

Table 5

Mondays to Fridays

18 May to 11 December

London Liverpool Street - Ilford - Shenfield

Network Diagram - see first page of Table 5

Table with 20 columns (XR, LE A, LE B) and 16 rows of stations including London Liverpool Street, Stratford, Maryland, Forest Gate, Manor Park, Ilford, Seven Kings, Goodmayes, Chadwell Heath, Romford, Gidea Park, Harold Wood, Brentwood, and Shenfield.

Table with 20 columns (XR, LE A, LE B) and 16 rows of stations, including a note 'and every 15 minutes until' for several stations.

Saturdays

23 May to 12 December

Table with 20 columns (XR, LE A, LE C, LE A, LE D, LE E, LE A, LE B) and 16 rows of stations, including a note 'and at the same minutes past each hour until'.

Table with 20 columns (XR, LE A, LE B, LE A, LE B, LE A, LE B) and 16 rows of stations.

- A To Southend Victoria
B To Colchester Town
C To Colchester
D To Ipswich
E To Harwich International

Until 30 May, services shown as operated by Crossrail (XR) are run by Abellio Greater Anglia (LE)

Table 5

Saturdays

23 May to 12 December

London Liverpool Street - Ilford - Shenfield

Network Diagram - see first page of Table 5

Table with 24 columns (XR, LE A, LE B, LE C, LE A, LE A, LE A, LE A) and 16 rows of station names and departure times.

Sundays

17 May to 6 December

Table with 24 columns (XR, LE A, LE A, D, E, D, E, D, E, D, E, D, E, F, D, E) and 16 rows of station names and departure times.

Table with 24 columns (LE A, XR, XR, LE A, XR, LE A, XR, XR, LE A, XR, XR, LE A, XR, XR, LE A, XR, XR, LE A, XR, XR) and 16 rows of station names and departure times.

Table with 24 columns (LE A, XR, XR, LE A, XR, LE A, XR, XR, LE A, XR, XR, LE A, XR, XR, LE A, XR, XR, LE A, XR, XR) and 16 rows of station names and departure times.

A To Southend Victoria C To Colchester E from 31 May
B To Colchester Town D 17 May, 24 May F To Harwich International

Until 30 May, services shown as operated by Crossrail (XR) are run by Abellio Greater Anglia (LE)

Table 5

Sundays

17 May to 6 December

London Liverpool Street - Ilford - Shenfield

Network Diagram - see first page of Table 5

		XR	LE A	XR	XR	LE A		XR	XR	LE A	XR	XR		LE A	XR	XR	LE A	XR	XR	LE A	XR	XR	LE A	
London Liverpool Street 13 ⊕ d	15 05	15 14	15 17	15 35	15 44	15 47	16 05	16 14	16 17	16 35	16 44	16 47	17 05	17 14	17 17	17 35	17 44	17 47	18 05	18 14
Stratford 7 ⊕ d	15 12	15 21	15 24	15 42	15 51	15 54	16 12	16 21	16 24	16 42	16 51	16 54	17 12	17 21	17 24	17 42	17 51	17 54	18 12	18 21
Maryland	d	15 14		15 44			16 14		16 44			17 14		17 44				18 14			
Forest Gate	d	15 16		15 27	15 46		15 57	16 16	16 27	16 46		16 57	17 16	17 27	17 46			17 57	18 16		
Manor Park	d	15 18		15 29	15 48		15 59	16 18	16 29	16 48		16 59	17 18	17 29	17 48			17 59	18 18		
Ilford 2	d	15 21		15 32	15 51		16 02	16 21	16 32	16 51		17 02	17 21	17 32	17 51			18 02	18 21		
Seven Kings	d	15 23		15 34	15 53		16 04	16 23	16 34	16 53		17 04	17 23	17 34	17 53			18 04	18 23		
Goodmayes	d	15 25		15 36	15 55		16 06	16 25	16 36	16 55		17 06	17 25	17 36	17 55			18 06	18 25		
Chadwell Heath	d	15 27		15 38	15 57		16 08	16 27	16 38	16 57		17 08	17 27	17 38	17 57			18 08	18 27		
Romford	d	15 31	15 34	15 42	16 01	16 04	16 12	16 31	16 34	16 42	17 01	17 04	17 12	17 31	17 34	17 42	18 01	18 04	18 12	18 31	18 34
Gidea Park 2	a	15 35	15 38	15 47	16 05	16 08	16 17	16 35	16 38	16 47	17 05	17 08	17 17	17 35	17 38	17 47	18 05	18 08	18 17	18 35	18 38
	d	15 35	15 38	16 05	16 08		16 35	16 38	17 05			17 08	17 35	17 38	18 05			18 08	18 35	18 38	
Harold Wood	d	15 38	15 41	16 08	16 11		16 38	16 41	17 08			17 11	17 38	17 41	18 08			18 11	18 38	18 41	
Brentwood	d	15 42	15 46	16 12	16 16		16 42	16 46	17 12			17 16	17 42	17 46	18 12			18 16	18 42	18 46	
Shenfield 3	a	15 48	15 51	16 18	16 21		16 48	16 51	17 18			17 21	17 48	17 51	18 18			18 21	18 48	18 51	

		XR		XR	LE A	XR	XR	LE A		XR	XR	LE A	XR	XR	LE A		XR	XR	LE A	XR	XR	LE A	XR	XR	
London Liverpool Street 13 ⊕ d	18 17		18 35	18 44	18 47	19 05	19 14	19 17	19 35	19 44	19 47	20 05	20 14	20 17	20 35	20 44	20 47	21 05	21 14	21 21	21 35
Stratford 7 ⊕ d	18 24		18 42	18 51	18 54	19 12	19 21	19 24	19 42	19 51	19 54	20 12	20 21	20 24	20 42	20 51	20 54	21 12	21 21	21 21	21 42
Maryland	d	18 44		19 14			19 44		20 14			20 44		21 14			21 44				
Forest Gate	d	18 27		18 46	18 57	19 16	19 27	19 46	19 57	20 16	20 27	20 46	20 57	21 16	21 27	21 46	21 57	22 16	22 46	
Manor Park	d	18 29		18 48	18 59	19 18	19 29	19 48	19 59	20 18	20 29	20 48	20 59	21 18	21 29	21 48	21 59	22 18	22 48	
Ilford 2	d	18 32		18 51	19 02	19 21	19 32	19 51	20 02	20 21	20 32	20 51	21 02	21 21	21 32	21 51	22 02	22 21	22 51	
Seven Kings	d	18 34		18 53	19 04	19 23	19 34	19 53	20 04	20 23	20 34	20 53	21 04	21 23	21 34	21 53	22 04	22 23	22 53	
Goodmayes	d	18 36		18 55	19 06	19 25	19 36	19 55	20 06	20 25	20 36	20 55	21 06	21 25	21 36	21 55	22 06	22 25	22 55	
Chadwell Heath	d	18 38		18 57	19 08	19 27	19 38	19 57	20 08	20 27	20 38	20 57	21 08	21 27	21 38	21 57	22 08	22 27	22 57	
Romford	d	18 42		19 01	19 04	19 12	19 31	19 34	19 42	20 01	20 04	20 12	20 31	20 34	20 42	21 01	21 04	21 12	21 31	21 34	21 42	22 01
Gidea Park 2	a	18 47		19 05	19 08	19 17	19 35	19 38	19 47	20 05	20 08	20 17	20 35	20 38	20 47	21 05	21 08	21 17	21 35	21 38	21 47	22 05
	d	19 05	19 08	19 35	19 38		20 05	20 08	20 35	20 38	21 05	21 08	21 35	21 38	22 05		22 35	22 38	22 05	
Harold Wood	d	19 08	19 11	19 38	19 41		20 08	20 11	20 38	20 41	21 08	21 11	21 38	21 41	22 08		22 38	22 41	22 08	
Brentwood	d	19 12	19 16	19 42	19 46		20 12	20 16	20 42	20 46	21 12	21 16	21 42	21 46	22 12		22 42	22 46	22 12	
Shenfield 3	a	19 18	19 21	19 48	19 51		20 18	20 21	20 48	20 51	21 18	21 21	21 48	21 51	22 18		22 48	22 51	22 18	

		LE A	XR	XR	LE A	XR		XR	LE A	XR	LE A	XR	LE A												
London Liverpool Street 13 ⊕ d	21 44	21 47	22 05	22 14	22 17	22 35	22 44	23 05	23 14	23 35	23 44											
Stratford 7 ⊕ d	21 51	21 54	22 12	22 21	22 24	22 42	22 51	23 12	23 21	23 42	23 51											
Maryland	d		22 14				23 14		23 44														
Forest Gate	d		21 57	22 16	22 27	22 46	23 16	23 46															
Manor Park	d		21 59	22 18	22 29	22 48	23 18	23 48															
Ilford 2	d		22 02	22 21	22 32	22 51	23 21	23 51															
Seven Kings	d		22 04	22 23	22 34	22 53	23 23	23 53															
Goodmayes	d		22 06	22 25	22 36	22 55	23 25	23 55															
Chadwell Heath	d		22 08	22 27	22 38	22 57	23 27	23 57															
Romford	d	22 04	22 12	22 31	22 34	22 42	23 01	23 04	23 31	23 34	00 01	00 04											
Gidea Park 2	a	22 08	22 17	22 35	22 38	22 47	23 05	23 08	23 35	23 38	00 05	00 08											
	d	22 08	22 35	22 38			23 05	23 08	23 35	23 38	00 05	00 08											
Harold Wood	d	22 11	22 38	22 41			23 08	23 11	23 38	23 41	00 08	00 11											
Brentwood	d	22 16	22 42	22 46			23 12	23 16	23 42	23 46	00 12	00 16											
Shenfield 3	a	22 21	22 48	22 51			23 18	23 21	23 48	23 51	00 18	00 21											

A To Southend Victoria

Until 30 May, services shown as operated by Crossrail (XR) are run by Abellio Greater Anglia (LE)

Table 5R

Saturdays

23 May to 12 December

Shenfield - Ilford - London Liverpool Street

Network Diagram - see first page of Table 5

		XR	XR	XR	XR	LE	LE	XR	XR	XR		XR	LE	XR	XR	LE	XR	XR	XR	LE	XR	XR	XR	LE
		A	A			B	C					C			B					D				C
Shenfield	d			04 44	05 14	05 24	05 35	05 44		06 14			06 35		06 44	06 46		07 04	07 14	07 20	07 24	07 34	07 44	07 45
Brentwood	d			04 47	05 17			05 47		06 17					06 47			07 07	07 17		07 27	07 37	07 47	
Harold Wood	d			04 52	05 22			05 52		06 22					06 52			07 12	07 22		07 32	07 42	07 52	
Gidea Park	d			04 56	05 26	05 31		05 56	06 16	06 26		06 36		06 46	06 56		07 06	07 16	07 26		07 36	07 46	07 56	
Romford	d			04 58	05 28		05 43	05 58	06 18	06 28		06 38	06 43	06 48	06 58	06 54	07 08	07 18	07 28	07 28	07 38	07 48	07 58	07 53
Chadwell Heath	d		00 02	05 02	05 32			06 02	06 22	06 32		06 42		06 52	07 02		07 12	07 22	07 32		07 42	07 52	08 02	
Goodmayes	d		00 04	05 04	05 34			06 04	06 24	06 34		06 44		06 54	07 04		07 14	07 24	07 34		07 44	07 54	08 04	
Seven Kings	d		00 06	05 06	05 36	05 36		06 06	06 26	06 36		06 46		06 56	07 06		07 16	07 26	07 36		07 46	07 56	08 06	
Ilford	d		00 09	05 09	05 39			06 09	06 29	06 39		06 49		06 59	07 09		07 19	07 29	07 39		07 49	07 59	08 09	
Manor Park	d		00 12	05 12	05 42			06 12	06 32	06 42		06 52		07 02	07 12		07 22	07 32	07 42		07 52	08 02	08 12	
Forest Gate	d		00 14	05 14	05 44			06 14	06 34	06 44		06 54		07 04	07 14		07 24	07 34	07 44		07 54	08 04	08 14	
Maryland	d	00 01	00 16	05 16	05 46			06 16	06 36	06 46		06 56		07 06	07 16		07 26	07 36	07 46		07 56	08 06	08 16	
Stratford	d	00 04	00 19	05 18	05 48	05 42	05 51	06 19	06 39	06 49		06 59	06 51	07 09	07 19	07 02	07 29	07 39	07 49	07 36	07 59	08 09	08 19	08 01
London Liverpool Street	a	00 12	00 27	05 27	05 57	05 55	06 00	06 27	06 47	06 57		07 07	07 00	07 17	07 27	07 11	07 37	07 47	07 57	07 45	08 07	08 17	08 27	08 10

		XR		XR	XR	LE	XR	XR	XR	LE	XR		XR	XR	LE	XR	XR	XR	LE	XR	XR		LE	XR
						D				C					D				C				D	
Shenfield	d	07 54		19 04	19 14	19 20	19 24	19 34	19 44	19 45	19 54		20 04	20 14	20 20	20 24	20 34	20 44	20 45	20 59	21 14		21 20	21 29
Brentwood	d	07 57		19 07	19 17		19 27	19 37	19 47		19 57		20 07	20 17		20 27	20 37	20 47		21 02	21 17			21 32
Harold Wood	d	08 02		19 12	19 22		19 32	19 42	19 52		20 02		20 12	20 22		20 32	20 42	20 52		21 07	21 22			21 37
Gidea Park	d	08 06		19 16	19 26		19 36	19 46	19 56		20 06		20 16	20 26		20 36	20 46	20 56		21 11	21 26			21 41
Romford	d	08 08		19 18	19 28	19 28	19 38	19 48	19 58	19 53	20 08		20 18	20 28	20 28	20 38	20 48	20 58	20 53	21 13	21 28		21 28	21 43
Chadwell Heath	d	08 12		19 22	19 32		19 42	19 52	20 02		20 12		20 22	20 32		20 42	20 52	21 02		21 17	21 32			21 47
Goodmayes	d	08 14		19 24	19 34		19 44	19 54	20 04		20 14		20 24	20 34		20 44	20 54	21 04		21 19	21 34			21 49
Seven Kings	d	08 16		19 26	19 36		19 46	19 56	20 06		20 16		20 26	20 36		20 46	20 56	21 06		21 21	21 36			21 51
Ilford	d	08 19		19 29	19 39		19 49	19 59	20 09	20 19		20 29	20 39		20 49	20 59	21 09		21 24	21 39				21 54
Manor Park	d	08 22		19 32	19 42		19 52	20 02	20 12	20 22		20 32	20 42		20 52	21 02	21 12		21 27	21 42				21 57
Forest Gate	d	08 24		19 34	19 44		19 54	20 04	20 14	20 24		20 34	20 44		20 54	21 04	21 14		21 29	21 44				21 59
Maryland	d	08 26		19 36	19 46		19 56	20 06	20 16	20 26		20 36	20 46		20 56	21 06	21 16		21 31	21 46				22 01
Stratford	d	08 29		19 39	19 49	19 36	19 59	20 09	20 19	20 29		20 39	20 49	20 36	20 59	21 09	21 19	21 01	21 34	21 49				21 36
London Liverpool Street	a	08 37		19 47	19 57	19 45	20 07	20 17	20 27	20 37		20 47	20 57	20 45	21 07	21 17	21 27	21 10	21 42	21 57				21 45

		XR	LE	XR	XR	LE	XR	XR		XR	XR	LE	XR	LE	XR									
			C			D						E		F										
Shenfield	d	21 44	21 45	21 59	22 14	22 20	22 29	22 41		22 56	23 11	23 20	23 26	23 41	23 44									
Brentwood	d	21 47		22 02	22 17		22 32	22 44		22 59	23 14		23 29		23 47									
Harold Wood	d	21 52		22 07	22 22		22 37	22 49		23 04	23 19		23 34		23 52									
Gidea Park	d	21 56		22 11	22 26		22 41	22 53		23 08	23 23		23 38		23 56									
Romford	d	21 58	21 53	22 13	22 28	22 28	22 43	22 55		23 10	23 25	23 28	23 40	23 49	23 58									
Chadwell Heath	d	22 02		22 17	22 32		22 47	22 59		23 14	23 29		23 44		00 02									
Goodmayes	d	22 04		22 19	22 34		22 49	23 01		23 16	23 31		23 46		00 04									
Seven Kings	d	22 06		22 21	22 36		22 51	23 03		23 18	23 33		23 48		00 06									
Ilford	d	22 09		22 24	22 39		22 54	23 06		23 21	23 36		23 51		00 09									
Manor Park	d	22 12		22 27	22 42		22 57	23 08		23 23	23 38		23 53		00 12									
Forest Gate	d	22 14		22 29	22 44		22 59	23 11		23 26	23 41		23 56		00 14									
Maryland	d	22 16		22 31	22 46		23 01	23 13		23 28	23 43		23 58		00 16									
Stratford	d	22 19	22 01	22 34	22 49	22 36	23 04	23 15		23 30	23 45	23s42	23 59	00s03	00 19									
London Liverpool Street	a	22 27	22 10	22 42	22 57	22 46	23 12	23 24		23 39	23 54	23 51	00 09	00 12	00 27									

Sundays

17 May to 6 December

		XR	XR	LE	XR	XR	LE	XR		XR	LE	XR	XR	XR	LE	XR	XR	XR	LE	XR	XR	XR	LE	XR
		A	G	H		G	H			G	H		G		H		G			G	H		G	
Shenfield	d									05 50	05 58			06 20		06 28		06 35		06 50	06 58		07 05	
Brentwood	d									05 58	06 08			06 28		06 38		06 43		06 58	07 08		07 13	
Harold Wood	d									06 13	06 23			06 43		06 53		06 58		07 13	07 23		07 28	
Gidea Park	d		05 20	05 30		05 50	06 00			06 20	06 30		06 35	06 50		07 00		07 05		07 20	07 30		07 35	
Romford	d		05 29	05 37		05 59	06 07			06 29	06 37		06 44	06 59		07 07		07 14		07 29	07 37		07 44	
Chadwell Heath	d	00 02	05 41			06 11				05 41			06 56	07 11		07 07		07 26		07 41			07 56	
Goodmayes	d	00 04	05 45			06 15				05 45			07 00	07 15		07 03		07 30		07 45			08 00	

Table 5R

Sundays

17 May to 6 December

Shenfield - Ilford - London Liverpool Street

Network Diagram - see first page of Table 5

	XR	XR	LE	XR	XR	LE	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	
		A	B	A	A	C		D			D			D			D			D		
Shenfield	d	07:20	07:28	07:35	07:50	08:11	08:13	08:23		08:43		08:53	09:13	09:23		09:43	09:53		10:13	10:23		
Brentwood	d	07:28	07:38	07:43	07:58		08:16	08:26		08:46		08:56	09:16	09:26		09:46	09:56		10:16	10:26		
Harold Wood	d	07:43	07:53	07:58	08:13		08:21	08:31		08:51		09:01	09:21	09:31		09:51	10:01		10:21	10:31		
Gidea Park	d	07:50	08:00	08:05	08a20		08:25	08:35		08:41	08:55	09:05	09:11	09:25	09:35	09:41	09:55	10:05	10:11	10:25	10:35	10:41
Romford	d	07:59	08:07	08a12		08:21	08:27	08:37		08:43	08:57	09:07	09:13	09:27	09:37	09:43	09:57	10:07	10:13	10:27	10:37	10:43
Chadwell Heath	d	08:11					08:31	08:47		09:01		09:17	09:31	09:47		10:01	10:17		10:31	10:47		
Goodmayes	d	08:15					08:33	08:49		09:03		09:19	09:33	09:49		10:03	10:19		10:33	10:49		
Seven Kings	d	08:18					08:35	08:51		09:05		09:21	09:35	09:51		10:05	10:21		10:35	10:51		
Ilford	d	08:24	08a28	08a28			08:38	08:54	09:08		09:24	09:38	09:54		10:08	10:24	10:38		10:54			
Manor Park	d	08:26					08:40	08:56	09:10		09:26	09:40	09:56		10:10	10:26	10:40		10:56			
Forest Gate	d	08:29					08:43	08:59	09:13		09:29	09:43	09:59		10:13	10:29	10:43		10:59			
Maryland	d						08:45	09:15				09:45			10:15		10:45					
Stratford	d	08:32					08:35	08:47	08:50	09:02	09:17	09:20	09:32	09:47	09:50	10:02	10:17	10:20	10:32	10:47	10:50	11:02
London Liverpool Street	a	08:41					08:44	08:56	09:02	09:11	09:26	09:29	09:41	09:56	09:59	10:11	10:26	10:31	10:41	10:56	10:59	11:11

	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR
		D			D			D			D			D			D			D	
Shenfield	d	10:43	10:53	11:13	11:23		11:43	11:53	12:13		12:23	12:43	12:53		13:13	13:23		13:43	13:53		
Brentwood	d	10:46	10:56	11:16	11:26		11:46	11:56	12:16		12:26	12:46	12:56		13:16	13:26		13:46	13:56		
Harold Wood	d	10:51	11:01	11:21	11:31		11:51	12:01	12:21		12:31	12:51	13:01		13:11	13:31		13:51	14:01		
Gidea Park	d	10:55	11:05	11:11	11:35		11:41	11:55	12:05	12:11	12:25	12:35	12:41	12:55	13:05	13:11	13:25	13:35	13:41	13:55	14:05
Romford	d	10:57	11:07	11:13	11:37		11:43	11:57	12:07	12:13	12:27	12:37	12:43	12:57	13:07	13:13	13:27	13:37	13:43	13:57	14:07
Chadwell Heath	d	11:01		11:17	11:31		11:47	12:01	12:17	12:31		12:47	13:01	13:17		13:31	13:47		14:01		
Goodmayes	d	11:03		11:19	11:33		11:49	12:03	12:19	12:33		12:49	13:03	13:19		13:33	13:49		14:03		
Seven Kings	d	11:05		11:21	11:35		11:51	12:05	12:21	12:35		12:51	13:05	13:21		13:35	13:51		14:05		
Ilford	d	11:08	11:24	11:38		11:54	12:08	12:24	12:38		12:54	13:08	13:24		13:38	13:54	14:08				
Manor Park	d	11:10	11:26	11:40		11:56	12:10	12:26	12:40		12:56	13:10	13:26		13:40	13:56	14:10				
Forest Gate	d	11:13	11:29	11:43		11:59	12:13	12:29	12:43		12:59	13:13	13:29		13:43	13:59	14:13				
Maryland	d	11:15		11:45			12:15		12:45			13:15		13:45		14:15					
Stratford	d	11:17	11:20	11:32	11:47	11:50	12:02	12:17	12:20	12:32	12:47	12:50	13:02	13:17	13:20	13:32	13:47	13:50	14:02	14:17	14:20
London Liverpool Street	a	11:26	11:29	11:41	11:56	11:59	12:11	12:26	12:29	12:41	12:56	12:59	13:11	13:26	13:29	13:41	13:56	13:59	14:11	14:26	14:29

	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR
		D			D			D			D			D			D			D	
Shenfield	d	14:13	14:23	14:43	14:53		15:13	15:23	15:43		15:53	16:13	16:23		16:43	16:53		17:13	17:23		
Brentwood	d	14:16	14:26	14:46	14:56		15:16	15:26	15:46		15:56	16:16	16:26		16:46	16:56		17:16	17:26		
Harold Wood	d	14:21	14:31	14:51	15:01		15:21	15:31	15:51		16:01	16:21	16:31		16:51	17:01		17:21	17:31		
Gidea Park	d	14:11	14:25	14:35	14:41	14:55	15:05	15:11	15:25	15:35	15:41	15:55	16:05	16:11	16:25	16:35	16:41	16:55	17:05	17:11	17:25
Romford	d	14:13	14:27	14:37	14:43	14:57	15:07	15:13	15:27	15:37	15:43	15:57	16:07	16:13	16:27	16:37	16:43	16:57	17:07	17:13	17:27
Chadwell Heath	d	14:17	14:31	14:47	15:01	15:17		15:31	15:47		16:01	16:17	16:31		16:47	17:01		17:17	17:31		
Goodmayes	d	14:19	14:33	14:49	15:03	15:19		15:33	15:49		16:03	16:19	16:33		16:49	17:03		17:19	17:33		
Seven Kings	d	14:21	14:35	14:51	15:05	15:21		15:35	15:51		16:05	16:21	16:35		16:51	17:05		17:21	17:35		
Ilford	d	14:24	14:38	14:54	15:08	15:24		15:38	15:54		16:08	16:24	16:38		16:54	17:08		17:24	17:38		
Manor Park	d	14:26	14:40	14:56	15:10	15:26		15:40	15:56		16:10	16:26	16:40		16:56	17:10		17:26	17:40		
Forest Gate	d	14:29	14:43	14:59	15:13	15:29		15:43	15:59		16:13	16:29	16:43		16:59	17:13		17:29	17:43		
Maryland	d		14:45		15:15			15:45			16:15		16:45		17:15		17:45				
Stratford	d	14:32	14:47	14:50	15:02	15:17	15:20	15:32	15:47	15:50	16:02	16:17	16:20	16:32	16:47	16:50	17:02	17:17	17:20	17:32	17:47
London Liverpool Street	a	14:41	14:56	14:59	15:11	15:26	15:29	15:41	15:56	15:59	16:11	16:26	16:29	16:41	16:56	16:59	17:11	17:26	17:31	17:41	17:56

	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	XR	LE	XR	
	D			D			D			D			D			D			D		
Shenfield	d	17:23		17:43	17:53		18:13	18:23		18:43	18:53		19:13	19:23		19:43	19:53		20:13	20:23	
Brentwood	d	17:26		17:46	17:56		18:16	18:26		18:46	18:56		19:16	19:26		19:46	19:56		20:16	20:26	
Harold Wood	d	17:31		17:51	18:01		18:21	18:31		18:51	19:01		19:21	19:31		19:51	20:01		20:21	20:31	
Gidea Park	d	17:35	17:41	17:55	18:05	18:11	18:25	18:35	18:41	18:55	19:05	19:11	19:25	19:35	19:41	19:55	20:05	20:11	20:25	20:35	20:41
Romford	d	17:37	17:43	17:57	18:07	18:13	18:27	18:37	18:43	18:57	19:07	19:13	19:27	19:37	19:43	19:57	20:07	20:13	20:27	20:37	20:43
Chadwell Heath	d		17:47	18:01		18:17		18:31		18:47	19:01	19:17		19:31		19:47	20:01		20:17	20:31	20:47
Goodmayes	d		17:49	18:03		18:19		18:33		18:49	19:03	19:19		19:33		19:49	20:03		20:19	20:33	20:49
Seven Kings	d		17:51	18:05		18:21		18:35		18:51	19:05	19:21		19:35		19:51	20:05		20:21	20:35	20:51
Ilford	d		17:54	18:08		18:24		18:38		18:54	19:08	19:24		19:38		19:54	20:08		20:24	20:38	20:54
Manor Park	d		17:56	18:10		18:26		18:40		18:56	19:10	19:26		19:40		19:56	20:10		20:26		

