

<b>The Pallet Network</b>
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**101 AM Transport**  
**Unit 21**  
**Port of Larne Bus. Pk**  
**Redlands Crescent**  
**Larne, BT40 1AX**

**Contact: Diane / Angela**  
**Principal: Damien Maguire**  
**Land Line: 04828 262190**  
**Fax: 04828 262199**  
**Web: www.amnexpday.com**

**E-Mail: operations@amnexpday.com**

**Area: Antrim, Derry, North Down**

**Postcodes BT1-23, 27-29,36-58**

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**102 Independent Express Cargo**  
**Northwest Business Park**  
**Blanchardstown**  
**Dublin 15**  
**DNO**

**Contact: Owen / Hugh**  
**Principal: Seamus McGowan**  
**Land Line: 8219999**  
**Fax: 01 8212433**  
**Web: www.indexp.com**

**E-Mail: National@indexp.com**

**Area: Dublin North, Dublin South East, Dublin South West**

**Postcodes D01-D24 DCN, DCS and DCW**

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**105 Store-All**  
**Belview Port**  
  
**Waterford**

**Contact: Brian / Eddie**  
**Principal: Liam Dalton**  
**Land Line: 353 51 831267**  
**Fax: 353 51 831 261**  
**Web: www.store-all.ie**

**E-Mail: transportplanner@store-all.ie**

**Area: Waterford**

**Postcodes WT**

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**107 ACCH Ltd**  
**T/A South East Freight**  
**Augha**  
**Bagenalstown**  
**Co Carlow**

**Contact: Anne / Karen**  
**Principal: Andy Cowman**  
**Land Line: 059 9146555**  
**Fax: 0599146592**  
**Web:**

**E-Mail: info@southeastfreight.ie**

**Area: Carlow Kilkenny**

**Postcodes CL KK**

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**108 Langan Couriers  
Oranmore Business Park  
Oranmore  
Co. Galway**

**Contact: Ian Rob Sean  
Principal: John McGann  
Land Line: 091 790009  
Fax: 091 790019  
Web: www.langancouriers.com**

**E-Mail: Info@langancouriers.com**

**Area: Galway West and East**

**Postcodes GWW & GWE**

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**109 DHT  
Unit 5 Kilcannon Ind & Retail P  
Old Dublin Road  
Enniscorthy  
Co Wexford**

**Contact: Rebecca  
Principal: Brendan Morgan  
Land Line: 053 9236809  
Fax:  
Web:**

**E-Mail: Transport@DHTLtd.com**

**Area: Wexford South Wicklow**

**Postcodes WWS WX**

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**110 IEC T/A TPN Ireland  
Kilbarry Enterprise Center  
Dublin Hill  
Corl  
Co Cork**

**Contact: Nula, Murray  
Principal: Donal Kissan  
Land Line: 021 4221354 / 021 4221335  
Fax:  
Web:**

**E-Mail: TPNCork@tpn.ie**

**Area: Cork North, Central and East**

**Postcodes CKN CKC & CKE**

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**111 Abhann Logistics  
Amhann Rd  
Raheen Ind Est  
Raheen  
Limerick**

**Contact: Amanda  
Principal: Mike Hogan  
Land Line: 061 309026  
Fax: 061309023  
Web: www.abhannlogistics.com**

**E-Mail: Amanda@abhannlogistics.com, Sandra@abhannlogistics**

**Area: Limerick**

**Postcodes LK**

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<b>112 Breffni Couriers</b> Unit 9 Tenure Business Park Tenure Monasterboice Drogheda, Co Louth	<b>Contact: Ryan / Shane</b> <b>Principal: Brian O'Reilly</b> <b>Land Line: 041 6863350</b> <b>Fax: 041 6861781</b> <b>Web: www.BreffniCouriers.ie</b>
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**E-Mail: info@breffnicouriers.ie**

**Area: Louth, Meath**

**Postcodes LH, MH**

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<b>113 Hyland Express Cargo</b> Birchwood Rosenallis Co. Laois LO	<b>Contact: Geraldine / Rayna</b> <b>Principal: Ger Hyland</b> <b>Land Line: 057 8628541</b> <b>Fax: 057 8628796</b> <b>Web: www.hylandtransport.com</b>
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**E-Mail: info@hylandtransport.com**

**Area: Laois, Offaly, North Tipperary**

**Postcodes LO, OY, TNO**

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<b>114 Liam Connolly (Road Freight)</b> 310 Gola Road Attybarn Lisnaskea Co Fermanagh	<b>Contact: Andrew / Darren</b> <b>Principal: Liam Connolly</b> <b>Land Line: 048 67722998</b> <b>Fax: 048 67722290</b> <b>Web: www.liamconnolly.co.uk</b>
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**E-Mail: andrew@liamconnolly.co.uk /sean@liamconnolly.co.uk**

**Area: Fermannagh, Tyrone**

**Postcodes BT68 - 94**

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<b>115 Transbound Ltd</b> Station House Upton Co Cork	<b>Contact: Ann</b> <b>Principal: Bunny / Finbar</b> <b>Land Line: 021 4776220</b> <b>Fax: 021 4776220</b> <b>Web:</b>
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**E-Mail: Transbound1@Gmail.com**

**Area: West Cork**

**Postcodes CKW**

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**116 East West Express**  
Lowpark  
Charlestown  
  
Co. Mayo

**Contact:** Claire / Aine / Marian  
**Principal:** James Marren  
**Land Line:** 094 9254502  
**Fax:** 094 9254970  
**Web:** WWW.EastWestExpressIrl.com

**E-Mail:** EastWestExpress@Eircom.net

**Area:** Mayo, North Roscommon

**Postcodes** MO RNN

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**118 Deering Transport**  
Kildoon  
Nurney  
Co Kildare  
KE

**Contact:** Michelle and Anne  
**Principal:** David Deering  
**Land Line:** 045 526743  
**Fax:** 045 526764  
**Web:** www.deeringtransport.ie

**E-Mail:** info@deeringtransport.ie

**Area:** Kildare, North West Wicklow

**Postcodes** KE WWW

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**125 Novapoint**  
Aughamore Business Park  
Carraroe  
Sligo  
Sligo

**Contact:** Megan  
**Principal:** Sean Conlon  
**Land Line:** 071 9304929  
**Fax:**  
**Web:**

**E-Mail:** NovapointLtd@gmail.com

**Area:** Sligo Leitrim

**Postcodes** SI LMN LMS

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**126 Lowey Transport**  
Cashel  
Castleblayney  
Co Monaghan  
Co Monaghan

**Contact:** Stephanie  
**Principal:** Trevor Lowey  
**Land Line:** 087 2511 987  
**Fax:** 353 47 80777  
**Web:**

**E-Mail:** Lowey@eircom.net

**Area:** Cavan, Monaghan

**Postcodes** CN, MN

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**127 K&L Deliveries**  
Mountleader Ind Est  
Millstreet  
Co Cork

**Contact: Breda**  
**Principal: Gordon O'Keeffe**  
**Land Line: 029 70163**  
**Fax: 02970451**  
**Web: www.KandL.ie**

**E-Mail: Cargo@kandl.ie**

**Area: South Kerry and North Cork**

**Postcodes KRS, CKNW and CKNC**

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**129 Allen Logistics (NI) Ltd**  
64A Old Kilmore Rd  
Moirá

**Contact: Sean**  
**Principal: James Allen**  
**Land Line: 04892 611520**  
**Fax: 04892 612673**  
**Web: www.allenlogistics.com**

**E-Mail: Traffic@AllenLogistics.com**

**Area: Armagh, South Down**

**Postcodes BT24 - 26, 30-35, 60-67, D129**

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**130 Eoin Gavin Transport**  
Woodpark  
Buratty  
Co Clare

**Contact: Mary / Gemma**  
**Principal: Eoin Gavin**  
**Land Line: 353 61 713486**  
**Fax: 353 61 713485**  
**Web: www.EoinGavinTransport.com**

**E-Mail: Operations@eoingavintransport.com**

**Area: Clare**

**Postcodes CE**

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**131 Quinn Transport**  
Blyry Ind Est  
Athlone  
Co. Westmeath

**Contact: Mark / Barry**  
**Principal: Tony Quinn**  
**Land Line: + 353 9064 78862**  
**Fax: 0906472499**  
**Web:**

**E-Mail: info@quinntransport.ie**

**Area: Westmeath, Longford, South Roscommon**

**Postcodes WH LF & RNS**

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**132 Garryowen Transport**                      **Contact: Jamie / Brian**  
**Castletown**                                      **Principal: Jamie Lowham**  
**Kilflynn**    **Land Line: 066 7128666**  
**Tralee**    **Fax:**  
**Co Kerry**    **Web:**

**E-Mail: transport@garyowen.ie**

**Area: North Kerry**

**Postcodes KRN**

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**139 Francis Ely Transport**                      **Contact: Noel**  
**Athnid**    **Principal: Francis Ely**  
**Thurles**    **Land Line: 0504 45404**  
**Co Tipperary**                                      **Fax:**  
**Co Tipperary**                                      **Web: www.freightway.ie**

**E-Mail: transport@franciselytransport.com**

**Area: South Tipperary**

**Postcodes TSW TSE TSO and TSS**

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**142 Connect Logistics**                              **Contact: Brian / Paula**  
**Northwest Business Park**                      **Principal: Eamon Sullivan**  
**Ballycoolin**    **Land Line: +353 1 8991588**  
**Clanchardstown**                                      **Fax:**  
**Dublin**    **Web: www.con-log.ie**

**E-Mail:**

**Area: Wicklow**

**Postcodes WWE and WWC**

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**143 Donegal Groupage**                              **Contact: Kelly-Marie**  
**Carrickmore**                                      **Principal: Jolene**  
**St Johnston**    **Land Line: +353 74 9148685**  
**St Johnston**    **Fax: +353 74 7010350**  
**Donegal**    **Web: www.DonegalGroupage.town.ie**

**E-Mail: DonegalGroupage@Hotmail.com**

**Area: Donegal North and South**

**Postcodes DON and DOS**

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