

Table T005-F

Mondays to Fridays

16 December to 15 May

London Liverpool Street - Ilford - Shenfield

Table with 20 columns (Miles, XR MO, XR MX, etc.) and 20 rows (London Liverpool Street, Stratford, Maryland, Forest Gate, Manor Park, Ilford, Seven Kings, Goodmayes, Chadwell Heath, Romford, Gidea Park, Harold Wood, Brentwood, Shenfield).

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

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

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

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

A From London Liverpool Street
B To Southend Victoria

C To Colchester
D To Clacton-on-Sea

E To Ipswich
F To Colchester Town

Table T005-F

Mondays to Fridays

16 December to 15 May

London Liverpool Street - Ilford - Shenfield

Table with columns for stations and times. Stations include London Liverpool Street, Stratford, Maryland, Forest Gate, Manor Park, Ilford, Seven Kings, Goodmayes, Chadwell Heath, Romford, Gidea Park, Harold Wood, Brentwood, and Shenfield. Times are listed in columns for each direction.

Table with columns for stations and times. Stations include London Liverpool Street, Stratford, Maryland, Forest Gate, Manor Park, Ilford, Seven Kings, Goodmayes, Chadwell Heath, Romford, Gidea Park, Harold Wood, Brentwood, and Shenfield. Times are listed in columns for each direction, with a note 'and every 15 minutes until'.

Saturdays

21 December to 16 May

Table with columns for stations and times. Stations include London Liverpool Street, Stratford, Maryland, Forest Gate, Manor Park, Ilford, Seven Kings, Goodmayes, Chadwell Heath, Romford, Gidea Park, Harold Wood, Brentwood, and Shenfield. Times are listed in columns for each direction.

Table with columns for stations and times. Stations include London Liverpool Street, Stratford, Maryland, Forest Gate, Manor Park, Ilford, Seven Kings, Goodmayes, Chadwell Heath, Romford, Gidea Park, Harold Wood, Brentwood, and Shenfield. Times are listed in columns for each direction.

A To Southend Victoria
B To Colchester Town

C To Colchester
D To Ipswich

E To Harwich International



Table T005-F

**Sundays**

15 December to 10 May

**London Liverpool Street - Ilford - Shenfield**

	XR	XR	LE ◇ <b>1</b> A	XR	XR	LE ◇ <b>1</b> A		XR	XR	LE <b>1</b> A	XR	XR	LE ◇ <b>1</b> A		XR	XR	LE <b>1</b> A	XR	LE <b>1</b> A	XR				
London Liverpool Street <b>1</b> ⊕	d	09 03	09 18	09 23	09 33	09 48	09 53		22 03	22 18	22 23	22 33	22 48	22 53		23 03	23 18	23 23	23 33	23 42	23 48			
Stratford <b>2</b> ⊕	d	09 10	09 25	09 30	09 40	09 55	10 00		22 10	22 25	22 30	22 40	22 55	23 00		23 10	23 25	23 30	23 40	23 49	23 55			
Maryland	d	09 12	09 27		09 42	09 57			22 12	22 27		22 42	22 57			23 12	23 27		23 42		23 57			
Forest Gate	d	09 14	09 29		09 44	09 59			22 14	22 29		22 44	22 59			23 14	23 29		23 44		23 59			
Manor Park	d	09 17	09 32		09 47	10 02			22 17	22 32		22 47	23 02			23 17	23 32		23 47		00 02			
Ilford <b>2</b>	d	09 20	09 35		09 50	10 05			22 20	22 35		22 50	23 05			23 20	23 35		23 50		00 05			
Seven Kings	d	09 22	09 37		09 52	10 07			22 22	22 37		22 52	23 07			23 22	23 37		23 52		00 07			
Goodmayes	d	09 24	09 39		09 54	10 09			22 24	22 39		22 54	23 09			23 24	23 39		23 54		00 09			
Chadwell Heath	d	09 26	09 41		09 56	10 11			22 26	22 41		22 56	23 11			23 26	23 41		23 56		00 11			
Romford	d	09 30	09 45	09 39	10 00	10 15	10 09		22 30	22 45	22 39	23 00	23 15	23 09		23 30	23 45	23 39	23 59	00 01	00 15			
Gidea Park <b>2</b>	a	09 33	09 48		10 03	10 18			22 33	22 48		23 03	23 18			23 33	23 48		00 03		00 18			
	d	09 33	09 48		10 03	10 18			22 33	22 48		23 03	23 18			23 33	23 48		00 03		00 18			
Harold Wood	d	09 36	09 51		10 06	10 21			22 36	22 51		23 06	23 21			23 36	23 51		00 06		00 21			
Brentwood	d	09 40	09 55		10 10	10 25			22 40	22 55		23 10	23 25			23 40	23 55		00 10		00 25			
Shenfield <b>2</b>	a	09 46	10 01	09 48	10 16	10 31	10 18		22 46	23 01	22 48	23 16	23 31	23 18		23 46	00 01	23 48	00 16	00 16	00 31			

A To Southend Victoria

and at the same minutes past each hour until

Table T005-R

Monday to Fridays

Shenfield - Ilford - London Liverpool Street

16 December to 15 May

Table with 24 columns (Miles, Shenfield, Brentwood, Harold Wood, Gidea Park, Romford, Chadwell Heath, Goodmayes, Seven Kings, Ilford, Manor Park, Forest Gate, Maryland, Stratford, London Liverpool Street) and 24 rows of arrival/departure times.

Table with 24 columns and 24 rows showing detailed arrival/departure times for stations from Shenfield to London Liverpool Street.

Table with 24 columns and 24 rows showing detailed arrival/departure times for stations from Shenfield to London Liverpool Street.

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Table with 24 columns and 24 rows showing detailed arrival/departure times for stations from Shenfield to London Liverpool Street.

- A From Shenfield
B From Colchester
C From Southend Victoria
D From Colchester Town

Table T005-R

Mondays to Fridays

16 December to 15 May

Shenfield - Ilford - London Liverpool Street

Table with 24 columns (XR, XR) and 18 rows listing stations from Shenfield to London Liverpool Street.

Table with 24 columns (XR, XR, XR, XR, LE A, XR, XR, XR, XR, XR, XR, XR, LE B, XR, XR, XR, LE C, XR, XR, XR, XR, LE A, XR, XR) and 18 rows listing stations from Shenfield to London Liverpool Street.

Table with 24 columns (XR, LE C, XR, XR, XR, XR, XR, XR, XR, LE C, XR, XR, LE A, XR, XR, XR, XR, LE B, XR, XR, LE D, XR, XR) and 18 rows listing stations from Shenfield to London Liverpool Street.

Saturdays

21 December to 16 May

Table with 24 columns (XR, XR, XR, XR, LE F, XR, LE C, XR, XR, XR, XR, XR, XR, LE C, XR, LE F, XR, XR, XR, XR, LE A, XR, XR, XR) and 18 rows listing stations from Shenfield to London Liverpool Street.

Table with 24 columns (LE C, XR, XR, XR, LE G, XR, XR, XR, LE C, XR, XR, LE A, XR, XR, XR, LE C, XR, XR, XR, LE A, XR, XR, XR) and 18 rows listing stations from Shenfield to London Liverpool Street.

- A From Colchester Town
B From Ipswich
C From Southend Victoria
D From Southminster
E From Shenfield
F From Colchester
G From Harwich International

Table T005-R

Saturdays

21 December to 16 May

Shenfield - Ilford - London Liverpool Street

		XR	XR	LE A	XR	XR	XR	LE B	XR		XR	XR	LE A	XR	XR	XR	LE B	XR		XR	XR	LE A	XR	XR
Shenfield 1	d	10 34	10 44	10 45	10 54	11 04	11 14	11 20	11 24		16 34	16 44	16 45	16 54	17 04	17 14	17 20	17 24		17 34	17 44	17 45	17 54	18 04
Brentwood	d	10 37	10 47		10 57	11 07	11 17	11 27			16 37	16 47		16 57	17 07	17 17		17 27		17 37	17 47		17 57	18 07
Harold Wood	d	10 42	10 52		11 02	11 12	11 22	11 32			16 42	16 52		17 02	17 12	17 22		17 32		17 42	17 52		18 02	18 12
Gidea Park 2	d	10 46	10 56		11 06	11 16	11 26	11 36			16 46	16 56		17 06	17 16	17 26		17 36		17 46	17 56		18 06	18 16
Romford	d	10 48	10 58	10 53	11 08	11 18	11 28	11 28	11 38	and at the same minutes past each hour until	16 48	16 58	16 53	17 08	17 18	17 28	17 28	17 38		17 48	17 58	17 53	18 08	18 18
Chadwell Heath	d	10 52	11 02		11 12	11 22	11 32	11 42			16 52	17 02		17 12	17 22	17 32		17 42		17 52	18 02		18 12	18 22
Goodmayes	d	10 54	11 04		11 14	11 24	11 34	11 44			16 54	17 04		17 14	17 24	17 34		17 44		17 54	18 04		18 14	18 24
Seven Kings	d	10 56	11 06		11 16	11 26	11 36	11 46			16 56	17 06		17 16	17 26	17 36		17 46		17 56	18 06		18 16	18 26
Ilford 2	d	10 59	11 09		11 19	11 29	11 39	11 49			16 59	17 09		17 19	17 29	17 39		17 49		17 59	18 09		18 19	18 29
Manor Park	d	11 02	11 12		11 22	11 32	11 42	11 52			17 02	17 12		17 22	17 32	17 42		17 52		18 02	18 12		18 22	18 32
Forest Gate	d	11 04	11 14		11 24	11 34	11 44	11 54			17 04	17 14		17 24	17 34	17 44		17 54		18 04	18 14		18 24	18 34
Maryland	d	11 06	11 16		11 26	11 36	11 46	11 56		17 06	17 16		17 26	17 36	17 46		17 56		18 06	18 16		18 26	18 36	
Stratford 7	⊕	11 09	11 19	11 02	11 29	11 39	11 49	11 37	11 59	17 09	17 19	17 02	17 29	17 39	17 49	17 37	17 59		18 09	18 19	18 02	18 29	18 39	
London Liverpool Street 15	⊖	11 17	11 27	11 10	11 37	11 47	11 57	11 46	12 07	17 17	17 27	17 10	17 37	17 47	17 57	17 46	18 07		18 17	18 27	18 10	18 37	18 47	

		XR	XR	LE B	XR		XR	LE A	XR	XR	XR	LE B	XR	XR	XR	LE A	XR	XR	XR	LE B	XR	XR	XR	LE A	
Shenfield 1	d	18 14	18 24	18 27	18 34		18 44	18 45	18 54	19 04	19 14	19 20	19 24	19 34	19 44		19 45	19 54	20 04	20 14	20 20	20 24	20 34	20 44	20 45
Brentwood	d	18 17	18 27		18 37		18 47		18 57	19 07	19 17		19 27	19 37	19 47		19 57	20 07	20 17		20 27	20 37	20 47		
Harold Wood	d	18 22	18 32		18 42		18 52		19 02	19 12	19 22		19 32	19 42	19 52		20 02	20 12	20 22		20 32	20 42	20 52		
Gidea Park 2	d	18 26	18 36		18 46		18 56		19 06	19 16	19 26		19 36	19 46	19 56		20 06	20 16	20 26		20 36	20 46	20 56		
Romford	d	18 28	18 38	18 35	18 48		18 58	19 08	19 18	19 28	19 28	19 38	19 48	19 58			19 53	20 08	20 18	20 28	20 28	20 38	20 48	20 58	20 53
Chadwell Heath	d	18 32	18 42		18 52		19 02		19 12	19 22	19 32		19 42	19 52	20 02		20 12	20 22	20 32		20 42	20 52	21 02		
Goodmayes	d	18 34	18 44		18 54		19 04		19 14	19 24	19 34		19 44	19 54	20 04		20 14	20 24	20 34		20 44	20 54	21 04		
Seven Kings	d	18 36	18 46		18 56		19 06		19 16	19 26	19 36		19 46	19 56	20 06		20 16	20 26	20 36		20 46	20 56	21 06		
Ilford 2	d	18 39	18 49		18 59		19 09		19 19	19 29	19 39		19 49	19 59	20 09		20 19	20 29	20 39		20 49	20 59	21 09		
Manor Park	d	18 42	18 52		19 02		19 12		19 22	19 32	19 42		19 52	20 02	20 12		20 22	20 32	20 42		20 52	21 02	21 12		
Forest Gate	d	18 44	18 54		19 04		19 14		19 24	19 34	19 44		19 54	20 04	20 14		20 24	20 34	20 44		20 54	21 04	21 14		
Maryland	d	18 46	18 56		19 06		19 16		19 26	19 36	19 46		19 56	20 06	20 16		20 26	20 36	20 46		20 56	21 06	21 16		
Stratford 7	⊕	18 49	18 59	18 44	19 09		19 19	19 02	19 29	19 39	19 49	19 37	19 59	20 09	20 19		20 29	20 39	20 49	20 37	20 59	21 09	21 19	21 02	
London Liverpool Street 15	⊖	18 57	19 07	18 53	19 17		19 27	19 10	19 37	19 47	19 57	19 46	20 07	20 17	20 27		20 37	20 47	20 57	20 46	21 07	21 17	21 27	21 10	

		XR	XR	LE B	XR	XR	LE A	XR	XR	LE B	XR	XR	XR	LE C	XR	LE D	XR								
Shenfield 1	d	20 59	21 14	21 20	21 29	21 44	21 45	21 59	22 14	22 20	22 29		23 14		23 20	23 29	23 39	23 44							
Brentwood	d	21 02	21 17		21 32	21 47		22 02	22 17		22 32		23 17		23 32	23 47									
Harold Wood	d	21 07	21 22		21 37	21 52		22 07	22 22		22 37		23 22		23 37	23 52									
Gidea Park 2	d	21 11	21 26		21 41	21 56		22 11	22 26		22 41		23 26		23 41	23 56									
Romford	d	21 13	21 28	21 28	21 43	21 58	21 53	22 13	22 28	22 28	22 43		23 28		23 43	23 47	23 58								
Chadwell Heath	d	21 17	21 32		21 47	22 02		22 17	22 32		22 47		23 32		23 47	00 02									
Goodmayes	d	21 19	21 34		21 49	22 04		22 19	22 34		22 49		23 34		23 49	00 04									
Seven Kings	d	21 21	21 36		21 51	22 06		22 21	22 36		22 51		23 36		23 51	00 06									
Ilford 2	d	21 24	21 39		21 54	22 09		22 24	22 39		22 54		23 39		23 54	00 09									
Manor Park	d	21 27	21 42		21 57	22 12		22 27	22 42		22 57		23 42		23 57	00 12									
Forest Gate	d	21 29	21 44		21 59	22 14		22 29	22 44		22 59		23 44		23 59	00 14									
Maryland	d	21 31	21 46		22 01	22 16		22 31	22 46		23 01		23 46		00 01	00 16									
Stratford 7	⊕	21 34	21 49	21 37	22 04	22 19	22 02	22 34	22 49	22 37	23 04		23 49		23 37	00 04	23 57	00 19							
London Liverpool Street 15	⊖	21 42	21 57	21 46	22 12	22 27	22 10	22 42	22 57	22 46	23 12		23 57		23 45	00 15	00 05	00 30							

Sundays

15 December to 10 May

		XR	XR	XR		XR	XR	LE A	XR	LE F		XR	LE A	XR	LE G	XR	LE A	XR	XR	LE A		XR	XR	LE A
Shenfield 1	d					06 41	06 52	06 56	07 07		07 11	07 22	07 26	07 37	07 40	07 52	07 56	08 10	08 23		08 26	08 41	08 53	
Brentwood	d					06 45		07 00			07 15		07 30		07 45		08 00	08 15			08 30	08 45		
Harold Wood	d					06 49		07 04			07 19		07 34		07 49		08 04	08 19			08 34	08 49		
Gidea Park 2	d			05 52	and every 15 minutes until	06 37	06 52	07 07			07 22		07 37		07 52		08 07	08 22			08 37	08 52		
Romford	d			05 55		06 40	06 55	07 04	07 10	07 19		07 25	07 34	07 40	07 49	07 55	08 04	08 10	08 25	08 34		08 40	08 55	09 05
Chadwell Heath	d			00 02		06 44	06 59		07 14			07 29		07 44		07 59		08 14	08 29			08 44	08 59	
Goodmayes	d			00 04		06 46	07 01		07 16			07 31												