

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

Mondays to Fridays

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

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
London Fenchurch Street (FST)	7 d	0656	0659	0702	0707	0712	0717	0720	0726	0729	0732	0735	0737	0740	0750	0753	0756	0759	0802	
Limehouse (LHS)	DLR d			0706	0712		0721	0725	0730	0733	0736	0739	0742	0744	0754	0757			0803	0806
West Ham (WEH)	DLR d		0708	0711	0717		0727	0730	0735	0738	0741	0744	0747	0750	0759	0802	0805	0809	0811	
London Liverpool Street (LST)	15 d																			
Stratford (SRA)	DLR 7 d																			
Barking (BKG)	DLR d	0709	0714	0718	0723	0727	0733	0736	0740	0743	0747	0749	0753		0804	0807	0811	0814	0818	
Upminster (UPM)	DLR d		0724		0733		0744					0757		0802	0812		0819	0822		
Ockendon (OCK)	d				0740									0810						
Chafford Hundred Lakeside (CFH)	d				0744									0813						
Dagenham Dock (DDK)	d			0722			0737				0752								0822	
Rainham (RNM)	d			0726			0741				0756								0826	
Purfleet (PFL)	d			0731			0746				0801								0832	
Grays (GRY)	a			0738	0748		0753				0806		0810	0819					0838	
Grays (GRY)	d				0748						0807			0819						
Tilbury Town (TIL)	3 d				0751						0810			0822						
East Tilbury (ETL)	d				0757						0816			0828						
Stanford-le-Hope (SFO)	d				0801						0819			0831						
West Horndon (WHR)	d		0729									0802							0827	
Laindon (LAI)	d	0724a	0735				0752	0755a	0800		0807			0820	0824a	0828		0832		
Basildon (BSO)	d		0739		0745		0756		0803		0810			0823				0835		
Pitsea (PSE)	d		0744		0809a		0759		0806	0827a	0814		0839a	0827		0834		0839		
Benfleet (BEF)	d		0747				0803		0810		0817			0830		0838		0842		
Leigh-on-Sea (LES)	d		0752			0755a	0807		0814		0822			0835		0842		0847		
Chalkwell (CHW)	d		0755				0810		0817		0824			0837		0845		0849		
Westcliff (WCF)	d		0757				0812		0819		0826			0839		0847		0851		
Southend Central (SOC)	a		0800				0814		0821		0829			0842		0849		0854		
Southend Central (SOC)	d		0800				0815		0822		0829					0851		0854		
Southend East (SOE)	d		0802				0817		0824		0831					0853		0856		
Thorpe Bay (TPB)	d		0805				0819		0826		0834					0855		0859		
Shoeburyness (SRY)	a		0809				0823		0830		0839					0859		0903		

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

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

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
London Fenchurch Street (FST)	7 d	0805	0811	0814	0820	0826	0832	0835	0847	0850	0900		0908	0919	0922		0936	0941	0949
Limehouse (LHS)	DLR d	0809		0824	0830	0835	0836	0840	0851	0854	0904		0913	0923	0927		0940	0945	0953
West Ham (WEH)	DLR d	0814	0819	0823	0830	0835	0841	0845	0856	0859	0909		0918	0928	0932		0945	0950	0958
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	DLR d	0820	0825	0829	0835	0841	0848	0852	0901	0908c	0914		0924	0933	0938		0950	0955	1003
Upminster (UPM)	DLR d	0828	0834	0838	0844	0850		0902	0909		0922		0932	0941			0958	1003	1011
Ockendon (OCK)	d		0840					0910					0939					1009	
Chafford Hundred Lakeside (CFH)	d		0844					0914					0943					1013	
Dagenham Dock (DDK)	d						0852			0912					0942				
Rainham (RNM)	d						0856			0916					0946				
Purfleet (PFL)	d						0902			0922					0951				
Grays (GRY)	a		0848				0908	0918		0928			0947		0958				1017
Grays (GRY)	d		0848					0918					0947						1017
Tilbury Town (TIL)	3 d		0851					0921					0921	0950			0950		1020
East Tilbury (ETL)	d		0857										0927				0956		
Stanford-le-Hope (SFO)	d		0900										0931				1000		
West Horndon (WHR)	d			0849	0856				0914		0927							1003	
Laindon (LAI)	d	0836		0846	0853	0901			0919		0932			0949				1008	1019
Basildon (BSO)	d	0839		0850	0857				0922		0935			0953				1011	1023
Pitsea (PSE)	d	0843	0908a		0900	0907			0926		0939	0943c				1008		1015	
Benfleet (BEF)	d	0846		0856	0904	0911			0929		0942	0947		0958		1012	1018	1028	
Leigh-on-Sea (LES)	d	0851		0901	0908	0916			0934		0947	0951		1003		1017	1023	1033	
Chalkwell (CHW)	d	0853		0903	0911	0919			0936		0949	0954		1005		1019	1025	1035	
Westcliff (WCF)	d	0855		0905	0913	0921			0938		0951	0956		1007		1021	1027	1037	
Southend Central (SOC)	a	0858		0908	0915	0923			0941		0954	0959		1010		1024	1030	1040	
Southend Central (SOC)	d			0908	0916	0924			0941		0954			1010		1024	1030	1040	
Southend East (SOE)	d			0910	0918	0926			0943		0956			1012		1026	1032	1042	
Thorpe Bay (TPB)	d			0913	0920	0928			0946		0959			1015		1029	1035	1045	
Shoeburyness (SRY)	a			0917	0924	0934			0950		1003			1019		1033	1039	1049	

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
London Fenchurch Street (FST)	7 d	0953		1004	1011	1019	1024		1034	1041	1049	1053		1104	1112	1119	1124		1134
Limehouse (LHS)	DLR d	0957		1008	1015	1023	1028		1038	1045	1053	1057		1108	1116	1123	1128		1138
West Ham (WEH)	DLR d	1002		1013	1020	1028	1033		1043	1050	1058	1102		1113	1121	1128	1133		1143
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	DLR d	1009		1018	1025	1033	1039		1048	1055	1103	1108		1118	1126	1133	1139		1148
Upminster (UPM)	DLR d			1026	1033	1041			1056	1103	1111			1126	1134	1141			1156
Ockendon (OCK)	d				1039					1109					1140				
Chafford Hundred Lakeside (CFH)	d				1043					1113					1144				
Dagenham Dock (DDK)	d	1013					1044					1112						1143	
Rainham (RNM)	d	1017					1047					1116						1147	
Purfleet (PFL)	d	1022					1052					1121						1152	
Grays (GRY)	a	1028			1047		1059			1117		1127			1148			1158	
Grays (GRY)	d				1047					1117					1148				
Tilbury Town (TIL)	3 d		1020		1050			1050		1120				1120	1151				1151
East Tilbury (ETL)	d		1026					1056						1126					1157
Stanford-le-Hope (SFO)	d		1030					1100						1130					1201
West Horndon (WHR)	d			1031					1101						1131				1201
Laindon (LAI)	d			1036		1049			1106		1119			1136		1149			1206
Basildon (BSO)	d			1039		1053			1109		1123			1139		1153			1209
Pitsea (PSE)	d		1038	1043				1108	1113					1138	1143				1209
Benfleet (BEF)	d		1042	1046		1058		1112	1116		1128			1142	1146		1158		1213
Leigh-on-Sea (LES)	d		1046	1051		1103		1117	1121		1133			1146	1151		1203		1217
Chalkwell (CHW)	d		1049	1053		1105		1119	1123		1135			1149	1153		1205		1220
Westcliff (WCF)	d		1051	1055		1107		1121	1125		1137			1151	1155		1207		1222
Southend Central (SOC)	a		1054	1058		1110		1124	1128		1140			1154	1158		1210		1225
Southend Central (SOC)	d			1058		1110		1124	1128		1140			1158		1210			1228
Southend East (SOE)	d			1100		1112		1126	1130		1142			1200		1212			1230
Thorpe Bay (TPB)	d			1103		1115		1129	1133		1145			1203		1215			1233
Shoeburyness (SRY)	a			1107		1119		1133	1138		1149			1207		1219			1237

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

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

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
London Fenchurch Street (FST)	7 d	1139	1149	1153		1204	1211	1219	1223		1234	1241	1249	1253		1304	1311	1319	1323
Limehouse (LHS)	DLR d	1143	1153	1157		1208	1215	1223	1227		1238	1245	1253	1257		1308	1315	1323	1327
West Ham (WEH)	DLR d	1148	1158	1202		1213	1220	1228	1232		1243	1250	1258	1302		1313	1320	1328	1332
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	7 d	1153	1203	1208		1218	1225	1233	1238		1248	1255	1303	1308		1318	1325	1333	1338
Upminster (UPM)	7 d	1202	1211			1226	1233	1241			1256	1303	1311			1326	1334	1341	
Ockendon (OCK)	d	1207					1239					1309					1339		
Chafford Hundred Lakeside (CFH)	d	1211					1243					1313					1343		
Dagenham Dock (DDK)	d			1212					1242					1314					1344
Rainham (RNM)	d			1216					1246					1317					1347
Purfleet (PFL)	d			1221					1251					1322					1352
Grays (GRY)	a	1215		1227			1247		1257			1317		1329				1347	1359
Grays (GRY)	d	1217					1247					1317						1347	
Tilbury Town (TIL)	8 d	1220				1220	1250			1250		1320			1320		1350		
East Tilbury (ETL)	d					1226				1256					1326				
Stanford-le-Hope (SFO)	d					1230				1300					1330				
West Horndon (WHR)	d				1231						1301					1331			
Laindon (LAI)	d		1219			1236		1249			1306		1319			1336		1349	
Basildon (BSO)	d		1223			1239		1253			1309		1323			1339		1353	
Pitsea (PSE)	d				1238	1243				1308	1313				1338	1343			
Benfleet (BEF)	d		1228		1242	1246		1258		1312	1316		1328		1342	1346		1358	
Leigh-on-Sea (LES)	d		1233		1246	1251		1303		1316	1321		1333		1346	1351		1403	
Chalkwell (CHW)	d		1235		1249	1253		1305		1319	1323		1335		1349	1353		1405	
Westcliff (WCF)	d		1237		1251	1255		1307		1321	1325		1337		1351	1355		1407	
Southend Central (SOC)	a		1240		1254	1258		1310		1324	1328		1340		1354	1358		1410	
Southend Central (SOC)	d		1240			1258		1310			1328		1340			1358		1410	
Southend East (SOE)	d		1242			1300		1312			1330		1342			1400		1412	
Thorpe Bay (TPB)	d		1245			1303		1315			1333		1345			1403		1415	
Shoeburyness (SRY)	a		1249			1307		1319			1337		1349			1407		1419	

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
London Fenchurch Street (FST)	7 d	1334	1341	1349	1353		1404	1411	1419	1423		1434	1441	1449	1453		1504	1511
Limehouse (LHS)	DLR d	1338	1345	1353	1357		1408	1415	1423	1427		1438	1445	1453	1457		1508	1515
West Ham (WEH)	DLR d	1343	1350	1358	1402		1413	1420	1428	1432		1443	1450	1458	1502		1513	1520
London Liverpool Street (LST)	15 d																	
Stratford (SRA)	DLR 7 d																	
Barking (BKG)	7 d	1348	1355	1403	1408		1418	1425	1433	1438		1448	1455	1503	1508		1518	1525
Upminster (UPM)	7 d	1356	1403	1411			1426	1433	1441			1456	1503	1511			1526	1533
Ockendon (OCK)	d			1409				1439					1509					1539
Chafford Hundred Lakeside (CFH)	d			1413				1443					1513					1543
Dagenham Dock (DDK)	d				1412					1442					1512			
Rainham (RNM)	d				1416					1446					1516			
Purfleet (PFL)	d				1421					1451					1521			
Grays (GRY)	a		1417		1428			1447		1457			1517		1527			1547
Grays (GRY)	d		1417					1447					1517		1527			1547
Tilbury Town (TIL)	8 d	1350	1420			1420		1450			1450		1520			1520		1550
East Tilbury (ETL)	d	1356				1426				1456					1526			
Stanford-le-Hope (SFO)	d	1400				1430				1500					1530			
West Horndon (WHR)	d		1401				1431						1501					1531
Laindon (LAI)	d		1406		1419		1436		1449				1506		1519			1536
Basildon (BSO)	d		1409		1423		1439		1453				1509		1523			1539
Pitsea (PSE)	d	1408	1413			1438	1443				1508	1513				1538	1543	
Benfleet (BEF)	d	1412	1416		1428		1442	1446		1458	1512	1516		1528		1542	1546	
Leigh-on-Sea (LES)	d	1416	1421		1433		1446	1451		1503	1516	1521		1533		1546	1551	
Chalkwell (CHW)	d	1419	1423		1435		1449	1453		1505	1519	1523		1535		1549	1553	
Westcliff (WCF)	d	1421	1425		1437		1451	1455		1507	1521	1525		1537		1551	1555	
Southend Central (SOC)	a	1424	1428		1440		1454	1458		1510	1524	1528		1540		1554	1558	
Southend Central (SOC)	d		1428		1440			1458		1510			1528		1540			1558
Southend East (SOE)	d		1430		1442			1500		1512			1530		1542			1600
Thorpe Bay (TPB)	d		1433		1445			1503		1515			1533		1545			1603
Shoeburyness (SRY)	a		1437		1449			1507		1519			1537		1549			1607

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

- a Arrival time
- d Departure time

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
London Fenchurch Street (FST) 7 d	1519	1523		1534	1541	1548	1552	1600	1604	1607	1610	1616	1621	1625	1628	1631	1636	1644
Limehouse (LHS) DLR d	1523	1527		1538	1545	1552	1556	1605	1609	1612	1615	1621	1626	1630	1633	1636	1641	1649
West Ham (WEH) DLR d	1528	1532		1544	1550	1558	1602	1610	1614	1617	1621	1626	1631	1635	1638	1641	1646	1654
London Liverpool Street (LST) 15 d																		
Stratford (SRA) DLR 7 d																		
Barking (BKG) DLR d	1533	1538		1549	1556	1603	1608	1616	1620	1623	1626	1632	1638	1641	1644	1652	1700	
Upminster (UPM) DLR d	1541			1558	1604	1612		1624		1631	1635	1640		1649	1653	1656	1708	
Ockendon (OCK) d					1610						1640			1657				
Chafford Hundred Lakeside (CFH) d					1614						1644			1701				
Dagenham Dock (DDK) d		1543					1612		1625			1643					1657	
Rainham (RNM) d		1546					1616		1629			1647					1701	
Purfleet (PFL) d		1551					1621		1634			1652					1707	
Grays (GRY) a		1557			1619		1628		1640		1648	1658	1706				1712	
Grays (GRY) d					1619						1649	1659					1713	
Tilbury Town (TIL) 3 d			1550		1622						1652	1702					1716	
East Tilbury (ETL) d			1556		1628						1658	1708						
Stanford-le-Hope (SFO) d			1600		1632						1701	1712						
West Horndon (WHR) d				1603						1636		1645				1701	1713	
Laindon (LAI) d	1549			1607		1620				1641		1650			1701	1706	1718	
Basildon (BSO) d	1553			1610		1623		1634		1645		1654			1705	1710		
Pitsea (PSE) d			1608	1614	1640a					1648	1709a	1657	1720a			1713	1725	
Benfleet (BEF) d	1558		1612	1617		1629		1640		1652					1711	1717	1729	
Leigh-on-Sea (LES) d	1603		1616	1622		1634		1645		1657					1716	1721	1734	
Chalkwell (CHW) d	1605		1619	1624		1637		1647		1700		1705			1718	1724	1737	
Westcliff (WCF) d	1607		1621	1627		1639		1649		1702		1707			1720	1726	1739	
Southend Central (SOC) a	1610		1624	1629		1641		1652		1704		1710			1723	1728	1741	
Southend Central (SOC) d	1610			1630		1642		1652		1705		1710			1723	1729	1742	
Southend East (SOE) d	1612			1632		1644		1654		1707		1712			1725	1731	1744	
Thorpe Bay (TPB) d	1618c			1634		1646		1657		1709		1715			1728	1733	1746	
Shoeburyness (SRY) a	1622			1638		1652		1701		1713		1719			1732	1737	1750	

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
London Fenchurch Street (FST) 7 d	1650	1654	1657	1704	1707	1710	1716	1719	1722	1725	1730	1734	1737	1740	1743	1747	1752	
Limehouse (LHS) DLR d	1655	1659	1702	1709	1712	1715	1721	1724	1727	1730	1735	1739	1742	1745	1748	1752	1757	
West Ham (WEH) DLR d	1700	1704	1707	1714	1717	1720	1726	1729	1732	1735	1740	1744	1747	1750	1753	1757	1802	
London Liverpool Street (LST) 15 d																		
Stratford (SRA) DLR 7 d																		
Barking (BKG) DLR d		1706	1710		1720	1723	1726			1738	1741		1750	1753			1803	1808
Upminster (UPM) DLR d			1718	1722	1729		1734	1739	1743		1749	1753	1759		1804		1811	
Ockendon (OCK) d			1726				1740				1757				1810			
Chafford Hundred Lakeside (CFH) d			1730				1744				1801				1814			
Dagenham Dock (DDK) d		1711				1728				1743				1758			1813	1816
Rainham (RNM) d		1715				1732				1747				1802			1817	1820
Purfleet (PFL) d		1721				1738				1753				1808			1818	1823
Grays (GRY) a		1726	1735			1743	1750			1758	1806			1813	1820		1824	1828
Grays (GRY) d		1727				1744				1759				1814			1825	1829
Tilbury Town (TIL) 3 d	1716	1731				1748				1802				1817			1826	1832
East Tilbury (ETL) d	1722	1737				1754				1808				1823			1827	1838
Stanford-le-Hope (SFO) d	1726	1741				1758				1812				1827			1831	1843
West Horndon (WHR) d					1734				1748					1804			1816	1821
Laindon (LAI) d				1730	1739			1747	1753				1802	1809			1815	1821
Basildon (BSO) d				1734	1743				1756					1812			1818	1825
Pitsea (PSE) d	1741f	1749a				1746	1806a		1755	1800	1821a		1809	1816	1835a			1851a
Benfleet (BEF) d	1745			1740	1750				1759	1804			1813	1820			1824	1831
Leigh-on-Sea (LES) d	1750a			1745	1755				1804	1809			1818	1825			1829	1836
Chalkwell (CHW) d				1747	1758				1806	1811			1821	1827			1831	1838
Westcliff (WCF) d				1749	1800				1808	1813			1823	1829			1833	1840
Southend Central (SOC) a				1752	1802				1811	1816			1825	1832			1836	1843
Southend Central (SOC) d				1752	1803				1811	1816			1826	1832			1836	1843
Southend East (SOE) d				1754	1805				1813	1818			1828	1834			1838	1845
Thorpe Bay (TPB) d				1757	1807				1816	1821			1830	1837			1841	1848
Shoeburyness (SRY) a				1802	1811				1820	1825			1835	1841			1845	1852

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

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

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
London Fenchurch Street (FST)	7 d	1758	1803	1807	1810	1816	1819	1822	1830	1834		1840	1846	1851	1855		1907	1911	1918
Limehouse (LHS)	DLR d	1803	1808	1812	1815	1821	1824	1827	1835	1839		1845	1851	1856	1900		1912	1915	1923
West Ham (WEH)	DLR d	1808	1813	1817	1820	1826	1829	1832	1840	1844		1850	1856	1901	1905		1917	1921	1928
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	d		1819	1823	1826		1835	1838		1850		1856		1908	1911		1923	1926	1934
Upminster (UPM)	d	1821	1827		1834		1844		1853	1858		1904			1919		1931	1934	1942
Ockendon (OCK)	d				1840							1910							1940
Chafford Hundred Lakeside (CFH)	d				1844							1914							1944
Dagenham Dock (DDK)	d			1828				1843						1913					
Rainham (RNM)	d			1832				1847						1917					
Purfleet (PFL)	d			1838				1853						1922					
Grays (GRY)	a			1843	1849			1859				1918		1929					1948
Grays (GRY)	d			1844				1900			1918								1948
Tilbury Town (TIL)	3 d			1847				1903			1903	1921				1921			1951
East Tilbury (ETL)	d			1853				1909			1909					1927			
Stanford-le-Hope (SFO)	d			1857				1913			1913					1931			
West Horndon (WHR)	d		1832				1849			1903					1924				1936
Laindon (LAI)	d	1829	1837			1846	1854		1901	1908			1915		1929			1941	1951
Basildon (BSO)	d		1841				1858		1905	1911			1919		1933			1945	1954
Pitsea (PSE)	d	1834	1845	1905a			1901			1915	1925e				1937	1941	1949		1958
Benfleet (BEF)	d	1838	1849			1854	1905		1911	1918	1929		1925	1941	1946	1953			2002
Leigh-on-Sea (LES)	d	1843	1854			1859	1910		1916	1923	1933		1930	1945	1951	1958			2007
Chalkwell (CHW)	d	1846	1856			1902	1913		1918	1925	1936		1932	1948	1953	2000			2010
Westcliff (WCF)	d	1848	1858			1905	1915		1920	1927	1938		1934	1950	1955	2002			2013
Southend Central (SOC)	a	1850	1901			1907	1917		1923	1930	1941		1937	1952	1958	2005			2016
Southend Central (SOC)	d	1851	1901			1908	1918		1923	1930			1937		1953			2005	2016
Southend East (SOE)	d	1853	1903			1910	1920		1925	1932			1939		1955			2007	2018
Thorpe Bay (TPB)	d	1856	1906			1912	1922		1928	1935			1942		1957			2010	2020
Shoeburyness (SRY)	a	1900	1910			1917	1926		1934	1939			1946		2001			2015	2024

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
London Fenchurch Street (FST)	7 d	1923		1935	1941	1949	1953		2005	2011	2019	2023		2034	2040	2049	2053	2104
Limehouse (LHS)	DLR d	1927		1939	1945	1953	1957		2009	2015	2023	2027		2038	2045	2053	2057	2108
West Ham (WEH)	DLR d	1932		1944	1950	1958	2002		2014	2020	2028	2032		2043	2050	2058	2102	2113
London Liverpool Street (LST)	15 d																	
Stratford (SRA)	DLR 7 d																	
Barking (BKG)	d	1938		1950	1955	2004	2008		2019	2025	2033	2038		2048	2055	2103	2108	2118
Upminster (UPM)	d			1958	2003	2012			2027	2033	2041			2056	2103	2111		2126
Ockendon (OCK)	d				2009					2039					2109			
Chafford Hundred Lakeside (CFH)	d				2013					2043					2113			
Dagenham Dock (DDK)	d	1942					2014						2042					2112
Rainham (RNM)	d	1946					2017						2046					2116
Purfleet (PFL)	d	1951					2022						2051					2121
Grays (GRY)	a	1958			2017		2029			2048		2058			2117			2128
Grays (GRY)	d		1951		2017					2048					2117			
Tilbury Town (TIL)	3 d		1951		2020		2020			2051			2051		2120			2120
East Tilbury (ETL)	d		1957				2026						2057					2126
Stanford-le-Hope (SFO)	d		2001				2030						2101					2130
West Horndon (WHR)	d			2003					2032						2101			2131
Laindon (LAI)	d			2007		2020			2037		2049				2106		2119	2136
Basildon (BSO)	d			2011		2023			2040		2053				2109		2123	2139
Pitsea (PSE)	d		2009	2014				2038	2044				2109	2113				2138
Benfleet (BEF)	d		2013	2018		2029		2042	2047		2058		2113	2116		2128		2142
Leigh-on-Sea (LES)	d		2017	2022		2033		2046	2052		2103		2117	2121		2133		2146
Chalkwell (CHW)	d		2020	2025		2036		2049	2054		2105		2120	2123		2135		2149
Westcliff (WCF)	d		2022	2027		2038		2051	2056		2107		2122	2125		2137		2151
Southend Central (SOC)	a		2024	2029		2040		2054	2059		2110		2124	2128		2140		2153
Southend Central (SOC)	d		2025	2030		2041			2059		2110		2125	2128		2140		2153
Southend East (SOE)	d		2027	2032		2043			2101		2112		2127	2130		2142		2155
Thorpe Bay (TPB)	d		2029	2034		2045			2104		2115		2129	2133		2145		2158
Shoeburyness (SRY)	a		2033	2039		2049			2108		2119		2133	2137		2149		2202

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

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

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
London Fenchurch Street (FST)	7 d	2111	2119	2123		2134	2141	2149	2153		2204	2211	2219	2222		2234	2241	2254	2258
Limehouse (LHS)	DLR d	2115	2123	2127		2138	2145	2153	2157		2208	2215	2223	2226		2238	2245	2258	2302
West Ham (WEH)	DLR d	2120	2128	2132		2143	2150	2158	2202		2213	2220	2228	2231		2243	2250	2303	2307
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	7 d	2125	2133	2138		2149	2155	2203	2208		2218	2225	2233	2237		2248	2255	2309	2312
Upminster (UPM)	7 d	2133	2141			2157	2203	2211			2226	2233	2241			2256	2303		2320
Ockendon (OCK)	d	2139					2209					2239					2309		
Chafford Hundred Lakeside (CFH)	d	2143					2213					2243					2313		
Dagenham Dock (DDK)	d			2142					2212					2242					2313
Rainham (RNM)	d			2146					2216					2246					2317
Purfleet (PFL)	d			2151					2221					2251					2322
Grays (GRY)	a	2147		2158			2217		2227			2247		2258			2317		2328
Grays (GRY)	d	2147				2217					2247						2317		
Tilbury Town (TIL)	8 d	2150		2150		2220			2220		2250			2250		2320			
East Tilbury (ETL)	d	2156				2226			2230		2256			2300		2317			
Stanford-le-Hope (SFO)	d			2200															
West Horndon (WHR)	d					2202					2231					2301			
Laindon (LAI)	d		2149			2207		2219			2236		2249			2306			2328
Basildon (BSO)	d		2153			2210		2223			2239		2253			2309			2332
Pitsea (PSE)	d				2208	2214				2238	2243				2308	2313			
Benfleet (BEF)	d		2158		2212	2218		2228		2242	2246		2258		2312	2316			2337
Leigh-on-Sea (LES)	d		2203		2216	2223		2233		2246	2251		2303		2316	2321			2342
Chalkwell (CHW)	d		2205		2219	2226		2235		2249	2253		2305		2319	2323			2344
Westcliff (WCF)	d		2207		2221	2228		2237		2251	2255		2307		2321	2325			2346
Southend Central (SOC)	a		2210		2224	2230		2240		2254	2258		2310		2323	2328			2349
Southend Central (SOC)	d		2210			2231		2240			2258		2310		2324	2328			2349
Southend East (SOE)	d		2212			2233		2242			2300		2312		2326	2330			2351
Thorpe Bay (TPB)	d		2215			2235		2245			2303		2315		2328	2333			2354
Shoeburyness (SRY)	a		2219			2239		2249			2307		2319		2332	2337			2358

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
London Fenchurch Street (FST)	7 d	2311	2315	2324		2334	2341	2354	0004	0011	0024	0034				
Limehouse (LHS)	DLR d	2315	2319	2328		2338	2345	2358	0008	0015	0028	0038				
West Ham (WEH)	DLR d	2320	2324	2333		2343	2350	0003	0013	0020	0033	0043				
London Liverpool Street (LST)	15 d															
Stratford (SRA)	DLR 7 d															
Barking (BKG)	7 d	2325	2329	2339		2348	2355	0009	0018	0025	0039	0049				
Upminster (UPM)	7 d	2333	2337			2356	0004		0026	0033		0057				
Ockendon (OCK)	d	2339					0009			0039						
Chafford Hundred Lakeside (CFH)	d	2343					0013			0042						
Dagenham Dock (DDK)	d			2343				0013			0043					
Rainham (RNM)	d			2347				0017			0047					
Purfleet (PFL)	d			2352				0022			0052					
Grays (GRY)	a	2347		2358			0017	0028		0046	0058					
Grays (GRY)	d	2347					0018			0046						
Tilbury Town (TIL)	8 d	2320	2350		2350		0021			0049						
East Tilbury (ETL)	d	2326			2356		0027			0055						
Stanford-le-Hope (SFO)	d	2330			2359		0030			0059						
West Horndon (WHR)	d			2342			0001			0031						0102
Laindon (LAI)	d			2347			0006			0036						0107
Basildon (BSO)	d			2350			0009			0039						0110
Pitsea (PSE)	d	2338		2354		0007	0013	0038		0043	0107					0114
Benfleet (BEF)	d	2342		2357		0011	0016	0042		0046	0111					0117
Leigh-on-Sea (LES)	d	2346		0002		0015	0021	0047		0051	0115					0122
Chalkwell (CHW)	d	2349		0004		0018	0023	0049		0053	0118					0124
Westcliff (WCF)	d	2351		0006		0020	0025	0051		0055	0120					0126
Southend Central (SOC)	a	2353		0009		0022	0028	0054		0058	0122					0129
Southend Central (SOC)	d	2354		0009		0023	0028	0054		0058	0122					0129
Southend East (SOE)	d	2356		0011		0025	0030	0056		0100	0124					0131
Thorpe Bay (TPB)	d	2358		0014		0027	0033	0058		0103	0127					0134
Shoeburyness (SRY)	a	0003		0018		0031	0037	0102		0107	0131					0138

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

- a Arrival time
- d Departure time

TSM Tuesday to Saturday mornings

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

Saturdays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
London Fenchurch Street (FST)	7 d	0500			0523	0530	0537		0553	0600	0607		0623	0630	0637		0653	0700	
Limehouse (LHS)	DLR d	0504			0527	0534	0541		0557	0604	0611		0627	0634	0641		0657	0704	
West Ham (WEH)	DLR d	0509			0533	0539	0547		0603	0609	0617		0633	0639	0647		0703	0709	
London Liverpool Street (LST)	15 d																		
Stratford (SRA)	DLR 7 d																		
Barking (BKG)	DLR d	0508	0514		0523	0538	0544	0553		0608	0614	0623		0638	0644	0653		0708	0714
Upminster (UPM)	DLR d	0517	0523			0547	0553			0617	0623			0647	0653			0717	0723
Ockendon (OCK)	d	0522				0552				0622				0652					0722
Chafford Hundred Lakeside (CFH)	d	0526				0556				0626				0656					0726
Dagenham Dock (DDK)	d				0527			0557				0627					0657		
Rainham (RNM)	d				0531			0601				0631					0701		
Purfleet (PFL)	d				0536			0606				0636					0706		
Grays (GRY)	a	0530			0542	0600		0612		0630		0642		0700		0712		0730	
Grays (GRY)	d	0530		←		0600			←	0630			←	0700			←	0730	
Tilbury Town (TIL)	8 d	0533		0533		0603			0603	0633			0633	0703			0703	0733	
East Tilbury (ETL)	d	←		0539		←			0609	←			0639	←			0709	←	
Stanford-le-Hope (SFO)	d			0543					0613				0643				0713		
West Horndon (WHR)	d		0528					0558				0628				0658			0728
Laindon (LAI)	d		0532					0602				0632				0702			0732
Basildon (BSO)	d		0536					0606				0636				0706			0736
Pitsea (PSE)	d		0539	0552				0609		0622		0639		0652		0709		0722	0739
Benfleet (BEF)	d		0543	0556				0613		0626		0643		0656		0713		0726	0743
Leigh-on-Sea (LES)	d		0547	0600				0617		0630		0647		0700		0717		0730	0747
Chalkwell (CHW)	d		0550	0603				0620		0633		0650		0703		0720		0733	0750
Westcliff (WCF)	d		0552	0605				0622		0635		0652		0705		0722		0735	0752
Southend Central (SOC)	a		0554	0607				0624		0637		0654		0707		0724		0737	0754
Southend Central (SOC)	d		0555	0608				0625		0638		0655		0708		0725		0738	0755
Southend East (SOE)	d		0557	0610				0627		0640		0657		0710		0727		0740	0757
Thorpe Bay (TPB)	d		0559	0612				0629		0642		0659		0712		0729		0742	0759
Shoeburyness (SRY)	a		0603	0617				0633		0647		0703		0717		0733		0747	0803

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC			
London Fenchurch Street (FST)	7 d	0707		0723	0730	0737		0753	0800	0807		0823	0830	0837			0853	0900	0907	
Limehouse (LHS)	DLR d	0711		0727	0734	0741		0757	0804	0811		0827	0834	0841			0857	0904	0911	
West Ham (WEH)	DLR d	0717		0733	0739	0747		0803	0809	0817		0833	0839	0847			0903	0909	0917	
London Liverpool Street (LST)	15 d																0845			
Stratford (SRA)	DLR 7 d																0852			
Barking (BKG)	DLR d	0723		0738	0744	0753		0808	0814	0823		0838	0844	0853			0903	0908	0914	0923
Upminster (UPM)	DLR d			0747	0753			0817	0823			0847	0853				0913	0917	0923	
Ockendon (OCK)	d			0752				0822				0852						0922		
Chafford Hundred Lakeside (CFH)	d			0756				0826				0856						0926		
Dagenham Dock (DDK)	d	0727				0757				0827				0857					0927	
Rainham (RNM)	d	0731				0801				0831				0901					0931	
Purfleet (PFL)	d	0736				0806				0836				0906					0936	
Grays (GRY)	a	0742		0800		0812		0830		0842		0900		0912				0930	0942	
Grays (GRY)	d		←	0800			←	0830			←	0900			←			0930		
Tilbury Town (TIL)	8 d		0733	0803			0803	0833			0833	0903			0903			0933		
East Tilbury (ETL)	d		0739	←			0809	←			0839	←			0909			←		
Stanford-le-Hope (SFO)	d		0743				0813				0843				0913					
West Horndon (WHR)	d				0758					0828				0858					0928	
Laindon (LAI)	d				0802					0832				0902				0921	0932	
Basildon (BSO)	d				0806					0836				0906				0924	0936	
Pitsea (PSE)	d		0752		0809			0822		0839				0909		0922			0939	
Benfleet (BEF)	d		0756		0813			0826		0843				0913		0926		0930	0943	
Leigh-on-Sea (LES)	d		0800		0817			0830		0847				0917		0930		0934	0947	
Chalkwell (CHW)	d		0803		0820			0833		0850				0920		0933		0937	0950	
Westcliff (WCF)	d		0805		0822			0835		0852				0922		0935		0939	0952	
Southend Central (SOC)	a		0807		0824			0837		0854				0924		0937		0941	0954	
Southend Central (SOC)	d		0808		0825			0838		0855				0925		0938		0942	0955	
Southend East (SOE)	d		0810		0827			0840		0857				0927		0940		0944	0957	
Thorpe Bay (TPB)	d		0812		0829			0842		0859				0929		0942		0946	0959	
Shoeburyness (SRY)	a		0817		0833			0847		0903				0933		0947		0950	1003	

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

- a Arrival time
- d Departure time

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

Saturdays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC			
London Fenchurch Street (FST)	7 d			0923	0930	0937			0953	1000	1007			1023	1030	1037		1053			
Limehouse (LHS)	DLR d			0927	0934	0941			0957	1004	1011			1027	1034	1041		1057			
West Ham (WEH)	DLR d			0933	0939	0947			1003	1009	1017			1033	1039	1047		1103			
London Liverpool Street (LST)	15 d		0915					0945						1015				1045			
Stratford (SRA)	DLR 7 d		0923					0952						1023				1052			
Barking (BKG)	d		0933	0938	0944	0953		1003	1008	1014	1023			1033	1038	1044	1053	1103	1108		
Upminster (UPM)	d		0943	0947	0953			1013	1017	1023				1043	1047	1053		1113	1117		
Ockendon (OCK)	d			0952					1022						1052				1122		
Chafford Hundred Lakeside (CFH)	d			0956					1026						1056				1126		
Dagenham Dock (DDK)	d					0959						1027						1057			
Rainham (RNM)	d					1002						1031						1101			
Purfleet (PFL)	d					1007						1036						1106			
Grays (GRY)	a			1000		1014			1030			1042			1100			1112		1130	
Grays (GRY)	d	←		1000				←	1030				←		1100				←	1130	
Tilbury Town (TIL)	8 d	0933		1003			1003		1030				1033		1103			1103		1133	
East Tilbury (ETL)	d	0939		→			1009		→				1039		→			1109		→	
Stanford-le-Hope (SFO)	d	0943					1013						1043					1113			
West Horndon (WHR)	d				0958						1028							1058			
Laindon (LAI)	d		0951		1002			1021			1032			1051				1102		1121	
Basildon (BSO)	d		0954		1006			1024			1036			1054				1106		1124	
Pitsea (PSE)	d	0952			1009		1022				1039		1052					1109		1122	
Benfleet (BEF)	d	0956	1000		1013		1026	1030			1043		1056	1100				1113		1126	1130
Leigh-on-Sea (LES)	d	1000	1004		1017		1030	1034			1047		1100	1104				1117		1130	1134
Chalkwell (CHW)	d	1003	1007		1020		1033	1037			1050		1103	1107				1120		1133	1137
Westcliff (WCF)	d	1005	1009		1022		1035	1039			1052		1105	1109				1122		1135	1139
Southend Central (SOC)	a	1007	1011		1024		1037	1041			1054		1107	1111				1124		1137	1141
Southend Central (SOC)	d	1008	1012		1025		1038	1042			1055		1108	1112				1125		1138	1142
Southend East (SOE)	d	1010	1014		1027		1040	1044			1057		1110	1114				1127		1140	1144
Thorpe Bay (TPB)	d	1012	1016		1029		1042	1046			1059		1112	1116				1129		1142	1146
Shoeburyness (SRY)	a	1017	1020		1033		1047	1050			1103		1117	1120				1133		1147	1150

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
London Fenchurch Street (FST)	7 d	1100	1107			1123	1130	1137			1153	1200	1207					1223	1230	1237	
Limehouse (LHS)	DLR d	1104	1111			1127	1134	1141			1157	1204	1211					1227	1234	1241	
West Ham (WEH)	DLR d	1109	1117			1133	1139	1147			1203	1209	1217					1233	1239	1247	
London Liverpool Street (LST)	15 d				1115					1145								1215			
Stratford (SRA)	DLR 7 d				1123					1152								1223			
Barking (BKG)	d	1114	1123		1133	1138	1144	1153			1204	1208	1214	1223				1233	1238	1244	1253
Upminster (UPM)	d	1123			1143	1147	1153				1214	1217	1223					1243	1247	1253	
Ockendon (OCK)	d					1152							1222						1252		
Chafford Hundred Lakeside (CFH)	d					1156							1226						1256		
Dagenham Dock (DDK)	d		1127					1157							1227					1257	
Rainham (RNM)	d		1131					1201							1231					1301	
Purfleet (PFL)	d		1136					1206							1236					1306	
Grays (GRY)	a		1142			1200		1212				1230		1242					1300	1312	
Grays (GRY)	d			←		1200			←			1230			←				1300		←
Tilbury Town (TIL)	8 d			1133		1203			1203		1233				1233				1303		1303
East Tilbury (ETL)	d			1139		→			1209		→				1239				→		1309
Stanford-le-Hope (SFO)	d			1143					1213						1243						1313
West Horndon (WHR)	d	1128					1158							1228						1258	
Laindon (LAI)	d	1132			1151		1202				1222			1232				1251		1302	
Basildon (BSO)	d	1136			1154		1206				1225			1236				1254		1306	
Pitsea (PSE)	d	1139		1152			1209		1222					1239						1309	1322
Benfleet (BEF)	d	1143		1156	1200		1213		1226	1231		1243		1256	1300					1313	1326
Leigh-on-Sea (LES)	d	1147		1200	1204		1217		1230	1235		1247		1300	1304					1317	1330
Chalkwell (CHW)	d	1150		1203	1207		1220		1233	1238		1250		1303	1307					1320	1333
Westcliff (WCF)	d	1152		1205	1209		1222		1235	1240		1252		1305	1309					1322	1335
Southend Central (SOC)	a	1154		1207	1211		1224		1237	1242		1254		1307	1311					1324	1337
Southend Central (SOC)	d	1155		1208	1212		1225		1238	1243		1255		1308	1312					1325	1338
Southend East (SOE)	d	1157		1210	1214		1227		1240	1245		1257		1310	1314					1327	1340
Thorpe Bay (TPB)	d	1159		1212	1216		1229		1242	1247		1259		1312	1316					1329	1342
Shoeburyness (SRY)	a	1203		1217	1220		1233		1247	1251		1303		1317	1320					1333	1347

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

- a Arrival time
- d Departure time

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

Saturdays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
London Fenchurch Street (FST) 7 d		1253	1300	1307				1323	1330	1337			1353	1400	1407		1423	1430
Limehouse (LHS) DLR d		1257	1304	1311				1327	1334	1341			1357	1404	1411		1427	1434
West Ham (WEH) DLR d		1303	1309	1317				1333	1339	1347			1403	1409	1417		1433	1439
London Liverpool Street (LST) 15 d	1245						1315						1345				1415	
Stratford (SRA) DLR 7 d	1252						1323						1352				1422	
Barking (BKG) 7 d	1303	1308	1314	1323			1333	1338	1344	1353			1403	1414	1423		1433	1438
Upminster (UPM) 7 d	1313	1317	1323				1343	1347	1353				1413	1417	1423		1443	1447
Ockendon (OCK) d		1322						1352						1422				1452
Chafford Hundred Lakeside (CFH) d		1326						1356						1426				1456
Dagenham Dock (DDK) d				1329								1357					1427	
Rainham (RNM) d				1332								1401					1431	
Purfleet (PFL) d				1337								1406					1436	
Grays (GRY) a		1330		1344				1400				1412			1430		1442	
Grays (GRY) d		1330						1400						1430				1500
Tilbury Town (TIL) 8 d		1333					1333					1403		1433			1433	1503
East Tilbury (ETL) d							1339					1409					1439	
Stanford-le-Hope (SFO) d							1343					1413					1443	
West Horndon (WHR) d			1328							1358					1428			1458
Laindon (LAI) d	1321		1332				1351			1402			1421		1432		1451	1502
Basildon (BSO) d	1324		1336				1354			1406			1424		1436		1454	1506
Pitsea (PSE) d			1339				1352			1409			1422		1439		1452	1509
Benfleet (BEF) d	1330		1343				1356	1400		1413			1426	1430	1443		1456	1500
Leigh-on-Sea (LES) d	1334		1347				1400	1404		1417			1430	1434	1447		1500	1504
Chalkwell (CHW) d	1337		1350				1403	1407		1420			1433	1437	1450		1503	1507
Westcliff (WCF) d	1339		1352				1405	1409		1422			1435	1439	1452		1505	1509
Southend Central (SOC) a	1341		1354				1407	1411		1424			1437	1441	1454		1507	1511
Southend Central (SOC) d	1342		1355				1408	1412		1425			1438	1442	1455		1508	1512
Southend East (SOE) d	1344		1357				1410	1414		1427			1440	1444	1457		1510	1514
Thorpe Bay (TPB) d	1346		1359				1412	1416		1429			1442	1446	1459		1512	1516
Shoeburyness (SRY) a	1350		1403				1417	1420		1433			1447	1450	1503		1517	1520

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
London Fenchurch Street (FST) 7 d	1437			1453	1500	1507				1523	1530	1537			1553	1600	1607
Limehouse (LHS) DLR d	1441			1457	1504	1511				1527	1534	1541			1557	1604	1611
West Ham (WEH) DLR d	1447			1503	1509	1517				1533	1539	1547			1603	1609	1617
London Liverpool Street (LST) 15 d			1445						1515						1545		
Stratford (SRA) DLR 7 d			1452						1523						1552		
Barking (BKG) 7 d	1453		1503	1508	1514	1523			1533	1538	1544	1553			1603	1608	1614
Upminster (UPM) 7 d			1513	1517	1523				1543	1547	1553				1613	1617	1623
Ockendon (OCK) d				1522						1552						1622	
Chafford Hundred Lakeside (CFH) d				1526						1556						1626	
Dagenham Dock (DDK) d	1457					1527						1557					1627
Rainham (RNM) d	1501					1531						1601					1631
Purfleet (PFL) d	1506					1536						1606					1636
Grays (GRY) a	1512			1530		1542				1600		1612			1630		1642
Grays (GRY) d				1530						1600					1630		
Tilbury Town (TIL) 8 d		1503		1533					1533	1603				1603	1633		1633
East Tilbury (ETL) d		1509							1539					1609			1639
Stanford-le-Hope (SFO) d		1513							1543					1613			1643
West Horndon (WHR) d					1528							1558					1628
Laindon (LAI) d			1521		1532				1551	1602				1621		1632	
Basildon (BSO) d			1524		1536				1554	1606				1624		1636	
Pitsea (PSE) d		1522			1539				1552	1609			1622			1639	1652
Benfleet (BEF) d	1526	1530			1543			1556	1600	1613			1626	1630		1643	1656
Leigh-on-Sea (LES) d	1530	1534			1547			1600	1604	1617			1630	1634		1647	1700
Chalkwell (CHW) d	1533	1537			1550			1603	1607	1620			1633	1637		1650	1703
Westcliff (WCF) d	1535	1539			1552			1605	1609	1622			1635	1639		1652	1705
Southend Central (SOC) a	1537	1541			1554			1607	1611	1624			1637	1641		1654	1707
Southend Central (SOC) d	1538	1542			1555			1608	1612	1625			1638	1642		1655	1708
Southend East (SOE) d	1540	1544			1557			1610	1614	1627			1640	1644		1657	1710
Thorpe Bay (TPB) d	1542	1546			1559			1612	1616	1629			1642	1646		1659	1712
Shoeburyness (SRY) a	1547	1550			1603			1617	1620	1633			1647	1650		1703	1717

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

- a Arrival time
- d Departure time

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

Saturdays

Operator Days of operation/Notes	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
London Fenchurch Street (FST) 7 d	2330		2344				2359	0005		0015	0041	
Limehouse (LHS) DLR d	2334		2348				0003	0009		0019	0045	
West Ham (WEH) DLR d	2339		2353				0009	0014		0025	0050	
London Liverpool Street (LST) 15 d				2348								
Stratford (SRA) DLR 7 d				2355								
Barking (BKG) 6 d	2344		2358	0007			0015	0020		0030	0056	
Upminster (UPM) 6 d	2353		0007	0016				0028		0039	0104	
Ockendon (OCK) d			0012							0044		
Chafford Hundred Lakeside (CFH) d			0016							0048		
Dagenham Dock (DDK) d							0019					
Rainham (RNM) d							0023					
Purfleet (PFL) d							0028					
Grays (GRY) a			0020				0033			0052		
Grays (GRY) d		←	0020		←		0034		←	0052		
Tilbury Town (TIL) 3 d		0005	0023		0023	0037		0037		0055		
East Tilbury (ETL) d		0011	→		0029	→		0043		0101		
Stanford-le-Hope (SFO) d		0014			0033			0046		0105		
West Horndon (WHR) d	2358			0021			0033				0109	
Laindon (LAI) d	0001			0026			0038				0114	
Basildon (BSO) d	0006			0029			0041				0117	
Pitsea (PSE) d	0009	0022		0033	0041		0045	0055	0113	0121		
Benfleet (BEF) d	0013	0026		0036	0045		0048	0059	0117	0124		
Leigh-on-Sea (LES) d	0017	0031		0041	0049		0053	0103	0121	0129		
Chalkwell (CHW) d	0020	0033		0043	0052		0055	0106	0124	0131		
Westcliff (WCF) d	0022	0035		0045	0054		0057	0108	0126	0133		
Southend Central (SOC) a	0024	0038		0048	0056		0100	0110	0128	0136		
Southend Central (SOC) d	0025	0038		0048	0056		0100	0111	0128	0136		
Southend East (SOE) d	0027	0040		0050	0058		0102	0113	0130	0138		
Thorpe Bay (TPB) d	0029	0043		0052	0101		0105	0115	0133	0141		
Shoeburyness (SRY) a	0033	0047		0056	0105		0109	0119	0137	0145		

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

a Arrival time
d Departure time

SUM Sunday mornings

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

Sundays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
London Fenchurch Street (FST)	7 d	1853	1905	1923	1935	1953	2005	2023	2035	2053	2105	2123	2138						
Limehouse (LHS)	DLR d	1857	1909	1927	1939	1957	2009	2027	2039	2057	2109	2127	2142						
West Ham (WEH)	DLR d	1902	1914	1932	1944	2002	2014	2032	2044	2102	2114	2132	2147						
London Liverpool Street (LST)	15 d		1915		1945		2015		2045		2115		2145						
Stratford (SRA)	DLR 7 d		1922		1952		2022		2052		2122		2152						
Barking (BKG)	DLR d	1908	1920	1933	1938	1950	2003	2008	2020	2033	2038	2050	2103	2108	2120	2133	2138	2153	2203
Upminster (UPM)	DLR d	1916		1942	1946	2012	2016	2042	2046	2112	2116	2142	2146	2212					
Ockendon (OCK)	d	1922		1952		2022		2052		2122		2152							
Chafford Hundred Lakeside (CFH)	d	1926		1956		2026		2056		2126		2156							
Dagenham Dock (DDK)	d		1925		1955		2025		2055		2125		2155						2158
Rainham (RNM)	d		1928		1958		2028		2058		2128		2158						2201
Purfleet (PFL)	d		1933		2003		2033		2103		2133		2203						2206
Grays (GRY)	a	1930	1940	2000	2010	2030	2040	2100	2110	2130	2140	2200	2213						
Grays (GRY)	d	1930		2000		2030		2100		2130		2200							
Tilbury Town (TIL)	8 d	1933		2003		2033		2103		2133		2203							
East Tilbury (ETL)	d	1939		2009		2039		2109		2139		2209							
Stanford-le-Hope (SFO)	d	1943		2013		2043		2113		2143		2213							
West Horndon (WHR)	d		1947		2017		2047		2117		2147		2217						
Laindon (LAI)	d		1952		2022		2052		2122		2152		2222						
Basildon (BSO)	d		1956		2026		2056		2126		2156		2226						
Pitsea (PSE)	d	1951	1959	2021	2029	2051	2059	2121	2129	2151	2159	2221	2229						
Benfleet (BEF)	d	1955	2003	2025	2033	2055	2103	2125	2133	2155	2203	2225	2233						
Leigh-on-Sea (LES)	d	2000	2007	2030	2037	2100	2107	2130	2137	2200	2207	2230	2237						
Chalkwell (CHW)	d	2002	2010	2032	2040	2102	2110	2132	2140	2202	2210	2232	2240						
Westcliff (WCF)	d	2004	2012	2034	2042	2104	2112	2134	2142	2204	2212	2234	2242						
Southend Central (SOC)	a	2007	2014	2037	2044	2107	2114	2137	2144	2207	2214	2237	2244						
Southend Central (SOC)	d	2007	2015	2037	2045	2107	2115	2137	2145	2207	2215	2237	2245						
Southend East (SOE)	d	2009	2017	2039	2047	2109	2117	2139	2147	2209	2217	2239	2247						
Thorpe Bay (TPB)	d	2012	2019	2042	2049	2112	2119	2142	2149	2212	2219	2242	2249						
Shoeburyness (SRY)	a	2017	2023	2047	2053	2117	2123	2147	2153	2216	2223	2247	2253						

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	MM
London Fenchurch Street (FST)	7 d	2153		2223		2311		2341	0011		
Limehouse (LHS)	DLR d	2157		2227		2315		2345	0015		
West Ham (WEH)	DLR d	2202		2232		2320		2350	0020		
London Liverpool Street (LST)	15 d		2215		2245		2315				
Stratford (SRA)	DLR 7 d		2222		2252		2322				
Barking (BKG)	DLR d	2208	2233	2238	2303	2326	2333	2356	0026		
Upminster (UPM)	DLR d	2216	2242	2246	2312	2334	2342	0005	0034		
Ockendon (OCK)	d	2222		2252		2340					
Chafford Hundred Lakeside (CFH)	d	2226		2256		2344					
Dagenham Dock (DDK)	d										
Rainham (RNM)	d										
Purfleet (PFL)	d										
Grays (GRY)	a	2230		2300		2348					
Grays (GRY)	d	2230		2300		2348		←			
Tilbury Town (TIL)	8 d	2233		2303		2351		2351			
East Tilbury (ETL)	d	2239		2309		←		2357			
Stanford-le-Hope (SFO)	d	2243		2313				0001			
West Horndon (WHR)	d		2247		2317		2347		0010	0039	
Laindon (LAI)	d		2252		2322		2352		0015	0044	
Basildon (BSO)	d		2256		2326		2356		0018	0047	
Pitsea (PSE)	d	2251	2259	2321	2329		2359	0009	0022	0051	
Benfleet (BEF)	d	2255	2303	2325	2333		0003	0013	0025	0054	
Leigh-on-Sea (LES)	d	2300	2307	2330	2337		0007	0017	0030	0059	
Chalkwell (CHW)	d	2302	2310	2332	2340		0010	0020	0032	0101	
Westcliff (WCF)	d	2304	2312	2334	2342		0012	0022	0034	0103	
Southend Central (SOC)	a	2307	2314	2337	2344		0014	0024	0037	0106	
Southend Central (SOC)	d	2307	2315	2337	2345		0015	0025	0037	0106	
Southend East (SOE)	d	2309	2317	2339	2347		0017	0027	0039	0108	
Thorpe Bay (TPB)	d	2312	2319	2342	2349		0019	0029	0042	0111	
Shoeburyness (SRY)	a	2317	2323	2347	2353		0023	0033	0046	0115	

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

- a Arrival time
- d Departure time
- MM Monday mornings

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

Mondays to Fridays

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Shoeburyness (SRY)	d		0415					0459	0513				0520	0528	0534			0544
Thorpe Bay (TPB)	d	0406	0419			0435		0503	0508	0517			0524	0532	0538	0542		0548
Southend East (SOE)	d	0408	0421			0437		0505	0510	0519			0526	0534	0540	0544		0550
Southend Central (SOC)	a	0411	0424			0440		0508	0513	0522			0529	0537	0543	0547		0553
Southend Central (SOC)	d	0411	0424			0440		0508	0513	0522			0529	0537	0543	0547		0553
Westcliff (WCF)	d	0414	0426			0442		0510	0515	0524			0531	0539	0545	0549		0555
Chalkwell (CHW)	d	0416	0429			0444		0513	0517	0527			0534	0542	0548	0552		0557
Leigh-on-Sea (LES)	d	0419	0432			0447		0515	0520	0530			0536	0544	0550	0554		0600
Benfleet (BEF)	d	0423	0437			0451		0520	0524	0535			0541	0549	0555	0559		0605
Pitsea (PSE)	d	0428	0440			0456		0523	0529	0538			0546	0552	0602f			0608
Basildon (BSO)	d		0444					0527		0542				0556				0612
Laindon (LAI)	d		0447					0531		0546				0600		0606		0616
West Horndon (WHR)	d		0451					0535		0550				0604				0620
Stanford-le-Hope (SFO)	d	0434		0434		0502			0535			0535		0552		0608		
East Tilbury (ETL)	d	↳		0437		0506			↳			0539		0556		↳		
Tilbury Town (TIL)	Ⓜ d			0443		0512						0545		0602				
Grays (GRY)	a			0446		0515						0548		0605				↳
Grays (GRY)	d			0446	0454	0515	0524					0548	0554	0606				0606
Purfleet (PFL)	d				0500		0530						0600	↳				0612
Rainham (RNM)	d				0505		0535						0605					0618
Dagenham Dock (DDK)	d				0509		0539						0609					0621
Chafford Hundred Lakeside (CFH)	d			0450		0519						0551						0619
Ockendon (OCK)	d			0454		0523						0555						0624
Upminster (UPM)	Ⓜ d		0457	0500		0530		0541		0556	0602			0610		0615		0626
Barking (BKG)	Ⓜ d		0505	0508	0515	0538	0545	0549		0604	0610	0615		0618			0627	0639
Stratford (SRA)	Ⓜ DLR 7 a																	
London Liverpool Street (LST)	Ⓜ 15 a																	
West Ham (WEH)	Ⓜ DLR d		0510	0513	0520	0543	0550	0555		0610	0616	0620		0623		0627	0633	0639
Limehouse (LHS)	Ⓜ DLR d		0515	0518	0525	0548	0555	0600		0615	0621	0625		0628		0633	0639	0644
London Fenchurch Street (FST)	Ⓜ 7 a		0520	0523	0530	0553	0600	0604		0619	0625	0630		0633		0637	0644	0649

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Shoeburyness (SRY)	d			0557		0607				0611					0626			0640
Thorpe Bay (TPB)	d		0555	0601		0611				0615					0630			0644
Southend East (SOE)	d		0557	0603		0613				0617					0632			0646
Southend Central (SOC)	a		0600	0606						0620					0635			0649
Southend Central (SOC)	d		0600	0606	0611					0620					0635			0645
Westcliff (WCF)	d		0602	0608	0613					0622					0637			0648
Chalkwell (CHW)	d		0605	0611	0616					0625					0640			0650
Leigh-on-Sea (LES)	d		0607	0614	0618	0622				0628	0635				0643			0653
Benfleet (BEF)	d		0612	0619	0623	0627				0633	0640				0648			0657
Pitsea (PSE)	d		0618	0623	0628	0631				0637				0647	0652			0703
Basildon (BSO)	d			0627		0635				0641	0646				0656			0709
Laindon (LAI)	d			0630		0639				0644	0649				0659	0703		0713
West Horndon (WHR)	d	↳		0635						0654			↳			0708		0717
Stanford-le-Hope (SFO)	d	0608	0624		0634				↳			0634		0653			0653	0710
East Tilbury (ETL)	d	0612	0628		↳				0628			0637		↳			0656	↳
Tilbury Town (TIL)	Ⓜ d		0618	↳					0634			0643					0702	
Grays (GRY)	a		0621							0637					0646			0705
Grays (GRY)	d	0622					0631	0638				0647	0651				0701	0706
Purfleet (PFL)	d	0628						0644					0657					0712
Rainham (RNM)	d	0633						0649					0703					0717
Dagenham Dock (DDK)	d	0637						0653					0707					0721
Chafford Hundred Lakeside (CFH)	d						0635					0651					0706	
Ockendon (OCK)	d						0640					0656					0711	
Upminster (UPM)	Ⓜ d			0640			0649			0654	0659	0703		0709	0713	0718		
Barking (BKG)	Ⓜ d	0643				0654			0659	0703	0708	0711		0713			0728	0735e
Stratford (SRA)	Ⓜ DLR 7 a																	↳
London Liverpool Street (LST)	Ⓜ 15 a																	
West Ham (WEH)	Ⓜ DLR d	0649		0653		0659	0702	0705	0709	0713	0717	0720		0723	0728	0732	0735	
Limehouse (LHS)	Ⓜ DLR d	0654		0659		0705	0708	0711	0714	0719	0722	0725		0728	0733	0737	0740	
London Fenchurch Street (FST)	Ⓜ 7 a	0659		0703		0709	0712	0715	0719	0723	0727	0730		0732	0738	0742	0745	

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

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

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

Mondays to Fridays

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Shoeburyness (SRY)	d	0648					0702							0718				
Thorpe Bay (TPB)	d	0652					0706							0712	0722			
Southend East (SOE)	d	0654					0708							0714	0724			
Southend Central (SOC)	a	0657					0711							0717	0727			
Southend Central (SOC)	d	0657				0703	0711							0717	0727			
Westcliff (WCF)	d	0659				0705	0713							0719	0729			
Chalkwell (CHW)	d	0702				0708	0716							0722	0732			
Leigh-on-Sea (LES)	d	0705		0708		0711						0721		0725			0737	
Benfleet (BEF)	d	0710		0713		0716			↩			0726		0730			0742	
Pitsea (PSE)	d			0716		0720				0720				0734				0735
Basildon (BSO)	d			0720								0734		0738	0742		↩	0748
Laindon (LAI)	d	0717									0731			0746e			↩	0752
West Horndon (WHR)	d								↩		0736			↩				
Stanford-le-Hope (SFO)	d						0710	0726							0726			0742
East Tilbury (ETL)	d						0714		↩						0730			0745
Tilbury Town (TIL)	3 d						0720								0736			0752
Grays (GRY)	a						0723								0739			0755
Grays (GRY)	d				0717			0724				0731			0740			0747
Purfleet (PFL)	d							0730							0746			↩
Rainham (RNM)	d							0736							0751			
Dagenham Dock (DDK)	d							0740							0755			
Chafford Hundred Lakeside (CFH)	d				0721								0735					0751
Ockendon (OCK)	d				0726								0741					0756
Upminster (UPM)	⊖ d			↩	0733					0741		0748				0757		0803
Barking (BKG)	⊖ d		0735e		0741			0746		0750		0757			0802			0811
Stratford (SRA)	⊖ DLR 7 a																	
London Liverpool Street (LST)	⊖ 15 a																	
West Ham (WEH)	⊖ DLR d		0741	0744	0747		0750	0753		0756	0759	0802		0805	0808	0811	0814	0817
Limehouse (LHS)	DLR d		0746	0749	0752		0755	0758		0801	0804	0807			0813	0816	0819	0822
London Fenchurch Street (FST)	7 a	0747	0751	0754	0757		0800	0803		0806	0809	0812		0814	0818	0821	0824	0827

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d						0739		0746				0800				0815		0834
Thorpe Bay (TPB)	d	0731					0743		0750				0804				0819		0838
Southend East (SOE)	d	0733					0745		0752				0806				0821		0840
Southend Central (SOC)	a	0736					0748		0755				0809				0824		0843
Southend Central (SOC)	d	0736					0748		0755				0809				0824		0843
Westcliff (WCF)	d	0738					0750		0757				0811				0826		0845
Chalkwell (CHW)	d	0741					0753		0800				0814				0829		0848
Leigh-on-Sea (LES)	d	0744					0756			0805		0810	0817				0832		0851
Benfleet (BEF)	d	0749					0801					0822					0837		0856
Pitsea (PSE)	d	0753				0751	0804				0814			0818	0836		0840		
Basildon (BSO)	d	0757					0808		0812	0818		0828					0844		0902
Laindon (LAI)	d			0803			0812			0822				0834			0848		0905
West Horndon (WHR)	d			0808					0820					0839					↩
Stanford-le-Hope (SFO)	d					0757								0824	0843				0843
East Tilbury (ETL)	d					0801								0828		↩			0846
Tilbury Town (TIL)	3 d					0807								0834					0853
Grays (GRY)	a			↩		0810			↩					0837					0856
Grays (GRY)	d		0756		0801	0810			0810			0818			0837			0847	0856
Purfleet (PFL)	d		0802				↩		0816						0843				0902
Rainham (RNM)	d		0807						0822						0849				0908
Dagenham Dock (DDK)	d		0811						0826						0853				0911
Chafford Hundred Lakeside (CFH)	d				0805							0822						0851	
Ockendon (OCK)	d				0810							0826						0856	
Upminster (UPM)	⊖ d	0807		0813	0817		0821		0826			0833		0844			0856	0903	0914
Barking (BKG)	⊖ d		0817	0822	0826			0832		0838	0841	0846	0853	0859			0905	0911	0917
Stratford (SRA)	⊖ DLR 7 a																		
London Liverpool Street (LST)	⊖ 15 a																		
West Ham (WEH)	⊖ DLR d	0820	0823	0828	0831		0834	0838	0841	0844	0847	0852	0858	0905			0910	0917	0923
Limehouse (LHS)	DLR d	0825	0829	0833	0837		0840	0843	0846	0849	0852	0858	0904	0910			0916	0922	0929
London Fenchurch Street (FST)	7 a	0830	0833	0838	0841		0844	0848	0851	0854	0857	0903	0908	0915			0920	0928	0933

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

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

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

Mondays to Fridays

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC			
Shoeburyness (SRY)	d					0854		0907					0927		0941			0957	1011		
Thorpe Bay (TPB)	d					0858		0911					0931		0945			1001	1015		
Southend East (SOE)	d					0900		0913					0933		0947			1003	1017		
Southend Central (SOC)	a					0903		0916					0936		0950			1006	1020		
Southend Central (SOC)	d		0850			0903	0912	0916					0936	0942	0950			1006	1012	1020	
Westcliff (WCF)	d		0852			0905	0915	0918					0938	0945	0952			1008	1015	1022	
Chalkwell (CHW)	d		0855			0908	0917	0921					0941	0947	0955			1011	1017	1025	
Leigh-on-Sea (LES)	d		0858			0911	0920	0924					0943	0950	0957			1013	1020	1027	
Benfleet (BEF)	d		0903			0916	0924	0929					0948	0954	1002			1018	1024	1032	
Pitsea (PSE)	d	0847	0906		0916	0920	0929						0951	0959				1022	1029		
Basildon (BSO)	d		0910			0924		0935					0955		1008			1026		1038	
Laindon (LAI)	d		0914			0927		0938					0958		1011			1030		1041	
West Horndon (WHR)	d		0918			0932						←	1003				←	1034			
Stanford-le-Hope (SFO)	d	0854			0923		0935					0935		1005			1005		1035		
East Tilbury (ETL)	d	0857			0926		→					0938		→			1008		→		
Tilbury Town (TIL)	3 d	0904			0933							0944					1014				
Grays (GRY)	a	0907			0936						←	0947					1017				
Grays (GRY)	d	0908		0917	0936					0936	0948	0953				1010	1017				
Purfleet (PFL)	d	0914			→					0942		0959				1016					
Rainham (RNM)	d	0919								0948		1004				1021					
Dagenham Dock (DDK)	d	0923								0951		1007				1024					
Chafford Hundred Lakeside (CFH)	d			0921								0952						1021			
Ockendon (OCK)	d			0925								0956						1025			
Upminster (UPM)	⇄ d		0924	0932		0937		0946				1003		1008		1019		1031	1041	1049	
Barking (BKG)	⇄ d	0929	0932	0940		0946		0955	0958	1011	1013	1017			1027	1030	1040	1050	1057		
Stratford (SRA)	⇄ DLR 7 a																				
London Liverpool Street (LST)	⇄ 15 a																				
West Ham (WEH)	⇄ DLR d	0935	0938	0946		0951		1000	1004	1016	1019	1022			1032	1036	1046	1056		1102	
Limehouse (LHS)	DLR d	0940	0943	0951		0957		1005	1009	1021	1024	1028			1037	1041	1051	1101		1107	
London Fenchurch Street (FST)	7 a	0945	0948	0956		1001		1009	1013	1025	1028	1033			1042	1045	1056	1105		1112	

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
Shoeburyness (SRY)	d			1027		1041				1057		1111			1127		1141			1157	
Thorpe Bay (TPB)	d			1031		1045				1101		1115			1131		1145			1201	
Southend East (SOE)	d			1033		1047				1103		1117			1133		1147			1203	
Southend Central (SOC)	a			1036		1050				1106		1120			1136		1150			1206	
Southend Central (SOC)	d			1036	1042	1050				1106	1112	1120			1136	1139	1150			1206	
Westcliff (WCF)	d			1038	1045	1052				1108	1115	1122			1138	1142	1152			1208	
Chalkwell (CHW)	d			1041	1047	1055				1111	1117	1125			1141	1144	1155			1211	
Leigh-on-Sea (LES)	d			1043	1050	1057				1113	1120	1127			1143	1147	1157			1213	
Benfleet (BEF)	d			1048	1054	1102				1118	1124	1132			1148	1151	1202			1218	
Pitsea (PSE)	d			1051	1059					1121	1129				1151	1156				1221	
Basildon (BSO)	d			1055		1108				1125		1138			1155		1208			1225	
Laindon (LAI)	d			1058		1111				1128		1141			1158		1211			1228	
West Horndon (WHR)	d		←	1103						1133					1203				←	1233	
Stanford-le-Hope (SFO)	d		1035		1105					1105		1135			1135		1202			1202	
East Tilbury (ETL)	d		1038		→					1108		→			1138		→			1205	
Tilbury Town (TIL)	3 d		1044							1114					1144					1211	
Grays (GRY)	a		1047							1117					1147					1214	
Grays (GRY)	d	1040	1047					1110	1117					1140	1147					1210	1214
Purfleet (PFL)	d	1046						1116						1146						1216	
Rainham (RNM)	d	1051						1121						1151						1221	
Dagenham Dock (DDK)	d	1054						1124						1154						1224	
Chafford Hundred Lakeside (CFH)	d		1051							1121					1151					1218	
Ockendon (OCK)	d		1055							1125					1155					1222	
Upminster (UPM)	⇄ d		1101	1108		1119		1131	1138			1149			1201	1208		1219		1229	1238
Barking (BKG)	⇄ d	1100	1109	1117		1127	1130	1139	1147			1157	1200	1209	1216		1227	1230	1238	1247	
Stratford (SRA)	⇄ DLR 7 a																				
London Liverpool Street (LST)	⇄ 15 a																				
West Ham (WEH)	⇄ DLR d	1106	1114	1122		1132	1136	1144	1152			1202	1206	1214	1221			1232	1236	1243	1252
Limehouse (LHS)	DLR d	1111	1119	1127		1137	1141	1149	1157			1207	1211	1219	1226			1237	1241	1248	1257
London Fenchurch Street (FST)	7 a	1116	1125	1131		1142	1146	1154	1201			1212	1216	1224	1230			1242	1246	1253	1301

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

- a Arrival time
- d Departure time

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d		1211			1227		1241			1257		1311			1327		1341	
Thorpe Bay (TPB)	d		1215			1231		1245			1301		1315			1331		1345	
Southend East (SOE)	d		1217			1233		1247			1303		1317			1333		1347	
Southend Central (SOC)	a		1220			1236		1250			1306		1320			1336		1350	
Southend Central (SOC)	d	1212	1220			1236	1242	1250			1306	1311	1320			1336	1342	1350	
Westcliff (WCF)	d	1215	1222			1238	1245	1252			1308	1314	1322			1338	1345	1352	
Chalkwell (CHW)	d	1217	1225			1241	1247	1255			1311	1316	1325			1341	1347	1355	
Leigh-on-Sea (LES)	d	1220	1227			1243	1250	1257			1313	1319	1327			1343	1350	1357	
Benfleet (BEF)	d	1224	1232			1248	1254	1302			1318	1323	1332			1348	1354	1402	
Pitsea (PSE)	d	1229				1251	1259				1321	1328				1351	1359		
Basildon (BSO)	d		1238			1255		1308			1325		1338			1355		1408	
Laindon (LAI)	d		1241			1258		1311			1328		1341			1358		1411	
West Horndon (WHR)	d				←	1303				←	1333				←	1403			
Stanford-le-Hope (SFO)	d	1235			1235		1305				1305	1334			1334		1405		
East Tilbury (ETL)	d	→			1238		→				1308	→			1337		→		
Tilbury Town (TIL)	8 d				1244						1314				1343				
Grays (GRY)	a				1247						1317				1346				
Grays (GRY)	d			1240	1247				1310	1317				1340	1346				1410
Purfleet (PFL)	d			1246					1316					1346					1416
Rainham (RNM)	d			1251					1321					1351					1421
Dagenham Dock (DDK)	d			1254					1324					1354					1424
Chafford Hundred Lakeside (CFH)	d				1251						1321				1350				
Ockendon (OCK)	d				1255						1325				1354				
Upminster (UPM)	⊖ d		1249		1301	1308		1319			1331	1338		1349	1401	1408		1419	
Barking (BKG)	⊖ d		1257	1300	1309	1316		1327	1330	1340	1346		1357	1401	1409	1416		1427	1430
Stratford (SRA)	⊖ DLR 7 a																		
London Liverpool Street (LST)	⊖ 15 a																		
West Ham (WEH)	⊖ DLR d		1302	1306	1314	1321		1332	1336	1345	1351		1402	1406	1414	1421		1432	1436
Limehouse (LHS)	DLR d		1307	1311	1319	1326		1337	1341	1351	1356		1407	1411	1419	1426		1437	1441
London Fenchurch Street (FST)	7 a		1312	1316	1324	1331		1342	1345	1356	1400		1412	1416	1424	1432		1442	1446

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d		1357			1411			1427		1441			1457		1511		1526	
Thorpe Bay (TPB)	d		1401			1415			1431	1437	1445			1501		1515		1530	1536
Southend East (SOE)	d		1403			1417			1433	1439	1447			1503		1517		1532	1538
Southend Central (SOC)	a		1406			1420			1436	1442	1450			1506		1520		1535	1541
Southend Central (SOC)	d		1406	1412	1420				1436	1443	1450			1506	1511	1520		1535	1541
Westcliff (WCF)	d		1408	1415	1422				1438	1445	1452			1508	1514	1522		1537	1543
Chalkwell (CHW)	d		1411	1417	1425				1441	1447	1455			1511	1516	1525		1540	1546
Leigh-on-Sea (LES)	d		1413	1420	1427				1443	1450	1457			1513	1519	1527		1542	1549
Benfleet (BEF)	d		1418	1424	1432				1448	1454	1502			1518	1523	1532		1547	1553
Pitsea (PSE)	d		1421	1429					1451	1459				1521	1528			1550	1559
Basildon (BSO)	d		1425		1438				1455		1508			1525		1538		1554	
Laindon (LAI)	d		1428		1441				1458		1511			1528		1541		1558	
West Horndon (WHR)	d	←	1433					←	1503				←	1533				←	1602
Stanford-le-Hope (SFO)	d	1405		1435			1435		1505				1505		1534			1534	1605
East Tilbury (ETL)	d	1408		→			1438		→				1508		→			1537	→
Tilbury Town (TIL)	8 d		1414				1444						1514					1543	
Grays (GRY)	a		1417				1447						1517					1546	
Grays (GRY)	d		1417			1440	1447				1510	1517				1540	1546		
Purfleet (PFL)	d					1446					1516					1546			
Rainham (RNM)	d					1451					1521					1551			
Dagenham Dock (DDK)	d					1454					1524					1554			
Chafford Hundred Lakeside (CFH)	d	1421					1451						1521				1550		
Ockendon (OCK)	d	1425					1455						1525				1554		
Upminster (UPM)	⊖ d		1431	1438		1449		1501	1508		1519		1531	1538		1549		1601	1608
Barking (BKG)	⊖ d		1439	1446		1457	1500	1509	1516		1527	1530	1539	1546		1557	1600	1611	1616
Stratford (SRA)	⊖ DLR 7 a																		
London Liverpool Street (LST)	⊖ 15 a																		
West Ham (WEH)	⊖ DLR d		1444	1451		1502	1506	1514	1521		1532	1536	1544	1551		1602	1606	1616	1621
Limehouse (LHS)	DLR d		1449	1456		1507	1511	1519	1526		1537	1541	1549	1556		1607	1611	1621	1626
London Fenchurch Street (FST)	7 a		1455	1500		1512	1515	1525	1530		1542	1545	1555	1600		1612	1616	1628	1631

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

- a Arrival time
- d Departure time

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

Mondays to Fridays

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d	1538			1554		1603		1614	1618						1640	1648		
Thorpe Bay (TPB)	d	1541			1558		1607		1618	1622						1644	1652		
Southend East (SOE)	d	1544			1600		1610		1620	1624						1646	1654		
Southend Central (SOC)	a	1546			1603		1613		1623	1627						1649	1657		
Southend Central (SOC)	d	1547			1603	1608	1614		1623	1627				1635		1649	1657		
Westcliff (WCF)	d	1549			1606	1611	1616		1625	1629				1637		1651	1659		
Chalkwell (CHW)	d	1551			1609	1613	1619		1628	1632				1640		1654	1702		
Leigh-on-Sea (LES)	d	1554			1612	1616	1621		1630	1634				1642		1657	1704		
Benfleet (BEF)	d	1558			1617	1620	1626		1635	1639				1647		1702	1709		
Pitsea (PSE)	d	1602					1625	1630		1643			1648		1651	1706	1714		1717
Basildon (BSO)	d	1605			1623		1634		1640	1647					1655	1710	1719		
Laindon (LAI)	d	1609			1626		1637		1644	1651					1658	1713	1722		
West Horndon (WHR)	d	1613			1631				1648				1648		1703		1718		
Stanford-le-Hope (SFO)	d			1605		1632							1632	1654					1723
East Tilbury (ETL)	d			1608									1635	1658					1727
Tilbury Town (TIL)	d			1615									1641	1704					1733
Grays (GRY)	a			1618									1644	1707					1736
Grays (GRY)	d		1609	1619				1637			1648		1647	1708		1708			1717
Purfleet (PFL)	d		1615					1643					1654			1713			
Rainham (RNM)	d		1620					1648					1701			1719			
Dagenham Dock (DDK)	d		1624					1652					1707			1722			
Chafford Hundred Lakeside (CFH)	d			1622									1652						1721
Ockendon (OCK)	d			1626									1657						1727
Upminster (UPM)	d	1619		1633		1646		1653	1659	1704				1708		1725		1734	
Barking (BKG)	d	1627	1630	1641		1655	1658	1701	1707				1713		1717	1728	1734	1739	1743
Stratford (SRA)	a																		
London Liverpool Street (LST)	a																		
West Ham (WEH)	d	1632	1636	1646	1650		1701	1704	1707	1713	1716	1719		1722	1734	1740	1746	1749	
Limehouse (LHS)	d	1637	1642	1651				1709	1712		1721	1724		1727	1739				1754
London Fenchurch Street (FST)	a	1642	1647	1657	1659		1710	1714	1717	1722	1725	1728		1731	1744	1750	1755	1758	

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Shoeburyness (SRY)	d	1657	1704		1715			1721			1727				1744				1759
Thorpe Bay (TPB)	d	1701	1708		1719			1725			1731				1748				1803
Southend East (SOE)	d	1703	1710		1721			1727			1733				1750				1805
Southend Central (SOC)	a	1706	1713		1724			1730			1736				1753				1808
Southend Central (SOC)	d	1706	1713		1724			1730			1736				1753				1808
Westcliff (WCF)	d	1708	1715		1726			1732			1738				1755				1810
Chalkwell (CHW)	d	1711	1718		1729			1735			1740				1758				1813
Leigh-on-Sea (LES)	d	1713	1720		1731			1737			1743	1757			1800				1815
Benfleet (BEF)	d	1718	1725		1736			1742			1747				1805				1820
Pitsea (PSE)	d	1721	1728				1732	1745			1751			1803	1808				1823
Basildon (BSO)	d	1725	1732		1743			1749			1755	1806			1812				1827
Laindon (LAI)	d	1728	1735		1746			1752			1758				1815				1831
West Horndon (WHR)	d	1733									1803				1820				1835
Stanford-le-Hope (SFO)	d						1738							1810					1810
East Tilbury (ETL)	d						1742												1813
Tilbury Town (TIL)	d						1748												1819
Grays (GRY)	a						1751												1822
Grays (GRY)	d			1737		1747	1751		1751					1803			1817	1823	1833
Purfleet (PFL)	d			1742					1757					1809			1829		1839
Rainham (RNM)	d			1748					1802					1816			1834		1845
Dagenham Dock (DDK)	d			1751					1806					1820			1838		1851
Chafford Hundred Lakeside (CFH)	d					1751										1821			
Ockendon (OCK)	d					1757				1757						1827			
Upminster (UPM)	d	1738	1744					1801			1805	1808	1816			1825	1834		1841
Barking (BKG)	d	1747	1752	1757					1812	1814	1817	1824	1827			1833	1842	1845	1849
Stratford (SRA)	a																		
London Liverpool Street (LST)	a																		
West Ham (WEH)	d	1752	1757	1803	1806			1813	1817	1820	1823	1829	1833		1838	1848	1851	1854	1903
Limehouse (LHS)	d	1757	1802	1808				1818	1825	1828	1838	1842	1844		1848	1858	1851	1854	1909
London Fenchurch Street (FST)	a	1801	1807	1812	1815			1822	1826	1829	1832	1838	1842		1848	1858	1901	1904	1914

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

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

Mondays to Fridays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d		1814			1829		1847			1857		1914			1927		1942	
Thorpe Bay (TPB)	d		1818			1833		1851			1901		1918			1931		1946	
Southend East (SOE)	d		1820			1835		1853			1903		1920			1933		1948	
Southend Central (SOC)	a		1823			1838		1856			1906		1923			1936		1951	
Southend Central (SOC)	d		1823			1838		1856			1906	1912	1923			1936	1942	1951	
Westcliff (WCF)	d		1825			1840		1858			1908	1915	1925			1938	1945	1953	
Chalkwell (CHW)	d		1828			1843		1901			1911	1917	1928			1941	1947	1956	
Leigh-on-Sea (LES)	d		1830			1845		1903			1914	1920	1930			1943	1950	1958	
Benfleet (BEF)	d		1835			1850		1908			1919	1924	1935			1948	1954	2003	
Pitsea (PSE)	d	1828	1838		1847	1854			1859	1918		1923	1929			1951	1959		
Basildon (BSO)	d		1842			1858		1914			1927		1941			1955		2009	
Laindon (LAI)	d		1845			1901		1917			1930		1944			1958		2012	
West Horndon (WHR)	d		1850			1906					1935					2003			
Stanford-le-Hope (SFO)	d	1834		1834	1854				1905	1926		1935			1935		2005		
East Tilbury (ETL)	d	↳		1838	1857				1909	1930		↳			1938			↳	
Tilbury Town (TIL)	Ⓜ d			1844	1903				1915	1937					1944				
Grays (GRY)	a			1847	1906				1918	1940					1947				
Grays (GRY)	d			1847	1907			1907		1919	1941				1941	1947			2010
Purfleet (PFL)	d				↳			1912			↳				1947				2016
Rainham (RNM)	d							1918							1952				2021
Dagenham Dock (DDK)	d							1921							1956				2024
Chafford Hundred Lakeside (CFH)	d			1851					1922						1951				
Ockendon (OCK)	d			1856					1926						1955				
Upminster (UPM)	Ⓜ d		1855	1903		1911		1925	1933		1940		1952		2001	2008		2020	
Barking (BKG)	Ⓜ d		1905	1912		1921	1927	1933	1941		1948		2000	2003	2010	2016		2028	2030
Stratford (SRA)	Ⓜ DLR 7 a																		
London Liverpool Street (LST)	Ⓜ 15 a																		
West Ham (WEH)	Ⓜ DLR d		1910	1917		1926	1933	1938	1946		1953		2005	2009	2015	2022		2033	2037
Limehouse (LHS)	Ⓜ DLR d		1915	1922		1931	1938	1943	1951		1958		2010	2014	2020	2027		2038	2043
London Fenchurch Street (FST)	Ⓜ 7 a		1919	1927		1935	1942	1948	1956		2003		2014	2019	2024	2031		2044	2049

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d		1957			2011			2027		2041			2057		2111		2127	
Thorpe Bay (TPB)	d		2001			2015			2031		2045			2101		2115		2131	
Southend East (SOE)	d		2003			2017			2033		2047			2103		2117		2133	
Southend Central (SOC)	a		2006			2020			2036		2050			2106		2120		2136	
Southend Central (SOC)	d		2006	2012	2020			2036	2042	2050			2106	2112	2120			2136	2142
Westcliff (WCF)	d		2008	2015	2022			2038	2045	2052			2108	2115	2122			2138	2145
Chalkwell (CHW)	d		2011	2017	2025			2041	2047	2055			2111	2117	2125			2141	2147
Leigh-on-Sea (LES)	d		2013	2020	2027			2043	2050	2057			2113	2120	2127			2143	2150
Benfleet (BEF)	d		2018	2024	2032			2048	2054	2102			2118	2124	2132			2148	2154
Pitsea (PSE)	d		2021	2029				2051	2059				2121	2129				2151	2159
Basildon (BSO)	d		2025		2038			2055		2108			2125		2138			2155	
Laindon (LAI)	d		2028		2041			2058		2111			2128		2141			2158	
West Horndon (WHR)	d	↳	2033					2103					2133					2203	
Stanford-le-Hope (SFO)	d	2005		2035			2035		2105				2105		2135			2135	2205
East Tilbury (ETL)	d	2008		↳			2038		↳				2108		↳			2138	↳
Tilbury Town (TIL)	Ⓜ d	2014					2044						2114					2144	
Grays (GRY)	a	2017					2047						2117					2147	
Grays (GRY)	d	2017				2040	2047			2110	2117					2143	2147		
Purfleet (PFL)	d					2046				2116						2149			
Rainham (RNM)	d					2051				2121						2154			
Dagenham Dock (DDK)	d					2054				2124						2157			
Chafford Hundred Lakeside (CFH)	d	2021					2051						2121					2151	
Ockendon (OCK)	d	2025					2055						2125					2155	
Upminster (UPM)	Ⓜ d	2031	2038		2049		2101	2108		2119		2131	2138		2149			2201	2208
Barking (BKG)	Ⓜ d	2039	2046		2057	2100	2109	2116		2127	2130	2139	2146		2157	2203	2209	2217	
Stratford (SRA)	Ⓜ DLR 7 a																		
London Liverpool Street (LST)	Ⓜ 15 a																		
West Ham (WEH)	Ⓜ DLR d	2044	2051		2102	2106	2114	2121		2132	2136	2144	2151		2202	2209	2214	2222	
Limehouse (LHS)	Ⓜ DLR d	2049	2056		2107	2111	2119	2126		2137	2141	2149	2156		2207	2214	2219	2227	
London Fenchurch Street (FST)	Ⓜ 7 a	2054	2100		2112	2115	2124	2130		2142	2145	2154	2200		2212	2218	2225	2232	

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

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Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC
Shoeburyness (SRY)	d	2141			2157			2227			2257			2327
Thorpe Bay (TPB)	d	2145			2201			2231			2301			2331
Southend East (SOE)	d	2147			2203			2233			2303			2333
Southend Central (SOC)	a	2150			2206			2236			2306			2336
Southend Central (SOC)	d	2150			2206		2212	2236		2242	2306		2312	2336
Westcliff (WCF)	d	2152			2208		2215	2238		2245	2308		2315	2338
Chalkwell (CHW)	d	2155			2211		2217	2241		2247	2311		2317	2341
Leigh-on-Sea (LES)	d	2157			2213		2220	2243		2250	2313		2320	2343
Benfleet (BEF)	d	2202			2218		2224	2248		2254	2318		2324	2348
Pitsea (PSE)	d				2221		2229	2251		2259	2321		2329	2351
Basildon (BSO)	d	2208			2225			2255			2325			2355
Laindon (LAI)	d	2211			2228			2258			2328			2358
West Horndon (WHR)	d			←	2233			2303			2333			0003
Stanford-le-Hope (SFO)	d			2205			2235			2305			2335	
East Tilbury (ETL)	d			2208			2238			2308			2338	
Tilbury Town (TIL)	8 d			2214			2244			2314			2344	
Grays (GRY)	a			2217			2247			2317			2347	
Grays (GRY)	d	2212	2217		2240		2247		2312	2317		2342	2347	
Purfleet (PFL)	d	2218			2246			2318			2348			
Rainham (RNM)	d	2223			2251			2323			2353			
Dagenham Dock (DDK)	d	2227			2254			2326			2356			
Chafford Hundred Lakeside (CFH)	d			2221			2251			2321			2351	
Ockendon (OCK)	d			2225			2255			2325			2355	
Upminster (UPM)	⊖ d	2219		2231	2238		2301	2308		2331	2338		0001	0008
Barking (BKG)	⊖ d	2227	2232	2239	2246	2300	2309	2316	2332	2339	2346	0002	0009	0016
Stratford (SRA)	⊖ DLR 7 a													
London Liverpool Street (LST)	⊖ 15 a													
West Ham (WEH)	⊖ DLR d	2232	2238	2244	2251	2306	2314	2321	2338	2344	2351	0008	0014	0021
Limehouse (LHS)	DLR d	2237	2243	2249	2256	2311	2319	2326	2343	2349	2356	0013	0019	0026
London Fenchurch Street (FST)	7 a	2242	2247	2254	2300	2315	2324	2330	2347	2354	0001	0017	0024	0031

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

- a Arrival time
- d Departure time

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

Saturdays

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

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

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

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

Saturdays

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
Shoeburyness (SRY)	d		0913	0926		0939		0943	0956		1009		1013	1026		1039		1043	1056
Thorpe Bay (TPB)	d		0917	0930		0943		0947	1000		1013		1017	1030		1043		1047	1100
Southend East (SOE)	d		0919	0932		0945		0949	1002		1015		1019	1032		1045		1049	1102
Southend Central (SOC)	a		0922	0935		0948		0952	1005		1018		1022	1035		1048		1052	1105
Southend Central (SOC)	d		0922	0935		0948		0952	1005		1018		1022	1035		1048		1052	1105
Westcliff (WCF)	d		0924	0937		0950		0954	1007		1020		1024	1037		1050		1054	1107
Chalkwell (CHW)	d		0927	0940		0953		0957	1010		1023		1027	1040		1053		1057	1110
Leigh-on-Sea (LES)	d		0930	0942		0956		1000	1012		1026		1030	1042		1056		1100	1112
Benfleet (BEF)	d		0935	0947		1001		1005	1017		1031		1035	1047		1101		1105	1117
Pitsea (PSE)	d		0940			1004		1010			1034		1040			1104		1110	
Basildon (BSO)	d				0953		1008		1023		1038		1053		1108			1123	
Laindon (LAI)	d				0957		1012		1027		1042		1057		1112			1127	
West Horndon (WHR)	d					1016				1046					1116				
Stanford-le-Hope (SFO)	d		0946		0946			1016		1016			1046		1046			1116	
East Tilbury (ETL)	d				0950					1020				1050					
Tilbury Town (TIL)	8 d				0956					1026				1056					
Grays (GRY)	a				0959					1029				1059					
Grays (GRY)	d	0952					1000		1022		1030		1052		1100		1122		
Purfleet (PFL)	d	0958						1028				1058					1128		
Rainham (RNM)	d	1003						1033				1103					1133		
Dagenham Dock (DDK)	d	1006						1036				1106					1136		
Chafford Hundred Lakeside (CFH)	d				1004					1034				1104					
Ockendon (OCK)	d				1008					1038				1108					
Upminster (UPM)	⊖ d			1006	1014	1022			1036	1044	1052		1106	1114	1122				1136
Barking (BKG)	⊖ d	1012		1016	1023	1030	1042		1046	1053	1100	1112		1116	1123	1130	1142		1146
Stratford (SRA)	⊖ DLR 7 a			1025					1055					1125					1155
London Liverpool Street (LST)	⊖ 15 a			1033					1103					1133					1203
West Ham (WEH)	⊖ DLR d	1018			1028	1036	1048			1058	1106	1118			1128	1136	1148		
Limehouse (LHS)	DLR d	1023			1033	1041	1053			1103	1111	1123			1133	1141	1153		
London Fenchurch Street (FST)	7 a	1027			1037	1045	1057			1107	1115	1127			1137	1145	1157		

	Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC			
Shoeburyness (SRY)	d		1109		1113	1126		1139		1143	1156		1209		1213	1226		1239		
Thorpe Bay (TPB)	d		1113		1117	1130		1143		1147	1200		1213		1217	1230		1243		
Southend East (SOE)	d		1115		1119	1132		1145		1149	1202		1215		1219	1232		1245		
Southend Central (SOC)	a		1118		1122	1135		1148		1152	1205		1218		1222	1235		1248		
Southend Central (SOC)	d		1118		1122	1135		1148		1152	1205		1218		1222	1235		1248		
Westcliff (WCF)	d		1120		1124	1137		1150		1154	1207		1220		1224	1237		1250		
Chalkwell (CHW)	d		1123		1127	1140		1153		1157	1210		1223		1227	1240		1253		
Leigh-on-Sea (LES)	d		1126		1130	1142		1156		1200	1212		1226		1230	1242		1256		
Benfleet (BEF)	d		1131		1135	1147		1201		1205	1217		1231		1235	1247		1301		
Pitsea (PSE)	d		1134		1140			1204		1210			1234		1240			1304		
Basildon (BSO)	d		1138			1153		1208			1223		1238			1253		1308		
Laindon (LAI)	d		1142			1157		1212			1227		1242			1257		1312		
West Horndon (WHR)	d		1146				1216					1246						1316		
Stanford-le-Hope (SFO)	d	1116			1146			1146		1216			1216		1246			1246		
East Tilbury (ETL)	d	1120				1150					1220					1250				
Tilbury Town (TIL)	8 d	1126				1156					1226					1256				
Grays (GRY)	a	1129				1159					1229					1259				
Grays (GRY)	d	1130		1152			1200		1222			1230		1252			1300		1322	
Purfleet (PFL)	d			1158				1228					1258						1328	
Rainham (RNM)	d			1203				1233					1303						1333	
Dagenham Dock (DDK)	d			1206				1236					1306						1336	
Chafford Hundred Lakeside (CFH)	d	1134				1204						1234						1304		
Ockendon (OCK)	d	1138				1208						1238						1308		
Upminster (UPM)	⊖ d	1144	1152			1206	1214	1222			1236	1244	1252			1306	1314	1322		
Barking (BKG)	⊖ d	1153	1200	1212		1216	1223	1230	1242		1246	1253	1300	1312		1316	1323	1330	1342	
Stratford (SRA)	⊖ DLR 7 a					1225					1255					1325				
London Liverpool Street (LST)	⊖ 15 a					1233					1303					1333				
West Ham (WEH)	⊖ DLR d	1158	1206	1218			1228	1236	1248			1258	1306	1318				1328	1336	1348
Limehouse (LHS)	DLR d	1203	1211	1223			1233	1241	1253			1303	1311	1323				1333	1341	1353
London Fenchurch Street (FST)	7 a	1207	1215	1227			1237	1245	1257			1307	1315	1327				1337	1345	1357

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

Saturdays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d	1243	1256		1309		1313	1326		1339		1343	1356		1409		1413	1426	
Thorpe Bay (TPB)	d	1247	1300		1313		1317	1330		1343		1347	1400		1413		1417	1430	
Southend East (SOE)	d	1249	1302		1315		1319	1332		1345		1349	1402		1415		1419	1432	
Southend Central (SOC)	a	1252	1305		1318		1322	1335		1348		1352	1405		1418		1422	1435	
Southend Central (SOC)	d	1252	1305		1318		1322	1335		1348		1352	1405		1418		1422	1435	
Westcliff (WCF)	d	1254	1307		1320		1324	1337		1350		1354	1407		1420		1424	1437	
Chalkwell (CHW)	d	1257	1310		1323		1327	1340		1353		1357	1410		1423		1427	1440	
Leigh-on-Sea (LES)	d	1300	1312		1326		1330	1342		1356		1400	1412		1426		1430	1442	
Benfleet (BEF)	d	1305	1317		1331		1335	1347		1401		1405	1417		1431		1435	1447	
Pitsea (PSE)	d	1310			1334		1340			1404		1410			1434		1440		
Basildon (BSO)	d		1323		1338			1353		1408			1423		1438			1453	
Laindon (LAI)	d		1327		1342			1357		1412			1427		1442			1457	
West Horndon (WHR)	d			←	1346				←	1416				←	1446			←	
Stanford-le-Hope (SFO)	d	1316		1316			1346		1346			1416		1416			1446	1446	
East Tilbury (ETL)	d	←		1320			←		1350			←		1420			←	1450	
Tilbury Town (TIL)	8 d			1326					1356					1426				1456	
Grays (GRY)	a			1329					1359					1429				1459	
Grays (GRY)	d			1330			1352		1400			1422		1430			1452	1500	
Purfleet (PFL)	d						1358					1428					1458		
Rainham (RNM)	d						1403					1433					1503		
Dagenham Dock (DDK)	d						1406					1436					1506		
Chafford Hundred Lakeside (CFH)	d			1334					1404					1434				1504	
Ockendon (OCK)	d			1338					1408					1438				1508	
Upminster (UPM)	⊖ d		1336	1344	1352			1406	1414	1422			1436	1444	1452			1506	1514
Barking (BKG)	⊖ d		1346	1353	1400	1412		1416	1423	1430	1442		1446	1453	1500	1512		1516	1523
Stratford (SRA)	⊖ DLR 7 a			1355					1425					1455					1525
London Liverpool Street (LST)	⊖ 15 a			1403					1433					1503					1533
West Ham (WEH)	⊖ DLR d			1358	1406	1418			1428	1436	1448			1458	1506	1518			1528
Limehouse (LHS)	DLR d			1403	1411	1423			1433	1441	1453			1503	1511	1523			1533
London Fenchurch Street (FST)	7 a			1407	1415	1427			1437	1445	1457			1507	1515	1527			1537

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d	1439		1443	1456		1509		1513	1526		1539		1543	1556		1609	1613	
Thorpe Bay (TPB)	d	1443		1447	1500		1513		1517	1530		1543		1547	1600		1613	1617	
Southend East (SOE)	d	1445		1449	1502		1515		1519	1532		1545		1549	1602		1615	1619	
Southend Central (SOC)	a	1448		1452	1505		1518		1522	1535		1548		1552	1605		1618	1622	
Southend Central (SOC)	d	1448		1452	1505		1518		1522	1535		1548		1552	1605		1618	1622	
Westcliff (WCF)	d	1450		1454	1507		1520		1524	1537		1550		1554	1607		1620	1624	
Chalkwell (CHW)	d	1453		1457	1510		1523		1527	1540		1553		1557	1610		1623	1627	
Leigh-on-Sea (LES)	d	1456		1500	1512		1526		1530	1542		1556		1600	1612		1626	1630	
Benfleet (BEF)	d	1501		1505	1517		1531		1535	1547		1601		1605	1617		1631	1635	
Pitsea (PSE)	d	1504		1510			1534		1540			1604		1610			1634	1640	
Basildon (BSO)	d	1508			1523		1538			1553		1608			1623		1638		
Laindon (LAI)	d	1512			1527		1542			1557		1612			1627		1642		
West Horndon (WHR)	d	1516				←	1546				←	1616				←	1646		
Stanford-le-Hope (SFO)	d			1516			1516			1546				1616			1616	1646	
East Tilbury (ETL)	d			←			1520			←				←			1620	←	
Tilbury Town (TIL)	8 d						1526										1626		
Grays (GRY)	a						1529										1629		
Grays (GRY)	d			1522			1530			1552			1600		1622		1630	1652	
Purfleet (PFL)	d			1528						1558				1628				1658	
Rainham (RNM)	d			1533						1603				1633				1703	
Dagenham Dock (DDK)	d			1536						1606				1636				1706	
Chafford Hundred Lakeside (CFH)	d						1534					1604					1634		
Ockendon (OCK)	d						1538					1608					1638		
Upminster (UPM)	⊖ d		1522		1536	1544	1552			1606	1614	1622			1636	1644	1652		
Barking (BKG)	⊖ d	1530	1542		1546	1553	1600	1612		1616	1623	1630	1642		1646	1653	1700	1712	
Stratford (SRA)	⊖ DLR 7 a				1555							1625					1655		
London Liverpool Street (LST)	⊖ 15 a				1603							1633					1703		
West Ham (WEH)	⊖ DLR d	1536	1548			1558	1606	1618				1628	1636	1648			1658	1706	1718
Limehouse (LHS)	DLR d	1541	1553			1603	1611	1623				1633	1641	1653			1703	1711	1723
London Fenchurch Street (FST)	7 a	1545	1557			1607	1615	1627				1637	1645	1657			1707	1715	1727

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

Saturdays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
Shoeburyness (SRY)	d	1626		1639		1643	1656		1709		1713	1726		1739		1743	1756		1809	
Thorpe Bay (TPB)	d	1630		1643		1647	1700		1713		1717	1730		1743		1747	1800		1813	
Southend East (SOE)	d	1632		1645		1649	1702		1715		1719	1732		1745		1749	1802		1815	
Southend Central (SOC)	a	1635		1648		1652	1705		1718		1722	1735		1748		1752	1805		1818	
Southend Central (SOC)	d	1635		1648		1652	1705		1718		1722	1735		1748		1752	1805		1818	
Westcliff (WCF)	d	1637		1650		1654	1707		1720		1724	1737		1750		1754	1807		1820	
Chalkwell (CHW)	d	1640		1653		1657	1710		1723		1727	1740		1753		1757	1810		1823	
Leigh-on-Sea (LES)	d	1642		1656		1700	1712		1726		1730	1742		1756		1800	1812		1826	
Benfleet (BEF)	d	1647		1701		1705	1717		1731		1735	1747		1801		1805	1817		1831	
Pitsea (PSE)	d			1704		1710			1734		1740			1804		1810			1834	
Basildon (BSO)	d	1653		1708			1723		1738			1753		1808			1823		1838	
Laindon (LAI)	d	1657		1712			1727		1742			1757		1812			1827		1842	
West Horndon (WHR)	d		←	1716				←	1746				←	1816				←	1846	
Stanford-le-Hope (SFO)	d		1646			1716			1716			1746		1746			1816		1816	
East Tilbury (ETL)	d		1650			→			1720			→		1750			→		1820	
Tilbury Town (TIL)	8 d		1656						1726					1756					1826	
Grays (GRY)	a		1659						1729					1759					1829	
Grays (GRY)	d		1700			1722			1730			1752		1800			1822		1830	
Purfleet (PFL)	d					1728						1758					1828			
Rainham (RNM)	d					1733						1803					1833			
Dagenham Dock (DDK)	d					1736						1806					1836			
Chafford Hundred Lakeside (CFH)	d		1704						1734					1804					1834	
Ockendon (OCK)	d		1708						1738					1808					1838	
Upminster (UPM)	⊖ d	1706	1714	1722			1736	1744	1752			1806	1814	1822			1836	1844	1852	
Barking (BKG)	⊖ d	1716	1723	1730	1742		1746	1753	1800	1812		1816	1823	1830	1842		1846	1853	1900	
Stratford (SRA)	⊖ DLR 7 a		1725						1755					1825					1855	
London Liverpool Street (LST)	⊖ 15 a		1733						1803					1833					1903	
West Ham (WEH)	⊖ DLR d		1728	1736	1748				1758	1806	1818			1828	1836	1848			1858	1906
Limehouse (LHS)	DLR d		1733	1741	1753				1803	1811	1823			1833	1841	1853			1903	1911
London Fenchurch Street (FST)	7 a		1737	1745	1757				1807	1815	1827			1837	1845	1857			1907	1915

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
Shoeburyness (SRY)	d		1813	1826		1839			1843	1856		1909		1913	1926		1939		1943	1956
Thorpe Bay (TPB)	d		1817	1830		1843			1847	1900		1913		1917	1930		1943		1947	2000
Southend East (SOE)	d		1819	1832		1845			1849	1902		1915		1919	1932		1945		1949	2002
Southend Central (SOC)	a		1822	1835		1848			1852	1905		1918		1922	1935		1948		1952	2005
Southend Central (SOC)	d		1822	1835		1848			1852	1905		1918		1922	1935		1948		1952	2005
Westcliff (WCF)	d		1824	1837		1850			1854	1907		1920		1924	1937		1950		1954	2007
Chalkwell (CHW)	d		1827	1840		1853			1857	1910		1923		1927	1940		1953		1957	2010
Leigh-on-Sea (LES)	d		1830	1842		1856			1900	1912		1926		1930	1942		1956		2000	2012
Benfleet (BEF)	d		1835	1847		1901			1905	1917		1931		1935	1947		2001		2005	2017
Pitsea (PSE)	d		1840			1904			1910			1934		1940			2004		2010	
Basildon (BSO)	d				1853				1908			1923			1938		1953		2008	2023
Laindon (LAI)	d				1857				1912			1927			1942		1957		2012	2027
West Horndon (WHR)	d					←			1916			←					←			2027
Stanford-le-Hope (SFO)	d		1846			1846			1916			1916		1946			1946			2016
East Tilbury (ETL)	d		→			1850			→			1920		→			1950		→	
Tilbury Town (TIL)	8 d					1856						1926					1956			
Grays (GRY)	a					1859						1929					1959			
Grays (GRY)	d	1852				1900			1922			1930		1952			2000		2022	
Purfleet (PFL)	d	1858							1928					1958					2028	
Rainham (RNM)	d	1903							1933					2003					2033	
Dagenham Dock (DDK)	d	1906							1936					2006					2036	
Chafford Hundred Lakeside (CFH)	d					1904						1934					2004			
Ockendon (OCK)	d					1908						1938					2008			
Upminster (UPM)	⊖ d			1906	1914	1922			1936	1944	1952			2006	2014	2022				2036
Barking (BKG)	⊖ d	1912		1916	1923	1930	1942		1946	1953	2000	2012		2016	2023	2030	2042			2046
Stratford (SRA)	⊖ DLR 7 a			1925					1955						2025					2055
London Liverpool Street (LST)	⊖ 15 a			1933					2003						2033					2103
West Ham (WEH)	⊖ DLR d	1918			1928	1936	1948			1958	2006	2018				2028	2036	2048		
Limehouse (LHS)	DLR d	1923			1933	1941	1953			2003	2011	2023				2033	2041	2053		
London Fenchurch Street (FST)	7 a	1927			1937	1945	1957			2007	2015	2027				2037	2045	2057		

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

- a Arrival time
- d Departure time

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

Saturdays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC			
Shoeburyness (SRY)	d	2009		2013	2026		2039		2043	2056		2109		2113	2126		2139				
Thorpe Bay (TPB)	d	2013		2017	2030		2043		2047	2100		2113		2117	2130		2143				
Southend East (SOE)	d	2015		2019	2032		2045		2049	2102		2115		2119	2132		2145				
Southend Central (SOC)	a	2018		2022	2035		2048		2052	2105		2118		2122	2135		2148				
Southend Central (SOC)	d	2018		2022	2035		2048		2052	2105		2118		2122	2135		2148				
Westcliff (WCF)	d	2020		2024	2037		2050		2054	2107		2120		2124	2137		2150				
Chalkwell (CHW)	d	2023		2027	2040		2053		2057	2110		2123		2127	2140		2153				
Leigh-on-Sea (LES)	d	2026		2030	2042		2056		2100	2112		2126		2130	2142		2156				
Benfleet (BEF)	d	2031		2035	2047		2101		2105	2117		2131		2135	2147		2201				
Pitsea (PSE)	d	2034		2040			2104		2110			2134		2140			2204				
Basildon (BSO)	d	2038			2053		2108			2123		2138			2153		2208				
Laindon (LAI)	d	2042			2057		2112			2127		2142			2157		2212				
West Horndon (WHR)	d	←	2046				←	2116				←	2146				←	2216			
Stanford-le-Hope (SFO)	d	2016			2046		2046			2116		2116			2146		2146				
East Tilbury (ETL)	d	2020			←		2050			←		2120			←		2150				
Tilbury Town (TIL)	Ⓜ d	2026					2056					2126					2156				
Grays (GRY)	a	2029					2059					2129					2159				
Grays (GRY)	d	2030			2052		2100			2122		2130			2152		2200	2222			
Purfleet (PFL)	d				2058					2128					2158			2228			
Rainham (RNM)	d				2103					2133					2203			2233			
Dagenham Dock (DDK)	d				2106					2136					2206			2236			
Chafford Hundred Lakeside (CFH)	d	2034					2104					2134					2204				
Ockendon (OCK)	d	2038					2108					2138					2208				
Upminster (UPM)	Ⓜ d	2044	2052			2106	2114	2122				2136	2144	2152			2206	2214	2222		
Barking (BKG)	Ⓜ d	2053	2100	2112		2116	2123	2130	2142			2146	2153	2200	2212		2216	2223	2230	2242	
Stratford (SRA)	Ⓜ DLR 7 a						2125						2155					2225			
London Liverpool Street (LST)	Ⓜ 15 a						2133						2203					2233			
West Ham (WEH)	Ⓜ DLR d	2058	2106	2118			2128	2136	2148				2158	2206	2218				2228	2236	2248
Limehouse (LHS)	Ⓜ DLR d	2103	2111	2123			2133	2141	2153				2203	2211	2223				2233	2241	2253
London Fenchurch Street (FST)	Ⓜ 7 a	2107	2115	2127			2137	2145	2157				2207	2215	2227				2237	2245	2257

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC		
Shoeburyness (SRY)	d	2143	2156		2209		2213	2226		2239		2243	2309	2329	2333	
Thorpe Bay (TPB)	d	2147	2200		2213		2217	2230		2243		2247	2313	2333	2337	
Southend East (SOE)	d	2149	2202		2215		2219	2232		2245		2249	2315	2335	2339	
Southend Central (SOC)	a	2152	2205		2218		2222	2235		2248		2252	2318	2338	2342	
Southend Central (SOC)	d	2152	2205		2218		2222	2235		2248		2252	2318	2338	2342	
Westcliff (WCF)	d	2154	2207		2220		2224	2237		2250		2254	2320	2340	2344	
Chalkwell (CHW)	d	2157	2210		2223		2227	2240		2253		2257	2323	2343	2347	
Leigh-on-Sea (LES)	d	2200	2212		2226		2230	2242		2256		2300	2326	2346	2350	
Benfleet (BEF)	d	2205	2217		2231		2235	2247		2301		2305	2331	2351	2354	
Pitsea (PSE)	d	2210			2234		2240			2304		2310	2334	2354	2359	
Basildon (BSO)	d		2223		2238			2253		2308			2338	2358		
Laindon (LAI)	d		2227		2242			2257		2312			2342	0001		
West Horndon (WHR)	d			←	2246				←	2316			2346	0006		
Stanford-le-Hope (SFO)	d	2216			2216			2246		2246			2316		0005	
East Tilbury (ETL)	d	←			2220			←		2250			2320		0009	
Tilbury Town (TIL)	Ⓜ d				2226					2256			2326		0015	
Grays (GRY)	a				2229					2259			2329		0018	
Grays (GRY)	d				2230			2252		2300			2322	2330	0019	
Purfleet (PFL)	d							2258					2328			
Rainham (RNM)	d							2303					2333			
Dagenham Dock (DDK)	d							2306					2336			
Chafford Hundred Lakeside (CFH)	d				2234					2304			2334		0024	
Ockendon (OCK)	d				2238					2308			2338		0028	
Upminster (UPM)	Ⓜ d		2236	2244	2252			2306	2314	2322			2344	2352	0011	0034
Barking (BKG)	Ⓜ d		2246	2253	2300	2312		2316	2323	2330	2342		2353	2359	0020	0042a
Stratford (SRA)	Ⓜ DLR 7 a		2255					2325								
London Liverpool Street (LST)	Ⓜ 15 a		2303					2333								
West Ham (WEH)	Ⓜ DLR d			2258	2306	2318				2328	2336	2348	2358	0006	0025	
Limehouse (LHS)	Ⓜ DLR d			2303	2311	2323				2333	2341	2353	0003	0011	0030	
London Fenchurch Street (FST)	Ⓜ 7 a			2307	2315	2327				2337	2345	2359	0008	0015	0035	

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

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

Sundays

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

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

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

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

Sundays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d	1043		1056		1113		1126		1143		1156		1213		1226		1243	
Thorpe Bay (TPB)	d	1047		1100		1117		1130		1147		1200		1217		1230		1247	
Southend East (SOE)	d	1049		1102		1119		1132		1149		1202		1219		1232		1249	
Southend Central (SOC)	a	1052		1105		1122		1135		1152		1205		1222		1235		1252	
Southend Central (SOC)	d	1052		1105		1122		1135		1152		1205		1222		1235		1252	
Westcliff (WCF)	d	1054		1107		1124		1137		1154		1207		1224		1237		1254	
Chalkwell (CHW)	d	1057		1110		1127		1140		1157		1210		1227		1240		1257	
Leigh-on-Sea (LES)	d	1100		1112		1130		1142		1200		1212		1230		1242		1300	
Benfleet (BEF)	d	1105		1117		1135		1147		1205		1217		1235		1247		1305	
Pitsea (PSE)	d	1110		1120		1140		1150		1210		1220		1240		1250		1310	
Basildon (BSO)	d			1124				1154				1224				1254			
Laindon (LAI)	d			1127				1157				1227				1257			
West Horndon (WHR)	d			1132				1202				1232				1302			
Stanford-le-Hope (SFO)	d	1116			1116	1146			1146	1216			1216	1246			1246	1316	
East Tilbury (ETL)	d	↳			1119	↳			1149	↳			1219	↳			1249	↳	
Tilbury Town (TIL)	8 d				1125				1155				1225				1255		
Grays (GRY)	a				1128				1158				1228				1258		
Grays (GRY)	d		1122		1130			1152		1200		1222		1230		1252		1300	1322
Purfleet (PFL)	d		1128					1158				1228				1258			1328
Rainham (RNM)	d		1133					1203				1233				1303			1333
Dagenham Dock (DDK)	d		1137					1207				1237				1307			1337
Chafford Hundred Lakeside (CFH)	d				1133				1203				1233				1303		
Ockendon (OCK)	d				1137				1207				1237				1307		
Upminster (UPM)	⊖ d			1137	1144			1207	1214			1237	1244			1307	1314		
Barking (BKG)	⊖ d		1142	1147	1153			1212	1217	1223		1242	1247	1253		1312	1317	1323	1342
Stratford (SRA)	⊖ DLR 7 a			1155				1225					1255				1325		
London Liverpool Street (LST)	⊖ 15 a			1203				1233					1303				1333		
West Ham (WEH)	⊖ DLR d		1148		1158			1218		1228		1248		1258		1318		1328	1348
Limehouse (LHS)	DLR d		1153		1203			1223		1233		1253		1303		1323		1333	1353
London Fenchurch Street (FST)	7 a		1157		1207			1227		1237		1257		1307		1327		1337	1357

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d	1256		1313		1326		1343		1356		1413		1426		1443		1456	
Thorpe Bay (TPB)	d	1300		1317		1330		1347		1400		1417		1430		1447		1500	
Southend East (SOE)	d	1302		1319		1332		1349		1402		1419		1432		1449		1502	
Southend Central (SOC)	a	1305		1322		1335		1352		1405		1422		1435		1452		1505	
Southend Central (SOC)	d	1305		1322		1335		1352		1405		1422		1435		1452		1505	
Westcliff (WCF)	d	1307		1324		1337		1354		1407		1424		1437		1454		1507	
Chalkwell (CHW)	d	1310		1327		1340		1357		1410		1427		1440		1457		1510	
Leigh-on-Sea (LES)	d	1312		1330		1342		1400		1412		1430		1442		1500		1512	
Benfleet (BEF)	d	1317		1335		1347		1405		1417		1435		1447		1505		1517	
Pitsea (PSE)	d	1320		1340		1350		1410		1420		1440		1450		1510		1520	
Basildon (BSO)	d	1324				1354				1424				1454				1524	
Laindon (LAI)	d	1327				1357				1427				1457				1527	
West Horndon (WHR)	d	1332		↳		1402		↳		1432		↳		1502		↳		1532	↳
Stanford-le-Hope (SFO)	d		1316	1346			1346	1416			1416	1446			1446	1516			1516
East Tilbury (ETL)	d		1319	↳			1349	↳			1419	↳			1449	↳			1519
Tilbury Town (TIL)	8 d		1325				1355				1425				1455				1525
Grays (GRY)	a		1328				1358				1428				1458				1528
Grays (GRY)	d		1330			1352		1400		1422		1430		1452		1500		1522	1530
Purfleet (PFL)	d					1358				1428				1458				1528	
Rainham (RNM)	d					1403				1433				1503				1533	
Dagenham Dock (DDK)	d					1407				1437				1507				1537	
Chafford Hundred Lakeside (CFH)	d		1333				1403				1433				1503				1533
Ockendon (OCK)	d		1337				1407				1437				1507				1537
Upminster (UPM)	⊖ d	1337	1344			1407	1414			1437	1444			1507	1514			1537	1544
Barking (BKG)	⊖ d	1347	1353		1412	1417	1423		1442	1447	1453		1512	1517	1523		1542	1547	1553
Stratford (SRA)	⊖ DLR 7 a	1355				1425				1455				1525					1555
London Liverpool Street (LST)	⊖ 15 a	1403				1433				1503				1533					1603
West Ham (WEH)	⊖ DLR d		1358		1418		1428		1448		1458		1518		1528		1548		1558
Limehouse (LHS)	DLR d		1403		1423		1433		1453		1503		1523		1533		1553		1603
London Fenchurch Street (FST)	7 a		1407		1427		1437		1457		1507		1527		1537		1557		1607

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

- a Arrival time
- d Departure time

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

Sundays

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

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

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

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

Sundays

Operator	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	CC	
Shoeburyness (SRY)	d	1943		1956		2013		2026		2043		2056		2113		2126		2143	2156
Thorpe Bay (TPB)	d	1947		2000		2017		2030		2047		2100		2117		2130		2147	2200
Southend East (SOE)	d	1949		2002		2019		2032		2049		2102		2119		2132		2149	2202
Southend Central (SOC)	a	1952		2005		2022		2035		2052		2105		2122		2135		2152	2205
Southend Central (SOC)	d	1952		2005		2022		2035		2052		2105		2122		2135		2152	2205
Westcliff (WCF)	d	1954		2007		2024		2037		2054		2107		2124		2137		2154	2207
Chalkwell (CHW)	d	1957		2010		2027		2040		2057		2110		2127		2140		2157	2210
Leigh-on-Sea (LES)	d	2000		2012		2030		2042		2100		2112		2130		2142		2200	2212
Benfleet (BEF)	d	2005		2017		2035		2047		2105		2117		2135		2147		2205	2217
Pitsea (PSE)	d	2010		2020		2040		2050		2110		2120		2140		2150		2210	2220
Basildon (BSO)	d			2024				2054				2124				2154			2224
Laindon (LAI)	d			2027				2057				2127				2157			2227
West Horndon (WHR)	d			2032	←			2102	←			2132	←			2202	←		2232
Stanford-le-Hope (SFO)	d	2016			2016	2046			2046	2116			2116	2146			2146	2216	
East Tilbury (ETL)	d	←			2019	←			2049	←			2119	←			2149	←	
Tilbury Town (TIL)	8 d				2025				2055				2125				2155		
Grays (GRY)	a				2028				2058				2128				2158		
Grays (GRY)	d		2022		2030			2052		2100		2122		2130		2152		2200	
Purfleet (PFL)	d		2028					2058				2128				2158			
Rainham (RNM)	d		2033					2103				2133				2203			
Dagenham Dock (DDK)	d		2037					2107				2137				2207			
Chafford Hundred Lakeside (CFH)	d				2033				2103				2133				2203		
Ockendon (OCK)	d				2037				2107				2137				2207		
Upminster (UPM)	⊖ d			2037	2044			2107	2114			2137	2144			2207	2214		2237
Barking (BKG)	⊖ d		2042	2047	2053		2112	2117	2123		2142	2147	2153		2212	2217	2223		2247
Stratford (SRA)	⊖ DLR 7 a			2055				2125				2155				2225			2255
London Liverpool Street (LST)	⊖ 15 a			2103				2133				2203				2233			2303
West Ham (WEH)	⊖ DLR d		2048		2058		2118		2128		2148		2158		2218		2228		
Limehouse (LHS)	DLR d		2053		2103		2123		2133		2153		2203		2223		2233		
London Fenchurch Street (FST)	7 a		2057		2107		2127		2137		2158		2207		2228		2237		

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

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

- a Arrival time
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