

London to Southend Central, Shoeburyness

Monday - Friday

Planned Formation	8	4	8	8	4	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
London Fenchurch Street d	05 00	05 08	05 23	05 28	05 38	05 53	05 58	06 08	06 23	06 28	06 38	06 53	06 58	07 08	07 23	07 28	07 38	07 53	07 58	08 08	08 23	08 28	08 38	08 53	08 58	09 08	09 23	09 28	09 38	
Limehouse	05 04	05 12	05 27	05 32	05 42	05 57	06 02	06 12	06 27	06 32	06 42	06 57	07 02	07 12	07 27	07 32	07 42	07 57	08 02	08 12	08 27	08 32	08 42	08 57	09 02	09 12	09 27	09 32	09 42	
West Ham	05 09	05 17	05 33	05 37	05 47	06 03	06 07	06 17	06 33	06 37	06 47	07 03	07 07	07 17	07 33	07 37	07 47	08 03	08 07	08 17	08 33	08 37	08 47	09 03	09 07	09 17	09 33	09 37	09 47	
London Liverpool Street	d
Stratford	d
Barking		05 08	05 14	05 23	05 38	05 42	05 53	06 08	06 12	06 23	06 38	06 42	06 53	07 08	07 12	07 23	07 38	07 42	07 53	08 08	08 12	08 23	08 38	08 42	08 53	09 08	09 12	09 23	09 38	09 42	09 53
Upminster		05 17	05 23	05 47	05 51	06 17	06 21	06 47	06 51	07 17	07 21	07 47	07 51	08 17	08 21	08 47	08 51	09 17	09 21	09 47	09 51	
Ockendon		05 22	05 52	06 22	06 52	07 22	07 52	08 22	08 52	09 22	09 52	
Chafford Hundred (Lakeside)		05 26	05 56	06 26	06 56	07 26	07 56	08 26	08 56	09 26	09 56	
Dagenham Dock		05 27	05 57	06 27	06 57	07 27	07 57	08 27	08 57	09 27	09 57
Rainham		05 31	06 01	06 31	07 01	07 31	08 01	08 31	09 01	09 31	10 01
Purfleet		05 36	06 06	06 36	07 06	07 36	08 06	08 36	09 06	09 36	10 06
Grays		05 30	05 43	06 00	06 13	06 30	06 47	07 00	07 13	07 30	07 43	08 00	08 13	08 30	08 43	09 00	09 13	09 30	09 43	10 00	10 13
Tilbury Town		05 33	06 03	06 33	07 03	07 33	08 03	08 33	09 03	09 33	10 03
East Tilbury		05 39	06 09	06 39	07 09	07 39	08 09	08 39	09 09	09 39	10 09
Stanford-le-Hope		05 43	06 13	06 43	07 13	07 43	08 13	08 43	09 13	09 43	10 13
West Horndon		05 28	05 56	06 26	06 56	07 26	07 56	08 26	08 56	09 26	09 56
Laindon		05 32	06 00	06 30	07 00	07 30	08 00	08 30	09 00	09 30	10 00
Basildon		05 36	06 04	06 34	07 04	07 34	08 04	08 34	09 04	09 34	10 04
Pitsea		05 51	05 39	06 21	06 07	06 51	06 37	07 21	07 07	07 51	07 37	08 21	08 07	08 51	08 37	09 21	09 07	09 51	09 37	10 21	10 07	
Benfleet		05 55	05 43	06 25	06 11	06 55	06 41	07 25	07 11	07 55	07 41	08 25	08 11	08 55	08 41	09 25	09 11	09 55	09 41	10 25	10 11	
Leigh-on-Sea		06 00	05 47	06 30	06 15	07 00	06 45	07 30	07 15	08 00	07 45	08 30	08 15	09 00	08 45	09 30	09 15	10 00	09 45	10 30	10 15	
Chalkwell		06 02	05 50	06 32	06 18	07 02	06 48	07 32	07 18	08 02	07 48	08 32	08 18	09 02	08 48	09 32	09 18	10 02	09 48	10 32	10 18	
Westcliff		06 04	05 52	06 34	06 20	07 04	06 50	07 34	07 20	08 04	07 50	08 34	08 20	09 04	08 50	09 34	09 20	10 04	09 50	10 34	10 20	
Southend Central	a	06 07	05 54	06 37	06 22	07 07	06 52	07 37	07 22	08 07	07 52	08 37	08 22	09 07	08 52	09 37	09 22	10 07	09 52	10 37	10 22	
Southend Central	d	06 07	05 55	06 37	06 23	07 07	06 53	07 37	07 23	08 07	07 53	08 37	08 23	09 07	08 53	09 37	09 23	10 07	09 53	10 37	10 23	
Southend East		06 09	05 57	06 39	06 25	07 09	06 55	07 39	07 25	08 09	07 55	08 39	08 25	09 09	08 55	09 39	09 25	10 09	09 55	10 39	10 25	
Thorpe Bay		06 12	05 59	06 42	06 27	07 12	06 57	07 42	07 27	08 12	07 57	08 42	08 27	09 12	08 57	09 42	09 27	10 12	09 57	10 42	10 27	
Shoeburyness	a	06 19	06 05	06 49	06 33	07 19	07 03	07 49	07 33	08 19	08 03	08 49	08 33	09 19	09 03	09 49	09 33	10 19	10 03	10 49	10 33	

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Planned Formation	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8		
London Fenchurch Street d	09 53	09 58	10 08	10 23	10 28	10 38	10 53	10 58	11 08	11 23	11 28	11 38	11 53	11 58	12 08	12 23	12 28	12 38	12 53	12 58	13 08	13 23	13 28	13 38	13 53	13 58	14 08	14 23	14 28	14 38	
Limehouse	09 57	10 02	10 12	10 27	10 32	10 42	10 57	11 02	11 12	11 27	11 32	11 42	11 57	12 02	12 12	12 27	12 32	12 42	12 57	13 02	13 12	13 27	13 32	13 42	13 57	14 02	14 12	14 27	14 32	14 42	
West Ham	10 03	10 07	10 17	10 33	10 37	10 47	11 03	11 07	11 17	11 33	11 37	11 47	12 03	12 07	12 17	12 33	12 37	12 47	13 03	13 07	13 17	13 33	13 37	13 47	14 03	14 07	14 17	14 33	14 37	14 47	
London Liverpool Street	
Stratford	
Barking	10 08	10 12	10 23	10 38	10 42	10 53	11 08	11 12	11 23	11 38	11 42	11 53	12 08	12 12	12 23	12 38	12 42	12 53	13 08	13 12	13 23	13 38	13 42	13 53	14 08	14 12	14 23	14 38	14 42	14 53	
Upminster	10 17	10 21	10 47	10 51	11 17	11 21	11 47	11 51	12 17	12 21	12 47	12 51	13 17	13 21	13 47	13 51	14 17	14 21	14 47	14 51	
Ockendon	10 22	10 52	11 22	11 52	12 22	12 52	13 22	13 52	14 22	14 52	
Chafford Hundred (Lakeside)	10 26	10 56	11 26	11 56	12 26	12 56	13 26	13 56	14 26	14 56	
Dagenham Dock	10 27	10 57	11 27	11 57	12 27	12 57	13 27	13 57	14 27	14 57	
Rainham	10 31	11 01	11 31	12 01	12 31	13 01	13 31	14 01	14 31	15 01	
Purfleet	10 36	11 06	11 36	12 06	12 36	13 06	13 36	14 06	14 36	15 06	
Grays	10 30	10 43	11 00	11 13	11 30	11 43	12 00	12 13	12 30	12 43	13 00	13 13	13 30	13 43	14 00	14 13	14 30	14 43	15 00	15 13	
Tilbury Town	10 33	11 03	11 33	12 03	12 33	13 03	13 33	14 03	14 33	15 03	
East Tilbury	10 39	11 09	11 39	12 09	12 39	13 09	13 39	14 09	14 39	15 09	
Stanford-le-Hope	10 43	11 13	11 43	12 13	12 43	13 13	13 43	14 13	14 43	15 13	
West Horndon	10 26	10 56	11 26	11 56	12 26	12 56	13 26	13 56	14 26	14 56	
Laindon	10 30	11 00	11 30	12 00	12 30	13 00	13 30	14 00	14 30	15 00	
Basildon	10 34	11 04	11 34	12 04	12 34	13 04	13 34	14 04	14 34	15 04	
Pitsea	10 51	10 37	11 21	11 07	11 51	11 37	12 21	12 07	12 51	12 37	13 21	13 07	13 51	13 37	14 21	14 07	14 51	14 37	15 21	15 07	
Benfleet	10 55	10 41	11 25	11 11	11 55	11 41	12 25	12 11	12 55	12 41	13 25	13 11	13 55	13 41	14 25	14 11	14 55	14 41	15 25	15 11	
Leigh-on-Sea	11 00	10 45	11 30	11 15	12 00	11 45	12 30	12 15	13 00	12 45	13 30	13 15	14 00	13 45	14 30	14 15	15 00	14 45	15 30	15 15	
Chalkwell	11 02	10 48	11 32	11 18	12 02	11 48	12 32	12 18	13 02	12 48	13 32	13 18	14 02	13 48	14 32	14 18	15 02	14 48	15 32	15 18	
Westcliff	11 04	10 50	11 34	11 20	12 04	11 50	12 34	12 20	13 04	12 50	13 34	13 20	14 04	13 50	14 34	14 20	15 04	14 50	15 34	15 20	
Southend Central	a	11 07	10 52	11 37	11 22	12 07	11 52	12 37	12 22	13 07	12 52	13 37	13 22	14 07	13 52	14 37	14 22	15 07	14 52	15 37	15 22
Southend Central	d	11 07	10 53	11 37	11 23	12 07	11 53	12 37	12 23	13 07	12 53	13 37	13 23	14 07	13 53	14 37	14 23	15 07	14 53	15 37	15 23
Southend East	11 09	10 55	11 39	11 25	12 09	11 55	12 39	12 25	13 09	12 55	13 39	13 25	14 09	13 55	14 39	14 25	15 09	14 55	15 39	15 25
Thorpe Bay	11 12	10 57	11 42	11 27	12 12	11 57	12 42	12 27	13 12	12 57	13 42	13 27	14 12	13 57	14 42	14 27	15 12	14 57	15 42	15 27
Shoeburyness	a	11 19	11 03	11 49	11 33	12 19	12 03	12 49	12 33	13 19	13 03	13 49	13 33	14 19	14 03	14 49	14 33	15 19	15 03	15 49	15 33

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Planned Formation	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8			
London Fenchurch Street d	14 53	14 58	15 08	15 23	15 28	15 38	15 53	15 58	16 08	16 23	16 28	16 38	16 53	16 58	17 08	17 23	17 28	17 38	17 53	17 58	18 08	18 23	18 28	18 38	18 53	18 58	19 08	19 23	19 28	19 38	
Limehouse	14 57	15 02	15 12	15 27	15 32	15 42	15 57	16 02	16 12	16 27	16 32	16 42	16 57	17 02	17 12	17 27	17 32	17 42	17 57	18 02	18 12	18 27	18 32	18 42	18 57	19 02	19 12	19 27	19 32	19 42	
West Ham	15 03	15 07	15 17	15 33	15 37	15 47	16 03	16 07	16 17	16 33	16 37	16 47	17 03	17 07	17 17	17 33	17 37	17 47	18 03	18 07	18 17	18 33	18 37	18 47	19 03	19 07	19 17	19 33	19 37	19 47	
London Liverpool Street	
Stratford	
Barking	15 08	15 12	15 23	15 38	15 42	15 53	16 08	16 12	16 23	16 38	16 42	16 53	17 08	17 12	17 23	17 38	17 42	17 53	18 08	18 12	18 23	18 38	18 42	18 53	19 08	19 12	19 23	19 38	19 42	19 53	
Upminster	15 17	15 21	15 47	15 51	16 17	16 21	16 47	16 51	17 17	17 21	17 47	17 51	18 17	18 21	18 47	18 51	19 17	19 21	19 47	19 51	
Ockendon	15 22	15 52	16 22	17 22	17 52	18 22	18 52	19 22	19 52	
Chafford Hundred (Lakeside)	15 26	15 56	16 26	17 26	17 56	18 26	18 56	19 26	19 56	
Dagenham Dock	15 27	15 57	16 27	16 57	17 27	17 57	18 27	18 57	19 27	19 57	
Rainham	15 31	16 01	16 31	17 01	17 31	18 01	18 31	19 01	19 31	20 01	
Purfleet	15 36	16 06	16 36	17 06	17 36	18 06	18 36	19 06	19 36	20 06	
Grays	15 30	15 43	16 00	16 13	16 30	16 43	17 00	17 13	17 30	17 43	18 00	18 13	18 30	18 43	19 00	19 13	19 30	19 43	20 00	20 13	
Tilbury Town	15 33	16 03	16 33	17 03	17 33	18 03	18 33	19 03	19 33	20 03	
East Tilbury	15 39	16 09	16 39	17 09	17 39	18 09	18 39	19 09	19 39	20 09	
Stanford-le-Hope	15 43	16 13	16 43	17 13	17 43	18 13	18 43	19 13	19 43	20 13	
West Horndon	15 26	15 56	16 26	16 56	17 26	17 56	18 26	18 56	19 26	19 56
Laindon	15 30	16 00	16 30	17 00	17 30	18 00	18 30	19 00	19 30	20 00
Basildon	15 34	16 04	16 34	17 04	17 34	18 04	18 34	19 04	19 34	20 04
Pitsea	15 51	15 37	16 21	16 07	16 51	16 37	17 21	17 07	17 51	17 37	18 21	18 07	18 51	18 37	19 21	19 07	19 51	19 37	20 21	20 07	
Benfleet	15 55	15 41	16 25	16 11	16 55	16 41	17 25	17 11	17 55	17 41	18 25	18 11	18 55	18 41	19 25	19 11	19 55	19 41	20 25	20 11	
Leigh-on-Sea	16 00	15 45	16 30	16 15	17 00	16 45	17 30	17 15	18 00	17 45	18 30	18 15	19 00	18 45	19 30	19 15	20 00	19 45	20 30	20 15	
Chalkwell	16 02	15 48	16 32	16 18	17 02	16 48	17 32	17 18	18 02	17 48	18 32	18 18	19 02	18 48	19 32	19 18	20 02	19 48	20 32	20 18	
Westcliff	16 04	15 50	16 34	16 20	17 04	16 50	17 34	17 20	18 04	17 50	18 34	18 20	19 04	18 50	19 34	19 20	20 04	19 50	20 34	20 20	
Southend Central	a	16 07	15 52	16 37	16 22	17 07	16 52	17 37	17 22	18 07	17 52	18 37	18 22	19 07	18 52	19 37	19 22	20 07	19 52	20 37	20 22
Southend Central	d	16 07	15 53	16 37	16 23	17 07	16 53	17 37	17 23	18 07	17 53	18 37	18 23	19 07	18 53	19 37	19 23	20 07	19 53	20 37	20 23
Southend East	16 09	15 55	16 39	16 25	17 09	16 55	17 39	17 25	18 09	17 55	18 39	18 25	19 09	18 55	19 39	19 25	20 09	19 55	20 39	20 25
Thorpe Bay	16 12	15 57	16 42	16 27	17 12	16 57	17 42	17 27	18 12	17 57	18 42	18 27	19 12	18 57	19 42	19 27	20 12	19 57	20 42	20 27
Shoeburyness	a	16 19	16 03	16 49	16 33	17 19	17 03	17 49	17 33	18 19	18 03	18 49	18 33	19 19	19 03	19 49	19 33	20 19	20 03	20 49	20 33

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Planned Formation	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8		
London Fenchurch Street d	19 53	19 58	20 08	20 23	20 28	20 38	20 53	20 58	21 08	21 23	21 28	21 38	21 53	21 58	22 08	22 23	22 28	22 38	22 53	22 58	23 08	23 23	23 28	23 38	00 05	00 11	00 25	00 34	
Limehouse	19 57	20 02	20 12	20 27	20 32	20 42	20 57	21 02	21 12	21 27	21 32	21 42	21 57	22 02	22 12	22 27	22 32	22 42	22 57	23 02	23 12	23 27	23 32	23 42	00 09	00 15	00 29	00 38	
West Ham	20 03	20 07	20 17	20 33	20 37	20 47	21 03	21 07	21 17	21 33	21 37	21 47	22 03	22 07	22 17	22 33	22 37	22 47	23 03	23 07	23 17	23 33	23 37	23 47	00 14	00 21	00 34	00 43	
London Liverpool Street	
Stratford	
Barking	20 08	20 12	20 23	20 38	20 42	20 53	21 08	21 12	21 23	21 38	21 42	21 53	22 08	22 12	22 23	22 38	22 42	22 53	23 08	23 12	23 23	23 38	23 42	23 53	00 20	00 26	00 40	00 49	
Upminster	20 17	20 21	20 47	20 51	21 17	21 21	21 47	21 51	22 17	22 21	22 47	22 51	23 17	23 21	23 47	23 51	00 28	00 35	00 57	
Ockendon	20 22	20 52	21 22	21 52	22 22	22 52	23 22	23 52	00 40	
Chafford Hundred (Lakeside)	20 26	20 56	21 26	21 56	22 26	22 56	23 26	23 56	00 44	
Dagenham Dock	20 27	20 57	21 27	21 57	22 27	22 57	23 27	23 57	00 44	
Rainham	20 31	21 01	21 31	22 01	22 31	23 01	23 31	00 01	00 48	
Purfleet	20 36	21 06	21 36	22 06	22 36	23 06	23 36	00 06	00 53	
Grays	20 30	20 43	21 00	21 13	21 30	21 43	22 00	22 13	22 30	22 43	23 00	23 13	23 30	23 47	00 02	00 17	00 48	01 04	
Tilbury Town	20 33	21 03	21 33	22 03	22 33	23 03	23 33	00 05	00 51	
East Tilbury	20 39	21 09	21 39	22 09	22 39	23 09	23 39	00 11	00 57	
Stanford-le-Hope	20 43	21 13	21 43	22 13	22 43	23 13	23 43	00 14	01 01	
West Horndon	20 26	20 56	21 26	21 56	22 26	22 56	23 26	23 56	00 33	01 02	
Laindon	20 30	21 00	21 30	22 00	22 30	23 00	23 30	23 59	00 38	01 07	
Basildon	20 34	21 04	21 34	22 04	22 34	23 04	23 34	00 04	00 41	01 10	
Pitsea	20 51	20 37	21 21	21 07	21 51	21 37	22 21	22 07	22 51	22 37	23 21	23 07	23 51	23 37	00 22	00 07	00 45	01 09	01 14	
Benfleet	20 55	20 41	21 25	21 11	21 55	21 41	22 25	22 11	22 55	22 41	23 25	23 11	23 55	23 41	00 26	00 11	00 48	01 13	01 17	
Leigh-on-Sea	21 00	20 45	21 30	21 15	22 00	21 45	22 30	22 15	23 00	22 45	23 30	23 15	23 59	23 45	00 30	00 15	00 53	01 17	01 22	
Chalkwell	21 02	20 48	21 32	21 18	22 02	21 48	22 32	22 18	23 02	22 48	23 32	23 18	00 02	23 48	00 33	00 18	00 55	01 20	01 24	
Westcliff	21 04	20 50	21 34	21 20	22 04	21 50	22 34	22 20	23 04	22 50	23 34	23 20	00 04	23 50	00 35	00 20	00 57	01 22	01 26	
Southend Central	a	21 07	20 52	21 37	21 22	22 07	21 52	22 37	22 22	23 07	22 52	23 37	23 22	00 06	23 52	00 37	00 22	01 00	01 24	01 29
Southend Central	d	21 07	20 53	21 37	21 23	22 07	21 53	22 37	22 23	23 07	22 53	23 37	23 23	00 07	23 53	00 37	00 23	01 00	01 24	01 29
Southend East	21 09	20 55	21 39	21 25	22 09	21 55	22 39	22 25	23 09	22 55	23 39	23 25	00 09	23 55	00 39	00 25	01 02	01 26	01 31
Thorpe Bay	21 12	20 57	21 42	21 27	22 12	21 57	22 42	22 27	23 12	22 57	23 42	23 27	00 11	23 57	00 42	00 27	01 05	01 29	01 34
Shoeburyness	a	21 19	21 03	21 49	21 33	22 19	22 03	22 49	22 33	23 19	23 03	23 49	23 33	00 17	00 03	00 48	00 33	01 11	01 35	01 40

Shoeburyness, Southend Central to London

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Planned Formation		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8			
Shoeburyness	d	09 13	09 39	09 43	10 09	10 13	10 39	10 43	11 09	11 13	11 39	11 43	12 09	12 13	12 39	12 43	13 09	13 13	13 39	13 43	14 09
Thorpe Bay		09 17	09 43	09 47	10 13	10 17	10 43	10 47	11 13	11 17	11 43	11 47	12 13	12 17	12 43	12 47	13 13	13 17	13 43	13 47	14 13
Southend East		09 19	09 45	09 49	10 15	10 19	10 45	10 49	11 15	11 19	11 45	11 49	12 15	12 19	12 45	12 49	13 15	13 19	13 45	13 49	14 15
Southend Central	a	09 22	09 48	09 52	10 18	10 22	10 48	10 52	11 18	11 22	11 48	11 52	12 18	12 22	12 48	12 52	13 18	13 22	13 48	13 52	14 18
Southend Central	d	09 22	09 48	09 52	10 18	10 22	10 48	10 52	11 18	11 22	11 48	11 52	12 18	12 22	12 48	12 52	13 18	13 22	13 48	13 52	14 18
Westcliff		09 24	09 50	09 54	10 20	10 24	10 50	10 54	11 20	11 24	11 50	11 54	12 20	12 24	12 50	12 54	13 20	13 24	13 50	13 54	14 20
Chalkwell		09 27	09 53	09 57	10 23	10 27	10 53	10 57	11 23	11 27	11 53	11 57	12 23	12 27	12 53	12 57	13 23	13 27	13 53	13 57	14 23
Leigh-on-Sea		09 30	09 56	10 00	10 26	10 30	10 56	11 00	11 26	11 30	11 56	12 00	12 26	12 30	12 56	13 00	13 26	13 30	13 56	14 00	14 26
Benfleet		09 35	10 01	10 05	10 31	10 35	11 01	11 05	11 31	11 35	12 01	12 05	12 31	12 35	13 01	13 05	13 31	13 35	14 01	14 05	14 31
Pitsea		09 40	10 04	10 10	10 34	10 40	11 04	11 10	11 34	11 40	12 04	12 10	12 34	12 40	13 04	13 10	13 34	13 40	14 04	14 10	14 34
Basildon		10 08	10 38	11 08	11 38	12 08	12 38	13 08	13 38	14 08	14 38
Laindon		10 12	10 42	11 12	11 42	12 12	12 42	13 12	13 42	14 12	14 42
West Horndon		10 16	10 46	11 16	11 46	12 16	12 46	13 16	13 46	14 16	14 46
Stanford-le-Hope		09 46	10 16	10 46	11 16	11 46	12 16	12 46	13 16	13 46	14 16
East Tilbury		09 50	10 20	10 50	11 20	11 50	12 20	12 50	13 20	13 50	14 20
Tilbury Town		09 56	10 26	10 56	11 26	11 56	12 26	12 56	13 26	13 56	14 26
Grays		09 55	10 00	10 25	10 30	10 55	11 00	11 25	11 30	11 55	12 00	12 25	12 30	12 55	13 00	13 25	13 30	13 55	14 00	14 25	14 30
Purfleet		10 01	10 31	11 01	11 31	12 01	12 31	13 01	13 31	14 01	14 31
Rainham		10 06	10 36	11 06	11 36	12 06	12 36	13 06	13 36	14 06	14 36
Dagenham Dock		10 09	10 39	11 09	11 39	12 09	12 39	13 09	13 39	14 09	14 39
Chafford Hundred (Lakeside)		10 04	10 34	11 04	11 34	12 04	12 34	13 04	13 34	14 04	14 34
Ockendon		10 08	10 38	11 08	11 38	12 08	12 38	13 08	13 38	14 08	14 38
Upminster		10 14	10 22	10 44	10 52	11 14	11 22	11 44	11 52	12 14	12 22	12 44	12 52	13 14	13 22	13 44	13 52	14 14	14 22	14 44	14 52
Barking		10 15	10 23	10 30	10 45	10 53	11 00	11 15	11 23	11 30	11 45	11 53	12 00	12 15	12 23	12 30	12 45	12 53	13 00	13 15	13 23	13 30	13 45	13 53	14 00	14 15	14 23	14 30	14 45	14 53	15 00
Stratford	
London Liverpool Street	a
West Ham		10 20	10 28	10 36	10 50	10 58	11 06	11 20	11 28	11 36	11 50	11 58	12 06	12 20	12 28	12 36	12 50	12 58	13 06	13 20	13 28	13 36	13 50	13 58	14 06	14 20	14 28	14 36	14 50	14 58	15 06
Limehouse		10 25	10 33	10 41	10 55	11 03	11 11	11 25	11 33	11 41	11 55	12 03	12 11	12 25	12 33	12 41	12 55	13 03	13 11	13 25	13 33	13 41	13 55	14 03	14 11	14 25	14 33	14 41	14 55	15 03	15 11
London Fenchurch Street	a	10 31	10 39	10 46	11 01	11 09	11 16	11 31	11 39	11 46	12 01	12 09	12 16	12 31	12 39	12 46	13 01	13 09	13 16	13 31	13 39	13 46	14 01	14 09	14 16	14 31	14 39	14 46	15 01	15 09	15 16

Shoeburyness, Southend Central to London

Monday - Friday

Planned Formation		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8			
Shoeburyness	d	14 13	14 39	14 43	15 09	15 13	15 39	15 43	16 09	16 13	16 39	16 43	17 09	17 13	17 39	17 43	18 09	18 13	18 39	18 43	19 09
Thorpe Bay		14 17	14 43	14 47	15 13	15 17	15 43	15 47	16 13	16 17	16 43	16 47	17 13	17 17	17 43	17 47	18 13	18 17	18 43	18 47	19 13
Southend East		14 19	14 45	14 49	15 15	15 19	15 45	15 49	16 15	16 19	16 45	16 49	17 15	17 19	17 45	17 49	18 15	18 19	18 45	18 49	19 15
Southend Central	a	14 22	14 48	14 52	15 18	15 22	15 48	15 52	16 18	16 22	16 48	16 52	17 18	17 22	17 48	17 52	18 18	18 22	18 48	18 52	19 18
Southend Central	d	14 22	14 48	14 52	15 18	15 22	15 48	15 52	16 18	16 22	16 48	16 52	17 18	17 22	17 48	17 52	18 18	18 22	18 48	18 52	19 18
Westcliff		14 24	14 50	14 54	15 20	15 24	15 50	15 54	16 20	16 24	16 50	16 54	17 20	17 24	17 50	17 54	18 20	18 24	18 50	18 54	19 20
Chalkwell		14 27	14 53	14 57	15 23	15 27	15 53	15 57	16 23	16 27	16 53	16 57	17 23	17 27	17 53	17 57	18 23	18 27	18 53	18 57	19 23
Leigh-on-Sea		14 30	14 56	15 00	15 26	15 30	15 56	16 00	16 26	16 30	16 56	17 00	17 26	17 30	17 56	18 00	18 26	18 30	18 56	19 00	19 26
Benfleet		14 35	15 01	15 05	15 31	15 35	16 01	16 05	16 31	16 35	17 01	17 05	17 31	17 35	18 01	18 05	18 31	18 35	19 01	19 05	19 31
Pitsea		14 40	15 04	15 10	15 34	15 40	16 04	16 10	16 34	16 40	17 04	17 10	17 34	17 40	18 04	18 10	18 34	18 40	19 04	19 10	19 34
Basildon		15 08	15 38	16 08	16 38	17 08	17 38	18 08	18 38	19 08	19 38
Laindon		15 12	15 42	16 12	16 42	17 12	17 42	18 12	18 42	19 12	19 42
West Horndon		15 16	15 46	16 16	16 46	17 16	17 46	18 16	18 46	19 16	19 46
Stanford-le-Hope		14 46	15 16	15 46	16 16	16 46	17 16	17 46	18 16	18 46	19 16
East Tilbury		14 50	15 20	15 50	16 20	16 50	17 20	17 50	18 20	18 50	19 20
Tilbury Town		14 56	15 26	15 56	16 26	16 56	17 26	17 56	18 26	18 56	19 26
Grays		14 55	15 00	15 25	15 30	15 55	16 00	16 25	16 30	16 55	17 00	17 25	17 30	17 55	18 00	18 25	18 30	18 55	19 00	19 25	19 30
Purfleet		15 01	15 31	16 01	16 31	17 01	17 31	18 01	18 31	19 01	19 31
Rainham		15 06	15 36	16 06	16 36	17 06	17 36	18 06	18 36	19 06	19 36
Dagenham Dock		15 09	15 39	16 09	16 39	17 09	17 39	18 09	18 39	19 09	19 39
Chafford Hundred (Lakeside)		15 04	15 34	16 04	16 34	17 04	17 34	18 04	18 34	19 04	19 34
Ockendon		15 08	15 38	16 08	16 38	17 08	17 38	18 08	18 38	19 08	19 38
Upminster		15 14	15 22	15 44	15 52	16 14	16 22	16 44	16 52	17 14	17 22	17 44	17 52	18 14	18 22	18 44	18 52	19 14	19 22	19 44	19 52
Barking		15 15	15 23	15 30	15 45	15 53	16 00	16 15	16 23	16 30	16 45	16 53	17 00	17 15	17 23	17 30	17 45	17 53	18 00	18 15	18 23	18 30	18 45	18 53	19 00	19 15	19 23	19 30	19 45	19 53	20 00
Stratford	
London Liverpool Street	a
West Ham		15 20	15 28	15 36	15 50	15 58	16 06	16 20	16 28	16 36	16 50	16 58	17 06	17 20	17 28	17 36	17 50	17 58	18 06	18 20	18 28	18 36	18 50	18 58	19 06	19 20	19 28	19 36	19 50	19 58	20 06
Limehouse		15 25	15 33	15 41	15 55	16 03	16 11	16 25	16 33	16 41	16 55	17 03	17 11	17 25	17 33	17 41	17 55	18 03	18 11	18 25	18 33	18 41	18 55	19 03	19 11	19 25	19 33	19 41	19 55	20 03	20 11
London Fenchurch Street	a	15 31	15 39	15 46	16 01	16 09	16 16	16 31	16 39	16 46	17 01	17 09	17 16	17 31	17 39	17 46	18 01	18 09	18 16	18 31	18 39	18 46	19 01	19 09	19 16	19 31	19 39	19 46	20 01	20 09	20 16

Shoeburyness, Southend Central to London

Monday - Friday

Planned Formation		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8		
Shoeburyness	d	19 13	19 39	19 43	20 09	20 13	20 39	20 43	21 09	21 13	21 39	21 43	22 09	22 13	22 39	22 43	23 09	23 29	23 33
Thorpe Bay		19 17	19 43	19 47	20 13	20 17	20 43	20 47	21 13	21 17	21 43	21 47	22 13	22 17	22 43	22 47	23 13	23 33	23 37
Southend East		19 19	19 45	19 49	20 15	20 19	20 45	20 49	21 15	21 19	21 45	21 49	22 15	22 19	22 45	22 49	23 15	23 35	23 39
Southend Central	a	19 22	19 48	19 52	20 18	20 22	20 48	20 52	21 18	21 22	21 48	21 52	22 18	22 22	22 48	22 52	23 18	23 38	23 42
Southend Central	d	19 22	19 48	19 52	20 18	20 22	20 48	20 52	21 18	21 22	21 48	21 52	22 18	22 22	22 48	22 52	23 18	23 38	23 42
Westcliff		19 24	19 50	19 54	20 20	20 24	20 50	20 54	21 20	21 24	21 50	21 54	22 20	22 24	22 50	22 54	23 20	23 40	23 44
Chalkwell		19 27	19 53	19 57	20 23	20 27	20 53	20 57	21 23	21 27	21 53	21 57	22 23	22 27	22 53	22 57	23 23	23 43	23 47
Leigh-on-Sea		19 30	19 56	20 00	20 26	20 30	20 56	21 00	21 26	21 30	21 56	22 00	22 26	22 30	22 56	23 00	23 26	23 46	23 50
Benfleet		19 35	20 01	20 05	20 31	20 35	21 01	21 05	21 31	21 35	22 01	22 05	22 31	22 35	23 01	23 05	23 31	23 51	23 54
Pitsea		19 40	20 04	20 10	20 34	20 40	21 04	21 10	21 34	21 40	22 04	22 10	22 34	22 40	23 04	23 10	23 34	23 54	23 59
Basildon		20 08	20 38	21 08	21 38	22 08	22 38	23 08	23 38	23 58
Laindon		20 12	20 42	21 12	21 42	22 12	22 42	23 12	23 42	00 01
West Horndon		20 16	20 46	21 16	21 46	22 16	22 46	23 16	23 46	00 06
Stanford-le-Hope		19 46	20 16	20 46	21 16	21 46	22 16	22 46	23 16	00 05
East Tilbury		19 50	20 20	20 50	21 20	21 50	22 20	22 50	23 20	00 09
Tilbury Town		19 56	20 26	20 56	21 26	21 56	22 26	22 56	23 26	00 15
Grays		19 55	20 00	20 25	20 30	20 55	21 00	21 25	21 30	21 55	22 00	22 25	22 30	22 55	23 00	23 25	23 30	00 19
Purfleet		20 01	20 31	21 01	21 31	22 01	22 31	23 01	23 31	00 26
Rainham		20 06	20 36	21 06	21 36	22 06	22 36	23 06	23 36	00 32
Dagenham Dock		20 09	20 39	21 09	21 39	22 09	22 39	23 09	23 39	00 37
Chafford Hundred (Lakeside)		20 04	20 34	21 04	21 34	22 04	22 34	23 04	23 34
Ockendon		20 08	20 38	21 08	21 38	22 08	22 38	23 08	23 38
Upminster		20 14	20 22	20 44	20 52	21 14	21 22	21 44	21 52	22 14	22 22	22 44	22 52	23 14	23 22	23 44	23 52	00 11
Barking		20 15	20 23	20 30	20 45	20 53	21 00	21 15	21 23	21 30	21 45	21 53	22 00	22 15	22 23	22 30	22 45	22 53	23 00	23 15	23 23	23 30	23 50	23 53	23 59	00 20	00 43
Stratford	
London Liverpool Street	a
West Ham		20 20	20 28	20 36	20 50	20 58	21 06	21 20	21 28	21 36	21 50	21 58	22 06	22 20	22 28	22 36	22 50	22 58	23 06	23 20	23 28	23 36	23 58	00 06	00 25
Limehouse		20 25	20 33	20 41	20 55	21 03	21 11	21 25	21 33	21 41	21 55	22 03	22 11	22 25	22 33	22 41	22 55	23 03	23 11	23 25	23 33	23 41	00 03	00 11	00 30
London Fenchurch Street	a	20 31	20 39	20 46	21 01	21 09	21 16	21 31	21 39	21 46	22 01	22 09	22 16	22 31	22 39	22 46	23 01	23 09	23 16	23 31	23 39	23 46	00 10	00 16	00 36