

Shenfield to London Liverpool Street



Mondays to Fridays 12th December 2011 to 7th December 2012

		0	0	0	0	0	0	0	0						
Shenfield	d	0439	0509	0524		0529	0535	0544	0553	0555					0604
Brentwood	d	0442	0512			0532		0547							0607
Harold Wood	d	0447	0517			0537		0552							0612
Gidea Park	d	0451	0521	0531		0541		0556						0606	0616
Romford	d	0453	0523			0543		0558						0608	0618
Chadwell Heath	d	0457	0527			0547		0602						0612	0622
Goodmayes	d	0459	0529			0549		0604						0614	0624
Seven Kings	d	0501	0531	0536		0551		0606						0616	0626
Ilford	d	0504	0509	0534		0539	0554	0609						0619	0629
Manor Park	d		0511			0541	0557	0612						0622	0632
Forest Gate	d		0514			0544	0559	0614						0624	0634
Maryland	d		0516			0546	0601	0616						0626	0636
Stratford	d	0510	0518	0540	0542	0548	0604	0549	0619	0607	0610	0629	0639		
London Liverpool St.	a	0518	0526	0548	0555	0556	0612	0558	0627	0616	0619	0637	0647		

		0	0	0	0	0	0	0	0	0	0	0	0
Shenfield	d	0614	0615	0624	0625	0634	0635	0641		0644	0645	0650	0653
Brentwood	d	0617		0627		0637				0647			
Harold Wood	d	0622		0632		0642				0652			
Gidea Park	d	0626		0636		0645		0649	0655				
Romford	d	0628		0638		0648		0651	0658				
Chadwell Heath	d	0632		0642		0652		0655	0702				
Goodmayes	d	0634		0644				0657					
Seven Kings	d	0636		0646				0659					
Ilford	d	0639		0649		0657		0702	0707				
Manor Park	d	0642		0652				0705					
Forest Gate	d	0644		0654				0707					
Maryland	d	0646		0656				0709					
Stratford	d	0649	0629	0659	0639	0703	0649	06s57	0712	0715	07s02	07s06	07s09
London Liverpool St.	a	0657	0640	0707	0648	0713	0658	0709	0722	0725	0713	0718	0721

		0	0	0	0	0	0	0	0				
Shenfield	d	0654	0701		0704	0709		0714	0715	0719			0724
Brentwood	d	0657			0707			0717					0727
Harold Wood	d	0702			0712			0722					0732
Gidea Park	d	0659	0705		0709	0715		0719	0725			0729	0735
Romford	d	0701	0708		0711	0718		0721	0728			0731	0738
Chadwell Heath	d	0705	0712		0715	0722		0725	0732			0735	0742
Goodmayes	d	0707			0717			0727	0734			0737	0744
Seven Kings	d	0709			0719			0729	0736			0739	0746
Ilford	d	0712	0717		0722	0727		0732	0739			0742	0749
Manor Park	d	0715			0725			0735				0745	
Forest Gate	d	0717			0727			0737				0747	
Maryland	d	0719			0729			0739				0749	
Stratford	d	0722	0725	07s19	0732	0735	07s25	0742	0745	07s32	07s35	0752	0755
London Liverpool St.	a	0732	0735	0730	0742	0745	0737	0752	0755	0743	0747	0802	0805

		0	0	0	0	0	0	0	0					
Shenfield	d	0725	0732		0734	0738	0742		0744	0747	0750		0750	
Brentwood	d				0737				0747				0753	
Harold Wood	d				0742				0752				0758	
Gidea Park	d				0739	0745		0749	0755				0759	0802
Romford	d				0741	0748		0751	0758				0801	0804
Chadwell Heath	d				0745	0752		0755	0802				0805	0808
Goodmayes	d				0747	0754		0757	0804				0807	0810
Seven Kings	d				0749	0756		0759	0806				0809	0812
Ilford	d				0752	0759		0802	0809				0812	0815
Manor Park	d				0755			0805						
Forest Gate	d				0757			0807						
Maryland	d				0759			0809						
Stratford	d	07s42			0802	0805	07s55	07s58	0812	0815	08s04	08s07	0818	0821
London Liverpool St.	a	0753	0801	0812	0815	0807	0810	0822	0825	0815	0819	0828	0831	

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Mondays to Fridays 12th December 2011 to 7th December 2012

	0754	0757	0800	0801	0806	0809	0810	0816	0821			
Shenfield												
Brentwood	0757		0803				0813					
Harold Wood		0802	0808					0818				
Gidea Park	0805	0809	0812			0815	0819	0822				
Romford	0807	0811	0814			0817	0821	0824				
Chadwell Heath	0811	0815	0818			0821	0825	0828				
Goodmayes.....	0813	0817	0820			0823	0827	0830				
Seven Kings.....	0815	0819	0822			0825	0829	0832				
Ilford	0818	0822	0825			0828	0832	0835				
Manor Park	0821					0831						
Forest Gate	0823					0833						
Maryland	0825					0835						
Stratford DLR	0828	0831	08s15	0834	08s18	08s23	08s25	0838	0841	0844	08s33	08s38
London Liverpool St.	0838	0841	0826	0843	0830	0836	0838	0848	0851	0853	0846	0850

	0822	0824	0826	0829	0832	0837	0842					
Shenfield												
Brentwood	0825				0835							
Harold Wood		0830			0840							
Gidea Park	0829	0834			0841	0844						
Romford	0831	0836			0843	0846						
Chadwell Heath	0835	0840			0847	0850						
Goodmayes.....	0837	0842			0849	0852						
Seven Kings.....	0839	0844			0851	0854						
Ilford	0838	0842	0847		0850	0854	0857					
Manor Park	0841				0853		0903					
Forest Gate	0843				0855		0905					
Maryland	0845				0857		0907					
Stratford DLR	0848	0851	0854	08s40	08s43	08s45	0900	0903	0906	08s56	08s59	0910
London Liverpool St.	0858	0901	0903	0854	0856	0858	0910	0913	0914	0908	0911	0920

	0844	0846	0851	0854	0855	0859	0904	0904	0914	0921	0924	
Shenfield												
Brentwood	0847			0857				0907	0917		0927	
Harold Wood		0852		0902				0912	0922		0932	
Gidea Park	0851	0856		0906				0916	0926		0936	
Romford	0853	0858	0855	0908				0918	0928		0938	
Chadwell Heath	0857	0902		0912				0922	0932		0942	
Goodmayes.....	0859	0904		0914				0924	0934		0944	
Seven Kings.....	0901	0906		0916				0926	0936		0946	
Ilford	0904	0909		0919				0929	0939		0949	
Manor Park		0912		0922				0932	0942		0952	
Forest Gate		0914		0924				0934	0944		0954	
Maryland		0916		0926				0936	0946		0956	
Stratford DLR	0913	0919	09s05	09s08	0929		09s16	09s22	0939	0949	09s37	0959
London Liverpool St.	0923	0927	0916	0919	0937	0921	0929	0933	0947	0958	0949	1007

	0925	0927	0934	0938	0944	0945	0951	0954	1004	1005	1008	1014
Shenfield												
Brentwood			0937		0947			0957	1007			1017
Harold Wood			0942		0952			1002	1012			1022
Gidea Park			0946		0956			1006	1016			1026
Romford			0948		0958	0953		1008	1018			1028
Chadwell Heath			0952		1002			1012	1022			1032
Goodmayes.....			0954		1004			1014	1024			1034
Seven Kings.....			0956		1006			1016	1026			1036
Ilford			0959		1009			1019	1029			1039
Manor Park			1002		1012			1022	1032			1042
Forest Gate			1004		1014			1024	1034			1044
Maryland			1006		1016			1026	1036			1046
Stratford DLR	09s41	09s43	1009	0952	1019	1001	1005	1029	1039	1019	1022	1049
London Liverpool St.	0953	0955	1017	1001	1027	1010	1014	1037	1047	1028	1031	1057

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Mondays to Fridays 12th December 2011 to 7th December 2012

	1018	1024	1025	1034	1038	1044	1045	1051	1054	1104	1105	1108
Shenfield												
Brentwood		1027		1037		1047			1057	1107		
Harold Wood		1032		1042		1052			1102	1112		
Gidea Park		1036		1046		1056			1106	1116		
Romford	1026	1038		1048		1058	1053		1108	1118		
Chadwell Heath		1042		1052		1102			1112	1122		
Goodmayes		1044		1054		1104			1114	1124		
Seven Kings		1046		1056		1106			1116	1126		
Ilford		1049		1059		1109			1119	1129		
Manor Park		1052		1102		1112			1122	1132		
Forest Gate		1054		1104		1114			1124	1134		
Maryland		1056		1106		1116			1126	1136		
Stratford	1034	1059	1039	1109	1052	1119	1101	1105	1129	1139	1119	1122
London Liverpool St.	1043	1107	1048	1117	1101	1127	1110	1114	1137	1147	1128	1131

	1114	1120	1124	1125	1134	1138	1144	1145	1151	1154		1604
Shenfield												
Brentwood			1127		1137		1147			1157		1607
Harold Wood		1122		1132		1142		1152		1202	then	1612
Gidea Park		1126		1136		1146		1156		1206	at	1616
Romford	1128	1128	1138		1148		1158	1153		1208	the	1618
Chadwell Heath		1132		1142		1152		1202		1212	same	1622
Goodmayes		1134		1144		1154		1204		1214	mins	1624
Seven Kings		1136		1146		1156		1206		1216	past	1626
Ilford		1139		1149		1159		1209		1219	each	1629
Manor Park		1142		1152		1202		1212		1222	hour	1632
Forest Gate		1144		1154		1204		1214		1224	until	1634
Maryland		1146		1156		1206		1216		1226		1636
Stratford	1149	1136	1159	1139	1209	1152	1219	1201	1205	1229		1639
London Liverpool St.	1157	1145	1207	1148	1217	1201	1227	1210	1214	1237		1647

	1605	1608	1614	1620	1624	1625	1634	1638	1644	1645	1651	1654
Shenfield												
Brentwood			1617		1627		1637		1647			1657
Harold Wood			1622		1632		1642		1652			1702
Gidea Park			1626		1636		1646		1656			1706
Romford			1628		1638		1648		1658			1708
Chadwell Heath			1632		1642		1652		1702			1712
Goodmayes			1634		1644		1654		1704			1714
Seven Kings			1636		1646		1656		1706			1716
Ilford			1639		1649		1659		1709			1719
Manor Park			1642		1652		1702		1712			1722
Forest Gate			1644		1654		1704		1714			1724
Maryland			1646		1656		1706		1716			1726
Stratford	1619	1622	1649	1634	1659	1639	1709	1652	1719	1659	1705	1729
London Liverpool St.	1628	1631	1657	1644	1707	1648	1717	1703	1727	1713	1716	1737

	1704	1705	1708	1714	1722	1724	1725	1728		1734	1738
Shenfield											
Brentwood				1717		1727				1737	
Harold Wood				1722		1732				1742	
Gidea Park				1726		1732	1736			1742	1746
Romford				1728		1734	1738			1744	1748
Chadwell Heath				1722		1732		1742			1752
Goodmayes				1724		1734		1744			1754
Seven Kings				1726		1736		1746			1756
Ilford				1729		1739		1742	1749		1752
Manor Park				1732				1745		1755	
Forest Gate				1734				1747		1757	
Maryland				1736				1749		1759	
Stratford	1739	1719	1722	1745	1736	1752	1755	1739	1742	1802	1805
London Liverpool St.	1747	1729	1734	1753	1746	1800	1803	1749	1753	1810	1813

Shenfield to London Liverpool Street



Mondays to Fridays 12th December 2011 to 7th December 2012

	1744	1745	1749	1751	1754	1800	1804	1808	1810			
Shenfield												
Brentwood	1747				1757		1807					
Harold Wood	1752				1802		1812					
Gidea Park	1752	1756			1802	1806	1812	1816				
Romford	1754	1758			1804	1808	1814	1818				
Chadwell Heath		1802			1812		1822					
Goodmayes.....		1804			1814		1824					
Seven Kings.....		1806			1816		1826					
Ilford	1802	1809			1812	1819	1822	1829				
Manor Park	1805				1815		1825					
Forest Gate	1807				1817		1827					
Maryland	1809				1819		1829					
Stratford DLR	1812	1815	1759	1808	1806	1822	1825	1814	1832	1835	1822	1825
London Liverpool St.	1820	1823	1811	1817	1815	1830	1833	1824	1840	1843	1831	1835

	1814	1820	1824	1825	1827	1834	1838	1840	1844	1851		
Shenfield												
Brentwood	1817		1827			1837			1847			
Harold Wood	1822		1832			1842			1852			
Gidea Park	1822	1826	1832	1836		1846			1856			
Romford	1824	1828	1828	1834	1838	1848			1858			
Chadwell Heath		1832		1842		1852			1902			
Goodmayes.....		1834		1844		1854			1904			
Seven Kings.....		1836		1846		1856			1906			
Ilford	1832	1839		1842	1849		1859		1909			
Manor Park	1835		1845	1852		1902			1912			
Forest Gate	1837		1847	1854		1904			1914			
Maryland	1839		1849	1856		1906			1916			
Stratford DLR	1842	1845	1836	1852	1859	1839	1842	1909	1852	1855	1919	1905
London Liverpool St.	1850	1853	1845	1900	1907	1848	1851	1917	1901	1904	1927	1914

	1854	1857	1904	1905	1908	1913	1914	1920	1924	1925	1934	1938
Shenfield												
Brentwood	1857		1907				1917		1927		1937	
Harold Wood	1902		1912				1922		1932		1942	
Gidea Park	1906		1916				1926		1936		1946	
Romford	1908		1918				1928	1928	1938		1948	
Chadwell Heath	1912		1922				1932		1942		1952	
Goodmayes.....	1914		1924				1934		1944		1954	
Seven Kings.....	1916		1926				1936		1946		1956	
Ilford	1919		1929				1939		1949		1959	
Manor Park	1922		1932				1942		1952		2002	
Forest Gate	1924		1934				1944		1954		2004	
Maryland	1926		1936				1946		1956		2006	
Stratford DLR	1929	1911	1939	1919	1922	1927	1949	1936	1959	1939	2009	1952
London Liverpool St.	1937	1920	1947	1928	1931	1936	1957	1945	2007	1948	2017	2001

	1944	1945	1951	1954	2004	2005	2008	2014	2020	2024	2025	
Shenfield												
Brentwood	1947			1957	2007			2017		2027		
Harold Wood	1952			2002	2012			2022		2032		
Gidea Park	1956			2006	2016			2026		2036		
Romford	1958	1953		2008	2018			2028	2028	2038		
Chadwell Heath	2002			2012	2022			2032		2042		
Goodmayes.....	2004			2014	2024			2034		2044		
Seven Kings.....	2006			2016	2026			2036		2046		
Ilford	2009			2019	2029			2039		2049		
Manor Park	2012			2022	2032			2042		2052		
Forest Gate	2014			2024	2034			2044		2054		
Maryland	2016			2026	2036			2046		2056		
Stratford DLR	2019	2001	2005	2014	2029	2039	2019	2022	2049	2036	2059	2039
London Liverpool St.	2027	2010	2014	2023	2037	2047	2028	2031	2057	2045	2107	2048

Shenfield to London Liverpool Street



Mondays to Fridays 12th December 2011 to 7th December 2012

	0	0	0	0	0	0	0	0	0	0	0	
Shenfield	2034	2038	2044	2045	2047	2053	2054	2104	2105	2108	2114	2124
Brentwood	2037		2047				2057	2107			2117	2127
Harold Wood	2042		2052				2102	2112			2122	2132
Gidea Park	2046		2056				2106	2116			2126	2136
Romford	2048		2058	2053			2108	2118			2128	2138
Chadwell Heath	2052		2102				2112	2122			2132	2142
Goodmayes.....	2054		2104				2114	2124			2134	2144
Seven Kings.....	2056		2106				2116	2126			2136	2146
Ilford	2059		2109				2119	2129			2139	2149
Manor Park	2102		2112				2122	2132			2142	2152
Forest Gate	2104		2114				2124	2134			2144	2154
Maryland	2106		2116				2126	2136			2146	2156
Stratford	2109	2052	2119	2101		2107	2129	2139	2119	2122	2149	2159
London Liverpool St. ..a	2117	2101	2127	2110	2112	2116	2137	2147	2128	2131	2157	2207

	0	0	0	0	0	0					
Shenfield	2125	2127	2134	2138	2144	2145	2151	2159			
Brentwood			2137		2147			2202			
Harold Wood			2142		2152			2207			
Gidea Park			2146		2156			2211			
Romford			2148		2158	2153		2213			
Chadwell Heath			2152		2202			2217			
Goodmayes.....			2154		2204			2219			
Seven Kings.....			2156		2206			2221			
Ilford			2159		2209			2224			
Manor Park			2202		2212			2227			
Forest Gate			2204		2214			2229			
Maryland			2206		2216			2231			
Stratford	2139	2142	2209	2152	2219	2201	2205	2234			
London Liverpool St. ..a	2148	2151	2217	2201	2227	2210	2214	2242			

**Train times after 2200 are affected by long term engineering works.
For details of evening services after this time on Mondays to Fridays,
please see pages 7 to 13.**

Shenfield to London Liverpool Street



Mondays, Tuesdays and Wednesdays

12th December 2011 to 4th January 2012

	□	□	□	□	□	□	□	□	□	□◇	□	
Shenfieldd	2208	2214	2220	2234	2238	2251	2254	2308	2320	2327	2338	2352
Brentwoodd		2217		2237			2257			2330		
Harold Wood.....d		2222		2242			2302			2335		
Gidea Park.....d		2226		2246			2306			2339		
Romford.....d		2228	2228	2248			2308	2319	2331	2341		0003
Chadwell Heath.....d		2232		2252			2312			2345		
Goodmayes.....d		2234		2254			2314			2347		
Seven Kings.....d		2236		2256			2316			2349		
Ilford.....d		2239		2259			2319			2352		
Manor Park.....d		2242		2302			2322			2355		
Forest Gate.....d		2244		2304			2324			2357		
Maryland.....d		2246		2306			2326			2359		
Stratford DLRd	2222	2249	2236	2309	2254	2311	2329	2331	2341	0002	00s04	0013
London Liverpool St.a	2231	2257	2245	2318	2303	2320	2338	2340	2350	0011	0014	0022

Shenfieldd	2354											
Brentwoodd	2357											
Harold Wood.....d	0002											
Gidea Park.....d	0006											
Romford.....d	0008											
Chadwell Heath.....d	0012											
Goodmayes.....d	0014											
Seven Kings.....d	0016											
Ilford.....d	0019											
Manor Park.....d	0022											
Forest Gate.....d	0024											
Maryland.....d	0026											
Stratford DLRd	0029											
London Liverpool St.a	0038											

Shenfield to London Liverpool Street



Mondays, Tuesdays and Wednesdays

9th January 2012 to 21st March 2012

	□	□	□	□	□	□	□	□	□	□	□	□	□
Shenfieldd	2208	2214	2222	2234	2238	2251	2254	2308	2320	2327	2338	2352	
Brentwoodd		2217		2237			2257			2330			
Harold Wood.....d		2222		2242			2302			2335			
Gidea Park.....d		2226		2246			2306			2339			
Romford.....d		2228	2230	2248			2308	2319	2331	2341		0003	
Chadwell Heath.....d		2232		2252			2312			2345			
Goodmayes.....d		2234		2254			2314			2347			
Seven Kings.....d		2236		2256			2316			2349			
Ilford.....d		2239		2259			2319			2352			
Manor Park.....d		2242		2302			2322			2355			
Forest Gate.....d		2244		2304			2324			2357			
Maryland.....d		2246		2306			2326			2359			
Stratford DLRd	2222	2249	2238	2309	2254	2311	2329	2331	2341	0002	0005	0013	
London Liverpool St.a	2231	2257	2247	2318	2303	2320	2338	2340	2350	0011	0014	0022	

	□	□	□	□	□	□	□	□	□	□	□	□	□
Shenfieldd	2354	0005											
Brentwoodd	2357	0008											
Harold Wood.....d	0002	0013											
Gidea Park.....d	0006	0017											
Romford.....d	0008	0019											
Chadwell Heath.....d	0012												
Goodmayes.....d	0014												
Seven Kings.....d	0016												
Ilford.....d	0019	0026											
Manor Park.....d	0022												
Forest Gate.....d	0024												
Maryland.....d	0026												
Stratford DLRd	0029	0031											
London Liverpool St.a	0038	0040											

Route improvement work

At weekends and occasionally late in the evening during the week, route improvements may have to be carried out. Fully updated information is available in advance on our website at nationalexpress.com/alterations

Shenfield to London Liverpool Street



Mondays, Tuesdays and Wednesdays

26th March 2012 to 20th June 2012

	□	□	□	□	□	□	□	□	□	□	□	□
Shenfieldd	2208	2214	2220	2234	2238	2251	2254	2308	2320	2327	2338	2352
Brentwoodd		2217		2237			2257			2330		
Harold Wood.....d		2222		2242			2302			2335		
Gidea Park.....d		2226		2246			2306			2339		
Romford.....d		2228	2228	2248			2308	2319	2331	2341		0003
Chadwell Heath.....d		2232		2252			2312			2345		
Goodmayes.....d		2234		2254			2314			2347		
Seven Kings.....d		2236		2256			2316			2349		
Ilford.....d		2239		2259			2319			2352		
Manor Park.....d		2242		2302			2322			2355		
Forest Gate.....d		2244		2304			2324			2357		
Maryland.....d		2246		2306			2326			2359		
Stratford DLRd	2222	2249	2236	2309	2254	2311	2329	2331	2341	0002	00s04	0013
London Liverpool St.a	2231	2257	2245	2318	2303	2320	2338	2340	2350	0011	0014	0022

Shenfieldd	2354											
Brentwoodd	2357											
Harold Wood.....d	0002											
Gidea Park.....d	0006											
Romford.....d	0008											
Chadwell Heath.....d	0012											
Goodmayes.....d	0014											
Seven Kings.....d	0016											
Ilford.....d	0019											
Manor Park.....d	0022											
Forest Gate.....d	0024											
Maryland.....d	0026											
Stratford DLRd	0029											
London Liverpool St.a	0038											

Additional information

Additional services operated by First Capital Connect run between London King's Cross, Stevenage, Cambridge and stations to King's Lynn. Please see First Capital Connect timetables for further details.

Shenfield to London Liverpool Street



Mondays, Tuesdays and Wednesdays

25th June 2012 to 12th September 2012

	0	0	0	0	0	0	0	0	0	0	0	
Shenfieldd	2205	2208	2214	2220	2229	2235	2238	2244	2251	2259	2305	2308
Brentwoodd			2217		2232			2247		2302		
Harold Wood.....d			2222		2237			2252		2307		
Gidea Park.....d			2226		2241			2256		2311		
Romford.....d			2228	2228	2243			2258		2313		
Chadwell Heath.....d			2232		2247			2302		2317		
Goodmayes.....d			2234		2249			2304		2319		
Seven Kings.....d			2236		2251			2306		2321		
Ilford.....d			2239		2254			2309		2324		
Manor Park.....d			2242		2257			2312		2327		
Forest Gate.....d			2244		2259			2314		2329		
Maryland.....d			2246		2301			2316		2331		
Stratford d	2219	2222	2249	2236	2304	2249	2252	2319	2305	2334	2319	2322
London Liverpool St.a	2228	2231	2257	2245	2312	2258	2301	2327	2315	2342	2328	2331

	0	0	0	0	0						
Shenfieldd	2314	2320	2329	2335	2339	2344					
Brentwoodd	2317		2332			2347					
Harold Wood.....d	2322		2337			2352					
Gidea Park.....d	2326		2341			2356					
Romford.....d	2328	2328	2343		2347	2358					
Chadwell Heath.....d	2332		2347			0002					
Goodmayes.....d	2334		2349			0004					
Seven Kings.....d	2336		2351			0006					
Ilford.....d	2339		2354			0009					
Manor Park.....d	2342		2357			0012					
Forest Gate.....d	2344		2359			0014					
Maryland.....d	2346		0001			0016					
Stratford d	2349	2336	0004	2349	2356	0019					
London Liverpool St.a	2357	2345	0012	2358	0005	0027					



Shenfield to London Liverpool Street



Mondays, Tuesdays and Wednesdays

17th September to 17th October 2012

	□	□	□	□	□	□	□	□	□	□	□	□	□
Shenfieldd	2208	2214	2222	2234	2238	2251	2254	2308	2320	2327	2338	2352	
Brentwoodd		2217		2237			2257			2330			
Harold Wood.....d		2222		2242			2302			2335			
Gidea Park.....d		2226		2246			2306			2339			
Romford.....d		2228	2230	2248			2308	2319	2331	2341		0003	
Chadwell Heath.....d		2232		2252			2312			2345			
Goodmayes.....d		2234		2254			2314			2347			
Seven Kings.....d		2236		2256			2316			2349			
Ilford.....d		2239		2259			2319			2352			
Manor Park.....d		2242		2302			2322			2355			
Forest Gate.....d		2244		2304			2324			2357			
Maryland.....d		2246		2306			2326			2359			
Stratford DLRd	2222	2249	2238	2309	2254	2311	2329	2331	2341	0002	0005	0013	
London Liverpool St.a	2231	2257	2247	2318	2303	2320	2338	2340	2350	0011	0014	0022	

	□	□	□	□	□	□	□	□	□	□	□	□	□
Shenfieldd	2354	0005											
Brentwoodd	2357	0008											
Harold Wood.....d	0002	0013											
Gidea Park.....d	0006	0017											
Romford.....d	0008	0019											
Chadwell Heath.....d	0012												
Goodmayes.....d	0014												
Seven Kings.....d	0016												
Ilford.....d	0019	0026											
Manor Park.....d	0022												
Forest Gate.....d	0024												
Maryland.....d	0026												
Stratford DLRd	0029	0031											
London Liverpool St.a	0038	0040											

Shenfield to London Liverpool Street



Mondays, Tuesdays and Wednesdays

22nd October 2012 to 5th December 2012

	0	0	0	0	0	0	0	0	0	0	0	0
Shenfieldd	2208	2214	2220	2234	2238	2251	2254	2308	2320	2327	2338	2352
Brentwoodd		2217		2237			2257			2330		
Harold Wood.....d		2222		2242			2302			2335		
Gidea Park.....d		2226		2246			2306			2339		
Romford.....d		2228	2228	2248			2308	2319	2331	2341		0003
Chadwell Heath.....d		2232		2252			2312			2345		
Goodmayes.....d		2234		2254			2314			2347		
Seven Kings.....d		2236		2256			2316			2349		
Ilford.....d		2239		2259			2319			2352		
Manor Park.....d		2242		2302			2322			2355		
Forest Gate.....d		2244		2304			2324			2357		
Maryland.....d		2246		2306			2326			2359		
Stratford DLRd	2222	2249	2236	2309	2254	2311	2329	2331	2341	0002	00s04	0013
London Liverpool St.a	2231	2257	2245	2318	2303	2320	2338	2340	2350	0011	0014	0022

Shenfieldd	2354											
Brentwoodd	2357											
Harold Wood.....d	0002											
Gidea Park.....d	0006											
Romford.....d	0008											
Chadwell Heath.....d	0012											
Goodmayes.....d	0014											
Seven Kings.....d	0016											
Ilford.....d	0019											
Manor Park.....d	0022											
Forest Gate.....d	0024											
Maryland.....d	0026											
Stratford DLRd	0029											
London Liverpool St.a	0038											

Shenfield to London Liverpool Street



All Thursdays and Fridays

15th December 2011 to 7th December 2012

	0	0	0	0	0	0	0	0	0	0	0	
Shenfieldd	2205	2208	2214	2220	2229	2235	2238	2244	2251	2259	2305	2308
Brentwoodd			2217		2232			2247		2302		
Harold Wood.....d			2222		2237			2252		2307		
Gidea Park.....d			2226		2241			2256		2311		
Romford.....d			2228	2228	2243			2258		2313		
Chadwell Heath.....d			2232		2247			2302		2317		
Goodmayes.....d			2234		2249			2304		2319		
Seven Kings.....d			2236		2251			2306		2321		
Ilford.....d			2239		2254			2309		2324		
Manor Park.....d			2242		2257			2312		2327		
Forest Gate.....d			2244		2259			2314		2329		
Maryland.....d			2246		2301			2316		2331		
Stratford d	2219	2222	2249	2236	2304	2249	2252	2319	2305	2334	2319	2322
London Liverpool St.a	2228	2231	2257	2245	2312	2258	2301	2327	2315	2342	2328	2331

	0	0	0	0	0						
Shenfieldd	2314	2320	2329	2335	2339	2344					
Brentwoodd	2317		2332			2347					
Harold Wood.....d	2322		2337			2352					
Gidea Park.....d	2326		2341			2356					
Romford.....d	2328	2328	2343		2347	2358					
Chadwell Heath.....d	2332		2347			0002					
Goodmayes.....d	2334		2349			0004					
Seven Kings.....d	2336		2351			0006					
Ilford.....d	2339		2354			0009					
Manor Park.....d	2342		2357			0012					
Forest Gate.....d	2344		2359			0014					
Maryland.....d	2346		0001			0016					
Stratford d	2349	2336	0004	2349	2356	0019					
London Liverpool St.a	2357	2345	0012	2358	0005	0027					

Route improvement work

At weekends and occasionally late in the evening during the week, route improvements may have to be carried out. Fully updated information is available in advance on our website at nationalexpress.com/alterations

Shenfield to London Liverpool Street



Saturdays 17th December 2011 to 8th December 2012

	0	0	0	0	0	0	0	0	
Shenfield	0439	0509	0524		0535	0544	0553	0605	0614
Brentwood	0442	0512				0547			0617
Harold Wood	0447	0517				0552			0622
Gidea Park	0451	0521	0531			0556			0616 0626
Romford	0453	0523			0543	0558			0618 0628
Chadwell Heath	0457	0527				0602			0622 0632
Goodmayes	0459	0529				0604			0624 0634
Seven Kings	0501	0531	0536			0606			0626 0636
Ilford	0504	0509	0534		0539	0609			0629 0639
Manor Park		0511			0541	0612			0632 0642
Forest Gate		0514			0544	0614			0634 0644
Maryland		0516			0546	0616			0636 0646
Stratford	0510	0518	0540	0542	0548	0551	0605	0619	0607 0619 0639 0649
London Liverpool St.	0518	0526	0548	0555	0556	0600	0614	0627	0616 0628 0647 0657

	0	0	0	0	0	0	0	0			
Shenfield	0624		0635	0644	0651		0704	0705	0708	0714	0720
Brentwood				0647			0707			0717	
Harold Wood				0652			0712			0722	
Gidea Park		0636		0646	0656	0706	0716			0726	
Romford		0638	0643	0648	0658	0708	0718			0728	0728
Chadwell Heath		0642		0652	0702	0712	0722			0732	
Goodmayes		0644		0654	0704	0714	0724			0734	
Seven Kings		0646		0656	0706	0716	0726			0736	
Ilford		0649		0659	0709	0719	0729			0739	
Manor Park		0652		0702	0712	0722	0732			0742	
Forest Gate		0654		0704	0714	0724	0734			0744	
Maryland		0656		0706	0716	0726	0736			0746	
Stratford	0638	0659	0651	0709	0719	0705	0729	0739	0719	0722	0749 0736
London Liverpool St.	0647	0707	0700	0717	0727	0714	0737	0747	0728	0731	0757 0745

	0	0	0	0	0	0	0	0			
Shenfield	0724	0725	0734	0738	0744	0745	0751	0754	2004	2005	2008
Brentwood	0727		0737		0747			0757	2007		
Harold Wood	0732		0742		0752			0802	then	2012	
Gidea Park	0736		0746		0756			0806	at	2016	
Romford	0738		0748		0758	0753		0808	the	2018	
Chadwell Heath	0742		0752		0802			0812	same	2022	
Goodmayes	0744		0754		0804			0814	mins	2024	
Seven Kings	0746		0756		0806			0816	past	2026	
Ilford	0749		0759		0809			0819	each	2029	
Manor Park	0752		0802		0812			0822	hour	2032	
Forest Gate	0754		0804		0814			0824	until	2034	
Maryland	0756		0806		0816			0826		2036	
Stratford	0759	0739	0809	0752	0819	0801	0805	0829		2039	20s19 2022
London Liverpool St.	0807	0748	0817	0801	0827	0810	0814	0837		2047	2028 2031

	0	0	0	0	0	0	0	0				
Shenfield	2014	2020	2024	2025	2034	2038	2044	2045	2051	2059	2105	2108
Brentwood	2017		2027		2037		2047			2102		
Harold Wood	2022		2032		2042		2052			2107		
Gidea Park	2026		2036		2046		2056			2111		
Romford	2028	2028	2038		2048		2058	2053		2113		
Chadwell Heath	2032		2042		2052		2102			2117		
Goodmayes	2034		2044		2054		2104			2119		
Seven Kings	2036		2046		2056		2106			2121		
Ilford	2039		2049		2059		2109			2124		
Manor Park	2042		2052		2102		2112			2127		
Forest Gate	2044		2054		2104		2114			2129		
Maryland	2046		2056		2106		2116			2131		
Stratford	2049	2036	2059	2039	2109	2052	2119	2101	2105	2134	2119	2122
London Liverpool St.	2057	2045	2107	2048	2117	2101	2127	2110	2114	2142	2128	2131

Shenfield to London Liverpool Street



Saturdays 17th December 2011 to 8th December 2012

	0	0	0	0	0	0	0	0	0	0		
Shenfieldd	2114	2120	2125	2129	2138	2144	2145	2151	2159	2205	2208	2214
Brentwoodd	2117			2132		2147			2202			2217
Harold Wood.....d	2122			2137		2152			2207			2222
Gidea Park.....d	2126			2141		2156			2211			2226
Romford.....d	2128	2128		2143		2158	2153		2213			2228
Chadwell Heath.....d	2132			2147		2202			2217			2232
Goodmayes.....d	2134			2149		2204			2219			2234
Seven Kings.....d	2136			2151		2206			2221			2236
Ilford.....d	2139			2154		2209			2224			2239
Manor Park.....d	2142			2157		2212			2227			2242
Forest Gate.....d	2144			2159		2214			2229			2244
Maryland.....d	2146			2201		2216			2231			2246
Stratford DLRd	2149	2136	2139	2204	2152	2219	2201	2205	2234	2219	2222	2249
London Liverpool St.a	2157	2145	2148	2212	2201	2227	2210	2214	2242	2228	2231	2257

	0	0	0	0	0	0	0	0	0	0		
Shenfieldd	2220	2229	2235	2238	2244	2251		2259	2305	2308	2314	2320
Brentwoodd		2232			2247			2302			2317	
Harold Wood.....d		2237			2252			2307			2322	
Gidea Park.....d		2241			2256			2311			2326	
Romford.....d	2228	2243			2258			2313			2328	2328
Chadwell Heath.....d		2247			2302			2317			2332	
Goodmayes.....d		2249			2304			2319			2334	
Seven Kings.....d		2251			2306			2321			2336	
Ilford.....d		2254			2309			2324			2339	
Manor Park.....d		2257			2312			2327			2342	
Forest Gate.....d		2259			2314			2329			2344	
Maryland.....d		2301			2316			2331			2346	
Stratford DLRd	2236	2304	2249	2252	2319	2305	2307	2334	2319	2322	2349	2336
London Liverpool St.a	2246	2312	2258	2301	2327	2314	2318	2342	2328	2331	2357	2345

	0	0	0	0
Shenfieldd	2329	2335	2339	2344
Brentwoodd	2332			2347
Harold Wood.....d	2337			2352
Gidea Park.....d	2341			2356
Romford.....d	2343		2347	2358
Chadwell Heath.....d	2347			0002
Goodmayes.....d	2349			0004
Seven Kings.....d	2351			0006
Ilford.....d	2354			0009
Manor Park.....d	2357			0012
Forest Gate.....d	2359			0014
Maryland.....d	0001			0016
Stratford DLRd	0004	2349	2356	0019
London Liverpool St.a	0012	2358	0005	0027



Wi-Fi now available on all Intercity services between Norwich and London Liverpool Street

Shenfield to London Liverpool Street



Sundays

11th December 2011 to 24th June 2012

Shenfield			0558	0628	0628	0643	0658	0658	0713	0728	0728	0743
Brentwood			0608		0638	0653		0708	0723		0738	0753
Harold Wood			0623		0653	0708		0723	0738		0753	0808
Gidea Park	0525	0555	0630		0700	0715		0730	0745		0800	0815
Romford	0532	0602	0637		0707	0722		0737	0752		0807	0822
Chadwell Heath												
Goodmayes.....												
Seven Kings.....												
Ilford.....	0552	0622	0657		0727	0742		0757	0812		0827	
Manor Park												
Forest Gate												
Maryland												
Stratford	0607	0637	0712	07s18	0742	0757	07s48	0812	0827	08s18	0841	
London Liverpool St.	0627	0657	0732	0738	0802	0817	0808	0832	0847	0838		

Shenfield	0745	0807	0813	0820	0823		0841	0843	0853		0911	0913
Brentwood			0816		0826			0846	0856			0916
Harold Wood			0821		0831			0851	0901			0921
Gidea Park			0825		0835	0841		0855	0905	0911		0925
Romford		0822	0827		0837	0843		0857	0907	0913		0927
Chadwell Heath			0831			0847		0901		0917		0931
Goodmayes.....			0833			0849		0903		0919		0933
Seven Kings.....			0835			0851		0905		0921		0935
Ilford.....		0829	0838			0854		0908		0924		0938
Manor Park			0840			0856		0910		0926		0940
Forest Gate			0842			0858		0912		0928		0942
Maryland			0844					0914				0944
Stratford		0834	0846	08s49	0849	0901	09s04	0916	0919	0931	09s34	0946
London Liverpool St.	0835	0842	0856	0859	0859	0911	0912	0926	0929	0941	0942	0956

Shenfield	0923		0941	0943	0953		1011	1013	1023		1041	1043
Brentwood	0926			0946	0956			1016	1026			1046
Harold Wood	0931			0951	1001			1021	1031			1051
Gidea Park	0935	0941		0955	1005	1011		1025	1035	1041		1055
Romford	0937	0943		0957	1007	1013		1027	1037	1043		1057
Chadwell Heath		0947		1001		1017		1031		1047		1101
Goodmayes.....		0949		1003		1019		1033		1049		1103
Seven Kings.....		0951		1005		1021		1035		1051		1105
Ilford.....		0954		1008		1024		1038		1054		1108
Manor Park		0956		1010		1026		1040		1056		1110
Forest Gate		0958		1012		1028		1042		1058		1112
Maryland				1014				1044				1114
Stratford	0949	1001	10s04	1016	1021	1031	10s34	1046	1049	1101	11s04	1116
London Liverpool St.	0959	1011	1012	1026	1031	1041	1042	1056	1059	1111	1112	1126

Shenfield	1053			1711	1713	1723		1741	1743	1753		1811
Brentwood	1056				1716	1726			1746	1756		
Harold Wood	1101	then			1721	1731			1751	1801		
Gidea Park	1105	at	1711		1725	1735	1741		1755	1805	1811	
Romford	1107	the	1713		1727	1737	1743		1757	1807	1813	
Chadwell Heath		same	1717		1731		1747		1801		1817	
Goodmayes.....		mins	1719		1733		1749		1803		1819	
Seven Kings.....		past	1721		1735		1751		1805		1821	
Ilford.....		each	1724		1738		1754		1808		1824	
Manor Park		hour	1726		1740		1756		1810		1826	
Forest Gate		until	1728		1742		1758		1812		1828	
Maryland					1744				1814			
Stratford	1119		1731	17s34	1746	1749	1801	18s04	1816	1819	1831	18s34
London Liverpool St.	1129		1741	1742	1756	1759	1811	1812	1826	1831	1841	1842

Shenfield to London Liverpool Street



Sundays

11th December 2011 to 24th June 2012

	1	2	3	4	5	6	7	8	9	10		
Shenfield	1813	1823	1841	1843	1853	1911	1913	1923	1941			
Brentwood	1816	1826		1846	1856		1916	1926				
Harold Wood	1821	1831		1851	1901		1921	1931				
Gidea Park	1825	1835	1841	1855	1905	1911	1925	1935	1941			
Romford	1827	1837	1843	1857	1907	1913	1927	1937	1943			
Chadwell Heath	1831		1847	1901		1917	1931		1947			
Goodmayes	1833		1849	1903		1919	1933		1949			
Seven Kings	1835		1851	1905		1921	1935		1951			
Ilford	1838		1854	1908		1924	1938		1954			
Manor Park	1840		1856	1910		1926	1940		1956			
Forest Gate	1842		1858	1912		1928	1942		1958			
Maryland	1844			1914			1944					
Stratford DLR	1846	1849	1901	19s04	1916	1919	1931	19s34	1946	1949	2001	20s04
London Liverpool St.	1856	1859	1911	1912	1926	1929	1941	1942	1956	1959	2011	2012

	1	2	3	4	5	6	7	8	9	10		
Shenfield	1943	1953	2011	2013	2023	2041	2043	2053	2111			
Brentwood	1946	1956		2016	2026		2046	2056				
Harold Wood	1951	2001		2021	2031		2051	2101				
Gidea Park	1955	2005	2011	2025	2035	2041	2055	2105	2111			
Romford	1957	2007	2013	2027	2037	2043	2057	2107	2113			
Chadwell Heath	2001		2017	2031		2047	2101		2117			
Goodmayes	2003		2019	2033		2049	2103		2119			
Seven Kings	2005		2021	2035		2051	2105		2121			
Ilford	2008		2024	2038		2054	2108		2124			
Manor Park	2010		2026	2040		2056	2110		2126			
Forest Gate	2012		2028	2042		2058	2112		2128			
Maryland	2014			2044			2114					
Stratford DLR	2016	2019	2031	20s34	2046	2049	2101	21s04	2116	2119	2131	21s34
London Liverpool St.	2026	2029	2041	2042	2056	2059	2111	2112	2126	2129	2141	2142

	1	2	3	4	5	6	7	8	9	10		
Shenfield	2113	2123	2126	2141	2143	2153	2211	2213	2223	2241	2243	2253
Brentwood	2116	2126		2146	2156		2216	2226		2246	2256	
Harold Wood	2121	2131		2151	2201		2221	2231		2251	2301	
Gidea Park	2125	2135		2155	2205		2225	2235		2255	2305	
Romford	2127	2137		2157	2207		2227	2237		2257	2307	
Chadwell Heath	2131			2201			2231			2301		
Goodmayes	2133			2203			2233			2303		
Seven Kings	2135			2205			2235			2305		
Ilford	2138			2208			2238			2308		
Manor Park	2140			2210			2240			2310		
Forest Gate	2142			2212			2242			2312		
Maryland	2144			2214			2244			2314		
Stratford DLR	2146	2149	21s51	22s04	2216	2219	22s34	2246	2249	23s04	2316	2319
London Liverpool St.	2156	2159	2159	2212	2226	2229	2242	2256	2259	2312	2326	2331

	1	2	3	4
Shenfield	2311	2313	2323	2343
Brentwood		2316	2326	2346
Harold Wood		2321	2331	2351
Gidea Park		2325	2335	2355
Romford		2327	2337	2357
Chadwell Heath		2331		0001
Goodmayes		2333		0003
Seven Kings		2335		0005
Ilford		2338		0008
Manor Park		2340		0010
Forest Gate		2342		0012
Maryland		2344		0014
Stratford DLR	23s34	2346	2349	0016
London Liverpool St.	2342	2356	2359	0026

Shenfield to London Liverpool Street



Sundays

1st July 2012 to 9th September 2012

Shenfield		0643	0653		0707	0713	0723		0737	0743	0753	
Brentwood		0646	0656			0716	0726			0746	0756	
Harold Wood		0651	0701			0721	0731			0751	0801	
Gidea Park	0555	0625	0655	0705	0711		0725	0735	0741		0755	0805
Romford	0557	0627	0657	0707	0713		0727	0737	0743		0757	0807
Chadwell Heath	0601	0631	0701		0717		0731		0747		0801	
Goodmayes	0603	0633	0703		0719		0733		0749		0803	
Seven Kings	0605	0635	0705		0721		0735		0751		0805	
Ilford	0608	0638	0708		0724		0738		0754		0808	
Manor Park	0610	0640	0710		0726		0740		0756		0810	
Forest Gate	0612	0642	0712		0728		0742		0758		0812	
Maryland	0614	0644	0714				0744				0814	
Stratford	0616	0646	0716	0719	0731	07s34	0746	0749	0801	08s04	0816	0819
London Liverpool St.	0626	0656	0726	0727	0741	0742	0756	0758	0811	0812	0826	0827

Shenfield		0807	0813	0820	0823		0841	0843	0853		0911	0913
Brentwood			0816		0826			0846	0856			0916
Harold Wood			0821		0831			0851	0901			0921
Gidea Park	0811		0825		0835	0841		0855	0905	0911		0925
Romford	0813		0827		0837	0843		0857	0907	0913		0927
Chadwell Heath	0817		0831			0847		0901		0917		0931
Goodmayes	0819		0833			0849		0903		0919		0933
Seven Kings	0821		0835			0851		0905		0921		0935
Ilford	0824		0838			0854		0908		0924		0938
Manor Park	0826		0840			0856		0910		0926		0940
Forest Gate	0828		0842			0858		0912		0928		0942
Maryland			0844					0914				0944
Stratford	0831	08s34	0846	08s49	0849	0901	09s04	0916	0919	0931	09s34	0946
London Liverpool St.	0841	0842	0856	0859	0859	0911	0912	0926	0929	0941	0942	0956

Shenfield		0923		0941	0943	0953		1011	1013	1023		1041	1043
Brentwood		0926			0946	0956			1016	1026			1046
Harold Wood		0931			0951	1001			1021	1031			1051
Gidea Park	0935	0941			0955	1005	1011		1025	1035	1041		1055
Romford	0937	0943			0957	1007	1013		1027	1037	1043		1057
Chadwell Heath		0947			1001		1017		1031		1047		1101
Goodmayes		0949			1003		1019		1033		1049		1103
Seven Kings		0951			1005		1021		1035		1051		1105
Ilford		0954			1008		1024		1038		1054		1108
Manor Park		0956			1010		1026		1040		1056		1110
Forest Gate		0958			1012		1028		1042		1058		1112
Maryland					1014				1044				1114
Stratford	0949	1001	10s04	1016	1021		1031	10s34	1046	1049	1101	11s04	1116
London Liverpool St.	0959	1011	1012	1026	1031		1041	1042	1056	1059	1111	1112	1126

Shenfield		1053			1711	1713	1723		1741	1743	1753		1811
Brentwood		1056				1716	1726			1746	1756		
Harold Wood		1101	then			1721	1731			1751	1801		
Gidea Park	1105	at	1711			1725	1735	1741		1755	1805	1811	
Romford	1107	the	1713			1727	1737	1743		1757	1807	1813	
Chadwell Heath		same	1717			1731		1747		1801		1817	
Goodmayes		mins	1719			1733		1749		1803		1819	
Seven Kings		past	1721			1735		1751		1805		1821	
Ilford		each	1724			1738		1754		1808		1824	
Manor Park		hour	1726			1740		1756		1810		1826	
Forest Gate		until	1728			1742		1758		1812		1828	
Maryland						1744				1814			
Stratford	1119		1731	17s34	1746	1749	1801	18s04	1816	1819	1831	18s34	
London Liverpool St.	1129		1741	1742	1756	1759	1811	1812	1826	1831	1841	1842	

Shenfield to London Liverpool Street



Sundays

1st July 2012 to 9th September 2012

	1	2	3	4	5	6	7	8	9	10		
Shenfield	1813	1823	1841	1843	1853	1911	1913	1923	1941			
Brentwood	1816	1826		1846	1856		1916	1926				
Harold Wood	1821	1831		1851	1901		1921	1931				
Gidea Park	1825	1835	1841	1855	1905	1911	1925	1935	1941			
Romford	1827	1837	1843	1857	1907	1913	1927	1937	1943			
Chadwell Heath	1831		1847	1901		1917	1931		1947			
Goodmayes	1833		1849	1903		1919	1933		1949			
Seven Kings	1835		1851	1905		1921	1935		1951			
Ilford	1838		1854	1908		1924	1938		1954			
Manor Park	1840		1856	1910		1926	1940		1956			
Forest Gate	1842		1858	1912		1928	1942		1958			
Maryland	1844			1914			1944					
Stratford DLR	1846	1849	1901	19s04	1916	1919	1931	19s34	1946	1949	2001	20s04
London Liverpool St.	1856	1859	1911	1912	1926	1929	1941	1942	1956	1959	2011	2012

	1	2	3	4	5	6	7	8	9	10		
Shenfield	1943	1953	2011	2013	2023	2041	2043	2053	2111			
Brentwood	1946	1956		2016	2026		2046	2056				
Harold Wood	1951	2001		2021	2031		2051	2101				
Gidea Park	1955	2005	2011	2025	2035	2041	2055	2105	2111			
Romford	1957	2007	2013	2027	2037	2043	2057	2107	2113			
Chadwell Heath	2001		2017	2031		2047	2101		2117			
Goodmayes	2003		2019	2033		2049	2103		2119			
Seven Kings	2005		2021	2035		2051	2105		2121			
Ilford	2008		2024	2038		2054	2108		2124			
Manor Park	2010		2026	2040		2056	2110		2126			
Forest Gate	2012		2028	2042		2058	2112		2128			
Maryland	2014			2044			2114					
Stratford DLR	2016	2019	2031	20s34	2046	2049	2101	21s04	2116	2119	2131	21s34
London Liverpool St.	2026	2029	2041	2042	2056	2059	2111	2112	2126	2129	2141	2142

	1	2	3	4	5	6	7	8	9	10		
Shenfield	2113	2123	2126	2141	2143	2153	2211	2213	2223	2241	2243	2253
Brentwood	2116	2126		2146	2156		2216	2226		2246	2256	
Harold Wood	2121	2131		2151	2201		2221	2231		2251	2301	
Gidea Park	2125	2135		2155	2205		2225	2235		2255	2305	
Romford	2127	2137		2157	2207		2227	2237		2257	2307	
Chadwell Heath	2131			2201			2231			2301		
Goodmayes	2133			2203			2233			2303		
Seven Kings	2135			2205			2235			2305		
Ilford	2138			2208			2238			2308		
Manor Park	2140			2210			2240			2310		
Forest Gate	2142			2212			2242			2312		
Maryland	2144			2214			2244			2314		
Stratford DLR	2146	2149	21s51	22s04	2216	2219	22s34	2246	2249	23s04	2316	2319
London Liverpool St.	2156	2159	2159	2212	2226	2229	2242	2256	2259	2312	2326	2331

	1	2	3	4
Shenfield	2311	2313	2323	2343
Brentwood		2316	2326	2346
Harold Wood		2321	2331	2351
Gidea Park		2325	2335	2355
Romford		2327	2337	2357
Chadwell Heath		2331		0001
Goodmayes		2333		0003
Seven Kings		2335		0005
Ilford		2338		0008
Manor Park		2340		0010
Forest Gate		2342		0012
Maryland		2344		0014
Stratford DLR	23s34	2346	2349	0016
London Liverpool St.	2342	2356	2359	0026

Shenfield to London Liverpool Street



Sundays

16th September 2012 to 2nd December 2012

Shenfield			0558	0628	0628	0643	0658	0658	0713	0728	0728	0743
Brentwood			0608		0638	0653		0708	0723		0738	0753
Harold Wood			0623		0653	0708		0723	0738		0753	0808
Gidea Park	0525	0555	0630		0700	0715		0730	0745		0800	0815
Romford	0532	0602	0637		0707	0722		0737	0752		0807	0822
Chadwell Heath												
Goodmayes.....												
Seven Kings.....												
Ilford.....	0552	0622	0657		0727	0742		0757	0812		0827	
Manor Park												
Forest Gate												
Maryland												
Stratford DLR	0607	0637	0712	07s18	0742	0757	07s48	0812	0827	08s18	0841	
London Liverpool St.	0627	0657	0732	0738	0802	0817	0808	0832	0847	0838		

Shenfield	0745	0807	0813	0820	0823		0841	0843	0853		0911	0913
Brentwood			0816		0826			0846	0856			0916
Harold Wood			0821		0831			0851	0901			0921
Gidea Park			0825		0835	0841		0855	0905	0911		0925
Romford		0822	0827		0837	0843		0857	0907	0913		0927
Chadwell Heath			0831			0847		0901		0917		0931
Goodmayes.....			0833			0849		0903		0919		0933
Seven Kings.....			0835			0851		0905		0921		0935
Ilford		0829	0838			0854		0908		0924		0938
Manor Park			0840			0856		0910		0926		0940
Forest Gate			0842			0858		0912		0928		0942
Maryland			0844					0914				0944
Stratford DLR		0834	0846	08s49	0849	0901	09s04	0916	0919	0931	09s34	0946
London Liverpool St.	0835	0842	0856	0859	0859	0911	0912	0926	0929	0941	0942	0956

Shenfield	0923		0941	0943	0953		1011	1013	1023		1041	1043
Brentwood	0926			0946	0956			1016	1026			1046
Harold Wood	0931			0951	1001			1021	1031			1051
Gidea Park	0935	0941		0955	1005	1011		1025	1035	1041		1055
Romford	0937	0943		0957	1007	1013		1027	1037	1043		1057
Chadwell Heath		0947		1001		1017		1031		1047		1101
Goodmayes.....		0949		1003		1019		1033		1049		1103
Seven Kings.....		0951		1005		1021		1035		1051		1105
Ilford		0954		1008		1024		1038		1054		1108
Manor Park		0956		1010		1026		1040		1056		1110
Forest Gate		0958		1012		1028		1042		1058		1112
Maryland				1014				1044				1114
Stratford DLR	0949	1001	10s04	1016	1021	1031	10s34	1046	1049	1101	11s04	1116
London Liverpool St.	0959	1011	1012	1026	1031	1041	1042	1056	1059	1111	1112	1126

Shenfield	1053			1711	1713	1723		1741	1743	1753		1811
Brentwood	1056				1716	1726			1746	1756		
Harold Wood	1101	then			1721	1731			1751	1801		
Gidea Park	1105	at	1711		1725	1735	1741		1755	1805	1811	
Romford	1107	the	1713		1727	1737	1743		1757	1807	1813	
Chadwell Heath		same	1717		1731		1747		1801		1817	
Goodmayes.....		mins	1719		1733		1749		1803		1819	
Seven Kings.....		past	1721		1735		1751		1805		1821	
Ilford		each	1724		1738		1754		1808		1824	
Manor Park		hour	1726		1740		1756		1810		1826	
Forest Gate		until	1728		1742		1758		1812		1828	
Maryland					1744				1814			
Stratford DLR	1119		1731	17s34	1746	1749	1801	18s04	1816	1819	1831	18s34
London Liverpool St.	1129		1741	1742	1756	1759	1811	1812	1826	1831	1841	1842

Shenfield to London Liverpool Street



Sundays

16th September 2012 to 2nd December 2012

	1	2	3	4	5	6	7	8	9	10		
Shenfield	1813	1823	1841	1843	1853	1911	1913	1923	1941			
Brentwood	1816	1826		1846	1856		1916	1926				
Harold Wood	1821	1831		1851	1901		1921	1931				
Gidea Park	1825	1835	1841	1855	1905	1911	1925	1935	1941			
Romford	1827	1837	1843	1857	1907	1913	1927	1937	1943			
Chadwell Heath	1831		1847	1901		1917	1931		1947			
Goodmayes	1833		1849	1903		1919	1933		1949			
Seven Kings	1835		1851	1905		1921	1935		1951			
Ilford	1838		1854	1908		1924	1938		1954			
Manor Park	1840		1856	1910		1926	1940		1956			
Forest Gate	1842		1858	1912		1928	1942		1958			
Maryland	1844			1914			1944					
Stratford DLR	1846	1849	1901	19s04	1916	1919	1931	19s34	1946	1949	2001	20s04
London Liverpool St.	1856	1859	1911	1912	1926	1929	1941	1942	1956	1959	2011	2012

	1	2	3	4	5	6	7	8	9	10		
Shenfield	1943	1953	2011	2013	2023	2041	2043	2053	2111			
Brentwood	1946	1956		2016	2026		2046	2056				
Harold Wood	1951	2001		2021	2031		2051	2101				
Gidea Park	1955	2005	2011	2025	2035	2041	2055	2105	2111			
Romford	1957	2007	2013	2027	2037	2043	2057	2107	2113			
Chadwell Heath	2001		2017	2031		2047	2101		2117			
Goodmayes	2003		2019	2033		2049	2103		2119			
Seven Kings	2005		2021	2035		2051	2105		2121			
Ilford	2008		2024	2038		2054	2108		2124			
Manor Park	2010		2026	2040		2056	2110		2126			
Forest Gate	2012		2028	2042		2058	2112		2128			
Maryland	2014			2044			2114					
Stratford DLR	2016	2019	2031	20s34	2046	2049	2101	21s04	2116	2119	2131	21s34
London Liverpool St.	2026	2029	2041	2042	2056	2059	2111	2112	2126	2129	2141	2142

	1	2	3	4	5	6	7	8	9	10		
Shenfield	2113	2123	2126	2141	2143	2153	2211	2213	2223	2241	2243	2253
Brentwood	2116	2126		2146	2156		2216	2226		2246	2256	
Harold Wood	2121	2131		2151	2201		2221	2231		2251	2301	
Gidea Park	2125	2135		2155	2205		2225	2235		2255	2305	
Romford	2127	2137		2157	2207		2227	2237		2257	2307	
Chadwell Heath	2131			2201			2231			2301		
Goodmayes	2133			2203			2233			2303		
Seven Kings	2135			2205			2235			2305		
Ilford	2138			2208			2238			2308		
Manor Park	2140			2210			2240			2310		
Forest Gate	2142			2212			2242			2312		
Maryland	2144			2214			2244			2314		
Stratford DLR	2146	2149	21s51	22s04	2216	2219	22s34	2246	2249	23s04	2316	2319
London Liverpool St.	2156	2159	2159	2212	2226	2229	2242	2256	2259	2312	2326	2331

	1	2	3	4
Shenfield	2311	2313	2323	2343
Brentwood		2316	2326	2346
Harold Wood		2321	2331	2351
Gidea Park		2325	2335	2355
Romford		2327	2337	2357
Chadwell Heath		2331		0001
Goodmayes		2333		0003
Seven Kings		2335		0005
Ilford		2338		0008
Manor Park		2340		0010
Forest Gate		2342		0012
Maryland		2344		0014
Stratford DLR	23s34	2346	2349	0016
London Liverpool St.	2342	2356	2359	0026

London Liverpool Street to Shenfield



Mondays to Fridays

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St.	0523	0528	0537	0552	0555	0600	0602	0610	0612	0615	0620	0630
Stratford	0530	0535	0544	0603	0602	0607	0609	0617	0619	0622	0627	0637
Maryland			0546			0609		0619			0629	0639
Forest Gate			0548			0611		0621			0631	0641
Manor Park			0550			0613		0623			0633	0643
Ilford		0540	0553			0616		0626			0636	0646
Seven Kings		0542	0555			0618		0628			0638	0648
Goodmayes			0557			0620		0630			0640	0650
Chadwell Heath			0559			0622		0632			0642	0652
Romford	0538	0548	0603			0626		0636			0646	0656
Gidea Park		0551	0607			0630		0640			0650	0700
Harold Wood		0554	0610			0633		0643			0653	0703
Brentwood		0559	0614			0637		0647			0657	0707
Shenfield	0547	0604	0620		0618	0643	0624	0653	0635	0638	0703	0713

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St.	0635	0638	0640	0648	0650	0655	0700	0702	0708	0710	0713	0718
Stratford	0642	0645	0647	0655	0657	0702	0707	0709	0715	0717	0720	0725
Maryland			0649		0659		0709			0719		
Forest Gate			0651		0701		0711			0721		
Manor Park			0653		0703		0713			0723		
Ilford			0656		0706		0716			0726		
Seven Kings			0658		0708		0718			0728		
Goodmayes			0700		0710		0720			0730		
Chadwell Heath			0702		0712		0722			0732		
Romford			0706		0716		0726			0736	0728	
Gidea Park			0710		0720		0730			0740		
Harold Wood			0713		0723		0733			0743		
Brentwood			0717		0727		0737			0747		
Shenfield	0658	0700	0723	0711	0733	0718	0743	0724	0730	0753	0738	0740

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St.	0720	0730	0735	0738	0740	0748	0750	0757	0800	0800	0806	0810
Stratford	0727	0737	0742	0745	0747	0755	0757	0805	0807	0808	0814	0817
Maryland	0729	0739			0749		0759		0809			0819
Forest Gate	0731	0741			0751		0801		0811			0821
Manor Park	0733	0743			0753		0803		0813			0823
Ilford	0736	0746			0756		0806		0816			0826
Seven Kings	0738	0748			0758		0808		0818			0828
Goodmayes	0740	0750			0800		0810		0820			0830
Chadwell Heath	0742	0752			0802		0812		0822			0832
Romford	0746	0756			0806		0816		0826			0836
Gidea Park	0750	0800			0810		0820		0830			0840
Harold Wood	0753	0803			0813		0823		0833			0843
Brentwood	0757	0807			0817		0827		0837			0847
Shenfield	0803	0813	0758	0800	0825	0810	0835	0822	0843	0825	0830	0853

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St.	0813	0817	0820	0830	0832	0836	0840	0848	0850	0855	0900	0902
Stratford	0821	0825	0827	0837	0842	0845	0847	0855	0857	0902	0907	0909
Maryland			0829	0839			0849		0859		0909	
Forest Gate			0831	0841			0851		0901		0911	
Manor Park			0833	0843			0853		0903		0913	
Ilford			0836	0846			0856		0906		0916	
Seven Kings			0838	0848			0858		0908		0918	
Goodmayes			0840	0850			0900		0910		0920	
Chadwell Heath			0842	0852			0902		0912		0922	
Romford			0846	0856			0906		0916		0926	
Gidea Park			0850	0900			0910		0920		0930	
Harold Wood			0853	0903			0913		0923		0933	
Brentwood			0857	0907			0917		0927		0937	
Shenfield	0838	0841	0903	0913	0859	0901	0923	0911	0933	0918	0943	0924

London Liverpool Street to Shenfield



Mondays to Fridays

	0910	0913	0918	0920	0930	0934	0938	0940	0948	0950	0955	1000
London Liverpool St.	0910	0913	0918	0920	0930	0934	0938	0940	0948	0950	0955	1000
Stratford	0917	0921	0925	0927	0937	0942	0945	0947	0955	0957	1002	1007
Maryland	0919			0929	0939			0949		0959		1009
Forest Gate	0921			0931	0941			0951		1001		1011
Manor Park	0923			0933	0943			0953		1003		1013
Ilford	0926			0936	0946			0956		1006		1016
Seven Kings	0928			0938	0948			0958		1008		1018
Goodmayes	0930			0940	0950			1000		1010		1020
Chadwell Heath	0932			0942	0952			1002		1012		1022
Romford	0936			0946	0956		0953	1006		1016		1026
Gidea Park	0940			0950	1000			1010		1020		1030
Harold Wood	0943			0953	1003			1013		1023		1033
Brentwood	0947			0957	1007			1017		1027		1037
Shenfield	0953	0938	0940	1003	1013	0958	1002	1023	1011	1033	1018	1043

	1002	1010	1013	1018	1020	1030	1035	1038	1040	1048	1050	1055
London Liverpool St.	1002	1010	1013	1018	1020	1030	1035	1038	1040	1048	1050	1055
Stratford	1009	1017	1020	1025	1027	1037	1042	1045	1047	1055	1057	1102
Maryland		1019			1029	1039			1049		1059	
Forest Gate		1021			1031	1041			1051		1101	
Manor Park		1023			1033	1043			1053		1103	
Ilford		1026			1036	1046			1056		1106	
Seven Kings		1028			1038	1048			1058		1108	
Goodmayes		1030			1040	1050			1100		1110	
Chadwell Heath		1032			1042	1052			1102		1112	
Romford		1036	1028		1046	1056		1053	1106		1116	
Gidea Park		1040			1050	1100			1110		1120	
Harold Wood		1043			1053	1103			1113		1123	
Brentwood		1047			1057	1107			1117		1127	
Shenfield	1024	1053	1038	1040	1103	1113	1058	1102	1123	1111	1133	1118

	1500	1502	1510	1513	1518	1520	1530	1535	1538	1540	1548	
London Liverpool St.	1500	1502	1510	1513	1518	1520	1530	1535	1538	1540	1548	
Stratford	1507	1509	1517	1520	1525	1527	1537	1542	1545	1547	1555	
Maryland	then	1509	1519			1529	1539				1549	
Forest Gate	at	1511	1521			1531	1541				1551	
Manor Park	the	1513	1523			1533	1543				1553	
Ilford	same	1516	1526			1536	1546				1556	
Seven Kings	mins	1518	1528			1538	1548				1558	
Goodmayes	past	1520	1530			1540	1550				1600	
Chadwell Heath	each	1522	1532			1542	1552				1602	
Romford	hour	1526	1536	1528		1546	1556		1553		1606	
Gidea Park	until	1530	1540			1550	1600				1610	
Harold Wood		1533	1543			1553	1603				1613	
Brentwood		1537	1547			1557	1607				1617	
Shenfield		1543	1524	1553	1538	1540	1603	1613	1558	1602	1623	1611

	1550	1555	1600	1602	1610	1610	1614	1617	1620	1624	1628	1632
London Liverpool St.	1550	1555	1600	1602	1610	1610	1614	1617	1620	1624	1628	1632
Stratford	1557	1602	1607	1609	1617	1618	1622	1625	1627	1632	1635	
Maryland	1559		1609		1619				1629		1637	
Forest Gate	1601		1611		1621				1631		1639	
Manor Park	1603		1613		1623				1633		1641	
Ilford	1606		1616		1626				1636		1644	
Seven Kings	1608		1618		1628				1638		1647	
Goodmayes	1610		1620		1630				1640		1649	
Chadwell Heath	1612		1622		1632				1642		1651	
Romford	1616		1626		1636				1646		1655	
Gidea Park	1620		1630		1640				1650		1700	
Harold Wood	1623		1633		1643				1653			
Brentwood	1627		1637		1647				1657			
Shenfield	1633	1618	1643	1624	1653	1634	1638	1641	1703	1649		1654

London Liverpool Street to Shenfield



Mondays to Fridays

	1634	1636	1640	1640	1644	1647	1647	1650	1654	1657	1700	1702
London Liverpool St.	1634	1636	1640	1640	1644	1647	1647	1650	1654	1657	1700	1702
Stratford DLR	1642	1643	1647	1648	1652	1654	1655	1657	1702	1704	1707	1710
Maryland			1649					1659			1709	
Forest Gate			1651					1701			1711	
Manor Park			1653					1703			1713	
Ilford		1650	1656			1700		1706		1710	1716	
Seven Kings		1652				1702				1712		
Goodmayes		1654				1704				1714		
Chadwell Heath		1656	1700			1706		1710		1716	1720	
Romford		1700	1704			1710		1714		1720	1724	
Gidea Park		1704	1710			1714		1720		1724	1730	
Harold Wood		1707				1717				1727		
Brentwood		1711				1721				1731		
Shenfield	1658	1719		1704		1729	1711		1719	1739		

	1704	1707	1708	1710	1712	1715	1717	1718	1720	1720	1725	1727
London Liverpool St.	1704	1707	1708	1710	1712	1715	1717	1718	1720	1720	1725	1727
Stratford DLR	1713	1714	1716	1717	1720	1723	1724	1726		1727	1734	1734
Maryland				1719						1729		
Forest Gate				1721						1731		
Manor Park				1723						1733		
Ilford		1720		1726			1730			1736		1740
Seven Kings		1722					1732					1742
Goodmayes		1724					1734					1744
Chadwell Heath		1726		1730			1736			1740		1746
Romford		1730		1734			1740			1744		1750
Gidea Park		1734		1740			1744			1750		1754
Harold Wood		1737					1747					1757
Brentwood		1741					1751					1801
Shenfield	1730	1749				1739	1759		1745		1751	1809

	1730	1732	1734	1736	1738	1739	1740	1742	1745	1746	1749	1752
London Liverpool St.	1730	1732	1734	1736	1738	1739	1740	1742	1745	1746	1749	1752
Stratford DLR	1737	1740	1743	1743	1746	1746		1749	1753	1753	1756	1759
Maryland	1739			1745						1755		
Forest Gate	1741							1752				1802
Manor Park	1743					1750					1800	
Ilford	1746			1750		1753		1756		1800	1803	1806
Seven Kings				1752		1756		1759		1802	1806	1809
Goodmayes				1754		1758		1801		1804	1808	1811
Chadwell Heath		1750		1756		1800		1803		1806	1810	1813
Romford		1754		1800		1804		1807		1810	1814	1817
Gidea Park		1800		1804		1809		1812		1814	1818	1822
Harold Wood				1807						1817	1821	
Brentwood				1811						1821	1825	
Shenfield			1759	1819			1805		1809	1829	1833	

	1752	1754	1756	1758	1759	1800	1802	1802	1805	1807	1810	1812
London Liverpool St.	1752	1754	1756	1758	1759	1800	1802	1802	1805	1807	1810	1812
Stratford DLR	1800	1803	1803	1806	1806	1809	1809	1811	1814	1814	1817	1820
Maryland			1805								1819	
Forest Gate							1812				1821	
Manor Park					1810						1823	
Ilford			1810		1813		1816			1820	1826	
Seven Kings			1812		1816		1819			1822		
Goodmayes			1814		1818		1821			1824		
Chadwell Heath			1816		1820		1823			1826	1830	
Romford			1820		1824		1827			1830	1834	
Gidea Park			1824		1829		1832			1834	1840	
Harold Wood			1827							1837		
Brentwood			1831							1841		
Shenfield		1819	1839			1825			1831	1849		

London Liverpool Street to Shenfield



Mondays to Fridays

	1	2	3	4	5	6	7	8	9	10	11	
London Liverpool St.	1814	1817	1818	1820	1820	1825	1827	1830	1832	1835	1837	1838
Stratford DLR	1823	1824	1826	1827	1829	1833	1834	1837	1840	1843	1844	1846
Maryland				1829				1839				
Forest Gate				1831				1841				
Manor Park				1833				1843				
Ilford		1830		1836			1840	1846			1850	
Seven Kings		1832					1842				1852	
Goodmayes		1834					1844				1854	
Chadwell Heath		1836		1840			1846	1850			1856	
Romford		1840		1844			1850	1854			1900	
Gidea Park		1844		1850			1854	1900			1904	
Harold Wood		1847					1857				1907	
Brentwood		1851					1901				1911	
Shenfield	1840	1859			1845	1850	1909			1859	1919	1902

	1	2	3	4	5	6	7	8	9	10	11	
London Liverpool St.	1840	1841	1845	1847	1848	1850	1855	1857	1900	1902	1908	1910
Stratford DLR	1847	1849	1853	1854	1856	1857	1903	1904	1907	1909	1915	1917
Maryland	1849					1859			1909			1919
Forest Gate	1851					1901			1911			1921
Manor Park	1853					1903			1913			1923
Ilford	1856			1900		1906		1910	1916			1926
Seven Kings				1902				1912	1918			1928
Goodmayes				1904				1914	1920			1930
Chadwell Heath	1900			1906		1910		1916	1922			1932
Romford	1904			1910		1914		1920	1926			1936
Gidea Park	1908			1914		1920		1924	1930			1940
Harold Wood	1911			1917				1927	1933			1943
Brentwood	1915			1921				1931	1937			1947
Shenfield	1923		1910	1929			1920	1939	1943	1924		1953

	1	2	3	4	5	6	7	8	9	10	11	
London Liverpool St.	1915	1918	1920	1930	1932	1935	1938	1940	1948	1950	1955	2000
Stratford DLR	1922	1925	1927	1937	1939	1942	1945	1947	1955	1957	2002	2007
Maryland			1929	1939				1949		1959		2009
Forest Gate			1931	1941				1951		2001		2011
Manor Park			1933	1943				1953		2003		2013
Ilford			1936	1946				1956		2006		2016
Seven Kings			1938	1948				1958		2008		2018
Goodmayes			1940	1950				2000		2010		2020
Chadwell Heath			1942	1952				2002		2012		2022
Romford			1946	1956				2006		2016		2026
Gidea Park			1950	2000				2010		2020		2030
Harold Wood			1953	2003				2013		2023		2033
Brentwood			1957	2007				2017		2027		2037
Shenfield	1938	1940	2003	2013		1958	2000	2023	2011	2033	2018	2043

	1	2	3	4	5	6	7	8	9	10	11	
London Liverpool St.	2002	2010	2013	2018	2020	2030	2035	2038	2040	2048	2050	2055
Stratford DLR	2009	2017	2020	2025	2027	2037	2042	2045	2047	2055	2057	2102
Maryland		2019			2029	2039			2049		2059	
Forest Gate		2021			2031	2041			2051		2101	
Manor Park		2023			2033	2043			2053		2103	
Ilford		2026			2036	2046			2056		2106	
Seven Kings		2028			2038	2048			2058		2108	
Goodmayes		2030			2040	2050			2100		2110	
Chadwell Heath		2032			2042	2052			2102		2112	
Romford		2036	2028		2046	2056		2053	2106		2116	
Gidea Park		2040			2050	2100			2110		2120	
Harold Wood		2043			2053	2103			2113		2123	
Brentwood		2047			2057	2107			2117		2127	
Shenfield	2024	2053	2038	2040	2103	2113	2058	2102	2123	2111	2133	2118

London Liverpool Street to Shenfield



Mondays to Fridays

	1	1	1	1	1	1	1	1	1	1	1	
London Liverpool St.	2100	2102	2110	2113	2118	2120	2130	2135	2138	2140	2148	2150
Stratford	2107	2109	2117	2120	2125	2127	2137	2142	2145	2147	2155	2157
Maryland	2109		2119			2129	2139			2149		2159
Forest Gate	2111		2121			2131	2141			2151		2201
Manor Park	2113		2123			2133	2143			2153		2203
Ilford	2116		2126			2136	2146			2156		2206
Seven Kings	2118		2128			2138	2148			2158		2208
Goodmayes	2120		2130			2140	2150			2200		2210
Chadwell Heath	2122		2132			2142	2152			2202		2212
Romford	2126		2136	2128		2146	2156		2153	2206		2216
Gidea Park	2130		2140			2150	2200			2210		2220
Harold Wood	2133		2143			2153	2203			2213		2223
Brentwood	2137		2147			2157	2207			2217		2227
Shenfield	2143	2124	2153	2138	2140	2203	2213	2158	2202	2223	2211	2233

	1	1	1	1	1	1	1	1	1	1	1	
London Liverpool St.	2155											
Stratford	2202											
Maryland												
Forest Gate												
Manor Park												
Ilford												
Seven Kings												
Goodmayes												
Chadwell Heath												
Romford												
Gidea Park												
Harold Wood												
Brentwood												
Shenfield	2218											

**Train times after 2200 are affected by long term engineering works.
For details of evening services after this time on Mondays to Fridays,
please see pages 27 to 33.**

London Liverpool Street to Shenfield



Mondays, Tuesdays and Wednesdays

12th December 2011 to 4th January 2012

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. 0..d	2202	2205	2218	2220	2225	2235	2250	2255	2310	2315	2330	2335
Stratford DLR 0	2209	2212	2225	2227	2232	2242	2257	2302	2317	2322	23u39	2342
Maryland		2214		2229		2244		2304		2324		2344
Forest Gate		2216		2231		2246		2306		2326		2346
Manor Park		2218		2233		2248		2308		2328		2348
Ilford		2221		2236		2251		2311		2331		2351
Seven Kings		2223		2238		2253		2313		2333		2353
Goodmayes		2225		2240		2255		2315		2335		2355
Chadwell Heath		2227		2242		2257		2317		2337		2357
Romford		2231		2246		2301		2321		2341		0002
Gidea Park		2235		2250		2305		2325		2345		0005
Harold Wood		2238		2253		2308		2328		2348		0008
Brentwood 0		2242		2257		2312		2332		2352		0012
Shenfield 0	2224	2248	2240	2303	2248	2318	2320	2338	2340	2358	0002	0018

	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St. 0..d	2350	2355	0001	0018	0020	0032	0046	0050	0055		
Stratford DLR 0	2357	0002	0010	0025	0027	0039	0053	0057	0102		
Maryland		0004	0012		0029	0041			0104		
Forest Gate		0006	0014		0031	0043			0106		
Manor Park		0008	0016		0033	0045			0108		
Ilford		0011	0019		0036	0048			0111		
Seven Kings		0013	0021		0038	0050			0113		
Goodmayes		0015	0023		0040	0052			0115		
Chadwell Heath		0017	0025		0042	0054			0117		
Romford		0021	0029	0037	0046	0058		0108	0121		
Gidea Park		0025	0032		0050	0102	0107		0125		
Harold Wood		0028			0053				0128		
Brentwood 0		0032			0057				0132		
Shenfield 0	0020	0038		0050	0103		0117	0120	0138		



London Liverpool Street to Shenfield



Mondays, Tuesdays and Wednesdays

9th January 2012 to 21st March 2012

	1	2	3	4	5	6	7	8	9	10	11	
London Liverpool St. ..d	2202	2205	2218	2220	2225	2235	2250	2255	2310	2315	2330	2335
Stratford ..d	2209	2212	2225	2227	2232	2242	2257	2302	2317	2322	2339	2342
Maryland ..d		2214		2229		2244		2304		2324		2344
Forest Gate ..d		2216		2231		2246		2306		2326		2346
Manor Park ..d		2218		2233		2248		2308		2328		2348
Ilford ..d		2221		2236		2251		2311		2331		2351
Seven Kings ..d		2223		2238		2253		2313		2333		2353
Goodmayes ..d		2225		2240		2255		2315		2335		2355
Chadwell Heath ..d		2227		2242		2257		2317		2337		2357
Romford ..d		2231		2246		2301		2321		2341		0002
Gidea Park ..d		2235		2250		2305		2325		2345		0005
Harold Wood ..d		2238		2253		2308		2328		2348		0008
Brentwood ..d		2242		2257		2312		2332		2352		0012
Shenfield ..a	2224	2248	2240	2303	2248	2318	2320	2338	2340	2358	0002	0018

	1	2	3	4	5	6	7	8	9	10	11	
London Liverpool St. ..d	2350	2355	0001	0018	0020	0032	0050	0055				
Stratford ..d	2357	0002	0010	0025	0027	0039	0057	0102				
Maryland ..d		0004	0012		0029	0041		0104				
Forest Gate ..d		0006	0014		0031	0043		0106				
Manor Park ..d		0008	0016		0033	0045		0108				
Ilford ..d		0011	0019		0036	0048		0111				
Seven Kings ..d		0013	0021		0038	0050		0113				
Goodmayes ..d		0015	0023		0040	0052		0115				
Chadwell Heath ..d		0017	0025		0042	0054		0117				
Romford ..d		0021	0029	0037	0046	0058	0108	0121				
Gidea Park ..d		0025	0032		0050	0102	0112	0125				
Harold Wood ..d		0028			0053			0128				
Brentwood ..d		0032			0057			0132				
Shenfield ..a	0020	0038		0050	0103		0121	0138				



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London Liverpool Street to Shenfield



Mondays, Tuesdays and Wednesdays

26th March 2012 to 20th June 2012

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. ..d	2202	2205	2218	2220	2225	2235	2250	2255	2310	2315	2330	2335
Stratford DLR ..d	2209	2212	2225	2227	2232	2242	2257	2302	2317	2322	2339	2342
Maryland ..d		2214		2229		2244		2304		2324		2344
Forest Gate ..d		2216		2231		2246		2306		2326		2346
Manor Park ..d		2218		2233		2248		2308		2328		2348
Ilford ..d		2221		2236		2251		2311		2331		2351
Seven Kings ..d		2223		2238		2253		2313		2333		2353
Goodmayes ..d		2225		2240		2255		2315		2335		2355
Chadwell Heath ..d		2227		2242		2257		2317		2337		2357
Romford ..d		2231		2246		2301		2321		2341		0002
Gidea Park ..d		2235		2250		2305		2325		2345		0005
Harold Wood ..d		2238		2253		2308		2328		2348		0008
Brentwood ..d		2242		2257		2312		2332		2352		0012
Shenfield ..a	2224	2248	2240	2303	2248	2318	2320	2338	2340	2358	0002	0018

	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St. ..d	2350	2355	0001	0018	0020	0032	0046	0050	0055		
Stratford DLR ..d	2357	0002	0010	0025	0027	0039	0053	0057	0102		
Maryland ..d		0004	0012		0029	0041			0104		
Forest Gate ..d		0006	0014		0031	0043			0106		
Manor Park ..d		0008	0016		0033	0045			0108		
Ilford ..d		0011	0019		0036	0048			0111		
Seven Kings ..d		0013	0021		0038	0050			0113		
Goodmayes ..d		0015	0023		0040	0052			0115		
Chadwell Heath ..d		0017	0025		0042	0054			0117		
Romford ..d		0021	0029	0037	0046	0058		0108	0121		
Gidea Park ..d		0025	0032		0050	0102	0107		0125		
Harold Wood ..d		0028			0053				0128		
Brentwood ..d		0032			0057				0132		
Shenfield ..a	0020	0038		0050	0103		0117	0120	0138		

London Liverpool Street to Shenfield



Mondays, Tuesdays and Wednesdays

25th June 2012 to 12th September 2012

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. ..d	2202	2205	2213	2218	2220	2235	2238	2245	2250	2250	2302	2305
Stratford DLR ..d	2209	2212	2220	2225	2227	2242	2245	2252	2257	2257	2309	2312
Maryland ..d		2214			2229	2244				2259		2314
Forest Gate ..d		2216			2231	2246				2301		2316
Manor Park ..d		2218			2233	2248				2303		2318
Ilford ..d		2221			2236	2251				2306		2321
Seven Kings ..d		2223			2238	2253				2308		2323
Goodmayes ..d		2225			2240	2255				2310		2325
Chadwell Heath ..d		2227			2242	2257				2312		2327
Romford ..d		2231	2228		2246	2301				2316		2331
Gidea Park ..d		2235			2250	2305				2320		2335
Harold Wood ..d		2238			2253	2308				2323		2338
Brentwood ..d		2242			2257	2312				2327		2342
Shenfield ..a	2224	2248	2238	2240	2303	2318	2300	2308	2320	2333	2324	2348

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. ..d	2310	2315	2315	2318	2320	2335	2345	2348	2350	0001	0015	0018
Stratford DLR ..d	2317	2322	2322	2325	2327	2342	2352	2355	2357	0008	0022	0025
Maryland ..d			2324		2329	2344			2359	0010		
Forest Gate ..d			2326		2331	2346			0001	0012		
Manor Park ..d			2328		2333	2348			0003	0014		
Ilford ..d			2331		2336	2351			0006	0017		
Seven Kings ..d			2333		2338	2353			0008	0019		
Goodmayes ..d			2335		2340	2355			0010	0021		
Chadwell Heath ..d			2337		2342	2357			0012	0023		
Romford ..d			2341		2346	0002			0016	0027	0032	
Gidea Park ..d			2345		2350	0005			0020	0031		
Harold Wood ..d			2348		2353	0008			0023			
Brentwood ..d			2352		2357	0012			0027			
Shenfield ..a	2340	2338	2358	2340	0003	0018	0008	0010	0033		0044	0047

	0	0	0	0	0
London Liverpool St. ..d	0020	0032	0046	0050	0055
Stratford DLR ..d	0027	0039	0053	0057	0102
Maryland ..d	0029	0041			0104
Forest Gate ..d	0031	0043			0106
Manor Park ..d	0033	0045			0108
Ilford ..d	0036	0048			0111
Seven Kings ..d	0038	0050			0113
Goodmayes ..d	0040	0052			0115
Chadwell Heath ..d	0042	0054			0117
Romford ..d	0046	0058		0108	0121
Gidea Park ..d	0050	0102	0107		0125
Harold Wood ..d	0053				0128
Brentwood ..d	0057				0132
Shenfield ..a	0103		0117	0120	0138

London Liverpool Street to Shenfield



Mondays, Tuesdays and Wednesdays

17th September to 17th October 2012

	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	
London Liverpool St. 🕒..d	2202	2205	2218	2220	2225	2235	2250	2255	2310	2315	2330	2335
Stratford DLR 🕒d	2209	2212	2225	2227	2232	2242	2257	2302	2317	2322	2339	2342
Marylandd		2214		2229		2244		2304		2324		2344
Forest Gated		2216		2231		2246		2306		2326		2346
Manor Parkd		2218		2233		2248		2308		2328		2348
Ilfordd		2221		2236		2251		2311		2331		2351
Seven Kingsd		2223		2238		2253		2313		2333		2353
Goodmayesd		2225		2240		2255		2315		2335		2355
Chadwell Heathd		2227		2242		2257		2317		2337		2357
Romfordd		2231		2246		2301		2321		2341		0002
Gidea Parkd		2235		2250		2305		2325		2345		0005
Harold Woodd		2238		2253		2308		2328		2348		0008
Brentwood 🚗d		2242		2257		2312		2332		2352		0012
Shenfield 🚗a	2224	2248	2240	2303	2248	2318	2320	2338	2340	2358	0002	0018

	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒
London Liverpool St. 🕒..d	2350	2355	0001	0018	0020	0032	0050	0055				
Stratford DLR 🕒d	2357	0002	0010	0025	0027	0039	0057	0102				
Marylandd		0004	0012		0029	0041		0104				
Forest Gated		0006	0014		0031	0043		0106				
Manor Parkd		0008	0016		0033	0045		0108				
Ilfordd		0011	0019		0036	0048		0111				
Seven Kingsd		0013	0021		0038	0050		0113				
Goodmayesd		0015	0023		0040	0052		0115				
Chadwell Heathd		0017	0025		0042	0054		0117				
Romfordd		0021	0029	0037	0046	0058	0108	0121				
Gidea Parkd		0025	0032		0050	0102	0112	0125				
Harold Woodd		0028			0053			0128				
Brentwood 🚗d		0032			0057			0132				
Shenfield 🚗a	0020	0038		0050	0103		0121	0138				



London Liverpool Street to Shenfield

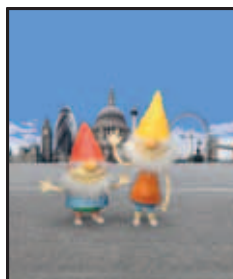


Mondays, Tuesdays and Wednesdays

22nd October 2012 to 5th December 2012

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. 0..d	2202	2205	2218	2220	2225	2235	2250	2255	2310	2315	2330	2335
Stratford DLR 0	2209	2212	2225	2227	2232	2242	2257	2302	2317	2322	23u39	2342
Maryland		2214		2229		2244		2304		2324		2344
Forest Gate		2216		2231		2246		2306		2326		2346
Manor Park		2218		2233		2248		2308		2328		2348
Ilford		2221		2236		2251		2311		2331		2351
Seven Kings		2223		2238		2253		2313		2333		2353
Goodmayes		2225		2240		2255		2315		2335		2355
Chadwell Heath		2227		2242		2257		2317		2337		2357
Romford		2231		2246		2301		2321		2341		0002
Gidea Park		2235		2250		2305		2325		2345		0005
Harold Wood		2238		2253		2308		2328		2348		0008
Brentwood 0		2242		2257		2312		2332		2352		0012
Shenfield 0	2224	2248	2240	2303	2248	2318	2320	2338	2340	2358	0002	0018

	0	0	0	0	0	0	0	0	0	0	0
London Liverpool St. 0..d	2350	2355	0001	0018	0020	0032	0046	0050	0055		
Stratford DLR 0	2357	0002	0010	0025	0027	0039	0053	0057	0102		
Maryland		0004	0012		0029	0041			0104		
Forest Gate		0006	0014		0031	0043			0106		
Manor Park		0008	0016		0033	0045			0108		
Ilford		0011	0019		0036	0048			0111		
Seven Kings		0013	0021		0038	0050			0113		
Goodmayes		0015	0023		0040	0052			0115		
Chadwell Heath		0017	0025		0042	0054			0117		
Romford		0021	0029	0037	0046	0058		0108	0121		
Gidea Park		0025	0032		0050	0102	0107		0125		
Harold Wood		0028			0053				0128		
Brentwood 0		0032			0057				0132		
Shenfield 0	0020	0038		0050	0103		0117	0120	0138		



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London Liverpool Street to Shenfield



All Thursdays and Fridays

15th December 2011 to 7th December 2012

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. 0..d	2202	2205	2213	2218	2220	2235	2238	2245	2250	2250	2302	2305
Stratford DLR 0 ..d	2209	2212	2220	2225	2227	2242	2245	2252	2257	2257	2309	2312
Maryland ..d		2214			2229	2244				2259		2314
Forest Gate ..d		2216			2231	2246				2301		2316
Manor Park ..d		2218			2233	2248				2303		2318
Ilford ..d		2221			2236	2251				2306		2321
Seven Kings ..d		2223			2238	2253				2308		2323
Goodmayes ..d		2225			2240	2255				2310		2325
Chadwell Heath ..d		2227			2242	2257				2312		2327
Romford ..d		2231	2228		2246	2301				2316		2331
Gidea Park ..d		2235			2250	2305				2320		2335
Harold Wood ..d		2238			2253	2308				2323		2338
Brentwood 0 ..d		2242			2257	2312				2327		2342
Shenfield 0 ..a	2224	2248	2238	2240	2303	2318	2300	2308	2320	2333	2324	2348

	0	0	0	0	0	0	0	0	0	0	0	
London Liverpool St. 0..d	2310	2315	2315	2318	2320	2335	2345	2348	2350	0001	0015	0018
Stratford DLR 0 ..d	2317	2322	2322	2325	2327	2342	2352	2355	2357	0008	0022	0025
Maryland ..d			2324		2329	2344			2359	0010		
Forest Gate ..d			2326		2331	2346			0001	0012		
Manor Park ..d			2328		2333	2348			0003	0014		
Ilford ..d			2331		2336	2351			0006	0017		
Seven Kings ..d			2333		2338	2353			0008	0019		
Goodmayes ..d			2335		2340	2355			0010	0021		
Chadwell Heath ..d			2337		2342	2357			0012	0023		
Romford ..d			2341		2346	0002			0016	0027	0032	
Gidea Park ..d			2345		2350	0005			0020	0031		
Harold Wood ..d			2348		2353	0008			0023			
Brentwood 0 ..d			2352		2357	0012			0027			
Shenfield 0 ..a	2340	2338	2358	2340	0003	0018	0008	0010	0033		0044	0047

	0	0	0	0	0
London Liverpool St. 0..d	0020	0032	0046	0050	0055
Stratford DLR 0 ..d	0027	0039	0053	0057	0102
Maryland ..d	0029	0041			0104
Forest Gate ..d	0031	0043			0106
Manor Park ..d	0033	0045			0108
Ilford ..d	0036	0048			0111
Seven Kings ..d	0038	0050			0113
Goodmayes ..d	0040	0052			0115
Chadwell Heath ..d	0042	0054			0117
Romford ..d	0046	0058		0108	0121
Gidea Park ..d	0050	0102	0107		0125
Harold Wood ..d	0053				0128
Brentwood 0 ..d	0057				0132
Shenfield 0 ..a	0103		0117	0120	0138

London Liverpool Street to Shenfield



Saturdays 17th December 2011 to 8th December 2012

	0521	0528	0530	0540	0551	0602	0605	0610	0618	0621	0635	0638
London Liverpool St.	0521	0528	0530	0540	0551	0602	0605	0610	0618	0621	0635	0638
Stratford DLR	0530	0535	0537	0547	0600	0609	0612	0617	0625	0630	0642	0645
Maryland				0549				0619				
Forest Gate				0551				0621				
Manor Park				0553				0623				
Ilford		0540		0556				0626				
Seven Kings		0542		0558				0628				
Goodmayes				0600				0630				
Chadwell Heath				0602				0632				
Romford		0548	0545	0606				0636				0653
Gidea Park		0551		0610				0640				
Harold Wood		0554		0613				0643				
Brentwood		0559		0617				0647				
Shenfield		0604	0554	0623		0624	0630	0653	0640		0658	0702

	0640	0648	0655	0700	0702	0710	0713	0718	0720	0730	0735	0738
London Liverpool St.	0640	0648	0655	0700	0702	0710	0713	0718	0720	0730	0735	0738
Stratford DLR	0647	0655	0702	0707	0709	0717	0720	0725	0727	0737	0742	0745
Maryland	0649			0709		0719			0729	0739		
Forest Gate	0651			0711		0721			0731	0741		
Manor Park	0653			0713		0723			0733	0743		
Ilford	0656			0716		0726			0736	0746		
Seven Kings	0658			0718		0728			0738	0748		
Goodmayes	0700			0720		0730			0740	0750		
Chadwell Heath	0702			0722		0732			0742	0752		
Romford	0706			0726		0736	0728		0746	0756		0753
Gidea Park	0710			0730		0740			0750	0800		
Harold Wood	0713			0733		0743			0753	0803		
Brentwood	0717			0737		0747			0757	0807		
Shenfield	0723	0711	0718	0743	0724	0753	0738	0740	0803	0813	0758	0802

	0740	0748	0750	0755		1900	1902	1910	1913	1918	1920	1930
London Liverpool St.	0740	0748	0750	0755		1900	1902	1910	1913	1918	1920	1930
Stratford DLR	0747	0755	0757	0802		1907	1909	1917	1920	1925	1927	1937
Maryland	0749		0759		then	1909		1919			1929	1939
Forest Gate	0751		0801		at	1911		1921			1931	1941
Manor Park	0753		0803		the	1913		1923			1933	1943
Ilford	0756		0806		same	1916		1926			1936	1946
Seven Kings	0758		0808		mins	1918		1928			1938	1948
Goodmayes	0800		0810		past	1920		1930			1940	1950
Chadwell Heath	0802		0812		each	1922		1932			1942	1952
Romford	0806		0816		hour	1926		1936	1928		1946	1956
Gidea Park	0810		0820		until	1930		1940			1950	2000
Harold Wood	0813		0823			1933		1943			1953	2003
Brentwood	0817		0827			1937		1947			1957	2007
Shenfield	0823	0811	0833	0818		1943	1924	1953	1938	1940	2003	2013

	1932	1935	1938	1940	1948	1950	1955	2000	2002	2010	2013	2018
London Liverpool St.	1932	1935	1938	1940	1948	1950	1955	2000	2002	2010	2013	2018
Stratford DLR	1939	1943	1946	1947	1955	1957	2002	2007	2009	2017	2020	2025
Maryland				1949		1959		2009		2019		
Forest Gate				1951		2001		2011		2021		
Manor Park				1953		2003		2013		2023		
Ilford				1956		2006		2016		2026		
Seven Kings				1958		2008		2018		2028		
Goodmayes				2000		2010		2020		2030		
Chadwell Heath				2002		2012		2022		2032		
Romford			1954	2006		2016		2026		2036	2028	
Gidea Park				2010		2020		2030		2040		
Harold Wood				2013		2023		2033		2043		
Brentwood				2017		2027		2037		2047		
Shenfield	1956	1959	2003	2023	2011	2033	2018	2043	2024	2053	2038	2040

London Liverpool Street to Shenfield



Saturdays 17th December 2011 to 8th December 2012

		0	0	0	0	0	0	0	0	0	0		
London Liverpool St.	d	2020	2030	2035	2038	2040	2048	2050	2055	2102	2105	2113	2118
Stratford DLR	d	2027	2037	2042	2045	2047	2055	2057	2102	2109	2112	2120	2125
Maryland	d	2029	2039			2049		2059			2114		
Forest Gate	d	2031	2041			2051		2101			2116		
Manor Park	d	2033	2043			2053		2103			2118		
Ilford	d	2036	2046			2056		2106			2121		
Seven Kings	d	2038	2048			2058		2108			2123		
Goodmayes	d	2040	2050			2100		2110			2125		
Chadwell Heath	d	2042	2052			2102		2112			2127		
Romford	d	2046	2056		2053	2106		2116			2131	2128	
Gidea Park	d	2050	2100			2110		2120			2135		
Harold Wood	d	2053	2103			2113		2123			2138		
Brentwood	d	2057	2107			2117		2127			2142		
Shenfield	a	2103	2113	2058	2102	2123	2111	2133	2118	2124	2148	2138	2140

		0	0	0	0	0	0	0	0	0	0		
London Liverpool St.	d	2120	2135	2135	2138	2148	2150	2155	2202	2205	2213	2218	2220
Stratford DLR	d	2127	2142	2142	2145	2155	2157	2202	2209	2212	2220	2225	2227
Maryland	d	2129		2144			2159			2214			2229
Forest Gate	d	2131		2146			2201			2216			2231
Manor Park	d	2133		2148			2203			2218			2233
Ilford	d	2136		2151			2206			2221			2236
Seven Kings	d	2138		2153			2208			2223			2238
Goodmayes	d	2140		2155			2210			2225			2240
Chadwell Heath	d	2142		2157			2212			2227			2242
Romford	d	2146		2201	2153		2216			2231	2228		2246
Gidea Park	d	2150		2205			2220			2235			2250
Harold Wood	d	2153		2208			2223			2238			2253
Brentwood	d	2157		2212			2227			2242			2257
Shenfield	a	2203	2157	2218	2202	2211	2233	2218	2224	2248	2238	2240	2303

		0	0	0	0	0	0	0	0	0	0		
London Liverpool St.	d	2235	2238	2245	2250	2302	2305	2315	2318	2320	2335	2345	2348
Stratford DLR	d	2242	2245	2252	2257	2309	2312	2322	2325	2327	2342	2352	2355
Maryland	d	2244			2259		2314			2329	2344		
Forest Gate	d	2246			2301		2316			2331	2346		
Manor Park	d	2248			2303		2318			2333	2348		
Ilford	d	2251			2306		2321			2336	2351		
Seven Kings	d	2253			2308		2323			2338	2353		
Goodmayes	d	2255			2310		2325			2340	2355		
Chadwell Heath	d	2257			2312		2327			2342	2357		
Romford	d	2301	2253		2316		2331			2346	0002		
Gidea Park	d	2305			2320		2335			2350	0005		
Harold Wood	d	2308			2323		2338			2353	0008		
Brentwood	d	2312			2327		2342			2357	0012		
Shenfield	a	2318	2302	2308	2333	2324	2348	2338	2340	0003	0018	0008	0010

		0	0	0	0	0	0	0
London Liverpool St.	d	2350	0001	0015	0018	0020	0032	0055
Stratford DLR	d	2357	0008	0022	0025	0027	0039	0102
Maryland	d	2359	0010			0029	0041	0104
Forest Gate	d	0001	0012			0031	0043	0106
Manor Park	d	0003	0014			0033	0045	0108
Ilford	d	0006	0017			0036	0048	0111
Seven Kings	d	0008	0019			0038	0050	0113
Goodmayes	d	0010	0021			0040	0052	0115
Chadwell Heath	d	0012	0023			0042	0054	0117
Romford	d	0016	0027	0032		0046	0058	0121
Gidea Park	d	0020	0031			0050	0102	0125
Harold Wood	d	0023				0053		0128
Brentwood	d	0027				0057		0132
Shenfield	a	0033		0044	0047	0103		0138

London Liverpool Street to Shenfield



Sundays

11th December 2011 to 24th June 2012

London Liverpool St.	0605	0635	0705	0735	0755	0805	0815	0830	0835	0845	0902	0905
Stratford	0625	0655	0725	0755	0802	0812	0822		0842	0852	0909	0912
Maryland						0813			0843			0913
Forest Gate						0815			0845			0915
Manor Park						0817			0847			0917
Ilford	0640	0710	0740	0810		0820			0850			0920
Seven Kings						0823			0853			0923
Goodmayes						0825			0855			0925
Chadwell Heath						0827			0857			0927
Romford	0700	0730	0800			0830	0833		0900	0903		0930
Gidea Park	0707	0737	0807			0834	0837		0904	0907		0934
Harold Wood	0714	0744	0814			0837	0840		0907	0910		0937
Brentwood	0729	0759	0829			0841	0844		0911	0914		0941
Shenfield	0739	0809	0839		0824	0848	0850	0857	0918	0920	0930	0948

London Liverpool St.	0915	0917	0932	0935	0945	0947	1002	1005	1015	1017	1032	1035
Stratford	0922	0924	0939	0942	0952	0954	1009	1012	1022	1024	1039	1042
Maryland				0943				1013				1043
Forest Gate		0927		0945		0957		1015		1027		1045
Manor Park		0929		0947		0959		1017		1029		1047
Ilford		0932		0950		1002		1020		1032		1050
Seven Kings		0934		0953		1004		1023		1034		1053
Goodmayes		0936		0955		1006		1025		1036		1055
Chadwell Heath		0938		0957		1008		1027		1038		1057
Romford	0933	0942		1000	1003	1012		1030	1033	1042		1100
Gidea Park	0937	0947		1004	1007	1017		1034	1037	1047		1104
Harold Wood	0940			1007	1010			1037	1040			1107
Brentwood	0944			1011	1014			1041	1044			1111
Shenfield	0950		1000	1018	1020		1030	1048	1050		1100	1118

London Liverpool St.	1045	1047		2002	2005	2015	2017	2032	2035	2045	2047	2102
Stratford	1052	1054		2009	2012	2022	2024	2039	2042	2052	2054	2109
Maryland			then		2013				2043			
Forest Gate		1057	at		2015		2027		2045		2057	
Manor Park		1059	the		2017		2029		2047		2059	
Ilford		1102	same		2020		2032		2050		2102	
Seven Kings		1104	mins		2023		2034		2053		2104	
Goodmayes		1106	past		2025		2036		2055		2106	
Chadwell Heath		1108	each		2027		2038		2057		2108	
Romford	1103	1112	hour		2030	2033	2042		2100	2103	2112	
Gidea Park	1107	1117	until		2034	2037	2047		2104	2107	2115	
Harold Wood	1110				2037	2040			2107	2110		
Brentwood	1114				2041	2044			2111	2114		
Shenfield	1120			2030	2048	2050		2100	2118	2120		2130

London Liverpool St.	2105	2115	2117	2132	2135	2145	2147	2202	2205	2215	2217	2232
Stratford	2112	2122	2124	2139	2142	2152	2154	2209	2212	2222	2224	2239
Maryland	2113				2143				2213			
Forest Gate	2115		2127		2145		2157		2215		2227	
Manor Park	2117		2129		2147		2159		2217		2229	
Ilford	2120		2132		2150		2202		2220		2232	
Seven Kings	2123		2134		2153		2204		2223		2234	
Goodmayes	2125		2136		2155		2206		2225		2236	
Chadwell Heath	2127		2138		2157		2208		2227		2238	
Romford	2130	2133	2142		2200	2203	2212		2230	2233	2242	
Gidea Park	2134	2137	2147		2204	2207	2217		2234	2237	2247	
Harold Wood	2137	2140			2207	2210			2237	2240		
Brentwood	2141	2144			2211	2214			2241	2244		
Shenfield	2148	2150		2200	2218	2220		2230	2248	2250		2300

London Liverpool Street to Shenfield



Sundays

11th December 2011 to 24th June 2012

	1	1	1	1	1	1	1	1	1	1		
London Liverpool St. ④..d	2235	2245	2302	2305	2315	2332	2335	2345	0002	0005	0015	0035
Stratford DLR ④.....d	2242	2252	2309	2312	2322	2339	2342	2352	0009	0012	0022	0042
Maryland.....d	2243			2313			2343			0013		0043
Forest Gate.....d	2245			2315			2345			0015		0045
Manor Park.....d	2247			2317			2347			0017		0047
Ilford.....d	2250			2320			2350			0020		0050
Seven Kings.....d	2253			2323			2353			0023		0053
Goodmayes.....d	2255			2325			2355			0025		0055
Chadwell Heath.....d	2257			2327			2357			0027		0057
Romford.....d	2300	2303		2330	2333		2359	0003		0030	0033	0100
Gidea Park.....d	2304	2307		2334	2337		0004	0007		0036	0037	0106
Harold Wood.....d	2307	2310		2337	2340		0007	0010				0040
Brentwood ④.....d	2311	2314		2341	2344		0011	0014				0044
Shenfield ④.....a	2318	2320	2330	2348	2350	2359	0018	0020	0030			0050

	1	1	1	1	1	1	1	1	1	1		
London Liverpool St. ④..d	0045	0055										
Stratford DLR ④.....d	0052	0102										
Maryland.....d		0104										
Forest Gate.....d		0106										
Manor Park.....d		0108										
Ilford.....d		0111										
Seven Kings.....d		0113										
Goodmayes.....d		0115										
Chadwell Heath.....d		0117										
Romford.....d	0103	0121										
Gidea Park.....d	0107	0125										
Harold Wood.....d	0110	0128										
Brentwood ④.....d	0114	0132										
Shenfield ④.....a	0120	0138										

London Liverpool Street to Shenfield



Sundays

1st July 2012 to 9th September 2012

	0635	0705	0715	0735	0745	0755	0802	0805	0815	0832	0835	0845
London Liverpool St.	0635	0705	0715	0735	0745	0755	0802	0805	0815	0832	0835	0845
Stratford	0642	0712	0722	0742	0752	0802	0809	0812	0822	0839	0842	0852
Maryland	0643	0713		0743				0813			0843	
Forest Gate	0645	0715		0745				0815			0845	
Manor Park	0647	0717		0747				0817			0847	
Ilford	0650	0720		0750				0820			0850	
Seven Kings	0653	0723		0753				0823			0853	
Goodmayes	0655	0725		0755				0825			0855	
Chadwell Heath	0657	0727		0757				0827			0857	
Romford	0700	0730	0733	0800	0803			0830	0833		0900	0903
Gidea Park	0704	0734	0737	0804	0807			0834	0837		0904	0907
Harold Wood	0707	0737	0740	0807	0810			0837	0840		0907	0910
Brentwood	0711	0741	0744	0811	0814			0841	0844		0911	0914
Shenfield	0718	0748	0750	0818	0820	0824	0830	0848	0850	0900	0918	0920

	0847	0902	0905	0915	0917	0932	0935	0945	0947	1002	1005	1015
London Liverpool St.	0847	0902	0905	0915	0917	0932	0935	0945	0947	1002	1005	1015
Stratford	0854	0909	0912	0922	0924	0939	0942	0952	0954	1009	1012	1022
Maryland			0913				0943				1013	
Forest Gate	0857		0915		0927		0945		0957		1015	
Manor Park	0859		0917		0929		0947		0959		1017	
Ilford	0902		0920		0932		0950		1002		1020	
Seven Kings	0904		0923		0934		0953		1004		1023	
Goodmayes	0906		0925		0936		0955		1006		1025	
Chadwell Heath	0908		0927		0938		0957		1008		1027	
Romford	0912		0930	0933	0942		1000	1003	1012		1030	1033
Gidea Park	0917		0934	0937	0947		1004	1007	1017		1034	1037
Harold Wood			0937	0940			1007	1010			1037	1040
Brentwood			0941	0944			1011	1014			1041	1044
Shenfield		0930	0948	0950		1000	1018	1020		1030	1048	1050

	1017	1032	1035	1045	1047		2002	2005	2015	2017	2032	2035
London Liverpool St.	1017	1032	1035	1045	1047		2002	2005	2015	2017	2032	2035
Stratford	1024	1039	1042	1052	1054		2009	2012	2022	2024	2039	2042
Maryland			1043			then		2013				2043
Forest Gate	1027		1045		1057	at		2015		2027		2045
Manor Park	1029		1047		1059	the		2017		2029		2047
Ilford	1032		1050		1102	same		2020		2032		2050
Seven Kings	1034		1053		1104	mins		2023		2034		2053
Goodmayes	1036		1055		1106	past		2025		2036		2055
Chadwell Heath	1038		1057		1108	each		2027		2038		2057
Romford	1042		1100	1103	1112	hour		2030	2033	2042		2100
Gidea Park	1047		1104	1107	1117	until		2034	2037	2047		2104
Harold Wood			1107	1110				2037	2040			2107
Brentwood			1111	1114				2041	2044			2111
Shenfield		1100	1118	1120			2030	2048	2050		2100	2118

	2045	2047	2102	2105	2115	2117	2132	2135	2145	2147	2202	2205
London Liverpool St.	2045	2047	2102	2105	2115	2117	2132	2135	2145	2147	2202	2205
Stratford	2052	2054	2109	2112	2122	2124	2139	2142	2152	2154	2209	2212
Maryland				2113				2143				2213
Forest Gate		2057		2115		2127		2145		2157		2215
Manor Park		2059		2117		2129		2147		2159		2217
Ilford		2102		2120		2132		2150		2202		2220
Seven Kings		2104		2123		2134		2153		2204		2223
Goodmayes		2106		2125		2136		2155		2206		2225
Chadwell Heath		2108		2127		2138		2157		2208		2227
Romford	2103	2112		2130	2133	2142		2200	2203	2212		2230
Gidea Park	2107	2115		2134	2137	2147		2204	2207	2217		2234
Harold Wood	2110			2137	2140			2207	2210			2237
Brentwood	2114			2141	2144			2211	2214			2241
Shenfield	2120		2130	2148	2150		2200	2218	2220		2230	2248

London Liverpool Street to Shenfield



Sundays

1st July 2012 to 9th September 2012

	0	0	0	0	0	0	0	0	0	0		
London Liverpool St. 0..d	2215	2217	2232	2235	2245	2302	2305	2315	2332	2335	2345	0002
Stratford DLR 0 ..d	2222	2224	2239	2242	2252	2309	2312	2322	2339	2342	2352	0009
Maryland ..d				2243			2313			2343		
Forest Gate ..d		2227		2245			2315			2345		
Manor Park ..d		2229		2247			2317			2347		
Ilford ..d		2232		2250			2320			2350		
Seven Kings ..d		2234		2253			2323			2353		
Goodmayes ..d		2236		2255			2325			2355		
Chadwell Heath ..d		2238		2257			2327			2357		
Romford ..d	2233	2242		2300	2303		2330	2333		2359	0003	
Gidea Park ..d	2237	2247		2304	2307		2334	2337		0004	0007	
Harold Wood ..d	2240			2307	2310		2337	2340		0007	0010	
Brentwood 0 ..d	2244			2311	2314		2341	2344		0011	0014	
Shenfield 0 ..a	2250		2300	2318	2320	2330	2348	2350	2359	0018	0020	0030

	0	0	0	0	0
London Liverpool St. 0..d	0005	0015	0035	0045	0055
Stratford DLR 0 ..d	0012	0022	0042	0052	0102
Maryland ..d	0013		0043		0104
Forest Gate ..d	0015		0045		0106
Manor Park ..d	0017		0047		0108
Ilford ..d	0020		0050		0111
Seven Kings ..d	0023		0053		0113
Goodmayes ..d	0025		0055		0115
Chadwell Heath ..d	0027		0057		0117
Romford ..d	0030	0033	0100	0103	0121
Gidea Park ..d	0036	0037	0106	0107	0125
Harold Wood ..d		0040		0110	0128
Brentwood 0 ..d		0044		0114	0132
Shenfield 0 ..a		0050		0120	0138

Route improvement work

At weekends and occasionally late in the evening during the week, route improvements may have to be carried out. Fully updated information is available in advance on our website at nationalexpress.com/alterations

London Liverpool Street to Shenfield



Sundays

16th September 2012 to 2nd December 2012

London Liverpool St.	0605	0635	0705	0735	0755	0805	0815	0830	0835	0845	0902	0905
Stratford	0625	0655	0725	0755	0802	0812	0822		0842	0852	0909	0912
Maryland						0813			0843			0913
Forest Gate						0815			0845			0915
Manor Park						0817			0847			0917
Ilford	0640	0710	0740	0810		0820			0850			0920
Seven Kings						0823			0853			0923
Goodmayes						0825			0855			0925
Chadwell Heath						0827			0857			0927
Romford	0700	0730	0800			0830	0833		0900	0903		0930
Gidea Park	0707	0737	0807			0834	0837		0904	0907		0934
Harold Wood	0714	0744	0814			0837	0840		0907	0910		0937
Brentwood	0729	0759	0829			0841	0844		0911	0914		0941
Shenfield	0739	0809	0839		0824	0848	0850	0857	0918	0920	0930	0948

London Liverpool St.	0915	0917	0932	0935	0945	0947	1002	1005	1015	1017	1032	1035
Stratford	0922	0924	0939	0942	0952	0954	1009	1012	1022	1024	1039	1042
Maryland				0943				1013				1043
Forest Gate		0927		0945		0957		1015		1027		1045
Manor Park		0929		0947		0959		1017		1029		1047
Ilford		0932		0950		1002		1020		1032		1050
Seven Kings		0934		0953		1004		1023		1034		1053
Goodmayes		0936		0955		1006		1025		1036		1055
Chadwell Heath		0938		0957		1008		1027		1038		1057
Romford	0933	0942		1000	1003	1012		1030	1033	1042		1100
Gidea Park	0937	0947		1004	1007	1017		1034	1037	1047		1104
Harold Wood	0940			1007	1010			1037	1040			1107
Brentwood	0944			1011	1014			1041	1044			1111
Shenfield	0950		1000	1018	1020		1030	1048	1050		1100	1118

London Liverpool St.	1045	1047		2002	2005	2015	2017	2032	2035	2045	2047	2102
Stratford	1052	1054		2009	2012	2022	2024	2039	2042	2052	2054	2109
Maryland			then		2013				2043			
Forest Gate		1057	at		2015		2027		2045		2057	
Manor Park		1059	the		2017		2029		2047		2059	
Ilford		1102	same		2020		2032		2050		2102	
Seven Kings		1104	mins		2023		2034		2053		2104	
Goodmayes		1106	past		2025		2036		2055		2106	
Chadwell Heath		1108	each		2027		2038		2057		2108	
Romford	1103	1112	hour		2030	2033	2042		2100	2103	2112	
Gidea Park	1107	1117	until		2034	2037	2047		2104	2107	2115	
Harold Wood	1110				2037	2040			2107	2110		
Brentwood	1114				2041	2044			2111	2114		
Shenfield	1120			2030	2048	2050		2100	2118	2120		2130

London Liverpool St.	2105	2115	2117	2132	2135	2145	2147	2202	2205	2215	2217	2232
Stratford	2112	2122	2124	2139	2142	2152	2154	2209	2212	2222	2224	2239
Maryland	2113				2143				2213			
Forest Gate	2115		2127		2145		2157		2215		2227	
Manor Park	2117		2129		2147		2159		2217		2229	
Ilford	2120		2132		2150		2202		2220		2232	
Seven Kings	2123		2134		2153		2204		2223		2234	
Goodmayes	2125		2136		2155		2206		2225		2236	
Chadwell Heath	2127		2138		2157		2208		2227		2238	
Romford	2130	2133	2142		2200	2203	2212		2230	2233	2242	
Gidea Park	2134	2137	2147		2204	2207	2217		2234	2237	2247	
Harold Wood	2137	2140			2207	2210			2237	2240		
Brentwood	2141	2144			2211	2214			2241	2244		
Shenfield	2148	2150		2200	2218	2220		2230	2248	2250		2300

London Liverpool Street to Shenfield







Sundays

16th September 2012 to 2nd December 2012

	1	1	1	1	1	1	1	1	1	1		
London Liverpool St. ..d	2235	2245	2302	2305	2315	2332	2335	2345	0002	0005	0015	0035
Stratford ..d	2242	2252	2309	2312	2322	2339	2342	2352	0009	0012	0022	0042
Maryland ..d	2243			2313			2343			0013		0043
Forest Gate ..d	2245			2315			2345			0015		0045
Manor Park ..d	2247			2317			2347			0017		0047
Ilford ..d	2250			2320			2350			0020		0050
Seven Kings ..d	2253			2323			2353			0023		0053
Goodmayes ..d	2255			2325			2355			0025		0055
Chadwell Heath ..d	2257			2327			2357			0027		0057
Romford ..d	2300	2303		2330	2333		2359	0003		0030	0033	0100
Gidea Park ..d	2304	2307		2334	2337		0004	0007		0036	0037	0106
Harold Wood ..d	2307	2310		2337	2340		0007	0010				0040
Brentwood ..d	2311	2314		2341	2344		0011	0014				0044
Shenfield ..a	2318	2320	2330	2348	2350	2359	0018	0020	0030			0050

	1	1	1	1	1	1	1	1	1	1		
London Liverpool St. ..d	0045	0055										
Stratford ..d	0052	0102										
Maryland ..d		0104										
Forest Gate ..d		0106										
Manor Park ..d		0108										
Ilford ..d		0111										
Seven Kings ..d		0113										
Goodmayes ..d		0115										
Chadwell Heath ..d		0117										
Romford ..d	0103	0121										
Gidea Park ..d	0107	0125										
Harold Wood ..d	0110	0128										
Brentwood ..d	0114	0132										
Shenfield ..a	0120	0138										

Timetable key

A	Until 24th February 2012
B	From 27th February 2012
a	Arrival time
b	Arrives 0530
d	Departure time
s	Stops to set down only
c2c	Journey operated by c2c
	PlusBus operates from this station
◇	Seat reservations possible
1	First Class accommodation available
	Interchange with London Underground
DLR	Interchange with Docklands Light Railway
	PlusBus operates from this station
	Replacement bus service

Times in *italics* are connecting train services with one change of train; other connections may be available with further changes.

The timetables are striped to help you read them. There is no meaning to the stripes.