

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE A | XR | LE B | XR | XR | XR | LE B | XR | LE A | XR | XR | XR | LE C | XR | XR | XR | XR | LE D |
|-------------------------------------|---------|----|---------|------|------|------|---------|------|---------|------|------|------|---------|------|------|------|------|---------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | | | | 0513 | | | | | 0527 | |
| Taplow (TAP) | | d | | | | | | | | | | 0516 | | | | | 0530 | |
| Burnham (BNM) | | d | | | | | | | | | | 0519 | | | | | 0533 | |
| Slough (SLO) | 3 | d | | | | | | | | | | 0523 | | | | | 0538 | |
| Langley (LNY) | | d | | | | | | | | | | 0526 | | | | | 0542 | |
| Iver (IVR) | | d | | | | | | | | | | 0529 | | | | | 0544 | |
| West Drayton (WDT) | | d | | | | | | | | | | 0531 | | | | | 0547 | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | 0515 | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | | | | | | | | | 0530 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | | | | 0521 | | | | | 0536 | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | | | | | 0527 | | | | 0536 | | | | 0552 | | |
| Southall (STL) | | d | | | | | | 0530 | | | | 0540 | | | | 0556 | | |
| Hanwell (HAN) | | d | | | | | | 0533 | | | | | | | | 0548 | | |
| West Ealing (WEA) | 3 | d | | | | | | 0535 | | | | | | | | 0550 | | |
| Ealing Broadway (EAL) | ← | d | | | | | | 0538 | | | | 0546 | | | | 0552 | | 0601 |
| Acton Main Line (AML) | | d | | | | | | 0540 | | | | | | | | 0555 | | |
| London Paddington EL (PAD) | ← | d | | | | | 0545 | | 0549 | | 0552 | 0556 | 0600 | | 0604 | 0607 | 0610 | 0613 |
| Bond Street (BDS) | ← | d | | | | | 0548 | | 0552 | | 0555 | 0559 | 0603 | | 0607 | 0610 | 0613 | 0616 |
| Tottenham Court Road (TCR) | ← | d | | | | | 0550 | | 0554 | | 0557 | 0601 | 0605 | | 0609 | 0612 | 0615 | 0618 |
| Farringdon (ZFD) | ← | d | | | | | 0553 | | 0557 | | 0600 | 0604 | 0608 | | 0612 | 0615 | 0618 | 0621 |
| London Liverpool Street EL (LST) | ← | d | | | | | 0556 | | 0600 | | 0603 | 0607 | 0611 | | 0615 | 0618 | 0621 | 0624 |
| London Liverpool Street (LST) | ← | d | 0523 | 0524 | 0536 | 0539 | 0554 | 0600 | | 0602 | | | 0617 | | | | | 0630 |
| Whitechapel (ZLW) | ← | d | | | | | 0558 | | 0602 | | 0605 | 0609 | 0613 | | 0617 | 0620 | 0623 | 0626 |
| Canary Wharf (CWX) | DLR | d | | | | | 0602 | | 0606 | | | 0613 | | | 0621 | 0627 | | |
| Custom House (CUS) | | d | | | | | 0606 | | 0610 | | | 0617 | | | 0625 | 0631 | | |
| Woolwich (WWC) | | d | | | | | 0610 | | 0615 | | | 0622 | | | 0629 | 0636 | | |
| Abbey Wood (ABW) | a | | | | | | 0616 | | 0620 | | | 0627 | | | 0635 | 0641 | | |
| Stratford (SRA) | ← | d | 0530 | 0531 | 0543 | 0546 | 0601 | 0607 | | 0609 | 0611 | | 0619 | 0624 | | 0626 | | 0632 |
| Maryland (MYL) | | d | | 0533 | | 0548 | 0603 | | | | 0613 | | 0621 | | | 0628 | | 0634 |
| Forest Gate (FOG) | | d | | 0535 | | 0550 | 0605 | | | | 0615 | | 0623 | | | 0630 | | 0636 |
| Manor Park (MNP) | | d | | 0538 | | 0553 | 0608 | | | | 0618 | | 0626 | | | 0633 | | 0639 |
| Ilford (IFD) | 2 | d | | 0540 | | 0555 | 0610 | | | | 0620 | | 0628 | | | 0635 | | 0641 |
| Seven Kings (SVK) | | d | | 0543 | | 0558 | 0613 | | | | 0623 | | 0631 | | | 0638 | | 0644 |
| Goodmayes (GMY) | | d | | 0545 | | 0600 | 0615 | | | | 0625 | | 0633 | | | 0640 | | 0646 |
| Chadwell Heath (CTH) | | d | | 0547 | | 0602 | 0617 | | | | 0627 | | 0635 | | | 0642 | | 0648 |
| Romford (RMF) | | d | 0538 | 0551 | | 0606 | 0621 | | | | 0631 | | 0639 | | | 0646 | | 0652 |
| Gidea Park (GDP) | 2 | d | | 0554 | | 0609 | 0624 | | | | 0634 | | 0642 | | | 0649 | | 0655 |
| Harold Wood (HRO) | | d | | 0557 | | 0612 | 0627 | | | | 0637 | | 0645 | | | 0652 | | 0658 |
| Brentwood (BRE) | | d | | 0601 | | 0616 | 0631 | | | | 0641 | | 0649 | | | 0656 | | 0702 |
| Shenfield (SNF) | 3 | a | 0547 | 0607 | 0601 | 0622 | 0637 | 0623 | | 0625 | 0647 | | 0655 | 0639 | | 0702 | | 0708 |

Times shown at London Paddington EL and London Liverpool Street EL are at the Elizabeth Line lower level platforms. All other times are from the Mainline platforms

For the complete service between Reading, Heathrow Airport and London Paddington, see table 116

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- D To Harwich Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator | XR | LE | XR | XR | XR | XR | LE | XR | XR | LE | XR | XR | XR | LE | XR | XR | XR | |
|----------------------------------|----|----|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | B | | | | | E | | | B | | | | F | | | | | |
| Reading (RDG) | 7 | d | | | | | | | | | | | | | 0545 | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | 0551 | | | |
| Maidenhead (MAI) | 3 | d | | | | 0543 | | | | | | | | | 0558 | | | 0613 |
| Taplow (TAP) | | d | | | | 0546 | | | | | | | | | 0601 | | | 0616 |
| Burnham (BNM) | | d | | | | 0549 | | | | | | | | | 0604 | | | 0619 |
| Slough (SLO) | 3 | d | | | | 0553 | | | | | | | | | 0608 | | | 0623 |
| Langley (LNY) | | d | | | | 0556 | | | | | | | | | 0612 | | | 0626 |
| Iver (IVR) | | d | | | | 0559 | | | | | | | | | 0614 | | | 0629 |
| West Drayton (WDT) | | d | | | | 0602 | | | | | | | | | 0617 | | | 0633 |
| Heathrow Terminal 5 (HWV) | ← | d | | 0546 | | | | | | | | | | | | | | 0620 |
| Heathrow Terminal 4 (HAF) | ← | d | | | | | | 0600 | | | | | | | | | | 0615 |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | 0551 | | | | 0606 | | | | | | | | | | 0621 |
| Hayes & Harlington (HAY) | 3 | d | | 0557 | | 0607 | | 0612 | | | | | | | 0621 | | | 0628 |
| Southall (STL) | | d | | 0600 | | 0610 | | 0615 | | | | | | | 0625 | | | 0631 |
| Hanwell (HAN) | | d | | 0603 | | | | 0618 | | | | | | | | | | 0634 |
| West Ealing (WEA) | 3 | d | | 0605 | | | | 0620 | | | | | | | | | | 0636 |
| Ealing Broadway (EAL) | ← | d | | 0607 | | 0616 | | 0622 | | | | | | | 0629 | | | 0639 |
| Acton Main Line (AML) | | d | | 0610 | | | | 0625 | | | | | | | | | | 0641 |
| London Paddington EL (PAD) | ← | d | 0616 | 0619 | 0623 | 0626 | 0630 | 0633 | 0636 | 0639 | 0642 | 0645 | 0648 | 0651 | 0654 | 0657 | | |
| Bond Street (BDS) | ← | d | 0619 | 0622 | 0626 | 0629 | 0633 | 0636 | 0639 | 0642 | 0645 | 0648 | 0651 | 0654 | 0657 | 0700 | | |
| Tottenham Court Road (TCR) | ← | d | 0621 | 0624 | 0628 | 0631 | 0635 | 0638 | 0641 | 0644 | 0647 | 0650 | 0653 | 0656 | 0659 | 0702 | | |
| Farringdon (ZFD) | ← | d | 0624 | 0627 | 0631 | 0634 | 0638 | 0641 | 0644 | 0647 | 0650 | 0653 | 0656 | 0659 | 0702 | 0705 | | |
| London Liverpool Street EL (LST) | ← | d | 0627 | 0630 | 0634 | 0637 | 0641 | 0644 | 0647 | 0650 | 0653 | 0656 | 0659 | 0702 | 0705 | 0708 | | |
| London Liverpool Street (LST) | ← | d | 0629 | 0635 | 0632 | 0636 | 0639 | 0643 | 0646 | 0649 | 0652 | 0655 | 0658 | 0701 | 0704 | 0707 | 0710 | |
| Whitechapel (ZLW) | ← | d | 0629 | 0632 | 0636 | 0639 | 0643 | 0646 | 0649 | 0652 | 0655 | 0658 | 0701 | 0704 | 0707 | 0710 | | |
| Canary Wharf (CWX) | ← | d | | 0636 | 0643 | | | 0650 | | 0656 | 0702 | | | 0708 | | | | 0714 |
| Custom House (CUS) | | d | | 0641 | 0647 | | | 0654 | | 0700 | 0706 | | | 0712 | | | | 0718 |
| Woolwich (WWC) | | d | | 0646 | 0652 | | | 0658 | | 0704 | 0710 | | | 0716 | | | | 0722 |
| Abbey Wood (ABW) | | a | | 0650 | 0657 | | | 0704 | | 0710 | 0716 | | | 0722 | | | | 0728 |
| Stratford (SRA) | ← | d | 0637c | 0642 | 0642 | 0649 | 0651 | 0655 | 0657 | 0701 | 0707 | 0711 | | 0713 | | | | |
| Maryland (MYL) | | d | 0639 | | 0645 | 0651 | | 0657 | | 0703 | 0709 | | | 0715 | | | | |
| Forest Gate (FOG) | | d | 0641 | | 0647 | 0653 | | 0659 | | 0705 | 0711 | | | 0717 | | | | |
| Manor Park (MNP) | | d | 0644 | | 0649 | 0656 | | 0702 | | 0708 | 0714 | | | 0720 | | | | |
| Ilford (IFD) | 2 | d | 0646 | | 0652 | 0658 | | 0704 | | 0710 | 0716 | | | 0722 | | | | |
| Seven Kings (SVK) | | d | 0649 | | 0655 | 0701 | | 0707 | | 0713 | 0719 | | | 0725 | | | | |
| Goodmayes (GMY) | | d | 0651 | | 0657 | 0703 | | 0709 | | 0715 | 0721 | | | 0727 | | | | |
| Chadwell Heath (CTH) | | d | 0653 | | 0659 | 0705 | | 0711 | | 0717 | 0723 | | | 0729 | | | | |
| Romford (RMF) | | d | 0657 | 0650 | 0702 | 0709 | 0659 | 0715 | | 0721 | 0727 | | | 0733 | | | | |
| Gidea Park (GDP) | 2 | d | 0700 | | 0705 | 0712 | | 0718 | | 0724 | 0730 | | | 0736 | | | | |
| Harold Wood (HRO) | | d | 0703 | | 0708 | 0715 | | 0721 | | 0727 | 0733 | | | 0739 | | | | |
| Brentwood (BRE) | | d | 0707 | | 0712 | 0719 | | 0725 | | 0731 | 0737 | | | 0743 | | | | |
| Shenfield (SNF) | 3 | a | 0713 | 0659 | 0718 | 0725 | 0708 | 0731 | 0712 | 0737 | 0743 | 0726 | | 0749 | | | | |

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

- a Arrival time
d Departure time
c Arrives 3 minutes earlier

- B To Southend Victoria
E To Witham
F To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE B | LE A | XR | XR | XR | XR | XR | XR | LE B | XR | XR | LE G | XR | XR | LE C | XR | | |
|-------------------------------------|-------|---------|---------|------|------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|------|
| Reading (RDG) | 7 | d | | | | | 0614 | | 0624 | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | 0619 | | 0629 | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | 0626 | | 0636 | | | | | 0643 | | | | | |
| Taplow (TAP) | | d | | | | | 0629 | | | | | | | 0646 | | | | | |
| Burnham (BNM) | | d | | | | | 0632 | | 0641 | | | | | 0649 | | | | | |
| Slough (SLO) | 3 | d | | | | | 0636 | | 0645 | | | | | 0653 | | | | | |
| Langley (LNY) | | d | | | | | 0640 | | | | | | | 0656 | | | | | |
| Iver (IVR) | | d | | | | | 0642 | | | | | | | 0659 | | | | | |
| West Drayton (WDT) | | d | | | | | 0645 | | 0651 | | | | | 0702 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | | | | 0650 | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | 0630 | | | | | | 0645 | | | | | | 0700 | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | 0636 | | | | | | 0651 | 0655 | | | | | 0706 | | |
| Hayes & Harlington (HAY) | 3 | d | | | 0642 | | 0650 | | | | 0657 | 0702 | | 0707 | | | 0712 | | |
| Southall (STL) | | d | | | 0645 | | 0654 | | | | 0700 | | | 0710 | | | 0715 | | |
| Hanwell (HAN) | | d | | | 0648 | | | | | | 0703 | | | | | | 0718 | | |
| West Ealing (WEA) | 3 | d | | | 0650 | | | | | | 0705 | 0710 | | | | | 0720 | | |
| Ealing Broadway (EAL) | 3 | d | | | 0652 | | 0659 | | 0704 | | 0707 | 0713 | | 0716 | | | 0722 | | |
| Acton Main Line (AML) | | d | | | 0655 | | | | | | 0710 | | | | | | 0725 | | |
| London Paddington EL (PAD) | 15 | d | 0700 | | 0703 | 0706 | 0709 | 0712 | 0715 | 0718 | | 0721 | 0724 | | 0727 | 0730 | 0733 | 0736 | |
| Bond Street (BDS) | 15 | d | 0703 | | 0706 | 0709 | 0712 | 0715 | 0718 | 0721 | | 0724 | 0727 | | 0730 | 0733 | 0736 | 0739 | |
| Tottenham Court Road (TCR) | 15 | d | 0705 | | 0708 | 0711 | 0714 | 0717 | 0720 | 0723 | | 0726 | 0729 | | 0732 | 0735 | 0738 | 0741 | |
| Farringdon (ZFD) | 15 | d | 0708 | | 0711 | 0714 | 0717 | 0720 | 0723 | 0726 | | 0729 | 0732 | | 0735 | 0738 | 0741 | 0744 | |
| London Liverpool Street EL (LST) | 15 | d | 0711 | | 0714 | 0717 | 0720 | 0723 | 0726 | 0729 | | 0732 | 0735 | | 0738 | 0741 | 0744 | 0747 | |
| London Liverpool Street (LST) | 15 | d | | 0713 | 0716 | | | | | 0733 | | | 0736 | | | 0746 | | | |
| Whitechapel (ZLW) | 15 | d | 0713 | | 0716 | 0719 | 0722 | 0725 | 0728 | 0731 | | 0734 | 0737 | | 0740 | 0743 | 0746 | 0749 | |
| Canary Wharf (CWX) | DLR | d | | | 0720 | | 0726 | | 0732 | | | 0738 | | | 0744 | | 0750 | | |
| Custom House (CUS) | | d | | | 0724 | | 0731 | | 0737 | | | 0742 | | | 0748 | | 0754 | | |
| Woolwich (WWC) | | d | | | 0728 | | 0737 | | 0742 | | | 0747 | | | 0752 | | 0758 | | |
| Abbey Wood (ABW) | | a | | | 0734 | | 0741 | | 0746 | | | 0752 | | | 0758 | | 0804 | | |
| Stratford (SRA) | DLR 7 | d | 0719 | 0720 | 0724 | | 0725 | | 0731 | | 0737 | 0741 | | 0743 | 0745 | | 0749 | 0754 | 0755 |
| Maryland (MYL) | | d | 0721 | | | | 0727 | | 0733 | | 0739 | | | 0745 | | | 0751 | | 0757 |
| Forest Gate (FOG) | | d | 0723 | | | | 0729 | | 0735 | | 0741 | | | 0747 | | | 0753 | | 0759 |
| Manor Park (MNP) | | d | 0726 | | | | 0732 | | 0738 | | 0744 | | | 0750 | | | 0756 | | 0802 |
| Ilford (IFD) | 2 | d | 0728 | | | | 0734 | | 0740 | | 0746 | | | 0752 | | | 0758 | | 0804 |
| Seven Kings (SVK) | | d | 0731 | | | | 0737 | | 0743 | | 0749 | | | 0755 | | | 0801 | | 0807 |
| Goodmayes (GMY) | | d | 0733 | | | | 0739 | | 0745 | | 0751 | | | 0757 | | | 0803 | | 0809 |
| Chadwell Heath (CTH) | | d | 0735 | | | | 0741 | | 0747 | | 0753 | | | 0759 | | | 0805 | | 0811 |
| Romford (RMF) | | d | 0739 | | | | 0745 | | 0751 | | 0757 | | | 0803 | | | 0809 | | 0815 |
| Gidea Park (GDP) | 2 | d | 0742 | | | | 0748 | | 0754 | | 0800 | | | 0806 | | | 0813 | | 0818 |
| Harold Wood (HRO) | | d | 0745 | | | | 0751 | | 0757 | | 0803 | | | 0809 | | | 0816 | | 0821 |
| Brentwood (BRE) | | d | 0749 | | | | 0755 | | 0801 | | 0807 | | | 0813 | | | 0820 | | 0825 |
| Shenfield (SNF) | 3 | a | 0757 | 0735 | 0740 | | 0803 | | 0809 | | 0815 | 0756 | | 0821 | 0800 | | 0826 | 0810 | 0831 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE B | XR | XR | LE F | XR | XR | XR | XR | XR | XR | LE B | LE A | XR | XR | XR | XR | | |
|-------------------------------------|-------|----|---------|------|------|---------|------|------|------|------|------|------|---------|---------|------|------|------|------|------|------|
| Reading (RDG) | 7 | d | 0644 | | | 0654 | | | | | | | | | | | | 0714 | | |
| Twyford (TWY) | 3 | d | 0649 | | | 0659 | | | | | | | | | | | | 0719 | | |
| Maidenhead (MAI) | 3 | d | 0657 | | | 0706 | | | | | | 0713 | | | | | | 0726 | | |
| Taplow (TAP) | | d | 0700 | | | | | | | | | 0716 | | | | | | 0729 | | |
| Burnham (BNM) | | d | 0703 | | | 0711 | | | | | | 0719 | | | | | | 0732 | | |
| Slough (SLO) | 3 | d | 0707 | | | 0715 | | | | | | 0723 | | | | | | 0736 | | |
| Langley (LNY) | | d | 0710 | | | | | | | | | 0726 | | | | | | 0740 | | |
| Iver (IVR) | | d | 0713 | | | | | | | | | 0729 | | | | | | 0742 | | |
| West Drayton (WDT) | | d | 0717 | | | 0721 | | | | | | 0732 | | | | | | 0745 | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | 0720 | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | | 0715 | | | | | | | | 0730 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | | | 0721 | 0725 | | | | | | | 0736 | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 0721 | | | | 0727 | 0732 | | | | 0737 | | | 0742 | | | 0750 | | |
| Southall (STL) | | d | 0725 | | | | 0730 | | | | | 0742 | | | 0745 | | | 0754 | | |
| Hanwell (HAN) | | d | | | | | 0733 | | | | | | | | 0748 | | | | | |
| West Ealing (WEA) | 3 | d | | | | | 0735 | 0738 | | | | | | | 0750 | | | | | |
| Ealing Broadway (EAL) | 3 | d | 0729 | | | 0734 | | 0738 | 0741 | | | 0748 | | | 0752 | | | 0759 | | |
| Acton Main Line (AML) | | d | | | | | 0740 | | | | | | | | 0755 | | | | | |
| London Paddington EL (PAD) | 15 | d | 0739 | 0741 | | 0744 | 0746 | 0749 | 0751 | 0754 | 0756 | 0759 | 0801 | | 0804 | 0806 | 0809 | 0811 | | |
| Bond Street (BDS) | 15 | d | 0742 | 0744 | | 0747 | 0749 | 0752 | 0754 | 0757 | 0759 | 0802 | 0804 | | 0807 | 0809 | 0812 | 0814 | | |
| Tottenham Court Road (TCR) | 15 | d | 0744 | 0747 | | 0749 | 0752 | 0754 | 0757 | 0759 | 0802 | 0804 | 0807 | | 0809 | 0812 | 0814 | 0817 | | |
| Farringdon (ZFD) | 15 | d | 0747 | 0749 | | 0752 | 0754 | 0757 | 0759 | 0802 | 0804 | 0807 | 0809 | | 0812 | 0814 | 0817 | 0819 | | |
| London Liverpool Street EL (LST) | 15 | d | 0749 | 0752 | | 0754 | 0757 | 0759 | 0802 | 0804 | 0807 | 0809 | 0812 | | 0814 | 0817 | 0819 | 0822 | | |
| London Liverpool Street (LST) | 15 | d | | | 0753 | | | 0802 | | | | | 0812 | 0816 | | | | | | |
| Whitechapel (ZLW) | 15 | d | 0752 | 0754 | | 0757 | 0759 | | 0802 | 0804 | 0807 | 0809 | 0812 | 0814 | | | 0817 | 0819 | 0822 | 0824 |
| Canary Wharf (CWX) | DLR | d | 0756 | | | 0801 | | | 0806 | | 0811 | | 0816 | | | | 0821 | | 0826 | |
| Custom House (CUS) | | d | 0759 | | | 0804 | | | 0809 | | 0814 | | 0819 | | | | 0824 | | 0829 | |
| Woolwich (WWC) | | d | 0803 | | | 0808 | | | 0813 | | 0818 | | 0823 | | | | 0828 | | 0833 | |
| Abbey Wood (ABW) | | a | 0809 | | | 0814 | | | 0819 | | 0824 | | 0829 | | | | 0834 | | 0839 | |
| Stratford (SRA) | DLR 7 | d | | 0800 | 0801 | | 0805 | 0810 | | 0810 | | 0815 | | 0820 | 0821 | 0824 | | 0825 | 0830 | |
| Maryland (MYL) | | d | | 0802 | | | 0807 | | | 0812 | | 0817 | | 0822 | | | | 0827 | 0832 | |
| Forest Gate (FOG) | | d | | 0804 | | | 0809 | | | 0814 | | 0819 | | 0824 | | | | 0829 | 0834 | |
| Manor Park (MNP) | | d | | 0807 | | | 0812 | | | 0817 | | 0822 | | 0827 | | | | 0832 | 0837 | |
| Ilford (IFD) | 2 | d | | 0809 | | | 0814 | | | 0819 | | 0824 | | 0829 | | | | 0834 | 0839 | |
| Seven Kings (SVK) | | d | | 0812 | | | 0817 | | | 0822 | | 0827 | | 0832 | | | | 0837 | 0842 | |
| Goodmayes (GMY) | | d | | 0814 | | | 0819 | | | 0824 | | 0829 | | 0834 | | | | 0839 | 0844 | |
| Chadwell Heath (CTH) | | d | | 0816 | | | 0821 | | | 0826 | | 0831 | | 0836 | | | | 0841 | 0846 | |
| Romford (RMF) | | d | | 0820 | 0810 | | 0825 | | | 0830 | | 0835 | | 0840 | | | | 0845 | 0850 | |
| Gidea Park (GDP) | 2 | d | | 0823 | | | 0828 | | | 0833 | | 0838 | | 0843 | | | | 0848 | 0853 | |
| Harold Wood (HRO) | | d | | 0826 | | | 0831 | | | 0836 | | 0841 | | 0846 | | | | 0851 | 0856 | |
| Brentwood (BRE) | | d | | 0830 | | | 0835 | | | 0840 | | 0845 | | 0850 | | | | 0855 | 0900 | |
| Shenfield (SNF) | 3 | a | | 0836 | 0819 | | 0841 | 0826 | | 0848 | | 0851 | | 0856 | 0837 | 0840 | | 0901 | 0906 | |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- F To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE B | LE G | XR | XR | XR | XR | LE C | XR | XR | LE B | XR | XR | XR | XR | |
|-------------------------------------|---------|------|------|------|---------|---------|------|------|------|------|---------|------|------|---------|------|------|------|------|------|
| Reading (RDG) | 7 d | 0724 | | | | | | | | | | | | | | | | 0745 | 0754 |
| Twyford (TWY) | 3 d | 0729 | | | | | | | | | | | | | | | | 0750 | 0759 |
| Maidenhead (MAI) | 3 d | 0737 | | | | | | | | | | | | | | | | 0757 | 0806 |
| Taplow (TAP) | d | | | | | | | | | | | | | | | | | 0800 | |
| Burnham (BNM) | d | 0741 | | | | | | | | | | | | | | | | 0803 | 0811 |
| Slough (SLO) | 3 d | 0745 | | | | | | | | | | | | | | | | 0807 | 0815 |
| Langley (LNY) | d | | | | | | | | | | | | | | | | | 0811 | |
| Iver (IVR) | d | | | | | | | | | | | | | | | | | 0813 | |
| West Drayton (WDT) | d | 0751 | | | | | | | | | | | | | | | | 0816 | 0821 |
| Heathrow Terminal 5 (HWV) | 7 d | | | | 0750 | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 d | | | 0745 | | | | | | | | | 0800 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 d | | | 0751 | 0755 | | | | | | | | 0806 | | | | | | |
| Hayes & Harlington (HAY) | 3 d | | | 0757 | 0802 | | | | | | | | 0812 | | | 0820 | | | |
| Southall (STL) | d | | | 0800 | | | | | | | | | 0815 | | | 0824 | | | |
| Hanwell (HAN) | d | | | 0803 | | | | | | | | | 0818 | | | | | | |
| West Ealing (WEA) | 3 d | | | 0805 | 0809 | | | | | | | | 0820 | | | | | | |
| Ealing Broadway (EAL) | 3 d | 0802 | | 0808 | 0811 | | | | | | | | 0822 | | | 0828 | | | 0832 |
| Acton Main Line (AML) | d | 0804 | | 0810 | | | | | | | | | 0825 | | | | | | 0834 |
| London Paddington EL (PAD) | 15 d | 0814 | 0816 | 0819 | 0821 | | | 0824 | 0826 | 0829 | 0831 | | 0834 | 0836 | | 0839 | 0841 | 0844 | 0846 |
| Bond Street (BDS) | d | 0817 | 0819 | 0822 | 0824 | | | 0827 | 0829 | 0832 | 0834 | | 0837 | 0839 | | 0842 | 0844 | 0847 | 0849 |
| Tottenham Court Road (TCR) | d | 0819 | 0822 | 0824 | 0827 | | | 0829 | 0832 | 0834 | 0837 | | 0839 | 0842 | | 0844 | 0847 | 0849 | 0852 |
| Farringdon (ZFD) | 3 d | 0822 | 0824 | 0827 | 0829 | | | 0832 | 0834 | 0837 | 0839 | | 0842 | 0844 | | 0847 | 0849 | 0852 | 0854 |
| London Liverpool Street EL (LST) | 4 d | 0824 | 0827 | 0829 | 0832 | | | 0834 | 0837 | 0839 | 0842 | | 0844 | 0847 | | 0849 | 0852 | 0854 | 0857 |
| London Liverpool Street (LST) | 15 d | | | | | 0833 | 0836 | | | | | 0846 | | | 0853 | | | | |
| Whitechapel (ZLW) | d | 0827 | 0829 | 0832 | 0834 | | | 0837 | 0839 | 0842 | 0844 | | 0847 | 0849 | | 0852 | 0854 | 0857 | 0859 |
| Canary Wharf (CWX) | DLR d | 0831 | | 0836 | | | | 0841 | | 0846 | | | 0851 | | | 0856 | | 0901 | |
| Custom House (CUS) | d | 0834 | | 0839 | | | | 0844 | | 0849 | | | 0854 | | | 0859 | | 0904 | |
| Woolwich (WWC) | d | 0838 | | 0843 | | | | 0848 | | 0853 | | | 0858 | | | 0904 | | 0909 | |
| Abbey Wood (ABW) | a | 0844 | | 0849 | | | | 0854 | | 0859 | | | 0904 | | | 0910 | | 0915 | |
| Stratford (SRA) | DLR 7 d | | 0835 | | 0840 | 0841 | 0844 | | 0845 | | 0850 | 0854 | | 0855 | 0900 | | 0900 | | 0905 |
| Maryland (MYL) | d | | 0837 | | 0842 | | | 0847 | | 0852 | | | 0857 | | | 0902 | | 0907 | |
| Forest Gate (FOG) | d | | 0839 | | 0844 | | | 0849 | | 0854 | | | 0859 | | | 0904 | | 0909 | |
| Manor Park (MNP) | d | | 0842 | | 0847 | | | 0852 | | 0857 | | | 0902 | | | 0907 | | 0912 | |
| Ilford (IFD) | 2 d | | 0844 | | 0849 | | | 0854 | | 0859 | | | 0904 | | | 0909 | | 0914 | |
| Seven Kings (SVK) | d | | 0847 | | 0852 | | | 0857 | | 0902 | | | 0907 | | | 0912 | | 0917 | |
| Goodmayes (GMY) | d | | 0849 | | 0854 | | | 0859 | | 0904 | | | 0909 | | | 0914 | | 0919 | |
| Chadwell Heath (CTH) | d | | 0851 | | 0856 | | | 0901 | | 0906 | | | 0911 | | | 0916 | | 0921 | |
| Romford (RMF) | d | | 0855 | | 0900 | | | 0905 | | 0910 | | | 0915 | 0908 | | 0920 | | 0925 | |
| Gidea Park (GDP) | 2 d | | 0858 | | 0903 | | | 0908 | | 0913 | | | 0918 | | | 0923 | | 0928 | |
| Harold Wood (HRO) | d | | 0901 | | 0906 | | | 0911 | | 0916 | | | 0921 | | | 0926 | | 0931 | |
| Brentwood (BRE) | d | | 0905 | | 0910 | | | 0915 | | 0920 | | | 0925 | | | 0930 | | 0935 | |
| Shenfield (SNF) | 3 a | | 0911 | | 0918 | 0857 | 0900 | | 0921 | | 0926 | 0910 | | 0931 | 0917 | | 0936 | | 0941 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Braintree
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE F | XR | XR | XR | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | XR | XR | LE B | LE G | XR | |
|-------------------------------------|---------|----|------|------|------|---------|------|------|---------|------|------|------|------|------|------|---------|---------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | 0813 | | | | 0824 | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | 0818 | | | | 0829 | |
| Maidenhead (MAI) | 3 | d | | | | | 0813 | | | | | | | 0825 | | | | 0836 | |
| Taplow (TAP) | | d | | | | | 0816 | | | | | | | 0828 | | | | | |
| Burnham (BNM) | | d | | | | | 0819 | | | | | | | 0831 | | | | 0841 | |
| Slough (SLO) | 3 | d | | | | | 0823 | | | | | | | 0836 | | | | 0845 | |
| Langley (LNY) | | d | | | | | 0826 | | | | | | | 0840 | | | | | |
| Iver (IVR) | | d | | | | | 0829 | | | | | | | 0842 | | | | | |
| West Drayton (WDT) | | d | | | | | 0831 | | | | | | | 0845 | | | | 0851 | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | 0820 | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | 0815 | | | | | | 0830 | | | | | | | | 0845 | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 0821 | 0825 | | | | | 0836 | | | | | | | | 0851 | |
| Hayes & Harlington (HAY) | 3 | d | | 0827 | 0832 | | | 0835 | | 0842 | | | 0850 | | | | | 0857 | |
| Southall (STL) | | d | | 0830 | | | | 0840 | | 0845 | | | 0854 | | | | | 0900 | |
| Hanwell (HAN) | | d | | 0833 | | | | | | 0848 | | | | | | | | 0903 | |
| West Ealing (WEA) | 3 | d | | 0835 | 0838 | | | | | 0850 | | | | | | | | 0905 | |
| Ealing Broadway (EAL) | 3 | d | | 0837 | 0841 | | | 0847 | | 0852 | | | 0858 | | | 0904 | | 0907 | |
| Acton Main Line (AML) | | d | | 0840 | | | | | | 0855 | | | | | | | | 0910 | |
| London Paddington EL (PAD) | 15 | d | | 0849 | 0851 | 0854 | 0856 | | 0859 | 0901 | | 0904 | 0906 | 0909 | 0912 | 0915 | 0918 | 0921 | |
| Bond Street (BDS) | | d | | 0852 | 0854 | 0857 | 0859 | | 0902 | 0904 | | 0907 | 0909 | 0912 | 0915 | 0918 | 0921 | 0924 | |
| Tottenham Court Road (TCR) | | d | | 0854 | 0857 | 0859 | 0902 | | 0904 | 0907 | | 0909 | 0912 | 0914 | 0917 | 0920 | 0923 | 0926 | |
| Farringdon (ZFD) | 3 | d | | 0857 | 0859 | 0902 | 0904 | | 0907 | 0909 | | 0912 | 0914 | 0917 | 0920 | 0923 | 0926 | 0929 | |
| London Liverpool Street EL (LST) | 4 | d | | 0859 | 0902 | 0904 | 0907 | | 0909 | 0912 | | 0914 | 0917 | 0920 | 0923 | 0926 | 0929 | 0932 | |
| London Liverpool Street (LST) | 15 | d | 0902 | | | | 0913 | | | 0918 | | | | | | | 0933 | 0936 | |
| Whitechapel (ZLW) | | d | | 0902 | 0904 | 0907 | 0909 | | 0912 | 0914 | | 0917 | 0919 | 0922 | 0925 | 0928 | 0931 | 0934 | |
| Canary Wharf (CWX) | DLR | d | | 0906 | | 0911 | | | 0916 | | | 0921 | | 0926 | | 0932 | | 0938 | |
| Custom House (CUS) | | d | | 0909 | | 0914 | | | 0919 | | | 0924 | | 0930 | | 0936 | | 0942 | |
| Woolwich (WWC) | | d | | 0913 | | 0918 | | | 0923 | | | 0928 | | 0934 | | 0940 | | 0946 | |
| Abbey Wood (ABW) | | a | | 0919 | | 0924 | | | 0929 | | | 0934 | | 0940 | | 0946 | | 0952 | |
| Stratford (SRA) | DLR 7 | d | 0909 | | 0910 | | 0915 | 0920 | | 0920 | 0925 | | 0925 | | 0931 | | 0937 | 0940 | 0943 |
| Maryland (MYL) | | d | | | 0912 | | 0917 | | | 0922 | | | 0927 | | 0933 | | 0939 | | |
| Forest Gate (FOG) | | d | | | 0914 | | 0919 | | | 0924 | | | 0929 | | 0935 | | 0941 | | |
| Manor Park (MNP) | | d | | | 0917 | | 0922 | | | 0927 | | | 0932 | | 0938 | | 0944 | | |
| Ilford (IFD) | 2 | d | | | 0919 | | 0924 | | | 0929 | | | 0934 | | 0940 | | 0946 | | |
| Seven Kings (SVK) | | d | | | 0922 | | 0927 | | | 0932 | | | 0937 | | 0943 | | 0949 | | |
| Goodmayes (GMY) | | d | | | 0924 | | 0929 | | | 0934 | | | 0939 | | 0945 | | 0951 | | |
| Chadwell Heath (CTH) | | d | | | 0926 | | 0931 | | | 0936 | | | 0941 | | 0947 | | 0953 | | |
| Romford (RMF) | | d | | | 0930 | | 0935 | 0928 | | 0940 | | | 0945 | | 0951 | | 0957 | | |
| Gidea Park (GDP) | 2 | d | | | 0933 | | 0938 | | | 0943 | | | 0948 | | 0954 | | 1000 | | |
| Harold Wood (HRO) | | d | | | 0936 | | 0941 | | | 0946 | | | 0951 | | 0957 | | 1003 | | |
| Brentwood (BRE) | | d | | | 0940 | | 0945 | | | 0950 | | | 0955 | | 1001 | | 1007 | | |
| Shenfield (SNF) | 3 | a | 0924 | | 0946 | | 0953 | 0937 | | 0957 | 0941 | | 1001 | | 1008 | | 1013 | 0955 | 0958 |

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

a Arrival time
d Departure time

A To Clacton-on-Sea
B To Southend Victoria
F To Ipswich
G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | LE C | XR | XR | LE B | XR | XR | XR | XR | LE F | XR | XR | XR | XR | LE B | LE A | |
|-------------------------------------|---------|------|------|---------|------|------|---------|------|------|------|------|---------|------|------|------|------|---------|---------|------|
| Reading (RDG) | 7 d | | | | | | | 0845 | | | | | | | | 0858 | | | |
| Twyford (TWY) | 3 d | | | | | | | 0850 | | | | | | | | 0904 | | | |
| Maidenhead (MAI) | 3 d | | 0843 | | | | | 0857 | | | | | | | | 0914 | | | |
| Taplow (TAP) | d | | 0846 | | | | | 0901 | | | | | | | | 0917 | | | |
| Burnham (BNM) | d | | 0849 | | | | | 0904 | | | | | | | | 0920 | | | |
| Slough (SLO) | 3 d | | 0853 | | | | | 0908 | | | | | | | | 0924 | | | |
| Langley (LNY) | d | | 0856 | | | | | 0912 | | | | | | | | 0927 | | | |
| Iver (IVR) | d | | 0859 | | | | | 0914 | | | | | | | | 0930 | | | |
| West Drayton (WDT) | d | | 0902 | | | | | 0917 | | | | | | | | 0933 | | | |
| Heathrow Terminal 5 (HWV) | 7 d | 0850 | | | | | | | | | | | | | 0920 | | | | |
| Heathrow Terminal 4 (HAF) | 7 d | | | | 0900 | | | | | | | | 0915 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 d | 0855 | | | 0906 | | | | | | | | 0921 | 0925 | | | | | |
| Hayes & Harlington (HAY) | 3 d | 0902 | 0907 | | 0912 | | | 0922 | | | | | 0927 | 0932 | 0939 | | | | |
| Southall (STL) | d | | 0910 | | 0915 | | | 0925 | | | | | 0930 | | 0942 | | | | |
| Hanwell (HAN) | d | | | | 0918 | | | | | | | | 0933 | | | | | | |
| West Ealing (WEA) | 3 d | 0909 | | | 0920 | | | | | | | | 0935 | 0939 | | | | | |
| Ealing Broadway (EAL) | 3 d | 0911 | 0917 | | 0922 | | | 0930 | | | | | 0937 | 0941 | 0947 | | | | |
| Acton Main Line (AML) | d | | | | 0925 | | | | | | | | 0940 | | | | | | |
| London Paddington EL (PAD) | 15 d | 0924 | 0927 | 0930 | | 0933 | 0936 | | 0939 | 0942 | 0945 | 0948 | | 0951 | 0954 | 0957 | 1000 | | |
| Bond Street (BDS) | d | 0927 | 0930 | 0933 | | 0936 | 0939 | | 0942 | 0945 | 0948 | 0951 | | 0954 | 0957 | 1000 | 1003 | | |
| Tottenham Court Road (TCR) | d | 0929 | 0932 | 0935 | | 0938 | 0941 | | 0944 | 0947 | 0950 | 0953 | | 0956 | 0959 | 1002 | 1005 | | |
| Farringdon (ZFD) | 3 d | 0932 | 0935 | 0938 | | 0941 | 0944 | | 0947 | 0950 | 0953 | 0956 | | 0959 | 1002 | 1005 | 1008 | | |
| London Liverpool Street EL (LST) | 4 d | 0935 | 0938 | 0941 | | 0944 | 0947 | | 0950 | 0953 | 0956 | 0959 | | 1002 | 1005 | 1008 | 1011 | | |
| London Liverpool Street (LST) | 15 d | | | 0948 | | | 0950 | | | | | | 1002 | | | | | 1013 | 1018 |
| Whitechapel (ZLW) | d | 0937 | 0940 | 0943 | | 0946 | 0949 | | 0952 | 0955 | 0958 | 1001 | | 1004 | 1007 | 1010 | 1013 | | |
| Canary Wharf (CWX) | DLR d | | 0944 | | 0950 | | | 0956 | | | 1002 | | | 1008 | | 1014 | | | |
| Custom House (CUS) | d | | 0948 | | 0955 | | | 1000 | | | 1006 | | | 1012 | | 1018 | | | |
| Woolwich (WWC) | d | | 0952 | | 1000 | | | 1004 | | | 1010 | | | 1016 | | 1022 | | | |
| Abbey Wood (ABW) | a | | 0958 | | 1004 | | | 1010 | | | 1016 | | | 1022 | | 1028 | | | |
| Stratford (SRA) | DLR 7 d | 0943 | | 0949 | 0955 | | 0955 | 0958 | | 1001 | | 1007 | 1009 | | 1013 | | 1019 | 1020 | 1025 |
| Maryland (MYL) | d | 0945 | | 0951 | | | 0957 | | | 1003 | | 1009 | | | 1015 | | 1021 | | |
| Forest Gate (FOG) | d | 0947 | | 0953 | | | 0959 | | | 1005 | | 1011 | | | 1017 | | 1023 | | |
| Manor Park (MNP) | d | 0950 | | 0956 | | | 1002 | | | 1008 | | 1014 | | | 1020 | | 1026 | | |
| Ilford (IFD) | 2 d | 0952 | | 0958 | | | 1004 | | | 1010 | | 1016 | | | 1022 | | 1028 | | |
| Seven Kings (SVK) | d | 0955 | | 1001 | | | 1007 | | | 1013 | | 1019 | | | 1025 | | 1031 | | |
| Goodmayes (GMY) | d | 0957 | | 1003 | | | 1009 | | | 1015 | | 1021 | | | 1027 | | 1033 | | |
| Chadwell Heath (CTH) | d | 0959 | | 1005 | | | 1011 | | | 1017 | | 1023 | | | 1029 | | 1035 | | |
| Romford (RMF) | d | 1003 | | 1009 | | | 1015 | 1007 | | 1021 | | 1027 | | | 1033 | | 1039 | 1028 | |
| Gidea Park (GDP) | 2 d | 1006 | | 1012 | | | 1018 | | | 1025 | | 1030 | | | 1036 | | 1042 | | |
| Harold Wood (HRO) | d | 1009 | | 1015 | | | 1021 | | | 1028 | | 1033 | | | 1039 | | 1045 | | |
| Brentwood (BRE) | d | 1013 | | 1019 | | | 1025 | | | 1032 | | 1037 | | | 1043 | | 1049 | | |
| Shenfield (SNF) | 3 a | 1019 | | 1025 | 1011 | | 1031 | 1016 | | 1038 | | 1045 | 1024 | | 1049 | | 1055 | 1039 | 1041 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- F To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator | XR | XR | XR | XR | LE B | XR | XR | LE G | XR | XR | LE C | XR | XR | LE B | XR | XR | LE F | XR | | |
|----------------------------------|--------|----|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 | d | | | | | | | 0928 | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | 0933 | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | 0940 | | | | | | 1000 | | | | | |
| Taplow (TAP) | | d | | | | | | | 0943 | | | | | | | | | | | |
| Burnham (BNM) | | d | | | | | | | 0946 | | | | | | 1004 | | | | | |
| Slough (SLO) | 3 | d | | | | | | | 0950 | | | | | | 1008 | | | | | |
| Langley (LNY) | | d | | | | | | | 0954 | | | | | | 1012 | | | | | |
| Iver (IVR) | | d | | | | | | | 0957 | | | | | | 1014 | | | | | |
| West Drayton (WDT) | | d | | | | | | | 1000 | | | | | | 1017 | | | | | |
| Heathrow Terminal 5 (HWV) | ⊖← | d | | | | | | 0950 | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ⊖← | d | 0930 | | | | | 0945 | | | | | 1000 | | | | | 1015 | | |
| Heathrow Terminals 2 & 3 (HXX) | ⊖← | d | 0936 | | | | | 0951 | 0955 | | | | 1006 | | | | | 1021 | | |
| Hayes & Harlington (HAY) | 3 | d | 0942 | | | | | 0958 | 1002 | | | | 1012 | | | 1022 | | 1027 | | |
| Southall (STL) | | d | 0945 | | | | | 1001 | | | | | 1015 | | | 1025 | | 1030 | | |
| Hanwell (HAN) | | d | 0948 | | | | | 1004 | | | | | 1018 | | | | | 1033 | | |
| West Ealing (WEA) | 3 | d | 0950 | | | | | 1006 | 1009 | | | | 1020 | | | | | 1035 | | |
| Ealing Broadway (EAL) | ⊖3 | d | 0952 | | | | | 1008 | 1011 | | | | 1022 | | | 1030 | | 1037 | | |
| Acton Main Line (AML) | | d | 0955 | | | | | 1011 | | | | | 1025 | | | | | 1040 | | |
| London Paddington EL (PAD) | ⊖15 | d | 1004 | 1007 | 1011 | 1015 | | 1019 | 1022 | | | 1026 | 1030 | | 1034 | 1037 | | 1041 | 1045 | 1049 |
| Bond Street (BDS) | ⊖ | d | 1007 | 1010 | 1014 | 1018 | | 1022 | 1025 | | | 1029 | 1033 | | 1037 | 1040 | | 1044 | 1048 | 1052 |
| Tottenham Court Road (TCR) | ⊖ | d | 1009 | 1012 | 1016 | 1020 | | 1024 | 1027 | | | 1031 | 1035 | | 1039 | 1042 | | 1046 | 1050 | 1054 |
| Farringdon (ZFD) | ⊖3 | d | 1012 | 1015 | 1019 | 1023 | | 1027 | 1030 | | | 1034 | 1038 | | 1042 | 1045 | | 1049 | 1053 | 1057 |
| London Liverpool Street EL (LST) | ⊖4 | d | 1015 | 1018 | 1022 | 1026 | | 1030 | 1033 | | | 1037 | 1041 | | 1045 | 1048 | | 1052 | 1056 | 1100 |
| London Liverpool Street (LST) | ⊖15 | d | | | | 1033 | | | 1036 | | | 1048 | | | 1050 | | | 1102 | | |
| Whitechapel (ZLW) | ⊖ | d | 1017 | 1020 | 1024 | 1028 | | 1032 | 1035 | | | 1039 | 1043 | | 1047 | 1050 | | 1054 | 1058 | 1102 |
| Canary Wharf (CWX) | DLR | d | 1021 | | 1028 | | | 1036 | | | | 1043 | | | 1051 | | | 1058 | | 1106 |
| Custom House (CUS) | | d | 1025 | | 1032 | | | 1040 | | | | 1047 | | | 1055 | | | 1102 | | 1110 |
| Woolwich (WWC) | | d | 1030 | | 1037 | | | 1045 | | | | 1052 | | | 1100 | | | 1107 | | 1115 |
| Abbey Wood (ABW) | a | | 1035 | | 1042 | | | 1050 | | | | 1057 | | | 1105 | | | 1112 | | 1120 |
| Stratford (SRA) | ⊖DLR 7 | d | | 1026 | | 1034 | 1040 | | 1041 | 1043 | | 1049 | 1055 | | 1056 | 1058 | | 1104 | 1109 | |
| Maryland (MYL) | | d | | 1028 | | 1036 | | | 1043 | | | 1051 | | | 1058 | | | 1106 | | |
| Forest Gate (FOG) | | d | | 1030 | | 1038 | | | 1045 | | | 1053 | | | 1100 | | | 1108 | | |
| Manor Park (MNP) | | d | | 1033 | | 1041 | | | 1048 | | | 1056 | | | 1103 | | | 1111 | | |
| Ilford (IFD) | 2 | d | | 1035 | | 1043 | | | 1050 | | | 1058 | | | 1105 | | | 1113 | | |
| Seven Kings (SVK) | | d | | 1038 | | 1046 | | | 1053 | | | 1101 | | | 1108 | | | 1116 | | |
| Goodmayes (GMY) | | d | | 1040 | | 1048 | | | 1055 | | | 1103 | | | 1110 | | | 1118 | | |
| Chadwell Heath (CTH) | | d | | 1042 | | 1050 | | | 1057 | | | 1105 | | | 1112 | | | 1120 | | |
| Romford (RMF) | | d | | 1046 | | 1054 | | | 1101 | | | 1109 | | | 1116 | 1107 | | 1124 | | |
| Gidea Park (GDP) | 2 | d | | 1049 | | 1057 | | | 1104 | | | 1112 | | | 1119 | | | 1127 | | |
| Harold Wood (HRO) | | d | | 1052 | | 1100 | | | 1107 | | | 1115 | | | 1122 | | | 1130 | | |
| Brentwood (BRE) | | d | | 1056 | | 1104 | | | 1111 | | | 1119 | | | 1126 | | | 1134 | | |
| Shenfield (SNF) | 3 | a | | 1102 | | 1110 | 1055 | | 1117 | 1058 | | 1125 | 1111 | | 1132 | 1116 | | 1140 | 1124 | |

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

- a Arrival time
d Departure time
- B To Southend Victoria
C To Braintree
F To Ipswich
G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator | XR | XR | XR | LE B | LE A | XR | XR | XR | XR | LE B | XR | XR | LE G | XR | XR | LE C | XR | XR |
|----------------------------------|--------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 d | 0958 | | | | | | | | | | | | 1029 | | | | |
| Twyford (TWY) | 3 d | 1003 | | | | | | | | | | | | 1034 | | | | |
| Maidenhead (MAI) | 3 d | 1010 | | | | | | 1030 | | | | | | 1041 | | | | |
| Taplow (TAP) | d | 1013 | | | | | | | | | | | | 1044 | | | | |
| Burnham (BNM) | d | 1016 | | | | | | 1035 | | | | | | 1047 | | | | |
| Slough (SLO) | 3 d | 1020 | | | | | | 1039 | | | | | | 1051 | | | | |
| Langley (LNY) | d | 1024 | | | | | | 1043 | | | | | | 1055 | | | | |
| Iver (IVR) | d | | | | | | | 1045 | | | | | | | | | | |
| West Drayton (WDT) | d | 1029 | | | | | | 1048 | | | | | | 1100 | | | | |
| Heathrow Terminal 5 (HWV) | ← d | 1020 | | | | | | | | | | | 1050 | | | | | |
| Heathrow Terminal 4 (HAF) | ← d | | | | | 1030 | | | | | | 1045 | | | | | | 1100 |
| Heathrow Terminals 2 & 3 (HXX) | ← d | 1025 | | | | 1036 | | | | | | 1051 | 1055 | | | | | 1106 |
| Hayes & Harlington (HAY) | 3 d | 1032 | 1035 | | | 1042 | | 1052 | | | | 1057 | 1102 | | 1105 | | | 1112 |
| Southall (STL) | d | | 1038 | | | 1045 | | 1055 | | | | 1100 | | | 1108 | | | 1115 |
| Hanwell (HAN) | d | | | | | 1048 | | | | | | 1103 | | | | | | 1118 |
| West Ealing (WEA) | 3 d | 1039 | | | | 1050 | | | | | | 1105 | 1109 | | | | | 1120 |
| Ealing Broadway (EAL) | ← 3 d | 1041 | 1045 | | | 1052 | | 1101 | | | | 1107 | 1111 | | 1115 | | | 1122 |
| Acton Main Line (AML) | d | | | | | 1055 | | | | | | 1110 | | | | | | 1125 |
| London Paddington EL (PAD) | ← 15 d | 1052 | 1056 | 1100 | | 1104 | 1107 | 1111 | 1115 | | 1119 | 1122 | | 1126 | 1130 | | 1134 | 1137 |
| Bond Street (BDS) | ← d | 1055 | 1059 | 1103 | | 1107 | 1110 | 1114 | 1118 | | 1122 | 1125 | | 1129 | 1133 | | 1137 | 1140 |
| Tottenham Court Road (TCR) | ← d | 1057 | 1101 | 1105 | | 1109 | 1112 | 1116 | 1120 | | 1124 | 1127 | | 1131 | 1135 | | 1139 | 1142 |
| Farringdon (ZFD) | ← 3 d | 1100 | 1104 | 1108 | | 1112 | 1115 | 1119 | 1123 | | 1127 | 1130 | | 1134 | 1138 | | 1142 | 1145 |
| London Liverpool Street EL (LST) | ← 4 d | 1103 | 1107 | 1111 | | 1115 | 1118 | 1122 | 1126 | | 1130 | 1133 | | 1137 | 1141 | | 1145 | 1148 |
| London Liverpool Street (LST) | ← 15 d | | | | 1113 | 1118 | | | | 1133 | | | 1136 | | | 1148 | | |
| Whitechapel (ZLW) | ← d | 1105 | 1109 | 1113 | | 1117 | 1120 | 1124 | 1128 | | 1132 | 1135 | | 1139 | 1143 | | 1147 | 1150 |
| Canary Wharf (CWX) | ← d | | 1113 | | | 1121 | | 1128 | | | 1136 | | | 1143 | | | 1151 | |
| Custom House (CUS) | d | | 1117 | | | 1125 | | 1132 | | | 1140 | | | 1147 | | | 1155 | |
| Woolwich (WWC) | d | | 1122 | | | 1130 | | 1137 | | | 1145 | | | 1152 | | | 1200 | |
| Abbey Wood (ABW) | a | | 1127 | | | 1135 | | 1142 | | | 1150 | | | 1157 | | | 1205 | |
| Stratford (SRA) | ← 7 d | 1111 | | 1119 | 1120 | 1125 | | 1126 | | 1134 | 1140 | | 1141 | 1143 | | 1149 | 1155 | 1156 |
| Maryland (MYL) | d | 1113 | | 1121 | | | | 1128 | | 1136 | | | 1143 | | | 1151 | | 1158 |
| Forest Gate (FOG) | d | 1115 | | 1123 | | | | 1130 | | 1138 | | | 1145 | | | 1153 | | 1200 |
| Manor Park (MNP) | d | 1118 | | 1126 | | | | 1133 | | 1141 | | | 1148 | | | 1156 | | 1203 |
| Ilford (IFD) | 2 d | 1120 | | 1128 | | | | 1135 | | 1143 | | | 1150 | | | 1158 | | 1205 |
| Seven Kings (SVK) | d | 1123 | | 1131 | | | | 1138 | | 1146 | | | 1153 | | | 1201 | | 1208 |
| Goodmayes (GMY) | d | 1125 | | 1133 | | | | 1140 | | 1148 | | | 1155 | | | 1203 | | 1210 |
| Chadwell Heath (CTH) | d | 1127 | | 1135 | | | | 1142 | | 1150 | | | 1157 | | | 1205 | | 1212 |
| Romford (RMF) | d | 1131 | | 1139 | 1128 | | | 1146 | | 1154 | | | 1201 | | | 1209 | | 1216 |
| Gidea Park (GDP) | 2 d | 1134 | | 1142 | | | | 1149 | | 1157 | | | 1204 | | | 1212 | | 1219 |
| Harold Wood (HRO) | d | 1137 | | 1145 | | | | 1152 | | 1200 | | | 1207 | | | 1215 | | 1222 |
| Brentwood (BRE) | d | 1141 | | 1149 | | | | 1156 | | 1204 | | | 1211 | | | 1219 | | 1226 |
| Shenfield (SNF) | 3 a | 1147 | | 1155 | 1139 | 1141 | | 1202 | | 1210 | 1155 | | 1217 | 1158 | | 1225 | 1212 | 1232 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE B | XR | XR | LE F | XR | XR | XR | XR | XR | LE B | LE A | XR | XR | XR | XR | LE B | XR | XR | LE G | |
|-------------------------------------|---------|----|------|---------|------|------|------|------|------|---------|---------|------|------|------|------|---------|------|------|---------|------|
| Reading (RDG) | 7 | d | | | | | | | 1059 | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | 1104 | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | 1100 | | | | | | 1111 | | | | | | 1131 | | | | | |
| Taplow (TAP) | | d | | | | | | | 1114 | | | | | | | | | | | |
| Burnham (BNM) | | d | 1104 | | | | | | 1117 | | | | | | 1135 | | | | | |
| Slough (SLO) | 3 | d | 1108 | | | | | | 1121 | | | | | | 1139 | | | | | |
| Langley (LNY) | | d | 1112 | | | | | | 1125 | | | | | | 1143 | | | | | |
| Iver (IVR) | | d | 1114 | | | | | | | | | | | | 1145 | | | | | |
| West Drayton (WDT) | | d | 1117 | | | | | | 1130 | | | | | | 1148 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | 1120 | | | | | | | | | | | | 1150 |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | | 1115 | | | | | 1130 | | | | | | 1145 | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | | | 1121 | 1125 | | | | 1136 | | | | | | 1151 | 1155 | |
| Hayes & Harlington (HAY) | 3 | d | 1121 | | | | 1127 | 1132 | 1135 | | | 1142 | | | 1152 | | | 1157 | 1202 | |
| Southall (STL) | | d | 1124 | | | | 1131 | | 1138 | | | 1145 | | | 1155 | | | 1200 | | |
| Hanwell (HAN) | | d | | | | | 1134 | | | | | 1148 | | | | | | 1203 | | |
| West Ealing (WEA) | 3 | d | | | | | 1136 | 1139 | | | | 1150 | | | | | | 1205 | 1209 | |
| Ealing Broadway (EAL) | 3 | d | 1131 | | | | 1138 | 1141 | 1144 | | | 1152 | | | 1200 | | | 1207 | 1211 | |
| Acton Main Line (AML) | | d | | | | | 1141 | | | | | 1155 | | | | | | 1210 | | |
| London Paddington EL (PAD) | 15 | d | 1141 | 1145 | | | 1149 | 1152 | 1156 | 1200 | | | 1204 | 1207 | 1211 | 1215 | | 1219 | 1222 | |
| Bond Street (BDS) | 15 | d | 1144 | 1148 | | | 1152 | 1155 | 1159 | 1203 | | | 1207 | 1210 | 1214 | 1218 | | 1222 | 1225 | |
| Tottenham Court Road (TCR) | 15 | d | 1146 | 1150 | | | 1154 | 1157 | 1201 | 1205 | | | 1209 | 1212 | 1216 | 1220 | | 1224 | 1227 | |
| Farringdon (ZFD) | 3 | d | 1149 | 1153 | | | 1157 | 1200 | 1204 | 1208 | | | 1212 | 1215 | 1219 | 1223 | | 1227 | 1230 | |
| London Liverpool Street EL (LST) | 4 | d | 1152 | 1156 | | | 1200 | 1203 | 1207 | 1211 | | | 1215 | 1218 | 1222 | 1226 | | 1230 | 1233 | |
| London Liverpool Street (LST) | 15 | d | 1150 | | 1202 | | | | | | 1213 | 1218 | | | | | 1233 | | | 1236 |
| Whitechapel (ZLW) | 15 | d | | 1154 | 1158 | | 1202 | 1205 | 1209 | 1213 | | | 1217 | 1220 | 1224 | 1228 | | 1232 | 1235 | |
| Canary Wharf (CWX) | DLR | d | | 1158 | | | 1206 | | 1213 | | | | 1221 | | 1228 | | | 1236 | | |
| Custom House (CUS) | | d | | 1202 | | | 1210 | | 1217 | | | | 1225 | | 1232 | | | 1240 | | |
| Woolwich (WWC) | | d | | 1207 | | | 1215 | | 1222 | | | | 1230 | | 1237 | | | 1245 | | |
| Abbey Wood (ABW) | | a | | 1212 | | | 1220 | | 1227 | | | | 1235 | | 1242 | | | 1250 | | |
| Stratford (SRA) | DLR 7 | d | 1158 | | 1204 | 1209 | | 1211 | | 1219 | 1220 | 1225 | | 1226 | | 1234 | 1240 | | 1241 | 1243 |
| Maryland (MYL) | | d | | 1206 | | | | 1213 | | 1221 | | | | 1228 | | 1236 | | | 1243 | |
| Forest Gate (FOG) | | d | | 1208 | | | | 1215 | | 1223 | | | | 1230 | | 1238 | | | 1245 | |
| Manor Park (MNP) | | d | | 1211 | | | | 1218 | | 1226 | | | | 1233 | | 1241 | | | 1248 | |
| Ilford (IFD) | 2 | d | | 1213 | | | | 1221 | | 1228 | | | | 1235 | | 1243 | | | 1250 | |
| Seven Kings (SVK) | | d | | 1216 | | | | 1224 | | 1231 | | | | 1238 | | 1246 | | | 1253 | |
| Goodmayes (GMY) | | d | | 1218 | | | | 1226 | | 1233 | | | | 1240 | | 1248 | | | 1255 | |
| Chadwell Heath (CTH) | | d | | 1220 | | | | 1228 | | 1235 | | | | 1242 | | 1250 | | | 1257 | |
| Romford (RMF) | | d | 1207 | | 1224 | | | 1231 | | 1239 | 1228 | | | 1246 | | 1254 | | | 1301 | |
| Gidea Park (GDP) | 2 | d | | 1227 | | | | 1234 | | 1242 | | | | 1249 | | 1257 | | | 1304 | |
| Harold Wood (HRO) | | d | | 1230 | | | | 1237 | | 1245 | | | | 1252 | | 1300 | | | 1307 | |
| Brentwood (BRE) | | d | | 1234 | | | | 1241 | | 1249 | | | | 1256 | | 1304 | | | 1311 | |
| Shenfield (SNF) | 3 | a | 1216 | | 1240 | 1224 | | 1247 | | 1255 | 1239 | 1241 | | 1302 | | 1310 | 1255 | | 1317 | 1258 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- F To Ipswich
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE C | XR | XR | LE B | XR | XR | LE F | XR | XR | XR | XR | LE B | LE A | XR | XR | XR | |
|-------------------------------------|-------|----|---------|------|------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|------|------|
| Reading (RDG) | 7 | d | 1129 | | | | | | | | | | | | | | | 1159 | |
| Twyford (TWY) | 3 | d | 1134 | | | | | | | | | | | | | | | 1204 | |
| Maidenhead (MAI) | 3 | d | 1141 | | | | 1200 | | | | | | | | | | | 1211 | |
| Taplow (TAP) | | d | 1144 | | | | | | | | | | | | | | | 1214 | |
| Burnham (BNM) | | d | 1147 | | | | 1204 | | | | | | | | | | | 1217 | |
| Slough (SLO) | 3 | d | 1151 | | | | 1208 | | | | | | | | | | | 1221 | |
| Langley (LNY) | | d | 1155 | | | | 1212 | | | | | | | | | | | 1225 | |
| Iver (IVR) | | d | | | | | 1214 | | | | | | | | | | | | 1244 |
| West Drayton (WDT) | | d | 1200 | | | | 1218 | | | | | | | | | | | 1230 | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | | | | 1220 | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | 1200 | | | | | 1215 | | | | | | 1230 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | 1206 | | | | | 1221 | 1225 | | | | | 1236 | | | |
| Hayes & Harlington (HAY) | 3 | d | 1205 | | 1212 | | 1224 | | | 1227 | 1232 | 1235 | | | | 1242 | | 1251 | |
| Southall (STL) | | d | 1208 | | 1215 | | 1227 | | | 1230 | | 1239 | | | | 1245 | | 1254 | |
| Hanwell (HAN) | | d | | | 1218 | | | | | 1233 | | | | | | 1248 | | | |
| West Ealing (WEA) | 3 | d | | | 1220 | | | | | 1235 | 1238 | | | | | 1250 | | | |
| Ealing Broadway (EAL) | 3 | d | 1215 | | 1222 | | 1232 | | | 1237 | 1240 | 1243 | | | | 1252 | | 1259 | |
| Acton Main Line (AML) | | d | | | 1225 | | | | | 1240 | | | | | | 1255 | | | |
| London Paddington EL (PAD) | 15 | d | 1226 | 1230 | 1234 | 1237 | 1241 | 1245 | | 1249 | 1252 | 1256 | 1300 | | | 1304 | 1307 | 1311 | |
| Bond Street (BDS) | 15 | d | 1229 | 1233 | 1237 | 1240 | 1244 | 1248 | | 1252 | 1255 | 1259 | 1303 | | | 1307 | 1310 | 1314 | |
| Tottenham Court Road (TCR) | 15 | d | 1231 | 1235 | 1239 | 1242 | 1246 | 1250 | | 1254 | 1257 | 1301 | 1305 | | | 1309 | 1312 | 1316 | |
| Farringdon (ZFD) | 3 | d | 1234 | 1238 | 1242 | 1245 | 1249 | 1253 | | 1257 | 1300 | 1304 | 1308 | | | 1312 | 1315 | 1319 | |
| London Liverpool Street EL (LST) | 4 | d | 1237 | 1241 | 1245 | 1248 | 1252 | 1256 | | 1300 | 1303 | 1307 | 1311 | | | 1315 | 1318 | 1322 | |
| London Liverpool Street (LST) | 15 | d | | | 1248 | | 1250 | | 1302 | | | | | 1313 | 1318 | | | | |
| Whitechapel (ZLW) | 15 | d | 1239 | 1243 | 1247 | 1250 | 1254 | 1258 | | 1302 | 1305 | 1309 | 1313 | | | 1317 | 1320 | 1324 | |
| Canary Wharf (CWX) | DLR | d | 1243 | | 1251 | | 1258 | | | 1306 | | 1313 | | | | 1321 | | 1328 | |
| Custom House (CUS) | | d | 1247 | | 1255 | | 1302 | | | 1310 | | 1317 | | | | 1325 | | 1332 | |
| Woolwich (WWC) | | d | 1252 | | 1300 | | 1307 | | | 1315 | | 1322 | | | | 1330 | | 1337 | |
| Abbey Wood (ABW) | | a | 1257 | | 1305 | | 1312 | | | 1320 | | 1327 | | | | 1335 | | 1342 | |
| Stratford (SRA) | DLR 7 | d | 1249 | 1255 | 1256 | 1258 | 1304 | 1309 | | 1311 | | 1319 | 1320 | 1325 | | 1326 | | | |
| Maryland (MYL) | | d | 1251 | | 1258 | | 1306 | | | 1313 | | 1321 | | | | 1328 | | | |
| Forest Gate (FOG) | | d | 1253 | | 1300 | | 1308 | | | 1315 | | 1323 | | | | 1330 | | | |
| Manor Park (MNP) | | d | 1256 | | 1303 | | 1311 | | | 1318 | | 1326 | | | | 1333 | | | |
| Ilford (IFD) | 2 | d | 1258 | | 1305 | | 1313 | | | 1320 | | 1328 | | | | 1335 | | | |
| Seven Kings (SVK) | | d | 1301 | | 1308 | | 1316 | | | 1323 | | 1331 | | | | 1338 | | | |
| Goodmayes (GMY) | | d | 1303 | | 1310 | | 1318 | | | 1325 | | 1333 | | | | 1340 | | | |
| Chadwell Heath (CTH) | | d | 1305 | | 1312 | | 1320 | | | 1327 | | 1335 | | | | 1342 | | | |
| Romford (RMF) | | d | 1309 | | 1316 | 1307 | 1324 | | | 1331 | | 1339 | 1328 | | | 1346 | | | |
| Gidea Park (GDP) | 2 | d | 1312 | | 1319 | | 1327 | | | 1334 | | 1342 | | | | 1349 | | | |
| Harold Wood (HRO) | | d | 1315 | | 1322 | | 1330 | | | 1337 | | 1345 | | | | 1352 | | | |
| Brentwood (BRE) | | d | 1319 | | 1326 | | 1334 | | | 1341 | | 1349 | | | | 1356 | | | |
| Shenfield (SNF) | 3 | a | 1325 | 1311 | 1332 | 1316 | 1340 | 1324 | | 1347 | | 1355 | 1339 | 1341 | | 1402 | | | |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- F To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE B | XR | XR | LE G | XR | XR | LE C | XR | XR | LE B | XR | XR | LE F | XR | XR | XR | XR | | |
|-------------------------------------|-------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|------|------|
| Reading (RDG) | 7 | d | | | | 1229 | | | | | | | | | | | | 1259 | | |
| Twyford (TWY) | 3 | d | | | | 1234 | | | | | | | | | | | | 1304 | | |
| Maidenhead (MAI) | 3 | d | | | | 1241 | | | | | | 1300 | | | | | | 1311 | | |
| Taplow (TAP) | | d | | | | 1244 | | | | | | | | | | | | 1314 | | |
| Burnham (BNM) | | d | | | | 1247 | | | | | | 1304 | | | | | | 1317 | | |
| Slough (SLO) | 3 | d | | | | 1251 | | | | | | 1308 | | | | | | 1321 | | |
| Langley (LNY) | | d | | | | 1255 | | | | | | 1312 | | | | | | 1325 | | |
| Iver (IVR) | | d | | | | | | | | | | 1314 | | | | | | | | |
| West Drayton (WDT) | | d | | | | 1259 | | | | | | 1317 | | | | | | 1330 | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | 1250 | | | | | | | | | | | | 1320 | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | 1245 | | | | | 1300 | | | | | | 1315 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 1251 | 1255 | | | | 1306 | | | | | | 1321 | 1325 | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 1257 | 1302 | | 1305 | | 1312 | | | 1323 | | | 1327 | 1332 | 1335 | | | |
| Southall (STL) | | d | | 1300 | | 1309 | | | 1315 | | | 1326 | | | 1331 | | 1339 | | | |
| Hanwell (HAN) | | d | | 1303 | | | | | 1318 | | | | | | 1334 | | | | | |
| West Ealing (WEA) | 3 | d | | 1305 | 1309 | | | | 1320 | | | | | | 1336 | 1339 | | | | |
| Ealing Broadway (EAL) | 3 | d | | 1307 | 1311 | 1315 | | | 1323 | | | 1330 | | | 1338 | 1341 | 1345 | | | |
| Acton Main Line (AML) | | d | | 1310 | | | | | 1325 | | | | | | 1341 | | | | | |
| London Paddington EL (PAD) | 15 | d | 1315 | | 1319 | 1322 | | 1326 | 1330 | | 1334 | 1337 | | 1341 | 1345 | | 1349 | 1352 | 1356 | 1400 |
| Bond Street (BDS) | 15 | d | 1318 | | 1322 | 1325 | | 1329 | 1333 | | 1337 | 1340 | | 1344 | 1348 | | 1352 | 1355 | 1359 | 1403 |
| Tottenham Court Road (TCR) | 15 | d | 1320 | | 1324 | 1327 | | 1331 | 1335 | | 1339 | 1342 | | 1346 | 1350 | | 1354 | 1357 | 1401 | 1405 |
| Farringdon (ZFD) | 3 | d | 1323 | | 1327 | 1330 | | 1334 | 1338 | | 1342 | 1345 | | 1349 | 1353 | | 1357 | 1400 | 1404 | 1408 |
| London Liverpool Street EL (LST) | 4 | d | 1326 | | 1330 | 1333 | | 1337 | 1341 | | 1345 | 1348 | | 1352 | 1356 | | 1400 | 1403 | 1407 | 1411 |
| London Liverpool Street (LST) | 15 | d | | 1333 | | 1336 | | 1348 | | | 1350 | | | 1402 | | | | | | |
| Whitechapel (ZLW) | 15 | d | 1328 | | 1332 | 1335 | | 1339 | 1343 | | 1347 | 1350 | | 1354 | 1358 | | 1402 | 1405 | 1409 | 1413 |
| Canary Wharf (CWX) | DLR | d | | 1336 | | 1343 | | | 1351 | | | | | 1358 | | | 1406 | | 1413 | |
| Custom House (CUS) | | d | | 1340 | | 1347 | | | 1355 | | | | | 1402 | | | 1410 | | 1417 | |
| Woolwich (WWC) | | d | | 1345 | | 1352 | | | 1400 | | | | | 1407 | | | 1415 | | 1422 | |
| Abbey Wood (ABW) | | a | | 1350 | | 1357 | | | 1405 | | | | | 1412 | | | 1420 | | 1427 | |
| Stratford (SRA) | DLR 7 | d | 1334 | 1340 | | 1341 | 1343 | | 1349 | 1355 | | 1356 | 1358 | | 1404 | 1409 | | 1411 | | 1419 |
| Maryland (MYL) | | d | 1336 | | | 1343 | | | 1351 | | | 1358 | | | 1406 | | | 1413 | | 1421 |
| Forest Gate (FOG) | | d | 1338 | | | 1345 | | | 1353 | | | 1400 | | | 1408 | | | 1415 | | 1423 |
| Manor Park (MNP) | | d | 1341 | | | 1348 | | | 1356 | | | 1403 | | | 1411 | | | 1418 | | 1426 |
| Ilford (IFD) | 2 | d | 1343 | | | 1350 | | | 1358 | | | 1405 | | | 1413 | | | 1420 | | 1428 |
| Seven Kings (SVK) | | d | 1346 | | | 1353 | | | 1401 | | | 1408 | | | 1416 | | | 1423 | | 1431 |
| Goodmayes (GMY) | | d | 1348 | | | 1355 | | | 1403 | | | 1410 | | | 1418 | | | 1425 | | 1433 |
| Chadwell Heath (CTH) | | d | 1350 | | | 1357 | | | 1405 | | | 1412 | | | 1420 | | | 1427 | | 1435 |
| Romford (RMF) | | d | 1354 | | | 1401 | | | 1409 | | | 1416 | 1407 | | 1424 | | | 1431 | | 1439 |
| Gidea Park (GDP) | 2 | d | 1357 | | | 1404 | | | 1412 | | | 1419 | | | 1427 | | | 1434 | | 1442 |
| Harold Wood (HRO) | | d | 1400 | | | 1407 | | | 1415 | | | 1422 | | | 1430 | | | 1437 | | 1445 |
| Brentwood (BRE) | | d | 1404 | | | 1411 | | | 1419 | | | 1426 | | | 1434 | | | 1441 | | 1449 |
| Shenfield (SNF) | 3 | a | 1410 | 1355 | | 1417 | 1358 | | 1425 | 1411 | | 1432 | 1416 | | 1440 | 1424 | | 1447 | | 1455 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Braintree
- F To Ipswich
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE B | LE A | XR | XR | XR | XR | LE B | XR | XR | LE G | XR | XR | LE C | XR | XR | LE B | XR | XR |
|-------------------------------------|---------|---------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | 1329 | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | 1334 | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | 1330 | | | | | 1341 | | | | | | 1359 | |
| Taplow (TAP) | | d | | | | | | | | | 1344 | | | | | | | |
| Burnham (BNM) | | d | | | | 1334 | | | | | 1347 | | | | | | 1403 | |
| Slough (SLO) | 3 | d | | | | 1339 | | | | | 1351 | | | | | | 1407 | |
| Langley (LNY) | | d | | | | 1343 | | | | | 1355 | | | | | | 1411 | |
| Iver (IVR) | | d | | | | 1345 | | | | | | | | | | | 1413 | |
| West Drayton (WDT) | | d | | | | 1348 | | | | | 1359 | | | | | | 1416 | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | 1350 | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | 1330 | | | | 1345 | | | | | | 1400 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 1336 | | | | 1351 | 1355 | | | | | 1406 | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 1342 | | 1354 | | 1357 | 1402 | | 1405 | | | 1412 | | | 1420 | |
| Southall (STL) | | d | | 1345 | | 1357 | | 1400 | | | 1409 | | | 1415 | | | 1423 | |
| Hanwell (HAN) | | d | | 1348 | | | | 1403 | | | | | | 1418 | | | | |
| West Ealing (WEA) | 3 | d | | 1350 | | | | 1405 | 1409 | | | | | 1421 | | | | |
| Ealing Broadway (EAL) | 3 | d | | 1352 | | 1402 | | 1408 | 1411 | | 1414 | | | 1423 | | | 1429 | |
| Acton Main Line (AML) | | d | | 1355 | | | | 1410 | | | | | | 1426 | | | | |
| London Paddington EL (PAD) | 15 | d | | 1404 | 1407 | 1411 | 1415 | | 1419 | 1422 | | 1426 | 1430 | 1434 | 1437 | | 1441 | 1445 |
| Bond Street (BDS) | | d | | 1407 | 1410 | 1414 | 1418 | | 1422 | 1425 | | 1429 | 1433 | 1437 | 1440 | | 1444 | 1448 |
| Tottenham Court Road (TCR) | | d | | 1409 | 1412 | 1416 | 1420 | | 1424 | 1427 | | 1431 | 1435 | 1439 | 1442 | | 1446 | 1450 |
| Farringdon (ZFD) | 3 | d | | 1412 | 1415 | 1419 | 1423 | | 1427 | 1430 | | 1434 | 1438 | 1442 | 1445 | | 1449 | 1453 |
| London Liverpool Street EL (LST) | 4 | d | | 1415 | 1418 | 1422 | 1426 | | 1430 | 1433 | | 1437 | 1441 | 1445 | 1448 | | 1452 | 1456 |
| London Liverpool Street (LST) | 15 | d | 1413 | 1418 | | | 1433 | | | 1436 | | | 1448 | | | 1450 | | |
| Whitechapel (ZLW) | | d | | 1417 | 1420 | 1424 | 1428 | | 1432 | 1435 | | 1439 | 1443 | 1447 | 1450 | | 1454 | 1458 |
| Canary Wharf (CWX) | DLR | d | | 1421 | | 1428 | | | 1436 | | | 1443 | | 1451 | | | 1458 | |
| Custom House (CUS) | | d | | 1425 | | 1432 | | | 1440 | | | 1447 | | 1455 | | | 1502 | |
| Woolwich (WWC) | | d | | 1430 | | 1437 | | | 1445 | | | 1452 | | 1500 | | | 1507 | |
| Abbey Wood (ABW) | | a | | 1435 | | 1442 | | | 1450 | | | 1457 | | 1505 | | | 1512 | |
| Stratford (SRA) | DLR 7 | d | 1420 | 1425 | | 1426 | | 1434 | 1440 | | 1441 | 1443 | | 1449 | 1455 | | 1456 | 1458 |
| Maryland (MYL) | | d | | | | 1428 | | 1436 | | | 1443 | | | 1451 | | | 1458 | 1506 |
| Forest Gate (FOG) | | d | | | | 1430 | | 1438 | | | 1445 | | | 1453 | | | 1500 | 1508 |
| Manor Park (MNP) | | d | | | | 1433 | | 1441 | | | 1448 | | | 1456 | | | 1503 | 1511 |
| Ilford (IFD) | 2 | d | | | | 1435 | | 1443 | | | 1451 | | | 1458 | | | 1505 | 1513 |
| Seven Kings (SVK) | | d | | | | 1438 | | 1446 | | | 1454 | | | 1501 | | | 1508 | 1516 |
| Goodmayes (GMY) | | d | | | | 1440 | | 1448 | | | 1456 | | | 1503 | | | 1510 | 1518 |
| Chadwell Heath (CTH) | | d | | | | 1442 | | 1450 | | | 1458 | | | 1505 | | | 1512 | 1520 |
| Romford (RMF) | | d | 1428 | | | 1446 | | 1454 | | | 1501 | | | 1509 | | | 1516 | 1524 |
| Gidea Park (GDP) | 2 | d | | | | 1449 | | 1457 | | | 1504 | | | 1512 | | | 1519 | 1527 |
| Harold Wood (HRO) | | d | | | | 1452 | | 1500 | | | 1507 | | | 1515 | | | 1522 | 1530 |
| Brentwood (BRE) | | d | | | | 1456 | | 1504 | | | 1511 | | | 1519 | | | 1526 | 1534 |
| Shenfield (SNF) | 3 | a | 1439 | 1441 | | 1502 | | 1510 | 1455 | | 1517 | 1458 | | 1525 | 1511 | | 1532 | 1516 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE F | XR | XR | XR | XR | LE B | LE A | XR | XR | XR | XR | LE B | XR | XR | LE G | XR | XR | LE C | | |
|-------------------------------------|---------|----|------|------|------|---------|---------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|
| Reading (RDG) | 7 | d | | | 1359 | | | | | | | | | | | | | 1429 | | |
| Twyford (TWY) | 3 | d | | | 1404 | | | | | | | | | | | | | 1434 | | |
| Maidenhead (MAI) | 3 | d | | | 1411 | | | | | | 1430 | | | | | | | 1441 | | |
| Taplow (TAP) | | d | | | 1414 | | | | | | | | | | | | | 1444 | | |
| Burnham (BNM) | | d | | | 1417 | | | | | | 1434 | | | | | | | 1447 | | |
| Slough (SLO) | 3 | d | | | 1421 | | | | | | 1438 | | | | | | | 1451 | | |
| Langley (LNY) | | d | | | 1425 | | | | | | 1442 | | | | | | | 1455 | | |
| Iver (IVR) | | d | | | | | | | | | 1444 | | | | | | | | | |
| West Drayton (WDT) | | d | | | 1430 | | | | | | 1447 | | | | | | | 1459 | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 1420 | | | | | | | | | | | 1450 | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | 1415 | | | | | 1430 | | | | | 1445 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 1421 | 1425 | | | | 1436 | | | | | 1451 | 1455 | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 1427 | 1432 | 1435 | | | 1442 | | 1452 | | | 1457 | 1502 | | | 1505 | | |
| Southall (STL) | | d | | 1430 | | 1439 | | | 1445 | | 1455 | | | 1500 | | | | 1508 | | |
| Hanwell (HAN) | | d | | 1433 | | | | | 1448 | | | | | 1503 | | | | | | |
| West Ealing (WEA) | 3 | d | | 1435 | 1439 | | | | 1450 | | | | | 1505 | 1509 | | | | | |
| Ealing Broadway (EAL) | 3 | d | | 1438 | 1441 | 1445 | | | 1453 | | 1459 | | | 1507 | 1511 | | | 1515 | | |
| Acton Main Line (AML) | | d | | 1440 | | | | | 1455 | | | | | 1510 | | | | | | |
| London Paddington EL (PAD) | 15 | d | | 1449 | 1452 | 1456 | 1500 | | 1504 | 1507 | 1511 | 1515 | | 1519 | 1522 | | | 1526 | 1530 | |
| Bond Street (BDS) | 15 | d | | 1452 | 1455 | 1459 | 1503 | | 1507 | 1510 | 1514 | 1518 | | 1522 | 1525 | | | 1529 | 1533 | |
| Tottenham Court Road (TCR) | 15 | d | | 1454 | 1457 | 1501 | 1505 | | 1509 | 1512 | 1516 | 1520 | | 1524 | 1527 | | | 1531 | 1535 | |
| Farringdon (ZFD) | 3 | d | | 1457 | 1500 | 1504 | 1508 | | 1512 | 1515 | 1519 | 1523 | | 1527 | 1530 | | | 1534 | 1538 | |
| London Liverpool Street EL (LST) | 4 | d | | 1500 | 1503 | 1507 | 1511 | | 1515 | 1518 | 1522 | 1526 | | 1530 | 1533 | | | 1537 | 1541 | |
| London Liverpool Street (LST) | 15 | d | 1502 | | | | 1513 | 1518 | | | | 1533 | | | 1536 | | | | 1548 | |
| Whitechapel (ZLW) | 15 | d | | 1502 | 1505 | 1509 | 1513 | | 1517 | 1520 | 1524 | 1528 | | 1532 | 1535 | | | 1539 | 1543 | |
| Canary Wharf (CWX) | DLR | d | | 1506 | | 1513 | | | 1521 | | 1528 | | | 1536 | | | | 1543 | | |
| Custom House (CUS) | | d | | 1510 | | 1517 | | | 1525 | | 1532 | | | 1540 | | | | 1547 | | |
| Woolwich (WWC) | | d | | 1515 | | 1522 | | | 1530 | | 1537 | | | 1545 | | | | 1552 | | |
| Abbey Wood (ABW) | | a | | 1520 | | 1527 | | | 1535 | | 1542 | | | 1550 | | | | 1557 | | |
| Stratford (SRA) | DLR 7 | d | 1509 | | 1511 | | 1519 | 1520 | 1525 | | 1526 | | 1534 | 1540 | | 1541 | 1543 | | 1549 | 1555 |
| Maryland (MYL) | | d | | | 1513 | | 1521 | | | | 1528 | | 1536 | | | 1543 | | | 1551 | |
| Forest Gate (FOG) | | d | | | 1515 | | 1523 | | | | 1530 | | 1538 | | | 1545 | | | 1553 | |
| Manor Park (MNP) | | d | | | 1518 | | 1526 | | | | 1533 | | 1541 | | | 1548 | | | 1556 | |
| Ilford (IFD) | 2 | d | | | 1521 | | 1528 | | | | 1535 | | 1543 | | | 1550 | | | 1558 | |
| Seven Kings (SVK) | | d | | | 1524 | | 1531 | | | | 1538 | | 1546 | | | 1554 | | | 1601 | |
| Goodmayes (GMY) | | d | | | 1526 | | 1533 | | | | 1540 | | 1548 | | | 1556 | | | 1603 | |
| Chadwell Heath (CTH) | | d | | | 1528 | | 1535 | | | | 1542 | | 1550 | | | 1558 | | | 1605 | |
| Romford (RMF) | | d | | | 1531 | | 1539 | 1528 | | | 1546 | | 1554 | | | 1602 | | | 1609 | |
| Gidea Park (GDP) | 2 | d | | | 1534 | | 1542 | | | | 1549 | | 1557 | | | 1605 | | | 1612 | |
| Harold Wood (HRO) | | d | | | 1537 | | 1545 | | | | 1552 | | 1600 | | | 1608 | | | 1615 | |
| Brentwood (BRE) | | d | | | 1541 | | 1549 | | | | 1556 | | 1604 | | | 1612 | | | 1619 | |
| Shenfield (SNF) | 3 | a | 1524 | | 1547 | | 1555 | 1539 | 1541 | | 1602 | | 1610 | 1555 | | 1617 | 1558 | | 1625 | 1611 |

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

a Arrival time
d Departure time

A To Clacton-on-Sea
B To Southend Victoria
C To Braintree
F To Ipswich
G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE C | XR | XR | LE B | XR | XR | LE H | XR | XR | XR | XR | XR | LE B | XR | XR | XR |
|---------------------------------------|------|------|---------|------|------|---------|------|-------|---------|------|------|------|------|------|---------|------|------|------|
| Reading (RDG) 7 d | | | | | | | 1529 | | | | | | | | | | | |
| Twyford (TWY) 3 d | | | | | | | 1534 | | | | | | | | | | | |
| Maidenhead (MAI) 3 d | | | | | | | 1541 | | | | | | | 1601 | | | | |
| Taplow (TAP) d | | | | | | | 1544 | | | | | | | | | | | |
| Burnham (BNM) d | | | | | | | 1547 | | | | | | | 1605 | | | | |
| Slough (SLO) 3 d | | | | | | | 1551 | | | | | | | 1609 | | | | |
| Langley (LNY) d | | | | | | | 1555 | | | | | | | 1613 | | | | |
| Iver (IVR) d | | | | | | | | | | | | | | 1615 | | | | |
| West Drayton (WDT) d | | | | | | | 1600 | | | | | | | 1618 | | | | |
| Heathrow Terminal 5 (HWV) 7 d | | | | | | 1550 | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) 7 d | | | | 1545 | | | | | | | | 1600 | | | | | | 1615 |
| Heathrow Terminals 2 & 3 (HXX) 7 d | | | | 1551 | 1555 | | | | | | | 1606 | | | | | | 1621 |
| Hayes & Harlington (HAY) 3 d | | | | 1557 | 1602 | | 1605 | | | | | 1612 | | 1622 | | | | 1627 |
| Southall (STL) d | | | | 1600 | | | 1608 | | | | | 1615 | | 1625 | | | | 1630 |
| Hanwell (HAN) d | | | | 1603 | | | | | | | | 1618 | | | | | | 1633 |
| West Ealing (WEA) 3 d | | | | 1605 | 1608 | | | | | | | 1620 | | | | | | 1635 |
| Ealing Broadway (EAL) 3 d | | | | 1607 | 1610 | | 1614 | | | | | 1622 | | 1629 | | | | 1637 |
| Acton Main Line (AML) d | | | | 1610 | | | | | | | | 1625 | | | | | | 1640 |
| London Paddington EL (PAD) 15 d | 1615 | 1618 | | 1621 | 1624 | | 1627 | | | 1630 | 1633 | 1636 | 1639 | 1642 | | 1645 | 1648 | 1651 |
| Bond Street (BDS) 15 d | 1618 | 1621 | | 1624 | 1627 | | 1630 | | | 1633 | 1636 | 1639 | 1642 | 1645 | | 1648 | 1651 | 1654 |
| Tottenham Court Road (TCR) 15 d | 1620 | 1623 | | 1626 | 1629 | | 1632 | | | 1635 | 1638 | 1641 | 1644 | 1647 | | 1650 | 1653 | 1656 |
| Farringdon (ZFD) 15 d | 1623 | 1626 | | 1629 | 1632 | | 1635 | | | 1638 | 1641 | 1644 | 1647 | 1650 | | 1653 | 1656 | 1659 |
| London Liverpool Street EL (LST) 15 d | 1626 | 1629 | | 1632 | 1635 | | 1638 | | | 1641 | 1644 | 1647 | 1650 | 1653 | | 1656 | 1659 | 1701 |
| London Liverpool Street (LST) 15 d | | | 1635 | | | 1639 | | 1640 | 1642 | | | | | | 1654 | | | |
| Whitechapel (ZLW) 15 d | 1628 | 1631 | | 1634 | 1637 | | 1640 | | | 1643 | 1646 | 1649 | 1652 | 1655 | | 1658 | 1701 | 1704 |
| Canary Wharf (CWX) DLR d | 1632 | | | 1638 | | | 1644 | | | | 1650 | 1656 | | | | 1702 | | 1708 |
| Custom House (CUS) d | 1636 | | | 1643 | | | 1649 | | | | 1654 | 1700 | | | | 1706 | | 1711 |
| Woolwich (WWC) d | 1640 | | | 1649 | | | 1654 | | | | 1659 | 1704 | | | | 1710 | | 1715 |
| Abbey Wood (ABW) a | 1646 | | | 1653 | | | 1658 | | | | 1704 | | 1710 | | | 1716 | | 1721 |
| Stratford (SRA) 7 d | | 1637 | 1643 | | 1643 | 1647 | | 1647 | 1650 | 1651 | | 1656 | | 1701 | 1702 | | | 1707 |
| Maryland (MYL) d | | 1639 | | | 1645 | | | 1649 | | 1653 | | 1658 | | 1703 | | | | 1709 |
| Forest Gate (FOG) d | | 1641 | | | 1647 | | | 1651 | | 1655 | | 1700 | | 1705 | | | | 1711 |
| Manor Park (MNP) d | | 1644 | | | 1650 | | | 1654 | | 1658 | | 1703 | | 1708 | | | | 1714 |
| Ilford (IFD) 2 d | | 1646 | | | 1652 | | | 1656 | | 1700 | | 1706 | | 1710 | | | | 1716 |
| Seven Kings (SVK) d | | 1649 | | | 1655 | | | 1659 | | 1703 | | 1708 | | 1713 | | | | 1719 |
| Goodmayes (GMY) d | | 1651 | | | 1657 | | | 1701 | | 1705 | | 1710 | | 1715 | | | | 1721 |
| Chadwell Heath (CTH) d | | 1653 | | | 1659 | | | 1703 | | 1707 | | 1712 | | 1717 | | | | 1723 |
| Romford (RMF) d | | 1657 | | | 1703 | | | 1707 | | 1711 | | 1716 | | 1721 | | | | 1727 |
| Gidea Park (GDP) 2 d | | 1700 | | | 1706 | | | 1711a | | 1714 | | 1719 | | 1724 | | | | 1730 |
| Harold Wood (HRO) d | | 1703 | | | 1709 | | | | | 1717 | | 1722 | | 1727 | | | | 1733 |
| Brentwood (BRE) d | | 1707 | | | 1713 | | | | | 1721 | | 1726 | | 1731 | | | | 1737 |
| Shenfield (SNF) 3 a | | 1713 | 1658 | | 1719 | 1702 | | | | 1727 | | 1733 | | 1738 | 1717 | | | 1743 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Braintree
- H To Clacton-on-Sea/Harwich Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE E | XR | XR | LE B | XR | LE J | XR | XR | XR | XR | LE C | LE B | XR | XR | XR | XR | LE G | |
|-------------------------------------|-----|---------|------|------|---------|-------|---------|------|------|------|------|---------|---------|------|------|------|----|---------|------|
| Reading (RDG) | 7 | d | | | | 1559 | | | | | | | | | | | | 1616 | |
| Twyford (TWY) | 3 | d | | | | 1604 | | | | | | | | | | | | 1621 | |
| Maidenhead (MAI) | 3 | d | | | | 1611 | | | | | | | | | | | | 1628 | |
| Taplow (TAP) | | d | | | | 1614 | | | | | | | | | | | | 1631 | |
| Burnham (BNM) | | d | | | | 1617 | | | | | | | | | | | | 1634 | |
| Slough (SLO) | 3 | d | | | | 1621 | | | | | | | | | | | | 1639 | |
| Langley (LNY) | | d | | | | 1627 | | | | | | | | | | | | 1643 | |
| Iver (IVR) | | d | | | | 1630 | | | | | | | | | | | | 1645 | |
| West Drayton (WDT) | | d | | | | 1632 | | | | | | | | | | | | 1648 | |
| Heathrow Terminal 5 (HWV) | ← | d | 1620 | | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | | | | | | 1630 | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | 1625 | | | | | | | 1636 | | | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 1632 | | | | | | | 1642 | | | | | | | | 1652 | |
| Southall (STL) | | d | | | | 1640 | | | | 1645 | | | | | | | | 1655 | |
| Hanwell (HAN) | | d | | | | | | | | 1648 | | | | | | | | | |
| West Ealing (WEA) | 3 | d | 1639 | | | | | | | 1650 | | | | | | | | | |
| Ealing Broadway (EAL) | 3 | d | 1641 | | | 1645 | | | | 1652 | | | | | | | | 1659 | |
| Acton Main Line (AML) | | d | | | | | | | | 1655 | | | | | | | | | |
| London Paddington EL (PAD) | 15 | d | 1653 | | | 1656 | | 1658 | 1701 | 1703 | 1706 | 1708 | | | | | | 1711 | 1713 |
| Bond Street (BDS) | 15 | d | 1656 | | | 1659 | | 1701 | 1704 | 1706 | 1709 | 1711 | | | | | | 1714 | 1716 |
| Tottenham Court Road (TCR) | 15 | d | 1659 | | | 1701 | | 1704 | 1706 | 1709 | 1711 | 1714 | | | | | | 1717 | 1719 |
| Farringdon (ZFD) | 3 | d | 1701 | | | 1704 | | 1706 | 1709 | 1711 | 1714 | 1716 | | | | | | 1719 | 1721 |
| London Liverpool Street EL (LST) | 4 | d | 1704 | | | 1706 | | 1709 | 1711 | 1714 | 1716 | 1719 | | | | | | 1721 | 1724 |
| London Liverpool Street (LST) | 15 | d | | 1706 | | | 1709 | 1709 | 1714 | | | | 1720 | 1723 | | | | 1724 | 1726 |
| Whitechapel (ZLW) | 15 | d | 1706 | | | 1709 | | 1711 | | 1714 | 1716 | 1719 | 1721 | | | | | 1724 | 1726 |
| Canary Wharf (CWX) | DLR | d | | | | 1713 | | | | 1718 | | 1723 | | | | | | 1728 | 1733 |
| Custom House (CUS) | | d | | | | 1716 | | | | 1721 | | 1726 | | | | | | 1731 | 1736 |
| Woolwich (WWC) | | d | | | | 1720 | | | | 1725 | | 1730 | | | | | | 1735 | 1740 |
| Abbey Wood (ABW) | | a | | | | 1726 | | | | 1731 | | 1736 | | | | | | 1741 | 1746 |
| Stratford (SRA) | DLR | 7 | d | 1712 | 1714 | | 1716 | 1717 | 1720 | 1722 | | 1724 | | 1728 | 1729 | 1732 | | 1732 | 1737 |
| Maryland (MYL) | | d | 1714 | | | 1718 | | 1722 | | | | 1726 | | 1730 | | | | 1734 | 1739 |
| Forest Gate (FOG) | | d | 1716 | | | 1720 | | 1724 | | | | 1728 | | 1732 | | | | 1736 | 1741 |
| Manor Park (MNP) | | d | 1719 | | | 1723 | | 1727 | | | | 1731 | | 1735 | | | | 1739 | 1744 |
| Ilford (IFD) | 2 | d | 1721 | | | 1725 | | 1729 | | | | 1733 | | 1737 | | | | 1741 | 1746 |
| Seven Kings (SVK) | | d | 1724 | | | 1728 | | 1732 | | | | 1736 | | 1740 | | | | 1744 | 1749 |
| Goodmayes (GMY) | | d | 1726 | | | 1730 | | 1734 | | | | 1738 | | 1742 | | | | 1746 | 1751 |
| Chadwell Heath (CTH) | | d | 1728 | | | 1732 | | 1736 | | | | 1740 | | 1744 | | | | 1748 | 1753 |
| Romford (RMF) | | d | 1732 | | | 1736 | | 1740 | | | | 1744 | | 1748 | | | | 1752 | 1757 |
| Gidea Park (GDP) | 2 | d | 1735 | | | 1740a | | 1743 | | | | 1747 | | 1751 | | | | 1755 | 1800 |
| Harold Wood (HRO) | | d | 1738 | | | | | 1746 | | | | 1750 | | 1754 | | | | 1758 | 1803 |
| Brentwood (BRE) | | d | 1742 | | | | | 1750 | | | | 1754 | | 1758 | | | | 1802 | 1807 |
| Shenfield (SNF) | 3 | a | 1749 | 1729 | | | 1732 | 1755 | 1737 | | | 1800 | | 1805 | 1744 | 1748 | | 1809 | 1813 |

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

- a Arrival time
d Departure time
- B To Southend Victoria
C To Braintree
E To Witham
G To Colchester Town
J To Southminster

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator | XR | XR | LE B | XR | XR | XR | LE B | XR | XR | XR | XR | LE E | LE B | XR | XR | LE J | XR | | |
|----------------------------------|-------|----|------|------|------|----|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 | d | | 1631 | | | | | | | | | | 1647 | | | | | |
| Twyford (TWY) | 3 | d | | 1636 | | | | | | | | | | 1652 | | | | | |
| Maidenhead (MAI) | 3 | d | | 1643 | | | | | | | | | | 1659 | | | | | |
| Taplow (TAP) | | d | | 1646 | | | | | | | | | | 1702 | | | | | |
| Burnham (BNM) | | d | | 1649 | | | | | | | | | | 1705 | | | | | |
| Slough (SLO) | 3 | d | | 1653 | | | | | | | | | | 1709 | | | | | |
| Langley (LNY) | | d | | 1658 | | | | | | | | | | 1713 | | | | | |
| Iver (IVR) | | d | | 1700 | | | | | | | | | | 1715 | | | | | |
| West Drayton (WDT) | | d | | 1703 | | | | | | | | | | 1718 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | 1650 | | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 1645 | | | | | | | 1700 | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1651 | 1655 | | | | | | 1706 | | | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 1659 | 1702 | | | 1708 | | | 1712 | | | | 1723 | | | | | |
| Southall (STL) | | d | 1702 | | | | 1711 | | | 1715 | | | | 1726 | | | | | |
| Hanwell (HAN) | | d | 1705 | | | | | | | 1718 | | | | | | | | | |
| West Ealing (WEA) | 3 | d | 1707 | 1710 | | | | | | 1720 | | | | | | | | | |
| Ealing Broadway (EAL) | 3 | d | 1709 | 1712 | | | 1716 | | | 1722 | | | | 1730 | | | | | |
| Acton Main Line (AML) | | d | 1712 | | | | | | | 1725 | | | | | | | | | |
| London Paddington EL (PAD) | 15 | d | 1721 | 1723 | | | 1726 | | 1728 | 1731 | 1733 | 1736 | 1738 | 1741 | 1743 | | 1746 | 1748 | |
| Bond Street (BDS) | 15 | d | 1724 | 1726 | | | 1729 | | 1731 | 1734 | 1736 | 1739 | 1741 | 1744 | 1746 | 1749 | 1751 | 1754 | |
| Tottenham Court Road (TCR) | 15 | d | 1726 | 1729 | | | 1731 | | 1734 | 1736 | 1739 | 1741 | 1744 | 1746 | 1749 | 1751 | 1754 | 1756 | |
| Farringdon (ZFD) | 15 | d | 1729 | 1731 | | | 1734 | | 1736 | 1739 | 1741 | 1744 | 1746 | 1749 | 1751 | 1754 | 1756 | 1759 | |
| London Liverpool Street EL (LST) | 15 | d | 1731 | 1734 | | | 1736 | | 1739 | 1741 | 1744 | 1746 | 1749 | 1751 | 1754 | 1756 | 1759 | 1801 | |
| London Liverpool Street (LST) | 15 | d | | | 1736 | | 1739 | | 1741 | 1744 | 1746 | 1749 | 1751 | 1754 | 1756 | | | | |
| Whitechapel (ZLW) | 15 | d | 1734 | 1736 | | | 1739 | | 1741 | 1744 | 1746 | 1749 | 1751 | 1754 | 1756 | | 1759 | 1801 | |
| Canary Wharf (CWX) | DLR | d | 1738 | | | | 1743 | | | 1748 | | 1753 | | 1758 | | | 1803 | | |
| Custom House (CUS) | | d | 1741 | | | | 1746 | | | 1751 | | 1756 | | 1801 | | | 1806 | | |
| Woolwich (WWC) | | d | 1745 | | | | 1750 | | | 1755 | | 1800 | | 1805 | | | 1810 | | |
| Abbey Wood (ABW) | | a | 1751 | | | | 1756 | | | 1801 | | 1806 | | 1811 | | | 1816 | | |
| Stratford (SRA) | DLR 7 | d | | 1742 | 1744 | | 1746 | 1750 | 1753 | | 1754 | | 1758 | 1759 | 1801 | | 1802 | 1804 | 1807 |
| Maryland (MYL) | | d | | 1744 | | | 1748 | 1752 | | | 1756 | | 1800 | | | | 1804 | | 1809 |
| Forest Gate (FOG) | | d | | 1746 | | | 1750 | 1754 | | | 1758 | | 1802 | | | | 1806 | | 1811 |
| Manor Park (MNP) | | d | | 1749 | | | 1753 | 1757 | | | 1801 | | 1805 | | | | 1809 | | 1814 |
| Ilford (IFD) | 2 | d | | 1751 | | | 1755 | 1759 | | | 1803 | | 1807 | | | | 1811 | | 1816 |
| Seven Kings (SVK) | | d | | 1754 | | | 1758 | 1802 | | | 1806 | | 1810 | | | | 1814 | | 1819 |
| Goodmayes (GMY) | | d | | 1756 | | | 1800 | 1804 | | | 1808 | | 1812 | | | | 1816 | | 1821 |
| Chadwell Heath (CTH) | | d | | 1758 | | | 1802 | 1806 | | | 1810 | | 1814 | | | | 1818 | | 1823 |
| Romford (RMF) | | d | | 1802 | | | 1806 | 1810 | | | 1814 | | 1818 | | | | 1822 | | 1827 |
| Gidea Park (GDP) | 2 | d | | 1805 | | | 1810a | 1813 | | | 1817 | | 1821 | | | | 1825 | | 1830 |
| Harold Wood (HRO) | | d | | 1808 | | | | 1816 | | | 1820 | | 1824 | | | | 1828 | | 1833 |
| Brentwood (BRE) | | d | | 1812 | | | | 1820 | | | 1824 | | 1828 | | | | 1832 | | 1837 |
| Shenfield (SNF) | 3 | a | | 1819 | 1759 | | | 1825 | 1808 | | 1830 | | 1835 | 1814 | 1817 | | 1839 | 1820 | 1843 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- E To Witham
- J To Southminster

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE F | XR | XR | LE B | XR | XR | XR | XR | XR | XR | XR | LE A | XR | LE E | LE B | XR | XR | XR | XR |
|-------------------------------------|---------|----|------|---------|------|-------|------|------|------|------|------|---------|------|---------|---------|------|------|------|------|
| Reading (RDG) | 7 | d | | | 1701 | | | | | | | | | | | 1715 | | | |
| Twyford (TWY) | 3 | d | | | 1707 | | | | | | | | | | | 1720 | | | |
| Maidenhead (MAI) | 3 | d | | | 1714 | | | | | | | | | | | 1728 | | | |
| Taplow (TAP) | | d | | | 1717 | | | | | | | | | | | 1731 | | | |
| Burnham (BNM) | | d | | | 1720 | | | | | | | | | | | 1734 | | | |
| Slough (SLO) | 3 | d | | | 1724 | | | | | | | | | | | 1738 | | | |
| Langley (LNY) | | d | | | 1728 | | | | | | | | | | | 1741 | | | |
| Iver (IVR) | | d | | | 1730 | | | | | | | | | | | 1744 | | | |
| West Drayton (WDT) | | d | | | 1733 | | | | | | | | | | | 1746 | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 1720 | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 1715 | | | | | | | | 1730 | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1721 | 1725 | | | | | | | 1736 | | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 1727 | 1734 | | 1738 | | | | | 1742 | | | | 1751 | | | | |
| Southall (STL) | | d | 1730 | | 1741 | | | | | | 1745 | | | | 1755 | | | | |
| Hanwell (HAN) | | d | 1733 | | | | | | | | 1748 | | | | | | | | |
| West Ealing (WEA) | 3 | d | 1735 | 1740 | | | | | | | 1750 | | | | | | | | |
| Ealing Broadway (EAL) | 3 | d | 1737 | 1743 | 1746 | | | | | | 1752 | | | | 1800 | | | | |
| Acton Main Line (AML) | | d | 1740 | | | | | | | | 1755 | | | | | | | | |
| London Paddington EL (PAD) | 15 | d | 1751 | 1753 | 1756 | | 1758 | 1801 | 1803 | 1806 | | 1808 | | | | 1811 | 1813 | 1816 | 1818 |
| Bond Street (BDS) | 15 | d | 1754 | 1756 | 1759 | | 1801 | 1804 | 1806 | 1809 | | 1811 | | | | 1814 | 1816 | 1819 | 1821 |
| Tottenham Court Road (TCR) | 15 | d | 1756 | 1759 | 1801 | | 1804 | 1806 | 1809 | 1811 | | 1814 | | | | 1816 | 1819 | 1821 | 1824 |
| Farringdon (ZFD) | 3 | d | 1759 | 1801 | 1804 | | 1806 | 1809 | 1811 | 1814 | | 1816 | | | | 1819 | 1821 | 1824 | 1826 |
| London Liverpool Street EL (LST) | 4 | d | 1801 | 1804 | 1806 | | 1809 | 1811 | 1814 | 1816 | | 1819 | | | | 1821 | 1824 | 1826 | 1829 |
| London Liverpool Street (LST) | 15 | d | 1802 | | 1807 | | 1809 | | | | 1816 | | 1820 | 1822 | | | | | |
| Whitechapel (ZLW) | 15 | d | 1804 | 1806 | 1809 | | 1811 | 1814 | 1816 | 1819 | | 1821 | | | | 1824 | 1826 | 1829 | 1831 |
| Canary Wharf (CWX) | DLR | d | 1808 | | 1813 | | 1818 | 1823 | | | | | | | | 1828 | | 1833 | |
| Custom House (CUS) | | d | 1811 | | 1816 | | 1821 | 1826 | | | | | | | | 1831 | | 1836 | |
| Woolwich (WWC) | | d | 1815 | | 1820 | | 1825 | 1830 | | | | | | | | 1835 | | 1840 | |
| Abbey Wood (ABW) | | a | 1821 | | 1826 | | 1831 | 1836 | | | | | | | | 1841 | | 1846 | |
| Stratford (SRA) | DLR 7 | d | 1811 | 1812 | 1815 | | 1816 | 1820 | | 1824 | | 1824 | 1828 | 1829 | 1831 | | 1832 | | 1837 |
| Maryland (MYL) | | d | | 1814 | | 1818 | 1822 | | 1826 | | | | 1830 | | | | 1834 | | 1839 |
| Forest Gate (FOG) | | d | | 1816 | | 1820 | 1824 | | 1828 | | | | 1832 | | | | 1836 | | 1841 |
| Manor Park (MNP) | | d | | 1819 | | 1823 | 1827 | | 1831 | | | | 1835 | | | | 1839 | | 1844 |
| Ilford (IFD) | 2 | d | | 1821 | | 1825 | 1829 | | 1833 | | | | 1837 | | | | 1841 | | 1846 |
| Seven Kings (SVK) | | d | | 1824 | | 1828 | 1832 | | 1836 | | | | 1840 | | | | 1844 | | 1849 |
| Goodmayes (GMY) | | d | | 1826 | | 1830 | 1834 | | 1838 | | | | 1842 | | | | 1846 | | 1851 |
| Chadwell Heath (CTH) | | d | | 1828 | | 1832 | 1836 | | 1840 | | | | 1844 | | | | 1848 | | 1853 |
| Romford (RMF) | | d | | 1832 | | 1836 | 1840 | | 1844 | | | | 1848 | | | | 1852 | | 1857 |
| Gidea Park (GDP) | 2 | d | | 1835 | | 1840a | 1843 | | 1847 | | | | 1851 | | | | 1855 | | 1900 |
| Harold Wood (HRO) | | d | | 1838 | | 1846 | 1850 | | 1854 | | | | 1858 | | | | 1858 | | 1903 |
| Brentwood (BRE) | | d | | 1842 | | 1850 | 1854 | | 1858 | | | | 1858 | | | | 1902 | | 1907 |
| Shenfield (SNF) | 3 | a | 1826 | 1849 | 1830 | | 1855 | 1900 | | 1904 | | 1904 | 1844 | 1847 | | 1908 | | 1913 | |

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

a Arrival time
d Departure time

A To Clacton-on-Sea
B To Southend Victoria
E To Witham
F To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE G | XR | XR | LE B | XR | XR | XR | XR | XR | XR | LE C | LE B | XR | XR | XR | XR | LE F | XR | XR | |
|-------------------------------------|---------|----|------|---------|------|------|-------|------|------|------|---------|---------|------|------|------|------|---------|------|------|------|
| Reading (RDG) | 7 | d | | | 1732 | | | | | | | | 1746 | | | | | | | |
| Twyford (TWY) | 3 | d | | | 1737 | | | | | | | | 1751 | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | 1744 | | | | | | | | 1758 | | | | | | | |
| Taplow (TAP) | | d | | | 1747 | | | | | | | | 1801 | | | | | | | |
| Burnham (BNM) | | d | | | 1750 | | | | | | | | 1804 | | | | | | | |
| Slough (SLO) | 3 | d | | | 1754 | | | | | | | | 1808 | | | | | | | |
| Langley (LNY) | | d | | | 1758 | | | | | | | | 1812 | | | | | | | |
| Iver (IVR) | | d | | | 1800 | | | | | | | | 1814 | | | | | | | |
| West Drayton (WDT) | | d | | | 1803 | | | | | | | | 1817 | | | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 1750 | | | | | | | | | | | | | | | | 1820 |
| Heathrow Terminal 4 (HAF) | 7 | d | 1745 | | | | | | 1800 | | | | | | | | | | 1815 | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1751 | 1755 | | | | | 1806 | | | | | | | | | | 1821 | 1825 |
| Hayes & Harlington (HAY) | 3 | d | 1758 | 1802 | | 1809 | | | 1812 | | | | 1821 | | | | | | 1828 | 1832 |
| Southall (STL) | | d | 1801 | | | 1812 | | | 1815 | | | | 1825 | | | | | | 1831 | |
| Hanwell (HAN) | | d | 1804 | | | | | | 1818 | | | | | | | | | | 1834 | |
| West Ealing (WEA) | 3 | d | 1806 | 1809 | | | | | 1820 | | | | | | | | | | 1836 | 1839 |
| Ealing Broadway (EAL) | 3 | d | 1808 | 1811 | | 1818 | | | 1822 | | | | 1830 | | | | | | 1838 | 1841 |
| Acton Main Line (AML) | | d | 1811 | | | | | | 1825 | | | | | | | | | | 1841 | |
| London Paddington EL (PAD) | 15 | d | 1821 | 1824 | | 1827 | | 1830 | 1833 | 1836 | | | 1839 | 1842 | 1845 | 1848 | | | 1851 | 1854 |
| Bond Street (BDS) | 15 | d | 1824 | 1827 | | 1830 | | 1833 | 1836 | 1839 | | | 1842 | 1845 | 1848 | 1851 | | | 1854 | 1857 |
| Tottenham Court Road (TCR) | 15 | d | 1826 | 1829 | | 1832 | | 1835 | 1838 | 1841 | | | 1844 | 1847 | 1850 | 1853 | | | 1856 | 1859 |
| Farringdon (ZFD) | 3 | d | 1829 | 1832 | | 1835 | | 1838 | 1841 | 1844 | | | 1847 | 1850 | 1853 | 1856 | | | 1859 | 1902 |
| London Liverpool Street EL (LST) | 4 | d | 1832 | 1835 | | 1838 | | 1841 | 1844 | 1847 | | | 1850 | 1853 | 1856 | 1859 | | | 1902 | 1905 |
| London Liverpool Street (LST) | 15 | d | 1832 | | 1837 | | 1840 | | 1843 | 1846 | 1849 | 1848 | 1851 | | | | 1902 | | | |
| Whitechapel (ZLW) | 15 | d | 1834 | 1837 | | 1840 | | 1843 | 1846 | 1849 | | | 1852 | 1855 | 1858 | 1901 | | | 1904 | 1907 |
| Canary Wharf (CWX) | DLR | d | 1838 | | | 1844 | | | 1850 | | | | 1856 | | 1902 | | | | 1908 | |
| Custom House (CUS) | | d | 1842 | | | 1848 | | | 1854 | | | | 1900 | | 1906 | | | | 1912 | |
| Woolwich (WWC) | | d | 1846 | | | 1852 | | | 1858 | | | | 1904 | | 1910 | | | | 1916 | |
| Abbey Wood (ABW) | | a | 1852 | | | 1858 | | | 1904 | | | | 1910 | | 1916 | | | | 1922 | |
| Stratford (SRA) | DLR 7 | d | 1841 | | 1843 | 1845 | | 1847 | 1851 | | 1855 | 1856 | 1900 | | 1901 | | 1907 | 1909 | | 1913 |
| Maryland (MYL) | | d | | | 1845 | | | 1849 | 1853 | | 1857 | | | | 1903 | | 1909 | | | 1915 |
| Forest Gate (FOG) | | d | | | 1847 | | | 1851 | 1855 | | 1859 | | | | 1905 | | 1911 | | | 1917 |
| Manor Park (MNP) | | d | | | 1850 | | | 1854 | 1858 | | 1902 | | | | 1908 | | 1914 | | | 1920 |
| Ilford (IFD) | 2 | d | | | 1852 | | | 1856 | 1900 | | 1904 | | | | 1910 | | 1916 | | | 1922 |
| Seven Kings (SVK) | | d | | | 1855 | | | 1859 | 1903 | | 1907 | | | | 1913 | | 1919 | | | 1925 |
| Goodmayes (GMY) | | d | | | 1857 | | | 1901 | 1905 | | 1909 | | | | 1915 | | 1921 | | | 1927 |
| Chadwell Heath (CTH) | | d | | | 1859 | | | 1903 | 1907 | | 1911 | | | | 1917 | | 1923 | | | 1929 |
| Romford (RMF) | | d | | | 1903 | | | 1907 | 1911 | | 1915 | | | | 1921 | | 1927 | | | 1933 |
| Gidea Park (GDP) | 2 | d | | | 1906 | | 1911a | 1914 | | 1918 | | | | | 1924 | | 1930 | | | 1936 |
| Harold Wood (HRO) | | d | | | 1909 | | | 1917 | | 1921 | | | | | 1927 | | 1933 | | | 1939 |
| Brentwood (BRE) | | d | | | 1913 | | | 1921 | | 1925 | | | | | 1931 | | 1937 | | | 1943 |
| Shenfield (SNF) | 3 | a | 1857 | | 1919 | 1900 | | | 1927 | | 1931 | 1911 | 1916 | | 1938 | | 1943 | 1924 | | 1949 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Braintree
- F To Ipswich
- G To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE B | XR | XR | LE F | XR | XR | XR | XR | XR | LE B | LE A | XR | XR | XR | XR | LE B | XR | XR | | |
|-------------------------------------|-----|---------|------|------|---------|------|------|------|------|------|---------|---------|------|------|------|------|---------|------|------|------|------|
| Reading (RDG) | 7 | d | 1845 | | | | | | 1859 | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | 1850 | | | | | | 1904 | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | 1858 | | | | | | 1912 | | | | | | 1930 | | | | | | |
| Taplow (TAP) | | d | 1901 | | | | | | 1915 | | | | | | | | | | | | |
| Burnham (BNM) | | d | 1904 | | | | | | 1918 | | | | | | 1934 | | | | | | |
| Slough (SLO) | 3 | d | 1908 | | | | | | 1922 | | | | | | 1938 | | | | | | |
| Langley (LNY) | | d | 1911 | | | | | | 1925 | | | | | | 1942 | | | | | | |
| Iver (IVR) | | d | 1914 | | | | | | 1928 | | | | | | 1944 | | | | | | |
| West Drayton (WDT) | | d | 1916 | | | | | | 1930 | | | | | | 1947 | | | | | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | 1920 | | | | | | | | | | | | 1950 | |
| Heathrow Terminal 4 (HAF) | ← | d | | | | 1915 | | | | | | 1930 | | | | | | | 1945 | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | | 1921 | 1925 | | | | | 1936 | | | | | | | 1951 | 1955 | |
| Hayes & Harlington (HAY) | 3 | d | 1920 | | | 1927 | 1932 | 1935 | | | | 1942 | | 1951 | | | | 1957 | 2002 | | |
| Southall (STL) | | d | 1925 | | | 1930 | | 1940 | | | | 1945 | | 1954 | | | | | 2000 | | |
| Hanwell (HAN) | | d | | | | 1933 | | | | | | 1948 | | | | | | | 2003 | | |
| West Ealing (WEA) | 3 | d | | | | 1935 | 1938 | | | | | 1950 | | | | | | | 2005 | 2009 | |
| Ealing Broadway (EAL) | ← | 3 | d | 1930 | | 1937 | 1941 | 1946 | | | | 1952 | | 1959 | | | | | 2007 | 2011 | |
| Acton Main Line (AML) | | d | | | | 1940 | | | | | | 1955 | | | | | | | 2010 | | |
| London Paddington EL (PAD) | ← | 15 | d | 1937 | | 1941 | 1945 | 1949 | 1952 | 1956 | 2000 | | 2004 | 2007 | 2011 | 2015 | | 2019 | 2022 | | |
| Bond Street (BDS) | ← | d | 1940 | | 1944 | 1948 | | 1952 | 1955 | 1959 | 2003 | | 2007 | 2010 | 2014 | 2018 | | 2022 | 2025 | | |
| Tottenham Court Road (TCR) | ← | d | 1942 | | 1946 | 1950 | | 1954 | 1957 | 2001 | 2005 | | 2009 | 2012 | 2016 | 2020 | | 2024 | 2027 | | |
| Farringdon (ZFD) | ← | 3 | d | 1945 | | 1949 | 1953 | | 1957 | 2000 | 2004 | 2008 | | 2012 | 2015 | 2019 | 2023 | | 2027 | 2030 | |
| London Liverpool Street EL (LST) | ← | 4 | d | 1948 | | 1952 | 1956 | | 2000 | 2003 | 2007 | 2011 | | 2015 | 2018 | 2022 | 2026 | | 2030 | 2033 | |
| London Liverpool Street (LST) | ← | 15 | d | 1950 | 1950 | | 2002 | | | | | 2013 | 2018 | | | | | 2033 | | | |
| Whitechapel (ZLW) | ← | d | 1950 | | 1954 | 1958 | | 2002 | 2005 | 2009 | 2013 | | 2017 | 2020 | 2024 | 2028 | | 2032 | 2035 | | |
| Canary Wharf (CWX) | DLR | d | | | 1958 | | | 2006 | | 2013 | | | 2021 | | 2028 | | | 2036 | | | |
| Custom House (CUS) | | d | | | 2002 | | | 2010 | | 2017 | | | 2025 | | 2032 | | | 2040 | | | |
| Woolwich (WWC) | | d | | | 2007 | | | 2015 | | 2022 | | | 2030 | | 2037 | | | 2045 | | | |
| Abbey Wood (ABW) | a | | | | 2012 | | | 2020 | | 2027 | | | 2035 | | 2042 | | | 2050 | | | |
| Stratford (SRA) | ← | DLR | 7 | d | 1956 | 1958 | | 2004 | 2009 | | 2011 | | 2019 | 2020 | 2025 | | 2026 | | 2034 | 2040 | 2041 |
| Maryland (MYL) | | d | 1958 | | | 2006 | | | 2013 | | 2021 | | | | | 2028 | | 2036 | | 2043 | |
| Forest Gate (FOG) | | d | 2000 | | | 2008 | | | 2015 | | 2023 | | | | | 2030 | | 2038 | | 2045 | |
| Manor Park (MNP) | | d | 2003 | | | 2011 | | | 2018 | | 2026 | | | | | 2033 | | 2041 | | 2048 | |
| Ilford (IFD) | 2 | d | 2006 | | | 2013 | | | 2021 | | 2028 | | | | | 2036 | | 2043 | | 2050 | |
| Seven Kings (SVK) | | d | 2009 | | | 2016 | | | 2024 | | 2031 | | | | | 2039 | | 2046 | | 2053 | |
| Goodmayes (GMY) | | d | 2011 | | | 2018 | | | 2026 | | 2033 | | | | | 2041 | | 2048 | | 2055 | |
| Chadwell Heath (CTH) | | d | 2013 | | | 2020 | | | 2028 | | 2035 | | | | | 2043 | | 2050 | | 2057 | |
| Romford (RMF) | | d | 2016 | | | 2024 | | | 2031 | | 2039 | 2028 | | | | 2046 | | 2054 | | 2101 | |
| Gidea Park (GDP) | 2 | d | 2019 | | | 2027 | | | 2034 | | 2042 | | | | | 2049 | | 2057 | | 2104 | |
| Harold Wood (HRO) | | d | 2022 | | | 2030 | | | 2037 | | 2045 | | | | | 2052 | | 2100 | | 2107 | |
| Brentwood (BRE) | | d | 2026 | | | 2034 | | | 2041 | | 2049 | | | | | 2056 | | 2104 | | 2111 | |
| Shenfield (SNF) | 3 | a | 2032 | 2015 | | 2040 | 2024 | | 2047 | | 2055 | 2039 | 2041 | | 2102 | | 2110 | 2055 | | 2117 | |

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

a Arrival time
d Departure time

A To Clacton-on-Sea
B To Southend Victoria
F To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | LE K | XR | XR | LE C | XR | XR | LE B | XR | XR | LE G | XR | XR | XR | XR | LE B | LE A | XR | XR | |
|-------------------------------------|------------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|------|
| Reading (RDG) | 7 d | 1930 | | | | | | | | | | | | | 2000 | | | | |
| Twyford (TWY) | 3 d | 1935 | | | | | | | | | | | | | 2005 | | | | |
| Maidenhead (MAI) | 3 d | 1942 | | | | | | | 2000 | | | | | | 2012 | | | | |
| Taplow (TAP) | d | 1945 | | | | | | | | | | | | | 2015 | | | | |
| Burnham (BNM) | d | 1948 | | | | | | | 2004 | | | | | | 2018 | | | | |
| Slough (SLO) | 3 d | 1952 | | | | | | | 2008 | | | | | | 2022 | | | | |
| Langley (LNY) | d | 1956 | | | | | | | 2012 | | | | | | 2026 | | | | |
| Iver (IVR) | d | | | | | | | | 2014 | | | | | | | | | | |
| West Drayton (WDT) | d | 2000 | | | | | | | 2017 | | | | | | 2030 | | | | |
| Heathrow Terminal 5 (HWV) | ⊖← d | | | | | | | | | | | | | 2020 | | | | | |
| Heathrow Terminal 4 (HAF) | ⊖← d | | | | 2000 | | | | | | 2015 | | | | | | 2030 | | |
| Heathrow Terminals 2 & 3 (HXX) | ⊖← d | | | | 2006 | | | | | | 2021 | 2025 | | | | | 2036 | | |
| Hayes & Harlington (HAY) | 3 d | 2005 | | | 2012 | | | | 2021 | | 2027 | 2032 | 2035 | | | | 2042 | | |
| Southall (STL) | d | 2008 | | | 2015 | | | | 2025 | | 2030 | | 2039 | | | | 2045 | | |
| Hanwell (HAN) | d | | | | 2018 | | | | | | 2033 | | | | | | 2048 | | |
| West Ealing (WEA) | 3 d | | | | 2020 | | | | | | 2035 | 2039 | | | | | 2050 | | |
| Ealing Broadway (EAL) | ⊖← 3 d | 2016 | | | 2022 | | | | 2030 | | 2038 | 2041 | 2045 | | | | 2052 | | |
| Acton Main Line (AML) | d | | | | 2025 | | | | | | 2040 | | | | | | 2055 | | |
| London Paddington EL (PAD) | ⊖← 15 d | | 2026 | 2030 | | 2034 | 2037 | | 2041 | 2045 | | 2049 | 2052 | 2056 | 2100 | | | 2104 | 2107 |
| Bond Street (BDS) | ⊖← d | | 2029 | 2033 | | 2037 | 2040 | | 2044 | 2048 | | 2052 | 2055 | 2059 | 2103 | | | 2107 | 2110 |
| Tottenham Court Road (TCR) | ⊖← d | | 2031 | 2035 | | 2039 | 2042 | | 2046 | 2050 | | 2054 | 2057 | 2101 | 2105 | | | 2109 | 2112 |
| Farringdon (ZFD) | ⊖← 3 d | | 2034 | 2038 | | 2042 | 2045 | | 2049 | 2053 | | 2057 | 2100 | 2104 | 2108 | | | 2112 | 2115 |
| London Liverpool Street EL (LST) | ⊖← 4 d | | 2037 | 2041 | | 2045 | 2048 | | 2052 | 2056 | | 2100 | 2103 | 2107 | 2111 | | | 2115 | 2118 |
| London Liverpool Street (LST) | ⊖← 15 d | 2036 | | | 2047 | | | 2050 | | | 2102 | | | | | 2113 | 2118 | | |
| Whitechapel (ZLW) | ⊖← d | | 2039 | 2043 | | 2047 | 2050 | | 2054 | 2058 | | 2102 | 2105 | 2109 | 2113 | | | 2117 | 2120 |
| Canary Wharf (CWX) | DLR d | | 2043 | | | 2051 | | | 2058 | | | 2106 | 2113 | | | | | 2121 | |
| Custom House (CUS) | d | | 2047 | | | 2055 | | | 2102 | | | 2110 | 2117 | | | | | 2125 | |
| Woolwich (WWC) | d | | 2052 | | | 2100 | | | 2107 | | | 2115 | 2122 | | | | | 2130 | |
| Abbey Wood (ABW) | a | | 2057 | | | 2105 | | | 2112 | | | 2120 | 2127 | | | | | 2135 | |
| Stratford (SRA) | ⊖← DLR 7 d | 2043 | | 2049 | 2055 | | 2056 | 2058 | | 2104 | 2109 | | 2111 | | 2119 | 2120 | 2125 | | 2126 |
| Maryland (MYL) | d | | | 2051 | | | 2058 | | | 2106 | | | 2113 | | 2121 | | | | 2128 |
| Forest Gate (FOG) | d | | | 2053 | | | 2100 | | | 2108 | | | 2115 | | 2123 | | | | 2130 |
| Manor Park (MNP) | d | | | 2056 | | | 2103 | | | 2111 | | | 2118 | | 2126 | | | | 2133 |
| Ilford (IFD) | 2 d | | | 2058 | | | 2105 | | | 2113 | | | 2120 | | 2128 | | | | 2135 |
| Seven Kings (SVK) | d | | | 2101 | | | 2108 | | | 2116 | | | 2123 | | 2131 | | | | 2138 |
| Goodmayes (GMY) | d | | | 2103 | | | 2110 | | | 2118 | | | 2125 | | 2133 | | | | 2140 |
| Chadwell Heath (CTH) | d | | | 2105 | | | 2112 | | | 2120 | | | 2127 | | 2135 | | | | 2142 |
| Romford (RMF) | d | | | 2109 | | | 2116 | 2107 | | 2124 | | | 2131 | | 2139 | 2128 | | | 2146 |
| Gidea Park (GDP) | 2 d | | | 2112 | | | 2119 | | | 2127 | | | 2134 | | 2142 | | | | 2149 |
| Harold Wood (HRO) | d | | | 2115 | | | 2122 | | | 2130 | | | 2137 | | 2145 | | | | 2152 |
| Brentwood (BRE) | d | | | 2119 | | | 2126 | | | 2134 | | | 2141 | | 2149 | | | | 2156 |
| Shenfield (SNF) | 3 a | 2058 | | 2125 | 2111 | | 2132 | 2116 | | 2140 | 2124 | | 2147 | | 2155 | 2139 | 2141 | | 2202 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- C To Braintree
- G To Colchester Town
- K To Harwich International

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator | XR | XR | LE B | XR | XR | LE G | XR | XR | LE E | XR | XR | LE B | XR | XR | LE L | XR | XR |
|---------------------------------------|------|------|---------|------|------|---------|------|------|---------|------|----|---------|------|----|---------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | |
| Reading (RDG) 7 d | | | | | | | 2030 | | | | | | | | | | 2100 |
| Twyford (TWY) 3 d | | | | | | | 2035 | | | | | | | | | | 2105 |
| Maidenhead (MAI) 3 d | 2030 | | | | | | 2042 | | | | | 2059 | | | | | 2112 |
| Taplow (TAP) d | | | | | | | 2045 | | | | | | | | | | 2115 |
| Burnham (BNM) d | 2034 | | | | | | 2048 | | | | | 2103 | | | | | 2118 |
| Slough (SLO) 3 d | 2038 | | | | | | 2052 | | | | | 2107 | | | | | 2122 |
| Langley (LNY) d | 2042 | | | | | | 2056 | | | | | 2111 | | | | | 2126 |
| Iver (IVR) d | 2044 | | | | | | | | | | | 2113 | | | | | |
| West Drayton (WDT) d | 2047 | | | | | | 2100 | | | | | 2116 | | | | | 2130 |
| Heathrow Terminal 5 (HWV) 7 d | | | | | | 2050 | | | | | | | | | | | 2120 |
| Heathrow Terminal 4 (HAF) 7 d | | | | 2045 | | | | | 2100 | | | | | | | 2115 | |
| Heathrow Terminals 2 & 3 (HXX) 7 d | | | | 2051 | 2055 | | | | 2106 | | | | | | | 2121 | 2125 |
| Hayes & Harlington (HAY) 3 d | 2052 | | | 2057 | 2103 | | 2106 | | 2112 | | | 2120 | | | | 2127 | 2134 |
| Southall (STL) d | 2055 | | | 2100 | | | 2110 | | 2115 | | | 2123 | | | | 2130 | 2141 |
| Hanwell (HAN) d | | | | 2103 | | | | | 2118 | | | | | | | 2133 | |
| West Ealing (WEA) 3 d | | | | 2105 | 2110 | | | | 2120 | | | | | | | 2135 | 2139 |
| Ealing Broadway (EAL) 3 d | 2101 | | | 2108 | 2113 | | 2116 | | 2122 | | | 2128 | | | | 2138 | 2142 |
| Acton Main Line (AML) d | | | | 2110 | | | | | 2125 | | | | | | | 2140 | |
| London Paddington EL (PAD) 15 d | 2111 | 2115 | | 2119 | 2122 | | 2126 | 2130 | 2134 | 2137 | | 2141 | 2145 | | 2149 | 2152 | 2156 |
| Bond Street (BDS) 15 d | 2114 | 2118 | | 2122 | 2125 | | 2129 | 2133 | 2137 | 2140 | | 2144 | 2148 | | 2152 | 2155 | 2159 |
| Tottenham Court Road (TCR) 15 d | 2116 | 2120 | | 2124 | 2127 | | 2131 | 2135 | 2139 | 2142 | | 2146 | 2150 | | 2154 | 2157 | 2201 |
| Farringdon (ZFD) 15 d | 2119 | 2123 | | 2127 | 2130 | | 2134 | 2138 | 2142 | 2145 | | 2149 | 2153 | | 2157 | 2200 | 2204 |
| London Liverpool Street EL (LST) 15 d | 2122 | 2126 | | 2130 | 2133 | | 2137 | 2141 | 2145 | 2148 | | 2152 | 2156 | | 2200 | 2203 | 2207 |
| London Liverpool Street (LST) 15 d | | | 2133 | | | 2136 | | | 2148 | | | 2150 | | | 2202 | | |
| Whitechapel (ZLW) 15 d | 2124 | 2128 | | 2132 | 2135 | | 2139 | 2143 | | | | 2150 | | | | 2202 | 2205 |
| Canary Wharf (CWX) 15 d | 2128 | | | 2136 | | | 2143 | | | | | 2151 | | | | 2206 | 2213 |
| Custom House (CUS) d | 2132 | | | 2140 | | | 2147 | | | | | 2155 | | | | 2210 | 2217 |
| Woolwich (WWC) d | 2137 | | | 2145 | | | 2152 | | | | | 2200 | | | | 2215 | 2222 |
| Abbey Wood (ABW) a | 2142 | | | 2150 | | | 2157 | | | | | 2205 | | | | 2220 | 2227 |
| Stratford (SRA) 7 d | | 2134 | 2140 | | 2141 | 2143 | | 2149 | 2155 | | | 2156 | 2158 | | 2204 | 2209 | 2211 |
| Maryland (MYL) d | | 2136 | | | 2143 | | | 2151 | | | | 2158 | | | 2206 | | 2213 |
| Forest Gate (FOG) d | | 2138 | | | 2145 | | | 2153 | | | | 2200 | | | 2208 | | 2215 |
| Manor Park (MNP) d | | 2141 | | | 2148 | | | 2156 | | | | 2203 | | | 2211 | | 2218 |
| Ilford (IFD) 2 d | | 2143 | | | 2150 | | | 2158 | | | | 2206 | | | 2213 | | 2221 |
| Seven Kings (SVK) d | | 2146 | | | 2153 | | | 2201 | | | | 2209 | | | 2216 | | 2224 |
| Goodmayes (GMY) d | | 2148 | | | 2155 | | | 2203 | | | | 2211 | | | 2218 | | 2226 |
| Chadwell Heath (CTH) d | | 2150 | | | 2157 | | | 2205 | | | | 2213 | | | 2220 | | 2228 |
| Romford (RMF) d | | 2154 | | | 2201 | | | 2209 | | | | 2216 | 2207 | | 2224 | | 2231 |
| Gidea Park (GDP) 2 d | | 2157 | | | 2204 | | | 2212 | | | | 2219 | | | 2227 | | 2234 |
| Harold Wood (HRO) d | | 2200 | | | 2207 | | | 2215 | | | | 2222 | | | 2230 | | 2237 |
| Brentwood (BRE) d | | 2204 | | | 2211 | | | 2219 | | | | 2226 | | | 2234 | | 2241 |
| Shenfield (SNF) 3 a | | 2210 | 2155 | | 2217 | 2158 | | 2225 | 2211 | | | 2232 | 2216 | | 2240 | 2224 | 2247 |

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

a Arrival time
d Departure time

B To Southend Victoria
E To Witham
G To Colchester Town
L To Colchester

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE B | LE A | XR | XR | XR | XR | XR | XR | XR | LE L | XR | XR | LE B | XR | XR | XR | XR | LE F | |
|-------------------------------------|-----|---------|---------|------|------|------|------|------|------|------|---------|------|------|---------|------|------|------|------|---------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | 2130 | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | 2135 | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | 2130 | | | | | 2142 | | | | | 2159 | | | |
| Taplow (TAP) | | d | | | | | | | | | | 2145 | | | | | | | | |
| Burnham (BNM) | | d | | | | | | 2134 | | | | 2148 | | | | | | 2204 | | |
| Slough (SLO) | 3 | d | | | | | | 2138 | | | | 2152 | | | | | | 2208 | | |
| Langley (LNY) | | d | | | | | | 2142 | | | | 2156 | | | | | | 2211 | | |
| Iver (IVR) | | d | | | | | | 2144 | | | | | | | | | | 2214 | | |
| West Drayton (WDT) | | d | | | | | | 2147 | | | | 2200 | | | | | | 2216 | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | | | | 2150 | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | 2130 | | | | | 2145 | | | | | 2200 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | 2136 | | | | | 2151 | 2155 | | | | 2206 | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | | 2142 | | 2152 | | | 2157 | 2202 | | | 2205 | | | 2212 | | 2220 | |
| Southall (STL) | | d | | | 2145 | | 2155 | | | 2200 | | | 2208 | | | | 2215 | | 2224 | |
| Hanwell (HAN) | | d | | | 2148 | | | | | 2203 | | | | | | | 2218 | | | |
| West Ealing (WEA) | 3 | d | | | 2150 | | | | | 2205 | 2209 | | | | | | 2220 | | | |
| Ealing Broadway (EAL) | ← | d | | | 2152 | | 2200 | | | 2208 | 2211 | | 2215 | | | | 2222 | | 2230 | |
| Acton Main Line (AML) | | d | | | 2155 | | | | | 2210 | | | | | | | 2225 | | | |
| London Paddington EL (PAD) | ← | d | 2200 | | 2204 | 2207 | 2211 | 2215 | 2219 | 2222 | | 2226 | 2230 | | 2234 | 2237 | 2241 | 2245 | | |
| Bond Street (BDS) | ← | d | 2203 | | 2207 | 2210 | 2214 | 2218 | 2222 | 2225 | | 2229 | 2233 | | 2237 | 2240 | 2244 | 2248 | | |
| Tottenham Court Road (TCR) | ← | d | 2205 | | 2209 | 2212 | 2216 | 2220 | 2224 | 2227 | | 2231 | 2235 | | 2239 | 2242 | 2246 | 2250 | | |
| Farringdon (ZFD) | ← | d | 2208 | | 2212 | 2215 | 2219 | 2223 | 2227 | 2230 | | 2234 | 2238 | | 2242 | 2245 | 2249 | 2253 | | |
| London Liverpool Street EL (LST) | ← | d | 2211 | | 2215 | 2218 | 2222 | 2226 | 2230 | 2233 | | 2237 | 2241 | | 2245 | 2248 | 2252 | 2256 | | |
| London Liverpool Street (LST) | ← | d | 2213 | 2218 | | | | | | 2236 | | | 2243 | 2245 | | | | | 2302 | |
| Whitechapel (ZLW) | ← | d | 2213 | | 2217 | 2220 | 2224 | 2228 | 2232 | 2235 | | 2239 | 2243 | | 2247 | 2250 | 2254 | 2258 | | |
| Canary Wharf (CWX) | DLR | d | | | 2221 | | 2228 | | 2236 | | | 2243 | | | 2251 | | 2258 | | | |
| Custom House (CUS) | | d | | | 2225 | | 2232 | | 2240 | | | 2247 | | | 2255 | | 2302 | | | |
| Woolwich (WWC) | | d | | | 2230 | | 2237 | | 2245 | | | 2252 | | | 2259 | | 2307 | | | |
| Abbey Wood (ABW) | a | | | | 2235 | | 2242 | | 2250 | | | 2257 | | | 2305 | | 2312 | | | |
| Stratford (SRA) | ← | d | 2219 | 2220 | 2225 | | 2226 | | 2234 | | 2241 | 2243 | | 2249 | 2252 | | 2256 | | 2304 | 2309 |
| Maryland (MYL) | | d | 2221 | | | | 2228 | | 2236 | | 2243 | | | 2251 | | | 2258 | | 2306 | |
| Forest Gate (FOG) | | d | 2223 | | | | 2230 | | 2238 | | 2245 | | | 2253 | | | 2300 | | 2308 | |
| Manor Park (MNP) | | d | 2226 | | | | 2233 | | 2241 | | 2248 | | | 2256 | | | 2303 | | 2312 | |
| Ilford (IFD) | 2 | d | 2230 | | | | 2235 | | 2243 | | 2251 | | | 2258 | | | 2305 | | 2314 | |
| Seven Kings (SVK) | | d | 2232 | | | | 2238 | | 2246 | | 2254 | | | 2301 | | | 2308 | | 2317 | |
| Goodmayes (GMY) | | d | 2234 | | | | 2240 | | 2248 | | 2256 | | | 2303 | | | 2310 | | 2319 | |
| Chadwell Heath (CTH) | | d | 2236 | | | | 2242 | | 2250 | | 2258 | | | 2305 | | | 2312 | | 2321 | |
| Romford (RMF) | | d | 2240 | 2228 | | | 2246 | | 2254 | | 2301 | | | 2309 | | | 2316 | | 2325 | |
| Gidea Park (GDP) | 2 | d | 2243 | | | | 2249 | | 2257 | | 2304 | | | 2312 | | | 2319 | | 2328 | |
| Harold Wood (HRO) | | d | 2246 | | | | 2252 | | 2300 | | 2307 | | | 2315 | | | 2322 | | 2331 | |
| Brentwood (BRE) | | d | 2250 | | | | 2256 | | 2304 | | 2311 | | | 2319 | | | 2326 | | 2335 | |
| Shenfield (SNF) | 3 | a | 2255 | 2239 | 2241 | | 2302 | | 2310 | | 2317 | 2258 | | 2325 | 2307 | | 2332 | | 2340 | 2324 |

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

a Arrival time
d Departure time

A To Clacton-on-Sea
B To Southend Victoria
F To Ipswich
L To Colchester

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator | XR | XR | XR | XR | LE B | LE A | XR | XR | XR | XR | XR | XR | XR | LE B | LE L | XR | XR | XR | XR | |
|----------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 d | | | 2159 | | | | | | | | | 2228 | | | | | | | |
| Twyford (TWY) | 3 d | | | 2204 | | | | | | | | | 2233 | | | | | | | |
| Maidenhead (MAI) | 3 d | | | 2212 | | | | | | | | | 2240 | | | | | | | |
| Taplow (TAP) | d | | | 2215 | | | | | | | | | 2243 | | | | | | | |
| Burnham (BNM) | d | | | 2218 | | | | | | | | | 2246 | | | | | | | |
| Slough (SLO) | 3 d | | | 2222 | | | | | | | | | 2250 | | | | | | | |
| Langley (LNY) | d | | | 2225 | | | | | | | | | 2254 | | | | | | | |
| Iver (IVR) | d | | | | | | | | | | | | 2256 | | | | | | | |
| West Drayton (WDT) | d | | | 2229 | | | | | | | | | 2259 | | | | | | | |
| Heathrow Terminal 5 (HWV) | 7 d | | 2220 | | | | | | | | | | | | | 2300 | | | | |
| Heathrow Terminal 4 (HAF) | 7 d | 2215 | | | | | 2230 | | | | 2245 | | | | | | | | | 2315 |
| Heathrow Terminals 2 & 3 (HXX) | 7 d | 2221 | 2225 | | | | 2236 | | | | 2251 | | | | | 2306 | | | | 2321 |
| Hayes & Harlington (HAY) | 3 d | 2227 | 2232 | 2235 | | | 2242 | | | | 2257 | 2305 | | | | 2312 | | | | 2327 |
| Southall (STL) | d | 2230 | | 2238 | | | 2245 | | | | 2300 | 2309 | | | | 2315 | | | | 2330 |
| Hanwell (HAN) | d | 2233 | | | | | 2250 | | | | 2303 | | | | | 2318 | | | | 2333 |
| West Ealing (WEA) | 3 d | 2235 | 2239 | | | | 2252 | | | | 2305 | | | | | 2320 | | | | 2335 |
| Ealing Broadway (EAL) | 3 d | 2238 | 2241 | 2245 | | | 2254 | | | | 2307 | 2315 | | | | 2322 | | | | 2338 |
| Acton Main Line (AML) | d | 2240 | | | | | 2257 | | | | 2310 | | | | | 2325 | | | | 2340 |
| London Paddington EL (PAD) | 15 d | 2249 | 2252 | 2257 | 2302 | | 2307 | 2312 | 2317 | 2322 | 2327 | 2332 | | | | 2337 | 2342 | 2347 | 2351 | |
| Bond Street (BDS) | d | 2252 | 2255 | 2300 | 2305 | | 2310 | 2315 | 2320 | 2325 | 2330 | 2335 | | | | 2340 | 2345 | 2350 | 2354 | |
| Tottenham Court Road (TCR) | d | 2254 | 2257 | 2302 | 2307 | | 2312 | 2317 | 2322 | 2327 | 2332 | 2337 | | | | 2342 | 2347 | 2352 | 2356 | |
| Farringdon (ZFD) | 3 d | 2257 | 2300 | 2305 | 2310 | | 2315 | 2320 | 2325 | 2330 | 2335 | 2340 | | | | 2345 | 2350 | 2355 | 2359 | |
| London Liverpool Street EL (LST) | 4 d | 2300 | 2303 | 2308 | 2313 | | 2318 | 2323 | 2328 | 2333 | 2338 | 2343 | | | | 2348 | 2353 | 2358 | 0002 | |
| London Liverpool Street (LST) | 15 d | | | | 2315 | 2318 | | | | | | | | 2345 | 2348 | | | | | |
| Whitechapel (ZLW) | d | 2302 | 2305 | 2310 | 2315 | | 2320 | 2325 | 2330 | 2335 | 2340 | 2345 | | | | 2350 | 2355 | 0001 | 0004 | |
| Canary Wharf (CWX) | DLR d | 2306 | | 2314 | | | 2324 | | 2334 | | 2344 | | | | | 2354 | | | 0005 | |
| Custom House (CUS) | d | 2310 | | 2318 | | | 2328 | | 2339 | | 2348 | | | | | 2358 | | | 0008 | |
| Woolwich (WWC) | d | 2314 | | 2322 | | | 2332 | | 2344 | | 2352 | | | | | 0002 | | | 0012 | |
| Abbey Wood (ABW) | a | 2320 | | 2328 | | | 2338 | | 2348 | | 2358 | | | | | 0008 | | | 0018 | |
| Stratford (SRA) | DLR 7 d | | 2311 | | 2321 | 2322 | 2325 | | 2331 | | 2341 | | 2351 | 2352 | 2355 | | | | 0002 | 0010 |
| Maryland (MYL) | d | | 2313 | | 2323 | | | | 2333 | | 2343 | | 2353 | | | | | | 0004 | 0012 |
| Forest Gate (FOG) | d | | 2315 | | 2325 | | | | 2335 | | 2345 | | 2355 | | | | | | 0006 | 0014 |
| Manor Park (MNP) | d | | 2318 | | 2328 | | | | 2338 | | 2348 | | 2358 | | | | | | 0009 | 0016 |
| Ilford (IFD) | 2 d | | 2320 | | 2330 | | | | 2340 | | 2351 | | 0001 | | | | | | 0011 | 0019 |
| Seven Kings (SVK) | d | | 2323 | | 2333 | | | | 2343 | | 2354 | | 0003 | | | | | | 0014 | 0022 |
| Goodmayes (GMY) | d | | 2325 | | 2335 | | | | 2345 | | 2356 | | 0005 | | | | | | 0016 | 0024 |
| Chadwell Heath (CTH) | d | | 2327 | | 2337 | | | | 2347 | | 2358 | | 0007 | | | | | | 0018 | 0026 |
| Romford (RMF) | d | | 2331 | | 2341 | | | | 2351 | | 0001 | | 0011 | | | | | | 0022 | 0029 |
| Gidea Park (GDP) | 2 d | | 2335 | | 2344 | | | | 2354 | | 0004 | | 0014 | | | | | | 0025 | 0032 |
| Harold Wood (HRO) | d | | 2338 | | 2347 | | | | 2357 | | 0007 | | 0017 | | | | | | 0028 | 0035 |
| Brentwood (BRE) | d | | 2343 | | 2351 | | | | 0001 | | 0011 | | 0021 | | | | | | 0032 | 0039 |
| Shenfield (SNF) | 3 a | | 2348 | | 2357 | 2337 | 2340 | | 0007 | | 0017 | | 0027 | 0007 | 0010 | | | | 0037 | 0045 |

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

- a Arrival time
- d Departure time
- A To Clacton-on-Sea
- B To Southend Victoria
- L To Colchester

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE TSM B | LE TSM L | XR | XR TSM | XR TSM | LE TSM L | LE TSM B | XR TSM |
|-------------------------------------|---------|----------------|----------------|------|-----------|-----------|----------------|----------------|-----------|
| Reading (RDG) | 7 | d | 2258 | | | | | | |
| Twyford (TWY) | 3 | d | 2304 | | | | | | |
| Maidenhead (MAI) | 3 | d | 2313 | | | | | | |
| Taplow (TAP) | | d | 2316 | | | | | | |
| Burnham (BNM) | | d | 2319 | | | | | | |
| Slough (SLO) | 3 | d | 2323 | | | | | | |
| Langley (LNY) | | d | 2326 | | | | | | |
| Iver (IVR) | | d | 2329 | | | | | | |
| West Drayton (WDT) | | d | 2331 | | | | | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | 2330 | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | 2336 | | | | |
| Hayes & Harlington (HAY) | 3 | d | 2335 | | 2343 | | | | |
| Southall (STL) | | d | 2339 | | 2346 | | | | |
| Hanwell (HAN) | | d | | | 2349 | | | | |
| West Ealing (WEA) | 3 | d | | | 2351 | | | | |
| Ealing Broadway (EAL) | ← 3 | d | 2345 | | 2353 | | | | |
| Acton Main Line (AML) | | d | | | 2356 | | | | |
| London Paddington EL (PAD) | ← 15 | d | 2359 | | 0007 | 0014 | 0022 | | |
| Bond Street (BDS) | ← | d | 0002 | | 0010 | 0017 | 0025 | | |
| Tottenham Court Road (TCR) | ← | d | 0004 | | 0012 | 0019 | 0027 | | |
| Farringdon (ZFD) | ← 3 | d | 0007 | | 0015 | 0022 | 0030 | | |
| London Liverpool Street EL (LST) | ← 4 | d | 0010 | | 0018 | 0025 | 0033 | | |
| London Liverpool Street (LST) | ← 15 | d | | 0015 | 0018 | | 0046 | 0050 | 0055 |
| Whitechapel (ZLW) | ← | d | 0012 | | 0020 | 0027a | 0035 | | |
| Canary Wharf (CWX) | DLR | d | 0016 | | | | | | |
| Custom House (CUS) | | d | 0020 | | | | | | |
| Woolwich (WWC) | | d | 0024 | | | | | | |
| Abbey Wood (ABW) | | a | 0030 | | | | | | |
| Stratford (SRA) | ← DLR 7 | d | | 0022 | 0025 | 0026 | | 0041 | 0053 |
| Maryland (MYL) | | d | | | | 0028 | | 0043 | |
| Forest Gate (FOG) | | d | | | 0030 | | | 0045 | |
| Manor Park (MNP) | | d | | | 0033 | | | 0047 | |
| Ilford (IFD) | 2 | d | | | 0035 | | | 0050 | |
| Seven Kings (SVK) | | d | | | 0038 | | | 0052 | |
| Goodmayes (GMY) | | d | | | 0040 | | | 0054 | |
| Chadwell Heath (CTH) | | d | | | 0042 | | | 0056 | |
| Romford (RMF) | | d | 0033 | | 0046 | | | 0100 | 0108 |
| Gidea Park (GDP) | 2 | d | | | 0049 | | | 0102 | |
| Harold Wood (HRO) | | d | | | 0052 | | | 0105 | |
| Brentwood (BRE) | | d | | | 0056 | | | 0109 | |
| Shenfield (SNF) | 3 | a | | 0045 | 0048 | 0102 | | 0115 | 0120 |
| | | | | | | | | 0132 | 0138 |

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

a Arrival time
d Departure time

B To Southend Victoria
L To Colchester

TSM Tuesday to Saturday mornings

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | LE A | LE B | XR | XR | XR | XR | LE A | XR | LE B | XR | XR | LE C | XR | XR | XR | XR | LE B | | |
|-------------------------------------|-----|---------|---------|------|------|------|------|---------|------|---------|------|------|---------|------|------|------|------|---------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | | | 0512 | | | | | | | | | |
| Taplow (TAP) | | d | | | | | | | | | 0515 | | | | | | | | | |
| Burnham (BNM) | | d | | | | | | | | | 0518 | | | | | | | | | |
| Slough (SLO) | 3 | d | | | | | | | | | 0522 | | | | | | | | | |
| Langley (LNY) | | d | | | | | | | | | 0525 | | | | | | | | | |
| Iver (IVR) | | d | | | | | | | | | 0528 | | | | | | | | | |
| West Drayton (WDT) | | d | | | | | | | | | 0530 | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | 0515 | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | | | | | | | | 0530 | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | | | | 0521 | | | | | 0536 | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | | | | | 0527 | | | 0535 | | 0542 | | | | | | | |
| Southall (STL) | | d | | | | | | 0530 | | | 0538 | | 0545 | | | | | | | |
| Hanwell (HAN) | | d | | | | | | 0533 | | | | | 0548 | | | | | | | |
| West Ealing (WEA) | 3 | d | | | | | | 0535 | | | | | 0550 | | | | | | | |
| Ealing Broadway (EAL) | 3 | d | | | | | | 0537 | | | 0545 | | 0552 | | | | | | | |
| Acton Main Line (AML) | | d | | | | | | 0540 | | | | | 0555 | | | | | | | |
| London Paddington EL (PAD) | 15 | d | | | | | 0545 | 0549 | | 0552 | | 0556 | 0600 | | 0604 | 0607 | 0611 | 0615 | | |
| Bond Street (BDS) | | d | | | | | 0548 | 0552 | | 0555 | | 0559 | 0603 | | 0607 | 0610 | 0614 | 0618 | | |
| Tottenham Court Road (TCR) | | d | | | | | 0550 | 0554 | | 0557 | | 0601 | 0605 | | 0609 | 0612 | 0616 | 0620 | | |
| Farringdon (ZFD) | 3 | d | | | | | 0553 | 0557 | | 0600 | | 0604 | 0608 | | 0612 | 0615 | 0619 | 0623 | | |
| London Liverpool Street EL (LST) | 4 | d | | | | | 0556 | 0600 | | 0603 | | 0607 | 0611 | | 0615 | 0618 | 0622 | 0626 | | |
| London Liverpool Street (LST) | 15 | d | 0524 | 0534 | 0537 | 0539 | 0554 | | 0602 | | 0605 | | 0618 | | | | | 0633 | | |
| Whitechapel (ZLW) | | d | | | | | 0558 | 0602 | | | | 0609 | 0613 | | 0617 | 0620 | 0624 | 0628 | | |
| Canary Wharf (CWX) | DLR | d | | | | | 0602 | 0606 | | | | 0613 | | | 0621 | | 0628 | | | |
| Custom House (CUS) | | d | | | | | 0606 | 0610 | | | | 0617 | | | 0625 | | 0632 | | | |
| Woolwich (WWC) | | d | | | | | 0610 | 0615 | | | | 0622 | | | 0630 | | 0637 | | | |
| Abbey Wood (ABW) | | a | | | | | 0614 | 0619 | | | | 0626 | | | 0634 | | 0641 | | | |
| Stratford (SRA) | 7 | d | 0531 | 0541 | 0544 | 0546 | 0601 | | | 0609 | 0611 | 0612 | | 0619 | 0625 | | 0626 | 0634 | 0640 | |
| Maryland (MYL) | | d | 0533 | | | 0548 | 0603 | | | | 0613 | | | 0621 | | | 0628 | | 0636 | |
| Forest Gate (FOG) | | d | 0535 | | | 0550 | 0605 | | | | 0615 | | | 0623 | | | 0630 | | 0638 | |
| Manor Park (MNP) | | d | 0538 | | | 0553 | 0608 | | | | 0618 | | | 0626 | | | 0633 | | 0641 | |
| Ilford (IFD) | 2 | d | 0540 | | | 0555 | 0610 | | | | 0620 | | | 0628 | | | 0635 | | 0643 | |
| Seven Kings (SVK) | | d | 0543 | | | 0558 | 0613 | | | | 0623 | | | 0631 | | | 0638 | | 0646 | |
| Goodmayes (GMY) | | d | 0545 | | | 0600 | 0615 | | | | 0625 | | | 0633 | | | 0640 | | 0648 | |
| Chadwell Heath (CTH) | | d | 0547 | | | 0602 | 0617 | | | | 0627 | | | 0635 | | | 0642 | | 0650 | |
| Romford (RMF) | | d | 0551 | 0549 | | 0606 | 0621 | | | | 0631 | 0620 | | 0639 | | | 0646 | | 0654 | |
| Gidea Park (GDP) | 2 | d | 0554 | | | 0609 | 0624 | | | | 0634 | | | 0642 | | | 0649 | | 0657 | |
| Harold Wood (HRO) | | d | 0557 | | | 0612 | 0627 | | | | 0637 | | | 0645 | | | 0652 | | 0700 | |
| Brentwood (BRE) | | d | 0601 | | | 0616 | 0631 | | | | 0641 | | | 0649 | | | 0656 | | 0704 | |
| Shenfield (SNF) | 3 | a | 0607 | 0558 | 0600 | 0622 | 0637 | | | 0624 | 0647 | 0629 | | 0655 | 0640 | | 0702 | | 0710 | 0655 |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | XR | XR | LE A | XR | XR | |
|-------------------------------------|----|----|----|---------|----|----|---------|----|----|---------|----|----|---------|----|----|---------|----|----|--|
| Reading (RDG) | | | | | | | | | | | | | | | | | | | |
| Twyford (TWY) | | | | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | | | | | | | | | | | | | | | | | | | |
| Taplow (TAP) | | | | | | | | | | | | | | | | | | | |
| Burnham (BNM) | | | | | | | | | | | | | | | | | | | |
| Slough (SLO) | | | | | | | | | | | | | | | | | | | |
| Langley (LNY) | | | | | | | | | | | | | | | | | | | |
| Iver (IVR) | | | | | | | | | | | | | | | | | | | |
| West Drayton (WDT) | | | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | | | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | | | | | | | | | | | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | | | | | | | | | | | | | | | | | | | |
| Hayes & Harlington (HAY) | | | | | | | | | | | | | | | | | | | |
| Southall (STL) | | | | | | | | | | | | | | | | | | | |
| Hanwell (HAN) | | | | | | | | | | | | | | | | | | | |
| West Ealing (WEA) | | | | | | | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | | | | | | | | | | | | | | | | | | | |
| Acton Main Line (AML) | | | | | | | | | | | | | | | | | | | |
| London Paddington EL (PAD) | | | | | | | | | | | | | | | | | | | |
| Bond Street (BDS) | | | | | | | | | | | | | | | | | | | |
| Tottenham Court Road (TCR) | | | | | | | | | | | | | | | | | | | |
| Farringdon (ZFD) | | | | | | | | | | | | | | | | | | | |
| London Liverpool Street EL (LST) | | | | | | | | | | | | | | | | | | | |
| London Liverpool Street (LST) | | | | | | | | | | | | | | | | | | | |
| Whitechapel (ZLW) | | | | | | | | | | | | | | | | | | | |
| Canary Wharf (CWX) | | | | | | | | | | | | | | | | | | | |
| Custom House (CUS) | | | | | | | | | | | | | | | | | | | |
| Woolwich (WWC) | | | | | | | | | | | | | | | | | | | |
| Abbey Wood (ABW) | | | | | | | | | | | | | | | | | | | |
| Stratford (SRA) | | | | | | | | | | | | | | | | | | | |
| Maryland (MYL) | | | | | | | | | | | | | | | | | | | |
| Forest Gate (FOG) | | | | | | | | | | | | | | | | | | | |
| Manor Park (MNP) | | | | | | | | | | | | | | | | | | | |
| Ilford (IFD) | | | | | | | | | | | | | | | | | | | |
| Seven Kings (SVK) | | | | | | | | | | | | | | | | | | | |
| Goodmayes (GMY) | | | | | | | | | | | | | | | | | | | |
| Chadwell Heath (CTH) | | | | | | | | | | | | | | | | | | | |
| Romford (RMF) | | | | | | | | | | | | | | | | | | | |
| Gidea Park (GDP) | | | | | | | | | | | | | | | | | | | |
| Harold Wood (HRO) | | | | | | | | | | | | | | | | | | | |
| Brentwood (BRE) | | | | | | | | | | | | | | | | | | | |
| Shenfield (SNF) | | | | | | | | | | | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- E To Braintree
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | | | | | |
|-------------------------------------|-----|-----|---------|---------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|------|
| Reading (RDG) | 7 | d | 0659 | | | | | | | | | | 0729 | | | | | | | | | | |
| Twyford (TWY) | 3 | d | 0704 | | | | | | | | | | 0734 | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | 0711 | | | | | | | | | | 0741 | | | | | | | | | | |
| Taplow (TAP) | | d | 0714 | | | | | | | | | | 0744 | | | | | | | | | | |
| Burnham (BNM) | | d | 0717 | | | | | | | | | | 0747 | | | | | | | | | | |
| Slough (SLO) | 3 | d | 0721 | | | | | | | | | | 0751 | | | | | | | | | | |
| Langley (LNY) | | d | 0725 | | | | | | | | | | 0755 | | | | | | | | | | |
| Iver (IVR) | | d | 0727 | | | | | | | | | | 0757 | | | | | | | | | | |
| West Drayton (WDT) | | d | 0730 | | | | | | | | | | 0800 | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | | 0745 | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | 0730 | | | | | | | | | | | 0800 | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | 0736 | | | | 0751 | | | | | | | 0806 | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 0735 | | 0742 | | | | 0757 | | | | 0805 | | | 0812 | | | | | | | |
| Southall (STL) | | d | 0738 | | 0745 | | | | 0800 | | | | 0808 | | | 0815 | | | | | | | |
| Hanwell (HAN) | | d | | | 0748 | | | | 0803 | | | | | | | 0818 | | | | | | | |
| West Ealing (WEA) | 3 | d | | | 0750 | | | | 0805 | | | | | | | 0820 | | | | | | | |
| Ealing Broadway (EAL) | ← | 3 | d | 0745 | | 0752 | | | 0807 | | | | 0815 | | | 0822 | | | | | | | |
| Acton Main Line (AML) | | d | | | 0755 | | | | 0810 | | | | | | | 0825 | | | | | | | |
| London Paddington EL (PAD) | ← | 15 | d | 0756 | 0800 | | | 0804 | 0807 | 0811 | 0815 | | 0819 | 0822 | | 0826 | 0830 | 0834 | 0837 | | | | |
| Bond Street (BDS) | ← | d | 0759 | 0803 | | | 0807 | 0810 | 0814 | 0818 | | | 0822 | 0825 | | 0829 | 0833 | 0837 | 0840 | | | | |
| Tottenham Court Road (TCR) | ← | d | 0801 | 0805 | | | 0809 | 0812 | 0816 | 0820 | | | 0824 | 0827 | | 0831 | 0835 | 0839 | 0842 | | | | |
| Farringdon (ZFD) | ← | 3 | d | 0804 | 0808 | | | 0812 | 0815 | 0819 | 0823 | | | 0827 | 0830 | | 0834 | 0838 | 0842 | 0845 | | | |
| London Liverpool Street EL (LST) | ← | 4 | d | 0807 | 0811 | | | 0815 | 0818 | 0822 | 0826 | | | 0830 | 0833 | | 0837 | 0841 | 0845 | 0848 | | | |
| London Liverpool Street (LST) | ← | 15 | d | | 0813 | 0818 | | | 0833 | | | | 0836 | | | 0848 | | | 0850 | | | | |
| Whitechapel (ZLW) | ← | d | 0809 | 0813 | | | 0817 | 0820 | 0824 | 0828 | | | 0832 | 0835 | | 0839 | 0843 | 0847 | 0850 | | | | |
| Canary Wharf (CWX) | DLR | d | 0813 | | | | 0821 | | 0828 | | | | 0836 | | | 0843 | | 0851 | | | | | |
| Custom House (CUS) | | d | 0817 | | | | 0825 | | 0832 | | | | 0840 | | | 0847 | | 0855 | | | | | |
| Woolwich (WWC) | | d | 0822 | | | | 0830 | | 0837 | | | | 0845 | | | 0852 | | 0900 | | | | | |
| Abbey Wood (ABW) | | a | 0826 | | | | 0834 | | 0841 | | | | 0849 | | | 0856 | | 0904 | | | | | |
| Stratford (SRA) | ← | DLR | 7 | d | | 0819 | 0820 | 0825 | | 0826 | | 0834 | 0840 | | 0841 | 0843 | | 0849 | 0855 | 0856 | 0858 | | |
| Maryland (MYL) | | d | | | | 0821 | | | | 0828 | | | | | 0836 | | | 0843 | | 0851 | 0858 | | |
| Forest Gate (FOG) | | d | | | | 0823 | | | | 0830 | | | | | 0838 | | | 0845 | | 0853 | 0900 | | |
| Manor Park (MNP) | | d | | | | 0826 | | | | 0833 | | | | | 0841 | | | 0848 | | 0856 | 0903 | | |
| Ilford (IFD) | 2 | d | | | | 0828 | | | | 0835 | | | | | 0843 | | | 0850 | | 0858 | 0905 | | |
| Seven Kings (SVK) | | d | | | | 0831 | | | | 0838 | | | | | 0846 | | | 0853 | | 0901 | 0908 | | |
| Goodmayes (GMY) | | d | | | | 0833 | | | | 0840 | | | | | 0848 | | | 0855 | | 0903 | 0910 | | |
| Chadwell Heath (CTH) | | d | | | | 0835 | | | | 0842 | | | | | 0850 | | | 0857 | | 0905 | 0912 | | |
| Romford (RMF) | | d | | | | 0839 | 0828 | | | 0846 | | | | | 0854 | | | 0901 | | 0909 | 0916 | 0907 | |
| Gidea Park (GDP) | 2 | d | | | | 0842 | | | | 0849 | | | | | 0857 | | | 0904 | | 0912 | 0919 | | |
| Harold Wood (HRO) | | d | | | | 0845 | | | | 0852 | | | | | 0900 | | | 0907 | | 0915 | 0922 | | |
| Brentwood (BRE) | | d | | | | 0849 | | | | 0856 | | | | | 0904 | | | 0911 | | 0919 | 0926 | | |
| Shenfield (SNF) | 3 | a | | | | 0855 | 0839 | 0841 | | 0902 | | | | | 0910 | 0855 | | 0917 | 0858 | 0925 | 0911 | 0932 | 0916 |

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

a Arrival time
d Departure time

B To Southend Victoria
C To Clacton-on-Sea
E To Braintree
F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR |
|----------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 d | | | | | 0759 | | | | | | | | | | | | 0829 |
| Twyford (TWY) | 3 d | | | | | 0804 | | | | | | | | | | | | 0834 |
| Maidenhead (MAI) | 3 d | 0800 | | | | 0811 | | | | | 0830 | | | | | | | 0841 |
| Taplow (TAP) | d | | | | | 0814 | | | | | | | | | | | | 0844 |
| Burnham (BNM) | d | 0804 | | | | 0817 | | | | | 0834 | | | | | | | 0847 |
| Slough (SLO) | 3 d | 0808 | | | | 0821 | | | | | 0838 | | | | | | | 0851 |
| Langley (LNY) | d | 0812 | | | | 0825 | | | | | 0842 | | | | | | | 0855 |
| Iver (IVR) | d | 0814 | | | | | | | | | 0844 | | | | | | | |
| West Drayton (WDT) | d | 0817 | | | | 0830 | | | | | 0847 | | | | | | | 0900 |
| Heathrow Terminal 5 (HWV) | 7 d | | | | 0820 | | | | | | | | | | | | 0850 | |
| Heathrow Terminal 4 (HAF) | 7 d | | | 0815 | | | | | | 0830 | | | | | 0845 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 d | | | 0821 | 0825 | | | | | 0836 | | | | | 0851 | 0855 | | |
| Hayes & Harlington (HAY) | 3 d | 0822 | | 0827 | 0832 | 0835 | | | | 0842 | | 0852 | | | 0857 | 0902 | | 0905 |
| Southall (STL) | d | 0825 | | 0830 | | 0838 | | | | 0845 | | 0855 | | | 0900 | | | 0908 |
| Hanwell (HAN) | d | | | 0833 | | | | | | 0848 | | | | | 0903 | | | |
| West Ealing (WEA) | 3 d | | | 0835 | 0839 | | | | | 0850 | | | | | 0905 | 0909 | | |
| Ealing Broadway (EAL) | 3 d | 0829 | | 0837 | 0841 | 0845 | | | | 0852 | | 0859 | | | 0907 | 0911 | | 0915 |
| Acton Main Line (AML) | d | | | 0840 | | | | | | 0855 | | | | | 0910 | | | |
| London Paddington EL (PAD) | 15 d | 0841 | 0845 | | 0849 | 0852 | 0856 | 0900 | | 0904 | 0907 | 0911 | 0915 | | 0919 | 0922 | | 0926 |
| Bond Street (BDS) | 15 d | 0844 | 0848 | | 0852 | 0855 | 0859 | 0903 | | 0907 | 0910 | 0914 | 0918 | | 0922 | 0925 | | 0929 |
| Tottenham Court Road (TCR) | 15 d | 0846 | 0850 | | 0854 | 0857 | 0901 | 0905 | | 0909 | 0912 | 0916 | 0920 | | 0924 | 0927 | | 0931 |
| Farringdon (ZFD) | 15 d | 0849 | 0853 | | 0857 | 0900 | 0904 | 0908 | | 0912 | 0915 | 0919 | 0923 | | 0927 | 0930 | | 0934 |
| London Liverpool Street EL (LST) | 15 d | 0852 | 0856 | | 0900 | 0903 | 0907 | 0911 | | 0915 | 0918 | 0922 | 0926 | | 0930 | 0933 | | 0937 |
| London Liverpool Street (LST) | 15 d | | | 0902 | | | | | 0913 | 0918 | | | | 0933 | | | 0936 | |
| Whitechapel (ZLW) | 15 d | 0854 | 0858 | | 0902 | 0905 | 0909 | 0913 | | 0917 | 0920 | 0924 | 0928 | | 0932 | 0935 | | 0939 |
| Canary Wharf (CWX) | DLR d | 0858 | | | 0906 | | 0913 | | | 0921 | | 0928 | | | 0936 | | | 0943 |
| Custom House (CUS) | d | 0902 | | | 0910 | | 0917 | | | 0925 | | 0932 | | | 0940 | | | 0947 |
| Woolwich (WWC) | d | 0907 | | | 0915 | | 0922 | | | 0930 | | 0937 | | | 0945 | | | 0952 |
| Abbey Wood (ABW) | a | 0911 | | | 0919 | | 0926 | | | 0934 | | 0941 | | | 0949 | | | 0956 |
| Stratford (SRA) | DLR 7 d | | 0904 | 0909 | | 0911 | | 0919 | 0920 | 0925 | | 0926 | | 0934 | 0940 | | 0941 | 0943 |
| Maryland (MYL) | d | | 0906 | | | 0913 | | 0921 | | | | 0928 | | 0936 | | | | 0943 |
| Forest Gate (FOG) | d | | 0908 | | | 0915 | | 0923 | | | | 0930 | | 0938 | | | | 0945 |
| Manor Park (MNP) | d | | 0911 | | | 0918 | | 0926 | | | | 0933 | | 0941 | | | | 0948 |
| Ilford (IFD) | 2 d | | 0913 | | | 0920 | | 0928 | | | | 0935 | | 0943 | | | | 0950 |
| Seven Kings (SVK) | d | | 0916 | | | 0923 | | 0931 | | | | 0938 | | 0946 | | | | 0953 |
| Goodmayes (GMY) | d | | 0918 | | | 0925 | | 0933 | | | | 0940 | | 0948 | | | | 0955 |
| Chadwell Heath (CTH) | d | | 0920 | | | 0927 | | 0935 | | | | 0942 | | 0950 | | | | 0957 |
| Romford (RMF) | d | | 0924 | | | 0931 | | 0939 | 0928 | | | 0946 | | 0954 | | | | 1001 |
| Gidea Park (GDP) | 2 d | | 0927 | | | 0934 | | 0942 | | | | 0949 | | 0957 | | | | 1004 |
| Harold Wood (HRO) | d | | 0930 | | | 0937 | | 0945 | | | | 0952 | | 1000 | | | | 1007 |
| Brentwood (BRE) | d | | 0934 | | | 0941 | | 0949 | | | | 0956 | | 1004 | | | | 1011 |
| Shenfield (SNF) | 3 a | | 0940 | 0924 | | 0947 | | 0955 | 0939 | 0941 | | 1002 | | 1010 | 0955 | | 1017 | 0958 |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | LE E | XR | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | | | |
|-------------------------------------|-------|---------|------|------|---------|------|------|---------|------|------|----|------|---------|---------|------|------|------|------|------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | 0900 | | | | | | | | | | | 0930 | | | |
| Taplow (TAP) | | d | | | | | | | | | | | | | | | | | | | |
| Burnham (BNM) | | d | | | | | 0904 | | | | | | | | | | | | 0934 | | |
| Slough (SLO) | 3 | d | | | | | 0908 | | | | | | | | | | | | 0938 | | |
| Langley (LNY) | | d | | | | | 0912 | | | | | | | | | | | | 0942 | | |
| Iver (IVR) | | d | | | | | 0914 | | | | | | | | | | | | 0944 | | |
| West Drayton (WDT) | | d | | | | | 0917 | | | | | | | | | | | | 0947 | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | | | 0920 | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | 0900 | | | | | | | 0915 | | | | | | 0930 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | 0906 | | | | | | | 0921 | 0925 | | | | | 0936 | | | |
| Hayes & Harlington (HAY) | 3 | d | | | 0912 | | | 0922 | | | | 0927 | 0932 | | | | | 0942 | 0952 | | |
| Southall (STL) | | d | | | 0915 | | | 0925 | | | | 0930 | | | | | | 0945 | 0955 | | |
| Hanwell (HAN) | | d | | | 0918 | | | | | | | 0933 | | | | | | 0948 | | | |
| West Ealing (WEA) | 3 | d | | | 0920 | | | | | | | 0935 | 0938 | | | | | 0950 | | | |
| Ealing Broadway (EAL) | 3 | d | | | 0922 | | | 0929 | | | | 0937 | 0940 | | | | | 0953 | 1002 | | |
| Acton Main Line (AML) | | d | | | 0925 | | | | | | | 0940 | | | | | | 0955 | | | |
| London Paddington EL (PAD) | 15 | d | 0930 | | 0934 | 0937 | | 0941 | 0945 | | | 0949 | 0952 | 0956 | 1000 | | | 1004 | 1007 | 1011 | 1015 |
| Bond Street (BDS) | 15 | d | 0933 | | 0937 | 0940 | | 0944 | 0948 | | | 0952 | 0955 | 0959 | 1003 | | | 1007 | 1010 | 1014 | 1018 |
| Tottenham Court Road (TCR) | 15 | d | 0935 | | 0939 | 0942 | | 0946 | 0950 | | | 0954 | 0957 | 1001 | 1005 | | | 1009 | 1012 | 1016 | 1020 |
| Farringdon (ZFD) | 15 | d | 0938 | | 0942 | 0945 | | 0949 | 0953 | | | 0957 | 1000 | 1004 | 1008 | | | 1012 | 1015 | 1019 | 1023 |
| London Liverpool Street EL (LST) | 15 | d | 0941 | | 0945 | 0948 | | 0952 | 0956 | | | 1000 | 1003 | 1007 | 1011 | | | 1015 | 1018 | 1022 | 1026 |
| London Liverpool Street (LST) | 15 | d | | 0948 | | | 0950 | | | 1002 | | | | | | 1013 | 1018 | | | | |
| Whitechapel (ZLW) | 15 | d | 0943 | | 0947 | 0950 | | 0954 | 0958 | | | 1002 | 1005 | 1009 | 1013 | | | 1017 | 1020 | 1024 | 1028 |
| Canary Wharf (CWX) | DLR | d | | | 0951 | | | 0958 | | | | 1006 | | 1013 | | | | 1021 | | 1028 | |
| Custom House (CUS) | | d | | | 0955 | | | 1002 | | | | 1010 | | 1017 | | | | 1025 | | 1032 | |
| Woolwich (WWC) | | d | | | 1000 | | | 1007 | | | | 1015 | | 1022 | | | | 1030 | | 1037 | |
| Abbey Wood (ABW) | | a | | | 1004 | | | 1011 | | | | 1019 | | 1026 | | | | 1034 | | 1041 | |
| Stratford (SRA) | DLR 7 | d | 0949 | 0955 | | 0956 | 0958 | | 1004 | 1009 | | 1011 | | 1019 | 1020 | 1025 | | 1026 | | 1034 | |
| Maryland (MYL) | | d | 0951 | | | 0958 | | | 1006 | | | 1013 | | 1021 | | | | 1028 | | 1036 | |
| Forest Gate (FOG) | | d | 0953 | | | 1000 | | | 1008 | | | 1015 | | 1023 | | | | 1030 | | 1038 | |
| Manor Park (MNP) | | d | 0956 | | | 1003 | | | 1011 | | | 1018 | | 1026 | | | | 1033 | | 1041 | |
| Ilford (IFD) | 2 | d | 0958 | | | 1005 | | | 1013 | | | 1020 | | 1028 | | | | 1035 | | 1043 | |
| Seven Kings (SVK) | | d | 1001 | | | 1008 | | | 1016 | | | 1023 | | 1031 | | | | 1038 | | 1046 | |
| Goodmayes (GMY) | | d | 1003 | | | 1010 | | | 1018 | | | 1025 | | 1033 | | | | 1040 | | 1048 | |
| Chadwell Heath (CTH) | | d | 1005 | | | 1012 | | | 1020 | | | 1027 | | 1035 | | | | 1042 | | 1050 | |
| Romford (RMF) | | d | 1009 | | | 1016 | 1007 | | 1024 | | | 1031 | | 1039 | 1028 | | | 1046 | | 1054 | |
| Gidea Park (GDP) | 2 | d | 1012 | | | 1019 | | | 1027 | | | 1034 | | 1042 | | | | 1049 | | 1057 | |
| Harold Wood (HRO) | | d | 1015 | | | 1022 | | | 1030 | | | 1037 | | 1045 | | | | 1052 | | 1100 | |
| Brentwood (BRE) | | d | 1019 | | | 1026 | | | 1034 | | | 1041 | | 1049 | | | | 1056 | | 1104 | |
| Shenfield (SNF) | 3 | a | 1025 | 1011 | | 1032 | 1016 | | 1040 | 1024 | | 1047 | | 1055 | 1039 | 1041 | | 1102 | | 1110 | |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea
- E To Braintree

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE B | XR | XR | LE F | XR | XR | LE E | XR | LE B | XR | XR | XR | LE A | XR | XR | XR | XR | LE B | | |
|-------------------------------------|---------|----|------|---------|------|------|---------|------|---------|----|------|------|---------|------|------|------|------|---------|------|------|
| Reading (RDG) | 7 | d | | | 0929 | | | | | | | | | | | | 0959 | | | |
| Twyford (TWY) | 3 | d | | | 0934 | | | | | | | | | | | | 1004 | | | |
| Maidenhead (MAI) | 3 | d | | | 0941 | | | | | | 1000 | | | | | | 1011 | | | |
| Taplow (TAP) | | d | | | 0944 | | | | | | | | | | | | 1014 | | | |
| Burnham (BNM) | | d | | | 0947 | | | | | | 1004 | | | | | | 1017 | | | |
| Slough (SLO) | 3 | d | | | 0951 | | | | | | 1008 | | | | | | 1021 | | | |
| Langley (LNY) | | d | | | 0955 | | | | | | 1012 | | | | | | 1025 | | | |
| Iver (IVR) | | d | | | | | | | | | 1014 | | | | | | | | | |
| West Drayton (WDT) | | d | | | 1000 | | | | | | 1017 | | | | | | 1030 | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 0950 | | | | | | | | | | | | 1020 | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 0945 | | | | | | 1000 | | | | | 1015 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 0951 | 0955 | | | | | 1006 | | | | | 1021 | 1025 | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 0957 | 1002 | | 1005 | | | 1012 | | | 1022 | | 1027 | 1032 | 1035 | | | | |
| Southall (STL) | | d | 1000 | | | 1008 | | | 1015 | | | 1025 | | 1030 | | 1038 | | | | |
| Hanwell (HAN) | | d | 1003 | | | | | | 1018 | | | | | 1033 | | | | | | |
| West Ealing (WEA) | 3 | d | 1005 | 1009 | | | | | 1020 | | | | | 1035 | 1039 | | | | | |
| Ealing Broadway (EAL) | 3 | d | 1008 | 1011 | | 1015 | | | 1022 | | 1029 | | | 1037 | 1041 | 1045 | | | | |
| Acton Main Line (AML) | | d | 1010 | | | | | | 1025 | | | | | 1040 | | | | | | |
| London Paddington EL (PAD) | 15 | d | 1019 | 1022 | | 1026 | 1030 | | 1034 | | 1037 | 1041 | 1045 | 1049 | 1052 | 1056 | 1100 | | | |
| Bond Street (BDS) | | d | 1022 | 1025 | | 1029 | 1033 | | 1037 | | 1040 | 1044 | 1048 | 1052 | 1055 | 1059 | 1103 | | | |
| Tottenham Court Road (TCR) | | d | 1024 | 1027 | | 1031 | 1035 | | 1039 | | 1042 | 1046 | 1050 | 1054 | 1057 | 1101 | 1105 | | | |
| Farringdon (ZFD) | 3 | d | 1027 | 1030 | | 1034 | 1038 | | 1042 | | 1045 | 1049 | 1053 | 1057 | 1100 | 1104 | 1108 | | | |
| London Liverpool Street EL (LST) | 4 | d | 1030 | 1033 | | 1037 | 1041 | | 1045 | | 1048 | 1052 | 1056 | 1100 | 1103 | 1107 | 1111 | | | |
| London Liverpool Street (LST) | 15 | d | 1033 | | 1036 | | 1048 | | 1050 | | | | 1102 | | | | | 1113 | | |
| Whitechapel (ZLW) | | d | 1032 | 1035 | | 1039 | 1043 | | 1047 | | 1050 | 1054 | 1058 | | 1102 | 1105 | 1109 | 1113 | | |
| Canary Wharf (CWX) | DLR | d | 1036 | | | 1043 | | | 1051 | | | 1058 | | 1106 | | 1113 | | | | |
| Custom House (CUS) | | d | 1040 | | | 1047 | | | 1055 | | | 1102 | | 1110 | | 1117 | | | | |
| Woolwich (WWC) | | d | 1045 | | | 1052 | | | 1100 | | | 1107 | | 1115 | | 1122 | | | | |
| Abbey Wood (ABW) | | a | 1049 | | | 1056 | | | 1104 | | | 1111 | | 1119 | | 1126 | | | | |
| Stratford (SRA) | DLR 7 | d | 1040 | | 1041 | 1043 | | 1049 | 1055 | | 1058 | 1056 | | 1104 | 1109 | | 1111 | 1119 | 1120 | |
| Maryland (MYL) | | d | | | 1043 | | | 1051 | | | | 1058 | | 1106 | | | 1113 | | 1121 | |
| Forest Gate (FOG) | | d | | | 1045 | | | 1053 | | | | 1100 | | 1108 | | | 1115 | | 1123 | |
| Manor Park (MNP) | | d | | | 1048 | | | 1056 | | | | 1103 | | 1111 | | | 1118 | | 1126 | |
| Ilford (IFD) | 2 | d | | | 1050 | | | 1058 | | | | 1105 | | 1113 | | | 1120 | | 1128 | |
| Seven Kings (SVK) | | d | | | 1053 | | | 1101 | | | | 1108 | | 1116 | | | 1123 | | 1131 | |
| Goodmayes (GMY) | | d | | | 1055 | | | 1103 | | | | 1110 | | 1118 | | | 1125 | | 1133 | |
| Chadwell Heath (CTH) | | d | | | 1057 | | | 1105 | | | | 1112 | | 1120 | | | 1127 | | 1135 | |
| Romford (RMF) | | d | | | 1101 | | | 1109 | | | 1107 | 1116 | | 1124 | | | 1131 | | 1139 | 1128 |
| Gidea Park (GDP) | 2 | d | | | 1104 | | | 1112 | | | | 1119 | | 1127 | | | 1134 | | 1142 | |
| Harold Wood (HRO) | | d | | | 1107 | | | 1115 | | | | 1122 | | 1130 | | | 1137 | | 1145 | |
| Brentwood (BRE) | | d | | | 1111 | | | 1119 | | | | 1126 | | 1134 | | | 1141 | | 1149 | |
| Shenfield (SNF) | 3 | a | 1055 | | 1117 | 1058 | | 1125 | 1111 | | 1116 | 1132 | | 1140 | 1124 | | 1147 | | 1155 | 1139 |

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

a Arrival time
d Departure time

A To Ipswich
B To Southend Victoria
E To Braintree
F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | XR | XR | LE A | |
|-------------------------------------|---------|----|----|----|----|---------|----|----|---------|----|----|---------|----|----|---------|----|----|---------|--|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | | | | | | | | | | | |
| Taplow (TAP) | | d | | | | | | | | | | | | | | | | | |
| Burnham (BNM) | | d | | | | | | | | | | | | | | | | | |
| Slough (SLO) | 3 | d | | | | | | | | | | | | | | | | | |
| Langley (LNY) | | d | | | | | | | | | | | | | | | | | |
| Iver (IVR) | | d | | | | | | | | | | | | | | | | | |
| West Drayton (WDT) | | d | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 3 | d | | | | | | | | | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 3 | d | | | | | | | | | | | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | | | | | | | | | | | | | | | | |
| Southall (STL) | | d | | | | | | | | | | | | | | | | | |
| Hanwell (HAN) | | d | | | | | | | | | | | | | | | | | |
| West Ealing (WEA) | 3 | d | | | | | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | 3 | d | | | | | | | | | | | | | | | | | |
| Acton Main Line (AML) | | d | | | | | | | | | | | | | | | | | |
| London Paddington EL (PAD) | 15 | d | | | | | | | | | | | | | | | | | |
| Bond Street (BDS) | 15 | d | | | | | | | | | | | | | | | | | |
| Tottenham Court Road (TCR) | 15 | d | | | | | | | | | | | | | | | | | |
| Farringdon (ZFD) | 3 | d | | | | | | | | | | | | | | | | | |
| London Liverpool Street EL (LST) | 4 | d | | | | | | | | | | | | | | | | | |
| London Liverpool Street (LST) | 15 | d | | | | | | | | | | | | | | | | | |
| Whitechapel (ZLW) | 15 | d | | | | | | | | | | | | | | | | | |
| Canary Wharf (CWX) | DLR | d | | | | | | | | | | | | | | | | | |
| Custom House (CUS) | | d | | | | | | | | | | | | | | | | | |
| Woolwich (WWC) | | d | | | | | | | | | | | | | | | | | |
| Abbey Wood (ABW) | | a | | | | | | | | | | | | | | | | | |
| Stratford (SRA) | DLR 7 | d | | | | | | | | | | | | | | | | | |
| Maryland (MYL) | | d | | | | | | | | | | | | | | | | | |
| Forest Gate (FOG) | | d | | | | | | | | | | | | | | | | | |
| Manor Park (MNP) | | d | | | | | | | | | | | | | | | | | |
| Ilford (IFD) | 2 | d | | | | | | | | | | | | | | | | | |
| Seven Kings (SVK) | | d | | | | | | | | | | | | | | | | | |
| Goodmayes (GMY) | | d | | | | | | | | | | | | | | | | | |
| Chadwell Heath (CTH) | | d | | | | | | | | | | | | | | | | | |
| Romford (RMF) | | d | | | | | | | | | | | | | | | | | |
| Gidea Park (GDP) | 2 | d | | | | | | | | | | | | | | | | | |
| Harold Wood (HRO) | | d | | | | | | | | | | | | | | | | | |
| Brentwood (BRE) | | d | | | | | | | | | | | | | | | | | |
| Shenfield (SNF) | 3 | a | | | | | | | | | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea
- E To Braintree
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR |
|----------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 d | | 1059 | | | | | | | | | | | | 1129 | | | |
| Twyford (TWY) | 3 d | | 1104 | | | | | | | | | | | | 1134 | | | |
| Maidenhead (MAI) | 3 d | | 1111 | | | | | | 1130 | | | | | | 1141 | | | |
| Taplow (TAP) | d | | 1114 | | | | | | | | | | | | 1144 | | | |
| Burnham (BNM) | d | | 1117 | | | | | | 1134 | | | | | | 1147 | | | |
| Slough (SLO) | 3 d | | 1121 | | | | | | 1138 | | | | | | 1151 | | | |
| Langley (LNY) | d | | 1125 | | | | | | 1142 | | | | | | 1155 | | | |
| Iver (IVR) | d | | | | | | | | 1144 | | | | | | | | | |
| West Drayton (WDT) | d | | 1130 | | | | | | 1147 | | | | | | 1200 | | | |
| Heathrow Terminal 5 (HWV) | 7 d | 1120 | | | | | | | | | | | 1150 | | | | | |
| Heathrow Terminal 4 (HAF) | 7 d | 1115 | | | | | 1130 | | | | | | 1145 | | | | | 1200 |
| Heathrow Terminals 2 & 3 (HXX) | 7 d | 1121 | 1125 | | | | 1136 | | | | | | 1151 | 1155 | | | | 1206 |
| Hayes & Harlington (HAY) | 3 d | 1127 | 1132 | 1135 | | | 1142 | | 1152 | | | | 1157 | 1202 | | 1205 | | 1212 |
| Southall (STL) | d | 1130 | | 1138 | | | 1145 | | 1155 | | | | 1200 | | | 1208 | | 1215 |
| Hanwell (HAN) | d | 1133 | | | | | 1148 | | | | | | 1203 | | | | | 1218 |
| West Ealing (WEA) | 3 d | 1135 | 1139 | | | | 1150 | | | | | | 1205 | 1209 | | | | 1220 |
| Ealing Broadway (EAL) | 3 d | 1137 | 1141 | 1145 | | | 1152 | | 1159 | | | | 1207 | 1211 | | 1215 | | 1222 |
| Acton Main Line (AML) | d | 1140 | | | | | 1155 | | | | | | 1210 | | | | | 1225 |
| London Paddington EL (PAD) | 7 d | 1149 | 1152 | 1156 | 1200 | | 1204 | 1207 | 1211 | 1215 | | 1219 | 1222 | | 1226 | 1230 | | 1234 |
| Bond Street (BDS) | 7 d | 1152 | 1155 | 1159 | 1203 | | 1207 | 1210 | 1214 | 1218 | | 1222 | 1225 | | 1229 | 1233 | | 1237 |
| Tottenham Court Road (TCR) | 7 d | 1154 | 1157 | 1201 | 1205 | | 1209 | 1212 | 1216 | 1220 | | 1224 | 1227 | | 1231 | 1235 | | 1239 |
| Farringdon (ZFD) | 3 d | 1157 | 1200 | 1204 | 1208 | | 1212 | 1215 | 1219 | 1223 | | 1227 | 1230 | | 1234 | 1238 | | 1242 |
| London Liverpool Street EL (LST) | 4 d | 1200 | 1203 | 1207 | 1211 | | 1215 | 1218 | 1222 | 1226 | | 1230 | 1233 | | 1237 | 1241 | | 1245 |
| London Liverpool Street (LST) | 7 d | | | | | 1213 | 1218 | | | | 1233 | | | 1236 | | | 1248 | |
| Whitechapel (ZLW) | 7 d | 1202 | 1205 | 1209 | 1213 | | 1217 | 1220 | 1224 | 1228 | | 1232 | 1235 | | 1239 | 1243 | | 1247 |
| Canary Wharf (CWX) | DLR d | 1206 | | 1213 | | | 1221 | | 1228 | | | 1236 | | | 1243 | | | 1251 |
| Custom House (CUS) | d | 1210 | | 1217 | | | 1225 | | 1232 | | | 1240 | | | 1247 | | | 1255 |
| Woolwich (WWC) | d | 1215 | | 1222 | | | 1230 | | 1237 | | | 1245 | | | 1252 | | | 1300 |
| Abbey Wood (ABW) | a | 1219 | | 1226 | | | 1234 | | 1241 | | | 1249 | | | 1256 | | | 1304 |
| Stratford (SRA) | DLR 7 d | | 1211 | | 1219 | 1220 | 1225 | | 1226 | | 1234 | 1240 | | 1241 | 1243 | | 1249 | 1255 |
| Maryland (MYL) | d | | 1213 | | 1221 | | | | 1228 | | 1236 | | | 1243 | | | 1251 | |
| Forest Gate (FOG) | d | | 1215 | | 1223 | | | | 1230 | | 1238 | | | 1245 | | | 1253 | |
| Manor Park (MNP) | d | | 1218 | | 1226 | | | | 1233 | | 1241 | | | 1248 | | | 1256 | |
| Ilford (IFD) | 2 d | | 1220 | | 1228 | | | | 1235 | | 1243 | | | 1250 | | | 1258 | |
| Seven Kings (SVK) | d | | 1223 | | 1231 | | | | 1238 | | 1246 | | | 1253 | | | 1301 | |
| Goodmayes (GMY) | d | | 1225 | | 1233 | | | | 1240 | | 1248 | | | 1255 | | | 1303 | |
| Chadwell Heath (CTH) | d | | 1227 | | 1235 | | | | 1242 | | 1250 | | | 1257 | | | 1305 | |
| Romford (RMF) | d | | 1231 | | 1239 | 1228 | | | 1246 | | 1254 | | | 1301 | | | 1309 | |
| Gidea Park (GDP) | 2 d | | 1234 | | 1242 | | | | 1249 | | 1257 | | | 1304 | | | 1312 | |
| Harold Wood (HRO) | d | | 1237 | | 1245 | | | | 1252 | | 1300 | | | 1307 | | | 1315 | |
| Brentwood (BRE) | d | | 1241 | | 1249 | | | | 1256 | | 1304 | | | 1311 | | | 1319 | |
| Shenfield (SNF) | 3 a | | 1247 | | 1255 | 1239 | 1241 | | 1302 | | 1310 | 1255 | | 1317 | 1258 | | 1325 | 1311 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Clacton-on-Sea
- E To Braintree
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | |
|----------------------------------|-------|------|-----------|------|-----------|------|-----------|-----------|-----------|------|-----------|-----------|-----------|-----------|----|------|----|----|-----------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 | d | | | | | | | 1159 | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | 1204 | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | 1200 | | | | | 1211 | | | | | 1230 | | | | | |
| Taplow (TAP) | | d | | | | | | | 1214 | | | | | | | | | | |
| Burnham (BNM) | | d | | 1204 | | | | | 1217 | | | | | 1234 | | | | | |
| Slough (SLO) | 3 | d | | 1208 | | | | | 1221 | | | | | 1238 | | | | | |
| Langley (LNY) | | d | | 1212 | | | | | 1225 | | | | | 1242 | | | | | |
| Iver (IVR) | | d | | 1214 | | | | | | | | | | 1244 | | | | | |
| West Drayton (WDT) | | d | | 1217 | | | | | 1229 | | | | | 1247 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | 1220 | | | | | | | | | | | 1250 |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | | 1215 | | | | | 1230 | | | | | | | 1245 |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | | | 1221 | 1225 | | | | 1236 | | | | | | | 1251 1255 |
| Hayes & Harlington (HAY) | 3 | d | | 1222 | | | 1227 | 1232 | 1235 | | | 1242 | | 1252 | | | | | 1257 1302 |
| Southall (STL) | | d | | 1225 | | | 1230 | | 1238 | | | 1245 | | 1255 | | | | | 1300 |
| Hanwell (HAN) | | d | | | | | 1233 | | | | | 1248 | | | | | | | 1303 |
| West Ealing (WEA) | 3 | d | | | | | 1235 | 1239 | | | | 1250 | | | | | | | 1305 1309 |
| Ealing Broadway (EAL) | 3 | d | | 1229 | | | 1237 | 1241 | 1245 | | | 1252 | | 1259 | | | | | 1307 1311 |
| Acton Main Line (AML) | | d | | | | | 1240 | | | | | 1255 | | | | | | | 1310 |
| London Paddington EL (PAD) | 15 | d | 1237 | | 1241 1245 | | 1249 | 1252 | 1256 1300 | | | 1304 1307 | 1311 | 1315 | | | | | 1319 1322 |
| Bond Street (BDS) | 15 | d | 1240 | | 1244 1248 | | 1252 1255 | 1259 1303 | | | | 1307 1310 | 1314 1318 | | | | | | 1322 1325 |
| Tottenham Court Road (TCR) | 15 | d | 1242 | | 1246 1250 | | 1254 1257 | 1301 1305 | | | | 1309 1312 | 1316 1320 | | | | | | 1324 1327 |
| Farringdon (ZFD) | 15 | d | 1245 | | 1249 1253 | | 1257 1300 | 1304 1308 | | | | 1312 1315 | 1319 1323 | | | | | | 1327 1330 |
| London Liverpool Street EL (LST) | 15 | d | 1248 | | 1252 1256 | | 1300 1303 | 1307 1311 | | | | 1315 1318 | 1322 1326 | | | | | | 1330 1333 |
| London Liverpool Street (LST) | 15 | d | | 1250 | | 1302 | | | | | 1313 1318 | | | | | | | | 1333 |
| Whitechapel (ZLW) | 15 | d | 1250 | | 1254 1258 | | 1302 1305 | 1309 1313 | | | | 1317 1320 | 1324 1328 | | | | | | 1332 1335 |
| Canary Wharf (CWX) | DLR | d | | | | | 1306 | 1313 | | | | 1321 | 1328 | | | | | | 1336 |
| Custom House (CUS) | | d | | | | | 1310 | 1317 | | | | 1325 | 1332 | | | | | | 1340 |
| Woolwich (WWC) | | d | | | | | 1315 | 1322 | | | | 1330 | 1337 | | | | | | 1345 |
| Abbey Wood (ABW) | | a | | | | | 1319 | 1326 | | | | 1334 | 1341 | | | | | | 1349 |
| Stratford (SRA) | DLR 7 | d | 1256 1258 | | 1304 1309 | | 1311 | | 1319 1320 | 1325 | | 1326 | | 1334 1340 | | | | | 1341 |
| Maryland (MYL) | | d | | | | | 1313 | | 1321 | | | 1328 | | 1336 | | | | | 1343 |
| Forest Gate (FOG) | | d | | | | | 1315 | | 1323 | | | 1330 | | 1338 | | | | | 1345 |
| Manor Park (MNP) | | d | | | | | 1318 | | 1326 | | | 1333 | | 1341 | | | | | 1348 |
| Ilford (IFD) | 2 | d | | | | | 1320 | | 1328 | | | 1335 | | 1343 | | | | | 1350 |
| Seven Kings (SVK) | | d | | | | | 1323 | | 1331 | | | 1338 | | 1346 | | | | | 1353 |
| Goodmayes (GMY) | | d | | | | | 1325 | | 1333 | | | 1340 | | 1348 | | | | | 1355 |
| Chadwell Heath (CTH) | | d | | | | | 1327 | | 1335 | | | 1342 | | 1350 | | | | | 1357 |
| Romford (RMF) | | d | 1316 1307 | | 1324 | | 1331 | | 1339 1328 | | | 1346 | | 1354 | | | | | 1401 |
| Gidea Park (GDP) | 2 | d | | | | | 1327 | | 1334 | | | 1349 | | 1357 | | | | | 1404 |
| Harold Wood (HRO) | | d | | | | | 1330 | | 1337 | | | 1345 | | 1400 | | | | | 1407 |
| Brentwood (BRE) | | d | | | | | 1334 | | 1341 | | | 1349 | | 1404 | | | | | 1411 |
| Shenfield (SNF) | 3 | a | 1332 1316 | | 1340 1324 | | 1347 | | 1355 1339 | 1341 | | 1402 | | 1410 1355 | | | | | 1417 |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE F | XR | XR | LE E | XR | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C | XR | XR | |
|-------------------------------------|---------|----|------|---------|------|------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|------|
| Reading (RDG) | 7 | d | 1229 | | | | | | | | | | | 1259 | | | | | |
| Twyford (TWY) | 3 | d | 1234 | | | | | | | | | | | 1304 | | | | | |
| Maidenhead (MAI) | 3 | d | 1241 | | | | | | 1300 | | | | | 1311 | | | | | |
| Taplow (TAP) | | d | 1244 | | | | | | | | | | | 1314 | | | | | |
| Burnham (BNM) | | d | 1247 | | | | | | 1304 | | | | | 1317 | | | | | |
| Slough (SLO) | 3 | d | 1251 | | | | | | 1308 | | | | | 1321 | | | | | |
| Langley (LNY) | | d | 1255 | | | | | | 1312 | | | | | 1325 | | | | | |
| Iver (IVR) | | d | | | | | | | 1314 | | | | | | | | | | |
| West Drayton (WDT) | | d | 1300 | | | | | | 1317 | | | | | 1330 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | | | | | | 1320 | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | 1300 | | | | | 1315 | | | | | | 1330 | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | | 1306 | | | | | 1321 | 1325 | | | | | 1336 | | |
| Hayes & Harlington (HAY) | 3 | d | 1305 | | | 1312 | | | 1323 | | 1327 | 1332 | 1335 | | | | 1342 | | |
| Southall (STL) | | d | 1308 | | | 1315 | | | 1326 | | 1330 | | 1338 | | | | 1345 | | |
| Hanwell (HAN) | | d | | | | 1318 | | | | | 1333 | | | | | | 1348 | | |
| West Ealing (WEA) | 3 | d | | | | 1320 | | | | | 1335 | 1339 | | | | | 1350 | | |
| Ealing Broadway (EAL) | 3 | d | 1315 | | | 1322 | | | 1330 | | 1337 | 1341 | 1345 | | | | 1352 | | |
| Acton Main Line (AML) | | d | | | | 1325 | | | | | 1340 | | | | | | 1355 | | |
| London Paddington EL (PAD) | 15 | d | 1326 | 1330 | | 1334 | 1337 | | 1341 | 1345 | 1349 | 1352 | 1356 | 1400 | | | 1404 | 1407 | |
| Bond Street (BDS) | | d | 1329 | 1333 | | 1337 | 1340 | | 1344 | 1348 | 1352 | 1355 | 1359 | 1403 | | | 1407 | 1410 | |
| Tottenham Court Road (TCR) | | d | 1331 | 1335 | | 1339 | 1342 | | 1346 | 1350 | 1354 | 1357 | 1401 | 1405 | | | 1409 | 1412 | |
| Farringdon (ZFD) | 3 | d | 1334 | 1338 | | 1342 | 1345 | | 1349 | 1353 | 1357 | 1400 | 1404 | 1408 | | | 1412 | 1415 | |
| London Liverpool Street EL (LST) | 4 | d | 1337 | 1341 | | 1345 | 1348 | | 1352 | 1356 | 1400 | 1403 | 1407 | 1411 | | | 1415 | 1418 | |
| London Liverpool Street (LST) | 15 | d | 1336 | | 1348 | | 1350 | | | 1402 | | | | | 1413 | 1418 | | | |
| Whitechapel (ZLW) | | d | 1339 | 1343 | | 1347 | 1350 | | 1354 | 1358 | 1402 | 1405 | 1409 | 1413 | | | 1417 | 1420 | |
| Canary Wharf (CWX) | DLR | d | 1343 | | | 1351 | | | 1358 | | 1406 | 1409 | 1413 | | | | 1421 | | |
| Custom House (CUS) | | d | 1347 | | | 1355 | | | 1402 | | 1410 | 1413 | 1417 | | | | 1425 | | |
| Woolwich (WWC) | | d | 1352 | | | 1400 | | | 1407 | | 1415 | 1418 | 1422 | | | | 1430 | | |
| Abbey Wood (ABW) | | a | 1356 | | | 1404 | | | 1411 | | 1419 | 1422 | 1426 | | | | 1434 | | |
| Stratford (SRA) | DLR 7 | d | 1343 | | 1349 | 1355 | | 1356 | 1358 | | 1404 | 1409 | | 1411 | | 1419 | 1420 | 1425 | 1426 |
| Maryland (MYL) | | d | | | 1351 | | | 1358 | | | 1406 | | | 1413 | | 1421 | | | 1428 |
| Forest Gate (FOG) | | d | | | 1353 | | | 1400 | | | 1408 | | | 1415 | | 1423 | | | 1430 |
| Manor Park (MNP) | | d | | | 1356 | | | 1403 | | | 1411 | | | 1418 | | 1426 | | | 1433 |
| Ilford (IFD) | 2 | d | | | 1358 | | | 1405 | | | 1413 | | | 1420 | | 1428 | | | 1435 |
| Seven Kings (SVK) | | d | | | 1401 | | | 1408 | | | 1416 | | | 1423 | | 1431 | | | 1438 |
| Goodmayes (GMY) | | d | | | 1403 | | | 1410 | | | 1418 | | | 1425 | | 1433 | | | 1440 |
| Chadwell Heath (CTH) | | d | | | 1405 | | | 1412 | | | 1420 | | | 1427 | | 1435 | | | 1442 |
| Romford (RMF) | | d | | | 1409 | | | 1416 | 1407 | | 1424 | | | 1431 | 1439 | 1428 | | | 1446 |
| Gidea Park (GDP) | 2 | d | | | 1412 | | | 1419 | | | 1427 | | | 1434 | | 1442 | | | 1449 |
| Harold Wood (HRO) | | d | | | 1415 | | | 1422 | | | 1430 | | | 1437 | | 1445 | | | 1452 |
| Brentwood (BRE) | | d | | | 1419 | | | 1426 | | | 1434 | | | 1441 | | 1449 | | | 1456 |
| Shenfield (SNF) | 3 | a | 1358 | | 1425 | 1412 | | 1432 | 1416 | | 1440 | 1424 | | 1447 | | 1455 | 1439 | 1441 | 1502 |

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

a Arrival time
d Departure time

A To Ipswich
B To Southend Victoria
C To Clacton-on-Sea
E To Braintree
F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | XR | XR | LE A | XR | XR |
|---------------------------------------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | |
| Reading (RDG) 7 d | | | | | | | 1329 | | | | | | | | | | 1359 |
| Twyford (TWY) 3 d | | | | | | | 1334 | | | | | | | | | | 1404 |
| Maidenhead (MAI) 3 d | 1330 | | | | | | 1341 | | | | | 1400 | | | | | 1411 |
| Taplow (TAP) d | | | | | | | 1344 | | | | | | | | | | 1414 |
| Burnham (BNM) d | 1334 | | | | | | 1347 | | | | | 1404 | | | | | 1417 |
| Slough (SLO) 3 d | 1338 | | | | | | 1351 | | | | | 1408 | | | | | 1421 |
| Langley (LNY) d | 1342 | | | | | | 1355 | | | | | 1412 | | | | | 1425 |
| Iver (IVR) d | 1344 | | | | | | | | | | | 1414 | | | | | |
| West Drayton (WDT) d | 1347 | | | | | | 1400 | | | | | 1417 | | | | | 1430 |
| Heathrow Terminal 5 (HWV) 7 d | | | | | | 1350 | | | | | | | | | | | 1420 |
| Heathrow Terminal 4 (HAF) 7 d | | | | 1345 | | | | | 1400 | | | | | | | 1415 | |
| Heathrow Terminals 2 & 3 (HXX) 7 d | | | | 1351 | 1355 | | | | 1406 | | | | | | | 1421 | 1425 |
| Hayes & Harlington (HAY) 3 d | 1351 | | | 1358 | 1402 | | 1405 | | 1412 | | | 1422 | | | | 1427 | 1432 |
| Southall (STL) d | 1354 | | | 1401 | | | 1408 | | 1415 | | | 1425 | | | | 1430 | 1438 |
| Hanwell (HAN) d | | | | 1404 | | | | | 1418 | | | | | | | 1433 | |
| West Ealing (WEA) 3 d | | | | 1406 | 1409 | | | | 1420 | | | | | | | 1435 | 1439 |
| Ealing Broadway (EAL) 3 d | 1359 | | | 1408 | 1411 | | 1415 | | 1422 | | | 1429 | | | | 1437 | 1441 |
| Acton Main Line (AML) d | | | | 1411 | | | | | 1425 | | | | | | | 1440 | |
| London Paddington EL (PAD) 15 d | 1411 | 1415 | | 1419 | 1422 | | 1426 | 1430 | 1434 | 1437 | | 1441 | 1445 | | 1449 | 1452 | 1456 |
| Bond Street (BDS) 15 d | 1414 | 1418 | | 1422 | 1425 | | 1429 | 1433 | 1437 | 1440 | | 1444 | 1448 | | 1452 | 1455 | 1459 |
| Tottenham Court Road (TCR) 15 d | 1416 | 1420 | | 1424 | 1427 | | 1431 | 1435 | 1439 | 1442 | | 1446 | 1450 | | 1454 | 1457 | 1501 |
| Farringdon (ZFD) 15 d | 1419 | 1423 | | 1427 | 1430 | | 1434 | 1438 | 1442 | 1445 | | 1449 | 1453 | | 1457 | 1500 | 1504 |
| London Liverpool Street EL (LST) 15 d | 1422 | 1426 | | 1430 | 1433 | | 1437 | 1441 | 1445 | 1448 | | 1452 | 1456 | | 1500 | 1503 | 1507 |
| London Liverpool Street (LST) 15 d | | | 1433 | | | 1436 | | | 1448 | | 1450 | | | 1502 | | | |
| Whitechapel (ZLW) 15 d | 1424 | 1428 | | 1432 | 1435 | | 1439 | 1443 | 1447 | 1450 | | 1454 | 1458 | | 1502 | 1505 | 1509 |
| Canary Wharf (CWX) DLR d | 1428 | | | 1436 | | | 1443 | | 1451 | | | 1458 | | | 1506 | | 1513 |
| Custom House (CUS) d | 1432 | | | 1440 | | | 1447 | | 1455 | | | 1502 | | | 1510 | | 1517 |
| Woolwich (WWC) d | 1437 | | | 1445 | | | 1452 | | 1500 | | | 1507 | | | 1515 | | 1522 |
| Abbey Wood (ABW) a | 1441 | | | 1449 | | | 1456 | | 1504 | | | 1511 | | | 1519 | | 1526 |
| Stratford (SRA) 7 d | | 1434 | 1440 | | 1441 | 1443 | | 1449 | 1455 | | 1456 | 1458 | | 1504 | 1509 | | 1511 |
| Maryland (MYL) d | | 1436 | | | 1443 | | | 1451 | | | 1458 | | | 1506 | | | 1513 |
| Forest Gate (FOG) d | | 1438 | | | 1445 | | | 1453 | | | 1500 | | | 1508 | | | 1515 |
| Manor Park (MNP) d | | 1441 | | | 1448 | | | 1456 | | | 1503 | | | 1511 | | | 1518 |
| Ilford (IFD) 2 d | | 1443 | | | 1450 | | | 1458 | | | 1505 | | | 1513 | | | 1520 |
| Seven Kings (SVK) d | | 1446 | | | 1453 | | | 1501 | | | 1508 | | | 1516 | | | 1523 |
| Goodmayes (GMY) d | | 1448 | | | 1455 | | | 1503 | | | 1510 | | | 1518 | | | 1525 |
| Chadwell Heath (CTH) d | | 1450 | | | 1457 | | | 1505 | | | 1512 | | | 1520 | | | 1527 |
| Romford (RMF) d | | 1454 | | | 1501 | | | 1509 | | | 1516 | 1507 | | 1524 | | | 1531 |
| Gidea Park (GDP) 2 d | | 1457 | | | 1504 | | | 1512 | | | 1519 | | | 1527 | | | 1534 |
| Harold Wood (HRO) d | | 1500 | | | 1507 | | | 1515 | | | 1522 | | | 1530 | | | 1537 |
| Brentwood (BRE) d | | 1504 | | | 1511 | | | 1519 | | | 1526 | | | 1534 | | | 1541 |
| Shenfield (SNF) 3 a | | 1510 | 1455 | | 1517 | 1458 | | 1525 | 1511 | | 1532 | 1516 | | 1540 | 1524 | | 1547 |

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

a Arrival time
d Departure time

A To Ipswich
B To Southend Victoria
E To Braintree
F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | XR | |
|-------------------------------------|-----|---------|---------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | | | 1429 | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | | | 1434 | |
| Maidenhead (MAI) | 3 | d | | | | | 1430 | | | | | | | | | | | 1441 | 1500 |
| Taplow (TAP) | | d | | | | | | | | | | | | | | | | 1444 | |
| Burnham (BNM) | | d | | | | | 1434 | | | | | | | | | | | 1447 | 1504 |
| Slough (SLO) | 3 | d | | | | | 1438 | | | | | | | | | | | 1451 | 1508 |
| Langley (LNY) | | d | | | | | 1442 | | | | | | | | | | | 1455 | 1512 |
| Iver (IVR) | | d | | | | | 1444 | | | | | | | | | | | 1444 | 1514 |
| West Drayton (WDT) | | d | | | | | 1447 | | | | | | | | | | | 1500 | 1517 |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | | | | 1450 | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | 1430 | | | | | 1445 | | | | | | 1500 | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | 1436 | | | | | 1451 | 1455 | | | | | 1506 | | | |
| Hayes & Harlington (HAY) | 3 | d | | | 1442 | | 1452 | | | 1457 | 1502 | | | | 1505 | | | 1512 | 1522 |
| Southall (STL) | | d | | | 1445 | | 1455 | | | 1500 | | | | | 1508 | | | 1515 | 1525 |
| Hanwell (HAN) | | d | | | 1448 | | | | | 1503 | | | | | | | | 1518 | |
| West Ealing (WEA) | 3 | d | | | 1450 | | | | | 1505 | 1509 | | | | | | | 1520 | |
| Ealing Broadway (EAL) | ← | d | | | 1452 | | 1459 | | | 1507 | 1511 | | | | 1515 | | | 1522 | 1529 |
| Acton Main Line (AML) | | d | | | 1455 | | | | | 1510 | | | | | | | | 1525 | |
| London Paddington EL (PAD) | ← | d | 1500 | | 1504 | 1507 | 1511 | 1515 | | 1519 | 1522 | | | 1526 | 1530 | | 1534 | 1537 | 1541 |
| Bond Street (BDS) | ← | d | 1503 | | 1507 | 1510 | 1514 | 1518 | | 1522 | 1525 | | | 1529 | 1533 | | 1537 | 1540 | 1544 |
| Tottenham Court Road (TCR) | ← | d | 1505 | | 1509 | 1512 | 1516 | 1520 | | 1524 | 1527 | | | 1531 | 1535 | | 1539 | 1542 | 1546 |
| Farringdon (ZFD) | ← | d | 1508 | | 1512 | 1515 | 1519 | 1523 | | 1527 | 1530 | | | 1534 | 1538 | | 1542 | 1545 | 1549 |
| London Liverpool Street EL (LST) | ← | d | 1511 | | 1515 | 1518 | 1522 | 1526 | | 1530 | 1533 | | | 1537 | 1541 | | 1545 | 1548 | 1552 |
| London Liverpool Street (LST) | ← | d | | 1513 | 1518 | | | | 1533 | | 1536 | | | 1548 | | | | 1550 | |
| Whitechapel (ZLW) | ← | d | 1513 | | 1517 | 1520 | 1524 | 1528 | | 1532 | 1535 | | | 1539 | 1543 | | 1547 | 1550 | 1554 |
| Canary Wharf (CWX) | DLR | d | | | 1521 | | 1528 | | | 1536 | | | | 1543 | | | 1551 | | 1558 |
| Custom House (CUS) | | d | | | 1525 | | 1532 | | | 1540 | | | | 1547 | | | 1555 | | 1602 |
| Woolwich (WWC) | | d | | | 1530 | | 1537 | | | 1545 | | | | 1552 | | | 1600 | | 1607 |
| Abbey Wood (ABW) | a | | | | 1534 | | 1541 | | | 1549 | | | | 1556 | | | 1604 | | 1611 |
| Stratford (SRA) | ← | d | 1519 | 1520 | 1525 | | 1526 | | 1534 | 1540 | | | 1541 | 1543 | | 1549 | 1555 | 1556 | 1558 |
| Maryland (MYL) | | d | 1521 | | | | 1528 | | 1536 | | | | 1543 | | | 1551 | | 1558 | |
| Forest Gate (FOG) | | d | 1523 | | | | 1530 | | 1538 | | | | 1545 | | | 1553 | | 1600 | |
| Manor Park (MNP) | | d | 1526 | | | | 1533 | | 1541 | | | | 1548 | | | 1556 | | 1603 | |
| Ilford (IFD) | 2 | d | 1528 | | | | 1535 | | 1543 | | | | 1550 | | | 1558 | | 1605 | |
| Seven Kings (SVK) | | d | 1531 | | | | 1538 | | 1546 | | | | 1553 | | | 1601 | | 1608 | |
| Goodmayes (GMY) | | d | 1533 | | | | 1540 | | 1548 | | | | 1555 | | | 1603 | | 1610 | |
| Chadwell Heath (CTH) | | d | 1535 | | | | 1542 | | 1550 | | | | 1557 | | | 1605 | | 1612 | |
| Romford (RMF) | | d | 1539 | 1528 | | | 1546 | | 1554 | | | | 1601 | | | 1609 | | 1616 | 1607 |
| Gidea Park (GDP) | 2 | d | 1542 | | | | 1549 | | 1557 | | | | 1604 | | | 1612 | | 1619 | |
| Harold Wood (HRO) | | d | 1545 | | | | 1552 | | 1600 | | | | 1607 | | | 1615 | | 1622 | |
| Brentwood (BRE) | | d | 1549 | | | | 1556 | | 1604 | | | | 1611 | | | 1619 | | 1626 | |
| Shenfield (SNF) | 3 | a | 1555 | 1539 | 1541 | | 1602 | | 1610 | 1555 | | 1617 | 1558 | | 1625 | 1611 | | 1632 | 1616 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Clacton-on-Sea
- E To Braintree
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | LE A | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | |
|-------------------------------------|-------|---------|------|------|------|------|---------|---------|----|------|------|------|---------|------|------|---------|----|------|------|
| Reading (RDG) | 7 | d | | | | 1459 | | | | | | | | | | | | 1529 | |
| Twyford (TWY) | 3 | d | | | | 1504 | | | | | | | | | | | | 1534 | |
| Maidenhead (MAI) | 3 | d | | | | 1511 | | | | | | 1530 | | | | | | 1541 | |
| Taplow (TAP) | | d | | | | 1514 | | | | | | | | | | | | 1544 | |
| Burnham (BNM) | | d | | | | 1517 | | | | | | | | 1534 | | | | 1547 | |
| Slough (SLO) | 3 | d | | | | 1521 | | | | | | | | 1538 | | | | 1551 | |
| Langley (LNY) | | d | | | | 1525 | | | | | | | | 1542 | | | | 1555 | |
| Iver (IVR) | | d | | | | | | | | | | | | 1544 | | | | | |
| West Drayton (WDT) | | d | | | | 1530 | | | | | | | | 1547 | | | | 1600 | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | 1520 | | | | | | | | | | | 1550 | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | 1515 | | | | | | 1530 | | | | 1545 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 1521 | 1525 | | | | | 1536 | | | | 1551 | 1555 | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 1527 | 1532 | 1535 | | | | 1542 | | 1552 | | 1557 | 1602 | | | 1605 | |
| Southall (STL) | | d | | 1530 | | 1538 | | | | 1545 | | 1555 | | 1600 | | | | 1608 | |
| Hanwell (HAN) | | d | | 1533 | | | | | | 1548 | | | | 1603 | | | | | |
| West Ealing (WEA) | 3 | d | | 1535 | 1539 | | | | | 1550 | | | | 1605 | 1609 | | | | |
| Ealing Broadway (EAL) | 3 | d | | 1537 | 1541 | 1545 | | | | 1552 | | 1559 | | 1607 | 1611 | | | 1615 | |
| Acton Main Line (AML) | | d | | 1540 | | | | | | 1555 | | | | 1610 | | | | | |
| London Paddington EL (PAD) | 15 | d | 1545 | 1549 | 1552 | 1556 | 1600 | | | 1604 | 1607 | 1611 | 1615 | 1619 | 1622 | | | 1626 | 1630 |
| Bond Street (BDS) | 15 | d | 1548 | 1552 | 1555 | 1559 | 1603 | | | 1607 | 1610 | 1614 | 1618 | 1622 | 1625 | | | 1629 | 1633 |
| Tottenham Court Road (TCR) | 15 | d | 1550 | 1554 | 1557 | 1601 | 1605 | | | 1609 | 1612 | 1616 | 1620 | 1624 | 1627 | | | 1631 | 1635 |
| Farringdon (ZFD) | 3 | d | 1553 | 1557 | 1600 | 1604 | 1608 | | | 1612 | 1615 | 1619 | 1623 | 1627 | 1630 | | | 1634 | 1638 |
| London Liverpool Street EL (LST) | 4 | d | 1556 | 1600 | 1603 | 1607 | 1611 | | | 1615 | 1618 | 1622 | 1626 | 1630 | 1633 | | | 1637 | 1641 |
| London Liverpool Street (LST) | 15 | d | | 1602 | | | 1613 | 1618 | | | | | 1633 | | 1636 | | | | |
| Whitechapel (ZLW) | 15 | d | 1558 | 1602 | 1605 | 1609 | 1613 | | | 1617 | 1620 | 1624 | 1628 | 1632 | 1635 | | | 1639 | 1643 |
| Canary Wharf (CWX) | DLR | d | | 1606 | 1613 | | | | | 1621 | 1628 | | | 1636 | | | | 1643 | |
| Custom House (CUS) | | d | | 1610 | 1617 | | | | | 1625 | 1632 | | | 1640 | | | | 1647 | |
| Woolwich (WWC) | | d | | 1615 | 1622 | | | | | 1630 | 1637 | | | 1645 | | | | 1652 | |
| Abbey Wood (ABW) | | a | | 1619 | 1626 | | | | | 1634 | 1641 | | | 1649 | | | | 1656 | |
| Stratford (SRA) | DLR 7 | d | 1604 | 1609 | 1611 | 1619 | 1620 | 1625 | | 1626 | 1634 | 1640 | | 1641 | 1643 | | | 1649 | |
| Maryland (MYL) | | d | 1606 | | 1613 | 1621 | | | | 1628 | 1636 | | | 1643 | | | | 1651 | |
| Forest Gate (FOG) | | d | 1608 | | 1615 | 1623 | | | | 1630 | 1638 | | | 1645 | | | | 1653 | |
| Manor Park (MNP) | | d | 1611 | | 1618 | 1626 | | | | 1633 | 1641 | | | 1648 | | | | 1656 | |
| Ilford (IFD) | 2 | d | 1613 | | 1620 | 1628 | | | | 1635 | 1643 | | | 1650 | | | | 1658 | |
| Seven Kings (SVK) | | d | 1616 | | 1623 | 1631 | | | | 1638 | 1646 | | | 1653 | | | | 1701 | |
| Goodmayes (GMY) | | d | 1618 | | 1625 | 1633 | | | | 1640 | 1648 | | | 1655 | | | | 1703 | |
| Chadwell Heath (CTH) | | d | 1620 | | 1627 | 1635 | | | | 1642 | 1650 | | | 1657 | | | | 1705 | |
| Romford (RMF) | | d | 1624 | | 1631 | 1639 | 1628 | | | 1646 | 1654 | | | 1701 | | | | 1709 | |
| Gidea Park (GDP) | 2 | d | 1627 | | 1634 | 1642 | | | | 1649 | 1657 | | | 1704 | | | | 1712 | |
| Harold Wood (HRO) | | d | 1630 | | 1637 | 1645 | | | | 1652 | 1700 | | | 1707 | | | | 1715 | |
| Brentwood (BRE) | | d | 1634 | | 1641 | 1649 | | | | 1656 | 1704 | | | 1711 | | | | 1719 | |
| Shenfield (SNF) | 3 | a | 1640 | 1624 | 1647 | 1655 | 1639 | 1641 | | 1702 | 1710 | | 1655 | 1717 | 1658 | | | 1725 | |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE E | XR | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | | |
|-------------------------------------|---------|----|------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|------|------|---------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | 1559 | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | 1604 | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | 1600 | | | | | 1611 | | | | | | 1630 | | | |
| Taplow (TAP) | | d | | | | | | | | | 1614 | | | | | | | | | |
| Burnham (BNM) | | d | | | | 1604 | | | | | 1617 | | | | | | 1634 | | | |
| Slough (SLO) | 3 | d | | | | 1608 | | | | | 1621 | | | | | | 1638 | | | |
| Langley (LNY) | | d | | | | 1612 | | | | | 1625 | | | | | | 1642 | | | |
| Iver (IVR) | | d | | | | 1614 | | | | | | | | | | | 1644 | | | |
| West Drayton (WDT) | | d | | | | 1617 | | | | | 1630 | | | | | | 1647 | | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | | | 1620 | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | 1600 | | | | | 1615 | | | | | 1630 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | 1606 | | | | | 1621 | 1625 | | | | 1636 | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 1612 | | | 1622 | | 1627 | 1632 | 1635 | | | 1642 | | | 1652 | | | |
| Southall (STL) | | d | | 1615 | | | 1625 | | 1630 | | 1638 | | | 1645 | | | 1655 | | | |
| Hanwell (HAN) | | d | | 1618 | | | | | 1633 | | | | | 1648 | | | | | | |
| West Ealing (WEA) | 3 | d | | 1620 | | | | | 1635 | 1639 | | | | 1650 | | | | | | |
| Ealing Broadway (EAL) | ← | d | | 1622 | | | 1629 | | 1637 | 1641 | 1645 | | | 1652 | | | 1659 | | | |
| Acton Main Line (AML) | | d | | 1625 | | | | | 1640 | | | | | 1655 | | | | | | |
| London Paddington EL (PAD) | ← | d | | 1634 | 1637 | | 1641 | 1645 | 1649 | 1652 | 1656 | 1700 | | 1704 | 1707 | 1711 | 1715 | | | |
| Bond Street (BDS) | ← | d | | 1637 | 1640 | | 1644 | 1648 | 1652 | 1655 | 1659 | 1703 | | 1707 | 1710 | 1714 | 1718 | | | |
| Tottenham Court Road (TCR) | ← | d | | 1639 | 1642 | | 1646 | 1650 | 1654 | 1657 | 1701 | 1705 | | 1709 | 1712 | 1716 | 1720 | | | |
| Farringdon (ZFD) | ← | d | | 1642 | 1645 | | 1649 | 1653 | 1657 | 1700 | 1704 | 1708 | | 1712 | 1715 | 1719 | 1723 | | | |
| London Liverpool Street EL (LST) | ← | d | | 1645 | 1648 | | 1652 | 1656 | 1700 | 1703 | 1707 | 1711 | | 1715 | 1718 | 1722 | 1726 | | | |
| London Liverpool Street (LST) | ← | d | 1648 | | 1650 | | 1702 | | | | | | 1713 | 1718 | | | | | 1733 | |
| Whitechapel (ZLW) | ← | d | | 1647 | 1650 | | 1654 | 1658 | | 1702 | 1705 | 1709 | 1713 | | | 1717 | 1720 | 1724 | 1728 | |
| Canary Wharf (CWX) | DLR | d | | 1651 | | | 1658 | | 1706 | | 1713 | | | 1721 | | 1728 | | | | |
| Custom House (CUS) | | d | | 1655 | | | 1702 | | 1710 | | 1717 | | | 1725 | | 1732 | | | | |
| Woolwich (WWC) | | d | | 1700 | | | 1707 | | 1715 | | 1722 | | | 1730 | | 1737 | | | | |
| Abbey Wood (ABW) | a | | | 1704 | | | 1711 | | 1719 | | 1726 | | | 1734 | | 1741 | | | | |
| Stratford (SRA) | ← | d | 1655 | | 1656 | 1658 | | 1704 | 1709 | | 1711 | | 1719 | 1720 | 1725 | | 1726 | | 1734 | 1740 |
| Maryland (MYL) | | d | | | 1658 | | | 1706 | | | 1713 | | | | | | 1728 | | 1736 | |
| Forest Gate (FOG) | | d | | | 1700 | | | 1708 | | | 1715 | | | | | | 1730 | | 1738 | |
| Manor Park (MNP) | | d | | | 1703 | | | 1711 | | | 1718 | | | | | | 1733 | | 1741 | |
| Ilford (IFD) | 2 | d | | | 1705 | | | 1713 | | | 1720 | | | | | | 1735 | | 1743 | |
| Seven Kings (SVK) | | d | | | 1708 | | | 1716 | | | 1723 | | | | | | 1738 | | 1746 | |
| Goodmayes (GMY) | | d | | | 1710 | | | 1718 | | | 1725 | | | | | | 1740 | | 1748 | |
| Chadwell Heath (CTH) | | d | | | 1712 | | | 1720 | | | 1727 | | | | | | 1742 | | 1750 | |
| Romford (RMF) | | d | | | 1716 | 1707 | | 1724 | | | 1731 | | 1728 | | | | 1746 | | 1754 | |
| Gidea Park (GDP) | 2 | d | | | 1719 | | | 1727 | | | 1734 | | | | | | 1749 | | 1757 | |
| Harold Wood (HRO) | | d | | | 1722 | | | 1730 | | | 1737 | | | | | | 1752 | | 1800 | |
| Brentwood (BRE) | | d | | | 1726 | | | 1734 | | | 1741 | | | | | | 1756 | | 1804 | |
| Shenfield (SNF) | 3 | a | 1711 | | 1732 | 1716 | | 1740 | 1724 | | 1747 | | | 1755 | 1739 | 1741 | 1802 | | 1810 | 1755 |

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

a Arrival time
d Departure time

A To Ipswich
B To Southend Victoria
C To Clacton-on-Sea
E To Braintree

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C | | |
|----------------------------------|-------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 | d | | 1629 | | | | | | | | | | | | 1659 | | | | |
| Twyford (TWY) | 3 | d | | 1634 | | | | | | | | | | | | 1704 | | | | |
| Maidenhead (MAI) | 3 | d | | 1641 | | | | | 1700 | | | | | | | 1711 | | | | |
| Taplow (TAP) | | d | | 1644 | | | | | | | | | | | | 1714 | | | | |
| Burnham (BNM) | | d | | 1647 | | | | | 1704 | | | | | | | 1717 | | | | |
| Slough (SLO) | 3 | d | | 1651 | | | | | 1708 | | | | | | | 1721 | | | | |
| Langley (LNY) | | d | | 1655 | | | | | 1712 | | | | | | | 1725 | | | | |
| Iver (IVR) | | d | | | | | | | 1714 | | | | | | | | | | | |
| West Drayton (WDT) | | d | | 1700 | | | | | 1717 | | | | | | | 1730 | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 1650 | | | | | | | | | | | 1720 | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 1645 | | | | 1700 | | | | | | 1715 | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1651 | 1655 | | | 1706 | | | | | | 1721 | 1725 | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | 1657 | 1702 | | | 1712 | | 1721 | | | | 1727 | 1732 | | 1735 | | | | |
| Southall (STL) | | d | 1700 | | | | 1715 | | 1724 | | | | 1730 | | | 1738 | | | | |
| Hanwell (HAN) | | d | 1703 | | | | 1718 | | | | | | 1733 | | | | | | | |
| West Ealing (WEA) | 3 | d | 1705 | 1709 | | | 1720 | | | | | | 1735 | 1739 | | | | | | |
| Ealing Broadway (EAL) | 3 | d | 1707 | 1711 | | | 1722 | | 1729 | | | | 1737 | 1741 | 1745 | | | | | |
| Acton Main Line (AML) | | d | 1710 | | | | 1725 | | | | | | 1740 | | | | | | | |
| London Paddington EL (PAD) | 15 | d | 1719 | 1722 | | 1726 | 1730 | | 1734 | 1737 | | 1741 | 1745 | | 1749 | 1752 | 1756 | 1800 | | |
| Bond Street (BDS) | 15 | d | 1722 | 1725 | | 1729 | 1733 | | 1737 | 1740 | | 1744 | 1748 | | 1752 | 1755 | 1759 | 1803 | | |
| Tottenham Court Road (TCR) | 15 | d | 1724 | 1727 | | 1731 | 1735 | | 1739 | 1742 | | 1746 | 1750 | | 1754 | 1757 | 1801 | 1805 | | |
| Farringdon (ZFD) | 3 | d | 1727 | 1730 | | 1734 | 1738 | | 1742 | 1745 | | 1749 | 1753 | | 1757 | 1800 | 1804 | 1808 | | |
| London Liverpool Street EL (LST) | 4 | d | 1730 | 1733 | | 1737 | 1741 | | 1745 | 1748 | | 1752 | 1756 | | 1800 | 1803 | 1807 | 1811 | | |
| London Liverpool Street (LST) | 15 | d | | 1736 | | | 1748 | | 1750 | | | 1802 | | | | | 1813 | 1818 | | |
| Whitechapel (ZLW) | 15 | d | 1732 | 1735 | | 1739 | 1743 | | 1747 | 1750 | | 1754 | 1758 | | 1802 | 1805 | 1809 | 1813 | | |
| Canary Wharf (CWX) | DLR | d | 1736 | | | 1743 | | | 1751 | | | 1758 | | | 1806 | | 1813 | | | |
| Custom House (CUS) | | d | 1740 | | | 1747 | | | 1755 | | | 1802 | | | 1810 | | 1817 | | | |
| Woolwich (WWC) | | d | 1745 | | | 1752 | | | 1800 | | | 1807 | | | 1815 | | 1822 | | | |
| Abbey Wood (ABW) | | a | 1749 | | | 1756 | | | 1804 | | | 1811 | | | 1819 | | 1826 | | | |
| Stratford (SRA) | DLR 7 | d | | 1741 | 1743 | | 1749 | 1755 | | 1756 | 1758 | | 1804 | 1809 | | 1811 | | 1819 | 1820 | 1825 |
| Maryland (MYL) | | d | | 1743 | | | 1751 | | | 1758 | | | 1806 | | | 1813 | | 1821 | | |
| Forest Gate (FOG) | | d | | 1745 | | | 1753 | | | 1800 | | | 1808 | | | 1815 | | 1823 | | |
| Manor Park (MNP) | | d | | 1748 | | | 1756 | | | 1803 | | | 1811 | | | 1818 | | 1826 | | |
| Ilford (IFD) | 2 | d | | 1750 | | | 1758 | | | 1805 | | | 1813 | | | 1820 | | 1828 | | |
| Seven Kings (SVK) | | d | | 1753 | | | 1801 | | | 1808 | | | 1816 | | | 1823 | | 1831 | | |
| Goodmayes (GMY) | | d | | 1755 | | | 1803 | | | 1810 | | | 1818 | | | 1825 | | 1833 | | |
| Chadwell Heath (CTH) | | d | | 1757 | | | 1805 | | | 1812 | | | 1820 | | | 1827 | | 1835 | | |
| Romford (RMF) | | d | | 1801 | | | 1809 | | | 1816 | 1807 | | 1824 | | | 1831 | | 1839 | 1828 | |
| Gidea Park (GDP) | 2 | d | | 1804 | | | 1812 | | | 1819 | | | 1827 | | | 1834 | | 1842 | | |
| Harold Wood (HRO) | | d | | 1807 | | | 1815 | | | 1822 | | | 1830 | | | 1837 | | 1845 | | |
| Brentwood (BRE) | | d | | 1811 | | | 1819 | | | 1826 | | | 1834 | | | 1841 | | 1849 | | |
| Shenfield (SNF) | 3 | a | | 1817 | 1758 | | 1825 | 1811 | | 1832 | 1816 | | 1840 | 1824 | | 1847 | | 1855 | 1839 | 1841 |

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

a Arrival time
d Departure time

A To Ipswich
B To Southend Victoria
C To Clacton-on-Sea
E To Braintree
F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | XR | LE B | XR | XR | LE D | XR | |
|-------------------------------------|-------|----|------|------|---------|------|------|---------|------|------|---------|------|------|---------|------|----|---------|----|------|
| Reading (RDG) | 7 | d | | | | | | | 1729 | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | 1734 | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | 1730 | | | | | 1741 | | | | | 1800 | | | | | |
| Taplow (TAP) | | d | | | | | | | 1744 | | | | | | | | | | |
| Burnham (BNM) | | d | | 1734 | | | | | 1747 | | | | | 1804 | | | | | |
| Slough (SLO) | 3 | d | | 1738 | | | | | 1751 | | | | | 1808 | | | | | |
| Langley (LNY) | | d | | 1742 | | | | | 1755 | | | | | 1812 | | | | | |
| Iver (IVR) | | d | | 1744 | | | | | | | | | | 1814 | | | | | |
| West Drayton (WDT) | | d | | 1747 | | | | | 1800 | | | | | 1817 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | 1750 | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 1730 | | | 1745 | | | | | | 1800 | | | | | | | 1815 |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1736 | | | 1751 | 1755 | | | | | 1806 | | | | | | | 1821 |
| Hayes & Harlington (HAY) | 3 | d | 1742 | 1752 | | 1757 | 1802 | | 1805 | | | 1812 | | | 1822 | | | | 1827 |
| Southall (STL) | | d | 1745 | 1755 | | 1800 | | | 1808 | | | 1815 | | | 1825 | | | | 1830 |
| Hanwell (HAN) | | d | 1748 | | | 1803 | | | | | | 1818 | | | | | | | 1833 |
| West Ealing (WEA) | 3 | d | 1750 | | | 1805 | 1809 | | | | | 1820 | | | | | | | 1835 |
| Ealing Broadway (EAL) | 3 | d | 1752 | 1759 | | 1807 | 1811 | | 1815 | | | 1822 | | | 1829 | | | | 1837 |
| Acton Main Line (AML) | | d | 1755 | | | 1810 | | | | | | 1825 | | | | | | | 1840 |
| London Paddington EL (PAD) | 15 | d | 1804 | 1807 | 1811 | 1815 | 1819 | 1822 | 1826 | 1830 | 1834 | 1837 | 1841 | 1845 | 1849 | | | | 1849 |
| Bond Street (BDS) | 15 | d | 1807 | 1810 | 1814 | 1818 | 1822 | 1825 | 1829 | 1833 | 1837 | 1840 | 1844 | 1848 | 1852 | | | | 1852 |
| Tottenham Court Road (TCR) | 15 | d | 1809 | 1812 | 1816 | 1820 | 1824 | 1827 | 1831 | 1835 | 1839 | 1842 | 1846 | 1850 | 1854 | | | | 1854 |
| Farringdon (ZFD) | 15 | d | 1812 | 1815 | 1819 | 1823 | 1827 | 1830 | 1834 | 1838 | 1842 | 1845 | 1849 | 1853 | 1857 | | | | 1857 |
| London Liverpool Street EL (LST) | 15 | d | 1815 | 1818 | 1822 | 1826 | 1830 | 1833 | 1837 | 1841 | 1845 | 1848 | 1852 | 1856 | 1900 | | | | 1900 |
| London Liverpool Street (LST) | 15 | d | | | 1833 | | | 1836 | | | 1846 | | 1850 | | 1904 | | | | |
| Whitechapel (ZLW) | 15 | d | 1817 | 1820 | 1824 | 1828 | 1832 | 1835 | 1839 | 1843 | 1847 | 1850 | 1854 | 1858 | 1902 | | | | 1902 |
| Canary Wharf (CWX) | DLR | d | 1821 | | 1828 | | 1836 | | 1843 | | 1851 | | 1858 | | 1906 | | | | 1906 |
| Custom House (CUS) | | d | 1825 | | 1832 | | 1840 | | 1847 | | 1855 | | 1902 | | 1910 | | | | 1910 |
| Woolwich (WWC) | | d | 1830 | | 1837 | | 1845 | | 1852 | | 1900 | | 1907 | | 1915 | | | | 1915 |
| Abbey Wood (ABW) | | a | 1834 | | 1841 | | 1849 | | 1856 | | 1904 | | 1911 | | 1919 | | | | 1919 |
| Stratford (SRA) | DLR 7 | d | | 1826 | 1834 | 1840 | 1841 | 1843 | 1849 | 1853 | 1856 | 1857 | 1904 | 1911 | | | | | |
| Maryland (MYL) | | d | | 1828 | 1836 | | 1843 | | 1851 | | 1858 | | 1906 | | | | | | |
| Forest Gate (FOG) | | d | | 1830 | 1838 | | 1845 | | 1853 | | 1900 | | 1908 | | | | | | |
| Manor Park (MNP) | | d | | 1833 | 1841 | | 1848 | | 1856 | | 1903 | | 1911 | | | | | | |
| Ilford (IFD) | 2 | d | | 1835 | 1843 | | 1850 | | 1858 | | 1905 | | 1913 | | | | | | |
| Seven Kings (SVK) | | d | | 1838 | 1846 | | 1853 | | 1901 | | 1908 | | 1916 | | | | | | |
| Goodmayes (GMY) | | d | | 1840 | 1848 | | 1855 | | 1903 | | 1910 | | 1918 | | | | | | |
| Chadwell Heath (CTH) | | d | | 1842 | 1850 | | 1857 | | 1905 | | 1912 | | 1920 | | | | | | |
| Romford (RMF) | | d | | 1846 | 1854 | | 1901 | | 1909 | | 1916 | 1906 | 1924 | | | | | | |
| Gidea Park (GDP) | 2 | d | | 1849 | 1857 | | 1904 | | 1912 | | 1919 | | 1927 | | | | | | |
| Harold Wood (HRO) | | d | | 1852 | 1900 | | 1907 | | 1915 | | 1922 | | 1930 | | | | | | |
| Brentwood (BRE) | | d | | 1856 | 1904 | | 1911 | | 1919 | | 1926 | | 1934 | | | | | | |
| Shenfield (SNF) | 3 | a | | 1902 | 1910 | 1855 | 1917 | 1858 | 1925 | 1908 | 1932 | 1915 | 1940 | 1926 | | | | | |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- D To Harwich International
- E To Braintree
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | LE B | XR | XR | LE F | XR | XR | LE E | XR | | | |
|-------------------------------------|-------|----|------|---------|---------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|
| Reading (RDG) | 7 | d | 1759 | | | | | | | | | | | 1829 | | | | | | |
| Twyford (TWY) | 3 | d | 1804 | | | | | | | | | | | 1834 | | | | | | |
| Maidenhead (MAI) | 3 | d | 1811 | | | | | 1830 | | | | | | 1841 | | | | | | |
| Taplow (TAP) | | d | 1814 | | | | | | | | | | | 1844 | | | | | | |
| Burnham (BNM) | | d | 1817 | | | | | 1834 | | | | | | 1847 | | | | | | |
| Slough (SLO) | 3 | d | 1821 | | | | | 1838 | | | | | | 1851 | | | | | | |
| Langley (LNY) | | d | 1825 | | | | | 1842 | | | | | | 1855 | | | | | | |
| Iver (IVR) | | d | | | | | | 1844 | | | | | | | | | | | | |
| West Drayton (WDT) | | d | 1830 | | | | | 1847 | | | | | | 1900 | | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | 1820 | | | | | | | | | | 1850 | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | 1830 | | | | | | 1845 | | | | 1900 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1825 | | | 1836 | | | | | | 1851 | 1855 | | | 1906 | | | | |
| Hayes & Harlington (HAY) | 3 | d | 1832 | 1835 | | 1842 | | 1852 | | | | 1857 | 1902 | | 1905 | | 1912 | | | |
| Southall (STL) | | d | | 1838 | | 1845 | | 1855 | | | | 1900 | | | 1908 | | 1915 | | | |
| Hanwell (HAN) | | d | | | | 1848 | | | | | | 1903 | | | | | 1918 | | | |
| West Ealing (WEA) | 3 | d | 1839 | | | 1850 | | | | | | 1905 | 1909 | | | | 1920 | | | |
| Ealing Broadway (EAL) | 3 | d | 1841 | 1845 | | 1852 | | 1859 | | | | 1907 | 1911 | | 1915 | | 1922 | | | |
| Acton Main Line (AML) | | d | | | | 1855 | | | | | | 1910 | | | | | 1925 | | | |
| London Paddington EL (PAD) | 15 | d | 1852 | 1856 | 1900 | | | 1904 | 1907 | 1911 | 1915 | | 1919 | 1922 | | 1926 | 1930 | 1934 | 1937 | |
| Bond Street (BDS) | 15 | d | 1855 | 1859 | 1903 | | | 1907 | 1910 | 1914 | 1918 | | 1922 | 1925 | | 1929 | 1933 | 1937 | 1940 | |
| Tottenham Court Road (TCR) | 15 | d | 1857 | 1901 | 1905 | | | 1909 | 1912 | 1916 | 1920 | | 1924 | 1927 | | 1931 | 1935 | 1939 | 1942 | |
| Farringdon (ZFD) | 3 | d | 1900 | 1904 | 1908 | | | 1912 | 1915 | 1919 | 1923 | | 1927 | 1930 | | 1934 | 1938 | 1942 | 1945 | |
| London Liverpool Street EL (LST) | 4 | d | 1903 | 1907 | 1911 | | | 1915 | 1918 | 1922 | 1926 | | 1930 | 1933 | | 1937 | 1941 | 1945 | 1948 | |
| London Liverpool Street (LST) | 15 | d | | | | 1913 | 1917 | | | | | 1933 | | 1936 | | | 1948 | | | |
| Whitechapel (ZLW) | 15 | d | 1905 | 1909 | 1913 | | | 1917 | 1920 | 1924 | 1928 | | 1932 | 1935 | | 1939 | 1943 | | 1947 | 1950 |
| Canary Wharf (CWX) | DLR | d | | 1913 | | | | 1921 | | 1928 | | | 1936 | | | 1943 | | | 1951 | |
| Custom House (CUS) | | d | | 1917 | | | | 1925 | | 1932 | | | 1940 | | | 1947 | | | 1955 | |
| Woolwich (WWC) | | d | | 1922 | | | | 1930 | | 1937 | | | 1945 | | | 1952 | | | 2000 | |
| Abbey Wood (ABW) | | a | | 1926 | | | | 1934 | | 1941 | | | 1949 | | | 1956 | | | 2004 | |
| Stratford (SRA) | DLR 7 | d | 1911 | | 1919 | 1920 | 1924 | | | 1926 | | 1934 | 1940 | | 1941 | 1943 | | 1949 | 1955 | 1956 |
| Maryland (MYL) | | d | 1913 | | 1921 | | | | | 1928 | | 1936 | | | 1943 | | | 1951 | | 1958 |
| Forest Gate (FOG) | | d | 1915 | | 1923 | | | | | 1930 | | 1938 | | | 1945 | | | 1953 | | 2000 |
| Manor Park (MNP) | | d | 1918 | | 1926 | | | | | 1933 | | 1941 | | | 1948 | | | 1956 | | 2003 |
| Ilford (IFD) | 2 | d | 1920 | | 1928 | | | | | 1935 | | 1943 | | | 1950 | | | 1958 | | 2005 |
| Seven Kings (SVK) | | d | 1923 | | 1931 | | | | | 1938 | | 1946 | | | 1953 | | | 2001 | | 2008 |
| Goodmayes (GMY) | | d | 1925 | | 1933 | | | | | 1940 | | 1948 | | | 1955 | | | 2003 | | 2010 |
| Chadwell Heath (CTH) | | d | 1927 | | 1935 | | | | | 1942 | | 1950 | | | 1957 | | | 2005 | | 2012 |
| Romford (RMF) | | d | 1931 | | 1939 | 1928 | | | | 1946 | | 1954 | | | 2001 | | | 2009 | | 2016 |
| Gidea Park (GDP) | 2 | d | 1934 | | 1942 | | | | | 1949 | | 1957 | | | 2004 | | | 2012 | | 2019 |
| Harold Wood (HRO) | | d | 1937 | | 1945 | | | | | 1952 | | 2000 | | | 2007 | | | 2015 | | 2022 |
| Brentwood (BRE) | | d | 1941 | | 1949 | | | | | 1956 | | 2004 | | | 2011 | | | 2019 | | 2026 |
| Shenfield (SNF) | 3 | a | 1947 | | 1955 | 1938 | 1940 | | | 2002 | | 2010 | 1955 | | 2017 | 1958 | | 2025 | 2011 | 2032 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Clacton-on-Sea
- E To Braintree
- F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE B | XR | XR | LE A | XR | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | XR | XR | XR | LE D | | | |
|-------------------------------------|---------|-----|------|---------|------|------|------|------|------|---------|---------|------|------|------|------|------|------|---------|------|------|------|
| Reading (RDG) | 7 | d | | | | | | 1859 | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | 1904 | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | 1900 | | | | | 1911 | | | | | | 1930 | | | | | | | |
| Taplow (TAP) | | d | | | | | | 1914 | | | | | | | | | | | | | |
| Burnham (BNM) | | d | 1904 | | | | | 1917 | | | | | | 1934 | | | | | | | |
| Slough (SLO) | 3 | d | 1908 | | | | | 1921 | | | | | | 1938 | | | | | | | |
| Langley (LNY) | | d | 1912 | | | | | 1925 | | | | | | 1942 | | | | | | | |
| Iver (IVR) | | d | 1914 | | | | | | | | | | | 1944 | | | | | | | |
| West Drayton (WDT) | | d | 1917 | | | | | 1930 | | | | | | 1947 | | | | | | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | 1920 | | | | | | | | | | | 1950 | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | | 1915 | | | | | | 1930 | | | | | 1945 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | | 1921 | 1925 | | | | | 1936 | | | | | 1951 | 1955 | | | |
| Hayes & Harlington (HAY) | 3 | d | 1922 | | | 1927 | 1932 | 1935 | | | | 1942 | | 1952 | | | 1957 | 2002 | | | |
| Southall (STL) | | d | 1925 | | | 1930 | | 1938 | | | | 1945 | | 1955 | | | 2000 | | | | |
| Hanwell (HAN) | | d | | | | 1933 | | | | | | 1948 | | | | | 2003 | | | | |
| West Ealing (WEA) | 3 | d | | | | 1935 | 1939 | | | | | 1950 | | | | | 2005 | 2009 | | | |
| Ealing Broadway (EAL) | ← | 3 | d | 1929 | | 1937 | 1941 | 1945 | | | | 1952 | | 1959 | | | 2007 | 2011 | | | |
| Acton Main Line (AML) | | d | | | | 1940 | | | | | | 1955 | | | | | 2010 | | | | |
| London Paddington EL (PAD) | ← | 15 | d | 1941 | 1945 | 1949 | 1952 | 1956 | 2000 | | | 2004 | 2007 | 2011 | 2015 | | 2019 | 2022 | | | |
| Bond Street (BDS) | ← | d | 1944 | 1948 | 1952 | 1955 | 1959 | 2003 | | | | 2007 | 2010 | 2014 | 2018 | | 2022 | 2025 | | | |
| Tottenham Court Road (TCR) | ← | d | 1946 | 1950 | 1954 | 1957 | 2001 | 2005 | | | | 2009 | 2012 | 2016 | 2020 | | 2024 | 2027 | | | |
| Farringdon (ZFD) | ← | 3 | d | 1949 | 1953 | 1957 | 2000 | 2004 | 2008 | | | 2012 | 2015 | 2019 | 2023 | | 2027 | 2030 | | | |
| London Liverpool Street EL (LST) | ← | 4 | d | 1952 | 1956 | 2000 | 2003 | 2007 | 2011 | | | 2015 | 2018 | 2022 | 2026 | | 2030 | 2033 | | | |
| London Liverpool Street (LST) | ← | 15 | d | 1950 | | 2002 | | | | 2013 | 2018 | | | | | 2033 | | | 2036 | | |
| Whitechapel (ZLW) | ← | d | 1954 | 1958 | | 2002 | 2005 | 2009 | 2013 | | | 2017 | 2020 | 2024 | 2028 | | 2032 | 2035 | | | |
| Canary Wharf (CWX) | DLR | d | 1958 | | | 2006 | | 2013 | | | | 2021 | | 2028 | | | 2036 | | | | |
| Custom House (CUS) | | d | 2002 | | | 2010 | | 2017 | | | | 2025 | | 2032 | | | 2040 | | | | |
| Woolwich (WWC) | | d | 2007 | | | 2015 | | 2022 | | | | 2030 | | 2037 | | | 2045 | | | | |
| Abbey Wood (ABW) | | a | 2011 | | | 2019 | | 2026 | | | | 2034 | | 2041 | | | 2049 | | | | |
| Stratford (SRA) | ← | DLR | 7 | d | 1958 | | 2004 | 2009 | | 2011 | | 2019 | 2020 | 2025 | | 2026 | | 2034 | 2040 | 2041 | 2043 |
| Maryland (MYL) | | d | | | 2006 | | 2013 | | | 2021 | | | | 2028 | | 2036 | | | | 2043 | |
| Forest Gate (FOG) | | d | | | 2008 | | 2015 | | | 2023 | | | | 2030 | | 2038 | | | | 2045 | |
| Manor Park (MNP) | | d | | | 2011 | | 2018 | | | 2026 | | | | 2033 | | 2041 | | | | 2048 | |
| Ilford (IFD) | 2 | d | | | 2013 | | 2020 | | | 2028 | | | | 2035 | | 2043 | | | | 2050 | |
| Seven Kings (SVK) | | d | | | 2016 | | 2023 | | | 2031 | | | | 2038 | | 2046 | | | | 2053 | |
| Goodmayes (GMY) | | d | | | 2018 | | 2025 | | | 2033 | | | | 2040 | | 2048 | | | | 2055 | |
| Chadwell Heath (CTH) | | d | | | 2020 | | 2027 | | | 2035 | | | | 2042 | | 2050 | | | | 2057 | |
| Romford (RMF) | | d | 2007 | | 2024 | | 2031 | | 2039 | 2028 | | | | 2046 | | 2054 | | | | 2101 | |
| Gidea Park (GDP) | 2 | d | | | 2027 | | 2034 | | | 2042 | | | | 2049 | | 2057 | | | | 2104 | |
| Harold Wood (HRO) | | d | | | 2030 | | 2037 | | | 2045 | | | | 2052 | | 2100 | | | | 2107 | |
| Brentwood (BRE) | | d | | | 2034 | | 2041 | | | 2049 | | | | 2056 | | 2104 | | | | 2111 | |
| Shenfield (SNF) | 3 | a | 2016 | | 2040 | 2024 | 2047 | | 2055 | 2039 | 2041 | | | 2102 | | 2110 | 2055 | | | 2117 | 2058 |

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

- a Arrival time
- d Departure time
- A To Ipswich
- B To Southend Victoria
- C To Clacton-on-Sea
- D To Harwich International

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | XR | LE E | XR | XR | LE B | XR | XR | LE F | XR | XR | XR | XR | LE B | LE C | XR | XR | XR | | |
|-------------------------------------|-------|----|---------|------|------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|------|------|------|
| Reading (RDG) | 7 | d | 1929 | | | | | | | | | | | | | | | 1959 | | |
| Twyford (TWY) | 3 | d | 1934 | | | | | | | | | | | | | | | 2004 | | |
| Maidenhead (MAI) | 3 | d | 1941 | | | | | 2000 | | | | | | | | | | 2011 | | |
| Taplow (TAP) | | d | 1944 | | | | | | | | | | | | | | | 2014 | | |
| Burnham (BNM) | | d | 1947 | | | | | 2004 | | | | | | | | | | 2017 | | |
| Slough (SLO) | 3 | d | 1951 | | | | | 2008 | | | | | | | | | | 2021 | 2034 | |
| Langley (LNY) | | d | 1955 | | | | | 2012 | | | | | | | | | | 2025 | 2038 | |
| Iver (IVR) | | d | | | | | | 2014 | | | | | | | | | | | 2042 | |
| West Drayton (WDT) | | d | 2000 | | | | | 2017 | | | | | | | | | | 2030 | 2044 | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | | | | | 2020 | | | | | | | 2047 | |
| Heathrow Terminal 4 (HAF) | ← | d | | | 2000 | | | | | 2015 | | | | | | | | 2030 | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | 2006 | | | | | 2021 | 2025 | | | | | | | 2036 | | |
| Hayes & Harlington (HAY) | 3 | d | 2005 | | 2012 | | | 2022 | | 2027 | 2032 | 2035 | | | | | | 2042 | 2052 | |
| Southall (STL) | | d | 2008 | | 2015 | | | 2025 | | 2030 | | 2038 | | | | | | 2045 | 2055 | |
| Hanwell (HAN) | | d | | | 2018 | | | | | 2033 | | | | | | | | 2048 | | |
| West Ealing (WEA) | 3 | d | | | 2020 | | | | | 2035 | 2039 | | | | | | | 2050 | | |
| Ealing Broadway (EAL) | 3 | d | 2015 | | 2022 | | | 2029 | | 2037 | 2041 | 2045 | | | | | | 2052 | 2059 | |
| Acton Main Line (AML) | | d | | | 2025 | | | | | 2040 | | | | | | | | 2055 | | |
| London Paddington EL (PAD) | 15 | d | 2026 | 2030 | | 2034 | 2037 | | 2041 | 2045 | | 2049 | 2052 | 2056 | 2100 | | | 2104 | 2107 | 2111 |
| Bond Street (BDS) | 15 | d | 2029 | 2033 | | 2037 | 2040 | | 2044 | 2048 | | 2052 | 2055 | 2059 | 2103 | | | 2107 | 2110 | 2114 |
| Tottenham Court Road (TCR) | 15 | d | 2031 | 2035 | | 2039 | 2042 | | 2046 | 2050 | | 2054 | 2057 | 2101 | 2105 | | | 2109 | 2112 | 2116 |
| Farringdon (ZFD) | 3 | d | 2034 | 2038 | | 2042 | 2045 | | 2049 | 2053 | | 2057 | 2100 | 2104 | 2108 | | | 2112 | 2115 | 2119 |
| London Liverpool Street EL (LST) | 4 | d | 2037 | 2041 | | 2045 | 2048 | | 2052 | 2056 | | 2100 | 2103 | 2107 | 2111 | | | 2115 | 2118 | 2122 |
| London Liverpool Street (LST) | 15 | d | | | 2048 | | | 2050 | | 2102 | | | | | 2113 | 2118 | | | | |
| Whitechapel (ZLW) | 15 | d | 2039 | 2043 | | 2047 | 2050 | | 2054 | 2058 | | 2102 | 2105 | 2109 | 2113 | | | 2117 | 2120 | 2124 |
| Canary Wharf (CWX) | DLR | d | 2043 | | | 2051 | | | 2058 | | | 2106 | | 2113 | | | | 2121 | 2128 | |
| Custom House (CUS) | | d | 2047 | | | 2055 | | | 2102 | | | 2110 | | 2117 | | | | 2125 | 2132 | |
| Woolwich (WWC) | | d | 2052 | | | 2100 | | | 2107 | | | 2115 | | 2122 | | | | 2130 | 2137 | |
| Abbey Wood (ABW) | | a | 2056 | | | 2104 | | | 2111 | | | 2119 | | 2126 | | | | 2134 | 2141 | |
| Stratford (SRA) | DLR 7 | d | | 2049 | 2055 | | 2056 | 2058 | | 2104 | 2109 | | 2111 | | 2119 | 2120 | 2125 | | 2126 | |
| Maryland (MYL) | | d | | 2051 | | | 2058 | | | 2106 | | | 2113 | | 2121 | | | | 2128 | |
| Forest Gate (FOG) | | d | | 2053 | | | 2100 | | | 2108 | | | 2115 | | 2123 | | | | 2130 | |
| Manor Park (MNP) | | d | | 2056 | | | 2103 | | | 2111 | | | 2118 | | 2126 | | | | 2133 | |
| Ilford (IFD) | 2 | d | | 2058 | | | 2105 | | | 2113 | | | 2120 | | 2128 | | | | 2135 | |
| Seven Kings (SVK) | | d | | 2101 | | | 2108 | | | 2116 | | | 2123 | | 2131 | | | | 2138 | |
| Goodmayes (GMY) | | d | | 2103 | | | 2110 | | | 2118 | | | 2125 | | 2133 | | | | 2140 | |
| Chadwell Heath (CTH) | | d | | 2105 | | | 2112 | | | 2120 | | | 2127 | | 2135 | | | | 2142 | |
| Romford (RMF) | | d | | 2109 | | | 2116 | 2107 | | 2124 | | | 2131 | | 2139 | 2128 | | | 2146 | |
| Gidea Park (GDP) | 2 | d | | 2112 | | | 2119 | | | 2127 | | | 2134 | | 2142 | | | | 2149 | |
| Harold Wood (HRO) | | d | | 2115 | | | 2122 | | | 2130 | | | 2137 | | 2145 | | | | 2152 | |
| Brentwood (BRE) | | d | | 2119 | | | 2126 | | | 2134 | | | 2141 | | 2149 | | | | 2156 | |
| Shenfield (SNF) | 3 | a | | 2125 | 2111 | | 2132 | 2116 | | 2140 | 2124 | | 2147 | | 2155 | 2139 | 2141 | | 2202 | |

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

a Arrival time
d Departure time

B To Southend Victoria
C To Clacton-on-Sea
E To Braintree
F To Colchester Town

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator | XR | LE B | XR | XR | LE F | XR | XR | XR | XR | LE B | XR | XR | LE G | XR | XR | LE B | XR | XR | | | |
|----------------------------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 | d | | | | 2029 | | | | | | | | | | | | 2059 | | | |
| Twyford (TWY) | 3 | d | | | | 2034 | | | | | | | | | | | | 2104 | | | |
| Maidenhead (MAI) | 3 | d | | | | 2041 | | | | | 2100 | | | | | | | 2111 | | | |
| Taplow (TAP) | | d | | | | 2044 | | | | | | | | | | | | 2114 | | | |
| Burnham (BNM) | | d | | | | 2047 | | | | | 2104 | | | | | | | 2117 | | | |
| Slough (SLO) | 3 | d | | | | 2051 | | | | | 2108 | | | | | | | 2121 | | | |
| Langley (LNY) | | d | | | | 2055 | | | | | 2112 | | | | | | | 2125 | | | |
| Iver (IVR) | | d | | | | | | | | | 2114 | | | | | | | | | | |
| West Drayton (WDT) | | d | | | | 2100 | | | | | 2117 | | | | | | | 2130 | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | 2050 | | | | | | | | | | 2120 | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | 2045 | | | | | 2100 | | | | | 2115 | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 2051 | 2055 | | | | 2106 | | | | | 2121 | 2125 | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 2057 | 2102 | | 2105 | | 2112 | | | 2122 | | 2127 | 2132 | | | 2135 | | | |
| Southall (STL) | | d | | 2100 | | | 2108 | | 2115 | | | 2125 | | 2130 | | | | 2138 | | | |
| Hanwell (HAN) | | d | | 2103 | | | | | 2118 | | | | | 2133 | | | | | | | |
| West Ealing (WEA) | 3 | d | | 2105 | 2109 | | | | 2120 | | | | | 2135 | 2139 | | | | | | |
| Ealing Broadway (EAL) | 3 | d | | 2107 | 2111 | | 2115 | | 2122 | | | 2129 | | 2137 | 2141 | | | 2145 | | | |
| Acton Main Line (AML) | | d | | 2110 | | | | | 2125 | | | | | 2140 | | | | | | | |
| London Paddington EL (PAD) | 15 | d | 2115 | | 2119 | 2122 | | 2126 | 2130 | 2134 | 2137 | | 2141 | 2145 | | 2149 | 2152 | | 2156 | 2202 | |
| Bond Street (BDS) | 15 | d | 2118 | | 2122 | 2125 | | 2129 | 2133 | 2137 | 2140 | | 2144 | 2148 | | 2152 | 2155 | | 2159 | 2205 | |
| Tottenham Court Road (TCR) | 15 | d | 2120 | | 2124 | 2127 | | 2131 | 2135 | 2139 | 2142 | | 2146 | 2150 | | 2154 | 2157 | | 2201 | 2207 | |
| Farringdon (ZFD) | 15 | d | 2123 | | 2127 | 2130 | | 2134 | 2138 | 2142 | 2145 | | 2149 | 2153 | | 2157 | 2200 | | 2204 | 2210 | |
| London Liverpool Street EL (LST) | 15 | d | 2126 | | 2130 | 2133 | | 2137 | 2141 | 2145 | 2148 | | 2152 | 2156 | | 2200 | 2203 | | 2207 | 2213 | |
| London Liverpool Street (LST) | 15 | d | | 2133 | | 2136 | | | | 2150 | | | 2202 | | | | 2213 | | | | |
| Whitechapel (ZLW) | 15 | d | 2128 | | 2132 | 2135 | | 2139 | 2143 | 2147 | 2150 | | 2154 | 2158 | | 2202 | 2205 | | 2209 | 2215 | |
| Canary Wharf (CWX) | DLR | d | | 2136 | | | 2143 | | 2151 | | | | 2158 | | 2206 | | | | 2213 | | |
| Custom House (CUS) | | d | | 2140 | | | 2147 | | 2155 | | | | 2202 | | 2210 | | | | 2218 | | |
| Woolwich (WWC) | | d | | 2145 | | | 2152 | | 2200 | | | | 2207 | | 2215 | | | | 2224 | | |
| Abbey Wood (ABW) | | a | | 2149 | | | 2156 | | 2204 | | | | 2211 | | 2219 | | | | 2228 | | |
| Stratford (SRA) | DLR 7 | d | 2134 | 2140 | | 2141 | 2143 | | 2149 | | 2156 | 2158 | | 2204 | 2209 | | | 2211 | 2220 | | 2221 |
| Maryland (MYL) | | d | 2136 | | | 2143 | | | 2151 | | 2158 | | | 2206 | | | | 2213 | | | 2223 |
| Forest Gate (FOG) | | d | 2138 | | | 2145 | | | 2153 | | 2200 | | | 2208 | | | | 2215 | | | 2225 |
| Manor Park (MNP) | | d | 2141 | | | 2148 | | | 2156 | | 2203 | | | 2211 | | | | 2218 | | | 2228 |
| Ilford (IFD) | 2 | d | 2143 | | | 2150 | | | 2158 | | 2205 | | | 2213 | | | | 2220 | | | 2231 |
| Seven Kings (SVK) | | d | 2146 | | | 2153 | | | 2201 | | 2208 | | | 2216 | | | | 2223 | | | 2234 |
| Goodmayes (GMY) | | d | 2148 | | | 2155 | | | 2203 | | 2210 | | | 2218 | | | | 2225 | | | 2236 |
| Chadwell Heath (CTH) | | d | 2150 | | | 2157 | | | 2205 | | 2212 | | | 2220 | | | | 2227 | | | 2238 |
| Romford (RMF) | | d | 2154 | | | 2201 | | | 2209 | | 2216 | 2207 | | 2224 | | | | 2231 | 2228 | | 2241 |
| Gidea Park (GDP) | 2 | d | 2157 | | | 2204 | | | 2212 | | 2219 | | | 2227 | | | | 2234 | | | 2244 |
| Harold Wood (HRO) | | d | 2200 | | | 2207 | | | 2215 | | 2222 | | | 2230 | | | | 2237 | | | 2247 |
| Brentwood (BRE) | | d | 2204 | | | 2211 | | | 2219 | | 2226 | | | 2234 | | | | 2241 | | | 2251 |
| Shenfield (SNF) | 3 | a | 2210 | 2155 | | 2217 | 2158 | | 2225 | | 2232 | 2216 | | 2240 | 2224 | | | 2247 | 2237 | | 2257 |

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

a Arrival time
d Departure time

B To Southend Victoria
F To Colchester Town
G To Colchester

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE C | XR | XR | XR | XR | LE G | XR | XR | LE B | XR | XR | LE A | XR | XR | XR | XR | LE B | LE C |
|-------------------------------------|---------|----|------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|---------|---------|
| Reading (RDG) | 7 | d | | | | | 2129 | | | | | | | | | 2159 | | |
| Twyford (TWY) | 3 | d | | | | | 2134 | | | | | | | | | 2204 | | |
| Maidenhead (MAI) | 3 | d | | | | | 2141 | | | | | | | | | 2211 | | |
| Taplow (TAP) | | d | | | | | 2144 | | | | | | | | | 2214 | | |
| Burnham (BNM) | | d | | | | | 2147 | | | | | | | | | 2217 | | |
| Slough (SLO) | 3 | d | | | | | 2151 | | | | | | | | | 2221 | | |
| Langley (LNY) | | d | | | | | 2155 | | | | | | | | | 2225 | | |
| Iver (IVR) | | d | | | | | 2157 | | | | | | | | | 2227 | | |
| West Drayton (WDT) | | d | | | | | 2200 | | | | | | | | | 2230 | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | 2150 | | | | | | | | | 2220 | | | |
| Heathrow Terminal 4 (HAF) | ← | d | 2130 | | 2145 | | | | | 2200 | | | 2215 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | 2136 | | 2151 | 2155 | | | | 2206 | | | 2221 | 2225 | | | | |
| Hayes & Harlington (HAY) | 3 | d | 2142 | | 2157 | 2202 | | | | 2212 | | | 2227 | 2232 | | 2235 | | |
| Southall (STL) | | d | 2145 | | 2200 | | 2208 | | | 2215 | | | 2230 | | | 2238 | | |
| Hanwell (HAN) | | d | 2148 | | 2203 | | | | | 2218 | | | 2233 | | | | | |
| West Ealing (WEA) | 3 | d | 2150 | | 2205 | 2209 | | | | 2220 | | | 2235 | 2239 | | | | |
| Ealing Broadway (EAL) | ← | d | 2152 | | 2207 | 2211 | 2214 | | | 2222 | | | 2237 | 2241 | 2245 | | | |
| Acton Main Line (AML) | | d | 2155 | | 2210 | | | | | 2225 | | | 2240 | | | | | |
| London Paddington EL (PAD) | ← | d | 2207 | 2212 | 2218 | 2222 | | 2227 | 2232 | | 2237 | 2242 | | 2248 | 2252 | 2257 | 2302 | |
| Bond Street (BDS) | ← | d | 2210 | 2215 | 2221 | 2225 | | 2230 | 2235 | | 2240 | 2245 | | 2251 | 2255 | 2300 | 2305 | |
| Tottenham Court Road (TCR) | ← | d | 2212 | 2217 | 2223 | 2227 | | 2232 | 2237 | | 2242 | 2247 | | 2253 | 2257 | 2302 | 2307 | |
| Farringdon (ZFD) | ← | d | 2215 | 2220 | 2226 | 2230 | | 2235 | 2240 | | 2245 | 2250 | | 2256 | 2300 | 2305 | 2310 | |
| London Liverpool Street EL (LST) | ← | d | 2218 | 2223 | 2229 | 2233 | | 2238 | 2243 | | 2248 | 2253 | | 2259 | 2303 | 2308 | 2313 | |
| London Liverpool Street (LST) | ← | d | 2218 | | | | 2236 | | | 2248 | | | 2302 | | | | 2315 | 2318 |
| Whitechapel (ZLW) | ← | d | 2220 | 2225 | 2231 | 2235 | | 2240 | 2245 | | 2250 | 2255 | | 2301 | 2305 | 2310 | 2315 | |
| Canary Wharf (CWX) | DLR | d | 2224 | | 2235 | | 2244 | | | 2254 | | | 2305 | | 2314 | | | |
| Custom House (CUS) | | d | 2228 | | 2239 | | 2248 | | | 2259 | | | 2309 | | 2318 | | | |
| Woolwich (WWC) | | d | 2232 | | 2244 | | 2252 | | | 2304 | | | 2313 | | 2322 | | | |
| Abbey Wood (ABW) | a | | 2236 | | 2248 | | 2256 | | | 2308 | | | 2317 | | 2326 | | | |
| Stratford (SRA) | ← | d | 2225 | | 2231 | | 2243 | | | 2251 | 2255 | | 2301 | 2309 | | 2311 | | 2321 |
| Maryland (MYL) | | d | | | 2233 | | 2243 | | | 2253 | | | 2303 | | | 2313 | | 2323 |
| Forest Gate (FOG) | | d | | | 2235 | | 2245 | | | 2255 | | | 2305 | | | 2315 | | 2325 |
| Manor Park (MNP) | | d | | | 2238 | | 2248 | | | 2258 | | | 2308 | | | 2318 | | 2328 |
| Ilford (IFD) | 2 | d | | | 2240 | | 2250 | | | 2300 | | | 2310 | | | 2320 | | 2330 |
| Seven Kings (SVK) | | d | | | 2243 | | 2253 | | | 2303 | | | 2313 | | | 2323 | | 2333 |
| Goodmayes (GMY) | | d | | | 2245 | | 2255 | | | 2305 | | | 2315 | | | 2325 | | 2335 |
| Chadwell Heath (CTH) | | d | | | 2247 | | 2257 | | | 2307 | | | 2317 | | | 2327 | | 2337 |
| Romford (RMF) | | d | | | 2251 | | 2301 | | | 2311 | | | 2321 | | | 2331 | | 2341 |
| Gidea Park (GDP) | 2 | d | | | 2254 | | 2304 | | | 2314 | | | 2324 | | | 2334 | | 2344 |
| Harold Wood (HRO) | | d | | | 2257 | | 2307 | | | 2317 | | | 2327 | | | 2337 | | 2347 |
| Brentwood (BRE) | | d | | | 2301 | | 2311 | | | 2321 | | | 2331 | | | 2341 | | 2351 |
| Shenfield (SNF) | 3 | a | 2241 | | 2307 | | 2317 | 2258 | | 2327 | 2310 | | 2337 | 2324 | | 2347 | | 2357 |
| | | | | | | | | | | | | | | | | 2337 | | 2340 |

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

a Arrival time
d Departure time

A To Ipswich
B To Southend Victoria
C To Clacton-on-Sea
G To Colchester

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | XR | XR | XR | LE B | LE G | XR | XR | XR | XR | XR | LE SUM B | LE SUM G | XR | XR SUM | XR SUM |
|--------------------------------------|------|------|------|------|------|------|---------|---------|------|------|------|------|------|----------------|----------------|------|-----------|-----------|
| Reading (RDG) 7 d | | | | | 2229 | | | | | | | | | 2257 | | | | |
| Twyford (TWY) 3 d | | | | | 2234 | | | | | | | | | 2302 | | | | |
| Maidenhead (MAI) 3 d | | | | | 2242 | | | | | | | | | 2309 | | | | |
| Taplow (TAP) d | | | | | 2245 | | | | | | | | | 2312 | | | | |
| Burnham (BNM) d | | | | | 2248 | | | | | | | | | 2315 | | | | |
| Slough (SLO) 3 d | | | | | 2252 | | | | | | | | | 2319 | | | | |
| Langley (LNY) d | | | | | 2256 | | | | | | | | | 2325 | | | | |
| Iver (IVR) d | | | | | 2258 | | | | | | | | | 2327 | | | | |
| West Drayton (WDT) d | | | | | 2301 | | | | | | | | | 2330 | | | | |
| Heathrow Terminal 5 (HWV) 7 d | | | | | | | | | 2300 | | | | | | | 2330 | | |
| Heathrow Terminal 4 (HAF) 7 d | 2230 | | | 2245 | | | | | | | | | 2315 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) 7 d | 2236 | | | 2251 | | | | | 2306 | | | | 2321 | | | 2336 | | |
| Hayes & Harlington (HAY) 3 d | 2242 | | | 2257 | 2305 | | | | 2312 | | | | 2327 | 2335 | | 2342 | | |
| Southall (STL) d | 2245 | | | 2300 | 2308 | | | | 2315 | | | | 2330 | 2338 | | 2345 | | |
| Hanwell (HAN) d | 2248 | | | 2303 | | | | | 2318 | | | | 2333 | | | 2348 | | |
| West Ealing (WEA) 3 d | 2250 | | | 2305 | | | | | 2320 | | | | 2335 | | | 2350 | | |
| Ealing Broadway (EAL) 3 d | 2252 | | | 2307 | 2315 | | | | 2322 | | | | 2337 | 2345 | | 2352 | | |
| Acton Main Line (AML) d | 2255 | | | 2310 | | | | | 2325 | | | | 2340 | | | 2355 | | |
| London Paddington EL (PAD) 15 d | 2307 | 2312 | 2317 | 2322 | 2327 | 2332 | | | 2337 | 2342 | 2347 | 2352 | 2359 | | | 0007 | 0014 | 0022 |
| Bond Street (BDS) 7 d | 2310 | 2315 | 2320 | 2325 | 2330 | 2335 | | | 2340 | 2345 | 2350 | 2355 | 0002 | | | 0010 | 0017 | 0025 |
| Tottenham Court Road (TCR) 7 d | 2312 | 2317 | 2322 | 2327 | 2332 | 2337 | | | 2342 | 2347 | 2352 | 2357 | 0004 | | | 0012 | 0019 | 0027 |
| Farringdon (ZFD) 3 d | 2315 | 2320 | 2325 | 2330 | 2335 | 2340 | | | 2345 | 2350 | 2355 | 0001 | 0007 | | | 0015 | 0022 | 0030 |
| London Liverpool Street EL (LST) 4 d | 2318 | 2323 | 2328 | 2333 | 2338 | 2343 | | | 2348 | 2353 | 2358 | 0003 | 0010 | | | 0018 | 0025 | 0033 |
| London Liverpool Street (LST) 15 d | | | | | | | 2345 | 2348 | | | | | | 0015 | 0018 | | | |
| Whitechapel (ZLW) 7 d | 2320 | 2325 | 2330 | 2335 | 2340 | 2345 | | | 2350 | 2355 | 0001 | 0005 | 0012 | | | 0020 | 0027a | 0035 |
| Canary Wharf (CWX) DLR d | 2324 | | 2334 | 2344 | | | | | 2354 | | 0005 | 0016 | | | | | | |
| Custom House (CUS) d | 2328 | | 2339 | 2348 | | | | | 2358 | | 0008 | 0020 | | | | | | |
| Woolwich (WWC) d | 2332 | | 2344 | 2353 | | | | | 0002 | | 0012 | 0024 | | | | | | |
| Abbey Wood (ABW) a | 2336 | | 2348 | 2357 | | | | | 0006 | | 0016 | 0028 | | | | | | |
| Stratford (SRA) 7 d | | 2331 | | 2341 | | 2351 | 2352 | 2355 | | 0001 | | 0011 | | 0022 | 0025 | 0028 | | 0041 |
| Maryland (MYL) d | | 2333 | | 2343 | | 2353 | | | | 0003 | | 0013 | | | | 0030 | | 0043 |
| Forest Gate (FOG) d | | 2335 | | 2345 | | 2355 | | | | 0005 | | 0015 | | | | 0032 | | 0045 |
| Manor Park (MNP) d | | 2338 | | 2348 | | 2358 | | | | 0008 | | 0017 | | | | 0035 | | 0048 |
| Ilford (IFD) 2 d | | 2340 | | 2350 | | 0001 | | | | 0010 | | 0020 | | | | 0037 | | 0050 |
| Seven Kings (SVK) d | | 2343 | | 2353 | | 0003 | | | | 0013 | | 0023 | | | | 0040 | | 0053 |
| Goodmayes (GMY) d | | 2345 | | 2355 | | 0005 | | | | 0015 | | 0025 | | | | 0042 | | 0055 |
| Chadwell Heath (CTH) d | | 2347 | | 2357 | | 0007 | | | | 0017 | | 0027 | | | | 0044 | | 0057 |
| Romford (RMF) d | | 2351 | | 0001 | | 0011 | | | | 0021 | | 0030 | | 0033 | | 0047 | | 0101 |
| Gidea Park (GDP) 2 d | | 2354 | | 0004 | | 0014 | | | | 0024 | | 0033 | | | | 0050 | | 0104 |
| Harold Wood (HRO) d | | 2357 | | 0007 | | 0017 | | | | 0027 | | 0036 | | | | 0053 | | 0107 |
| Brentwood (BRE) d | | 0001 | | 0011 | | 0021 | | | | 0031 | | 0040 | | | | 0057 | | 0111 |
| Shenfield (SNF) 3 a | | 0007 | | 0017 | | 0027 | 0007 | 0010 | | 0037 | | 0046 | | 0046 | 0048 | 0102 | | 0117 |

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

- a Arrival time
d Departure time
- B To Southend Victoria
G To Colchester
- SUM Sunday mornings

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Saturdays

| Operator Days of operation/Notes | LE SUM B | XR SUM |
|-------------------------------------|----------------|-----------|
| Reading (RDG) | 7 d | |
| Twyford (TWY) | 3 d | |
| Maidenhead (MAI) | 3 d | |
| Taplow (TAP) | d | |
| Burnham (BNM) | d | |
| Slough (SLO) | 3 d | |
| Langley (LNY) | d | |
| Iver (IVR) | d | |
| West Drayton (WDT) | d | |
| Heathrow Terminal 5 (HWV) | ⊖ ← d | |
| Heathrow Terminal 4 (HAF) | ⊖ ← d | |
| Heathrow Terminals 2 & 3 (HXX) | ⊖ ← d | |
| Hayes & Harlington (HAY) | 3 d | |
| Southall (STL) | d | |
| Hanwell (HAN) | d | |
| West Ealing (WEA) | 3 d | |
| Ealing Broadway (EAL) | ⊖ 3 d | |
| Acton Main Line (AML) | d | |
| London Paddington EL (PAD) | ⊖ 15 d | |
| Bond Street (BDS) | ⊖ d | |
| Tottenham Court Road (TCR) | ⊖ d | |
| Farringdon (ZFD) | ⊖ 3 d | |
| London Liverpool Street EL (LST) | ⊖ 4 d | |
| London Liverpool Street (LST) | ⊖ 15 d | 0050 0055 |
| Whitechapel (ZLW) | ⊖ d | |
| Canary Wharf (CWX) | DLR d | |
| Custom House (CUS) | d | |
| Woolwich (WWC) | d | |
| Abbey Wood (ABW) | a | |
| Stratford (SRA) | ⊖ DLR 7 d | 0057 0102 |
| Maryland (MYL) | d | 0104 |
| Forest Gate (FOG) | d | 0106 |
| Manor Park (MNP) | d | 0109 |
| Ilford (IFD) | 2 d | 0112 |
| Seven Kings (SVK) | d | 0114 |
| Goodmayes (GMY) | d | 0116 |
| Chadwell Heath (CTH) | d | 0118 |
| Romford (RMF) | d | 0108 0122 |
| Gidea Park (GDP) | 2 d | 0125 |
| Harold Wood (HRO) | d | 0128 |
| Brentwood (BRE) | d | 0132 |
| Shenfield (SNF) | 3 a | 0120 0138 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- SUM Sunday mornings

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | LE A | XR | XR | LE B | XR | XR | LE B | XR | XR | LE C | XR | LE B | XR | XR | XR | LE D | XR | | |
|-------------------------------------|-----|---------|------|------|---------|------|------|---------|------|------|---------|------|---------|------|------|------|---------|------|------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | | | | | | | | | 0739 | | | |
| Taplow (TAP) | | d | | | | | | | | | | | | | | | | | | |
| Burnham (BNM) | | d | | | | | | | | | | | | | | | | | | |
| Slough (SLO) | 3 | d | | | | | | | | | | | | | | | 0745 | | | |
| Langley (LNY) | | d | | | | | | | | | | | | | | | 0749 | | | |
| Iver (IVR) | | d | | | | | | | | | | | | | | | 0751 | | | |
| West Drayton (WDT) | | d | | | | | | | | | | | | | | | 0754 | | | |
| Heathrow Terminal 5 (HWV) | ← | d | | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | | | | | | | | | | | | | | 0733 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | | | | | | | | | | | | | 0739 | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | | | | | | | | | | | | 0746 | 0758 | | | | |
| Southall (STL) | | d | | | | | | | | | | | | | 0749 | 0801 | | | | |
| Hanwell (HAN) | | d | | | | | | | | | | | | | | | | | | |
| West Ealing (WEA) | 3 | d | | | | | | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | ← | 3 | d | | | | | | | | | | | | 0753 | 0806 | | | | |
| Acton Main Line (AML) | | d | | | | | | | | | | | | | | | | | | |
| London Paddington EL (PAD) | ← | 15 | d | | | | | | | | 0744 | | 0752 | | 0759 | 0807 | 0815 | | 0822 | |
| Bond Street (BDS) | ← | d | | | | | | | | | 0747 | | 0755 | | 0802 | 0810 | 0818 | | 0825 | |
| Tottenham Court Road (TCR) | ← | d | | | | | | | | | 0749 | | 0757 | | 0804 | 0812 | 0820 | | 0827 | |
| Farringdon (ZFD) | ← | 3 | d | | | | | | | | 0752 | | 0800 | | 0807 | 0815 | 0823 | | 0830 | |
| London Liverpool Street EL (LST) | ← | 4 | d | | | | | | | | 0755 | | 0803 | | 0810 | 0818 | 0826 | | 0833 | |
| London Liverpool Street (LST) | ← | 15 | d | 0632 | 0645 | 0649 | 0702 | 0715 | 0719 | 0732 | 0745 | 0748 | 0800 | 0810 | | | | 0830 | | |
| Whitechapel (ZLW) | ← | d | | | | | | | | | | 0757 | | 0805 | | 0812 | 0820 | 0828 | 0835 | |
| Canary Wharf (CWX) | DLR | d | | | | | | | | | | 0801 | | | | 0816 | | 0832 | | |
| Custom House (CUS) | | d | | | | | | | | | | 0805 | | | | 0820 | | 0837 | | |
| Woolwich (WWC) | | d | | | | | | | | | | 0809 | | | | 0824 | | 0842 | | |
| Abbey Wood (ABW) | | a | | | | | | | | | | 0814 | | | | 0829 | | 0846 | | |
| Stratford (SRA) | ← | DLR 7 | d | 0639 | 0652 | 0656 | 0709 | 0722 | 0726 | 0739 | 0752 | 0755 | | 0807 | 0811 | 0817 | | 0826 | 0837 | 0841 |
| Maryland (MYL) | | d | 0641 | | 0658 | 0711 | | | 0728 | 0741 | | 0757 | | | 0813 | | | 0828 | | 0843 |
| Forest Gate (FOG) | | d | 0643 | | 0700 | 0713 | | | 0730 | 0743 | | 0759 | | | 0815 | | | 0830 | | 0845 |
| Manor Park (MNP) | | d | 0646 | | 0703 | 0716 | | | 0733 | 0746 | | 0802 | | | 0818 | | | 0833 | | 0848 |
| Ilford (IFD) | 2 | d | 0648 | | 0705 | 0718 | | | 0735 | 0748 | | 0804 | | | 0820 | | | 0835 | | 0850 |
| Seven Kings (SVK) | | d | 0651 | | 0708 | 0721 | | | 0738 | 0751 | | 0807 | | | 0823 | | | 0838 | | 0853 |
| Goodmayes (GMY) | | d | 0653 | | 0710 | 0723 | | | 0740 | 0753 | | 0809 | | | 0825 | | | 0840 | | 0855 |
| Chadwell Heath (CTH) | | d | 0655 | | 0712 | 0725 | | | 0742 | 0755 | | 0811 | | | 0827 | | | 0842 | | 0857 |
| Romford (RMF) | | d | 0659 | 0703 | 0716 | 0729 | 0733 | 0746 | 0759 | 0803 | 0815 | | 0818 | 0831 | 0834 | | | 0846 | | 0901 |
| Gidea Park (GDP) | 2 | d | 0702 | | 0719 | 0732 | | | 0749 | 0802 | | 0818 | | | 0834 | | | 0849 | | 0904 |
| Harold Wood (HRO) | | d | 0705 | | 0722 | 0735 | | | 0752 | 0805 | | 0821 | | | 0837 | | | 0852 | | 0907 |
| Brentwood (BRE) | | d | 0709 | | 0726 | 0739 | | | 0756 | 0809 | | 0825 | | | 0841 | | | 0856 | | 0911 |
| Shenfield (SNF) | 3 | a | 0715 | 0715 | 0732 | 0745 | 0745 | 0802 | 0815 | 0831 | | 0831 | 0847 | 0847 | | | 0902 | | 0902 | 0917 |

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

- a Arrival time
- d Departure time
- A To Harwich International
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator | XR | LE B | XR | XR | XR | LE C | XR | XR | LE B | XR | XR | LE D | XR | XR | XR | LE B | XR | XR |
|----------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | 7 d | | | 0753 | | | | | | 0823 | | | | | | | | 0853 |
| Twyford (TWY) | 3 d | | | 0758 | | | | | | 0828 | | | | | | | | 0858 |
| Maidenhead (MAI) | 3 d | | | 0805 | | | | | | 0835 | | | | | | | | 0906 |
| Taplow (TAP) | d | | | 0808 | | | | | | 0838 | | | | | | | | 0909 |
| Burnham (BNM) | d | | | 0811 | | | | | | 0841 | | | | | | | | 0912 |
| Slough (SLO) | 3 d | | | 0815 | | | | | | 0845 | | | | | | | | 0916 |
| Langley (LNY) | d | | | 0819 | | | | | | 0849 | | | | | | | | 0919 |
| Iver (IVR) | d | | | 0821 | | | | | | 0851 | | | | | | | | 0922 |
| West Drayton (WDT) | d | | | 0824 | | | | | | 0854 | | | | | | | | 0925 |
| Heathrow Terminal 5 (HWV) | 7 d | 0749 | | | | | 0819 | | | | | | 0849 | | | | | |
| Heathrow Terminal 4 (HAF) | 7 d | | 0803 | | | | | 0834 | | | | | | | 0904 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 d | 0754 | 0809 | | | | 0824 | 0839 | | | | | 0854 | 0909 | | | | |
| Hayes & Harlington (HAY) | 3 d | 0804 | 0816 | 0828 | | | 0833 | 0846 | | 0858 | | | 0903 | 0916 | | | | 0930 |
| Southall (STL) | d | 0807 | 0819 | 0831 | | | 0836 | 0849 | | 0901 | | | 0906 | 0919 | | | | 0933 |
| Hanwell (HAN) | d | 0810 | 0822 | | | | 0839 | 0852 | | | | | 0909 | 0922 | | | | |
| West Ealing (WEA) | 3 d | 0812 | 0824 | | | | 0841 | 0854 | | | | | 0911 | 0924 | | | | |
| Ealing Broadway (EAL) | 3 d | 0814 | 0826 | 0836 | | | 0844 | 0856 | | 0906 | | | 0914 | 0926 | | | | 0937 |
| Acton Main Line (AML) | d | 0817 | 0829 | | | | 0846 | 0859 | | | | | 0916 | 0929 | | | | |
| London Paddington EL (PAD) | 15 d | 0829 | 0837 | 0845 | 0852 | | 0859 | 0907 | | 0915 | 0922 | | 0927 | 0932 | 0937 | | 0942 | 0947 |
| Bond Street (BDS) | d | 0832 | 0840 | 0848 | 0855 | | 0902 | 0910 | | 0918 | 0925 | | 0930 | 0935 | 0940 | | 0945 | 0950 |
| Tottenham Court Road (TCR) | d | 0834 | 0842 | 0850 | 0857 | | 0904 | 0912 | | 0920 | 0927 | | 0932 | 0937 | 0942 | | 0947 | 0952 |
| Farringdon (ZFD) | 3 d | 0837 | 0845 | 0853 | 0900 | | 0907 | 0915 | | 0923 | 0930 | | 0935 | 0940 | 0945 | | 0950 | 0955 |
| London Liverpool Street EL (LST) | 4 d | 0840 | 0848 | 0856 | 0903 | | 0910 | 0918 | | 0926 | 0933 | | 0938 | 0943 | 0948 | | 0953 | 0958 |
| London Liverpool Street (LST) | 15 d | | 0846 | | | 0908 | | | 0923 | | | 0938 | | | | 0953 | | |
| Whitechapel (ZLW) | d | 0842 | 0850 | 0858 | 0905 | | 0912 | 0920 | | 0928 | 0935 | | 0940 | 0945 | 0950 | | 0955 | 1000 |
| Canary Wharf (CWX) | DLR d | 0846 | | 0902 | | | 0916 | | | 0932 | | | 0944 | 0949 | | | 0959 | 1006 |
| Custom House (CUS) | d | 0850 | | 0907 | | | 0920 | | | 0937 | | | 0948 | 0953 | | | 1003 | 1010 |
| Woolwich (WWC) | d | 0854 | | 0912 | | | 0924 | | | 0942 | | | 0952 | 0958 | | | 1008 | 1015 |
| Abbey Wood (ABW) | a | 0859 | | 0916 | | | 0929 | | | 0946 | | | 0957 | 1003 | | | 1012 | 1019 |
| Stratford (SRA) | DLR 7 d | | 0853 | 0856 | | 0911 | 0915 | | 0926 | 0930 | | 0941 | 0945 | | 0956 | 1000 | | |
| Maryland (MYL) | d | | | 0858 | | 0913 | | | 0928 | | | 0943 | | | 0958 | | | |
| Forest Gate (FOG) | d | | | 0900 | | 0915 | | | 0930 | | | 0945 | | | 1000 | | | |
| Manor Park (MNP) | d | | | 0903 | | 0918 | | | 0933 | | | 0948 | | | 1003 | | | |
| Ilford (IFD) | 2 d | | | 0905 | | 0920 | | | 0935 | | | 0950 | | | 1005 | | | |
| Seven Kings (SVK) | d | | | 0908 | | 0923 | | | 0938 | | | 0953 | | | 1008 | | | |
| Goodmayes (GMY) | d | | | 0910 | | 0925 | | | 0940 | | | 0955 | | | 1010 | | | |
| Chadwell Heath (CTH) | d | | | 0912 | | 0927 | | | 0942 | | | 0957 | | | 1012 | | | |
| Romford (RMF) | d | | 0904 | 0916 | | 0931 | | 0946 | 0938 | | 1001 | | | 1016 | 1008 | | | |
| Gidea Park (GDP) | 2 d | | | 0919 | | 0934 | | 0949 | | | 1004 | | | 1019 | | | | |
| Harold Wood (HRO) | d | | | 0922 | | 0937 | | 0952 | | | 1007 | | | 1022 | | | | |
| Brentwood (BRE) | d | | | 0926 | | 0941 | | 0956 | | | 1011 | | | 1026 | | | | |
| Shenfield (SNF) | 3 a | | 0917 | 0932 | | 0947 | 0930 | 1002 | 0947 | | 1017 | 1000 | | 1032 | 1017 | | | |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | LE C | XR | XR | XR | LE B | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | XR | XR | XR | | |
|-------------------------------------|-------|---------|------|------|------|---------|------|------|------|---------|------|------|------|-------|---------|------|------|------|------|-------|
| Reading (RDG) | 7 | d | | | | | | | 0924 | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | 0929 | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | 0936 | | | | | | | 1000 | | | | |
| Taplow (TAP) | | d | | | | | | | 0939 | | | | | | | | | | | |
| Burnham (BNM) | | d | | | | | | | 0942 | | | | | | | 1004 | | | | |
| Slough (SLO) | 3 | d | | | | | | | 0946 | | | | | | | 1008 | | | | |
| Langley (LNY) | | d | | | | | | | 0950 | | | | | | | 1012 | | | | |
| Iver (IVR) | | d | | | | | | | 0952 | | | | | | | 1014 | | | | |
| West Drayton (WDT) | | d | | | | | | | 0955 | | | | | | | 1017 | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 0919 | | | | | | 0949 | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | 0934 | | | | | | | 1000 | | | | | | 1015 | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | 0924 | | 0939 | | | | 0954 | | | 1006 | | | | | | 1021 | |
| Hayes & Harlington (HAY) | 3 | d | | 0933 | | 0946 | | | 1000 | | 1003 | | 1012 | | | 1022 | | | 1027 | |
| Southall (STL) | | d | | 0936 | | 0949 | | | 1003 | | 1006 | | 1015 | | | 1025 | | | 1030 | |
| Hanwell (HAN) | | d | | 0939 | | 0952 | | | | | 1009 | | 1018 | | | | | | 1033 | |
| West Ealing (WEA) | 3 | d | | 0941 | | 0954 | | | | | 1011 | | 1020 | | | | | | 1035 | |
| Ealing Broadway (EAL) | 3 | d | | 0944 | | 0956 | | | 1007 | | 1014 | | 1022 | | | 1029 | | | 1037 | |
| Acton Main Line (AML) | | d | | 0946 | | 0959 | | | | | 1016 | | 1025 | | | | | | 1040 | |
| London Paddington EL (PAD) | 15 | d | 0952 | | 0957 | 1002 | 1007 | | 1012 | 1017 | 1022 | | 1026 | 1030 | 1034 | 1037 | | 1041 | 1045 | 1049 |
| Bond Street (BDS) | 15 | d | 0955 | | 1000 | 1005 | 1010 | | 1015 | 1020 | 1025 | | 1029 | 1033 | 1037 | 1040 | | 1044 | 1048 | 1052 |
| Tottenham Court Road (TCR) | 15 | d | 0957 | | 1002 | 1007 | 1012 | | 1017 | 1022 | 1027 | | 1031 | 1035 | 1039 | 1042 | | 1046 | 1050 | 1054 |
| Farringdon (ZFD) | 15 | d | 1000 | | 1005 | 1010 | 1015 | | 1020 | 1025 | 1030 | | 1034 | 1038 | 1042 | 1045 | | 1049 | 1053 | 1057 |
| London Liverpool Street EL (LST) | 15 | d | 1003 | | 1008 | 1013 | 1018 | | 1023 | 1028 | 1033 | | 1037 | 1041 | 1045 | 1048 | | 1052 | 1056 | 1100 |
| London Liverpool Street (LST) | 15 | d | | 1008 | | | 1023 | | | | 1038 | | | | | 1053 | | | | |
| Whitechapel (ZLW) | 15 | d | 1005 | | 1010 | 1015 | 1020 | | 1025 | 1030 | 1035 | | 1039 | 1043 | 1047 | 1050 | | 1054 | 1058 | 1102 |
| Canary Wharf (CWX) | DLR | d | | | 1014 | 1021 | | | 1029 | 1036 | | | 1043 | | 1051 | | | 1058 | | 1106 |
| Custom House (CUS) | | d | | | 1018 | 1025 | | | 1033 | 1040 | | | 1047 | | 1055 | | | 1102 | | 1110 |
| Woolwich (WWC) | | d | | | 1022 | 1030 | | | 1037 | 1045 | | | 1052 | | 1100 | | | 1107 | | 1115 |
| Abbey Wood (ABW) | | a | | | 1026 | 1034 | | | 1041 | 1049 | | | 1056 | | 1104 | | | 1111 | | 1119 |
| Stratford (SRA) | DLR 7 | d | 1011 | 1015 | | | 1026 | 1030 | | | 1041 | 1045 | | 1049 | | 1056 | 1100 | | | 1104 |
| Maryland (MYL) | | d | 1013 | | | | 1028 | | | | 1043 | | | 1051 | | 1058 | | | | 1106 |
| Forest Gate (FOG) | | d | 1015 | | | | 1030 | | | | 1045 | | | 1053 | | 1100 | | | | 1108 |
| Manor Park (MNP) | | d | 1018 | | | | 1033 | | | | 1048 | | | 1056 | | 1103 | | | | 1111 |
| Ilford (IFD) | 2 | d | 1020 | | | | 1035 | | | | 1050 | | | 1058 | | 1105 | | | | 1113 |
| Seven Kings (SVK) | | d | 1023 | | | | 1038 | | | | 1053 | | | 1101 | | 1108 | | | | 1116 |
| Goodmayes (GMY) | | d | 1025 | | | | 1040 | | | | 1055 | | | 1103 | | 1110 | | | | 1118 |
| Chadwell Heath (CTH) | | d | 1027 | | | | 1042 | | | | 1057 | | | 1105 | | 1112 | | | | 1120 |
| Romford (RMF) | | d | 1031 | | | | 1046 | 1038 | | | 1101 | | | 1109 | | 1116 | 1108 | | | 1124 |
| Gidea Park (GDP) | 2 | d | 1034 | | | | 1049 | | | | 1104 | | | 1113a | | 1119 | | | | 1128a |
| Harold Wood (HRO) | | d | 1037 | | | | 1052 | | | | 1107 | | | | | 1122 | | | | |
| Brentwood (BRE) | | d | 1041 | | | | 1056 | | | | 1111 | | | | | 1126 | | | | |
| Shenfield (SNF) | 3 | a | 1047 | 1030 | | | 1102 | 1047 | | | 1117 | 1100 | | | | 1132 | 1117 | | | |

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

- a Arrival time
d Departure time
- B To Southend Victoria
C To Ipswich
D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | XR | |
|-------------------------------------|-------|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|
| Reading (RDG) | 7 | d | | | 0959 | | | | | | | | | | | | | 1029 | |
| Twyford (TWY) | 3 | d | | | 1004 | | | | | | | | | | | | | 1034 | |
| Maidenhead (MAI) | 3 | d | | | 1011 | | | | | 1030 | | | | | | | | 1041 | |
| Taplow (TAP) | | d | | | 1014 | | | | | | | | | | | | | 1044 | |
| Burnham (BNM) | | d | | | 1017 | | | | | 1034 | | | | | | | | 1047 | |
| Slough (SLO) | 3 | d | | | 1021 | | | | | 1038 | | | | | | | | 1051 | |
| Langley (LNY) | | d | | | 1025 | | | | | 1042 | | | | | | | | 1055 | |
| Iver (IVR) | | d | | | | | | | | 1044 | | | | | | | | | 1114 |
| West Drayton (WDT) | | d | | | 1030 | | | | | 1047 | | | | | | | | 1100 | |
| Heathrow Terminal 5 (HWV) | 7 | d | 1020 | | | | | | | | | 1050 | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | | 1030 | | | | 1045 | | | | | 1100 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1025 | | | | 1036 | | | | 1051 | 1055 | | | | 1106 | | | |
| Hayes & Harlington (HAY) | 3 | d | 1032 | | 1035 | | 1042 | | | 1052 | 1057 | 1102 | | | 1105 | 1112 | | | 1122 |
| Southall (STL) | | d | | | 1038 | | 1045 | | | 1055 | 1100 | | | | 1108 | 1115 | | | 1125 |
| Hanwell (HAN) | | d | | | | | 1048 | | | | 1103 | | | | | 1118 | | | |
| West Ealing (WEA) | 3 | d | 1039 | | | | 1050 | | | | 1105 | 1109 | | | | 1120 | | | |
| Ealing Broadway (EAL) | 3 | d | 1041 | | 1045 | | 1052 | | | 1059 | 1107 | 1111 | | | 1115 | 1122 | | | 1129 |
| Acton Main Line (AML) | | d | | | | | 1055 | | | | 1110 | | | | | 1125 | | | |
| London Paddington EL (PAD) | 15 | d | 1052 | | 1056 | 1100 | 1104 | 1107 | | 1111 | 1115 | 1119 | 1122 | | 1126 | 1130 | 1134 | 1137 | 1141 |
| Bond Street (BDS) | 15 | d | 1055 | | 1059 | 1103 | 1107 | 1110 | | 1114 | 1118 | 1122 | 1125 | | 1129 | 1133 | 1137 | 1140 | 1144 |
| Tottenham Court Road (TCR) | 15 | d | 1057 | | 1101 | 1105 | 1109 | 1112 | | 1116 | 1120 | 1124 | 1127 | | 1131 | 1135 | 1139 | 1142 | 1146 |
| Farringdon (ZFD) | 3 | d | 1100 | | 1104 | 1108 | 1112 | 1115 | | 1119 | 1123 | 1127 | 1130 | | 1134 | 1138 | 1142 | 1145 | 1149 |
| London Liverpool Street EL (LST) | 4 | d | 1103 | | 1107 | 1111 | 1115 | 1118 | | 1122 | 1126 | 1130 | 1133 | | 1137 | 1141 | 1145 | 1148 | 1152 |
| London Liverpool Street (LST) | 15 | d | | 1108 | | | | 1123 | | | | | 1138 | | | | | | 1153 |
| Whitechapel (ZLW) | 15 | d | 1105 | | 1109 | 1113 | 1117 | 1120 | | 1124 | 1128 | 1132 | 1135 | | 1139 | 1143 | 1147 | 1150 | 1154 |
| Canary Wharf (CWX) | DLR | d | | | 1113 | | 1121 | | | 1128 | | 1136 | | | 1143 | | 1151 | | 1158 |
| Custom House (CUS) | | d | | | 1117 | | 1125 | | | 1132 | | 1140 | | | 1147 | | 1155 | | 1202 |
| Woolwich (WWC) | | d | | | 1122 | | 1130 | | | 1137 | | 1145 | | | 1152 | | 1200 | | 1207 |
| Abbey Wood (ABW) | | a | | | 1126 | | 1134 | | | 1141 | | 1149 | | | 1156 | | 1204 | | 1211 |
| Stratford (SRA) | DLR 7 | d | 1111 | 1115 | | 1119 | | 1126 | 1130 | | 1134 | | 1141 | 1145 | | 1149 | | 1156 | 1200 |
| Maryland (MYL) | | d | 1113 | | | 1121 | | 1128 | | | 1136 | | 1143 | | | 1151 | | 1158 | |
| Forest Gate (FOG) | | d | 1115 | | | 1123 | | 1130 | | | 1138 | | 1145 | | | 1153 | | 1200 | |
| Manor Park (MNP) | | d | 1118 | | | 1126 | | 1133 | | | 1141 | | 1148 | | | 1156 | | 1203 | |
| Ilford (IFD) | 2 | d | 1120 | | | 1128 | | 1135 | | | 1143 | | 1150 | | | 1158 | | 1205 | |
| Seven Kings (SVK) | | d | 1123 | | | 1131 | | 1138 | | | 1146 | | 1153 | | | 1201 | | 1208 | |
| Goodmayes (GMY) | | d | 1125 | | | 1133 | | 1140 | | | 1148 | | 1155 | | | 1203 | | 1210 | |
| Chadwell Heath (CTH) | | d | 1127 | | | 1135 | | 1142 | | | 1150 | | 1157 | | | 1205 | | 1212 | |
| Romford (RMF) | | d | 1131 | | | 1139 | | 1146 | 1138 | | 1154 | | 1201 | | | 1209 | | 1216 | 1208 |
| Gidea Park (GDP) | 2 | d | 1134 | | | 1143a | | 1149 | | | 1158a | | 1204 | | | 1213a | | 1219 | |
| Harold Wood (HRO) | | d | 1137 | | | | | 1152 | | | | | 1207 | | | | | 1222 | |
| Brentwood (BRE) | | d | 1141 | | | | | 1156 | | | | | 1211 | | | | | 1226 | |
| Shenfield (SNF) | 3 | a | 1147 | 1130 | | | | 1202 | 1147 | | | | 1217 | 1200 | | | | 1232 | 1217 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | XR | | | |
|-------------------------------------|-------|----|----|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|-------|------|------|
| Reading (RDG) | 7 | d | | | 1059 | | | | | | | | | | 1129 | | | | | | |
| Twyford (TWY) | 3 | d | | | 1104 | | | | | | | | | | 1134 | | | | | | |
| Maidenhead (MAI) | 3 | d | | | 1111 | | | | | 1130 | | | | | 1141 | | | | | | |
| Taplow (TAP) | | d | | | 1114 | | | | | | | | | | 1144 | | | | | | |
| Burnham (BNM) | | d | | | 1117 | | | | | 1134 | | | | | 1147 | | | | | | |
| Slough (SLO) | 3 | d | | | 1121 | | | | | 1138 | | | | | 1151 | | | | | | |
| Langley (LNY) | | d | | | 1125 | | | | | 1142 | | | | | 1155 | | | | | | |
| Iver (IVR) | | d | | | | | | | | 1144 | | | | | | | | | | | |
| West Drayton (WDT) | | d | | | 1130 | | | | | 1147 | | | | | 1200 | | | | | | |
| Heathrow Terminal 5 (HWV) | ⊖← | d | | 1120 | | | | | | | | | | 1150 | | | | | | | |
| Heathrow Terminal 4 (HAF) | ⊖← | d | | 1115 | | | | 1130 | | | | | 1145 | | | | 1200 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ⊖← | d | | 1121 | 1125 | | | 1136 | | | | 1151 | 1155 | | | | 1206 | | | | |
| Hayes & Harlington (HAY) | 3 | d | | 1127 | 1132 | | | 1142 | | | 1152 | 1157 | 1202 | | 1205 | | 1212 | | | | |
| Southall (STL) | | d | | 1130 | | | | 1145 | | | 1155 | 1200 | | | 1208 | | 1215 | | | | |
| Hanwell (HAN) | | d | | 1133 | | | | 1148 | | | | 1203 | | | | | 1218 | | | | |
| West Ealing (WEA) | 3 | d | | 1135 | 1139 | | | 1150 | | | | 1205 | 1209 | | | | 1220 | | | | |
| Ealing Broadway (EAL) | ⊖← | 3 | d | 1137 | 1141 | | | 1145 | | | 1159 | 1207 | 1211 | | 1215 | | 1222 | | | | |
| Acton Main Line (AML) | | d | | 1140 | | | | 1155 | | | | 1210 | | | | | 1225 | | | | |
| London Paddington EL (PAD) | ⊖← | 15 | d | 1145 | 1149 | 1152 | | 1156 | 1200 | 1204 | 1207 | | 1211 | 1215 | 1219 | 1222 | | 1226 | 1230 | 1234 | 1237 |
| Bond Street (BDS) | ⊖ | d | | 1148 | 1152 | 1155 | | 1159 | 1203 | 1207 | 1210 | | 1214 | 1218 | 1222 | 1225 | | 1229 | 1233 | 1237 | 1240 |
| Tottenham Court Road (TCR) | ⊖ | d | | 1150 | 1154 | 1157 | | 1201 | 1205 | 1209 | 1212 | | 1216 | 1220 | 1224 | 1227 | | 1231 | 1235 | 1239 | 1242 |
| Farringdon (ZFD) | ⊖← | 3 | d | 1153 | 1157 | 1200 | | 1204 | 1208 | 1212 | 1215 | | 1219 | 1223 | 1227 | 1230 | | 1234 | 1238 | 1242 | 1245 |
| London Liverpool Street EL (LST) | ⊖← | 4 | d | 1156 | 1200 | 1203 | | 1207 | 1211 | 1215 | 1218 | | 1222 | 1226 | 1230 | 1233 | | 1237 | 1241 | 1245 | 1248 |
| London Liverpool Street (LST) | ⊖← | 15 | d | | | 1208 | | | | | 1223 | | | | | 1238 | | | | | |
| Whitechapel (ZLW) | ⊖ | d | | 1158 | 1202 | 1205 | | 1209 | 1213 | 1217 | 1220 | | 1224 | 1228 | 1232 | 1235 | | 1239 | 1243 | 1247 | 1250 |
| Canary Wharf (CWX) | DLR | d | | | 1206 | | | 1213 | | 1221 | | | 1228 | | 1236 | | | 1243 | | 1251 | |
| Custom House (CUS) | | d | | | 1210 | | | 1217 | | 1225 | | | 1232 | | 1240 | | | 1247 | | 1255 | |
| Woolwich (WWC) | | d | | | 1215 | | | 1222 | | 1230 | | | 1237 | | 1245 | | | 1252 | | 1300 | |
| Abbey Wood (ABW) | a | | | | 1219 | | | 1226 | | 1234 | | | 1241 | | 1249 | | | 1256 | | 1304 | |
| Stratford (SRA) | ⊖ DLR | 7 | d | 1204 | | 1211 | 1215 | | 1219 | | 1226 | 1230 | | 1234 | | 1241 | 1245 | | 1249 | | 1256 |
| Maryland (MYL) | | d | | 1206 | | 1213 | | | 1221 | | 1228 | | | 1236 | | 1243 | | | 1251 | | 1258 |
| Forest Gate (FOG) | | d | | 1208 | | 1215 | | | 1223 | | 1230 | | | 1238 | | 1245 | | | 1253 | | 1300 |
| Manor Park (MNP) | | d | | 1211 | | 1218 | | | 1226 | | 1233 | | | 1241 | | 1248 | | | 1256 | | 1303 |
| Ilford (IFD) | 2 | d | | 1213 | | 1220 | | | 1228 | | 1235 | | | 1243 | | 1250 | | | 1258 | | 1305 |
| Seven Kings (SVK) | | d | | 1216 | | 1223 | | | 1231 | | 1238 | | | 1246 | | 1253 | | | 1301 | | 1308 |
| Goodmayes (GMY) | | d | | 1218 | | 1225 | | | 1233 | | 1240 | | | 1248 | | 1255 | | | 1303 | | 1310 |
| Chadwell Heath (CTH) | | d | | 1220 | | 1227 | | | 1235 | | 1242 | | | 1250 | | 1257 | | | 1305 | | 1312 |
| Romford (RMF) | | d | | 1224 | | 1231 | | | 1239 | | 1246 | 1238 | | 1254 | | 1301 | | | 1309 | | 1316 |
| Gidea Park (GDP) | 2 | d | | 1228a | | 1234 | | | 1243a | | 1249 | | | 1258a | | 1304 | | | 1313a | | 1319 |
| Harold Wood (HRO) | | d | | | | 1237 | | | | | 1252 | | | | | 1307 | | | | | 1322 |
| Brentwood (BRE) | | d | | | | 1241 | | | | | 1256 | | | | | 1311 | | | | | 1326 |
| Shenfield (SNF) | 3 | a | | | | 1247 | 1230 | | | | 1302 | 1247 | | | | 1317 | 1300 | | | | 1332 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | LE B | XR | XR | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | |
|-------------------------------------|---------|----|------|------|-------|---------|------|------|-------|------|---------|------|------|-------|------|---------|------|------|-------|
| Reading (RDG) | 7 | d | | | | | 1159 | | | | | | | | | | | 1229 | |
| Twyford (TWY) | 3 | d | | | | | 1204 | | | | | | | | | | | 1234 | |
| Maidenhead (MAI) | 3 | d | 1200 | | | | 1211 | | | | 1230 | | | | | | | 1241 | |
| Taplow (TAP) | | d | | | | | 1214 | | | | | | | | | | | 1244 | |
| Burnham (BNM) | | d | 1204 | | | | 1217 | | | | 1234 | | | | | | | 1247 | |
| Slough (SLO) | 3 | d | 1208 | | | | 1221 | | | | 1238 | | | | | | | 1251 | |
| Langley (LNY) | | d | 1212 | | | | 1225 | | | | 1242 | | | | | | | 1255 | |
| Iver (IVR) | | d | 1214 | | | | | | | | 1244 | | | | | | | | |
| West Drayton (WDT) | | d | 1217 | | | | 1230 | | | | 1247 | | | | | | | 1300 | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | 1220 | | | | | | | | | | 1250 | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | 1215 | | | | 1230 | | | | | | 1245 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | 1221 | 1225 | | | 1236 | | | | | | 1251 | 1255 | | | |
| Hayes & Harlington (HAY) | 3 | d | 1222 | 1227 | 1232 | | 1235 | 1242 | | | 1252 | 1257 | 1302 | | | | 1305 | | |
| Southall (STL) | | d | 1225 | 1230 | | | 1238 | 1245 | | | 1255 | 1300 | | | | | 1308 | | |
| Hanwell (HAN) | | d | | 1233 | | | | 1248 | | | | 1303 | | | | | | | |
| West Ealing (WEA) | 3 | d | | 1235 | 1239 | | | 1250 | | | | 1305 | 1309 | | | | | | |
| Ealing Broadway (EAL) | 3 | d | 1229 | 1237 | 1241 | | 1245 | 1252 | | | 1259 | 1307 | 1311 | | | | 1315 | | |
| Acton Main Line (AML) | | d | | 1240 | | | | 1255 | | | | 1310 | | | | | | | |
| London Paddington EL (PAD) | 15 | d | 1241 | 1245 | 1249 | 1252 | | 1256 | 1300 | 1304 | 1307 | | 1311 | 1315 | 1319 | 1322 | | 1326 | 1330 |
| Bond Street (BDS) | | d | 1244 | 1248 | 1252 | 1255 | | 1259 | 1303 | 1307 | 1310 | | 1314 | 1318 | 1322 | 1325 | | 1329 | 1333 |
| Tottenham Court Road (TCR) | | d | 1246 | 1250 | 1254 | 1257 | | 1301 | 1305 | 1309 | 1312 | | 1316 | 1320 | 1324 | 1327 | | 1331 | 1335 |
| Farringdon (ZFD) | 3 | d | 1249 | 1253 | 1257 | 1300 | | 1304 | 1308 | 1312 | 1315 | | 1319 | 1323 | 1327 | 1330 | | 1334 | 1338 |
| London Liverpool Street EL (LST) | 4 | d | 1252 | 1256 | 1300 | 1303 | | 1307 | 1311 | 1315 | 1318 | | 1322 | 1326 | 1330 | 1333 | | 1337 | 1341 |
| London Liverpool Street (LST) | 15 | d | 1253 | | | 1308 | | | | | 1323 | | | | | 1338 | | | |
| Whitechapel (ZLW) | | d | 1254 | 1258 | 1302 | 1305 | | 1309 | 1313 | 1317 | 1320 | | 1324 | 1328 | 1332 | 1335 | | 1339 | 1343 |
| Canary Wharf (CWX) | DLR | d | 1258 | | 1306 | | | 1313 | | 1321 | | | 1328 | | 1336 | | | 1343 | |
| Custom House (CUS) | | d | 1302 | | 1310 | | | 1317 | | 1325 | | | 1332 | | 1340 | | | 1347 | |
| Woolwich (WWC) | | d | 1307 | | 1315 | | | 1322 | | 1330 | | | 1337 | | 1345 | | | 1352 | |
| Abbey Wood (ABW) | | a | 1311 | | 1319 | | | 1326 | | 1334 | | | 1341 | | 1349 | | | 1356 | |
| Stratford (SRA) | DLR 7 | d | 1300 | | 1304 | 1311 | 1315 | | 1319 | | 1326 | 1330 | | 1334 | | 1341 | 1345 | | 1349 |
| Maryland (MYL) | | d | | | 1306 | 1313 | | | 1321 | | 1328 | | | 1336 | | 1343 | | | 1351 |
| Forest Gate (FOG) | | d | | | 1308 | 1315 | | | 1323 | | 1330 | | | 1338 | | 1345 | | | 1353 |
| Manor Park (MNP) | | d | | | 1311 | 1318 | | | 1326 | | 1333 | | | 1341 | | 1348 | | | 1356 |
| Ilford (IFD) | 2 | d | | | 1313 | 1320 | | | 1328 | | 1335 | | | 1343 | | 1350 | | | 1358 |
| Seven Kings (SVK) | | d | | | 1316 | 1323 | | | 1331 | | 1338 | | | 1346 | | 1353 | | | 1401 |
| Goodmayes (GMY) | | d | | | 1318 | 1325 | | | 1333 | | 1340 | | | 1348 | | 1355 | | | 1403 |
| Chadwell Heath (CTH) | | d | | | 1320 | 1327 | | | 1335 | | 1342 | | | 1350 | | 1357 | | | 1405 |
| Romford (RMF) | | d | 1308 | | 1324 | 1331 | | | 1339 | | 1346 | 1338 | | 1354 | | 1401 | | | 1409 |
| Gidea Park (GDP) | 2 | d | | | 1328a | 1334 | | | 1343a | | 1349 | | | 1358a | | 1404 | | | 1413a |
| Harold Wood (HRO) | | d | | | | 1337 | | | | | 1352 | | | | | 1407 | | | |
| Brentwood (BRE) | | d | | | | 1341 | | | | | 1356 | | | | | 1411 | | | |
| Shenfield (SNF) | 3 | a | 1317 | | | 1347 | 1330 | | | | 1402 | 1347 | | | | 1417 | 1400 | | |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | LE B | XR | XR | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D |
|---------------------------------------|------|------|---------|------|-------|------|------|---------|------|-------|------|------|---------|------|-------|------|------|---------|
| Reading (RDG) 7 d | | | | | | | | | 1259 | | | | | | | | | |
| Twyford (TWY) 3 d | | | | | | | | | 1304 | | | | | | | | | |
| Maidenhead (MAI) 3 d | | | | 1300 | | | | | 1311 | | | | 1330 | | | | | |
| Taplow (TAP) d | | | | | | | | | 1314 | | | | | | | | | |
| Burnham (BNM) d | | | | 1304 | | | | | 1317 | | | | 1334 | | | | | |
| Slough (SLO) 3 d | | | | 1308 | | | | | 1321 | | | | 1338 | | | | | |
| Langley (LNY) d | | | | 1312 | | | | | 1325 | | | | 1342 | | | | | |
| Iver (IVR) d | | | | 1314 | | | | | | | | | 1344 | | | | | |
| West Drayton (WDT) d | | | | 1317 | | | | | 1330 | | | | 1347 | | | | | |
| Heathrow Terminal 5 (HWV) 7 d | | | | | | | 1320 | | | | | | | | | | | 1350 |
| Heathrow Terminal 4 (HAF) 7 d | 1300 | | | | | | 1315 | | | | | 1330 | | | | | 1345 | |
| Heathrow Terminals 2 & 3 (HXX) 7 d | 1306 | | | | | | 1321 | 1325 | | | | 1336 | | | | | 1351 | 1355 |
| Hayes & Harlington (HAY) 3 d | 1312 | | | 1322 | | | 1327 | 1332 | | | | 1335 | 1342 | | | 1352 | 1357 | 1402 |
| Southall (STL) d | 1315 | | | 1325 | | | 1330 | | | | | 1338 | 1345 | | | 1355 | 1400 | |
| Hanwell (HAN) d | 1318 | | | | | | 1333 | | | | | | 1348 | | | | 1403 | |
| West Ealing (WEA) 3 d | 1320 | | | | | | 1335 | 1339 | | | | | 1350 | | | | 1405 | 1409 |
| Ealing Broadway (EAL) 3 d | 1322 | | | 1329 | | | 1337 | 1341 | | | | | 1352 | | | 1359 | 1407 | 1411 |
| Acton Main Line (AML) d | 1325 | | | | | | 1340 | | | | | | 1355 | | | | 1410 | |
| London Paddington EL (PAD) 15 d | 1334 | 1337 | | 1341 | 1345 | 1349 | 1352 | | 1356 | 1400 | 1404 | 1407 | | 1411 | 1415 | 1419 | 1422 | |
| Bond Street (BDS) 15 d | 1337 | 1340 | | 1344 | 1348 | 1352 | 1355 | | 1359 | 1403 | 1407 | 1410 | | 1414 | 1418 | 1422 | 1425 | |
| Tottenham Court Road (TCR) 15 d | 1339 | 1342 | | 1346 | 1350 | 1354 | 1357 | | 1401 | 1405 | 1409 | 1412 | | 1416 | 1420 | 1424 | 1427 | |
| Farringdon (ZFD) 15 d | 1342 | 1345 | | 1349 | 1353 | 1357 | 1400 | | 1404 | 1408 | 1412 | 1415 | | 1419 | 1423 | 1427 | 1430 | |
| London Liverpool Street EL (LST) 15 d | 1345 | 1348 | | 1352 | 1356 | 1400 | 1403 | | 1407 | 1411 | 1415 | 1418 | | 1422 | 1426 | 1430 | 1433 | |
| London Liverpool Street (LST) 15 d | | | 1353 | | | | | 1408 | | | | | 1423 | | | | | 1438 |
| Whitechapel (ZLW) 15 d | 1347 | 1350 | | 1354 | 1358 | 1402 | 1405 | | 1409 | 1413 | 1417 | 1420 | | 1424 | 1428 | 1432 | 1435 | |
| Canary Wharf (CWX) 15 d | 1351 | | | 1358 | | 1406 | | | 1413 | | 1421 | | | 1428 | | 1436 | | |
| Custom House (CUS) 15 d | 1355 | | | 1402 | | 1410 | | | 1417 | | 1425 | | | 1432 | | 1440 | | |
| Woolwich (WWC) 15 d | 1400 | | | 1407 | | 1415 | | | 1422 | | 1430 | | | 1437 | | 1445 | | |
| Abbey Wood (ABW) 15 a | 1404 | | | 1411 | | 1419 | | | 1426 | | 1434 | | | 1441 | | 1449 | | |
| Stratford (SRA) 7 d | | 1356 | 1400 | | 1404 | | 1411 | 1415 | | 1419 | | 1426 | 1430 | | 1434 | | 1441 | 1445 |
| Maryland (MYL) d | | 1358 | | | 1406 | | 1413 | | | 1421 | | 1428 | | | 1436 | | 1443 | |
| Forest Gate (FOG) d | | 1400 | | | 1408 | | 1415 | | | 1423 | | 1430 | | | 1438 | | 1445 | |
| Manor Park (MNP) d | | 1403 | | | 1411 | | 1418 | | | 1426 | | 1433 | | | 1441 | | 1448 | |
| Ilford (IFD) 2 d | | 1405 | | | 1413 | | 1420 | | | 1428 | | 1435 | | | 1443 | | 1450 | |
| Seven Kings (SVK) d | | 1408 | | | 1416 | | 1423 | | | 1431 | | 1438 | | | 1446 | | 1453 | |
| Goodmayes (GMY) d | | 1410 | | | 1418 | | 1425 | | | 1433 | | 1440 | | | 1448 | | 1455 | |
| Chadwell Heath (CTH) d | | 1412 | | | 1420 | | 1427 | | | 1435 | | 1442 | | | 1450 | | 1457 | |
| Romford (RMF) d | | 1416 | 1408 | | 1424 | | 1431 | | | 1439 | | 1446 | 1438 | | 1454 | | 1501 | |
| Gidea Park (GDP) 2 d | | 1419 | | | 1428a | | 1434 | | | 1443a | | 1449 | | | 1458a | | 1504 | |
| Harold Wood (HRO) d | | 1422 | | | | | 1437 | | | | | 1452 | | | | | 1507 | |
| Brentwood (BRE) d | | 1426 | | | | | 1441 | | | | | 1456 | | | | | 1511 | |
| Shenfield (SNF) 3 a | | 1432 | 1417 | | | | 1447 | 1430 | | | | 1502 | 1447 | | | | 1517 | 1500 |

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

- a Arrival time
d Departure time
- B To Southend Victoria
C To Ipswich
D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | |
|-------------------------------------|---------|------|-------|------|---------|------|------|-------|------|---------|------|------|-------|------|---------|------|------|-------|------|
| Reading (RDG) | 7 d | 1329 | | | | | | | | | 1359 | | | | | | | | |
| Twyford (TWY) | 3 d | 1334 | | | | | | | | | 1404 | | | | | | | | |
| Maidenhead (MAI) | 3 d | 1341 | | | | 1400 | | | | | 1411 | | | | 1430 | | | | |
| Taplow (TAP) | d | 1344 | | | | | | | | | 1414 | | | | | | | | |
| Burnham (BNM) | d | 1347 | | | | 1404 | | | | | 1417 | | | | 1434 | | | | |
| Slough (SLO) | 3 d | 1351 | | | | 1408 | | | | | 1421 | | | | 1438 | | | | |
| Langley (LNY) | d | 1355 | | | | 1412 | | | | | 1425 | | | | 1442 | | | | |
| Iver (IVR) | d | | | | | 1414 | | | | | | | | | 1444 | | | | |
| West Drayton (WDT) | d | 1400 | | | | 1417 | | | | | 1430 | | | | 1447 | | | | |
| Heathrow Terminal 5 (HWV) | ← d | | | | | | | | 1420 | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← d | | | 1400 | | | | 1415 | | | | | 1430 | | | | | 1445 | |
| Heathrow Terminals 2 & 3 (HXX) | ← d | | | 1406 | | | | 1421 | 1425 | | | | 1436 | | | | | 1451 | |
| Hayes & Harlington (HAY) | 3 d | 1405 | | 1412 | | 1422 | | 1427 | 1432 | | 1435 | | 1442 | | 1452 | | | 1457 | |
| Southall (STL) | d | 1408 | | 1415 | | 1425 | | 1430 | | | 1438 | | 1445 | | 1455 | | | 1500 | |
| Hanwell (HAN) | d | | | 1418 | | | | 1433 | | | | | 1448 | | | | | 1503 | |
| West Ealing (WEA) | 3 d | | | 1420 | | | | 1435 | 1439 | | | | 1450 | | | | | 1505 | |
| Ealing Broadway (EAL) | 3 d | 1415 | | 1422 | | 1429 | | 1437 | 1441 | | 1445 | | 1452 | | 1459 | | | 1507 | |
| Acton Main Line (AML) | d | | | 1425 | | | | 1440 | | | | | 1455 | | | | | 1510 | |
| London Paddington EL (PAD) | 15 d | 1426 | 1430 | 1434 | 1437 | | 1441 | 1445 | 1449 | 1452 | | 1456 | 1500 | 1504 | 1507 | | 1511 | 1515 | 1519 |
| Bond Street (BDS) | d | 1429 | 1433 | 1437 | 1440 | | 1444 | 1448 | 1452 | 1455 | | 1459 | 1503 | 1507 | 1510 | | 1514 | 1518 | 1522 |
| Tottenham Court Road (TCR) | d | 1431 | 1435 | 1439 | 1442 | | 1446 | 1450 | 1454 | 1457 | | 1501 | 1505 | 1509 | 1512 | | 1516 | 1520 | 1524 |
| Farringdon (ZFD) | 3 d | 1434 | 1438 | 1442 | 1445 | | 1449 | 1453 | 1457 | 1500 | | 1504 | 1508 | 1512 | 1515 | | 1519 | 1523 | 1527 |
| London Liverpool Street EL (LST) | 4 d | 1437 | 1441 | 1445 | 1448 | | 1452 | 1456 | 1500 | 1503 | | 1507 | 1511 | 1515 | 1518 | | 1522 | 1526 | 1530 |
| London Liverpool Street (LST) | 15 d | | | | 1453 | | | | | 1508 | | | | | 1523 | | | | |
| Whitechapel (ZLW) | d | 1439 | 1443 | 1447 | 1450 | | 1454 | 1458 | 1502 | 1505 | | 1509 | 1513 | 1517 | 1520 | | 1524 | 1528 | 1532 |
| Canary Wharf (CWX) | DLR d | 1443 | | 1451 | | | 1458 | 1506 | | | | 1513 | 1521 | | | | 1528 | 1536 | |
| Custom House (CUS) | d | 1447 | | 1455 | | | 1502 | 1510 | | | | 1517 | 1525 | | | | 1532 | 1540 | |
| Woolwich (WWC) | d | 1452 | | 1500 | | | 1507 | 1515 | | | | 1522 | 1530 | | | | 1537 | 1545 | |
| Abbey Wood (ABW) | a | 1456 | | 1504 | | | 1511 | 1519 | | | | 1526 | 1534 | | | | 1541 | 1549 | |
| Stratford (SRA) | DLR 7 d | | 1449 | | 1456 | 1500 | | 1504 | | 1511 | 1515 | | 1519 | | 1526 | 1530 | | 1534 | |
| Maryland (MYL) | d | | 1451 | | 1458 | | | 1506 | | 1513 | | | 1521 | | 1528 | | | 1536 | |
| Forest Gate (FOG) | d | | 1453 | | 1500 | | | 1508 | | 1515 | | | 1523 | | 1530 | | | 1538 | |
| Manor Park (MNP) | d | | 1456 | | 1503 | | | 1511 | | 1518 | | | 1526 | | 1533 | | | 1541 | |
| Ilford (IFD) | 2 d | | 1458 | | 1505 | | | 1513 | | 1520 | | | 1528 | | 1535 | | | 1543 | |
| Seven Kings (SVK) | d | | 1501 | | 1508 | | | 1516 | | 1523 | | | 1531 | | 1538 | | | 1546 | |
| Goodmayes (GMY) | d | | 1503 | | 1510 | | | 1518 | | 1525 | | | 1533 | | 1540 | | | 1548 | |
| Chadwell Heath (CTH) | d | | 1505 | | 1512 | | | 1520 | | 1527 | | | 1535 | | 1542 | | | 1550 | |
| Romford (RMF) | d | | 1509 | | 1516 | 1508 | | 1524 | | 1531 | | | 1539 | | 1546 | 1538 | | 1554 | |
| Gidea Park (GDP) | 2 d | | 1513a | | 1519 | | | 1528a | | 1534 | | | 1543a | | 1549 | | | 1558a | |
| Harold Wood (HRO) | d | | | | 1522 | | | | | 1537 | | | | | 1552 | | | | |
| Brentwood (BRE) | d | | | | 1526 | | | | | 1541 | | | | | 1556 | | | | |
| Shenfield (SNF) | 3 a | | | | 1532 | 1517 | | | | 1547 | 1530 | | | | 1602 | 1547 | | | |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | LE D | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | |
|-------------------------------------|-------|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|----|----|---------|-------|------|
| Reading (RDG) | 7 | d | | | 1429 | | | | | | | | | | | | | 1459 | |
| Twyford (TWY) | 3 | d | | | 1434 | | | | | | | | | | | | | 1504 | |
| Maidenhead (MAI) | 3 | d | | | 1441 | | | | | 1500 | | | | | | | | 1511 | |
| Taplow (TAP) | | d | | | 1444 | | | | | | | | | | | | | 1514 | |
| Burnham (BNM) | | d | | | 1447 | | | | | 1504 | | | | | | | | 1517 | 1534 |
| Slough (SLO) | 3 | d | | | 1451 | | | | | 1508 | | | | | | | | 1521 | 1538 |
| Langley (LNY) | | d | | | 1455 | | | | | 1512 | | | | | | | | 1525 | 1542 |
| Iver (IVR) | | d | | | | | | | | 1514 | | | | | | | | | 1544 |
| West Drayton (WDT) | | d | | | 1500 | | | | | 1517 | | | | | | | | 1530 | 1547 |
| Heathrow Terminal 5 (HWV) | 7 | d | 1450 | | | | | | | | | 1520 | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | | 1500 | | | | | 1515 | | | | | | 1530 | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1455 | | | | 1506 | | | | | 1521 | 1525 | | | | | 1536 | |
| Hayes & Harlington (HAY) | 3 | d | 1502 | | 1505 | | 1512 | | | 1522 | | 1527 | 1532 | | | | | 1535 | 1542 |
| Southall (STL) | | d | | | 1508 | | 1515 | | | 1525 | | 1530 | | | | | | 1538 | 1545 |
| Hanwell (HAN) | | d | | | | | 1518 | | | | | 1533 | | | | | | | 1548 |
| West Ealing (WEA) | 3 | d | 1509 | | | | 1520 | | | | | 1535 | 1539 | | | | | | 1550 |
| Ealing Broadway (EAL) | 3 | d | 1511 | | 1515 | | 1522 | | | 1529 | | 1537 | 1541 | | | | | 1545 | 1552 |
| Acton Main Line (AML) | | d | | | | | 1525 | | | | | 1540 | | | | | | | 1555 |
| London Paddington EL (PAD) | 15 | d | 1522 | | 1526 | 1530 | 1534 | 1537 | | 1541 | 1545 | 1549 | 1552 | | | | | 1556 | 1600 |
| Bond Street (BDS) | 15 | d | 1525 | | 1529 | 1533 | 1537 | 1540 | | 1544 | 1548 | 1552 | 1555 | | | | | 1559 | 1603 |
| Tottenham Court Road (TCR) | 15 | d | 1527 | | 1531 | 1535 | 1539 | 1542 | | 1546 | 1550 | 1554 | 1557 | | | | | 1601 | 1605 |
| Farringdon (ZFD) | 3 | d | 1530 | | 1534 | 1538 | 1542 | 1545 | | 1549 | 1553 | 1557 | 1600 | | | | | 1604 | 1608 |
| London Liverpool Street EL (LST) | 4 | d | 1533 | | 1537 | 1541 | 1545 | 1548 | | 1552 | 1556 | 1600 | 1603 | | | | | 1607 | 1611 |
| London Liverpool Street (LST) | 15 | d | | 1538 | | | | 1553 | | | | | | 1608 | | | | | 1623 |
| Whitechapel (ZLW) | 15 | d | 1535 | | 1539 | 1543 | 1547 | 1550 | | 1554 | 1558 | 1602 | 1605 | | | | | 1609 | 1613 |
| Canary Wharf (CWX) | DLR | d | | | 1543 | | 1551 | | | 1558 | | 1606 | | | | | | 1613 | 1621 |
| Custom House (CUS) | | d | | | 1547 | | 1555 | | | 1602 | | 1610 | | | | | | 1617 | 1625 |
| Woolwich (WWC) | | d | | | 1552 | | 1600 | | | 1607 | | 1615 | | | | | | 1622 | 1630 |
| Abbey Wood (ABW) | | a | | | 1556 | | 1604 | | | 1611 | | 1619 | | | | | | 1626 | 1634 |
| Stratford (SRA) | DLR 7 | d | 1541 | 1545 | | 1549 | | 1556 | 1600 | | 1604 | | 1611 | 1615 | | | | 1619 | 1626 |
| Maryland (MYL) | | d | 1543 | | | 1551 | | 1558 | | | 1606 | | 1613 | | | | | 1621 | 1628 |
| Forest Gate (FOG) | | d | 1545 | | | 1553 | | 1600 | | | 1608 | | 1615 | | | | | 1623 | 1630 |
| Manor Park (MNP) | | d | 1548 | | | 1556 | | 1603 | | | 1611 | | 1618 | | | | | 1626 | 1633 |
| Ilford (IFD) | 2 | d | 1550 | | | 1558 | | 1605 | | | 1613 | | 1620 | | | | | 1628 | 1635 |
| Seven Kings (SVK) | | d | 1553 | | | 1601 | | 1608 | | | 1616 | | 1623 | | | | | 1631 | 1638 |
| Goodmayes (GMY) | | d | 1555 | | | 1603 | | 1610 | | | 1618 | | 1625 | | | | | 1633 | 1640 |
| Chadwell Heath (CTH) | | d | 1557 | | | 1605 | | 1612 | | | 1620 | | 1627 | | | | | 1635 | 1642 |
| Romford (RMF) | | d | 1601 | | | 1609 | | 1616 | 1608 | | 1624 | | 1631 | | | | | 1639 | 1646 |
| Gidea Park (GDP) | 2 | d | 1604 | | | 1613a | | 1619 | | | 1628a | | 1634 | | | | | 1643a | 1649 |
| Harold Wood (HRO) | | d | 1607 | | | | | 1622 | | | | | 1637 | | | | | | 1652 |
| Brentwood (BRE) | | d | 1611 | | | | | 1626 | | | | | 1641 | | | | | | 1656 |
| Shenfield (SNF) | 3 | a | 1617 | 1600 | | | | 1632 | 1617 | | | | 1647 | 1630 | | | | | 1702 |
| | | | | | | | | | | | | | | | | | | | 1647 |

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

- a Arrival time
d Departure time
- B To Southend Victoria
C To Ipswich
D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE C | XR | XR | XR | XR | | |
|-------------------------------------|-------|----|-------|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|------|-------|------|------|
| Reading (RDG) | 7 | d | | | 1529 | | | | | | | | | | 1559 | | | | | |
| Twyford (TWY) | 3 | d | | | 1534 | | | | | | | | | | 1604 | | | | | |
| Maidenhead (MAI) | 3 | d | | | 1541 | | | | | 1600 | | | | | 1611 | | | | | |
| Taplow (TAP) | | d | | | 1544 | | | | | | | | | | 1614 | | | | | |
| Burnham (BNM) | | d | | | 1547 | | | | | 1604 | | | | | 1617 | | | | | |
| Slough (SLO) | 3 | d | | | 1551 | | | | | 1608 | | | | | 1621 | | | | | |
| Langley (LNY) | | d | | | 1555 | | | | | 1612 | | | | | 1625 | | | | | |
| Iver (IVR) | | d | | | | | | | | 1614 | | | | | | | | | | |
| West Drayton (WDT) | | d | | | 1600 | | | | | 1617 | | | | | 1630 | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | 1550 | | | | | | | | | 1620 | | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 1545 | | | | 1600 | | | | | 1615 | | | | | 1630 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1551 | 1555 | | | 1606 | | | | | 1621 | 1625 | | | | 1636 | | | |
| Hayes & Harlington (HAY) | 3 | d | 1557 | 1602 | | 1605 | 1612 | | | 1622 | 1627 | 1632 | | | 1635 | | 1642 | | | |
| Southall (STL) | | d | 1600 | | | 1608 | 1615 | | | 1625 | 1630 | | | | 1638 | | 1645 | | | |
| Hanwell (HAN) | | d | 1603 | | | | 1618 | | | | 1633 | | | | | | 1648 | | | |
| West Ealing (WEA) | 3 | d | 1605 | 1609 | | | 1620 | | | | | 1635 | 1639 | | | | 1650 | | | |
| Ealing Broadway (EAL) | 3 | d | 1607 | 1611 | | 1615 | 1622 | | | 1629 | 1637 | 1641 | | | 1645 | | 1652 | | | |
| Acton Main Line (AML) | | d | 1610 | | | | 1625 | | | | | 1640 | | | | | 1655 | | | |
| London Paddington EL (PAD) | 15 | d | 1615 | 1619 | 1622 | | 1626 | 1630 | 1634 | 1637 | | 1641 | 1645 | 1649 | 1652 | | 1656 | 1700 | 1704 | 1707 |
| Bond Street (BDS) | 15 | d | 1618 | 1622 | 1625 | | 1629 | 1633 | 1637 | 1640 | | 1644 | 1648 | 1652 | 1655 | | 1659 | 1703 | 1707 | 1710 |
| Tottenham Court Road (TCR) | 15 | d | 1620 | 1624 | 1627 | | 1631 | 1635 | 1639 | 1642 | | 1646 | 1650 | 1654 | 1657 | | 1701 | 1705 | 1709 | 1712 |
| Farringdon (ZFD) | 3 | d | 1623 | 1627 | 1630 | | 1634 | 1638 | 1642 | 1645 | | 1649 | 1653 | 1657 | 1700 | | 1704 | 1708 | 1712 | 1715 |
| London Liverpool Street EL (LST) | 4 | d | 1626 | 1630 | 1633 | | 1637 | 1641 | 1645 | 1648 | | 1652 | 1656 | 1700 | 1703 | | 1707 | 1711 | 1715 | 1718 |
| London Liverpool Street (LST) | 15 | d | | | 1638 | | | | | 1653 | | | | | 1708 | | | | | |
| Whitechapel (ZLW) | 15 | d | 1628 | 1632 | 1635 | | 1639 | 1643 | 1647 | 1650 | | 1654 | 1658 | 1702 | 1705 | | 1709 | 1713 | 1717 | 1720 |
| Canary Wharf (CWX) | DLR | d | | 1636 | | | 1643 | 1651 | | | | 1658 | 1706 | | | | 1713 | 1721 | | |
| Custom House (CUS) | | d | | 1640 | | | 1647 | 1655 | | | | 1702 | 1710 | | | | 1717 | 1725 | | |
| Woolwich (WWC) | | d | | 1645 | | | 1652 | 1700 | | | | 1707 | 1715 | | | | 1722 | 1730 | | |
| Abbey Wood (ABW) | | a | | 1649 | | | 1656 | 1704 | | | | 1711 | 1719 | | | | 1726 | 1734 | | |
| Stratford (SRA) | DLR 7 | d | 1634 | | 1641 | 1645 | | 1649 | | 1656 | 1700 | | 1704 | | 1711 | 1715 | | 1719 | | 1726 |
| Maryland (MYL) | | d | 1636 | | 1643 | | | 1651 | | 1658 | | | 1706 | | 1713 | | | 1721 | | 1728 |
| Forest Gate (FOG) | | d | 1638 | | 1645 | | | 1653 | | 1700 | | | 1708 | | 1715 | | | 1723 | | 1730 |
| Manor Park (MNP) | | d | 1641 | | 1648 | | | 1656 | | 1703 | | | 1711 | | 1718 | | | 1726 | | 1733 |
| Ilford (IFD) | 2 | d | 1643 | | 1650 | | | 1658 | | 1705 | | | 1713 | | 1720 | | | 1728 | | 1735 |
| Seven Kings (SVK) | | d | 1646 | | 1653 | | | 1701 | | 1708 | | | 1716 | | 1723 | | | 1731 | | 1738 |
| Goodmayes (GMY) | | d | 1648 | | 1655 | | | 1703 | | 1710 | | | 1718 | | 1725 | | | 1733 | | 1740 |
| Chadwell Heath (CTH) | | d | 1650 | | 1657 | | | 1705 | | 1712 | | | 1720 | | 1727 | | | 1735 | | 1742 |
| Romford (RMF) | | d | 1654 | | 1701 | | | 1709 | | 1716 | 1708 | | 1724 | | 1731 | | | 1739 | | 1746 |
| Gidea Park (GDP) | 2 | d | 1658a | | 1704 | | | 1713a | | 1719 | | | 1728a | | 1734 | | | 1743a | | 1749 |
| Harold Wood (HRO) | | d | | | 1707 | | | 1722 | | 1722 | | | | | 1737 | | | | | 1752 |
| Brentwood (BRE) | | d | | | 1711 | | | 1726 | | 1726 | | | | | 1741 | | | | | 1756 |
| Shenfield (SNF) | 3 | a | | | 1717 | 1700 | | | | 1732 | 1717 | | | | 1747 | 1730 | | | | 1802 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE C | XR | XR | | |
|-------------------------------------|---------|------|------|-------|------|---------|------|----|-------|------|---------|------|----|-------|------|---------|------|------|------|-------|
| Reading (RDG) | 7 d | | | | | | 1629 | | | | | | | | | | | 1659 | | |
| Twyford (TWY) | 3 d | | | | | | 1634 | | | | | | | | | | | 1704 | | |
| Maidenhead (MAI) | 3 d | | 1630 | | | | 1641 | | | | 1700 | | | | | | | 1711 | | |
| Taplow (TAP) | d | | | | | | 1644 | | | | | | | | | | | 1714 | | |
| Burnham (BNM) | d | | 1634 | | | | 1647 | | | | 1704 | | | | | | | 1717 | | |
| Slough (SLO) | 3 d | | 1638 | | | | 1651 | | | | 1708 | | | | | | | 1721 | | |
| Langley (LNY) | d | | 1642 | | | | 1655 | | | | 1712 | | | | | | | 1725 | | |
| Iver (IVR) | d | | 1644 | | | | | | | | 1714 | | | | | | | | | |
| West Drayton (WDT) | d | | 1647 | | | | 1700 | | | | 1717 | | | | | | | 1730 | | |
| Heathrow Terminal 5 (HWV) | ← d | | | | | 1650 | | | | | | | | | | 1720 | | | | |
| Heathrow Terminal 4 (HAF) | ← d | | | | 1645 | | | | | 1700 | | | | | 1715 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← d | | | | 1651 | 1655 | | | | 1706 | | | | | 1721 | 1725 | | | | |
| Hayes & Harlington (HAY) | 3 d | | 1652 | | 1657 | 1702 | | | 1705 | | | | | 1722 | | 1727 | 1732 | | 1735 | |
| Southall (STL) | d | | 1655 | | 1700 | | | | 1708 | | | | | 1725 | | 1730 | | | 1738 | |
| Hanwell (HAN) | d | | | | 1703 | | | | | 1718 | | | | | 1733 | | | | | |
| West Ealing (WEA) | 3 d | | | | 1705 | 1709 | | | | 1720 | | | | | 1735 | 1739 | | | | |
| Ealing Broadway (EAL) | ← 3 d | | 1659 | | 1707 | 1711 | | | 1715 | | | | | 1729 | | 1737 | 1741 | | 1745 | |
| Acton Main Line (AML) | d | | | | 1710 | | | | | 1725 | | | | | 1740 | | | | | |
| London Paddington EL (PAD) | ← 15 d | | 1711 | 1715 | 1719 | 1722 | | | 1726 | 1730 | 1734 | 1737 | | 1741 | 1745 | 1749 | 1752 | | 1756 | 1800 |
| Bond Street (BDS) | ← d | | 1714 | 1718 | 1722 | 1725 | | | 1729 | 1733 | 1737 | 1740 | | 1744 | 1748 | 1752 | 1755 | | 1759 | 1803 |
| Tottenham Court Road (TCR) | ← d | | 1716 | 1720 | 1724 | 1727 | | | 1731 | 1735 | 1739 | 1742 | | 1746 | 1750 | 1754 | 1757 | | 1801 | 1805 |
| Farringdon (ZFD) | ← 3 d | | 1719 | 1723 | 1727 | 1730 | | | 1734 | 1738 | 1742 | 1745 | | 1749 | 1753 | 1757 | 1800 | | 1804 | 1808 |
| London Liverpool Street EL (LST) | ← 4 d | | 1722 | 1726 | 1730 | 1733 | | | 1737 | 1741 | 1745 | 1748 | | 1752 | 1756 | 1800 | 1803 | | 1807 | 1811 |
| London Liverpool Street (LST) | ← 15 d | 1723 | | | | 1738 | | | | | 1753 | | | | | 1808 | | | | |
| Whitechapel (ZLW) | ← d | | 1724 | 1728 | 1732 | 1735 | | | 1739 | 1743 | 1747 | 1750 | | 1754 | 1758 | 1802 | 1805 | | 1809 | 1813 |
| Canary Wharf (CWX) | ← d | | 1728 | | 1736 | | | | 1743 | | 1751 | | | 1758 | | 1806 | | | 1813 | |
| Custom House (CUS) | d | | 1732 | | 1740 | | | | 1747 | | 1755 | | | 1802 | | 1810 | | | 1817 | |
| Woolwich (WWC) | d | | 1737 | | 1745 | | | | 1752 | | 1800 | | | 1807 | | 1815 | | | 1822 | |
| Abbey Wood (ABW) | a | | 1741 | | 1749 | | | | 1756 | | 1804 | | | 1811 | | 1819 | | | 1826 | |
| Stratford (SRA) | ← 7 d | 1730 | | 1734 | | 1741 | 1745 | | 1749 | | 1756 | 1800 | | 1804 | | 1811 | 1815 | | | 1819 |
| Maryland (MYL) | d | | | 1736 | | 1743 | | | 1751 | | 1758 | | | 1806 | | 1813 | | | | 1821 |
| Forest Gate (FOG) | d | | | 1738 | | 1745 | | | 1753 | | 1800 | | | 1808 | | 1815 | | | | 1823 |
| Manor Park (MNP) | d | | | 1741 | | 1748 | | | 1756 | | 1803 | | | 1811 | | 1818 | | | | 1826 |
| Ilford (IFD) | 2 d | | | 1743 | | 1750 | | | 1758 | | 1805 | | | 1813 | | 1820 | | | | 1828 |
| Seven Kings (SVK) | d | | | 1746 | | 1753 | | | 1801 | | 1808 | | | 1816 | | 1823 | | | | 1831 |
| Goodmayes (GMY) | d | | | 1748 | | 1755 | | | 1803 | | 1810 | | | 1818 | | 1825 | | | | 1833 |
| Chadwell Heath (CTH) | d | | | 1750 | | 1757 | | | 1805 | | 1812 | | | 1820 | | 1827 | | | | 1835 |
| Romford (RMF) | d | 1738 | | 1754 | | 1801 | | | 1809 | | 1816 | 1808 | | 1824 | | 1831 | | | | 1839 |
| Gidea Park (GDP) | 2 d | | | 1758a | | 1804 | | | 1813a | | 1819 | | | 1828a | | 1834 | | | | 1843a |
| Harold Wood (HRO) | d | | | | | 1807 | | | | | 1822 | | | | | 1837 | | | | |
| Brentwood (BRE) | d | | | | | 1811 | | | | | 1826 | | | | | 1841 | | | | |
| Shenfield (SNF) | 3 a | 1747 | | | | 1817 | 1800 | | | | 1832 | 1817 | | | | 1847 | 1830 | | | |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE C | | |
|-------------------------------------|-------|----|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|
| Reading (RDG) | 7 | d | | | | | | | 1729 | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | 1734 | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | 1730 | | | | 1741 | | | | | 1800 | | | | | | |
| Taplow (TAP) | | d | | | | | | | 1744 | | | | | | | | | | | |
| Burnham (BNM) | | d | | | 1734 | | | | 1747 | | | | | 1804 | | | | | | |
| Slough (SLO) | 3 | d | | | 1738 | | | | 1751 | | | | | 1808 | | | | | | |
| Langley (LNY) | | d | | | 1742 | | | | 1755 | | | | | 1812 | | | | | | |
| Iver (IVR) | | d | | | 1744 | | | | | | | | | 1814 | | | | | | |
| West Drayton (WDT) | | d | | | 1747 | | | | 1800 | | | | | 1817 | | | | | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | | 1750 | | | | | | | | | | 1820 | | |
| Heathrow Terminal 4 (HAF) | 7 | d | 1730 | | | | 1745 | | | | | 1800 | | | | | 1815 | | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | 1736 | | | | 1751 | 1755 | | | | 1806 | | | | | 1821 | 1825 | | |
| Hayes & Harlington (HAY) | 3 | d | 1742 | | 1752 | | 1757 | 1802 | | | 1805 | 1812 | | 1822 | | | 1827 | 1832 | | |
| Southall (STL) | | d | 1745 | | 1755 | | 1800 | | | 1808 | | 1815 | | 1825 | | | 1830 | | | |
| Hanwell (HAN) | | d | 1748 | | | | 1803 | | | | | 1818 | | | | | 1833 | | | |
| West Ealing (WEA) | 3 | d | 1750 | | | | 1805 | 1809 | | | | 1820 | | | | | 1835 | 1839 | | |
| Ealing Broadway (EAL) | 3 | d | 1752 | | 1759 | | 1807 | 1811 | | 1815 | | 1822 | | 1829 | | | 1837 | 1841 | | |
| Acton Main Line (AML) | | d | 1755 | | | | 1810 | | | | | 1825 | | | | | 1840 | | | |
| London Paddington EL (PAD) | 15 | d | 1804 | 1807 | | 1811 | 1815 | 1819 | 1822 | | 1826 | 1830 | 1834 | 1837 | | 1841 | 1845 | 1849 | 1852 | |
| Bond Street (BDS) | 15 | d | 1807 | 1810 | | 1814 | 1818 | 1822 | 1825 | | 1829 | 1833 | 1837 | 1840 | | 1844 | 1848 | 1852 | 1855 | |
| Tottenham Court Road (TCR) | 15 | d | 1809 | 1812 | | 1816 | 1820 | 1824 | 1827 | | 1831 | 1835 | 1839 | 1842 | | 1846 | 1850 | 1854 | 1857 | |
| Farringdon (ZFD) | 3 | d | 1812 | 1815 | | 1819 | 1823 | 1827 | 1830 | | 1834 | 1838 | 1842 | 1845 | | 1849 | 1853 | 1857 | 1900 | |
| London Liverpool Street EL (LST) | 4 | d | 1815 | 1818 | | 1822 | 1826 | 1830 | 1833 | | 1837 | 1841 | 1845 | 1848 | | 1852 | 1856 | 1900 | 1903 | |
| London Liverpool Street (LST) | 15 | d | | | 1823 | | | | 1838 | | | | | 1853 | | | | | 1908 | |
| Whitechapel (ZLW) | 15 | d | 1817 | 1820 | | 1824 | 1828 | 1832 | 1835 | | 1839 | 1843 | 1847 | 1850 | | 1854 | 1858 | 1902 | 1905 | |
| Canary Wharf (CWX) | DLR | d | 1821 | | | 1828 | | 1836 | | | 1843 | | 1851 | | | 1858 | | 1906 | | |
| Custom House (CUS) | | d | 1825 | | | 1832 | | 1840 | | | 1847 | | 1855 | | | 1902 | | 1910 | | |
| Woolwich (WWC) | | d | 1830 | | | 1837 | | 1845 | | | 1852 | | 1900 | | | 1907 | | 1915 | | |
| Abbey Wood (ABW) | | a | 1834 | | | 1841 | | 1849 | | | 1856 | | 1904 | | | 1911 | | 1919 | | |
| Stratford (SRA) | DLR 7 | d | | 1826 | 1830 | | 1834 | | 1841 | 1845 | | 1849 | | 1856 | 1900 | | 1904 | | 1911 | 1915 |
| Maryland (MYL) | | d | | 1828 | | | 1836 | | 1843 | | | 1851 | | 1858 | | | 1906 | | 1913 | |
| Forest Gate (FOG) | | d | | 1830 | | | 1838 | | 1845 | | | 1853 | | 1900 | | | 1908 | | 1915 | |
| Manor Park (MNP) | | d | | 1833 | | | 1841 | | 1848 | | | 1856 | | 1903 | | | 1911 | | 1918 | |
| Ilford (IFD) | 2 | d | | 1835 | | | 1843 | | 1850 | | | 1858 | | 1905 | | | 1913 | | 1920 | |
| Seven Kings (SVK) | | d | | 1838 | | | 1846 | | 1853 | | | 1901 | | 1908 | | | 1916 | | 1923 | |
| Goodmayes (GMY) | | d | | 1840 | | | 1848 | | 1855 | | | 1903 | | 1910 | | | 1918 | | 1925 | |
| Chadwell Heath (CTH) | | d | | 1842 | | | 1850 | | 1857 | | | 1905 | | 1912 | | | 1920 | | 1927 | |
| Romford (RMF) | | d | | 1846 | 1838 | | 1854 | | 1901 | | | 1909 | | 1916 | 1908 | | 1924 | | 1931 | |
| Gidea Park (GDP) | 2 | d | | 1849 | | | 1858a | | 1904 | | | 1913a | | 1919 | | | 1928a | | 1934 | |
| Harold Wood (HRO) | | d | | 1852 | | | | | 1907 | | | | | 1922 | | | | | 1937 | |
| Brentwood (BRE) | | d | | 1856 | | | | | 1911 | | | | | 1926 | | | | | 1941 | |
| Shenfield (SNF) | 3 | a | | 1902 | 1847 | | | | 1917 | 1900 | | | | 1932 | 1917 | | | | 1947 | 1930 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | XR | XR | LE A | |
|-------------------------------------|--------|------|-------|------|---------|------|------|-------|------|---------|------|------|-------|------|---------|------|------|---------|------|
| Reading (RDG) | 7 d | 1759 | | | | | | | | | 1829 | | | | | | | | |
| Twyford (TWY) | 3 d | 1804 | | | | | | | | | 1834 | | | | | | | | |
| Maidenhead (MAI) | 3 d | 1811 | | | | 1830 | | | | | 1841 | | | | | 1900 | | | |
| Taplow (TAP) | d | 1814 | | | | | | | | | 1844 | | | | | | | | |
| Burnham (BNM) | d | 1817 | | | | 1834 | | | | | 1847 | | | | | 1904 | | | |
| Slough (SLO) | 3 d | 1821 | | | | 1838 | | | | | 1851 | | | | | 1908 | | | |
| Langley (LNY) | d | 1825 | | | | 1842 | | | | | 1855 | | | | | 1912 | | | |
| Iver (IVR) | d | | | | | 1844 | | | | | | | | | | 1914 | | | |
| West Drayton (WDT) | d | 1830 | | | | 1847 | | | | | 1900 | | | | | 1917 | | | |
| Heathrow Terminal 5 (HWV) | ← d | | | | | | | | | 1850 | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ← d | | | 1830 | | | | | 1845 | | | | 1900 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← d | | | 1836 | | | | | 1851 | 1855 | | | 1906 | | | | | | |
| Hayes & Harlington (HAY) | 3 d | 1835 | | 1842 | | 1852 | | | 1857 | 1902 | | | 1905 | | | 1912 | | 1922 | |
| Southall (STL) | d | 1838 | | 1845 | | 1855 | | | 1900 | | | | 1908 | | | 1915 | | 1925 | |
| Hanwell (HAN) | d | | | 1848 | | | | | 1903 | | | | 1918 | | | | | | |
| West Ealing (WEA) | 3 d | | | 1850 | | | | | 1905 | 1909 | | | | | | 1920 | | | |
| Ealing Broadway (EAL) | 3 d | 1845 | | 1852 | | 1859 | | | 1907 | 1911 | | | 1915 | | | 1922 | | 1929 | |
| Acton Main Line (AML) | d | | | 1855 | | | | | 1910 | | | | 1925 | | | | | | |
| London Paddington EL (PAD) | ← 15 d | 1856 | 1900 | 1904 | 1907 | | 1911 | 1915 | 1919 | 1922 | | 1926 | 1930 | 1934 | 1937 | | 1941 | 1945 | |
| Bond Street (BDS) | ← d | 1859 | 1903 | 1907 | 1910 | | 1914 | 1918 | 1922 | 1925 | | 1929 | 1933 | 1937 | 1940 | | 1944 | 1948 | |
| Tottenham Court Road (TCR) | ← d | 1901 | 1905 | 1909 | 1912 | | 1916 | 1920 | 1924 | 1927 | | 1931 | 1935 | 1939 | 1942 | | 1946 | 1950 | |
| Farringdon (ZFD) | ← 3 d | 1904 | 1908 | 1912 | 1915 | | 1919 | 1923 | 1927 | 1930 | | 1934 | 1938 | 1942 | 1945 | | 1949 | 1953 | |
| London Liverpool Street EL (LST) | ← 4 d | 1907 | 1911 | 1915 | 1918 | | 1922 | 1926 | 1930 | 1933 | | 1937 | 1941 | 1945 | 1948 | | 1952 | 1956 | |
| London Liverpool Street (LST) | ← 15 d | | | | 1923 | | | | | | 1938 | | | | 1953 | | | 2000 | |
| Whitechapel (ZLW) | ← d | 1909 | 1913 | 1917 | 1920 | | 1924 | 1928 | 1932 | 1935 | | 1939 | 1943 | 1947 | 1950 | | 1954 | 1958 | |
| Canary Wharf (CWX) | ← d | 1913 | | 1921 | | | 1928 | | 1936 | | | 1943 | | 1951 | | | 1958 | | |
| Custom House (CUS) | d | 1917 | | 1925 | | | 1932 | | 1940 | | | 1947 | | 1955 | | | 2002 | | |
| Woolwich (WWC) | d | 1922 | | 1930 | | | 1937 | | 1945 | | | 1952 | | 2000 | | | 2007 | | |
| Abbey Wood (ABW) | a | 1926 | | 1934 | | | 1941 | | 1949 | | | 1956 | | 2004 | | | 2011 | | |
| Stratford (SRA) | ← 7 d | | 1919 | | 1926 | 1930 | | 1934 | | 1941 | 1945 | | 1949 | | 1956 | 2000 | | 2004 | 2007 |
| Maryland (MYL) | d | | 1921 | | 1928 | | | 1936 | | 1943 | | | 1951 | | 1958 | | | 2006 | |
| Forest Gate (FOG) | d | | 1923 | | 1930 | | | 1938 | | 1945 | | | 1953 | | 2000 | | | 2008 | |
| Manor Park (MNP) | d | | 1926 | | 1933 | | | 1941 | | 1948 | | | 1956 | | 2003 | | | 2011 | |
| Ilford (IFD) | 2 d | | 1928 | | 1935 | | | 1943 | | 1950 | | | 1958 | | 2005 | | | 2013 | |
| Seven Kings (SVK) | d | | 1931 | | 1938 | | | 1946 | | 1953 | | | 2001 | | 2008 | | | 2016 | |
| Goodmayes (GMY) | d | | 1933 | | 1940 | | | 1948 | | 1955 | | | 2003 | | 2010 | | | 2018 | |
| Chadwell Heath (CTH) | d | | 1935 | | 1942 | | | 1950 | | 1957 | | | 2005 | | 2012 | | | 2020 | |
| Romford (RMF) | d | | 1939 | | 1946 | 1938 | | 1954 | | 2001 | | | 2009 | | 2016 | 2008 | | 2024 | |
| Gidea Park (GDP) | 2 d | | 1943a | | 1949 | | | 1958a | | 2004 | | | 2013a | | 2019 | | | 2028a | |
| Harold Wood (HRO) | d | | | | 1952 | | | | | 2007 | | | | | 2022 | | | | |
| Brentwood (BRE) | d | | | | 1956 | | | | | 2011 | | | | | 2026 | | | | |
| Shenfield (SNF) | 3 a | | | | 2002 | 1947 | | | | 2017 | 2000 | | | | 2032 | 2017 | | | 2022 |

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

a Arrival time
d Departure time

A To Harwich International
B To Southend Victoria
D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE B | |
|-------------------------------------|----|----|---------|------|------|-------|------|---------|------|------|-------|------|---------|------|------|-------|------|---------|------|
| Reading (RDG) | 7 | d | | 1859 | | | | | | | | | | 1929 | | | | | |
| Twyford (TWY) | 3 | d | | 1904 | | | | | | | | | | 1934 | | | | | |
| Maidenhead (MAI) | 3 | d | | 1911 | | | | | 1930 | | | | | 1941 | | | | | |
| Taplow (TAP) | | d | | 1914 | | | | | | | | | | 1944 | | | | | |
| Burnham (BNM) | | d | | 1917 | | | | | 1934 | | | | | 1947 | | | | | |
| Slough (SLO) | 3 | d | | 1921 | | | | | 1938 | | | | | 1951 | | | | | |
| Langley (LNY) | | d | | 1925 | | | | | 1942 | | | | | 1955 | | | | | |
| Iver (IVR) | | d | | | | | | | 1944 | | | | | | | | | | |
| West Drayton (WDT) | | d | | 1930 | | | | | 1947 | | | | | 2000 | | | | | |
| Heathrow Terminal 5 (HWV) | ← | d | 1920 | | | | | | | | | | 1950 | | | | | | |
| Heathrow Terminal 4 (HAF) | ← | d | 1915 | | | | 1930 | | | | | 1945 | | | | 2000 | | | |
| Heathrow Terminals 2 & 3 (HXX) | ← | d | 1921 | 1925 | | | 1936 | | | | | 1951 | 1955 | | | 2006 | | | |
| Hayes & Harlington (HAY) | 3 | d | 1927 | 1932 | | 1935 | 1942 | | 1952 | 1957 | 2002 | | | 2005 | | 2012 | | | |
| Southall (STL) | | d | 1930 | | | 1938 | 1945 | | 1955 | | | 2000 | | 2008 | | 2015 | | | |
| Hanwell (HAN) | | d | 1933 | | | | 1948 | | | | | 2003 | | | | 2018 | | | |
| West Ealing (WEA) | 3 | d | 1935 | 1939 | | | 1950 | | | | | 2005 | 2009 | | | 2020 | | | |
| Ealing Broadway (EAL) | ← | d | 1937 | 1941 | | 1945 | 1952 | | 1959 | | | 2007 | 2011 | | 2015 | | | 2022 | |
| Acton Main Line (AML) | | d | 1940 | | | | 1955 | | | | | 2010 | | | | 2025 | | | |
| London Paddington EL (PAD) | ← | d | 1949 | 1952 | | 1956 | 2000 | 2004 | 2007 | | 2011 | 2015 | 2019 | 2022 | | 2026 | 2030 | 2034 | 2037 |
| Bond Street (BDS) | ← | d | 1952 | 1955 | | 1959 | 2003 | 2007 | 2010 | | 2014 | 2018 | 2022 | 2025 | | 2029 | 2033 | 2037 | 2040 |
| Tottenham Court Road (TCR) | ← | d | 1954 | 1957 | | 2001 | 2005 | 2009 | 2012 | | 2016 | 2020 | 2024 | 2027 | | 2031 | 2035 | 2039 | 2042 |
| Farringdon (ZFD) | ← | d | 1957 | 2000 | | 2004 | 2008 | 2012 | 2015 | | 2019 | 2023 | 2027 | 2030 | | 2034 | 2038 | 2042 | 2045 |
| London Liverpool Street EL (LST) | ← | d | 2000 | 2003 | | 2007 | 2011 | 2015 | 2018 | | 2022 | 2026 | 2030 | 2033 | | 2037 | 2041 | 2045 | 2048 |
| London Liverpool Street (LST) | ← | d | | | 2008 | | | | | 2023 | | | | 2038 | | | | | 2053 |
| Whitechapel (ZLW) | ← | d | 2002 | 2005 | | 2009 | 2013 | 2017 | 2020 | | 2024 | 2028 | 2032 | 2035 | | 2039 | 2043 | 2047 | 2050 |
| Canary Wharf (CWX) | ← | d | 2006 | | | 2013 | | 2021 | | | 2028 | | 2036 | | | 2043 | | 2051 | |
| Custom House (CUS) | | d | 2010 | | | 2017 | | 2025 | | | 2032 | | 2040 | | | 2047 | | 2055 | |
| Woolwich (WWC) | | d | 2015 | | | 2022 | | 2030 | | | 2037 | | 2045 | | | 2052 | | 2100 | |
| Abbey Wood (ABW) | | a | 2019 | | | 2026 | | 2034 | | | 2041 | | 2049 | | | 2056 | | 2104 | |
| Stratford (SRA) | ← | d | 2011 | 2015 | | 2019 | | 2026 | 2030 | | 2034 | | 2041 | 2045 | | 2049 | | 2056 | 2100 |
| Maryland (MYL) | | d | 2013 | | | 2021 | | 2028 | | | 2036 | | 2043 | | | 2051 | | 2058 | |
| Forest Gate (FOG) | | d | 2015 | | | 2023 | | 2030 | | | 2038 | | 2045 | | | 2053 | | 2100 | |
| Manor Park (MNP) | | d | 2018 | | | 2026 | | 2033 | | | 2041 | | 2048 | | | 2056 | | 2103 | |
| Ilford (IFD) | 2 | d | 2020 | | | 2028 | | 2035 | | | 2043 | | 2050 | | | 2058 | | 2105 | |
| Seven Kings (SVK) | | d | 2023 | | | 2031 | | 2038 | | | 2046 | | 2053 | | | 2101 | | 2108 | |
| Goodmayes (GMY) | | d | 2025 | | | 2033 | | 2040 | | | 2048 | | 2055 | | | 2103 | | 2110 | |
| Chadwell Heath (CTH) | | d | 2027 | | | 2035 | | 2042 | | | 2050 | | 2057 | | | 2105 | | 2112 | |
| Romford (RMF) | | d | 2031 | | | 2039 | | 2046 | 2038 | | 2054 | | 2101 | | | 2109 | | 2116 | 2108 |
| Gidea Park (GDP) | 2 | d | 2034 | | | 2043a | | 2049 | | | 2058a | | 2104 | | | 2113a | | 2119 | |
| Harold Wood (HRO) | | d | 2037 | | | | | 2052 | | | | | 2107 | | | | | 2122 | |
| Brentwood (BRE) | | d | 2041 | | | | | 2056 | | | | | 2111 | | | | | 2126 | |
| Shenfield (SNF) | 3 | a | 2047 | 2030 | | | | 2102 | 2047 | | | | 2117 | 2100 | | | | 2132 | 2117 |

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

- a Arrival time
d Departure time
- B To Southend Victoria
C To Ipswich
D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE C | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE D | XR | XR | XR | | |
|-------------------------------------|--------|----|------|-------|---------|------|------|------|-------|---------|------|------|------|-------|---------|------|------|------|-------|------|
| Reading (RDG) | 7 | d | | | | 1959 | | | | | | | | | | 2029 | | | | |
| Twyford (TWY) | 3 | d | | | | 2004 | | | | | | | | | | 2034 | | | | |
| Maidenhead (MAI) | 3 | d | 2000 | | | 2011 | | | | 2030 | | | | | | 2041 | | | | |
| Taplow (TAP) | | d | | | | 2014 | | | | | | | | | | 2044 | | | | |
| Burnham (BNM) | | d | 2004 | | | 2017 | | | | | 2034 | | | | | 2047 | | | | |
| Slough (SLO) | 3 | d | 2008 | | | 2021 | | | | | 2038 | | | | | 2051 | | | | |
| Langley (LNY) | | d | 2012 | | | 2025 | | | | | 2042 | | | | | 2055 | | | | |
| Iver (IVR) | | d | 2014 | | | | | | | | 2044 | | | | | | | | | |
| West Drayton (WDT) | | d | 2017 | | | 2030 | | | | | 2047 | | | | | 2100 | | | | |
| Heathrow Terminal 5 (HWV) | ⊖← | d | | | 2020 | | | | | | | | | | 2050 | | | | | |
| Heathrow Terminal 4 (HAF) | ⊖← | d | | | 2015 | | | | 2030 | | | | | 2045 | | | | 2100 | | |
| Heathrow Terminals 2 & 3 (HXX) | ⊖← | d | | | 2021 | 2025 | | | 2036 | | | | | 2051 | 2055 | | | 2106 | | |
| Hayes & Harlington (HAY) | 3 | d | 2022 | | 2027 | 2032 | | 2035 | 2042 | | 2052 | | | 2057 | 2102 | | 2105 | 2112 | | |
| Southall (STL) | | d | 2025 | | 2030 | | 2038 | | 2045 | | 2055 | | | 2100 | | | 2108 | 2115 | | |
| Hanwell (HAN) | | d | | | 2033 | | | | 2048 | | | | | 2103 | | | | 2118 | | |
| West Ealing (WEA) | 3 | d | | | 2035 | 2039 | | | 2050 | | | | | 2105 | 2109 | | | 2120 | | |
| Ealing Broadway (EAL) | ⊖3 | d | 2029 | | 2037 | 2041 | 2045 | | 2052 | | 2059 | | | 2107 | 2111 | | 2115 | 2122 | | |
| Acton Main Line (AML) | | d | | | 2040 | | | | 2055 | | | | | 2110 | | | | 2125 | | |
| London Paddington EL (PAD) | ⊖15 | d | 2041 | 2045 | 2049 | 2052 | | 2056 | 2100 | 2104 | 2107 | | 2111 | 2115 | 2119 | 2122 | | 2126 | 2130 | 2134 |
| Bond Street (BDS) | ⊖ | d | 2044 | 2048 | 2052 | 2055 | | 2059 | 2103 | 2107 | 2110 | | 2114 | 2118 | 2122 | 2125 | | 2129 | 2133 | 2137 |
| Tottenham Court Road (TCR) | ⊖ | d | 2046 | 2050 | 2054 | 2057 | | 2101 | 2105 | 2109 | 2112 | | 2116 | 2120 | 2124 | 2127 | | 2131 | 2135 | 2139 |
| Farringdon (ZFD) | ⊖3 | d | 2049 | 2053 | 2057 | 2100 | | 2104 | 2108 | 2112 | 2115 | | 2119 | 2123 | 2127 | 2130 | | 2134 | 2138 | 2142 |
| London Liverpool Street EL (LST) | ⊖4 | d | 2052 | 2056 | 2100 | 2103 | | 2107 | 2111 | 2115 | 2118 | | 2122 | 2126 | 2130 | 2133 | | 2137 | 2141 | 2145 |
| London Liverpool Street (LST) | ⊖15 | d | | | | 2108 | | | | | 2123 | | | | | 2138 | | | | |
| Whitechapel (ZLW) | ⊖ | d | 2054 | 2058 | 2102 | 2105 | | 2109 | 2113 | 2117 | 2120 | | 2124 | 2128 | 2132 | 2135 | | 2139 | 2143 | 2147 |
| Canary Wharf (CWX) | DLR | d | 2058 | | 2106 | | | 2113 | | 2121 | | | 2128 | | 2136 | | | 2143 | | 2151 |
| Custom House (CUS) | | d | 2102 | | 2110 | | | 2117 | | 2125 | | | 2132 | | 2140 | | | 2147 | | 2155 |
| Woolwich (WWC) | | d | 2107 | | 2115 | | | 2122 | | 2130 | | | 2137 | | 2145 | | | 2152 | | 2200 |
| Abbey Wood (ABW) | a | | 2111 | | 2119 | | | 2126 | | 2134 | | | 2141 | | 2149 | | | 2156 | | 2204 |
| Stratford (SRA) | ⊖DLR 7 | d | | 2104 | | 2111 | 2115 | | 2119 | | 2126 | 2130 | | 2134 | | 2141 | 2145 | | 2149 | |
| Maryland (MYL) | | d | | 2106 | | 2113 | | | 2121 | | 2128 | | | 2136 | | 2143 | | | 2151 | |
| Forest Gate (FOG) | | d | | 2108 | | 2115 | | | 2123 | | 2130 | | | 2138 | | 2145 | | | 2153 | |
| Manor Park (MNP) | | d | | 2111 | | 2118 | | | 2126 | | 2133 | | | 2141 | | 2148 | | | 2156 | |
| Ilford (IFD) | 2 | d | | 2113 | | 2120 | | | 2128 | | 2135 | | | 2143 | | 2150 | | | 2158 | |
| Seven Kings (SVK) | | d | | 2116 | | 2123 | | | 2131 | | 2138 | | | 2146 | | 2153 | | | 2201 | |
| Goodmayes (GMY) | | d | | 2118 | | 2125 | | | 2133 | | 2140 | | | 2148 | | 2155 | | | 2203 | |
| Chadwell Heath (CTH) | | d | | 2120 | | 2127 | | | 2135 | | 2142 | | | 2150 | | 2157 | | | 2205 | |
| Romford (RMF) | | d | | 2124 | | 2131 | | | 2139 | | 2146 | 2138 | | 2154 | | 2201 | | | 2209 | |
| Gidea Park (GDP) | 2 | d | | 2128a | | 2134 | | | 2143a | | 2149 | | | 2158a | | 2204 | | | 2213a | |
| Harold Wood (HRO) | | d | | | | 2137 | | | | | 2152 | | | | | 2207 | | | | |
| Brentwood (BRE) | | d | | | | 2141 | | | | | 2156 | | | | | 2211 | | | | |
| Shenfield (SNF) | 3 | a | | | | 2147 | 2130 | | | | 2202 | 2147 | | | | 2217 | 2200 | | | |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | XR | LE B | XR | XR | XR | XR | LE C | XR | XR | XR | LE B | XR | XR | LE D | XR | XR | LE B | XR | | |
|-------------------------------------|-------|---------|------|------|------|-------|---------|------|------|-------|---------|------|------|---------|------|------|---------|------|------|------|
| Reading (RDG) | 7 | d | | | | | | 2059 | | | | | | | | | | 2129 | | |
| Twyford (TWY) | 3 | d | | | | | | 2104 | | | | | | | | | | 2134 | | |
| Maidenhead (MAI) | 3 | d | | | 2100 | | | 2111 | | | | 2130 | | | | | | 2141 | | |
| Taplow (TAP) | | d | | | | | | 2114 | | | | | | | | | | 2144 | | |
| Burnham (BNM) | | d | | | 2104 | | | 2117 | | | | 2134 | | | | | | 2147 | | |
| Slough (SLO) | 3 | d | | | 2108 | | | 2121 | | | | 2138 | | | | | | 2151 | | |
| Langley (LNY) | | d | | | 2112 | | | 2125 | | | | 2142 | | | | | | 2155 | | |
| Iver (IVR) | | d | | | 2114 | | | | | | | 2144 | | | | | | 2157 | | |
| West Drayton (WDT) | | d | | | 2117 | | | 2131 | | | | 2147 | | | | | | 2201 | | |
| Heathrow Terminal 5 (HWV) | 7 | d | | | | | 2120 | | | | | | | 2150 | | | | | | |
| Heathrow Terminal 4 (HAF) | 7 | d | | | | 2115 | | | | | 2130 | | | | | | | 2200 | | |
| Heathrow Terminals 2 & 3 (HXX) | 7 | d | | | | 2121 | 2125 | | | | 2136 | | | 2155 | | | | 2206 | | |
| Hayes & Harlington (HAY) | 3 | d | | | 2122 | | | 2127 | 2132 | | 2136 | 2142 | | 2152 | 2202 | | | 2206 | 2212 | |
| Southall (STL) | | d | | | 2125 | | | 2130 | | | 2139 | 2145 | | 2155 | | | | 2209 | 2215 | |
| Hanwell (HAN) | | d | | | | | | 2133 | | | | 2148 | | | | | | | 2218 | |
| West Ealing (WEA) | 3 | d | | | | | | 2135 | 2139 | | | 2150 | | | 2209 | | | | 2220 | |
| Ealing Broadway (EAL) | 3 | d | | | 2129 | | | 2137 | 2141 | | 2145 | 2152 | | 2159 | 2211 | | | 2215 | 2222 | |
| Acton Main Line (AML) | | d | | | | | | 2140 | | | | 2155 | | | | | | | 2225 | |
| London Paddington EL (PAD) | 15 | d | 2137 | | 2141 | 2145 | 2149 | 2152 | | 2156 | 2200 | 2207 | | 2214 | 2222 | | | 2229 | 2237 | |
| Bond Street (BDS) | 15 | d | 2140 | | 2144 | 2148 | 2152 | 2155 | | 2159 | 2203 | 2210 | | 2217 | 2225 | | | 2232 | 2240 | |
| Tottenham Court Road (TCR) | 15 | d | 2142 | | 2146 | 2150 | 2154 | 2157 | | 2201 | 2205 | 2212 | | 2219 | 2227 | | | 2234 | 2242 | |
| Farringdon (ZFD) | 15 | d | 2145 | | 2149 | 2153 | 2157 | 2200 | | 2204 | 2208 | 2215 | | 2222 | 2230 | | | 2237 | 2245 | |
| London Liverpool Street EL (LST) | 15 | d | 2148 | | 2152 | 2156 | 2200 | 2203 | | 2207 | 2211 | 2218 | | 2225 | 2233 | | | 2240 | 2248 | |
| London Liverpool Street (LST) | 15 | d | | 2153 | | | | 2208 | | | | | 2223 | | | 2238 | | | 2253 | 2304 |
| Whitechapel (ZLW) | 15 | d | 2150 | | 2154 | 2158 | 2202 | 2205 | | 2209 | 2213 | 2220 | | 2227 | 2235 | | | 2242 | 2250 | |
| Canary Wharf (CWX) | DLR | d | | | 2158 | | | | | 2216c | | | | 2231 | | | | 2246 | | |
| Custom House (CUS) | | d | | | 2202 | | | | | 2220 | | | | 2235 | | | | 2250 | | |
| Woolwich (WWC) | | d | | | 2207 | | | | | 2224 | | | | 2239 | | | | 2254 | | |
| Abbey Wood (ABW) | | a | | | 2211 | | | | | 2228 | | | | 2243 | | | | 2258 | | |
| Stratford (SRA) | DLR 7 | d | 2156 | 2200 | | 2204 | | 2211 | 2215 | | 2219 | 2226 | 2230 | | 2241 | 2245 | | 2256 | 2300 | 2311 |
| Maryland (MYL) | | d | 2158 | | | 2206 | | 2213 | | | 2221 | 2228 | | | 2243 | | | 2258 | | 2313 |
| Forest Gate (FOG) | | d | 2200 | | | 2208 | | 2215 | | | 2223 | 2230 | | | 2245 | | | 2300 | | 2315 |
| Manor Park (MNP) | | d | 2203 | | | 2211 | | 2218 | | | 2226 | 2233 | | | 2248 | | | 2303 | | 2318 |
| Ilford (IFD) | 2 | d | 2205 | | | 2213 | | 2220 | | | 2228 | 2235 | | | 2250 | | | 2305 | | 2320 |
| Seven Kings (SVK) | | d | 2208 | | | 2216 | | 2223 | | | 2231 | 2238 | | | 2253 | | | 2309 | | 2323 |
| Goodmayes (GMY) | | d | 2210 | | | 2218 | | 2225 | | | 2233 | 2240 | | | 2255 | | | 2311 | | 2325 |
| Chadwell Heath (CTH) | | d | 2212 | | | 2220 | | 2227 | | | 2235 | 2242 | | | 2257 | | | 2313 | | 2327 |
| Romford (RMF) | | d | 2216 | 2208 | | 2224 | | 2231 | | | 2239 | 2246 | 2238 | | 2301 | | | 2316 | 2308 | 2331 |
| Gidea Park (GDP) | 2 | d | 2219 | | | 2228a | | 2234 | | | 2243a | 2249 | | | 2304 | | | 2319 | | 2334 |
| Harold Wood (HRO) | | d | 2222 | | | | | 2237 | | | | 2252 | | | 2307 | | | 2322 | | 2337 |
| Brentwood (BRE) | | d | 2226 | | | | | 2241 | | | | 2256 | | | 2311 | | | 2326 | | 2341 |
| Shenfield (SNF) | 3 | a | 2232 | 2217 | | | | 2247 | 2230 | | | 2302 | 2247 | | 2317 | 2300 | | 2332 | 2317 | 2347 |

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

- a Arrival time
- d Departure time
- c Arrives 3 minutes earlier

- B To Southend Victoria
- C To Ipswich
- D To Clacton-on-Sea

Reading, Heathrow Airport and Central London to Canary Wharf, Woolwich, Abbey Wood, Stratford, Ilford, Romford and Shenfield

Sundays

| Operator Days of operation/Notes | LE C | XR | XR | LE B | LE E | XR | LE B | XR | LE MM E | XR MM | LE MM B | XR MM | XR MM | LE MM B | XR MM | |
|-------------------------------------|---------|----|------|---------|---------|------|---------|------|------------|----------|------------|----------|----------|------------|----------|------|
| Reading (RDG) | 7 | d | | | | | | | | | | | | | | |
| Twyford (TWY) | 3 | d | | | | | | | | | | | | | | |
| Maidenhead (MAI) | 3 | d | | | | | | | | | | | | | | |
| Taplow (TAP) | | d | | | | | | | | | | | | | | |
| Burnham (BNM) | | d | | | | | | | | | | | | | | |
| Slough (SLO) | 3 | d | | | | | | | | | | | | | | |
| Langley (LNY) | | d | | | | | | | | | | | | | | |
| Iver (IVR) | | d | | | | | | | | | | | | | | |
| West Drayton (WDT) | | d | | | | | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | ⊖← | d | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | ⊖← | d | | | | | | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | ⊖← | d | | | | | | | | | | | | | | |
| Hayes & Harlington (HAY) | 3 | d | | | | | | | | | | | | | | |
| Southall (STL) | | d | | | | | | | | | | | | | | |
| Hanwell (HAN) | | d | | | | | | | | | | | | | | |
| West Ealing (WEA) | 3 | d | | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | ⊖3 | d | | | | | | | | | | | | | | |
| Acton Main Line (AML) | | d | | | | | | | | | | | | | | |
| London Paddington EL (PAD) | ⊖15 | d | 2244 | | | | | | | | | | | | | |
| Bond Street (BDS) | ⊖ | d | 2247 | | | | | | | | | | | | | |
| Tottenham Court Road (TCR) | ⊖ | d | 2249 | | | | | | | | | | | | | |
| Farringdon (ZFD) | ⊖3 | d | 2252 | | | | | | | | | | | | | |
| London Liverpool Street EL (LST) | ⊖4 | d | 2255 | | | | | | | | | | | | | |
| London Liverpool Street (LST) | ⊖15 | d | 2308 | 2319 | 2323 | 2334 | 2334 | 2345 | 2349 | 0002 | 0005 | 0015 | 0019 | 0034 | 0050 | 0055 |
| Whitechapel (ZLW) | ⊖ | d | 2257 | | | | | | | | | | | | | |
| Canary Wharf (CWX) | DLR | d | 2301 | | | | | | | | | | | | | |
| Custom House (CUS) | | d | 2305 | | | | | | | | | | | | | |
| Woolwich (WWC) | | d | 2309 | | | | | | | | | | | | | |
| Abbey Wood (ABW) | a | | 2313 | | | | | | | | | | | | | |
| Stratford (SRA) | ⊖ DLR 7 | d | 2315 | 2326 | 2330 | 2341 | 2341 | 2352 | 2356 | 0009 | 0012 | 0022 | 0026 | 0041 | 0057 | 0102 |
| Maryland (MYL) | | d | | 2328 | | | 2343 | | 2358 | | 0014 | | 0028 | 0043 | | 0104 |
| Forest Gate (FOG) | | d | | 2330 | | | 2345 | | 0001 | | 0016 | | 0030 | 0045 | | 0106 |
| Manor Park (MNP) | | d | | 2333 | | | 2348 | | 0003 | | 0019 | | 0033 | 0048 | | 0109 |
| Ilford (IFD) | 2 | d | | 2335 | | | 2350 | | 0005 | | 0021 | | 0035 | 0050 | | 0112 |
| Seven Kings (SVK) | | d | | 2338 | | | 2353 | | 0008 | | 0024 | | 0038 | 0053 | | 0114 |
| Goodmayes (GMY) | | d | | 2340 | | | 2355 | | 0010 | | 0026 | | 0040 | 0055 | | 0116 |
| Chadwell Heath (CTH) | | d | | 2342 | | | 2357 | | 0012 | | 0028 | | 0042 | 0057 | | 0118 |
| Romford (RMF) | | d | | 2346 | 2338 | | 0001 | 0004 | 0016 | | 0032 | 0035 | 0046 | 0101 | 0108 | 0122 |
| Gidea Park (GDP) | 2 | d | | 2349 | | | 0004 | | 0019 | | 0035 | | 0049 | 0104 | | 0125 |
| Harold Wood (HRO) | | d | | 2352 | | | 0007 | | 0022 | | 0038 | | 0052 | 0107 | | 0128 |
| Brentwood (BRE) | | d | | 2356 | | | 0011 | | 0026 | | 0042 | | 0056 | 0111 | | 0132 |
| Shenfield (SNF) | 3 a | | 2330 | 0002 | 2347 | 2356 | 0017 | 0017 | 0032 | 0032 | 0048 | 0048 | 0102 | 0117 | 0120 | 0138 |

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

- a Arrival time
- d Departure time
- B To Southend Victoria
- C To Ipswich
- E To Colchester
- MM Monday mornings

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE A | XR | XR | XR | XR | LE A | XR | LE B | XR | XR | XR | XR | XR | LE A | XR | XR | XR | XR | |
|-------------------------------------|----------|------|------|------|------|---------|------|---------|------|------|------|------|------|---------|------|------|------|------|------|
| Shenfield (SNF) | 3 d | 0437 | 0444 | | | 0504 | 0509 | 0524 | | | 0524 | | 0533 | 0539 | | 0541 | | 0548 | |
| Brentwood (BRE) | d | | 0448 | | | 0508 | | | | | 0528 | | 0537 | | | 0545 | | 0552 | |
| Harold Wood (HRO) | d | | 0452 | | | 0512 | | | | | 0532 | | 0541 | | | 0549 | | 0556 | |
| Gidea Park (GDP) | 2 d | | 0455 | 0503 | | 0515 | | | 0525 | | 0535 | | 0544 | | | 0552 | | 0559 | |
| Romford (RMF) | d | | 0458 | 0506 | | 0518 | | 0531 | 0528 | | 0538 | | 0547 | | | 0555 | | 0602 | |
| Chadwell Heath (CTH) | d | | 0501 | 0509 | | 0521 | | | 0531 | | 0541 | | 0550 | | | 0558 | | 0605 | |
| Goodmayes (GMY) | d | | 0503 | 0511 | | 0523 | | | 0533 | | 0543 | | 0552 | | | 0600 | | 0607 | |
| Seven Kings (SVK) | d | | 0505 | 0513 | | 0525 | | 0536s | 0535 | | 0545 | | 0554 | | | 0602 | | 0609 | |
| Ilford (IFD) | 2 d | | 0509 | 0517 | | 0529 | | | 0539 | | 0549 | | 0558 | | | 0606 | | 0613 | |
| Manor Park (MNP) | d | | 0511 | 0519 | | 0531 | | | 0541 | | 0551 | | 0600 | | | 0608 | | 0615 | |
| Forest Gate (FOG) | d | | 0515 | 0522 | | 0534 | | | 0544 | | 0554 | | 0603 | | | 0611 | | 0618 | |
| Maryland (MYL) | d | | 0517 | 0524 | | 0536 | | | 0546 | | 0556 | | 0605 | | | 0613 | | 0620 | |
| Stratford (SRA) | DLR 7 d | 0459 | 0519 | 0527 | 0534 | 0539 | 0526 | 0543 | 0549 | | 0559 | | 0608 | 0554 | | 0616 | | 0623 | |
| Abbey Wood (ABW) | d | | | | | | | 0534 | | | 0544 | | 0554 | | | 0602 | | 0609 | |
| Woolwich (WWC) | d | | | | | | | 0537 | | | 0547 | | 0557 | | | 0605 | | 0612 | |
| Custom House (CUS) | d | | | | | | | 0541 | | | 0551 | | 0601 | | | 0609 | | 0616 | |
| Canary Wharf (CWX) | DLR d | | | | | | | 0545 | | | 0555 | | 0605 | | | 0613 | | 0620 | |
| Whitechapel (ZLW) | DLR d | | | | 0539 | 0544 | | 0549 | | 0554 | 0559 | 0604 | 0609 | 0613 | | 0617 | 0621 | 0624 | 0628 |
| London Liverpool Street (LST) | DLR 15 a | 0507 | 0527 | 0536 | | | 0534 | | 0551 | | | | | 0602 | | | | | |
| London Liverpool Street EL (LST) | DLR 4 a | | | | 0542 | 0547 | | 0552 | | 0557 | 0602 | 0607 | 0612 | 0616 | | 0620 | 0624 | 0627 | 0631 |
| Farringdon (ZFD) | DLR 3 a | | | | 0544 | 0549 | | 0554 | | 0559 | 0604 | 0609 | 0614 | 0618 | | 0622 | 0626 | 0629 | 0633 |
| Tottenham Court Road (TCR) | DLR a | | | | 0547 | 0552 | | 0557 | | 0602 | 0607 | 0612 | 0617 | 0621 | | 0625 | 0629 | 0632 | 0636 |
| Bond Street (BDS) | DLR a | | | | 0550 | 0555 | | 0600 | | 0605 | 0610 | 0615 | 0620 | 0624 | | 0628 | 0632 | 0635 | 0639 |
| London Paddington EL (PAD) | DLR 15 a | | | | 0553 | 0600 | | 0605 | | 0609 | 0615 | 0620 | 0624 | 0629 | | 0633 | 0636 | 0639 | 0644 |
| Acton Main Line (AML) | a | | | | 0600 | | | | | 0615 | | | 0630 | | | | | | 0645 |
| Ealing Broadway (EAL) | DLR 3 a | | | | 0603 | | | 0613 | | 0618 | 0625 | | 0633 | | 0640 | 0643 | 0648 | | |
| West Ealing (WEA) | DLR 3 a | | | | 0606 | | | 0617 | | 0621 | | | 0636 | | | 0646 | 0651 | | |
| Hanwell (HAN) | a | | | | 0608 | | | | | 0623 | | | 0638 | | | | 0653 | | |
| Southall (STL) | a | | | | 0611 | | | | | 0626 | 0631 | | 0641 | | 0645 | | 0656 | | |
| Hayes & Harlington (HAY) | DLR 3 a | | | | 0614 | | | 0622 | | 0629 | 0634 | | 0644 | | 0648 | 0651 | 0659 | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a ← | | | | 0621 | | | 0629 | | 0636 | | | 0651 | | | 0659 | 0706 | | |
| Heathrow Terminal 4 (HAF) | DLR a ← | | | | 0627 | | | | | 0642 | | | 0657 | | | | 0712 | | |
| Heathrow Terminal 5 (HWV) | DLR a ← | | | | | | | 0635 | | | | | | | | | 0705 | | |
| West Drayton (WDT) | a | | | | | | | | | | 0638 | | | | | 0652 | | | |
| Iver (IVR) | a | | | | | | | | | | 0640 | | | | | 0655 | | | |
| Langley (LNY) | a | | | | | | | | | | 0643 | | | | | 0657 | | | |
| Slough (SLO) | DLR 3 a | | | | | | | | | | 0646 | | | | | 0701 | | | |
| Burnham (BNM) | a | | | | | | | | | | 0650 | | | | | 0705 | | | |
| Taplow (TAP) | a | | | | | | | | | | 0653 | | | | | 0707 | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | | | | | | 0656 | | | | | 0710 | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | 0703 | | | | | 0717 | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | 0710 | | | | | 0725 | | | |

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
B From Colchester

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE B | XR | XR | XR | XR | LE C | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | LE A | XR |
|-------------------------------------|----------|------|----|------|------|---------|-------|----|---------|------|----|------|-------|---------|------|------|---------|------|
| Shenfield (SNF) | 3 d | 0553 | | 0556 | | 0602 | 0607 | | 0608 | 0614 | | 0614 | | 0620 | | 0625 | 0630 | |
| Brentwood (BRE) | d | | | 0600 | | 0606 | | | 0612 | | | 0618 | | 0624 | | 0629 | | |
| Harold Wood (HRO) | d | | | 0604 | | 0610 | | | 0616 | | | 0622 | | 0628 | | 0633 | | |
| Gidea Park (GDP) | 2 d | | | 0607 | | 0613 | | | 0619 | | | 0625 | | 0631 | | 0636 | | |
| Romford (RMF) | d | 0601 | | 0610 | | 0616 | | | 0622 | | | 0628 | 0629s | 0634 | | 0639 | | |
| Chadwell Heath (CTH) | d | | | 0613 | | 0619 | | | 0625 | | | 0631 | | 0637 | | 0642 | | |
| Goodmayes (GMY) | d | | | 0615 | | 0621 | | | 0627 | | | 0633 | | 0639 | | 0644 | | |
| Seven Kings (SVK) | d | | | 0617 | | 0623 | | | 0629 | | | 0635 | | 0641 | | 0646 | | |
| Ilford (IFD) | 2 d | | | 0621 | | 0627 | | | 0633 | | | 0639 | | 0645 | | 0650 | | |
| Manor Park (MNP) | d | | | 0623 | | 0629 | | | 0635 | | | 0641 | | 0647 | | 0652 | | |
| Forest Gate (FOG) | d | | | 0626 | | 0632 | | | 0638 | | | 0644 | | 0650 | | 0655 | | |
| Maryland (MYL) | d | | | 0628 | | 0634 | | | 0640 | | | 0646 | | 0652 | | 0657 | | |
| Stratford (SRA) | DLR 7 d | 0611 | | 0631 | | 0637 | 0622s | | 0643 | 0630 | | 0649 | | 0655 | 0639 | 0700 | 0645 | |
| Abbey Wood (ABW) | d | | | 0617 | | 0624 | | | 0630 | | | 0636 | | 0642 | | 0648 | | 0654 |
| Woolwich (WWC) | d | | | 0620 | | 0627 | | | 0633 | | | 0639 | | 0645 | | 0651 | | 0657 |
| Custom House (CUS) | d | | | 0624 | | 0631 | | | 0637 | | | 0643 | | 0649 | | 0655 | | 0701 |
| Canary Wharf (CWX) | DLR d | | | 0628 | | 0635 | | | 0641 | | | 0647 | | 0653 | | 0659 | | 0705 |
| Whitechapel (ZLW) | DLR d | | | 0632 | 0636 | 0639 | 0642 | | 0645 | 0648 | | 0651 | 0654 | 0657 | 0700 | 0703 | 0706 | 0709 |
| London Liverpool Street (LST) | DLR 15 a | 0619 | | | | | 0630 | | | 0638 | | | | | 0647 | | 0653 | |
| London Liverpool Street EL (LST) | DLR 4 a | | | 0635 | 0639 | 0642 | 0645 | | 0648 | 0651 | | 0654 | 0657 | 0700 | 0703 | 0706 | 0709 | 0712 |
| Farringdon (ZFD) | DLR 3 a | | | 0637 | 0641 | 0644 | 0647 | | 0650 | 0653 | | 0656 | 0659 | 0702 | 0705 | 0708 | 0711 | 0714 |
| Tottenham Court Road (TCR) | DLR a | | | 0640 | 0644 | 0647 | 0650 | | 0653 | 0656 | | 0659 | 0702 | 0705 | 0708 | 0711 | 0714 | 0717 |
| Bond Street (BDS) | DLR a | | | 0643 | 0647 | 0650 | 0653 | | 0656 | 0659 | | 0702 | 0705 | 0708 | 0711 | 0714 | 0717 | 0720 |
| London Paddington EL (PAD) | DLR 15 a | | | 0648 | 0652 | 0654 | 0658 | | 0700 | 0703 | | 0706 | 0710 | 0713 | 0716 | 0718 | 0722 | 0724 |
| Acton Main Line (AML) | a | | | | | 0700 | | | | | | 0713 | | | | | | 0730 |
| Ealing Broadway (EAL) | DLR 3 a | | | 0655 | | 0703 | | | 0709 | 0713 | | 0716 | | | | 0725 | | 0733 |
| West Ealing (WEA) | DLR 3 a | | | | | 0706 | | | | 0716 | | 0719 | | | | | | 0736 |
| Hanwell (HAN) | a | | | | | 0708 | | | | | | 0721 | | | | | | 0738 |
| Southall (STL) | a | | | 0702 | | 0711 | | | 0715 | | | 0724 | | | | 0732 | | 0741 |
| Hayes & Harlington (HAY) | DLR 3 a | | | 0705 | | 0714 | | | 0718 | 0722 | | 0727 | | | | 0735 | | 0744 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | | 0721 | | | | 0729 | | 0734 | | | | | | 0751 |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | 0727 | | | | | | 0742 | | | | | | 0757 |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | 0735 | | | | | | | | | |
| West Drayton (WDT) | a | | | 0709 | | | | | 0722 | | | | | | | 0739 | | |
| Iver (IVR) | a | | | 0712 | | | | | 0725 | | | | | | | 0742 | | |
| Langley (LNY) | a | | | 0714 | | | | | 0727 | | | | | | | 0744 | | |
| Slough (SLO) | DLR 3 a | | | 0718 | | | | | 0731 | | | | | | | 0748 | | |
| Burnham (BNM) | a | | | 0722 | | | | | 0735 | | | | | | | 0752 | | |
| Taplow (TAP) | a | | | 0724 | | | | | 0737 | | | | | | | 0754 | | |
| Maidenhead (MAI) | DLR 3 a | | | 0727 | | | | | 0740 | | | | | | | 0757 | | |
| Twyford (TWY) | DLR 3 a | | | 0735 | | | | | 0747 | | | | | | | 0805 | | |
| Reading (RDG) | DLR 7 a | | | 0744 | | | | | 0755 | | | | | | | 0812 | | |

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
- B From Colchester
- C From Ipswich
- D From Clacton-on-Sea

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE E | LE A | XR | XR | LE D | XR | XR | LE F | XR | XR | XR | XR | LE A | XR | |
|-------------------------------------|------------------------|------|------|------|---------|---------|-------|------|---------|-------|------|---------|-------|------|------|------|---------|-------|------|
| Shenfield (SNF) | 3 d | 0630 | | | 0637 | 0638 | 0644 | | 0644 | 0648 | | 0650 | 0651 | | 0654 | | 0658 | 0659 | |
| Brentwood (BRE) | d | 0634 | | | 0641 | | | | 0648 | | | 0654 | | | 0658 | | 0702 | | |
| Harold Wood (HRO) | d | 0638 | | | 0645 | | | | 0652 | | | 0658 | | | 0702 | | 0706 | | |
| Gidea Park (GDP) | 2 d | 0641 | 0645 | | 0649 | | | | 0655 | | | 0701 | | | 0705 | | 0709 | | |
| Romford (RMF) | d | 0644 | 0648 | | 0652 | | | | 0658 | | | 0704 | | | 0708 | | 0712 | | |
| Chadwell Heath (CTH) | d | 0647 | 0651 | | 0655 | | | | 0701 | | | 0707 | | | 0711 | | 0715 | | |
| Goodmayes (GMY) | d | 0649 | 0653 | | 0657 | | | | 0703 | | | 0709 | | | 0713 | | 0717 | | |
| Seven Kings (SVK) | d | 0651 | 0655 | | 0659 | | | | 0705 | | | 0711 | | | 0715 | | 0719 | | |
| Ilford (IFD) | 2 d | 0655 | 0659 | | 0703 | | | | 0709 | | | 0715 | | | 0719 | | 0723 | | |
| Manor Park (MNP) | d | 0657 | 0701 | | 0705 | | | | 0711 | | | 0717 | | | 0721 | | 0725 | | |
| Forest Gate (FOG) | d | 0700 | 0704 | | 0708 | | | | 0714 | | | 0720 | | | 0724 | | 0728 | | |
| Maryland (MYL) | d | 0702 | 0706 | | 0710 | | | | 0716 | | | 0722 | | | 0726 | | 0730 | | |
| Stratford (SRA) | DLR 7 d | 0705 | 0709 | | 0713 | 0655s | 0701s | | 0719 | 0705s | | 0725 | 0708s | | 0729 | | 0733 | 0716s | |
| Abbey Wood (ABW) | d | | | 0700 | | | | 0706 | | | 0712 | | | 0718 | | 0724 | | | 0729 |
| Woolwich (WWC) | d | | | 0703 | | | | 0709 | | | 0715 | | | 0721 | | 0727 | | | 0732 |
| Custom House (CUS) | d | | | 0707 | | | | 0713 | | | 0719 | | | 0725 | | 0731 | | | 0736 |
| Canary Wharf (CWX) | DLR d | | | 0713 | | | | 0718 | | | 0723 | | | 0729 | | 0735 | | | 0740 |
| Whitechapel (ZLW) | DLR d | 0712 | 0714 | 0717 | 0719 | | | 0722 | 0724 | | 0727 | 0730 | | 0733 | 0736 | 0739 | 0741 | | 0744 |
| London Liverpool Street (LST) | DLR 15 a | | | | | 0706 | 0711 | | | 0716 | | | 0719 | | | | | | 0727 |
| London Liverpool Street EL (LST) | 4 a | 0714 | 0717 | 0719 | 0722 | | | 0724 | 0727 | | 0730 | 0733 | | 0736 | 0739 | 0741 | 0744 | | 0746 |
| Farringdon (ZFD) | 3 a | 0717 | 0719 | 0722 | 0724 | | | 0727 | 0729 | | 0732 | 0735 | | 0738 | 0741 | 0744 | 0746 | | 0749 |
| Tottenham Court Road (TCR) | DLR a | 0720 | 0722 | 0725 | 0727 | | | 0730 | 0732 | | 0735 | 0738 | | 0741 | 0744 | 0746 | 0749 | | 0751 |
| Bond Street (BDS) | DLR a | 0722 | 0725 | 0727 | 0730 | | | 0732 | 0735 | | 0738 | 0741 | | 0744 | 0746 | 0749 | 0751 | | 0754 |
| London Paddington EL (PAD) | DLR 15 a | 0727 | 0730 | 0731 | 0734 | | | 0736 | 0740 | | 0743 | 0746 | | 0748 | 0751 | 0753 | 0756 | | 0758 |
| Acton Main Line (AML) | a | | | | | | | 0743 | | | | | | | | 0800 | | | |
| Ealing Broadway (EAL) | 3 a | | | 0740 | 0743 | | | 0747 | | | | | | 0756 | | 0803 | | | 0810 |
| West Ealing (WEA) | 3 a | | | | 0747 | | | 0750 | | | | | | | | 0806 | | | |
| Hanwell (HAN) | a | | | | | | | 0752 | | | | | | | | 0808 | | | |
| Southall (STL) | a | | | 0747 | | | | 0755 | | | | | | 0801 | | 0811 | | | 0816 |
| Hayes & Harlington (HAY) | 3 a | | | 0750 | 0753 | | | 0758 | | | | | | 0804 | | 0814 | | | 0819 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | 0800 | | | 0805 | | | | | | | | 0821 | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | | | 0812 | | | | | | | | 0827 | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | 0805 | | | | | | | | | | | | | | |
| West Drayton (WDT) | a | | | 0754 | | | | | | | | | | 0808 | | | | | 0823 |
| Iver (IVR) | a | | | 0756 | | | | | | | | | | 0811 | | | | | 0826 |
| Langley (LNY) | a | | | 0759 | | | | | | | | | | 0813 | | | | | 0828 |
| Slough (SLO) | 3 a | | | 0802 | | | | | | | | | | 0817 | | | | | 0832 |
| Burnham (BNM) | a | | | 0806 | | | | | | | | | | 0821 | | | | | 0836 |
| Taplow (TAP) | a | | | 0809 | | | | | | | | | | 0823 | | | | | 0839 |
| Maidenhead (MAI) | 3 a | | | 0812 | | | | | | | | | | 0826 | | | | | 0842 |
| Twyford (TWY) | 3 a | | | 0819 | | | | | | | | | | 0833 | | | | | 0849 |
| Reading (RDG) | 7 a | | | 0826 | | | | | | | | | | 0842 | | | | | 0858 |

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
- D From Clacton-on-Sea
- E From Witham
- F From Southminster

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator | XR | XR | LE G | LE D | XR | XR | XR | XR | LE A | XR | XR | LE H | XR | XR | LE A | XR | XR | LE F |
|----------------------------------|--------|----|-----------|-------------|----|------|------|------|---------|----|------|---------|----|------|---------|----|------|------------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Shenfield (SNF) | 3 | d | 0704 | 0706 0710 | | 0710 | | 0715 | 0716 | | 0720 | 0722 | | 0724 | 0728 | | 0728 | 0732 |
| Brentwood (BRE) | | d | 0708 | | | 0714 | | 0719 | | | 0724 | | | 0728 | | | | 0732 |
| Harold Wood (HRO) | | d | 0712 | | | 0718 | | 0723 | | | 0728 | | | 0732 | | | | 0736 |
| Gidea Park (GDP) | 2 | d | 0713 0717 | | | 0722 | | 0727 | | | 0731 | | | 0735 | | | | 0739 |
| Romford (RMF) | | d | 0716 0720 | | | 0725 | | 0730 | | | 0734 | | | 0738 | | | | 0742 |
| Chadwell Heath (CTH) | | d | 0719 0723 | | | 0728 | | 0733 | | | 0737 | | | 0741 | | | | 0745 |
| Goodmayes (GMY) | | d | 0721 0725 | | | 0730 | | 0735 | | | 0739 | | | 0743 | | | | 0747 |
| Seven Kings (SVK) | | d | 0723 0727 | | | 0732 | | 0737 | | | 0741 | | | 0745 | | | | 0749 |
| Ilford (IFD) | 2 | d | 0727 0731 | | | 0736 | | 0741 | | | 0745 | | | 0749 | | | | 0753 |
| Manor Park (MNP) | | d | 0729 0733 | | | 0738 | | 0743 | | | 0747 | | | 0751 | | | | 0755 |
| Forest Gate (FOG) | | d | 0732 0736 | | | 0741 | | 0746 | | | 0750 | | | 0754 | | | | 0758 |
| Maryland (MYL) | | d | 0734 0738 | | | 0743 | | 0748 | | | 0752 | | | 0756 | | | | 0800 |
| Stratford (SRA) | DLR 7 | d | 0737 0741 | 0723s 0727s | | 0746 | | 0751 | 0733s | | 0755 | 0739s | | 0759 | 0745s | | | 0803 0749s |
| Abbey Wood (ABW) | | d | | | | 0734 | | 0739 | | | 0744 | | | 0749 | | | | 0754 |
| Woolwich (WWC) | | d | | | | 0737 | | 0742 | | | 0747 | | | 0752 | | | | 0757 |
| Custom House (CUS) | | d | | | | 0741 | | 0746 | | | 0751 | | | 0756 | | | | 0801 |
| Canary Wharf (CWX) | DLR | d | | | | 0745 | | 0750 | | | 0755 | | | 0800 | | | | 0805 |
| Whitechapel (ZLW) | DLR | d | 0746 | | | 0749 | 0751 | 0754 | 0756 | | 0759 | 0801 | | 0804 | 0806 | | | 0809 0811 |
| London Liverpool Street (LST) | DLR 15 | a | 0746 | 0733 0739 | | | | | 0744 | | | 0750 | | | 0756 | | | 0759 |
| London Liverpool Street EL (LST) | DLR 4 | a | 0749 | | | 0751 | 0754 | 0756 | 0759 | | 0801 | 0804 | | 0806 | 0809 | | | 0811 0814 |
| Farringdon (ZFD) | DLR 3 | a | 0751 | | | 0754 | 0756 | 0759 | 0801 | | 0804 | 0806 | | 0809 | 0811 | | | 0814 0816 |
| Tottenham Court Road (TCR) | DLR | a | 0754 | | | 0756 | 0759 | 0801 | 0804 | | 0806 | 0809 | | 0811 | 0814 | | | 0816 0819 |
| Bond Street (BDS) | DLR | a | 0756 | | | 0759 | 0801 | 0804 | 0806 | | 0809 | 0811 | | 0814 | 0816 | | | 0819 0821 |
| London Paddington EL (PAD) | DLR 15 | a | 0801 | | | 0804 | 0805 | 0808 | 0811 | | 0813 | 0816 | | 0819 | 0821 | | | 0823 0826 |
| Acton Main Line (AML) | | a | | | | | | 0815 | | | | | | | | | | 0830 |
| Ealing Broadway (EAL) | DLR 3 | a | | | | 0814 | 0818 | | | | 0825 | | | | | | | 0833 |
| West Ealing (WEA) | DLR 3 | a | | | | 0817 | 0821 | | | | | | | | | | | 0836 |
| Hanwell (HAN) | | a | | | | | 0823 | | | | | | | | | | | 0838 |
| Southall (STL) | | a | | | | | 0826 | | | | 0832 | | | | | | | 0841 |
| Hayes & Harlington (HAY) | DLR 3 | a | | | | 0822 | 0829 | | | | 0835 | | | | | | | 0844 |
| Heathrow Terminals 2 & 3 (HXX) | DLR 3 | a | | | | 0829 | 0836 | | | | | | | | | | | 0851 |
| Heathrow Terminal 4 (HAF) | DLR 3 | a | | | | | 0842 | | | | | | | | | | | 0857 |
| Heathrow Terminal 5 (HWV) | DLR 3 | a | | | | 0835 | | | | | | | | | | | | |
| West Drayton (WDT) | | a | | | | | | | | | 0839 | | | | | | | |
| Iver (IVR) | | a | | | | | | | | | 0841 | | | | | | | |
| Langley (LNY) | | a | | | | | | | | | 0844 | | | | | | | |
| Slough (SLO) | DLR 3 | a | | | | | | | | | 0847 | | | | | | | |
| Burnham (BNM) | | a | | | | | | | | | 0851 | | | | | | | |
| Taplow (TAP) | | a | | | | | | | | | 0854 | | | | | | | |
| M Maidenhead (MAI) | DLR 3 | a | | | | | | | | | 0857 | | | | | | | |
| Twyford (TWY) | DLR 3 | a | | | | | | | | | 0904 | | | | | | | |
| Reading (RDG) | DLR 7 | a | | | | | | | | | 0911 | | | | | | | |

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
D From Clacton-on-Sea
F From Southminster
G From Colchester Town
H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE G | XR | XR | XR | LE A | XR | XR | LE D | XR | XR | LE A | XR | XR | LE D | XR | XR | LE A | XR |
|-------------------------------------|-----------------------|-------|------|------|---------|-------|------|---------|-------|------|---------|-------|------|---------|-------|------|---------|-------|
| Shenfield (SNF) | 3 d | 0734 | | | 0734 | 0740 | | 0740 | | | 0745 | 0750 | | 0750 | 0753 | | 0754 | 0758 |
| Brentwood (BRE) | d | | | | 0738 | | | 0744 | | | 0749 | | | 0754 | | | 0758 | |
| Harold Wood (HRO) | d | | | | 0742 | | | 0748 | | | 0753 | | | 0758 | | | 0802 | |
| Gidea Park (GDP) | 2 d | | | 0743 | 0747 | | | 0752 | | | 0757 | | | 0801 | | | 0805 | |
| Romford (RMF) | d | | | 0746 | 0750 | | | 0755 | | | 0800 | | | 0804 | | | 0808 | |
| Chadwell Heath (CTH) | d | | | 0749 | 0753 | | | 0758 | | | 0803 | | | 0807 | | | 0811 | |
| Goodmayes (GMY) | d | | | 0751 | 0755 | | | 0800 | | | 0805 | | | 0809 | | | 0813 | |
| Seven Kings (SVK) | d | | | 0753 | 0757 | | | 0802 | | | 0807 | | | 0811 | | | 0815 | |
| Ilford (IFD) | 2 d | | | 0757 | 0801 | | | 0806 | | | 0811 | | | 0815 | | | 0819 | |
| Manor Park (MNP) | d | | | 0759 | 0803 | | | 0808 | | | 0813 | | | 0817 | | | 0821 | |
| Forest Gate (FOG) | d | | | 0802 | 0806 | | | 0811 | | | 0816 | | | 0820 | | | 0824 | |
| Maryland (MYL) | d | | | 0804 | 0808 | | | 0813 | | | 0818 | | | 0822 | | | 0826 | |
| Stratford (SRA) | DLR 7 d | 0751s | | 0807 | 0811 | 0757s | | 0816 | 0800s | | 0821 | 0807s | | 0825 | 0810s | | 0829 | 0815s |
| Abbey Wood (ABW) | d | | 0759 | | | | 0804 | | | 0809 | | | 0814 | | | 0819 | | 0824 |
| Woolwich (WWC) | d | | 0802 | | | | 0807 | | | 0812 | | | 0817 | | | 0822 | | 0827 |
| Custom House (CUS) | d | | 0806 | | | | 0811 | | | 0816 | | | 0821 | | | 0826 | | 0831 |
| Canary Wharf (CWX) | DLR d | | 0810 | | | | 0815 | | | 0820 | | | 0825 | | | 0830 | | 0835 |
| Whitechapel (ZLW) | DLR d | | 0814 | | 0816 | | 0819 | 0821 | | 0824 | 0826 | | 0829 | 0831 | | 0834 | 0836 | 0839 |
| London Liverpool Street (LST) | 15 a | 0802 | | 0816 | | 0808 | | 0811 | | | | 0818 | | | 0821 | | | 0826 |
| London Liverpool Street EL (LST) | 4 a | | 0816 | | 0819 | | 0821 | 0824 | | 0826 | 0829 | | 0831 | 0834 | | 0836 | 0839 | 0841 |
| Farringdon (ZFD) | 3 a | | 0819 | | 0821 | | 0824 | 0826 | | 0829 | 0831 | | 0834 | 0836 | | 0839 | 0841 | 0844 |
| Tottenham Court Road (TCR) | DLR a | | 0821 | | 0824 | | 0826 | 0829 | | 0831 | 0834 | | 0836 | 0839 | | 0841 | 0844 | 0846 |
| Bond Street (BDS) | DLR a | | 0824 | | 0826 | | 0829 | 0831 | | 0834 | 0836 | | 0839 | 0841 | | 0844 | 0846 | 0849 |
| London Paddington EL (PAD) | 15 a | | 0828 | | 0831 | | 0834 | 0835 | | 0838 | 0841 | | 0843 | 0846 | | 0849 | 0851 | 0853 |
| Acton Main Line (AML) | a | | | | | | | | | 0845 | | | | | | | | 0900 |
| Ealing Broadway (EAL) | 3 a | | 0840 | | | | 0843 | | | 0848 | | | 0851 | | | | | 0903 |
| West Ealing (WEA) | 3 a | | | | | | 0846 | | | 0851 | | | | | | | | 0906 |
| Hanwell (HAN) | a | | | | | | | | | 0853 | | | | | | | | 0908 |
| Southall (STL) | a | | 0845 | | | | | | | 0856 | | | 0859 | | | | | 0911 |
| Hayes & Harlington (HAY) | 3 a | | 0848 | | | | | 0852 | | 0859 | | | 0902 | | | | | 0914 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | | | | 0859 | | 0906 | | | | | | | | 0921 |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | | | | | 0912 | | | | | | | | 0927 |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | 0905 | | | | | | | | | | |
| West Drayton (WDT) | a | | 0854 | | | | | | | | | | 0906 | | | | | |
| Iver (IVR) | a | | 0856 | | | | | | | | | | 0908 | | | | | |
| Langley (LNY) | a | | 0859 | | | | | | | | | | 0911 | | | | | |
| Slough (SLO) | 3 a | | 0902 | | | | | | | | | | 0914 | | | | | |
| Burnham (BNM) | a | | 0906 | | | | | | | | | | 0918 | | | | | |
| Taplow (TAP) | a | | 0909 | | | | | | | | | | 0921 | | | | | |
| Maidenhead (MAI) | 3 a | | 0912 | | | | | | | | | | 0924 | | | | | |
| Twyford (TWY) | 3 a | | 0919 | | | | | | | | | | 0931 | | | | | |
| Reading (RDG) | 7 a | | 0926 | | | | | | | | | | 0938 | | | | | |

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
- D From Clacton-on-Sea
- G From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE H | XR | XR | XR | LE A | LE E | XR | XR | XR | XR | LE A | XR | XR | LE F | XR | XR | LE J | |
|-------------------------------------|----------|---------|-------|------|------|---------|---------|-------|------|------|------|---------|-------|------|---------|-------|------|---------|-------|
| Shenfield (SNF) | 3 d | 0758 | 0804 | | | 0804 | 0806 | 0809 | | 0810 | | 0816 | 0817 | | 0821 | 0822 | | 0826 | 0827 |
| Brentwood (BRE) | d | 0802 | | | | 0808 | | | | 0814 | | 0820 | | | 0825 | | | 0830 | |
| Harold Wood (HRO) | d | 0806 | | | | 0812 | | | | 0818 | | 0824 | | | 0829 | | | 0834 | |
| Gidea Park (GDP) | 2 d | 0809 | | | 0813 | 0817 | | | | 0822 | | 0827 | | | 0832 | | | 0837 | |
| Romford (RMF) | d | 0812 | | | 0816 | 0820 | | | | 0825 | | 0830 | | | 0835 | | | 0840 | |
| Chadwell Heath (CTH) | d | 0815 | | | 0819 | 0823 | | | | 0828 | | 0833 | | | 0838 | | | 0843 | |
| Goodmayes (GMY) | d | 0817 | | | 0821 | 0825 | | | | 0830 | | 0835 | | | 0840 | | | 0845 | |
| Seven Kings (SVK) | d | 0819 | | | 0823 | 0827 | | | | 0832 | | 0837 | | | 0842 | | | 0847 | |
| Ilford (IFD) | 2 d | 0823 | | | 0827 | 0831 | | | | 0836 | | 0841 | | | 0846 | | | 0851 | |
| Manor Park (MNP) | d | 0825 | | | 0829 | 0833 | | | | 0838 | | 0843 | | | 0848 | | | 0853 | |
| Forest Gate (FOG) | d | 0828 | | | 0832 | 0836 | | | | 0841 | | 0846 | | | 0851 | | | 0856 | |
| Maryland (MYL) | d | 0830 | | | 0834 | 0838 | | | | 0843 | | 0848 | | | 0853 | | | 0858 | |
| Stratford (SRA) | DLR 7 d | 0833 | 0821s | | 0837 | 0841 | 0823s | 0826s | | 0846 | | 0851 | 0834s | | 0856 | 0839s | | 0901 | 0844s |
| Abbey Wood (ABW) | d | | | 0829 | | | | | 0834 | | 0839 | | | 0844 | | | 0849 | | |
| Woolwich (WWC) | d | | | 0832 | | | | | 0837 | | 0842 | | | 0847 | | | 0852 | | |
| Custom House (CUS) | d | | | 0836 | | | | | 0841 | | 0846 | | | 0851 | | | 0856 | | |
| Canary Wharf (CWX) | DLR d | | | 0840 | | | | | 0845 | | 0850 | | | 0855 | | | 0900 | | |
| Whitechapel (ZLW) | DLR d | 0841 | | 0844 | | 0846 | | | 0849 | 0851 | 0854 | 0856 | | 0859 | 0901 | | 0904 | 0906 | |
| London Liverpool Street (LST) | DLR 15 a | | 0831 | | 0846 | | 0834 | 0836 | | | | | 0845 | | 0850 | | | 0854 | |
| London Liverpool Street EL (LST) | 4 a | 0844 | | 0846 | | 0849 | | | 0851 | 0854 | 0856 | 0859 | | 0901 | 0904 | | 0906 | 0909 | |
| Farringdon (ZFD) | 3 a | 0846 | | 0849 | | 0851 | | | 0854 | 0856 | 0859 | 0901 | | 0904 | 0906 | | 0909 | 0911 | |
| Tottenham Court Road (TCR) | a | 0849 | | 0851 | | 0854 | | | 0856 | 0859 | 0901 | 0904 | | 0906 | 0909 | | 0911 | 0914 | |
| Bond Street (BDS) | a | 0851 | | 0854 | | 0856 | | | 0859 | 0901 | 0904 | 0906 | | 0909 | 0911 | | 0914 | 0917 | |
| London Paddington EL (PAD) | 15 a | 0856 | | 0858 | | 0901 | | | 0904 | 0905 | 0908 | 0911 | | 0913 | 0916 | | 0919 | 0922 | |
| Acton Main Line (AML) | a | | | | | | | | | | 0915 | | | | | | | | |
| Ealing Broadway (EAL) | 3 a | | | 0910 | | | | | 0913 | 0918 | | | 0925 | | | | | | |
| West Ealing (WEA) | 3 a | | | | | | | | 0916 | 0921 | | | | | | | | | |
| Hanwell (HAN) | a | | | | | | | | | 0923 | | | | | | | | | |
| Southall (STL) | a | | | 0915 | | | | | | 0926 | | | 0932 | | | | | | |
| Hayes & Harlington (HAY) | 3 a | | | 0918 | | | | | 0922 | 0929 | | | 0935 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | | | | 0929 | 0936 | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | | | | 0942 | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | | | | 0935 | | | | | | | | | | |
| West Drayton (WDT) | a | | | 0924 | | | | | | | | | 0939 | | | | | | |
| Iver (IVR) | a | | | 0926 | | | | | | | | | | | | | | | |
| Langley (LNY) | a | | | 0929 | | | | | | | | | 0944 | | | | | | |
| Slough (SLO) | 3 a | | | 0932 | | | | | | | | | 0947 | | | | | | |
| Burnham (BNM) | a | | | 0936 | | | | | | | | | 0951 | | | | | | |
| Taplow (TAP) | a | | | | | | | | | | | | 0954 | | | | | | |
| Maidenhead (MAI) | 3 a | | | 0942 | | | | | | | | | 0957 | | | | | | |
| Twyford (TWY) | 3 a | | | | | | | | | | | | 1004 | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | | | | 1011 | | | | | | |

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
- E From Witham
- F From Southminster
- H From Braintree
- J From Harwich Town/Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE A | LE E | XR | XR | XR | XR | XR | XR | LE D | LE A | XR | XR | LE H | XR | XR | XR | XR |
|-------------------------------------|--------|----|---------|---------|-------|----|------|------|------|------|---------|---------|------|------|---------|----|------|------|------|
| Shenfield (SNF) | 3 | d | 0831 | 0832 | 0834 | | 0836 | | | 0843 | 0844 | 0847 | | 0850 | 0856 | | 0856 | | 0901 |
| Brentwood (BRE) | | d | 0835 | | | | 0840 | | | 0847 | | | | 0854 | | | 0900 | | 0905 |
| Harold Wood (HRO) | | d | 0839 | | | | 0844 | | | 0851 | | | | 0858 | | | 0904 | | 0909 |
| Gidea Park (GDP) | 2 | d | 0842 | | | | 0847 | | 0851 | 0855 | | | | 0901 | | | 0907 | | 0912 |
| Romford (RMF) | | d | 0845 | | | | 0850 | | 0854 | 0858 | | 0855 | | 0904 | | | 0910 | | 0915 |
| Chadwell Heath (CTH) | | d | 0848 | | | | 0853 | | 0857 | 0901 | | | | 0907 | | | 0913 | | 0918 |
| Goodmayes (GMY) | | d | 0850 | | | | 0855 | | 0859 | 0903 | | | | 0909 | | | 0915 | | 0920 |
| Seven Kings (SVK) | | d | 0852 | | | | 0857 | | 0901 | 0905 | | | | 0911 | | | 0917 | | 0922 |
| Ilford (IFD) | 2 | d | 0856 | | | | 0901 | | 0905 | 0909 | | | | 0915 | | | 0921 | | 0926 |
| Manor Park (MNP) | | d | 0858 | | | | 0903 | | 0907 | 0911 | | | | 0917 | | | 0923 | | 0928 |
| Forest Gate (FOG) | | d | 0901 | | | | 0906 | | 0910 | 0914 | | | | 0920 | | | 0926 | | 0931 |
| Maryland (MYL) | | d | 0903 | | | | 0908 | | 0912 | 0916 | | | | 0922 | | | 0928 | | 0933 |
| Stratford (SRA) | DLR 7 | d | 0906 | 0849s | 0851s | | 0911 | | 0915 | 0919 | 0901s | 0906s | | 0925 | 0912s | | 0931 | | 0936 |
| Abbey Wood (ABW) | | d | 0854 | | | | 0900 | | 0906 | | | | | 0911 | | | 0918 | | 0924 |
| Woolwich (WWC) | | d | 0857 | | | | 0903 | | 0909 | | | | | 0915 | | | 0921 | | 0927 |
| Custom House (CUS) | | d | 0901 | | | | 0907 | | 0913 | | | | | 0919 | | | 0925 | | 0931 |
| Canary Wharf (CWX) | DLR | d | 0905 | | | | 0911 | | 0917 | | | | | 0923 | | | 0929 | | 0935 |
| Whitechapel (ZLW) | DLR | d | 0909 | 0912 | | | 0915 | 0918 | 0921 | | 0924 | | | 0927 | 0930 | | 0933 | 0936 | 0942 |
| London Liverpool Street (LST) | DLR 15 | a | | 0859 | 0902 | | | | | 0924 | | 0912 | 0916 | | 0922 | | | | |
| London Liverpool Street EL (LST) | DLR 4 | a | 0912 | 0915 | | | 0918 | 0921 | 0924 | | 0927 | | | 0930 | 0933 | | 0936 | 0939 | 0945 |
| Farringdon (ZFD) | DLR 3 | a | 0914 | 0917 | | | 0920 | 0923 | 0926 | | 0929 | | | 0932 | 0935 | | 0938 | 0941 | 0947 |
| Tottenham Court Road (TCR) | DLR | a | 0917 | 0920 | | | 0923 | 0926 | 0929 | | 0932 | | | 0935 | 0938 | | 0941 | 0944 | 0950 |
| Bond Street (BDS) | DLR | a | 0920 | 0923 | | | 0926 | 0929 | 0932 | | 0935 | | | 0938 | 0941 | | 0944 | 0947 | 0953 |
| London Paddington EL (PAD) | DLR 15 | a | 0924 | 0928 | | | 0930 | 0933 | 0936 | | 0940 | | | 0942 | 0946 | | 0948 | 0952 | 0958 |
| Acton Main Line (AML) | | a | 0930 | | | | | | 0943 | | | | | | | | | | 1000 |
| Ealing Broadway (EAL) | DLR 3 | a | 0933 | | | | 0940 | 0943 | 0948 | | | | | | | | 0956 | | 1003 |
| West Ealing (WEA) | DLR 3 | a | 0936 | | | | | 0946 | 0951 | | | | | | | | | | 1006 |
| Hanwell (HAN) | | a | 0938 | | | | | | 0953 | | | | | | | | | | 1008 |
| Southall (STL) | | a | 0941 | | | | 0946 | | 0956 | | | | | | | | 1002 | | 1011 |
| Hayes & Harlington (HAY) | DLR 3 | a | 0944 | | | | 0949 | 0952 | 0959 | | | | | | | | 1005 | | 1014 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | 0951 | | | | | 0959 | 1006 | | | | | | | | | | 1021 |
| Heathrow Terminal 4 (HAF) | DLR | a | 0957 | | | | | | 1012 | | | | | | | | | | 1027 |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | 1005 | | | | | | | | | | | | |
| West Drayton (WDT) | | a | | | | | 0953 | | | | | | | | | | 1009 | | |
| Iver (IVR) | | a | | | | | 0956 | | | | | | | | | | | | |
| Langley (LNY) | | a | | | | | 0958 | | | | | | | | | | 1013 | | |
| Slough (SLO) | DLR 3 | a | | | | | 1002 | | | | | | | | | | 1016 | | |
| Burnham (BNM) | | a | | | | | 1006 | | | | | | | | | | 1020 | | |
| Taplow (TAP) | | a | | | | | | | | | | | | | | | 1023 | | |
| Maidenhead (MAI) | DLR 3 | a | | | | | 1014 | | | | | | | | | | 1026 | | |
| Twyford (TWY) | DLR 3 | a | | | | | | | | | | | | | | | 1033 | | |
| Reading (RDG) | DLR 7 | a | | | | | | | | | | | | | | | 1040 | | |

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
- D From Clacton-on-Sea
- E From Witham
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE A | XR | XR | XR | XR | XR | LE K | XR | XR | LE A | XR | XR | XR | XR | LE C | LE H | XR | XR |
|-------------------------------------|----------|-------|------|------|------|------|---------|----|------|---------|------|------|------|------|---------|---------|------|------|
| Shenfield (SNF) | 3 d | 0904 | 0906 | | | 0913 | 0917 | | 0920 | 0924 | | 0926 | | 0933 | 0934 | 0940 | | 0941 |
| Brentwood (BRE) | d | | 0910 | | | 0917 | | | 0924 | | | 0930 | | 0937 | | | | 0945 |
| Harold Wood (HRO) | d | | 0914 | | | 0921 | | | 0928 | | | 0934 | | 0941 | | | | 0949 |
| Gidea Park (GDP) | 2 d | | 0917 | | 0921 | 0925 | | | 0931 | | | 0937 | | 0944 | | | | 0952 |
| Romford (RMF) | d | | 0920 | | 0924 | 0928 | | | 0934 | | | 0940 | | 0947 | | | | 0955 |
| Chadwell Heath (CTH) | d | | 0923 | | 0927 | 0931 | | | 0937 | | | 0943 | | 0950 | | | | 0958 |
| Goodmayes (GMY) | d | | 0925 | | 0929 | 0933 | | | 0939 | | | 0945 | | 0952 | | | | 1000 |
| Seven Kings (SVK) | d | | 0927 | | 0931 | 0935 | | | 0941 | | | 0947 | | 0954 | | | | 1002 |
| Ilford (IFD) | 2 d | | 0931 | | 0935 | 0939 | | | 0945 | | | 0951 | | 0958 | | | | 1006 |
| Manor Park (MNP) | d | | 0933 | | 0937 | 0941 | | | 0947 | | | 0953 | | 1000 | | | | 1008 |
| Forest Gate (FOG) | d | | 0936 | | 0940 | 0944 | | | 0950 | | | 0956 | | 1003 | | | | 1011 |
| Maryland (MYL) | d | | 0938 | | 0942 | 0946 | | | 0952 | | | 0958 | | 1005 | | | | 1013 |
| Stratford (SRA) | DLR 7 d | 0921s | 0941 | | 0945 | 0949 | 0933s | | 0955 | 0941s | | 1001 | | 1008 | 0950s | 0955 | | 1016 |
| Abbey Wood (ABW) | d | | 0930 | | 0936 | | | | 0942 | | | 0948 | | 0954 | | | | 1002 |
| Woolwich (WWC) | d | | 0933 | | 0939 | | | | 0945 | | | 0951 | | 0957 | | | | 1005 |
| Custom House (CUS) | d | | 0937 | | 0943 | | | | 0949 | | | 0955 | | 1001 | | | | 1009 |
| Canary Wharf (CWX) | DLR d | | 0941 | | 0947 | | | | 0953 | | | 0959 | | 1005 | | | | 1013 |
| Whitechapel (ZLW) | DLR d | | 0945 | 0948 | 0951 | | 0954 | | 0957 | 1000 | | 1003 | 1006 | 1009 | 1013 | | | 1017 |
| London Liverpool Street (LST) | DLR 15 a | 0931 | | | | 0954 | 0944 | | | | 0951 | | | | | 1000 | 1003 | 1021 |
| London Liverpool Street EL (LST) | DLR 4 a | | 0948 | 0951 | 0954 | | | | 1000 | 1003 | | 1006 | 1009 | 1012 | 1016 | | | 1020 |
| Farringdon (ZFD) | DLR 3 a | | 0950 | 0953 | 0956 | | | | 1002 | 1005 | | 1008 | 1011 | 1014 | 1018 | | | 1022 |
| Tottenham Court Road (TCR) | DLR a | | 0953 | 0956 | 0959 | | | | 1002 | 1005 | 1008 | 1011 | 1014 | 1017 | 1021 | | | 1025 |
| Bond Street (BDS) | DLR a | | 0956 | 0959 | 1002 | | | | 1005 | 1008 | 1011 | 1014 | 1017 | 1020 | 1024 | | | 1028 |
| London Paddington EL (PAD) | DLR 15 a | | 1000 | 1003 | 1006 | | | | 1010 | 1013 | 1016 | 1018 | 1022 | 1024 | 1029 | | | 1032 |
| Acton Main Line (AML) | a | | | | 1013 | | | | | | | | | 1030 | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 1010 | 1013 | 1018 | | | | | | | 1025 | | 1033 | | | 1040 | 1043 |
| West Ealing (WEA) | DLR 3 a | | | 1016 | 1021 | | | | | | | | | 1036 | | | | 1046 |
| Hanwell (HAN) | a | | | | 1023 | | | | | | | | | 1038 | | | | |
| Southall (STL) | a | | 1015 | | 1026 | | | | | | | 1032 | | 1041 | | | 1045 | |
| Hayes & Harlington (HAY) | DLR 3 a | | 1018 | 1022 | 1029 | | | | | | | 1035 | | 1044 | | | 1048 | 1052 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1029 | 1036 | | | | | | | | | 1051 | | | | 1059 |
| Heathrow Terminal 4 (HAF) | DLR a | | | | 1042 | | | | | | | | | 1057 | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | 1035 | | | | | | | | | | | | | | 1105 |
| West Drayton (WDT) | a | | 1022 | | | | | | | | | 1039 | | | | | | 1052 |
| Iver (IVR) | a | | 1025 | | | | | | | | | | | | | | | 1055 |
| Langley (LNY) | a | | 1027 | | | | | | | | | 1043 | | | | | | 1057 |
| Slough (SLO) | DLR 3 a | | 1031 | | | | | | | | | 1046 | | | | | | 1101 |
| Burnham (BNM) | a | | 1035 | | | | | | | | | 1050 | | | | | | 1105 |
| Taplow (TAP) | a | | | | | | | | | | | 1053 | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | 1042 | | | | | | | | | 1056 | | | | | 1112 | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | 1103 | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | 1110 | | | | | | |

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
- C From Ipswich
- H From Braintree
- K From Walton-on-the-Naze

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE A | XR | XR | LE L | XR | XR | XR | XR | XR | LE A | LE D | XR | XR | XR | XR | LE G | LE A | XR | XR |
|-------------------------------------|----------|------|------|---------|------|----|------|------|------|---------|---------|------|------|------|------|---------|---------|------|-----------|
| Shenfield (SNF) | 3 d | 0946 | | 0948 | 0953 | | 0956 | | 1003 | 1005 | 1008 | | 1011 | | 1018 | 1021 | 1026 | | 1026 |
| Brentwood (BRE) | d | | | 0952 | | | 1000 | | 1007 | | | | 1015 | | 1022 | | | | 1030 |
| Harold Wood (HRO) | d | | | 0956 | | | 1004 | | 1011 | | | | 1019 | | 1026 | | | | 1034 |
| Gidea Park (GDP) | 2 d | | | 0959 | | | 1007 | | 1014 | | | | 1022 | | 1029 | | | | 1037 |
| Romford (RMF) | d | 0953 | | 1002 | | | 1010 | | 1017 | | | | 1025 | | 1032 | | 1033 | | 1040 |
| Chadwell Heath (CTH) | d | | | 1005 | | | 1013 | | 1020 | | | | 1028 | | 1035 | | | | 1043 |
| Goodmayes (GMY) | d | | | 1007 | | | 1015 | | 1022 | | | | 1030 | | 1037 | | | | 1045 |
| Seven Kings (SVK) | d | | | 1009 | | | 1017 | | 1024 | | | | 1032 | | 1039 | | | | 1047 |
| Ilford (IFD) | 2 d | | | 1013 | | | 1021 | | 1028 | | | | 1036 | | 1043 | | | | 1051 |
| Manor Park (MNP) | d | | | 1015 | | | 1023 | | 1030 | | | | 1038 | | 1045 | | | | 1053 |
| Forest Gate (FOG) | d | | | 1018 | | | 1026 | | 1033 | | | | 1041 | | 1048 | | | | 1056 |
| Maryland (MYL) | d | | | 1020 | | | 1028 | | 1035 | | | | 1043 | | 1050 | | | | 1058 |
| Stratford (SRA) | DLR 7 d | 1003 | | 1023 | 1008 | | 1031 | | 1038 | 1020 | 1023 | | 1046 | | 1053 | 1036 | 1043 | | 1101 |
| Abbey Wood (ABW) | d | | 1009 | | | | 1017 | | 1024 | | | | 1032 | | 1039 | | | | 1047 |
| Woolwich (WWC) | d | | 1012 | | | | 1020 | | 1027 | | | | 1035 | | 1042 | | | | 1050 |
| Custom House (CUS) | d | | 1016 | | | | 1024 | | 1031 | | | | 1039 | | 1046 | | | | 1054 |
| Canary Wharf (CWX) | DLR d | | 1020 | | | | 1028 | | 1035 | | | | 1043 | | 1050 | | | | 1058 |
| Whitechapel (ZLW) | DLR d | | 1024 | 1028 | | | 1032 | 1036 | 1039 | 1043 | | | 1047 | 1051 | 1054 | 1058 | | | 1102 1106 |
| London Liverpool Street (LST) | DLR 15 a | 1011 | | | 1017 | | | | | | 1028 | 1033 | | | | | 1044 | 1054 | |
| London Liverpool Street EL (LST) | DLR 4 a | | 1027 | 1031 | | | 1035 | 1039 | 1042 | 1046 | | | 1050 | 1054 | 1057 | 1101 | | | 1105 1109 |
| Farringdon (ZFD) | DLR 3 a | | 1029 | 1033 | | | 1037 | 1041 | 1044 | 1048 | | | 1052 | 1056 | 1059 | 1103 | | | 1107 1111 |
| Tottenham Court Road (TCR) | DLR a | | 1032 | 1036 | | | 1040 | 1044 | 1047 | 1051 | | | 1055 | 1059 | 1102 | 1106 | | | 1110 1114 |
| Bond Street (BDS) | DLR a | | 1035 | 1039 | | | 1043 | 1047 | 1050 | 1054 | | | 1058 | 1102 | 1105 | 1109 | | | 1113 1117 |
| London Paddington EL (PAD) | DLR 15 a | | 1039 | 1044 | | | 1047 | 1052 | 1054 | 1059 | | | 1102 | 1106 | 1109 | 1114 | | | 1117 1122 |
| Acton Main Line (AML) | a | | 1045 | | | | | | 1100 | | | | | | 1115 | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 1048 | | | | 1055 | | 1103 | | | | 1110 | 1113 | 1118 | | | | 1125 |
| West Ealing (WEA) | DLR 3 a | | 1051 | | | | | | 1106 | | | | | 1116 | 1121 | | | | |
| Hanwell (HAN) | a | | 1054 | | | | | | 1108 | | | | | | 1123 | | | | |
| Southall (STL) | a | | 1057 | | | | 1102 | | 1111 | | | | 1116 | | 1126 | | | | 1132 |
| Hayes & Harlington (HAY) | DLR 3 a | | 1100 | | | | 1105 | | 1114 | | | | 1119 | 1122 | 1129 | | | | 1135 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | 1107 | | | | | | 1121 | | | | | 1129 | 1136 | | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | 1112 | | | | | | 1127 | | | | | | 1142 | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | | | | | 1135 | | | | | |
| West Drayton (WDT) | a | | | | | | 1109 | | | | | | 1125 | | | | | | 1139 |
| Iver (IVR) | a | | | | | | | | | | | | 1128 | | | | | | |
| Langley (LNY) | a | | | | | | 1113 | | | | | | 1130 | | | | | | 1143 |
| Slough (SLO) | DLR 3 a | | | | | | 1116 | | | | | | 1134 | | | | | | 1146 |
| Burnham (BNM) | a | | | | | | 1120 | | | | | | 1138 | | | | | | 1150 |
| Taplow (TAP) | a | | | | | | 1123 | | | | | | | | | | | | 1153 |
| Maidenhead (MAI) | DLR 3 a | | | | | | 1126 | | | | | | 1145 | | | | | | 1156 |
| Twyford (TWY) | DLR 3 a | | | | | | 1133 | | | | | | | | | | | | 1203 |
| Reading (RDG) | DLR 7 a | | | | | | 1140 | | | | | | | | | | | | 1210 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- G From Colchester Town
- L From Harwich Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE H | XR | XR | LE A | XR | XR | LE C | XR | XR | XR | XR | LE A | LE D | XR | XR | XR | |
|-------------------------------------|--------|----|---------|------|----|---------|------|----|---------|------|----|------|-----------|-----------|-----------|------|------|------|------|
| Shenfield (SNF) | 3 | d | 1033 | 1038 | | 1041 | 1046 | | 1048 | 1051 | | 1056 | | 1103 | 1108 | | 1111 | | |
| Brentwood (BRE) | | d | 1037 | | | 1045 | | | 1052 | | | 1100 | | 1107 | | | 1115 | | |
| Harold Wood (HRO) | | d | 1041 | | | 1049 | | | 1056 | | | 1104 | | 1111 | | | 1119 | | |
| Gidea Park (GDP) | 2 | d | 1044 | | | 1052 | | | 1059 | | | 1107 | | 1114 | | | 1122 | | |
| Romford (RMF) | | d | 1047 | | | 1055 | 1053 | | 1102 | | | 1110 | | 1117 | | | 1125 | | |
| Chadwell Heath (CTH) | | d | 1050 | | | 1058 | | | 1105 | | | 1113 | | 1120 | | | 1128 | | |
| Goodmayes (GMY) | | d | 1052 | | | 1100 | | | 1107 | | | 1115 | | 1122 | | | 1130 | | |
| Seven Kings (SVK) | | d | 1054 | | | 1102 | | | 1109 | | | 1117 | | 1124 | | | 1132 | | |
| Ilford (IFD) | 2 | d | 1058 | | | 1106 | | | 1113 | | | 1121 | | 1128 | | | 1136 | | |
| Manor Park (MNP) | | d | 1100 | | | 1108 | | | 1115 | | | 1123 | | 1130 | | | 1138 | | |
| Forest Gate (FOG) | | d | 1103 | | | 1111 | | | 1118 | | | 1126 | | 1133 | | | 1141 | | |
| Maryland (MYL) | | d | 1105 | | | 1113 | | | 1120 | | | 1128 | | 1135 | | | 1143 | | |
| Stratford (SRA) | DLR 7 | d | 1108 | 1053 | | 1116 | 1103 | | 1123 | 1106 | | 1131 | | 1138 | 1120 1123 | | 1146 | | |
| Abbey Wood (ABW) | | d | 1054 | | | 1102 | | | 1109 | | | 1117 | | 1124 | | | 1132 | | 1139 |
| Woolwich (WWC) | | d | 1057 | | | 1105 | | | 1112 | | | 1120 | | 1127 | | | 1135 | | 1142 |
| Custom House (CUS) | | d | 1101 | | | 1109 | | | 1116 | | | 1124 | | 1131 | | | 1139 | | 1146 |
| Canary Wharf (CWX) | DLR | d | 1105 | | | 1113 | | | 1120 | | | 1128 | | 1135 | | | 1143 | | 1150 |
| Whitechapel (ZLW) | DLR | d | 1109 | 1113 | | 1117 | 1121 | | 1124 | 1128 | | 1132 | 1136 1139 | 1143 | | 1147 | 1151 | 1154 | |
| London Liverpool Street (LST) | DLR 15 | a | | 1101 | | | 1111 | | | 1114 | | | | 1128 1131 | | | | | |
| London Liverpool Street EL (LST) | 4 | a | 1112 | 1116 | | 1120 | 1124 | | 1127 | 1131 | | 1135 | 1139 1142 | 1146 | | 1150 | 1154 | 1157 | |
| Farringdon (ZFD) | 3 | a | 1114 | 1118 | | 1122 | 1126 | | 1129 | 1133 | | 1137 | 1141 1144 | 1148 | | 1152 | 1156 | 1159 | |
| Tottenham Court Road (TCR) | DLR | a | 1117 | 1121 | | 1125 | 1129 | | 1132 | 1136 | | 1140 | 1144 1147 | 1151 | | 1155 | 1159 | 1202 | |
| Bond Street (BDS) | DLR | a | 1120 | 1124 | | 1128 | 1132 | | 1135 | 1139 | | 1143 | 1147 1150 | 1154 | | 1158 | 1202 | 1205 | |
| London Paddington EL (PAD) | DLR 15 | a | 1124 | 1129 | | 1132 | 1136 | | 1139 | 1144 | | 1147 | 1152 1154 | 1159 | | 1202 | 1206 | 1209 | |
| Acton Main Line (AML) | | a | 1130 | | | | | | 1145 | | | | | 1200 | | | | 1215 | |
| Ealing Broadway (EAL) | 3 | a | 1133 | | | 1140 | 1143 | | 1148 | | | 1154 | | 1203 | | 1210 | 1213 | 1218 | |
| West Ealing (WEA) | 3 | a | 1136 | | | 1146 | | | 1151 | | | | | 1206 | | 1216 | 1221 | | |
| Hanwell (HAN) | | a | 1138 | | | | | | 1153 | | | | | 1208 | | | 1223 | | |
| Southall (STL) | | a | 1141 | | | 1145 | | | 1156 | | | 1202 | | 1211 | | 1216 | | 1226 | |
| Hayes & Harlington (HAY) | 3 | a | 1144 | | | 1148 | 1152 | | 1159 | | | 1205 | | 1214 | | 1219 | 1222 | 1229 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | 1151 | | | | 1159 | | 1206 | | | | | 1221 | | | 1229 | 1236 | |
| Heathrow Terminal 4 (HAF) | DLR | a | 1157 | | | | | | 1212 | | | | | 1227 | | | | 1242 | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | 1205 | | | | | | | | | | | 1235 | | |
| West Drayton (WDT) | | a | | | | 1152 | | | | | | 1209 | | | | | 1223 | | |
| Iver (IVR) | | a | | | | 1155 | | | | | | | | | | | 1226 | | |
| Langley (LNY) | | a | | | | 1157 | | | | | | 1213 | | | | | 1228 | | |
| Slough (SLO) | 3 | a | | | | 1201 | | | | | | 1216 | | | | | 1232 | | |
| Burnham (BNM) | | a | | | | 1205 | | | | | | 1220 | | | | | 1236 | | |
| Taplow (TAP) | | a | | | | | | | | | | 1223 | | | | | | | |
| Maidenhead (MAI) | 3 | a | | | | 1212 | | | | | | 1226 | | | | 1243 | | | |
| Twyford (TWY) | 3 | a | | | | | | | | | | 1233 | | | | | | | |
| Reading (RDG) | 7 | a | | | | | | | | | | 1240 | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- D From Clacton-on-Sea
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE G | LE A | XR | XR | XR | XR | LE H | XR | XR | LE A | XR | XR | LE C | XR | XR | XR | XR | |
|-------------------------------------|--------|---------|---------|------|------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|------|
| Shenfield (SNF) | 3 | d | 1118 | 1121 | 1126 | | 1126 | | 1133 | 1138 | | 1141 | 1146 | | 1148 | 1151 | | 1156 | 1203 |
| Brentwood (BRE) | | d | 1122 | | | | 1130 | | 1137 | | | 1145 | | | 1152 | | | 1200 | 1207 |
| Harold Wood (HRO) | | d | 1126 | | | | 1134 | | 1141 | | | 1149 | | | 1156 | | | 1204 | 1211 |
| Gidea Park (GDP) | 2 | d | 1129 | | | | 1137 | | 1144 | | | 1152 | | | 1159 | | | 1207 | 1214 |
| Romford (RMF) | | d | 1132 | | 1134 | | 1140 | | 1147 | | | 1155 | 1153 | | 1202 | | | 1210 | 1217 |
| Chadwell Heath (CTH) | | d | 1135 | | | | 1143 | | 1150 | | | 1158 | | | 1205 | | | 1213 | 1220 |
| Goodmayes (GMY) | | d | 1137 | | | | 1145 | | 1152 | | | 1200 | | | 1207 | | | 1215 | 1222 |
| Seven Kings (SVK) | | d | 1139 | | | | 1147 | | 1154 | | | 1202 | | | 1209 | | | 1217 | 1224 |
| Ilford (IFD) | 2 | d | 1143 | | | | 1151 | | 1158 | | | 1206 | | | 1213 | | | 1221 | 1228 |
| Manor Park (MNP) | | d | 1145 | | | | 1153 | | 1200 | | | 1208 | | | 1215 | | | 1223 | 1230 |
| Forest Gate (FOG) | | d | 1148 | | | | 1156 | | 1203 | | | 1211 | | | 1218 | | | 1226 | 1233 |
| Maryland (MYL) | | d | 1150 | | | | 1158 | | 1205 | | | 1213 | | | 1220 | | | 1228 | 1235 |
| Stratford (SRA) | DLR 7 | d | 1153 | 1136 | 1144 | | 1201 | | 1208 | 1153 | | 1216 | 1203 | | 1223 | 1206 | | 1231 | 1238 |
| Abbey Wood (ABW) | | d | | | | 1147 | | 1154 | | | | 1202 | | | 1209 | | | 1217 | 1224 |
| Woolwich (WWC) | | d | | | | 1150 | | 1157 | | | | 1205 | | | 1212 | | | 1220 | 1227 |
| Custom House (CUS) | | d | | | | 1154 | | 1201 | | | | 1209 | | | 1216 | | | 1224 | 1231 |
| Canary Wharf (CWX) | DLR | d | | | | 1158 | | 1205 | | | | 1213 | | | 1220 | | | 1228 | 1235 |
| Whitechapel (ZLW) | DLR | d | 1158 | | | 1202 | 1206 | 1209 | 1213 | | | 1217 | 1221 | | 1224 | 1228 | | 1232 | 1236 |
| London Liverpool Street (LST) | DLR 15 | a | | 1144 | 1152 | | | | | 1201 | | | | 1211 | | | 1214 | | |
| London Liverpool Street EL (LST) | 4 | a | 1201 | | | 1205 | 1209 | 1212 | 1216 | | | 1220 | 1224 | | 1227 | 1231 | | 1235 | 1239 |
| Farringdon (ZFD) | 3 | a | 1203 | | | 1207 | 1211 | 1214 | 1218 | | | 1222 | 1226 | | 1229 | 1233 | | 1237 | 1241 |
| Tottenham Court Road (TCR) | DLR | a | 1206 | | | 1210 | 1214 | 1217 | 1221 | | | 1225 | 1229 | | 1232 | 1236 | | 1240 | 1244 |
| Bond Street (BDS) | DLR | a | 1209 | | | 1213 | 1217 | 1220 | 1224 | | | 1228 | 1232 | | 1235 | 1239 | | 1243 | 1247 |
| London Paddington EL (PAD) | DLR 15 | a | 1214 | | | 1217 | 1222 | 1224 | 1229 | | | 1232 | 1236 | | 1239 | 1244 | | 1247 | 1252 |
| Acton Main Line (AML) | | a | | | | | | 1230 | | | | | | | 1245 | | | | 1300 |
| Ealing Broadway (EAL) | DLR 3 | a | | | | 1226 | | 1233 | | | | 1240 | 1243 | | 1248 | | | 1255 | 1303 |
| West Ealing (WEA) | DLR 3 | a | | | | | | 1236 | | | | | 1246 | | 1251 | | | | 1306 |
| Hanwell (HAN) | | a | | | | | | 1238 | | | | | | | 1253 | | | | 1308 |
| Southall (STL) | | a | | | | 1233 | | 1241 | | | | 1246 | | | 1256 | | | 1301 | 1311 |
| Hayes & Harlington (HAY) | DLR 3 | a | | | | 1236 | | 1244 | | | | 1249 | 1252 | | 1259 | | | 1304 | 1314 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | | 1251 | | | | | 1259 | | 1306 | | | | 1321 |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | | 1257 | | | | | | | 1312 | | | | 1327 |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | | | | 1305 | | | | | | |
| West Drayton (WDT) | | a | | | | 1240 | | | | | | 1253 | | | | | | 1308 | |
| Iver (IVR) | | a | | | | | | | | | | 1256 | | | | | | | |
| Langley (LNY) | | a | | | | 1244 | | | | | | 1258 | | | | | | 1312 | |
| Slough (SLO) | DLR 3 | a | | | | 1248 | | | | | | 1302 | | | | | | 1317 | |
| Burnham (BNM) | | a | | | | 1252 | | | | | | 1306 | | | | | | 1321 | |
| Taplow (TAP) | | a | | | | 1254 | | | | | | | | | | | | 1324 | |
| Maidenhead (MAI) | DLR 3 | a | | | | 1257 | | | | | | 1313 | | | | | | 1327 | |
| Twyford (TWY) | DLR 3 | a | | | | 1304 | | | | | | | | | | | | 1334 | |
| Reading (RDG) | DLR 7 | a | | | | 1312 | | | | | | | | | | | | 1343 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- G From Colchester Town
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE A | LE D | XR | XR | XR | XR | LE G | LE A | XR | XR | XR | XR | LE H | XR | XR | LE A | XR | XR | | | |
|-------------------------------------|---------|---------|------|----|------|------|---------|---------|------|----|----|------|---------|------|------|---------|------|------|------|------|------|
| Shenfield (SNF) | 3 d | 1205 | 1208 | | 1211 | | 1218 | 1221 | 1226 | | | 1226 | | 1233 | | 1238 | | 1241 | 1246 | 1248 | |
| Brentwood (BRE) | d | | | | 1215 | | 1222 | | | | | 1230 | | 1237 | | | | 1245 | | 1252 | |
| Harold Wood (HRO) | d | | | | 1219 | | 1226 | | | | | 1234 | | 1241 | | | | 1249 | | 1256 | |
| Gidea Park (GDP) | 2 d | | | | 1222 | | 1229 | | | | | 1237 | | 1244 | | | | 1252 | | 1259 | |
| Romford (RMF) | d | | | | 1225 | | 1232 | | 1233 | | | 1240 | | 1247 | | | | 1255 | 1253 | 1302 | |
| Chadwell Heath (CTH) | d | | | | 1228 | | 1235 | | | | | 1243 | | 1250 | | | | 1258 | | 1305 | |
| Goodmayes (GMY) | d | | | | 1230 | | 1237 | | | | | 1245 | | 1252 | | | | 1300 | | 1307 | |
| Seven Kings (SVK) | d | | | | 1232 | | 1239 | | | | | 1247 | | 1254 | | | | 1302 | | 1309 | |
| Ilford (IFD) | 2 d | | | | 1236 | | 1243 | | | | | 1251 | | 1258 | | | | 1306 | | 1313 | |
| Manor Park (MNP) | d | | | | 1238 | | 1245 | | | | | 1253 | | 1300 | | | | 1308 | | 1315 | |
| Forest Gate (FOG) | d | | | | 1241 | | 1248 | | | | | 1256 | | 1303 | | | | 1311 | | 1318 | |
| Maryland (MYL) | d | | | | 1243 | | 1250 | | | | | 1258 | | 1305 | | | | 1313 | | 1320 | |
| Stratford (SRA) | DLR 7 d | 1220 | 1223 | | 1246 | | 1253 | 1236 | 1243 | | | 1301 | | 1308 | 1253 | | | 1316 | 1303 | 1323 | |
| Abbey Wood (ABW) | d | | | | 1232 | | 1239 | | | | | 1247 | | 1254 | | | | 1302 | | 1309 | |
| Woolwich (WWC) | d | | | | 1235 | | 1242 | | | | | 1250 | | 1257 | | | | 1305 | | 1312 | |
| Custom House (CUS) | d | | | | 1239 | | 1246 | | | | | 1254 | | 1301 | | | | 1309 | | 1316 | |
| Canary Wharf (CWX) | DLR d | | | | 1243 | | 1250 | | | | | 1258 | | 1305 | | | | 1313 | | 1320 | |
| Whitechapel (ZLW) | d | | | | 1247 | 1251 | 1254 | 1258 | | | | 1302 | 1306 | 1309 | 1313 | | | 1317 | 1321 | 1324 | 1328 |
| London Liverpool Street (LST) | 15 a | 1228 | 1231 | | | | | 1244 | 1253 | | | | | 1301 | | | | 1311 | | | |
| London Liverpool Street EL (LST) | 4 a | | | | 1250 | 1254 | 1257 | 1301 | | | | 1305 | 1309 | 1312 | 1316 | | | 1320 | 1324 | 1327 | 1331 |
| Farringdon (ZFD) | 3 a | | | | 1252 | 1256 | 1259 | 1303 | | | | 1307 | 1311 | 1314 | 1318 | | | 1322 | 1326 | 1329 | 1333 |
| Tottenham Court Road (TCR) | a | | | | 1255 | 1259 | 1302 | 1306 | | | | 1310 | 1314 | 1317 | 1321 | | | 1325 | 1329 | 1332 | 1336 |
| Bond Street (BDS) | a | | | | 1258 | 1302 | 1305 | 1309 | | | | 1313 | 1317 | 1320 | 1324 | | | 1328 | 1332 | 1335 | 1339 |
| London Paddington EL (PAD) | 15 a | | | | 1302 | 1306 | 1309 | 1314 | | | | 1317 | 1322 | 1324 | 1329 | | | 1332 | 1336 | 1339 | 1344 |
| Acton Main Line (AML) | a | | | | | | 1315 | | | | | | | 1330 | | | | | | | 1345 |
| Ealing Broadway (EAL) | 3 a | | | | 1310 | 1313 | 1318 | | | | | 1326 | | 1333 | | | 1340 | 1343 | | 1348 | |
| West Ealing (WEA) | 3 a | | | | | | 1316 | 1321 | | | | | | 1336 | | | | 1346 | | 1351 | |
| Hanwell (HAN) | a | | | | | | 1323 | | | | | | | 1338 | | | | | | 1353 | |
| Southall (STL) | a | | | | 1315 | | 1326 | | | | | 1333 | | 1341 | | | 1347 | | | 1356 | |
| Hayes & Harlington (HAY) | 3 a | | | | 1318 | 1322 | 1329 | | | | | 1337 | | 1344 | | | 1350 | 1353 | | 1359 | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | 1329 | 1336 | | | | | | | 1351 | | | | 1400 | | 1406 | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | 1342 | | | | | | | 1357 | | | | | | 1412 | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | 1335 | | | | | | | | | | | | 1405 | | | |
| West Drayton (WDT) | a | | | | 1322 | | | | | | | 1341 | | | | | | 1355 | | | |
| Iver (IVR) | a | | | | 1325 | | | | | | | | | 1358 | | | | | | | |
| Langley (LNY) | a | | | | 1327 | | | | | | | 1345 | | 1400 | | | | | | | |
| Slough (SLO) | 3 a | | | | 1332 | | | | | | | 1348 | | 1404 | | | | | | | |
| Burnham (BNM) | a | | | | 1336 | | | | | | | 1352 | | 1408 | | | | | | | |
| Taplow (TAP) | a | | | | | | | | | | | 1355 | | | | | | | | | |
| Maidenhead (MAI) | 3 a | | | | 1343 | | | | | | | 1358 | | 1415 | | | | | | | |
| Twyford (TWY) | 3 a | | | | | | | | | | | 1405 | | | | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | | | 1412 | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- G From Colchester Town
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE C | XR | XR | XR | XR | LE A | LE D | XR | XR | XR | XR | LE G | LE A | XR | XR | XR | XR | LE H | |
|-------------------------------------|----------|------|------|------|------|---------|---------|------|------|------|------|---------|---------|------|------|------|------|---------|------|
| Shenfield (SNF) | 3 d | 1251 | | 1255 | | 1303 | 1305 | 1308 | | 1311 | | 1318 | 1321 | 1326 | | 1326 | | 1333 | 1338 |
| Brentwood (BRE) | d | | | 1259 | | 1307 | | | | 1315 | | 1322 | | | | 1330 | | 1337 | |
| Harold Wood (HRO) | d | | | 1303 | | 1311 | | | | 1319 | | 1326 | | | | 1334 | | 1341 | |
| Gidea Park (GDP) | 2 d | | | 1306 | | 1314 | | | | 1322 | | 1329 | | | | 1337 | | 1344 | |
| Romford (RMF) | d | | | 1309 | | 1317 | | | | 1325 | | 1332 | 1333 | | | 1340 | | 1347 | |
| Chadwell Heath (CTH) | d | | | 1312 | | 1320 | | | | 1328 | | 1335 | | | | 1343 | | 1350 | |
| Goodmayes (GMY) | d | | | 1314 | | 1322 | | | | 1330 | | 1337 | | | | 1345 | | 1352 | |
| Seven Kings (SVK) | d | | | 1316 | | 1324 | | | | 1332 | | 1339 | | | | 1347 | | 1354 | |
| Ilford (IFD) | 2 d | | | 1320 | | 1328 | | | | 1336 | | 1343 | | | | 1351 | | 1358 | |
| Manor Park (MNP) | d | | | 1322 | | 1330 | | | | 1338 | | 1345 | | | | 1353 | | 1400 | |
| Forest Gate (FOG) | d | | | 1325 | | 1333 | | | | 1341 | | 1348 | | | | 1356 | | 1403 | |
| Maryland (MYL) | d | | | 1327 | | 1335 | | | | 1343 | | 1350 | | | | 1358 | | 1405 | |
| Stratford (SRA) | DLR 7 d | 1306 | | 1331 | | 1338 | 1320 | 1323 | | 1346 | | 1353 | 1336 | 1343 | | 1401 | | 1408 | 1353 |
| Abbey Wood (ABW) | d | | 1317 | | 1324 | | | | 1332 | | 1339 | | | 1347 | | 1354 | | | |
| Woolwich (WWC) | d | | 1320 | | 1327 | | | | 1335 | | 1342 | | | 1350 | | 1357 | | | |
| Custom House (CUS) | d | | 1324 | | 1331 | | | | 1339 | | 1346 | | | 1354 | | 1401 | | | |
| Canary Wharf (CWX) | DLR d | | 1328 | | 1335 | | | | 1343 | | 1350 | | | 1358 | | 1405 | | | |
| Whitechapel (ZLW) | DLR d | | 1332 | 1336 | 1339 | 1343 | | | 1347 | 1351 | 1354 | 1358 | | 1402 | 1406 | 1409 | 1413 | | |
| London Liverpool Street (LST) | DLR 15 a | 1314 | | | | 1328 | 1331 | | | | | | 1344 | 1351 | | | | 1401 | |
| London Liverpool Street EL (LST) | DLR 4 a | | 1335 | 1339 | 1342 | 1346 | | | 1350 | 1354 | 1357 | 1401 | | 1405 | 1409 | 1412 | 1416 | | |
| Farringdon (ZFD) | DLR 3 a | | 1337 | 1341 | 1344 | 1348 | | | 1352 | 1356 | 1359 | 1403 | | 1407 | 1411 | 1414 | 1418 | | |
| Tottenham Court Road (TCR) | DLR a | | 1340 | 1344 | 1347 | 1351 | | | 1355 | 1359 | 1402 | 1406 | | 1410 | 1414 | 1417 | 1421 | | |
| Bond Street (BDS) | DLR a | | 1343 | 1347 | 1350 | 1354 | | | 1358 | 1402 | 1405 | 1409 | | 1413 | 1417 | 1420 | 1424 | | |
| London Paddington EL (PAD) | DLR 15 a | | 1347 | 1352 | 1354 | 1359 | | | 1402 | 1406 | 1409 | 1414 | | 1417 | 1422 | 1424 | 1429 | | |
| Acton Main Line (AML) | a | | | 1400 | | | | | | | 1415 | | | | | 1430 | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 1354 | | 1403 | | | | 1412 | 1415 | 1419 | | | 1425 | | 1433 | | | |
| West Ealing (WEA) | DLR 3 a | | | 1406 | | | | | | 1418 | 1422 | | | | | 1436 | | | |
| Hanwell (HAN) | a | | | 1408 | | | | | | | 1424 | | | | | 1438 | | | |
| Southall (STL) | a | | 1402 | | 1411 | | | | 1417 | | 1427 | | | 1432 | | 1441 | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | 1405 | | 1414 | | | | 1420 | 1423 | 1430 | | | 1435 | | 1444 | | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1421 | | | | | | 1430 | 1437 | | | | | 1451 | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1427 | | | | | | | 1442 | | | | | 1457 | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | 1435 | | | | | | | | | |
| West Drayton (WDT) | a | | 1409 | | | | | | 1424 | | | | | 1439 | | | | | |
| Iver (IVR) | a | | | | | | | | 1427 | | | | | | | | | | |
| Langley (LNY) | a | | 1413 | | | | | | 1429 | | | | | 1443 | | | | | |
| Slough (SLO) | DLR 3 a | | 1416 | | | | | | 1433 | | | | | 1447 | | | | | |
| Burnham (BNM) | a | | 1420 | | | | | | 1437 | | | | | 1451 | | | | | |
| Taplow (TAP) | a | | 1423 | | | | | | | | | | | 1453 | | | | | |
| Maidenhead (MAI) | DLR 3 a | | 1426 | | | | | | 1444 | | | | | 1456 | | | | | |
| Twyford (TWY) | DLR 3 a | | 1433 | | | | | | | | | | | 1503 | | | | | |
| Reading (RDG) | DLR 7 a | | 1440 | | | | | | | | | | | 1511 | | | | | |

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

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

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE A | XR | XR | LE C | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR |
|-------------------------------------|----------|------|---------|------|------|---------|----|------|------|------|------|------|------|------|------|------|------|------|------|
| Shenfield (SNF) | 3 d | 1341 | 1346 | | 1348 | 1351 | | 1356 | | 1403 | 1405 | 1408 | | 1411 | | 1418 | 1421 | 1426 | |
| Brentwood (BRE) | d | 1345 | | | 1352 | | | 1400 | | 1407 | | | | 1415 | | 1422 | | | |
| Harold Wood (HRO) | d | 1349 | | | 1356 | | | 1404 | | 1411 | | | | 1419 | | 1426 | | | |
| Gidea Park (GDP) | 2 d | 1352 | | | 1359 | | | 1407 | | 1414 | | | | 1422 | | 1429 | | | |
| Romford (RMF) | d | 1355 | 1353 | | 1402 | | | 1410 | | 1417 | | | | 1425 | | 1432 | | 1434 | |
| Chadwell Heath (CTH) | d | 1358 | | | 1405 | | | 1413 | | 1420 | | | | 1428 | | 1435 | | | |
| Goodmayes (GMY) | d | 1400 | | | 1407 | | | 1415 | | 1422 | | | | 1430 | | 1437 | | | |
| Seven Kings (SVK) | d | 1402 | | | 1409 | | | 1417 | | 1424 | | | | 1432 | | 1439 | | | |
| Ilford (IFD) | 2 d | 1406 | | | 1413 | | | 1421 | | 1428 | | | | 1436 | | 1443 | | | |
| Manor Park (MNP) | d | 1408 | | | 1415 | | | 1423 | | 1430 | | | | 1438 | | 1445 | | | |
| Forest Gate (FOG) | d | 1411 | | | 1418 | | | 1426 | | 1433 | | | | 1441 | | 1448 | | | |
| Maryland (MYL) | d | 1413 | | | 1420 | | | 1428 | | 1435 | | | | 1443 | | 1450 | | | |
| Stratford (SRA) | DLR 7 d | 1416 | 1403 | | 1423 | 1406 | | 1431 | | 1438 | 1420 | 1423 | | 1446 | | 1453 | 1436 | 1444 | |
| Abbey Wood (ABW) | d | 1402 | | | 1409 | | | 1417 | | 1424 | | | | 1432 | | 1439 | | | |
| Woolwich (WWC) | d | 1405 | | | 1412 | | | 1420 | | 1427 | | | | 1435 | | 1442 | | | |
| Custom House (CUS) | d | 1409 | | | 1416 | | | 1424 | | 1431 | | | | 1439 | | 1446 | | | |
| Canary Wharf (CWX) | DLR d | 1413 | | | 1420 | | | 1428 | | 1435 | | | | 1443 | | 1450 | | | |
| Whitechapel (ZLW) | DLR d | 1417 | 1421 | | 1424 | 1428 | | 1432 | 1436 | 1439 | 1443 | | | 1447 | 1451 | 1454 | 1458 | | |
| London Liverpool Street (LST) | DLR 15 a | | | 1411 | | 1415 | | | | | | 1428 | 1431 | | | | | 1444 | 1452 |
| London Liverpool Street EL (LST) | DLR 4 a | 1420 | 1424 | | 1427 | 1431 | | 1435 | 1439 | 1442 | 1446 | | | 1450 | 1454 | 1457 | 1501 | | |
| Farringdon (ZFD) | DLR 3 a | 1422 | 1426 | | 1429 | 1433 | | 1437 | 1441 | 1444 | 1448 | | | 1452 | 1456 | 1459 | 1503 | | |
| Tottenham Court Road (TCR) | DLR a | 1425 | 1429 | | 1432 | 1436 | | 1440 | 1444 | 1447 | 1451 | | | 1455 | 1459 | 1502 | 1506 | | |
| Bond Street (BDS) | DLR a | 1428 | 1432 | | 1435 | 1439 | | 1443 | 1447 | 1450 | 1454 | | | 1458 | 1502 | 1505 | 1509 | | |
| London Paddington EL (PAD) | DLR 15 a | 1432 | 1436 | | 1439 | 1444 | | 1447 | 1452 | 1454 | 1459 | | | 1502 | 1506 | 1509 | 1514 | | |
| Acton Main Line (AML) | a | | | | 1445 | | | | | 1500 | | | | | | 1515 | | | |
| Ealing Broadway (EAL) | DLR 3 a | 1440 | 1443 | | 1448 | | | 1456 | | 1503 | | | | 1510 | 1513 | 1518 | | | |
| West Ealing (WEA) | DLR 3 a | | 1446 | | 1451 | | | | | 1506 | | | | | 1516 | 1521 | | | |
| Hanwell (HAN) | a | | | | 1453 | | | | | 1508 | | | | | | 1523 | | | |
| Southall (STL) | a | 1445 | | | 1456 | | | 1501 | | 1511 | | | | 1515 | | 1526 | | | |
| Hayes & Harlington (HAY) | DLR 3 a | 1448 | 1452 | | 1459 | | | 1505 | | 1514 | | | | 1518 | 1522 | 1529 | 1536 | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | 1459 | | 1506 | | | | | 1521 | | | | | 1529 | 1536 | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | | 1512 | | | | | 1527 | | | | | | 1542 | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | 1505 | | | | | | | | | | | | 1535 | | | | |
| West Drayton (WDT) | a | 1452 | | | | | | 1511 | | | | | | 1522 | | | | | |
| Iver (IVR) | a | 1455 | | | | | | | | | | | | 1525 | | | | | |
| Langley (LNY) | a | 1457 | | | | | | 1515 | | | | | | 1527 | | | | | |
| Slough (SLO) | DLR 3 a | 1501 | | | | | | 1518 | | | | | | 1532 | | | | | |
| Burnham (BNM) | a | 1505 | | | | | | 1522 | | | | | | 1536 | | | | | |
| Taplow (TAP) | a | | | | | | | 1525 | | | | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | 1512 | | | | | | 1528 | | | | | | 1543 | | | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | 1535 | | | | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | 1542 | | | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- D From Clacton-on-Sea
- G From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE H | XR | XR | LE A | XR | XR | LE C | XR | XR | XR | XR | LE A | LE D | XR |
|-------------------------------------|------------------------|------|------|------|---------|----|------|---------|----|------|---------|----|------|------|------|---------|---------|------|
| Shenfield (SNF) | 3 d | 1426 | | 1433 | 1438 | | 1441 | 1446 | | 1448 | 1452 | | 1456 | | 1503 | 1505 | 1508 | |
| Brentwood (BRE) | d | 1430 | | 1437 | | | 1445 | | | 1452 | | | 1500 | | 1507 | | | |
| Harold Wood (HRO) | d | 1434 | | 1441 | | | 1449 | | | 1456 | | | 1504 | | 1511 | | | |
| Gidea Park (GDP) | 2 d | 1437 | | 1444 | | | 1452 | | | 1459 | | | 1507 | | 1514 | | | |
| Romford (RMF) | d | 1440 | | 1447 | | | 1455 | 1453 | | 1502 | | | 1510 | | 1517 | | | |
| Chadwell Heath (CTH) | d | 1443 | | 1450 | | | 1458 | | | 1505 | | | 1513 | | 1520 | | | |
| Goodmayes (GMY) | d | 1445 | | 1452 | | | 1500 | | | 1507 | | | 1515 | | 1522 | | | |
| Seven Kings (SVK) | d | 1447 | | 1454 | | | 1502 | | | 1509 | | | 1517 | | 1524 | | | |
| Ilford (IFD) | 2 d | 1451 | | 1458 | | | 1506 | | | 1513 | | | 1521 | | 1528 | | | |
| Manor Park (MNP) | d | 1453 | | 1500 | | | 1508 | | | 1515 | | | 1523 | | 1530 | | | |
| Forest Gate (FOG) | d | 1456 | | 1503 | | | 1511 | | | 1518 | | | 1526 | | 1533 | | | |
| Maryland (MYL) | d | 1458 | | 1505 | | | 1513 | | | 1520 | | | 1528 | | 1535 | | | |
| Stratford (SRA) | DLR 7 d | 1501 | | 1508 | 1453 | | 1516 | 1503 | | 1523 | 1507 | | 1531 | | 1538 | 1520 | 1523 | |
| Abbey Wood (ABW) | d | 1447 | | 1454 | | | 1502 | | | 1509 | | | 1517 | | 1524 | | | 1532 |
| Woolwich (WWC) | d | 1450 | | 1457 | | | 1505 | | | 1512 | | | 1520 | | 1527 | | | 1535 |
| Custom House (CUS) | d | 1454 | | 1501 | | | 1509 | | | 1516 | | | 1524 | | 1531 | | | 1539 |
| Canary Wharf (CWX) | DLR d | 1458 | | 1505 | | | 1513 | | | 1520 | | | 1528 | | 1535 | | | 1543 |
| Whitechapel (ZLW) | DLR d | 1502 | 1506 | 1509 | 1513 | | 1517 | 1521 | | 1524 | 1528 | | 1532 | 1536 | 1539 | 1543 | | 1547 |
| London Liverpool Street (LST) | DLR 15 a | | | | 1501 | | | 1511 | | | 1515 | | | | | 1528 | 1531 | |
| London Liverpool Street EL (LST) | 4 a | 1505 | 1509 | 1512 | 1516 | | 1520 | 1524 | | 1527 | 1531 | | 1535 | 1539 | 1542 | 1546 | | 1550 |
| Farringdon (ZFD) | 3 a | 1507 | 1511 | 1514 | 1518 | | 1522 | 1526 | | 1529 | 1533 | | 1537 | 1541 | 1544 | 1548 | | 1552 |
| Tottenham Court Road (TCR) | DLR a | 1510 | 1514 | 1517 | 1521 | | 1525 | 1529 | | 1532 | 1536 | | 1540 | 1544 | 1547 | 1551 | | 1555 |
| Bond Street (BDS) | DLR a | 1513 | 1517 | 1520 | 1524 | | 1528 | 1532 | | 1535 | 1539 | | 1543 | 1547 | 1550 | 1554 | | 1558 |
| London Paddington EL (PAD) | DLR 15 a | 1517 | 1522 | 1524 | 1529 | | 1532 | 1536 | | 1539 | 1544 | | 1547 | 1552 | 1554 | 1559 | | 1602 |
| Acton Main Line (AML) | a | | | 1530 | | | | | | 1545 | | | | | 1600 | | | |
| Ealing Broadway (EAL) | 3 a | 1525 | | 1533 | | | 1540 | 1543 | | 1548 | | | 1556 | | 1603 | | | 1610 |
| West Ealing (WEA) | 3 a | | | 1536 | | | | 1546 | | 1551 | | | | | 1606 | | | |
| Hanwell (HAN) | a | | | 1538 | | | | | | 1553 | | | | | 1608 | | | |
| Southall (STL) | a | 1531 | | 1541 | | | 1545 | | | 1556 | | | 1602 | | 1611 | | | 1616 |
| Hayes & Harlington (HAY) | 3 a | 1534 | | 1544 | | | 1548 | 1552 | | 1559 | | | 1605 | | 1614 | | | 1619 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1551 | | | | 1559 | | 1606 | | | | | 1621 | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1557 | | | | | | 1612 | | | | | 1627 | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | 1605 | | | | | | | | | | | |
| West Drayton (WDT) | a | 1538 | | | | | 1552 | | | | | | 1609 | | | | | 1625 |
| Iver (IVR) | a | | | | | | 1555 | | | | | | 1612 | | | | | 1627 |
| Langley (LNY) | a | 1542 | | | | | 1557 | | | | | | 1614 | | | | | 1630 |
| Slough (SLO) | 3 a | 1546 | | | | | 1601 | | | | | | 1618 | | | | | 1633 |
| Burnham (BNM) | a | 1550 | | | | | 1605 | | | | | | 1622 | | | | | 1637 |
| Taplow (TAP) | a | 1552 | | | | | 1607 | | | | | | 1624 | | | | | 1640 |
| Maidenhead (MAI) | 3 a | 1555 | | | | | 1610 | | | | | | 1627 | | | | | 1643 |
| Twyford (TWY) | 3 a | 1602 | | | | | 1617 | | | | | | 1634 | | | | | 1650 |
| Reading (RDG) | 7 a | 1610 | | | | | 1625 | | | | | | 1642 | | | | | 1657 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- D From Clacton-on-Sea
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | LE G | LE A | XR | XR | XR | XR | LE H | XR | XR | XR | XR | LE A | XR | XR | LE C |
|-------------------------------------|----------|------|------|---------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|---------|
| Shenfield (SNF) | 3 d | 1511 | | 1518 | 1521 | 1526 | | 1526 | | 1538 | | 1538 | | 1544 | 1546 | | 1550 | 1551 |
| Brentwood (BRE) | d | 1515 | | 1522 | | 1530 | | 1536 | | | | 1542 | | 1548 | | | 1554 | |
| Harold Wood (HRO) | d | 1519 | | 1526 | | 1534 | | 1540 | | | | 1546 | | 1552 | | | 1558 | |
| Gidea Park (GDP) | 2 d | 1522 | | 1529 | | 1537 | | 1543 | | | | 1549 | | 1555 | | | 1601 | |
| Romford (RMF) | d | 1525 | | 1532 | | 1540 | | 1546 | | | | 1552 | | 1558 | 1553 | | 1604 | |
| Chadwell Heath (CTH) | d | 1528 | | 1535 | | 1543 | | 1549 | | | | 1555 | | 1601 | | | 1607 | |
| Goodmayes (GMY) | d | 1530 | | 1537 | | 1545 | | 1551 | | | | 1557 | | 1603 | | | 1609 | |
| Seven Kings (SVK) | d | 1532 | | 1539 | | 1547 | | 1553 | | | | 1559 | | 1605 | | | 1611 | |
| Ilford (IFD) | 2 d | 1536 | | 1543 | | 1551 | | 1557 | | | | 1603 | | 1609 | | | 1615 | |
| Manor Park (MNP) | d | 1538 | | 1545 | | 1553 | | 1559 | | | | 1605 | | 1611 | | | 1617 | |
| Forest Gate (FOG) | d | 1541 | | 1548 | | 1556 | | 1602 | | | | 1608 | | 1614 | | | 1620 | |
| Maryland (MYL) | d | 1543 | | 1550 | | 1558 | | 1604 | | | | 1610 | | 1616 | | | 1622 | |
| Stratford (SRA) | DLR 7 d | 1546 | | 1553 | 1536 | 1543 | 1601 | 1607 | 1553 | | 1613 | | 1619 | 1603 | | 1625 | 1606 | |
| Abbey Wood (ABW) | d | | 1539 | | | 1547 | | 1554 | | | 1600 | | 1606 | | | 1612 | | |
| Woolwich (WWC) | d | | 1542 | | | 1550 | | 1557 | | | 1603 | | 1609 | | | 1615 | | |
| Custom House (CUS) | d | | 1546 | | | 1554 | | 1601 | | | 1607 | | 1613 | | | 1619 | | |
| Canary Wharf (CWX) | DLR d | | 1550 | | | 1558 | | 1605 | | | 1611 | | 1617 | | | 1623 | | |
| Whitechapel (ZLW) | DLR d | 1551 | 1554 | 1558 | | 1602 | 1606 | 1609 | 1612 | | 1615 | 1618 | 1621 | 1624 | | 1627 | 1630 | |
| London Liverpool Street (LST) | DLR 15 a | | | | 1544 | 1551 | | | | 1601 | | | | | 1612 | | | 1614 |
| London Liverpool Street EL (LST) | 4 a | 1554 | 1557 | 1601 | | 1605 | 1609 | 1612 | 1615 | | 1618 | 1621 | 1624 | 1627 | | 1630 | 1633 | |
| Farringdon (ZFD) | 3 a | 1556 | 1559 | 1603 | | 1607 | 1611 | 1614 | 1617 | | 1620 | 1623 | 1626 | 1629 | | 1632 | 1635 | |
| Tottenham Court Road (TCR) | a | 1559 | 1602 | 1606 | | 1610 | 1614 | 1617 | 1620 | | 1623 | 1626 | 1629 | 1632 | | 1635 | 1638 | |
| Bond Street (BDS) | a | 1602 | 1605 | 1609 | | 1613 | 1617 | 1620 | 1623 | | 1626 | 1629 | 1632 | 1635 | | 1638 | 1641 | |
| London Paddington EL (PAD) | 15 a | 1606 | 1609 | 1614 | | 1617 | 1622 | 1624 | 1628 | | 1630 | 1633 | 1636 | 1640 | | 1642 | 1646 | |
| Acton Main Line (AML) | a | | 1615 | | | | | 1630 | | | | | 1643 | | | | | |
| Ealing Broadway (EAL) | 3 a | 1613 | 1618 | | | 1625 | | 1633 | | | 1640 | 1643 | 1648 | | | 1651 | | |
| West Ealing (WEA) | 3 a | 1616 | 1621 | | | | | 1636 | | | | 1646 | 1651 | | | | | |
| Hanwell (HAN) | a | | 1623 | | | | | 1638 | | | | | 1653 | | | | | |
| Southall (STL) | a | | 1626 | | | 1631 | | 1641 | | | 1646 | | 1656 | | | | | |
| Hayes & Harlington (HAY) | 3 a | 1622 | 1629 | | | 1634 | | 1644 | | | 1649 | 1652 | 1659 | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | 1629 | 1636 | | | | | 1651 | | | | 1659 | 1706 | | | | | |
| Heathrow Terminal 4 (HAF) | a ← | | 1642 | | | | | 1657 | | | | | 1712 | | | | | |
| Heathrow Terminal 5 (HWV) | a ← | 1635 | | | | | | | | | | 1705 | | | | | | |
| West Drayton (WDT) | a | | | | | 1638 | | | | | 1653 | | | | | 1705 | | |
| Iver (IVR) | a | | | | | 1641 | | | | | 1656 | | | | | | | |
| Langley (LNY) | a | | | | | 1643 | | | | | 1658 | | | | | | | |
| Slough (SLO) | 3 a | | | | | 1647 | | | | | 1702 | | | | | 1710 | | |
| Burnham (BNM) | a | | | | | 1651 | | | | | 1706 | | | | | 1714 | | |
| Taplow (TAP) | a | | | | | 1653 | | | | | 1708 | | | | | | | |
| Maidenhead (MAI) | 3 a | | | | | 1656 | | | | | 1714 | | | | | 1719 | | |
| Twyford (TWY) | 3 a | | | | | 1703 | | | | | | | | | | 1726 | | |
| Reading (RDG) | 7 a | | | | | 1711 | | | | | | | | | | 1733 | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- G From Colchester Town
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE A | LE D | XR | XR | XR | XR | XR | XR | LE G | XR | XR | LE A | XR | XR | |
|-------------------------------------|--------|----|------|------|---------|---------|------|----|------|------|------|------|---------|------|------|---------|------|----|-----------|
| Shenfield (SNF) | 3 | d | 1556 | | 1602 | 1605 | 1608 | | 1608 | | 1613 | | 1618 | 1622 | | 1623 | 1625 | | 1628 |
| Brentwood (BRE) | | d | 1600 | | 1606 | | | | 1612 | | 1617 | | 1622 | | | 1627 | | | 1632 |
| Harold Wood (HRO) | | d | 1604 | | 1610 | | | | 1616 | | 1621 | | 1626 | | | 1631 | | | 1636 |
| Gidea Park (GDP) | 2 | d | 1607 | | 1613 | | | | 1619 | | 1624 | | 1629 | | | 1634 | | | 1639 |
| Romford (RMF) | | d | 1610 | | 1616 | | 1615 | | 1622 | | 1627 | | 1632 | | | 1637 | | | 1642 |
| Chadwell Heath (CTH) | | d | 1613 | | 1619 | | | | 1625 | | 1630 | | 1635 | | | 1640 | | | 1645 |
| Goodmayes (GMY) | | d | 1615 | | 1621 | | | | 1627 | | 1632 | | 1637 | | | 1642 | | | 1647 |
| Seven Kings (SVK) | | d | 1617 | | 1623 | | | | 1629 | | 1634 | | 1639 | | | 1644 | | | 1649 |
| Ilford (IFD) | 2 | d | 1621 | | 1627 | | | | 1633 | | 1638 | | 1643 | | | 1648 | | | 1653 |
| Manor Park (MNP) | | d | 1623 | | 1629 | | | | 1635 | | 1640 | | 1645 | | | 1650 | | | 1655 |
| Forest Gate (FOG) | | d | 1626 | | 1632 | | | | 1638 | | 1643 | | 1648 | | | 1653 | | | 1658 |
| Maryland (MYL) | | d | 1628 | | 1634 | | | | 1640 | | 1645 | | 1650 | | | 1655 | | | 1700 |
| Stratford (SRA) | DLR 7 | d | 1631 | | 1637 | 1620 | 1625 | | 1643 | | 1648 | | 1653 | 1637 | | 1658 | 1640 | | 1703 |
| Abbey Wood (ABW) | | d | 1618 | | 1624 | | | | 1630 | | 1636 | | 1641 | | | 1646 | | | 1651 |
| Woolwich (WWC) | | d | 1621 | | 1627 | | | | 1633 | | 1639 | | 1644 | | | 1649 | | | 1654 |
| Custom House (CUS) | | d | 1625 | | 1631 | | | | 1637 | | 1643 | | 1648 | | | 1653 | | | 1658 |
| Canary Wharf (CWX) | DLR | d | 1629 | | 1635 | | | | 1641 | | 1647 | | 1652 | | | 1657 | | | 1702 |
| Whitechapel (ZLW) | DLR | d | 1633 | 1636 | 1639 | 1642 | | | 1645 | 1648 | 1651 | 1653 | 1656 | 1658 | 1701 | 1703 | | | 1706 1708 |
| London Liverpool Street (LST) | DLR 15 | a | | | | 1628 | 1633 | | | | | | | 1646 | | 1648 | | | |
| London Liverpool Street EL (LST) | 4 | a | 1636 | 1639 | 1642 | 1645 | | | 1648 | 1651 | 1653 | 1656 | 1658 | 1701 | | 1703 | 1706 | | 1708 1711 |
| Farringdon (ZFD) | 3 | a | 1638 | 1641 | 1644 | 1647 | | | 1650 | 1653 | 1656 | 1658 | 1701 | 1703 | | 1706 | 1708 | | 1711 1713 |
| Tottenham Court Road (TCR) | DLR | a | 1641 | 1644 | 1647 | 1650 | | | 1653 | 1656 | 1658 | 1701 | 1703 | 1706 | | 1708 | 1711 | | 1713 1716 |
| Bond Street (BDS) | DLR | a | 1644 | 1647 | 1650 | 1653 | | | 1656 | 1658 | 1701 | 1703 | 1706 | 1708 | | 1711 | 1713 | | 1716 1718 |
| London Paddington EL (PAD) | DLR 15 | a | 1648 | 1652 | 1654 | 1658 | | | 1700 | 1703 | 1706 | 1707 | 1710 | 1713 | | 1715 | 1718 | | 1720 1723 |
| Acton Main Line (AML) | | a | | | 1700 | | | | | | | | 1716 | | | | | | |
| Ealing Broadway (EAL) | DLR 3 | a | 1656 | | 1703 | | | | 1707 | | | | 1715 | 1719 | | 1722 | | | 1728 |
| West Ealing (WEA) | 3 | a | | | 1706 | | | | | | | | 1718 | 1722 | | | | | |
| Hanwell (HAN) | | a | | | 1708 | | | | | | | | | 1724 | | | | | |
| Southall (STL) | | a | 1701 | | 1711 | | | | 1714 | | | | | 1727 | | | | | 1733 |
| Hayes & Harlington (HAY) | 3 | a | 1704 | | 1714 | | | | 1717 | | | | | 1723 | 1730 | | | | 1736 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | 1721 | | | | | | | | | 1730 | 1737 | | | | |
| Heathrow Terminal 4 (HAF) | DLR | a | | | 1727 | | | | | | | | | 1743 | | | | | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | | | | 1736 | | | | | | |
| West Drayton (WDT) | | a | 1709 | | | | | | 1721 | | | | | | | 1736 | | | 1740 |
| Iver (IVR) | | a | 1711 | | | | | | 1724 | | | | | | | | | | 1742 |
| Langley (LNY) | | a | 1714 | | | | | | 1726 | | | | | | | | | | 1745 |
| Slough (SLO) | 3 | a | 1717 | | | | | | 1730 | | | | | | | 1741 | | | 1748 |
| Burnham (BNM) | | a | 1721 | | | | | | 1734 | | | | | | | 1745 | | | 1752 |
| Taplow (TAP) | | a | 1724 | | | | | | 1736 | | | | | | | | | | 1755 |
| Maidenhead (MAI) | 3 | a | 1727 | | | | | | 1744 | | | | | | | 1750 | | | 1758 |
| Twyford (TWY) | 3 | a | 1734 | | | | | | | | | | | | | 1757 | | | 1805 |
| Reading (RDG) | 7 | a | 1741 | | | | | | | | | | | | | 1804 | | | 1812 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- G From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE H | XR | XR | XR | XR | LE A | XR | XR | LE C | XR | XR | XR | XR | XR | XR | LE A |
|-------------------------------------|------------------------|------|---------|------|------|------|------|---------|----|------|---------|----|------|------|------|------|------|---------|
| Shenfield (SNF) | 3 d | 1633 | 1638 | | 1638 | | 1643 | 1646 | | 1648 | 1652 | | 1653 | | 1658 | | 1703 | 1705 |
| Brentwood (BRE) | d | 1637 | | | 1642 | | 1647 | | | 1652 | | | 1657 | | 1702 | | 1707 | |
| Harold Wood (HRO) | d | 1641 | | | 1646 | | 1651 | | | 1656 | | | 1701 | | 1706 | | 1711 | |
| Gidea Park (GDP) | 2 d | 1644 | | | 1649 | | 1654 | | | 1659 | | | 1704 | | 1709 | | 1714 | |
| Romford (RMF) | d | 1647 | | | 1652 | | 1657 | 1653 | | 1702 | | | 1707 | | 1712 | | 1717 | |
| Chadwell Heath (CTH) | d | 1650 | | | 1655 | | 1700 | | | 1705 | | | 1710 | | 1715 | | 1720 | |
| Goodmayes (GMY) | d | 1652 | | | 1657 | | 1702 | | | 1707 | | | 1712 | | 1717 | | 1722 | |
| Seven Kings (SVK) | d | 1654 | | | 1659 | | 1704 | | | 1709 | | | 1714 | | 1719 | | 1724 | |
| Ilford (IFD) | 2 d | 1658 | | | 1703 | | 1708 | | | 1713 | | | 1718 | | 1723 | | 1728 | |
| Manor Park (MNP) | d | 1700 | | | 1705 | | 1710 | | | 1715 | | | 1720 | | 1725 | | 1730 | |
| Forest Gate (FOG) | d | 1703 | | | 1708 | | 1713 | | | 1718 | | | 1723 | | 1728 | | 1733 | |
| Maryland (MYL) | d | 1705 | | | 1710 | | 1715 | | | 1720 | | | 1725 | | 1730 | | 1735 | |
| Stratford (SRA) | DLR 7 d | 1708 | 1653 | | 1713 | | 1718 | 1703 | | 1723 | 1707 | | 1728 | | 1733 | | 1738 | 1720 |
| Abbey Wood (ABW) | d | 1656 | | | 1701 | | 1706 | | | 1711 | | | 1716 | | 1721 | | 1726 | |
| Woolwich (WWC) | d | 1659 | | | 1704 | | 1709 | | | 1714 | | | 1719 | | 1724 | | 1729 | |
| Custom House (CUS) | d | 1703 | | | 1708 | | 1713 | | | 1718 | | | 1723 | | 1728 | | 1733 | |
| Canary Wharf (CWX) | DLR d | 1707 | | | 1712 | | 1717 | | | 1722 | | | 1727 | | 1732 | | 1737 | |
| Whitechapel (ZLW) | DLR d | 1711 | 1713 | | 1716 | 1718 | 1721 | 1723 | | 1726 | 1728 | | 1731 | 1733 | 1736 | 1738 | 1741 | 1743 |
| London Liverpool Street (LST) | DLR 15 a | | | 1701 | | | | 1712 | | | 1715 | | | | | | | 1730 |
| London Liverpool Street EL (LST) | 4 a | 1713 | 1716 | | 1718 | 1721 | 1723 | 1726 | | 1728 | 1731 | | 1733 | 1736 | 1738 | 1741 | 1743 | 1746 |
| Farringdon (ZFD) | 3 a | 1716 | 1718 | | 1721 | 1723 | 1726 | 1728 | | 1731 | 1733 | | 1736 | 1738 | 1741 | 1743 | 1746 | 1748 |
| Tottenham Court Road (TCR) | DLR a | 1718 | 1721 | | 1723 | 1726 | 1728 | 1731 | | 1733 | 1736 | | 1738 | 1741 | 1743 | 1746 | 1748 | 1751 |
| Bond Street (BDS) | DLR a | 1721 | 1723 | | 1726 | 1728 | 1731 | 1733 | | 1736 | 1738 | | 1741 | 1743 | 1746 | 1748 | 1751 | 1753 |
| London Paddington EL (PAD) | DLR 15 a | 1725 | 1728 | | 1730 | 1733 | 1736 | 1737 | | 1740 | 1743 | | 1745 | 1748 | 1750 | 1753 | 1755 | 1758 |
| Acton Main Line (AML) | a | 1732 | | | | | | | | 1746 | | | | | | | 1802 | |
| Ealing Broadway (EAL) | 3 a | 1734 | | | 1738 | | | 1745 | | 1749 | | | 1752 | | 1758 | | 1804 | |
| West Ealing (WEA) | 3 a | 1737 | | | | | | 1748 | | 1752 | | | | | | | 1807 | |
| Hanwell (HAN) | a | 1739 | | | | | | | | 1754 | | | | | | | 1809 | |
| Southall (STL) | a | 1742 | | | 1745 | | | | | 1757 | | | | | 1803 | | 1812 | |
| Hayes & Harlington (HAY) | 3 a | 1745 | | | 1748 | | | 1753 | | 1800 | | | | | 1806 | | 1815 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR 3 a | 1752 | | | | | | 1800 | | 1807 | | | | | | | 1822 | |
| Heathrow Terminal 4 (HAF) | DLR 3 a | 1758 | | | | | | | | 1813 | | | | | | | 1828 | |
| Heathrow Terminal 5 (HWV) | DLR 3 a | | | | | | | 1806 | | | | | | | | | | |
| West Drayton (WDT) | a | | | | 1752 | | | | | | | | 1806 | | 1810 | | | |
| Iver (IVR) | a | | | | 1755 | | | | | | | | | | 1812 | | | |
| Langley (LNY) | a | | | | 1757 | | | | | | | | | | 1815 | | | |
| Slough (SLO) | 3 a | | | | 1801 | | | | | | | | 1811 | | 1818 | | | |
| Burnham (BNM) | a | | | | 1805 | | | | | | | | 1815 | | 1822 | | | |
| Taplow (TAP) | a | | | | 1807 | | | | | | | | | | 1825 | | | |
| Maidenhead (MAI) | 3 a | | | | 1814 | | | | | | | | 1820 | | 1828 | | | |
| Twyford (TWY) | 3 a | | | | | | | | | | | | 1827 | | 1835 | | | |
| Reading (RDG) | 7 a | | | | | | | | | | | | 1834 | | 1842 | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | LE D | XR | XR | XR | XR | XR | XR | XR | LE G | XR | XR | LE B | LE A | XR | XR | XR | XR | LE H | XR |
|-------------------------------------|---------|------|------|------|------|------|------|------|---------|------|------|---------|---------|------|------|------|------|---------|------|
| Shenfield (SNF) | 3 d | 1708 | | 1708 | | 1713 | | 1718 | 1721 | | 1723 | 1725 | 1727 | | 1728 | | 1733 | 1738 | |
| Brentwood (BRE) | d | | | 1712 | | 1717 | | 1722 | | | 1727 | | | | 1732 | | 1737 | | |
| Harold Wood (HRO) | d | | | 1716 | | 1721 | | 1726 | | | 1731 | | | | 1736 | | 1741 | | |
| Gidea Park (GDP) | 2 d | | | 1719 | | 1724 | | 1729 | | | 1734 | | | | 1739 | | 1744 | | |
| Romford (RMF) | d | | | 1722 | | 1727 | | 1732 | | | 1737 | | | | 1742 | | 1747 | | |
| Chadwell Heath (CTH) | d | | | 1725 | | 1730 | | 1735 | | | 1740 | | | | 1745 | | 1750 | | |
| Goodmayes (GMY) | d | | | 1727 | | 1732 | | 1737 | | | 1742 | | | | 1747 | | 1752 | | |
| Seven Kings (SVK) | d | | | 1729 | | 1734 | | 1739 | | | 1744 | | | | 1749 | | 1754 | | |
| Ilford (IFD) | 2 d | | | 1733 | | 1738 | | 1743 | | | 1748 | | | | 1753 | | 1758 | | |
| Manor Park (MNP) | d | | | 1735 | | 1740 | | 1745 | | | 1750 | | | | 1755 | | 1800 | | |
| Forest Gate (FOG) | d | | | 1738 | | 1743 | | 1748 | | | 1753 | | | | 1758 | | 1803 | | |
| Maryland (MYL) | d | | | 1740 | | 1745 | | 1750 | | | 1755 | | | | 1800 | | 1805 | | |
| Stratford (SRA) | DLR 7 d | 1723 | | 1743 | | 1748 | | 1753 | 1737 | | 1758 | 1740 | 1743 | | 1803 | | 1808 | 1753 | |
| Abbey Wood (ABW) | d | | 1731 | | 1736 | | 1741 | | | 1746 | | | | 1751 | | 1756 | | | 1801 |
| Woolwich (WWC) | d | | 1734 | | 1739 | | 1744 | | | 1749 | | | | 1754 | | 1759 | | | 1804 |
| Custom House (CUS) | d | | 1738 | | 1743 | | 1748 | | | 1753 | | | | 1758 | | 1803 | | | 1808 |
| Canary Wharf (CWX) | DLR d | | 1742 | | 1747 | | 1752 | | | 1757 | | | | 1802 | 1807 | | | | 1812 |
| Whitechapel (ZLW) | DLR d | | 1746 | 1748 | 1751 | 1753 | 1756 | 1758 | | 1801 | 1803 | | | 1806 | 1808 | 1811 | 1813 | | 1816 |
| London Liverpool Street (LST) | 15 a | 1732 | | | | | | | 1746 | | | 1749 | 1751 | | | | | 1801 | |
| London Liverpool Street EL (LST) | 4 a | | 1748 | 1751 | 1753 | 1756 | 1758 | 1801 | | 1803 | 1806 | | | 1808 | 1811 | 1813 | 1816 | | 1818 |
| Farringdon (ZFD) | 3 a | | 1751 | 1753 | 1756 | 1758 | 1801 | 1803 | | 1806 | 1808 | | | 1811 | 1813 | 1816 | 1818 | | 1821 |
| Tottenham Court Road (TCR) | a | | 1753 | 1756 | 1758 | 1801 | 1803 | 1806 | | 1808 | 1811 | | | 1813 | 1816 | 1818 | 1821 | | 1823 |
| Bond Street (BDS) | a | | 1756 | 1758 | 1801 | 1803 | 1806 | 1808 | | 1811 | 1813 | | | 1816 | 1818 | 1821 | 1823 | | 1826 |
| London Paddington EL (PAD) | 15 a | | 1800 | 1803 | 1806 | 1807 | 1810 | 1813 | | 1815 | 1818 | | | 1820 | 1823 | 1825 | 1828 | | 1830 |
| Acton Main Line (AML) | a | | | | | 1816 | | | | | | | | | | | 1832 | | |
| Ealing Broadway (EAL) | 3 a | | 1808 | | | 1815 | 1819 | | | 1822 | | | | 1828 | | 1834 | | | 1838 |
| West Ealing (WEA) | 3 a | | | | | 1818 | 1822 | | | | | | | | | 1837 | | | |
| Hanwell (HAN) | a | | | | | 1824 | | | | | | | | | | 1839 | | | |
| Southall (STL) | a | | 1815 | | | 1827 | | | | | | | | 1833 | | 1842 | | | 1845 |
| Hayes & Harlington (HAY) | 3 a | | 1818 | | | 1823 | 1830 | | | | | | | 1836 | | 1845 | | | 1849 |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | 1830 | 1837 | | | | | | | | | 1852 | | | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | 1843 | | | | | | | | | | 1858 | | | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | 1836 | | | | | | | | | | | | | |
| West Drayton (WDT) | a | | 1822 | | | | | | | 1836 | | | | 1840 | | | | | 1853 |
| Iver (IVR) | a | | 1825 | | | | | | | | | | | 1842 | | | | | 1855 |
| Langley (LNY) | a | | 1827 | | | | | | | | | | | 1845 | | | | | 1858 |
| Slough (SLO) | 3 a | | 1831 | | | | | | | 1841 | | | | 1848 | | | | | 1902 |
| Burnham (BNM) | a | | 1835 | | | | | | | 1845 | | | | 1852 | | | | | 1906 |
| Taplow (TAP) | a | | 1837 | | | | | | | | | | | 1855 | | | | | 1908 |
| Maidenhead (MAI) | 3 a | | 1844 | | | | | | | 1850 | | | | 1858 | | | | | 1914 |
| Twyford (TWY) | 3 a | | | | | | | | | 1857 | | | | 1905 | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | 1904 | | | | 1912 | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- B From Colchester
- D From Clacton-on-Sea
- G From Colchester Town
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE A | XR | XR | XR | XR | LE M | LE A | XR | XR | XR | XR | LE D | XR | XR | LE A | XR | XR | |
|-------------------------------------|----------|---------|------|------|------|------|---------|---------|------|------|------|------|---------|------|------|---------|------|------|------|
| Shenfield (SNF) | 3 d | 1738 | 1740 | | 1744 | | 1750 | 1751 | 1754 | | 1756 | | 1802 | 1807 | | 1808 | 1810 | | 1814 |
| Brentwood (BRE) | d | 1742 | | | 1748 | | 1754 | | | | 1800 | | 1806 | | | 1812 | | | 1818 |
| Harold Wood (HRO) | d | 1746 | | | 1752 | | 1758 | | | | 1804 | | 1810 | | | 1816 | | | 1822 |
| Gidea Park (GDP) | 2 d | 1749 | | | 1755 | | 1801 | | | | 1807 | | 1813 | | | 1819 | | | 1825 |
| Romford (RMF) | d | 1752 | 1747 | | 1758 | | 1804 | | | | 1810 | | 1816 | | | 1822 | | | 1828 |
| Chadwell Heath (CTH) | d | 1755 | | | 1801 | | 1807 | | | | 1813 | | 1819 | | | 1825 | | | 1831 |
| Goodmayes (GMY) | d | 1757 | | | 1803 | | 1809 | | | | 1815 | | 1821 | | | 1827 | | | 1833 |
| Seven Kings (SVK) | d | 1759 | | | 1805 | | 1811 | | | | 1817 | | 1823 | | | 1829 | | | 1835 |
| Ilford (IFD) | 2 d | 1803 | | | 1809 | | 1815 | | | | 1821 | | 1827 | | | 1833 | | | 1839 |
| Manor Park (MNP) | d | 1805 | | | 1811 | | 1817 | | | | 1823 | | 1829 | | | 1835 | | | 1841 |
| Forest Gate (FOG) | d | 1808 | | | 1814 | | 1820 | | | | 1826 | | 1832 | | | 1838 | | | 1844 |
| Maryland (MYL) | d | 1810 | | | 1816 | | 1822 | | | | 1828 | | 1834 | | | 1840 | | | 1846 |
| Stratford (SRA) | DLR 7 d | 1813 | 1757 | | 1819 | | 1825 | 1806 | 1809 | | 1831 | | 1837 | 1822 | | 1843 | 1825 | | 1849 |
| Abbey Wood (ABW) | d | | | 1806 | | 1812 | | | | 1817 | | 1822 | | | 1827 | | | 1836 | |
| Woolwich (WWC) | d | | | 1809 | | 1815 | | | | 1820 | | 1825 | | | 1831 | | | 1839 | |
| Custom House (CUS) | d | | | 1813 | | 1819 | | | | 1824 | | 1829 | | | 1835 | | | 1843 | |
| Canary Wharf (CWX) | DLR d | | | 1817 | | 1823 | | | | 1829 | | 1835 | | | 1841 | | | 1847 | |
| Whitechapel (ZLW) | DLR d | 1818 | | 1821 | 1824 | 1827 | 1830 | | | 1833 | 1836 | 1839 | 1842 | | 1845 | 1848 | | 1851 | 1854 |
| London Liverpool Street (LST) | DLR 15 a | | 1805 | | | | | 1814 | 1817 | | | | | 1830 | | | 1833 | | |
| London Liverpool Street EL (LST) | DLR 4 a | 1821 | | 1824 | 1827 | 1830 | 1833 | | | 1836 | 1839 | 1842 | 1845 | | 1848 | 1851 | | 1854 | 1857 |
| Farringdon (ZFD) | DLR 3 a | 1823 | | 1826 | 1829 | 1832 | 1835 | | | 1838 | 1841 | 1844 | 1847 | | 1850 | 1853 | | 1856 | 1859 |
| Tottenham Court Road (TCR) | DLR a | 1826 | | 1829 | 1832 | 1835 | 1838 | | | 1841 | 1844 | 1847 | 1850 | | 1853 | 1856 | | 1859 | 1902 |
| Bond Street (BDS) | DLR a | 1829 | | 1832 | 1835 | 1838 | 1841 | | | 1844 | 1847 | 1850 | 1853 | | 1856 | 1859 | | 1902 | 1905 |
| London Paddington EL (PAD) | DLR 15 a | 1833 | | 1836 | 1840 | 1842 | 1846 | | | 1848 | 1852 | 1853 | 1858 | | 1859 | 1903 | | 1906 | 1910 |
| Acton Main Line (AML) | a | | | 1843 | | | | | | | | 1900 | | | | | | | 1912 |
| Ealing Broadway (EAL) | DLR 3 a | 1841 | | 1848 | | 1851 | | | | 1856 | | 1903 | | 1910 | 1913 | | | 1918 | |
| West Ealing (WEA) | DLR 3 a | 1846 | | 1851 | | | | | | | | 1906 | | | 1916 | | | 1921 | |
| Hanwell (HAN) | a | | | 1853 | | | | | | | | 1908 | | | | | | 1923 | |
| Southall (STL) | a | | | 1856 | | | | | | 1901 | | 1911 | | 1916 | | | | 1926 | |
| Hayes & Harlington (HAY) | DLR 3 a | 1852 | | 1859 | | | | | | 1904 | | 1914 | | 1919 | 1922 | | | 1929 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | 1900 | | 1906 | | | | | | | | 1921 | | | 1929 | | | 1936 | |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1912 | | | | | | | | 1927 | | | | | | 1942 | |
| Heathrow Terminal 5 (HWV) | DLR a | 1905 | | | | | | | | | | | | | | 1935 | | | |
| West Drayton (WDT) | a | | | | | 1905 | | | | 1909 | | | | | 1923 | | | | |
| Iver (IVR) | a | | | | | | | | | 1911 | | | | | 1926 | | | | |
| Langley (LNY) | a | | | | | | | | | 1914 | | | | | 1928 | | | | |
| Slough (SLO) | DLR 3 a | | | | | 1910 | | | | 1917 | | | | | 1932 | | | | |
| Burnham (BNM) | a | | | | | 1914 | | | | 1921 | | | | | 1936 | | | | |
| Taplow (TAP) | a | | | | | | | | | 1924 | | | | | 1938 | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | 1919 | | | | 1927 | | | | | 1944 | | | | |
| Twyford (TWY) | DLR 3 a | | | | | 1926 | | | | 1934 | | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | 1933 | | | | 1941 | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- M From Ipswich/Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE G | XR | XR | LE A | XR | XR | LE E | XR | XR | XR | XR | LE A | XR | XR | LE C | XR | | |
|-------------------------------------|--------|----|---------|------|----|---------|------|----|---------|------|----|----|------|---------|------|------|---------|------|------|------|
| Shenfield (SNF) | 3 | d | | | | 1826 | 1828 | | 1832 | 1838 | | | 1838 | | 1844 | 1846 | | 1850 | 1851 | |
| Brentwood (BRE) | | d | | | | 1830 | | | 1836 | | | | 1842 | | 1848 | | | 1854 | | |
| Harold Wood (HRO) | | d | | | | 1834 | | | 1840 | | | | 1846 | | 1852 | | | 1858 | | |
| Gidea Park (GDP) | 2 | d | | | | 1837 | | | 1843 | | | | 1849 | | 1855 | | | 1901 | | |
| Romford (RMF) | | d | | | | 1840 | 1835 | | 1846 | | | | 1852 | | 1858 | 1853 | | 1904 | | |
| Chadwell Heath (CTH) | | d | | | | 1843 | | | 1849 | | | | 1855 | | 1901 | | | 1907 | | |
| Goodmayes (GMY) | | d | | | | 1845 | | | 1851 | | | | 1857 | | 1903 | | | 1909 | | |
| Seven Kings (SVK) | | d | | | | 1841 | | | 1853 | | | | 1859 | | 1905 | | | 1911 | | |
| Ilford (IFD) | 2 | d | | | | 1845 | | | 1857 | | | | 1903 | | 1909 | | | 1915 | | |
| Manor Park (MNP) | | d | | | | 1847 | | | 1859 | | | | 1905 | | 1911 | | | 1917 | | |
| Forest Gate (FOG) | | d | | | | 1850 | | | 1902 | | | | 1908 | | 1914 | | | 1920 | | |
| Maryland (MYL) | | d | | | | 1852 | | | 1904 | | | | 1910 | | 1916 | | | 1922 | | |
| Stratford (SRA) | DLR 7 | d | | | | 1855 | 1836 | | 1907 | 1853 | | | 1913 | | 1919 | 1903 | | 1925 | 1906 | |
| Abbey Wood (ABW) | | d | | | | 1848 | | | 1854 | | | | 1900 | | 1906 | | | 1912 | | 1918 |
| Woolwich (WWC) | | d | | | | 1851 | | | 1857 | | | | 1903 | | 1909 | | | 1915 | | 1921 |
| Custom House (CUS) | | d | | | | 1855 | | | 1901 | | | | 1907 | | 1913 | | | 1919 | | 1925 |
| Canary Wharf (CWX) | DLR | d | | | | 1859 | | | 1905 | | | | 1911 | | 1917 | | | 1923 | | 1929 |
| Whitechapel (ZLW) | DLR | d | | | | 1857 | 1900 | | 1903 | 1906 | | | 1915 | 1918 | 1921 | 1924 | | 1927 | 1930 | 1933 |
| London Liverpool Street (LST) | DLR 15 | a | | | | 1844 | | | 1853 | | | | 1902 | | | 1912 | | | 1915 | |
| London Liverpool Street EL (LST) | 4 | a | 1900 | 1903 | | 1906 | 1909 | | 1912 | 1915 | | | 1918 | 1921 | 1924 | 1927 | | 1930 | 1933 | 1936 |
| Farringdon (ZFD) | 3 | a | 1902 | 1905 | | 1908 | 1911 | | 1914 | 1917 | | | 1920 | 1923 | 1926 | 1929 | | 1932 | 1935 | 1938 |
| Tottenham Court Road (TCR) | DLR | a | 1905 | 1908 | | 1911 | 1914 | | 1917 | 1920 | | | 1923 | 1926 | 1929 | 1932 | | 1935 | 1938 | 1941 |
| Bond Street (BDS) | DLR | a | 1908 | 1911 | | 1914 | 1917 | | 1920 | 1923 | | | 1926 | 1929 | 1932 | 1935 | | 1938 | 1941 | 1944 |
| London Paddington EL (PAD) | DLR 15 | a | 1912 | 1916 | | 1918 | 1922 | | 1924 | 1928 | | | 1930 | 1933 | 1936 | 1940 | | 1943 | 1946 | 1948 |
| Acton Main Line (AML) | | a | | | | | | | 1930 | | | | | | 1943 | | | | | |
| Ealing Broadway (EAL) | DLR 3 | a | | | | 1925 | | | 1933 | | | | 1939 | 1943 | 1948 | | | | | 1955 |
| West Ealing (WEA) | DLR 3 | a | | | | | | | 1936 | | | | | 1946 | 1951 | | | | | |
| Hanwell (HAN) | | a | | | | | | | 1938 | | | | | | 1953 | | | | | |
| Southall (STL) | | a | | | | 1930 | | | 1941 | | | | 1945 | | 1956 | | | | | 2001 |
| Hayes & Harlington (HAY) | DLR 3 | a | | | | 1933 | | | 1944 | | | | 1948 | 1952 | 1959 | | | | | 2004 |
| Heathrow Terminals 2 & 3 (HXX) | DLR 3 | a | | | | | | | 1951 | | | | | 1959 | 2006 | | | | | |
| Heathrow Terminal 4 (HAF) | DLR 3 | a | | | | | | | 1957 | | | | | | 2012 | | | | | |
| Heathrow Terminal 5 (HWV) | DLR 3 | a | | | | | | | | | | | | 2005 | | | | | | |
| West Drayton (WDT) | | a | | | | 1937 | | | | | | | 1952 | | | | | | | 2008 |
| Iver (IVR) | | a | | | | 1940 | | | | | | | 1955 | | | | | | | |
| Langley (LNY) | | a | | | | 1942 | | | | | | | 1957 | | | | | | | 2012 |
| Slough (SLO) | DLR 3 | a | | | | 1946 | | | | | | | 2002 | | | | | | | 2016 |
| Burnham (BNM) | | a | | | | 1950 | | | | | | | 2006 | | | | | | | 2020 |
| Taplow (TAP) | | a | | | | 1952 | | | | | | | | | | | | | | 2022 |
| Maidenhead (MAI) | DLR 3 | a | | | | 1955 | | | | | | | 2013 | | | | | | | 2025 |
| Twyford (TWY) | DLR 3 | a | | | | 2002 | | | | | | | | | | | | | | 2032 |
| Reading (RDG) | DLR 7 | a | | | | 2010 | | | | | | | | | | | | | | 2040 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Ipswich
- E From Witham
- G From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | LE A | LE D | LE H | XR | XR | XR | XR | LE G | LE A | XR | XR | XR | XR | LE E | XR |
|-------------------------------------|----------|------|------|---------|---------|---------|------|------|------|------|---------|---------|------|------|------|------|---------|------|
| Shenfield (SNF) | 3 d | 1856 | | 1903 | 1905 | 1908 | 1911 | | 1911 | | 1918 | 1921 | 1924 | | 1926 | | 1933 | 1938 |
| Brentwood (BRE) | d | 1900 | | 1907 | | | | | 1915 | | 1922 | | | | 1930 | | 1937 | |
| Harold Wood (HRO) | d | 1904 | | 1911 | | | | | 1919 | | 1926 | | | | 1934 | | 1941 | |
| Gidea Park (GDP) | 2 d | 1907 | | 1914 | | | | | 1922 | | 1929 | | | | 1937 | | 1944 | |
| Romford (RMF) | d | 1910 | | 1917 | | | | | 1925 | | 1932 | | 1931 | | 1940 | | 1947 | |
| Chadwell Heath (CTH) | d | 1913 | | 1920 | | | | | 1928 | | 1935 | | | | 1943 | | 1950 | |
| Goodmayes (GMY) | d | 1915 | | 1922 | | | | | 1930 | | 1937 | | | | 1945 | | 1952 | |
| Seven Kings (SVK) | d | 1917 | | 1924 | | | | | 1932 | | 1939 | | | | 1947 | | 1954 | |
| Ilford (IFD) | 2 d | 1921 | | 1928 | | | | | 1936 | | 1943 | | | | 1951 | | 1958 | |
| Manor Park (MNP) | d | 1923 | | 1930 | | | | | 1938 | | 1945 | | | | 1953 | | 2000 | |
| Forest Gate (FOG) | d | 1926 | | 1933 | | | | | 1941 | | 1948 | | | | 1956 | | 2003 | |
| Maryland (MYL) | d | 1928 | | 1935 | | | | | 1943 | | 1950 | | | | 1958 | | 2005 | |
| Stratford (SRA) | DLR 7 d | 1931 | | 1938 | 1920 | 1923 | 1926 | | 1946 | | 1953 | 1937 | 1941 | | 2001 | | 2008 | 1953 |
| Abbey Wood (ABW) | d | | 1924 | | | | | 1930 | | 1939 | | | | 1947 | | 1954 | | 2002 |
| Woolwich (WWC) | d | | 1927 | | | | | 1933 | | 1942 | | | | 1950 | | 1957 | | 2005 |
| Custom House (CUS) | d | | 1931 | | | | | 1937 | | 1946 | | | | 1954 | | 2001 | | 2009 |
| Canary Wharf (CWX) | DLR d | | 1935 | | | | | 1943 | | 1950 | | | | 1958 | | 2005 | | 2013 |
| Whitechapel (ZLW) | DLR d | 1936 | 1939 | 1943 | | | | 1947 | 1951 | 1954 | 1958 | | | 2002 | 2006 | 2009 | 2013 | 2017 |
| London Liverpool Street (LST) | DLR 15 a | | | | 1928 | 1931 | 1934 | | | | | 1945 | 1949 | | | | 2001 | |
| London Liverpool Street EL (LST) | DLR 4 a | 1939 | 1942 | 1946 | | | | 1950 | 1954 | 1957 | 2001 | | | 2005 | 2009 | 2012 | 2016 | 2020 |
| Farringdon (ZFD) | DLR 3 a | 1941 | 1944 | 1948 | | | | 1952 | 1956 | 1959 | 2003 | | | 2007 | 2011 | 2014 | 2018 | 2022 |
| Tottenham Court Road (TCR) | DLR a | 1944 | 1947 | 1951 | | | | 1955 | 1959 | 2002 | 2006 | | | 2010 | 2014 | 2017 | 2021 | 2025 |
| Bond Street (BDS) | DLR a | 1947 | 1950 | 1954 | | | | 1958 | 2002 | 2005 | 2009 | | | 2013 | 2017 | 2020 | 2024 | 2028 |
| London Paddington EL (PAD) | DLR 15 a | 1952 | 1954 | 1959 | | | | 2001 | 2006 | 2009 | 2014 | | | 2017 | 2022 | 2024 | 2029 | 2032 |
| Acton Main Line (AML) | a | | 2000 | | | | | | | 2015 | | | | | | 2030 | | |
| Ealing Broadway (EAL) | DLR 3 a | | 2003 | | | | 2010 | 2013 | 2018 | | | | 2025 | | 2033 | | | 2040 |
| West Ealing (WEA) | DLR 3 a | | 2006 | | | | | 2016 | 2021 | | | | | | 2036 | | | |
| Hanwell (HAN) | a | | 2008 | | | | | | 2023 | | | | | | 2038 | | | |
| Southall (STL) | a | | 2011 | | | | 2016 | | 2026 | | | | 2031 | | 2041 | | | 2045 |
| Hayes & Harlington (HAY) | DLR 3 a | | 2014 | | | | 2019 | 2022 | 2029 | | | | 2034 | | 2044 | | | 2048 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | 2021 | | | | | 2029 | 2036 | | | | | | 2051 | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | 2027 | | | | | | 2042 | | | | | | 2057 | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | 2035 | | | | | | | | | | |
| West Drayton (WDT) | a | | | | | | 2023 | | | | | | | 2038 | | | | 2052 |
| Iver (IVR) | a | | | | | | 2026 | | | | | | | | | | | 2055 |
| Langley (LNY) | a | | | | | | 2028 | | | | | | | 2042 | | | | 2057 |
| Slough (SLO) | DLR 3 a | | | | | | 2032 | | | | | | | 2046 | | | | 2101 |
| Burnham (BNM) | a | | | | | | 2036 | | | | | | | 2050 | | | | 2105 |
| Taplow (TAP) | a | | | | | | | | | | | | | 2052 | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | | 2043 | | | | | | | 2055 | | | | 2112 |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | | | 2102 | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | | | 2111 | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Witham
- G From Colchester Town
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE A | XR | XR | LE C | XR | XR | XR | XR | XR | LE A | LE D | XR | XR | XR | XR | LE G | LE A | XR |
|-------------------------------------|----------|---------|------|------|---------|------|----|------|------|------|---------|---------|------|------|------|------|---------|---------|------|
| Shenfield (SNF) | 3 d | 1941 | 1946 | | 1948 | 1951 | | 1956 | | 2003 | 2005 | 2008 | | 2011 | | 2018 | 2021 | 2026 | |
| Brentwood (BRE) | d | 1945 | | | 1952 | | | 2000 | | 2007 | | | | 2015 | | 2022 | | | |
| Harold Wood (HRO) | d | 1949 | | | 1956 | | | 2004 | | 2011 | | | | 2019 | | 2026 | | | |
| Gidea Park (GDP) | 2 d | 1952 | | | 1959 | | | 2007 | | 2014 | | | | 2022 | | 2029 | | | |
| Romford (RMF) | d | 1955 | 1953 | | 2002 | | | 2010 | | 2017 | | | | 2025 | | 2032 | | 2033 | |
| Chadwell Heath (CTH) | d | 1958 | | | 2005 | | | 2013 | | 2020 | | | | 2028 | | 2035 | | | |
| Goodmayes (GMY) | d | 2000 | | | 2007 | | | 2015 | | 2022 | | | | 2030 | | 2037 | | | |
| Seven Kings (SVK) | d | 2002 | | | 2009 | | | 2017 | | 2024 | | | | 2032 | | 2039 | | | |
| Ilford (IFD) | 2 d | 2006 | | | 2013 | | | 2021 | | 2028 | | | | 2036 | | 2043 | | | |
| Manor Park (MNP) | d | 2008 | | | 2015 | | | 2023 | | 2030 | | | | 2038 | | 2045 | | | |
| Forest Gate (FOG) | d | 2011 | | | 2018 | | | 2026 | | 2033 | | | | 2041 | | 2048 | | | |
| Maryland (MYL) | d | 2013 | | | 2020 | | | 2028 | | 2035 | | | | 2043 | | 2050 | | | |
| Stratford (SRA) | DLR 7 d | 2016 | 2003 | | 2023 | 2006 | | 2031 | | 2038 | 2020 | 2023 | | 2046 | | 2053 | 2036 | 2043 | |
| Abbey Wood (ABW) | d | | | 2009 | | | | 2017 | | 2024 | | | | 2032 | | 2039 | | | 2047 |
| Woolwich (WWC) | d | | | 2012 | | | | 2020 | | 2027 | | | | 2035 | | 2042 | | | 2050 |
| Custom House (CUS) | d | | | 2016 | | | | 2024 | | 2031 | | | | 2039 | | 2046 | | | 2054 |
| Canary Wharf (CWX) | DLR d | | | 2020 | | | | 2028 | | 2035 | | | | 2043 | | 2050 | | | 2058 |
| Whitechapel (ZLW) | DLR d | 2021 | | 2024 | 2028 | | | 2032 | 2036 | 2039 | 2043 | | | 2047 | 2051 | 2054 | 2058 | | 2102 |
| London Liverpool Street (LST) | DLR 15 a | | 2011 | | | 2014 | | | | | | 2028 | 2031 | | | | | 2044 | 2051 |
| London Liverpool Street EL (LST) | DLR 4 a | 2024 | | 2027 | 2031 | | | 2035 | 2039 | 2042 | 2046 | | | 2050 | 2054 | 2057 | 2101 | | 2105 |
| Farringdon (ZFD) | DLR 3 a | 2026 | | 2029 | 2033 | | | 2037 | 2041 | 2044 | 2048 | | | 2052 | 2056 | 2059 | 2103 | | 2107 |
| Tottenham Court Road (TCR) | DLR a | 2029 | | 2032 | 2036 | | | 2040 | 2044 | 2047 | 2051 | | | 2055 | 2059 | 2102 | 2106 | | 2110 |
| Bond Street (BDS) | DLR a | 2032 | | 2035 | 2039 | | | 2043 | 2047 | 2050 | 2054 | | | 2058 | 2102 | 2105 | 2109 | | 2113 |
| London Paddington EL (PAD) | DLR 15 a | 2036 | | 2039 | 2044 | | | 2047 | 2052 | 2054 | 2059 | | | 2102 | 2106 | 2109 | 2114 | | 2117 |
| Acton Main Line (AML) | a | | | 2045 | | | | | | 2100 | | | | | | 2115 | | | |
| Ealing Broadway (EAL) | DLR 3 a | 2043 | | 2048 | | | | 2054 | | 2103 | | | | 2110 | 2113 | 2118 | | | 2125 |
| West Ealing (WEA) | DLR 3 a | 2046 | | 2051 | | | | | | 2106 | | | | | 2116 | 2121 | | | |
| Hanwell (HAN) | a | | | 2053 | | | | | | 2108 | | | | | | 2123 | | | |
| Southall (STL) | a | | | 2056 | | | | 2101 | | 2111 | | | | 2116 | | 2126 | | | 2132 |
| Hayes & Harlington (HAY) | DLR 3 a | 2052 | | 2059 | | | | 2104 | | 2114 | | | | 2119 | 2122 | 2129 | | | 2135 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a ← | 2059 | | 2106 | | | | | | 2121 | | | | | 2129 | 2136 | | | |
| Heathrow Terminal 4 (HAF) | DLR a ← | | | 2112 | | | | | | 2127 | | | | | | 2142 | | | |
| Heathrow Terminal 5 (HWV) | DLR a ← | 2105 | | | | | | | | | | | | | 2135 | | | | |
| West Drayton (WDT) | a | | | | | | | 2110 | | | | | | | 2123 | | | | 2139 |
| Iver (IVR) | a | | | | | | | | | | | | | | 2126 | | | | |
| Langley (LNY) | a | | | | | | | 2114 | | | | | | | 2128 | | | | 2143 |
| Slough (SLO) | DLR 3 a | | | | | | | 2117 | | | | | | | 2133 | | | | 2146 |
| Burnham (BNM) | a | | | | | | | 2121 | | | | | | | 2137 | | | | 2150 |
| Taplow (TAP) | a | | | | | | | 2124 | | | | | | | | | | | 2153 |
| Maidenhead (MAI) | DLR 3 a | | | | | | | 2127 | | | | | | 2144 | | | | | 2156 |
| Twyford (TWY) | DLR 3 a | | | | | | | 2134 | | | | | | | | | | | 2203 |
| Reading (RDG) | DLR 7 a | | | | | | | 2141 | | | | | | | | | | | 2210 |

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

- a Arrival time
- d Departure time

- A From Southend Victoria
- C From Ipswich
- D From Clacton-on-Sea
- G From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | XR | XR | XR | LE A | LE H | XR | XR | LE G | XR | XR | XR | XR | LE A | LE D | XR | XR | |
|-------------------------------------|----------|------|------|------|------|---------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|------|
| Shenfield (SNF) | 3 d | 2026 | | 2033 | | 2041 | 2045 | 2048 | | 2048 | 2051 | | 2056 | | 2103 | 2105 | 2108 | | 2111 |
| Brentwood (BRE) | d | 2030 | | 2037 | | 2045 | | | | 2052 | | | 2100 | | 2107 | | | | 2115 |
| Harold Wood (HRO) | d | 2034 | | 2041 | | 2049 | | | | 2056 | | | 2104 | | 2111 | | | | 2119 |
| Gidea Park (GDP) | 2 d | 2037 | | 2044 | | 2052 | | | | 2059 | | | 2107 | | 2114 | | | | 2122 |
| Romford (RMF) | d | 2040 | | 2047 | | 2055 | 2052 | | | 2102 | | | 2110 | | 2117 | | | | 2125 |
| Chadwell Heath (CTH) | d | 2043 | | 2050 | | 2058 | | | | 2105 | | | 2113 | | 2120 | | | | 2128 |
| Goodmayes (GMY) | d | 2045 | | 2052 | | 2100 | | | | 2107 | | | 2115 | | 2122 | | | | 2130 |
| Seven Kings (SVK) | d | 2047 | | 2054 | | 2102 | | | | 2109 | | | 2117 | | 2124 | | | | 2132 |
| Ilford (IFD) | 2 d | 2051 | | 2058 | | 2106 | | | | 2113 | | | 2121 | | 2128 | | | | 2136 |
| Manor Park (MNP) | d | 2053 | | 2100 | | 2108 | | | | 2115 | | | 2123 | | 2130 | | | | 2138 |
| Forest Gate (FOG) | d | 2056 | | 2103 | | 2111 | | | | 2118 | | | 2126 | | 2133 | | | | 2141 |
| Maryland (MYL) | d | 2058 | | 2105 | | 2113 | | | | 2120 | | | 2128 | | 2135 | | | | 2143 |
| Stratford (SRA) | DLR 7 d | 2101 | | 2108 | | 2116 | 2102 | | | 2123 | 2107 | | 2131 | | 2138 | 2120 | 2123 | | 2146 |
| Abbey Wood (ABW) | d | | 2054 | | 2102 | | | | 2109 | | | 2117 | | 2124 | | | | 2132 | |
| Woolwich (WWC) | d | | 2057 | | 2105 | | | | 2112 | | | 2120 | | 2127 | | | | 2135 | |
| Custom House (CUS) | d | | 2101 | | 2109 | | | | 2116 | | | 2124 | | 2131 | | | | 2139 | |
| Canary Wharf (CWX) | DLR d | | 2105 | | 2113 | | | | 2120 | | | 2128 | | 2135 | | | | 2143 | |
| Whitechapel (ZLW) | DLR d | 2106 | 2109 | 2113 | 2117 | 2121 | | | 2124 | 2128 | | 2132 | 2136 | 2139 | 2143 | | | 2147 | 2151 |
| London Liverpool Street (LST) | DLR 15 a | | | | | | 2110 | 2112 | | | 2115 | | | | 2128 | 2131 | | | |
| London Liverpool Street EL (LST) | DLR 4 a | 2109 | 2112 | 2116 | 2120 | 2124 | | | 2127 | 2131 | | 2135 | 2139 | 2142 | 2146 | | | 2150 | 2154 |
| Farringdon (ZFD) | DLR 3 a | 2111 | 2114 | 2118 | 2122 | 2126 | | | 2129 | 2133 | | 2137 | 2141 | 2144 | 2148 | | | 2152 | 2156 |
| Tottenham Court Road (TCR) | DLR a | 2114 | 2117 | 2121 | 2125 | 2129 | | | 2132 | 2136 | | 2140 | 2144 | 2147 | 2151 | | | 2155 | 2159 |
| Bond Street (BDS) | DLR a | 2117 | 2120 | 2124 | 2128 | 2132 | | | 2135 | 2139 | | 2143 | 2147 | 2150 | 2154 | | | 2158 | 2202 |
| London Paddington EL (PAD) | DLR 15 a | 2122 | 2124 | 2129 | 2132 | 2136 | | | 2139 | 2144 | | 2147 | 2152 | 2154 | 2159 | | | 2202 | 2206 |
| Acton Main Line (AML) | a | | 2130 | | | | | | 2145 | | | | | 2200 | | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 2133 | | 2140 | 2143 | | | 2148 | | | 2155 | | 2203 | | | 2210 | 2213 | |
| West Ealing (WEA) | DLR 3 a | | 2136 | | 2146 | | | | 2151 | | | | | 2206 | | | | 2216 | |
| Hanwell (HAN) | a | | 2138 | | | | | | 2153 | | | | | 2208 | | | | | |
| Southall (STL) | a | | 2141 | | 2145 | | | | 2156 | | | 2202 | | 2211 | | | 2215 | | |
| Hayes & Harlington (HAY) | DLR 3 a | | 2144 | | 2148 | 2152 | | | 2159 | | | 2205 | | 2214 | | | 2218 | 2222 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | 2151 | | 2159 | | | | 2206 | | | | | 2221 | | | | 2229 | |
| Heathrow Terminal 4 (HAF) | DLR a | | 2157 | | | | | | 2212 | | | | | 2227 | | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | 2205 | | | | | | | | | | | | | | 2235 |
| West Drayton (WDT) | a | | | | 2152 | | | | | | | 2209 | | | | | | | 2222 |
| Iver (IVR) | a | | | | 2155 | | | | | | | | | | | | | | 2225 |
| Langley (LNY) | a | | | | 2157 | | | | | | | 2213 | | | | | | | 2227 |
| Slough (SLO) | DLR 3 a | | | | 2201 | | | | | | | 2216 | | | | | | | 2231 |
| Burnham (BNM) | a | | | | 2205 | | | | | | | 2220 | | | | | | | 2235 |
| Taplow (TAP) | a | | | | | | | | | | | 2223 | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | 2212 | | | | | | | 2226 | | | | | 2246 | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | 2233 | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | 2240 | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- G From Colchester Town
- H From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | XR | LE G | XR | XR | LE A | XR | XR | LE H | XR | XR | XR | XR | LE N | XR | XR | LE A | XR |
|-------------------------------------|--------|----|---------|------|------|---------|------|------|---------|----|------|------|------|---------|----|------|---------|------|
| Shenfield (SNF) | 3 | d | | | 2126 | 2133 | | 2133 | 2138 | | 2141 | | 2148 | 2151 | | 2156 | 2203 | |
| Brentwood (BRE) | | d | | | 2130 | | | 2137 | | | 2145 | | 2152 | | | 2200 | | |
| Harold Wood (HRO) | | d | | | 2134 | | | 2141 | | | 2149 | | 2156 | | | 2204 | | |
| Gidea Park (GDP) | 2 | d | | | 2137 | | | 2144 | | | 2152 | | 2159 | | | 2207 | | |
| Romford (RMF) | | d | | | 2140 | 2140 | | 2147 | | | 2155 | | 2202 | | | 2210 | 2210 | |
| Chadwell Heath (CTH) | | d | | | 2143 | | | 2150 | | | 2158 | | 2205 | | | 2213 | | |
| Goodmayes (GMY) | | d | | | 2145 | | | 2152 | | | 2200 | | 2207 | | | 2215 | | |
| Seven Kings (SVK) | | d | | | 2139 | | | 2147 | | | 2202 | | 2209 | | | 2217 | | |
| Ilford (IFD) | 2 | d | | | 2143 | | | 2151 | | | 2206 | | 2213 | | | 2221 | | |
| Manor Park (MNP) | | d | | | 2145 | | | 2200 | | | 2208 | | 2215 | | | 2223 | | |
| Forest Gate (FOG) | | d | | | 2148 | | | 2203 | | | 2211 | | 2218 | | | 2226 | | |
| Maryland (MYL) | | d | | | 2150 | | | 2205 | | | 2213 | | 2220 | | | 2228 | | |
| Stratford (SRA) | DLR 7 | d | | 2138 | | 2150 | | 2208 | 2153 | | 2216 | | 2223 | 2206 | | 2231 | 2220 | |
| Abbey Wood (ABW) | | d | | | 2147 | | | 2154 | | | 2202 | | 2209 | | | 2217 | | 2224 |
| Woolwich (WWC) | | d | | | 2150 | | | 2157 | | | 2205 | | 2212 | | | 2220 | | 2227 |
| Custom House (CUS) | | d | | | 2154 | | | 2201 | | | 2209 | | 2216 | | | 2224 | | 2231 |
| Canary Wharf (CWX) | DLR | d | | | 2158 | | | 2205 | | | 2213 | | 2220 | | | 2228 | | 2235 |
| Whitechapel (ZLW) | DLR | d | | 2158 | | | | 2209 | 2213 | | 2217 | 2221 | 2224 | 2228 | | 2232 | 2236 | 2239 |
| London Liverpool Street (LST) | DLR 15 | a | | 2146 | | | 2158 | | 2201 | | | | | 2214 | | 2228 | | |
| London Liverpool Street EL (LST) | DLR 4 | a | | | 2205 | 2209 | | 2212 | 2216 | | 2220 | 2224 | 2227 | 2231 | | 2235 | 2239 | 2242 |
| Farringdon (ZFD) | DLR 3 | a | | | 2207 | 2211 | | 2214 | 2218 | | 2222 | 2226 | 2229 | 2233 | | 2237 | 2241 | 2244 |
| Tottenham Court Road (TCR) | DLR | a | | | 2210 | 2214 | | 2217 | 2221 | | 2225 | 2229 | 2232 | 2236 | | 2240 | 2244 | 2247 |
| Bond Street (BDS) | DLR | a | | | 2213 | 2217 | | 2220 | 2224 | | 2228 | 2232 | 2235 | 2239 | | 2243 | 2247 | 2250 |
| London Paddington EL (PAD) | DLR 15 | a | | | 2217 | 2222 | | 2224 | 2229 | | 2232 | 2237 | 2239 | 2244 | | 2247 | 2252 | 2254 |
| Acton Main Line (AML) | | a | | | | | | 2230 | | | | | 2245 | | | | | 2300 |
| Ealing Broadway (EAL) | DLR 3 | a | | | 2225 | | | 2233 | | | 2240 | | 2248 | | | 2255 | | 2303 |
| West Ealing (WEA) | DLR 3 | a | | | | | | 2236 | | | | | 2251 | | | | | 2306 |
| Hanwell (HAN) | | a | | | | | | 2238 | | | | | 2253 | | | | | 2308 |
| Southall (STL) | | a | | | 2231 | | | 2241 | | | 2245 | | 2256 | | | 2301 | | 2311 |
| Hayes & Harlington (HAY) | DLR 3 | a | | | 2234 | | | 2244 | | | 2248 | | 2259 | | | 2304 | | 2314 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | | 2251 | | | | | 2306 | | | | | 2321 |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | | 2257 | | | | | | | | | | 2327 |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | | | | 2312 | | | | | |
| West Drayton (WDT) | | a | | | 2238 | | | | | | 2252 | | | | | 2308 | | |
| Iver (IVR) | | a | | | | | | | | | 2255 | | | | | 2311 | | |
| Langley (LNY) | | a | | | 2242 | | | | | | 2257 | | | | | 2313 | | |
| Slough (SLO) | DLR 3 | a | | | 2246 | | | | | | 2301 | | | | | 2317 | | |
| Burnham (BNM) | | a | | | 2250 | | | | | | 2305 | | | | | 2321 | | |
| Taplow (TAP) | | a | | | 2252 | | | | | | | | | | | 2323 | | |
| Maidenhead (MAI) | DLR 3 | a | | | 2255 | | | | | | 2312 | | | | | 2326 | | |
| Twyford (TWY) | DLR 3 | a | | | 2302 | | | | | | | | | | | 2333 | | |
| Reading (RDG) | DLR 7 | a | | | 2310 | | | | | | | | | | | 2341 | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- G From Colchester Town
- H From Braintree
- N From Harwich International

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes Catering facilities | XR | LE D | XR | XR | XR | XR | LE G | XR | XR | LE P | LE A | XR | XR | XR | XR | XR | LE C | XR | | |
|--|--------|---------|------|------|----|------|---------|------|------|---------|---------|-------|------|----|------|------|---------|------|------|------|
| Shenfield (SNF) | 3 | d | 2203 | 2208 | | 2211 | | 2218 | 2221 | | 2226 | 2232 | 2234 | | | 2236 | | 2246 | 2251 | |
| Brentwood (BRE) | | d | 2207 | | | 2215 | | 2222 | | | 2230 | | | | | 2240 | | 2250 | | |
| Harold Wood (HRO) | | d | 2211 | | | 2219 | | 2226 | | | 2234 | | | | | 2244 | | 2254 | | |
| Gidea Park (GDP) | 2 | d | 2214 | | | 2222 | | 2229 | | | 2237 | | | | | 2247 | | 2257 | | |
| Romford (RMF) | | d | 2217 | | | 2225 | | 2232 | | | 2240 | | 2241 | | | 2250 | | 2300 | | |
| Chadwell Heath (CTH) | | d | 2220 | | | 2228 | | 2235 | | | 2243 | | | | | 2253 | | 2303 | | |
| Goodmayes (GMY) | | d | 2222 | | | 2230 | | 2237 | | | 2245 | | | | | 2255 | | 2305 | | |
| Seven Kings (SVK) | | d | 2224 | | | 2232 | | 2239 | | | 2247 | | | | | 2257 | | 2307 | | |
| Ilford (IFD) | 2 | d | 2228 | | | 2236 | | 2243 | | | 2251 | | | | | 2301 | | 2311 | | |
| Manor Park (MNP) | | d | 2230 | | | 2238 | | 2245 | | | 2253 | | | | | 2303 | | 2313 | | |
| Forest Gate (FOG) | | d | 2233 | | | 2241 | | 2248 | | | 2256 | | | | | 2306 | | 2316 | | |
| Maryland (MYL) | | d | 2235 | | | 2243 | | 2250 | | | 2258 | | | | | 2308 | | 2318 | | |
| Stratford (SRA) | DLR 7 | d | 2238 | 2223 | | 2246 | | 2253 | 2236 | | 2301 | 2247s | 2251 | | | 2311 | | 2321 | 2306 | |
| Abbey Wood (ABW) | | d | | | | 2232 | | 2239 | | | 2247 | | | | 2254 | 2258 | | 2306 | | 2316 |
| Woolwich (WWC) | | d | | | | 2235 | | 2242 | | | 2250 | | | | 2257 | 2301 | | 2309 | | 2319 |
| Custom House (CUS) | | d | | | | 2239 | | 2246 | | | 2254 | | | | 2301 | 2305 | | 2313 | | 2323 |
| Canary Wharf (CWX) | DLR | d | | | | 2243 | | 2250 | | | 2258 | | | | 2305 | 2309 | | 2317 | | 2327 |
| Whitechapel (ZLW) | DLR | d | 2243 | | | 2247 | 2251 | 2254 | 2258 | | 2302 | 2306 | | | 2309 | 2313 | 2316 | 2321 | 2326 | 2331 |
| London Liverpool Street (LST) | DLR 15 | a | | 2231 | | | | | 2244 | | | 2255 | 2259 | | | | | | 2314 | |
| London Liverpool Street EL (LST) | DLR 4 | a | 2246 | | | 2250 | 2254 | 2257 | 2301 | | 2305 | 2309 | | | 2312 | 2316 | 2319 | 2324 | 2329 | 2334 |
| Farringdon (ZFD) | DLR 8 | a | 2248 | | | 2252 | 2256 | 2259 | 2303 | | 2307 | 2311 | | | 2314 | 2318 | 2321 | 2326 | 2331 | 2336 |
| Tottenham Court Road (TCR) | DLR | a | 2251 | | | 2255 | 2259 | 2302 | 2306 | | 2310 | 2314 | | | 2317 | 2321 | 2324 | 2329 | 2334 | 2339 |
| Bond Street (BDS) | DLR | a | 2254 | | | 2258 | 2302 | 2305 | 2309 | | 2313 | 2317 | | | 2320 | 2324 | 2327 | 2332 | 2337 | 2342 |
| London Paddington EL (PAD) | DLR 15 | a | 2259 | | | 2303 | 2307 | 2309 | 2314 | | 2318 | 2322 | | | 2324 | 2329 | 2332 | 2336 | 2342 | 2347 |
| Acton Main Line (AML) | | a | | | | | | 2315 | | | | | | | 2330 | | | 2342 | | |
| Ealing Broadway (EAL) | DLR 8 | a | | | | | | 2318 | | | 2325 | | | | 2333 | | | 2345 | | 2355 |
| West Ealing (WEA) | DLR 8 | a | | | | | | 2321 | | | | | | | 2336 | | | 2348 | | |
| Hanwell (HAN) | | a | | | | | | 2323 | | | | | | | 2338 | | | 2350 | | |
| Southall (STL) | | a | | | | | | 2326 | | | 2330 | | | | 2341 | | | 2353 | | 0003 |
| Hayes & Harlington (HAY) | DLR 8 | a | | | | | | 2329 | | | 2333 | | | | 2344 | | | 2356 | | 0006 |
| Heathrow Terminals 2 & 3 (HXX) | DLR ← | a | | | | | | 2336 | | | | | | | 2351 | | | | | |
| Heathrow Terminal 4 (HAF) | DLR ← | a | | | | | | | | | | | | | 2357 | | | | | |
| Heathrow Terminal 5 (HWV) | DLR ← | a | | | | | | 2342 | | | | | | | | | | | | |
| West Drayton (WDT) | | a | | | | | | | | | 2337 | | | | | | | | | 0010 |
| Iver (IVR) | | a | | | | | | | | | 2340 | | | | | | | | | 0013 |
| Langley (LNY) | | a | | | | | | | | | 2342 | | | | | | | | | 0015 |
| Slough (SLO) | DLR 3 | a | | | | | | | | | 2346 | | | | | | | | | 0019 |
| Burnham (BNM) | | a | | | | | | | | | 2353 | | | | | | | | | |
| Taplow (TAP) | | a | | | | | | | | | 2355 | | | | | | | | | |
| Maidenhead (MAI) | DLR 3 | a | | | | | | | | | 0001 | | | | | | | | | 0031 |
| Twyford (TWY) | DLR 3 | a | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | DLR 7 | a | | | | | | | | | | | | | | | | | | |

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
C From Ipswich
D From Clacton-on-Sea
G From Colchester Town
P From Norwich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Mondays to Fridays

| Operator Days of operation/Notes | XR | LE A | LE D | XR | XR | LE C | XR | XR | LE P | LE A | LE F | XR | XR | XR | |
|-------------------------------------|----------|---------|---------|------|------|---------|------|------|---------|---------|---------|------|------|------|------|
| Shenfield (SNF) | 3 d | 2256 | 2303 | 2308 | | 2311 | 2321 | | 2326 | 2333 | 2335 | 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 | 2310 | | | 2325 | | | 2340 | | | 2346 | | 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 | 2331 | 2320 | 2323 | | 2346 | 2336 | | 0001 | 2348s | 2351 | 2356 | | 0016 | 0031 |
| Abbey Wood (ABW) | d | | | | 2328 | | | 2343 | | | | | 2358 | | |
| Woolwich (WWC) | d | | | | 2331 | | | 2346 | | | | | 0001 | | |
| Custom House (CUS) | d | | | | 2335 | | | 2350 | | | | | 0005 | | |
| Canary Wharf (CWX) | DLR d | | | | 2339 | | | 2354 | | | | | 0009 | | |
| Whitechapel (ZLW) | DLR d | 2336 | | | 2343 | 2351 | | 2358 | 0006 | | | | 0013 | 0021 | |
| London Liverpool Street (LST) | DLR 15 a | | 2328 | 2331 | | | 2344 | | | 2357 | 0001 | 0005 | | | 0039 |
| London Liverpool Street EL (LST) | DLR 4 a | 2339 | | | 2346 | 2354 | | 0001 | 0009 | | | | 0016 | 0024 | |
| Farringdon (ZFD) | DLR 3 a | 2341 | | | 2348 | 2356 | | 0003 | 0011 | | | | 0018 | 0026 | |
| Tottenham Court Road (TCR) | DLR a | 2344 | | | 2351 | 2359 | | 0006 | 0014 | | | | 0021 | 0029 | |
| Bond Street (BDS) | DLR a | 2347 | | | 2354 | 0002 | | 0009 | 0017 | | | | 0024 | 0032 | |
| London Paddington EL (PAD) | DLR 15 a | 2352 | | | 2359 | 0007 | | 0014 | 0022 | | | | 0029 | 0037 | |
| Acton Main Line (AML) | a | | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | | | | | | | | | | | | | |
| West Ealing (WEA) | DLR 3 a | | | | | | | | | | | | | | |
| Hanwell (HAN) | a | | | | | | | | | | | | | | |
| Southall (STL) | a | | | | | | | | | | | | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | | | | | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | | | | | | |
| West Drayton (WDT) | a | | | | | | | | | | | | | | |
| Iver (IVR) | a | | | | | | | | | | | | | | |
| Langley (LNY) | a | | | | | | | | | | | | | | |
| Slough (SLO) | DLR 3 a | | | | | | | | | | | | | | |
| Burnham (BNM) | a | | | | | | | | | | | | | | |
| Taplow (TAP) | a | | | | | | | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | | | | | | | | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | | | | |

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
- C From Ipswich
- D From Clacton-on-Sea
- F From Southminster
- P From Norwich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE A | XR | XR | XR | XR | LE A | XR | XR | LE B | XR | XR | XR | XR | LE A | XR | XR | XR | XR | |
|-------------------------------------|-----------------------|------|------|------|------|---------|------|------|---------|------|------|------|------|---------|------|------|------|------|------|
| Shenfield (SNF) | 3 d | 0439 | 0444 | | | 0504 | 0511 | | 0524 | | 0524 | | 0533 | 0535 | | 0541 | | 0548 | |
| Brentwood (BRE) | d | | 0448 | | | 0508 | | | | | 0528 | | 0537 | | | 0545 | | 0552 | |
| Harold Wood (HRO) | d | | 0452 | | | 0512 | | | | | 0532 | | 0541 | | | 0549 | | 0556 | |
| Gidea Park (GDP) | 2 d | | 0455 | 0505 | | 0515 | | 0525 | | | 0535 | | 0544 | | | 0552 | | 0559 | |
| Romford (RMF) | d | | 0458 | 0508 | | 0518 | | 0528 | 0531 | | 0538 | | 0547 | 0542 | | 0555 | | 0602 | |
| Chadwell Heath (CTH) | d | | 0502 | 0511 | | 0522 | | 0531 | | | 0542 | | 0550 | | | 0558 | | 0605 | |
| Goodmayes (GMY) | d | | 0504 | 0513 | | 0524 | | 0533 | | | 0544 | | 0552 | | | 0600 | | 0607 | |
| Seven Kings (SVK) | d | | 0506 | 0515 | | 0526 | | 0535 | 0536s | | 0546 | | 0554 | | | 0602 | | 0609 | |
| Ilford (IFD) | 2 d | | 0509 | 0518 | | 0529 | | 0539 | | | 0549 | | 0558 | | | 0606 | | 0613 | |
| Manor Park (MNP) | d | | 0512 | 0521 | | 0532 | | 0541 | | | 0552 | | 0600 | | | 0608 | | 0615 | |
| Forest Gate (FOG) | d | | 0514 | 0524 | | 0534 | | 0544 | | | 0554 | | 0603 | | | 0611 | | 0618 | |
| Maryland (MYL) | d | | 0516 | 0526 | | 0536 | | 0546 | | | 0556 | | 0605 | | | 0613 | | 0620 | |
| Stratford (SRA) | DLR 7 d | 0456 | 0519 | 0528 | 0534 | 0539 | 0524 | | 0549 | 0543 | | 0559 | | 0552 | | 0616 | | 0623 | |
| Abbey Wood (ABW) | d | | | | | | 0534 | | | 0544 | | 0554 | | | 0602 | | 0609 | | |
| Woolwich (WWC) | d | | | | | | 0537 | | | 0547 | | 0557 | | | 0605 | | 0612 | | |
| Custom House (CUS) | d | | | | | | 0541 | | | 0551 | | 0601 | | | 0609 | | 0616 | | |
| Canary Wharf (CWX) | DLR d | | | | | | 0545 | | | 0555 | | 0605 | | | 0613 | | 0620 | | |
| Whitechapel (ZLW) | DLR d | | | | 0539 | 0544 | 0549 | 0554 | | 0559 | 0604 | 0609 | 0613 | | 0617 | 0621 | 0624 | 0628 | |
| London Liverpool Street (LST) | 15 a | 0504 | 0527 | 0537 | | 0537 | | 0551 | | | | | 0600 | | | | | | |
| London Liverpool Street EL (LST) | 4 a | | | | 0542 | 0547 | | 0552 | 0557 | | 0602 | 0607 | 0612 | 0616 | | 0620 | 0624 | 0627 | 0631 |
| Farringdon (ZFD) | 3 a | | | | 0544 | 0549 | | 0554 | 0559 | | 0604 | 0609 | 0614 | 0618 | | 0622 | 0626 | 0629 | 0633 |
| Tottenham Court Road (TCR) | a | | | | 0547 | 0552 | | 0557 | 0602 | | 0607 | 0612 | 0617 | 0621 | | 0625 | 0629 | 0632 | 0636 |
| Bond Street (BDS) | a | | | | 0550 | 0555 | | 0600 | 0605 | | 0610 | 0615 | 0620 | 0624 | | 0628 | 0632 | 0635 | 0639 |
| London Paddington EL (PAD) | 15 a | | | | 0553 | 0600 | | 0603 | 0609 | | 0613 | 0620 | 0623 | 0629 | | 0631 | 0637 | 0638 | 0644 |
| Acton Main Line (AML) | a | | | | 0600 | | | | 0615 | | | | 0630 | | | | | | 0645 |
| Ealing Broadway (EAL) | 3 a | | | | 0603 | | | | 0618 | | 0625 | | 0633 | | | | | | 0648 |
| West Ealing (WEA) | 3 a | | | | 0606 | | | | 0621 | | | | 0636 | | | | | | 0651 |
| Hanwell (HAN) | a | | | | 0608 | | | | 0623 | | | | 0638 | | | | | | 0653 |
| Southall (STL) | a | | | | 0611 | | | | 0626 | | 0631 | | 0641 | | | | | | 0656 |
| Hayes & Harlington (HAY) | 3 a | | | | 0614 | | | | 0629 | | 0634 | | 0644 | | | | | | 0659 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | 0621 | | | | 0636 | | | | 0651 | | | | | | 0706 |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | | | | 0642 | | | | | | | | | | 0712 |
| Heathrow Terminal 5 (HWV) | DLR a | | | | 0627 | | | | | | | | 0657 | | | | | | |
| West Drayton (WDT) | a | | | | | | | | | 0638 | | | | | | | | | |
| Iver (IVR) | a | | | | | | | | | 0640 | | | | | | | | | |
| Langley (LNY) | a | | | | | | | | | 0643 | | | | | | | | | |
| Slough (SLO) | 3 a | | | | | | | | | 0646 | | | | | | | | | |
| Burnham (BNM) | a | | | | | | | | | 0650 | | | | | | | | | |
| Taplow (TAP) | a | | | | | | | | | 0653 | | | | | | | | | |
| Maidenhead (MAI) | 3 a | | | | | | | | | 0656 | | | | | | | | | |
| Twyford (TWY) | 3 a | | | | | | | | | 0703 | | | | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | 0710 | | | | | | | | | |

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
B From Colchester

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE B | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE B | XR | XR | XR | XR | LE A | XR | XR | | |
|-------------------------------------|---------|------|----|------|------|---------|------|----|------|------|---------|------|------|------|------|---------|------|------|------|------|
| Shenfield (SNF) | 3 d | 0554 | | 0556 | | 0603 | 0605 | | 0611 | | 0618 | | 0626 | | 0633 | 0635 | | 0641 | | |
| Brentwood (BRE) | d | | | 0600 | | 0607 | | | 0615 | | 0622 | | 0630 | | 0637 | | | 0645 | | |
| Harold Wood (HRO) | d | | | 0604 | | 0611 | | | 0619 | | 0626 | | 0634 | | 0641 | | | 0649 | | |
| Gidea Park (GDP) | 2 d | | | 0607 | | 0614 | | | 0622 | | 0629 | | 0637 | | 0644 | | | 0652 | | |
| Romford (RMF) | d | 0601 | | 0610 | | 0617 | | | 0625 | | 0632 | | 0640 | | 0647 | 0642 | | 0655 | | |
| Chadwell Heath (CTH) | d | | | 0613 | | 0620 | | | 0628 | | 0635 | | 0643 | | 0650 | | | 0658 | | |
| Goodmayes (GMY) | d | | | 0615 | | 0622 | | | 0630 | | 0637 | | 0645 | | 0652 | | | 0700 | | |
| Seven Kings (SVK) | d | | | 0617 | | 0624 | | | 0632 | | 0639 | | 0647 | | 0654 | | | 0702 | | |
| Ilford (IFD) | 2 d | | | 0621 | | 0628 | | | 0636 | | 0643 | | 0651 | | 0658 | | | 0706 | | |
| Manor Park (MNP) | d | | | 0623 | | 0630 | | | 0638 | | 0645 | | 0653 | | 0700 | | | 0708 | | |
| Forest Gate (FOG) | d | | | 0626 | | 0633 | | | 0641 | | 0648 | | 0656 | | 0703 | | | 0711 | | |
| Maryland (MYL) | d | | | 0628 | | 0635 | | | 0643 | | 0650 | | 0658 | | 0705 | | | 0713 | | |
| Stratford (SRA) | DLR 7 d | 0611 | | 0631 | | 0638 | 0620 | | 0646 | | 0653 | 0636 | | 0701 | | 0708 | 0652 | 0716 | | |
| Abbey Wood (ABW) | d | | | 0617 | | 0624 | | | 0632 | | 0639 | | 0647 | | 0654 | | | 0702 | | |
| Woolwich (WWC) | d | | | 0620 | | 0627 | | | 0635 | | 0642 | | 0650 | | 0657 | | | 0705 | | |
| Custom House (CUS) | d | | | 0624 | | 0631 | | | 0639 | | 0646 | | 0654 | | 0701 | | | 0709 | | |
| Canary Wharf (CWX) | DLR d | | | 0628 | | 0635 | | | 0643 | | 0650 | | 0658 | | 0705 | | | 0713 | | |
| Whitechapel (ZLW) | DLR d | | | 0632 | 0636 | 0639 | 0643 | | 0647 | 0651 | 0654 | 0658 | 0702 | 0706 | 0709 | 0713 | | 0717 | 0721 | |
| London Liverpool Street (LST) | 15 a | 0619 | | | | | 0628 | | | | | 0644 | | | | 0700 | | | | |
| London Liverpool Street EL (LST) | 4 a | | | 0635 | 0639 | 0642 | 0646 | | 0650 | 0654 | 0657 | 0701 | | 0705 | 0709 | 0712 | 0716 | | 0720 | 0724 |
| Farringdon (ZFD) | 3 a | | | 0637 | 0641 | 0644 | 0648 | | 0652 | 0656 | 0659 | 0703 | | 0707 | 0711 | 0714 | 0718 | | 0722 | 0726 |
| Tottenham Court Road (TCR) | a | | | 0640 | 0644 | 0647 | 0651 | | 0655 | 0659 | 0702 | 0706 | | 0710 | 0714 | 0717 | 0721 | | 0725 | 0729 |
| Bond Street (BDS) | a | | | 0643 | 0647 | 0650 | 0654 | | 0658 | 0702 | 0705 | 0709 | | 0713 | 0717 | 0720 | 0724 | | 0728 | 0732 |
| London Paddington EL (PAD) | 15 a | | | 0646 | 0652 | 0653 | 0659 | | 0701 | 0707 | 0708 | 0714 | | 0716 | 0722 | 0723 | 0729 | | 0731 | 0737 |
| Acton Main Line (AML) | a | | | | | 0700 | | | | | | 0715 | | | | | 0730 | | | |
| Ealing Broadway (EAL) | 3 a | | | 0655 | | 0703 | | | | | | 0718 | | 0726 | | 0733 | | | | |
| West Ealing (WEA) | 3 a | | | | | 0706 | | | | | | 0721 | | | | 0736 | | | | |
| Hanwell (HAN) | a | | | | | 0708 | | | | | | 0723 | | | | 0738 | | | | |
| Southall (STL) | a | | | 0701 | | 0711 | | | | | | 0726 | | 0731 | | 0741 | | | | |
| Hayes & Harlington (HAY) | 3 a | | | 0704 | | 0714 | | | | | | 0729 | | 0734 | | 0744 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | 0721 | | | | | | 0736 | | | | 0751 | | | | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | | | | | | 0742 | | | | | | | | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | 0727 | | | | | | | | | | 0757 | | | | |
| West Drayton (WDT) | a | | | 0708 | | | | | | | | | | 0738 | | | | | | |
| Iver (IVR) | a | | | 0710 | | | | | | | | | | 0740 | | | | | | |
| Langley (LNY) | a | | | 0713 | | | | | | | | | | 0743 | | | | | | |
| Slough (SLO) | 3 a | | | 0716 | | | | | | | | | | 0746 | | | | | | |
| Burnham (BNM) | a | | | 0720 | | | | | | | | | | 0750 | | | | | | |
| Taplow (TAP) | a | | | 0723 | | | | | | | | | | 0753 | | | | | | |
| Maidenhead (MAI) | 3 a | | | 0726 | | | | | | | | | | 0756 | | | | | | |
| Twyford (TWY) | 3 a | | | 0733 | | | | | | | | | | 0803 | | | | | | |
| Reading (RDG) | 7 a | | | 0740 | | | | | | | | | | 0811 | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- B From Colchester

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE C | XR | XR | XR | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | LE A | XR | XR | XR | | |
|-------------------------------------|----------|------|------|------|------|------|------|------|---------|---------|------|----|------|------|---------|---------|------|------|------|------|------|
| Shenfield (SNF) | 3 d | 0644 | | 0648 | | 0656 | | 0703 | | 0705 | 0708 | | | 0711 | | 0718 | 0721 | 0726 | | 0726 | |
| Brentwood (BRE) | d | | | 0652 | | 0700 | | 0707 | | | | | | 0715 | | 0722 | | | | 0730 | |
| Harold Wood (HRO) | d | | | 0656 | | 0704 | | 0711 | | | | | | 0719 | | 0726 | | | | 0734 | |
| Gidea Park (GDP) | 2 d | | | 0659 | | 0707 | | 0714 | | | | | | 0722 | | 0729 | | | | 0737 | |
| Romford (RMF) | d | 0651 | | 0702 | | 0710 | | 0717 | | | | | | 0725 | | 0732 | | 0733 | | 0740 | |
| Chadwell Heath (CTH) | d | | | 0705 | | 0713 | | 0720 | | | | | | 0728 | | 0735 | | | | 0743 | |
| Goodmayes (GMY) | d | | | 0707 | | 0715 | | 0722 | | | | | | 0730 | | 0737 | | | | 0745 | |
| Seven Kings (SVK) | d | | | 0709 | | 0717 | | 0724 | | | | | | 0732 | | 0739 | | | | 0747 | |
| Ilford (IFD) | 2 d | | | 0713 | | 0721 | | 0728 | | | | | | 0736 | | 0743 | | | | 0751 | |
| Manor Park (MNP) | d | | | 0715 | | 0723 | | 0730 | | | | | | 0738 | | 0745 | | | | 0753 | |
| Forest Gate (FOG) | d | | | 0718 | | 0726 | | 0733 | | | | | | 0741 | | 0748 | | | | 0756 | |
| Maryland (MYL) | d | | | 0720 | | 0728 | | 0735 | | | | | | 0743 | | 0750 | | | | 0758 | |
| Stratford (SRA) | DLR 7 d | 0701 | | 0723 | | 0731 | | 0738 | | 0720 | 0723 | | | 0746 | | 0753 | 0736 | 0743 | | 0801 | |
| Abbey Wood (ABW) | d | | | 0709 | | 0717 | | 0724 | | | | | 0732 | | 0739 | | | | 0747 | 0754 | |
| Woolwich (WWC) | d | | | 0712 | | 0720 | | 0727 | | | | | 0735 | | 0742 | | | | 0750 | 0757 | |
| Custom House (CUS) | d | | | 0716 | | 0724 | | 0731 | | | | | 0739 | | 0746 | | | | 0754 | 0801 | |
| Canary Wharf (CWX) | DLR d | | | 0720 | | 0728 | | 0735 | | | | | 0743 | | 0750 | | | | 0758 | 0805 | |
| Whitechapel (ZLW) | d | | | 0724 | 0728 | 0732 | 0736 | 0739 | 0743 | | | | 0747 | 0751 | 0754 | 0758 | | | 0802 | 0806 | 0809 |
| London Liverpool Street (LST) | DLR 15 a | 0709 | | | | | | | | 0728 | 0731 | | | | | | 0744 | 0751 | | | |
| London Liverpool Street EL (LST) | DLR 4 a | | 0727 | 0731 | 0735 | 0739 | 0742 | 0746 | | | | | 0750 | 0754 | 0757 | 0801 | | | 0805 | 0809 | 0812 |
| Farringdon (ZFD) | DLR 3 a | | 0729 | 0733 | 0737 | 0741 | 0744 | 0748 | | | | | 0752 | 0756 | 0759 | 0803 | | | 0807 | 0811 | 0814 |
| Tottenham Court Road (TCR) | d | | 0732 | 0736 | 0740 | 0744 | 0747 | 0751 | | | | | 0755 | 0759 | 0802 | 0806 | | | 0810 | 0814 | 0817 |
| Bond Street (BDS) | d | | 0735 | 0739 | 0743 | 0747 | 0750 | 0754 | | | | | 0758 | 0802 | 0805 | 0809 | | | 0813 | 0817 | 0820 |
| London Paddington EL (PAD) | DLR 15 a | | 0738 | 0744 | 0746 | 0752 | 0753 | 0759 | | | | | 0801 | 0806 | 0808 | 0814 | | | 0816 | 0822 | 0823 |
| Acton Main Line (AML) | a | | 0745 | | | | 0800 | | | | | | | | 0815 | | | | | | 0830 |
| Ealing Broadway (EAL) | DLR 3 a | | 0748 | | 0755 | | 0803 | | | | | | 0813 | 0818 | | | | 0825 | | | 0833 |
| West Ealing (WEA) | DLR 3 a | | 0751 | | | | 0806 | | | | | | 0816 | 0821 | | | | | | | 0836 |
| Hanwell (HAN) | a | | 0753 | | | | 0808 | | | | | | | 0823 | | | | | | | 0838 |
| Southall (STL) | a | | 0756 | | 0802 | | 0811 | | | | | | | 0826 | | | | 0831 | | | 0841 |
| Hayes & Harlington (HAY) | DLR 3 a | | 0759 | | 0805 | | 0814 | | | | | | 0822 | 0829 | | | | 0834 | | | 0844 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | 0806 | | | | 0821 | | | | | | 0829 | 0836 | | | | | | | 0851 |
| Heathrow Terminal 4 (HAF) | DLR a | | 0812 | | | | 0827 | | | | | | 0835 | 0842 | | | | | | | 0857 |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | | | | | | | | | | | | |
| West Drayton (WDT) | a | | | | 0809 | | | | | | | | | | | | | | | 0838 | |
| Iver (IVR) | a | | | | 0811 | | | | | | | | | | | | | | | 0840 | |
| Langley (LNY) | a | | | | 0814 | | | | | | | | | | | | | | | 0843 | |
| Slough (SLO) | DLR 3 a | | | | 0817 | | | | | | | | | | | | | | | 0846 | |
| Burnham (BNM) | a | | | | 0821 | | | | | | | | | | | | | | | 0850 | |
| Taplow (TAP) | a | | | | 0824 | | | | | | | | | | | | | | | 0853 | |
| Maidenhead (MAI) | DLR 3 a | | | | 0827 | | | | | | | | | | | | | | | 0856 | |
| Twyford (TWY) | DLR 3 a | | | | 0834 | | | | | | | | | | | | | | | 0903 | |
| Reading (RDG) | DLR 7 a | | | | 0841 | | | | | | | | | | | | | | | 0910 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | | |
|-------------------------------------|----------|---------|------|----|---------|------|----|---------|------|----|------|------|---------|---------|------|------|------|------|------|------|
| Shenfield (SNF) | 3 d | 0733 | 0738 | | 0741 | 0746 | | 0748 | 0751 | | 0756 | | 0803 | 0805 | 0808 | | 0811 | 0818 | | |
| Brentwood (BRE) | d | 0737 | | | 0745 | | | 0752 | | | 0800 | | 0807 | | | | 0815 | 0822 | | |
| Harold Wood (HRO) | d | 0741 | | | 0749 | | | 0756 | | | 0804 | | 0811 | | | | 0819 | 0826 | | |
| Gidea Park (GDP) | 2 d | 0744 | | | 0752 | | | 0759 | | | 0807 | | 0814 | | | | 0822 | 0829 | | |
| Romford (RMF) | d | 0747 | | | 0755 | 0753 | | 0802 | | | 0810 | | 0817 | | | | 0825 | 0832 | | |
| Chadwell Heath (CTH) | d | 0750 | | | 0758 | | | 0805 | | | 0813 | | 0820 | | | | 0828 | 0835 | | |
| Goodmayes (GMY) | d | 0752 | | | 0800 | | | 0807 | | | 0815 | | 0822 | | | | 0830 | 0837 | | |
| Seven Kings (SVK) | d | 0754 | | | 0802 | | | 0809 | | | 0817 | | 0824 | | | | 0832 | 0839 | | |
| Ilford (IFD) | 2 d | 0758 | | | 0806 | | | 0813 | | | 0821 | | 0828 | | | | 0836 | 0843 | | |
| Manor Park (MNP) | d | 0800 | | | 0808 | | | 0815 | | | 0823 | | 0830 | | | | 0838 | 0845 | | |
| Forest Gate (FOG) | d | 0803 | | | 0811 | | | 0818 | | | 0826 | | 0833 | | | | 0841 | 0848 | | |
| Maryland (MYL) | d | 0805 | | | 0813 | | | 0820 | | | 0828 | | 0835 | | | | 0843 | 0850 | | |
| Stratford (SRA) | DLR 7 d | 0808 | 0753 | | 0816 | 0803 | | 0823 | 0806 | | 0831 | | 0838 | 0820 | 0823 | | 0846 | 0853 | | |
| Abbey Wood (ABW) | d | | | | 0802 | | | 0809 | | | 0817 | | 0824 | | | 0832 | | 0839 | | |
| Woolwich (WWC) | d | | | | 0805 | | | 0812 | | | 0820 | | 0827 | | | 0835 | | 0842 | | |
| Custom House (CUS) | d | | | | 0809 | | | 0816 | | | 0824 | | 0831 | | | 0839 | | 0846 | | |
| Canary Wharf (CWX) | DLR d | | | | 0813 | | | 0820 | | | 0828 | | 0835 | | | 0843 | | 0850 | | |
| Whitechapel (ZLW) | DLR d | 0813 | | | 0817 | 0821 | | 0824 | 0828 | | 0832 | 0836 | 0839 | 0843 | | 0847 | 0851 | 0854 | 0858 | |
| London Liverpool Street (LST) | DLR 15 a | | 0801 | | | 0811 | | | 0814 | | | | | 0828 | 0831 | | | | | |
| London Liverpool Street EL (LST) | 4 a | 0816 | | | 0820 | 0824 | | 0827 | 0831 | | 0835 | 0839 | 0842 | 0846 | | | 0850 | 0854 | 0857 | 0901 |
| Farringdon (ZFD) | 3 a | 0818 | | | 0822 | 0826 | | 0829 | 0833 | | 0837 | 0841 | 0844 | 0848 | | | 0852 | 0856 | 0859 | 0903 |
| Tottenham Court Road (TCR) | a | 0821 | | | 0825 | 0829 | | 0832 | 0836 | | 0840 | 0844 | 0847 | 0851 | | | 0855 | 0859 | 0902 | 0906 |
| Bond Street (BDS) | a | 0824 | | | 0828 | 0832 | | 0835 | 0839 | | 0843 | 0847 | 0850 | 0854 | | | 0858 | 0902 | 0905 | 0909 |
| London Paddington EL (PAD) | 15 a | 0829 | | | 0831 | 0836 | | 0838 | 0844 | | 0846 | 0852 | 0853 | 0859 | | | 0901 | 0906 | 0908 | 0914 |
| Acton Main Line (AML) | a | | | | | | | 0845 | | | | | 0900 | | | | | | | 0915 |
| Ealing Broadway (EAL) | 3 a | | | | 0843 | | | 0848 | | | 0855 | | 0903 | | | 0910 | 0913 | 0918 | | |
| West Ealing (WEA) | 3 a | | | | 0846 | | | 0851 | | | | | 0906 | | | | 0916 | 0921 | | |
| Hanwell (HAN) | a | | | | | | | 0853 | | | | | 0908 | | | | | 0923 | | |
| Southall (STL) | a | | | | | | | 0856 | | | 0901 | | 0911 | | | 0915 | | 0926 | | |
| Hayes & Harlington (HAY) | 3 a | | | | 0852 | | | 0859 | | | 0904 | | 0914 | | | 0918 | 0922 | 0929 | | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | 0859 | | | 0906 | | | | | 0921 | | | | 0929 | 0936 | | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | | 0912 | | | | | 0927 | | | | | 0942 | | |
| Heathrow Terminal 5 (HWV) | a ← | | | | 0905 | | | | | | | | | | | | 0935 | | | |
| West Drayton (WDT) | a | | | | | | | | | | 0908 | | | | | | 0922 | | | |
| Iver (IVR) | a | | | | | | | | | | 0910 | | | | | | 0925 | | | |
| Langley (LNY) | a | | | | | | | | | | 0913 | | | | | | 0927 | | | |
| Slough (SLO) | 3 a | | | | | | | | | | 0916 | | | | | | 0931 | | | |
| Burnham (BNM) | a | | | | | | | | | | 0920 | | | | | | 0935 | | | |
| Taplow (TAP) | a | | | | | | | | | | 0923 | | | | | | | | | |
| Maidenhead (MAI) | 3 a | | | | | | | | | | 0926 | | | | | 0942 | | | | |
| Twyford (TWY) | 3 a | | | | | | | | | | 0933 | | | | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | | 0940 | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE G | LE A | XR | XR | XR | XR | LE E | XR | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | LE A | |
|-------------------------------------|---------|---------|------|------|----|------|---------|------|------|----|---------|------|----|---------|------|----|------|------|---------|------|
| Shenfield (SNF) | 3 | d | 0821 | 0826 | | 0826 | | 0833 | 0838 | | 0841 | 0846 | | 0848 | 0851 | | 0856 | | 0903 | 0905 |
| Brentwood (BRE) | | d | | | | 0830 | | 0837 | | | 0845 | | | 0852 | | | 0900 | | 0907 | |
| Harold Wood (HRO) | | d | | | | 0834 | | 0841 | | | 0849 | | | 0856 | | | 0904 | | 0911 | |
| Gidea Park (GDP) | 2 | d | | | | 0837 | | 0844 | | | 0852 | | | 0859 | | | 0907 | | 0914 | |
| Romford (RMF) | | d | | 0833 | | 0840 | | 0847 | | | 0855 | 0853 | | 0902 | | | 0910 | | 0917 | |
| Chadwell Heath (CTH) | | d | | | | 0843 | | 0850 | | | 0858 | | | 0905 | | | 0913 | | 0920 | |
| Goodmayes (GMY) | | d | | | | 0845 | | 0852 | | | 0900 | | | 0907 | | | 0915 | | 0922 | |
| Seven Kings (SVK) | | d | | | | 0847 | | 0854 | | | 0902 | | | 0909 | | | 0917 | | 0924 | |
| Ilford (IFD) | 2 | d | | | | 0851 | | 0858 | | | 0906 | | | 0913 | | | 0921 | | 0928 | |
| Manor Park (MNP) | | d | | | | 0853 | | 0900 | | | 0908 | | | 0915 | | | 0923 | | 0930 | |
| Forest Gate (FOG) | | d | | | | 0856 | | 0903 | | | 0911 | | | 0918 | | | 0926 | | 0933 | |
| Maryland (MYL) | | d | | | | 0858 | | 0905 | | | 0913 | | | 0920 | | | 0928 | | 0935 | |
| Stratford (SRA) | DLR 7 | d | 0836 | 0843 | | 0901 | | 0908 | 0853 | | 0916 | 0903 | | 0923 | 0906 | | 0931 | | 0938 | 0920 |
| Abbey Wood (ABW) | | d | | | | 0847 | | 0854 | | | 0902 | | | 0909 | | | 0917 | | 0924 | |
| Woolwich (WWC) | | d | | | | 0850 | | 0857 | | | 0905 | | | 0912 | | | 0920 | | 0927 | |
| Custom House (CUS) | | d | | | | 0854 | | 0901 | | | 0909 | | | 0916 | | | 0924 | | 0931 | |
| Canary Wharf (CWX) | DLR | d | | | | 0858 | | 0905 | | | 0913 | | | 0920 | | | 0928 | | 0935 | |
| Whitechapel (ZLW) | DLR | d | | | | 0902 | 0906 | 0909 | 0913 | | 0917 | 0921 | | 0924 | 0928 | | 0932 | 0936 | 0939 | 0943 |
| London Liverpool Street (LST) | DLR 15 | a | 0844 | 0851 | | | | | 0901 | | | 0911 | | | 0914 | | | | | 0928 |
| London Liverpool Street EL (LST) | DLR 4 | a | | | | 0905 | 0909 | 0912 | 0916 | | 0920 | 0924 | | 0927 | 0931 | | 0935 | 0939 | 0942 | 0946 |
| Farringdon (ZFD) | DLR 3 | a | | | | 0907 | 0911 | 0914 | 0918 | | 0922 | 0926 | | 0929 | 0933 | | 0937 | 0941 | 0944 | 0948 |
| Tottenham Court Road (TCR) | DLR | a | | | | 0910 | 0914 | 0917 | 0921 | | 0925 | 0929 | | 0932 | 0936 | | 0940 | 0944 | 0947 | 0951 |
| Bond Street (BDS) | DLR | a | | | | 0913 | 0917 | 0920 | 0924 | | 0928 | 0932 | | 0935 | 0939 | | 0943 | 0947 | 0950 | 0954 |
| London Paddington EL (PAD) | DLR 15 | a | | | | 0916 | 0922 | 0923 | 0929 | | 0931 | 0936 | | 0938 | 0944 | | 0946 | 0952 | 0953 | 0959 |
| Acton Main Line (AML) | | a | | | | | | 0930 | | | | | | 0945 | | | | | 1000 | |
| Ealing Broadway (EAL) | DLR 3 | a | | | | 0925 | | 0933 | | | 0940 | 0943 | | 0948 | | | 0955 | | 1003 | |
| West Ealing (WEA) | DLR 3 | a | | | | | | 0936 | | | | 0946 | | 0951 | | | | | 1006 | |
| Hanwell (HAN) | | a | | | | | | 0938 | | | | | | 0953 | | | | | 1008 | |
| Southall (STL) | | a | | | | 0932 | | 0941 | | | 0945 | | | 0956 | | | 1002 | | 1011 | |
| Hayes & Harlington (HAY) | DLR 3 | a | | | | 0935 | | 0944 | | | 0948 | 0952 | | 0959 | | | 1005 | | 1014 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | | 0951 | | | | 0959 | | 1006 | | | | | 1021 | |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | | 0957 | | | | | | 1012 | | | | | 1027 | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | | | 1005 | | | | | | | | |
| West Drayton (WDT) | | a | | | | 0941 | | | | | 0952 | | | | | | 1009 | | | |
| Iver (IVR) | | a | | | | | | | | | 0955 | | | | | | | | | |
| Langley (LNY) | | a | | | | 0945 | | | | | 0957 | | | | | | 1013 | | | |
| Slough (SLO) | DLR 3 | a | | | | 0948 | | | | | 1001 | | | | | | 1016 | | | |
| Burnham (BNM) | | a | | | | 0952 | | | | | 1005 | | | | | | 1020 | | | |
| Taplow (TAP) | | a | | | | 0955 | | | | | | | | | | | 1023 | | | |
| Maidenhead (MAI) | DLR 3 | a | | | | 0958 | | | | | 1012 | | | | | | 1026 | | | |
| Twyford (TWY) | DLR 3 | a | | | | 1005 | | | | | | | | | | | 1033 | | | |
| Reading (RDG) | DLR 7 | a | | | | 1012 | | | | | | | | | | | 1040 | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- E From Braintree
- F From Ipswich
- G From Harwich International

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE C | XR | XR | XR | XR | LE D | LE A | XR | XR | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | |
|-------------------------------------|----------|------|----|------|------|---------|---------|------|----|------|------|---------|------|----|---------|------|----|---------|------|
| Shenfield (SNF) | 3 d | 0908 | | 0911 | | 0918 | 0921 | 0926 | | 0926 | | 0933 | 0938 | | 0941 | 0946 | | 0948 | 0951 |
| Brentwood (BRE) | d | | | 0915 | | 0922 | | | | 0930 | | 0937 | | | 0945 | | | 0952 | |
| Harold Wood (HRO) | d | | | 0919 | | 0926 | | | | 0934 | | 0941 | | | 0949 | | | 0956 | |
| Gidea Park (GDP) | 2 d | | | 0922 | | 0929 | | | | 0937 | | 0944 | | | 0952 | | | 0959 | |
| Romford (RMF) | d | | | 0925 | | 0932 | | 0933 | | 0940 | | 0947 | | | 0955 | 0953 | | 1002 | |
| Chadwell Heath (CTH) | d | | | 0928 | | 0935 | | | | 0943 | | 0950 | | | 0958 | | | 1005 | |
| Goodmayes (GMY) | d | | | 0930 | | 0937 | | | | 0945 | | 0952 | | | 1000 | | | 1007 | |
| Seven Kings (SVK) | d | | | 0932 | | 0939 | | | | 0947 | | 0954 | | | 1002 | | | 1009 | |
| Ilford (IFD) | 2 d | | | 0936 | | 0943 | | | | 0951 | | 0958 | | | 1006 | | | 1013 | |
| Manor Park (MNP) | d | | | 0938 | | 0945 | | | | 0953 | | 1000 | | | 1008 | | | 1015 | |
| Forest Gate (FOG) | d | | | 0941 | | 0948 | | | | 0956 | | 1003 | | | 1011 | | | 1018 | |
| Maryland (MYL) | d | | | 0943 | | 0950 | | | | 0958 | | 1005 | | | 1013 | | | 1020 | |
| Stratford (SRA) | DLR 7 d | 0923 | | 0946 | | 0953 | 0936 | 0943 | | 1001 | | 1008 | 0953 | | 1016 | 1003 | | 1023 | 1006 |
| Abbey Wood (ABW) | d | | | 0932 | | 0939 | | | | 0947 | | 0954 | | | 1002 | | | 1009 | |
| Woolwich (WWC) | d | | | 0935 | | 0942 | | | | 0950 | | 0957 | | | 1005 | | | 1012 | |
| Custom House (CUS) | d | | | 0939 | | 0946 | | | | 0954 | | 1001 | | | 1009 | | | 1016 | |
| Canary Wharf (CWX) | DLR d | | | 0943 | | 0950 | | | | 0958 | | 1005 | | | 1013 | | | 1020 | |
| Whitechapel (ZLW) | DLR d | | | 0947 | 0951 | 0954 | 0958 | | | 1002 | 1006 | 1009 | 1013 | | 1017 | 1021 | | 1024 | 1028 |
| London Liverpool Street (LST) | DLR 15 a | 0931 | | | | | 0944 | 0951 | | | | | 1001 | | | 1011 | | | 1014 |
| London Liverpool Street EL (LST) | DLR 4 a | | | 0950 | 0954 | 0957 | 1001 | | | 1005 | 1009 | 1012 | 1016 | | 1020 | 1024 | | 1027 | 1031 |
| Farringdon (ZFD) | DLR 3 a | | | 0952 | 0956 | 0959 | 1003 | | | 1007 | 1011 | 1014 | 1018 | | 1022 | 1026 | | 1029 | 1033 |
| Tottenham Court Road (TCR) | DLR a | | | 0955 | 0959 | 1002 | 1006 | | | 1010 | 1014 | 1017 | 1021 | | 1025 | 1029 | | 1032 | 1036 |
| Bond Street (BDS) | DLR a | | | 0958 | 1002 | 1005 | 1009 | | | 1013 | 1017 | 1020 | 1024 | | 1028 | 1032 | | 1035 | 1039 |
| London Paddington EL (PAD) | DLR 15 a | | | 1001 | 1006 | 1008 | 1014 | | | 1016 | 1022 | 1023 | 1029 | | 1031 | 1036 | | 1038 | 1044 |
| Acton Main Line (AML) | a | | | | | 1015 | | | | | | 1030 | | | | | | 1045 | |
| Ealing Broadway (EAL) | DLR 3 a | | | 1010 | 1013 | 1018 | | | | 1024 | | 1033 | | | 1040 | 1043 | | 1048 | |
| West Ealing (WEA) | DLR 3 a | | | | 1016 | 1021 | | | | | | 1036 | | | 1046 | | | 1051 | |
| Hanwell (HAN) | a | | | | | 1023 | | | | | | 1038 | | | | | | 1053 | |
| Southall (STL) | a | | | 1015 | | 1026 | | | | 1032 | | 1041 | | | 1045 | | | 1056 | |
| Hayes & Harlington (HAY) | DLR 3 a | | | 1018 | 1022 | 1029 | | | | 1035 | | 1044 | | | 1048 | 1052 | | 1059 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | 1029 | 1036 | | | | | | 1051 | | | 1059 | | | 1106 | |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | 1042 | | | | | | 1057 | | | | | | 1112 | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | 1035 | | | | | | | | | | 1105 | | | | |
| West Drayton (WDT) | a | | | 1022 | | | | | | 1039 | | | | | 1052 | | | | |
| Iver (IVR) | a | | | 1025 | | | | | | | | | | | 1055 | | | | |
| Langley (LNY) | a | | | 1027 | | | | | | 1043 | | | | | 1057 | | | | |
| Slough (SLO) | DLR 3 a | | | 1031 | | | | | | 1046 | | | | | 1101 | | | | |
| Burnham (BNM) | a | | | 1035 | | | | | | 1050 | | | | | 1105 | | | | |
| Taplow (TAP) | a | | | | | | | | | 1053 | | | | | | | | | |
| M Maidenhead (MAI) | DLR 3 a | | | 1042 | | | | | | 1056 | | | | | 1112 | | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | 1103 | | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | 1110 | | | | | | | | | |

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

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

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE A | XR | XR | LE D | XR | XR | LE E | XR |
|----------------------------------|----------|------|------|------|------|------|----|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Shenfield (SNF) | 3 d | 0956 | | 1003 | 1005 | 1008 | | 1011 | | 1018 | 1025 | | 1026 | 1028 | | 1033 | 1038 | |
| Brentwood (BRE) | d | 1000 | | 1007 | | | | 1015 | | 1022 | | | 1030 | | | 1037 | | |
| Harold Wood (HRO) | d | 1004 | | 1011 | | | | 1019 | | 1026 | | | 1034 | | | 1041 | | |
| Gidea Park (GDP) | 2 d | 1007 | | 1014 | | | | 1022 | | 1029 | | | 1037 | | | 1044 | | |
| Romford (RMF) | d | 1010 | | 1017 | | | | 1025 | | 1032 | 1032 | | 1040 | | | 1047 | | |
| Chadwell Heath (CTH) | d | 1013 | | 1020 | | | | 1028 | | 1035 | | | 1043 | | | 1050 | | |
| Goodmayes (GMY) | d | 1015 | | 1022 | | | | 1030 | | 1037 | | | 1045 | | | 1052 | | |
| Seven Kings (SVK) | d | 1017 | | 1024 | | | | 1032 | | 1039 | | | 1047 | | | 1054 | | |
| Ilford (IFD) | 2 d | 1021 | | 1028 | | | | 1036 | | 1043 | | | 1051 | | | 1058 | | |
| Manor Park (MNP) | d | 1023 | | 1030 | | | | 1038 | | 1045 | | | 1053 | | | 1100 | | |
| Forest Gate (FOG) | d | 1026 | | 1033 | | | | 1041 | | 1048 | | | 1056 | | | 1103 | | |
| Maryland (MYL) | d | 1028 | | 1035 | | | | 1043 | | 1050 | | | 1058 | | | 1105 | | |
| Stratford (SRA) | DLR 7 d | 1031 | | 1038 | 1020 | 1027 | | 1046 | | 1053 | 1042 | | 1101 | 1048 | | 1108 | 1053 | |
| Abbey Wood (ABW) | d | 1017 | | 1024 | | | | 1032 | | 1039 | | | 1047 | | | 1054 | | 1102 |
| Woolwich (WWC) | d | 1020 | | 1027 | | | | 1035 | | 1042 | | | 1050 | | | 1057 | | 1105 |
| Custom House (CUS) | d | 1024 | | 1031 | | | | 1039 | | 1046 | | | 1054 | | | 1101 | | 1109 |
| Canary Wharf (CWX) | DLR | 1028 | | 1035 | | | | 1043 | | 1050 | | | 1058 | | | 1105 | | 1113 |
| Whitechapel (ZLW) | DLR d | 1032 | 1036 | 1039 | 1043 | | | 1047 | 1051 | 1054 | 1058 | | 1102 | 1106 | | 1109 | 1113 | 1117 |
| London Liverpool Street (LST) | DLR 15 a | | | | 1028 | 1035 | | | | | | 1050 | | | 1056 | | 1101 | |
| London Liverpool Street EL (LST) | DLR 4 a | 1035 | 1039 | 1042 | 1046 | | | 1050 | 1054 | 1057 | 1101 | | 1105 | 1109 | | 1112 | 1116 | 1120 |
| Farringdon (ZFD) | DLR 3 a | 1037 | 1041 | 1044 | 1048 | | | 1052 | 1056 | 1059 | 1103 | | 1107 | 1111 | | 1114 | 1118 | 1122 |
| Tottenham Court Road (TCR) | DLR a | 1040 | 1044 | 1047 | 1051 | | | 1055 | 1059 | 1102 | 1106 | | 1110 | 1114 | | 1117 | 1121 | 1125 |
| Bond Street (BDS) | DLR a | 1043 | 1047 | 1050 | 1054 | | | 1058 | 1102 | 1105 | 1109 | | 1113 | 1117 | | 1120 | 1124 | 1128 |
| London Paddington EL (PAD) | DLR 15 a | 1046 | 1052 | 1053 | 1059 | | | 1101 | 1106 | 1108 | 1114 | | 1116 | 1122 | | 1123 | 1129 | 1131 |
| Acton Main Line (AML) | a | | | 1100 | | | | | | 1115 | | | | | | 1130 | | |
| Ealing Broadway (EAL) | DLR 3 a | 1055 | | 1103 | | | | 1110 | 1113 | 1118 | | | 1125 | | | 1133 | | 1140 |
| West Ealing (WEA) | DLR 3 a | | | 1106 | | | | | 1116 | 1121 | | | | | | 1136 | | |
| Hanwell (HAN) | a | | | 1108 | | | | | | 1123 | | | | | | 1138 | | |
| Southall (STL) | a | 1102 | | 1111 | | | | 1115 | | 1126 | | | 1132 | | | 1141 | | 1145 |
| Hayes & Harlington (HAY) | DLR 3 a | 1105 | | 1114 | | | | 1118 | 1122 | 1129 | 1136 | | 1135 | | | 1144 | | 1148 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1121 | | | | | 1129 | 1136 | | | | | | 1151 | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1127 | | | | | | 1142 | | | | | | 1157 | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | 1135 | | | | | | | | | | |
| West Drayton (WDT) | a | 1109 | | | | | | 1122 | | | | | 1139 | | | | | 1152 |
| Iver (IVR) | a | | | | | | | 1125 | | | | | | | | | | 1155 |
| Langley (LNY) | a | 1113 | | | | | | 1127 | | | | | 1143 | | | | | 1157 |
| Slough (SLO) | DLR 3 a | 1116 | | | | | | 1131 | | | | | 1146 | | | | | 1201 |
| Burnham (BNM) | a | 1120 | | | | | | 1135 | | | | | 1150 | | | | | 1205 |
| Taplow (TAP) | a | 1123 | | | | | | | | | | | 1153 | | | | | |
| Maidenhead (MAI) | DLR 3 a | 1126 | | | | | | 1142 | | | | | 1156 | | | | | 1212 |
| Twyford (TWY) | DLR 3 a | 1133 | | | | | | | | | | | 1203 | | | | | |
| Reading (RDG) | DLR 7 a | 1140 | | | | | | | | | | | 1210 | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- E From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator | XR | LE A | XR | XR | LE D | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | XR | XR | | |
|----------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | | | |
| Shenfield (SNF) | 3 d | 1041 | 1046 | | 1048 | 1051 | | 1056 | | 1103 | 1105 | 1108 | | 1111 | | 1118 | 1121 | | 1126 | |
| Brentwood (BRE) | d | 1045 | | | 1052 | | | 1100 | | 1107 | | | | 1115 | | 1122 | | | 1130 | |
| Harold Wood (HRO) | d | 1049 | | | 1056 | | | 1104 | | 1111 | | | | 1119 | | 1126 | | | 1134 | |
| Gidea Park (GDP) | 2 d | 1052 | | | 1059 | | | 1107 | | 1114 | | | | 1122 | | 1129 | | | 1137 | |
| Romford (RMF) | d | 1055 | 1053 | | 1102 | | | 1110 | | 1117 | | | | 1125 | | 1132 | | | 1140 | |
| Chadwell Heath (CTH) | d | 1058 | | | 1105 | | | 1113 | | 1120 | | | | 1128 | | 1135 | | | 1143 | |
| Goodmayes (GMY) | d | 1100 | | | 1107 | | | 1115 | | 1122 | | | | 1130 | | 1137 | | | 1145 | |
| Seven Kings (SVK) | d | 1102 | | | 1109 | | | 1117 | | 1124 | | | | 1132 | | 1139 | | | 1147 | |
| Ilford (IFD) | 2 d | 1106 | | | 1113 | | | 1121 | | 1128 | | | | 1136 | | 1143 | | | 1151 | |
| Manor Park (MNP) | d | 1108 | | | 1115 | | | 1123 | | 1130 | | | | 1138 | | 1145 | | | 1153 | |
| Forest Gate (FOG) | d | 1111 | | | 1118 | | | 1126 | | 1133 | | | | 1141 | | 1148 | | | 1156 | |
| Maryland (MYL) | d | 1113 | | | 1120 | | | 1128 | | 1135 | | | | 1143 | | 1150 | | | 1158 | |
| Stratford (SRA) | DLR 7 d | 1116 | 1103 | | 1123 | 1106 | | 1131 | | | 1120 | 1123 | | 1146 | | 1153 | 1136 | | 1201 | |
| Abbey Wood (ABW) | d | | | 1109 | | | 1117 | | 1124 | | | | 1132 | | 1139 | | | | 1147 | |
| Woolwich (WWC) | d | | | 1112 | | | 1120 | | 1127 | | | | 1135 | | 1142 | | | | 1150 | |
| Custom House (CUS) | d | | | 1116 | | | 1124 | | 1131 | | | | 1139 | | 1146 | | | | 1154 | |
| Canary Wharf (CWX) | DLR d | | | 1120 | | | 1128 | | 1135 | | | | 1143 | | 1150 | | | | 1158 | |
| Whitechapel (ZLW) | DLR d | 1121 | | 1124 | 1128 | | 1132 | 1136 | 1139 | 1143 | | | 1147 | 1151 | 1154 | 1158 | | | 1202 | 1206 |
| London Liverpool Street (LST) | DLR 15 a | | 1111 | | | 1114 | | | | | 1128 | 1131 | | | | | 1144 | | | |
| London Liverpool Street EL (LST) | 4 a | 1124 | | 1127 | 1131 | | 1135 | 1139 | 1142 | 1146 | | | 1150 | 1154 | 1157 | 1201 | | | 1205 | 1209 |
| Farringdon (ZFD) | 3 a | 1126 | | 1129 | 1133 | | 1137 | 1141 | 1144 | 1148 | | | 1152 | 1156 | 1159 | 1203 | | | 1207 | 1211 |
| Tottenham Court Road (TCR) | a | 1129 | | 1132 | 1136 | | 1140 | 1144 | 1147 | 1151 | | | 1155 | 1159 | 1202 | 1206 | | | 1210 | 1214 |
| Bond Street (BDS) | a | 1132 | | 1135 | 1139 | | 1143 | 1147 | 1150 | 1154 | | | 1158 | 1202 | 1205 | 1209 | | | 1213 | 1217 |
| London Paddington EL (PAD) | 15 a | 1136 | | 1138 | 1144 | | 1146 | 1152 | 1153 | 1159 | | | 1201 | 1206 | 1208 | 1214 | | | 1216 | 1222 |
| Acton Main Line (AML) | a | | | 1145 | | | | 1200 | | | | | | | | 1215 | | | | |
| Ealing Broadway (EAL) | 3 a | 1143 | | 1148 | | | 1155 | | 1203 | | | | 1210 | 1213 | 1218 | | | | 1225 | |
| West Ealing (WEA) | 3 a | 1146 | | 1151 | | | | 1206 | | | | | | 1216 | 1221 | | | | | |
| Hanwell (HAN) | a | | | 1153 | | | | 1208 | | | | | | | 1223 | | | | | |
| Southall (STL) | a | | | 1156 | | | 1202 | 1211 | | | | | 1215 | | 1226 | | | | 1232 | |
| Hayes & Harlington (HAY) | 3 a | 1152 | | 1159 | | | 1205 | 1214 | | | | | 1218 | 1222 | 1229 | | | | 1235 | |
| Heathrow Terminals 2 & 3 (HXX) | a | 1159 | | 1206 | | | | 1221 | | | | | | 1229 | 1236 | | | | | |
| Heathrow Terminal 4 (HAF) | a | | | 1212 | | | | 1227 | | | | | | | 1242 | | | | | |
| Heathrow Terminal 5 (HWV) | a | 1205 | | | | | | | | | | | | 1235 | | | | | | |
| West Drayton (WDT) | a | | | | | | 1209 | | | | | | 1222 | | | | | | 1239 | |
| Iver (IVR) | a | | | | | | | | | | | | 1225 | | | | | | | |
| Langley (LNY) | a | | | | | | 1213 | | | | | | 1227 | | | | | | 1243 | |
| Slough (SLO) | 3 a | | | | | | 1216 | | | | | | 1231 | | | | | | 1246 | |
| Burnham (BNM) | a | | | | | | 1220 | | | | | | 1235 | | | | | | 1250 | |
| Taplow (TAP) | a | | | | | | 1223 | | | | | | | | | | | | 1253 | |
| Maidenhead (MAI) | 3 a | | | | | | 1226 | | | | | | 1242 | | | | | | 1256 | |
| Twyford (TWY) | 3 a | | | | | | 1233 | | | | | | | | | | | | 1303 | |
| Reading (RDG) | 7 a | | | | | | 1240 | | | | | | | | | | | | 1310 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE A | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | LE A | LE C | XR | XR | |
|-------------------------------------|----------|------|----|---------|------|----|---------|------|----|---------|------|----|------|------|---------|---------|------|----|------|
| Shenfield (SNF) | 3 d | 1128 | | 1133 | 1138 | | 1141 | 1146 | | 1148 | 1151 | | 1156 | | 1203 | 1205 | 1208 | | 1211 |
| Brentwood (BRE) | d | | | 1137 | | | 1145 | | | 1152 | | | 1200 | | 1207 | | | | 1215 |
| Harold Wood (HRO) | d | | | 1141 | | | 1149 | | | 1156 | | | 1204 | | 1211 | | | | 1219 |
| Gidea Park (GDP) | 2 d | | | 1144 | | | 1152 | | | 1159 | | | 1207 | | 1214 | | | | 1222 |
| Romford (RMF) | d | 1135 | | 1147 | | | 1155 | 1153 | | 1202 | | | 1210 | | 1217 | | | | 1225 |
| Chadwell Heath (CTH) | d | | | 1150 | | | 1158 | | | 1205 | | | 1213 | | 1220 | | | | 1228 |
| Goodmayes (GMY) | d | | | 1152 | | | 1200 | | | 1207 | | | 1215 | | 1222 | | | | 1230 |
| Seven Kings (SVK) | d | | | 1154 | | | 1202 | | | 1209 | | | 1217 | | 1224 | | | | 1232 |
| Ilford (IFD) | 2 d | | | 1158 | | | 1206 | | | 1213 | | | 1221 | | 1228 | | | | 1236 |
| Manor Park (MNP) | d | | | 1200 | | | 1208 | | | 1215 | | | 1223 | | 1230 | | | | 1238 |
| Forest Gate (FOG) | d | | | 1203 | | | 1211 | | | 1218 | | | 1226 | | 1233 | | | | 1241 |
| Maryland (MYL) | d | | | 1205 | | | 1213 | | | 1220 | | | 1228 | | 1235 | | | | 1243 |
| Stratford (SRA) | DLR 7 d | 1146 | | 1208 | 1153 | | 1216 | 1203 | | 1223 | 1206 | | 1231 | | 1238 | 1220 | 1223 | | 1246 |
| Abbey Wood (ABW) | d | | | 1154 | | | 1202 | | | 1209 | | | 1217 | | 1224 | | | | 1232 |
| Woolwich (WWC) | d | | | 1157 | | | 1205 | | | 1212 | | | 1220 | | 1227 | | | | 1235 |
| Custom House (CUS) | d | | | 1201 | | | 1209 | | | 1216 | | | 1224 | | 1231 | | | | 1239 |
| Canary Wharf (CWX) | DLR d | | | 1205 | | | 1213 | | | 1220 | | | 1228 | | 1235 | | | | 1243 |
| Whitechapel (ZLW) | DLR d | | | 1209 | 1213 | | 1217 | 1221 | | 1224 | 1228 | | 1232 | 1236 | 1239 | 1243 | | | 1247 |
| London Liverpool Street (LST) | DLR 15 a | 1154 | | | 1201 | | | 1211 | | | 1214 | | | | | 1228 | 1231 | | 1251 |
| London Liverpool Street EL (LST) | DLR 4 a | | | 1212 | 1216 | | 1220 | 1224 | | 1227 | 1231 | | 1235 | 1239 | 1242 | 1246 | | | 1250 |
| Farringdon (ZFD) | DLR 3 a | | | 1214 | 1218 | | 1222 | 1226 | | 1229 | 1233 | | 1237 | 1241 | 1244 | 1248 | | | 1252 |
| Tottenham Court Road (TCR) | DLR a | | | 1217 | 1221 | | 1225 | 1229 | | 1232 | 1236 | | 1240 | 1244 | 1247 | 1251 | | | 1255 |
| Bond Street (BDS) | DLR a | | | 1220 | 1224 | | 1228 | 1232 | | 1235 | 1239 | | 1243 | 1247 | 1250 | 1254 | | | 1258 |
| London Paddington EL (PAD) | DLR 15 a | | | 1223 | 1229 | | 1231 | 1236 | | 1238 | 1244 | | 1246 | 1252 | 1253 | 1259 | | | 1301 |
| Acton Main Line (AML) | a | | | 1230 | | | | | | 1245 | | | | | 1300 | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | | 1233 | | | 1240 | 1243 | | 1248 | | | 1255 | | 1303 | | | | 1310 |
| West Ealing (WEA) | DLR 3 a | | | 1236 | | | | 1246 | | 1251 | | | | | 1306 | | | | 1316 |
| Hanwell (HAN) | a | | | 1238 | | | | | | 1253 | | | | | 1308 | | | | |
| Southall (STL) | a | | | 1241 | | | 1245 | | | 1256 | | | 1302 | | 1311 | | | | 1315 |
| Hayes & Harlington (HAY) | DLR 3 a | | | 1244 | | | 1248 | 1252 | | 1259 | | | 1305 | | 1314 | | | | 1318 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1251 | | | | 1259 | | 1306 | | | | | 1321 | | | | 1329 |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1257 | | | | | | 1312 | | | | | 1327 | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | 1305 | | | | | | | | | | | | 1335 |
| West Drayton (WDT) | a | | | | | | 1252 | | | | | | 1309 | | | | | | 1322 |
| Iver (IVR) | a | | | | | | 1255 | | | | | | | | | | | | 1325 |
| Langley (LNY) | a | | | | | | 1257 | | | | | | 1313 | | | | | | 1327 |
| Slough (SLO) | DLR 3 a | | | | | | 1301 | | | | | | 1316 | | | | | | 1331 |
| Burnham (BNM) | a | | | | | | 1305 | | | | | | 1320 | | | | | | 1335 |
| Taplow (TAP) | a | | | | | | | | | | | | 1323 | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | | 1312 | | | | | | 1326 | | | | | | 1342 |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | | 1333 | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | | 1340 | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | XR | LE D | XR | XR | LE A | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR |
|-------------------------------------|--------|----|---------|------|----|---------|------|----|---------|------|----|---------|------|----|---------|------|----|------|
| Shenfield (SNF) | 3 | d | 1218 | 1221 | | 1226 | 1228 | | 1233 | 1238 | | 1241 | 1246 | | 1248 | 1251 | | 1256 |
| Brentwood (BRE) | | d | 1222 | | | 1230 | | | 1237 | | | 1245 | | | 1252 | | | 1300 |
| Harold Wood (HRO) | | d | 1226 | | | 1234 | | | 1241 | | | 1249 | | | 1256 | | | 1304 |
| Gidea Park (GDP) | 2 | d | 1229 | | | 1237 | | | 1244 | | | 1252 | | | 1259 | | | 1307 |
| Romford (RMF) | | d | 1232 | | | 1240 | 1235 | | 1247 | | | 1255 | 1253 | | 1302 | | | 1310 |
| Chadwell Heath (CTH) | | d | 1235 | | | 1243 | | | 1250 | | | 1258 | | | 1305 | | | 1313 |
| Goodmayes (GMY) | | d | 1237 | | | 1245 | | | 1252 | | | 1300 | | | 1307 | | | 1315 |
| Seven Kings (SVK) | | d | 1239 | | | 1247 | | | 1254 | | | 1302 | | | 1309 | | | 1317 |
| Ilford (IFD) | 2 | d | 1243 | | | 1251 | | | 1258 | | | 1306 | | | 1313 | | | 1321 |
| Manor Park (MNP) | | d | 1245 | | | 1253 | | | 1300 | | | 1308 | | | 1315 | | | 1323 |
| Forest Gate (FOG) | | d | 1248 | | | 1256 | | | 1303 | | | 1311 | | | 1318 | | | 1326 |
| Maryland (MYL) | | d | 1250 | | | 1258 | | | 1305 | | | 1313 | | | 1320 | | | 1328 |
| Stratford (SRA) | DLR 7 | d | 1253 | 1236 | | 1301 | 1246 | | 1308 | 1253 | | 1316 | 1303 | | 1323 | 1306 | | 1331 |
| Abbey Wood (ABW) | | d | 1239 | | | 1247 | | | 1254 | | | 1302 | | | 1309 | | | 1317 |
| Woolwich (WWC) | | d | 1242 | | | 1250 | | | 1257 | | | 1305 | | | 1312 | | | 1320 |
| Custom House (CUS) | | d | 1246 | | | 1254 | | | 1301 | | | 1309 | | | 1316 | | | 1324 |
| Canary Wharf (CWX) | DLR | d | 1250 | | | 1258 | | | 1305 | | | 1313 | | | 1320 | | | 1328 |
| Whitechapel (ZLW) | DLR | d | 1254 | 1258 | | 1302 | 1306 | | 1309 | 1313 | | 1317 | 1321 | | 1324 | 1328 | | 1332 |
| London Liverpool Street (LST) | DLR 15 | a | | 1244 | | | 1254 | | | 1301 | | | 1311 | | | 1314 | | 1336 |
| London Liverpool Street EL (LST) | DLR 4 | a | 1257 | 1301 | | 1305 | 1309 | | 1312 | 1316 | | 1320 | 1324 | | 1327 | 1331 | | 1335 |
| Farringdon (ZFD) | DLR 3 | a | 1259 | 1303 | | 1307 | 1311 | | 1314 | 1318 | | 1322 | 1326 | | 1329 | 1333 | | 1337 |
| Tottenham Court Road (TCR) | DLR | a | 1302 | 1306 | | 1310 | 1314 | | 1317 | 1321 | | 1325 | 1329 | | 1332 | 1336 | | 1340 |
| Bond Street (BDS) | DLR | a | 1305 | 1309 | | 1313 | 1317 | | 1320 | 1324 | | 1328 | 1332 | | 1335 | 1339 | | 1343 |
| London Paddington EL (PAD) | DLR 15 | a | 1308 | 1314 | | 1316 | 1322 | | 1323 | 1329 | | 1331 | 1336 | | 1338 | 1344 | | 1346 |
| Acton Main Line (AML) | | a | 1315 | | | | | | 1330 | | | | | | 1345 | | | 1400 |
| Ealing Broadway (EAL) | DLR 3 | a | 1318 | | | 1325 | | | 1333 | | | 1340 | 1343 | | 1348 | | | 1355 |
| West Ealing (WEA) | DLR 3 | a | 1321 | | | | | | 1336 | | | | 1346 | | 1351 | | | 1406 |
| Hanwell (HAN) | | a | 1323 | | | | | | 1338 | | | | | | 1353 | | | 1408 |
| Southall (STL) | | a | 1326 | | | 1332 | | | 1341 | | | 1345 | | | 1356 | | | 1411 |
| Hayes & Harlington (HAY) | DLR 3 | a | 1329 | | | 1335 | | | 1344 | | | 1348 | 1352 | | 1359 | | | 1414 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | 1336 | | | | | | 1351 | | | | 1359 | | 1406 | | | 1421 |
| Heathrow Terminal 4 (HAF) | DLR | a | 1342 | | | | | | 1357 | | | | | | 1412 | | | 1427 |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | | | | 1405 | | | | | |
| West Drayton (WDT) | | a | | | | 1339 | | | | | | 1352 | | | | | | 1409 |
| Iver (IVR) | | a | | | | | | | | | | 1355 | | | | | | |
| Langley (LNY) | | a | | | | 1343 | | | | | | 1357 | | | | | | 1413 |
| Slough (SLO) | DLR 3 | a | | | | 1346 | | | | | | 1401 | | | | | | 1416 |
| Burnham (BNM) | | a | | | | 1350 | | | | | | 1405 | | | | | | 1420 |
| Taplow (TAP) | | a | | | | 1353 | | | | | | | | | | | | 1423 |
| Maidenhead (MAI) | DLR 3 | a | | | | 1356 | | | | | | 1412 | | | | | | 1426 |
| Twyford (TWY) | DLR 3 | a | | | | 1403 | | | | | | | | | | | | 1433 |
| Reading (RDG) | DLR 7 | a | | | | 1410 | | | | | | | | | | | | 1440 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Colchester Town
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | LE A | LE C | XR | XR | XR | XR | LE D | LE A | XR | XR | XR | XR | LE E | XR | XR | LE A | XR |
|-------------------------------------|---------|---------|---------|------|------|------|------|---------|---------|------|------|------|------|---------|------|------|---------|------|
| Shenfield (SNF) | 3 d | 1303 | 1305 | 1308 | | 1311 | | 1318 | 1321 | 1326 | | 1326 | | 1333 | 1338 | | 1341 | 1346 |
| Brentwood (BRE) | d | 1307 | | | | 1315 | | 1322 | | | | 1330 | | 1337 | | | 1345 | |
| Harold Wood (HRO) | d | 1311 | | | | 1319 | | 1326 | | | | 1334 | | 1341 | | | 1349 | |
| Gidea Park (GDP) | 2 d | 1314 | | | | 1322 | | 1329 | | | | 1337 | | 1344 | | | 1352 | |
| Romford (RMF) | d | 1317 | | | | 1325 | | 1332 | | 1333 | | 1340 | | 1347 | | | 1355 | 1353 |
| Chadwell Heath (CTH) | d | 1320 | | | | 1328 | | 1335 | | | | 1343 | | 1350 | | | 1358 | |
| Goodmayes (GMY) | d | 1322 | | | | 1330 | | 1337 | | | | 1345 | | 1352 | | | 1400 | |
| Seven Kings (SVK) | d | 1324 | | | | 1332 | | 1339 | | | | 1347 | | 1354 | | | 1402 | |
| Ilford (IFD) | 2 d | 1328 | | | | 1336 | | 1343 | | | | 1351 | | 1358 | | | 1406 | |
| Manor Park (MNP) | d | 1330 | | | | 1338 | | 1345 | | | | 1353 | | 1400 | | | 1408 | |
| Forest Gate (FOG) | d | 1333 | | | | 1341 | | 1348 | | | | 1356 | | 1403 | | | 1411 | |
| Maryland (MYL) | d | 1335 | | | | 1343 | | 1350 | | | | 1358 | | 1405 | | | 1413 | |
| Stratford (SRA) | DLR 7 d | 1338 | 1320 | 1323 | | 1346 | | 1353 | 1336 | 1343 | | 1401 | | 1408 | 1353 | | 1416 | 1403 |
| Abbey Wood (ABW) | d | | | | 1332 | | 1339 | | | | 1347 | | 1354 | | | 1402 | | 1409 |
| Woolwich (WWC) | d | | | | 1335 | | 1342 | | | | 1350 | | 1357 | | | 1405 | | 1412 |
| Custom House (CUS) | d | | | | 1339 | | 1346 | | | | 1354 | | 1401 | | | 1409 | | 1416 |
| Canary Wharf (CWX) | DLR d | | | | 1343 | | 1350 | | | | 1358 | | 1405 | | | 1413 | | 1420 |
| Whitechapel (ZLW) | DLR d | 1343 | | | 1347 | 1351 | 1354 | 1358 | | | 1402 | 1406 | 1409 | 1413 | | 1417 | 1421 | 1424 |
| London Liverpool Street (LST) | 15 a | | 1328 | 1331 | | | | | 1344 | 1351 | | | | | 1401 | | 1411 | |
| London Liverpool Street EL (LST) | 4 a | 1346 | | | 1350 | 1354 | 1357 | 1401 | | | 1405 | 1409 | 1412 | 1416 | | 1420 | 1424 | 1427 |
| Farringdon (ZFD) | 3 a | 1348 | | | 1352 | 1356 | 1359 | 1403 | | | 1407 | 1411 | 1414 | 1418 | | 1422 | 1426 | 1429 |
| Tottenham Court Road (TCR) | a | 1351 | | | 1355 | 1359 | 1402 | 1406 | | | 1410 | 1414 | 1417 | 1421 | | 1425 | 1429 | 1432 |
| Bond Street (BDS) | a | 1354 | | | 1358 | 1402 | 1405 | 1409 | | | 1413 | 1417 | 1420 | 1424 | | 1428 | 1432 | 1435 |
| London Paddington EL (PAD) | 15 a | 1359 | | | 1401 | 1406 | 1408 | 1414 | | | 1416 | 1422 | 1423 | 1429 | | 1431 | 1436 | 1438 |
| Acton Main Line (AML) | a | | | | | | 1415 | | | | | | | 1430 | | | | 1445 |
| Ealing Broadway (EAL) | 3 a | | | | 1410 | 1413 | 1418 | | | | 1425 | | | 1433 | | 1440 | 1443 | 1448 |
| West Ealing (WEA) | 3 a | | | | | 1416 | 1421 | | | | | | | 1436 | | 1446 | | 1451 |
| Hanwell (HAN) | a | | | | | | 1423 | | | | | | | 1438 | | | | 1453 |
| Southall (STL) | a | | | | 1415 | | 1426 | | | | 1432 | | | 1441 | | 1445 | | 1456 |
| Hayes & Harlington (HAY) | 3 a | | | | 1418 | 1422 | 1429 | | | | 1435 | | | 1444 | | 1448 | 1452 | 1459 |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | | 1429 | 1436 | | | | | | 1451 | | | 1459 | 1506 |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | | 1442 | | | | | | 1457 | | | | 1512 |
| Heathrow Terminal 5 (HWV) | a ← | | | | | | 1435 | | | | | | | | | | 1505 | |
| West Drayton (WDT) | a | | | | 1422 | | | | | | 1439 | | | | | 1452 | | |
| Iver (IVR) | a | | | | 1425 | | | | | | | | | | | 1455 | | |
| Langley (LNY) | a | | | | 1427 | | | | | | 1443 | | | | | 1457 | | |
| Slough (SLO) | 3 a | | | | 1431 | | | | | | 1446 | | | | | 1501 | | |
| Burnham (BNM) | a | | | | 1435 | | | | | | 1450 | | | | | 1505 | | |
| Taplow (TAP) | a | | | | | | | | | | 1453 | | | | | | | |
| Maidenhead (MAI) | 3 a | | | | 1442 | | | | | | 1456 | | | | | 1512 | | |
| Twyford (TWY) | 3 a | | | | | | | | | | 1503 | | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | | 1510 | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- E From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | LE F | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | LE A | XR | XR | XR | XR | | |
|-------------------------------------|---------|---------|------|----|------|------|---------|---------|------|----|------|------|---------|---------|------|----|------|------|------|------|
| Shenfield (SNF) | 3 d | 1348 | 1351 | | 1356 | | 1403 | 1405 | 1408 | | 1411 | | 1418 | 1421 | 1426 | | 1426 | | 1433 | |
| Brentwood (BRE) | d | 1352 | | | 1400 | | 1407 | | | | 1415 | | 1422 | | | | 1430 | | 1437 | |
| Harold Wood (HRO) | d | 1356 | | | 1404 | | 1411 | | | | 1419 | | 1426 | | | | 1434 | | 1441 | |
| Gidea Park (GDP) | 2 d | 1359 | | | 1407 | | 1414 | | | | 1422 | | 1429 | | | | 1437 | | 1444 | |
| Romford (RMF) | d | 1402 | | | 1410 | | 1417 | | | | 1425 | | 1432 | | 1433 | | 1440 | | 1447 | |
| Chadwell Heath (CTH) | d | 1405 | | | 1413 | | 1420 | | | | 1428 | | 1435 | | | | 1443 | | 1450 | |
| Goodmayes (GMY) | d | 1407 | | | 1415 | | 1422 | | | | 1430 | | 1437 | | | | 1445 | | 1452 | |
| Seven Kings (SVK) | d | 1409 | | | 1417 | | 1424 | | | | 1432 | | 1439 | | | | 1447 | | 1454 | |
| Ilford (IFD) | 2 d | 1413 | | | 1421 | | 1428 | | | | 1436 | | 1443 | | | | 1451 | | 1458 | |
| Manor Park (MNP) | d | 1415 | | | 1423 | | 1430 | | | | 1438 | | 1445 | | | | 1453 | | 1500 | |
| Forest Gate (FOG) | d | 1418 | | | 1426 | | 1433 | | | | 1441 | | 1448 | | | | 1456 | | 1503 | |
| Maryland (MYL) | d | 1420 | | | 1428 | | 1435 | | | | 1443 | | 1450 | | | | 1458 | | 1505 | |
| Stratford (SRA) | DLR 7 d | 1423 | 1406 | | 1431 | | 1438 | 1420 | 1423 | | 1446 | | 1453 | 1436 | 1443 | | 1501 | | 1508 | |
| Abbey Wood (ABW) | d | | | | 1417 | | 1424 | | | | 1432 | | 1439 | | | | 1447 | | 1454 | |
| Woolwich (WWC) | d | | | | 1420 | | 1427 | | | | 1435 | | 1442 | | | | 1450 | | 1457 | |
| Custom House (CUS) | d | | | | 1424 | | 1431 | | | | 1439 | | 1446 | | | | 1454 | | 1501 | |
| Canary Wharf (CWX) | DLR d | | | | 1428 | | 1435 | | | | 1443 | | 1450 | | | | 1458 | | 1505 | |
| Whitechapel (ZLW) | DLR d | 1428 | | | 1432 | 1436 | 1439 | 1443 | | | 1447 | 1451 | 1454 | 1458 | | | 1502 | 1506 | 1509 | 1513 |
| London Liverpool Street (LST) | 15 a | | 1414 | | | | | 1428 | 1431 | | | | | 1444 | 1451 | | | | | |
| London Liverpool Street EL (LST) | 4 a | 1431 | | | 1435 | 1439 | 1442 | 1446 | | | 1450 | 1454 | 1457 | 1501 | | | 1505 | 1509 | 1512 | 1516 |
| Farringdon (ZFD) | 3 a | 1433 | | | 1437 | 1441 | 1444 | 1448 | | | 1452 | 1456 | 1459 | 1503 | | | 1507 | 1511 | 1514 | 1518 |
| Tottenham Court Road (TCR) | a | 1436 | | | 1440 | 1444 | 1447 | 1451 | | | 1455 | 1459 | 1502 | 1506 | | | 1510 | 1514 | 1517 | 1521 |
| Bond Street (BDS) | a | 1439 | | | 1443 | 1447 | 1450 | 1454 | | | 1458 | 1502 | 1505 | 1509 | | | 1513 | 1517 | 1520 | 1524 |
| London Paddington EL (PAD) | 15 a | 1444 | | | 1446 | 1452 | 1453 | 1459 | | | 1501 | 1506 | 1508 | 1514 | | | 1516 | 1522 | 1523 | 1529 |
| Acton Main Line (AML) | a | | | | | | 1500 | | | | | | 1515 | | | | | | | 1530 |
| Ealing Broadway (EAL) | 3 a | | | | 1455 | | 1503 | | | | 1510 | 1513 | 1518 | | | | 1525 | | 1533 | |
| West Ealing (WEA) | 3 a | | | | | | 1506 | | | | | 1516 | 1521 | | | | | | 1536 | |
| Hanwell (HAN) | a | | | | | | 1508 | | | | | | 1523 | | | | | | 1538 | |
| Southall (STL) | a | | | | 1502 | | 1511 | | | | 1515 | | 1526 | | | | 1532 | | 1541 | |
| Hayes & Harlington (HAY) | 3 a | | | | 1505 | | 1514 | | | | 1518 | 1522 | 1529 | | | | 1535 | | 1544 | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | | 1521 | | | | | 1529 | 1536 | | | | | | 1551 | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | 1527 | | | | | | 1542 | | | | | | 1557 | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | | | | | | | 1535 | | | | | | | | |
| West Drayton (WDT) | a | | | | 1509 | | | | | | 1522 | | | | | | 1539 | | | |
| Iver (IVR) | a | | | | | | | | | | 1525 | | | | | | | | | |
| Langley (LNY) | a | | | | 1513 | | | | | | 1527 | | | | | | 1543 | | | |
| Slough (SLO) | 3 a | | | | 1516 | | | | | | 1531 | | | | | | 1546 | | | |
| Burnham (BNM) | a | | | | 1520 | | | | | | 1535 | | | | | | 1550 | | | |
| Taplow (TAP) | a | | | | 1523 | | | | | | | | | | | | 1553 | | | |
| Maidenhead (MAI) | 3 a | | | | 1526 | | | | | | 1542 | | | | | | 1556 | | | |
| Twyford (TWY) | 3 a | | | | 1533 | | | | | | | | | | | | 1603 | | | |
| Reading (RDG) | 7 a | | | | 1540 | | | | | | | | | | | | 1610 | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | | |
|-------------------------------------|---------|------|----|---------|------|----|---------|------|----|------|------|---------|---------|------|----|----|------|---------|------|------|
| Shenfield (SNF) | 3 d | 1438 | | 1441 | 1446 | | 1448 | 1451 | | 1456 | | 1503 | 1505 | 1508 | | | 1511 | | 1518 | 1521 |
| Brentwood (BRE) | d | | | 1445 | | | 1452 | | | 1500 | | 1507 | | | | | 1515 | | 1522 | |
| Harold Wood (HRO) | d | | | 1449 | | | 1456 | | | 1504 | | 1511 | | | | | 1519 | | 1526 | |
| Gidea Park (GDP) | 2 d | | | 1452 | | | 1459 | | | 1507 | | 1514 | | | | | 1522 | | 1529 | |
| Romford (RMF) | d | | | 1455 | 1453 | | 1502 | | | 1510 | | 1517 | | | | | 1525 | | 1532 | |
| Chadwell Heath (CTH) | d | | | 1458 | | | 1505 | | | 1513 | | 1520 | | | | | 1528 | | 1535 | |
| Goodmayes (GMY) | d | | | 1500 | | | 1507 | | | 1515 | | 1522 | | | | | 1530 | | 1537 | |
| Seven Kings (SVK) | d | | | 1502 | | | 1509 | | | 1517 | | 1524 | | | | | 1532 | | 1539 | |
| Ilford (IFD) | 2 d | | | 1506 | | | 1513 | | | 1521 | | 1528 | | | | | 1536 | | 1543 | |
| Manor Park (MNP) | d | | | 1508 | | | 1515 | | | 1523 | | 1530 | | | | | 1538 | | 1545 | |
| Forest Gate (FOG) | d | | | 1511 | | | 1518 | | | 1526 | | 1533 | | | | | 1541 | | 1548 | |
| Maryland (MYL) | d | | | 1513 | | | 1520 | | | 1528 | | 1535 | | | | | 1543 | | 1550 | |
| Stratford (SRA) | DLR 7 d | 1453 | | 1516 | 1503 | | 1523 | 1506 | | 1531 | | 1538 | 1520 | 1523 | | | 1546 | | 1553 | 1536 |
| Abbey Wood (ABW) | d | | | 1502 | | | 1509 | | | 1517 | | 1524 | | | | | 1532 | | 1539 | |
| Woolwich (WWC) | d | | | 1505 | | | 1512 | | | 1520 | | 1527 | | | | | 1535 | | 1542 | |
| Custom House (CUS) | d | | | 1509 | | | 1516 | | | 1524 | | 1531 | | | | | 1539 | | 1546 | |
| Canary Wharf (CWX) | DLR d | | | 1513 | | | 1520 | | | 1528 | | 1535 | | | | | 1543 | | 1550 | |
| Whitechapel (ZLW) | d | | | 1517 | 1521 | | 1524 | 1528 | | 1532 | 1536 | 1539 | 1543 | | | | 1547 | 1551 | 1554 | 1558 |
| London Liverpool Street (LST) | 15 a | 1501 | | | 1511 | | | 1514 | | | | | 1528 | 1531 | | | | | | 1544 |
| London Liverpool Street EL (LST) | 4 a | | | 1520 | 1524 | | 1527 | 1531 | | 1535 | 1539 | 1542 | 1546 | | | | 1550 | 1554 | 1557 | 1601 |
| Farringdon (ZFD) | 3 a | | | 1522 | 1526 | | 1529 | 1533 | | 1537 | 1541 | 1544 | 1548 | | | | 1552 | 1556 | 1559 | 1603 |
| Tottenham Court Road (TCR) | a | | | 1525 | 1529 | | 1532 | 1536 | | 1540 | 1544 | 1547 | 1551 | | | | 1555 | 1559 | 1602 | 1606 |
| Bond Street (BDS) | a | | | 1528 | 1532 | | 1535 | 1539 | | 1543 | 1547 | 1550 | 1554 | | | | 1558 | 1602 | 1605 | 1609 |
| London Paddington EL (PAD) | 15 a | | | 1531 | 1536 | | 1538 | 1544 | | 1546 | 1552 | 1553 | 1559 | | | | 1601 | 1606 | 1608 | 1614 |
| Acton Main Line (AML) | a | | | | | | 1545 | | | | | 1600 | | | | | | | | 1615 |
| Ealing Broadway (EAL) | 3 a | | | 1540 | 1543 | | 1548 | | | 1555 | | 1603 | | | | | 1610 | 1613 | 1618 | |
| West Ealing (WEA) | 3 a | | | | 1546 | | 1551 | | | | | 1606 | | | | | | 1616 | 1621 | |
| Hanwell (HAN) | a | | | | | | 1553 | | | | | 1608 | | | | | | | 1623 | |
| Southall (STL) | a | | | 1545 | | | 1556 | | | 1602 | | 1611 | | | | | 1615 | | 1626 | |
| Hayes & Harlington (HAY) | 3 a | | | 1548 | 1552 | | 1559 | | | 1605 | | 1614 | | | | | 1618 | 1622 | 1629 | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | 1559 | | 1606 | | | | | 1621 | | | | | | 1629 | 1636 | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | | 1612 | | | | | 1627 | | | | | | | 1642 | |
| Heathrow Terminal 5 (HWV) | a ← | | | | 1605 | | | | | | | | | | | | | 1635 | | |
| West Drayton (WDT) | a | | | 1552 | | | | | | 1609 | | | | | | | 1622 | | | |
| Iver (IVR) | a | | | 1555 | | | | | | | | | | | | | 1625 | | | |
| Langley (LNY) | a | | | 1557 | | | | | | 1613 | | | | | | | 1627 | | | |
| Slough (SLO) | 3 a | | | 1601 | | | | | | 1616 | | | | | | | 1631 | | | |
| Burnham (BNM) | a | | | 1605 | | | | | | 1620 | | | | | | | 1635 | | | |
| Taplow (TAP) | a | | | | | | | | | 1623 | | | | | | | | | | |
| Maidenhead (MAI) | 3 a | | | 1612 | | | | | | 1626 | | | | | | | 1642 | | | |
| Twyford (TWY) | 3 a | | | | | | | | | 1633 | | | | | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | 1640 | | | | | | | | | | |

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

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

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE A | XR | XR | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | LE A | LE C | | |
|-------------------------------------|---------|------|----|------|------|---------|------|----|---------|------|----|---------|------|----|------|------|---------|---------|------|------|
| Shenfield (SNF) | 3 d | 1526 | | 1526 | | 1533 | 1538 | | 1541 | 1546 | | 1548 | 1551 | | 1556 | | 1603 | 1605 | 1608 | |
| Brentwood (BRE) | d | | | 1530 | | 1537 | | | 1545 | | | 1552 | | | 1600 | | | | 1607 | |
| Harold Wood (HRO) | d | | | 1534 | | 1541 | | | 1549 | | | 1556 | | | 1604 | | | | 1611 | |
| Gidea Park (GDP) | 2 d | | | 1537 | | 1544 | | | 1552 | | | 1559 | | | 1607 | | | | 1614 | |
| Romford (RMF) | d | 1533 | | 1540 | | 1547 | | | 1555 | 1553 | | 1602 | | | 1610 | | | | 1617 | |
| Chadwell Heath (CTH) | d | | | 1543 | | 1550 | | | 1558 | | | 1605 | | | 1613 | | | | 1620 | |
| Goodmayes (GMY) | d | | | 1545 | | 1552 | | | 1600 | | | 1607 | | | 1615 | | | | 1622 | |
| Seven Kings (SVK) | d | | | 1547 | | 1554 | | | 1602 | | | 1609 | | | 1617 | | | | 1624 | |
| Ilford (IFD) | 2 d | | | 1551 | | 1558 | | | 1606 | | | 1613 | | | 1621 | | | | 1628 | |
| Manor Park (MNP) | d | | | 1553 | | 1600 | | | 1608 | | | 1615 | | | 1623 | | | | 1630 | |
| Forest Gate (FOG) | d | | | 1556 | | 1603 | | | 1611 | | | 1618 | | | 1626 | | | | 1633 | |
| Maryland (MYL) | d | | | 1558 | | 1605 | | | 1613 | | | 1620 | | | 1628 | | | | 1635 | |
| Stratford (SRA) | DLR 7 d | 1543 | | 1601 | | | 1553 | | 1616 | 1603 | | 1623 | 1606 | | 1631 | | | | 1638 | |
| Abbey Wood (ABW) | d | | | 1547 | | 1554 | | | 1602 | | | 1609 | | | 1617 | | | | 1624 | |
| Woolwich (WWC) | d | | | 1550 | | 1557 | | | 1605 | | | 1612 | | | 1620 | | | | 1627 | |
| Custom House (CUS) | d | | | 1554 | | 1601 | | | 1609 | | | 1616 | | | 1624 | | | | 1631 | |
| Canary Wharf (CWX) | DLR d | | | 1558 | | 1605 | | | 1613 | | | 1620 | | | 1628 | | | | 1635 | |
| Whitechapel (ZLW) | d | | | 1602 | 1606 | 1609 | 1613 | | 1617 | 1621 | | 1624 | 1628 | | 1632 | 1636 | 1639 | 1643 | | |
| London Liverpool Street (LST) | 15 a | 1551 | | | | | 1601 | | | 1611 | | | 1614 | | | | | | 1628 | 1631 |
| London Liverpool Street EL (LST) | 4 a | | | 1605 | 1609 | 1612 | 1616 | | 1620 | 1624 | | 1627 | 1631 | | 1635 | 1639 | 1642 | 1646 | | |
| Farringdon (ZFD) | 3 a | | | 1607 | 1611 | 1614 | 1618 | | 1622 | 1626 | | 1629 | 1633 | | 1637 | 1641 | 1644 | 1648 | | |
| Tottenham Court Road (TCR) | a | | | 1610 | 1614 | 1617 | 1621 | | 1625 | 1629 | | 1632 | 1636 | | 1640 | 1644 | 1647 | 1651 | | |
| Bond Street (BDS) | a | | | 1613 | 1617 | 1620 | 1624 | | 1628 | 1632 | | 1635 | 1639 | | 1643 | 1647 | 1650 | 1654 | | |
| London Paddington EL (PAD) | 15 a | | | 1616 | 1622 | 1623 | 1629 | | 1631 | 1636 | | 1638 | 1644 | | 1646 | 1652 | 1653 | 1659 | | |
| Acton Main Line (AML) | a | | | | | 1630 | | | | | | 1645 | | | | | | | 1700 | |
| Ealing Broadway (EAL) | 3 a | | | 1625 | | 1633 | | | 1640 | 1643 | | 1648 | | | 1655 | | | | 1703 | |
| West Ealing (WEA) | 3 a | | | | | 1636 | | | | 1646 | | 1651 | | | | | | | 1706 | |
| Hanwell (HAN) | a | | | | | 1638 | | | | | | 1653 | | | | | | | 1708 | |
| Southall (STL) | a | | | 1632 | | 1641 | | | 1645 | | | 1656 | | | 1702 | | | | 1711 | |
| Hayes & Harlington (HAY) | 3 a | | | 1635 | | 1644 | | | 1648 | 1652 | | 1659 | | | 1705 | | | | 1714 | |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | | | | 1651 | | | | 1659 | | 1706 | | | | | | | 1721 | |
| Heathrow Terminal 4 (HAF) | a ← | | | | | 1657 | | | | | | 1712 | | | | | | | 1727 | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | | | | 1705 | | | | | | | | | | | |
| West Drayton (WDT) | a | | | 1639 | | | | | 1652 | | | | | | 1709 | | | | | |
| Iver (IVR) | a | | | | | | | | 1655 | | | | | | | | | | | |
| Langley (LNY) | a | | | 1643 | | | | | 1657 | | | | | | 1713 | | | | | |
| Slough (SLO) | 3 a | | | 1646 | | | | | 1701 | | | | | | 1716 | | | | | |
| Burnham (BNM) | a | | | 1650 | | | | | 1705 | | | | | | 1720 | | | | | |
| Taplow (TAP) | a | | | 1653 | | | | | | | | | | | 1723 | | | | | |
| Maidenhead (MAI) | 3 a | | | 1656 | | | | | 1712 | | | | | | 1726 | | | | | |
| Twyford (TWY) | 3 a | | | 1703 | | | | | | | | | | | 1733 | | | | | |
| Reading (RDG) | 7 a | | | 1710 | | | | | | | | | | | 1740 | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE D | LE A | XR | XR | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | |
|-------------------------------------|------------------------|------|------|------|---------|---------|----|------|------|------|---------|----|------|---------|----|------|---------|----|------|
| Shenfield (SNF) | 3 d | 1611 | | 1618 | 1621 | 1626 | | 1626 | | 1633 | 1638 | | 1641 | 1646 | | 1648 | 1651 | | |
| Brentwood (BRE) | d | 1615 | | 1622 | | | | 1630 | | 1637 | | | 1645 | | | 1652 | | | |
| Harold Wood (HRO) | d | 1619 | | 1626 | | | | 1634 | | 1641 | | | 1649 | | | 1656 | | | |
| Gidea Park (GDP) | 2 d | 1622 | | 1629 | | | | 1637 | | 1644 | | | 1652 | | | 1659 | | | |
| Romford (RMF) | d | 1625 | | 1632 | | 1633 | | 1640 | | 1647 | | | 1655 | 1653 | | 1702 | | | |
| Chadwell Heath (CTH) | d | 1628 | | 1635 | | | | 1643 | | 1650 | | | 1658 | | | 1705 | | | |
| Goodmayes (GMY) | d | 1630 | | 1637 | | | | 1645 | | 1652 | | | 1700 | | | 1707 | | | |
| Seven Kings (SVK) | d | 1632 | | 1639 | | | | 1647 | | 1654 | | | 1702 | | | 1709 | | | |
| Ilford (IFD) | 2 d | 1636 | | 1643 | | | | 1651 | | 1658 | | | 1706 | | | 1713 | | | |
| Manor Park (MNP) | d | 1638 | | 1645 | | | | 1653 | | 1700 | | | 1708 | | | 1715 | | | |
| Forest Gate (FOG) | d | 1641 | | 1648 | | | | 1656 | | 1703 | | | 1711 | | | 1718 | | | |
| Maryland (MYL) | d | 1643 | | 1650 | | | | 1658 | | 1705 | | | 1713 | | | 1720 | | | |
| Stratford (SRA) | DLR 7 d | 1646 | | 1653 | 1636 | 1643 | | 1701 | | 1708 | 1653 | | 1716 | 1703 | | 1723 | 1706 | | |
| Abbey Wood (ABW) | d | 1632 | | 1639 | | | | 1647 | | 1654 | | | 1702 | | | 1709 | | | 1717 |
| Woolwich (WWC) | d | 1635 | | 1642 | | | | 1650 | | 1657 | | | 1705 | | | 1712 | | | 1720 |
| Custom House (CUS) | d | 1639 | | 1646 | | | | 1654 | | 1701 | | | 1709 | | | 1716 | | | 1724 |
| Canary Wharf (CWX) | DLR d | 1643 | | 1650 | | | | 1658 | | 1705 | | | 1713 | | | 1720 | | | 1728 |
| Whitechapel (ZLW) | DLR d | 1647 | 1651 | 1654 | 1658 | | | 1702 | 1706 | 1709 | 1713 | | 1717 | 1721 | | 1724 | 1728 | | 1732 |
| London Liverpool Street (LST) | DLR 15 a | | | | 1644 | 1651 | | | | | 1701 | | | 1711 | | | 1714 | | |
| London Liverpool Street EL (LST) | 4 a | 1650 | 1654 | 1657 | 1701 | | | 1705 | 1709 | 1712 | 1716 | | 1720 | 1724 | | 1727 | 1731 | | 1735 |
| Farringdon (ZFD) | 3 a | 1652 | 1656 | 1659 | 1703 | | | 1707 | 1711 | 1714 | 1718 | | 1722 | 1726 | | 1729 | 1733 | | 1737 |
| Tottenham Court Road (TCR) | DLR a | 1655 | 1659 | 1702 | 1706 | | | 1710 | 1714 | 1717 | 1721 | | 1725 | 1729 | | 1732 | 1736 | | 1740 |
| Bond Street (BDS) | DLR a | 1658 | 1702 | 1705 | 1709 | | | 1713 | 1717 | 1720 | 1724 | | 1728 | 1732 | | 1735 | 1739 | | 1743 |
| London Paddington EL (PAD) | DLR 15 a | 1701 | 1706 | 1708 | 1714 | | | 1716 | 1722 | 1723 | 1729 | | 1731 | 1736 | | 1738 | 1744 | | 1746 |
| Acton Main Line (AML) | a | | | 1715 | | | | | | | 1730 | | | | | 1745 | | | |
| Ealing Broadway (EAL) | 3 a | 1710 | 1713 | 1718 | | | | 1725 | | 1733 | | | 1740 | 1743 | | 1748 | | | 1755 |
| West Ealing (WEA) | 3 a | | 1716 | 1721 | | | | | | 1736 | | | 1746 | | | 1751 | | | |
| Hanwell (HAN) | a | | | 1723 | | | | | | 1738 | | | | | | 1753 | | | |
| Southall (STL) | a | 1715 | | 1726 | | | | 1732 | | 1741 | | | 1745 | | | 1756 | | | 1802 |
| Hayes & Harlington (HAY) | 3 a | 1718 | 1722 | 1729 | | | | 1735 | | 1744 | | | 1748 | 1752 | | 1759 | | | 1805 |
| Heathrow Terminals 2 & 3 (HXX) | DLR 4 a | | 1729 | 1736 | | | | | | 1751 | | | | 1759 | | 1806 | | | |
| Heathrow Terminal 4 (HAF) | DLR 4 a | | | 1742 | | | | | | 1757 | | | | | | 1812 | | | |
| Heathrow Terminal 5 (HWV) | DLR 4 a | | 1735 | | | | | | | | | | | 1805 | | | | | |
| West Drayton (WDT) | a | 1722 | | | | | | 1739 | | | | | 1752 | | | | | | 1809 |
| Iver (IVR) | a | 1725 | | | | | | | | | | | 1755 | | | | | | |
| Langley (LNY) | a | 1727 | | | | | | 1743 | | | | | 1757 | | | | | | 1813 |
| Slough (SLO) | 3 a | 1731 | | | | | | 1746 | | | | | 1801 | | | | | | 1816 |
| Burnham (BNM) | a | 1735 | | | | | | 1750 | | | | | 1805 | | | | | | 1820 |
| Taplow (TAP) | a | | | | | | | 1753 | | | | | | | | | | | 1823 |
| Maidenhead (MAI) | 3 a | 1742 | | | | | | 1756 | | | | | 1812 | | | | | | 1826 |
| Twyford (TWY) | 3 a | | | | | | | 1803 | | | | | | | | | | | 1833 |
| Reading (RDG) | 7 a | | | | | | | 1810 | | | | | | | | | | | 1840 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Colchester Town
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | LE A | XR | XR | XR | XR | LE E | XR | XR | |
|-------------------------------------|---------|------|------|---------|---------|------|------|------|------|---------|---------|------|------|------|------|---------|------|------|------|
| Shenfield (SNF) | 3 d | 1656 | | 1703 | 1705 | 1708 | | 1711 | | 1718 | 1721 | 1726 | | 1726 | | 1733 | 1738 | | 1741 |
| Brentwood (BRE) | d | 1700 | | 1707 | | | | 1715 | | 1722 | | | | 1730 | | 1737 | | | 1745 |
| Harold Wood (HRO) | d | 1704 | | 1711 | | | | 1719 | | 1726 | | | | 1734 | | 1741 | | | 1749 |
| Gidea Park (GDP) | 2 d | 1707 | | 1714 | | | | 1722 | | 1729 | | | | 1737 | | 1744 | | | 1752 |
| Romford (RMF) | d | 1710 | | 1717 | | | | 1725 | | 1732 | | 1733 | | 1740 | | 1747 | | | 1755 |
| Chadwell Heath (CTH) | d | 1713 | | 1720 | | | | 1728 | | 1735 | | | | 1743 | | 1750 | | | 1758 |
| Goodmayes (GMY) | d | 1715 | | 1722 | | | | 1730 | | 1737 | | | | 1745 | | 1752 | | | 1800 |
| Seven Kings (SVK) | d | 1717 | | 1724 | | | | 1732 | | 1739 | | | | 1747 | | 1754 | | | 1802 |
| Ilford (IFD) | 2 d | 1721 | | 1728 | | | | 1736 | | 1743 | | | | 1751 | | 1758 | | | 1806 |
| Manor Park (MNP) | d | 1723 | | 1730 | | | | 1738 | | 1745 | | | | 1753 | | 1800 | | | 1808 |
| Forest Gate (FOG) | d | 1726 | | 1733 | | | | 1741 | | 1748 | | | | 1756 | | 1803 | | | 1811 |
| Maryland (MYL) | d | 1728 | | 1735 | | | | 1743 | | 1750 | | | | 1758 | | 1805 | | | 1813 |
| Stratford (SRA) | DLR 7 d | 1731 | | 1738 | 1720 | 1723 | | 1746 | | 1753 | 1736 | 1743 | | 1801 | | 1808 | 1753 | | 1816 |
| Abbey Wood (ABW) | d | | 1724 | | | | 1732 | | 1739 | | | | 1747 | | 1754 | | | 1802 | |
| Woolwich (WWC) | d | | 1727 | | | | 1735 | | 1742 | | | | 1750 | | 1757 | | | 1805 | |
| Custom House (CUS) | d | | 1731 | | | | 1739 | | 1746 | | | | 1754 | | 1801 | | | 1809 | |
| Canary Wharf (CWX) | DLR d | | 1735 | | | | 1743 | | 1750 | | | | 1758 | | 1805 | | | 1813 | |
| Whitechapel (ZLW) | DLR d | 1736 | 1739 | 1743 | | | 1747 | 1751 | 1754 | 1758 | | | 1802 | 1806 | 1809 | 1813 | | 1817 | 1821 |
| London Liverpool Street (LST) | 15 a | | | | 1728 | 1731 | | | | | 1744 | 1751 | | | | | 1801 | | |
| London Liverpool Street EL (LST) | 4 a | 1739 | 1742 | 1746 | | | 1750 | 1754 | 1757 | 1801 | | | 1805 | 1809 | 1812 | 1816 | | 1820 | 1824 |
| Farringdon (ZFD) | 3 a | 1741 | 1744 | 1748 | | | 1752 | 1756 | 1759 | 1803 | | | 1807 | 1811 | 1814 | 1818 | | 1822 | 1826 |
| Tottenham Court Road (TCR) | a | 1744 | 1747 | 1751 | | | 1755 | 1759 | 1802 | 1806 | | | 1810 | 1814 | 1817 | 1821 | | 1825 | 1829 |
| Bond Street (BDS) | a | 1747 | 1750 | 1754 | | | 1758 | 1802 | 1805 | 1809 | | | 1813 | 1817 | 1820 | 1824 | | 1828 | 1832 |
| London Paddington EL (PAD) | 15 a | 1752 | 1753 | 1759 | | | 1801 | 1806 | 1808 | 1814 | | | 1816 | 1822 | 1823 | 1829 | | 1831 | 1836 |
| Acton Main Line (AML) | a | | 1800 | | | | | | 1815 | | | | | | 1830 | | | | |
| Ealing Broadway (EAL) | 3 a | | 1803 | | | | 1810 | 1813 | 1818 | | | | 1825 | | 1833 | | | 1840 | 1843 |
| West Ealing (WEA) | 3 a | | 1806 | | | | | 1816 | 1821 | | | | | | 1836 | | | 1846 | |
| Hanwell (HAN) | a | | 1808 | | | | | | 1823 | | | | | | 1838 | | | | |
| Southall (STL) | a | | 1811 | | | | 1815 | | 1826 | | | | 1832 | | 1841 | | | 1845 | |
| Hayes & Harlington (HAY) | 3 a | | 1814 | | | | 1818 | 1822 | 1829 | | | | 1835 | | 1844 | | | 1848 | 1852 |
| Heathrow Terminals 2 & 3 (HXX) | a ← | | 1821 | | | | | 1829 | 1836 | | | | | | 1851 | | | | 1859 |
| Heathrow Terminal 4 (HAF) | a ← | | 1827 | | | | | | 1842 | | | | | | 1857 | | | | |
| Heathrow Terminal 5 (HWV) | a ← | | | | | | | 1835 | | | | | | | | | | | 1905 |
| West Drayton (WDT) | a | | | | | | 1822 | | | | | | 1839 | | | | | 1852 | |
| Iver (IVR) | a | | | | | | 1825 | | | | | | | | | | | 1855 | |
| Langley (LNY) | a | | | | | | 1827 | | | | | | 1843 | | | | | 1857 | |
| Slough (SLO) | 3 a | | | | | | 1831 | | | | | | 1846 | | | | | 1901 | |
| Burnham (BNM) | a | | | | | | 1835 | | | | | | 1850 | | | | | 1905 | |
| Taplow (TAP) | a | | | | | | | | | | | | 1853 | | | | | | |
| Maidenhead (MAI) | 3 a | | | | | | 1842 | | | | | | 1856 | | | | | 1912 | |
| Twyford (TWY) | 3 a | | | | | | | | | | | | 1903 | | | | | | |
| Reading (RDG) | 7 a | | | | | | | | | | | | 1910 | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- E From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE A | XR | XR | LE F | XR | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | LE A | XR | XR | | |
|-------------------------------------|----------|------|------|---------|------|------|------|------|------|---------|---------|------|------|------|------|---------|---------|----|------|------|------|
| Shenfield (SNF) | 3 d | 1746 | | 1748 | 1751 | | 1756 | | 1803 | 1805 | 1808 | | 1811 | | 1818 | 1821 | 1826 | | 1826 | 1826 | |
| Brentwood (BRE) | d | | | 1752 | | | 1800 | | 1807 | | | | 1815 | | 1822 | | | | | 1830 | 1830 |
| Harold Wood (HRO) | d | | | 1756 | | | 1804 | | 1811 | | | | 1819 | | 1826 | | | | | 1834 | 1834 |
| Gidea Park (GDP) | 2 d | | | 1759 | | | 1807 | | 1814 | | | | 1822 | | 1829 | | | | | 1837 | 1837 |
| Romford (RMF) | d | 1753 | | 1802 | | | 1810 | | 1817 | | | | 1825 | | 1832 | | 1833 | | | 1840 | 1840 |
| Chadwell Heath (CTH) | d | | | 1805 | | | 1813 | | 1820 | | | | 1828 | | 1835 | | | | | 1843 | 1843 |
| Goodmayes (GMY) | d | | | 1807 | | | 1815 | | 1822 | | | | 1830 | | 1837 | | | | | 1845 | 1845 |
| Seven Kings (SVK) | d | | | 1809 | | | 1817 | | 1824 | | | | 1832 | | 1839 | | | | | 1847 | 1847 |
| Ilford (IFD) | 2 d | | | 1813 | | | 1821 | | 1828 | | | | 1836 | | 1843 | | | | | 1851 | 1851 |
| Manor Park (MNP) | d | | | 1815 | | | 1823 | | 1830 | | | | 1838 | | 1845 | | | | | 1853 | 1853 |
| Forest Gate (FOG) | d | | | 1818 | | | 1826 | | 1833 | | | | 1841 | | 1848 | | | | | 1856 | 1856 |
| Maryland (MYL) | d | | | 1820 | | | 1828 | | 1835 | | | | 1843 | | 1850 | | | | | 1858 | 1858 |
| Stratford (SRA) | DLR 7 d | 1803 | | 1823 | 1806 | | 1831 | | 1838 | 1820 | 1823 | | 1846 | | 1853 | 1836 | 1843 | | | 1901 | 1901 |
| Abbey Wood (ABW) | d | | 1809 | | | 1817 | | 1824 | | | | 1832 | | 1839 | | | | | | 1847 | 1847 |
| Woolwich (WWC) | d | | 1812 | | | 1820 | | 1827 | | | | 1835 | | 1842 | | | | | | 1850 | 1850 |
| Custom House (CUS) | d | | 1816 | | | 1824 | | 1831 | | | | 1839 | | 1846 | | | | | | 1854 | 1854 |
| Canary Wharf (CWX) | DLR d | | 1820 | | | 1828 | | 1835 | | | | 1843 | | 1850 | | | | | | 1858 | 1858 |
| Whitechapel (ZLW) | DLR d | | 1824 | 1828 | | 1832 | 1836 | 1839 | 1843 | | | 1847 | 1851 | 1854 | 1858 | | | | | 1902 | 1906 |
| London Liverpool Street (LST) | DLR 15 a | 1811 | | | 1814 | | | | | 1828 | 1831 | | | | | 1844 | 1851 | | | 1906 | 1906 |
| London Liverpool Street EL (LST) | DLR 4 a | | 1827 | 1831 | | 1835 | 1839 | 1842 | 1846 | | | 1850 | 1854 | 1857 | 1901 | | | | | 1905 | 1909 |
| Farringdon (ZFD) | DLR 3 a | | 1829 | 1833 | | 1837 | 1841 | 1844 | 1848 | | | 1852 | 1856 | 1859 | 1903 | | | | | 1907 | 1911 |
| Tottenham Court Road (TCR) | DLR a | | 1832 | 1836 | | 1840 | 1844 | 1847 | 1851 | | | 1855 | 1859 | 1902 | 1906 | | | | | 1910 | 1914 |
| Bond Street (BDS) | DLR a | | 1835 | 1839 | | 1843 | 1847 | 1850 | 1854 | | | 1858 | 1902 | 1905 | 1909 | | | | | 1913 | 1917 |
| London Paddington EL (PAD) | DLR 15 a | | 1838 | 1844 | | 1846 | 1852 | 1853 | 1859 | | | 1901 | 1906 | 1908 | 1914 | | | | | 1916 | 1922 |
| Acton Main Line (AML) | a | | 1845 | | | | | 1900 | | | | | | | 1915 | | | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 1848 | | | 1855 | | 1903 | | | | 1910 | 1913 | 1918 | | | | | | 1925 | |
| West Ealing (WEA) | DLR 3 a | | 1851 | | | | | 1906 | | | | | 1916 | 1921 | | | | | | | |
| Hanwell (HAN) | a | | 1853 | | | | | 1908 | | | | | | 1923 | | | | | | | |
| Southall (STL) | a | | 1856 | | | 1902 | | 1911 | | | | 1915 | | 1926 | | | | | | 1932 | |
| Hayes & Harlington (HAY) | DLR 3 a | | 1859 | | | 1905 | | 1914 | | | | 1918 | 1922 | 1929 | | | | | | 1935 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | 1906 | | | | | 1921 | | | | | | 1929 | 1936 | | | | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | 1912 | | | | | 1927 | | | | | | 1942 | | | | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | | | | | 1935 | | | | | | | |
| West Drayton (WDT) | a | | | | | 1909 | | | | | | | 1922 | | | | | | | 1939 | |
| Iver (IVR) | a | | | | | | | | | | | | 1925 | | | | | | | | |
| Langley (LNY) | a | | | | | 1913 | | | | | | | 1927 | | | | | | | 1943 | |
| Slough (SLO) | DLR 3 a | | | | | 1916 | | | | | | | 1931 | | | | | | | 1946 | |
| Burnham (BNM) | a | | | | | 1920 | | | | | | | 1935 | | | | | | | 1950 | |
| Taplow (TAP) | a | | | | | 1923 | | | | | | | | | | | | | | 1953 | |
| Maidenhead (MAI) | DLR 3 a | | | | | 1926 | | | | | | | 1942 | | | | | | | 1956 | |
| Twyford (TWY) | DLR 3 a | | | | | 1933 | | | | | | | | | | | | | | 2003 | |
| Reading (RDG) | DLR 7 a | | | | | 1940 | | | | | | | | | | | | | | 2010 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | | | | |
|-------------------------------------|--------|----|---------|------|------|---------|------|------|---------|------|------|------|------|---------|---------|------|------|----|------|------|------|------|
| Shenfield (SNF) | 3 | d | 1833 | 1838 | | | 1841 | 1846 | | 1848 | 1851 | | 1856 | | 1903 | 1905 | 1908 | | 1911 | | | |
| Brentwood (BRE) | | d | 1837 | | | | 1845 | | | 1852 | | | 1900 | | 1907 | | | | 1915 | | | |
| Harold Wood (HRO) | | d | 1841 | | | | 1849 | | | 1856 | | | 1904 | | 1911 | | | | 1919 | | | |
| Gidea Park (GDP) | 2 | d | 1844 | | | | 1852 | | | 1859 | | | 1907 | | 1914 | | | | 1922 | | | |
| Romford (RMF) | | d | 1847 | | | | 1855 | 1853 | | 1902 | | | 1910 | | 1917 | | | | 1925 | | | |
| Chadwell Heath (CTH) | | d | 1850 | | | | 1858 | | | 1905 | | | 1913 | | 1920 | | | | 1928 | | | |
| Goodmayes (GMY) | | d | 1852 | | | | 1900 | | | 1907 | | | 1915 | | 1922 | | | | 1930 | | | |
| Seven Kings (SVK) | | d | 1854 | | | | 1902 | | | 1909 | | | 1917 | | 1924 | | | | 1932 | | | |
| Ilford (IFD) | 2 | d | 1858 | | | | 1906 | | | 1913 | | | 1921 | | 1928 | | | | 1936 | | | |
| Manor Park (MNP) | | d | 1900 | | | | 1908 | | | 1915 | | | 1923 | | 1930 | | | | 1938 | | | |
| Forest Gate (FOG) | | d | 1903 | | | | 1911 | | | 1918 | | | 1926 | | 1933 | | | | 1941 | | | |
| Maryland (MYL) | | d | 1905 | | | | 1913 | | | 1920 | | | 1928 | | 1935 | | | | 1943 | | | |
| Stratford (SRA) | DLR 7 | d | 1908 | 1853 | | | 1916 | 1903 | | 1923 | 1906 | | 1931 | | 1938 | 1920 | 1923 | | 1946 | | | |
| Abbey Wood (ABW) | | d | 1854 | | | | 1902 | | | 1909 | | | 1917 | | 1924 | | | | 1932 | 1939 | | |
| Woolwich (WWC) | | d | 1857 | | | | 1905 | | | 1912 | | | 1920 | | 1927 | | | | 1935 | 1942 | | |
| Custom House (CUS) | | d | 1901 | | | | 1909 | | | 1916 | | | 1924 | | 1931 | | | | 1939 | 1946 | | |
| Canary Wharf (CWX) | DLR | d | 1905 | | | | 1913 | | | 1920 | | | 1928 | | 1935 | | | | 1943 | 1950 | | |
| Whitechapel (ZLW) | DLR | d | 1909 | 1913 | | | 1917 | 1921 | | 1924 | 1928 | | 1932 | 1936 | 1939 | 1943 | | | 1947 | 1951 | 1954 | |
| London Liverpool Street (LST) | DLR 15 | a | | | 1901 | | | | 1911 | | | 1914 | | | | 1928 | 1931 | | | | | |
| London Liverpool Street EL (LST) | 4 | a | 1912 | 1916 | | | 1920 | 1924 | | 1927 | 1931 | | 1935 | 1939 | 1942 | 1946 | | | | 1950 | 1954 | 1957 |
| Farringdon (ZFD) | 3 | a | 1914 | 1918 | | | 1922 | 1926 | | 1929 | 1933 | | 1937 | 1941 | 1944 | 1948 | | | | 1952 | 1956 | 1959 |
| Tottenham Court Road (TCR) | DLR | a | 1917 | 1921 | | | 1925 | 1929 | | 1932 | 1936 | | 1940 | 1944 | 1947 | 1951 | | | | 1955 | 1959 | 2002 |
| Bond Street (BDS) | DLR | a | 1920 | 1924 | | | 1928 | 1932 | | 1935 | 1939 | | 1943 | 1947 | 1950 | 1954 | | | | 1958 | 2002 | 2005 |
| London Paddington EL (PAD) | DLR 15 | a | 1923 | 1929 | | | 1931 | 1936 | | 1938 | 1944 | | 1946 | 1952 | 1953 | 1959 | | | | 2001 | 2006 | 2008 |
| Acton Main Line (AML) | | a | 1930 | | | | | | | 1945 | | | | | 2000 | | | | | | | 2015 |
| Ealing Broadway (EAL) | DLR 3 | a | 1933 | | | | 1940 | 1943 | | 1948 | | | 1955 | | 2003 | | | | 2010 | 2013 | 2018 | |
| West Ealing (WEA) | DLR 3 | a | 1936 | | | | | 1946 | | 1951 | | | | | 2006 | | | | | 2016 | 2021 | |
| Hanwell (HAN) | | a | 1938 | | | | | | | 1953 | | | | | 2008 | | | | | | 2023 | |
| Southall (STL) | | a | 1941 | | | | 1945 | | | 1956 | | | 2002 | | 2011 | | | | 2015 | | 2026 | |
| Hayes & Harlington (HAY) | DLR 3 | a | 1944 | | | | 1948 | 1952 | | 1959 | | | 2005 | | 2014 | | | | 2018 | 2022 | 2029 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR 3 | a | 1951 | | | | | 1959 | | 2006 | | | | | 2021 | | | | | 2029 | 2036 | |
| Heathrow Terminal 4 (HAF) | DLR 3 | a | 1957 | | | | | | | 2012 | | | | | 2027 | | | | | | 2042 | |
| Heathrow Terminal 5 (HWV) | DLR 3 | a | | | | | 2005 | | | | | | | | | | | | | | 2035 | |
| West Drayton (WDT) | | a | | | | | 1952 | | | | | | 2009 | | | | | | | | 2022 | |
| Iver (IVR) | | a | | | | | 1955 | | | | | | | | | | | | | | 2025 | |
| Langley (LNY) | | a | | | | | 1957 | | | | | | 2013 | | | | | | | | 2027 | |
| Slough (SLO) | 3 | a | | | | | 2001 | | | | | | 2016 | | | | | | | | 2031 | |
| Burnham (BNM) | | a | | | | | 2005 | | | | | | 2020 | | | | | | | | 2035 | |
| Taplow (TAP) | | a | | | | | | | | | | | 2023 | | | | | | | | | |
| Maidenhead (MAI) | 3 | a | | | | | 2012 | | | | | | 2026 | | | | | | | | 2042 | |
| Twyford (TWY) | 3 | a | | | | | | | | | | | 2033 | | | | | | | | | |
| Reading (RDG) | 7 | a | | | | | | | | | | | 2040 | | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | LE D | LE A | XR | XR | XR | XR | LE E | XR | XR | LE A | XR | XR | LE F | XR | XR | XR | XR | | | | |
|-------------------------------------|--------|---------|---------|------|------|----|------|---------|------|------|---------|------|------|---------|------|------|------|------|------|------|------|------|
| Shenfield (SNF) | 3 | d | 1918 | 1921 | 1926 | | | 1926 | | | 1933 | 1938 | | 1941 | 1946 | | 1948 | 1951 | 1956 | 2003 | | |
| Brentwood (BRE) | | d | 1922 | | | | | 1930 | | | 1937 | | | 1945 | | | 1952 | | 2000 | 2007 | | |
| Harold Wood (HRO) | | d | 1926 | | | | | 1934 | | | 1941 | | | 1949 | | | 1956 | | 2004 | 2011 | | |
| Gidea Park (GDP) | 2 | d | 1929 | | | | | 1937 | | | 1944 | | | 1952 | | | 1959 | | 2007 | 2014 | | |
| Romford (RMF) | | d | 1932 | | 1933 | | | 1940 | | | 1947 | | | 1955 | 1953 | | 2002 | | 2010 | 2017 | | |
| Chadwell Heath (CTH) | | d | 1935 | | | | | 1943 | | | 1950 | | | 1958 | | | 2005 | | 2013 | 2020 | | |
| Goodmayes (GMY) | | d | 1937 | | | | | 1945 | | | 1952 | | | 2000 | | | 2007 | | 2015 | 2022 | | |
| Seven Kings (SVK) | | d | 1939 | | | | | 1947 | | | 1954 | | | 2002 | | | 2009 | | 2017 | 2024 | | |
| Ilford (IFD) | 2 | d | 1943 | | | | | 1951 | | | 1958 | | | 2006 | | | 2013 | | 2021 | 2028 | | |
| Manor Park (MNP) | | d | 1945 | | | | | 1953 | | | 2000 | | | 2008 | | | 2015 | | 2023 | 2030 | | |
| Forest Gate (FOG) | | d | 1948 | | | | | 1956 | | | 2003 | | | 2011 | | | 2018 | | 2026 | 2033 | | |
| Maryland (MYL) | | d | 1950 | | | | | 1958 | | | 2005 | | | 2013 | | | 2020 | | 2028 | 2035 | | |
| Stratford (SRA) | DLR 7 | d | 1953 | 1936 | 1943 | | | 2001 | | | 2008 | 1953 | | 2016 | 2003 | | 2023 | 2006 | 2031 | 2038 | | |
| Abbey Wood (ABW) | | d | | | | | 1947 | | | | 1954 | | | 2002 | | | 2009 | | 2017 | 2024 | | |
| Woolwich (WWC) | | d | | | | | 1950 | | | | 1957 | | | 2005 | | | 2012 | | 2020 | 2027 | | |
| Custom House (CUS) | | d | | | | | 1954 | | | | 2001 | | | 2009 | | | 2016 | | 2024 | 2031 | | |
| Canary Wharf (CWX) | DLR | d | | | | | 1958 | | | | 2005 | | | 2013 | | | 2020 | | 2028 | 2035 | | |
| Whitechapel (ZLW) | DLR | d | 1958 | | | | 2002 | 2006 | 2009 | 2013 | | | 2017 | 2021 | | 2024 | 2028 | | 2032 | 2036 | 2039 | 2043 |
| London Liverpool Street (LST) | DLR 15 | a | | 1944 | 1951 | | | | | | | 2001 | | | | 2011 | | 2014 | | | | |
| London Liverpool Street EL (LST) | DLR 4 | a | 2001 | | | | 2005 | 2009 | 2012 | 2016 | | | 2020 | 2024 | | 2027 | 2031 | | 2035 | 2039 | 2042 | 2046 |
| Farringdon (ZFD) | DLR 3 | a | 2003 | | | | 2007 | 2011 | 2014 | 2018 | | | 2022 | 2026 | | 2029 | 2033 | | 2037 | 2041 | 2044 | 2048 |
| Tottenham Court Road (TCR) | DLR | a | 2006 | | | | 2010 | 2014 | 2017 | 2021 | | | 2025 | 2029 | | 2032 | 2036 | | 2040 | 2044 | 2047 | 2051 |
| Bond Street (BDS) | DLR | a | 2009 | | | | 2013 | 2017 | 2020 | 2024 | | | 2028 | 2032 | | 2035 | 2039 | | 2043 | 2047 | 2050 | 2054 |
| London Paddington EL (PAD) | DLR 15 | a | 2014 | | | | 2016 | 2022 | 2023 | 2029 | | | 2031 | 2036 | | 2038 | 2044 | | 2046 | 2052 | 2053 | 2059 |
| Acton Main Line (AML) | | a | | | | | | | | 2030 | | | | | | 2045 | | | | | | 2100 |
| Ealing Broadway (EAL) | DLR 3 | a | | | | | 2025 | | | 2033 | | | 2040 | 2043 | | 2048 | | | 2055 | | | 2103 |
| West Ealing (WEA) | DLR 3 | a | | | | | | | | 2036 | | | | 2046 | | 2051 | | | | | | 2106 |
| Hanwell (HAN) | | a | | | | | | | | 2038 | | | | | | 2053 | | | | | | 2108 |
| Southall (STL) | | a | | | | | 2032 | | | 2041 | | | 2045 | | | 2056 | | | 2102 | | | 2111 |
| Hayes & Harlington (HAY) | DLR 3 | a | | | | | 2035 | | | 2044 | | | 2048 | 2052 | | 2059 | | | 2105 | | | 2114 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | | | | 2051 | | | | 2059 | | 2106 | | | | | | 2121 |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | | | | 2057 | | | | | | 2112 | | | | | | 2127 |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | | | | | 2105 | | | | | | | | |
| West Drayton (WDT) | | a | | | | | 2039 | | | | | | 2052 | | | | | | 2109 | | | |
| Iver (IVR) | | a | | | | | | | | | | | 2055 | | | | | | | | | |
| Langley (LNY) | | a | | | | | 2043 | | | | | | 2057 | | | | | | 2113 | | | |
| Slough (SLO) | DLR 3 | a | | | | | 2046 | | | | | | 2101 | | | | | | 2116 | | | |
| Burnham (BNM) | | a | | | | | 2050 | | | | | | 2105 | | | | | | 2120 | | | |
| Taplow (TAP) | | a | | | | | 2053 | | | | | | | | | | | | 2123 | | | |
| Maidenhead (MAI) | DLR 3 | a | | | | | 2056 | | | | | | 2112 | | | | | | 2126 | | | |
| Twyford (TWY) | DLR 3 | a | | | | | 2103 | | | | | | | | | | | | 2133 | | | |
| Reading (RDG) | DLR 7 | a | | | | | 2110 | | | | | | | | | | | | 2140 | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Colchester Town
- E From Braintree
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE | LE | XR | XR | XR | XR | LE | LE | XR | XR | XR | XR | XR | LE | XR | XR | LE | XR | XR | |
|-------------------------------------|-------------------------|------|------|----|------|------|------|------|------|------|----|------|------|------|------|----|------|------|----|------|
| | A | C | | | | | | | | | | | | | | | | | | A |
| Shenfield (SNF) | 3 d | 2005 | 2008 | | 2011 | | 2018 | | 2021 | 2026 | | 2026 | | 2033 | 2038 | | 2041 | 2046 | | 2048 |
| Brentwood (BRE) | d | | | | 2015 | | 2022 | | | | | 2030 | | 2037 | | | 2045 | | | 2052 |
| Harold Wood (HRO) | d | | | | 2019 | | 2026 | | | | | 2034 | | 2041 | | | 2049 | | | 2056 |
| Gidea Park (GDP) | 2 d | | | | 2022 | | 2029 | | | | | 2037 | | 2044 | | | 2052 | | | 2059 |
| Romford (RMF) | d | | | | 2025 | | 2032 | | | 2033 | | 2040 | | 2047 | | | 2055 | 2053 | | 2102 |
| Chadwell Heath (CTH) | d | | | | 2028 | | 2035 | | | | | 2043 | | 2050 | | | 2058 | | | 2105 |
| Goodmayes (GMY) | d | | | | 2030 | | 2037 | | | | | 2045 | | 2052 | | | 2100 | | | 2107 |
| Seven Kings (SVK) | d | | | | 2032 | | 2039 | | | | | 2047 | | 2054 | | | 2102 | | | 2109 |
| Ilford (IFD) | 2 d | | | | 2036 | | 2043 | | | | | 2051 | | 2058 | | | 2106 | | | 2113 |
| Manor Park (MNP) | d | | | | 2038 | | 2045 | | | | | 2053 | | 2100 | | | 2108 | | | 2115 |
| Forest Gate (FOG) | d | | | | 2041 | | 2048 | | | | | 2056 | | 2103 | | | 2111 | | | 2118 |
| Maryland (MYL) | d | | | | 2043 | | 2050 | | | | | 2058 | | 2105 | | | 2113 | | | 2120 |
| Stratford (SRA) | DLR 7 d | 2020 | 2023 | | 2046 | | 2053 | 2036 | 2043 | | | 2101 | | 2108 | 2053 | | 2116 | 2103 | | 2123 |
| Abbey Wood (ABW) | d | | | | 2032 | | 2039 | | | | | 2047 | | 2054 | | | 2102 | | | 2109 |
| Woolwich (WWC) | d | | | | 2035 | | 2042 | | | | | 2050 | | 2057 | | | 2105 | | | 2112 |
| Custom House (CUS) | d | | | | 2039 | | 2046 | | | | | 2054 | | 2101 | | | 2109 | | | 2116 |
| Canary Wharf (CWX) | DLR d | | | | 2043 | | 2050 | | | | | 2058 | | 2105 | | | 2113 | | | 2120 |
| Whitechapel (ZLW) | DLR d | | | | 2047 | 2051 | 2054 | 2058 | | | | 2102 | 2106 | 2109 | 2113 | | 2117 | 2121 | | 2124 |
| London Liverpool Street (LST) | DLR 15 a | 2028 | 2031 | | | | | 2044 | 2051 | | | | | | 2101 | | | 2111 | | 2128 |
| London Liverpool Street EL (LST) | DLR 4 a | | | | 2050 | 2054 | 2057 | 2101 | | | | 2105 | 2109 | 2112 | 2116 | | 2120 | 2124 | | 2127 |
| Farringdon (ZFD) | DLR 3 a | | | | 2052 | 2056 | 2059 | 2103 | | | | 2107 | 2111 | 2114 | 2118 | | 2122 | 2126 | | 2129 |
| Tottenham Court Road (TCR) | DLR a | | | | 2055 | 2059 | 2102 | 2106 | | | | 2110 | 2114 | 2117 | 2121 | | 2125 | 2129 | | 2132 |
| Bond Street (BDS) | DLR a | | | | 2058 | 2102 | 2105 | 2109 | | | | 2113 | 2117 | 2120 | 2124 | | 2128 | 2132 | | 2135 |
| London Paddington EL (PAD) | DLR 15 a | | | | 2101 | 2106 | 2108 | 2114 | | | | 2116 | 2122 | 2123 | 2129 | | 2131 | 2136 | | 2139 |
| Acton Main Line (AML) | a | | | | | | 2115 | | | | | | | 2130 | | | | | | 2145 |
| Ealing Broadway (EAL) | DLR 3 a | | | | 2110 | 2113 | 2118 | | | | | 2125 | | 2133 | | | 2140 | 2143 | | 2148 |
| West Ealing (WEA) | DLR 3 a | | | | | 2116 | 2121 | | | | | | | 2136 | | | 2146 | | | 2151 |
| Hanwell (HAN) | a | | | | | | 2123 | | | | | | | 2138 | | | | | | 2153 |
| Southall (STL) | a | | | | 2115 | | 2126 | | | | | 2132 | | 2141 | | | 2145 | | | 2156 |
| Hayes & Harlington (HAY) | DLR 3 a | | | | 2118 | 2122 | 2129 | | | | | 2135 | | 2144 | | | 2148 | 2152 | | 2159 |
| Heathrow Terminals 2 & 3 (HXX) | DLR DLR a | | | | | 2129 | 2136 | | | | | | | 2151 | | | | 2159 | | 2206 |
| Heathrow Terminal 4 (HAF) | DLR DLR a | | | | | | 2142 | | | | | | | 2157 | | | | | | 2212 |
| Heathrow Terminal 5 (HWV) | DLR DLR a | | | | | 2135 | | | | | | | | | | | | 2205 | | |
| West Drayton (WDT) | a | | | | 2122 | | | | | | | 2139 | | | | | 2152 | | | |
| Iver (IVR) | a | | | | 2125 | | | | | | | | | | | | 2155 | | | |
| Langley (LNY) | a | | | | 2127 | | | | | | | 2143 | | | | | 2157 | | | |
| Slough (SLO) | DLR 3 a | | | | 2131 | | | | | | | 2146 | | | | | 2201 | | | |
| Burnham (BNM) | a | | | | 2135 | | | | | | | 2150 | | | | | 2205 | | | |
| Taplow (TAP) | a | | | | | | | | | | | 2153 | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | 2142 | | | | | | | 2156 | | | | | 2212 | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | 2203 | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | 2210 | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- E From Braintree

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | LE F | XR | XR | XR | XR | LE A | LE C | XR | XR | XR | XR | LE D | XR | XR | LE A | XR | XR | XR | |
|-------------------------------------|----------|------|----|------|------|---------|---------|------|----|------|------|---------|------|----|---------|------|----|------|------|
| Shenfield (SNF) | 3 d | 2051 | | 2056 | | 2103 | 2105 | 2108 | | 2111 | | 2118 | 2121 | | 2126 | 2133 | | | 2136 |
| Brentwood (BRE) | d | | | 2100 | | 2107 | | | | 2115 | | 2122 | | | 2130 | | | | 2140 |
| Harold Wood (HRO) | d | | | 2104 | | 2111 | | | | 2119 | | 2126 | | | 2134 | | | | 2144 |
| Gidea Park (GDP) | 2 d | | | 2107 | | 2114 | | | | 2122 | | 2129 | | | 2137 | | | | 2147 |
| Romford (RMF) | d | | | 2110 | | 2117 | | | | 2125 | | 2132 | | | 2140 | 2140 | | | 2150 |
| Chadwell Heath (CTH) | d | | | 2113 | | 2120 | | | | 2128 | | 2135 | | | 2143 | | | | 2153 |
| Goodmayes (GMY) | d | | | 2115 | | 2122 | | | | 2130 | | 2137 | | | 2145 | | | | 2155 |
| Seven Kings (SVK) | d | | | 2117 | | 2124 | | | | 2132 | | 2139 | | | 2147 | | | | 2157 |
| Ilford (IFD) | 2 d | | | 2121 | | 2128 | | | | 2136 | | 2143 | | | 2151 | | | | 2201 |
| Manor Park (MNP) | d | | | 2123 | | 2130 | | | | 2138 | | 2145 | | | 2153 | | | | 2203 |
| Forest Gate (FOG) | d | | | 2126 | | 2133 | | | | 2141 | | 2148 | | | 2156 | | | | 2206 |
| Maryland (MYL) | d | | | 2128 | | 2135 | | | | 2143 | | 2150 | | | 2158 | | | | 2208 |
| Stratford (SRA) | DLR 7 d | 2106 | | 2131 | | 2138 | 2120 | 2123 | | 2146 | | 2153 | 2136 | | 2150 | | | | 2211 |
| Abbey Wood (ABW) | d | | | 2117 | | 2124 | | | | 2132 | | 2139 | | | 2147 | | | 2154 | 2158 |
| Woolwich (WWC) | d | | | 2120 | | 2127 | | | | 2135 | | 2142 | | | 2150 | | | 2157 | 2201 |
| Custom House (CUS) | d | | | 2124 | | 2131 | | | | 2139 | | 2146 | | | 2154 | | | 2201 | 2205 |
| Canary Wharf (CWX) | DLR d | | | 2128 | | 2135 | | | | 2143 | | 2150 | | | 2158 | | | 2205 | 2209 |
| Whitechapel (ZLW) | DLR d | | | 2132 | 2136 | 2139 | 2143 | | | 2147 | 2151 | 2154 | 2158 | | 2202 | 2206 | | 2209 | 2213 |
| London Liverpool Street (LST) | DLR 15 a | 2114 | | | | | 2128 | 2131 | | | | | 2144 | | 2158 | | | | 2217 |
| London Liverpool Street EL (LST) | DLR 4 a | | | 2135 | 2139 | 2142 | 2146 | | | 2150 | 2154 | 2157 | 2201 | | 2205 | 2209 | | 2212 | 2216 |
| Farringdon (ZFD) | DLR 3 a | | | 2137 | 2141 | 2144 | 2148 | | | 2152 | 2156 | 2159 | 2203 | | 2207 | 2211 | | 2214 | 2218 |
| Tottenham Court Road (TCR) | DLR a | | | 2140 | 2144 | 2147 | 2151 | | | 2155 | 2159 | 2202 | 2206 | | 2210 | 2214 | | 2217 | 2221 |
| Bond Street (BDS) | DLR a | | | 2143 | 2147 | 2150 | 2154 | | | 2158 | 2202 | 2205 | 2209 | | 2213 | 2217 | | 2220 | 2224 |
| London Paddington EL (PAD) | DLR 15 a | | | 2146 | 2152 | 2153 | 2159 | | | 2201 | 2206 | 2208 | 2214 | | 2216 | 2221 | | 2223 | 2227 |
| Acton Main Line (AML) | a | | | | | 2200 | | | | | | 2215 | | | | 2229 | | | |
| Ealing Broadway (EAL) | DLR 3 a | | | 2155 | | 2203 | | | | 2210 | 2213 | 2218 | | | 2225 | 2233 | | | |
| West Ealing (WEA) | DLR 3 a | | | | | 2206 | | | | | 2216 | 2221 | | | | 2236 | | | |
| Hanwell (HAN) | a | | | | | 2208 | | | | | | 2223 | | | | 2238 | | | |
| Southall (STL) | a | | | 2202 | | 2211 | | | | 2215 | | 2226 | | | 2232 | 2241 | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | | 2205 | | 2214 | | | | 2218 | 2222 | 2229 | | | 2235 | 2244 | | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | | 2221 | | | | | 2229 | 2236 | | | | 2251 | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | 2227 | | | | | | 2242 | | | | 2257 | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | | 2235 | | | | | | | | |
| West Drayton (WDT) | a | | | 2209 | | | | | | 2222 | | | | | 2239 | | | | |
| Iver (IVR) | a | | | | | | | | | 2225 | | | | | 2241 | | | | |
| Langley (LNY) | a | | | 2213 | | | | | | 2227 | | | | | 2244 | | | | |
| Slough (SLO) | DLR 3 a | | | 2216 | | | | | | 2231 | | | | | 2247 | | | | |
| Burnham (BNM) | a | | | 2220 | | | | | | 2235 | | | | | 2251 | | | | |
| Taplow (TAP) | a | | | 2223 | | | | | | | | | | | 2254 | | | | |
| Maidenhead (MAI) | DLR 3 a | | | 2226 | | | | | | 2242 | | | | | 2257 | | | | |
| Twyford (TWY) | DLR 3 a | | | 2233 | | | | | | | | | | | 2304 | | | | |
| Reading (RDG) | DLR 7 a | | | 2240 | | | | | | | | | | | 2311 | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Clacton-on-Sea
- D From Colchester Town
- F From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes Catering facilities | LE E | XR | XR | LE G | XR | XR | LE A | XR | XR | LE C | XR | XR | LE D | XR | XR | LE H CP | LE A | XR | |
|--|---------|----|------|---------|------|------|---------|------|------|---------|------|------|---------|------|------|---------------|---------|-------|------|
| Shenfield (SNF) | 3 | d | 2138 | | 2146 | 2151 | | 2156 | 2203 | | 2206 | 2208 | | 2216 | 2221 | | 2226 | 2232 | 2234 |
| Brentwood (BRE) | | d | | | 2150 | | | 2200 | | | 2210 | | | 2220 | | | 2230 | | |
| Harold Wood (HRO) | | d | | | 2154 | | | 2204 | | | 2214 | | | 2224 | | | 2234 | | |
| Gidea Park (GDP) | 2 | d | | | 2157 | | | 2207 | | | 2217 | | | 2227 | | | 2237 | | |
| Romford (RMF) | | d | | | 2200 | | | 2210 | 2210 | | 2220 | | | 2230 | | | 2240 | | 2241 |
| Chadwell Heath (CTH) | | d | | | 2203 | | | 2213 | | | 2223 | | | 2233 | | | 2243 | | |
| Goodmayes (GMY) | | d | | | 2205 | | | 2215 | | | 2225 | | | 2235 | | | 2245 | | |
| Seven Kings (SVK) | | d | | | 2207 | | | 2217 | | | 2227 | | | 2237 | | | 2247 | | |
| Ilford (IFD) | 2 | d | | | 2211 | | | 2221 | | | 2231 | | | 2241 | | | 2251 | | |
| Manor Park (MNP) | | d | | | 2213 | | | 2223 | | | 2233 | | | 2243 | | | 2253 | | |
| Forest Gate (FOG) | | d | | | 2216 | | | 2226 | | | 2237 | | | 2246 | | | 2256 | | |
| Maryland (MYL) | | d | | | 2218 | | | 2228 | | | 2239 | | | 2248 | | | 2258 | | |
| Stratford (SRA) | DLR 7 | d | 2153 | | 2221 | 2206 | | 2231 | 2220 | | 2241 | 2223 | | 2251 | 2236 | | 2301 | 2247s | 2251 |
| Abbey Wood (ABW) | | d | | | 2206 | | | 2216 | | | 2226 | | | 2236 | | | 2246 | | 2256 |
| Woolwich (WWC) | | d | | | 2209 | | | 2219 | | | 2229 | | | 2239 | | | 2249 | | 2259 |
| Custom House (CUS) | | d | | | 2213 | | | 2223 | | | 2233 | | | 2243 | | | 2253 | | 2303 |
| Canary Wharf (CWX) | DLR | d | | | 2217 | | | 2227 | | | 2237 | | | 2247 | | | 2257 | | 2307 |
| Whitechapel (ZLW) | DLR | d | | | 2221 | 2226 | | 2231 | 2236 | | 2241 | 2246 | | 2251 | 2256 | | 2301 | 2306 | 2311 |
| London Liverpool Street (LST) | DLR 15 | a | 2201 | | 2214 | | | 2228 | | | 2231 | | | 2244 | | | 2255 | 2259 | |
| London Liverpool Street EL (LST) | DLR 4 | a | | | 2224 | 2229 | | 2234 | 2239 | | 2244 | 2249 | | 2254 | 2259 | | 2304 | 2309 | 2314 |
| Farringdon (ZFD) | DLR 8 | a | | | 2226 | 2231 | | 2236 | 2241 | | 2246 | 2251 | | 2256 | 2301 | | 2306 | 2311 | 2316 |
| Tottenham Court Road (TCR) | DLR | a | | | 2229 | 2234 | | 2239 | 2244 | | 2249 | 2254 | | 2259 | 2304 | | 2309 | 2314 | 2319 |
| Bond Street (BDS) | DLR | a | | | 2232 | 2237 | | 2242 | 2247 | | 2252 | 2257 | | 2302 | 2307 | | 2312 | 2317 | 2322 |
| London Paddington EL (PAD) | DLR 15 | a | | | 2235 | 2242 | | 2245 | 2252 | | 2255 | 2302 | | 2305 | 2312 | | 2315 | 2322 | 2325 |
| Acton Main Line (AML) | | a | | | 2245 | | | 2300 | | | | | | 2315 | | | 2330 | | |
| Ealing Broadway (EAL) | DLR 8 | a | | | 2248 | | | 2255 | 2303 | | | | | 2318 | | | 2325 | 2333 | |
| West Ealing (WEA) | DLR 8 | a | | | 2251 | | | 2306 | 2306 | | | | | 2321 | | | 2336 | 2336 | |
| Hanwell (HAN) | | a | | | 2253 | | | 2308 | 2308 | | | | | 2323 | | | 2338 | 2338 | |
| Southall (STL) | | a | | | 2256 | | | 2302 | 2311 | | | | | 2326 | | | 2332 | 2341 | |
| Hayes & Harlington (HAY) | DLR 8 | a | | | 2259 | | | 2305 | 2314 | | | | | 2329 | | | 2335 | 2344 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR ← | a | | | 2306 | | | | 2321 | | | | | 2336 | | | | 2351 | |
| Heathrow Terminal 4 (HAF) | DLR ← | a | | | | | | | 2327 | | | | | | | | | 2357 | |
| Heathrow Terminal 5 (HWV) | DLR ← | a | | | 2312 | | | | | | | | | 2342 | | | | | |
| West Drayton (WDT) | | a | | | | | | 2309 | | | | | | | | | 2339 | | |
| Iver (IVR) | | a | | | | | | 2311 | | | | | | | | | 2341 | | |
| Langley (LNY) | | a | | | | | | 2314 | | | | | | | | | 2344 | | |
| Slough (SLO) | DLR 3 | a | | | | | | 2317 | | | | | | | | | 2352 | | |
| Burnham (BNM) | | a | | | | | | 2321 | | | | | | | | | 2356 | | |
| Taplow (TAP) | | a | | | | | | 2324 | | | | | | | | | 2359 | | |
| Maidenhead (MAI) | DLR 3 | a | | | | | | 2327 | | | | | | | | | 0003 | | |
| Twyford (TWY) | DLR 3 | a | | | | | | 2334 | | | | | | | | | | | |
| Reading (RDG) | DLR 7 | a | | | | | | 2341 | | | | | | | | | | | |

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
- C From Clacton-on-Sea
- D From Colchester Town
- E From Braintree
- G From Harwich International
- H From Norwich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Saturdays

| Operator Days of operation/Notes | XR | XR | XR | LE F | XR | XR | LE A | LE C | XR | XR | LE F | XR | XR | LE H | LE A | XR | XR | XR | |
|-------------------------------------|----------|------|------|---------|------|------|---------|---------|------|------|---------|------|------|---------|---------|------|------|------|------|
| Shenfield (SNF) | 3 d | 2236 | | 2246 | 2251 | | 2256 | 2303 | 2308 | | 2311 | 2321 | | 2326 | 2332 | 2339 | | 2341 | 2356 |
| Brentwood (BRE) | d | 2240 | | 2250 | | | 2300 | | | | 2315 | | | 2330 | | | | 2345 | 2359 |
| Harold Wood (HRO) | d | 2244 | | 2254 | | | 2304 | | | | 2319 | | | 2334 | | | | 2349 | 0004 |
| Gidea Park (GDP) | 2 d | 2247 | | 2257 | | | 2307 | | | | 2322 | | | 2337 | | | | 2352 | 0007 |
| Romford (RMF) | d | 2250 | | 2300 | | | 2310 | 2310 | | | 2325 | | | 2340 | | 2346 | | 2355 | 0010 |
| Chadwell Heath (CTH) | d | 2253 | | 2303 | | | 2313 | | | | 2328 | | | 2343 | | | | 2358 | 0013 |
| Goodmayes (GMY) | d | 2255 | | 2305 | | | 2315 | | | | 2330 | | | 2345 | | | | 0001 | 0015 |
| Seven Kings (SVK) | d | 2257 | | 2307 | | | 2317 | | | | 2332 | | | 2347 | | | | 0002 | 0017 |
| Ilford (IFD) | 2 d | 2301 | | 2311 | | | 2321 | | | | 2336 | | | 2351 | | | | 0006 | 0021 |
| Manor Park (MNP) | d | 2303 | | 2313 | | | 2323 | | | | 2338 | | | 2353 | | | | 0008 | 0023 |
| Forest Gate (FOG) | d | 2306 | | 2316 | | | 2326 | | | | 2341 | | | 2356 | | | | 0011 | 0026 |
| Maryland (MYL) | d | 2308 | | 2318 | | | 2328 | | | | 2343 | | | 2358 | | | | 0013 | 0028 |
| Stratford (SRA) | DLR 7 d | 2311 | | 2321 | 2306 | | 2331 | 2320 | 2323 | | 2346 | 2336 | | 0001 | 2347s | 2356 | | 0016 | 0031 |
| Abbey Wood (ABW) | d | | 2306 | | | 2316 | | | | 2328 | | | 2343 | | | | 2358 | | |
| Woolwich (WWC) | d | | 2309 | | | 2319 | | | | 2331 | | | 2346 | | | | 0001 | | |
| Custom House (CUS) | d | | 2313 | | | 2323 | | | | 2335 | | | 2350 | | | | 0005 | | |
| Canary Wharf (CWX) | DLR d | | 2317 | | | 2327 | | | | 2339 | | | 2354 | | | | 0009 | | |
| Whitechapel (ZLW) | DLR d | 2316 | 2321 | 2326 | | 2331 | 2336 | | | 2343 | 2351 | | 2358 | 0006 | | | 0013 | 0021 | |
| London Liverpool Street (LST) | DLR 15 a | | | | 2314 | | | 2328 | 2331 | | | 2344 | | 2355 | 0004 | | | | 0039 |
| London Liverpool Street EL (LST) | DLR 4 a | 2319 | 2324 | 2329 | | 2334 | 2339 | | | 2346 | 2354 | | 0001 | 0009 | | | 0016 | 0024 | |
| Farringdon (ZFD) | DLR 3 a | 2321 | 2326 | 2331 | | 2336 | 2341 | | | 2348 | 2356 | | 0003 | 0011 | | | 0018 | 0026 | |
| Tottenham Court Road (TCR) | DLR a | 2324 | 2329 | 2334 | | 2339 | 2344 | | | 2351 | 2359 | | 0006 | 0014 | | | 0021 | 0029 | |
| Bond Street (BDS) | DLR a | 2327 | 2332 | 2337 | | 2342 | 2347 | | | 2354 | 0002 | | 0009 | 0017 | | | 0024 | 0032 | |
| London Paddington EL (PAD) | DLR 15 a | 2332 | 2335 | 2342 | | 2345 | 2352 | | | 2357 | 0007 | | 0012 | 0022 | | | 0027 | 0037 | |
| Acton Main Line (AML) | a | | 2342 | | | | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 2345 | | | | | | | 0007 | | | 0027 | | | | | | |
| West Ealing (WEA) | DLR 3 a | | 2348 | | | | | | | | | | | | | | | | |
| Hanwell (HAN) | a | | 2350 | | | | | | | | | | | | | | | | |
| Southall (STL) | a | | 2353 | | | | | | | 0012 | | | 0032 | | | | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | 2356 | | | | | | | 0015 | | | 0035 | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | | | | | | | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | | | | | | | | | | | | | |
| West Drayton (WDT) | a | | | | | | | | | 0019 | | | 0039 | | | | | | |
| Iver (IVR) | a | | | | | | | | | 0022 | | | 0042 | | | | | | |
| Langley (LNY) | a | | | | | | | | | 0024 | | | 0044 | | | | | | |
| Slough (SLO) | DLR 3 a | | | | | | | | | 0028 | | | 0048 | | | | | | |
| Burnham (BNM) | a | | | | | | | | | | | | | | | | | | |
| Taplow (TAP) | a | | | | | | | | | | | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | | | | | 0038 | | | 0058 | | | | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | | | | | | | | |

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
- C From Clacton-on-Sea
- F From Ipswich
- H From Norwich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator | XR | XR | XR | XR | XR | XR | LE A | XR | XR | LE B | XR | XR | LE A | XR | XR | LE C | XR | XR |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Days of operation/Notes | | | | | | | | | | | | | | | | | | |
| Shenfield (SNF) 3 d | | | | | | 0641 | 0652 | | 0656 | 0708 | | 0711 | 0722 | | 0726 | 0737 | | 0741 |
| Brentwood (BRE) d | | | | | | 0645 | | | 0700 | | | 0715 | | | 0730 | | | 0745 |
| Harold Wood (HRO) d | | | | | | 0649 | | | 0704 | | | 0719 | | | 0734 | | | 0749 |
| Gidea Park (GDP) 2 d | 0552 | 0607 | 0622 | 0637 | | 0652 | | | 0707 | | | 0722 | | | 0737 | | | 0752 |
| Romford (RMF) d | 0555 | 0610 | 0625 | 0640 | | 0655 | 0704 | | 0710 | 0720 | | 0725 | 0734 | | 0740 | 0749 | | 0755 |
| Chadwell Heath (CTH) d | 0558 | 0613 | 0628 | 0643 | | 0658 | | | 0713 | | | 0728 | | | 0743 | | | 0758 |
| Goodmayes (GMY) d | 0600 | 0615 | 0630 | 0645 | | 0700 | | | 0715 | | | 0730 | | | 0745 | | | 0800 |
| Seven Kings (SVK) d | 0602 | 0617 | 0632 | 0647 | | 0702 | | | 0717 | | | 0732 | | | 0747 | | | 0802 |
| Ilford (IFD) 2 d | 0606 | 0621 | 0636 | 0651 | | 0706 | | | 0721 | | | 0736 | | | 0751 | | | 0806 |
| Manor Park (MNP) d | 0608 | 0623 | 0638 | 0653 | | 0708 | | | 0723 | | | 0738 | | | 0753 | | | 0808 |
| Forest Gate (FOG) d | 0611 | 0626 | 0641 | 0656 | | 0711 | | | 0726 | | | 0741 | | | 0756 | | | 0811 |
| Maryland (MYL) d | 0613 | 0628 | 0643 | 0658 | | 0713 | | | 0728 | | | 0743 | | | 0758 | | | 0813 |
| Stratford (SRA) 7 d | 0616 | 0631 | 0646 | 0701 | | 0716 | 0719 | | 0731 | 0734 | | 0746 | 0749 | | 0801 | 0804 | | 0816 |
| Abbey Wood (ABW) d | | | | | 0658 | | | 0713 | | | 0729 | | | 0744 | | | 0759 | |
| Woolwich (WWC) d | | | | | 0701 | | | 0716 | | | 0732 | | | 0747 | | | 0802 | |
| Custom House (CUS) d | | | | | 0705 | | | 0720 | | | 0736 | | | 0751 | | | 0806 | |
| Canary Wharf (CWX) DLR d | | | | | 0709 | | | 0724 | | | 0740 | | | 0755 | | | 0810 | |
| Whitechapel (ZLW) DLR d | | | | | 0713 | | | 0728 | | | 0744 | 0751 | | 0759 | 0806 | | 0814 | 0821 |
| London Liverpool Street (LST) 15 a | 0624 | 0639 | 0654 | 0709 | | 0724 | 0727 | | 0739 | 0742 | | | 0757 | | | 0812 | | |
| London Liverpool Street EL (LST) 4 a | | | | | 0716 | | | 0731 | | | 0747 | 0754 | | 0802 | 0809 | | 0817 | 0824 |
| Farringdon (ZFD) 3 a | | | | | 0718 | | | 0733 | | | 0749 | 0756 | | 0804 | 0811 | | 0819 | 0826 |
| Tottenham Court Road (TCR) DLR a | | | | | 0721 | | | 0736 | | | 0752 | 0759 | | 0807 | 0814 | | 0822 | 0829 |
| Bond Street (BDS) DLR a | | | | | 0724 | | | 0739 | | | 0755 | 0802 | | 0810 | 0817 | | 0825 | 0832 |
| London Paddington EL (PAD) 15 a | | | | | 0727 | | | 0742 | | | 0758 | 0807 | | 0813 | 0822 | | 0828 | 0837 |
| Acton Main Line (AML) a | | | | | | | | | | | 0809 | | | | 0829 | | | 0839 |
| Ealing Broadway (EAL) 3 a | | | | | | | | | | | 0812 | | | 0826 | 0832 | | | 0842 |
| West Ealing (WEA) 3 a | | | | | | | | | | | 0815 | | | | 0835 | | | 0845 |
| Hanwell (HAN) a | | | | | | | | | | | 0817 | | | | 0837 | | | 0847 |
| Southall (STL) a | | | | | | | | | | | 0820 | | | 0831 | 0840 | | | 0850 |
| Hayes & Harlington (HAY) 3 a | | | | | | | | | | | 0823 | | | 0834 | 0843 | | | 0853 |
| Heathrow Terminals 2 & 3 (HXX) DLR a | | | | | | | | | | | 0831 | | | | 0850 | | | 0901 |
| Heathrow Terminal 4 (HAF) DLR a | | | | | | | | | | | | | | | 0856 | | | |
| Heathrow Terminal 5 (HWV) DLR a | | | | | | | | | | | 0836 | | | | | | | 0906 |
| West Drayton (WDT) a | | | | | | | | | | | | | | 0838 | | | | |
| Iver (IVR) a | | | | | | | | | | | | | | 0840 | | | | |
| Langley (LNY) a | | | | | | | | | | | | | | 0843 | | | | |
| Slough (SLO) 3 a | | | | | | | | | | | | | | 0846 | | | | |
| Burnham (BNM) a | | | | | | | | | | | | | | 0850 | | | | |
| Taplow (TAP) a | | | | | | | | | | | | | | 0853 | | | | |
| M Maidenhead (MAI) 3 a | | | | | | | | | | | | | | 0856 | | | | |
| Twyford (TWY) 3 a | | | | | | | | | | | | | | 0903 | | | | |
| Reading (RDG) 7 a | | | | | | | | | | | | | | 0910 | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- B From Chelmsford
- C From Colchester

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | LE A | XR | XR | LE C | XR | XR | LE A | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | LE E | |
|-------------------------------------|----------|------|------|---------|------|------|---------|------|------|---------|------|------|------|------|---------|------|------|---------|------|
| Shenfield (SNF) | 3 d | 0752 | | 0756 | 0807 | | 0811 | 0823 | | 0826 | 0838 | | 0841 | | 0856 | 0900 | | 0911 | 0912 |
| Brentwood (BRE) | d | | | 0800 | | | 0815 | | | 0830 | | | 0845 | | 0900 | | | 0915 | |
| Harold Wood (HRO) | d | | | 0804 | | | 0819 | | | 0834 | | | 0849 | | 0904 | | | 0919 | |
| Gidea Park (GDP) | 2 d | | | 0807 | | | 0822 | | | 0837 | | | 0852 | | 0907 | | | 0922 | |
| Romford (RMF) | d | 0804 | | 0810 | | | 0825 | 0834 | | 0840 | | | 0855 | | 0910 | 0907 | | 0925 | |
| Chadwell Heath (CTH) | d | | | 0813 | | | 0828 | | | 0843 | | | 0858 | | 0913 | | | 0928 | |
| Goodmayes (GMY) | d | | | 0815 | | | 0830 | | | 0845 | | | 0900 | | 0915 | | | 0930 | |
| Seven Kings (SVK) | d | | | 0817 | | | 0832 | | | 0847 | | | 0902 | | 0917 | | | 0932 | |
| Ilford (IFD) | 2 d | | | 0821 | | | 0836 | | | 0851 | | | 0906 | | 0921 | | | 0936 | |
| Manor Park (MNP) | d | | | 0823 | | | 0838 | | | 0853 | | | 0908 | | 0923 | | | 0938 | |
| Forest Gate (FOG) | d | | | 0826 | | | 0841 | | | 0856 | | | 0911 | | 0926 | | | 0941 | |
| Maryland (MYL) | d | | | 0828 | | | 0843 | | | 0858 | | | 0913 | | 0928 | | | 0943 | |
| Stratford (SRA) | DLR 7 d | 0819 | | 0831 | 0834 | | 0846 | 0852 | | 0901 | 0904 | | 0916 | | 0931 | 0917 | | 0946 | 0927 |
| Abbey Wood (ABW) | d | | 0814 | | | 0829 | | | 0844 | | | 0859 | | 0914 | | | 0929 | | |
| Woolwich (WWC) | d | | 0817 | | | 0832 | | | 0847 | | | 0902 | | 0917 | | | 0932 | | |
| Custom House (CUS) | d | | 0821 | | | 0836 | | | 0851 | | | 0906 | | 0921 | | | 0936 | | |
| Canary Wharf (CWX) | DLR d | | 0825 | | | 0840 | | | 0855 | | | 0910 | | 0925 | | | 0940 | | |
| Whitechapel (ZLW) | DLR d | | 0829 | 0836 | | 0844 | 0851 | | 0859 | 0906 | | 0914 | 0921 | 0929 | 0936 | | 0944 | 0951 | |
| London Liverpool Street (LST) | DLR 15 a | 0827 | | | 0842 | | | 0900 | | | 0912 | | | | 0925 | | | 0935 | |
| London Liverpool Street EL (LST) | DLR 4 a | | 0832 | 0839 | | 0847 | 0854 | | 0902 | 0909 | | 0917 | 0924 | 0932 | 0939 | | 0947 | 0954 | |
| Farringdon (ZFD) | DLR 3 a | | 0834 | 0841 | | 0849 | 0856 | | 0904 | 0911 | | 0919 | 0926 | 0934 | 0941 | | 0949 | 0956 | |
| Tottenham Court Road (TCR) | DLR a | | 0837 | 0844 | | 0852 | 0859 | | 0907 | 0914 | | 0922 | 0929 | 0937 | 0944 | | 0952 | 0959 | |
| Bond Street (BDS) | DLR a | | 0840 | 0847 | | 0855 | 0902 | | 0910 | 0917 | | 0925 | 0932 | 0940 | 0947 | | 0955 | 1002 | |
| London Paddington EL (PAD) | DLR 15 a | | 0843 | 0852 | | 0858 | 0907 | | 0913 | 0922 | | 0928 | 0937 | 0943 | 0952 | | 0958 | 1007 | |
| Acton Main Line (AML) | a | | | 0859 | | 0909 | | | | 0930 | | | | | 1000 | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 0855 | 0902 | | 0912 | | | 0925 | 0933 | | 0943 | | 0955 | 1003 | | 1013 | | |
| West Ealing (WEA) | DLR 3 a | | | 0905 | | 0915 | | | | 0936 | | 0946 | | | 1006 | | 1016 | | |
| Hanwell (HAN) | a | | | 0907 | | 0917 | | | | 0938 | | | | | 1008 | | | | |
| Southall (STL) | a | | 0901 | 0910 | | 0920 | | | 0931 | 0941 | | | | 1001 | 1011 | | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | 0904 | 0913 | | 0923 | | | 0934 | 0944 | | 0952 | | 1004 | 1014 | | 1022 | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 0920 | | 0931 | | | | 0951 | | 0959 | | | 1021 | | 1029 | | |
| Heathrow Terminal 4 (HAF) | DLR a | | | 0926 | | | | | | 0957 | | | | | 1027 | | | | |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | 0936 | | | | | | 1005 | | | | | 1035 | | |
| West Drayton (WDT) | a | | 0908 | | | | | | 0938 | | | | | 1008 | | | | | |
| Iver (IVR) | a | | 0910 | | | | | | 0940 | | | | | 1010 | | | | | |
| Langley (LNY) | a | | 0913 | | | | | | 0943 | | | | | 1013 | | | | | |
| Slough (SLO) | DLR 3 a | | 0916 | | | | | | 0946 | | | | | 1016 | | | | | |
| Burnham (BNM) | a | | 0920 | | | | | | 0950 | | | | | 1020 | | | | | |
| Taplow (TAP) | a | | 0923 | | | | | | 0953 | | | | | 1023 | | | | | |
| Maidenhead (MAI) | DLR 3 a | | 0926 | | | | | | 0956 | | | | | 1026 | | | | | |
| Twyford (TWY) | DLR 3 a | | 0933 | | | | | | 1003 | | | | | 1033 | | | | | |
| Reading (RDG) | DLR 7 a | | 0940 | | | | | | 1010 | | | | | 1040 | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- C From Colchester
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | LE A | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE E | XR | |
|-------------------------------------|--------|----|---------|------|------|------|---------|------|----|------|------|---------|------|------|------|------|---------|------|------|
| Shenfield (SNF) | 3 | d | 0926 | 0927 | | | 0941 | 0942 | | | | 0956 | 0957 | | | | 1011 | 1012 | |
| Brentwood (BRE) | | d | 0930 | | | | 0945 | | | | | 1000 | | | | | 1015 | | |
| Harold Wood (HRO) | | d | 0934 | | | | 0949 | | | | | 1004 | | | | | 1019 | | |
| Gidea Park (GDP) | 2 | d | 0937 | | 0944 | | 0952 | | | 0959 | | 1007 | | | 1014 | | 1022 | | |
| Romford (RMF) | | d | 0940 | 0934 | 0947 | | 0955 | | | 1002 | | 1010 | 1004 | | 1017 | | 1025 | | |
| Chadwell Heath (CTH) | | d | 0943 | | 0950 | | 0958 | | | 1005 | | 1013 | | | 1020 | | 1028 | | |
| Goodmayes (GMY) | | d | 0945 | | 0952 | | 1000 | | | 1007 | | 1015 | | | 1022 | | 1030 | | |
| Seven Kings (SVK) | | d | 0947 | | 0954 | | 1002 | | | 1009 | | 1017 | | | 1024 | | 1032 | | |
| Ilford (IFD) | 2 | d | 0951 | | 0958 | | 1006 | | | 1013 | | 1021 | | | 1028 | | 1036 | | |
| Manor Park (MNP) | | d | 0953 | | 1000 | | 1008 | | | 1015 | | 1023 | | | 1030 | | 1038 | | |
| Forest Gate (FOG) | | d | 0956 | | 1003 | | 1011 | | | 1018 | | 1026 | | | 1033 | | 1041 | | |
| Maryland (MYL) | | d | 0958 | | 1005 | | 1013 | | | 1020 | | 1028 | | | 1035 | | 1043 | | |
| Stratford (SRA) | DLR 7 | d | 1001 | 0944 | 1008 | | 1016 | 0957 | | 1023 | | 1031 | 1014 | | 1038 | | 1046 | 1027 | |
| Abbey Wood (ABW) | | d | 0944 | | | | 0959 | | | 1009 | | 1017 | | | 1024 | | 1032 | | 1039 |
| Woolwich (WWC) | | d | 0947 | | | | 1002 | | | 1012 | | 1020 | | | 1027 | | 1035 | | 1042 |
| Custom House (CUS) | | d | 0951 | | | | 1006 | | | 1016 | | 1024 | | | 1031 | | 1039 | | 1046 |
| Canary Wharf (CWX) | DLR | d | 0955 | | | | 1013c | | | 1020 | | 1028 | | | 1035 | | 1043 | | 1050 |
| Whitechapel (ZLW) | DLR | d | 0959 | 1006 | | 1013 | 1017 | 1021 | | 1024 | 1028 | 1032 | 1036 | | 1039 | 1043 | 1047 | 1051 | 1054 |
| London Liverpool Street (LST) | DLR 15 | a | | | 0952 | | | 1005 | | | | | | 1022 | | | | | 1035 |
| London Liverpool Street EL (LST) | DLR 4 | a | 1002 | 1009 | | 1016 | 1020 | 1024 | | 1027 | 1031 | 1035 | 1039 | | 1042 | 1046 | 1050 | 1054 | 1057 |
| Farringdon (ZFD) | DLR 3 | a | 1004 | 1011 | | 1018 | 1022 | 1026 | | 1029 | 1033 | 1037 | 1041 | | 1044 | 1048 | 1052 | 1056 | 1059 |
| Tottenham Court Road (TCR) | DLR | a | 1007 | 1014 | | 1021 | 1025 | 1029 | | 1032 | 1036 | 1040 | 1044 | | 1047 | 1051 | 1055 | 1059 | 1102 |
| Bond Street (BDS) | DLR | a | 1010 | 1017 | | 1024 | 1028 | 1032 | | 1035 | 1039 | 1043 | 1047 | | 1050 | 1054 | 1058 | 1102 | 1105 |
| London Paddington EL (PAD) | DLR 15 | a | 1013 | 1022 | | 1029 | 1031 | 1036 | | 1038 | 1044 | 1046 | 1052 | | 1053 | 1059 | 1101 | 1106 | 1108 |
| Acton Main Line (AML) | | a | | 1030 | | | | | | 1045 | | | | | 1100 | | | | 1115 |
| Ealing Broadway (EAL) | DLR 3 | a | 1025 | 1033 | | | 1040 | 1043 | | 1048 | | 1055 | | | 1103 | | 1110 | 1113 | 1118 |
| West Ealing (WEA) | DLR 3 | a | | 1036 | | | | 1046 | | 1051 | | | | | 1106 | | 1116 | | 1121 |
| Hanwell (HAN) | | a | | 1038 | | | | | | 1053 | | | | | 1108 | | | | 1123 |
| Southall (STL) | | a | 1031 | 1041 | | | 1045 | | | 1056 | | 1102 | | | 1111 | | 1115 | | 1126 |
| Hayes & Harlington (HAY) | DLR 3 | a | 1034 | 1044 | | | 1048 | 1052 | | 1059 | | 1105 | | | 1114 | | 1118 | 1122 | 1129 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | 1051 | | | | 1059 | | 1106 | | | | | 1121 | | | 1129 | 1136 |
| Heathrow Terminal 4 (HAF) | DLR | a | | 1057 | | | | | | 1112 | | | | | 1127 | | | | 1142 |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | 1105 | | | | | | | | | | 1135 | |
| West Drayton (WDT) | | a | 1038 | | | | 1052 | | | | | 1109 | | | | | 1122 | | |
| Iver (IVR) | | a | 1040 | | | | 1055 | | | | | | | | | | 1125 | | |
| Langley (LNY) | | a | 1043 | | | | 1057 | | | | | 1113 | | | | | 1127 | | |
| Slough (SLO) | DLR 3 | a | 1046 | | | | 1101 | | | | | 1116 | | | | | 1131 | | |
| Burnham (BNM) | | a | 1050 | | | | 1105 | | | | | 1120 | | | | | 1135 | | |
| Taplow (TAP) | | a | 1053 | | | | | | | | | 1123 | | | | | | | |
| Maidenhead (MAI) | DLR 3 | a | 1056 | | | | 1112 | | | | | 1126 | | | | | 1142 | | |
| Twyford (TWY) | DLR 3 | a | 1103 | | | | | | | | | 1133 | | | | | | | |
| Reading (RDG) | DLR 7 | a | 1110 | | | | | | | | | 1140 | | | | | | | |

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

- a Arrival time
- d Departure time
- c Arrives 3 minutes earlier
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | | |
|-------------------------------------|--------|----|------|---------|------|----|------|------|---------|------|----|------|------|---------|------|------|------|------|------|------|
| Shenfield (SNF) | 3 | d | | 1026 | 1027 | | | | 1041 | 1042 | | | | 1056 | 1057 | | | | 1111 | |
| Brentwood (BRE) | | d | | 1030 | | | | | 1045 | | | | | 1100 | | | | | 1115 | |
| Harold Wood (HRO) | | d | | 1034 | | | | | 1049 | | | | | 1104 | | | | | 1119 | |
| Gidea Park (GDP) | 2 | d | 1029 | 1037 | | | 1044 | | 1052 | | | 1059 | | 1107 | | | 1114 | | 1122 | |
| Romford (RMF) | | d | 1032 | 1040 | 1034 | | 1047 | | 1055 | | | 1102 | | 1110 | 1104 | | 1117 | | 1125 | |
| Chadwell Heath (CTH) | | d | 1035 | 1043 | | | 1050 | | 1058 | | | 1105 | | 1113 | | | 1120 | | 1128 | |
| Goodmayes (GMY) | | d | 1037 | 1045 | | | 1052 | | 1100 | | | 1107 | | 1115 | | | 1122 | | 1130 | |
| Seven Kings (SVK) | | d | 1039 | 1047 | | | 1054 | | 1102 | | | 1109 | | 1117 | | | 1124 | | 1132 | |
| Ilford (IFD) | 2 | d | 1043 | 1051 | | | 1058 | | 1106 | | | 1113 | | 1121 | | | 1128 | | 1136 | |
| Manor Park (MNP) | | d | 1045 | 1053 | | | 1100 | | 1108 | | | 1115 | | 1123 | | | 1130 | | 1138 | |
| Forest Gate (FOG) | | d | 1048 | 1056 | | | 1103 | | 1111 | | | 1118 | | 1126 | | | 1133 | | 1141 | |
| Maryland (MYL) | | d | 1050 | 1058 | | | 1105 | | 1113 | | | 1120 | | 1128 | | | 1135 | | 1143 | |
| Stratford (SRA) | DLR 7 | d | 1053 | 1101 | 1044 | | 1108 | | 1116 | 1057 | | 1123 | | 1131 | 1114 | | 1138 | | 1146 | |
| Abbey Wood (ABW) | | d | | 1047 | | | 1054 | | 1102 | | | 1109 | | 1117 | | 1124 | | 1132 | | |
| Woolwich (WWC) | | d | | 1050 | | | 1057 | | 1105 | | | 1112 | | 1120 | | 1127 | | 1135 | | |
| Custom House (CUS) | | d | | 1054 | | | 1101 | | 1109 | | | 1116 | | 1124 | | 1131 | | 1139 | | |
| Canary Wharf (CWX) | DLR | d | | 1058 | | | 1105 | | 1113 | | | 1120 | | 1128 | | 1135 | | 1143 | | |
| Whitechapel (ZLW) | DLR | d | 1058 | 1102 | 1106 | | 1109 | 1113 | 1117 | 1121 | | 1124 | 1128 | 1132 | 1136 | | 1139 | 1143 | 1147 | 1151 |
| London Liverpool Street (LST) | DLR 15 | a | | | 1052 | | | | | 1105 | | | | | 1122 | | | | | |
| London Liverpool Street EL (LST) | DLR 4 | a | 1101 | 1105 | 1109 | | 1112 | 1116 | 1120 | 1124 | | 1127 | 1131 | 1135 | 1139 | | 1142 | 1146 | 1150 | 1154 |
| Farringdon (ZFD) | DLR 3 | a | 1103 | 1107 | 1111 | | 1114 | 1118 | 1122 | 1126 | | 1129 | 1133 | 1137 | 1141 | | 1144 | 1148 | 1152 | 1156 |
| Tottenham Court Road (TCR) | DLR | a | 1106 | 1110 | 1114 | | 1117 | 1121 | 1125 | 1129 | | 1132 | 1136 | 1140 | 1144 | | 1147 | 1151 | 1155 | 1159 |
| Bond Street (BDS) | DLR | a | 1109 | 1113 | 1117 | | 1120 | 1124 | 1128 | 1132 | | 1135 | 1139 | 1143 | 1147 | | 1150 | 1154 | 1158 | 1202 |
| London Paddington EL (PAD) | DLR 15 | a | 1114 | 1116 | 1122 | | 1123 | 1129 | 1131 | 1136 | | 1138 | 1144 | 1146 | 1152 | | 1153 | 1159 | 1201 | 1206 |
| Acton Main Line (AML) | | a | | | | | 1130 | | | | | 1145 | | | | | 1200 | | | |
| Ealing Broadway (EAL) | DLR 3 | a | | 1125 | | | 1133 | | 1140 | 1143 | | 1148 | | 1155 | | | 1203 | | 1210 | 1213 |
| West Ealing (WEA) | DLR 3 | a | | | | | 1136 | | 1146 | | | 1151 | | | | | 1206 | | | 1216 |
| Hanwell (HAN) | | a | | | | | 1138 | | | | | 1153 | | | | | 1208 | | | |
| Southall (STL) | | a | | 1132 | | | 1141 | | 1145 | | | 1156 | | 1202 | | | 1211 | | 1215 | |
| Hayes & Harlington (HAY) | DLR 3 | a | | 1135 | | | 1144 | | 1148 | 1152 | | 1159 | | 1205 | | | 1214 | | 1218 | 1222 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | 1151 | | | 1159 | | 1206 | | | | | 1221 | | | 1229 |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | 1157 | | | | | 1212 | | | | | 1227 | | | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | 1205 | | | | | | | | | | 1235 |
| West Drayton (WDT) | | a | | 1139 | | | | | 1152 | | | | | 1209 | | | | | | 1222 |
| Iver (IVR) | | a | | | | | | | 1155 | | | | | | | | | | | 1225 |
| Langley (LNY) | | a | | 1143 | | | | | 1157 | | | | | 1213 | | | | | | 1227 |
| Slough (SLO) | DLR 3 | a | | 1146 | | | | | 1201 | | | | | 1216 | | | | | | 1231 |
| Burnham (BNM) | | a | | 1150 | | | | | 1205 | | | | | 1220 | | | | | | 1235 |
| Taplow (TAP) | | a | | 1153 | | | | | | | | | | 1223 | | | | | | |
| Maidenhead (MAI) | DLR 3 | a | | 1156 | | | | | 1212 | | | | | 1226 | | | | | 1242 | |
| Twyford (TWY) | DLR 3 | a | | 1203 | | | | | | | | | | 1233 | | | | | | |
| Reading (RDG) | DLR 7 | a | | 1210 | | | | | | | | | | 1240 | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | LE E | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | |
|-------------------------------------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|---------|------|----|------|
| Shenfield (SNF) | 3 d | 1112 | | | | 1126 | 1127 | | | | 1141 | 1142 | | | | 1156 | 1157 | | |
| Brentwood (BRE) | d | | | | | 1130 | | | | | 1145 | | | | | 1200 | | | |
| Harold Wood (HRO) | d | | | | | 1134 | | | | | 1149 | | | | | 1204 | | | |
| Gidea Park (GDP) | 2 d | | | 1129 | | 1137 | | | 1144 | | 1152 | | | 1159 | | 1207 | | | 1214 |
| Romford (RMF) | d | | | 1132 | | 1140 | 1134 | | 1147 | | 1155 | | | 1202 | | 1210 | 1204 | | 1217 |
| Chadwell Heath (CTH) | d | | | 1135 | | 1143 | | | 1150 | | 1158 | | | 1205 | | 1213 | | | 1220 |
| Goodmayes (GMY) | d | | | 1137 | | 1145 | | | 1152 | | 1200 | | | 1207 | | 1215 | | | 1222 |
| Seven Kings (SVK) | d | | | 1139 | | 1147 | | | 1154 | | 1202 | | | 1209 | | 1217 | | | 1224 |
| Ilford (IFD) | 2 d | | | 1143 | | 1151 | | | 1158 | | 1206 | | | 1213 | | 1221 | | | 1228 |
| Manor Park (MNP) | d | | | 1145 | | 1153 | | | 1200 | | 1208 | | | 1215 | | 1223 | | | 1230 |
| Forest Gate (FOG) | d | | | 1148 | | 1156 | | | 1203 | | 1211 | | | 1218 | | 1226 | | | 1233 |
| Maryland (MYL) | d | | | 1150 | | 1158 | | | 1205 | | 1213 | | | 1220 | | 1228 | | | 1235 |
| Stratford (SRA) | DLR 7 d | 1127 | | 1153 | | 1201 | 1144 | | 1208 | | 1216 | 1157 | | 1223 | | 1231 | 1214 | | 1238 |
| Abbey Wood (ABW) | d | | 1139 | | 1147 | | | 1154 | | 1202 | | | 1209 | | 1217 | | | | 1224 |
| Woolwich (WWC) | d | | 1142 | | 1150 | | | 1157 | | 1205 | | | 1212 | | 1220 | | | | 1227 |
| Custom House (CUS) | d | | 1146 | | 1154 | | | 1201 | | 1209 | | | 1216 | | 1224 | | | | 1231 |
| Canary Wharf (CWX) | DLR d | | 1150 | | 1158 | | | 1205 | | 1213 | | | 1220 | | 1228 | | | | 1235 |
| Whitechapel (ZLW) | E d | | 1154 | 1158 | 1202 | 1206 | | 1209 | 1213 | 1217 | 1221 | | 1224 | 1228 | 1232 | 1236 | | | 1239 |
| London Liverpool Street (LST) | E 15 a | 1135 | | | | | 1152 | | | | | 1205 | | | | | | | 1222 |
| London Liverpool Street EL (LST) | E 4 a | | 1157 | 1201 | 1205 | 1209 | | 1212 | 1216 | 1220 | 1224 | | 1227 | 1231 | 1235 | 1239 | | | 1242 |
| Farringdon (ZFD) | E 3 a | | 1159 | 1203 | 1207 | 1211 | | 1214 | 1218 | 1222 | 1226 | | 1229 | 1233 | 1237 | 1241 | | | 1244 |
| Tottenham Court Road (TCR) | E a | | 1202 | 1206 | 1210 | 1214 | | 1217 | 1221 | 1225 | 1229 | | 1232 | 1236 | 1240 | 1244 | | | 1247 |
| Bond Street (BDS) | E a | | 1205 | 1209 | 1213 | 1217 | | 1220 | 1224 | 1228 | 1232 | | 1235 | 1239 | 1243 | 1247 | | | 1250 |
| London Paddington EL (PAD) | E 15 a | | 1208 | 1214 | 1216 | 1222 | | 1223 | 1229 | 1231 | 1236 | | 1238 | 1244 | 1246 | 1252 | | | 1253 |
| Acton Main Line (AML) | a | | 1215 | | | | | 1230 | | | | | 1245 | | | | | | 1300 |
| Ealing Broadway (EAL) | E 3 a | | 1218 | | 1225 | | | 1233 | | 1240 | 1243 | | 1248 | | 1255 | | | | 1303 |
| West Ealing (WEA) | 3 a | | 1221 | | | | | 1236 | | | 1246 | | 1251 | | | | | | 1306 |
| Hanwell (HAN) | a | | 1223 | | | | | 1238 | | | | | 1253 | | | | | | 1308 |
| Southall (STL) | a | | 1226 | | 1232 | | | 1241 | | 1245 | | | 1256 | | 1302 | | | | 1311 |
| Hayes & Harlington (HAY) | 3 a | | 1229 | | 1235 | | | 1244 | | 1248 | 1252 | | 1259 | | 1305 | | | | 1314 |
| Heathrow Terminals 2 & 3 (HXX) | E ← a | | 1236 | | | | | 1251 | | | 1259 | | 1306 | | | | | | 1321 |
| Heathrow Terminal 4 (HAF) | E ← a | | 1242 | | | | | 1257 | | | | | 1312 | | | | | | 1327 |
| Heathrow Terminal 5 (HWV) | E ← a | | | | | | | | | | 1305 | | | | | | | | |
| West Drayton (WDT) | a | | | | 1239 | | | | | 1252 | | | | | 1309 | | | | |
| Iver (IVR) | a | | | | | | | | | 1255 | | | | | | | | | |
| Langley (LNY) | a | | | | 1243 | | | | | 1257 | | | | | 1313 | | | | |
| Slough (SLO) | 3 a | | | | 1246 | | | | | 1301 | | | | | 1316 | | | | |
| Burnham (BNM) | a | | | | 1250 | | | | | 1305 | | | | | 1320 | | | | |
| Taplow (TAP) | a | | | | 1253 | | | | | | | | | | 1323 | | | | |
| Maidenhead (MAI) | 3 a | | | | 1256 | | | | | 1312 | | | | | 1326 | | | | |
| Twyford (TWY) | 3 a | | | | 1303 | | | | | | | | | | 1333 | | | | |
| Reading (RDG) | 7 a | | | | 1310 | | | | | | | | | | 1340 | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | LE E | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | |
|-------------------------------------|--------|----|---------|------|----|------|------|---------|------|----|------|------|---------|------|----|------|------|---------|------|
| Shenfield (SNF) | 3 | d | 1211 | 1212 | | | | 1226 | 1227 | | | | 1241 | 1242 | | | | 1256 | 1257 |
| Brentwood (BRE) | | d | 1215 | | | | | 1230 | | | | | 1245 | | | | | 1300 | |
| Harold Wood (HRO) | | d | 1219 | | | | | 1234 | | | | | 1249 | | | | | 1304 | |
| Gidea Park (GDP) | 2 | d | 1222 | | | 1229 | | 1237 | | | 1244 | | 1252 | | | 1259 | | 1307 | |
| Romford (RMF) | | d | 1225 | | | 1232 | | 1240 | 1234 | | 1247 | | 1255 | | | 1302 | | 1310 | 1304 |
| Chadwell Heath (CTH) | | d | 1228 | | | 1235 | | 1243 | | | 1250 | | 1258 | | | 1305 | | 1313 | |
| Goodmayes (GMY) | | d | 1230 | | | 1237 | | 1245 | | | 1252 | | 1300 | | | 1307 | | 1315 | |
| Seven Kings (SVK) | | d | 1232 | | | 1239 | | 1247 | | | 1254 | | 1302 | | | 1309 | | 1317 | |
| Ilford (IFD) | 2 | d | 1236 | | | 1243 | | 1251 | | | 1258 | | 1306 | | | 1313 | | 1321 | |
| Manor Park (MNP) | | d | 1238 | | | 1245 | | 1253 | | | 1300 | | 1308 | | | 1315 | | 1323 | |
| Forest Gate (FOG) | | d | 1241 | | | 1248 | | 1256 | | | 1303 | | 1311 | | | 1318 | | 1326 | |
| Maryland (MYL) | | d | 1243 | | | 1250 | | 1258 | | | 1305 | | 1313 | | | 1320 | | 1328 | |
| Stratford (SRA) | DLR 7 | d | 1246 | 1227 | | 1253 | | 1301 | 1244 | | 1308 | | 1316 | 1257 | | 1323 | | 1331 | 1314 |
| Abbey Wood (ABW) | | d | 1232 | | | 1239 | | 1247 | | | 1254 | | 1302 | | | 1309 | | 1317 | |
| Woolwich (WWC) | | d | 1235 | | | 1242 | | 1250 | | | 1257 | | 1305 | | | 1312 | | 1320 | |
| Custom House (CUS) | | d | 1239 | | | 1246 | | 1254 | | | 1301 | | 1309 | | | 1316 | | 1324 | |
| Canary Wharf (CWX) | DLR | d | 1243 | | | 1250 | | 1258 | | | 1305 | | 1313 | | | 1320 | | 1328 | |
| Whitechapel (ZLW) | DLR | d | 1247 | 1251 | | 1254 | 1258 | 1302 | 1306 | | 1309 | 1313 | 1317 | 1321 | | 1324 | 1328 | 1332 | 1336 |
| London Liverpool Street (LST) | DLR 15 | a | | 1235 | | | | | 1252 | | | | | 1305 | | | | | 1322 |
| London Liverpool Street EL (LST) | DLR 4 | a | 1250 | 1254 | | 1257 | 1301 | 1305 | 1309 | | 1312 | 1316 | 1320 | 1324 | | 1327 | 1331 | 1335 | 1339 |
| Farringdon (ZFD) | DLR 3 | a | 1252 | 1256 | | 1259 | 1303 | 1307 | 1311 | | 1314 | 1318 | 1322 | 1326 | | 1329 | 1333 | 1337 | 1341 |
| Tottenham Court Road (TCR) | DLR | a | 1255 | 1259 | | 1302 | 1306 | 1310 | 1314 | | 1317 | 1321 | 1325 | 1329 | | 1332 | 1336 | 1340 | 1344 |
| Bond Street (BDS) | DLR | a | 1258 | 1302 | | 1305 | 1309 | 1313 | 1317 | | 1320 | 1324 | 1328 | 1332 | | 1335 | 1339 | 1343 | 1347 |
| London Paddington EL (PAD) | DLR 15 | a | 1301 | 1306 | | 1308 | 1314 | 1316 | 1322 | | 1323 | 1329 | 1331 | 1336 | | 1338 | 1344 | 1346 | 1352 |
| Acton Main Line (AML) | | a | | | | 1315 | | | | | 1330 | | | | | 1345 | | | |
| Ealing Broadway (EAL) | DLR 3 | a | 1310 | 1313 | | 1318 | | 1325 | | | 1333 | | 1340 | 1343 | | 1348 | | 1355 | |
| West Ealing (WEA) | DLR 3 | a | | 1316 | | 1321 | | | | | 1336 | | 1346 | | | 1351 | | | |
| Hanwell (HAN) | | a | | | | 1323 | | | | | 1338 | | | | | 1353 | | | |
| Southall (STL) | | a | 1315 | | | 1326 | | 1332 | | | 1341 | | 1345 | | | 1356 | | 1402 | |
| Hayes & Harlington (HAY) | DLR 3 | a | 1318 | 1322 | | 1329 | | 1335 | | | 1344 | | 1348 | 1352 | | 1359 | | 1405 | |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | 1329 | | 1336 | | | | | 1351 | | | 1359 | | 1406 | | | |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | 1342 | | | | | 1357 | | | | | 1412 | | | |
| Heathrow Terminal 5 (HWV) | DLR | a | | 1335 | | | | | | | | | | 1405 | | | | | |
| West Drayton (WDT) | | a | 1322 | | | | | 1339 | | | | | 1352 | | | | | 1409 | |
| Iver (IVR) | | a | 1325 | | | | | | | | | | 1355 | | | | | | |
| Langley (LNY) | | a | 1327 | | | | | 1343 | | | | | 1357 | | | | | 1413 | |
| Slough (SLO) | DLR 3 | a | 1331 | | | | | 1346 | | | | | 1401 | | | | | 1416 | |
| Burnham (BNM) | | a | 1335 | | | | | 1350 | | | | | 1405 | | | | | 1420 | |
| Taplow (TAP) | | a | | | | | | 1353 | | | | | | | | | | 1423 | |
| Maidenhead (MAI) | DLR 3 | a | 1342 | | | | | 1356 | | | | | 1412 | | | | | 1426 | |
| Twyford (TWY) | DLR 3 | a | | | | | | 1403 | | | | | | | | | | 1433 | |
| Reading (RDG) | DLR 7 | a | | | | | | 1410 | | | | | | | | | | 1440 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE E | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | |
|-------------------------------------|--------------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|
| Shenfield (SNF) | 3 d | | | 1311 | 1312 | | | | | 1326 | 1327 | | | | 1341 | 1342 | | | |
| Brentwood (BRE) | d | | | 1315 | | | | | | 1330 | | | | | 1345 | | | | |
| Harold Wood (HRO) | d | | | 1319 | | | | | | 1334 | | | | | 1349 | | | | |
| Gidea Park (GDP) | 2 d | 1314 | | 1322 | | | 1329 | | | 1337 | | | 1344 | | 1352 | | | 1359 | |
| Romford (RMF) | d | 1317 | | 1325 | | | 1332 | | | 1340 | 1334 | | 1347 | | 1355 | | | 1402 | |
| Chadwell Heath (CTH) | d | 1320 | | 1328 | | | 1335 | | | 1343 | | | 1350 | | 1358 | | | 1405 | |
| Goodmayes (GMY) | d | 1322 | | 1330 | | | 1337 | | | 1345 | | | 1352 | | 1400 | | | 1407 | |
| Seven Kings (SVK) | d | 1324 | | 1332 | | | 1339 | | | 1347 | | | 1354 | | 1402 | | | 1409 | |
| Ilford (IFD) | 2 d | 1328 | | 1336 | | | 1343 | | | 1351 | | | 1358 | | 1406 | | | 1413 | |
| Manor Park (MNP) | d | 1330 | | 1338 | | | 1345 | | | 1353 | | | 1400 | | 1408 | | | 1415 | |
| Forest Gate (FOG) | d | 1333 | | 1341 | | | 1348 | | | 1356 | | | 1403 | | 1411 | | | 1418 | |
| Maryland (MYL) | d | 1335 | | 1343 | | | 1350 | | | 1358 | | | 1405 | | 1413 | | | 1420 | |
| Stratford (SRA) | 7 d | 1338 | | 1346 | 1327 | | 1353 | | | 1401 | 1344 | | 1408 | | 1416 | 1357 | | 1423 | |
| Abbey Wood (ABW) | d | 1324 | 1332 | | | 1339 | 1347 | | | 1354 | | 1402 | | | 1409 | | 1417 | | |
| Woolwich (WWC) | d | 1327 | 1335 | | | 1342 | 1350 | | | 1357 | | 1405 | | | 1412 | | 1420 | | |
| Custom House (CUS) | d | 1331 | 1339 | | | 1346 | 1354 | | | 1401 | | 1409 | | | 1416 | | 1424 | | |
| Canary Wharf (CWX) | DLR d | 1335 | 1343 | | | 1350 | 1358 | | | 1405 | | 1413 | | | 1420 | | 1428 | | |
| Whitechapel (ZLW) | 7 d | 1339 | 1343 | 1347 | 1351 | 1354 | 1358 | 1402 | 1406 | | | 1409 | 1413 | 1417 | 1421 | | 1424 | 1428 | 1432 |
| London Liverpool Street (LST) | 15 a | | | | 1335 | | | | | 1352 | | | | | 1405 | | | | |
| London Liverpool Street EL (LST) | 4 a | 1342 | 1346 | 1350 | 1354 | 1357 | 1401 | 1405 | 1409 | | 1412 | 1416 | 1420 | 1424 | | 1427 | 1431 | 1435 | |
| Farringdon (ZFD) | 3 a | 1344 | 1348 | 1352 | 1356 | 1359 | 1403 | 1407 | 1411 | | 1414 | 1418 | 1422 | 1426 | | 1429 | 1433 | 1437 | |
| Tottenham Court Road (TCR) | 3 a | 1347 | 1351 | 1355 | 1359 | 1402 | 1406 | 1410 | 1414 | | 1417 | 1421 | 1425 | 1429 | | 1432 | 1436 | 1440 | |
| Bond Street (BDS) | 3 a | 1350 | 1354 | 1358 | 1402 | 1405 | 1409 | 1413 | 1417 | | 1420 | 1424 | 1428 | 1432 | | 1435 | 1439 | 1443 | |
| London Paddington EL (PAD) | 15 a | 1353 | 1359 | 1401 | 1406 | 1408 | 1414 | 1416 | 1422 | | 1423 | 1429 | 1431 | 1436 | | 1438 | 1444 | 1446 | |
| Acton Main Line (AML) | a | 1400 | | | | 1415 | | | | | 1430 | | | | | 1445 | | | |
| Ealing Broadway (EAL) | 3 a | 1403 | 1410 | 1413 | | 1418 | | 1425 | | | 1433 | | 1440 | 1443 | | 1448 | | 1455 | |
| West Ealing (WEA) | 3 a | 1406 | | 1416 | | 1421 | | | | | 1436 | | | 1446 | | 1451 | | | |
| Hanwell (HAN) | a | 1408 | | | | 1423 | | | | | 1438 | | | | | 1453 | | | |
| Southall (STL) | a | 1411 | 1415 | | | 1426 | | 1432 | | | 1441 | | 1445 | | | 1456 | | 1502 | |
| Hayes & Harlington (HAY) | 3 a | 1414 | 1418 | 1422 | | 1429 | | 1435 | | | 1444 | | 1448 | 1452 | | 1459 | | 1505 | |
| Heathrow Terminals 2 & 3 (HXX) | 3 a | 1421 | | 1429 | | 1436 | | | | | 1451 | | | 1459 | | 1506 | | | |
| Heathrow Terminal 4 (HAF) | 3 a | 1427 | | | | 1442 | | | | | 1457 | | | | | 1512 | | | |
| Heathrow Terminal 5 (HWV) | 3 a | | | 1435 | | | | | | | | | | | 1505 | | | | |
| West Drayton (WDT) | a | | 1422 | | | | | 1439 | | | | | 1452 | | | | | 1509 | |
| Iver (IVR) | a | | 1425 | | | | | | | | | | 1455 | | | | | | |
| Langley (LNY) | a | | 1427 | | | | | 1443 | | | | | 1457 | | | | | 1513 | |
| Slough (SLO) | 3 a | | 1431 | | | | | 1446 | | | | | 1501 | | | | | 1516 | |
| Burnham (BNM) | a | | 1435 | | | | | 1450 | | | | | 1505 | | | | | 1520 | |
| Taplow (TAP) | a | | | | | | | 1453 | | | | | | | | | | 1523 | |
| Maidenhead (MAI) | 3 a | | 1442 | | | | | 1456 | | | | | 1512 | | | | | 1526 | |
| Twyford (TWY) | 3 a | | | | | | | 1503 | | | | | | | | | | 1533 | |
| Reading (RDG) | 7 a | | | | | | | 1510 | | | | | | | | | | 1540 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | LE A | XR | XR | XR | XR | LE E | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | |
|-------------------------------------|----------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|
| Shenfield (SNF) | 3 d | 1356 | 1357 | | | | 1411 | 1412 | | | | 1426 | 1427 | | | | 1441 | 1442 | |
| Brentwood (BRE) | d | 1400 | | | | | 1415 | | | | | 1430 | | | | | 1445 | | |
| Harold Wood (HRO) | d | 1404 | | | | | 1419 | | | | | 1434 | | | | | 1449 | | |
| Gidea Park (GDP) | 2 d | 1407 | | | 1414 | | 1422 | | | 1429 | | 1437 | | | 1444 | | 1452 | | |
| Romford (RMF) | d | 1410 | 1404 | | 1417 | | 1425 | | | 1432 | | 1440 | 1434 | | 1447 | | 1455 | | |
| Chadwell Heath (CTH) | d | 1413 | | | 1420 | | 1428 | | | 1435 | | 1443 | | | 1450 | | 1458 | | |
| Goodmayes (GMY) | d | 1415 | | | 1422 | | 1430 | | | 1437 | | 1445 | | | 1452 | | 1500 | | |
| Seven Kings (SVK) | d | 1417 | | | 1424 | | 1432 | | | 1439 | | 1447 | | | 1454 | | 1502 | | |
| Ilford (IFD) | 2 d | 1421 | | | 1428 | | 1436 | | | 1443 | | 1451 | | | 1458 | | 1506 | | |
| Manor Park (MNP) | d | 1423 | | | 1430 | | 1438 | | | 1445 | | 1453 | | | 1500 | | 1508 | | |
| Forest Gate (FOG) | d | 1426 | | | 1433 | | 1441 | | | 1448 | | 1456 | | | 1503 | | 1511 | | |
| Maryland (MYL) | d | 1428 | | | 1435 | | 1443 | | | 1450 | | 1458 | | | 1505 | | 1513 | | |
| Stratford (SRA) | DLR 7 d | 1431 | 1414 | | 1438 | | 1446 | 1427 | | 1453 | | 1501 | 1444 | | 1508 | | 1516 | 1457 | |
| Abbey Wood (ABW) | d | | | 1424 | | 1432 | | | 1439 | 1447 | | 1454 | | 1502 | | | | | 1509 |
| Woolwich (WWC) | d | | | 1427 | | 1435 | | | 1442 | 1450 | | 1457 | | 1505 | | | | | 1512 |
| Custom House (CUS) | d | | | 1431 | | 1439 | | | 1446 | 1454 | | 1501 | | 1509 | | | | | 1516 |
| Canary Wharf (CWX) | DLR d | | | 1435 | | 1443 | | | 1450 | 1458 | | 1505 | | 1513 | | | | | 1520 |
| Whitechapel (ZLW) | DLR d | 1436 | | 1439 | 1443 | 1447 | 1451 | | 1454 | 1458 | 1502 | 1506 | | 1509 | 1513 | 1517 | 1521 | | 1524 |
| London Liverpool Street (LST) | DLR 15 a | | 1422 | | | | 1435 | | | | | 1452 | | | | | | 1505 | |
| London Liverpool Street EL (LST) | DLR 4 a | 1439 | | 1442 | 1446 | 1450 | 1454 | | 1457 | 1501 | 1505 | 1509 | | 1512 | 1516 | 1520 | 1524 | | 1527 |
| Farringdon (ZFD) | DLR 3 a | 1441 | | 1444 | 1448 | 1452 | 1456 | | 1459 | 1503 | 1507 | 1511 | | 1514 | 1518 | 1522 | 1526 | | 1529 |
| Tottenham Court Road (TCR) | DLR a | 1444 | | 1447 | 1451 | 1455 | 1459 | | 1502 | 1506 | 1510 | 1514 | | 1517 | 1521 | 1525 | 1529 | | 1532 |
| Bond Street (BDS) | DLR a | 1447 | | 1450 | 1454 | 1458 | 1502 | | 1505 | 1509 | 1513 | 1517 | | 1520 | 1524 | 1528 | 1532 | | 1535 |
| London Paddington EL (PAD) | DLR 15 a | 1452 | | 1453 | 1459 | 1501 | 1506 | | 1508 | 1514 | 1516 | 1522 | | 1523 | 1529 | 1531 | 1536 | | 1538 |
| Acton Main Line (AML) | a | | | 1500 | | | | | 1515 | | | | | 1530 | | | | | 1545 |
| Ealing Broadway (EAL) | DLR 3 a | | | 1503 | | 1510 | 1513 | | 1518 | | 1525 | | | 1533 | | 1540 | 1543 | | 1548 |
| West Ealing (WEA) | DLR 3 a | | | 1506 | | | 1516 | | 1521 | | | | | 1536 | | 1546 | | | 1551 |
| Hanwell (HAN) | a | | | 1508 | | | | | 1523 | | | | | 1538 | | | | | 1553 |
| Southall (STL) | a | | | 1511 | | 1515 | | | 1526 | | 1532 | | | 1541 | | 1545 | | | 1556 |
| Hayes & Harlington (HAY) | DLR 3 a | | | 1514 | | 1518 | 1522 | | 1529 | | 1535 | | | 1544 | | 1548 | 1552 | | 1559 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1521 | | | 1529 | | 1536 | | | | | 1551 | | | 1559 | | 1606 |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1527 | | | | | 1542 | | | | | 1557 | | | | | 1612 |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | 1535 | | | | | | | | | | 1605 | | |
| West Drayton (WDT) | a | | | | | 1522 | | | | | 1539 | | | | | 1552 | | | |
| Iver (IVR) | a | | | | | 1525 | | | | | | | | | | 1555 | | | |
| Langley (LNY) | a | | | | | 1527 | | | | | 1543 | | | | | 1557 | | | |
| Slough (SLO) | DLR 3 a | | | | | 1531 | | | | | 1546 | | | | | 1601 | | | |
| Burnham (BNM) | a | | | | | 1535 | | | | | 1550 | | | | | 1605 | | | |
| Taplow (TAP) | a | | | | | | | | | | 1553 | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | 1542 | | | | | 1556 | | | | | 1612 | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | 1603 | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | 1610 | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | XR | LE A | XR | XR | XR | XR | LE E | XR | XR | XR | XR | LE A | XR | XR | XR | XR | | |
|-------------------------------------|--------|----|------|---------|------|----|------|------|---------|------|----|------|------|---------|------|----|------|------|------|------|
| Shenfield (SNF) | 3 | d | | 1456 | 1457 | | | | 1511 | 1512 | | | | 1526 | 1527 | | | | 1541 | |
| Brentwood (BRE) | | d | | 1500 | | | | | 1515 | | | | | 1530 | | | | | 1545 | |
| Harold Wood (HRO) | | d | | 1504 | | | | | 1519 | | | | | 1534 | | | | | 1549 | |
| Gidea Park (GDP) | 2 | d | 1459 | 1507 | | | 1514 | | 1522 | | | 1529 | | 1537 | | | 1544 | | 1552 | |
| Romford (RMF) | | d | 1502 | 1510 | 1504 | | 1517 | | 1525 | | | 1532 | | 1540 | 1534 | | 1547 | | 1555 | |
| Chadwell Heath (CTH) | | d | 1505 | 1513 | | | 1520 | | 1528 | | | 1535 | | 1543 | | | 1550 | | 1558 | |
| Goodmayes (GMY) | | d | 1507 | 1515 | | | 1522 | | 1530 | | | 1537 | | 1545 | | | 1552 | | 1600 | |
| Seven Kings (SVK) | | d | 1509 | 1517 | | | 1524 | | 1532 | | | 1539 | | 1547 | | | 1554 | | 1602 | |
| Ilford (IFD) | 2 | d | 1513 | 1521 | | | 1528 | | 1536 | | | 1543 | | 1551 | | | 1558 | | 1606 | |
| Manor Park (MNP) | | d | 1515 | 1523 | | | 1530 | | 1538 | | | 1545 | | 1553 | | | 1600 | | 1608 | |
| Forest Gate (FOG) | | d | 1518 | 1526 | | | 1533 | | 1541 | | | 1548 | | 1556 | | | 1603 | | 1611 | |
| Maryland (MYL) | | d | 1520 | 1528 | | | 1535 | | 1543 | | | 1550 | | 1558 | | | 1605 | | 1613 | |
| Stratford (SRA) | DLR 7 | d | 1523 | 1531 | 1514 | | 1538 | | 1546 | 1527 | | 1553 | | 1601 | 1544 | | 1608 | | 1616 | |
| Abbey Wood (ABW) | | d | | 1517 | | | 1524 | | 1532 | | | 1539 | | 1547 | | | 1554 | | 1602 | |
| Woolwich (WWC) | | d | | 1520 | | | 1527 | | 1535 | | | 1542 | | 1550 | | | 1557 | | 1605 | |
| Custom House (CUS) | | d | | 1524 | | | 1531 | | 1539 | | | 1546 | | 1554 | | | 1601 | | 1609 | |
| Canary Wharf (CWX) | DLR | d | | 1528 | | | 1535 | | 1543 | | | 1550 | | 1558 | | | 1605 | | 1613 | |
| Whitechapel (ZLW) | DLR | d | 1528 | 1532 | 1536 | | 1539 | 1543 | 1547 | 1551 | | 1554 | 1558 | 1602 | 1606 | | 1609 | 1613 | 1617 | 1621 |
| London Liverpool Street (LST) | DLR 15 | a | | | 1522 | | | | | 1535 | | | | | 1552 | | | | | |
| London Liverpool Street EL (LST) | DLR 4 | a | 1531 | 1535 | 1539 | | 1542 | 1546 | 1550 | 1554 | | 1557 | 1601 | 1605 | 1609 | | 1612 | 1616 | 1620 | 1624 |
| Farringdon (ZFD) | DLR 3 | a | 1533 | 1537 | 1541 | | 1544 | 1548 | 1552 | 1556 | | 1559 | 1603 | 1607 | 1611 | | 1614 | 1618 | 1622 | 1626 |
| Tottenham Court Road (TCR) | DLR | a | 1536 | 1540 | 1544 | | 1547 | 1551 | 1555 | 1559 | | 1602 | 1606 | 1610 | 1614 | | 1617 | 1621 | 1625 | 1629 |
| Bond Street (BDS) | DLR | a | 1539 | 1543 | 1547 | | 1550 | 1554 | 1558 | 1602 | | 1605 | 1609 | 1613 | 1617 | | 1620 | 1624 | 1628 | 1632 |
| London Paddington EL (PAD) | DLR 15 | a | 1544 | 1546 | 1552 | | 1553 | 1559 | 1601 | 1606 | | 1608 | 1614 | 1616 | 1622 | | 1623 | 1629 | 1631 | 1636 |
| Acton Main Line (AML) | | a | | | | | 1600 | | | | | 1615 | | | | | 1630 | | | |
| Ealing Broadway (EAL) | DLR 3 | a | | 1555 | | | 1603 | | 1610 | 1613 | | 1618 | | 1625 | | | 1633 | | 1640 | 1643 |
| West Ealing (WEA) | DLR 3 | a | | | | | 1606 | | | 1616 | | 1621 | | | | | 1636 | | | 1646 |
| Hanwell (HAN) | | a | | | | | 1608 | | | | | 1623 | | | | | 1638 | | | |
| Southall (STL) | | a | | 1602 | | | 1611 | | 1615 | | | 1626 | | 1632 | | | 1641 | | 1645 | |
| Hayes & Harlington (HAY) | DLR 3 | a | | 1605 | | | 1614 | | 1618 | 1622 | | 1629 | | 1635 | | | 1644 | | 1648 | 1652 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | 1621 | | | 1629 | | 1636 | | | | | 1651 | | | 1659 |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | 1627 | | | | | 1642 | | | | | 1657 | | | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | 1635 | | | | | | | | | | 1705 |
| West Drayton (WDT) | | a | | 1609 | | | | | | | | | | 1639 | | | | | | 1652 |
| Iver (IVR) | | a | | | | | | | 1622 | | | | | | | | | | | 1655 |
| Langley (LNY) | | a | | 1613 | | | | | 1627 | | | | | 1643 | | | | | | 1657 |
| Slough (SLO) | DLR 3 | a | | 1616 | | | | | 1631 | | | | | 1646 | | | | | | 1701 |
| Burnham (BNM) | | a | | 1620 | | | | | 1635 | | | | | 1650 | | | | | | 1705 |
| Taplow (TAP) | | a | | 1623 | | | | | | | | | | 1653 | | | | | | |
| Maidenhead (MAI) | DLR 3 | a | | 1626 | | | | | 1642 | | | | | 1656 | | | | | | 1712 |
| Twyford (TWY) | DLR 3 | a | | 1633 | | | | | | | | | | 1703 | | | | | | |
| Reading (RDG) | DLR 7 | a | | 1640 | | | | | | | | | | 1710 | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE E | XR | XR | XR | XR | LE A | XR | XR | |
|-------------------------------------|---------|------|------|------|------|---------|------|----|------|------|---------|------|----|------|------|---------|------|----|-----------|
| Shenfield (SNF) | 3 d | 1542 | | | | 1556 | 1557 | | | | 1611 | 1612 | | | | 1626 | 1627 | | |
| Brentwood (BRE) | d | | | | | 1600 | | | | | 1615 | | | | | 1630 | | | |
| Harold Wood (HRO) | d | | | | | 1604 | | | | | 1619 | | | | | 1634 | | | |
| Gidea Park (GDP) | 2 d | | | 1559 | | 1607 | | | 1614 | | 1622 | | | 1629 | | 1637 | | | 1644 |
| Romford (RMF) | d | | | 1602 | | 1610 | 1604 | | 1617 | | 1625 | | | 1632 | | 1640 | 1634 | | 1647 |
| Chadwell Heath (CTH) | d | | | 1605 | | 1613 | | | 1620 | | 1628 | | | 1635 | | 1643 | | | 1650 |
| Goodmayes (GMY) | d | | | 1607 | | 1615 | | | 1622 | | 1630 | | | 1637 | | 1645 | | | 1652 |
| Seven Kings (SVK) | d | | | 1609 | | 1617 | | | 1624 | | 1632 | | | 1639 | | 1647 | | | 1654 |
| Ilford (IFD) | 2 d | | | 1613 | | 1621 | | | 1628 | | 1636 | | | 1643 | | 1651 | | | 1658 |
| Manor Park (MNP) | d | | | 1615 | | 1623 | | | 1630 | | 1638 | | | 1645 | | 1653 | | | 1700 |
| Forest Gate (FOG) | d | | | 1618 | | 1626 | | | 1633 | | 1641 | | | 1648 | | 1656 | | | 1703 |
| Maryland (MYL) | d | | | 1620 | | 1628 | | | 1635 | | 1643 | | | 1650 | | 1658 | | | 1705 |
| Stratford (SRA) | DLR 7 d | 1557 | | 1623 | | 1631 | 1614 | | 1638 | | 1646 | 1627 | | 1653 | | 1701 | 1644 | | 1708 |
| Abbey Wood (ABW) | d | | 1609 | | 1617 | | | | 1624 | | 1632 | | | 1639 | | 1647 | | | 1654 |
| Woolwich (WWC) | d | | 1612 | | 1620 | | | | 1627 | | 1635 | | | 1642 | | 1650 | | | 1657 |
| Custom House (CUS) | d | | 1616 | | 1624 | | | | 1631 | | 1639 | | | 1646 | | 1654 | | | 1701 |
| Canary Wharf (CWX) | DLR d | | 1620 | | 1628 | | | | 1635 | | 1643 | | | 1650 | | 1658 | | | 1705 |
| Whitechapel (ZLW) | D d | | 1624 | 1628 | 1632 | 1636 | | | 1639 | 1643 | 1647 | 1651 | | 1654 | 1658 | 1702 | 1706 | | 1709 1713 |
| London Liverpool Street (LST) | D 15 a | 1605 | | | | | 1622 | | | | | 1635 | | | | | 1652 | | |
| London Liverpool Street EL (LST) | D 4 a | | 1627 | 1631 | 1635 | 1639 | | | 1642 | 1646 | 1650 | 1654 | | 1657 | 1701 | 1705 | 1709 | | 1712 1716 |
| Farringdon (ZFD) | D 3 a | | 1629 | 1633 | 1637 | 1641 | | | 1644 | 1648 | 1652 | 1656 | | 1659 | 1703 | 1707 | 1711 | | 1714 1718 |
| Tottenham Court Road (TCR) | D a | | 1632 | 1636 | 1640 | 1644 | | | 1647 | 1651 | 1655 | 1659 | | 1702 | 1706 | 1710 | 1714 | | 1717 1721 |
| Bond Street (BDS) | D a | | 1635 | 1639 | 1643 | 1647 | | | 1650 | 1654 | 1658 | 1702 | | 1705 | 1709 | 1713 | 1717 | | 1720 1724 |
| London Paddington EL (PAD) | D 15 a | | 1638 | 1644 | 1646 | 1652 | | | 1653 | 1659 | 1701 | 1706 | | 1708 | 1714 | 1716 | 1722 | | 1723 1729 |
| Acton Main Line (AML) | a | | 1645 | | | | | | 1700 | | | | | 1715 | | | | | 1730 |
| Ealing Broadway (EAL) | D 3 a | | 1648 | | 1655 | | | | 1703 | | 1710 | 1713 | | 1718 | | 1725 | | | 1733 |
| West Ealing (WEA) | 3 a | | 1651 | | | | | | 1706 | | | 1716 | | 1721 | | | | | 1736 |
| Hanwell (HAN) | a | | 1653 | | | | | | 1708 | | | | | 1723 | | | | | 1738 |
| Southall (STL) | a | | 1656 | | 1702 | | | | 1711 | | 1715 | | | 1726 | | 1732 | | | 1741 |
| Hayes & Harlington (HAY) | 3 a | | 1659 | | 1705 | | | | 1714 | | 1718 | 1722 | | 1729 | | 1735 | | | 1744 |
| Heathrow Terminals 2 & 3 (HXX) | D ← a | | 1706 | | | | | | 1721 | | | 1729 | | 1736 | | | | | 1751 |
| Heathrow Terminal 4 (HAF) | D ← a | | 1712 | | | | | | 1727 | | | | | 1742 | | | | | 1757 |
| Heathrow Terminal 5 (HWV) | D ← a | | | | | | | | | | | 1735 | | | | | | | |
| West Drayton (WDT) | a | | | | 1709 | | | | | | 1722 | | | | | 1739 | | | |
| Iver (IVR) | a | | | | | | | | | | 1725 | | | | | | | | |
| Langley (LNY) | a | | | | 1713 | | | | | | 1727 | | | | | 1743 | | | |
| Slough (SLO) | 3 a | | | | 1716 | | | | | | 1731 | | | | | 1746 | | | |
| Burnham (BNM) | a | | | | 1720 | | | | | | 1735 | | | | | 1750 | | | |
| Taplow (TAP) | a | | | | 1723 | | | | | | | | | | | 1753 | | | |
| Maidenhead (MAI) | 3 a | | | | 1726 | | | | | | 1742 | | | | | 1756 | | | |
| Twyford (TWY) | 3 a | | | | 1733 | | | | | | | | | | | 1803 | | | |
| Reading (RDG) | 7 a | | | | 1740 | | | | | | | | | | | 1810 | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE E | XR | XR | XR | XR | LE A | |
|-------------------------------------|-------|----|---------|------|----|------|------|---------|------|----|------|------|---------|------|----|------|------|---------|------|
| Shenfield (SNF) | 3 | d | 1641 | 1642 | | | | 1656 | 1657 | | | | 1711 | 1712 | | | | 1726 | 1727 |
| Brentwood (BRE) | | d | 1645 | | | | | 1700 | | | | | 1715 | | | | | 1730 | |
| Harold Wood (HRO) | | d | 1649 | | | | | 1704 | | | | | 1719 | | | | | 1734 | |
| Gidea Park (GDP) | 2 | d | 1652 | | | 1659 | | 1707 | | | 1714 | | 1722 | | | 1729 | | 1737 | |
| Romford (RMF) | | d | 1655 | | | 1702 | | 1710 | 1704 | | 1717 | | 1725 | | | 1732 | | 1740 | 1734 |
| Chadwell Heath (CTH) | | d | 1658 | | | 1705 | | 1713 | | | 1720 | | 1728 | | | 1735 | | 1743 | |
| Goodmayes (GMY) | | d | 1700 | | | 1707 | | 1715 | | | 1722 | | 1730 | | | 1737 | | 1745 | |
| Seven Kings (SVK) | | d | 1702 | | | 1709 | | 1717 | | | 1724 | | 1732 | | | 1739 | | 1747 | |
| Ilford (IFD) | 2 | d | 1706 | | | 1713 | | 1721 | | | 1728 | | 1736 | | | 1743 | | 1751 | |
| Manor Park (MNP) | | d | 1708 | | | 1715 | | 1723 | | | 1730 | | 1738 | | | 1745 | | 1753 | |
| Forest Gate (FOG) | | d | 1711 | | | 1718 | | 1726 | | | 1733 | | 1741 | | | 1748 | | 1756 | |
| Maryland (MYL) | | d | 1713 | | | 1720 | | 1728 | | | 1735 | | 1743 | | | 1750 | | 1758 | |
| Stratford (SRA) | DLR 7 | d | 1716 | 1657 | | | | 1731 | 1714 | | 1738 | | 1746 | 1727 | | 1753 | | 1801 | 1744 |
| Abbey Wood (ABW) | | d | 1702 | | | 1709 | | 1717 | | | 1724 | | 1732 | | | 1739 | | 1747 | |
| Woolwich (WWC) | | d | 1705 | | | 1712 | | 1720 | | | 1727 | | 1735 | | | 1742 | | 1750 | |
| Custom House (CUS) | | d | 1709 | | | 1716 | | 1724 | | | 1731 | | 1739 | | | 1746 | | 1754 | |
| Canary Wharf (CWX) | DLR | d | 1713 | | | 1720 | | 1728 | | | 1735 | | 1743 | | | 1750 | | 1758 | |
| Whitechapel (ZLW) | | d | 1717 | 1721 | | 1724 | 1728 | 1732 | 1736 | | 1739 | 1743 | 1747 | 1751 | | 1754 | 1758 | 1802 | 1806 |
| London Liverpool Street (LST) | 15 | a | | 1705 | | | | | 1722 | | | | | 1735 | | | | | 1752 |
| London Liverpool Street EL (LST) | 4 | a | 1720 | 1724 | | 1727 | 1731 | 1735 | 1739 | | 1742 | 1746 | 1750 | 1754 | | 1757 | 1801 | 1805 | 1809 |
| Farringdon (ZFD) | 3 | a | 1722 | 1726 | | 1729 | 1733 | 1737 | 1741 | | 1744 | 1748 | 1752 | 1756 | | 1759 | 1803 | 1807 | 1811 |
| Tottenham Court Road (TCR) | | a | 1725 | 1729 | | 1732 | 1736 | 1740 | 1744 | | 1747 | 1751 | 1755 | 1759 | | 1802 | 1806 | 1810 | 1814 |
| Bond Street (BDS) | | a | 1728 | 1732 | | 1735 | 1739 | 1743 | 1747 | | 1750 | 1754 | 1758 | 1802 | | 1805 | 1809 | 1813 | 1817 |
| London Paddington EL (PAD) | 15 | a | 1731 | 1736 | | 1738 | 1744 | 1746 | 1752 | | 1753 | 1759 | 1801 | 1806 | | 1808 | 1814 | 1816 | 1822 |
| Acton Main Line (AML) | | a | | | | 1745 | | | | | 1800 | | | | | 1815 | | | |
| Ealing Broadway (EAL) | 3 | a | 1740 | 1743 | | 1748 | | 1755 | | | 1803 | | 1810 | 1813 | | 1818 | | 1825 | |
| West Ealing (WEA) | 3 | a | | 1746 | | 1751 | | | | | 1806 | | | 1816 | | 1821 | | | |
| Hanwell (HAN) | | a | | | | 1753 | | | | | 1808 | | | | | 1823 | | | |
| Southall (STL) | | a | 1745 | | | 1756 | | 1802 | | | 1811 | | 1815 | | | 1826 | | 1832 | |
| Hayes & Harlington (HAY) | 3 | a | 1748 | 1752 | | 1759 | | 1805 | | | 1814 | | 1818 | 1822 | | 1829 | | 1835 | |
| Heathrow Terminals 2 & 3 (HXX) | | a | | 1759 | | 1806 | | | | | 1821 | | | 1829 | | 1836 | | | |
| Heathrow Terminal 4 (HAF) | | a | | | | 1812 | | | | | 1827 | | | | | 1842 | | | |
| Heathrow Terminal 5 (HWV) | | a | | 1805 | | | | | | | | | | 1835 | | | | | |
| West Drayton (WDT) | | a | 1752 | | | | | 1809 | | | | | 1822 | | | | | 1839 | |
| Iver (IVR) | | a | 1755 | | | | | | | | | | 1825 | | | | | | |
| Langley (LNY) | | a | 1757 | | | | | 1813 | | | | | 1827 | | | | | 1843 | |
| Slough (SLO) | 3 | a | 1801 | | | | | 1816 | | | | | 1831 | | | | | 1846 | |
| Burnham (BNM) | | a | 1805 | | | | | 1820 | | | | | 1835 | | | | | 1850 | |
| Taplow (TAP) | | a | | | | | | 1823 | | | | | | | | | | 1853 | |
| Maidenhead (MAI) | 3 | a | 1812 | | | | | 1826 | | | | | 1842 | | | | | 1856 | |
| Twyford (TWY) | 3 | a | | | | | | 1833 | | | | | | | | | | 1903 | |
| Reading (RDG) | 7 | a | | | | | | 1840 | | | | | | | | | | 1910 | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE E | XR | XR | XR | | |
|-------------------------------------|----------------------|------|------|------|---------|----|------|------|------|---------|------|----|------|------|---------|------|----|------|------|------|
| Shenfield (SNF) | 3 d | | | 1741 | 1742 | | | | | 1756 | 1757 | | | | 1811 | 1812 | | | | |
| Brentwood (BRE) | d | | | 1745 | | | | | | 1800 | | | | | 1815 | | | | | |
| Harold Wood (HRO) | d | | | 1749 | | | | | | 1804 | | | | | 1819 | | | | | |
| Gidea Park (GDP) | 2 d | | 1744 | 1752 | | | 1759 | | | 1807 | | | 1814 | | 1822 | | | 1829 | | |
| Romford (RMF) | d | | 1747 | 1755 | | | 1802 | | | 1810 | 1804 | | 1817 | | 1825 | | | 1832 | | |
| Chadwell Heath (CTH) | d | | 1750 | 1758 | | | 1805 | | | 1813 | | | 1820 | | 1828 | | | 1835 | | |
| Goodmayes (GMY) | d | | 1752 | 1800 | | | 1807 | | | 1815 | | | 1822 | | 1830 | | | 1837 | | |
| Seven Kings (SVK) | d | | 1754 | 1802 | | | 1809 | | | 1817 | | | 1824 | | 1832 | | | 1839 | | |
| Ilford (IFD) | 2 d | | 1758 | 1806 | | | 1813 | | | 1821 | | | 1828 | | 1836 | | | 1843 | | |
| Manor Park (MNP) | d | | 1800 | 1808 | | | 1815 | | | 1823 | | | 1830 | | 1838 | | | 1845 | | |
| Forest Gate (FOG) | d | | 1803 | 1811 | | | 1818 | | | 1826 | | | 1833 | | 1841 | | | 1848 | | |
| Maryland (MYL) | d | | 1805 | 1813 | | | 1820 | | | 1828 | | | 1835 | | 1843 | | | 1850 | | |
| Stratford (SRA) | 7 d | | 1808 | 1816 | 1757 | | 1823 | | | 1831 | 1814 | | 1838 | | 1846 | 1827 | | 1853 | | |
| Abbey Wood (ABW) | d | 1754 | | 1802 | | | 1809 | | | 1817 | | | 1824 | | 1832 | | | 1839 | 1847 | |
| Woolwich (WWC) | d | 1757 | | 1805 | | | 1812 | | | 1820 | | | 1827 | | 1835 | | | 1842 | 1850 | |
| Custom House (CUS) | d | 1801 | | 1809 | | | 1816 | | | 1824 | | | 1831 | | 1839 | | | 1846 | 1854 | |
| Canary Wharf (CWX) | DLR d | 1805 | | 1813 | | | 1820 | | | 1828 | | | 1835 | | 1843 | | | 1850 | 1858 | |
| Whitechapel (ZLW) | E d | 1809 | 1813 | 1817 | 1821 | | 1824 | 1828 | 1832 | 1836 | | | 1839 | 1843 | 1847 | 1851 | | 1854 | 1858 | 1902 |
| London Liverpool Street (LST) | E 15 a | | | | 1805 | | | | | | 1822 | | | | | 1835 | | | | |
| London Liverpool Street EL (LST) | E 4 a | 1812 | 1816 | 1820 | 1824 | | 1827 | 1831 | 1835 | 1839 | | | 1842 | 1846 | 1850 | 1854 | | 1857 | 1901 | 1905 |
| Farringdon (ZFD) | E 3 a | 1814 | 1818 | 1822 | 1826 | | 1829 | 1833 | 1837 | 1841 | | | 1844 | 1848 | 1852 | 1856 | | 1859 | 1903 | 1907 |
| Tottenham Court Road (TCR) | E a | 1817 | 1821 | 1825 | 1829 | | 1832 | 1836 | 1840 | 1844 | | | 1847 | 1851 | 1855 | 1859 | | 1902 | 1906 | 1910 |
| Bond Street (BDS) | E a | 1820 | 1824 | 1828 | 1832 | | 1835 | 1839 | 1843 | 1847 | | | 1850 | 1854 | 1858 | 1902 | | 1905 | 1909 | 1913 |
| London Paddington EL (PAD) | E 15 a | 1823 | 1829 | 1831 | 1836 | | 1838 | 1844 | 1846 | 1852 | | | 1853 | 1859 | 1901 | 1906 | | 1908 | 1914 | 1916 |
| Acton Main Line (AML) | a | 1830 | | | | | 1845 | | | | | | 1900 | | | | | 1915 | | |
| Ealing Broadway (EAL) | E 3 a | 1833 | | 1840 | 1843 | | 1848 | | | 1855 | | | 1903 | | 1910 | 1913 | | 1918 | | 1925 |
| West Ealing (WEA) | 3 a | 1836 | | | 1846 | | 1851 | | | | | | 1906 | | 1916 | | | 1921 | | |
| Hanwell (HAN) | a | 1838 | | | | | 1853 | | | | | | 1908 | | | | | 1923 | | |
| Southall (STL) | a | 1841 | | 1845 | | | 1856 | | | 1902 | | | 1911 | | 1915 | | | 1926 | | 1932 |
| Hayes & Harlington (HAY) | 3 a | 1844 | | 1848 | 1852 | | 1859 | | | 1905 | | | 1914 | | 1918 | 1922 | | 1929 | | 1935 |
| Heathrow Terminals 2 & 3 (HXX) | E ← a | 1851 | | | 1859 | | 1906 | | | | | | 1921 | | 1929 | | | 1936 | | |
| Heathrow Terminal 4 (HAF) | E ← a | 1857 | | | | | 1912 | | | | | | 1927 | | | | | 1942 | | |
| Heathrow Terminal 5 (HWV) | E ← a | | | | 1905 | | | | | | | | | | 1935 | | | | | |
| West Drayton (WDT) | a | | | 1852 | | | | | | 1909 | | | | | 1922 | | | | | 1939 |
| Iver (IVR) | a | | | 1855 | | | | | | | | | | | 1925 | | | | | |
| Langley (LNY) | a | | | 1857 | | | | | | 1913 | | | | | 1927 | | | | | 1943 |
| Slough (SLO) | 3 a | | | 1901 | | | | | | 1916 | | | | | 1931 | | | | | 1946 |
| Burnham (BNM) | a | | | 1905 | | | | | | 1920 | | | | | 1935 | | | | | 1950 |
| Taplow (TAP) | a | | | | | | | | | 1923 | | | | | | | | | | 1953 |
| Maidenhead (MAI) | 3 a | | | 1912 | | | | | | 1926 | | | | | 1942 | | | | | 1956 |
| Twyford (TWY) | 3 a | | | | | | | | | 1933 | | | | | | | | | | 2003 |
| Reading (RDG) | 7 a | | | | | | | | | 1940 | | | | | | | | | | 2010 |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE E | XR | |
|-------------------------------------|----------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|---------|------|------|
| Shenfield (SNF) | 3 d | 1826 | 1827 | | | | 1841 | 1842 | | | | 1856 | 1857 | | | | 1911 | 1912 | |
| Brentwood (BRE) | d | 1830 | | | | | 1845 | | | | | 1900 | | | | | 1915 | | |
| Harold Wood (HRO) | d | 1834 | | | | | 1849 | | | | | 1904 | | | | | 1919 | | |
| Gidea Park (GDP) | 2 d | 1837 | | | 1844 | | 1852 | | | 1859 | | 1907 | | | 1914 | | 1922 | | |
| Romford (RMF) | d | 1840 | 1834 | | 1847 | | 1855 | | | 1902 | | 1910 | 1904 | | 1917 | | 1925 | | |
| Chadwell Heath (CTH) | d | 1843 | | | 1850 | | 1858 | | | 1905 | | 1913 | | | 1920 | | 1928 | | |
| Goodmayes (GMY) | d | 1845 | | | 1852 | | 1900 | | | 1907 | | 1915 | | | 1922 | | 1930 | | |
| Seven Kings (SVK) | d | 1847 | | | 1854 | | 1902 | | | 1909 | | 1917 | | | 1924 | | 1932 | | |
| Ilford (IFD) | 2 d | 1851 | | | 1858 | | 1906 | | | 1913 | | 1921 | | | 1928 | | 1936 | | |
| Manor Park (MNP) | d | 1853 | | | 1900 | | 1908 | | | 1915 | | 1923 | | | 1930 | | 1938 | | |
| Forest Gate (FOG) | d | 1856 | | | 1903 | | 1911 | | | 1918 | | 1926 | | | 1933 | | 1941 | | |
| Maryland (MYL) | d | 1858 | | | 1905 | | 1913 | | | 1920 | | 1928 | | | 1935 | | 1943 | | |
| Stratford (SRA) | DLR 7 d | 1901 | 1844 | | 1908 | | 1916 | 1857 | | 1923 | | 1931 | 1914 | | 1938 | | 1946 | 1927 | |
| Abbey Wood (ABW) | d | | | 1854 | | 1902 | | | 1909 | 1917 | | | 1924 | | 1932 | | | | 1939 |
| Woolwich (WWC) | d | | | 1857 | | 1905 | | | 1912 | 1920 | | | 1927 | | 1935 | | | | 1942 |
| Custom House (CUS) | d | | | 1901 | | 1909 | | | 1916 | 1924 | | | 1931 | | 1939 | | | | 1946 |
| Canary Wharf (CWX) | DLR d | | | 1905 | | 1913 | | | 1920 | 1928 | | | 1935 | | 1943 | | | | 1950 |
| Whitechapel (ZLW) | DLR d | 1906 | | 1909 | 1913 | 1917 | 1921 | | 1924 | 1928 | 1932 | 1936 | | 1939 | 1943 | 1947 | 1951 | | 1954 |
| London Liverpool Street (LST) | DLR 15 a | | 1852 | | | | | 1905 | | | | | 1922 | | | | | | 1935 |
| London Liverpool Street EL (LST) | DLR 4 a | 1909 | | 1912 | 1916 | 1920 | 1924 | | 1927 | 1931 | 1935 | 1939 | | 1942 | 1946 | 1950 | 1954 | | 1957 |
| Farringdon (ZFD) | DLR 3 a | 1911 | | 1914 | 1918 | 1922 | 1926 | | 1929 | 1933 | 1937 | 1941 | | 1944 | 1948 | 1952 | 1956 | | 1959 |
| Tottenham Court Road (TCR) | DLR a | 1914 | | 1917 | 1921 | 1925 | 1929 | | 1932 | 1936 | 1940 | 1944 | | 1947 | 1951 | 1955 | 1959 | | 2002 |
| Bond Street (BDS) | DLR a | 1917 | | 1920 | 1924 | 1928 | 1932 | | 1935 | 1939 | 1943 | 1947 | | 1950 | 1954 | 1958 | 2002 | | 2005 |
| London Paddington EL (PAD) | DLR 15 a | 1922 | | 1923 | 1929 | 1931 | 1936 | | 1938 | 1944 | 1946 | 1952 | | 1953 | 1959 | 2001 | 2006 | | 2008 |
| Acton Main Line (AML) | a | | | 1930 | | | | | 1945 | | | | | 2000 | | | | | 2015 |
| Ealing Broadway (EAL) | DLR 3 a | | | 1933 | | 1940 | 1943 | | 1948 | | 1955 | | | 2003 | | 2010 | 2013 | | 2018 |
| West Ealing (WEA) | DLR 3 a | | | 1936 | | | 1946 | | 1951 | | | | | 2006 | | | 2016 | | 2021 |
| Hanwell (HAN) | a | | | 1938 | | | | | 1953 | | | | | 2008 | | | | | 2023 |
| Southall (STL) | a | | | 1941 | | 1945 | | | 1956 | | 2002 | | | 2011 | | 2015 | | | 2026 |
| Hayes & Harlington (HAY) | DLR 3 a | | | 1944 | | 1948 | 1952 | | 1959 | | 2005 | | | 2014 | | 2018 | 2022 | | 2029 |
| Heathrow Terminals 2 & 3 (HXX) | DLR a | | | 1951 | | | 1959 | | 2006 | | | | | 2021 | | | 2029 | | 2036 |
| Heathrow Terminal 4 (HAF) | DLR a | | | 1957 | | | | | 2012 | | | | | 2027 | | | | | 2042 |
| Heathrow Terminal 5 (HWV) | DLR a | | | | | | 2005 | | | | | | | | | | 2035 | | |
| West Drayton (WDT) | a | | | | | 1952 | | | | | 2009 | | | | | 2022 | | | |
| Iver (IVR) | a | | | | | 1955 | | | | | | | | | | 2025 | | | |
| Langley (LNY) | a | | | | | 1957 | | | | | 2013 | | | | | 2027 | | | |
| Slough (SLO) | DLR 3 a | | | | | 2001 | | | | | 2016 | | | | | 2031 | | | |
| Burnham (BNM) | a | | | | | 2005 | | | | | 2020 | | | | | 2035 | | | |
| Taplow (TAP) | a | | | | | | | | | | 2023 | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | 2012 | | | | | 2026 | | | | | 2042 | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | 2033 | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | 2040 | | | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea
- E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | XR | XR | | |
|-------------------------------------|--------|----|------|---------|------|----|------|------|---------|------|----|------|------|---------|------|------|------|------|------|------|
| Shenfield (SNF) | 3 | d | | 1926 | 1927 | | | | 1941 | 1942 | | | | 1956 | 1957 | | | | 2011 | |
| Brentwood (BRE) | | d | | 1930 | | | | | 1945 | | | | | 2000 | | | | | 2015 | |
| Harold Wood (HRO) | | d | | 1934 | | | | | 1949 | | | | | 2004 | | | | | 2019 | |
| Gidea Park (GDP) | 2 | d | 1929 | 1937 | | | 1944 | | 1952 | | | 1959 | | 2007 | | | 2014 | | 2022 | |
| Romford (RMF) | | d | 1932 | 1940 | 1934 | | 1947 | | 1955 | | | 2002 | | 2010 | 2004 | | 2017 | | 2025 | |
| Chadwell Heath (CTH) | | d | 1935 | 1943 | | | 1950 | | 1958 | | | 2005 | | 2013 | | | 2020 | | 2028 | |
| Goodmayes (GMY) | | d | 1937 | 1945 | | | 1952 | | 2000 | | | 2007 | | 2015 | | | 2022 | | 2030 | |
| Seven Kings (SVK) | | d | 1939 | 1947 | | | 1954 | | 2002 | | | 2009 | | 2017 | | | 2024 | | 2032 | |
| Ilford (IFD) | 2 | d | 1943 | 1951 | | | 1958 | | 2006 | | | 2013 | | 2021 | | | 2028 | | 2036 | |
| Manor Park (MNP) | | d | 1945 | 1953 | | | 2000 | | 2008 | | | 2015 | | 2023 | | | 2030 | | 2038 | |
| Forest Gate (FOG) | | d | 1948 | 1956 | | | 2003 | | 2011 | | | 2018 | | 2026 | | | 2033 | | 2041 | |
| Maryland (MYL) | | d | 1950 | 1958 | | | 2005 | | 2013 | | | 2020 | | 2028 | | | 2035 | | 2043 | |
| Stratford (SRA) | DLR 7 | d | 1953 | 2001 | 1944 | | 2008 | | 2016 | 1957 | | 2023 | | 2031 | 2014 | | 2038 | | 2046 | |
| Abbey Wood (ABW) | | d | | 1947 | | | 1954 | | 2002 | | | 2009 | | 2017 | | | 2024 | | 2032 | |
| Woolwich (WWC) | | d | | 1950 | | | 1957 | | 2005 | | | 2012 | | 2020 | | | 2027 | | 2035 | |
| Custom House (CUS) | | d | | 1954 | | | 2001 | | 2009 | | | 2016 | | 2024 | | | 2031 | | 2039 | |
| Canary Wharf (CWX) | DLR | d | | 1958 | | | 2005 | | 2013 | | | 2020 | | 2028 | | | 2035 | | 2043 | |
| Whitechapel (ZLW) | DLR | d | 1958 | 2002 | 2006 | | 2009 | 2013 | 2017 | 2021 | | 2024 | 2028 | 2032 | 2036 | | 2039 | 2043 | 2047 | 2051 |
| London Liverpool Street (LST) | DLR 15 | a | | | 1952 | | | | | 2005 | | | | | | 2022 | | | | |
| London Liverpool Street EL (LST) | DLR 4 | a | 2001 | 2005 | 2009 | | 2012 | 2016 | 2020 | 2024 | | 2027 | 2031 | 2035 | 2039 | | 2042 | 2046 | 2050 | 2054 |
| Farringdon (ZFD) | DLR 3 | a | 2003 | 2007 | 2011 | | 2014 | 2018 | 2022 | 2026 | | 2029 | 2033 | 2037 | 2041 | | 2044 | 2048 | 2052 | 2056 |
| Tottenham Court Road (TCR) | DLR | a | 2006 | 2010 | 2014 | | 2017 | 2021 | 2025 | 2029 | | 2032 | 2036 | 2040 | 2044 | | 2047 | 2051 | 2055 | 2059 |
| Bond Street (BDS) | DLR | a | 2009 | 2013 | 2017 | | 2020 | 2024 | 2028 | 2032 | | 2035 | 2039 | 2043 | 2047 | | 2050 | 2054 | 2058 | 2102 |
| London Paddington EL (PAD) | DLR 15 | a | 2014 | 2016 | 2022 | | 2023 | 2029 | 2031 | 2036 | | 2038 | 2044 | 2046 | 2052 | | 2053 | 2059 | 2101 | 2106 |
| Acton Main Line (AML) | | a | | | | | 2030 | | | | | 2045 | | | | | 2100 | | | |
| Ealing Broadway (EAL) | DLR 3 | a | | 2025 | | | 2033 | | 2040 | 2043 | | 2048 | | 2055 | | | 2103 | | 2110 | 2113 |
| West Ealing (WEA) | DLR 3 | a | | | | | 2036 | | | 2046 | | 2051 | | | | | 2106 | | | 2116 |
| Hanwell (HAN) | | a | | | | | 2038 | | | | | 2053 | | | | | 2108 | | | |
| Southall (STL) | | a | | 2032 | | | 2041 | | 2045 | | | 2056 | | 2102 | | | 2111 | | 2115 | |
| Hayes & Harlington (HAY) | DLR 3 | a | | 2035 | | | 2044 | | 2048 | 2052 | | 2059 | | 2105 | | | 2114 | | 2118 | 2122 |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | | | | 2051 | | | 2059 | | 2106 | | | | | 2121 | | | 2129 |
| Heathrow Terminal 4 (HAF) | DLR | a | | | | | 2057 | | | | | 2112 | | | | | 2127 | | | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | | | | 2105 | | | | | | | | | | 2135 |
| West Drayton (WDT) | | a | | 2039 | | | | | 2052 | | | | | 2109 | | | | | | 2122 |
| Iver (IVR) | | a | | | | | | | 2055 | | | | | | | | | | | 2125 |
| Langley (LNY) | | a | | 2043 | | | | | 2057 | | | | | 2113 | | | | | | 2127 |
| Slough (SLO) | DLR 3 | a | | 2046 | | | | | 2101 | | | | | 2116 | | | | | | 2131 |
| Burnham (BNM) | | a | | 2050 | | | | | 2105 | | | | | 2120 | | | | | | 2135 |
| Taplow (TAP) | | a | | 2053 | | | | | | | | | | 2123 | | | | | | |
| Maidenhead (MAI) | DLR 3 | a | | 2056 | | | | | 2112 | | | | | 2126 | | | | | | 2142 |
| Twyford (TWY) | DLR 3 | a | | 2103 | | | | | | | | | | 2133 | | | | | | |
| Reading (RDG) | DLR 7 | a | | 2110 | | | | | | | | | | 2140 | | | | | | |

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

- a Arrival time
- d Departure time
- A From Southend Victoria
- D From Clacton-on-Sea

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | LE E | XR | XR | XR | XR | LE A | XR | XR | XR | XR | LE D | XR | XR | XR | XR | LE A | XR | XR | |
|-------------------------------------|----------|------|------|------|------|---------|------|------|------|------|---------|------|------|------|------|---------|------|----|------|
| Shenfield (SNF) | 3 d | 2012 | | | | 2026 | 2027 | | | | 2041 | 2042 | | | | 2056 | 2057 | | |
| Brentwood (BRE) | d | | | | | 2030 | | | | | 2045 | | | | | 2100 | | | |
| Harold Wood (HRO) | d | | | | | 2034 | | | | | 2049 | | | | | 2104 | | | |
| Gidea Park (GDP) | 2 d | | | 2029 | | 2037 | | | 2044 | | 2052 | | | 2059 | | 2107 | | | 2114 |
| Romford (RMF) | d | | | 2032 | | 2040 | 2034 | | 2047 | | 2055 | | | 2102 | | 2110 | 2104 | | 2117 |
| Chadwell Heath (CTH) | d | | | 2035 | | 2043 | | | 2050 | | 2058 | | | 2105 | | 2113 | | | 2120 |
| Goodmayes (GMY) | d | | | 2037 | | 2045 | | | 2052 | | 2100 | | | 2107 | | 2115 | | | 2122 |
| Seven Kings (SVK) | d | | | 2039 | | 2047 | | | 2054 | | 2102 | | | 2109 | | 2117 | | | 2124 |
| Ilford (IFD) | 2 d | | | 2043 | | 2051 | | | 2058 | | 2106 | | | 2113 | | 2121 | | | 2128 |
| Manor Park (MNP) | d | | | 2045 | | 2053 | | | 2100 | | 2108 | | | 2115 | | 2123 | | | 2130 |
| Forest Gate (FOG) | d | | | 2048 | | 2056 | | | 2103 | | 2111 | | | 2118 | | 2126 | | | 2133 |
| Maryland (MYL) | d | | | 2050 | | 2058 | | | 2105 | | 2113 | | | 2120 | | 2128 | | | 2135 |
| Stratford (SRA) | DLR 7 d | 2027 | | 2053 | | 2101 | 2044 | | 2108 | | 2116 | 2057 | | 2123 | | 2131 | 2114 | | 2138 |
| Abbey Wood (ABW) | d | | 2039 | | 2047 | | | 2054 | | 2102 | | | 2109 | | 2117 | | | | 2124 |
| Woolwich (WWC) | d | | 2042 | | 2050 | | | 2057 | | 2105 | | | 2112 | | 2120 | | | | 2127 |
| Custom House (CUS) | d | | 2046 | | 2054 | | | 2101 | | 2109 | | | 2116 | | 2124 | | | | 2131 |
| Canary Wharf (CWX) | DLR d | | 2050 | | 2058 | | | 2105 | | 2113 | | | 2120 | | 2128 | | | | 2135 |
| Whitechapel (ZLW) | DLR d | | 2054 | 2058 | 2102 | 2106 | | 2109 | 2113 | 2117 | 2121 | | 2124 | 2128 | 2132 | 2136 | | | 2139 |
| London Liverpool Street (LST) | DLR 15 a | 2035 | | | | | 2052 | | | | | 2105 | | | | | | | 2143 |
| London Liverpool Street EL (LST) | DLR 4 a | | 2057 | 2101 | 2105 | 2109 | | 2112 | 2116 | 2120 | 2124 | | 2127 | 2131 | 2135 | 2139 | | | 2142 |
| Farringdon (ZFD) | DLR 3 a | | 2059 | 2103 | 2107 | 2111 | | 2114 | 2118 | 2122 | 2126 | | 2129 | 2133 | 2137 | 2141 | | | 2144 |
| Tottenham Court Road (TCR) | DLR 3 a | | 2102 | 2106 | 2110 | 2114 | | 2117 | 2121 | 2125 | 2129 | | 2132 | 2136 | 2140 | 2144 | | | 2147 |
| Bond Street (BDS) | DLR 3 a | | 2105 | 2109 | 2113 | 2117 | | 2120 | 2124 | 2128 | 2132 | | 2135 | 2139 | 2143 | 2147 | | | 2150 |
| London Paddington EL (PAD) | DLR 15 a | | 2108 | 2114 | 2116 | 2122 | | 2123 | 2129 | 2131 | 2136 | | 2138 | 2144 | 2146 | 2152 | | | 2153 |
| Acton Main Line (AML) | a | | 2115 | | | | | 2130 | | | 2142 | | | | 2155 | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | 2118 | | 2125 | | | 2133 | | 2140 | 2145 | | 2150 | | 2158 | | | | |
| West Ealing (WEA) | DLR 3 a | | 2121 | | | | | 2136 | | | 2148 | | | | 2201 | | | | |
| Hanwell (HAN) | a | | 2123 | | | | | 2138 | | | 2150 | | | | 2203 | | | | |
| Southall (STL) | a | | 2126 | | 2132 | | | 2141 | | 2145 | 2153 | | 2155 | | 2206 | | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | 2129 | | 2135 | | | 2144 | | 2148 | 2156 | | 2159 | | 2209 | | | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR 3 a | | 2136 | | | | | 2151 | | | 2203 | | | | 2216 | | | | |
| Heathrow Terminal 4 (HAF) | DLR 3 a | | 2142 | | | | | 2157 | | | 2212 | | | | 2219 | | | | |
| Heathrow Terminal 5 (HWV) | DLR 3 a | | | | | | | | | | | | | | 2224 | | | | |
| West Drayton (WDT) | a | | | | 2139 | | | | | 2152 | | | 2203 | | | | | | |
| Iver (IVR) | a | | | | | | | | | 2155 | | | | | | | | | |
| Langley (LNY) | a | | | | | | | | | 2157 | | | 2207 | | | | | | |
| Slough (SLO) | DLR 3 a | | | | 2143 | | | | | 2201 | | | 2210 | | | | | | |
| Burnham (BNM) | a | | | | 2146 | | | | | 2205 | | | 2214 | | | | | | |
| Taplow (TAP) | a | | | | 2150 | | | | | | | | 2217 | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | 2153 | | | | | | | | 2220 | | | | | | |
| Twyford (TWY) | DLR 3 a | | | | 2156 | | | | | 2212 | | | 2222 | | | | | | |
| Reading (RDG) | DLR 7 a | | | | 2203 | | | | | | | | 2227 | | | | | | |
| | | | | | 2210 | | | | | | | | 2234 | | | | | | |

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

a Arrival time
d Departure time

A From Southend Victoria
D From Clacton-on-Sea
E From Ipswich

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | XR | LE E | LE F | XR | XR | XR | LE A | XR | XR | XR | LE D | XR | XR | LE A | XR | XR | LE E | |
|-------------------------------------|--------|----|---------|---------|-------|------|------|---------|------|------|------|---------|------|------|---------|------|------|---------|------|
| Shenfield (SNF) | 3 | d | 2111 | 2112 | 2119 | | | 2126 | 2127 | | | 2141 | 2142 | | 2156 | 2157 | | 2211 | 2212 |
| Brentwood (BRE) | | d | 2115 | | | | | 2130 | | | | 2145 | | | 2200 | | | 2215 | |
| Harold Wood (HRO) | | d | 2119 | | | | | 2134 | | | | 2149 | | | 2204 | | | 2219 | |
| Gidea Park (GDP) | 2 | d | 2122 | | | | | 2137 | | | | 2152 | | | 2207 | | | 2222 | |
| Romford (RMF) | | d | 2125 | | | | | 2140 | 2134 | | | 2155 | | | 2210 | 2204 | | 2225 | |
| Chadwell Heath (CTH) | | d | 2128 | | | | | 2143 | | | | 2158 | | | 2213 | | | 2228 | |
| Goodmayes (GMY) | | d | 2130 | | | | | 2145 | | | | 2200 | | | 2215 | | | 2230 | |
| Seven Kings (SVK) | | d | 2132 | | | | | 2147 | | | | 2202 | | | 2217 | | | 2232 | |
| Ilford (IFD) | 2 | d | 2136 | | | | | 2151 | | | | 2206 | | | 2221 | | | 2236 | |
| Manor Park (MNP) | | d | 2138 | | | | | 2153 | | | | 2208 | | | 2223 | | | 2238 | |
| Forest Gate (FOG) | | d | 2141 | | | | | 2156 | | | | 2211 | | | 2226 | | | 2241 | |
| Maryland (MYL) | | d | 2143 | | | | | 2158 | | | | 2213 | | | 2228 | | | 2243 | |
| Stratford (SRA) | DLR 7 | d | 2146 | 2127 | 2134s | | | 2201 | 2144 | | | 2216 | 2157 | | 2231 | 2214 | | 2246 | 2227 |
| Abbey Wood (ABW) | | d | 2132 | | | 2139 | 2146 | | | 2154 | 2201 | | | 2213 | | | 2228 | | |
| Woolwich (WWC) | | d | 2135 | | | 2142 | 2149 | | | 2157 | 2204 | | | 2216 | | | 2231 | | |
| Custom House (CUS) | | d | 2139 | | | 2146 | 2153 | | | 2201 | 2208 | | | 2220 | | | 2235 | | |
| Canary Wharf (CWX) | DLR | d | 2143 | | | 2152 | 2157 | | | 2207 | 2212 | | | 2224 | | | 2239 | | |
| Whitechapel (ZLW) | DLR | d | 2147 | 2151 | | 2156 | 2201 | 2206 | | 2211 | 2216 | 2221 | | 2228 | 2236 | | 2243 | | |
| London Liverpool Street (LST) | DLR 15 | a | | | 2135 | 2143 | | | | 2152 | | | 2205 | | 2222 | | 2254 | 2235 | |
| London Liverpool Street EL (LST) | DLR 4 | a | 2150 | 2154 | | 2159 | 2204 | 2209 | | 2214 | 2219 | 2224 | | 2231 | 2239 | | 2246 | | |
| Farringdon (ZFD) | DLR 3 | a | 2152 | 2156 | | 2201 | 2206 | 2211 | | 2216 | 2221 | 2226 | | 2233 | 2241 | | 2248 | | |
| Tottenham Court Road (TCR) | DLR | a | 2155 | 2159 | | 2204 | 2209 | 2214 | | 2219 | 2224 | 2229 | | 2236 | 2244 | | 2251 | | |
| Bond Street (BDS) | DLR | a | 2158 | 2202 | | 2207 | 2212 | 2217 | | 2222 | 2227 | 2232 | | 2239 | 2247 | | 2254 | | |
| London Paddington EL (PAD) | DLR 15 | a | 2201 | 2206 | | 2210 | 2215 | 2222 | | 2225 | 2230 | 2237 | | 2242 | 2252 | | 2257 | | |
| Acton Main Line (AML) | | a | | 2212 | | | 2225 | | | | 2240 | | | | | | | | |
| Ealing Broadway (EAL) | DLR 3 | a | 2210 | 2215 | | 2220 | 2228 | | | | 2243 | | | 2255 | | | 2311 | | |
| West Ealing (WEA) | DLR 3 | a | | 2218 | | | 2231 | | | | 2246 | | | | | | | | |
| Hanwell (HAN) | | a | | 2220 | | | 2233 | | | | 2248 | | | | | | | | |
| Southall (STL) | | a | 2215 | 2223 | | 2225 | 2236 | | | | 2251 | | | 2300 | | | 2316 | | |
| Hayes & Harlington (HAY) | DLR 3 | a | 2218 | 2226 | | 2229 | 2239 | | | | 2254 | | | 2303 | | | 2319 | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR | a | | 2233 | | | 2246 | | | | 2301 | | | 2310 | | | 2326 | | |
| Heathrow Terminal 4 (HAF) | DLR | a | | 2238 | | | | | | | 2307 | | | | | | 2332 | | |
| Heathrow Terminal 5 (HWV) | DLR | a | | | | | 2252 | | | | | | | 2316 | | | | | |
| West Drayton (WDT) | | a | 2222 | | | 2233 | | | | | | | | | | | | | |
| Iver (IVR) | | a | 2225 | | | 2235 | | | | | | | | | | | | | |
| Langley (LNY) | | a | 2227 | | | 2238 | | | | | | | | | | | | | |
| Slough (SLO) | DLR 3 | a | 2231 | | | 2241 | | | | | | | | | | | | | |
| Burnham (BNM) | | a | 2235 | | | 2245 | | | | | | | | | | | | | |
| Taplow (TAP) | | a | | | | 2248 | | | | | | | | | | | | | |
| Maidenhead (MAI) | DLR 3 | a | 2245 | | | 2251 | | | | | | | | | | | | | |
| Twyford (TWY) | DLR 3 | a | | | | 2258 | | | | | | | | | | | | | |
| Reading (RDG) | DLR 7 | a | | | | 2305 | | | | | | | | | | | | | |

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
- D From Clacton-on-Sea
- E From Ipswich
- F From Harwich International

Shenfield, Romford, Ilford, Stratford, Abbey Wood, Woolwich and Canary Wharf to Central London, Heathrow Airport and Reading

Sundays

| Operator Days of operation/Notes | XR | LE A | XR | LE D | XR | LE A | XR | LE E | XR | LE G | LE A | XR | XR | |
|-------------------------------------|----------|---------|------|---------|------|---------|------|---------|------|---------|---------|------|------|------|
| Shenfield (SNF) | 3 d | 2226 | 2227 | 2241 | 2242 | 2256 | 2257 | 2311 | 2312 | 2326 | 2334 | 2336 | 2341 | 2356 |
| Brentwood (BRE) | d | 2230 | | 2245 | | 2300 | | 2315 | | 2330 | | | 2345 | 2359 |
| Harold Wood (HRO) | d | 2234 | | 2249 | | 2304 | | 2319 | | 2334 | | | 2349 | 0004 |
| Gidea Park (GDP) | 2 d | 2237 | | 2252 | | 2307 | | 2322 | | 2337 | | | 2352 | 0007 |
| Romford (RMF) | d | 2240 | 2234 | 2255 | | 2310 | 2304 | 2325 | | 2340 | | 2344 | 2355 | 0010 |
| Chadwell Heath (CTH) | d | 2243 | | 2258 | | 2313 | | 2328 | | 2343 | | | 2358 | 0013 |
| Goodmayes (GMY) | d | 2245 | | 2300 | | 2315 | | 2330 | | 2345 | | | 0001 | 0015 |
| Seven Kings (SVK) | d | 2247 | | 2302 | | 2317 | | 2332 | | 2347 | | | 0002 | 0017 |
| Ilford (IFD) | 2 d | 2251 | | 2306 | | 2321 | | 2336 | | 2351 | | | 0006 | 0021 |
| Manor Park (MNP) | d | 2253 | | 2308 | | 2323 | | 2338 | | 2353 | | | 0008 | 0023 |
| Forest Gate (FOG) | d | 2256 | | 2311 | | 2326 | | 2341 | | 2356 | | | 0011 | 0026 |
| Maryland (MYL) | d | 2258 | | 2313 | | 2328 | | 2343 | | 2358 | | | 0013 | 0028 |
| Stratford (SRA) | DLR 7 d | 2301 | 2244 | 2316 | 2257 | 2331 | 2314 | 2346 | 2327 | 0001 | 2349s | 2354 | 0016 | 0031 |
| Abbey Wood (ABW) | d | | | | | | | | | | | | | |
| Woolwich (WWC) | d | | | | | | | | | | | | | |
| Custom House (CUS) | d | | | | | | | | | | | | | |
| Canary Wharf (CWX) | DLR d | | | | | | | | | | | | | |
| Whitechapel (ZLW) | DLR d | | | | | | | | | | | | | |
| London Liverpool Street (LST) | DLR 15 a | 2309 | 2252 | 2324 | 2305 | 2339 | 2322 | 2354 | 2335 | 0009 | 2359 | 0003 | 0024 | 0039 |
| London Liverpool Street EL (LST) | DLR 4 a | | | | | | | | | | | | | |
| Farringdon (ZFD) | DLR 3 a | | | | | | | | | | | | | |
| Tottenham Court Road (TCR) | DLR a | | | | | | | | | | | | | |
| Bond Street (BDS) | DLR a | | | | | | | | | | | | | |
| London Paddington EL (PAD) | DLR 15 a | | | | | | | | | | | | | |
| Acton Main Line (AML) | a | | | | | | | | | | | | | |
| Ealing Broadway (EAL) | DLR 3 a | | | | | | | | | | | | | |
| West Ealing (WEA) | DLR 3 a | | | | | | | | | | | | | |
| Hanwell (HAN) | a | | | | | | | | | | | | | |
| Southall (STL) | a | | | | | | | | | | | | | |
| Hayes & Harlington (HAY) | DLR 3 a | | | | | | | | | | | | | |
| Heathrow Terminals 2 & 3 (HXX) | DLR ← a | | | | | | | | | | | | | |
| Heathrow Terminal 4 (HAF) | DLR ← a | | | | | | | | | | | | | |
| Heathrow Terminal 5 (HWV) | DLR ← a | | | | | | | | | | | | | |
| West Drayton (WDT) | a | | | | | | | | | | | | | |
| Iver (IVR) | a | | | | | | | | | | | | | |
| Langley (LNY) | a | | | | | | | | | | | | | |
| Slough (SLO) | DLR 3 a | | | | | | | | | | | | | |
| Burnham (BNM) | a | | | | | | | | | | | | | |
| Taplow (TAP) | a | | | | | | | | | | | | | |
| Maidenhead (MAI) | DLR 3 a | | | | | | | | | | | | | |
| Twyford (TWY) | DLR 3 a | | | | | | | | | | | | | |
| Reading (RDG) | DLR 7 a | | | | | | | | | | | | | |

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
- D From Clacton-on-Sea
- E From Ipswich
- G From Norwich