

London to Stratford, Ilford, Romford and Shenfield

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	XR	LE		XR	XR	XR	XR	XR	LE	LE	XR		
	2W44	2K68	2W46	1F66	2W50	2K42	2W52	2W54	2K44		9W90	9W92	9W94	9W96	9W98	2K26	1F70	9W00		
	MO	MO A	MO	MO B	MO	MO A	MO	MO	MO A		MX	MX	MX	MX	MX	MX A	MX B	MX		
London Paddington EL (PAD) 15 d																			0007	
Bond Street (BDS) d																			0010	
Tottenham Court Road (TCR) d																			0012	
Farringdon (ZFD) 3 d																			0015	
London Liverpool Street EL (LST) 4 d																			0018	
London Liverpool Street (LST) 15 d				0002	0005	0014	0019	0034	0044									0015	0018	
Whitechapel (ZLW) d																			0020	
Stratford (SRA) 7 d				0009	0012	0021	0026	0041	0051				0001		0004	0008	0022	0025	0025	
Maryland (MYL) d					0014		0028	0043						0003	0010				0027	
Forest Gate (FOG) d					0016		0030	0045						0005	0012				0029	
Manor Park (MNP) d			0003		0019		0033	0048						0008	0015				0033	
Ilford (IFD) 2 d			0006		0022		0036	0051					0001		0018				0036	
Seven Kings (SVK) d			0008		0024		0038	0053					0003	0013	0020				0037	
Goodmayes (GMY) d			0010		0026		0040	0055					0005	0015	0022				0039	
Chadwell Heath (CTH) d			0012		0028		0042	0057					0007	0017	0024				0041	
Romford (RMF) d		0002	0016		0032	0036	0046	0101	0105				0001	0011	0021	0028	0032		0045	
Gidea Park (GDP) 2 d	0002		0019		0035		0049	0104					0004	0014	0024	0031			0049	
Harold Wood (HRO) d	0005		0022		0038		0052	0107					0007	0017	0027	0034			0052	
Brentwood (BRE) d	0009		0026		0042		0056	0111					0001	0011	0021	0031	0038		0056	
Shenfield (SNF) 3 a	0013	0016	0030	0033	0046	0049	0100	0115	0119				0005	0015	0025	0036	0042	0044	0047	0100

Operator Train ID Days of operation/Notes	XR	LE	LE	XR		LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	LE	XR	XR		
	9W04	2F18	2K28	2W56		2N04	2W02	1K02	2W04	2W06	1K04	1N02	9W08	9W10	1A04	1K06	9W12	9W14		
	MX	MX B	MX A			C	A	A	A	A	A	C			D	A				
London Paddington EL (PAD) 15 d	0022												0552	0600					0607	0615
Bond Street (BDS) d	0025												0555	0603					0610	0618
Tottenham Court Road (TCR) d	0027												0557	0605					0612	0620
Farringdon (ZFD) 3 d	0030												0600	0608					0615	0623
London Liverpool Street EL (LST) 4 d	0033												0603	0611					0618	0626
London Liverpool Street (LST) 15 d		0046	0050	0055		0523	0525	0536	0539	0554	0555	0602			0616	0618				
Whitechapel (ZLW) d	0035												0605	0613					0620	0628
Stratford (SRA) 7 d	0040	0053	0058	0102		0530	0531	0543	0546	0601	0603	0609	0611	0619	0623	0626			0626	0634
Maryland (MYL) d	0042			0104			0533		0548	0603			0613	0621					0628	0636
Forest Gate (FOG) d	0044			0106			0535		0550	0605			0615	0623					0630	0638
Manor Park (MNP) d	0046			0109			0538		0553	0608			0618	0626					0633	0641
Ilford (IFD) 2 d	0049			0112			0541		0556	0611			0621	0629					0636	0644
Seven Kings (SVK) d	0052			0114			0543		0558	0613			0623	0631					0638	0646
Goodmayes (GMY) d	0054			0116			0545		0600	0615			0625	0633					0640	0648
Chadwell Heath (CTH) d	0056			0118			0547		0602	0617			0627	0635					0642	0650
Romford (RMF) d	0100		0108	0122		0538	0551		0606	0621			0631	0639					0646	0654
Gidea Park (GDP) 2 d	0102			0125			0554		0609	0624			0634	0642					0649	0657
Harold Wood (HRO) d	0105			0128			0557		0612	0627			0637	0645					0652	0700
Brentwood (BRE) d	0109			0132			0601		0616	0631			0641	0649					0656	0704
Shenfield (SNF) 3 a	0113	0115	0120	0136		0547	0606	0601	0621	0635	0618	0624	0647	0653	0639	0641			0700	0711

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

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

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

MO Mondays only  
 MX Not Mondays

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1F04 E	XR 9W16	LE 1K08 A	XR 9W18	LE 1F06 F	XR 9W20	LE 1K10 A	XR 9W22	XR 9W24	LE 1Y06 G	LE 1K12 A	XR 9W26	XR 9W28	LE 1N06 C	XR 9W30	XR 9W32	XR 9W34	LE 1K14 A	
London Paddington EL (PAD)	⊖ 15 d		0622		0630		0636		0642	0648		0654	0700		0706	0712	0718		
Bond Street (BDS)	⊖ d		0625		0633		0639		0645	0651		0657	0703		0709	0715	0721		
Tottenham Court Road (TCR)	⊖ d		0627		0635		0641		0647	0653		0659	0705		0711	0717	0723		
Farringdon (ZFD)	⊖ 3 d		0630		0638		0644		0650	0656		0702	0708		0714	0720	0726		
London Liverpool Street EL (LST)	⊖ 4 d		0633		0641		0647		0653	0659		0705	0711		0717	0723	0729		
London Liverpool Street (LST)	⊖ 15 d	0632		0635		0648		0650		0702	0705			0716				0732	
Whitechapel (ZLW)	⊖ d		0635		0643		0649		0655	0701		0707	0713		0719	0725	0731		
Stratford (SRA)	⊖ 7 d	0639	0641	0642	0649	0655	0657	0701	0707	0709	0712			0724	0725	0731	0737	0742	
Maryland (MYL)	d		0643		0651		0657		0703	0709		0715	0721		0727	0733	0739		
Forest Gate (FOG)	d		0645		0653		0659		0705	0711		0717	0723		0729	0735	0741		
Manor Park (MNP)	d		0648		0656		0702		0708	0714		0720	0726		0732	0738	0744		
Ilford (IFD)	2 d		0651		0659		0705		0711	0717		0723	0729		0735	0741	0747		
Seven Kings (SVK)	d		0653		0701		0707		0713	0719		0725	0731		0737	0743	0749		
Goodmayes (GMY)	d		0655		0703		0709		0715	0721		0727	0733		0739	0745	0751		
Chadwell Heath (CTH)	d		0657		0705		0711		0717	0723		0729	0735		0741	0747	0753		
Romford (RMF)	d		0701		0709		0715		0721	0727		0733	0739		0745	0751	0757		
Gidea Park (GDP)	2 d		0704		0712		0718		0724	0730		0736	0742		0748	0754	0800		
Harold Wood (HRO)	d		0707		0715		0721		0727	0733		0739	0745		0751	0757	0803		
Brentwood (BRE)	d		0711		0719		0725		0731	0737		0743	0749		0755	0801	0807		
Shenfield (SNF)	3 a	0655	0717	0657	0723	0710	0732	0713	0739	0743	0724	0727	0749	0753	0739	0801	0809	0814	0757

Operator Train ID Days of operation/Notes	XR 9W36	LE 1F08 E	XR 9W38	LE 1F10 F	XR 9W40	XR 9W42	LE 1K16 A	XR 9W44	XR 9W46	LE 1Y08 G	XR 9W48	LE 1K18 A	LE 1N12 C	XR 9W50	XR 9W52	XR 9W54	LE 1K20 A	XR 9W56	
London Paddington EL (PAD)	⊖ 15 d	0724		0730		0736	0742		0748	0754		0800		0806	0812	0818		0824	
Bond Street (BDS)	⊖ d	0727		0733		0739	0745		0751	0757		0803		0809	0815	0821		0827	
Tottenham Court Road (TCR)	⊖ d	0729		0735		0741	0747		0753	0759		0805		0811	0817	0823		0829	
Farringdon (ZFD)	⊖ 3 d	0732		0738		0744	0750		0756	0802		0808		0814	0820	0826		0832	
London Liverpool Street EL (LST)	⊖ 4 d	0735		0741		0747	0753		0759	0805		0811		0817	0823	0829		0835	
London Liverpool Street (LST)	⊖ 15 d		0736		0746		0757		0806		0812	0816					0832		
Whitechapel (ZLW)	⊖ d	0737		0743		0749	0755		0801	0807		0813		0819	0825	0831		0837	
Stratford (SRA)	⊖ 7 d	0743	0745	0749	0754	0755	0801	0805	0807	0813	0814	0819	0821	0824	0825	0831	0837	0842	0843
Maryland (MYL)	d	0745		0751		0757	0803		0809	0815		0821		0827	0833	0839		0845	
Forest Gate (FOG)	d	0747		0753		0759	0805		0811	0817		0823		0829	0835	0841		0847	
Manor Park (MNP)	d	0750		0756		0802	0808		0814	0820		0826		0832	0838	0844		0850	
Ilford (IFD)	2 d	0753		0759		0805	0811		0817	0823		0829		0835	0841	0847		0853	
Seven Kings (SVK)	d	0755		0801		0807	0813		0819	0825		0831		0837	0843	0849		0855	
Goodmayes (GMY)	d	0757		0803		0809	0815		0821	0827		0833		0839	0845	0851		0857	
Chadwell Heath (CTH)	d	0759		0805		0811	0817		0823	0829		0835		0841	0847	0853		0859	
Romford (RMF)	d	0803		0809		0815	0821		0827	0833		0839		0845	0851	0857		0903	
Gidea Park (GDP)	2 d	0806		0812		0818	0824		0830	0836		0842		0848	0854	0900		0906	
Harold Wood (HRO)	d	0809		0815		0821	0827		0833	0839		0845		0851	0857	0903		0909	
Brentwood (BRE)	d	0813		0819		0825	0831		0837	0843		0849		0855	0901	0907		0913	
Shenfield (SNF)	3 a	0819	0801	0824	0810	0829	0835	0821	0841	0847	0830	0853	0837	0840	0859	0905	0911	0858	0917

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1F14 E	XR 9W58	LE 1F16 F	XR 9W60	XR 9W62	LE 1K22 A	XR 9W64	LE 1Y10 G	XR 9W66	XR 9W68	LE 1K24 A	LE 1N16 C	XR 9W70	XR 9W72	XR 9W74	LE 1K26 A	XR 9W76	LE 2F30 E
London Paddington EL (PAD)	⊖ 15 d		0830		0836 0842		0848		0854 0900				0906 0912 0918				0924	
Bond Street (BDS)	⊖ d		0833		0839 0845		0851		0857 0903				0909 0915 0921				0927	
Tottenham Court Road (TCR)	⊖ d		0835		0841 0847		0853		0859 0905				0911 0917 0923				0929	
Farringdon (ZFD)	⊖ 3 d		0838		0844 0850		0856		0902 0908				0914 0920 0926				0932	
London Liverpool Street EL (LST)	⊖ 4 d		0841		0847 0853		0859		0905 0911				0917 0923 0929				0935	
London Liverpool Street (LST)	⊖ 15 d	0835		0848		0855		0902			0913 0918					0933		0938
Whitechapel (ZLW)	⊖ d		0843		0849 0855		0901		0907 0913				0919 0925 0931		0937		0943 0945	
Stratford (SRA)	⊖ 7 d	0845	0849	0855	0855 0901	0902	0907	0909	0913 0919	0921	0925		0929 0935 0941		0947		0953	
Maryland (MYL)	d		0851		0857 0903		0909		0915 0921				0927 0933 0939		0945		0951	
Forest Gate (FOG)	d		0853		0859 0905		0911		0917 0923				0929 0935 0941		0947		0953	
Manor Park (MNP)	d		0856		0902 0908		0914		0920 0926				0932 0938 0944		0950		0956	
Ilford (IFD)	2 d		0859		0905 0911		0917		0923 0929				0935 0940 0947		0953		0959	
Seven Kings (SVK)	d		0901		0907 0913		0919		0925 0931				0937 0943 0949		0955		0961	
Goodmayes (GMY)	d		0903		0909 0915		0921		0927 0933				0939 0945 0951		0957		0963	
Chadwell Heath (CTH)	d		0905		0911 0917		0923		0929 0935				0941 0947 0953		0959		0965	
Romford (RMF)	d		0909		0915 0921		0927		0933 0939				0945 0951 0957		1003 0953		1009	
Gidea Park (GDP)	2 d		0912		0918 0924		0930		0936 0942				0948 0954 1000		1006		1012	
Harold Wood (HRO)	d		0915		0921 0927		0933		0939 0945				0951 0957 1003		1009		1015	
Brentwood (BRE)	d		0919		0925 0931		0937		0943 0949				0955 1001 1007		1013		1019	
Shenfield (SNF)	3 a	0902	0923	0911	0929 0936	0917	0944	0924	0947 0953	0938	0940	1001	1006	1011	0957	1017	1002	

Operator Train ID Days of operation/Notes	XR 9W78	LE 1F18 F	XR 9W80	LE 1K28 A	XR 9W84	LE 1Y12 G	XR 9W86	XR 9W90	LE 2K30 A	LE 1N18 C	XR 9W92	XR 9W96	LE 1K32 A	XR 9W98	LE 2F36 E	XR 9W02	LE 1F20 F	XR 9W04	
London Paddington EL (PAD)	⊖ 15 d	0930		0937		0945		0952 1000			1007 1015			1022		1030		1037	
Bond Street (BDS)	⊖ d	0933		0940		0948		0955 1003			1010 1018			1025		1033		1040	
Tottenham Court Road (TCR)	⊖ d	0935		0942		0950		0957 1005			1012 1020			1027		1035		1042	
Farringdon (ZFD)	⊖ 3 d	0938		0945		0953		1000 1008			1015 1023			1030		1038		1045	
London Liverpool Street EL (LST)	⊖ 4 d	0941		0948		0956		1003 1011			1018 1026			1033		1041		1048	
London Liverpool Street (LST)	⊖ 15 d		0948		0955		1002		1013 1018				1033		1036		1047		
Whitechapel (ZLW)	⊖ d	0943		0950		0958		1005 1013			1020 1028			1035		1043		1050	
Stratford (SRA)	⊖ 7 d	0949	0955	0956	1002	1004 1009	1011	1019	1020 1025	1026 1034	1040	1041	1043	1049	1054	1056			
Maryland (MYL)	d	0951		0958		1006		1013 1021			1028 1036			1043		1051		1058	
Forest Gate (FOG)	d	0953		1000		1008		1015 1023			1030 1038			1045		1053		1100	
Manor Park (MNP)	d	0956		1003		1011		1018 1026			1033 1041			1048		1056		1103	
Ilford (IFD)	2 d	0959		1005		1013		1020 1028			1035 1043			1050		1058		1105	
Seven Kings (SVK)	d	1001		1008		1016		1023 1031			1038 1046			1053		1101		1108	
Goodmayes (GMY)	d	1003		1010		1018		1025 1033			1040 1048			1055		1103		1110	
Chadwell Heath (CTH)	d	1005		1012		1020		1027 1035			1042 1050			1057		1105		1112	
Romford (RMF)	d	1009		1016		1024		1031 1039	1028		1046 1054			1101	1051	1109		1116	
Gidea Park (GDP)	2 d	1012		1019		1027		1034 1042			1049 1057			1104		1112		1119	
Harold Wood (HRO)	d	1015		1022		1030		1037 1045			1052 1100			1107		1115		1122	
Brentwood (BRE)	d	1019		1026		1034		1041 1049			1056 1104			1111		1119		1126	
Shenfield (SNF)	3 a	1023	1010	1030	1019	1038	1024	1045	1053	1037	1040	1101	1108	1056	1115	1100	1123	1109	1130

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	
	1K34 A	9W08	1Y14 G	9W10	9W14	2K36 A	1N20 C	9W16	9W20	1K38 A	9W22	2F42 E	9W26	1F22 F	9W28	1K40 A	9W32	1Y16 G	
London Paddington EL (PAD)	15 d	1045		1052	1100			1107	1115		1122		1130		1137		1145		
Bond Street (BDS)	d	1048		1055	1103			1110	1118		1125		1133		1140		1148		
Tottenham Court Road (TCR)	d	1050		1057	1105			1112	1120		1127		1135		1142		1150		
Farringdon (ZFD)	3 d	1053		1100	1108			1115	1123		1130		1138		1145		1153		
London Liverpool Street EL (LST)	4 d	1056		1103	1111			1118	1126		1133		1141		1148		1156		
London Liverpool Street (LST)	15 d	1055	1102			1113	1118			1133		1136	1147			1155		1202	
Whitechapel (ZLW)	d	1058		1105	1113			1120	1128		1135		1143		1150		1158		
Stratford (SRA)	DLR 7 d	1104	1109	1111	1119	1120	1125	1126	1134	1140	1141	1143	1149	1155	1156	1203	1204	1209	
Maryland (MYL)	d	1106		1113	1121			1128	1136		1143		1151		1158		1206		
Forest Gate (FOG)	d	1108		1115	1123			1130	1138		1145		1153		1200		1208		
Manor Park (MNP)	d	1111		1118	1126			1133	1141		1148		1156		1203		1211		
Ilford (IFD)	2 d	1113		1120	1128			1135	1143		1151		1158		1205		1213		
Seven Kings (SVK)	d	1116		1123	1131			1138	1146		1153		1201		1208		1216		
Goodmayes (GMY)	d	1118		1125	1133			1140	1148		1155		1203		1210		1218		
Chadwell Heath (CTH)	d	1120		1127	1135			1142	1150		1157		1205		1212		1220		
Romford (RMF)	d	1124		1131	1139	1129		1146	1154		1201	1151	1209		1216		1224		
Gidea Park (GDP)	2 d	1127		1134	1142			1149	1157		1204		1212		1219		1227		
Harold Wood (HRO)	d	1130		1137	1145			1152	1200		1207		1215		1222		1230		
Brentwood (BRE)	d	1134		1141	1149			1156	1204		1211		1219		1226		1234		
Shenfield (SNF)	3 a	1119	1138	1124	1145	1153	1139	1141	1200	1208	1156	1216	1200	1223	1211	1230	1218	1238	1224

Operator Train ID Days of operation/Notes	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	
	9W34	9W38	2K42 A	1N22 C	9W40	9W44	1K44 A	9W46	2F48 E	9W50	1F24 F	9W52	1K46 A	9W56	1Y18 G	9W58	9W62	2K48 A	
London Paddington EL (PAD)	15 d	1152	1200			1207	1215		1222		1230		1237		1245		1252	1300	
Bond Street (BDS)	d	1155	1203			1210	1218		1225		1233		1240		1248		1255	1303	
Tottenham Court Road (TCR)	d	1157	1205			1212	1220		1227		1235		1242		1250		1257	1305	
Farringdon (ZFD)	3 d	1200	1208			1215	1223		1230		1238		1245		1253		1300	1308	
London Liverpool Street EL (LST)	4 d	1203	1211			1218	1226		1233		1241		1248		1256		1303	1311	
London Liverpool Street (LST)	15 d			1215	1218			1233		1236	1247		1255		1302			1315	
Whitechapel (ZLW)	d	1205	1213			1220	1228		1235		1243		1250		1258		1305	1313	
Stratford (SRA)	DLR 7 d	1211	1219	1222	1225	1226	1234	1240	1241	1243	1249	1254	1256	1302	1304	1309	1311	1319	1322
Maryland (MYL)	d	1213	1221			1228	1236		1243		1251		1258		1306		1313	1321	
Forest Gate (FOG)	d	1215	1223			1230	1238		1245		1253		1300		1308		1315	1323	
Manor Park (MNP)	d	1218	1226			1233	1241		1248		1256		1303		1311		1318	1326	
Ilford (IFD)	2 d	1220	1228			1235	1243		1250		1258		1305		1313		1320	1328	
Seven Kings (SVK)	d	1223	1231			1238	1246		1253		1301		1308		1316		1323	1331	
Goodmayes (GMY)	d	1225	1233			1240	1248		1255		1303		1310		1318		1325	1333	
Chadwell Heath (CTH)	d	1227	1235			1242	1250		1257		1305		1312		1320		1327	1335	
Romford (RMF)	d	1231	1239	1230		1246	1254		1301	1251	1309		1316		1324		1331	1339	1330
Gidea Park (GDP)	2 d	1234	1242			1249	1257		1304		1312		1319		1327		1334	1342	
Harold Wood (HRO)	d	1237	1245			1252	1300		1307		1315		1322		1330		1337	1345	
Brentwood (BRE)	d	1241	1249			1256	1304		1311		1319		1326		1334		1341	1349	
Shenfield (SNF)	3 a	1245	1253	1239	1241	1300	1308	1256	1315	1300	1323	1311	1331	1318	1338	1324	1345	1353	1339

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 1N24 C	XR 9W64	XR 9W68	LE 1K50 A	XR 9W70	LE 2F54 E	XR 9W74	LE 1F26 F	XR 9W76	LE 1K52 A	XR 9W80	LE 1Y20 G	XR 9W82	XR 9W86	LE 2K54 A	LE 1N26 C	XR 9W88	XR 9W92	
London Paddington EL (PAD)	15 d		1307	1315		1322		1330		1337		1345		1352	1400		1407	1415	
Bond Street (BDS)	d		1310	1318		1325		1333		1340		1348		1355	1403		1410	1418	
Tottenham Court Road (TCR)	d		1312	1320		1327		1335		1342		1350		1357	1405		1412	1420	
Farringdon (ZFD)	3 d		1315	1323		1330		1338		1345		1353		1400	1408		1415	1423	
London Liverpool Street EL (LST)	4 d		1318	1326		1333		1341		1348		1356		1403	1411		1418	1426	
London Liverpool Street (LST)	15 d	1318			1333		1336		1347		1355		1402		1414	1418			
Whitechapel (ZLW)	d		1320	1328		1335		1343		1350		1358		1405	1413		1420	1428	
Stratford (SRA)	DLR 7 d	1326	1326	1334	1340	1341	1343	1349	1354	1356	1402	1404	1409	1411	1419	1421	1425	1426	
Maryland (MYL)	d		1328	1336		1343		1351		1358		1406		1413	1421		1428	1436	
Forest Gate (FOG)	d		1330	1338		1345		1353		1400		1408		1415	1423		1430	1438	
Manor Park (MNP)	d		1333	1341		1348		1356		1403		1411		1418	1426		1433	1441	
Ilford (IFD)	2 d		1335	1343		1350		1358		1405		1414		1420	1428		1435	1443	
Seven Kings (SVK)	d		1338	1346		1353		1401		1408		1416		1423	1431		1438	1446	
Goodmayes (GMY)	d		1340	1348		1355		1403		1410		1418		1425	1433		1440	1448	
Chadwell Heath (CTH)	d		1342	1350		1357		1405		1412		1420		1427	1435		1442	1450	
Romford (RMF)	d		1346	1354		1401	1351	1409		1416		1424		1431	1439	1429	1446	1454	
Gidea Park (GDP)	2 d		1349	1357		1404		1412		1419		1427		1434	1442		1449	1457	
Harold Wood (HRO)	d		1352	1400		1407		1415		1422		1430		1437	1445		1452	1500	
Brentwood (BRE)	d		1356	1404		1411		1419		1426		1434		1441	1449		1456	1504	
Shenfield (SNF)	3 a	1341	1400	1408	1356	1415	1400	1423	1410	1430	1418	1439	1424	1445	1453	1438	1440	1500	1508

Operator Train ID Days of operation/Notes	LE 1K56 A	XR 9W94	LE 2F60 E	XR 9W98	LE 1F28 F	XR 9W00	LE 1K58 A	XR 9W04	LE 1Y22 G	XR 9W06	XR 9W10	LE 2K60 A	LE 1N28 C	XR 9W12	XR 9W16	LE 1K62 A	XR 9W18	LE 2F68 E	
London Paddington EL (PAD)	15 d		1422		1430		1437		1445		1452	1500		1507	1515		1522		
Bond Street (BDS)	d		1425		1433		1440		1448		1455	1503		1510	1518		1525		
Tottenham Court Road (TCR)	d		1427		1435		1442		1450		1457	1505		1512	1520		1527		
Farringdon (ZFD)	3 d		1430		1438		1445		1453		1500	1508		1515	1523		1530		
London Liverpool Street EL (LST)	4 d		1433		1441		1448		1456		1503	1511		1518	1526		1533		
London Liverpool Street (LST)	15 d	1433		1436		1447		1455		1502		1514	1518		1533		1536	1536	
Whitechapel (ZLW)	d		1435		1443		1450		1458		1505	1513		1520	1528		1535		
Stratford (SRA)	DLR 7 d	1441	1441	1443	1449	1454	1456	1502	1504	1509	1511	1519	1521	1525	1526	1534	1540	1541	1543
Maryland (MYL)	d		1443		1451		1458		1506		1513	1521		1528	1536		1543		
Forest Gate (FOG)	d		1445		1453		1500		1508		1515	1523		1530	1538		1545		
Manor Park (MNP)	d		1448		1456		1503		1511		1518	1526		1533	1541		1548		
Ilford (IFD)	2 d		1450		1458		1505		1513		1520	1528		1535	1543		1550		
Seven Kings (SVK)	d		1453		1501		1508		1516		1523	1531		1538	1546		1553		
Goodmayes (GMY)	d		1455		1503		1510		1518		1525	1533		1540	1548		1555		
Chadwell Heath (CTH)	d		1457		1505		1512		1520		1527	1535		1542	1550		1557		
Romford (RMF)	d		1501	1452	1509		1516		1524		1531	1539	1529	1546	1554		1601	1551	
Gidea Park (GDP)	2 d		1504		1512		1519		1527		1534	1542		1549	1557		1604		
Harold Wood (HRO)	d		1507		1515		1522		1530		1537	1545		1552	1600		1607		
Brentwood (BRE)	d		1511		1519		1526		1534		1541	1549		1556	1604		1611		
Shenfield (SNF)	3 a	1456	1516	1501	1523	1510	1531	1517	1541	1524	1547	1553	1538	1540	1600	1611	1555	1617	1600

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	LE	XR	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	XR	LE	XR	LE	XR	
	9W22	1F30 F	9W24	9W26	1K64 A	9W28	1Y24 G	9W30	9W32	1K66 A	1N38 C	9W34	9W36	9W38	1F34 F	9W40	1K70 A	9W42	
London Paddington EL (PAD)	15 d	1530		1536	1542		1548		1554	1600			1606	1612	1618		1624		1630
Bond Street (BDS)	d	1533		1539	1545		1551		1557	1603			1609	1615	1621		1627		1633
Tottenham Court Road (TCR)	d	1535		1541	1547		1553		1559	1605			1611	1617	1623		1629		1635
Farringdon (ZFD)	3 d	1538		1544	1550		1556		1602	1608			1614	1620	1626		1632		1638
London Liverpool Street EL (LST)	4 d	1541		1547	1553		1559		1605	1611			1617	1623	1629		1635		1641
London Liverpool Street (LST)	15 d		1547			1555		1602			1615				1634		1637		
Whitechapel (ZLW)	d	1543		1549	1555		1601		1607	1613			1619	1625	1631		1637		1643
Stratford (SRA)	DLR 7 d	1549	1554	1555	1601	1602	1607	1609	1613	1619	1620	1623	1625	1631	1637	1642	1643	1646	1649
Maryland (MYL)	d	1551		1557	1603		1609		1615	1621			1627	1633	1639		1645		1651
Forest Gate (FOG)	d	1553		1559	1605		1611		1617	1623			1629	1635	1641		1647		1653
Manor Park (MNP)	d	1556		1602	1608		1614		1620	1626			1632	1638	1644		1650		1656
Ilford (IFD)	2 d	1558		1605	1611		1617		1623	1629			1635	1641	1647		1653		1659
Seven Kings (SVK)	d	1601		1607	1613		1619		1625	1631			1637	1643	1649		1655		1701
Goodmayes (GMY)	d	1603		1609	1615		1621		1627	1633			1639	1645	1651		1657		1703
Chadwell Heath (CTH)	d	1605		1611	1617		1623		1629	1635			1641	1647	1653		1659		1705
Romford (RMF)	d	1609		1615	1621		1627		1633	1639			1645	1651	1657		1703		1709
Gidea Park (GDP)	2 d	1612		1618	1624		1630		1636	1642			1648	1654	1700		1706		1712
Harold Wood (HRO)	d	1615		1621	1627		1633		1639	1645			1651	1657	1703		1709		1715
Brentwood (BRE)	d	1619		1625	1631		1637		1643	1649			1655	1701	1707		1713		1719
Shenfield (SNF)	3 a	1623	1610	1629	1635	1617	1641	1625	1647	1653	1636	1639	1659	1705	1711	1658	1717	1702	1723

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	XR	LE	XR	LE	XR	LE	XR	LE	LE	XR	XR	XR	LE	
	1N40 C	9W44	1K72 A	9W46	9W48	9W50	1K76 A	9W52	1N44 C	9W54	1F42 F	9W56	1K78 A	1F44 E	9W58	9W60	2C62	1K80 A	
London Paddington EL (PAD)	15 d		1636		1642	1648	1653		1659		1704		1710			1712	1718		
Bond Street (BDS)	d		1639		1645	1651	1656		1702		1707		1713			1715	1721		
Tottenham Court Road (TCR)	d		1641		1647	1653	1659		1704		1710		1715			1718	1723		
Farringdon (ZFD)	3 d		1644		1650	1656	1702		1707		1713		1718			1721	1726		
London Liverpool Street EL (LST)	4 d		1647		1653	1659	1704		1710		1715		1721			1723	1729		
London Liverpool Street (LST)	15 d	1642		1652			1707		1712		1720		1722	1732				1735	1737
Whitechapel (ZLW)	d		1649		1655	1701	1707		1712		1718		1723			1726	1731		
Stratford (SRA)	DLR 7 d	1650	1655	1701	1701	1707	1713	1716	1718	1720	1724	1728	1729	1731		1733	1738	1742	1746
Maryland (MYL)	d		1657		1703	1709	1715		1720		1726		1731			1735	1740	1744	
Forest Gate (FOG)	d		1659		1705	1711	1717		1722		1728		1733			1737	1742	1746	
Manor Park (MNP)	d		1702		1708	1714	1720		1725		1730		1736			1740	1744	1749	
Ilford (IFD)	2 d		1705		1711	1717	1723		1728		1733		1739			1743	1747	1752	
Seven Kings (SVK)	d		1707		1713	1719	1725		1730		1736		1741			1745	1750	1754	
Goodmayes (GMY)	d		1709		1715	1721	1727		1732		1738		1743			1747	1752	1756	
Chadwell Heath (CTH)	d		1711		1717	1723	1729		1734		1740		1745			1749	1754	1758	
Romford (RMF)	d		1715		1721	1727	1733		1738		1744		1749			1753	1758	1802	
Gidea Park (GDP)	2 d		1718		1724	1730	1736		1741		1746		1752			1756	1800	1805a	
Harold Wood (HRO)	d		1721		1727	1733	1739		1744		1749		1755			1759	1803		
Brentwood (BRE)	d		1725		1731	1737	1743		1748		1753		1759			1803	1807		
Shenfield (SNF)	3 a	1706	1729	1717	1735	1741	1747	1732	1753	1735	1757	1744	1803	1747	1754	1808	1814		1802

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

a Arrival time  
d Departure time

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

London to Stratford, Ilford, Romford and Shenfield

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR	XR	XR	XR	LE	LE	XR	XR	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE
	9W64	9W66	9W68	9W70	1F46 H	1K86 A	9W72	9W74	2C76	1F48 F	9W78	1K90 A	9W80	1N50 C	9W82	9W84	1K92 A	1F52 E	
London Paddington EL (PAD) $\ominus$ 15 d	1723	1729	1734	1740			1742	1748			1753		1759		1804	1810			
Bond Street (BDS) $\ominus$ d	1726	1732	1737	1743			1745	1751			1756		1802		1807	1813			
Tottenham Court Road (TCR) $\ominus$ d	1729	1734	1740	1745			1748	1753			1759		1804		1810	1815			
Farringdon (ZFD) $\ominus$ 8 d	1732	1737	1743	1748			1751	1756			1802		1807		1813	1818			
London Liverpool Street EL (LST) $\ominus$ 4 d	1734	1740	1745	1751			1753	1759			1804		1810		1815	1821			
London Liverpool Street (LST) $\ominus$ 15 d					1752	1754			1804	1805		1807		1812			1822	1832	
Whitechapel (ZLW) $\ominus$ d	1737	1742	1748	1753			1756	1801			1807		1812		1818	1823			
Stratford (SRA) $\ominus$ DLR 7 d	1747	1751	1755	1759	1800	1803	1803	1807	1811	1813	1815	1816	1819	1820	1824	1829	1830		
Maryland (MYL) d	1749	1753	1757	1801			1805	1809	1813		1817		1821		1826	1831			
Forest Gate (FOG) d	1751	1755	1759	1803			1807	1811	1815		1819		1823		1828	1833			
Manor Park (MNP) d	1753	1757	1801	1806			1810	1814	1818		1822		1826		1830	1836			
Ilford (IFD) 2 d	1756	1800	1804	1809			1813	1817	1821		1825		1829		1833	1839			
Seven Kings (SVK) d	1759	1803	1807	1811			1815	1819	1823		1827		1831		1836	1841			
Goodmayes (GMY) d	1801	1805	1809	1813			1817	1821	1825		1829		1833		1838	1843			
Chadwell Heath (CTH) d	1803	1807	1811	1815			1819	1823	1827		1831		1835		1840	1845			
Romford (RMF) d	1807	1811	1815	1819			1823	1827	1831		1835		1839		1844	1849			
Gidea Park (GDP) 2 d	1809	1813	1817	1822			1826	1830	1834a		1839		1842		1846	1852			
Harold Wood (HRO) d	1812	1816	1820	1825			1829	1833			1842		1845		1849	1855			
Brentwood (BRE) d	1816	1820	1824	1829			1833	1837			1846		1849		1853	1859			
Shenfield (SNF) 8 a	1820	1824	1829	1835	1816	1819	1840	1846		1829	1851	1832	1853	1836	1857	1905	1846	1854	

Operator Train ID Days of operation/Notes	XR	XR	XR	LE	XR	LE	XR	LE	XR	XR	XR	LE	XR	LE	LE	XR	XR	LE
	9W86	9W88	9W90	1K94 A	9W92	1A94 J	9W94	1K98 A	9W96	9W98	9W00	1Y38 G	9W02	1K00 A	1N56 C	9W04	9W08	1K02 A
London Paddington EL (PAD) $\ominus$ 15 d	1812	1818	1824		1830		1836		1842	1848	1854		1900			1906	1915	
Bond Street (BDS) $\ominus$ d	1815	1821	1827		1833		1839		1845	1851	1857		1903			1909	1918	
Tottenham Court Road (TCR) $\ominus$ d	1818	1823	1829		1835		1841		1847	1853	1859		1905			1911	1920	
Farringdon (ZFD) $\ominus$ 8 d	1821	1826	1832		1838		1844		1850	1856	1902		1908			1914	1923	
London Liverpool Street EL (LST) $\ominus$ 4 d	1823	1829	1835		1841		1847		1853	1859	1905		1911			1917	1926	
London Liverpool Street (LST) $\ominus$ 15 d				1837		1845		1852			1908		1914	1918				1934
Whitechapel (ZLW) $\ominus$ d	1826	1831	1837		1843		1849		1855	1901	1907		1913			1919	1928	
Stratford (SRA) $\ominus$ DLR 7 d	1833	1837	1843	1845	1849	1853	1855	1859	1901	1907	1913	1915	1919	1921	1925	1926	1934	1941
Maryland (MYL) d	1835	1839	1845		1851		1857		1903	1909	1915		1921			1928	1936	
Forest Gate (FOG) d	1837	1841	1847		1853		1859		1905	1911	1917		1923			1930	1938	
Manor Park (MNP) d	1840	1844	1850		1856		1902		1908	1914	1920		1926			1933	1941	
Ilford (IFD) 2 d	1843	1847	1853		1859		1905		1911	1917	1923		1929			1935	1943	
Seven Kings (SVK) d	1845	1849	1855		1901		1907		1913	1919	1925		1931			1938	1946	
Goodmayes (GMY) d	1847	1851	1857		1903		1909		1915	1921	1927		1933			1940	1948	
Chadwell Heath (CTH) d	1849	1853	1859		1905		1911		1917	1923	1929		1935			1942	1950	
Romford (RMF) d	1853	1857	1903		1909		1915		1921	1927	1933		1939			1946	1954	
Gidea Park (GDP) 2 d	1856	1900	1906		1912		1918		1924	1930	1936		1942			1949	1957	
Harold Wood (HRO) d	1859	1903	1909		1915		1921		1927	1933	1939		1945			1952	2000	
Brentwood (BRE) d	1903	1907	1913		1919		1925		1931	1937	1943		1949			1956	2004	
Shenfield (SNF) 8 a	1908	1912	1917	1901	1923	1909	1929	1915	1936	1944	1947	1931	1953	1938	1940	2000	2008	1957

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

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

## London to Stratford, Ilford, Romford and Shenfield

## Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	XR	LE	LE	XR	
	9W10	1F54 E	9W14	1F56 F	9W16	1K04 A	9W20	1Y40 G	9W22	9W26	2K06 A	1N58 C	9W28	9W32	9W34	2K08 A	1F02 E	9W38	
London Paddington EL (PAD)	15 d	1922		1930		1937		1945		1952	2000		2007	2015	2022			2030	
Bond Street (BDS)	d	1925		1933		1940		1948		1955	2003		2010	2018	2025			2033	
Tottenham Court Road (TCR)	d	1927		1935		1942		1950		1957	2005		2012	2020	2027			2035	
Farringdon (ZFD)	3 d	1930		1938		1945		1953		2000	2008		2015	2023	2030			2038	
London Liverpool Street EL (LST)	4 d	1933		1941		1948		1956		2003	2011		2018	2026	2033			2041	
London Liverpool Street (LST)	15 d		1937		1948		1955		2002			2013	2018			2035	2038		
Whitechapel (ZLW)	d	1935		1943		1950		1958		2005	2013		2020	2028	2035			2043	
Stratford (SRA)	DLR 7 d	1941	1944	1949	1956	1956	2003	2004	2009	2011	2019	2020	2025	2026	2034	2041	2042	2045	
Maryland (MYL)	d	1943		1951		1958		2006		2013	2021		2028	2036	2043			2051	
Forest Gate (FOG)	d	1945		1953		2000		2008		2015	2023		2030	2038	2045			2053	
Manor Park (MNP)	d	1948		1956		2003		2011		2018	2026		2033	2041	2048			2056	
Ilford (IFD)	2 d	1950		1958		2005		2013		2020	2028		2035	2043	2050			2058	
Seven Kings (SVK)	d	1953		2001		2008		2016		2023	2031		2038	2046	2053			2101	
Goodmayes (GMY)	d	1955		2003		2010		2018		2025	2033		2040	2048	2055			2103	
Chadwell Heath (CTH)	d	1957		2005		2012		2020		2027	2035		2042	2050	2057			2105	
Romford (RMF)	d	2001		2009		2016		2024		2031	2039	2028	2046	2054	2101	2050		2109	
Gidea Park (GDP)	2 d	2004		2012		2019		2027		2034	2042		2049	2057	2104			2112	
Harold Wood (HRO)	d	2007		2015		2022		2030		2037	2045		2052	2100	2107			2115	
Brentwood (BRE)	d	2011		2019		2026		2034		2041	2049		2056	2104	2111			2119	
Shenfield (SNF)	3 a	2016	1959	2023	2010	2030	2019	2038	2025	2045	2053	2037	2040	2100	2108	2115	2059	2101	2123

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	XR	LE	LE	XR	LE	XR	LE	
	1F58 F	9W40	1K10 A	9W44	1A98 J	9W46	9W50	2K12 A	1N60 C	9W52	9W56	9W58	1K14 A	2F30 E	9W62	1F60 F	9W64	1K16 A	
London Paddington EL (PAD)	15 d		2037		2045		2052	2100			2107	2115	2122			2130		2137	
Bond Street (BDS)	d		2040		2048		2055	2103			2110	2118	2125			2133		2140	
Tottenham Court Road (TCR)	d		2042		2050		2057	2105			2112	2120	2127			2135		2142	
Farringdon (ZFD)	3 d		2045		2053		2100	2108			2115	2123	2130			2138		2145	
London Liverpool Street EL (LST)	4 d		2048		2056		2103	2111			2118	2126	2133			2141		2148	
London Liverpool Street (LST)	15 d	2048		2055		2102		2114	2118				2135	2138		2148		2155	
Whitechapel (ZLW)	d		2050		2058		2105	2113			2120	2128	2135			2143		2150	
Stratford (SRA)	DLR 7 d	2055	2056	2102	2104	2109	2111	2119	2121	2125	2126	2134	2141	2142	2145	2149	2155	2156	2202
Maryland (MYL)	d		2058		2106		2113	2121			2128	2136	2143			2151		2158	
Forest Gate (FOG)	d		2100		2108		2115	2123			2130	2138	2145			2153		2200	
Manor Park (MNP)	d		2103		2111		2118	2126			2133	2141	2148			2156		2203	
Ilford (IFD)	2 d		2105		2113		2120	2128			2135	2143	2150			2158		2205	
Seven Kings (SVK)	d		2108		2116		2123	2131			2138	2146	2153			2201		2208	
Goodmayes (GMY)	d		2110		2118		2125	2133			2140	2148	2155			2203		2210	
Chadwell Heath (CTH)	d		2112		2120		2127	2135			2142	2150	2157			2205		2212	
Romford (RMF)	d		2116		2124		2131	2139	2129		2146	2154	2201		2153	2209		2216	
Gidea Park (GDP)	2 d		2119		2127		2134	2142			2149	2157	2204			2212		2219	
Harold Wood (HRO)	d		2122		2130		2137	2145			2152	2200	2207			2215		2222	
Brentwood (BRE)	d		2126		2134		2141	2149			2156	2204	2211			2219		2226	
Shenfield (SNF)	3 a	2110	2130	2117	2139	2124	2145	2153	2138	2140	2200	2209	2215	2157	2202	2223	2210	2230	2217

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

a Arrival time  
d Departure time

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



London to Stratford, Ilford, Romford and Shenfield

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR 9W68	LE 1F62 B	XR 9W70	LE 2K18 A	XR 9W74	LE 1N62 C	XR 9W78	XR 9W80	LE 1F64 B	XR 9W82	LE 1K20 A	XR 9W84	LE 1Y46 G	XR 9W86	XR 9W88	LE 1K22 A	LE 1N66 C	XR 9W90	
London Paddington EL (PAD)	15 d	2145		2152		2202		2212	2222		2232		2242		2252	2302			2312
Bond Street (BDS)	d	2148		2155		2205		2215	2225		2235		2245		2255	2305			2315
Tottenham Court Road (TCR)	d	2150		2157		2207		2217	2227		2237		2247		2257	2307			2317
Farringdon (ZFD)	3 d	2153		2200		2210		2220	2230		2240		2250		2300	2310			2320
London Liverpool Street EL (LST)	4 d	2156		2203		2213		2223	2233		2243		2253		2303	2313			2323
London Liverpool Street (LST)	15 d		2202		2212		2218		2238		2245		2302		2315	2318			
Whitechapel (ZLW)	d	2158		2205		2215		2225	2235		2245		2255		2305	2315			2325
Stratford (SRA)	7 d	2204	2209	2211	2220	2221	2225	2231	2241	2245	2251	2252	2301	2309	2311	2321	2322	2325	2331
Maryland (MYL)	d	2206		2213		2223		2233	2243		2253		2303		2313	2323			2333
Forest Gate (FOG)	d	2208		2215		2225		2235	2245		2255		2305		2315	2325			2335
Manor Park (MNP)	d	2211		2218		2228		2238	2248		2258		2308		2318	2328			2338
Ilford (IFD)	2 d	2213		2220		2231		2241	2251		2301		2311		2321	2331			2341
Seven Kings (SVK)	d	2216		2223		2233		2243	2253		2303		2313		2323	2333			2343
Goodmayes (GMY)	d	2218		2225		2235		2245	2255		2305		2315		2325	2335			2345
Chadwell Heath (CTH)	d	2220		2227		2237		2247	2257		2307		2317		2327	2337			2347
Romford (RMF)	d	2224		2231	2228	2241		2251	2301		2311		2321		2331	2341			2351
Gidea Park (GDP)	2 d	2227		2234		2244		2254	2304		2314		2324		2334	2344			2354
Harold Wood (HRO)	d	2230		2237		2247		2257	2307		2317		2327		2337	2347			2357
Brentwood (BRE)	d	2234		2241		2251		2301	2311		2321		2331		2341	2351			0001
Shenfield (SNF)	3 a	2239	2224	2247	2237	2255	2240	2308	2315	2301	2325	2307	2335	2325	2346	2355	2338	2340	0005

Operator Train ID Days of operation/Notes	XR 9W92	XR 9W94	LE 1K24 A	LE 1F68 B	XR 9W96	XR 9W98	LE 2K26 TSM A	LE 1F70 TSM B	XR 9W00 TSM	XR 9W04 TSM	LE 2F18 TSM B	LE 2K28 TSM A	XR 2W06 TSM	
London Paddington EL (PAD)	15 d	2322	2332			2342	2351			0007	0022			
Bond Street (BDS)	d	2325	2335			2345	2354			0010	0025			
Tottenham Court Road (TCR)	d	2327	2337			2347	2356			0012	0027			
Farringdon (ZFD)	3 d	2330	2340			2350	2359			0015	0030			
London Liverpool Street EL (LST)	4 d	2333	2343			2353	0002			0018	0033			
London Liverpool Street (LST)	15 d			2345	2348			0015	0018		0046	0050	0055	
Whitechapel (ZLW)	d	2335	2345			2355	0004			0020	0035			
Stratford (SRA)	7 d	2341	2351	2352	2355	0001	0008	0022	0025	0025	0040	0053	0058	0102
Maryland (MYL)	d	2343	2353			0003	0010			0027	0042			0104
Forest Gate (FOG)	d	2345	2355			0005	0012			0029	0044			0106
Manor Park (MNP)	d	2348	2358			0008	0015			0033	0046			0109
Ilford (IFD)	2 d	2351	0001			0011	0018			0036	0049			0112
Seven Kings (SVK)	d	2353	0003			0013	0020			0037	0052			0114
Goodmayes (GMY)	d	2355	0005			0015	0022			0039	0054			0116
Chadwell Heath (CTH)	d	2357	0007			0017	0024			0041	0056			0118
Romford (RMF)	d	0001	0011			0021	0028	0032		0045	0100	0108		0122
Gidea Park (GDP)	2 d	0004	0014			0024	0031			0049	0102			0125
Harold Wood (HRO)	d	0007	0017			0027	0034			0052	0105			0128
Brentwood (BRE)	d	0011	0021			0031	0038			0056	0109			0132
Shenfield (SNF)	3 a	0015	0025	0008	0010	0036	0042	0045	0047	0100	0113	0115	0120	0136

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

- a Arrival time
- d Departure time

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

**TSM** Tuesday to Saturday mornings

London to Stratford, Ilford, Romford and Shenfield

Saturdays

Operator Train ID Days of operation/Notes	XR 9W90	XR 9W92	XR 9W94	XR 9W96	XR 9W98	LE 2K26 A	LE 1F70 B	XR 9W00	XR 9W04	LE 2F18 B	LE 2K28 A	XR 2W06	XR 2W02	LE 2Y02 C	LE 1K02 A	XR 2W04	XR 2W06	LE 1Y04 C			
London Paddington EL (PAD)	15	d						0007	0022												
Bond Street (BDS)		d						0010	0025												
Tottenham Court Road (TCR)		d						0012	0027												
Farringdon (ZFD)		3	d					0015	0030												
London Liverpool Street EL (LST)		4	d			0002		0018	0033												
London Liverpool Street (LST)		15	d			0015	0018			0046	0050	0055	0524	0534	0536	0539	0554	0602			
Whitechapel (ZLW)		d			0004			0020	0035												
Stratford (SRA)		DLR	7	d	0001	0008	0022	0025	0040	0053	0057	0102	0531	0541	0544	0546	0601	0609			
Maryland (MYL)		d		0003	0010			0027	0042			0104	0533			0548	0603				
Forest Gate (FOG)		d		0005	0012			0029	0044			0106	0535			0550	0605				
Manor Park (MNP)		d		0008	0015			0033	0046			0109	0538			0553	0608				
Ilford (IFD)		2	d	0001	0011	0018		0036	0049			0112	0541			0556	0611				
Seven Kings (SVK)		d		0003	0013	0020		0037	0052			0114	0543			0558	0613				
Goodmayes (GMY)		d		0005	0015	0022		0039	0054			0116	0545			0600	0615				
Chadwell Heath (CTH)		d		0007	0017	0024		0041	0056			0118	0547			0602	0617				
Romford (RMF)		d	0001	0011	0021	0028	0033	0045	0100		0108	0122	0551	0549		0606	0621				
Gidea Park (GDP)		2	d	0004	0014	0024	0031	0049	0102			0125	0554			0609	0624				
Harold Wood (HRO)		d		0007	0017	0027	0034	0052	0105			0128	0557			0612	0627				
Brentwood (BRE)		d	0001	0011	0021	0031	0038	0056	0109			0132	0601			0616	0631				
Shenfield (SNF)		3	a	0005	0015	0025	0036	0042	0045	0047	0100	0113	0115	0120	0136	0606	0558	0601	0621	0636	0624

Operator Train ID Days of operation/Notes	XR 9W08	LE 1K06 A	XR 9W10	LE 1N02 D	XR 9W12	XR 9W14	LE 1K08 A	XR 9W16	LE 2A06 E	XR 9W18	LE 1F06 F	XR 9W20	LE 1K10 A	XR 9W22	LE 1Y06 C	XR 9W24	XR 9W26	LE 2K12 A				
London Paddington EL (PAD)	15	d	0552		0600		0607	0615		0622		0630		0637		0645		0652	0700			
Bond Street (BDS)		d	0555		0603		0610	0618		0625		0633		0640		0648		0655	0703			
Tottenham Court Road (TCR)		d	0557		0605		0612	0620		0627		0635		0642		0650		0657	0705			
Farringdon (ZFD)		3	d	0600		0608		0615	0623			0630		0638		0645		0700	0708			
London Liverpool Street EL (LST)		4	d	0603		0611		0618	0626			0633		0641		0648		0703	0711			
London Liverpool Street (LST)		15	d	0605		0618		0633	0636		0647		0655		0702				0715			
Whitechapel (ZLW)		d	0605		0613		0620	0628		0635		0643		0650		0658		0705	0713			
Stratford (SRA)		DLR	7	d	0611	0613	0619	0625	0626	0634	0640	0641	0643	0649	0654	0656	0702	0704	0709	0711	0719	0722
Maryland (MYL)		d	0613		0621		0628	0636		0643		0651		0658		0706		0713	0721			
Forest Gate (FOG)		d	0615		0623		0630	0638		0645		0653		0700		0708		0715	0723			
Manor Park (MNP)		d	0618		0626		0633	0641		0648		0656		0703		0711		0718	0726			
Ilford (IFD)		2	d	0620		0628		0635	0643			0650		0658		0705		0713	0720	0728		
Seven Kings (SVK)		d	0623		0631		0638	0646		0653		0701		0708		0716		0723	0731			
Goodmayes (GMY)		d	0625		0633		0640	0648		0655		0703		0710		0718		0725	0733			
Chadwell Heath (CTH)		d	0627		0635		0642	0650		0657		0705		0712		0720		0727	0735			
Romford (RMF)		d	0631		0639		0646	0654		0701	0651	0709		0716		0724		0731	0739	0730		
Gidea Park (GDP)		2	d	0634		0642		0649	0657			0704		0712		0720		0727	0734	0742		
Harold Wood (HRO)		d	0637		0645		0652	0700		0707		0715		0722		0730		0737	0745			
Brentwood (BRE)		d	0641		0649		0656	0704		0711		0719		0726		0734		0741	0749			
Shenfield (SNF)		3	a	0645	0628	0653	0641	0700	0708	0656	0715	0700	0723	0710	0730	0717	0738	0724	0745	0753	0739	

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

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

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR
	1N06 D	9W28	9W30	1K14 A	9W32	2F16 G	9W34	1F10 F	9W36	1K16 A	9W38	1Y08 C	9W40	9W42	2K18 A	1N12 D	9W44	9W46
London Paddington EL (PAD)  15 d		0707	0715		0722		0730		0737		0745		0752	0800			0807	0815
Bond Street (BDS)  d		0710	0718		0725		0733		0740		0748		0755	0803			0810	0818
Tottenham Court Road (TCR)  d		0712	0720		0727		0735		0742		0750		0757	0805			0812	0820
Farringdon (ZFD)  3 d		0715	0723		0730		0738		0745		0753		0800	0808			0815	0823
London Liverpool Street EL (LST)  4 d		0718	0726		0733		0741		0748		0756		0803	0811			0818	0826
London Liverpool Street (LST)  15 d	0718			0733		0736		0747		0755		0802			0815	0818		
Whitechapel (ZLW)  d		0720	0728		0735		0743		0750		0758		0805	0813			0820	0828
Stratford (SRA)  7 d	0725	0726	0734	0740	0741	0743	0749	0754	0756	0802	0804	0809	0811	0819	0822	0825	0826	0834
Maryland (MYL)  d		0728	0736		0743		0751		0758		0806		0813	0821			0828	0836
Forest Gate (FOG)  d		0730	0738		0745		0753		0800		0808		0815	0823			0830	0838
Manor Park (MNP)  d		0733	0741		0748		0756		0803		0811		0818	0826			0833	0841
Ilford (IFD)  2 d		0735	0743		0750		0758		0805		0813		0820	0828			0835	0843
Seven Kings (SVK)  d		0738	0746		0753		0801		0808		0816		0823	0831			0838	0846
Goodmayes (GMY)  d		0740	0748		0755		0803		0810		0818		0825	0833			0840	0848
Chadwell Heath (CTH)  d		0742	0750		0757		0805		0812		0820		0827	0835			0842	0850
Romford (RMF)  d		0746	0754		0801	0751	0809		0816		0824		0831	0839	0830		0846	0854
Gidea Park (GDP)  2 d		0749	0757		0804		0812		0819		0827		0834	0842			0849	0857
Harold Wood (HRO)  d		0752	0800		0807		0815		0822		0830		0837	0845			0852	0900
Brentwood (BRE)  d		0756	0804		0811		0819		0826		0834		0841	0849			0856	0904
Shenfield (SNF)  3 a	0741	0800	0808	0756	0815	0800	0823	0810	0830	0817	0838	0824	0845	0853	0839	0841	0900	0908

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE
	1K20 A	9W48	2F24 G	9W50	1F16 F	9W52	1K22 A	9W54	1Y10 C	9W56	9W58	2K24 A	1N16 D	9W60	9W62	1K26 A	9W64	2F30 G
London Paddington EL (PAD)  15 d		0822		0830		0837		0845		0852	0900			0907	0915			0922
Bond Street (BDS)  d		0825		0833		0840		0848		0855	0903			0910	0918			0925
Tottenham Court Road (TCR)  d		0827		0835		0842		0850		0857	0905			0912	0920			0927
Farringdon (ZFD)  3 d		0830		0838		0845		0853		0900	0908			0915	0923			0930
London Liverpool Street EL (LST)  4 d		0833		0841		0848		0856		0903	0911			0918	0926			0933
London Liverpool Street (LST)  15 d	0833		0836		0847		0855		0902			0915	0918			0933		0936
Whitechapel (ZLW)  d		0835		0843		0850		0858		0905	0913			0920	0928			0935
Stratford (SRA)  7 d	0840	0841	0843	0849	0854	0856	0902	0904	0909	0911	0919	0922	0925	0926	0934	0940	0941	0943
Maryland (MYL)  d		0843		0851		0858		0906		0913	0921			0928	0936			0943
Forest Gate (FOG)  d		0845		0853		0900		0908		0915	0923			0930	0938			0945
Manor Park (MNP)  d		0848		0856		0903		0911		0918	0926			0933	0941			0948
Ilford (IFD)  2 d		0850		0858		0905		0913		0920	0928			0935	0943			0950
Seven Kings (SVK)  d		0853		0901		0908		0916		0923	0931			0938	0946			0953
Goodmayes (GMY)  d		0855		0903		0910		0918		0925	0933			0940	0948			0955
Chadwell Heath (CTH)  d		0857		0905		0912		0920		0927	0935			0942	0950			0957
Romford (RMF)  d		0901	0851	0909		0916		0924		0931	0939	0930		0946	0954		1001	0951
Gidea Park (GDP)  2 d		0904		0912		0919		0927		0934	0942			0949	0957			1004
Harold Wood (HRO)  d		0907		0915		0922		0930		0937	0945			0952	1000			1007
Brentwood (BRE)  d		0911		0919		0926		0934		0941	0949			0956	1004			1011
Shenfield (SNF)  3 a	0856	0915	0900	0923	0910	0930	0917	0938	0924	0945	0953	0939	0941	1000	1008	0956	1015	1000

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	XR 9W66	LE 1F18 F	XR 9W68	LE 1K28 A	XR 9W70	LE 1Y12 C	XR 9W72	XR 9W74	LE 2K30 A	LE 1N18 D	XR 9W76	XR 9W78	LE 1K32 A	XR 9W80	LE 2F36 G	XR 9W82	LE 1F20 F	XR 9W84	
London Paddington EL (PAD)	⊖ 15 d	0930		0937		0945		0952	1000			1007	1015		1022		1030		1037
Bond Street (BDS)	⊖ d	0933		0940		0948		0955	1003			1010	1018		1025		1033		1040
Tottenham Court Road (TCR)	⊖ d	0935		0942		0950		0957	1005			1012	1020		1027		1035		1042
Farringdon (ZFD)	⊖ 8 d	0938		0945		0953		1000	1008			1015	1023		1030		1038		1045
London Liverpool Street EL (LST)	⊖ 4 d	0941		0948		0956		1003	1011			1018	1026		1033		1041		1048
London Liverpool Street (LST)	⊖ 15 d		0947		0955		1002			1015	1018			1032		1036		1046	
Whitechapel (ZLW)	⊖ d	0943		0950		0958		1005	1013			1020	1028		1035		1043		1050
Stratford (SRA)	⊖ DLR 7 d	0949	0954	0956	1002	1004	1009	1011	1019	1022	1025	1026	1034	1040	1041	1043	1049	1053	1056
Maryland (MYL)	d	0951		0958		1006		1013	1021			1028	1036		1043		1051		1058
Forest Gate (FOG)	d	0953		1000		1008		1015	1023			1030	1038		1045		1053		1100
Manor Park (MNP)	d	0956		1003		1011		1018	1026			1033	1041		1048		1056		1103
Ilford (IFD)	2 d	0958		1005		1013		1020	1028			1035	1043		1050		1058		1105
Seven Kings (SVK)	d	1001		1008		1016		1023	1031			1038	1046		1053		1101		1108
Goodmayes (GMY)	d	1003		1010		1018		1025	1033			1040	1048		1055		1103		1110
Chadwell Heath (CTH)	d	1005		1012		1020		1027	1035			1042	1050		1057		1105		1112
Romford (RMF)	d	1009		1016		1024		1031	1039	1030		1046	1054		1101	1051	1109		1116
Gidea Park (GDP)	2 d	1012		1019		1027		1034	1042			1049	1057		1104		1112		1119
Harold Wood (HRO)	d	1015		1022		1030		1037	1045			1052	1100		1107		1115		1122
Brentwood (BRE)	d	1019		1026		1034		1041	1049			1056	1104		1111		1119		1126
Shenfield (SNF)	8 a	1023	1010	1030	1017	1038	1024	1045	1053	1039	1041	1100	1108	1055	1115	1100	1123	1108	1130

Operator Train ID Days of operation/Notes	LE 1K34 A	XR 9W88	LE 1Y14 C	XR 9W90	XR 9W94	LE 2K36 A	LE 1N20 D	XR 9W96	XR 9W00	LE 1K38 A	XR 9W02	LE 2F42 G	XR 9W06	LE 1F22 F	XR 9W08	LE 1K40 A	XR 9W12	LE 1Y16 C	
London Paddington EL (PAD)	⊖ 15 d		1045		1052	1100			1107	1115		1122		1130		1137		1145	
Bond Street (BDS)	⊖ d		1048		1055	1103			1110	1118		1125		1133		1140		1148	
Tottenham Court Road (TCR)	⊖ d		1050		1057	1105			1112	1120		1127		1135		1142		1150	
Farringdon (ZFD)	⊖ 8 d		1053		1100	1108			1115	1123		1130		1138		1145		1153	
London Liverpool Street EL (LST)	⊖ 4 d		1056		1103	1111			1118	1126		1133		1141		1148		1156	
London Liverpool Street (LST)	⊖ 15 d	1053		1104		1115	1118			1133		1136		1147		1155		1202	
Whitechapel (ZLW)	⊖ d		1058		1105	1113			1120	1128		1135		1143		1150		1158	
Stratford (SRA)	⊖ DLR 7 d	1100	1104	1111	1111	1119	1122	1125	1126	1134	1140	1141	1143	1149	1154	1156	1202	1204	1209
Maryland (MYL)	d		1106		1113	1121			1128	1136		1143		1151		1158		1206	
Forest Gate (FOG)	d		1108		1115	1123			1130	1138		1145		1153		1200		1208	
Manor Park (MNP)	d		1111		1118	1126			1133	1141		1148		1156		1203		1211	
Ilford (IFD)	2 d		1113		1120	1128			1135	1143		1150		1158		1205		1213	
Seven Kings (SVK)	d		1116		1123	1131			1138	1146		1153		1201		1208		1216	
Goodmayes (GMY)	d		1118		1125	1133			1140	1148		1155		1203		1210		1218	
Chadwell Heath (CTH)	d		1120		1127	1135			1142	1150		1157		1205		1212		1220	
Romford (RMF)	d		1124		1131	1139	1130		1146	1154		1201	1151	1209		1216		1224	
Gidea Park (GDP)	2 d		1127		1134	1142			1149	1157		1204		1212		1219		1227	
Harold Wood (HRO)	d		1130		1137	1145			1152	1200		1207		1215		1222		1230	
Brentwood (BRE)	d		1134		1141	1149			1156	1204		1211		1219		1226		1234	
Shenfield (SNF)	8 a	1117	1138	1126	1145	1153	1139	1141	1200	1208	1156	1215	1200	1223	1210	1230	1217	1238	1224

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	XR 9W14	XR 9W18	LE 2K42 A	LE 1N22 D	XR 9W20	XR 9W24	LE 1K44 A	XR 9W26	LE 2F48 G	XR 9W30	LE 1F24 F	XR 9W32	LE 1K46 A	XR 9W36	LE 1Y18 C	XR 9W38	XR 9W42	LE 2K48 A	
London Paddington EL (PAD)	15 d	1152	1200			1207	1215		1222		1230		1237		1245		1252	1300	
Bond Street (BDS)	d	1155	1203			1210	1218		1225		1233		1240		1248		1255	1303	
Tottenham Court Road (TCR)	d	1157	1205			1212	1220		1227		1235		1242		1250		1257	1305	
Farringdon (ZFD)	3 d	1200	1208			1215	1223		1230		1238		1245		1253		1300	1308	
London Liverpool Street EL (LST)	4 d	1203	1211			1218	1226		1233		1241		1248		1256		1303	1311	
London Liverpool Street (LST)	15 d			1215	1218			1233		1236		1247		1255		1302			1315
Whitechapel (ZLW)	d	1205	1213			1220	1228		1235		1243		1250		1258		1305	1313	
Stratford (SRA)	DLR 7 d	1211	1219	1222	1225	1226	1234	1240	1241	1243	1249	1254	1256	1302	1304	1309	1311	1319	1322
Maryland (MYL)	d	1213	1221			1228	1236		1243		1251		1258		1306		1313	1321	
Forest Gate (FOG)	d	1215	1223			1230	1238		1245		1253		1300		1308		1315	1323	
Manor Park (MNP)	d	1218	1226			1233	1241		1248		1256		1303		1311		1318	1326	
Ilford (IFD)	2 d	1220	1228			1235	1243		1250		1258		1305		1313		1320	1328	
Seven Kings (SVK)	d	1223	1231			1238	1246		1253		1301		1308		1316		1323	1331	
Goodmayes (GMY)	d	1225	1233			1240	1248		1255		1303		1310		1318		1325	1333	
Chadwell Heath (CTH)	d	1227	1235			1242	1250		1257		1305		1312		1320		1327	1335	
Romford (RMF)	d	1231	1239	1230		1246	1254		1301	1251	1309		1316		1324		1331	1339	1330
Gidea Park (GDP)	2 d	1234	1242			1249	1257		1304		1312		1319		1327		1334	1342	
Harold Wood (HRO)	d	1237	1245			1252	1300		1307		1315		1322		1330		1337	1345	
Brentwood (BRE)	d	1241	1249			1256	1304		1311		1319		1326		1334		1341	1349	
Shenfield (SNF)	3 a	1245	1253	1239	1241	1300	1308	1256	1315	1300	1323	1310	1330	1317	1338	1324	1345	1353	1339

Operator Train ID Days of operation/Notes	LE 1N24 D	XR 9W44	XR 9W48	LE 1K50 A	XR 9W50	LE 2F54 G	XR 9W54	LE 1F26 F	XR 9W56	LE 1K52 A	XR 9W60	LE 1Y20 C	XR 9W62	XR 9W66	LE 2K54 A	LE 1N26 D	XR 9W68	XR 9W72	
London Paddington EL (PAD)	15 d		1307	1315		1322		1330		1337		1345		1352	1400			1407	1415
Bond Street (BDS)	d		1310	1318		1325		1333		1340		1348		1355	1403			1410	1418
Tottenham Court Road (TCR)	d		1312	1320		1327		1335		1342		1350		1357	1405			1412	1420
Farringdon (ZFD)	3 d		1315	1323		1330		1338		1345		1353		1400	1408			1415	1423
London Liverpool Street EL (LST)	4 d		1318	1326		1333		1341		1348		1356		1403	1411			1418	1426
London Liverpool Street (LST)	15 d	1318			1333		1336		1347		1355		1402			1415	1418		
Whitechapel (ZLW)	d		1320	1328		1335		1343		1350		1358		1405	1413			1420	1428
Stratford (SRA)	DLR 7 d	1325	1326	1334	1340	1341	1343	1349	1354	1356	1402	1404	1409	1411	1419	1422	1425	1426	1434
Maryland (MYL)	d		1328	1336		1343		1351		1358		1406		1413	1421			1428	1436
Forest Gate (FOG)	d		1330	1338		1345		1353		1400		1408		1415	1423			1430	1438
Manor Park (MNP)	d		1333	1341		1348		1356		1403		1411		1418	1426			1433	1441
Ilford (IFD)	2 d		1335	1343		1350		1358		1405		1413		1420	1428			1435	1443
Seven Kings (SVK)	d		1338	1346		1353		1401		1408		1416		1423	1431			1438	1446
Goodmayes (GMY)	d		1340	1348		1355		1403		1410		1418		1425	1433			1440	1448
Chadwell Heath (CTH)	d		1342	1350		1357		1405		1412		1420		1427	1435			1442	1450
Romford (RMF)	d		1346	1354		1401	1351	1409		1416		1424		1431	1439	1430		1446	1454
Gidea Park (GDP)	2 d		1349	1357		1404		1412		1419		1427		1434	1442			1449	1457
Harold Wood (HRO)	d		1352	1400		1407		1415		1422		1430		1437	1445			1452	1500
Brentwood (BRE)	d		1356	1404		1411		1419		1426		1434		1441	1449			1456	1504
Shenfield (SNF)	3 a	1341	1400	1408	1356	1415	1400	1423	1411	1430	1417	1438	1424	1445	1453	1439	1441	1500	1508

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE 1K56 A	XR 9W74	LE 2F60 G	XR 9W78	LE 1F28 F	XR 9W80	LE 1K58 A	XR 9W84	LE 1Y22 C	XR 9W86	XR 9W90	LE 2K60 A	LE 1N28 D	XR 9W92	XR 9W96	LE 1K62 A	XR 9W98	LE 2F68 G	
London Paddington EL (PAD)	15 d		1422		1430		1437		1445		1452	1500		1507	1515		1522		
Bond Street (BDS)	d		1425		1433		1440		1448		1455	1503		1510	1518		1525		
Tottenham Court Road (TCR)	d		1427		1435		1442		1450		1457	1505		1512	1520		1527		
Farringdon (ZFD)	3 d		1430		1438		1445		1453		1500	1508		1515	1523		1530		
London Liverpool Street EL (LST)	4 d		1433		1441		1448		1456		1503	1511		1518	1526		1533		
London Liverpool Street (LST)	15 d	1433		1436		1447		1455		1502		1515	1518			1533		1536	
Whitechapel (ZLW)	d		1435		1443		1450		1458		1505	1513		1520	1528		1535		
Stratford (SRA)	DLR 7 d	1440	1441	1443	1449	1454	1456	1502	1504	1509	1511	1519	1522	1525	1526	1534	1540	1543	
Maryland (MYL)	d		1443		1451		1458		1506		1513	1521		1528	1536		1543		
Forest Gate (FOG)	d		1445		1453		1500		1508		1515	1523		1530	1538		1545		
Manor Park (MNP)	d		1448		1456		1503		1511		1518	1526		1533	1541		1548		
Ilford (IFD)	2 d		1450		1458		1505		1513		1520	1528		1535	1543		1550		
Seven Kings (SVK)	d		1453		1501		1508		1516		1523	1531		1538	1546		1553		
Goodmayes (GMY)	d		1455		1503		1510		1518		1525	1533		1540	1548		1555		
Chadwell Heath (CTH)	d		1457		1505		1512		1520		1527	1535		1542	1550		1557		
Romford (RMF)	d		1501	1451	1509		1516		1524		1531	1539	1530	1546	1554		1601	1551	
Gidea Park (GDP)	2 d		1504		1512		1519		1527		1534	1542		1549	1557		1604		
Harold Wood (HRO)	d		1507		1515		1522		1530		1537	1545		1552	1600		1607		
Brentwood (BRE)	d		1511		1519		1526		1534		1541	1549		1556	1604		1611		
Shenfield (SNF)	3 a	1456	1515	1500	1523	1510	1530	1517	1538	1524	1545	1553	1539	1541	1600	1608	1556	1615	1600

Operator Train ID Days of operation/Notes	XR 9W02	LE 1F30 F	XR 9W04	LE 1K64 A	XR 9W08	LE 1Y24 C	XR 9W10	XR 9W14	LE 2K66 A	LE 1N38 D	XR 9W16	XR 9W20	LE 1K68 A	XR 9W22	LE 2F74 G	XR 9W26	LE 1F36 F	XR 9W28	
London Paddington EL (PAD)	15 d	1530		1537		1545		1552	1600		1607	1615		1622		1630		1637	
Bond Street (BDS)	d	1533		1540		1548		1555	1603		1610	1618		1625		1633		1640	
Tottenham Court Road (TCR)	d	1535		1542		1550		1557	1605		1612	1620		1627		1635		1642	
Farringdon (ZFD)	3 d	1538		1545		1553		1600	1608		1615	1623		1630		1638		1645	
London Liverpool Street EL (LST)	4 d	1541		1548		1556		1603	1611		1618	1626		1633		1641		1648	
London Liverpool Street (LST)	15 d		1547		1555		1602		1615	1618			1633		1636		1647		
Whitechapel (ZLW)	d	1543		1550		1558		1605	1613		1620	1628		1635		1643		1650	
Stratford (SRA)	DLR 7 d	1549	1554	1556	1602	1604	1609	1611	1619	1622	1625	1626	1634	1640	1641	1643	1649	1654	1656
Maryland (MYL)	d	1551		1558		1606		1613	1621		1628	1636		1643		1651		1658	
Forest Gate (FOG)	d	1553		1600		1608		1615	1623		1630	1638		1645		1653		1700	
Manor Park (MNP)	d	1556		1603		1611		1618	1626		1633	1641		1648		1656		1703	
Ilford (IFD)	2 d	1558		1605		1613		1620	1628		1636	1643		1650		1658		1705	
Seven Kings (SVK)	d	1601		1608		1616		1623	1631		1638	1646		1653		1701		1708	
Goodmayes (GMY)	d	1603		1610		1618		1625	1633		1640	1648		1655		1703		1710	
Chadwell Heath (CTH)	d	1605		1612		1620		1627	1635		1642	1650		1657		1705		1712	
Romford (RMF)	d	1609		1616		1624		1631	1639	1630	1646	1654		1701	1651	1709		1716	
Gidea Park (GDP)	2 d	1612		1619		1627		1634	1642		1649	1657		1704		1712		1719	
Harold Wood (HRO)	d	1615		1622		1630		1637	1645		1652	1700		1707		1715		1722	
Brentwood (BRE)	d	1619		1626		1634		1641	1649		1656	1704		1711		1719		1726	
Shenfield (SNF)	3 a	1623	1610	1630	1617	1638	1624	1645	1653	1639	1641	1700	1708	1656	1715	1700	1723	1710	1730

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE 1K72 A	XR 9W32	LE 1Y28 C	XR 9W34	XR 9W38	LE 2K76 A	LE 1N44 D	XR 9W40	XR 9W44	LE 1K80 A	XR 9W46	LE 2F80 G	XR 9W50	LE 1F46 F	XR 9W52	LE 1K86 A	XR 9W56	LE 1Y34 C
London Paddington EL (PAD)  15 d		1645		1652	1700			1707	1715		1722		1730		1737		1745	
Bond Street (BDS)  d		1648		1655	1703			1710	1718		1725		1733		1740		1748	
Tottenham Court Road (TCR)  d		1650		1657	1705			1712	1720		1727		1735		1742		1750	
Farringdon (ZFD)  3 d		1653		1700	1708			1715	1723		1730		1738		1745		1753	
London Liverpool Street EL (LST)  4 d		1656		1703	1711			1718	1726		1733		1741		1748		1756	
London Liverpool Street (LST)  15 d	1655		1702			1715	1718			1733		1736		1747		1755		1802
Whitechapel (ZLW)  d		1658		1705	1713			1720	1728		1735		1743		1750		1758	
Stratford (SRA)  7 d	1703	1704	1709	1711	1719	1722	1726	1726	1734	1741	1741	1743	1749	1754	1756	1803	1804	1809
Maryland (MYL) d		1706		1713	1721			1728	1736		1743		1751		1758		1806	
Forest Gate (FOG) d		1708		1715	1723			1730	1738		1745		1753		1800		1808	
Manor Park (MNP) d		1711		1718	1726			1733	1741		1748		1756		1803		1811	
Ilford (IFD) 2 d		1713		1720	1728			1735	1743		1750		1758		1805		1813	
Seven Kings (SVK) d		1716		1723	1731			1738	1746		1753		1801		1808		1816	
Goodmayes (GMY) d		1718		1725	1733			1740	1748		1755		1803		1810		1818	
Chadwell Heath (CTH) d		1720		1727	1735			1742	1750		1757		1805		1812		1820	
Romford (RMF) d		1724		1731	1739	1730		1746	1754		1801	1752	1809		1816		1824	
Gidea Park (GDP) 2 d		1727		1734	1742			1749	1757		1804		1812		1819		1827	
Harold Wood (HRO) d		1730		1737	1745			1752	1800		1807		1815		1822		1830	
Brentwood (BRE) d		1734		1741	1749			1756	1804		1811		1819		1826		1834	
Shenfield (SNF) 3 a	1719	1738	1725	1745	1753	1739	1741	1800	1808	1757	1815	1801	1823	1810	1830	1819	1838	1825

Operator Train ID Days of operation/Notes	XR 9W58	XR 9W62	LE 2K90 A	LE 1N50 D	XR 9W64	XR 9W68	LE 1K94 A	XR 9W70	LE 2F88 G	XR 9W74	LE 1F50 F	XR 9W76	LE 1K98 A	XR 9W80	LE 1Y38 C	XR 9W82	XR 9W86	LE 2K00 A
London Paddington EL (PAD)  15 d	1752	1800			1807	1815		1822		1830		1837		1845		1852	1900	
Bond Street (BDS)  d	1755	1803			1810	1818		1825		1833		1840		1848		1855	1903	
Tottenham Court Road (TCR)  d	1757	1805			1812	1820		1827		1835		1842		1850		1857	1905	
Farringdon (ZFD)  3 d	1800	1808			1815	1823		1830		1838		1845		1853		1900	1908	
London Liverpool Street EL (LST)  4 d	1803	1811			1818	1826		1833		1841		1848		1856		1903	1911	
London Liverpool Street (LST)  15 d			1815	1818			1833		1836		1846		1853		1904		1915	
Whitechapel (ZLW)  d	1805	1813			1820	1828		1835		1843		1850		1858		1905	1913	
Stratford (SRA)  7 d	1811	1819	1822	1826	1826	1834	1841	1841	1843	1849	1853	1856	1900	1904	1911	1911	1919	1922
Maryland (MYL) d	1813	1821			1828	1836		1843		1851		1858		1906		1913	1921	
Forest Gate (FOG) d	1815	1823			1830	1838		1845		1853		1900		1908		1915	1923	
Manor Park (MNP) d	1818	1826			1833	1841		1848		1856		1903		1911		1918	1926	
Ilford (IFD) 2 d	1820	1828			1835	1843		1850		1858		1905		1913		1920	1928	
Seven Kings (SVK) d	1823	1831			1838	1846		1853		1901		1908		1916		1923	1931	
Goodmayes (GMY) d	1825	1833			1840	1848		1855		1903		1910		1918		1925	1933	
Chadwell Heath (CTH) d	1827	1835			1842	1850		1857		1905		1912		1920		1927	1935	
Romford (RMF) d	1831	1839	1830		1846	1854		1901	1852	1909		1916		1924		1931	1939	1930
Gidea Park (GDP) 2 d	1834	1842			1849	1857		1904		1912		1919		1927		1934	1942	
Harold Wood (HRO) d	1837	1845			1852	1900		1907		1915		1922		1930		1937	1945	
Brentwood (BRE) d	1841	1849			1856	1904		1911		1919		1926		1934		1941	1949	
Shenfield (SNF) 3 a	1845	1853	1839	1841	1900	1908	1857	1915	1901	1923	1908	1930	1917	1938	1926	1945	1953	1939

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE 1N56 D	XR 9W88	XR 9W92	LE 1K02 A	XR 9W94	LE 1A86 E	LE 2F94 G	XR 9W98	LE 1F56 F	XR 9W00	LE 1K04 A	XR 9W04	LE 1Y40 C	XR 9W06	XR 9W10	LE 2K06 A	LE 1N58 D	XR 9W12	
London Paddington EL (PAD)	15 d		1907	1915		1922		1930		1937		1945		1952	2000			2007	
Bond Street (BDS)	d		1910	1918		1925		1933		1940		1948		1955	2003			2010	
Tottenham Court Road (TCR)	d		1912	1920		1927		1935		1942		1950		1957	2005			2012	
Farringdon (ZFD)	3 d		1915	1923		1930		1938		1945		1953		2000	2008			2015	
London Liverpool Street EL (LST)	4 d		1918	1926		1933		1941		1948		1956		2003	2011			2018	
London Liverpool Street (LST)	15 d	1918			1933		1936	1938		1947		1955		2002		2015	2018		
Whitechapel (ZLW)	d		1920	1928		1935		1943		1950		1958		2005	2013			2020	
Stratford (SRA)	DLR 7 d	1925	1926	1934	1941	1943	1946	1949	1954	1956	2002	2004	2009	2011	2019	2022	2025	2026	
Maryland (MYL)	d		1928	1936		1943		1951		1958		2006		2013	2021			2028	
Forest Gate (FOG)	d		1930	1938		1945		1953		2000		2008		2015	2023			2030	
Manor Park (MNP)	d		1933	1941		1948		1956		2003		2011		2018	2026			2033	
Ilford (IFD)	2 d		1935	1943		1950		1958		2005		2013		2020	2028			2035	
Seven Kings (SVK)	d		1938	1946		1953		2001		2008		2016		2023	2031			2038	
Goodmayes (GMY)	d		1940	1948		1955		2003		2010		2018		2025	2033			2040	
Chadwell Heath (CTH)	d		1942	1950		1957		2005		2012		2020		2027	2035			2042	
Romford (RMF)	d		1946	1954		2001		1954	2009	2016		2024		2031	2039	2030		2046	
Gidea Park (GDP)	2 d		1949	1957		2004		2012		2019		2027		2034	2042			2049	
Harold Wood (HRO)	d		1952	2000		2007		2015		2022		2030		2037	2045			2052	
Brentwood (BRE)	d		1956	2004		2011		2019		2026		2034		2041	2049			2056	
Shenfield (SNF)	3 a	1941	2000	2008	1956	2015	1959	2003	2023	2010	2030	2017	2038	2024	2045	2053	2039	2041	2100

Operator Train ID Days of operation/Notes	XR 9W16	LE 1K08 A	XR 9W18	LE 2F02 G	XR 9W22	LE 1F58 F	XR 9W24	LE 1K10 A	XR 9W28	LE 1A98 E	XR 9W30	XR 9W34	LE 2K12 A	LE 1N60 D	XR 9W36	XR 9W40	LE 1K14 A	XR 9W42	
London Paddington EL (PAD)	15 d	2015		2022		2030		2037		2045		2052	2100			2107	2115		2122
Bond Street (BDS)	d	2018		2025		2033		2040		2048		2055	2103			2110	2118		2125
Tottenham Court Road (TCR)	d	2020		2027		2035		2042		2050		2057	2105			2112	2120		2127
Farringdon (ZFD)	3 d	2023		2030		2038		2045		2053		2100	2108			2115	2123		2130
London Liverpool Street EL (LST)	4 d	2026		2033		2041		2048		2056		2103	2111			2118	2126		2133
London Liverpool Street (LST)	15 d		2033		2036		2047		2055		2102		2115	2118				2133	
Whitechapel (ZLW)	d	2028		2035		2043		2050		2058		2105	2113			2120	2128		2135
Stratford (SRA)	DLR 7 d	2034	2040	2041	2043	2049	2054	2056	2102	2104	2109	2111	2119	2122	2125	2126	2134	2140	2141
Maryland (MYL)	d	2036		2043		2051		2058		2106		2113	2121			2128	2136		2143
Forest Gate (FOG)	d	2038		2045		2053		2100		2108		2115	2123			2130	2138		2145
Manor Park (MNP)	d	2041		2048		2056		2103		2111		2118	2126			2133	2141		2148
Ilford (IFD)	2 d	2043		2050		2058		2105		2113		2120	2128			2135	2143		2150
Seven Kings (SVK)	d	2046		2053		2101		2108		2116		2123	2131			2138	2146		2153
Goodmayes (GMY)	d	2048		2055		2103		2110		2118		2125	2133			2140	2148		2155
Chadwell Heath (CTH)	d	2050		2057		2105		2112		2120		2127	2135			2142	2150		2157
Romford (RMF)	d	2054		2101	2051	2109		2116		2124		2131	2139	2130		2146	2154		2201
Gidea Park (GDP)	2 d	2057		2104		2112		2119		2127		2134	2142			2149	2157		2204
Harold Wood (HRO)	d	2100		2107		2115		2122		2130		2137	2145			2152	2200		2207
Brentwood (BRE)	d	2104		2111		2119		2126		2134		2141	2149			2156	2204		2211
Shenfield (SNF)	3 a	2108	2056	2115	2100	2123	2110	2130	2117	2138	2124	2145	2153	2139	2141	2200	2209	2156	2215

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

a Arrival time  
d Departure time

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



## London to Stratford, Ilford, Romford and Shenfield

## Saturdays

Operator Train ID Days of operation/Notes	LE 2F06 G	XR 9W46	LE 1F60 F	XR 9W48	LE 1K16 A	XR 9W52	LE 1F62 B	XR 9W54	XR 9W58	LE 2K18 A	LE 1N62 D	XR 9W60	XR 9W62	LE 1F64 B	XR 9W64	LE 1K20 A	XR 9W66	LE 1Y46 C	
London Paddington EL (PAD)	15 d		2130		2137		2145		2152	2202		2212	2222		2232		2242		
Bond Street (BDS)	d		2133		2140		2148		2155	2205		2215	2225		2235		2245		
Tottenham Court Road (TCR)	d		2135		2142		2150		2157	2207		2217	2227		2237		2247		
Farringdon (ZFD)	3 d		2138		2145		2153		2200	2210		2220	2230		2240		2250		
London Liverpool Street EL (LST)	4 d		2141		2148		2156		2203	2213		2223	2233		2243		2253		
London Liverpool Street (LST)	15 d	2136		2147		2155		2202		2215	2218		2235	2238		2245		2302	
Whitechapel (ZLW)	d		2143		2150		2158		2205	2215		2225	2235		2245		2255		
Stratford (SRA)	7 d	2143	2149	2154	2156	2202	2209	2211	2221	2222	2225	2231	2241	2245	2251	2252	2301	2309	
Maryland (MYL)	d		2151		2158		2206		2213	2223		2233	2243		2253		2303		
Forest Gate (FOG)	d		2153		2200		2208		2215	2225		2235	2245		2255		2305		
Manor Park (MNP)	d		2156		2203		2211		2218	2228		2238	2248		2258		2308		
Ilford (IFD)	2 d		2158		2205		2213		2220	2231		2241	2251		2301		2311		
Seven Kings (SVK)	d		2201		2208		2216		2223	2233		2243	2253		2303		2313		
Goodmayes (GMY)	d		2203		2210		2218		2225	2235		2245	2255		2305		2315		
Chadwell Heath (CTH)	d		2205		2212		2220		2227	2237		2247	2257		2307		2317		
Romford (RMF)	d	2151	2209		2216		2224		2231	2241	2230	2251	2301		2311		2321		
Gidea Park (GDP)	2 d		2212		2219		2227		2234	2244		2254	2304		2314		2324		
Harold Wood (HRO)	d		2215		2222		2230		2237	2247		2257	2307		2317		2327		
Brentwood (BRE)	d		2219		2226		2234		2241	2251		2301	2311		2321		2331		
Shenfield (SNF)	3 a	2200	2223	2210	2230	2217	2239	2224	2245	2255	2239	2241	2305	2315	2300	2325	2308	2335	2325

Operator Train ID Days of operation/Notes	XR 9W68	XR 9W70	LE 1K22 A	LE 1N66 D	XR 9W72	XR 9W74	XR 9W76	LE 1K24 A	LE 1F68 B	XR 9W78	XR 9W80	LE 2K26 SUM A	LE 1F70 SUM B	XR 9W82 SUM	XR 9W86 SUM	LE 2K28 SUM A	XR 2W90 SUM	
London Paddington EL (PAD)	15 d	2252	2302			2312	2322	2332		2342	2352			0007	0022			
Bond Street (BDS)	d	2255	2305			2315	2325	2335		2345	2355			0010	0025			
Tottenham Court Road (TCR)	d	2257	2307			2317	2327	2337		2347	2357			0012	0027			
Farringdon (ZFD)	3 d	2300	2310			2320	2330	2340		2350	0001			0015	0030			
London Liverpool Street EL (LST)	4 d	2303	2313			2323	2333	2343		2353	0003			0018	0033			
London Liverpool Street (LST)	15 d			2315	2318				2345	2348		0015	0018			0050	0055	
Whitechapel (ZLW)	d	2305	2315			2325	2335	2345		2355	0005			0020	0035			
Stratford (SRA)	7 d	2311	2321	2322	2325	2331	2341	2351	2352	2355	0001	0011	0022	0025	0027	0041	0102	
Maryland (MYL)	d	2313	2323			2333	2343	2353		0003	0013			0029	0043		0104	
Forest Gate (FOG)	d	2315	2325			2335	2345	2355		0005	0015			0031	0045		0106	
Manor Park (MNP)	d	2318	2328			2338	2348	2358		0008	0017			0034	0048		0109	
Ilford (IFD)	2 d	2321	2331			2341	2351	0001		0011	0020			0037	0051		0112	
Seven Kings (SVK)	d	2323	2333			2343	2353	0003		0013	0023			0039	0053		0114	
Goodmayes (GMY)	d	2325	2335			2345	2355	0005		0015	0025			0041	0055		0116	
Chadwell Heath (CTH)	d	2327	2337			2347	2357	0007		0017	0027			0043	0057		0118	
Romford (RMF)	d	2331	2341			2351	0001	0011		0021	0031	0033		0047	0101	0108	0122	
Gidea Park (GDP)	2 d	2334	2344			2354	0004	0014		0024	0033			0050	0104		0125	
Harold Wood (HRO)	d	2337	2347			2357	0007	0017		0027	0036			0053	0107		0128	
Brentwood (BRE)	d	2341	2351			0001	0011	0021		0031	0040			0057	0111		0132	
Shenfield (SNF)	3 a	2345	2355	2338	2341	0005	0015	0025	0008	0011	0036	0044	0046	0048	0101	0115	0120	0136

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

- a Arrival time  
d Departure time

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

SUM Sunday mornings

London to Stratford, Ilford, Romford and Shenfield

Sundays

Operator Train ID Days of operation/Notes	XR 9W72	XR 9W74	XR 9W76	XR 9W78	XR 9W80	LE 2K26 A	LE 1F70 B	XR 9W82	XR 9W86	LE 2K28 A	XR 2W90	XR 2W04	LE 2A96 C	XR 2W06	XR 2W08	LE 2K02 A	XR 2W10	XR 2W12	
London Paddington EL (PAD)  15 d								0007	0022										
Bond Street (BDS)  d								0010	0025										
Tottenham Court Road (TCR)  d								0012	0027										
Farringdon (ZFD)  3 d					0001			0015	0030										
London Liverpool Street EL (LST)  4 d					0003			0018	0033										
London Liverpool Street (LST)  15 d						0015	0018			0050	0055	0632	0644	0649	0702	0714	0719	0732	
Whitechapel (ZLW)  d					0005			0020	0035										
Stratford (SRA)  7 d				0001	0011	0022	0025	0027	0041	0057	0102	0639	0651	0656	0709	0721	0726	0739	
Maryland (MYL)  d				0003	0013			0029	0043		0104	0641		0658	0711		0728	0741	
Forest Gate (FOG)  d				0005	0015			0031	0045		0106	0643		0700	0713		0730	0743	
Manor Park (MNP)  d				0008	0017			0034	0048		0109	0646		0703	0716		0733	0746	
Ilford (IFD)  2 d			0001	0011	0020			0037	0051		0112	0649		0706	0719		0736	0749	
Seven Kings (SVK)  d			0003	0013	0023			0039	0053		0114	0651		0708	0721		0738	0751	
Goodmayes (GMY)  d			0005	0015	0025			0041	0055		0116	0653		0710	0723		0740	0753	
Chadwell Heath (CTH)  d			0007	0017	0027			0043	0057		0118	0655		0712	0725		0742	0755	
Romford (RMF)  d		0001	0011	0021	0031	0033		0047	0101	0108	0122	0659	0702	0716	0729	0732	0746	0759	
Gidea Park (GDP)  2 d		0004	0014	0024	0033			0050	0104		0125	0702		0719	0732		0749	0802	
Harold Wood (HRO)  d		0007	0017	0027	0036			0053	0107		0128	0705		0722	0735		0752	0805	
Brentwood (BRE)  d	0001	0011	0021	0031	0040			0057	0111		0132	0709		0726	0739		0756	0809	
Shenfield (SNF)  3 a	0005	0015	0025	0036	0044	0046	0048	0101	0115	0120	0136	0713	0715	0730	0743	0745	0800	0813	

Operator Train ID Days of operation/Notes	LE 2K04 A	XR 2W16	LE 2Y04 D	XR 9W20	LE 2K06 A	XR 9W22	LE 1N04 E	XR 9W26	LE 2K08 A	XR 9W28	XR 9W32	LE 1Y06 D	XR 9W34	LE 2K10 A	XR 9W38	LE 1N06 E	XR 9W42	LE 2K12 A
London Paddington EL (PAD)  15 d				0752		0807		0822		0837	0852		0907		0922		0937	
Bond Street (BDS)  d				0755		0810		0825		0840	0855		0910		0925		0940	
Tottenham Court Road (TCR)  d				0757		0812		0827		0842	0857		0912		0927		0942	
Farringdon (ZFD)  3 d				0800		0815		0830		0845	0900		0915		0930		0945	
London Liverpool Street EL (LST)  4 d				0803		0818		0833		0848	0903		0918		0933		0948	
London Liverpool Street (LST)  15 d	0744	0748	0800		0815		0830		0845			0907		0922		0937		0952
Whitechapel (ZLW)  d				0805		0820		0835		0850	0905		0920		0935		0950	
Stratford (SRA)  7 d	0751	0755	0807	0811	0822	0826	0837	0841	0852	0856	0911	0914	0926	0929	0941	0944	0956	0959
Maryland (MYL)  d		0757		0813		0828		0843		0858	0913		0928		0943		0958	
Forest Gate (FOG)  d		0759		0815		0830		0845		0900	0915		0930		0945		1000	
Manor Park (MNP)  d		0802		0818		0833		0848		0903	0918		0933		0948		1003	
Ilford (IFD)  2 d		0805		0821		0836		0851		0906	0921		0936		0951		1006	
Seven Kings (SVK)  d		0807		0823		0838		0853		0908	0923		0938		0953		1008	
Goodmayes (GMY)  d		0809		0825		0840		0855		0910	0925		0940		0955		1010	
Chadwell Heath (CTH)  d		0811		0827		0842		0857		0912	0927		0942		0957		1012	
Romford (RMF)  d	0802	0815	0818	0831	0836	0846		0901	0904	0916	0931		0946	0938	1001		1016	1008
Gidea Park (GDP)  2 d		0818		0834		0849		0904		0919	0934		0949		1004		1019	
Harold Wood (HRO)  d		0821		0837		0852		0907		0922	0937		0952		1007		1022	
Brentwood (BRE)  d		0825		0841		0856		0911		0926	0941		0956		1011		1026	
Shenfield (SNF)  3 a	0815	0829	0831	0845	0849	0900	0902	0915	0917	0930	0945	0930	1000	0947	1015	1000	1030	1017

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

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



## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	XR 9C16	XR 9W18	LE 2K26 A	XR 9C22	XR 9W24	LE 1N14 E	XR 9C28	XR 9W30	LE 2K28 A	XR 9C34	XR 9W36	LE 1Y16 D	XR 9C40	XR 9W42	LE 2K30 A	XR 9C46	XR 9W48	LE 1N16 E	
London Paddington EL (PAD)	15 d	1300	1307		1315	1322		1330	1337		1345	1352		1400	1407		1415	1422	
Bond Street (BDS)	d	1303	1310		1318	1325		1333	1340		1348	1355		1403	1410		1418	1425	
Tottenham Court Road (TCR)	d	1305	1312		1320	1327		1335	1342		1350	1357		1405	1412		1420	1427	
Farringdon (ZFD)	8 d	1308	1315		1323	1330		1338	1345		1353	1400		1408	1415		1423	1430	
London Liverpool Street EL (LST)	4 d	1311	1318		1326	1333		1341	1348		1356	1403		1411	1418		1426	1433	
London Liverpool Street (LST)	15 d			1322		1337				1352		1407			1422		1437		
Whitechapel (ZLW)	d	1313	1320		1328	1335		1343	1350		1358	1405		1413	1420		1428	1435	
Stratford (SRA)	DLR 7 d	1319	1326	1329	1334	1341	1344	1349	1356	1359	1404	1411	1414	1419	1426	1429	1434	1441	1444
Maryland (MYL)	d	1321	1328		1336	1343		1351	1358		1406	1413		1421	1428		1436	1443	
Forest Gate (FOG)	d	1323	1330		1338	1345		1353	1400		1408	1415		1423	1430		1438	1445	
Manor Park (MNP)	d	1326	1333		1341	1348		1356	1403		1411	1418		1426	1433		1441	1448	
Ilford (IFD)	2 d	1328	1335		1343	1350		1358	1405		1413	1420		1428	1435		1443	1450	
Seven Kings (SVK)	d	1331	1338		1346	1353		1401	1408		1416	1423		1431	1438		1446	1453	
Goodmayes (GMY)	d	1333	1340		1348	1355		1403	1410		1418	1425		1433	1440		1448	1455	
Chadwell Heath (CTH)	d	1335	1342		1350	1357		1405	1412		1420	1427		1435	1442		1450	1457	
Romford (RMF)	d	1339	1346	1338	1354	1401		1409	1416	1408	1424	1431		1439	1446	1438	1454	1501	
Gidea Park (GDP)	2 d	1342a	1349		1357a	1404		1412a	1419		1427a	1434		1442a	1449		1457a	1504	
Harold Wood (HRO)	d		1352			1411			1422			1437			1452			1507	
Brentwood (BRE)	d		1356			1417			1426			1441			1456			1511	
Shenfield (SNF)	8 a		1400	1347		1415	1400		1430	1417		1445	1430		1500	1447		1515	1500

Operator Train ID Days of operation/Notes	XR 9C52	XR 9W54	LE 2K32 A	XR 9C58	XR 9W60	LE 1Y18 D	XR 9C64	XR 9W66	LE 2K34 A	XR 9C70	XR 9W72	LE 1N18 E	XR 9C76	XR 9W78	LE 2K36 A	XR 9C82	XR 9W84	LE 1Y20 D	
London Paddington EL (PAD)	15 d	1430	1437		1445	1452		1500	1507		1515	1522		1530	1537		1545	1552	
Bond Street (BDS)	d	1433	1440		1448	1455		1503	1510		1518	1525		1533	1540		1548	1555	
Tottenham Court Road (TCR)	d	1435	1442		1450	1457		1505	1512		1520	1527		1535	1542		1550	1557	
Farringdon (ZFD)	8 d	1438	1445		1453	1500		1508	1515		1523	1530		1538	1545		1553	1600	
London Liverpool Street EL (LST)	4 d	1441	1448		1456	1503		1511	1518		1526	1533		1541	1548		1556	1603	
London Liverpool Street (LST)	15 d			1452		1507				1522		1537			1552		1607		
Whitechapel (ZLW)	d	1443	1450		1458	1505		1513	1520		1528	1535		1543	1550		1558	1605	
Stratford (SRA)	DLR 7 d	1449	1456	1459	1504	1511	1514	1519	1526	1529	1534	1541	1544	1549	1556	1559	1604	1611	1614
Maryland (MYL)	d	1451	1458		1506	1513		1521	1528		1536	1543		1551	1558		1606	1613	
Forest Gate (FOG)	d	1453	1500		1508	1515		1523	1530		1538	1545		1553	1600		1608	1615	
Manor Park (MNP)	d	1456	1503		1511	1518		1526	1533		1541	1548		1556	1603		1611	1618	
Ilford (IFD)	2 d	1458	1505		1513	1520		1528	1535		1543	1550		1558	1605		1613	1620	
Seven Kings (SVK)	d	1501	1508		1516	1523		1531	1538		1546	1553		1601	1608		1616	1623	
Goodmayes (GMY)	d	1503	1510		1518	1525		1533	1540		1548	1555		1603	1610		1618	1625	
Chadwell Heath (CTH)	d	1505	1512		1520	1527		1535	1542		1550	1557		1605	1612		1620	1627	
Romford (RMF)	d	1509	1516	1508	1524	1531		1539	1546	1538	1554	1601		1609	1616	1608	1624	1631	
Gidea Park (GDP)	2 d	1512a	1519		1527a	1534		1542a	1549		1557a	1604		1612a	1619		1627a	1634	
Harold Wood (HRO)	d		1522			1537			1552			1607			1622			1637	
Brentwood (BRE)	d		1526			1541			1556			1611			1626			1641	
Shenfield (SNF)	8 a		1530	1517		1545	1530		1600	1547		1615	1600		1630	1617		1645	1630

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	XR 9C88	XR 9W90	LE 2K38 A	XR 9C94	XR 9W96	LE 1N20 E	XR 9C00	XR 9W02	LE 2K40 A	XR 9C06	XR 9W08	LE 1Y22 D	XR 9C12	XR 9W14	LE 2K42 A	XR 9C18	XR 9W20	LE 1N22 E	
London Paddington EL (PAD)	16 d	1600	1607		1615	1622		1630	1637		1645	1652		1700	1707		1715	1722	
Bond Street (BDS)	d	1603	1610		1618	1625		1633	1640		1648	1655		1703	1710		1718	1725	
Tottenham Court Road (TCR)	d	1605	1612		1620	1627		1635	1642		1650	1657		1705	1712		1720	1727	
Farringdon (ZFD)	d	1608	1615		1623	1630		1638	1645		1653	1700		1708	1715		1723	1730	
London Liverpool Street EL (LST)	d	1611	1618		1626	1633		1641	1648		1656	1703		1711	1718		1726	1733	
London Liverpool Street (LST)	d			1622		1637				1652		1707			1722			1737	
Whitechapel (ZLW)	d	1613	1620		1628	1635		1643	1650		1658	1705		1713	1720		1728	1735	
Stratford (SRA)	d	1619	1626	1629	1634	1641	1644	1649	1656	1659	1704	1711	1714	1719	1726	1729	1734	1741	1744
Maryland (MYL)	d	1621	1628		1636	1643		1651	1658		1706	1713		1721	1728		1736	1743	
Forest Gate (FOG)	d	1623	1630		1638	1645		1653	1700		1708	1715		1723	1730		1738	1745	
Manor Park (MNP)	d	1626	1633		1641	1648		1656	1703		1711	1718		1726	1733		1741	1748	
Ilford (IFD)	d	1628	1635		1643	1650		1658	1705		1713	1720		1728	1735		1743	1750	
Seven Kings (SVK)	d	1631	1638		1646	1653		1701	1708		1716	1723		1731	1738		1746	1753	
Goodmayes (GMY)	d	1633	1640		1648	1655		1703	1710		1718	1725		1733	1740		1748	1755	
Chadwell Heath (CTH)	d	1635	1642		1650	1657		1705	1712		1720	1727		1735	1742		1750	1757	
Romford (RMF)	d	1639	1646	1638	1654	1701		1709	1716	1708	1724	1731		1739	1746	1738	1754	1801	
Gidea Park (GDP)	d	1642a	1649		1657a	1704		1712a	1719		1727a	1734		1742a	1749		1757a	1804	
Harold Wood (HRO)	d		1652			1707			1722			1737			1752			1807	
Brentwood (BRE)	d		1656			1711			1726			1741			1756			1811	
Shenfield (SNF)	a		1700	1647		1715	1700		1730	1717		1745	1730		1800	1747		1815	1800

Operator Train ID Days of operation/Notes	XR 9C24	XR 9W26	LE 2K44 A	XR 9C30	XR 9W32	LE 1Y24 D	XR 9C36	XR 9W38	LE 2K46 A	XR 9C42	XR 9W44	LE 1N24 E	XR 9C48	XR 9W50	LE 2K48 A	XR 9C54	XR 9W56	LE 1Y26 D	
London Paddington EL (PAD)	16 d	1730	1737		1745	1752		1800	1807		1815	1822		1830	1837		1845	1852	
Bond Street (BDS)	d	1733	1740		1748	1755		1803	1810		1818	1825		1833	1840		1848	1855	
Tottenham Court Road (TCR)	d	1735	1742		1750	1757		1805	1812		1820	1827		1835	1842		1850	1857	
Farringdon (ZFD)	d	1738	1745		1753	1800		1808	1815		1823	1830		1838	1845		1853	1900	
London Liverpool Street EL (LST)	d	1741	1748		1756	1803		1811	1818		1826	1833		1841	1848		1856	1903	
London Liverpool Street (LST)	d			1752		1807				1822		1837			1852			1907	
Whitechapel (ZLW)	d	1743	1750		1758	1805		1813	1820		1828	1835		1843	1850		1858	1905	
Stratford (SRA)	d	1749	1756	1759	1804	1811	1814	1819	1826	1829	1834	1841	1844	1849	1856	1859	1904	1911	1914
Maryland (MYL)	d	1751	1758		1806	1813		1821	1828		1836	1843		1851	1858		1906	1913	
Forest Gate (FOG)	d	1753	1800		1808	1815		1823	1830		1838	1845		1853	1900		1908	1915	
Manor Park (MNP)	d	1756	1803		1811	1818		1826	1833		1841	1848		1856	1903		1911	1918	
Ilford (IFD)	d	1758	1805		1813	1820		1828	1835		1843	1850		1858	1905		1913	1920	
Seven Kings (SVK)	d	1801	1808		1816	1823		1831	1838		1846	1853		1901	1908		1916	1923	
Goodmayes (GMY)	d	1803	1810		1818	1825		1833	1840		1848	1855		1903	1910		1918	1925	
Chadwell Heath (CTH)	d	1805	1812		1820	1827		1835	1842		1850	1857		1905	1912		1920	1927	
Romford (RMF)	d	1809	1816	1808	1824	1831		1839	1846	1838	1854	1901		1909	1916	1908	1924	1931	
Gidea Park (GDP)	d	1812a	1819		1827a	1834		1842a	1849		1857a	1904		1912a	1919		1927a	1934	
Harold Wood (HRO)	d		1822			1837			1852			1907			1922			1937	
Brentwood (BRE)	d		1826			1841			1856			1911			1926			1941	
Shenfield (SNF)	a		1830	1817		1845	1830		1900	1847		1915	1900		1930	1917		1945	1930

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	XR 9C60	XR 9W62	LE 2K50 A	XR 9C66	XR 9W68	LE 1N26 E	XR 9C72	XR 9W74	LE 2K52 A	XR 9C78	LE 1A86 C	XR 9W80	LE 1Y28 D	XR 9C84	XR 9W86	LE 2K54 A	XR 9C90	XR 9W92
London Paddington EL (PAD)	15 d	1900	1907		1915	1922		1930	1937		1945		1952	2000	2007		2015	2022
Bond Street (BDS)	d	1903	1910		1918	1925		1933	1940		1948		1955	2003	2010		2018	2025
Tottenham Court Road (TCR)	d	1905	1912		1920	1927		1935	1942		1950		1957	2005	2012		2020	2027
Farringdon (ZFD)	3 d	1908	1915		1923	1930		1938	1945		1953		2000	2008	2015		2023	2030
London Liverpool Street EL (LST)	4 d	1911	1918		1926	1933		1941	1948		1956		2003	2011	2018		2026	2033
London Liverpool Street (LST)	15 d			1922		1937				1952		2000		2007		2022		
Whitechapel (ZLW)	d	1913	1920		1928	1935		1943	1950		1958		2005	2013	2020		2028	2035
Stratford (SRA)	DLR 7 d	1919	1926	1929	1934	1941	1944	1949	1956	1959	2004	2007	2011	2019	2026	2029	2034	2041
Maryland (MYL)	d	1921	1928		1936	1943		1951	1958		2006		2013	2021	2028		2036	2043
Forest Gate (FOG)	d	1923	1930		1938	1945		1953	2000		2008		2015	2023	2030		2038	2045
Manor Park (MNP)	d	1926	1933		1941	1948		1956	2003		2011		2018	2026	2033		2041	2048
Ilford (IFD)	2 d	1928	1935		1943	1950		1958	2005		2013		2020	2028	2035		2043	2050
Seven Kings (SVK)	d	1931	1938		1946	1953		2001	2008		2016		2023	2031	2038		2046	2053
Goodmayes (GMY)	d	1933	1940		1948	1955		2003	2010		2018		2025	2033	2040		2048	2055
Chadwell Heath (CTH)	d	1935	1942		1950	1957		2005	2012		2020		2027	2035	2042		2050	2057
Romford (RMF)	d	1939	1946	1938	1954	2001		2009	2016	2008	2024		2031	2039	2046	2038	2054	2101
Gidea Park (GDP)	2 d	1942a	1949		1957a	2004		2012a	2019		2027a		2034	2042a	2049		2057a	2104
Harold Wood (HRO)	d		1952			2007			2022				2037		2052			2107
Brentwood (BRE)	d		1956			2011			2026				2041		2056			2111
Shenfield (SNF)	3 a		2000	1947		2015	2000		2030	2017		2023	2045	2030		2100	2047	2115

Operator Train ID Days of operation/Notes	LE 1N28 E	XR 9C96	XR 9W98	LE 2K56 A	XR 9C02	XR 9W04	LE 1Y30 D	XR 9C08	XR 9W10	LE 2K58 A	XR 9C12	XR 9W14	LE 1N30 E	XR 9C16	XR 9W18	LE 2K60 A	XR 9C20	XR 9W22	
London Paddington EL (PAD)	15 d		2030	2037		2045	2052		2100	2107		2115	2122		2130	2137		2145	2152
Bond Street (BDS)	d		2033	2040		2048	2055		2103	2110		2118	2125		2133	2140		2148	2155
Tottenham Court Road (TCR)	d		2035	2042		2050	2057		2105	2112		2120	2127		2135	2142		2150	2157
Farringdon (ZFD)	3 d		2038	2045		2053	2100		2108	2115		2123	2130		2138	2145		2153	2200
London Liverpool Street EL (LST)	4 d		2041	2048		2056	2103		2111	2118		2126	2133		2141	2148		2156	2203
London Liverpool Street (LST)	15 d	2037			2052		2107			2122		2137		2152					
Whitechapel (ZLW)	d		2043	2050		2058	2105		2113	2120		2128	2135		2143	2150		2158	2205
Stratford (SRA)	DLR 7 d	2044	2049	2056	2059	2104	2111	2114	2119	2126	2129	2134	2141	2144	2149	2156	2159	2204	2211
Maryland (MYL)	d		2051	2058		2106	2113		2121	2128		2136	2143		2151	2158		2206	2213
Forest Gate (FOG)	d		2053	2100		2108	2115		2123	2130		2138	2145		2153	2200		2208	2215
Manor Park (MNP)	d		2056	2103		2111	2118		2126	2133		2141	2148		2156	2203		2211	2218
Ilford (IFD)	2 d		2058	2105		2113	2120		2128	2135		2143	2150		2158	2205		2213	2220
Seven Kings (SVK)	d		2101	2108		2116	2123		2131	2138		2146	2153		2201	2208		2216	2223
Goodmayes (GMY)	d		2103	2110		2118	2125		2133	2140		2148	2155		2203	2210		2218	2225
Chadwell Heath (CTH)	d		2105	2112		2120	2127		2135	2142		2150	2157		2205	2212		2220	2227
Romford (RMF)	d		2109	2116	2108	2124	2131		2139	2146	2138	2154	2201	2209	2216	2208	2224	2231	
Gidea Park (GDP)	2 d		2112a	2119		2127a	2134		2142a	2149		2157a	2204		2212a	2219		2227a	2234
Harold Wood (HRO)	d			2122			2137			2152			2207			2222			2237
Brentwood (BRE)	d			2126			2141			2156			2211			2226			2241
Shenfield (SNF)	3 a	2100		2130	2117		2145	2130		2200	2147		2215	2200		2230	2217		2245

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

a Arrival time  
d Departure time

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

## London to Stratford, Ilford, Romford and Shenfield

## Sundays

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	LE	XR	LE	XR	LE
	1Y32 D	9W24	2K62 A	9W28	1N32 E	9W30	2K64 A	2W38	1Y34 D	2W40	2K66 A	2W44	1F64 B	2K68 A	2W46	1F66 MM B	2W50 MM	2K42 MM A
London Paddington EL (PAD) 15 d		2207		2222		2237												
Bond Street (BDS) 15 d		2210		2225		2240												
Tottenham Court Road (TCR) 15 d		2212		2227		2242												
Farringdon (ZFD) 8 d		2215		2230		2245												
London Liverpool Street EL (LST) 4 d		2218		2233		2248												
London Liverpool Street (LST) 15 d	2207		2222		2237		2252	2304	2307	2319	2322	2332	2334	2342	2349	0002	0005	0014
Whitechapel (ZLW) 15 d		2220		2235		2250												
Stratford (SRA) 7 d	2214	2226	2229	2241	2244	2256	2259	2311	2314	2326	2329	2339	2341	2349	2356	0009	0012	0021
Maryland (MYL) d		2228		2243		2258		2313		2328		2341			2358		0014	
Forest Gate (FOG) d		2230		2245		2300		2315		2330		2343			2359		0016	
Manor Park (MNP) d		2233		2248		2303		2318		2333		2346			0003		0019	
Ilford (IFD) 2 d		2236		2251		2306		2321		2336		2349			0006		0022	
Seven Kings (SVK) d		2238		2253		2308		2323		2338		2351			0008		0024	
Goodmayes (GMY) d		2240		2255		2310		2325		2340		2353			0010		0026	
Chadwell Heath (CTH) d		2242		2257		2312		2327		2342		2355			0012		0028	
Romford (RMF) d		2246	2238	2301		2316	2308	2331		2346	2338	2359		0002	0016		0032	0036
Gidea Park (GDP) 2 d		2249		2304		2319		2334		2349		0002			0019		0035	
Harold Wood (HRO) d		2252		2307		2322		2337		2352		0005			0022		0038	
Brentwood (BRE) d		2256		2311		2326		2341		2356		0009			0026		0042	
Shenfield (SNF) 8 a	2230	2300	2247	2315	2300	2330	2317	2345	2330	0001	2347	0013	2357	0016	0030	0033	0046	0049

Operator Train ID Days of operation/Notes	XR	XR	LE	XR
	2W52 MM	2W54 MM	2K44 MM A	2W56 MM
London Paddington EL (PAD) 15 d				
Bond Street (BDS) 15 d				
Tottenham Court Road (TCR) 15 d				
Farringdon (ZFD) 8 d				
London Liverpool Street EL (LST) 4 d				
London Liverpool Street (LST) 15 d	0019	0034	0044	0055
Whitechapel (ZLW) 15 d				
Stratford (SRA) 7 d	0026	0041	0051	0102
Maryland (MYL) d	0028	0043		0104
Forest Gate (FOG) d	0030	0045		0106
Manor Park (MNP) d	0033	0048		0109
Ilford (IFD) 2 d	0036	0051		0112
Seven Kings (SVK) d	0038	0053		0114
Goodmayes (GMY) d	0040	0055		0116
Chadwell Heath (CTH) d	0042	0057		0118
Romford (RMF) d	0046	0101	0105	0122
Gidea Park (GDP) 2 d	0049	0104		0125
Harold Wood (HRO) d	0052	0107		0128
Brentwood (BRE) d	0056	0111		0132
Shenfield (SNF) 8 a	0100	0115	0119	0136

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

a Arrival time  
d Departure time

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

MM Monday mornings

Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR	XR	XR	XR	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	XR	LE	LE	XR		
	2W53	9Y07	2W55	9Y09	2W11	1K01 A	2W07	1K03 A	2C09	9Y13	2F01 B	9Y17	1K05 A	9Y19	9Y21	2F03 B	1K07 A	9Y23		
Shenfield (SNF)	3	d				0438	0444	0509		0504	0524		0536	0524	0533	0553	0555	0541		
Brentwood (BRE)		d					0448			0508				0528	0537			0545		
Harold Wood (HRO)		d			0004		0452			0512				0532	0541			0549		
Gidea Park (GDP)	2	d			0007		0455		0503	0515		0525		0535	0544			0552		
Romford (RMF)		d			0010		0458		0506	0518	0532	0528		0538	0547	0601		0555		
Chadwell Heath (CTH)		d			0013		0501		0509	0521		0531		0541	0550			0558		
Goodmayes (GMY)		d			0015		0503		0511	0523		0533		0543	0552			0600		
Seven Kings (SVK)		d			0017		0505		0513	0525	0537	0535		0545	0554			0602		
Ilford (IFD)	2	d			0021		0509		0517	0529		0539		0549	0558			0606		
Manor Park (MNP)		d			0023		0511		0519	0531		0541		0551	0600			0608		
Forest Gate (FOG)		d			0026		0514		0522	0534		0544		0554	0603			0611		
Maryland (MYL)		d			0028		0516		0524	0536		0546		0556	0605			0613		
Stratford (SRA)	DLR 7	d	0001	0001	0016	0016	0031	0459	0519	0526	0526	0539	0545	0549	0551	0559	0608	0610	0613	0616
Whitechapel (ZLW)	DLR	d			0021							0544		0554		0604	0613		0621	
London Liverpool Street (LST)	15	a	0009		0025		0039	0507	0527	0534	0535		0553		0559		0618	0621		
London Liverpool Street EL (LST)	4	a	0009		0024							0547		0557		0607	0616		0624	
Farringdon (ZFD)	3	a	0011		0026							0549		0559		0609	0618		0626	
Tottenham Court Road (TCR)		a	0014		0029							0552		0602		0612	0621		0629	
Bond Street (BDS)		a	0017		0032							0555		0605		0615	0624		0632	
London Paddington EL (PAD)	15	a	0020		0035							0558		0608		0618	0627		0635	

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE		
	1Y01 C	9Y25	9Y27	1K09 A	9Y29	2N91 D	9Y31	1K11 A	9Y33	1F05 E	9Y35	1J03 F	9Y37	1N03 D	9Y39	1K15 A	9Y41	1F07 G		
Shenfield (SNF)	3	d	0606	0548	0556	0615	0603	0625	0611	0635	0618	0641	0626	0648	0632	0651	0638	0659	0644	0703
Brentwood (BRE)		d		0552	0600		0607		0615		0622		0630		0636		0642		0648	
Harold Wood (HRO)		d		0556	0604		0611		0619		0626		0634		0640		0646		0652	
Gidea Park (GDP)	2	d		0559	0607		0614		0622		0629		0637		0643		0649		0655	
Romford (RMF)		d		0602	0610		0617	0633s	0625		0632		0640		0646		0652		0658	
Chadwell Heath (CTH)		d		0605	0613		0620		0628		0635		0643		0649		0655		0701	
Goodmayes (GMY)		d		0607	0615		0622		0630		0637		0645		0651		0657		0703	
Seven Kings (SVK)		d		0609	0617		0624		0632		0639		0647		0653		0659		0705	
Ilford (IFD)	2	d		0613	0621		0628		0636		0643		0651		0657		0703		0709	
Manor Park (MNP)		d		0615	0623		0630		0638		0645		0653		0659		0705		0711	
Forest Gate (FOG)		d		0618	0626		0633		0641		0648		0656		0702		0708		0714	
Maryland (MYL)		d		0620	0628		0635		0643		0650		0658		0704		0710		0716	
Stratford (SRA)	DLR 7	d	0622s	0623	0631	0631	0638	0642	0646	0650	0653	0658s	0701	0706s	0707	0709s	0713	0717s	0719	0720s
Whitechapel (ZLW)		d		0628	0636		0643		0651		0658		0706		0712		0718		0724	
London Liverpool Street (LST)	15	a	0632			0639		0651		0658		0709		0716		0719		0727		0731
London Liverpool Street EL (LST)	4	a		0631	0639		0646		0654		0701		0709		0715		0721		0727	
Farringdon (ZFD)	3	a		0633	0641		0648		0656		0703		0711		0717		0723		0729	
Tottenham Court Road (TCR)		a		0636	0644		0651		0659		0706		0714		0720		0726		0732	
Bond Street (BDS)		a		0639	0647		0654		0702		0709		0717		0723		0729		0735	
London Paddington EL (PAD)	15	a		0642	0650		0657		0705		0712		0720		0726		0732		0738	

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

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

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

- MO Mondays only
- MX Not Mondays



Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR		
	9Y43	9Y45	9Y47	1K17 A	9Y49	1F91 H	9Y51	1K21 A	9Y53	1F11 J	9Y55	1N11 D	9Y57	1K23 A	2C59	9Y61	1N13 D	9Y63	
Shenfield (SNF)	3 d	0650	0656	0702	0719	0708	0727	0714	0734	0720	0738	0724	0741	0728	0745		0736	0753	0740
Brentwood (BRE)	d	0654	0700	0706		0712		0718		0724		0728		0732			0740		0744
Harold Wood (HRO)	d	0658	0704	0710		0716		0722		0728		0732		0736			0744		0748
Gidea Park (GDP)	2 d	0701	0707	0713		0719		0725		0731		0735		0739		0743	0747		0752
Romford (RMF)	d	0704	0710	0716		0722		0728		0734		0738		0742		0746	0750		0755
Chadwell Heath (CTH)	d	0707	0713	0719		0725		0731		0737		0741		0745		0749	0753		0758
Goodmayes (GMY)	d	0709	0715	0721		0727		0733		0739		0743		0747		0751	0755		0800
Seven Kings (SVK)	d	0711	0717	0723		0729		0735		0741		0745		0749		0753	0757		0802
Ilford (IFD)	2 d	0715	0721	0727		0733		0739		0745		0749		0753		0757	0801		0806
Manor Park (MNP)	d	0717	0723	0729		0735		0741		0747		0751		0755		0759	0803		0808
Forest Gate (FOG)	d	0720	0726	0732		0738		0744		0750		0754		0758		0802	0806		0811
Maryland (MYL)	d	0722	0728	0734		0740		0746		0752		0756		0800		0804	0808		0813
Stratford (SRA)	DLR 7 d	0725	0731	0737	0737s	0743	0745s	0749	0752s	0755	0756s	0759	0759s	0803	0803s	0807	0811	0811s	0816
Whitechapel (ZLW)	d	0730	0736	0742		0748		0754		0800		0806		0812		0818			0824
London Liverpool Street (LST)	15 a				0747		0755		0802		0806		0810		0813	0815		0822	
London Liverpool Street EL (LST)	4 a	0733	0739	0745		0751		0757		0803		0809		0815			0821		0826
Farringdon (ZFD)	3 a	0735	0741	0747		0753		0759		0805		0811		0817			0823		0829
Tottenham Court Road (TCR)	a	0738	0744	0750		0756		0802		0808		0814		0820			0826		0832
Bond Street (BDS)	a	0741	0747	0753		0759		0805		0811		0817		0823			0829		0834
London Paddington EL (PAD)	15 a	0744	0750	0756		0802		0808		0814		0820		0826			0832		0838

Operator Train ID Days of operation/Notes	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	
	1K27 A	1F17 E	9Y65	9Y67	1K29 A	9Y69	1N15 D	9Y71	1K31 A	2C73	1F19 E	9Y75	1K33 A	9Y77	1Y95 C	9Y79	1K35 A	9Y81	
Shenfield (SNF)	3 d	0758	0803	0746	0750	0807	0754	0812	0758	0815		0820	0806	0824	0811	0828	0816	0834	0821
Brentwood (BRE)	d			0750	0754		0758		0802				0810		0815		0820		0825
Harold Wood (HRO)	d			0754	0758		0802		0806				0814		0819		0824		0829
Gidea Park (GDP)	2 d			0757	0801		0805		0809		0813		0817		0822		0827		0832
Romford (RMF)	d			0800	0804		0808		0812		0816		0820		0825		0830		0835
Chadwell Heath (CTH)	d			0803	0807		0811		0815		0819		0823		0828		0833		0838
Goodmayes (GMY)	d			0805	0809		0813		0817		0821		0825		0830		0835		0840
Seven Kings (SVK)	d			0807	0811		0815		0819		0823		0827		0832		0837		0842
Ilford (IFD)	2 d			0811	0815		0819		0823		0827		0831		0836		0841		0846
Manor Park (MNP)	d			0813	0817		0821		0825		0829		0833		0838		0843		0848
Forest Gate (FOG)	d			0816	0820		0824		0828		0832		0836		0841		0846		0851
Maryland (MYL)	d			0818	0822		0826		0830		0834		0838		0843		0848		0853
Stratford (SRA)	DLR 7 d	0816s	0820s	0821	0825	0825s	0829	0830s	0833	0833s	0837	0838s	0841	0842s	0846	0846s	0851	0852s	0856
Whitechapel (ZLW)	d			0826	0831		0836		0842				0848		0854		0856		0901
London Liverpool Street (LST)	15 a	0827	0831			0836		0841		0843	0845	0848		0852		0857		0902	
London Liverpool Street EL (LST)	4 a			0829	0834		0839		0845				0851		0856		0859		0904
Farringdon (ZFD)	3 a			0831	0836		0841		0847				0853		0859		0901		0906
Tottenham Court Road (TCR)	a			0834	0839		0844		0850				0856		0902		0904		0909
Bond Street (BDS)	a			0837	0842		0847		0853				0859		0904		0907		0912
London Paddington EL (PAD)	15 a			0840	0845		0850		0856				0902		0908		0910		0915

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

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

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

Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	LE 1F23 J	XR 9Y83	LE 2K37 A	XR 9Y85	LE 1F25 K	XR 9Y87	XR 9Y89	LE 1K39 A	XR 9Y91	LE 1A27 L	XR 9Y93	XR 9Y95	LE 1K41 A	XR 9Y97	LE 1N29 D	XR 9Y99	XR 9Y01	LE 1F31 J	
Shenfield (SNF)	3 d	0843	0826	0845	0832	0854	0838	0844	0903	0850	0907	0856	0902	0924	0908	0928	0914	0918	0938
Brentwood (BRE)	d		0830		0836		0842	0848		0854		0900	0906		0912		0918	0922	
Harold Wood (HRO)			0834		0840		0846	0852		0858		0904	0910		0916		0922	0926	
Gidea Park (GDP)	2 d		0837		0843		0849	0855		0901		0907	0913		0919		0925	0929	
Romford (RMF)	d		0840	0854	0846		0852	0858		0904		0910	0916		0922		0928	0932	
Chadwell Heath (CTH)	d		0843		0849		0855	0901		0907		0913	0919		0925		0931	0935	
Goodmayes (GMY)	d		0845		0851		0857	0903		0909		0915	0921		0927		0933	0937	
Seven Kings (SVK)	d		0847		0853		0859	0905		0911		0917	0923		0929		0935	0939	
Ilford (IFD)	2 d		0851		0857		0903	0909		0915		0921	0927		0933		0939	0943	
Manor Park (MNP)	d		0853		0859		0905	0911		0917		0923	0929		0935		0941	0945	
Forest Gate (FOG)	d		0856		0902		0908	0914		0920		0926	0932		0938		0944	0948	
Maryland (MYL)	d		0858		0904		0910	0916		0922		0928	0934		0940		0946	0950	
Stratford (SRA)	DLR 7 d	0900s	0901	0905s	0907	0911s	0913	0919	0920s	0925	0928s	0931	0937	0942s	0943	0946s	0949	0953	0954
Whitechapel (ZLW)	d		0906		0912		0918	0924		0930		0936	0942		0948		0954	1000	
London Liverpool Street (LST)	15 a	0911		0915		0922			0930		0938			0952		0956		1003	
London Liverpool Street EL (LST)	4 a		0909		0915		0921	0927		0933		0939	0945		0951		0957	1003	
Farringdon (ZFD)	3 a		0911		0917		0923	0929		0935		0941	0947		0953		0959	1005	
Tottenham Court Road (TCR)	a		0914		0920		0926	0932		0938		0944	0950		0956		1002	1008	
Bond Street (BDS)	a		0917		0923		0929	0935		0941		0947	0953		0959		1005	1011	
London Paddington EL (PAD)	15 a		0920		0926		0932	0938		0944		0950	0956		1002		1008	1014	

Operator Train ID Days of operation/Notes	XR 9Y03	LE 2K43 A	XR 9Y05	LE 1Y33 C	XR 9Y09	LE 1K45 A	XR 9Y11	LE 1N31 D	XR 9Y15	XR 9Y17	LE 1K47 A	XR 9Y21	LE 1F35 G	LE 1F37 J	XR 9Y23	XR 9Y27	LE 2K49 A	LE 1Y35 C	
Shenfield (SNF)	3 d	0924	0947	0933	0953	0941	1005	0948	1008	0956	1003	1023	1011	1028	1036	1018	1026	1045	1050
Brentwood (BRE)	d	0928		0937		0945		0952		1000	1007		1015			1022	1030		
Harold Wood (HRO)	d	0932		0941		0949		0956		1004	1011		1019			1026	1034		
Gidea Park (GDP)	2 d	0935		0944		0952		0959		1007	1014		1022			1029	1037		
Romford (RMF)	d	0938	0955	0947		0955		1002		1010	1017		1025			1032	1040	1053	
Chadwell Heath (CTH)	d	0941		0950		0958		1005		1013	1020		1028			1035	1043		
Goodmayes (GMY)	d	0943		0952		1000		1007		1015	1022		1030			1037	1045		
Seven Kings (SVK)	d	0945		0954		1002		1009		1017	1024		1032			1039	1047		
Ilford (IFD)	2 d	0949		0958		1006		1013		1021	1028		1036			1043	1051		
Manor Park (MNP)	d	0951		1000		1008		1015		1023	1030		1038			1045	1053		
Forest Gate (FOG)	d	0954		1003		1011		1018		1026	1033		1041			1048	1056		
Maryland (MYL)	d	0956		1005		1013		1020		1028	1035		1043			1050	1058		
Stratford (SRA)	DLR 7 d	0959	1004	1008	1009	1016	1020	1023	1027	1031	1038	1038	1046		1052	1053	1101	1102	1105
Whitechapel (ZLW)	d	1006		1013		1021		1028		1036	1043		1051			1058	1106		
London Liverpool Street (LST)	15 a		1012		1017		1028		1035		1046		1051	1100			1110	1113	
London Liverpool Street EL (LST)	4 a	1009		1016		1024		1031		1039	1046		1054			1101	1109		
Farringdon (ZFD)	3 a	1011		1018		1026		1033		1041	1048		1056			1103	1111		
Tottenham Court Road (TCR)	a	1014		1021		1029		1036		1044	1051		1059			1106	1114		
Bond Street (BDS)	a	1017		1024		1032		1039		1047	1054		1102			1109	1117		
London Paddington EL (PAD)	15 a	1020		1027		1035		1042		1050	1057		1105			1112	1120		

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

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Mondays to Fridays

Operator Train ID Days of operation/Notes	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	LE	XR	XR	LE		
	9Y29	9Y33	1K51 A	9Y35	1N33 D	9Y39	2F27 G	9Y41	1K53 A	9Y45	9Y47	1F39 J	9Y51	2K55 A	1Y37 C	9Y53	9Y57	1K57 A		
Shenfield (SNF)	3	d	1033	1041	1105	1048	1108	1056	1120	1103	1125	1111	1118	1138	1126	1145	1150	1133	1141	1205
Brentwood (BRE)		d	1037	1045		1052		1100		1107		1115	1122		1130			1137	1145	
Harold Wood (HRO)		d	1041	1049		1056		1104		1111		1119	1126		1134			1141	1149	
Gidea Park (GDP)	2	d	1044	1052		1059		1107		1114		1122	1129		1137			1144	1152	
Romford (RMF)		d	1047	1055		1102		1110	1128	1117		1125	1132		1140	1153		1147	1155	
Chadwell Heath (CTH)		d	1050	1058		1105		1113		1120		1128	1135		1143			1150	1158	
Goodmayes (GMY)		d	1052	1100		1107		1115		1122		1130	1137		1145			1152	1200	
Seven Kings (SVK)		d	1054	1102		1109		1117		1124		1132	1139		1147			1154	1202	
Ilford (IFD)	2	d	1058	1106		1113		1121		1128		1136	1143		1151			1158	1206	
Manor Park (MNP)		d	1100	1108		1115		1123		1130		1138	1145		1153			1200	1208	
Forest Gate (FOG)		d	1103	1111		1118		1126		1133		1141	1148		1156			1203	1211	
Maryland (MYL)		d	1105	1113		1120		1128		1135		1143	1150		1158			1205	1213	
Stratford (SRA)	DLR 7	d	1108	1116	1120	1123	1123	1131	1137	1138	1140	1146	1153	1154	1201	1202	1205	1208	1216	1220
Whitechapel (ZLW)		d	1113	1121		1128		1136		1143		1151	1158		1206			1213	1221	
London Liverpool Street (LST)	15	a			1128		1131		1145		1148			1202		1210	1213			1228
London Liverpool Street EL (LST)	4	a	1116	1124		1131		1139		1146		1154	1201		1209			1216	1224	
Farringdon (ZFD)	8	a	1118	1126		1133		1141		1148		1156	1203		1211			1218	1226	
Tottenham Court Road (TCR)		a	1121	1129		1136		1144		1151		1159	1206		1214			1221	1229	
Bond Street (BDS)		a	1124	1132		1139		1147		1154		1202	1209		1217			1224	1232	
London Paddington EL (PAD)	15	a	1127	1135		1142		1150		1157		1205	1212		1220			1227	1235	

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	XR		
	9Y59	1N35 D	9Y63	2F33 G	9Y65	1K59 A	9Y69	1F41 J	9Y71	9Y75	2K61 A	1Y39 C	9Y77	9Y81	1K63 A	9Y83	1N37 D	9Y87		
Shenfield (SNF)	3	d	1148	1208	1156	1220	1203	1225	1211	1238	1218	1226	1245	1250	1233	1241	1305	1248	1308	1255
Brentwood (BRE)		d	1152		1200		1207		1215		1222	1230			1237	1245		1252		1259
Harold Wood (HRO)		d	1156		1204		1211		1219		1226	1234			1241	1249		1256		1303
Gidea Park (GDP)	2	d	1159		1207		1214		1222		1229	1237			1244	1252		1259		1306
Romford (RMF)		d	1202		1210	1228	1217		1225		1232	1240	1253		1247	1255		1302		1309
Chadwell Heath (CTH)		d	1205		1213		1220		1228		1235	1243			1250	1258		1305		1312
Goodmayes (GMY)		d	1207		1215		1222		1230		1237	1245			1252	1300		1307		1314
Seven Kings (SVK)		d	1209		1217		1224		1232		1239	1247			1254	1302		1309		1316
Ilford (IFD)	2	d	1213		1221		1228		1236		1243	1251			1258	1306		1313		1320
Manor Park (MNP)		d	1215		1223		1230		1238		1245	1253			1300	1308		1315		1322
Forest Gate (FOG)		d	1218		1226		1233		1241		1248	1256			1303	1311		1318		1325
Maryland (MYL)		d	1220		1228		1235		1243		1250	1258			1305	1313		1320		1327
Stratford (SRA)	DLR 7	d	1223	1223	1231	1237	1238	1240	1246	1252	1253	1301	1301	1305	1308	1316	1320	1323	1323	1330
Whitechapel (ZLW)		d	1228		1236		1243		1251		1258	1306			1313	1321		1328		1336
London Liverpool Street (LST)	15	a		1231		1245		1248		1301			1310	1313			1328		1331	
London Liverpool Street EL (LST)	4	a	1231		1239		1246		1254		1301	1309			1316	1324		1331		1339
Farringdon (ZFD)	8	a	1233		1241		1248		1256		1303	1311			1318	1326		1333		1341
Tottenham Court Road (TCR)		a	1236		1244		1251		1259		1306	1314			1321	1329		1336		1344
Bond Street (BDS)		a	1239		1247		1254		1302		1309	1317			1324	1332		1339		1347
London Paddington EL (PAD)	15	a	1242		1250		1257		1305		1312	1320			1327	1335		1342		1350

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE 2F39 G	XR 9Y89	LE 1K65 A	XR 9Y93	XR 9Y95	LE 1F43 J	XR 9Y99	LE 2K67 A	LE 1Y41 C	XR 9Y01	XR 9Y05	LE 1K69 A	XR 9Y07	LE 1N39 D	XR 9Y11	LE 2F45 G	XR 9Y13	LE 1K71 A			
Shenfield (SNF)	3	d	1320	1303	1325	1311	1318	1338	1326	1345	1350	1333	1341	1405	1348	1408	1356	1420	1403	1425	
Brentwood (BRE)		d		1307		1315	1322		1330			1337	1345		1352		1400		1407		
Harold Wood (HRO)		d		1311		1319	1326		1334			1341	1349		1356		1404		1411		
Gidea Park (GDP)	2	d		1314		1322	1329		1337			1344	1352		1359		1407		1414		
Romford (RMF)		d	1328	1317		1325	1332		1340	1353		1347	1355		1402		1410	1428	1417		
Chadwell Heath (CTH)		d		1320		1328	1335		1343			1350	1358		1405		1413		1420		
Goodmayes (GMY)		d		1322		1330	1337		1345			1352	1400		1407		1415		1422		
Seven Kings (SVK)		d		1324		1332	1339		1347			1354	1402		1409		1417		1424		
Ilford (IFD)	2	d		1328		1336	1343		1351			1358	1406		1413		1421		1428		
Manor Park (MNP)		d		1330		1338	1345		1353			1400	1408		1415		1423		1430		
Forest Gate (FOG)		d		1333		1341	1348		1356			1403	1411		1418		1426		1433		
Maryland (MYL)		d		1335		1343	1350		1358			1405	1413		1420		1428		1435		
Stratford (SRA)	DLR	7	d	1337	1338	1340	1346	1353	1353	1401	1402	1406	1408	1416	1420	1423	1423	1431	1437	1438	1440
Whitechapel (ZLW)		d		1343		1351	1358		1406			1413	1421		1428		1436		1443		
London Liverpool Street (LST)	15	a	1345		1348			1401		1410	1414			1428		1431		1445		1448	
London Liverpool Street EL (LST)	4	a		1346		1354	1401		1409			1416	1424		1431		1439		1446		
Farringdon (ZFD)	8	a		1348		1356	1403		1411			1418	1426		1433		1441		1448		
Tottenham Court Road (TCR)		a		1351		1359	1406		1414			1421	1429		1436		1444		1451		
Bond Street (BDS)		a		1354		1402	1409		1417			1424	1432		1439		1447		1454		
London Paddington EL (PAD)	15	a		1357		1405	1412		1420			1427	1435		1442		1450		1457		

Operator Train ID Days of operation/Notes	XR 9Y17	XR 9Y19	LE 1F45 J	XR 9Y23	LE 2K73 A	LE 1Y43 C	XR 9Y25	XR 9Y29	LE 1K75 A	XR 9Y31	LE 1N41 D	XR 9Y35	LE 2F51 G	XR 9Y37	LE 1K77 A	XR 9Y41	XR 9Y43	LE 1F47 J			
Shenfield (SNF)	3	d	1411	1418	1438	1426	1445	1450	1433	1441	1505	1448	1508	1456	1520	1503	1525	1511	1518	1538	
Brentwood (BRE)		d	1415	1422		1430			1437	1445		1452		1500		1507		1515	1522		
Harold Wood (HRO)		d	1419	1426		1434			1441	1449		1456		1504		1511		1519	1526		
Gidea Park (GDP)	2	d	1422	1429		1437			1444	1452		1459		1507		1514		1522	1529		
Romford (RMF)		d	1425	1432		1440	1453		1447	1455		1502		1510	1528	1517		1525	1532		
Chadwell Heath (CTH)		d	1428	1435		1443			1450	1458		1505		1513		1520		1528	1535		
Goodmayes (GMY)		d	1430	1437		1445			1452	1500		1507		1515		1522		1530	1537		
Seven Kings (SVK)		d	1432	1439		1447			1454	1502		1509		1517		1524		1532	1539		
Ilford (IFD)	2	d	1436	1443		1451			1458	1506		1513		1521		1528		1536	1543		
Manor Park (MNP)		d	1438	1445		1453			1500	1508		1515		1523		1530		1538	1545		
Forest Gate (FOG)		d	1441	1448		1456			1503	1511		1518		1526		1533		1541	1548		
Maryland (MYL)		d	1443	1450		1458			1505	1513		1520		1528		1535		1543	1550		
Stratford (SRA)	DLR	7	d	1446	1453	1453	1501	1502	1505	1508	1516	1521	1523	1523	1531	1537	1538	1540	1546	1553	1553
Whitechapel (ZLW)		d	1451	1458		1506			1513	1521		1528		1536		1543		1551	1558		
London Liverpool Street (LST)	15	a			1501		1510	1513			1529		1531		1545		1548			1603	
London Liverpool Street EL (LST)	4	a	1454	1501		1509			1516	1524		1531		1539		1546		1554	1601		
Farringdon (ZFD)	8	a	1456	1503		1511			1518	1526		1533		1541		1548		1556	1603		
Tottenham Court Road (TCR)		a	1459	1506		1514			1521	1529		1536		1544		1551		1559	1606		
Bond Street (BDS)		a	1502	1509		1517			1524	1532		1539		1547		1554		1602	1609		
London Paddington EL (PAD)	15	a	1505	1512		1520			1527	1535		1542		1550		1557		1605	1612		

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

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

Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	XR 9Y47	LE 2K79 A	LE 1Y45 C	XR 9Y49	XR 9Y51	XR 9Y53	LE 1K81 A	XR 9Y55	LE 2N13 D	XR 9Y57	LE 1F49 G	XR 9Y59	LE 1K83 A	XR 9Y61	XR 9Y63	XR 9Y65	LE 1F51 J	XR 9Y67	
Shenfield (SNF)	3 d	1526	1544	1549	1532	1538	1544	1605	1550	1608	1556	1621	1602	1625	1608	1614	1620	1639	1626
Brentwood (BRE)	d	1530			1536	1542	1548		1554		1600		1606		1612	1618	1624		1630
Harold Wood (HRO)	d	1534			1540	1546	1552		1558		1604		1610		1616	1622	1628		1634
Gidea Park (GDP)	2 d	1537			1543	1549	1555		1601		1607		1613		1619	1625	1631		1637
Romford (RMF)	d	1540	1552		1546	1552	1558		1604	1616	1610		1616		1622	1628	1634		1640
Chadwell Heath (CTH)	d	1543			1549	1555	1601		1607		1613		1619		1625	1631	1637		1643
Goodmayes (GMY)	d	1545			1551	1557	1603		1609		1615		1621		1627	1633	1639		1645
Seven Kings (SVK)	d	1547			1553	1559	1605		1611		1617		1623		1629	1635	1641		1647
Ilford (IFD)	2 d	1551			1557	1603	1609		1615		1621		1627		1633	1639	1645		1651
Manor Park (MNP)	d	1553			1559	1605	1611		1617		1623		1629		1635	1641	1647		1653
Forest Gate (FOG)	d	1556			1602	1608	1614		1620		1626		1632		1638	1644	1650		1656
Maryland (MYL)	d	1558			1604	1610	1616		1622		1628		1634		1640	1646	1652		1658
Stratford (SRA)	DLR 7 d	1601	1601	1604	1607	1613	1619	1620	1625	1625	1631	1636	1637	1641	1643	1649	1655	1655	1701
Whitechapel (ZLW)	DLR d	1606			1612	1618	1624		1630		1636		1642		1648	1654	1700		1706
London Liverpool Street (LST)	DLR 15 a		1609	1612				1629		1633		1645		1649				1703	
London Liverpool Street EL (LST)	DLR 4 a	1609			1615	1621	1627		1633		1639		1645		1651	1657	1703		1709
Farringdon (ZFD)	DLR 3 a	1611			1617	1623	1629		1635		1641		1647		1653	1659	1705		1711
Tottenham Court Road (TCR)	DLR a	1614			1620	1626	1632		1638		1644		1650		1656	1702	1708		1714
Bond Street (BDS)	DLR a	1617			1623	1629	1635		1641		1647		1653		1659	1705	1711		1717
London Paddington EL (PAD)	DLR 15 a	1620			1626	1632	1638		1644		1650		1656		1702	1708	1714		1720

Operator Train ID Days of operation/Notes	LE 1K85 A	LE 1Y47 C	XR 9Y69	XR 9Y71	XR 9Y73	LE 1K87 A	LE 1N47 D	XR 9Y75	XR 9Y77	XR 9Y79	LE 1F53 G	LE 1K89 A	XR 9Y81	LE 1F55 B	XR 9Y85	LE 1F57 J	XR 9Y87	XR 9Y89	
Shenfield (SNF)	3 d	1646	1650	1632	1638	1644	1705	1708	1650	1656	1702	1722	1725	1708	1728	1714	1738	1720	1726
Brentwood (BRE)	d			1636	1642	1648			1654	1700	1706			1712		1718		1724	1730
Harold Wood (HRO)	d			1640	1646	1652			1658	1704	1710			1716		1722		1728	1734
Gidea Park (GDP)	2 d			1643	1649	1655			1701	1707	1713			1719		1725		1731	1737
Romford (RMF)	d			1646	1652	1658			1704	1710	1716			1722		1728		1734	1740
Chadwell Heath (CTH)	d			1649	1655	1701			1707	1713	1719			1725		1731		1737	1743
Goodmayes (GMY)	d			1651	1657	1703			1709	1715	1721			1727		1733		1739	1745
Seven Kings (SVK)	d			1653	1659	1705			1711	1717	1723			1729		1735		1741	1747
Ilford (IFD)	2 d			1657	1703	1709			1715	1721	1727			1733		1739		1745	1751
Manor Park (MNP)	d			1659	1705	1711			1717	1723	1729			1735		1741		1747	1753
Forest Gate (FOG)	d			1702	1708	1714			1720	1726	1732			1738		1744		1750	1756
Maryland (MYL)	d			1704	1710	1716			1722	1728	1734			1740		1746		1752	1758
Stratford (SRA)	DLR 7 d	1702	1706	1707	1713	1719	1721	1724	1725	1731	1737	1738	1741	1743	1744	1749	1754	1755	1801
Whitechapel (ZLW)	DLR d			1712	1718	1724			1730	1736	1742			1748		1754		1800	1806
London Liverpool Street (LST)	DLR 15 a	1713	1715				1729	1732				1747	1749		1755		1802		
London Liverpool Street EL (LST)	DLR 4 a			1715	1721	1727			1733	1739	1745			1751		1757		1803	1809
Farringdon (ZFD)	DLR 3 a			1717	1723	1729			1735	1741	1747			1753		1759		1805	1811
Tottenham Court Road (TCR)	DLR a			1720	1726	1732			1738	1744	1750			1756		1802		1808	1814
Bond Street (BDS)	DLR a			1723	1729	1735			1741	1747	1753			1759		1805		1811	1817
London Paddington EL (PAD)	DLR 15 a			1726	1732	1738			1744	1750	1756			1802		1808		1814	1820

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

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

Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	XR
	1K91 A	9Y91	1Y49 C	9Y93	1K93 A	9Y97	1N51 D	9Y99	9Y01	1F61 J	9Y03	1K97 A	9Y05	2F71 G	9Y07	1K99 A	9Y09	9Y11	9Y11
Shenfield (SNF)	3 d	1746	1732	1753	1738	1800	1744	1808	1750	1754	1820	1800	1825	1805	1827	1811	1837	1817	1826
Brentwood (BRE)	d		1736		1742		1748		1754	1758		1804		1809		1815		1821	1830
Harold Wood (HRO)	d		1740		1746		1752		1758	1802		1808		1813		1819		1825	1834
Gidea Park (GDP)	2 d		1743		1749		1755		1801	1807		1813		1819c		1825c		1831c	1837
Romford (RMF)	d		1746		1752		1758		1804	1810		1816		1822	1835	1828		1834	1840
Chadwell Heath (CTH)	d		1749		1755		1801		1807	1813		1819		1825		1831		1837	1843
Goodmayes (GMY)	d		1751		1757		1803		1809	1815		1821		1827		1833		1839	1845
Seven Kings (SVK)	d		1753		1759		1805		1811	1817		1823		1829		1835		1841	1847
Ilford (IFD)	2 d		1757		1803		1809		1815	1821		1827		1833		1839		1845	1851
Manor Park (MNP)	d		1759		1805		1811		1817	1823		1829		1835		1841		1847	1853
Forest Gate (FOG)	d		1802		1808		1814		1820	1826		1832		1838		1844		1850	1856
Maryland (MYL)	d		1804		1810		1816		1822	1828		1834		1840		1846		1852	1858
Stratford (SRA)	DLR 7 d	1802	1807	1809	1813	1815	1819	1824	1825	1831	1836	1837	1840	1843	1845	1849	1853	1855	1901
Whitechapel (ZLW)	d		1812		1818		1824		1830	1836		1842		1848		1854		1900	1906
London Liverpool Street (LST)	15 a	1811		1817		1823		1834			1844		1849		1854		1901		
London Liverpool Street EL (LST)	4 a		1815		1821		1827		1833	1839		1845		1851		1857		1903	1909
Farringdon (ZFD)	3 a		1817		1823		1829		1835	1841		1847		1853		1859		1905	1911
Tottenham Court Road (TCR)	a		1820		1826		1832		1838	1844		1850		1856		1902		1908	1914
Bond Street (BDS)	a		1823		1829		1835		1841	1847		1853		1859		1905		1911	1917
London Paddington EL (PAD)	15 a		1826		1832		1838		1844	1850		1856		1902		1908		1914	1920

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	XR	LE	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	XR	XR
	1Y51 C	9Y13	1K13 A	9Y15	9Y17	1K15 A	1N55 D	9Y19	1F67 J	9Y21	9Y23	2F77 G	1K19 A	9Y25	9Y27	1F69 E	9Y29	9Y31	
Shenfield (SNF)	3 d	1851	1832	1857	1837	1843	1905	1908	1848	1913	1854	1902	1920	1925	1905	1914	1937	1920	1926
Brentwood (BRE)	d		1836		1841	1847			1852		1858	1906			1909	1918		1924	1930
Harold Wood (HRO)	d		1840		1845	1851			1856		1902	1910			1913	1922		1928	1934
Gidea Park (GDP)	2 d		1843		1849	1855			1901		1907	1913			1919c	1925		1931	1937
Romford (RMF)	d		1846		1852	1858			1904		1910	1916	1928		1922	1928		1934	1940
Chadwell Heath (CTH)	d		1849		1855	1901			1907		1913	1919			1925	1931		1937	1943
Goodmayes (GMY)	d		1851		1857	1903			1909		1915	1921			1927	1933		1939	1945
Seven Kings (SVK)	d		1853		1859	1905			1911		1917	1923			1929	1935		1941	1947
Ilford (IFD)	2 d		1857		1903	1909			1915		1921	1927			1933	1939		1945	1951
Manor Park (MNP)	d		1859		1905	1911			1917		1923	1929			1935	1941		1947	1953
Forest Gate (FOG)	d		1902		1908	1914			1920		1926	1932			1938	1944		1950	1956
Maryland (MYL)	d		1904		1910	1916			1922		1928	1934			1940	1946		1952	1958
Stratford (SRA)	DLR 7 d	1906	1907	1912	1913	1919	1920	1924	1925	1928	1931	1937	1937	1941	1943	1949	1952	1955	2001
Whitechapel (ZLW)	d		1912		1918	1924			1930		1936	1942			1948	1954		2000	2006
London Liverpool Street (LST)	15 a	1914		1921		1928	1933		1936			1945	1951			2000			
London Liverpool Street EL (LST)	4 a		1915		1921	1927			1933		1939	1945			1951	1957		2003	2009
Farringdon (ZFD)	3 a		1917		1923	1929			1935		1941	1947			1953	1959		2005	2011
Tottenham Court Road (TCR)	a		1920		1926	1932			1938		1944	1950			1956	2002		2008	2014
Bond Street (BDS)	a		1923		1929	1935			1941		1947	1953			1959	2005		2011	2017
London Paddington EL (PAD)	15 a		1926		1932	1938			1944		1950	1956			2002	2008		2014	2020

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

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Mondays to Fridays

Operator Train ID Days of operation/Notes	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	XR	LE	LE	LE	XR		
	2K23 A	1Y55 C	9Y33	9Y37	1K29 A	9Y39	1N57 D	9Y43	2F85 G	9Y45	1K33 A	9Y49	9Y51	9Y55	2K37 A	1F73 J	1F97 G	9Y57		
Shenfield (SNF)	3	d	1945	1951	1933	1941	2005	1948	2008	1956	2020	2003	2025	2011	2018	2026	2045	2049	2052	2033
Brentwood (BRE)		d			1937	1945		1952		2000		2007		2015	2022	2030				2037
Harold Wood (HRO)		d			1941	1949		1956		2004		2011		2019	2026	2034				2041
Gidea Park (GDP)	2	d			1944	1952		1959		2007		2014		2022	2029	2037				2044
Romford (RMF)		d	1953		1947	1955		2002		2010	2028	2017		2025	2032	2040	2053			2047
Chadwell Heath (CTH)		d			1950	1958		2005		2013		2020		2028	2035	2043				2050
Goodmayes (GMY)		d			1952	2000		2007		2015		2022		2030	2037	2045				2052
Seven Kings (SVK)		d			1954	2002		2009		2017		2024		2032	2039	2047				2054
Ilford (IFD)	2	d			1958	2006		2013		2021		2028		2036	2043	2051				2058
Manor Park (MNP)		d			2000	2008		2015		2023		2030		2038	2045	2053				2100
Forest Gate (FOG)		d			2003	2011		2018		2026		2033		2041	2048	2056				2103
Maryland (MYL)		d			2005	2013		2020		2028		2035		2043	2050	2058				2105
Stratford (SRA)	DLR 7	d	2002	2006	2008	2016	2020	2023	2023	2031	2037	2038	2040	2046	2053	2101	2102		2107	2108
Whitechapel (ZLW)		d			2013	2021		2028		2036		2043		2051	2058	2106				2113
London Liverpool Street (LST)	15	a	2011	2014			2028		2031		2045		2048				2110	2112	2115	
London Liverpool Street EL (LST)	4	a			2016	2024		2031		2039		2046		2054	2101	2109				2116
Farringdon (ZFD)	3	a			2018	2026		2033		2041		2048		2056	2103	2111				2118
Tottenham Court Road (TCR)		a			2021	2029		2036		2044		2051		2059	2106	2114				2121
Bond Street (BDS)		a			2024	2032		2039		2047		2054		2102	2109	2117				2124
London Paddington EL (PAD)	15	a			2027	2035		2042		2050		2057		2105	2112	2120				2127

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	LE	XR	LE	LE	XR	LE	XR	LE		
	9Y61	1K39 A	9Y63	1N59 D	9Y67	9Y69	1K41 A	1F75 G	9Y73	9Y75	1F77 J	9Y79	2K43 A	1A97 M	9Y83	1K45 A	9Y87	1N63 D		
Shenfield (SNF)	3	d	2041	2105	2048	2108	2056	2103	2125	2127	2111	2118	2138	2126	2145	2151	2136	2205	2146	2208
Brentwood (BRE)		d	2045		2052		2100	2107			2115	2122		2130			2140		2150	
Harold Wood (HRO)		d	2049		2056		2104	2111			2119	2126		2134			2144		2154	
Gidea Park (GDP)	2	d	2052		2059		2107	2114			2122	2129		2137			2147		2157	
Romford (RMF)		d	2055		2102		2110	2117			2125	2132		2140	2153		2150		2200	
Chadwell Heath (CTH)		d	2058		2105		2113	2120			2128	2135		2143			2153		2203	
Goodmayes (GMY)		d	2100		2107		2115	2122			2130	2137		2145			2155		2205	
Seven Kings (SVK)		d	2102		2109		2117	2124			2132	2139		2147			2157		2207	
Ilford (IFD)	2	d	2106		2113		2121	2128			2136	2143		2151			2201		2211	
Manor Park (MNP)		d	2108		2115		2123	2130			2138	2145		2153			2203		2213	
Forest Gate (FOG)		d	2111		2118		2126	2133			2141	2148		2156			2206		2216	
Maryland (MYL)		d	2113		2120		2128	2135			2143	2150		2158			2208		2218	
Stratford (SRA)	DLR 7	d	2116	2120	2123	2123	2131	2138	2140	2143	2146	2153	2153	2201	2203	2206	2211	2220	2221	2223
Whitechapel (ZLW)		d	2121		2128		2136	2143			2151	2158		2206			2217		2226	
London Liverpool Street (LST)	15	a		2128		2131			2148	2151			2201		2211	2214		2228		2231
London Liverpool Street EL (LST)	4	a	2124		2131		2139	2146			2154	2201		2209			2220		2229	
Farringdon (ZFD)	3	a	2126		2133		2141	2148			2156	2203		2211			2222		2231	
Tottenham Court Road (TCR)		a	2129		2136		2144	2151			2159	2206		2214			2225		2234	
Bond Street (BDS)		a	2132		2139		2147	2154			2202	2209		2217			2228		2237	
London Paddington EL (PAD)	15	a	2135		2142		2150	2157			2205	2212		2220			2231		2240	

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

**Mondays to Fridays**

	Operator Train ID Days of operation/Notes	XR 9Y91	LE 2F21 G	XR 9Y93	LE 1K49 A	XR 9Y95	LE 1F79 J	XR 9Y97	LE 1F81 G	XR 9Y99	LE 1K51 A	XR 9Y01	LE 1N67 D	XR 9Y03	LE 2Y65 C	XR 9Y05	XR 9Y07	XR 9Y09	XR 2W11
Shenfield (SNF)	<b>3</b> d	2156	2220	2206	2235	2216	2238	2226	2251	2236	2305	2246	2308	2256	2320	2311	2326	2341	2356
Brentwood (BRE)	d	2200		2210		2220		2230		2240		2250		2300		2315	2330	2345	2359
Harold Wood (HRO)	d	2204		2214		2224		2234		2244		2254		2304		2319	2334	2349	0004
Gidea Park (GDP)	<b>2</b> d	2207		2217		2227		2237		2247		2257		2307		2322	2337	2352	0007
Romford (RMF)	d	2210	2228	2220		2230		2240		2250		2300		2310	2328	2325	2340	2355	0010
Chadwell Heath (CTH)	d	2213		2223		2233		2243		2253		2303		2313		2328	2343	2358	0013
Goodmayes (GMY)	d	2215		2225		2235		2245		2255		2305		2315		2330	2345	0001	0015
Seven Kings (SVK)	d	2217		2227		2237		2247		2257		2307		2317		2332	2347	0002	0017
Ilford (IFD)	<b>2</b> d	2221		2231		2241		2251		2301		2311		2321		2336	2351	0006	0021
Manor Park (MNP)	d	2223		2233		2243		2253		2303		2313		2323		2338	2353	0008	0023
Forest Gate (FOG)	d	2226		2236		2246		2256		2306		2316		2326		2341	2356	0011	0026
Maryland (MYL)	d	2228		2238		2248		2258		2308		2318		2328		2343	2358	0013	0028
Stratford (SRA)	<b>DLR</b> <b>7</b> d	2231	2238	2241	2250	2251	2253	2301	2306s	2311	2319	2321	2322	2331	2338	2346	0001	0016	0031
Whitechapel (ZLW)	<b>7</b> d	2236		2246		2256		2306		2316		2326		2336		2351	0006	0021	
London Liverpool Street (LST)	<b>15</b> a		2246		2258		2301		2314		2328		2331		2348				0039
London Liverpool Street EL (LST)	<b>4</b> a	2239		2249		2259		2309		2319		2329		2339		2354	0009	0024	
Farringdon (ZFD)	<b>8</b> a	2241		2251		2301		2311		2321		2331		2341		2356	0011	0026	
Tottenham Court Road (TCR)	<b>8</b> a	2244		2254		2304		2314		2324		2334		2344		2359	0014	0029	
Bond Street (BDS)	<b>8</b> a	2247		2257		2307		2317		2327		2337		2347		0002	0017	0032	
London Paddington EL (PAD)	<b>15</b> a	2250		2300		2310		2320		2330		2340		2350		0005	0020	0035	

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

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

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



Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	XR 9Y07	XR 9Y09	XR 2W11	LE 1K01 A	XR 2W07	LE 1K03 A	XR 2C09	XR 9Y13	LE 2F01 B	XR 9Y15	LE 2K05 A	XR 9Y17	XR 9Y19	LE 2F03 B	XR 9Y21	LE 1K09 A	XR 9Y23	XR 9Y25
Shenfield (SNF)	3	d		0438	0444	0508		0504	0524		0535	0524	0533	0553	0541	0605	0548	0556
Brentwood (BRE)		d			0448			0508				0528	0537		0545		0552	0600
Harold Wood (HRO)		d	0004		0452			0512				0532	0541		0549		0556	0604
Gidea Park (GDP)	2	d	0007		0455		0505	0515		0525		0535	0544		0552		0559	0607
Romford (RMF)		d	0010		0458		0508	0518	0532	0528	0543	0538	0547	0601	0555		0602	0610
Chadwell Heath (CTH)		d	0013		0501		0511	0521		0531		0541	0550		0558		0605	0613
Goodmayes (GMY)		d	0001	0015	0503		0513	0523		0533		0543	0552		0600		0607	0615
Seven Kings (SVK)		d	0002	0017	0505		0515	0525	0537	0535		0545	0554		0602		0609	0617
Ilford (IFD)	2	d	0006	0021	0509		0519	0529		0539		0549	0558		0606		0613	0621
Manor Park (MNP)		d	0008	0023	0511		0521	0531		0541		0551	0600		0608		0615	0623
Forest Gate (FOG)		d	0011	0026	0514		0524	0534		0544		0554	0603		0611		0618	0626
Maryland (MYL)		d	0013	0028	0516		0526	0536		0546		0556	0605		0613		0620	0628
Stratford (SRA)	DLR 7	d	0001	0016	0031	0454	0519	0526	0528	0539	0543	0549	0552	0559	0608	0611	0616	0620
Whitechapel (ZLW)	DLR	d	0006	0021				0544		0554		0604	0613		0621		0628	0636
London Liverpool Street (LST)	DLR 15	a		0039	0503	0527	0534	0537		0551		0600		0619		0628		
London Liverpool Street EL (LST)	DLR 4	a	0009	0024				0547		0557		0607	0616		0624		0631	0639
Farringdon (ZFD)	DLR 8	a	0011	0026				0549		0559		0609	0618		0626		0633	0641
Tottenham Court Road (TCR)	DLR	a	0014	0029				0552		0602		0612	0621		0629		0636	0644
Bond Street (BDS)	DLR	a	0017	0032				0555		0605		0615	0624		0632		0639	0647
London Paddington EL (PAD)	DLR 15	a	0020	0035				0558		0608		0618	0627		0635		0642	0650

Operator Train ID Days of operation/Notes	XR 9Y27	LE 1F03 B	XR 9Y29	LE 2K11 A	XR 9Y31	XR 9Y33	LE 2F95 B	XR 9Y35	XR 9Y37	LE 1K15 A	XR 9Y39	LE 1N07 C	XR 9Y41	LE 2F07 D	XR 9Y43	LE 1K19 A	XR 9Y45	XR 9Y47		
Shenfield (SNF)	3	d	0603	0624	0611	0635	0618	0626	0646	0633	0641	0705	0648	0708	0656	0720	0703	0725	0711	0718
Brentwood (BRE)		d	0607		0615		0622	0630		0637	0645		0652		0700		0707		0715	0722
Harold Wood (HRO)		d	0611		0619		0626	0634		0641	0649		0656		0704		0711		0719	0726
Gidea Park (GDP)	2	d	0614		0622		0629	0637		0644	0652		0659		0707		0714		0722	0729
Romford (RMF)		d	0617		0625	0643	0632	0640	0654	0647	0655		0702		0710	0728	0717		0725	0732
Chadwell Heath (CTH)		d	0620		0628		0635	0643		0650	0658		0705		0713		0720		0728	0735
Goodmayes (GMY)		d	0622		0630		0637	0645		0652	0700		0707		0715		0722		0730	0737
Seven Kings (SVK)		d	0624		0632		0639	0647		0654	0702		0709		0717		0724		0732	0739
Ilford (IFD)	2	d	0628		0636		0643	0651		0658	0706		0713		0721		0728		0736	0743
Manor Park (MNP)		d	0630		0638		0645	0653		0700	0708		0715		0723		0730		0738	0745
Forest Gate (FOG)		d	0633		0641		0648	0656		0703	0711		0718		0726		0733		0741	0748
Maryland (MYL)		d	0635		0643		0650	0658		0705	0713		0720		0728		0735		0743	0750
Stratford (SRA)	DLR 7	d	0638	0639	0646	0652	0653	0701	0703	0708	0716	0720	0723	0723	0731	0737	0738	0740	0746	0753
Whitechapel (ZLW)	DLR	d	0643		0651		0658	0706		0713	0721		0728		0736		0743		0751	0758
London Liverpool Street (LST)	DLR 15	a		0647		0700			0711			0728		0731		0746		0748		
London Liverpool Street EL (LST)	DLR 4	a	0646		0654		0701	0709		0716	0724		0731		0739		0746		0754	0801
Farringdon (ZFD)	DLR 8	a	0648		0656		0703	0711		0718	0726		0733		0741		0748		0756	0803
Tottenham Court Road (TCR)	DLR	a	0651		0659		0706	0714		0721	0729		0736		0744		0751		0759	0806
Bond Street (BDS)	DLR	a	0654		0702		0709	0717		0724	0732		0739		0747		0754		0802	0809
London Paddington EL (PAD)	DLR 15	a	0657		0705		0712	0720		0727	0735		0742		0750		0757		0805	0812

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	LE	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE		
	1F09 E	9Y49	2K23 A	1Y05 F	9Y51	9Y55	1K29 A	9Y57	1N15 C	9Y59	2A95 G	9Y61	1K33 A	9Y63	9Y65	1F21 E	9Y67	2K37 A		
Shenfield (SNF)	3	d	0738	0726	0745	0750	0733	0741	0805	0748	0808	0756	0820	0803	0825	0811	0818	0838	0826	0845
Brentwood (BRE)		d		0730			0737	0745		0752		0800		0807		0815	0822		0830	
Harold Wood (HRO)		d		0734			0741	0749		0756		0804		0811		0819	0826		0834	
Gidea Park (GDP)	2	d		0737			0744	0752		0759		0807		0814		0822	0829		0837	
Romford (RMF)		d		0740	0753		0747	0755		0802		0810	0828	0817		0825	0832		0840	0853
Chadwell Heath (CTH)		d		0743			0750	0758		0805		0813		0820		0828	0835		0843	
Goodmayes (GMY)		d		0745			0752	0800		0807		0815		0822		0830	0837		0845	
Seven Kings (SVK)		d		0747			0754	0802		0809		0817		0824		0832	0839		0847	
Ilford (IFD)	2	d		0751			0758	0806		0813		0821		0828		0836	0843		0851	
Manor Park (MNP)		d		0753			0800	0808		0815		0823		0830		0838	0845		0853	
Forest Gate (FOG)		d		0756			0803	0811		0818		0826		0833		0841	0848		0856	
Maryland (MYL)		d		0758			0805	0813		0820		0828		0835		0843	0850		0858	
Stratford (SRA)	DLR 7	d	0753	0801	0802	0805	0808	0816	0820	0823	0823	0831	0837	0838	0840	0846	0853	0853	0901	0902
Whitechapel (ZLW)		d		0806			0813	0821		0828		0836		0843		0851	0858		0906	
London Liverpool Street (LST)	15	a	0801		0810	0813			0828		0831		0846		0848		0901		0910	0910
London Liverpool Street EL (LST)	4	a		0809			0816	0824		0831		0839		0846		0854	0901		0909	
Farringdon (ZFD)	3	a		0811			0818	0826		0833		0841		0848		0856	0903		0911	
Tottenham Court Road (TCR)		a		0814			0821	0829		0836		0844		0851		0859	0906		0914	
Bond Street (BDS)		a		0817			0824	0832		0839		0847		0854		0902	0909		0917	
London Paddington EL (PAD)	15	a		0820			0827	0835		0842		0850		0857		0905	0912		0920	

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	LE	XR	XR		
	1Y07 F	9Y69	9Y71	1K39 A	9Y73	1N29 C	9Y75	2F15 D	9Y77	1K41 A	9Y79	9Y81	1F31 E	9Y83	2K43 A	1Y33 F	9Y85	9Y87		
Shenfield (SNF)	3	d	0850	0833	0841	0905	0848	0908	0856	0920	0903	0925	0911	0918	0938	0926	0945	0950	0933	0941
Brentwood (BRE)		d		0837	0845		0852		0900		0907		0915	0922		0930			0937	0945
Harold Wood (HRO)		d		0841	0849		0856		0904		0911		0919	0926		0934			0941	0949
Gidea Park (GDP)	2	d		0844	0852		0859		0907		0914		0922	0929		0937			0944	0952
Romford (RMF)		d		0847	0855		0902		0910	0928	0917		0925	0932		0940	0953		0947	0955
Chadwell Heath (CTH)		d		0850	0858		0905		0913		0920		0928	0935		0943			0950	0958
Goodmayes (GMY)		d		0852	0900		0907		0915		0922		0930	0937		0945			0952	1000
Seven Kings (SVK)		d		0854	0902		0909		0917		0924		0932	0939		0947			0954	1002
Ilford (IFD)	2	d		0858	0906		0913		0921		0928		0936	0943		0951			0958	1006
Manor Park (MNP)		d		0900	0908		0915		0923		0930		0938	0945		0953			1000	1008
Forest Gate (FOG)		d		0903	0911		0918		0926		0933		0941	0948		0956			1003	1011
Maryland (MYL)		d		0905	0913		0920		0928		0935		0943	0950		0958			1005	1013
Stratford (SRA)	DLR 7	d	0905	0908	0916	0920	0923	0923	0931	0937	0938	0940	0946	0953	0953	1001	1002	1005	1008	1016
Whitechapel (ZLW)		d		0913	0921		0928		0936		0943		0951	0958		1006			1013	1021
London Liverpool Street (LST)	15	a	0913			0928		0931		0946		0948			1001		1010	1013		
London Liverpool Street EL (LST)	4	a		0916	0924		0931		0939		0946		0954	1001		1009			1016	1024
Farringdon (ZFD)	3	a		0918	0926		0933		0941		0948		0956	1003		1011			1018	1026
Tottenham Court Road (TCR)		a		0921	0929		0936		0944		0951		0959	1006		1014			1021	1029
Bond Street (BDS)		a		0924	0932		0939		0947		0954		1002	1009		1017			1024	1032
London Paddington EL (PAD)	15	a		0927	0935		0942		0950		0957		1005	1012		1020			1027	1035

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

a Arrival time  
d Departure time

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

Shenfield, Romford, Ilford and Stratford to London

Saturdays

Operator Train ID Days of operation/Notes	LE 1K45 A	XR 9Y89	LE 1N31 C	XR 9Y93	XR 9Y95	LE 1K47 A	XR 9Y99	LE 2F21 D	XR 9Y01	LE 1F37 E	XR 9Y05	LE 2K49 A	LE 1Y35 F	XR 9Y07	XR 9Y11	LE 1K51 A	XR 9Y13	LE 1N33 C	
Shenfield (SNF)	3 d	1004	0948	1008	0956	1003	1024	1011	1031	1018	1038	1026	1045	1050	1033	1041	1105	1048	1108
Brentwood (BRE)	d		0952		1000	1007		1015		1022		1030		1037	1045		1052		
Harold Wood (HRO)	d		0956		1004	1011		1019		1026		1034		1041	1049		1056		
Gidea Park (GDP)	2 d		0959		1007	1014		1022		1029		1037		1044	1052		1059		
Romford (RMF)	d		1002		1010	1017		1025	1040	1032		1040	1053		1047	1055		1102	
Chadwell Heath (CTH)	d		1005		1013	1020		1028		1035		1043		1050	1058		1105		
Goodmayes (GMY)	d		1007		1015	1022		1030		1037		1045		1052	1100		1107		
Seven Kings (SVK)	d		1009		1017	1024		1032		1039		1047		1054	1102		1109		
Ilford (IFD)	2 d		1013		1021	1028		1036		1043		1051		1058	1106		1113		
Manor Park (MNP)	d		1015		1023	1030		1038		1045		1053		1100	1108		1115		
Forest Gate (FOG)	d		1018		1026	1033		1041		1048		1056		1103	1111		1118		
Maryland (MYL)	d		1020		1028	1035		1043		1050		1058		1105	1113		1120		
Stratford (SRA)	DLR 7 d	1019	1023	1027	1031	1038	1040	1046	1049	1053	1053	1101	1102	1105	1108	1116	1120	1123	1123
Whitechapel (ZLW)	d		1028		1036	1043		1051		1058		1106		1113	1121		1128		
London Liverpool Street (LST)	15 a	1028		1035		1048		1057		1101		1110	1113		1128		1131		
London Liverpool Street EL (LST)	4 a		1031		1039	1046		1054		1101		1109		1116	1124		1131		
Farringdon (ZFD)	3 a		1033		1041	1048		1056		1103		1111		1118	1126		1133		
Tottenham Court Road (TCR)	a		1036		1044	1051		1059		1106		1114		1121	1129		1136		
Bond Street (BDS)	a		1039		1047	1054		1102		1109		1117		1124	1132		1139		
London Paddington EL (PAD)	15 a		1042		1050	1057		1105		1112		1120		1127	1135		1142		

Operator Train ID Days of operation/Notes	XR 9Y17	LE 2F27 D	XR 9Y19	LE 1K53 A	XR 9Y23	XR 9Y25	LE 1F39 E	XR 9Y29	LE 2K55 A	LE 1Y37 F	XR 9Y31	XR 9Y35	LE 1K57 A	XR 9Y37	LE 1N35 C	XR 9Y41	LE 2F33 D	XR 9Y43	
Shenfield (SNF)	3 d	1056	1120	1103	1125	1111	1118	1138	1126	1145	1150	1133	1141	1205	1148	1208	1156	1220	1203
Brentwood (BRE)	d	1100		1107		1115	1122		1130		1137	1145		1152		1200		1207	
Harold Wood (HRO)	d	1104		1111		1119	1126		1134		1141	1149		1156		1204		1211	
Gidea Park (GDP)	2 d	1107		1114		1122	1129		1137		1144	1152		1159		1207		1214	
Romford (RMF)	d	1110	1128	1117		1125	1132		1140	1153		1147	1155		1202	1210	1228	1217	
Chadwell Heath (CTH)	d	1113		1120		1128	1135		1143		1150	1158		1205	1213		1220		
Goodmayes (GMY)	d	1115		1122		1130	1137		1145		1152	1200		1207		1215		1222	
Seven Kings (SVK)	d	1117		1124		1132	1139		1147		1154	1202		1209		1217		1224	
Ilford (IFD)	2 d	1121		1128		1136	1143		1151		1158	1206		1213		1221		1228	
Manor Park (MNP)	d	1123		1130		1138	1145		1153		1200	1208		1215		1223		1230	
Forest Gate (FOG)	d	1126		1133		1141	1148		1156		1203	1211		1218		1226		1233	
Maryland (MYL)	d	1128		1135		1143	1150		1158		1205	1213		1220		1228		1235	
Stratford (SRA)	DLR 7 d	1131	1137	1138	1140	1146	1153	1153	1201	1202	1205	1208	1216	1220	1223	1231	1237	1238	
Whitechapel (ZLW)	d	1136		1143		1151	1158		1206		1213	1221		1228		1236		1243	
London Liverpool Street (LST)	15 a		1146		1148		1201		1210	1213		1220	1228		1231		1246		
London Liverpool Street EL (LST)	4 a	1139		1146		1154	1201		1209		1216	1224		1231		1239		1246	
Farringdon (ZFD)	3 a	1141		1148		1156	1203		1211		1218	1226		1233		1241		1248	
Tottenham Court Road (TCR)	a	1144		1151		1159	1206		1214		1221	1229		1236		1244		1251	
Bond Street (BDS)	a	1147		1154		1202	1209		1217		1224	1232		1239		1247		1254	
London Paddington EL (PAD)	15 a	1150		1157		1205	1212		1220		1227	1235		1242		1250		1257	

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR		
	1K59 A	9Y47	9Y49	1F41 E	9Y53	2K61 A	1Y39 F	9Y55	9Y59	1K63 A	9Y61	1N37 C	9Y65	2F39 D	9Y67	1K65 A	9Y71	9Y73		
Shenfield (SNF)	3	d	1225	1211	1218	1238	1226	1245	1250	1233	1241	1305	1248	1308	1256	1320	1303	1325	1311	1318
Brentwood (BRE)		d		1215	1222		1230			1237	1245		1252		1300		1307		1315	1322
Harold Wood (HRO)		d		1219	1226		1234			1241	1249		1256		1304		1311		1319	1326
Gidea Park (GDP)	2	d		1222	1229		1237			1244	1252		1259		1307		1314		1322	1329
Romford (RMF)		d		1225	1232		1240	1253		1247	1255		1302		1310	1328	1317		1325	1332
Chadwell Heath (CTH)		d		1228	1235		1243			1250	1258		1305		1313		1320		1328	1335
Goodmayes (GMV)		d		1230	1237		1245			1252	1300		1307		1315		1322		1330	1337
Seven Kings (SVK)		d		1232	1239		1247			1254	1302		1309		1317		1324		1332	1339
Ilford (IFD)	2	d		1236	1243		1251			1258	1306		1313		1321		1328		1336	1343
Manor Park (MNP)		d		1238	1245		1253			1300	1308		1315		1323		1330		1338	1345
Forest Gate (FOG)		d		1241	1248		1256			1303	1311		1318		1326		1333		1341	1348
Maryland (MYL)		d		1243	1250		1258			1305	1313		1320		1328		1335		1343	1350
Stratford (SRA)	DLR 7	d	1240	1246	1253	1253	1301	1302	1305	1308	1316	1320	1323	1323	1331	1337	1338	1340	1346	1353
Whitechapel (ZLW)		d		1251	1258		1306			1313	1321		1328		1336		1343		1351	1358
London Liverpool Street (LST)	15	a	1248			1301		1310	1313				1328		1331		1346		1348	
London Liverpool Street EL (LST)	4	a		1254	1301		1309			1316	1324		1331		1339		1346		1354	1401
Farringdon (ZFD)	3	a		1256	1303		1311			1318	1326		1333		1341		1348		1356	1403
Tottenham Court Road (TCR)		a		1259	1306		1314			1321	1329		1336		1344		1351		1359	1406
Bond Street (BDS)		a		1302	1309		1317			1324	1332		1339		1347		1354		1402	1409
London Paddington EL (PAD)	15	a		1305	1312		1320			1327	1335		1342		1350		1357		1405	1412

Operator Train ID Days of operation/Notes	LE	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE		
	1F43 E	9Y77	2K67 A	1Y41 F	9Y79	9Y83	1K69 A	9Y85	1N39 C	9Y89	2F45 D	9Y91	1K71 A	9Y95	9Y97	1F45 E	9Y01	2K73 A		
Shenfield (SNF)	3	d	1338	1326	1345	1350	1333	1341	1405	1348	1408	1356	1420	1403	1425	1411	1418	1438	1426	1445
Brentwood (BRE)		d		1330			1337	1345		1352		1400		1407		1415	1422		1430	
Harold Wood (HRO)		d		1334			1341	1349		1356		1404		1411		1419	1426		1434	
Gidea Park (GDP)	2	d		1337			1344	1352		1359		1407		1414		1422	1429		1437	
Romford (RMF)		d		1340	1353		1347	1355		1402		1410	1428	1417		1425	1432		1440	1453
Chadwell Heath (CTH)		d		1343			1350	1358		1405		1413		1420		1428	1435		1443	
Goodmayes (GMV)		d		1345			1352	1400		1407		1415		1422		1430	1437		1445	
Seven Kings (SVK)		d		1347			1354	1402		1409		1417		1424		1432	1439		1447	
Ilford (IFD)	2	d		1351			1358	1406		1413		1421		1428		1436	1443		1451	
Manor Park (MNP)		d		1353			1400	1408		1415		1423		1430		1438	1445		1453	
Forest Gate (FOG)		d		1356			1403	1411		1418		1426		1433		1441	1448		1456	
Maryland (MYL)		d		1358			1405	1413		1420		1428		1435		1443	1450		1458	
Stratford (SRA)	DLR 7	d	1353	1401	1402	1405	1408	1416	1420	1423	1423	1431	1437	1438	1440	1446	1453	1453	1501	1502
Whitechapel (ZLW)		d		1406			1413	1421		1428		1436		1443		1451	1458		1506	
London Liverpool Street (LST)	15	a	1401		1410	1413			1428		1431		1446		1448		1501		1510	
London Liverpool Street EL (LST)	4	a		1409			1416	1424		1431		1439		1446		1454	1501		1509	
Farringdon (ZFD)	3	a		1411			1418	1426		1433		1441		1448		1456	1503		1511	
Tottenham Court Road (TCR)		a		1414			1421	1429		1436		1444		1451		1459	1506		1514	
Bond Street (BDS)		a		1417			1424	1432		1439		1447		1454		1502	1509		1517	
London Paddington EL (PAD)	15	a		1420			1427	1435		1442		1450		1457		1505	1512		1520	

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	LE	XR	XR		
	1Y43 F	9Y03	9Y07	1K75 A	9Y09	1N41 C	9Y13	2F51 D	9Y15	1K77 A	9Y19	9Y21	1F47 E	9Y25	2K79 A	1Y45 F	9Y27	9Y31		
Shenfield (SNF)	3	d	1450	1433	1441	1505	1448	1508	1456	1520	1503	1525	1511	1518	1538	1526	1545	1550	1533	1541
Brentwood (BRE)		d		1437	1445		1452		1500		1507		1515	1522		1530			1537	1545
Harold Wood (HRO)		d		1441	1449		1456		1504		1511		1519	1526		1534			1541	1549
Gidea Park (GDP)	2	d		1444	1452		1459		1507		1514		1522	1529		1537			1544	1552
Romford (RMF)		d		1447	1455		1502		1510	1528	1517		1525	1532		1540	1553		1547	1555
Chadwell Heath (CTH)		d		1450	1458		1505		1513		1520		1528	1535		1543			1550	1558
Goodmayes (GMY)		d		1452	1500		1507		1515		1522		1530	1537		1545			1552	1600
Seven Kings (SVK)		d		1454	1502		1509		1517		1524		1532	1539		1547			1554	1602
Ilford (IFD)	2	d		1458	1506		1513		1521		1528		1536	1543		1551			1558	1606
Manor Park (MNP)		d		1500	1508		1515		1523		1530		1538	1545		1553			1600	1608
Forest Gate (FOG)		d		1503	1511		1518		1526		1533		1541	1548		1556			1603	1611
Maryland (MYL)		d		1505	1513		1520		1528		1535		1543	1550		1558			1605	1613
Stratford (SRA)	DLR	7	d	1505	1508	1516	1520	1523	1531	1537	1538	1540	1546	1553	1553	1601	1602	1605	1608	1616
Whitechapel (ZLW)		d		1513	1521		1528		1536		1543		1551	1558		1606			1613	1621
London Liverpool Street (LST)	15	a		1513			1528	1531		1546		1548		1601		1610	1613			
London Liverpool Street EL (LST)	4	a		1516	1524		1531		1539		1546		1554	1601		1609			1616	1624
Farringdon (ZFD)	3	a		1518	1526		1533		1541		1548		1556	1603		1611			1618	1626
Tottenham Court Road (TCR)		a		1521	1529		1536		1544		1551		1559	1606		1614			1621	1629
Bond Street (BDS)		a		1524	1532		1539		1547		1554		1602	1609		1617			1624	1632
London Paddington EL (PAD)	15	a		1527	1535		1542		1550		1557		1605	1612		1620			1627	1635

Operator Train ID Days of operation/Notes	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	LE	XR	XR	LE	XR	LE		
	1K81 A	9Y33	1N43 C	9Y37	2F57 D	9Y39	1K83 A	9Y43	9Y45	1F51 E	9Y49	2K85 A	1Y47 F	9Y51	9Y55	1K87 A	9Y57	1N47 C		
Shenfield (SNF)	3	d	1605	1548	1608	1556	1620	1603	1625	1611	1618	1638	1626	1645	1650	1633	1641	1705	1648	1708
Brentwood (BRE)		d		1552		1600		1607		1615	1622		1630			1637	1645			1652
Harold Wood (HRO)		d		1556		1604		1611		1619	1626		1634			1641	1649			1656
Gidea Park (GDP)	2	d		1559		1607		1614		1622	1629		1637			1644	1652			1659
Romford (RMF)		d		1602		1610	1628	1617		1625	1632		1640	1653		1647	1655			1702
Chadwell Heath (CTH)		d		1605		1613		1620		1628	1635		1643			1650	1658			1705
Goodmayes (GMY)		d		1607		1615		1622		1630	1637		1645			1652	1700			1707
Seven Kings (SVK)		d		1609		1617		1624		1632	1639		1647			1654	1702			1709
Ilford (IFD)	2	d		1613		1621		1628		1636	1643		1651			1658	1706			1713
Manor Park (MNP)		d		1615		1623		1630		1638	1645		1653			1700	1708			1715
Forest Gate (FOG)		d		1618		1626		1633		1641	1648		1656			1703	1711			1718
Maryland (MYL)		d		1620		1628		1635		1643	1650		1658			1705	1713			1720
Stratford (SRA)	DLR	7	d	1620	1623	1623	1631	1637	1638	1640	1646	1653	1653	1701	1702	1705	1708	1716	1720	1723
Whitechapel (ZLW)		d		1628		1636		1643		1651	1658		1706			1713	1721			1728
London Liverpool Street (LST)	15	a		1628		1631		1646		1648			1701		1713		1728			1731
London Liverpool Street EL (LST)	4	a		1631		1639		1646		1654	1701		1709			1716	1724			1731
Farringdon (ZFD)	3	a		1633		1641		1648		1656	1703		1711			1718	1726			1733
Tottenham Court Road (TCR)		a		1636		1644		1651		1659	1706		1714			1721	1729			1736
Bond Street (BDS)		a		1639		1647		1654		1702	1709		1717			1724	1732			1739
London Paddington EL (PAD)	15	a		1642		1650		1657		1705	1712		1720			1727	1735			1742

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	XR	LE	XR	LE	XR	XR	LE	XR	LE
	9Y61	2F63 D	9Y63	1K89 A	9Y67	9Y69	1F57 E	9Y73	2K91 A	1Y49 F	9Y75	9Y79	1K95 A	9Y81	1N51 C	9Y85	9Y87	9Y87	1K97 A
Shenfield (SNF)	3 d	1656	1720	1703	1725	1711	1718	1738	1726	1745	1750	1733	1741	1804	1748	1808	1756	1803	1825
Brentwood (BRE)	d	1700		1707		1715	1722		1730			1737	1745		1752		1800	1807	
Harold Wood (HRO)	d	1704		1711		1719	1726		1734			1741	1749		1756		1804	1811	
Gidea Park (GDP)	2 d	1707		1714		1722	1729		1737			1744	1752		1759		1807	1814	
Romford (RMF)	d	1710	1728	1717		1725	1732		1740	1753		1747	1755		1802		1810	1817	
Chadwell Heath (CTH)	d	1713		1720		1728	1735		1743			1750	1758		1805		1813	1820	
Goodmayes (GMY)	d	1715		1722		1730	1737		1745			1752	1800		1807		1815	1822	
Seven Kings (SVK)	d	1717		1724		1732	1739		1747			1754	1802		1809		1817	1824	
Ilford (IFD)	2 d	1721		1728		1736	1743		1751			1758	1806		1813		1821	1828	
Manor Park (MNP)	d	1723		1730		1738	1745		1753			1800	1808		1815		1823	1830	
Forest Gate (FOG)	d	1726		1733		1741	1748		1756			1803	1811		1818		1826	1833	
Maryland (MYL)	d	1728		1735		1743	1750		1758			1805	1813		1820		1828	1835	
Stratford (SRA)	DLR 7 d	1731	1737	1738	1740	1746	1753	1753	1801	1802	1805	1808	1816	1819	1823	1827	1831	1838	1841
Whitechapel (ZLW)	d	1736		1743		1751	1758		1806			1813	1821		1828		1836	1843	
London Liverpool Street (LST)	15 a		1746		1748			1801		1810	1813			1828		1835			1850
London Liverpool Street EL (LST)	4 a	1739		1746		1754	1801		1809			1816	1824		1831		1839	1846	
Farringdon (ZFD)	3 a	1741		1748		1756	1803		1811			1818	1826		1833		1841	1848	
Tottenham Court Road (TCR)	a	1744		1751		1759	1806		1814			1821	1829		1836		1844	1851	
Bond Street (BDS)	a	1747		1754		1802	1809		1817			1824	1832		1839		1847	1854	
London Paddington EL (PAD)	15 a	1750		1757		1805	1812		1820			1827	1835		1842		1850	1857	

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	
	9Y91	2F71 D	9Y93	1F63 E	9Y97	2K99 A	1Y51 F	9Y99	9Y03	1K15 A	9Y05	1N55 C	9Y09	2F79 D	9Y11	1K19 A	9Y15	9Y17	
Shenfield (SNF)	3 d	1811	1831	1818	1838	1826	1845	1850	1833	1841	1905	1848	1908	1856	1920	1903	1925	1911	1918
Brentwood (BRE)	d	1815		1822		1830			1837	1845		1852		1900		1907		1915	1922
Harold Wood (HRO)	d	1819		1826		1834			1841	1849		1856		1904		1911		1919	1926
Gidea Park (GDP)	2 d	1822		1829		1837			1844	1852		1859		1907		1914		1922	1929
Romford (RMF)	d	1825	1840	1832		1840	1853		1847	1855		1902		1910	1928	1917		1925	1932
Chadwell Heath (CTH)	d	1828		1835		1843			1850	1858		1905		1913		1920		1928	1935
Goodmayes (GMY)	d	1830		1837		1845			1852	1900		1907		1915		1922		1930	1937
Seven Kings (SVK)	d	1832		1839		1847			1854	1902		1909		1917		1924		1932	1939
Ilford (IFD)	2 d	1836		1843		1851			1858	1906		1913		1921		1928		1936	1943
Manor Park (MNP)	d	1838		1845		1853			1900	1908		1915		1923		1930		1938	1945
Forest Gate (FOG)	d	1841		1848		1856			1903	1911		1918		1926		1933		1941	1948
Maryland (MYL)	d	1843		1850		1858			1905	1913		1920		1928		1935		1943	1950
Stratford (SRA)	DLR 7 d	1846	1849	1853	1854	1901	1902	1905	1908	1916	1920	1923	1924	1931	1937	1938	1940	1946	1953
Whitechapel (ZLW)	d	1851		1858		1906			1913	1921		1928		1936		1943		1951	1958
London Liverpool Street (LST)	15 a		1857		1903		1910	1913			1928		1933		1946		1948		
London Liverpool Street EL (LST)	4 a	1854		1901		1909			1916	1924		1931		1939		1946		1954	2001
Farringdon (ZFD)	3 a	1856		1903		1911			1918	1926		1933		1941		1948		1956	2003
Tottenham Court Road (TCR)	a	1859		1906		1914			1921	1929		1936		1944		1951		1959	2006
Bond Street (BDS)	a	1902		1909		1917			1924	1932		1939		1947		1954		2002	2009
London Paddington EL (PAD)	15 a	1905		1912		1920			1927	1935		1942		1950		1957		2005	2012

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	LE	XR	LE	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE		
	1F69 E	9Y21 A	2K23 A	1Y55 F	9Y23 F	9Y27 F	1K29 A	9Y29 A	1N57 C	9Y33 C	2F85 D	9Y35 D	1K33 A	9Y39 A	9Y41 A	1F73 E	9Y45 E	2K37 A		
Shenfield (SNF)	3	d	1938	1926	1945	1950	1933	1941	2005	1948	2008	1956	2020	2003	2025	2011	2018	2038	2026	2045
Brentwood (BRE)		d		1930			1937	1945		1952		2000		2007		2015	2022		2030	
Harold Wood (HRO)		d		1934			1941	1949		1956		2004		2011		2019	2026		2034	
Gidea Park (GDP)	2	d		1937			1944	1952		1959		2007		2014		2022	2029		2037	
Romford (RMF)		d		1940	1953		1947	1955		2002		2010	2028	2017		2025	2032		2040	2053
Chadwell Heath (CTH)		d		1943			1950	1958		2005		2013		2020		2028	2035		2043	
Goodmayes (GMV)		d		1945			1952	2000		2007		2015		2022		2030	2037		2045	
Seven Kings (SVK)		d		1947			1954	2002		2009		2017		2024		2032	2039		2047	
Ilford (IFD)	2	d		1951			1958	2006		2013		2021		2028		2036	2043		2051	
Manor Park (MNP)		d		1953			2000	2008		2015		2023		2030		2038	2045		2053	
Forest Gate (FOG)		d		1956			2003	2011		2018		2026		2033		2041	2048		2056	
Maryland (MYL)		d		1958			2005	2013		2020		2028		2035		2043	2050		2058	
Stratford (SRA)	DLR 7	d	1953	2001	2002	2005	2008	2016	2020	2023	2023	2031	2037	2038	2040	2046	2053	2053	2101	2102
Whitechapel (ZLW)		d		2006			2013	2021		2028		2036		2043		2051	2058		2106	
London Liverpool Street (LST)	15	a	2001		2010	2013			2028		2031		2046		2048		2101		2110	2110
London Liverpool Street EL (LST)	4	a		2009			2016	2024		2031		2039		2046		2054	2101		2109	
Farringdon (ZFD)	3	a		2011			2018	2026		2033		2041		2048		2056	2103		2111	
Tottenham Court Road (TCR)		a		2014			2021	2029		2036		2044		2051		2059	2106		2114	
Bond Street (BDS)		a		2017			2024	2032		2039		2047		2054		2102	2109		2117	
London Paddington EL (PAD)	15	a		2020			2027	2035		2042		2050		2057		2105	2112		2120	

Operator Train ID Days of operation/Notes	LE	XR	XR	LE	XR	LE	XR	LE	XR	LE	XR	XR	LE	XR	LE	LE	XR	LE		
	1Y61 F	9Y47 A	9Y51 A	1K39 A	9Y53 C	1N59 C	9Y57 D	2F93 D	9Y59 A	1K41 A	9Y63 A	9Y65 A	1F77 E	9Y67 A	2K43 A	1A97 G	9Y71 A	1K45 A		
Shenfield (SNF)	3	d	2050	2033	2041	2105	2048	2108	2056	2120	2103	2125	2111	2118	2138	2126	2145	2150	2136	2205
Brentwood (BRE)		d		2037	2045		2052		2100		2107		2115	2122		2130			2140	
Harold Wood (HRO)		d		2041	2049		2056		2104		2111		2119	2126		2134			2144	
Gidea Park (GDP)	2	d		2044	2052		2059		2107		2114		2122	2129		2137			2147	
Romford (RMF)		d		2047	2055		2102		2110	2128	2117		2125	2132		2140	2153		2150	
Chadwell Heath (CTH)		d		2050	2058		2105		2113		2120		2128	2135		2143			2153	
Goodmayes (GMV)		d		2052	2100		2107		2115		2122		2130	2137		2145			2155	
Seven Kings (SVK)		d		2054	2102		2109		2117		2124		2132	2139		2147			2157	
Ilford (IFD)	2	d		2058	2106		2113		2121		2128		2136	2143		2151			2201	
Manor Park (MNP)		d		2100	2108		2115		2123		2130		2138	2145		2153			2203	
Forest Gate (FOG)		d		2103	2111		2118		2126		2133		2141	2148		2156			2206	
Maryland (MYL)		d		2105	2113		2120		2128		2135		2143	2150		2158			2208	
Stratford (SRA)	DLR 7	d	2105	2108	2116	2120	2123	2123	2131	2137	2138	2140	2146	2153	2153	2201	2202	2205	2211	2220
Whitechapel (ZLW)		d		2113	2121		2128		2136		2143		2151	2158		2206			2217	
London Liverpool Street (LST)	15	a	2113			2128		2131		2146		2148			2201		2210	2214		2228
London Liverpool Street EL (LST)	4	a		2116	2124		2131		2139		2146		2154	2201		2209			2220	
Farringdon (ZFD)	3	a		2118	2126		2133		2141		2148		2156	2203		2211			2222	
Tottenham Court Road (TCR)		a		2121	2129		2136		2144		2151		2159	2206		2214			2225	
Bond Street (BDS)		a		2124	2132		2139		2147		2154		2202	2209		2217			2228	
London Paddington EL (PAD)	15	a		2127	2135		2142		2150		2157		2205	2212		2220			2231	

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

## Saturdays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	XR	LE	
	9Y73	1N63 C	9Y75	2F01 D	9Y77	1K49 A	9Y79	1F79 E	9Y81	1Y67 F	9Y83	1K51 A	9Y85	1N67 C	9Y87	2Y65 F	9Y89	1P73 H	
Shenfield (SNF)	3 d	2146	2208	2156	2220	2206	2235	2216	2238	2226	2250	2236	2305	2246	2308	2256	2320	2311	2334
Brentwood (BRE)	d	2150		2200		2210		2220		2230		2240		2250		2300		2315	
Harold Wood (HRO)	d	2154		2204		2214		2224		2234		2244		2254		2304		2319	
Gidea Park (GDP)	2 d	2157		2207		2217		2227		2237		2247		2257		2307		2322	
Romford (RMF)	d	2200		2210	2228	2220		2230		2240		2250		2300		2310	2328	2325	
Chadwell Heath (CTH)	d	2203		2213		2223		2233		2243		2253		2303		2313		2328	
Goodmayes (GMY)	d	2205		2215		2225		2235		2245		2255		2305		2315		2330	
Seven Kings (SVK)	d	2207		2217		2227		2237		2247		2257		2307		2317		2332	
Ilford (IFD)	2 d	2211		2221		2231		2241		2251		2301		2311		2321		2336	
Manor Park (MNP)	d	2213		2223		2233		2243		2253		2303		2313		2323		2338	
Forest Gate (FOG)	d	2216		2226		2236		2246		2256		2306		2316		2326		2341	
Maryland (MYL)	d	2218		2228		2238		2248		2258		2308		2318		2328		2343	
Stratford (SRA)	DLR 7 d	2221	2223	2231	2237	2241	2250	2251	2253	2301	2305	2311	2320	2321	2323	2331	2337	2346	2349s
Whitechapel (ZLW)	d	2226		2236		2246		2256		2306		2316		2326		2336		2351	
London Liverpool Street (LST)	15 a		2231		2246		2258		2301		2313		2328		2331		2345		2358
London Liverpool Street EL (LST)	4 a	2229		2239		2249		2259		2309		2319		2329		2339		2354	
Farringdon (ZFD)	8 a	2231		2241		2251		2301		2311		2321		2331		2341		2356	
Tottenham Court Road (TCR)	a	2234		2244		2254		2304		2314		2324		2334		2344		2359	
Bond Street (BDS)	a	2237		2247		2257		2307		2317		2327		2337		2347		0002	
London Paddington EL (PAD)	15 a	2240		2250		2300		2310		2320		2330		2340		2350		0005	

Operator Train ID Days of operation/Notes	LE	LE	XR	XR	XR	
	1K55 A	2J53 J	9Y91	9Y93	2W95	
Shenfield (SNF)	3 d	2336	2339	2326	2341	2356
Brentwood (BRE)	d			2330	2345	2359
Harold Wood (HRO)	d			2334	2349	0004
Gidea Park (GDP)	2 d			2337	2352	0007
Romford (RMF)	d		2347	2340	2355	0010
Chadwell Heath (CTH)	d			2343	2358	0013
Goodmayes (GMY)	d			2345	2359	0015
Seven Kings (SVK)	d			2347	0002	0017
Ilford (IFD)	2 d			2351	0006	0021
Manor Park (MNP)	d			2353	0008	0023
Forest Gate (FOG)	d			2356	0011	0026
Maryland (MYL)	d			2358	0013	0028
Stratford (SRA)	DLR 7 d	2353	2357	0001	0016	0031
Whitechapel (ZLW)	d			0006		0021
London Liverpool Street (LST)	15 a	0001	0005			0039
London Liverpool Street EL (LST)	4 a			0009	0024	
Farringdon (ZFD)	8 a			0011	0026	
Tottenham Court Road (TCR)	a			0014	0029	
Bond Street (BDS)	a			0017	0032	
London Paddington EL (PAD)	15 a			0020	0035	

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

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

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



## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR 9Y91	XR 9Y93	XR 2W95	XR 2C07	XR 2C09	XR 2C13	XR 2C15	XR 2W19	LE 2K01 A	XR 2W23	LE 2F93 B	XR 9Y29	LE 2K03 A	XR 9Y33	LE 2F95 C	XR 9Y35	LE 2K05 A	XR 9Y39		
Shenfield (SNF)	3	d						0641	0652	0656	0707	0711	0722	0726	0737	0741	0752	0756		
Brentwood (BRE)	d							0645		0700		0715		0730		0745		0800		
Harold Wood (HRO)	d		0004					0649		0704		0719		0734		0749		0804		
Gidea Park (GDP)	2	d	0007	0552	0607	0622	0637	0652		0707		0722		0737		0752		0807		
Romford (RMF)	d		0010	0555	0610	0625	0640	0655	0704	0710	0719	0725	0734	0740	0749	0755	0804	0810		
Chadwell Heath (CTH)	d		0013	0558	0613	0628	0643	0658		0713		0728		0743		0758		0813		
Goodmayes (GMY)	d		0015	0600	0615	0630	0645	0700		0715		0730		0745		0800		0815		
Seven Kings (SVK)	d	0002	0017	0602	0617	0632	0647	0702		0717		0732		0747		0802		0817		
Ilford (IFD)	2	d	0006	0021	0606	0621	0636	0651	0706		0721		0736		0751		0806	0821		
Manor Park (MNP)	d		0008	0023	0608	0623	0638	0653	0708		0723		0738		0753		0808	0823		
Forest Gate (FOG)	d		0011	0026	0611	0626	0641	0656	0711		0726		0741		0756		0811	0826		
Maryland (MYL)	d		0013	0028	0613	0628	0643	0658	0713		0728		0743		0758		0813	0828		
Stratford (SRA)	DLR 7	d	0001	0016	0031	0616	0631	0646	0701	0716	0719	0731	0734	0746	0749	0801	0804	0816	0819	0831
Whitechapel (ZLW)	DLR	d	0006	0021										0751		0806		0821		0836
London Liverpool Street (LST)	DLR 15	a		0039	0624	0639	0654	0709	0724	0727	0739	0743		0757		0813		0827		
London Liverpool Street EL (LST)	DLR 4	a	0009	0024										0754		0809		0824		0839
Farringdon (ZFD)	DLR 8	a	0011	0026										0756		0811		0826		0841
Tottenham Court Road (TCR)	DLR	a	0014	0029										0759		0814		0829		0844
Bond Street (BDS)	DLR	a	0017	0032										0802		0817		0832		0847
London Paddington EL (PAD)	DLR 15	a	0020	0035										0805		0820		0835		0850

Operator Train ID Days of operation/Notes	LE 1F05 C	XR 9Y41	LE 1A95 D	LE 2K07 A	XR 9Y45	LE 1N01 E	XR 9Y47	LE 2K09 A	LE 1Y07 F	XR 9Y51	LE 2K11 A	XR 9Y53	LE 1N03 E	XR 9Y57	LE 2K13 A	XR 9Y59	XR 9Y61	LE 1Y09 F		
Shenfield (SNF)	3	d	0807	0811	0817	0823	0826	0837	0841	0900	0911	0856	0927	0911	0941	0926	0957	0941	1011	
Brentwood (BRE)	d		0815			0830		0845		0900		0915		0930		0945				
Harold Wood (HRO)	d		0819			0834		0849		0904		0919		0934		0949				
Gidea Park (GDP)	2	d	0822			0837		0852		0907		0922		0937		0952	0959			
Romford (RMF)	d		0825		0834	0840		0855	0908	0910	0935	0925		0940	1005	0955	1002			
Chadwell Heath (CTH)	d		0828			0843		0858		0913		0928		0943		0958	1005			
Goodmayes (GMY)	d		0830			0845		0900		0915		0930		0945		1000	1007			
Seven Kings (SVK)	d		0832			0847		0902		0917		0932		0947		1002	1009			
Ilford (IFD)	2	d	0836			0851		0906		0921		0936		0951		1006	1013			
Manor Park (MNP)	d		0838			0853		0908		0923		0938		0953		1008	1015			
Forest Gate (FOG)	d		0841			0856		0911		0926		0941		0956		1011	1018			
Maryland (MYL)	d		0843			0858		0913		0928		0943		0958		1013	1020			
Stratford (SRA)	DLR 7	d	0834	0846	0848s	0854	0901	0904	0916	0918	0927	0931	0945	0946	0957	1001	1015	1016	1023	1027
Whitechapel (ZLW)	DLR	d		0851		0906		0921		0936		0951		1006		1021	1028			
London Liverpool Street (LST)	DLR 15	a	0843		0858	0902		0913		0926	0935		0953		1005		1023		1035	
London Liverpool Street EL (LST)	DLR 4	a		0854			0909		0924			0939		0954		1009		1024	1031	
Farringdon (ZFD)	DLR 8	a		0856			0911		0926			0941		0956		1011		1026	1033	
Tottenham Court Road (TCR)	DLR	a		0859			0914		0929			0944		0959		1014		1029	1036	
Bond Street (BDS)	DLR	a		0902			0917		0932			0947		1002		1017		1032	1039	
London Paddington EL (PAD)	DLR 15	a		0905			0920		0935			0950		1005		1020		1035	1042	

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

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR 9Y65	XR 9Y67	LE 2K15 A	XR 9Y71	XR 9Y73	LE 1N05 E	XR 9Y77	XR 9Y79	LE 2K17 A	XR 9Y83	XR 9Y85	LE 1Y11 F	XR 9Y89	XR 9Y91	LE 2K19 A	XR 9Y95	XR 9Y97	LE 1N07 E	
Shenfield (SNF)	3 d	0956		1027	1011		1041	1026		1057	1041		1111	1056		1127	1111		1141
Brentwood (BRE)	d	1000			1015			1030			1045			1100				1115	
Harold Wood (HRO)	d	1004			1019			1034			1049			1104				1119	
Gidea Park (GDP)	2 d	1007	1014		1022	1029		1037	1044		1052	1059		1107	1114		1122	1129	
Romford (RMF)	d	1010	1017	1035	1025	1032		1040	1047	1105	1055	1102		1110	1117	1135	1125	1132	
Chadwell Heath (CTH)	d	1013	1020		1028	1035		1043	1050		1058	1105		1113	1120		1128	1135	
Goodmayes (GMY)	d	1015	1022		1030	1037		1045	1052		1100	1107		1115	1122		1130	1137	
Seven Kings (SVK)	d	1017	1024		1032	1039		1047	1054		1102	1109		1117	1124		1132	1139	
Ilford (IFD)	2 d	1021	1028		1036	1043		1051	1058		1106	1113		1121	1128		1136	1143	
Manor Park (MNP)	d	1023	1030		1038	1045		1053	1100		1108	1115		1123	1130		1138	1145	
Forest Gate (FOG)	d	1026	1033		1041	1048		1056	1103		1111	1118		1126	1133		1141	1148	
Maryland (MYL)	d	1028	1035		1043	1050		1058	1105		1113	1120		1128	1135		1143	1150	
Stratford (SRA)	DLR 7 d	1031	1038	1045	1046	1053	1057	1101	1108	1115	1116	1123	1127	1131	1138	1145	1146	1153	1157
Whitechapel (ZLW)	d	1036	1043		1051	1058		1106	1113		1121	1128		1136	1143		1151	1158	
London Liverpool Street (LST)	15 a			1053			1105			1123			1135			1153			1205
London Liverpool Street EL (LST)	4 a	1039	1046		1054	1101		1109	1116		1124	1131		1139	1146		1154	1201	
Farringdon (ZFD)	8 a	1041	1048		1056	1103		1111	1118		1126	1133		1141	1148		1156	1203	
Tottenham Court Road (TCR)	a	1044	1051		1059	1106		1114	1121		1129	1136		1144	1151		1159	1206	
Bond Street (BDS)	a	1047	1054		1102	1109		1117	1124		1132	1139		1147	1154		1202	1209	
London Paddington EL (PAD)	15 a	1050	1057		1105	1112		1120	1127		1135	1142		1150	1157		1205	1212	

Operator Train ID Days of operation/Notes	XR 9Y01	XR 9Y03	LE 2K21 A	XR 9Y07	XR 9Y09	LE 1Y13 F	XR 9Y13	XR 9Y15	LE 2K23 A	XR 9Y19	XR 9Y21	LE 1N09 E	XR 9Y25	XR 9Y27	LE 2K25 A	XR 9Y31	XR 9Y33	LE 1Y15 F	
Shenfield (SNF)	3 d	1126		1157	1141		1211	1156		1227	1211		1241	1226		1257	1241		1311
Brentwood (BRE)	d	1130			1145			1200			1215			1230				1245	
Harold Wood (HRO)	d	1134			1149			1204			1219			1234				1249	
Gidea Park (GDP)	2 d	1137	1144		1152	1159		1207	1214		1222	1229		1237	1244		1252	1259	
Romford (RMF)	d	1140	1147	1205	1155	1202		1210	1217	1235	1225	1232		1240	1247	1305	1255	1302	
Chadwell Heath (CTH)	d	1143	1150		1158	1205		1213	1220		1228	1235		1243	1250		1258	1305	
Goodmayes (GMY)	d	1145	1152		1200	1207		1215	1222		1230	1237		1245	1252		1300	1307	
Seven Kings (SVK)	d	1147	1154		1202	1209		1217	1224		1232	1239		1247	1254		1302	1309	
Ilford (IFD)	2 d	1151	1158		1206	1213		1221	1228		1236	1243		1251	1258		1306	1313	
Manor Park (MNP)	d	1153	1200		1208	1215		1223	1230		1238	1245		1253	1300		1308	1315	
Forest Gate (FOG)	d	1156	1203		1211	1218		1226	1233		1241	1248		1256	1303		1311	1318	
Maryland (MYL)	d	1158	1205		1213	1220		1228	1235		1243	1250		1258	1305		1313	1320	
Stratford (SRA)	DLR 7 d	1201	1208	1215	1216	1223	1227	1231	1238	1245	1246	1253	1257	1301	1308	1315	1316	1323	1327
Whitechapel (ZLW)	d	1206	1213		1221	1228		1236	1243		1251	1258		1306	1313		1321	1328	
London Liverpool Street (LST)	15 a			1223			1235			1253			1305			1323			1335
London Liverpool Street EL (LST)	4 a	1209	1216		1224	1231		1239	1246		1254	1301		1309	1316		1324	1331	
Farringdon (ZFD)	8 a	1211	1218		1226	1233		1241	1248		1256	1303		1311	1318		1326	1333	
Tottenham Court Road (TCR)	a	1214	1221		1229	1236		1244	1251		1259	1306		1314	1321		1329	1336	
Bond Street (BDS)	a	1217	1224		1232	1239		1247	1254		1302	1309		1317	1324		1332	1339	
London Paddington EL (PAD)	15 a	1220	1227		1235	1242		1250	1257		1305	1312		1320	1327		1335	1342	

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR 9Y37	XR 9Y39	LE 2K27 A	XR 9Y43	XR 9Y45	LE 1N11 E	XR 9Y49	XR 9Y51	LE 2K29 A	XR 9Y55	XR 9Y57	LE 1Y17 F	XR 9Y61	XR 9Y63	LE 2K31 A	XR 9Y67	XR 9Y69	LE 1N13 E	
Shenfield (SNF)	3 d	1256		1327	1311		1341	1326		1357	1341		1411	1356		1427	1411		1441
Brentwood (BRE)	d	1300			1315			1330			1345			1400				1415	
Harold Wood (HRO)	d	1304			1319			1334			1349			1404				1419	
Gidea Park (GDP)	2 d	1307	1314		1322	1329		1337	1344		1352	1359	1407	1414			1422	1429	
Romford (RMF)	d	1310	1317	1335	1325	1332		1340	1347	1405	1355	1402		1410	1417	1435	1425	1432	
Chadwell Heath (CTH)	d	1313	1320		1328	1335		1343	1350		1358	1405		1413	1420		1428	1435	
Goodmayes (GMY)	d	1315	1322		1330	1337		1345	1352		1400	1407		1415	1422		1430	1437	
Seven Kings (SVK)	d	1317	1324		1332	1339		1347	1354		1402	1409		1417	1424		1432	1439	
Ilford (IFD)	2 d	1321	1328		1336	1343		1351	1358		1406	1413		1421	1428		1436	1443	
Manor Park (MNP)	d	1323	1330		1338	1345		1353	1400		1408	1415		1423	1430		1438	1445	
Forest Gate (FOG)	d	1326	1333		1341	1348		1356	1403		1411	1418		1426	1433		1441	1448	
Maryland (MYL)	d	1328	1335		1343	1350		1358	1405		1413	1420		1428	1435		1443	1450	
Stratford (SRA)	DLR 7 d	1331	1338	1345	1346	1353	1357	1401	1408	1415	1416	1423	1427	1431	1438	1445	1446	1453	1457
Whitechapel (ZLW)	d	1336	1343		1351	1358		1406	1413		1421	1428		1436	1443		1451	1458	
London Liverpool Street (LST)	15 a			1353			1405				1423		1435			1453			1505
London Liverpool Street EL (LST)	4 a	1339	1346		1354	1401		1409	1416		1424	1431		1439	1446		1454	1501	
Farringdon (ZFD)	8 a	1341	1348		1356	1403		1411	1418		1426	1433		1441	1448		1456	1503	
Tottenham Court Road (TCR)	a	1344	1351		1359	1406		1414	1421		1429	1436		1444	1451		1459	1506	
Bond Street (BDS)	a	1347	1354		1402	1409		1417	1424		1432	1439		1447	1454		1502	1509	
London Paddington EL (PAD)	15 a	1350	1357		1405	1412		1420	1427		1435	1442		1450	1457		1505	1512	

Operator Train ID Days of operation/Notes	XR 9Y73	XR 9Y75	LE 2K33 A	XR 9Y79	XR 9Y81	LE 1Y19 F	XR 9Y85	XR 9Y87	LE 2K35 A	XR 9Y91	XR 9Y93	LE 1N15 E	XR 9Y97	XR 9Y99	LE 2K37 A	XR 9Y03	XR 9Y05	LE 1Y21 F	
Shenfield (SNF)	3 d	1426		1457	1441		1511	1456		1527	1511		1541	1526		1557	1541		1611
Brentwood (BRE)	d	1430			1445			1500			1515			1530				1545	
Harold Wood (HRO)	d	1434			1449			1504			1519			1534				1549	
Gidea Park (GDP)	2 d	1437	1444		1452	1459		1507	1514		1522	1529		1537	1544		1552	1559	
Romford (RMF)	d	1440	1447	1505	1455	1502		1510	1517	1535	1525	1532		1540	1547	1605	1555	1602	
Chadwell Heath (CTH)	d	1443	1450		1458	1505		1513	1520		1528	1535		1543	1550		1558	1605	
Goodmayes (GMY)	d	1445	1452		1500	1507		1515	1522		1530	1537		1545	1552		1600	1607	
Seven Kings (SVK)	d	1447	1454		1502	1509		1517	1524		1532	1539		1547	1554		1602	1609	
Ilford (IFD)	2 d	1451	1458		1506	1513		1521	1528		1536	1543		1551	1558		1606	1613	
Manor Park (MNP)	d	1453	1500		1508	1515		1523	1530		1538	1545		1553	1600		1608	1615	
Forest Gate (FOG)	d	1456	1503		1511	1518		1526	1533		1541	1548		1556	1603		1611	1618	
Maryland (MYL)	d	1458	1505		1513	1520		1528	1535		1543	1550		1558	1605		1613	1620	
Stratford (SRA)	DLR 7 d	1501	1508	1515	1516	1523	1527	1531	1538	1545	1546	1553	1557	1601	1608	1615	1616	1623	1627
Whitechapel (ZLW)	d	1506	1513		1521	1528		1536	1543		1551	1558		1606	1613		1621	1628	
London Liverpool Street (LST)	15 a			1523			1535				1553		1605			1623			1635
London Liverpool Street EL (LST)	4 a	1509	1516		1524	1531		1539	1546		1554	1601		1609	1616		1624	1631	
Farringdon (ZFD)	8 a	1511	1518		1526	1533		1541	1548		1556	1603		1611	1618		1626	1633	
Tottenham Court Road (TCR)	a	1514	1521		1529	1536		1544	1551		1559	1606		1614	1621		1629	1636	
Bond Street (BDS)	a	1517	1524		1532	1539		1547	1554		1602	1609		1617	1624		1632	1639	
London Paddington EL (PAD)	15 a	1520	1527		1535	1542		1550	1557		1605	1612		1620	1627		1635	1642	

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

a Arrival time  
d Departure time

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

## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR 9Y09	XR 9Y11	LE 2K39 A	XR 9Y15	XR 9Y17	LE 1N17 E	XR 9Y21	XR 9Y23	LE 2K41 A	XR 9Y27	XR 9Y29	LE 1Y23 F	XR 9Y33	XR 9Y35	LE 2K43 A	XR 9Y39	XR 9Y41	LE 1N19 E	
Shenfield (SNF)	3 d	1556		1627	1611		1641	1626		1657	1641		1711	1656		1727	1711		1741
Brentwood (BRE)	d	1600			1615			1630			1645			1700			1715		
Harold Wood (HRO)	d	1604			1619			1634			1649			1704			1719		
Gidea Park (GDP)	2 d	1607	1614		1622	1629		1637	1644		1652	1659	1707	1714		1722	1729		
Romford (RMF)	d	1610	1617	1635	1625	1632		1640	1647	1705	1655	1702		1710	1717	1735	1725	1732	
Chadwell Heath (CTH)	d	1613	1620		1628	1635		1643	1650		1658	1705		1713	1720		1728	1735	
Goodmayes (GMY)	d	1615	1622		1630	1637		1645	1652		1700	1707		1715	1722		1730	1737	
Seven Kings (SVK)	d	1617	1624		1632	1639		1647	1654		1702	1709		1717	1724		1732	1739	
Ilford (IFD)	2 d	1621	1628		1636	1643		1651	1658		1706	1713		1721	1728		1736	1743	
Manor Park (MNP)	d	1623	1630		1638	1645		1653	1700		1708	1715		1723	1730		1738	1745	
Forest Gate (FOG)	d	1626	1633		1641	1648		1656	1703		1711	1718		1726	1733		1741	1748	
Maryland (MYL)	d	1628	1635		1643	1650		1658	1705		1713	1720		1728	1735		1743	1750	
Stratford (SRA)	DLR 7 d	1631	1638	1645	1646	1653	1657	1701	1708	1715	1716	1723	1727	1731	1738	1745	1746	1753	1757
Whitechapel (ZLW)	d	1636	1643		1651	1658		1706	1713		1721	1728		1736	1743		1751	1758	
London Liverpool Street (LST)	15 a			1653			1705					1735				1753			1805
London Liverpool Street EL (LST)	4 a	1639	1646		1654	1701		1709	1716		1724	1731		1739	1746		1754	1801	
Farringdon (ZFD)	8 a	1641	1648		1656	1703		1711	1718		1726	1733		1741	1748		1756	1803	
Tottenham Court Road (TCR)	a	1644	1651		1659	1706		1714	1721		1729	1736		1744	1751		1759	1806	
Bond Street (BDS)	a	1647	1654		1702	1709		1717	1724		1732	1739		1747	1754		1802	1809	
London Paddington EL (PAD)	15 a	1650	1657		1705	1712		1720	1727		1735	1742		1750	1757		1805	1812	

Operator Train ID Days of operation/Notes	XR 9Y45	XR 9Y47	LE 2K45 A	XR 9Y51	XR 9Y53	LE 1Y25 F	XR 9Y57	XR 9Y59	LE 2K47 A	XR 9Y63	XR 9Y65	LE 1N21 E	XR 9Y69	XR 9Y71	LE 2K49 A	XR 9Y75	XR 9Y77	LE 1Y27 F	
Shenfield (SNF)	3 d	1726		1757	1741		1811	1756		1827	1811		1841	1826		1857	1841		1911
Brentwood (BRE)	d	1730			1745			1800			1815			1830			1845		
Harold Wood (HRO)	d	1734			1749			1804			1819			1834			1849		
Gidea Park (GDP)	2 d	1737	1744		1752	1759		1807	1814		1822	1829		1837	1844		1852	1859	
Romford (RMF)	d	1740	1747	1805	1755	1802		1810	1817	1835	1825	1832		1840	1847	1905	1855	1902	
Chadwell Heath (CTH)	d	1743	1750		1758	1805		1813	1820		1828	1835		1843	1850		1858	1905	
Goodmayes (GMY)	d	1745	1752		1800	1807		1815	1822		1830	1837		1845	1852		1900	1907	
Seven Kings (SVK)	d	1747	1754		1802	1809		1817	1824		1832	1839		1847	1854		1902	1909	
Ilford (IFD)	2 d	1751	1758		1806	1813		1821	1828		1836	1843		1851	1858		1906	1913	
Manor Park (MNP)	d	1753	1800		1808	1815		1823	1830		1838	1845		1853	1900		1908	1915	
Forest Gate (FOG)	d	1756	1803		1811	1818		1826	1833		1841	1848		1856	1903		1911	1918	
Maryland (MYL)	d	1758	1805		1813	1820		1828	1835		1843	1850		1858	1905		1913	1920	
Stratford (SRA)	DLR 7 d	1801	1808	1815	1816	1823	1827	1831	1838	1845	1846	1853	1857	1901	1908	1915	1916	1923	1927
Whitechapel (ZLW)	d	1806	1813		1821	1828		1836	1843		1851	1858		1906	1913		1921	1928	
London Liverpool Street (LST)	15 a			1823			1835				1853			1905			1923		1935
London Liverpool Street EL (LST)	4 a	1809	1816		1824	1831		1839	1846		1854	1901		1909	1916		1924	1931	
Farringdon (ZFD)	8 a	1811	1818		1826	1833		1841	1848		1856	1903		1911	1918		1926	1933	
Tottenham Court Road (TCR)	a	1814	1821		1829	1836		1844	1851		1859	1906		1914	1921		1929	1936	
Bond Street (BDS)	a	1817	1824		1832	1839		1847	1854		1902	1909		1917	1924		1932	1939	
London Paddington EL (PAD)	15 a	1820	1827		1835	1842		1850	1857		1905	1912		1920	1927		1935	1942	

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

a Arrival time  
d Departure time

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

Shenfield, Romford, Ilford and Stratford to London

Sundays

Operator Train ID Days of operation/Notes	XR 9Y81	XR 9Y83	LE 2K51 A	XR 9Y87	XR 9Y89	LE 1N23 E	XR 9Y93	XR 9Y95	LE 2K53 A	XR 9Y99	XR 9Y01	LE 1Y29 F	XR 9Y05	XR 9Y07	LE 2K55 A	XR 9Y11	XR 9Y13	LE 1N25 E	
Shenfield (SNF)	3 d	1856		1927	1911		1941	1926		1957	1941		2011	1956		2027	2011		2041
Brentwood (BRE)	d	1900			1915			1930			1945			2000			2015		
Harold Wood (HRO)	d	1904			1919			1934			1949			2004			2019		
Gidea Park (GDP)	2 d	1907	1914		1922	1929		1937	1944		1952	1959	2007	2014		2022	2022	2029	
Romford (RMF)	d	1910	1917	1935	1925	1932		1940	1947	2005	1955	2002		2010	2017	2035	2025	2032	
Chadwell Heath (CTH)	d	1913	1920		1928	1935		1943	1950		1958	2005		2013	2020		2028	2035	
Goodmayes (GMY)	d	1915	1922		1930	1937		1945	1952		2000	2007		2015	2022		2030	2037	
Seven Kings (SVK)	d	1917	1924		1932	1939		1947	1954		2002	2009		2017	2024		2032	2039	
Ilford (IFD)	2 d	1921	1928		1936	1943		1951	1958		2006	2013		2021	2028		2036	2043	
Manor Park (MNP)	d	1923	1930		1938	1945		1953	2000		2008	2015		2023	2030		2038	2045	
Forest Gate (FOG)	d	1926	1933		1941	1948		1956	2003		2011	2018		2026	2033		2041	2048	
Maryland (MYL)	d	1928	1935		1943	1950		1958	2005		2013	2020		2028	2035		2043	2050	
Stratford (SRA)	DLR 7 d	1931	1938	1945	1946	1953	1957	2001	2008	2015	2016	2023	2027	2031	2038	2045	2046	2053	2057
Whitechapel (ZLW)	DLR d	1936	1943		1951	1958		2006	2013		2021	2028		2036	2043		2051	2058	
London Liverpool Street (LST)	DLR 15 a			1953			2005						2035			2053			2105
London Liverpool Street EL (LST)	DLR 4 a	1939	1946		1954	2001		2009	2016		2024	2031		2039	2046		2054	2101	
Farringdon (ZFD)	DLR 8 a	1941	1948		1956	2003		2011	2018		2026	2033		2041	2048		2056	2103	
Tottenham Court Road (TCR)	DLR a	1944	1951		1959	2006		2014	2021		2029	2036		2044	2051		2059	2106	
Bond Street (BDS)	DLR a	1947	1954		2002	2009		2017	2024		2032	2039		2047	2054		2102	2109	
London Paddington EL (PAD)	DLR 15 a	1950	1957		2005	2012		2020	2027		2035	2042		2050	2057		2105	2112	

Operator Train ID Days of operation/Notes	XR 9Y15	XR 9Y17	LE 2K57 A	XR 9Y19	XR 9Y21	LE 1Y31 F	XR 9Y23	LE 1A97 D	XR 9Y25	LE 2K59 A	XR 9Y27	LE 1N27 E	XR 9Y31	LE 2K61 A	XR 9Y35	LE 1Y33 F	XR 9Y39	LE 2K63 A	
Shenfield (SNF)	3 d	2026		2057	2041		2111	2056	2120		2127	2111	2141	2126	2157	2141	2211	2156	2227
Brentwood (BRE)	d	2030			2045			2100				2115		2130			2145		2200
Harold Wood (HRO)	d	2034			2049			2104				2119		2134			2149		2204
Gidea Park (GDP)	2 d	2037	2044		2052	2059		2107		2114		2122		2137			2152		2207
Romford (RMF)	d	2040	2047	2105	2055	2102		2110		2117	2135	2125		2140	2205	2155		2210	2235
Chadwell Heath (CTH)	d	2043	2050		2058	2105		2113	2120		2128	2128		2143			2158		2213
Goodmayes (GMY)	d	2045	2052		2100	2107		2115	2122		2130			2145			2200		2215
Seven Kings (SVK)	d	2047	2054		2102	2109		2117	2124		2132			2147			2202		2217
Ilford (IFD)	2 d	2051	2058		2106	2113		2121	2128		2136			2151			2206		2221
Manor Park (MNP)	d	2053	2100		2108	2115		2123	2130		2138			2153			2208		2223
Forest Gate (FOG)	d	2056	2103		2111	2118		2126	2133		2141			2156			2211		2226
Maryland (MYL)	d	2058	2105		2113	2120		2128	2135		2143			2158			2213		2228
Stratford (SRA)	DLR 7 d	2101	2108	2115	2116	2123	2127	2131	2136s	2138	2145	2146	2157	2201	2215	2216	2227	2231	2245
Whitechapel (ZLW)	DLR d	2106	2113		2121	2128		2136	2143		2151			2206			2236		
London Liverpool Street (LST)	DLR 15 a			2123			2135		2144		2153			2205			2235		2253
London Liverpool Street EL (LST)	DLR 4 a	2109	2116		2124	2131		2139		2146		2154		2209			2224		2239
Farringdon (ZFD)	DLR 8 a	2111	2118		2126	2133		2141		2148		2156		2211			2226		2241
Tottenham Court Road (TCR)	DLR a	2114	2121		2129	2136		2144		2151		2159		2214			2229		2244
Bond Street (BDS)	DLR a	2117	2124		2132	2139		2147		2154		2202		2217			2232		2247
London Paddington EL (PAD)	DLR 15 a	2120	2127		2135	2142		2150		2157		2205		2220			2235		2250

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

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

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

## Shenfield, Romford, Ilford and Stratford to London

## Sundays

Operator Train ID Days of operation/Notes	XR	LE	XR	LE	XR	LE	XR	XR	LE	LE	XR	XR	XR
	2W41	1N29 E	2W43	2K65 A	2W47	1Y35 F	2W49	2W51	2K67 A	1P73 G	2W53	2W55	2W57
Shenfield (SNF) <b>3</b> d	2211	2241	2226	2257	2241	2311	2256	2311	2329	2335	2326	2341	2356
Brentwood (BRE) d	2215		2230		2245		2300	2315			2330	2345	2359
Harold Wood (HRO) d	2219		2234		2249		2304	2319			2334	2349	0004
Gidea Park (GDP) <b>2</b> d	2222		2237		2252		2307	2322			2337	2352	0007
Romford (RMF) d	2225		2240	2305	2255		2310	2325	2337		2340	2355	0010
Chadwell Heath (CTH) d	2228		2243		2258		2313	2328			2343	2358	0013
Goodmayes (GMY) d	2230		2245		2300		2315	2330			2345	2359	0015
Seven Kings (SVK) d	2232		2247		2302		2317	2332			2347	0002	0017
Ilford (IFD) <b>2</b> d	2236		2251		2306		2321	2336			2351	0006	0021
Manor Park (MNP) d	2238		2253		2308		2323	2338			2353	0008	0023
Forest Gate (FOG) d	2241		2256		2311		2326	2341			2356	0011	0026
Maryland (MYL) d	2243		2258		2313		2328	2343			2358	0013	0028
Stratford (SRA) <b>DLR</b> <b>7</b> d	2246	2257	2301	2315	2316	2327	2331	2346	2347	2350s	0001	0016	0031
Whitechapel (ZLW) <b>7</b> d													
London Liverpool Street (LST) <b>15</b> a	2254	2305	2309	2323	2324	2335	2339	2354	2355	2359	0009	0025	0039
London Liverpool Street EL (LST) <b>4</b> a													
Farringdon (ZFD) <b>8</b> a													
Tottenham Court Road (TCR) <b>8</b> a													
Bond Street (BDS) <b>8</b> a													
London Paddington EL (PAD) <b>15</b> a													

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

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

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