

London to Stratford, Ilford, Romford and Shenfield

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR	XR	XR	LE	XR	XR	XR	XR	LE	XR	LE	LE	LE	XR	XR	XR	LE	LE
	2W14 MX	2W92 MO	2W16 MX	2K68 MO A	2W18 MX	2W94 MO	2W20 MX	2W22 MX	1F66 MO B	2W02 MO	2K42 MO A	2K26 MX A	1F70 MX B	2W24 MX	2W26 MX	2W06 MO	2K44 MO A	2F18 MX B
London Liverpool Street (LST) 15 d								0001	0002	0005	0014	0015	0018	0018	0032	0034	0044	0046
Stratford (SRA) 7 d							0001	0008	0009	0012	0021	0022	0025	0025	0040	0041	0051	0053
Maryland (MYL) d							0003	0010		0014				0027	0042	0043		
Forest Gate (FOG) d							0005	0012		0016				0029	0044	0045		
Manor Park (MNP) d						0003	0008	0015		0019				0033	0046	0048		
Ilford (IFD) 2 d					0001	0006	0011	0018		0022				0036	0049	0051		
Seven Kings (SVK) d					0003	0008	0013	0020		0024				0037	0052	0053		
Goodmayes (GMY) d					0005	0010	0015	0022		0026				0039	0054	0055		
Chadwell Heath (CTH) d					0007	0012	0017	0024		0028				0041	0056	0057		
Romford (RMF) d			0001	0002	0011	0016	0021	0028		0032	0036	0032		0045	0100	0101	0105	
Gidea Park (GDP) 2 d		0002	0004		0014	0019	0024	0031		0035				0049	0102	0104		
Harold Wood (HRO) d		0005	0007		0017	0022	0027	0034		0038				0052	0105	0107		
Brentwood (BRE) d	0001	0009	0011		0021	0026	0031	0038		0042				0056	0109	0111		
Shenfield (SNF) 3 a	0007	0015	0017	0016	0027	0032	0037	0044	0033	0048	0049	0044	0047	0101	0115	0117	0119	0115

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE
	2K28 MX A	2W08	2N04 C	2W02	1K02 A	2W04	2W06	1K04 A	1N02 C	2W08	2W10	1A04 D	1K06 A	2W12	2W14	1F04 E	2W16	1K08 A
London Liverpool Street (LST) 15 d	0050	0055	0523	0524	0536	0539	0554	0555	0602	0604	0612	0616	0618	0619	0627	0632	0634	0635
Stratford (SRA) 7 d	0057	0102	0530	0531	0543	0546	0601	0602	0609	0611	0619	0623	0626	0626	0634	0639	0641	0642
Maryland (MYL) d		0104		0533		0548	0603			0613	0621			0628	0636			0643
Forest Gate (FOG) d		0106		0535		0550	0605			0615	0623			0630	0638			0645
Manor Park (MNP) d		0109		0538		0553	0608			0618	0626			0633	0641			0648
Ilford (IFD) 2 d		0112		0541		0556	0611			0621	0629			0636	0644			0651
Seven Kings (SVK) d		0114		0543		0558	0613			0623	0631			0638	0646			0653
Goodmayes (GMY) d		0116		0545		0600	0615			0625	0633			0640	0648			0655
Chadwell Heath (CTH) d		0118		0547		0602	0617			0627	0635			0642	0650			0657
Romford (RMF) d	0107	0122	0538	0551		0606	0621			0631	0639			0646	0654			0701
Gidea Park (GDP) 2 d		0125		0554		0609	0624			0634	0642			0649	0657			0704
Harold Wood (HRO) d		0128		0557		0612	0627			0637	0645			0652	0700			0707
Brentwood (BRE) d		0132		0601		0616	0631			0641	0649			0656	0704			0711
Shenfield (SNF) 3 a	0120	0138	0547	0607	0601	0622	0637	0618	0624	0647	0655	0639	0641	0702	0711	0655	0717	0657

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR
	2W18	1F06 F	2W20	1K10 A	2W22	1Y06 G	2W24	1K12 A	2W26	1N06 C	2W28	2W30	1K14 A	2W32	1F08 E	2W34	1F10 F	2W36
London Liverpool Street (LST) 15 d	0642	0648	0649	0650	0657	0702	0704	0705	0712	0716	0719	0727	0732	0734	0736	0742	0746	0748
Stratford (SRA) 7 d	0649	0655	0656	0657	0704	0709	0711	0712	0719	0724	0726	0734	0742	0741	0745	0749	0754	0755
Maryland (MYL) d	0651		0658		0706		0713		0721	0728	0736		0743		0751			0757
Forest Gate (FOG) d	0653		0700		0708		0715		0723	0730	0738		0745		0753			0759
Manor Park (MNP) d	0656		0703		0711		0718		0726	0733	0741		0748		0756			0802
Ilford (IFD) 2 d	0659		0706		0714		0721		0729	0736	0744		0751		0759			0805
Seven Kings (SVK) d	0701		0708		0716		0723		0731	0738	0746		0753		0801			0807
Goodmayes (GMY) d	0703		0710		0718		0725		0733	0740	0748		0755		0803			0809
Chadwell Heath (CTH) d	0705		0712		0720		0727		0735	0742	0750		0757		0805			0811
Romford (RMF) d	0709		0716		0724		0731		0739	0746	0754		0801		0809			0815
Gidea Park (GDP) 2 d	0712		0719		0727		0734		0742	0749	0757		0804		0812			0818
Harold Wood (HRO) d	0715		0722		0730		0737		0745	0752	0800		0807		0815			0821
Brentwood (BRE) d	0719		0726		0734		0741		0749	0756	0804		0811		0819			0825
Shenfield (SNF) 3 a	0725	0710	0732	0713	0740	0724	0748	0727	0755	0739	0802	0810	0757	0817	0801	0825	0810	0831

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

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 005
- B To Colchester, see table 006
- C To Clacton-on-Sea, see table 006
- D To Harwich Town, see table 006
- E To Colchester Town, see table 006
- F To Braintree, see table 006
- G To Ipswich, see table 006
- MO Mondays only
- MX Not Mondays

London to Stratford, Ilford, Romford and Shenfield

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR 2W38	LE 1K16 A	XR 2W40	XR 2W42	LE 1Y08 G	XR 2W44	LE 1K18 A	LE 1N12 C	XR 2W46	XR 2W48	XR 2W50	LE 1K20 A	XR 2W52	LE 1F14 E	XR 2W54	LE 1F16 F	XR 2W56	XR 2W58
London Liverpool Street (LST)  15 d	0754	0757	0800	0806	0806	0812	0813	0816	0818	0824	0829	0832	0835	0836	0840	0848	0848	0854
Stratford (SRA)  7 d	0801	0805	0807	0813	0814	0819	0821	0824	0825	0831	0837	0842	0842	0845	0848	0855	0855	0901
Maryland (MYL)	d	0803	0809	0815		0821			0827	0833	0839		0844		0850		0857	0903
Forest Gate (FOG)	d	0805	0811	0817		0823			0829	0835	0841		0846		0852		0859	0905
Manor Park (MNP)	d	0808	0814	0820		0826			0832	0838	0844		0849		0855		0902	0908
Ilford (IFD) 2 d	0811	0817	0823			0829			0835	0841	0847		0852		0858		0905	0911
Seven Kings (SVK)	d	0813	0819	0825		0831			0837	0843	0849		0854		0900		0907	0913
Goodmayes (GMY)	d	0815	0821	0827		0833			0839	0845	0851		0856		0902		0909	0915
Chadwell Heath (CTH)	d	0817	0823	0829		0835			0841	0847	0853		0858		0904		0911	0917
Romford (RMF)	d	0821	0827	0833		0839			0845	0851	0857		0902		0908		0915	0921
Gidea Park (GDP) 2 d	0824	0830	0836			0842			0848	0854	0900		0905		0911		0918	0924
Harold Wood (HRO)	d	0827	0833	0839		0845			0851	0857	0903		0908		0914		0921	0927
Brentwood (BRE)	d	0831	0837	0843		0849			0855	0901	0907		0912		0918		0925	0931
Shenfield (SNF) 3 a	0837	0821	0843	0849	0830	0855	0837	0840	0901	0907	0912	0858	0918	0902	0923	0911	0931	0937

Operator Train ID Days of operation/Notes	LE 1K22 A	XR 2W60	LE 1Y10 G	XR 2W62	XR 2W64	LE 1K24 A	LE 1N16 C	XR 2W66	XR 2W68	XR 2W70	LE 1K26 A	XR 2W72	LE 2F30 E	XR 2W74	LE 1F18 F	XR 2W76	LE 1K28 A	XR 2W78
London Liverpool Street (LST)  15 d	0855	0900	0902	0906	0912	0913	0918	0918	0924	0930	0933	0936	0938	0942	0948	0948	0955	0957
Stratford (SRA)  7 d	0902	0907	0909	0913	0919	0921	0925	0925	0931	0937	0942	0943	0945	0949	0955	0956	1002	1004
Maryland (MYL)	d	0909		0915	0921			0927	0933	0939		0945		0951		0958		1006
Forest Gate (FOG)	d	0911		0917	0923			0929	0935	0941		0947		0953		1000		1008
Manor Park (MNP)	d	0914		0920	0926			0932	0938	0944		0950		0956		1003		1011
Ilford (IFD) 2 d	0917		0923	0929				0935	0941	0947		0953		0959		1005		1014
Seven Kings (SVK)	d	0919		0925	0931			0937	0943	0949		0955		1001		1008		1016
Goodmayes (GMY)	d	0921		0927	0933			0939	0945	0951		0957		1003		1010		1018
Chadwell Heath (CTH)	d	0923		0929	0935			0941	0947	0953		0959		1005		1012		1020
Romford (RMF)	d	0927		0933	0939			0945	0951	0957		1003	0953	1009		1016		1024
Gidea Park (GDP) 2 d	0930		0936	0942				0948	0954	1000		1006		1012		1019		1027
Harold Wood (HRO)	d	0933		0939	0945			0951	0957	1003		1009		1015		1022		1030
Brentwood (BRE)	d	0937		0943	0949			0955	1001	1007		1013		1019		1026		1034
Shenfield (SNF) 3 a	0917	0943	0924	0949	0955	0938	0940	1001	1007	1013	0957	1019	1002	1025	1010	1031	1019	1040






Operator Train ID Days of operation/Notes	LE 1Y12 G	XR 2W80	XR 2W82	LE 2K30 A	LE 1N18 C	XR 2W84	XR 2W86	LE 1K32 A	XR 2W88	LE 2F36 E	XR 2W90	LE 1F20 F	XR 2W92	LE 1K34 A	XR 2W94	LE 1Y14 G	XR 2W96	XR 2W98
London Liverpool Street (LST)  15 d	1002	1004	1012	1013	1018	1019	1027	1033	1034	1036	1042	1047	1049	1055	1057	1102	1104	1112
Stratford (SRA)  7 d	1009	1011	1019	1020	1025	1026	1034	1040	1041	1043	1049	1054	1056	1104	1104	1109	1111	1119
Maryland (MYL)	d	1013	1021			1028	1036		1043		1051		1058		1106		1113	1121
Forest Gate (FOG)	d	1015	1023			1030	1038		1045		1053		1100		1108		1115	1123
Manor Park (MNP)	d	1018	1026			1033	1041		1048		1056		1103		1111		1118	1126
Ilford (IFD) 2 d	1021	1029				1036	1043		1051		1059		1106		1114		1120	1129
Seven Kings (SVK)	d	1023	1031			1038	1046		1053		1101		1108		1116		1123	1131
Goodmayes (GMY)	d	1025	1033			1040	1048		1055		1103		1110		1118		1125	1133
Chadwell Heath (CTH)	d	1027	1035			1042	1050		1057		1105		1112		1120		1127	1135
Romford (RMF)	d	1031	1039	1028		1046	1054		1101	1051	1109		1116		1124		1131	1139
Gidea Park (GDP) 2 d	1034	1042				1049	1057		1104		1112		1119		1127		1134	1142
Harold Wood (HRO)	d	1037	1045			1052	1100		1107		1115		1122		1130		1137	1145
Brentwood (BRE)	d	1041	1049			1056	1104		1111		1119		1126		1134		1141	1149
Shenfield (SNF) 3 a	1024	1047	1055	1037	1040	1102	1110	1056	1117	1100	1125	1109	1132	1119	1140	1124	1147	1155






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






- a Arrival time
- d Departure time
- A To Southend Victoria, see table 005
- C To Clacton-on-Sea, see table 006
- E To Colchester Town, see table 006
- F To Braintree, see table 006
- G To Ipswich, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR
	2K36 A	1N20 C	2W02	2W04	1K38 A	2W06	2F42 E	2W08	1F22 F	2W10	1K40 A	2W12	1Y16 G	2W14	2W16	2K42 A	1N22 C	2W18
London Liverpool Street (LST)  d	1113	1118	1119	1127	1133	1134	1136	1142	1147	1149	1155	1157	1202	1204	1212	1215	1218	1219
Stratford (SRA)  d	1120	1125	1126	1134	1140	1141	1143	1149	1155	1156	1203	1204	1209	1211	1219	1222	1225	1226
Maryland (MYL) d			1128	1136		1143		1151		1158		1206		1213	1221			1228
Forest Gate (FOG) d			1130	1138		1145		1153		1200		1208		1215	1223			1230
Manor Park (MNP) d			1133	1141		1148		1156		1203		1211		1218	1226			1233
Ilford (IFD)  d			1136	1144		1151		1159		1206		1214		1221	1229			1235
Seven Kings (SVK) d			1138	1146		1153		1201		1208		1216		1223	1231			1238
Goodmayes (GMY) d			1140	1148		1155		1203		1210		1218		1225	1233			1240
Chadwell Heath (CTH) d			1142	1150		1157		1205		1212		1220		1227	1235			1242
Romford (RMF) d	1129		1146	1154		1201	1151	1209		1216		1224		1231	1239	1230		1246
Gidea Park (GDP)  d			1149	1157		1204		1212		1219		1227		1234	1242			1249
Harold Wood (HRO) d			1152	1200		1207		1215		1222		1230		1237	1245			1252
Brentwood (BRE) d			1156	1204		1211		1219		1226		1234		1241	1249			1256
Shenfield (SNF)  a	1139	1141	1202	1210	1156	1217	1200	1225	1211	1232	1218	1240	1224	1247	1255	1239	1241	1302

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR
	2W20	1K44 A	2W22	2F48 E	2W24	1F24 F	2W26	1K46 A	2W28	1Y18 G	2W30	2W32	2K48 A	1N24 C	2W34	2W36	1K50 A	2W38
London Liverpool Street (LST)  d	1227	1233	1234	1236	1242	1247	1249	1255	1257	1302	1304	1312	1315	1318	1319	1327	1333	1334
Stratford (SRA)  d	1234	1240	1241	1243	1249	1254	1256	1302	1304	1309	1311	1319	1322	1326	1326	1334	1340	1341
Maryland (MYL) d	1236		1243		1251		1258		1306		1313	1321			1328	1336		1343
Forest Gate (FOG) d	1238		1245		1253		1300		1308		1315	1323			1330	1338		1345
Manor Park (MNP) d	1241		1248		1256		1303		1311		1318	1326			1333	1341		1348
Ilford (IFD)  d	1244		1251		1259		1305		1314		1321	1329			1335	1344		1350
Seven Kings (SVK) d	1246		1253		1301		1308		1316		1323	1331			1338	1346		1353
Goodmayes (GMY) d	1248		1255		1303		1310		1318		1325	1333			1340	1348		1355
Chadwell Heath (CTH) d	1250		1257		1305		1312		1320		1327	1335			1342	1350		1357
Romford (RMF) d	1254		1301	1251	1309		1316		1324		1331	1339	1330		1346	1354		1401
Gidea Park (GDP)  d	1257		1304		1312		1319		1327		1334	1342			1349	1357		1404
Harold Wood (HRO) d	1300		1307		1315		1322		1330		1337	1345			1352	1400		1407
Brentwood (BRE) d	1304		1311		1319		1326		1334		1341	1349			1356	1404		1411
Shenfield (SNF)  a	1310	1256	1317	1300	1325	1311	1332	1318	1340	1324	1347	1355	1339	1341	1402	1410	1356	1417

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE
	2F54 E	2W40	1F26 F	2W42	1K52 A	2W44	1Y20 G	2W46	2W48	2K54 A	1N26 C	2W50	2W52	1K56 A	2W54	2F60 E	2W56	1F28 F
London Liverpool Street (LST)  d	1336	1342	1347	1349	1355	1357	1402	1404	1412	1414	1418	1419	1427	1433	1434	1436	1442	1447
Stratford (SRA)  d	1343	1349	1354	1356	1402	1404	1409	1411	1419	1421	1425	1426	1434	1441	1441	1443	1449	1454
Maryland (MYL) d		1351		1358		1406		1413	1421			1428	1436		1443		1451	
Forest Gate (FOG) d		1353		1400		1408		1415	1423			1430	1438		1445		1453	
Manor Park (MNP) d		1356		1403		1411		1418	1426			1433	1441		1448		1456	
Ilford (IFD)  d		1358		1406		1414		1421	1429			1436	1444		1451		1459	
Seven Kings (SVK) d		1401		1408		1416		1423	1431			1438	1446		1453		1501	
Goodmayes (GMY) d		1403		1410		1418		1425	1433			1440	1448		1455		1503	
Chadwell Heath (CTH) d		1405		1412		1420		1427	1435			1442	1450		1457		1505	
Romford (RMF) d	1351	1409		1416		1424		1431	1439	1429		1446	1454		1501	1452	1509	
Gidea Park (GDP)  d		1412		1419		1427		1434	1442			1449	1457		1504		1512	
Harold Wood (HRO) d		1415		1422		1430		1437	1445			1452	1500		1507		1515	
Brentwood (BRE) d		1419		1426		1434		1441	1449			1456	1504		1511		1519	
Shenfield (SNF)  a	1400	1425	1410	1432	1418	1440	1424	1447	1455	1438	1440	1502	1510	1456	1517	1501	1525	1510

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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
C To Clacton-on-Sea, see table 006  
E To Colchester Town, see table 006  
F To Braintree, see table 006  
G To Ipswich, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	XR 2W58	LE 1K58 A	XR 2W60	LE 1Y22 G	XR 2W62	XR 2W64	LE 2K60 A	LE 1N28 C	XR 2W66	XR 2W68	LE 1K62 A	XR 2W70	LE 2F68 E	XR 2W72	LE 1F30 F	XR 2W74	XR 2W76	LE 1K64 A
London Liverpool Street (LST) 15 d	1449	1455	1457	1502	1504	1512	1514	1518	1519	1527	1533	1534	1536	1542	1547	1548	1554	1555
Stratford (SRA) 7 d	1456	1502	1504	1509	1511	1519	1521	1525	1526	1534	1540	1541	1543	1549	1554	1555	1601	1602
Maryland (MYL)	d	1458	1506		1513	1521			1528	1536		1543		1551		1557	1603	
Forest Gate (FOG)	d	1500	1508		1515	1523			1530	1538		1545		1553		1559	1605	
Manor Park (MNP)	d	1503	1511		1518	1526			1533	1541		1548		1556		1602	1608	
Ilford (IFD) 2 d	1506	1514		1521	1529				1536	1543		1551		1559		1605	1611	
Seven Kings (SVK)	d	1508	1516		1523	1531			1538	1546		1553		1601		1607	1613	
Goodmayes (GMY)	d	1510	1518		1525	1533			1540	1548		1555		1603		1609	1615	
Chadwell Heath (CTH)	d	1512	1520		1527	1535			1542	1550		1557		1605		1611	1617	
Romford (RMF)	d	1516	1524		1531	1539	1529		1546	1554		1601	1551	1609		1615	1621	
Gidea Park (GDP) 2 d	1519	1527		1534	1542				1549	1557		1604		1612		1618	1624	
Harold Wood (HRO)	d	1522	1530		1537	1545			1552	1600		1607		1615		1621	1627	
Brentwood (BRE)	d	1526	1534		1541	1549			1556	1604		1611		1619		1625	1631	
Shenfield (SNF) 3 a	1532	1517	1541	1524	1547	1555	1538	1540	1602	1611	1555	1617	1600	1625	1610	1631	1637	1617

Operator Train ID Days of operation/Notes	XR 2W78	LE 1Y24 G	XR 2W80	XR 2W82	LE 1K66 A	LE 1N38 C	XR 2W84	XR 2W86	XR 2W88	LE 1F34 F	XR 2W90	LE 1K70 A	XR 2W92	LE 1N40 C	XR 2W94	LE 1K72 A	XR 2W96	XR 2W98
London Liverpool Street (LST) 15 d	1600	1602	1606	1612	1612	1615	1618	1624	1630	1634	1636	1637	1640	1642	1648	1652	1654	1700
Stratford (SRA) 7 d	1607	1609	1613	1619	1620	1623	1625	1631	1637	1642	1643	1646	1649	1650	1655	1701	1701	1707
Maryland (MYL)	d	1609	1615	1621			1627	1633	1639		1645		1651		1657		1703	1709
Forest Gate (FOG)	d	1611	1617	1623			1629	1635	1641		1647		1653		1659		1705	1711
Manor Park (MNP)	d	1614	1620	1626			1632	1638	1644		1650		1656		1702		1708	1714
Ilford (IFD) 2 d	1617	1623	1629				1635	1641	1647		1653		1659		1705		1711	1717
Seven Kings (SVK)	d	1619	1625	1631			1637	1643	1649		1655		1701		1707		1713	1719
Goodmayes (GMY)	d	1621	1627	1633			1639	1645	1651		1657		1703		1709		1715	1721
Chadwell Heath (CTH)	d	1623	1629	1635			1641	1647	1653		1659		1705		1711		1717	1723
Romford (RMF)	d	1627	1633	1639			1645	1651	1657		1703		1709		1715		1721	1727
Gidea Park (GDP) 2 d	1630	1636	1642				1648	1654	1700		1706		1712		1718		1724	1730
Harold Wood (HRO)	d	1633	1639	1645			1651	1657	1703		1709		1715		1721		1727	1733
Brentwood (BRE)	d	1637	1643	1649			1655	1701	1707		1713		1719		1725		1731	1737
Shenfield (SNF) 3 a	1645	1625	1651	1657	1636	1639	1703	1709	1715	1658	1721	1702	1725	1706	1733	1717	1739	1745

Operator Train ID Days of operation/Notes	XR 2W02	LE 1K76 A	XR 2W04	LE 1N44 C	XR 2W06	XR 2W08	LE 1F42 F	LE 1K78 A	XR 2W10	XR 2W12	LE 1F44 E	XR 2W14	LE 1K80 A	XR 2W16	XR 2W18	XR 2W20	LE 1F46 H	LE 1K86 A
London Liverpool Street (LST) 15 d	1705	1707	1710	1712	1715	1720	1720	1722	1725	1730	1732	1735	1737	1740	1745	1750	1752	1754
Stratford (SRA) 7 d	1712	1716	1717	1720	1722	1727	1728	1731	1732	1737		1742	1746	1747	1752	1757	1800	1803
Maryland (MYL)	d	1714	1719		1724	1729			1734	1739		1744		1749	1754	1759		
Forest Gate (FOG)	d	1716	1721		1726	1731			1736	1741		1746		1751	1756	1801		
Manor Park (MNP)	d	1719	1724		1729	1734			1739	1744		1749		1754	1759	1804		
Ilford (IFD) 2 d	1722	1727	1732	1737					1742	1747		1752		1757	1802	1807		
Seven Kings (SVK)	d	1724	1729	1734	1739				1744	1749		1754		1759	1804	1809		
Goodmayes (GMY)	d	1726	1731	1736	1741				1746	1751		1756		1801	1806	1811		
Chadwell Heath (CTH)	d	1728	1733	1738	1743				1748	1753		1758		1803	1808	1813		
Romford (RMF)	d	1732	1737	1742	1747				1752	1757		1802		1807	1812	1817		
Gidea Park (GDP) 2 d	1735	1740	1745	1750					1755	1800		1805		1810	1815	1820		
Harold Wood (HRO)	d	1738	1743	1748	1753				1758	1803		1808		1813	1818	1823		
Brentwood (BRE)	d	1742	1747	1752	1757				1802	1807		1812		1817	1822	1827		
Shenfield (SNF) 3 a	1750	1732	1755	1735	1800	1805	1744	1747	1810	1815	1754	1820	1802	1825	1830	1835	1816	1819

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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
C To Clacton-on-Sea, see table 006  
E To Colchester Town, see table 006  
F To Braintree, see table 006  
G To Ipswich, see table 006  
H To Witham, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	XR 2W22	XR 2W24	XR 2W26	LE 1F48 F	LE 1K90 A	XR 2W28	LE 1N50 C	XR 2W30	XR 2W32	LE 1K92 A	XR 2W34	XR 2W36	LE 1F52 E	XR 2W38	LE 1K94 A	XR 2W40	LE 1A94 J	XR 2W42
London Liverpool Street (LST) 15 d	1755	1800	1805	1805	1807	1810	1812	1815	1820	1822	1825	1830	1832	1836	1837	1842	1845	1848
Stratford (SRA) 7 d	1802	1807	1812	1813	1816	1817	1820	1822	1827	1830	1832	1837		1843	1845	1849	1853	1855
Maryland (MYL) d	1804	1809	1814			1819		1824	1829		1834	1839		1845		1851		1857
Forest Gate (FOG) d	1806	1811	1816			1821		1826	1831		1836	1841		1847		1853		1859
Manor Park (MNP) d	1809	1814	1819			1824		1829	1834		1839	1844		1850		1856		1902
Ilford (IFD) 2 d	1812	1817	1822			1827		1832	1837		1842	1847		1853		1859		1905
Seven Kings (SVK) d	1814	1819	1824			1829		1834	1839		1844	1849		1855		1901		1907
Goodmayes (GMY) d	1816	1821	1826			1831		1836	1841		1846	1851		1857		1903		1909
Chadwell Heath (CTH) d	1818	1823	1828			1833		1838	1843		1848	1853		1859		1905		1911
Romford (RMF) d	1822	1827	1832			1837		1842	1847		1852	1857		1903		1909		1915
Gidea Park (GDP) 2 d	1825	1830	1835			1840		1845	1850		1855	1900		1906		1912		1918
Harold Wood (HRO) d	1828	1833	1838			1843		1848	1853		1858	1903		1909		1915		1921
Brentwood (BRE) d	1832	1837	1842			1847		1852	1857		1902	1907		1913		1919		1925
Shenfield (SNF) 3 a	1840	1845	1850	1829	1832	1855	1836	1900	1905	1846	1910	1915	1854	1921	1901	1927	1909	1933

Operator Train ID Days of operation/Notes	LE 1K98 A	XR 2W44	XR 2W46	XR 2W48	LE 1Y38 G	XR 2W50	LE 1K00 A	LE 1N56 C	XR 2W52	XR 2W54	LE 1K02 A	XR 2W56	LE 1F54 E	XR 2W58	LE 1F56 F	XR 2W60	LE 1K04 A	XR 2W62
London Liverpool Street (LST) 15 d	1852	1854	1900	1906	1908	1912	1914	1918	1919	1927	1934	1934	1937	1942	1948	1949	1955	1957
Stratford (SRA) 7 d	1859	1901	1907	1913	1915	1919	1921	1925	1926	1934	1941	1941	1944	1949	1955	1956	2003	2004
Maryland (MYL) d		1903	1909	1915		1921			1928	1936		1943		1951		1958		2006
Forest Gate (FOG) d		1905	1911	1917		1923			1930	1938		1945		1953		2000		2008
Manor Park (MNP) d		1908	1914	1920		1926			1933	1941		1948		1956		2003		2011
Ilford (IFD) 2 d		1911	1917	1923		1929			1936	1944		1951		1959		2005		2014
Seven Kings (SVK) d		1913	1919	1925		1931			1938	1946		1953		2001		2008		2016
Goodmayes (GMY) d		1915	1921	1927		1933			1940	1948		1955		2003		2010		2018
Chadwell Heath (CTH) d		1917	1923	1929		1935			1942	1950		1957		2005		2012		2020
Romford (RMF) d		1921	1927	1933		1939			1946	1954		2001		2009		2016		2024
Gidea Park (GDP) 2 d		1924	1930	1936		1942			1949	1957		2004		2012		2019		2027
Harold Wood (HRO) d		1927	1933	1939		1945			1952	2000		2007		2015		2022		2030
Brentwood (BRE) d		1931	1937	1943		1949			1956	2004		2011		2019		2026		2034
Shenfield (SNF) 3 a	1915	1939	1943	1949	1931	1955	1938	1940	2002	2010	1957	2017	1959	2025	2010	2032	2019	2040

Operator Train ID Days of operation/Notes	LE 1Y40 G	XR 2W64	XR 2W66	LE 2K06 A	LE 1N58 C	XR 2W68	XR 2W70	XR 2W72	LE 2K08 A	LE 1F02 E	XR 2W74	LE 1F58 F	XR 2W76	LE 1K10 A	XR 2W78	LE 1A98 J	XR 2W80	XR 2W82
London Liverpool Street (LST) 15 d	2002	2004	2012	2013	2018	2019	2027	2034	2035	2038	2042	2048	2049	2055	2057	2102	2104	2112
Stratford (SRA) 7 d	2009	2011	2019	2020	2025	2026	2034	2041	2042	2045	2049	2055	2056	2102	2104	2109	2111	2119
Maryland (MYL) d		2013	2021			2028	2036	2043			2051		2058		2106		2113	2121
Forest Gate (FOG) d		2015	2023			2030	2038	2045			2053		2100		2108		2115	2123
Manor Park (MNP) d		2018	2026			2033	2041	2048			2056		2103		2111		2118	2126
Ilford (IFD) 2 d		2021	2029			2036	2044	2051			2059		2106		2113		2121	2129
Seven Kings (SVK) d		2023	2031			2038	2046	2053			2101		2108		2116		2123	2131
Goodmayes (GMY) d		2025	2033			2040	2048	2055			2103		2110		2118		2125	2133
Chadwell Heath (CTH) d		2027	2035			2042	2050	2057			2105		2112		2120		2127	2135
Romford (RMF) d		2031	2039	2028		2046	2054	2101	2050		2109		2116		2124		2131	2139
Gidea Park (GDP) 2 d		2034	2042			2049	2057	2104			2112		2119		2127		2134	2142
Harold Wood (HRO) d		2037	2045			2052	2100	2107			2115		2122		2130		2137	2145
Brentwood (BRE) d		2041	2049			2056	2104	2111			2119		2126		2134		2141	2149
Shenfield (SNF) 3 a	2025	2047	2055	2037	2040	2102	2110	2117	2059	2101	2125	2110	2132	2117	2140	2124	2147	2155






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






- a Arrival time  
d Departure time






- A To Southend Victoria, see table 005  
C To Clacton-on-Sea, see table 006  
E To Colchester Town, see table 006  
F To Braintree, see table 006  
G To Ipswich, see table 006  
J To Harwich International, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	LE	XR	XR	XR	LE	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR
	2K12 A	1N60 C	2W84	2W86	2W88	1K14 A	2F30 E	2W90	1F60 F	2W92	1K16 A	2W94	1F62 B	2W96	2K18 A	2W98	1N62 C	2W02
London Liverpool Street (LST)  d	2114	2118	2119	2127	2134	2135	2138	2142	2148	2149	2155	2157	2202	2204	2212	2214	2218	2224
Stratford (SRA)  d	2121	2125	2126	2134	2141	2142	2145	2149	2155	2156	2202	2204	2209	2211	2220	2221	2225	2231
Maryland (MYL) d			2128	2136	2143			2151		2158		2206		2213		2223		2233
Forest Gate (FOG) d			2130	2138	2145			2153		2200		2208		2215		2225		2235
Manor Park (MNP) d			2133	2141	2148			2156		2203		2211		2218		2228		2238
Ilford (IFD)  d			2136	2144	2150			2159		2206		2214		2221		2231		2241
Seven Kings (SVK) d			2138	2146	2153			2201		2208		2216		2223		2233		2243
Goodmayes (GMY) d			2140	2148	2155			2203		2210		2218		2225		2235		2245
Chadwell Heath (CTH) d			2142	2150	2157			2205		2212		2220		2227		2237		2247
Romford (RMF) d	2129		2146	2154	2201		2153	2209		2216		2224		2231	2228	2241		2251
Gidea Park (GDP)  d			2149	2157	2204			2212		2219		2227		2234		2244		2254
Harold Wood (HRO) d			2152	2200	2207			2215		2222		2230		2237		2247		2257
Brentwood (BRE) d			2156	2204	2211			2219		2226		2234		2241		2251		2301
Shenfield (SNF)  a	2138	2140	2202	2210	2217	2157	2202	2225	2210	2232	2217	2240	2224	2247	2237	2257	2240	2308

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	XR	LE	LE	XR	XR	LE
	2W04	1F64 B	2W06	1K20 A	2W08	1Y46 G	2W10	2W12	1K22 A	1N66 C	2W14	2W16	2W18	1K24 A	1F68 B	2W20	2W22 TSM A	2K26 TSM A
London Liverpool Street (LST)  d	2234	2238	2244	2245	2254	2302	2304	2313	2315	2318	2324	2334	2344	2345	2348	2354	0001	0015
Stratford (SRA)  d	2241	2245	2251	2252	2301	2309	2311	2321	2322	2325	2331	2341	2351	2352	2355	0001	0008	0022
Maryland (MYL) d	2243		2253		2303		2313	2323			2333	2343	2353			0003	0010	
Forest Gate (FOG) d	2245		2255		2305		2315	2325			2335	2345	2355			0005	0012	
Manor Park (MNP) d	2248		2258		2308		2318	2328			2338	2348	2358			0008	0015	
Ilford (IFD)  d	2251		2301		2311		2321	2331			2341	2351	0001			0011	0018	
Seven Kings (SVK) d	2253		2303		2313		2323	2333			2343	2353	0003			0013	0020	
Goodmayes (GMY) d	2255		2305		2315		2325	2335			2345	2355	0005			0015	0022	
Chadwell Heath (CTH) d	2257		2307		2317		2327	2337			2347	2357	0007			0017	0024	
Romford (RMF) d	2301		2311		2321		2331	2341			2351	0001	0011			0021	0028	0032
Gidea Park (GDP)  d	2304		2314		2324		2334	2344			2354	0004	0014			0024	0031	
Harold Wood (HRO) d	2307		2317		2327		2337	2347			2357	0007	0017			0027	0034	
Brentwood (BRE) d	2311		2321		2331		2341	2351			0001	0011	0021			0031	0038	
Shenfield (SNF)  a	2317	2300	2327	2307	2337	2325	2347	2356	2338	2340	0007	0017	0027	0008	0010	0037	0044	0044

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	LE	XR
	1F70 TSM B	2W24 TSM	2W26 TSM	2F18 TSM B	2K28 TSM A	2W28 TSM
London Liverpool Street (LST)  d	0018	0018	0032	0046	0050	0055
Stratford (SRA)  d	0025	0025	0040	0053	0057	0102
Maryland (MYL) d		0027	0042			0104
Forest Gate (FOG) d		0029	0044			0106
Manor Park (MNP) d		0033	0046			0109
Ilford (IFD)  d		0036	0049			0112
Seven Kings (SVK) d		0037	0052			0114
Goodmayes (GMY) d		0039	0054			0116
Chadwell Heath (CTH) d		0041	0056			0118
Romford (RMF) d		0045	0100		0107	0122
Gidea Park (GDP)  d		0049	0102			0125
Harold Wood (HRO) d		0052	0105			0128
Brentwood (BRE) d		0056	0109			0132
Shenfield (SNF)  a	0047	0101	0115	0115	0120	0138

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

a Arrival time  
d Departure time

A To Southend Victoria, see table 005  
B To Colchester, see table 006  
C To Clacton-on-Sea, see table 006  
E To Colchester Town, see table 006  
F To Braintree, see table 006  
G To Ipswich, see table 006

TSM Tuesday to Saturday mornings

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	XR	XR	XR	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE
	2W14	2W16	2W18	2W20	2W22	2K26 A	1F70 B	2W24	2W26	2F18 B	2K28 A	2W28	2W04	2Y02 C	1K02 A	2W06	2W08	1Y04 C
London Liverpool Street (LST) 15 d					0001	0015	0018	0018	0032	0046	0050	0055	0524	0534	0536	0539	0554	0602
Stratford (SRA) 7 d				0001	0008	0022	0025	0025	0040	0053	0057	0102	0531	0541	0544	0546	0601	0609
Maryland (MYL) d				0003	0010			0027	0042			0104	0533			0548	0603	
Forest Gate (FOG) d				0005	0012			0029	0044			0106	0535			0550	0605	
Manor Park (MNP) d				0008	0015			0033	0046			0109	0538			0553	0608	
Ilford (IFD) 2 d			0001	0011	0018			0036	0049			0112	0541			0556	0611	
Seven Kings (SVK) d			0003	0013	0020			0037	0052			0114	0543			0558	0613	
Goodmayes (GMY) d			0005	0015	0022			0039	0054			0116	0545			0600	0615	
Chadwell Heath (CTH) d			0007	0017	0024			0041	0056			0118	0547			0602	0617	
Romford (RMF) d		0001	0011	0021	0028	0033		0045	0100		0108	0122	0551	0549		0606	0621	
Gidea Park (GDP) 2 d		0004	0014	0024	0031			0049	0102			0125	0554			0609	0624	
Harold Wood (HRO) d		0007	0017	0027	0034			0052	0105			0128	0557			0612	0627	
Brentwood (BRE) d	0001	0011	0021	0031	0038			0056	0109			0132	0601			0616	0631	
Shenfield (SNF) 3 a	0007	0017	0027	0037	0044	0045	0047	0101	0115	0115	0120	0138	0607	0558	0601	0622	0637	0624

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	
	2W10	1K06 A	2W12	1N02 D	2W14	2W16	1K08 A	2W18	2A06 E	2W20	1F06 F	2W22	1K10 A	2W24	1Y06 C	2W26	2W28	2K12 A
London Liverpool Street (LST) 15 d	0604	0605	0612	0618	0619	0627	0633	0634	0636	0642	0647	0649	0655	0657	0702	0704	0712	0715
Stratford (SRA) 7 d	0611	0612	0619	0625	0626	0634	0640	0641	0643	0649	0654	0656	0702	0704	0709	0711	0719	0722
Maryland (MYL) d	0613		0621		0628	0636		0643		0651		0658		0706		0713	0721	
Forest Gate (FOG) d	0615		0623		0630	0638		0645		0653		0700		0708		0715	0723	
Manor Park (MNP) d	0618		0626		0633	0641		0648		0656		0703		0711		0718	0726	
Ilford (IFD) 2 d	0621		0629		0636	0644		0651		0658		0706		0714		0721	0729	
Seven Kings (SVK) d	0623		0631		0638	0646		0653		0701		0708		0716		0723	0731	
Goodmayes (GMY) d	0625		0633		0640	0648		0655		0703		0710		0718		0725	0733	
Chadwell Heath (CTH) d	0627		0635		0642	0650		0657		0705		0712		0720		0727	0735	
Romford (RMF) d	0631		0639		0646	0654		0701	0651	0709		0716		0724		0731	0739	0730
Gidea Park (GDP) 2 d	0634		0642		0649	0657		0704		0712		0719		0727		0734	0742	
Harold Wood (HRO) d	0637		0645		0652	0700		0707		0715		0722		0730		0737	0745	
Brentwood (BRE) d	0641		0649		0656	0704		0711		0719		0726		0734		0741	0749	
Shenfield (SNF) 3 a	0647	0627	0655	0641	0702	0710	0656	0717	0700	0725	0710	0732	0717	0740	0724	0747	0755	0739

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR
	1N06 D	2W30	2W32	1K14 A	2W34	2F16 G	2W36	1F10 F	2W38	1K16 A	2W40	1Y08 C	2W42	2W44	2K18 A	1N12 D	2W46	2W48
London Liverpool Street (LST) 15 d	0718	0719	0727	0733	0734	0736	0742	0747	0749	0755	0757	0802	0804	0812	0815	0818	0819	0827
Stratford (SRA) 7 d	0725	0726	0734	0740	0741	0743	0749	0754	0756	0802	0804	0809	0811	0819	0822	0825	0826	0834
Maryland (MYL) d		0728	0736		0743		0751		0758		0806		0813	0821			0828	0836
Forest Gate (FOG) d		0730	0738		0745		0753		0800		0808		0815	0823			0830	0838
Manor Park (MNP) d		0733	0741		0748		0756		0803		0811		0818	0826			0833	0841
Ilford (IFD) 2 d		0736	0744		0751		0759		0806		0814		0821	0829			0836	0844
Seven Kings (SVK) d		0738	0746		0753		0801		0808		0816		0823	0831			0838	0846
Goodmayes (GMY) d		0740	0748		0755		0803		0810		0818		0825	0833			0840	0848
Chadwell Heath (CTH) d		0742	0750		0757		0805		0812		0820		0827	0835			0842	0850
Romford (RMF) d		0746	0754		0801	0751	0809		0816		0824		0831	0839	0830		0846	0854
Gidea Park (GDP) 2 d		0749	0757		0804		0812		0819		0827		0834	0842			0849	0857
Harold Wood (HRO) d		0752	0800		0807		0815		0822		0830		0837	0845			0852	0900
Brentwood (BRE) d		0756	0804		0811		0819		0826		0834		0841	0849			0856	0904
Shenfield (SNF) 3 a	0741	0802	0810	0756	0817	0800	0825	0810	0832	0817	0840	0824	0847	0855	0839	0841	0902	0910

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

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 005
- B To Colchester, see table 006
- C To Ipswich, see table 006
- D To Clacton-on-Sea, see table 006
- E To Harwich International, see table 006
- F To Braintree, see table 006
- G To Colchester Town, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE 1K20 A	XR 2W50	LE 2F24 G	XR 2W52	LE 1F16 F	XR 2W54	LE 1K22 A	XR 2W56	LE 1Y10 C	XR 2W58	XR 2W60	LE 2K24 A	LE 1N16 D	XR 2W62	XR 2W64	LE 1K26 A	XR 2W66	LE 2F30 G	
London Liverpool Street (LST)  15 d	0833	0834	0836	0842	0847	0849	0855	0857	0902	0904	0912	0915	0918	0919	0927	0933	0934	0936	
Stratford (SRA)  7 d	0840	0841	0843	0849	0854	0856	0902	0904	0909	0911	0919	0922	0925	0926	0934	0940	0941	0943	
Maryland (MYL)		0843		0851		0858		0906		0913	0921			0928	0936			0943	
Forest Gate (FOG)		0845		0853		0900		0908		0915	0923			0930	0938			0945	
Manor Park (MNP)		0848		0856		0903		0911		0918	0926			0933	0941			0948	
Ilford (IFD) 2 d		0851		0859		0906		0914		0921	0929			0936	0944			0951	
Seven Kings (SVK)		0853		0901		0908		0916		0923	0931			0938	0946			0953	
Goodmayes (GMY)		0855		0903		0910		0918		0925	0933			0940	0948			0955	
Chadwell Heath (CTH)		0857		0905		0912		0920		0927	0935			0942	0950			0957	
Romford (RMF)		0901	0851	0909		0916		0924		0931	0939	0930		0946	0954			1001	0951
Gidea Park (GDP) 2 d		0904		0912		0919		0927		0934	0942			0949	0957			1004	
Harold Wood (HRO)		0907		0915		0922		0930		0937	0945			0952	1000			1007	
Brentwood (BRE)		0911		0919		0926		0934		0941	0949			0956	1004			1011	
Shenfield (SNF) 3 a	0856	0917	0900	0925	0910	0932	0917	0940	0924	0947	0955	0939	0941	1002	1010	0956	1017	1000	

Operator Train ID Days of operation/Notes	XR 2W68	LE 1F18 F	XR 2W70	LE 1K28 A	XR 2W72	LE 1Y12 C	XR 2W74	XR 2W76	LE 2K30 A	LE 1N18 D	XR 2W78	XR 2W80	LE 1K32 A	XR 2W82	LE 2F36 G	XR 2W84	LE 1F20 F	XR 2W86
London Liverpool Street (LST)  15 d	0942	0947	0949	0955	0957	1002	1004	1012	1015	1018	1019	1027	1032	1034	1036	1042	1046	1049
Stratford (SRA)  7 d	0949	0954	0956	1002	1004	1009	1011	1019	1022	1025	1026	1034	1040	1041	1043	1049	1053	1056
Maryland (MYL)		0951		0958		1006		1013		1021		1028		1036		1051		1058
Forest Gate (FOG)		0953		1000		1008		1015		1023		1030		1038		1053		1100
Manor Park (MNP)		0956		1003		1011		1018		1026		1033		1041		1056		1103
Ilford (IFD) 2 d		0959		1005		1014		1021		1029		1036		1044		1059		1106
Seven Kings (SVK)		1001		1008		1016		1023		1031		1038		1046		1101		1108
Goodmayes (GMY)		1003		1010		1018		1025		1033		1040		1048		1103		1110
Chadwell Heath (CTH)		1005		1012		1020		1027		1035		1042		1050		1105		1112
Romford (RMF)		1009		1016		1024		1031	1030		1039		1046	1054	1101	1051	1109	1116
Gidea Park (GDP) 2 d		1012		1019		1027		1034	1042		1049		1057		1104		1112	1119
Harold Wood (HRO)		1015		1022		1030		1037	1045		1052		1100		1107		1115	1122
Brentwood (BRE)		1019		1026		1034		1041	1049		1056		1104		1111		1119	1126
Shenfield (SNF) 3 a	1025	1010	1032	1017	1040	1024	1047	1055	1039	1041	1102	1110	1055	1117	1100	1125	1108	1132

Operator Train ID Days of operation/Notes	LE 1K34 A	XR 2W88	LE 1Y14 C	XR 2W90	XR 2W92	LE 2K36 A	LE 1N20 D	XR 2W94	XR 2W96	LE 1K38 A	XR 2W02	LE 2F42 G	XR 2W04	LE 1F22 F	XR 2W06	LE 1K40 A	XR 2W08	LE 1Y16 C
London Liverpool Street (LST)  15 d	1053	1057	1104	1104	1112	1115	1118	1119	1127	1133	1134	1136	1142	1147	1149	1155	1157	1202
Stratford (SRA)  7 d	1100	1104	1111	1111	1119	1122	1125	1126	1134	1140	1141	1143	1149	1154	1156	1202	1204	1209
Maryland (MYL)		1106		1113	1121			1128	1136		1143		1151		1158			1206
Forest Gate (FOG)		1108		1115	1123			1130	1138		1145		1153		1200			1208
Manor Park (MNP)		1111		1118	1126			1133	1141		1148		1156		1203			1211
Ilford (IFD) 2 d		1114		1121	1129			1136	1144		1151		1159		1206			1214
Seven Kings (SVK)		1116		1123	1131			1138	1146		1153		1201		1208			1216
Goodmayes (GMY)		1118		1125	1133			1140	1148		1155		1203		1210			1218
Chadwell Heath (CTH)		1120		1127	1135			1142	1150		1157		1205		1212			1220
Romford (RMF)		1124		1131	1139	1130		1146	1154		1201	1151	1209		1216			1224
Gidea Park (GDP) 2 d		1127		1134	1142			1149	1157		1204		1212		1219			1227
Harold Wood (HRO)		1130		1137	1145			1152	1200		1207		1215		1222			1230
Brentwood (BRE)		1134		1141	1149			1156	1204		1211		1219		1226			1234
Shenfield (SNF) 3 a	1117	1140	1126	1147	1155	1139	1141	1202	1210	1156	1217	1200	1225	1210	1232	1217	1240	1224

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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
C To Ipswich, see table 006  
D To Clacton-on-Sea, see table 006  
F To Braintree, see table 006  
G To Colchester Town, see table 006



## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	XR 2W10	XR 2W12	LE 2K42 A	LE 1N22 D	XR 2W14	XR 2W16	LE 1K44 A	XR 2W18	LE 2F48 G	XR 2W20	LE 1F24 F	XR 2W22	LE 1K46 A	XR 2W24	LE 1Y18 C	XR 2W26	XR 2W28	LE 2K48 A
London Liverpool Street (LST) 15 d	1204	1212	1215	1218	1219	1227	1233	1234	1236	1242	1247	1249	1255	1257	1302	1304	1312	1315
Stratford (SRA) 7 d	1211	1219	1222	1225	1226	1234	1240	1241	1243	1249	1254	1256	1302	1304	1309	1311	1319	1322
Maryland (MYL) d	1213	1221			1228	1236		1243		1251		1258		1306		1313	1321	
Forest Gate (FOG) d	1215	1223			1230	1238		1245		1253		1300		1308		1315	1323	
Manor Park (MNP) d	1218	1226			1233	1241		1248		1256		1303		1311		1318	1326	
Ilford (IFD) 2 d	1221	1229			1236	1244		1251		1259		1306		1314		1320	1329	
Seven Kings (SVK) d	1223	1231			1238	1246		1253		1301		1308		1316		1323	1331	
Goodmayes (GMY) d	1225	1233			1240	1248		1255		1303		1310		1318		1325	1333	
Chadwell Heath (CTH) d	1227	1235			1242	1250		1257		1305		1312		1320		1327	1335	
Romford (RMF) d	1231	1239	1230		1246	1254		1301	1251	1309		1316		1324		1331	1339	1330
Gidea Park (GDP) 2 d	1234	1242			1249	1257		1304		1312		1319		1327		1334	1342	
Harold Wood (HRO) d	1237	1245			1252	1300		1307		1315		1322		1330		1337	1345	
Brentwood (BRE) d	1241	1249			1256	1304		1311		1319		1326		1334		1341	1349	
Shenfield (SNF) 3 a	1247	1255	1239	1241	1302	1310	1256	1317	1300	1325	1310	1332	1317	1340	1324	1347	1355	1339

Operator Train ID Days of operation/Notes	LE 1N24 D	XR 2W30	XR 2W32	LE 1K50 A	XR 2W34	LE 2F54 G	XR 2W36	LE 1F26 F	XR 2W38	LE 1K52 A	XR 2W40	LE 1Y20 C	XR 2W42	XR 2W44	LE 2K54 A	LE 1N26 D	XR 2W46	XR 2W48
London Liverpool Street (LST) 15 d	1318	1319	1327	1333	1334	1336	1342	1347	1349	1355	1357	1402	1404	1412	1415	1418	1419	1427
Stratford (SRA) 7 d	1325	1326	1334	1340	1341	1343	1349	1354	1356	1402	1404	1409	1411	1419	1422	1425	1426	1434
Maryland (MYL) d		1328	1336		1343		1351		1358		1406		1413	1421			1428	1436
Forest Gate (FOG) d		1330	1338		1345		1353		1400		1408		1415	1423			1430	1438
Manor Park (MNP) d		1333	1341		1348		1356		1403		1411		1418	1426			1433	1441
Ilford (IFD) 2 d		1336	1344		1351		1359		1406		1414		1421	1429			1436	1444
Seven Kings (SVK) d		1338	1346		1353		1401		1408		1416		1423	1431			1438	1446
Goodmayes (GMY) d		1340	1348		1355		1403		1410		1418		1425	1433			1440	1448
Chadwell Heath (CTH) d		1342	1350		1357		1405		1412		1420		1427	1435			1442	1450
Romford (RMF) d		1346	1354		1401	1351	1409		1416		1424		1431	1439	1430		1446	1454
Gidea Park (GDP) 2 d		1349	1357		1404		1412		1419		1427		1434	1442			1449	1457
Harold Wood (HRO) d		1352	1400		1407		1415		1422		1430		1437	1445			1452	1500
Brentwood (BRE) d		1356	1404		1411		1419		1426		1434		1441	1449			1456	1504
Shenfield (SNF) 3 a	1341	1402	1410	1356	1417	1400	1425	1411	1432	1417	1440	1424	1447	1455	1439	1441	1502	1510

Operator Train ID Days of operation/Notes	LE 1K56 A	XR 2W50	LE 2F60 G	XR 2W52	LE 1F28 F	XR 2W54	LE 1K58 A	XR 2W56	LE 1Y22 C	XR 2W58	XR 2W60	LE 2K60 A	LE 1N28 D	XR 2W62	XR 2W64	LE 1K62 A	XR 2W66	LE 2F68 G
London Liverpool Street (LST) 15 d	1433	1434	1436	1442	1447	1449	1455	1457	1502	1504	1512	1515	1518	1519	1527	1533	1534	1536
Stratford (SRA) 7 d	1440	1441	1443	1449	1454	1456	1502	1504	1509	1511	1519	1522	1525	1526	1534	1540	1541	1543
Maryland (MYL) d		1443		1451		1458		1506		1513	1521			1528	1536		1543	
Forest Gate (FOG) d		1445		1453		1500		1508		1515	1523			1530	1538		1545	
Manor Park (MNP) d		1448		1456		1503		1511		1518	1526			1533	1541		1548	
Ilford (IFD) 2 d		1451		1459		1506		1514		1521	1529			1536	1544		1551	
Seven Kings (SVK) d		1453		1501		1508		1516		1523	1531			1538	1546		1553	
Goodmayes (GMY) d		1455		1503		1510		1518		1525	1533			1540	1548		1555	
Chadwell Heath (CTH) d		1457		1505		1512		1520		1527	1535			1542	1550		1557	
Romford (RMF) d		1501	1451	1509		1516		1524		1531	1539	1530		1546	1554		1601	1551
Gidea Park (GDP) 2 d		1504		1512		1519		1527		1534	1542			1549	1557		1604	
Harold Wood (HRO) d		1507		1515		1522		1530		1537	1545			1552	1600		1607	
Brentwood (BRE) d		1511		1519		1526		1534		1541	1549			1556	1604		1611	
Shenfield (SNF) 3 a	1456	1517	1500	1525	1510	1532	1517	1540	1524	1547	1555	1539	1541	1602	1610	1556	1617	1600

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

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 005
- C To Ipswich, see table 006
- D To Clacton-on-Sea, see table 006
- F To Braintree, see table 006
- G To Colchester Town, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR
	2W68	1F30 F	2W70	1K64 A	2W72	1Y24 C	2W74	2W76	2K66 A	1N38 D	2W78	2W80	1K68 A	2W82	2F74 G	2W84	1F36 F	2W86
London Liverpool Street (LST) 15 d	1542	1547	1549	1555	1557	1602	1604	1612	1615	1618	1619	1627	1633	1634	1636	1642	1647	1649
Stratford (SRA) 7 d	1549	1554	1556	1602	1604	1609	1611	1619	1622	1625	1626	1634	1640	1641	1643	1649	1654	1656
Maryland (MYL) d	1551		1558		1606		1613	1621			1628	1636		1643		1651		1658
Forest Gate (FOG) d	1553		1600		1608		1615	1623			1630	1638		1645		1653		1700
Manor Park (MNP) d	1556		1603		1611		1618	1626			1633	1641		1648		1656		1703
Ilford (IFD) 2 d	1558		1606		1614		1621	1629			1636	1644		1651		1659		1706
Seven Kings (SVK) d	1601		1608		1616		1623	1631			1638	1646		1653		1701		1708
Goodmayes (GMY) d	1603		1610		1618		1625	1633			1640	1648		1655		1703		1710
Chadwell Heath (CTH) d	1605		1612		1620		1627	1635			1642	1650		1657		1705		1712
Romford (RMF) d	1609		1616		1624		1631	1639	1630		1646	1654		1701	1651	1709		1716
Gidea Park (GDP) 2 d	1612		1619		1627		1634	1642			1649	1657		1704		1712		1719
Harold Wood (HRO) d	1615		1622		1630		1637	1645			1652	1700		1707		1715		1722
Brentwood (BRE) d	1619		1626		1634		1641	1649			1656	1704		1711		1719		1726
Shenfield (SNF) 3 a	1625	1610	1632	1617	1640	1624	1647	1655	1639	1641	1702	1710	1656	1717	1700	1725	1710	1732

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE
	1K72 A	2W88	1Y28 C	2W90	2W92	2K76 A	1N44 D	2W94	2W96	1K80 A	2W02	2F80 G	2W04	1F46 F	2W06	1K86 A	2W08	1Y34 C
London Liverpool Street (LST) 15 d	1655	1657	1702	1704	1712	1715	1718	1719	1727	1733	1734	1736	1742	1747	1749	1755	1757	1802
Stratford (SRA) 7 d	1703	1704	1709	1711	1719	1722	1726	1726	1734	1741	1741	1743	1749	1754	1756	1803	1804	1809
Maryland (MYL) d		1706		1713	1721			1728	1736		1743		1751		1758		1806	
Forest Gate (FOG) d		1708		1715	1723			1730	1738		1745		1753		1800		1808	
Manor Park (MNP) d		1711		1718	1726			1733	1741		1748		1756		1803		1811	
Ilford (IFD) 2 d		1714		1721	1729			1736	1744		1751		1759		1806		1814	
Seven Kings (SVK) d		1716		1723	1731			1738	1746		1753		1801		1808		1816	
Goodmayes (GMY) d		1718		1725	1733			1740	1748		1755		1803		1810		1818	
Chadwell Heath (CTH) d		1720		1727	1735			1742	1750		1757		1805		1812		1820	
Romford (RMF) d		1724		1731	1739	1730		1746	1754		1801	1752	1809		1816		1824	
Gidea Park (GDP) 2 d		1727		1734	1742			1749	1757		1804		1812		1819		1827	
Harold Wood (HRO) d		1730		1737	1745			1752	1800		1807		1815		1822		1830	
Brentwood (BRE) d		1734		1741	1749			1756	1804		1811		1819		1826		1834	
Shenfield (SNF) 3 a	1719	1740	1725	1747	1755	1739	1741	1802	1810	1757	1817	1801	1825	1810	1832	1819	1840	1825

Operator Train ID Days of operation/Notes	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE
	2W10	2W12	2K90 A	1N50 D	2W14	2W16	1K94 A	2W18	2F88 G	2W20	1F50 F	2W22	1K98 A	2W24	1Y38 C	2W26	2W28	2K00 A
London Liverpool Street (LST) 15 d	1804	1812	1815	1818	1819	1827	1833	1834	1836	1842	1846	1849	1853	1857	1904	1904	1912	1915
Stratford (SRA) 7 d	1811	1819	1822	1826	1826	1834	1841	1841	1843	1849	1853	1856	1900	1904	1911	1911	1919	1922
Maryland (MYL) d	1813	1821			1828	1836		1843		1851		1858		1906		1913	1921	
Forest Gate (FOG) d	1815	1823			1830	1838		1845		1853		1900		1908		1915	1923	
Manor Park (MNP) d	1818	1826			1833	1841		1848		1856		1903		1911		1918	1926	
Ilford (IFD) 2 d	1821	1829			1836	1844		1851		1859		1906		1914		1921	1929	
Seven Kings (SVK) d	1823	1831			1838	1846		1853		1901		1908		1916		1923	1931	
Goodmayes (GMY) d	1825	1833			1840	1848		1855		1903		1910		1918		1925	1933	
Chadwell Heath (CTH) d	1827	1835			1842	1850		1857		1905		1912		1920		1927	1935	
Romford (RMF) d	1831	1839	1830		1846	1854		1901	1852	1909		1916		1924		1931	1939	1930
Gidea Park (GDP) 2 d	1834	1842			1849	1857		1904		1912		1919		1927		1934	1942	
Harold Wood (HRO) d	1837	1845			1852	1900		1907		1915		1922		1930		1937	1945	
Brentwood (BRE) d	1841	1849			1856	1904		1911		1919		1926		1934		1941	1949	
Shenfield (SNF) 3 a	1847	1855	1839	1841	1902	1910	1857	1917	1901	1925	1908	1932	1917	1940	1926	1947	1955	1939

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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
C To Ipswich, see table 006  
D To Clacton-on-Sea, see table 006  
F To Braintree, see table 006  
G To Colchester Town, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	
	1N56 D	2W30	2W32	1K02 A	2W34	1A86 E	2F94 G	2W36	1F56 F	2W38	1K04 A	2W40	1Y40 C	2W42	2W44	2K06 A	1N58 D	2W46	
London Liverpool Street (LST)	1918	1919	1927	1933	1934	1936	1938	1942	1947	1949	1955	1957	2002	2004	2012	2015	2018	2019	
Stratford (SRA)	1925	1926	1934	1941	1941	1943	1946	1949	1954	1956	2002	2004	2009	2011	2019	2022	2025	2026	
Maryland (MYL)		1928	1936		1943			1951		1958		2006		2013	2021			2028	
Forest Gate (FOG)		1930	1938		1945			1953		2000		2008		2015	2023			2030	
Manor Park (MNP)		1933	1941		1948			1956		2003		2011		2018	2026			2033	
Ilford (IFD)	2	1936	1944		1951			1959		2006		2014		2021	2029			2036	
Seven Kings (SVK)		1938	1946		1953			2001		2008		2016		2023	2031			2038	
Goodmayes (GMY)		1940	1948		1955			2003		2010		2018		2025	2033			2040	
Chadwell Heath (CTH)		1942	1950		1957			2005		2012		2020		2027	2035			2042	
Romford (RMF)		1946	1954		2001		1954	2009		2016		2024		2031	2039	2030		2046	
Gidea Park (GDP)	2	1949	1957		2004			2012		2019		2027		2034	2042			2049	
Harold Wood (HRO)		1952	2000		2007			2015		2022		2030		2037	2045			2052	
Brentwood (BRE)		1956	2004		2011			2019		2026		2034		2041	2049			2056	
Shenfield (SNF)	3 a	1941	2002	2010	1956	2017	1959	2003	2025	2010	2032	2017	2040	2024	2047	2055	2039	2041	2102

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	
	2W48	1K08 A	2W50	2F02 G	2W52	1F58 F	2W54	1K10 A	2W56	1A98 E	2W58	2W60	2K12 A	1N60 D	2W62	2W64	1K14 A	2W66	
London Liverpool Street (LST)	2027	2033	2034	2036	2042	2047	2049	2055	2057	2102	2104	2112	2115	2118	2119	2127	2133	2134	
Stratford (SRA)	2034	2040	2041	2043	2049	2054	2056	2102	2104	2109	2111	2119	2122	2125	2126	2134	2140	2141	
Maryland (MYL)		2036		2043	2051		2058		2106		2113	2121			2128	2136		2143	
Forest Gate (FOG)		2038		2045	2053		2100		2108		2115	2123			2130	2138		2145	
Manor Park (MNP)		2041		2048	2056		2103		2111		2118	2126			2133	2141		2148	
Ilford (IFD)	2	2044		2051	2059		2106		2114		2121	2129			2136	2144		2151	
Seven Kings (SVK)		2046		2053	2101		2108		2116		2123	2131			2138	2146		2153	
Goodmayes (GMY)		2048		2055	2103		2110		2118		2125	2133			2140	2148		2155	
Chadwell Heath (CTH)		2050		2057	2105		2112		2120		2127	2135			2142	2150		2157	
Romford (RMF)		2054		2101	2051		2109		2116		2124	2139	2130		2146	2154		2201	
Gidea Park (GDP)	2	2057		2104	2112		2119		2127		2134	2142			2149	2157		2204	
Harold Wood (HRO)		2100		2107	2115		2122		2130		2137	2145			2152	2200		2207	
Brentwood (BRE)		2104		2111	2119		2126		2134		2141	2149			2156	2204		2211	
Shenfield (SNF)	3 a	2110	2056	2117	2100	2125	2110	2132	2117	2140	2124	2147	2155	2139	2141	2202	2210	2156	2217

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	
	2F06 G	2W68	1F60 F	2W70	1K16 A	2W72	1F62 B	2W74	2W76	2K18 A	1N62 D	2W78	2W80	1F64 B	2W82	1K20 A	2W84	1Y46 C	
London Liverpool Street (LST)	2136	2142	2147	2149	2155	2157	2202	2204	2214	2215	2218	2224	2234	2238	2244	2245	2254	2302	
Stratford (SRA)	2143	2149	2154	2156	2202	2204	2209	2211	2221	2222	2225	2231	2241	2245	2251	2252	2301	2309	
Maryland (MYL)		2151		2158		2206		2213	2223			2233	2243		2253			2303	
Forest Gate (FOG)		2153		2200		2208		2215	2225			2235	2245		2255			2305	
Manor Park (MNP)		2156		2203		2211		2218	2228			2238	2248		2258			2308	
Ilford (IFD)	2	2159		2206		2214		2221	2231			2241	2251		2301			2311	
Seven Kings (SVK)		2201		2208		2216		2223	2233			2243	2253		2303			2313	
Goodmayes (GMY)		2203		2210		2218		2225	2235			2245	2255		2305			2315	
Chadwell Heath (CTH)		2205		2212		2220		2227	2237			2247	2257		2307			2317	
Romford (RMF)		2151		2209		2216		2224	2231	2241	2230	2251	2301		2311			2321	
Gidea Park (GDP)	2			2212		2219		2227	2234	2244		2254	2304		2314			2324	
Harold Wood (HRO)				2215		2222		2230	2237	2247		2257	2307		2317			2327	
Brentwood (BRE)				2219		2226		2234	2241	2251		2301	2311		2321			2331	
Shenfield (SNF)	3 a	2200	2225	2210	2232	2217	2240	2224	2247	2257	2239	2241	2307	2317	2300	2327	2308	2337	2325






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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
B To Colchester, see table 006  
C To Ipswich, see table 006  
D To Clacton-on-Sea, see table 006  
E To Harwich International, see table 006  
F To Braintree, see table 006  
G To Colchester Town, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	XR	XR	LE	LE	XR	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR	LE	XR
	2W86	2W88	1K22 A	1N66 D	2W90	2W92	2W94	1K24 A	1F68 B	2W96	2W02 SUM	2K26 SUM A	1F70 SUM B	2W04 SUM	2W06 SUM	2K28 SUM A	2W08 SUM
London Liverpool Street (LST)  d	2304	2314	2315	2318	2324	2334	2344	2345	2348	2354	0001	0015	0018	0020	0034	0050	0055
Stratford (SRA)  d	2311	2321	2322	2325	2331	2341	2351	2352	2355	0001	0008	0022	0025	0027	0041	0057	0102
Maryland (MYL) d	2313	2323			2333	2343	2353			0003	0010			0029	0043		0104
Forest Gate (FOG) d	2315	2325			2335	2345	2355			0005	0012			0031	0045		0106
Manor Park (MNP) d	2318	2328			2338	2348	2358			0008	0015			0034	0048		0109
Ilford (IFD)  d	2321	2331			2341	2351	0001			0011	0018			0037	0051		0112
Seven Kings (SVK) d	2323	2333			2343	2353	0003			0013	0020			0039	0053		0114
Goodmayes (GMY) d	2325	2335			2345	2355	0005			0015	0022			0041	0055		0116
Chadwell Heath (CTH) d	2327	2337			2347	2357	0007			0017	0024			0043	0057		0118
Romford (RMF) d	2331	2341			2351	0001	0011			0021	0028	0032		0047	0101	0108	0122
Gidea Park (GDP)  d	2334	2344			2354	0004	0014			0024	0031			0050	0104		0125
Harold Wood (HRO) d	2337	2347			2357	0007	0017			0027	0034			0053	0107		0128
Brentwood (BRE) d	2341	2351			0001	0011	0021			0031	0038			0057	0111		0132
Shenfield (SNF)  a	2347	2357	2338	2341	0007	0017	0027	0008	0011	0037	0044	0044	0047	0103	0117	0120	0138

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

a Arrival time  
d Departure time

A To Southend Victoria, see table 005  
B To Colchester, see table 006  
D To Clacton-on-Sea, see table 006

SUM Sunday mornings

London to Stratford, Ilford, Romford and Shenfield

Sundays

Operator Train ID Days of operation/Notes	XR 2W90	XR 2W92	XR 2W94	XR 2W96	XR 2W02	LE 2K26 A	LE 1F70 B	XR 2W04	XR 2W06	LE 2K28 A	XR 2W08	XR 2W18	LE 2A96 C	XR 2W22	XR 2W26	LE 2K02 A	XR 2W30	XR 2W34
London Liverpool Street (LST) 15 d					0001	0015	0018	0020	0034	0050	0055	0632	0644	0649	0702	0714	0719	0732
Stratford (SRA) 7 d				0001	0008	0022	0025	0027	0041	0057	0102	0639	0651	0656	0709	0721	0726	0739
Maryland (MYL) d				0003	0010			0029	0043		0104	0641		0658	0711		0728	0741
Forest Gate (FOG) d				0005	0012			0031	0045		0106	0643		0700	0713		0730	0743
Manor Park (MNP) d				0008	0015			0034	0048		0109	0646		0703	0716		0733	0746
Ilford (IFD) 2 d			0001	0011	0018			0037	0051		0112	0649		0706	0719		0736	0749
Seven Kings (SVK) d			0003	0013	0020			0039	0053		0114	0651		0708	0721		0738	0751
Goodmayes (GMY) d			0005	0015	0022			0041	0055		0116	0653		0710	0723		0740	0753
Chadwell Heath (CTH) d			0007	0017	0024			0043	0057		0118	0655		0712	0725		0742	0755
Romford (RMF) d		0001	0011	0021	0028	0032		0047	0101	0108	0122	0659	0702	0716	0729	0732	0746	0759
Gidea Park (GDP) 2 d		0004	0014	0024	0031			0050	0104		0125	0702		0719	0732		0749	0802
Harold Wood (HRO) d		0007	0017	0027	0034			0053	0107		0128	0705		0722	0735		0752	0805
Brentwood (BRE) d	0001	0011	0021	0031	0038			0057	0111		0132	0709		0726	0739		0756	0809
Shenfield (SNF) 3 a	0007	0017	0027	0037	0044	0044	0047	0103	0117	0120	0138	0715	0715	0732	0745	0745	0802	0815

Operator Train ID Days of operation/Notes	LE 2K04 A	XR 2W38	LE 2Y04 D	XR 2W42	LE 2K06 A	XR 2W46	LE 1N04 E	XR 2W50	LE 2K08 A	XR 2W54	XR 2W58	LE 1Y06 D	XR 2W62	LE 2K10 A	XR 2W66	LE 1N06 E	XR 2W70	LE 2K12 A
London Liverpool Street (LST) 15 d	0744	0748	0800	0803	0815	0818	0830	0833	0845	0849	0904	0907	0919	0922	0934	0937	0949	0952
Stratford (SRA) 7 d	0751	0755	0807	0811	0822	0826	0837	0841	0852	0856	0911	0914	0926	0929	0941	0944	0956	0959
Maryland (MYL) d		0757		0813		0828		0843		0858	0913		0928		0943		0958	
Forest Gate (FOG) d		0759		0815		0830		0845		0900	0915		0930		0945		1000	
Manor Park (MNP) d		0802		0818		0833		0848		0903	0918		0933		0948		1003	
Ilford (IFD) 2 d		0805		0821		0836		0851		0906	0921		0936		0951		1006	
Seven Kings (SVK) d		0807		0823		0838		0853		0908	0923		0938		0953		1008	
Goodmayes (GMY) d		0809		0825		0840		0855		0910	0925		0940		0955		1010	
Chadwell Heath (CTH) d		0811		0827		0842		0857		0912	0927		0942		0957		1012	
Romford (RMF) d	0802	0815	0818	0831	0836	0846		0901	0904	0916	0931		0946	0938	1001		1016	1008
Gidea Park (GDP) 2 d		0818		0834		0849		0904		0919	0934		0949		1004		1019	
Harold Wood (HRO) d		0821		0837		0852		0907		0922	0937		0952		1007		1022	
Brentwood (BRE) d		0825		0841		0856		0911		0926	0941		0956		1011		1026	
Shenfield (SNF) 3 a	0815	0831	0831	0846	0849	0901	0902	0916	0917	0932	0947	0930	1002	0947	1017	1000	1032	1017

Operator Train ID Days of operation/Notes	XR 2W74	LE 1Y08 D	XR 2W78	LE 2K14 A	XR 2W82	LE 1N08 E	XR 2W86	LE 2K16 A	XR 2W90	LE 1Y10 D	XR 2W94	LE 2K18 A	XR 2W02	LE 1N10 E	XR 2W06	LE 2K20 A	XR 2W10	LE 1Y12 D
London Liverpool Street (LST) 15 d	1004	1007	1019	1022	1034	1037	1049	1052	1104	1107	1119	1122	1134	1137	1149	1152	1204	1207
Stratford (SRA) 7 d	1011	1014	1026	1029	1041	1044	1056	1059	1111	1114	1126	1129	1141	1144	1156	1159	1211	1214
Maryland (MYL) d	1013		1028		1043		1058		1113		1128		1143		1158		1213	
Forest Gate (FOG) d	1015		1030		1045		1100		1115		1130		1145		1200		1215	
Manor Park (MNP) d	1018		1033		1048		1103		1118		1133		1148		1203		1218	
Ilford (IFD) 2 d	1021		1036		1051		1106		1121		1136		1151		1206		1221	
Seven Kings (SVK) d	1023		1038		1053		1108		1123		1138		1153		1208		1223	
Goodmayes (GMY) d	1025		1040		1055		1110		1125		1140		1155		1210		1225	
Chadwell Heath (CTH) d	1027		1042		1057		1112		1127		1142		1157		1212		1227	
Romford (RMF) d	1031		1046	1038	1101		1116	1108	1131		1146	1138	1201		1216	1208	1231	
Gidea Park (GDP) 2 d	1034		1049		1104		1119		1134		1149		1204		1219		1234	
Harold Wood (HRO) d	1037		1052		1107		1122		1137		1152		1207		1222		1237	
Brentwood (BRE) d	1041		1056		1111		1126		1141		1156		1211		1226		1241	
Shenfield (SNF) 3 a	1047	1030	1102	1047	1117	1100	1132	1117	1147	1130	1202	1147	1217	1200	1232	1217	1247	1230

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

- a Arrival time
- d Departure time
- A To Southend Victoria, see table 005
- B To Colchester, see table 006
- C To Harwich International, see table 006
- D To Ipswich, see table 006
- E To Clacton-on-Sea, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	XR 2C12	XR 2W14	LE 2K22 A	XR 2C16	XR 2W18	LE 1N12 E	XR 2C20	XR 2W22	LE 2K24 A	XR 2C24	XR 2W26	LE 1Y14 D	XR 2C28	XR 2W30	LE 2K26 A	XR 2C32	XR 2W34	LE 1N14 E
London Liverpool Street (LST)  15 d	1212	1219	1222	1227	1234	1237	1242	1249	1252	1257	1304	1307	1312	1319	1322	1327	1334	1337
Stratford (SRA)  7 d	1219	1226	1229	1234	1241	1244	1249	1256	1259	1304	1311	1314	1319	1326	1329	1334	1341	1344
Maryland (MYL)	d	1221	1228	1236	1243		1251	1258		1306	1313		1321	1328		1336	1343	
Forest Gate (FOG)	d	1223	1230	1238	1245		1253	1300		1308	1315		1323	1330		1338	1345	
Manor Park (MNP)	d	1226	1233	1241	1248		1256	1303		1311	1318		1326	1333		1341	1348	
Ilford (IFD) 2 d	1229	1236	1244	1251		1259	1306		1314	1321		1329	1336		1344	1351		
Seven Kings (SVK)	d	1231	1238	1246	1253		1301	1308		1316	1323		1331	1338		1346	1353	
Goodmayes (GMY)	d	1233	1240	1248	1255		1303	1310		1318	1325		1333	1340		1348	1355	
Chadwell Heath (CTH)	d	1235	1242	1250	1257		1305	1312		1320	1327		1335	1342		1350	1357	
Romford (RMF)	d	1239	1246	1238	1254	1301	1309	1316	1308	1324	1331		1339	1346	1338	1354	1401	
Gidea Park (GDP) 2 d	1242a	1249		1257a	1304		1312a	1319		1327a	1334		1342a	1349		1357a	1404	
Harold Wood (HRO)	d		1252		1307		1322				1337			1352			1407	
Brentwood (BRE)	d		1256		1311		1326				1341			1356			1411	
Shenfield (SNF) 3 a		1302	1247		1317	1300		1332	1317		1347	1330		1402	1347		1417	1400

Operator Train ID Days of operation/Notes	XR 2C36	XR 2W38	LE 2K28 A	XR 2C40	XR 2W42	LE 1Y16 D	XR 2C44	XR 2W46	LE 2K30 A	XR 2C48	XR 2W50	LE 1N16 E	XR 2C52	XR 2W54	LE 2K32 A	XR 2C56	XR 2W58	LE 1Y18 D
London Liverpool Street (LST)  15 d	1342	1349	1352	1357	1404	1407	1412	1419	1422	1427	1434	1437	1442	1449	1452	1457	1504	1507
Stratford (SRA)  7 d	1349	1356	1359	1404	1411	1414	1419	1426	1429	1434	1441	1444	1449	1456	1459	1504	1511	1514
Maryland (MYL)	d	1351	1358	1406	1413		1421	1428		1436	1443		1451	1458		1506	1513	
Forest Gate (FOG)	d	1353	1400	1408	1415		1423	1430		1438	1445		1453	1500		1508	1515	
Manor Park (MNP)	d	1356	1403	1411	1418		1426	1433		1441	1448		1456	1503		1511	1518	
Ilford (IFD) 2 d	1359	1406		1414	1421		1429	1436		1444	1451		1459	1506		1514	1521	
Seven Kings (SVK)	d	1401	1408	1416	1423		1431	1438		1446	1453		1501	1508		1516	1523	
Goodmayes (GMY)	d	1403	1410	1418	1425		1433	1440		1448	1455		1503	1510		1518	1525	
Chadwell Heath (CTH)	d	1405	1412	1420	1427		1435	1442		1450	1457		1505	1512		1520	1527	
Romford (RMF)	d	1409	1416	1408	1424	1431	1439	1446	1438	1454	1501		1509	1516	1508	1524	1531	
Gidea Park (GDP) 2 d	1412a	1419		1427a	1434		1442a	1449		1457a	1504		1512a	1519		1527a	1534	
Harold Wood (HRO)	d		1422		1437		1452				1507			1522			1537	
Brentwood (BRE)	d		1426		1441		1456				1511			1526			1541	
Shenfield (SNF) 3 a		1432	1417		1447	1430		1502	1447		1517	1500		1532	1517		1547	1530

Operator Train ID Days of operation/Notes	XR 2C60	XR 2W62	LE 2K34 A	XR 2C64	XR 2W66	LE 1N18 E	XR 2C68	XR 2W70	LE 2K36 A	XR 2C72	XR 2W74	LE 1Y20 D	XR 2C76	XR 2W78	LE 2K38 A	XR 2C80	XR 2W82	LE 1N20 E
London Liverpool Street (LST)  15 d	1512	1519	1522	1527	1534	1537	1542	1549	1552	1557	1604	1607	1612	1619	1622	1627	1634	1637
Stratford (SRA)  7 d	1519	1526	1529	1534	1541	1544	1549	1556	1559	1604	1611	1614	1619	1626	1629	1634	1641	1644
Maryland (MYL)	d	1521	1528	1536	1543		1551	1558		1606	1613		1621	1628		1636	1643	
Forest Gate (FOG)	d	1523	1530	1538	1545		1553	1600		1608	1615		1623	1630		1638	1645	
Manor Park (MNP)	d	1526	1533	1541	1548		1556	1603		1611	1618		1626	1633		1641	1648	
Ilford (IFD) 2 d	1529	1536	1544	1551		1559	1606		1614	1621		1629	1636		1644	1651		
Seven Kings (SVK)	d	1531	1538	1546	1553		1601	1608		1616	1623		1631	1638		1646	1653	
Goodmayes (GMY)	d	1533	1540	1548	1555		1603	1610		1618	1625		1633	1640		1648	1655	
Chadwell Heath (CTH)	d	1535	1542	1550	1557		1605	1612		1620	1627		1635	1642		1650	1657	
Romford (RMF)	d	1539	1546	1538	1554	1601	1609	1616	1608	1624	1631		1639	1646	1638	1654	1701	
Gidea Park (GDP) 2 d	1542a	1549		1557a	1604		1612a	1619		1627a	1634		1642a	1649		1657a	1704	
Harold Wood (HRO)	d		1552		1607		1622				1637			1652			1707	
Brentwood (BRE)	d		1556		1611		1626				1641			1656			1711	
Shenfield (SNF) 3 a		1602	1547		1617	1600		1632	1617		1647	1630		1702	1647		1717	1700

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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
D To Ipswich, see table 006  
E To Clacton-on-Sea, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	XR 2C84	XR 2W86	LE 2K40 A	XR 2C88	XR 2W90	LE 1Y22 D	XR 2C92	XR 2W94	LE 2K42 A	XR 2C96	XR 2W02	LE 1N22 E	XR 2C04	XR 2W06	LE 2K44 A	XR 2C08	XR 2W10	LE 1Y24 D
London Liverpool Street (LST)  15 d	1642	1649	1652	1657	1704	1707	1712	1719	1722	1727	1734	1737	1742	1749	1752	1757	1804	1807
Stratford (SRA)  7 d	1649	1656	1659	1704	1711	1714	1719	1726	1729	1734	1741	1744	1749	1756	1759	1804	1811	1814
Maryland (MYL)	d	1651	1658	1706	1713		1721	1728		1736	1743		1751	1758		1806	1813	
Forest Gate (FOG)	d	1653	1700	1708	1715		1723	1730		1738	1745		1753	1800		1808	1815	
Manor Park (MNP)	d	1656	1703		1711	1718	1726	1733		1741	1748		1756	1803		1811	1818	
Ilford (IFD) <b>2</b>	d	1658	1706		1714	1721	1729	1736		1744	1751		1759	1806		1814	1821	
Seven Kings (SVK)	d	1701	1708		1716	1723	1731	1738		1746	1753		1801	1808		1816	1823	
Goodmayes (GMY)	d	1703	1710		1718	1725	1733	1740		1748	1755		1803	1810		1818	1825	
Chadwell Heath (CTH)	d	1705	1712		1720	1727	1735	1742		1750	1757		1805	1812		1820	1827	
Romford (RMF)	d	1709	1716	1708	1724	1731	1739	1746	1738	1754	1801		1809	1816	1808	1824	1831	
Gidea Park (GDP) <b>2</b>	d	1712a	1719		1727a	1734	1742a	1749		1757a	1804		1812a	1819		1827a	1834	
Harold Wood (HRO)	d		1722			1737		1752			1807			1822			1837	
Brentwood (BRE)	d		1726			1741		1756			1811			1826			1841	
Shenfield (SNF) <b>3</b> a			1732	1717		1747	1730	1802	1747		1817	1800		1832	1817		1847	1830

Operator Train ID Days of operation/Notes	XR 2C12	XR 2W14	LE 2K46 A	XR 2C16	XR 2W18	LE 1N24 E	XR 2C20	XR 2W22	LE 2K48 A	XR 2C24	XR 2W26	LE 1Y26 D	XR 2C28	XR 2W30	LE 2K50 A	XR 2C32	XR 2W34	LE 1N26 E
London Liverpool Street (LST)  15 d	1812	1819	1822	1827	1834	1837	1842	1849	1852	1857	1904	1907	1912	1919	1922	1927	1934	1937
Stratford (SRA)  7 d	1819	1826	1829	1834	1841	1844	1849	1856	1859	1904	1911	1914	1919	1926	1929	1934	1941	1944
Maryland (MYL)	d	1821	1828	1836	1843		1851	1858		1906	1913		1921	1928		1936	1943	
Forest Gate (FOG)	d	1823	1830	1838	1845		1853	1900		1908	1915		1923	1930		1938	1945	
Manor Park (MNP)	d	1826	1833	1841	1848		1856	1903		1911	1918		1926	1933		1941	1948	
Ilford (IFD) <b>2</b>	d	1829	1836	1844	1851		1859	1906		1914	1921		1929	1936		1944	1951	
Seven Kings (SVK)	d	1831	1838	1846	1853		1901	1908		1916	1923		1931	1938		1946	1953	
Goodmayes (GMY)	d	1833	1840	1848	1855		1903	1910		1918	1925		1933	1940		1948	1955	
Chadwell Heath (CTH)	d	1835	1842	1850	1857		1905	1912		1920	1927		1935	1942		1950	1957	
Romford (RMF)	d	1839	1846	1838	1854	1901	1909	1916	1908	1924	1931		1939	1946	1938	1954	2001	
Gidea Park (GDP) <b>2</b>	d	1842a	1849		1857a	1904	1912a	1919		1927a	1934		1942a	1949		1957a	2004	
Harold Wood (HRO)	d		1852			1907		1922			1937			1952			2007	
Brentwood (BRE)	d		1856			1911		1926			1941			1956			2011	
Shenfield (SNF) <b>3</b> a			1902	1847		1917	1900	1932	1917		1947	1930		2002	1947		2017	2000

Operator Train ID Days of operation/Notes	XR 2C36	XR 2W38	LE 2K52 A	XR 2C40	LE 1A86 C	XR 2W42	LE 1Y28 D	XR 2C44	XR 2W46	LE 2K54 A	XR 2C48	XR 2W50	LE 1N28 E	XR 2C52	XR 2W54	LE 2K56 A	XR 2C56	XR 2W58
London Liverpool Street (LST)  15 d	1942	1949	1952	1957	2000	2004	2007	2012	2019	2022	2027	2034	2037	2042	2049	2052	2057	2104
Stratford (SRA)  7 d	1949	1956	1959	2004	2007	2011	2014	2019	2026	2029	2034	2041	2044	2049	2056	2059	2104	2111
Maryland (MYL)	d	1951	1958	2006		2013		2021	2028		2036	2043		2051	2058		2106	2113
Forest Gate (FOG)	d	1953	2000	2008		2015		2023	2030		2038	2045		2053	2100		2108	2115
Manor Park (MNP)	d	1956	2003	2011		2018		2026	2033		2041	2048		2056	2103		2111	2118
Ilford (IFD) <b>2</b>	d	1959	2006	2014		2021		2029	2036		2044	2051		2059	2106		2114	2121
Seven Kings (SVK)	d	2001	2008	2016		2023		2031	2038		2046	2053		2101	2108		2116	2123
Goodmayes (GMY)	d	2003	2010	2018		2025		2033	2040		2048	2055		2103	2110		2118	2125
Chadwell Heath (CTH)	d	2005	2012	2020		2027		2035	2042		2050	2057		2105	2112		2120	2127
Romford (RMF)	d	2009	2016	2008	2024	2031		2039	2046	2038	2054	2101		2109	2116	2108	2124	2131
Gidea Park (GDP) <b>2</b>	d	2012a	2019		2027a	2034		2042a	2049		2057a	2104		2112a	2119		2127a	2134
Harold Wood (HRO)	d		2022			2037		2052			2107			2122			2137	
Brentwood (BRE)	d		2026			2041		2056			2111			2126			2141	
Shenfield (SNF) <b>3</b> a			2032	2017		2023	2047	2030		2102	2047		2117	2100		2132	2117	2147






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






- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
C To Harwich International, see table 006  
D To Ipswich, see table 006  
E To Clacton-on-Sea, see table 006

## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	LE 1Y30 D	XR 2C60	XR 2W62	LE 2K58 A	XR 2C64	XR 2W66	LE 1N30 E	XR 2C68	XR 2W70	LE 2K60 A	XR 2C72	XR 2W74	LE 1Y32 D	XR 2W76	LE 2K62 A	XR 2W80	LE 1N32 E	XR 2W82
London Liverpool Street (LST)  d	2107	2112	2119	2122	2127	2134	2137	2142	2149	2152	2157	2204	2207	2219	2222	2234	2237	2249
Stratford (SRA)  d	2114	2119	2126	2129	2134	2141	2144	2149	2156	2159	2204	2211	2214	2226	2229	2241	2244	2256
Maryland (MYL) d		2121	2128		2136	2143		2151	2158		2206	2213		2228		2243		2258
Forest Gate (FOG) d		2123	2130		2138	2145		2153	2200		2208	2215		2230		2245		2300
Manor Park (MNP) d		2126	2133		2141	2148		2156	2203		2211	2218		2233		2248		2303
Ilford (IFD)  d		2129	2136		2144	2151		2159	2206		2214	2221		2236		2251		2306
Seven Kings (SVK) d		2131	2138		2146	2153		2201	2208		2216	2223		2238		2253		2308
Goodmayes (GMY) d		2133	2140		2148	2155		2203	2210		2218	2225		2240		2255		2310
Chadwell Heath (CTH) d		2135	2142		2150	2157		2205	2212		2220	2227		2242		2257		2312
Romford (RMF) d		2139	2146	2138	2154	2201		2209	2216	2208	2224	2231		2246	2238	2301		2316
Gidea Park (GDP)  d		2142a	2149		2157a	2204		2212a	2219		2227a	2234		2249		2304		2319
Harold Wood (HRO) d			2152			2207			2222			2237		2252		2307		2322
Brentwood (BRE) d			2156			2211			2226			2241		2256		2311		2326
Shenfield (SNF)  a	2130		2202	2147		2217	2200		2232	2217		2247	2230	2302	2247	2317	2300	2332

Operator Train ID Days of operation/Notes	LE 2K64 A	XR 2W86	LE 1Y34 D	XR 2W88	LE 2K66 A	XR 2W92	LE 1F64 B	XR 2K68 A	XR 2W94	LE 1F66 MM B	XR 2W02 MM	LE 2K42 MM A	XR 2W04 MM	XR 2W06 MM	LE 2K44 MM A	XR 2W08 MM
London Liverpool Street (LST)  d	2252	2304	2307	2319	2322	2332	2334	2342	2349	0002	0005	0014	0019	0034	0044	0055
Stratford (SRA)  d	2259	2311	2314	2326	2329	2339	2341	2349	2356	0009	0012	0021	0026	0041	0051	0102
Maryland (MYL) d		2313		2328		2341		2358		0014		0028	0043		0104	
Forest Gate (FOG) d		2315		2330		2343		2359		0016		0030	0045		0106	
Manor Park (MNP) d		2318		2333		2346		0003		0019		0033	0048		0109	
Ilford (IFD)  d		2321		2336		2349		0006		0022		0036	0051		0112	
Seven Kings (SVK) d		2323		2338		2351		0008		0024		0038	0053		0114	
Goodmayes (GMY) d		2325		2340		2353		0010		0026		0040	0055		0116	
Chadwell Heath (CTH) d		2327		2342		2355		0012		0028		0042	0057		0118	
Romford (RMF) d	2308	2331		2346	2338	2359		0002	0016		0032	0036	0046	0101	0105	0122
Gidea Park (GDP)  d		2334		2349		0002		0019		0035		0049	0104		0125	
Harold Wood (HRO) d		2337		2352		0005		0022		0038		0052	0107		0128	
Brentwood (BRE) d		2341		2356		0009		0026		0042		0056	0111		0132	
Shenfield (SNF)  a	2317	2347	2330	0002	2347	0015	2357	0016	0032	0033	0048	0049	0102	0117	0119	0138

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

- a Arrival time  
d Departure time

- A To Southend Victoria, see table 005  
B To Colchester, see table 006  
D To Ipswich, see table 006  
E To Clacton-on-Sea, see table 006

- MM Monday mornings



Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR 2W03 MO	XR 2W27 MX	XR 2W05	LE 1K01 A	XR 2W03	XR 2C05	XR 2W07	LE 1K03 A	XR 2C09	LE 2F01 B	XR 2W11	XR 2W13	LE 1K05 A	XR 2W15	XR 2W17	LE 1F01 B	LE 1K07 A	XR 2W19			
Shenfield (SNF)	3	d		0438	0444		0504	0509		0524	0524	0533	0536	0541	0548	0553	0555	0556			
Brentwood (BRE)		d			0448		0508				0528	0537		0545	0552			0600			
Harold Wood (HRO)		d	0004		0452		0512				0532	0541		0549	0556			0604			
Gidea Park (GDP)	2	d	0007		0455	0503	0515		0525		0535	0544		0552	0559			0607			
Romford (RMF)		d	0010		0458	0506	0518		0528	0532	0538	0547		0555	0602			0610			
Chadwell Heath (CTH)		d	0013		0501	0509	0521		0531		0541	0550		0558	0605			0613			
Goodmayes (GMY)		d	0015		0503	0511	0523		0533		0543	0552		0600	0607			0615			
Seven Kings (SVK)		d	0002	0002	0017		0505	0513	0525		0535	0537		0545	0554		0602	0609			
Ilford (IFD)	2	d	0006	0006	0021		0509	0517	0529		0539			0549	0558		0606	0613			
Manor Park (MNP)		d	0008	0008	0023		0511	0519	0531		0541		0551	0600		0608	0615	0623			
Forest Gate (FOG)		d	0011	0011	0026		0514	0522	0534		0544		0554	0603		0611	0618	0626			
Maryland (MYL)		d	0013	0013	0028		0516	0524	0536		0546		0556	0605		0613	0620	0628			
Stratford (SRA)	DLR	7	d	0016	0016	0031	0459	0519	0526	0539	0526	0549	0545	0559	0608	0551	0616	0623	0608	0611	0631
London Liverpool Street (LST)	DLR	15	a	0024	0024	0039	0507	0527	0535	0547	0534	0557	0553	0607	0616	0559	0624	0631	0616	0619	0639

Operator Train ID Days of operation/Notes	XR 2W21	LE 1Y01 C	XR 2W23	LE 1K09 A	XR 2W25	LE 1N01 D	XR 2W27	XR 2W29	LE 1K11 A	XR 2W31	LE 1F05 E	XR 2W33	LE 1J03 F	XR 2W35	LE 1N03 D	XR 2W37	LE 1K15 A	XR 2W39			
Shenfield (SNF)	3	d	0603	0606	0611	0615	0618	0625	0632	0635	0638	0641	0644	0648	0650	0651	0656	0659	0702		
Brentwood (BRE)		d	0607		0615		0622		0630	0636		0642		0648		0654		0700	0706		
Harold Wood (HRO)		d	0611		0619		0626		0634	0640		0646		0652		0658		0704	0710		
Gidea Park (GDP)	2	d	0614		0622		0629		0637	0643		0649		0655		0701		0707	0713		
Romford (RMF)		d	0617		0625		0632		0640	0646		0652		0658		0704		0710	0716		
Chadwell Heath (CTH)		d	0620		0628		0635		0643	0649		0655		0701		0707		0713	0719		
Goodmayes (GMY)		d	0622		0630		0637		0645	0651		0657		0703		0709		0715	0721		
Seven Kings (SVK)		d	0624		0632		0639		0647	0653		0659		0705		0711		0717	0723		
Ilford (IFD)	2	d	0628		0636		0643		0651	0657		0703		0709		0715		0721	0727		
Manor Park (MNP)		d	0630		0638		0645		0653	0659		0705		0711		0717		0723	0729		
Forest Gate (FOG)		d	0633		0641		0648		0656	0702		0708		0714		0720		0726	0732		
Maryland (MYL)		d	0635		0643		0650		0658	0704		0710		0716		0722		0728	0734		
Stratford (SRA)	DLR	7	d	0638	0622s	0646	0631	0653	0640	0701	0707	0650	0713	0658s	0719	0706s	0725	0709s	0731	0717s	0737
London Liverpool Street (LST)	DLR	15	a	0646	0632	0654	0639	0703	0648	0711	0717	0658	0723	0709	0729	0716	0735	0719	0741	0727	0747

Operator Train ID Days of operation/Notes	LE 1F07 G	XR 2W41	XR 2W43	LE 1K17 A	XR 2W45	XR 2W47	LE 1F91 G	XR 2W49	LE 1K21 A	XR 2W51	LE 1F11 H	XR 2W53	LE 1K23 A	XR 2W55	XR 2C57	XR 2W59	LE 1Y05 C	XR 2W61			
Shenfield (SNF)	3	d	0703	0708	0714	0719	0720	0726	0727	0731	0734	0735	0738	0741	0745		0751	0752	0756		
Brentwood (BRE)		d	0712	0718	0722	0728	0734		0739	0745		0749		0753		0759		0804			
Harold Wood (HRO)		d	0716	0722	0728	0734		0739	0743	0749		0753		0759		0804		0808			
Gidea Park (GDP)	2	d	0719	0725	0731	0737		0742	0747	0752		0756		0800	0804	0807		0811			
Romford (RMF)		d	0722	0728	0734	0740		0745	0750	0755		0759		0803	0807	0810		0814			
Chadwell Heath (CTH)		d	0725	0731	0737	0743		0748	0753	0758		0802		0806	0810	0814		0818			
Goodmayes (GMY)		d	0727	0733	0739	0745		0750	0755	0800		0804		0808	0812	0816		0820			
Seven Kings (SVK)		d	0729	0735	0741	0747		0752	0757	0802		0806		0810	0814	0818		0822			
Ilford (IFD)	2	d	0733	0739	0745	0751		0756	0801	0806		0810		0814	0818	0822		0826			
Manor Park (MNP)		d	0735	0741	0747	0753		0758	0803	0808		0812		0816	0820	0824		0828			
Forest Gate (FOG)		d	0738	0744	0750	0756		0801	0806	0811		0815		0819	0823	0827		0831			
Maryland (MYL)		d	0740	0746	0752	0758		0803	0808	0813		0817		0821	0825	0829		0833			
Stratford (SRA)	DLR	7	d	0720s	0743	0749	0737s	0755	0801	0744s	0806	0752s	0811	0756s	0816	0803s	0820	0824	0828	0809s	0832
London Liverpool Street (LST)	DLR	15	a	0731	0753	0759	0747	0805	0811	0755	0816	0802	0821	0806	0826	0813	0830	0834	0838	0819	0841

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

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

- A From Southend Victoria, see table 005
- B From Colchester, see table 006
- C From Ipswich, see table 006
- D From Clacton-on-Sea, see table 006
- E From Witham, see table 006
- F From Southminster, see table 005
- G From Colchester Town, see table 006
- H From Braintree, see table 006

- MO Mondays only
- MX Not Mondays

## Shenfield, Romford, Ilford and Stratford to London

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1K27 A	XR 2W63	LE 1F17 E	XR 2W65	LE 1K29 A	XR 2W67	LE 1N15 D	XR 2C69	XR 2W71	LE 1K33 A	LE 1A95 J	XR 2W73	XR 2W75	XR 2W77	LE 1F23 H	XR 2W79	LE 2K37 A	XR 2W81	
Shenfield (SNF)	3 d	0757	0801	0803	0806	0809	0811	0812		0819	0824	0826	0826	0832	0838	0843	0844	0845	0850
Brentwood (BRE)	d		0805		0810		0815			0823			0830	0836	0842		0848		0854
Harold Wood (HRO)	d		0809		0814		0819			0827			0834	0840	0846		0852		0858
Gidea Park (GDP)	2 d		0812		0817		0822		0827	0832			0837	0843	0849		0855		0901
Romford (RMF)	d		0815		0820		0825		0830	0835			0840	0846	0852		0858	0854	0904
Chadwell Heath (CTH)	d		0818		0823		0828		0833	0838			0843	0849	0855		0901		0907
Goodmayes (GMY)	d		0820		0825		0830		0835	0840			0845	0851	0857		0903		0909
Seven Kings (SVK)	d		0822		0827		0832		0837	0842			0847	0853	0859		0905		0911
Ilford (IFD)	2 d		0826		0831		0836		0841	0846			0851	0857	0903		0909		0915
Manor Park (MNP)	d		0828		0833		0838		0843	0848			0853	0859	0905		0911		0917
Forest Gate (FOG)	d		0831		0836		0841		0846	0851			0856	0902	0908		0914		0920
Maryland (MYL)	d		0833		0838		0843		0848	0853			0858	0904	0910		0916		0922
Stratford (SRA)	DLR 7 d	0815s	0836	0820s	0841	0827s	0846	0830s	0851	0856	0842s	0844s	0901	0907	0913	0900s	0919	0905s	0925
London Liverpool Street (LST)	DLR 15 a	0825	0846	0831	0851	0837	0856	0841	0901	0904	0852	0855	0911	0917	0923	0911	0929	0915	0935

Operator Train ID Days of operation/Notes	LE 1F25 K	XR 2W83	XR 2W85	LE 1K39 A	LE 1A27 L	XR 2W87	XR 2W89	XR 2W91	LE 1K41 A	XR 2W93	LE 1N29 D	XR 2W95	LE 1F31 H	XR 2W97	LE 2K43 A	XR 2W01	LE 1Y33 C	XR 2W03	
Shenfield (SNF)	3 d	0854	0856	0902	0903	0907	0908	0914	0918	0924	0928	0933	0938	0941	0947	0948	0953	0956	
Brentwood (BRE)	d		0900	0906		0912	0918	0922		0928		0937		0945		0952		1000	
Harold Wood (HRO)	d		0904	0910		0916	0922	0926		0932		0941		0949		0956		1004	
Gidea Park (GDP)	2 d		0907	0913		0919	0925	0929		0935		0944		0952		0959		1007	
Romford (RMF)	d		0910	0916		0922	0928	0932		0938		0947		0955	0955	1002		1010	
Chadwell Heath (CTH)	d		0913	0919		0925	0931	0935		0941		0950		0958		1005		1013	
Goodmayes (GMY)	d		0915	0921		0927	0933	0937		0943		0952		1000		1007		1015	
Seven Kings (SVK)	d		0917	0923		0929	0935	0939		0945		0954		1002		1009		1017	
Ilford (IFD)	2 d		0921	0927		0933	0939	0943		0949		0958		1006		1013		1021	
Manor Park (MNP)	d		0923	0929		0935	0941	0945		0951		1000		1008		1015		1023	
Forest Gate (FOG)	d		0926	0932		0938	0944	0948		0954		1003		1011		1018		1026	
Maryland (MYL)	d		0928	0934		0940	0946	0950		0956		1005		1013		1020		1028	
Stratford (SRA)	DLR 7 d	0911s	0931	0937	0920s	0928s	0943	0949	0953	0942s	0959	0946s	1008	0954	1016	1004	1023	1009	1031
London Liverpool Street (LST)	DLR 15 a	0922	0941	0947	0930	0938	0953	0959	1001	0952	1007	0956	1016	1003	1024	1012	1031	1017	1039

Operator Train ID Days of operation/Notes	XR 2W05	LE 1K45 A	LE 1N31 D	XR 2W07	XR 2W09	LE 1K47 A	XR 2W11	LE 1F35 G	XR 2W13	LE 1F37 H	XR 2W15	LE 2K49 A	XR 2W17	LE 1Y35 C	XR 2W19	XR 2W21	LE 1K51 A	LE 1N33 D
Shenfield (SNF)	3 d	1003	1005	1008	1011	1018	1023	1028	1033	1036	1041	1045	1048	1050	1056	1103	1105	1108
Brentwood (BRE)	d	1007			1015	1022	1030		1037		1045		1052		1100	1107		
Harold Wood (HRO)	d	1011			1019	1026	1034		1041		1049		1056		1104	1111		
Gidea Park (GDP)	2 d	1014			1022	1029	1037		1044		1052		1059		1107	1114		
Romford (RMF)	d	1017			1025	1032	1040		1047		1055	1053	1102		1110	1117		
Chadwell Heath (CTH)	d	1020			1028	1035	1043		1050		1058		1105		1113	1120		
Goodmayes (GMY)	d	1022			1030	1037	1045		1052		1100		1107		1115	1122		
Seven Kings (SVK)	d	1024			1032	1039	1047		1054		1102		1109		1117	1124		
Ilford (IFD)	2 d	1028			1036	1043	1051		1058		1106		1113		1121	1128		
Manor Park (MNP)	d	1030			1038	1045	1053		1100		1108		1115		1123	1130		
Forest Gate (FOG)	d	1033			1041	1048	1056		1103		1111		1118		1126	1133		
Maryland (MYL)	d	1035			1043	1050	1058		1105		1113		1120		1128	1135		
Stratford (SRA)	DLR 7 d	1038	1020	1027	1046	1053	1038	1101	1108	1052	1116	1102	1123	1105	1131	1138	1120	1123
London Liverpool Street (LST)	DLR 15 a	1046	1028	1035	1054	1101	1046	1109	1051	1116	1100	1124	1110	1131	1139	1146	1128	1131

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

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

- A From Southend Victoria, see table 005  
C From Ipswich, see table 006  
D From Clacton-on-Sea, see table 006  
E From Witham, see table 006  
G From Colchester Town, see table 006  
H From Braintree, see table 006  
J From Harwich International, see table 006  
K From Colchester Town/Clacton-on-Sea, see table 006  
L From Harwich Town, see table 006

Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR 2W23	XR 2W25	LE 2F27 G	LE 1K53 A	XR 2W27	XR 2W29	LE 1F39 H	XR 2W31	LE 2K55 A	XR 2W33	LE 1Y37 C	XR 2W35	XR 2W37	LE 1K57 A	LE 1N35 D	XR 2W39	XR 2W41	LE 2F33 G	
Shenfield (SNF)	3 d	1111	1118	1120	1125	1126	1133	1138	1141	1145	1148	1150	1156	1203	1205	1208	1211	1218	1220
Brentwood (BRE)	d	1115	1122			1130	1137		1145		1152		1200	1207		1215	1222		
Harold Wood (HRO)	d	1119	1126			1134	1141		1149		1156		1204	1211		1219	1226		
Gidea Park (GDP)	2 d	1122	1129			1137	1144		1152		1159		1207	1214		1222	1229		
Romford (RMF)	d	1125	1132	1128		1140	1147		1155	1153	1202		1210	1217		1225	1232	1228	
Chadwell Heath (CTH)	d	1128	1135			1143	1150		1158		1205		1213	1220		1228	1235		
Goodmayes (GMY)	d	1130	1137			1145	1152		1200		1207		1215	1222		1230	1237		
Seven Kings (SVK)	d	1132	1139			1147	1154		1202		1209		1217	1224		1232	1239		
Ilford (IFD)	2 d	1136	1143			1151	1158		1206		1213		1221	1228		1236	1243		
Manor Park (MNP)	d	1138	1145			1153	1200		1208		1215		1223	1230		1238	1245		
Forest Gate (FOG)	d	1141	1148			1156	1203		1211		1218		1226	1233		1241	1248		
Maryland (MYL)	d	1143	1150			1158	1205		1213		1220		1228	1235		1243	1250		
Stratford (SRA)	DLR 7 d	1146	1153	1137	1140	1201	1208	1154	1216	1202	1223	1205	1231	1238	1220	1223	1246	1253	1237
London Liverpool Street (LST)	DLR 15 a	1154	1201	1145	1148	1209	1216	1202	1224	1210	1231	1213	1239	1246	1228	1231	1254	1301	1245

Operator Train ID Days of operation/Notes	LE 1K59 A	XR 2W43	XR 2W45	LE 1F41 H	XR 2W47	LE 2K61 A	XR 2W49	LE 1Y39 C	XR 2W51	XR 2W53	LE 1K63 A	LE 1N37 D	XR 2W55	XR 2W57	LE 2F39 G	LE 1K65 A	XR 2W59	XR 2W61	
Shenfield (SNF)	3 d	1225	1226	1233	1238	1241	1245	1248	1250	1255	1303	1305	1308	1311	1318	1320	1325	1326	1333
Brentwood (BRE)	d		1230	1237		1245		1252		1259	1307		1315	1322			1330	1337	
Harold Wood (HRO)	d		1234	1241		1249		1256		1303	1311		1319	1326			1334	1341	
Gidea Park (GDP)	2 d		1237	1244		1252	1259		1306	1314			1322	1329			1337	1344	
Romford (RMF)	d		1240	1247		1255	1253		1302	1317			1325	1332	1328		1340	1347	
Chadwell Heath (CTH)	d		1243	1250		1258		1305		1312	1320		1328	1335			1343	1350	
Goodmayes (GMY)	d		1245	1252		1300		1307		1314	1322		1330	1337			1345	1352	
Seven Kings (SVK)	d		1247	1254		1302		1309		1316	1324		1332	1339			1347	1354	
Ilford (IFD)	2 d		1251	1258		1306		1313		1320	1328		1336	1343			1351	1358	
Manor Park (MNP)	d		1253	1300		1308		1315		1322	1330		1338	1345			1353	1400	
Forest Gate (FOG)	d		1256	1303		1311		1318		1325	1333		1341	1348			1356	1403	
Maryland (MYL)	d		1258	1305		1313		1320		1327	1335		1343	1350			1358	1405	
Stratford (SRA)	DLR 7 d	1240	1301	1308	1252	1316	1301	1323	1305	1330	1338	1320	1323	1346	1353	1337	1340	1401	1408
London Liverpool Street (LST)	DLR 15 a	1248	1309	1316	1301	1324	1310	1331	1313	1338	1346	1328	1331	1354	1401	1345	1348	1409	1416

Operator Train ID Days of operation/Notes	LE 1F43 H	XR 2W63	LE 2K67 A	XR 2W65	LE 1Y41 C	XR 2W67	XR 2W69	LE 1K69 A	LE 1N39 D	XR 2W71	XR 2W73	LE 2F45 G	LE 1K71 A	XR 2W75	XR 2W77	LE 1F45 H	XR 2W79	LE 2K73 A	
Shenfield (SNF)	3 d	1338	1341	1345	1348	1350	1356	1403	1405	1408	1411	1418	1420	1425	1426	1433	1438	1441	1445
Brentwood (BRE)	d		1345		1352		1400	1407			1415	1422			1430	1437		1445	
Harold Wood (HRO)	d		1349		1356		1404	1411			1419	1426			1434	1441		1449	
Gidea Park (GDP)	2 d		1352		1359		1407	1414			1422	1429			1437	1444		1452	
Romford (RMF)	d		1355	1353	1402		1410	1417			1425	1432	1428		1440	1447		1455	1453
Chadwell Heath (CTH)	d		1358		1405		1413	1420			1428	1435			1443	1450		1458	
Goodmayes (GMY)	d		1400		1407		1415	1422			1430	1437			1445	1452		1500	
Seven Kings (SVK)	d		1402		1409		1417	1424			1432	1439			1447	1454		1502	
Ilford (IFD)	2 d		1406		1413		1421	1428			1436	1443			1451	1458		1506	
Manor Park (MNP)	d		1408		1415		1423	1430			1438	1445			1453	1500		1508	
Forest Gate (FOG)	d		1411		1418		1426	1433			1441	1448			1456	1503		1511	
Maryland (MYL)	d		1413		1420		1428	1435			1443	1450			1458	1505		1513	
Stratford (SRA)	DLR 7 d	1353	1416	1402	1423	1406	1431	1438	1420	1423	1446	1453	1437	1440	1501	1508	1453	1516	1502
London Liverpool Street (LST)	DLR 15 a	1401	1424	1410	1431	1414	1439	1446	1428	1431	1454	1501	1445	1448	1509	1516	1501	1524	1510

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

- a Arrival time
- d Departure time
- A From Southend Victoria, see table 005
- C From Ipswich, see table 006
- D From Clacton-on-Sea, see table 006
- G From Colchester Town, see table 006
- H From Braintree, see table 006

Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR 2W81	LE 1Y43 C	XR 2W83	XR 2W85	LE 1K75 A	LE 1N41 D	XR 2W87	XR 2W89	LE 2F51 G	LE 1K77 A	XR 2W91	XR 2W93	LE 1F47 H	XR 2W95	LE 2K79 A	XR 2W97	LE 1Y45 C	XR 2W01	
Shenfield (SNF)	3 d	1448	1450	1456	1503	1505	1508	1511	1518	1520	1525	1526	1532	1538	1538	1544	1544	1549	1550
Brentwood (BRE)	d	1452		1500	1507			1515	1522			1530	1536		1542		1548		1554
Harold Wood (HRO)	d	1456		1504	1511			1519	1526			1534	1540		1546		1552		1558
Gidea Park (GDP)	2 d	1459		1507	1514			1522	1529			1537	1543		1549		1555		1601
Romford (RMF)	d	1502		1510	1517			1525	1532	1528		1540	1546		1552	1552	1558		1604
Chadwell Heath (CTH)	d	1505		1513	1520			1528	1535			1543	1549		1555		1601		1607
Goodmayes (GMY)	d	1507		1515	1522			1530	1537			1545	1551		1557		1603		1609
Seven Kings (SVK)	d	1509		1517	1524			1532	1539			1547	1553		1559		1605		1611
Ilford (IFD)	2 d	1513		1521	1528			1536	1543			1551	1557		1603		1609		1615
Manor Park (MNP)	d	1515		1523	1530			1538	1545			1553	1559		1605		1611		1617
Forest Gate (FOG)	d	1518		1526	1533			1541	1548			1556	1602		1608		1614		1620
Maryland (MYL)	d	1520		1528	1535			1543	1550			1558	1604		1610		1616		1622
Stratford (SRA)	DLR 7 d	1523	1505	1531	1538	1521	1523	1546	1553	1537	1540	1601	1607	1553	1613	1601	1619	1604	1625
London Liverpool Street (LST)	DLR 15 a	1531	1513	1539	1546	1529	1531	1554	1601	1545	1548	1609	1615	1603	1621	1609	1627	1612	1633

Operator Train ID Days of operation/Notes	XR 2W03	XR 2W05	LE 1K81 A	LE 2N13 D	XR 2W07	XR 2W09	XR 2W11	LE 1F49 G	LE 1K83 A	XR 2W13	XR 2W15	XR 2W17	LE 1F51 H	XR 2W19	LE 1K85 A	LE 1Y47 C	XR 2W21	XR 2W23	
Shenfield (SNF)	3 d	1556	1602	1605	1608	1608	1614	1620	1621	1625	1626	1632	1638	1639	1644	1646	1650	1650	1656
Brentwood (BRE)	d	1600	1606			1612	1618	1624			1630	1636	1642		1648		1654		1700
Harold Wood (HRO)	d	1604	1610			1616	1622	1628			1634	1640	1646		1652		1658		1704
Gidea Park (GDP)	2 d	1607	1613			1619	1625	1631			1637	1643	1649		1655		1701		1707
Romford (RMF)	d	1610	1616		1616	1622	1628	1634			1640	1646	1652		1658		1704		1710
Chadwell Heath (CTH)	d	1613	1619			1625	1631	1637			1643	1649	1655		1701		1707		1713
Goodmayes (GMY)	d	1615	1621			1627	1633	1639			1645	1651	1657		1703		1709		1715
Seven Kings (SVK)	d	1617	1623			1629	1635	1641			1647	1653	1659		1705		1711		1717
Ilford (IFD)	2 d	1621	1627			1633	1639	1645			1651	1657	1703		1709		1715		1721
Manor Park (MNP)	d	1623	1629			1635	1641	1647			1653	1659	1705		1711		1717		1723
Forest Gate (FOG)	d	1626	1632			1638	1644	1650			1656	1702	1708		1714		1720		1726
Maryland (MYL)	d	1628	1634			1640	1646	1652			1658	1704	1710		1716		1722		1728
Stratford (SRA)	DLR 7 d	1631	1637	1620	1625	1643	1649	1655	1636	1641	1701	1707	1713	1655	1719	1702	1706	1725	1731
London Liverpool Street (LST)	DLR 15 a	1639	1645	1628	1633	1651	1657	1703	1645	1649	1709	1715	1721	1703	1727	1713	1715	1733	1739

Operator Train ID Days of operation/Notes	XR 2W25	LE 1K87 A	LE 1N47 D	XR 2W27	XR 2W29	XR 2W31	LE 1F53 G	LE 1K89 A	XR 2W33	LE 1F55 B	XR 2W35	LE 1F57 H	XR 2W37	XR 2W39	LE 1K91 A	XR 2W41	LE 1Y49 C	XR 2W43	
Shenfield (SNF)	3 d	1702	1705	1708	1714	1720	1722	1725	1726	1728	1732	1738	1738	1744	1746	1750	1753	1754	
Brentwood (BRE)	d	1706			1712	1718	1724		1730		1736		1742	1748		1754		1758	
Harold Wood (HRO)	d	1710			1716	1722	1728		1734		1740		1746	1752		1758		1802	
Gidea Park (GDP)	2 d	1713			1719	1725	1731		1737		1743		1749	1755		1801		1807	
Romford (RMF)	d	1716			1722	1728	1734		1740		1746		1752	1758		1804		1810	
Chadwell Heath (CTH)	d	1719			1725	1731	1737		1743		1749		1755	1801		1807		1813	
Goodmayes (GMY)	d	1721			1727	1733	1739		1745		1751		1757	1803		1809		1815	
Seven Kings (SVK)	d	1723			1729	1735	1741		1747		1753		1759	1805		1811		1817	
Ilford (IFD)	2 d	1727			1733	1739	1745		1751		1757		1803	1809		1815		1821	
Manor Park (MNP)	d	1729			1735	1741	1747		1753		1759		1805	1811		1817		1823	
Forest Gate (FOG)	d	1732			1738	1744	1750		1756		1802		1808	1814		1820		1826	
Maryland (MYL)	d	1734			1740	1746	1752		1758		1804		1810	1816		1822		1828	
Stratford (SRA)	DLR 7 d	1737	1721	1724	1743	1749	1755	1738	1741	1801	1744	1807	1754	1813	1819	1802	1825	1809	1831
London Liverpool Street (LST)	DLR 15 a	1745	1729	1732	1751	1757	1803	1747	1749	1809	1755	1815	1802	1821	1827	1811	1833	1817	1840

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

- a Arrival time
- d Departure time
- A From Southend Victoria, see table 005
- B From Colchester, see table 006
- C From Ipswich, see table 006
- D From Clacton-on-Sea, see table 006
- G From Colchester Town, see table 006
- H From Braintree, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1K93 A	XR 2W45	LE 1N51 D	XR 2W47	XR 2W49	XR 2W51	LE 1F61 H	LE 1K97 A	LE 2F71 G	XR 2W53	XR 2W55	LE 1K99 A	XR 2W57	XR 2W59	LE 1Y51 C	LE 1K13 A	XR 2W61	XR 2W63			
Shenfield (SNF)	3	d	1800	1802	1808	1808	1813	1818	1820	1825	1827	1828	1833	1837	1843	1848	1851	1857	1857	1903	
Brentwood (BRE)		d		1806			1812	1817	1822			1832	1837		1847	1852			1901	1907	
Harold Wood (HRO)		d		1810			1816	1821	1826			1836	1841		1851	1856			1905	1911	
Gidea Park (GDP)	2	d		1813			1819	1825	1831			1839	1844		1854	1859			1908	1914	
Romford (RMF)		d		1816			1822	1828	1834			1835	1842	1847		1857	1902			1911	1917
Chadwell Heath (CTH)		d		1819			1825	1831	1837			1845	1850		1900	1905			1914	1920	
Goodmayes (GMY)		d		1821			1827	1833	1839			1847	1852		1902	1907			1916	1922	
Seven Kings (SVK)		d		1823			1829	1835	1841			1849	1854		1904	1909			1918	1924	
Ilford (IFD)	2	d		1827			1833	1839	1845			1853	1858		1908	1913			1922	1928	
Manor Park (MNP)		d		1829			1835	1841	1847			1855	1900		1910	1915			1924	1930	
Forest Gate (FOG)		d		1832			1838	1844	1850			1858	1903		1913	1918			1927	1933	
Maryland (MYL)		d		1834			1840	1846	1852			1900	1905		1915	1920			1929	1935	
Stratford (SRA)	DLR 7	d	1815	1837	1824	1843	1849	1855	1836	1840	1845	1903	1908	1853	1918	1923	1906	1912	1932	1938	
London Liverpool Street (LST)	15	a	1823	1845	1834	1851	1857	1902	1844	1849	1854	1911	1916	1901	1926	1931	1914	1921	1940	1946	

Operator Train ID Days of operation/Notes	LE 1K15 A	LE 1N55 D	XR 2W65	LE 1F67 H	XR 2W67	LE 2F77 G	LE 1K19 A	XR 2W69	XR 2W71	LE 1F69 E	XR 2W73	LE 2K23 A	XR 2W75	LE 1Y55 C	XR 2W77	XR 2W79	LE 1K29 A	LE 1N57 D		
Shenfield (SNF)	3	d	1905	1908	1911	1913	1918	1920	1925	1926	1933	1937	1941	1945	1948	1951	1956	2003	2008	
Brentwood (BRE)		d			1915		1922			1930	1937		1945		1952		2000	2007		
Harold Wood (HRO)		d			1919		1926			1934	1941		1949		1956		2004	2011		
Gidea Park (GDP)	2	d			1922		1929			1937	1944		1952		1959		2007	2014		
Romford (RMF)		d			1925		1932	1928		1940	1947		1955	1953	2002		2010	2017		
Chadwell Heath (CTH)		d			1928		1935			1943	1950		1958		2005		2013	2020		
Goodmayes (GMY)		d			1930		1937			1945	1952		2000		2007		2015	2022		
Seven Kings (SVK)		d			1932		1939			1947	1954		2002		2009		2017	2024		
Ilford (IFD)	2	d			1936		1943			1951	1958		2006		2013		2021	2028		
Manor Park (MNP)		d			1938		1945			1953	2000		2008		2015		2023	2030		
Forest Gate (FOG)		d			1941		1948			1956	2003		2011		2018		2026	2033		
Maryland (MYL)		d			1943		1950			1958	2005		2013		2020		2028	2035		
Stratford (SRA)	DLR 7	d	1920	1924	1946	1928	1953	1937	1941	2001	2008	1952	2016	2002	2023	2006	2031	2038	2020	2023
London Liverpool Street (LST)	15	a	1928	1933	1954	1936	2001	1945	1951	2009	2016	2000	2024	2011	2031	2014	2039	2046	2028	2031

Operator Train ID Days of operation/Notes	XR 2W81	XR 2W83	LE 2F85 G	LE 1K33 A	XR 2W85	XR 2W87	XR 2W89	LE 2K37 A	XR 2W91	LE 1F73 H	LE 1F97 G	XR 2W93	XR 2W95	LE 1K39 A	LE 1N59 D	XR 2W97	XR 2W01	LE 1K41 A		
Shenfield (SNF)	3	d	2011	2018	2020	2025	2026	2033	2041	2045	2048	2049	2052	2056	2103	2105	2108	2111	2118	2125
Brentwood (BRE)		d	2015	2022			2030	2037	2045		2052		2100	2107			2115	2122		
Harold Wood (HRO)		d	2019	2026			2034	2041	2049		2056		2104	2111			2119	2126		
Gidea Park (GDP)	2	d	2022	2029			2037	2044	2052		2059		2107	2114			2122	2129		
Romford (RMF)		d	2025	2032	2028		2040	2047	2055	2053	2102		2110	2117			2125	2132		
Chadwell Heath (CTH)		d	2028	2035			2043	2050	2058		2105		2113	2120			2128	2135		
Goodmayes (GMY)		d	2030	2037			2045	2052	2100		2107		2115	2122			2130	2137		
Seven Kings (SVK)		d	2032	2039			2047	2054	2102		2109		2117	2124			2132	2139		
Ilford (IFD)	2	d	2036	2043			2051	2058	2106		2113		2121	2128			2136	2143		
Manor Park (MNP)		d	2038	2045			2053	2100	2108		2115		2123	2130			2138	2145		
Forest Gate (FOG)		d	2041	2048			2056	2103	2111		2118		2126	2133			2141	2148		
Maryland (MYL)		d	2043	2050			2058	2105	2113		2120		2128	2135			2143	2150		
Stratford (SRA)	DLR 7	d	2046	2053	2037	2040	2101	2108	2116	2102	2123		2107	2131	2138	2120	2123	2146	2153	2140
London Liverpool Street (LST)	15	a	2054	2101	2045	2048	2109	2116	2124	2110	2131	2112	2115	2139	2146	2128	2131	2154	2201	2148

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

a Arrival time  
d Departure time

A From Southend Victoria, see table 005  
C From Ipswich, see table 006  
D From Clacton-on-Sea, see table 006  
E From Witham, see table 006  
G From Colchester Town, see table 006  
H From Braintree, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	
	2W03	1F75 G	2W05	1F77 H	2K43 A	2W07	1A97 J	2W09	1K45 A	2W11	1N63 D	2W13	2F21 G	2W15	1K49 A	2W17	1F79 H	2W19	
Shenfield (SNF)	3 d	2126	2127	2136	2138	2145	2146	2151	2156	2205	2206	2208	2216	2220	2226	2235	2236	2238	2246
Brentwood (BRE)	d	2130		2140			2150		2200		2210		2220		2230		2240		2250
Harold Wood (HRO)	d	2134		2144			2154		2204		2214		2224		2234		2244		2254
Gidea Park (GDP)	2 d	2137		2147			2157		2207		2217		2227		2237		2247		2257
Romford (RMF)	d	2140		2150		2153	2200		2210		2220		2230	2228	2240		2250		2300
Chadwell Heath (CTH)	d	2143		2153			2203		2213		2223		2233		2243		2253		2303
Goodmayes (GMY)	d	2145		2155			2205		2215		2225		2235		2245		2255		2305
Seven Kings (SVK)	d	2147		2157			2207		2217		2227		2237		2247		2257		2307
Ilford (IFD)	2 d	2151		2201			2211		2221		2231		2241		2251		2301		2311
Manor Park (MNP)	d	2153		2203			2213		2223		2233		2243		2253		2303		2313
Forest Gate (FOG)	d	2156		2206			2216		2226		2236		2246		2256		2306		2316
Maryland (MYL)	d	2158		2208			2218		2228		2238		2248		2258		2308		2318
Stratford (SRA)	DLR 7 d	2201	2143	2211	2153	2203	2221	2206	2231	2220	2241	2223	2251	2238	2301	2250	2311	2253	2321
London Liverpool Street (LST)	DLR 15 a	2209	2151	2219	2201	2211	2229	2214	2239	2228	2249	2231	2259	2246	2309	2258	2319	2301	2329

Operator Train ID Days of operation/Notes	LE	XR	LE	LE	XR	LE	XR	LE	LE	LE	XR	XR	
	1F81 G	2W21	1K51 A	1N67 D	2W23	2Y65 C	2W25	1K55 A	1P73 M	2J53 F	2W27	2W29	
Shenfield (SNF)	3 d	2251	2256	2305	2308	2311	2320	2326	2335	2337	2339	2341	2356
Brentwood (BRE)	d		2300			2315		2330				2345	2359
Harold Wood (HRO)	d		2304			2319		2334				2349	0004
Gidea Park (GDP)	2 d		2307			2322		2337				2352	0007
Romford (RMF)	d		2310			2325	2328	2340		2347		2355	0010
Chadwell Heath (CTH)	d		2313			2328		2343				2358	0013
Goodmayes (GMY)	d		2315			2330		2345				0001	0015
Seven Kings (SVK)	d		2317			2332		2347				0002	0017
Ilford (IFD)	2 d		2321			2336		2351				0006	0021
Manor Park (MNP)	d		2323			2338		2353				0008	0023
Forest Gate (FOG)	d		2326			2341		2356				0011	0026
Maryland (MYL)	d		2328			2343		2358				0013	0028
Stratford (SRA)	DLR 7 d	2306s	2331	2319	2322	2346	2338	0001	2351	2353s	2357	0016	0031
London Liverpool Street (LST)	DLR 15 a	2314	2339	2328	2331	2354	2348	0009	0001	0003	0006	0024	0039

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

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

- A From Southend Victoria, see table 005  
C From Ipswich, see table 006  
D From Clacton-on-Sea, see table 006  
F From Southminster, see table 005  
G From Colchester Town, see table 006  
H From Braintree, see table 006  
J From Harwich International, see table 006  
M From Norwich, see table 008

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	XR 2W27	XR 2W29	LE 1K01 A	XR 2W03	XR 2C05	XR 2W07	LE 1K03 A	XR 2C09	LE 2F01 B	XR 2W11	XR 2W13	LE 2K05 A	XR 2W15	XR 2W17	LE 1F01 B	XR 2W19	XR 2W21	LE 1K09 A
Shenfield (SNF) 3 d			0438	0444		0504	0508		0524	0524	0533	0535	0541	0548	0553	0556	0603	0605
Brentwood (BRE) d				0448		0508				0528	0537		0545	0552		0600	0607	
Harold Wood (HRO) d		0004		0452		0512				0532	0541		0549	0556		0604	0611	
Gidea Park (GDP) 2 d		0007		0455	0505	0515		0525		0535	0544		0552	0559		0607	0614	
Romford (RMF) d		0010		0458	0508	0518		0528	0532	0538	0547	0543	0555	0602		0610	0617	
Chadwell Heath (CTH) d		0013		0501	0511	0521		0531		0541	0550		0558	0605		0613	0620	
Goodmayes (GMY) d	0001	0015		0503	0513	0523		0533		0543	0552		0600	0607		0615	0622	
Seven Kings (SVK) d	0002	0017		0505	0515	0525		0535	0537	0545	0554		0602	0609		0617	0624	
Ilford (IFD) 2 d	0006	0021		0509	0519	0529		0539		0549	0558		0606	0613		0621	0628	
Manor Park (MNP) d	0008	0023		0511	0521	0531		0541		0551	0600		0608	0615		0623	0630	
Forest Gate (FOG) d	0011	0026		0514	0524	0534		0544		0554	0603		0611	0618		0626	0633	
Maryland (MYL) d	0013	0028		0516	0526	0536		0546		0556	0605		0613	0620		0628	0635	
Stratford (SRA) 7 d	0016	0031	0458	0519	0528	0539	0526	0549	0543	0559	0608	0552	0616	0623	0609	0631	0638	0620
London Liverpool Street (LST) 15 a	0024	0039	0506	0527	0537	0547	0534	0556	0551	0607	0616	0600	0624	0631	0617	0639	0646	0628

Operator Train ID Days of operation/Notes	XR 2W23	XR 2W25	LE 1F03 B	XR 2W27	XR 2W29	LE 2K11 A	XR 2W31	LE 2F95 B	XR 2W33	XR 2W35	XR 2W37	LE 1K15 A	LE 1N07 C	XR 2W39	XR 2W41	LE 2F07 D	LE 1K19 A	XR 2W43
Shenfield (SNF) 3 d	0611	0618	0624	0626	0633	0635	0641	0646	0648	0656	0703	0705	0708	0711	0718	0720	0725	0726
Brentwood (BRE) d	0615	0622		0630	0637		0645		0652	0700	0707			0715	0722			0730
Harold Wood (HRO) d	0619	0626		0634	0641		0649		0656	0704	0711			0719	0726			0734
Gidea Park (GDP) 2 d	0622	0629		0637	0644		0652		0659	0707	0714			0722	0729			0737
Romford (RMF) d	0625	0632		0640	0647	0643	0655	0654	0702	0710	0717			0725	0732	0728		0740
Chadwell Heath (CTH) d	0628	0635		0643	0650		0658		0705	0713	0720			0728	0735			0743
Goodmayes (GMY) d	0630	0637		0645	0652		0700		0707	0715	0722			0730	0737			0745
Seven Kings (SVK) d	0632	0639		0647	0654		0702		0709	0717	0724			0732	0739			0747
Ilford (IFD) 2 d	0636	0643		0651	0658		0706		0713	0721	0728			0736	0743			0751
Manor Park (MNP) d	0638	0645		0653	0700		0708		0715	0723	0730			0738	0745			0753
Forest Gate (FOG) d	0641	0648		0656	0703		0711		0718	0726	0733			0741	0748			0756
Maryland (MYL) d	0643	0650		0658	0705		0713		0720	0728	0735			0743	0750			0758
Stratford (SRA) 7 d	0646	0653	0639	0701	0708	0652	0716	0703	0723	0731	0738	0720	0723	0746	0753	0737	0740	0801
London Liverpool Street (LST) 15 a	0654	0701	0647	0709	0716	0700	0724	0711	0731	0739	0746	0728	0731	0754	0801	0746	0748	0809

Operator Train ID Days of operation/Notes	XR 2W45	LE 1F09 E	XR 2W47	LE 2K23 A	XR 2W49	LE 1Y05 F	XR 2W51	XR 2W53	LE 1K29 A	LE 1N15 C	XR 2W55	XR 2W57	LE 2A95 G	LE 1K33 A	XR 2W59	XR 2W61	LE 1F21 E	XR 2W63
Shenfield (SNF) 3 d	0733	0738	0741	0745	0748	0750	0756	0803	0805	0808	0811	0818	0820	0825	0826	0833	0838	0841
Brentwood (BRE) d	0737		0745		0752		0800	0807			0815	0822			0830	0837		0845
Harold Wood (HRO) d	0741		0749		0756		0804	0811			0819	0826			0834	0841		0849
Gidea Park (GDP) 2 d	0744		0752		0759		0807	0814			0822	0829			0837	0844		0852
Romford (RMF) d	0747		0755	0753	0802		0810	0817			0825	0832	0828		0840	0847		0855
Chadwell Heath (CTH) d	0750		0758		0805		0813	0820			0828	0835			0843	0850		0858
Goodmayes (GMY) d	0752		0800		0807		0815	0822			0830	0837			0845	0852		0900
Seven Kings (SVK) d	0754		0802		0809		0817	0824			0832	0839			0847	0854		0902
Ilford (IFD) 2 d	0758		0806		0813		0821	0828			0836	0843			0851	0858		0906
Manor Park (MNP) d	0800		0808		0815		0823	0830			0838	0845			0853	0900		0908
Forest Gate (FOG) d	0803		0811		0818		0826	0833			0841	0848			0856	0903		0911
Maryland (MYL) d	0805		0813		0820		0828	0835			0843	0850			0858	0905		0913
Stratford (SRA) 7 d	0808	0753	0816	0802	0823	0805	0831	0838	0820	0823	0846	0853	0837	0840	0901	0908	0853	0916
London Liverpool Street (LST) 15 a	0816	0801	0824	0810	0831	0813	0839	0846	0828	0831	0854	0901	0846	0848	0909	0916	0901	0924

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

- a Arrival time  
d Departure time

- A From Southend Victoria, see table 005  
B From Colchester, see table 006  
C From Clacton-on-Sea, see table 006  
D From Colchester Town, see table 006  
E From Braintree, see table 006  
F From Ipswich, see table 006  
G From Harwich International, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	LE 2K37 A	XR 2W65	LE 1Y07 F	XR 2W67	XR 2W69	LE 1K39 A	LE 1N29 C	XR 2W71	XR 2W73	LE 2F15 D	LE 1K41 A	XR 2W75	XR 2W77	LE 1F31 E	XR 2W79	LE 2K43 A	XR 2W81	LE 1Y33 F	
Shenfield (SNF)	3 d	0845	0848	0850	0856	0903	0905	0908	0911	0918	0920	0925	0926	0933	0938	0941	0945	0948	0950
Brentwood (BRE)	d		0852		0900	0907			0915	0922		0930	0937		0945		0952		
Harold Wood (HRO)	d		0856		0904	0911			0919	0926		0934	0941		0949		0956		
Gidea Park (GDP)	2 d		0859		0907	0914			0922	0929		0937	0944		0952		0959		
Romford (RMF)	d	0853	0902		0910	0917			0925	0932	0928		0940	0947		0955	0953	1002	
Chadwell Heath (CTH)	d		0905		0913	0920			0928	0935		0943	0950		0958		1005		
Goodmayes (GMY)	d		0907		0915	0922			0930	0937		0945	0952		1000		1007		
Seven Kings (SVK)	d		0909		0917	0924			0932	0939		0947	0954		1002		1009		
Ilford (IFD)	2 d		0913		0921	0928			0936	0943		0951	0958		1006		1013		
Manor Park (MNP)	d		0915		0923	0930			0938	0945		0953	1000		1008		1015		
Forest Gate (FOG)	d		0918		0926	0933			0941	0948		0956	1003		1011		1018		
Maryland (MYL)	d		0920		0928	0935			0943	0950		0958	1005		1013		1020		
Stratford (SRA)	DLR 7 d	0902	0923	0905	0931	0938	0920	0923	0946	0953	0937	0940	1001	1008	0953	1016	1002	1023	1005
London Liverpool Street (LST)	DLR 15 a	0910	0931	0913	0939	0946	0928	0931	0954	1001	0946	0948	1009	1016	1001	1024	1010	1031	1013

Operator Train ID Days of operation/Notes	XR 2W83	XR 2W85	LE 1K45 A	LE 1N31 C	XR 2W87	XR 2W89	LE 1K47 A	XR 2W91	LE 2F21 D	XR 2W93	LE 1F37 E	XR 2W95	LE 2K49 A	XR 2W01	LE 1Y35 F	XR 2W03	XR 2W05	LE 1K51 A	
Shenfield (SNF)	3 d	0956	1003	1004	1008	1011	1018	1024	1026	1031	1033	1038	1041	1045	1048	1050	1056	1103	1105
Brentwood (BRE)	d	1000	1007			1015	1022		1030		1037		1045		1052		1100	1107	
Harold Wood (HRO)	d	1004	1011			1019	1026		1034		1041		1049		1056		1104	1111	
Gidea Park (GDP)	2 d	1007	1014			1022	1029		1037		1044		1052		1059		1107	1114	
Romford (RMF)	d	1010	1017			1025	1032		1040	1040	1047		1055	1053	1102		1110	1117	
Chadwell Heath (CTH)	d	1013	1020			1028	1035		1043		1050		1058		1105		1113	1120	
Goodmayes (GMY)	d	1015	1022			1030	1037		1045		1052		1100		1107		1115	1122	
Seven Kings (SVK)	d	1017	1024			1032	1039		1047		1054		1102		1109		1117	1124	
Ilford (IFD)	2 d	1021	1028			1036	1043		1051		1058		1106		1113		1121	1128	
Manor Park (MNP)	d	1023	1030			1038	1045		1053		1100		1108		1115		1123	1130	
Forest Gate (FOG)	d	1026	1033			1041	1048		1056		1103		1111		1118		1126	1133	
Maryland (MYL)	d	1028	1035			1043	1050		1058		1105		1113		1120		1128	1135	
Stratford (SRA)	DLR 7 d	1031	1038	1019	1027	1046	1053	1040	1101	1049	1108	1053	1116	1102	1123	1105	1131	1138	1120
London Liverpool Street (LST)	DLR 15 a	1039	1046	1028	1035	1054	1101	1048	1109	1057	1116	1101	1124	1110	1131	1113	1139	1146	1128

Operator Train ID Days of operation/Notes	LE 1N33 C	XR 2W07	XR 2W09	LE 2F27 D	LE 1K53 A	XR 2W11	XR 2W13	LE 1F39 E	XR 2W15	LE 2K55 A	XR 2W17	LE 1Y37 F	XR 2W19	XR 2W21	LE 1K57 A	LE 1N35 C	XR 2W23	XR 2W25	
Shenfield (SNF)	3 d	1108	1111	1118	1120	1125	1133	1138	1141	1145	1148	1150	1156	1203	1205	1208	1211	1218	
Brentwood (BRE)	d		1115	1122		1130	1137		1145		1152		1200	1207			1215	1222	
Harold Wood (HRO)	d		1119	1126		1134	1141		1149		1156		1204	1211			1219	1226	
Gidea Park (GDP)	2 d		1122	1129		1137	1144		1152		1159		1207	1214			1222	1229	
Romford (RMF)	d		1125	1132	1128	1140	1147		1155	1153	1202		1210	1217			1225	1232	
Chadwell Heath (CTH)	d		1128	1135		1143	1150		1158		1205		1213	1220			1228	1235	
Goodmayes (GMY)	d		1130	1137		1145	1152		1200		1207		1215	1222			1230	1237	
Seven Kings (SVK)	d		1132	1139		1147	1154		1202		1209		1217	1224			1232	1239	
Ilford (IFD)	2 d		1136	1143		1151	1158		1206		1213		1221	1228			1236	1243	
Manor Park (MNP)	d		1138	1145		1153	1200		1208		1215		1223	1230			1238	1245	
Forest Gate (FOG)	d		1141	1148		1156	1203		1211		1218		1226	1233			1241	1248	
Maryland (MYL)	d		1143	1150		1158	1205		1213		1220		1228	1235			1243	1250	
Stratford (SRA)	DLR 7 d	1123	1146	1153	1137	1140	1201	1208	1153	1216	1202	1223	1205	1231	1238	1220	1223	1246	1253
London Liverpool Street (LST)	DLR 15 a	1131	1154	1201	1146	1148	1209	1216	1201	1224	1210	1231	1213	1239	1246	1228	1231	1254	1301

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

a Arrival time  
d Departure time

A From Southend Victoria, see table 005  
C From Clacton-on-Sea, see table 006  
D From Colchester Town, see table 006  
E From Braintree, see table 006  
F From Ipswich, see table 006



Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	LE 2F33 D	LE 1K59 A	XR 2W27	XR 2W29	LE 1F41 E	XR 2W31	LE 2K61 A	XR 2W33	LE 1Y39 F	XR 2W35	XR 2W37	LE 1K63 A	LE 1N37 C	XR 2W39	XR 2W41	LE 2F39 D	LE 1K65 A	XR 2W43	
Shenfield (SNF)	3 d	1220	1225	1226	1233	1238	1241	1245	1248	1250	1256	1303	1305	1308	1311	1318	1320	1325	1326
Brentwood (BRE)	d			1230	1237		1245		1252		1300	1307		1315	1322				1330
Harold Wood (HRO)	d			1234	1241		1249		1256		1304	1311		1319	1326				1334
Gidea Park (GDP)	2 d			1237	1244		1252		1259		1307	1314		1322	1329				1337
Romford (RMF)	d	1228		1240	1247		1255	1253	1302		1310	1317		1325	1332	1328			1340
Chadwell Heath (CTH)	d			1243	1250		1258		1305		1313	1320		1328	1335				1343
Goodmayes (GMY)	d			1245	1252		1300		1307		1315	1322		1330	1337				1345
Seven Kings (SVK)	d			1247	1254		1302		1309		1317	1324		1332	1339				1347
Ilford (IFD)	2 d			1251	1258		1306		1313		1321	1328		1336	1343				1351
Manor Park (MNP)	d			1253	1300		1308		1315		1323	1330		1338	1345				1353
Forest Gate (FOG)	d			1256	1303		1311		1318		1326	1333		1341	1348				1356
Maryland (MYL)	d			1258	1305		1313		1320		1328	1335		1343	1350				1358
Stratford (SRA)	DLR 7 d	1237	1240	1301	1308	1253	1316	1302	1323	1305	1331	1338	1320	1323	1346	1353	1337	1340	1401
London Liverpool Street (LST)	DLR 15 a	1246	1248	1309	1316	1301	1324	1310	1331	1313	1339	1346	1328	1331	1354	1401	1346	1348	1409

Operator Train ID Days of operation/Notes	XR 2W45	LE 1F43 E	XR 2W47	LE 2K67 A	XR 2W49	LE 1Y41 F	XR 2W51	XR 2W53	LE 1K69 A	LE 1N39 C	XR 2W55	XR 2W57	LE 2F45 D	LE 1K71 A	XR 2W59	XR 2W61	LE 1F45 E	XR 2W63	
Shenfield (SNF)	3 d	1333	1338	1341	1345	1348	1350	1356	1403	1405	1408	1411	1418	1420	1425	1426	1433	1438	1441
Brentwood (BRE)	d	1337		1345		1352		1400	1407			1415	1422			1430	1437		1445
Harold Wood (HRO)	d	1341		1349		1356		1404	1411			1419	1426			1434	1441		1449
Gidea Park (GDP)	2 d	1344		1352		1359		1407	1414			1422	1429			1437	1444		1452
Romford (RMF)	d	1347		1355	1353	1402		1410	1417			1425	1432	1428		1440	1447		1455
Chadwell Heath (CTH)	d	1350		1358		1405		1413	1420			1428	1435			1443	1450		1458
Goodmayes (GMY)	d	1352		1400		1407		1415	1422			1430	1437			1445	1452		1500
Seven Kings (SVK)	d	1354		1402		1409		1417	1424			1432	1439			1447	1454		1502
Ilford (IFD)	2 d	1358		1406		1413		1421	1428			1436	1443			1451	1458		1506
Manor Park (MNP)	d	1400		1408		1415		1423	1430			1438	1445			1453	1500		1508
Forest Gate (FOG)	d	1403		1411		1418		1426	1433			1441	1448			1456	1503		1511
Maryland (MYL)	d	1405		1413		1420		1428	1435			1443	1450			1458	1505		1513
Stratford (SRA)	DLR 7 d	1408	1353	1416	1402	1423	1405	1431	1438	1420	1423	1446	1453	1437	1440	1501	1508	1453	1516
London Liverpool Street (LST)	DLR 15 a	1416	1401	1424	1410	1431	1413	1439	1446	1428	1431	1454	1501	1446	1448	1509	1516	1501	1524

Operator Train ID Days of operation/Notes	LE 2K73 A	XR 2W65	LE 1Y43 F	XR 2W67	XR 2W69	LE 1K75 A	LE 1N41 C	XR 2W71	XR 2W73	LE 2F51 D	LE 1K77 A	XR 2W75	XR 2W77	LE 1F47 E	XR 2W79	LE 2K79 A	XR 2W81	LE 1Y45 F	
Shenfield (SNF)	3 d	1445	1448	1450	1456	1503	1505	1508	1511	1518	1520	1525	1533	1538	1541	1545	1548	1550	
Brentwood (BRE)	d		1452		1500	1507		1515	1522			1530	1537			1545		1552	
Harold Wood (HRO)	d		1456		1504	1511		1519	1526			1534	1541			1549		1556	
Gidea Park (GDP)	2 d		1459		1507	1514		1522	1529			1537	1544			1552		1559	
Romford (RMF)	d	1453	1502		1510	1517		1525	1532	1528		1540	1547			1555	1553	1602	
Chadwell Heath (CTH)	d		1505		1513	1520		1528	1535			1543	1550			1558		1605	
Goodmayes (GMY)	d		1507		1515	1522		1530	1537			1545	1552			1600		1607	
Seven Kings (SVK)	d		1509		1517	1524		1532	1539			1547	1554			1602		1609	
Ilford (IFD)	2 d		1513		1521	1528		1536	1543			1551	1558			1606		1613	
Manor Park (MNP)	d		1515		1523	1530		1538	1545			1553	1600			1608		1615	
Forest Gate (FOG)	d		1518		1526	1533		1541	1548			1556	1603			1611		1618	
Maryland (MYL)	d		1520		1528	1535		1543	1550			1558	1605			1613		1620	
Stratford (SRA)	DLR 7 d	1502	1523	1505	1531	1538	1520	1523	1546	1553	1537	1540	1601	1608	1553	1616	1602	1623	1605
London Liverpool Street (LST)	DLR 15 a	1510	1531	1513	1539	1546	1528	1531	1554	1601	1546	1548	1609	1616	1601	1624	1610	1631	1613

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

- a Arrival time
- d Departure time
- A From Southend Victoria, see table 005
- C From Clacton-on-Sea, see table 006
- D From Colchester Town, see table 006
- E From Braintree, see table 006
- F From Ipswich, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	XR 2W83	XR 2W85	LE 1K81 A	LE 1N43 C	XR 2W87	XR 2W89	LE 2F57 D	LE 1K83 A	XR 2W91	XR 2W93	LE 1F51 E	XR 2W95	LE 2K85 A	XR 2W01	LE 1Y47 F	XR 2W03	XR 2W05	LE 1K87 A	
Shenfield (SNF)	3 d	1556	1603	1605	1608	1611	1618	1620	1625	1626	1633	1638	1641	1645	1648	1650	1656	1703	1705
Brentwood (BRE)	d	1600	1607			1615	1622			1630	1637		1645		1652		1700	1707	
Harold Wood (HRO)	d	1604	1611			1619	1626			1634	1641		1649		1656		1704	1711	
Gidea Park (GDP)	2 d	1607	1614			1622	1629			1637	1644		1652		1659		1707	1714	
Romford (RMF)	d	1610	1617			1625	1632	1628		1640	1647		1655	1653	1702		1710	1717	
Chadwell Heath (CTH)	d	1613	1620			1628	1635			1643	1650		1658		1705		1713	1720	
Goodmayes (GMY)	d	1615	1622			1630	1637			1645	1652		1700		1707		1715	1722	
Seven Kings (SVK)	d	1617	1624			1632	1639			1647	1654		1702		1709		1717	1724	
Ilford (IFD)	2 d	1621	1628			1636	1643			1651	1658		1706		1713		1721	1728	
Manor Park (MNP)	d	1623	1630			1638	1645			1653	1700		1708		1715		1723	1730	
Forest Gate (FOG)	d	1626	1633			1641	1648			1656	1703		1711		1718		1726	1733	
Maryland (MYL)	d	1628	1635			1643	1650			1658	1705		1713		1720		1728	1735	
Stratford (SRA)	DLR 7 d	1631	1638	1620	1623	1646	1653	1637	1640	1701	1708	1653	1716	1702	1723	1705	1731	1738	1720
London Liverpool Street (LST)	DLR 15 a	1639	1646	1628	1631	1654	1701	1646	1648	1709	1716	1701	1724	1710	1731	1713	1739	1746	1728

Operator Train ID Days of operation/Notes	LE 1N47 C	XR 2W07	XR 2W09	LE 2F63 D	LE 1K89 A	XR 2W11	XR 2W13	LE 1F57 E	XR 2W15	LE 2K91 A	XR 2W17	LE 1Y49 F	XR 2W19	XR 2W21	LE 1K95 A	LE 1N51 C	XR 2W23	XR 2W25	
Shenfield (SNF)	3 d	1708	1711	1718	1720	1725	1726	1733	1738	1741	1745	1748	1750	1756	1803	1804	1811	1818	
Brentwood (BRE)	d		1715	1722			1730	1737			1745		1752		1800	1807		1815	1822
Harold Wood (HRO)	d		1719	1726			1734	1741			1749		1756		1804	1811		1819	1826
Gidea Park (GDP)	2 d		1722	1729			1737	1744			1752		1759		1807	1814		1822	1829
Romford (RMF)	d		1725	1732	1728		1740	1747		1755	1753		1802		1810	1817		1825	1832
Chadwell Heath (CTH)	d		1728	1735			1743	1750			1758		1805		1813	1820		1828	1835
Goodmayes (GMY)	d		1730	1737			1745	1752			1800		1807		1815	1822		1830	1837
Seven Kings (SVK)	d		1732	1739			1747	1754			1802		1809		1817	1824		1832	1839
Ilford (IFD)	2 d		1736	1743			1751	1758			1806		1813		1821	1828		1836	1843
Manor Park (MNP)	d		1738	1745			1753	1800			1808		1815		1823	1830		1838	1845
Forest Gate (FOG)	d		1741	1748			1756	1803			1811		1818		1826	1833		1841	1848
Maryland (MYL)	d		1743	1750			1758	1805			1813		1820		1828	1835		1843	1850
Stratford (SRA)	DLR 7 d	1723	1746	1753	1737	1740	1801	1808	1753	1816	1802	1823	1805	1831	1838	1819	1827	1846	1853
London Liverpool Street (LST)	DLR 15 a	1731	1754	1801	1746	1748	1809	1816	1801	1824	1810	1831	1813	1839	1846	1828	1835	1854	1901

Operator Train ID Days of operation/Notes	LE 1K97 A	XR 2W27	LE 2F71 D	XR 2W29	LE 1F63 E	XR 2W31	LE 2K99 A	XR 2W33	LE 1Y51 F	XR 2W35	XR 2W37	LE 1K15 A	LE 1N55 C	XR 2W39	XR 2W41	LE 2F79 D	LE 1K19 A	XR 2W43	
Shenfield (SNF)	3 d	1825	1826	1831	1833	1838	1841	1845	1848	1850	1856	1903	1905	1908	1911	1918	1920	1925	1926
Brentwood (BRE)	d		1830		1837		1845		1852		1900	1907		1915	1922			1930	
Harold Wood (HRO)	d		1834		1841		1849		1856		1904	1911		1919	1926			1934	
Gidea Park (GDP)	2 d		1837		1844		1852		1859		1907	1914		1922	1929			1937	
Romford (RMF)	d		1840	1840	1847		1855	1853	1902		1910	1917		1925	1932	1928		1940	
Chadwell Heath (CTH)	d		1843		1850		1858		1905		1913	1920		1928	1935			1943	
Goodmayes (GMY)	d		1845		1852		1900		1907		1915	1922		1930	1937			1945	
Seven Kings (SVK)	d		1847		1854		1902		1909		1917	1924		1932	1939			1947	
Ilford (IFD)	2 d		1851		1858		1906		1913		1921	1928		1936	1943			1951	
Manor Park (MNP)	d		1853		1900		1908		1915		1923	1930		1938	1945			1953	
Forest Gate (FOG)	d		1856		1903		1911		1918		1926	1933		1941	1948			1956	
Maryland (MYL)	d		1858		1905		1913		1920		1928	1935		1943	1950			1958	
Stratford (SRA)	DLR 7 d	1841	1901	1849	1908	1854	1916	1902	1923	1905	1931	1938	1920	1924	1946	1953	1937	1940	2001
London Liverpool Street (LST)	DLR 15 a	1850	1909	1857	1916	1903	1924	1910	1931	1913	1939	1946	1928	1933	1954	2001	1946	1948	2009

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

- a Arrival time  
d Departure time

- A From Southend Victoria, see table 005  
C From Clacton-on-Sea, see table 006  
D From Colchester Town, see table 006  
E From Braintree, see table 006  
F From Ipswich, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	XR 2W45	LE 1F69 E	XR 2W47	LE 2K23 A	XR 2W49	LE 1Y55 F	XR 2W51	XR 2W53	LE 1K29 A	LE 1N57 C	XR 2W55	XR 2W57	LE 2F85 D	LE 1K33 A	XR 2W59	XR 2W61	LE 1F73 E	XR 2W63	
Shenfield (SNF)	3 d	1933	1938	1941	1945	1948	1950	1956	2003	2005	2008	2011	2018	2020	2025	2026	2033	2038	2041
Brentwood (BRE)	d	1937		1945		1952		2000	2007			2015	2022			2030	2037		2045
Harold Wood (HRO)	d	1941		1949		1956		2004	2011			2019	2026			2034	2041		2049
Gidea Park (GDP)	2 d	1944		1952		1959		2007	2014			2022	2029			2037	2044		2052
Romford (RMF)	d	1947		1955	1953	2002		2010	2017			2025	2032	2028		2040	2047		2055
Chadwell Heath (CTH)	d	1950		1958		2005		2013	2020			2028	2035			2043	2050		2058
Goodmayes (GMY)	d	1952		2000		2007		2015	2022			2030	2037			2045	2052		2100
Seven Kings (SVK)	d	1954		2002		2009		2017	2024			2032	2039			2047	2054		2102
Ilford (IFD)	2 d	1958		2006		2013		2021	2028			2036	2043			2051	2058		2106
Manor Park (MNP)	d	2000		2008		2015		2023	2030			2038	2045			2053	2100		2108
Forest Gate (FOG)	d	2003		2011		2018		2026	2033			2041	2048			2056	2103		2111
Maryland (MYL)	d	2005		2013		2020		2028	2035			2043	2050			2058	2105		2113
Stratford (SRA)	DLR 7 d	2008	1953	2016	2002	2023	2005	2031	2038	2020	2023	2046	2053	2037	2040	2101	2108	2053	2116
London Liverpool Street (LST)	DLR 15 a	2016	2001	2024	2010	2031	2013	2039	2046	2028	2031	2054	2101	2046	2048	2109	2116	2101	2124

Operator Train ID Days of operation/Notes	LE 2K37 A	XR 2W65	LE 1Y61 F	XR 2W67	XR 2W69	LE 1K39 A	LE 1N59 C	XR 2W71	XR 2W73	LE 2F93 D	LE 1K41 A	XR 2W75	XR 2W77	LE 1F77 E	LE 2K43 A	XR 2W79	LE 1A97 G	XR 2W81	
Shenfield (SNF)	3 d	2045	2048	2050	2056	2103	2105	2108	2111	2118	2120	2125	2126	2136	2138	2145	2150	2156	
Brentwood (BRE)	d		2052		2100	2107			2115	2122			2130	2140			2150	2200	
Harold Wood (HRO)	d		2056		2104	2111			2119	2126			2134	2144			2154	2204	
Gidea Park (GDP)	2 d		2059		2107	2114			2122	2129			2137	2147			2157	2207	
Romford (RMF)	d	2053	2102		2110	2117			2125	2132	2128		2140	2150		2153	2200	2210	
Chadwell Heath (CTH)	d		2105		2113	2120			2128	2135			2143	2153			2203	2213	
Goodmayes (GMY)	d		2107		2115	2122			2130	2137			2145	2155			2205	2215	
Seven Kings (SVK)	d		2109		2117	2124			2132	2139			2147	2157			2207	2217	
Ilford (IFD)	2 d		2113		2121	2128			2136	2143			2151	2201			2211	2221	
Manor Park (MNP)	d		2115		2123	2130			2138	2145			2153	2203			2213	2223	
Forest Gate (FOG)	d		2118		2126	2133			2141	2148			2156	2206			2216	2226	
Maryland (MYL)	d		2120		2128	2135			2143	2150			2158	2208			2218	2228	
Stratford (SRA)	DLR 7 d	2102	2123	2105	2131	2138	2120	2123	2146	2153	2137	2140	2201	2211	2153	2202	2221	2205	2231
London Liverpool Street (LST)	DLR 15 a	2110	2131	2113	2139	2146	2128	2131	2154	2201	2146	2148	2209	2219	2201	2210	2229	2214	2239

Operator Train ID Days of operation/Notes	LE 1K45 A	XR 2W83	LE 1N63 C	XR 2W85	LE 2F01 D	XR 2W87	LE 1K49 A	XR 2W89	LE 1F79 E	XR 2W91	LE 1Y67 F	XR 2W93	LE 1K51 A	LE 1N67 C	XR 2W95	LE 2Y65 F	XR 2W01	LE 1P73 H	
Shenfield (SNF)	3 d	2205	2206	2208	2216	2220	2226	2235	2238	2246	2250	2256	2305	2308	2311	2320	2326	2334	
Brentwood (BRE)	d		2210		2220	2220	2230	2240	2240	2250		2300			2315		2330		
Harold Wood (HRO)	d		2214		2224		2234	2244	2244	2254		2304			2319		2334		
Gidea Park (GDP)	2 d		2217		2227	2227	2237	2247	2257	2307		2317			2332		2337		
Romford (RMF)	d		2220		2230	2228	2240	2250	2300	2310		2320			2325	2328	2340		
Chadwell Heath (CTH)	d		2223		2233	2233	2243	2253	2303	2313		2323			2328		2343		
Goodmayes (GMY)	d		2225		2235	2235	2245	2255	2305	2315		2325			2330		2345		
Seven Kings (SVK)	d		2227		2237	2237	2247	2257	2307	2317		2327			2332		2347		
Ilford (IFD)	2 d		2231		2241	2241	2251	2301	2311	2321		2331			2336		2351		
Manor Park (MNP)	d		2233		2243	2243	2253	2303	2313	2323		2333			2338		2353		
Forest Gate (FOG)	d		2236		2246	2246	2256	2306	2316	2326		2336			2341		2356		
Maryland (MYL)	d		2238		2248	2248	2258	2308	2318	2328		2338			2343		2358		
Stratford (SRA)	DLR 7 d	2220	2241	2223	2251	2237	2301	2250	2311	2253	2321	2305	2331	2320	2323	2346	2337	0001	2349s
London Liverpool Street (LST)	DLR 15 a	2228	2249	2231	2259	2246	2309	2258	2319	2301	2329	2313	2339	2328	2331	2354	2345	0009	2358



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

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

- A From Southend Victoria, see table 005  
C From Clacton-on-Sea, see table 006  
D From Colchester Town, see table 006  
E From Braintree, see table 006  
F From Ipswich, see table 006  
G From Harwich International, see table 006  
H From Norwich, see table 008

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	LE	LE	XR	XR
	1K55 A	2J53 J	2W03	2W05
Shenfield (SNF) <b>3</b> d	2336	2339	2341	2356
Brentwood (BRE) d			2345	2359
Harold Wood (HRO) d			2349	0004
Gidea Park (GDP) <b>2</b> d			2352	0007
Romford (RMF) d		2347	2355	0010
Chadwell Heath (CTH) d			2358	0013
Goodmayes (GMY) d			2359	0015
Seven Kings (SVK) d			0002	0017
Ilford (IFD) <b>2</b> d			0006	0021
Manor Park (MNP) d			0008	0023
Forest Gate (FOG) d			0011	0026
Maryland (MYL) d			0013	0028
Stratford (SRA)  <b>7</b> d	2353	2357	0016	0031
London Liverpool Street (LST)  <b>15</b> a	0001	0005	0024	0039

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

**a** Arrival time  
**d** Departure time

**A** From Southend Victoria, see table 005  
**J** From Southminster, see table 005

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	XR 2W03	XR 2W05	XR 2C15	XR 2C19	XR 2C23	XR 2C27	XR 2W31	LE 2K01 A	XR 2W35	LE 2F93 B	XR 2W39	LE 2K03 A	XR 2W43	LE 2F95 C	XR 2W47	LE 2K05 A	XR 2W51	LE 1F05 C
Shenfield (SNF) 3 d							0641	0652	0656	0707	0711	0722	0726	0737	0741	0752	0756	0807
Brentwood (BRE) d							0645		0700		0715		0730		0745		0800	
Harold Wood (HRO) d		0004					0649		0704		0719		0734		0749		0804	
Gidea Park (GDP) 2 d		0007	0552	0607	0622	0637	0652		0707		0722		0737		0752		0807	
Romford (RMF) d		0010	0555	0610	0625	0640	0655	0704	0710	0719	0725	0734	0740	0749	0755	0804	0810	
Chadwell Heath (CTH) d		0013	0558	0613	0628	0643	0658		0713		0728		0743		0758		0813	
Goodmayes (GMY) d		0015	0600	0615	0630	0645	0700		0715		0730		0745		0800		0815	
Seven Kings (SVK) d	0002	0017	0602	0617	0632	0647	0702		0717		0732		0747		0802		0817	
Ilford (IFD) 2 d	0006	0021	0606	0621	0636	0651	0706		0721		0736		0751		0806		0821	
Manor Park (MNP) d	0008	0023	0608	0623	0638	0653	0708		0723		0738		0753		0808		0823	
Forest Gate (FOG) d	0011	0026	0611	0626	0641	0656	0711		0726		0741		0756		0811		0826	
Maryland (MYL) d	0013	0028	0613	0628	0643	0658	0713		0728		0743		0758		0813		0828	
Stratford (SRA) 7 d	0016	0031	0616	0631	0646	0701	0716	0719	0731	0734	0746	0749	0801	0804	0816	0819	0831	0834
London Liverpool Street (LST) 15 a	0024	0039	0624	0639	0654	0709	0724	0727	0739	0743	0754	0757	0809	0813	0824	0827	0839	0843

Operator Train ID Days of operation/Notes	XR 2W55	LE 1A95 D	LE 2K07 A	XR 2W59	LE 1N01 E	XR 2W63	XR 2W67	LE 2K09 A	LE 1Y07 F	XR 2W71	XR 2W75	LE 2K11 A	LE 1N03 E	XR 2W79	XR 2W83	LE 2K13 A	LE 1Y09 F	XR 2W87
Shenfield (SNF) 3 d	0811	0817	0823	0826	0837	0841	0856	0900	0911	0911	0926	0927	0941	0941	0956	0957	1011	1011
Brentwood (BRE) d	0815			0830		0845	0900			0915	0930			0945	1000			1015
Harold Wood (HRO) d	0819			0834		0849	0904			0919	0934			0949	1004			1019
Gidea Park (GDP) 2 d	0822			0837		0852	0907			0922	0937			0952	1007			1022
Romford (RMF) d	0825		0834	0840		0855	0910	0908		0925	0940	0935		0955	1010	1005		1025
Chadwell Heath (CTH) d	0828			0843		0858	0913			0928	0943			0958	1013			1028
Goodmayes (GMY) d	0830			0845		0900	0915			0930	0945			1000	1015			1030
Seven Kings (SVK) d	0832			0847		0902	0917			0932	0947			1002	1017			1032
Ilford (IFD) 2 d	0836			0851		0906	0921			0936	0951			1006	1021			1036
Manor Park (MNP) d	0838			0853		0908	0923			0938	0953			1008	1023			1038
Forest Gate (FOG) d	0841			0856		0911	0926			0941	0956			1011	1026			1041
Maryland (MYL) d	0843			0858		0913	0928			0943	0958			1013	1028			1043
Stratford (SRA) 7 d	0846	0848s	0854	0901	0904	0916	0931	0918	0927	0946	1001	0945	0957	1016	1031	1015	1027	1046
London Liverpool Street (LST) 15 a	0854	0858	0902	0909	0913	0924	0939	0926	0935	0954	1009	0953	1005	1024	1039	1023	1035	1054

Operator Train ID Days of operation/Notes	XR 2W91	LE 2K15 A	LE 1N05 E	XR 2W95	XR 2W03	LE 2K17 A	LE 1Y11 F	XR 2W07	XR 2C09	XR 2W11	LE 2K19 A	LE 1N07 E	XR 2C13	XR 2W15	XR 2C17	XR 2W19	LE 2K21 A	LE 1Y13 F
Shenfield (SNF) 3 d	1026	1027	1041	1041	1056	1057	1111			1126	1127	1141		1141		1156	1157	1211
Brentwood (BRE) d	1030			1045	1100			1115		1130				1145		1200		
Harold Wood (HRO) d	1034			1049	1104			1119		1134				1149		1204		
Gidea Park (GDP) 2 d	1037			1052	1107			1122	1129	1137			1144	1152	1159	1207		
Romford (RMF) d	1040	1035		1055	1110	1105		1125	1132	1140	1135		1147	1155	1202	1210	1205	
Chadwell Heath (CTH) d	1043			1058	1113			1128	1135	1143			1150	1158	1205	1213		
Goodmayes (GMY) d	1045			1100	1115			1130	1137	1145			1152	1200	1207	1215		
Seven Kings (SVK) d	1047			1102	1117			1132	1139	1147			1154	1202	1209	1217		
Ilford (IFD) 2 d	1051			1106	1121			1136	1143	1151			1158	1206	1213	1221		
Manor Park (MNP) d	1053			1108	1123			1138	1145	1153			1200	1208	1215	1223		
Forest Gate (FOG) d	1056			1111	1126			1141	1148	1156			1203	1211	1218	1226		
Maryland (MYL) d	1058			1113	1128			1143	1150	1158			1205	1213	1220	1228		
Stratford (SRA) 7 d	1101	1045	1057	1116	1131	1115	1127	1146	1153	1201	1145	1157	1208	1216	1223	1231	1215	1227
London Liverpool Street (LST) 15 a	1109	1053	1105	1124	1139	1123	1135	1154	1201	1209	1153	1205	1216	1224	1231	1239	1223	1235

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

- a Arrival time
- d Departure time
- s Stops to set down only
  
- A From Southend Victoria, see table 005
- B From Chelmsford, see table 006
- C From Colchester, see table 006
- D From Harwich International, see table 006
- E From Clacton-on-Sea, see table 006
- F From Ipswich, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR 2C21	XR 2W23	XR 2C25	XR 2W27	LE 2K23 A	LE 1N09 E	XR 2C29	XR 2W31	XR 2C33	XR 2W35	LE 2K25 A	LE 1Y15 F	XR 2C37	XR 2W39	XR 2C41	XR 2W43	LE 2K27 A	LE 1N11 E
Shenfield (SNF) 3 d		1211		1226	1227	1241		1241		1256	1257	1311		1311		1326	1327	1341
Brentwood (BRE) d		1215		1230				1245		1300				1315		1330		
Harold Wood (HRO) d		1219		1234				1249		1304				1319		1334		
Gidea Park (GDP) 2 d	1214	1222	1229	1237			1244	1252	1259	1307			1314	1322	1329	1337		
Romford (RMF) d	1217	1225	1232	1240	1235		1247	1255	1302	1310	1305		1317	1325	1332	1340	1335	
Chadwell Heath (CTH) d	1220	1228	1235	1243			1250	1258	1305	1313			1320	1328	1335	1343		
Goodmayes (GMY) d	1222	1230	1237	1245			1252	1300	1307	1315			1322	1330	1337	1345		
Seven Kings (SVK) d	1224	1232	1239	1247			1254	1302	1309	1317			1324	1332	1339	1347		
Ilford (IFD) 2 d	1228	1236	1243	1251			1258	1306	1313	1321			1328	1336	1343	1351		
Manor Park (MNP) d	1230	1238	1245	1253			1300	1308	1315	1323			1330	1338	1345	1353		
Forest Gate (FOG) d	1233	1241	1248	1256			1303	1311	1318	1326			1333	1341	1348	1356		
Maryland (MYL) d	1235	1243	1250	1258			1305	1313	1320	1328			1335	1343	1350	1358		
Stratford (SRA) 7 d	1238	1246	1253	1301	1245	1257	1308	1316	1323	1331	1315	1327	1338	1346	1353	1401	1345	1357
London Liverpool Street (LST) 15 a	1246	1254	1301	1309	1253	1305	1316	1324	1331	1339	1323	1335	1346	1354	1401	1409	1353	1405

Operator Train ID Days of operation/Notes	XR 2C45	XR 2W47	XR 2C49	XR 2W51	LE 2K29 A	LE 1Y17 F	XR 2C53	XR 2W55	XR 2C57	XR 2W59	LE 2K31 A	LE 1N13 E	XR 2C61	XR 2W63	XR 2C65	XR 2W67	LE 2K33 A	LE 1Y19 F
Shenfield (SNF) 3 d		1341		1356	1357	1411		1411		1426	1427	1441		1441		1456	1457	1511
Brentwood (BRE) d		1345		1400				1415		1430				1445		1500		
Harold Wood (HRO) d		1349		1404				1419		1434				1449		1504		
Gidea Park (GDP) 2 d	1344	1352	1359	1407			1414	1422	1429	1437			1444	1452	1459	1507		
Romford (RMF) d	1347	1355	1402	1410	1405		1417	1425	1432	1440	1435		1447	1455	1502	1510	1505	
Chadwell Heath (CTH) d	1350	1358	1405	1413			1420	1428	1435	1443			1450	1458	1505	1513		
Goodmayes (GMY) d	1352	1400	1407	1415			1422	1430	1437	1445			1452	1500	1507	1515		
Seven Kings (SVK) d	1354	1402	1409	1417			1424	1432	1439	1447			1454	1502	1509	1517		
Ilford (IFD) 2 d	1358	1406	1413	1421			1428	1436	1443	1451			1458	1506	1513	1521		
Manor Park (MNP) d	1400	1408	1415	1423			1430	1438	1445	1453			1500	1508	1515	1523		
Forest Gate (FOG) d	1403	1411	1418	1426			1433	1441	1448	1456			1503	1511	1518	1526		
Maryland (MYL) d	1405	1413	1420	1428			1435	1443	1450	1458			1505	1513	1520	1528		
Stratford (SRA) 7 d	1408	1416	1423	1431	1415	1427	1438	1446	1453	1501	1445	1457	1508	1516	1523	1531	1515	1527
London Liverpool Street (LST) 15 a	1416	1424	1431	1439	1423	1435	1446	1454	1501	1509	1453	1505	1516	1524	1531	1539	1523	1535

Operator Train ID Days of operation/Notes	XR 2C69	XR 2W71	XR 2C73	XR 2W75	LE 2K35 A	LE 1N15 E	XR 2C77	XR 2W79	XR 2C81	XR 2W83	LE 2K37 A	LE 1Y21 F	XR 2C85	XR 2W87	XR 2C89	XR 2W91	LE 2K39 A	LE 1N17 E
Shenfield (SNF) 3 d		1511		1526	1527	1541		1541		1556	1557	1611		1611		1626	1627	1641
Brentwood (BRE) d		1515		1530				1545		1600				1615		1630		
Harold Wood (HRO) d		1519		1534				1549		1604				1619		1634		
Gidea Park (GDP) 2 d	1514	1522	1529	1537			1544	1552	1559	1607			1614	1622	1629	1637		
Romford (RMF) d	1517	1525	1532	1540	1535		1547	1555	1602	1610	1605		1617	1625	1632	1640	1635	
Chadwell Heath (CTH) d	1520	1528	1535	1543			1550	1558	1605	1613			1620	1628	1635	1643		
Goodmayes (GMY) d	1522	1530	1537	1545			1552	1600	1607	1615			1622	1630	1637	1645		
Seven Kings (SVK) d	1524	1532	1539	1547			1554	1602	1609	1617			1624	1632	1639	1647		
Ilford (IFD) 2 d	1528	1536	1543	1551			1558	1606	1613	1621			1628	1636	1643	1651		
Manor Park (MNP) d	1530	1538	1545	1553			1600	1608	1615	1623			1630	1638	1645	1653		
Forest Gate (FOG) d	1533	1541	1548	1556			1603	1611	1618	1626			1633	1641	1648	1656		
Maryland (MYL) d	1535	1543	1550	1558			1605	1613	1620	1628			1635	1643	1650	1658		
Stratford (SRA) 7 d	1538	1546	1553	1601	1545	1557	1608	1616	1623	1631	1615	1627	1638	1646	1653	1701	1645	1657
London Liverpool Street (LST) 15 a	1546	1554	1601	1609	1553	1605	1616	1624	1631	1639	1623	1635	1646	1654	1701	1709	1653	1705

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

a Arrival time  
d Departure time

A From Southend Victoria, see table 005  
E From Clacton-on-Sea, see table 006  
F From Ipswich, see table 006

## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR 2C93	XR 2W95	XR 2C01	XR 2W03	LE 2K41 A	LE 1Y23 F	XR 2C05	XR 2W07	XR 2C09	XR 2W11	LE 2K43 A	LE 1N19 E	XR 2C13	XR 2W15	XR 2C17	XR 2W19	LE 2K45 A	LE 1Y25 F	
Shenfield (SNF)	3 d		1641		1656	1657	1711		1711		1726	1727	1741		1741		1756	1757	1811
Brentwood (BRE)	d		1645		1700				1715		1730				1745		1800		
Harold Wood (HRO)	d		1649		1704				1719		1734				1749		1804		
Gidea Park (GDP)	2 d	1644	1652	1659	1707			1714	1722	1729	1737		1744	1752	1759	1807			
Romford (RMF)	d	1647	1655	1702	1710	1705		1717	1725	1732	1740	1735	1747	1755	1802	1810	1805		
Chadwell Heath (CTH)	d	1650	1658	1705	1713			1720	1728	1735	1743		1750	1758	1805	1813			
Goodmayes (GMY)	d	1652	1700	1707	1715			1722	1730	1737	1745		1752	1800	1807	1815			
Seven Kings (SVK)	d	1654	1702	1709	1717			1724	1732	1739	1747		1754	1802	1809	1817			
Ilford (IFD)	2 d	1658	1706	1713	1721			1728	1736	1743	1751		1758	1806	1813	1821			
Manor Park (MNP)	d	1700	1708	1715	1723			1730	1738	1745	1753		1800	1808	1815	1823			
Forest Gate (FOG)	d	1703	1711	1718	1726			1733	1741	1748	1756		1803	1811	1818	1826			
Maryland (MYL)	d	1705	1713	1720	1728			1735	1743	1750	1758		1805	1813	1820	1828			
Stratford (SRA)	DLR 7 d	1708	1716	1723	1731	1715	1727	1738	1746	1753	1801	1745	1757	1808	1816	1823	1831	1815	1827
London Liverpool Street (LST)	DLR 15 a	1716	1724	1731	1739	1723	1735	1746	1754	1801	1809	1753	1805	1816	1824	1831	1839	1823	1835

Operator Train ID Days of operation/Notes	XR 2C21	XR 2W23	XR 2C25	XR 2W27	LE 2K47 A	LE 1N21 E	XR 2C29	XR 2W31	XR 2C33	XR 2W35	LE 2K49 A	LE 1Y27 F	XR 2C37	XR 2W39	XR 2C41	XR 2W43	LE 2K51 A	LE 1N23 E	
Shenfield (SNF)	3 d		1811		1826	1827	1841		1841		1856	1857	1911		1911		1926	1927	1941
Brentwood (BRE)	d		1815		1830				1845		1900				1915		1930		
Harold Wood (HRO)	d		1819		1834				1849		1904				1919		1934		
Gidea Park (GDP)	2 d	1814	1822	1829	1837			1844	1852	1859	1907		1914	1922	1929	1937			
Romford (RMF)	d	1817	1825	1832	1840	1835		1847	1855	1902	1910	1905	1917	1925	1932	1940	1935		
Chadwell Heath (CTH)	d	1820	1828	1835	1843			1850	1858	1905	1913		1920	1928	1935	1943			
Goodmayes (GMY)	d	1822	1830	1837	1845			1852	1900	1907	1915		1922	1930	1937	1945			
Seven Kings (SVK)	d	1824	1832	1839	1847			1854	1902	1909	1917		1924	1932	1939	1947			
Ilford (IFD)	2 d	1828	1836	1843	1851			1858	1906	1913	1921		1928	1936	1943	1951			
Manor Park (MNP)	d	1830	1838	1845	1853			1900	1908	1915	1923		1930	1938	1945	1953			
Forest Gate (FOG)	d	1833	1841	1848	1856			1903	1911	1918	1926		1933	1941	1948	1956			
Maryland (MYL)	d	1835	1843	1850	1858			1905	1913	1920	1928		1935	1943	1950	1958			
Stratford (SRA)	DLR 7 d	1838	1846	1853	1901	1845	1857	1908	1916	1923	1931	1915	1927	1938	1946	1953	2001	1945	1957
London Liverpool Street (LST)	DLR 15 a	1846	1854	1901	1909	1853	1905	1916	1924	1931	1939	1923	1935	1946	1954	2001	2009	1953	2005

Operator Train ID Days of operation/Notes	XR 2C45	XR 2W47	XR 2C49	XR 2W51	LE 2K53 A	LE 1Y29 F	XR 2C53	XR 2W55	XR 2C57	XR 2W59	LE 2K55 A	LE 1N25 E	XR 2C61	XR 2W63	XR 2C65	XR 2W67	LE 2K57 A	LE 1Y31 F	
Shenfield (SNF)	3 d		1941		1956	1957	2011		2011		2026	2027	2041		2041		2056	2057	2111
Brentwood (BRE)	d		1945		2000				2015		2030				2045		2100		
Harold Wood (HRO)	d		1949		2004				2019		2034				2049		2104		
Gidea Park (GDP)	2 d	1944	1952	1959	2007			2014	2022	2029	2037		2044	2052	2059	2107			
Romford (RMF)	d	1947	1955	2002	2010	2005		2017	2025	2032	2040	2035	2047	2055	2102	2110	2105		
Chadwell Heath (CTH)	d	1950	1958	2005	2013			2020	2028	2035	2043		2050	2058	2105	2113			
Goodmayes (GMY)	d	1952	2000	2007	2015			2022	2030	2037	2045		2052	2100	2107	2115			
Seven Kings (SVK)	d	1954	2002	2009	2017			2024	2032	2039	2047		2054	2102	2109	2117			
Ilford (IFD)	2 d	1958	2006	2013	2021			2028	2036	2043	2051		2058	2106	2113	2121			
Manor Park (MNP)	d	2000	2008	2015	2023			2030	2038	2045	2053		2100	2108	2115	2123			
Forest Gate (FOG)	d	2003	2011	2018	2026			2033	2041	2048	2056		2103	2111	2118	2126			
Maryland (MYL)	d	2005	2013	2020	2028			2035	2043	2050	2058		2105	2113	2120	2128			
Stratford (SRA)	DLR 7 d	2008	2016	2023	2031	2015	2027	2038	2046	2053	2101	2045	2057	2108	2116	2123	2131	2115	2127
London Liverpool Street (LST)	DLR 15 a	2016	2024	2031	2039	2023	2035	2046	2054	2101	2109	2053	2105	2116	2124	2131	2139	2123	2135

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

a Arrival time  
d Departure time

A From Southend Victoria, see table 005  
E From Clacton-on-Sea, see table 006  
F From Ipswich, see table 006

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	XR 2C69	XR 2W71	LE 1A97 D	XR 2W75	LE 2K59 A	LE 1N27 E	XR 2W77	XR 2W81	LE 2K61 A	LE 1Y33 F	XR 2W83	XR 2W87	LE 2K63 A	LE 1N29 E	XR 2W89	XR 2W93	LE 2K65 A	LE 1Y35 F	
Shenfield (SNF)	3 d		2111	2120	2126	2127	2141	2156	2157	2211	2211	2226	2227	2241	2241	2256	2257	2311	
Brentwood (BRE)	d		2115		2130		2145	2200			2215	2230			2245	2300			
Harold Wood (HRO)	d		2119		2134		2149	2204			2219	2234			2249	2304			
Gidea Park (GDP)	2 d	2114	2122		2137		2152	2207			2222	2237			2252	2307			
Romford (RMF)	d	2117	2125		2140	2135	2155	2210	2205		2225	2240	2235		2255	2310	2305		
Chadwell Heath (CTH)	d	2120	2128		2143		2158	2213			2228	2243			2258	2313			
Goodmayes (GMY)	d	2122	2130		2145		2200	2215			2230	2245			2300	2315			
Seven Kings (SVK)	d	2124	2132		2147		2202	2217			2232	2247			2302	2317			
Ilford (IFD)	2 d	2128	2136		2151		2206	2221			2236	2251			2306	2321			
Manor Park (MNP)	d	2130	2138		2153		2208	2223			2238	2253			2308	2323			
Forest Gate (FOG)	d	2133	2141		2156		2211	2226			2241	2256			2311	2326			
Maryland (MYL)	d	2135	2143		2158		2213	2228			2243	2258			2313	2328			
Stratford (SRA)	DLR 7 d	2138	2146	2136s	2201	2145	2157	2216	2231	2215	2227	2246	2301	2245	2257	2316	2331	2315	2327
London Liverpool Street (LST)	DLR 15 a	2146	2154	2144	2209	2153	2205	2224	2239	2223	2235	2254	2309	2253	2305	2324	2339	2323	2335

Operator Train ID Days of operation/Notes	XR 2W95	XR 2W01	LE 2K67 A	LE 1P73 G	XR 2W03	XR 2W05	
Shenfield (SNF)	3 d	2311	2326	2327	2335	2341	2356
Brentwood (BRE)	d	2315	2330			2345	2359
Harold Wood (HRO)	d	2319	2334			2349	0004
Gidea Park (GDP)	2 d	2322	2337			2352	0007
Romford (RMF)	d	2325	2340	2335		2355	0010
Chadwell Heath (CTH)	d	2328	2343			2358	0013
Goodmayes (GMY)	d	2330	2345			2359	0015
Seven Kings (SVK)	d	2332	2347			0002	0017
Ilford (IFD)	2 d	2336	2351			0006	0021
Manor Park (MNP)	d	2338	2353			0008	0023
Forest Gate (FOG)	d	2341	2356			0011	0026
Maryland (MYL)	d	2343	2358			0013	0028
Stratford (SRA)	DLR 7 d	2346	0001	2345	2350s	0016	0031
London Liverpool Street (LST)	DLR 15 a	2354	0009	2353	2359	0024	0039

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

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

- A From Southend Victoria, see table 005
- D From Harwich International, see table 006
- E From Clacton-on-Sea, see table 006
- F From Ipswich, see table 006
- G From Norwich, see table 008