Saturday
28 July to 11 August 2012

Liverpool Street and Stratford to Shenfield

		1	1	1		1	1			1	1	1	1		1	1		1
London Liverpool St	Dep	05.21	05.28	05.34	05.40	05.51	06.02	06.05	06.10	06.18	06.21	06.35	06.38	06.40	06.48	06.55	07.00	07.02
Stratford		**05.30**	**05.35**	**05.41**	**05.48**	**06.00**	**06.09**	**06.12**	**06.18**	**06.25**	**06.30**	**06.42**	**06.45**	**06.48**	**06.55**	**07.02**	**07.08**	**07.09**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	. . . .	. . . .	05.51	. . . .	. . . .	. . . .	06.21	. . . .	. . . .	. . . .	. . . .	06.51	. . . .	. . . .	07.11	. . . .
Manor Park		. .	. .	. .	05.53	. .	. .	. .	06.23	. .	. .	. .	. .	06.53	. .	. .	07.13	. .
Ilford		. . . .	05.40	. . . .	05.56	. . . .	. . . .	. . . .	06.26	. . . .	. . . .	. . . .	. . . .	06.56	. . . .	. . . .	07.16	. . . .
Seven Kings		. .	05.42	. .	05.58	. .	. .	. .	06.28	. .	. .	. .	. .	06.58	. .	. .	07.18	. .
Goodmayes		. . . .	. . . .	. . . .	06.00	. . . .	. . . .	. . . .	06.30	. . . .	. . . .	. . . .	. . . .	07.00	. . . .	. . . .	07.20	. . . .
Chadwell Heath		. .	. .	. .	06.02	. .	. .	. .	06.32	. .	. .	. .	. .	07.02	. .	. .	07.22	. .
Romford		. . . .	05.48	05.49	06.06	. . . .	. . . .	. . . .	06.36	. . . .	. . . .	. . . .	06.53	07.06	. . . .	. . . .	07.26	. . . .
Gidea Park		. .	05.51	. .	06.10	. .	. .	. .	06.40	. .	. .	. .	. .	07.10	. .	. .	07.30	. .
Harold Wood		. . . .	05.54	. . . .	06.13	. . . .	. . . .	. . . .	06.43	. . . .	. . . .	. . . .	. . . .	07.13	. . . .	. . . .	07.33	. . . .
Brentwood		. .	05.59	. .	06.17	. .	. .	. .	06.47	. .	. .	. .	. .	07.17	. .	. .	07.37	. .
Shenfield	Arr	. . . .	06.04	05.58	06.23	. . . .	06.24	06.30	06.53	06.40	. . . .	06.58	07.02	07.23	07.11	07.18	07.43	07.24

Train has café restaurant on board
Seat reservations recommended
1 Train has first class accommodation
S Train stops to set down only
U Train stops to pick up only

GreaterAnglia

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Liverpool Street and Stratford to Shenfield

				1			1	1		1		1		1		1	1	
London Liverpool St	Dep	07.10	07.13	07.18	07.20	07.30	07.35	07.38	07.40	07.48	07.50	07.55	08.00	08.02	08.10	08.13	08.18	08.20
Stratford		**07.18**	**07.20**	**07.25**	**07.28**	**07.38**	**07.42**	**07.45**	**07.48**	**07.55**	**07.58**	**08.02**	**08.08**	**08.09**	**08.18**	**08.20**	**08.25**	**08.28**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		07.21	. . . .	. . . .	07.31	07.41	. . . .	. . . .	07.51	. . . .	08.01	. . . .	08.11	. . . .	08.21	. . . .	. . . .	08.31
Manor Park		07.23	. .	. .	07.33	07.43	. .	. .	07.53	. .	08.03	. .	08.13	. .	08.23	. .	. .	08.33
Ilford		07.26	. . . .	. . . .	07.36	07.46	. . . .	. . . .	07.56	. . . .	08.06	. . . .	08.16	. . . .	08.26	. . . .	. . . .	08.36
Seven Kings		07.28	. .	. .	07.38	07.48	. .	. .	07.58	. .	08.08	. .	08.18	. .	08.28	. .	. .	08.38
Goodmayes		07.30	. . . .	. . . .	07.40	07.50	. . . .	. . . .	08.00	. . . .	08.10	. . . .	08.20	. . . .	08.30	. . . .	. . . .	08.40
Chadwell Heath		07.32	. .	. .	07.42	07.52	. .	. .	08.02	. .	08.12	. .	08.22	. .	08.32	. .	. .	08.42
Romford		07.36	07.28	. . . .	07.46	07.56	. . . .	07.53	08.06	. . . .	08.16	. . . .	08.26	. . . .	08.36	08.28	. . . .	08.46
Gidea Park		07.40	. .	. .	07.50	08.00	. .	. .	08.10	. .	08.20	. .	08.30	. .	08.40	. .	. .	08.50
Harold Wood		07.43	. . . .	. . . .	07.53	08.03	. . . .	. . . .	08.13	. . . .	08.23	. . . .	08.33	. . . .	08.43	. . . .	. . . .	08.53
Brentwood		07.47	. .	. .	07.57	08.07	. .	. .	08.17	. .	08.27	. .	08.37	. .	08.47	. .	. .	08.57
Shenfield	Arr	07.53	07.39	07.40	08.03	08.13	07.58	08.02	08.23	08.11	08.33	08.18	08.43	08.24	08.53	08.38	08.40	09.03

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			1	1		1		1		1		1	1			1	1	
London Liverpool St	Dep	08.30	08.35	08.38	08.40	08.48	08.50	08.55	09.00	09.02	09.10	09.13	09.18	09.20	09.30	09.35	09.38	09.40
Stratford		**08.38**	**08.42**	**08.45**	**08.48**	**08.55**	**08.58**	**09.02**	**09.08**	**09.09**	**09.18**	**09.20**	**09.25**	**09.28**	**09.38**	**09.42**	**09.45**	**09.48**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		08.41	. . . .	. . . .	08.51	. . . .	09.01	. . . .	09.11	. . . .	09.21	. . . .	. . . .	09.31	09.41	. . . .	. . . .	09.51
Manor Park		08.43	. .	. .	08.53	. .	09.03	. .	09.13	. .	09.23	. .	. .	09.33	09.43	. .	. .	09.53
Ilford		08.46	. . . .	. . . .	08.56	. . . .	09.06	. . . .	09.16	. . . .	09.26	. . . .	. . . .	09.36	09.46	. . . .	. . . .	09.56
Seven Kings		08.48	. .	. .	08.58	. .	09.08	. .	09.18	. .	09.28	. .	. .	09.38	09.48	. .	. .	09.58
Goodmayes		08.50	. . . .	. . . .	09.00	. . . .	09.10	. . . .	09.20	. . . .	09.30	. . . .	. . . .	09.40	09.50	. . . .	. . . .	10.00
Chadwell Heath		08.52	. .	. .	09.02	. .	09.12	. .	09.22	. .	09.32	. .	. .	09.42	09.52	. .	. .	10.02
Romford		08.56	. . . .	08.53	09.06	. . . .	09.16	. . . .	09.26	. . . .	09.36	09.28	. . . .	09.46	09.56	. . . .	09.53	10.06
Gidea Park		09.00	. .	. .	09.10	. .	09.20	. .	09.30	. .	09.40	. .	. .	09.50	10.00	. .	. .	10.10
Harold Wood		09.03	. . . .	. . . .	09.13	. . . .	09.23	. . . .	09.33	. . . .	09.43	. . . .	. . . .	09.53	10.03	. . . .	. . . .	10.13
Brentwood		09.07	. .	. .	09.17	. .	09.27	. .	09.37	. .	09.47	. .	. .	09.57	10.07	. .	. .	10.17
Shenfield	Arr	09.13	08.58	09.02	09.23	09.11	09.33	09.18	09.43	09.24	09.53	09.38	09.40	10.03	10.13	09.58	10.02	10.23

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		1		1		1		1	1			1	1		1		1	
London Liverpool St	Dep	09.48	09.50	09.55	10.00	10.02	10.10	10.13	10.18	10.20	10.30	10.35	10.38	10.40	10.48	10.50	10.55	11.00
Stratford		**09.55**	**09.58**	**10.02**	**10.08**	**10.09**	**10.18**	**10.20**	**10.25**	**10.28**	**10.38**	**10.42**	**10.45**	**10.48**	**10.55**	**10.58**	**11.02**	**11.08**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	10.01	. . . .	11.11	. . . .	10.21	. . . .	. . . .	10.31	10.41	. . . .	. . . .	10.51	. . . .	11.01	. . . .	11.11
Manor Park		. .	10.03	. .	10.13	. .	10.23	. .	. .	10.33	10.43	. .	. .	10.53	. .	11.03	. .	11.13
Ilford		. . . .	10.06	. . . .	10.16	. . . .	10.26	. . . .	. . . .	10.36	10.46	. . . .	. . . .	10.56	. . . .	11.06	. . . .	11.16
Seven Kings		. .	10.08	. .	10.18	. .	10.28	. .	. .	10.38	10.48	. .	. .	10.58	. .	11.08	. .	11.18
Goodmayes		. . . .	10.10	. . . .	10.20	. . . .	10.30	. . . .	. . . .	10.40	10.50	. . . .	. . . .	11.00	. . . .	11.10	. . . .	11.20
Chadwell Heath		. .	10.12	. .	10.22	. .	10.32	. .	. .	10.42	10.52	. .	. .	11.02	. .	11.12	. .	11.22
Romford		. . . .	10.16	. . . .	10.26	. . . .	10.36	10.28	. . . .	10.46	10.56	. . . .	. . . .	11.06	. . . .	11.16	. . . .	11.26
Gidea Park		. .	10.20	. .	10.30	. .	10.40	. .	. .	10.50	11.00	. .	. .	11.10	. .	11.20	. .	11.30
Harold Wood		. . . .	10.23	. . . .	10.33	. . . .	10.43	. . . .	. . . .	10.53	11.03	. . . .	. . . .	11.13	. . . .	11.23	. . . .	11.33
Brentwood		. .	10.27	. .	10.37	. .	10.47	. .	. .	10.57	11.07	. .	. .	11.17	. .	11.27	. .	11.37
Shenfield	Arr	10.11	10.33	10.18	10.43	10.24	10.53	10.38	10.40	11.03	11.13	10.58	11.00	11.23	11.11	11.33	11.18	11.43

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		1		1	1			1	1		1		1		1		1	1
London Liverpool St	Dep	11.02	11.10	11.13	11.18	11.20	11.30	11.35	11.38	11.40	11.48	11.50	11.55	12.00	12.02	12.10	12.13	12.18
Stratford		**11.09**	**11.18**	**11.20**	**11.25**	**11.28**	**11.38**	**11.42**	**11.45**	**11.48**	**11.55**	**11.58**	**12.02**	**12.08**	**12.09**	**12.18**	**12.20**	**12.25**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	11.21	. . . .	. . . .	11.31	11.41	. . . .	. . . .	11.51	. . . .	12.01	. . . .	12.11	. . . .	12.21	. . . .	. . . .
Manor Park		. .	11.23	. .	. .	11.33	11.43	. .	. .	11.53	. .	12.03	. .	12.13	. .	12.23	. .	. .
Ilford		. . . .	11.26	. . . .	. . . .	11.36	11.46	. . . .	. . . .	11.56	. . . .	12.06	. . . .	12.16	. . . .	12.26	. . . .	. . . .
Seven Kings		. .	11.28	. .	. .	11.38	11.48	. .	. .	11.58	. .	12.08	. .	12.18	. .	12.28	. .	. .
Goodmayes		. . . .	11.30	. . . .	. . . .	11.40	11.50	. . . .	. . . .	12.00	. . . .	12.10	. . . .	12.20	. . . .	12.30	. . . .	. . . .
Chadwell Heath		. .	11.32	. .	. .	11.42	11.52	. .	. .	12.02	. .	12.12	. .	12.22	. .	12.32	. .	. .
Romford		. . . .	11.36	11.28	. . . .	11.46	11.56	. . . .	11.53	12.06	. . . .	12.16	. . . .	12.26	. . . .	12.36	12.28	. . . .
Gidea Park		. .	11.40	. .	. .	11.50	12.00	. .	. .	12.10	. .	12.20	. .	12.30	. .	12.40	. .	. .
Harold Wood		. . . .	11.43	. . . .	. . . .	11.53	12.03	. . . .	. . . .	12.13	. . . .	12.23	. . . .	12.33	. . . .	12.43	. . . .	. . . .
Brentwood		. .	11.47	. .	. .	11.57	12.07	. .	. .	12.17	. .	12.27	. .	12.37	. .	12.47	. .	. .
Shenfield	Arr	11.24	11.53	11.38	11.40	12.03	12.13	11.58	12.02	12.23	12.11	12.33	12.18	12.43	12.24	12.53	12.38	12.40

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London Liverpool St	Dep	12.20	12.30	12.35	12.38	12.40	12.48	12.50	12.55	13.00	13.02	13.10	13.13	13.18	13.20	13.30	13.35	13.38
Stratford		**12.28**	**12.38**	**12.42**	**12.45**	**12.48**	**12.55**	**12.58**	**13.02**	**13.08**	**13.09**	**13.18**	**13.20**	**13.25**	**13.28**	**13.38**	**13.42**	**13.45**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		12.31	12.41	. . . .	. . . .	12.51	. . . .	13.01	. . . .	13.11	. . . .	13.21	. . . .	. . . .	13.31	13.41	. . . .	. . . .
Manor Park		12.33	12.43	. .	. .	12.53	. .	13.03	. .	13.13	. .	13.23	. .	. .	13.33	13.43	. .	. .
Ilford		12.36	12.46	. . . .	. . . .	12.56	. . . .	13.06	. . . .	13.16	. . . .	13.26	. . . .	. . . .	13.36	13.46	. . . .	. . . .
Seven Kings		12.38	12.48	. .	. .	12.58	. .	13.08	. .	13.18	. .	13.28	. .	. .	13.38	13.48	. .	. .
Goodmayes		12.40	12.50	. . . .	. . . .	13.00	. . . .	13.10	. . . .	13.20	. . . .	13.30	. . . .	. . . .	13.40	13.50	. . . .	. . . .
Chadwell Heath		12.42	12.52	. .	. .	13.02	. .	13.12	. .	13.22	. .	13.32	. .	. .	13.42	13.52	. .	. .
Romford		12.46	12.56	. . . .	. . . .	13.06	. . . .	13.16	. . . .	13.26	. . . .	13.36	13.28	. . . .	13.46	13.56	. . . .	13.53
Gidea Park		12.50	13.00	. .	. .	13.10	. .	13.20	. .	13.30	. .	13.40	. .	. .	13.50	14.00	. .	. .
Harold Wood		12.53	13.03	. . . .	. . . .	13.13	. . . .	13.23	. . . .	13.33	. . . .	13.43	. . . .	. . . .	13.53	14.03	. . . .	. . . .
Brentwood		12.57	13.07	. .	. .	13.17	. .	13.27	. .	13.37	. .	13.47	. .	. .	13.57	14.07	. .	. .
Shenfield	Arr	13.03	13.13	12.58	13.02	13.23	13.11	13.33	13.18	13.43	13.24	13.53	13.38	13.40	14.03	14.13	13.58	14.02

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			1		1		1		1	1			1	1		1		1
London Liverpool St	Dep	13.40	13.48	13.50	13.55	14.00	14.02	14.10	14.13	14.18	14.20	14.30	14.35	14.38	14.40	14.48	14.50	14.55
Stratford		**13.48**	**13.55**	**13.58**	**14.02**	**14.08**	**14.09**	**14.18**	**14.20**	**14.25**	**14.28**	**14.38**	**14.42**	**14.45**	**14.48**	**14.55**	**14.58**	**15.02**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		13.51	. . . .	14.01	. . . .	14.11	. . . .	14.21	. . . .	. . . .	14.31	14.41	. . . .	. . . .	14.51	. . . .	15.01	. . . .
Manor Park		13.53	. .	14.03	. .	14.13	. .	14.23	. .	. .	14.33	14.43	. .	. .	14.53	. .	15.03	. .
Ilford		13.56	. . . .	14.06	. . . .	14.16	. . . .	14.26	. . . .	. . . .	14.36	14.46	. . . .	. . . .	14.56	. . . .	15.06	. . . .
Seven Kings		13.58	. .	14.08	. .	14.18	. .	14.28	. .	. .	14.38	14.48	. .	. .	14.58	. .	15.08	. .
Goodmayes		14.00	. . . .	14.10	. . . .	14.20	. . . .	14.30	. . . .	. . . .	14.40	14.50	. . . .	. . . .	15.00	. . . .	15.10	. . . .
Chadwell Heath		14.02	. .	14.12	. .	14.22	. .	14.32	. .	. .	14.42	14.52	. .	. .	15.02	. .	15.12	. .
Romford		14.06	. . . .	14.16	. . . .	14.26	. . . .	14.36	14.28	. . . .	14.46	14.56	. . . .	. . . .	15.06	. . . .	15.16	. . . .
Gidea Park		14.10	. .	14.20	. .	14.30	. .	14.40	. .	. .	14.50	15.00	. .	. .	15.10	. .	15.20	. .
Harold Wood		14.13	. . . .	14.23	. . . .	14.33	. . . .	14.43	. . . .	. . . .	14.53	15.03	. . . .	. . . .	15.13	. . . .	15.23	. . . .
Brentwood		14.17	. .	14.27	. .	14.37	. .	14.47	. .	. .	14.57	15.07	. .	. .	15.17	. .	15.27	. .
Shenfield	Arr	14.23	14.11	14.33	14.18	14.43	14.24	14.53	14.38	14.40	15.03	15.13	14.58	15.02	15.23	15.11	15.33	15.18

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Liverpool Street and Stratford to Shenfield

			1		1	1			1	1		1		1		1		1
London Liverpool St	Dep	15.00	15.02	15.10	15.13	15.18	15.20	15.30	15.35	15.38	15.40	15.48	15.50	15.55	16.00	16.02	16.10	16.13
Stratford		**15.08**	**15.09**	**15.18**	**15.20**	**15.25**	**15.28**	**15.38**	**15.42**	**15.45**	**15.48**	**15.55**	**15.58**	**16.02**	**16.08**	**16.09**	**16.18**	**16.20**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		15.11	. . . .	15.21	. . . .	. . . .	15.31	15.41	. . . .	. . . .	15.51	. . . .	16.01	. . . .	16.11	. . . .	16.21	. . . .
Manor Park		15.13	. .	15.23	. .	. .	15.33	15.43	. .	. .	15.53	. .	16.03	. .	16.13	. .	16.23	. .
Ilford		15.16	. . . .	15.26	. . . .	. . . .	15.36	15.46	. . . .	. . . .	15.56	. . . .	16.06	. . . .	16.16	. . . .	16.26	. . . .
Seven Kings		15.18	. .	15.28	. .	. .	15.38	15.48	. .	. .	15.58	. .	16.08	. .	16.18	. .	16.28	. .
Goodmayes		15.20	. . . .	15.30	. . . .	. . . .	15.40	15.50	. . . .	. . . .	16.00	. . . .	16.10	. . . .	16.20	. . . .	16.30	. . . .
Chadwell Heath		15.22	. .	15.32	. .	. .	15.42	15.52	. .	. .	16.02	. .	16.12	. .	16.22	. .	16.32	. .
Romford		15.26	. . . .	15.36	15.28	. . . .	15.46	15.56	. . . .	15.53	16.06	. . . .	16.16	. . . .	16.26	. . . .	16.36	16.28
Gidea Park		15.30	. .	15.40	. .	. .	15.50	16.00	. .	. .	16.10	. .	16.20	. .	16.30	. .	16.40	. .
Harold Wood		15.33	. . . .	15.43	. . . .	. . . .	15.53	16.03	. . . .	. . . .	16.13	. . . .	16.23	. . . .	16.33	. . . .	16.43	. . . .
Brentwood		15.37	. .	15.47	. .	. .	15.57	16.07	. .	. .	16.17	. .	16.27	. .	16.37	. .	16.47	. .
Shenfield	Arr	15.43	15.24	15.53	15.38	15.40	16.03	16.13	15.58	16.02	16.23	16.11	16.33	16.18	16.43	16.24	16.53	16.38

Train has café restaurant on board
Seat reservations recommended
1 Train has first class accommodation
S Train stops to set down only
U Train stops to pick up only

GreaterAnglia

Saturday
28 July to 11 August 2012

Liverpool Street and Stratford to Shenfield

		1			1	1		1		1		1		1	1			1
London Liverpool St	Dep	16.18	16.20	16.30	16.35	16.38	16.40	16.48	16.50	16.55	17.00	17.02	17.10	17.13	17.18	17.20	17.30	17.35
Stratford		**16.25**	**16.28**	**16.38**	**16.42**	**16.45**	**16.48**	**16.55**	**16.58**	**17.02**	**17.08**	**17.09**	**17.18**	**17.20**	**17.25**	**17.28**	**17.38**	**17.42**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	16.31	16.41	. . . .	. . . .	16.51	. . . .	17.01	. . . .	17.11	. . . .	17.21	. . . .	. . . .	17.31	17.41	. . . .
Manor Park		. .	16.33	16.43	. .	. .	16.53	. .	17.03	. .	17.13	. .	17.23	. .	. .	17.33	17.43	. .
Ilford		. . . .	16.36	16.46	. . . .	. . . .	16.56	. . . .	17.06	. . . .	17.16	. . . .	17.26	. . . .	. . . .	17.36	17.46	. . . .
Seven Kings		. .	16.38	16.48	. .	. .	16.58	. .	17.08	. .	17.18	. .	17.28	. .	. .	17.38	17.48	. .
Goodmayes		. . . .	16.40	16.50	. . . .	. . . .	17.00	. . . .	17.10	. . . .	17.20	. . . .	17.30	. . . .	. . . .	17.40	17.50	. . . .
Chadwell Heath		. .	16.42	16.52	. .	. .	17.02	. .	17.12	. .	17.22	. .	17.32	. .	. .	17.42	17.52	. .
Romford		. . . .	16.46	16.56	. . . .	. . . .	17.06	. . . .	17.16	. . . .	17.26	. . . .	17.36	17.28	. . . .	17.46	17.56	. . . .
Gidea Park		. .	16.50	17.00	. .	. .	17.10	. .	17.20	. .	17.30	. .	17.40	. .	. .	17.50	18.00	. .
Harold Wood		. . . .	16.53	17.03	. . . .	. . . .	17.13	. . . .	17.23	. . . .	17.33	. . . .	17.43	. . . .	. . . .	17.53	18.03	. . . .
Brentwood		. .	16.57	17.07	. .	. .	17.17	. .	17.27	. .	17.37	. .	17.47	. .	. .	17.57	18.07	. .
Shenfield	Arr	16.40	17.03	17.13	16.58	17.02	17.23	17.11	17.33	17.18	17.43	17.24	17.53	17.38	17.40	18.03	18.13	17.58

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Liverpool Street and Stratford to Shenfield

		1		1		1		1		1	1			1	1		1	
London Liverpool St	Dep	17.38	17.40	17.48	17.50	17.55	18.00	18.02	18.10	18.13	18.18	18.20	18.30	18.35	18.38	18.40	18.48	18.50
Stratford		**17.45**	**17.48**	**17.55**	**17.58**	**18.02**	**18.08**	**18.09**	**18.18**	**18.20**	**18.25**	**18.28**	**18.38**	**18.42**	**18.45**	**18.48**	**18.55**	**18.58**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	17.51	. . . .	18.01	. . . .	18.11	. . . .	18.21	. . . .	. . . .	18.31	18.41	. . . .	. . . .	18.51	. . . .	19.01
Manor Park		. .	17.53	. .	18.03	. .	18.13	. .	18.23	. .	. .	18.33	18.43	. .	. .	18.53	. .	19.03
Ilford		. . . .	17.56	. . . .	18.06	. . . .	18.16	. . . .	18.26	. . . .	. . . .	18.36	18.46	. . . .	. . . .	18.56	. . . .	19.06
Seven Kings		. .	17.58	. .	18.08	. .	18.18	. .	18.28	. .	. .	18.38	18.48	. .	. .	18.58	. .	19.08
Goodmayes		. . . .	18.00	. . . .	18.10	. . . .	18.20	. . . .	18.30	. . . .	. . . .	18.40	18.50	. . . .	. . . .	19.00	. . . .	19.10
Chadwell Heath		. .	18.02	. .	18.12	. .	18.22	. .	18.32	. .	. .	18.42	18.52	. .	. .	19.02	. .	19.12
Romford		17.53	18.06	. . . .	18.16	. . . .	18.26	. . . .	18.36	18.28	. . . .	18.46	18.56	. . . .	. . . .	19.06	. . . .	19.16
Gidea Park		. .	18.10	. .	18.20	. .	18.30	. .	18.40	. .	. .	18.50	19.00	. .	. .	19.10	. .	19.20
Harold Wood		. . . .	18.13	. . . .	18.23	. . . .	18.33	. . . .	18.43	. . . .	. . . .	18.53	19.03	. . . .	. . . .	19.13	. . . .	19.23
Brentwood		. .	18.17	. .	18.27	. .	18.37	. .	18.47	. .	. .	18.57	19.07	. .	. .	19.17	. .	19.27
Shenfield	Arr	18.02	18.23	18.11	18.33	18.18	18.43	18.24	18.53	18.38	18.40	19.03	19.13	18.58	19.02	19.23	19.11	19.33

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		1		1		1	1			1	1		1		1		1	
London Liverpool St	Dep	18.55	19.00	19.02	19.10	19.13	19.18	19.20	19.30	19.35	19.38	19.40	19.48	19.50	19.55	20.00	20.02	20.10
Stratford		**19.02**	**19.08**	**19.09**	**19.18**	**19.20**	**19.25**	**19.28**	**19.38**	**19.43**	**19.46**	**19.48**	**19.55**	**19.58**	**20.02**	**20.08**	**20.09**	**20.18**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	19.11	. . . .	19.21	. . . .	. . . .	19.31	19.41	. . . .	. . . .	19.51	. . . .	20.01	. . . .	20.11	. . . .	20.21
Manor Park		. .	19.13	. .	19.23	. .	. .	19.33	19.43	. .	. .	19.53	. .	20.03	. .	20.13	. .	20.23
Ilford		. . . .	19.16	. . . .	19.26	. . . .	. . . .	19.36	19.46	. . . .	. . . .	19.56	. . . .	20.06	. . . .	20.16	. . . .	20.26
Seven Kings		. .	19.18	. .	19.28	. .	. .	19.38	19.48	. .	. .	19.58	. .	20.08	. .	20.18	. .	20.28
Goodmayes		. . . .	19.20	. . . .	19.30	. . . .	. . . .	19.40	19.50	. . . .	. . . .	20.00	. . . .	20.10	. . . .	20.20	. . . .	20.30
Chadwell Heath		. .	19.22	. .	19.32	. .	. .	19.42	19.52	. .	. .	20.02	. .	20.12	. .	20.22	. .	20.32
Romford		. . . .	19.26	. . . .	19.36	19.28	. . . .	19.46	19.56	. . . .	19.54	20.06	. . . .	20.16	. . . .	20.26	. . . .	20.36
Gidea Park		. .	19.30	. .	19.40	. .	. .	19.50	20.00	. .	. .	20.10	. .	20.20	. .	20.30	. .	20.40
Harold Wood		. . . .	19.33	. . . .	19.43	. . . .	. . . .	19.53	20.03	. . . .	. . . .	20.13	. . . .	20.23	. . . .	20.33	. . . .	20.43
Brentwood		. .	19.37	. .	19.47	. .	. .	19.57	20.07	. .	. .	20.17	. .	20.27	. .	20.37	. .	20.47
Shenfield	Arr	19.18	19.43	19.24	19.53	19.38	19.40	20.03	20.13	19.59	20.03	20.23	20.11	20.33	20.18	20.43	20.24	20.53

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		1	1		1		1	1		1		1	1		1	1		1
London Liverpool St	Dep	20.13	20.18	20.20	20.24	20.30	20.35	20.38	20.40	20.48	20.50	20.55	21.02	21.05	21.13	21.18	21.20	21.35
Stratford		**20.20**	**20.25**	**20.28**	**20.35**	**20.38**	**20.42**	**20.45**	**20.48**	**20.55**	**20.58**	**21.02**	**21.09**	**21.13**	**21.20**	**21.25**	**21.28**	**21.42**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	. . . .	20.31	. . . .	20.41	. . . .	. . . .	20.51	. . . .	21.01	. . . .	. . . .	21.16	. . . .	. . . .	21.31	. . . .
Manor Park		. .	. .	20.33	. .	20.43	. .	. .	20.53	. .	21.03	. .	. .	21.18	. .	. .	21.33	. .
Ilford		. . . .	. . . .	20.36	. . . .	20.46	. . . .	. . . .	20.56	. . . .	21.06	. . . .	. . . .	21.21	. . . .	. . . .	21.36	. . . .
Seven Kings		. .	. .	20.38	. .	20.48	. .	. .	20.58	. .	21.08	. .	. .	21.23	. .	. .	21.38	. .
Goodmayes		. . . .	. . . .	20.40	. . . .	20.50	. . . .	. . . .	21.00	. . . .	21.10	. . . .	. . . .	21.25	. . . .	. . . .	21.40	. . . .
Chadwell Heath		. .	. .	20.42	. .	20.52	. .	. .	21.02	. .	21.12	. .	. .	21.27	. .	. .	21.42	. .
Romford		20.28	. . . .	20.46	. . . .	20.56	. . . .	20.53	21.06	. . . .	21.16	. . . .	. . . .	21.31	21.28	. . . .	21.46	. . . .
Gidea Park		. .	. .	20.50	. .	21.00	. .	. .	21.10	. .	21.20	. .	. .	21.35	. .	. .	21.50	. .
Harold Wood		. . . .	. . . .	20.53	. . . .	21.03	. . . .	. . . .	21.13	. . . .	21.23	. . . .	. . . .	21.38	. . . .	. . . .	21.53	. . . .
Brentwood		. .	. .	20.57	. .	21.07	. .	. .	21.17	. .	21.27	. .	. .	21.42	. .	. .	21.57	. .
Shenfield	Arr	20.38	20.40	21.03	. . . .	21.13	20.58	21.02	21.23	21.11	21.33	21.18	21.24	21.48	21.38	21.40	22.03	21.57

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			1	1	1		1	1	1		1	1	1		1	1		1
London Liverpool St	Dep	21.35	21.38	21.42	21.48	21.50	21.50	21.56	22.02	22.02	22.10	22.12	22.15	22.17	22.22	22.25	22.32	22.35
Stratford		**21.43**	**21.45**	**21.55**	**21.55**	**21.58**	**22.02**	**22.05**	**22.10**	**22.13**	**22.22**	**22.25**	**22.24**	**22.28**	**22.35**	**22.37**	**22.43**	**22.44**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		21.46	. . . .	. . . .	. . . .	22.01	. . . .	. . . .	. . . .	22.16	. . . .	. . . .	. . . .	22.31	. . . .	. . . .	22.46	. . . .
Manor Park		21.48	. .	. .	. .	22.03	. .	. .	. .	22.18	. .	. .	. .	22.33	. .	. .	22.48	. .
Ilford		21.51	. . . .	. . . .	. . . .	22.06	. . . .	. . . .	. . . .	22.21	. . . .	. . . .	. . . .	22.36	. . . .	. . . .	22.51	. . . .
Seven Kings		21.53	. .	. .	. .	22.08	. .	. .	. .	22.23	. .	. .	. .	22.38	. .	. .	22.53	. .
Goodmayes		21.55	. . . .	. . . .	. . . .	22.10	. . . .	. . . .	. . . .	22.25	. . . .	. . . .	. . . .	22.40	. . . .	. . . .	22.55	. . . .
Chadwell Heath		21.57	. .	. .	. .	22.12	. .	. .	. .	22.27	. .	. .	. .	22.42	. .	. .	22.57	. .
Romford		22.01	21.53	. . . .	. . . .	22.16	. . . .	. . . .	. . . .	22.31	. . . .	. . . .	. . . .	22.46	. . . .	. . . .	23.01	. . . .
Gidea Park		22.05	. .	. .	. .	22.20	. .	. .	. .	22.35	. .	. .	. .	22.50	. .	. .	23.05	. .
Harold Wood		22.08	. . . .	. . . .	. . . .	22.23	. . . .	. . . .	. . . .	22.38	. . . .	. . . .	. . . .	22.53	. . . .	. . . .	23.08	. . . .
Brentwood		22.12	. .	. .	. .	22.27	. .	. .	. .	22.42	. .	. .	. .	22.57	. .	. .	23.12	. .
Shenfield	Arr	22.18	22.02	. . . .	22.11	22.33	22.18	. . . .	22.26	22.48	22.38	. . . .	22.40	23.03	. . . .	22.53	23.18	23.00

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		1	1		1		1	1		1	1		1	1		1		1
London Liverpool St	Dep	22.40	22.42	22.42	22.45	22.52	22.52	22.55	23.02	23.07	23.10	23.12	23.12	23.15	23.22	23.25	23.32	23.35
Stratford		**22.52**	**22.55**	**22.53**	**22.54**	**23.03**	**23.05**	**23.07**	**23.13**	**23.17**	**23.22**	**23.23**	**23.25**	**23.25**	**23.33**	**23.37**	**23.43**	**23.45**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	. . . .	22.56	. . . .	23.06	. . . .	. . . .	23.16	. . . .	. . . .	23.26	. . . .	. . . .	23.36	. . . .	23.46	. . . .
Manor Park		. .	. .	22.58	. .	23.08	. .	. .	23.18	. .	. .	23.28	. .	. .	23.38	. .	23.48	. .
Ilford		. . . .	. . . .	23.01	. . . .	23.11	. . . .	. . . .	23.21	. . . .	. . . .	23.31	. . . .	. . . .	23.41	. . . .	23.51	. . . .
Seven Kings		. .	. .	23.03	. .	23.13	. .	. .	23.23	. .	. .	23.33	. .	. .	23.43	. .	23.53	. .
Goodmayes		. . . .	. . . .	23.05	. . . .	23.15	. . . .	. . . .	23.25	. . . .	. . . .	23.35	. . . .	. . . .	23.45	. . . .	23.55	. . . .
Chadwell Heath		. .	. .	23.07	. .	23.17	. .	. .	23.27	. .	. .	23.37	. .	. .	23.47	. .	23.57	. .
Romford		. . . .	. . . .	23.11	. . . .	23.21	. . . .	. . . .	23.31	. . . .	. . . .	23.41	. . . .	. . . .	23.51	. . . .	00.02	. . . .
Gidea Park		. .	. .	23.15	. .	23.25	. .	. .	23.35	. .	. .	23.45	. .	. .	23.55	. .	00.05	. .
Harold Wood		. . . .	. . . .	23.18	. . . .	23.28	. . . .	. . . .	23.38	. . . .	. . . .	23.48	. . . .	. . . .	23.58	. . . .	00.08	. . . .
Brentwood		. .	. .	23.22	. .	23.32	. .	. .	23.42	. .	. .	23.52	. .	. .	00.02	. .	00.12	. .
Shenfield	Arr	23.08	. . . .	23.28	23.11	23.38	. . . .	23.23	23.48	23.33	23.38	23.58	. . . .	23.43	00.08	23.53	00.18	00.01

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		1	1		1		1		1		1	1			1		1	
London Liverpool St	Dep	23.40	23.42	23.42	23.45	23.52	23.55	00.02	00.12	00.12	00.15	00.18	00.22	00.32	00.40	00.42	00.46	00.52
Stratford		**23.52**	**23.55**	**23.53**	**23.54**	**00.03**	**00.07**	**00.13**	**00.24**	**00.23**	**00.27**	**00.30**	**00.33**	**00.43**	**00.52**	**00.53**	**01.00**	**01.03**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		. . . .	. . . .	23.56	. . . .	00.06	. . . .	00.16	. . . .	00.26	. . . .	. . . .	00.36	00.46	. . . .	00.56	. . . .	01.06
Manor Park		. .	. .	23.58	. .	00.08	. .	00.18	. .	00.28	. .	. .	00.38	00.48	. .	00.58	. .	01.08
Ilford		. . . .	. . . .	00.01	. . . .	00.11	. . . .	00.21	. . . .	00.31	. . . .	. . . .	00.41	00.51	. . . .	01.01	. . . .	01.11
Seven Kings		. .	. .	00.03	. .	00.13	. .	00.23	. .	00.33	. .	. .	00.43	00.53	. .	01.03	. .	01.13
Goodmayes		. . . .	. . . .	00.05	. . . .	00.15	. . . .	00.25	. . . .	00.35	. . . .	. . . .	00.45	00.55	. . . .	01.05	. . . .	01.15
Chadwell Heath		. .	. .	00.07	. .	00.17	. .	00.27	. .	00.37	. .	. .	00.47	00.57	. .	01.07	. .	01.17
Romford		. . . .	. . . .	00.12	. . . .	00.21	. . . .	00.31	. . . .	00.41	. . . .	. . . .	00.51	01.01	. . . .	01.11	. . . .	01.21
Gidea Park		. .	. .	00.15	. .	00.25	. .	00.35	. .	00.45	. .	. .	00.55	01.05	. .	01.15	. .	01.25
Harold Wood		. . . .	. . . .	00.18	. . . .	00.28	. . . .	00.38	. . . .	00.48	. . . .	. . . .	00.58	01.08	. . . .	01.18	. . . .	01.28
Brentwood		. .	. .	00.22	. .	00.32	. .	00.42	. .	00.52	. .	. .	01.02	01.12	. .	01.22	. .	01.32
Shenfield	Arr	00.08	. . . .	00.28	00.11	00.38	00.23	00.48	00.40	00.58	00.45	. . . .	01.08	01.18	01.07	01.28	01.17	01.38

Train has café restaurant on board
Seat reservations recommended
1 Train has first class accommodation
S Train stops to set down only
U Train stops to pick up only

GreaterAnglia

Liverpool Street and Stratford to Shenfield

			1							
London Liverpool St	Dep	01.02	01.10	01.12	01.22	01.32	01.42	01.52	02.02	02.12
Stratford		**01.13**	**01.22**	**01.23**	**01.33**	**01.43**	**01.53**	**02.03**	**02.13**	**02.23**
Maryland		. .	. .	. .	. .	. .	. .	. .	. .	. .
Forest Gate		01.16	. . . .	01.26	01.36	01.46	01.56	02.06	02.16	02.26
Manor Park		01.18	. .	01.28	01.38	01.48	01.58	02.08	02.18	02.28
Ilford		01.21	. . . .	01.31	01.41	01.51	02.01	02.11	02.21	02.31
Seven Kings		01.23	. .	01.33	01.43	01.53	02.03	02.13	02.23	02.33
Goodmayes		01.25	. . . .	01.35	01.45	01.55	02.05	02.15	02.25	02.35
Chadwell Heath		01.27	. .	01.37	01.47	01.57	02.07	02.17	02.27	02.37
Romford		01.31	. . . .	01.41	01.51	02.01	02.11	02.21	02.31	02.41
Gidea Park		01.35	. .	01.45	01.55	02.05	02.15	02.25	02.35	02.45
Harold Wood		01.38	. . . .	01.48	01.58	. . . .	02.18	. . . .	02.38	. . . .
Brentwood		01.42	. .	01.52	02.02	. .	02.22	. .	02.42	. .
Shenfield	Arr	01.48	01.37	01.58	02.08	. . . .	02.28	. . . .	02.48	. . . .

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GreaterAnglia

Saturday
28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

		1		1	1		1	1		1	1			1		1		
Shenfield	Dep	04.39	. .	05.09	05.24	. .	05.35	. .	05.44	05.53	06.05	. .	06.14	06.24	. .	06.35	. .	06.44
Brentwood		04.42	. . . .	05.12	. . . .	. . . .	. . . .	. . . .	05.47	. . . .	. . . .	. . . .	06.17	. . . .	. . . .	. . . .	. . . .	06.47
Harold Wood		04.47	. .	05.17	. .	. .	. .	. .	05.52	. .	. .	. .	06.22	. .	. .	. .	. .	06.52
Gidea Park		04.51	. . . .	05.21	05.31	. . . .	. . . .	. . . .	05.56	. . . .	. . . .	06.16	06.26	. . . .	06.36	. . . .	06.46	06.56
Romford		04.53	. .	05.23	. .	. .	05.43	. .	05.58	. .	. .	06.18	06.28	. .	06.38	06.43	06.48	06.58
Chadwell Heath		04.57	. . . .	05.27	. . . .	. . . .	. . . .	. . . .	06.02	. . . .	. . . .	06.22	06.32	. . . .	06.42	. . . .	06.52	07.02
Goodmayes		04.59	. .	05.29	. .	. .	. .	. .	06.04	. .	. .	06.24	06.34	. .	06.44	. .	06.54	07.04
Seven Kings		05.01	. . . .	05.31	05.36	. . . .	. . . .	. . . .	06.06	. . . .	. . . .	06.26	06.36	. . . .	06.46	. . . .	06.56	07.06
Ilford		05.04	05.09	05.34	. .	05.39	. .	. .	06.09	. .	. .	06.29	06.39	. .	06.49	. .	06.59	07.09
Manor Park		. . . .	05.11	. . . .	. . . .	05.41	. . . .	. . . .	06.12	. . . .	. . . .	06.32	06.42	. . . .	06.52	. . . .	07.02	07.12
Forest Gate		. .	05.14	. .	. .	05.44	. .	. .	06.14	. .	. .	06.34	06.44	. .	06.54	. .	07.04	07.14
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**05.10**	**05.18**	**05.40**	**05.42**	**05.48**	**05.51**	**06.05**	**06.19**	**06.07**	**06.19**	**06.39**	**06.49**	**06.38**	**06.59**	**06.51**	**07.09**	**07.19**
London Liverpool St	Arr	05.18	05.26	05.48	05.55	05.56	06.00	06.14	06.27	06.16	06.28	06.47	06.57	06.47	07.07	07.00	07.17	07.27

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GreaterAnglia

Saturday
28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

		1			1	1		1		1		1		1	1			1
Shenfield	Dep	06.51	. .	07.04	07.05	07.08	07.14	07.20	07.24	07.25	07.34	07.38	07.44	07.45	07.51	07.54	08.04	08.05
Brentwood		. . . .	. . . .	07.07	. . . .	. . . .	07.17	. . . .	07.27	. . . .	07.37	. . . .	07.47	. . . .	. . . .	07.57	08.07	. . . .
Harold Wood		. .	. .	07.12	. .	. .	07.22	. .	07.32	. .	07.42	. .	07.52	. .	. .	08.02	08.12	. .
Gidea Park		. . . .	07.06	07.16	. . . .	. . . .	07.26	. . . .	07.36	. . . .	07.46	. . . .	07.56	. . . .	. . . .	08.06	08.16	. . . .
Romford		. .	07.08	07.18	. .	. .	07.28	. .	07.38	. .	07.48	. .	07.58	07.53	. .	08.08	08.18	. .
Chadwell Heath		. . . .	07.12	07.22	. . . .	. . . .	07.32	. . . .	07.42	. . . .	07.52	. . . .	08.02	. . . .	. . . .	08.12	08.22	. . . .
Goodmayes		. .	07.14	07.24	. .	. .	07.34	. .	07.44	. .	07.54	. .	08.04	. .	. .	08.14	08.24	. .
Seven Kings		. . . .	07.16	07.26	. . . .	. . . .	07.36	. . . .	07.46	. . . .	07.56	. . . .	08.06	. . . .	. . . .	08.16	08.26	. . . .
Ilford		. .	07.19	07.29	. .	. .	07.39	. .	07.49	. .	07.59	. .	08.09	. .	. .	08.19	08.29	. .
Manor Park		. . . .	07.22	07.32	. . . .	. . . .	07.42	. . . .	07.52	. . . .	08.02	. . . .	08.12	. . . .	. . . .	08.22	08.32	. . . .
Forest Gate		. .	07.24	07.34	. .	. .	07.44	. .	07.54	. .	08.04	. .	08.14	. .	. .	08.24	08.34	. .
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**07.05**	**07.29**	**07.39**	**07.19**	**07.22**	**07.49**	**07s36**	**07.59**	**07.39**	**08.09**	**07.52**	**08.19**	**08.01**	**08.05**	**08.29**	**08.39**	**08.19**
London Liverpool St	Arr	07.14	07.37	07.47	07.28	07.31	07.57	07.47	08.07	07.48	08.17	08.01	08.27	08.10	08.14	08.37	08.47	08.28

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Saturday
28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

		1		1		1		1		1	1			1	1		1	
Shenfield	Dep	08.08	08.14	08.20	08.24	08.25	08.34	08.38	08.44	08.45	08.51	08.54	09.04	09.05	09.08	09.14	09.20	09.24
Brentwood		. . . .	08.17	. . . .	08.27	. . . .	08.37	. . . .	08.47	. . . .	. . . .	08.57	09.07	. . . .	. . . .	09.17	. . . .	09.27
Harold Wood		. .	08.22	. .	08.32	. .	08.42	. .	08.52	. .	. .	09.02	09.12	. .	. .	09.22	. .	09.32
Gidea Park		. . . .	08.26	. . . .	08.36	. . . .	08.46	. . . .	08.56	. . . .	. . . .	09.06	09.16	. . . .	. . . .	09.26	. . . .	09.36
Romford		. .	08.28	. .	08.38	. .	08.48	. .	08.58	08.53	. .	09.08	09.18	. .	. .	09.28	09.28	09.38
Chadwell Heath		. . . .	08.32	. . . .	08.42	. . . .	08.52	. . . .	09.02	. . . .	. . . .	09.12	09.22	. . . .	. . . .	09.32	. . . .	09.42
Goodmayes		. .	08.34	. .	08.44	. .	08.54	. .	09.04	. .	. .	09.14	09.24	. .	. .	09.34	. .	09.44
Seven Kings		. . . .	08.36	. . . .	08.46	. . . .	08.56	. . . .	09.06	. . . .	. . . .	09.16	09.26	. . . .	. . . .	09.36	. . . .	09.46
Ilford		. .	08.39	. .	08.49	. .	08.59	. .	09.09	. .	. .	09.19	09.29	. .	. .	09.39	. .	09.49
Manor Park		. . . .	08.42	. . . .	08.52	. . . .	09.02	. . . .	09.12	. . . .	. . . .	09.22	09.32	. . . .	. . . .	09.42	. . . .	09.52
Forest Gate		. .	08.44	. .	08.54	. .	09.04	. .	09.14	. .	. .	09.24	09.34	. .	. .	09.44	. .	09.54
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**08.22**	**08.49**	**08.36**	**08.59**	**08.39**	**09.09**	**08.52**	**09.19**	**09.01**	**09.05**	**09.29**	**09.39**	**09.19**	**09.22**	**09.49**	**09.36**	**09.59**
London Liverpool St	Arr	08.31	08.57	08.45	09.07	08.48	09.17	09.01	09.27	09.10	09.14	09.37	09.47	09.28	09.31	09.57	09.45	10.07

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Saturday
28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

		1		1		1	1			1	1		1		1		1	
Shenfield	Dep	09.25	09.34	09.38	09.44	09.45	09.51	09.54	10.04	10.05	10.08	10.14	10.20	10.24	10.25	10.34	10.38	10.44
Brentwood		. . . .	09.37	. . . .	09.47	. . . .	. . . .	09.57	10.07	. . . .	. . . .	10.17	. . . .	10.27	. . . .	10.37	. . . .	10.47
Harold Wood		. .	09.42	. .	09.52	. .	. .	10.02	10.12	. .	. .	10.22	. .	10.32	. .	10.42	. .	10.52
Gidea Park		. . . .	09.46	. . . .	09.56	. . . .	. . . .	10.06	10.16	. . . .	. . . .	10.26	. . . .	10.36	. . . .	10.46	. . . .	10.56
Romford		. .	09.48	. .	09.58	09.53	. .	10.08	10.18	. .	. .	10.28	10.28	10.38	. .	10.48	. .	10.58
Chadwell Heath		. . . .	09.52	. . . .	10.02	. . . .	. . . .	10.12	10.22	. . . .	. . . .	10.32	. . . .	10.42	. . . .	10.52	. . . .	11.02
Goodmayes		. .	09.54	. .	10.04	. .	. .	10.14	10.24	. .	. .	10.34	. .	10.44	. .	10.54	. .	11.04
Seven Kings		. . . .	09.56	. . . .	10.06	. . . .	. . . .	10.16	10.26	. . . .	. . . .	10.36	. . . .	10.46	. . . .	10.56	. . . .	11.06
Ilford		. .	09.59	. .	10.09	. .	. .	10.19	10.29	. .	. .	10.39	. .	10.49	. .	10.59	. .	11.09
Manor Park		. . . .	10.02	. . . .	10.12	. . . .	. . . .	10.22	10.32	. . . .	. . . .	10.42	. . . .	10.52	. . . .	11.02	. . . .	11.12
Forest Gate		. .	10.04	. .	10.14	. .	. .	10.24	10.34	. .	. .	10.44	. .	10.54	. .	11.04	. .	11.14
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**09.39**	**10.09**	**09.52**	**10.19**	**10.01**	**10.05**	**10.29**	**10.39**	**10.19**	**10.22**	**10.49**	**10.36**	**10.59**	**10.39**	**11.09**	**10.52**	**11.19**
London Liverpool St	Arr	09.48	10.17	10.01	10.27	10.10	10.14	10.37	10.47	10.28	10.31	10.57	10.45	11.07	10.48	11.17	11.01	11.27

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Shenfield to Stratford and Liverpool Street

		1	1			1	1		1		1		1		1	1		
Shenfield	Dep	10.45	10.51	10.54	11.04	11.05	11.08	11.14	11.20	11.24	11.25	11.34	11.38	11.44	11.45	11.51	11.54	12.04
Brentwood		. . . .	. . . .	10.57	11.07	. . . .	. . . .	11.17	. . . .	11.27	. . . .	11.37	. . . .	11.47	. . . .	. . . .	11.57	12.07
Harold Wood		. .	. .	11.02	11.12	. .	. .	11.22	. .	11.32	. .	11.42	. .	11.52	. .	. .	12.02	12.12
Gidea Park		. . . .	. . . .	11.06	11.16	. . . .	. . . .	11.26	. . . .	11.36	. . . .	11.46	. . . .	11.56	. . . .	. . . .	12.06	12.16
Romford		10.53	. .	11.08	11.18	. .	. .	11.28	11.28	11.38	. .	11.48	. .	11.58	11.53	. .	12.08	12.18
Chadwell Heath		. . . .	. . . .	11.12	11.22	. . . .	. . . .	11.32	. . . .	11.42	. . . .	11.52	. . . .	12.02	. . . .	. . . .	12.12	12.22
Goodmayes		. .	. .	11.14	11.24	. .	. .	11.34	. .	11.44	. .	11.54	. .	12.04	. .	. .	12.14	12.24
Seven Kings		. . . .	. . . .	11.16	11.26	. . . .	. . . .	11.36	. . . .	11.46	. . . .	11.56	. . . .	12.06	. . . .	. . . .	12.16	12.26
Ilford		. .	. .	11.19	11.29	. .	. .	11.39	. .	11.49	. .	11.59	. .	12.09	. .	. .	12.19	12.29
Manor Park		. . . .	. . . .	11.22	11.32	. . . .	. . . .	11.42	. . . .	11.52	. . . .	12.02	. . . .	12.12	. . . .	. . . .	12.22	12.32
Forest Gate		. .	. .	11.24	11.34	. .	. .	11.44	. .	11.54	. .	12.04	. .	12.14	. .	. .	12.24	12.34
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**11.01**	**11.05**	**11.29**	**11.39**	**11.19**	**11.22**	**11.49**	**11.36**	**11.59**	**11.39**	**12.09**	**11.52**	**12.19**	**12.01**	**12.05**	**12.29**	**12.39**
London Liverpool St	Arr	11.10	11.14	11.37	11.47	11.28	11.31	11.57	11.45	12.07	11.48	12.17	12.01	12.27	12.10	12.14	12.37	12.47

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Saturday
28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

		1	1		1		1		1		1	1			1	1		1
Shenfield	Dep	12.05	12.08	12.14	12.20	12.24	12.25	12.34	12.38	12.44	12.45	12.51	12.54	13.04	13.05	13.08	13.14	13.20
Brentwood		. . . .	. . . .	12.17	. . . .	12.27	. . . .	12.37	. . . .	12.47	. . . .	. . . .	12.57	13.07	. . . .	. . . .	13.17	. . . .
Harold Wood		. .	. .	12.22	. .	12.32	. .	12.42	. .	12.52	. .	. .	13.02	13.12	. .	. .	13.22	. .
Gidea Park		. . . .	. . . .	12.26	. . . .	12.36	. . . .	12.46	. . . .	12.56	. . . .	. . . .	13.06	13.16	. . . .	. . . .	13.26	. . . .
Romford		. .	. .	12.28	12.28	12.38	. .	12.48	. .	12.58	12.53	. .	13.08	13.18	. .	. .	13.28	13.28
Chadwell Heath		. . . .	. . . .	12.32	. . . .	12.42	. . . .	12.52	. . . .	13.02	. . . .	. . . .	13.12	13.22	. . . .	. . . .	13.32	. . . .
Goodmayes		. .	. .	12.34	. .	12.44	. .	12.54	. .	13.04	. .	. .	13.14	13.24	. .	. .	13.34	. .
Seven Kings		. . . .	. . . .	12.36	. . . .	12.46	. . . .	12.56	. . . .	13.06	. . . .	. . . .	13.16	13.26	. . . .	. . . .	13.36	. . . .
Ilford		. .	. .	12.39	. .	12.49	. .	12.59	. .	13.09	. .	. .	13.19	13.29	. .	. .	13.39	. .
Manor Park		. . . .	. . . .	12.42	. . . .	12.52	. . . .	13.02	. . . .	13.12	. . . .	. . . .	13.22	13.32	. . . .	. . . .	13.42	. . . .
Forest Gate		. .	. .	12.44	. .	12.54	. .	13.04	. .	13.14	. .	. .	13.24	13.34	. .	. .	13.44	. .
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**12.19**	**12.22**	**12.49**	**12.36**	**12.59**	**12.39**	**13.09**	**12.52**	**13.19**	**13.01**	**13.05**	**13.29**	**13.39**	**13.19**	**13.22**	**13.49**	**13.36**
London Liverpool St	Arr	12.28	12.31	12.57	12.45	13.07	12.48	13.17	13.01	13.27	13.10	13.14	13.37	13.47	13.28	13.31	13.57	13.45

Train has café restaurant on board
Seat reservations recommended
1 Train has first class accommodation
S Train stops to set down only
U Train stops to pick up only

GreaterAnglia

Saturday
28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

			1		1		1	1			1	1		1		1		1
Shenfield	Dep	13.24	13.25	13.34	13.38	13.44	13.45	13.51	13.54	14.04	14.05	14.08	14.14	14.20	14.24	14.25	14.34	14.38
Brentwood		13.27	. . . .	13.37	. . . .	13.47	. . . .	. . . .	13.57	14.07	. . . .	. . . .	14.17	. . . .	14.27	. . . .	14.37	. . . .
Harold Wood		13.32	. .	13.42	. .	13.52	. .	. .	14.02	14.12	. .	. .	14.22	. .	14.32	. .	14.42	. .
Gidea Park		13.36	. . . .	13.46	. . . .	13.56	. . . .	. . . .	14.06	14.16	. . . .	. . . .	14.26	. . . .	14.36	. . . .	14.46	. . . .
Romford		13.38	. .	13.48	. .	13.58	13.53	. .	14.08	14.18	. .	. .	14.28	14.28	14.38	. .	14.48	. .
Chadwell Heath		13.42	. . . .	13.52	. . . .	14.02	. . . .	. . . .	14.12	14.22	. . . .	. . . .	14.32	. . . .	14.42	. . . .	14.52	. . . .
Goodmayes		13.44	. .	13.54	. .	14.04	. .	. .	14.14	14.24	. .	. .	14.34	. .	14.44	. .	14.54	. .
Seven Kings		13.46	. . . .	13.56	. . . .	14.06	. . . .	. . . .	14.16	14.26	. . . .	. . . .	14.36	. . . .	14.46	. . . .	14.56	. . . .
Ilford		13.49	. .	13.59	. .	14.09	. .	. .	14.19	14.29	. .	. .	14.39	. .	14.49	. .	14.59	. .
Manor Park		13.52	. . . .	14.02	. . . .	14.12	. . . .	. . . .	14.22	14.32	. . . .	. . . .	14.42	. . . .	14.52	. . . .	15.02	. . . .
Forest Gate		13.54	. .	14.04	. .	14.14	. .	. .	14.24	14.34	. .	. .	14.44	. .	14.54	. .	15.04	. .
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**13.59**	**13.39**	**14.09**	**13.52**	**14.19**	**14.01**	**14.05**	**14.29**	**14.39**	**14.19**	**14.22**	**14.49**	**14.36**	**14.59**	**14.39**	**15.09**	**14.52**
London Liverpool St	Arr	14.07	13.48	14.17	14.01	14.27	14.10	14.14	14.37	14.47	14.28	14.31	14.57	14.45	15.07	14.48	15.17	15.01

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Shenfield to Stratford and Liverpool Street

			1	1			1	1		1		1		1		1	1	
Shenfield	Dep	14.44	14.45	14.51	14.54	15.04	15.05	15.08	15.14	15.20	15.24	15.25	15.34	15.38	15.44	15.45	15.51	15.54
Brentwood		14.47	. . . .	. . . .	14.57	15.07	. . . .	. . . .	15.17	. . . .	15.27	. . . .	15.37	. . . .	15.47	. . . .	. . . .	15.57
Harold Wood		14.52	. .	. .	15.02	15.12	. .	. .	15.22	. .	15.32	. .	15.42	. .	15.52	. .	. .	16.02
Gidea Park		14.56	. . . .	. . . .	15.06	15.16	. . . .	. . . .	15.26	. . . .	15.36	. . . .	15.46	. . . .	15.56	. . . .	. . . .	16.06
Romford		14.58	14.53	. .	15.08	15.18	. .	. .	15.28	. .	15.38	. .	15.48	. .	15.58	15.53	. .	16.08
Chadwell Heath		15.02	. . . .	. . . .	15.12	15.22	. . . .	. . . .	15.32	. . . .	15.42	. . . .	15.52	. . . .	16.02	. . . .	. . . .	16.12
Goodmayes		15.04	. .	. .	15.14	15.24	. .	. .	15.34	. .	15.44	. .	15.54	. .	16.04	. .	. .	16.14
Seven Kings		15.06	. . . .	. . . .	15.16	15.26	. . . .	. . . .	15.36	. . . .	15.46	. . . .	15.56	. . . .	16.06	. . . .	. . . .	16.16
Ilford		15.09	. .	. .	15.19	15.29	. .	. .	15.39	. .	15.49	. .	15.59	. .	16.09	. .	. .	16.19
Manor Park		15.12	. . . .	. . . .	15.22	15.32	. . . .	. . . .	15.42	. . . .	15.52	. . . .	16.02	. . . .	16.12	. . . .	. . . .	16.22
Forest Gate		15.14	. .	. .	15.24	15.34	. .	. .	15.44	. .	15.54	. .	16.04	. .	16.14	. .	. .	16.24
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**15.19**	**15.01**	**15.05**	**15.29**	**15.39**	**15.19**	**15.22**	**15.49**	**15.36**	**15.59**	**15.39**	**16.09**	**15.52**	**16.19**	**16.01**	**16.05**	**16.29**
London Liverpool St	Arr	15.27	15.10	15.14	15.37	15.47	15.28	15.31	15.57	15.45	16.07	15.48	16.17	16.01	16.27	16.10	16.14	16.37

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28 July to 11 August 2012

Shenfield to Stratford and Liverpool Street

			1	1		1		1		1		1	1			1	1	
Shenfield	Dep	16.04	16.05	16.08	16.14	16.20	16.24	16.25	16.34	16.38	16.44	16.45	16.51	16.54	17.04	17.05	17.08	17.14
Brentwood		16.07	. . . .	. . . .	16.17	. . . .	16.27	. . . .	16.37	. . . .	16.47	. . . .	. . . .	16.57	17.07	. . . .	. . . .	17.17
Harold Wood		16.12	. .	. .	16.22	. .	16.32	. .	16.42	. .	16.52	. .	. .	17.02	17.12	. .	. .	17.22
Gidea Park		16.16	. . . .	. . . .	16.26	. . . .	16.36	. . . .	16.46	. . . .	16.56	. . . .	. . . .	17.06	17.16	. . . .	. . . .	17.26
Romford		16.18	. .	. .	16.28	16.28	16.38	. .	16.48	. .	16.58	16.53	. .	17.08	17.18	. .	. .	17.28
Chadwell Heath		16.22	. . . .	. . . .	16.32	. . . .	16.42	. . . .	16.52	. . . .	17.02	. . . .	. . . .	17.12	17.22	. . . .	. . . .	17.32
Goodmayes		16.24	. .	. .	16.34	. .	16.44	. .	16.54	. .	17.04	. .	. .	17.14	17.24	. .	. .	17.34
Seven Kings		16.26	. . . .	. . . .	16.36	. . . .	16.46	. . . .	16.56	. . . .	17.06	. . . .	. . . .	17.16	17.26	. . . .	. . . .	17.36
Ilford		16.29	. .	. .	16.39	. .	16.49	. .	16.59	. .	17.09	. .	. .	17.19	17.29	. .	. .	17.39
Manor Park		16.32	. . . .	. . . .	16.42	. . . .	16.52	. . . .	17.02	. . . .	17.12	. . . .	. . . .	17.22	17.32	. . . .	. . . .	17.42
Forest Gate		16.34	. .	. .	16.44	. .	16.54	. .	17.04	. .	17.14	. .	. .	17.24	17.34	. .	. .	17.44
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**16.39**	**16.19**	**16.22**	**16.49**	**16.36**	**16.59**	**16.39**	**17.09**	**16.52**	**17.19**	**17.01**	**17.05**	**17.29**	**17.39**	**17.19**	**17.22**	**17.49**
London Liverpool St	Arr	16.47	16.28	16.31	16.57	16.45	17.07	16.48	17.17	17.01	17.27	17.10	17.14	17.37	17.47	17.28	17.31	17.57

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Shenfield to Stratford and Liverpool Street

		1		1		1		1	1			1	1		1		1	
Shenfield	Dep	17.20	17.24	17.25	17.34	17.38	17.44	17.45	17.51	17.54	18.04	18.05	18.08	18.14	18.20	18.24	18.25	18.34
Brentwood		. . . .	17.27	. . . .	17.37	. . . .	17.47	. . . .	. . . .	17.57	18.07	. . . .	. . . .	18.17	. . . .	18.27	. . . .	18.37
Harold Wood		. .	17.32	. .	17.42	. .	17.52	. .	. .	18.02	18.12	. .	. .	18.22	. .	18.32	. .	18.42
Gidea Park		. . . .	17.36	. . . .	17.46	. . . .	17.56	. . . .	. . . .	18.06	18.16	. . . .	. . . .	18.26	. . . .	18.36	. . . .	18.46
Romford		. .	17.38	. .	17.48	. .	17.58	17.53	. .	18.08	18.18	. .	. .	18.28	18.28	18.38	. .	18.48
Chadwell Heath		. . . .	17.42	. . . .	17.52	. . . .	18.02	. . . .	. . . .	18.12	18.22	. . . .	. . . .	18.32	. . . .	18.42	. . . .	18.52
Goodmayes		. .	17.44	. .	17.54	. .	18.04	. .	. .	18.14	18.24	. .	. .	18.34	. .	18.44	. .	18.54
Seven Kings		. . . .	17.46	. . . .	17.56	. . . .	18.06	. . . .	. . . .	18.16	18.26	. . . .	. . . .	18.36	. . . .	18.46	. . . .	18.56
Ilford		. .	17.49	. .	17.59	. .	18.09	. .	. .	18.19	18.29	. .	. .	18.39	. .	18.49	. .	18.59
Manor Park		. . . .	17.52	. . . .	18.02	. . . .	18.12	. . . .	. . . .	18.22	18.32	. . . .	. . . .	18.42	. . . .	18.52	. . . .	19.02
Forest Gate		. .	17.54	. .	18.04	. .	18.14	. .	. .	18.24	18.34	. .	. .	18.44	. .	18.54	. .	19.04
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**17.36**	**17.59**	**17.39**	**18.09**	**17.52**	**18.19**	**18.01**	**18.05**	**18.29**	**18.39**	**18.19**	**18.22**	**18.49**	**18.36**	**18.59**	**18.39**	**19.09**
London Liverpool St	Arr	17.45	18.07	17.48	18.17	18.01	18.27	18.10	18.14	18.37	18.47	18.28	18.31	18.57	18.45	19.07	18.48	19.17

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		1		1	1			1	1		1		1		1		1	1
Shenfield	Dep	18.38	18.44	18.45	18.51	18.54	19.04	19.05	19.08	19.14	19.20	19.24	19.25	19.34	19.38	19.44	19.45	19.51
Brentwood		. . . .	18.47	. . . .	. . . .	18.57	19.07	. . . .	. . . .	19.17	. . . .	19.27	. . . .	19.37	. . . .	19.47	. . . .	. . . .
Harold Wood		. .	18.52	. .	. .	19.02	19.12	. .	. .	19.22	. .	19.32	. .	19.42	. .	19.52	. .	. .
Gidea Park		. . . .	18.56	. . . .	. . . .	19.06	19.16	. . . .	. . . .	19.26	. . . .	19.36	. . . .	19.46	. . . .	19.56	. . . .	. . . .
Romford		. .	18.58	. .	. .	19.08	19.18	. .	. .	19.28	. .	19.38	. .	19.48	. .	19.58	. .	. .
Chadwell Heath		. . . .	19.02	. . . .	. . . .	19.12	19.22	. . . .	. . . .	19.32	. . . .	19.42	. . . .	19.52	. . . .	20.02	. . . .	. . . .
Goodmayes		. .	19.04	. .	. .	19.14	19.24	. .	. .	19.34	. .	19.44	. .	19.54	. .	20.04	. .	. .
Seven Kings		. . . .	19.06	. . . .	. . . .	19.16	19.26	. . . .	. . . .	19.36	. . . .	19.46	. . . .	19.56	. . . .	20.06	. . . .	. . . .
Ilford		. .	19.09	. .	. .	19.19	19.29	. .	. .	19.39	. .	19.49	. .	19.59	. .	20.09	. .	. .
Manor Park		. . . .	19.12	. . . .	. . . .	19.22	19.32	. . . .	. . . .	19.42	. . . .	19.52	. . . .	20.02	. . . .	20.12	. . . .	. . . .
Forest Gate		. .	19.14	. .	. .	19.24	19.34	. .	. .	19.44	. .	19.54	. .	20.04	. .	20.14	. .	. .
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**18.52**	**19.19**	**19.01**	**19.05**	**19.29**	**19.39**	**19.19**	**19.22**	**19.49**	**19.36**	**19.59**	**19.39**	**20.09**	**19.52**	**20.19**	**20.01**	**20.05**
London Liverpool St	Arr	19.01	19.27	19.10	19.14	19.37	19.47	19.28	19.31	19.57	19.45	20.07	19.48	20.17	20.01	20.27	20.10	20.14

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				1	1		1		1		1		1	1		1	1	
Shenfield	Dep	19.54	20.04	20.05	20.08	20.14	20.20	20.24	20.25	20.34	20.38	20.44	20.45	20.51	20.59	21.05	21.08	21.14
Brentwood		19.57	20.07	. . . .	. . . .	20.17	. . . .	20.27	. . . .	20.37	. . . .	20.47	. . . .	. . . .	21.02	. . . .	. . . .	21.17
Harold Wood		20.02	20.12	. .	. .	20.22	. .	20.32	. .	20.42	. .	20.52	. .	. .	21.07	. .	. .	21.22
Gidea Park		20.06	20.16	. . . .	. . . .	20.26	. . . .	20.36	. . . .	20.46	. . . .	20.56	. . . .	. . . .	21.11	. . . .	. . . .	21.26
Romford		20.08	20.18	. .	. .	20.28	20.28	20.38	. .	20.48	. .	20.58	20.53	. .	21.13	. .	. .	21.28
Chadwell Heath		20.12	20.22	. . . .	. . . .	20.32	. . . .	20.42	. . . .	20.52	. . . .	21.02	. . . .	. . . .	21.17	. . . .	. . . .	21.32
Goodmayes		20.14	20.24	. .	. .	20.34	. .	20.44	. .	20.54	. .	21.04	. .	. .	21.19	. .	. .	21.34
Seven Kings		20.16	20.26	. . . .	. . . .	20.36	. . . .	20.46	. . . .	20.56	. . . .	21.06	. . . .	. . . .	21.21	. . . .	. . . .	21.36
Ilford		20.19	20.29	. .	. .	20.39	. .	20.49	. .	20.59	. .	21.09	. .	. .	21.24	. .	. .	21.39
Manor Park		20.22	20.32	. . . .	. . . .	20.42	. . . .	20.52	. . . .	21.02	. . . .	21.12	. . . .	. . . .	21.27	. . . .	. . . .	21.42
Forest Gate		20.24	20.34	. .	. .	20.44	. .	20.54	. .	21.04	. .	21.14	. .	. .	21.29	. .	. .	21.44
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**20.29**	**20.39**	**20s19**	**20.22**	**20.49**	**20.36**	**20.59**	**20.39**	**21.09**	**20.52**	**21.19**	**21.01**	**21.05**	**21.34**	**21.19**	**21.22**	**21.49**
London Liverpool St	Arr	20.37	20.47	20.28	20.33	20.57	20.45	21.07	20.48	21.17	21.01	21.27	21.10	21.14	21.42	21.28	21.31	21.57

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Shenfield to Stratford and Liverpool Street

		1		1		1		1	1		1	1		1				1
Shenfield	Dep	21.20	21.24	21.25	21.34	21.38	21.44	21.45	21.51	21.59	22.05	22.08	22.14	22.20	22.25	. .	22.29	22.38
Brentwood		. . . .	21.27	. . . .	21.37	. . . .	21.47	. . . .	. . . .	22.02	. . . .	. . . .	22.17	. . . .	. . . .	. . . .	22.32	. . . .
Harold Wood		. .	21.32	. .	21.42	. .	21.52	. .	. .	22.07	. .	. .	22.22	. .	. .	. .	22.37	. .
Gidea Park		. . . .	21.36	. . . .	21.46	. . . .	21.56	. . . .	. . . .	22.11	. . . .	. . . .	22.26	. . . .	. . . .	. . . .	22.41	. . . .
Romford		. .	21.38	. .	21.48	. .	21.58	. .	. .	22.13	. .	. .	22.28	. .	. .	. .	22.43	. .
Chadwell Heath		. . . .	21.42	. . . .	21.52	. . . .	22.02	. . . .	. . . .	22.17	. . . .	. . . .	22.32	. . . .	. . . .	. . . .	22.47	. . . .
Goodmayes		. .	21.44	. .	21.54	. .	22.04	. .	. .	22.19	. .	. .	22.34	. .	. .	. .	22.49	. .
Seven Kings		. . . .	21.46	. . . .	21.56	. . . .	22.06	. . . .	. . . .	22.21	. . . .	. . . .	22.36	. . . .	. . . .	. . . .	22.51	. . . .
Ilford		. .	21.49	. .	21.59	. .	22.09	. .	. .	22.24	. .	. .	22.41	. .	. .	. .	22.54	. .
Manor Park		. . . .	21.52	. . . .	22.02	. . . .	22.12	. . . .	. . . .	22.27	. . . .	. . . .	22.44	. . . .	. . . .	. . . .	22.57	. . . .
Forest Gate		. .	21.54	. .	22.04	. .	22.14	. .	. .	22.29	. .	. .	22.46	. .	. .	. .	22.59	. .
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**21.36**	**21.59**	**21.39**	**22.09**	**21.52**	**22.19**	**22.04**	**22.13**	**22.34**	**22.24**	**22.28**	**22.52**	**22.40**	**22.44**	**22.48**	**23.04**	**22.58**
London Liverpool St	Arr	21.45	22.07	21.48	22.20	22.01	22.27	22.13	22.21	22.42	22.32	22.36	23.00	22.48	22.52	22.56	23.12	23.06

Train has café restaurant on board
Seat reservations recommended
1 Train has first class accommodation
S Train stops to set down only
U Train stops to pick up only

GreaterAnglia

Shenfield to Stratford and Liverpool Street

			1	1		1	1			1	1				1	1		
Shenfield	Dep	22.44	22.45	22.51	22.59	23.05	23.08	. .	23.14	23.20	23.25	. .	23.29	23.44	23.45	. .	. .	23.59
Brentwood		22.47	. . . .	. . . .	23.02	. . . .	. . . .	. . . .	23.17	. . . .	. . . .	. . . .	23.32	23.47	. . . .	. . . .	. . . .	00.02
Harold Wood		22.52	. .	. .	23.07	. .	. .	. .	23.22	. .	. .	. .	23.37	23.52	. .	. .	. .	00.07
Gidea Park		22.56	. . . .	. . . .	23.11	. . . .	. . . .	. . . .	23.26	. . . .	. . . .	. . . .	23.41	23.56	. . . .	. . . .	. . . .	00.11
Romford		22.58	. .	. .	23.13	. .	. .	. .	23.28	. .	. .	. .	23.43	23.58	. .	. .	. .	00.13
Chadwell Heath		23.02	. . . .	. . . .	23.17	. . . .	. . . .	. . . .	23.32	. . . .	. . . .	. . . .	23.47	00.02	. . . .	. . . .	. . . .	00.17
Goodmayes		23.04	. .	. .	23.19	. .	. .	. .	23.34	. .	. .	. .	23.49	00.04	. .	. .	. .	00.19
Seven Kings		23.06	. . . .	. . . .	23.21	. . . .	. . . .	. . . .	23.36	. . . .	. . . .	. . . .	23.51	00.06	. . . .	. . . .	. . . .	00.21
Ilford		23.09	. .	. .	23.24	. .	. .	. .	23.39	. .	. .	. .	23.54	00.09	. .	. .	. .	00.24
Manor Park		23.12	. . . .	. . . .	23.27	. . . .	. . . .	. . . .	23.42	. . . .	. . . .	. . . .	23.57	00.12	. . . .	. . . .	. . . .	00.27
Forest Gate		23.14	. .	. .	23.29	. .	. .	. .	23.45	. .	. .	. .	23.59	00.14	. .	. .	. .	00.29
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**23.19**	**23.08**	**23.12**	**23.36**	**23.24**	**23.28**	**23.32**	**23.50**	**23.40**	**23.44**	**23.54**	**00.04**	**00.20**	**00.08**	**00.12**	**00.30**	**00.40**
London Liverpool St	Arr	23.27	23.16	23.20	23.44	23.32	23.36	23.40	23.58	23.48	23.52	00.02	00.12	00.28	00.16	00.20	00.38	00.48

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GreaterAnglia

Shenfield to Stratford and Liverpool Street

Shenfield	Dep	00.14	. .	00.29	00.44	. .	. .	. .
Brentwood		00.17	. . . .	00.32	00.47	. . . .	. . . .	. . . .
Harold Wood		00.22	. .	00.37	00.52	. .	. .	. .
Gidea Park		00.26	. . . .	00.41	00.56	. . . .	. . . .	. . . .
Romford		00.28	. .	00.43	00.58	. .	. .	. .
Chadwell Heath		00.32	. . . .	00.47	01.02	. . . .	. . . .	. . . .
Goodmayes		00.34	. .	00.49	01.04	. .	. .	. .
Seven Kings		00.36	. . . .	00.51	01.06	. . . .	. . . .	. . . .
Ilford		00.39	. .	00.54	01.09	. .	. .	. .
Manor Park		00.42	. . . .	00.57	01.12	. . . .	. . . .	. . . .
Forest Gate		00.44	. .	00.59	01.14	. .	. .	. .
Maryland		. . . .	. . . .	. . . .	. . . .	. . . .	. . . .	. . . .
Stratford		**00.50**	**01.00**	**01.10**	**01.20**	**01.30**	**01.40**	**01.50**
London Liverpool St	Arr	00.58	01.08	01.18	01.28	01.38	01.48	01.58

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