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Liverpool Street ⇄	Dep	..	05.16	..	05.23	05.48	05.52	06.02	06.16	..	06.38	06.48	07.02	07.16	..	07.38	07.48	08.02	08.16	..	08.38	
Stratford ⇄		05.23	05.30	05.55	06.03	06.09	06.23	06.45	06.55	07.09	07.23	07.45	07.55	08.09	08.23	08.45	
Maryland		
Forest Gate		
Manor Park		
Ilford		
Seven Kings		
Goodmayes		
Chadwell Heath		
Romford		05.31	05.38	06.03	06.31	07.03	07.31	
Gidea Park		
Harold Wood		
Brentwood		
Shenfield	Arr	05.40	05.47	06.12	06.24	06.40	07.00	07.12	07.24	07.40	08.00	08.12	08.24	08.40	09.00	
Shenfield	Dep	..	05.41	..	05.48	06.13	..	06.25	06.41	..	07.01	07.13	07.25	07.41	..	08.01	08.13	08.25	08.41	..	09.01	
Billericay		05.47	06.19	06.47	07.19	07.47	08.19	08.47	
Wickford		05.26	05.53	06.00	..	06.25	06.53	07.00	..	07.25	..	07.53	08.00	..	08.25	..	08.53	09.00	..	
Battlesbridge		05.30	06.04	07.04	08.04	09.04
South Woodham Ferrers		05.34	..	06.08	07.08	08.08	09.08	..
North Fambridge		05.40	06.15	07.15	08.15	09.15
Althorne		05.45	..	06.20	07.20	08.20	09.20	..
Burnham-on-Crouch		05.50	06.25	07.25	08.25	09.25
Southminster	Arr	05.56	..	06.31	07.31	08.31	09.31	..
Rayleigh		05.58	06.30	06.58	07.30	07.58	08.30	08.58	
Hockley		..	06.03	06.35	07.03	07.35	..	08.03	08.35	..	09.03	
Rochford		06.06	06.38	07.06	07.38	08.06	08.38	09.06	
Southend Airport ⇄		..	06.09	06.41	07.09	07.41	..	08.09	08.41	..	09.09	
Prittlewell		06.11	06.43	07.11	07.43	08.11	08.43	09.11	
Southend Victoria	Arr	..	06.16	06.48	07.16	07.48	..	08.16	08.48	..	09.16	

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Liverpool Street ⇄	Dep	08.48	09.02	09.16	..	09.38	09.48	10.02	10.16	..	10.38	10.48	11.02	11.16	..	11.38	11.48	12.02	12.16	..	12.38
Stratford ⇄		08.55	09.09	09.23	09.45	09.55	10.09	10.23	10.45	10.55	11.09	11.23	11.45	11.55	12.09	12.23	12.45
Maryland	
Forest Gate	
Manor Park	
Ilford	
Seven Kings	
Goodmayes	
Chadwell Heath	
Romford		10.31	11.03	11.31	12.03	12.31
Gidea Park	
Harold Wood	
Brentwood	
Shenfield	Arr	09.12	09.24	09.40	10.00	10.12	10.24	10.40	11.00	11.12	11.24	11.40	12.00	12.12	12.24	12.40	13.00
Shenfield	Dep	09.13	09.25	09.41	..	10.01	10.13	10.25	10.41	..	11.01	11.13	11.25	11.41	..	12.01	12.13	12.25	12.41	..	13.01
Billericay		09.19	09.47	10.19	10.47	11.19	11.47	12.19	12.47
Wickford		09.25	..	09.53	10.00	..	10.25	..	10.53	11.00	..	11.25	..	11.53	12.00	..	12.25	..	12.53	13.00	..
Battlesbridge		10.04	11.04	12.04	13.04
South Woodham Ferrers		10.08	11.08	12.08	13.08
North Fambridge		10.15	11.15	12.15	13.15
Althorne		10.20	11.20	12.20	13.20
Burnham-on-Crouch		10.25	11.25	12.25	13.25
Southminster	Arr	10.31	11.31	12.31	13.31
Rayleigh		09.30	09.58	10.30	10.58	11.30	11.58	12.30	12.58
Hockley		09.35	..	10.03	10.35	..	11.03	11.35	..	12.03	12.35	..	13.03
Rochford		09.38	10.06	10.38	11.06	11.38	12.06	12.38	13.06
Southend Airport ⇄		09.41	..	10.09	10.41	..	11.09	11.41	..	12.09	12.41	..	13.09
Prittlewell		09.43	10.11	10.43	11.11	11.43	12.11	12.43	13.11
Southend Victoria	Arr	09.48	..	10.16	10.48	..	11.16	11.48	..	12.16	12.48	..	13.16

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Liverpool Street ⇄	Dep	12.48	13.02	13.16	..	13.38	13.48	14.02	14.16	..	14.38	14.48	15.02	15.16	..	15.38	15.48	16.02	16.18	..	16.38
Stratford ⇄		12.55	13.09	13.23	13.45	13.55	14.09	14.23	14.45	14.55	15.09	15.23	15.45	15.55	16.09	16.25	16.45
Maryland	
Forest Gate	
Manor Park	
Ilford	
Seven Kings	
Goodmayes	
Chadwell Heath	
Romford		13.03	13.31	14.03	14.31	15.03	15.31	16.03
Gidea Park	
Harold Wood	
Brentwood	
Shenfield	Arr	13.12	13.24	13.40	14.00	14.12	14.24	14.40	15.00	15.12	15.24	15.40	16.00	16.12	16.24	16.40	17.00
Shenfield	Dep	13.13	13.25	13.41	..	14.01	14.13	14.25	14.41	..	15.01	15.13	15.25	15.41	..	16.01	16.13	16.25	16.41	..	17.01
Billericay		13.19	13.47	14.19	14.47	15.19	15.47	16.19	16.47
Wickford		13.25	..	13.53	14.00	..	14.25	..	14.53	15.00	..	15.25	..	15.53	16.00	..	16.25	..	16.53	17.00	..
Battlesbridge		14.04	15.04	16.04	17.04
South Woodham Ferrers		14.08	15.08	16.08	17.08	..
North Fambridge		14.15	15.15	16.15	17.15
Althorne		14.20	15.20	16.20	17.20	..
Burnham-on-Crouch		14.25	15.25	16.25	17.25
Southminster	Arr	14.31	15.31	16.31	17.31	..
Rayleigh		13.30	13.58	14.30	14.58	15.30	15.58	16.30	16.58
Hockley		13.35	..	14.03	14.35	..	15.03	15.35	..	16.03	16.35	..	17.03
Rochford		13.38	14.06	14.38	15.06	15.38	16.06	16.38	17.06
Southend Airport ⇄		13.41	..	14.09	14.41	..	15.09	15.41	..	16.09	16.41	..	17.09
Prittlewell		13.43	14.11	14.43	15.11	15.43	16.11	16.43	17.11
Southend Victoria	Arr	13.48	..	14.16	14.48	..	15.16	15.48	..	16.16	16.48	..	17.16

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Liverpool Street ⇄	Dep	16.48	17.02	17.18	..	17.38	17.48	18.02	18.18	..	18.38	18.48	19.02	19.18	..	19.38	19.48	20.02	20.16	..	20.38
Stratford ⇄		16.55	17.09	17.25	17.45	17.55	18.09	18.25	18.45	18.55	19.09	19.25	19.45	19.55	20.09	20.23	20.45
Maryland	
Forest Gate	
Manor Park	
Ilford	
Seven Kings	
Goodmayes	
Chadwell Heath	
Romford		20.03	20.31
Gidea Park	
Harold Wood	
Brentwood	
Shenfield	Arr	17.10	17.24	17.40	18.00	18.10	18.24	18.40	19.00	19.10	19.24	19.40	20.00	20.12	20.24	20.40	21.00
Shenfield	Dep	17.11	17.25	17.41	..	18.01	18.11	18.25	18.41	..	19.01	19.11	19.25	19.41	..	20.01	20.13	20.25	20.41	..	21.01
Billericay		17.17	17.47	18.17	18.47	19.17	19.47	20.19	20.47
Wickford		17.23	..	17.53	18.00	..	18.23	..	18.53	19.00	..	19.23	..	19.53	20.00	..	20.25	..	20.53	21.00	..
Battlesbridge		18.04	19.04	20.04	21.04
South Woodham Ferrers		18.08	19.08	20.08	21.08	..
North Fambridge		18.15	19.15	20.15	21.15
Althorne		18.20	19.20	20.20	21.20	..
Burnham-on-Crouch		18.25	19.25	20.25	21.25
Southminster	Arr	18.31	19.31	20.31	21.31	..
Rayleigh		17.28	17.58	18.28	18.58	19.28	19.58	20.30	20.58
Hockley		17.33	..	18.03	18.33	..	19.03	19.33	..	20.03	20.35	..	21.03
Rochford		17.36	18.06	18.36	19.06	19.36	20.06	20.38	21.06
Southend Airport ⇄		17.39	..	18.09	18.39	..	19.09	19.39	..	20.09	20.41	..	21.09
Prittlewell		17.41	18.11	18.41	19.11	19.41	20.11	20.43	21.11
Southend Victoria	Arr	17.46	..	18.16	18.46	..	19.16	19.46	..	20.16	20.48	..	21.16

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		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Liverpool Street ⇄	Dep	20.48	21.02	21.16	..	21.38	21.48	22.02	22.16	..	22.38	22.48	23.02	23.16	23.45	23.48	00.15	00.18	00.46	00.50
Stratford ⇄		20.55	21.09	21.23	21.45	21.55	22.09	22.23	22.45	22.55	23.09	23.23	23.52	23.55	00.22	00.25	00.53	00.57
Maryland	
Forest Gate	
Manor Park	
Ilford	
Seven Kings	
Goodmayes	
Chadwell Heath	
Romford		21.03	21.31	22.03	22.31	23.03	23.31	00.01	00.32	01.08
Gidea Park		01.06
Harold Wood	
Brentwood	
Shenfield	Arr	21.12	21.24	21.40	22.00	22.12	22.24	22.40	23.00	23.12	23.24	23.40	00.10	00.10	00.44	00.47	01.16	01.20
Shenfield	Dep	21.13	21.25	21.41	..	22.01	22.13	22.25	22.41	..	23.01	23.13	23.25	23.41	00.11	00.11	00.45	00.47	01.16	01.20
Billericay		21.19	21.47	22.19	22.47	23.19	23.47	00.17	00.51	01.26
Wickford		21.25	..	21.53	22.00	..	22.25	..	22.53	23.00	..	23.25	..	23.53	00.23	..	00.56	01.31
Battlesbridge		22.04	23.04
South Woodham Ferrers		22.08	23.08
North Fambridge		22.15	23.15
Althorne		22.20	23.20
Burnham-on-Crouch		22.25	23.25
Southminster	Arr	22.31	23.31
Rayleigh		21.30	21.58	22.30	22.58	23.30	23.58	00.28	01.01	01.36
Hockley		21.35	..	22.03	22.35	..	23.03	23.35	..	00.03	00.33	..	01.06	01.41
Rochford		21.38	22.06	22.38	23.06	23.38	00.06	00.36	01.09	01.44
Southend Airport ⇄		21.41	..	22.09	22.41	..	23.09	23.41	..	00.09	00.39	..	01.12	01.47
Prittlewell		21.43	22.11	22.43	23.11	23.43	00.11	00.41	01.16	01.50
Southend Victoria	Arr	21.48	..	22.16	22.48	..	23.16	23.48	..	00.16	00.50	..	01.23	01.58

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Southend Victoria	Dep	04.00	04.30	05.20	..	05.50	06.20	..	06.50	07.20	..	07.50	08.20
Prittlewell		04.02	04.32	05.22	05.52	06.22	06.52	07.22	07.52	08.22
Southend Airport ←		04.05	04.35	05.25	..	05.55	06.25	..	06.55	07.25	..	07.55	08.25
Rochford		04.08	04.38	05.28	05.58	06.28	06.58	07.28	07.58	08.28
Hockley		04.12	04.42	05.32	..	06.02	06.32	..	07.02	07.32	..	08.02	08.32
Rayleigh		04.16	04.46	05.36	06.06	06.36	07.06	07.36	08.06	08.36
Southminster	Dep	06.00	07.00	08.00	..
Burnham-on-Crouch		06.04	07.04	08.04
Althorne		06.09	07.09	08.09	..
North Fambridge		06.15	07.15	08.15
South Woodham Ferrers		06.20	07.20	08.20	..
Battlesbridge		06.24	07.24	08.24
Wickford		04.21	04.51	05.41	..	06.11	..	06.30	06.41	..	07.11	..	07.30	07.41	..	08.11	..	08.30	08.41
Billericay		04.27	04.57	05.47	06.17	06.47	07.17	07.47	08.17	08.47
Shenfield	Arr	04.34	05.04	05.23	05.51	05.54	06.06	06.24	06.50	..	06.54	07.06	07.24	07.50	..	07.54	08.06	08.24	08.50	..	08.54
Shenfield	Dep	04.35	05.05	05.24	05.52	05.55	06.07	06.25	06.51	06.55	07.07	07.25	07.51	07.55	08.07	08.25	08.51	08.55
Brentwood	
Harold Wood	
Gidea Park	
Romford		04.44	05.14	05.32	06.03	06.33
Chadwell Heath	
Goodmayes	
Seven Kings		05.37
Ilford	
Manor Park	
Forest Gate	
Maryland	
Stratford ↻		04.57	05.23	05.42	06.06	06.12	06.22	06.42	07.05	07.12	07.22	07.42	08.05	08.12	08.22	08.42	09.05	09.12
Liverpool Street ↻	Arr	05.07	05.33	05.51	06.15	06.22	06.32	06.52	07.15	..	07.22	07.32	07.52	08.15	..	08.22	08.32	08.52	09.15	..	09.22

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Southend Victoria	Dep	..	08.50	09.20	..	09.50	10.20	..	10.50	11.20	..	11.50	12.20	
Prittlewell		08.52	09.22	09.52	10.22	10.52	11.22	11.52	12.22	
Southend Airport ←		..	08.55	09.25	..	09.55	10.25	..	10.55	11.25	..	11.55	12.25	
Rochford		08.58	09.28	09.58	10.28	10.58	11.28	11.58	12.28	
Hockley		..	09.02	09.32	..	10.02	10.32	..	11.02	11.32	..	12.02	12.32	
Rayleigh		09.06	09.36	10.06	10.36	11.06	11.36	12.06	12.36	
Southminster	Dep	09.00	10.00	11.00	12.00	..
Burnham-on-Crouch		09.04	10.04	11.04	12.04
Althorne		09.09	10.09	11.09	12.09	..
North Fambridge		09.15	10.15	11.15	12.15
South Woodham Ferrers		09.20	10.20	11.20	12.20	..
Battlesbridge		09.24	10.24	11.24	12.24
Wickford		..	09.11	..	09.30	09.41	..	10.11	..	10.30	10.41	..	11.11	..	11.30	11.41	..	12.11	..	12.30	12.41	
Billericay		09.17	09.47	10.17	10.47	11.17	11.47	12.17	12.47	
Shenfield	Arr	09.06	09.24	09.50	..	09.54	10.06	10.24	10.50	..	10.54	11.06	11.24	11.50	..	11.54	12.06	12.24	12.50	..	12.54	
Shenfield	Dep	09.07	09.25	09.51	09.55	10.07	10.25	10.51	10.55	11.07	11.25	11.51	11.55	12.07	12.25	12.51	12.55	
Brentwood	
Harold Wood	
Gidea Park	
Romford		09.33	10.03	10.33	11.03	11.33	12.03	12.33	13.03	
Chadwell Heath	
Goodmayes	
Seven Kings	
Ilford	
Manor Park	
Forest Gate	
Maryland	
Stratford ↻		09.22	09.42	10.05	10.12	10.22	10.42	11.05	11.12	11.22	11.42	12.05	12.12	12.22	12.42	13.05	13.12	
Liverpool Street ↻	Arr	09.32	09.52	10.15	..	10.22	10.32	10.52	11.15	..	11.22	11.32	11.52	12.15	..	12.22	12.32	12.52	13.15	..	13.22	

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Southend Victoria	Dep	..	12.50	13.20	..	13.50	14.20	..	14.50	15.20	..	15.50	16.20	
Prittlewell		12.52	13.22	13.52	14.22	14.52	15.22	15.52	16.22	
Southend Airport ←		..	12.55	13.25	..	13.55	14.25	..	14.55	15.25	..	15.55	16.25	
Rochford		12.58	13.28	13.58	14.28	14.58	15.28	15.58	16.28	
Hockley		..	13.02	13.32	..	14.02	14.32	..	15.02	15.32	..	16.02	16.32	
Rayleigh		13.06	13.36	14.06	14.36	15.06	15.36	16.06	16.36	
Southminster	Dep	13.00	14.00	15.00	16.00	..
Burnham-on-Crouch		13.04	14.04	15.04	16.04
Althorne		13.09	14.09	15.09	16.09	..
North Fambridge		13.15	14.15	15.15	16.15
South Woodham Ferrers		13.20	14.20	15.20	16.20	..
Battlesbridge		13.24	14.24	15.24	16.24
Wickford		..	13.11	..	13.30	13.41	..	14.11	..	14.30	14.41	..	15.11	..	15.30	15.41	..	16.11	..	16.30	16.41	
Billericay		13.17	13.47	14.17	14.47	15.17	15.47	16.17	16.47	
Shenfield	Arr	13.06	13.24	13.50	..	13.54	14.06	14.24	14.50	..	14.54	15.06	15.24	15.50	..	15.54	16.06	16.24	16.50	..	16.54	
Shenfield	Dep	13.07	13.25	13.51	13.55	14.07	14.25	14.51	14.55	15.07	15.25	15.51	15.55	16.07	16.25	16.51	16.55	
Brentwood	
Harold Wood	
Gidea Park	
Romford		13.33	14.03	14.33	15.03	15.33	16.03	16.33	17.03	
Chadwell Heath	
Goodmayes	
Seven Kings	
Ilford	
Manor Park	
Forest Gate	
Maryland	
Stratford ↻		13.22	13.42	14.05	14.12	14.22	14.42	15.05	15.12	15.22	15.42	16.05	16.12	16.22	16.42	17.05	17.12	
Liverpool Street ↻	Arr	13.32	13.52	14.15	..	14.22	14.32	14.52	15.15	..	15.22	15.32	15.52	16.15	..	16.22	16.32	16.52	17.15	..	17.22	

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Southend Victoria	Dep	..	16.50	17.20	..	17.50	18.20	..	18.50	19.20	..	19.50	20.20
Prittlewell		16.52	17.22	17.52	18.22	18.52	19.22	19.52	20.22
Southend Airport ←		..	16.55	17.25	..	17.55	18.25	..	18.55	19.25	..	19.55	20.25
Rochford		16.58	17.28	17.58	18.28	18.58	19.28	19.58	20.28
Hockley		..	17.02	17.32	..	18.02	18.32	..	19.02	19.32	..	20.02	20.32
Rayleigh		17.06	17.36	18.06	18.36	19.06	19.36	20.06	20.36
Southminster	Dep	17.00	18.00	19.00	20.00	..
Burnham-on-Crouch		17.04	18.04	19.04	20.04
Althorne		17.09	18.09	19.09	20.09	..
North Fambridge		17.15	18.15	19.15	20.15
South Woodham Ferrers		17.20	18.20	19.20	20.20	..
Battlesbridge		17.24	18.24	19.24	20.24
Wickford		..	17.11	..	17.30	17.41	..	18.11	..	18.30	18.41	..	19.11	..	19.30	19.41	..	20.11	..	20.30	20.41
Billericay		17.17	17.47	18.17	18.47	19.17	19.47	20.17	20.47
Shenfield	Arr	17.06	17.24	17.50	..	17.54	18.06	18.24	18.50	..	18.54	19.06	19.24	19.50	..	19.54	20.06	20.24	20.50	..	20.54
Shenfield	Dep	17.07	17.25	17.51	17.55	18.07	18.25	18.51	18.55	19.07	19.25	19.51	19.55	20.07	20.25	20.51	20.55
Brentwood	
Harold Wood	
Gidea Park	
Romford		17.33	18.03	18.33	19.03	19.33	20.03	20.33	21.03
Chadwell Heath	
Goodmayes	
Seven Kings	
Ilford	
Manor Park	
Forest Gate	
Maryland	
Stratford ↻		17.22	17.42	18.05	18.12	18.22	18.42	19.05	19.12	19.22	19.42	20.05	20.12	20.22	20.42	21.05	21.12
Liverpool Street ↻	Arr	17.32	17.52	18.15	..	18.22	18.32	18.52	19.15	..	19.22	19.32	19.52	20.15	..	20.22	20.32	20.52	21.15	..	21.22

		■	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Southend Victoria	Dep	..	20.50	21.20	..	21.50	22.20	22.50	..
Prittlewell		20.52	21.22	21.52	22.22	22.52
Southend Airport ←		..	20.55	21.25	..	21.55	22.25	22.55	..
Rochford		20.58	21.28	21.58	22.28	22.58
Hockley		..	21.02	21.32	..	22.02	22.32	23.02	..
Rayleigh		21.06	21.36	22.06	22.36	23.06
Southminster	Dep	21.00	22.00	23.00
Burnham-on-Crouch		21.04	22.04	23.04
Althorne		21.09	22.09	23.09
North Fambridge		21.15	22.15	23.15
South Woodham Ferrers		21.20	22.20	23.20
Battlesbridge		21.24	22.24	23.24
Wickford		..	21.11	..	21.30	21.41	..	22.11	..	22.30	22.41	23.11	23.31
Billericay		21.17	21.47	22.17	22.47	23.17	23.37
Shenfield	Arr	21.06	21.24	21.50	..	21.54	22.06	22.24	22.50	..	22.54	23.06	..	23.24	23.44
Shenfield	Dep	21.07	21.25	21.51	21.55	22.07	22.25	22.51	22.55	23.07	23.25	23.44
Brentwood	
Harold Wood	
Gidea Park	
Romford		21.33	22.03	22.33	23.03	23.33	23.52
Chadwell Heath	
Goodmayes	
Seven Kings	
Ilford	
Manor Park	
Forest Gate	
Maryland	
Stratford ↻		21.22	21.42	22.05	22.12	22.22	22.42	23.05	23.12	23.22	23.28	23.42	00.01
Liverpool Street ↻	Arr	21.32	21.52	22.15	..	22.22	22.32	22.52	23.15	..	23.22	23.32	23.35	23.52	00.11