

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)	DLR 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)	DLR d	0452	0514	0519	0522	0537	0544	0554	0559	0614	0618	0624	0633	0641	0650	0653	←	0657	0703	
Upminster (UPM)	DLR d	0500	0522		0530		0553	0602			0626	0632		0649	0702e		0702e	0706	0712	
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	0802	
Limehouse (LHS)	DLR d			0706	0712		0721	0725	0730	0733	0736	0739	0742	0744	0754	0757			0803	0806
West Ham (WEH)	DLR d		0708	0711	0717		0727	0730	0735	0738	0741	0744	0747	0750	0759	0802	0805	0809	0811	
London Liverpool Street (LST)	15 d																			
Stratford (SRA)	DLR 7 d																			
Barking (BKG)	DLR d	0709	0714	0718	0723	0727	0733	0736	0740	0743	0747	0749	0753		0804	0807	0811	0814	0818	
Upminster (UPM)	DLR 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)	DLR d	0809		0824	0830	0835	0841	0845	0856	0859	0904		0913	0923	0927		0940	0945	0953
West Ham (WEH)	DLR 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)	DLR 7 d																		
Barking (BKG)	DLR d	0820	0825	0829	0835	0841	0848	0852	0901	0908c	0914		0924	0933	0938		0950	0955	1003
Upminster (UPM)	DLR 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				0956		
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)	DLR d	0957		1008	1015	1023	1028		1038	1045	1053	1057		1108	1116	1123	1128		1138
West Ham (WEH)	DLR d	1002		1013	1020	1028	1033		1043	1050	1058	1102		1113	1121	1128	1133		1143
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	DLR d	1009		1018	1025	1033	1039		1049	1055	1103	1108		1118	1126	1133	1139		1148
Upminster (UPM)	DLR 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
Benfleet (BEF)	d		1042	1046		1058		1112	1116		1128		1142	1146		1158			1213
Leigh-on-Sea (LES)	d		1046	1051		1103		1117	1121		1133		1146	1151		1203			1217
Chalkwell (CHW)	d		1049	1053		1105		1119	1123		1135		1149	1153		1205			1220
Westcliff (WCF)	d		1051	1055		1107		1121	1125		1137		1151	1155		1207			1222
Southend Central (SOC)	a		1054	1058		1110		1124	1128		1140		1154	1158		1210			1225
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																	
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) DLR d	1153	1203	1208		1218	1225	1233	1238		1248	1255	1303	1308		1318	1325	1333	1339
Upminster (UPM) DLR 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) 8 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																
London Fenchurch Street (FST) 7 d	1334	1341	1349	1353		1404	1411	1419	1423		1434	1441	1449	1453		1504	1511
Limehouse (LHS) DLR d	1338	1345	1353	1357		1408	1415	1423	1427		1438	1445	1453	1457		1508	1515
West Ham (WEH) DLR d	1343	1350	1358	1402		1413	1420	1428	1432		1443	1450	1458	1502		1513	1520
London Liverpool Street (LST) 15 d																	
Stratford (SRA) DLR 7 d																	
Barking (BKG) DLR d	1348	1355	1403	1408		1418	1425	1433	1438		1448	1455	1503	1508		1518	1525
Upminster (UPM) DLR 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) 8 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		1520				1541		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	
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)	DLR d	1523	1527		1538	1545	1552	1556	1605	1609	1612	1615	1621	1626	1630	1634	1637	1641	1649
West Ham (WEH)	DLR 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)	DLR 7 d																		
Barking (BKG)	DLR d	1533	1538		1549	1556	1603	1608	1616	1620	1623	1626	1632	1638	1641		1648	1652	1700
Upminster (UPM)	DLR 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						1722
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	
London Fenchurch Street (FST)	7 d	1650	1654	1659		1704		1707	1710	1716	1719	1722	1725	1730	1734	1737	1740	1743	1747
Limehouse (LHS)	DLR d	1655	1659	1704		1709		1712	1715	1721	1724	1727	1730	1735	1739	1742	1745	1748	1752
West Ham (WEH)	DLR d	1700	1704	1709		1714		1717	1720	1726	1729	1732	1735	1740	1744	1747	1750	1753	1757
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	DLR d	1706	1710			1720		1723	1726			1738	1741		1750	1753	1756		1803
Upminster (UPM)	DLR d		1718	1722		1729			1734	1739	1743		1749	1753	1759		1804		1811
Ockendon (OCK)	d		1726						1740				1757				1810		
Chafford Hundred Lakeside (CFH)	d		1730						1744				1801				1814		
Dagenham Dock (DDK)	d	1711					1728					1743				1758			
Rainham (RNM)	d	1715					1732					1747			1802				
Purfleet (PFL)	d	1721					1738					1753			1808				
Grays (GRY)	a	1726	1735				1743	1750				1758	1806			1813	1820		
Grays (GRY)	d	1727					1744					1759				1814			
Tilbury Town (TIL)	3 d	1731				1731	1748					1802				1817			
East Tilbury (ETL)	d			1722		1737	1754					1808				1823			
Stanford-le-Hope (SFO)	d			1726		1741	1758					1812				1827			
West Horndon (WHR)	d				1734						1748				1804				1816
Laindon (LAI)	d			1730		1739				1747	1753			1802	1809				1821
Basildon (BSO)	d		1734		1743				1751	1756				1805	1812				1825
Pitsea (PSE)	d				1741f	1746	1749a	1806a			1800	1821a			1816	1835a			
Benfleet (BEF)	d		1740	1745	1750				1757	1804				1812	1820				1831
Leigh-on-Sea (LES)	d		1745	1750a	1755				1802	1809				1817	1825				1836
Chalkwell (CHW)	d		1747		1758				1804	1811				1820	1827				1838
Westcliff (WCF)	d		1749		1800				1806	1813				1822	1829				1840
Southend Central (SOC)	a		1752		1802				1809	1816				1824	1832				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)	7 d	1752	1758	1803	1807	1810	1816	1819	1822	1830	1834	1840	1846		1851	1855		1907	1911
Limehouse (LHS)	DLR d	1757	1803	1808	1812	1815	1821	1824	1827	1835	1839	1845	1851		1856	1900		1912	1915
West Ham (WEH)	DLR d	1802	1808	1813	1817	1820	1826	1829	1832	1840	1844	1850	1856		1901	1905		1917	1921
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	d	1808		1819	1823	1826		1835	1838		1850	1856			1908	1911		1923	1926
Upminster (UPM)	d		1821	1827		1834		1844		1853	1858	1904			1919			1931	1934
Ockendon (OCK)	d					1840						1910							1940
Chafford Hundred Lakeside (CFH)	d					1844						1914							1944
Dagenham Dock (DDK)	d	1813			1828				1844						1913				
Rainham (RNM)	d	1817			1832				1848						1917				
Purfleet (PFL)	d	1823			1838				1854						1922				
Grays (GRY)	a	1828			1843	1849			1900			1918			1929			1918	1948
Grays (GRY)	d	1829			1844				1901			1918						1918	1948
Tilbury Town (TIL)	8 d	1832			1847				1904				1904					1921	1951
East Tilbury (ETL)	d	1838			1853								1910					1927	
Stanford-le-Hope (SFO)	d	1843			1857								1914					1931	
West Horndon (WHR)	d			1832				1849			1903						1924		1936
Laindon (LAI)	d		1829	1837			1846	1854		1901	1908		1915				1929		1941
Basildon (BSO)	d		1833	1841				1858		1905	1911		1919				1933		1945
Pitsea (PSE)	d	1851a		1845	1905a			1901			1915			1925c			1937	1941	1949
Benfleet (BEF)	d		1838	1849			1854	1905		1911	1918		1925	1929			1941	1946	1953
Leigh-on-Sea (LES)	d		1843	1854			1859	1910		1916	1923		1930	1933			1945	1951	1958
Chalkwell (CHW)	d		1846	1856			1902	1913		1918	1925		1932	1936			1948	1953	2000
Westcliff (WCF)	d		1848	1858			1905	1915		1920	1927		1934	1938			1950	1955	2002
Southend Central (SOC)	a		1850	1901			1907	1917		1923	1930		1937	1941			1952	1958	2005
Southend Central (SOC)	d		1851	1901			1908	1918		1923	1930		1937				1953		2005
Southend East (SOE)	d		1853	1903			1910	1920		1925	1932		1939				1955		2007
Thorpe Bay (TPB)	d		1856	1906			1912	1922		1928	1935		1942				1957		2010
Shoeburyness (SRY)	a		1900	1910			1917	1926		1934	1939		1946				2001		2015

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	1918	1923		1935	1941	1949	1953		2005	2011	2019	2023		2034	2040	2049	2053
Limehouse (LHS)	DLR d	1923	1927		1939	1945	1953	1957		2009	2015	2023	2027		2038	2045	2053	2057
West Ham (WEH)	DLR d	1928	1932		1944	1950	1958	2002		2014	2020	2028	2032		2043	2050	2058	2102
London Liverpool Street (LST)	15 d																	
Stratford (SRA)	DLR 7 d																	
Barking (BKG)	d	1934	1938		1950	1955	2004	2009		2019	2025	2033	2038		2048	2055	2103	2108
Upminster (UPM)	d	1942			1958	2003	2012			2027	2033	2041			2056	2103	2111	
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)	8 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			
Laindon (LAI)	d	1951			2007		2020			2037		2049			2106		2119	
Basildon (BSO)	d	1954			2011		2023			2040		2053			2109		2123	
Pitsea (PSE)	d	1958			2009	2014				2038	2044			2109	2113			
Benfleet (BEF)	d	2002			2013	2018		2029		2042	2047		2058		2113	2116		2128
Leigh-on-Sea (LES)	d	2007			2017	2022		2033		2046	2052		2103		2117	2121		2133
Chalkwell (CHW)	d	2010			2020	2025		2036		2049	2054		2105		2120	2123		2135
Westcliff (WCF)	d	2013			2022	2027		2038		2051	2056		2107		2122	2125		2137
Southend Central (SOC)	a	2016			2024	2029		2040		2054	2059		2110		2124	2128		2140
Southend Central (SOC)	d	2016			2025	2030		2041		2059			2110		2125	2128		2140
Southend East (SOE)	d	2018			2027	2032		2043		2101			2112		2127	2130		2142
Thorpe Bay (TPB)	d	2020			2029	2034		2045		2104			2115		2129	2133		2145
Shoeburyness (SRY)	a	2024			2033	2039		2049		2108			2119		2133	2137		2149

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																	
London Fenchurch Street (FST) 7 d	2104	2111	2119	2123		2134	2141	2149	2153		2204	2211	2219	2222		2234	2241	2254
Limehouse (LHS) DLR d	2108	2115	2123	2127		2138	2145	2153	2157		2208	2215	2223	2226		2238	2245	2258
West Ham (WEH) DLR d	2113	2120	2128	2132		2143	2150	2158	2202		2213	2220	2228	2231		2243	2250	2303
London Liverpool Street (LST) 15 d																		
Stratford (SRA) DLR 7 d																		
Barking (BKG) DLR d	2118	2125	2133	2138		2149	2155	2203	2208		2218	2225	2233	2237		2248	2255	2309
Upminster (UPM) DLR d	2126	2133	2141			2157	2203	2211			2226	2233	2241			2256	2303	
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
Grays (GRY) d		2147					2217						2247					2317
Tilbury Town (TIL) 3 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	2131					2202					2231							2301
Laindon (LAI) d	2136		2149			2207		2219			2236		2249					2306
Basildon (BSO) d	2139		2153			2210		2223			2239		2253					2309
Pitsea (PSE) d	2143				2208	2214				2238	2243					2308		2313
Benfleet (BEF) d	2146		2158		2212	2218		2228		2242	2246		2258		2312			2316
Leigh-on-Sea (LES) d	2151		2203		2216	2223		2233		2246	2251		2303		2316			2321
Chalkwell (CHW) d	2153		2205		2219	2226		2235		2249	2253		2305		2319			2323
Westcliff (WCF) d	2155		2207		2221	2228		2237		2251	2255		2307		2321			2325
Southend Central (SOC) a	2158		2210		2224	2230		2240		2254	2258		2310		2323			2328
Southend Central (SOC) d	2158		2210			2231		2240			2258		2310		2324			2328
Southend East (SOE) d	2200		2212			2233		2242			2300		2312		2326			2330
Thorpe Bay (TPB) d	2203		2215			2235		2245			2303		2315		2328			2333
Shoeburyness (SRY) a	2207		2219			2239		2249			2307		2319		2332			2337

Operator	CC	CC	CC	CC	CC	CC												
Days of operation/Notes										TSM	TSM	TSM	TSM					
London Fenchurch Street (FST) 7 d	2258		2311	2315	2324		2334	2341	2354	0004	0011	0024	0034					
Limehouse (LHS) DLR d	2302		2315	2319	2328		2338	2345	2358	0008	0015	0028	0038					
West Ham (WEH) DLR d	2307		2320	2324	2333		2343	2350	0003	0013	0020	0033	0043					
London Liverpool Street (LST) 15 d																		
Stratford (SRA) DLR 7 d																		
Barking (BKG) DLR d	2312		2325	2329	2339		2348	2355	0009	0018	0025	0039	0049					
Upminster (UPM) DLR d	2320		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) 3 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	2328			2347			0006			0036			0107					
Basildon (BSO) d	2332			2350			0009			0039			0110					
Pitsea (PSE) d		2338		2354		0007	0013	0038		0043	0107		0114					
Benfleet (BEF) d	2337	2342		2357		0011	0016	0042		0046	0111		0117					
Leigh-on-Sea (LES) d	2342	2346		0002		0015	0021	0047		0051	0115		0122					
Chalkwell (CHW) d	2344	2349		0004		0018	0023	0049		0053	0118		0124					
Westcliff (WCF) d	2346	2351		0006		0020	0025	0051		0055	0120		0126					
Southend Central (SOC) a	2349	2353		0009		0022	0028	0054		0058	0122		0129					
Southend Central (SOC) d	2349	2354		0009		0023	0028	0054		0058	0122		0129					
Southend East (SOE) d	2351	2356		0011		0025	0030	0056		0100	0124		0131					
Thorpe Bay (TPB) d	2354	2358		0014		0027	0033	0058		0103	0127		0134					
Shoeburyness (SRY) a	2358	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																	
London Fenchurch Street (FST) 7 d		0500			0523	0530	0537		0553	0600	0607		0623	0630	0637		0653	0700
Limehouse (LHS) DLR 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) DLR d	0508	0514	0523		0538	0544	0553		0608	0614	0623		0638	0644	0653		0708	0714
Upminster (UPM) DLR d	0517	0523			0547	0553			0617	0623			0647	0653			0717	0723
Ockendon (OCK) d	0522				0552				0622				0652				0722	
Chafford Hundred Lakeside (CFH) d	0526				0556				0626				0656				0726	
Dagenham Dock (DDK) d			0527				0557					0627				0657		
Rainham (RNM) d			0531				0601					0631				0701		
Purfleet (PFL) d			0536				0606					0636				0706		
Grays (GRY) a	0530		0542		0600		0612		0630		0642		0700		0712		0730	
Grays (GRY) d	0530				0600				0630				0700				0730	
Tilbury Town (TIL) 8 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																	
London Fenchurch Street (FST) 7 d	0707		0723	0730	0737		0753	0800	0807		0823	0830	0837			0853	0900	0907
Limehouse (LHS) DLR d	0711		0727	0734	0741		0757	0804	0811		0827	0834	0841			0857	0904	0911
West Ham (WEH) DLR d	0717		0733	0739	0747		0803	0809	0817		0833	0839	0847			0903	0909	0917
London Liverpool Street (LST) 15 d															0845			
Stratford (SRA) DLR 7 d															0852			
Barking (BKG) DLR d	0723		0738	0744	0753		0808	0814	0823		0838	0844	0853		0903	0908	0914	0923
Upminster (UPM) DLR 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) 8 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
London Fenchurch Street (FST) 7 d			0923	0930	0937			0953	1000	1007			1023	1030	1037		1053
Limehouse (LHS) DLR d			0927	0934	0941			0957	1004	1011			1027	1034	1041		1057
West Ham (WEH) DLR d			0933	0939	0947			1003	1009	1017			1033	1039	1047		1103
London Liverpool Street (LST) 15 d		0915					0945					1015				1045	
Stratford (SRA) DLR 7 d		0923					0952					1023				1052	
Barking (BKG) DLR d		0933	0938	0944	0953		1003	1008	1014	1023		1033	1038	1044	1053		1103
Upminster (UPM) DLR d		0943	0947	0953			1013	1017	1023			1043	1047	1053			1113
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	3	1000					1030					1100					1130
Tilbury Town (TIL) DLR d	0933		1003			1003		1033			1033		1103			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																
London Fenchurch Street (FST) 7 d	1100	1107			1123	1130	1137			1153	1200	1207			1223	1230	1237
Limehouse (LHS) DLR d	1104	1111			1127	1134	1141			1157	1204	1211			1227	1234	1241
West Ham (WEH) DLR d	1109	1117			1133	1139	1147			1203	1209	1217			1233	1239	1247
London Liverpool Street (LST) 15 d				1115					1145					1215			
Stratford (SRA) DLR 7 d				1123					1152					1223			
Barking (BKG) DLR d	1114	1123		1133	1138	1144	1153		1204	1208	1214	1223		1233	1238	1244	1253
Upminster (UPM) DLR 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) DLR 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
Benfleet (BEF) d	1143		1156	1200		1213		1226	1231	1243		1256	1300				1313
Leigh-on-Sea (LES) d	1147		1200	1204		1217		1230	1235	1247		1300	1304				1317
Chalkwell (CHW) d	1150		1203	1207		1220		1233	1238	1250		1303	1307				1320
Westcliff (WCF) d	1152		1205	1209		1222		1235	1240	1252		1305	1309				1322
Southend Central (SOC) a	1154		1207	1211		1224		1237	1242	1254		1307	1311				1324
Southend Central (SOC) d	1155		1208	1212		1225		1238	1243	1255		1308	1312				1325
Southend East (SOE) d	1157		1210	1214		1227		1240	1245	1257		1310	1314				1327
Thorpe Bay (TPB) d	1159		1212	1216		1229		1242	1247	1259		1312	1316				1329
Shoeburyness (SRY) a	1203		1217	1220		1233		1247	1251	1303		1317	1320				1333

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

- a Arrival time
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London to Barking, Upminster, Basildon, Grays, Tilbury, Southend Central and Shoeburyness

Saturdays

Operator	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) 7 d	1303	1308	1314	1323			1333	1338	1344	1353			1403	1414	1423		1433	1438	1444
Upminster (UPM) 7 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) 8 d		1333					1333		1403				1403				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																	
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) 15 d			1445					1515						1545			1615	
Stratford (SRA) DLR 7 d			1452					1523						1552			1623	
Barking (BKG) 7 d	1453		1503	1508	1514	1523		1533	1538	1544	1553			1603	1608	1614	1623	1633
Upminster (UPM) 7 d			1513	1517	1523			1543	1547	1553				1613	1617	1623		1643
Ockendon (OCK) d				1522					1552						1622			
Chafford Hundred Lakeside (CFH) d				1526					1556						1626			
Dagenham Dock (DDK) d	1457					1527						1557					1627	
Rainham (RNM) d	1501					1531						1601					1631	
Purfleet (PFL) d	1506					1536						1606					1636	
Grays (GRY) a	1512			1530		1542			1600		1612				1630		1642	
Grays (GRY) d				1530					1600						1630			
Tilbury Town (TIL) 8 d		1503		1533				1533		1603			1603		1633		1633	
East Tilbury (ETL) d		1509						1539					1609				1639	
Stanford-le-Hope (SFO) d		1513						1543					1613				1643	
West Horndon (WHR) d					1528					1558							1628	
Laindon (LAI) d			1521		1532			1551		1602			1621		1632		1651	
Basildon (BSO) d			1524		1536			1554		1606			1624		1636		1654	
Pitsea (PSE) d		1522			1539		1552		1609			1622		1639		1652		
Benfleet (BEF) d	1526	1530		1543		1556	1600		1613		1626	1630		1643		1656	1700	
Leigh-on-Sea (LES) d	1530	1534		1547		1600	1604		1617		1630	1634		1647		1700	1704	
Chalkwell (CHW) d	1533	1537		1550		1603	1607		1620		1633	1637		1650		1703	1707	
Westcliff (WCF) d	1535	1539		1552		1605	1609		1622		1635	1639		1652		1705	1709	
Southend Central (SOC) a	1537	1541		1554		1607	1611		1624		1637	1641		1654		1707	1711	
Southend Central (SOC) d	1538	1542		1555		1608	1612		1625		1638	1642		1655		1708	1712	
Southend East (SOE) d	1540	1544		1557		1610	1614		1627		1640	1644		1657		1710	1714	
Thorpe Bay (TPB) d	1542	1546		1559		1612	1616		1629		1642	1646		1659		1712	1716	
Shoeburyness (SRY) 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
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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)	8 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	2008
Upminster (UPM)	d		1843	1847	1853			1913	1917	1923				1943	1947	1953			2013	2017
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)	8 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
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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	
London Fenchurch Street (FST)	7 d	2000	2007			2023	2030	2037			2053	2100	2107			2123	2130	2137
Limehouse (LHS)	DLR 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)	DLR d	2014	2023		2034	2038	2044	2053		2103	2108	2114	2123		2134	2138	2144	2153
Upminster (UPM)	DLR 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
Benfleet (BEF)	d	2043		2056	2100		2113		2126	2130		2143		2156	2200			2213
Leigh-on-Sea (LES)	d	2047		2100	2104		2117		2130	2134		2147		2200	2205			2217
Chalkwell (CHW)	d	2050		2103	2107		2120		2133	2137		2150		2203	2207			2220
Westcliff (WCF)	d	2052		2105	2109		2122		2135	2139		2152		2205	2209			2222
Southend Central (SOC)	a	2054		2107	2111		2124		2137	2141		2154		2207	2212			2224
Southend Central (SOC)	d	2055		2108	2112		2125		2138	2142		2155		2208	2212			2225
Southend East (SOE)	d	2057		2110	2114		2127		2140	2144		2157		2210	2214			2227
Thorpe Bay (TPB)	d	2059		2112	2116		2129		2142	2146		2159		2212	2217			2229
Shoeburyness (SRY)	a	2103		2117	2120		2133		2147	2150		2203		2217	2221			2233

Operator	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)	DLR d	2203	2208	2214	2223		2232	2238	2244	2253		2302c	2308	2314		2323	2332	2338
Upminster (UPM)	DLR 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		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
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 Days of operation/Notes	CC	CC	CC	CC								
London Fenchurch Street (FST) 7 d	2330		2344				2359	0005			0015	0041
Limehouse (LHS) DLR d	2334		2348				0003	0009			0019	0045
West Ham (WEH) DLR d	2339		2353				0009	0014			0025	0050
London Liverpool Street (LST) 15 d					2348							
Stratford (SRA) DLR 7 d					2355							
Barking (BKG) 6 d	2344		2358	0007			0015	0020			0030	0056
Upminster (UPM) 6 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) 3 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		
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)	DLR d	0653	0658	0733	0738	0750	0803	0808	0820	0833	0838	0850	0903	0908	0920	0933	0938	0950	1003
Upminster (UPM)	DLR 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)	DLR d	1008	1020	1033	1038	1050	1103	1108	1120	1133	1138	1150	1203	1208	1220	1233	1238	1250	1303
Upminster (UPM)	DLR 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		
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	1603
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		
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	1903
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		
London Fenchurch Street (FST)	7 d	1853	1905	1923	1935	1953	2005	2023	2035	2053	2105	2123	2138						
Limehouse (LHS)	DLR d	1857	1909	1927	1939	1957	2009	2027	2039	2057	2109	2127	2142						
West Ham (WEH)	DLR d	1902	1914	1932	1944	2002	2014	2032	2044	2102	2114	2132	2147						
London Liverpool Street (LST)	15 d		1915		1945		2015		2045		2115		2145						
Stratford (SRA)	DLR 7 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	2203
Upminster (UPM)	d	1916		1942	1946	2012	2016	2042	2046	2112	2116	2142	2146	2212					
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		2155						2158
Rainham (RNM)	d		1928		1958		2028		2058		2128		2158						2201
Purfleet (PFL)	d		1933		2003		2033		2103		2133		2203						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)	8 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	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
London Fenchurch Street (FST)	7 d	2153		2223		2311		2341	0011		
Limehouse (LHS)	DLR d	2157		2227		2315		2345	0015		
West Ham (WEH)	DLR d	2202		2232		2320		2350	0020		
London Liverpool Street (LST)	15 d		2215		2245		2315				
Stratford (SRA)	DLR 7 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)	8 d	2233		2303		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													
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			0535		0552		0608		
East Tilbury (ETL)	d	↳		0437		0506			↳			0539		0556		↳		
Tilbury Town (TIL)	Ⓜ d			0443		0512						0545		0602				
Grays (GRY)	a			0446		0515						0548		0605				↳
Grays (GRY)	d			0446	0454	0515	0524					0548	0554	0606				0606
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
Barking (BKG)	Ⓜ d		0505	0508	0515	0538	0545	0549		0604	0610	0615		0618			0627	0639
Stratford (SRA)	Ⓜ DLR 7 a																	
London Liverpool Street (LST)	Ⓜ 15 a																	
West Ham (WEH)	Ⓜ DLR d		0510	0513	0520	0543	0550	0555		0610	0616	0620		0623		0627	0633	0639
Limehouse (LHS)	Ⓜ DLR d		0515	0518	0525	0548	0555	0600		0615	0621	0625		0628		0633	0639	0644
London Fenchurch Street (FST)	Ⓜ 7 a		0520	0523	0530	0553	0600	0604		0619	0625	0630		0633		0637	0644	0649

	Operator	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
Westcliff (WCF)	d		0602	0608	0613					0622					0637			0648
Chalkwell (CHW)	d		0605	0611	0616					0625					0640			0650
Leigh-on-Sea (LES)	d		0607	0614	0618	0622				0628	0635				0643			0653
Benfleet (BEF)	d		0612	0619	0623	0627				0633	0640				0648			0657
Pitsea (PSE)	d		0618	0623	0628	0631				0637				0647	0652			0703
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			↳				↳	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)	Ⓜ DLR 7 a																	↳
London Liverpool Street (LST)	Ⓜ 15 a																	
West Ham (WEH)	Ⓜ DLR d	0649		0653		0659	0702	0705	0709	0713	0717	0720		0723	0728	0732	0735	
Limehouse (LHS)	Ⓜ DLR d	0654		0659		0705	0708	0711	0714	0719	0722	0725		0728	0733	0737	0740	
London Fenchurch Street (FST)	Ⓜ 7 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	0752
West Horndon (WHR)	d								0736									
Stanford-le-Hope (SFO)	d					0726								0726			0742	
East Tilbury (ETL)	d													0730			0745	
Tilbury Town (TIL)	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)	a																	
London Liverpool Street (LST)	a																	
West Ham (WEH)	d		0741	0744	0747		0750	0753	0756	0759		0802	0805	0808	0811		0814	0817
Limehouse (LHS)	d		0746	0749	0752		0755	0758	0801	0804		0807		0813	0816		0819	0822
London Fenchurch Street (FST)	a	0747	0751	0754	0757		0800	0803	0806	0809		0812	0814	0818	0821		0824	0827

	Operator	CC																
Shoeburyness (SRY)	d					0739						0800				0815		0834
Thorpe Bay (TPB)	d	0731				0743						0804				0819		0838
Southend East (SOE)	d	0733				0745						0806				0821		0840
Southend Central (SOC)	a	0736				0748						0809				0824		0843
Southend Central (SOC)	d	0736				0748						0809				0824		0843
Westcliff (WCF)	d	0738				0750						0811				0826		0845
Chalkwell (CHW)	d	0741				0753						0814				0829		0848
Leigh-on-Sea (LES)	d	0744				0756				0805		0817				0832		0851
Benfleet (BEF)	d	0749				0801				0810		0822				0837		0856
Pitsea (PSE)	d	0753				0804				0814			0818	0836	0840			0847
Basildon (BSO)	d	0757				0808				0812	0818		0828			0844		0902
Laindon (LAI)	d			0803		0812				0822			0834			0848		0905
West Horndon (WHR)	d			0808						0820			0839					
Stanford-le-Hope (SFO)	d													0824	0843			0854
East Tilbury (ETL)	d		0745											0828			0846	0857
Tilbury Town (TIL)	d		0752											0834			0853	0904
Grays (GRY)	a		0755											0837			0856	0907
Grays (GRY)	d		0756		0801					0810		0818				0837		0908
Purfleet (PFL)	d		0802							0816						0843		0914
Rainham (RNM)	d		0807							0822						0849		0919
Dagenham Dock (DDK)	d		0811							0826						0853		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		0856	0903	0914
Barking (BKG)	d		0817	0822	0826			0832		0838	0841	0846	0853	0859		0905	0911	0917
Stratford (SRA)	a																	
London Liverpool Street (LST)	a																	
West Ham (WEH)	d	0820	0823	0828	0831	0834	0838	0841	0843	0847	0852	0858	0905		0910	0917	0923	0928
Limehouse (LHS)	d	0825	0829	0833	0837	0840	0843	0846	0849	0852	0858	0904	0910		0916	0922	0929	0933
London Fenchurch Street (FST)	a	0830	0833	0838	0841	0844	0848	0851	0854	0857	0903	0908	0915		0920	0928	0933	0939

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																			
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																			
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			1208		1219			1229	1238
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
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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			1405
East Tilbury (ETL)	d			1238		←			1308		←			1337		←			1408
Tilbury Town (TIL)	8 d			1244					1314					1343					1414
Grays (GRY)	a			1247					1317					1346					1417
Grays (GRY)	d	1240	1247				1310	1317				1340	1346					1410	1417
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	1439
Stratford (SRA)	⊖ DLR 7 a																		
London Liverpool Street (LST)	⊖ 15 a																		
West Ham (WEH)	⊖ DLR d	1302	1306	1314	1321		1332	1336	1345	1351		1402	1406	1414	1421		1432	1436	1444
Limehouse (LHS)	DLR d	1307	1311	1319	1326		1337	1341	1351	1356		1407	1411	1419	1426		1437	1441	1449
London Fenchurch Street (FST)	7 a	1312	1316	1324	1331		1342	1345	1356	1400		1412	1416	1424	1432		1442	1446	1455

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	1536	1541
Southend East (SOE)	d	1403		1417			1433	1439	1447			1503		1517			1532	1538	1544
Southend Central (SOC)	a	1406		1420			1436	1442	1450			1506		1520			1535	1541	1546
Southend Central (SOC)	d	1406	1412	1420			1436	1443	1450			1506	1511	1520			1535	1541	1547
Westcliff (WCF)	d	1408	1415	1422			1438	1445	1452			1508	1514	1522			1537	1543	1549
Chalkwell (CHW)	d	1411	1417	1425			1441	1447	1455			1511	1516	1525			1540	1546	1551
Leigh-on-Sea (LES)	d	1413	1420	1427			1443	1450	1457			1513	1519	1527			1542	1549	1554
Benfleet (BEF)	d	1418	1424	1432			1448	1454	1502			1518	1523	1532			1547	1553	1558
Pitsea (PSE)	d	1421	1429				1451	1459				1521	1528				1550	1559	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)	8 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)	⊖ DLR 7 a																		
London Liverpool Street (LST)	⊖ 15 a																		
West Ham (WEH)	⊖ DLR d	1451		1502	1506	1514	1521		1532	1536	1544	1551		1602	1606	1616	1621		1632
Limehouse (LHS)	DLR d	1456		1507	1511	1519	1526		1537	1541	1549	1556		1607	1611	1621			1637
London Fenchurch Street (FST)	7 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
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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				1709	1712		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	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	1858
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	1903
Limehouse (LHS)	DLR d	1757	1802	1808	1811			1818		1825	1828			1838		1843	1853	1856	1909
London Fenchurch Street (FST)	7 a	1801	1807	1812	1815			1822	1826	1829	1832	1838	1842		1848	1858	1901	1904	1914

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

- a Arrival time
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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	↳		1838	↳		1857		1909	1930		↳			1938			↳
Tilbury Town (TIL)	Ⓜ d		1844			1903		1915	1937						1944			
Grays (GRY)	a		1847			1906		1918	1940					↳	1947			
Grays (GRY)	d		1847			1907		1919	1941					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 2030
Stratford (SRA)	Ⓜ DLR 7 a																	
London Liverpool Street (LST)	Ⓜ 15 a																	
West Ham (WEH)	Ⓜ DLR d		1910	1917		1926	1933	1938	1946		1953		2005	2009	2015	2022		2033 2037
Limehouse (LHS)	Ⓜ DLR d		1915	1922		1931	1938	1943	1951		1958		2010	2014	2020	2027		2038 2043
London Fenchurch Street (FST)	Ⓜ 7 a		1919	1927		1935	1942	1948	1956		2003		2014	2019	2024	2031		2044 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 2142
Westcliff (WCF)	d		2008	2015	2022				2038	2045	2052				2108	2115	2122		2138 2145
Chalkwell (CHW)	d		2011	2017	2025				2041	2047	2055				2111	2117	2125		2141 2147
Leigh-on-Sea (LES)	d		2013	2020	2027				2043	2050	2057				2113	2120	2127		2143 2150
Benfleet (BEF)	d		2018	2024	2032				2048	2054	2102				2118	2124	2132		2148 2154
Pitsea (PSE)	d		2021	2029					2051	2059					2121	2129			2151 2159
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 2205
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)	Ⓜ DLR 7 a																		
London Liverpool Street (LST)	Ⓜ 15 a																		
West Ham (WEH)	Ⓜ DLR d	2044	2051		2102	2106	2114	2121			2132	2136	2144	2151		2202	2209	2214	2222
Limehouse (LHS)	Ⓜ DLR d	2049	2056		2107	2111	2119	2126			2137	2141	2149	2156		2207	2214	2219	2227
London Fenchurch Street (FST)	Ⓜ 7 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)	 a												
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																
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)	Ⓜ	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)	Ⓜ	0502	0506	0544	0552		0614	0622		0644	0652		0714	0722		0744	0752	
Barking (BKG)	Ⓜ	0510	0514	0553	0600	0612	0623	0630	0642	0653	0700	0712	0723	0730	0742	0753	0800	0812
Stratford (SRA)	Ⓜ	7 a																
London Liverpool Street (LST)	Ⓜ	15 a																
West Ham (WEH)	Ⓜ	0515	0519	0558	0606	0618	0628	0636	0648	0658	0706	0718	0728	0736	0748	0758	0806	0818
Limehouse (LHS)	Ⓜ	0520	0524	0603	0611	0623	0633	0641	0653	0703	0711	0723	0733	0741	0753	0803	0811	0823
London Fenchurch Street (FST)	Ⓜ	0525	0529	0607	0615	0627	0637	0645	0657	0707	0715	0727	0737	0745	0757	0807	0815	0827

	Operator	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				↪	
Stanford-le-Hope (SFO)	d		0746			0816			0816			0846		0846		0916		0916	
East Tilbury (ETL)	d		0750			↪	0820				↪	0850				↪	0920		
Tilbury Town (TIL)	Ⓜ		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)	Ⓜ	0806	0814	0822			0836	0844	0852			0906	0914	0922			0936	0944	0952
Barking (BKG)	Ⓜ	0816	0823	0830	0842		0846	0853	0900	0912		0916	0923	0930	0942		0946	0953	1000
Stratford (SRA)	Ⓜ	7 a	0825				0855					0925					0955		
London Liverpool Street (LST)	Ⓜ	15 a	0833				0903					0933					1003		
West Ham (WEH)	Ⓜ	0828	0836	0848			0858	0906	0918				0928	0936	0948			0958	1006
Limehouse (LHS)	Ⓜ	0833	0841	0853			0903	0911	0923				0933	0941	0953			1003	1011
London Fenchurch Street (FST)	Ⓜ	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																	
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)	8 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																		
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)	8 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	1342	
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	1348
Limehouse (LHS)	DLR d	1203	1211	1223			1233	1241	1253			1303	1311	1323				1333	1341	1353
London Fenchurch Street (FST)	7 a	1207	1215	1227			1237	1245	1257			1307	1315	1327				1337	1345	1357

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	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	1523
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	
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)	8 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)	⊖ DLR 7 a		1727						1757					1827					1857	
London Liverpool Street (LST)	⊖ 15 a		1735						1805					1835					1905	
West Ham (WEH)	⊖ DLR d		1728	1736	1748				1758	1806	1818			1828	1836	1848			1858	1906
Limehouse (LHS)	DLR d		1733	1741	1753				1803	1811	1823			1833	1841	1853			1903	1911
London Fenchurch Street (FST)	7 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					←	2016			
Stanford-le-Hope (SFO)	d		1846			1846			1916			1916		1946		1946			2016	
East Tilbury (ETL)	d		→			1850			→			1920		→		1950			→	
Tilbury Town (TIL)	8 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)	⊖ DLR 7 a			1927						1957							2025			2055
London Liverpool Street (LST)	⊖ 15 a			1935						2005							2033			2103
West Ham (WEH)	⊖ DLR d	1918			1928	1936	1948					1958	2006	2018			2028	2036	2048	
Limehouse (LHS)	DLR d	1923			1933	1941	1953					2003	2011	2023			2033	2041	2053	
London Fenchurch Street (FST)	7 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						
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)	Ⓜ d	2026					2056					2126					2156						
Grays (GRY)	a	2029					2059					2129					2159						
Grays (GRY)	d	2030			2052		2100			2122		2130			2152		2200						
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											2225					
London Liverpool Street (LST)	Ⓜ DLR 15 a						2133											2233					
West Ham (WEH)	Ⓜ DLR d	2058	2106	2118			2128	2136	2148					2158	2206	2218				2228	2236	2248	
Limehouse (LHS)	Ⓜ DLR d	2103	2111	2123			2133	2141	2153					2203	2211	2223					2233	2241	2253
London Fenchurch Street (FST)	Ⓜ 7 a	2107	2115	2127			2137	2145	2157					2207	2215	2227					2237	2245	2257

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)	Ⓜ 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	0034
Barking (BKG)	Ⓜ d		2246	2253	2301	2312		2316	2323	2330	2342		2353	2359	0020	0042a
Stratford (SRA)	Ⓜ DLR 7 a		2255					2325								
London Liverpool Street (LST)	Ⓜ DLR 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
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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
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	0853
Stratford (SRA)	d																
London Liverpool Street (LST)	a																
West Ham (WEH)	d	0634		0704	0716	0720		0750	0758	0808		0820	0828		0848	0851	0858
Limehouse (LHS)	d	0639		0709	0721	0725		0755	0803	0813		0825	0833		0853	0856	0903
London Fenchurch Street (FST)	a	0644		0714	0726	0730		0800	0807	0817		0830	0837		0857	0900	0907

Operator	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
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
Barking (BKG)	d	0917	0923		0942	0947	0953		1012	1017	1023		1042	1047	1053		1112
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
Limehouse (LHS)	d		0933		0953		1003		1023		1033		1053		1103		1123
London Fenchurch Street (FST)	a		0937		0957		1007		1027		1037		1057		1107		1137

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

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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		
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	1316	
East Tilbury (ETL)	d	↳			1119	↳			1149	↳			1219	↳			1249	↳	
Tilbury Town (TIL)	8 d				1125				1155				1225				1255		
Grays (GRY)	a				1128				1158				1228				1258		
Grays (GRY)	d		1122		1130			1152		1200		1222		1230		1252	1300	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	1323	1342
Stratford (SRA)	⊖ DLR 7 a			1155				1225					1255				1325		
London Liverpool Street (LST)	⊖ 15 a			1203				1233					1303				1333		
West Ham (WEH)	⊖ DLR d		1148		1158			1218		1228		1248		1258		1318		1328	1348
Limehouse (LHS)	DLR d		1153		1203			1223		1233		1253		1303		1323		1333	1353
London Fenchurch Street (FST)	7 a		1157		1207			1227		1237		1257		1307		1327		1337	1357

Operator	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)	8 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	1547	1553
Stratford (SRA)	⊖ DLR 7 a	1355				1425				1455				1525				1555		
London Liverpool Street (LST)	⊖ 15 a	1403				1433				1503				1533				1603		
West Ham (WEH)	⊖ DLR d		1358			1418		1428		1448		1458		1518		1528		1548		1558
Limehouse (LHS)	DLR d		1403			1423		1433		1453		1503		1523		1533		1553		1603
London Fenchurch Street (FST)	7 a		1407			1427		1437		1457		1507		1527		1537		1557		1607

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Operator	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			1622		1630			1652		1722		1730	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	1753	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		1758	1818
Limehouse (LHS)	d		1623		1633			1653		1703		1723		1733		1753		1803	1823
London Fenchurch Street (FST)	a		1627		1637			1657		1707		1727		1737		1757		1807	1827

Operator	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	2023
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

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- a Arrival time
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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)	8 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
Barking (BKG)	⊖ d	2253	2256	2300		2330
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

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