

London to Southend Central, Shoeburyness

Sunday

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	06 38	07 18	07 23	07 35	07 48	07 53	08 05	08 18	08 23	08 35	08 48	08 53	09 05	09 18	09 23	09 35	09 41	09 53	10 05	10 19	10 23	10 35	10 49	10 53	11 05	11 19	11 23	11 35	11 49	
Limehouse	06 42	07 22	07 27	07 39	07 52	07 57	08 09	08 22	08 27	08 39	08 52	08 57	09 09	09 22	09 27	09 39	09 57	10 09	10 27	10 39	10 57	11 09	11 27	11 39	
West Ham	06 47	07 27	07 32	07 44	07 57	08 02	08 14	08 27	08 32	08 44	08 57	09 02	09 14	09 27	09 32	09 44	09 57	10 02	10 14	10 27	10 32	10 44	10 57	11 02	11 14	11 27	11 32	11 44	11 57	
London Liverpool Street	
Stratford	
Barking	06 53	06 58	07 33	07 38	07 50	08 03	08 08	08 20	08 33	08 38	08 50	09 03	09 08	09 20	09 33	09 38	09 50	10 03	10 08	10 20	10 33	10 38	10 50	11 03	11 08	11 20	11 33	11 38	11 50	12 03	
Upminster	07 02	07 07	07 42	07 46	08 12	08 16	08 42	08 46	09 12	09 16	09 42	09 46	10 12	10 16	10 42	10 46	11 12	11 16	11 42	11 46	12 12	
Ockendon	07 12	07 52	08 22	08 52	09 22	09 52	10 22	10 52	11 22	11 52	
Chafford Hundred (Lakeside)	07 16	07 56	08 26	08 56	09 26	09 56	10 26	10 56	11 26	11 56	
Dagenham Dock	07 54	08 24	08 54	09 24	09 54	10 24	10 54	11 24	11 54	
Rainham	07 58	08 28	08 58	09 28	09 58	10 28	10 58	11 28	11 58	
Purfleet	08 03	08 33	09 03	09 33	10 03	10 33	11 03	11 33	12 03	
Grays	07 21	08 00	08 10	08 30	08 40	09 00	09 10	09 30	09 40	10 00	10 10	10 30	10 40	11 00	11 10	11 30	11 40	12 00	12 10	
Tilbury Town	07 24	08 03	08 33	09 03	09 33	10 03	10 33	11 03	11 33	12 03	
East Tilbury	07 30	08 09	08 39	09 09	09 39	10 09	10 39	11 09	11 39	12 09	
Stanford-le-Hope	07 33	08 13	08 43	09 13	09 43	10 13	10 43	11 13	11 43	12 13	
West Horndon	07 07	07 47	08 17	08 47	09 17	09 47	10 17	10 47	11 17	11 47	12 17	
Laindon	07 12	07 52	08 22	08 52	09 22	09 52	10 22	10 52	11 22	11 52	12 22	
Basildon	07 15	07 55	08 25	08 55	09 25	09 55	10 25	10 55	11 25	11 55	12 25	
Pitsea	07 19	07 42	07 59	08 22	08 29	08 52	08 59	09 22	09 29	09 52	09 59	10 22	10 29	10 52	10 59	11 22	11 29	11 52	11 59	12 22	12 29	
Benfleet	07 22	07 45	08 02	08 25	08 32	08 55	09 02	09 25	09 32	09 55	10 02	10 25	10 32	10 55	11 02	11 25	11 32	11 55	12 02	12 25	12 32	
Leigh-on-Sea	07 27	07 50	08 07	08 30	08 37	09 00	09 07	09 30	09 37	10 00	10 07	10 30	10 37	11 00	11 07	11 30	11 37	12 00	12 07	12 30	12 37	
Chalkwell	07 29	07 52	08 09	08 32	08 39	09 02	09 09	09 32	09 39	10 02	10 09	10 32	10 40	11 02	11 10	11 32	11 40	12 02	12 10	12 32	12 40	
Westcliff	07 31	07 54	08 11	08 34	08 41	09 04	09 11	09 34	09 41	10 04	10 11	10 34	10 42	11 04	11 12	11 34	11 42	12 04	12 12	12 34	12 42	
Southend Central	a	07 34	07 57	08 14	08 37	08 44	09 07	09 14	09 37	09 44	10 07	10 14	10 37	10 44	11 07	11 14	11 37	11 44	12 07	12 14	12 37	12 44
Southend Central	d	07 34	07 57	08 14	08 37	08 44	09 07	09 14	09 37	09 44	10 07	10 14	10 37	10 45	11 07	11 15	11 37	11 45	12 07	12 15	12 37	12 45
Southend East	07 36	07 59	08 16	08 39	08 46	09 09	09 16	09 39	09 46	10 09	10 16	10 39	10 47	11 09	11 17	11 39	11 47	12 09	12 17	12 39	12 47
Thorpe Bay	07 39	08 02	08 19	08 42	08 49	09 12	09 19	09 42	09 49	10 12	10 19	10 42	10 49	11 12	11 19	11 42	11 49	12 12	12 19	12 42	12 49
Shoeburyness	a	07 45	08 08	08 25	08 48	08 55	09 18	09 25	09 48	09 55	10 18	10 25	10 48	11 00	11 18	11 30	11 48	12 00	12 18	12 30	12 48	13 00

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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	11 53	12 05	12 19	12 23	12 35	12 49	12 53	13 05	13 19	13 23	13 35	13 49	13 53	14 05	14 19	14 23	14 35	14 49	14 53	15 05	15 19	15 23	15 35	15 49	15 53	16 05	16 19	16 23	16 35	16 49	
Limehouse	11 57	12 09	12 27	12 39	12 57	13 09	13 27	13 39	13 57	14 09	14 27	14 39	14 57	15 09	15 27	15 39	15 57	16 09	16 27	16 39	
West Ham	12 02	12 14	12 27	12 32	12 44	12 57	13 02	13 14	13 27	13 32	13 44	13 57	14 02	14 14	14 27	14 32	14 44	14 57	15 02	15 14	15 27	15 32	15 44	15 57	16 02	16 14	16 27	16 32	16 44	16 57	
London Liverpool Street	
Stratford	
Barking	12 08	12 20	12 33	12 38	12 50	13 03	13 08	13 20	13 33	13 38	13 50	14 03	14 08	14 20	14 33	14 38	14 50	15 03	15 08	15 20	15 33	15 38	15 50	16 03	16 08	16 20	16 33	16 38	16 50	17 03	
Upminster	12 16	12 42	12 46	13 12	13 16	13 42	13 46	14 12	14 16	14 42	14 46	15 12	15 16	15 42	15 46	16 12	16 16	16 42	16 46	17 12	
Ockendon	12 22	12 52	13 22	13 52	14 22	14 52	15 22	15 52	16 22	16 52	
Chafford Hundred (Lakeside)	12 26	12 56	13 26	13 56	14 26	14 56	15 26	15 56	16 26	16 56	
Dagenham Dock	12 24	12 54	13 24	13 54	14 24	14 54	15 24	15 54	16 24	16 54	
Rainham	12 28	12 58	13 28	13 58	14 28	14 58	15 28	15 58	16 28	16 58	
Purfleet	12 33	13 03	13 33	14 03	14 33	15 03	15 33	16 03	16 33	17 03	
Grays	12 30	12 40	13 00	13 10	13 30	13 40	14 00	14 10	14 30	14 40	15 00	15 10	15 30	15 40	16 00	16 10	16 30	16 40	17 00	17 10	
Tilbury Town	12 33	13 03	13 33	14 03	14 33	15 03	15 33	16 03	16 33	17 03	
East Tilbury	12 39	13 09	13 39	14 09	14 39	15 09	15 39	16 09	16 39	17 09	
Stanford-le-Hope	12 43	13 13	13 43	14 13	14 43	15 13	15 43	16 13	16 43	17 13	
West Horndon	12 47	13 17	13 47	14 17	14 47	15 17	15 47	16 17	16 47	17 17	
Laindon	12 52	13 22	13 52	14 22	14 52	15 22	15 52	16 22	16 52	17 22	
Basildon	12 56	13 26	13 56	14 26	14 56	15 26	15 56	16 26	16 56	17 26	
Pitsea	12 52	12 59	13 22	13 29	13 52	13 59	14 22	14 29	14 52	14 59	15 22	15 29	15 52	15 59	16 22	16 29	16 52	16 59	17 22	17 29	
Benfleet	12 55	13 03	13 25	13 33	13 55	14 03	14 25	14 33	14 55	15 03	15 25	15 33	15 55	16 03	16 25	16 33	16 55	17 03	17 25	17 33	
Leigh-on-Sea	13 00	13 07	13 30	13 37	14 00	14 07	14 30	14 37	15 00	15 07	15 30	15 37	16 00	16 07	16 30	16 37	17 00	17 07	17 30	17 37	
Chalkwell	13 02	13 10	13 32	13 40	14 02	14 10	14 32	14 40	15 02	15 10	15 32	15 40	16 02	16 10	16 32	16 40	17 02	17 10	17 32	17 40	
Westcliff	13 04	13 12	13 34	13 42	14 04	14 12	14 34	14 42	15 04	15 12	15 34	15 42	16 04	16 12	16 34	16 42	17 04	17 12	17 34	17 42	
Southend Central	a	13 07	13 14	13 37	13 44	14 07	14 14	14 37	14 44	15 07	15 14	15 37	15 44	16 07	16 14	16 37	16 44	17 07	17 14	17 37	17 44
Southend Central	d	13 07	13 15	13 37	13 45	14 07	14 15	14 37	14 45	15 07	15 15	15 37	15 45	16 07	16 15	16 37	16 45	17 07	17 15	17 37	17 45
Southend East	13 09	13 17	13 39	13 47	14 09	14 17	14 39	14 47	15 09	15 17	15 39	15 47	16 09	16 17	16 39	16 47	17 09	17 17	17 39	17 47
Thorpe Bay	13 12	13 19	13 42	13 49	14 12	14 19	14 42	14 49	15 12	15 19	15 42	15 49	16 12	16 19	16 42	16 49	17 12	17 19	17 42	17 49
Shoeburyness	a	13 18	13 30	13 48	14 00	14 18	14 30	14 48	15 00	15 18	15 30	15 48	16 00	16 18	16 30	16 48	17 00	17 18	17 30	17 48	18 00

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Sunday

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	8	
London Fenchurch Street d	16 53	17 05	17 19	17 23	17 35	17 49	17 53	18 05	18 19	18 23	18 35	18 49	18 53	19 05	19 19	19 23	19 35	19 49	19 53	20 05	20 19	20 23	20 35	20 49	20 53	21 05	21 19	21 23	21 38	21 49	
Limehouse	16 57	17 09	17 27	17 39	17 57	18 09	18 27	18 39	18 57	19 09	19 27	19 39	19 57	20 09	20 27	20 39	20 57	21 09	21 27	21 42	
West Ham	17 02	17 14	17 27	17 32	17 44	17 57	18 02	18 14	18 27	18 32	18 44	18 57	19 02	19 14	19 27	19 32	19 44	19 57	20 02	20 14	20 27	20 32	20 44	20 57	21 02	21 14	21 27	21 32	21 47	21 57	
London Liverpool Street	
Stratford	
Barking	17 08	17 20	17 33	17 38	17 50	18 03	18 08	18 20	18 33	18 38	18 50	19 03	19 08	19 20	19 33	19 38	19 50	20 03	20 08	20 20	20 33	20 38	20 50	21 03	21 08	21 20	21 33	21 38	21 53	22 03	
Upminster	17 16	17 42	17 46	18 12	18 16	18 42	18 46	19 12	19 16	19 42	19 46	20 12	20 16	20 42	20 46	21 12	21 16	21 42	21 46	22 12	
Ockendon	17 22	17 52	18 22	18 52	19 22	19 52	20 22	20 52	21 22	21 52	
Chafford Hundred (Lakeside)	17 26	17 56	18 26	18 56	19 26	19 56	20 26	20 56	21 26	21 56	
Dagenham Dock	17 24	17 54	18 24	18 54	19 24	19 54	20 24	20 54	21 24	21 57	
Rainham	17 28	17 58	18 28	18 58	19 28	19 58	20 28	20 58	21 28	22 01	
Purfleet	17 33	18 03	18 33	19 03	19 33	20 03	20 33	21 03	21 33	22 06	
Grays	17 30	17 40	18 00	18 10	18 30	18 40	19 00	19 10	19 30	19 40	20 00	20 10	20 30	20 40	21 00	21 10	21 30	21 40	22 00	22 13	
Tilbury Town	17 33	18 03	18 33	19 03	19 33	20 03	20 33	21 03	21 33	22 03	
East Tilbury	17 39	18 09	18 39	19 09	19 39	20 09	20 39	21 09	21 39	22 09	
Stanford-le-Hope	17 43	18 13	18 43	19 13	19 43	20 13	20 43	21 13	21 43	22 13	
West Horndon	17 47	18 17	18 47	19 17	19 47	20 17	20 47	21 17	21 47	22 17	
Laindon	17 52	18 22	18 52	19 22	19 52	20 22	20 52	21 22	21 52	22 22	
Basildon	17 56	18 26	18 56	19 26	19 56	20 26	20 56	21 26	21 56	22 26	
Pitsea	17 52	17 59	18 22	18 29	18 52	18 59	19 22	19 29	19 52	19 59	20 22	20 29	20 52	20 59	21 22	21 29	21 52	21 59	22 22	22 29	
Benfleet	17 55	18 03	18 25	18 33	18 55	19 03	19 25	19 33	19 55	20 03	20 25	20 33	20 55	21 03	21 25	21 33	21 55	22 03	22 25	22 33	
Leigh-on-Sea	18 00	18 07	18 30	18 37	19 00	19 07	19 30	19 37	20 00	20 07	20 30	20 37	21 00	21 07	21 30	21 37	22 00	22 07	22 30	22 37	
Chalkwell	18 02	18 10	18 32	18 40	19 02	19 10	19 32	19 40	20 02	20 10	20 32	20 40	21 02	21 10	21 32	21 40	22 02	22 10	22 32	22 40	
Westcliff	18 04	18 12	18 34	18 42	19 04	19 12	19 34	19 42	20 04	20 12	20 34	20 42	21 04	21 12	21 34	21 42	22 04	22 12	22 34	22 42	
Southend Central	a	18 07	18 14	18 37	18 44	19 07	19 14	19 37	19 44	20 07	20 14	20 37	20 44	21 07	21 14	21 37	21 44	22 07	22 14	22 37	22 44
Southend Central	d	18 07	18 15	18 37	18 45	19 07	19 15	19 37	19 45	20 07	20 15	20 37	20 45	21 07	21 15	21 37	21 45	22 07	22 15	22 37	22 45
Southend East	18 09	18 17	18 39	18 47	19 09	19 17	19 39	19 47	20 09	20 17	20 39	20 47	21 09	21 17	21 39	21 47	22 09	22 17	22 39	22 47
Thorpe Bay	18 12	18 19	18 42	18 49	19 12	19 19	19 42	19 49	20 12	20 19	20 42	20 49	21 12	21 19	21 42	21 49	22 12	22 19	22 42	22 49
Shoeburyness	a	18 18	18 30	18 48	19 00	19 18	19 30	19 48	20 00	20 18	20 30	20 48	21 00	21 18	21 30	21 48	22 00	22 18	22 30	22 48	23 00

London to Southend Central, Shoeburyness

Sunday

Planned Formation	8	8	8	8	8	8	8	8
London Fenchurch Street d	21 53	22 19	22 23	22 49	23 11	23 14	23 41	00 11
Limehouse	21 57	22 27	23 15	23 45	00 15
West Ham	22 02	22 27	22 32	22 57	23 20	23 26	23 50	00 20
London Liverpool Street
Stratford
Barking	22 08	22 33	22 38	23 03	23 26	23 33	23 56	00 26
Upminster	22 16	22 42	22 46	23 12	23 34	23 42	00 05	00 34
Ockendon	22 22	22 52	23 40
Chafford Hundred (Lakeside)	22 26	22 56	23 44
Dagenham Dock
Rainham
Purfleet
Grays	22 30	23 00	23 48
Tilbury Town	22 33	23 03	23 51
East Tilbury	22 39	23 09	23 57
Stanford-le-Hope	22 43	23 13	00 01
West Horndon	22 47	23 17	23 47	00 10	00 39
Laindon	22 52	23 22	23 52	00 15	00 44
Basildon	22 56	23 26	23 56	00 18	00 47
Pitsea	22 52	22 59	23 22	23 29	00 09	23 59	00 22	00 51
Benfleet	22 55	23 03	23 25	23 33	00 13	00 03	00 25	00 54
Leigh-on-Sea	23 00	23 07	23 30	23 37	00 17	00 07	00 30	00 59
Chalkwell	23 02	23 10	23 32	23 40	00 20	00 10	00 32	01 01
Westcliff	23 04	23 12	23 34	23 42	00 22	00 12	00 34	01 03
Southend Central	a	23 07	23 14	23 37	23 44	00 24	00 14	00 37
Southend Central	d	23 07	23 15	23 37	23 45	00 25	00 15	00 37
Southend East		23 09	23 17	23 39	23 47	00 27	00 17	00 39
Thorpe Bay		23 12	23 19	23 42	23 49	00 29	00 19	00 42
Shoeburyness	a	23 18	23 30	23 48	00 01	00 35	00 30	00 48

Shoeburyness, Southend Central to London

Sunday

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	8	8
Shoeburyness	d 05 40	06 02	06 10	06 26	06 43	06 56	07 13	07 26	07 43	07 56	08 13	08 26	08 43	08 56	09 13	09 26	09 43	09 56	10 13	10 26	10 43	10 56	
Thorpe Bay	05 44	06 06	06 14	06 30	06 47	07 00	07 17	07 30	07 47	08 00	08 17	08 30	08 47	09 00	09 17	09 30	09 47	10 00	10 17	10 30	10 47	11 00	
Southend East	05 46	06 08	06 16	06 32	06 49	07 02	07 19	07 32	07 49	08 02	08 19	08 32	08 49	09 02	09 19	09 32	09 49	10 02	10 19	10 32	10 49	11 02	
Southend Central	a 05 49	06 11	06 19	06 35	06 52	07 05	07 22	07 35	07 52	08 05	08 22	08 35	08 52	09 05	09 22	09 35	09 52	10 05	10 22	10 35	10 52	11 05	
Southend Central	d 05 49	06 11	06 19	06 35	06 52	07 05	07 22	07 35	07 52	08 05	08 22	08 35	08 52	09 05	09 22	09 35	09 52	10 05	10 22	10 35	10 52	11 05	
Westcliff	05 51	06 13	06 21	06 37	06 54	07 07	07 24	07 37	07 54	08 07	08 24	08 37	08 54	09 07	09 24	09 37	09 54	10 07	10 24	10 37	10 54	11 07	
Chalkwell	05 54	06 16	06 24	06 40	06 57	07 10	07 27	07 40	07 57	08 10	08 27	08 40	08 57	09 10	09 27	09 40	09 57	10 10	10 27	10 40	10 57	11 10	
Leigh-on-Sea	05 56	06 19	06 26	06 42	07 00	07 12	07 30	07 42	08 00	08 12	08 30	08 42	09 00	09 12	09 30	09 42	10 00	10 12	10 30	10 42	11 00	11 12	
Benfleet	06 01	06 24	06 31	06 47	07 05	07 17	07 35	07 47	08 05	08 17	08 35	08 47	09 05	09 17	09 35	09 47	10 05	10 17	10 35	10 47	11 05	11 17	
Pitsea	06 04	06 29	06 34	06 50	07 10	07 20	07 40	07 50	08 10	08 20	08 40	08 50	09 10	09 20	09 40	09 50	10 10	10 20	10 40	10 50	11 10	11 20	
Basilton	06 08	06 38	06 54	07 24	07 54	08 24	08 54	09 24	09 54	10 24	10 54	11 24	
Laindon	06 11	06 41	06 57	07 27	07 57	08 27	08 57	09 27	09 57	10 27	10 57	11 27	
West Horndon	06 16	06 46	07 02	07 32	08 02	08 32	09 02	09 32	10 02	10 32	11 02	11 32	
Stanford-le-Hope	06 35	07 16	07 46	08 16	08 46	09 16	09 46	10 16	10 46	11 16	
East Tilbury	06 38	07 19	07 49	08 19	08 49	09 19	09 49	10 19	10 49	11 19	
Tilbury Town	06 44	07 25	07 55	08 25	08 55	09 25	09 55	10 25	10 55	11 25	
Grays	06 48	07 30	07 40	08 00	08 20	08 30	08 50	09 00	09 20	09 30	09 50	10 00	10 20	10 30	10 50	11 00	11 20	11 30	
Purfleet	07 46	08 26	08 56	09 26	09 56	10 26	10 56	11 26	
Rainham	07 51	08 31	09 01	09 31	10 01	10 31	11 01	11 31	
Dagenham Dock	07 54	08 34	09 04	09 34	10 04	10 34	11 04	11 34	
Chafford Hundred (Lakeside)	06 51	07 33	08 03	08 33	09 03	09 33	10 03	10 33	11 03	11 33	
Ockendon	06 55	07 37	08 07	08 37	09 07	09 37	10 07	10 37	11 07	11 37	
Upminster	06 21	07 02	06 51	07 07	07 44	07 37	08 14	08 07	08 44	08 37	09 14	09 07	09 44	09 37	10 14	10 07	10 44	10 37	11 14	11 07	11 44	11 37	
Barking	06 29	07 11	06 59	07 15	07 53	07 45	08 00	08 23	08 15	08 40	08 53	08 45	09 11	09 23	09 16	09 40	09 53	09 46	10 10	10 23	10 16	10 40	10 53	10 46	11 10	11 23	11 16	11 40	11 53	11 46	
Stratford
London Liverpool Street	a
West Ham	06 34	07 16	07 04	07 20	07 58	07 50	08 05	08 28	08 20	08 45	08 58	08 50	09 16	09 28	09 21	09 45	09 58	09 51	10 15	10 28	10 21	10 45	10 58	10 51	11 15	11 28	11 21	11 45	11 58	11 51	
Limehouse	06 39	07 21	07 09	07 25	08 03	07 55	08 10	08 33	08 25	08 50	09 03	08 55	09 21	09 33	09 50	10 03	10 20	10 33	10 50	11 03	11 20	11 33	11 50	12 03	
London Fenchurch Street	a	06 45	07 28	07 16	07 32	08 09	08 02	08 15	08 39	08 32	08 55	09 09	09 02	09 25	09 39	09 37	09 55	10 09	10 07	10 25	10 39	10 37	10 55	11 09	11 07	11 25	11 39	11 55	12 09	12 07	

Shoeburyness, Southend Central to London

Sunday

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			
Shoeburyness	d	11 13	11 26	11 43	11 56	12 13	12 26	12 43	12 56	13 13	13 26	13 43	13 56	14 13	14 26	14 43	14 56	15 13	15 26	15 43	15 56
Thorpe Bay		11 17	11 30	11 47	12 00	12 17	12 30	12 47	13 00	13 17	13 30	13 47	14 00	14 17	14 30	14 47	15 00	15 17	15 30	15 47	16 00
Southend East		11 19	11 32	11 49	12 02	12 19	12 32	12 49	13 02	13 19	13 32	13 49	14 02	14 19	14 32	14 49	15 02	15 19	15 32	15 49	16 02
Southend Central	a	11 22	11 35	11 52	12 05	12 22	12 35	12 52	13 05	13 22	13 35	13 52	14 05	14 22	14 35	14 52	15 05	15 22	15 35	15 52	16 05
Southend Central	d	11 22	11 35	11 52	12 05	12 22	12 35	12 52	13 05	13 22	13 35	13 52	14 05	14 22	14 35	14 52	15 05	15 22	15 35	15 52	16 05
Westcliff		11 24	11 37	11 54	12 07	12 24	12 37	12 54	13 07	13 24	13 37	13 54	14 07	14 24	14 37	14 54	15 07	15 24	15 37	15 54	16 07
Chalkwell		11 27	11 40	11 57	12 10	12 27	12 40	12 57	13 10	13 27	13 40	13 57	14 10	14 27	14 40	14 57	15 10	15 27	15 40	15 57	16 10
Leigh-on-Sea		11 30	11 42	12 00	12 12	12 30	12 42	13 00	13 12	13 30	13 42	14 00	14 12	14 30	14 42	15 00	15 12	15 30	15 42	16 00	16 12
Benfleet		11 35	11 47	12 05	12 17	12 35	12 47	13 05	13 17	13 35	13 47	14 05	14 17	14 35	14 47	15 05	15 17	15 35	15 47	16 05	16 17
Pitsea		11 40	11 50	12 10	12 20	12 40	12 50	13 10	13 20	13 40	13 50	14 10	14 20	14 40	14 50	15 10	15 20	15 40	15 50	16 10	16 20
Basildon		11 54	12 24	12 54	13 24	13 54	14 24	14 54	15 24	15 54	16 24
Laindon		11 57	12 27	12 57	13 27	13 57	14 27	14 57	15 27	15 57	16 27
West Horndon		12 02	12 32	13 02	13 32	14 02	14 32	15 02	15 32	16 02	16 32
Stanford-le-Hope		11 46	12 16	12 46	13 16	13 46	14 16	14 46	15 16	15 46	16 16
East Tilbury		11 49	12 19	12 49	13 19	13 49	14 19	14 49	15 19	15 49	16 19
Tilbury Town		11 55	12 25	12 55	13 25	13 55	14 25	14 55	15 25	15 55	16 25
Grays		11 50	12 00	12 20	12 30	12 50	13 00	13 20	13 30	13 50	14 00	14 20	14 30	14 50	15 00	15 20	15 30	15 50	16 00	16 20	16 30
Purfleet		11 56	12 26	12 56	13 26	13 56	14 26	14 56	15 26	15 56	16 26
Rainham		12 01	12 31	13 01	13 31	14 01	14 31	15 01	15 31	16 01	16 31
Dagenham Dock		12 04	12 34	13 04	13 34	14 04	14 34	15 04	15 34	16 04	16 34
Chafford Hundred (Lakeside)		12 03	12 33	13 03	13 33	14 03	14 33	15 03	15 33	16 03	16 33
Ockendon		12 07	12 37	13 07	13 37	14 07	14 37	15 07	15 37	16 07	16 37
Upminster		12 14	12 07	12 44	12 37	13 14	13 07	13 44	13 37	14 14	14 07	14 44	14 37	15 14	15 07	15 44	15 37	16 14	16 07	16 44	16 37
Barking		12 10	12 23	12 16	12 40	12 53	12 46	13 10	13 23	13 16	13 40	13 53	13 46	14 10	14 23	14 16	14 40	14 53	14 46	15 10	15 23	15 16	15 40	15 53	15 46	16 10	16 23	16 16	16 40	16 53	16 46
Stratford	
London Liverpool Street	a
West Ham		12 15	12 28	12 21	12 45	12 58	12 51	13 15	13 28	13 21	13 45	13 58	13 51	14 15	14 28	14 21	14 45	14 58	14 51	15 15	15 28	15 21	15 45	15 58	15 51	16 15	16 28	16 21	16 45	16 58	16 51
Limehouse		12 20	12 33	12 50	13 03	13 20	13 33	13 50	14 03	14 20	14 33	14 50	15 03	15 20	15 33	15 50	16 03	16 20	16 33	16 50	17 03
London Fenchurch Street	a	12 25	12 39	12 37	12 55	13 09	13 07	13 25	13 39	13 37	13 55	14 09	14 07	14 25	14 39	14 37	14 55	15 09	15 07	15 25	15 39	15 37	15 55	16 09	16 07	16 25	16 39	16 37	16 55	17 09	17 07

Shoeburyness, Southend Central to London

Sunday

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		
Shoeburyness	d	16 13	16 26	16 43	16 56	17 13	17 26	17 43	17 56	18 13	18 26	18 43	18 56	19 13	19 26	19 43	19 56	20 13	20 26	20 43	20 56
Thorpe Bay		16 17	16 30	16 47	17 00	17 17	17 30	17 47	18 00	18 17	18 30	18 47	19 00	19 17	19 30	19 47	20 00	20 17	20 30	20 47	21 00
Southend East		16 19	16 32	16 49	17 02	17 19	17 32	17 49	18 02	18 19	18 32	18 49	19 02	19 19	19 32	19 49	20 02	20 19	20 32	20 49	21 02
Southend Central	a	16 22	16 35	16 52	17 05	17 22	17 35	17 52	18 05	18 22	18 35	18 52	19 05	19 22	19 35	19 52	20 05	20 22	20 35	20 52	21 05
Southend Central	d	16 22	16 35	16 52	17 05	17 22	17 35	17 52	18 05	18 22	18 35	18 52	19 05	19 22	19 35	19 52	20 05	20 22	20 35	20 52	21 05
Westcliff		16 24	16 37	16 54	17 07	17 24	17 37	17 54	18 07	18 24	18 37	18 54	19 07	19 24	19 37	19 54	20 07	20 24	20 37	20 54	21 07
Chalkwell		16 27	16 40	16 57	17 10	17 27	17 40	17 57	18 10	18 27	18 40	18 57	19 10	19 27	19 40	19 57	20 10	20 27	20 40	20 57	21 10
Leigh-on-Sea		16 30	16 42	17 00	17 12	17 30	17 42	18 00	18 12	18 30	18 42	19 00	19 12	19 30	19 42	20 00	20 12	20 30	20 42	21 00	21 12
Benfleet		16 35	16 47	17 05	17 17	17 35	17 47	18 05	18 17	18 35	18 47	19 05	19 17	19 35	19 47	20 05	20 17	20 35	20 47	21 05	21 17
Pitsea		16 40	16 50	17 10	17 20	17 40	17 50	18 10	18 20	18 40	18 50	19 10	19 20	19 40	19 50	20 10	20 20	20 40	20 50	21 10	21 20
Basildon		16 54	17 24	17 54	18 24	18 54	19 24	19 54	20 24	20 54	21 24
Laindon		16 57	17 27	17 57	18 27	18 57	19 27	19 57	20 27	20 57	21 27
West Horndon		17 02	17 32	18 02	18 32	19 02	19 32	20 02	20 32	21 02	21 32
Stanford-le-Hope		16 46	17 16	17 46	18 16	18 46	19 16	19 46	20 16	20 46	21 16
East Tilbury		16 49	17 19	17 49	18 19	18 49	19 19	19 49	20 19	20 49	21 19
Tilbury Town		16 55	17 25	17 55	18 25	18 55	19 25	19 55	20 25	20 55	21 25
Grays		16 50	17 00	17 20	17 30	17 50	18 00	18 20	18 30	18 50	19 00	19 20	19 30	19 50	20 00	20 20	20 30	20 50	21 00	21 20	21 30
Purfleet		16 56	17 26	17 56	18 26	18 56	19 26	19 56	20 26	20 56	21 26
Rainham		17 01	17 31	18 01	18 31	19 01	19 31	20 01	20 31	21 01	21 31
Dagenham Dock		17 04	17 34	18 04	18 34	19 04	19 34	20 04	20 34	21 04	21 34
Chafford Hundred (Lakeside)		17 03	17 33	18 03	18 33	19 03	19 33	20 03	20 33	21 03	21 33
Ockendon		17 07	17 37	18 07	18 37	19 07	19 37	20 07	20 37	21 07	21 37
Upminster		17 14	17 07	17 44	17 37	18 14	18 07	18 44	18 37	19 14	19 07	19 44	19 37	20 14	20 07	20 44	20 37	21 14	21 07	21 44	21 37
Barking		17 10	17 23	17 16	17 40	17 53	17 46	18 10	18 23	18 16	18 40	18 53	18 46	19 10	19 23	19 16	19 40	19 53	19 46	20 10	20 23	20 16	20 40	20 53	20 46	21 10	21 23	21 16	21 45	21 53	21 46
Stratford	
London Liverpool Street	a
West Ham		17 15	17 28	17 21	17 45	17 58	17 51	18 15	18 28	18 21	18 45	18 58	18 51	19 15	19 28	19 21	19 45	19 58	19 51	20 15	20 28	20 21	20 45	20 58	20 51	21 15	21 28	21 21	21 58	21 51
Limehouse		17 20	17 33	17 50	18 03	18 20	18 33	18 50	19 03	19 20	19 33	19 50	20 03	20 20	20 33	20 50	21 03	21 20	21 33	22 03
London Fenchurch Street	a	17 25	17 39	17 37	17 55	18 09	18 07	18 25	18 39	18 37	18 55	19 09	19 07	19 25	19 39	19 37	19 55	20 09	20 07	20 25	20 39	20 37	20 55	21 09	21 07	21 25	21 39	21 37	22 09	22 08

Shoeburyness, Southend Central to London

Sunday

Planned Formation		8	8	8	8	8	8	8	8	
Shoeburyness	d	21 13	21 26	21 43	21 56	22 10	22 26	22 40
Thorpe Bay		21 17	21 30	21 47	22 00	22 14	22 30	22 44
Southend East		21 19	21 32	21 49	22 02	22 16	22 32	22 46
Southend Central	a	21 22	21 35	21 52	22 05	22 19	22 35	22 49
Southend Central	d	21 22	21 35	21 52	22 05	22 19	22 35	22 49
Westcliff		21 24	21 37	21 54	22 07	22 21	22 37	22 51
Chalkwell		21 27	21 40	21 57	22 10	22 24	22 40	22 54
Leigh-on-Sea		21 30	21 42	22 00	22 12	22 26	22 43	22 56
Benfleet		21 35	21 47	22 05	22 17	22 31	22 48	23 01
Pitsea		21 40	21 50	22 10	22 20	22 34	22 53	23 04
Basildon		21 54	22 24	22 38	23 08
Laindon		21 57	22 27	22 41	23 11
West Horndon		22 02	22 32	22 46	23 16
Stanford-le-Hope		21 46	22 16	22 59
East Tilbury		21 49	22 19	23 02
Tilbury Town		21 55	22 25	23 08
Grays		21 50	22 00	22 30	22 35	23 12
Purfleet		21 56	22 41
Rainham		22 01	22 46
Dagenham Dock		22 04	22 49
Chafford Hundred (Lakeside)		22 03	22 33	23 15
Ockendon		22 07	22 37	23 19
Upminster		22 14	22 07	22 44	22 37	22 51	23 26	23 21
Barking		22 15	22 23	22 16	22 53	22 46	22 56	22 59	23 35	23 29
Stratford	
London Liverpool Street	a
West Ham		22 28	22 21	22 58	22 51	23 01	23 04	23 40	23 34
Limehouse		22 33	23 03	23 06	23 11	23 45	23 39
London Fenchurch Street	a	22 39	22 37	23 09	23 07	23 11	23 22	23 51	23 46