



one

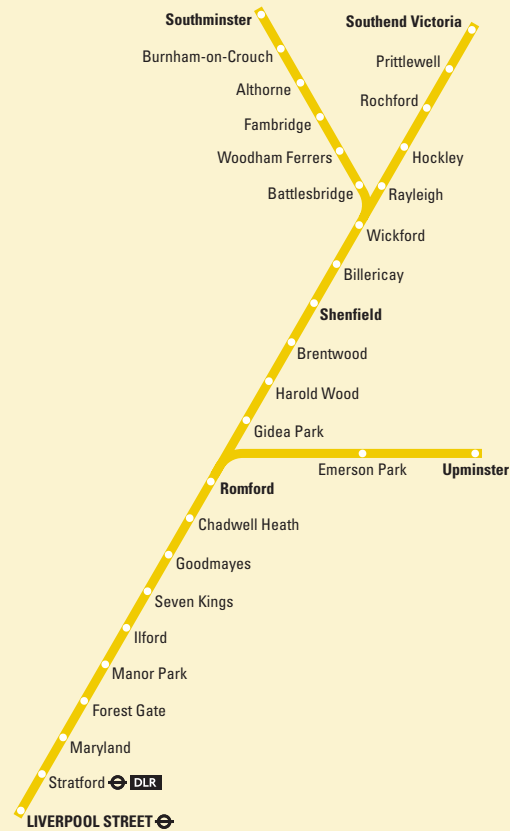


train timetable

London Liverpool Street to
 Ilford
 Romford
 Upminster
 Gidea Park
 Brentwood
 Shenfield
 Billericay
 Wickford
 Southminster
 Southend Victoria

12 June
 to
 10 December 2005

one



one number
 0845 600 7245
 one online
 www.onerailway.com

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train services included

London to and from Southend

This table shows all trains that operate between London Liverpool Street and Southend Victoria. This table also shows all services between Wickford and Southminster with details of connecting services to and from London Liverpool Street.

London to and from Shenfield

This table shows all trains that operate between London Liverpool Street and Shenfield.

Romford to and from Upminster

This table shows all services that operate between Romford and Upminster.

useful contacts

writing to 'one'

Customer Services Manager,
'one',
Customer Services Centre,
Grosvenor House,
112-114 Prince of Wales Road,
Norwich
NR1 1NS

Fax: **01603 214 517**

e-mail: customer.services@onerailway.com

If after contacting 'one' you require a further impartial view the following representation is available:

London Transport Users Committee,*



6 Middle Street,
London EC1A 7JA.
Tel: **020 7505 9000**
Fax: **020 7505 9003**
e-mail: info@ltuc.org.uk

Rail Passengers Council,

FREEPOST WA1521
Warrington WA4 6GP
Tel: **08453 022 022**
Textphone **08458 501 354**
Fax: **08458 501 392**
e-mail: info@railpassengers.org.uk

*For stations between between Harold Wood and London

timetable key

- a Arrival time
- d Departure time
- s Stops to set down only
- ThX Does not run on Thursdays
- 1** First Class accommodation available
-  Interchange with London Underground
-  Interchange with Docklands Light Railway

Times in *italics* are connecting train services with one change of train; other connections may be available with further changes.

The timetables are striped to help you read them.

There is no meaning to the stripes.

'one' accepts no liability for any inaccuracy in this booklet. Details may be subject to alteration especially during Bank Holiday periods.

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welcome

I am pleased to be able to update you on the latest developments to your Metro train services.

The new timetable introduced in December last year is providing encouraging and consistent improvement in the overall train service performance, and we're grateful for your feedback on the new pattern of services. There are very few changes in this timetable, but on Mondays to Fridays we are providing an additional stop for Billericay customers in the 17.15 Liverpool Street to Southminster service, as well as a new service from Wickford to Southminster, departing at 20.20.

The refurbishment programme for our fleet of Class 315 trains commenced in the spring, and is designed to offer passengers a more pleasant interior environment and more reliable services.

I am sure you will join me in welcoming the first of our Station Adopters through the Metro Adopt-a-Station scheme at stations including Maryland and Emerson Park. We are very keen to work closely with the local community and our stakeholders to enhance and improve the appearance of our stations. Specifically with Network Rail, schemes have been progressed, and with others in the pipeline, to improve station facilities through the provision of new CCTV equipment, Customer Information Screens, Secure Cycle Parking and Waiting Shelters at key locations.

Thank you for choosing to travel with '**one**', your continued custom is appreciated.

Perry Ramsey
Business Director - '**one**' Metro services

bus and rail links

'one' is working closely with local bus operators to develop improved road/rail connections and through ticketing opportunities throughout the area.

through bus and rail links

PLUSBUS

Travel to or from any of the stations shown in the table and you could enjoy reduced price bus travel with PLUSBUS. You must buy your ticket before you travel and when you buy your train ticket. The prices shown are per day per station. Check out www.plusbus.info for more details.

	Adult	Child		Adult	Child
Billericay	£0.75	£0.75	Rayleigh	£1.50	£0.75
Brentwood	£2.20	£1.10	Shenfield	£2.20	£1.10
Prittlewell	£2.00	£1.00	Southend Victoria	£2.00	£1.00

service alterations

We do try to minimise disruption to your journey, but it is inevitable that some occasional delays will occur. When this happens, we aim to give advance notice to as many people as possible. When disruption is severe we will do our utmost to arrange smooth running alternative transport. Information is available on the 'one' website www.onerailway.com including real time live updates.

planned engineering work

During the period covered by this timetable, there will be alterations to train services because of track maintenance or infrastructure work. In the main this work will take place on Sundays but occasionally services on weekdays may also be affected. When this occurs, some trains may be replaced by a substitute bus service for part or all of the advertised journey. In other cases, diversions may apply between end to end locations. Adjustments to train times may be necessary and this may sometimes lead to EARLIER departures than may be expected.

Details of engineering work will be published in advance by posters at stations along the affected route, on line at www.onerailway.com or via National Rail Enquiries on **08457 48 49 50** or www.nationalrail.co.uk

emergency and bank holiday timetable

At times when we cannot run our service we may introduce an emergency or revised timetable. Information will be available at your local station, at the 'one' website www.onerailway.com or by phoning **08457 48 49 50**.

bicycle travel restrictions

'one' welcomes bicycles on services where they can be safely accommodated. Cycle reservations are not required but bikes may not be taken at our busiest times, on trains arriving in London (Liverpool Street or Stratford) between 0745 and 0945 or those departing London (Liverpool Street or Stratford) between 1630 and 1830 Monday to Friday. These restrictions also apply to intermediate journeys. There are no restrictions on Saturdays, Sundays and Bank Holidays. Folding cycles may be carried at peak times.

Tandems and three-wheeled vehicles cannot be accommodated on any 'one' service. Bicycles are not carried on buses that replace trains due to engineering work.

travel information

special needs

We welcome customers with restricted mobility or other special needs. We have a Disabled People's Protection Policy detailing the services that disabled customers can expect when travelling with 'one'. A summary of the policy is available at all staffed stations or from our Customer Services Manager, who on request can provide this in other formats (such as large print).

Our commitment to customers with special needs includes a telephone helpline **0845 600 7245** which ensures that, where possible, customers are met and assisted throughout their journey, not just on 'one' but on the wider rail network too. The helpline will also advise passengers on the access arrangements at our stations. In order to provide the best possible service we would appreciate 24 hours notice, but if this is not possible, we will still do our best to provide assistance.

To assist people who are deaf or hard of hearing, a textphone helpline is available on **0845 606 7245** 0800 to 2200 Monday to Friday and 0900 to 1800 Weekends and Bank Holidays. Induction-loop hearing systems are provided at many of our ticket offices.

The National Rail Enquiry Service also provides a textphone service on **0845 605 0600**. This service is available 24 hours, seven days each week. Calls are charged at local rates and may be monitored for training purposes.

'one' website

www.onerailway.com

Visit the 'one' website to check out how the trains are running today and view station departure screens as if you were standing on the station yourself, timetables, engineering works, service updates, ticket types, online booking, special offers and lots more. Timetables can be downloaded from this site.

smoking

All accommodation is non-smoking.

first class accommodation

In this timetable a **1** is used to indicate trains with First Class accommodation.

safety information

'one' trains carry safety instructions. You are advised to familiarise yourself with this information each time you travel. In the event of an accident or other emergency, please obey the instructions given by the train staff.

doors closing before departure

In the interests of safety and punctuality, train doors may be closed up to 30 seconds before the scheduled departure time of the train. On trains with automatic doors you will hear an audible alarm before the doors begin to close and once this alarm is heard, or you see the train doors closing, do not attempt to board or leave the train as there is a risk of becoming trapped in the doors and possible injury.

In addition, front and rear coaches of trains standing in a station platform may go to different destinations. Please check the station platform departure screen or ask a member of staff for guidance before boarding any train.

travel information

getting on or off a train

On all **'one'** trains, other than Mainline Intercity services the driver controls when and where the doors are unlocked. Once the orange light appears, you should press the 'OPEN' button to open the doors. The driver will then look back along the platform to check that all passengers have got on and off the train before automatically closing and locking the doors.

Therefore, please ensure you have all your belongings, including luggage, pushchair and children, gathered together in order to leave the train in one go. Do not for example put some luggage on the platform first and then go back on board the train to collect a pushchair or the children. The driver may not realise this, thinking you are boarding the train and may close the doors behind you. In this way you will avoid the possibility of being separated from either the other people you are travelling with or your belongings.

However, if you do become separated from either your belongings or other people in your party, please contact either a member of the station or on-board train staff, (where available), who will deal with your situation immediately or alternatively if no-one is available, telephone the **'one'** Customer Service Centre on **0845 600 7245**.

how to buy a ticket

There are a number of ways you can buy your ticket. You can book in advance or turn up and go, but most importantly, you must have a ticket before you get on board the train.

Tickets are available from your local ticket office, from self-service ticket machines or from our Customer Service Centre. In addition to this, Permit to Travel facilities are available at most stations.

Without a ticket or a Permit to Travel, you will be liable to pay a penalty fare of £20 or twice the appropriate full Single fare, whichever is the greater.

your ticket choice

season tickets

Ideal for those travelling to work or school who need to make the same journey on a regular basis. Season tickets offer great value as the number of trips that can be made between two points is unlimited. Weekly, monthly or any duration up to annual tickets are available to give flexibility with the opportunity to make savings.

travelcards

Travelling to and around London is so easy with **'one'** Travelcards. There are three types of cards available covering all times of the day. These are the peak and off-peak individual Travelcards and the off-peak family Travelcard, for a minimum of one adult and one child, and a maximum of two adults and four children. All **'one'** Travelcards offer inclusive **'one'** travel to London and then when you arrive, unlimited travel in and around London on the Underground and London Transport buses.

All **'one'** Travelcards are valid for one day and there is no need to pre-book, just turn up and go!

oyster cards

Oyster cards are valid for use on **'one'** services within the zones purchased.

Oyster pre-pay cards are valid for travel on **'one'** services from Stratford, Walthamstow Central and Seven Sisters to and from London Liverpool Street.

travel information

groupsave tickets

'one' Cheap Day Returns and Savers already offer fantastic value for money. However, if three or four adults intend to travel together in the off-peak, on any of the above tickets, then ask for a GroupSave ticket. This allows four adults to travel together for the price of just two, meaning everyone travels for half price or 3 for the price of 2 meaning everyone gets 34% off!

National Railcard discounts

There are a range of Railcards available which offer a discount of up to a third off rail journey costs depending on the time you travel. The following Railcards can all be used nationally, as well as on **'one'** journeys, and last for 12 months. Railcard alternatives include:

Young Persons Railcard – available for anyone aged between 16 to 25 (or full-time mature students). The Railcard costs £20 and gives up to a third off most leisure rail travel in Great Britain.

Senior Railcard – available for anybody aged 60 and over – especially designed for those with more leisure time on their hands. Costing £20, it offers up to a third off most leisure rail travel in Great Britain.

Family Railcard – caters for family groups from one adult and child, up to four adults and four children travelling together. The card is valid across Great Britain, costs £20 and gives adults up to a third off most leisure travel and children a saving of 60% (minimum fare £1).

children's discounts

Accompanied children aged four and under travel free up to a maximum of two per adult. Children aged five to fifteen inclusive are half price except where even greater discounts are provided, such as with a Family Travelcard, where children travel for just £1 from outside of the Travelcard area and 80p from within it.

(Railcard prices are correct at time of printing, but could change during the validity of this timetable).

For details of all train services visit us on-line at

onerailway.com

one

London Liverpool Street to Shenfield

London Liverpool Street to Shenfield



mondays to fridays

	0526	0542	0555	0602	0602	0612	0612	0615	0622	0632	0634
London Liverpool St. d	0525	0542	0555	0602	0602	0612	0612	0615	0622	0632	0634
Stratford	0532	0533	0549	0602	0609	0609	0619	0619	0622	0629	0639
Maryland		0550			0610		0620		0630	0640	
Forest Gate		0552			0612		0622		0632	0642	
Manor Park		0554			0614		0624		0634	0644	
Ilford		0538	0557		0617		0627		0637	0647	
Seven Kings		0540	0600		0620		0630		0640	0650	
Goodmayes			0602		0622		0632		0642	0652	
Chadwell Heath			0604		0624		0634		0644	0654	
Romford	0540	0546	0607		0617	0627	0637		0647	0657	0649
Gidea Park		0549	0611		0631		0641		0651	0701	
Harold Wood		0552	0614		0634		0644		0654	0704	
Brentwood		0557	0618		0638		0648		0658	0708	
Shenfield	a 0550	0602	0623	0619	0627	0643	0636	0653	0640	0703	0713

	0642	0648	0652	0702	0704	0708	0712	0715	0718	0722	0727
London Liverpool St. d	0642	0648	0652	0702	0704	0708	0712	0715	0718	0722	0727
Stratford	0649	0655	0659	0702	0709	0711	0715	0719	0722	0725	0729
Maryland	0650		0700		0710		0720		0730		
Forest Gate	0652		0702		0712		0722		0732		
Manor Park	0654		0704		0714		0724		0734		
Ilford	0657		0707		0717		0727		0737		
Seven Kings	0700		0710		0720		0730		0740		
Goodmayes	0702		0712		0722		0732		0742		
Chadwell Heath	0704		0714		0724		0734		0744		
Romford	0707		0717		0727	0723	0737		0747		
Gidea Park	0711		0721		0731		0741		0751		
Harold Wood	0714		0724		0734		0744		0754		
Brentwood	0718		0728		0738		0748		0758		
Shenfield	a 0723	0712	0733	0720	0743	0728	0733	0753	0740	0741	0803

	0732	0734	0740	0742	0748	0752	0755	0802	0802	0808	0812	0814
London Liverpool St. d	0732	0734	0740	0742	0748	0752	0755	0802	0802	0808	0812	0814
Stratford	0739	0741	0747	0749	0755	0759	0802		0809	0815	0819	0821
Maryland	0740		0750		0800		0810		0820		0830	
Forest Gate	0742		0752		0802		0812		0822		0832	
Manor Park	0744		0754		0804		0814		0824		0834	
Ilford	0747		0757		0807		0817		0827		0837	
Seven Kings	0750		0800		0810		0820		0830		0840	
Goodmayes	0752		0802		0812		0822		0832		0842	
Chadwell Heath	0754		0804		0814		0824		0834		0844	
Romford	0757	0749			0807		0817	0816	0827		0837	0829
Gidea Park	0801			0811		0821		0831		0841		
Harold Wood	0804			0814		0824		0834		0844		
Brentwood	0808			0818		0828		0838		0848		
Shenfield	a 0813	0800	0806	0823	0812	0833	0819	0826	0843	0831	0853	0840

	0818	0822	0832	0835	0838	0842	0848	0852	0855	0902	0908	0912
London Liverpool St. d	0818	0822	0832	0835	0838	0842	0848	0852	0855	0902	0908	0912
Stratford	0825	0829	0839	0842		0849	0855	0859	0902	0909	0915	0919
Maryland		0830	0840			0850		0900		0910		0920
Forest Gate		0832	0842			0852		0902		0912		0922
Manor Park		0834	0844			0854		0904		0914		0924
Ilford		0837	0847			0857		0907		0917		0927
Seven Kings		0840	0850			0900		0910		0920		0930
Goodmayes		0842	0852			0902		0912		0922		0932
Chadwell Heath		0844	0854			0904		0914		0924		0934
Romford		0847	0857			0907		0917		0927	0923	0937
Gidea Park		0851	0901			0911		0921		0931		0941
Harold Wood		0854	0904			0914		0924		0934		0944
Brentwood		0858	0908			0918		0928		0938		0948
Shenfield	a 0841	0903	0913	0859	0902	0923	0912	0933	0919	0943	0933	0953

mondays to fridays

	0915	0918	0922	0932	0934	0940	0942	0948	0952	0955	1002	1008
London Liverpool St. d	0915	0918	0922	0932	0934	0940	0942	0948	0952	0955	1002	1008
Stratford	0922	0925	0929	0939	0941	0947	0949	0955	0959	1002	1009	1015
Maryland			0930	0940			0950		1000		1010	
Forest Gate			0932	0942			0952		1002		1012	
Manor Park			0934	0944			0954		1004		1014	
Ilford			0937	0947			0957		1007		1017	
Seven Kings			0940	0950			1000		1010		1020	
Goodmayes			0942	0952			1002		1012		1022	
Chadwell Heath			0944	0954			1004		1014		1024	
Romford			0947	0957	0949		1007		1017		1027	1023
Gidea Park			0951	1001			1011		1021		1031	
Harold Wood			0954	1004			1014		1024		1034	
Brentwood			0958	1008			1018		1028		1038	
Shenfield	a 0939	0941	1003	1013	1000	1007	1023	1012	1033	1019	1043	1033

	1012	1015	1018	1022	1032	1034	1042	1048	1052	1055	1102	1108
London Liverpool St. d	1012	1015	1018	1022	1032	1034	1042	1048	1052	1055	1102	1108
Stratford	1019	1022	1025	1029	1039	1041	1049	1055	1059	1102	1109	1115
Maryland	1020			1030	1040		1050		1100		1110	
Forest Gate	1022			1032	1042		1052		1102		1112	
Manor Park	1024			1034	1044		1054		1104		1114	
Ilford	1027			1037	1047		1057		1107		1117	
Seven Kings	1030			1040	1050		1100		1110		1120	
Goodmayes	1032			1042	1052		1102		1112		1122	
Chadwell Heath	1034			1044	1054		1104		1114		1124	
Romford	1037			1047	1057	1049	1107		1117		1127	1123
Gidea Park	1041			1051	1101		1111		1121		1131	
Harold Wood	1044			1054	1104		1114		1124		1134	
Brentwood	1048			1058	1108		1118		1128		1138	
Shenfield	a 1053	1039	1041	1103	1113	1100	1123	1112	1133	1119	1143	1133

	1112	1115	1118	1122	1132	1134	1142	1148	1152	1155	1202	1208
London Liverpool St. d	1112	1115	1118	1122	1132	1134	1142	1148	1152	1155	1202	1208
Stratford	1119	1122	1125	1129	1139	1141	1149	1155	1159	1202	1209	1215
Maryland	1120			1130	1140		1150		1200		1210	
Forest Gate	1122			1132	1142		1152		1202		1212	
Manor Park	1124			1134	1144		1154		1204		1214	
Ilford	1127			1137	1147		1157		1207		1217	
Seven Kings	1130			1140	1150		1200		1210		1220	
Goodmayes	1132			1142	1152		1202		1212		1222	
Chadwell Heath	1134			1144	1154		1204		1214		1224	
Romford	1137			1147	1157	1149	1207		1217		1227	1223
Gidea Park	1141			1151	1201		1211		1221		1231	
Harold Wood	1144			1154	1204		1214		1224		1234	
Brentwood	1148			1158	1208		1218		1228		1238	
Shenfield	a 1153	1139	1141	1203	1213	1200	1223	1212	1233	1219	1243	1233

London Liverpool Street to Shenfield

London Liverpool Street to Shenfield



mondays to fridays

	1312	1315	1318	1322	1332	1334	1342	1348	1352	1355	1402	1408
London Liverpool St. ...d	1312	1315	1318	1322	1332	1334	1342	1348	1352	1355	1402	1408
Stratford 	1319	1322	1325	1329	1339	1341	1349	1355	1359	1402	1409	1415
Maryland.....	1320			1330	1340		1350		1400		1410	
Forest Gate.....	1322			1332	1342		1352		1402		1412	
Manor Park.....	1324			1334	1344		1354		1404		1414	
Iford.....	1327			1337	1347		1357		1407		1417	
Seven Kings.....	1330			1340	1350		1400		1410		1420	
Goodmayes.....	1332			1342	1352		1402		1412		1422	
Chadwell Heath.....	1334			1344	1354		1404		1414		1424	
Romford.....	1337			1347	1357	1349	1407		1417		1427	1423
Gidea Park.....	1341			1351	1401		1411		1421		1431	
Harold Wood.....	1344			1354	1404		1414		1424		1434	
Brentwood.....	1348			1358	1408		1418		1428		1438	
Shenfield.....a	1353	1339	1341	1403	1413	1400	1423	1412	1433	1419	1443	1433

	1412	1415	1418	1422	1432	1434	1442	1448	1452	1455	1502	1508
London Liverpool St. ...d	1412	1415	1418	1422	1432	1434	1442	1448	1452	1455	1502	1508
Stratford 	1419	1422	1425	1429	1439	1441	1449	1455	1459	1502	1509	1515
Maryland.....	1420			1430	1440		1450		1500		1510	
Forest Gate.....	1422			1432	1442		1452		1502		1512	
Manor Park.....	1424			1434	1444		1454		1504		1514	
Iford.....	1427			1437	1447		1457		1507		1517	
Seven Kings.....	1430			1440	1450		1500		1510		1520	
Goodmayes.....	1432			1442	1452		1502		1512		1522	
Chadwell Heath.....	1434			1444	1454		1504		1514		1524	
Romford.....	1437			1447	1457	1449	1507		1517		1527	1523
Gidea Park.....	1441			1451	1501		1511		1521		1531	
Harold Wood.....	1444			1454	1504		1514		1524		1534	
Brentwood.....	1448			1458	1508		1518		1528		1538	
Shenfield.....a	1453	1439	1441	1503	1513	1500	1523	1512	1533	1519	1543	1533

	1512	1515	1518	1522	1532	1534	1542	1548	1552	1555	1602	
London Liverpool St. ...d	1512	1515	1518	1522	1532	1534	1542	1548	1552	1555	1602	
Stratford 	1519	1522	1525	1529	1539	1541	1549	1555	1559	1602	1609	
Maryland.....	1520			1530	1540		1550		1600		1610	
Forest Gate.....	1522			1532	1542		1552		1602		1612	
Manor Park.....	1524			1534	1544		1554		1604		1614	
Iford.....	1527			1537	1547		1557		1607		1617	
Seven Kings.....	1530			1540	1550		1600		1610		1620	
Goodmayes.....	1532			1542	1552		1602		1612		1622	
Chadwell Heath.....	1534			1544	1554		1604		1614		1624	
Romford.....	1537			1547	1557	1549	1607		1617		1627	
Gidea Park.....	1541			1551	1601		1611		1621		1631	
Harold Wood.....	1544			1554	1604		1614		1624		1634	
Brentwood.....	1548			1558	1608		1618		1628		1638	
Shenfield.....a	1553	1539	1541	1603	1554	1613	1600	1623	1612	1633	1619	1645

	1602	1610	1612	1617	1622	1625	1632	1636	1640	1642	1646	1647
London Liverpool St. ...d	1602	1610	1612	1617	1622	1625	1632	1636	1640	1642	1646	1647
Stratford 	1610	1618	1619	1625	1629	1633	1639	1648	1649	1653	1655	
Maryland.....			1620		1630		1640		1650			
Forest Gate.....			1622		1632		1642		1652			
Manor Park.....			1624		1634		1644		1654			
Iford.....			1627		1637		1647		1655	1702		
Seven Kings.....			1630		1640		1650		1658			
Goodmayes.....			1632		1642		1652		1700			
Chadwell Heath.....			1634		1644		1654		1702	1706		
Romford.....			1637		1647		1657		1706	1710		
Gidea Park.....			1641		1651		1701		1711	1714		
Harold Wood.....			1644		1654		1704		1714	1717		
Brentwood.....			1648		1658		1708		1721			
Shenfield.....a	1625	1634	1655	1640	1705	1650	1715	1657	1704		1729	1710

mondays to fridays

	1652	1655	1656	1702	1704	1706	1708	1712	1716	1717
London Liverpool St. ...d	1652	1655	1656	1702	1704	1706	1708	1712	1716	1717
Stratford 	1659	1703	1703	1709	1712	1713	1716	1719	1720	1723
Maryland.....			1705			1715				1725
Forest Gate.....			1707			1717				1727
Manor Park.....			1709			1719				1729
Iford.....	1705		1712		1715	1722		1725		1732
Seven Kings.....	1708				1718			1728		
Goodmayes.....	1710				1720			1730		
Chadwell Heath.....	1712		1716		1722		1726	1732		1736
Romford.....	1716		1720		1726		1730	1736		1740
Gidea Park.....	1721		1724		1731		1734	1741		1744
Harold Wood.....			1727				1737			1747
Brentwood.....			1731				1741			1751
Shenfield.....a		1720	1739	1724		1729	1749		1759	1741

	1722	1722	1726	1726	1732	1732	1734	1736	1738	1739	1742	1742
London Liverpool St. ...d	1722	1722	1726	1726	1732	1732	1734	1736	1738	1739	1742	1742
Stratford 		1729	1734	1733		1739	1742	1743	1746	1746	1749	1750
Maryland.....				1735				1745				
Forest Gate.....				1737		1742					1752	
Manor Park.....				1739						1750		
Iford.....		1735		1742		1746		1750		1753	1756	
Seven Kings.....		1738				1749		1752		1756	1759	
Goodmayes.....		1740				1751		1754		1758	1801	
Chadwell Heath.....		1742		1746		1753		1756		1800	1803	
Romford.....		1746		1750		1757		1800		1804	1807	
Gidea Park.....		1751		1754		1802		1804		1809	1811	
Harold Wood.....				1757				1807			1814	
Brentwood.....				1801				1811			1818	
Shenfield.....a	1744		1751	1809	1754		1759	1819			1824	

	1745	1746	1749	1752	1752	1756	1756	1802	1802	1804	1806	1808
London Liverpool St. ...d	1745	1746	1749	1752	1752	1756	1756	1802	1802	1804	1806	1808
Stratford 	1753	1753	1756		1759		1803	1809	1810	1813	1813	1816
Maryland.....		1755					1805				1815	
Forest Gate.....					1802		1807				1817	
Manor Park.....			1800				1809				1819	
Iford.....		1800	1803		1806		1812	1815			1822	
Seven Kings.....		1802	1806		1809			1818				
Goodmayes.....		1804	1808		1811			1820				
Chadwell Heath.....		1806	1810		1813		1816	1822			1826	
Romford.....		1810	1814		1817		1820	1826			1830	
Gidea Park.....		1814	1819		1821		1824	1831			1834	
Harold Wood.....		1817			1824		1827				1837	
Brentwood.....		1821			1828		1831				1841	
Shenfield.....a	1810	1829		1814	1834	1821	1839			1829	1849	

	1812	1812	1815	1816	1822	1822	1825	1826	1832	1832	1835	1838
London Liverpool St. ...d	1812	1812	1815	1816	1822	1822	1825	1826	1832	1832	1835	1838

London Liverpool Street to Shenfield

London Liverpool Street to Shenfield



mondays to fridays

	1842	1842	1845	1848	1852	1855	1902	1908	1912	1915	1918
London Liverpool St. Θ ...d	1842	1842	1845	1848	1852	1855	1902	1908	1912	1915	1918
Stratford Θ DLR	1850	1849	1853		1859	1903	1909	1909	1915	1919	1922
Maryland		1850			1900		1910	1920			
Forest Gate		1852			1902		1912	1922			
Manor Park		1854			1904		1914	1924			
Ilford		1857			1907		1917	1927			
Seven Kings		1900			1910		1920	1930			
Goodmayes		1902			1912		1922	1932			
Chadwell Heath		1904			1914		1924	1934			
Romford		1907			1917		1927	1937			
Gidea Park		1911			1921		1931	1941			
Harold Wood		1914			1924		1934	1944			
Brentwood		1918			1928		1938	1948			
Shenfield	a	1925	1910	1911	1935	1920	1925	1943	1931	1953	1939

	1922	1932	1934	1938	1942	1948	1952	1955	2002	2008	2012	2015
London Liverpool St. Θ ...d	1922	1932	1934	1938	1942	1948	1952	1955	2002	2008	2012	2015
Stratford Θ DLR	1929	1939	1941	1945	1949	1955	1959	2003	2009	2015	2019	2022
Maryland	1930	1940			1950		2000		2010		2020	
Forest Gate	1932	1942			1952		2002		2012		2022	
Manor Park	1934	1944			1954		2004		2014		2024	
Ilford	1937	1947			1957		2007		2017		2027	
Seven Kings	1940	1950			2000		2010		2020		2030	
Goodmayes	1942	1952			2002		2012		2022		2032	
Chadwell Heath	1944	1954			2004		2014		2024		2034	
Romford	1947	1957	1949		2007		2017		2027		2037	
Gidea Park	1951	2001			2011		2021		2031		2041	
Harold Wood	1954	2004			2014		2024		2034		2044	
Brentwood	1958	2008			2018		2028		2038		2048	
Shenfield	a	2003	2013	2000	2001	2023	2012	2033	2020	2043	2031	2053

	2018	2022	2032	2034	2038	2042	2048	2052	2055	2102	2108	2112
London Liverpool St. Θ ...d	2018	2022	2032	2034	2038	2042	2048	2052	2055	2102	2108	2112
Stratford Θ DLR	2025	2029	2039	2041	2045	2049	2055	2059	2102	2109	2115	2119
Maryland		2030	2040			2050		2100		2110		2120
Forest Gate		2032	2042			2052		2102		2112		2122
Manor Park		2034	2044			2054		2104		2114		2124
Ilford		2037	2047			2057		2107		2117		2127
Seven Kings		2040	2050			2100		2110		2120		2130
Goodmayes		2042	2052			2102		2112		2122		2132
Chadwell Heath		2044	2054			2104		2114		2124		2134
Romford		2047	2057	2049		2107		2117		2127	2123	2137
Gidea Park		2051	2101			2111		2121		2131		2141
Harold Wood		2054	2104			2114		2124		2134		2144
Brentwood		2058	2108			2118		2128		2138		2148
Shenfield	a	2041	2103	2113	2100	2101	2123	2112	2133	2119	2143	2133

	2115	2118	2122	2132	2134	2142	2148	2152	2155	2200	2207	2215
London Liverpool St. Θ ...d	2115	2118	2122	2132	2134	2142	2148	2152	2155	2200	2207	2215
Stratford Θ DLR	2122	2125	2129	2139	2141	2149	2155	2159	2202		2214	2222
Maryland			2130	2140		2150		2200			2215	
Forest Gate			2132	2142		2152		2202			2217	
Manor Park			2134	2144		2154		2204			2219	
Ilford			2137	2147		2157		2207			2222	
Seven Kings			2140	2150		2200		2210			2225	
Goodmayes			2142	2152		2202		2212			2227	
Chadwell Heath			2144	2154		2204		2214			2229	
Romford			2147	2157	2149	2207		2217			2232	
Gidea Park			2151	2201		2211		2221			2236	
Harold Wood			2154	2204		2214		2224			2239	
Brentwood			2158	2208		2218		2228			2243	
Shenfield	a	2139	2141	2203	2213	2200	2223	2212	2233	2219	2222	2248

mondays to fridays

	2218	2222	2237	2245	2248	2252	2300	2307	2315	2318	2322	2337
London Liverpool St. Θ ...d	2218	2222	2237	2245	2248	2252	2300	2307	2315	2318	2322	2337
Stratford Θ DLR	2225	2229	2244	2252	2255	2259	2307	2314	2322	2325	2329	2344
Maryland		2230	2245			2300		2315			2330	2345
Forest Gate		2232	2247			2302		2317			2332	2347
Manor Park		2234	2249			2304		2319			2334	2349
Ilford		2237	2252			2307		2322			2337	2352
Seven Kings		2240	2255			2310		2325			2340	2355
Goodmayes		2242	2257			2312		2327			2342	2357
Chadwell Heath		2244	2259			2314		2329			2344	2359
Romford		2247	2302			2317		2332			2347	0002
Gidea Park		2251	2306			2321		2336			2351	0006
Harold Wood		2254	2309			2324		2339			2354	0009
Brentwood		2258	2313			2328		2343			2358	0013
Shenfield	a	2241	2303	2318	2309	2312	2333	2323	2348	2339	2341	0003

	2345	2348	2352	0002	0015	0018	0022	0032	0048	0050	0055
London Liverpool St. Θ ...d	2345	2348	2352	0002	0015	0018	0022	0032	0048	0050	0055
Stratford Θ DLR	2352	2355	2358	0009	0022	0025	0029	0039	0055	0057	0102
Maryland			2359	0010			0030	0040			0103
Forest Gate			0002	0012			0032	0042			0105
Manor Park			0004	0014			0034	0044			0107
Ilford			0007	0017			0037	0047			0110
Seven Kings			0010	0020			0040	0050			0113
Goodmayes			0012	0022			0042	0052			0115
Chadwell Heath			0014	0024			0044	0054			0117
Romford			0017	0027	0032		0047	0057		0108	0120
Gidea Park			0021	0031			0051	0101	0107		0124
Harold Wood			0024				0054				0127
Brentwood			0028				0058				0131
Shenfield	a	0009	0012	0033		0044	0046	0103		0117	0120

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London Liverpool Street to Shenfield

London Liverpool Street to Shenfield



saturdays

London Liverpool St. ④...d	0526	0530	0542	0600	0604	0612	0618	0634	0642	0648	0655	0702
Stratford ④ ⑤...a	0533	0537	0549	0607	0611	0619	0625	0641	0649	0655	0702	0709
Maryland.....			0550			0620			0650			0710
Forest Gate.....			0552			0622			0652			0712
Manor Park.....			0554			0624			0654			0714
Ilford.....	0538		0557			0627			0657			0717
Seven Kings.....	0540		0600			0630			0700			0720
Goodmayes.....			0602			0632			0702			0722
Chadwell Heath.....			0604			0634			0704			0724
Romford.....	0546	0545	0607	0615		0637	0649	0707				0727
Gidea Park.....	0549		0611			0641			0711			0731
Harold Wood.....	0552		0614			0644			0714			0734
Brentwood.....	0557		0618			0648			0718			0738
Shenfield.....a	0602	0555	0623	0625	0630	0653	0641	0700	0723	0712	0719	0743

London Liverpool St. ④...d	0708	0712	0715	0718	0722	0732	0734	0742	0748	0752	0755	
Stratford ④ ⑤...a	0715	0719	0722	0725	0729	0739	0741	0749	0755	0759	0802	
Maryland.....		0720			0730	0740		0750	0800			and
Forest Gate.....		0722			0732	0742		0752	0802			at
Manor Park.....		0724			0734	0744		0754	0804			the
Ilford.....		0727			0737	0747		0757	0807			same
Seven Kings.....		0730			0740	0750		0800	0810			mins
Goodmayes.....		0732			0742	0752		0802	0812			past
Chadwell Heath.....		0734			0744	0754		0804	0814			each
Romford.....	0723	0737			0747	0757	0749	0807	0817			hour
Gidea Park.....		0741			0751	0801		0811	0821			until
Harold Wood.....		0744			0754	0804		0814	0824			
Brentwood.....		0748			0758	0808		0818	0828			
Shenfield.....a	0733	0753	0739	0741	0803	0813	0800	0823	0812	0833	0819	

London Liverpool St. ④...d	1602	1608	1612	1615	1618	1622	1632	1634	1642	1648	1652	1655
Stratford ④ ⑤...a	1609	1615	1619	1622	1625	1629	1639	1641	1649	1655	1659	1702
Maryland.....	1610		1620			1630	1640		1650		1700	
Forest Gate.....	1612		1622			1632	1642		1652		1702	
Manor Park.....	1614		1624			1634	1644		1654		1704	
Ilford.....	1617		1627			1637	1647		1657		1707	
Seven Kings.....	1620		1630			1640	1650		1700		1710	
Goodmayes.....	1622		1632			1642	1652		1702		1712	
Chadwell Heath.....	1624		1634			1644	1654		1704		1714	
Romford.....	1627	1623	1637			1647	1657	1649	1707		1717	
Gidea Park.....	1631		1641			1651	1701		1711		1721	
Harold Wood.....	1634		1644			1654	1704		1714		1724	
Brentwood.....	1638		1648			1658	1708		1718		1728	
Shenfield.....a	1643	1633	1653	1639	1641	1703	1713	1700	1723	1712	1733	1719

London Liverpool St. ④...d	1702	1702	1708	1712	1715	1718	1722	1732	1734	1742	1748	1752
Stratford ④ ⑤...a		1709	1715	1719	1722	1725	1729	1739	1741	1749	1755	1759
Maryland.....		1710		1720			1730	1740		1750		1800
Forest Gate.....		1712		1722			1732	1742		1752		1802
Manor Park.....		1714		1724			1734	1744		1754		1804
Ilford.....		1717		1727			1737	1747		1757		1807
Seven Kings.....		1720		1730			1740	1750		1800		1810
Goodmayes.....		1722		1732			1742	1752		1802		1812
Chadwell Heath.....		1724		1734			1744	1754		1804		1814
Romford.....		1727	1723	1737			1747	1757	1749	1807		1817
Gidea Park.....		1731		1741			1751	1801		1811		1821
Harold Wood.....		1734		1744			1754	1804		1814		1824
Brentwood.....		1738		1748			1758	1808		1818		1828
Shenfield.....a	1725	1743	1733	1753	1739	1741	1803	1813	1800	1823	1812	1833

saturdays

London Liverpool St. ④...d	1755	1802	1808	1812	1815	1818	1822	1832	1834	1842	1848	1852
Stratford ④ ⑤...a	1802	1809	1815	1819	1822	1825	1829	1839	1841	1849	1855	1859
Maryland.....		1810		1820			1830	1840		1850		1900
Forest Gate.....		1812		1822			1832	1842		1852		1902
Manor Park.....		1814		1824			1834	1844		1854		1904
Ilford.....		1817		1827			1837	1847		1857		1907
Seven Kings.....		1820		1830			1840	1850		1900		1910
Goodmayes.....		1822		1832			1842	1852		1902		1912
Chadwell Heath.....		1824		1834			1844	1854		1904		1914
Romford.....	1827	1823	1837				1847	1857	1849	1907		1917
Gidea Park.....		1831		1841			1851	1901		1911		1921
Harold Wood.....		1834		1844			1854	1904		1914		1924
Brentwood.....		1838		1848			1858	1908		1918		1928
Shenfield.....a	1819	1843	1833	1853	1839	1841	1903	1913	1900	1923	1912	1933

London Liverpool St. ④...d	1855	1902	1908	1912	1915	1918	1922	1932	1934	1942	1948	1952
Stratford ④ ⑤...a	1902	1909	1915	1919	1922	1925	1929	1939	1941	1949	1955	1959
Maryland.....		1910		1920			1930	1940		1950		2000
Forest Gate.....		1912		1922			1932	1942		1952		2002
Manor Park.....		1914		1924			1934	1944		1954		2004
Ilford.....		1917		1927			1937	1947		1957		2007
Seven Kings.....		1920		1930			1940	1950		2000		2010
Goodmayes.....		1922		1932			1942	1952		2002		2012
Chadwell Heath.....		1924		1934			1944	1954		2004		2014
Romford.....	1927	1923	1937				1947	1957	1949	2007		2017
Gidea Park.....		1931		1941			1951	2001		2011		2021
Harold Wood.....		1934		1944			1954	2004		2014		2024
Brentwood.....		1938		1948			1958	2008		2018		2028
Shenfield.....a	1919	1943	1933	1953	1939	1941	2003	2013	2000	2023	2012	2033

London Liverpool St. ④...d	1955	2002	2008	2012	2015	2018	2022	2032	2034	2038	2042	2048
Stratford ④ ⑤...a	2002	2009	2015	2019	2022	2025	2029	2039	2041		2049	2055
Maryland.....		2010		2020			2030	2040			2050	
Forest Gate.....		2012		2022			2032	2042			2052	
Manor Park.....		2014		2024			2034	2044			2054	
Ilford.....		2017		2027			2037	2047			2057	
Seven Kings.....		2020		2030			2040	2050			2100	
Goodmayes.....		2022		2032			2042	2052			2102	
Chadwell Heath.....		2024		2034			2044	2054			2104	
Romford.....	2027	2023	2037				2047	2057	2049		2107	
Gidea Park.....		2031		2041			2051	2101			2111	
Harold Wood.....		2034		2044			2054	2104			2114	
Brentwood.....		2038		2048			2058	2108			2118	
Shenfield.....a	2019	2043	2033	2053	2039	2041	2103	2113	2059	2102	2123	2112

London Liverpool St. ④...d	2052	2055	2107	2108	2115	2118	2122	2137	2145	2148	2152	2200
Stratford ④ ⑤...a	2059	2102	2114	2115	2122	2125	2129	2144	2152	2155	2159	
Maryland.....		2100		2115			2130	2145			2200	
Forest Gate.....		2102		2117			2132	2147			2202	
Manor Park.....		2104		2119			2134	2149			2204	
Ilford.....		2107		2122			2137	2152			2207	
Seven Kings.....		2110		2125			2140	2155			2210	
Goodmayes.....		2112		2127			2142	2157			2212	
Chadwell Heath.....		2114		2129			2144	2159			2214	
Romford.....		2117	2132	2123			2147	2202			2217	
Gidea Park.....		2121		2136			2151	2206			2221	
Harold Wood.....		2124		2139			2154	2209			2224	
Brentwood.....		2128		2143			2158	2213			2228	
Shenfield.....a	2133	2119	2148	2133	2139	2141	2203	2218	2209	2212	2233	2222

London Liverpool Street to Shenfield

London Liverpool Street to Shenfield



saturdays

	0	0	0	0	0	0	0	0	0			
London Liverpool St.	2207	2215	2218	2222	2237	2245	2248	2252	2300	2307	2315	2318
Stratford	2214	2222	2225	2229	2244	2252	2255	2259	2307	2314	2322	2325
Maryland.....	2215			2230	2245			2300		2315		
Forest Gate.....	2217			2232	2247			2302		2317		
Manor Park.....	2219			2234	2249			2304		2319		
Ilford.....	2222			2237	2252			2307		2322		
Seven Kings.....	2225			2240	2255			2310		2325		
Goodmayes.....	2227			2242	2257			2312		2327		
Chadwell Heath.....	2229			2244	2259			2314		2329		
Romford.....	2232			2247	2302			2317		2332		
Gidea Park.....	2236			2251	2306			2321		2336		
Harold Wood.....	2239			2254	2309			2324		2339		
Brentwood.....	2243			2258	2313			2328		2343		
Shenfield.....a	2248	2239	2241	2303	2318	2309	2312	2333	2323	2348	2339	2341

	0	0	0	0	0	0	0	0	0			
London Liverpool St.	2322	2337	2345	2348	2352	0002	0015	0018	0022	0032	0050	0055
Stratford	2329	2344	2352	2355	2358	0009	0022	0025	0029	0039	0057	0102
Maryland.....	2330	2345			2359	0010			0030	0040		0103
Forest Gate.....	2332	2347			0002	0012			0032	0042		0105
Manor Park.....	2334	2349			0004	0014			0034	0044		0107
Ilford.....	2337	2352			0007	0017			0037	0047		0110
Seven Kings.....	2340	2355			0010	0020			0040	0050		0113
Goodmayes.....	2342	2357			0012	0022			0042	0052		0115
Chadwell Heath.....	2344	2359			0014	0024			0044	0054		0117
Romford.....	2347	0002			0017	0027	0032		0047	0057	0108	0120
Gidea Park.....	2351	0006			0021	0031			0051	0101		0124
Harold Wood.....	2354	0009			0024				0054			0127
Brentwood.....	2358	0013			0028				0058			0131
Shenfield.....a	0003	0018	0009	0011	0033		0044	0046	0103		0120	0136

sundays

	0	0	0	0	0	0	0	0	0				
London Liverpool St.	0635	0705	0715	0735	0745	0802	0805	0815	0818	0832	0835	0845	
Stratford	0642	0712	0722	0742	0752	0809	0812	0822	0825	0839	0842	0852	
Maryland.....	0643	0713		0743			0813					0843	
Forest Gate.....	0645	0715		0745			0815					0845	
Manor Park.....	0647	0717		0747			0817					0847	
Ilford.....	0650	0720		0750			0820					0850	
Seven Kings.....	0653	0723		0753			0823					0853	
Goodmayes.....	0655	0725		0755			0825					0855	
Chadwell Heath.....	0657	0727		0757			0827					0857	
Romford.....	0700	0730	0733	0800	0803		0830	0833				0900	0903
Gidea Park.....	0704	0734	0737	0804	0807		0834	0837				0904	0907
Harold Wood.....	0707	0737	0740	0807	0810		0837	0840				0907	0910
Brentwood.....	0711	0741	0744	0811	0814		0841	0844				0911	0914
Shenfield.....a	0716	0746	0750	0816	0820	0830	0846	0849	0851	0900	0916	0920	

	0	0	0	0	0	0	0	0	0			
London Liverpool St.	0847	0902	0905	0915	0917	0932	0935	0945	0947		1602	1605
Stratford	0854	0909	0912	0922	0924	0939	0942	0952	0954		1609	1612
Maryland.....			0913				0943			and		1613
Forest Gate.....			0915		0927		0945		0957	at		1615
Manor Park.....			0917		0929		0947		0959	the		1617
Ilford.....			0920		0932		0950		1002	same		1620
Seven Kings.....			0923		0934		0953		1004	mins		1623
Goodmayes.....			0925		0936		0955		1006	past		1625
Chadwell Heath.....			0927		0938		0957		1008	each		1627
Romford.....			0930	0933	0942		1000	1003	1012	hour		1630
Gidea Park.....			0934	0937	0945		1004	1007	1015	until		1634
Harold Wood.....			0937	0940			1007	1010				1637
Brentwood.....			0941	0944			1011	1014				1641
Shenfield.....a		0930	0946	0950		1000	1016	1020			1630	1646

	0	0	0	0	0	0	0	0	0			
London Liverpool St.	1615	1617	1632	1635	1645	1647	1700	1702	1705	1717	1717	1732
Stratford	1622	1624	1639	1642	1652	1654		1709	1712	1722	1724	1739
Maryland.....				1643						1713		
Forest Gate.....			1627	1645		1657				1715		1727
Manor Park.....			1629	1647		1659				1717		1729
Ilford.....			1632	1650		1702				1720		1732
Seven Kings.....			1634	1653		1704				1723		1734
Goodmayes.....			1636	1655		1706				1725		1736
Chadwell Heath.....			1638	1657		1708				1727		1738
Romford.....	1633	1642		1700	1703	1712				1730	1733	1742
Gidea Park.....	1637	1645		1704	1707	1715				1734	1737	1745
Harold Wood.....	1640			1707	1710					1737	1740	
Brentwood.....	1644			1711	1714					1741	1744	
Shenfield.....a	1650	1700	1716	1720			1727	1730	1746	1750		1800

	0	0	0	0	0	0	0	0	0			
London Liverpool St.	1735	1745	1747	1802	1805	1815	1817	1832	1835	1845	1847	1902
Stratford	1742	1752	1754	1809	1812	1822	1824	1839	1842	1852	1854	1909
Maryland.....	1743				1813					1843		
Forest Gate.....	1745		1757		1815		1827		1845		1857	
Manor Park.....	1747		1759		1817		1829		1847		1859	
Ilford.....	1750		1802		1820		1832		1850		1902	
Seven Kings.....	1753		1804		1823		1834		1853		1904	
Goodmayes.....	1755		1806		1825		1836		1855		1906	
Chadwell Heath.....	1757		1808		1827		1838		1857		1908	
Romford.....	1800	1803	1812		1830	1833	1842		1900	1903	1912	
Gidea Park.....	1804	1807	1815		1834	1837	1845		1904	1907	1915	
Harold Wood.....	1807	1810			1837	1840			1907	1910		
Brentwood.....	1811	1814			1841	1844			1911	1914		
Shenfield.....a	1816	1820		1830	1846	1850		1900	1916	1920		1930

For real time train running information call

020 7247 5488



London Liverpool Street to Shenfield

Shenfield to London Liverpool Street



sundays

	1905	1915	1917	1932	1935	1945	1947	2002	2005	2015	2017	2032
London Liverpool St. \ominus ..d	1905	1915	1917	1932	1935	1945	1947	2002	2005	2015	2017	2032
Stratford \ominus BLS	1912	1922	1924	1939	1942	1952	1954	2009	2012	2022	2024	2039
Maryland	1913			1943				2013				
Forest Gate	1915	1927	1945		1957			2015		2027		
Manor Park	1917	1929	1947	1959				2017		2029		
Ilford	1920	1932	1950	2002				2020		2032		
Seven Kings	1923	1934	1953	2004				2023		2034		
Goodmayes	1925	1936	1955	2006				2025		2036		
Chadwell Heath	1927	1938	1957	2008				2027		2038		
Romford	1930	1933	1942	2000	2003	2012		2030	2033	2042		
Gidea Park	1934	1937	1945	2004	2007	2015		2034	2037	2045		
Harold Wood	1937	1940		2007	2010			2037	2040			
Brentwood	1941	1944		2011	2014			2041	2044			
Shenfield	1946	1950		2000				2030	2046	2050		2100

	2035	2045	2047	2102	2105	2115	2117	2132	2135	2145	2147	2202
London Liverpool St. \ominus ..d	2035	2045	2047	2102	2105	2115	2117	2132	2135	2145	2147	2202
Stratford \ominus BLS	2042	2052	2054	2109	2112	2122	2124	2139	2142	2152	2154	2209
Maryland	2043			2113				2143				
Forest Gate	2045	2057	2115		2127			2145		2157		
Manor Park	2047	2059	2117	2129				2147		2159		
Ilford	2050	2102	2120	2132				2150		2202		
Seven Kings	2053	2104	2123	2134				2153		2204		
Goodmayes	2055	2106	2125	2136				2155		2206		
Chadwell Heath	2057	2108	2127	2138				2157		2208		
Romford	2100	2103	2112	2130	2133	2142		2200	2203	2212		
Gidea Park	2104	2107	2115	2134	2137	2145		2204	2207	2215		
Harold Wood	2107	2110		2137	2140			2207	2210			
Brentwood	2111	2114		2141	2144			2211	2214			
Shenfield	2116	2120		2130	2146	2150		2200	2216	2220		2230

	2205	2215	2217	2232	2235	2245	2302	2305	2315	2332	2335	2345
London Liverpool St. \ominus ..d	2205	2215	2217	2232	2235	2245	2302	2305	2315	2332	2335	2345
Stratford \ominus BLS	2212	2222	2224	2239	2242	2252	2309	2312	2322	2339	2342	2352
Maryland	2213			2243				2313		2343		
Forest Gate	2215	2227	2245		2315			2345				
Manor Park	2217	2229	2247		2317			2347				
Ilford	2220	2232	2250		2320			2350				
Seven Kings	2223	2234	2253		2323			2353				
Goodmayes	2225	2236	2255		2325			2355				
Chadwell Heath	2227	2238	2257		2327			2357				
Romford	2230	2233	2242	2300	2303	2330	2333	2359	0003			
Gidea Park	2234	2237	2245	2304	2307	2334	2337	0004	0007			
Harold Wood	2237	2240		2307	2310	2337	2340	0007	0010			
Brentwood	2241	2244		2311	2314	2341	2344	0011	0014			
Shenfield	2246	2250		2300	2316	2320	2330	2346	2350	0001	0016	0020

	0002	0005	0015	0035	0045	0055
London Liverpool St. \ominus ..d	0002	0005	0015	0035	0045	0055
Stratford \ominus BLS	0009	0012	0022	0042	0052	0102
Maryland		0013		0043		0103
Forest Gate		0015		0045		0105
Manor Park		0017		0047		0107
Ilford		0020		0050		0110
Seven Kings		0023		0053		0113
Goodmayes		0025		0055		0115
Chadwell Heath		0027		0057		0117
Romford		0030	0033	0100	0103	0120
Gidea Park		0034	0037	0104	0107	0124
Harold Wood			0040		0110	0127
Brentwood			0044		0114	0131
Shenfield		0030	0050		0120	0136

mondays to fridays

	0439	0509	0526	0529	0538	0544	0558	0602	0604			
Shenfield	0439	0509	0526	0529	0538	0544	0558	0602	0604			
Brentwood	0442	0512		0532		0547			0607			
Harold Wood	0447	0517		0537		0552			0612			
Gidea Park	0451	0521	0533	0541		0556		0606	0616			
Romford	0453	0523		0543		0558		0608	0618			
Chadwell Heath	0457	0527		0547		0602		0612	0622			
Goodmayes	0459	0529		0549		0604		0614	0624			
Seven Kings	0501	0531	0538	0551		0606		0616	0626			
Ilford	0504	0509	0534	0539	0554	0609		0619	0629			
Manor Park		0511		0541	0556	0611		0621	0631			
Forest Gate		0513		0543	0558	0613		0623	0633			
Maryland		0515		0545	0600	0615		0625	0635			
Stratford \ominus BLS	0509	0517	0539	0544	0547	0602	05s52	0617	06s15	06s18	0627	0637
London Liverpool St. \ominus ..a	0517	0525	0547	0557	0555	0610	0601	0625	0624	0627	0635	0645

	0614	0618	0624	0626	0633	0634	0639	0644	0648	0654		
Shenfield	0614	0618	0624	0626	0633	0634	0639	0644	0648	0654		
Brentwood	0617		0627		0637			0647				
Harold Wood	0622		0632		0642			0652				
Gidea Park	0626		0636		0646		0649	0656		0659		
Romford	0628		0638		0648		0651	0658		0701		
Chadwell Heath	0632		0642		0652		0655	0702		0705		
Goodmayes	0634		0644				0657			0707		
Seven Kings	0636		0646				0659			0709		
Ilford	0639		0649		0657		0702	0707		0712		
Manor Park	0641		0651				0705			0715		
Forest Gate	0643		0653				0707			0717		
Maryland	0645		0655				0709			0719		
Stratford \ominus BLS	0647	06s32	0657	06s40	06s47	0703	06s56	0711	0714	07s05	07s11	0721
London Liverpool St. \ominus ..a	0655	0641	0707	0649	0656	0713	0707	0721	0724	0716	0723	0731

	0654	0701	0704	0706	0713	0716	0716	0720	0728			
Shenfield	0654	0701	0704	0706	0713	0716	0716	0720	0728			
Brentwood	0657		0707					0719				
Harold Wood	0702		0712					0724				
Gidea Park	0706		0709	0716			0722	0728	0734			
Romford	0708		0711	0718			0724	0730	0736			
Chadwell Heath	0712		0715	0722			0728	0734	0740			
Goodmayes			0717	0724			0730	0736	0742			
Seven Kings			0719	0726			0732	0738	0744			
Ilford	0717		0722	0729			0735	0741	0747			
Manor Park			0725				0738		0750			
Forest Gate			0727				0740		0752			
Maryland			0729				0742		0754			
Stratford \ominus BLS	0724	07s18	0731	0735	07s30	07s33	0744	0747	07s45	0756		
London Liverpool St. \ominus ..a	0734	0729	0741	0745	0733	0741	0744	0754	0757	0746	0757	0806

	0728	0732	0734	0738	0742	0744	0750	0750	0756	
Shenfield	0728	0732	0734	0738	0742	0744	0750	0750	0756	
Brentwood	0731		0737			0747		0753	0759	
Harold Wood	0736		0742			0752		0758	0804	
Gidea Park	0740		0746		0749	0756	0759	0802	0805	0809
Romford	0742		0748		0751	0758	0801	0804	0807	0811
Chadwell Heath	0746		0752		0755	0802	0805	0808	0811	0815
Goodmayes	0748		0754		0757	0804	0807	0810	0813	0817
Seven Kings	0750		0756		0759	0806	0809	0812	0815	0819
Ilford	0753				0802	0809	0812	0815	0818	0822
Manor Park						0805			0821	
Forest Gate						0807			0823	
Maryland										

Shenfield to London Liverpool Street

Shenfield to London Liverpool Street



mondays to fridays

	0758	0800	0802	0806	0808			0810	0813	0820	
Shenfield.....d											
Brentwood		0803						0813			
Harold Wood.....		0808						0818			
Gidea Park.....		0812				0815	0819	0822			0829
Romford.....		0814				0817	0821	0824			0831
Chadwell Heath		0818				0821	0825	0828			0835
Goodmayes.....		0820				0823	0827	0830			0837
Seven Kings.....		0822				0825	0829	0832			0839
Ilford.....		0825				0828	0832	0835			0838 0842
Manor Park.....						0831					0841
Forest Gate.....						0833					0843
Maryland.....						0835					0845
Stratford ④ DL3	08s15	0833				08s25	0837	0840	0843	08s30	0847 0850
London Liverpool St. ④...a	0826	0843	0828	0832	0836	0847	0850	0853	0844	0848	0857 0900

	0820	0826	0832			0834	0836	0840	0844	0844	0852
Shenfield.....d											
Brentwood		0823				0837					0847
Harold Wood.....		0828				0842					0852
Gidea Park.....		0832			0839	0846					0856
Romford.....		0834			0841	0848			0852		0858
Chadwell Heath		0838			0845	0852					0902
Goodmayes.....		0840			0847	0854					0904
Seven Kings.....		0842			0849	0856					0906
Ilford.....		0845			0848	0852	0859			0902	0909
Manor Park.....					0851					0905	
Forest Gate.....					0853					0907	
Maryland.....					0855					0909	
Stratford ④ DL3	0853	08s44	08s49	0857	0900	0905			09s03	0911	0915 09s09
London Liverpool St. ④...a	0903	0856	0901	0907	0910	0915	0903	0906	0914	0921	0925 0920

	0854	0855	0859	0903	0904	0914	0919	0922	0924	0925	0934	0938
Shenfield.....d												
Brentwood		0857			0907	0917			0927		0937	
Harold Wood.....		0902			0912	0922			0932		0942	
Gidea Park.....		0906			0916	0926			0936		0946	
Romford.....		0908			0918	0928			0938		0948	
Chadwell Heath		0912			0922	0932			0942		0952	
Goodmayes.....		0914			0924	0934			0944		0954	
Seven Kings.....		0916			0926	0936			0946		0956	
Ilford.....		0919			0929	0939			0949		0959	
Manor Park.....		0921			0931	0941			0951		1001	
Forest Gate.....		0923			0933	0943			0953		1003	
Maryland.....		0925			0935	0945			0955		1005	
Stratford ④ DL3	0927		09s16	09s20	0937	0947	09s36	09s39	0957		1007	09s52
London Liverpool St. ④...a	0937	0922	0928	0931	0947	0957	0947	0950	1007	0952	1015	1003

	0940	0944	0954	0958	1002	1004	1010	1014	1018	1024	1034
Shenfield.....d											
Brentwood		0947			0957		1007		1017		1027 1037
Harold Wood.....		0952			1002		1012		1022		1032 1042
Gidea Park.....		0956			1006		1016		1026		1036 1046
Romford.....	0948	0958			1008		1018		1028	1026	1038 1048
Chadwell Heath		1002			1012		1022		1032		1042 1052
Goodmayes.....		1004			1014		1024		1034		1044 1054
Seven Kings.....		1006			1016		1026		1036		1046 1056
Ilford.....		1009			1019		1029		1039		1049 1059
Manor Park.....		1011			1021		1031		1041		1051 1101
Forest Gate.....		1013			1023		1033		1043		1053 1103
Maryland.....		1015			1025		1035		1045		1055 1105
Stratford ④ DL3	09s57	1017	10s08	1027	10s13	10s16	1037	10s24	1047	10s35	1057 1107
London Liverpool St. ④...a	1005	1025	1017	1035	1022	1025	1045	1033	1055	1044	1105 1115

mondays to fridays

	1038	1040	1044	1051	1054	1058	1104	1110	1114	1118	1124	1134
Shenfield.....d												
Brentwood			1047		1057		1107		1117		1127	1137
Harold Wood.....			1052		1102		1112		1122		1132	1142
Gidea Park.....			1056		1106		1116		1126		1136	1146
Romford.....			1058	1059	1108		1118		1128	1126	1138	1148
Chadwell Heath			1102		1112		1122		1132		1142	1152
Goodmayes.....			1104		1114		1124		1134		1144	1154
Seven Kings.....			1106		1116		1126		1136		1146	1156
Ilford.....			1109		1119		1129		1139		1149	1159
Manor Park.....			1111		1121		1131		1141		1151	1201
Forest Gate.....			1113		1123		1133		1143		1153	1203
Maryland.....			1115		1125		1135		1145		1155	1205
Stratford ④ DL3	10s52	10s55	1117	11s07	1127	11s12	1137	11s24	1147	11s34	1157	1207
London Liverpool St. ④...a	1101	1103	1125	1118	1135	1124	1145	1133	1155	1143	1205	1215

	1138	1140	1144	1146	1151	1154	1158	1204	1210	1214	1218	1224
Shenfield.....d												
Brentwood			1147		1157		1207		1217		1227	
Harold Wood.....			1152		1202		1212		1222		1232	
Gidea Park.....			1156		1206		1216		1226		1236	
Romford.....			1158	1159	1208		1218		1228	1226	1238	
Chadwell Heath			1202		1212		1222		1232		1242	
Goodmayes.....			1204		1214		1224		1234		1244	
Seven Kings.....			1206		1216		1226		1236		1246	
Ilford.....			1209		1219		1229		1239		1249	
Manor Park.....			1211		1221		1231		1241		1251	
Forest Gate.....			1213		1223		1233		1243		1253	
Maryland.....			1215		1225		1235		1245		1255	
Stratford ④ DL3	11s52	11s55	1217	12s02	12s07	1227	12s12	1237	12s24	1247	12s34	1257
London Liverpool St. ④...a	1201	1203	1225	1211	1216	1235	1221	1245	1233	1255	1243	1305

	1234	1238	1240	1244	1251	1254	1258	1304	1310	1314	1318	1324
Shenfield.....d												
Brentwood				1247		1257		1307		1317		1327
Harold Wood.....				1252		1302		1312		1322		1332
Gidea Park.....				1256		1306		1316		1326		1336
Romford.....				1258	1259	1308		1318		1328	1326	1338
Chadwell Heath				1302		1312		1322		1332		1342
Goodmayes.....				1304		1314		1324		1334		1344
Seven Kings.....				1306		1316		1326		1336		1346
Ilford.....				1309		1319		1329		1339		1349
Manor Park.....				1311		1321		1331		1341		1351
Forest Gate.....				1313		1323		1333		1343		1353
Maryland.....				1315		1325		1335		1345		1355
Stratford ④ DL3	1307	12s52	12s55	1317	13s07	1327	13s12	1337	13s24	1347	13s34	1357
London Liverpool St. ④...a	1315	1301	1303	1325	1316	1335	1321	1345	1333	1355	1343	1405

	1334	1338	1340	1344	1351	1354	1358	1404	1410	1414	1418	1424
Shenfield.....d												
Brentwood				1347		1357		1407		1417		1427
Harold Wood.....				1352		1402		1412		1422		1432
Gidea Park.....				1356		1406		1416		1426		1436
Romford.....				1358	1359	1408		1418		1428	1426	1438
Chadwell Heath				1402		1412		1422		1432		1442

Shenfield to London Liverpool Street

Shenfield to London Liverpool Street



mondays to fridays

	1434	1438	1440	1444	1451	1454	1458	1504	1510	1514	1518	1524
Shenfield.....d	1434	1438	1440	1444	1451	1454	1458	1504	1510	1514	1518	1524
Brentwood	1437			1447		1457		1507		1517		1527
Harold Wood.....	1442			1452		1502		1512		1522		1532
Gidea Park.....	1446			1456		1506		1516		1526		1536
Romford	1448			1458	1459	1508		1518		1528	1526	1538
Chadwell Heath	1452			1502		1512		1522		1532		1542
Goodmayes.....	1454			1504		1514		1524		1534		1544
Seven Kings.....	1456			1506		1516		1526		1536		1546
Iford	1459			1509		1519		1529		1539		1549
Manor Park.....	1501			1511		1521		1531		1541		1551
Forest Gate.....	1503			1513		1523		1533		1543		1553
Maryland	1505			1515		1525		1535		1545		1555
Stratford	1507	14s52	14s55	1517	15s07	1527	15s13	1537	15s24	1547	15s34	1557
London Liverpool St.a	1515	1501	1503	1525	1516	1535	1524	1545	1534	1555	1543	1605

	1534	1538	1540	1544	1551	1554	1558	1604	1612	1614	1618	1624
Shenfield.....d	1534	1538	1540	1544	1551	1554	1558	1604	1612	1614	1618	1624
Brentwood	1537			1547		1557		1607		1617		1627
Harold Wood.....	1542			1552		1602		1612		1622		1632
Gidea Park.....	1546			1556		1606		1616		1626		1636
Romford	1548			1558	1559	1608		1618		1628	1626	1638
Chadwell Heath	1552			1602		1612		1622		1632		1642
Goodmayes.....	1554			1604		1614		1624		1634		1644
Seven Kings.....	1556			1606		1616		1626		1636		1646
Iford	1559			1609		1619		1629		1639		1649
Manor Park.....	1601			1611		1621		1631		1641		1651
Forest Gate.....	1603			1613		1623		1633		1643		1653
Maryland	1605			1615		1625		1635		1645		1655
Stratford	1607	15s52	15s55	1617	16s07	1627	16s12	1637	16s26	1647	16s34	1657
London Liverpool St.a	1615	1601	1603	1625	1616	1635	1621	1645	1635	1655	1643	1705

	1625	1634	1638	1640	1644	1651	1653	1654	1704	1708	1712	
Shenfield.....d	1625	1634	1638	1640	1644	1651	1653	1654	1704	1708	1712	
Brentwood		1637			1647			1657	1707			
Harold Wood.....		1642			1652			1702	1712			
Gidea Park.....		1646			1656			1706	1716		1722	
Romford		1648		1648	1658			1708	1718		1724	
Chadwell Heath		1652			1702			1712	1722			
Goodmayes.....		1654			1704			1714	1724			
Seven Kings.....		1656			1706			1716	1726			
Iford		1659			1709			1719	1729		1731	
Manor Park.....		1701			1711			1721			1734	
Forest Gate.....		1703			1713			1723			1736	
Maryland		1705			1715			1725			1738	
Stratford	16s39	1707	16s52	16s56	1717	17s05	17s08	1727	1734		17s26	1740
London Liverpool St.a	1648	1715	1703	1705	1725	1715	1718	1735	1742	1730	1738	1748

	1714	1723	1724	1727	1734	1736	1738	1744	1746			
Shenfield.....d	1714	1723	1724	1727	1734	1736	1738	1744	1746			
Brentwood	1717			1727		1737		1747				
Harold Wood.....	1722			1732		1742		1752				
Gidea Park.....	1726	1732	1736		1742	1746		1752	1756			
Romford	1728	1734	1738		1744	1748		1754	1758			
Chadwell Heath	1732		1742			1752			1802			
Goodmayes.....	1734		1744			1754			1804			
Seven Kings.....	1736		1746			1756			1806			
Iford	1739		1741	1749		1751	1759		1801	1809		
Manor Park.....			1744			1754			1804			
Forest Gate.....			1746			1756			1806			
Maryland			1748			1758			1808			
Stratford	1744	17s37	1750	1754		1800	1805	17s50	17s53	1810	1815	18s02
London Liverpool St.a	1752	1746	1758	1802	1749	1809	1813	1800	1802	1818	1823	1811

mondays to fridays

	1749	1751	1753	1754	1804	1808	1812	1814	1823	1824	1831	
Shenfield.....d	1749	1751	1753	1754	1804	1808	1812	1814	1823	1824	1831	
Brentwood				1757	1807			1817		1827		
Harold Wood.....				1802	1812			1822		1832		
Gidea Park.....				1802	1806	1816		1826		1836		
Romford		1759		1804	1808	1818		1828		1838		
Chadwell Heath				1812	1822			1832		1842		
Goodmayes.....				1814	1824			1834		1844		
Seven Kings.....				1816	1826			1836		1846		
Iford				1811	1819	1829		1839		1849		
Manor Park.....				1814	1821	1831		1841		1851		
Forest Gate.....				1816	1823	1833		1843		1853		
Maryland				1818	1825	1835		1845		1855		
Stratford	18s03	18s07	18s12	1820	1827	1837	18s22	18s26	1847	18s37	1857	18s45
London Liverpool St.a	1814	1820	1821	1828	1835	1845	1831	1836	1855	1846	1905	1854

	1834	1838	1840	1844	1851	1854	1858	1904	1910	1914	1916	1918
Shenfield.....d	1834	1838	1840	1844	1851	1854	1858	1904	1910	1914	1916	1918
Brentwood	1837			1847		1857		1907		1917		
Harold Wood.....	1842			1852		1902		1912		1922		
Gidea Park.....	1846			1856		1906		1916		1926		
Romford	1848			1858	1859	1908		1918		1928		1926
Chadwell Heath	1852			1902		1912		1922		1932		
Goodmayes.....	1854			1904		1914		1924		1934		
Seven Kings.....	1856			1906		1916		1926		1936		
Iford	1859			1909		1919		1929		1939		
Manor Park.....	1901			1911		1921		1931		1941		
Forest Gate.....	1903			1913		1923		1933		1943		
Maryland	1905			1915		1925		1935		1945		
Stratford	1907	18s52	18s55	1917	19s08	1927	19s12	1937	19s24	1947		19s35
London Liverpool St.a	1915	1901	1905	1925	1916	1935	1921	1945	1933	1955	1938	1944

	1924	1934	1938	1940	1944	1951	1954	1958	2004	2010	2014	2018
Shenfield.....d	1924	1934	1938	1940	1944	1951	1954	1958	2004	2010	2014	2018
Brentwood	1927	1937			1947		1957		2007		2017	
Harold Wood.....	1932	1942			1952		2002		2012		2022	
Gidea Park.....	1936	1946			1956		2006		2016		2026	
Romford	1938	1948			1958	1959	2008		2018		2028	2026
Chadwell Heath	1942	1952			2002		2012		2022		2032	
Goodmayes.....	1944	1954			2004		2014		2024		2034	
Seven Kings.....	1946	1956			2006		2016		2026		2036	
Iford	1949	1959			2009		2019		2029		2039	
Manor Park.....	1951	2001			2011		2021		2031		2041	
Forest Gate.....	1953	2003			2013		2023		2033		2043	
Maryland	1955	2005			2015		2025		2035		2045	
Stratford	1957	2007	19s52	19s55	2017	20s07	2027	20s12	2037	20s24	2047	20s34
London Liverpool St.a	2005	2015	2001	2004	2025	2016	2035	2021	2045	2033	2055	2043

	2024	2027	2034	2038	2040	2044	2051	2054	2058	2104	2110	2114
Shenfield.....d	2024	2027	2034	2038								

Shenfield to London Liverpool Street

Shenfield to London Liverpool Street



mondays to fridays

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Shenfield.....d	2118	2124	2134	2138	2140	2144	2151	2158	2159	2208	2211	2214
Brentwood		2127	2137			2147				2202		2217
Harold Wood.....		2132	2142			2152				2207		2222
Gidea Park.....		2136	2146			2156				2211		2226
Romford	2126	2138	2148			2158	2159			2213		2228
Chadwell Heath		2142	2152			2202				2217		2232
Goodmayes.....		2144	2154			2204				2219		2234
Seven Kings.....		2146	2156			2206				2221		2236
Iford		2149	2159			2209				2224		2239
Manor Park.....		2151	2201			2211				2226		2241
Forest Gate.....		2153	2203			2213				2228		2243
Maryland		2155	2205			2215				2230		2245
Stratford ◉ DLR	21s34	21s7	2207	21s52	21s55	2217	22s10	22s12	22s2	22s22	22s27	2247
London Liverpool St. ◉...a	2143	2205	2215	2201	2203	2225	2219	2223	2240	2231	2236	2255

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Shenfield.....d	2229	2238	2240	2244	2251	2259	2308	2310	2314	2329	2338	2342
Brentwood	2232			2247		2302			2317	2332		
Harold Wood.....	2237			2252		2307			2322	2337		
Gidea Park.....	2241			2256		2311			2326	2341		
Romford	2243			2258	2259	2313			2328	2343		2350
Chadwell Heath	2247			2302		2317			2332	2347		
Goodmayes.....	2249			2304		2319			2334	2349		
Seven Kings.....	2251			2306		2321			2336	2351		
Iford	2254			2309		2324			2339	2354		
Manor Park.....	2256			2311		2326			2341	2356		
Forest Gate.....	2258			2313		2328			2343	2358		
Maryland	2300			2315		2330			2345	2359		
Stratford ◉ DLR	2302	22s52	22s55	2317	23s07	2332	23s22	23s25	2347	0002	23s54	23s58
London Liverpool St. ◉...a	2310	2301	2303	2325	2316	2340	2331	2334	2355	0010	0003	0007

Shenfield.....d	2344											
Brentwood	2347											
Harold Wood.....	2352											
Gidea Park.....	2356											
Romford	2358											
Chadwell Heath	0002											
Goodmayes.....	0004											
Seven Kings.....	0006											
Iford	0009											
Manor Park.....	0011											
Forest Gate.....	0013											
Maryland	0015											
Stratford ◉ DLR	0017											
London Liverpool St. ◉...a	0025											

saturdays

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Shenfield.....d	0439	0509	0526		0538	0544	0608		0611	0614	0638	
Brentwood	0442	0512			0547					0617		
Harold Wood.....	0447	0517			0552					0622		
Gidea Park.....	0451	0521	0533		0556			0616		0626		
Romford	0453	0523			0546	0558	0616	0618	0619	0628		
Chadwell Heath	0457	0527			0602			0622		0632		
Goodmayes.....	0459	0529			0604			0624		0634		
Seven Kings.....	0501	0531	0538		0606			0626		0636		
Iford	0504	0509	0534		0539	0609		0629		0639		
Manor Park.....		0511			0541	0611		0631		0641		
Forest Gate.....		0513			0543	0613		0633		0643		
Maryland		0515			0545	0615		0635		0645		
Stratford ◉ DLR	0509	0517	0539	05s44	0547	05s54	0617	06s24	0637	06s27	0647	06s52
London Liverpool St. ◉...a	0517	0525	0547	0557	0555	0603	0625	0633	0645	0636	0655	0701

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Shenfield.....d		0644	0647	0651	0658		0704	0710	0718		0724	
Brentwood		0647					0707				0727	
Harold Wood.....		0652					0712				0732	
Gidea Park.....	0636	0646	0656				0706	0716			0726	0736
Romford	0638	0648	0658		0659		0708	0718		0726	0728	0738
Chadwell Heath	0642	0652	0702				0712	0722			0732	0742
Goodmayes.....	0644	0654	0704				0714	0724			0734	0744
Seven Kings.....	0646	0656	0706				0716	0726			0736	0746
Iford	0649	0659	0709				0719	0729			0739	0749
Manor Park.....	0651	0701	0711				0721	0731			0741	0751
Forest Gate.....	0653	0703	0713				0723	0733			0743	0753
Maryland	0655	0705	0715				0725	0735			0745	0755
Stratford ◉ DLR	0657	0707	0717	07s01	07s07	07s12	0727	0737	07s24	07s34	0747	0757
London Liverpool St. ◉...a	0705	0715	0725	0710	0716	0721	0735	0745	0733	0743	0755	0805

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Shenfield.....d	0734	0738	0740	0744	0751	0754	0758	0804	0810	0814	0818	0824
Brentwood	0737			0747		0757		0807		0817		0827
Harold Wood.....	0742			0752		0802		0812		0822		0832
Gidea Park.....	0746			0756		0806		0816		0826		0836
Romford	0748			0758	0759	0808		0818		0828	0826	0838
Chadwell Heath	0752			0802		0812		0822		0832		0842
Goodmayes.....	0754			0804		0814		0824		0834		0844
Seven Kings.....	0756			0806		0816		0826		0836		0846
Iford	0759			0809		0819		0829		0839		0849
Manor Park.....	0801			0811		0821		0831		0841		0851
Forest Gate.....	0803			0813		0823		0833		0843		0853
Maryland	0805			0815		0825		0835		0845		0855
Stratford ◉ DLR	0807	07s52	07s55	0817	08s07	0827	08s12	0837	08s24	0847	08s34	0857
London Liverpool St. ◉...a	0815	0801	0803	0825	0816	0835	0821	0845	0833	0855	0843	0905

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Shenfield.....d	0834	0838	0840	0844	0851	0854	0858	0904	0910	0914	0918	0924
Brentwood	0837			0847		0857		0907		0917		0927
Harold Wood.....	0842			0852		0902		0912		0922		0932
Gidea Park.....	0846			0856		0906		0916		0926		0936
Romford	0848			0858	0859	0908		0918		0928	0926	0938
Chadwell Heath	0852			0902		0912		0922		0932		0942
Goodmayes.....	0854			0904		0914		0924		0934		0944
Seven Kings.....	0856			0906		0916		0926		0936		0946
Iford	0859			0909		0919		0929		0939		0949
Manor Park.....	0901			0911		0921		0931		0941		0951
Forest Gate.....	0903			0913		0923		0933		0943		0953
Maryland	0905			0915		0925		0935		0945		0955
Stratford ◉ DLR	0907	08s52	08s55	0917	09s07	0927	09s12	0937	09s24	0947	09s34	0957
London Liverpool St. ◉...a	0915	0901	0903	0925	0916	0935	0921	0945	0933	0955	0943	1005

Shenfield to London Liverpool Street

Shenfield to London Liverpool Street

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saturdays

	0934	0938	0940	0944	0951	0954	0958	1004	1010	1014	1018	1024
Shenfield.....d												
Brentwood.....d				0947		0957		1007		1017		1027
Harold Wood.....d				0952		1002		1012		1022		1032
Gidea Park.....d				0956		1006		1016		1026		1036
Romford.....d				0958	0959	1008		1018		1028	1026	1038
Chadwell Heath.....d				1002		1012		1022		1032		1042
Goodmayes.....d				1004		1014		1024		1034		1044
Seven Kings.....d				1006		1016		1026		1036		1046
Iford.....d				1009		1019		1029		1039		1049
Manor Park.....d				1011		1021		1031		1041		1051
Forest Gate.....d				1013		1023		1033		1043		1053
Maryland.....d				1015		1025		1035		1045		1055
Stratford ④ DLS.....d	1007	09s52	09s55	1017	10s07	1027	10s12	1037	10s24	1047	10s34	1057
London Liverpool St. ④...a	1015	1001	1003	1025	1016	1035	1021	1045	1033	1055	1043	1105

	1034	1038	1040	1044	1051	1054	1058	1104	1110	1114	1118	1124
Shenfield.....d												
Brentwood.....d				1047		1057		1107		1117		1127
Harold Wood.....d				1052		1102		1112		1122		1132
Gidea Park.....d				1056		1106		1116		1126		1136
Romford.....d				1058	1059	1108		1118		1128	1126	1138
Chadwell Heath.....d				1102		1112		1122		1132		1142
Goodmayes.....d				1104		1114		1124		1134		1144
Seven Kings.....d				1106		1116		1126		1136		1146
Iford.....d				1109		1119		1129		1139		1149
Manor Park.....d				1111		1121		1131		1141		1151
Forest Gate.....d				1113		1123		1133		1143		1153
Maryland.....d				1115		1125		1135		1145		1155
Stratford ④ DLS.....d	1107	10s52	10s55	1117	11s07	1127	11s12	1137	11s24	1147	11s34	1157
London Liverpool St. ④...a	1115	1101	1103	1125	1116	1135	1121	1145	1133	1155	1143	1205

	1134	1138	1140	1143	1144	1151	1154	1158	1204	1210	1214	1218
Shenfield.....d												
Brentwood.....d					1147		1157		1207		1217	
Harold Wood.....d					1152		1202		1212		1222	
Gidea Park.....d					1156		1206		1216		1226	
Romford.....d					1158	1159	1208		1218		1228	1226
Chadwell Heath.....d					1202		1212		1222		1232	
Goodmayes.....d					1204		1214		1224		1234	
Seven Kings.....d					1206		1216		1226		1236	
Iford.....d					1209		1219		1229		1239	
Manor Park.....d					1211		1221		1231		1241	
Forest Gate.....d					1213		1223		1233		1243	
Maryland.....d					1215		1225		1235		1245	
Stratford ④ DLS.....d	1207	11s52	11s55	11s58	1217	12s07	1227	12s12	1237	12s24	1247	12s34
London Liverpool St. ④...a	1215	1201	1203	1207	1225	1216	1235	1221	1245	1233	1255	1243

	1224	1234	1238	1240	1944	1951	1954	1958	2004	2010	2014		
Shenfield.....d													
Brentwood.....d		1227	1237			1947		1957		2007	2017		
Harold Wood.....d		1232	1242			1952		2002		2012	2022		
Gidea Park.....d		1236	1246			1956		2006		2016	2026		
Romford.....d		1238	1248			1958	1959	2008		2018	2028		
Chadwell Heath.....d		1242	1252			same	2002	2012		2022	2032		
Goodmayes.....d		1244	1254			mins	2004	2014		2024	2034		
Seven Kings.....d		1246	1256			past	2006	2016		2026	2036		
Iford.....d		1249	1259			each	2009	2019		2029	2039		
Manor Park.....d		1251	1301			hour	2011	2021		2031	2041		
Forest Gate.....d		1253	1303			until	2013	2023		2033	2043		
Maryland.....d		1255	1305				2015	2025		2035	2045		
Stratford ④ DLS.....d	1257	1307	12s52	12s55			2017	20s07	2027	20s12	2037	20s24	2047
London Liverpool St. ④...a	1305	1315	1301	1303			2025	2016	2035	2021	2045	2033	2055

saturdays

	2018	2024	2026	2034	2038	2040	2044	2051	2059	2108	2111	2114
Shenfield.....d												
Brentwood.....d		2027		2037			2047		2102			2117
Harold Wood.....d		2032		2042			2052		2107			2122
Gidea Park.....d		2036		2046			2056		2111			2126
Romford.....d	2026	2038		2048			2058	2059	2113			2128
Chadwell Heath.....d		2042		2052			2102		2117			2132
Goodmayes.....d		2044		2054			2104		2119			2134
Seven Kings.....d		2046		2056			2106		2121			2136
Iford.....d		2049		2059			2109		2124			2139
Manor Park.....d		2051		2101			2111		2126			2141
Forest Gate.....d		2053		2103			2113		2128			2143
Maryland.....d		2055		2105			2115		2130			2145
Stratford ④ DLS.....d	20s34	2057	20s41	2107	20s52	20s55	2117	21s07	2132	21s22	21s25	2147
London Liverpool St. ④...a	2043	2105	2050	2115	2101	2103	2125	2116	2140	2131	2134	2155

	2129	2138	2140	2144	2151	2158	2159	2208	2211	2214	2229	2238
Shenfield.....d												
Brentwood.....d		2132		2147			2202		2208		2217	2232
Harold Wood.....d		2137		2152			2207		2213		2222	2237
Gidea Park.....d		2141		2156			2211		2217		2226	2241
Romford.....d		2143		2158	2159		2213		2219		2228	2243
Chadwell Heath.....d		2147		2202			2217		2223		2232	2247
Goodmayes.....d		2149		2204			2219		2225		2234	2249
Seven Kings.....d		2151		2206			2221		2227		2236	2251
Iford.....d		2154		2209			2224		2230		2239	2254
Manor Park.....d		2156		2211			2226		2232		2241	2256
Forest Gate.....d		2158		2213			2228		2234		2243	2258
Maryland.....d		2200		2215			2230		2236		2245	2300
Stratford ④ DLS.....d	2202	21s52	21s54	2217	22s07	22s12	2232	22s22	22s25	2247	2302	22s52
London Liverpool St. ④...a	2210	2201	2203	2225	2216	2223	2240	2231	2234	2255	2310	2301

	2240	2244	2251	2259	2308	2310	2314	2329	2338	2344
Shenfield.....d										
Brentwood.....d		2247		2302			2317	2332		2347
Harold Wood.....d		2252		2307			2322	2337		2352
Gidea Park.....d		2256		2311			2326	2341		2356
Romford.....d		2258	2259	2313			2328	2343		2358
Chadwell Heath.....d		2302		2317			2332	2347		0002
Goodmayes.....d		2304		2319			2334	2349		0004
Seven Kings.....d		2306		2321			2336	2351		0006
Iford.....d		2309		2324			2339	2354		0009
Manor Park.....d		2311		2326			2341	2356		0011
Forest Gate.....d		2313		2328			2343	2358		0013
Maryland.....d		2315		2330			2345	2359		0015
Stratford ④ DLS.....d	22s54	2317	23s07	2332	23s22	23s25	2347	0002	23s54	0017
London Liverpool St. ④...a	2303	2325	2316	2340	2331	2334	2355	0010	0003	0025

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Shenfield to London Liverpool Street

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sundays

		0643	0653	0707	0713	0723	0737	0743	0753			
Shenfield.....d												
Brentwood		0646	0656		0716	0726		0746	0756			
Harold Wood.....		0651	0701		0721	0731		0751	0801			
Gidea Park.....	0555	0625	0655	0705	0711	0725	0735	0741	0755	0805		
Romford	0557	0627	0657	0707	0713	0727	0737	0743	0757	0807		
Chadwell Heath	0601	0631	0701		0717	0731		0747	0801			
Goodmayes.....	0603	0633	0703		0719	0733		0749	0803			
Seven Kings.....	0605	0635	0705		0721	0735		0751	0805			
Ilford	0608	0638	0708		0724	0738		0754	0808			
Manor Park.....	0610	0640	0710		0726	0740		0756	0810			
Forest Gate.....	0612	0642	0712		0728	0742		0758	0812			
Maryland	0614	0644	0714		0744				0814			
Stratford ④ DLR	0616	0646	0716	07s19	0731	07s34	0746	07s49	0801	08s04	0816	08s19
London Liverpool St. ④...a	0624	0654	0724	0727	0739	0742	0754	0757	0809	0812	0824	0827

sundays

		1223	1241	1243	1253	1711	1713	1723	1741		
Shenfield.....d											
Brentwood		1226		1246	1256		1716	1726			
Harold Wood.....		1231		1251	1301	and	1721	1731			
Gidea Park.....	1235	1241	1255	1305	at	1711	1725	1735	1741		
Romford	1237	1243	1257	1307	the	1713	1727	1737	1743		
Chadwell Heath		1247	1301		same	1717	1731	1747			
Goodmayes.....		1249	1303		mins	1719	1733	1749			
Seven Kings.....		1251	1305		past	1721	1735	1751			
Ilford		1254	1308		each	1724	1738	1754			
Manor Park.....		1256	1310		hour	1726	1740	1756			
Forest Gate.....		1258	1312		until	1728	1742	1758			
Maryland			1314				1744				
Stratford ④ DLR	12s49	1301	13s04	1316	13s19	1731	17s34	1746	17s49	1801	18s04
London Liverpool St. ④...a	1257	1309	1312	1324	1327	1739	1742	1754	1757	1809	1812

		0807	0813	0823	0841	0843	0853	0911	0913	0923		
Shenfield.....d												
Brentwood		0816	0826		0846	0856		0916	0926			
Harold Wood.....		0821	0831		0851	0901		0921	0931			
Gidea Park.....	0811	0825	0835	0841	0855	0905	0911	0925	0935			
Romford	0813	0827	0837	0843	0857	0907	0913	0927	0937			
Chadwell Heath	0817	0831		0847	0901		0917	0931				
Goodmayes.....	0819	0833		0849	0903		0919	0933				
Seven Kings.....	0821	0835		0851	0905		0921	0935				
Ilford	0824	0838		0854	0908		0924	0938				
Manor Park.....	0826	0840		0856	0910		0926	0940				
Forest Gate.....	0828	0842		0858	0912		0928	0942				
Maryland		0844			0914			0944				
Stratford ④ DLR	0831	08s34	0846	08s49	0901	09s04	0916	09s19	0931	09s34	0946	09s49
London Liverpool St. ④...a	0839	0842	0854	0857	0909	0912	0924	0927	0939	0942	0954	0957

		1743	1753	1811	1813	1823	1841	1843	1853	1911		
Shenfield.....d												
Brentwood		1746	1756		1816	1826		1846	1856			
Harold Wood.....		1751	1801		1821	1831		1851	1901			
Gidea Park.....	1755	1805	1811		1825	1835	1841	1855	1905	1911		
Romford	1757	1807	1813		1827	1837	1843	1857	1907	1913		
Chadwell Heath	1801		1817		1831		1847	1901	1917			
Goodmayes.....	1803		1819		1833		1849	1903	1919			
Seven Kings.....	1805		1821		1835		1851	1905	1921			
Ilford	1808		1824		1838		1854	1908	1924			
Manor Park.....	1810		1826		1840		1856	1910	1926			
Forest Gate.....	1812		1828		1842		1858	1912	1928			
Maryland	1814				1844			1914				
Stratford ④ DLR	1816	18s21	1831	18s34	1846	18s49	1901	19s04	1916	19s19	1931	19s34
London Liverpool St. ④...a	1824	1829	1839	1842	1854	1857	1909	1912	1924	1927	1939	1942

		0941	0943	0953	1011	1013	1023	1041	1043	1053		
Shenfield.....d												
Brentwood		0946	0956		1016	1026		1046	1056			
Harold Wood.....		0951	1001		1021	1031		1051	1101			
Gidea Park.....	0941	0955	1005	1011	1025	1035	1041	1055	1105			
Romford	0943	0957	1007	1013	1027	1037	1043	1057	1107			
Chadwell Heath	0947	1001		1017	1031		1047	1101				
Goodmayes.....	0949	1003		1019	1033		1049	1103				
Seven Kings.....	0951	1005		1021	1035		1051	1105				
Ilford	0954	1008		1024	1038		1054	1108				
Manor Park.....	0956	1010		1026	1040		1056	1110				
Forest Gate.....	0958	1012		1028	1042		1058	1112				
Maryland		1014			1044			1114				
Stratford ④ DLR	1001	10s04	1016	10s19	1031	10s34	1046	10s51	1101	11s04	1116	11s19
London Liverpool St. ④...a	1009	1012	1024	1027	1039	1042	1054	1059	1109	1112	1124	1127

		1913	1923	1941	1943	1953	2011	2013	2021	2023		
Shenfield.....d												
Brentwood		1916	1926		1946	1956		2016	2026			
Harold Wood.....		1921	1931		1951	2001		2021	2031			
Gidea Park.....	1925	1935	1941		1955	2005	2011	2025	2035	2041		
Romford	1927	1937	1943		1957	2007	2013	2027	2037	2043		
Chadwell Heath	1931		1947		2001		2017	2031		2047		
Goodmayes.....	1933		1949		2003		2019	2033		2049		
Seven Kings.....	1935		1951		2005		2021	2035		2051		
Ilford	1938		1954		2008		2024	2038		2054		
Manor Park.....	1940		1956		2010		2026	2040		2056		
Forest Gate.....	1942		1958		2012		2028	2042		2058		
Maryland	1944				2014			2044				
Stratford ④ DLR	1946	19s49	2001	20s04	2016	20s19	2031	20s34	2046	20s49	20s51	2101
London Liverpool St. ④...a	1954	1957	2009	2012	2024	2027	2039	2042	2054	2057	2059	2109

		1111	1113	1123	1141	1143	1145	1153	1211	1213		
Shenfield.....d												
Brentwood		1116	1126		1146	1156		1216				
Harold Wood.....		1121	1131		1151	1201		1221				
Gidea Park.....	1111	1125	1135	1141	1155	1205	1211	1225				
Romford	1113	1127	1137	1143	1157	1207	1213	1227				
Chadwell Heath	1117	1131		1147	1201		1217	1231				
Goodmayes.....	1119	1133		1149	1203		1219	1233				
Seven Kings.....	1121	1135		1151	1205		1221	1235				
Ilford	1124	1138		1154	1208		1224	1238				
Manor Park.....	1126	1140		1156	1210		1226	1240				
Forest Gate.....	1128	1142		1158	1212		1228	1242				
Maryland		1144			1214			1244				
Stratford ④ DLR	1131	11s34	1146	11s49	1201	12s04	1216	12s19	12s21	1231	12s34	1246
London Liverpool St. ④...a	1139	1142	1154	1157	1209	1212	1224	1227	1229	1239	1242	1254

		2041	2043	2053	2111	2113	2123	2141	2143	2153	2211	2213
Shenfield.....d												
Brentwood		2046	2056		2116	2126		2146	2156		2216	
Harold Wood.....		2051	2101		2121	2131		2151	2201		2221	
Gidea Park.....	2055	2105	2111		2125	2135		2155	2205		2225	
Romford	2057	2107	2113		2127	2137		2157	2207		2227	
Chadwell Heath	2101		2117		2131			2201			2231	
Goodmayes.....	2103		2119		2133			2203			2233	
Seven Kings.....	2105		2121		2135			2205			2235	
Ilford	2108		2124		2138			2208			2238	
Manor												

Shenfield to London Liverpool Street

London Liverpool Street to Southminster and Southend Victoria

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sundays

	0	0	0	0	0	0	0
Shenfield.....d	2223	2241	2243	2253	2311	2313	2323 2343
Brentwood.....	2226		2246	2256		2316	2326 2346
Harold Wood.....	2231		2251	2301		2321	2331 2351
Gidea Park.....	2235		2255	2305		2325	2335 2355
Romford.....	2237		2257	2307		2327	2337 2357
Chadwell Heath.....			2301			2331	0001
Goodmayes.....			2303			2333	0003
Seven Kings.....			2305			2335	0005
Ilford.....			2308			2338	0008
Manor Park.....			2310			2340	0010
Forest Gate.....			2312			2342	0012
Maryland.....			2314			2344	0014
Stratford 0 0 0 0 0.....	22s49	23s04	2316	23s21	23s34	2346	23s49 0016
London Liverpool St. 0...a	2257	2312	2324	2329	2342	2354	2357 0025

mondays to fridays

	0	0	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St. 0...d	0525	0526	0555	0602	0615	0634	0655	0715	0734	0740			
Stratford 0 0 0 0 0.....d	0532	0533	0602	0609	0622	0641	0702	0722	0741	0747			
Romford.....d	0540	0546		0617		0649				0749			
Shenfield.....d	0558	0602	0620	0635	0640	0700	0720	0741	0800	0808			
Billerica.....		0604	0608	0626	0641	0646	0706	0726	0747	0806	0814		
Wickford.....	0520	0610	0613	0631	0647	0651	0711	0731	0735	0752	0811	0820	
Battlesbridge.....	0524	0614			0651				0739				0824
Woodham Ferrers.....	0528	0618			0655				0743				0828
Fambridge.....	0545	0625			0707				0751				0834
Althorne.....	0550	0630			0712				0756				0839
Burnham-on-Crouch.....	0555	0635			0717				0801				0844
Southminster.....a	0600	0640			0722				0806				0849
Rayleigh.....		0619	0636		0656	0716	0736		0757	0816			
Hockley.....		0623	0641		0701	0721	0741		0802	0821			
Rochford.....		0627	0644		0704	0724	0744		0805	0824			
Prittlewell.....		0630	0648		0708	0728	0748		0809	0828			
Southend Victoria.....a		0634	0651		0711	0731	0751		0814	0831			

	0	0	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St. 0...d	0755	0814	0835	0838	0855	0915	0934	0940	0955	1015	1034		
Stratford 0 0 0 0 0.....d	0802	0821	0842		0902	0922	0941	0947	1002	1022	1041		
Romford.....d		0829			0949						1049		
Shenfield.....d	0820	0840	0900	0908	0920	0940	1000	1008	1020	1040	1100	1108	
Billerica.....	0826	0846	0906	0914	0926	0946	1006	1014	1026	1046	1106	1114	
Wickford.....	0831	0851	0911	0920	0931	0951	1011	1020	1031	1051	1111	1120	
Battlesbridge.....				0924					1024				1124
Woodham Ferrers.....				0928					1028				1128
Fambridge.....				0934					1034				1134
Althorne.....				0939					1039				1139
Burnham-on-Crouch.....				0944					1044				1144
Southminster.....a				0949					1049				1149
Rayleigh.....	0836	0856	0916		0936	0956	1016		1036	1056	1116		
Hockley.....	0841	0901	0921		0941	1001	1021		1041	1101	1121		
Rochford.....	0844	0904	0924		0944	1004	1024		1044	1104	1124		
Prittlewell.....	0848	0908	0928		0948	1008	1028		1048	1108	1128		
Southend Victoria.....a	0851	0911	0931		0951	1011	1031		1051	1111	1131		

ThX

	0	0	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St. 0...d	1055	1115	1134		1155	1215	1234		1255	1315	1334		
Stratford 0 0 0 0 0.....d	1102	1122	1141		1202	1222	1241		1302	1322	1341		
Romford.....d			1149				1249				1349		
Shenfield.....d	1120	1140	1200	1208	1220	1240	1300	1308	1320	1340	1400	1408	
Billerica.....	1126	1146	1206	1214	1226	1246	1306	1314	1326	1346	1406	1414	
Wickford.....	1131	1151	1211	1220	1231	1251	1311	1320	1331	1351	1411	1420	
Battlesbridge.....				1224					1324				1424
Woodham Ferrers.....				1228					1328				1428
Fambridge.....				1234					1334				1434
Althorne.....				1239					1339				1439
Burnham-on-Crouch.....				1244					1344				1444
Southminster.....a				1249					1349				1449
Rayleigh.....	1136	1156	1216		1236	1256	1316		1336	1356	1416		
Hockley.....	1141	1201	1221		1241	1301	1321		1341	1401	1421		
Rochford.....	1144	1204	1224		1244	1304	1324		1344	1404	1424		
Prittlewell.....	1148	1208	1228		1248	1308	1328		1348	1408	1428		
Southend Victoria.....a	1151	1211	1231		1251	1311	1331		1351	1411	1431		

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mondays to fridays

	1355	1415	1434	1455	1515	1534	1555	1610	1625
London Liverpool St. ..d	1355	1415	1434	1455	1515	1534	1555	1610	1625
Stratford ..d	1402	1422	1441	1502	1522	1541	1602	1618	1633
Romford ..d			1449			1549			
Shenfield ..d	1420	1440	1500	1520	1540	1600	1620	1635	1650
Billericay ..d	1426	1446	1506	1514	1526	1546	1606	1614	1626
Wickford ..d	1431	1451	1511	1520	1531	1551	1611	1620	1631
Battlesbridge ..d			1524				1624		1711
Woodham Ferrers ..d			1528				1628		1715
Fambridge ..d			1534				1634		1721
Althorne ..d			1539				1639		1726
Burnham-on-Crouch ..d			1544				1644		1731
Southminster ..a			1549				1649		1736
Rayleigh ..d	1436	1456	1516	1536	1556	1616	1636	1651	1706
Hockley ..d	1441	1501	1521	1541	1601	1621	1641	1656	1711
Rochford ..d	1444	1504	1524	1544	1604	1624	1644	1659	1714
Prittlewell ..d	1448	1508	1528	1548	1608	1628	1648	1703	1718
Southend Victoria ..a	1451	1511	1531	1551	1611	1631	1651	1709	1723

mondays to fridays

	2034	2038	2055	2115	2134	2155	2215	2245	2315	2345
London Liverpool St. ..d	2034	2038	2055	2115	2134	2155	2215	2245	2315	2345
Stratford ..d	2041	2045	2102	2122	2141	2202	2222	2252	2322	2352
Romford ..d	2049				2149					
Shenfield ..d	2100	2108	2120	2140	2200	2220	2240	2310	2340	0010
Billericay ..d	2106	2114	2126	2146	2206	2214	2226	2246	2316	2346
Wickford ..d	2111	2120	2131	2151	2211	2220	2231	2251	2258	2321
Battlesbridge ..d		2124			2224			2302		
Woodham Ferrers ..d		2128			2228			2306		
Fambridge ..d		2134			2234			2312		
Althorne ..d		2139			2239			2317		
Burnham-on-Crouch ..d		2144			2244			2322		
Southminster ..a		2149			2249			2327		
Rayleigh ..d	2116	2136	2156	2216	2236	2256		2326	2356	0026
Hockley ..d	2121	2141	2201	2221	2241	2301		2331	0001	0031
Rochford ..d	2124	2144	2204	2224	2244	2304		2334	0004	0034
Prittlewell ..d	2128	2148	2208	2228	2248	2308		2338	0008	0038
Southend Victoria ..a	2131	2151	2211	2231	2251	2311		2345	0015	0045

	1640	1655	1704	1715	1717	1726	1734	1745	1754	1756	1742	1804
London Liverpool St. ..d	1640	1655	1704	1715	1717	1726	1734	1745	1754	1756	1742	1804
Stratford ..d	1648	1703	1712			1734	1742	1753			1749	1813
Romford ..d											1807	
Shenfield ..d	1705	1720	1730		1742	1752	1800	1811		1822	1825	1829
Billericay ..d	1711	1726	1736	1744	1748	1758	1806	1817		1828	1832	1836
Wickford ..d	1716	1731	1742	1750	1754	1804	1812	1823	1829	1834	1838	1842
Battlesbridge ..d									1833			
Woodham Ferrers ..d				1757					1837			
Fambridge ..d				1803					1843			
Althorne ..d				1808					1848			
Burnham-on-Crouch ..d				1813					1853			
Southminster ..a				1820					1900			
Rayleigh ..d	1721	1736	1747		1759	1809	1817	1828		1839	1844	1848
Hockley ..d	1726	1741	1752		1804	1814	1822	1833		1844	1848	1852
Rochford ..d	1729	1744	1755		1807	1817	1825	1836		1847	1852	1856
Prittlewell ..d	1733	1748	1759		1811	1821	1829	1840		1851	1855	1859
Southend Victoria ..a	1739	1753	1804		1816	1826	1834	1845		1856	1901	1905

	0015	0050
London Liverpool St. ..d	0015	0050
Stratford ..d	0022	0057
Romford ..d	0032	0108
Shenfield ..d	0045	0120
Billericay ..d	0051	0126
Wickford ..d	0056	0131
Battlesbridge ..d		
Woodham Ferrers ..d		
Fambridge ..d		
Althorne ..d		
Burnham-on-Crouch ..d		
Southminster ..a		
Rayleigh ..d	0101	0136
Hockley ..d	0106	0141
Rochford ..d	0109	0144
Prittlewell ..d		
Southend Victoria ..a	0119	0154

	1752	1815	1825	1835	1842	1845	1855	1915	1934	1955	2015
London Liverpool St. ..d	1752	1815	1825	1835	1842	1845	1855	1915	1934	1955	2015
Stratford ..d	1759	1823	1833	1843	1850	1853	1903	1922	1941	2003	2022
Romford ..d	1817								1949		
Shenfield ..d	1835	1841	1851	1901		1911	1921	1940	2000	2020	2040
Billericay ..d	1841	1847	1857	1907		1917	1927	1946	2006	2026	2046
Wickford ..d	1847	1853	1903	1913	1917	1923	1933	1951	2011	2020	2031
Battlesbridge ..d										2024	
Woodham Ferrers ..d										2028	
Fambridge ..d										2034	
Althorne ..d										2039	
Burnham-on-Crouch ..d										2044	
Southminster ..a										2049	
Rayleigh ..d	1853	1858	1908	1918		1928	1938	1956	2016	2036	2056
Hockley ..d	1857	1903	1913	1923		1933	1943	2001	2021	2041	2101
Rochford ..d	1901	1906	1916	1926		1936	1946	2004	2024	2044	2104
Prittlewell ..d	1904	1910	1920	1930		1940	1950	2008	2028	2048	2108
Southend Victoria ..a	1910	1915	1925	1935		1945	1955	2011	2031	2051	2111

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London Liverpool Street to Southminster and Southend Victoria



London Liverpool Street to Southminster and Southend Victoria



one



saturdays

	0	0	0	0	0	0	0	0	0	0
London Liverpool St.  d	0526	0530	0604	0634	0655	0715	0734	0755		
Stratford  d	0533	0537	0611	0641	0702	0722	0741	0802		
Romford.....d	0546		0649			0749				
Shenfield.....d	0602	0608	0630	0700	0708	0720	0740	0800	0808	0820
Billericay.....d	0608	0614	0636	0706	0714	0726	0746	0806	0814	0826 and
Wickford.....d	0539	0613	0620	0641	0711	0720	0731	0751	0811	0820 0831 at
Battlesbridge.....d	0543	0624			0724				0824	the
Woodham Ferrers.....d	0547	0628			0728				0828	same
Fambridge.....d	0553	0634			0734				0834	mins
Althorne.....d	0558	0639			0739				0839	past
Burnham-on-Crouch.....d	0603	0644			0744				0844	each
Southminster.....a	0608	0649			0749				0849	hour
Rayleigh.....d	0619	0646	0716		0736	0756	0816		0836	until
Hockley.....d	0623	0651	0721		0741	0801	0821		0841	
Rochford.....d	0627	0654	0724		0744	0804	0824		0844	
Prittlewell.....d	0630	0658	0728		0748	0808	0828		0848	
Southend Victoria.....a	0634	0702	0731		0751	0811	0831		0851	

saturdays

	0	0	0	0	0
London Liverpool St.  d	2245	2315	2345	0015	0050
Stratford  d	2252	2322	2352	0022	0057
Romford.....d				0032	0108
Shenfield.....d	2310	2340	0010	0045	0120
Billericay.....d	2316	2346	0016	0051	0126
Wickford.....d	2321	2351	0021	0056	0131
Battlesbridge.....d					
Woodham Ferrers.....d					
Fambridge.....d					
Althorne.....d					
Burnham-on-Crouch.....d					
Southminster.....a					
Rayleigh.....d	2326	2356	0026	0101	0136
Hockley.....d	2331	0001	0031	0106	0141
Rochford.....d	2334	0004	0034	0109	0144
Prittlewell.....d	2338	0008	0038		
Southend Victoria.....a	2345	0015	0045	0119	0154

	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St.  d	1615	1634	1655	1715	1734	1755	1815	1834	1855		
Stratford  d	1622	1641	1702	1722	1741	1802	1822	1841	1902		
Romford.....d		1649			1749			1849			
Shenfield.....d	1640	1700	1708	1720	1740	1800	1808	1820	1840	1900	1920
Billericay.....d	1646	1706	1714	1726	1746	1806	1814	1826	1846	1906	1914 1926
Wickford.....d	1651	1711	1720	1731	1751	1811	1820	1831	1851	1911	1920 1931
Battlesbridge.....d			1724				1824			1924	
Woodham Ferrers.....d			1728				1828			1928	
Fambridge.....d			1734				1834			1934	
Althorne.....d			1739				1839			1939	
Burnham-on-Crouch.....d			1744				1844			1944	
Southminster.....a			1749				1849			1949	
Rayleigh.....d	1656	1716	1736	1756	1816	1836	1856	1916	1936		
Hockley.....d	1701	1721	1741	1801	1821	1841	1901	1921	1941		
Rochford.....d	1704	1724	1744	1804	1824	1844	1904	1924	1944		
Prittlewell.....d	1708	1728	1748	1808	1828	1848	1908	1928	1948		
Southend Victoria.....a	1711	1731	1751	1811	1831	1851	1911	1931	1951		

	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St.  d	1915	1934	1955	2015	2034	2038	2055	2115	2145	2215	2215
Stratford  d	1922	1941	2002	2022	2041	2102	2122	2152	2222	2222	
Romford.....d		1949			2049						
Shenfield.....d	1940	2000	2008	2020	2040	2100	2108	2120	2140	2210	2218 2240
Billericay.....d	1946	2006	2014	2026	2046	2106	2114	2126	2146	2216	2224 2246
Wickford.....d	1951	2011	2020	2031	2051	2111	2120	2131	2151	2221	2230 2251
Battlesbridge.....d			2024				2124			2234	
Woodham Ferrers.....d			2028				2128			2238	
Fambridge.....d			2034				2134			2244	
Althorne.....d			2039				2139			2249	
Burnham-on-Crouch.....d			2044				2144			2254	
Southminster.....a			2049				2149			2259	
Rayleigh.....d	1956	2016	2036	2056	2116	2136	2156	2226	2256		
Hockley.....d	2001	2021	2041	2101	2121	2141	2201	2231	2301		
Rochford.....d	2004	2024	2044	2104	2124	2144	2204	2234	2304		
Prittlewell.....d	2008	2028	2048	2108	2128	2148	2208	2238	2308		
Southend Victoria.....a	2011	2031	2051	2111	2131	2151	2211	2241	2311		

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London Liverpool Street to Southminster and Southend Victoria

Southend Victoria and Southminster to London Liverpool Street



sundays

	0715	0745	0815	0845	0915	0945	1615
London Liverpool St. \ominus ..d	0715	0745	0815	0845	0915	0945	1615
Stratford \ominus BLS ..d	0722	0752	0822	0852	0922	0952	1622
Romford.....d	0733	0803	0833	0903	0933	1003	1633
Shenfield.....d	0750	0820	0850	0920	0950	1020	1650
Billericay.....d	0756	0826	0856	0926	0956	1026	1656
Wickford.....d	0730	0801	0805	0831	0901	0905	0931
Battlesbridge.....d	0734	0809		0909		1009	the
Woodham Ferrers.....d	0738	0813		0913		1013	same
Fambridge.....d	0744	0820		0920		1020	mins
Althorne.....d	0749	0825		0925		1025	past
Burnham-on-Crouch.....d	0754	0830		0930		1030	each
Southminster.....a	0759	0835		0935		1035	hour
Rayleigh.....d	0806	0836	0906	0936	1006	1036	until
Hockley.....d	0811	0841	0911	0941	1011	1041	1711
Rochford.....d	0814	0844	0914	0944	1014	1044	1714
Prittlewell.....d							
Southend Victoria.....a	0820	0850	0920	0950	1020	1050	1720

	1645	1715	1745	1815	1845	1915	1945	2015
London Liverpool St. \ominus ..d	1645	1715	1745	1815	1845	1915	1945	2015
Stratford \ominus BLS ..d	1652	1722	1752	1822	1852	1922	1952	2022
Romford.....d	1703	1733	1803	1833	1903	1933	2003	2033
Shenfield.....d	1720	1750	1820	1850	1920	1950	2020	2050
Billericay.....d	1726	1756	1826	1856	1926	1956	2026	2056
Wickford.....d	1705	1731	1801	1805	1831	1901	1905	1931
Battlesbridge.....d	1709		1809		1909		2009	
Woodham Ferrers.....d	1713		1813		1913		2013	
Fambridge.....d	1720		1820		1920		2020	
Althorne.....d	1725		1825		1925		2025	
Burnham-on-Crouch.....d	1730		1830		1930		2030	
Southminster.....a	1735		1835		1935		2035	
Rayleigh.....d	1736	1806	1836	1906	1936	2006	2036	2106
Hockley.....d	1741	1811	1841	1911	1941	2011	2041	2111
Rochford.....d	1744	1814	1844	1914	1944	2014	2044	2114
Prittlewell.....d								
Southend Victoria.....a	1750	1820	1850	1920	1950	2020	2050	2120

	2045	2115	2145	2215	2245	2315	2345	0015	0045
London Liverpool St. \ominus ..d	2045	2115	2145	2215	2245	2315	2345	0015	0045
Stratford \ominus BLS ..d	2052	2122	2152	2222	2252	2322	2352	0022	0052
Romford.....d	2103	2133	2203	2233	2303	2333	0003	0033	0103
Shenfield.....d	2120	2150	2220	2250	2320	2350	0020	0050	0120
Billericay.....d	2126	2156	2226	2256	2326	2356	0026	0056	0126
Wickford.....d	2105	2131	2201	2205	2231	2301	2331	0001	0031
Battlesbridge.....d	2109		2209						
Woodham Ferrers.....d	2113		2213						
Fambridge.....d	2120		2220						
Althorne.....d	2125		2225						
Burnham-on-Crouch.....d	2130		2230						
Southminster.....a	2135		2235						
Rayleigh.....d	2136	2206	2236	2306	2336	0006	0036	0106	0136
Hockley.....d	2141	2211	2241	2311	2341	0011	0041	0111	0141
Rochford.....d	2144	2214	2244	2314	2344	0014	0044	0114	0144
Prittlewell.....d									
Southend Victoria.....a	2150	2220	2250	2324	2354	0024	0054	0124	0154

mondays to fridays

	0402	0432	0506	0526	0546	0601	0616	0629	0641	0656
Southend Victoria.....d	0402	0432	0506	0526	0546	0601	0616	0629	0641	0656
Prittlewell.....d	0404	0434	0508	0528	0548	0603	0618	0631	0643	0658
Rochford.....d	0408	0438	0512	0532	0552	0607	0622	0635	0647	0702
Hockley.....d	0412	0442	0516	0536	0556	0611	0626	0639	0651	0706
Rayleigh.....d	0416	0446	0520	0540	0600	0615	0630	0643	0655	0710
Southminster.....d				0530			0610			
Burnham-on-Crouch.....d				0534			0614			
Althorne.....d				0539			0619			
Fambridge.....d				0545			0626			
Woodham Ferrers.....d				0550			0632			
Battlesbridge.....d				0554			0636			
Wickford.....d	0421	0451	0525	0545	0600	0605	0620	0635	0641	0648
Billericay.....d	0428	0458	0531	0551	0611	0626	0642	0648	0655	0706
Shenfield.....a	0439	0509	0538	0558	0618	0633	0648	0654	0701	0713
Romford.....a	0453	0523								
Stratford \ominus BLS ..a	0509	0539	0552	06s15	06s32	06s47	07s05	07s11	07s18	07s30
London Liverpool St. \ominus ..a	0517	0547	0601	0624	0641	0656	0716	0723	0729	0741

	0709	0717	0721	0725	0733	0740	0753	0803	0811	0826
Southend Victoria.....d	0709	0717	0721	0725	0733	0740	0753	0803	0811	0826
Prittlewell.....d	0711	0719	0723	0727	0735	0742	0755	0805	0813	0828
Rochford.....d	0715	0723	0727	0731	0739	0746	0759	0809	0817	0832
Hockley.....d	0719	0727	0731	0735	0743	0750	0803	0813	0821	0836
Rayleigh.....d	0723	0731	0735	0739	0747	0754	0807	0817	0825	0840
Southminster.....d	0652						0735			
Burnham-on-Crouch.....d	0656						0739			
Althorne.....d	0701						0744			
Fambridge.....d	0708						0750			
Woodham Ferrers.....d	0714						0758			
Battlesbridge.....d	0718									
Wickford.....d	0723	0728	0736	0740	0744	0752	0759	0806	0812	0822
Billericay.....d	0730	0735	0743	0747	0751	0759	0806	0813	0819	0829
Shenfield.....a	0742		0755	0758	0806	0813		0826	0836	0844
Romford.....a			0811					0852		
Stratford \ominus BLS ..a	08s00		08s30	08s15		08s30		08s44		09s03
London Liverpool St. \ominus ..a	0801	0812	0814	0840	0826	0832	0844	0846	0856	0903

	0846	0906	0926	0946	1006	1026	1046	1106	1126
Southend Victoria.....d	0846	0906	0926	0946	1006	1026	1046	1106	1126
Prittlewell.....d	0848	0908	0928	0948	1008	1028	1048	1108	1128
Rochford.....d	0852	0912	0932	0952	1012	1032	1052	1112	1132
Hockley.....d	0856	0916	0936	0956	1016	1036	1056	1116	1136
Rayleigh.....d	0900	0920	0940	1000	1020	1040	1100	1120	1140
Southminster.....d	0817			0917			1017		
Burnham-on-Crouch.....d	0821			0921			1021		
Althorne.....d	0826			0926			1026		
Fambridge.....d	0834			0934			1034		
Woodham Ferrers.....d	0840			0939			1039		
Battlesbridge.....d	0844			0943			1043		
Wickford.....d	0849	0905	0925	0945	0949	1005	1025	1045	1049
Billericay.....d	0856	0912	0931	0951	0955	1011	1031	1051	1111
Shenfield.....a	0903	0919	0938	0958	1002	1018	1038	1058	1102
Romford.....a						1026			1126
Stratford \ominus BLS ..a	09s20	09s36	09s52	10s13	10s16	10s35	10s52	11s12	11s24
London Liverpool St. \ominus ..a	0931	0947	1003	1022	1025	1044	1101	1124	1133

Southend Victoria and Southminster to London Liverpool Street

Southend Victoria and Southminster to London Liverpool Street



mondays to fridays

	ThX													
	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southend Victoriad	1146	1206	1226		1246	1306	1326		1346	1406	1426			
Prittlewell	1148	1208	1228		1248	1308	1328		1348	1408	1428			
Rochford.....	1152	1212	1232		1252	1312	1332		1352	1412	1432			
Hockley.....	1156	1216	1236		1256	1316	1336		1356	1416	1436			
Rayleigh	1200	1220	1240		1300	1320	1340		1400	1420	1440			
Southminster.....	1117			1217				1317						
Burnham-on-Crouch	1121			1221				1321						
Althorne	1126			1226				1326						
Fambridge.....	1134			1234				1334						
Woodham Ferrers	1139			1239				1339						
Battlesbridge.....	1143			1243				1343						
Wickford.....	1149	1205	1225	1245	1249	1305	1325	1345	1349	1405	1425	1445		
Billericay.....	1155	1211	1231	1251	1255	1311	1331	1351	1355	1411	1431	1451		
Shenfield.....a	1202	1218	1238	1258	1302	1318	1338	1358	1402	1418	1438	1458		
Romford.....a		1226				1326				1426				
Stratford DLRa	1224	12s34	12s52	13s12	1324	13s34	13s52	14s12	1424	14s34	14s52	15s13		
London Liverpool St. DLRa	1233	1243	1301	1321	1333	1343	1401	1421	1433	1443	1501	1524		

	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southend Victoriad	1446	1506	1526		1546	1606	1621		1636	1651	1706			
Prittlewell	1448	1508	1528		1548	1608	1623		1638	1653	1708			
Rochford.....	1452	1512	1532		1552	1612	1627		1642	1657	1712			
Hockley.....	1456	1516	1536		1556	1616	1631		1646	1701	1716			
Rayleigh	1500	1520	1540		1600	1620	1635		1650	1705	1720			
Southminster.....	1417			1517				1617						
Burnham-on-Crouch	1421			1521				1621						
Althorne	1426			1526				1626						
Fambridge.....	1434			1534				1634						
Woodham Ferrers	1439			1539				1639						
Battlesbridge.....	1443			1543				1643						
Wickford.....	1449	1505	1525	1545	1549	1605	1625	1640	1650	1655	1710	1725		
Billericay.....	1455	1511	1531	1551	1555	1611	1631	1646		1701	1716	1731		
Shenfield.....a	1502	1518	1538	1558	1602	1618	1638	1653		1708	1723	1738		
Romford.....a		1526				1626								
Stratford DLRa	1524	15s34	15s52	16s12	1626	16s34	16s52	17s08			17s37	17s53		
London Liverpool St. DLRa	1533	1543	1601	1621	1635	1643	1703	1718		1730	1746	1802		

	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southend Victoriad	1721	1736	1751		1806	1826		1846	1906	1926				
Prittlewell	1723	1738	1753		1808	1828		1848	1908	1928				
Rochford.....	1727	1742	1757		1812	1832		1852	1912	1932				
Hockley.....	1731	1746	1801		1816	1836		1856	1916	1936				
Rayleigh	1735	1750	1805		1820	1840		1900	1920	1940				
Southminster.....	1705			1747				1827						1917
Burnham-on-Crouch	1709			1751				1831						1921
Althorne	1714			1756				1836						1926
Fambridge.....	1721			1803				1843						1934
Woodham Ferrers	1726			1808				1848						1939
Battlesbridge.....	1730			1812				1852						1943
Wickford.....	1736	1740	1755	1810	1818	1825	1845	1858	1905	1925	1945	1949		
Billericay.....	1742	1746	1801	1816	1824	1831	1851	1904	1911	1931	1951	1955		
Shenfield.....a	1749	1753	1808	1823	1831	1838	1858	1911	1918	1938	1958	2002		
Romford.....a								1926						
Stratford DLRa	18s03	18s12	18s22	18s37	18s45	18s52	19s13		19s35	19s52	20s12	2024		
London Liverpool St. DLRa	1814	1821	1831	1846	1854	1901	1922	1938	1944	2001	2021	2033		

mondays to fridays

	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southend Victoriad	1946	2006	2026		2046	2106		2136	2206		2236	2306		
Prittlewell	1948	2008	2028		2048	2108		2138	2208		2238	2308		
Rochford.....	1952	2012	2032		2052	2112		2142	2212		2242	2312		
Hockley.....	1956	2016	2036		2056	2116		2146	2216		2246	2316		
Rayleigh	2000	2020	2040		2100	2120		2150	2220		2250	2320		
Southminster.....				2017				2117				2217		
Burnham-on-Crouch				2021				2121				2221		
Althorne				2026				2126				2226		
Fambridge.....				2034				2134				2234		
Woodham Ferrers				2039				2139				2239		
Battlesbridge.....				2043				2143				2243		
Wickford.....	2005	2025	2045	2049	2105	2125	2149	2155	2225	2249	2255	2325		
Billericay.....	2011	2031	2051	2055	2111	2131	2155	2201	2231		2301	2331		
Shenfield.....a	2018	2038	2058	2102	2118	2138	2202	2208	2238		2308	2338		
Romford.....a		2026				2126								
Stratford DLRa	20s34	20s52	21s12	2124	21s34	21s52		22s22	22s52		23s22	23s54		
London Liverpool St. DLRa	2043	2101	2121	2133	2143	2201		2231	2301		2331	0003		

	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southend Victoriad														
Prittlewell														
Rochford.....														
Hockley.....														
Rayleigh														
Southminster.....	2256													
Burnham-on-Crouch	2300													
Althorne	2305													
Fambridge.....	2312													
Woodham Ferrers	2317													
Battlesbridge.....	2321													
Wickford.....	2329													
Billericay.....	2335													
Shenfield.....a	2342													
Romford.....a		2350												
Stratford DLRa		23s58												
London Liverpool St. DLRa	0007													

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Southend Victoria and Southminster to London Liverpool Street

Southend Victoria and Southminster to London Liverpool Street



saturdays

	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4
Southend Victoriad	0402	0432	0506	0536	0606	0626		0646	0706	0726		0746			
Prittlewell	0404	0434	0508	0538	0608	0628		0648	0708	0728		0748			
Rochford	0408	0438	0512	0542	0612	0632		0652	0712	0732		0752			
Hockley	0412	0442	0516	0546	0616	0636		0656	0716	0736		0756			
Rayleigh	0416	0446	0520	0550	0620	0640		0700	0720	0740		0800			
Southminster							0617					0717			
Burnham-on-Crouch							0621					0721			
Althorne							0626					0726			
Fambridge							0634					0734			
Woodham Ferrers							0639					0739			
Battlesbridge							0643					0743			
Wickford	0421	0451	0525	0555	0625	0645	0649	0705	0725	0745	0749	0805			
Billericay	0428	0458	0531	0601	0631	0651	0655	0711	0731	0751	0755	0811			
Shenfield	0439	0509	0538	0608	0638	0658	0702	0718	0738	0758	0802	0818			
Romford	0453	0523	0546	0616				0726				0826			
Stratford DLR	0509	0539	05s54	06s24	06s52	07s12	0724	07s34	07s52	08s12	0824	08s34			
London Liverpool St. DLR	0517	0547	0603	0633	0701	0721	0733	0743	0801	0821	0833	0843			

saturdays

	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4
Southend Victoriad	2106		2136	2206		2236	2306								
Prittlewell	2108		2138	2208		2238	2308								
Rochford	2112		2142	2212		2242	2312								
Hockley	2116		2146	2216		2246	2316								
Rayleigh	2120		2150	2220		2250	2320								
Southminster		2117			2159		2308								
Burnham-on-Crouch		2121			2203		2312								
Althorne		2126			2208		2317								
Fambridge		2134			2214		2323								
Woodham Ferrers		2139			2219		2328								
Battlesbridge		2143			2223		2332								
Wickford	2125	2149	2155	2225	2229	2255	2325	2338							
Billericay	2131	2155	2201	2231	2235	2301	2331								
Shenfield	2138	2202	2208	2238	2242	2308	2338								
Romford					2259										
Stratford DLR	21s52		22s22	22s52	2307	23s22	23s54								
London Liverpool St. DLR	2201		2231	2301	2316	2331	0003								

	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4
Southend Victoriad	0806	0826		0846	0906	0926		0946	1006	1026		1046			
Prittlewell	0808	0828		0848	0908	0928		0948	1008	1028		1048			
Rochford	0812	0832		0852	0912	0932		0952	1012	1032		1052			
Hockley	0816	0836		0856	0916	0936		0956	1016	1036		1056			
Rayleigh	0820	0840		0900	0920	0940		1000	1020	1040		1100			
Southminster			0817				0917					1017			
Burnham-on-Crouch			0821				0921					1021			
Althorne			0826				0926					1026			
Fambridge			0834				0934					1034			
Woodham Ferrers			0839				0939					1039			
Battlesbridge			0843				0943					1043			
Wickford	0825	0845	0849	0905	0925	0945	0949	1005	1025	1045	1049	1105			
Billericay	0831	0851	0855	0911	0931	0951	0955	1011	1031	1051	1055	1111			
Shenfield	0838	0858	0902	0918	0938	0958	1002	1018	1038	1058	1102	1118			
Romford				0926				1026				1126			
Stratford DLR	08s52	09s12	0924	09s34	09s52	10s12	1024	10s34	10s52	11s12	1124	11s34			
London Liverpool St. DLR	0901	0921	0933	0943	1001	1021	1033	1043	1101	1121	1133	1143			

	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4
Southend Victoriad	1106	1126		1146	1206		1226	1286	1346	1406		1426			
Prittlewell	1108	1128		1148	1208		1228	1288	1348	1408		1428			
Rochford	1112	1132		1152	1212		1232	1292	1352	1412		1432			
Hockley	1116	1136		1156	1216		1236	1296	1356	1416		1436			
Rayleigh	1120	1140		1200	1220	and	1940		2000	2020		2040			
Southminster			1117			at		1917				2017			
Burnham-on-Crouch			1121			the		1921				2021			
Althorne			1126			same		1926				2026			
Fambridge			1134			mins		1934				2034			
Woodham Ferrers			1139			past		1939				2039			
Battlesbridge			1143			each		1943				2043			
Wickford	1125	1145	1149	1205	1225	hour	1945	1949	2005	2025	2049	2055			
Billericay	1131	1151	1155	1211	1231	until	1951	1955	2011	2031	2055	2101			
Shenfield	1138	1158	1202	1218	1238		1958	2002	2018	2038	2102	2108			
Romford				1226					2026						
Stratford DLR	11s52	12s12	1224	12s34	12s52		20s12	2024	20s34	20s52		21s22			
London Liverpool St. DLR	1201	1221	1233	1243	1301		2021	2033	2043	2101		2131			

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Southend Victoria and Southminster to London Liverpool Street

Southend Victoria and Southminster to London Liverpool Street



sundays

	0618	0648	0718	0752	0822	0852	0922	0952	1022
Southend Victoriad	0618	0648	0718	0752	0822	0852	0922	0952	1022
Prittlewell									
Rochford.....	0622	0652	0722	0756	0826	0856	0926	0956	1026
Hockley.....	0626	0656	0726	0800	0830	0900	0930	1000	1030
Rayleigh	0630	0700	0730	0804	0834	0904	0934	1004	1034
Southminster				0805		0905		1005	
Burnham-on-Crouch				0809		0909		1009	
Althorne				0814		0914		1014	
Fambridge.....				0820		0920		1020	
Woodham Ferrers				0825		0925		1025	
Battlesbridge.....				0829		0929		1029	
Wickford	0635	0705	0735	0809	0835	0909	0935	0939	1009
Billericay.....	0641	0711	0741	0815	0845	0915	0945	1015	1045
Shenfield.....a	0652	0722	0752	0822	0852	0922	0952	1022	1052
Romford.....a	0707	0737	0807	0837	0907	0937	1007	1037	1107
Stratforda	07s19	07s49	08s19	08s49	09s19	09s49	10s19	10s51	11s19
London Liverpool St.a	0727	0757	0827	0857	0927	0957	1027	1059	1127

sundays

	2222	2252							
Southend Victoriad	2222	2252							
Prittlewell									
Rochford.....	2226	2256							
Hockley.....	2230	2300							
Rayleigh	2234	2304							
Southminster			2245						
Burnham-on-Crouch			2249						
Althorne			2254						
Fambridge.....			2300						
Woodham Ferrers			2305						
Battlesbridge.....			2309						
Wickford	2239	2309	2315						
Billericay.....	2245	2315							
Shenfield.....a	2252	2322	2326						
Romford.....a	2307	2337							
Stratforda	23s21	23s49							
London Liverpool St.a	2329	2357							

	1052	1122	1152	1222	1652	1722	1752
Southend Victoriad	1052	1122	1152	1222	1652	1722	1752
Prittlewell							
Rochford.....	1056	1126	1156	1226	1656	1726	1756
Hockley.....	1100	1130	1200	1230	1700	1730	1800
Rayleigh	1104	1134	1204	1234	and 1704	1734	1804
Southminster		1105		1205	at 1705		1805
Burnham-on-Crouch		1109		1209	the 1709		1809
Althorne		1114		1214	same 1714		1814
Fambridge.....		1120		1220	mins 1720		1820
Woodham Ferrers		1125		1225	past 1725		1825
Battlesbridge.....		1129		1229	each 1729		1829
Wickford	1109	1135	1139	1209	1235	1239	hour 1709
Billericay.....	1115	1145	1215	1245	until 1715	1745	1815
Shenfield.....a	1122	1152	1222	1252	1722	1752	1822
Romford.....a	1137	1207	1237	1307	1737	1807	1837
Stratforda	11s49	12s21	12s49	13s19	17s49	18s21	18s49
London Liverpool St.a	1157	1229	1257	1327	1757	1829	1857

	1822	1852	1922	1952	2022	2052	2122	2152
Southend Victoriad	1822	1852	1922	1952	2022	2052	2122	2152
Prittlewell								
Rochford.....	1826	1856	1926	1956	2026	2056	2126	2156
Hockley.....	1830	1900	1930	2000	2030	2100	2130	2200
Rayleigh	1834	1904	1934	2004	2034	2104	2134	2204
Southminster			1905		2005		2105	2205
Burnham-on-Crouch			1909		2009		2109	2209
Althorne			1914		2014		2114	2214
Fambridge.....			1920		2020		2120	2220
Woodham Ferrers			1925		2025		2125	2225
Battlesbridge.....			1929		2029		2129	2229
Wickford	1839	1909	1935	1939	2009	2035	2039	2109
Billericay.....	1845	1915	1945	2015	2045	2115	2145	2215
Shenfield.....a	1852	1922	1952	2022	2052	2122	2152	2222
Romford.....a	1907	1937	2007	2037	2107	2137	2207	2237
Stratforda	19s19	19s49	20s19	20s51	21s19	21s49	22s19	22s49
London Liverpool St.a	1927	1957	2027	2059	2127	2157	2227	2257

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Romford to Upminster

mondays to fridays

Romford	d	0612	0642	0706	0730	0754	0818	0842	0912	0942	1012	1042	1112
Emerson Park		0616	0646	0710	0734	0758	0822	0846	0916	0946	1016	1046	1116
Upminster	a	0620	0650	0714	0738	0802	0826	0850	0920	0950	1020	1050	1120

Romford	d	1142	1212	1242	and	at	the	1712	1742	1812	1842	1912	1942
Emerson Park		1146	1216	1246	same	mins	past	1716	1746	1816	1846	1916	1946
Upminster	a	1150	1220	1250	each	hour	until	1720	1750	1820	1850	1920	1950

saturdays

Romford	d	0612	0642	0712	0742	0812	0842	0912	0942	1012	1042	1112	1142
Emerson Park		0616	0646	0716	0746	0816	0846	0916	0946	1016	1046	1116	1146
Upminster	a	0620	0650	0720	0750	0820	0850	0920	0950	1020	1050	1120	1150

Romford	d	1212	1242	and	at	the	1742	1812	1842	1912	1942		
Emerson Park		1216	1246	same	mins	past	1746	1816	1846	1916	1946		
Upminster	a	1220	1250	each	hour	until	1750	1820	1850	1920	1950		

sundays - no service

Upminster to Romford

mondays to fridays

Upminster	a	0624	0654	0718	0742	0806	0830	0854	0924	0954	1024	1054	1124
Emerson Park		0628	0658	0722	0746	0810	0834	0858	0928	0958	1028	1058	1128
Romford	d	0632	0702	0726	0750	0814	0838	0902	0932	1002	1032	1102	1132

Upminster	a	1154	1224	1254	and	at	the	1724	1754	1824	1854	1924	1954
Emerson Park		1158	1228	1258	same	mins	past	1728	1758	1828	1858	1928	1958
Romford	d	1202	1232	1302	each	hour	until	1732	1802	1832	1902	1932	2002

saturdays

Upminster	a	0624	0654	0724	0754	0824	0854	0924	0954	1024	1054	1124	1154
Emerson Park		0628	0658	0728	0758	0828	0858	0928	0958	1028	1058	1128	1158
Romford	d	0632	0702	0732	0802	0832	0902	0932	1002	1032	1102	1132	1202

Upminster	a	1224	1254	and	at	the	1724	1754	1824	1854	1924	1954	
Emerson Park		1228	1258	same	mins	past	1728	1758	1828	1858	1928	1958	
Romford	d	1232	1302	each	hour	until	1732	1802	1832	1902	1932	2002	

sundays - no service

ticket office opening hours

Ticket office opening times vary according to your demands. At stations where there is little or no demand outside peak hours the ticket office may be closed during parts of the day, including the afternoons, in the evenings or at weekends.

Station	Mon-Fri	Sat	Sun	Car park
Althorne	Unstaffed	Unstaffed	Unstaffed	P
Battlesbridge	Unstaffed	Unstaffed	Unstaffed	P
Billericay*	0600-2015	0610-2015	0710-2040	P
Brentwood	0610-2000	0610-2000	0710-2010	P
Burnham-on-Crouch	0630-1100	Unstaffed	Unstaffed	P
Chadwell Heath	0610-1940	0610-1900	0810-1540	
Emerson Park	Unstaffed	Unstaffed	Unstaffed	
Fambridge	Unstaffed	Unstaffed	Unstaffed	P
Forest Gate	0610-1940	0640-1840	0810-1540	
Gidea Park*	0600-2000	0600-2000	0630-2000	P
Goodmayes	0610-1940	0810-1535	0810-1540	
Harold Wood*	0610-1940	0610-1940	0710-1830	P
Hockley	0600-1930	0600-1940	0810-1540	P
Ilford	0610-2000	0610-2000	0710-2010	P
Manor Park	0610-1940	0710-1400	0810-1540	
Maryland	0610-1315	0610-1315	Unstaffed	
Prittlewell	0600-1300	0600-1300	Unstaffed	P
Rayleigh	0600-2000	0600-2000	0810-1930	P
Rochford	0600-1700	0730-1420	0900-1500	P
Romford	0600-2000	0615-2000	0710-2010	
Seven Kings	0610-1940	0610-1900	0810-1540	
Shenfield	0610-2000	0610-2000	0710-2010	P
Southend Victoria	0500-2300	0600-2300	0700-2300	P
Southminster	Unstaffed	Unstaffed	Unstaffed	P
Stratford	0615-2130	0615-2130	0640-2130	
Wickford	0555-2000	0600-1930	0810-1930	P
Woodham Ferrers	0600-1130	Unstaffed	Unstaffed	P

*Parking for season ticket holders only.

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www.nationalrail.co.uk

08457 48 49 50

(calls may be recorded)

for season tickets and information

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0845 600 7245

For all advanced ticket sales including season ticket renewals and special offers.

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textphone helpline

0845 606 7245

rail crime hotline

0800 40 50 40

For reporting all rail related crime.

fares evasion hotline

0800 24 31 29

lost property

0845 600 7245

e-mail: customer.services@onerailway.com