

## Table 243

Shenfield - Romford - Ilford - London

---

Valid from 02 June until 07 September 2024 - Last updated 02/06/2024

# General Information

## Welcome to Table 243

This timetable has been created by [RailwayData.co.uk](http://RailwayData.co.uk) and contains details of services on the Shenfield - Romford - Ilford - London route, Valid from 02 June until 07 September 2024. It was last updated on the 02nd of June 2024. In addition to timetables for other lines, including London Underground and light rail networks throughout the UK, our website contains line files, gradient profiles, station details, mileages, signalling and much more!

## Fares & Tickets

The ticketing and fares structure of the British railway network is vast and complex, and as a result, we have been unable to include this information within our timetables. Details of how much your ticket will cost can be found on the many Train Operating Company websites and apps, or for more advance users, by visiting the [Railway Data Centre Fares Pages](#).

## Connections

When making a connection between trains, it's important to know how long is needed to do so comfortably. Here are the **minimum connection times** for stations in this table:

**Brentwood** - 3 minutes

**Forest Gate** - 2 minutes

**Ilford** - 2 minutes

**London Liverpool Street** - 15 minutes

**Shenfield** - 3 minutes

**Stratford (London)** - 7 minutes

**All other stations** - 5 minutes

## About Us & Feedback

Formed in 2012 with an aim to release data in different and unique formats, The Railway Data Centre is an independent supplier of transport data, with a constantly growing library of features. We wouldn't be where we are today without the comments, suggestions & feedback of its users - and for that, we're truly grateful! There are many ways to get in touch, so if you would like to drop us a line, please visit our website to find out how.

# General Notes & Symbols

## Time Symbols

**a** Arrival time

**d** Departure time

**p** Time from previous night

**s** Stops to set down passengers only

**u** Stops to pick up passengers only

**x** Stops on request only. To alight, please inform the guard on the train. To board, display an appropriate hand signal to the driver, or press the 'request train' button, if there is one on the platform.

**■** A highlighted header signifies that the train does not run for the full duration of the timetable. See footnotes for dates of operation.

## Days of Operations

Days of operation codes are made up of two portions. The first is the day (or days) relevant to the train, and the second is whether the train runs, or doesn't run on these days.

<b>M</b> Monday	<b>O</b> Only
<b>T</b> Tuesday	<b>X</b> Excepted
<b>W</b> Wednesday	
<b>Th</b> Thursday	<u>Examples</u>
<b>F</b> Friday	<b>MO</b> - Monday Only
<b>S</b> Saturday	<b>ThX</b> - Thursdays Excepted (does not run on Thursdays)
<b>Su</b> Sunday	<b>TWO</b> - Tuesdays and Wednesdays Only
<b>BH</b> Bank Holidays	<b>BHX</b> - Bank Holidays Excepted (Does not run on Bank Holidays)

## Headcodes

A headcode is a 4 character reporting code assigned to each train and used by various industry departments.

The **first** character is a number that represents a train's category (shown below).

The **second** character is a letter, and represents the route a train takes.

The **third & fourth** characters are incremental digits that identify a specific train.

- Class 1 trains usually represent express services
- Class 2 trains usually represent local stopping services
- Class 3 trains usually represent a higher priority Empty Coaching Stock (ECS) move
- Class 4 trains usually represent standard & lower-priority ECS moves
- Class 5 trains usually represent standard & lower-priority ECS moves

**Other** classes of train represent freight and some departmental services

## Train Operating Companies (TOCs)

Trains in this timetable are run by the following TOCs:

**ELZ** Elizabeth line

**GrA** Greater Anglia

## Reservation & Accommodation Symbols

**☑** Seat reservations are compulsory on this train..

**☒** Seat reservations are recommended on this train..

**◇** Seat reservations available. This symbol is also used for 'counted places' (a system used for advanced purchase ticket quotas) and does not necessarily denote the ability to reserve a seat.

**☑** First class accommodation is conveyed on this train.

**☑** Sleeping berths and first class seating are available on this train. Reservations compulsory.

## Catering Symbols

These symbols relate to catering facilities available on board trains. These may be available for the whole, or only part of the journey.

**☑** An at seat trolley service of hot and cold refreshments is available.

**☑** A buffet service, including hot and cold snacks and drinks is provided.

**☑** An at table Restaurant service for First Class ticket holders, and Standard Class ticket holders if accommodation is available. A buffet service is also available.

**☑** Complimentary restaurant or full meal service for First Class ticket holders, with a buffet service available to all passengers.

**☑** A service of hot light meals to order, as well as a buffet service of hot and cold refreshments.

## Timing Load / Traction

Most journeys contain timing load and traction details. These records are used for scheduling purposes and help to differentiate between slower & faster trains. As a result, shown traction is not guaranteed to operate and is sometimes erroneous, but can give an overview of what to expect.

**345** Class 345

**720** Class 720

**745** Class 745

## Previous/Next Workings

Some locations (predominantly those where the signalling system requires it) include details of the previous and/or next planned working for a specific train. Where this is available, and a where a journey either originates or terminates at a station contained within this timetable, the relevant headcode is shown.

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	ELZ	ELZ	ELZ	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA				
Headcode	2W33	2W35	2W37	2W23	1K01	2W13	1K03	2C15	9Y21	2F01	9H25	1K05	9Y27	9Y31	2F03	9T33	1Y01	9Y35	1K09	9Y37	9Y39	2N11	9T41	1K11	9Y43	1F05	
Reservations/Catering																	◇					◇					
Timing Load/Traction	345	345	345	345	720	345	720	345	345	720	345	720	345	345	720	345	745	345	720	345	345	720	345	720	345	720	
Footnotes					C		C			B		C					F		C			D		C		K	
Days of Operation	MO	MO	MO	MX																							
<b>Shenfield d</b>	23p26	23p41	23p56	23p56		04:37	04:44	05:09		05:04	05:24		05:44	05:24	05:33	05:53	05:41	06:07	05:48	06:14	05:56	06:02	06:21	06:08	06:30	06:14	06:38
Brentwood d	23p30	23p45	23p59	23p59		04:48				05:08				05:28	05:37		05:45		05:52		06:00	06:06		06:12		06:18	
Harold Wood d	23p34	23p49	00:04	00:04		04:52				05:12				05:32	05:41		05:49		05:56		06:04	06:10		06:16		06:22	
<b>Gidea Park a</b>	23p37	23p52	00:07	00:07		04:55				05:15				05:35	05:44		05:52		05:59		06:07	06:13		06:19		06:25	
<b>Romford d</b>	23p37	23p52	00:07	00:07		04:55		05:03	05:15		05:25		05:35	05:44		05:52		05:59		06:07	06:13		06:19		06:25		
<b>Romford a</b>	23p39	23p54	00:09	00:09		04:57		05:05	05:17	05:32	05:27		05:37	05:46	06:01	05:54		06:01		06:09	06:15	06s29	06:21		06:27		
<b>Chadwell Heath d</b>	23p40	23p55	00:10	00:10		04:58		05:06	05:18	05:32	05:28		05:38	05:47	06:01	05:55		06:02		06:10	06:16	06s29	06:22		06:28		
<b>Goodmayes d</b>	23p43	23p58	00:13	00:13		05:01		05:09	05:21		05:31		05:41	05:50		05:58		06:05		06:13	06:19		06:25		06:31		
<b>Seven Kings d</b>	23p45	00:01	00:15	00:15		05:03		05:11	05:23		05:33		05:43	05:52		06:00		06:07		06:15	06:21		06:27		06:33		
<b>Ilford a</b>	23p47	00:02	00:17	00:17		05:05		05:13	05:25	05s37	05:35		05:45	05:54		06:02		06:09		06:17	06:23		06:29		06:35		
<b>Ilford a</b>	23p51	00:06	00:21	00:21		05:09		05:17	05:29		05:39		05:49	05:58		06:06		06:13		06:21	06:27		06:33		06:39		
<b>Manor Park d</b>	23p51	00:06	00:21	00:21		05:09		05:17	05:29		05:39		05:49	05:58		06:06		06:13		06:21	06:27		06:33		06:39		
<b>Forest Gate d</b>	23p53	00:08	00:23	00:23		05:11		05:19	05:31		05:41		05:51	06:00		06:08		06:15		06:23	06:29		06:35		06:41		
<b>Maryland d</b>	23p56	00:11	00:26	00:26		05:15		05:22	05:34		05:44		05:54	06:03		06:11		06:18		06:26	06:32		06:38		06:44		
<b>Stratford a</b>	00:01	00:15	00:30	00:30	04:59	05:19	05:26	05:26	05:38	05:43	05:48	05:59	05:58	06:07	06:11	06:15	06s22	06:22	06:29	06:30	06:36	06:38	06:42	06:45	06:48	06s55	
<b>London Liverpool St a</b>	00:09	00:24	00:39	00:39	05:07	05:27	05:34	05:35		05:52		06:10			06:19		06:30		06:38			06:47		06:53		07:06	
Next Working					1N02																						

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	ELZ	ELZ	GrA	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	
Headcode	9Y45	9Y47	1K13	1N03	9Y49	1J03	9Y51	9T53	1K15	9Y55	1F07	9Y59	1N07	9Y61	1K17	9Y63	2C65	1F09	9Y67	1K19	9T69	1J05	1F11	9Y71	9Y75	1K21
Reservations/Catering				◇									◇													
Timing Load/Traction	345	345	720	720	345	720	345	345	720	345	720	345	720	345	720	345	345	720	345	720	345	720	720	345	345	720
Footnotes			C	D		L			C		J		D		C		I		C		L	J			C	
Previous Working																										
<b>Shenfield d</b>	06:20	06:25	06:44	06:48	06:30	06:51		06:38	06:59	06:44	07:06	06:50	07:10	06:54	07:16	06:58		07:23	07:04	07:28	07:10	07:32	07:34	07:16	07:20	07:40
Brentwood d	06:24	06:29			06:34			06:42		06:48		06:54		06:58		07:02			07:08		07:14				07:20	07:24
Harold Wood d	06:28	06:33			06:38			06:46		06:52		06:58		07:02		07:06			07:12		07:18				07:24	07:28
<b>Gidea Park a</b>	06:31	06:36			06:41			06:49		06:55		07:01		07:05		07:09			07:16		07:21				07:27	07:31
<b>Romford a</b>	06:31	06:36			06:41		06:45	06:49		06:55		07:01		07:05		07:09	07:13		07:17		07:22				07:27	07:31
<b>Romford a</b>	06:33	06:38			06:43		06:47	06:51		06:57		07:03		07:07		07:11	07:15		07:19		07:24				07:29	07:33
<b>Chadwell Heath d</b>	06:34	06:39			06:44		06:48	06:52		06:58		07:04		07:08		07:12	07:16		07:20		07:25				07:30	07:34
<b>Goodmayes d</b>	06:37	06:42			06:47		06:51	06:55		07:01		07:07		07:11		07:15	07:19		07:23		07:28				07:33	07:37
<b>Seven Kings d</b>	06:39	06:44			06:49		06:53	06:57		07:03		07:09		07:13		07:17	07:21		07:25		07:30				07:35	07:39
<b>Ilford a</b>	06:41	06:46			06:51		06:55	06:59		07:05		07:11		07:15		07:19	07:23		07:27		07:32				07:37	07:41
<b>Ilford a</b>	06:45	06:50			06:55		06:59	07:03		07:09		07:15		07:19		07:23	07:27		07:31		07:36				07:41	07:45
<b>Manor Park d</b>	06:45	06:50			06:55		06:59	07:03		07:09		07:15		07:19		07:23	07:27		07:31		07:36				07:41	07:45
<b>Forest Gate d</b>	06:47	06:52			06:57		07:01	07:05		07:11		07:17		07:21		07:25	07:29		07:33		07:38				07:43	07:47
<b>Maryland d</b>	06:50	06:55			07:00		07:04	07:08		07:14		07:20		07:24		07:28	07:32		07:36		07:41				07:46	07:50
<b>Stratford a</b>	06:52	06:57			07:02		07:06	07:10		07:16		07:22		07:26		07:30	07:34		07:38		07:43				07:48	07:52
<b>London Liverpool St a</b>	06:54	06:59	07s01	07s05	07:04	07s08	07:08	07:12	07s16	07:18	07s23	07:24	07s27	07:28	07s33	07:32	07:36	07s40	07:40	07s45	07:45	07s49	07s51	07:50	07:54	07s57

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	
Headcode	9Y77	1N11	9Y79	1K23	2C81	1N13	9Y83	1K27	9T85	1F15	9Y87	1K29	9Y91	1F17	9Y93	9Y95	1K31	2C97	1J07	9Y01	1A19	9T03	1K35	1F21	9Y05	9Y07
Reservations/Catering			◇																							
Timing Load/Traction	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	345	720	345	720	345	720	345	720	720	345	345
Footnotes		D		C		D		C		I		C		K			C		L		H		C	K		
Previous Working																										
<b>Shenfield d</b>	07:24	07:42	07:28	07:50		07:53	07:34																			

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA
Headcode	9Y11	1N25	9Y13	2K37	9T15	1F23	2C17	9Y19	1K39	9Y21	9Y23	1N27	9Y27	1K41	9T29	2C31	9Y33	1Y31	1F31	9Y35	9Y37	2K43	1A33	9Y39	9T41	1K45	
Reservations/Catering																		◇					◇				
Timing Load/Traction	345	720	345	720	345	720	345	345	720	345	345	720	345	720	345	345	345	720	720	345	345	720	720	345	345	720	
Footnotes		D		C		I			C			M		C				F	I			C	H			C	
Previous Working																											
<b>Shenfield</b> d	08:26	08:44	08:31	08:47	08:36	08:56	---	08:44	09:04	08:50	08:56	09:17	09:01	09:24	09:06	---	09:14	09:34	09:39	09:20	09:26	09:46	09:53	09:33	09:41	10:05	
Brentwood d	08:30	---	08:35	---	08:40	---	---	08:48	---	08:54	09:00	---	09:05	---	09:10	---	09:18	---	09:24	09:30	---	---	09:37	09:45	---	---	
Harold Wood d	08:34	---	08:39	---	08:44	---	---	08:52	---	08:58	09:04	---	09:09	---	09:14	---	09:22	---	09:28	09:34	---	---	09:41	09:49	---	---	
<b>Gidea Park</b> a	08:37	---	08:42	---	08:47	---	---	08:55	---	09:01	09:07	---	09:12	---	09:17	---	09:25	---	09:31	09:37	---	---	09:44	09:52	---	---	
d	08:37	---	08:42	---	08:47	---	08:51	08:55	---	09:01	09:07	---	09:12	---	09:17	09:21	09:25	---	---	09:31	09:37	---	---	09:44	09:52	---	
<b>Romford</b> a	08:39	---	08:44	08:55	08:49	---	08:53	08:57	---	09:03	09:09	---	09:14	---	09:19	09:23	09:27	---	---	09:33	09:39	09:53	---	09:46	09:54	---	
d	08:40	---	08:45	08:55	08:50	---	08:54	08:58	---	09:04	09:10	---	09:15	---	09:20	09:24	09:28	---	---	09:34	09:40	09:53	---	09:47	09:55	---	
Chadwell Heath d	08:43	---	08:48	---	08:53	---	08:57	09:01	---	09:07	09:13	---	09:18	---	09:23	09:27	09:31	---	---	09:37	09:43	---	---	09:50	09:58	---	
Goodmayes d	08:45	---	08:50	---	08:55	---	08:59	09:03	---	09:09	09:15	---	09:20	---	09:25	09:29	09:33	---	---	09:39	09:45	---	---	09:52	10:00	---	
Seven Kings d	08:47	---	08:52	---	08:57	---	09:01	09:05	---	09:11	09:17	---	09:22	---	09:27	09:31	09:35	---	---	09:41	09:47	---	---	09:54	10:02	---	
<b>Ilford</b> a	08:51	---	08:56	---	09:01	---	09:05	09:09	---	09:15	09:21	---	09:26	---	09:31	09:35	09:39	---	---	09:45	09:51	---	---	09:58	10:06	---	
d	08:51	---	08:56	---	09:01	---	09:05	09:09	---	09:15	09:21	---	09:26	---	09:31	09:35	09:39	---	---	09:45	09:51	---	---	09:58	10:06	---	
Manor Park d	08:53	---	08:58	---	09:03	---	09:07	09:11	---	09:17	09:23	---	09:28	---	09:33	09:37	09:41	---	---	09:47	09:53	---	---	10:00	10:08	---	
Forest Gate d	08:56	---	09:01	---	09:06	---	09:10	09:14	---	09:20	09:26	---	09:31	---	09:36	09:40	09:44	---	---	09:50	09:56	---	---	10:03	10:11	---	
Maryland d	08:58	---	09:03	---	09:08	---	09:12	09:16	---	09:22	09:28	---	09:33	---	09:38	09:42	09:46	---	---	09:52	09:58	---	---	10:05	10:13	---	
Stratford a	09:00	09s01	09:05	09s06	09:10	09s12	09:14	09:18	09s21	09:24	09:30	09s33	09:35	09s41	09:40	09:44	09:48	09s50	09:54	09:54	10:00	10:03	10:08	10:07	10:15	10:20	
<b>London Liverpool St</b> a	---	09:12	---	09:16	---	09:22	09:23	---	09:31	---	---	09:43	---	09:51	---	09:53	---	10:00	10:03	---	---	10:11	10:17	---	---	10:28	
Next Working																											

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

	TOC	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA
Headcode	1N31	9Y45	9Y47	1F35	9Y49	1K47	9T51	1F37	9Y55	9Y57	2K49	1Y35	9Y59	9T61	1K51	1N33	9Y65	9Y67	2F27	9Y69	1K53	9T71	1F39	9Y75	9Y77	2K55	
Reservations/Catering	◇															◇											
Timing Load/Traction	720	345	345	720	345	720	345	720	345	345	720	720	345	345	720	720	345	345	720	345	720	345	720	345	345	720	
Footnotes	D			J		C		I		C	F		C		C	D			J		C		I			C	
Previous Working																											
<b>Shenfield</b> d	10:08	09:48	09:56	10:19	10:03	10:27	10:11	10:38	10:18	10:26	10:46	10:51	10:33	10:41	11:05	11:08	10:48	10:56	11:19	11:03	11:27	11:11	11:38	11:18	11:26	11:46	
Brentwood d	---	09:52	10:00	---	10:07	---	10:15	---	10:22	10:30	---	---	10:37	10:45	---	---	10:52	11:00	---	11:07	---	11:15	---	11:22	11:30	---	
Harold Wood d	---	09:56	10:04	---	10:11	---	10:19	---	10:26	10:34	---	---	10:41	10:49	---	---	10:56	11:04	---	11:11	---	11:19	---	11:26	11:34	---	
<b>Gidea Park</b> a	---	09:59	10:07	---	10:14	---	10:22	---	10:29	10:37	---	---	10:44	10:52	---	---	10:59	11:07	---	11:14	---	11:22	---	11:29	11:37	---	
d	---	09:59	10:07	---	10:14	---	10:22	---	10:29	10:37	---	---	10:44	10:52	---	---	10:59	11:07	---	11:14	---	11:22	---	11:29	11:37	---	
<b>Romford</b> a	---	10:01	10:09	---	10:16	---	10:24	---	10:31	10:39	10:53	---	10:46	10:54	---	---	11:01	11:09	11:26	11:16	---	11:24	---	11:31	11:39	11:53	
d	---	10:02	10:10	---	10:17	---	10:25	---	10:32	10:40	10:53	---	10:47	10:55	---	---	11:02	11:10	11:26	11:17	---	11:25	---	11:32	11:40	11:53	
Chadwell Heath d	---	10:05	10:13	---	10:20	---	10:28	---	10:35	10:43	---	---	10:50	10:58	---	---	11:05	11:13	---	11:20	---	11:28	---	11:35	11:43	---	
Goodmayes d	---	10:07	10:15	---	10:22	---	10:30	---	10:37	10:45	---	---	10:52	11:00	---	---	11:07	11:15	---	11:22	---	11:30	---	11:37	11:45	---	
Seven Kings d	---	10:09	10:17	---	10:24	---	10:32	---	10:39	10:47	---	---	10:54	11:02	---	---	11:09	11:17	---	11:24	---	11:32	---	11:39	11:47	---	
<b>Ilford</b> a	---	10:13	10:21	---	10:28	---	10:36	---	10:43	10:51	---	---	10:58	11:06	---	---	11:13	11:21	---	11:28	---	11:36	---	11:43	11:51	---	
d	---	10:13	10:21	---	10:28	---	10:36	---	10:43	10:51	---	---	10:58	11:06	---	---	11:13	11:21	---	11:28	---	11:36	---	11:43	11:51	---	
Manor Park d	---	10:15	10:23	---	10:30	---	10:38	---	10:45	10:53	---	---	11:00	11:08	---	---	11:15	11:23	---	11:30	---	11:38	---	11:45	11:53	---	
Forest Gate d	---	10:18	10:26	---	10:33	---	10:41	---	10:48	10:56	---	---	11:03	11:11	---	---	11:18	11:26	---	11:33	---	11:41	---	11:48	11:56	---	
Maryland d	---	10:20	10:28	---	10:35	---	10:43	---	10:50	10:58	---	---	11:05	11:13	---	---	11:20	11:28	---	11:35	---	11:43	---	11:50	11:58	---	
Stratford a	10:23	10:22	10:30	10:34	10:37	10:42	10:45	10:53	10:52	11:00	11:03	11:06	11:07	11:15	11:20	11:23	11:22	11:30	11:36	11:37	11:42	11:45	11:53	11:52	12:00	12:03	
<b>London Liverpool St</b> a	10:33	---	---	10:43	---	10:54	---	11:01	---	---	11:11	11:14	---	---	11:28	11:31	---	---	11:44	---	11:50	---	12:01	---	---	12:11	
Next Working																											
				1Y16				1K38																			

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

	TOC	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA
Headcode	1Y37	9Y79	9T81	1K57	1N35	9Y85	9Y87	2F33	9Y89	1K59	9T91	1F41	9Y95	9Y97	2K61	1Y39	9Y01	9T03	1K63	9Y07	1N37	9Y09	2F39	9Y11	1K65	9T13	
Reservations/Catering					◇										◇				◇						◇		
Timing Load/Traction	720	345	345	720	720	345	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720						

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	GRA	ELZ	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ
Headcode	1F43	9Y17	9Y19	2K67	1Y41	9Y21	9Y23	1K69	9Y27	1N39	9Y29	2F45	9Y31	1K71	9Y33	1F45	9Y37	9Y39	2K73	1Y43	9Y41	9Y43	1K75	9Y47	1N41	9Y49
Reservations/Catering				◇				◇		◇				◇					◇				◇		◇	
Timing Load/Traction	720	345	345	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345
Footnotes	I			C	F			C		D		J		C		I			C	F			C		D	
Previous Working																										
<b>Shenfield</b> d	13:38	13:18	13:26	13:46	13:51	13:33	13:41	14:05	13:48	14:08	13:56	14:19	14:03	14:27	14:11	14:38	14:18	14:26	14:46	14:51	14:33	14:41	15:05	14:48	15:08	14:56
Brentwood d	---	13:22	13:30	---	---	13:37	13:45	---	13:52	---	14:00	---	14:07	---	14:15	---	14:22	14:30	---	---	14:37	14:45	---	14:52	---	15:00
Harold Wood d	---	13:26	13:34	---	---	13:41	13:49	---	13:56	---	14:04	---	14:11	---	14:19	---	14:26	14:34	---	---	14:41	14:49	---	14:56	---	15:04
<b>Gidea Park</b> a	---	13:29	13:37	---	---	13:44	13:52	---	13:59	---	14:07	---	14:14	---	14:22	---	14:29	14:37	---	---	14:44	14:52	---	14:59	---	15:07
d	---	13:29	13:37	---	---	13:44	13:52	---	13:59	---	14:07	---	14:14	---	14:22	---	14:29	14:37	---	---	14:44	14:52	---	14:59	---	15:07
<b>Romford</b> a	---	13:31	13:39	13:53	---	13:46	13:54	---	14:01	---	14:09	14:26	14:16	---	14:24	---	14:31	14:39	14:53	---	14:46	14:54	---	15:01	---	15:09
d	---	13:32	13:40	13:53	---	13:47	13:55	---	14:02	---	14:10	14:26	14:17	---	14:25	---	14:32	14:40	14:53	---	14:47	14:55	---	15:02	---	15:10
Chadwell Heath d	---	13:35	13:43	---	---	13:50	13:58	---	14:05	---	14:13	---	14:20	---	14:28	---	14:35	14:43	---	---	14:50	14:58	---	15:05	---	15:13
Goodmayes d	---	13:37	13:45	---	---	13:52	14:00	---	14:07	---	14:15	---	14:22	---	14:30	---	14:37	14:45	---	---	14:52	15:00	---	15:07	---	15:15
Seven Kings d	---	13:39	13:47	---	---	13:54	14:02	---	14:09	---	14:17	---	14:24	---	14:32	---	14:39	14:47	---	---	14:54	15:02	---	15:09	---	15:17
<b>Ilford</b> a	---	13:43	13:51	---	---	13:58	14:06	---	14:13	---	14:21	---	14:28	---	14:36	---	14:43	14:51	---	---	14:58	15:06	---	15:13	---	15:21
d	---	13:43	13:51	---	---	13:58	14:06	---	14:13	---	14:21	---	14:28	---	14:36	---	14:43	14:51	---	---	14:58	15:06	---	15:13	---	15:21
Manor Park d	---	13:45	13:53	---	---	14:00	14:08	---	14:15	---	14:23	---	14:30	---	14:38	---	14:45	14:53	---	---	15:00	15:08	---	15:15	---	15:23
Forest Gate d	---	13:48	13:56	---	---	14:03	14:11	---	14:18	---	14:26	---	14:33	---	14:41	---	14:48	14:56	---	---	15:03	15:11	---	15:18	---	15:26
Maryland d	---	13:50	13:58	---	---	14:05	14:13	---	14:20	---	14:28	---	14:35	---	14:43	---	14:50	14:58	---	---	15:05	15:13	---	15:20	---	15:28
Stratford a	13:53	13:52	14:00	14:03	14:06	14:07	14:15	14:20	14:22	14:23	14:30	14:36	14:37	14:42	14:45	14:53	14:52	15:00	15:03	15:06	15:07	15:15	15:20	15:22	15:23	15:30
<b>London Liverpool St</b> a	14:01	---	---	14:11	14:15	---	---	14:28	---	14:31	---	14:44	---	14:50	---	15:01	---	---	15:11	15:14	---	---	15:28	---	15:31	---

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	
Headcode	2F51	9Y51	1K77	9Y53	1F47	9Y57	9Y59	2K79	1Y45	9Y61	9Y63	9Y65	1K81	9Y67	2N13	9Y69	1F49	9Y71	1K83	9Y73	9Y75	9Y77	1F51	9Y79	9Y81	2K85
Reservations/Catering			◇					◇					◇		◇				◇							◇
Timing Load/Traction	720	345	720	345	720	345	345	720	720	345	345	345	720	345	720	345	720	345	720	345	345	345	720	345	345	720
Footnotes	J		C		I			C	F				C		D		J		C				I			C
Previous Working																										
<b>Shenfield</b> d	15:19	15:03	15:27	15:11	15:38	15:18	15:26	15:46	15:51	15:32	15:38	15:44	16:05	15:50	16:08	15:56	16:21	16:02	16:25	16:08	16:13	16:18	16:39	16:23	16:28	16:46
Brentwood d	---	15:07	---	15:15	---	15:22	15:30	---	---	15:36	15:42	15:48	---	15:54	---	16:00	---	16:06	---	16:12	16:17	16:22	---	16:27	16:32	---
Harold Wood d	---	15:11	---	15:19	---	15:26	15:34	---	---	15:40	15:46	15:52	---	15:58	---	16:04	---	16:10	---	16:16	16:21	16:26	---	16:31	16:36	---
<b>Gidea Park</b> a	---	15:14	---	15:22	---	15:29	15:37	---	---	15:43	15:49	15:55	---	16:01	---	16:07	---	16:13	---	16:19	16:24	16:29	---	16:34	16:39	---
d	---	15:14	---	15:22	---	15:29	15:37	---	---	15:43	15:49	15:55	---	16:01	---	16:07	---	16:13	---	16:19	16:24	16:29	---	16:34	16:39	---
<b>Romford</b> a	15:26	15:16	---	15:24	---	15:31	15:39	15:53	---	15:45	15:51	15:57	---	16:03	16:15	16:09	---	16:15	---	16:21	16:26	16:31	---	16:36	16:41	16:53
d	15:26	15:17	---	15:25	---	15:32	15:40	15:53	---	15:46	15:52	15:58	---	16:04	16:15	16:10	---	16:16	---	16:22	16:27	16:32	---	16:37	16:42	16:53
Chadwell Heath d	---	15:20	---	15:28	---	15:35	15:43	---	---	15:49	15:55	16:01	---	16:07	---	16:13	---	16:19	---	16:25	16:30	16:35	---	16:40	16:45	---
Goodmayes d	---	15:22	---	15:30	---	15:37	15:45	---	---	15:51	15:57	16:03	---	16:09	---	16:15	---	16:21	---	16:27	16:32	16:37	---	16:42	16:47	---
Seven Kings d	---	15:24	---	15:32	---	15:39	15:47	---	---	15:53	15:59	16:05	---	16:11	---	16:17	---	16:23	---	16:29	16:34	16:39	---	16:44	16:49	---
<b>Ilford</b> a	---	15:28	---	15:36	---	15:43	15:51	---	---	15:57	16:03	16:09	---	16:15	---	16:21	---	16:27	---	16:33	16:38	16:43	---	16:48	16:53	---
d	---	15:28	---	15:36	---	15:43	15:51	---	---	15:57	16:03	16:09	---	16:15	---	16:21	---	16:27	---	16:33	16:38	16:43	---	16:48	16:53	---
Manor Park d	---	15:30	---	15:38	---	15:45	15:53	---	---	15:59	16:05	16:11	---	16:17	---	16:23	---	16:29	---	16:35	16:40	16:45	---	16:50	16:55	---
Forest Gate d	---	15:33	---	15:41	---	15:48	15:56	---	---	16:02	16:08	16:14	---	16:20	---	16:26	---	16:32	---	16:38	16:43	16:48	---	16:53	16:58	---
Maryland d	---	15:35	---	15:43	---	15:50	15:58	---	---	16:04	16:10	16:16	---	16:22	---	16:28	---	16:34	---	16:40	16:45	16:50	---	16:55	17:00	---
Stratford a	15:36	15:37	15:42	15:45	15:53	15:52	16:00	16:03	16:06	16:06	16:12	16:18	16:20	16:24	16:25	16:30	16:36	16:36	16:40	16:42	16:47	16:52	16:54	16:57	17:02	17:03
<b>London Liverpool St</b> a	15:44	---	15:50	---	16:01	---	---	16:12	16:14	---	---	---	16:28	---	16:33	---	16:46	---	16:48	---	---	---	17:02	---	---	17:12
Next Working								1F34																		

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	GRA	ELZ	ELZ	ELZ	GRA	GRA	ELZ	ELZ	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	
Headcode	1Y47	9Y83	9Y85	9Y87	1K87	1N47	9Y89	9Y91	9Y93	1F53	9Y95	1F55	1K89	9Y97	9Y01	1F57	9Y03	1K91	9Y05	9Y07	1Y49	9Y09	1K93	9Y11	9Y13	1N51
Reservations/Catering					◇	◇							◇					◇					◇			◇
Timing Load/Traction	720	345	345	345	720	720	345	345	345	720	345	720	720													

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	ELZ	GrA	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	
Headcode	1K97	9Y15	9Y17	2F71	9Y19	9Y21	1K99	9Y23	1F63	9Y25	9Y27	2K13	1Y51	9Y29	9Y31	9Y33	1K15	1N55	9Y35	1F67	9Y37	2F77	9Y39	1K19	9Y41	1F69	
Reservations/Catering	◇						◇					◇	F				◇	◇		I	J		◇				
Timing Load/Traction	720	345	345	720	345	345	720	345	720	345	345	720	720	345	345	345	720	720	345	720	345	720	345	720	345	720	
Footnotes	C			J			C		K			C	F				C	D		I	J		C		K		
Previous Working																											
<b>Shenfield</b> d	18:10	17:50	17:56	18:19	18:02	18:06	18:30	18:14	18:38	18:20	18:26	18:46	18:51	18:32	18:36	18:44	19:05	19:08	18:50	19:11	18:56	19:20	19:03	19:25	19:09	19:38	
Brentwood d	---	17:54	18:00	---	18:06	18:10	---	18:18	---	18:24	18:30	---	---	18:36	18:40	18:48	---	---	18:54	---	19:00	---	19:07	---	19:13	---	
Harold Wood d	---	17:58	18:04	---	18:10	18:14	---	18:22	---	18:28	18:34	---	---	18:40	18:44	18:52	---	---	18:58	---	19:04	---	19:11	---	19:17	---	
<b>Gidea Park</b> a	---	18:01	18:07	---	18:13	18:17	---	18:25	---	18:31	18:37	---	---	18:43	18:47	18:55	---	---	19:01	---	19:07	---	19:14	---	19:20	---	
d	---	18:01	18:07	---	18:13	18:19	---	18:25	---	18:31	18:37	---	---	18:43	18:49	18:55	---	---	19:01	---	19:07	---	19:14	---	19:22	---	
<b>Romford</b> a	---	18:03	18:09	18:26	18:15	18:21	---	18:27	---	18:33	18:39	18:53	---	18:45	18:51	18:57	---	---	19:03	---	19:09	19:27	19:16	---	19:24	---	
d	---	18:04	18:10	18:26	18:16	18:22	---	18:28	---	18:34	18:40	18:53	---	18:46	18:52	18:58	---	---	19:04	---	19:10	19:27	19:17	---	19:25	---	
Chadwell Heath d	---	18:07	18:13	---	18:19	18:25	---	18:31	---	18:37	18:43	---	---	18:49	18:55	19:01	---	---	19:07	---	19:13	---	19:20	---	19:28	---	
Goodmayes d	---	18:09	18:15	---	18:21	18:27	---	18:33	---	18:39	18:45	---	---	18:51	18:57	19:03	---	---	19:09	---	19:15	---	19:22	---	19:30	---	
Seven Kings d	---	18:11	18:17	---	18:23	18:29	---	18:35	---	18:41	18:47	---	---	18:53	18:59	19:05	---	---	19:11	---	19:17	---	19:24	---	19:32	---	
<b>Ilford</b> a	---	18:15	18:21	---	18:27	18:33	---	18:39	---	18:45	18:51	---	---	18:57	19:03	19:09	---	---	19:15	---	19:21	---	19:28	---	19:36	---	
d	---	18:15	18:21	---	18:27	18:33	---	18:39	---	18:45	18:51	---	---	18:57	19:03	19:09	---	---	19:15	---	19:21	---	19:28	---	19:36	---	
Manor Park d	---	18:17	18:23	---	18:29	18:35	---	18:41	---	18:47	18:53	---	---	18:59	19:05	19:11	---	---	19:17	---	19:23	---	19:30	---	19:38	---	
Forest Gate d	---	18:20	18:26	---	18:32	18:38	---	18:44	---	18:50	18:56	---	---	19:02	19:08	19:14	---	---	19:20	---	19:26	---	19:33	---	19:41	---	
Maryland d	---	18:22	18:28	---	18:34	18:40	---	18:46	---	18:52	18:58	---	---	19:04	19:10	19:16	---	---	19:22	---	19:28	---	19:35	---	19:43	---	
Stratford a	18:25	18:24	18:30	18:36	18:36	18:42	18:45	18:48	18:53	18:54	19:00	19:03	19:06	19:06	19:12	19:18	19:20	19:23	19:24	19:26	19:30	19:37	19:37	19:40	19:45	19:53	
<b>London Liverpool St</b> a	18:33	---	---	18:44	---	---	18:53	---	19:02	---	---	19:12	19:15	---	---	---	19:28	19:31	---	19:34	---	19:45	---	19:48	---	20:01	
Next Working	2K06																										

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	ELZ	ELZ	GrA	GrA	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	
Headcode	9Y45	9Y47	2K23	1Y55	9Y49	9Y51	1K29	9Y55	1N57	9Y57	2F85	9Y59	1K33	9Y61	9Y65	9Y67	2K37	1F73	1F97	9Y69	9Y71	1K39	1N59	9Y75	9Y77	1F75	
Reservations/Catering			◇				◇		◇				◇										◇				
Timing Load/Traction	345	345	720	720	345	345	720	345	720	345	720	345	720	345	345	345	720	720	720	345	345	720	720	345	345	720	
Footnotes			C	F			C		D		J		C				C	I	J			C	D			J	
Previous Working																											
<b>Shenfield</b> d	19:18	19:26	19:46	19:51	19:33	19:41	20:05	19:48	20:08	19:56	20:19	20:03	20:27	20:11	20:18	20:26	20:45	20:48	20:51	20:33	20:41	21:05	21:08	20:48	20:56	21:22	
Brentwood d	19:22	19:30	---	---	19:37	19:45	---	19:52	---	20:00	---	20:07	---	20:15	20:22	20:30	---	---	---	20:37	20:45	---	---	20:52	21:00	---	
Harold Wood d	19:26	19:34	---	---	19:41	19:49	---	19:56	---	20:04	---	20:11	---	20:19	20:26	20:34	---	---	---	20:41	20:49	---	---	20:56	21:04	---	
<b>Gidea Park</b> a	19:29	19:37	---	---	19:44	19:52	---	19:59	---	20:07	---	20:14	---	20:22	20:29	20:37	---	---	---	20:44	20:52	---	---	20:59	21:07	---	
d	19:29	19:37	---	---	19:44	19:52	---	19:59	---	20:07	---	20:14	---	20:22	20:29	20:37	---	---	---	20:44	20:52	---	---	20:59	21:07	---	
<b>Romford</b> a	19:31	19:39	19:53	---	19:46	19:54	---	20:01	---	20:09	20:26	20:16	---	20:24	20:31	20:39	20:52	---	---	20:46	20:54	---	---	21:01	21:09	---	
d	19:32	19:40	19:53	---	19:47	19:55	---	20:02	---	20:10	20:26	20:17	---	20:25	20:32	20:40	20:52	---	---	20:47	20:55	---	---	21:02	21:10	---	
Chadwell Heath d	19:35	19:43	---	---	19:50	19:58	---	20:05	---	20:13	---	20:20	---	20:28	20:35	20:43	---	---	---	20:50	20:58	---	---	21:05	21:13	---	
Goodmayes d	19:37	19:45	---	---	19:52	20:00	---	20:07	---	20:15	---	20:22	---	20:30	20:37	20:45	---	---	---	20:52	21:00	---	---	21:07	21:15	---	
Seven Kings d	19:39	19:47	---	---	19:54	20:02	---	20:09	---	20:17	---	20:24	---	20:32	20:39	20:47	---	---	---	20:54	21:02	---	---	21:09	21:17	---	
<b>Ilford</b> a	19:43	19:51	---	---	19:58	20:06	---	20:13	---	20:21	---	20:28	---	20:36	20:43	20:51	---	---	---	20:58	21:06	---	---	21:13	21:21	---	
d	19:43	19:51	---	---	19:58	20:06	---	20:13	---	20:21	---	20:28	---	20:36	20:43	20:51	---	---	---	20:58	21:06	---	---	21:13	21:21	---	
Manor Park d	19:45	19:53	---	---	20:00	20:08	---	20:15	---	20:23	---	20:30	---	20:38	20:45	20:53	---	---	---	21:00	21:08	---	---	21:15	21:23	---	
Forest Gate d	19:48	19:56	---	---	20:03	20:11	---	20:18	---	20:26	---	20:33	---	20:41	20:48	20:56	---	---	---	21:03	21:11	---	---	21:18	21:26	---	
Maryland d	19:50	19:58	---	---	20:05	20:13	---	20:20	---	20:28	---	20:35	---	20:43	20:50	20:58	---	---	---	21:05	21:13	---	---	21:20	21:28	---	
Stratford a	19:52	20:00	20:03	20:06	20:07	20:15	20:20	20:22	20:23	20:30	20:36	20:37	20:42	20:45	20:52	21:00	21:02	---	21:07	21:07	21:15	21:20	21:23	21:22	21:30	21:37	
<b>London Liverpool St</b> a	---	---	20:11	20:14	---	---	20:28	---	20:31	---	20:44	---	20:50	---	---	---	21:10	21:12	21:15	---	---	21:28	21:31	---	---	21:46	
Next Working	1Y42 1N60 1Y44																										

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	
Headcode	9Y79	9Y81	1K41	1F77	9Y85	9Y87	1A97	9Y89	9Y91	1K45	1N63	9Y95	9Y97	2F21	9Y01	9Y03	1P71	1K49	9Y05	9Y07	1Y67	9Y11	1K51	9Y13	1N67	9Y15	
Reservations/Catering											◇						◇	◇							◇		
Timing Load/Traction	345	345	720	720	345	345	720	345	345	720	720	345	345	720	345	345	745	720	345	345	720	345	720	345	720	345	
Footnotes				I			A			C	D			J			E	C			F		C		D		
Previous Working																											
<b>Shenfield</b> d	21:03	21:11	21:35	21:38</																							

**Table 243 Shenfield - Romford - Ilford - London**

**Mondays to Fridays**

TOC	GrA	ELZ	GrA	GrA	GrA	ELZ	ELZ	ELZ	GrA	GrA
Headcode	2Y65	9Y17	1P73	1K55	2J53	9Y19	9Y21	2W23	1K61	1K61
Reservations/Catering			◇							
Timing Load/Traction	720	345	745	720	720	345	345	345	720	720
Footnotes	F		E	C	L				C	C
Days of Operation									FO	FX
<b>Shenfield</b> d	23:19	23:11	23:33	23:35	23:39	23:26	23:41	23:56	00s19	00s19
Brentwood d	---	23:15	---	---	---	23:30	23:45	23:59	---	---
Harold Wood d	---	23:19	---	---	---	23:34	23:49	00:04	---	---
<b>Gidea Park</b> a	---	23:22	---	---	---	23:37	23:52	00:07	---	---
d	---	23:22	---	---	---	23:37	23:52	00:07	---	---
<b>Romford</b> a	23:26	23:24	---	---	23:46	23:39	23:54	00:09	---	---
d	23:26	23:25	---	---	23:46	23:40	23:55	00:10	---	---
Chadwell Heath d	---	23:28	---	---	---	23:43	23:58	00:13	---	---
Goodmayes d	---	23:30	---	---	---	23:45	00:01	00:15	---	---
Seven Kings d	---	23:32	---	---	---	23:47	00:02	00:17	---	---
<b>Ilford</b> a	---	23:36	---	---	---	23:51	00:06	00:21	---	---
d	---	23:36	---	---	---	23:51	00:06	00:21	---	---
Manor Park d	---	23:38	---	---	---	23:53	00:08	00:23	---	---
Forest Gate d	---	23:41	---	---	---	23:56	00:11	00:26	---	---
Maryland d	---	23:43	---	---	---	23:58	00:13	00:28	---	---
Stratford a	23:36	23:45	23s48	23:51	23:56	00:01	00:15	00:30	00s43	00s45
<b>London Liverpool St</b> a	23:44	---	23:57	00:01	00:04	---	---	00:39	00:55	00:55
Next Working									1K50	1K50

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	
Headcode	2W23	1K01	2W13	1K03	2C15	9Y21	2F01	9H23	2K05	9Y25	9Y29	2F03	9Y31	1K09	9Y33	9Y35	1F03	9Y37	9Y39	2K11	9Y41	9Y43	2N01	9Y45	9Y47	1K15	
Timing Load/Traction	345	720	345	720	345	345	720	345	720	345	345	720	345	720	345	345	720	345	345	720	345	345	720	345	345	720	
Footnotes			C		C		B		C			B		C			B			C			D			C	
<b>Shenfield</b> d	23p56	04:39	04:44	05:09	---	05:04	05:24	---	05:35	05:24	05:33	05:54	05:41	06:05	05:48	05:56	06:21	06:03	06:11	06:35	06:18	06:26	06:44	06:33	06:41	07:05	
Brentwood d	23p59	---	04:48	---	---	05:08	---	---	---	05:28	05:37	---	05:45	---	05:52	06:00	---	06:07	06:15	---	06:22	06:30	---	06:37	06:45	---	
Harold Wood d	00:04	---	04:52	---	---	05:12	---	---	---	05:32	05:41	---	05:49	---	05:56	06:04	---	06:11	06:19	---	06:26	06:34	---	06:41	06:49	---	
<b>Gidea Park</b> a	00:07	---	04:55	---	---	05:15	---	---	---	05:35	05:44	---	05:52	---	05:59	06:07	---	06:14	06:22	---	06:29	06:37	---	06:44	06:52	---	
d	00:07	---	04:55	---	05:05	05:15	---	05:25	---	05:35	05:44	---	05:52	---	05:59	06:07	---	06:14	06:22	---	06:29	06:37	---	06:44	06:52	---	
<b>Romford</b> a	00:09	---	04:58	---	05:07	05:18	05:31	05:27	05:42	05:38	05:46	06:01	05:54	---	06:01	06:09	---	06:16	06:24	06:42	06:31	06:39	06:51	06:46	06:54	---	
d	00:10	---	04:58	---	05:08	05:18	05:31	05:28	05:42	05:38	05:47	06:01	05:55	---	06:02	06:10	---	06:17	06:25	06:42	06:32	06:40	06:51	06:47	06:55	---	
Chadwell Heath d	00:13	---	05:02	---	05:11	05:22	---	05:31	---	05:42	05:50	---	05:58	---	06:05	06:13	---	06:20	06:28	---	06:35	06:43	---	06:50	06:58	---	
Goodmayes d	00:15	---	05:04	---	05:13	05:24	---	05:33	---	05:44	05:52	---	06:00	---	06:07	06:15	---	06:22	06:30	---	06:37	06:45	---	06:52	07:00	---	
Seven Kings d	00:17	---	05:06	---	05:15	05:26	05:36	05:35	---	05:46	05:54	---	06:02	---	06:09	06:17	---	06:24	06:32	---	06:39	06:47	---	06:54	07:02	---	
<b>Ilford</b> a	00:21	---	05:09	---	05:18	05:29	---	05:39	---	05:49	05:58	---	06:06	---	06:13	06:21	---	06:28	06:36	---	06:43	06:51	---	06:58	07:06	---	
d	00:21	---	05:09	---	05:18	05:29	---	05:39	---	05:49	05:58	---	06:06	---	06:13	06:21	---	06:28	06:36	---	06:43	06:51	---	06:58	07:06	---	
Manor Park d	00:23	---	05:12	---	05:21	05:32	---	05:41	---	05:52	06:00	---	06:08	---	06:15	06:23	---	06:30	06:38	---	06:45	06:53	---	07:00	07:08	---	
Forest Gate d	00:26	---	05:14	---	05:24	05:34	---	05:44	---	05:54	06:03	---	06:11	---	06:18	06:26	---	06:33	06:41	---	06:48	06:56	---	07:03	07:11	---	
Maryland d	00:28	---	05:16	---	05:26	05:36	---	05:46	---	05:56	06:05	---	06:13	---	06:20	06:28	---	06:35	06:43	---	06:50	06:58	---	07:05	07:13	---	
Stratford a	00:30	04:56	05:19	05:24	05:28	05:39	05:43	05:48	05:52	05:59	06:07	06:11	06:15	06:20	06:22	06:30	06:36	06:37	06:45	06:52	06:52	07:00	07:01	07:07	07:15	07:20	
<b>London Liverpool St</b> a	00:39	05:04	05:27	05:34	05:37	---	05:51	---	06:00	---	---	06:19	---	06:28	---	---	06:44	---	---	07:00	---	---	07:09	---	---	07:28	
Next Working												1N02															

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA
Headcode	9Y49	1N07	9Y51	2F07	9Y53	1K19	9T55	9Y59	1F09	9Y61	2K23	1Y05	9Y63	9T65	1K29	9Y69	1N15	9Y71	2A95	9Y73	1K33	9T75	9Y79	1F21	9Y81	2K37
Reservations/Catering		◇															◇									
Timing Load/Traction	345	720	345	720	345	720	345	345	720	345	720	720	345	345	720	345	720	345	720	345	720	345	345	720	345	720
Footnotes		D		J		C			I		C	F			C		D		A		C			I		C
Previous Working																										
<b>Shenfield</b> d	06:48	07:08	06:56	07:19	07:03	07:27	07:11	07:18	07:38	07:26	07:46	07:51	07:33	07:41	08:05	07:48	08:08	07:56	08:19	08:03	08:27	08:11	08:18	08:38	08:26	08:46
Brentwood d	06:52	---	07:00	---	07:07	---	07:15	07:22	---	07:30	---	---	07:37	07:45	---	07:52	---	08:00	---	08:07	---	08:15	08:22	---	08:30	---
Harold Wood d	06:56	---	07:04	---	07:11	---	07:19	07:26	---	07:34	---	---	07:41	07:49	---	07:56	---	08:04	---	08:11	---	08:19	08:26	---	08:34	---
<b>Gidea Park</b> a	06:59	---	07:07	---	07:14	---	07:22	07:29	---	07:37	---	---	07:44	07:52	---	07:59	---	08:07	---	08:14	---	08:22	08:29	---	08:37	---
d	06:59	---	07:07	---	07:14	---	07:22	07:29	---	07:37	---	---	07:44	07:52	---	07:59	---	08:07	---	08:14	---	08:22	08:29	---	08:37	---
<b>Romford</b> a	07:01	---	07:09	07:26	07:16	---	07:24	07:31	---	07:39	07:53	---	07:46	07:54	---	08:01	---	08:09	08:26	08:16	---	08:24	08:31	---	08:39	08:53
d	07:02	---	07:10	07:26	07:17	---	07:25	07:32	---	07:40	07:53	---	07:47	07:55	---	08:02	---	08:10	08:26	08:17	---	08:25	08:32	---	08:40	08:53
Chadwell Heath d	07:05	---	07:13	---	07:20	---	07:28	07:35	---	07:43	---	---	07:50	07:58	---	08:05	---	08:13	---	08:20	---	08:28	08:35	---	08:43	---
Goodmayes d	07:07	---	07:15	---	07:22	---	07:30	07:37	---	07:45	---	---	07:52	08:00	---	08:07	---	08:15	---	08:22	---	08:30	08:37	---	08:45	---
Seven Kings d	07:09	---	07:17	---	07:24	---	07:32	07:39	---	07:47	---	---	07:54	08:02	---	08:09	---	08:17	---	08:24	---	08:32	08:39	---	08:47	---
<b>Ilford</b> a	07:13	---	07:21	---	07:28	---	07:36	07:43	---	07:51	---	---	07:58	08:06	---	08:13	---	08:21	---	08:28	---	08:36	08:43	---	08:51	---
d	07:13	---	07:21	---	07:28	---	07:36	07:43	---	07:51	---	---	07:58	08:06	---											



**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	
Headcode	1Y07	9Y83	9T85	1K39	9Y89	1N29	9Y91	2F15	9Y93	1K41	9T95	1F31	9Y01	9Y03	2K43	1Y33	9Y05	9T07	1K45	9Y11	1N31	9Y13	9Y15	2K47	9T17	1F33
Reservations/Catering						◇										◇					◇					
Timing Load/Traction	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345	345	720	345	720
Footnotes	F			C		D		J		C		I			C	F			C		D		C		J	
Previous Working																										
<b>Shenfield</b> d	08:51	08:33	08:41	09:05	08:48	09:08	08:56	09:19	09:03	09:27	09:11	09:38	09:18	09:26	09:46	09:51	09:33	09:41	10:05	09:48	10:08	09:56	10:03	10:25	10:11	10:28
Brentwood d	---	08:37	08:45	---	08:52	---	09:00	---	09:07	---	09:15	---	09:22	09:30	---	---	09:37	09:45	---	09:52	---	10:00	10:07	---	10:15	---
Harold Wood d	---	08:41	08:49	---	08:56	---	09:04	---	09:11	---	09:19	---	09:26	09:34	---	---	09:41	09:49	---	09:56	---	10:04	10:11	---	10:19	---
<b>Gidea Park</b> a	---	08:44	08:52	---	08:59	---	09:07	---	09:14	---	09:22	---	09:29	09:37	---	---	09:44	09:52	---	09:59	---	10:07	10:14	---	10:22	---
d	---	08:44	08:52	---	08:59	---	09:07	---	09:14	---	09:22	---	09:29	09:37	---	---	09:44	09:52	---	09:59	---	10:07	10:14	---	10:22	---
<b>Romford</b> a	---	08:46	08:54	---	09:01	---	09:09	09:26	09:16	---	09:24	---	09:31	09:39	09:53	---	09:46	09:54	---	10:01	---	10:09	10:16	10:32	10:24	---
d	---	08:47	08:55	---	09:02	---	09:10	09:26	09:17	---	09:25	---	09:32	09:40	09:53	---	09:47	09:55	---	10:02	---	10:10	10:17	10:32	10:25	---
Chadwell Heath d	---	08:50	08:58	---	09:05	---	09:13	---	09:20	---	09:28	---	09:35	09:43	---	---	09:50	09:58	---	10:05	---	10:13	10:20	---	10:28	---
Goodmayes d	---	08:52	09:00	---	09:07	---	09:15	---	09:22	---	09:30	---	09:37	09:45	---	---	09:52	10:00	---	10:07	---	10:15	10:22	---	10:30	---
Seven Kings d	---	08:54	09:02	---	09:09	---	09:17	---	09:24	---	09:32	---	09:39	09:47	---	---	09:54	10:02	---	10:09	---	10:17	10:24	---	10:32	---
<b>Ilford</b> a	---	08:58	09:06	---	09:13	---	09:21	---	09:28	---	09:36	---	09:43	09:51	---	---	09:58	10:06	---	10:13	---	10:21	10:28	---	10:36	---
d	---	08:58	09:06	---	09:13	---	09:21	---	09:28	---	09:36	---	09:43	09:51	---	---	09:58	10:06	---	10:13	---	10:21	10:28	---	10:36	---
Manor Park d	---	09:00	09:08	---	09:15	---	09:23	---	09:30	---	09:38	---	09:45	09:53	---	---	10:00	10:08	---	10:15	---	10:23	10:30	---	10:38	---
Forest Gate d	---	09:03	09:11	---	09:18	---	09:26	---	09:33	---	09:41	---	09:48	09:56	---	---	10:03	10:11	---	10:18	---	10:26	10:33	---	10:41	---
Maryland d	---	09:05	09:13	---	09:20	---	09:28	---	09:35	---	09:43	---	09:50	09:58	---	---	10:05	10:13	---	10:20	---	10:28	10:35	---	10:43	---
Stratford a	09:06	09:07	09:15	09:20	09:22	09:23	09:30	09:36	09:37	09:42	09:45	09:53	09:52	10:00	10:03	10:06	10:07	10:15	10:20	10:22	10:27	10:30	10:37	10:42	10:45	10:48
<b>London Liverpool St</b> a	09:14	---	---	09:28	---	09:31	---	09:44	---	09:50	---	10:01	---	---	10:11	10:14	---	---	10:28	---	10:35	---	10:50	---	10:56	---

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	GRA	ELZ	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ
Headcode	1F37	9Y21	9Y23	2K49	1F35	9Y25	9T27	1K51	1N33	9Y31	9Y33	2F27	9Y35	1K53	9T37	9Y41	1F39	9Y43	2K55	1Y37	9Y45	9T47	1K57	9Y51	1N35	9Y53
Reservations/Catering									◇										◇	◇			◇		◇	
Timing Load/Traction	720	345	345	720	720	345	345	720	720	345	345	720	345	720	345	345	720	345	720	720	345	345	720	345	720	345
Footnotes	I			C	B			C	D			J		C			I		C	F			C		D	
Previous Working																										
<b>Shenfield</b> d	10:38	10:18	10:26	10:46	10:51	10:33	10:41	11:05	11:08	10:48	10:56	11:19	11:03	11:27	11:11	11:18	11:38	11:26	11:46	11:51	11:33	11:41	12:05	11:48	12:08	11:56
Brentwood d	---	10:22	10:30	---	---	10:37	10:45	---	---	10:52	11:00	---	11:07	---	11:15	11:22	---	11:30	---	---	11:37	11:45	---	11:52	---	12:00
Harold Wood d	---	10:26	10:34	---	---	10:41	10:49	---	---	10:56	11:04	---	11:11	---	11:19	11:26	---	11:34	---	---	11:41	11:49	---	11:56	---	12:04
<b>Gidea Park</b> a	---	10:29	10:37	---	---	10:44	10:52	---	---	10:59	11:07	---	11:14	---	11:22	11:29	---	11:37	---	---	11:44	11:52	---	11:59	---	12:07
d	---	10:29	10:37	---	---	10:44	10:52	---	---	10:59	11:07	---	11:14	---	11:22	11:29	---	11:37	---	---	11:44	11:52	---	11:59	---	12:07
<b>Romford</b> a	---	10:31	10:39	10:53	---	10:46	10:54	---	---	11:01	11:09	11:26	11:16	---	11:24	11:31	---	11:39	11:53	---	11:46	11:54	---	12:01	---	12:09
d	---	10:32	10:40	10:53	---	10:47	10:55	---	---	11:02	11:10	11:26	11:17	---	11:25	11:32	---	11:40	11:53	---	11:47	11:55	---	12:02	---	12:10
Chadwell Heath d	---	10:35	10:43	---	---	10:50	10:58	---	---	11:05	11:13	---	11:20	---	11:28	11:35	---	11:43	---	---	11:50	11:58	---	12:05	---	12:13
Goodmayes d	---	10:37	10:45	---	---	10:52	11:00	---	---	11:07	11:15	---	11:22	---	11:30	11:37	---	11:45	---	---	11:52	12:00	---	12:07	---	12:15
Seven Kings d	---	10:39	10:47	---	---	10:54	11:02	---	---	11:09	11:17	---	11:24	---	11:32	11:39	---	11:47	---	---	11:54	12:02	---	12:09	---	12:17
<b>Ilford</b> a	---	10:43	10:51	---	---	10:58	11:06	---	---	11:13	11:21	---	11:28	---	11:36	11:43	---	11:51	---	---	11:58	12:06	---	12:13	---	12:21
d	---	10:43	10:51	---	---	10:58	11:06	---	---	11:13	11:21	---	11:28	---	11:36	11:43	---	11:51	---	---	11:58	12:06	---	12:13	---	12:21
Manor Park d	---	10:45	10:53	---	---	11:00	11:08	---	---	11:15	11:23	---	11:30	---	11:38	11:45	---	11:53	---	---	12:00	12:08	---	12:15	---	12:23
Forest Gate d	---	10:48	10:56	---	---	11:03	11:11	---	---	11:18	11:26	---	11:33	---	11:41	11:48	---	11:56	---	---	12:03	12:11	---	12:18	---	12:26
Maryland d	---	10:50	10:58	---	---	11:05	11:13	---	---	11:20	11:28	---	11:35	---	11:43	11:50	---	11:58	---	---	12:05	12:13	---	12:20	---	12:28
Stratford a	10:53	10:52	11:00	11:03	11:06	11:07	11:15	11:20	11:23	11:22	11:30	11:36	11:37	11:42	11:45	11:52	11:53	12:00	12:03	12:06	12:07	12:15	12:20	12:22	12:23	12:30
<b>London Liverpool St</b> a	11:01	---	---	11:11	11:14	---	---	11:28	11:31	---	---	11:44	---	11:50	---	---	12:01	---	12:11	12:14	---	---	12:28	---	12:31	---
Next Working 1K38																										

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	GRA	ELZ	ELZ	GRA	ELZ
Headcode	2F33	9Y55	1K59	9T57	9Y61	1F41	9Y63	2K61	1Y39	9Y65	9T67	1K63	9Y71	1N37	9Y73	2F39	9Y75	1K65	9T77	9Y81	1F43	9Y83	2K67	1Y41	9Y85	9T87
Reservations/Catering			◇					◇				◇		◇				◇					◇			
Timing Load/Traction	720	345	720	345	345	720	345	720	720	345	345	720	345	720	345	720	345	720	345	345	720	345	720	720	345	345
Footnotes	J		C			I		C	F		C		D		J		C			I		C	F			
Previous Working																										
<b>Shenfield</b> d	12:19	12:03	12:27	12:11	12:18	12:38	12:26	12:46	12:51	12:33	12:41	13:05	12:48	1												



**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ
Headcode	1K69	9Y91	1N39	9Y93	2F45	9Y95	1K71	9Y97	1F45	9Y03	9Y05	2K73	1Y43	9Y07	9Y09	1K75	1N41	9Y13	9Y15	2F51	9Y17	1K77	9Y19	1F47	9Y23	9Y25
Reservations/Catering	◇		◇				◇					◇				◇	◇					◇				
Timing Load/Traction	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	720	345	345	720	345	720	345	720	345	345
Footnotes	C		D		J		C		I			C	F			C	D			J		C		I		
Previous Working																										
<b>Shenfield</b> d	14:05	13:48	14:08	13:56	14:19	14:03	14:27	14:11	14:38	14:18	14:26	14:46	14:51	14:33	14:41	15:05	15:08	14:48	14:56	15:19	15:03	15:27	15:11	15:38	15:18	15:26
Brentwood d	---	13:52	---	14:00	---	14:07	---	14:15	---	14:22	14:30	---	---	14:37	14:45	---	---	14:52	15:00	---	15:07	---	15:15	---	15:22	15:30
Harold Wood d	---	13:56	---	14:04	---	14:11	---	14:19	---	14:26	14:34	---	---	14:41	14:49	---	---	14:56	15:04	---	15:11	---	15:19	---	15:26	15:34
<b>Gidea Park</b> a	---	13:59	---	14:07	---	14:14	---	14:22	---	14:29	14:37	---	---	14:44	14:52	---	---	14:59	15:07	---	15:14	---	15:22	---	15:29	15:37
d	---	13:59	---	14:07	---	14:14	---	14:22	---	14:29	14:37	---	---	14:44	14:52	---	---	14:59	15:07	---	15:14	---	15:22	---	15:29	15:37
<b>Romford</b> a	---	14:01	---	14:09	14:26	14:16	---	14:24	---	14:31	14:39	14:53	---	14:46	14:54	---	---	15:01	15:09	15:26	15:16	---	15:24	---	15:31	15:39
d	---	14:02	---	14:10	14:26	14:17	---	14:25	---	14:32	14:40	14:53	---	14:47	14:55	---	---	15:02	15:10	15:26	15:16	---	15:25	---	15:32	15:40
Chadwell Heath d	---	14:05	---	14:13	---	14:20	---	14:28	---	14:35	14:43	---	---	14:50	14:58	---	---	15:05	15:13	---	15:20	---	15:28	---	15:35	15:43
Goodmayes d	---	14:07	---	14:15	---	14:22	---	14:30	---	14:37	14:45	---	---	14:52	15:00	---	---	15:07	15:15	---	15:22	---	15:30	---	15:37	15:45
Seven Kings d	---	14:09	---	14:17	---	14:24	---	14:32	---	14:39	14:47	---	---	14:54	15:02	---	---	15:09	15:17	---	15:24	---	15:32	---	15:39	15:47
<b>Ilford</b> a	---	14:13	---	14:21	---	14:28	---	14:36	---	14:43	14:51	---	---	14:58	15:06	---	---	15:13	15:21	---	15:28	---	15:36	---	15:43	15:51
d	---	14:13	---	14:21	---	14:28	---	14:36	---	14:43	14:51	---	---	14:58	15:06	---	---	15:13	15:21	---	15:28	---	15:36	---	15:43	15:51
Manor Park d	---	14:15	---	14:23	---	14:30	---	14:38	---	14:45	14:53	---	---	15:00	15:08	---	---	15:15	15:23	---	15:30	---	15:38	---	15:45	15:53
Forest Gate d	---	14:18	---	14:26	---	14:33	---	14:41	---	14:48	14:56	---	---	15:03	15:11	---	---	15:18	15:26	---	15:33	---	15:41	---	15:48	15:56
Maryland d	---	14:20	---	14:28	---	14:35	---	14:43	---	14:50	14:58	---	---	15:05	15:13	---	---	15:20	15:28	---	15:35	---	15:43	---	15:50	15:58
Stratford a	14:20	14:22	14:23	14:30	14:36	14:37	14:42	14:45	14:53	14:52	15:00	15:03	15:06	15:07	15:15	15:20	15:23	15:22	15:30	15:36	15:37	15:42	15:45	15:53	15:52	16:00
<b>London Liverpool St</b> a	14:28	---	14:31	---	14:44	---	14:50	---	15:01	---	---	15:11	15:14	---	---	15:28	15:31	---	---	15:44	---	15:50	---	16:01	---	---

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ
Headcode	2K79	1Y45	9Y27	9Y29	1K81	1N43	9Y33	9Y35	2F57	9Y37	1K83	9Y39	9Y43	1F51	9Y45	2K85	1Y47	9Y47	9Y49	1K87	9Y53	1N47	9Y55	2F63	9Y57	1K89
Reservations/Catering	◇				◇	◇					◇											◇				
Timing Load/Traction	720	720	345	345	720	720	345	345	720	345	720	345	345	720	345	720	720	345	345	720	345	720	345	720	345	720
Footnotes	C	F			C	D			J		C			I		C	F			C		D		J		C
Previous Working																										
<b>Shenfield</b> d	15:46	15:51	15:33	15:41	16:05	16:08	15:48	15:56	16:19	16:03	16:27	16:11	16:18	16:38	16:26	16:46	16:51	16:33	16:41	17:05	16:48	17:08	16:56	17:19	17:03	17:27
Brentwood d	---	---	15:37	15:45	---	---	15:52	16:00	---	16:07	---	16:15	16:22	---	16:30	---	---	16:37	16:45	---	16:52	---	17:00	---	17:07	---
Harold Wood d	---	---	15:41	15:49	---	---	15:56	16:04	---	16:11	---	16:19	16:26	---	16:34	---	---	16:41	16:49	---	16:56	---	17:04	---	17:11	---
<b>Gidea Park</b> a	---	---	15:44	15:52	---	---	15:59	16:07	---	16:14	---	16:22	16:29	---	16:37	---	---	16:44	16:52	---	16:59	---	17:07	---	17:14	---
d	---	---	15:44	15:52	---	---	15:59	16:07	---	16:14	---	16:22	16:29	---	16:37	---	---	16:44	16:52	---	16:59	---	17:07	---	17:14	---
<b>Romford</b> a	15:53	---	15:46	15:54	---	---	16:01	16:09	16:26	16:16	---	16:24	16:31	---	16:39	16:53	---	16:46	16:54	---	17:01	---	17:09	17:26	17:16	---
d	15:53	---	15:47	15:55	---	---	16:02	16:10	16:26	16:17	---	16:25	16:32	---	16:40	16:53	---	16:47	16:55	---	17:02	---	17:10	17:26	17:17	---
Chadwell Heath d	---	---	15:50	15:58	---	---	16:05	16:13	---	16:20	---	16:28	16:35	---	16:43	---	---	16:50	16:58	---	17:05	---	17:13	---	17:20	---
Goodmayes d	---	---	15:52	16:00	---	---	16:07	16:15	---	16:22	---	16:30	16:37	---	16:45	---	---	16:52	17:00	---	17:07	---	17:15	---	17:22	---
Seven Kings d	---	---	15:54	16:02	---	---	16:09	16:17	---	16:24	---	16:32	16:39	---	16:47	---	---	16:54	17:02	---	17:09	---	17:17	---	17:24	---
<b>Ilford</b> a	---	---	15:58	16:06	---	---	16:13	16:21	---	16:28	---	16:36	16:43	---	16:51	---	---	16:58	17:06	---	17:13	---	17:21	---	17:28	---
d	---	---	15:58	16:06	---	---	16:13	16:21	---	16:28	---	16:36	16:43	---	16:51	---	---	16:58	17:06	---	17:13	---	17:21	---	17:28	---
Manor Park d	---	---	16:00	16:08	---	---	16:15	16:23	---	16:30	---	16:38	16:45	---	16:53	---	---	17:00	17:08	---	17:15	---	17:23	---	17:30	---
Forest Gate d	---	---	16:03	16:11	---	---	16:18	16:26	---	16:33	---	16:41	16:48	---	16:56	---	---	17:03	17:11	---	17:18	---	17:26	---	17:33	---
Maryland d	---	---	16:05	16:13	---	---	16:20	16:28	---	16:35	---	16:43	16:50	---	16:58	---	---	17:05	17:13	---	17:20	---	17:28	---	17:35	---
Stratford a	16:03	16:06	16:07	16:15	16:20	16:23	16:22	16:30	16:36	16:37	16:42	16:45	16:52	16:53	17:00	17:03	17:06	17:07	17:15	17:20	17:22	17:23	17:30	17:36	17:37	17:42
<b>London Liverpool St</b> a	16:11	16:14	---	---	16:28	16:31	---	16:44	---	16:50	---	---	17:01	---	17:11	17:14	---	---	17:28	---	17:31	---	17:44	---	---	17:50

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ
Headcode	9T59	9Y63	1F57	9Y65	2K91	1Y49	9Y67	9Y69	1K95	9Y73	1N51	9Y75	2F71	9Y77	1K97	9Y79	9Y83	1F63	9Y85	2K99	1Y51	9Y87	9Y89	1K15	9Y93	1N55
Reservations/Catering											◇															◇
Timing Load/Traction	345	345	720	345	720	720	345	345	720	345	720	345	720	345	720	345	345	720	345	720	720	345	345	720	345	720
Footnotes			I		C	F			C		D		J		C			I		C	F		C		D	
Previous Working																										
<b>Shenfield</b> d	17:11	17:18	17:38	17:26	17:46	17:51	17:33	17:41	18:05	17:48	18:08	17:56	18:19	18:03	18:27	18:11	18:18	18:38	18:26							

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ		
Headcode	9Y95	2F79	9Y97	1K19	9T01	1F69	9Y05	9Y07	2K23	1Y55	9Y09	9T11	1K29	1N57	9Y15	9Y17	2F85	9Y19	1K33	9T21	1F73	9Y25	9Y27	2K37	1Y61	9Y29
Reservations/Catering									◇				◇	◇					◇	◇			◇	◇		
Timing Load/Traction	345	720	345	720	345	720	345	345	720	720	345	345	720	720	345	345	720	345	720	345	720	345	345	720	720	345
Footnotes		J		C		I			C	F			C	D			J		C	I			C	F		
Previous Working																										
<b>Shenfield</b> d	18:56	19:19	19:03	19:27	19:11	19:38	19:18	19:26	19:46	19:51	19:33	19:41	20:05	20:08	19:48	19:56	20:19	20:03	20:27	20:11	20:38	20:18	20:26	20:46	20:51	20:33
Brentwood d	19:00	---	19:07	---	19:15	---	19:22	19:30	---	---	19:37	19:45	---	---	19:52	20:00	---	20:07	---	20:15	---	20:22	20:30	---	---	20:37
Harold Wood d	19:04	---	19:11	---	19:19	---	19:26	19:34	---	---	19:41	19:49	---	---	19:56	20:04	---	20:11	---	20:19	---	20:26	20:34	---	---	20:41
<b>Gidea Park</b> a	19:07	---	19:14	---	19:22	---	19:29	19:37	---	---	19:44	19:52	---	---	19:59	20:07	---	20:14	---	20:22	---	20:29	20:37	---	---	20:44
d	19:07	---	19:14	---	19:22	---	19:29	19:37	---	---	19:44	19:52	---	---	19:59	20:07	---	20:14	---	20:22	---	20:29	20:37	---	---	20:44
<b>Romford</b> a	19:09	19:26	19:16	---	19:24	---	19:31	19:39	19:53	---	19:46	19:54	---	---	20:01	20:09	20:26	20:16	---	20:24	---	20:31	20:39	20:53	---	20:46
d	19:10	19:26	19:17	---	19:25	---	19:32	19:40	19:53	---	19:47	19:55	---	---	20:02	20:10	20:26	20:17	---	20:25	---	20:32	20:40	20:53	---	20:47
Chadwell Heath d	19:13	---	19:20	---	19:28	---	19:35	19:43	---	---	19:50	19:58	---	---	20:05	20:13	---	20:20	---	20:28	---	20:35	20:43	---	---	20:50
Goodmayes d	19:15	---	19:22	---	19:30	---	19:37	19:45	---	---	19:52	20:00	---	---	20:07	20:15	---	20:22	---	20:30	---	20:37	20:45	---	---	20:52
Seven Kings d	19:17	---	19:24	---	19:32	---	19:39	19:47	---	---	19:54	20:02	---	---	20:09	20:17	---	20:24	---	20:32	---	20:39	20:47	---	---	20:54
<b>Ilford</b> a	19:21	---	19:28	---	19:36	---	19:43	19:51	---	---	19:58	20:06	---	---	20:13	20:21	---	20:28	---	20:36	---	20:43	20:51	---	---	20:58
d	19:21	---	19:28	---	19:36	---	19:43	19:51	---	---	19:58	20:06	---	---	20:13	20:21	---	20:28	---	20:36	---	20:43	20:51	---	---	20:58
Manor Park d	19:23	---	19:30	---	19:38	---	19:45	19:53	---	---	20:00	20:08	---	---	20:15	20:23	---	20:30	---	20:38	---	20:45	20:53	---	---	21:00
Forest Gate d	19:26	---	19:33	---	19:41	---	19:48	19:56	---	---	20:03	20:11	---	---	20:18	20:26	---	20:33	---	20:41	---	20:48	20:56	---	---	21:03
Maryland d	19:28	---	19:35	---	19:43	---	19:50	19:58	---	---	20:05	20:13	---	---	20:20	20:28	---	20:35	---	20:43	---	20:50	20:58	---	---	21:05
Stratford a	19:30	19:36	19:37	19:42	19:45	19:53	19:52	20:00	20:03	20:06	20:07	20:15	20:20	20:23	20:22	20:30	20:36	20:37	20:42	20:45	20:53	20:52	21:00	21:03	21:06	21:07
<b>London Liverpool St</b> a	---	19:44	---	19:50	---	20:01	---	---	20:11	20:14	---	---	20:28	20:31	---	---	20:44	---	20:50	---	21:01	---	---	21:11	21:14	---
Next Working													1Y42	1N60												

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ		
Headcode	9T31	1K39	9Y35	1N59	9Y37	2F93	9Y39	9T41	1K41	9Y45	1F77	9H47	1A97	9Y51	1K45	9Y53	1N63	9H55	2F01	9Y57	1P71	1K49	9Y59	9H61	1Y67	9Y63
Reservations/Catering		◇		◇					◇						◇		◇			◇	745	◇				
Timing Load/Traction	345	720	345	720	345	720	345	345	720	345	720	345	720	345	720	345	720	345	720	345	745	720	345	345	720	345
Footnotes		C		D		J			C		I		A		C		D		J		E	C			F	
Previous Working																										
<b>Shenfield</b> d	20:41	21:05	20:48	21:08	20:56	21:19	21:03	21:11	21:35	21:18	21:38	21:26	21:51	21:36	22:05	21:46	22:08	21:56	22:19	22:06	22:32	22:35	22:16	22:26	22:51	22:36
Brentwood d	20:45	---	20:52	---	21:00	---	21:07	21:15	---	21:22	---	21:30	---	21:40	---	21:50	---	22:00	---	22:10	---	---	22:20	22:30	---	22:40
Harold Wood d	20:49	---	20:56	---	21:04	---	21:11	21:19	---	21:26	---	21:34	---	21:44	---	21:54	---	22:04	---	22:14	---	---	22:24	22:34	---	22:44
<b>Gidea Park</b> a	20:52	---	20:59	---	21:07	---	21:14	21:22	---	21:29	---	21:37	---	21:47	---	21:57	---	22:07	---	22:17	---	---	22:27	22:37	---	22:47
d	20:52	---	20:59	---	21:07	---	21:14	21:22	---	21:29	---	21:37	---	21:47	---	21:57	---	22:07	---	22:17	---	---	22:27	22:37	---	22:47
<b>Romford</b> a	20:54	---	21:01	---	21:09	21:26	21:16	21:24	---	21:31	---	21:39	---	21:49	---	21:59	---	22:09	22:26	22:19	---	---	22:29	22:39	---	22:49
d	20:55	---	21:02	---	21:10	21:26	21:17	21:25	---	21:32	---	21:40	---	21:50	---	22:00	---	22:10	22:26	22:20	---	---	22:30	22:40	---	22:50
Chadwell Heath d	20:58	---	21:05	---	21:13	---	21:20	21:28	---	21:35	---	21:43	---	21:53	---	22:03	---	22:13	---	22:23	---	---	22:33	22:43	---	22:53
Goodmayes d	21:00	---	21:07	---	21:15	---	21:22	21:30	---	21:37	---	21:45	---	21:55	---	22:05	---	22:15	---	22:25	---	---	22:35	22:45	---	22:55
Seven Kings d	21:02	---	21:09	---	21:17	---	21:24	21:32	---	21:39	---	21:47	---	21:57	---	22:07	---	22:17	---	22:27	---	---	22:37	22:47	---	22:57
<b>Ilford</b> a	21:06	---	21:13	---	21:21	---	21:28	21:36	---	21:43	---	21:51	---	22:01	---	22:11	---	22:21	---	22:31	---	---	22:41	22:51	---	23:01
d	21:06	---	21:13	---	21:21	---	21:28	21:36	---	21:43	---	21:51	---	22:01	---	22:11	---	22:21	---	22:31	---	---	22:41	22:51	---	23:01
Manor Park d	21:08	---	21:15	---	21:23	---	21:30	21:38	---	21:45	---	21:53	---	22:03	---	22:13	---	22:23	---	22:33	---	---	22:43	22:53	---	23:03
Forest Gate d	21:11	---	21:18	---	21:26	---	21:33	21:41	---	21:48	---	21:56	---	22:06	---	22:16	---	22:26	---	22:37	---	---	22:46	22:56	---	23:06
Maryland d	21:13	---	21:20	---	21:28	---	21:35	21:43	---	21:50	---	21:58	---	22:08	---	22:18	---	22:28	---	22:39	---	---	22:48	22:58	---	23:08
Stratford a	21:15	21:20	21:22	21:23	21:30	21:36	21:37	21:45	21:50	21:52	21:53	22:00	22:06	22:10	22:20	22:23	22:30	22:36	22:41	22s47	22:50	22:58	23:00	23:06	23:06	23:10
<b>London Liverpool St</b> a	---	21:28	---	21:31	---	21:44	---	---	21:58	---	22:01	---	22:14	---	22:28	---	22:31	---	22:44	---	22:55	22:58	---	---	23:14	---
Next Working													2024													

**Table 243 Shenfield - Romford - Ilford - London**

**Saturdays**

TOC	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	GrA	ELZ	ELZ	ELZ	GrA
Headcode	1K51	9Y65	1N67	9Y67	2Y65	9Y69	1P73	1K55	9Y71	9Y73	2W75	1K61
Reservations/Catering	◇		◇				◇					
Timing Load/Traction	720	345	720	345	720	345	745	720	345	345	345	720
Footnotes	C		D		F		E	C				C
Previous Working												
<b>Shenfield</b> d	23:05	22:46	23:08	22:56	23:19	23:11	23:32	23:35	23:26	23:41	23:56	00s19
Brentwood d	---	22:50	---	23:00	---	23:15	---	---	23:30	23:45	23:59	---
Harold Wood d	---	22:54	---	23:04	---	23:19	---	---	23:34	23:49	00:04	---
<b>Gidea Park</b> a	---	22:57	---	23:07	---	23:22	---	---	23:37	23:52	00:07	---
d	---	22:57	---	23:07	---	23:22	---	---	23:37	23:52	00:07	---

**Table 243 Shenfield - Romford - Ilford - London**

**Sundays**

	TOC	ELZ	ELZ	ELZ	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	
Headcode	2W75	2C11	2C13	2C17	2C19	2W25	2K01	2W29	2F93	9Y37	2K03	9H41	2F95	9Y43	2K05	9H47	1F05	9Y49	2K07	9H53	1N01	9Y55	2K09	1Y07	9H61	2K11
Reservations/Catering																										
Timing Load/Traction	345	345	345	345	345	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	
Footnotes							C		G		C		B		C		B		C		D		C	F	C	
<b>Shenfield d</b>	23p56	---	---	---	---	06:41	06:52	06:56	07:08	07:11	07:22	07:26	07:37	07:41	07:52	07:56	08:07	08:11	08:23	08:26	08:37	08:41	09:00	09:10	08:56	09:27
Brentwood d	23p59	---	---	---	---	06:45	---	07:00	---	07:15	---	07:30	---	07:45	---	08:00	---	08:15	---	08:30	---	08:45	---	---	09:00	---
Harold Wood d	00:04	---	---	---	---	06:49	---	07:04	---	07:19	---	07:34	---	07:49	---	08:04	---	08:19	---	08:34	---	08:49	---	---	09:04	---
<b>Gidea Park a</b>	00:07	---	---	---	---	06:52	---	07:07	---	07:22	---	07:37	---	07:52	---	08:07	---	08:22	---	08:37	---	08:52	---	---	09:07	---
d	00:07	05:52	06:07	06:22	06:37	06:52	---	07:07	---	07:22	---	07:37	---	07:52	---	08:07	---	08:22	---	08:37	---	08:52	---	---	09:07	---
<b>Romford a</b>	00:09	05:54	06:09	06:24	06:39	06:54	07:04	07:09	07:19	07:24	07:34	07:39	07:49	07:54	08:04	08:09	---	08:24	08:34	08:39	---	08:54	09:07	---	09:09	09:34
d	00:10	05:55	06:10	06:25	06:40	06:55	07:04	07:10	07:20	07:25	07:34	07:40	07:49	07:55	08:04	08:10	---	08:25	08:34	08:40	---	08:55	09:07	---	09:10	09:34
Chadwell Heath d	00:13	05:58	06:13	06:28	06:43	06:58	---	07:13	---	07:28	---	07:43	---	07:58	---	08:13	---	08:28	---	08:43	---	08:58	---	---	09:13	---
Goodmayes d	00:15	06:00	06:15	06:30	06:45	07:00	---	07:15	---	07:30	---	07:45	---	08:00	---	08:15	---	08:30	---	08:45	---	09:00	---	---	09:15	---
Seven Kings d	00:17	06:02	06:17	06:32	06:47	07:02	---	07:17	---	07:32	---	07:47	---	08:02	---	08:17	---	08:32	---	08:47	---	09:02	---	---	09:17	---
<b>Ilford a</b>	00:21	06:06	06:21	06:36	06:51	07:06	---	07:21	---	07:36	---	07:51	---	08:06	---	08:21	---	08:36	---	08:51	---	09:06	---	---	09:21	---
d	00:21	06:06	06:21	06:36	06:51	07:06	---	07:21	---	07:36	---	07:51	---	08:06	---	08:21	---	08:36	---	08:51	---	09:06	---	---	09:21	---
Manor Park d	00:23	06:08	06:23	06:38	06:53	07:08	---	07:23	---	07:38	---	07:53	---	08:08	---	08:23	---	08:38	---	08:53	---	09:08	---	---	09:23	---
Forest Gate d	00:26	06:11	06:26	06:41	06:56	07:11	---	07:26	---	07:41	---	07:56	---	08:11	---	08:26	---	08:41	---	08:56	---	09:11	---	---	09:26	---
Maryland d	00:28	06:13	06:28	06:43	06:58	07:13	---	07:28	---	07:43	---	07:58	---	08:13	---	08:28	---	08:43	---	08:58	---	09:13	---	---	09:28	---
Stratford a	00:30	06:15	06:30	06:45	07:00	07:15	07:18	07:30	07:33	07:45	07:48	08:00	08:03	08:15	08:18	08:30	08:33	08:45	08:51	09:00	09:03	09:15	09:17	09:25	09:30	09:44
<b>London Liverpool St a</b>	00:39	06:24	06:39	06:54	07:09	07:24	07:27	07:39	07:42	---	07:57	---	08:12	---	08:27	---	08:42	---	09:00	---	09:12	---	09:25	09:33	---	09:52
Next Working	2K10																									

**Table 243 Shenfield - Romford - Ilford - London**

**Sundays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ
Headcode	9Y63	1N03	9H69	2K13	9T71	9Y75	1Y09	9Y77	9Y79	2K15	9T81	9Y85	1N05	9Y87	9Y89	2K17	9T91	9Y95	1Y11	9Y97	9Y01	2K19	9T03	9Y07	1N07	9Y09
Reservations/Catering																										
Timing Load/Traction	345	720	345	720	345	345	720	345	345	345	720	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345
Footnotes		D		C		F		C		D		D		C		C		F		C		C		D		D
<b>Shenfield d</b>	09:11	09:39	09:26	09:57	09:41	---	10:10	09:56	---	10:27	10:11	---	10:39	10:26	---	10:57	10:41	---	11:10	10:56	---	11:27	11:11	---	11:39	11:26
Brentwood d	09:15	---	09:30	---	09:45	---	---	10:00	---	10:15	---	---	10:30	---	---	10:45	---	---	11:00	---	---	11:15	---	---	11:30	---
Harold Wood d	09:19	---	09:34	---	09:49	---	---	10:04	---	10:19	---	---	10:34	---	---	10:49	---	---	11:04	---	---	11:19	---	---	11:34	---
<b>Gidea Park a</b>	09:22	---	09:37	---	09:52	---	---	10:07	---	10:22	---	---	10:37	---	---	10:52	---	---	11:07	---	---	11:22	---	---	11:37	---
d	09:22	---	09:37	---	09:52	09:59	---	10:07	10:14	---	10:22	10:29	---	10:37	10:44	---	10:52	10:59	---	11:07	11:14	---	11:22	11:29	---	11:37
<b>Romford a</b>	09:24	---	09:39	10:04	09:54	10:01	---	10:09	10:16	10:34	10:24	10:31	---	10:39	10:46	11:04	10:54	11:01	---	11:09	11:16	11:34	11:24	11:31	---	11:39
d	09:25	---	09:40	10:04	09:55	10:02	---	10:10	10:17	10:34	10:25	10:32	---	10:40	10:47	11:04	10:55	11:02	---	11:10	11:17	11:34	11:25	11:32	---	11:40
Chadwell Heath d	09:28	---	09:43	---	09:58	10:05	---	10:13	10:20	---	10:28	10:35	---	10:43	10:50	---	10:58	11:05	---	11:13	11:20	---	11:28	11:35	---	11:43
Goodmayes d	09:30	---	09:45	---	10:00	10:07	---	10:15	10:22	---	10:30	10:37	---	10:45	10:52	---	11:00	11:07	---	11:15	11:22	---	11:30	11:37	---	11:45
Seven Kings d	09:32	---	09:47	---	10:02	10:09	---	10:17	10:24	---	10:32	10:39	---	10:47	10:54	---	11:02	11:09	---	11:17	11:24	---	11:32	11:39	---	11:47
<b>Ilford a</b>	09:36	---	09:51	---	10:06	10:13	---	10:21	10:28	---	10:36	10:43	---	10:51	10:58	---	11:06	11:13	---	11:21	11:28	---	11:36	11:43	---	11:51
d	09:36	---	09:51	---	10:06	10:13	---	10:21	10:28	---	10:36	10:43	---	10:51	10:58	---	11:06	11:13	---	11:21	11:28	---	11:36	11:43	---	11:51
Manor Park d	09:38	---	09:53	---	10:08	10:15	---	10:23	10:30	---	10:38	10:45	---	10:53	11:00	---	11:08	11:15	---	11:23	11:30	---	11:38	11:45	---	11:53
Forest Gate d	09:41	---	09:56	---	10:11	10:18	---	10:26	10:33	---	10:41	10:48	---	10:56	11:03	---	11:11	11:18	---	11:26	11:33	---	11:41	11:48	---	11:56
Maryland d	09:43	---	09:58	---	10:13	10:20	---	10:28	10:35	---	10:43	10:50	---	10:58	11:05	---	11:13	11:20	---	11:28	11:35	---	11:43	11:50	---	11:58
Stratford a	09:45	09:54	10:00	10:14	10:15	10:22	10:25	10:30	10:37	10:44	10:45	10:52	10:54	11:00	11:07	11:14	11:15	11:22	11:25	11:30	11:37	11:44	11:45	11:52	11:54	12:00
<b>London Liverpool St a</b>	---	10:03	---	10:22	---	---	10:33	---	---	10:52	---	---	11:03	---	---	11:22	---	---	11:33	---	---	11:52	---	---	12:03	---

**Table 243 Shenfield - Romford - Ilford - London**

**Sundays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	
Headcode	9Y11	2K21	9T13	9Y17	1Y13	9Y19	9Y21	2K23	9T23	9Y27	1N09	9Y29	9Y31	2K25	9T33	9Y37	1Y15	9Y39	9Y41	GrA	2K27	9T43	9Y47	1N11	9Y49	9Y51	2K29
Reservations/Catering																											
Timing Load/Traction	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	
Footnotes		C		F		C		C		D		C		C		F		C		C		C		D		C	
Previous Working																											
<b>Shenfield d</b>	---	11:57	11:41	---	12:10	11:56																					

**Table 243 Shenfield - Romford - Ilford - London**

**Sundays**

TOC	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ			
Headcode	1Y21	9Y01	9Y03	2K39	9T05	9Y09	1N17	9Y11	9Y13	2K41	9T15	9Y19	1Y23	9Y21	9Y23	2K43	9T25	9Y29	1N19	9Y31	9Y33	2K45	9T35	9Y39	1Y25	9Y41
Reservations/Catering							◇												◇			◇				
Timing Load/Traction	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345
Footnotes	F			C			D			C			F			C			D			C			F	
Previous Working																										
<b>Shenfield</b> d	16:10	15:56	---	16:27	16:11	---	16:39	16:26	---	16:57	16:41	---	17:10	16:56	---	17:27	17:11	---	17:39	17:26	---	17:57	17:41	---	18:10	17:56
Brentwood d	---	16:00	---	---	16:15	---	---	16:30	---	---	16:45	---	---	17:00	---	---	17:15	---	---	17:30	---	---	17:45	---	---	18:00
Harold Wood d	---	16:04	---	---	16:19	---	---	16:34	---	---	16:49	---	---	17:04	---	---	17:19	---	---	17:34	---	---	17:49	---	---	18:04
<b>Gidea Park</b> a	---	16:07	---	---	16:22	---	---	16:37	---	---	16:52	---	---	17:07	---	---	17:22	---	---	17:37	---	---	17:52	---	---	18:07
d	---	16:07	16:14	---	16:22	16:29	---	16:37	16:44	---	16:52	16:59	---	17:07	17:14	---	17:22	17:29	---	17:37	17:44	---	17:52	17:59	---	18:07
<b>Romford</b> a	---	16:09	16:16	16:34	16:24	16:31	---	16:39	16:46	17:04	16:54	17:01	---	17:09	17:16	17:34	17:24	17:31	---	17:39	17:46	18:04	17:54	18:01	---	18:09
d	---	16:10	16:17	16:34	16:25	16:32	---	16:40	16:47	17:04	16:55	17:02	---	17:10	17:17	17:34	17:25	17:32	---	17:40	17:47	18:04	17:55	18:02	---	18:10
Chadwell Heath d	---	16:13	16:20	---	16:28	16:35	---	16:43	16:50	---	16:58	17:05	---	17:13	17:20	---	17:28	17:35	---	17:43	17:50	---	17:58	18:05	---	18:13
Goodmayes d	---	16:15	16:22	---	16:30	16:37	---	16:45	16:52	---	17:00	17:07	---	17:15	17:22	---	17:30	17:37	---	17:45	17:52	---	18:00	18:07	---	18:15
Seven Kings d	---	16:17	16:24	---	16:32	16:39	---	16:47	16:54	---	17:02	17:09	---	17:17	17:24	---	17:32	17:39	---	17:47	17:54	---	18:02	18:09	---	18:17
<b>Ilford</b> a	---	16:21	16:28	---	16:36	16:43	---	16:51	16:58	---	17:06	17:13	---	17:21	17:28	---	17:36	17:43	---	17:51	17:58	---	18:06	18:13	---	18:21
d	---	16:21	16:28	---	16:36	16:43	---	16:51	16:58	---	17:06	17:13	---	17:21	17:28	---	17:36	17:43	---	17:51	17:58	---	18:06	18:13	---	18:21
Manor Park d	---	16:23	16:30	---	16:38	16:45	---	16:53	17:00	---	17:08	17:15	---	17:23	17:30	---	17:38	17:45	---	17:53	18:00	---	18:08	18:15	---	18:23
Forest Gate d	---	16:26	16:33	---	16:41	16:48	---	16:56	17:03	---	17:11	17:18	---	17:26	17:33	---	17:41	17:48	---	17:56	18:03	---	18:11	18:18	---	18:26
Maryland d	---	16:28	16:35	---	16:43	16:50	---	16:58	17:05	---	17:13	17:20	---	17:28	17:35	---	17:43	17:50	---	17:58	18:05	---	18:13	18:20	---	18:28
Stratford a	16:25	16:30	16:37	16:44	16:45	16:52	16:54	17:00	17:07	17:14	17:15	17:22	17:25	17:30	17:37	17:44	17:45	17:52	17:54	18:00	18:07	18:14	18:15	18:22	18:25	18:30
<b>London Liverpool St</b> a	16:33	---	---	16:52	---	---	17:03	---	---	17:22	---	---	17:33	---	---	17:52	---	---	18:03	---	---	18:22	---	---	18:33	---

**Table 243 Shenfield - Romford - Ilford - London**

**Sundays**

TOC	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	
Headcode	9Y43	2K47	9T45	9Y49	1N21	9Y51	9Y53	2K49	9T55	9Y59	1Y27	9Y61	9Y63	2K51	9T65	9Y69	1N23	9Y71	9Y73	2K53	9T75	9Y79	1Y29	9Y81	9Y83	2K55
Reservations/Catering		◇			◇			◇						◇			◇			◇						◇
Timing Load/Traction	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720
Footnotes		C			D			C			F			C			D			C			F			C
Previous Working																										
<b>Shenfield</b> d	---	18:27	18:11	---	18:39	18:26	---	18:57	18:41	---	19:10	18:56	---	19:27	19:11	---	19:39	19:26	---	19:57	19:41	---	20:10	19:56	---	20:27
Brentwood d	---	---	18:15	---	---	18:30	---	---	18:45	---	---	19:00	---	---	19:15	---	---	19:30	---	---	19:45	---	---	20:00	---	---
Harold Wood d	---	---	18:19	---	---	18:34	---	---	18:49	---	---	19:04	---	---	19:19	---	---	19:34	---	---	19:49	---	---	20:04	---	---
<b>Gidea Park</b> a	---	---	18:22	---	---	18:37	---	---	18:52	---	---	19:07	---	---	19:22	---	---	19:37	---	---	19:52	---	---	20:07	---	---
d	18:14	---	18:22	18:29	---	18:37	18:44	---	18:52	18:59	---	19:07	19:14	---	19:22	19:29	---	19:37	19:44	---	19:52	19:59	---	20:07	20:14	---
<b>Romford</b> a	18:16	18:34	18:24	18:31	---	18:39	18:46	19:04	18:54	19:01	---	19:09	19:16	19:34	19:24	19:31	---	19:39	19:46	20:04	19:54	20:01	---	20:09	20:16	20:34
d	18:17	18:34	18:25	18:32	---	18:40	18:47	19:04	18:55	19:02	---	19:10	19:17	19:34	19:25	19:32	---	19:40	19:47	20:04	19:55	20:02	---	20:10	20:17	20:34
Chadwell Heath d	18:20	---	18:28	18:35	---	18:43	18:50	---	18:58	19:05	---	19:13	19:20	---	19:28	19:35	---	19:43	19:50	---	19:58	20:05	---	20:13	20:20	---
Goodmayes d	18:22	---	18:30	18:37	---	18:45	18:52	---	19:00	19:07	---	19:15	19:22	---	19:30	19:37	---	19:45	19:52	---	20:00	20:07	---	20:15	20:22	---
Seven Kings d	18:24	---	18:32	18:39	---	18:47	18:54	---	19:02	19:09	---	19:17	19:24	---	19:32	19:39	---	19:47	19:54	---	20:02	20:09	---	20:17	20:24	---
<b>Ilford</b> a	18:28	---	18:36	18:43	---	18:51	18:58	---	19:06	19:13	---	19:21	19:28	---	19:36	19:43	---	19:51	19:58	---	20:06	20:13	---	20:21	20:28	---
d	18:28	---	18:36	18:43	---	18:51	18:58	---	19:06	19:13	---	19:21	19:28	---	19:36	19:43	---	19:51	19:58	---	20:06	20:13	---	20:21	20:28	---
Manor Park d	18:30	---	18:38	18:45	---	18:53	19:00	---	19:08	19:15	---	19:23	19:30	---	19:38	19:45	---	19:53	20:00	---	20:08	20:15	---	20:23	20:30	---
Forest Gate d	18:33	---	18:41	18:48	---	18:56	19:03	---	19:11	19:18	---	19:26	19:33	---	19:41	19:48	---	19:56	20:03	---	20:11	20:18	---	20:26	20:33	---
Maryland d	18:35	---	18:43	18:50	---	18:58	19:05	---	19:13	19:20	---	19:28	19:35	---	19:43	19:50	---	19:58	20:05	---	20:13	20:20	---	20:28	20:35	---
Stratford a	18:37	18:44	18:45	18:52	18:54	19:00	19:07	19:14	19:15	19:22	19:25	19:30	19:37	19:44	19:45	19:52	19:54	20:00	20:07	20:14	20:15	20:22	20:25	20:30	20:37	20:44
<b>London Liverpool St</b> a	---	18:52	---	---	19:03	---	---	19:22	---	---	19:33	---	---	19:52	---	---	20:03	---	---	20:22	---	---	20:33	---	---	20:52

**Table 243 Shenfield - Romford - Ilford - London**

**Sundays**

TOC	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	
Headcode	9T85	9Y89	1N25	9Y91	9Y93	2K57	9H95	9Y97	1Y31	9Y01	1A97	9Y03	2K59	9Y07	1N27	9Y11	2K61	9Y15	1Y33	9Y19	2K63	2W21	1N29	2W23	2K65	2W27
Reservations/Catering			◇			◇							◇		◇		◇						◇			
Timing Load/Traction	345	345	720	345	345	720	345	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345
Footnotes			D			C			F		A		C		D		C		F		C		D		C	
Previous Working																										
<b>Shenfield</b> d	20:11	---	20:39	20:26	---	20:57	20:41	---	21:10	20:56	21:19															

Table 243 Shenfield - Romford - Ilford - London

TOC	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	ELZ	GrA
Headcode	1Y35	2W29	2W31	1P73	2K67	2W33	2W35	2W37	1K61
Reservations/Catering				◇					
Timing Load/Traction	720	345	345	745	720	345	345	345	720
Footnotes	F			E	C				C
Shenfield d	23:10	22:56	23:11	23:34	23:36	23:26	23:41	23:56	00s18
Brentwood d	---	23:00	23:15	---	---	23:30	23:45	23:59	---
Harold Wood d	---	23:04	23:19	---	---	23:34	23:49	00:04	---
Gidea Park a	---	23:07	23:22	---	---	23:37	23:52	00:07	---
d	---	23:07	23:22	---	---	23:37	23:52	00:07	---
Romford a	---	23:09	23:24	---	23:44	23:39	23:54	00:09	---
d	---	23:10	23:25	---	23:44	23:40	23:55	00:10	---
Chadwell Heath d	---	23:13	23:28	---	---	23:43	23:58	00:13	---
Goodmayes d	---	23:15	23:30	---	---	23:45	00:01	00:15	---
Seven Kings d	---	23:17	23:32	---	---	23:47	00:02	00:17	---
Ilford a	---	23:21	23:36	---	---	23:51	00:06	00:21	---
d	---	23:21	23:36	---	---	23:51	00:06	00:21	---
Manor Park d	---	23:23	23:38	---	---	23:53	00:08	00:23	---
Forest Gate d	---	23:26	23:41	---	---	23:56	00:11	00:26	---
Maryland d	---	23:28	23:43	---	---	23:58	00:13	00:28	---
Stratford a	23:25	23:30	23:45	23s49	23:53	00:01	00:15	00:30	00s39
London Liverpool St a	23:33	23:39	23:54	23:59	00:03	00:09	00:24	00:39	00:51

Table 243 London - Ilford - Romford - Shenfield

Mondays to Fridays

TOC	ELZ	ELZ	ELZ	ELZ	ELZ	ELZ	GrA	ELZ	ELZ	GrA	GrA	GrA	ELZ	ELZ	ELZ	ELZ	GrA	GrA	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	
Headcode	9W96	2W12	9W98	9W02	2W14	9W04	1F66	9W06	2W18	2K26	2K42	1F70	9W08	2W22	9W64	9W14	2W24	2F18	2K28	2K44	2K28	2W16	2W26	2N04	2W02	1K02
Reservations/Catering																										
Timing Load/Traction	345	345	345	345	345	345	720	345	345	720	720	720	345	345	345	345	345	720	720	720	720	345	345	720	345	720
Footnotes							O			R	R	O						O	R	R	R			P		R
Days of Operation	MX	MO	MX	MX	MO		MO		MO	MX	MO	MX		MO	MO	MX	MO	MX	MTX	MO	TO	MX	MO			
Previous Working																										1K01
London Liverpool St d	---	23p34	---	---	23p49	---	00:02	---	00:05	00:15	00:15	00:18	---	00:19	---	---	00:34	00:46	00:50	00:50	00:50	00:55	00:55	05:23	05:24	05:35
Stratford d	23p31	23p41	23p41	23p51	23p56	00:01	00:09	00:10	00:12	00:22	00:22	00:25	00:26	00:26	00:41	00:41	00:41	00:53	00:57	00:57	00:58	01:02	01:02	05:30	05:31	05:42
Maryland d	23p33	23p43	23p43	23p53	23p58	00:03	---	00:12	00:14	---	---	---	00:28	00:28	00:43	00:43	00:43	---	---	---	---	01:04	01:04	---	05:33	---
Forest Gate d	23p35	23p45	23p45	23p55	00:01	00:05	---	00:14	00:16	---	---	---	00:30	00:30	00:45	00:45	00:45	---	---	---	---	01:06	01:06	---	05:35	---
Manor Park d	23p38	23p48	23p48	23p58	00:03	00:08	---	00:16	00:19	---	---	---	00:33	00:33	00:48	00:47	00:48	---	---	---	---	01:09	01:09	---	05:38	---
Ilford a	23p40	23p50	23p50	00:01	00:05	00:10	---	00:19	00:21	---	---	---	00:35	00:35	00:50	00:50	00:50	---	---	---	---	01:11	01:11	---	05:40	---
d	23p40	23p50	23p50	00:01	00:05	00:10	---	00:19	00:21	---	---	---	00:35	00:35	00:50	00:50	00:50	---	---	---	---	01:12	01:12	---	05:40	---
Seven Kings d	23p43	23p53	23p53	00:03	00:08	00:13	---	00:22	00:24	---	---	---	00:38	00:38	00:53	00:52	00:53	---	---	---	---	01:14	01:14	---	05:43	---
Goodmayes d	23p45	23p55	23p55	00:05	00:10	00:15	---	00:24	00:26	---	---	---	00:40	00:40	00:55	00:54	00:55	---	---	---	---	01:16	01:16	---	05:45	---
Chadwell Heath d	23p47	23p57	23p57	00:07	00:12	00:17	---	00:26	00:28	---	---	---	00:42	00:42	00:57	00:56	00:57	---	---	---	---	01:18	01:18	---	05:47	---
Romford a	23p51	00:01	00:01	00:11	00:16	00:21	---	00:29	00:32	00:33	00:35	---	00:46	00:46	01:01	01:00	01:01	---	01:08	01:08	01:08	01:22	01:22	05:38	05:51	---
d	23p51	00:01	00:01	00:11	00:16	00:21	---	00:30	00:32	00:33	00:35	---	00:46	00:46	01:01	01:00	01:01	---	01:08	01:08	01:08	01:22	01:22	05:38	05:51	---
Gidea Park a	23p54	00:04	00:04	00:14	00:19	00:24	---	00:32	00:35	---	---	---	00:49	00:49	01:04	01:02	01:04	---	---	---	---	01:25	01:25	---	05:54	---
d	23p54	00:04	00:04	00:14	00:19	00:24	---	00:32	00:35	---	---	---	00:49	00:49	01:04	01:02	01:04	---	---	---	---	01:25	01:25	---	05:54	---
Harold Wood d	23p57	00:07	00:07	00:17	00:22	00:27	---	00:35	00:38	---	---	---	00:52	00:52	01:07	01:05	01:07	---	---	---	---	01:28	01:28	---	05:57	---
Brentwood d	00:01	00:11	00:11	00:21	00:26	00:31	---	00:39	00:42	---	---	---	00:56	00:56	01:11	01:09	01:11	---	---	---	---	01:32	01:32	---	06:01	---
Shenfield a	00:07	00:17	00:17	00:27	00:32	00:37	00:32	00:45	00:48	00:45	00:48	00:48	01:02	01:02	01:17	01:15	01:17	01:15	01:20	01:20	01:20	01:38	01:38	05:47	06:07	05:57
Next Working																										

Table 243 London - Ilford - Romford - Shenfield

Mondays to Fridays

TOC	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ		
Headcode	2W04	2W06	1K04	1N02	9W08	9W10	1F00	9W12	9W14	9W16	1A02	1K08	9W18	9W20	1F04	9W22	1K10	9W24	9W26	1Y06	9W28	9W30	1K12	1N06	9W32	9W34
Reservations/Catering				◇																						
Timing Load/Traction	345	345	720	720	345	345	720	345	345	345	720	720	345	345	720	345	720	345	345	720	345	345	720	720	345	345
Footnotes				P			S				W	R			T		R			Q			R	P		
Previous Working			1K01	1K01																						
London Liverpool St d	05:39	05:54	06:00	06:02	---	---	06:17	---	---	---	06:30	06:35	---	---	06:46	---	06:50	---	---	07:04	---	---	07:13	07:16	---	---
Stratford d	05:46	06:01	06:07	06:09	06:11	06:19	06:24	06:26	06:32	06:37	06:37	06:42	06:42	06:49	06:53	06:55	06:57	07:01	07:07	07:11	07:13	07:19	07:20	07:24	07:25	07:31
Maryland d	05:48	06:03	---	---	06:13	06:21	---	06:28	06:34	06:39	---	---	06:45	06:51	---	06:57	---	07:03	07:09	---	07:15	07:21	---	---	07:27	07:33
Forest Gate d	05:50	06:05	---	---	06:15	06:23	---	06:30	06:36	06:41	---	---	06:47	06:53	---	06:59	---	07:05	07:11	---	07:17	07:23	---	---	07:29	07:35
Manor Park d	05:53	06:08	---	---	06:18	06:26	---	06:33	06:39	06:44	---	---	06:49	06:56	---	07:02	---	07:08	07:14	---	07:20	07:26	---	---	07:32	07:38
Ilford a	05:55	06:10	---	---	06:20	06:28	---	06:35	06:41	06:46	---	---	06:52	06:58	---	07:04	---	07:10	07:16	---	07:22	07:28	---	---	07:34	07:40
d	05:55	06:10	---	---	06:20	06:28	---	06:35	06:41	06:46	---	---	06:52	06:58	---	07:04	---	07:10	07:16	---	07:22	07:28	---	---	07:34	07:40
Seven Kings d	05:58	06:13	---	---	06:23	06:31	---	06:38	06:44	06:49	---	---	06:55	07:01	---	07:07	---	07:13	07:19	---	07:25	07:31	---	---	07:37	07:43
Goodmayes d	06:00	06:15	---	---	06:25	06:33	---	06:40	06:46	06:51	---	---	06:57	07:03	---	07:09	---	07:15	07:21	---	07:27	07:33	---	---	07:39	07:45
Chadwell Heath d	06:02	06:17	---	---	06:27	06:35	---	06:42	06:48	06:53	---	---	06:59	07:05	---	07:11	---	07:17	07:23	---	07:29	07:35	---	---	07:41	07:47
Romford a	06:06	06:21	---	---	06:31	06:39	---	06:46	06:52	06:57	---	---	07:02	0												





**Table 243 London - Ilford - Romford - Shenfield**

**Mondays to Fridays**

	TOC	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA
Headcode	9W36	9W38	2K42	1N22	9W40	9W42	1K44	9W46	2F48	9W48	1F24	9W50	1K46	9W52	1Y18	9W56	9W58	2K48	1N24	9W60	9W62	1K50	9W66	2F54	9W68	1F26
Reservations/Catering			◇	◇			◇					◇	◇				◇	◇		◇	◇					
Timing Load/Traction	345	345	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345	
Footnotes			R	P			R		U		S		R		Q		R	P		R	U		U		S	
Previous Working																								1F41		
<b>London Liverpool St</b> d	---	---	12:13	12:18	---	---	12:33	---	12:36	---	12:48	---	12:50	---	13:02	---	---	13:13	13:18	---	---	13:33	---	13:36	---	13:48
Stratford d	12:11	12:19	12:20	12:25	12:26	12:34	12:40	12:41	12:43	12:49	12:55	12:56	12:58	13:04	13:09	13:11	13:19	13:20	13:25	13:26	13:34	13:40	13:41	13:43	13:49	13:55
Maryland d	12:13	12:21	---	---	12:28	12:36	---	12:43	---	12:51	---	12:58	---	13:06	---	13:13	13:21	---	---	13:28	13:36	---	13:43	---	13:51	---
Forest Gate d	12:15	12:23	---	---	12:30	12:38	---	12:45	---	12:53	---	13:00	---	13:08	---	13:15	13:23	---	---	13:30	13:38	---	13:45	---	13:53	---
Manor Park d	12:18	12:26	---	---	12:33	12:41	---	12:48	---	12:56	---	13:03	---	13:11	---	13:18	13:26	---	---	13:33	13:41	---	13:48	---	13:56	---
<b>Ilford a</b>	12:20	12:28	---	---	12:35	12:43	---	12:50	---	12:58	---	13:05	---	13:13	---	13:20	13:28	---	---	13:35	13:43	---	13:50	---	13:58	---
d	12:21	12:28	---	---	12:35	12:43	---	12:50	---	12:58	---	13:05	---	13:13	---	13:20	13:28	---	---	13:35	13:43	---	13:50	---	13:58	---
Seven Kings d	12:24	12:31	---	---	12:38	12:46	---	12:53	---	13:01	---	13:08	---	13:16	---	13:23	13:31	---	---	13:38	13:46	---	13:53	---	14:01	---
Goodmayes d	12:26	12:33	---	---	12:40	12:48	---	12:55	---	13:03	---	13:10	---	13:18	---	13:25	13:33	---	---	13:40	13:48	---	13:55	---	14:03	---
Chadwell Heath d	12:28	12:35	---	---	12:42	12:50	---	12:57	---	13:05	---	13:12	---	13:20	---	13:27	13:35	---	---	13:42	13:50	---	13:57	---	14:05	---
<b>Romford a</b>	12:31	12:39	12:28	---	12:46	12:54	---	13:01	12:51	13:09	---	13:16	---	13:24	---	13:31	13:39	13:28	---	13:46	13:54	---	14:01	13:51	14:09	---
d	12:32	12:39	12:28	---	12:46	12:54	---	13:01	12:51	13:09	---	13:16	---	13:24	---	13:31	13:39	13:28	---	13:46	13:54	---	14:01	13:51	14:09	---
<b>Gidea Park a</b>	12:34	12:42	---	---	12:49	12:57	---	13:04	---	13:12	---	13:19	---	13:27	---	13:34	13:42	---	---	13:49	13:57	---	14:04	---	14:12	---
d	12:34	12:42	---	---	12:49	12:57	---	13:04	---	13:12	---	13:19	---	13:27	---	13:34	13:42	---	---	13:49	13:57	---	14:04	---	14:12	---
Harold Wood d	12:37	12:45	---	---	12:52	13:00	---	13:07	---	13:15	---	13:22	---	13:30	---	13:37	13:45	---	---	13:52	14:00	---	14:07	---	14:15	---
Brentwood d	12:41	12:49	---	---	12:56	13:04	---	13:11	---	13:19	---	13:26	---	13:34	---	13:41	13:49	---	---	13:56	14:04	---	14:11	---	14:19	---
<b>Shenfield a</b>	12:47	12:55	12:39	12:41	13:02	13:10	12:55	13:17	13:00	13:25	13:12	13:32	13:14	13:40	13:24	13:47	13:55	13:39	13:41	14:02	14:10	13:55	14:17	14:00	14:25	14:11
Next Working																										

**Table 243 London - Ilford - Romford - Shenfield**

**Mondays to Fridays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA
Headcode	9W70	1K52	9W72	1Y20	9W76	9W78	2K54	1N26	9W80	9W82	1K56	9W86	2F60	9W88	1F28	9W90	1K58	9W92	1Y22	9W96	9W98	2K60	1N28	9W02	9W04	1K62
Reservations/Catering		◇						◇					U		S		R		Q			◇				
Timing Load/Traction	345	720	345	720	345	345	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720
Footnotes		R		Q			R	P			R		U		S		R		Q			R	P			R
Previous Working																										
<b>London Liverpool St</b> d	---	13:50	---	14:02	---	---	14:13	14:18	---	---	14:33	---	14:36	---	14:48	---	14:50	---	15:02	---	---	15:13	15:18	---	---	15:33
Stratford d	13:56	13:58	14:04	14:09	14:11	14:19	14:20	14:25	14:26	14:34	14:40	14:41	14:43	14:49	14:55	14:56	14:58	15:04	15:09	15:11	15:19	15:20	15:25	15:26	15:34	15:40
Maryland d	13:58	---	14:06	---	14:13	14:21	---	---	14:28	14:36	---	14:43	---	14:51	---	14:58	---	15:06	---	15:13	15:21	---	---	15:28	15:36	---
Forest Gate d	14:00	---	14:08	---	14:15	14:23	---	---	14:30	14:38	---	14:45	---	14:53	---	15:00	---	15:08	---	15:15	15:23	---	---	15:30	15:38	---
Manor Park d	14:03	---	14:11	---	14:18	14:26	---	---	14:33	14:41	---	14:48	---	14:56	---	15:03	---	15:11	---	15:18	15:26	---	---	15:33	15:41	---
<b>Ilford a</b>	14:05	---	14:13	---	14:20	14:28	---	---	14:35	14:43	---	14:50	---	14:58	---	15:05	---	15:13	---	15:20	15:28	---	---	15:35	15:43	---
d	14:05	---	14:13	---	14:20	14:28	---	---	14:35	14:43	---	14:51	---	14:58	---	15:05	---	15:13	---	15:21	15:28	---	---	15:35	15:43	---
Seven Kings d	14:08	---	14:16	---	14:23	14:31	---	---	14:38	14:46	---	14:54	---	15:01	---	15:08	---	15:16	---	15:24	15:31	---	---	15:38	15:46	---
Goodmayes d	14:10	---	14:18	---	14:25	14:33	---	---	14:40	14:48	---	14:56	---	15:03	---	15:10	---	15:18	---	15:26	15:33	---	---	15:40	15:48	---
Chadwell Heath d	14:12	---	14:20	---	14:27	14:35	---	---	14:42	14:50	---	14:58	---	15:05	---	15:12	---	15:20	---	15:28	15:35	---	---	15:42	15:50	---
<b>Romford a</b>	14:16	---	14:24	---	14:31	14:39	14:28	---	14:46	14:54	---	15:01	14:51	15:09	---	15:16	---	15:24	---	15:31	15:39	15:28	---	15:46	15:54	---
d	14:16	---	14:24	---	14:31	14:39	14:28	---	14:46	14:54	---	15:02	14:51	15:09	---	15:16	---	15:24	---	15:32	15:39	15:28	---	15:46	15:54	---
<b>Gidea Park a</b>	14:19	---	14:27	---	14:34	14:42	---	---	14:49	14:57	---	15:04	---	15:12	---	15:19	---	15:27	---	15:34	15:42	---	---	15:49	15:57	---
d	14:19	---	14:27	---	14:34	14:42	---	---	14:49	14:57	---	15:04	---	15:12	---	15:19	---	15:27	---	15:34	15:42	---	---	15:49	15:57	---
Harold Wood d	14:22	---	14:30	---	14:37	14:45	---	---	14:52	15:00	---	15:07	---	15:15	---	15:22	---	15:30	---	15:37	15:45	---	---	15:52	16:00	---
Brentwood d	14:26	---	14:34	---	14:41	14:49	---	---	14:56	15:04	---	15:11	---	15:19	---	15:26	---	15:34	---	15:41	15:49	---	---	15:56	16:04	---
<b>Shenfield a</b>	14:32	14:14	14:40	14:24	14:47	14:55	14:39	14:41	15:02	15:10	14:55	15:17	15:00	15:25	15:11	15:32	15:14	15:41	15:24	15:48	15:55	15:39	15:41	16:02	16:11	15:55
Next Working																										

**Table 243 London - Ilford - Romford - Shenfield**

**Mondays to Fridays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	GrA	ELZ	ELZ	ELZ	GrA	
Headcode	9W08	2F68	9W10	1F30	9W12	1K64	9W14	1Y24	9W18	1K66	2C20	9W22	1N38	9W24	9W28	1K68	9W30	9W32	1F34	1K70	2C34	1N40	9W36	9W38	9W42	1K72
Reservations/Catering								◇					◇									◇				
Timing Load/Traction	345	720	345	720	345	720	345	720	345	720	345	345	720	345	345	720	345	345	720	720	345	720	345	345	345	720
Footnotes		U		S		R		Q		R			P			R			S	R		P				R
Previous Working																								2C31	2F51	2K79
<b>London Liverpool St</b> d	---	15:36																								





**Table 243 London - Ilford - Romford - Shenfield**

**Mondays to Fridays**

TOC	ELZ	ELZ	GrA	ELZ	ELZ	GrA	GrA	ELZ	ELZ	ELZ	GrA	GrA
Headcode	9W84	9W86	1Y46	9W90	9W92	1K22	1N66	9W96	9W98	9W02	1K24	1F68
Reservations/Catering	345	345	720	345	345	720	720	345	345	345	720	720
Timing Load/Traction	Q	Q	R	Q	Q	R	P	R	R	R	R	O
Footnotes												
<b>London Liverpool St d</b>	--	--	23:02	--	--	23:15	23:18	--	--	--	23:45	23:48
Stratford d	22:56	23:04	23:09	23:11	23:21	23:22	23:25	23:31	23:41	23:51	23:52	23:55
Maryland d	22:58	23:06	--	23:13	23:23	--	--	23:33	23:43	23:53	--	--
Forest Gate d	23:00	23:08	--	23:15	23:25	--	--	23:35	23:45	23:55	--	--
Manor Park d	23:03	23:12	--	23:18	23:28	--	--	23:38	23:48	23:58	--	--
<b>Ilford a</b>	23:05	23:14	--	23:20	23:30	--	--	23:40	23:50	00:01	--	--
d	23:05	23:14	--	23:20	23:30	--	--	23:40	23:50	00:01	--	--
Seven Kings d	23:08	23:17	--	23:23	23:33	--	--	23:43	23:53	00:03	--	--
Goodmayes d	23:10	23:19	--	23:25	23:35	--	--	23:45	23:55	00:05	--	--
Chadwell Heath d	23:12	23:21	--	23:27	23:37	--	--	23:47	23:57	00:07	--	--
<b>Romford a</b>	23:16	23:25	--	23:31	23:41	--	--	23:51	00:01	00:11	--	--
d	23:16	23:25	--	23:31	23:41	--	--	23:51	00:01	00:11	--	--
<b>Gidea Park a</b>	23:19	23:28	--	23:34	23:44	--	--	23:54	00:04	00:14	--	--
d	23:19	23:28	--	23:34	23:44	--	--	23:54	00:04	00:14	--	--
Harold Wood d	23:22	23:31	--	23:38	23:47	--	--	23:57	00:07	00:17	--	--
Brentwood d	23:26	23:35	--	23:43	23:51	--	--	00:01	00:11	00:21	--	--
<b>Shenfield a</b>	23:32	23:41	23:24	23:48	23:57	23:37	23:40	00:07	00:17	00:27	00:07	00:10

**Table 243 London - Ilford - Romford - Shenfield**

**Saturdays**

TOC	ELZ	ELZ	ELZ	ELZ	ELZ	ELZ	ELZ	GrA	GrA	ELZ	ELZ	ELZ	GrA	GrA	ELZ	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ		
Headcode	9W96	9W98	9W02	9W04	9W54	9W06	9W56	2K26	1F70	9W08	9W58	9W14	2F18	2K28	2W16	2W02	2Y02	1K02	2W04	2W06	1Y04	9W10	2K06	9W12	1N02	9W14
Reservations/Catering	345	345	345	345	345	345	345	720	720	345	345	345	720	720	345	345	720	720	345	345	720	345	720	345	720	345
Timing Load/Traction	Q	Q	Q	Q	Q	Q	Q	R	O	R	R	R	O	R	R	Q	R	R	Q	R	Q	R	R	R	P	P
Footnotes																										
Previous Working																										2K05
<b>London Liverpool St d</b>	--	--	--	--	--	--	--	00:15	00:18	--	--	--	00:46	00:50	00:55	05:24	05:34	05:37	05:39	05:54	06:02	--	06:05	--	06:18	--
Stratford d	23p31	23p41	23p51	00:01	00:01	00:10	00:11	00:22	00:25	00:26	00:28	00:41	00:53	00:57	01:02	05:31	05:41	05:44	05:46	06:01	06:09	06:11	06:12	06:19	06:25	06:26
Maryland d	23p33	23p43	23p53	00:03	00:03	00:12	00:13	--	--	00:28	00:30	00:43	--	--	01:04	05:33	--	--	05:48	06:03	--	06:13	--	06:21	--	06:28
Forest Gate d	23p35	23p45	23p55	00:05	00:05	00:14	00:15	--	--	00:30	00:32	00:45	--	--	01:06	05:35	--	--	05:50	06:05	--	06:15	--	06:23	--	06:30
Manor Park d	23p38	23p48	23p58	00:08	00:08	00:16	00:17	--	--	00:33	00:35	00:47	--	--	01:09	05:38	--	--	05:53	06:08	--	06:18	--	06:26	--	06:33
<b>Ilford a</b>	23p40	23p50	00:01	00:10	00:10	00:19	00:20	--	--	00:35	00:37	00:50	--	--	01:11	05:40	--	--	05:55	06:10	--	06:20	--	06:28	--	06:35
d	23p40	23p50	00:01	00:10	00:10	00:19	00:20	--	--	00:35	00:37	00:50	--	--	01:12	05:40	--	--	05:55	06:10	--	06:20	--	06:28	--	06:35
Seven Kings d	23p43	23p53	00:03	00:13	00:13	00:22	00:23	--	--	00:38	00:40	00:52	--	--	01:14	05:43	--	--	05:58	06:13	--	06:23	--	06:31	--	06:38
Goodmayes d	23p45	23p55	00:05	00:15	00:15	00:24	00:25	--	--	00:40	00:42	00:54	--	--	01:16	05:45	--	--	06:00	06:15	--	06:25	--	06:33	--	06:40
Chadwell Heath d	23p47	23p57	00:07	00:17	00:17	00:26	00:27	--	--	00:42	00:44	00:56	--	--	01:18	05:47	--	--	06:02	06:17	--	06:27	--	06:35	--	06:42
<b>Romford a</b>	23p51	00:01	00:11	00:21	00:21	00:29	00:30	00:33	--	00:46	00:47	01:00	--	01:08	01:22	05:51	05:49	--	06:06	06:21	--	06:31	06:20	06:39	--	06:46
d	23p51	00:01	00:11	00:21	00:21	00:30	00:31	00:33	--	00:46	00:48	01:00	--	01:08	01:22	05:51	05:49	--	06:06	06:21	--	06:31	06:20	06:39	--	06:46
<b>Gidea Park a</b>	23p54	00:04	00:14	00:24	00:24	00:32	00:33	--	--	00:49	00:50	01:02	--	--	01:25	05:54	--	--	06:09	06:24	--	06:34	--	06:42	--	06:49
d	23p54	00:04	00:14	00:24	00:24	00:32	00:33	--	--	00:49	00:50	01:02	--	--	01:25	05:54	--	--	06:09	06:24	--	06:34	--	06:42	--	06:49
Harold Wood d	23p57	00:07	00:17	00:27	00:27	00:35	00:36	--	--	00:52	00:53	01:05	--	--	01:28	05:57	--	--	06:12	06:27	--	06:37	--	06:45	--	06:52
Brentwood d	00:01	00:11	00:21	00:31	00:31	00:39	00:40	--	--	00:56	00:57	01:09	--	--	01:32	06:01	--	--	06:16	06:31	--	06:41	--	06:49	--	06:56
<b>Shenfield a</b>	00:07	00:17	00:27	00:37	00:37	00:45	00:46	00:45	00:48	01:02	01:03	01:15	01:15	01:20	01:38	06:08	05:58	06:00	06:23	06:38	06:24	06:47	06:29	06:55	06:40	07:02
Next Working																										

**Table 243 London - Ilford - Romford - Shenfield**

**Saturdays**

TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	
Headcode	9W16	1K08	9W18	2A06	9W20	1F06	9W22	9W24	1Y06	9W26	2K12	9W28	1N06	9W30	9W32	1K14	9W34	2F16	9W36	1F10	9W38	1K16	9W40	1Y08	9W42	9W44
Reservations/Catering	345	720	345	720	345	720	345	345	720	345	720	345	720	345	345	720	345	720	345	720	345	720	345	720	345	345
Timing Load/Traction	R		N	S	Q	R	P																			
Footnotes																										
Previous Working																										
<b>London Liverpool St d</b>	--	06:33	--	06:36	--	06:48	--	--	07:02	--	07:05	--	07:18	--	--	07:33	--	07:36	--	07:48	--	07:50	--	08:02	--	--
Stratford d	06:34	06:40	06:41	06:43	06:49	06:55	06:56	07:04	07:09	07:11	07:12	07:19	07:25	07:26	07:34	07:40	07:41	07:43	07:49	07:55	07:56	07:58	08:04	08:09	08:11	08:19
Maryland d	06:36	--	06:43	--	06:51	--	06:58	07:06	--	07:13	--	07:21	--	07:28	07:36	--	07:43	--	07:51	--	07:58	--	08:06	--	08:13	08:21
Forest Gate d	06:38	--	06:45	--	06:53	--	07:00	07:08	--	07:15	--	07:23	--	07:30	07:38	--	07:45	--	07:53	--	08:00	--	08:08	--	08:15	08:23
Manor Park d	06:41	--	06:48	--	06:56	--	07:03	07:11	--	07:18	--	07:26	--	07:33	07:41	--	07:48	--	07:56	--	08:03	--	08:11	--	08:18	08:26
<b>Ilford a</b>	06:43	--	06:50	--	06:58	--	07:05	07:13	--	07:20	--	07:28	--	07:35	07:43	--	07:50	--	07:58	--	08:05	--	08:13	--	08:20	08:28
d	06:43	--	06:50	--	06:58	--	07:05	07:13	--	07:20	--	07:28	--	07:35	07:43	--	07:50	--	07:58	--	08:05	--	08:13	--	08:20	08:28
Seven Kings d	06:46	--	06:53	--	07:01	--	07:08	07:16	--	07:23	--	07:31	--	07:38	07:46	--	07:53	--	08:01	--	08:08	--	08:16	--	08:23	08:31
Goodmayes d	06:48	--	06:55	--	07:03	--	07:10	07:18	--	07:25	--	07:33	--	07:40	07:48	--	07:55	--	08:03	--	08:1					

**Table 243 London - Ilford - Romford - Shenfield**

**Saturdays**

	TOC	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	
Headcode	2K18	1N12	9W46	9W48	1K20	9W50	2F24	9W52	1F16	9W54	1K22	9W56	1Y10	9W60	9W62	2K24	1N16	9W64	9W66	1K26	9W70	2F30	9W72	1F18	9W74	1K28		
Reservations/Catering		◇														◇	◇			◇					◇	◇		
Timing Load/Traction	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345	720	345	720		
Footnotes	R	P			R		U		S		R		Q		R	P			R		U		S		R			
Previous Working	1N07																											
London Liverpool St d	08:13	08:18	---	---	08:33	---	08:36	---	08:48	---	08:50	---	09:02	---	---	09:13	09:18	---	---	09:33	---	09:36	---	09:48	---	09:50		
Stratford d	08:20	08:25	08:26	08:34	08:40	08:41	08:43	08:49	08:55	08:56	08:58	09:04	09:09	09:11	09:19	09:20	09:25	09:26	09:34	09:40	09:41	09:43	09:49	09:55	09:56	09:58		
Maryland d	---	---	08:28	08:36	---	08:43	---	08:51	---	08:58	---	09:06	---	09:13	09:21	---	---	09:28	09:36	---	09:43	---	09:51	---	09:58	---		
Forest Gate d	---	---	08:30	08:38	---	08:45	---	08:53	---	09:00	---	09:08	---	09:15	09:23	---	---	09:30	09:38	---	09:45	---	09:53	---	10:00	---		
Manor Park d	---	---	08:33	08:41	---	08:48	---	08:56	---	09:03	---	09:11	---	09:18	09:26	---	---	09:33	09:41	---	09:48	---	09:56	---	10:03	---		
Ilford a	---	---	08:35	08:43	---	08:50	---	08:58	---	09:05	---	09:13	---	09:20	09:28	---	---	09:35	09:43	---	09:50	---	09:58	---	10:05	---		
d	---	---	08:35	08:43	---	08:50	---	08:58	---	09:05	---	09:13	---	09:20	09:28	---	---	09:35	09:43	---	09:50	---	09:58	---	10:05	---		
Seven Kings d	---	---	08:38	08:46	---	08:53	---	09:01	---	09:08	---	09:16	---	09:23	09:31	---	---	09:38	09:46	---	09:53	---	10:01	---	10:08	---		
Goodmayes d	---	---	08:40	08:48	---	08:55	---	09:03	---	09:10	---	09:18	---	09:25	09:33	---	---	09:40	09:48	---	09:55	---	10:03	---	10:10	---		
Chadwell Heath d	---	---	08:42	08:50	---	08:57	---	09:05	---	09:12	---	09:20	---	09:27	09:35	---	---	09:42	09:50	---	09:57	---	10:05	---	10:12	---		
Romford a	08:28	---	08:46	08:54	---	09:01	08:51	09:09	---	09:16	---	09:24	---	09:31	09:39	09:28	---	09:46	09:54	---	10:01	09:51	10:09	---	10:16	---		
d	08:28	---	08:46	08:54	---	09:01	08:51	09:09	---	09:16	---	09:24	---	09:31	09:39	09:28	---	09:46	09:54	---	10:01	09:51	10:09	---	10:16	---		
Gidea Park a	---	---	08:49	08:57	---	09:04	---	09:12	---	09:19	---	09:27	---	09:34	09:42	---	---	09:49	09:57	---	10:04	---	10:12	---	10:19	---		
d	---	---	08:49	08:57	---	09:04	---	09:12	---	09:19	---	09:27	---	09:34	09:42	---	---	09:49	09:57	---	10:04	---	10:12	---	10:19	---		
Harold Wood d	---	---	08:52	09:00	---	09:07	---	09:15	---	09:22	---	09:30	---	09:37	09:45	---	---	09:52	10:00	---	10:07	---	10:15	---	10:22	---		
Brentwood d	---	---	08:56	09:04	---	09:11	---	09:19	---	09:26	---	09:34	---	09:41	09:49	---	---	09:56	10:04	---	10:11	---	10:19	---	10:26	---		
Shenfield a	08:39	08:41	09:02	09:10	08:55	09:17	09:00	09:25	09:11	09:32	09:14	09:40	09:24	09:47	09:55	09:39	09:41	10:02	10:10	09:55	10:17	10:00	10:25	10:11	10:32	10:14		
Next Working																												

**Table 243 London - Ilford - Romford - Shenfield**

**Saturdays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ
Headcode	9W76	1Y12	9W80	9W82	2K30	1N18	9W84	9W86	1K32	9W90	2F36	9W92	1F20	9W94	1K34	9W96	1Y14	9W02	9W04	2K36	1N20	9W06	9W08	1K38	9W12	2F42		
Reservations/Catering					◇	◇			◇						◇					◇	◇			◇		◇		
Timing Load/Traction	345	720	345	345	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720		
Footnotes		Q			R	P			R		U		S		R	Q			R	P			R		U			
Previous Working																									1F37			
London Liverpool St d	---	10:02	---	---	10:13	10:18	---	---	10:33	---	10:36	---	10:48	---	10:50	---	11:02	---	---	11:13	11:18	---	---	11:33	---	11:36		
Stratford d	10:04	10:09	10:11	10:19	10:20	10:25	10:26	10:34	10:40	10:41	10:43	10:49	10:55	10:56	10:58	11:04	11:09	11:11	11:19	11:20	11:25	11:26	11:34	11:40	11:41	11:43		
Maryland d	10:06	---	10:13	10:21	---	---	10:28	10:36	---	10:43	---	10:51	---	10:58	---	11:06	---	11:13	11:21	---	---	11:28	11:36	---	11:43	---		
Forest Gate d	10:08	---	10:15	10:23	---	---	10:30	10:38	---	10:45	---	10:53	---	11:00	---	11:08	---	11:15	11:23	---	---	11:30	11:38	---	11:45	---		
Manor Park d	10:11	---	10:18	10:26	---	---	10:33	10:41	---	10:48	---	10:56	---	11:03	---	11:11	---	11:18	11:26	---	---	11:33	11:41	---	11:48	---		
Ilford a	10:13	---	10:20	10:28	---	---	10:35	10:43	---	10:50	---	10:58	---	11:05	---	11:13	---	11:20	11:28	---	---	11:35	11:43	---	11:50	---		
d	10:13	---	10:20	10:28	---	---	10:35	10:43	---	10:50	---	10:58	---	11:05	---	11:13	---	11:20	11:28	---	---	11:35	11:43	---	11:50	---		
Seven Kings d	10:16	---	10:23	10:31	---	---	10:38	10:46	---	10:53	---	11:01	---	11:08	---	11:16	---	11:23	11:31	---	---	11:38	11:46	---	11:53	---		
Goodmayes d	10:18	---	10:25	10:33	---	---	10:40	10:48	---	10:55	---	11:03	---	11:10	---	11:18	---	11:25	11:33	---	---	11:40	11:48	---	11:55	---		
Chadwell Heath d	10:20	---	10:27	10:35	---	---	10:42	10:50	---	10:57	---	11:05	---	11:12	---	11:20	---	11:27	11:35	---	---	11:42	11:50	---	11:57	---		
Romford a	10:24	---	10:31	10:39	10:28	---	10:46	10:54	---	11:01	10:51	11:09	---	11:16	---	11:24	---	11:31	11:39	11:28	---	11:46	11:54	---	12:01	11:51		
d	10:24	---	10:31	10:39	10:28	---	10:46	10:54	---	11:01	10:51	11:09	---	11:16	---	11:24	---	11:31	11:39	11:28	---	11:46	11:54	---	12:01	11:51		
Gidea Park a	10:27	---	10:34	10:42	---	---	10:49	10:57	---	11:04	---	11:12	---	11:19	---	11:27	---	11:34	11:42	---	---	11:49	11:57	---	12:04	---		
d	10:27	---	10:34	10:42	---	---	10:49	10:57	---	11:04	---	11:12	---	11:19	---	11:27	---	11:34	11:42	---	---	11:49	11:57	---	12:04	---		
Harold Wood d	10:30	---	10:37	10:45	---	---	10:52	11:00	---	11:07	---	11:15	---	11:22	---	11:30	---	11:37	11:45	---	---	11:52	12:00	---	12:07	---		
Brentwood d	10:34	---	10:41	10:49	---	---	10:56	11:04	---	11:11	---	11:19	---	11:26	---	11:34	---	11:41	11:49	---	---	11:56	12:04	---	12:11	---		
Shenfield a	10:40	10:24	10:47	10:55	10:39	10:41	11:02	11:10	10:55	11:17	11:00	11:25	11:11	11:32	11:14	11:40	11:24	11:47	11:55	11:39	11:41	12:02	12:10	11:55	12:17	12:00		
Next Working																												

**Table 243 London - Ilford - Romford - Shenfield**

**Saturdays**

	TOC	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ	GrA	ELZ
Headcode	9W14	1F22	9W16	1K40	9W18	1Y16	9W22	9W24	2K42	1N22	9W26	9W28	1K44	9W32	2F48	9W34	1F24	9W36	1K46	9W38	1Y18	9W42	9W44	2K48	1N24	9W46		
Reservations/Catering				◇					◇	◇			◇						◇				◇		◇			
Timing Load/Traction	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345		
Footnotes		S		R		Q			R	P			R		U		S		R		Q		R		P			
London Liverpool St d	---	11:48	---	11:50	---	12:02	---	---	12:13	12:18	---	---	12:33	---	12:36	---	12:48											



Table 243 London - Ilford - Romford - Shenfield

Saturdays

TOC	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ
Headcode	2F88	9W56	1F50	9W58	1K98	9W60	1A86	9W64	9W66	2K00	1N56	9W68	9W70	1K02	9W74	2F94	9W76	1F56	9W78	1K04	9W80	1Y40	9W84	9W86	2K06	1N58
Reservations/Catering	◇		◇						◇	◇				◇					◇	◇				◇	◇	
Timing Load/Traction	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720
Footnotes	U		S		R		N			R	P			R		U	S		R		Q			R	P	
Previous Working	1Y51											1Y51														
<b>London Liverpool St</b> d	18:36		18:46		18:50		19:04			19:13	19:18			19:33		19:36		19:48		19:50		20:02			20:13	20:18
Stratford d	18:43	18:49	18:53	18:56	18:58	19:04	19:11	19:11	19:19	19:20	19:25	19:26	19:34	19:40	19:41	19:43	19:49	19:55	19:56	19:58	20:04	20:09	20:11	20:19	20:20	20:25
Maryland d		18:51		18:58		19:06		19:13	19:21			19:28	19:36		19:43		19:51		19:58		20:06		20:13	20:21		
Forest Gate d		18:53		19:00		19:08		19:15	19:23			19:30	19:38		19:45		19:53		20:00		20:08		20:15	20:23		
Manor Park d		18:56		19:03		19:11		19:18	19:26			19:33	19:41		19:48		19:56		20:03		20:11		20:18	20:26		
<b>Ilford</b> a		18:58		19:05		19:13		19:20	19:28			19:35	19:43		19:50		19:58		20:05		20:13		20:20	20:28		
d		18:58		19:05		19:13		19:20	19:28			19:35	19:43		19:50		19:58		20:05		20:13		20:20	20:28		
Seven Kings d		19:01		19:08		19:16		19:23	19:31			19:38	19:46		19:53		20:01		20:08		20:16		20:23	20:31		
Goodmayes d		19:03		19:10		19:18		19:25	19:33			19:40	19:48		19:55		20:03		20:10		20:18		20:25	20:33		
Chadwell Heath d		19:05		19:12		19:20		19:27	19:35			19:42	19:50		19:57		20:05		20:12		20:20		20:27	20:35		
<b>Romford</b> a	18:51	19:09		19:16		19:24		19:31	19:39	19:28		19:46	19:54		20:01	19:51	20:09		20:16		20:24		20:31	20:39	20:28	
d	18:51	19:09		19:16		19:24		19:31	19:39	19:28		19:46	19:54		20:01	19:51	20:09		20:16		20:24		20:31	20:39	20:28	
<b>Gidea Park</b> a		19:12		19:19		19:27		19:34	19:42			19:49	19:57		20:04		20:12		20:19		20:27		20:34	20:42		
d		19:12		19:19		19:27		19:34	19:42			19:49	19:57		20:04		20:12		20:19		20:27		20:34	20:42		
Harold Wood d		19:15		19:22		19:30		19:37	19:45			19:52	20:00		20:07		20:15		20:22		20:30		20:37	20:45		
Brentwood d		19:19		19:26		19:34		19:41	19:49			19:56	20:04		20:11		20:19		20:26		20:34		20:41	20:49		
<b>Shenfield</b> a	19:00	19:25	19:08	19:32	19:14	19:40	19:26	19:47	19:55	19:39	19:41	20:02	20:10	19:55	20:17	20:00	20:25	20:11	20:32	20:14	20:40	20:24	20:47	20:55	20:39	20:41
Next Working																										

Table 243 London - Ilford - Romford - Shenfield

Saturdays

TOC	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	
Headcode	9W88	9W90	1K08	9W94	2A98	9W96	1F58	9W98	1K10	9W02	1F80	9W06	9W08	2K12	1N60	9W10	9W12	1K14	9W16	1F60	9W18	9W20	1K16	9W22	1F62	9W26
Reservations/Catering	◇		◇					◇	◇					◇	◇			◇		U		◇				
Timing Load/Traction	345	345	720	345	720	345	720	345	720	345	720	345	345	720	720	345	345	720	345	720	345	345	720	345	720	345
Footnotes			R		N	S		R		U		R	P			R		U				R		O		
Previous Working	1N57											2F85						2F85								
<b>London Liverpool St</b> d			20:33		20:36		20:48		20:50		21:02			21:13	21:18			21:33		21:36			21:50		22:02	
Stratford d	20:26	20:34	20:40	20:41	20:43	20:49	20:55	20:56	20:58	21:04	21:09	21:11	21:19	21:20	21:25	21:26	21:34	21:40	21:41	21:43	21:49	21:56	21:58	22:04	22:09	22:11
Maryland d	20:28	20:36		20:43		20:51		20:58		21:06		21:13	21:21			21:28	21:36		21:43		21:51	21:58		22:06		22:13
Forest Gate d	20:30	20:38		20:45		20:53		21:00		21:08		21:15	21:23			21:30	21:38		21:45		21:53	22:00		22:08		22:15
Manor Park d	20:33	20:41		20:48		20:56		21:03		21:11		21:18	21:26			21:33	21:41		21:48		21:56	22:03		22:11		22:18
<b>Ilford</b> a	20:35	20:43		20:50		20:58		21:05		21:13		21:20	21:28			21:35	21:43		21:50		21:58	22:05		22:13		22:20
d	20:35	20:43		20:50		20:58		21:05		21:13		21:20	21:28			21:35	21:43		21:50		21:58	22:05		22:13		22:20
Seven Kings d	20:38	20:46		20:53		21:01		21:08		21:16		21:23	21:31			21:38	21:46		21:53		22:01	22:08		22:16		22:23
Goodmayes d	20:40	20:48		20:55		21:03		21:10		21:18		21:25	21:33			21:40	21:48		21:55		22:03	22:10		22:18		22:25
Chadwell Heath d	20:42	20:50		20:57		21:05		21:12		21:20		21:27	21:35			21:42	21:50		21:57		22:05	22:12		22:20		22:27
<b>Romford</b> a	20:46	20:54		21:01	20:51	21:09		21:16		21:24		21:31	21:39	21:28		21:46	21:54		22:01		22:09	22:16		22:24		22:31
d	20:46	20:54		21:01	20:51	21:09		21:16		21:24		21:31	21:39	21:28		21:46	21:54		22:01		22:09	22:16		22:24		22:31
<b>Gidea Park</b> a	20:49	20:57		21:04		21:12		21:19		21:27		21:34	21:42			21:49	21:57		22:04		22:12	22:19		22:27		22:34
d	20:49	20:57		21:04		21:12		21:19		21:27		21:34	21:42			21:49	21:57		22:04		22:12	22:19		22:27		22:34
Harold Wood d	20:52	21:00		21:07		21:15		21:22		21:30		21:37	21:45			21:52	22:00		22:07		22:15	22:22		22:30		22:37
Brentwood d	20:56	21:04		21:11		21:19		21:26		21:34		21:41	21:49			21:56	22:04		22:11		22:19	22:26		22:34		22:41
<b>Shenfield</b> a	21:02	21:10	20:55	21:17	21:00	21:25	21:11	21:32	21:14	21:40	21:24	21:47	21:55	21:39	21:41	22:02	22:11	21:55	22:17	21:58	22:25	22:32	22:14	22:41	22:24	22:47
Next Working																										

Table 243 London - Ilford - Romford - Shenfield

Saturdays

TOC	GRA	ELZ	GRA	ELZ	ELZ	GRA	ELZ	GRA	ELZ	GRA	ELZ	ELZ	GRA	GRA	ELZ	ELZ	ELZ	GRA	GRA
Headcode	2K18	9W28	1N62	9W32	9W34	1F64	9W38	1K20	9W40	1Y46	9W42	9W46	1K22	1N66	9W48	9W50	9W52	1K24	1F68
Reservations/Catering	◇		◇																
Timing Load/Traction	720	345	720	345	345	720	345	720	345	720	345	345	720	720	345	345	345	720	720
Footnotes	R		P			O		R		Q			R	P				R	O
<b>London Liverpool St</b> d	22:13		22:18			22:36		22:45		23:02			23:15	23:18				23:45	23:48
Stratford d	22:20	22:21	22:25	22:31	22:41	22:43	22:51	22:52	23:01	23:09	23:11	23:21	23:22	23:25	23:31	23:41	23:51	23:52	23:55
Maryland d		22:23		22:33	22:43		22:53		23:03		23:13	23:23			23:33	23:43	23:53		
Forest Gate d		22:25		22:35	22:45		22:55		23:05		23:15	23:25			23:35	23:45	23:55		

Table 243 London - Ilford - Romford - Shenfield

Sundays

TOC	ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		
	Headcode	9W48	9W50	9W52	9W54	9W56	2K26	1F70	9W58	9W64	9W14	2K28	2W66	2W04	2A96	2W06	2W08	2K02	2W10	2W12	2K04	2W14	2Y04	9W18	2K06	9W20	1N04
Timing Load/Traction	345	345	345	345	345	270	720	345	345	345	720	345	345	720	345	345	345	720	345	345	720	345	345	720	345	720	
Footnotes						R	O				R			R			R			Q			R		R		
London Liverpool St d	---	---	---	---	---	---	00:15	2K03	---	---	---	00:50	00:55	06:32	06:45	06:49	07:02	07:15	07:19	07:32	07:45	07:48	08:00	---	08:10	---	08:30
Stratford d	23p31	23p41	23p51	00:01	00:11	00:22	00:25	00:28	00:41	00:41	00:57	01:02	06:39	06:52	06:56	07:09	07:22	07:26	07:39	07:52	07:55	08:07	08:11	08:17	08:26	08:37	
Maryland d	23p33	23p43	23p53	00:03	00:13	---	---	00:30	00:43	00:43	---	01:04	06:41	---	06:58	07:11	---	07:28	07:41	---	07:57	---	08:13	---	08:28	---	
Forest Gate d	23p35	23p45	23p55	00:05	00:15	---	---	00:32	00:45	00:45	---	01:06	06:43	---	07:00	07:13	---	07:30	07:43	---	07:59	---	08:15	---	08:30	---	
Manor Park d	23p38	23p48	23p58	00:08	00:17	---	---	00:35	00:48	00:47	---	01:09	06:46	---	07:03	07:16	---	07:33	07:46	---	08:02	---	08:18	---	08:33	---	
Ilford a	23p40	23p50	00:01	00:10	00:20	---	---	00:37	00:50	00:50	---	01:11	06:48	---	07:05	07:18	---	07:35	07:48	---	08:04	---	08:20	---	08:35	---	
d	23p40	23p50	00:01	00:10	00:20	---	---	00:37	00:50	00:50	---	01:12	06:48	---	07:05	07:18	---	07:35	07:48	---	08:04	---	08:20	---	08:35	---	
Seven Kings d	23p43	23p53	00:03	00:13	00:23	---	---	00:40	00:53	00:52	---	01:14	06:51	---	07:08	07:21	---	07:38	07:51	---	08:07	---	08:23	---	08:38	---	
Goodmayes d	23p45	23p55	00:05	00:15	00:25	---	---	00:42	00:55	00:54	---	01:16	06:53	---	07:10	07:23	---	07:40	07:53	---	08:09	---	08:25	---	08:40	---	
Chadwell Heath d	23p47	23p57	00:07	00:17	00:27	---	---	00:44	00:57	00:56	---	01:18	06:55	---	07:12	07:25	---	07:42	07:55	---	08:11	---	08:27	---	08:42	---	
Romford a	23p51	00:01	00:11	00:21	00:30	00:33	---	00:47	01:01	01:00	01:08	01:22	06:59	07:03	07:16	07:29	07:33	07:46	07:59	08:03	08:15	08:18	08:31	08:34	08:46	---	
d	23p51	00:01	00:11	00:21	00:31	00:33	---	00:48	01:01	01:00	01:08	01:22	06:59	07:03	07:16	07:29	07:33	07:46	07:59	08:03	08:15	08:18	08:31	08:34	08:46	---	
Gidea Park a	23p54	00:04	00:14	00:24	00:33	---	---	00:50	01:04	01:02	---	01:25	07:02	---	07:19	07:32	---	07:49	08:02	---	08:18	---	08:34	---	08:49	---	
d	23p54	00:04	00:14	00:24	00:33	---	---	00:50	01:04	01:02	---	01:25	07:02	---	07:19	07:32	---	07:49	08:02	---	08:18	---	08:34	---	08:49	---	
Harold Wood d	23p57	00:07	00:17	00:27	00:36	---	---	00:53	01:07	01:05	---	01:28	07:05	---	07:22	07:35	---	07:52	08:05	---	08:21	---	08:37	---	08:52	---	
Brentwood d	00:01	00:11	00:21	00:31	00:40	---	---	00:57	01:11	01:09	---	01:32	07:09	---	07:26	07:39	---	07:56	08:09	---	08:25	---	08:41	---	08:56	---	
Shenfield a	00:07	00:17	00:27	00:37	00:46	00:46	00:48	01:03	01:17	01:15	01:20	01:38	07:15	07:15	07:32	07:45	07:45	08:02	08:15	08:15	08:31	08:31	08:47	08:47	09:02	09:02	
Next Working	---																										

Table 243 London - Ilford - Romford - Shenfield

Sundays

TOC	ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA	
	Headcode	9W24	2K08	9W26	9W30	1Y06	9W32	2K10	9W36	1N06	9W40	2K12	9W44	1Y08	9W48	2K14	9W52	1N08	9C54	9W56	2K16	9C58	9W62	1Y10	9C64	9W66	2K18	
Reservations/Catering							◇		◇		◇				◇		◇			◇		◇			◇		◇	
Timing Load/Traction	345	720	345	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	720	345	345	720	345	345	720	
Footnotes		R			Q			R		P		R		Q		R		P		R		Q		Q		R		
Previous Working	2K03																											
London Liverpool St d	---	08:46	---	---	09:08	---	09:23	---	09:38	---	09:53	---	10:08	---	10:23	---	10:38	---	10:53	---	11:08	---	11:08	---	11:08	---	11:23	
Stratford d	08:41	08:53	08:56	09:11	09:15	09:26	09:30	09:41	09:45	09:56	10:00	10:11	10:15	10:26	10:30	10:41	10:45	10:49	10:56	11:00	11:04	11:11	11:15	11:19	11:26	11:30		
Maryland d	08:43	---	08:58	09:13	---	09:28	---	09:43	---	09:58	---	10:13	---	10:28	---	10:43	---	10:51	10:58	---	11:06	11:13	---	11:21	11:28	---		
Forest Gate d	08:45	---	09:00	09:15	---	09:30	---	09:45	---	10:00	---	10:15	---	10:30	---	10:45	---	10:53	11:00	---	11:08	11:15	---	11:23	11:30	---		
Manor Park d	08:48	---	09:03	09:18	---	09:33	---	09:48	---	10:03	---	10:18	---	10:33	---	10:48	---	10:56	11:03	---	11:11	11:18	---	11:26	11:33	---		
Ilford a	08:50	---	09:05	09:20	---	09:35	---	09:50	---	10:05	---	10:20	---	10:35	---	10:50	---	10:58	11:05	---	11:13	11:20	---	11:28	11:35	---		
d	08:50	---	09:05	09:20	---	09:35	---	09:50	---	10:05	---	10:20	---	10:35	---	10:50	---	10:58	11:05	---	11:13	11:20	---	11:28	11:35	---		
Seven Kings d	08:53	---	09:08	09:23	---	09:38	---	09:53	---	10:08	---	10:23	---	10:38	---	10:53	---	11:01	11:08	---	11:16	11:23	---	11:31	11:38	---		
Goodmayes d	08:55	---	09:10	09:25	---	09:40	---	09:55	---	10:10	---	10:25	---	10:40	---	10:55	---	11:03	11:10	---	11:18	11:25	---	11:33	11:40	---		
Chadwell Heath d	08:57	---	09:12	09:27	---	09:42	---	09:57	---	10:12	---	10:27	---	10:42	---	10:57	---	11:05	11:12	---	11:20	11:27	---	11:35	11:42	---		
Romford a	09:01	09:04	09:16	09:31	---	09:46	09:38	10:01	---	10:16	10:08	10:31	---	10:46	10:38	11:01	---	11:09	11:16	11:08	11:24	11:31	---	11:39	11:46	11:38		
d	09:01	09:04	09:16	09:31	---	09:46	09:38	10:01	---	10:16	10:08	10:31	---	10:46	10:38	11:01	---	11:09	11:16	11:08	11:24	11:31	---	11:39	11:46	11:38		
Gidea Park a	09:04	---	09:19	09:34	---	09:49	---	10:04	---	10:19	---	10:34	---	10:49	---	11:04	---	11:14	11:19	---	11:29	11:34	---	11:44	11:49	---		
d	09:04	---	09:19	09:34	---	09:49	---	10:04	---	10:19	---	10:34	---	10:49	---	11:04	---	11:14	11:19	---	11:29	11:34	---	11:44	11:49	---		
Harold Wood d	09:07	---	09:22	09:37	---	09:52	---	10:07	---	10:22	---	10:37	---	10:52	---	11:07	---	11:17	11:22	---	11:37	---	---	---	11:52	---		
Brentwood d	09:11	---	09:26	09:41	---	09:56	---	10:11	---	10:26	---	10:41	---	10:56	---	11:11	---	11:21	11:26	---	11:41	---	---	---	11:56	---		
Shenfield a	09:17	09:17	09:32	09:47	09:30	10:02	09:47	10:17	10:00	10:32	10:17	10:47	10:30	11:02	10:47	11:17	11:00	---	11:32	11:17	---	11:47	11:30	---	12:02	11:47		
Next Working	---																											

Table 243 London - Ilford - Romford - Shenfield

Sundays

TOC	ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA		ELZ		GRA	
	Headcode	9C68	9W72	1N10	9C74	9W76	2K20	9C78	9W82	1Y12	9C84	9W86	2K22	9C88	9W92	1N12	9C94	9W96	2K24	9C98	9W04	1Y14	9C06	9W08	2K26	9C10	9W14	
Reservations/Catering			◇			◇						◇				◇						Q			R			
Timing Load/Traction	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345	720	345	345		
Footnotes			P			R			Q			R			P				R		Q			R		R		
London Liverpool St d	---	---	11:38	---	---	11:53	---	12:08	---	12:23	---	12:38	---	12:53	---	13:08	---	13:23	---	13:38	---	13:53</						



