

London to Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 2N04 C	XR 2W02	LE 1K02 A	XR 2W04	XR 2W06	LE 1K04 A	LE 1N02 C	XR 2W08	XR 2W10	LE 1F02 D	LE 1K06 A	XR 2W12	XR 2W14	LE 1F04 E	XR 2W16	LE 1K08 A	XR 2W18	LE 1A04 F
London Liverpool Street (LST) 15 d	0523	0524	0536	0539	0554	0555	0602	0604	0612	0616	0618	0619	0627	0632	0634	0635	0642	0648
Stratford (SRA) 7 d	0530	0531	0543	0546	0601	0602	0609	0611	0619	0623	0626	0626	0634	0639	0641	0642	0649	0655
Maryland (MYL)		0533		0548	0603			0613	0621			0628	0636		0643		0651	
Forest Gate (FOG)		0535		0550	0605			0615	0623			0630	0638		0645		0653	
Manor Park (MNP)		0538		0553	0608			0618	0626			0633	0641		0648		0656	
Ilford (IFD) 2 d		0541		0556	0611			0621	0629			0636	0644		0651		0659	
Seven Kings (SVK)		0543		0558	0613			0623	0631			0638	0646		0653		0701	
Goodmayes (GMY)		0545		0600	0615			0625	0633			0640	0648		0655		0703	
Chadwell Heath (CTH)		0547		0602	0617			0627	0635			0642	0650		0657		0705	
Romford (RMF)		0538	0551	0606	0621			0631	0639			0646	0654		0701		0709	
Gidea Park (GDP) 2 d		0554		0609	0624			0634	0642			0649	0657		0704		0712	
Harold Wood (HRO)		0557		0612	0627			0637	0645			0652	0700		0707		0715	
Brentwood (BRE)		0601		0616	0631			0641	0649			0656	0704		0711		0719	
Shenfield (SNF) 3 a	0547	0607	0601	0622	0637	0618	0624	0647	0655	0639	0641	0702	0711	0655	0717	0657	0725	0710

Operator Train ID Days of operation/Notes	XR 2W20	LE 1K10 A	XR 2W22	LE 1F06 D	XR 2W24	LE 1K12 A	LE 2Y06 G	XR 2W26	LE 1N06 C	XR 2W28	LE 1K00 A	XR 2W30	LE 1K14 A	XR 2W32	LE 1F08 E	XR 2W34	LE 1F10 D	XR 2W36
London Liverpool Street (LST) 15 d	0649	0650	0657	0702	0704	0705	0708	0712	0716	0719	0721	0727	0733	0734	0736	0742	0746	0748
Stratford (SRA) 7 d	0656	0657	0704	0709	0711	0712	0715	0719	0724	0726	0728	0734	0742	0741	0745	0749	0754	0755
Maryland (MYL)		0658		0706	0713			0721		0728		0736		0743		0751		0757
Forest Gate (FOG)		0700		0708	0715			0723		0730		0738		0745		0753		0759
Manor Park (MNP)		0703		0711	0718			0726		0733		0741		0748		0756		0802
Ilford (IFD) 2 d		0706		0714	0721			0729		0736		0744		0751		0759		0805
Seven Kings (SVK)		0708		0716	0723			0731		0738		0746		0753		0801		0807
Goodmayes (GMY)		0710		0718	0725			0733		0740		0748		0755		0803		0809
Chadwell Heath (CTH)		0712		0720	0727			0735		0742		0750		0757		0805		0811
Romford (RMF)		0716		0724	0731		0724	0739		0746		0754		0801		0809		0815
Gidea Park (GDP) 2 d		0719		0727	0734			0742		0749		0757		0804		0812		0818
Harold Wood (HRO)		0722		0730	0737			0745		0752		0800		0807		0815		0821
Brentwood (BRE)		0726		0734	0741			0749		0756		0804		0811		0819		0825
Shenfield (SNF) 3 a	0732	0713	0740	0724	0748	0727	0733	0755	0739	0802	0743	0810	0757	0817	0801	0825	0810	0831

Operator Train ID Days of operation/Notes	XR 2W38	LE 1K16 A	XR 2W40	LE 1Y98 G	XR 2W42	LE 1Y08 G	XR 2W44	LE 1K18 A	LE 1N12 C	XR 2W46	XR 2W48	XR 2W50	LE 1K20 A	XR 2W52	LE 1F14 E	XR 2W54	LE 1F16 D	XR 2W56
London Liverpool Street (LST) 15 d	0754	0757	0800	0800	0806	0812	0813	0816	0818	0824	0824	0829	0832	0835	0836	0840	0848	0848
Stratford (SRA) 7 d	0801	0805	0807	0808	0813	0814	0819	0821	0824	0825	0831	0836	0842	0842	0845	0848	0855	0855
Maryland (MYL)		0803		0809	0815		0821			0827	0833	0838		0844		0850		0857
Forest Gate (FOG)		0805		0811	0817		0823			0829	0835	0840		0846		0852		0859
Manor Park (MNP)		0808		0814	0820		0826			0832	0838	0843		0849		0855		0902
Ilford (IFD) 2 d		0811		0817	0823		0829			0835	0841	0846		0852		0858		0905
Seven Kings (SVK)		0813		0819	0825		0831			0837	0843	0848		0854		0900		0907
Goodmayes (GMY)		0815		0821	0827		0833			0839	0845	0850		0856		0902		0909
Chadwell Heath (CTH)		0817		0823	0829		0835			0841	0847	0852		0858		0904		0911
Romford (RMF)		0821		0827	0833		0839			0845	0851	0856		0902		0908		0915
Gidea Park (GDP) 2 d		0824		0830	0836		0842			0848	0854	0859		0905		0911		0918
Harold Wood (HRO)		0827		0833	0839		0845			0851	0857	0902		0908		0914		0921
Brentwood (BRE)		0831		0837	0843		0849			0855	0901	0906		0912		0918		0925
Shenfield (SNF) 3 a	0837	0821	0843	0825	0849	0830	0855	0837	0840	0901	0907	0912	0858	0918	0902	0923	0911	0931

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
C To Clacton-on-Sea, see table 6
D To Braintree, see table 6
E To Colchester Town, see table 6
F To Harwich Town, see table 6
G To Ipswich, see table 6

London to Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	XR	LE	XR	LE	XR	LE	XR	LE
	2W58	1K22 A	2W60	1Y10 G	2W62	2W64	1K24 A	1N16 C	2W66	2W68	2W70	1K26 A	2W72	2F30 E	2W74	1F18 D	2W76	1K28 A
London Liverpool Street (LST) 15 d	0854	0855	0900	0902	0906	0912	0913	0918	0918	0924	0930	0933	0936	0938	0942	0948	0948	0955
Stratford (SRA) 7 d	0901	0902	0907	0909	0913	0919	0921	0925	0925	0931	0937	0942	0943	0945	0949	0955	0955	1002
Maryland (MYL)	d		0909		0915	0921			0927	0933	0939		0945		0951		0957	
Forest Gate (FOG)	d		0905		0911	0917	0923		0929	0935	0941		0947		0953		0959	
Manor Park (MNP)	d		0908		0914	0920	0926		0932	0938	0944		0950		0956		1002	
Ilford (IFD) 2 d	0911		0917		0923	0929			0935	0941	0947		0953		0959		1005	
Seven Kings (SVK)	d		0913		0919	0925	0931		0937	0943	0949		0955		1001		1007	
Goodmayes (GMY)	d		0915		0921	0927	0933		0939	0945	0951		0957		1003		1009	
Chadwell Heath (CTH)	d		0917		0923	0929	0935		0941	0947	0953		0959		1005		1011	
Romford (RMF)	d		0921		0927	0933	0939		0945	0951	0957		1003	0953	1009		1015	
Gidea Park (GDP) 2 d	0924		0930		0936	0942			0948	0954	1000		1006		1012		1018	
Harold Wood (HRO)	d		0927		0933	0939	0945		0951	0957	1003		1009		1015		1021	
Brentwood (BRE)	d		0931		0937	0943	0949		0955	1001	1007		1013		1019		1025	
Shenfield (SNF) 3 a	0937	0917	0943	0924	0949	0955	0938	0940	1001	1007	1013	0957	1019	1002	1025	1010	1031	1019

Operator Train ID Days of operation/Notes	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR
	2W78	1Y12 G	2W80	2W82	2K30 A	1N18 C	2W84	2W86	1K32 A	2W88	2F36 E	2W90	1F20 D	2W92	1K34 A	2W94	1Y14 G	2W96
London Liverpool Street (LST) 15 d	0957	1002	1004	1012	1013	1018	1019	1027	1033	1034	1036	1042	1047	1049	1055	1057	1102	1104
Stratford (SRA) 7 d	1004	1009	1011	1019	1020	1025	1026	1034	1040	1041	1043	1049	1054	1056	1104	1104	1109	1111
Maryland (MYL)	d		1006		1013	1021		1028	1036		1043		1051		1058		1106	1113
Forest Gate (FOG)	d		1008		1015	1023		1030	1038		1045		1053		1100		1108	1115
Manor Park (MNP)	d		1011		1018	1026		1033	1041		1048		1056		1103		1111	1118
Ilford (IFD) 2 d	1014		1021	1029			1036	1044		1051		1059		1106		1114	1121	
Seven Kings (SVK)	d		1016		1023	1031		1038	1046		1053		1101		1108		1116	1123
Goodmayes (GMY)	d		1018		1025	1033		1040	1048		1055		1103		1110		1118	1125
Chadwell Heath (CTH)	d		1020		1027	1035		1042	1050		1057		1105		1112		1120	1127
Romford (RMF)	d		1024		1031	1039	1028		1046	1054		1101	1051	1109		1116		1131
Gidea Park (GDP) 2 d	1027		1034	1042			1049	1057		1104		1112		1119		1127		1134
Harold Wood (HRO)	d		1030		1037	1045		1052	1100		1107		1115		1122		1130	1137
Brentwood (BRE)	d		1034		1041	1049		1056	1104		1111		1119		1126		1134	1141
Shenfield (SNF) 3 a	1040	1024	1047	1055	1037	1040	1102	1110	1056	1117	1100	1125	1109	1132	1119	1140	1124	1147

Operator Train ID Days of operation/Notes	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE
	2W98	2K36 A	1N20 C	2W02	2W04	1K38 A	2W06	2F42 E	2W08	1F22 D	2W10	1K40 A	2W12	1Y16 G	2W14	2W16	2K42 A	1N22 C
London Liverpool Street (LST) 15 d	1112	1113	1118	1119	1127	1133	1134	1136	1142	1147	1149	1155	1157	1202	1204	1212	1215	1218
Stratford (SRA) 7 d	1119	1120	1125	1126	1134	1140	1141	1143	1149	1155	1156	1203	1204	1209	1211	1219	1222	1225
Maryland (MYL)	d			1128	1136		1143		1151		1158		1206		1213	1221		
Forest Gate (FOG)	d			1123	1138		1145		1153		1200		1208		1215	1223		
Manor Park (MNP)	d			1126	1133	1141	1148		1156		1203		1211		1218	1226		
Ilford (IFD) 2 d	1129			1136	1144		1151		1159		1206		1214		1221	1229		
Seven Kings (SVK)	d			1131	1138	1146	1153		1201		1208		1216		1223	1231		
Goodmayes (GMY)	d			1133	1140	1148	1155		1203		1210		1218		1225	1233		
Chadwell Heath (CTH)	d			1135	1142	1150	1157		1205		1212		1220		1227	1235		
Romford (RMF)	d	1139		1146	1154		1201	1151	1209		1216		1224		1231	1239	1230	
Gidea Park (GDP) 2 d	1142			1149	1157		1204		1212		1219		1227		1234	1242		
Harold Wood (HRO)	d			1145	1200		1207		1215		1222		1230		1237	1245		
Brentwood (BRE)	d			1149	1156	1204	1211		1219		1226		1234		1241	1249		
Shenfield (SNF) 3 a	1155	1139	1141	1202	1210	1156	1217	1200	1225	1211	1232	1218	1240	1224	1247	1255	1239	1241

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
C To Clacton-on-Sea, see table 6
D To Braintree, see table 6
E To Colchester Town, see table 6
G To Ipswich, see table 6

London to Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	
	2W18	2W20	1K44 A	2W22	2F48 E	2W24	1F24 D	2W26	1K46 A	2W28	1Y18 G	2W30	2W32	2K48 A	1N24 C	2W34	2W36	1K50 A
London Liverpool Street (LST) 15 d	1219	1227	1233	1234	1236	1242	1247	1249	1255	1257	1302	1304	1312	1315	1318	1319	1327	1333
Stratford (SRA) 7 d	1226	1234	1240	1241	1243	1249	1254	1256	1302	1304	1309	1311	1319	1322	1326	1326	1334	1340
Maryland (MYL)	d	1228	1236	1243		1251		1258		1306		1313	1321			1328	1336	
Forest Gate (FOG)	d	1230	1238	1245		1253		1300		1308		1315	1323			1330	1338	
Manor Park (MNP)	d	1233	1241	1248		1256		1303		1311		1318	1326			1333	1341	
Ilford (IFD) 2	d	1236	1244	1251		1259		1306		1314		1321	1329			1336	1344	
Seven Kings (SVK)	d	1238	1246	1253		1301		1308		1316		1323	1331			1338	1346	
Goodmayes (GMY)	d	1240	1248	1255		1303		1310		1318		1325	1333			1340	1348	
Chadwell Heath (CTH)	d	1242	1250	1257		1305		1312		1320		1327	1335			1342	1350	
Romford (RMF)	d	1246	1254	1301	1251	1309		1316		1324		1331	1339	1330		1346	1354	
Gidea Park (GDP) 2	d	1249	1257	1304		1312		1319		1327		1334	1342			1349	1357	
Harold Wood (HRO)	d	1252	1300	1307		1315		1322		1330		1337	1345			1352	1400	
Brentwood (BRE)	d	1256	1304	1311		1319		1326		1334		1341	1349			1356	1404	
Shenfield (SNF) 3 a	1302	1310	1256	1317	1300	1325	1311	1332	1318	1340	1324	1347	1355	1339	1341	1402	1410	1356

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR
	2W38	2F54 E	2W40	1F26 D	2W42	1K52 A	2W44	1Y20 G	2W46	2W48	2K54 A	1N26 C	2W50	2W52	1K56 A	2W54	2F60 E	2W56
London Liverpool Street (LST) 15 d	1334	1336	1342	1347	1349	1355	1357	1402	1404	1412	1414	1418	1419	1427	1433	1434	1436	1442
Stratford (SRA) 7 d	1341	1343	1349	1354	1356	1402	1404	1409	1411	1419	1421	1425	1426	1434	1441	1441	1443	1449
Maryland (MYL)	d	1343	1351	1358	1406		1413	1421		1428	1436		1443		1451		1451	1457
Forest Gate (FOG)	d	1345	1353	1400	1408		1415	1423		1430	1438		1445		1453		1453	1459
Manor Park (MNP)	d	1348	1356	1403	1411		1418	1426		1433	1441		1448		1456		1456	1462
Ilford (IFD) 2	d	1351	1359	1406	1414		1421	1429		1436	1444		1451		1459		1459	1465
Seven Kings (SVK)	d	1353	1401	1408	1416		1423	1431		1438	1446		1453		1501		1501	1507
Goodmayes (GMY)	d	1355	1403	1410	1418		1425	1433		1440	1448		1455		1503		1503	1509
Chadwell Heath (CTH)	d	1357	1405	1412	1420		1427	1435		1442	1450		1457		1505		1505	1511
Romford (RMF)	d	1401	1351	1409	1416		1424	1431	1439	1429	1446	1454	1501	1452	1509		1509	1515
Gidea Park (GDP) 2	d	1404	1412	1419	1427		1434	1442		1449	1457		1504		1512		1512	1518
Harold Wood (HRO)	d	1407	1415	1422	1430		1437	1445		1452	1500		1507		1515		1515	1521
Brentwood (BRE)	d	1411	1419	1426	1434		1441	1449		1456	1504		1511		1519		1519	1525
Shenfield (SNF) 3 a	1417	1400	1425	1410	1432	1418	1440	1424	1447	1455	1438	1440	1502	1510	1456	1517	1501	1525

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR
	1F28 D	2W58	1K58 A	2W60	1Y22 G	2W62	2W64	2K60 A	1N28 C	2W66	2W68	1K62 A	2W70	2F68 E	2W72	1F30 D	2W74	2W76
London Liverpool Street (LST) 15 d	1447	1449	1455	1457	1502	1504	1512	1514	1518	1519	1527	1533	1534	1536	1542	1547	1548	1554
Stratford (SRA) 7 d	1454	1456	1502	1504	1509	1511	1519	1521	1525	1526	1534	1540	1541	1543	1549	1554	1555	1601
Maryland (MYL)	d	1458	1506	1513	1521		1528	1536		1543		1551		1551		1557	1603	
Forest Gate (FOG)	d	1500	1508	1515	1523		1530	1538		1545		1553		1553		1559	1605	
Manor Park (MNP)	d	1503	1511	1518	1526		1533	1541		1548		1556		1556		1602	1608	
Ilford (IFD) 2	d	1506	1514	1521	1529		1536	1544		1551		1559		1559		1605	1611	
Seven Kings (SVK)	d	1508	1516	1523	1531		1538	1546		1553		1601		1601		1607	1613	
Goodmayes (GMY)	d	1510	1518	1525	1533		1540	1548		1555		1603		1603		1609	1615	
Chadwell Heath (CTH)	d	1512	1520	1527	1535		1542	1550		1557		1605		1605		1611	1617	
Romford (RMF)	d	1516	1524	1531	1539	1529	1546	1554		1601	1551	1609	1615	1621		1615	1621	
Gidea Park (GDP) 2	d	1519	1527	1534	1542		1549	1557		1604		1612		1612		1618	1624	
Harold Wood (HRO)	d	1522	1530	1537	1545		1552	1600		1607		1615		1615		1621	1627	
Brentwood (BRE)	d	1526	1534	1541	1549		1556	1604		1611		1619		1619		1625	1631	
Shenfield (SNF) 3 a	1510	1532	1517	1541	1524	1547	1555	1538	1540	1602	1611	1555	1617	1600	1625	1610	1631	1637

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London to Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	LE	LE	LE	XR	XR	LE	XR	LE	LE	XR	LE	XR	LE
	1K64 A	2W78	1Y24 G	2W80	2W82	1K66 A	1N38 C	1F32 H	2W84	2W86	1K68 A	2W88	1Y26 G	1F34 D	2W90	1K70 A	2W92	1F36 J
London Liverpool Street (LST) 15 d	1555	1600	1602	1606	1612	1612	1615	1617	1618	1622	1624	1630	1632	1634	1636	1639	1640	1645
Stratford (SRA) 7 d	1602	1607	1609	1613	1619	1620	1623	1626	1625	1629	1632	1637		1642	1643	1647	1649	1654
Maryland (MYL)		1609		1615	1621				1627	1631		1639			1645		1651	
Forest Gate (FOG)		1611		1617	1623				1629	1633		1641			1647		1653	
Manor Park (MNP)		1614		1620	1626				1632	1636		1644			1650		1656	
Ilford (IFD) 2 d		1617		1623	1629				1635	1639		1647			1653		1659	
Seven Kings (SVK)		1619		1625	1631				1637	1641		1649			1655		1701	
Goodmayes (GMY)		1621		1627	1633				1639	1643		1651			1657		1703	
Chadwell Heath (CTH)		1623		1629	1635				1641	1645		1653			1659		1705	
Romford (RMF)		1627		1633	1639				1645	1649		1657			1703		1709	
Gidea Park (GDP) 2 d		1630		1636	1642				1648	1652		1700			1706		1712	
Harold Wood (HRO)		1633		1639	1645				1651	1655		1703			1709		1715	
Brentwood (BRE)		1637		1643	1649				1655	1659		1707			1713		1719	
Shenfield (SNF) 3 a	1617	1645	1625	1651	1657	1636	1639	1642	1703	1705	1648	1715	1654	1658	1721	1703	1725	1708

Operator Train ID Days of operation/Notes	XR	LE	XR	XR	LE	LE	XR	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR
	2W94	1K72 A	2W96	2W98	1Y48 G	1K74 A	2W02	2W04	2W06	1K76 A	2W08	1F42 D	2W10	1K78 A	2W12	1K80 A	2W14	2W16
London Liverpool Street (LST) 15 d	1648	1654	1654	1700	1702	1704	1705	1710	1715	1715	1720	1720	1725	1725	1730	1734	1735	1740
Stratford (SRA) 7 d	1655	1701	1701	1707	1711	1714	1712	1717	1722	1723	1727	1729	1732	1734	1737	1743	1742	1747
Maryland (MYL)		1657		1703	1709		1714	1719	1724		1729		1734		1739		1744	1749
Forest Gate (FOG)		1659		1705	1711		1716	1721	1726		1731		1736		1741		1746	1751
Manor Park (MNP)		1702		1708	1714		1719	1724	1729		1734		1739		1744		1749	1754
Ilford (IFD) 2 d	1705		1711	1717			1722	1727	1732		1737		1742		1747		1752	1757
Seven Kings (SVK)		1707		1713	1719		1724	1729	1734		1739		1744		1749		1754	1759
Goodmayes (GMY)		1709		1715	1721		1726	1731	1736		1741		1746		1751		1756	1801
Chadwell Heath (CTH)		1711		1717	1723		1728	1733	1738		1743		1748		1753		1758	1803
Romford (RMF)		1715		1721	1727		1732	1737	1742		1747		1752		1757		1802	1807
Gidea Park (GDP) 2 d	1718		1724	1730			1735	1740	1745		1750		1755		1800		1805	1810
Harold Wood (HRO)		1721		1727	1733		1738	1743	1748		1753		1758		1803		1808	1813
Brentwood (BRE)		1725		1731	1737		1742	1747	1752		1757		1802		1807		1812	1817
Shenfield (SNF) 3 a	1733	1717	1739	1745	1725	1729	1750	1755	1800	1739	1805	1745	1810	1750	1815	1759	1820	1825






Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR
	1F46 E	2W18	1K82 A	2W20	1K86 A	2W22	2W24	1F48 D	2W26	1K88 A	2W28	1K90 A	2W30	1N88 K	2W32	2W34	1K92 A	2W36
London Liverpool Street (LST) 15 d	1740	1745	1745	1750	1754	1755	1800	1800	1805	1810	1814	1815	1819	1820	1825	1825	1825	1830
Stratford (SRA) 7 d	1749	1752	1753	1757	1803	1802	1807	1809	1812	1814	1817	1822	1827	1827	1827	1832	1833	1837
Maryland (MYL)		1754		1759		1804	1809		1814		1819		1824		1829	1834		1839
Forest Gate (FOG)		1756		1801		1806	1811		1816		1821		1826		1831	1836		1841
Manor Park (MNP)		1759		1804		1809	1814		1819		1824		1829		1834	1839		1844
Ilford (IFD) 2 d		1802		1807		1812	1817		1822		1827		1832		1837	1842		1847
Seven Kings (SVK)		1804		1809		1814	1819		1824		1829		1834		1839	1844		1849
Goodmayes (GMY)		1806		1811		1816	1821		1826		1831		1836		1841	1846		1851
Chadwell Heath (CTH)		1808		1813		1818	1823		1828		1833		1838		1843	1848		1853
Romford (RMF)		1812		1817		1822	1827		1832		1837		1842		1847	1852		1857
Gidea Park (GDP) 2 d		1815		1820		1825	1830		1835		1840		1845		1850	1855		1900
Harold Wood (HRO)		1818		1823		1828	1833		1838		1843		1848		1853	1858		1903
Brentwood (BRE)		1822		1827		1832	1837		1842		1847		1852		1857	1902		1907
Shenfield (SNF) 3 a	1805	1830	1809	1835	1819	1840	1845	1825	1850	1830	1855	1839	1900	1843	1905	1910	1849	1915






NOTES (see introductory pages for explanation of train operator codes and standard symbols)






- a Arrival time
d Departure time
- A To Southend Victoria, see table 5
C To Clacton-on-Sea, see table 6
D To Braintree, see table 6
E To Colchester Town, see table 6
G To Ipswich, see table 6
H To Walton-on-the-Naze, see table 6
J To Witham, see table 6
K To Walton-on-the-Naze/Colchester Town, see table 6

London to Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1N54 C	XR 2W38	LE 1K94 A	XR 2W40	LE 1K96 A	XR 2W42	LE 1K98 A	XR 2W44	XR 2W46	LE 1F50 D	XR 2W48	XR 2W50	LE 1K00 A	LE 1N56 C	XR 2W52	XR 2W54	LE 1K02 A	XR 2W56
London Liverpool Street (LST)  d	1835	1836	1837	1842	1845	1848	1852	1854	1900	1904	1906	1912	1914	1918	1919	1927	1934	1934
Stratford (SRA)  d	1843	1843	1846	1849	1853	1855	1859	1901	1907	1911	1913	1919	1921	1925	1926	1934	1941	1941
Maryland (MYL) d		1845		1851		1857		1903	1909		1915	1921			1928	1936		1943
Forest Gate (FOG) d		1847		1853		1859		1905	1911		1917	1923			1930	1938		1945
Manor Park (MNP) d		1850		1856		1902		1908	1914		1920	1926			1933	1941		1948
Ilford (IFD)  d		1853		1859		1905		1911	1917		1923	1929			1936	1944		1951
Seven Kings (SVK) d		1855		1901		1907		1913	1919		1925	1931			1938	1946		1953
Goodmayes (GMY) d		1857		1903		1909		1915	1921		1927	1933			1940	1948		1955
Chadwell Heath (CTH) d		1859		1905		1911		1917	1923		1929	1935			1942	1950		1957
Romford (RMF) d		1903		1909		1915		1921	1927		1933	1939			1946	1954		2001
Gidea Park (GDP)  d		1906		1912		1918		1924	1930		1936	1942			1949	1957		2004
Harold Wood (HRO) d		1909		1915		1921		1927	1933		1939	1945			1952	2000		2007
Brentwood (BRE) d		1913		1919		1925		1931	1937		1943	1949			1956	2004		2011
Shenfield (SNF)  a	1859	1921	1902	1927	1909	1933	1915	1939	1943	1927	1949	1955	1938	1940	2002	2010	1957	2017

Operator Train ID Days of operation/Notes	LE 1F54 E	XR 2W58	LE 1F56 D	XR 2W60	LE 1K04 A	XR 2W62	LE 1Y40 G	XR 2W64	XR 2W66	LE 2K06 A	LE 1N58 C	XR 2W68	XR 2W70	XR 2W72	LE 2K08 A	LE 1F02 E	XR 2W74	LE 1F58 D
London Liverpool Street (LST)  d	1937	1942	1948	1949	1955	1957	2002	2004	2012	2013	2018	2019	2027	2034	2035	2038	2042	2048
Stratford (SRA)  d	1944	1949	1955	1956	2003	2004	2009	2011	2019	2020	2025	2026	2034	2041	2042	2045	2049	2055
Maryland (MYL) d		1951		1958		2006		2013	2021			2028	2036	2043			2051	
Forest Gate (FOG) d		1953		2000		2008		2015	2023			2030	2038	2045			2053	
Manor Park (MNP) d		1956		2003		2011		2018	2026			2033	2041	2048			2056	
Ilford (IFD)  d		1959		2006		2014		2021	2029			2036	2044	2051			2059	
Seven Kings (SVK) d		2001		2008		2016		2023	2031			2038	2046	2053			2101	
Goodmayes (GMY) d		2003		2010		2018		2025	2033			2040	2048	2055			2103	
Chadwell Heath (CTH) d		2005		2012		2020		2027	2035			2042	2050	2057			2105	
Romford (RMF) d		2009		2016		2024		2031	2039	2028		2046	2054	2101	2050		2109	
Gidea Park (GDP)  d		2012		2019		2027		2034	2042			2049	2057	2104			2112	
Harold Wood (HRO) d		2015		2022		2030		2037	2045			2052	2100	2107			2115	
Brentwood (BRE) d		2019		2026		2034		2041	2049			2056	2104	2111			2119	
Shenfield (SNF)  a	1959	2025	2010	2032	2019	2040	2025	2047	2055	2037	2040	2102	2110	2117	2059	2101	2125	2110

Operator Train ID Days of operation/Notes	XR 2W76	LE 1K10 A	XR 2W78	LE 1A98 L	XR 2W80	XR 2W82	LE 2K12 A	LE 1N60 C	XR 2W84	XR 2W86	XR 2W88	LE 1K14 A	LE 2F30 E	XR 2W90	LE 1F60 D	XR 2W92	LE 1K16 A	XR 2W94
London Liverpool Street (LST)  d	2049	2055	2057	2102	2104	2112	2114	2118	2119	2127	2134	2135	2138	2142	2148	2149	2155	2157
Stratford (SRA)  d	2056	2102	2104	2109	2111	2119	2121	2125	2126	2134	2141	2142	2145	2149	2155	2156	2202	2204
Maryland (MYL) d	2058		2106		2113	2121			2128	2136	2143			2151		2158		2206
Forest Gate (FOG) d	2100		2108		2115	2123			2130	2138	2145			2153		2200		2208
Manor Park (MNP) d	2103		2111		2118	2126			2133	2141	2148			2156		2203		2211
Ilford (IFD)  d	2106		2114		2121	2129			2136	2144	2151			2159		2206		2214
Seven Kings (SVK) d	2108		2116		2123	2131			2138	2146	2153			2201		2208		2216
Goodmayes (GMY) d	2110		2118		2125	2133			2140	2148	2155			2203		2210		2218
Chadwell Heath (CTH) d	2112		2120		2127	2135			2142	2150	2157			2205		2212		2220
Romford (RMF) d	2116		2124		2131	2139	2129		2146	2154	2201		2153	2209		2216		2224
Gidea Park (GDP)  d	2119		2127		2134	2142			2149	2157	2204			2212		2219		2227
Harold Wood (HRO) d	2122		2130		2137	2145			2152	2200	2207			2215		2222		2230
Brentwood (BRE) d	2126		2134		2141	2149			2156	2204	2211			2219		2226		2234
Shenfield (SNF)  a	2132	2117	2140	2124	2147	2155	2138	2140	2202	2210	2217	2157	2202	2225	2210	2232	2217	2240

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 5
- C To Clacton-on-Sea, see table 6
- D To Braintree, see table 6
- E To Colchester Town, see table 6
- G To Ipswich, see table 6
- L To Harwich International, see table 6

London to Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR
	1F62 B	2W96	2K18 A	2W98	1N62 C	2W02	2W04	1F64 B	2W06	1K20 A	2W08	1Y46 G	2W10	2W12	1K22 A	1N66 C	2W14	2W16
London Liverpool Street (LST) 15 d	2202	2204	2212	2214	2218	2224	2234	2238	2244	2245	2254	2302	2304	2313	2315	2318	2324	2334
Stratford (SRA) 7 d	2209	2211	2220	2221	2225	2231	2241	2245	2251	2252	2301	2309	2311	2320	2322	2325	2331	2341
Maryland (MYL)		2213		2223		2233	2243		2253		2303		2313	2322			2333	2343
Forest Gate (FOG)		2215		2225		2235	2245		2255		2305		2315	2324			2335	2345
Manor Park (MNP)		2218		2228		2238	2248		2258		2308		2318	2327			2338	2348
Ilford (IFD) 2 d		2221		2231		2241	2251		2301		2311		2321	2330			2341	2351
Seven Kings (SVK)		2223		2233		2243	2253		2303		2313		2323	2332			2343	2353
Goodmayes (GMY)		2225		2235		2245	2255		2305		2315		2325	2334			2345	2355
Chadwell Heath (CTH)		2227		2237		2247	2257		2307		2317		2327	2336			2347	2357
Romford (RMF)		2231	2228	2241		2251	2301		2311		2321		2331	2340			2351	0001
Gidea Park (GDP) 2 d		2234		2244		2254	2304		2314		2324		2334	2343			2354	0004
Harold Wood (HRO)		2237		2247		2257	2307		2317		2327		2337	2346			2357	0007
Brentwood (BRE)		2241		2251		2301	2311		2321		2331		2341	2350			0001	0011
Shenfield (SNF) 3 a	2224	2247	2237	2257	2240	2307	2317	2300	2327	2307	2337	2325	2347	2356	2338	2340	0007	0017

Operator Train ID Days of operation/Notes	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR
	2W18	1K24 A	1F68 B	2W20	2W22	2K26 A	1F70 B	2W24	2W26	2F18 B	2K28 A	2W28
London Liverpool Street (LST) 15 d	2344	2345	2348	2354	0001	0015	0018	0018	0032	0046	0050	0055
Stratford (SRA) 7 d	2351	2352	2355	0001	0008	0022	0025	0025	0039	0053	0057	0102
Maryland (MYL)	2353			0003	0010			0027	0041			0104
Forest Gate (FOG)	2355			0005	0012			0029	0043			0106
Manor Park (MNP)	2358			0008	0015			0032	0046			0109
Ilford (IFD) 2 d	0001			0011	0018			0035	0049			0112
Seven Kings (SVK)	0003			0013	0020			0037	0051			0114
Goodmayes (GMY)	0005			0015	0022			0039	0053			0116
Chadwell Heath (CTH)	0007			0017	0024			0041	0055			0118
Romford (RMF)	0011			0021	0028	0032		0045	0059		0107	0122
Gidea Park (GDP) 2 d	0014			0024	0031			0048	0102			0125
Harold Wood (HRO)	0017			0027	0034			0051	0105			0128
Brentwood (BRE)	0021			0031	0038			0055	0109			0132
Shenfield (SNF) 3 a	0027	0008	0010	0037	0044	0044	0047	0101	0115	0115	0119	0138

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 5
- B To Colchester, see table 6
- C To Clacton-on-Sea, see table 6
- G To Ipswich, see table 6

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR
	2W04	2Y02 C	1K02 A	2W06	2W08	1Y04 C	2W10	1K06 A	2W12	1N02 D	2W14	2W16	1K08 A	2W18	2A06 E	2W20	1F06 F	2W22
London Liverpool Street (LST) 15 d	0524	0534	0536	0539	0554	0602	0604	0605	0612	0618	0619	0627	0633	0634	0636	0642	0647	0649
Stratford (SRA) 7 d	0531	0541	0544	0546	0601	0609	0611	0612	0619	0625	0626	0634	0640	0641	0643	0649	0654	0656
Maryland (MYL)	d	0533		0548	0603		0613		0621		0628	0636		0643		0651		0658
Forest Gate (FOG)	d	0535		0550	0605		0615		0623		0630	0638		0645		0653		0700
Manor Park (MNP)	d	0538		0553	0608		0618		0626		0633	0641		0648		0656		0703
Ilford (IFD) 2 d	0541			0556	0611		0621		0629		0636	0644		0651		0659		0706
Seven Kings (SVK)	d	0543		0558	0613		0623		0631		0638	0646		0653		0701		0708
Goodmayes (GMY)	d	0545		0600	0615		0625		0633		0640	0648		0655		0703		0710
Chadwell Heath (CTH)	d	0547		0602	0617		0627		0635		0642	0650		0657		0705		0712
Romford (RMF)	d	0551	0549	0606	0621		0631		0639		0646	0654		0701	0651	0709		0716
Gidea Park (GDP) 2 d	0554			0609	0624		0634		0642		0649	0657		0704		0712		0719
Harold Wood (HRO)	d	0557		0612	0627		0637		0645		0652	0700		0707		0715		0722
Brentwood (BRE)	d	0601		0616	0631		0641		0649		0656	0704		0711		0719		0726
Shenfield (SNF) 3 a	0607	0558	0601	0622	0637	0624	0647	0627	0655	0641	0702	0710	0656	0717	0700	0725	0710	0732

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE
	1K10 A	2W24	1Y06 C	2W26	2W28	2K12 A	1N06 D	2W30	2W32	1K14 A	2W34	2F16 G	2W36	1F10 F	2W38	1K16 A	2W40	1Y08 C
London Liverpool Street (LST) 15 d	0655	0657	0702	0704	0712	0715	0718	0719	0727	0733	0734	0736	0742	0747	0749	0755	0757	0802
Stratford (SRA) 7 d	0702	0704	0709	0711	0719	0722	0725	0726	0734	0740	0741	0743	0749	0754	0756	0802	0804	0809
Maryland (MYL)	d	0706		0713	0721			0728	0736		0743		0751		0758		0806	
Forest Gate (FOG)	d	0708		0715	0723			0730	0738		0745		0753		0800		0808	
Manor Park (MNP)	d	0711		0718	0726			0733	0741		0748		0756		0803		0811	
Ilford (IFD) 2 d		0714		0721	0729			0736	0744		0751		0759		0806		0814	
Seven Kings (SVK)	d	0716		0723	0731			0738	0746		0753		0801		0808		0816	
Goodmayes (GMY)	d	0718		0725	0733			0740	0748		0755		0803		0810		0818	
Chadwell Heath (CTH)	d	0720		0727	0735			0742	0750		0757		0805		0812		0820	
Romford (RMF)	d	0724		0731	0739	0730		0746	0754		0801	0751	0809		0816		0824	
Gidea Park (GDP) 2 d		0727		0734	0742			0749	0757		0804		0812		0819		0827	
Harold Wood (HRO)	d	0730		0737	0745			0752	0800		0807		0815		0822		0830	
Brentwood (BRE)	d	0734		0741	0749			0756	0804		0811		0819		0826		0834	
Shenfield (SNF) 3 a	0717	0740	0724	0747	0755	0739	0741	0802	0810	0756	0817	0800	0825	0810	0832	0817	0840	0824

Operator Train ID Days of operation/Notes	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE
	2W42	2W44	2K18 A	1N12 D	2W46	2W48	1K20 A	2W50	2F24 G	2W52	1F16 F	2W54	1K22 A	2W56	1Y10 C	2W58	2W60	2K24 A
London Liverpool Street (LST) 15 d	0804	0812	0815	0818	0819	0827	0833	0834	0836	0842	0847	0849	0855	0857	0902	0904	0912	0915
Stratford (SRA) 7 d	0811	0819	0822	0825	0826	0834	0840	0841	0843	0849	0854	0856	0902	0904	0909	0911	0919	0922
Maryland (MYL)	d	0813	0821		0828	0836		0843		0851		0858		0906		0913	0921	
Forest Gate (FOG)	d	0815	0823		0830	0838		0845		0853		0900		0908		0915	0923	
Manor Park (MNP)	d	0818	0826		0833	0841		0848		0856		0903		0911		0918	0926	
Ilford (IFD) 2 d	0821	0829			0836	0844		0851		0859		0906		0914		0921	0929	
Seven Kings (SVK)	d	0823	0831		0838	0846		0853		0901		0908		0916		0923	0931	
Goodmayes (GMY)	d	0825	0833		0840	0848		0855		0903		0910		0918		0925	0933	
Chadwell Heath (CTH)	d	0827	0835		0842	0850		0857		0905		0912		0920		0927	0935	
Romford (RMF)	d	0831	0839	0830	0846	0854		0901	0851	0909		0916		0924		0931	0939	0930
Gidea Park (GDP) 2 d	0834	0842			0849	0857		0904		0912		0919		0927		0934	0942	
Harold Wood (HRO)	d	0837	0845		0852	0900		0907		0915		0922		0930		0937	0945	
Brentwood (BRE)	d	0841	0849		0856	0904		0911		0919		0926		0934		0941	0949	
Shenfield (SNF) 3 a	0847	0855	0839	0841	0902	0910	0856	0917	0900	0925	0910	0932	0917	0940	0924	0947	0955	0939

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
C To Ipswich, see table 6
D To Clacton-on-Sea, see table 6
E To Harwich International, see table 6
F To Braintree, see table 6
G To Colchester Town, see table 6

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	LE 1N16 D	XR 2W62	XR 2W64	LE 1K26 A	XR 2W66	LE 2F30 G	XR 2W68	LE 1F18 F	XR 2W70	LE 1K28 A	XR 2W72	LE 1Y12 C	XR 2W74	XR 2W76	LE 2K30 A	LE 1N18 D	XR 2W78	XR 2W80
London Liverpool Street (LST) 15 d	0918	0919	0927	0933	0934	0936	0942	0947	0949	0955	0957	1002	1004	1012	1015	1018	1019	1027
Stratford (SRA) 7 d	0925	0926	0934	0940	0941	0943	0949	0954	0956	1002	1004	1009	1011	1019	1022	1025	1026	1034
Maryland (MYL)		0928	0936		0943		0951		0958		1006		1013	1021			1028	1036
Forest Gate (FOG)		0930	0938		0945		0953		1000		1008		1015	1023			1030	1038
Manor Park (MNP)		0933	0941		0948		0956		1003		1011		1018	1026			1033	1041
Ilford (IFD) 2 d		0936	0944		0951		0959		1006		1014		1021	1029			1036	1044
Seven Kings (SVK)		0938	0946		0953		1001		1008		1016		1023	1031			1038	1046
Goodmayes (GMY)		0940	0948		0955		1003		1010		1018		1025	1033			1040	1048
Chadwell Heath (CTH)		0942	0950		0957		1005		1012		1020		1027	1035			1042	1050
Romford (RMF)		0946	0954		1001	0951	1009		1016		1024		1031	1039	1030		1046	1054
Gidea Park (GDP) 2 d		0949	0957		1004		1012		1019		1027		1034	1042			1049	1057
Harold Wood (HRO)		0952	1000		1007		1015		1022		1030		1037	1045			1052	1100
Brentwood (BRE)		0956	1004		1011		1019		1026		1034		1041	1049			1056	1104
Shenfield (SNF) 3 a	0941	1002	1010	0956	1017	1000	1025	1010	1032	1017	1040	1024	1047	1055	1039	1041	1102	1110

Operator Train ID Days of operation/Notes	LE 1K32 A	XR 2W82	LE 2F36 G	XR 2W84	LE 1F20 F	XR 2W86	LE 1K34 A	XR 2W88	LE 1Y14 C	XR 2W90	XR 2W92	LE 2K36 A	LE 1N20 D	XR 2W94	XR 2W96	LE 1K38 A	XR 2W02	LE 2F42 G
London Liverpool Street (LST) 15 d	1032	1034	1036	1042	1046	1049	1053	1057	1104	1104	1112	1115	1118	1119	1127	1133	1134	1136
Stratford (SRA) 7 d	1040	1041	1043	1049	1053	1056	1100	1104	1111	1111	1119	1122	1125	1126	1134	1140	1141	1143
Maryland (MYL)		1043		1051		1058		1106		1113	1121			1128	1136			1143
Forest Gate (FOG)		1045		1053		1100		1108		1115	1123			1130	1138			1145
Manor Park (MNP)		1048		1056		1103		1111		1118	1126			1133	1141			1148
Ilford (IFD) 2 d		1051		1059		1106		1114		1121	1129			1136	1144			1151
Seven Kings (SVK)		1053		1101		1108		1116		1123	1131			1138	1146			1153
Goodmayes (GMY)		1055		1103		1110		1118		1125	1133			1140	1148			1155
Chadwell Heath (CTH)		1057		1105		1112		1120		1127	1135			1142	1150			1157
Romford (RMF)		1101	1051	1109		1116		1124		1131	1139	1130		1146	1154		1201	1151
Gidea Park (GDP) 2 d		1104		1112		1119		1127		1134	1142			1149	1157			1204
Harold Wood (HRO)		1107		1115		1122		1130		1137	1145			1152	1200			1207
Brentwood (BRE)		1111		1119		1126		1134		1141	1149			1156	1204			1211
Shenfield (SNF) 3 a	1055	1117	1100	1125	1108	1132	1117	1140	1126	1147	1155	1139	1141	1202	1210	1156	1217	1200

Operator Train ID Days of operation/Notes	XR 2W04	LE 1F22 F	XR 2W06	LE 1K40 A	XR 2W08	LE 1Y16 C	XR 2W10	XR 2W12	LE 2K42 A	LE 1N22 D	XR 2W14	XR 2W16	LE 1K44 A	XR 2W18	LE 2F48 G	XR 2W20	LE 1F24 F	XR 2W22
London Liverpool Street (LST) 15 d	1142	1147	1149	1155	1157	1202	1204	1212	1215	1218	1219	1227	1233	1234	1236	1242	1247	1249
Stratford (SRA) 7 d	1149	1154	1156	1202	1204	1209	1211	1219	1222	1225	1226	1234	1240	1241	1243	1249	1254	1256
Maryland (MYL)		1151		1158		1206		1213	1221		1228	1236		1243		1251		1258
Forest Gate (FOG)		1153		1200		1208		1215	1223		1230	1238		1245		1253		1300
Manor Park (MNP)		1156		1203		1211		1218	1226		1233	1241		1248		1256		1303
Ilford (IFD) 2 d		1159		1206		1214		1221	1229		1236	1244		1251		1259		1306
Seven Kings (SVK)		1201		1208		1216		1223	1231		1238	1246		1253		1301		1308
Goodmayes (GMY)		1203		1210		1218		1225	1233		1240	1248		1255		1303		1310
Chadwell Heath (CTH)		1205		1212		1220		1227	1235		1242	1250		1257		1305		1312
Romford (RMF)		1209		1216		1224		1231	1239	1230	1246	1254		1301	1251	1309		1316
Gidea Park (GDP) 2 d		1212		1219		1227		1234	1242		1249	1257		1304		1312		1319
Harold Wood (HRO)		1215		1222		1230		1237	1245		1252	1300		1307		1315		1322
Brentwood (BRE)		1219		1226		1234		1241	1249		1256	1304		1311		1319		1326
Shenfield (SNF) 3 a	1225	1210	1232	1217	1240	1224	1247	1255	1239	1241	1302	1310	1256	1317	1300	1325	1310	1332

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 5
- C To Ipswich, see table 6
- D To Clacton-on-Sea, see table 6
- F To Braintree, see table 6
- G To Colchester Town, see table 6

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE
	1K46 A	2W24	1Y18 C	2W26	2W28	2K48 A	1N24 D	2W30	2W32	1K50 A	2W34	2F54 G	2W36	1F26 F	2W38	1K52 A	2W40	1Y20 C
London Liverpool Street (LST) 15 d	1255	1257	1302	1304	1312	1315	1318	1319	1327	1333	1334	1336	1342	1347	1349	1355	1357	1402
Stratford (SRA) 7 d	1302	1304	1309	1311	1319	1322	1325	1326	1334	1340	1341	1343	1349	1354	1356	1402	1404	1409
Maryland (MYL)		1306		1313	1321			1328	1336		1343		1351		1358		1406	
Forest Gate (FOG)		1308		1315	1323			1330	1338		1345		1353		1400		1408	
Manor Park (MNP)		1311		1318	1326			1333	1341		1348		1356		1403		1411	
Ilford (IFD) 2 d		1314		1321	1329			1336	1344		1351		1359		1406		1414	
Seven Kings (SVK)		1316		1323	1331			1338	1346		1353		1401		1408		1416	
Goodmayes (GMY)		1318		1325	1333			1340	1348		1355		1403		1410		1418	
Chadwell Heath (CTH)		1320		1327	1335			1342	1350		1357		1405		1412		1420	
Romford (RMF)		1324		1331	1339	1330		1346	1354		1401	1351	1409		1416		1424	
Gidea Park (GDP) 2 d		1327		1334	1342			1349	1357		1404		1412		1419		1427	
Harold Wood (HRO)		1330		1337	1345			1352	1400		1407		1415		1422		1430	
Brentwood (BRE)		1334		1341	1349			1356	1404		1411		1419		1426		1434	
Shenfield (SNF) 3 a	1317	1340	1324	1347	1355	1339	1341	1402	1410	1356	1417	1400	1425	1411	1432	1417	1440	1424

Operator Train ID Days of operation/Notes	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE
	2W42	2W44	2K54 A	1N26 D	2W46	2W48	1K56 A	2W50	2F60 G	2W52	1F28 F	2W54	1K58 A	2W56	1Y22 C	2W58	2W60	2K60 A
London Liverpool Street (LST) 15 d	1404	1412	1415	1418	1419	1427	1433	1434	1436	1442	1447	1449	1455	1457	1502	1504	1512	1515
Stratford (SRA) 7 d	1411	1419	1422	1425	1426	1434	1440	1441	1443	1449	1454	1456	1502	1504	1509	1511	1519	1522
Maryland (MYL)		1413	1421		1428	1436		1443		1451		1458		1506		1513	1521	
Forest Gate (FOG)		1415	1423		1430	1438		1445		1453		1500		1508		1515	1523	
Manor Park (MNP)		1418	1426		1433	1441		1448		1456		1503		1511		1518	1526	
Ilford (IFD) 2 d	1421	1429			1436	1444		1451		1459		1506		1514		1521	1529	
Seven Kings (SVK)		1423	1431		1438	1446		1453		1501		1508		1516		1523	1531	
Goodmayes (GMY)		1425	1433		1440	1448		1455		1503		1510		1518		1525	1533	
Chadwell Heath (CTH)		1427	1435		1442	1450		1457		1505		1512		1520		1527	1535	
Romford (RMF)		1431	1439	1430		1446	1454		1501	1451	1509		1516		1524		1531	1539
Gidea Park (GDP) 2 d	1434	1442			1449	1457		1504		1512		1519		1527		1534	1542	
Harold Wood (HRO)		1437	1445		1452	1500		1507		1515		1522		1530		1537	1545	
Brentwood (BRE)		1441	1449		1456	1504		1511		1519		1526		1534		1541	1549	
Shenfield (SNF) 3 a	1447	1455	1439	1441	1502	1510	1456	1517	1500	1525	1510	1532	1517	1540	1524	1547	1555	1539

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR
	1N28 D	2W62	2W64	1K62 A	2W66	2F68 G	2W68	1F30 F	2W70	1K64 A	2W72	1Y24 C	2W74	2W76	2K66 A	1N38 D	2W78	2W80
London Liverpool Street (LST) 15 d	1518	1519	1527	1533	1534	1536	1542	1547	1549	1555	1557	1602	1604	1612	1615	1618	1619	1627
Stratford (SRA) 7 d	1525	1526	1534	1540	1541	1543	1549	1554	1556	1602	1604	1609	1611	1619	1622	1625	1626	1634
Maryland (MYL)		1528	1536		1543		1551		1558		1606		1613	1621			1628	1636
Forest Gate (FOG)		1530	1538		1545		1553		1600		1608		1615	1623			1630	1638
Manor Park (MNP)		1533	1541		1548		1556		1603		1611		1618	1626			1633	1641
Ilford (IFD) 2 d		1536	1544		1551		1559		1606		1614		1621	1629			1636	1644
Seven Kings (SVK)		1538	1546		1553		1601		1608		1616		1623	1631			1638	1646
Goodmayes (GMY)		1540	1548		1555		1603		1610		1618		1625	1633			1640	1648
Chadwell Heath (CTH)		1542	1550		1557		1605		1612		1620		1627	1635			1642	1650
Romford (RMF)		1546	1554		1601	1551	1609		1616		1624		1631	1639	1630		1646	1654
Gidea Park (GDP) 2 d		1549	1557		1604		1612		1619		1627		1634	1642			1649	1657
Harold Wood (HRO)		1552	1600		1607		1615		1622		1630		1637	1645			1652	1700
Brentwood (BRE)		1556	1604		1611		1619		1626		1634		1641	1649			1656	1704
Shenfield (SNF) 3 a	1541	1602	1610	1556	1617	1600	1625	1610	1632	1617	1640	1624	1647	1655	1639	1641	1702	1710

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
C To Ipswich, see table 6
D To Clacton-on-Sea, see table 6
F To Braintree, see table 6
G To Colchester Town, see table 6

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	LE 1K68 A	XR 2W82	LE 2F74 G	XR 2W84	LE 1F36 F	XR 2W86	LE 1K72 A	XR 2W88	LE 1Y28 C	XR 2W90	XR 2W92	LE 2K76 A	LE 1N44 D	XR 2W94	XR 2W96	LE 1K80 A	XR 2W02	LE 2F80 G
London Liverpool Street (LST) 15 d	1633	1634	1636	1642	1647	1649	1655	1657	1702	1704	1712	1715	1718	1719	1727	1733	1734	1736
Stratford (SRA) 7 d	1640	1641	1643	1649	1654	1656	1703	1704	1709	1711	1719	1722	1726	1726	1734	1741	1741	1743
Maryland (MYL) d		1643		1651		1658		1706		1713	1721			1728	1736		1743	
Forest Gate (FOG) d		1645		1653		1700		1708		1715	1723			1730	1738		1745	
Manor Park (MNP) d		1648		1656		1703		1711		1718	1726			1733	1741		1748	
Ilford (IFD) 2 d		1651		1659		1706		1714		1721	1729			1736	1744		1751	
Seven Kings (SVK) d		1653		1701		1708		1716		1723	1731			1738	1746		1753	
Goodmayes (GMY) d		1655		1703		1710		1718		1725	1733			1740	1748		1755	
Chadwell Heath (CTH) d		1657		1705		1712		1720		1727	1735			1742	1750		1757	
Romford (RMF) d		1701	1651	1709		1716		1724		1731	1739	1730		1746	1754		1801	1752
Gidea Park (GDP) 2 d		1704		1712		1719		1727		1734	1742			1749	1757		1804	
Harold Wood (HRO) d		1707		1715		1722		1730		1737	1745			1752	1800		1807	
Brentwood (BRE) d		1711		1719		1726		1734		1741	1749			1756	1804		1811	
Shenfield (SNF) 3 a	1656	1717	1700	1725	1710	1732	1719	1740	1725	1747	1755	1739	1741	1802	1810	1757	1817	1801

Operator Train ID Days of operation/Notes	XR 2W04	LE 1F46 F	XR 2W06	LE 1K86 A	XR 2W08	LE 1Y34 C	XR 2W10	XR 2W12	LE 2K90 A	LE 1N50 D	XR 2W14	XR 2W16	LE 1K94 A	XR 2W18	LE 2F88 G	XR 2W20	LE 1F50 F	XR 2W22
London Liverpool Street (LST) 15 d	1742	1747	1749	1755	1757	1802	1804	1812	1815	1818	1819	1827	1833	1834	1836	1842	1846	1849
Stratford (SRA) 7 d	1749	1754	1756	1803	1804	1809	1811	1819	1822	1826	1826	1834	1841	1841	1843	1849	1853	1856
Maryland (MYL) d	1751		1758		1806		1813	1821			1828	1836		1843		1851		1858
Forest Gate (FOG) d	1753		1800		1808		1815	1823			1830	1838		1845		1853		1900
Manor Park (MNP) d	1756		1803		1811		1818	1826			1833	1841		1848		1856		1903
Ilford (IFD) 2 d	1759		1806		1814		1821	1829			1836	1844		1851		1859		1906
Seven Kings (SVK) d	1801		1808		1816		1823	1831			1838	1846		1853		1901		1908
Goodmayes (GMY) d	1803		1810		1818		1825	1833			1840	1848		1855		1903		1910
Chadwell Heath (CTH) d	1805		1812		1820		1827	1835			1842	1850		1857		1905		1912
Romford (RMF) d	1809		1816		1824		1831	1839	1830		1846	1854		1901	1852	1909		1916
Gidea Park (GDP) 2 d	1812		1819		1827		1834	1842			1849	1857		1904		1912		1919
Harold Wood (HRO) d	1815		1822		1830		1837	1845			1852	1900		1907		1915		1922
Brentwood (BRE) d	1819		1826		1834		1841	1849			1856	1904		1911		1919		1926
Shenfield (SNF) 3 a	1825	1810	1832	1819	1840	1825	1847	1855	1839	1841	1902	1910	1857	1917	1901	1925	1908	1932

Operator Train ID Days of operation/Notes	LE 1K98 A	XR 2W24	LE 1Y38 C	XR 2W26	XR 2W28	LE 2K00 A	LE 1N56 D	XR 2W30	XR 2W32	LE 1K02 A	XR 2W34	LE 1A86 E	LE 2F94 G	XR 2W36	LE 1F56 F	XR 2W38	LE 1K04 A	XR 2W40
London Liverpool Street (LST) 15 d	1853	1857	1904	1904	1912	1915	1918	1919	1927	1933	1934	1936	1938	1942	1947	1949	1955	1957
Stratford (SRA) 7 d	1900	1904	1911	1911	1919	1922	1925	1926	1934	1941	1941	1943	1946	1949	1954	1956	2002	2004
Maryland (MYL) d		1906		1913	1921			1928	1936		1943			1951		1958		2006
Forest Gate (FOG) d		1908		1915	1923			1930	1938		1945			1953		2000		2008
Manor Park (MNP) d		1911		1918	1926			1933	1941		1948			1956		2003		2011
Ilford (IFD) 2 d		1914		1921	1929			1936	1944		1951			1959		2006		2014
Seven Kings (SVK) d		1916		1923	1931			1938	1946		1953			2001		2008		2016
Goodmayes (GMY) d		1918		1925	1933			1940	1948		1955			2003		2010		2018
Chadwell Heath (CTH) d		1920		1927	1935			1942	1950		1957			2005		2012		2020
Romford (RMF) d		1924		1931	1939	1930		1946	1954		2001		1954	2009		2016		2024
Gidea Park (GDP) 2 d		1927		1934	1942			1949	1957		2004			2012		2019		2027
Harold Wood (HRO) d		1930		1937	1945			1952	2000		2007			2015		2022		2030
Brentwood (BRE) d		1934		1941	1949			1956	2004		2011			2019		2026		2034
Shenfield (SNF) 3 a	1917	1940	1926	1947	1955	1939	1941	2002	2010	1956	2017	1959	2003	2025	2010	2032	2017	2040

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
C To Ipswich, see table 6
D To Clacton-on-Sea, see table 6
E To Harwich International, see table 6
F To Braintree, see table 6
G To Colchester Town, see table 6

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	LE 1Y40 C	XR 2W42	XR 2W44	LE 2K06 A	LE 1N58 D	XR 2W46	XR 2W48	LE 1K08 A	XR 2W50	LE 2F02 G	XR 2W52	LE 1F58 F	XR 2W54	LE 1K10 A	XR 2W56	LE 1A98 E	XR 2W58	XR 2W60
London Liverpool Street (LST) 15 d	2002	2004	2012	2015	2018	2019	2027	2033	2034	2036	2042	2047	2049	2055	2057	2102	2104	2112
Stratford (SRA) 7 d	2009	2011	2019	2022	2025	2026	2034	2040	2041	2043	2049	2054	2056	2102	2104	2109	2111	2119
Maryland (MYL)		2013	2021			2028	2036		2043		2051		2058		2106		2113	2121
Forest Gate (FOG)		2015	2023			2030	2038		2045		2053		2100		2108		2115	2123
Manor Park (MNP)		2018	2026			2033	2041		2048		2056		2103		2111		2118	2126
Ilford (IFD) 2 d		2021	2029			2036	2044		2051		2059		2106		2114		2121	2129
Seven Kings (SVK)		2023	2031			2038	2046		2053		2101		2108		2116		2123	2131
Goodmayes (GMY)		2025	2033			2040	2048		2055		2103		2110		2118		2125	2133
Chadwell Heath (CTH)		2027	2035			2042	2050		2057		2105		2112		2120		2127	2135
Romford (RMF)		2031	2039	2030		2046	2054		2101	2051	2109		2116		2124		2131	2139
Gidea Park (GDP) 2 d		2034	2042			2049	2057		2104		2112		2119		2127		2134	2142
Harold Wood (HRO)		2037	2045			2052	2100		2107		2115		2122		2130		2137	2145
Brentwood (BRE)		2041	2049			2056	2104		2111		2119		2126		2134		2141	2149
Shenfield (SNF) 3 a	2024	2047	2055	2039	2041	2102	2110	2056	2117	2100	2125	2110	2132	2117	2140	2124	2147	2155

Operator Train ID Days of operation/Notes	LE 2K12 A	LE 1N60 D	XR 2W62	XR 2W64	LE 1K14 A	XR 2W66	LE 2F06 G	XR 2W68	LE 1F60 F	XR 2W70	LE 1K16 A	XR 2W72	LE 1F62 B	XR 2W74	XR 2W76	LE 2K18 A	LE 1N62 D	XR 2W78
London Liverpool Street (LST) 15 d	2115	2118	2119	2127	2133	2134	2136	2142	2147	2149	2155	2157	2202	2204	2214	2215	2218	2224
Stratford (SRA) 7 d	2122	2125	2126	2134	2140	2141	2143	2149	2154	2156	2202	2204	2209	2211	2221	2222	2225	2231
Maryland (MYL)			2128	2136		2143		2151		2158		2206		2213	2223			2233
Forest Gate (FOG)			2130	2138		2145		2153		2200		2208		2215	2225			2235
Manor Park (MNP)			2133	2141		2148		2156		2203		2211		2218	2228			2238
Ilford (IFD) 2 d			2136	2144		2151		2159		2206		2214		2221	2231			2241
Seven Kings (SVK)			2138	2146		2153		2201		2208		2216		2223	2233			2243
Goodmayes (GMY)			2140	2148		2155		2203		2210		2218		2225	2235			2245
Chadwell Heath (CTH)			2142	2150		2157		2205		2212		2220		2227	2237			2247
Romford (RMF)	2130		2146	2154		2201	2151	2209		2216		2224		2231	2241	2230		2251
Gidea Park (GDP) 2 d			2149	2157		2204		2212		2219		2227		2234	2244			2254
Harold Wood (HRO)			2152	2200		2207		2215		2222		2230		2237	2247			2257
Brentwood (BRE)			2156	2204		2211		2219		2226		2234		2241	2251			2301
Shenfield (SNF) 3 a	2139	2141	2202	2210	2156	2217	2200	2225	2210	2232	2217	2240	2224	2247	2257	2239	2241	2307

Operator Train ID Days of operation/Notes	XR 2W80	LE 1F64 B	XR 2W82	LE 1K20 A	XR 2W84	LE 1Y46 C	XR 2W86	XR 2W88	LE 1K22 A	LE 1N66 D	XR 2W90	XR 2W92	XR 2W94	LE 1K24 A	LE 1F68 B	XR 2W96	XR 2W02	LE 2K26 A
London Liverpool Street (LST) 15 d	2234	2238	2244	2245	2254	2302	2304	2314	2315	2318	2324	2334	2344	2345	2348	2354	0001	0015
Stratford (SRA) 7 d	2241	2245	2251	2252	2301	2309	2311	2321	2322	2325	2331	2341	2351	2352	2355	0001	0008	0022
Maryland (MYL)	2243		2253		2303		2313	2323			2333	2343	2353			0003	0010	
Forest Gate (FOG)	2245		2255		2305		2315	2325			2335	2345	2355			0005	0012	
Manor Park (MNP)	2248		2258		2308		2318	2328			2338	2348	2358			0008	0015	
Ilford (IFD) 2 d	2251		2301		2311		2321	2331			2341	2351	0001			0011	0018	
Seven Kings (SVK)	2253		2303		2313		2323	2333			2343	2353	0003			0013	0020	
Goodmayes (GMY)	2255		2305		2315		2325	2335			2345	2355	0005			0015	0022	
Chadwell Heath (CTH)	2257		2307		2317		2327	2337			2347	2357	0007			0017	0024	
Romford (RMF)	2301		2311		2321		2331	2341			2351	0001	0011			0021	0028	0032
Gidea Park (GDP) 2 d	2304		2314		2324		2334	2344			2354	0004	0014			0024	0031	
Harold Wood (HRO)	2307		2317		2327		2337	2347			2357	0007	0017			0027	0034	
Brentwood (BRE)	2311		2321		2331		2341	2351			0001	0011	0021			0031	0038	
Shenfield (SNF) 3 a	2317	2300	2327	2308	2337	2325	2347	2357	2338	2341	0007	0017	0027	0008	0011	0037	0044	0044






NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
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London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR
	1F70 B	2W04	2W06	2K28 A	2W08
London Liverpool Street (LST)  d	0018	0020	0034	0050	0055
Stratford (SRA)  d	0025	0027	0041	0057	0102
Maryland (MYL) d		0029	0043		0104
Forest Gate (FOG) d		0031	0045		0106
Manor Park (MNP) d		0034	0048		0109
Ilford (IFD)  d		0037	0051		0112
Seven Kings (SVK) d		0039	0053		0114
Goodmayes (GMY) d		0041	0055		0116
Chadwell Heath (CTH) d		0043	0057		0118
Romford (RMF) d		0047	0101	0108	0122
Gidea Park (GDP)  d		0050	0104		0125
Harold Wood (HRO) d		0053	0107		0128
Brentwood (BRE) d		0057	0111		0132
Shenfield (SNF)  a	0047	0103	0117	0120	0138

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

a Arrival time
d Departure time

A To Southend Victoria, see table 5
B To Colchester, see table 6

London to Stratford, Ilford, Romford and Shenfield

Sundays

Operator Train ID Days of operation/Notes	XR	LE	XR	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	
	2W18	2A96 C	2W22	2W26	2K02 A	2W30	2W34	2K04 A	2W38	2Y04 D	2W42	2K06 A	2W46	1N04 E	2W50	2K08 A	2W54	2W58	
London Liverpool Street (LST) 15 d	0632	0644	0649	0702	0714	0719	0732	0744	0748	0800	0803	0815	0818	0830	0833	0845	0849	0904	
Stratford (SRA) 7 d	0639	0651	0656	0709	0721	0726	0739	0751	0755	0807	0810	0822	0825	0837	0840	0852	0856	0911	
Maryland (MYL)	d	0641	0658	0711		0728	0741		0757		0812		0827		0842		0858	0913	
Forest Gate (FOG)	d	0643	0700	0713		0730	0743		0759		0814		0829		0844		0900	0915	
Manor Park (MNP)	d	0646		0703	0716		0733	0746		0802		0817		0832		0847		0903	0918
Ilford (IFD) 2 d	0649		0706	0719		0736	0749		0805		0820		0835		0850		0906	0921	
Seven Kings (SVK)	d	0651		0708	0721		0738	0751		0807		0822		0837		0852		0908	0923
Goodmayes (GMY)	d	0653		0710	0723		0740	0753		0809		0824		0839		0854		0910	0925
Chadwell Heath (CTH)	d	0655		0712	0725		0742	0755		0811		0826		0841		0856		0912	0927
Romford (RMF)	d	0659	0702	0716	0729	0732	0746	0759	0802	0815	0818	0830	0835	0845	0900	0903	0916	0931	
Gidea Park (GDP) 2 d	0702		0719	0732		0749	0802		0818		0833		0848		0903		0919	0934	
Harold Wood (HRO)	d	0705		0722	0735		0752	0805		0821		0836		0851		0906		0922	0937
Brentwood (BRE)	d	0709		0726	0739		0756	0809		0825		0840		0855		0910		0926	0941
Shenfield (SNF) 3 a	0715	0715	0732	0745	0745	0802	0815	0815	0831	0831	0846	0849	0901	0901	0916	0916	0932	0947	

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR
	1Y06 D	2W62	2K10 A	2W66	1N06 E	2W70	2K12 A	2W74	1Y08 D	2W78	2K14 A	2W82	1N08 E	2W86	2K16 A	2W90	1Y10 D	2W94
London Liverpool Street (LST) 15 d	0907	0919	0922	0934	0937	0949	0952	1004	1007	1019	1022	1034	1037	1049	1052	1104	1107	1119
Stratford (SRA) 7 d	0914	0926	0929	0941	0944	0956	0959	1011	1014	1026	1029	1041	1044	1056	1059	1111	1114	1126
Maryland (MYL)	d	0928		0943		0958		1013		1028		1043		1058		1113		1128
Forest Gate (FOG)	d	0930		0945		1000		1015		1030		1045		1100		1115		1130
Manor Park (MNP)	d	0933		0948		1003		1018		1033		1048		1103		1118		1133
Ilford (IFD) 2 d	0936		0951		1006		1021		1036		1051		1106		1121		1136	
Seven Kings (SVK)	d	0938		0953		1008		1023		1038		1053		1108		1123		1138
Goodmayes (GMY)	d	0940		0955		1010		1025		1040		1055		1110		1125		1140
Chadwell Heath (CTH)	d	0942		0957		1012		1027		1042		1057		1112		1127		1142
Romford (RMF)	d	0946	0938	1001		1016	1008	1031		1046	1038	1101		1116	1108	1131		1146
Gidea Park (GDP) 2 d	0949		1004		1019		1034		1049		1104		1119		1134		1149	
Harold Wood (HRO)	d	0952		1007		1022		1037		1052		1107		1122		1137		1152
Brentwood (BRE)	d	0956		1011		1026		1041		1056		1111		1126		1141		1156
Shenfield (SNF) 3 a	0930	1002	0947	1017	1000	1032	1017	1047	1030	1102	1047	1117	1100	1132	1117	1147	1130	1202

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	
	2K18 A	2W02	1N10 E	2W06	2K20 A	2W10	1Y12 D	2C12	2W14	2K22 A	2C16	2W18	1N12 E	2C20	2W22	2K24 A	2C24	2W26	
London Liverpool Street (LST) 15 d	1122	1134	1137	1149	1152	1204	1207	1212	1219	1222	1227	1234	1237	1242	1249	1252	1257	1304	
Stratford (SRA) 7 d	1129	1141	1144	1156	1159	1211	1214	1219	1226	1229	1234	1241	1244	1249	1256	1259	1304	1311	
Maryland (MYL)	d	1143		1158		1213		1221	1228		1236	1243		1251	1258		1306	1313	
Forest Gate (FOG)	d	1145		1200		1215		1223	1230		1238	1245		1253	1300		1308	1315	
Manor Park (MNP)	d	1148		1203		1218		1226	1233		1241	1248		1256	1303		1311	1318	
Ilford (IFD) 2 d	1151		1206		1221		1229	1236		1244	1251		1259	1306		1314	1321		
Seven Kings (SVK)	d	1153		1208		1223		1231	1238		1246	1253		1301	1308		1316	1323	
Goodmayes (GMY)	d	1155		1210		1225		1233	1240		1248	1255		1303	1310		1318	1325	
Chadwell Heath (CTH)	d	1157		1212		1227		1235	1242		1250	1257		1305	1312		1320	1327	
Romford (RMF)	d	1138	1201		1216	1208	1231		1239	1246	1238	1254	1301		1309	1316	1308	1324	1331
Gidea Park (GDP) 2 d	1204		1219		1234		1242a	1249		1257a	1304		1312a	1319		1327a		1334	
Harold Wood (HRO)	d	1207		1222		1237		1252			1307			1322				1337	
Brentwood (BRE)	d	1211		1226		1241		1256			1311			1326				1341	
Shenfield (SNF) 3 a	1147	1217	1200	1232	1217	1247	1230		1302	1247		1317	1300		1332	1317		1347	

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- a Arrival time
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- A To Southend Victoria, see table 5
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London to Stratford, Ilford, Romford and Shenfield

Sundays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR
	1Y14 D	2C28	2W30	2K26 A	2C32	2W34	1N14 E	2C36	2W38	2K28 A	2C40	2W42	1Y16 D	2C44	2W46	2K30 A	2C48	2W50
London Liverpool Street (LST) 15 d	1307	1312	1319	1322	1327	1334	1337	1342	1349	1352	1357	1404	1407	1412	1419	1422	1427	1434
Stratford (SRA) 7 d	1314	1319	1326	1329	1334	1341	1344	1349	1356	1359	1404	1411	1414	1419	1426	1429	1434	1441
Maryland (MYL) d		1321	1328		1336	1343		1351	1358		1406	1413		1421	1428		1436	1443
Forest Gate (FOG) d		1323	1330		1338	1345		1353	1400		1408	1415		1423	1430		1438	1445
Manor Park (MNP) d		1326	1333		1341	1348		1356	1403		1411	1418		1426	1433		1441	1448
Ilford (IFD) 2 d		1329	1336		1344	1351		1359	1406		1414	1421		1429	1436		1444	1451
Seven Kings (SVK) d		1331	1338		1346	1353		1401	1408		1416	1423		1431	1438		1446	1453
Goodmayes (GMY) d		1333	1340		1348	1355		1403	1410		1418	1425		1433	1440		1448	1455
Chadwell Heath (CTH) d		1335	1342		1350	1357		1405	1412		1420	1427		1435	1442		1450	1457
Romford (RMF) d		1339	1346	1338	1354	1401		1409	1416	1408	1424	1431		1439	1446	1438	1454	1501
Gidea Park (GDP) 2 d		1342a	1349		1357a	1404		1412a	1419		1427a	1434		1442a	1449		1457a	1504
Harold Wood (HRO) d			1352			1407			1422			1437			1452			1507
Brentwood (BRE) d			1356			1411			1426			1441			1456			1511
Shenfield (SNF) 3 a	1330		1402	1347		1417	1400		1432	1417		1447	1430		1502	1447		1517

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR
	1N16 E	2C52	2W54	2K32 A	2C56	2W58	1Y18 D	2C60	2W62	2K34 A	2C64	2W66	1N18 E	2C68	2W70	2K36 A	2C72	2W74
London Liverpool Street (LST) 15 d	1437	1442	1449	1452	1457	1504	1507	1512	1519	1522	1527	1534	1537	1542	1549	1552	1557	1604
Stratford (SRA) 7 d	1444	1449	1456	1459	1504	1511	1514	1519	1526	1529	1534	1541	1544	1549	1556	1559	1604	1611
Maryland (MYL) d		1451	1458		1506	1513		1521	1528		1536	1543		1551	1558		1606	1613
Forest Gate (FOG) d		1453	1500		1508	1515		1523	1530		1538	1545		1553	1600		1608	1615
Manor Park (MNP) d		1456	1503		1511	1518		1526	1533		1541	1548		1556	1603		1611	1618
Ilford (IFD) 2 d		1459	1506		1514	1521		1529	1536		1544	1551		1559	1606		1614	1621
Seven Kings (SVK) d		1501	1508		1516	1523		1531	1538		1546	1553		1601	1608		1616	1623
Goodmayes (GMY) d		1503	1510		1518	1525		1533	1540		1548	1555		1603	1610		1618	1625
Chadwell Heath (CTH) d		1505	1512		1520	1527		1535	1542		1550	1557		1605	1612		1620	1627
Romford (RMF) d		1509	1516	1508	1524	1531		1539	1546	1538	1554	1601		1609	1616	1608	1624	1631
Gidea Park (GDP) 2 d		1512a	1519		1527a	1534		1542a	1549		1557a	1604		1612a	1619		1627a	1634
Harold Wood (HRO) d			1522			1537			1552			1607			1622			1637
Brentwood (BRE) d			1526			1541			1556			1611			1626			1641
Shenfield (SNF) 3 a	1500		1532	1517		1547	1530		1602	1547		1617	1600		1632	1617		1647

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR
	1Y20 D	2C76	2W78	2K38 A	2C80	2W82	1N20 E	2C84	2W86	2K40 A	2C88	2W90	1Y22 D	2C92	2W94	2K42 A	2C96	2W02
London Liverpool Street (LST) 15 d	1607	1612	1619	1622	1627	1634	1637	1642	1649	1652	1657	1704	1707	1712	1719	1722	1727	1734
Stratford (SRA) 7 d	1614	1619	1626	1629	1634	1641	1644	1649	1656	1659	1704	1711	1714	1719	1726	1729	1734	1741
Maryland (MYL) d		1621	1628		1636	1643		1651	1658		1706	1713		1721	1728		1736	1743
Forest Gate (FOG) d		1623	1630		1638	1645		1653	1700		1708	1715		1723	1730		1738	1745
Manor Park (MNP) d		1626	1633		1641	1648		1656	1703		1711	1718		1726	1733		1741	1748
Ilford (IFD) 2 d		1629	1636		1644	1651		1659	1706		1714	1721		1729	1736		1744	1751
Seven Kings (SVK) d		1631	1638		1646	1653		1701	1708		1716	1723		1731	1738		1746	1753
Goodmayes (GMY) d		1633	1640		1648	1655		1703	1710		1718	1725		1733	1740		1748	1755
Chadwell Heath (CTH) d		1635	1642		1650	1657		1705	1712		1720	1727		1735	1742		1750	1757
Romford (RMF) d		1639	1646	1638	1654	1701		1709	1716	1708	1724	1731		1739	1746	1738	1754	1801
Gidea Park (GDP) 2 d		1642a	1649		1657a	1704		1712a	1719		1727a	1734		1742a	1749		1757a	1804
Harold Wood (HRO) d			1652			1707			1722			1737			1752			1807
Brentwood (BRE) d			1656			1711			1726			1741			1756			1811
Shenfield (SNF) 3 a	1630		1702	1647		1717	1700		1732	1717		1747	1730		1802	1747		1817

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

a Arrival time
d Departure time

A To Southend Victoria, see table 5
D To Ipswich, see table 6
E To Clacton-on-Sea, see table 6

London to Stratford, Ilford, Romford and Shenfield

Sundays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR
	1N22 E	2C04	2W06	2K44 A	2C08	2W10	1Y24 D	2C12	2W14	2K46 A	2C16	2W18	1N24 E	2C20	2W22	2K48 A	2C24	2W26
London Liverpool Street (LST) 15 d	1737	1742	1749	1752	1757	1804	1807	1812	1819	1822	1827	1834	1837	1842	1849	1852	1857	1904
Stratford (SRA) 7 d	1744	1749	1756	1759	1804	1811	1814	1819	1826	1829	1834	1841	1844	1849	1856	1859	1904	1911
Maryland (MYL) d		1751	1758		1806	1813		1821	1828		1836	1843		1851	1858		1906	1913
Forest Gate (FOG) d		1753	1800		1808	1815		1823	1830		1838	1845		1853	1900		1908	1915
Manor Park (MNP) d		1756	1803		1811	1818		1826	1833		1841	1848		1856	1903		1911	1918
Ilford (IFD) 2 d		1759	1806		1814	1821		1829	1836		1844	1851		1859	1906		1914	1921
Seven Kings (SVK) d		1801	1808		1816	1823		1831	1838		1846	1853		1901	1908		1916	1923
Goodmayes (GMY) d		1803	1810		1818	1825		1833	1840		1848	1855		1903	1910		1918	1925
Chadwell Heath (CTH) d		1805	1812		1820	1827		1835	1842		1850	1857		1905	1912		1920	1927
Romford (RMF) d		1809	1816	1808	1824	1831		1839	1846	1838	1854	1901		1909	1916	1908	1924	1931
Gidea Park (GDP) 2 d		1812a	1819		1827a	1834		1842a	1849		1857a	1904		1912a	1919		1927a	1934
Harold Wood (HRO) d			1822			1837			1852			1907			1922			1937
Brentwood (BRE) d			1826			1841			1856			1911			1926			1941
Shenfield (SNF) 3 a	1800		1832	1817		1847	1830		1902	1847		1917	1900		1932	1917		1947

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR
	1Y26 D	2C28	2W30	2K50 A	2C32	2W34	1N26 E	2C36	2W38	2K52 A	2C40	1A86 C	2W42	1Y28 D	2C44	2W46	2K54 A	2C48
London Liverpool Street (LST) 15 d	1907	1912	1919	1922	1927	1934	1937	1942	1949	1952	1957	2000	2004	2007	2012	2019	2022	2027
Stratford (SRA) 7 d	1914	1919	1926	1929	1934	1941	1944	1949	1956	1959	2004	2007	2011	2014	2019	2026	2029	2034
Maryland (MYL) d		1921	1928		1936	1943		1951	1958		2006		2013		2021	2028		2036
Forest Gate (FOG) d		1923	1930		1938	1945		1953	2000		2008		2015		2023	2030		2038
Manor Park (MNP) d		1926	1933		1941	1948		1956	2003		2011		2018		2026	2033		2041
Ilford (IFD) 2 d		1929	1936		1944	1951		1959	2006		2014		2021		2029	2036		2044
Seven Kings (SVK) d		1931	1938		1946	1953		2001	2008		2016		2023		2031	2038		2046
Goodmayes (GMY) d		1933	1940		1948	1955		2003	2010		2018		2025		2033	2040		2048
Chadwell Heath (CTH) d		1935	1942		1950	1957		2005	2012		2020		2027		2035	2042		2050
Romford (RMF) d		1939	1946	1938	1954	2001		2009	2016	2008	2024		2031		2039	2046	2038	2054
Gidea Park (GDP) 2 d		1942a	1949		1957a	2004		2012a	2019		2027a		2034		2042a	2049		2057a
Harold Wood (HRO) d			1952			2007			2022				2037			2052		
Brentwood (BRE) d			1956			2011			2026				2041			2056		
Shenfield (SNF) 3 a	1930		2002	1947		2017	2000		2032	2017		2023	2047	2030		2102	2047	

Operator Train ID Days of operation/Notes	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR
	2W50	1N28 E	2C52	2W54	2K56 A	2C56	2W58	1Y30 D	2C60	2W62	2K58 A	2C64	2W66	1N30 E	2C68	2W70	2K60 A	2C72
London Liverpool Street (LST) 15 d	2034	2037	2042	2049	2052	2057	2104	2107	2112	2119	2122	2127	2134	2137	2142	2149	2152	2157
Stratford (SRA) 7 d	2041	2044	2049	2056	2059	2104	2111	2114	2119	2126	2129	2134	2141	2144	2149	2156	2159	2204
Maryland (MYL) d	2043		2051	2058		2106	2113		2121	2128		2136	2143		2151	2158		2206
Forest Gate (FOG) d	2045		2053	2100		2108	2115		2123	2130		2138	2145		2153	2200		2208
Manor Park (MNP) d	2048		2056	2103		2111	2118		2126	2133		2141	2148		2156	2203		2211
Ilford (IFD) 2 d	2051		2059	2106		2114	2121		2129	2136		2144	2151		2159	2206		2214
Seven Kings (SVK) d	2053		2101	2108		2116	2123		2131	2138		2146	2153		2201	2208		2216
Goodmayes (GMY) d	2055		2103	2110		2118	2125		2133	2140		2148	2155		2203	2210		2218
Chadwell Heath (CTH) d	2057		2105	2112		2120	2127		2135	2142		2150	2157		2205	2212		2220
Romford (RMF) d	2101		2109	2116	2108	2124	2131		2139	2146	2138	2154	2201		2209	2216	2208	2224
Gidea Park (GDP) 2 d	2104		2112a	2119		2127a	2134		2142a	2149		2157a	2204		2212a	2219		2227a
Harold Wood (HRO) d	2107			2122			2137			2152			2207			2222		
Brentwood (BRE) d	2111			2126			2141			2156			2211			2226		
Shenfield (SNF) 3 a	2117	2100		2132	2117		2147	2130		2202	2147		2217	2200		2232	2217	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A To Southend Victoria, see table 5
C To Harwich International, see table 6
D To Ipswich, see table 6
E To Clacton-on-Sea, see table 6

London to Stratford, Ilford, Romford and Shenfield

Sundays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR
	2W74	1Y32 D	2W76	2K62 A	2W80	1N32 E	2W82	2K64 A	2W86	1Y34 D	2W88	2K66 A	2W92	1F64 B	2K68 A	2W94	1F66 B	2W02	
London Liverpool Street (LST) 15 d	2204	2207	2219	2222	2234	2237	2249	2252	2304	2307	2319	2322	2332	2334	2342	2349	0002	0005	
Stratford (SRA) 7 d	2211	2214	2226	2229	2241	2244	2256	2259	2311	2314	2326	2329	2339	2341	2349	2356	0009	0012	
Maryland (MYL)	d	2213	2228	2243	2258	2313	2328	2341	2358	0014									
Forest Gate (FOG)	d	2215	2230	2245	2300	2315	2330	2343	2359	0016									
Manor Park (MNP)	d	2218	2233	2248	2303	2318	2333	2346	2359	0019									
Ilford (IFD) 2 d	2221	2236	2251	2306	2321	2336	2349	2359	0006	0022									
Seven Kings (SVK)	d	2223	2238	2253	2308	2323	2338	2351	0008	0024									
Goodmayes (GMY)	d	2225	2240	2255	2310	2325	2340	2353	0010	0026									
Chadwell Heath (CTH)	d	2227	2242	2257	2312	2327	2342	2355	0012	0028									
Romford (RMF)	d	2231	2246	2238	2301	2316	2308	2331	2346	2338	2359	0002	0016	0032					
Gidea Park (GDP) 2 d	2234	2249	2304	2319	2334	2349	0002	0019	0035										
Harold Wood (HRO)	d	2237	2252	2307	2322	2337	2352	0005	0022	0038									
Brentwood (BRE)	d	2241	2256	2311	2326	2341	2356	0009	0026	0042									
Shenfield (SNF) 3 a	2247	2230	2302	2247	2317	2300	2332	2317	2347	2330	0002	2347	0015	2357	0016	0032	0033	0048	

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR
	2K42 A	2W04	2W06	2K44 A	2W08
London Liverpool Street (LST) 15 d	0014	0019	0034	0044	0055
Stratford (SRA) 7 d	0021	0026	0041	0051	0102
Maryland (MYL)	d	0028	0043	0104	
Forest Gate (FOG)	d	0030	0045	0106	
Manor Park (MNP)	d	0033	0048	0109	
Ilford (IFD) 2 d	0036	0051	0112		
Seven Kings (SVK)	d	0038	0053	0114	
Goodmayes (GMY)	d	0040	0055	0116	
Chadwell Heath (CTH)	d	0042	0057	0118	
Romford (RMF)	d	0036	0046	0101	0105
Gidea Park (GDP) 2 d	0049	0104	0125		
Harold Wood (HRO)	d	0052	0107	0128	
Brentwood (BRE)	d	0056	0111	0132	
Shenfield (SNF) 3 a	0049	0102	0117	0119	0138

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 5
- B To Colchester, see table 6
- D To Ipswich, see table 6
- E To Clacton-on-Sea, see table 6

Shenfield, Romford, Ilford and Stratford to London

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1K01 A	XR 2W03	XR 2C05	XR 2W07	LE 1K03 A	XR 2C09	LE 2F01 B	XR 2W11	XR 2W13	LE 1K05 A	XR 2W15	XR 2W17	LE 1F01 B	LE 1K07 A	XR 2W19	XR 2W21	XR 2W23	LE 1K09 A	
Shenfield (SNF)	3 d	0438	0444		0504	0509		0524	0524	0533	0536	0541	0548	0553	0555	0556	0603	0611	0615
Brentwood (BRE)	d		0448		0508				0528	0537		0545	0552			0600	0607	0615	
Harold Wood (HRO)	d		0452		0512				0532	0541		0549	0556			0604	0611	0619	
Gidea Park (GDP)	2 d		0455	0503	0515		0525		0535	0544		0552	0559			0607	0614	0622	
Romford (RMF)	d		0458	0506	0518		0528	0532	0538	0547		0555	0602			0610	0617	0625	
Chadwell Heath (CTH)	d		0501	0509	0521		0531		0541	0550		0558	0605			0613	0620	0628	
Goodmayes (GMY)	d		0503	0511	0523		0533		0543	0552		0600	0607			0615	0622	0630	
Seven Kings (SVK)	d		0505	0513	0525		0535	0537	0545	0554		0602	0609			0617	0624	0632	
Ilford (IFD)	2 d		0509	0517	0529		0539		0549	0558		0606	0613			0621	0628	0636	
Manor Park (MNP)	d		0511	0519	0531		0541		0551	0600		0608	0615			0623	0630	0638	
Forest Gate (FOG)	d		0514	0522	0534		0544		0554	0603		0611	0618			0626	0633	0641	
Maryland (MYL)	d		0516	0524	0536		0546		0556	0605		0613	0620			0628	0635	0643	
Stratford (SRA)	DLR 7 d	0459	0519	0526	0539	0526	0549	0545	0559	0608	0551	0616	0623	0608	0611	0631	0638	0646	0631
London Liverpool Street (LST)	DLR 15 a	0507	0527	0535	0547	0534	0557	0553	0607	0616	0559	0624	0631	0616	0619	0639	0646	0654	0639

Operator Train ID Days of operation/Notes	XR 2W25	LE 1N01 C	XR 2W27	XR 2W29	LE 1K11 A	XR 2W31	LE 1F05 D	LE 1K13 A	XR 2W33	LE 1J03 E	XR 2W35	LE 1N03 C	XR 2W37	LE 1F07 F	XR 2W39	LE 1K15 A	XR 2W41	LE 1K17 A	
Shenfield (SNF)	3 d	0618	0625	0626	0632	0635	0638	0641	0644	0648	0650	0651	0656	0701	0702	0703	0708	0712	
Brentwood (BRE)	d	0622		0630	0636		0642		0648		0654		0700		0706		0712		
Harold Wood (HRO)	d	0626		0634	0640		0646		0652		0658		0704		0710		0716		
Gidea Park (GDP)	2 d	0629		0637	0643		0649		0655		0701		0707		0713		0719		
Romford (RMF)	d	0632		0640	0646		0652		0658		0704		0710		0716		0722		
Chadwell Heath (CTH)	d	0635		0643	0649		0655		0701		0707		0713		0719		0725		
Goodmayes (GMY)	d	0637		0645	0651		0657		0703		0709		0715		0721		0727		
Seven Kings (SVK)	d	0639		0647	0653		0659		0705		0711		0717		0723		0729		
Ilford (IFD)	2 d	0643		0651	0657		0703		0709		0715		0721		0727		0733		
Manor Park (MNP)	d	0645		0653	0659		0705		0711		0717		0723		0729		0735		
Forest Gate (FOG)	d	0648		0656	0702		0708		0714		0720		0726		0732		0738		
Maryland (MYL)	d	0650		0658	0704		0710		0716		0722		0728		0734		0740		
Stratford (SRA)	DLR 7 d	0653	0640	0701	0707	0650	0713	0658s	0702s	0719	0706s	0725	0709s	0731	0718s	0737	0721s	0743	0730s
London Liverpool Street (LST)	DLR 15 a	0703	0648	0711	0717	0658	0723	0709	0713	0729	0716	0735	0719	0741	0728	0747	0731	0753	0740

Operator Train ID Days of operation/Notes	XR 2W43	LE 1F09 G	XR 2W45	LE 1K19 A	XR 2W47	XR 2W49	LE 1J05 E	XR 2W51	LE 1F11 D	LE 1N11 C	XR 2W53	LE 1K23 A	XR 2W55	XR 2C57	XR 2W59	LE 1N13 C	XR 2W61	LE 1K27 A	
Shenfield (SNF)	3 d	0714	0719	0720	0724	0726	0731	0732	0735	0738	0741	0741	0745		0751	0754	0756	0757	
Brentwood (BRE)	d	0718		0724		0730	0735		0739		0745		0749		0755		0800		
Harold Wood (HRO)	d	0722		0728		0734	0739		0743		0749		0753		0759		0804		
Gidea Park (GDP)	2 d	0725		0731		0737	0742		0747		0752		0756	0800	0804		0808		
Romford (RMF)	d	0728		0734		0740	0745		0750		0755		0759	0803	0807		0811		
Chadwell Heath (CTH)	d	0731		0737		0743	0748		0753		0758		0802	0806	0810		0814		
Goodmayes (GMY)	d	0733		0739		0745	0750		0755		0800		0804	0808	0812		0816		
Seven Kings (SVK)	d	0735		0741		0747	0752		0757		0802		0806	0810	0814		0818		
Ilford (IFD)	2 d	0739		0745		0751	0756		0801		0806		0810	0814	0818		0822		
Manor Park (MNP)	d	0741		0747		0753	0758		0803		0808		0812	0816	0820		0824		
Forest Gate (FOG)	d	0744		0750		0756	0801		0806		0811		0815	0819	0823		0827		
Maryland (MYL)	d	0746		0752		0758	0803		0808		0813		0817	0821	0825		0829		
Stratford (SRA)	DLR 7 d	0749	0736s	0755	0742s	0801	0806	0750s	0811	0756s	0759s	0816	0803s	0820	0824	0828	0810s	0832	0816s
London Liverpool Street (LST)	DLR 15 a	0759	0746	0805	0752	0811	0816	0801	0821	0807	0809	0826	0815	0830	0834	0838	0822	0841	0826

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time
s Stops to set down only

- A From Southend Victoria, see table 5
B From Colchester, see table 6
C From Clacton-on-Sea, see table 6
D From Witham, see table 6
E From Southminster, see table 5
F From Colchester Town, see table 6
G From Braintree, see table 6

Shenfield, Romford, Ilford and Stratford to London

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	LE	XR	LE	XR	LE	XR	LE				
	1F15 H	2W63	1K29 A	2W65	1N15 C	2W67	1K31 A	2C69	2W71	1F19 H	1A95 J	1K33 A	2W73	1A17 K	2W75	1K35 A	2W77	1F21 H				
Shenfield (SNF)	3	d	0801	0801	0806	0806	0809	0811	0816				0819	0821	0824	0826	0826	0829	0832	0837	0838	0842
Brentwood (BRE)		d		0805		0810		0815					0823				0830		0836		0842	
Harold Wood (HRO)		d		0809		0814		0819					0827				0834		0840		0846	
Gidea Park (GDP)	2	d		0812		0817		0822				0827	0832				0837		0843		0849	
Romford (RMF)		d		0815		0820		0825				0830	0835				0840		0846		0852	
Chadwell Heath (CTH)		d		0818		0823		0828				0833	0838				0843		0849		0855	
Goodmayes (GMY)		d		0820		0825		0830				0835	0840				0845		0851		0857	
Seven Kings (SVK)		d		0822		0827		0832				0837	0842				0847		0853		0859	
Ilford (IFD)	2	d		0826		0831		0836				0841	0846				0851		0857		0903	
Manor Park (MNP)		d		0828		0833		0838				0843	0848				0853		0859		0905	
Forest Gate (FOG)		d		0831		0836		0841				0846	0851				0856		0902		0908	
Maryland (MYL)		d		0833		0838		0843				0848	0853				0858		0904		0910	
Stratford (SRA)	DLR 7	d	0819s	0836	0824s	0841	0826s	0846	0834s	0851	0856	0839s	0841s	0844s	0901	0846s	0907	0857s	0913	0900s	0913	0900s
London Liverpool Street (LST)	DLR 15	a	0830	0846	0836	0851	0838	0856	0846	0901	0904	0850	0854	0856	0911	0900	0917	0908	0923	0911	0911	0911

Operator Train ID Days of operation/Notes	XR	LE	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	LE	XR			
	2W79	2K37 A	1F23 G	2W81	1F25 L	2W83	1J09 E	2W85	1K39 A	2W87	1N27 M	2W89	2W91	1A27 N	2W93	1N29 C	1K41 A	2W95			
Shenfield (SNF)	3	d	0844	0845	0850	0850	0854	0856	0859	0902	0903	0908	0911	0914	0918	0921	0924	0925	0927	0933	0933
Brentwood (BRE)		d	0848		0854		0900		0906		0910		0916		0922		0928		0937		0937
Harold Wood (HRO)		d	0852		0858		0904		0910		0916		0922		0926		0932		0941		0941
Gidea Park (GDP)	2	d	0855		0901		0907		0913		0919		0925		0929		0935		0944		0944
Romford (RMF)		d	0858	0854	0904		0910		0916		0922		0928		0932		0938		0947		0947
Chadwell Heath (CTH)		d	0901		0907		0913		0919		0925		0931		0935		0941		0950		0950
Goodmayes (GMY)		d	0903		0909		0915		0921		0927		0933		0937		0943		0952		0952
Seven Kings (SVK)		d	0905		0911		0917		0923		0929		0935		0939		0945		0954		0954
Ilford (IFD)	2	d	0909		0915		0921		0927		0933		0939		0943		0949		0958		0958
Manor Park (MNP)		d	0911		0917		0923		0929		0935		0941		0945		0951		1000		1000
Forest Gate (FOG)		d	0914		0920		0926		0932		0938		0944		0948		0954		1003		1003
Maryland (MYL)		d	0916		0922		0928		0934		0940		0946		0950		0956		1005		1005
Stratford (SRA)	DLR 7	d	0919	0905s	0908s	0925	0931	0917s	0937	0920s	0943	0928s	0949	0953	0938s	0959	0942s	0945s	1008		1008
London Liverpool Street (LST)	DLR 15	a	0929	0915	0918	0935	0920	0941	0928	0947	0930	0953	0939	0959	1001	0949	1007	0954	0956	1016	1016

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE			
	1F31 G	2W97	2K43 A	2W01	1Y33 P	2W03	2W05	1K45 A	1N31 C	2W07	2W09	1K47 A	2W11	1Y31 P	2W13	1F37 G	2W15	2K49 A			
Shenfield (SNF)	3	d	0938	0941	0947	0948	0953	0956	1003	1005	1008	1011	1018	1023	1026	1033	1036	1041	1045		
Brentwood (BRE)		d		0945		0952		1000	1007			1015	1022		1030		1037		1045		
Harold Wood (HRO)		d		0949		0956		1004	1011			1019	1026		1034		1041		1049		
Gidea Park (GDP)	2	d		0952		0959		1007	1014			1022	1029		1037		1044		1052		
Romford (RMF)		d		0955	0955	1002		1010	1017			1025	1032		1040		1047		1055	1053	
Chadwell Heath (CTH)		d		0958		1005		1013	1020			1028	1035		1043		1050		1058		
Goodmayes (GMY)		d		1000		1007		1015	1022			1030	1037		1045		1052		1100		
Seven Kings (SVK)		d		1002		1009		1017	1024			1032	1039		1047		1054		1102		
Ilford (IFD)	2	d		1006		1013		1021	1028			1036	1043		1051		1058		1106		
Manor Park (MNP)		d		1008		1015		1023	1030			1038	1045		1053		1100		1108		
Forest Gate (FOG)		d		1011		1018		1026	1033			1041	1048		1056		1103		1111		
Maryland (MYL)		d		1013		1020		1028	1035			1043	1050		1058		1105		1113		
Stratford (SRA)	DLR 7	d	0954	1016	1004	1023	1009	1031	1038	1020	1027	1046	1053	1038	1101	1108	1052	1116	1102	1102	
London Liverpool Street (LST)	DLR 15	a	1003	1024	1012	1031	1017	1039	1046	1028	1035	1054	1101	1046	1109	1051	1116	1100	1124	1110	1110

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- s Stops to set down only

- A From Southend Victoria, see table 5
- C From Clacton-on-Sea, see table 6
- E From Southminster, see table 5
- G From Braintree, see table 6
- H From Chelmsford, see table 6
- J From Harwich International, see table 6
- K From Harwich Town/Clacton-on-Sea, see table 6
- L From Colchester Town/Clacton-on-Sea, see table 6
- M From Walton-on-the-Naze, see table 6
- N From Harwich Town, see table 6
- P From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR		
	2W17	1Y35 P	2W19	2W21	1K51 A	1N33 C	2W23	2W25	2F27 F	1K53 A	2W27	2W29	1F39 G	2W31	2K55 A	2W33	1Y37 P	2W35		
Shenfield (SNF)	3	d	1048	1050	1056	1103	1105	1108	1111	1118	1120	1125	1126	1133	1138	1141	1145	1148	1150	1156
Brentwood (BRE)		d	1052		1100	1107			1115	1122			1130	1137		1145		1152		1200
Harold Wood (HRO)		d	1056		1104	1111			1119	1126			1134	1141		1149		1156		1204
Gidea Park (GDP)	2	d	1059		1107	1114			1122	1129			1137	1144		1152		1159		1207
Romford (RMF)		d	1102		1110	1117			1125	1132	1128		1140	1147		1155	1153	1202		1210
Chadwell Heath (CTH)		d	1105		1113	1120			1128	1135			1143	1150		1158		1205		1213
Goodmayes (GMY)		d	1107		1115	1122			1130	1137			1145	1152		1200		1207		1215
Seven Kings (SVK)		d	1109		1117	1124			1132	1139			1147	1154		1202		1209		1217
Ilford (IFD)	2	d	1113		1121	1128			1136	1143			1151	1158		1206		1213		1221
Manor Park (MNP)		d	1115		1123	1130			1138	1145			1153	1200		1208		1215		1223
Forest Gate (FOG)		d	1118		1126	1133			1141	1148			1156	1203		1211		1218		1226
Maryland (MYL)		d	1120		1128	1135			1143	1150			1158	1205		1213		1220		1228
Stratford (SRA)	DLR 7	d	1123	1105	1131	1138	1120	1123	1146	1153	1137	1140	1201	1208	1154	1216	1202	1223	1205	1231
London Liverpool Street (LST)	DLR 15	a	1131	1113	1139	1146	1128	1131	1154	1201	1145	1148	1209	1216	1202	1224	1210	1231	1213	1239

Operator Train ID Days of operation/Notes	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE		
	2W37	1K57 A	1N35 C	2W39	2W41	2F33 F	1K59 A	2W43	2W45	1F41 G	2W47	2K61 A	2W49	1Y39 P	2W51	2W53	1K63 A	1N37 C		
Shenfield (SNF)	3	d	1203	1205	1208	1211	1218	1220	1225	1226	1233	1238	1241	1245	1248	1250	1256	1303	1305	1308
Brentwood (BRE)		d	1207			1215	1222			1230	1237			1245	1252		1300	1307		
Harold Wood (HRO)		d	1211			1219	1226			1234	1241			1249	1256		1304	1311		
Gidea Park (GDP)	2	d	1214			1222	1229			1237	1244			1252	1259		1307	1314		
Romford (RMF)		d	1217			1225	1232	1228		1240	1247			1255	1302		1310	1317		
Chadwell Heath (CTH)		d	1220			1228	1235			1243	1250			1258	1305		1313	1320		
Goodmayes (GMY)		d	1222			1230	1237			1245	1252			1300	1307		1315	1322		
Seven Kings (SVK)		d	1224			1232	1239			1247	1254			1302	1309		1317	1324		
Ilford (IFD)	2	d	1228			1236	1243			1251	1258			1306	1313		1321	1328		
Manor Park (MNP)		d	1230			1238	1245			1253	1300			1308	1315		1323	1330		
Forest Gate (FOG)		d	1233			1241	1248			1256	1303			1311	1318		1326	1333		
Maryland (MYL)		d	1235			1243	1250			1258	1305			1313	1320		1328	1335		
Stratford (SRA)	DLR 7	d	1238	1220	1223	1246	1253	1237	1240	1301	1308	1252	1316	1301	1323	1305	1331	1338	1320	1323
London Liverpool Street (LST)	DLR 15	a	1246	1228	1231	1254	1301	1245	1248	1309	1316	1301	1324	1310	1331	1313	1339	1346	1328	1331

Operator Train ID Days of operation/Notes	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE		
	2W55	2W57	2F39 F	1K65 A	2W59	2W61	1F43 G	2W63	2K67 A	2W65	1Y41 P	2W67	2W69	1K69 A	1N39 C	2W71	2W73	2F45 F		
Shenfield (SNF)	3	d	1311	1318	1320	1325	1326	1333	1338	1341	1345	1348	1350	1356	1403	1405	1408	1411	1418	1420
Brentwood (BRE)		d	1315	1322			1330	1337		1345			1352	1400	1407			1415	1422	
Harold Wood (HRO)		d	1319	1326			1334	1341		1349			1356	1404	1411			1419	1426	
Gidea Park (GDP)	2	d	1322	1329			1337	1344		1352			1359	1407	1414			1422	1429	
Romford (RMF)		d	1325	1332	1328		1340	1347		1355	1353	1402	1410	1417				1425	1432	1428
Chadwell Heath (CTH)		d	1328	1335			1343	1350		1358			1405	1413	1420			1428	1435	
Goodmayes (GMY)		d	1330	1337			1345	1352		1400			1407	1415	1422			1430	1437	
Seven Kings (SVK)		d	1332	1339			1347	1354		1402			1409	1417	1424			1432	1439	
Ilford (IFD)	2	d	1336	1343			1351	1358		1406			1413	1421	1428			1436	1443	
Manor Park (MNP)		d	1338	1345			1353	1400		1408			1415	1423	1430			1438	1445	
Forest Gate (FOG)		d	1341	1348			1356	1403		1411			1418	1426	1433			1441	1448	
Maryland (MYL)		d	1343	1350			1358	1405		1413			1420	1428	1435			1443	1450	
Stratford (SRA)	DLR 7	d	1346	1353	1337	1340	1401	1408	1353	1416	1402	1423	1406	1431	1438	1420	1423	1446	1453	1437
London Liverpool Street (LST)	DLR 15	a	1354	1401	1345	1348	1409	1416	1401	1424	1410	1431	1414	1439	1446	1428	1431	1454	1501	1445

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
C From Clacton-on-Sea, see table 6
F From Colchester Town, see table 6
G From Braintree, see table 6
P From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1K71 A	XR 2W75	XR 2W77	LE 1F45 G	XR 2W79	LE 2K73 A	XR 2W81	LE 1Y43 P	XR 2W83	XR 2W85	LE 1K75 A	LE 1N41 C	XR 2W87	XR 2W89	LE 2F51 F	LE 1K77 A	XR 2W91	XR 2W93		
Shenfield (SNF)	3	d	1425	1426	1433	1438	1441	1445	1448	1450	1456	1503	1505	1508	1511	1518	1520	1525	1532	
Brentwood (BRE)		d		1430	1437		1445		1452		1500	1507		1515	1522		1530	1536		
Harold Wood (HRO)		d		1434	1441		1449		1456		1504	1511		1519	1526		1534	1540		
Gidea Park (GDP)	2	d		1437	1444		1452		1459		1507	1514		1522	1529		1537	1543		
Romford (RMF)		d		1440	1447		1455	1453	1502		1510	1517		1525	1532	1528		1540	1546	
Chadwell Heath (CTH)		d		1443	1450		1458		1505		1513	1520		1528	1535		1543	1549		
Goodmayes (GMY)		d		1445	1452		1500		1507		1515	1522		1530	1537		1545	1551		
Seven Kings (SVK)		d		1447	1454		1502		1509		1517	1524		1532	1539		1547	1553		
Ilford (IFD)	2	d		1451	1458		1506		1513		1521	1528		1536	1543		1551	1557		
Manor Park (MNP)		d		1453	1500		1508		1515		1523	1530		1538	1545		1553	1559		
Forest Gate (FOG)		d		1456	1503		1511		1518		1526	1533		1541	1548		1556	1602		
Maryland (MYL)		d		1458	1505		1513		1520		1528	1535		1543	1550		1558	1604		
Stratford (SRA)	DLR 7	d	1440	1501	1508	1453	1516	1502	1523	1505	1531	1538	1521	1523	1546	1553	1537	1540	1601	1607
London Liverpool Street (LST)	DLR 15	a	1448	1509	1516	1501	1524	1510	1531	1513	1539	1546	1529	1531	1554	1601	1545	1548	1609	1615

Operator Train ID Days of operation/Notes	LE 1F47 G	XR 2W95	LE 2K79 A	XR 2W97	LE 1Y45 P	XR 2W01	XR 2W03	XR 2W05	LE 1K81 A	LE 1N43 C	XR 2W07	XR 2W09	XR 2W11	LE 1F49 F	LE 1K83 A	XR 2W13	XR 2W15	XR 2W17		
Shenfield (SNF)	3	d	1538	1538	1544	1544	1549	1550	1556	1602	1605	1608	1608	1614	1620	1621	1625	1626	1632	1638
Brentwood (BRE)		d		1542		1548		1554	1600	1606		1612	1618	1624		1630	1636	1642		
Harold Wood (HRO)		d		1546		1552		1558	1604	1610		1616	1622	1628		1634	1640	1646		
Gidea Park (GDP)	2	d		1549		1555		1601	1607	1613		1619	1625	1631		1637	1643	1649		
Romford (RMF)		d		1552	1552	1558		1604	1610	1616		1622	1628	1634		1640	1646	1652		
Chadwell Heath (CTH)		d		1555		1601		1607	1613	1619		1625	1631	1637		1643	1649	1655		
Goodmayes (GMY)		d		1557		1603		1609	1615	1621		1627	1633	1639		1645	1651	1657		
Seven Kings (SVK)		d		1559		1605		1611	1617	1623		1629	1635	1641		1647	1653	1659		
Ilford (IFD)	2	d		1603		1609		1615	1621	1627		1633	1639	1645		1651	1657	1703		
Manor Park (MNP)		d		1605		1611		1617	1623	1629		1635	1641	1647		1653	1659	1705		
Forest Gate (FOG)		d		1608		1614		1620	1626	1632		1638	1644	1650		1656	1702	1708		
Maryland (MYL)		d		1610		1616		1622	1628	1634		1640	1646	1652		1658	1704	1710		
Stratford (SRA)	DLR 7	d	1553	1613	1601	1619	1604	1625	1631	1637	1620	1623	1643	1649	1655	1635	1640	1701	1707	1713
London Liverpool Street (LST)	DLR 15	a	1601	1621	1609	1627	1612	1633	1639	1645	1628	1631	1651	1657	1703	1644	1648	1709	1715	1721

Operator Train ID Days of operation/Notes	LE 1F51 G	XR 2W19	LE 1K85 A	LE 1Y47 P	XR 2W21	XR 2W23	XR 2W25	LE 1K87 A	LE 1N47 C	XR 2W27	XR 2W29	XR 2W31	LE 1F53 F	LE 1K89 A	XR 2W33	LE 1F55 B	XR 2W35	LE 1F57 G		
Shenfield (SNF)	3	d	1639	1644	1646	1650	1650	1656	1702	1705	1708	1708	1714	1720	1722	1725	1728	1732	1738	
Brentwood (BRE)		d		1648		1654	1700	1706		1712	1718	1724		1730	1736					
Harold Wood (HRO)		d		1652		1658	1704	1710		1716	1722	1728		1734	1740					
Gidea Park (GDP)	2	d		1655		1701	1707	1713		1719	1725	1731		1737	1743					
Romford (RMF)		d		1658		1704	1710	1716		1722	1728	1734		1740	1746					
Chadwell Heath (CTH)		d		1701		1707	1713	1719		1725	1731	1737		1743	1749					
Goodmayes (GMY)		d		1703		1709	1715	1721		1727	1733	1739		1745	1751					
Seven Kings (SVK)		d		1705		1711	1717	1723		1729	1735	1741		1747	1753					
Ilford (IFD)	2	d		1709		1715	1721	1727		1733	1739	1745		1751	1757					
Manor Park (MNP)		d		1711		1717	1723	1729		1735	1741	1747		1753	1759					
Forest Gate (FOG)		d		1714		1720	1726	1732		1738	1744	1750		1756	1802					
Maryland (MYL)		d		1716		1722	1728	1734		1740	1746	1752		1758	1804					
Stratford (SRA)	DLR 7	d	1655	1719	1702	1706	1725	1731	1737	1721	1724	1743	1749	1755	1738	1741	1801	1744	1807	1754
London Liverpool Street (LST)	DLR 15	a	1703	1727	1713	1715	1733	1739	1745	1729	1733	1751	1757	1803	1746	1749	1809	1753	1815	1803

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
B From Colchester, see table 6
C From Clacton-on-Sea, see table 6
F From Colchester Town, see table 6
G From Braintree, see table 6
P From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Mondays to Fridays

Operator Train ID Days of operation/Notes	XR 2W37	XR 2W39	LE 1K91 A	LE 1J35 E	XR 2W41	LE 1Y49 P	XR 2W43	LE 1K93 A	XR 2W45	LE 1N51 C	XR 2W47	LE 1K95 A	XR 2W49	XR 2W51	LE 1F61 G	LE 1K97 A	LE 2F71 F	XR 2W53	
Shenfield (SNF)	3 d	1738	1744	1746	1749	1750	1753	1754	1800	1802	1808	1808	1811	1813	1818	1820	1825	1828	1828
Brentwood (BRE)	d	1742	1748			1754		1758		1806		1812		1817	1822				1832
Harold Wood (HRO)	d	1746	1752			1758		1802		1810		1816		1821	1826				1836
Gidea Park (GDP)	2 d	1749	1755			1801		1807		1813		1819		1825	1831				1839
Romford (RMF)	d	1752	1758			1804		1810		1816		1822		1828	1834			1836	1842
Chadwell Heath (CTH)	d	1755	1801			1807		1813		1819		1825		1831	1837				1845
Goodmayes (GMY)	d	1757	1803			1809		1815		1821		1827		1833	1839				1847
Seven Kings (SVK)	d	1759	1805			1811		1817		1823		1829		1835	1841				1849
Ilford (IFD)	2 d	1803	1809			1815		1821		1827		1833		1839	1845				1853
Manor Park (MNP)	d	1805	1811			1817		1823		1829		1835		1841	1847				1855
Forest Gate (FOG)	d	1808	1814			1820		1826		1832		1838		1844	1850				1858
Maryland (MYL)	d	1810	1816			1822		1828		1834		1840		1846	1852				1900
Stratford (SRA)	DLR 7 d	1813	1819	1802	1805	1825	1809	1831	1815	1837	1824	1843	1827	1849	1855	1836	1840	1846	1903
London Liverpool Street (LST)	15 a	1821	1827	1811	1813	1833	1818	1840	1823	1845	1834	1851	1836	1857	1902	1844	1848	1856	1911

Operator Train ID Days of operation/Notes	XR 2W55	LE 1K99 A	LE 1F63 D	XR 2W57	XR 2W59	LE 1Y51 P	LE 1K13 A	XR 2W61	XR 2W63	LE 1K15 A	LE 1N55 C	XR 2W65	LE 1F67 G	XR 2W67	LE 2Y53 P	LE 1K19 A	XR 2W69	XR 2W71	
Shenfield (SNF)	3 d	1833	1837	1840	1843	1848	1851	1857	1903	1905	1908	1911	1913	1918	1920	1925	1926	1933	
Brentwood (BRE)	d	1837			1847	1852		1901	1907			1915		1922			1930	1937	
Harold Wood (HRO)	d	1841			1851	1856		1905	1911			1919		1926			1934	1941	
Gidea Park (GDP)	2 d	1844			1854	1859		1908	1914			1922		1929			1937	1944	
Romford (RMF)	d	1847			1857	1902		1911	1917			1925		1932	1928		1940	1947	
Chadwell Heath (CTH)	d	1850			1900	1905		1914	1920			1928		1935			1943	1950	
Goodmayes (GMY)	d	1852			1902	1907		1916	1922			1930		1937			1945	1952	
Seven Kings (SVK)	d	1854			1904	1909		1918	1924			1932		1939			1947	1954	
Ilford (IFD)	2 d	1858			1908	1913		1922	1928			1936		1943			1951	1958	
Manor Park (MNP)	d	1900			1910	1915		1924	1930			1938		1945			1953	2000	
Forest Gate (FOG)	d	1903			1913	1918		1927	1933			1941		1948			1956	2003	
Maryland (MYL)	d	1905			1915	1920		1929	1935			1943		1950			1958	2005	
Stratford (SRA)	DLR 7 d	1908	1853	1856	1918	1923	1906	1912	1932	1938	1920	1924	1946	1928	1953	1937	1941	2001	2008
London Liverpool Street (LST)	15 a	1916	1901	1907	1926	1931	1914	1920	1940	1946	1928	1933	1954	1936	2001	1945	1951	2009	2016

Operator Train ID Days of operation/Notes	LE 1F69 B	XR 2W73	LE 2K23 A	XR 2W75	LE 1Y55 P	XR 2W77	XR 2W79	LE 1K29 A	LE 1N57 C	XR 2W81	XR 2W83	LE 2F85 F	LE 1K33 A	XR 2W85	XR 2W87	LE 1Y59 P	XR 2W89	LE 2K37 A		
Shenfield (SNF)	3 d	1937	1941	1945	1948	1951	1956	2003	2005	2008	2011	2018	2020	2025	2026	2033	2038	2041	2045	
Brentwood (BRE)	d		1945		1952		2000	2007			2015	2022			2030	2037			2045	
Harold Wood (HRO)	d		1949		1956		2004	2011			2019	2026			2034	2041			2049	
Gidea Park (GDP)	2 d		1952		1959		2007	2014			2022	2029			2037	2044			2052	
Romford (RMF)	d		1955	1953	2002		2010	2017			2025	2032	2028		2040	2047			2055	2053
Chadwell Heath (CTH)	d		1958		2005		2013	2020			2028	2035			2043	2050			2058	
Goodmayes (GMY)	d		2000		2007		2015	2022			2030	2037			2045	2052			2100	
Seven Kings (SVK)	d		2002		2009		2017	2024			2032	2039			2047	2054			2102	
Ilford (IFD)	2 d		2006		2013		2021	2028			2036	2043			2051	2058			2106	
Manor Park (MNP)	d		2008		2015		2023	2030			2038	2045			2053	2100			2108	
Forest Gate (FOG)	d		2011		2018		2026	2033			2041	2048			2056	2103			2111	
Maryland (MYL)	d		2013		2020		2028	2035			2043	2050			2058	2105			2113	
Stratford (SRA)	DLR 7 d	1952	2016	2002	2023	2006	2031	2038	2020	2023	2046	2053	2037	2040	2101	2108	2053	2116	2102	
London Liverpool Street (LST)	15 a	2000	2024	2011	2031	2014	2039	2046	2028	2031	2054	2101	2045	2051	2109	2116	2101	2124	2110	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
B From Colchester, see table 6
C From Clacton-on-Sea, see table 6
D From Witham, see table 6
E From Southminster, see table 5
F From Colchester Town, see table 6
G From Braintree, see table 6
P From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1F73 G	XR 2W91	LE 1F97 F	XR 2W93	XR 2W95	LE 1K39 A	LE 1N59 C	XR 2W97	XR 2W01	LE 1K41 A	XR 2W03	LE 1F75 F	XR 2W05	LE 1F77 G	LE 2K43 A	XR 2W07	LE 1A97 J	XR 2W09	
Shenfield (SNF)	3 d	2047	2048	2052	2056	2103	2105	2108	2111	2118	2125	2126	2127	2136	2138	2145	2146	2151	2156
Brentwood (BRE)	d		2052		2100	2107			2115	2122		2130		2140			2150		2200
Harold Wood (HRO)	d		2056		2104	2111			2119	2126		2134		2144			2154		2204
Gidea Park (GDP)	2 d		2059		2107	2114			2122	2129		2137		2147			2157		2207
Romford (RMF)	d		2102		2110	2117			2125	2132		2140		2150		2153	2200		2210
Chadwell Heath (CTH)	d		2105		2113	2120			2128	2135		2143		2153			2203		2213
Goodmayes (GMY)	d		2107		2115	2122			2130	2137		2145		2155			2205		2215
Seven Kings (SVK)	d		2109		2117	2124			2132	2139		2147		2157			2207		2217
Ilford (IFD)	2 d		2113		2121	2128			2136	2143		2151		2201			2211		2221
Manor Park (MNP)	d		2115		2123	2130			2138	2145		2153		2203			2213		2223
Forest Gate (FOG)	d		2118		2126	2133			2141	2148		2156		2206			2216		2226
Maryland (MYL)	d		2120		2128	2135			2143	2150		2158		2208			2218		2228
Stratford (SRA)	DLR 7 d		2123	2107	2131	2138	2120	2123	2146	2153	2140	2201	2143	2211	2153	2202	2221	2206	2231
London Liverpool Street (LST)	DLR 15 a	2112	2131	2115	2139	2146	2128	2131	2154	2201	2148	2209	2151	2219	2201	2210	2229	2214	2239

Operator Train ID Days of operation/Notes	LE 1K45 A	XR 2W11	LE 1N63 C	XR 2W13	LE 2F21 F	XR 2W15	LE 1K49 A	XR 2W17	LE 1F79 G	XR 2W19	LE 1F81 F	XR 2W21	LE 1K51 A	LE 1N67 C	XR 2W23	LE 2Y65 P	XR 2W25	LE 1K55 A	
Shenfield (SNF)	3 d	2205	2206	2208	2216	2220	2235	2236	2238	2246	2251	2256	2305	2308	2311	2320	2326	2335	
Brentwood (BRE)	d		2210		2220	2230		2240		2250		2300			2315		2330		
Harold Wood (HRO)	d		2214		2224	2234		2244		2254		2304			2319		2334		
Gidea Park (GDP)	2 d		2217		2227	2237		2247		2257		2307			2322		2337		
Romford (RMF)	d		2220		2230	2240		2250		2300		2310			2325	2328	2340		
Chadwell Heath (CTH)	d		2223		2233	2243		2253		2303		2313			2328		2343		
Goodmayes (GMY)	d		2225		2235	2245		2255		2305		2315			2330		2345		
Seven Kings (SVK)	d		2227		2237	2247		2257		2307		2317			2332		2347		
Ilford (IFD)	2 d		2231		2241	2251		2301		2311		2321			2336		2351		
Manor Park (MNP)	d		2233		2243	2253		2303		2313		2323			2338		2353		
Forest Gate (FOG)	d		2236		2246	2256		2306		2316		2326			2341		2356		
Maryland (MYL)	d		2238		2248	2258		2308		2318		2328			2343		2358		
Stratford (SRA)	DLR 7 d	2220	2241	2223	2251	2237	2301	2250	2311	2253	2321	2306s	2331	2319	2322	2346	2338	0001	2350
London Liverpool Street (LST)	DLR 15 a	2228	2249	2231	2259	2245	2309	2258	2319	2301	2329	2314	2339	2328	2331	2354	2348	0009	0001

Operator Train ID Days of operation/Notes	LE 1P73 Q	LE 2J53 E	XR 2W27	XR 2W29	
Shenfield (SNF)	3 d	2337	2339	2341	2356
Brentwood (BRE)	d			2345	2359
Harold Wood (HRO)	d			2349	0004
Gidea Park (GDP)	2 d			2352	0007
Romford (RMF)	d		2347	2355	0010
Chadwell Heath (CTH)	d			2358	0013
Goodmayes (GMY)	d			0001	0015
Seven Kings (SVK)	d			0002	0017
Ilford (IFD)	2 d			0006	0021
Manor Park (MNP)	d			0008	0023
Forest Gate (FOG)	d			0011	0026
Maryland (MYL)	d			0013	0028
Stratford (SRA)	DLR 7 d	2353s	2357	0016	0031
London Liverpool Street (LST)	DLR 15 a	0003	0006	0024	0039

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time
s Stops to set down only

- A From Southend Victoria, see table 5
C From Clacton-on-Sea, see table 6
E From Southminster, see table 5
F From Colchester Town, see table 6
G From Braintree, see table 6
J From Harwich International, see table 6
P From Ipswich, see table 6
Q From Norwich, see table 8

Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	LE 1K01 A	XR 2W03	XR 2C05	XR 2W07	LE 1K03 A	XR 2C09	LE 2F01 B	XR 2W11	XR 2W13	LE 2K05 A	XR 2W15	XR 2W17	LE 1F01 B	XR 2W19	XR 2W21	LE 1K09 A	XR 2W23	XR 2W25	
Shenfield (SNF)	3 d	0438	0444		0504	0508		0524	0524	0533	0535	0541	0548	0553	0556	0603	0605	0611	0618
Brentwood (BRE)	d		0448		0508				0528	0537		0545	0552		0600	0607		0615	0622
Harold Wood (HRO)	d		0452		0512				0532	0541		0549	0556		0604	0611		0619	0626
Gidea Park (GDP)	2 d		0455	0505	0515		0525		0535	0544		0552	0559		0607	0614		0622	0629
Romford (RMF)	d		0458	0508	0518		0528	0532	0538	0547	0543	0555	0602		0610	0617		0625	0632
Chadwell Heath (CTH)	d		0501	0511	0521		0531		0541	0550		0558	0605		0613	0620		0628	0635
Goodmayes (GMY)	d		0503	0513	0523		0533		0543	0552		0600	0607		0615	0622		0630	0637
Seven Kings (SVK)	d		0505	0515	0525		0535	0537	0545	0554		0602	0609		0617	0624		0632	0639
Ilford (IFD)	2 d		0509	0519	0529		0539		0549	0558		0606	0613		0621	0628		0636	0643
Manor Park (MNP)	d		0511	0521	0531		0541		0551	0600		0608	0615		0623	0630		0638	0645
Forest Gate (FOG)	d		0514	0524	0534		0544		0554	0603		0611	0618		0626	0633		0641	0648
Maryland (MYL)	d		0516	0526	0536		0546		0556	0605		0613	0620		0628	0635		0643	0650
Stratford (SRA)	DLR 7 d	0458	0519	0528	0539	0526	0549	0543	0559	0608	0552	0616	0623	0609	0631	0638	0620	0646	0653
London Liverpool Street (LST)	DLR 15 a	0506	0527	0537	0547	0534	0557	0551	0607	0616	0600	0624	0631	0617	0639	0646	0628	0654	0701

Operator Train ID Days of operation/Notes	LE 1F03 B	XR 2W27	XR 2W29	LE 2K11 A	XR 2W31	LE 2F95 B	XR 2W33	XR 2W35	XR 2W37	LE 1K15 A	LE 1N07 C	XR 2W39	XR 2W41	LE 2F07 D	LE 1K19 A	XR 2W43	XR 2W45	LE 1F09 E	
Shenfield (SNF)	3 d	0624	0626	0633	0635	0641	0646	0648	0656	0703	0705	0708	0711	0718	0720	0725	0726	0733	0738
Brentwood (BRE)	d		0630	0637		0645		0652	0700	0707		0715	0722			0730	0737		
Harold Wood (HRO)	d		0634	0641		0649		0656	0704	0711		0719	0726			0734	0741		
Gidea Park (GDP)	2 d		0637	0644		0652		0659	0707	0714		0722	0729			0737	0744		
Romford (RMF)	d		0640	0647	0643	0655	0654	0702	0710	0717		0725	0732	0728		0740	0747		
Chadwell Heath (CTH)	d		0643	0650		0658		0705	0713	0720		0728	0735			0743	0750		
Goodmayes (GMY)	d		0645	0652		0700		0707	0715	0722		0730	0737			0745	0752		
Seven Kings (SVK)	d		0647	0654		0702		0709	0717	0724		0732	0739			0747	0754		
Ilford (IFD)	2 d		0651	0658		0706		0713	0721	0728		0736	0743			0751	0758		
Manor Park (MNP)	d		0653	0700		0708		0715	0723	0730		0738	0745			0753	0800		
Forest Gate (FOG)	d		0656	0703		0711		0718	0726	0733		0741	0748			0756	0803		
Maryland (MYL)	d		0658	0705		0713		0720	0728	0735		0743	0750			0758	0805		
Stratford (SRA)	DLR 7 d	0639	0701	0708	0652	0716	0703	0723	0731	0738	0720	0723	0746	0753	0737	0740	0801	0808	0753
London Liverpool Street (LST)	DLR 15 a	0647	0709	0716	0700	0724	0711	0731	0739	0746	0728	0731	0754	0801	0746	0748	0809	0816	0801

Operator Train ID Days of operation/Notes	XR 2W47	LE 2K23 A	XR 2W49	LE 1Y05 F	XR 2W51	XR 2W53	LE 1K29 A	LE 1N15 C	XR 2W55	XR 2W57	LE 2A95 G	LE 1K33 A	XR 2W59	XR 2W61	LE 1F21 E	XR 2W63	LE 2K37 A	XR 2W65	
Shenfield (SNF)	3 d	0741	0745	0748	0750	0756	0803	0805	0808	0811	0818	0820	0825	0826	0833	0841	0845	0848	
Brentwood (BRE)	d	0745		0752		0800	0807		0815	0822		0830	0837			0845		0852	
Harold Wood (HRO)	d	0749		0756		0804	0811		0819	0826		0834	0841			0849		0856	
Gidea Park (GDP)	2 d	0752		0759		0807	0814		0822	0829		0837	0844			0852		0859	
Romford (RMF)	d	0755	0753	0802		0810	0817		0825	0832	0828		0840	0847		0855	0853	0902	
Chadwell Heath (CTH)	d	0758		0805		0813	0820		0828	0835		0843	0850			0858		0905	
Goodmayes (GMY)	d	0800		0807		0815	0822		0830	0837		0845	0852			0900		0907	
Seven Kings (SVK)	d	0802		0809		0817	0824		0832	0839		0847	0854			0902		0909	
Ilford (IFD)	2 d	0806		0813		0821	0828		0836	0843		0851	0858			0906		0913	
Manor Park (MNP)	d	0808		0815		0823	0830		0838	0845		0853	0900			0908		0915	
Forest Gate (FOG)	d	0811		0818		0826	0833		0841	0848		0856	0903			0911		0918	
Maryland (MYL)	d	0813		0820		0828	0835		0843	0850		0858	0905			0913		0920	
Stratford (SRA)	DLR 7 d	0816	0802	0823	0805	0831	0838	0820	0823	0846	0853	0837	0840	0901	0908	0853	0916	0902	0923
London Liverpool Street (LST)	DLR 15 a	0824	0810	0831	0813	0839	0846	0828	0831	0854	0901	0846	0848	0909	0916	0901	0924	0910	0931

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
B From Colchester, see table 6
C From Clacton-on-Sea, see table 6
D From Colchester Town, see table 6
E From Braintree, see table 6
F From Ipswich, see table 6
G From Harwich International, see table 6

Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	LE 1Y07 F	XR 2W67	XR 2W69	LE 1K39 A	LE 1N29 C	XR 2W71	XR 2W73	LE 2F15 D	LE 1K41 A	XR 2W75	XR 2W77	LE 1F31 E	XR 2W79	LE 2K43 A	XR 2W81	LE 1Y33 F	XR 2W83	XR 2W85	
Shenfield (SNF)	3 d	0850	0856	0903	0905	0908	0911	0918	0920	0925	0926	0933	0938	0941	0945	0948	0950	0956	1003
Brentwood (BRE)	d		0900	0907			0915	0922			0930	0937		0945		0952		1000	1007
Harold Wood (HRO)	d		0904	0911			0919	0926			0934	0941		0949		0956		1004	1011
Gidea Park (GDP)	2 d		0907	0914			0922	0929			0937	0944		0952		0959		1007	1014
Romford (RMF)	d		0910	0917			0925	0932	0928		0940	0947		0955	0953	1002		1010	1017
Chadwell Heath (CTH)	d		0913	0920			0928	0935			0943	0950		0958		1005		1013	1020
Goodmayes (GMV)	d		0915	0922			0930	0937			0945	0952		1000		1007		1015	1022
Seven Kings (SVK)	d		0917	0924			0932	0939			0947	0954		1002		1009		1017	1024
Ilford (IFD)	2 d		0921	0928			0936	0943			0951	0958		1006		1013		1021	1028
Manor Park (MNP)	d		0923	0930			0938	0945			0953	1000		1008		1015		1023	1030
Forest Gate (FOG)	d		0926	0933			0941	0948			0956	1003		1011		1018		1026	1033
Maryland (MYL)	d		0928	0935			0943	0950			0958	1005		1013		1020		1028	1035
Stratford (SRA)	DLR 7 d	0905	0931	0938	0920	0923	0946	0953	0937	0940	1001	1008	0953	1016	1002	1023	1005	1031	1038
London Liverpool Street (LST)	DLR 15 a	0913	0939	0946	0928	0931	0954	1001	0946	0948	1009	1016	1001	1024	1010	1031	1013	1039	1046

Operator Train ID Days of operation/Notes	LE 1K45 A	LE 1N31 C	XR 2W87	XR 2W89	LE 1K47 A	XR 2W91	LE 2F21 D	XR 2W93	LE 1F37 E	XR 2W95	LE 2K49 A	XR 2W01	LE 1Y35 F	XR 2W03	XR 2W05	LE 1K51 A	LE 1N33 C	XR 2W07	
Shenfield (SNF)	3 d	1004	1008	1011	1018	1024	1026	1031	1033	1038	1041	1045	1048	1050	1056	1103	1105	1108	1111
Brentwood (BRE)	d			1015	1022		1030		1037		1045		1052		1100	1107			1115
Harold Wood (HRO)	d			1019	1026		1034		1041		1049		1056		1104	1111			1119
Gidea Park (GDP)	2 d			1022	1029		1037		1044		1052		1059		1107	1114			1122
Romford (RMF)	d			1025	1032		1040	1040	1047		1055	1053	1102		1110	1117			1125
Chadwell Heath (CTH)	d			1028	1035		1043		1050		1058		1105		1113	1120			1128
Goodmayes (GMV)	d			1030	1037		1045		1052		1100		1107		1115	1122			1130
Seven Kings (SVK)	d			1032	1039		1047		1054		1102		1109		1117	1124			1132
Ilford (IFD)	2 d			1036	1043		1051		1058		1106		1113		1121	1128			1136
Manor Park (MNP)	d			1038	1045		1053		1100		1108		1115		1123	1130			1138
Forest Gate (FOG)	d			1041	1048		1056		1103		1111		1118		1126	1133			1141
Maryland (MYL)	d			1043	1050		1058		1105		1113		1120		1128	1135			1143
Stratford (SRA)	DLR 7 d	1019	1027	1046	1053	1040	1101	1049	1108	1053	1116	1102	1123	1105	1131	1138	1120	1123	1146
London Liverpool Street (LST)	DLR 15 a	1028	1035	1054	1101	1048	1109	1057	1116	1101	1124	1110	1131	1113	1139	1146	1128	1131	1154

Operator Train ID Days of operation/Notes	XR 2W09	LE 2F27 D	LE 1K53 A	XR 2W11	XR 2W13	LE 1F39 E	XR 2W15	LE 2K55 A	XR 2W17	LE 1Y37 F	XR 2W19	XR 2W21	LE 1K57 A	LE 1N35 C	XR 2W23	XR 2W25	LE 2F33 D	LE 1K59 A	
Shenfield (SNF)	3 d	1118	1120	1125	1126	1133	1138	1145	1148	1150	1156	1203	1205	1208	1211	1218	1220	1225	
Brentwood (BRE)	d	1122			1130	1137		1145		1152		1200		1207		1215		1222	
Harold Wood (HRO)	d	1126			1134	1141		1149		1156		1204		1211		1219		1226	
Gidea Park (GDP)	2 d	1129			1137	1144		1152		1159		1207		1214		1222		1229	
Romford (RMF)	d	1132	1128		1140	1147		1155	1153	1202		1210	1217		1225	1232	1228		
Chadwell Heath (CTH)	d	1135			1143	1150		1158		1205		1213	1220		1228	1235			
Goodmayes (GMV)	d	1137			1145	1152		1200		1207		1215	1222		1230	1237			
Seven Kings (SVK)	d	1139			1147	1154		1202		1209		1217	1224		1232	1239			
Ilford (IFD)	2 d	1143			1151	1158		1206		1213		1221	1228		1236	1243			
Manor Park (MNP)	d	1145			1153	1200		1208		1215		1223	1230		1238	1245			
Forest Gate (FOG)	d	1148			1156	1203		1211		1218		1226	1233		1241	1248			
Maryland (MYL)	d	1150			1158	1205		1213		1220		1228	1235		1243	1250			
Stratford (SRA)	DLR 7 d	1153	1137	1140	1201	1208	1153	1216	1202	1223	1205	1231	1238	1220	1223	1246	1253	1237	1240
London Liverpool Street (LST)	DLR 15 a	1201	1146	1148	1209	1216	1201	1224	1210	1231	1213	1239	1246	1228	1231	1254	1301	1246	1248

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
C From Clacton-on-Sea, see table 6
D From Colchester Town, see table 6
E From Braintree, see table 6
F From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	XR 2W27	XR 2W29	LE 1F41 E	XR 2W31	LE 2K61 A	XR 2W33	LE 1Y39 F	XR 2W35	XR 2W37	LE 1K63 A	LE 1N37 C	XR 2W39	XR 2W41	LE 2F39 D	LE 1K65 A	XR 2W43	XR 2W45	LE 1F43 E	
Shenfield (SNF)	3 d	1226	1233	1238	1241	1245	1248	1250	1256	1303	1305	1308	1311	1318	1320	1325	1326	1333	1338
Brentwood (BRE)	d	1230	1237		1245		1252		1300	1307		1315	1322			1330	1337		
Harold Wood (HRO)	d	1234	1241		1249		1256		1304	1311		1319	1326			1334	1341		
Gidea Park (GDP)	2 d	1237	1244		1252		1259		1307	1314		1322	1329			1337	1344		
Romford (RMF)	d	1240	1247		1255	1253	1302		1310	1317		1325	1332	1328		1340	1347		
Chadwell Heath (CTH)	d	1243	1250		1258		1305		1313	1320		1328	1335			1343	1350		
Goodmayes (GMY)	d	1245	1252		1300		1307		1315	1322		1330	1337			1345	1352		
Seven Kings (SVK)	d	1247	1254		1302		1309		1317	1324		1332	1339			1347	1354		
Ilford (IFD)	2 d	1251	1258		1306		1313		1321	1328		1336	1343			1351	1358		
Manor Park (MNP)	d	1253	1300		1308		1315		1323	1330		1338	1345			1353	1400		
Forest Gate (FOG)	d	1256	1303		1311		1318		1326	1333		1341	1348			1356	1403		
Maryland (MYL)	d	1258	1305		1313		1320		1328	1335		1343	1350			1358	1405		
Stratford (SRA)	DLR 7 d	1301	1308	1253	1316	1302	1323	1305	1331	1338	1320	1323	1346	1353	1337	1340	1401	1408	1353
London Liverpool Street (LST)	DLR 15 a	1309	1316	1301	1324	1310	1331	1313	1339	1346	1328	1331	1354	1401	1346	1348	1409	1416	1401

Operator Train ID Days of operation/Notes	XR 2W47	LE 2K67 A	XR 2W49	LE 1Y41 F	XR 2W51	XR 2W53	LE 1K69 A	LE 1N39 C	XR 2W55	XR 2W57	LE 2F45 D	LE 1K71 A	XR 2W59	XR 2W61	LE 1F45 E	XR 2W63	LE 2K73 A	XR 2W65	
Shenfield (SNF)	3 d	1341	1345	1348	1350	1356	1403	1405	1408	1411	1418	1420	1425	1426	1433	1441	1445	1448	
Brentwood (BRE)	d	1345		1352		1400	1407			1415	1422		1430	1437		1445		1452	
Harold Wood (HRO)	d	1349		1356		1404	1411			1419	1426		1434	1441		1449		1456	
Gidea Park (GDP)	2 d	1352		1359		1407	1414			1422	1429		1437	1444		1452		1459	
Romford (RMF)	d	1355	1353	1402		1410	1417			1425	1432	1428	1440	1447		1455	1453	1502	
Chadwell Heath (CTH)	d	1358		1405		1413	1420			1428	1435		1443	1450		1458		1505	
Goodmayes (GMY)	d	1400		1407		1415	1422			1430	1437		1445	1452		1500		1507	
Seven Kings (SVK)	d	1402		1409		1417	1424			1432	1439		1447	1454		1502		1509	
Ilford (IFD)	2 d	1406		1413		1421	1428			1436	1443		1451	1458		1506		1513	
Manor Park (MNP)	d	1408		1415		1423	1430			1438	1445		1453	1500		1508		1515	
Forest Gate (FOG)	d	1411		1418		1426	1433			1441	1448		1456	1503		1511		1518	
Maryland (MYL)	d	1413		1420		1428	1435			1443	1450		1458	1505		1513		1520	
Stratford (SRA)	DLR 7 d	1416	1402	1423	1405	1431	1438	1420	1423	1446	1453	1437	1440	1501	1508	1453	1516	1502	1523
London Liverpool Street (LST)	DLR 15 a	1424	1410	1431	1413	1439	1446	1428	1431	1454	1501	1446	1448	1509	1516	1501	1524	1510	1531

Operator Train ID Days of operation/Notes	LE 1Y43 F	XR 2W67	XR 2W69	LE 1K75 A	LE 1N41 C	XR 2W71	XR 2W73	LE 2F51 D	LE 1K77 A	XR 2W75	XR 2W77	LE 1F47 E	XR 2W79	LE 2K79 A	XR 2W81	LE 1Y45 F	XR 2W83	XR 2W85	
Shenfield (SNF)	3 d	1450	1456	1503	1505	1508	1511	1518	1520	1525	1526	1533	1538	1541	1548	1550	1556	1603	
Brentwood (BRE)	d		1500	1507		1515	1522			1530	1537		1545		1552		1600	1607	
Harold Wood (HRO)	d		1504	1511		1519	1526			1534	1541		1549		1556		1604	1611	
Gidea Park (GDP)	2 d		1507	1514		1522	1529			1537	1544		1552		1559		1607	1614	
Romford (RMF)	d		1510	1517		1525	1532	1528		1540	1547		1555	1553	1602		1610	1617	
Chadwell Heath (CTH)	d		1513	1520		1528	1535			1543	1550		1558		1605		1613	1620	
Goodmayes (GMY)	d		1515	1522		1530	1537			1545	1552		1600		1607		1615	1622	
Seven Kings (SVK)	d		1517	1524		1532	1539			1547	1554		1602		1609		1617	1624	
Ilford (IFD)	2 d		1521	1528		1536	1543			1551	1558		1606		1613		1621	1628	
Manor Park (MNP)	d		1523	1530		1538	1545			1553	1600		1608		1615		1623	1630	
Forest Gate (FOG)	d		1526	1533		1541	1548			1556	1603		1611		1618		1626	1633	
Maryland (MYL)	d		1528	1535		1543	1550			1558	1605		1613		1620		1628	1635	
Stratford (SRA)	DLR 7 d	1505	1531	1538	1520	1523	1546	1553	1537	1540	1601	1608	1553	1616	1602	1623	1605	1631	1638
London Liverpool Street (LST)	DLR 15 a	1513	1539	1546	1528	1531	1554	1601	1546	1548	1609	1616	1601	1624	1610	1631	1613	1639	1646

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
C From Clacton-on-Sea, see table 6
D From Colchester Town, see table 6
E From Braintree, see table 6
F From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	LE 1K81 A	LE 1N43 C	XR 2W87	XR 2W89	LE 2F57 D	LE 1K83 A	XR 2W91	XR 2W93	LE 1F51 E	XR 2W95	LE 2K85 A	XR 2W01	LE 1Y47 F	XR 2W03	XR 2W05	LE 1K87 A	LE 1N47 C	XR 2W07		
Shenfield (SNF)	3	d	1605	1608	1611	1618	1620	1625	1626	1633	1638	1641	1645	1648	1650	1656	1703	1705	1708	1711
Brentwood (BRE)		d			1615	1622			1630	1637		1645		1652	1700	1707			1715	
Harold Wood (HRO)		d			1619	1626			1634	1641		1649		1656	1704	1711			1719	
Gidea Park (GDP)	2	d			1622	1629			1637	1644		1652		1659	1707	1714			1722	
Romford (RMF)		d			1625	1632	1628		1640	1647		1655	1653	1702	1710	1717			1725	
Chadwell Heath (CTH)		d			1628	1635			1643	1650		1658		1705	1713	1720			1728	
Goodmayes (GMY)		d			1630	1637			1645	1652		1700		1707	1715	1722			1730	
Seven Kings (SVK)		d			1632	1639			1647	1654		1702		1709	1717	1724			1732	
Ilford (IFD)	2	d			1636	1643			1651	1658		1706		1713	1721	1728			1736	
Manor Park (MNP)		d			1638	1645			1653	1700		1708		1715	1723	1730			1738	
Forest Gate (FOG)		d			1641	1648			1656	1703		1711		1718	1726	1733			1741	
Maryland (MYL)		d			1643	1650			1658	1705		1713		1720	1728	1735			1743	
Stratford (SRA)	DLR 7	d	1620	1623	1646	1653	1637	1640	1701	1708	1653	1716	1702	1723	1705	1731	1738	1720	1723	1746
London Liverpool Street (LST)	DLR 15	a	1628	1631	1654	1701	1646	1648	1709	1716	1701	1724	1710	1731	1713	1739	1746	1728	1731	1754

Operator Train ID Days of operation/Notes	XR 2W09	LE 2F63 D	LE 1K89 A	XR 2W11	XR 2W13	LE 1F57 E	XR 2W15	LE 2K91 A	XR 2W17	LE 1Y49 F	XR 2W19	XR 2W21	LE 1K95 A	LE 1N51 C	XR 2W23	XR 2W25	LE 1K97 A	XR 2W27		
Shenfield (SNF)	3	d	1718	1720	1725	1726	1733	1738	1741	1748	1750	1756	1803	1804	1808	1811	1818	1825	1826	
Brentwood (BRE)		d	1722			1730	1737		1745	1752		1800	1807		1815	1822			1830	
Harold Wood (HRO)		d	1726			1734	1741		1749	1756		1804	1811		1819	1826			1834	
Gidea Park (GDP)	2	d	1729			1737	1744		1752	1759		1807	1814		1822	1829			1837	
Romford (RMF)		d	1732	1728		1740	1747		1755	1753	1802	1810	1817		1825	1832			1840	
Chadwell Heath (CTH)		d	1735			1743	1750		1758	1805		1813	1820		1828	1835			1843	
Goodmayes (GMY)		d	1737			1745	1752		1800	1807		1815	1822		1830	1837			1845	
Seven Kings (SVK)		d	1739			1747	1754		1802	1809		1817	1824		1832	1839			1847	
Ilford (IFD)	2	d	1743			1751	1758		1806	1813		1821	1828		1836	1843			1851	
Manor Park (MNP)		d	1745			1753	1800		1808	1815		1823	1830		1838	1845			1853	
Forest Gate (FOG)		d	1748			1756	1803		1811	1818		1826	1833		1841	1848			1856	
Maryland (MYL)		d	1750			1758	1805		1813	1820		1828	1835		1843	1850			1858	
Stratford (SRA)	DLR 7	d	1753	1737	1740	1801	1808	1753	1816	1802	1823	1805	1831	1838	1819	1827	1846	1853	1841	1901
London Liverpool Street (LST)	DLR 15	a	1801	1746	1748	1809	1816	1801	1824	1810	1831	1813	1839	1846	1828	1835	1854	1901	1850	1909

Operator Train ID Days of operation/Notes	LE 2F71 D	XR 2W29	LE 1F63 E	XR 2W31	LE 2K99 A	XR 2W33	LE 1Y51 F	XR 2W35	XR 2W37	LE 1K15 A	LE 1N55 C	XR 2W39	XR 2W41	LE 2F79 D	LE 1K19 A	XR 2W43	XR 2W45	LE 1F69 E		
Shenfield (SNF)	3	d	1831	1833	1838	1841	1845	1848	1850	1856	1903	1905	1908		1911	1918	1920	1925	1933	1938
Brentwood (BRE)		d	1837			1845	1852		1900	1907		1915	1922		1919	1926			1930	1937
Harold Wood (HRO)		d	1841			1849	1856		1904	1911		1919	1926		1919	1926			1934	1941
Gidea Park (GDP)	2	d	1844			1852	1859		1907	1914		1922	1929		1922	1929			1937	1944
Romford (RMF)		d	1840	1847		1855	1853	1902	1910	1917		1925	1932	1928		1940	1947			1954
Chadwell Heath (CTH)		d	1850			1858	1905		1913	1920		1928	1935		1943	1950			1958	
Goodmayes (GMY)		d	1852			1900	1907		1915	1922		1930	1937		1945	1952			1960	
Seven Kings (SVK)		d	1854			1902	1909		1917	1924		1932	1939		1947	1954			1962	
Ilford (IFD)	2	d	1858			1906	1913		1921	1928		1936	1943		1951	1958			1966	
Manor Park (MNP)		d	1900			1908	1915		1923	1930		1938	1945		1953	2000			1964	
Forest Gate (FOG)		d	1903			1911	1918		1926	1933		1941	1948		1956	2003			1970	
Maryland (MYL)		d	1905			1913	1920		1928	1935		1943	1950		1958	2005			1974	
Stratford (SRA)	DLR 7	d	1849	1908	1854	1916	1902	1923	1905	1931	1938	1920	1924	1946	1953	1937	1940	2001	2008	1953
London Liverpool Street (LST)	DLR 15	a	1857	1916	1903	1924	1910	1931	1913	1939	1946	1928	1933	1954	2001	1946	1948	2009	2016	2001

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- A From Southend Victoria, see table 5
- C From Clacton-on-Sea, see table 6
- D From Colchester Town, see table 6
- E From Braintree, see table 6
- F From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	XR 2W47	LE 2K23 A	XR 2W49	LE 1Y55 F	XR 2W51	XR 2W53	LE 1K29 A	LE 1N57 C	XR 2W55	XR 2W57	LE 2F85 D	LE 1K33 A	XR 2W59	XR 2W61	LE 1F73 E	XR 2W63	LE 2K37 A	XR 2W65	
Shenfield (SNF)	3 d	1941	1945	1948	1950	1956	2003	2005	2008	2011	2018	2020	2025	2026	2033	2038	2041	2045	2048
Brentwood (BRE)	d	1945		1952		2000	2007			2015	2022			2030	2037		2045	2052	
Harold Wood (HRO)	d	1949		1956		2004	2011			2019	2026			2034	2041		2049	2056	
Gidea Park (GDP)	2 d	1952		1959		2007	2014			2022	2029			2037	2044		2052	2059	
Romford (RMF)	d	1955	1953	2002		2010	2017			2025	2032	2028		2040	2047		2055	2053	2102
Chadwell Heath (CTH)	d	1958		2005		2013	2020			2028	2035			2043	2050		2058	2105	
Goodmayes (GMY)	d	2000		2007		2015	2022			2030	2037			2045	2052		2100	2107	
Seven Kings (SVK)	d	2002		2009		2017	2024			2032	2039			2047	2054		2102	2109	
Ilford (IFD)	2 d	2006		2013		2021	2028			2036	2043			2051	2058		2106	2113	
Manor Park (MNP)	d	2008		2015		2023	2030			2038	2045			2053	2100		2108	2115	
Forest Gate (FOG)	d	2011		2018		2026	2033			2041	2048			2056	2103		2111	2118	
Maryland (MYL)	d	2013		2020		2028	2035			2043	2050			2058	2105		2113	2120	
Stratford (SRA)	DLR 7 d	2016	2002	2023	2005	2031	2038	2020	2023	2046	2053	2037	2040	2101	2108	2053	2116	2102	2123
London Liverpool Street (LST)	DLR 15 a	2024	2010	2031	2013	2039	2046	2028	2031	2054	2101	2046	2048	2109	2116	2101	2124	2110	2131

Operator Train ID Days of operation/Notes	LE 1Y61 F	XR 2W67	XR 2W69	LE 1K39 A	LE 1N59 C	XR 2W71	XR 2W73	LE 2F93 D	LE 1K41 A	XR 2W75	XR 2W77	LE 1F77 E	LE 2K43 A	XR 2W79	LE 1A97 G	XR 2W81	LE 1K45 A	XR 2W83	
Shenfield (SNF)	3 d	2050	2056	2103	2105	2108	2111	2118	2120	2125	2126	2136	2138	2145	2146	2150	2156	2205	2206
Brentwood (BRE)	d		2100	2107			2115	2122			2130	2140			2150		2200	2210	
Harold Wood (HRO)	d		2104	2111			2119	2126			2134	2144			2154		2204	2214	
Gidea Park (GDP)	2 d		2107	2114			2122	2129			2137	2147			2157		2207	2217	
Romford (RMF)	d		2110	2117			2125	2132	2128		2140	2150		2153	2200		2210	2220	
Chadwell Heath (CTH)	d		2113	2120			2128	2135			2143	2153			2203		2213	2223	
Goodmayes (GMY)	d		2115	2122			2130	2137			2145	2155			2205		2215	2225	
Seven Kings (SVK)	d		2117	2124			2132	2139			2147	2157			2207		2217	2227	
Ilford (IFD)	2 d		2121	2128			2136	2143			2151	2201			2211		2221	2231	
Manor Park (MNP)	d		2123	2130			2138	2145			2153	2203			2213		2223	2233	
Forest Gate (FOG)	d		2126	2133			2141	2148			2156	2206			2216		2226	2236	
Maryland (MYL)	d		2128	2135			2143	2150			2158	2208			2218		2228	2238	
Stratford (SRA)	DLR 7 d	2105	2131	2138	2120	2123	2146	2153	2137	2140	2201	2211	2153	2202	2221	2205	2231	2220	2241
London Liverpool Street (LST)	DLR 15 a	2113	2139	2146	2128	2131	2154	2201	2146	2148	2209	2219	2201	2210	2229	2213	2239	2228	2249

Operator Train ID Days of operation/Notes	LE 1N63 C	XR 2W85	LE 2F01 D	XR 2W87	LE 1K49 A	XR 2W89	LE 1F79 E	XR 2W91	LE 1Y67 F	XR 2W93	LE 1K51 A	LE 1N67 C	XR 2W95	LE 2Y65 F	XR 2W01	LE 1P73 H	LE 1K55 A	LE 2J53 J	
Shenfield (SNF)	3 d	2208	2216	2220	2226	2235	2236	2246	2250	2256	2305	2308	2311	2320	2326	2334	2336	2339	
Brentwood (BRE)	d		2220		2230		2240	2250		2300			2315		2330				
Harold Wood (HRO)	d		2224		2234		2244	2254		2304			2319		2334				
Gidea Park (GDP)	2 d		2227		2237		2247	2257		2307			2322		2337				
Romford (RMF)	d		2230	2228	2240		2250	2300		2310			2325	2328	2340			2347	
Chadwell Heath (CTH)	d		2233		2243		2253	2303		2313			2328		2343				
Goodmayes (GMY)	d		2235		2245		2255	2305		2315			2330		2345				
Seven Kings (SVK)	d		2237		2247		2257	2307		2317			2332		2347				
Ilford (IFD)	2 d		2241		2251		2301	2311		2321			2336		2351				
Manor Park (MNP)	d		2243		2253		2303	2313		2323			2338		2353				
Forest Gate (FOG)	d		2246		2256		2306	2316		2326			2341		2356				
Maryland (MYL)	d		2248		2258		2308	2318		2328			2343		2358				
Stratford (SRA)	DLR 7 d	2223	2251	2237	2301	2250	2311	2253	2321	2305	2331	2320	2323	2346	2337	0001	2349s	2353	2357
London Liverpool Street (LST)	DLR 15 a	2231	2259	2246	2309	2258	2319	2301	2329	2313	2339	2328	2331	2354	2345	0009	2358	0001	0005



NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time
s Stops to set down only

- A From Southend Victoria, see table 5
C From Clacton-on-Sea, see table 6
D From Colchester Town, see table 6
E From Braintree, see table 6
F From Ipswich, see table 6
G From Harwich International, see table 6
H From Norwich, see table 8
J From Southminster, see table 5

Shenfield, Romford, Ilford and Stratford to London

Saturdays

	Operator Train ID		XR	XR
			2W03	2W05
Shenfield (SNF)	8 d		2341	2356
Brentwood (BRE)	d		2345	2359
Harold Wood (HRO)	d		2349	0004
Gidea Park (GDP)	2 d		2352	0007
Romford (RMF)	d		2355	0010
Chadwell Heath (CTH)	d		2358	0013
Goodmayes (GMY)	d		2359	0015
Seven Kings (SVK)	d		0002	0017
Ilford (IFD)	2 d		0006	0021
Manor Park (MNP)	d		0008	0023
Forest Gate (FOG)	d		0011	0026
Maryland (MYL)	d		0013	0028
Stratford (SRA)	 7 d		0016	0031
London Liverpool Street (LST)	 15 a		0024	0039

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	XR 2C15	XR 2C19	XR 2C23	XR 2C27	XR 2W31	LE 2K01 A	XR 2W35	LE 2F93 B	XR 2W39	LE 2K03 A	XR 2W43	LE 2F95 C	XR 2W47	LE 2K05 A	XR 2W51	LE 1F05 C	XR 2W55	LE 1A95 D
Shenfield (SNF) 3 d					0641	0652	0656	0707	0711	0722	0726	0737	0741	0752	0756	0807	0811	0817
Brentwood (BRE) d					0645		0700		0715		0730		0745		0800		0815	
Harold Wood (HRO) d					0649		0704		0719		0734		0749		0804		0819	
Gidea Park (GDP) 2 d	0552	0607	0622	0637	0652		0707		0722		0737		0752		0807		0822	
Romford (RMF) d	0555	0610	0625	0640	0655	0704	0710	0719	0725	0734	0740	0749	0755	0804	0810		0825	
Chadwell Heath (CTH) d	0558	0613	0628	0643	0658		0713		0728		0743		0758		0813		0828	
Goodmayes (GMY) d	0600	0615	0630	0645	0700		0715		0730		0745		0800		0815		0830	
Seven Kings (SVK) d	0602	0617	0632	0647	0702		0717		0732		0747		0802		0817		0832	
Ilford (IFD) 2 d	0606	0621	0636	0651	0706		0721		0736		0751		0806		0821		0836	
Manor Park (MNP) d	0608	0623	0638	0653	0708		0723		0738		0753		0808		0823		0838	
Forest Gate (FOG) d	0611	0626	0641	0656	0711		0726		0741		0756		0811		0826		0841	
Maryland (MYL) d	0613	0628	0643	0658	0713		0728		0743		0758		0813		0828		0843	
Stratford (SRA) 7 d	0616	0631	0646	0701	0716	0719	0731	0734	0746	0749	0801	0804	0816	0819	0831	0834	0846	0848s
London Liverpool Street (LST) 15 a	0624	0639	0654	0709	0724	0727	0739	0743	0754	0757	0809	0813	0824	0827	0839	0843	0854	0858

Operator Train ID Days of operation/Notes	LE 2K07 A	XR 2W59	LE 1N01 E	XR 2W63	XR 2W67	LE 2K09 A	LE 1Y07 F	XR 2W71	XR 2W75	LE 2K11 A	LE 1N03 E	XR 2W79	XR 2W83	LE 2K13 A	LE 1Y09 F	XR 2W87	XR 2W91	LE 2K15 A
Shenfield (SNF) 3 d	0823	0826	0837	0841	0856	0900	0911	0911	0926	0927	0941	0956	0957	1011	1011	1026	1027	
Brentwood (BRE) d		0830		0845	0900			0915	0930			0945	1000			1015	1030	
Harold Wood (HRO) d		0834		0849	0904			0919	0934			0949	1004			1019	1034	
Gidea Park (GDP) 2 d		0837		0852	0907			0922	0937			0952	1007			1022	1037	
Romford (RMF) d	0834	0840		0855	0910	0908		0925	0940	0935		0955	1010	1005		1025	1040	1035
Chadwell Heath (CTH) d		0843		0858	0913			0928	0943			0958	1013			1028	1043	
Goodmayes (GMY) d		0845		0900	0915			0930	0945			1000	1015			1030	1045	
Seven Kings (SVK) d		0847		0902	0917			0932	0947			1002	1017			1032	1047	
Ilford (IFD) 2 d		0851		0906	0921			0936	0951			1006	1021			1036	1051	
Manor Park (MNP) d		0853		0908	0923			0938	0953			1008	1023			1038	1053	
Forest Gate (FOG) d		0856		0911	0926			0941	0956			1011	1026			1041	1056	
Maryland (MYL) d		0858		0913	0928			0943	0958			1013	1028			1043	1058	
Stratford (SRA) 7 d	0854	0901	0904	0916	0931	0918	0927	0946	1001	0945	0957	1016	1031	1015	1027	1046	1101	1045
London Liverpool Street (LST) 15 a	0902	0909	0913	0924	0939	0926	0935	0954	1009	0953	1005	1024	1039	1023	1035	1054	1109	1053

Operator Train ID Days of operation/Notes	LE 1N05 E	XR 2W95	XR 2W03	LE 2K17 A	LE 1Y11 F	XR 2W07	XR 2C09	XR 2W11	LE 2K19 A	LE 1N07 E	XR 2C13	XR 2W15	XR 2C17	XR 2W19	LE 2K21 A	LE 1Y13 F	XR 2C21	XR 2W23
Shenfield (SNF) 3 d	1041	1041	1056	1057	1111	1111		1126	1127	1141		1141		1156	1157	1211		1211
Brentwood (BRE) d		1045	1100			1115		1130				1145		1200				1215
Harold Wood (HRO) d		1049	1104			1119		1134				1149		1204				1219
Gidea Park (GDP) 2 d		1052	1107			1122	1129	1137			1144	1152	1159	1207			1214	1222
Romford (RMF) d		1055	1110	1105		1125	1132	1140	1135		1147	1155	1202	1210	1205		1217	1225
Chadwell Heath (CTH) d		1058	1113			1128	1135	1143			1150	1158	1205	1213			1220	1228
Goodmayes (GMY) d		1100	1115			1130	1137	1145			1152	1200	1207	1215			1222	1230
Seven Kings (SVK) d		1102	1117			1132	1139	1147			1154	1202	1209	1217			1224	1232
Ilford (IFD) 2 d		1106	1121			1136	1143	1151			1158	1206	1213	1221			1228	1236
Manor Park (MNP) d		1108	1123			1138	1145	1153			1200	1208	1215	1223			1230	1238
Forest Gate (FOG) d		1111	1126			1141	1148	1156			1203	1211	1218	1226			1233	1241
Maryland (MYL) d		1113	1128			1143	1150	1158			1205	1213	1220	1228			1235	1243
Stratford (SRA) 7 d	1057	1116	1131	1115	1127	1146	1153	1201	1145	1157	1208	1216	1223	1231	1215	1227	1238	1246
London Liverpool Street (LST) 15 a	1105	1124	1139	1123	1135	1154	1201	1209	1153	1205	1216	1224	1231	1239	1223	1235	1246	1254

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time
s Stops to set down only

- A From Southend Victoria, see table 5
B From Chelmsford, see table 6
C From Colchester, see table 6
D From Harwich International, see table 6
E From Clacton-on-Sea, see table 6
F From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	XR 2C25	XR 2W27	LE 2K23 A	LE 1N09 E	XR 2C29	XR 2W31	XR 2C33	XR 2W35	LE 2K25 A	LE 1Y15 F	XR 2C37	XR 2W39	XR 2C41	XR 2W43	LE 2K27 A	LE 1N11 E	XR 2C45	XR 2W47	
Shenfield (SNF)	3 d		1226	1227	1241		1241		1256	1257	1311		1311		1326	1327	1341		1341
Brentwood (BRE)	d		1230				1245		1300				1315		1330				1345
Harold Wood (HRO)	d		1234				1249		1304				1319		1334				1349
Gidea Park (GDP)	2 d	1229	1237			1244	1252	1259	1307			1314	1322	1329	1337			1344	1352
Romford (RMF)	d	1232	1240	1235		1247	1255	1302	1310	1305		1317	1325	1332	1340	1335		1347	1355
Chadwell Heath (CTH)	d	1235	1243			1250	1258	1305	1313			1320	1328	1335	1343			1350	1358
Goodmayes (GMY)	d	1237	1245			1252	1300	1307	1315			1322	1330	1337	1345			1352	1400
Seven Kings (SVK)	d	1239	1247			1254	1302	1309	1317			1324	1332	1339	1347			1354	1402
Ilford (IFD)	2 d	1243	1251			1258	1306	1313	1321			1328	1336	1343	1351			1358	1406
Manor Park (MNP)	d	1245	1253			1300	1308	1315	1323			1330	1338	1345	1353			1400	1408
Forest Gate (FOG)	d	1248	1256			1303	1311	1318	1326			1333	1341	1348	1356			1403	1411
Maryland (MYL)	d	1250	1258			1305	1313	1320	1328			1335	1343	1350	1358			1405	1413
Stratford (SRA)	DLR 7 d	1253	1301	1245	1257	1308	1316	1323	1331	1315	1327	1338	1346	1353	1401	1345	1357	1408	1416
London Liverpool Street (LST)	15 a	1301	1309	1253	1305	1316	1324	1331	1339	1323	1335	1346	1354	1401	1409	1353	1405	1416	1424

Operator Train ID Days of operation/Notes	XR 2C49	XR 2W51	LE 2K29 A	LE 1Y17 F	XR 2C53	XR 2W55	XR 2C57	XR 2W59	LE 2K31 A	LE 1N13 E	XR 2C61	XR 2W63	XR 2C65	XR 2W67	LE 2K33 A	LE 1Y19 F	XR 2C69	XR 2W71	
Shenfield (SNF)	3 d		1356	1357	1411		1411		1426	1427	1441		1441		1456	1457	1511		1511
Brentwood (BRE)	d		1400				1415		1430				1445		1500				1515
Harold Wood (HRO)	d		1404				1419		1434				1449		1504				1519
Gidea Park (GDP)	2 d	1359	1407			1414	1422	1429	1437			1444	1452	1459	1507			1514	1522
Romford (RMF)	d	1402	1410	1405		1417	1425	1432	1440	1435		1447	1455	1502	1510	1505		1517	1525
Chadwell Heath (CTH)	d	1405	1413			1420	1428	1435	1443			1450	1458	1505	1513			1520	1528
Goodmayes (GMY)	d	1407	1415			1422	1430	1437	1445			1452	1500	1507	1515			1522	1530
Seven Kings (SVK)	d	1409	1417			1424	1432	1439	1447			1454	1502	1509	1517			1524	1532
Ilford (IFD)	2 d	1413	1421			1428	1436	1443	1451			1458	1506	1513	1521			1528	1536
Manor Park (MNP)	d	1415	1423			1430	1438	1445	1453			1500	1508	1515	1523			1530	1538
Forest Gate (FOG)	d	1418	1426			1433	1441	1448	1456			1503	1511	1518	1526			1533	1541
Maryland (MYL)	d	1420	1428			1435	1443	1450	1458			1505	1513	1520	1528			1535	1543
Stratford (SRA)	DLR 7 d	1423	1431	1415	1427	1438	1446	1453	1501	1445	1457	1508	1516	1523	1531	1515	1527	1538	1546
London Liverpool Street (LST)	15 a	1431	1439	1423	1435	1446	1454	1501	1509	1453	1505	1516	1524	1531	1539	1523	1535	1546	1554

Operator Train ID Days of operation/Notes	XR 2C73	XR 2W75	LE 2K35 A	LE 1N15 E	XR 2C77	XR 2W79	XR 2C81	XR 2W83	LE 2K37 A	LE 1Y21 F	XR 2C85	XR 2W87	XR 2C89	XR 2W91	LE 2K39 A	LE 1N17 E	XR 2C93	XR 2W95	
Shenfield (SNF)	3 d		1526	1527	1541		1541		1556	1557	1611		1611		1626	1627	1641		1641
Brentwood (BRE)	d		1530				1545		1600				1615		1630				1645
Harold Wood (HRO)	d		1534				1549		1604				1619		1634				1649
Gidea Park (GDP)	2 d	1529	1537			1544	1552	1559	1607			1614	1622	1629	1637			1644	1652
Romford (RMF)	d	1532	1540	1535		1547	1555	1602	1610	1605		1617	1625	1632	1640	1635		1647	1655
Chadwell Heath (CTH)	d	1535	1543			1550	1558	1605	1613			1620	1628	1635	1643			1650	1658
Goodmayes (GMY)	d	1537	1545			1552	1600	1607	1615			1622	1630	1637	1645			1652	1700
Seven Kings (SVK)	d	1539	1547			1554	1602	1609	1617			1624	1632	1639	1647			1654	1702
Ilford (IFD)	2 d	1543	1551			1558	1606	1613	1621			1628	1636	1643	1651			1658	1706
Manor Park (MNP)	d	1545	1553			1600	1608	1615	1623			1630	1638	1645	1653			1700	1708
Forest Gate (FOG)	d	1548	1556			1603	1611	1618	1626			1633	1641	1648	1656			1703	1711
Maryland (MYL)	d	1550	1558			1605	1613	1620	1628			1635	1643	1650	1658			1705	1713
Stratford (SRA)	DLR 7 d	1553	1601	1545	1557	1608	1616	1623	1631	1615	1627	1638	1646	1653	1701	1645	1657	1708	1716
London Liverpool Street (LST)	15 a	1601	1609	1553	1605	1616	1624	1631	1639	1623	1635	1646	1654	1701	1709	1653	1705	1716	1724

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
d Departure time

- A From Southend Victoria, see table 5
E From Clacton-on-Sea, see table 6
F From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	XR 2C01	XR 2W03	LE 2K41 A	LE 1Y23 F	XR 2C05	XR 2W07	XR 2C09	XR 2W11	LE 2K43 A	LE 1N19 E	XR 2C13	XR 2W15	XR 2C17	XR 2W19	LE 2K45 A	LE 1Y25 F	XR 2C21	XR 2W23		
Shenfield (SNF)	3	d	1656	1657	1711		1711		1726	1727	1741		1741		1756	1757	1811		1811	
Brentwood (BRE)		d	1700				1715		1730				1745		1800				1815	
Harold Wood (HRO)		d	1704				1719		1734				1749		1804				1819	
Gidea Park (GDP)	2	d	1659	1707			1714	1722	1729	1737			1744	1752	1759	1807			1814	1822
Romford (RMF)		d	1702	1710	1705		1717	1725	1732	1740	1735		1747	1755	1802	1810	1805		1817	1825
Chadwell Heath (CTH)		d	1705	1713			1720	1728	1735	1743			1750	1758	1805	1813			1820	1828
Goodmayes (GMY)		d	1707	1715			1722	1730	1737	1745			1752	1800	1807	1815			1822	1830
Seven Kings (SVK)		d	1709	1717			1724	1732	1739	1747			1754	1802	1809	1817			1824	1832
Ilford (IFD)	2	d	1713	1721			1728	1736	1743	1751			1758	1806	1813	1821			1828	1836
Manor Park (MNP)		d	1715	1723			1730	1738	1745	1753			1800	1808	1815	1823			1830	1838
Forest Gate (FOG)		d	1718	1726			1733	1741	1748	1756			1803	1811	1818	1826			1833	1841
Maryland (MYL)		d	1720	1728			1735	1743	1750	1758			1805	1813	1820	1828			1835	1843
Stratford (SRA)	DLR 7	d	1723	1731	1715	1727	1738	1746	1753	1801	1745	1757	1808	1816	1823	1831	1815	1827	1838	1846
London Liverpool Street (LST)	15	a	1731	1739	1723	1735	1746	1754	1801	1809	1753	1805	1816	1824	1831	1839	1823	1835	1846	1854

Operator Train ID Days of operation/Notes	XR 2C25	XR 2W27	LE 2K47 A	LE 1N21 E	XR 2C29	XR 2W31	XR 2C33	XR 2W35	LE 2K49 A	LE 1Y27 F	XR 2C37	XR 2W39	XR 2C41	XR 2W43	LE 2K51 A	LE 1N23 E	XR 2C45	XR 2W47		
Shenfield (SNF)	3	d	1826	1827	1841		1841		1856	1857	1911		1911		1926	1927	1941		1941	
Brentwood (BRE)		d	1830				1845		1900				1915		1930				1945	
Harold Wood (HRO)		d	1834				1849		1904				1919		1934				1949	
Gidea Park (GDP)	2	d	1829	1837			1844	1852	1859	1907			1914	1922	1929	1937			1944	1952
Romford (RMF)		d	1832	1840	1835		1847	1855	1902	1910	1905		1917	1925	1932	1940	1935		1947	1955
Chadwell Heath (CTH)		d	1835	1843			1850	1858	1905	1913			1920	1928	1935	1943			1950	1958
Goodmayes (GMY)		d	1837	1845			1852	1900	1907	1915			1922	1930	1937	1945			1952	2000
Seven Kings (SVK)		d	1839	1847			1854	1902	1909	1917			1924	1932	1939	1947			1954	2002
Ilford (IFD)	2	d	1843	1851			1858	1906	1913	1921			1928	1936	1943	1951			1958	2006
Manor Park (MNP)		d	1845	1853			1900	1908	1915	1923			1930	1938	1945	1953			2000	2008
Forest Gate (FOG)		d	1848	1856			1903	1911	1918	1926			1933	1941	1948	1956			2003	2011
Maryland (MYL)		d	1850	1858			1905	1913	1920	1928			1935	1943	1950	1958			2005	2013
Stratford (SRA)	DLR 7	d	1853	1901	1845	1857	1908	1916	1923	1931	1915	1927	1938	1946	1953	2001	1945	1957	2008	2016
London Liverpool Street (LST)	15	a	1901	1909	1853	1905	1916	1924	1931	1939	1923	1935	1946	1954	2001	2009	1953	2005	2016	2024

Operator Train ID Days of operation/Notes	XR 2C49	XR 2W51	LE 2K53 A	LE 1Y29 F	XR 2C53	XR 2W55	XR 2C57	XR 2W59	LE 2K55 A	LE 1N25 E	XR 2C61	XR 2W63	XR 2C65	XR 2W67	LE 2K57 A	LE 1Y31 F	XR 2C69	XR 2W71		
Shenfield (SNF)	3	d	1956	1957	2011		2011		2026	2027	2041		2041		2056	2057	2111		2111	
Brentwood (BRE)		d	2000				2015		2030				2045		2100				2115	
Harold Wood (HRO)		d	2004				2019		2034				2049		2104				2119	
Gidea Park (GDP)	2	d	1959	2007			2014	2022	2029	2037			2044	2052	2059	2107			2114	2122
Romford (RMF)		d	2002	2010	2005		2017	2025	2032	2040	2035		2047	2055	2102	2110	2105		2117	2125
Chadwell Heath (CTH)		d	2005	2013			2020	2028	2035	2043			2050	2058	2105	2113			2120	2128
Goodmayes (GMY)		d	2007	2015			2022	2030	2037	2045			2052	2100	2107	2115			2122	2130
Seven Kings (SVK)		d	2009	2017			2024	2032	2039	2047			2054	2102	2109	2117			2124	2132
Ilford (IFD)	2	d	2013	2021			2028	2036	2043	2051			2058	2106	2113	2121			2128	2136
Manor Park (MNP)		d	2015	2023			2030	2038	2045	2053			2100	2108	2115	2123			2130	2138
Forest Gate (FOG)		d	2018	2026			2033	2041	2048	2056			2103	2111	2118	2126			2133	2141
Maryland (MYL)		d	2020	2028			2035	2043	2050	2058			2105	2113	2120	2128			2135	2143
Stratford (SRA)	DLR 7	d	2023	2031	2015	2027	2038	2046	2053	2101	2045	2057	2108	2116	2123	2131	2115	2127	2138	2146
London Liverpool Street (LST)	15	a	2031	2039	2023	2035	2046	2054	2101	2109	2053	2105	2116	2124	2131	2139	2123	2135	2146	2154

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time

- A From Southend Victoria, see table 5
- E From Clacton-on-Sea, see table 6
- F From Ipswich, see table 6

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	LE	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	
	1A97 D	2W75	2K59 A	1N27 E	2W77	2W81	2K61 A	1Y33 F	2W83	2W87	2K63 A	1N29 E	2W89	2W93	2K65 A	1Y35 F	2W95	2W01	
Shenfield (SNF)	3 d	2120	2126	2127	2141	2141	2156	2157	2211	2211	2226	2227	2241	2241	2256	2257	2311	2311	2326
Brentwood (BRE)	d		2130			2145	2200			2215	2230			2245	2300			2315	2330
Harold Wood (HRO)	d		2134			2149	2204			2219	2234			2249	2304			2319	2334
Gidea Park (GDP)	2 d		2137			2152	2207			2222	2237			2252	2307			2322	2337
Romford (RMF)	d		2140	2135		2155	2210	2205		2225	2240	2235		2255	2310	2305		2325	2340
Chadwell Heath (CTH)	d		2143			2158	2213			2228	2243			2258	2313			2328	2343
Goodmayes (GMY)	d		2145			2200	2215			2230	2245			2300	2315			2330	2345
Seven Kings (SVK)	d		2147			2202	2217			2232	2247			2302	2317			2332	2347
Ilford (IFD)	2 d		2151			2206	2221			2236	2251			2306	2321			2336	2351
Manor Park (MNP)	d		2153			2208	2223			2238	2253			2308	2323			2338	2353
Forest Gate (FOG)	d		2156			2211	2226			2241	2256			2311	2326			2341	2356
Maryland (MYL)	d		2158			2213	2228			2243	2258			2313	2328			2343	2358
Stratford (SRA)	DLR 7 d	2136s	2201	2145	2157	2216	2231	2215	2227	2246	2301	2245	2257	2316	2331	2315	2327	2346	0001
London Liverpool Street (LST)	15 a	2144	2209	2153	2205	2224	2239	2223	2235	2254	2309	2253	2305	2324	2339	2323	2335	2354	0009

Operator Train ID Days of operation/Notes	LE	LE	XR	XR	
	2K67 A	1P73 G	2W03	2W05	
Shenfield (SNF)	3 d	2327	2335	2341	2356
Brentwood (BRE)	d			2345	2359
Harold Wood (HRO)	d			2349	0004
Gidea Park (GDP)	2 d			2352	0007
Romford (RMF)	d	2335		2355	0010
Chadwell Heath (CTH)	d			2358	0013
Goodmayes (GMY)	d			2359	0015
Seven Kings (SVK)	d			0002	0017
Ilford (IFD)	2 d			0006	0021
Manor Park (MNP)	d			0008	0023
Forest Gate (FOG)	d			0011	0026
Maryland (MYL)	d			0013	0028
Stratford (SRA)	DLR 7 d	2345	2350s	0016	0031
London Liverpool Street (LST)	15 a	2353	2359	0024	0039

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- s Stops to set down only

- A From Southend Victoria, see table 5
- D From Harwich International, see table 6
- E From Clacton-on-Sea, see table 6
- F From Ipswich, see table 6
- G From Norwich, see table 8