

From London

Monday 24 January 2022 - Thursday 27 January 2022

London Fenchurch Street	d	05 00	05 07	05 25	05 30	05 40	06 00	06 04	06 08	06 29	06 35	06 39	06 42	06 48	06 59	07 02	07 07	07 13	07 20	07 26	07 29	07 32	07 37	07 40	07 47	07 52	07 56	08 02		
Limehouse		05 04	05 11	05 29	05 34	05 44	06 05	06 08	06 13		06 39	06 44				07 06	07 12		07 25	07 30	07 33	07 36	07 42		07 51	07 57		08 06		
West Ham		05 09	05 16	05 34	05 39	05 49	06 10	06 13	06 18	06 38	06 44	06 49	06 52	06 57	07 08	07 11	07 17		07 30	07 35	07 38	07 41	07 47	07 50	07 56	08 02	08 05	08 11		
London Liverpool Street Stratford	d																													
Barking		04 53	05 14	05 20	05 22	05 40	05 44	05 54	06 16	06 18	06 24	06 43	06 57	06 54	06 57	07 02	07 14	07 17	07 23	07 27	07 36	07 40	07 43	07 47	07 53	07 55	08 01	08 07	08 10	08 17
Upminster		05 01	05 22		05 30		05 53	06 02		06 26	06 32	06 52		07 03	07 06	07 11	07 23		07 33		07 44		07 52		08 02		08 09		08 19	
Ockendon		05 06			05 36			06 08			06 40					07 10										08 10				
Chafford Hundred (Lakeside)		05 10			05 39			06 11			06 43					07 14										08 13				
Dagenham Dock			05 24		05 44			06 20					07 01													07 51			08 22	
Rainham			05 28		05 48			06 24					07 05													07 55			08 26	
Purfleet			05 33		05 53			06 29					07 10													08 00			08 31	
Grays		05 15	05 40	05 44	06 00		06 16	06 36		06 48		07 16	07 23					07 37	07 48						08 06	08 19	08 11		08 37	
Tilbury Town		05 18		05 47		06 19			06 51		07 19	07 26													08 09	08 22				
East Tilbury		05 24		05 53		06 25			06 57		07 25	07 32													08 15	08 28				
Stanford-le-Hope		05 27		05 56		06 28			07 00		07 29	07 36													08 18	08 31				
West Horndon		05 27			05 58			06 31					07 11		07 28											07 57			08 24	
Laindon		05 32			06 03			06 36		07 00			07 16	07 19	07 34					07 52	07 55	08 02					08 17	08 22	08 29	
Basildon		05 35			06 06			06 39		07 03			07 19	07 23	07 38					07 45	07 56	08 05					08 20	08 32		
Pitsea		05 35	05 39		06 04		06 10	06 39		06 43	07 12		07 37	07 43	07 23	07 26	07 42		08 09		07 59		08 14	08 29	08 39		08 24	08 36		
Benfleet		05 39	05 42		06 08		06 13	06 42		06 46	07 16	07 09	07 41		07 26	07 30	07 45				08 03		08 17	08 33			08 27	08 39		
Leigh-on-Sea		05 43	05 47		06 13		06 18	06 47		06 51	07 20	07 13	07 46		07 31	07 35	07 50			07 54		08 07	08 22	08 38			08 32	08 44		
Chalkwell		05 46	05 49		06 15		06 20	06 49		06 53	07 23	07 16	07 49		07 33	07 38	07 53				08 10		08 24	08 40			08 34	08 46		
Westcliff		05 48	05 51		06 17		06 22	06 51		06 55	07 25	07 18	07 51		07 35	07 40	07 55				08 12		08 26	08 42			08 36	08 48		
Southend Central	a	05 51	05 54		06 20		06 25	06 55		06 58	07 27	07 20	07 54		07 38	07 42	07 58				08 14		08 29	08 46			08 39	08 51		
Southend Central	d		05 55		06 20		06 25			06 58	07 28	07 21	07 54		07 38	07 43	07 58				08 15		08 29						08 51	
Southend East			05 57		06 22		06 27			07 00	07 30	07 23	07 56		07 40	07 45	08 00				08 17		08 31						08 53	
Thorpe Bay			05 59		06 25		06 29			07 03	07 32	07 25	07 59		07 43	07 47	08 03				08 19		08 34						08 56	
Shoeburyness	a		06 03		06 29		06 33			07 08	07 37	07 29	08 04		07 47	07 51	08 07				08 23		08 39						09 00	

From London

Monday 24 January 2022 - Thursday 27 January 2022

London Fenchurch Street	d	08 11	08 14	08 26	08 32	08 35	08 47	08 52	09 05	09 08	09 23	09 34	09 41	09 55	10 04	10 11	10 25	10 34	10 41	10 55	11 04	11 12	11 25	11 34	11 39	11 55	12 04	12 11	12 25	12 34
Limehouse		08 30	08 40	08 51	09 09	09 13	09 28	09 39	09 45	09 59	10 08	10 15	10 29	10 38	10 45	10 59	11 08	11 16	11 29	11 38	11 43	11 59	12 08	12 15	12 29	12 38
West Ham		08 19	08 24	08 35	08 40	08 45	08 56	09 00	09 14	09 18	09 33	09 44	09 50	10 04	10 13	10 20	10 34	10 43	10 50	11 04	11 13	11 21	11 34	11 43	11 48	12 04	12 13	12 20	12 34	12 43
London Liverpool Street	d
Stratford	
Barking		08 24	08 29	08 42	08 46	08 52	09 01	09 09	09 20	09 24	09 39	09 49	09 55	10 09	10 18	10 25	10 39	10 48	10 55	11 09	11 18	11 26	11 39	11 48	11 53	12 09	12 18	12 25	12 39	12 48
Upminster		08 33	08 54	09 03	09 09	09 28	09 32	09 57	10 03	10 26	10 33	10 56	11 03	11 26	11 34	11 56	12 02	12 26	12 33	12 56	
Ockendon		08 40	09 10	09 39	10 09	10 39	11 09	11 40	12 07	12 39
Chafford Hundred (Lakeside)		08 44	09 14	09 43	10 13	10 43	11 13	11 44	12 11	12 43
Dagenham Dock		08 46	09 14	09 44	10 14	10 44	11 14	11 44	12 14	12 44
Rainham		08 50	09 17	09 47	10 17	10 47	11 17	11 47	12 17	12 47
Purfleet		08 57	09 22	09 52	10 22	10 52	11 22	11 52	12 22	12 52
Grays		08 48	09 05	09 18	09 29	09 47	09 59	10 17	10 29	10 47	10 59	11 17	11 29	11 48	11 59	12 17	12 29	12 47	12 59
Tilbury Town		08 51	09 21	09 50	10 20	10 50	11 20	11 51	12 20	12 50
East Tilbury		08 57	09 27	09 56	10 26	10 56	11 26	11 57	12 26	12 56
Stanford-le-Hope		09 00	09 31	10 00	10 30	11 00	11 30	12 01	12 30	13 00
West Horndon		08 59	09 14	09 33	10 02	10 31	11 01	11 31	12 01	12 31	13 01
Laindon		08 44	09 03	09 19	09 38	10 07	10 36	11 06	11 36	12 06	12 36	13 06
Basildon		08 48	09 07	09 22	09 41	10 10	10 39	11 09	11 39	12 09	12 39	13 09
Pitsea		09 08	09 10	09 41	09 26	09 45	10 09	10 14	10 38	10 43	11 09	11 13	11 38	11 43	12 09	12 13	12 38	12 43	13 08	13 13
Benfleet		08 54	09 14	09 45	09 29	09 48	10 13	10 17	10 42	10 46	11 13	11 16	11 42	11 46	12 13	12 16	12 42	12 46	13 12	13 16
Leigh-on-Sea		08 59	09 18	09 50	09 34	09 53	10 17	10 22	10 46	10 51	11 17	11 21	11 46	11 51	12 17	12 21	12 46	12 51	13 16	13 21
Chalkwell		09 02	09 21	09 52	09 36	09 56	10 20	10 24	10 49	10 53	11 20	11 23	11 49	11 53	12 20	12 23	12 49	12 53	13 19	13 23
Westcliff		09 04	09 23	09 54	09 38	09 58	10 22	10 26	10 51	10 55	11 22	11 25	11 51	11 55	12 22	12 25	12 51	12 55	13 21	13 25
Southend Central	a	09 06	09 25	09 57	09 41	10 00	10 25	10 29	10 54	10 58	11 25	11 28	11 54	11 58	12 25	12 28	12 54	12 58	13 24	13 28
Southend Central	d	09 07	09 26	09 41	10 00	10 29	10 58	11 28	11 58	12 28	12 58	13 28
Southend East		09 09	09 28	09 43	10 02	10 31	11 00	11 30	12 00	12 30	13 00	13 30
Thorpe Bay		09 12	09 30	09 46	10 05	10 34	11 03	11 33	12 03	12 33	13 03	13 33
Shoeburyness	a	09 17	09 34	09 50	10 09	10 38	11 07	11 37	12 07	12 37	13 07	13 38

From London

Monday 24 January 2022 - Thursday 27 January 2022

London Fenchurch Street	d	12 41	12 55	13 04	13 11	13 25	13 34	13 41	13 55	14 04	14 11	14 25	14 34	14 41	14 55	15 04	15 11	15 19	15 25	15 34	15 41	15 49	15 55	16 00	16 04	16 10	16 16	16 22	16 25	16 28		
Limehouse		12 45	12 59	13 08	13 16	13 29	13 38	13 45	13 59	14 08	14 15	14 29	14 38	14 45	14 59	15 08	15 15	15 23	15 29	15 38	15 45	15 53	15 59	16 05	16 09	16 15	16 21	16 27	16 30	16 33		
West Ham		12 50	13 04	13 13	13 21	13 34	13 43	13 50	14 04	14 13	14 20	14 34	14 43	14 50	15 04	15 13	15 20	15 28	15 35	15 44	15 50	15 59	16 05	16 10	16 14	16 21	16 26	16 32	16 35	16 38		
London Liverpool Street	d		
Stratford			
Barking		12 55	13 09	13 18	13 26	13 39	13 48	13 55	14 09	14 18	14 25	14 39	14 48	14 55	15 09	15 18	15 25	15 33	15 40	15 49	15 56	16 04	16 11	16 16	16 20	16 26	16 32	16 38	16 41	16 44		
Upminster		13 03	13 26	13 34	13 56	14 03	14 26	14 33	14 56	15 03	15 26	15 33	15 41	15 58	16 04	16 13	16 24	16 29	16 35	16 40	16 49	16 53		
Ockendon		13 09	13 39	14 09	14 39	15 09	15 39	16 10	16 40	16 57		
Chafford Hundred (Lakeside)		13 13	13 43	14 13	14 43	15 13	15 43	16 14	16 44	17 01		
Dagenham Dock		13 14	13 44	14 14	14 44	15 14	15 45	16 16	16 42		
Rainham		13 17	13 47	14 17	14 47	15 17	15 49	16 20	16 46		
Purfleet		13 22	13 52	14 22	14 52	15 22	15 55	16 25	16 52		
Grays		13 17	13 29	13 47	13 59	14 17	14 29	14 47	14 59	15 17	15 29	15 47	16 01	16 19	16 31	16 49	16 58	17 08		
Tilbury Town		13 20	13 50	14 20	14 50	15 20	15 50	16 22	16 52	17 01		
East Tilbury		13 26	13 56	14 26	14 56	15 26	15 56	16 28	16 58	17 07		
Stanford-le-Hope		13 30	14 00	14 30	15 00	15 30	16 00	16 32	17 01	17 11		
West Horndon		13 31	14 01	14 31	15 01	15 31	16 03	16 34	16 45		
Laindon		13 36	14 06	14 36	15 06	15 36	15 49	16 07	16 21	16 39	16 50	17 01	
Basildon		13 39	14 09	14 39	15 09	15 39	15 53	16 10	16 24	16 34	16 42	16 54	17 05	
Pitsea		13 38	13 43	14 08	14 13	14 38	14 43	15 08	15 13	15 38	15 43	16 08	16 14	16 40	16 46	17 11	16 57	17 21	
Benfleet		13 42	13 46	14 12	14 16	14 42	14 46	15 12	15 16	15 42	15 46	16 11	15 58	16 17	16 30	16 40	16 50	17 11	
Leigh-on-Sea		13 46	13 51	14 16	14 21	14 46	14 51	15 16	15 21	15 46	15 51	16 16	16 03	16 22	16 34	16 45	16 55	17 16	
Chalkwell		13 49	13 53	14 19	14 23	14 49	14 53	15 19	15 23	15 49	15 53	16 18	16 05	16 24	16 37	16 47	16 57	17 05	17 18	
Westcliff		13 51	13 55	14 21	14 25	14 51	14 55	15 21	15 25	15 51	15 55	16 20	16 09	16 27	16 39	16 49	16 59	17 07	17 20	
Southend Central	a	13 54	13 58	14 25	14 28	14 54	14 58	15 24	15 28	15 54	15 58	16 24	16 12	16 29	16 41	16 52	17 02	17 10	17 23	
Southend Central	d	13 58	14 28	14 58	15 28	15 58	16 12	16 30	16 42	16 52	17 02	17 10	17 23
Southend East		14 00	14 30	15 00	15 30	16 00	16 14	16 32	16 44	16 54	17 04	17 12	17 25
Thorpe Bay		14 03	14 33	15 03	15 33	16 03	16 17	16 34	16 46	16 57	17 07	17 15	17 28
Shoeburyness	a	14 07	14 37	15 07	15 37	16 07	16 21	16 38	16 52	17 03	17 13	17 20	17 34

From London

Monday 24 January 2022 - Thursday 27 January 2022

London Fenchurch Street	d	16 31	16 44	16 51	16 54	16 57	17 04	17 10	17 16	17 19	17 22	17 31	17 34	17 40	17 43	17 46	17 52	17 58	18 04	18 10	18 16	18 19	18 22	18 31	18 40	18 46	18 52	18 55	19 06	19 11	
Limehouse		16 36	16 49	16 56	16 59	17 02	17 09	17 15	17 21	17 24	17 27	17 36	17 39	17 45	17 48	17 51	17 57	18 03	18 09	18 15	18 21	18 24	18 27	18 36	18 45	18 51	18 57	19 00	19 11	19 15	
West Ham		16 41	16 54	17 01	17 04	17 07	17 14	17 20	17 26	17 29	17 32	17 41	17 44	17 50	17 53	18 02	18 08	18 14	18 20	18 26	18 29	18 32	18 41	18 50	18 56	19 02	19 05	19 16	19 20	
London Liverpool Street	d	
Stratford		
Barking		17 00	17 07	17 10	17 13	17 20	17 26	17 39	17 50	18 01	18 09	18 20	18 26	18 35	18 38	18 47	18 56	19 08	19 11	19 22	19 25	
Upminster		16 56	17 08	17 18	17 22	17 29	17 34	17 39	17 44	17 55	17 59	18 04	18 11	18 21	18 29	18 34	18 44	18 55	19 04	19 16	19 30	19 33	
Ockendon		17 26	17 40	18 10	19 10	19 39	
Chafford Hundred (Lakeside)		17 30	17 44	18 14	19 14	19 43	
Dagenham Dock		17 12	18 13	18 43	19 15	
Rainham		17 16	18 17	18 47	19 19	
Purfleet		17 21	18 23	18 52	19 25	
Grays		17 27	17 37	17 50	18 29	18 50	18 58	19 18	19 31	19 47	
Tilbury Town		17 30	18 32	19 01	19 21	19 34	19 50	
East Tilbury		17 36	18 38	19 07	19 27	19 40	19 56	
Stanford-le-Hope		17 40	18 42	19 10	19 31	19 43	20 00	
West Horndon		17 01	17 13	17 34	17 49	18 04	18 16	18 34	18 49	19 00	19 21	19 35	
Laindon		17 06	17 18	17 30	17 39	17 47	17 54	18 04	18 09	18 15	18 21	18 29	18 39	18 46	18 54	19 05	19 15	19 26	19 40	
Basildon		17 10	17 22	17 34	17 43	17 51	17 58	18 07	18 12	18 24	18 33	18 43	18 58	19 09	19 19	19 30	19 44	
Pitsea		17 13	17 25	17 50	17 46	18 01	18 22	18 16	19 01	19 20	19 12	19 40	19 33	19 53	19 48	20 08
Benfleet		17 17	17 29	17 40	17 50	17 57	18 05	18 13	18 20	18 24	18 30	18 39	18 50	18 55	19 05	19 16	19 44	19 25	19 37	19 56	19 52	20 12
Leigh-on-Sea		17 21	17 34	17 47	17 55	18 02	18 10	18 18	18 25	18 29	18 35	18 44	18 55	19 00	19 10	19 21	19 49	19 30	19 42	20 01	19 57	20 16
Chalkwell		17 24	17 37	17 58	18 05	18 13	18 21	18 27	18 31	18 38	18 46	18 58	19 03	19 13	19 24	19 51	19 32	19 45	20 03	19 59	20 19
Westcliff		17 26	17 39	18 00	18 07	18 15	18 23	18 29	18 33	18 40	18 48	19 00	19 05	19 15	19 26	19 53	19 34	19 47	20 05	20 01	20 21
Southend Central	a	17 28	17 41	18 02	18 10	18 17	18 25	18 32	18 36	18 45	18 51	19 02	19 07	19 17	19 28	19 57	19 37	19 49	20 08	20 04	20 24
Southend Central	d	17 29	17 42	18 03	18 10	18 18	18 26	18 32	18 36	18 51	19 03	19 08	19 18	19 29	19 37	19 50	20 08	20 04
Southend East		17 31	17 44	18 05	18 12	18 20	18 28	18 34	18 38	18 53	19 05	19 10	19 20	19 31	19 39	19 52	20 10	20 06
Thorpe Bay		17 33	17 46	18 07	18 15	18 22	18 30	18 37	18 41	18 56	19 07	19 12	19 22	19 33	19 42	19 54	20 13	20 09
Shoeburyness	a	17 39	17 52	18 14	18 21	18 28	18 36	18 43	18 45	19 02	19 13	19 19	19 28	19 39	19 48	20 00	20 17	20 13

From London

Monday 24 January 2022 - Thursday 27 January 2022

London Fenchurch Street	d	19 20	19 25	19 34	19 41	19 49	19 56	20 05	20 11	20 25	20 34	20 41	20 55	21 04	21 11	21 25	21 34	21 41	21 55	22 04	22 11	22 25	22 29	22 41	22 55	23 04	23 11
Limehouse		19 25	19 29	19 38	19 45	19 53	20 00	20 09	20 15	20 29	20 38	20 45	20 59	21 08	21 15	21 29	21 38	21 45	21 59	22 08	22 15	22 29	22 33	22 45	22 59	23 08	23 15
West Ham		19 30	19 34	19 43	19 50	19 58	20 05	20 14	20 20	20 34	20 43	20 50	21 04	21 13	21 20	21 34	21 43	21 50	22 04	22 13	22 20	22 34	22 38	22 50	23 04	23 13	23 20
London Liverpool Street	d
Stratford	
Barking		19 36	19 40	19 49	19 55	20 04	20 11	20 19	20 25	20 40	20 48	20 55	21 09	21 18	21 25	21 39	21 49	21 55	22 09	22 18	22 25	22 39	22 43	22 55	23 09	23 18	23 25
Upminster		19 44	19 57	20 03	20 12	20 27	20 33	20 56	21 03	21 26	21 33	21 57	22 03	22 26	22 33	22 51	23 03	23 26	23 33	23 39	
Ockendon		20 09	20 39	21 09	21 39	22 09	22 39	23 09	23 39	
Chafford Hundred (Lakeside)		20 13	20 43	21 13	21 43	22 13	22 43	23 13	23 43	
Dagenham Dock		19 44	20 15	20 44	21 14	21 44	22 14	22 44	23 14
Rainham		19 48	20 19	20 48	21 17	21 47	22 17	22 47	23 17
Purfleet		19 54	20 25	20 55	21 22	21 52	22 22	22 52	23 22
Grays		20 01	20 17	20 32	20 48	21 01	21 17	21 29	21 47	22 00	22 17	22 22	22 29	22 47	22 52	22 59	23 17	23 22	23 29	23 47	
Tilbury Town		20 20	20 51	21 20	21 50	22 31	23 01	23 31	
East Tilbury		20 26	20 57	21 26	21 56	22 43	23 13	23 43	
Stanford-le-Hope		20 30	21 01	21 30	22 00	22 54	23 24	23 54	
West Horndon		20 02	20 32	21 01	21 31	22 02	22 31	22 56	23 31	
Laindon		19 53	20 06	20 20	20 37	21 06	21 36	22 07	22 36	23 01	23 36	
Basildon		19 56	20 10	20 23	20 40	21 09	21 39	22 10	22 39	23 04	23 39	
Pitsea		20 00	20 13	20 38	20 44	21 09	21 13	21 38	21 43	22 08	22 14	23 06	22 43	23 36	23 08	00 06	23 43	
Benfleet		20 03	20 17	20 42	20 29	20 47	21 12	21 16	21 42	21 46	22 12	22 18	22 46	23 11	23 46	
Leigh-on-Sea		20 08	20 22	20 46	20 33	20 52	21 17	21 21	21 46	21 51	22 16	22 23	22 51	23 16	23 51	
Chalkwell		20 10	20 25	20 49	20 36	20 54	21 19	21 23	21 49	21 53	22 19	22 25	22 53	23 18	23 53	
Westcliff		20 12	20 27	20 51	20 38	20 56	21 21	21 25	21 51	21 55	22 21	22 27	22 55	23 20	23 55	
Southend Central	a	20 15	20 29	20 55	20 40	20 59	21 25	21 28	21 53	21 58	22 23	22 30	22 58	23 23	23 58	
Southend Central	d	20 15	20 30	20 41	20 59	21 28	21 54	21 58	22 24	22 30	22 58	23 23	23 58	
Southend East		20 17	20 32	20 43	21 01	21 30	21 56	22 00	22 26	22 32	23 00	23 25	23 59	
Thorpe Bay		20 20	20 34	20 45	21 04	21 33	21 58	22 03	22 28	22 35	23 03	23 28	00 03	
Shoeburyness	a	20 24	20 39	20 49	21 08	21 37	22 02	22 07	22 32	22 39	23 07	23 32	00 07	

From London

Monday 24 January 2022 - Thursday 27 January 2022

London Fenchurch Street	d	23 25	23 29	23 41	23 55	23 58	00 11	00 25	00 34
Limehouse		23 29	23 33	23 46	23 59	00 02	00 15	00 29	00 38
West Ham		23 34	23 38	23 51	00 04	00 07	00 20	00 34	00 43
London Liverpool Street	d								
Stratford									
Barking		23 39	23 43	23 56	00 09	00 12	00 25	00 39	00 49
Upminster		23 51	00 04		00 20		00 33		00 57
Ockendon				00 10			00 39		
Chafford Hundred (Lakeside)				00 14			00 42		
Dagenham Dock		23 44			00 14			00 44	
Rainham		23 47			00 17			00 47	
Purfleet		23 52			00 22			00 52	
Grays		23 52	23 59	00 18	00 30	00 22	00 47	00 52	00 59
Tilbury Town		00 01				00 31	01 01		
East Tilbury		00 13				00 43	01 13		
Stanford-le-Hope		00 24				00 54	01 24		
West Horndon			23 56			00 25			01 02
Laindon			00 01			00 30			01 07
Basildon			00 04			00 33			01 10
Pitsea		00 36	00 08			00 37	01 06	01 36	01 14
Benfleet			00 11			00 40	01 51		01 17
Leigh-on-Sea			00 16			00 45	02 06		01 22
Chalkwell			00 18			00 47	02 14		01 24
Westcliff			00 20			00 49	02 22		01 26
Southend Central	a		00 23			00 52	02 30		01 29
Southend Central	d		00 23			00 52	02 31		01 29
Southend East			00 25			00 54	02 37		01 31
Thorpe Bay			00 28			00 57	02 45		01 34
Shoeburyness	a		00 32			01 01	02 54		01 38

To London

Monday 24 January 2022 - Thursday 27 January 2022

Shoeburyness	d	04 15	04 59	05 13	05 28	05 34	05 43	05 57	06 07	06 11	06 25	06 41	06 46	07 02		
Thorpe Bay		04 06	04 18	04 35	05 03	05 08	05 17	05 32	05 38	05 42	05 47	05 56	06 01	06 11	06 15	06 29	06 45	06 50	07 06		
Southend East		04 08	04 21	04 37	05 05	05 10	05 19	05 34	05 40	05 44	05 49	05 58	06 03	06 13	06 17	06 31	06 47	06 52	07 08		
Southend Central	a	04 11	04 23	04 40	05 08	05 13	05 22	05 37	05 43	05 47	05 52	06 01	06 06	06 20	06 34	06 50	06 55	07 11		
Southend Central	d	04 11	04 24	04 40	05 08	05 13	05 22	05 37	05 43	05 47	05 52	06 01	06 06	06 11	06 20	06 34	06 50	06 55	07 04	07 11		
Westcliff		04 14	04 26	04 42	05 10	05 15	05 24	05 39	05 45	05 49	05 54	06 03	06 08	06 13	06 22	06 36	06 52	06 57	07 06	07 13		
Chalkwell		04 16	04 28	04 44	05 13	05 17	05 27	05 42	05 48	05 52	05 56	06 06	06 11	06 16	06 25	06 39	06 55	07 00	07 09	07 16		
Leigh-on-Sea		04 19	04 31	04 47	05 15	05 20	05 30	05 44	05 50	05 54	05 59	06 08	06 14	06 18	06 22	06 28	06 34	06 42	06 58	07 03	07 11		
Benfleet		04 23	04 36	04 51	05 20	05 24	05 35	05 49	05 55	05 59	06 04	06 13	06 19	06 23	06 27	06 33	06 40	06 47	07 03	07 08	07 17		
Pitsea		04 28	04 40	04 56	05 23	05 29	05 38	05 52	06 04	06 07	06 19	06 23	06 28	06 31	06 37	06 45	06 51	07 06	07 11	07 22		
Basildon		04 43	05 27	05 42	05 56	06 11	06 27	06 35	06 41	06 46	06 55	07 10	07 15		
Laindon		04 46	05 31	05 46	06 00	06 06	06 15	06 30	06 39	06 44	06 49	06 58	07 04	07 14	07 19	07 31		
West Horndon		04 51	05 35	05 50	06 04	06 19	06 35	06 54	07 09	07 18	07 36		
Stanford-le-Hope		04 34	05 02	05 35	06 10	06 25	06 34	06 51	07 28		
East Tilbury		04 37	05 06	05 38	06 14	06 29	06 37	06 54	07 31		
Tilbury Town		04 43	05 12	05 44	06 20	06 35	06 43	07 00	07 37		
Grays		04 46	04 53	05 15	05 25	05 47	05 53	06 15	06 23	06 38	06 47	07 04	07 17	07 41		
Purfleet		04 59	05 31	05 59	06 29	06 44	07 09	07 46		
Rainham		05 04	05 36	06 04	06 34	06 49	07 15	07 52		
Dagenham Dock		05 07	05 39	06 08	06 38	06 53	07 18	07 55		
Chafford Hundred (Lakeside)		04 50	05 19	05 51	06 19	06 51	07 21		
Ockendon		04 54	05 23	05 55	06 24	06 56	07 26		
Upminster		05 00	04 56	05 30	05 41	06 02	05 56	06 31	06 10	06 15	06 25	06 40	07 03	06 54	06 59	07 08	07 14	07 33	07 41		
Barking		05 08	05 05	05 13	05 39	05 45	05 49	06 10	06 04	06 14	06 39	06 18	06 44	06 23	06 33	07 00	07 11	06 54	07 03	07 08	07 25	07 23	07 36	07 41	07 50	08 02	
Stratford		
London Liverpool Street	a	
West Ham		05 13	05 10	05 18	05 44	05 50	05 55	06 16	06 10	06 19	06 44	06 23	06 49	06 29	06 39	07 05	06 53	07 17	06 59	07 09	07 13	07 32	07 23	07 29	07 43	07 38	07 47	07 56	08 08	07 50
Limehouse		05 18	05 15	05 23	05 49	05 55	06 00	06 21	06 15	06 24	06 49	06 28	06 55	06 35	06 45	07 11	06 59	07 22	07 05	07 14	07 19	07 37	07 28	07 34	07 48	07 43	07 52	08 01	08 13	07 55
London Fenchurch Street	a	05 23	05 20	05 28	05 54	06 00	06 04	06 26	06 19	06 29	06 54	06 33	07 00	06 39	06 49	07 17	07 06	07 29	07 11	07 21	07 25	07 45	07 35	07 41	07 55	07 50	07 59	08 08	08 20	08 02

To London

Monday 24 January 2022 - Thursday 27 January 2022

Shoeburyness	d	07 19				07 39			08 00			08 15		08 34				08 53		09 10		09 27	09 33	09 41	09 57				10 27	
Thorpe Bay		07 12	07 23			07 43			08 04			08 19		08 38				08 57		09 14		09 31	09 37	09 45	10 01				10 31	
Southend East		07 14	07 25			07 45			08 06			08 21		08 40				08 59		09 16		09 33	09 39	09 47	10 03				10 33	
Southend Central	a	07 17	07 28			07 48			08 09			08 24		08 43				09 02		09 19		09 36	09 42	09 50	10 06				10 36	
Southend Central	d	07 17	07 28			07 48			08 09			08 24		08 43		08 50		09 02	09 12	09 19		09 36	09 42	09 50	10 06		10 12	10 36		
Westcliff		07 19	07 30			07 50			08 11			08 26		08 45		08 52		09 04	09 15	09 21		09 38	09 45	09 52	10 08		10 15	10 38		
Chalkwell		07 22	07 33			07 53			08 14			08 29		08 48		08 55		09 07	09 17	09 24		09 41	09 47	09 55	10 11		10 17	10 41		
Leigh-on-Sea		07 25	07 36			07 56	08 04		08 17			08 32		08 51		08 58		09 09	09 20	09 27		09 43	09 50	09 57	10 13		10 20	10 43		
Benfleet		07 30	07 41			08 01	08 09		08 22			08 37		08 56		09 03		09 14	09 24	09 32		09 48	09 54	10 02	10 18		10 24	10 48		
Pitsea		07 34	07 45			07 52	08 04	08 13			08 19	08 40		08 49	09 06		09 15	09 18	09 29			09 51	09 59		10 21		10 29	10 51		
Basildon		07 38	07 49			08 08	08 17		08 28			08 44		09 02		09 10		09 22		09 38		09 55		10 08	10 25			10 55		
Laindon		07 45	07 52		08 04		08 12	08 21		08 34		08 48		09 05		09 14		09 25		09 41		09 58		10 11	10 28			10 58		
West Horndon		07 51			08 09		08 25			08 39					09 18		09 30					10 03			10 33			11 03		
Stanford-le-Hope					07 58						08 25			08 55			09 21		09 35					10 05			10 35			
East Tilbury					08 02						08 29			08 59			09 25		09 38					10 08			10 38			
Tilbury Town					08 08						08 35			09 05			09 31		09 44					10 14			10 44			
Grays				07 47		08 11		08 18			08 38		08 47		09 08		09 17	09 34		09 48		10 10		10 17			10 40	10 47		
Purfleet					08 17						08 44			09 14			09 40					10 16					10 46			
Rainham					08 22						08 49			09 19			09 45					10 21					10 52			
Dagenham Dock					08 26						08 53			09 23			09 48					10 24					10 56			
Chafford Hundred (Lakeside)				07 51				08 22				08 51				09 21				09 52				10 21			10 51			
Ockendon				07 56				08 26				08 56				09 25				09 56				10 25			10 55			
Upminster		07 57		08 03	08 14		08 21		08 33		08 44		08 56	09 03	09 14		09 24	09 32		09 36	10 03	09 49		10 08	10 31	10 19	10 39	11 01	11 08	
Barking				08 11	08 23	08 32		08 38	08 41	08 47	08 53	08 59	09 05	09 11	09 22	09 29	09 32	09 40	09 54	09 44	10 11	09 58	10 30	10 17	10 39	10 27	10 47	11 04	11 09	11 17
Stratford																														
London Liverpool Street	a																													
West Ham		08 11	08 14	08 17	08 29	08 38	08 35	08 43	08 47	08 53	08 59	09 05	09 10	09 17	09 28	09 35	09 38	09 46	09 59	09 50	10 16	10 03	10 35	10 22	10 44	10 32	10 53	11 09	11 14	11 22
Limehouse		08 16	08 19	08 22	08 34	08 43	08 40	08 49	08 52	08 58	09 04	09 10	09 16	09 22	09 33	09 40	09 43	09 51	10 05	09 55	10 21	10 08	10 40	10 28	10 49	10 37	10 58	11 14	11 19	11 27
London Fenchurch Street	a	08 23	08 26	08 29	08 41	08 50	08 47	08 55	08 59	09 05	09 11	09 17	09 22	09 28	09 40	09 47	09 50	09 58	10 09	10 01	10 25	10 14	10 45	10 32	10 54	10 41	11 02	11 18	11 25	11 31

To London

Monday 24 January 2022 - Thursday 27 January 2022

Shoeburyness	d	10 57	11 27	11 57	12 27	12 57	13 27	13 57	14 27	14 57
Thorpe Bay		11 01	11 31	12 01	12 31	13 01	13 31	14 01	14 31	15 01
Southend East		11 03	11 33	12 03	12 33	13 03	13 33	14 03	14 33	15 03
Southend Central	a	11 06	11 36	12 06	12 36	13 06	13 36	14 06	14 36	15 06
Southend Central	d	10 42	11 06	11 12	11 36	11 39	12 06	12 12	12 36	12 42	13 06	13 11	13 36	13 42	14 06	14 12	14 36	14 42	15 06	15 11
Westcliff		10 45	11 08	11 15	11 38	11 42	12 08	12 15	12 38	12 45	13 08	13 14	13 38	13 45	14 08	14 15	14 38	14 45	15 08	15 14
Chalkwell		10 47	11 11	11 17	11 41	11 44	12 11	12 17	12 41	12 47	13 11	13 16	13 41	13 47	14 11	14 17	14 41	14 47	15 11	15 16
Leigh-on-Sea		10 50	11 13	11 20	11 43	11 47	12 13	12 20	12 43	12 50	13 13	13 19	13 43	13 50	14 13	14 20	14 43	14 50	15 13	15 19
Benfleet		10 54	11 18	11 24	11 48	11 51	12 18	12 24	12 48	12 54	13 18	13 23	13 48	13 54	14 18	14 24	14 48	14 54	15 18	15 23
Pitsea		10 59	11 21	11 29	11 51	11 56	12 21	12 29	12 51	12 59	13 21	13 28	13 51	13 59	14 21	14 29	14 51	14 59	15 21	15 28
Basildon		11 25	11 55	12 25	12 55	13 25	13 55	14 25	14 55	15 25
Laindon		11 28	11 58	12 28	12 58	13 28	13 58	14 28	14 58	15 28
West Horndon		11 33	12 03	12 33	13 03	13 33	14 03	14 33	15 03	15 33
Stanford-le-Hope		11 05	11 35	12 02	12 35	13 05	13 34	14 05	14 35	15 05	15 34
East Tilbury		11 08	11 38	12 05	12 38	13 08	13 37	14 08	14 38	15 08	15 37
Tilbury Town		11 14	11 44	12 11	12 44	13 14	13 43	14 14	14 44	15 14	15 43
Grays		11 10	11 17	11 40	11 47	12 10	12 14	12 40	12 47	13 10	13 17	13 40	13 46	14 10	14 17	14 40	14 47	15 10	15 17	15 40	15 46
Purfleet		11 16	11 46	12 16	12 46	13 16	13 46	14 16	14 46	15 16	15 46
Rainham		11 21	11 51	12 21	12 51	13 21	13 51	14 21	14 51	15 21	15 51
Dagenham Dock		11 24	11 54	12 24	12 54	13 24	13 54	14 24	14 54	15 24	15 54
Chafford Hundred (Lakeside)		11 21	11 51	12 18	12 51	13 21	13 50	14 21	14 51	15 21	15 50
Ockendon		11 25	11 55	12 22	12 55	13 25	13 54	14 25	14 55	15 25	15 54
Upminster		11 31	11 38	12 01	12 08	12 28	12 38	13 01	13 08	13 31	13 38	14 01	14 08	14 31	14 38	15 01	15 08	15 31	15 38	16 01
Barking		11 30	11 39	11 47	12 00	12 09	12 16	12 30	12 36	12 46	13 00	13 09	13 16	13 30	13 39	13 46	14 00	14 09	14 16	14 30	14 39	14 46	15 00	15 09	15 16	15 30	15 39	15 46	16 00	16 11
Stratford	
London Liverpool Street	a
West Ham		11 35	11 44	11 52	12 05	12 14	12 21	12 35	12 42	12 52	13 05	13 14	13 21	13 35	13 44	13 51	14 05	14 14	14 21	14 35	14 44	14 51	15 05	15 14	15 21	15 35	15 44	15 51	16 06	16 16
Limehouse		11 40	11 49	11 57	12 10	12 19	12 26	12 40	12 47	12 57	13 10	13 19	13 26	13 40	13 49	13 56	14 10	14 19	14 26	14 40	14 49	14 56	15 10	15 19	15 27	15 40	15 49	15 56	16 11	16 21
London Fenchurch Street	a	11 45	11 54	12 01	12 15	12 24	12 30	12 45	12 53	13 01	13 16	13 24	13 31	13 45	13 55	14 02	14 15	14 24	14 32	14 45	14 54	15 00	15 15	15 25	15 31	15 44	15 54	16 03	16 16	16 26

To London

Monday 24 January 2022 - Thursday 27 January 2022

Shoeburyness	d	15 26	15 39	15 55	16 00	16 18	16 40	16 48	16 57	17 15	17 27	17 43	18 00	18 14
Thorpe Bay		15 30	15 43	15 59	16 04	16 22	16 44	16 52	17 01	17 19	17 31	17 47	18 04	18 18
Southend East		15 32	15 45	16 01	16 06	16 24	16 46	16 54	17 03	17 21	17 33	17 49	18 06	18 20
Southend Central	a	15 35	15 48	16 04	16 09	16 27	16 49	16 57	17 06	17 24	17 36	17 52	18 09	18 23
Southend Central	d	15 35	15 42	15 48	16 04	16 09	16 12	16 27	16 35	16 49	16 57	17 06	17 24	17 36
Westcliff		15 37	15 44	15 50	16 06	16 11	16 15	16 29	16 37	16 51	16 59	17 08	17 26	17 38
Chalkwell		15 40	15 47	15 53	16 09	16 14	16 17	16 32	16 40	16 54	17 02	17 11	17 29	17 40
Leigh-on-Sea		15 42	15 50	15 55	16 12	16 16	16 20	16 34	16 42	16 57	17 04	17 13	17 31	17 43
Benfleet		15 47	15 54	16 00	16 17	16 21	16 24	16 39	16 47	17 02	17 09	17 18	17 36	17 47
Pitsea		15 50	15 59	16 03	16 25	16 29	16 43	16 49	16 51	17 06	17 14	17 16	17 21	17 25
Basildon		15 54	16 07	16 23	16 29	16 47	16 55	17 10	17 19	17 25	17 43	17 55	18 01	18 11
Laindon		15 58	16 11	16 26	16 33	16 51	16 58	17 13	17 22	17 28	17 46	17 58	18 14	18 31
West Horndon		16 02	16 15	16 31	16 36	16 55	17 03	17 18	17 33	17 41	18 03	18 19	18 36	18 50
Stanford-le-Hope		16 05	16 36	16 55	17 22	17 31	18 00	18 34	18 49					
East Tilbury		16 08	16 39	16 59	17 26	17 35	18 04	18 37	18 52					
Tilbury Town		16 15	16 45	17 05	17 32	17 41	18 10	18 43	18 58					
Grays		16 09	16 19	16 38	16 49	17 08	17 17	17 35	17 44	17 47	18 13	18 17	18 31	18 47
Purfleet		16 15	16 44	17 13	17 41	17 49	18 19	18 37	19 07					
Rainham		16 20	16 49	17 18	17 46	17 54	18 24	18 42	19 12					
Dagenham Dock		16 24	16 53	17 22	17 49	17 58	18 28	18 46	19 16					
Chafford Hundred (Lakeside)		16 22	16 53	17 21	17 51	18 21	18 51							
Ockendon		16 26	16 57	17 27	17 57	18 28	18 57							
Upminster		16 08	16 33	16 21	16 41	17 04	16 59	17 08	17 25	17 34	17 38	18 05	18 08	18 12
Barking		16 31	16 16	16 41	16 29	16 52	16 59	17 13	17 07	17 28	17 17	17 34	17 39	17 43
Stratford														
London Liverpool Street	a													
West Ham		16 37	16 21	16 46	16 34	16 50	16 57	17 04	17 18	17 13	17 22	17 40	17 46	17 49
Limehouse		16 42	16 26	16 51	16 39	17 00	17 07	17 24	17 13	17 39	17 27	17 54	18 06	17 57
London Fenchurch Street	a	16 48	16 31	16 57	16 44	17 00	17 07	17 14	17 29	17 23	17 44	17 32	17 50	17 55

To London

Monday 24 January 2022 - Thursday 27 January 2022

Shoeburyness	d	22 57	23 27
Thorpe Bay		23 01	23 31
Southend East		23 03	23 33
Southend Central	a	23 06	23 36
Southend Central	d	23 06	23 36
Westcliff		23 08	23 38
Chalkwell		23 11	23 41
Leigh-on-Sea		23 13	23 43
Benfleet		23 18	23 48
Pitsea		23 01	23 21	23 31	23 51 00 01
Basildon		23 25	23 55
Laindon		23 28	23 58
West Horndon		23 33	00 03
Stanford-le-Hope		23 13	23 43	00 13
East Tilbury		23 24	23 54	00 24
Tilbury Town		23 36	00 06	00 36
Grays		23 45	23 55	00 15
Purfleet		00 45 00 55
Rainham	
Dagenham Dock	
Chafford Hundred (Lakeside)		23 58
Ockendon		00 09
Upminster		23 38	00 15	00 08
Barking		23 46	00 23	00 16 01 12
Stratford	
London Liverpool Street	a
West Ham		23 51	00 28	00 21
Limehouse		23 56	00 33	00 26
London Fenchurch Street	a	00 01	00 37	00 32