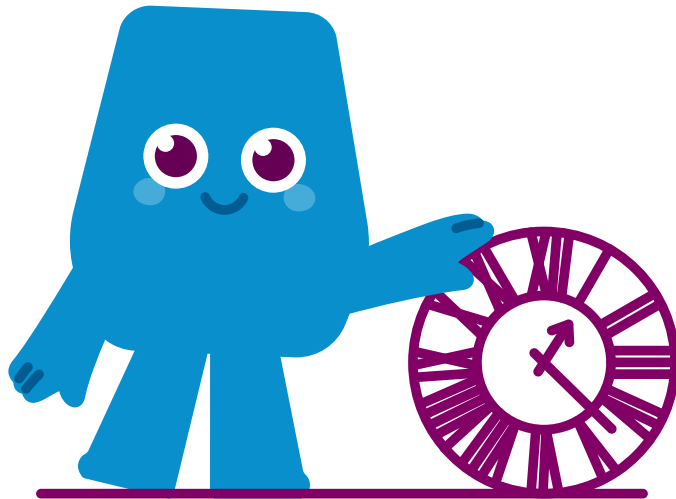


c2c Train Times

Shows all train times between Shoeburyness
and London Fenchurch Street.

Valid from 17 May 2026
until further notice.



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@c2c_Rail

Follow us on X for all the latest service updates.



c2c Rail

Like us on Facebook for all the latest competitions and offers.

c2c Useful Contacts

For up to the minute train running information, details of forthcoming engineering work, fares information, full timetables and much more visit c2c-online.co.uk

Train Times & Fares Information for all National Rail Services
nationalrail.co.uk **Phone** 03457 48 49 50 (24 Hours)

General Train and Timetable Information
Phone 0345 744 4422 (opt 1)

Smartcard Assistance

Phone 0345 744 4422 (option 2)
(0800 - 2000 Monday to Friday; 0900 - 1600 Saturday,
Sunday & Bank Holidays (except Christmas and Boxing day))

Post FREEPOST c2c CUSTOMER RELATIONS

Online Contact Form: c2c-online.co.uk/contact-us/

Passenger (Mobility; Visual or Hearing) Travel Assistance Helpline

Phone 0345 744 4422 (option 3) (24 hours a day)

Email passengerassistance@c2crail.co.uk

(0800 - 2000 Monday to Friday, 0900 - 1600 Saturday,
Sunday & Bank Holidays except Christmas and Boxing day)

Lost Property

Phone 0345 744 4422 (option 4)

(0800 - 2000 Monday to Friday, 0900 - 1600 Saturday,
Sunday & Bank Holidays (except Christmas and Boxing day))

Online Contact Form: c2c-online.co.uk/help-feedback/lost-property/

c2c Useful Contacts

Online Sales and Support

Phone 0345 744 4422 (option 5)

(0800 - 2000 Monday to Friday; 0900 - 1600 Saturday,
Sunday & Bank Holidays (except Christmas and Boxing day)

Online Contact Form: [c2c-online.co.uk/contact-us/](https://www.c2c-online.co.uk/contact-us/)

Comments or Complaints

Phone 0345 744 4422 (option 6)

(0800 - 2000 Monday to Friday; 0900 - 1600 Saturday,
Sunday & Bank Holidays (except Christmas and Boxing day)

Post FREEPOST c2c CUSTOMER RELATIONS

Online Contact Form: [c2c-online.co.uk/contact-us/](https://www.c2c-online.co.uk/contact-us/)

Group Travel

Info and Online Form:

[c2c-online.co.uk/our-network/travelling-in-large-groups/](https://www.c2c-online.co.uk/our-network/travelling-in-large-groups/)

Public Transport Information

[traveline.info](https://www.traveline.info)

Phone 0871 200 2233

Public Transport Information for London

[tfl.gov.uk](https://www.tfl.gov.uk)

Through Tickets for Train & Bus

[plusbus.info](https://www.plusbus.info)

Guide to Taxis Serving Rail Stations

[traintaxi.co.uk](https://www.traintaxi.co.uk)

Rail Crime: Don't Ignore it, Report it

Phone 0800 40 50 40

Text 61016

Passenger Groups

Independent Passenger Representation

London Travelwatch

(For stations Upminster/Purfleet to London) 169 Union Street, London, SE1 0LL

Email enquiries@londontravelwatch.org.uk londontravelwatch.org.uk

Transport Focus

(For stations West Horndon/Ockendon/Grays to Shoeburyness)

FREEPOST RTEH-XAGE-BYKZ, PO Box 5594, Southend-on-Sea, SS1 9PZ

Phone 0300 123 2350

advice@transportfocus.org.uk

Rail Ombudsman contact details

(0900 - 1700 Monday to Friday)

Website: (including online chat): railombudsman.org **Telephone:** 0330 094 0362

Textphone: 0330 094 0363 **Email:** info@railombudsman.org

X: [@RailOmbudsman](https://twitter.com/RailOmbudsman) **Post:** FREEPOST – RAIL OMBUDSMAN

The Contact Centre team are available:

Monday to Friday 08:00 - 20:00

Saturday and Bank Holidays 08:00 - 13:00 (excluding Christmas Day)

Working with local passenger groups across the c2c route

The c2c Passenger Panel is made up of customers from across the c2c route, representing different stations. It aims to provide a two way channel for communication, consultation and representation for our customers, and to gather feedback on service standards and performance. If you have a suggestion for improving our service, email passengerpanel@c2craill.co.uk and these will be looked at by the Panel and addressed by c2c's senior management team.

The c2c Accessibility Panel works alongside members from Greater Anglia and is made up of customers across the c2c and Greater Anglia routes, representing different stations and lived experiences of disability. The email address to contact the Accessibility Panel is accessibilitypanel@greateranglia.co.uk

The below are independent passenger groups, if you live in the below areas and have any comments regarding your experience please contact via the email address provided:

Stations east of and including Benfleet

The Southend Rail Travellers Association (SRTA) srta.usergroup@gmail.com

Laindon and West Horndon

The Laindon Passenger Group (LPG) Laindonpassengergroup@gmail.com


Ockendon and via Rainham

The Loopline loopline.usergroup@gmail.com

Station Facilities

KEY

-  Step-free access from London
-  Step-free access to London
-  Step-free toilet
-  Lifts
-  Taxis available
-  Free Wi-Fi available on station
-  Rail-road season ticket (PlusBus)
-  Station link (wheelchair access) Bus stops
-  Car Park (D - disabled spaces available)
-  Cycle Park
-  Private car park opposite station
-  Catering/Coffee***
-  Newsagent
-  Baby changing facilities
-  Water Fountain
-  Docklands Light Railway

- * For Lakeside
- ** No disabled access to platform 6 for trains to/from Romford
- *** Hours may be limited
-  Lift access to platform 1-5 only not to platform 6

Facilities and ticket office opening times are subject to change. For an up to date list of station facilities, please see c2c-online.co.uk

Journey Tips

Keeping you Connected

Download the c2c Train Travel App to check your train times, purchase tickets, set alerts for your journeys, request station assistance in advance. Wi-Fi is free at all of our stations, and coming soon to all our trains.

c2c Smartcard

Our Smartcard is not only free, it comes with a whole host of benefits including Automatic Delay Repay through to collecting loyalty points on your ticket purchases and Flexible season ticket options for our part time commuters. Apply online today!

e-tickets

Avoid the queue by buying an e-ticket online or through the c2c app and scan to use it across the c2c train network.

Connections

You can connect onto other services from certain c2c stations including National Rail, London Underground, London Overground, DLR, and PlusBus. Taxis are available at most stations. See the map on the back cover for details of these connections.

Service Alterations

On occasion, we may not be able to run the services shown in this timetable. Details of upcoming service alterations are displayed at all of our stations, and at [c2c-online.co.uk](https://www.c2c-online.co.uk). You can also follow us on X [@c2c_Rail](https://twitter.com/c2c_Rail) for all the latest updates.

Contactless

Pay as you go with contactless offers a fast and flexible way to travel across the entire c2c route, the London Travelcard zones and the wider pay as you go area. Customers will be charged the best value adult fare available on the day and can benefit from price capping.

Journey Tips



Bicycles

Folded bicycles are allowed on all our services. You can take non-folding bikes on all of our trains except those scheduled to arrive into London Fenchurch Street between 07.14 and 09.30, or scheduled to leave London Fenchurch Street between 16.30 and 18.35 on weekdays.



Customer Assistance

If you need a bit of extra help around the station or onto a train, you can book assistance by calling **03457 44 44 22** (option 3) at least two hours before you travel with c2c and other train companies.

Alternatively you can email us at passengerassistance@c2crail.co.uk. Find out more about our step-free access on the station facilities page [c2c-online.co.uk](https://www.c2c-online.co.uk).



Quiet Zone

One in four of our carriages are designated quiet zones, and we thank you for your respectful use of mobile phones and personal audio devices.



Smoking

All c2c services and stations are non-smoking, including electronic cigarettes.



Accessibility

All c2c services have priority seating and wheelchair-accessible spaces for disabled passengers or those less able to stand.

Mondays to Fridays

Shoeburyness → London Fenchurch Street

Shoeburyness → London Fenchurch Street


































Mondays to Fridays

| | 10 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 12 | 8 | 8 | 8 | 12 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | |
|----------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Shoeburyness | | 04 15 | | | | 04 59 | | 05 13 | | 05 20 | 05 28 | | 05 34 | | 05 44 | | | 05 57 | | 06 07 | 06 11 | | | | | 06 26 |
| Thorpe Bay | 04 06 | 04 19 | | 04 35 | | 05 03 | 05 08 | 05 17 | | 05 24 | 05 32 | | 05 38 | 05 42 | 05 48 | | 05 55 | 06 01 | | 06 11 | 06 15 | | | | | 06 30 |
| Southend East | 04 08 | 04 21 | | 04 37 | | 05 05 | 05 10 | 05 19 | | 05 26 | 05 34 | | 05 40 | 05 44 | 05 50 | | 05 57 | 06 03 | | 06 13 | 06 17 | | | | | 06 32 |
| Southend Central (Arrival) | 04 11 | 04 24 | | 04 40 | | 05 08 | 05 13 | 05 22 | | 05 29 | 05 37 | | 05 43 | 05 47 | 05 53 | | 06 00 | 06 06 | | | 06 20 | | | | | 06 35 |
| Southend Central (Depart) | 04 11 | 04 24 | | 04 40 | | 05 08 | 05 13 | 05 22 | | 05 29 | 05 37 | | 05 43 | 05 47 | 05 53 | | 06 00 | 06 06 | 06 11 | | 06 20 | | | | | 06 35 |
| Westcliff | 04 14 | 04 26 | | 04 42 | | 05 10 | 05 15 | 05 24 | | 05 31 | 05 39 | | 05 45 | 05 49 | 05 55 | | 06 02 | 06 08 | 06 13 | | 06 22 | | | | | 06 37 |
| Chalkwell | 04 16 | 04 29 | | 04 44 | | 05 13 | 05 17 | 05 27 | | 05 34 | 05 42 | | 05 48 | 05 52 | 05 57 | | 06 05 | 06 11 | 06 16 | | 06 25 | | | | | 06 40 |
| Leigh-on-Sea | 04 19 | 04 32 | | 04 47 | | 05 15 | 05 20 | 05 30 | | 05 36 | 05 44 | | 05 50 | 05 54 | 06 00 | | 06 07 | 06 14 | 06 18 | 06 22 | 06 28 | 06 35 | | | | 06 43 |
| Benfleet | 04 23 | 04 37 | | 04 51 | | 05 20 | 05 24 | 05 35 | | 05 41 | 05 49 | | 05 55 | 05 59 | 06 05 | | 06 12 | 06 19 | 06 23 | 06 27 | 06 33 | 06 40 | | | | 06 48 |
| Pitsea | 04 28 | 04 40 | | 04 56 | | 05 23 | 05 29 | 05 38 | | 05 46 | 05 52 | | 06 02 | | 06 08 | | 06 18 | 06 23 | 06 28 | 06 31 | 06 37 | | | | 06 47 | 06 52 |
| Basildon | | 04 44 | | | | 05 27 | | 05 42 | | | 05 56 | | | | 06 12 | | | 06 27 | | 06 35 | 06 41 | 06 46 | | | | 06 56 |
| Laindon | | 04 47 | | | | 05 31 | | 05 46 | | | 06 00 | | | 06 06 | 06 16 | | | 06 30 | | 06 39 | 06 44 | 06 49 | | | | 06 59 |
| West Horndon | | 04 51 | | | | 05 35 | | 05 50 | | | 06 04 | | | | 06 20 | | | 06 35 | | | 06 54 | | | | | |
| Stanford-le-Hope | 04 34 | | | 05 02 | | | 05 35 | | | 05 52 | | | 06 08 | | | | 06 24 | | 06 34 | | | | | | | 06 53 |
| East Tilbury | 04 37 | | | 05 06 | | | 05 39 | | | 05 56 | | | 06 12 | | | | 06 28 | | 06 37 | | | | | | | 06 57 |
| Tilbury Town | 04 43 | | | 05 12 | | | 05 45 | | | 06 02 | | | 06 18 | | | | 06 34 | | 06 43 | | | | | | | 07 03 |
| Grays | 04 46 | | 04 54 | 05 15 | 05 24 | | 05 48 | | 05 54 | 06 06 | | 06 15 | 06 22 | | | 06 31 | 06 38 | | 06 47 | | | | | 06 51 | 07 01 | 07 06 |
| Purfleet | | | 05 00 | | 05 30 | | | | 06 00 | 06 12 | | | 06 28 | | | | 06 44 | | | | | | | 06 57 | | 07 12 |
| Rainham | | | 05 05 | | 05 35 | | | | 06 05 | 06 18 | | | 06 33 | | | | 06 49 | | | | | | | 07 03 | | 07 18 |
| Dagenham Dock | | | 05 09 | | 05 39 | | | | 06 09 | 06 21 | | | 06 37 | | | | 06 53 | | | | | | | 07 07 | | 07 22 |
| Chafford Hundred (Lakeside) | 04 50 | | | 05 19 | | | 05 51 | | | | 06 19 | | | | | 06 35 | | | 06 51 | | | | | | 07 06 | |
| Ockendon | 04 54 | | | 05 23 | | | 05 55 | | | | 06 24 | | | | | 06 40 | | | 06 56 | | | | | | 07 11 | |
| Upminster | 05 00 | 04 57 | | 05 30 | | 05 41 | 06 02 | 05 56 | | 06 10 | 06 31 | | 06 15 | 06 26 | 06 49 | | 06 40 | 07 03 | | 06 54 | 06 59 | | 07 18 | | 07 09 | |
| Barking | 05 08 | 05 05 | 05 15 | 05 38 | 05 45 | 05 49 | 06 10 | 06 04 | 06 15 | 06 27 | 06 18 | 06 39 | 06 43 | | | | 06 59 | | 07 11 | 06 54 | 07 03 | 07 08 | 07 13 | 07 26 | 07 28 | |
| Stratford | | | | | | | | | | | | | | | | | | | | | | | | | | |
| London Liverpool Street | | | | | | | | | | | | | | | | | | | | | | | | | | |
| West Ham | 05 13 | 05 10 | 05 20 | 05 43 | 05 50 | 05 55 | 06 16 | 06 10 | 06 20 | 06 33 | 06 23 | 06 44 | 06 49 | 06 27 | 06 39 | 07 02 | 07 05 | 06 53 | 07 17 | 06 59 | 07 09 | 07 13 | 07 20 | 07 32 | 07 35 | 07 23 |
| Limehouse | 05 18 | 05 15 | 05 25 | 05 48 | 05 55 | 06 00 | 06 21 | 06 15 | 06 25 | 06 39 | 06 28 | 06 49 | 06 54 | 06 33 | | 07 08 | 07 11 | 06 59 | 07 22 | 07 05 | 07 14 | 07 19 | 07 25 | 07 37 | 07 40 | 07 28 |
| London Fenchurch Street | 05 23 | 05 20 | 05 30 | 05 53 | 06 00 | 06 04 | 06 25 | 06 19 | 06 30 | 06 44 | 06 33 | 06 54 | 06 59 | 06 37 | 06 49 | 07 12 | 07 15 | 07 03 | 07 27 | 07 09 | 07 19 | 07 23 | 07 30 | 07 42 | 07 45 | 07 32 |

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.

Doors may be closed up to 30 seconds prior to the advertised departure time.








Only folding bikes allowed.

| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-------|
| | 8 | 8 | 8 | 8 | 10 | 8 | 8 | 8 | 10 | 12 | 10 | 12 | 12 | 8 | 8 | 8 | 8 | 8 | 10 | 8 | 10 | 8 | 8 | 8 | 12 | 8 | |
| Shoeburyness | | | | 06 40 | 06 48 | | | | | 07 02 | | | 07 18 | | | | | | | 07 31 | | 07 39 | 07 46 | | | 08 00 | |
| Thorpe Bay | | | | 06 44 | 06 52 | | | | | 07 06 | | 07 12 | 07 22 | | | | | | | 07 31 | | 07 43 | 07 50 | | | 08 04 | |
| Southend East | | | | 06 46 | 06 54 | | | | | 07 08 | | 07 14 | 07 24 | | | | | | | 07 33 | | 07 45 | 07 52 | | | 08 06 | |
| Southend Central (Arrival) | | | | 06 49 | 06 57 | | | | | 07 11 | | 07 17 | 07 27 | | | | | | | 07 36 | | 07 48 | 07 55 | | | 08 09 | |
| Southend Central (Depart) | | | 06 45 | 06 49 | 06 57 | | | | 07 03 | 07 11 | | 07 17 | 07 27 | | | | | | | 07 36 | | 07 48 | 07 55 | | | 08 09 | |
| Westcliff | | | 06 48 | 06 51 | 06 59 | | | | 07 05 | 07 13 | | 07 19 | 07 29 | | | | | | | 07 38 | | 07 50 | 07 57 | | | 08 11 | |
| Chalkwell | | | 06 50 | 06 54 | 07 02 | | | | 07 08 | 07 16 | | 07 22 | 07 32 | | | | | | | 07 41 | | 07 53 | 08 00 | | | 08 14 | |
| Leigh-on-Sea | | | 06 53 | 06 57 | 07 05 | 07 08 | | | 07 11 | | 07 21 | 07 25 | | 07 37 | | | | | | 07 44 | | 07 56 | | 08 05 | | 08 17 | |
| Benfleet | | | 06 57 | 07 02 | 07 10 | 07 13 | | | 07 16 | | 07 26 | 07 30 | | 07 42 | | | | | | 07 49 | | 08 01 | | 08 10 | | 08 22 | |
| Pitsea | | | 07 03 | 07 05 | | 07 16 | | | 07 20 | | | 07 30 | 07 34 | | | 07 35 | | 07 51 | | 07 53 | | 08 04 | | 08 14 | | | |
| Basildon | | | | 07 09 | | 07 20 | | | | | 07 34 | 07 38 | 07 42 | 07 48 | | | | | | 07 57 | | 08 08 | 08 12 | 08 18 | | 08 28 | |
| Laindon | 07 03 | | | 07 13 | 07 17 | | 07 31 | | | | | 07 46 | | 07 52 | | | | | | 08 03 | 08 12 | | 08 22 | | | 08 34 | |
| West Horndon | 07 08 | | | 07 17 | | 07 36 | | | | | | 07 52 | | | | | | | | 08 08 | | 08 20 | | | | 08 39 | |
| Stanford-le-Hope | | | 07 10 | | | | | | 07 26 | | | | | | | 07 42 | | 07 57 | | | | | | | | | |
| East Tilbury | | | 07 14 | | | | | | 07 30 | | | | | | | 07 45 | | 08 01 | | | | | | | | | |
| Tilbury Town | | | 07 20 | | | | | | 07 36 | | | | | | | 07 52 | | 08 07 | | | | | | | | | |
| Grays | | 07 17 | 07 24 | | | | 07 31 | 07 40 | | | | | | | 07 47 | 07 56 | 08 01 | 08 10 | | | | | | | 08 18 | | |
| Purfleet | | | 07 30 | | | | | 07 46 | | | | | | | | 08 02 | | 08 16 | | | | | | | | | |
| Rainham | | | 07 36 | | | | | 07 51 | | | | | | | | 08 07 | | 08 22 | | | | | | | | | |
| Dagenham Dock | | | 07 40 | | | | | 07 55 | | | | | | | | 08 11 | | 08 26 | | | | | | | | | |
| Chafford Hundred (Lakeside) | | 07 21 | | | | | | 07 35 | | | | | | | 07 51 | | 08 05 | | | | | | | | 08 22 | | |
| Ockendon | | 07 26 | | | | | | 07 41 | | | | | | | 07 56 | | 08 11 | | | | | | | | 08 26 | | |
| Upminster  | 07 13 | 07 33 | | | | 07 41 | 07 48 | | | | 07 57 | | | | 08 03 | | 08 17 | | 08 07 | 08 13 | 08 21 | 08 26 | | 08 33 | | 08 44 | |
| Barking  | 07 22 | 07 41 | 07 46 | 07 35 | | 07 37 | 07 50 | 07 57 | 08 02 | | | | | 08 09 | 08 11 | 08 17 | 08 26 | 08 32 | | 08 22 | | | 08 38 | 08 41 | 08 46 | 08 53 | |
| Stratford  | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| London Liverpool Street  | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| West Ham  | 07 28 | 07 47 | 07 53 | 07 41 | | 07 44 | 07 56 | 08 02 | 08 08 | 07 50 | 07 59 | 08 11 | 08 05 | 08 14 | 08 17 | 08 23 | 08 31 | 08 38 | 08 20 | 08 28 | 08 34 | 08 41 | 08 43 | 08 47 | 08 52 | 08 58 | |
| Limehouse  | 07 33 | 07 52 | 07 58 | 07 46 | | 07 49 | 08 01 | 08 07 | 08 13 | 07 55 | 08 04 | 08 16 | | 08 20 | 08 22 | 08 29 | 08 37 | 08 43 | 08 25 | 08 33 | 08 40 | 08 46 | 08 49 | 08 52 | 08 58 | 09 04 | |
| London Fenchurch Street  | 07 38 | 07 57 | 08 03 | 07 51 | 07 47 | 07 54 | 08 06 | 08 12 | 08 18 | 08 00 | 08 09 | 08 21 | 08 14 | 08 24 | 08 27 | 08 33 | 08 41 | 08 48 | 08 30 | 08 38 | 08 44 | 08 51 | 08 54 | 08 57 | 09 03 | 09 08 | |

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.











Doors may be closed up to 30 seconds prior to the advertised departure time.

 Only folding bikes allowed.






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

Shoeburyness → London Fenchurch Street

Mondays to Fridays

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

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.
Doors may be closed up to 30 seconds prior to the advertised departure time.

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

Shoeburyness → London Fenchurch Street

Mondays to Fridays

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

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.
Doors may be closed up to 30 seconds prior to the advertised departure time.

Shoeburyness → London Fenchurch Street

Mondays to Fridays

| | | | |
|---|--------------|--------------|--|
| Shoeburyness | | 23 27 | |
| Thorpe Bay | | 23 31 | |
| Southend East | | 23 33 | |
| Southend Central (Arrival) | | 23 36 | |
| Southend Central (Depart) | 23 12 | 23 36 | |
| Westcliff | 23 15 | 23 38 | |
| Chalkwell | 23 17 | 23 41 | |
| Leigh-on-Sea | 23 20 | 23 43 | |
| Benfleet | 23 24 | 23 48 | |
| Pitsea | 23 29 | 23 51 | |
| Basildon | | 23 55 | |
| Laindon | | 23 58 | |
| West Horndon | | 00 03 | |
| Stanford-le-Hope | 23 35 | | |
| East Tilbury | 23 38 | | |
| Tilbury Town | 23 44 | | |
| Grays | 23 47 | | |
| Purfleet | | | |
| Rainham | | | |
| Dagenham Dock | | | |
| Chafford Hundred (Lakeside) | 23 51 | | |
| Ockendon | 23 55 | | |
| Upminster ⇄ | 00 01 | 00 08 | |
| Barking ⇄ | 00 09 | 00 16 | |
| Stratford DLR ⇄ | | | |
| London Liverpool Street ⇄ | | | |
| West Ham DLR ⇄ | 00 14 | 00 21 | |
| Limehouse DLR | 00 19 | 00 26 | |
| London Fenchurch Street DLR ⇄ | 00 24 | 00 31 | |

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.
Doors may be closed up to 30 seconds prior to the advertised departure time.

Saturdays

Shoeburyness → London Fenchurch Street

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

and at the same time past each hour until

Shoeburyness → London Fenchurch Street

Saturdays

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

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.
Doors may be closed up to 30 seconds prior to the advertised departure time.

Sundays

Shoeburyness → London Fenchurch Street








Shoeburyness → London Fenchurch Street

Sundays

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

and at the same time past each hour until

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys. Doors may be closed up to 30 seconds prior to the advertised departure time.

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

Mondays to Fridays

London Fenchurch Street → Shoeburyness

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

London Fenchurch Street → Shoeburyness

Mondays to Fridays

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

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.
Doors may be closed up to 30 seconds prior to the advertised departure time.










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

London Fenchurch Street → Shoeburyness

Mondays to Fridays

| | 8 | 8 | 8 | 8 | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| London Fenchurch Street <small>DLR</small> ⇄ | 13 19 | 13 23 | 13 34 | 13 41 | 13 49 | 13 53 | 14 04 | 14 11 | 14 19 | 14 23 | 14 34 | 14 41 | 14 49 | 14 53 | 15 04 | 15 11 | 15 19 | 15 23 | 15 34 | 15 41 | 15 48 | 15 52 | 16 00 | 16 04 | 16 07 | 16 10 | |
| Limehouse <small>DLR</small> | 13 23 | 13 27 | 13 38 | 13 45 | 13 53 | 13 57 | 14 08 | 14 15 | 14 23 | 14 27 | 14 38 | 14 45 | 14 53 | 14 57 | 15 08 | 15 15 | 15 23 | 15 27 | 15 38 | 15 45 | 15 52 | 15 56 | 16 05 | 16 09 | 16 12 | 16 15 | |
| West Ham <small>DLR</small> ⇄ | 13 28 | 13 32 | 13 43 | 13 50 | 13 58 | 14 02 | 14 13 | 14 20 | 14 28 | 14 32 | 14 43 | 14 50 | 14 58 | 15 02 | 15 13 | 15 20 | 15 28 | 15 32 | 15 44 | 15 50 | 15 58 | 16 02 | 16 10 | 16 14 | 16 17 | 16 21 | |
| London Liverpool Street ⇄ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stratford <small>DLR</small> ⇄ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Barking ⇄ | 13 33 | 13 39 | 13 48 | 13 55 | 14 03 | 14 08 | 14 18 | 14 25 | 14 33 | 14 38 | 14 48 | 14 55 | 15 03 | 15 08 | 15 18 | 15 25 | 15 33 | 15 38 | 15 49 | 15 56 | 16 03 | 16 08 | 16 16 | 16 20 | 16 23 | 16 26 | |
| Upminster ⇄ | 13 41 | | 13 56 | 14 03 | 14 11 | | 14 26 | 14 33 | 14 41 | | 14 56 | 15 03 | 15 11 | | 15 26 | 15 33 | 15 41 | | 15 58 | 16 04 | 16 12 | | 16 24 | | 16 31 | 16 35 | |
| Ockendon | | | | 14 09 | | | | 14 39 | | | | | 15 09 | | | | 15 39 | | | | | | 16 10 | | | 16 40 | |
| Chafford Hundred (Lakeside) | | | | 14 13 | | | | 14 43 | | | | | 15 13 | | | | 15 43 | | | | | | 16 13 | | | 16 44 | |
| Dagenham Dock | | 13 44 | | | | 14 12 | | | | | 14 42 | | | 15 12 | | | | 15 43 | | | | | 16 12 | | 16 25 | | |
| Rainham | | 13 47 | | | | 14 16 | | | | | 14 46 | | | 15 16 | | | | 15 46 | | | | | 16 16 | | 16 29 | | |
| Purfleet | | 13 52 | | | | 14 21 | | | | | 14 51 | | | 15 21 | | | | 15 51 | | | | | 16 21 | | 16 34 | | |
| Grays | | 13 59 | | 14 17 | | 14 28 | | 14 47 | | | 14 57 | | 15 17 | | 15 27 | | 15 47 | | 15 57 | | | | 16 18 | | 16 40 | 16 49 | |
| Tilbury Town | | | | 14 20 | | | | 14 50 | | | | | 15 20 | | | | 15 50 | | | | | | 16 21 | | | 16 52 | |
| East Tilbury | | | | 14 26 | | | | 14 56 | | | | | 15 26 | | | | 15 56 | | | | | | 16 27 | | | 16 58 | |
| Stanford-le-Hope | | | | 14 30 | | | | 15 00 | | | | | 15 30 | | | | 16 00 | | | | | | 16 31 | | | 17 01 | |
| West Horndon | | | 14 01 | | | | 14 31 | | | | | | 15 01 | | | | 15 31 | | | | | | 16 03 | | | 16 36 | |
| Laindon | 13 49 | | 14 06 | | 14 19 | | 14 36 | | 14 49 | | | 15 06 | | 15 19 | | | 15 36 | | 15 49 | | | | 16 07 | | | 16 41 | |
| Basildon | 13 53 | | 14 09 | | 14 23 | | 14 39 | | 14 53 | | | 15 09 | | 15 23 | | | 15 39 | | 15 53 | | | | 16 10 | | 16 23 | 16 34 | 16 45 |
| Pitsea | | | 14 13 | 14 38 | | | 14 43 | 15 08 | | | | 15 13 | 15 38 | | | | 15 43 | 16 08 | | | | | 16 14 | 16 39 | | 16 48 | 17 09 |
| Benfleet | 13 58 | | 14 16 | 14 42 | 14 28 | | 14 46 | 15 12 | 14 58 | | 15 17 | 15 42 | 15 28 | | 15 46 | 16 12 | 15 58 | | 16 17 | | | | 16 29 | | 16 40 | 16 52 | |
| Leigh-on-Sea | 14 03 | | 14 21 | 14 46 | 14 33 | | 14 51 | 15 16 | 15 03 | | | 15 22 | 15 46 | 15 33 | | 15 51 | 16 16 | 16 03 | | | | | 16 22 | | 16 34 | 16 45 | 16 57 |
| Chalkwell | 14 05 | | 14 23 | 14 49 | 14 35 | | 14 53 | 15 19 | 15 05 | | | 15 24 | 15 49 | 15 35 | | 15 53 | 16 19 | 16 05 | | | | | 16 24 | | 16 37 | 16 47 | 17 00 |
| Westcliff | 14 07 | | 14 25 | 14 51 | 14 37 | | 14 55 | 15 21 | 15 07 | | | 15 26 | 15 51 | 15 37 | | 15 55 | 16 21 | 16 07 | | | | | 16 27 | | 16 39 | 16 49 | 17 02 |
| Southend Central (Arrival) | 14 10 | | 14 28 | 14 54 | 14 40 | | 14 58 | 15 24 | 15 10 | | | 15 29 | 15 54 | 15 40 | | 15 58 | 16 24 | 16 10 | | | | | 16 29 | | 16 41 | 16 52 | 17 04 |
| Southend Central (Depart) | 14 10 | | 14 28 | | 14 40 | | 14 58 | | 15 10 | | | 15 30 | | 15 40 | | 15 58 | | 16 10 | | | | | 16 30 | | 16 42 | 16 52 | 17 05 |
| Southend East | 14 12 | | 14 30 | | 14 42 | | 15 00 | | 15 12 | | | 15 32 | | 15 42 | | 16 00 | | 16 12 | | | | | 16 32 | | 16 44 | 16 54 | 17 07 |
| Thorpe Bay | 14 15 | | 14 33 | | 14 45 | | 15 03 | | 15 15 | | | 15 35 | | 15 45 | | 16 03 | | 16 18 | | | | | 16 34 | | 16 46 | 16 57 | 17 09 |
| Shoeburyness | 14 19 | | 14 37 | | 14 50 | | 15 07 | | 15 21 | | | 15 42 | | 15 49 | | 16 07 | | 16 22 | | | | | 16 38 | | 16 52 | 17 01 | 17 13 |

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.
Doors may be closed up to 30 seconds prior to the advertised departure time.

| | 8 | 8 | 8 | 8 | 8 | 8 | 12 | 8 | 8 | 12 | 8 | 8 | 8 | 10 | 8 | 8 | 8 | 10 | 8 | 8 | 8 | 10 | 8 | 8 | 10 | 8 |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| London Fenchurch Street   | 16 16 | 16 21 | 16 25 | 16 28 | 16 32 | 16 36 | 16 44 | 16 50 | 16 54 | 16 59 | 17 04 | 17 07 | 17 10 | 17 16 | 17 19 | 17 22 | 17 25 | 17 30 | 17 34 | 17 37 | 17 40 | 17 43 | 17 47 | 17 52 | 17 58 | 18 03 |
| Limehouse  | 16 21 | 16 26 | 16 30 | 16 34 | 16 37 | 16 41 | 16 49 | 16 55 | 16 59 | 17 04 | 17 09 | 17 12 | 17 15 | 17 21 | 17 24 | 17 27 | 17 30 | 17 35 | 17 39 | 17 42 | 17 45 | 17 48 | 17 52 | 17 57 | 18 03 | 18 08 |
| West Ham  | 16 26 | 16 31 | 16 35 | 16 39 | 16 42 | 16 46 | 16 54 | 17 00 | 17 04 | 17 09 | 17 14 | 17 17 | 17 20 | 17 26 | 17 29 | 17 32 | 17 35 | 17 40 | 17 44 | 17 47 | 17 50 | 17 53 | 17 57 | 18 02 | 18 08 | 18 13 |
| London Liverpool Street  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stratford   | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Barking  | 16 32 | 16 38 | 16 41 | | 16 48 | 16 52 | 17 00 | 17 06 | 17 10 | | 17 20 | 17 23 | 17 26 | | | 17 38 | 17 41 | | 17 50 | 17 53 | 17 56 | | 18 03 | 18 08 | | 18 19 |
| Upminster  | 16 40 | | 16 49 | 16 54 | 16 57 | | 17 08 | | 17 18 | 17 22 | 17 29 | | 17 34 | 17 39 | 17 43 | | 17 49 | 17 53 | 17 59 | | 18 04 | | 18 11 | | 18 21 | 18 27 |
| Ockendon | | | 16 57 | | | | | | 17 26 | | | | 17 40 | | | | 17 57 | | | | 18 10 | | | | | |
| Chafford Hundred (Lakeside) | | | 17 01 | | | | | | 17 30 | | | | 17 44 | | | | 18 01 | | | | 18 14 | | | | | |
| Dagenham Dock | | 16 43 | | | | 16 57 | | 17 11 | | | | 17 28 | | | | 17 43 | | | | 17 58 | | | | 18 13 | | |
| Rainham | | 16 47 | | | | 17 01 | | 17 15 | | | | 17 32 | | | | 17 47 | | | | 18 02 | | | | 18 17 | | |
| Purfleet | | 16 52 | | | | 17 07 | | 17 21 | | | | 17 38 | | | | 17 53 | | | | 18 08 | | | | 18 23 | | |
| Grays | | 16 59 | 17 06 | | | 17 13 | | 17 27 | 17 35 | | | 17 44 | 17 50 | | | 17 59 | 18 06 | | | 18 14 | 18 20 | | | 18 29 | | |
| Tilbury Town | | 17 02 | | | | 17 16 | | 17 31 | | | | 17 48 | | | | 18 02 | | | | 18 17 | | | | 18 32 | | |
| East Tilbury | | 17 08 | | | | 17 22 | | 17 37 | | | | 17 54 | | | | 18 08 | | | | 18 23 | | | | 18 38 | | |
| Stanford-le-Hope | | 17 12 | | | | 17 26 | | 17 41 | | | | 17 58 | | | | 18 12 | | | | 18 27 | | | | 18 43 | | |
| West Horndon | 16 45 | | | | 17 02 | | 17 13 | | | | | 17 34 | | | | 17 48 | | | | 18 04 | | | | 18 16 | | 18 32 |
| Laindon | 16 50 | | | 17 02 | 17 07 | | 17 18 | | | 17 30 | 17 39 | | | 17 47 | 17 53 | | | 18 02 | 18 09 | | | 18 15 | 18 21 | | 18 29 | 18 37 |
| Basildon | 16 54 | | | 17 06 | 17 11 | | 17 22 | | | 17 34 | 17 43 | | | 17 51 | 17 56 | | | 18 05 | 18 12 | | | 18 25 | | 18 33 | 18 41 | |
| Pitsea | 16 57 | 17 20 | | | 17 14 | 17 41 | 17 25 | 17 49 | | | | 17 46 | 18 06 | | | 18 00 | 18 21 | | | 18 16 | 18 35 | | | 18 51 | | 18 45 |
| Benfleet | | | | 17 12 | 17 18 | 17 45 | 17 29 | | | 17 40 | 17 50 | | | 17 57 | 18 04 | | | 18 12 | 18 20 | | | 18 24 | 18 31 | | 18 38 | 18 49 |
| Leigh-on-Sea | | | | 17 17 | 17 22 | 17 50 | 17 34 | | | 17 45 | 17 55 | | | 18 02 | 18 09 | | | 18 17 | 18 25 | | | 18 29 | 18 36 | | 18 43 | 18 54 |
| Chalkwell | 17 05 | | | 17 19 | 17 25 | | 17 37 | | | 17 47 | 17 58 | | | 18 04 | 18 11 | | | 18 20 | 18 27 | | | 18 31 | 18 38 | | 18 46 | 18 56 |
| Westcliff | 17 07 | | | 17 21 | 17 27 | | 17 39 | | | 17 49 | 18 00 | | | 18 06 | 18 13 | | | 18 22 | 18 29 | | | 18 33 | 18 40 | | 18 48 | 18 58 |
| Southend Central (Arrival) | 17 10 | | | 17 24 | 17 29 | | 17 41 | | | 17 52 | 18 02 | | | 18 09 | 18 16 | | | 18 24 | 18 32 | | | 18 36 | 18 43 | | 18 50 | 19 01 |
| Southend Central (Depart) | 17 10 | | | 17 24 | 17 30 | | 17 42 | | | 17 52 | 18 03 | | | 18 09 | 18 16 | | | 18 25 | 18 32 | | | 18 36 | | | 18 51 | 19 01 |
| Southend East | 17 12 | | | 17 26 | 17 32 | | 17 44 | | | 17 54 | 18 05 | | | 18 11 | 18 18 | | | 18 27 | 18 34 | | | 18 38 | | | 18 53 | 19 03 |
| Thorpe Bay | 17 15 | | | 17 29 | 17 34 | | 17 46 | | | 17 57 | 18 07 | | | 18 14 | 18 21 | | | 18 29 | 18 37 | | | 18 41 | | | 18 56 | 19 06 |
| Shoeburyness | 17 19 | | | 17 34 | 17 38 | | 17 50 | | | 18 07 | 18 11 | | | 18 18 | 18 25 | | | 18 34 | 18 41 | | | 18 45 | | | 19 00 | 19 10 |

Passengers can arrive earlier at highlighted stations by catching a later service. Please check adjacent columns for these journeys.

Doors may be closed up to 30 seconds prior to the advertised departure time.

 Only folding bikes allowed.

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

Saturdays

London Fenchurch Street → Shoeburyness

London Fenchurch Street → Shoeburyness

Saturdays

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| London Fenchurch Street DLR ⇄ | | 05 00 | | 05 23 | 05 30 | 05 37 | 05 53 | 06 00 | 06 07 | 06 23 | 06 30 | 06 37 | 06 53 | 07 00 | 07 07 | 07 23 | 07 30 | 07 37 | 07 53 | 08 00 | 08 07 | 08 23 | 08 30 | 08 37 | | 08 53 | 09 00 | 09 07 | | 09 23 | 09 30 | |
| Limehouse DLR | | 05 04 | | 05 27 | 05 34 | 05 41 | 05 57 | 06 04 | 06 11 | 06 27 | 06 34 | 06 41 | 06 57 | 07 04 | 07 11 | 07 27 | 07 34 | 07 41 | 07 57 | 08 04 | 08 11 | 08 27 | 08 34 | 08 41 | | 08 57 | 09 04 | 09 11 | | 09 27 | 09 34 | |
| West Ham DLR ⇄ | | 05 09 | | 05 33 | 05 39 | 05 47 | 06 03 | 06 09 | 06 17 | 06 33 | 06 39 | 06 47 | 07 03 | 07 09 | 07 17 | 07 33 | 07 39 | 07 47 | 08 03 | 08 09 | 08 17 | 08 33 | 08 39 | 08 47 | | 09 03 | 09 09 | 09 17 | | 09 33 | 09 39 | |
| London Liverpool Street ⇄ | | | | | | | | | | | | | | | | | | | | | | | | | | 08 45 | | | 09 15 | | | |
| Stratford DLR ⇄ | | | | | | | | | | | | | | | | | | | | | | | | | | 08 52 | | | 09 23 | | | |
| Barking ⇄ | 05 08 | 05 14 | 05 23 | 05 38 | 05 44 | 05 53 | 06 08 | 06 14 | 06 23 | 06 38 | 06 44 | 06 53 | 07 08 | 07 14 | 07 23 | 07 38 | 07 44 | 07 53 | 08 08 | 08 14 | 08 23 | 08 38 | 08 44 | 08 53 | 09 03 | 09 08 | 09 14 | 09 23 | 09 33 | 09 38 | 09 44 | |
| Upminster ⇄ | 05 17 | 05 23 | | 05 47 | 05 53 | | 06 17 | 06 23 | | 06 47 | 06 53 | | 07 17 | 07 23 | | 07 47 | 07 53 | | 08 17 | 08 23 | | 08 47 | 08 53 | | 09 13 | 09 17 | 09 23 | | 09 43 | 09 47 | 09 53 | |
| 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 | | | | |
| Rainham | | | 05 31 | | | 06 01 | | | 06 31 | | | 07 01 | | | 07 31 | | | 08 01 | | | 08 31 | | | | 09 01 | | | 09 31 | | | | |
| Purfleet | | | 05 36 | | | 06 06 | | | 06 36 | | | 07 06 | | | 07 36 | | | 08 06 | | | 08 36 | | | | 09 06 | | | 09 36 | | | | |
| Grays | 05 30 | | 05 42 | 06 00 | | 06 12 | 06 30 | | 06 42 | 07 00 | | 07 12 | 07 30 | | 07 42 | 08 00 | | 08 12 | 08 30 | | 08 42 | 09 00 | | | 09 12 | | 09 30 | | 10 00 | | | |
| 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 58 | | | 06 28 | | | 06 58 | | | 07 28 | | | 07 58 | | | 08 28 | | | 08 58 | | | | 09 28 | | | 09 58 | | |
| Laindon | | 05 32 | | | 06 02 | | | 06 32 | | | 07 02 | | | 07 32 | | | 08 02 | | | 08 32 | | | 09 02 | | | 09 21 | | 09 32 | | 09 51 | 10 02 | |
| Basildon | | 05 36 | | | 06 06 | | | 06 36 | | | 07 06 | | | 07 36 | | | 08 06 | | | 08 36 | | | 09 06 | | | 09 24 | | 09 36 | | 09 54 | 10 06 | |
| Pitsea | 05 52 | 05 39 | | 06 22 | 06 09 | | 06 52 | 06 39 | | 07 22 | 07 09 | | 07 52 | 07 39 | | 08 22 | 08 09 | | 08 52 | 08 39 | | 09 22 | 09 09 | | | 09 24 | 09 52 | 09 39 | | 10 22 | 10 09 | |
| Benfleet | 05 56 | 05 43 | | 06 26 | 06 13 | | 06 56 | 06 43 | | 07 26 | 07 13 | | 07 56 | 07 43 | | 08 26 | 08 13 | | 08 56 | 08 43 | | 09 26 | 09 13 | | | 09 30 | 09 56 | 09 43 | | 10 00 | 10 26 | 10 13 |
| Leigh-on-Sea | 06 00 | 05 47 | | 06 30 | 06 17 | | 07 00 | 06 47 | | 07 30 | 07 17 | | 08 00 | 07 47 | | 08 30 | 08 17 | | 09 00 | 08 47 | | 09 30 | 09 17 | | | 09 34 | 10 00 | 09 47 | | 10 04 | 10 30 | 10 17 |
| Chalkwell | 06 03 | 05 50 | | 06 33 | 06 20 | | 07 03 | 06 50 | | 07 33 | 07 20 | | 08 03 | 07 50 | | 08 33 | 08 20 | | 09 03 | 08 50 | | 09 33 | 09 20 | | | 09 37 | 10 03 | 09 50 | | 10 07 | 10 33 | 10 20 |
| Westcliff | 06 05 | 05 52 | | 06 35 | 06 22 | | 07 05 | 06 52 | | 07 35 | 07 22 | | 08 05 | 07 52 | | 08 35 | 08 22 | | 09 05 | 08 52 | | 09 35 | 09 22 | | | 09 39 | 10 05 | 09 52 | | 10 09 | 10 35 | 10 22 |
| Southend Central (Arrival) | 06 07 | 05 54 | | 06 37 | 06 24 | | 07 07 | 06 54 | | 07 37 | 07 24 | | 08 07 | 07 54 | | 08 37 | 08 24 | | 09 07 | 08 54 | | 09 37 | 09 24 | | | 09 41 | 10 07 | 09 54 | | 10 11 | 10 37 | 10 24 |
| Southend Central (Depart) | 06 08 | 05 55 | | 06 38 | 06 25 | | 07 08 | 06 55 | | 07 38 | 07 25 | | 08 08 | 07 55 | | 08 38 | 08 25 | | 09 08 | 08 55 | | 09 38 | 09 25 | | | 09 42 | 10 08 | 09 55 | | 10 12 | 10 38 | 10 25 |
| Southend East | 06 10 | 05 57 | | 06 40 | 06 27 | | 07 10 | 06 57 | | 07 40 | 07 27 | | 08 10 | 07 57 | | 08 40 | 08 27 | | 09 10 | 08 57 | | 09 40 | 09 27 | | | 09 44 | 10 10 | 09 57 | | 10 14 | 10 40 | 10 27 |
| Thorpe Bay | 06 12 | 05 59 | | 06 42 | 06 29 | | 07 12 | 06 59 | | 07 42 | 07 29 | | 08 12 | 07 59 | | 08 42 | 08 29 | | 09 12 | 08 59 | | 09 42 | 09 29 | | | 09 46 | 10 12 | 09 59 | | 10 16 | 10 42 | 10 29 |
| Shoeburyness | 06 17 | 06 03 | | 06 47 | 06 33 | | 07 17 | 07 03 | | 07 47 | 07 33 | | 08 17 | 08 03 | | 08 47 | 08 33 | | 09 17 | 09 03 | | 09 47 | 09 33 | | | 09 50 | 10 17 | 10 03 | | 10 20 | 10 47 | 10 33 |

and at the same time past each hour until*

Passengers may leave highlighted stations later and arrive at their destination earlier by using an alternative service. Please check adjacent columns for these journeys.

Doors may be closed up to 30 seconds prior to the advertised departure time.

*14:15 Liverpool Street to Shoeburyness departs Stratford at 14:22. Other services may start 1 or 2 minutes after the pattern.

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

Sundays

London Fenchurch Street → Shoeburyness

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

London Fenchurch Street → Shoeburyness

Sundays

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

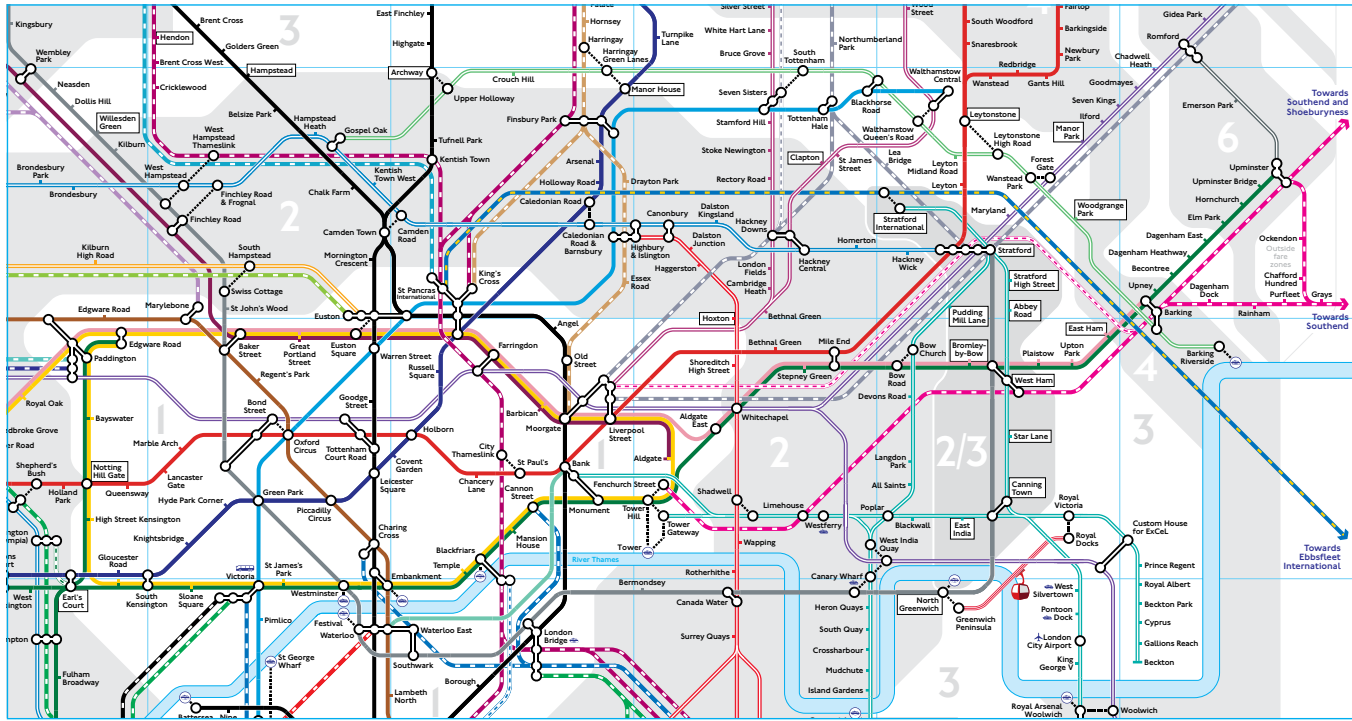
and at the same time past each hour until

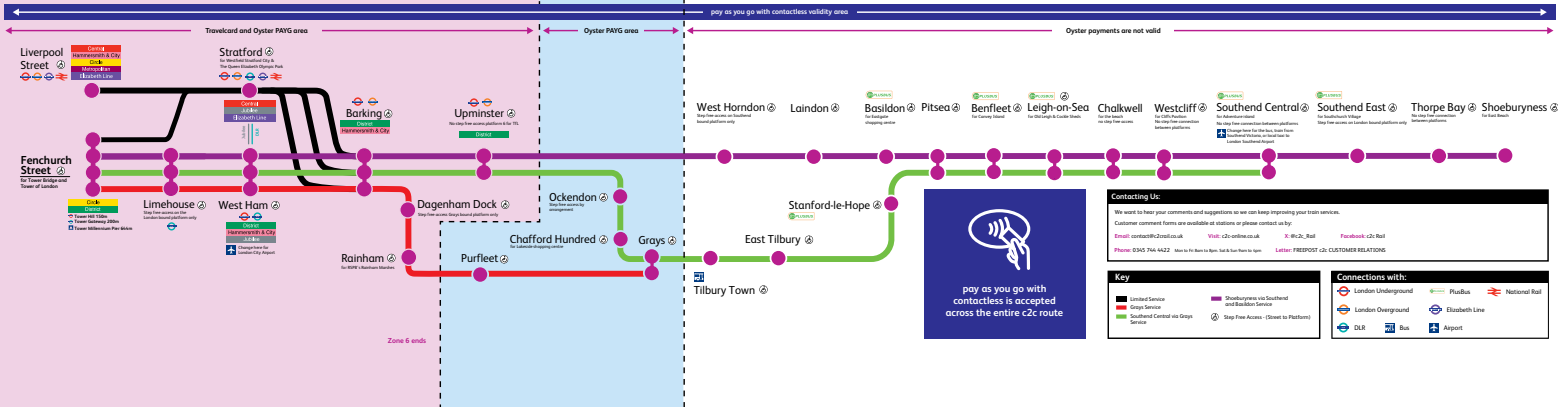
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London's Rail & Tube services

Key to lines and symbols

- Bakerloo
- Central
- Circle
- District
- Hammersmith & City
- Jubilee
- Metropolitan
- Northern
- Piccadilly
- Victoria
- Waterloo & City
- DLR
- Elizabeth line
- London Trams
- London Cable Car
- Chiltern Railways
- c2c
- East Midlands Railway
- Gatwick Express
- Great Northern
- Great Western Railway
- Greater Anglia
- Heathrow Express
- London Northwestern Railway
- Luton Airport DART
- South Western Railway
- Southeastern
- Southeastern high speed
- Southern
- Thameslink
- London Overground
- Liberty line
- Lioness line
- Mildmay line
- Suffragette line
- Weaver line
- Windrush line
- Interchange stations
- Internal interchange
- Under a 10 minute walk between stations
- Station in both fare zones
- Outside Oyster fare zones
- Contactless valid
- River services interchange
- Victoria Coach Station
- Airport
- London Cable Car





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