

# Shenfield to London Liverpool Street

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## Mondays to Fridays

c2c

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

Shenfield	d	0604	0614	0615	0624	0625	0634	0635	0641		0644	0645	0652
Brentwood	d	0607	0617		0627		0637				0647		
Harold Wood	d	0612	0622		0632		0642				0652		
Gidea Park	d	0616	0626		0636		0645			0649	0656		
Romford	d	0618	0628		0638		0648			0651	0658		
Chadwell Heath	d	0622	0632		0642		0652			0655	0702		
Goodmayes	d	0624	0634		0644					0657			
Seven Kings	d	0626	0636		0646					0659			
Ilford	d	0629	0639		0649		0657			0702	0707		
Manor Park	d	0632	0642		0652					0705			
Forest Gate	d	0634	0644		0654					0707			
Maryland	d	0636	0646		0656					0709			
Stratford	d	0639	0649	0629	0659	0639	0703	0649	06s57	0712	0715	07s02	07s08
London Liverpool St.	a	0647	0657	0640	0707	0648	0713	0658	0709	0722	0725	0714	0720

Shenfield	d		0654	0655	0701		0704	0709		0714	0715	0719	0725
Brentwood	d		0657				0707			0717			
Harold Wood	d		0702				0712			0722			
Gidea Park	d	0659	0705			0709	0715		0719	0725			
Romford	d	0701	0708			0711	0718		0721	0728			
Chadwell Heath	d	0705	0712			0715	0722		0725	0732			
Goodmayes	d	0707				0717			0727	0734			
Seven Kings	d	0709				0719			0729	0736			
Ilford	d	0712	0717			0722	0727		0732	0739			
Manor Park	d	0715				0725			0735				
Forest Gate	d	0717				0727			0737				
Maryland	d	0719				0729			0739				
Stratford	d	0722	0725	07s12	07s19	0732	0735	07s25	0742	0745	07s32	07s35	07s42
London Liverpool St.	a	0732	0735	0723	0730	0742	0745	0737	0752	0755	0743	0747	0753

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## Mondays to Fridays

		0	0	0	0	0	0	0	0				
Shenfield	d	0724	0732	0734	0739	0742	0744	0747	0750				
Brentwood	d	0727		0737			0747						
Harold Wood	d	0732		0742			0752						
Gidea Park	d	0729	0735	0739	0745		0749	0755	0759				
Romford	d	0731	0738	0741	0748		0751	0758	0801				
Chadwell Heath	d	0735	0742	0745	0752		0755	0802	0805				
Goodmayes	d	0737	0744	0747	0754		0757	0804	0807				
Seven Kings	d	0739	0746	0749	0756		0759	0806	0809				
Ilford	d	0742	0749	0752	0759		0802	0809	0812				
Manor Park	d	0745		0755			0805						
Forest Gate	d	0747		0757			0807						
Maryland	d	0749		0759			0809						
Stratford DLR	d	0752	0755	0802	0805	07s55	07s58	0812	0815	08s04	0818		
London Liverpool St.	a	0802	0805	0801	0812	0815	0808	0810	0822	0825	0816	0819	0828

		0	0	0	0	0	0	0	0				
Shenfield	d	0750	0754	0757	0800	0801	0806	0809	0810	0816			
Brentwood	d	0753	0757	0803					0813				
Harold Wood	d	0758	0802	0808					0818				
Gidea Park	d	0802	0805	0809	0812			0815	0819	0822			
Romford	d	0804	0807	0811	0814			0817	0821	0824			
Chadwell Heath	d	0808	0811	0815	0818			0821	0825	0828			
Goodmayes	d	0810	0813	0817	0820			0823	0827	0830			
Seven Kings	d	0812	0815	0819	0822			0825	0829	0832			
Ilford	d	0815	0818	0822	0825			0828	0832	0835			
Manor Park	d		0821					0831					
Forest Gate	d		0823					0833					
Maryland	d		0825					0835					
Stratford DLR	d	0821	0828	0831	0834	08s17	08s23	08s26	0838	0841	0844		
London Liverpool St.	a	0831	0838	0841	0825	0843	0829	0836	0838	0848	0851	0853	0845

		0	0	0	0	0	0	0	0				
Shenfield	d		0820	0821	0824	0827	0830		0830	0836	0839		
Brentwood	d		0823						0833				
Harold Wood	d		0828						0838				
Gidea Park	d		0829	0832				0839	0842				
Romford	d		0831	0834				0841	0844				
Chadwell Heath	d		0835	0838				0845	0848				
Goodmayes	d		0837	0840				0847	0850				
Seven Kings	d		0839	0842				0849	0852				
Ilford	d	0838	0842	0845				0848	0852	0855			
Manor Park	d	0841						0851					
Forest Gate	d	0843						0853					
Maryland	d	0845						0855					
Stratford DLR	d	0848	0851	0854	08s38	08s42	08s44	08s47	0858	0901	0904	08s55	
London Liverpool St.	a	0858	0901	0903	0850	0854	0856	0859	0908	0911	0913	0903	0908

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## Mondays to Fridays

	0												
Shenfield	d	0844		0844	0851	0854	0855	0859	0904	0904	0914	0921	
Brentwood	d			0847		0857				0907	0917		
Harold Wood.....	d			0852		0902				0912	0922		
Gidea Park.....	d		0849	0856		0906				0916	0926		
Romford.....	d	0853		0851	0858		0908			0918	0928		
Chadwell Heath.....	d			0855	0902		0912			0922	0932		
Goodmayes.....	d			0857	0904		0914			0924	0934		
Seven Kings.....	d			0859	0906		0916			0926	0936		
Ilford.....	d		0858	0902	0909		0919			0929	0939		
Manor Park.....	d			0901		0912	0922			0932	0942		
Forest Gate.....	d			0903		0914	0924			0934	0944		
Maryland.....	d			0905		0916	0926			0936	0946		
Stratford	d	09s03	0908	0911	0919	09s07	0929		09s16	09s21	0939	0949	09s37
London Liverpool St.	a	0914	0918	0921	0927	0919	0937	0921	0928	0932	0947	0957	0949

Shenfield	d	0924	0925	0927	0934	0938	0944	0945	0951	0954	1004	1005	1008
Brentwood	d	0927			0937		0947			0957	1007		
Harold Wood.....	d	0932			0942		0952			1002	1012		
Gidea Park.....	d	0936			0946		0956			1006	1016		
Romford.....	d	0938			0948		0958	0953		1008	1018		
Chadwell Heath.....	d	0942			0952		1002			1012	1022		
Goodmayes.....	d	0944			0954		1004			1014	1024		
Seven Kings.....	d	0946			0956		1006			1016	1026		
Ilford.....	d	0949			0959		1009			1019	1029		
Manor Park.....	d	0952			1002		1012			1022	1032		
Forest Gate.....	d	0954			1004		1014			1024	1034		
Maryland.....	d	0956			1006		1016			1026	1036		
Stratford	d	0959	09s41	09s43	1009	0952	1019	1001	1005	1029	1039	1019	1022
London Liverpool St.	a	1007	0953	0955	1017	1001	1027	1010	1014	1037	1047	1028	1031

Shenfield	d	1014	1020	1024	1025	1034	1038	1044	1045	1051	1054	1104	
Brentwood	d	1017		1027		1037		1047			1057	1107	
Harold Wood.....	d	1022		1032		1042		1052			1102	1112	
Gidea Park.....	d	1026		1036		1046		1056			1106	1116	then
Romford.....	d	1028	1028	1038		1048		1058	1053		1108	1118	at
Chadwell Heath.....	d	1032		1042		1052		1102			1112	1122	the
Goodmayes.....	d	1034		1044		1054		1104			1114	1124	same
Seven Kings.....	d	1036		1046		1056		1106			1116	1126	mins
Ilford.....	d	1039		1049		1059		1109			1119	1129	past
Manor Park.....	d	1042		1052		1102		1112			1122	1132	each
Forest Gate.....	d	1044		1054		1104		1114			1124	1134	hour
Maryland.....	d	1046		1056		1106		1116			1126	1136	until
Stratford	d	1049	1036	1059	1039	1109	1052	1119	1101	1105	1129	1139	
London Liverpool St.	a	1057	1045	1107	1048	1117	1101	1127	1110	1114	1137	1147	

# Shenfield to London Liverpool Street



## Mondays to Fridays

	1604	1605	1608	1614	1620	1624	1625	1634	1638	1644	1645	1651	
<b>Shenfield</b>	d	1604	1605	1608	1614	1620	1624	1625	1634	1638	1644	1645	1651
Brentwood	d	1607			1617		1627		1637		1647		
Harold Wood.....	d	1612			1622		1632		1642		1652		
Gidea Park.....	d	1616			1626		1636		1646		1656		
Romford.....	d	1618			1628		1638		1648		1658		
Chadwell Heath.....	d	1622			1632		1642		1652		1702		
Goodmayes.....	d	1624			1634		1644		1654		1704		
Seven Kings.....	d	1626			1636		1646		1656		1706		
Ilford.....	d	1629			1639		1649		1659		1709		
Manor Park.....	d	1632			1642		1652		1702		1712		
Forest Gate.....	d	1634			1644		1654		1704		1714		
Maryland.....	d	1636			1646		1656		1706		1716		
Stratford <b>DLR</b>	d	1639	1619	1622	1649	1634	1659	1639	1709	1652	1719	1659	1705
<b>London Liverpool St.</b>	a	1647	1629	1631	1657	1644	1707	1648	1717	1703	1727	1713	1716






	1654	1704	1705	1708	1714	1722	1724	1725	1728	1734			
<b>Shenfield</b>	d	1654	1704	1705	1708	1714	1722		1724	1725	1728		1734
Brentwood	d	1657	1707			1717			1727				1737
Harold Wood.....	d	1702	1712			1722			1732				1742
Gidea Park.....	d	1706	1716			1726		1732	1736			1742	1746
Romford.....	d	1708	1718			1728		1734	1738			1744	1748
Chadwell Heath.....	d	1712	1722			1732			1742				1752
Goodmayes.....	d	1714	1724			1734			1744				1754
Seven Kings.....	d	1716	1726			1736			1746				1756
Ilford.....	d	1719	1729			1739		1742	1749			1752	1759
Manor Park.....	d	1722	1732					1745				1755	
Forest Gate.....	d	1724	1734					1747				1757	
Maryland.....	d	1726	1736					1749				1759	
Stratford <b>DLR</b>	d	1729	1739	1719	1722	1745	1736	1752	1755	1739	1742	1802	1805
<b>London Liverpool St.</b>	a	1737	1747	1729	1734	1753	1746	1800	1803	1749	1753	1810	1813






	1738	1744	1745	1749	1751	1754	1800	1804	1808					
<b>Shenfield</b>	d	1738		1744	1745	1749	1751		1754	1800		1804	1808	
Brentwood	d			1747					1757			1807		
Harold Wood.....	d			1752					1802			1812		
Gidea Park.....	d		1752	1756					1802	1806		1812	1816	
Romford.....	d		1754	1758					1804	1808		1814	1818	
Chadwell Heath.....	d			1802						1812			1822	
Goodmayes.....	d			1804						1814			1824	
Seven Kings.....	d			1806						1816			1826	
Ilford.....	d		1802	1809						1812	1819		1822	1829
Manor Park.....	d			1805						1815			1825	
Forest Gate.....	d			1807						1817			1827	
Maryland.....	d			1809						1819			1829	
Stratford <b>DLR</b>	d	1752	1812	1815	1759	1808	1806	1822	1825	1814	1832	1835	1822	
<b>London Liverpool St.</b>	a	1801	1820	1823	1811	1817	1815	1830	1833	1824	1840	1843	1831	

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## Mondays to Fridays

	0	0	0	0	0	0	0	0	0				
Shenfield 	d	1810	1814	1820	1824	1825	1827	1834	1838	1840	1844		
Brentwood 	d		1817		1827			1837			1847		
Harold Wood.....	d		1822		1832			1842			1852		
Gidea Park.....	d		1822	1826	1832	1836		1846			1856		
Romford.....	d		1824	1828	1828	1834	1838		1848		1858		
Chadwell Heath.....	d			1832		1842		1852			1902		
Goodmayes.....	d			1834		1844		1854			1904		
Seven Kings.....	d			1836		1846		1856			1906		
Ilford.....	d		1832	1839		1842	1849		1859		1909		
Manor Park.....	d		1835		1845	1852		1902			1912		
Forest Gate.....	d		1837		1847	1854		1904			1914		
Maryland.....	d		1839		1849	1856		1906			1916		
Stratford  	d	1825	1842	1845	1836	1852	1859	1839	1842	1909	1852	1855	1919
London Liverpool St. 	a	1835	1850	1853	1845	1900	1907	1848	1851	1917	1901	1904	1927

	0	0	0	0	0	0	0	0	0				
Shenfield 	d	1851	1854	1857	1904	1905	1908	1913	1914	1920	1924	1925	1934
Brentwood 	d		1857		1907				1917		1927		1937
Harold Wood.....	d		1902		1912				1922		1932		1942
Gidea Park.....	d		1906		1916				1926		1936		1946
Romford.....	d		1908		1918				1928	1928	1938		1948
Chadwell Heath.....	d		1912		1922				1932		1942		1952
Goodmayes.....	d		1914		1924				1934		1944		1954
Seven Kings.....	d		1916		1926				1936		1946		1956
Ilford.....	d		1919		1929				1939		1949		1959
Manor Park.....	d		1922		1932				1942		1952		2002
Forest Gate.....	d		1924		1934				1944		1954		2004
Maryland.....	d		1926		1936				1946		1956		2006
Stratford  	d	1905	1929	1911	1939	1919	1922	1927	1949	1936	1959	1939	2009
London Liverpool St. 	a	1914	1937	1920	1947	1928	1931	1936	1957	1945	2007	1948	2017

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	0	0	0	0	0	0	0	0	0				
Shenfield 	d	1938	1944	1945	1951		1954	2004	2005		2008	2014	2020
Brentwood 	d		1947				1957	2007				2017	
Harold Wood.....	d		1952				2002	2012				2022	
Gidea Park.....	d		1956				2006	2016				2026	
Romford.....	d		1958	1953			2008	2018				2028	2028
Chadwell Heath.....	d		2002				2012	2022				2032	
Goodmayes.....	d		2004				2014	2024				2034	
Seven Kings.....	d		2006				2016	2026				2036	
Ilford.....	d		2009				2019	2029				2039	
Manor Park.....	d		2012				2022	2032				2042	
Forest Gate.....	d		2014				2024	2034				2044	
Maryland.....	d		2016				2026	2036				2046	
Stratford  	d	1952	2019	2001	2005	2014	2029	2039	2019	2021	2022	2049	2036
London Liverpool St. 	a	2001	2027	2010	2014	2023	2037	2047	2028	2033	2031	2057	2045

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## Mondays to Fridays

	c2c				c2c								
	0	0	0	0	0	0	0	0	0	0	0	0	
Shenfield	d	2024	2025	2034	2038		2044	2045	2047	2053		2054	2104
Brentwood	d	2027		2037			2047					2057	2107
Harold Wood.....	d	2032		2042			2052					2102	2112
Gidea Park.....	d	2036		2046			2056					2106	2116
Romford.....	d	2038		2048			2058	2053				2108	2118
Chadwell Heath.....	d	2042		2052			2102					2112	2122
Goodmayes.....	d	2044		2054			2104					2114	2124
Seven Kings.....	d	2046		2056			2106					2116	2126
Ilford.....	d	2049		2059			2109					2119	2129
Manor Park.....	d	2052		2102			2112					2122	2132
Forest Gate.....	d	2054		2104			2114					2124	2134
Maryland.....	d	2056		2106			2116					2126	2136
Stratford	d	2059	2039	2109	2052	2100	2119	2101		2107	2115	2129	2139
London Liverpool St.	a	2107	2048	2117	2101	2112	2127	2110	2112	2116	2126	2137	2147

	0	0	0	0	0	0	0	0	0	0	0		
Shenfield	d	2105	2108	2114	2124	2125	2127	2134	2138	2144	2145	2159	
Brentwood	d			2117	2127			2137		2147		2202	
Harold Wood.....	d			2122	2132			2142		2152		2207	
Gidea Park.....	d			2126	2136			2146		2156		2211	
Romford.....	d			2128	2138			2148		2158	2153	2213	
Chadwell Heath.....	d			2132	2142			2152		2202		2217	
Goodmayes.....	d			2134	2144			2154		2204		2219	
Seven Kings.....	d			2136	2146			2156		2206		2221	
Ilford.....	d			2139	2149			2159		2209		2224	
Manor Park.....	d			2142	2152			2202		2212		2227	
Forest Gate.....	d			2144	2154			2204		2214		2229	
Maryland.....	d			2146	2156			2206		2216		2231	
Stratford	d	2119	2122	2149	2159	2139	2142	2209	2152	2219	2201	2205	2234
London Liverpool St.	a	2128	2131	2157	2207	2148	2151	2217	2201	2227	2210	2214	2242

	0	0	0	0	0	0	0	0	0	0			
Shenfield	d	2205	2208	2214	2220	2229	2235	2238		2244	2251	2259	2305
Brentwood	d			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	2305	2319	2305	2334	2319
London Liverpool St.	a	2228	2231	2257	2245	2312	2258	2301	2314	2327	2315	2342	2328

# Shenfield to London Liverpool Street



## Mondays to Fridays

	c2c							
	0	0	0	0	0	0	0	
Shenfield ..... d	2308	2314	2320	2329	2335	2339	2344	
Brentwood ..... d		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	2322	2349	2336	0004	2349	2356	2358	0019
London Liverpool St. ... a	2331	2357	2345	0012	2358	0005	0011	0027



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# Shenfield to London Liverpool Street

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## Saturdays

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

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

		0	0	0	0	0	0	0	0	0		
Shenfield	d	0724	0725	0734	0738	0744	0745	0751	0754	2004	2005	2008
Brentwood	d	0727	0737	0747	0752	0757			0802	2007		
Harold Wood	d	0732	0742	0752	0802	0806			0812	2012		
Gidea Park	d	0736	0746	0756	0806	0814			0822	2016		
Romford	d	0738	0748	0758	0753	0808			0816	2018		
Chadwell Heath	d	0742	0752	0802	0812	0822			0830	2022		
Goodmayes	d	0744	0754	0804	0814	0824			0832	2024		
Seven Kings	d	0746	0756	0806	0816	0826			0834	2026		
Ilford	d	0749	0759	0809	0819	0829			0836	2029		
Manor Park	d	0752	0802	0812	0822	0832			0840	2032		
Forest Gate	d	0754	0804	0814	0824	0834			0842	2034		
Maryland	d	0756	0806	0816	0826	0836			0844	2036		
Stratford	d	0759	0739	0809	0752	0819	0801	0805	0829	2039	20s19	2022
London Liverpool St.	a	0807	0748	0817	0801	0827	0810	0814	0837	2047	2028	2031

		0	0	0	0	0	0	0	0	0			
Shenfield	d	2014	2020	2024	2025	2034	2038	2044	2045	2051	2059	2105	2108
Brentwood	d	2017	2027	2037	2047	2057					2102		
Harold Wood	d	2022	2032	2042	2052	2062					2107		
Gidea Park	d	2026	2036	2046	2056	2066					2111		
Romford	d	2028	2028	2038	2048	2058	2053				2113		
Chadwell Heath	d	2032	2042	2052	2102	2112					2117		
Goodmayes	d	2034	2044	2054	2104	2114					2119		
Seven Kings	d	2036	2046	2056	2106	2116					2121		
Ilford	d	2039	2049	2059	2109	2119					2124		
Manor Park	d	2042	2052	2102	2112	2122					2127		
Forest Gate	d	2044	2054	2104	2114	2124					2129		
Maryland	d	2046	2056	2106	2116	2126					2131		
Stratford	d	2049	2036	2059	2039	2109	2052	2119	2101	2105	2134	2119	2122
London Liverpool St.	a	2057	2045	2107	2048	2117	2101	2127	2110	2114	2142	2128	2131



# Shenfield to London Liverpool Street

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## Saturdays

		0	0		0	0		0	0		0	0	
<b>Shenfield</b>	d	2114	2120	2125	2129	2138	2144	2145	2151	2159	2205	2208	2214
Brentwood	d	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 <b>DLR</b>	d	2149	2136	2139	2204	2152	2219	2201	2205	2234	2219	2222	2249
<b>London Liverpool St.</b>	a	2157	2145	2148	2212	2201	2227	2210	2214	2242	2228	2231	2257

		0	0	0		0	0		0	0		0	
<b>Shenfield</b>	d	2220	2229	2235	2238	2244	2251		2259	2305	2308	2314	2320
Brentwood	d		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 <b>DLR</b>	d	2236	2304	2249	2252	2319	2305	2305	2334	2319	2322	2349	2336
<b>London Liverpool St.</b>	a	2246	2312	2258	2301	2327	2314	2317	2342	2328	2331	2357	2345

		0	0									
<b>Shenfield</b>	d	2329	2335	2339	2344							
Brentwood	d	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 <b>DLR</b>	d	0004	2349	2356	0019							
<b>London Liverpool St.</b>	a	0012	2358	0005	0027							

# Shenfield to London Liverpool Street

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## Sundays

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

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

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

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

# Shenfield to London Liverpool Street



## Sundays

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

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

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

	1	2	3	4		
<b>Shenfield</b>	d	2311	2313	2323	2343	
Brentwood	d		2316	2326	2346	
Harold Wood.....	d		2321	2331	2351	
Gidea Park.....	d		2325	2335	2355	
Romford.....	d		2327	2337	2357	
Chadwell Heath.....	d		2331		0001	
Goodmayes.....	d		2333		0003	
Seven Kings.....	d		2335		0005	
Ilford.....	d		2338		0008	
Manor Park.....	d		2340		0010	
Forest Gate.....	d		2342		0012	
Maryland.....	d		2344		0014	
Stratford <b>DLR</b>	d	2322	23s34	2346	2349	0016
<b>London Liverpool St.</b>	a	2336	2342	2356	2359	0026

# London Liverpool Street to Shenfield



## Mondays to Fridays

	0	0	0	0	0	0	0	0	0	0	0	
<b>London Liverpool St.</b>	0523	0528	0537	0552	0555	0600	0602	0610	0612	0615	0620	0630
Stratford <b>DLR</b>	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
<b>Shenfield</b>	0547	0604	0620		0618	0643	0624	0653	0635	0638	0703	0713

	0	0	0	0	0	0	0	0	0	0	0	
<b>London Liverpool St.</b>	0635	0638	0640	0648	0650	0655	0700	0702	0708	0710	0713	0718
Stratford <b>DLR</b>	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		
<b>Shenfield</b>	0658	0700	0723	0711	0733	0718	0743	0724	0730	0753	0738	0740

	0	0	0	0	0	0	0	0	0	0	0	
<b>London Liverpool St.</b>	0720	0730	0735	0738	0740	0748	0750	0755	0800	0802	0810	0814
Stratford <b>DLR</b>	0727	0737	0742	0745	0747	0755	0757	0802	0807	0809	0817	0822
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	
<b>Shenfield</b>	0803	0813	0758	0800	0823	0810	0833	0818	0843	0824	0853	0839

# London Liverpool Street to Shenfield



## Mondays to Fridays

	0	0	0	0	0	0	0	0	0	0	0	
<b>London Liverpool St.</b>	0817	0820	0830	0832	0836	0840	0848	0850	0855	0900	0902	0910
Stratford <b>DLR</b>	0825	0827	0837	0842	0845	0847	0855	0857	0902	0907	0909	0917
Maryland.....		0829	0839			0849		0859		0909		0919
Forest Gate.....		0831	0841			0851		0901		0911		0921
Manor Park.....		0833	0843			0853		0903		0913		0923
Ilford.....		0836	0846			0856		0906		0916		0926
Seven Kings.....		0838	0848			0858		0908		0918		0928
Goodmayes.....		0840	0850			0900		0910		0920		0930
Chadwell Heath.....		0842	0852			0902		0912		0922		0932
Romford.....		0846	0856			0906		0916		0926		0936
Gidea Park.....		0850	0900			0910		0920		0930		0940
Harold Wood.....		0853	0903			0913		0923		0933		0943
Brentwood		0857	0907			0917		0927		0937		0947
<b>Shenfield</b>	0841	0903	0913	0859	0901	0923	0911	0933	0918	0943	0924	0953

	0	0	0	0	0	0	0	0	0	0	0	
<b>London Liverpool St.</b>	0913	0918	0920	0930	0935	0938	0940	0948	0950	0955	1000	1002
Stratford <b>DLR</b>	0921	0925	0927	0937	0942	0945	0947	0955	0957	1002	1007	1009
Maryland.....			0929	0939			0949		0959		1009	
Forest Gate.....			0931	0941			0951		1001		1011	
Manor Park.....			0933	0943			0953		1003		1013	
Ilford.....			0936	0946			0956		1006		1016	
Seven Kings.....			0938	0948			0958		1008		1018	
Goodmayes.....			0940	0950			1000		1010		1020	
Chadwell Heath.....			0942	0952			1002		1012		1022	
Romford.....			0946	0956		0953	1006		1016		1026	
Gidea Park.....			0950	1000			1010		1020		1030	
Harold Wood.....			0953	1003			1013		1023		1033	
Brentwood			0957	1007			1017		1027		1037	
<b>Shenfield</b>	0938	0940	1003	1013	0958	1002	1023	1011	1033	1018	1043	1024

	0	0	0	0	0	0	0	0	0	0	
<b>London Liverpool St.</b>	1010	1013	1018	1020	1030	1035	1038	1040	1048	1050	1055
Stratford <b>DLR</b>	1017	1020	1025	1027	1037	1042	1045	1047	1055	1057	1102
Maryland.....	1019			1029	1039			1049		1059	
Forest Gate.....	1021			1031	1041			1051		1101	then
Manor Park.....	1023			1033	1043			1053		1103	at
Ilford.....	1026			1036	1046			1056		1106	the
Seven Kings.....	1028			1038	1048			1058		1108	same
Goodmayes.....	1030			1040	1050			1100		1110	mins
Chadwell Heath.....	1032			1042	1052			1102		1112	past
Romford.....	1036	1028		1046	1056		1053	1106		1116	each
Gidea Park.....	1040			1050	1100			1110		1120	hour
Harold Wood.....	1043			1053	1103			1113		1123	until
Brentwood	1047			1057	1107			1117		1127	
<b>Shenfield</b>	1053	1038	1040	1103	1113	1058	1102	1123	1111	1133	1118

# London Liverpool Street to Shenfield



## Mondays to Fridays

	1	2	3	4	5	6	7	8	9	10	11	
<b>London Liverpool St.</b>	1500	1502	1510	1513	1518	1520	1530	1535	1538	1540	1548	1550
Stratford <b>DLR</b>	1507	1509	1517	1520	1525	1527	1537	1542	1545	1547	1555	1557
Maryland.....	1509		1519			1529	1539			1549		1559
Forest Gate.....	1511		1521			1531	1541			1551		1601
Manor Park.....	1513		1523			1533	1543			1553		1603
Ilford.....	1516		1526			1536	1546			1556		1606
Seven Kings.....	1518		1528			1538	1548			1558		1608
Goodmayes.....	1520		1530			1540	1550			1600		1610
Chadwell Heath.....	1522		1532			1542	1552			1602		1612
Romford.....	1526		1536	1528		1546	1556		1553	1606		1616
Gidea Park.....	1530		1540			1550	1600			1610		1620
Harold Wood.....	1533		1543			1553	1603			1613		1623
Brentwood	1537		1547			1557	1607			1617		1627
<b>Shenfield</b>	1543	1524	1553	1538	1540	1603	1613	1558	1602	1623	1611	1633

	1	2	3	4	5	6	7	8	9	10	11	
<b>London Liverpool St.</b>	1555	1600	1602	1610	1610	1614	1617	1620	1624	1628	1632	1634
Stratford <b>DLR</b>	1602	1607	1609	1617	1618	1622	1625	1627	1632	1635		1642
Maryland.....		1609		1619				1629		1637		
Forest Gate.....		1611		1621				1631		1639		
Manor Park.....		1613		1623				1633		1641		
Ilford.....		1616		1626				1636		1644		
Seven Kings.....		1618		1628				1638		1647		
Goodmayes.....		1620		1630				1640		1649		
Chadwell Heath.....		1622		1632				1642		1651		
Romford.....		1626		1636				1646		1655		
Gidea Park.....		1630		1640				1650		1700		
Harold Wood.....		1633		1643				1653				
Brentwood		1637		1647				1657				
<b>Shenfield</b>	1618	1643	1624	1653	1634	1638	1641	1703	1649		1654	1658

	1	2	3	4	5	6	7	8	9	10	11	
<b>London Liverpool St.</b>	1637	1640	1640	1647	1647	1650	1654	1657	1700	1702	1704	1707
Stratford <b>DLR</b>	1644	1647	1648	1654	1655	1657	1702	1704	1707	1710	1713	1714
Maryland.....		1649				1659			1709			
Forest Gate.....		1651				1701			1711			
Manor Park.....		1653				1703			1713			
Ilford.....	1650	1656		1700		1706		1710	1716			1720
Seven Kings.....	1652			1702				1712				1722
Goodmayes.....	1654			1704				1714				1724
Chadwell Heath.....	1656	1700		1706		1710		1716	1720			1726
Romford.....	1700	1704		1710		1714		1720	1724			1730
Gidea Park.....	1704	1710		1714		1720		1724	1730			1734
Harold Wood.....	1707			1717				1727				1737
Brentwood	1711			1721				1731				1741
<b>Shenfield</b>	1719		1704	1729	1711		1719	1739		1726	1730	1749

### 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](http://nationalexpress.com/alterations)

# London Liverpool Street to Shenfield



## Mondays to Fridays

	0	1	2	3	4	5	6	7	8	9	10		
<b>London Liverpool St.</b>	d	1708	1710	1712	1715	1717	1718	1720	1720	1725	1727	1730	1732
Stratford <b>DLR</b>	d	1716	1717	1720	1723	1724	1726		1727	1734	1734	1737	1740
Maryland.....	d	1719							1729			1739	
Forest Gate.....	d	1721							1731			1741	
Manor Park.....	d	1723							1733			1743	
Ilford.....	d	1726			1730				1736		1740	1746	
Seven Kings.....	d				1732						1742		
Goodmayes.....	d				1734						1744		
Chadwell Heath.....	d	1730			1736			1740			1746	1750	
Romford.....	d	1734			1740			1744			1750	1754	
Gidea Park.....	d	1740			1744			1750			1754	1800	
Harold Wood.....	d				1747						1757		
Brentwood	d				1751						1801		
<b>Shenfield</b>	a			1739	1759		1745		1751	1809			

	1	2	3	4	5	6	7	8	9	10	11		
<b>London Liverpool St.</b>	d	1734	1736	1738	1739	1740	1742	1745	1746	1749	1752	1752	1754
Stratford <b>DLR</b>	d	1743	1743	1746	1746		1749	1753	1753	1756	1759	1800	1803
Maryland.....	d	1745							1755				
Forest Gate.....	d					1752					1802		
Manor Park.....	d			1750						1800			
Ilford.....	d	1750		1753		1756		1800	1803	1806			
Seven Kings.....	d	1752		1756		1759		1802	1806	1809			
Goodmayes.....	d	1754		1758		1801		1804	1808	1811			
Chadwell Heath.....	d	1756		1800		1803		1806	1810	1813			
Romford.....	d	1800		1804		1807		1810	1814	1817			
Gidea Park.....	d	1804		1809		1812		1814	1818	1822			
Harold Wood.....	d	1807						1817	1821				
Brentwood	d	1811						1821	1825				
<b>Shenfield</b>	a	1759	1819			1805		1809	1829	1833			1819

	1	2	3	4	5	6	7	8	9	10	11		
<b>London Liverpool St.</b>	d	1756	1758	1759	1800	1802	1802	1805	1807	1810	1812	1814	1817
Stratford <b>DLR</b>	d	1803	1806	1806	1809	1809	1811	1814	1814	1817	1820	1823	1824
Maryland.....	d	1805								1819			
Forest Gate.....	d					1812				1821			
Manor Park.....	d			1810						1823			
Ilford.....	d	1810		1813		1816			1820	1826			1830
Seven Kings.....	d	1812		1816		1819			1822				1832
Goodmayes.....	d	1814		1818		1821			1824				1834
Chadwell Heath.....	d	1816		1820		1823			1826	1830			1836
Romford.....	d	1820		1824		1827			1830	1834			1840
Gidea Park.....	d	1824		1829		1832			1834	1840			1844
Harold Wood.....	d	1827							1837				1847
Brentwood	d	1831							1841				1851
<b>Shenfield</b>	a	1839			1825			1831	1849			1840	1859

# London Liverpool Street to Shenfield



## Mondays to Fridays

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b> d	1818	1820	1820	1825	1827	1830	1832	1835	1837	1838	1840	1841
Stratford <b>DLR</b> d	1826	1829	1827	1833	1834	1837	1840	1843	1844	1846	1847	1849
Maryland..... d			1829			1839						1849
Forest Gate..... d			1831			1841						1851
Manor Park..... d			1833			1843						1853
Ilford..... d			1836		1840	1846			1850			1856
Seven Kings..... d					1842				1852			
Goodmayes..... d					1844				1854			
Chadwell Heath..... d			1840		1846	1850			1856			1900
Romford..... d			1844		1850	1854			1900			1904
Gidea Park..... d			1850		1854	1900			1904			1908
Harold Wood..... d					1857				1907			1911
Brentwood  d					1901				1911			1915
<b>Shenfield</b> a		1845		1850	1909			1859	1919	1902		1923

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b> d	1845	1847	1848	1850	1855	1857	1900	1902	1908	1910	1915	1918
Stratford <b>DLR</b> d	1853	1854	1856	1857	1903	1904	1907	1909	1915	1917	1922	1925
Maryland..... d				1859			1909			1919		
Forest Gate..... d				1901			1911			1921		
Manor Park..... d				1903			1913			1923		
Ilford..... d		1900		1906		1910	1916			1926		
Seven Kings..... d		1902				1912	1918			1928		
Goodmayes..... d		1904				1914	1920			1930		
Chadwell Heath..... d		1906		1910		1916	1922			1932		
Romford..... d		1910		1914		1920	1926			1936		
Gidea Park..... d		1914		1920		1924	1930			1940		
Harold Wood..... d		1917				1927	1933			1943		
Brentwood  d		1921				1931	1937			1947		
<b>Shenfield</b> a	1910	1929			1920	1939	1943	1924		1953	1938	1940

	0	0	0	0	0	0	0	0	0			
<b>London Liverpool St.</b> d	1920	1930	1935	1938	1940	1948	1950	1955	2000	2002	2010	2013
Stratford <b>DLR</b> d	1927	1937	1942	1945	1947	1955	1957	2002	2007	2009	2017	2020
Maryland..... d	1929	1939			1949		1959		2009		2019	
Forest Gate..... d	1931	1941			1951		2001		2011		2021	
Manor Park..... d	1933	1943			1953		2003		2013		2023	
Ilford..... d	1936	1946			1956		2006		2016		2026	
Seven Kings..... d	1938	1948			1958		2008		2018		2028	
Goodmayes..... d	1940	1950			2000		2010		2020		2030	
Chadwell Heath..... d	1942	1952			2002		2012		2022		2032	
Romford..... d	1946	1956			2006		2016		2026		2036	2028
Gidea Park..... d	1950	2000			2010		2020		2030		2040	
Harold Wood..... d	1953	2003			2013		2023		2033		2043	
Brentwood  d	1957	2007			2017		2027		2037		2047	
<b>Shenfield</b> a	2003	2013	1958	2000	2023	2011	2033	2018	2043	2024	2053	2038



# London Liverpool Street to Shenfield



## Mondays to Fridays

	c2c											
	0	0		0		0		0		0		
London Liverpool St. 0.. d	2018	2020	2030	2035	2035	2038	2040	2048	2050	2055	2100	2102
Stratford DLR 0.. d	2025	2027	2037	2042	2042	2045	2047	2055	2057	2102	2107	2109
Maryland..... d		2029	2039				2049		2059		2109	
Forest Gate..... d		2031	2041				2051		2101		2111	
Manor Park..... d		2033	2043				2053		2103		2113	
Ilford..... d		2036	2046				2056		2106		2116	
Seven Kings..... d		2038	2048				2058		2108		2118	
Goodmayes..... d		2040	2050				2100		2110		2120	
Chadwell Heath..... d		2042	2052				2102		2112		2122	
Romford..... d		2046	2056			2053	2106		2116		2126	
Gidea Park..... d		2050	2100				2110		2120		2130	
Harold Wood..... d		2053	2103				2113		2123		2133	
Brentwood 0.. d		2057	2107				2117		2127		2137	
Shenfield 0.. a	2040	2103	2113	2058		2102	2123	2111	2133	2118	2143	2124






	c2c											
	0	0	0		0		0		0		0	
London Liverpool St. 0.. d	2110	2113	2118	2120	2130	2135	2135	2138	2140	2148	2150	2155
Stratford DLR 0.. d	2117	2120	2125	2127	2137	2142	2142	2145	2147	2155	2157	2202
Maryland..... d	2119			2129	2139				2149		2159	
Forest Gate..... d	2121			2131	2141				2151		2201	
Manor Park..... d	2123			2133	2143				2153		2203	
Ilford..... d	2126			2136	2146				2156		2206	
Seven Kings..... d	2128			2138	2148				2158		2208	
Goodmayes..... d	2130			2140	2150				2200		2210	
Chadwell Heath..... d	2132			2142	2152				2202		2212	
Romford..... d	2136	2128		2146	2156			2153	2206		2216	
Gidea Park..... d	2140			2150	2200				2210		2220	
Harold Wood..... d	2143			2153	2203				2213		2223	
Brentwood 0.. d	2147			2157	2207				2217		2227	
Shenfield 0.. a	2153	2138	2140	2203	2213	2158		2202	2223	2211	2233	2218

	0	0	0	0		0		0		0		
London Liverpool St. 0.. d	2202	2205	2213	2218	2220	2235	2238	2245	2250	2302	2305	2315
Stratford DLR 0.. d	2209	2212	2220	2225	2227	2242	2245	2252	2257	2309	2312	2322
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	2333	2324	2348	2338

# London Liverpool Street to Shenfield

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## Mondays to Fridays

	0		0	0		0	0		0	0		0
<b>London Liverpool St.</b>  d	2318	2320	2335	2345	2348	2350	0001	0015	0018	0020	0032	0046
Stratford   d	2325	2327	2342	2352	2355	2357	0008	0022	0025	0027	0039	0053
Maryland..... d		2329	2344			2359	0010			0029	0041	
Forest Gate..... d		2331	2346			0001	0012			0031	0043	
Manor Park..... d		2333	2348			0003	0014			0033	0045	
Ilford..... d		2336	2351			0006	0017			0036	0048	
Seven Kings..... d		2338	2353			0008	0019			0038	0050	
Goodmayes..... d		2340	2355			0010	0021			0040	0052	
Chadwell Heath..... d		2342	2357			0012	0023			0042	0054	
Romford..... d		2346	0002			0016	0027	0032		0046	0058	
Gidea Park..... d		2350	0005			0020	0031			0050	0102	0107
Harold Wood..... d		2353	0008			0023				0053		
Brentwood  d		2357	0012			0027				0057		
<b>Shenfield</b>  a	2340	0003	0018	0008	0010	0033		0044	0047	0103		0117

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# London Liverpool Street to Shenfield



## Saturdays

	0523	0528	0528	0530	0540	0602	0605	0610	0618	0623	0635	0638	
<b>London Liverpool St.</b>	d	0523	0528	0528	0530	0540	0602	0605	0610	0618	0623	0635	0638
Stratford <b>DLR</b>	d	0533	0535	0537	0537	0547	0609	0612	0617	0625	0633	0642	0645
Maryland.....	d				0549			0619					
Forest Gate.....	d				0551			0621					
Manor Park.....	d				0553			0623					
Ilford.....	d		0540		0556			0626					
Seven Kings.....	d		0542		0558			0628					
Goodmayes.....	d				0600			0630					
Chadwell Heath.....	d				0602			0632					
Romford.....	d		0548	0545	0606			0636				0653	
Gidea Park.....	d		0551		0610			0640					
Harold Wood.....	d		0554		0613			0643					
Brentwood	d		0559		0617			0647					
<b>Shenfield</b>	a		0604		0554	0623	0624	0630	0653	0640		0658	0702

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

	0740	0748	0750	0755		2000	2002	2010	2013	2018	2020	2030	
<b>London Liverpool St.</b>	d	0740	0748	0750	0755		2000	2002	2010	2013	2018	2020	2030
Stratford <b>DLR</b>	d	0747	0755	0757	0802		2007	2009	2017	2020	2025	2027	2037
Maryland.....	d	0749		0759			2009		2019			2029	2039
Forest Gate.....	d	0751		0801	then		2011		2021			2031	2041
Manor Park.....	d	0753		0803	at		2013		2023			2033	2043
Ilford.....	d	0756		0806	the		2016		2026			2036	2046
Seven Kings.....	d	0758		0808	same		2018		2028			2038	2048
Goodmayes.....	d	0800		0810	mins		2020		2030			2040	2050
Chadwell Heath.....	d	0802		0812	past		2022		2032			2042	2052
Romford.....	d	0806		0816	each		2026		2036	2028		2046	2056
Gidea Park.....	d	0810		0820	hour		2030		2040			2050	2100
Harold Wood.....	d	0813		0823	until		2033		2043			2053	2103
Brentwood	d	0817		0827			2037		2047			2057	2107
<b>Shenfield</b>	a	0823	0811	0833	0818		2043	2024	2053	2038	2040	2103	2113

	2035	2038	2040	2048	2050	2055	2102	2105	2113	2118	2120	2135	
<b>London Liverpool St.</b>	d	2035	2038	2040	2048	2050	2055	2102	2105	2113	2118	2120	2135
Stratford <b>DLR</b>	d	2042	2045	2047	2055	2057	2102	2109	2112	2120	2125	2127	2142
Maryland.....	d			2049		2059		2114				2129	
Forest Gate.....	d			2051		2101		2116				2131	
Manor Park.....	d			2053		2103		2118				2133	
Ilford.....	d			2056		2106		2121				2136	
Seven Kings.....	d			2058		2108		2123				2138	
Goodmayes.....	d			2100		2110		2125				2140	
Chadwell Heath.....	d			2102		2112		2127				2142	
Romford.....	d		2053	2106		2116		2131	2128			2146	
Gidea Park.....	d			2110		2120		2135				2150	
Harold Wood.....	d			2113		2123		2138				2153	
Brentwood	d			2117		2127		2142				2157	
<b>Shenfield</b>	a	2058	2102	2123	2111	2133	2118	2124	2148	2138	2140	2203	2157

# London Liverpool Street to Shenfield



## Saturdays

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b> d	2135	2138	2148	2150	2155	2202	2205	2213	2218	2220	2235	2238
Stratford <b>DLR</b> d	2142	2145	2155	2157	2202	2209	2212	2220	2225	2227	2242	2245
Maryland..... d	2144			2159			2214			2229	2244	
Forest Gate..... d	2146			2201			2216			2231	2246	
Manor Park..... d	2148			2203			2218			2233	2248	
Ilford..... d	2151			2206			2221			2236	2251	
Seven Kings..... d	2153			2208			2223			2238	2253	
Goodmayes..... d	2155			2210			2225			2240	2255	
Chadwell Heath..... d	2157			2212			2227			2242	2257	
Romford..... d	2201	2153		2216			2231	2228		2246	2301	2253
Gidea Park..... d	2205			2220			2235			2250	2305	
Harold Wood..... d	2208			2223			2238			2253	2308	
Brentwood  d	2212			2227			2242			2257	2312	
<b>Shenfield</b> a	2218	2202	2211	2233	2218	2224	2248	2238	2240	2303	2318	2302





	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b> d	2245	2250	2302	2305	2315	2318	2320	2335	2345	2348	2350	0001
Stratford <b>DLR</b> d	2252	2257	2309	2312	2322	2325	2327	2342	2352	2355	2357	0008
Maryland..... d		2259		2314			2329	2344			2359	0010
Forest Gate..... d		2301		2316			2331	2346			0001	0012
Manor Park..... d		2303		2318			2333	2348			0003	0014
Ilford..... d		2306		2321			2336	2351			0006	0017
Seven Kings..... d		2308		2323			2338	2353			0008	0019
Goodmayes..... d		2310		2325			2340	2355			0010	0021
Chadwell Heath..... d		2312		2327			2342	2357			0012	0023
Romford..... d		2316		2331			2346	0002			0016	0027
Gidea Park..... d		2320		2335			2350	0005			0020	0031
Harold Wood..... d		2323		2338			2353	0008			0023	
Brentwood  d		2327		2342			2357	0012			0027	
<b>Shenfield</b> a	2308	2333	2324	2348	2338	2340	0003	0018	0008	0010	0033	





	0	0	0	0	0	0
<b>London Liverpool St.</b> d	0015	0018	0020	0032	0050	0055
Stratford <b>DLR</b> d	0022	0025	0027	0039	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	0032		0046	0058	0108	0121
Gidea Park..... d			0050	0102		0125
Harold Wood..... d			0053			0128
Brentwood  d			0057			0132
<b>Shenfield</b> a	0044	0047	0103		0120	0138





# London Liverpool Street to Shenfield





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## Sundays

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b>  d	0635	0705	0715	0735	0745	0802	0805	0815	0832	0835	0845	0847
Stratford <b>DLR</b>  d	0642	0712	0722	0742	0752	0809	0812	0822	0839	0842	0852	0854
Maryland..... d	0643	0713		0743			0813			0843		
Forest Gate..... d	0645	0715		0745			0815			0845		0857
Manor Park..... d	0647	0717		0747			0817			0847		0859
Ilford..... d	0650	0720		0750			0820			0850		0902
Seven Kings..... d	0653	0723		0753			0823			0853		0904
Goodmayes..... d	0655	0725		0755			0825			0855		0906
Chadwell Heath..... d	0657	0727		0757			0827			0857		0908
Romford..... d	0700	0730	0733	0800	0803		0830	0833		0900	0903	0912
Gidea Park..... d	0704	0734	0737	0804	0807		0834	0837		0904	0907	0917
Harold Wood..... d	0707	0737	0740	0807	0810		0837	0840		0907	0910	
Brentwood  d	0711	0741	0744	0811	0814		0841	0844		0911	0914	
<b>Shenfield</b>  a	0718	0748	0750	0818	0820	0830	0848	0850	0900	0918	0920	

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b>  d	0902	0905	0915	0917	0932	0935	0945	0947		2002	2005	2015
Stratford <b>DLR</b>  d	0909	0912	0922	0924	0939	0942	0952	0954		2009	2012	2022
Maryland..... d		0913				0943					2013	
Forest Gate..... d		0915		0927		0945		0957	then		2015	
Manor Park..... d		0917		0929		0947		0959	at		2017	
Ilford..... d		0920		0932		0950		1002	the		2020	
Seven Kings..... d		0923		0934		0953		1004	same		2023	
Goodmayes..... d		0925		0936		0955		1006	mins		2025	
Chadwell Heath..... d		0927		0938		0957		1008	past		2027	
Romford..... d		0930	0933	0942		1000	1003	1012	each		2030	2033
Gidea Park..... d		0934	0937	0947		1004	1007	1017	hour		2034	2037
Harold Wood..... d		0937	0940			1007	1010		until		2037	2040
Brentwood  d		0941	0944			1011	1014				2041	2044
<b>Shenfield</b>  a	0930	0948	0950		1000	1018	1020			2030	2048	2050

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b>  d	2017	2032	2035	2045	2047	2100	2102	2105	2115	2117	2132	2135
Stratford <b>DLR</b>  d	2024	2039	2042	2052	2054		2109	2112	2122	2124	2139	2142
Maryland..... d			2043					2113				2143
Forest Gate..... d	2027		2045		2057			2115		2127		2145
Manor Park..... d	2029		2047		2059			2117		2129		2147
Ilford..... d	2032		2050		2102			2120		2132		2150
Seven Kings..... d	2034		2053		2104			2123		2134		2153
Goodmayes..... d	2036		2055		2106			2125		2136		2155
Chadwell Heath..... d	2038		2057		2108			2127		2138		2157
Romford..... d	2042		2100	2103	2112			2130	2133	2142		2200
Gidea Park..... d	2047		2104	2107	2117			2134	2137	2147		2204
Harold Wood..... d			2107	2110				2137	2140			2207
Brentwood  d			2111	2114				2141	2144			2211
<b>Shenfield</b>  a		2100	2118	2120		2127	2130	2148	2150		2200	2218

	0	0	0	0	0	0	0	0	0	0		
<b>London Liverpool St.</b>  d	2145	2147	2202	2205	2215	2217	2232	2235	2245	2302	2305	2315
Stratford <b>DLR</b>  d	2152	2154	2209	2212	2222	2224	2239	2242	2252	2309	2312	2322
Maryland..... d				2213				2243			2313	
Forest Gate..... d		2157		2215		2227		2245			2315	
Manor Park..... d		2159		2217		2229		2247			2317	
Ilford..... d		2202		2220		2232		2250			2320	
Seven Kings..... d		2204		2223		2234		2253			2323	
Goodmayes..... d		2206		2225		2236		2255			2325	
Chadwell Heath..... d		2208		2227		2238		2257			2327	
Romford..... d	2203	2212		2230	2233	2242		2300	2303		2330	2333
Gidea Park..... d	2207	2217		2234	2237	2247		2304	2307		2334	2337
Harold Wood..... d	2210			2237	2240			2307	2310		2337	2340
Brentwood  d	2214			2241	2244			2311	2314		2341	2344
<b>Shenfield</b>  a	2220		2230	2248	2250		2300	2318	2320	2330	2348	2350

# London Liverpool Street to Shenfield



## Sundays




	□	□	□	□	□	□	□	□	
London Liverpool St.  d	2332	2335	2345	0002	0005	0015	0035	0045	0055
Stratford   d	2339	2342	2352	0009	0012	0022	0042	0052	0102
Maryland..... d		2343			0013		0043		0104
Forest Gate ..... d		2345			0015		0045		0106
Manor Park..... d		2347			0017		0047		0108
Ilford..... d		2350			0020		0050		0111
Seven Kings ..... d		2353			0023		0053		0113
Goodmayes..... d		2355			0025		0055		0115
Chadwell Heath ..... d		2357			0027		0057		0117
Romford ..... d		2359	0003		0030	0033	0100	0103	0121
Gidea Park ..... d		0004	0007		0036	0037	0106	0107	0125
Harold Wood..... d		0007	0010			0040		0110	0128
Brentwood  d		0011	0014			0044		0114	0132
Shenfield  a	2359	0018	0020	0030		0050		0120	0138



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## timetable key

- a Arrival time
- b Arrives 0530
- d Departure time
- s Stops to set down only
- c2c Journey operated by c2c
-  Train from London divides
- ◇ Seat reservations possible
- 1** First Class accommodation available
-  Interchange with London Underground
- DLR** Interchange with Docklands Light Railway
-  PlusBus operates from this station

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.