the work for them. Just a few minutes a day should suffice.

When your taxes are due you just pass your records and receipts to your accountant, because you have kept all you records up to date this should be a relatively simple task to complete saving you money. You should also be able to keep a track of your profit and loss so you know how much you can draw as an income. So you know exactly where you stand and have rough idea of how much tax you may be required to pay.

Keeping you records up to date are simple tasks please do not neglect this you will be surprised how easy it is!

### **Vehicle that is required**

Well there are a number of options available to you. Some Courier companies may arrange for a leased vehicle for you, however many companies do require you to have your own vehicle. To sound out the work and to see if you like the type of work on offer you can use your own vehicle. There is no need to outlay any money as you will be using your own vehicle or you could hire a vehicle/van for a short period to see if this work is for you, this would be minimal outlay. But beware; some rental companies do have mileage restrictions so before you sign a rental agreement check out the terms of hire.

Once you have started work and are happy with what you are doing then you could take the plunge and buy a new vehicle/van, lease or contract hire. With contract hire you are required to pay 3 months' rentals upfront and a regular monthly payment this is typically over a 12 month, 24 month 36 month period. Full maintenance can be taken on in the contract to cover all repairs and servicing.

The ideal vehicles that same-day couriers use are Renault Kangoo /Ford Courier/ Citroen Berlingo. A reliable and economical vehicle is paramount in this type of industry. The last thing you want is the vehicle off the road for repairs losing revenue. Most new vans come with 3 year warranties and what's more they are 100% tax deductible which you can offset against your tax.

Also the more economical the vehicle the more you save on fuel giving you even more profit. We run a Renault Kangoo dci 70 1.5 turbo diesel, this returns an average of 45 miles per gallon and a full tank of fuel will allow you to travel approximately 390 miles. A tank full of diesel costs approximately £40. You would be paid £234 for this trip less £40 fuel, profit £194 for one trip.

There are alternative fuels available such as converting a petrol vehicle to LPG and this can be relatively cheap to do. But diesels engines can do higher mileages and you can also run these on alternative fuel (NOT BIO DIESEL) this is a fuel that is perfectly legal and costs from just 25.82 per litre saving you as much 65% so that's £40 less 65% = £14. Yes £14! now your profit is £220. So if you are interested in this alternative fuel, we have a section available on our website under the heading (*Diesel Vehicle Owners*) you will be amazed at how easily available it is! And it is environmentally friendly to boot.



**SUMNER INSURANCE SERVICES**

Tel: 01254 261999

VAN / CAR USERS including FRANCHISEES.

**THE COURIER BROKER**

Tel: 0870 750 0 750

Probably the cheapest courier insurance in the world

**COURIER COVER!**

Tel: 0870 062 2062

**Trident Insurance** is No. 1

Courier / Haulage van insurer

**GMI Insurance**

Tel: 0208 850 5531

The One Stop Shop for all your Courier needs

**Unbeatable Prices**

### **Courier Insurance –The facts**

**Motor Insure Database:** All motor vehicles are now registered on this database. In the old days the Police would ask you to produce documents now they have access to this database so that they know what cover you have.

- i.e. Third party, comprehensive cover
- Insured only- limitations
- Any driver over age- restrictions
- Use of vehicle- courier use

### **Goods in transit**

Terms and conditions are important and essential. For instance if you were delivering a package worth £20,000 and it was damaged, and your insurance cover was only £10,000, the insurance should pay out the £10,000 but there would be a shortfall of £10,000 which you would be liable for if you didn't have written terms and conditions. A court would certainly award it to the company that is suing you. We have enclosed some simple terms and conditions for you to copy all you have to do it state the amount of cover you have. Never take the cheap option make sure you have adequate cover, never consider cover on RHA sum assured at only £1,300 per ton. This is a complete waste of money.

You need **All RISKS** or **FULL RESPONSIBILITY POLICY.**

Also make sure that when you leave your vehicle unattended for a drop that that the contents are still insured- Never take the cheap options!

### **Driving in Europe**

A European policy will be needed and will be more expensive.

## TERMS & CONDITIONS OF CARRIAGE

1. All and any business undertaken, including any advice or information given or service provided whether gratuitously or not is transacted subject to the condition hereinafter set out and each Condition shall be deemed to be incorporated in and to be a Condition of any agreement between the company and its customers.
2. In these conditions of trading (hereinafter called "these conditions") the expression "the Company" means and (unless the context precludes the same) includes the Company's servants, agents and any person or persons carrying passengers or goods under the contract with the Company. "Customer" means any person who contracts for the service of the Company and includes the Customer's servants or agents or any persons carried as passengers on behalf of the Customer.
3. The Company is not a common carrier and will accept goods for carriage only on these conditions.
4. No agent or person employed by or under contract with the Company has any authority to alter or vary in any way these conditions unless (previously) expressly authorised to do so by the Company in writing
5. If any legislation is compulsory applicable to any business undertaken these conditions shall as regards such business be read as subject to such legislation and nothing in these conditions shall be construed as a surrender by the Company of any of its rights or immunities or as an increase of any of its responsibilities or liabilities under such legislation and if part of these conditions be repugnant to such legislation to any extent such part all as regards such business be void to that extent but no further.
6. Customers entering into transactions of any kind with the company for the carriage of goods expressly warrant that they are either owners or the authorised agent of the owners of any goods to which the transaction relates and further warrant that they are authorised to accept and are accepting these conditions not only for themselves but also as agents for and on behalf of all other persons who are or may thereafter become interested in the goods.
7. Any instructions or business accepted by the Company may in the absolute discretion of the company be fulfilled by the Company itself or by its own servants performing part of all the relevant services or by the Company employing or entrusting the carriage of goods or passengers to others to perform part or all the services.
8. Subject to express instructions given by the Customers the Company reserves to itself absolute discretion as to the means route and procedure to be followed in the carriage of passengers and in the handling, storage and transportation of goods. Further if in the opinion of the Company it is at any stage necessary or desirable in the Customer's interest to depart from those instructions the Company shall be at liberty to do so.
9. The Company warrants that all goods entrusted to the Company for carriage have been properly labelled and prepared.
10. All offers and quotations by the Company for its services are given on the basis of prompt acceptance by the Customer and shall only remain open for acceptance for the period of seven days unless revoked withdrawn or verified by the Company prior to such acceptance.

11. All credit accounts are rendered at such periodic intervals as shall be the company's policy from time to time and are subject to settlement within 30 thirty days or date of invoice. Where payment is not received by that date any offer made by the Company to give credit or discount for prompt settlement will automatically be deemed to be withdrawn and the Company reserves the right to impose a surcharge on all outstanding balances at the rate of two per cent per month.
- 12.(i) The Company shall only be responsible for any loss or damage to goods for any non-delivery or mis-delivery if it is proved that the loss, damage, non-delivery or mis-delivery was due to the negligence or default of the Company and in the event of the company providing transport for a customer of both a passenger or passengers and goods the carriage of such goods any personal effects or any passenger shall be solely at the risk of the Customer and the Company shall incur no liability of any kind in respect thereof any the Customer is advised to insure against such risks.
- (ii) The Company shall only be liable for non-compliance or in-compliance with instructions even to it if it is proved that the same was caused by the negligence or default of the Company.
- (iii) Same as aforesaid the Company shall be under not liability whatsoever however arising and whether in respect of or in connection with any goods or any instructions business advice information or service or otherwise.
- (iv) It shall be the responsibility of the customer to satisfy himself that any load that he wishes to have carried by the Company shall be suitable for conveyance in the vehicle or machine offered by the Company for the carriage of such load and the Company will accept no liability whatsoever for any loss or damage to such load arising from the unsuitability of such vehicle or machine.
- (v) Without prejudice to the generality of the foregoing the absence of express agreement by the Company's General Manager the company can under no circumstance whatsoever accept any responsibility for any delay to either passengers or goods not due to the negligence or default of the Company.
- (vi) Further and without prejudice to generality of the proceeding sub condition the Company shall to whether under sub conditions (I) or (ii) or otherwise be under any liability whatsoever for any detention of goods or for any consequential loss, damage or deterioration arising there from except where (a) the Customer shall have specified to the Company the Nature of the goods and purpose of their transit and the Company through it's General Manger shall have agreed in writing with the Customers a time schedule and specification in respect of the transit of the said goods (b) it shall be proved that such detention delay, loss, damage or deterioration was due to the negligence of the Company.
13. Since the Company is unable to assess the cost to a Customer of the loss or damage of any goods in no case whatsoever shall any liability of the Company however arising and notwithstanding any lack of explanation exceed the value of the relevant goods or £1000 whichever is the less. If the relevant goods have any extra intrinsic value to the customer or the customer would suffer consequential losses in the event of their loss or damage then the customer is advised to insure against such risks and losses since the Company is unable to warrant that its own insurance cover will be applicable to such loss or damage or (if applicable) will extend to cover any sums claimed.
14. The Company shall not be liable for loss or damage to any part of any consignment of goods (whether comprising one or more packages or parcel(s) or for the loss or non-delivery of the whole of any consignment of goods or for damage delay or detention thereof or any part thereof however caused unless the company is advised thereof in writing of the fact of the loss or damage or mis-delivery (as the case may be) within 7 days of the loss damage or mis-delivery

occurring and a quantified claim is made in writing within 28 days of the occurrence.

15. The Company will not accept or deal with any noxious, dangerous, hazardous or inflammable or explosive goods or any goods likely to cause damage. Should the Customer nevertheless deliver any such goods to the Company or cause the Company to handle or deal with any such goods he shall be liable for all loss or damage whatsoever caused by or in connection with the goods however arising and shall indemnify the Company against all penalties, claims, damages costs and expenses whatsoever arising in connection therewith and the goods may be destroyed or otherwise dealt with at the sole discretion of the Company or by any other person in whose custody they may be at the relevant time.
16. Except under special arrangement previously made in writing the Company will not accept or deal with bullion, coins precious stones, jewellery, valuables antiques, pictures (excluding commercial artwork), livestock or plants. Should any customer nevertheless (whether knowingly or unknowingly) deliver such goods to the Company or cause the Company to handle such goods otherwise than under special arrangements previously made in writing the Company shall be under no liability whatsoever for in connection with the goods however arising.
17. All sums shown to be due in the Company on its invoices sent to the Customer shall be paid to the Company immediately when due without any deductions and payment shall not be withheld or deferred on account of any claim counterclaim or set-off.
18. The Company shall have a special lien on all goods for charges on such goods and shall also have a general lien against the owner of any goods for any monies on account due from such owner to the Company. If any lien is not satisfied within a reasonable time the Company may at its absolute discretion sell the goods concerned and apply the proceeds in or towards discharge of the lien and the expenses of the sale. No variation, extension or cancellation of these conditions shall be binding upon the Company unless and until it is confirmed in writing under the hand of a Director, a secretary or other officer of the Company duly authorised in writing and for the avoidance of doubt it is declared that no person other than such Director, Secretary or officer has authority to negotiate or enter into any commitment on behalf of the Company the effect of which would or might (but for this present clause) involve the Company in any legal liability whatsoever.
19. All agreements between the Company and its customer shall be governed by English Law and be within the exclusive jurisdiction of the English Courts.
20. The maximum amount payable per consignment is £ unless agreed in advance for higher amount and the appropriate premium paid.

*Sample of introductory letter*

Your Name  
Your Address  
Your Postcode

Tel No.

Date:

F.A.O. — The Collection Controller,

My name is Mr Courier and I am writing to offer my services to you as a freelance courier.

I am available for deliveries to any part of the UK 7 days a week, at short notice. I have a late plate, van/car which is fully insured for courier use. I also have goods in transit cover up to the value of £

I can provide a professional service and will provide the best customer care for your clients. I have a good working knowledge of courier services and I have never let any of my customers down.

Would it be possible for me to call in and see you, so I can discuss what your requirements are and what kind of service I can offer to you? Alternatively, you can contact me on the above telephone number to discuss further.

Thank you for taking the time to read this letter, I look forward to hearing from you soon.

Regards

David Smith

Freelance Courier

This letter above gives you the basic content for what you can send, please alter to suit your own requirements and don't forget to follow up with a telephone call a few days later.

We wish you luck and every success for the future, we would like to hear from you and how you get on.

You can email [info@sweetmoneypublications.com](mailto:info@sweetmoneypublications.com)

Our Address is:

S M Publications  
45 Woodland Road  
Finchfield  
Wolverhampton  
WV3 8AP

And for all you budding entrepreneurs here is a little poem to keep for inspiration.

'Nothing in the World can take the  
place of persistence

Talent will not; nothing is more  
common than unsuccessful men  
with talent

Genius will not; unrewarded  
genius is almost a proverb

Education will not; the world is  
full of educated derelicts.

Persistence and determination  
alone are omnipotent.

If you do not go a head with this opportunity remember that you can still save £1000,s on your motoring expenses by using alternative fuel. (*See our section on Diesel Vehicles save thousand's*).

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
Eagle Ltd	Unit 3/Riverside Business Centre	North Esplanade West		Aberdeen	Aberdeenshire	AB11 5RJ	01224 588678	01224 588722
Target Worldwide Express	Ocean Trade Centre	Minto Avenue	Altens Industrial Estate	Aberdeen	Aberdeenshire	AB12 3JZ	01224 248951	01224 248953
Jeeves Couriers Ltd	Charleston Distribution Centre		Nigg	Aberdeen	Aberdeenshire	AB12 3LL	01224 891100	01224 891133
Citysprint	Unit 5	Hareness Circle	Altens Industrial Estate	Aberdeen	Aberdeenshire	AB12 3LY	01224 890990	01224 890998
TNT Sameday	Unit 7-8/Altens Trade Centre	Hareness Circle	Altens Industrial Estate	Aberdeen	Aberdeenshire	AB12 3LY	01224 898337	
North East Express	Unit B/Badentoy Crescent	Badentoy Industrial Estate		Aberdeen	Aberdeenshire	AB12 4YD	01224 780068	01224 780072
Freightco Rapid Despatch Ltd	Unit 6/Howe Moss Drive	Kirkhill Industrial Estate	Dyce	Aberdeen	Aberdeenshire	AB21 0GL	01224 771234	01224 771412
Securicor Omega Same Day	Howe Moss Drive		Kirkhill Industrial Estate/Dyce	Aberdeen	Aberdeenshire	AB21 0GL	0870-444 4819	01224 775407
Macs Express	Unit 1/Spires Business Units	Mugiemoss Road	Bucksburn	Aberdeen	Aberdeenshire	AB21 9NY	01224 789888	01224 789741
Marshall Logistics	4 Brooke Crescent		Bridge of Don	Aberdeen	Aberdeenshire	AB23 8AH	01224 706280	01779 477881
Thistle Couriers Ltd	Unit 19/Frederick Street Business Centre	Frederick Street		Aberdeen	Aberdeenshire	AB24 5HY	01224 622000	01224 620208
Hand Delivery	Unit 7224 London Rd/Verulam Industrial Estate			St. Albans	Hertfordshire	AL1 1JB	01727 811100	01727 847262
Westward Courier Service Ltd	Westward House	2 Bury Road		Hatfield	Hertfordshire	AL10 8BJ	01707 250000	01707 259269
Interlink Express	Unit 7/Southdown Industrial Estate	Southdown Road		Harpenden	Hertfordshire	AL5 1PW	01582 467577	01582 467627
K D G Logistics Ltd	Unit 7/Southdown Industrial Estate	Southdown Road		Harpenden	Hertfordshire	AL5 1PW	0845-430 1401	0845-430 1402
5 Speed Couriers	3 Garden Court			Welwyn Garden City	Hertfordshire	AL7 1BH	01707 327662	
Rico	10 Mundells Court			Welwyn Garden City	Hertfordshire	AL7 1EN	01707 393932	01707 375683
Track Express	26 Bridge Rd East			Welwyn Garden City	Hertfordshire	AL7 1HL	01707 323032	01707 393039
Concord Couriers Ltd	Unit 3/Swallow Court	Swallowfields		Welwyn Garden City	Hertfordshire	AL7 1SA	01707 395455	01707 395354
Trax Express	Summer Hill Street			Birmingham	West Midlands	B1 2PD	0121-244 4444	0121-244 4443
021 Courier Services Ltd	Rovex House	Hay Hall Road		Birmingham	West Midlands	B11 2AG	0800-013 7021	01827 319809
Forward Express	Unit 5/Imex Business Park	Kings Road	Tyseley	Birmingham	West Midlands	B11 2AL	0121-764 4959	0121-707 8429
021 Courier Services Ltd	Rovex House/Rovex Business Park	Hay Hall Road		Birmingham	West Midlands	B11 2AQ	0800-013 7021	
Network Transport Group	The Manor House	150 Redfern Road		Birmingham	West Midlands	B11 2BE	0870-242 2442	0870-242 2443
Olympic Express Ltd	Head Office	90-91 Moseley Street		Birmingham	West Midlands	B12 0RT	0845-125 5505	
Ozone	140 Hockley Hill			Birmingham	West Midlands	B18 5AN	0121-554 2233	0121-554 6868
Mad Express Logistics Ltd	Unit 7	58-59 Key Hill	Hockley	Birmingham	West Midlands	B18 5NX	0121-515 2700	0121-515 2700
Albion Express	PO Box 4826		Erdington	Birmingham	West Midlands	B23 7QW	0121-373 2948	
Bonds Worldwide Express	5 West Midlands Freeport	Airport Cargo	Birmingham Int Airport	Birmingham	West Midlands	B26 3QD	0121-782 2233	0121-782 2722

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Crossflight Ltd	Unit 18/Castle Road	Kings Norton Business Centre		Birmingham	West Midlands	B30 3HZ	0870-770 3344	0121-258 7411
Cougar Dispatch	International House	Lancaster Street		Birmingham	West Midlands	B4 7AT	0121-333 3456	0121-333 3472
Overseas Courier Service	Unit 51/Roman Way Industrial Estate/Station Road	Nether Whitacre	Coleshill	Birmingham	West Midlands	B46 2EH	01675 466648	01675 466649
C C T Express Freight	Yew Tree House	Sandy Lane	Over Whitacre/Coleshill	Birmingham	West Midlands	B46 2NE	01675 482800	01675 482801
TNT Sameday	92 Albert Street			Birmingham	West Midlands	B5 5LG	0121-643 5552	0121-632 5393
Del Express	158 Bristol Road			Birmingham	West Midlands	B5 7XH	0121-440 7200	
BXT Couriers Ltd	19 Wainwright Street			Birmingham	West Midlands	B6 5TH	0121-327 6411	0121-327 6681
Road Freight Couriers	Electra Park	1 Electric Avenue		Birmingham	West Midlands	B6 7EB	0121-326 8833	0121-328 3806
Intercity Freight	Unit 2	Priory Road	Aston	Birmingham	West Midlands	B6 7LL	0121-328 1413	0121-328 1341
Same Day Light Haulage	44 Park Lane			Halesowen	West Midlands	B63 2NT	0800-197 3590	
Target Worldwide Express	Alpha House	Dartmouth Road		Smethwick	West Midlands	B66 1BG	0121-555 7111	0121-555 7333
Sameday Logistics Ltd	Summit Crescent			Smethwick	West Midlands	B66 1BT	0870-444 2665	0870-444 2669
Supersonic Despatch Courier Service	2-4 Bridge St South			Smethwick	West Midlands	B66 3DR	0121-551 9955	0121-551 9797
Expresslink Couriers	378 Bearwood Road			Smethwick	West Midlands	B66 4ET	0121-420 3555	0121-429 4888
Ricochet Group	28 Stone Street			Oldbury	West Midlands	B69 4JL	0121-552 9009	0121-359 8415
Apollo Distribution Solution Ltd	A5 Seedbed Centre	Avenue Road	Nechells	Birmingham	West Midlands	B7 4NT	0121-359 7707	0121-359 7717
Amtrac	11 Phoenix Business Park	Avenue Close		Birmingham	West Midlands	B7 4NU	0121-359 4333	0121-359 4944
Crown Couriers	Unit 7/Phoenix Business Park	Avenue Close		Birmingham	West Midlands	B7 4NU	0121-359 0007	0500 947129
P B S	31 Inkerman Street			Birmingham	West Midlands	B7 4SB	0121-359 7788	0121-359 8786
A G P Dispatch	2 Railway Terrace		Nechells	Birmingham	West Midlands	B7 5NG	0121-328 8822	
Advanced Security-Systems	Unit 2 Railway Terrace		Nechells	Birmingham	West Midlands	B7 5NG	0121-328 8822	0121-328 8833
Diamond Despatch Ltd	4 Metro Triangle	Mount Street	Nechells	Birmingham	West Midlands	B7 5QT	01242 523344	0121-327 9599
Harlequin Logistics	166 Argyle Street			Birmingham	West Midlands	B7 5TE	0121-328 4898	0121-328 6966
X D P Ltd	Unit 4/6/Fair View Industrial Estate	Kingsbury Road	Curdworth	Sutton Coldfield	West Midlands	B76 9EE	01675 475754	01675 475853
Tamworth Courier Services Ltd	Unit 7/Lichfield Rd Industrial Estate	Ariane		Tamworth	Staffordshire	B79 7XF	01827 53241	01827 64890
T N T	Unit 7/Network Pk Industrial Estate	Duddeston Mill Road	Saltley	Birmingham	West Midlands	B8 1AU	0121-643 2222	0121-643 6547
Arden Despatch	Unit 1/Renshaw Trading Estate	Green Lane		Studley	Warwickshire	B80 7EY	01527 857114	01527 854996
A 2 Z Freight	150 Lode Lane			Solihull	West Midlands	B91 2HP	0121-704 5018	0121-704 3357
A Y S Couriers	The Coach House/Wootton Business Park	Alcester Road	Wootton Wawen	Solihull	West Midlands	B95 6HJ	01564 795200	01564 795209
021 Couriers	16 Bartleet Road			Redditch	Worcestershire	B98 0DG	01527 516516	01527 516333
Go Man Couriers Ltd	58C Arthur Street			Redditch	Worcestershire	B98 8JY	01527 515055	01527 510779
Avon Express Couriers	Unit 6/Broadway Court	Miles Street		Bath	Avon	BA2 4HX	01225 335026	

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APC Bath Courier Service	Unit 15/16/Midsomer Enterprise Park	Radstock Road	Midsomer Norton	Radstock	Avon	BA3 2BB	01761 410033	01761 410121
Express Deliveries			Pylle	Shepton Mallet	Somerset	BA4 6TA	01749 830003	01749 830350
Response	Dickens Street			Blackburn	Lancashire	BB1 1RN	01254 676494	01254 690391
1st Choice Carriers	PO Box 223			Blackburn	Lancashire	BB2 4GP	01254 695696	01282 680065
Despatch Rider Express	Unit 20/Richmond Industrial Estate	Richmond Street		Accrington	Lancashire	BB5 0RJ	01254 872968	01254 235561
FHT Couriers	Unit 20/Richmond Industrial Estate	Richmond Street		Accrington	Lancashire	BB5 0RJ	01254 392361	01254 235561
Initial Citylink	5 Chain Bar Road			Cleckheaton	West Yorkshire	BD19 3QF	01274 863000	01274 863001
BDS Express	175 Moorside Road			Bradford	West Yorkshire	BD2 3HD	01274 633191	
Intime Express Couriers	401 Harrogate Road			Bradford	West Yorkshire	BD2 3TF	01274 637564	01274 633985
EP Transport	4 Bracken Road			Keighley	West Yorkshire	BD22 7DF	01274 688422	01274 688422
Euro-Tran	Enterprise Way/Airedale Business Centre	Keighley Road		Skipton	North Yorkshire	BD23 2TZ	01756 790565	01756 701408
Delta Direct Worldwide Express	Unit 12/Girlington Ind Centre	Girlington Road		Bradford	West Yorkshire	BD8 9NL	01274 544462	
Southern Despatch	87 Palmerston Road			Bournemouth	Dorset	BH1 4HP	01202 392155	01202 398954
Transfreight Express Ltd	Unit 4	28 Haviland Road	Ferndown Industrial Estate	Wimborne	Dorset	BH21 7RQ	01202 890033	01202 890044
Target Worldwide Express	Building 103/Aviation Pk West	Bournemouth International Airp		Christchurch	Dorset	BH23 6NW	01202 577477	01202 577377
Avalon Transport Ltd	Building 406	South East Sector	Bournemouth International Airp	Christchurch	Dorset	BH23 6SE	01202 582824	01202 582825
Kingfisher Couriers	2 The Lea			Verwood	Dorset	BH31 6XN	01202 828322	01202 828322
Courier Link Express	63 Riding Gate			Bolton	Lancashire	BL2 4DP	07831 361898	01204 309858
Westfield Agencies	Bolton Enterprise Centre	Washington Street		Bolton	Lancashire	BL3 5EY	01204 361655	01204 363497
White Arrow	Thynne Street			Bolton	Lancashire	BL3 6AX	0870-154 5434	
Parcels 2 Go	Coe House	Coe Street		Bolton	Lancashire	BL3 6BU	0870-330 3325	01204 384427
B B A Express	Link House/Link Place	Upper Hollingdean Road		Brighton	East Sussex	BN1 7DX	01273 550999	01273 550901
A J Express	Unit B1/Hollingbury Enterprise Estate	Crowhurst Road		Brighton	East Sussex	BN1 8AF	01273 504400	01273 504422
G M Courier Services	34 Railway Approach			Worthing	West Sussex	BN11 1UR	01903 530624	
L B P Storage & Transport Ltd	Unit 3 & 4	Blenheim Road		Lancing	West Sussex	BN15 8UQ	01903 751100	01903 751166
Diamond Couriers Ltd	1 Jubilee Avenue		Rustington	Littlehampton	West Sussex	BN16 3NF	01903 238820	01903 422382
Cross Country Couriers	Unit X1/Rudford Industrial Estate	Ford Road	Ford	Arundel	West Sussex	BN18 0BF	01903 733415	01903 725992
Asap Freight Services	Suite 6	1 Wish Road		Eastbourne	East Sussex	BN21 4NX	01323 727233	
Swift Express Couriers Ltd	148 Portland Road			Hove	East Sussex	BN3 5QL	01273 881000	01273 777303
ANC Express	Newtown Road			Hove	East Sussex	BN3 7BA	01273 323233	01273 324920
Diamond	Unit 4	Freemans Road	Portslade	Brighton	East Sussex	BN41 1SL	01273 424414	
Mobile Couriers	Unit 23/Hove Enterprise Centre	Basin Rd North	Portslade	Brighton	East Sussex	BN41 1UY	01273 413454	01273 430400

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Sameday Courier Services	L D F Wharf	Basin Rd South	Portslade	Brighton	East Sussex	BN41 1WF	01273 420420	01273 410670
Rand Riders Courier Services	8 Western Road			Shoreham-by-Sea	West Sussex	BN43 5WD	01273 701701	01273 702702
Courier	The Yard	Simpsons Road		Bromley	Kent	BR2 9AP	020 84666999	020 86370831
Excel Couriers	Invicta Works	Chalk Pit Avenue		Orpington	Kent	BR5 3JP	01689 890189	01689 897677
BCS Parker	Lower Road			Orpington	Kent	BR5 4AL	01689 877807	01689 871129
Practical Services (Southern)	2 Cleave Avenue			Orpington	Kent	BR6 7HB	01689 850233	01689 857876
Priority Express	7-8 Albion Dockside Estate	Hanover Place		Bristol	Avon	BS1 6UT	0117-930 4070	0117-930 4080
Priority Express Couriers Ltd	Unit 4/Albion Dockside Estate	Hanover Place		Bristol	Avon	BS1 6UT	0870-013 5100	0117-930 4080
A M L Couriers	34 Greenlands Way			Bristol	Avon	BS10 7PH	0117-959 1791	0117-959 1891
Burnham Logistics	Unit 11/Avon Gorge Industrial Estate	Portview Road		Bristol	Avon	BS11 9LQ	0117-982 6971	0117-982 3594
APC Overnight	Unit 4	Camwal Road		Bristol	Avon	BS2 0UZ	0117-971 0555	
Independent Courier Services	Unit 4	Camwal Road		Bristol	Avon	BS2 0UZ	0117-300 9900	0117-300 9991
Mission Impossible Couriers		2 Stradlings Yard		Bristol	Avon	BS2 8BZ	0117-904 9976	0117-904 0050
L & F Express Transport	Unit 2/Minto Rd Ind Centre	Ashley Parade		Bristol	Avon	BS2 9YW	0117-955 4473	0117-955 4479
Impatient Parcels	PO Box 3		Worle	Weston-super-Mare	Avon	BS22 6GT	01934 511100	01934 521094
Business Link Express Ltd	Unit S	Aisecome Way		Weston-super-Mare	Avon	BS22 8NA	01934 644258	01934 644268
Deltec International Couriers Ltd	Unit 1-2/St. Catherines Industrial Estate	Whitehouse Lane		Bristol	Avon	BS3 4DJ	0117-966 8899	0117-953 7804
Diamond Despatch	St. Catherines Industrial Estate	Whitehouse Lane		Bristol	Avon	BS3 4DJ	0117-966 6100	0117-953 7804
C D L Recruitment Ltd	Southway Drive			Bristol	Avon	BS30 5LW	0117-967 1600	0117-967 1700
M T Express Couriers	451 Bath Road		Saltford	Bristol	Avon	BS31 3AZ	01225 429200	01225 448164
Target Worldwide Express	Unit 20	Concorde Road	Patchway	Bristol	Avon	BS34 5TB	0117-969 8074	0117-969 8268
S B S Worldwide Ltd	Unit 5/Rivermead	Dean Road	Yate	Bristol	Avon	BS37 5NJ	01454 329152	01454 329150
Compass	Unit 5	Badminton Rd Trading Estate	Yate	Bristol	Avon	BS37 5NS	01454 852710	01454 852730
AB Kouriers	Unit 2/Birchills Trading Estate	Emery Road		Bristol	Avon	BS4 5PF	0117-941 8700	0117-941 8660
Safe Transport (South West) Ltd	St. Gabriels Road			Bristol	Avon	BS5 0RU	0117-955 4455	0117-955 4499
Immediate Delivery Services Ltd	Crews Hole Road			Bristol	Avon	BS5 8BB	0117-955 9757	0117-955 9750
The Go-Getters	111 Coldharbour Road			Bristol	Avon	BS6 7SD	0117-942 8808	0117-942 8808
Data Dispatch	Westlink Enterprise Centre	30-50 Distillery Street		Belfast	County Antrim	BT12 5BJ	028 90311022	028 90311049
Target Worldwide Express	10 Tully Road		Nutts Corner	Crumlin	County Antrim	BT29 4SW	028 90825670	028 90825655
Transnet Couriers	24 Duncrue Crescent			Belfast	County Antrim	BT3 9BW	028 90777555	028 90775557
City Air Express (NI) Ltd	West Bank Drive			Belfast	County Antrim	BT3 9LA	028 90781878	028 90781788
Quick Courier Services	4 Brandon Parade			Belfast	County Antrim	BT4 1JH	028 90299501	

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B-Fast Intercity Express Parcels	8c Ballougy Road			Londonderry	County Londonderry	BT48 9XJ	028 71266117	028 71266635
Sun Couriers	5 Legahory Centre		Legahory	Craigavon	County Armagh	BT65 5BE	028 38345275	
Target Worldwide Express	Main Street		Aghagay/Newtownbutler	Enniskillen	County Fermanagh	BT92 8JW	028 67738181	028 67738127
Hays DX	Myers Lane			Penrith	Cumbria	CA11 9DP	01768 892434	01768 892872
TNT Sameday	Peterfield Road		Kingstown Industrial Estate	Carlisle	Cumbria	CA3 0EY	01228 590484	01228 514911
Dickinson	Unit B/Knights Drive	Kingmoor Pk Central		Carlisle	Cumbria	CA6 4SG	01228 674240	01228 674240
Cole Transport	Unit A/Dukes Drive	Kingmoore Park North	Longtown	Carlisle	Cumbria	CA6 5SH	01228 674994	01228 674065
BXT Ltd	50 Clifton Road			Cambridge	Cambridgeshire	CB1 7ED	01223 415560	01223 416108
GIS Global			Babraham	Cambridge	Cambridgeshire	CB2 4AX	01223 835060	01223 834010
Saff Hire	27 Royston Road		Foxton	Cambridge	Cambridgeshire	CB2 6SE	01223 874404	
A C Couriers Ltd	36 Girton Road		Girton	Cambridge	Cambridgeshire	CB3 0LL	01223 276000	01223 277066
Quicksilver	7 Orwell Furlong			Cambridge	Cambridgeshire	CB4 0WY	01223 423423	01223 566240
Grabbit & Run	2 Cambridge Road		Milton	Cambridge	Cambridgeshire	CB4 6AW	01223 423403	01223 423453
Camfargo Courier Services	21 The Paddocks		Burwell	Cambridge	Cambridgeshire	CB5 0HQ	01638 741812	01638 741812
Earlybird Couriers	2 Ronald Rolph Court	Wadloes Road		Cambridge	Cambridgeshire	CB5 8PX	01223 416070	01223 416090
City Sprint	Pembroke Avenue		Waterbeach	Cambridge	Cambridgeshire	CB5 9QP	01223 244333	01223 245285
Target Worldwide Express	The Pines Industrial Estate	Fordham Road		Newmarket	Suffolk	CB8 7LG	01638 721118	01638 721169
Diamond Despatch	Unit 9/Driscoll Workshops	Ellen Street		Cardiff	South Glamorgan	CF10 4BP	029 20490666	029 20490450
Apollo Distribution Solutions Limited	Unit M317/Cardiff Bay Business Centre	Titan Road		Cardiff	South Glamorgan	CF24 5EJ	029 20482838	029 20499595
Orbital Messengers	Unit 7	Collivaud Place		Cardiff	South Glamorgan	CF24 5PD	029 20499422	029 20493040
Richocet Couriers	Unit 7	Quay Point		Cardiff	South Glamorgan	CF24 5PD	029 20463626	
West One Express Ltd	Lamby Way		Rumney	Cardiff	South Glamorgan	CF3 2EQ	029 20798081	029 20363036
West1 Express	Unit 12/Lamby Workshops	Lamby Way	Rumney	Cardiff	South Glamorgan	CF3 2EQ	029 20798999	029 20363036
City Couriers (Cardiff)	Lamby Ind Park	Wentloog Avenue		Cardiff	South Glamorgan	CF3 2EX	029 20369898	029 20369199
Nightspeed Services Ltd	Unit 3	Ewenny Industrial Estate		Bridgend	Mid Glamorgan	CF31 3EX	01656 667227	01656 669667
ATS Couriers	Mill Street			Pontypridd	Mid Glamorgan	CF37 2TS	01443 408112	01443 486113
Priority Express Ltd	The Media Centre	Culverhouse Cross		Cardiff	South Glamorgan	CF5 6XJ	029 20590464	029 20590313
A N C Parcels	Priority Business Park			Barry	South Glamorgan	CF63 2BG	01446 739101	01446 741689
ANC Sameday	Priority Business Park			Barry	South Glamorgan	CF63 2BG	01446 748328	01446 741689
Swift Despatch	Folly Lane			Wallasey	Merseyside	CH44 2DF	01244 680266	0151-474 6776
UK Sameday	Unit 3	Prince William Avenue	Sandycroft	Deeside	Clwyd	CH5 2QZ	0151-357 3232	01244 538484
Sunrise Express	Unit 8/Rossmore Industrial Estate	Rossmore Road		Ellesmere Port	Merseyside	CH65 3BS	0151-355 7519	0151-355 7520

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Lighting Dispatch	Dorset House	25 Duke Street		Chelmsford	Essex	CM1 1TB	01245 443411	01245 443411
Alpha Couriers	High Road		Thornwood	Epping	Essex	CM16 6NA	01992 578661	
K P Despatch Services	Joseph House	Harolds Road		Harlow	Essex	CM19 5BJ	01279 415102	01279 414055
Snappy Couriers	Harolds Road			Harlow	Essex	CM19 5BJ	01279 417516	01279 414055
Target Worldwide Express	Unit 3	Springfield Pk Road		Chelmsford	Essex	CM2 6EB	01245 399844	01245 450881
Anglia Courier Express	66 High Street		Great Baddow	Chelmsford	Essex	CM2 7HH	0800-294 9128	01245 478890
Lanbro Transport	75 Canons Gate			Harlow	Essex	CM20 1QF	01279 420700	
Direct Express Ltd	Unit 4a/Shenval Industrial Estate	South Road		Harlow	Essex	CM20 2BD	01279 454456	01279 454458
Point To Point Couriers Ltd	Unit 7g/Shenval House	South Road		Harlow	Essex	CM20 2BD	01279 452454	01279 306292
3 D Transport	Unit 7b/Shenval Industrial Estate	South Road		Harlow	Essex	CM20 2BD	01279 414177	01279 414155
Ricochet	2/3/Service Bays	The Stow		Harlow	Essex	CM20 3AB	01279 868688	01279 452671
First Flight Forwarders	Gold's Nurseries Business Park	Jenkins Drive	Elsenham	Bishop's Stortford	Hertfordshire	CM22 6JX	01279 815400	01279 812400
Speed Couriers	First Avenue		London Stansted Airport	Stansted	Essex	CM24 1RY	01279 680821	01279 680822
E B A Couriers	51 Spring Close		Little Baddow	Chelmsford	Essex	CM3 4TL	01245 226196	
Eagle Xpress (UK) Ltd	Unit 11a/Little Hyde Farm	Little Hyde Lane		Ingatstone	Essex	CM4 0DU	01277 355999	
Braintree Express	16-18 Finch Drive			Braintree	Essex	CM7 2SF	01376 347660	01376 328257
M. R. Heard Business Services	52 Lionel Hurst Close		Great Cornard	Sudbury	Suffolk	CO10 0YY	01787 880118	01787 880118
Martin Dykes	Tatra Priory Factory	Priory Walk		Sudbury	Suffolk	CO10 2AR	01787 374509	01787 374509
Mercury Courier & Freight Ltd	54 Burrs Road			Clacton-on-Sea	Essex	CO15 4LE	01255 221197	01255 436369
Atlas Courier Express (Colchester)	17 Bridge House	Hythe Quay		Colchester	Essex	CO2 8JB	01206 793040	01206 793042
A T B Express Couriers	Arthur Last House	Altbam Road		Colchester	Essex	CO2 8LG	01206 790246	01206 799242
Ceejay Couriers Same Day Express Deliveries Ltd	School Road		Langham	Colchester	Essex	CO4 5PB	01206 271117	01206 272093
A1 Courier Services Ltd			Thorrington	Colchester	Essex	CO7 8JD	01206 500364	01206 500372
A & M Transport (UK) Ltd	78 Southbridge Road			Croydon	Surrey	CR0 1AE	020 86498223	020 86814007
Global Express	78 Southbridge Road			Croydon	Surrey	CR0 1AE	020 86497900	020 86814007
Wings Transport	27 Tait Road			Croydon	Surrey	CR0 2DP	020 86831683	020 86890841
Rico Logistics	17-23 Lancing Road			Croydon	Surrey	CR0 3EN	020 86894433	020 86650359
Kendall	11 Epsom Road			Croydon	Surrey	CR0 4NB	020 86031900	020 86887942
Fiveways Express Transport	144 Beddington Lane			Croydon	Surrey	CR0 4TD	020 86645900	020 86659789
Crystal Transport Services	Brookmead Industrial Estate	Jessops Way		Croydon	Surrey	CR0 4TS	020 86841637	
Initial A-Z Couriers	Unit 7/Progress Business Park	Progress Way		Croydon	Surrey	CR0 4XD	020 86671234	020 86866820
Dale Express Transport Ltd	Twin Bridges Business Park	232 Selsdon Road		South Croydon	Surrey	CR2 6PL	020 87605000	020 87600202
Post Haste	The Barn	Turner Street		Ramsgate	Kent	CT11 8NJ	01843 852852	01843 593063

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
Manston Express Transport	Unit 4 Telegraph Hill Ind Park Laundry Road		Minster	Ramsgate	Kent	CT12 4HY	01843 823030	
Canterbury Couriers Ltd	Unit 12	Blean Common	Blean	Canterbury	Kent	CT2 9JJ	01227 763376	01227 784999
Invicta Couriers (South) Ltd	Unit 17/Joseph Wilson Industrial Estate	Millstrood Road		Whitstable	Kent	CT5 3PS	01227 773030	01227 277322
TCO Logistics		71 John Wilson 70 Business Park	Chestfield	Whitstable	Kent	CT5 3QT	01227 771199	01227 779161
Fedex	Sutherland House	Matlock Road		Coventry	West Midlands	CV1 4JQ	024 76637637	024 76702740
021 Couriers	3 Napier Street			Coventry	West Midlands	CV1 5PR	0845-063 3021	024 76239191
Federal Express Europe Inc	Federal Express House/Bond Gate Chambers	Bond Gate		Nuneaton	Warwickshire	CV11 4AL	024 76343333	024 76375257
Allroute Express Courier	Veasey Close		Attleborough Fields Industrial Estate	Nuneaton	Warwickshire	CV11 6RT	024 76371559	024 76371546
Redline Transport (UK) Ltd	Unit 4	Veasey Close	Attleborough Fields Industrial Estate	Nuneaton	Warwickshire	CV11 6RT	024 76320200	024 76733744
TNT	Veasey Close		Attleborough Fields Industrial Estate	Nuneaton	Warwickshire	CV11 6RT	024 76381382	024 76372136
Covspeed Couriers	11 Astley Lane			Bedworth	Warwickshire	CV12 0NE	024 76312700	024 76312700
S & J Courier Services	95 Monkswood Crescent			Coventry	West Midlands	CV2 1BG	07984 843511	
Probe Transport Solutions	Unit 21/Henley Ind Park	Henley Road		Coventry	West Midlands	CV2 1ST	024 76622094	024 76622361
A P L E (Coventry) Ltd	Unit 9	Redland Close	Aldermans Green Industrial Estate	Coventry	West Midlands	CV2 2NP	024 76621532	024 76604462
2 Man Deliveries	Unit G	Forum Drive		Rugby	Warwickshire	CV21 1NT	01788 537999	
A W Express Ltd	49 Stanley Road			Rugby	Warwickshire	CV21 3UE	01788 330700	01788 571425
Hi-Speed Services	38a Somers Road			Rugby	Warwickshire	CV22 7DG	01788 551479	01788 536891
Direct Courier Express Ltd	68 Somers Road			Rugby	Warwickshire	CV22 7DH	01788 567300	01788 553138
Trade True Ltd	36 Bilton Industrial Estate	Humber Avenue		Coventry	West Midlands	CV3 1JL	024 76650544	024 76650588
Target Worldwide Express	Siskin Parkway West	Siskin Drive		Coventry	West Midlands	CV3 4FZ	024 76308308	024 76308300
Turbo Couriers	18 Hurlbutt Road		Heathcote Industrial Estate	Warwick	Warwickshire	CV34 6TD	01926 886446	01926 435383
On The Dot	Unit 5/Shipston Industrial Estate	Darlingscott Road		Shipston-on-Stour	Warwickshire	CV36 4PR	01608 662961	01608 662500
Trans County Parcels	Cadle Pool Farm	The Ridgeway		Stratford-upon-Avon	Warwickshire	CV37 9RE	01789 299916	01789 299918
Fox Home Deliveries	Unit 3/Edgwick Pk Industrial Estate	Canal Road		Coventry	West Midlands	CV6 5RB	0800-783 3782	024 76666783
Interlink Express	Unit 3/5	Paragon Way	Bayton Rd Industrial Estate	Coventry	West Midlands	CV7 9QS	024 76585700	024 76361255
New Horizon Logistics	51B Stoneleigh Deer Pk Business Village	Stareton		Kenilworth	Warwickshire	CV8 2LY	024 76696200	024 76531143
Godiva Rider	Rear Of Aviemore	Main Street	Brandon	Coventry	West Midlands	CV8 3HW	024 76544080	024 76542883

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Intercare	Middlewich Road		Leighton	Crewe	Cheshire	CW1 4QT	01270 257254	01270 250959
Aocc Ltd	9A Dalton Way			Middlewich	Cheshire	CW10 0HU	01606 737677	
H & H Haulage & Courier Services	Unit 7B/Zan Ind Park	Crewe Road	Wheelock	Sandbach	Cheshire	CW11 4QD	01270 760119	
Nantwich Light Haulage	Arandel House	Wrenbury Road	Wrenbury	Nantwich	Cheshire	CW5 8HA	01270 781005	
Express Leader	Winnington Lane			Northwich	Cheshire	CW8 4DA	01606 871777	
E C S Hire	38 Townshend Road		Lostock Gralam	Northwich	Cheshire	CW9 7QW	01606 40445	01606 40445
Smart Sameday Ltd	PO Box 340			Northwich	Cheshire	CW9 8ZT	0800-019 2001	07876 891786
Bexley Couriers Ltd	17 Highfield Road			Dartford	Kent	DA1 2JS	01322 286000	
Bexley 24 Hour Ltd	17 Highfield Road			Dartford	Kent	DA1 2JS	01322 286111	01322 286555
Ebbs Fleet Couriers Ltd	Wharf Road			Gravesend	Kent	DA12 2RU	01474 333900	01474 333281
Cloughton Couriers Ltd	Park Corner Road		Southfleet	Gravesend	Kent	DA13 9LJ	0800-783 1255	0800-028 1502
T B Transport	2A River Wharf	Mulberry Way		Belvedere	Kent	DA17 6AR	020 83122666	020 83122999
Tornado Despatch	River Wharf	Mulberry Way		Belvedere	Kent	DA17 6AR	020 83120500	020 83120300
Surefire Express	Unit 16/Birch House	Fraser Road		Erith	Kent	DA8 1QX	01322 441155	01322 438877
Amber Couriers Hire	Unit 4 & 5	100 Slade Green Road		Erith	Kent	DA8 2HU	01322 333015	01322 345216
Caledonian Courier Services	Unit S/North Tay Complex	Balfield Road		Dundee	Angus	DD3 6AG	01382 666806	01382 520839
Abbey Line	10 Midland Road			Derby	Derbyshire	DE1 2SN	01332 362245	01332 295083
Abbeyline	10 Midland Road			Derby	Derbyshire	DE1 2SN	01332 291291	01332 295083
K E Express	Church Street		Church Gresley	Swadlincote	Derbyshire	DE11 9NR	01283 213952	01283 213952
Burton Despatch Ltd	Walstich Maltings	Glensyl Way		Burton-on-Trent	Staffordshire	DE14 1LX	01283 530998	01283 740908
Burton Same Day Couriers	Unit 40/The Imex Business Centre	Shobnall Road		Burton-on-Trent	Staffordshire	DE14 2AU	01283 500789	01283 500789
Kav Logistix Ltd	Bretby Business Park		Bretby	Burton-on-Trent	Staffordshire	DE15 0YZ	01283 217740	01283 226933
Foxtrot Couriers	10 Fiskerton Way		Oakwood	Derby	Derbyshire	DE21 2HQ	01332 674585	01332 820241
Derby Express Couriers	Unit 7/Centurion Way Business Park	Alfreton Road		Derby	Derbyshire	DE21 4AY	01332 646101	01332 646104
Derby Express Couriers Ltd	Unit 7-8/Centurion Way Business Park	Alfreton Road		Derby	Derbyshire	DE21 4AY	01332 646100	01332 646104
C B X Couriers Ltd	Unit 4/Parker Industrial Estate	Mansfield Road		Derby	Derbyshire	DE21 4SZ	01332 345872	01332 295637
G T Couriers (UK) Ltd	Unit 19/Beaufort Street Business Centre	Beaufort Street		Derby	Derbyshire	DE21 6AX	01332 292800	01332 292600
Fast Lane Sameday	50 Nottingham Road		Spondon	Derby	Derbyshire	DE21 7NL	0800-975 2571	
Fastway Couriers (Derbyshire)	26 Cotton Brook Road			Derby	Derbyshire	DE23 8YJ	01332 200207	01332 370704
B L D S	Unit 5b/Sinfin Central Business Park	Sinfin Lane		Derby	Derbyshire	DE24 9HL	01332 270600	01332 270700
Viking Transport Ltd	279 Ladybank Road		Mickleover	Derby	Derbyshire	DE3 0RS	01332 292285	01332 361135
Interlink PLC	Unit 10/Acre Ridge Estate	Salcombe Road		Alfreton	Derbyshire	DE55 7RG	01773 521621	01773 521721
Rapid Response Transport Logistics Ltd	The Cottage	Willow Pit Lane	Hilton	Derby	Derbyshire	DE65 5FN	0800-169 3642	01283 735357

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
S G Transport	Tomolivia Court	Merlin Way	Quarry Hill Industrial Estate	Ilkeston	Derbyshire	DE7 4RA	0115-930 6363	0115-930 4458
Anyway Anyday Couriers	89 Rycroft Road		Hemington	Derby	Derbyshire	DE74 2RE	01332 811280	01332 812326
Anglia Courier Express	Building 33	East Midland Int Airport	Castle Donington	Derby	Derbyshire	DE74 2SA	01332 811755	01332 811550
Freeway Cargo Express Ltd	Cargo Terminal 1	East Midland Int Airport	Castle Donington	Derby	Derbyshire	DE74 2SA	01332 814300	01332 814131
TNT International	Unit 3-4/Building 69/Beverley Road	East Midland Int Airport	Castle Donington	Derby	Derbyshire	DE74 2SA	01332 853999	01332 810655
Target Worldwide Express	Rennys Lane			Durham	County Durham	DH1 2RB	0191-383 0088	0191-383 0099
Lumley Taxis	Front Street		Great Lumley	Chester le Street	County Durham	DH3 4JB	0191-387 1551	
K D Freight	25 Abbey Drive			Houghton le Spring	Tyne and Wear	DH4 5JZ	0191-512 1110	0191-512 1112
T N T Express UK	Hanger 2		Teesside Int Airport	Darlington	County Durham	DL2 1NN	01325 337217	01325 337218
Logistics	Unit 11	Northfield Way	Aycliffe Ind Pk	Newton Aycliffe	County Durham	DL5 6EJ	01325 324960	01325 324963
R J Transport Services Ltd	Unit 21/Thames Centre	Gurney Way	Aycliffe Ind Park	Newton Aycliffe	County Durham	DL5 6UJ	01325 315305	01325 315305
Target Worldwide Express	Tutin Road		Leeming Bar Industrial Estate	Northallerton	North Yorkshire	DL7 9UJ	01677 423399	01677 427705
Direct Logistics	Andersen Road			Goole	North Humberside	DN14 6UD	01405 766844	01405 766822
Astral Couriers Ltd	10 Lane Close			Blandford Forum	Dorset	DT11 7XF	0870-011 7211	01258 458881
Express Freight Solutions	Cereleton Park		Charlton Marshall	Blandford Forum	Dorset	DT11 9PL	01258 450666	
A2B Couriers Ltd	30 Coppice Trading Estate			Kidderminster	Worcestershire	DY11 7QY	01562 68181	01562 824860
Hawne Couriers	12 Chancery Way			Brierley Hill	West Midlands	DY5 1UJ	01384 76068	
B & Y Cars & Vans	132a Commercial Road			London		E1 1NL	020 77394040	020 74813232
B & Y Couriers	132a Commercial Road			London		E1 1NL	020 77394040	020 74813232
HB Despatch Transport Services Ltd	Lower Ground Floor	75 Leman Street		London		E1 8EY	020 74814074	020 74814073
Millennium Cars	261A Lea Bridge Road			London		E10 7NE	020 85561717	
E Couriers (Int) Ltd	106 Milligan Street			London		E14 8AS	020 75365656	020 75366767
Reuter Brooks	Skylines Village	Limeharbour		London		E14 9TS	020 75361400	020 70934334
City Side Couriers	Admirals Way			London		E14 9UF	020 77295999	020 75381141
Falcon Print Transport	312 High Street			London		E15 1AJ	020 89851414	020 85196277
Capital Couriers	Unit F9	22 Marshgate Lane		London		E15 2NH	020 85361616	
Alcontrol London (East) Ltd	1 Sugar House Lane			London		E15 2QN	020 85346222	020 82210874
Tornado Express	275-285 High Street		Stratford/	London		E15 2TF	020 85197800	020 85190603
Black Cat Cars Ltd	312/Channelasea Business Centre	Canning Road		London		E15 3ND	020 85555545	
Lewis Day Transport PLC	Channelasea House	Canning Road		London		E15 3ND	020 85198777	
J B M Transport	Unit G/39/Waterfront Studios Business Centre	1 Dock Road		London		E16 1AG	020 74749900	020 74740075
First Courier Ltd	130-150 Hackney Road			London		E2 7QL	020 77397444	020 77290303

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Post Room Logistics	Cremer Street			London		E2 8HD	0870-888 8877	020 76844959
Blue Sky Phoenix	Workshop 1	9 Long Street		London		E2 8HN	020 77394988	
Aries Transport Ltd	Unit 10A	9 Empson Street		London		E3 3LT	020 75374321	020 75150584
Target Worldwide Express	20-22 Eastbury Road			London		E6 6LP	020 75111111	020 75111191
Postroom Logistics Ltd	Martello House	18-22 Martello Street		London		E8 3PE	020 78129184	020 78129185
City Of London Courier Service	A	Digby Road		London		E9 6HX	0845-060 0666	0845-060 0888
Futura	233 Well Street			London		E9 6RG	020 89862057	020 89867681
Crystal Cars	508 London Central Markets			London		EC1A 9NL	020 72535888	
Globe Car & Despatch Service	18-20 Laystall Street			London		EC1R 4PG	020 78804848	020 72500851
Quicksilver Messenger Service	138-140 Old Street			London		EC1V 9BJ	020 75494850	0870 405446
D M S Online	297 Old Street			London		EC1V 9LA	020 77390000	020 77391405
S C S Worldwide	18 Fortune Street			London		EC1Y 0SB	020 74969996	
Stripe Courier Services Ltd	18 Fortune Street			London		EC1Y 0SB	0207-496 9996	020 74969992
Fastway Flyers Ltd	78 Rivington Street			London		EC2A 3AY	020 77293333	020 77293806
Clockwork Despatch	18 Rivington Street			London		EC2A 3DU	020 77296169	020 77291905
Direct Response	18 Rivington Street			London		EC2A 3DU	020 77391221	020 77291905
City Sprints	58-62 Scrutton Street			London		EC2A 4PH	020 78801000	020 74664901
CitySprint	58-62 Scrutton Street			London		EC2A 4PH	020 78801111	020 78801088
Hornets Couriers Ltd	58-62 Scrutton Street			London		EC2A 4PH	020 77499000	020 77499009
Moving Parcel Co	58-62 Scrutton Street			London		EC2A 4PH	020 78801010	020 78801088
City Swift Ltd	Royex House	5 Aldermanbury Square		London		EC2V 7HR	020 76005060	020 76005544
Q E D Couriers Ltd	20 St Mary's Street			Edinburgh	Midlothian	EH1 1SU	0131-557 3877	0131-556 0215
Dispatch Box	25 Primrose Terrace			Edinburgh	Midlothian	EH11 1PE	0131-313 4165	
Citysprint	Unit 11C/West Craigs Industrial Estate	Turnhouse Road		Edinburgh	Midlothian	EH12 0BD	0131-453 1800	0131-339 7942
Premier Dispatch	Unit 15/West Craigs Industrial Estate	Turnhouse Road		Edinburgh	Midlothian	EH12 0BD	0131-317 7806	0131-317 7667
PDQ Couriers Ltd	Unit 32/Fisherrow Industrial Estate	Newhailes Road		Musselburgh	Midlothian	EH21 6RU	0870-766 5289	0131-665 0930
Business Post	Unit 3	Newbridge Industrial Estate		Newbridge	Midlothian	EH28 8PJ	0131-335 4090	0131-335 4091
Nightfreight (GB) Ltd	Unit 11	Newbridge Industrial Estate		Newbridge	Midlothian	EH28 8PJ	0131-333 5333	0131-335 3803
Robert Kane (Transport Services) Ltd	131 Lower Bathville		Armadale	Bathgate	West Lothian	EH48 2JS	01501 734400	01501 734433
Almond Couriers	54 Old Golf Course Road		Armadale	Bathgate	West Lothian	EH48 2TA	01501 734950	01501 734950
Deltec International Courier	20-22 New Broompark			Edinburgh	Midlothian	EH5 1RS	0131-551 6334	0131-552 0395
Diamond Despatch	20 New Broompark			Edinburgh	Midlothian	EH5 1RS	0131-551 2900	0131-552 0395

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Move It Express	Unit 2/Bishopsgate Precinct	189 West Main Street		Broxburn	West Lothian	EH52 5LH	01506 858569	01506 857757
Target Worldwide Express	7 Nairn Road	Deans Industrial Estate	Deans	Livingston	West Lothian	EH54 8AY	01506 411666	01506 461777
Hays Apollo Despatch	200 Leith Walk			Edinburgh	Midlothian	EH6 5EQ	0131-555 6665	0131-555 5655
The A P C (Edinburgh & Glasgow)	Unit 26/27	Stewartfield		Edinburgh	Midlothian	EH6 5RQ	0131-555 6161	0131-555 6333
Eagle Couriers	Unit 2	Dunedin Street		Edinburgh	Midlothian	EH7 4JG	0131-557 1219	0131-556 8772
Shuttle Couriers	1 Kirkwood Place			Edinburgh	Midlothian	EH7 5TG	0131-661 5044	0131-661 5045
City Couriers	3 Beaufort Road			Edinburgh	Midlothian	EH9 1AG	0131-447 7295	0131-452 8877
Intransit Logistics	Office 17/Spaces	28 Great Cambridge Road		Enfield	Middlesex	EN1 1SQ	020 83663366	
Equator Worldwide	758-760 Great Cambridge Road			Enfield	Middlesex	EN1 3PN	020 83639999	020 83665932
FDS Worldwide Express Ltd	Aden Road			Enfield	Middlesex	EN3 7SY	0845-089 9988	
Euro 2001 Ltd	181 Victoria Road			Barnet	Hertfordshire	EN4 9PA	020 84412525	020 82750999
Network Cars	181 Victoria Road			Barnet	Hertfordshire	EN4 9PA	020 84414000	020 82750999
Eagle Cars & Couriers	11 Lytton Road		New Barnet	Barnet	Hertfordshire	EN5 5BX	020 84471616	020 84412744
A To Z Couriers Ltd	76-80 High Street			Waltham Cross	Hertfordshire	EN8 7BU	01992 651156	01992 719190
Exeter Express Dispatch	Unit 15/Exeter Business Centre	39 Marsh Green Road	Marsh Barton Trading Estate	Exeter	Devon	EX2 8PN	01392 213229	01392 423538
S B I Couriers	10 Devon Units		Marsh Barton Trading Estate	Exeter	Devon	EX2 8PY	01392 273088	01392 273077
STR Logistics	Forrest Unit	3-4 Hennock Rd East	Marsh Barton Trading Estate	Exeter	Devon	EX2 8RJ	01392 823016	
L C S	Peamore Truck Centre		Alphington	Exeter	Devon	EX2 9SL	01392 833100	01392 833800
Target Worldwide Express	Unit A6	North Road Industrial Estate		Okehampton	Devon	EX20 1BQ	01837 54451	01837 54736
North Devon Dispatch Ltd	Unit 4/Nuttaberry Yard	Nuttaberry Hill		Bideford	Devon	EX39 4EA	01237 424355	01237 470472
A1 Courier Services	3 Park Lane			Exeter	Devon	EX4 9HQ	01392 464463	01392 464464
Rentokil Initial City Link	Hill Barton Business Park	Sidmouth Road	Clyst St. Mary	Exeter	Devon	EX5 1DR	01395 233752	01395 233640
A P C (Exeter)	Unit 47	Old Mill Industrial Estate	Stoke Canon	Exeter	Devon	EX5 4RJ	01392 840015	01392 841699
PDL	Unit 5 Winchester Court			Denny	Stirlingshire	FK6 6QR	01324 821212	01324 821112
Blackpool Courier Services	71 Red Bank Road			Blackpool	Lancashire	FY2 9HX	01253 592111	01253 352338
Printmovers Ltd	14-18 Clydeholm Road			Glasgow	Lanarkshire	G14 0HA	0141-959 4049	0141-959 4049
Caledonian Courier Co	Balmoral Street			Glasgow	Lanarkshire	G14 0HB	0141-959 4444	
Apollo Distribution Solutions	Unit 9/Anderson Centre	Blythswood Court		Glasgow	Lanarkshire	G2 7PH	0141-221 5577	0141-221 0044
Priority Courier Services	Unit 6	29 Hathaway Street		Glasgow	Lanarkshire	G20 8TD	0141-576 0600	0141-576 0260

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Repide Couriers	Unit 106/107	50 Washington Street		Glasgow	Lanarkshire	G3 8AZ	0141-221 8833	0141-204 3177
Amtrak	Hydepark Street			Glasgow	Lanarkshire	G3 8BW	0141-248 4849	
Eagle Couriers (Scotland) Ltd	1B Payne Street			Glasgow	Lanarkshire	G4 0LF	0141-332 1115	0141-332 2567
P D Q Couriers	118 West Princes Street			Glasgow	Lanarkshire	G4 9DB	0141-332 5777	0141-332 4700
Inter Continent Couriers Ltd	100 Borron Street		Port Dundas Business Park	Glasgow	Lanarkshire	G4 9XE	0141-332 6191	0141-332 6192
Citysprint (UK) Ltd	51 Commerce Street			Glasgow	Lanarkshire	G5 8AD	0141-420 1800	0141-429 3284
N C N	33 Watt Road		Hillington Industrial Estate	Glasgow	Lanarkshire	G52 4RY	0141-810 2405	
Connection Couriers	Carlson House	Mossland Road	Hillington Industrial Estate	Glasgow	Lanarkshire	G52 4XZ	0141-883 5222	0141-880 2895
In A Flash Couriers Ltd	756 Old Edinburgh Road		Uddingston	Glasgow	Lanarkshire	G71 6LA	01698 816666	01698 843654
AktionPlus Couriers Ltd	Bonds Mill	Bristol Road		Stonehouse	Gloucestershire	GL10 3RF	01453 828000	01453 821515
D P Couriers	Silver Street			Dursley	Gloucestershire	GL11 4ND	01453 545533	
Westwinds	Swan Lane			Lydney	Gloucestershire	GL15 5RU	01594 844400	01594 844200
Target Worldwide Express	Unit 4	Naas Lane	Quedgeley	Gloucester	Gloucestershire	GL2 4SB	01452 725222	01452 723222
Aktionplus Couriers	6B Tuffley Prk	Lower Tuffley Lane		Gloucester	Gloucestershire	GL2 5DP	01452 310942	01452 310922
Pan.Ex	Unit 13		Gloucester Business Park/Brockwo	Gloucester	Gloucestershire	GL3 4AA	01452 621100	01452 615522
Garlick Midwest	Eastbrook Rd Trading Estate	Eastbrook Road		Gloucester	Gloucestershire	GL4 3DB	01452 380955	01452 380977
Initial	Unit C2	Eastbrook Road		Gloucester	Gloucestershire	GL4 3DB	01452 300044	01452 415626
Eclipse Couriers	Unit 28	Avening Road	Nailsworth	Stroud	Gloucestershire	GL6 0BS	01453 832968	
Euro Logistics	56 Sheeplands Avenue			Guildford	Surrey	GU1 2SJ	01483 827699	01483 859027
Point To Point Couriers Ltd	10 Woodbridge Road			Guildford	Surrey	GU1 4PU	01483 579089	01483 731969
Hi Speed Services	10-14 Elms Road			Aldershot	Hampshire	GU11 1LJ	01252 319971	
Hi-Speed Services Ltd	10-14 Elms Road			Aldershot	Hampshire	GU11 1LJ	01252 319971	01252 324166
Cobra Couriers	M M House	3 Wyndham Street		Aldershot	Hampshire	GU12 4NY	01252 319999	01252 319994
Drivetown Ltd	12 Farnborough Road			Farnborough	Hampshire	GU14 6AY	01252 541313	
Sarnel Services Ltd	44 Kingsley Avenue			Camberley	Surrey	GU15 2NB	01276 671954	01276 671342
N C N	S H L House	Lawrence Way		Camberley	Surrey	GU15 3DL	01276 415710	01276 415738
Surrey Courier Services	59 London Road		Blackwater	Camberley	Surrey	GU17 0AB	01276 35221	01276 37048
Ice Worldwide Express Couriers Ltd	Minley Farm	Minley Road	Blackwater	Camberley	Surrey	GU17 9LE	01252 861611	01252 861880
City Sprint	37 Woodbridge Hill			Guildford	Surrey	GU2 9AA	01483 574457	01483 300079
Petjen Distribution	11 Percy Road			Guildford	Surrey	GU2 9PA	01483 576697	01483 578970
D R Couriers	139 Send Road		Send	Woking	Surrey	GU23 7HN	01932 352997	01483 212523

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Streetwise Couriers	139 Send Road		Send	Woking	Surrey	GU23 7HN	01483 212518	01483 479858
Expressit	Unit B7	Fairoaks Airport	Chobham	Woking	Surrey	GU24 8HX	01483 766667	01483 730307
Diamond Logistics	Unit 8/The Elms Centre	Glaziers Lane	Normandy	Guildford	Surrey	GU3 2DF	01483 812020	01483 811500
C C L Express Ltd	Unit 46	Henley Park	Normandy	Guildford	Surrey	GU3 2HD	01483 237777	01483 234000
A-2-B	Unit 3a/Upper Adhurst Farm	London Road		Petersfield	Hampshire	GU31 5AE	01730 894333	01730 894999
Interlink	Gosport Road		Lower Farringdon	Alton	Hampshire	GU34 3DJ	01420 587231	01420 588628
M W T Couriers	Unit 5/Blacknest Ind Park	Blacknest Road	Blacknest	Alton	Hampshire	GU34 4PX	01420 525201	01420 525204
Indigo Blue (European)	Bordon Trading Estate	18 Old Station Way		Bordon	Hampshire	GU35 9HH	01420 477223	01420 473223
Axis Parcel Services	Unit 1	Vulcan Close		Sandhurst	Berkshire	GU47 8DD	01252 861881	07000 333777
1st Choice GTN Couriers	7 Perrior Road			Godalming	Surrey	GU7 3PY	01483 420322	
AA Express	Trinity House	Heather Pk Drive		Wembley	Middlesex	HA0 1SU	020 89002299	020 89031771
Skytrack International (UK) Ltd	Unit 8/Liberty Centre	Mount Pleasant		Wembley	Middlesex	HA0 1TX	020 89037474	020 89037478
Planet Couriers Ltd	Unit 2/Delta Centre	Mount Pleasant		Wembley	Middlesex	HA0 1UX	020 89311111	020 89319191
Central Couriers UK Ltd	Unit 10/Waverley Industrial Estate	Hailsham Drive		Harrow	Middlesex	HA1 4TR	020 84260050	020 84260093
Eagle Express Cars	384 Northolt Road			Harrow	Middlesex	HA2 8EX	020 84221111	020 88641234
Eagle Transport	8 Lyndon Avenue			Pinner	Middlesex	HA5 4QG	020 84285581	
Diplomatic Logistic Securities	Suite 110	Station Road		Edgware	Middlesex	HA8 7JS	020 70600605	020 70600608
Premier Fleet	Unit 7	Fourth Way		Wembley	Middlesex	HA9 0LH	020 89022525	
J J Sameday	Cromwell House	Elland Road		Brighouse	West Yorkshire	HD6 2RG	01422 315611	
Simpson Business Services Ltd	7 Crossley Mills			Huddersfield	West Yorkshire	HD7 2QA	01484 660999	
Huddersfield Express Couriers	Unit 16/17	Brockholes Ind Park	Brockholes	Holmfirth	West Yorkshire	HD9 7BN	01484 666777	01484 666449
Able Couriers	3 Camwal Road			Harrogate	North Yorkshire	HG1 4PT	01423 880088	01423 886611
Deadline Despatch Ltd	York House York Way Lancaster Rd Cressex Business Park			High Wycombe	Buckingham shire	HP12 3PY	01494 464499	
Arrow Express	Unit 2	Lincoln Road	Cressex Business Park	High Wycombe	Buckingham shire	HP12 3RB	01494 539200	01494 539235
The Parcel Co Ltd	7/8/The Gateway Centre	Coronation Road	Cressex Business Park	High Wycombe	Buckingham shire	HP12 3SU	01494 461412	01494 519123
XDP	7/8/The Gateway Centre	Coronation Road	Cressex Business Park	High Wycombe	Buckingham shire	HP12 3SU	01494 464010	01494 519123
Continental Private Hire	Chapel Lane			High Wycombe	Buckingham shire	HP12 4BS	01494 510051	01494 472424
One Way Traffic Ltd	Pinions Road			High Wycombe	Buckingham shire	HP13 7AT	01494 472050	01494 520165
Target Worldwide Express	Woodham Industrial Estate	Creighton Road	Woodham	Aylesbury	Buckingham shire	HP18 0QE	01296 651851	01296 651156
A N C Aylesbury	1-4 Smeaton Close		Rabans La Ind Area	Aylesbury	Buckingham shire	HP19 8SU	01296 427484	01296 589130
Goldline Couriers	16 Bessemer Crescent		Rabans Lane Ind Area	Aylesbury	Buckingham shire	HP19 8TF	01296 392500	01296 436167

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
Special Delivery Service	Vitalia House	Paradise	Paradise Industrial Estate	Hemel Hempstead	Hertfordshire	HP2 4TF	01442 249299	
Cheetah Couriers Ltd	6 Maxted Road		Hemel Hempstead Industrial Estate	Hemel Hempstead	Hertfordshire	HP2 7DX	01442 233333	01442 213222
A & M Transport Ltd	Unit C7	Holmer Trading Estate		Hereford	Herefordshire	HR1 1JS	01432 344123	01432 344139
AAA Couriers	Unit 13/Microfilm Centre	266-290 Wincolmllee		Hull	North Humberside	HU2 0PZ	01482 227304	01482 310410
Phoenix Couriers (Hull) Ltd	Units 1a-1b/Dairycoates Industrial Estate	Wiltshire Road		Hull	North Humberside	HU4 6PA	01482 226555	01482 588264
Eurosonix Ltd	Rookes Mill	Station Road	Norwood Green	Halifax	West Yorkshire	HX3 8QD	01274 674555	
Sovereign Despatch (Northern) Ltd	Unit C-F Ainley Industrial Estate			Elland	West Yorkshire	HX5 9JP	01422 328200	01422 328201
Angel	Unit 16/River Road Business Park	River Road		Barking	Essex	IG11 0DA	020 85947444	
Multi Link Couriers	3 Gallions Close			Barking	Essex	IG11 0JD	020 85916041	
A2B Ltd	Maybells Commercial Estate	Ripple Road		Barking	Essex	IG11 0TP	020 85955111	020 85955995
St Georges Courier & Maintenance Ltd	11a High View Parade	Woodford Avenue		Ilford	Essex	IG4 5EP	020 85039333	020 85039335
A P C Overnight	Unit 6/The Acorn Centre	Hainault Industrial Estate		Ilford	Essex	IG6 3TU	020 85010117	020 85010118
LAC	Unit 6	15-17 Roebuck Road		Ilford	Essex	IG6 3TU	020 85010110	020 85010118
Speed Courier Worldwide Ltd	Summerhill Quarry		Douglas	Isle of Man		IM2 4PF	01624 628770	01624 661201
Carr Road Distribution Ltd	Trinity Terminal	The Docks		Felixstowe	Suffolk	IP11 4ST	01394 676123	01394 676124
NJT Express Ltd	Unit 9/Combs Tannery	Tannery Road	Combs	Stowmarket	Suffolk	IP14 2EN	01449 614688	01449 674050
Rapid Dispatch	Unit 17/Brookhouse Business Park	Brunel Road	Hadleigh Road Industrial Estate	Ipswich	Suffolk	IP2 0EF	01473 259999	01473 232120
Rapid Transport Ltd	Unit 17/Brookhouse Business Park	Brunel Road	Hadleigh Road Industrial Estate	Ipswich	Suffolk	IP2 0EF	01473 259995	01473 232120
Hummingbird Express Couriers Ltd	Felaw Maltings	44 Felaw Street		Ipswich	Suffolk	IP2 8SJ	01473 601933	01473 601944
TNT Sameday	Howlett Way			Thetford	Norfolk	IP24 1HZ	01842 765641	01842 753707
Nightspeed Services Ltd	18 Roman Way			Thetford	Norfolk	IP24 1XB	01842 755611	01842 762605
A A Speed Couriers Ltd	Rougham Industrial Estate		Rougham	Bury St. Edmunds	Suffolk	IP30 9ND	01359 271523	01359 271250
Rapid Transport Ltd	Hadleigh Road		Sproughton	Ipswich	Suffolk	IP8 3EN	01473 730124	01473 730125
G J F Couriers	Kitchener Way		Shotley Gate	Ipswich	Suffolk	IP9 1RN	01473 788363	01473 788363
Pegasus Express Ltd	6 Burnett Road			Inverness	Inverness-Shire	IV1 1TF	01463 710404	01463 715388
Pronto Despatch	Grigorhill Industrial Estate			Nairn	Morayshire	IV12 5HX	01667 452155	01667 452837
Pronto Despatch	52 Telford Road			Inverness	Inverness-Shire	IV3 8HY	01463 715662	
Ross Parcel Express	Unit 13	Linkwood Place		Elgin	Morayshire	IV30 1HZ	01343 542035	01343 542035

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D H L International (UK) Ltd	States Airport	L'Avenue de la Commune	St. Peter	Jersey	Channel Islands	JE3 7BY	0870-366 1217	
Speedfreight	Unit 7 James Little Street			Kilmarnock	Ayrshire	KA1 4AT	01563 573175	01563 573303
Phoenix UK	25 Macadam Place		South Newmoor Industrial Estate	Irvine	Ayrshire	KA11 4HP	01294 222112	01294 222880
M C K Courier Service	51 Albert Road			Kingston upon Thames	Surrey	KT1 3DQ	020 85461111	
K T 1 Couriers	194 Cambridge Road			Kingston upon Thames	Surrey	KT1 3LF	020 82869999	020 85473026
Wey Group International Ltd	Premier House/Sprint Industrial Estate	Chertsey Road	Byfleet	West Byfleet	Surrey	KT14 7NW	01932 345345	01932 356356
C G N S International Ltd	Foxhills Farm	Longcross Road	Longcross	Chertsey	Surrey	KT16 0DN	01932 874888	
One Call	Foxhills Farm	Longcross Road	Longcross	Chertsey	Surrey	KT16 0DN	01932 886610	01932 886608
Air Connections Worldwide	Connections House	Penton Hook Marina		Chertsey	Surrey	KT16 8PY	01932 570555	01932 569723
Nightflight International Ltd	21/Sandown Lodge	Avenue Road		Epsom	Surrey	KT18 7QX	01372 747447	
Target Worldwide Express	Unit 21d Blenheim Road			Epsom	Surrey	KT19 9XN	01372 745888	01372 743444
Point To Point Couriers Ltd	67 Woodfield Lane			Ashtead	Surrey	KT21 2DR	01372 273484	01372 272044
Streetwise Couriers Ltd	123 Kingston Road			Leatherhead	Surrey	KT22 7NT	01372 375737	01372 379973
At Once	St. Martins House	Ockham Rd South	East Horsley	Leatherhead	Surrey	KT24 6RX	01483 285898	01483 284321
Streetwise	Unit 1Beverley WayShannon Commercial Centre			New Malden	Surrey	KT3 4PT	01483 533323	01483 531523
Streetwise Couriers	Unit 1/Shannon Commercial Centre	Beverley Way		New Malden	Surrey	KT3 4PT	020 83361444	0208-336 2261
Mail Boxes Etc	61 Victoria Road			Surbiton	Surrey	KT6 4JX	020 83998399	020 83908999
Darrell Couriers	33 Ferryhills Road			Inverkeithing	Fife	KY11 1HD	01383 420888	01383 420999
Eurospeed	4 Midlothian Drive			Liverpool	Merseyside	L23 3AL	0151-286 4143	0151-474 3719
Medical Courier Services Ltd	Unit 6A	Shaw Road		Liverpool	Merseyside	L24 9JT	0151-486 0880	0151-486 8777
Swift Despatch	1a Brunswick Small Business Centre		Brunswick Business Park	Liverpool	Merseyside	L3 4BD	0151-476 6555	0151-474 6776
Refrigerated Transport Services	Rainford Road		Bickerstaffe	Ormskirk	Lancashire	L39 0HG	01695 51235	01695 727351
Express Transport Services (Europe)	40a Church Street			Ormskirk	Lancashire	L39 3AW	01695 581381	01695 576795
Apollo Distribution Solutions	Peter Road			Liverpool	Merseyside	L4 3RT	0151-523 0022	0151-523 0033
Lancaster Parcel Services	Unit 3	Lansil Walk	Lansil Industrial Estate	Lancaster	Lancashire	LA1 3PQ	01524 849985	01524 844753
Beaumont Express	Unit 7/Abbey Business Park	Friday Street		Leicester	Leicestershire	LE1 3BW	0870-770 2626	0870-770 2627
A W S Couriers	8 Orchard View		Mountsorrel	Loughborough	Leicestershire	LE12 7HW	0116-230 2875	0116-230 2411
Initial Ltd	239 Sileby Road		Barrow upon Soar	Loughborough	Leicestershire	LE12 8LP	0870-160 7331	01509 815783
Initial City Link	239 Sileby Road		Barrow upon Soar	Loughborough	Leicestershire	LE12 8LT	0870-160 7331	01509 815783
Advance Couriers Ltd	44 Kelmarsh Avenue			Wigston	Leicestershire	LE18 3QW	0116-257 1800	0116-257 1815
A N C Express	Unit F	Tiber Way	Meridian Business Pk	Leicester	Leicestershire	LE19 1QP	0116-289 7979	0116-281 4880

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Planet Same Day Couriers	Granite Close		Enderby	Leicester	Leicestershire	LE19 4AE	0116-286 7597	0116-284 9514
Rida Despatch Ltd	Unit 6	Wanstead Road		Leicester	Leicestershire	LE3 1TR	0116-287 2040	0116-287 3050
Orbital Dispatches	A	7 Bath Street		Leicester	Leicestershire	LE4 7QE	0116-261 2226	0116-261 2227
Alpha	Unit 3a/Lakeside Business Park	Pinfold Road	Thurmaston	Leicester	Leicestershire	LE4 8AS	0116-264 0999	0116-264 0924
Fastway Couriers	Unit N10/Troon Way Business Centre	Humberstone Lane		Leicester	Leicestershire	LE4 9HA	0845-644 4778	0845-644 4779
Arabis	Unit 5/Telford Way	Stephenson Industrial Estate		Coalville	Leicestershire	LE67 3HE	01530 813333	01530 812276
C L B Express	88 Barkby Road		Syston	Leicester	Leicestershire	LE7 2AH	0116-260 3306	
Express Services	5A Cross Street		Blaby	Leicester	Leicestershire	LE8 4FD	0116-277 7999	0116-278 2846
Premier Logistics	Unit 4/Blaby Ind Park	Winchester Avenue	Blaby	Leicester	Leicestershire	LE8 4GZ	0116-247 7847	
24 Seven Sameday	1a Blaby Ind Park	Winchester Avenue	Blaby	Leicester	Leicestershire	LE8 4GZ	0116-277 1247	0116-278 4433
Leicester Couriers	Unit 2	49 Huncote Road	Stoney Stanton	Leicester	Leicestershire	LE9 4DH	01455 271727	
Wrexham Couriers	The Warren Workshops/Miners Park	Llay Industrial Estate	Llay	Wrexham	Clwyd	LL12 0PD	01978 856464	01978 856487
Specialist Logistics Services Ltd	Redwither Business Centre		Redwither Business Pk	Wrexham	Clwyd	LL13 9XR	01978 664844	01978 664844
Bangor	10 Aion Road			Bangor	Gwynedd	LL57 2YD	01248 372372	01248 371888
Delivery Solutions	Unit 6	Coed y Parc Industrial Estate	Coed y Parc/Bethesda	Bangor	Gwynedd	LL57 4YY	01248 605000	01248 605111
Lincs Couriers Ltd	10 Clasketgate			Lincoln	Lincolnshire	LN2 1JS	01522 546655	01522 546655
Target Worldwide Express	Whisby Way			Lincoln	Lincolnshire	LN6 3LQ	01522 690022	01522 688337
C C S Ltd	Becor House	Green Lane		Lincoln	Lincolnshire	LN6 7DL	0845-644 1291	0845-644 1292
CCMC	Metro House	7 Pepper Road		Leeds	West Yorkshire	LS10 2RU	0113-271 7731	
N C N Express Parcels	15-16 Westland Square			Leeds	West Yorkshire	LS11 5SS	0113-277 6776	0113-277 7776
N C N Express Parcels	15-16 Westland Square			Leeds	West Yorkshire	LS11 5SS	0113-277 6776	0113-277 7776
Sterling Services (UK) Ltd	Unit 10/Astra Park	Parkside Lane		Leeds	West Yorkshire	LS11 5SZ	0113-277 5555	0113-277 5500
Transnet Systems	Unit 5/Enterprise Park	Moorhouse Avenue		Leeds	West Yorkshire	LS11 8HA	0870-751 2888	0870-751 2877
Mail Boxes Express	9 Bridge Court			Leeds	West Yorkshire	LS11 9TU	0113-245 2666	0113-245 2777
Feenix Couriers	Albion Park	Armley Road		Leeds	West Yorkshire	LS12 2EJ	0113-261 5520	0113-261 5521
Mach One Logistics	Unit 4	Wortley Road		Leeds	West Yorkshire	LS12 3HT	0113-203 8635	0113-203 8636
C & C Express Couriers	8 Bawn Lane			Leeds	West Yorkshire	LS12 5QJ	0113-242 5111	0113-244 2801
APC (Leeds)	2 Gelderd Trading Estate	West Vale		Leeds	West Yorkshire	LS12 6BD	0113-245 5677	0113-242 9759
Leeds Despatch Services	Sandleas Way			Leeds	West Yorkshire	LS15 8AW	0113-232 8181	0113-232 8379
C B Courier	Unit 6/Kirkfields Ind Centre	Kirk Lane	Yeadon	Leeds	West Yorkshire	LS19 7LX	0113-250 0644	0113-239 7101
Global Logistics	Unit 119	Thorp Arch Trading Estate	Thorp Arch	Wetherby	West Yorkshire	LS23 7BJ	01937 844488	
Deltec International Courier Ltd	Unit 1	Ashley Ind Est Elmfield Road	Morley	Leeds	West Yorkshire	LS27 0EL	0113-238 1919	0113-252 6321

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Diamond Despatch	1 Elmfield Road		Morley	Leeds	West Yorkshire	LS27 0EL	0113-238 1122	0113-252 6321
Professional Response Ltd	Howley Pk Rd East		Morley	Leeds	West Yorkshire	LS27 0SW	0113-238 3123	0113-253 4949
TNT Mail Services	Seven Hills House	South Street	Morley	Leeds	West Yorkshire	LS27 8AT	0113-252 4876	0113-289 7549
Eclipse Couriers	31 Topcliffe Mews		Morley	Leeds	West Yorkshire	LS27 8UL	0808-145 0077	0113-307 5026
Abacus Express	114 Burley Road			Leeds	West Yorkshire	LS3 1JP	0113-243 5765	0113-234 0920
Action Couriers	21 Cross Green Lane		Cross Green	Leeds	West Yorkshire	LS9 0DQ	0113-248 2244	0113-248 2244
Transfer Trucking	16 Cosgrove Way			Luton	Bedfordshire	LU1 1XL	01582 700052	01582 705053
Hatch Back Couriers	New Town Road			Luton	Bedfordshire	LU1 3EA	01582 481568	01582 485466
A Cars (Express Despatch) Ltd	Unit 14/Langley Ter Ind Park	Latimer Road		Luton	Bedfordshire	LU1 3XQ	01582 731900	0870-233 0612
Harpden Express Couriers	18 Hunts Close			Luton	Bedfordshire	LU1 5JL	01582 655776	
T N T Express Worldwide	Prince Way			Luton	Bedfordshire	LU2 9PD	01582 480123	01582 405656
TNT Sameday	176 Camford Way			Luton	Bedfordshire	LU3 3AN	01582 493919	01582 583297
A1 Courier Services	A W House	Chaul End Lane		Luton	Bedfordshire	LU4 8EZ	01582 562562	01582 721339
N L C Express	1 Mansfield Road			Luton	Bedfordshire	LU4 8NA	01582 650100	
ANP Direct Despatch	Unit 2Eagle Centre Way			Luton	Bedfordshire	LU4 9US	01582 576665	01582 570005
G B Couriers Ltd	29 London Road			Dunstable	Bedfordshire	LU6 3DH	01582 666060	01582 475033
On-Time Express Ltd	63b North Street			Leighton Buzzard	Bedfordshire	LU7 1EQ	01525 379955	
CLE Network Ltd	Unit 6	120 Sheffield Street		Manchester	Lancashire	M1 2ND	0161-273 2665	0161-274 4354
A N C Same Day	58 Baring Street			Manchester	Lancashire	M1 2PY	0161-273 2345	0161-273 6817
Westgate Ltd	Baring Street			Manchester	Lancashire	M1 2PY	0161-274 3444	0161-273 6817
F 1 Dispatch	Unit 111/Cariocca Business Park	Hellidon Close	Ardwick	Manchester	Lancashire	M12 4AH	0161-273 4200	0161-273 6300
Speed Couriers	Unit 54/Westbrook Trading Estate	Westbrook Road	Trafford Pk	Manchester	Lancashire	M17 1AY	0161-848 8699	0161-872 4440
Bonds Worldwide Express	Unit 3/Willan Enterprise Centre	Fourth Avenue	Trafford Park	Manchester	Lancashire	M17 1DB	0161-707 0007	0161-786 8001
Target Worldwide Express	Tenax Road		Trafford Park	Manchester	Lancashire	M17 1JT	0161-872 2121	0161-872 2111
Echo PLC	Unit 3	Mellors Road	Trafford Park	Manchester	Lancashire	M17 1PB	0161-848 0866	0161-872 4611
Interlink Express	Unit 22/Sevenside Trading Estate	Textilose Road	Trafford Pk	Manchester	Lancashire	M17 1WA	0161-877 4433	
Door To Door	200a Hollyhedge Road			Manchester	Lancashire	M22 4QN	0161-436 4436	
UK Couriers	Suite 1-3 Griffin House	Ledson Road	Roundthorn Industrial Estate	Manchester	Lancashire	M23 9GP	0161-945 5678	0161-374 6434
Newall Green	Sidcup Road		Roundthorn Industrial Estate	Manchester	Lancashire	M23 9PH	0161-998 8100	0161-998 8300
World Courier (UK) Ltd	Suite 1/Millbrook Business Centre	Floats Road	Roundthorn Industrial Estate	Manchester	Lancashire	M23 9YJ	0161-945 3150	0161-945 3110
Aspray Transport Ltd	Unit 46-47/Stakehill Industrial Estate	Touchet Hall Road	Middleton	Manchester	Lancashire	M24 2FL	0161-643 0463	0161-643 0670
S O S Express Couriers	Unit 4/Europa Trading Estate	Stoneclough Road	Radcliffe	Manchester	Lancashire	M26 1GG	01204 796969	01204 791313
S O S Express Couriers	95 Swinton Hall Road		Swinton	Manchester	Lancashire	M27 4AU	0161-794 2212	

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Nightspeed Ltd	Unit 48/49/Oakhill Trading Estate	Devonshire Road	Worsley	Manchester	Lancashire	M28 3PT	01204 575111	01204 705003
Office Express Courier Service	International House	82-86 Deansgate		Manchester	Lancashire	M3 2ER	0161-834 8945	
VIP Courier International	Atkinson Street			Manchester	Lancashire	M3 3HH	0161-832 3420	0161-832 3415
Zip Despatch	63 Regent Street		Eccles	Manchester	Lancashire	M30 0BP	0161-787 7787	07771 889089
Twilight Distribution	23 Clifford Street		Eccles	Manchester	Lancashire	M30 7HR	0161-787 9583	0161-707 2255
Lifeline Couriers	Carrington Business Park	Manchester Road	Carrington	Manchester	Lancashire	M31 4DD	0161-776 4448	0161-776 4449
DCS Express Delivery Ltd	PO Box 6		Denton	Manchester	Lancashire	M34 3RJ	0161-335 0335	0161-335 0289
Denton Courier Service	PO Box 6		Denton	Manchester	Lancashire	M34 3RJ	0161-336 6161	0161-335 0289
Road Rider Despatch Ltd	2 Harriet Street			Manchester	Lancashire	M4 6HB	0161-205 1266	0161-205 9163
Itek International	Monsall Road			Manchester	Lancashire	M40 8WN	0161-205 9900	0161-205 4036
Express Freight Solutions	Greenside Trading Centre	Greenside Lane	Droylsden	Manchester	Lancashire	M43 7AJ	0161-370 9199	0161-370 3927
Major Logistics	26 Kansas Avenue			Salford	Lancashire	M50 2GL	0161-876 5432	0161-876 5444
Ricochet Couriers	Unit 13/Montford Enterprise Centre	Wynford Square		Salford	Lancashire	M50 2SN	0161-745 9998	0161-745 8866
Recall-logistics Ltd	13 West Ashton Street			Salford	Lancashire	M50 2XS	0161-832 5551	0161-832 5585
Deliverall Direct	Unit 2	Broughton Road		Salford	Lancashire	M6 6LS	0161-925 0500	
Reality Group Ltd	Universal House	Devonshire Street		Manchester	Lancashire	M60 6EL	0161-273 8282	0161-277 4881
ANC (East Kent)	Gateway Centre/Eurolink Ind Centre	Castle Road		Sittingbourne	Kent	ME10 3RN	01795 413620	01795 413609
BBA Express Courier (Kent) Ltd	4 Hillary Road		Penenden Heath	Maidstone	Kent	ME14 2JP	01622 678681	01622 681242
BBA Express Couriers	4 Hillary Road		Penenden Heath	Maidstone	Kent	ME14 2JP	01622 678681	01622 661282
Express Cab & Couriers Ltd	35 Upper Stone Street			Maidstone	Kent	ME15 6EU	01622 200206	01622 661233
Wilson Express Same Day Ltd	Unit 4/5/Union Park	Bircholt Road		Maidstone	Kent	ME15 9XT	01622 685895	01622 609880
Ricochet Couriers	Unit 11/Wren Industrial Estate	Coldred Road		Maidstone	Kent	ME15 9YT	01622 662992	01622 686822
Castle Couriers Ltd	Brickfields Depot	Brickfields		West Malling	Kent	ME19 5AG	01732 871871	01622 630400
Rickshaws	16A Chapman Way		East Malling	West Malling	Kent	ME19 6RU	01732 871190	01732 873331
Dash Couriers (Kent) Ltd	Unit B1/Spectrum Business Estate	Anthony's Way	Medway City Estate	Rochester	Kent	ME2 4NP	01634 294594	01634 294595
D & S Express Ltd	Nuralite Ind Centre	Canal Road	Higham	Rochester	Kent	ME3 7JA	01474 825148	
Target Worldwide Express	Mid Kent Business Park	Sortmill Road		Snodland	Kent	ME6 5UA	01634 242000	01634 242111
Beeline Express Couriers	Unit 10	Sabre Court	Gillingham Business Pk	Gillingham	Kent	ME8 0RW	01634 832832	01634 832800
Candy Carriers	Unit F3/Broad oak Enterprise Centre	Broad oak Road		Sittingbourne	Kent	ME9 8AQ	01795 426999	
Action Express	22 Peverel Drive		Bletchley	Milton Keynes	Buckingham shire	MK1 1NW	01908 368999	01908 377432
Overseas Courier Service (London) Ltd	12 James Way		Bletchley	Milton Keynes	Buckingham shire	MK1 1SU	01908 644100	01908 644900
Bluebird Couriers	Carters Lane		Kiln Farm	Milton Keynes	Buckingham shire	MK11 3HL	01908 267001	
Milton Keynes London Link Ltd	7 Canons Road		Old Wolverton	Milton Keynes	Buckingham shire	MK12 5TL	01908 315315	01908 314000

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Echo PLC	30 High Pk Drive		Wolverton Mill	Milton Keynes	Buckinghamshire	MK12 5TT	01908 441700	
C I D Distribution	46 White Alder		Stacey Bushes	Milton Keynes	Buckinghamshire	MK12 6HF	01908 226423	01908 226467
The Courier Co (UK)	14-18 Heathfield		Stacey Bushes	Milton Keynes	Buckinghamshire	MK12 6HP	0870-011 6611	01908 226666
P N P Couriers	Unit 8	Broughton Manor Business Park	Broughton	Newport Pagnell	Buckinghamshire	MK16 0HF	01908 241000	01908 240967
Red Sameday Ltd	Quakers Barn	East End	North Crawley	Newport Pagnell	Buckinghamshire	MK16 9HW	0800-032 4100	
Nivino	Unit 2/Eagle Farm	Cranfield Road	Wavendon	Milton Keynes	Buckinghamshire	MK17 8AX	01908 584446	01908 584446
Cousins	126 Bromham Road			Bedford	Bedfordshire	MK40 2QN	01234 296992	01234 296992
KP Couriers	Unit 6 Caxton Road		Elm Farm Industrial Estate	Bedford	Bedfordshire	MK41 0LF	01234 213222	01234 326000
Countycars Express Couriers	Top View Offices	Murdock Road	Manton Industrial Estate	Bedford	Bedfordshire	MK41 7PE	01234 355599	01234 347654
Fastway Couriers	A1 Barton Industrial Estate	Faldo Road	Barton-le-Clay	Bedford	Bedfordshire	MK45 4RP	0845-108 8000	01582 881767
Target Worldwide Express	Unit H/Barton Industrial Estate	Faldo Road	Barton-le-Clay	Bedford	Bedfordshire	MK45 4RP	01582 881214	01582 882006
Kwik Drop Couriers Ltd	3 Stafford Grove		Shenley Church End	Milton Keynes	Buckinghamshire	MK5 6AX	01908 526012	01908 507777
Mars	Letchworth House	Chesney Wold	Bleak Hall	Milton Keynes	Buckinghamshire	MK6 1NE	01908 671666	01908 671666
A P L E (Milton Keynes)	13 Garamonde Drive		Wymbush	Milton Keynes	Buckinghamshire	MK8 8DF	01908 260600	
A P L E (Milton Keynes) Ltd	13 Garamonde Drive		Wymbush	Milton Keynes	Buckinghamshire	MK8 8DF	01908 260600	01908 260601
Courier Link (Scotland) Ltd	Unit 18/Flemington Ind Park	Craigneuk Street		Motherwell	Lanarkshire	ML1 2NT	01698 267878	01698 269333
APC Lanarkshire	Murray Place		Righead Industrial Estate	Bellshill	Lanarkshire	ML4 3LP	01698 845066	01698 845070
Delta Sameday Ltd	Murray Place		Righead Industrial Estate	Bellshill	Lanarkshire	ML4 3LP	01698 818001	01698 846857
BST	42 Belgrave Street		Bellshill Industrial Estate	Bellshill	Lanarkshire	ML4 3NP	01698 743068	01698 743080
World Xpress	35 Belgrave Street		Bellshill Industrial Estate	Bellshill	Lanarkshire	ML4 3NP	0845-061 1612	0845-061 2613
T N T Express Worldwide	Unit 5/Monklands Industrial Estate	Kirkshaws Road		Coatbridge	Lanarkshire	ML5 4RP	01236 449900	01236 440660
Initial A To Z Couriers	26 Southgate Road			London		N1 3JH	020 72542000	020 72413093
Lewis Day Transport PLC	Lewis Day Building	76 East Road		London		N1 6AB	020 70141000	020 70141001
Ricochet	Karen House	1-11 Baches Street		London		N1 6DL	020 72530022	020 72531352
Terminus (UK) Ltd	211 New North Road			London		N1 6SU	020 76840808	020 76840807
Greater London Hire Ltd	Unit 11/Waterside	44-48 Wharf Road		London		N1 7UX	020 74904222	020 74904200
L H T Logistics Ltd	Thornton House	Nobel Road		London		N18 3BH	020 88841888	020 88841666
Routine Systems Distribution Ltd	Hastingwood Trading Estate	35 Harbet Road		London		N18 3HU	020 88037908	020 88078912
Quickdraw Couriers	10 Archway Close	Archway Road		London		N19 3TD	020 83405666	
Camden Car Hire	154 Junction Road			London		N19 5QQ	020 83407777	020 72727931

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
G L H	14-18 High Road			London		N2 9PJ	020 84442461	020 84442026
Greater London Hire	14 High Road			London		N2 9PJ	020 88830088	020 84442026
Translutions UK Ltd	Oakleigh Road NorthWhetstone			London		N20 9HQ	020 84465652	020 84461481
Bulldog Security Enterprises	Flat 57/Thomas Hardy House	Commerce Road		London		N22 8EF	020 88269933	
Ambassador Car & Courier Service	508 Holloway Road			London		N7 6JD	020 75611425	
Bezer Cars Co	Dickens House/Dominion Business Park	Goodwin Road		London		N9 0BG	01992 468399	020 83727414
Tuffnells Parcel Express Ltd	Abbotsford Road			Gateshead	Tyne and Wear	NE10 0EX	0191-438 4628	0191-469 1873
City Link (Newcastle)	5A Follingsby Avenue			Gateshead	Tyne and Wear	NE10 8HQ	0191-418 7676	0191-418 7774
A P C (North East)	Unit 15B	Follingsby Close		Gateshead	Tyne and Wear	NE10 8YG	0191-417 7748	0191-419 0123
Business Post	Unit 1	Kingsway	Team Valley Trading Estate	Gateshead	Tyne and Wear	NE11 0JT	0191-421 0000	0191-420 1010
Nightspeed Services Ltd	Unit 1	Block A Eleventh Avenue	Team Valley Trading Estate	Gateshead	Tyne and Wear	NE11 0JY	0191-491 0098	0191-491 0194
Rico Logistics	Unit 13/Perth Court	Eleventh Avenue	Team Valley Trading Estate	Gateshead	Tyne and Wear	NE11 0JY	0191-491 3311	0191-487 2623
Ricochet	Unit 13 Perth Court	Eleventh Avenue	Team Valley Trading Estate	Gateshead	Tyne and Wear	NE11 0JY	0191-491 3323	0191-487 2623
Lescost Transport Ltd	Princesway North		Team Valley Trading Estate	Gateshead	Tyne and Wear	NE11 0TU	0191-482 0150	0191-482 0151
Mayday Express Couriers	Unit 11/Hadrians Court/Seventh Avenue	Team Valley Trading	Team Valley Trading Estate	Gateshead	Tyne and Wear	NE11 0XW	0191-420 0092	0191-420 0093
Fastway Couriers	Goldcrest Way			Newcastle upon Tyne	Tyne and Wear	NE15 8NY	0191-267 7777	0191-264 8833
Goldstar Couriers	Shibdon Business Park	Cowen Road		Blaydon-on-Tyne	Tyne and Wear	NE21 5TX	0191-441 9441	0191-441 9449
NGL	27/28/Bamburgh House	Manor Walks Shopping Centre		Cramlington	Northumberland	NE23 6QE	01670 597810	01670 597811
Connection Couriers	145 Salters Road			Newcastle upon Tyne	Tyne and Wear	NE3 1DU	0191-213 0659	
Ensign Couriers	Station Forecourt	Mile End Road		South Shields	Tyne and Wear	NE33 1TA	0191-455 1601	0191-455 0861
ITC Transport	Unit 8-9/Elswick Way Industrial Estate	Newcastle Road		South Shields	Tyne and Wear	NE34 0LW	0191-456 6767	0191-456 6768
Mail Box Express Ltd	Unit 10	Rosse Close		Washington	Tyne and Wear	NE37 1ET	0191-419 4406	0191-419 4408
Challenge Courier Co Ltd	Unit 26	Lynnwood Business Centre		Newcastle upon Tyne	Tyne and Wear	NE4 6UL	0191-273 5044	0191-272 5044
Tyne Courier Services			Felton	Morpeth	Northumberland	NE65 9QP	01670 786136	01670 786136
Pedal Express Ltd	PO Box 6731			Nottingham	Nottinghamshire	NG1 5PA	0115-844 7744	
Hays D X	Unit 5A	Mark Street	Sandiacre	Nottingham	Nottinghamshire	NG10 5AD	0115-949 0447	0115-939 1895
Parcel Xpress	J4 The Business Park		Pleasley Vale	Mansfield	Nottinghamshire	NG19 8RL	01623 811340	01623 812566
TNT Sameday	Rennie Hogg Road			Nottingham	Nottinghamshire	NG2 1RX	0115-985 0101	0115-985 0555
Trent Couriers	11 Manvers Street			Nottingham	Nottinghamshire	NG2 4PB	0115-958 0400	0115-941 4088
Roadside Logistics	Quarry Farm Industrial Estate	Bowbridge Lane	New Balderton	Newark	Nottinghamshire	NG24 3BZ	01636 611100	01636 700073

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Lincolnshire County Couriers Ltd	Unit 8	Inner Street		Grantham	Lincolnshire	NG31 6HN	01476 400012	01476 400098
R S Express Ltd	Unit 12/Springfield Park	Springfield Road		Grantham	Lincolnshire	NG31 7BG	01476 570601	01476 750268
Kestrel Temperature Controlled Services	Home Farm	Gonerby Lane	Allington	Grantham	Lincolnshire	NG32 2DU	01476 571053	01476 591994
Sprint Nationwide Ltd	Kestrel Business Centre	Private Rd 2	Colwick Industrial Estate	Nottingham	Nottinghamshire	NG4 2JR	0871-230 0006	0871-230 0005
Motorvation Logistic Services	45a Victoria Road		Netherfield	Nottingham	Nottinghamshire	NG4 2LA	0115-987 3295	0115-987 8518
Road Runners Despatch Ltd	139 Mansfield Street			Nottingham	Nottinghamshire	NG5 4BD	0800-092 9262	
Road Runners Dispatch Ltd	139 Mansfield Street			Nottingham	Nottinghamshire	NG5 4BD	0845-230 2456	0115-969 1196
Central Couriers	32 Brookfield Road		Arnold	Nottingham	Nottinghamshire	NG5 7ER	0115-967 1988	0115-967 3341
Direct Sameday Services Ltd	Leen Valley House	Cinderhill Road		Nottingham	Nottinghamshire	NG6 8RE	0115-976 2644	0115-927 9455
Artline Couriers	8 Leonard Street			Nottingham	Nottinghamshire	NG6 8RR	0115-979 4400	
Vitesse Logistics Ltd	Freeston Drive			Nottingham	Nottinghamshire	NG6 8UZ	0870-848 3773	0870-848 3774
Anglia Courier Express	Lenton Boulevard			Nottingham	Nottinghamshire	NG7 2BY	0115-942 4442	0115-942 4202
Apollo Distribution Solutions Ltd	Unit W48/Lenton Business Centre	Lenton Boulevard		Nottingham	Nottinghamshire	NG7 2BY	0115-942 4824	0115-942 4825
Ricochet Group	Unit W36/Lenton Business Centre	Lenton Boulevard		Nottingham	Nottinghamshire	NG7 2BY	0115-970 4368	0115-970 2637
Express Logistics	Unit 4/Central Court	Finch Close		Nottingham	Nottinghamshire	NG7 2NN	0115-986 5000	0115-986 5100
Express Logistics (Nottingham) Ltd	Unit 4/Central Court	Finch Close		Nottingham	Nottinghamshire	NG7 2NN	0115-986 5000	0115-986 5100
Deltec International	Rawson Street			Nottingham	Nottinghamshire	NG7 7FR	0115-970 6737	0115-978 7773
Target Worldwide Express	Millennium Way West			Nottingham	Nottinghamshire	NG8 6AW	0115-879 3400	0115-951 9577
Mayfair Couriers	19 Thomas Street			Northampton	Northamptonshire	NN1 3EN	01604 636600	01604 604774
W H Contracts Ltd	Newton Road		Higham Ferrers	Rushden	Northamptonshire	NN10 8HR	01933 353537	01933 353559
Dav Cab Co	7 Austin Way		Royal Oak Industrial Estate	Daventry	Northamptonshire	NN11 5QY	01327 310101	01327 310101
Pinpoint	6 Woodville Crescent		Yardley Gobion	Towcester	Northamptonshire	NN12 7UW	01908 542555	01908 543555
Poundpost (MK)	POUND POST (MK)	Northampton Road	Stoke Bruerne	Towcester	Northamptonshire	NN12 7XU	01908 543737	01604 861221
Road Star Express	HOME FARM BUILDINGS	Northampton Road	Stoke Bruerne	Towcester	Northamptonshire	NN12 7XU	01908 222400	01604 864442
Redline Couriers	53 Ford Street			Kettering	Northamptonshire	NN16 0SG	01536 415513	01536 524411
Cool Express Ltd	1-3 Cunliffe Dr Industrial Estate	Cunliffe Drive		Kettering	Northamptonshire	NN16 8LD	01536 411742	01536 412142
Target Worldwide Express	Kingsthorpe Park	Henson Way	Telford Way Industrial Estate	Kettering	Northamptonshire	NN16 8PX	01536 415500	01536 415014
Dolby Express	14 St. James Road		St. James Industrial Estate	Corby	Northamptonshire	NN18 8AL	01536 443311	01536 443313
Atomic Distribution	Warehouse 7/8 Moulton Pk Business Centre	Redhouse Road	Moulton Pk Industrial Estate	Northampton	Northamptonshire	NN3 6AQ	01604 645572	
Chillfreeze Direct	Moulton Pk Business Centre	Redhouse Road	Moulton Pk Industrial Estate	Northampton	Northamptonshire	NN3 6AQ	01604 671885	01604 671683
Crisis Courier Solutions Ltd	F28 Moulton Pk Business Centre	Redhouse Road	Moulton Pk Industrial Estate	Northampton	Northamptonshire	NN3 6AQ	01604 645333	

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
Echo Ltd	49-53 Tenter Road		Moulton Park Industrial Estate	Northampton	Northamptonshire	NN3 6AX	01604 499242	
Boothville Chauffeurs & Couriers	4 Owl Close		Moulton Park Industrial Estate	Northampton	Northamptonshire	NN3 6HZ	01604 790801	01604 790802
B D S Transport Ltd	8 Wootton Trading Estate	Newport Pagnell Road	Wootton	Northampton	Northamptonshire	NN4 6HN	01604 660380	01604 660381
Action Express	Liliput Road			Northampton	Northamptonshire	NN4 7TG	01604 700400	01604 701777
Woodview Light Transport	Ransome Road			Northampton	Northamptonshire	NN4 8AD	01604 766201	01604 701210
Taxi Fridge	Spencer Street			Northampton	Northamptonshire	NN5 5JX	01604 881212	01604 882460
Nightfreight	Doddington Road		Earls Barton	Northampton	Northamptonshire	NN6 0NW	01604 810777	01604 812666
Dash Despatch	10 Breach Close		Brixworth	Northampton	Northamptonshire	NN6 9HT	01604 881266	
Echo PLC	Unit 1/Ferro Fields/Scaldwell Road Industrial Estate	Brixworth Industrial Estate	Brixworth	Northampton	Northamptonshire	NN6 9UA	01604 882828	01604 882745
C P Couriers	19 St. Andrews Crescent			Wellingborough	Northamptonshire	NN8 2ES	01933 271110	01933 273968
Jem Express Ltd	1-3 Meadow Lane			Wellingborough	Northamptonshire	NN8 4BJ	01933 443000	01933 441600
Nightspeed Services Ltd	1 Edison Close		Park Farm Industrial Estate	Wellingborough	Northamptonshire	NN8 6AH	01933 674744	01933 673482
National Link Couriers	Compton House Furnace Lane Finedon Sidings Ind Estat			Wellingborough	Northamptonshire	NN9 5NY	01536 420530	01536 420540
SCA Packaging Ltd	Coespennmaen Industrial Estate	Kendon	Crumlin	Newport	Gwent	NP11 3AG	01495 236050	01495 266032
D Morgan	Unit 9/Fern Close	Pen-y-Fan Industrial Estate	Crumlin	Newport	Gwent	NP11 3EH	01495 240707	01495 240202
Skyline Despatch	Unit 9	St. Davids Industrial Estate	Pengam	Blackwood	Gwent	NP12 3SW	01443 832431	01443 832431
M K Express Couriers Ltd	Unit 22/Torfaen Business Centre	Gilchrist Thomas Industrial Estate	Blaenavon	Pontypool	Gwent	NP4 9RL	01495 791391	01495 791491
Horizon Distribution	Unit 86	Springvale Industrial Estate		Cwmbran	Gwent	NP44 5BE	01633 838989	01633 871230
Target Worldwide Express	Jewel Hse	Llandowlais Street	Oakfield	Cwmbran	Gwent	NP44 7HE	01633 871155	01633 871138
Evercare	29 Newton Street		Newton St. Faith	Norwich	Norfolk	NR10 3AD	01603 897433	01603 898487
M & S Trading	16 Jubilee Avenue		East Harling	Norwich	Norfolk	NR16 2QF	0845-644 1671	
AA Dispatch	1 Abbey Road		Old Buckenham	Attleborough	Norfolk	NR17 1PU	01953 455247	01953 457065
V Depot	2 Caley Close		Sweet Briar Rd Industrial Estate	Norwich	Norfolk	NR3 2BU	0845-123 5193	0845-123 5196
ACE	Yarmouth Business Park	Suffolk Road		Great Yarmouth	Norfolk	NR31 0ER	01493 655000	01493 445880
Waveney Courier Services	Priory Farm Cottages	Mutfordwood Lane	Carlton Colville	Lowestoft	Suffolk	NR33 8HD	01502 476581	01502 476590
Target Worldwide Express	White Lodge Business Park	Hall Road		Norwich	Norfolk	NR4 6DG	01603 666334	01603 666113
ANC	18-20 Jarrold Way	Bowthorpe Employment Area		Norwich	Norfolk	NR5 9JD	01603 744895	01603 741192
M G European	35A Hurricane Way			Norwich	Norfolk	NR6 6HE	01603 301777	01603 301707

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Oakes Transport Ltd	24 Meteor Close			Norwich	Norfolk	NR6 6HR	01603 418010	01603 406665
Road Runner	6 Javelin Road			Norwich	Norfolk	NR6 6HX	01603 487751	01603 484508
Greyhound Courier	2a Bayham Street			London		NW1 0ES	020 73830383	020 73832121
Realtime Couriers Ltd	26 Bruges Place			London		NW1 0TF	020 76915400	
Addison Lee	35-37 William Road			London		NW1 3ER	020 73878888	020 73830302
Ambassador Transport System Ltd	65 Lisson Street			London		NW1 5DA	020 72620033	020 72988346
Mercury Despatch Ltd	Unit 14/Central Business Centre	Great Central Way		London		NW10 0UR	020 84598022	020 84516722
Peptels Couriers Ltd	7-11 Minerva Road			London		NW10 6HJ	020 89337777	020 89337766
Supreme Car Services	29-31 Minerva Road			London		NW10 6HJ	020 89630900	
Hare Transport	1-4 Bethune Road			London		NW10 6NJ	020 89659909	020 89658107
Just Couriers	Park Royal House	16 Park Royal Road		London		NW10 7JH	020 89651555	020 89617161
Target Worldwide Express	36 Cumberland Avenue			London		NW10 7RQ	020 89615577	020 89618444
Deadline Despatch Ltd	Unit 734/Tudor Estate	Abbey Road		London		NW10 7UN	020 89630400	020 89616871
Unishippers	Suite 4/St. Albans House	St. Albans Lane		London		NW11 7QE	020 87318653	
Bond Couriers	Unit 2/The Apsley Centre	Apsley Way		London		NW2 7LZ	020 84501000	020 88307366
Bonds PLC	The Apsley Centre	Apsley Way		London		NW2 7LZ	020 88306677	020 88307366
West End	20 College Parade	Salisbury Road		London		NW6 6RN	020 76246050	020 73724298
Universal Shippers Ltd	Chester House	11-13 St. Peters Street		Ashton-under-Lyne	Lancashire	OL6 7TG	0800-093 7980	0161-343 8701
Parcel Warehouse	Unit 7/8/Coppice Industrial Estate	Windsor Road		Oldham	Lancashire	OL8 4AP	0845-075 0175	0161-633 8277
Secure Couriers	Stockfield Mill	Melbourne Street	Chadderton	Oldham	Lancashire	OL9 9ES	0161-621 0123	
QED Sameday Courier	Unit S11/Didcot Enterprise Centre	Hawksworth		Didcot	Oxfordshire	OX11 7PH	01235 510765	01235 510861
QED Sameday Courier Ltd	Unit S11	Didcot Enterprise Centre	Southmead Ind Park	Didcot	Oxfordshire	OX11 7PH	0845-707 8155	01235 510861
Total Couriers	94 Broadway			Didcot	Oxfordshire	OX11 8AB	01235 811100	01235 812010
Williams	Unit 114a/Culham No 1 Site	Station Road	Culham	Abingdon	Oxfordshire	OX14 3DA	01865 407799	01865 407077
Target Worldwide Express	124 Milton Park		Milton	Abingdon	Oxfordshire	OX14 4SA	01235 821537	01235 821959
J M D Connections	39 Margaret Close			Banbury	Oxfordshire	OX16 0QF	01295 256500	01295 259222
Interlink	Unit 3/Mallory House	Beaumont Road		Banbury	Oxfordshire	OX16 1RH	01295 254990	01295 271196
NOC SameDay	Margintrip House	Thorpe Way		Banbury	Oxfordshire	OX16 4SP	0800-085 8485	01295 271111
A N C	4 Network Eleven	Thorpe Way		Banbury	Oxfordshire	OX16 4XS	0870-005 6402	0870-005 6403
Double M Transport Ltd		2 The Courtyard	Warkworth	Banbury	Oxfordshire	OX17 2AG	01295 712828	01295 711886
D C S Couriers Ltd	2 Hinksey Business Centre	North Hinksey Lane		Oxford	Oxfordshire	OX2 0NR	01865 792079	01865 728382
Dot Com Couriers	52 Heyford Park	Camp Road	Upper Heyford	Bicester	Oxfordshire	OX25 5HD	0870-121 1001	0870-121 1002
Tuffnells Parcels Express Ltd	53 Heyford Park	Camp Road	Upper Heyford	Bicester	Oxfordshire	OX25 5HD	01869 232666	01869 233330

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
Hi Speed Services	255-257 London Road		Headington	Oxford	Oxfordshire	OX3 9EH	01865 761900	01865 761907
R M Courier Services	weylands	Ladder Hill	Wheatley	Oxford	Oxfordshire	OX33 1HY	01865 874779	01865 875812
1-2-1 Couriers	The old toy factory	Langford Lane		Kidlington	Oxfordshire	OX5 1HT	01865 379999	01865 379900
Dotcom Couriers Ltd	1 Worcester Road			Chipping Norton	Oxfordshire	OX7 5XT	0870-121 1001	0870-121 1002
Speedy Couriers	10 Belgic Square		Padnolme Road East	Peterborough	Cambridgeshire	PE1 5XF	01733 566442	01733 568090
Business Saervices Group	Oxney Road			Peterborough	Cambridgeshire	PE1 5YW	01733 552255	01733 567346
Despatch Dept	Northey House	Oxney Road		Peterborough	Cambridgeshire	PE1 5YW	01733 558188	01733 567346
Klicka	Northey House	Oxney Road		Peterborough	Cambridgeshire	PE1 5YW	01733 551154	01733 563776
Fast Forward Direct Ltd	7 Hawthorn Road			Bourne	Lincolnshire	PE10 9SN	01778 393327	01778 422440
Premier Logistics	223 Norwood Road			March	Cambridgeshire	PE15 8JL	01354 661945	01354 660080
Courier Co	Unit 1-2/Tudor Rose Industrial Estate	Short Nightlayers Drove		Chatteris	Cambridgeshire	PE16 6TY	01354 696960	01354 694474
Ray May	Railway Yard		Hawkeston Rd	St. Neots	Cambridgeshire	PE19 1QQ	01480 474717	
Courier Elite	22-23 Tresham Road		Orton Southgate	Peterborough	Cambridgeshire	PE2 6SG	01733 239191	01733 230338
All Freight Express		10 Maxwell Road		Peterborough	Cambridgeshire	PE2 7HU	01733 232425	01733 232423
ANC Parcel Services	Unit 3c-d	Vale Road		Spilsby	Lincolnshire	PE23 5HE	01790 754325	01790 754687
Speed Services	Unit 31	Stephenson Road		St. Ives	Cambridgeshire	PE27 3WJ	01480 377200	01480 377217
Speed Couriers Services Ltd	3/The Meadow	Meadow Lane		St. Ives	Cambridgeshire	PE27 4LG	07976 602634	
L W Couriers	Grove House	Huntingdon Road	Fenstanton	Huntingdon	Cambridgeshire	PE28 9JG	01480 357667	
999 Couriers Ltd	11 Thorpe Road			Peterborough	Cambridgeshire	PE3 6AB	0870-801 0600	0870-801 0666
U K X L	The Railway Warehouse	Station Road	Whittlesey	Peterborough	Cambridgeshire	PE7 1UE	01733 204604	01733 204412
U K X L	The Railway Warehouse	Station Road	Whittlesey	Peterborough	Cambridgeshire	PE7 1UE	01733 204604	01733 204412
Parcel Express Ltd	10 Kingsmill Road			Saltash	Cornwall	PL12 6LF	01752 844822	01752 844755
Road Runner Express	St. Austell Bay Business Park	Par Moor Road		St. Austell	Cornwall	PL25 3RF	01726 815020	01726 815501
601 Couriers	Faraday House/Faraday Mill Business Park	Faraday Road		Plymouth	Devon	PL4 0ST	01752 601601	01752 669097
Initial City Link	Unit 8/Phoenix Business Park	Estover Road		Plymouth	Devon	PL6 7PY	01752 696495	01752 696503
R S Couriers	Durban Road			Bognor Regis	West Sussex	PO22 9QT	01243 829222	01243 830400
A & K Distribution Ltd	12 Fitzherbert Spur		Farlington	Portsmouth	Hampshire	PO6 1TT	023 92210111	023 92201555
Road Runner Despatch	2 Ridgway			Havant	Hampshire	PO9 1QJ	023 92492492	023 92492493
Preston Courier Co Ltd	55-57 Garstang Road			Preston	Lancashire	PR1 1LB	01772 880008	
A 2 Z Direct Couriers	Unit 4/Traceys Industrial Estate	Wigan Road		Leyland	Lancashire	PR25 5UA	01772 622690	01772 622659
Sameday Courier	Unit 22/Progress Business Park	Orders Lane	Kirkham	Preston	Lancashire	PR4 2TZ	01772 681234	01772 671340
A 2 Z Couriers	Unit 19/20/Charnley Fold Industrial Estate	School Lane	Bamber Bridge	Preston	Lancashire	PR5 6PS	01772 620777	
Interlink Express Parcels	Unit 7/Charnley Fold Industrial Estate	School Lane	Bamber Bridge	Preston	Lancashire	PR5 6PS	01772 324707	

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M B Express	Unit 20/Charnley Fold Industrial Estate	School Lane	Bamber Bridge	Preston	Lancashire	PR5 6PS	01772 335500	01772 314939
Today UK	Unit 24/Charnley Fold Industrial Estate	School Lane	Bamber Bridge	Preston	Lancashire	PR5 6PS	0845-230 9645	01772 696777
Target Worldwide Express	Unit 1 Walton Summit Road	Walton Summit Centre	Bamber Bridge	Preston	Lancashire	PR5 8AQ	01772 628228	01772 628028
Technational Ltd	24 Chorley Business & Technology Centre	Euxton Lane	Euxton	Chorley	Lancashire	PR7 6TE	01257 276400	01257 277813
Post Haste Group Ltd	51 Milford Road			Reading	Berkshire	RG1 8LG	0118-950 8741	0118-956 8463
Thames Valley Express	4 Market Street			Bracknell	Berkshire	RG12 1JG	01344 861100	01344 861100
XJS UK Couriers	4 Market Street			Bracknell	Berkshire	RG12 1JG	01344 305599	01344 305662
Gazelle Couriers	Unit 4/Acorn House/Longshot Industrial Estate	Longshot Lane		Bracknell	Berkshire	RG12 1RL	01344 302300	01344 302301
Swift (24 Hr) Courier Services Ltd	Swift House	Hambridge Lane		Newbury	Berkshire	RG14 5TU	0870-242 4365	0870-242 4366
Gazelle Couriers	42 Robert Cort Industrial Estate	Britten Road		Reading	Berkshire	RG2 0AU	0118-975 6777	0118-975 6778
Gazelle Logistics	42 Robert Cort Industrial Estate	Britten Road		Reading	Berkshire	RG2 0AU	0118-975 6777	0118-975 6778
Transact Couriers	464 Basingstoke Road			Reading	Berkshire	RG2 0BG	0118-931 2566	0118-975 1297
Diamond Couriers Ltd	D6 Acre Business Park	Acre Road		Reading	Berkshire	RG2 0SA	0118-921 2444	0118-921 2888
Target Worldwide Express	Acre Road			Reading	Berkshire	RG2 0SU	0118-975 6123	0118-975 5351
Kurhne & Nagel	Worton Grange			Reading	Berkshire	RG2 0TH	0118-986 5850	0118-986 5836
Dash It Courier	Unit 10/Basingstoke Business Centre	Winchester Road		Basingstoke	Hampshire	RG22 4AU	01256 844401	01256 844402
Cantake Delivery Service	Kelvin Hill			Basingstoke	Hampshire	RG22 6EG	01256 475287	
Basingstoke Couriers	34 Beech Way			Basingstoke	Hampshire	RG23 8LW	01256 473497	
Gazelle Couriers Ltd	Unit D/Lutyens Ind Centre/Bilton Industrial Estate	Bilton Road		Basingstoke	Hampshire	RG24 8LJ	01256 359300	01256 810659
Ricochet Couriers	Unit 2-4/Hassocks Workshops	Stroudley Road		Basingstoke	Hampshire	RG24 8UQ	01256 811611	01256 333738
Worldstream	Stapley Farm	Long Lane	Odiham	Hook	Hampshire	RG29 1JE	01256 861997	0870-870 0666
Transphere Global Express	75B Loverock Road			Reading	Berkshire	RG30 1DZ	0118-951 1515	0118-951 1517
1st Class Couriers	Block 40/1A	Wigmore Lane		Reading	Berkshire	RG30 1NP	0118-950 8000	0118-959 9999
Transparcel	Unit 3	Marcus Close	Tilehurst	Reading	Berkshire	RG30 4EA	0118-960 8304	0118-960 8305
Threeway Express Ltd	Unit 9/Gresham Way Industrial Estate	Gresham Way	Tilehurst	Reading	Berkshire	RG30 6AW	0118-941 4444	0118-945 3234
Home Shopping Network (UK) Ltd	9 Deacon Way		Tilehurst	Reading	Berkshire	RG30 6AZ	0118-941 4012	0118-942 5523
Berkshire Couriers Ltd	111-113 Armour Road		Tilehurst	Reading	Berkshire	RG31 6HB	0118-945 3545	0118-945 3579
International Courier Systems (UK) Ltd	Unit 6	Marino Way	Finchampstead	Wokingham	Berkshire	RG40 4RF	0118-973 5200	0118-973 0555
Image Courier Services	PO Box 3232			Wokingham	Berkshire	RG40 5NT	0800-072 0211	0118-988 5431
Couriertech Ltd	Crowthorne Enterprise Centre/Crowthorne Business Estate	Old Wok		Crowthorne	Berkshire	RG45 6AW	01344 753377	01344 753378
UK Sameday Express	Padworth Lane		Lower Padworth	Reading	Berkshire	RG7 4HY	0118-971 3733	0118-971 4413
TNT International	Station Road		Theale	Reading	Berkshire	RG7 4PD	0118-930 2027	0118-923 5951

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
The Media Slice	4 Ormside Way			Redhill	Surrey	RH1 2LW	01737 781920	01737 773319
J B Services	100 Chilberton Drive			Redhill	Surrey	RH1 3HP	01737 643571	
Delivery Today	Aviation House	Cross Oak Lane		Redhill	Surrey	RH1 5EX	01293 455390	01293 455392
City Sprint	Brewers Buildings	Spindle Way		Crawley	West Sussex	RH10 1TG	01293 513333	01293 615967
Rand Riders	International Centre	Spindle Way		Crawley	West Sussex	RH10 1TG	01273 420000	01273 702702
Express (2000) Ltd	Pembley Green	Copthorne Common	Copthorne	Crawley	West Sussex	RH10 3LF	01342 713500	01342 713520
Miles Transport	43 Payne Close			Crawley	West Sussex	RH10 3UN	07971 952977	01293 415305
TNT Sameday	Manor Royal			Crawley	West Sussex	RH10 9AB	01293 612111	01293 612930
Target Worldwide Express	Faraday Road			Crawley	West Sussex	RH10 9PX	01293 618861	01293 618787
Arrow Express (Southern)	Imperial House Link 10	Napier Way		Crawley	West Sussex	RH10 9RA	01293 408040	
T N T (UK) Ltd	9 Newton Road			Crawley	West Sussex	RH10 9TN	01293 611444	01293 539865
Quickshift (UK) Ltd	Unit 7/Southways Park	London Road	Lowfield Heath	Crawley	West Sussex	RH10 9TQ	01293 541215	01293 539067
P F Couriers Ltd	Unit 2	Church Road	Lowfield Heath	Crawley	West Sussex	RH11 0PQ	01293 515661	01293 547045
Diamond Couriers Ltd	Tilgate Forest Row		Pease Pottage	Crawley	West Sussex	RH11 9AE	0870-850 6066	
A N C Ltd	Unit 10/Burns Way	Holmbush Potteries Estate	Faygate	Horsham	West Sussex	RH12 4ST	01293 854200	01293 852564
Newton International Couriers	5 Blatchford Close			Horsham	West Sussex	RH13 5RG	01403 211630	01403 211640
B B A Express	Stairbridge Lane		Bolney	Haywards Heath	West Sussex	RH17 5PA	01293 887755	
BBA	Unit 6/Boley Grange Business Park	Stairbridge Lane	Bolney	Haywards Heath	West Sussex	RH17 5PA	01444 239933	01444 257999
BBA Delivery Systems	Stairbridge Lane		Bolney	Haywards Heath	West Sussex	RH17 5PA	01403 272329	
Global Freight Solutions Ltd	Hurstwood Grange	Hurstwood Lane		Haywards Heath	West Sussex	RH17 7QX	01444 414595	01444 456614
Exocet Couriers	16a Coniston Way			Reigate	Surrey	RH2 0LN	01737 760715	01737 766907
Diamond Couriers Ltd	Bunce Common Road		Leigh	Reigate	Surrey	RH2 8NS	0870-850 5056	01306 611596
Abacab (Dorking) Taxis Ltd	Unit 6/Vincent Walk	South Street		Dorking	Surrey	RH4 2HA	01306 881008	01306 644889
ASIG (UK) Ltd	Building 701	Room 5c	London Gatwick Airport	Gatwick	West Sussex	RH6 0EZ	01293 507225	01293 569243
B K B Couriers Ltd	12 Gatwick Metro Centre			Horley	Surrey	RH6 9GA	01293 772932	01293 772949
Avon Radio Cars Ltd	187 South Street			Romford	Essex	RM1 1QA	01708 746777	01708 764499
Orbital Despatch Ltd	53 Albert Road			Romford	Essex	RM1 2PS	01708 724811	01708 740928
A One Three Couriers	234A Oxlow Lane			Dagenham	Essex	RM10 7YX	020 89848000	
Spencer Couriers	126 Ardeleigh Green Road			Hornchurch	Essex	RM11 2SH	01708 700000	01708 702006
DSI Sameday Express	B1 Barlow Way			Rainham	Essex	RM13 8BT	01708 527444	01708 527445
Octopus Express Ltd	Unit 20/Juliet Way	Thurrock Commercial Centre	Aveley	South Ockendon	Essex	RM15 4YG	01708 868999	01708 863689
Goldrex Enterprises	Office 5/Unit 12/Chadwell Heath Ind Park	Kemp Road		Dagenham	Essex	RM8 1SL	020 85861010	020 85973232

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Apollo Distribution Solutions	66 Eldon Street			Sheffield	South Yorkshire	S1 4GT	0114-270 0998	0114-270 0175
Apollo Distribution Solutions	66 Eldon Street			Sheffield	South Yorkshire	S1 4GT	01302 855882	01302 855722
Capital Express Ltd	40 Alison Crescent			Sheffield	South Yorkshire	S2 1AS	0114-254 4442	0114-239 9252
T A L Eurospecial Ltd	Maltravers Road			Sheffield	South Yorkshire	S2 5AB	0114-281 2999	0114-281 3013
Elm Tree Couriers	unit 1 Meadowbrook Park		Halfway	Sheffield	South Yorkshire	S20 3PJ	0114-251 3330	0114-251 3112
Rocket Express	Unit 2a	Meadowbrook Park	Halfway	Sheffield	South Yorkshire	S20 3PJ	0114-276 4400	0114-251 0888
Target Worldwide Express	Houghton Road	North Anston Trading Estate	North Anston	Sheffield	South Yorkshire	S25 4JJ	01909 550344	01909 550193
Courier International	PO Box 3530		High Green	Sheffield	South Yorkshire	S35 4WB	0114-286 9333	0114-286 7010
Professional Response Ltd	Petre House	Petre Street		Sheffield	South Yorkshire	S4 8LJ	0114-261 8484	0114-261 8733
Gentys Transport Services	Unit 31/Pearson Trading Estate	Whitting Valley Road	Old Whittington	Chesterfield	Derbyshire	S41 9EY	01246 453111	01246 453111
Home Express Ltd	Carrwood Road			Chesterfield	Derbyshire	S41 9QA	01246 260905	01246 260143
Kim's Courier Service	The Stud Farm	Hardstoft	Pilsley	Chesterfield	Derbyshire	S45 8AE	01623 442878	01623 442364
Courier Logistics	16-18 Penistone Road			Sheffield	South Yorkshire	S6 2FL	0114-233 3123	
Courier Logistics (Pallet Track)	11-12 Penistone Road			Sheffield	South Yorkshire	S6 2FL	0114-285 5575	
D D S Distribution	1 Dudley StParkgate			Rotherham	South Yorkshire	S62 6ED	01709 719909	01709 719707
R D S Ltd	Claylands Avenue			Worksop	Nottinghamshire	S81 7BQ	01909 500123	01909 550638
Sheaf Express Couriers	Woodbourn Business Centre	10 Jessell Street		Sheffield	South Yorkshire	S9 3HY	0114-244 0909	0114-244 0815
Courier International	PO Box 547			Sheffield	South Yorkshire	S9 3UX	0800-169 6896	0114-261 9915
Just Wales Couriers	Unit 13/Cross Hands Business Centre	Heol Parc Mawr	Cross Hands Industrial Estate/Cross Hand	Llanelli	Dyfed	SA14 6RE	01269 832722	01269 831303
Fast Forward Distribution Ltd	Distribution House	Capel Hendre Industrial Estate		Ammanford	Dyfed	SA18 3SJ	01269 832111	01269 845667
Target Worldwide Express	Ferryboat Close		Swansea Enterprise Pk	Swansea	West Glamorgan	SA6 8QN	01792 793833	01792 793818
A N C (Swansea)	Unit K27/Ashmount Business Park	Upper Fforest Way	Swansea Enterprise Pk	Swansea	West Glamorgan	SA6 8QR	01792 412032	01792 784235
Swansea Flyers	Unit K27/Ashmount Business Park	Upper Fforest Way	Swansea Enterprise Park	Swansea	West Glamorgan	SA6 8QR	01792 775594	01792 416412
A & M Transport Services	87 Commercial Road	Rhydyfro	Pontardawe	Swansea	West Glamorgan	SA8 4SL	0800-731 1755	01792 863501
Premier Despatch Ltd	15-21 Risborough Street			London		SE1 0HG	020 76930000	020 76577966
C Y C Logistics & Distribution Ltd	Milcote House	Milcote Street		London		SE1 0RX	020 79282251	020 76202246
London Executive International Ltd	129 Great Suffolk Street			London		SE1 1PP	020 74500060	020 72072004
London Executive (LEG) Ltd	129 Great Suffolk Street			London		SE1 1PP	020 74500050	020 72072005
MPC Logistics	9-21 Shand Street			London		SE1 2ES	020 73788686	
Trans World Couriers Ltd	Unit 3/Bricklayers Arms Distribution Centre	Mandela Way		London		SE1 5SR	020 72313131	020 72373048
MPC Sentinel Ltd	25-29 Harper Road			London		SE1 6AW	020 79405000	020 79405089

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World Courier (UK) Ltd	79-80 Blackfriars Road			London		SE1 8HA	020 79287256	020 79287105
Servienvios International Courier	109 Blackfriars Road			London		SE1 8HW	020 79283553	020 79283567
Tropical Express Ltd	Gladding House	21 Webber Street		London		SE1 8QW	020 76339922	020 79286984
Hayes Sameday	St Georges House	195-203 Waterloo Road		London		SE1 8UX	020 74504050	020 74504059
A N C Ltd	Unit D/Tunnel Av Trading Estate	Tunnel Avenue		London		SE10 0QH	020 83128380	020 83128390
Nightspeed Services Ltd	Delta Wharf Trading Estate	Tunnel Avenue		London		SE10 0QH	020 88585282	020 88581861
Fastlane Couriers	34 Orlop Street			London		SE10 9AB	020 82936611	020 82936622
Nightflight International Ltd	Units 103-104/North Block/Westminster Business Square	Durham Street		London		SE11 5JH	020 78201111	020 77931202
Glengall Couriers	Unit 9, Block C/Lewisham Business Centre	Juno Way		London		SE14 5RW	020 84693434	
Royale Research Ltd	235 Record Street			London		SE15 1TL	020 77322000	020 77322233
South East Cars Ltd	291 Rye Lane			London		SE15 4UA	020 76390033	020 77320035
Fast Forward Logistics Ltd	Railway Arch/No. 6 Bermondsey Trading Estate	Rotherhithe New Road		London		SE16 3LL	020 72370212	
Courier Network Systems	Unit K/301/Tower Bridge Business Complex	100 Clements Road		London		SE16 4DG	020 72319030	020 72319102
Carrymore Couriers (UK) Ltd	Unit F42/Business & Technology Centre	Bessemer Drive		Stevenage	Hertfordshir e	SG1 2DX	01438 791008	01438 791071
Deltec International Couriers Ltd	Unit 10/Hyatt Trading Estate	Babbage Road		Stevenage	Hertfordshir e	SG1 2EQ	01438 726100	01438 726101
Diamond Despatch	Unit 10/Hyatt Trading Estate	Babbage Road		Stevenage	Hertfordshir e	SG1 2EQ	01438 725725	01438 726101
Demon Logistics	1 Chells Enterprise Village	Chells Way		Stevenage	Hertfordshir e	SG2 0LQ	01438 210644	01438 210654
Total Global Management Services Ltd	8 Chells Enterprise Village	Chells Way		Stevenage	Hertfordshir e	SG2 0LQ	01438 365300	01438 365800
Kirk Couriers	Jacks Hill		Graveley	Hitchin	Hertfordshir e	SG4 7EQ	01462 675567	01462 676280
Letchworth Couriers Ltd	Unit 4 Green Lane One Industrial Estate	Off Blackhorse Road		Letchworth Garden City	Hertfordshir e	SG6 1HB	01462 483583	01462 483488
Top Speed	Waters Green House	Sunderland Street		Macclesfield	Cheshire	SK11 6LF	01625 613471	01625 614332
Linkmaster Holdings Ltd	London House	London Rd South	Poynton	Stockport	Cheshire	SK12 1YP	01625 850575	01625 858071
RGM Logistics	Staly Industrial Estate	Knowl Street		Stalybridge	Cheshire	SK15 3AL	0161-338 8058	0161-304 8787
Fastback Courier Services	Salem Mill	Hyde Bank Road	New Mills	High Peak	Derbyshire	SK22 4BW	01663 747475	01663 747764
C I D Couriers	318A Buxton Road		Furness Vale	High Peak	Derbyshire	SK23 7PX	01663 746481	01663 745239
Transitfast Distribution	PO Box 61		Marple	Stockport	Cheshire	SK6 7FQ	0161-449 0666	0161-427 8500
Transitfast Distribution	Shepley Lane		Marple	Stockport	Cheshire	SK6 7JW	01925 656677	01925 656688
Vanguard Logistics International Ltd	111 Whitby Road			Slough	Berkshire	SL1 3DR	0800-040 7069	01753 551301
Elite Courier Co	Hartland Close			Slough	Berkshire	SL1 3XT	01753 820999	01753 820899
Scarlet Couriers (Slough) Ltd	514 Ipswich Road			Slough	Berkshire	SL1 4EP	01753 576777	01753 536315
Continental Express	Express House	832 Yeovil Road		Slough	Berkshire	SL1 4JG	01753 512144	01753 554739

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Worldwide Express	Express House	832 Yeovil Road		Slough	Berkshire	SL1 4JG	01753 551569	01753 554739
Thamesline	849 Plymouth Road			Slough	Berkshire	SL1 4LP	01753 696569	01753 696215
Burnham Logistics UK Ltd	476 Malton Avenue			Slough	Berkshire	SL1 4QU	01753 776679	01753 776695
Ricochet Couriers	476 Malton Avenue			Slough	Berkshire	SL1 4QU	01753 572890	01753 574130
Parcel Link Couriers Ltd	55 St. Pauls Avenue			Slough	Berkshire	SL2 5EX	01753 537000	01753 573555
Express Courier	Prescott Road		Colnbrook	Slough	Berkshire	SL3 0AE	01753 684765	
SCS Dragonet	Unit 1	Prescott Road	Colnbrook	Slough	Berkshire	SL3 0AE	01753 680900	01753 689155
Jinja International Ltd	Unit 11/Trident Industrial Estate	Blackthorne Road	Colnbrook	Slough	Berkshire	SL3 0AX	01753 687868	01753 687273
Action Link L H R Ltd	Wraysbury House	Poyle Road	Colnbrook	Slough	Berkshire	SL3 0AY	020 87974563	87974543
Cougar Couriers	Wraysbury House	Poyle Road	Colnbrook	Slough	Berkshire	SL3 0AY	01753 681499	01753 653660
Overseas Courier Service	Global House	Poyle Road	Colnbrook	Slough	Berkshire	SL3 0AY	01753 680661	01753 680478
F B (Canada) Express Ltd	Jupiter House	Horton Road	Colnbrook	Slough	Berkshire	SL3 0BB	01753 680280	01753 680424
Global Impact Worldwide Ltd	Unit 17/Britannia Industrial Estate	Poyle Road	Colnbrook	Slough	Berkshire	SL3 0BH	01753 686446	01753 684899
Independent Wholesale Express Ltd	Unit 10/Britannia Industrial Estate	Poyle Road	Colnbrook	Slough	Berkshire	SL3 0BH	01753 689922	01753 689044
Team Global	Unit 2-4/Britannia Industrial Estate	Poyle Road	Colnbrook	Slough	Berkshire	SL3 0BH	01753 686393	
Davies Turner Express	A 1 Skyway	14 Calder Way	Colnbrook	Slough	Berkshire	SL3 0BQ	01753 683232	01753 680648
Aramex International Couriers	Aramex House	11 Willow Road	Colnbrook	Slough	Berkshire	SL3 0BS	01753 689898	01753 685425
Courier Network	1 Willow Road		Colnbrook	Slough	Berkshire	SL3 0BS	01753 819090	01753 819066
Crossflights Ltd	Scan House	1-3 Willow Road	Colnbrook	Slough	Berkshire	SL3 0BS	01753 776000	
DDI Worldwide Ltd	Unit 6	2 Willow Road	Colnbrook	Slough	Berkshire	SL3 0BS	01753 686828	01753 686822
Kangaroo International Ltd	1 David Road		Colnbrook	Slough	Berkshire	SL3 0DB	01753 687400	01753 687500
Rapid Air Express	Unit 2/Viscount Industrial Estate	Horton Road	Colnbrook	Slough	Berkshire	SL3 0DF	0800-980 7088	01753 685982
G D S K GmbH Ltd	2 David Road		Colnbrook	Slough	Berkshire	SL3 0DG	01753 680101	01753 780121
Heathrow Couriers (UK) Ltd	Argonaut House	Galleymead Road	Colnbrook	Slough	Berkshire	SL3 0EN	01753 686622	01753 689522
Italex Ltd	Unit 1/Argonaut Park	Galleymead Road	Colnbrook	Slough	Berkshire	SL3 0EN	01753 210740	01753 210749
R J J Couriers	Argonaut House	Galleymead Road	Colnbrook	Slough	Berkshire	SL3 0EN	01753 686829	01753 686839
Air Partners Ltd	Unit 2/Riverside Cargo Centre	Mathisen Way	Colnbrook	Slough	Berkshire	SL3 0HF	0870-830 2929	0870-830 2930
Air Couriers International	Colndale Road		Colnbrook	Slough	Berkshire	SL3 0HQ	01753 561300	01753 561301
International Document Express (UK) Ltd	5 Colndale Road		Colnbrook	Slough	Berkshire	SL3 0HQ	01753 687100	01753 687579
A M World International Couriers	5 Blackthorne Crescent		Colnbrook	Slough	Berkshire	SL3 0QP	01753 685509	01753 681809
F P S (UK) Ltd	Unit 3/Langley Business Centre	Station Road	Langley	Slough	Berkshire	SL3 8DS	01753 588414	01753 676714
Fast Lane Couriers Ltd	5 Clarefield Drive			Maidenhead	Berkshire	SL6 5DW	01628 533123	01628 532855
J C A Couriers	27 All Saints Avenue			Maidenhead	Berkshire	SL6 6LX	01628 627758	01628 633060

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Lion Heart International (UK) Ltd	1-5 Crawshays	Ray Mead Road		Maidenhead	Berkshire	SL6 8NP	01628 673232	01628 624842
ACS Couriers	41 Station Parade	Station Hill	Cookham	Maidenhead	Berkshire	SL6 9BR	01628 533122	01628 533499
Wallington Cars	40 Wallington Square			Wallington	Surrey	SM6 8RG	020 86471234	020 86690990
Wallington Cars & Couriers Ltd	40 Wallington Square			Wallington	Surrey	SM6 8RG	020 84010203	020 84086880
Freedom Cars	Conplan House	Nork Way		Banstead	Surrey	SM7 1PU	01737 279333	01737 279444
Yahtof Services	84 Winkworth Road			Banstead	Surrey	SM7 2QR	01737 217371	01737 218864
Up & Running Couriers	11 Tennyson Street			Swindon	Wiltshire	SN1 5DT	01793 496221	01793 487984
DPD Priority Freight Ltd	8 Dumb Post Hill		Bremhill	Calne	Wiltshire	SN11 9JZ	01249 813784	01249 822123
B M C	23 Comet Close		Lyneham	Chippenham	Wiltshire	SN15 4AL	01249 890890	01249 892775
Post Haste Swindon	B S S House	Unit 22	Cheney Manor Industrial Estate	Swindon	Wiltshire	SN2 2PJ	01793 610164	01793 486320
D X I	Pembroke Centre		Cheney Manor Industrial Estate	Swindon	Wiltshire	SN2 2PQ	01793 542299	
Road Runners (Express Delivery Service)	Unit 23	Enterprise House	Cheney Manor	Swindon	Wiltshire	SN2 2YZ	01793 485000	01793 421660
Roadrunners (Swindon) Ltd	Enterprise House		Cheney Manor Industrial Estate	Swindon	Wiltshire	SN2 2YZ	01793 486888	01793 421660
D H L International (UK) Ltd	Unit 21	Ash Kembrey Business Park		Swindon	Wiltshire	SN2 8BL	0870-366 1217	
Up & Running Couriers	Unit 1	Ash	Kembrey Pk	Swindon	Wiltshire	SN2 8UN	01793 496221	01793 489854
Mainlink Couriers	24 Turnpike Road		Blunsdon	Swindon	Wiltshire	SN26 7EA	01793 705505	01793 729207
A N C Ltd	The I O Centre	Unit 9-10 Hobley Drive		Swindon	Wiltshire	SN3 4NS	01793 821001	01793 837338
ANC Ltd	9+10 I O Centre	Radway Road		Swindon	Wiltshire	SN3 4WH	0870-120 0955	0870-120 0950
Target Worldwide Express	Unit 20	Whitehill Lane	Wootton Bassett	Swindon	Wiltshire	SN4 7SB	01793 852052	01793 852060
A S A P Couriers	Unit 2	Oaklands Industrial Estate	Braydon	Swindon	Wiltshire	SN5 0AN	01793 848298	01793 854280
Dash It	Lyon House	31 Onslow Road		Southampton	Hampshire	SO14 0JH	023 80226879	023 80335022
Waterside Couriers	Lyon House	31 Onslow Road		Southampton	Hampshire	SO14 0JH	023 80237282	023 80335022
Dispatchit	Unit 4/Radcliffe Court	Radcliffe Road		Southampton	Hampshire	SO14 0PH	023 80630441	023 80333633
Queensway Courier	10 Queens Way			Southampton	Hampshire	SO14 3AZ	023 80393666	
Hawk Logistics Ltd	Unit 14/15/Nursling Industrial Estate	Majestic Road	Nursling	Southampton	Hampshire	SO16 0YT	023 80738800	023 80738880
Premier Express	121A Bitterne Rd West			Southampton	Hampshire	SO18 1AR	023 80231100	
Go Couriers	Roman House	Bitterne Rd West		Southampton	Hampshire	SO18 1RE	023 80555777	023 80334308
Cross Country Couriers	Unit 9D/Stonefield Park	Martins Lane	Chilbolton	Stockbridge	Hampshire	SO20 6BL	01264 861122	
Target Worldwide Express	20 Moorside Road	Winnal Industrial Estate		Winchester	Hampshire	SO23 7RX	01962 877010	01962 877011

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Riva South Ltd	Unit 8/Chalcroft Distribution Park	Burnetts Lane	West End	Southampton	Hampshire	SO30 2PA	023 80696980	023 80696981
L E C Logistics Ltd	Unit 1/Swanmore Business Park	Lower Chase Road	Swanmore	Southampton	Hampshire	SO32 2PB	01489 895195	01489 896015
Acclaim Parcel Express (Southampton) Ltd	Brunel Road		Totton	Southampton	Hampshire	SO40 3WX	023 80860722	023 80862838
A N C (Southampton)	Unit 2	St Georges Industrial Estate		Eastleigh	Hampshire	SO50 4NT	023 80612514	023 80653543
Same Day Next Day Couriers	Unit 29D	Parham Drive		Eastleigh	Hampshire	SO50 4NU	023 80652652	023 80642844
Express (International)	Unit 3/Brickfield Trading Estate	Brickfield Lane	Chandler's Ford	Eastleigh	Hampshire	SO53 4DR	023 80271243	023 80271242
Gazelle Couriers	Unit 9/Walworth Enterprise Centre/Duke Close	West Way		Andover	Hampshire	SP10 5AP	01264 359353	01264 359153
C F L Sameday	Unit 16/Focus 303 Business Centre	Focus Way		Andover	Hampshire	SP10 5NY	01264 352352	01264 369001
Churchfield Couriers	Unit A	Telford Road		Salisbury	Wiltshire	SP2 7PH	01722 325086	01722 412665
Sprinter Couriers	9D Wincombe Business Park			Shaftesbury	Dorset	SP7 9QJ	01747 850276	01747 850277
Station Courier Services	Station House		Murton	Seaham	County Durham	SR7 9SS	0191-517 0148	0191-517 3375
A S A P (Group) Transport Services	578 Prince Avenue			Westcliff-on-Sea	Essex	SS0 0ES	01702 301020	01702 301026
ABA Courier Services	613 London Road			Westcliff-on-Sea	Essex	SS0 9PE	01702 435855	01702 347837
Essex Link Ltd	Bowler House	Harvey Road		Basildon	Essex	SS13 1DD	01268 474740	01268 474741
Enterprise Freight Services	1-2 Repton Close			Basildon	Essex	SS13 1LE	01268 247260	01268 271388
ANC	Watkins Close		Burnt Mills Industrial Estate	Basildon	Essex	SS13 1TL	01268 596710	01268 591537
Eagle Xpress Ltd	11A Broadway North		Pitsea	Basildon	Essex	SS13 3AS	07071 723723	01268 551915
Tribikes Services	21 Orion Court	Cranes Farm Road		Basildon	Essex	SS14 3DB	01268 289590	01268 523227
Intacab Ltd	17 Saffron Court		Southfields Business Park	Basildon	Essex	SS15 6SS	01268 545454	01268 886707
Orbital Express Couriers	93 Rayleigh Road		Eastwood	Leigh-on-Sea	Essex	SS9 5UZ	01702 421136	
Cambrian Express	Brookside Road			Uttoxeter	Staffordshire	ST14 8AT	01889 566669	01889 566669
David Beeston Haulage Ltd	Greengorse	Nr Yarnfield	Cold Meece	Stone	Staffordshire	ST15 0QN	01785 760326	
Target Worldwide Express	Opal Way Business Centre	Opal Way	Stone Business Park	Stone	Staffordshire	ST15 0SS	01785 811155	01785 818958
Junction 14 Transport	24 Amblefield Way			Stafford	Staffordshire	ST16 1SU	01785 212450	
Tuffnells Parcels Express Ltd	Tally Ho Garage	Stone Road	Fradswell	Stafford	Staffordshire	ST18 0HA	01889 502626	01889 502666
Compass Courier Services	Unit 8/Carlton House Estate	Copeland Street		Stoke-on-Trent	Staffordshire	ST4 1PU	01782 745494	01782 848688
Freight Solutions (UK) Ltd	Distribution House	Shelton New Road		Stoke-on-Trent	Staffordshire	ST4 7AA	01782 219888	01782 219890
A N C Stoke	Unit 41	Rosevale Road	Parkhouse Ind Est West	Newcastle	Staffordshire	ST5 7EF	01782 564544	
Sameday (UK)	Unit 6B	Rosevale Business Park		Newcastle	Staffordshire	ST5 7UB	01782 562757	01782 562755
Advanced Couriers	Units 9 & 10	Decade Close	High Carr Business Pk	Newcastle	Staffordshire	ST5 7UH	01782 564332	
Fast Forward Couriers	12 Sneyd Wood View			Stoke-on-Trent	Staffordshire	ST6 2QA	01782 280290	

Company Name	Address 1	Address 2	Locality	Town	County	Post code	Phone no.	Fax no.
Allied Couriers	8 High Street		Bignall End	Stoke-on-Trent	Staffordshire	ST7 8PB	01782 721740	01782 721740
Lawton's Transport	Unit 10/P W S Industrial Estate	Tunstall Road	Knypersley	Stoke-on-Trent	Staffordshire	ST8 7BE	01782 523321	01782 523321
International Parcel Express	Unit 16/Chelsea Wharf	15 Lots Road		London		SW10 0QJ	020 73525222	020 73763150
Chain Gang	Gartons Way			London		SW11 3SX	020 79784444	020 79784066
NCN (London South)	Gartons Way			London		SW11 3SX	020 79786666	020 79784055
Galaxy Cars & Couriers Ltd	3/Ransome's Mews/Great Eastern Wharf	Parkgate Road		London		SW11 4NQ	020 78011678	020 78011670
Greyhound	420-422 Streatham High Road			London		SW16 3SN	020 86772228	
Greyhound Courier & Car Services	422 Streatham High Road			London		SW16 3SN	020 86773636	
The Keen Group	75-77 Lydden Grove			London		SW18 4LY	020 73500202	020 77380093
Riverside Despatch	Unit B144-146 Riverside Business Centre	Bendon Valley	Wandsworth	London		SW18 4LZ	020 88712838	020 88711379
Chase Couriers Ltd	2 Haydons Road			London		SW19 1HL	020 85403993	
B C C P	Unit 1/Quayside Lodge	William Morris Way		London		SW6 2UZ	020 77361144	020 77360220
Prestige Courier Services	26 Sullivan Road			London		SW6 3DX	020 73842300	020 73842690
Pegasus	86-92 Stewarts Road			London		SW8 4UG	020 76221111	020 76221616
Pegasus Couriers Ltd	86-92 Stewarts Road			London		SW8 4UG	020 86800680	020 76221616
T N T Courier	Unit 10/19/Southbank Business Centre	Ponton Road		London		SW8 5BL	020 77207800	020 77207770
Station Couriers	Unit 9	Mochdre Industrial Estate	Mochdre	Newtown	Powys	SY16 4LE	01686 621190	01686 621211
Speed Services PLC	Station Yard	Severn Road		Welshpool	Powys	SY21 7AZ	01938 556589	01938 555892
Access Courier Services	Unit A/Silkmoor	New Street		Shrewsbury	Shropshire	SY3 8LN	01743 360608	01743 340706
Inter County Couriers	Sundorne Road			Shrewsbury	Shropshire	SY4 4SD	01743 365696	01743 363696
A B C Couriers	103 Condover Industrial Estate		Dorrington	Shrewsbury	Shropshire	SY5 7NH	01743 718822	
Time Travel Logistics Ltd	Unit 13C	Cornishway South	Galmington Trading Estate	Taunton	Somerset	TA1 5NQ	01823 353054	
South West Dispatch	21 Frobisher Way			Taunton	Somerset	TA2 6BB	01823 322616	01823 326960
Same Day Service	Unit 8/The Venture Eleven	Venture Way	Priorswood Industrial Estate	Taunton	Somerset	TA2 8DG	01823 322622	01823 321504
Burley Driving Services	Glenleigh		Whiteball	Wellington	Somerset	TA21 0LP	01823 672412	
Anglo European Courier Ltd	Unit A	Creech Paper Mill	Creech St. Michael	Taunton	Somerset	TA3 5PX	01823 444523	01823 444533
Anglo European Couriers Ltd	Creech Paper Mill		Creech St. Michael	Taunton	Somerset	TA3 5PX	01823 444523	01823 444533
Action Relay Light Haulage	Unit 1/Old Smithfield	Aston Street		Shifnal	Shropshire	TF11 8DT	01952 463317	01952 463319
McIntosh Associate Couriers Ltd	58 Brick Kiln Way		Donnington	Telford	Shropshire	TF2 7RS	01952 603961	01952 603961
Target Express Parcels Ltd	Ace House	Stafford Pk 6		Telford	Shropshire	TF3 3AT	01952 230012	01952 200713
Telford Couriers	Unit 41	Heath Hill Industrial Estate	Dawley	Telford	Shropshire	TF4 2RH	01952 630208	01952 502040

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Jaguar Couriers Ltd	Halesfield 22			Telford	Shropshire	TF7 4QX	01952 588690	01952 588605
Intial Citylink	27 Eldon Way		Paddock Wood	Tonbridge	Kent	TN12 6BE	01892 835315	01892 835030
A N C (Tunbridge Wells)	Buckingham House	Longfield Road		Tunbridge Wells	Kent	TN2 3EY	01892 534500	01892 538500
P D X Worldwide Express	Unit 6/Orchard Business Centre	North Farm Road		Tunbridge Wells	Kent	TN2 3XF	01892 512121	01892 615151
Oak Transport Services Ltd	5 Bluebell Business Estate		Sheffield Pk	Uckfield	East Sussex	TN22 3HQ	01825 724601	01825 724602
Ashford Express Courier Services	118 Ellingham Ind Centre	Ellingham Way		Ashford	Kent	TN23 6LZ	01233 646999	01233 625858
Freightline Express (Kent)	133 Ellingham Ind Centre	Ellingham Way		Ashford	Kent	TN23 6LZ	01233 621212	01233 625858
A A 24 7 Printsprint	PO Box 334			Ashford	Kent	TN24 0YP	07970 247001	07970 247001
Seven Seas	Bower Road		Smeeth	Ashford	Kent	TN25 6SZ	01303 814837	
Concord Couriers	Morley Road			Tonbridge	Kent	TN9 1RA	01732 370920	01732 370928
T & T Express Deliveries	Munday Works	Morley Road		Tonbridge	Kent	TN9 1RP	01732 369999	01732 367244
Transfer 2000 Ltd	191 Vale Road			Tonbridge	Kent	TN9 1ST	0845-060 2000	01732 771222
Red Baron Couriers	Railside House	Quay Road		Newton Abbot	Devon	TQ12 2BU	01626 356320	01626 364645
3B International			Water-Ma-Trout	Helston	Cornwall	TR13 0LW	01326 572636	01326 565708
S J B Express	6 Vickers Close		Preston Farm Industrial Estate	Stockton-on-Tees	Cleveland	TS18 3TD	01642 677899	
Parkway Express Couriers	Unit 3/Trident Business Centre/Startforth Road	Riverside P	Riverside Park Industrial Estate	Middlesbrough	Cleveland	TS2 1PY	01642 246999	01642 246777
PDQ Overnight Carriers	Unit 3A/Terry Dicken Industrial Estate	Station Road	Stokesley	Middlesbrough	Cleveland	TS9 7AE	01642 712912	01642 712946
Town Messengers	1 Chertsey Road			Twickenham	Middlesex	TW1 1LR	020 88913132	020 88910004
St Johns Cars	7a York Street			Twickenham	Middlesex	TW1 3JZ	020 88914666	020 88924666
Point To Point Couriers Ltd	72 Stanley Road			Teddington	Middlesex	TW11 8UB	020 89773141	020 89778187
L C A International	Unit 4/St. Clare Business Park	Holly Road		Hampton	Middlesex	TW12 1PZ	020 89413620	020 89793444
Go Couriers Ltd	5a Windmill Road		Hampton Hill	Hampton	Middlesex	TW12 1RF	020 89418488	020 89417600
Royale International Couriers	67a Shelson Avenue			Feltham	Middlesex	TW13 4QS	020 88903004	020 88903054
Concord Couriers	Unit C Hanworth Trading Estate	Hampton Rd West		Feltham	Middlesex	TW13 6DH	020 88939618	020 88672651
Lightspeed Couriers	8 Maple Industrial Estate	Maple Way		Feltham	Middlesex	TW13 7AW	0870-167 6610	0870-167 6620
Associated Air Services Group	Units 4-6Feltham Business ComplexBrowells Lane			Feltham	Middlesex	TW13 7EQ	020 88440805	020 88440878
Africa Worldwide	Unit 6/St. Lawrence Business Centre	Victoria Road		Feltham	Middlesex	TW13 7LT	020 88670002	020 88670006
Corniche International Ltd	2-3 Feltham Business Complex	Browells Lane		Feltham	Middlesex	TW13 7LW	020 88442676	020 88440751
DHL Systems Ltd	1 Dukes Green Avenue			Feltham	Middlesex	TW14 0LR	020 88183300	020 88183400
Sprint International Express	Mercury Centre	Central Way		Feltham	Middlesex	TW14 0RN	020 87511111	020 88909090
Mailflight Ltd	Unit 2	Central Way		Feltham	Middlesex	TW14 0RX	020 88931477	020 88931459
Firebird	Unit 672	Spur Road		Feltham	Middlesex	TW14 0SL	020 88311010	020 88311001

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International Distribution Services Ltd	Unit 8/Space Way	North Feltham Trading Estate		Feltham	Middlesex	TW14 0TH	020 87517200	020 87517222
Nightspeed	Unit 13	Falcon Way	North Feltham Trading Estate/	Feltham	Middlesex	TW14 0TW	020 88442144	
P D P Courier Services Ltd	Unit 10	Shield Road		Ashford	Middlesex	TW15 1AU	01784 420466	01784 424300
J & C Worldwide Ltd	Unit 2/Court 1	Challenge Road		Ashford	Middlesex	TW15 1AX	01784 421841	01784 420251
Cosell Interair Ltd	530A London Road			Ashford	Middlesex	TW15 3AE	01784 889988	01784 880614
World Class Logistics Ltd	Unit L4/Renshaw Industrial Estate	Mill Mead		Staines	Middlesex	TW18 4UQ	01784 454001	01784 454002
Sun Worldwide Express	Skylink House	Stanwell Moor Road		Staines	Middlesex	TW19 6AB	01784 253535	01784 253567
Rapid Air Express	The Mill	Horton Road		Staines	Middlesex	TW19 6BJ	0870-166 0074	0870-166 0073
RSD International	The Mill	Horton Road		Staines	Middlesex	TW19 6BJ	01753 681519	01753 684909
Contact Worldwide	Unit Courts Farm	Northumberland Close	Stanwell	Staines	Middlesex	TW19 7LN	01784 242424	01784 253030
First Call Couriers Ltd	Unit 1	Beta Way		Egham	Surrey	TW20 8RE	01784 476000	01784 476009
Point To Point Couriers Ltd	Unit 16	Eversley Way	Thorpe Industrial Estate	Egham	Surrey	TW20 8RG	01784 432243	01784 432456
Air Action Couriers	International Distribution Centre	Crabtree Road	Thorpe	Egham	Surrey	TW20 8RS	01784 222880	01784 222881
Goldstar	International Distribution Centre	Crabtree Road	Thorpe	Egham	Surrey	TW20 8RS	01784 438900	01784 438901
Universal Air Couriers Ltd	Unit 4/Delta Way	Crabtree Road		Egham	Surrey	TW20 8RX	01784 472444	01784 472011
Service Express Couriers (UK) Ltd	Derby Ind Est	Derby Road		Hounslow	Middlesex	TW3 3UQ	020 85695464	020 85694440
Courier Movements Ltd	Central Pk Estate	Staines Road		Hounslow	Middlesex	TW4 5DJ	020 84768686	020 84768689
Securicor Omega Same Day Ltd	Unit 6/Central Pk Estate	Staines Road		Hounslow	Middlesex	TW4 5DJ	0870-444 4083	0870-444 0904
Deltec International Courier Ltd	Deltec House/Maple Gr Business Centre	Lawrence Road		Hounslow	Middlesex	TW4 6DR	020 85696767	020 85729926
Skynet Worldwide Express	Unit 8/9/Maple Gr Business Centre	Lawrence Road		Hounslow	Middlesex	TW4 6DR	020 85381988	020 85381921
D H L International (UK) Ltd	178-188 Great South West Road			Hounslow	Middlesex	TW4 6JS	0870-366 1217	
Inter Continent Couriers Ltd	Unit 25 Phoenix Distribution Park	Phoenix Way		Hounslow	Middlesex	TW5 9NB	020 87593581	020 87595808
Quick International Couriers (UK) Ltd	Unit 50	Phoenix Way		Hounslow	Middlesex	TW5 9NB	020 88977273	020 85649868
Quick Same Day	Unit 50	Phoenix Way		Hounslow	Middlesex	TW5 9NB	020 87547000	020 87541770
T N T International	6 Spitfire Estate	Spitfire Way		Hounslow	Middlesex	TW5 9NW	020 85612345	020 86062246
Impulse International Couriers Ltd	Building 209 Epsom Square		London Heathrow Airport	Hounslow	Middlesex	TW6 2BU	020 88971900	020 87591278
Expressair Same Day UK Ltd	Building 249	Esher Crescent	London Heathrow Airport	Hounslow	Middlesex	TW6 2EH	020 88976568	020 88970758
Mex Courier & Cargo Ltd	255C Ely Road		London Heathrow Airport	Hounslow	Middlesex	TW6 2RF	020 87548844	020 87548855
Reflex Couriers	173 Thornbury Road			Isleworth	Middlesex	TW7 4QG	020 85686972	020 85689534
Marken Worldwide Express	St. Johns Road			Isleworth	Middlesex	TW7 6NA	020 83888500	020 83888666

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Goldstar International (London) Ltd	5 The Metro Centre	St. Johns Road		Isleworth	Middlesex	TW7 6NJ	020 85682535	020 85686727
Marken Worldwide	2 The Metro Centre	St. Johns Road		Isleworth	Middlesex	TW7 6NJ	020 83888555	020 83888666
Vaince Carage	Suite 29/Aaron House	Bardolph Road		Richmond	Surrey	TW9 2LH	020 89487171	
A M Express Couriers	43 Enmore Road			Southall	Middlesex	UB1 2PG	020 88130292	020 85781395
Axa	Axa House	Blandford Road		Southall	Middlesex	UB2 4JY	020 85714747	020 85745697
Atlas Express Ltd	2 Boeing Way	International Trading Estate		Southall	Middlesex	UB2 5LB	020 85748787	020 85745858
Target Worldwide Express	5 Trident Way			Southall	Middlesex	UB2 5LF	020 88430033	020 88430066
TNT Mailfast	Unit 9/International Trading Estate	Trident Way		Southall	Middlesex	UB2 5LF	020 85741414	020 88935380
Tuffnells Parcels Express Ltd	Unit 3/Stewart Quay	Printing House Lane		Hayes	Middlesex	UB3 1AP	020 85610221	020 85613121
Boxer Couriers Ltd	Fourways House	Rigby Lane		Hayes	Middlesex	UB3 1ET	020 87561911	020 87561912
International Lightning Airfreight Ltd	65 St Anselms Road			Hayes	Middlesex	UB3 1SD	020 85810414	020 85810414
Bluebird Express Couriers	17-18 Adler Industrial Estate	Betam Road		Hayes	Middlesex	UB3 1ST	020 88480800	020 85611400
Next Flight Out Ltd	Unit 12 Adler Industrial Estate	Betam Road		Hayes	Middlesex	UB3 1ST	020 85691038	
United Business Express	24 Adler Industrial Estate	Betam Road		Hayes	Middlesex	UB3 1ST	020 85617447	020 85617474
Metropol	Silverdale Road			Hayes	Middlesex	UB3 3BL	020 85736655	020 85736886
Global Options Management Services Ltd	Unit 7/Argent Centre	Silverdale Road		Hayes	Middlesex	UB3 3BS	0808-100 2576	020 88481001
Worldnet International Ltd	3 Peter James Business Centre	Pump Lane		Hayes	Middlesex	UB3 3NT	020 85735355	020 85735360
Excel Parcel Service Ltd	3 Triandra Way			Hayes	Middlesex	UB4 9PB	020 88419292	020 88419292
Pallet Ways	AB	1 Currey Road		Greenford	Middlesex	UB6 0BD	020 88391100	020 85752595
Square Mile	Research House	Fraser Road		Greenford	Middlesex	UB6 7AQ	020 85373242	020 89912653
Ricochet Couriers	20 Sheraton Business Centre	Wadsworth Road		Greenford	Middlesex	UB6 7JB	020 88107555	020 88107557
Quickstar Couriers	Imex House	6 Wadsworth Road		Greenford	Middlesex	UB6 7JJ	020 88105444	020 88105445
Laser Couriers Ltd	3 Walmgate Road		Perivale	Greenford	Middlesex	UB6 7LH	020 88104777	020 88104888
Limra Worldwide	C6/Aladdin Workspace	426 Long Drive		Greenford	Middlesex	UB6 8UH	020 85782200	020 85782243
International City Runners (Worldwide) Ltd	350-352 Bath Road			West Drayton	Middlesex	UB7 0DQ	020 87547744	020 87547890
Focus Courier	UNIT D Sipson Road			West Drayton	Middlesex	UB7 0HY	020 87548877	020 87548866
Mark III International (UK) Ltd	413a Sipson Road			West Drayton	Middlesex	UB7 0HY	020 87597979	020 87596060
B & H Worldwide	1 Saxon Way			West Drayton	Middlesex	UB7 0LW	020 85648484	020 87595350
Midnite Express	16 Saxon Way			West Drayton	Middlesex	UB7 0LW	020 86075530	020 86075531
Seabourne Express Couriers	Unit 13	Saxon Way		West Drayton	Middlesex	UB7 0LW	020 83221700	020 83221701
Creative Air Express Ltd	Unit 6/Airport Gate Business Centre	Bath Road	Harmondsworth	West Drayton	Middlesex	UB7 0NA	020 89909166	020 89909167
Carrera Couriers Ltd	Unit 30/Rainbow Industrial Estate	Trout Road		West Drayton	Middlesex	UB7 7XT	01895 434842	01895 434845

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Swift Couriers	241 Horton Road			West Drayton	Middlesex	UB7 8HT	01895 436666	01895 430185
City Air Express Ltd	Unit 4	Liddall Way		West Drayton	Middlesex	UB7 8PG	0870-737 1200	
Rico Logistics	Orchard Waye			Uxbridge	Middlesex	UB8 2BW	01895 251251	
Deadline Despatch Ltd	Unit 19	Arundel Road		Uxbridge	Middlesex	UB8 2RP	01895 272543	01895 271802
All Time Parcel Service	Unit 21/Sarum Complex	Salisbury Road		Uxbridge	Middlesex	UB8 2RZ	01895 271183	01895 257926
Courier Logistics	Unit 210/Mitre Bridge Ind Park	Mitre Way		London		W10 6AU	020 89603960	020 89693200
Point To Point Couriers Ltd	Unit 11/Mitre Bridge Ind Park	Mitre Way		London		W10 6AU	020 89602222	020 89600956
Creative Couriers	75 Berwick Street			London		W1F 8TG	020 74372724	020 74401900
Cyclone Courier Co Ltd	Cyclone House	27-29 Whitfield Street		London		W1T 2SE	020 74360902	020 73079818
TransWorld Visas	61 Praed Street			London		W2 1NS	0870-241 9932	020 77233748
C D S Group	Unit 8/Concord Business Centre	Concord Road		London		W3 0TR	020 87528000	020 87528058
Prontobikes Ltd	141a The Vale			London		W3 7RQ	020 87439339	020 87499066
Churchill Express	Churchill House Unit 1 Colville Road			London		W3 8BL	020 89932211	020 89937769
Lewis Day Transport PLC	107a Fulham Palace Road			London		W6 8JA	020 85637777	020 85637727
PDQ Couriers UK Ltd	New Cut Lane		Woolston	Warrington	Cheshire	WA1 4AG	01492 622255	01492 622421
P D Q (UK) Ltd	Unit 23/Rufford Court	Hardwick Grange	Woolston	Warrington	Cheshire	WA1 4RF	01925 817876	01925 817482
Richochet Couriers	16 Rivington Court	Hardwick Grange	Woolston	Warrington	Cheshire	WA1 4RT	01925 818222	01925 827596
BXT Couriers Ltd	18 Aston Court	Kingsland Grange	Woolston	Warrington	Cheshire	WA1 4SG	01925 831888	01925 828730
North West Direct Freight Ltd	Unit 31	Salisbury Road	Haydock Industrial Estate/Haydock	St. Helens	Merseyside	WA11 9XG	01942 721199	
A G S Courier Services Ltd	Brindley Suite/Radium House	Bridgewater Road		Altrincham	Cheshire	WA14 1LZ	0161-941 6014	0161-929 7282
Excel Courier Services	Unit 7/Manway Business Park	Canal Road	Timperley	Altrincham	Cheshire	WA14 1TD	0161-962 0962	
A N Couriers	Unit 9/L & M Business Park	Norman Road		Altrincham	Cheshire	WA14 4ES	0161-929 1717	0161-929 8400
Global Logistics Warehousing Ltd	Unit 16/L & M Business Park	Norman Road		Altrincham	Cheshire	WA14 4ES	0161-929 6767	0161-929 8500
DXL Parcels	PO Box 143			Altrincham	Cheshire	WA14 5PR	0161-941 6277	0161-941 7383
Same Day Direct Deliveries	Preference House	101 King Street		Knutsford	Cheshire	WA16 6EQ	01565 634873	01565 755179
Same Day PLC	Preference House	101 King Street		Knutsford	Cheshire	WA16 6EQ	01565 634917	01565 755179
Target Worldwide Express	Rectory Lane		Winwick	Warrington	Cheshire	WA2 8TD	01925 570000	01925 575700
Reflex	3 Lodge Drive		Culcheth	Warrington	Cheshire	WA3 4ES	01925 766868	01925 766060
Target Worldwide Express	Lyncastle Road	Barley Castle Lane	Appleton	Warrington	Cheshire	WA4 4SN	01925 602911	01925 604186
Express Delivery Service Ltd	127 Sandy Lane		Weston Point	Runcorn	Cheshire	WA7 4EF	01928 580058	01928 580085
Deliverence	21A Brownlow Mews			London		WC1N 2LA	020 74009200	020 74046045
Falcon Couriers Ltd	21A Brownlow Mews			London		WC1N 2LA	020 78318734	020 74046045
Streetwise Couriers	21A Brownlow Mews			London		WC1N 2LA	020 74046161	020 74046045

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Reuter Brooks Couriers	Roger Street			London		WC1N 2LN	020 72423311	020 75394707
Fleet Street Flyers	27 Johns Mews			London		WC1N 2NS	020 72426666	020 74046045
Mach 1 Couriers	25 Johns Mews			London		WC1N 2NZ	020 72421233	020 74046045
Streetwise Courier Service	25 Johns Mews			London		WC1N 2NZ	020 74046052	020 74046045
The Courier Group	25 Johns Mews			London		WC1N 2NZ	020 78310000	020 74046052
Vanpower International Couriers	Unit 15/Watford Enterprise Centre	25 Greenhill Crescent		Watford	Hertfordshire	WD18 8XU	01923 212244	01923 255228
Hays Sameday	28-30 Greenhill Crescent			Watford	Hertfordshire	WD18 8YD	01923 211421	01923 211861
Top Flight Carriers	Unit 27-28/Moor Pk Industrial Estate	Tolpits Lane		Watford	Hertfordshire	WD18 9SP	01923 806688	01923 806699
Bushey Despatch	35B Chalk Hill			Watford	Hertfordshire	WD19 4BL	01923 238886	01923 249251
SMA World Wide Courier	S M A House/Unit 15/Kings Pk Industrial Estate	Primrose Hill		Kings Langley	Hertfordshire	WD4 8ST	01923 290490	01923 271939
Pickup	Elstree Aerodrome		Elstree	Borehamwood	Hertfordshire	WD6 3AW	020 82075161	020 82076577
Orbital Express	2 Falcon Road			Dewsbury	West Yorkshire	WF12 9NH	01924 439977	
M N L Express	Al-Hikmah Centre	28 Track Road		Batley	West Yorkshire	WF17 7AA	01924 504444	01924 507777
The Bullet Despatch Co	Grange House	Grange Street		Wakefield	West Yorkshire	WF2 8TF	01924 290099	
021 Network (Doncaster)	Unit 1/Royd Moor Dairy Farm	Royd Moor Lane	Badsworth	Pontefract	West Yorkshire	WF9 1BA	0845-230 3021	01977 625074
Messenger Express Carriers	Pilling Place			Skelmersdale	Lancashire	WN8 9PF	01695 50853	01695 50938
Messenger Express Couriers Ltd	6 Pilling Place			Skelmersdale	Lancashire	WN8 9PF	01695 727290	01695 50938
Vitesse	Old Bake House	Head Street		Pershore	Worcestershire	WR10 1DA	01386 561072	01386 555840
PBS Deliveries	Blackpole Road			Worcester	Worcestershire	WR3 8SQ	01905 450686	0121-359 8786
Target Worldwide Express	17B The Furlong		Berry Hill Industrial Estate	Droitwich	Worcestershire	WR9 9AH	01905 795057	01905 795026
Eurotrans Express	Perry Street		Darlaston	Wednesbury	West Midlands	WS10 8JE	0121-568 6868	0121-568 8668
Lloyds Courier Services	Euro House	Perry Street	Darlaston	Wednesbury	West Midlands	WS10 8JE	0121-568 6116	0121-568 6116
Rothmere Couriers	Willenhall Road			Wednesbury	West Midlands	WS10 8JG	0121-526 4114	0121-526 4224
Cannock Couriers	Unit 18/Longford Industrial Estate	Longford Road		Cannock	Staffordshire	WS11 0DG	01543 570030	01543 572003
Exclusive Distribution Services	Unit 12	Progress Drive		Cannock	Staffordshire	WS11 0JE	01543 466455	01543 577903
My Courier.Com	Unit 10/Shires Industrial Estate	Essington Close		Lichfield	Staffordshire	WS14 9AZ	01543 251008	
Express Transport Services	65 Short Acre Street			Walsall	West Midlands	WS2 8HW	01922 725900	
24-7 Courier Service Ltd	Parkhill Road			Burntwood	Staffordshire	WS7 2ER	01543 677247	01543 683550
Reach	Unit 5a-5b/Brownhills Business Park	Lindon Road		Walsall	West Midlands	WS8 7BW	01543 379737	01543 379736
A B S	Riley House	25 Anchor Road		Walsall	West Midlands	WS9 8PT	01922 458845	
Rowan Services	Regent House	Bath Avenue		Wolverhampton	West Midlands	WV1 4EG	01902 576505	01902 576390
RPM Couriers Ltd	Regent House	Bath Avenue		Wolverhampton	West Midlands	WV1 4EG	01902 576333	01902 576390
Wolverhampton Couriers	39 Lichfield Road			Wolverhampton	West Midlands	WV11 1TW	01902 307789	01902 307670