

Table T005-F

Mondays to Fridays

11 December to 18 May

London Liverpool Street - Ilford - Shenfield

| Miles | | XR | XR | LE | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR | XR |
|-------|--|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | | MX | MO | MO | MX | MX | MO | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX | MX |
| | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | |
| 0 | London Liverpool Street 13 Ⓛ | d | 00 01 | 00 05 | 00 14 | 00 15 | 00 20 | 00 32 | 00 35 | 00 42 | 00 44 | 00 46 | 00 50 | 00 55 | 05 23 | 05 24 | 05 40 | 06 00 | 06 10 | 06 20 | 06 30 | 06 40 | 06 50 | 06 57 |
| 4 | Stratford 7 | Ⓛ | 00 08 | 00 12 | 00 21 | 00 22 | 00 27 | 00 39 | 00 42 | 00 51 | 00 53 | 00 57 | 01 02 | 01 05 | 05 30 | 05 31 | 05 47 | 06 07 | 06 17 | 06 27 | 06 37 | 06 47 | 06 57 | 07 04 |
| 4½ | Maryland | d | 00 10 | 00 14 | | | 00 29 | 00 41 | 00 44 | | | | 01 04 | | 05 33 | 05 49 | 06 09 | 06 19 | 06 29 | 06 39 | 06 49 | 06 59 | | |
| 5¼ | Forest Gate | d | 00 12 | 00 16 | | | 00 31 | 00 43 | 00 46 | | | | 01 06 | | 05 35 | 05 51 | 06 11 | 06 21 | 06 31 | 06 41 | 06 51 | 07 01 | | |
| 6¼ | Manor Park | d | 00 14 | 00 18 | | | 00 33 | 00 45 | 00 48 | | | | 01 08 | | 05 37 | 05 53 | 06 13 | 06 23 | 06 33 | 06 43 | 06 53 | 07 03 | | |
| 7¼ | Ilford 2 | d | 00 17 | 00 21 | | | 00 36 | 00 48 | 00 51 | | | | 01 11 | | 05 40 | 05 56 | 06 16 | 06 26 | 06 36 | 06 46 | 06 56 | 07 06 | 07 11 | |
| 8½ | Seven Kings | d | 00 19 | 00 23 | | | 00 38 | 00 50 | 00 53 | | | | 01 13 | | 05 42 | 05 58 | 06 18 | 06 28 | 06 38 | 06 48 | 06 58 | 07 08 | 07 13 | |
| 9¼ | Goodmayes | d | 00 21 | 00 25 | | | 00 40 | 00 52 | 00 55 | | | | 01 15 | | 05 44 | 06 00 | 06 20 | 06 30 | 06 40 | 06 50 | 07 00 | 07 10 | 07 15 | |
| 10 | Chadwell Heath | d | 00 23 | 00 27 | | | 00 42 | 00 54 | 00 57 | | | | 01 17 | | 05 46 | 06 02 | 06 22 | 06 32 | 06 42 | 06 52 | 07 02 | 07 12 | 07 17 | |
| 12½ | Romford | d | 00 27 | 00 31 | 00 34 | 00 32 | 00 46 | 00 58 | 01 01 | 01 04 | | | 01 08 | 01 11 | 05 38 | 05 50 | 06 06 | 06 26 | 06 36 | 06 46 | 06 56 | 07 06 | 07 16 | 07 21 |
| 13½ | Gidea Park | a | 00 33 | 00 37 | 00 38 | 00 50 | 01 04 | 01 07 | 01 08 | 01 07 | 01 08 | 01 07 | 01 25 | 01 25 | 05 54 | 06 10 | 06 30 | 06 40 | 06 50 | 07 00 | 07 10 | 07 20 | 07 27 | |
| 15 | Harold Wood | d | | | 00 41 | 00 53 | | | 01 11 | | | | 01 28 | 01 32 | 05 57 | 06 13 | 06 33 | 06 43 | 06 53 | 07 03 | 07 13 | 07 23 | | |
| 18¼ | Brentwood | d | | | 00 46 | 00 57 | | | 01 16 | | | | 01 32 | 01 36 | 06 01 | 06 17 | 06 37 | 06 47 | 06 57 | 07 07 | 07 17 | 07 27 | | |
| 20¼ | Shenfield 8 | a | | | 00 51 | 00 44 | 01 05 | | 01 21 | 01 17 | | | 01 20 | 01 38 | 06 07 | 06 23 | 06 43 | 06 53 | 07 04 | 07 13 | 07 23 | 07 33 | | |
| | | | | | | | | | | | | | | | | | | | | | | | | |
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A To Southend Victoria C To Clacton-on-Sea E To Colchester Town
 B To Colchester D To Ipswich

Table T005-F

Saturdays

16 December to 19 May

London Liverpool Street - Ilford - Shenfield

Table with 21 columns and 21 rows showing train routes and times for Saturdays. Columns include station names and various service codes (XR, LE A, LE B, LE C). Rows list stations from London Liverpool Street to Shenfield.

Table with 21 columns and 21 rows showing train routes and times for Saturdays. Columns include station names and various service codes (XR, LE B). Rows list stations from London Liverpool Street to Shenfield.

Sundays

10 December to 13 May

Table with 21 columns and 21 rows showing train routes and times for Sundays. Columns include station names and various service codes (XR, LE B, LE C, LE E, LE F). Rows list stations from London Liverpool Street to Shenfield.

Table with 21 columns and 21 rows showing train routes and times for Sundays. Columns include station names and various service codes (XR, LE B). Rows list stations from London Liverpool Street to Shenfield.

A To Colchester Town
B To Southend Victoria

C To Colchester
D From London Liverpool Street

E To Harwich International

