

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Mondays to Fridays

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC    | CC   | CC   | CC    | CC   | CC    | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|-------|------|------|-------|------|-------|------|
| London Fenchurch Street (FST)   | 7 d     | 0500 |      | 0507 | 0522 | 0530 | 0540 |      | 0558 | 0604 | 0608 | 0616  | 0626 | 0633 | 0637  |      | 0642  | 0648 |
| Limehouse (LHS)                 | d       | 0504 |      | 0511 | 0526 | 0534 | 0544 |      | 0602 | 0608 | 0613 | 0621  | 0630 | 0638 | 0641  |      |       | 0652 |
| West Ham (WEH)                  | DLR d   | 0509 |      | 0516 | 0531 | 0539 | 0549 |      | 0608 | 0613 | 0618 | 0626  | 0635 | 0644 | 0647  |      | 0652  | 0658 |
| London Liverpool Street (LST)   | 15 d    |      |      |      |      |      |      |      |      |      |      |       |      |      |       |      |       |      |
| Stratford (SRA)                 | DLR 7 d |      |      |      |      |      |      |      |      |      |      |       |      |      |       |      |       |      |
| Barking (BKG)                   | d       | 0452 | 0514 | 0519 | 0522 | 0537 | 0544 | 0554 | 0559 | 0614 | 0618 | 0624  | 0633 | 0641 | 0650  | 0653 | 0657  | 0703 |
| Upminster (UPM)                 | d       | 0500 | 0522 |      | 0530 |      | 0553 | 0602 |      |      | 0626 | 0632  |      | 0649 | 0702e |      | 0702e | 0706 |
| Ockendon (OCK)                  | d       | 0506 |      |      | 0535 |      |      | 0608 |      |      |      | 0640  |      |      |       |      | 0710  |      |
| Chafford Hundred Lakeside (CFH) | d       | 0509 |      |      | 0539 |      |      | 0611 |      |      |      | 0643  |      |      |       |      | 0714  |      |
| Dagenham Dock (DDK)             | d       |      |      | 0523 |      | 0544 |      |      | 0603 | 0619 |      |       | 0638 |      |       | 0657 |       |      |
| Rainham (RNM)                   | d       |      |      | 0527 |      | 0548 |      |      | 0607 | 0623 |      |       | 0642 |      |       | 0701 |       |      |
| Purfleet (PFL)                  | d       |      |      | 0532 |      | 0553 |      |      | 0612 | 0628 |      |       | 0647 |      |       | 0706 |       |      |
| Grays (GRY)                     | a       | 0514 |      | 0538 | 0543 | 0559 |      | 0615 | 0619 | 0634 |      | 0647  | 0654 |      |       | 0712 | 0721  |      |
| Grays (GRY)                     | d       | 0514 |      |      | 0543 |      |      | 0616 |      |      |      | 0648  |      |      |       | 0714 |       |      |
| Tilbury Town (TIL)              | 3 d     | 0517 |      |      | 0546 |      |      | 0619 |      |      |      | 0651  |      |      |       | 0717 |       |      |
| East Tilbury (ETL)              | d       | 0523 |      |      | 0552 |      |      | 0625 |      |      |      | 0657  |      |      |       | 0723 |       |      |
| Stanford-le-Hope (SFO)          | d       | 0527 |      |      | 0556 |      |      | 0628 |      |      |      | 0700  |      |      |       | 0727 |       |      |
| West Horndon (WHR)              | d       |      | 0527 |      |      |      | 0558 |      |      |      | 0631 |       | 0654 |      |       |      | 0711  |      |
| Laindon (LAI)                   | d       |      | 0532 |      |      |      | 0603 |      |      |      | 0636 |       | 0659 |      |       |      | 0716  | 0720 |
| Basildon (BSO)                  | d       |      | 0535 |      |      |      | 0606 |      |      |      | 0639 |       | 0702 |      |       |      | 0719  | 0724 |
| Pitsea (PSE)                    | d       | 0535 | 0539 |      | 0604 |      | 0610 | 0638 |      |      | 0643 | 0708a | 0706 |      | 0738a |      | 0722  | 0727 |
| Benfleet (BEF)                  | d       | 0539 | 0542 |      | 0608 |      | 0613 | 0642 |      |      | 0646 |       | 0710 |      |       |      | 0726  | 0731 |
| Leigh-on-Sea (LES)              | d       | 0543 | 0547 |      | 0613 |      | 0618 | 0646 |      |      | 0651 |       | 0714 |      |       |      | 0731  | 0736 |
| Chalkwell (CHW)                 | d       | 0546 | 0549 |      | 0615 |      | 0620 | 0649 |      |      | 0653 |       | 0717 |      |       |      | 0733  | 0739 |
| Westcliff (WCF)                 | d       | 0548 | 0551 |      | 0617 |      | 0622 | 0651 |      |      | 0655 |       | 0719 |      |       |      | 0735  | 0741 |
| Southend Central (SOC)          | a       | 0551 | 0554 |      | 0620 |      | 0625 | 0654 |      |      | 0658 |       | 0721 |      |       |      | 0738  | 0743 |
| Southend Central (SOC)          | d       |      | 0555 |      |      |      | 0625 |      |      |      | 0658 |       | 0722 |      |       |      | 0738  | 0744 |
| Southend East (SOE)             | d       |      | 0557 |      |      |      | 0627 |      |      |      | 0700 |       | 0724 |      |       |      | 0740  | 0746 |
| Thorpe Bay (TPB)                | d       |      | 0559 |      |      |      | 0629 |      |      |      | 0703 |       | 0726 |      |       |      | 0743  | 0748 |
| Shoeburyness (SRY)              | a       |      | 0603 |      |      |      | 0633 |      |      |      | 0708 |       | 0730 |      |       |      | 0747  | 0752 |














| Operator                        | CC      | CC    | CC   | CC   | CC    | CC    | CC   | CC    | CC   | CC   | CC    | CC   | CC   | CC    | CC   | CC    | CC   | CC   |
|---------------------------------|---------|-------|------|------|-------|-------|------|-------|------|------|-------|------|------|-------|------|-------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 0656  | 0659 | 0702 | 0707  | 0712  | 0717 | 0720  | 0726 | 0729 | 0732  | 0735 | 0737 | 0740  | 0750 | 0753  | 0756 | 0759 |
| Limehouse (LHS)                 | DLR d   |       |      | 0706 | 0712  |       | 0721 | 0725  | 0730 | 0733 | 0736  | 0739 | 0742 | 0744  | 0754 | 0757  |      | 0803 |
| West Ham (WEH)                  | DLR d   |       | 0708 | 0711 | 0717  |       | 0727 | 0730  | 0735 | 0738 | 0741  | 0744 | 0747 | 0750  | 0759 | 0802  | 0805 | 0809 |
| London Liverpool Street (LST)   | 15 d    |       |      |      |       |       |      |       |      |      |       |      |      |       |      |       |      |      |
| Stratford (SRA)                 | DLR 7 d |       |      |      |       |       |      |       |      |      |       |      |      |       |      |       |      |      |
| Barking (BKG)                   | d       | 0709  | 0714 | 0718 | 0723  | 0727  | 0733 | 0736  | 0740 | 0743 | 0747  | 0749 | 0753 |       | 0804 | 0807  | 0811 | 0814 |
| Upminster (UPM)                 | d       |       | 0724 |      | 0733  |       |      | 0744  |      |      |       | 0757 |      | 0803  | 0812 |       | 0819 | 0822 |
| Ockendon (OCK)                  | d       |       |      |      | 0740  |       |      |       |      |      |       |      |      | 0810  |      |       |      |      |
| Chafford Hundred Lakeside (CFH) | d       |       |      |      | 0744  |       |      |       |      |      |       |      |      | 0814  |      |       |      |      |
| Dagenham Dock (DDK)             | d       |       |      | 0722 |       |       | 0737 |       |      |      | 0752  |      |      |       |      |       |      | 0822 |
| Rainham (RNM)                   | d       |       |      | 0726 |       |       | 0741 |       |      |      | 0756  |      |      |       |      |       |      | 0826 |
| Purfleet (PFL)                  | d       |       |      | 0731 |       |       | 0746 |       |      |      | 0801  |      |      |       |      |       |      | 0832 |
| Grays (GRY)                     | a       |       |      | 0738 | 0748  |       | 0753 |       |      |      | 0806  |      | 0810 | 0819  |      |       |      | 0838 |
| Grays (GRY)                     | d       |       |      |      | 0748  |       |      |       |      |      | 0807  |      |      | 0819  |      |       |      |      |
| Tilbury Town (TIL)              | 3 d     |       |      |      | 0751  |       |      |       |      |      | 0810  |      |      | 0822  |      |       |      |      |
| East Tilbury (ETL)              | d       |       |      |      | 0757  |       |      |       |      |      | 0816  |      |      | 0828  |      |       |      |      |
| Stanford-le-Hope (SFO)          | d       |       |      |      | 0801  |       |      |       |      |      | 0819  |      |      | 0831  |      |       |      |      |
| West Horndon (WHR)              | d       |       | 0729 |      |       |       |      |       |      |      |       | 0802 |      |       |      |       |      | 0827 |
| Laindon (LAI)                   | d       | 0724a | 0735 |      |       |       | 0752 | 0755a | 0800 |      |       | 0807 |      |       | 0820 | 0824a | 0828 | 0832 |
| Basildon (BSO)                  | d       |       | 0739 |      |       | 0745  |      | 0756  |      | 0803 |       | 0810 |      |       | 0823 |       | 0831 | 0835 |
| Pitsea (PSE)                    | d       |       | 0744 |      | 0809a |       |      | 0759  |      | 0806 | 0827a | 0814 |      | 0839a | 0827 |       | 0834 | 0839 |
| Benfleet (BEF)                  | d       |       | 0747 |      |       |       |      | 0803  |      | 0810 |       | 0817 |      |       | 0830 |       | 0838 | 0842 |
| Leigh-on-Sea (LES)              | d       |       | 0752 |      |       | 0755a |      | 0807  |      | 0814 |       | 0822 |      |       | 0835 |       | 0842 | 0847 |
| Chalkwell (CHW)                 | d       |       | 0755 |      |       |       |      | 0810  |      | 0817 |       | 0824 |      |       | 0837 |       | 0845 | 0849 |
| Westcliff (WCF)                 | d       |       | 0757 |      |       |       |      | 0812  |      | 0819 |       | 0826 |      |       | 0839 |       | 0847 | 0851 |
| Southend Central (SOC)          | a       |       | 0800 |      |       |       |      | 0814  |      | 0821 |       | 0829 |      |       | 0842 |       | 0849 | 0854 |
| Southend Central (SOC)          | d       |       | 0800 |      |       |       |      | 0815  |      | 0822 |       | 0829 |      |       |      |       | 0851 | 0854 |
| Southend East (SOE)             | d       |       | 0802 |      |       |       |      | 0817  |      | 0824 |       | 0831 |      |       |      |       | 0853 | 0856 |
| Thorpe Bay (TPB)                | d       |       | 0805 |      |       |       |      | 0819  |      | 0826 |       | 0834 |      |       |      |       | 0855 | 0859 |
| Shoeburyness (SRY)              | a       |       | 0809 |      |       |       |      | 0823  |      | 0830 |       | 0839 |      |       |      |       | 0859 | 0903 |
















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

- a Arrival time
- d Departure time
- e Arrives 4 minutes earlier

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Mondays to Fridays

| Operator                        |  | CC   | CC    | CC   | CC   | CC   | CC   | CC   | CC   | CC    | CC   | CC    | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|--|------|-------|------|------|------|------|--|------|-------|------|-------|--|------|------|------|--|------|--|
| London Fenchurch Street (FST)   |  7 d  | 0805 | 0811  | 0814 | 0820 | 0826 | 0832 | 0835   | 0847 | 0850  | 0900 |       | 0908   | 0919 | 0922 |      | 0936   | 0941 | 0949   |
| Limehouse (LHS)                 |  d    | 0809 |       |      | 0824 |      | 0836 | 0840   | 0851 | 0854  | 0904 |       | 0913   | 0923 | 0927 |      | 0940   | 0945 | 0953   |
| West Ham (WEH)                  |  d    | 0814 | 0819  | 0824 | 0830 | 0835 | 0841 | 0845   | 0856 | 0859  | 0909 |       | 0918   | 0928 | 0932 |      | 0945   | 0950 | 0958   |
| London Liverpool Street (LST)   |  15 d |      |       |      |      |      |      |  |      |       |      |       |  |      |      |      |  |      |  |
| Stratford (SRA)                 |  7 d  |      |       |      |      |      |      |  |      |       |      |       |  |      |      |      |  |      |  |
| Barking (BKG)                   |  d    | 0820 | 0825  | 0829 | 0835 | 0841 | 0848 | 0852   | 0901 | 0908c | 0914 |       | 0924   | 0933 | 0938 |      | 0950   | 0955 | 1003   |
| Upminster (UPM)                 |  d    | 0828 | 0834  | 0838 | 0844 | 0850 |      | 0902   | 0909 |       | 0922 |       | 0932   | 0941 |      |      | 0958   | 1003 | 1011   |
| Ockendon (OCK)                  | d  |      | 0840  |      |      |      |      | 0910   |      |       |      |       | 0939   |      |      |      |  | 1009 |  |
| Chafford Hundred Lakeside (CFH) | d  |      | 0844  |      |      |      |      | 0914   |      |       |      |       | 0943   |      |      |      |  | 1013 |  |
| Dagenham Dock (DDK)             | d  |      |       |      |      |      | 0852 |  |      | 0912  |      |       |  |      | 0942 |      |  |      |  |
| Rainham (RNM)                   | d  |      |       |      |      |      | 0856 |  |      | 0916  |      |       |  |      | 0946 |      |  |      |  |
| Purfleet (PFL)                  | d  |      |       |      |      |      | 0902 |  |      | 0922  |      |       |  |      | 0951 |      |  |      |  |
| Grays (GRY)                     | a  |      | 0848  |      |      |      | 0908 | 0918   |      | 0928  |      |       | 0947   |      | 0958 |      |  | 1017 |  |
| Grays (GRY)                     | d  |      | 0848  |      |      |      |      | 0918   |      |       |      |       |  0947 |      |      |      |  1017 |      |  |
| Tilbury Town (TIL)              |  3 d  |      | 0851  |      |      |      |      | 0921   |      |       |      |       | 0921   | 0950 |      |      | 0950   |      | 1020   |
| East Tilbury (ETL)              | d  |      | 0857  |      |      |      |      |  0927 |      |       |      |       |  0927 |      |      |      | 0956   |      |  1000 |
| Stanford-le-Hope (SFO)          | d  |      | 0900  |      |      |      |      |  |      |       |      |       | 0931   |      |      |      | 1000   |      |  |
| West Horndon (WHR)              | d  |      |       |      | 0849 | 0856 |      |  | 0914 |       | 0927 |       |  |      |      |      | 1003   |      |  |
| Laindon (LAI)                   | d  | 0836 |       | 0846 | 0853 | 0901 |      |  | 0919 |       | 0932 |       |  | 0949 |      |      | 1008   |      | 1019   |
| Basildon (BSO)                  | d  | 0839 |       | 0850 | 0857 | 0904 |      |  | 0922 |       | 0935 |       |  | 0953 |      |      | 1011   |      | 1023   |
| Pitsea (PSE)                    | d  | 0843 | 0908a |      | 0900 | 0909 |      |  | 0926 |       | 0939 | 0943c |  |      |      | 1008 | 1015   |      |  |
| Benfleet (BEF)                  | d  | 0846 |       | 0856 | 0904 | 0912 |      |  | 0929 |       | 0942 | 0947  |  | 0958 |      |      | 1012   | 1018 | 1028   |
| Leigh-on-Sea (LES)              | d  | 0851 |       | 0901 | 0908 | 0917 |      |  | 0934 |       | 0947 | 0951  |  | 1003 |      |      | 1017   | 1023 | 1033   |
| Chalkwell (CHW)                 | d  | 0853 |       | 0903 | 0911 | 0920 |      |  | 0936 |       | 0949 | 0954  |  | 1005 |      |      | 1019   | 1025 | 1035   |
| Westcliff (WCF)                 | d  | 0855 |       | 0905 | 0913 | 0922 |      |  | 0938 |       | 0951 | 0956  |  | 1007 |      |      | 1021   | 1027 | 1037   |
| Southend Central (SOC)          | a  | 0858 |       | 0908 | 0915 | 0925 |      |  | 0941 |       | 0954 | 0959  |  | 1010 |      |      | 1024   | 1030 | 1040   |
| Southend Central (SOC)          | d  |      |       | 0908 | 0916 | 0925 |      |  | 0941 |       | 0954 |       |  | 1010 |      |      | 1024   | 1030 | 1040   |
| Southend East (SOE)             | d  |      |       | 0910 | 0918 | 0927 |      |  | 0943 |       | 0956 |       |  | 1012 |      |      | 1026   | 1032 | 1042   |
| Thorpe Bay (TPB)                | d  |      |       | 0913 | 0920 | 0930 |      |  | 0946 |       | 0959 |       |  | 1015 |      |      | 1029   | 1035 | 1045   |
| Shoeburyness (SRY)              | a  |      |       | 0917 | 0924 | 0935 |      |  | 0950 |       | 1004 |       |  | 1019 |      |      | 1033   | 1040 | 1049   |

| Operator   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   |
|--|------|---|------|---|------|------|---|------|---|------|------|---|------|---|------|------|---|------|
| London Fenchurch Street (FST)  7 d  | 0953 |   | 1004 | 1011  | 1019 | 1024 |   | 1034 | 1041  | 1049 | 1053 |   | 1104 | 1112  | 1119 | 1124 |   | 1134 |
| Limehouse (LHS)  d                  | 0957 |   | 1008 | 1015  | 1023 | 1028 |   | 1038 | 1045  | 1053 | 1057 |   | 1108 | 1116  | 1123 | 1128 |   | 1138 |
| West Ham (WEH)  d                   | 1002 |   | 1013 | 1020  | 1028 | 1033 |   | 1043 | 1050  | 1058 | 1102 |   | 1113 | 1121  | 1128 | 1133 |   | 1143 |
| London Liverpool Street (LST)  15 d |      |   |      |   |      |      |   |      |   |      |      |   |      |   |      |      |   |      |
| Stratford (SRA)  7 d                |      |   |      |   |      |      |   |      |   |      |      |   |      |   |      |      |   |      |
| Barking (BKG)  d                    | 1009 |   | 1018 | 1025  | 1033 | 1039 |   | 1049 | 1055  | 1103 | 1108 |   | 1118 | 1126  | 1133 | 1139 |   | 1148 |
| Upminster (UPM)  d                  |      |   | 1026 | 1033  | 1041 |      |   | 1057 | 1103  | 1111 |      |   | 1126 | 1134  | 1141 |      |   | 1156 |
| Ockendon (OCK) d   |      |   |      | 1039  |      |      |   |      | 1109  |      |      |   |      | 1140  |      |      |   |      |
| Chafford Hundred Lakeside (CFH) d  |      |   |      | 1043  |      |      |   |      | 1113  |      |      |   |      | 1144  |      |      |   |      |
| Dagenham Dock (DDK) d  | 1014 |   |      |   |      | 1044 |   |      |   |      | 1112 |   |      |   |      | 1143 |   |      |
| Rainham (RNM) d  | 1017 |   |      |   |      | 1047 |   |      |   |      | 1116 |   |      |   |      | 1147 |   |      |
| Purfleet (PFL) d   | 1022 |   |      |   |      | 1052 |   |      |   |      | 1121 |   |      |   |      | 1152 |   |      |
| Grays (GRY) a  | 1028 |   |      | 1047  |      | 1059 |   |      | 1117  |      | 1127 |   |      | 1148  |      | 1158 |   |      |
| Grays (GRY) d  |      |  |      | 1047  |      |      |  |      | 1117  |      |      |  |      | 1148  |      |      |  |      |
| Tilbury Town (TIL)  3 d             |      | 1020  |      | 1050  |      |      | 1050  |      | 1120  |      |      | 1120  |      | 1151  |      |      | 1151  |      |
| East Tilbury (ETL) d   |      | 1026  |      |  |      |      | 1056  |      |  |      |      | 1126  |      |  |      |      | 1157  |      |
| Stanford-le-Hope (SFO) d   |      | 1030  |      |   |      |      | 1100  |      |   |      |      | 1130  |      |   |      |      | 1201  |      |
| West Horndon (WHR) d   |      |   | 1031 |   |      |      |   | 1102 |   |      |      |   | 1131 |   |      |      |   | 1201 |
| Laindon (LAI) d  |      |   | 1036 |   | 1049 |      |   | 1106 |   | 1119 |      |   | 1136 |   | 1149 |      |   | 1206 |
| Basildon (BSO) d   |      |   | 1039 |   | 1053 |      |   | 1109 |   | 1123 |      |   | 1139 |   | 1153 |      |   | 1209 |
| Pitsea (PSE) d   |      | 1038  | 1043 |   |      |      | 1108  | 1113 |   |      |      | 1138  | 1143 |   |      |      | 1209  | 1213 |
| Benfleet (BEF) d   |      | 1042  | 1046 |   | 1058 |      | 1112  | 1116 |   | 1128 |      | 1142  | 1146 |   | 1158 |      | 1213  | 1216 |
| Leigh-on-Sea (LES) d   |      | 1046  | 1051 |   | 1103 |      | 1117  | 1121 |   | 1133 |      | 1146  | 1151 |   | 1203 |      | 1217  | 1221 |
| Chalkwell (CHW) d  |      | 1049  | 1053 |   | 1105 |      | 1119  | 1123 |   | 1135 |      | 1149  | 1153 |   | 1205 |      | 1220  | 1223 |
| Westcliff (WCF) d  |      | 1051  | 1055 |   | 1107 |      | 1121  | 1125 |   | 1137 |      | 1151  | 1155 |   | 1207 |      | 1222  | 1225 |
| Southend Central (SOC) a   |      | 1054  | 1058 |   | 1110 |      | 1124  | 1128 |   | 1140 |      | 1154  | 1158 |   | 1210 |      | 1225  | 1228 |
| Southend Central (SOC) d   |      |   | 1058 |   | 1110 |      | 1124  | 1128 |   | 1140 |      |   | 1158 |   | 1210 |      |   | 1228 |
| Southend East (SOE) d  |      |   | 1100 |   | 1112 |      | 1126  | 1130 |   | 1142 |      |   | 1200 |   | 1212 |      |   | 1230 |
| Thorpe Bay (TPB) d   |      |   | 1103 |   | 1115 |      | 1129  | 1133 |   | 1145 |      |   | 1203 |   | 1215 |      |   | 1233 |
| Shoeburyness (SRY) a   |      |   | 1107 |   | 1119 |      | 1133  | 1138 |   | 1149 |      |   | 1207 |   | 1219 |      |   | 1237 |


















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

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

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Mondays to Fridays

| Operator                           | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST) 7 d  | 1139 | 1149 | 1153 |      | 1204 | 1211 | 1219 | 1223 |      | 1234 | 1241 | 1249 | 1253 |      | 1304 | 1311 | 1319 | 1323 |
| Limehouse (LHS) DLR d              | 1143 | 1153 | 1157 |      | 1208 | 1215 | 1223 | 1227 |      | 1238 | 1245 | 1253 | 1257 |      | 1308 | 1315 | 1323 | 1327 |
| West Ham (WEH) DLR d               | 1148 | 1158 | 1202 |      | 1213 | 1220 | 1228 | 1232 |      | 1243 | 1250 | 1258 | 1302 |      | 1313 | 1320 | 1328 | 1332 |
| London Liverpool Street (LST) 15 d |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Stratford (SRA) DLR 7 d            |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Barking (BKG) d                    | 1153 | 1203 | 1208 |      | 1218 | 1225 | 1233 | 1238 |      | 1248 | 1255 | 1303 | 1308 |      | 1318 | 1325 | 1333 | 1339 |
| Upminster (UPM) d                  | 1202 | 1211 |      |      | 1226 | 1233 | 1241 |      |      | 1256 | 1303 | 1311 |      |      | 1326 | 1334 | 1341 |      |
| Ockendon (OCK) d                   | 1207 |      |      |      |      | 1239 |      |      |      |      | 1309 |      |      |      |      | 1339 |      |      |
| Chafford Hundred Lakeside (CFH) d  | 1211 |      |      |      |      | 1243 |      |      |      |      | 1313 |      |      |      |      | 1343 |      |      |
| Dagenham Dock (DDK) d              |      |      | 1212 |      |      |      |      | 1242 |      |      |      |      | 1314 |      |      |      |      | 1344 |
| Rainham (RNM) d                    |      |      | 1216 |      |      |      |      | 1246 |      |      |      |      | 1317 |      |      |      |      | 1347 |
| Purfleet (PFL) d                   |      |      | 1221 |      |      |      |      | 1251 |      |      |      |      | 1322 |      |      |      |      | 1352 |
| Grays (GRY) a                      | 1215 |      | 1227 |      |      | 1247 |      | 1257 |      |      | 1317 |      | 1329 |      |      | 1347 |      | 1359 |
| Grays (GRY) d                      | 1217 |      |      |      |      | 1247 |      |      |      |      | 1317 |      |      |      |      | 1347 |      |      |
| Tilbury Town (TIL) 3 d             | 1220 |      |      | 1220 |      | 1250 |      |      | 1250 |      | 1320 |      |      | 1320 |      | 1350 |      |      |
| East Tilbury (ETL) d               |      |      |      | 1226 |      |      |      |      | 1256 |      |      |      |      | 1326 |      |      |      |      |
| Stanford-le-Hope (SFO) d           |      |      |      | 1230 |      |      |      |      | 1300 |      |      |      |      | 1330 |      |      |      |      |
| West Horndon (WHR) d               |      |      |      |      | 1231 |      |      |      |      | 1301 |      |      |      |      | 1331 |      |      |      |
| Laindon (LAI) d                    |      | 1219 |      |      | 1236 |      | 1249 |      |      | 1306 |      | 1319 |      |      | 1336 |      | 1349 |      |
| Basildon (BSO) d                   |      | 1223 |      |      | 1239 |      | 1253 |      |      | 1309 |      | 1323 |      |      | 1339 |      | 1353 |      |
| Pitsea (PSE) d                     |      |      |      | 1238 | 1243 |      |      |      | 1308 | 1313 |      |      |      | 1338 | 1343 |      |      |      |
| Benfleet (BEF) d                   |      | 1228 |      | 1242 | 1246 |      | 1258 |      | 1312 | 1316 |      | 1328 |      | 1342 | 1346 |      | 1358 |      |
| Leigh-on-Sea (LES) d               |      | 1233 |      | 1246 | 1251 |      | 1303 |      | 1316 | 1321 |      | 1333 |      | 1346 | 1351 |      | 1403 |      |
| Chalkwell (CHW) d                  |      | 1235 |      | 1249 | 1253 |      | 1305 |      | 1319 | 1323 |      | 1335 |      | 1349 | 1353 |      | 1405 |      |
| Westcliff (WCF) d                  |      | 1237 |      | 1251 | 1255 |      | 1307 |      | 1321 | 1325 |      | 1337 |      | 1351 | 1355 |      | 1407 |      |
| Southend Central (SOC) a           |      | 1240 |      | 1254 | 1258 |      | 1310 |      | 1324 | 1328 |      | 1340 |      | 1354 | 1358 |      | 1410 |      |
| Southend Central (SOC) d           |      | 1240 |      |      | 1258 |      | 1310 |      |      | 1328 |      | 1340 |      |      | 1358 |      | 1410 |      |
| Southend East (SOE) d              |      | 1242 |      |      | 1300 |      | 1312 |      |      | 1330 |      | 1342 |      |      | 1400 |      | 1412 |      |
| Thorpe Bay (TPB) d                 |      | 1245 |      |      | 1303 |      | 1315 |      |      | 1333 |      | 1345 |      |      | 1403 |      | 1415 |      |
| Shoeburyness (SRY) a               |      | 1249 |      |      | 1307 |      | 1319 |      |      | 1337 |      | 1349 |      |      | 1407 |      | 1419 |      |











| Operator  | CC   | CC   | CC  | CC   | CC   | CC  | CC   | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC   | CC  |      |   |
|---|------|------|---|------|------|---|------|------|---|------|------|---|------|---|------|------|------|---|------|---|
| London Fenchurch Street (FST)  d   |      | 1334 | 1341  | 1349 | 1353 |   |      | 1404 | 1411  | 1419 | 1423 |   |      | 1434  | 1441 | 1449 | 1453 |   | 1504 | 1511  |
| Limehouse (LHS)  d   |      | 1338 | 1345  | 1353 | 1357 |   |      | 1408 | 1415  | 1423 | 1427 |   |      | 1438  | 1445 | 1453 | 1457 |   | 1508 | 1515  |
| West Ham (WEH)  d  |      | 1343 | 1350  | 1358 | 1402 |   |      | 1413 | 1420  | 1428 | 1432 |   |      | 1443  | 1450 | 1458 | 1502 |   | 1513 | 1520  |
| London Liverpool Street (LST)  d   |      |      |   |      |      |   |      |      |   |      |      |   |      |   |      |      |      |   |      |   |
| Stratford (SRA)   d |      |      |   |      |      |   |      |      |   |      |      |   |      |   |      |      |      |   |      |   |
| Barking (BKG)  d   |      | 1348 | 1355  | 1403 | 1408 |   |      | 1418 | 1425  | 1433 | 1438 |   |      | 1448  | 1455 | 1503 | 1508 |   | 1518 | 1525  |
| Upminster (UPM)  d   |      | 1356 | 1403  | 1411 |      |   |      | 1426 | 1433  | 1441 |      |   |      | 1456  | 1503 | 1511 |      |   | 1526 | 1533  |
| Ockendon (OCK) d  |      |      | 1409  |      |      |   |      |      | 1439  |      |      |   |      |   | 1509 |      |      |   |      | 1539  |
| Chafford Hundred Lakeside (CFH) d   |      |      | 1413  |      |      |   |      |      | 1443  |      |      |   |      |   | 1513 |      |      |   |      | 1543  |
| Dagenham Dock (DDK) d   |      |      |   |      | 1412 |   |      |      |   |      | 1442 |   |      |   |      |      | 1512 |   |      |   |
| Rainham (RNM) d   |      |      |   |      | 1416 |   |      |      |   |      | 1446 |   |      |   |      |      | 1516 |   |      |   |
| Purfleet (PFL) d  |      |      |   |      | 1421 |   |      |      |   |      | 1451 |   |      |   |      |      | 1521 |   |      |   |
| Grays (GRY) a   |      |      | 1417  |      | 1428 |   |      |      | 1447  |      | 1457 |   |      |   | 1517 |      | 1527 |   |      | 1547  |
| Grays (GRY) d    |      |      | 1417  |      |      |  |      |      | 1447  |      |      |  |      | 1517  |      |      |      |  |      | 1547  |
| Tilbury Town (TIL)  d  | 1350 |      | 1420  |      |      | 1420  |      |      | 1450  |      |      | 1450  |      | 1520  |      |      | 1520 |   |      | 1550  |
| East Tilbury (ETL) d  | 1356 |      |  |      |      | 1426  |      |      |  |      |      | 1456  |      |  |      |      | 1526 |   |      |  |
| Stanford-le-Hope (SFO) d  | 1400 |      |   |      |      | 1430  |      |      |   |      |      | 1500  |      |   |      |      | 1530 |   |      |   |
| West Horndon (WHR) d  |      | 1401 |   |      |      |   | 1431 |      |   |      |      |   | 1501 |   |      |      |      |   | 1531 |   |
| Laindon (LAI) d   |      | 1406 |   | 1419 |      |   | 1436 |      | 1449  |      |      |   | 1506 |   | 1519 |      |      |   | 1536 |   |
| Basildon (BSO) d  |      | 1409 |   | 1423 |      |   | 1439 |      | 1453  |      |      |   | 1509 |   | 1523 |      |      |   | 1539 |   |
| Pitsea (PSE) d  | 1408 | 1413 |   |      |      | 1438  | 1443 |      |   |      | 1508 | 1513  |      |   |      |      | 1538 | 1543  |      |   |
| Benfleet (BEF) d  | 1412 | 1416 |   | 1428 |      | 1442  | 1446 |      | 1458  |      | 1512 | 1517  |      | 1528  |      |      | 1542 | 1546  |      |   |
| Leigh-on-Sea (LES) d  | 1416 | 1421 |   | 1433 |      | 1446  | 1451 |      | 1503  |      | 1516 | 1522  |      | 1533  |      |      | 1546 | 1551  |      |   |
| Chalkwell (CHW) d   | 1419 | 1423 |   | 1435 |      | 1449  | 1453 |      | 1505  |      | 1519 | 1524  |      | 1535  |      |      | 1549 | 1553  |      |   |
| Westcliff (WCF) d   | 1421 | 1425 |   | 1437 |      | 1451  | 1455 |      | 1507  |      | 1521 | 1526  |      | 1537  |      |      | 1551 | 1555  |      |   |
| Southend Central (SOC) a  | 1424 | 1428 |   | 1440 |      | 1454  | 1458 |      | 1510  |      | 1524 | 1529  |      | 1540  |      |      | 1554 | 1558  |      |   |
| Southend Central (SOC) d  |      | 1428 |   | 1440 |      |   | 1458 |      | 1510  |      |      |   | 1530 |   | 1540 |      |      | 1558  |      |   |
| Southend East (SOE) d   |      | 1430 |   | 1442 |      |   | 1500 |      | 1512  |      |      |   | 1532 |   | 1542 |      |      | 1600  |      |   |
| Thorpe Bay (TPB) d  |      | 1433 |   | 1445 |      |   | 1503 |      | 1515  |      |      |   | 1535 |   | 1545 |      |      | 1603  |      |   |
| Shoeburyness (SRY) a  |      | 1437 |   | 1450 |      |   | 1507 |      | 1521  |      |      |   | 1542 |   | 1549 |      |      | 1607  |      |   |











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

a Arrival time  
d Departure time

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Mondays to Fridays

| Operator   | CC    | CC   | CC  | CC   | CC    | CC   | CC   | CC   | CC   | CC   | CC    | CC   | CC    | CC   | CC   | CC   | CC  | CC   | CC |
|--|-------|------|---|------|-------|------|------|------|------|------|-------|------|-------|------|------|------|---|------|----|
| London Fenchurch Street (FST)  7 d  | 1519  | 1523 |   | 1534 | 1541  | 1548 | 1552 | 1600 | 1604 | 1607 | 1610  | 1616 | 1621  | 1625 | 1628 | 1632 | 1636  | 1644 |    |
| Limehouse (LHS)  d                  | 1523  | 1527 |   | 1538 | 1545  | 1552 | 1556 | 1605 | 1609 | 1612 | 1615  | 1621 | 1626  | 1630 | 1634 | 1637 | 1641  | 1649 |    |
| West Ham (WEH)  d                   | 1528  | 1532 |   | 1544 | 1550  | 1558 | 1602 | 1610 | 1614 | 1617 | 1621  | 1626 | 1631  | 1635 | 1639 | 1642 | 1646  | 1654 |    |
| London Liverpool Street (LST)  15 d |       |      |   |      |       |      |      |      |      |      |       |      |       |      |      |      |   |      |    |
| Stratford (SRA)  7 d                |       |      |   |      |       |      |      |      |      |      |       |      |       |      |      |      |   |      |    |
| Barking (BKG)  d                    | 1533  | 1538 |   | 1549 | 1556  | 1603 | 1608 | 1616 | 1620 | 1623 | 1626  | 1632 | 1638  | 1641 |      | 1648 | 1652  | 1700 |    |
| Upminster (UPM)  d                  | 1541  |      |   | 1558 | 1604  | 1612 |      | 1624 |      | 1631 | 1635  | 1640 |       | 1649 | 1654 | 1657 |   | 1708 |    |
| Ockendon (OCK) d   |       |      |   |      | 1610  |      |      |      |      |      | 1640  |      |       | 1657 |      |      |   |      |    |
| Chafford Hundred Lakeside (CFH) d  |       |      |   |      | 1613  |      |      |      |      |      | 1644  |      |       | 1701 |      |      |   |      |    |
| Dagenham Dock (DDK) d  |       | 1543 |   |      |       |      | 1612 |      | 1625 |      |       |      | 1643  |      |      |      | 1657  |      |    |
| Rainham (RNM) d  |       | 1546 |   |      |       |      | 1616 |      | 1629 |      |       |      | 1647  |      |      |      | 1701  |      |    |
| Purfleet (PFL) d   |       | 1551 |   |      |       |      | 1621 |      | 1634 |      |       |      | 1652  |      |      |      | 1707  |      |    |
| Grays (GRY) a  |       | 1557 |   |      | 1618  |      | 1631 |      | 1640 |      | 1648  |      | 1658  | 1706 |      |      | 1712  |      |    |
| Grays (GRY) d  |       |      |  |      | 1618  |      |      |      |      |      | 1649  |      | 1659  |      |      |      | 1713  |      |    |
| Tilbury Town (TIL)  3 d             |       |      | 1550  |      | 1621  |      |      |      |      |      | 1652  |      | 1702  |      |      |      | 1716  |      |    |
| East Tilbury (ETL) d   |       |      | 1556  |      | 1627  |      |      |      |      |      | 1658  |      | 1708  |      |      |      | 1722  |      |    |
| Stanford-le-Hope (SFO) d   |       |      | 1600  |      | 1631  |      |      |      |      |      | 1701  |      | 1712  |      |      |      |  |      |    |
| West Horndon (WHR) d   |       |      |   | 1603 |       |      |      |      |      | 1636 |       | 1645 |       |      |      | 1702 |   | 1713 |    |
| Laindon (LAI) d  | 1549  |      |   | 1607 |       | 1620 |      |      |      | 1641 |       | 1650 |       |      | 1702 | 1707 |   | 1718 |    |
| Basildon (BSO) d   | 1553  |      |   | 1610 |       | 1623 |      | 1634 |      | 1645 |       | 1654 |       |      | 1706 | 1711 |   | 1722 |    |
| Pitsea (PSE) d   |       |      | 1608  | 1614 | 1639a |      |      |      |      | 1648 | 1709a | 1657 | 1720a |      |      | 1714 |   | 1725 |    |
| Benfleet (BEF) d   | 1558  |      | 1612  | 1617 |       | 1629 |      | 1640 |      | 1652 |       |      |       |      | 1712 | 1718 |   | 1729 |    |
| Leigh-on-Sea (LES) d   | 1603  |      | 1616  | 1622 |       | 1634 |      | 1645 |      | 1657 |       |      |       |      | 1717 | 1722 |   | 1734 |    |
| Chalkwell (CHW) d  | 1605  |      | 1619  | 1624 |       | 1637 |      | 1647 |      | 1700 |       | 1705 |       |      | 1719 | 1725 |   | 1737 |    |
| Westcliff (WCF) d  | 1607  |      | 1621  | 1627 |       | 1639 |      | 1649 |      | 1702 |       | 1707 |       |      | 1721 | 1727 |   | 1739 |    |
| Southend Central (SOC) a   | 1610  |      | 1624  | 1629 |       | 1641 |      | 1652 |      | 1704 |       | 1710 |       |      | 1724 | 1729 |   | 1741 |    |
| Southend Central (SOC) d   | 1610  |      |   | 1630 |       | 1642 |      | 1652 |      | 1705 |       | 1710 |       |      | 1724 | 1730 |   | 1742 |    |
| Southend East (SOE) d  | 1612  |      |   | 1632 |       | 1644 |      | 1654 |      | 1707 |       | 1712 |       |      | 1726 | 1732 |   | 1744 |    |
| Thorpe Bay (TPB) d   | 1618c |      |   | 1634 |       | 1646 |      | 1657 |      | 1709 |       | 1715 |       |      | 1729 | 1734 |   | 1746 |    |
| Shoeburyness (SRY) a   | 1622  |      |   | 1638 |       | 1652 |      | 1701 |      | 1713 |       | 1719 |       |      | 1734 | 1738 |   | 1750 |    |














| Operator                        | CC   | CC  | CC   | CC   | CC  | CC   | CC    | CC    | CC   | CC   | CC   | CC    | CC   | CC   | CC   | CC    | CC   | CC   | CC    |
|---------------------------------|--|---|------|------|---|------|-------|-------|------|------|------|-------|------|------|------|-------|------|------|-------|
| London Fenchurch Street (FST)   |  7 d  | 1650  | 1654 | 1659 |   | 1704 |       | 1707  | 1710 | 1716 | 1719 | 1722  | 1725 | 1730 | 1734 | 1737  | 1743 | 1747 | 1752  |
| Limehouse (LHS)                 |  d    | 1655  | 1659 | 1704 |   | 1709 |       | 1712  | 1715 | 1721 | 1724 | 1727  | 1730 | 1735 | 1739 | 1742  | 1748 | 1752 | 1757  |
| West Ham (WEH)                  |  d    | 1700  | 1704 | 1709 |   | 1714 |       | 1717  | 1720 | 1726 | 1729 | 1732  | 1735 | 1740 | 1744 | 1747  | 1753 | 1757 | 1802  |
| London Liverpool Street (LST)   |  15 d |   |      |      |   |      |       |       |      |      |      |       |      |      |      |       |      |      |       |
| Stratford (SRA)                 |  7 d  |   |      |      |   |      |       |       |      |      |      |       |      |      |      |       |      |      |       |
| Barking (BKG)                   |  d    | 1706  | 1710 |      |   | 1720 |       | 1723  | 1726 |      |      | 1738  | 1741 |      | 1750 | 1753  |      | 1803 | 1808  |
| Upminster (UPM)                 |  d    |   | 1718 | 1722 |   | 1729 |       |       | 1734 | 1739 | 1743 |       | 1749 | 1753 | 1759 |       |      | 1811 |       |
| Ockendon (OCK)                  | d  |   | 1726 |      |   |      |       |       | 1740 |      |      |       | 1757 |      |      |       |      |      |       |
| Chafford Hundred Lakeside (CFH) | d  |   | 1730 |      |   |      |       |       | 1744 |      |      |       | 1801 |      |      |       |      |      |       |
| Dagenham Dock (DDK)             | d  | 1711  |      |      |   | 1728 |       |       |      |      |      | 1743  |      |      |      | 1758  |      |      | 1813  |
| Rainham (RNM)                   | d  | 1715  |      |      |   | 1732 |       |       |      |      |      | 1747  |      |      |      | 1802  |      |      | 1817  |
| Purfleet (PFL)                  | d  | 1721  |      |      |   | 1738 |       |       |      |      |      | 1753  |      |      |      | 1808  |      |      | 1823  |
| Grays (GRY)                     | a  | 1726  | 1735 |      |   | 1743 | 1750  |       |      |      |      | 1758  | 1806 |      |      | 1813  |      |      | 1828  |
| Grays (GRY)                     | d  | 1727  |      |      |   | 1744 |       |       |      |      |      | 1759  |      |      |      | 1814  |      |      | 1829  |
| Tilbury Town (TIL)              |  3 d  | 1731  |      |      |  | 1731 | 1748  |       |      |      |      | 1802  |      |      |      | 1817  |      |      | 1832  |
| East Tilbury (ETL)              | d  |  |      |      | 1722  | 1737 | 1754  |       |      |      |      | 1808  |      |      |      | 1823  |      |      | 1838  |
| Stanford-le-Hope (SFO)          | d  |   |      |      | 1726  | 1741 | 1758  |       |      |      |      | 1812  |      |      |      | 1827  |      |      | 1843  |
| West Horndon (WHR)              | d  |   |      |      | 1734  |      |       |       |      |      | 1748 |       |      |      | 1804 |       |      | 1816 |       |
| Laindon (LAI)                   | d  |   |      | 1730 |   | 1739 |       |       |      | 1747 | 1753 |       |      | 1802 | 1809 |       | 1815 | 1821 |       |
| Basildon (BSO)                  | d  |   |      | 1734 |   | 1743 |       |       |      | 1751 | 1756 |       |      | 1805 | 1812 |       |      | 1825 |       |
| Pitsea (PSE)                    | d  |   |      |      | 1741f   | 1746 | 1749a | 1806a |      |      | 1800 | 1821a |      |      | 1816 | 1835a |      |      | 1851a |
| Benfleet (BEF)                  | d  |   |      | 1740 | 1745  | 1750 |       |       |      | 1757 | 1804 |       |      | 1812 | 1820 |       | 1824 | 1831 |       |
| Leigh-on-Sea (LES)              | d  |   |      | 1745 | 1750a   | 1755 |       |       |      | 1802 | 1809 |       |      | 1817 | 1825 |       | 1829 | 1836 |       |
| Chalkwell (CHW)                 | d  |   |      | 1747 |   | 1758 |       |       |      | 1804 | 1811 |       |      | 1820 | 1827 |       | 1831 | 1838 |       |
| Westcliff (WCF)                 | d  |   |      | 1749 |   | 1800 |       |       |      | 1806 | 1813 |       |      | 1822 | 1829 |       | 1833 | 1840 |       |
| Southend Central (SOC)          | a  |   |      | 1752 |   | 1802 |       |       |      | 1809 | 1816 |       |      | 1824 | 1832 |       | 1836 | 1843 |       |
| Southend Central (SOC)          | d  |   |      | 1752 |   | 1803 |       |       |      | 1809 | 1816 |       |      | 1825 | 1832 |       | 1836 |      |       |
| Southend East (SOE)             | d  |   |      | 1754 |   | 1805 |       |       |      | 1811 | 1818 |       |      | 1827 | 1834 |       | 1838 |      |       |
| Thorpe Bay (TPB)                | d  |   |      | 1757 |   | 1807 |       |       |      | 1814 | 1821 |       |      | 1829 | 1837 |       | 1841 |      |       |
| Shoeburyness (SRY)              | a  |   |      | 1807 |   | 1811 |       |       |      | 1818 | 1825 |       |      | 1834 | 1841 |       | 1845 |      |       |
















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

- a Arrival time
- d Departure time
- c Arrives 3 minutes earlier
- f Arrives 6 minutes earlier

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Mondays to Fridays

| Operator  | CC | CC   | CC   | CC    | CC   | CC   | CC   | CC  | CC   | CC   | CC  | CC   | CC    | CC  | CC   | CC   | CC  | CC   |   |
|---|----|------|------|-------|------|------|------|---|------|------|---|------|-------|---|------|------|---|------|---|
| London Fenchurch Street (FST)  | d  | 1758 | 1803 | 1807  | 1810 | 1816 | 1819 | 1822  | 1830 | 1834 | 1840  | 1846 |       | 1851  | 1855 |      | 1907  | 1911 | 1918  |
| Limehouse (LHS)                | d  | 1803 | 1808 | 1812  | 1815 |      | 1824 | 1827  | 1835 | 1839 | 1845  | 1851 |       | 1856  | 1900 |      | 1912  | 1915 | 1923  |
| West Ham (WEH)                 | d  | 1808 | 1813 | 1817  | 1820 | 1826 | 1829 | 1832  | 1840 | 1844 | 1850  | 1856 |       | 1901  | 1905 |      | 1917  | 1921 | 1928  |
| London Liverpool Street (LST)  | d  |      |      |       |      |      |      |   |      |      |   |      |       |   |      |      |   |      |   |
| Stratford (SRA)                | d  |      |      |       |      |      |      |   |      |      |   |      |       |   |      |      |   |      |   |
| Barking (BKG)                  | d  |      | 1819 | 1823  | 1826 |      | 1835 | 1838  |      | 1850 | 1856  |      |       | 1908  | 1911 |      | 1923  | 1926 | 1934  |
| Upminster (UPM)                | d  | 1821 | 1827 |       | 1834 |      | 1844 |   | 1853 | 1858 | 1904  |      |       | 1919  |      |      | 1931  | 1934 | 1942  |
| Ockendon (OCK)  | d  |      |      |       | 1840 |      |      |   |      |      | 1910  |      |       |   |      |      |   | 1940 |   |
| Chafford Hundred Lakeside (CFH)   | d  |      |      |       | 1844 |      |      |   |      |      | 1914  |      |       |   |      |      |   | 1944 |   |
| Dagenham Dock (DDK)   | d  |      |      | 1828  |      |      |      | 1844  |      |      |   |      |       | 1913  |      |      |   |      |   |
| Rainham (RNM)   | d  |      |      | 1832  |      |      |      | 1848  |      |      |   |      |       | 1917  |      |      |   |      |   |
| Purfleet (PFL)  | d  |      |      | 1838  |      |      |      | 1854  |      |      |   |      |       | 1922  |      |      |   |      |   |
| Grays (GRY)   | a  |      |      | 1843  | 1849 |      |      | 1900  |      |      | 1918  |      |       | 1929  |      |      |  |      | 1948  |
| Grays (GRY)   | d  |      |      | 1844  |      |      |      | 1901  |      |      | 1918  |      |       |  |      |      | 1918  |      | 1948  |
| Tilbury Town (TIL)             | d  |      |      | 1847  |      |      |      | 1904  |      |      |  |      |       | 1904  |      |      | 1921  |      | 1951  |
| East Tilbury (ETL)  | d  |      |      | 1853  |      |      |      |  |      |      |   |      |       | 1910  |      |      | 1927  |      |  |
| Stanford-le-Hope (SFO)  | d  |      |      | 1857  |      |      |      |   |      |      |   |      |       | 1914  |      |      | 1931  |      |   |
| West Horndon (WHR)  | d  |      | 1832 |       |      |      | 1849 |   |      | 1903 |   |      |       |   | 1924 |      | 1936  |      |   |
| Laindon (LAI)   | d  | 1829 | 1837 |       |      | 1846 | 1854 |   | 1901 | 1908 |   | 1915 |       |   | 1929 |      | 1941  |      | 1951  |
| Basildon (BSO)  | d  | 1833 | 1841 |       |      |      | 1858 |   | 1905 | 1911 |   | 1919 |       |   | 1933 |      | 1945  |      | 1954  |
| Pitsea (PSE)  | d  |      | 1845 | 1905a |      |      | 1901 |   |      | 1915 |   |      | 1925c | 1937  | 1941 |      | 1949  |      | 1958  |
| Benfleet (BEF)  | d  | 1838 | 1849 |       |      | 1854 | 1905 |   | 1911 | 1918 |   | 1925 | 1929  | 1941  | 1946 | 1953 |   |      | 2002  |
| Leigh-on-Sea (LES)  | d  | 1843 | 1854 |       |      | 1859 | 1910 |   | 1916 | 1923 |   | 1930 | 1933  | 1945  | 1951 | 1958 |   |      | 2007  |
| Chalkwell (CHW)   | d  | 1846 | 1856 |       |      | 1902 | 1913 |   | 1918 | 1925 |   | 1932 | 1936  | 1948  | 1953 | 2000 |   |      | 2010  |
| Westcliff (WCF)   | d  | 1848 | 1858 |       |      | 1905 | 1915 |   | 1920 | 1927 |   | 1934 | 1938  | 1950  | 1955 | 2002 |   |      | 2013  |
| Southend Central (SOC)  | a  | 1850 | 1901 |       |      | 1907 | 1917 |   | 1923 | 1930 |   | 1937 | 1941  | 1952  | 1958 | 2005 |   |      | 2016  |
| Southend Central (SOC)  | d  | 1851 | 1901 |       |      | 1908 | 1918 |   | 1923 | 1930 |   | 1937 |       |   | 1953 |      | 2005  |      | 2016  |
| Southend East (SOE)   | d  | 1853 | 1903 |       |      | 1910 | 1920 |   | 1925 | 1932 |   | 1939 |       | 1955  |      |      | 2007  |      | 2018  |
| Thorpe Bay (TPB)  | d  | 1856 | 1906 |       |      | 1912 | 1922 |   | 1928 | 1935 |   | 1942 |       | 1957  |      |      | 2010  |      | 2020  |
| Shoeburyness (SRY)  | a  | 1900 | 1910 |       |      | 1917 | 1926 |   | 1934 | 1939 |   | 1946 |       | 2001  |      |      | 2015  |      | 2024  |

| Operator                        | CC  | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  |
|---------------------------------|---|------|---|------|---|------|------|---|------|---|------|------|---|------|---|------|------|---|
| London Fenchurch Street (FST)   |  d | 1923 |   | 1935 | 1941  | 1949 | 1953 |   | 2005 | 2011  | 2019 | 2023 |   | 2034 | 2040  | 2049 | 2053 | 2104  |
| Limehouse (LHS)                 |  d   | 1927 |   | 1939 | 1945  | 1953 | 1957 |   | 2009 | 2015  | 2023 | 2027 |   | 2038 | 2045  | 2053 | 2057 | 2108  |
| West Ham (WEH)                  |  d   | 1932 |   | 1944 | 1950  | 1958 | 2002 |   | 2014 | 2020  | 2028 | 2032 |   | 2043 | 2050  | 2058 | 2102 | 2113  |
| London Liverpool Street (LST)   |  d   |      |   |      |   |      |      |   |      |   |      |      |   |      |   |      |      |   |
| Stratford (SRA)                 |  d   |      |   |      |   |      |      |   |      |   |      |      |   |      |   |      |      |   |
| Barking (BKG)                   |  d   | 1938 |   | 1950 | 1955  | 2004 | 2009 |   | 2019 | 2025  | 2033 | 2038 |   | 2048 | 2055  | 2103 | 2108 | 2118  |
| Upminster (UPM)                 |  d   |      |   | 1958 | 2003  | 2012 |      |   | 2027 | 2033  | 2041 |      |   | 2056 | 2103  | 2111 |      | 2126  |
| Ockendon (OCK)                  | d   |      |   |      | 2009  |      |      |   |      | 2039  |      |      |   |      | 2109  |      |      |   |
| Chafford Hundred Lakeside (CFH) | d   |      |   |      | 2013  |      |      |   |      | 2043  |      |      |   |      | 2113  |      |      |   |
| Dagenham Dock (DDK)             | d   | 1942 |   |      |   |      | 2014 |   |      |   |      | 2042 |   |      |   |      | 2112 |   |
| Rainham (RNM)                   | d   | 1946 |   |      |   |      | 2018 |   |      |   |      | 2046 |   |      |   |      | 2116 |   |
| Purfleet (PFL)                  | d   | 1951 |   |      |   |      | 2023 |   |      |   |      | 2051 |   |      |   |      | 2121 |   |
| Grays (GRY)                     | a   | 1958 |   |      | 2017  |      | 2029 |   |      | 2048  |      | 2058 |   |      | 2117  |      | 2128 |   |
| Grays (GRY)                     | d   |      |  |      | 2017  |      |      |  |      | 2048  |      |      |  |      | 2117  |      |      |  |
| Tilbury Town (TIL)              |  d   |      | 1951  |      | 2020  |      |      | 2020  |      | 2051  |      |      | 2051  |      | 2120  |      |      | 2120  |
| East Tilbury (ETL)              | d   |      | 1957  |      |  |      |      | 2026  |      |  |      |      | 2057  |      |  |      |      | 2126  |
| Stanford-le-Hope (SFO)          | d   |      | 2001  |      |   |      |      | 2030  |      |   |      |      | 2101  |      |   |      |      | 2130  |
| West Horndon (WHR)              | d   |      |   | 2003 |   |      |      |   | 2032 |   |      |      |   | 2101 |   |      |      | 2131  |
| Laindon (LAI)                   | d   |      |   | 2007 |   | 2020 |      |   | 2037 |   | 2049 |      |   | 2106 |   | 2119 |      | 2136  |
| Basildon (BSO)                  | d   |      |   | 2011 |   | 2023 |      |   | 2040 |   | 2053 |      |   | 2109 |   | 2123 |      | 2139  |
| Pitsea (PSE)                    | d   |      | 2009  | 2014 |   |      |      | 2038  | 2044 |   |      |      | 2109  | 2113 |   |      | 2138 | 2143  |
| Benfleet (BEF)                  | d   |      | 2013  | 2018 |   | 2029 |      | 2042  | 2047 |   | 2058 |      | 2113  | 2116 |   | 2128 |      | 2142  |
| Leigh-on-Sea (LES)              | d   |      | 2017  | 2022 |   | 2033 |      | 2046  | 2052 |   | 2103 |      | 2117  | 2121 |   | 2133 |      | 2146  |
| Chalkwell (CHW)                 | d   |      | 2020  | 2025 |   | 2036 |      | 2049  | 2054 |   | 2105 |      | 2120  | 2123 |   | 2135 |      | 2149  |
| Westcliff (WCF)                 | d   |      | 2022  | 2027 |   | 2038 |      | 2051  | 2056 |   | 2107 |      | 2122  | 2125 |   | 2137 |      | 2151  |
| Southend Central (SOC)          | a   |      | 2024  | 2029 |   | 2040 |      | 2054  | 2059 |   | 2110 |      | 2124  | 2128 |   | 2140 |      | 2153  |
| Southend Central (SOC)          | d   |      | 2025  | 2030 |   | 2041 |      |   | 2059 |   | 2110 |      | 2125  | 2128 |   | 2140 |      | 2153  |
| Southend East (SOE)             | d   |      | 2027  | 2032 |   | 2043 |      |   | 2101 |   | 2112 |      | 2127  | 2130 |   | 2142 |      | 2155  |
| Thorpe Bay (TPB)                | d   |      | 2029  | 2034 |   | 2045 |      |   | 2104 |   | 2115 |      | 2129  | 2133 |   | 2145 |      | 2158  |
| Shoeburyness (SRY)              | a   |      | 2033  | 2039 |   | 2049 |      |   | 2108 |   | 2119 |      | 2133  | 2137 |   | 2149 |      | 2202  |
















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










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



# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Mondays to Fridays

| Operator                        | CC  | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   |      |
|---------------------------------|---|---|------|------|---|------|---|------|------|---|------|---|------|------|---|------|---|------|------|
| London Fenchurch Street (FST)   |  d | 2111  | 2119 | 2123 |   | 2134 | 2141  | 2149 | 2153 |   | 2204 | 2211  | 2219 | 2222 |   | 2234 | 2241  | 2254 | 2258 |
| Limehouse (LHS)                 |  d | 2115  | 2123 | 2127 |   | 2138 | 2145  | 2153 | 2157 |   | 2208 | 2215  | 2223 | 2226 |   | 2238 | 2245  | 2258 | 2302 |
| West Ham (WEH)                  |  d | 2120  | 2128 | 2132 |   | 2143 | 2150  | 2158 | 2202 |   | 2213 | 2220  | 2228 | 2231 |   | 2243 | 2250  | 2303 | 2307 |
| London Liverpool Street (LST)   |  d |   |      |      |   |      |   |      |      |   |      |   |      |      |   |      |   |      |      |
| Stratford (SRA)                 |  d |   |      |      |   |      |   |      |      |   |      |   |      |      |   |      |   |      |      |
| Barking (BKG)                   |  d | 2125  | 2133 | 2138 |   | 2149 | 2155  | 2203 | 2208 |   | 2218 | 2225  | 2233 | 2237 |   | 2248 | 2255  | 2309 | 2312 |
| Upminster (UPM)                 |  d | 2133  | 2141 |      |   | 2157 | 2203  | 2211 |      |   | 2226 | 2233  | 2241 |      |   | 2256 | 2303  |      | 2320 |
| Ockendon (OCK)                  | d   | 2139  |      |      |   |      | 2209  |      |      |   |      | 2239  |      |      |   |      | 2309  |      |      |
| Chafford Hundred Lakeside (CFH) | d   | 2143  |      |      |   |      | 2213  |      |      |   |      | 2243  |      |      |   |      | 2313  |      |      |
| Dagenham Dock (DDK)             | d   |   |      | 2142 |   |      |   |      | 2212 |   |      |   |      | 2242 |   |      |   | 2313 |      |
| Rainham (RNM)                   | d   |   |      | 2146 |   |      |   |      | 2216 |   |      |   |      | 2246 |   |      |   | 2317 |      |
| Purfleet (PFL)                  | d   |   |      | 2151 |   |      |   |      | 2221 |   |      |   |      | 2251 |   |      |   | 2322 |      |
| Grays (GRY)                     | a   | 2147  |      | 2158 |   |      | 2217  |      | 2227 |   |      | 2247  |      | 2258 |   |      | 2317  | 2328 |      |
| Grays (GRY)                     | d   | 2147  |      |      |  |      | 2217  |      |      |  |      | 2247  |      |      |  |      | 2317  |      |      |
| Tilbury Town (TIL)              |  d | 2150  |      |      | 2150  |      | 2220  |      |      | 2220  |      | 2250  |      |      | 2250  |      | 2320  |      |      |
| East Tilbury (ETL)              | d   |  |      |      | 2156  |      |  |      |      | 2226  |      |  |      |      | 2256  |      |  |      |      |
| Stanford-le-Hope (SFO)          | d   |   |      |      | 2200  |      |   |      |      | 2230  |      |   |      |      | 2300  |      |   |      |      |
| West Horndon (WHR)              | d   |   |      |      |   | 2202 |   |      |      |   | 2231 |   |      |      |   | 2301 |   |      |      |
| Laindon (LAI)                   | d   |   | 2149 |      |   | 2207 |   | 2219 |      |   | 2236 |   | 2249 |      |   | 2306 |   |      | 2328 |
| Basildon (BSO)                  | d   |   | 2153 |      |   | 2210 |   | 2223 |      |   | 2239 |   | 2253 |      |   | 2309 |   |      | 2332 |
| Pitsea (PSE)                    | d   |   |      |      | 2208  | 2214 |   |      |      | 2238  | 2243 |   |      |      | 2308  | 2313 |   |      |      |
| Benfleet (BEF)                  | d   |   | 2158 |      | 2212  | 2218 |   | 2228 |      | 2242  | 2246 |   | 2258 |      | 2312  | 2316 |   |      | 2337 |
| Leigh-on-Sea (LES)              | d   |   | 2203 |      | 2216  | 2223 |   | 2233 |      | 2246  | 2251 |   | 2303 |      | 2316  | 2321 |   |      | 2342 |
| Chalkwell (CHW)                 | d   |   | 2205 |      | 2219  | 2226 |   | 2235 |      | 2249  | 2253 |   | 2305 |      | 2319  | 2323 |   |      | 2344 |
| Westcliff (WCF)                 | d   |   | 2207 |      | 2221  | 2228 |   | 2237 |      | 2251  | 2255 |   | 2307 |      | 2321  | 2325 |   |      | 2346 |
| Southend Central (SOC)          | a   |   | 2210 |      | 2224  | 2230 |   | 2240 |      | 2254  | 2258 |   | 2310 |      | 2323  | 2328 |   |      | 2349 |
| Southend Central (SOC)          | d   |   | 2210 |      |   | 2231 |   | 2240 |      |   | 2258 |   | 2310 |      | 2324  | 2328 |   |      | 2349 |
| Southend East (SOE)             | d   |   | 2212 |      |   | 2233 |   | 2242 |      |   | 2300 |   | 2312 |      | 2326  | 2330 |   |      | 2351 |
| Thorpe Bay (TPB)                | d   |   | 2215 |      |   | 2235 |   | 2245 |      |   | 2303 |   | 2315 |      | 2328  | 2333 |   |      | 2354 |
| Shoeburyness (SRY)              | a   |   | 2219 |      |   | 2239 |   | 2249 |      |   | 2307 |   | 2319 |      | 2332  | 2337 |   |      | 2358 |

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC | CC | CC | CC | CC | CC |
|---------------------------------|---|--|------|------|------|------|------|------|------|------|------|------|----|----|----|----|----|----|
| Days of operation/Notes         |   |  |      |      |      |      |      |      |      |      |      |      |    |    |    |    |    |    |
| London Fenchurch Street (FST)   |  d | 2311   | 2315 | 2324 |      | 2334 | 2341 | 2354 | 0004 | 0011 | 0024 | 0034 |    |    |    |    |    |    |
| Limehouse (LHS)                 |  d | 2315   | 2319 | 2328 |      | 2338 | 2345 | 2358 | 0008 | 0015 | 0028 | 0038 |    |    |    |    |    |    |
| West Ham (WEH)                  |  d | 2320   | 2324 | 2333 |      | 2343 | 2350 | 0003 | 0013 | 0020 | 0033 | 0043 |    |    |    |    |    |    |
| London Liverpool Street (LST)   |  d |  |      |      |      |      |      |      |      |      |      |      |    |    |    |    |    |    |
| Stratford (SRA)                 |  d |  |      |      |      |      |      |      |      |      |      |      |    |    |    |    |    |    |
| Barking (BKG)                   |  d | 2325   | 2329 | 2339 |      | 2348 | 2355 | 0009 | 0018 | 0025 | 0039 | 0049 |    |    |    |    |    |    |
| Upminster (UPM)                 |  d | 2333   | 2337 |      |      | 2356 | 0004 |      | 0026 | 0033 |      | 0057 |    |    |    |    |    |    |
| Ockendon (OCK)                  | d   | 2339   |      |      |      |      | 0009 |      |      | 0039 |      |      |    |    |    |    |    |    |
| Chafford Hundred Lakeside (CFH) | d   | 2343   |      |      |      |      | 0013 |      |      | 0042 |      |      |    |    |    |    |    |    |
| Dagenham Dock (DDK)             | d   |  |      | 2343 |      |      |      | 0013 |      |      | 0043 |      |    |    |    |    |    |    |
| Rainham (RNM)                   | d   |  |      | 2347 |      |      |      | 0017 |      |      | 0047 |      |    |    |    |    |    |    |
| Purfleet (PFL)                  | d   |  |      | 2352 |      |      |      | 0022 |      |      | 0052 |      |    |    |    |    |    |    |
| Grays (GRY)                     | a   |  | 2347 | 2358 |      |      | 0017 | 0028 |      | 0046 | 0058 |      |    |    |    |    |    |    |
| Grays (GRY)                     | d   |  2347 |      |      |      | 0018 |      |      |      | 0046 |      |      |    |    |    |    |    |    |
| Tilbury Town (TIL)              |  d | 2320   | 2350 |      | 2350 |      | 0021 |      |      | 0049 |      |      |    |    |    |    |    |    |
| East Tilbury (ETL)              | d   | 2326   |      |      | 2356 |      | 0027 |      |      | 0055 |      |      |    |    |    |    |    |    |
| Stanford-le-Hope (SFO)          | d   | 2330   |      |      | 2359 |      | 0030 |      |      | 0059 |      |      |    |    |    |    |    |    |
| West Horndon (WHR)              | d   |  |      | 2342 |      | 0001 |      |      | 0031 |      |      | 0102 |    |    |    |    |    |    |
| Laindon (LAI)                   | d   |  |      | 2347 |      | 0006 |      |      | 0036 |      |      | 0107 |    |    |    |    |    |    |
| Basildon (BSO)                  | d   |  |      | 2350 |      | 0009 |      |      | 0039 |      |      | 0110 |    |    |    |    |    |    |
| Pitsea (PSE)                    | d   | 2338   |      | 2354 |      | 0007 | 0013 | 0038 | 0043 | 0107 |      | 0114 |    |    |    |    |    |    |
| Benfleet (BEF)                  | d   | 2342   |      | 2357 |      | 0011 | 0016 | 0042 | 0046 | 0111 |      | 0117 |    |    |    |    |    |    |
| Leigh-on-Sea (LES)              | d   | 2346   |      | 0002 |      | 0015 | 0021 | 0047 | 0051 | 0115 |      | 0122 |    |    |    |    |    |    |
| Chalkwell (CHW)                 | d   | 2349   |      | 0004 |      | 0018 | 0023 | 0049 | 0053 | 0118 |      | 0124 |    |    |    |    |    |    |
| Westcliff (WCF)                 | d   | 2351   |      | 0006 |      | 0020 | 0025 | 0051 | 0055 | 0120 |      | 0126 |    |    |    |    |    |    |
| Southend Central (SOC)          | a   | 2353   |      | 0009 |      | 0022 | 0028 | 0054 | 0058 | 0122 |      | 0129 |    |    |    |    |    |    |
| Southend Central (SOC)          | d   | 2354   |      | 0009 |      | 0023 | 0028 | 0054 | 0058 | 0122 |      | 0129 |    |    |    |    |    |    |
| Southend East (SOE)             | d   | 2356   |      | 0011 |      | 0025 | 0030 | 0056 | 0100 | 0124 |      | 0131 |    |    |    |    |    |    |
| Thorpe Bay (TPB)                | d   | 2358   |      | 0014 |      | 0027 | 0033 | 0058 | 0103 | 0127 |      | 0134 |    |    |    |    |    |    |
| Shoeburyness (SRY)              | a   | 0003   |      | 0018 |      | 0031 | 0037 | 0102 | 0107 | 0131 |      | 0138 |    |    |    |    |    |    |

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

a Arrival time  
d Departure time

TSM Tuesday to Saturday mornings

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Saturdays

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 0500 |      |      | 0523 | 0530 | 0537 |      | 0553 | 0600 | 0607 |      | 0623 | 0630 | 0637 |      | 0653 | 0700 |
| Limehouse (LHS)                 | d       | 0504 |      |      | 0527 | 0534 | 0541 |      | 0557 | 0604 | 0611 |      | 0627 | 0634 | 0641 |      | 0657 | 0704 |
| West Ham (WEH)                  | DLR d   | 0509 |      |      | 0533 | 0539 | 0547 |      | 0603 | 0609 | 0617 |      | 0633 | 0639 | 0647 |      | 0703 | 0709 |
| London Liverpool Street (LST)   | 15 d    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Stratford (SRA)                 | DLR 7 d |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Barking (BKG)                   | d       | 0508 | 0514 | 0523 |      | 0538 | 0544 | 0553 |      | 0608 | 0614 | 0623 |      | 0638 | 0644 | 0653 |      | 0708 |
| Upminster (UPM)                 | d       | 0517 | 0523 |      |      | 0547 | 0553 |      |      | 0617 | 0623 |      |      | 0647 | 0653 |      |      | 0717 |
| Ockendon (OCK)                  | d       | 0522 |      |      |      | 0552 |      |      |      | 0622 |      |      |      | 0652 |      |      |      | 0722 |
| Chafford Hundred Lakeside (CFH) | d       | 0526 |      |      |      | 0556 |      |      |      | 0626 |      |      |      | 0656 |      |      |      | 0726 |
| Dagenham Dock (DDK)             | d       |      |      | 0527 |      |      |      |      |      |      |      | 0627 |      |      |      |      |      |      |
| Rainham (RNM)                   | d       |      |      | 0531 |      |      |      | 0557 |      |      |      | 0631 |      |      |      | 0657 |      |      |
| Purfleet (PFL)                  | d       |      |      | 0536 |      |      |      | 0601 |      |      |      | 0636 |      |      |      | 0701 |      |      |
| Grays (GRY)                     | a       | 0530 |      | 0542 |      | 0600 |      | 0612 |      | 0630 |      | 0642 |      | 0700 |      | 0712 |      | 0730 |
| Grays (GRY)                     | d       | 0530 |      |      |      | 0600 |      |      |      | 0630 |      |      |      | 0700 |      |      |      | 0730 |
| Tilbury Town (TIL)              | 3 d     | 0533 |      |      | 0533 | 0603 |      |      | 0603 | 0633 |      |      | 0633 | 0703 |      |      | 0703 | 0733 |
| East Tilbury (ETL)              | d       |      |      |      | 0539 |      |      |      | 0609 |      |      |      | 0639 |      |      |      | 0709 |      |
| Stanford-le-Hope (SFO)          | d       |      |      |      | 0543 |      |      |      | 0613 |      |      |      | 0643 |      |      |      | 0713 |      |
| West Horndon (WHR)              | d       |      | 0528 |      |      |      |      | 0558 |      |      |      | 0628 |      |      |      | 0658 |      | 0728 |
| Laindon (LAI)                   | d       |      | 0532 |      |      |      |      | 0602 |      |      |      | 0632 |      |      |      | 0702 |      | 0732 |
| Basildon (BSO)                  | d       |      | 0536 |      |      |      |      | 0606 |      |      |      | 0636 |      |      |      | 0706 |      | 0736 |
| Pitsea (PSE)                    | d       |      | 0539 |      | 0552 |      |      | 0609 |      | 0622 |      | 0639 |      | 0652 |      | 0709 | 0722 | 0739 |
| Benfleet (BEF)                  | d       |      | 0543 |      | 0556 |      |      | 0613 |      | 0626 |      | 0643 |      | 0656 |      | 0713 | 0726 | 0743 |
| Leigh-on-Sea (LES)              | d       |      | 0547 |      | 0600 |      |      | 0617 |      | 0630 |      | 0647 |      | 0700 |      | 0717 | 0730 | 0747 |
| Chalkwell (CHW)                 | d       |      | 0550 |      | 0603 |      |      | 0620 |      | 0633 |      | 0650 |      | 0703 |      | 0720 | 0733 | 0750 |
| Westcliff (WCF)                 | d       |      | 0552 |      | 0605 |      |      | 0622 |      | 0635 |      | 0652 |      | 0705 |      | 0722 | 0735 | 0752 |
| Southend Central (SOC)          | a       |      | 0554 |      | 0607 |      |      | 0624 |      | 0637 |      | 0654 |      | 0707 |      | 0724 | 0737 | 0754 |
| Southend Central (SOC)          | d       |      | 0555 |      | 0608 |      |      | 0625 |      | 0638 |      | 0655 |      | 0708 |      | 0725 | 0738 | 0755 |
| Southend East (SOE)             | d       |      | 0557 |      | 0610 |      |      | 0627 |      | 0640 |      | 0657 |      | 0710 |      | 0727 | 0740 | 0757 |
| Thorpe Bay (TPB)                | d       |      | 0559 |      | 0612 |      |      | 0629 |      | 0642 |      | 0659 |      | 0712 |      | 0729 | 0742 | 0759 |
| Shoeburyness (SRY)              | a       |      | 0603 |      | 0617 |      |      | 0633 |      | 0647 |      | 0703 |      | 0717 |      | 0733 | 0747 | 0803 |

















| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 0707 |      | 0723 | 0730 | 0737 |      | 0753 | 0800 | 0807 |      | 0823 | 0830 | 0837 |      |      | 0853 | 0900 |
| Limehouse (LHS)                 | DLR d   | 0711 |      | 0727 | 0734 | 0741 |      | 0757 | 0804 | 0811 |      | 0827 | 0834 | 0841 |      |      | 0857 | 0904 |
| West Ham (WEH)                  | DLR d   | 0717 |      | 0733 | 0739 | 0747 |      | 0803 | 0809 | 0817 |      | 0833 | 0839 | 0847 |      |      | 0903 | 0909 |
| London Liverpool Street (LST)   | 15 d    |      |      |      |      |      |      |      |      |      |      |      |      |      |      | 0845 |      |      |
| Stratford (SRA)                 | DLR 7 d |      |      |      |      |      |      |      |      |      |      |      |      |      |      | 0852 |      |      |
| Barking (BKG)                   | d       | 0723 |      | 0738 | 0744 | 0753 |      | 0808 | 0814 | 0823 |      | 0838 | 0844 | 0853 |      | 0903 | 0908 | 0914 |
| Upminster (UPM)                 | d       |      |      | 0747 | 0753 |      |      | 0817 | 0823 |      |      | 0847 | 0853 |      |      | 0913 | 0917 | 0923 |
| Ockendon (OCK)                  | d       |      |      | 0752 |      |      |      | 0822 |      |      |      | 0852 |      |      |      |      | 0922 |      |
| Chafford Hundred Lakeside (CFH) | d       |      |      | 0756 |      |      |      | 0826 |      |      |      | 0856 |      |      |      |      | 0926 |      |
| Dagenham Dock (DDK)             | d       | 0727 |      |      |      | 0757 |      |      |      | 0827 |      |      |      | 0857 |      |      |      | 0927 |
| Rainham (RNM)                   | d       | 0731 |      |      |      | 0801 |      |      |      | 0831 |      |      |      | 0901 |      |      |      | 0931 |
| Purfleet (PFL)                  | d       | 0736 |      |      |      | 0806 |      |      |      | 0836 |      |      |      | 0906 |      |      |      | 0936 |
| Grays (GRY)                     | a       | 0742 |      | 0800 |      | 0812 |      | 0830 |      | 0842 |      | 0900 |      | 0912 |      |      | 0930 | 0942 |
| Grays (GRY)                     | d       |      |      | 0800 |      |      |      | 0830 |      |      |      | 0900 |      |      |      | 0930 |      |      |
| Tilbury Town (TIL)              | 3 d     |      | 0733 | 0803 |      |      | 0803 | 0833 |      |      | 0833 | 0903 |      |      | 0903 | 0933 |      |      |
| East Tilbury (ETL)              | d       |      | 0739 |      |      |      | 0809 |      |      |      | 0839 |      |      |      | 0909 |      |      |      |
| Stanford-le-Hope (SFO)          | d       |      | 0743 |      |      |      | 0813 |      |      |      | 0843 |      |      |      | 0913 |      |      |      |
| West Horndon (WHR)              | d       |      |      |      | 0758 |      |      |      | 0828 |      |      |      |      | 0858 |      |      |      | 0928 |
| Laindon (LAI)                   | d       |      |      |      | 0802 |      |      |      | 0832 |      |      |      |      | 0902 |      |      | 0921 | 0932 |
| Basildon (BSO)                  | d       |      |      |      | 0806 |      |      |      | 0836 |      |      |      |      | 0906 |      |      | 0924 | 0936 |
| Pitsea (PSE)                    | d       |      | 0752 |      | 0809 |      | 0822 |      | 0839 |      | 0852 |      | 0909 |      | 0922 |      |      | 0939 |
| Benfleet (BEF)                  | d       |      | 0756 |      | 0813 |      | 0826 |      | 0843 |      | 0856 |      | 0913 |      | 0926 | 0930 |      | 0943 |
| Leigh-on-Sea (LES)              | d       |      | 0800 |      | 0817 |      | 0830 |      | 0847 |      | 0900 |      | 0917 |      | 0930 | 0934 |      | 0947 |
| Chalkwell (CHW)                 | d       |      | 0803 |      | 0820 |      | 0833 |      | 0850 |      | 0903 |      | 0920 |      | 0933 | 0937 |      | 0950 |
| Westcliff (WCF)                 | d       |      | 0805 |      | 0822 |      | 0835 |      | 0852 |      | 0905 |      | 0922 |      | 0935 | 0939 |      | 0952 |
| Southend Central (SOC)          | a       |      | 0807 |      | 0824 |      | 0837 |      | 0854 |      | 0907 |      | 0924 |      | 0937 | 0941 |      | 0954 |
| Southend Central (SOC)          | d       |      | 0808 |      | 0825 |      | 0838 |      | 0855 |      | 0908 |      | 0925 |      | 0938 | 0942 |      | 0955 |
| Southend East (SOE)             | d       |      | 0810 |      | 0827 |      | 0840 |      | 0857 |      | 0910 |      | 0927 |      | 0940 | 0944 |      | 0957 |
| Thorpe Bay (TPB)                | d       |      | 0812 |      | 0829 |      | 0842 |      | 0859 |      | 0912 |      | 0929 |      | 0942 | 0946 |      | 0959 |
| Shoeburyness (SRY)              | a       |      | 0817 |      | 0833 |      | 0847 |      | 0903 |      | 0917 |      | 0933 |      | 0947 | 0950 |      | 1003 |














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

a Arrival time  
d Departure time

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Saturdays

| Operator                        | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC   | CC  | CC   | CC        | CC   |
|---------------------------------|--|---|------|---|------|------|---|------|---|------|------|---|------|------|---|------|-----------|--|
| London Fenchurch Street (FST)   |  7 d  |   |      | 0923  | 0930 | 0937 |   |      | 0953  | 1000 | 1007 |   |      |      | 1023  | 1030 | 1037      | 1053   |
| Limehouse (LHS)                 |  d    |   |      | 0927  | 0934 | 0941 |   |      | 0957  | 1004 | 1011 |   |      |      | 1027  | 1034 | 1041      | 1057   |
| West Ham (WEH)                  |  d    |   |      | 0933  | 0939 | 0947 |   |      | 1003  | 1009 | 1017 |   |      |      | 1033  | 1039 | 1047      | 1103   |
| London Liverpool Street (LST)   |  15 d |   | 0915 |   |      |      |   | 0945 |   |      |      |   |      | 1015 |   |      |           | 1045   |
| Stratford (SRA)                 |  7 d  |   | 0923 |   |      |      |   | 0952 |   |      |      |   |      | 1023 |   |      |           | 1052   |
| Barking (BKG)                   |  d    |   | 0933 | 0938  | 0944 | 0953 |   | 1003 | 1008  | 1014 | 1023 |   |      | 1033 | 1038  | 1044 | 1053      | 1103 1108  |
| Upminster (UPM)                 |  d    |   | 0943 | 0947  | 0953 |      |   | 1013 | 1017  | 1023 |      |   |      | 1043 | 1047  | 1053 |           | 1113 1117  |
| Ockendon (OCK)                  | d  |   |      | 0952  |      |      |   |      | 1022  |      |      |   |      |      | 1052  |      |           | 1122   |
| Chafford Hundred Lakeside (CFH) | d  |   |      | 0956  |      |      |   |      | 1026  |      |      |   |      |      | 1056  |      |           | 1126   |
| Dagenham Dock (DDK)             | d  |   |      |   |      | 0959 |   |      |   |      | 1027 |   |      |      |   |      | 1057      |  |
| Rainham (RNM)                   | d  |   |      |   |      | 1002 |   |      |   |      | 1031 |   |      |      |   |      | 1101      |  |
| Purfleet (PFL)                  | d  |   |      |   |      | 1007 |   |      |   |      | 1036 |   |      |      |   |      | 1106      |  |
| Grays (GRY)                     | a  |   |      | 1000  |      | 1014 |   |      | 1030  |      | 1042 |   |      |      | 1100  |      | 1112      | 1130   |
| Grays (GRY)                     | d  |  |      | 1000  |      |      |  |      | 1030  |      |      |  |      |      | 1100  |      |           |  1130 |
| Tilbury Town (TIL)              |  3 d  | 0933  |      | 1003  |      |      | 1003  |      | 1033  |      |      | 1033  |      |      | 1103  |      |           | 1133   |
| East Tilbury (ETL)              | d  | 0939  |      |  |      |      | 1009  |      |  |      |      | 1039  |      |      |  |      |           |  1109 |
| Stanford-le-Hope (SFO)          | d  | 0943  |      |   |      |      | 1013  |      |   |      |      | 1043  |      |      |   |      | 1113      |  |
| West Horndon (WHR)              | d  |   |      |   | 0958 |      |   |      |   | 1028 |      |   |      |      |   | 1058 |           |  |
| Laindon (LAI)                   | d  |   | 0951 |   | 1002 |      |   | 1021 |   | 1032 |      |   | 1051 |      | 1102  |      |           | 1121   |
| Basildon (BSO)                  | d  |   | 0954 |   | 1006 |      |   | 1024 |   | 1036 |      |   | 1054 |      | 1106  |      |           | 1124   |
| Pitsea (PSE)                    | d  | 0952  |      |   | 1009 |      | 1022  |      |   | 1039 |      | 1052  |      |      | 1109  |      | 1122      |  |
| Benfleet (BEF)                  | d  | 0956  | 1000 |   | 1013 |      | 1026  | 1030 |   | 1043 |      | 1056  | 1100 |      | 1113  |      | 1126 1130 |  |
| Leigh-on-Sea (LES)              | d  | 1000  | 1004 |   | 1017 |      | 1030  | 1034 |   | 1047 |      | 1100  | 1104 |      | 1117  |      | 1130 1134 |  |
| Chalkwell (CHW)                 | d  | 1003  | 1007 |   | 1020 |      | 1033  | 1037 |   | 1050 |      | 1103  | 1107 |      | 1120  |      | 1133 1137 |  |
| Westcliff (WCF)                 | d  | 1005  | 1009 |   | 1022 |      | 1035  | 1039 |   | 1052 |      | 1105  | 1109 |      | 1122  |      | 1135 1139 |  |
| Southend Central (SOC)          | a  | 1007  | 1011 |   | 1024 |      | 1037  | 1041 |   | 1054 |      | 1107  | 1111 |      | 1124  |      | 1137 1141 |  |
| Southend Central (SOC)          | d  | 1008  | 1012 |   | 1025 |      | 1038  | 1042 |   | 1055 |      | 1108  | 1112 |      | 1125  |      | 1138 1142 |  |
| Southend East (SOE)             | d  | 1010  | 1014 |   | 1027 |      | 1040  | 1044 |   | 1057 |      | 1110  | 1114 |      | 1127  |      | 1140 1144 |  |
| Thorpe Bay (TPB)                | d  | 1012  | 1016 |   | 1029 |      | 1042  | 1046 |   | 1059 |      | 1112  | 1116 |      | 1129  |      | 1142 1146 |  |
| Shoeburyness (SRY)              | a  | 1017  | 1020 |   | 1033 |      | 1047  | 1050 |   | 1103 |      | 1117  | 1120 |      | 1133  |      | 1147 1150 |  |

| Operator                        | CC   | CC   | CC   | CC  | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC   | CC  | CC   | CC   | CC  | CC  | CC   |
|---------------------------------|--|------|------|---|------|---|------|---|------|------|---|------|---|------|------|---|---|------|
| London Fenchurch Street (FST)   | 7 d  | 1100 | 1107 |   |      | 1123  | 1130 | 1137  |      |      | 1153  | 1200 | 1207  |      |      | 1223  | 1230  | 1237 |
| Limehouse (LHS)                 |  d    | 1104 | 1111 |   |      | 1127  | 1134 | 1141  |      |      | 1157  | 1204 | 1211  |      |      | 1227  | 1234  | 1241 |
| West Ham (WEH)                  |  d    | 1109 | 1117 |   |      | 1133  | 1139 | 1147  |      |      | 1203  | 1209 | 1217  |      |      | 1233  | 1239  | 1247 |
| London Liverpool Street (LST)   |  15 d |      |      |   | 1115 |   |      |   |      | 1145 |   |      |   |      | 1215 |   |   |      |
| Stratford (SRA)                 |  7 d  |      |      |   | 1123 |   |      |   |      | 1152 |   |      |   |      | 1223 |   |   |      |
| Barking (BKG)                   |  d    | 1114 | 1123 |   | 1133 | 1138  | 1144 | 1153  |      | 1204 | 1208  | 1214 | 1223  |      | 1233 | 1238  | 1244  | 1253 |
| Upminster (UPM)                 |  d    | 1123 |      |   | 1143 | 1147  | 1153 |   |      | 1214 | 1217  | 1223 |   |      | 1243 | 1247  | 1253  |      |
| Ockendon (OCK)                  | d  |      |      |   |      | 1152  |      |   |      |      | 1222  |      |   |      |      | 1252  |   |      |
| Chafford Hundred Lakeside (CFH) | d  |      |      |   |      | 1156  |      |   |      |      | 1226  |      |   |      |      | 1256  |   |      |
| Dagenham Dock (DDK)             | d  |      | 1127 |   |      |   |      | 1157  |      |      |   |      | 1227  |      |      |   |   | 1257 |
| Rainham (RNM)                   | d  |      | 1131 |   |      |   |      | 1201  |      |      |   |      | 1231  |      |      |   |   | 1301 |
| Purfleet (PFL)                  | d  |      | 1136 |   |      |   |      | 1206  |      |      |   |      | 1236  |      |      |   |   | 1306 |
| Grays (GRY)                     | a  |      | 1142 |   |      | 1200  |      | 1212  |      |      | 1230  |      | 1242  |      |      | 1300  |   | 1312 |
| Grays (GRY)                     | d  |      |      |  |      | 1200  |      |  |      | 1230 |   |      |  |      | 1300 |   |  |      |
| Tilbury Town (TIL)              | 3 d  |      |      | 1133  |      | 1203  |      |   | 1203 |      | 1233  |      |   | 1233 |      | 1303  |   | 1303 |
| East Tilbury (ETL)              | d  |      |      | 1139  |      |  |      |   | 1209 |      |  |      |   | 1239 |      |  |   | 1309 |
| Stanford-le-Hope (SFO)          | d  |      |      | 1143  |      |   |      |   | 1213 |      |   |      |   | 1243 |      |   |   | 1313 |
| West Horndon (WHR)              | d  | 1128 |      |   |      |   | 1158 |   |      |      | 1228  |      |   |      |      |   | 1258  |      |
| Laindon (LAI)                   | d  | 1132 |      |   | 1151 |   | 1202 |   |      | 1222 | 1232  |      |   |      | 1251 |   | 1302  |      |
| Basildon (BSO)                  | d  | 1136 |      |   | 1154 |   | 1206 |   |      | 1225 | 1236  |      |   |      | 1254 |   | 1306  |      |
| Pitsea (PSE)                    | d  | 1139 |      | 1152  |      |   | 1209 |   | 1222 |      | 1239  |      | 1252  |      |      |   | 1309  | 1322 |
| Benfleet (BEF)                  | d  | 1143 |      | 1156  | 1200 |   | 1213 |   | 1226 | 1231 | 1243  |      | 1256  | 1300 |      | 1313  |   | 1326 |
| Leigh-on-Sea (LES)              | d  | 1147 |      | 1200  | 1204 |   | 1217 |   | 1230 | 1235 | 1247  |      | 1300  | 1304 |      | 1317  |   | 1330 |
| Chalkwell (CHW)                 | d  | 1150 |      | 1203  | 1207 |   | 1220 |   | 1233 | 1238 | 1250  |      | 1303  | 1307 |      | 1320  |   | 1333 |
| Westcliff (WCF)                 | d  | 1152 |      | 1205  | 1209 |   | 1222 |   | 1235 | 1240 | 1252  |      | 1305  | 1309 |      | 1322  |   | 1335 |
| Southend Central (SOC)          | a  | 1154 |      | 1207  | 1211 |   | 1224 |   | 1237 | 1242 | 1254  |      | 1307  | 1311 |      | 1324  |   | 1337 |
| Southend Central (SOC)          | d  | 1155 |      | 1208  | 1212 |   | 1225 |   | 1238 | 1243 | 1255  |      | 1308  | 1312 |      | 1325  |   | 1338 |
| Southend East (SOE)             | d  | 1157 |      | 1210  | 1214 |   | 1227 |   | 1240 | 1245 | 1257  |      | 1310  | 1314 |      | 1327  |   | 1340 |
| Thorpe Bay (TPB)                | d  | 1159 |      | 1212  | 1216 |   | 1229 |   | 1242 | 1247 | 1259  |      | 1312  | 1316 |      | 1329  |   | 1342 |
| Shoeburyness (SRY)              | a  | 1203 |      | 1217  | 1220 |   | 1233 |   | 1247 | 1251 | 1303  |      | 1317  | 1320 |      | 1333  |   | 1347 |

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

a Arrival time  
d Departure time



# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Saturdays

| Operator                           | CC   | CC   | CC   | CC   | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |      |      |
|------------------------------------|------|------|------|------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST) 7 d  |      | 1253 | 1300 | 1307 |    |      |      | 1323 | 1330 | 1337 |      |      |      | 1353 | 1400 | 1407 |      | 1423 | 1430 |      |
| Limehouse (LHS) DLR d              |      | 1257 | 1304 | 1311 |    |      |      | 1327 | 1334 | 1341 |      |      |      | 1357 | 1404 | 1411 |      | 1427 | 1434 |      |
| West Ham (WEH) DLR d               |      | 1303 | 1309 | 1317 |    |      |      | 1333 | 1339 | 1347 |      |      |      | 1403 | 1409 | 1417 |      | 1433 | 1439 |      |
| London Liverpool Street (LST) 15 d |      | 1245 |      |      |    |      | 1315 |      |      |      |      |      | 1345 |      |      |      |      | 1415 |      |      |
| Stratford (SRA) DLR 7 d            |      | 1252 |      |      |    |      | 1323 |      |      |      |      |      | 1352 |      |      |      |      | 1422 |      |      |
| Barking (BKG) d                    | 1303 | 1308 | 1314 | 1323 |    |      | 1333 | 1338 | 1344 | 1353 |      |      | 1403 | 1408 | 1414 | 1423 |      | 1433 | 1438 | 1444 |
| Upminster (UPM) d                  | 1313 | 1317 | 1323 |      |    |      | 1343 | 1347 | 1353 |      |      |      | 1413 | 1417 | 1423 |      |      | 1443 | 1447 | 1453 |
| Ockendon (OCK) d                   |      | 1322 |      |      |    |      |      | 1352 |      |      |      |      |      | 1422 |      |      |      |      | 1452 |      |
| Chafford Hundred Lakeside (CFH) d  |      | 1326 |      |      |    |      |      | 1356 |      |      |      |      |      | 1426 |      |      |      |      | 1456 |      |
| Dagenham Dock (DDK) d              |      |      |      | 1329 |    |      |      |      |      | 1357 |      |      |      |      |      | 1427 |      |      |      |      |
| Rainham (RNM) d                    |      |      |      | 1332 |    |      |      |      |      | 1401 |      |      |      |      |      | 1431 |      |      |      |      |
| Purfleet (PFL) d                   |      |      |      | 1337 |    |      |      |      |      | 1406 |      |      |      |      |      | 1436 |      |      |      |      |
| Grays (GRY) a                      |      | 1330 | 1344 |      |    |      |      | 1400 |      | 1412 |      |      |      | 1430 | 1442 |      |      |      | 1500 |      |
| Grays (GRY) d                      |      | 1330 |      |      |    |      |      | 1400 |      |      |      |      | 1430 |      |      |      |      | 1500 |      |      |
| Tilbury Town (TIL) 3 d             |      | 1333 |      |      |    | 1333 |      | 1403 |      |      |      | 1403 | 1433 |      |      | 1433 |      | 1503 |      |      |
| East Tilbury (ETL) d               |      |      |      |      |    | 1339 |      |      |      |      |      | 1409 |      |      |      | 1439 |      |      |      |      |
| Stanford-le-Hope (SFO) d           |      |      |      |      |    | 1343 |      |      |      |      |      | 1413 |      |      |      | 1443 |      |      |      |      |
| West Horndon (WHR) d               |      |      | 1328 |      |    |      |      |      | 1358 |      |      |      |      |      | 1428 |      |      |      | 1458 |      |
| Laindon (LAI) d                    | 1321 |      | 1332 |      |    |      | 1351 |      | 1402 |      |      |      | 1421 | 1432 |      |      | 1451 |      | 1502 |      |
| Basildon (BSO) d                   | 1324 |      | 1336 |      |    |      | 1354 |      | 1406 |      |      |      | 1424 | 1436 |      |      | 1454 |      | 1506 |      |
| Pitsea (PSE) d                     |      |      | 1339 |      |    | 1352 |      |      | 1409 |      | 1422 |      |      | 1439 |      | 1452 |      |      | 1509 |      |
| Benfleet (BEF) d                   | 1330 |      | 1343 |      |    | 1356 | 1400 |      | 1413 |      | 1426 | 1430 |      | 1443 |      | 1456 | 1500 |      | 1513 |      |
| Leigh-on-Sea (LES) d               | 1334 |      | 1347 |      |    | 1400 | 1404 |      | 1417 |      | 1430 | 1434 |      | 1447 |      | 1500 | 1504 |      | 1517 |      |
| Chalkwell (CHW) d                  | 1337 |      | 1350 |      |    | 1403 | 1407 |      | 1420 |      | 1433 | 1437 |      | 1450 |      | 1503 | 1507 |      | 1520 |      |
| Westcliff (WCF) d                  | 1339 |      | 1352 |      |    | 1405 | 1409 |      | 1422 |      | 1435 | 1439 |      | 1452 |      | 1505 | 1509 |      | 1522 |      |
| Southend Central (SOC) a           | 1341 |      | 1354 |      |    | 1407 | 1411 |      | 1424 |      | 1437 | 1441 |      | 1454 |      | 1507 | 1511 |      | 1524 |      |
| Southend Central (SOC) d           | 1342 |      | 1355 |      |    | 1408 | 1412 |      | 1425 |      | 1438 | 1442 |      | 1455 |      | 1508 | 1512 |      | 1525 |      |
| Southend East (SOE) d              | 1344 |      | 1357 |      |    | 1410 | 1414 |      | 1427 |      | 1440 | 1444 |      | 1457 |      | 1510 | 1514 |      | 1527 |      |
| Thorpe Bay (TPB) d                 | 1346 |      | 1359 |      |    | 1412 | 1416 |      | 1429 |      | 1442 | 1446 |      | 1459 |      | 1512 | 1516 |      | 1529 |      |
| Shoeburyness (SRY) a               | 1350 |      | 1403 |      |    | 1417 | 1420 |      | 1433 |      | 1447 | 1450 |      | 1503 |      | 1517 | 1520 |      | 1533 |      |

| Operator                        | CC       | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d      | 1437 |      |      | 1453 | 1500 | 1507 |      |      | 1523 | 1530 | 1537 |      |      | 1553 | 1600 | 1607 |      |
| Limehouse (LHS)                 | DLR d    | 1441 |      |      | 1457 | 1504 | 1511 |      |      | 1527 | 1534 | 1541 |      |      | 1557 | 1604 | 1611 |      |
| West Ham (WEH)                  | DLR d    | 1447 |      |      | 1503 | 1509 | 1517 |      |      | 1533 | 1539 | 1547 |      |      | 1603 | 1609 | 1617 |      |
| London Liverpool Street (LST)   | DLR 15 d |      |      | 1445 |      |      |      |      | 1515 |      |      |      |      | 1545 |      |      |      | 1615 |
| Stratford (SRA)                 | DLR 7 d  |      |      | 1452 |      |      |      |      | 1523 |      |      |      |      | 1552 |      |      |      | 1623 |
| Barking (BKG)                   | DLR d    | 1453 |      | 1503 | 1508 | 1514 | 1523 |      | 1533 | 1538 | 1544 | 1553 |      | 1603 | 1608 | 1614 | 1623 | 1633 |
| Upminster (UPM)                 | DLR d    |      |      | 1513 | 1517 | 1523 |      |      | 1543 | 1547 | 1553 |      |      | 1613 | 1617 | 1623 |      | 1643 |
| Ockendon (OCK)                  | DLR d    |      |      |      | 1522 |      |      |      |      | 1552 |      |      |      |      | 1622 |      |      |      |
| Chafford Hundred Lakeside (CFH) | DLR d    |      |      |      | 1526 |      |      |      |      | 1556 |      |      |      |      | 1626 |      |      |      |
| Dagenham Dock (DDK)             | DLR d    | 1457 |      |      |      |      | 1527 |      |      |      |      | 1557 |      |      |      |      | 1627 |      |
| Rainham (RNM)                   | DLR d    | 1501 |      |      |      |      | 1531 |      |      |      |      | 1601 |      |      |      |      | 1631 |      |
| Purfleet (PFL)                  | DLR d    | 1506 |      |      |      |      | 1536 |      |      |      |      | 1606 |      |      |      |      | 1636 |      |
| Grays (GRY)                     | DLR a    | 1512 |      |      | 1530 |      | 1542 |      |      | 1600 |      | 1612 |      |      | 1630 |      | 1642 |      |
| Grays (GRY)                     | DLR d    |      | DLR  |      | 1530 |      |      | DLR  |      | 1600 |      |      | DLR  |      | 1630 |      |      | DLR  |
| Tilbury Town (TIL)              | DLR 3 d  |      | 1503 |      | 1533 |      |      | 1533 |      | 1603 |      |      | 1603 |      | 1633 |      |      | 1633 |
| East Tilbury (ETL)              | DLR d    |      | 1509 |      | DLR  |      |      | 1539 |      | DLR  |      |      | 1609 |      | DLR  |      |      | 1639 |
| Stanford-le-Hope (SFO)          | DLR d    |      | 1513 |      |      |      |      | 1543 |      |      |      |      | 1613 |      |      |      |      | 1643 |
| West Horndon (WHR)              | DLR d    |      |      |      |      | 1528 |      |      |      |      | 1558 |      |      |      |      | 1628 |      |      |
| Laindon (LAI)                   | DLR d    |      |      | 1521 |      | 1532 |      |      | 1551 |      | 1602 |      |      | 1621 |      | 1632 |      | 1651 |
| Basildon (BSO)                  | DLR d    |      |      | 1524 |      | 1536 |      |      | 1554 |      | 1606 |      |      | 1624 |      | 1636 |      | 1654 |
| Pitsea (PSE)                    | DLR d    |      | 1522 |      |      | 1539 |      | 1552 |      |      | 1609 |      | 1622 |      |      | 1639 | 1652 |      |
| Benfleet (BEF)                  | DLR d    |      | 1526 | 1530 |      | 1543 |      | 1556 | 1600 |      | 1613 |      | 1626 | 1630 |      | 1643 | 1656 | 1700 |
| Leigh-on-Sea (LES)              | DLR d    |      | 1530 | 1534 |      | 1547 |      | 1600 | 1604 |      | 1617 |      | 1630 | 1634 |      | 1647 | 1700 | 1704 |
| Chalkwell (CHW)                 | DLR d    |      | 1533 | 1537 |      | 1550 |      | 1603 | 1607 |      | 1620 |      | 1633 | 1637 |      | 1650 | 1703 | 1707 |
| Westcliff (WCF)                 | DLR d    |      | 1535 | 1539 |      | 1552 |      | 1605 | 1609 |      | 1622 |      | 1635 | 1639 |      | 1652 | 1705 | 1709 |
| Southend Central (SOC)          | DLR a    |      | 1537 | 1541 |      | 1554 |      | 1607 | 1611 |      | 1624 |      | 1637 | 1641 |      | 1654 | 1707 | 1711 |
| Southend Central (SOC)          | DLR d    |      | 1538 | 1542 |      | 1555 |      | 1608 | 1612 |      | 1625 |      | 1638 | 1642 |      | 1655 | 1708 | 1712 |
| Southend East (SOE)             | DLR d    |      | 1540 | 1544 |      | 1557 |      | 1610 | 1614 |      | 1627 |      | 1640 | 1644 |      | 1657 | 1710 | 1714 |
| Thorpe Bay (TPB)                | DLR d    |      | 1542 | 1546 |      | 1559 |      | 1612 | 1616 |      | 1629 |      | 1642 | 1646 |      | 1659 | 1712 | 1716 |
| Shoeburyness (SRY)              | DLR a    |      | 1547 | 1550 |      | 1603 |      | 1617 | 1620 |      | 1633 |      | 1647 | 1650 |      | 1703 | 1717 | 1720 |

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

a Arrival time  
d Departure time

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Saturdays

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |      |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 1623 | 1630 | 1637 |      |      | 1653 | 1700 | 1707 |      |      | 1723 | 1730 | 1737 |      |      | 1753 | 1800 | 1807 |
| Limehouse (LHS)                 | DLR d   | 1627 | 1634 | 1641 |      |      | 1657 | 1704 | 1711 |      |      | 1727 | 1734 | 1741 |      |      | 1757 | 1804 | 1811 |
| West Ham (WEH)                  | DLR d   | 1633 | 1639 | 1647 |      |      | 1703 | 1709 | 1717 |      |      | 1733 | 1739 | 1747 |      |      | 1803 | 1809 | 1817 |
| London Liverpool Street (LST)   | 15 d    |      |      |      |      | 1645 |      |      |      |      | 1715 |      |      |      |      | 1745 |      |      |      |
| Stratford (SRA)                 | DLR 7 d |      |      |      |      | 1652 |      |      |      |      | 1723 |      |      |      |      | 1752 |      |      |      |
| Barking (BKG)                   | d       | 1638 | 1644 | 1653 |      | 1703 | 1708 | 1714 | 1723 |      | 1733 | 1738 | 1744 | 1753 |      | 1803 | 1808 | 1814 | 1823 |
| Upminster (UPM)                 | d       | 1647 | 1653 |      |      | 1713 | 1717 | 1723 |      |      | 1743 | 1747 | 1753 |      |      | 1813 | 1817 | 1823 |      |
| Ockendon (OCK)                  | d       | 1652 |      |      |      |      | 1722 |      |      |      |      | 1752 |      |      |      |      | 1822 |      |      |
| Chafford Hundred Lakeside (CFH) | d       | 1656 |      |      |      |      | 1726 |      |      |      |      | 1756 |      |      |      |      | 1826 |      |      |
| Dagenham Dock (DDK)             | d       |      |      | 1657 |      |      |      |      | 1727 |      |      |      |      | 1757 |      |      |      |      | 1827 |
| Rainham (RNM)                   | d       |      |      | 1701 |      |      |      |      | 1731 |      |      |      |      | 1801 |      |      |      |      | 1831 |
| Purfleet (PFL)                  | d       |      |      | 1706 |      |      |      |      | 1736 |      |      |      |      | 1806 |      |      |      |      | 1836 |
| Grays (GRY)                     | a       | 1700 |      | 1712 |      |      | 1730 |      | 1742 |      |      | 1800 |      | 1812 |      |      | 1830 |      | 1842 |
| Grays (GRY)                     | d       | 1700 |      |      |      |      | 1730 |      |      |      |      | 1800 |      |      |      |      | 1830 |      |      |
| Tilbury Town (TIL)              | 3 d     | 1703 |      |      |      | 1703 | 1733 |      |      |      | 1733 | 1803 |      |      |      | 1803 | 1833 |      |      |
| East Tilbury (ETL)              | d       |      |      |      |      | 1709 |      |      |      |      | 1739 |      |      |      |      | 1809 |      |      |      |
| Stanford-le-Hope (SFO)          | d       |      |      |      |      | 1713 |      |      |      |      | 1743 |      |      |      |      | 1813 |      |      |      |
| West Horndon (WHR)              | d       |      | 1658 |      |      |      |      | 1728 |      |      |      |      | 1758 |      |      |      |      |      | 1828 |
| Laindon (LAI)                   | d       |      | 1702 |      |      | 1721 |      | 1732 |      |      | 1751 |      | 1802 |      |      | 1821 |      |      | 1832 |
| Basildon (BSO)                  | d       |      | 1706 |      |      | 1724 |      | 1736 |      |      | 1754 |      | 1806 |      |      | 1824 |      |      | 1836 |
| Pitsea (PSE)                    | d       |      | 1709 |      | 1722 |      |      | 1739 |      | 1752 |      |      | 1809 |      | 1822 |      |      |      | 1839 |
| Benfleet (BEF)                  | d       |      | 1713 |      | 1726 | 1730 |      | 1743 |      | 1756 | 1800 |      | 1813 |      | 1826 | 1830 |      |      | 1843 |
| Leigh-on-Sea (LES)              | d       |      | 1717 |      | 1730 | 1734 |      | 1747 |      | 1800 | 1804 |      | 1817 |      | 1830 | 1834 |      |      | 1847 |
| Chalkwell (CHW)                 | d       |      | 1720 |      | 1733 | 1737 |      | 1750 |      | 1803 | 1807 |      | 1820 |      | 1833 | 1837 |      |      | 1850 |
| Westcliff (WCF)                 | d       |      | 1722 |      | 1735 | 1739 |      | 1752 |      | 1805 | 1809 |      | 1822 |      | 1835 | 1839 |      |      | 1852 |
| Southend Central (SOC)          | a       |      | 1724 |      | 1737 | 1741 |      | 1754 |      | 1807 | 1811 |      | 1824 |      | 1837 | 1841 |      |      | 1854 |
| Southend Central (SOC)          | d       |      | 1725 |      | 1738 | 1742 |      | 1755 |      | 1808 | 1812 |      | 1825 |      | 1838 | 1842 |      |      | 1855 |
| Southend East (SOE)             | d       |      | 1727 |      | 1740 | 1744 |      | 1757 |      | 1810 | 1814 |      | 1827 |      | 1840 | 1844 |      |      | 1857 |
| Thorpe Bay (TPB)                | d       |      | 1729 |      | 1742 | 1746 |      | 1759 |      | 1812 | 1816 |      | 1829 |      | 1842 | 1846 |      |      | 1859 |
| Shoeburyness (SRY)              | a       |      | 1733 |      | 1747 | 1750 |      | 1803 |      | 1817 | 1820 |      | 1833 |      | 1847 | 1850 |      |      | 1903 |

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     |      |      | 1823 | 1830 | 1837 |      |      | 1853 | 1900 | 1907 |      |      | 1923 | 1930 | 1937 |      | 1953 |
| Limehouse (LHS)                 | DLR d   |      |      | 1827 | 1834 | 1841 |      |      | 1857 | 1904 | 1911 |      |      | 1927 | 1934 | 1941 |      | 1957 |
| West Ham (WEH)                  | DLR d   |      |      | 1833 | 1839 | 1847 |      |      | 1903 | 1909 | 1917 |      |      | 1933 | 1939 | 1947 |      | 2003 |
| London Liverpool Street (LST)   | 15 d    |      | 1815 |      |      |      |      | 1845 |      |      |      |      | 1915 |      |      |      |      | 1945 |
| Stratford (SRA)                 | DLR 7 d |      | 1823 |      |      |      |      | 1852 |      |      |      |      | 1923 |      |      |      |      | 1952 |
| Barking (BKG)                   | d       |      | 1833 | 1838 | 1844 | 1853 |      | 1903 | 1908 | 1914 | 1923 |      | 1933 | 1938 | 1944 | 1953 |      | 2003 |
| Upminster (UPM)                 | d       |      | 1843 | 1847 | 1853 |      |      | 1913 | 1917 | 1923 |      |      | 1943 | 1947 | 1953 |      |      | 2013 |
| Ockendon (OCK)                  | d       |      |      | 1852 |      |      |      |      | 1922 |      |      |      |      | 1952 |      |      |      | 2022 |
| Chafford Hundred Lakeside (CFH) | d       |      |      | 1856 |      |      |      |      | 1926 |      |      |      |      | 1956 |      |      |      | 2026 |
| Dagenham Dock (DDK)             | d       |      |      |      |      | 1857 |      |      |      |      | 1927 |      |      |      |      | 1957 |      |      |
| Rainham (RNM)                   | d       |      |      |      |      | 1901 |      |      |      |      | 1931 |      |      |      |      | 2001 |      |      |
| Purfleet (PFL)                  | d       |      |      |      |      | 1906 |      |      |      |      | 1936 |      |      |      |      | 2006 |      |      |
| Grays (GRY)                     | a       |      |      | 1900 |      | 1912 |      |      | 1930 |      | 1942 |      |      | 2000 |      | 2012 |      | 2030 |
| Grays (GRY)                     | d       |      |      | 1900 |      |      |      |      | 1930 |      |      |      |      | 2000 |      |      |      | 2030 |
| Tilbury Town (TIL)              | 3 d     | 1833 |      | 1903 |      |      | 1903 |      | 1933 |      |      | 1933 |      | 2003 |      |      | 2003 | 2033 |
| East Tilbury (ETL)              | d       | 1839 |      |      |      |      | 1909 |      |      |      | 1939 |      |      |      |      | 2009 |      |      |
| Stanford-le-Hope (SFO)          | d       | 1843 |      |      |      |      | 1913 |      |      |      | 1943 |      |      |      |      | 2013 |      |      |
| West Horndon (WHR)              | d       |      |      |      | 1858 |      |      |      |      | 1928 |      |      |      |      | 1958 |      |      |      |
| Laindon (LAI)                   | d       |      | 1851 |      | 1902 |      |      | 1921 |      | 1932 |      |      | 1951 |      | 2002 |      |      | 2021 |
| Basildon (BSO)                  | d       |      | 1854 |      | 1906 |      |      | 1924 |      | 1936 |      |      | 1954 |      | 2006 |      |      | 2024 |
| Pitsea (PSE)                    | d       | 1852 |      |      | 1909 |      | 1922 |      | 1939 |      | 1952 |      |      | 2009 |      | 2022 |      |      |
| Benfleet (BEF)                  | d       | 1856 | 1900 |      | 1913 |      | 1926 | 1930 |      | 1943 |      | 1956 | 2000 |      | 2013 |      | 2026 | 2030 |
| Leigh-on-Sea (LES)              | d       | 1900 | 1904 |      | 1917 |      | 1930 | 1934 |      | 1947 |      | 2000 | 2004 |      | 2017 |      | 2030 | 2034 |
| Chalkwell (CHW)                 | d       | 1903 | 1907 |      | 1920 |      | 1933 | 1937 |      | 1950 |      | 2003 | 2007 |      | 2020 |      | 2033 | 2037 |
| Westcliff (WCF)                 | d       | 1905 | 1909 |      | 1922 |      | 1935 | 1939 |      | 1952 |      | 2005 | 2009 |      | 2022 |      | 2035 | 2039 |
| Southend Central (SOC)          | a       | 1907 | 1911 |      | 1924 |      | 1937 | 1941 |      | 1954 |      | 2007 | 2011 |      | 2024 |      | 2037 | 2041 |
| Southend Central (SOC)          | d       | 1908 | 1912 |      | 1925 |      | 1938 | 1942 |      | 1955 |      | 2008 | 2012 |      | 2025 |      | 2038 | 2042 |
| Southend East (SOE)             | d       | 1910 | 1914 |      | 1927 |      | 1940 | 1944 |      | 1957 |      | 2010 | 2014 |      | 2027 |      | 2040 | 2044 |
| Thorpe Bay (TPB)                | d       | 1912 | 1916 |      | 1929 |      | 1942 | 1946 |      | 1959 |      | 2012 | 2016 |      | 2029 |      | 2042 | 2046 |
| Shoeburyness (SRY)              | a       | 1917 | 1920 |      | 1933 |      | 1947 | 1950 |      | 2003 |      | 2017 | 2020 |      | 2033 |      | 2047 | 2050 |

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

a Arrival time  
d Departure time

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Saturdays

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 2000 | 2007 |      |      | 2023 | 2030 | 2037 |      |      | 2053 | 2100 | 2107 |      |      | 2123 | 2130 | 2137 |
| Limehouse (LHS)                 | d       | 2004 | 2011 |      |      | 2027 | 2034 | 2041 |      |      | 2057 | 2104 | 2111 |      |      | 2127 | 2134 | 2141 |
| West Ham (WEH)                  | DLR d   | 2009 | 2017 |      |      | 2033 | 2039 | 2047 |      |      | 2103 | 2109 | 2117 |      |      | 2133 | 2139 | 2147 |
| London Liverpool Street (LST)   | 15 d    |      |      |      | 2015 |      |      |      |      | 2045 |      |      |      |      | 2115 |      |      |      |
| Stratford (SRA)                 | DLR 7 d |      |      |      | 2023 |      |      |      |      | 2052 |      |      |      |      | 2123 |      |      |      |
| Barking (BKG)                   | d       | 2014 | 2023 |      | 2034 | 2038 | 2044 | 2053 |      | 2103 | 2108 | 2114 | 2123 |      | 2134 | 2138 | 2144 | 2153 |
| Upminster (UPM)                 | d       | 2023 |      |      | 2043 | 2047 | 2053 |      |      | 2113 | 2117 | 2123 |      |      | 2143 | 2147 | 2153 |      |
| Ockendon (OCK)                  | d       |      |      |      |      | 2052 |      |      |      |      | 2122 |      |      |      |      | 2152 |      |      |
| Chafford Hundred Lakeside (CFH) | d       |      |      |      |      | 2056 |      |      |      |      | 2126 |      |      |      |      | 2156 |      |      |
| Dagenham Dock (DDK)             | d       |      | 2027 |      |      |      |      | 2057 |      |      |      |      | 2129 |      |      |      |      | 2157 |
| Rainham (RNM)                   | d       |      | 2031 |      |      |      |      | 2101 |      |      |      |      | 2132 |      |      |      |      | 2201 |
| Purfleet (PFL)                  | d       |      | 2036 |      |      |      |      | 2106 |      |      |      |      | 2137 |      |      |      |      | 2206 |
| Grays (GRY)                     | a       |      | 2042 |      |      | 2100 |      | 2112 |      |      | 2130 |      | 2144 |      |      | 2200 |      | 2213 |
| Grays (GRY)                     | d       |      |      | ←    |      | 2100 |      |      | ←    |      | 2130 |      |      | ←    |      | 2200 |      | ←    |
| Tilbury Town (TIL)              | 3 d     |      |      | 2033 |      | 2103 |      |      | 2103 |      | 2133 |      |      | 2133 |      | 2203 |      | 2203 |
| East Tilbury (ETL)              | d       |      |      | 2039 |      | ←    |      |      | 2109 |      | ←    |      |      | 2139 |      | ←    |      | 2209 |
| Stanford-le-Hope (SFO)          | d       |      |      | 2043 |      |      |      |      | 2113 |      |      |      |      | 2143 |      |      |      | 2213 |
| West Horndon (WHR)              | d       | 2028 |      |      |      |      | 2058 |      |      |      |      | 2128 |      |      |      |      | 2158 |      |
| Laindon (LAI)                   | d       | 2032 |      |      | 2051 |      | 2102 |      |      | 2121 |      | 2132 |      |      | 2151 |      | 2202 |      |
| Basildon (BSO)                  | d       | 2036 |      |      | 2054 |      | 2106 |      |      | 2124 |      | 2136 |      |      | 2155 |      | 2206 |      |
| Pitsea (PSE)                    | d       | 2039 |      | 2052 |      |      | 2109 |      | 2122 |      |      | 2139 |      | 2152 |      |      | 2209 | 2222 |
| Benfleet (BEF)                  | d       | 2043 |      | 2056 | 2100 |      | 2113 |      | 2126 | 2130 |      | 2143 |      | 2156 | 2200 |      | 2213 | 2226 |
| Leigh-on-Sea (LES)              | d       | 2047 |      | 2100 | 2104 |      | 2117 |      | 2130 | 2134 |      | 2147 |      | 2200 | 2205 |      | 2217 | 2230 |
| Chalkwell (CHW)                 | d       | 2050 |      | 2103 | 2107 |      | 2120 |      | 2133 | 2137 |      | 2150 |      | 2203 | 2207 |      | 2220 | 2233 |
| Westcliff (WCF)                 | d       | 2052 |      | 2105 | 2109 |      | 2122 |      | 2135 | 2139 |      | 2152 |      | 2205 | 2209 |      | 2222 | 2235 |
| Southend Central (SOC)          | a       | 2054 |      | 2107 | 2111 |      | 2124 |      | 2137 | 2141 |      | 2154 |      | 2207 | 2212 |      | 2224 | 2237 |
| Southend Central (SOC)          | d       | 2055 |      | 2108 | 2112 |      | 2125 |      | 2138 | 2142 |      | 2155 |      | 2208 | 2212 |      | 2225 | 2238 |
| Southend East (SOE)             | d       | 2057 |      | 2110 | 2114 |      | 2127 |      | 2140 | 2144 |      | 2157 |      | 2210 | 2214 |      | 2227 | 2240 |
| Thorpe Bay (TPB)                | d       | 2059 |      | 2112 | 2116 |      | 2129 |      | 2142 | 2146 |      | 2159 |      | 2212 | 2217 |      | 2229 | 2242 |
| Shoeburyness (SRY)              | a       | 2103 |      | 2117 | 2120 |      | 2133 |      | 2147 | 2150 |      | 2203 |      | 2217 | 2221 |      | 2233 | 2247 |














| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC    | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 2153 | 2200 | 2207 |      |      | 2223 | 2230 | 2237 |      |      | 2253  | 2300 |      | 2307 |      |      | 2323 |
| Limehouse (LHS)                 | DLR d   | 2157 | 2204 | 2211 |      |      | 2227 | 2234 | 2241 |      |      | 2257  | 2304 |      | 2311 |      |      | 2327 |
| West Ham (WEH)                  | DLR d   | 2203 | 2209 | 2217 |      |      | 2233 | 2239 | 2247 |      |      | 2303  | 2309 |      | 2317 |      |      | 2333 |
| London Liverpool Street (LST)   | 15 d    | 2145 |      |      |      | 2211 |      |      |      |      | 2241 |       |      |      |      | 2311 |      |      |
| Stratford (SRA)                 | DLR 7 d | 2152 |      |      |      | 2218 |      |      |      |      | 2248 |       |      |      |      | 2318 |      |      |
| Barking (BKG)                   | d       | 2203 | 2208 | 2214 | 2223 |      | 2232 | 2238 | 2244 | 2253 |      | 2302c | 2308 | 2314 |      | 2323 | 2332 | 2338 |
| Upminster (UPM)                 | d       | 2213 | 2217 | 2223 |      |      | 2242 | 2247 | 2253 |      |      | 2312  | 2317 | 2323 |      | 2341 |      | 2347 |
| Ockendon (OCK)                  | d       |      | 2222 |      |      |      |      | 2252 |      |      |      |       | 2322 |      |      |      |      | 2352 |
| Chafford Hundred Lakeside (CFH) | d       |      | 2226 |      |      |      |      | 2256 |      |      |      |       | 2326 |      |      |      |      | 2356 |
| Dagenham Dock (DDK)             | d       |      |      |      | 2227 |      |      |      |      | 2257 |      |       |      |      |      | 2327 |      |      |
| Rainham (RNM)                   | d       |      |      |      | 2231 |      |      |      |      | 2301 |      |       |      |      |      | 2331 |      |      |
| Purfleet (PFL)                  | d       |      |      |      | 2236 |      |      |      |      | 2306 |      |       |      |      |      | 2336 |      |      |
| Grays (GRY)                     | a       |      | 2230 |      | 2242 |      |      | 2300 |      | 2312 |      |       | 2330 |      |      | 2341 |      | 0001 |
| Grays (GRY)                     | d       |      | 2230 |      | ←    |      | 2300 |      |      | ←    |      | 2330  |      | ←    | 2342 |      | ←    | 0002 |
| Tilbury Town (TIL)              | 3 d     |      | 2233 |      | 2233 |      | 2303 |      |      | 2303 |      | 2333  |      | 2333 | 2345 |      | 2345 | 0005 |
| East Tilbury (ETL)              | d       |      | ←    |      | 2239 |      | ←    |      |      | 2309 |      | ←     |      | 2339 | ←    |      | 2351 | ←    |
| Stanford-le-Hope (SFO)          | d       |      |      |      | 2243 |      |      |      |      | 2313 |      |       |      | 2343 |      |      | 2354 |      |
| West Horndon (WHR)              | d       |      |      | 2228 |      |      |      |      | 2258 |      |      |       | 2328 |      |      |      | 2346 |      |
| Laindon (LAI)                   | d       | 2221 |      | 2232 |      |      | 2250 |      | 2302 |      |      | 2320  |      | 2332 |      |      | 2351 |      |
| Basildon (BSO)                  | d       | 2224 |      | 2236 |      |      | 2254 |      | 2306 |      |      | 2324  |      | 2336 |      |      | 2354 |      |
| Pitsea (PSE)                    | d       |      |      | 2239 |      | 2252 |      |      | 2309 |      | 2321 |       | 2339 | 2351 |      |      | 2358 | 0003 |
| Benfleet (BEF)                  | d       | 2230 |      | 2243 |      | 2256 | 2300 |      | 2313 |      | 2325 | 2330  | 2343 | 2355 |      | 0001 | 0007 |      |
| Leigh-on-Sea (LES)              | d       | 2234 |      | 2247 |      | 2300 | 2304 |      | 2317 |      | 2329 | 2334  | 2347 | 2359 |      | 0006 | 0011 |      |
| Chalkwell (CHW)                 | d       | 2237 |      | 2250 |      | 2303 | 2307 |      | 2320 |      | 2332 | 2337  | 2350 | 0002 |      | 0008 | 0014 |      |
| Westcliff (WCF)                 | d       | 2239 |      | 2252 |      | 2305 | 2309 |      | 2322 |      | 2334 | 2339  | 2352 | 0004 |      | 0010 | 0016 |      |
| Southend Central (SOC)          | a       | 2241 |      | 2254 |      | 2307 | 2311 |      | 2324 |      | 2336 | 2341  | 2354 | 0006 |      | 0013 | 0018 |      |
| Southend Central (SOC)          | d       | 2242 |      | 2255 |      | 2308 | 2312 |      | 2325 |      | 2337 | 2342  | 2355 | 0006 |      | 0013 | 0019 |      |
| Southend East (SOE)             | d       | 2244 |      | 2257 |      | 2310 | 2314 |      | 2327 |      | 2339 | 2344  | 2357 | 0008 |      | 0015 | 0021 |      |
| Thorpe Bay (TPB)                | d       | 2246 |      | 2259 |      | 2312 | 2316 |      | 2329 |      | 2341 | 2346  | 2359 | 0011 |      | 0018 | 0023 |      |
| Shoeburyness (SRY)              | a       | 2250 |      | 2303 |      | 2316 | 2320 |      | 2333 |      | 2345 | 2350  | 0003 | 0015 |      | 0022 | 0027 |      |

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

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

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Saturdays

| Operator<br>Days of operation/Notes   | CC   | CC   | CC   | CC   | CC  | CC | CC  | CC   | CC  | CC   | CC   |
|---|------|------|--|------|---|----|---|------|---|------|------|
| London Fenchurch Street (FST)  d | 2330 |      | 2344   |      |   |    | 2359  | 0005 |   | 0015 | 0041 |
| Limehouse (LHS)  d               | 2334 |      | 2348   |      |   |    | 0003  | 0009 |   | 0019 | 0045 |
| West Ham (WEH)  d                | 2339 |      | 2353   |      |   |    | 0009  | 0014 |   | 0025 | 0050 |
| London Liverpool Street (LST)  d |      |      |  | 2348 |   |    |   |      |   |      |      |
| Stratford (SRA)  d               |      |      |  | 2355 |   |    |   |      |   |      |      |
| Barking (BKG)  d                 | 2344 |      | 2358   | 0007 |   |    | 0015  | 0020 |   | 0030 | 0056 |
| Upminster (UPM)  d               | 2353 |      | 0007   | 0016 |   |    |   | 0028 |   | 0039 | 0104 |
| Ockendon (OCK)  | d    |      | 0012   |      |   |    |   |      |   | 0044 |      |
| Chafford Hundred Lakeside (CFH)   | d    |      | 0016   |      |   |    |   |      |   | 0048 |      |
| Dagenham Dock (DDK)   | d    |      |  |      |   |    | 0019  |      |   |      |      |
| Rainham (RNM)   | d    |      |  |      |   |    | 0023  |      |   |      |      |
| Purfleet (PFL)  | d    |      |  |      |   |    | 0028  |      |   |      |      |
| Grays (GRY)   | a    |      | 0020   |      |   |    | 0033  |      |   | 0052 |      |
| Grays (GRY)   | d    |      |  0020 |      |  |    | 0034  |      |  | 0052 |      |
| Tilbury Town (TIL)  d            |      | 0005 | 0023   |      | 0023  |    | 0037  |      | 0037  | 0055 |      |
| East Tilbury (ETL)  | d    | 0011 |       |      | 0029  |    |  |      | 0043  | 0101 |      |
| Stanford-le-Hope (SFO)  | d    | 0014 |  |      | 0033  |    |   |      | 0046  | 0105 |      |
| West Horndon (WHR)  | d    | 2358 |  | 0021 |   |    | 0033  |      |   |      | 0109 |
| Laindon (LAI)   | d    | 0001 |  | 0025 |   |    | 0038  |      |   |      | 0114 |
| Basildon (BSO)  | d    | 0006 |  | 0029 |   |    | 0041  |      |   |      | 0117 |
| Pitsea (PSE)  | d    | 0009 | 0022   | 0032 | 0041  |    | 0045  | 0055 | 0113  | 0121 |      |
| Benfleet (BEF)  | d    | 0013 | 0026   | 0036 | 0045  |    | 0048  | 0059 | 0117  | 0124 |      |
| Leigh-on-Sea (LES)  | d    | 0017 | 0031   | 0040 | 0049  |    | 0053  | 0103 | 0121  | 0129 |      |
| Chalkwell (CHW)   | d    | 0020 | 0033   | 0043 | 0052  |    | 0055  | 0106 | 0124  | 0131 |      |
| Westcliff (WCF)   | d    | 0022 | 0035   | 0045 | 0054  |    | 0057  | 0108 | 0126  | 0133 |      |
| Southend Central (SOC)  | a    | 0024 | 0038   | 0047 | 0056  |    | 0100  | 0110 | 0128  | 0136 |      |
| Southend Central (SOC)  | d    | 0025 | 0038   | 0048 | 0056  |    | 0100  | 0111 | 0128  | 0136 |      |
| Southend East (SOE)   | d    | 0027 | 0040   | 0050 | 0058  |    | 0102  | 0113 | 0130  | 0138 |      |
| Thorpe Bay (TPB)  | d    | 0029 | 0043   | 0052 | 0101  |    | 0105  | 0115 | 0133  | 0141 |      |
| Shoeburyness (SRY)  | a    | 0033 | 0047   | 0056 | 0105  |    | 0109  | 0119 | 0137  | 0145 |      |

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

a Arrival time  
d Departure time

SUM Sunday mornings

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Sundays

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 0638 |      | 0718 | 0723 | 0735 | 0748 | 0753 | 0805 | 0818 | 0823 | 0835 | 0848 | 0853 | 0905 | 0918 | 0923 | 0935 |
| Limehouse (LHS)                 | DLR d   | 0642 |      | 0722 | 0727 | 0739 | 0752 | 0757 | 0809 | 0822 | 0827 | 0839 | 0852 | 0857 | 0909 | 0922 | 0927 | 0939 |
| West Ham (WEH)                  | DLR d   | 0647 |      | 0727 | 0732 | 0744 | 0757 | 0802 | 0814 | 0827 | 0832 | 0844 | 0857 | 0902 | 0914 | 0927 | 0932 | 0944 |
| London Liverpool Street (LST)   | 15 d    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      | 0945 |
| Stratford (SRA)                 | DLR 7 d |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      | 0952 |
| Barking (BKG)                   | d       | 0653 | 0658 | 0733 | 0738 | 0750 | 0803 | 0808 | 0820 | 0833 | 0838 | 0850 | 0903 | 0908 | 0920 | 0933 | 0938 | 0950 |
| Upminster (UPM)                 | d       | 0702 | 0707 | 0742 | 0746 |      | 0812 | 0816 |      | 0842 | 0846 |      | 0912 | 0916 |      | 0942 | 0946 | 1012 |
| Ockendon (OCK)                  | d       |      | 0712 |      | 0752 |      |      | 0822 |      |      | 0852 |      |      | 0922 |      |      | 0952 |      |
| Chafford Hundred Lakeside (CFH) | d       |      | 0716 |      | 0756 |      |      | 0826 |      |      | 0856 |      |      | 0926 |      |      | 0956 |      |
| Dagenham Dock (DDK)             | d       |      |      |      |      | 0755 |      |      | 0825 |      |      | 0855 |      |      | 0925 |      |      | 0955 |
| Rainham (RNM)                   | d       |      |      |      |      | 0758 |      |      | 0828 |      |      | 0858 |      |      | 0928 |      |      | 0958 |
| Purfleet (PFL)                  | d       |      |      |      |      | 0803 |      |      | 0833 |      |      | 0903 |      |      | 0933 |      |      | 1003 |
| Grays (GRY)                     | a       |      | 0720 |      | 0800 | 0810 |      | 0830 | 0840 |      | 0900 | 0910 |      | 0930 | 0940 |      | 1000 | 1010 |
| Grays (GRY)                     | d       |      | 0721 |      | 0800 |      |      | 0830 |      |      | 0900 |      |      | 0930 |      |      | 1000 |      |
| Tilbury Town (TIL)              | 3 d     |      | 0725 |      | 0803 |      |      | 0833 |      |      | 0903 |      |      | 0933 |      |      | 1003 |      |
| East Tilbury (ETL)              | d       |      | 0731 |      | 0809 |      |      | 0839 |      |      | 0909 |      |      | 0939 |      |      | 1009 |      |
| Stanford-le-Hope (SFO)          | d       |      | 0734 |      | 0813 |      |      | 0843 |      |      | 0913 |      |      | 0943 |      |      | 1013 |      |
| West Horndon (WHR)              | d       | 0707 |      | 0747 |      |      | 0817 |      |      | 0847 |      |      | 0917 |      |      | 0947 |      | 1017 |
| Laindon (LAI)                   | d       | 0712 |      | 0752 |      |      | 0822 |      |      | 0852 |      |      | 0922 |      |      | 0952 |      | 1022 |
| Basildon (BSO)                  | d       | 0715 |      | 0755 |      |      | 0825 |      |      | 0855 |      |      | 0925 |      |      | 0955 |      | 1026 |
| Pitsea (PSE)                    | d       | 0719 | 0742 | 0759 | 0821 |      | 0829 | 0851 |      | 0859 | 0921 |      | 0929 | 0951 |      | 0959 | 1021 | 1029 |
| Benfleet (BEF)                  | d       | 0722 | 0746 | 0802 | 0825 |      | 0832 | 0855 |      | 0902 | 0925 |      | 0932 | 0955 |      | 1002 | 1025 | 1033 |
| Leigh-on-Sea (LES)              | d       | 0727 | 0751 | 0807 | 0830 |      | 0837 | 0900 |      | 0907 | 0930 |      | 0937 | 1000 |      | 1007 | 1030 | 1037 |
| Chalkwell (CHW)                 | d       | 0729 | 0753 | 0809 | 0832 |      | 0839 | 0902 |      | 0909 | 0932 |      | 0939 | 1002 |      | 1009 | 1032 | 1040 |
| Westcliff (WCF)                 | d       | 0731 | 0755 | 0811 | 0834 |      | 0841 | 0904 |      | 0911 | 0934 |      | 0941 | 1004 |      | 1011 | 1034 | 1042 |
| Southend Central (SOC)          | a       | 0734 | 0758 | 0814 | 0837 |      | 0844 | 0907 |      | 0914 | 0937 |      | 0944 | 1007 |      | 1014 | 1037 | 1044 |
| Southend Central (SOC)          | d       | 0734 | 0758 | 0814 | 0837 |      | 0844 | 0907 |      | 0914 | 0937 |      | 0944 | 1007 |      | 1014 | 1037 | 1045 |
| Southend East (SOE)             | d       | 0736 | 0800 | 0816 | 0839 |      | 0846 | 0909 |      | 0916 | 0939 |      | 0946 | 1009 |      | 1016 | 1039 | 1047 |
| Thorpe Bay (TPB)                | d       | 0739 | 0803 | 0819 | 0842 |      | 0849 | 0912 |      | 0919 | 0942 |      | 0949 | 1012 |      | 1019 | 1042 | 1049 |
| Shoeburyness (SRY)              | a       | 0743 | 0807 | 0823 | 0847 |      | 0853 | 0917 |      | 0923 | 0947 |      | 0953 | 1017 |      | 1023 | 1047 | 1053 |

| Operator                        |         | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 0953 | 1005 |      | 1023 | 1035 |      | 1053 | 1105 |      | 1123 | 1135 |      | 1153 | 1205 |      | 1223 | 1235 |
| Limehouse (LHS)                 | DLR d   | 0957 | 1009 |      | 1027 | 1039 |      | 1057 | 1109 |      | 1127 | 1139 |      | 1157 | 1209 |      | 1227 | 1239 |
| West Ham (WEH)                  | DLR d   | 1002 | 1014 |      | 1032 | 1044 |      | 1102 | 1114 |      | 1132 | 1144 |      | 1202 | 1214 |      | 1232 | 1244 |
| London Liverpool Street (LST)   | 15 d    |      |      | 1015 |      |      | 1045 |      |      | 1115 |      |      | 1145 |      |      | 1215 |      | 1245 |
| Stratford (SRA)                 | DLR 7 d |      |      | 1022 |      |      | 1052 |      |      | 1122 |      |      | 1152 |      |      | 1222 |      | 1252 |
| Barking (BKG)                   | d       | 1008 | 1020 | 1033 | 1038 | 1050 | 1103 | 1108 | 1120 | 1133 | 1138 | 1150 | 1203 | 1208 | 1220 | 1233 | 1238 | 1250 |
| Upminster (UPM)                 | d       | 1016 |      | 1042 | 1046 |      | 1112 | 1116 |      | 1142 | 1146 |      | 1212 | 1216 |      | 1242 | 1246 | 1312 |
| Ockendon (OCK)                  | d       | 1022 |      |      | 1052 |      |      | 1122 |      |      | 1152 |      |      | 1222 |      |      | 1252 |      |
| Chafford Hundred Lakeside (CFH) | d       | 1026 |      |      | 1056 |      |      | 1126 |      |      | 1156 |      |      | 1226 |      |      | 1256 |      |
| Dagenham Dock (DDK)             | d       |      | 1025 |      |      | 1055 |      |      | 1125 |      |      | 1155 |      |      | 1225 |      |      | 1255 |
| Rainham (RNM)                   | d       |      | 1028 |      |      | 1058 |      |      | 1128 |      |      | 1158 |      |      | 1228 |      |      | 1258 |
| Purfleet (PFL)                  | d       |      | 1033 |      |      | 1103 |      |      | 1133 |      |      | 1203 |      |      | 1233 |      |      | 1303 |
| Grays (GRY)                     | a       | 1030 | 1040 |      | 1100 | 1110 |      | 1130 | 1140 |      | 1200 | 1210 |      | 1230 | 1240 |      | 1300 | 1310 |
| Grays (GRY)                     | d       | 1030 |      |      | 1100 |      |      | 1130 |      |      | 1200 |      |      | 1230 |      |      | 1300 |      |
| Tilbury Town (TIL)              | 3 d     | 1033 |      |      | 1103 |      |      | 1133 |      |      | 1203 |      |      | 1233 |      |      | 1303 |      |
| East Tilbury (ETL)              | d       | 1039 |      |      | 1109 |      |      | 1139 |      |      | 1209 |      |      | 1239 |      |      | 1309 |      |
| Stanford-le-Hope (SFO)          | d       | 1043 |      |      | 1113 |      |      | 1143 |      |      | 1213 |      |      | 1243 |      |      | 1313 |      |
| West Horndon (WHR)              | d       |      |      | 1047 |      |      | 1117 |      |      | 1147 |      |      | 1217 |      |      | 1247 |      | 1317 |
| Laindon (LAI)                   | d       |      |      | 1052 |      |      | 1122 |      |      | 1152 |      |      | 1222 |      |      | 1252 |      | 1322 |
| Basildon (BSO)                  | d       |      |      | 1056 |      |      | 1126 |      |      | 1156 |      |      | 1226 |      |      | 1256 |      | 1326 |
| Pitsea (PSE)                    | d       | 1051 |      | 1059 | 1121 |      | 1129 | 1151 |      | 1159 | 1221 |      | 1229 | 1251 |      | 1259 | 1321 | 1329 |
| Benfleet (BEF)                  | d       | 1055 |      | 1103 | 1125 |      | 1133 | 1155 |      | 1203 | 1225 |      | 1233 | 1255 |      | 1303 | 1325 | 1333 |
| Leigh-on-Sea (LES)              | d       | 1100 |      | 1107 | 1130 |      | 1137 | 1200 |      | 1207 | 1230 |      | 1237 | 1300 |      | 1307 | 1330 | 1337 |
| Chalkwell (CHW)                 | d       | 1102 |      | 1110 | 1132 |      | 1140 | 1202 |      | 1210 | 1232 |      | 1240 | 1302 |      | 1310 | 1332 | 1340 |
| Westcliff (WCF)                 | d       | 1104 |      | 1112 | 1134 |      | 1142 | 1204 |      | 1212 | 1234 |      | 1242 | 1304 |      | 1312 | 1334 | 1342 |
| Southend Central (SOC)          | a       | 1107 |      | 1114 | 1137 |      | 1144 | 1207 |      | 1214 | 1237 |      | 1244 | 1307 |      | 1314 | 1337 | 1344 |
| Southend Central (SOC)          | d       | 1107 |      | 1115 | 1137 |      | 1145 | 1207 |      | 1215 | 1237 |      | 1245 | 1307 |      | 1315 | 1337 | 1345 |
| Southend East (SOE)             | d       | 1109 |      | 1117 | 1139 |      | 1147 | 1209 |      | 1217 | 1239 |      | 1247 | 1309 |      | 1317 | 1339 | 1347 |
| Thorpe Bay (TPB)                | d       | 1112 |      | 1119 | 1142 |      | 1149 | 1212 |      | 1219 | 1242 |      | 1249 | 1312 |      | 1319 | 1342 | 1349 |
| Shoeburyness (SRY)              | a       | 1117 |      | 1123 | 1147 |      | 1153 | 1217 |      | 1223 | 1247 |      | 1253 | 1317 |      | 1323 | 1347 | 1353 |

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

a Arrival time  
d Departure time



# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Sundays

| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 1253 | 1305 |      | 1323 | 1335 |      | 1353 | 1405 |      | 1423 | 1435 |      | 1453 | 1505 |      | 1523 | 1535 |
| Limehouse (LHS)                 | DLR d   | 1257 | 1309 |      | 1327 | 1339 |      | 1357 | 1409 |      | 1427 | 1439 |      | 1457 | 1509 |      | 1527 | 1539 |
| West Ham (WEH)                  | DLR d   | 1302 | 1314 |      | 1332 | 1344 |      | 1402 | 1414 |      | 1432 | 1444 |      | 1502 | 1514 |      | 1532 | 1544 |
| London Liverpool Street (LST)   | 15 d    |      |      | 1315 |      |      | 1345 |      |      | 1415 |      |      | 1445 |      |      | 1515 |      | 1545 |
| Stratford (SRA)                 | DLR 7 d |      |      | 1322 |      |      | 1352 |      |      | 1422 |      |      | 1452 |      |      | 1522 |      | 1552 |
| Barking (BKG)                   | d       | 1308 | 1320 | 1333 | 1338 | 1350 | 1403 | 1408 | 1420 | 1433 | 1438 | 1450 | 1503 | 1508 | 1520 | 1533 | 1538 | 1551 |
| Upminster (UPM)                 | d       | 1316 |      | 1342 | 1346 |      | 1412 | 1416 |      | 1442 | 1446 |      | 1512 | 1516 |      | 1542 | 1546 | 1612 |
| Ockendon (OCK)                  | d       | 1322 |      |      | 1352 |      |      | 1422 |      |      | 1452 |      |      | 1522 |      |      | 1552 |      |
| Chafford Hundred Lakeside (CFH) | d       | 1326 |      |      | 1356 |      |      | 1426 |      |      | 1456 |      |      | 1526 |      |      | 1556 |      |
| Dagenham Dock (DDK)             | d       |      | 1325 |      |      | 1355 |      |      | 1425 |      |      | 1455 |      |      | 1525 |      |      | 1556 |
| Rainham (RNM)                   | d       |      | 1328 |      |      | 1358 |      |      | 1428 |      |      | 1458 |      |      | 1528 |      |      | 1559 |
| Purfleet (PFL)                  | d       |      | 1333 |      |      | 1403 |      |      | 1433 |      |      | 1503 |      |      | 1533 |      |      | 1604 |
| Grays (GRY)                     | a       | 1330 | 1340 |      | 1400 | 1410 |      | 1430 | 1440 |      | 1500 | 1510 |      | 1530 | 1540 |      | 1600 | 1611 |
| Grays (GRY)                     | d       | 1330 |      |      | 1400 |      |      | 1430 |      |      | 1500 |      |      | 1530 |      |      | 1600 |      |
| Tilbury Town (TIL)              | 8 d     | 1333 |      |      | 1403 |      |      | 1433 |      |      | 1503 |      |      | 1533 |      |      | 1603 |      |
| East Tilbury (ETL)              | d       | 1339 |      |      | 1409 |      |      | 1439 |      |      | 1509 |      |      | 1539 |      |      | 1609 |      |
| Stanford-le-Hope (SFO)          | d       | 1343 |      |      | 1413 |      |      | 1443 |      |      | 1513 |      |      | 1543 |      |      | 1613 |      |
| West Horndon (WHR)              | d       |      |      | 1347 |      |      | 1417 |      |      | 1447 |      |      | 1517 |      |      | 1547 |      | 1617 |
| Laindon (LAI)                   | d       |      |      | 1352 |      |      | 1422 |      |      | 1452 |      |      | 1522 |      |      | 1552 |      | 1622 |
| Basildon (BSO)                  | d       |      |      | 1356 |      |      | 1426 |      |      | 1456 |      |      | 1526 |      |      | 1556 |      | 1626 |
| Pitsea (PSE)                    | d       | 1351 |      | 1359 | 1421 |      | 1429 | 1451 |      | 1459 | 1521 |      | 1529 | 1551 |      | 1559 | 1621 | 1629 |
| Benfleet (BEF)                  | d       | 1355 |      | 1403 | 1425 |      | 1433 | 1455 |      | 1503 | 1525 |      | 1533 | 1555 |      | 1603 | 1625 | 1633 |
| Leigh-on-Sea (LES)              | d       | 1400 |      | 1407 | 1430 |      | 1437 | 1500 |      | 1507 | 1530 |      | 1537 | 1600 |      | 1607 | 1630 | 1637 |
| Chalkwell (CHW)                 | d       | 1402 |      | 1410 | 1432 |      | 1440 | 1502 |      | 1510 | 1532 |      | 1540 | 1602 |      | 1610 | 1632 | 1640 |
| Westcliff (WCF)                 | d       | 1404 |      | 1412 | 1434 |      | 1442 | 1504 |      | 1512 | 1534 |      | 1542 | 1604 |      | 1612 | 1634 | 1642 |
| Southend Central (SOC)          | a       | 1407 |      | 1414 | 1437 |      | 1444 | 1507 |      | 1514 | 1537 |      | 1544 | 1607 |      | 1614 | 1637 | 1644 |
| Southend Central (SOC)          | d       | 1407 |      | 1415 | 1437 |      | 1445 | 1507 |      | 1515 | 1537 |      | 1545 | 1607 |      | 1615 | 1637 | 1645 |
| Southend East (SOE)             | d       | 1409 |      | 1417 | 1439 |      | 1447 | 1509 |      | 1517 | 1539 |      | 1547 | 1609 |      | 1617 | 1639 | 1647 |
| Thorpe Bay (TPB)                | d       | 1412 |      | 1419 | 1442 |      | 1449 | 1512 |      | 1519 | 1542 |      | 1549 | 1612 |      | 1619 | 1642 | 1649 |
| Shoeburyness (SRY)              | a       | 1417 |      | 1423 | 1447 |      | 1453 | 1517 |      | 1523 | 1547 |      | 1553 | 1617 |      | 1623 | 1647 | 1653 |









| Operator                        | CC      | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   | 7 d     | 1553 | 1605 |      | 1623 | 1635 |      | 1653 | 1705 |      | 1723 | 1735 |      | 1753 | 1805 |      | 1823 | 1835 |
| Limehouse (LHS)                 | DLR d   | 1557 | 1609 |      | 1627 | 1639 |      | 1657 | 1709 |      | 1727 | 1739 |      | 1757 | 1809 |      | 1827 | 1839 |
| West Ham (WEH)                  | DLR d   | 1602 | 1614 |      | 1632 | 1644 |      | 1702 | 1714 |      | 1732 | 1744 |      | 1802 | 1814 |      | 1832 | 1844 |
| London Liverpool Street (LST)   | 15 d    |      |      | 1615 |      |      | 1645 |      |      | 1715 |      |      | 1745 |      |      | 1815 |      | 1845 |
| Stratford (SRA)                 | DLR 7 d |      |      | 1622 |      |      | 1652 |      |      | 1722 |      |      | 1752 |      |      | 1822 |      | 1852 |
| Barking (BKG)                   | d       | 1608 | 1620 | 1633 | 1638 | 1650 | 1703 | 1708 | 1720 | 1733 | 1738 | 1750 | 1803 | 1808 | 1820 | 1833 | 1838 | 1850 |
| Upminster (UPM)                 | d       | 1616 |      | 1642 | 1646 |      | 1712 | 1716 |      | 1742 | 1746 |      | 1812 | 1816 |      | 1842 | 1846 | 1912 |
| Ockendon (OCK)                  | d       | 1622 |      |      | 1652 |      |      | 1722 |      |      | 1752 |      |      | 1822 |      |      | 1852 |      |
| Chafford Hundred Lakeside (CFH) | d       | 1626 |      |      | 1656 |      |      | 1726 |      |      | 1756 |      |      | 1826 |      |      | 1856 |      |
| Dagenham Dock (DDK)             | d       |      | 1625 |      |      | 1655 |      |      | 1725 |      |      | 1755 |      |      | 1825 |      |      | 1855 |
| Rainham (RNM)                   | d       |      | 1628 |      |      | 1658 |      |      | 1728 |      |      | 1758 |      |      | 1828 |      |      | 1858 |
| Purfleet (PFL)                  | d       |      | 1633 |      |      | 1703 |      |      | 1733 |      |      | 1803 |      |      | 1833 |      |      | 1903 |
| Grays (GRY)                     | a       | 1630 | 1640 |      | 1700 | 1710 |      | 1730 | 1740 |      | 1800 | 1810 |      | 1830 | 1840 |      | 1900 | 1910 |
| Grays (GRY)                     | d       | 1630 |      |      | 1700 |      |      | 1730 |      |      | 1800 |      |      | 1830 |      |      | 1900 |      |
| Tilbury Town (TIL)              | 8 d     | 1633 |      |      | 1703 |      |      | 1733 |      |      | 1803 |      |      | 1833 |      |      | 1903 |      |
| East Tilbury (ETL)              | d       | 1639 |      |      | 1709 |      |      | 1739 |      |      | 1809 |      |      | 1839 |      |      | 1909 |      |
| Stanford-le-Hope (SFO)          | d       | 1643 |      |      | 1713 |      |      | 1743 |      |      | 1813 |      |      | 1843 |      |      | 1913 |      |
| West Horndon (WHR)              | d       |      |      | 1647 |      |      | 1717 |      |      | 1747 |      |      | 1817 |      |      | 1847 |      | 1917 |
| Laindon (LAI)                   | d       |      |      | 1652 |      |      | 1722 |      |      | 1752 |      |      | 1822 |      |      | 1852 |      | 1922 |
| Basildon (BSO)                  | d       |      |      | 1656 |      |      | 1726 |      |      | 1756 |      |      | 1826 |      |      | 1856 |      | 1926 |
| Pitsea (PSE)                    | d       | 1651 |      | 1659 | 1721 |      | 1729 | 1751 |      | 1759 | 1821 |      | 1829 | 1851 |      | 1859 | 1921 | 1929 |
| Benfleet (BEF)                  | d       | 1655 |      | 1703 | 1725 |      | 1733 | 1755 |      | 1803 | 1825 |      | 1833 | 1855 |      | 1903 | 1925 | 1933 |
| Leigh-on-Sea (LES)              | d       | 1700 |      | 1707 | 1730 |      | 1737 | 1800 |      | 1807 | 1830 |      | 1837 | 1900 |      | 1907 | 1930 | 1937 |
| Chalkwell (CHW)                 | d       | 1702 |      | 1710 | 1732 |      | 1740 | 1802 |      | 1810 | 1832 |      | 1840 | 1902 |      | 1910 | 1932 | 1940 |
| Westcliff (WCF)                 | d       | 1704 |      | 1712 | 1734 |      | 1742 | 1804 |      | 1812 | 1834 |      | 1842 | 1904 |      | 1912 | 1934 | 1942 |
| Southend Central (SOC)          | a       | 1707 |      | 1714 | 1737 |      | 1744 | 1807 |      | 1814 | 1837 |      | 1844 | 1907 |      | 1914 | 1937 | 1944 |
| Southend Central (SOC)          | d       | 1707 |      | 1715 | 1737 |      | 1745 | 1807 |      | 1815 | 1837 |      | 1845 | 1907 |      | 1915 | 1937 | 1945 |
| Southend East (SOE)             | d       | 1709 |      | 1717 | 1739 |      | 1747 | 1809 |      | 1817 | 1839 |      | 1847 | 1909 |      | 1917 | 1939 | 1947 |
| Thorpe Bay (TPB)                | d       | 1712 |      | 1719 | 1742 |      | 1749 | 1812 |      | 1819 | 1842 |      | 1849 | 1912 |      | 1919 | 1942 | 1949 |
| Shoeburyness (SRY)              | a       | 1717 |      | 1723 | 1747 |      | 1753 | 1817 |      | 1823 | 1847 |      | 1853 | 1917 |      | 1923 | 1947 | 1953 |











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

a Arrival time  
d Departure time

# London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

## Sundays

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| London Fenchurch Street (FST)   |  d | 1853 | 1905 |      | 1923 | 1935 |      | 1953 | 2005 |      | 2023 | 2035 |      | 2053 | 2105 |      | 2123 | 2138 |
| Limehouse (LHS)                 |  d | 1857 | 1909 |      | 1927 | 1939 |      | 1957 | 2009 |      | 2027 | 2039 |      | 2057 | 2109 |      | 2127 | 2142 |
| West Ham (WEH)                  |  d | 1902 | 1914 |      | 1932 | 1944 |      | 2002 | 2014 |      | 2032 | 2044 |      | 2102 | 2114 |      | 2132 | 2147 |
| London Liverpool Street (LST)   |  d |      |      | 1915 |      |      | 1945 |      |      | 2015 |      |      | 2045 |      |      | 2115 |      | 2145 |
| Stratford (SRA)                 |  d |      |      | 1922 |      |      | 1952 |      |      | 2022 |      |      | 2052 |      |      | 2122 |      | 2152 |
| Barking (BKG)                   |  d | 1908 | 1920 | 1933 | 1938 | 1950 | 2003 | 2008 | 2020 | 2033 | 2038 | 2050 | 2103 | 2108 | 2120 | 2133 | 2138 | 2153 |
| Upminster (UPM)                 |  d | 1916 |      | 1942 | 1946 |      | 2012 | 2016 |      | 2042 | 2046 |      | 2112 | 2116 |      | 2142 | 2146 | 2203 |
| Ockendon (OCK)                  | d   | 1922 |      |      | 1952 |      |      | 2022 |      |      | 2052 |      |      | 2122 |      |      | 2152 |      |
| Chafford Hundred Lakeside (CFH) | d   | 1926 |      |      | 1956 |      |      | 2026 |      |      | 2056 |      |      | 2126 |      |      | 2156 |      |
| Dagenham Dock (DDK)             | d   |      | 1925 |      |      | 1955 |      |      | 2025 |      |      | 2055 |      |      | 2125 |      |      | 2158 |
| Rainham (RNM)                   | d   |      | 1928 |      |      | 1958 |      |      | 2028 |      |      | 2058 |      |      | 2128 |      |      | 2201 |
| Purfleet (PFL)                  | d   |      | 1933 |      |      | 2003 |      |      | 2033 |      |      | 2103 |      |      | 2133 |      |      | 2206 |
| Grays (GRY)                     | a   | 1930 | 1940 |      | 2000 | 2010 |      | 2030 | 2040 |      | 2100 | 2110 |      | 2130 | 2140 |      | 2200 | 2213 |
| Grays (GRY)                     | d   | 1930 |      |      | 2000 |      |      | 2030 |      |      | 2100 |      |      | 2130 |      |      | 2200 |      |
| Tilbury Town (TIL)              |  d | 1933 |      |      | 2003 |      |      | 2033 |      |      | 2103 |      |      | 2133 |      |      | 2203 |      |
| East Tilbury (ETL)              | d   | 1939 |      |      | 2009 |      |      | 2039 |      |      | 2109 |      |      | 2139 |      |      | 2209 |      |
| Stanford-le-Hope (SFO)          | d   | 1943 |      |      | 2013 |      |      | 2043 |      |      | 2113 |      |      | 2143 |      |      | 2213 |      |
| West Horndon (WHR)              | d   |      |      | 1947 |      |      | 2017 |      |      | 2047 |      |      | 2117 |      |      | 2147 |      | 2217 |
| Laindon (LAI)                   | d   |      |      | 1952 |      |      | 2022 |      |      | 2052 |      |      | 2122 |      |      | 2152 |      | 2222 |
| Basildon (BSO)                  | d   |      |      | 1956 |      |      | 2026 |      |      | 2056 |      |      | 2126 |      |      | 2156 |      | 2226 |
| Pitsea (PSE)                    | d   | 1951 |      | 1959 | 2021 |      | 2029 | 2051 |      | 2059 | 2121 |      | 2129 | 2151 |      | 2159 | 2221 | 2229 |
| Benfleet (BEF)                  | d   | 1955 |      | 2003 | 2025 |      | 2033 | 2055 |      | 2103 | 2125 |      | 2133 | 2155 |      | 2203 | 2225 | 2233 |
| Leigh-on-Sea (LES)              | d   | 2000 |      | 2007 | 2030 |      | 2037 | 2100 |      | 2107 | 2130 |      | 2137 | 2200 |      | 2207 | 2230 | 2237 |
| Chalkwell (CHW)                 | d   | 2002 |      | 2010 | 2032 |      | 2040 | 2102 |      | 2110 | 2132 |      | 2140 | 2202 |      | 2210 | 2232 | 2240 |
| Westcliff (WCF)                 | d   | 2004 |      | 2012 | 2034 |      | 2042 | 2104 |      | 2112 | 2134 |      | 2142 | 2204 |      | 2212 | 2234 | 2242 |
| Southend Central (SOC)          | a   | 2007 |      | 2014 | 2037 |      | 2044 | 2107 |      | 2114 | 2137 |      | 2144 | 2207 |      | 2214 | 2237 | 2244 |
| Southend Central (SOC)          | d   | 2007 |      | 2015 | 2037 |      | 2045 | 2107 |      | 2115 | 2137 |      | 2145 | 2207 |      | 2215 | 2237 | 2245 |
| Southend East (SOE)             | d   | 2009 |      | 2017 | 2039 |      | 2047 | 2109 |      | 2117 | 2139 |      | 2147 | 2209 |      | 2217 | 2239 | 2247 |
| Thorpe Bay (TPB)                | d   | 2012 |      | 2019 | 2042 |      | 2049 | 2112 |      | 2119 | 2142 |      | 2149 | 2212 |      | 2219 | 2242 | 2249 |
| Shoeburyness (SRY)              | a   | 2017 |      | 2023 | 2047 |      | 2053 | 2117 |      | 2123 | 2147 |      | 2153 | 2216 |      | 2223 | 2247 | 2253 |

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC  | CC    | CC  | CC   | CC   | MM |
|---------------------------------|---|------|------|------|------|---|-------|---|------|------|----|
| Days of operation/Notes         |   |      |      |      |      |   |       |   |      |      |    |
| London Fenchurch Street (FST)   |  d | 2153 |      | 2223 |      | 2311  |       |   | 2341 | 0011 |    |
| Limehouse (LHS)                 |  d | 2157 |      | 2227 |      | 2315  |       |   | 2345 | 0015 |    |
| West Ham (WEH)                  |  d | 2202 |      | 2232 |      | 2320  |       |   | 2350 | 0020 |    |
| London Liverpool Street (LST)   |  d |      | 2215 |      | 2245 |   | 2315  |   |      |      |    |
| Stratford (SRA)                 |  d |      | 2222 |      | 2252 |   | 2322  |   |      |      |    |
| Barking (BKG)                   |  d | 2208 | 2233 | 2238 | 2303 | 2326  | 2335c |   | 2356 | 0026 |    |
| Upminster (UPM)                 |  d | 2216 | 2242 | 2246 | 2312 | 2334  | 2343  |   | 0005 | 0034 |    |
| Ockendon (OCK)                  | d   | 2222 |      | 2252 |      | 2340  |       |   |      |      |    |
| Chafford Hundred Lakeside (CFH) | d   | 2226 |      | 2256 |      | 2344  |       |   |      |      |    |
| Dagenham Dock (DDK)             | d   |      |      |      |      |   |       |   |      |      |    |
| Rainham (RNM)                   | d   |      |      |      |      |   |       |   |      |      |    |
| Purfleet (PFL)                  | d   |      |      |      |      |   |       |   |      |      |    |
| Grays (GRY)                     | a   | 2230 |      | 2300 |      | 2348  |       |   |      |      |    |
| Grays (GRY)                     | d   | 2230 |      | 2300 |      | 2348  |       |  |      |      |    |
| Tilbury Town (TIL)              |  d | 2233 |      | 2303 |      | 2351  |       | 2351  |      |      |    |
| East Tilbury (ETL)              | d   | 2239 |      | 2309 |      |  |       | 2357  |      |      |    |
| Stanford-le-Hope (SFO)          | d   | 2243 |      | 2313 |      |   |       | 0001  |      |      |    |
| West Horndon (WHR)              | d   |      | 2247 |      | 2317 |   | 2348  |   | 0010 | 0039 |    |
| Laindon (LAI)                   | d   |      | 2252 |      | 2322 |   | 2353  |   | 0015 | 0044 |    |
| Basildon (BSO)                  | d   |      | 2256 |      | 2326 |   | 2357  |   | 0018 | 0047 |    |
| Pitsea (PSE)                    | d   | 2251 | 2259 | 2321 | 2329 |   | 2359  | 0009  | 0022 | 0051 |    |
| Benfleet (BEF)                  | d   | 2255 | 2303 | 2325 | 2333 |   | 0004  | 0013  | 0025 | 0054 |    |
| Leigh-on-Sea (LES)              | d   | 2300 | 2307 | 2330 | 2337 |   | 0008  | 0017  | 0030 | 0059 |    |
| Chalkwell (CHW)                 | d   | 2302 | 2310 | 2332 | 2340 |   | 0011  | 0020  | 0032 | 0101 |    |
| Westcliff (WCF)                 | d   | 2304 | 2312 | 2334 | 2342 |   | 0013  | 0022  | 0034 | 0103 |    |
| Southend Central (SOC)          | a   | 2307 | 2314 | 2337 | 2344 |   | 0015  | 0024  | 0037 | 0106 |    |
| Southend Central (SOC)          | d   | 2307 | 2315 | 2337 | 2345 |   | 0016  | 0025  | 0037 | 0106 |    |
| Southend East (SOE)             | d   | 2309 | 2317 | 2339 | 2347 |   | 0018  | 0027  | 0039 | 0108 |    |
| Thorpe Bay (TPB)                | d   | 2312 | 2319 | 2342 | 2349 |   | 0020  | 0029  | 0042 | 0111 |    |
| Shoeburyness (SRY)              | a   | 2317 | 2323 | 2347 | 2353 |   | 0024  | 0033  | 0046 | 0115 |    |

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

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

MM Monday mornings

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

|                                 | Operator | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC    | CC   | CC   |
|---------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| Shoeburyness (SRY)              | d        |      | 0415 |      |      |      |      | 0459 |      | 0513 |      |      |      | 0520 | 0528 | 0534  |      | 0544 |
| Thorpe Bay (TPB)                | d        | 0406 | 0419 |      |      | 0435 |      | 0503 | 0508 | 0517 |      |      |      | 0524 | 0532 | 0538  | 0542 | 0548 |
| Southend East (SOE)             | d        | 0408 | 0421 |      |      | 0437 |      | 0505 | 0510 | 0519 |      |      |      | 0526 | 0534 | 0540  | 0544 | 0550 |
| Southend Central (SOC)          | a        | 0411 | 0424 |      |      | 0440 |      | 0508 | 0513 | 0522 |      |      |      | 0529 | 0537 | 0543  | 0547 | 0553 |
| Southend Central (SOC)          | d        | 0411 | 0424 |      |      | 0440 |      | 0508 | 0513 | 0522 |      |      |      | 0529 | 0537 | 0543  | 0547 | 0553 |
| Westcliff (WCF)                 | d        | 0414 | 0426 |      |      | 0442 |      | 0510 | 0515 | 0524 |      |      |      | 0531 | 0539 | 0545  | 0549 | 0555 |
| Chalkwell (CHW)                 | d        | 0416 | 0429 |      |      | 0444 |      | 0513 | 0517 | 0527 |      |      |      | 0534 | 0542 | 0548  | 0552 | 0557 |
| Leigh-on-Sea (LES)              | d        | 0419 | 0432 |      |      | 0447 |      | 0515 | 0520 | 0530 |      |      |      | 0536 | 0544 | 0550  | 0554 | 0600 |
| Benfleet (BEF)                  | d        | 0423 | 0437 |      |      | 0451 |      | 0520 | 0524 | 0535 |      |      |      | 0541 | 0549 | 0555  | 0559 | 0605 |
| Pitsea (PSE)                    | d        | 0428 | 0440 |      |      | 0456 |      | 0523 | 0529 | 0538 |      |      |      | 0546 | 0552 | 0602f |      | 0608 |
| Basildon (BSO)                  | d        |      | 0444 |      |      |      |      | 0527 |      | 0542 |      |      |      |      | 0556 |       |      | 0612 |
| Laindon (LAI)                   | d        |      | 0447 |      |      |      |      | 0531 |      | 0546 |      |      |      |      | 0600 |       | 0606 | 0616 |
| West Horndon (WHR)              | d        |      | 0451 |      |      |      |      | 0535 |      | 0550 |      |      |      |      | 0604 |       |      | 0620 |
| Stanford-le-Hope (SFO)          | d        | 0434 |      | 0434 |      | 0502 |      |      | 0535 |      |      |      |      | 0552 |      | 0608  |      |      |
| East Tilbury (ETL)              | d        |      |      | 0437 |      | 0506 |      |      |      |      |      |      |      | 0556 |      |       |      |      |
| Tilbury Town (TIL)              | d        |      |      | 0443 |      | 0512 |      |      |      |      |      |      |      | 0602 |      |       |      |      |
| Grays (GRY)                     | a        |      |      | 0446 |      | 0515 |      |      |      |      |      |      |      | 0605 |      |       |      |      |
| Grays (GRY)                     | d        |      |      | 0446 | 0454 | 0515 | 0524 |      |      |      |      | 0548 | 0554 | 0606 |      |       | 0606 | 0615 |
| Purfleet (PFL)                  | d        |      |      |      | 0500 |      | 0530 |      |      |      |      |      |      | 0600 |      |       | 0612 |      |
| Rainham (RNM)                   | d        |      |      |      | 0505 |      | 0535 |      |      |      |      |      |      | 0605 |      |       | 0618 |      |
| Dagenham Dock (DDK)             | d        |      |      |      | 0509 |      | 0539 |      |      |      |      |      |      | 0609 |      |       | 0621 |      |
| Chafford Hundred Lakeside (CFH) | d        |      |      | 0450 |      | 0519 |      |      |      |      |      | 0551 |      |      |      |       |      | 0619 |
| Ockendon (OCK)                  | d        |      |      | 0454 |      | 0523 |      |      |      |      |      | 0555 |      |      |      |       |      | 0624 |
| Upminster (UPM)                 | d        |      | 0457 | 0500 |      | 0530 |      | 0541 |      | 0556 | 0602 |      |      | 0610 |      | 0615  | 0626 | 0631 |
| Barking (BKG)                   | d        |      | 0505 | 0508 | 0515 | 0538 | 0545 | 0549 |      | 0604 | 0610 | 0615 |      | 0618 |      |       | 0627 | 0639 |
| Stratford (SRA)                 | d        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |      |      |
| London Liverpool Street (LST)   | a        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |      |      |
| West Ham (WEH)                  | d        |      | 0510 | 0513 | 0520 | 0543 | 0550 | 0555 |      | 0610 | 0616 | 0620 |      | 0623 |      | 0627  | 0633 | 0639 |
| Limehouse (LHS)                 | d        |      | 0515 | 0518 | 0525 | 0548 | 0555 | 0600 |      | 0615 | 0621 | 0625 |      | 0628 |      | 0633  | 0639 | 0649 |
| London Fenchurch Street (FST)   | a        |      | 0520 | 0523 | 0530 | 0553 | 0600 | 0604 |      | 0619 | 0625 | 0630 |      | 0633 |      | 0637  | 0644 | 0654 |

|                                 | Operator | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC    |
|---------------------------------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|
| Shoeburyness (SRY)              | d        |      |      | 0557 |      | 0607 |      |      | 0611 |      |      |      |      | 0626 |      |      |      | 0640  |
| Thorpe Bay (TPB)                | d        |      | 0555 | 0601 |      | 0611 |      |      | 0615 |      |      |      |      | 0630 |      |      |      | 0644  |
| Southend East (SOE)             | d        |      | 0557 | 0603 |      | 0613 |      |      | 0617 |      |      |      |      | 0632 |      |      |      | 0646  |
| Southend Central (SOC)          | a        |      | 0600 | 0606 |      |      |      |      | 0620 |      |      |      |      | 0635 |      |      |      | 0649  |
| Southend Central (SOC)          | d        |      | 0600 | 0606 | 0611 |      |      |      | 0620 |      |      |      |      | 0635 |      |      | 0645 | 0649  |
| Westcliff (WCF)                 | d        |      | 0602 | 0608 | 0613 |      |      |      | 0622 |      |      |      |      | 0637 |      |      | 0648 | 0651  |
| Chalkwell (CHW)                 | d        |      | 0605 | 0611 | 0616 |      |      |      | 0625 |      |      |      |      | 0640 |      |      | 0650 | 0654  |
| Leigh-on-Sea (LES)              | d        |      | 0607 | 0614 | 0618 | 0622 |      |      | 0628 | 0635 |      |      |      | 0643 |      |      | 0653 | 0657  |
| Benfleet (BEF)                  | d        |      | 0612 | 0619 | 0623 | 0627 |      |      | 0633 | 0640 |      |      |      | 0648 |      |      | 0657 | 0702  |
| Pitsea (PSE)                    | d        |      | 0618 | 0623 | 0628 | 0631 |      |      | 0637 |      |      |      | 0647 | 0652 |      |      | 0703 | 0705  |
| Basildon (BSO)                  | d        |      |      | 0627 |      | 0635 |      |      | 0641 | 0646 |      |      |      | 0656 |      |      |      | 0709  |
| Laindon (LAI)                   | d        |      |      | 0630 |      | 0639 |      |      | 0644 | 0649 |      |      |      | 0659 | 0703 |      |      | 0713  |
| West Horndon (WHR)              | d        |      |      | 0635 |      |      |      |      | 0654 |      |      |      |      |      | 0708 |      |      | 0717  |
| Stanford-le-Hope (SFO)          | d        | 0608 | 0624 |      | 0634 |      |      |      |      | 0634 |      |      | 0653 |      |      |      | 0653 | 0710  |
| East Tilbury (ETL)              | d        | 0612 | 0628 |      |      |      |      | 0628 |      | 0637 |      |      |      |      |      |      | 0657 | 0714  |
| Tilbury Town (TIL)              | d        | 0618 |      |      |      |      |      | 0634 |      | 0643 |      |      |      |      |      |      | 0703 |       |
| Grays (GRY)                     | a        | 0621 |      |      |      |      |      | 0637 |      | 0646 |      |      |      |      |      |      | 0706 |       |
| Grays (GRY)                     | d        | 0622 |      |      |      |      | 0631 | 0638 |      |      | 0647 | 0651 |      |      |      | 0701 | 0706 |       |
| Purfleet (PFL)                  | d        | 0628 |      |      |      |      |      | 0644 |      |      |      | 0657 |      |      |      |      | 0712 |       |
| Rainham (RNM)                   | d        | 0633 |      |      |      |      |      | 0649 |      |      |      | 0703 |      |      |      |      | 0718 |       |
| Dagenham Dock (DDK)             | d        | 0637 |      |      |      |      |      | 0653 |      |      |      | 0707 |      |      |      |      | 0722 |       |
| Chafford Hundred Lakeside (CFH) | d        |      |      |      |      |      | 0635 |      |      |      | 0651 |      |      |      |      | 0706 |      |       |
| Ockendon (OCK)                  | d        |      |      |      |      |      | 0640 |      |      |      | 0656 |      |      |      |      | 0711 |      |       |
| Upminster (UPM)                 | d        |      |      | 0640 |      |      | 0649 |      | 0654 | 0659 | 0703 |      |      | 0709 | 0713 | 0718 |      |       |
| Barking (BKG)                   | d        | 0643 |      |      |      | 0654 |      | 0659 | 0703 | 0708 | 0711 | 0713 |      |      | 0722 | 0726 | 0728 | 0735e |
| Stratford (SRA)                 | a        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
| London Liverpool Street (LST)   | a        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
| West Ham (WEH)                  | d        | 0649 |      | 0653 |      | 0659 | 0702 | 0705 | 0709 | 0713 | 0717 | 0720 |      | 0723 | 0728 | 0732 | 0735 |       |
| Limehouse (LHS)                 | d        | 0654 |      | 0659 |      | 0705 | 0708 | 0711 | 0714 | 0719 | 0722 | 0725 |      | 0728 | 0733 | 0737 | 0740 |       |
| London Fenchurch Street (FST)   | a        | 0659 |      | 0703 |      | 0709 | 0712 | 0715 | 0719 | 0723 | 0727 | 0730 |      | 0732 | 0738 | 0742 | 0745 |       |

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

- a Arrival time
- d Departure time
- e Arrives 4 minutes earlier
- f Arrives 3 minutes earlier

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

|                                 | Operator  | CC   | CC    | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC    | CC   | CC   | CC   | CC   | CC    | CC   | CC   |
|---------------------------------|-----------|------|-------|------|------|------|------|------|------|------|-------|------|------|------|------|-------|------|------|
| Shoeburyness (SRY)              | d         | 0648 |       |      |      |      | 0702 |      |      |      |       |      |      | 0718 |      |       |      |      |
| Thorpe Bay (TPB)                | d         | 0652 |       |      |      |      | 0706 |      |      |      |       | 0712 |      | 0722 |      |       |      |      |
| Southend East (SOE)             | d         | 0654 |       |      |      |      | 0708 |      |      |      |       | 0714 |      | 0724 |      |       |      |      |
| Southend Central (SOC)          | a         | 0657 |       |      |      |      | 0711 |      |      |      |       | 0717 |      | 0727 |      |       |      |      |
| Southend Central (SOC)          | d         | 0657 |       |      |      | 0703 | 0711 |      |      |      |       | 0717 |      | 0727 |      |       |      |      |
| Westcliff (WCF)                 | d         | 0659 |       |      |      | 0705 | 0713 |      |      |      |       | 0719 |      | 0729 |      |       |      |      |
| Chalkwell (CHW)                 | d         | 0702 |       |      |      | 0708 | 0716 |      |      |      |       | 0722 |      | 0732 |      |       |      |      |
| Leigh-on-Sea (LES)              | d         | 0705 |       | 0708 |      | 0711 |      |      |      |      | 0721  | 0725 |      |      |      |       | 0737 |      |
| Benfleet (BEF)                  | d         | 0710 |       | 0713 |      | 0716 |      |      |      |      | 0726  | 0730 |      |      |      |       | 0742 |      |
| Pitsea (PSE)                    | d         |      |       | 0716 |      | 0720 |      |      |      |      | 0730  | 0734 |      |      |      | 0735  |      | 0751 |
| Basildon (BSO)                  | d         |      |       | 0720 |      |      |      |      |      |      | 0734  | 0738 |      | 0742 |      |       | 0748 |      |
| Laindon (LAI)                   | d         | 0717 |       |      |      |      |      |      | 0731 |      | 0746c |      |      |      |      | 0746c | 0752 |      |
| West Horndon (WHR)              | d         |      |       |      |      |      |      |      | 0736 |      |       |      |      |      |      | 0752  |      |      |
| Stanford-le-Hope (SFO)          | d         |      |       |      |      | 0726 |      |      |      |      |       |      |      | 0726 |      |       | 0742 |      |
| East Tilbury (ETL)              | d         |      |       |      |      |      |      |      |      |      |       |      |      | 0730 |      |       | 0745 |      |
| Tilbury Town (TIL)              | 3 d       |      |       |      |      |      |      |      |      |      |       |      |      | 0736 |      |       |      |      |
| Grays (GRY)                     | a         |      |       |      |      |      |      |      |      |      |       |      |      | 0739 |      |       |      |      |
| Grays (GRY)                     | d         |      |       |      | 0717 |      |      |      |      |      |       | 0731 |      | 0740 |      |       |      | 0747 |
| Purfleet (PFL)                  | d         |      |       |      |      |      |      |      |      |      |       |      |      | 0746 |      |       |      |      |
| Rainham (RNM)                   | d         |      |       |      |      |      |      |      |      |      |       |      |      | 0751 |      |       |      |      |
| Dagenham Dock (DDK)             | d         |      |       |      |      |      |      |      |      |      |       |      |      | 0755 |      |       |      |      |
| Chafford Hundred Lakeside (CFH) | d         |      |       |      | 0721 |      |      |      |      |      |       |      | 0735 |      |      |       |      | 0751 |
| Ockendon (OCK)                  | d         |      |       |      | 0726 |      |      |      |      |      |       |      | 0741 |      |      |       |      | 0756 |
| Upminster (UPM)                 | ⊖ d       |      |       |      | 0733 |      |      |      | 0741 |      |       |      | 0748 |      |      | 0757  |      | 0803 |
| Barking (BKG)                   | ⊖ d       |      | 0735e | 0737 | 0741 |      |      | 0746 | 0750 |      |       |      | 0757 |      | 0802 |       |      | 0811 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |       |      |      |      |      |      |      |      |       |      |      |      |      |       |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |       |      |      |      |      |      |      |      |       |      |      |      |      |       |      |      |
| West Ham (WEH)                  | ⊖ DLR d   |      | 0741  | 0744 | 0747 |      | 0750 | 0753 | 0756 | 0759 |       | 0802 | 0805 | 0808 | 0811 |       | 0814 | 0817 |
| Limehouse (LHS)                 | DLR d     |      | 0746  | 0749 | 0752 |      | 0755 | 0758 | 0801 | 0804 |       | 0807 |      | 0813 | 0816 |       | 0819 | 0822 |
| London Fenchurch Street (FST)   | 7 a       | 0747 | 0751  | 0754 | 0757 |      | 0800 | 0803 | 0806 | 0809 |       | 0812 | 0814 | 0818 | 0821 |       | 0824 | 0827 |

|                                 | Operator  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|----|------|------|------|
| Shoeburyness (SRY)              | d         |      |      |      |      | 0739 |      | 0746 |      |      |      | 0800 |      |      |    | 0817 |      | 0834 |
| Thorpe Bay (TPB)                | d         | 0731 |      |      |      | 0743 |      | 0750 |      |      |      | 0804 |      |      |    | 0821 |      | 0838 |
| Southend East (SOE)             | d         | 0733 |      |      |      | 0745 |      | 0752 |      |      |      | 0806 |      |      |    | 0823 |      | 0840 |
| Southend Central (SOC)          | a         | 0736 |      |      |      | 0748 |      | 0755 |      |      |      | 0809 |      |      |    | 0826 |      | 0843 |
| Southend Central (SOC)          | d         | 0736 |      |      |      | 0748 |      | 0755 |      |      |      | 0809 |      |      |    | 0826 |      | 0843 |
| Westcliff (WCF)                 | d         | 0738 |      |      |      | 0750 |      | 0757 |      |      |      | 0811 |      |      |    | 0828 |      | 0845 |
| Chalkwell (CHW)                 | d         | 0741 |      |      |      | 0753 |      | 0800 |      |      |      | 0814 |      |      |    | 0831 |      | 0848 |
| Leigh-on-Sea (LES)              | d         | 0744 |      |      |      | 0756 |      |      | 0805 |      |      | 0817 |      |      |    | 0834 |      | 0851 |
| Benfleet (BEF)                  | d         | 0749 |      |      |      | 0801 |      |      | 0810 |      |      | 0822 |      |      |    | 0839 |      | 0856 |
| Pitsea (PSE)                    | d         | 0753 |      |      |      | 0804 |      |      | 0814 |      |      |      | 0818 | 0836 |    | 0842 |      |      |
| Basildon (BSO)                  | d         | 0757 |      |      |      | 0808 |      | 0812 | 0818 |      | 0828 |      |      |      |    | 0846 |      | 0902 |
| Laindon (LAI)                   | d         |      |      | 0803 |      | 0812 |      |      | 0822 |      |      | 0834 |      |      |    | 0850 |      | 0905 |
| West Horndon (WHR)              | d         |      |      | 0808 |      |      |      | 0820 |      |      |      | 0839 |      |      |    |      |      |      |
| Stanford-le-Hope (SFO)          | d         |      |      |      |      | 0757 |      |      |      |      |      |      | 0824 | 0843 |    |      | 0843 | 0854 |
| East Tilbury (ETL)              | d         |      | 0745 |      |      | 0801 |      |      |      |      |      |      | 0828 |      |    |      | 0846 | 0857 |
| Tilbury Town (TIL)              | 3 d       |      | 0752 |      |      | 0807 |      |      |      |      |      |      | 0834 |      |    |      | 0853 | 0904 |
| Grays (GRY)                     | a         |      | 0755 |      |      | 0810 |      |      |      |      |      |      | 0837 |      |    |      | 0856 | 0907 |
| Grays (GRY)                     | d         |      | 0756 |      | 0801 |      | 0810 |      |      | 0818 |      |      | 0837 |      |    | 0847 | 0856 | 0908 |
| Purfleet (PFL)                  | d         |      | 0802 |      |      |      | 0816 |      |      |      |      |      | 0843 |      |    |      | 0902 | 0914 |
| Rainham (RNM)                   | d         |      | 0807 |      |      |      | 0822 |      |      |      |      |      | 0849 |      |    |      | 0908 | 0919 |
| Dagenham Dock (DDK)             | d         |      | 0811 |      |      |      | 0826 |      |      |      |      |      | 0853 |      |    |      | 0911 | 0923 |
| Chafford Hundred Lakeside (CFH) | d         |      |      |      | 0805 |      |      |      |      | 0822 |      |      |      |      |    |      | 0851 |      |
| Ockendon (OCK)                  | d         |      |      |      | 0811 |      |      |      |      | 0826 |      |      |      |      |    |      | 0856 |      |
| Upminster (UPM)                 | ⊖ d       | 0807 |      | 0813 | 0817 | 0821 |      | 0826 |      |      | 0833 |      | 0844 |      |    | 0858 | 0903 | 0914 |
| Barking (BKG)                   | ⊖ d       |      | 0817 | 0822 | 0826 |      | 0832 |      | 0838 | 0841 | 0846 | 0853 | 0859 |      |    | 0907 | 0911 | 0917 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |      |      |      |      |      |      |      |      |    |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |      |      |      |      |      |      |      |      |    |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 0820 | 0823 | 0828 | 0831 | 0834 | 0838 | 0841 | 0843 | 0847 | 0852 | 0858 | 0905 |      |    | 0912 | 0917 | 0923 |
| Limehouse (LHS)                 | DLR d     | 0825 | 0829 | 0833 | 0837 | 0840 | 0843 | 0846 | 0849 | 0852 | 0858 | 0904 | 0910 |      |    | 0918 | 0922 | 0929 |
| London Fenchurch Street (FST)   | 7 a       | 0830 | 0833 | 0838 | 0841 | 0844 | 0848 | 0851 | 0854 | 0857 | 0903 | 0908 | 0915 |      |    | 0922 | 0928 | 0933 |

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

- a Arrival time
- d Departure time
- c Arrives 5 minutes earlier
- e Arrives 4 minutes earlier

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC        |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----------|
| Shoeburyness (SRY)              | d         |      |      | 0854 |      | 0907 |      |      |      | 0927 |      | 0941 |      |      | 0957 |      | 1011 |           |
| Thorpe Bay (TPB)                | d         |      |      | 0858 |      | 0911 |      |      |      | 0931 |      | 0945 |      |      | 1001 |      | 1015 |           |
| Southend East (SOE)             | d         |      |      | 0900 |      | 0913 |      |      |      | 0933 |      | 0947 |      |      | 1003 |      | 1017 |           |
| Southend Central (SOC)          | a         |      |      | 0903 |      | 0916 |      |      |      | 0936 |      | 0950 |      |      | 1006 |      | 1020 |           |
| Southend Central (SOC)          | d         | 0850 |      | 0903 | 0912 | 0916 |      |      |      | 0936 | 0942 | 0950 |      |      | 1006 | 1012 | 1020 |           |
| Westcliff (WCF)                 | d         | 0852 |      | 0905 | 0915 | 0918 |      |      |      | 0938 | 0945 | 0952 |      |      | 1008 | 1015 | 1022 |           |
| Chalkwell (CHW)                 | d         | 0855 |      | 0908 | 0917 | 0921 |      |      |      | 0941 | 0947 | 0955 |      |      | 1011 | 1017 | 1025 |           |
| Leigh-on-Sea (LES)              | d         | 0858 |      | 0911 | 0920 | 0924 |      |      |      | 0943 | 0950 | 0957 |      |      | 1013 | 1020 | 1027 |           |
| Benfleet (BEF)                  | d         | 0903 |      | 0916 | 0924 | 0929 |      |      |      | 0948 | 0954 | 1002 |      |      | 1018 | 1024 | 1032 |           |
| Pitsea (PSE)                    | d         | 0906 |      | 0916 | 0920 | 0929 |      |      |      | 0951 | 0959 |      |      |      | 1022 | 1029 |      |           |
| Basildon (BSO)                  | d         | 0910 |      | 0924 |      | 0935 |      |      |      | 0955 |      | 1008 |      |      | 1026 |      | 1038 |           |
| Laindon (LAI)                   | d         | 0914 |      | 0927 |      | 0938 |      |      |      | 0958 |      | 1011 |      |      | 1030 |      | 1041 |           |
| West Horndon (WHR)              | d         | 0918 |      | 0932 |      |      |      |      | ←    | 1003 |      |      |      | ←    | 1034 |      |      |           |
| Stanford-le-Hope (SFO)          | d         |      |      | 0923 |      | 0935 |      |      | 0935 |      |      | 1005 |      |      | 1005 |      | 1035 |           |
| East Tilbury (ETL)              | d         |      |      | 0926 |      | ←    |      |      | 0938 |      |      | ←    |      |      | 1008 |      | ←    |           |
| Tilbury Town (TIL)              | 3 d       |      |      | 0933 |      |      |      |      | 0944 |      |      |      |      |      | 1014 |      |      |           |
| Grays (GRY)                     | a         |      |      | 0936 |      |      |      | ←    | 0947 |      |      |      |      |      | 1017 |      |      |           |
| Grays (GRY)                     | d         |      | 0917 | 0936 |      |      |      | 0936 | 0948 | 0953 |      |      |      | 1010 | 1017 |      |      | 1040      |
| Purfleet (PFL)                  | d         |      |      | ←    |      |      |      | 0942 |      | 0959 |      |      |      | 1016 |      |      |      | 1046      |
| Rainham (RNM)                   | d         |      |      |      |      |      |      | 0948 |      | 1004 |      |      |      | 1021 |      |      |      | 1051      |
| Dagenham Dock (DDK)             | d         |      |      |      |      |      |      | 0951 |      | 1007 |      |      |      | 1024 |      |      |      | 1054      |
| Chafford Hundred Lakeside (CFH) | d         |      | 0921 |      |      |      |      |      | 0952 |      |      |      |      |      | 1021 |      |      |           |
| Ockendon (OCK)                  | d         |      | 0925 |      |      |      |      |      | 0956 |      |      |      |      |      | 1025 |      |      |           |
| Upminster (UPM)                 | ⊖ d       | 0924 | 0932 |      | 0937 |      | 0946 |      | 1003 |      | 1008 |      | 1019 |      | 1031 | 1041 |      | 1049      |
| Barking (BKG)                   | ⊖ d       | 0932 | 0940 |      | 0946 |      | 0955 | 0958 | 1011 | 1013 | 1017 |      | 1027 | 1030 | 1040 | 1050 | 1057 | 1100      |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |           |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |           |
| West Ham (WEH)                  | ⊖ DLR d   | 0938 | 0946 |      | 0951 |      | 1000 | 1004 | 1016 | 1019 | 1022 |      | 1032 | 1036 | 1046 | 1056 |      | 1102 1106 |
| Limehouse (LHS)                 | DLR d     | 0943 | 0951 |      | 0957 |      | 1005 | 1009 | 1021 | 1024 | 1028 |      | 1037 | 1041 | 1051 | 1101 |      | 1107 1111 |
| London Fenchurch Street (FST)   | 7 a       | 0948 | 0956 |      | 1001 |      | 1009 | 1013 | 1025 | 1028 | 1033 |      | 1042 | 1045 | 1056 | 1105 |      | 1112 1116 |

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC        |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----------|
| Shoeburyness (SRY)              | d         |      | 1027 |      | 1041 |      |      | 1057 |      | 1111 |      |      | 1127 |      | 1141 |      |      | 1157      |
| Thorpe Bay (TPB)                | d         |      | 1031 |      | 1045 |      |      | 1101 |      | 1115 |      |      | 1131 |      | 1145 |      |      | 1201      |
| Southend East (SOE)             | d         |      | 1033 |      | 1047 |      |      | 1103 |      | 1117 |      |      | 1133 |      | 1147 |      |      | 1203      |
| Southend Central (SOC)          | a         |      | 1036 |      | 1050 |      |      | 1106 |      | 1120 |      |      | 1136 |      | 1150 |      |      | 1206      |
| Southend Central (SOC)          | d         |      | 1036 | 1042 | 1050 |      |      | 1106 | 1112 | 1120 |      |      | 1136 | 1139 | 1150 |      |      | 1206 1212 |
| Westcliff (WCF)                 | d         |      | 1038 | 1045 | 1052 |      |      | 1108 | 1115 | 1122 |      |      | 1138 | 1142 | 1152 |      |      | 1208 1215 |
| Chalkwell (CHW)                 | d         |      | 1041 | 1047 | 1055 |      |      | 1111 | 1117 | 1125 |      |      | 1141 | 1144 | 1155 |      |      | 1211 1217 |
| Leigh-on-Sea (LES)              | d         |      | 1043 | 1050 | 1057 |      |      | 1113 | 1120 | 1127 |      |      | 1143 | 1147 | 1157 |      |      | 1213 1220 |
| Benfleet (BEF)                  | d         |      | 1048 | 1054 | 1102 |      |      | 1118 | 1124 | 1132 |      |      | 1148 | 1151 | 1202 |      |      | 1218 1224 |
| Pitsea (PSE)                    | d         |      | 1051 | 1059 |      |      |      | 1121 | 1129 |      |      |      | 1151 | 1156 |      |      |      | 1221 1229 |
| Basildon (BSO)                  | d         |      | 1055 |      | 1108 |      |      | 1125 |      | 1138 |      |      | 1155 |      | 1208 |      |      | 1225      |
| Laindon (LAI)                   | d         |      | 1058 |      | 1111 |      |      | 1128 |      | 1141 |      |      | 1158 |      | 1211 |      |      | 1228      |
| West Horndon (WHR)              | d         | ←    | 1103 |      |      |      | ←    | 1133 |      |      |      | ←    | 1203 |      |      |      | ←    | 1233      |
| Stanford-le-Hope (SFO)          | d         | 1035 |      | 1105 |      |      |      | 1105 |      | 1135 |      |      | 1135 |      | 1202 |      |      | 1202 1235 |
| East Tilbury (ETL)              | d         | 1038 |      | ←    |      |      |      | 1108 |      | ←    |      |      | 1138 |      | ←    |      |      | 1205      |
| Tilbury Town (TIL)              | 3 d       |      | 1044 |      |      |      |      | 1114 |      |      |      |      | 1144 |      |      |      |      | 1211      |
| Grays (GRY)                     | a         |      | 1047 |      |      |      |      | 1117 |      |      |      |      | 1147 |      |      |      |      | 1214      |
| Grays (GRY)                     | d         | 1047 |      |      |      | 1110 | 1117 |      |      |      | 1140 | 1147 |      |      |      | 1210 | 1214 |           |
| Purfleet (PFL)                  | d         |      |      |      |      | 1116 |      |      |      |      | 1146 |      |      |      |      | 1216 |      |           |
| Rainham (RNM)                   | d         |      |      |      |      | 1121 |      |      |      |      | 1151 |      |      |      |      | 1221 |      |           |
| Dagenham Dock (DDK)             | d         |      |      |      |      | 1124 |      |      |      |      | 1154 |      |      |      |      | 1224 |      |           |
| Chafford Hundred Lakeside (CFH) | d         | 1051 |      |      |      |      |      | 1121 |      |      |      | 1151 |      |      |      |      |      | 1218      |
| Ockendon (OCK)                  | d         | 1055 |      |      |      |      |      | 1125 |      |      |      | 1155 |      |      |      |      |      | 1222      |
| Upminster (UPM)                 | ⊖ d       | 1101 | 1108 |      | 1119 |      | 1131 | 1138 |      | 1149 |      | 1201 | 1208 |      | 1219 |      |      | 1229      |
| Barking (BKG)                   | ⊖ d       | 1109 | 1117 |      | 1127 | 1130 | 1139 | 1147 |      | 1157 | 1200 | 1209 | 1216 |      | 1227 | 1230 | 1238 | 1247      |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |           |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |           |
| West Ham (WEH)                  | ⊖ DLR d   | 1114 | 1122 |      | 1132 | 1136 | 1144 | 1152 |      | 1202 | 1206 | 1214 | 1221 |      | 1232 | 1236 | 1243 | 1252      |
| Limehouse (LHS)                 | DLR d     | 1119 | 1127 |      | 1137 | 1141 | 1149 | 1157 |      | 1207 | 1211 | 1219 | 1226 |      | 1237 | 1241 | 1248 | 1257      |
| London Fenchurch Street (FST)   | 7 a       | 1125 | 1131 |      | 1142 | 1146 | 1154 | 1201 |      | 1212 | 1216 | 1224 | 1230 |      | 1242 | 1246 | 1253 | 1301      |











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











a Arrival time  
d Departure time



# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d   | 1211 |      |      | 1227 |      | 1241 |      |      | 1257 |      | 1311 |      |      | 1327 |      | 1341 |      |
| Thorpe Bay (TPB)                | d   | 1215 |      |      | 1231 |      | 1245 |      |      | 1301 |      | 1315 |      |      | 1331 |      | 1345 |      |
| Southend East (SOE)             | d   | 1217 |      |      | 1233 |      | 1247 |      |      | 1303 |      | 1317 |      |      | 1333 |      | 1347 |      |
| Southend Central (SOC)          | a   | 1220 |      |      | 1236 |      | 1250 |      |      | 1306 |      | 1320 |      |      | 1336 |      | 1350 |      |
| Southend Central (SOC)          | d   | 1220 |      |      | 1236 | 1242 | 1250 |      |      | 1306 | 1311 | 1320 |      |      | 1336 | 1342 | 1350 |      |
| Westcliff (WCF)                 | d   | 1222 |      |      | 1238 | 1245 | 1252 |      |      | 1308 | 1314 | 1322 |      |      | 1338 | 1345 | 1352 |      |
| Chalkwell (CHW)                 | d   | 1225 |      |      | 1241 | 1247 | 1255 |      |      | 1311 | 1316 | 1325 |      |      | 1341 | 1347 | 1355 |      |
| Leigh-on-Sea (LES)              | d   | 1227 |      |      | 1243 | 1250 | 1257 |      |      | 1313 | 1319 | 1327 |      |      | 1343 | 1350 | 1357 |      |
| Benfleet (BEF)                  | d   | 1232 |      |      | 1248 | 1254 | 1302 |      |      | 1318 | 1323 | 1332 |      |      | 1348 | 1354 | 1402 |      |
| Pitsea (PSE)                    | d   |      |      |      | 1251 | 1259 |      |      |      | 1321 | 1328 |      |      |      | 1351 | 1359 |      |      |
| Basildon (BSO)                  | d   | 1238 |      |      | 1255 |      | 1308 |      |      | 1325 |      | 1338 |      |      | 1355 |      | 1408 |      |
| Laindon (LAI)                   | d   | 1241 |      |      | 1258 |      | 1311 |      |      | 1328 |      | 1341 |      |      | 1358 |      | 1411 |      |
| West Horndon (WHR)              | d   |      |      |      | 1303 |      |      |      |      | 1333 |      |      |      |      | 1403 |      |      |      |
| Stanford-le-Hope (SFO)          | d   |      |      | 1235 |      | 1305 |      |      |      | 1305 |      | 1334 |      |      | 1334 |      | 1405 |      |
| East Tilbury (ETL)              | d   |      |      | 1238 |      |      |      |      |      | 1308 |      |      |      |      | 1337 |      |      | 1408 |
| Tilbury Town (TIL)              |  d   |      |      | 1244 |      |      |      |      |      | 1314 |      |      |      |      | 1343 |      |      | 1414 |
| Grays (GRY)                     | a   |      |      | 1247 |      |      |      |      |      | 1317 |      |      |      |      | 1346 |      |      | 1417 |
| Grays (GRY)                     | d   |      | 1240 | 1247 |      |      |      | 1310 | 1317 |      |      |      | 1340 | 1346 |      |      |      | 1410 |
| Purfleet (PFL)                  | d   |      | 1246 |      |      |      |      | 1316 |      |      |      |      | 1346 |      |      |      |      | 1416 |
| Rainham (RNM)                   | d   |      | 1251 |      |      |      |      | 1321 |      |      |      |      | 1351 |      |      |      |      | 1421 |
| Dagenham Dock (DDK)             | d   |      | 1254 |      |      |      |      | 1324 |      |      |      |      | 1354 |      |      |      |      | 1424 |
| Chafford Hundred Lakeside (CFH) | d   |      |      | 1251 |      |      |      |      | 1321 |      |      |      |      | 1350 |      |      |      | 1421 |
| Ockendon (OCK)                  | d   |      |      | 1255 |      |      |      |      | 1325 |      |      |      |      | 1354 |      |      |      | 1425 |
| Upminster (UPM)                 |  d   | 1249 |      | 1301 | 1308 |      | 1319 | 1331 | 1338 |      | 1349 |      | 1401 | 1408 |      | 1419 |      | 1431 |
| Barking (BKG)                   |  d   | 1257 | 1300 | 1309 | 1316 |      | 1327 | 1330 | 1340 | 1346 |      | 1357 | 1401 | 1409 | 1416 |      | 1427 | 1430 |
| Stratford (SRA)                 |   a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   |   a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  |  d   | 1302 | 1306 | 1314 | 1321 |      | 1332 | 1336 | 1345 | 1351 |      | 1402 | 1406 | 1414 | 1421 |      | 1432 | 1436 |
| Limehouse (LHS)                 |  d   | 1307 | 1311 | 1319 | 1326 |      | 1337 | 1341 | 1351 | 1356 |      | 1407 | 1411 | 1419 | 1426 |      | 1437 | 1441 |
| London Fenchurch Street (FST)   |  a  | 1312 | 1316 | 1324 | 1331 |      | 1342 | 1345 | 1356 | 1400 |      | 1412 | 1416 | 1424 | 1432 |      | 1442 | 1446 |

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d   | 1357 |      | 1411 |      |      | 1427 |      | 1441 |      |      | 1457 |      | 1511 |      |      | 1526 | 1538 |
| Thorpe Bay (TPB)                | d   | 1401 |      | 1415 |      |      | 1431 | 1437 | 1445 |      |      | 1501 |      | 1515 |      |      | 1530 | 1541 |
| Southend East (SOE)             | d   | 1403 |      | 1417 |      |      | 1433 | 1439 | 1447 |      |      | 1503 |      | 1517 |      |      | 1532 | 1544 |
| Southend Central (SOC)          | a   | 1406 |      | 1420 |      |      | 1436 | 1442 | 1450 |      |      | 1506 |      | 1520 |      |      | 1535 | 1546 |
| Southend Central (SOC)          | d   | 1406 | 1412 | 1420 |      |      | 1436 | 1443 | 1450 |      |      | 1506 | 1511 | 1520 |      |      | 1535 | 1541 |
| Westcliff (WCF)                 | d   | 1408 | 1415 | 1422 |      |      | 1438 | 1445 | 1452 |      |      | 1508 | 1514 | 1522 |      |      | 1537 | 1543 |
| Chalkwell (CHW)                 | d   | 1411 | 1417 | 1425 |      |      | 1441 | 1447 | 1455 |      |      | 1511 | 1516 | 1525 |      |      | 1540 | 1551 |
| Leigh-on-Sea (LES)              | d   | 1413 | 1420 | 1427 |      |      | 1443 | 1450 | 1457 |      |      | 1513 | 1519 | 1527 |      |      | 1542 | 1554 |
| Benfleet (BEF)                  | d   | 1418 | 1424 | 1432 |      |      | 1448 | 1454 | 1502 |      |      | 1518 | 1523 | 1532 |      |      | 1547 | 1558 |
| Pitsea (PSE)                    | d   | 1421 | 1429 |      |      |      | 1451 | 1459 |      |      |      | 1521 | 1528 |      |      |      | 1550 | 1602 |
| Basildon (BSO)                  | d   | 1425 |      | 1438 |      |      | 1455 |      | 1508 |      |      | 1525 |      | 1538 |      |      | 1554 | 1605 |
| Laindon (LAI)                   | d   | 1428 |      | 1441 |      |      | 1458 |      | 1511 |      |      | 1528 |      | 1541 |      |      | 1558 | 1609 |
| West Horndon (WHR)              | d   | 1433 |      |      |      |      | 1503 |      |      |      |      | 1533 |      |      |      |      | 1602 | 1613 |
| Stanford-le-Hope (SFO)          | d   |      | 1435 |      |      | 1435 |      | 1505 |      |      |      | 1505 |      | 1534 |      |      | 1534 | 1605 |
| East Tilbury (ETL)              | d   |      |      |      |      | 1438 |      |      |      |      |      | 1508 |      |      |      |      | 1537 |      |
| Tilbury Town (TIL)              |  d   |      |      |      |      | 1444 |      |      |      |      |      | 1514 |      |      |      |      | 1543 |      |
| Grays (GRY)                     | a   |      |      |      |      | 1447 |      |      |      |      |      | 1517 |      |      |      |      | 1546 |      |
| Grays (GRY)                     | d   |      |      |      | 1440 | 1447 |      |      |      | 1510 | 1517 |      |      |      | 1540 | 1546 |      |      |
| Purfleet (PFL)                  | d   |      |      |      | 1446 |      |      |      |      | 1516 |      |      |      |      | 1546 |      |      |      |
| Rainham (RNM)                   | d   |      |      |      | 1451 |      |      |      |      | 1521 |      |      |      |      | 1551 |      |      |      |
| Dagenham Dock (DDK)             | d   |      |      |      | 1454 |      |      |      |      | 1524 |      |      |      |      | 1554 |      |      |      |
| Chafford Hundred Lakeside (CFH) | d   |      |      |      |      | 1451 |      |      |      |      | 1521 |      |      |      |      | 1550 |      |      |
| Ockendon (OCK)                  | d   |      |      |      |      | 1455 |      |      |      |      | 1525 |      |      |      |      | 1554 |      |      |
| Upminster (UPM)                 |  d   | 1438 |      | 1449 |      | 1501 | 1508 |      | 1519 |      | 1531 | 1538 |      | 1549 |      | 1601 | 1608 | 1619 |
| Barking (BKG)                   |  d   | 1446 |      | 1457 | 1500 | 1509 | 1516 |      | 1527 | 1530 | 1539 | 1546 |      | 1557 | 1600 | 1611 | 1616 | 1627 |
| Stratford (SRA)                 |   a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   |   a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  |  d   | 1451 |      | 1502 | 1506 | 1514 | 1521 |      | 1532 | 1536 | 1544 | 1551 |      | 1602 | 1606 | 1616 | 1621 | 1632 |
| Limehouse (LHS)                 |  d   | 1456 |      | 1507 | 1511 | 1519 | 1526 |      | 1537 | 1541 | 1549 | 1556 |      | 1607 | 1611 | 1621 |      | 1637 |
| London Fenchurch Street (FST)   |  a   | 1500 |      | 1512 | 1515 | 1525 | 1530 |      | 1542 | 1545 | 1555 | 1600 |      | 1612 | 1615 | 1628 | 1631 | 1642 |

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

- a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         |      |      | 1554 |      |      | 1603 |      | 1614 | 1618 |      |      |      |      |      | 1640 | 1648 |      |
| Thorpe Bay (TPB)                | d         |      |      | 1558 |      |      | 1607 |      | 1618 | 1622 |      |      |      |      |      | 1644 | 1652 |      |
| Southend East (SOE)             | d         |      |      | 1600 |      |      | 1610 |      | 1620 | 1624 |      |      |      |      |      | 1646 | 1654 |      |
| Southend Central (SOC)          | a         |      |      | 1603 |      |      | 1613 |      | 1623 | 1627 |      |      |      |      |      | 1649 | 1657 |      |
| Southend Central (SOC)          | d         |      |      | 1603 |      | 1608 | 1614 |      | 1623 | 1627 |      |      |      | 1635 |      | 1649 | 1657 |      |
| Westcliff (WCF)                 | d         |      |      | 1606 |      | 1611 | 1616 |      | 1625 | 1629 |      |      |      | 1637 |      | 1651 | 1659 |      |
| Chalkwell (CHW)                 | d         |      |      | 1609 |      | 1614 | 1619 |      | 1628 | 1632 |      |      |      | 1640 |      | 1654 | 1702 |      |
| Leigh-on-Sea (LES)              | d         |      |      | 1612 |      | 1616 | 1621 |      | 1630 | 1634 |      |      |      | 1642 |      | 1657 | 1704 |      |
| Benfleet (BEF)                  | d         |      |      | 1617 |      | 1621 | 1626 |      | 1635 | 1639 |      |      |      | 1647 |      | 1702 | 1709 |      |
| Pitsea (PSE)                    | d         |      |      |      |      | 1626 | 1630 |      | 1643 |      |      | 1648 |      | 1651 |      | 1706 | 1714 | 1717 |
| Basildon (BSO)                  | d         |      |      | 1623 |      |      | 1634 |      | 1640 | 1647 |      |      |      | 1655 |      | 1710 | 1719 |      |
| Laindon (LAI)                   | d         |      |      | 1626 |      |      | 1637 |      | 1644 | 1651 |      |      |      | 1658 |      | 1713 | 1722 |      |
| West Horndon (WHR)              | d         |      | ←    | 1631 |      |      |      |      | 1648 |      |      |      |      | 1703 |      | 1718 |      |      |
| Stanford-le-Hope (SFO)          | d         |      | 1605 |      |      | 1633 |      |      |      |      |      |      | 1654 |      | 1654 |      |      | 1723 |
| East Tilbury (ETL)              | d         |      | 1608 |      |      | 1636 |      |      |      |      |      |      | →    |      | 1658 |      |      | →    |
| Tilbury Town (TIL)              | 8 d       |      | 1615 |      |      | 1642 |      |      |      |      |      |      |      |      | 1704 |      |      |      |
| Grays (GRY)                     | a         |      | 1618 |      |      | 1645 |      |      |      |      |      | →    |      |      | 1707 |      |      |      |
| Grays (GRY)                     | d         | 1609 | 1619 |      | 1637 | 1647 |      |      |      | 1648 | 1647 |      |      |      | 1708 |      | 1717 |      |
| Purfleet (PFL)                  | d         | 1615 |      |      | 1643 | →    |      |      |      |      | 1654 |      |      |      | 1713 |      |      |      |
| Rainham (RNM)                   | d         | 1620 |      |      | 1648 |      |      | ←    |      |      | 1701 |      |      |      | 1719 |      |      |      |
| Dagenham Dock (DDK)             | d         | 1624 |      |      | 1652 |      |      | 1652 |      |      | 1707 |      |      |      | 1722 |      |      |      |
| Chafford Hundred Lakeside (CFH) | d         |      | 1623 |      | →    |      |      |      |      | 1652 |      |      |      |      |      |      |      | 1721 |
| Ockendon (OCK)                  | d         |      | 1627 |      |      |      |      |      |      | 1657 |      |      |      |      |      |      |      | 1727 |
| Upminster (UPM)                 | ⊖ d       |      | 1634 |      |      | 1646 |      | 1653 | 1659 | 1704 |      |      |      | 1708 |      | 1725 |      | 1734 |
| Barking (BKG)                   | ⊖ d       | 1630 | 1642 |      |      | 1655 | 1658 | 1701 | 1707 |      | 1713 |      |      | 1717 | 1728 | 1734 | 1739 | 1743 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 1636 | 1647 | 1650 |      |      | 1701 | 1704 | 1707 | 1713 | 1716 | 1719 |      | 1722 | 1734 | 1740 | 1746 | 1749 |
| Limehouse (LHS)                 | DLR d     | 1642 | 1652 |      |      |      | 1710 | 1709 | 1712 | 1722 | 1721 | 1724 |      | 1727 | 1739 |      |      | 1754 |
| London Fenchurch Street (FST)   | 7 a       | 1647 | 1657 | 1659 |      |      | 1710 | 1714 | 1717 | 1722 | 1725 | 1728 |      | 1731 | 1744 | 1750 | 1755 | 1758 |

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         | 1657 | 1704 |      | 1715 |      |      | 1721 |      |      | 1727 |      |      |      | 1744 |      |      | 1759 |
| Thorpe Bay (TPB)                | d         | 1701 | 1708 |      | 1719 |      |      | 1725 |      |      | 1731 |      |      |      | 1748 |      |      | 1803 |
| Southend East (SOE)             | d         | 1703 | 1710 |      | 1721 |      |      | 1727 |      |      | 1733 |      |      |      | 1750 |      |      | 1805 |
| Southend Central (SOC)          | a         | 1706 | 1713 |      | 1724 |      |      | 1730 |      |      | 1736 |      |      |      | 1753 |      |      | 1808 |
| Southend Central (SOC)          | d         | 1706 | 1713 |      | 1724 |      |      | 1730 |      |      | 1736 |      |      |      | 1753 |      |      | 1808 |
| Westcliff (WCF)                 | d         | 1708 | 1715 |      | 1726 |      |      | 1732 |      |      | 1738 |      |      |      | 1755 |      |      | 1810 |
| Chalkwell (CHW)                 | d         | 1711 | 1718 |      | 1729 |      |      | 1735 |      |      | 1740 |      |      |      | 1758 |      |      | 1813 |
| Leigh-on-Sea (LES)              | d         | 1713 | 1720 |      | 1731 |      |      | 1737 |      |      | 1743 | 1757 |      |      | 1800 |      |      | 1815 |
| Benfleet (BEF)                  | d         | 1718 | 1725 |      | 1736 |      |      | 1742 |      |      | 1747 |      |      |      | 1805 |      |      | 1820 |
| Pitsea (PSE)                    | d         | 1721 | 1728 |      |      | 1732 | 1745 |      |      | 1751 |      |      | 1803 |      | 1808 |      |      | 1823 |
| Basildon (BSO)                  | d         | 1725 | 1732 |      | 1743 |      | 1749 |      |      | 1755 | 1806 |      |      |      | 1812 |      |      | 1827 |
| Laindon (LAI)                   | d         | 1728 | 1735 |      | 1746 |      | 1752 |      |      | 1758 |      |      |      |      | 1815 |      |      | 1831 |
| West Horndon (WHR)              | d         | 1733 |      | ←    |      |      |      | ←    |      | 1803 |      |      |      |      | 1820 |      | ←    | 1835 |
| Stanford-le-Hope (SFO)          | d         |      |      | 1723 |      |      | 1738 |      | 1738 |      |      |      |      | 1810 |      |      | 1810 |      |
| East Tilbury (ETL)              | d         |      |      | 1727 |      | →    |      |      | 1742 |      |      |      |      | →    |      |      | 1813 |      |
| Tilbury Town (TIL)              | 8 d       |      |      | 1733 |      |      |      |      | 1748 |      |      |      |      |      |      |      | 1819 |      |
| Grays (GRY)                     | a         |      |      | 1736 |      |      |      |      | 1751 |      |      |      |      |      |      |      | 1822 |      |
| Grays (GRY)                     | d         |      |      | 1737 |      | 1747 |      |      | 1751 |      |      |      | 1803 |      |      | 1817 | 1823 | 1833 |
| Purfleet (PFL)                  | d         |      |      | 1742 |      |      |      |      | 1757 |      |      |      |      | 1809 |      |      | 1829 | 1839 |
| Rainham (RNM)                   | d         |      |      | 1748 |      |      |      |      | 1802 |      |      |      |      | 1816 |      |      | 1834 | 1845 |
| Dagenham Dock (DDK)             | d         |      |      | 1751 |      |      |      |      | 1806 | →    |      |      |      | 1820 |      |      | 1838 | 1851 |
| Chafford Hundred Lakeside (CFH) | d         |      |      |      | 1751 |      |      |      | 1751 |      |      |      |      |      |      | 1821 |      |      |
| Ockendon (OCK)                  | d         |      |      |      | →    |      |      |      | 1757 |      |      |      |      |      |      | 1827 |      |      |
| Upminster (UPM)                 | ⊖ d       | 1738 | 1744 |      |      |      | 1801 |      |      | 1805 | 1808 | 1816 |      |      | 1825 | 1834 |      | 1841 |
| Barking (BKG)                   | ⊖ d       | 1747 | 1752 | 1757 |      |      |      | 1812 | 1814 | 1817 | 1824 | 1827 |      |      | 1833 | 1842 | 1845 | 1849 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 1752 | 1757 | 1803 | 1806 |      |      | 1813 | 1817 | 1820 | 1823 | 1829 | 1833 |      | 1838 | 1848 | 1851 | 1854 |
| Limehouse (LHS)                 | DLR d     | 1757 |      | 1808 | 1811 |      |      | 1818 |      | 1825 | 1828 |      |      | 1838 |      | 1843 | 1853 | 1859 |
| London Fenchurch Street (FST)   | 7 a       | 1801 | 1807 | 1812 | 1815 |      |      | 1822 | 1826 | 1829 | 1832 | 1838 | 1842 |      | 1848 | 1858 | 1901 | 1904 |

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

- a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  |      | 1814 |      |      | 1829 |      | 1847 |      |      | 1857 |      | 1914 |      |      | 1927 |      | 1942 |
| Thorpe Bay (TPB)                | d  |      | 1818 |      |      | 1833 |      | 1851 |      |      | 1901 |      | 1918 |      |      | 1931 |      | 1946 |
| Southend East (SOE)             | d  |      | 1820 |      |      | 1835 |      | 1853 |      |      | 1903 |      | 1920 |      |      | 1933 |      | 1948 |
| Southend Central (SOC)          | a  |      | 1823 |      |      | 1838 |      | 1856 |      |      | 1906 |      | 1923 |      |      | 1936 |      | 1951 |
| Southend Central (SOC)          | d  |      | 1823 |      |      | 1838 |      | 1856 |      |      | 1906 | 1912 | 1923 |      |      | 1936 | 1942 | 1951 |
| Westcliff (WCF)                 | d  |      | 1825 |      |      | 1840 |      | 1858 |      |      | 1908 | 1915 | 1925 |      |      | 1938 | 1945 | 1953 |
| Chalkwell (CHW)                 | d  |      | 1828 |      |      | 1843 |      | 1901 |      |      | 1911 | 1917 | 1928 |      |      | 1941 | 1947 | 1956 |
| Leigh-on-Sea (LES)              | d  |      | 1830 |      |      | 1845 |      | 1903 |      |      | 1914 | 1920 | 1930 |      |      | 1943 | 1950 | 1958 |
| Benfleet (BEF)                  | d  |      | 1835 |      |      | 1850 |      | 1908 |      |      | 1919 | 1924 | 1935 |      |      | 1948 | 1954 | 2003 |
| Pitsea (PSE)                    | d  | 1828 | 1838 |      | 1847 | 1854 |      | 1859 | 1918 |      | 1923 | 1929 |      |      |      | 1951 | 1959 |      |
| Basildon (BSO)                  | d  |      | 1842 |      |      | 1858 |      | 1914 |      |      | 1927 |      | 1941 |      |      | 1955 |      | 2009 |
| Laindon (LAI)                   | d  |      | 1845 |      |      | 1901 |      | 1917 |      |      | 1930 |      | 1944 |      |      | 1958 |      | 2012 |
| West Horndon (WHR)              | d  |      | 1850 |      |      | 1906 |      |      |      |      | 1935 |      |      |      |      | 2003 |      |      |
| Stanford-le-Hope (SFO)          | d  | 1834 |      | 1834 | 1854 |      | 1854 |      | 1905 | 1926 |      | 1935 |      |      |      | 1935 |      | 2005 |
| East Tilbury (ETL)              | d  | 1834 |      | 1838 |      |      | 1857 |      | 1909 | 1930 |      |      |      |      |      | 1938 |      |      |
| Tilbury Town (TIL)              | d  | 1834 |      | 1844 |      |      | 1903 |      | 1915 | 1937 |      |      |      |      |      | 1944 |      |      |
| Grays (GRY)                     | a  |      | 1847 |      |      | 1906 |      | 1918 | 1940 |      |      |      |      |      |      | 1947 |      |      |
| Grays (GRY)                     | d  |      | 1847 |      |      | 1907 |      | 1919 | 1941 |      |      |      |      |      |      | 1947 |      | 2010 |
| Purfleet (PFL)                  | d  |      |      |      |      | 1912 |      |      |      |      |      |      |      |      |      | 1947 |      | 2016 |
| Rainham (RNM)                   | d  |      |      |      |      | 1918 |      |      |      |      |      |      |      |      |      | 1952 |      | 2021 |
| Dagenham Dock (DDK)             | d  |      |      |      |      | 1921 |      |      |      |      |      |      |      |      |      | 1956 |      | 2024 |
| Chafford Hundred Lakeside (CFH) | d  |      |      | 1851 |      |      |      |      | 1922 |      |      |      |      |      |      | 1951 |      |      |
| Ockendon (OCK)                  | d  |      |      | 1856 |      |      |      |      | 1926 |      |      |      |      |      |      | 1955 |      |      |
| Upminster (UPM)                 | d  |      | 1855 | 1903 |      | 1911 |      | 1925 | 1933 |      | 1940 |      | 1952 |      | 2001 | 2008 |      | 2020 |
| Barking (BKG)                   | d  |      | 1905 | 1912 |      | 1921 | 1927 | 1933 | 1941 |      | 1948 |      | 2000 | 2003 | 2010 | 2016 |      | 2028 |
| Stratford (SRA)                 | d  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      | 2030 |
| London Liverpool Street (LST)   | a  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  | d  |      | 1910 | 1917 |      | 1926 | 1933 | 1938 | 1946 |      | 1953 |      | 2005 | 2009 | 2015 | 2022 |      | 2033 |
| Limehouse (LHS)                 | d  |      | 1915 | 1922 |      | 1931 | 1938 | 1943 | 1951 |      | 1958 |      | 2010 | 2014 | 2020 | 2027 |      | 2038 |
| London Fenchurch Street (FST)   | a  |      | 1919 | 1927 |      | 1935 | 1942 | 1948 | 1956 |      | 2003 |      | 2014 | 2019 | 2024 | 2031 |      | 2049 |

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  |      | 1957 |      |      | 2011 |      |      | 2027 |      | 2041 |      |      | 2057 |      | 2111 |      | 2127 |
| Thorpe Bay (TPB)                | d  |      | 2001 |      |      | 2015 |      |      | 2031 |      | 2045 |      |      | 2101 |      | 2115 |      | 2131 |
| Southend East (SOE)             | d  |      | 2003 |      |      | 2017 |      |      | 2033 |      | 2047 |      |      | 2103 |      | 2117 |      | 2133 |
| Southend Central (SOC)          | a  |      | 2006 |      |      | 2020 |      |      | 2036 |      | 2050 |      |      | 2106 |      | 2120 |      | 2136 |
| Southend Central (SOC)          | d  |      | 2006 | 2012 | 2020 |      |      | 2036 | 2042 | 2050 |      |      |      | 2106 | 2112 | 2120 |      | 2136 |
| Westcliff (WCF)                 | d  |      | 2008 | 2015 | 2022 |      |      | 2038 | 2045 | 2052 |      |      |      | 2108 | 2115 | 2122 |      | 2138 |
| Chalkwell (CHW)                 | d  |      | 2011 | 2017 | 2025 |      |      | 2041 | 2047 | 2055 |      |      |      | 2111 | 2117 | 2125 |      | 2141 |
| Leigh-on-Sea (LES)              | d  |      | 2013 | 2020 | 2027 |      |      | 2043 | 2050 | 2057 |      |      |      | 2113 | 2120 | 2127 |      | 2143 |
| Benfleet (BEF)                  | d  |      | 2018 | 2024 | 2032 |      |      | 2048 | 2054 | 2102 |      |      |      | 2118 | 2124 | 2132 |      | 2148 |
| Pitsea (PSE)                    | d  |      | 2021 | 2029 |      |      |      | 2051 | 2059 |      |      |      |      | 2121 | 2129 |      |      | 2151 |
| Basildon (BSO)                  | d  |      | 2025 |      | 2038 |      |      | 2055 |      | 2108 |      |      |      | 2125 |      | 2138 |      | 2155 |
| Laindon (LAI)                   | d  |      | 2028 |      | 2041 |      |      | 2058 |      | 2111 |      |      |      | 2128 |      | 2141 |      | 2158 |
| West Horndon (WHR)              | d  |      | 2033 |      |      |      |      | 2103 |      |      |      |      |      | 2133 |      |      |      | 2203 |
| Stanford-le-Hope (SFO)          | d  | 2005 |      | 2035 |      |      | 2035 |      | 2105 |      |      |      | 2105 |      | 2135 |      | 2135 | 2205 |
| East Tilbury (ETL)              | d  | 2008 |      |      |      |      | 2038 |      |      |      |      |      | 2108 |      |      |      | 2138 |      |
| Tilbury Town (TIL)              | d  | 2014 |      |      |      |      | 2044 |      |      |      |      |      | 2114 |      |      |      | 2144 |      |
| Grays (GRY)                     | a  | 2017 |      |      |      |      | 2047 |      |      |      |      |      | 2117 |      |      |      | 2147 |      |
| Grays (GRY)                     | d  | 2017 |      |      |      | 2040 | 2047 |      |      |      | 2110 | 2117 |      |      |      | 2143 | 2147 |      |
| Purfleet (PFL)                  | d  |      |      |      |      | 2046 |      |      |      |      | 2116 |      |      |      |      | 2149 |      |      |
| Rainham (RNM)                   | d  |      |      |      |      | 2051 |      |      |      |      | 2121 |      |      |      |      | 2154 |      |      |
| Dagenham Dock (DDK)             | d  |      |      |      |      | 2054 |      |      |      |      | 2124 |      |      |      |      | 2157 |      |      |
| Chafford Hundred Lakeside (CFH) | d  | 2021 |      |      |      |      | 2051 |      |      |      |      |      | 2121 |      |      |      | 2151 |      |
| Ockendon (OCK)                  | d  | 2025 |      |      |      |      | 2055 |      |      |      |      |      | 2125 |      |      |      | 2155 |      |
| Upminster (UPM)                 | d  | 2031 | 2038 |      | 2049 |      | 2101 | 2108 |      | 2119 |      | 2131 | 2138 |      | 2149 |      | 2201 | 2208 |
| Barking (BKG)                   | d  | 2039 | 2046 |      | 2057 | 2100 | 2109 | 2116 |      | 2127 | 2130 | 2139 | 2146 |      | 2157 | 2203 | 2209 | 2217 |
| Stratford (SRA)                 | a  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   | a  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  | d  | 2044 | 2051 |      | 2102 | 2106 | 2114 | 2121 |      | 2132 | 2136 | 2144 | 2151 |      | 2202 | 2209 | 2214 | 2222 |
| Limehouse (LHS)                 | d  | 2049 | 2056 |      | 2107 | 2111 | 2119 | 2126 |      | 2137 | 2141 | 2149 | 2156 |      | 2207 | 2214 | 2219 | 2227 |
| London Fenchurch Street (FST)   | a  | 2054 | 2100 |      | 2112 | 2115 | 2124 | 2130 |      | 2142 | 2145 | 2154 | 2200 |      | 2212 | 2218 | 2225 | 2232 |

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

a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Mondays to Fridays

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC        |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|-----------|
| Shoeburyness (SRY)              | d  | 2141 |      |      | 2157 |      |      | 2227 |      |      | 2257 |      | 2327      |
| Thorpe Bay (TPB)                | d  | 2145 |      |      | 2201 |      |      | 2231 |      |      | 2301 |      | 2331      |
| Southend East (SOE)             | d  | 2147 |      |      | 2203 |      |      | 2233 |      |      | 2303 |      | 2333      |
| Southend Central (SOC)          | a  | 2150 |      |      | 2206 |      |      | 2236 |      |      | 2306 |      | 2336      |
| Southend Central (SOC)          | d  | 2150 |      |      | 2206 |      | 2212 | 2236 |      | 2242 | 2306 |      | 2312 2336 |
| Westcliff (WCF)                 | d  | 2152 |      |      | 2208 |      | 2215 | 2238 |      | 2245 | 2308 |      | 2315 2338 |
| Chalkwell (CHW)                 | d  | 2155 |      |      | 2211 |      | 2217 | 2241 |      | 2247 | 2311 |      | 2317 2341 |
| Leigh-on-Sea (LES)              | d  | 2157 |      |      | 2213 |      | 2220 | 2243 |      | 2250 | 2313 |      | 2320 2343 |
| Benfleet (BEF)                  | d  | 2202 |      |      | 2218 |      | 2224 | 2248 |      | 2254 | 2318 |      | 2324 2348 |
| Pitsea (PSE)                    | d  |      |      |      | 2221 |      | 2229 | 2251 |      | 2259 | 2321 |      | 2329 2351 |
| Basildon (BSO)                  | d  | 2208 |      |      | 2225 |      |      | 2255 |      |      | 2325 |      | 2355      |
| Laindon (LAI)                   | d  | 2211 |      |      | 2228 |      |      | 2258 |      |      | 2328 |      | 2358      |
| West Horndon (WHR)              | d  |      |      |      | 2233 |      |      | 2303 |      |      | 2333 |      | 0003      |
| Stanford-le-Hope (SFO)          | d  |      |      |      | 2205 |      |      | 2235 |      |      | 2305 |      | 2335      |
| East Tilbury (ETL)              | d  |      |      |      | 2208 |      |      | 2238 |      |      | 2308 |      | 2338      |
| Tilbury Town (TIL)              | d  |      |      |      | 2214 |      |      | 2244 |      |      | 2314 |      | 2344      |
| Grays (GRY)                     | a  |      |      |      | 2217 |      |      | 2247 |      |      | 2317 |      | 2347      |
| Grays (GRY)                     | d  |      | 2212 | 2217 |      | 2240 |      | 2247 |      | 2312 | 2317 |      | 2342 2347 |
| Purfleet (PFL)                  | d  |      | 2218 |      |      | 2246 |      |      |      | 2318 |      |      | 2348      |
| Rainham (RNM)                   | d  |      | 2223 |      |      | 2251 |      |      |      | 2323 |      |      | 2353      |
| Dagenham Dock (DDK)             | d  |      | 2227 |      |      | 2254 |      |      |      | 2326 |      |      | 2356      |
| Chafford Hundred Lakeside (CFH) | d  |      |      | 2221 |      |      | 2251 |      |      | 2321 |      |      | 2351      |
| Ockendon (OCK)                  | d  |      |      | 2225 |      |      | 2255 |      |      | 2325 |      |      | 2355      |
| Upminster (UPM)                 | d  | 2219 |      | 2231 | 2238 |      | 2301 | 2308 |      | 2331 | 2338 |      | 0001 0008 |
| Barking (BKG)                   | d  | 2227 | 2232 | 2239 | 2246 | 2300 | 2309 | 2316 | 2332 | 2339 | 2346 | 0002 | 0009 0016 |
| Stratford (SRA)                 | d  |      |      |      |      |      |      |      |      |      |      |      |           |
| London Liverpool Street (LST)   | a  |      |      |      |      |      |      |      |      |      |      |      |           |
| West Ham (WEH)                  | d  | 2232 | 2238 | 2244 | 2251 | 2306 | 2314 | 2321 | 2338 | 2344 | 2351 | 0008 | 0014 0021 |
| Limehouse (LHS)                 | d  | 2237 | 2243 | 2249 | 2256 | 2311 | 2319 | 2326 | 2343 | 2349 | 2356 | 0013 | 0019 0026 |
| London Fenchurch Street (FST)   | a  | 2242 | 2247 | 2254 | 2300 | 2315 | 2324 | 2330 | 2347 | 2354 | 0001 | 0017 | 0024 0030 |

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

a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Saturdays

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         |      | 0425 | 0443 | 0509 |      | 0513 | 0539 |      | 0543 | 0609 |      | 0613 | 0639 |      | 0643 | 0709 | 0713 |
| Thorpe Bay (TPB)                | d         |      | 0429 | 0447 | 0513 |      | 0517 | 0543 |      | 0547 | 0613 |      | 0617 | 0643 |      | 0647 | 0713 | 0717 |
| Southend East (SOE)             | d         |      | 0431 | 0449 | 0515 |      | 0519 | 0545 |      | 0549 | 0615 |      | 0619 | 0645 |      | 0649 | 0715 | 0719 |
| Southend Central (SOC)          | a         |      | 0434 | 0452 | 0518 |      | 0522 | 0548 |      | 0552 | 0618 |      | 0622 | 0648 |      | 0652 | 0718 | 0722 |
| Southend Central (SOC)          | d         | 0413 | 0434 | 0452 | 0518 |      | 0522 | 0548 |      | 0552 | 0618 |      | 0622 | 0648 |      | 0652 | 0718 | 0722 |
| Westcliff (WCF)                 | d         | 0415 | 0436 | 0454 | 0520 |      | 0524 | 0550 |      | 0554 | 0620 |      | 0624 | 0650 |      | 0654 | 0720 | 0724 |
| Chalkwell (CHW)                 | d         | 0417 | 0439 | 0457 | 0523 |      | 0527 | 0553 |      | 0557 | 0623 |      | 0627 | 0653 |      | 0657 | 0723 | 0727 |
| Leigh-on-Sea (LES)              | d         | 0420 | 0441 | 0500 | 0526 |      | 0530 | 0556 |      | 0600 | 0626 |      | 0630 | 0656 |      | 0700 | 0726 | 0730 |
| Benfleet (BEF)                  | d         | 0424 | 0446 | 0505 | 0531 |      | 0535 | 0601 |      | 0605 | 0631 |      | 0635 | 0701 |      | 0705 | 0731 | 0735 |
| Pitsea (PSE)                    | d         | 0429 | 0449 | 0510 | 0534 |      | 0540 | 0604 |      | 0610 | 0634 |      | 0640 | 0704 |      | 0710 | 0734 | 0740 |
| Basildon (BSO)                  | d         |      | 0453 |      | 0538 |      |      | 0608 |      |      | 0638 |      |      | 0708 |      |      | 0738 |      |
| Laindon (LAI)                   | d         |      | 0456 |      | 0542 |      |      | 0612 |      |      | 0642 |      |      | 0712 |      |      | 0742 |      |
| West Horndon (WHR)              | d         |      | 0501 |      | 0546 |      |      | 0616 |      |      | 0646 |      |      | 0716 |      |      | 0746 |      |
| Stanford-le-Hope (SFO)          | d         | 0435 |      | 0516 |      |      | 0546 |      |      | 0616 |      |      | 0646 |      |      | 0716 |      | 0746 |
| East Tilbury (ETL)              | d         | 0438 |      | 0520 |      |      | 0550 |      |      | 0620 |      |      | 0650 |      |      | 0720 |      | →    |
| Tilbury Town (TIL)              | 8 d       | 0444 |      | 0526 |      |      | 0556 |      |      | 0626 |      |      | 0656 |      |      | 0726 |      |      |
| Grays (GRY)                     | a         | 0447 |      | 0529 |      |      | 0559 |      |      | 0629 |      |      | 0659 |      |      | 0729 |      |      |
| Grays (GRY)                     | d         | 0448 |      | 0530 |      | 0552 | 0600 |      | 0622 | 0630 |      | 0652 | 0700 |      | 0722 | 0730 |      | 0752 |
| Purfleet (PFL)                  | d         |      |      |      | 0558 |      |      | 0628 |      |      | 0658 |      |      | 0728 |      |      |      | 0758 |
| Rainham (RNM)                   | d         |      |      |      | 0603 |      |      | 0633 |      |      | 0703 |      |      | 0733 |      |      |      | 0803 |
| Dagenham Dock (DDK)             | d         |      |      |      | 0606 |      |      | 0636 |      |      | 0706 |      |      | 0736 |      |      |      | 0806 |
| Chafford Hundred Lakeside (CFH) | d         | 0451 |      | 0534 |      |      | 0604 |      |      | 0634 |      |      | 0704 |      |      | 0734 |      |      |
| Ockendon (OCK)                  | d         | 0455 |      | 0538 |      |      | 0608 |      |      | 0638 |      |      | 0708 |      |      | 0738 |      |      |
| Upminster (UPM)                 | ⊖ d       | 0502 | 0506 | 0544 | 0552 |      | 0614 | 0622 |      | 0644 | 0652 |      | 0714 | 0722 |      | 0744 | 0752 |      |
| Barking (BKG)                   | ⊖ d       | 0510 | 0514 | 0553 | 0600 | 0612 | 0623 | 0630 | 0642 | 0653 | 0700 | 0712 | 0723 | 0730 | 0742 | 0753 | 0800 | 0812 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 0515 | 0519 | 0558 | 0606 | 0618 | 0628 | 0636 | 0648 | 0658 | 0706 | 0718 | 0728 | 0736 | 0748 | 0758 | 0806 | 0818 |
| Limehouse (LHS)                 | DLR d     | 0520 | 0524 | 0603 | 0611 | 0623 | 0633 | 0641 | 0653 | 0703 | 0711 | 0723 | 0733 | 0741 | 0753 | 0803 | 0811 | 0823 |
| London Fenchurch Street (FST)   | 7 a       | 0525 | 0529 | 0607 | 0615 | 0627 | 0637 | 0645 | 0657 | 0707 | 0715 | 0727 | 0737 | 0745 | 0757 | 0807 | 0815 | 0827 |

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC        |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----------|
| Shoeburyness (SRY)              | d         | 0726 |      | 0739 |      | 0743 | 0756 |      | 0809 |      | 0813 | 0826 |      | 0839 |      | 0843 | 0856 | 0909      |
| Thorpe Bay (TPB)                | d         | 0730 |      | 0743 |      | 0747 | 0800 |      | 0813 |      | 0817 | 0830 |      | 0843 |      | 0847 | 0900 | 0913      |
| Southend East (SOE)             | d         | 0732 |      | 0745 |      | 0749 | 0802 |      | 0815 |      | 0819 | 0832 |      | 0845 |      | 0849 | 0902 | 0915      |
| Southend Central (SOC)          | a         | 0735 |      | 0748 |      | 0752 | 0805 |      | 0818 |      | 0822 | 0835 |      | 0848 |      | 0852 | 0905 | 0918      |
| Southend Central (SOC)          | d         | 0735 |      | 0748 |      | 0752 | 0805 |      | 0818 |      | 0822 | 0835 |      | 0848 |      | 0852 | 0905 | 0918      |
| Westcliff (WCF)                 | d         | 0737 |      | 0750 |      | 0754 | 0807 |      | 0820 |      | 0824 | 0837 |      | 0850 |      | 0854 | 0907 | 0920      |
| Chalkwell (CHW)                 | d         | 0740 |      | 0753 |      | 0757 | 0810 |      | 0823 |      | 0827 | 0840 |      | 0853 |      | 0857 | 0910 | 0923      |
| Leigh-on-Sea (LES)              | d         | 0742 |      | 0756 |      | 0800 | 0812 |      | 0826 |      | 0830 | 0842 |      | 0856 |      | 0900 | 0912 | 0926      |
| Benfleet (BEF)                  | d         | 0747 |      | 0801 |      | 0805 | 0817 |      | 0831 |      | 0835 | 0847 |      | 0901 |      | 0905 | 0917 | 0931      |
| Pitsea (PSE)                    | d         |      |      | 0804 |      | 0810 |      |      | 0834 |      | 0840 |      |      | 0904 |      | 0910 |      | 0934      |
| Basildon (BSO)                  | d         | 0753 |      | 0808 |      |      | 0823 |      | 0838 |      |      | 0853 |      | 0908 |      |      | 0923 | 0938      |
| Laindon (LAI)                   | d         | 0757 |      | 0812 |      |      | 0827 |      | 0842 |      |      | 0857 |      | 0912 |      |      | 0927 | 0942      |
| West Horndon (WHR)              | d         |      | →    | 0816 |      |      |      | →    | 0846 |      |      |      | →    | 0916 |      |      |      | → 0946    |
| Stanford-le-Hope (SFO)          | d         |      | 0746 |      |      | 0816 |      |      | 0816 |      | 0846 |      | 0846 |      |      | 0916 |      | 0916      |
| East Tilbury (ETL)              | d         |      | 0750 |      |      | →    |      |      | 0820 |      | →    |      | 0850 |      |      | →    |      | 0920      |
| Tilbury Town (TIL)              | 8 d       |      | 0756 |      |      |      |      |      | 0826 |      |      |      | 0856 |      |      |      |      | 0926      |
| Grays (GRY)                     | a         |      | 0759 |      |      |      |      |      | 0829 |      |      |      | 0859 |      |      |      |      | 0929      |
| Grays (GRY)                     | d         |      | 0800 |      | 0822 |      |      | 0830 |      | 0852 |      |      | 0900 |      | 0922 |      |      | 0930      |
| Purfleet (PFL)                  | d         |      |      |      | 0828 |      |      |      |      | 0858 |      |      |      |      | 0928 |      |      |           |
| Rainham (RNM)                   | d         |      |      |      | 0833 |      |      |      |      | 0903 |      |      |      |      | 0933 |      |      |           |
| Dagenham Dock (DDK)             | d         |      |      |      | 0836 |      |      |      |      | 0906 |      |      |      |      | 0936 |      |      |           |
| Chafford Hundred Lakeside (CFH) | d         |      | 0804 |      |      |      |      | 0834 |      |      |      |      | 0904 |      |      |      |      | 0934      |
| Ockendon (OCK)                  | d         |      | 0808 |      |      |      |      | 0838 |      |      |      |      | 0908 |      |      |      |      | 0938      |
| Upminster (UPM)                 | ⊖ d       | 0806 | 0814 | 0822 |      |      | 0836 | 0844 | 0852 |      |      | 0906 | 0914 | 0922 |      |      | 0936 | 0944 0952 |
| Barking (BKG)                   | ⊖ d       | 0816 | 0823 | 0830 | 0842 |      | 0846 | 0853 | 0900 | 0912 |      | 0916 | 0923 | 0930 | 0942 |      | 0946 | 0953 1000 |
| Stratford (SRA)                 | ⊖ DLR 7 a | 0825 |      |      |      |      | 0855 |      |      |      |      | 0925 |      |      |      |      | 0955 |           |
| London Liverpool Street (LST)   | ⊖ 15 a    | 0833 |      |      |      |      | 0903 |      |      |      |      | 0933 |      |      |      |      | 1003 |           |
| West Ham (WEH)                  | ⊖ DLR d   |      | 0828 | 0836 | 0848 |      |      | 0858 | 0906 | 0918 |      |      | 0928 | 0936 | 0948 |      |      | 0958 1006 |
| Limehouse (LHS)                 | DLR d     |      | 0833 | 0841 | 0853 |      |      | 0903 | 0911 | 0923 |      |      | 0933 | 0941 | 0953 |      |      | 1003 1011 |
| London Fenchurch Street (FST)   | 7 a       |      | 0837 | 0845 | 0857 |      |      | 0907 | 0915 | 0927 |      |      | 0937 | 0945 | 0957 |      |      | 1007 1015 |

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

- a Arrival time  
d Departure time



# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Saturdays

|                                 | Operator  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |      |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         |      | 0913 | 0926 |      | 0939 |      | 0943 | 0956 |      | 1009 |      | 1013 | 1026 |      | 1039 |      | 1043 | 1056 |
| Thorpe Bay (TPB)                | d         |      | 0917 | 0930 |      | 0943 |      | 0947 | 1000 |      | 1013 |      | 1017 | 1030 |      | 1043 |      | 1047 | 1100 |
| Southend East (SOE)             | d         |      | 0919 | 0932 |      | 0945 |      | 0949 | 1002 |      | 1015 |      | 1019 | 1032 |      | 1045 |      | 1049 | 1102 |
| Southend Central (SOC)          | a         |      | 0922 | 0935 |      | 0948 |      | 0952 | 1005 |      | 1018 |      | 1022 | 1035 |      | 1048 |      | 1052 | 1105 |
| Southend Central (SOC)          | d         |      | 0922 | 0935 |      | 0948 |      | 0952 | 1005 |      | 1018 |      | 1022 | 1035 |      | 1048 |      | 1052 | 1105 |
| Westcliff (WCF)                 | d         |      | 0924 | 0937 |      | 0950 |      | 0954 | 1007 |      | 1020 |      | 1024 | 1037 |      | 1050 |      | 1054 | 1107 |
| Chalkwell (CHW)                 | d         |      | 0927 | 0940 |      | 0953 |      | 0957 | 1010 |      | 1023 |      | 1027 | 1040 |      | 1053 |      | 1057 | 1110 |
| Leigh-on-Sea (LES)              | d         |      | 0930 | 0942 |      | 0956 |      | 1000 | 1012 |      | 1026 |      | 1030 | 1042 |      | 1056 |      | 1100 | 1112 |
| Benfleet (BEF)                  | d         |      | 0935 | 0947 |      | 1001 |      | 1005 | 1017 |      | 1031 |      | 1035 | 1047 |      | 1101 |      | 1105 | 1117 |
| Pitsea (PSE)                    | d         |      | 0940 |      |      | 1004 |      | 1010 |      |      | 1034 |      | 1040 |      |      | 1104 |      | 1110 |      |
| Basildon (BSO)                  | d         |      |      | 0953 |      | 1008 |      |      | 1023 |      | 1038 |      |      | 1053 |      | 1108 |      |      | 1123 |
| Laindon (LAI)                   | d         |      |      | 0957 |      | 1012 |      |      | 1027 |      | 1042 |      |      | 1057 |      | 1112 |      |      | 1127 |
| West Horndon (WHR)              | d         |      |      |      | ↩    | 1016 |      |      |      | ↩    | 1046 |      |      |      | ↩    | 1116 |      |      |      |
| Stanford-le-Hope (SFO)          | d         |      | 0946 |      | 0946 |      |      | 1016 |      | 1016 |      |      | 1046 |      | 1046 |      |      | 1116 |      |
| East Tilbury (ETL)              | d         |      | ↪    |      | 0950 |      |      | ↪    |      | 1020 |      |      | ↪    |      | 1050 |      |      | ↪    |      |
| Tilbury Town (TIL)              | 3 d       |      |      |      | 0956 |      |      |      |      | 1026 |      |      |      |      | 1056 |      |      |      |      |
| Grays (GRY)                     | a         |      |      |      | 0959 |      |      |      |      | 1029 |      |      |      |      | 1059 |      |      |      |      |
| Grays (GRY)                     | d         | 0952 |      |      | 1000 |      | 1022 |      |      | 1030 |      | 1052 |      |      | 1100 |      | 1122 |      |      |
| Purfleet (PFL)                  | d         | 0958 |      |      |      |      | 1028 |      |      |      |      | 1058 |      |      |      |      | 1128 |      |      |
| Rainham (RNM)                   | d         | 1003 |      |      |      |      | 1033 |      |      |      |      | 1103 |      |      |      |      | 1133 |      |      |
| Dagenham Dock (DDK)             | d         | 1006 |      |      |      |      | 1036 |      |      |      |      | 1106 |      |      |      |      | 1136 |      |      |
| Chafford Hundred Lakeside (CFH) | d         |      |      |      | 1004 |      |      |      |      | 1034 |      |      |      |      | 1104 |      |      |      |      |
| Ockendon (OCK)                  | d         |      |      |      | 1008 |      |      |      |      | 1038 |      |      |      |      | 1108 |      |      |      |      |
| Upminster (UPM)                 | ⊖ d       |      |      | 1006 | 1014 | 1022 |      |      | 1036 | 1044 | 1052 |      |      | 1106 | 1114 | 1122 |      |      | 1136 |
| Barking (BKG)                   | ⊖ d       | 1012 |      | 1016 | 1023 | 1030 | 1042 |      | 1046 | 1053 | 1100 | 1112 |      | 1116 | 1123 | 1130 | 1142 |      | 1146 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      | 1025 |      |      |      |      | 1055 |      |      |      |      | 1127 |      |      |      |      | 1157 |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      | 1033 |      |      |      |      | 1103 |      |      |      |      | 1135 |      |      |      |      | 1205 |
| West Ham (WEH)                  | ⊖ DLR d   | 1018 |      |      | 1028 | 1036 | 1048 |      |      | 1058 | 1106 | 1118 |      |      | 1128 | 1136 | 1148 |      |      |
| Limehouse (LHS)                 | DLR d     | 1023 |      |      | 1033 | 1041 | 1053 |      |      | 1103 | 1111 | 1123 |      |      | 1133 | 1141 | 1153 |      |      |
| London Fenchurch Street (FST)   | 7 a       | 1027 |      |      | 1037 | 1045 | 1057 |      |      | 1107 | 1115 | 1127 |      |      | 1137 | 1145 | 1157 |      |      |

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         |      | 1109 |      | 1113 | 1126 |      | 1139 |      | 1143 | 1156 |      | 1209 |      | 1213 | 1226 |      | 1239 |
| Thorpe Bay (TPB)                | d         |      | 1113 |      | 1117 | 1130 |      | 1143 |      | 1147 | 1200 |      | 1213 |      | 1217 | 1230 |      | 1243 |
| Southend East (SOE)             | d         |      | 1115 |      | 1119 | 1132 |      | 1145 |      | 1149 | 1202 |      | 1215 |      | 1219 | 1232 |      | 1245 |
| Southend Central (SOC)          | a         |      | 1118 |      | 1122 | 1135 |      | 1148 |      | 1152 | 1205 |      | 1218 |      | 1222 | 1235 |      | 1248 |
| Southend Central (SOC)          | d         |      | 1118 |      | 1122 | 1135 |      | 1148 |      | 1152 | 1205 |      | 1218 |      | 1222 | 1235 |      | 1248 |
| Westcliff (WCF)                 | d         |      | 1120 |      | 1124 | 1137 |      | 1150 |      | 1154 | 1207 |      | 1220 |      | 1224 | 1237 |      | 1250 |
| Chalkwell (CHW)                 | d         |      | 1123 |      | 1127 | 1140 |      | 1153 |      | 1157 | 1210 |      | 1223 |      | 1227 | 1240 |      | 1253 |
| Leigh-on-Sea (LES)              | d         |      | 1126 |      | 1130 | 1142 |      | 1156 |      | 1200 | 1212 |      | 1226 |      | 1230 | 1242 |      | 1256 |
| Benfleet (BEF)                  | d         |      | 1131 |      | 1135 | 1147 |      | 1201 |      | 1205 | 1217 |      | 1231 |      | 1235 | 1247 |      | 1301 |
| Pitsea (PSE)                    | d         |      | 1134 |      | 1140 |      |      | 1204 |      | 1210 |      |      | 1234 |      | 1240 |      |      | 1304 |
| Basildon (BSO)                  | d         |      | 1138 |      |      | 1153 |      | 1208 |      |      | 1223 |      | 1238 |      |      | 1253 |      | 1308 |
| Laindon (LAI)                   | d         |      | 1142 |      |      | 1157 |      | 1212 |      |      | 1227 |      | 1242 |      |      | 1257 |      | 1312 |
| West Horndon (WHR)              | d         |      | 1146 |      |      |      |      | 1216 |      |      |      |      | 1246 |      |      |      |      | 1316 |
| Stanford-le-Hope (SFO)          | d         | 1116 |      |      | 1146 |      |      | 1146 |      | 1216 |      | 1216 |      |      | 1246 |      | 1246 |      |
| East Tilbury (ETL)              | d         | 1120 |      |      |      | 1150 |      |      |      |      | 1220 |      |      |      |      | 1250 |      |      |
| Tilbury Town (TIL)              | 3 d       | 1126 |      |      |      | 1156 |      |      |      |      | 1226 |      |      |      |      | 1256 |      |      |
| Grays (GRY)                     | a         | 1129 |      |      |      | 1159 |      |      |      |      | 1229 |      |      |      |      | 1259 |      |      |
| Grays (GRY)                     | d         | 1130 |      | 1152 |      |      | 1200 |      | 1222 |      |      | 1230 |      | 1252 |      |      | 1300 | 1322 |
| Purfleet (PFL)                  | d         |      |      | 1158 |      |      |      |      | 1228 |      |      |      |      | 1258 |      |      |      | 1328 |
| Rainham (RNM)                   | d         |      |      | 1203 |      |      |      |      | 1233 |      |      |      |      | 1303 |      |      |      | 1333 |
| Dagenham Dock (DDK)             | d         |      |      | 1206 |      |      |      |      | 1236 |      |      |      |      | 1306 |      |      |      | 1336 |
| Chafford Hundred Lakeside (CFH) | d         | 1134 |      |      |      |      | 1204 |      |      |      |      | 1234 |      |      |      |      | 1304 |      |
| Ockendon (OCK)                  | d         | 1138 |      |      |      |      | 1208 |      |      |      |      | 1238 |      |      |      |      | 1308 |      |
| Upminster (UPM)                 | ⊖ d       | 1144 | 1152 |      |      | 1206 | 1214 | 1222 |      | 1236 | 1244 | 1252 |      |      |      | 1306 | 1314 | 1322 |
| Barking (BKG)                   | ⊖ d       | 1153 | 1200 | 1212 |      | 1216 | 1223 | 1230 | 1242 |      | 1246 | 1253 | 1300 | 1312 |      | 1316 | 1323 | 1330 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      | 1227 |      |      |      |      | 1257 |      |      |      |      | 1327 |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      | 1235 |      |      |      |      | 1305 |      |      |      |      | 1335 |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 1158 | 1206 | 1218 |      |      | 1228 | 1236 | 1248 |      |      | 1258 | 1306 | 1318 |      |      | 1328 | 1336 |
| Limehouse (LHS)                 | DLR d     | 1203 | 1211 | 1223 |      |      | 1233 | 1241 | 1253 |      |      | 1303 | 1311 | 1323 |      |      | 1333 | 1341 |
| London Fenchurch Street (FST)   | 7 a       | 1207 | 1215 | 1227 |      |      | 1237 | 1245 | 1257 |      |      | 1307 | 1315 | 1327 |      |      | 1337 | 1345 |

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

- a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Saturdays

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         | 1243 | 1256 |      | 1309 |      | 1313 | 1326 |      | 1339 |      | 1343 | 1356 |      | 1409 |      | 1413 | 1426 |
| Thorpe Bay (TPB)                | d         | 1247 | 1300 |      | 1313 |      | 1317 | 1330 |      | 1343 |      | 1347 | 1400 |      | 1413 |      | 1417 | 1430 |
| Southend East (SOE)             | d         | 1249 | 1302 |      | 1315 |      | 1319 | 1332 |      | 1345 |      | 1349 | 1402 |      | 1415 |      | 1419 | 1432 |
| Southend Central (SOC)          | a         | 1252 | 1305 |      | 1318 |      | 1322 | 1335 |      | 1348 |      | 1352 | 1405 |      | 1418 |      | 1422 | 1435 |
| Southend Central (SOC)          | d         | 1252 | 1305 |      | 1318 |      | 1322 | 1335 |      | 1348 |      | 1352 | 1405 |      | 1418 |      | 1422 | 1435 |
| Westcliff (WCF)                 | d         | 1254 | 1307 |      | 1320 |      | 1324 | 1337 |      | 1350 |      | 1354 | 1407 |      | 1420 |      | 1424 | 1437 |
| Chalkwell (CHW)                 | d         | 1257 | 1310 |      | 1323 |      | 1327 | 1340 |      | 1353 |      | 1357 | 1410 |      | 1423 |      | 1427 | 1440 |
| Leigh-on-Sea (LES)              | d         | 1300 | 1312 |      | 1326 |      | 1330 | 1342 |      | 1356 |      | 1400 | 1412 |      | 1426 |      | 1430 | 1442 |
| Benfleet (BEF)                  | d         | 1305 | 1317 |      | 1331 |      | 1335 | 1347 |      | 1401 |      | 1405 | 1417 |      | 1431 |      | 1435 | 1447 |
| Pitsea (PSE)                    | d         | 1310 |      |      | 1334 |      | 1340 |      |      | 1404 |      | 1410 |      |      | 1434 |      | 1440 |      |
| Basildon (BSO)                  | d         |      | 1323 |      | 1338 |      |      | 1353 |      | 1408 |      |      | 1423 |      | 1438 |      |      | 1453 |
| Laindon (LAI)                   | d         |      | 1327 |      | 1342 |      |      | 1357 |      | 1412 |      |      | 1427 |      | 1442 |      |      | 1457 |
| West Horndon (WHR)              | d         |      |      | ←    | 1346 |      |      |      | ←    | 1416 |      |      |      | ←    | 1446 |      |      | ←    |
| Stanford-le-Hope (SFO)          | d         | 1316 |      | 1316 |      |      | 1346 |      | 1346 |      |      | 1416 |      | 1416 |      |      | 1446 | 1446 |
| East Tilbury (ETL)              | d         | ←    |      | 1320 |      |      | ←    |      | 1350 |      |      | ←    |      | 1420 |      |      | ←    | 1450 |
| Tilbury Town (TIL)              | 8 d       |      |      | 1326 |      |      |      |      | 1356 |      |      |      |      | 1426 |      |      |      | 1456 |
| Grays (GRY)                     | a         |      |      | 1329 |      |      |      |      | 1359 |      |      |      |      | 1429 |      |      |      | 1459 |
| Grays (GRY)                     | d         |      |      | 1330 |      |      | 1352 |      | 1400 |      |      | 1422 |      | 1430 |      | 1452 |      | 1500 |
| Purfleet (PFL)                  | d         |      |      |      |      | 1358 |      |      |      |      | 1428 |      |      |      |      | 1458 |      |      |
| Rainham (RNM)                   | d         |      |      |      |      | 1403 |      |      |      |      | 1433 |      |      |      |      | 1503 |      |      |
| Dagenham Dock (DDK)             | d         |      |      |      |      | 1406 |      |      |      |      | 1436 |      |      |      |      | 1506 |      |      |
| Chafford Hundred Lakeside (CFH) | d         |      |      | 1334 |      |      |      |      | 1404 |      |      |      |      | 1434 |      |      |      | 1504 |
| Ockendon (OCK)                  | d         |      |      | 1338 |      |      |      |      | 1408 |      |      |      |      | 1438 |      |      |      | 1508 |
| Upminster (UPM)                 | ⊖ d       |      | 1336 | 1344 | 1352 |      |      | 1406 | 1414 | 1422 |      |      | 1436 | 1444 | 1452 |      | 1506 | 1514 |
| Barking (BKG)                   | ⊖ d       |      | 1346 | 1353 | 1400 | 1412 |      | 1416 | 1423 | 1430 | 1442 |      | 1446 | 1453 | 1500 | 1512 |      | 1516 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      | 1357 |      |      |      |      | 1427 |      |      |      |      | 1457 |      |      |      |      | 1527 |
| London Liverpool Street (LST)   | ⊖ 15 a    |      | 1405 |      |      |      |      | 1435 |      |      |      |      | 1505 |      |      |      |      | 1535 |
| West Ham (WEH)                  | ⊖ DLR d   |      |      | 1358 | 1406 | 1418 |      |      | 1428 | 1436 | 1448 |      |      | 1458 | 1506 | 1518 |      | 1528 |
| Limehouse (LHS)                 | DLR d     |      |      | 1403 | 1411 | 1423 |      |      | 1433 | 1441 | 1453 |      |      | 1503 | 1511 | 1523 |      | 1533 |
| London Fenchurch Street (FST)   | 7 a       |      |      | 1407 | 1415 | 1427 |      |      | 1437 | 1445 | 1457 |      |      | 1507 | 1515 | 1527 |      | 1537 |

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         | 1439 |      | 1443 | 1456 |      | 1509 |      | 1513 | 1526 |      | 1539 |      | 1543 | 1556 |      | 1609 | 1613 |
| Thorpe Bay (TPB)                | d         | 1443 |      | 1447 | 1500 |      | 1513 |      | 1517 | 1530 |      | 1543 |      | 1547 | 1600 |      | 1613 | 1617 |
| Southend East (SOE)             | d         | 1445 |      | 1449 | 1502 |      | 1515 |      | 1519 | 1532 |      | 1545 |      | 1549 | 1602 |      | 1615 | 1619 |
| Southend Central (SOC)          | a         | 1448 |      | 1452 | 1505 |      | 1518 |      | 1522 | 1535 |      | 1548 |      | 1552 | 1605 |      | 1618 | 1622 |
| Southend Central (SOC)          | d         | 1448 |      | 1452 | 1505 |      | 1518 |      | 1522 | 1535 |      | 1548 |      | 1552 | 1605 |      | 1618 | 1622 |
| Westcliff (WCF)                 | d         | 1450 |      | 1454 | 1507 |      | 1520 |      | 1524 | 1537 |      | 1550 |      | 1554 | 1607 |      | 1620 | 1624 |
| Chalkwell (CHW)                 | d         | 1453 |      | 1457 | 1510 |      | 1523 |      | 1527 | 1540 |      | 1553 |      | 1557 | 1610 |      | 1623 | 1627 |
| Leigh-on-Sea (LES)              | d         | 1456 |      | 1500 | 1512 |      | 1526 |      | 1530 | 1542 |      | 1556 |      | 1600 | 1612 |      | 1626 | 1630 |
| Benfleet (BEF)                  | d         | 1501 |      | 1505 | 1517 |      | 1531 |      | 1535 | 1547 |      | 1601 |      | 1605 | 1617 |      | 1631 | 1635 |
| Pitsea (PSE)                    | d         | 1504 |      | 1510 |      |      | 1534 |      | 1540 |      |      | 1604 |      | 1610 |      |      | 1634 | 1640 |
| Basildon (BSO)                  | d         | 1508 |      |      | 1523 |      | 1538 |      |      | 1553 |      | 1608 |      |      | 1623 |      | 1638 |      |
| Laindon (LAI)                   | d         | 1512 |      |      | 1527 |      | 1542 |      |      | 1557 |      | 1612 |      |      | 1627 |      | 1642 |      |
| West Horndon (WHR)              | d         | 1516 |      |      |      | ←    | 1546 |      |      |      | ←    | 1616 |      |      |      | ←    | 1646 |      |
| Stanford-le-Hope (SFO)          | d         |      |      | 1516 |      | 1516 |      |      | 1546 |      | 1546 |      |      | 1616 |      | 1616 |      | 1646 |
| East Tilbury (ETL)              | d         |      |      | ←    |      | 1520 |      |      | ←    |      | 1550 |      |      | ←    |      | 1620 |      | ←    |
| Tilbury Town (TIL)              | 8 d       |      |      |      | 1526 |      |      |      |      | 1556 |      |      |      |      | 1626 |      |      |      |
| Grays (GRY)                     | a         |      |      |      | 1529 |      |      |      |      | 1559 |      |      |      |      | 1629 |      |      |      |
| Grays (GRY)                     | d         |      | 1522 |      |      | 1530 |      | 1552 |      |      | 1600 |      | 1622 |      |      | 1630 |      | 1652 |
| Purfleet (PFL)                  | d         |      | 1528 |      |      |      |      | 1558 |      |      |      |      | 1628 |      |      |      |      | 1658 |
| Rainham (RNM)                   | d         |      | 1533 |      |      |      |      | 1603 |      |      |      |      | 1633 |      |      |      |      | 1703 |
| Dagenham Dock (DDK)             | d         |      | 1536 |      |      |      |      | 1606 |      |      |      |      | 1636 |      |      |      |      | 1706 |
| Chafford Hundred Lakeside (CFH) | d         |      |      |      |      | 1534 |      |      |      |      | 1604 |      |      |      |      | 1634 |      |      |
| Ockendon (OCK)                  | d         |      |      |      |      | 1538 |      |      |      |      | 1608 |      |      |      |      | 1638 |      |      |
| Upminster (UPM)                 | ⊖ d       | 1522 |      |      | 1536 | 1544 | 1552 |      |      | 1606 | 1614 | 1622 |      |      | 1636 | 1644 | 1652 |      |
| Barking (BKG)                   | ⊖ d       | 1530 | 1542 |      | 1546 | 1553 | 1600 | 1612 |      | 1616 | 1623 | 1630 | 1642 |      | 1646 | 1653 | 1700 | 1712 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      | 1557 |      |      |      |      | 1627 |      |      |      |      | 1657 |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      | 1605 |      |      |      |      | 1635 |      |      |      |      | 1705 |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 1536 | 1548 |      |      | 1558 | 1606 | 1618 |      |      | 1628 | 1636 | 1648 |      |      | 1658 | 1706 | 1718 |
| Limehouse (LHS)                 | DLR d     | 1541 | 1553 |      |      | 1603 | 1611 | 1623 |      |      | 1633 | 1641 | 1653 |      |      | 1703 | 1711 | 1723 |
| London Fenchurch Street (FST)   | 7 a       | 1545 | 1557 |      |      | 1607 | 1615 | 1627 |      |      | 1637 | 1645 | 1657 |      |      | 1707 | 1715 | 1727 |

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

- a Arrival time  
d Departure time

## Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Saturdays

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  | 1626 |      | 1639 |      | 1643 | 1656 |      | 1709 |      | 1713 | 1726 |      | 1739 |      | 1743 | 1756 | 1809 |
| Thorpe Bay (TPB)                | d  | 1630 |      | 1643 |      | 1647 | 1700 |      | 1713 |      | 1717 | 1730 |      | 1743 |      | 1747 | 1800 | 1813 |
| Southend East (SOE)             | d  | 1632 |      | 1645 |      | 1649 | 1702 |      | 1715 |      | 1719 | 1732 |      | 1745 |      | 1749 | 1802 | 1815 |
| Southend Central (SOC)          | a  | 1635 |      | 1648 |      | 1652 | 1705 |      | 1718 |      | 1722 | 1735 |      | 1748 |      | 1752 | 1805 | 1818 |
| Southend Central (SOC)          | d  | 1635 |      | 1648 |      | 1652 | 1705 |      | 1718 |      | 1722 | 1735 |      | 1748 |      | 1752 | 1805 | 1818 |
| Westcliff (WCF)                 | d  | 1637 |      | 1650 |      | 1654 | 1707 |      | 1720 |      | 1724 | 1737 |      | 1750 |      | 1754 | 1807 | 1820 |
| Chalkwell (CHW)                 | d  | 1640 |      | 1653 |      | 1657 | 1710 |      | 1723 |      | 1727 | 1740 |      | 1753 |      | 1757 | 1810 | 1823 |
| Leigh-on-Sea (LES)              | d  | 1642 |      | 1656 |      | 1700 | 1712 |      | 1726 |      | 1730 | 1742 |      | 1756 |      | 1800 | 1812 | 1826 |
| Benfleet (BEF)                  | d  | 1647 |      | 1701 |      | 1705 | 1717 |      | 1731 |      | 1735 | 1747 |      | 1801 |      | 1805 | 1817 | 1831 |
| Pitsea (PSE)                    | d  |      |      | 1704 |      | 1710 |      |      | 1734 |      | 1740 |      |      | 1804 |      | 1810 |      | 1834 |
| Basildon (BSO)                  | d  | 1653 |      | 1708 |      |      | 1723 |      | 1738 |      |      | 1753 |      | 1808 |      |      | 1823 | 1838 |
| Laindon (LAI)                   | d  | 1657 |      | 1712 |      |      | 1727 |      | 1742 |      |      | 1757 |      | 1812 |      |      | 1827 | 1842 |
| West Horndon (WHR)              | d  |      | 1716 |      |      |      |      | 1746 |      |      |      |      | 1816 |      |      |      |      | 1846 |
| Stanford-le-Hope (SFO)          | d  |      | 1646 |      |      | 1716 |      | 1716 |      |      | 1746 |      | 1746 |      |      | 1816 |      | 1816 |
| East Tilbury (ETL)              | d  |      | 1650 |      |      |      | 1720 |      |      |      |      | 1750 |      |      |      |      | 1820 |      |
| Tilbury Town (TIL)              | d  |      | 1656 |      |      |      | 1726 |      |      |      |      | 1756 |      |      |      |      | 1826 |      |
| Grays (GRY)                     | a  |      | 1659 |      |      |      | 1729 |      |      |      |      | 1759 |      |      |      |      | 1829 |      |
| Grays (GRY)                     | d  |      | 1700 |      | 1722 |      |      | 1730 |      | 1752 |      |      | 1800 |      | 1822 |      |      | 1830 |
| Purfleet (PFL)                  | d  |      |      | 1728 |      |      |      |      | 1758 |      |      |      |      |      | 1828 |      |      |      |
| Rainham (RNM)                   | d  |      |      | 1733 |      |      |      |      | 1803 |      |      |      |      |      | 1833 |      |      |      |
| Dagenham Dock (DDK)             | d  |      |      | 1736 |      |      |      |      | 1806 |      |      |      |      |      | 1836 |      |      |      |
| Chafford Hundred Lakeside (CFH) | d  |      | 1704 |      |      |      | 1734 |      |      |      |      | 1804 |      |      |      |      | 1834 |      |
| Ockendon (OCK)                  | d  |      | 1708 |      |      |      | 1738 |      |      |      |      | 1808 |      |      |      |      | 1838 |      |
| Upminster (UPM)                 | d  | 1706 | 1714 | 1722 |      | 1736 | 1744 | 1752 |      | 1806 | 1814 | 1822 |      | 1836 | 1844 | 1852 |      |      |
| Barking (BKG)                   | d  | 1716 | 1723 | 1730 | 1742 | 1746 | 1753 | 1800 | 1812 | 1816 | 1823 | 1830 | 1842 | 1846 | 1853 | 1900 |      |      |
| Stratford (SRA)                 | d  | 1727 |      |      |      | 1757 |      |      |      | 1827 |      |      |      |      | 1857 |      |      |      |
| London Liverpool Street (LST)   | a  | 1735 |      |      |      | 1805 |      |      |      | 1835 |      |      |      |      | 1905 |      |      |      |
| West Ham (WEH)                  | d  |      | 1728 | 1736 | 1748 |      | 1758 | 1806 | 1818 |      |      | 1828 | 1836 | 1848 |      |      | 1858 | 1906 |
| Limehouse (LHS)                 | d  |      | 1733 | 1741 | 1753 |      | 1803 | 1811 | 1823 |      |      | 1833 | 1841 | 1853 |      |      | 1903 | 1911 |
| London Fenchurch Street (FST)   | a  |      | 1737 | 1745 | 1757 |      | 1807 | 1815 | 1827 |      |      | 1837 | 1845 | 1857 |      |      | 1907 | 1915 |

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  | 1813 | 1826 |      | 1839 |      | 1843 | 1856 |      | 1909 |      | 1913 | 1926 |      | 1939 |      | 1943 | 1956 |
| Thorpe Bay (TPB)                | d  | 1817 | 1830 |      | 1843 |      | 1847 | 1900 |      | 1913 |      | 1917 | 1930 |      | 1943 |      | 1947 | 2000 |
| Southend East (SOE)             | d  | 1819 | 1832 |      | 1845 |      | 1849 | 1902 |      | 1915 |      | 1919 | 1932 |      | 1945 |      | 1949 | 2002 |
| Southend Central (SOC)          | a  | 1822 | 1835 |      | 1848 |      | 1852 | 1905 |      | 1918 |      | 1922 | 1935 |      | 1948 |      | 1952 | 2005 |
| Southend Central (SOC)          | d  | 1822 | 1835 |      | 1848 |      | 1852 | 1905 |      | 1918 |      | 1922 | 1935 |      | 1948 |      | 1952 | 2005 |
| Westcliff (WCF)                 | d  | 1824 | 1837 |      | 1850 |      | 1854 | 1907 |      | 1920 |      | 1924 | 1937 |      | 1950 |      | 1954 | 2007 |
| Chalkwell (CHW)                 | d  | 1827 | 1840 |      | 1853 |      | 1857 | 1910 |      | 1923 |      | 1927 | 1940 |      | 1953 |      | 1957 | 2010 |
| Leigh-on-Sea (LES)              | d  | 1830 | 1842 |      | 1856 |      | 1900 | 1912 |      | 1926 |      | 1930 | 1942 |      | 1956 |      | 2000 | 2012 |
| Benfleet (BEF)                  | d  | 1835 | 1847 |      | 1901 |      | 1905 | 1917 |      | 1931 |      | 1935 | 1947 |      | 2001 |      | 2005 | 2017 |
| Pitsea (PSE)                    | d  | 1840 |      |      | 1904 |      | 1910 |      |      | 1934 |      | 1940 |      |      | 2004 |      | 2010 |      |
| Basildon (BSO)                  | d  |      | 1853 |      | 1908 |      |      | 1923 |      | 1938 |      |      | 1953 |      | 2008 |      |      | 2023 |
| Laindon (LAI)                   | d  |      | 1857 |      | 1912 |      |      | 1927 |      | 1942 |      |      | 1957 |      | 2012 |      |      | 2027 |
| West Horndon (WHR)              | d  |      |      | 1916 |      |      |      |      | 1946 |      |      |      |      | 1957 | 2016 |      |      |      |
| Stanford-le-Hope (SFO)          | d  |      | 1846 |      | 1846 |      | 1916 |      | 1916 |      |      | 1946 |      | 1946 |      |      | 2016 |      |
| East Tilbury (ETL)              | d  |      | 1850 |      |      |      | 1920 |      |      |      |      | 1950 |      |      |      |      |      |      |
| Tilbury Town (TIL)              | d  |      | 1856 |      |      |      | 1926 |      |      |      |      | 1956 |      |      |      |      |      |      |
| Grays (GRY)                     | a  |      | 1859 |      |      |      | 1929 |      |      |      |      | 1959 |      |      |      |      |      |      |
| Grays (GRY)                     | d  | 1852 |      |      | 1900 |      | 1922 |      | 1930 |      | 1952 |      |      | 2000 |      | 2022 |      |      |
| Purfleet (PFL)                  | d  | 1858 |      |      |      | 1928 |      |      |      | 1958 |      |      |      |      |      | 2028 |      |      |
| Rainham (RNM)                   | d  | 1903 |      |      |      | 1933 |      |      |      | 2003 |      |      |      |      |      | 2033 |      |      |
| Dagenham Dock (DDK)             | d  | 1906 |      |      |      | 1936 |      |      |      | 2006 |      |      |      |      |      | 2036 |      |      |
| Chafford Hundred Lakeside (CFH) | d  |      |      | 1904 |      |      |      | 1934 |      |      |      |      |      | 2004 |      |      |      |      |
| Ockendon (OCK)                  | d  |      |      | 1908 |      |      |      | 1938 |      |      |      |      |      | 2008 |      |      |      |      |
| Upminster (UPM)                 | d  |      | 1906 | 1914 | 1922 |      |      | 1936 | 1944 | 1952 |      |      | 2006 | 2014 | 2022 |      |      | 2036 |
| Barking (BKG)                   | d  | 1912 | 1916 | 1923 | 1930 | 1942 |      | 1946 | 1953 | 2000 | 2012 |      | 2016 | 2023 | 2030 | 2042 |      | 2046 |
| Stratford (SRA)                 | d  |      | 1927 |      |      |      |      | 1957 |      |      |      |      | 2025 |      |      |      |      | 2055 |
| London Liverpool Street (LST)   | a  |      | 1935 |      |      |      |      | 2005 |      |      |      |      | 2033 |      |      |      |      | 2103 |
| West Ham (WEH)                  | d  | 1918 |      |      | 1928 | 1936 | 1948 |      | 1958 | 2006 | 2018 |      |      | 2028 | 2036 | 2048 |      |      |
| Limehouse (LHS)                 | d  | 1923 |      |      | 1933 | 1941 | 1953 |      | 2003 | 2011 | 2023 |      |      | 2033 | 2041 | 2053 |      |      |
| London Fenchurch Street (FST)   | a  | 1927 |      |      | 1937 | 1945 | 1957 |      | 2007 | 2015 | 2027 |      |      | 2037 | 2045 | 2057 |      |      |

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

- a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Saturdays

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         | 2009 |      | 2013 | 2026 |      | 2039 |      | 2043 | 2056 |      | 2109 |      | 2113 | 2126 |      | 2139 |      |
| Thorpe Bay (TPB)                | d         | 2013 |      | 2017 | 2030 |      | 2043 |      | 2047 | 2100 |      | 2113 |      | 2117 | 2130 |      | 2143 |      |
| Southend East (SOE)             | d         | 2015 |      | 2019 | 2032 |      | 2045 |      | 2049 | 2102 |      | 2115 |      | 2119 | 2132 |      | 2145 |      |
| Southend Central (SOC)          | a         | 2018 |      | 2022 | 2035 |      | 2048 |      | 2052 | 2105 |      | 2118 |      | 2122 | 2135 |      | 2148 |      |
| Southend Central (SOC)          | d         | 2018 |      | 2022 | 2035 |      | 2048 |      | 2052 | 2105 |      | 2118 |      | 2122 | 2135 |      | 2148 |      |
| Westcliff (WCF)                 | d         | 2020 |      | 2024 | 2037 |      | 2050 |      | 2054 | 2107 |      | 2120 |      | 2124 | 2137 |      | 2150 |      |
| Chalkwell (CHW)                 | d         | 2023 |      | 2027 | 2040 |      | 2053 |      | 2057 | 2110 |      | 2123 |      | 2127 | 2140 |      | 2153 |      |
| Leigh-on-Sea (LES)              | d         | 2026 |      | 2030 | 2042 |      | 2056 |      | 2100 | 2112 |      | 2126 |      | 2130 | 2142 |      | 2156 |      |
| Benfleet (BEF)                  | d         | 2031 |      | 2035 | 2047 |      | 2101 |      | 2105 | 2117 |      | 2131 |      | 2135 | 2147 |      | 2201 |      |
| Pitsea (PSE)                    | d         | 2034 |      | 2040 |      |      | 2104 |      | 2110 |      |      | 2134 |      | 2140 |      |      | 2204 |      |
| Basildon (BSO)                  | d         | 2038 |      |      | 2053 |      | 2108 |      |      | 2123 |      | 2138 |      |      | 2153 |      | 2208 |      |
| Laindon (LAI)                   | d         | 2042 |      |      | 2057 |      | 2112 |      |      | 2127 |      | 2142 |      |      | 2157 |      | 2212 |      |
| West Horndon (WHR)              | d         | 2046 |      |      |      |      | 2116 |      |      |      |      | 2146 |      |      |      |      | 2216 |      |
| Stanford-le-Hope (SFO)          | d         | 2016 |      |      | 2046 |      | 2046 |      |      | 2116 |      | 2116 |      |      | 2146 |      | 2146 |      |
| East Tilbury (ETL)              | d         | 2020 |      |      |      |      | 2050 |      |      |      |      | 2120 |      |      |      |      | 2150 |      |
| Tilbury Town (TIL)              | 8 d       | 2026 |      |      |      |      | 2056 |      |      |      |      | 2126 |      |      |      |      | 2156 |      |
| Grays (GRY)                     | a         | 2029 |      |      |      |      | 2059 |      |      |      |      | 2129 |      |      |      |      | 2159 |      |
| Grays (GRY)                     | d         | 2030 |      |      | 2052 |      | 2100 |      |      | 2122 |      | 2130 |      |      | 2152 |      | 2200 | 2222 |
| Purfleet (PFL)                  | d         |      |      |      | 2058 |      |      |      |      | 2128 |      |      |      |      | 2158 |      |      | 2228 |
| Rainham (RNM)                   | d         |      |      |      | 2103 |      |      |      |      | 2133 |      |      |      |      | 2203 |      |      | 2233 |
| Dagenham Dock (DDK)             | d         |      |      |      | 2106 |      |      |      |      | 2136 |      |      |      |      | 2206 |      |      | 2236 |
| Chafford Hundred Lakeside (CFH) | d         | 2034 |      |      |      |      | 2104 |      |      |      |      | 2134 |      |      |      |      | 2204 |      |
| Ockendon (OCK)                  | d         | 2038 |      |      |      |      | 2108 |      |      |      |      | 2138 |      |      |      |      | 2208 |      |
| Upminster (UPM)                 | ⊖ d       | 2044 | 2052 |      | 2106 | 2114 | 2122 |      |      | 2136 | 2144 | 2152 |      |      | 2206 | 2214 | 2222 |      |
| Barking (BKG)                   | ⊖ d       | 2053 | 2100 | 2112 | 2116 | 2123 | 2130 | 2142 |      | 2146 | 2153 | 2200 | 2212 |      | 2216 | 2223 | 2230 | 2242 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      | 2125 |      |      |      |      | 2155 |      |      |      |      | 2225 |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      | 2133 |      |      |      |      | 2203 |      |      |      |      | 2233 |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 2058 | 2106 | 2118 |      |      | 2128 | 2136 | 2148 |      |      | 2158 | 2206 | 2218 |      |      | 2228 | 2236 |
| Limehouse (LHS)                 | DLR d     | 2103 | 2111 | 2123 |      |      | 2133 | 2141 | 2153 |      |      | 2203 | 2211 | 2223 |      |      | 2233 | 2241 |
| London Fenchurch Street (FST)   | 7 a       | 2107 | 2115 | 2127 |      |      | 2137 | 2145 | 2157 |      |      | 2207 | 2215 | 2227 |      |      | 2237 | 2245 |

|                                 | Operator  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         | 2143 | 2156 |      | 2209 |      | 2213 | 2226 |      | 2239 |      | 2243 | 2309 | 2329 | 2333 |
| Thorpe Bay (TPB)                | d         | 2147 | 2200 |      | 2213 |      | 2217 | 2230 |      | 2243 |      | 2247 | 2313 | 2333 | 2337 |
| Southend East (SOE)             | d         | 2149 | 2202 |      | 2215 |      | 2219 | 2232 |      | 2245 |      | 2249 | 2315 | 2335 | 2339 |
| Southend Central (SOC)          | a         | 2152 | 2205 |      | 2218 |      | 2222 | 2235 |      | 2248 |      | 2252 | 2318 | 2338 | 2342 |
| Southend Central (SOC)          | d         | 2152 | 2205 |      | 2218 |      | 2222 | 2235 |      | 2248 |      | 2252 | 2318 | 2338 | 2342 |
| Westcliff (WCF)                 | d         | 2154 | 2207 |      | 2220 |      | 2224 | 2237 |      | 2250 |      | 2254 | 2320 | 2340 | 2344 |
| Chalkwell (CHW)                 | d         | 2157 | 2210 |      | 2223 |      | 2227 | 2240 |      | 2253 |      | 2257 | 2323 | 2343 | 2347 |
| Leigh-on-Sea (LES)              | d         | 2200 | 2212 |      | 2226 |      | 2230 | 2242 |      | 2256 |      | 2300 | 2326 | 2346 | 2350 |
| Benfleet (BEF)                  | d         | 2205 | 2217 |      | 2231 |      | 2235 | 2247 |      | 2301 |      | 2305 | 2331 | 2351 | 2354 |
| Pitsea (PSE)                    | d         | 2210 |      |      | 2234 |      | 2240 |      |      | 2304 |      | 2310 | 2334 | 2354 | 2359 |
| Basildon (BSO)                  | d         |      | 2223 |      | 2238 |      |      | 2253 |      | 2308 |      |      | 2338 | 2358 |      |
| Laindon (LAI)                   | d         |      | 2227 |      | 2242 |      |      | 2257 |      | 2312 |      |      | 2342 | 0001 |      |
| West Horndon (WHR)              | d         |      |      | ↩    | 2246 |      |      |      | ↩    | 2316 |      |      | 2346 | 0006 |      |
| Stanford-le-Hope (SFO)          | d         | 2216 |      |      | 2216 |      |      | 2246 |      | 2246 |      |      | 2316 |      | 0005 |
| East Tilbury (ETL)              | d         | ↩    |      |      | 2220 |      |      | ↩    |      | 2250 |      |      | 2320 |      | 0009 |
| Tilbury Town (TIL)              | 3 d       |      |      |      | 2226 |      |      |      |      | 2256 |      |      | 2326 |      | 0015 |
| Grays (GRY)                     | a         |      |      |      | 2229 |      |      |      |      | 2259 |      |      | 2329 |      | 0018 |
| Grays (GRY)                     | d         |      |      |      | 2230 |      | 2252 |      |      | 2300 |      | 2322 | 2330 |      | 0019 |
| Purfleet (PFL)                  | d         |      |      |      |      |      | 2258 |      |      |      |      | 2328 |      |      |      |
| Rainham (RNM)                   | d         |      |      |      |      |      | 2303 |      |      |      |      | 2333 |      |      |      |
| Dagenham Dock (DDK)             | d         |      |      |      |      |      | 2306 |      |      |      |      | 2336 |      |      |      |
| Chafford Hundred Lakeside (CFH) | d         |      |      |      | 2234 |      |      |      |      | 2304 |      |      | 2334 |      | 0024 |
| Ockendon (OCK)                  | d         |      |      |      | 2238 |      |      |      |      | 2308 |      |      | 2338 |      | 0028 |
| Upminster (UPM)                 | ⊖ d       |      | 2236 | 2244 | 2252 |      |      | 2306 | 2314 | 2322 |      |      | 2344 | 2352 | 0011 |
| Barking (BKG)                   | ⊖ d       |      | 2246 | 2253 | 2301 | 2312 |      | 2316 | 2323 | 2330 | 2342 |      | 2353 | 2359 | 0020 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      | 2255 |      |      |      |      | 2325 |      |      |      |      |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      | 2303 |      |      |      |      | 2333 |      |      |      |      |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   |      |      | 2258 | 2307 | 2318 |      |      |      | 2328 | 2336 | 2348 | 2358 | 0006 | 0025 |
| Limehouse (LHS)                 | DLR d     |      |      | 2303 | 2312 | 2323 |      |      |      | 2333 | 2341 | 2353 | 0003 | 0011 | 0030 |
| London Fenchurch Street (FST)   | 7 a       |      |      | 2307 | 2316 | 2327 |      |      |      | 2337 | 2345 | 2359 | 0008 | 0015 | 0035 |

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

- a Arrival time  
d Departure time

## Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Sundays

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|----|------|------|------|
| Shoeburyness (SRY)              | d  | 0540 | 0602 | 0610 |      | 0626 | 0643 | 0656 |      |      | 0713 | 0726 |      | 0743 |    | 0756 |      | 0813 |
| Thorpe Bay (TPB)                | d  | 0544 | 0606 | 0614 |      | 0630 | 0647 | 0700 |      |      | 0717 | 0730 |      | 0747 |    | 0800 |      | 0817 |
| Southend East (SOE)             | d  | 0546 | 0608 | 0616 |      | 0632 | 0649 | 0702 |      |      | 0719 | 0732 |      | 0749 |    | 0802 |      | 0819 |
| Southend Central (SOC)          | a  | 0549 | 0611 | 0619 |      | 0635 | 0652 | 0705 |      |      | 0722 | 0735 |      | 0752 |    | 0805 |      | 0822 |
| Southend Central (SOC)          | d  | 0549 | 0611 | 0619 |      | 0635 | 0652 | 0705 |      |      | 0722 | 0735 |      | 0752 |    | 0805 |      | 0822 |
| Westcliff (WCF)                 | d  | 0551 | 0613 | 0621 |      | 0637 | 0654 | 0707 |      |      | 0724 | 0737 |      | 0754 |    | 0807 |      | 0824 |
| Chalkwell (CHW)                 | d  | 0554 | 0616 | 0624 |      | 0640 | 0657 | 0710 |      |      | 0727 | 0740 |      | 0757 |    | 0810 |      | 0827 |
| Leigh-on-Sea (LES)              | d  | 0556 | 0619 | 0626 |      | 0642 | 0700 | 0712 |      |      | 0730 | 0742 |      | 0800 |    | 0812 |      | 0830 |
| Benfleet (BEF)                  | d  | 0601 | 0624 | 0631 |      | 0647 | 0705 | 0717 |      |      | 0735 | 0747 |      | 0805 |    | 0817 |      | 0835 |
| Pitsea (PSE)                    | d  | 0604 | 0629 | 0634 |      | 0650 | 0710 | 0720 |      |      | 0740 | 0750 |      | 0810 |    | 0820 |      | 0840 |
| Basildon (BSO)                  | d  | 0608 |      | 0638 |      | 0654 |      | 0724 |      |      |      | 0754 |      |      |    | 0824 |      |      |
| Laindon (LAI)                   | d  | 0611 |      | 0641 |      | 0657 |      | 0727 |      |      |      | 0757 |      |      |    | 0827 |      |      |
| West Horndon (WHR)              | d  | 0616 |      | 0646 |      | 0702 |      | 0732 |      |      |      | 0802 |      |      |    | 0832 |      |      |
| Stanford-le-Hope (SFO)          | d  |      | 0635 |      | 0635 |      | 0716 |      | 0716 |      | 0746 |      | 0746 | 0816 |    |      | 0816 | 0846 |
| East Tilbury (ETL)              | d  |      |      |      | 0638 |      |      |      | 0719 |      |      |      | 0749 |      |    |      | 0819 |      |
| Tilbury Town (TIL)              | d  |      |      |      | 0644 |      |      |      | 0725 |      |      |      | 0755 |      |    |      | 0825 |      |
| Grays (GRY)                     | a  |      |      |      | 0647 |      |      |      | 0728 |      |      |      | 0758 |      |    |      | 0828 |      |
| Grays (GRY)                     | d  |      |      |      | 0648 |      |      |      | 0730 |      |      |      | 0800 |      |    | 0822 | 0830 | 0852 |
| Purfleet (PFL)                  | d  |      |      |      |      |      |      |      |      | 0742 |      |      |      |      |    | 0828 |      | 0858 |
| Rainham (RNM)                   | d  |      |      |      |      |      |      |      |      | 0748 |      |      |      |      |    | 0833 |      | 0903 |
| Dagenham Dock (DDK)             | d  |      |      |      |      |      |      |      |      | 0753 |      |      |      |      |    | 0837 |      | 0907 |
| Chafford Hundred Lakeside (CFH) | d  |      |      |      | 0651 |      |      |      | 0733 |      |      |      |      | 0803 |    |      | 0833 |      |
| Ockendon (OCK)                  | d  |      |      |      | 0655 |      |      |      | 0737 |      |      |      |      | 0807 |    |      | 0837 |      |
| Upminster (UPM)                 | d  | 0621 |      | 0651 | 0702 | 0707 |      | 0737 | 0744 |      |      |      | 0807 | 0814 |    | 0837 | 0844 |      |
| Barking (BKG)                   | d  | 0629 |      | 0659 | 0711 | 0715 |      | 0745 | 0753 | 0802 |      |      | 0815 | 0823 |    | 0842 | 0846 | 0912 |
| Stratford (SRA)                 | d  |      |      |      |      |      |      |      |      |      |      |      |      |      |    |      |      |      |
| London Liverpool Street (LST)   | a  |      |      |      |      |      |      |      |      |      |      |      |      |      |    |      |      |      |
| West Ham (WEH)                  | d  | 0634 |      | 0704 | 0716 | 0720 |      | 0750 | 0758 | 0808 |      |      | 0820 | 0828 |    | 0848 | 0851 | 0918 |
| Limehouse (LHS)                 | d  | 0639 |      | 0709 | 0721 | 0725 |      | 0755 | 0803 | 0813 |      |      | 0825 | 0833 |    | 0853 | 0856 | 0923 |
| London Fenchurch Street (FST)   | a  | 0644 |      | 0714 | 0726 | 0730 |      | 0800 | 0807 | 0817 |      |      | 0830 | 0837 |    | 0857 | 0900 | 0927 |

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  | 0826 |      | 0843 |      | 0856 |      | 0913 |      | 0926 |      | 0943 |      | 0956 |      | 1013 |      | 1026 |
| Thorpe Bay (TPB)                | d  | 0830 |      | 0847 |      | 0900 |      | 0917 |      | 0930 |      | 0947 |      | 1000 |      | 1017 |      | 1030 |
| Southend East (SOE)             | d  | 0832 |      | 0849 |      | 0902 |      | 0919 |      | 0932 |      | 0949 |      | 1002 |      | 1019 |      | 1032 |
| Southend Central (SOC)          | a  | 0835 |      | 0852 |      | 0905 |      | 0922 |      | 0935 |      | 0952 |      | 1005 |      | 1022 |      | 1035 |
| Southend Central (SOC)          | d  | 0835 |      | 0852 |      | 0905 |      | 0922 |      | 0935 |      | 0952 |      | 1005 |      | 1022 |      | 1035 |
| Westcliff (WCF)                 | d  | 0837 |      | 0854 |      | 0907 |      | 0924 |      | 0937 |      | 0954 |      | 1007 |      | 1024 |      | 1037 |
| Chalkwell (CHW)                 | d  | 0840 |      | 0857 |      | 0910 |      | 0927 |      | 0940 |      | 0957 |      | 1010 |      | 1027 |      | 1040 |
| Leigh-on-Sea (LES)              | d  | 0842 |      | 0900 |      | 0912 |      | 0930 |      | 0942 |      | 1000 |      | 1012 |      | 1030 |      | 1042 |
| Benfleet (BEF)                  | d  | 0847 |      | 0905 |      | 0917 |      | 0935 |      | 0947 |      | 1005 |      | 1017 |      | 1035 |      | 1047 |
| Pitsea (PSE)                    | d  | 0850 |      | 0910 |      | 0920 |      | 0940 |      | 0950 |      | 1010 |      | 1020 |      | 1040 |      | 1050 |
| Basildon (BSO)                  | d  | 0854 |      |      |      | 0924 |      |      |      | 0954 |      |      |      | 1024 |      |      |      | 1054 |
| Laindon (LAI)                   | d  | 0857 |      |      |      | 0927 |      |      |      | 0957 |      |      |      | 1027 |      |      |      | 1057 |
| West Horndon (WHR)              | d  | 0902 |      |      |      | 0932 |      |      |      | 1002 |      |      |      | 1032 |      |      |      | 1102 |
| Stanford-le-Hope (SFO)          | d  |      | 0846 | 0916 |      |      | 0916 | 0946 |      |      | 0946 | 1016 |      |      | 1016 | 1046 |      | 1046 |
| East Tilbury (ETL)              | d  |      | 0849 |      |      |      | 0919 |      |      |      | 0949 |      |      |      | 1019 |      |      | 1049 |
| Tilbury Town (TIL)              | d  |      | 0855 |      |      |      | 0925 |      |      |      | 0955 |      |      |      | 1025 |      |      | 1055 |
| Grays (GRY)                     | a  |      | 0858 |      |      |      | 0928 |      |      |      | 0958 |      |      |      | 1028 |      |      | 1058 |
| Grays (GRY)                     | d  |      | 0900 |      | 0922 |      | 0930 |      | 0952 |      | 1000 |      | 1022 |      | 1030 |      | 1052 | 1100 |
| Purfleet (PFL)                  | d  |      |      |      | 0928 |      |      |      | 0958 |      |      |      | 1028 |      |      |      | 1058 |      |
| Rainham (RNM)                   | d  |      |      |      | 0933 |      |      |      | 1003 |      |      |      | 1033 |      |      |      | 1103 |      |
| Dagenham Dock (DDK)             | d  |      |      |      | 0937 |      |      |      | 1007 |      |      |      | 1037 |      |      |      | 1107 |      |
| Chafford Hundred Lakeside (CFH) | d  |      | 0903 |      |      |      | 0933 |      |      |      | 1003 |      |      |      | 1033 |      |      | 1103 |
| Ockendon (OCK)                  | d  |      | 0907 |      |      |      | 0937 |      |      |      | 1007 |      |      |      | 1037 |      |      | 1107 |
| Upminster (UPM)                 | d  | 0907 | 0914 |      | 0937 | 0944 |      |      | 1007 | 1014 |      |      | 1037 | 1044 |      |      | 1107 | 1114 |
| Barking (BKG)                   | d  | 0917 | 0923 |      | 0942 | 0947 | 0953 |      | 1012 | 1017 | 1023 |      | 1042 | 1047 | 1053 |      | 1112 | 1123 |
| Stratford (SRA)                 | d  | 0925 |      |      |      | 0955 |      |      |      | 1025 |      |      |      | 1055 |      |      |      | 1125 |
| London Liverpool Street (LST)   | a  | 0933 |      |      |      | 1003 |      |      |      | 1033 |      |      |      | 1103 |      |      |      | 1133 |
| West Ham (WEH)                  | d  |      | 0928 |      | 0948 |      | 0958 |      | 1018 |      | 1028 |      | 1048 |      | 1058 |      | 1118 | 1128 |
| Limehouse (LHS)                 | d  |      | 0933 |      | 0953 |      | 1003 |      | 1023 |      | 1033 |      | 1053 |      | 1103 |      | 1123 | 1133 |
| London Fenchurch Street (FST)   | a  |      | 0937 |      | 0957 |      | 1007 |      | 1027 |      | 1037 |      | 1057 |      | 1107 |      | 1127 | 1137 |

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

a Arrival time  
d Departure time



# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Sundays

| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  | 1043 |      | 1056 |      | 1113 |      | 1126 |      | 1143 |      | 1156 |      | 1213 |      | 1226 |      | 1243 |
| Thorpe Bay (TPB)                | d  | 1047 |      | 1100 |      | 1117 |      | 1130 |      | 1147 |      | 1200 |      | 1217 |      | 1230 |      | 1247 |
| Southend East (SOE)             | d  | 1049 |      | 1102 |      | 1119 |      | 1132 |      | 1149 |      | 1202 |      | 1219 |      | 1232 |      | 1249 |
| Southend Central (SOC)          | a  | 1052 |      | 1105 |      | 1122 |      | 1135 |      | 1152 |      | 1205 |      | 1222 |      | 1235 |      | 1252 |
| Southend Central (SOC)          | d  | 1052 |      | 1105 |      | 1122 |      | 1135 |      | 1152 |      | 1205 |      | 1222 |      | 1235 |      | 1252 |
| Westcliff (WCF)                 | d  | 1054 |      | 1107 |      | 1124 |      | 1137 |      | 1154 |      | 1207 |      | 1224 |      | 1237 |      | 1254 |
| Chalkwell (CHW)                 | d  | 1057 |      | 1110 |      | 1127 |      | 1140 |      | 1157 |      | 1210 |      | 1227 |      | 1240 |      | 1257 |
| Leigh-on-Sea (LES)              | d  | 1100 |      | 1112 |      | 1130 |      | 1142 |      | 1200 |      | 1212 |      | 1230 |      | 1242 |      | 1300 |
| Benfleet (BEF)                  | d  | 1105 |      | 1117 |      | 1135 |      | 1147 |      | 1205 |      | 1217 |      | 1235 |      | 1247 |      | 1305 |
| Pitsea (PSE)                    | d  | 1110 |      | 1120 |      | 1140 |      | 1150 |      | 1210 |      | 1220 |      | 1240 |      | 1250 |      | 1310 |
| Basildon (BSO)                  | d  |      |      | 1124 |      |      |      | 1154 |      |      |      | 1224 |      |      |      | 1254 |      |      |
| Laindon (LAI)                   | d  |      |      | 1127 |      |      |      | 1157 |      |      |      | 1227 |      |      |      | 1257 |      |      |
| West Horndon (WHR)              | d  |      |      | 1132 |      |      |      | 1202 |      |      |      | 1232 |      |      |      | 1302 |      |      |
| Stanford-le-Hope (SFO)          | d  | 1116 |      |      |      | 1116 | 1146 |      |      | 1146 | 1216 |      |      | 1216 | 1246 |      |      | 1246 |
| East Tilbury (ETL)              | d  | 1119 |      |      |      | 1119 |      |      |      | 1149 |      |      |      | 1219 |      |      |      | 1249 |
| Tilbury Town (TIL)              | d  | 1125 |      |      |      | 1125 |      |      |      | 1155 |      |      |      | 1225 |      |      |      | 1255 |
| Grays (GRY)                     | a  | 1128 |      |      |      | 1128 |      |      |      | 1158 |      |      |      | 1228 |      |      |      | 1258 |
| Grays (GRY)                     | d  |      | 1122 |      | 1130 |      |      | 1152 |      | 1200 |      | 1222 |      | 1230 |      | 1252 |      | 1322 |
| Purfleet (PFL)                  | d  |      | 1128 |      |      |      |      | 1158 |      |      |      | 1228 |      |      |      | 1258 |      | 1328 |
| Rainham (RNM)                   | d  |      | 1133 |      |      |      |      | 1203 |      |      |      | 1233 |      |      |      | 1303 |      | 1333 |
| Dagenham Dock (DDK)             | d  |      | 1137 |      |      |      |      | 1207 |      |      |      | 1237 |      |      |      | 1307 |      | 1337 |
| Chafford Hundred Lakeside (CFH) | d  |      |      |      | 1133 |      |      |      |      | 1203 |      |      |      | 1233 |      |      |      | 1303 |
| Ockendon (OCK)                  | d  |      |      |      | 1137 |      |      |      |      | 1207 |      |      |      | 1237 |      |      |      | 1307 |
| Upminster (UPM)                 | d  |      |      | 1137 | 1144 |      |      | 1207 | 1214 |      |      | 1237 | 1244 |      |      | 1307 | 1314 |      |
| Barking (BKG)                   | d  |      | 1142 | 1147 | 1153 |      |      | 1212 | 1217 | 1223 |      | 1242 | 1247 | 1253 |      | 1312 | 1317 | 1342 |
| Stratford (SRA)                 | d  |      |      | 1155 |      |      |      | 1225 |      |      |      | 1255 |      |      |      | 1325 |      |      |
| London Liverpool Street (LST)   | d  |      |      | 1203 |      |      |      | 1233 |      |      |      | 1303 |      |      |      | 1333 |      |      |
| West Ham (WEH)                  | d  |      | 1148 |      | 1158 |      |      | 1218 |      | 1228 |      | 1248 |      | 1258 |      | 1318 |      | 1348 |
| Limehouse (LHS)                 | d  |      | 1153 |      | 1203 |      |      | 1223 |      | 1233 |      | 1253 |      | 1303 |      | 1323 |      | 1353 |
| London Fenchurch Street (FST)   | d  |      | 1157 |      | 1207 |      |      | 1227 |      | 1237 |      | 1257 |      | 1307 |      | 1327 |      | 1357 |










| Operator                        | CC | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d  | 1256 |      | 1313 |      | 1326 |      | 1343 |      | 1356 |      | 1413 |      | 1426 |      | 1443 |      | 1456 |
| Thorpe Bay (TPB)                | d  | 1300 |      | 1317 |      | 1330 |      | 1347 |      | 1400 |      | 1417 |      | 1430 |      | 1447 |      | 1500 |
| Southend East (SOE)             | d  | 1302 |      | 1319 |      | 1332 |      | 1349 |      | 1402 |      | 1419 |      | 1432 |      | 1449 |      | 1502 |
| Southend Central (SOC)          | a  | 1305 |      | 1322 |      | 1335 |      | 1352 |      | 1405 |      | 1422 |      | 1435 |      | 1452 |      | 1505 |
| Southend Central (SOC)          | d  | 1305 |      | 1322 |      | 1335 |      | 1352 |      | 1405 |      | 1422 |      | 1435 |      | 1452 |      | 1505 |
| Westcliff (WCF)                 | d  | 1307 |      | 1324 |      | 1337 |      | 1354 |      | 1407 |      | 1424 |      | 1437 |      | 1454 |      | 1507 |
| Chalkwell (CHW)                 | d  | 1310 |      | 1327 |      | 1340 |      | 1357 |      | 1410 |      | 1427 |      | 1440 |      | 1457 |      | 1510 |
| Leigh-on-Sea (LES)              | d  | 1312 |      | 1330 |      | 1342 |      | 1400 |      | 1412 |      | 1430 |      | 1442 |      | 1500 |      | 1512 |
| Benfleet (BEF)                  | d  | 1317 |      | 1335 |      | 1347 |      | 1405 |      | 1417 |      | 1435 |      | 1447 |      | 1505 |      | 1517 |
| Pitsea (PSE)                    | d  | 1320 |      | 1340 |      | 1350 |      | 1410 |      | 1420 |      | 1440 |      | 1450 |      | 1510 |      | 1520 |
| Basildon (BSO)                  | d  | 1324 |      |      |      | 1354 |      |      |      | 1424 |      |      |      | 1454 |      |      |      | 1524 |
| Laindon (LAI)                   | d  | 1327 |      |      |      | 1357 |      |      |      | 1427 |      |      |      | 1457 |      |      |      | 1527 |
| West Horndon (WHR)              | d  | 1332 |      |      |      | 1402 |      |      |      | 1432 |      |      |      | 1502 |      |      |      | 1532 |
| Stanford-le-Hope (SFO)          | d  |      | 1316 | 1346 |      |      |      | 1346 | 1416 |      |      | 1416 | 1446 |      |      | 1446 | 1516 | 1516 |
| East Tilbury (ETL)              | d  |      | 1319 |      |      |      |      | 1349 |      |      |      | 1419 |      |      |      | 1449 |      | 1519 |
| Tilbury Town (TIL)              | d  |      | 1325 |      |      |      |      | 1355 |      |      |      | 1425 |      |      |      | 1455 |      | 1525 |
| Grays (GRY)                     | a  |      | 1328 |      |      |      |      | 1358 |      |      |      | 1428 |      |      |      | 1458 |      | 1528 |
| Grays (GRY)                     | d  |      | 1330 |      | 1352 |      | 1400 |      | 1422 |      | 1430 |      | 1452 |      | 1500 |      | 1522 | 1530 |
| Purfleet (PFL)                  | d  |      |      |      | 1358 |      |      |      | 1428 |      |      |      | 1458 |      |      |      | 1528 |      |
| Rainham (RNM)                   | d  |      |      |      | 1403 |      |      |      | 1433 |      |      |      | 1503 |      |      |      | 1533 |      |
| Dagenham Dock (DDK)             | d  |      |      |      | 1407 |      |      |      | 1437 |      |      |      | 1507 |      |      |      | 1537 |      |
| Chafford Hundred Lakeside (CFH) | d  |      | 1333 |      |      |      | 1403 |      |      |      | 1433 |      |      |      | 1503 |      |      | 1533 |
| Ockendon (OCK)                  | d  |      | 1337 |      |      |      | 1407 |      |      |      | 1437 |      |      |      | 1507 |      |      | 1537 |
| Upminster (UPM)                 | d  | 1337 | 1344 |      | 1407 | 1414 |      | 1437 | 1444 |      |      | 1507 | 1514 |      |      |      | 1537 | 1544 |
| Barking (BKG)                   | d  | 1347 | 1353 |      | 1412 | 1417 | 1423 |      | 1442 | 1447 | 1453 |      | 1512 | 1517 | 1523 |      | 1542 | 1553 |
| Stratford (SRA)                 | d  |      | 1355 |      |      | 1425 |      |      | 1455 |      |      |      | 1525 |      |      |      | 1555 |      |
| London Liverpool Street (LST)   | d  |      | 1403 |      |      | 1433 |      |      | 1503 |      |      |      | 1533 |      |      |      | 1603 |      |
| West Ham (WEH)                  | d  |      | 1358 |      | 1418 |      | 1428 |      | 1448 |      | 1458 |      | 1518 |      | 1528 |      | 1548 | 1558 |
| Limehouse (LHS)                 | d  |      | 1403 |      | 1423 |      | 1433 |      | 1453 |      | 1503 |      | 1523 |      | 1533 |      | 1553 | 1603 |
| London Fenchurch Street (FST)   | d  |      | 1407 |      | 1427 |      | 1437 |      | 1457 |      | 1507 |      | 1527 |      | 1537 |      | 1557 | 1607 |










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

- a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Sundays

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC   | CC | CC   | CC   | CC   | CC | CC   | CC   | CC   | CC | CC   | CC   | CC   |
|---------------------------------|---|------|------|------|------|------|----|------|------|------|----|------|------|------|----|------|------|------|
| Shoeburyness (SRY)              | d   | 1513 |      | 1526 |      | 1543 |    | 1556 |      | 1613 |    | 1626 |      | 1643 |    | 1656 |      | 1713 |
| Thorpe Bay (TPB)                | d   | 1517 |      | 1530 |      | 1547 |    | 1600 |      | 1617 |    | 1630 |      | 1647 |    | 1700 |      | 1717 |
| Southend East (SOE)             | d   | 1519 |      | 1532 |      | 1549 |    | 1602 |      | 1619 |    | 1632 |      | 1649 |    | 1702 |      | 1719 |
| Southend Central (SOC)          | a   | 1522 |      | 1535 |      | 1552 |    | 1605 |      | 1622 |    | 1635 |      | 1652 |    | 1705 |      | 1722 |
| Southend Central (SOC)          | d   | 1522 |      | 1535 |      | 1552 |    | 1605 |      | 1622 |    | 1635 |      | 1652 |    | 1705 |      | 1722 |
| Westcliff (WCF)                 | d   | 1524 |      | 1537 |      | 1554 |    | 1607 |      | 1624 |    | 1637 |      | 1654 |    | 1707 |      | 1724 |
| Chalkwell (CHW)                 | d   | 1527 |      | 1540 |      | 1557 |    | 1610 |      | 1627 |    | 1640 |      | 1657 |    | 1710 |      | 1727 |
| Leigh-on-Sea (LES)              | d   | 1530 |      | 1542 |      | 1600 |    | 1612 |      | 1630 |    | 1642 |      | 1700 |    | 1712 |      | 1730 |
| Benfleet (BEF)                  | d   | 1535 |      | 1547 |      | 1605 |    | 1617 |      | 1635 |    | 1647 |      | 1705 |    | 1717 |      | 1735 |
| Pitsea (PSE)                    | d   | 1540 |      | 1550 |      | 1610 |    | 1620 |      | 1640 |    | 1650 |      | 1710 |    | 1720 |      | 1740 |
| Basildon (BSO)                  | d   |      |      | 1554 |      |      |    | 1624 |      |      |    | 1654 |      |      |    | 1724 |      |      |
| Laindon (LAI)                   | d   |      |      | 1557 |      |      |    | 1627 |      |      |    | 1657 |      |      |    | 1727 |      |      |
| West Horndon (WHR)              | d   |      |      | 1602 |      |      |    | 1632 |      |      |    | 1702 |      |      |    | 1732 |      |      |
| Stanford-le-Hope (SFO)          | d   | 1546 |      |      | 1546 | 1616 |    |      | 1616 | 1646 |    |      | 1646 | 1716 |    |      | 1716 | 1746 |
| East Tilbury (ETL)              | d   |      |      |      | 1549 |      |    |      | 1619 |      |    |      | 1649 |      |    |      | 1719 |      |
| Tilbury Town (TIL)              |  d   |      |      |      | 1555 |      |    |      | 1625 |      |    |      | 1655 |      |    |      | 1725 |      |
| Grays (GRY)                     | a   |      |      |      | 1558 |      |    |      | 1628 |      |    |      | 1658 |      |    |      | 1728 |      |
| Grays (GRY)                     | d   |      | 1552 |      |      | 1600 |    |      | 1630 |      |    | 1652 |      | 1700 |    | 1722 |      | 1752 |
| Purfleet (PFL)                  | d   |      | 1558 |      |      |      |    | 1628 |      |      |    | 1658 |      |      |    | 1728 |      | 1758 |
| Rainham (RNM)                   | d   |      | 1603 |      |      |      |    | 1633 |      |      |    | 1703 |      |      |    | 1733 |      | 1803 |
| Dagenham Dock (DDK)             | d   |      | 1607 |      |      |      |    | 1637 |      |      |    | 1707 |      |      |    | 1737 |      | 1807 |
| Chafford Hundred Lakeside (CFH) | d   |      |      |      | 1603 |      |    |      | 1633 |      |    |      | 1703 |      |    |      | 1733 |      |
| Ockendon (OCK)                  | d   |      |      |      | 1607 |      |    |      | 1637 |      |    |      | 1707 |      |    |      | 1737 |      |
| Upminster (UPM)                 |  d   |      |      | 1607 | 1614 |      |    | 1637 | 1644 |      |    | 1707 | 1714 |      |    | 1737 | 1744 |      |
| Barking (BKG)                   |  d   |      | 1612 | 1617 | 1623 |      |    | 1642 | 1647 | 1653 |    | 1712 | 1717 | 1723 |    | 1742 | 1747 | 1812 |
| Stratford (SRA)                 |   a |      |      | 1625 |      |      |    | 1655 |      |      |    |      | 1725 |      |    |      | 1755 |      |
| London Liverpool Street (LST)   |  a   |      |      | 1633 |      |      |    | 1703 |      |      |    |      | 1733 |      |    |      | 1803 |      |
| West Ham (WEH)                  |  d   |      | 1618 |      | 1628 |      |    | 1648 |      | 1658 |    | 1718 |      | 1728 |    | 1748 |      | 1818 |
| Limehouse (LHS)                 |  d  |      | 1623 |      | 1633 |      |    | 1653 |      | 1703 |    | 1723 |      | 1733 |    | 1753 |      | 1823 |
| London Fenchurch Street (FST)   |  a   |      | 1627 |      | 1637 |      |    | 1657 |      | 1707 |    | 1727 |      | 1737 |    | 1757 |      | 1827 |

| Operator                        | CC  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d   | 1726 |      | 1743 |      | 1756 |      | 1813 |      | 1826 |      | 1843 |      | 1856 |      | 1913 |      | 1926 |
| Thorpe Bay (TPB)                | d   | 1730 |      | 1747 |      | 1800 |      | 1817 |      | 1830 |      | 1847 |      | 1900 |      | 1917 |      | 1930 |
| Southend East (SOE)             | d   | 1732 |      | 1749 |      | 1802 |      | 1819 |      | 1832 |      | 1849 |      | 1902 |      | 1919 |      | 1932 |
| Southend Central (SOC)          | a   | 1735 |      | 1752 |      | 1805 |      | 1822 |      | 1835 |      | 1852 |      | 1905 |      | 1922 |      | 1935 |
| Southend Central (SOC)          | d   | 1735 |      | 1752 |      | 1805 |      | 1822 |      | 1835 |      | 1852 |      | 1905 |      | 1922 |      | 1935 |
| Westcliff (WCF)                 | d   | 1737 |      | 1754 |      | 1807 |      | 1824 |      | 1837 |      | 1854 |      | 1907 |      | 1924 |      | 1937 |
| Chalkwell (CHW)                 | d   | 1740 |      | 1757 |      | 1810 |      | 1827 |      | 1840 |      | 1857 |      | 1910 |      | 1927 |      | 1940 |
| Leigh-on-Sea (LES)              | d   | 1742 |      | 1800 |      | 1812 |      | 1830 |      | 1842 |      | 1900 |      | 1912 |      | 1930 |      | 1942 |
| Benfleet (BEF)                  | d   | 1747 |      | 1805 |      | 1817 |      | 1835 |      | 1847 |      | 1905 |      | 1917 |      | 1935 |      | 1947 |
| Pitsea (PSE)                    | d   | 1750 |      | 1810 |      | 1820 |      | 1840 |      | 1850 |      | 1910 |      | 1920 |      | 1940 |      | 1950 |
| Basildon (BSO)                  | d   | 1754 |      |      |      | 1824 |      |      |      | 1854 |      |      |      | 1924 |      |      |      | 1954 |
| Laindon (LAI)                   | d   | 1757 |      |      |      | 1827 |      |      |      | 1857 |      |      |      | 1927 |      |      |      | 1957 |
| West Horndon (WHR)              | d   | 1802 |      |      |      | 1832 |      |      |      | 1902 |      |      |      | 1932 |      |      |      | 2002 |
| Stanford-le-Hope (SFO)          | d   |      | 1746 | 1816 |      |      | 1816 | 1846 |      |      | 1846 | 1916 |      |      | 1916 | 1946 |      | 1946 |
| East Tilbury (ETL)              | d   |      | 1749 |      |      |      | 1819 |      |      |      | 1849 |      |      |      | 1919 |      |      | 1949 |
| Tilbury Town (TIL)              |  d   |      | 1755 |      |      |      | 1825 |      |      |      | 1855 |      |      |      | 1925 |      |      | 1955 |
| Grays (GRY)                     | a   |      | 1758 |      |      |      | 1828 |      |      |      | 1858 |      |      |      | 1928 |      |      | 1958 |
| Grays (GRY)                     | d   |      | 1800 |      | 1822 |      | 1830 |      | 1852 |      | 1900 |      | 1922 |      | 1930 |      | 1952 | 2000 |
| Purfleet (PFL)                  | d   |      |      |      | 1828 |      |      |      | 1858 |      |      |      | 1928 |      |      |      | 1958 |      |
| Rainham (RNM)                   | d   |      |      |      | 1833 |      |      |      | 1903 |      |      |      | 1933 |      |      |      | 2003 |      |
| Dagenham Dock (DDK)             | d   |      |      |      | 1837 |      |      |      | 1907 |      |      |      | 1937 |      |      |      | 2007 |      |
| Chafford Hundred Lakeside (CFH) | d   |      | 1803 |      |      |      | 1833 |      |      |      | 1903 |      |      |      | 1933 |      |      | 2003 |
| Ockendon (OCK)                  | d   |      | 1807 |      |      |      | 1837 |      |      |      | 1907 |      |      |      | 1937 |      |      | 2007 |
| Upminster (UPM)                 |  d   | 1807 | 1814 |      |      | 1837 | 1844 |      |      | 1907 | 1914 |      |      | 1937 | 1944 |      | 2007 | 2014 |
| Barking (BKG)                   |  d   | 1817 | 1823 |      | 1842 | 1847 | 1853 |      | 1912 | 1917 | 1923 |      | 1942 | 1947 | 1953 |      | 2012 | 2017 |
| Stratford (SRA)                 |   a | 1825 |      |      |      | 1855 |      |      |      | 1925 |      |      |      | 1955 |      |      |      | 2025 |
| London Liverpool Street (LST)   |  a   | 1833 |      |      |      | 1903 |      |      |      | 1933 |      |      |      | 2003 |      |      |      | 2033 |
| West Ham (WEH)                  |  d   |      | 1828 |      | 1848 |      | 1858 |      | 1918 |      | 1928 |      | 1948 |      | 1958 |      | 2018 | 2028 |
| Limehouse (LHS)                 |  d   |      | 1833 |      | 1853 |      | 1903 |      | 1923 |      | 1933 |      | 1953 |      | 2003 |      | 2023 | 2033 |
| London Fenchurch Street (FST)   |  a   |      | 1837 |      | 1857 |      | 1907 |      | 1927 |      | 1937 |      | 1957 |      | 2007 |      | 2027 | 2037 |

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

- a Arrival time  
d Departure time

# Shoeburyness, Southend Central, Tilbury, Grays and Basildon to Upminster, Barking and London

## Sundays

|                                 | Operator  | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         | 1943 |      | 1956 |      | 2013 |      | 2026 |      | 2043 |      | 2056 |      | 2113 |      | 2126 |      | 2143 | 2156 |
| Thorpe Bay (TPB)                | d         | 1947 |      | 2000 |      | 2017 |      | 2030 |      | 2047 |      | 2100 |      | 2117 |      | 2130 |      | 2147 | 2200 |
| Southend East (SOE)             | d         | 1949 |      | 2002 |      | 2019 |      | 2032 |      | 2049 |      | 2102 |      | 2119 |      | 2132 |      | 2149 | 2202 |
| Southend Central (SOC)          | a         | 1952 |      | 2005 |      | 2022 |      | 2035 |      | 2052 |      | 2105 |      | 2122 |      | 2135 |      | 2152 | 2205 |
| Southend Central (SOC)          | d         | 1952 |      | 2005 |      | 2022 |      | 2035 |      | 2052 |      | 2105 |      | 2122 |      | 2135 |      | 2152 | 2205 |
| Westcliff (WCF)                 | d         | 1954 |      | 2007 |      | 2024 |      | 2037 |      | 2054 |      | 2107 |      | 2124 |      | 2137 |      | 2154 | 2207 |
| Chalkwell (CHW)                 | d         | 1957 |      | 2010 |      | 2027 |      | 2040 |      | 2057 |      | 2110 |      | 2127 |      | 2140 |      | 2157 | 2210 |
| Leigh-on-Sea (LES)              | d         | 2000 |      | 2012 |      | 2030 |      | 2042 |      | 2100 |      | 2112 |      | 2130 |      | 2142 |      | 2200 | 2212 |
| Benfleet (BEF)                  | d         | 2005 |      | 2017 |      | 2035 |      | 2047 |      | 2105 |      | 2117 |      | 2135 |      | 2147 |      | 2205 | 2217 |
| Pitsea (PSE)                    | d         | 2010 |      | 2020 |      | 2040 |      | 2050 |      | 2110 |      | 2120 |      | 2140 |      | 2150 |      | 2210 | 2220 |
| Basildon (BSO)                  | d         |      |      | 2024 |      |      |      | 2054 |      |      |      | 2124 |      |      |      | 2154 |      |      | 2224 |
| Laindon (LAI)                   | d         |      |      | 2027 |      |      |      | 2057 |      |      |      | 2127 |      |      |      | 2157 |      |      | 2227 |
| West Horndon (WHR)              | d         |      |      | 2032 | ←    |      |      | 2102 | ←    |      |      | 2132 | ←    |      |      | 2202 | ←    |      | 2232 |
| Stanford-le-Hope (SFO)          | d         | 2016 |      |      |      | 2016 | 2046 |      |      | 2046 | 2116 |      |      | 2116 | 2146 |      |      | 2146 | 2216 |
| East Tilbury (ETL)              | d         | ↗    |      |      |      | 2019 | ↗    |      |      | 2049 | ↗    |      |      | 2119 | ↗    |      |      | 2149 | ↗    |
| Tilbury Town (TIL)              | 3 d       |      |      |      |      | 2025 |      |      |      | 2055 |      |      |      | 2125 |      |      |      | 2155 |      |
| Grays (GRY)                     | a         |      |      |      |      | 2028 |      |      |      | 2058 |      |      |      | 2128 |      |      |      | 2158 |      |
| Grays (GRY)                     | d         |      | 2022 |      | 2030 |      |      | 2052 |      | 2100 |      | 2122 |      | 2130 |      | 2152 |      | 2200 |      |
| Purfleet (PFL)                  | d         |      | 2028 |      |      |      |      | 2058 |      |      |      | 2128 |      |      |      | 2158 |      |      |      |
| Rainham (RNM)                   | d         |      | 2033 |      |      |      |      | 2103 |      |      |      | 2133 |      |      |      | 2203 |      |      |      |
| Dagenham Dock (DDK)             | d         |      | 2037 |      |      |      |      | 2107 |      |      |      | 2137 |      |      |      | 2207 |      |      |      |
| Chafford Hundred Lakeside (CFH) | d         |      |      |      | 2033 |      |      |      |      | 2103 |      |      |      | 2133 |      |      |      | 2203 |      |
| Ockendon (OCK)                  | d         |      |      |      | 2037 |      |      |      |      | 2107 |      |      |      | 2137 |      |      |      | 2207 |      |
| Upminster (UPM)                 | ⊖ d       |      |      | 2037 | 2044 |      |      | 2107 | 2114 |      |      | 2137 | 2144 |      |      | 2207 | 2214 |      | 2237 |
| Barking (BKG)                   | ⊖ d       |      | 2042 | 2047 | 2053 |      | 2112 | 2117 | 2123 |      | 2142 | 2147 | 2153 |      | 2212 | 2217 | 2223 |      | 2247 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      | 2055 |      |      |      | 2125 |      |      |      | 2155 |      |      |      | 2225 |      |      | 2255 |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      | 2103 |      |      |      | 2133 |      |      |      | 2203 |      |      |      | 2233 |      |      | 2303 |
| West Ham (WEH)                  | ⊖ DLR d   |      | 2048 |      | 2058 |      | 2118 |      | 2128 |      | 2148 |      | 2158 |      | 2218 |      | 2228 |      |      |
| Limehouse (LHS)                 | DLR d     |      | 2053 |      | 2103 |      | 2123 |      | 2133 |      | 2153 |      | 2203 |      | 2223 |      | 2233 |      |      |
| London Fenchurch Street (FST)   | 7 a       |      | 2057 |      | 2107 |      | 2127 |      | 2137 |      | 2158 |      | 2207 |      | 2228 |      | 2237 |      |      |

| Operator                        | CC        | CC   | CC   | CC   | CC   | CC   |
|---------------------------------|-----------|------|------|------|------|------|
| Shoeburyness (SRY)              | d         |      | 2210 | 2226 | 2240 |      |
| Thorpe Bay (TPB)                | d         |      | 2214 | 2230 | 2244 |      |
| Southend East (SOE)             | d         |      | 2216 | 2232 | 2246 |      |
| Southend Central (SOC)          | a         |      | 2219 | 2235 | 2249 |      |
| Southend Central (SOC)          | d         |      | 2219 | 2235 | 2249 |      |
| Westcliff (WCF)                 | d         |      | 2221 | 2237 | 2251 |      |
| Chalkwell (CHW)                 | d         |      | 2224 | 2240 | 2254 |      |
| Leigh-on-Sea (LES)              | d         |      | 2226 | 2243 | 2256 |      |
| Benfleet (BEF)                  | d         |      | 2231 | 2248 | 2301 |      |
| Pitsea (PSE)                    | d         |      | 2234 | 2253 | 2304 |      |
| Basildon (BSO)                  | d         |      | 2238 |      | 2308 |      |
| Laindon (LAI)                   | d         |      | 2241 |      | 2311 |      |
| West Horndon (WHR)              | d         | ←    | 2246 |      | 2316 | ←    |
| Stanford-le-Hope (SFO)          | d         | 2216 |      |      | 2259 | 2259 |
| East Tilbury (ETL)              | d         | 2219 |      |      | →    | 2302 |
| Tilbury Town (TIL)              | 8 d       | 2225 |      |      |      | 2308 |
| Grays (GRY)                     | a         | 2228 |      |      |      | 2311 |
| Grays (GRY)                     | d         | 2230 | 2235 |      |      | 2312 |
| Purfleet (PFL)                  | d         |      | 2241 |      |      |      |
| Rainham (RNM)                   | d         |      | 2246 |      |      |      |
| Dagenham Dock (DDK)             | d         |      | 2250 |      |      |      |
| Chafford Hundred Lakeside (CFH) | d         | 2233 |      |      |      | 2315 |
| Ockendon (OCK)                  | d         | 2237 |      |      |      | 2319 |
| Upminster (UPM)                 | ⊖ d       | 2244 |      | 2251 | 2321 | 2326 |
| Barking (BKG)                   | ⊖ d       | 2253 | 2256 | 2300 | 2330 | 2335 |
| Stratford (SRA)                 | ⊖ DLR 7 a |      |      |      |      |      |
| London Liverpool Street (LST)   | ⊖ 15 a    |      |      |      |      |      |
| West Ham (WEH)                  | ⊖ DLR d   | 2258 | 2302 | 2305 |      | 2335 |
| Limehouse (LHS)                 | DLR d     | 2303 | 2307 | 2310 |      | 2340 |
| London Fenchurch Street (FST)   | 7 a       | 2307 | 2312 | 2314 |      | 2345 |

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

a Arrival time  
d Departure time